



# WIRECOM (INDIA) PVT. LTD.

## NEWS LETTER

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### BIRTHDAYS

ARVIND KUMAR 01ST  
YADAV  
UTTAM CHA- 07TH  
WAN  
RAMANUJ 10TH  
MISHRA  
NEELAM 10TH  
BHIM J YADAV 12TH  
JITENDRA PAL 14TH  
JEETLAL PAL 15TH  
SANJAY PAS- 15TH  
WAN  
AARTI PAWAR 19TH  
R SURESH 27TH  
RAJU  
SHRINIVAS 29TH  
BARAGALE  
LALIT RANA 31ST

## Keep Your Brain Fit With Physical Activity

We know that exercise is good for your body's fitness, but research indicates that it's good for brain fitness, too. Physical exercise is essential for maintaining good blood flow to the brain and encouraging new brain cells. It also reduces the risk of heart attack, stroke and diabetes; thereby protecting against Alzheimer's and other forms of dementia. Aerobic exercise benefits brain function by improving oxygen consumption. Recent research found that aerobic exercise reduced brain cell loss in elderly subjects. More-active people also score higher on perceived ability to perform activities of daily living, physical well-being and other measures related to quality of life. A few studies even suggest that more-active lifestyles may be linked with higher levels of alertness and mental ability, including the ability to learn.

Walking, bicycling, gardening, dancing and other activities that get the body moving and the heart pumping will benefit your brain.

Growing evidence shows that physical exercise does not have to be strenuous or even require a major time commitment. Aim activity each day, working up to a total of 2 hours and 30 minutes each week.



### Start Slowly:

If you have not been active for a while, start out slowly, aiming for 10 minutes at a time. After several weeks or months, build up your activities—do them longer and more often. There are many ways to build the right amount of activity into your life. Every little bit adds up and doing something is better than doing nothing.

- Pick an activity you like and one that fits into your life.
- Find the time that works best for you.
- Be active with friends and family. Having a support network can help you keep up with your program.



### Stay Safe:

Physical activity is generally safe for everyone. People who are physically fit have less chance of injury than those who are not fit. The health benefits you gain from being active are far greater than the chances of getting hurt. Being inactive is definitely not good for your health. Here are some things you can do to stay safe while you are active:

- If you haven't been active in a while, start slowly and build up your tolerance
- Learn about the types and amounts of activity that are right for you
- Choose activities that are appropriate for your fitness level
- Build up the time you spend before switching to activities that take more effort
- Use the right safety gear and sports equipment
- Choose a safe place to do your activity
- See a healthcare provider if you have a health problem

### Double the Benefit:

Physical activities that also involve mental activity, such as plotting your route, observing traffic signals and making choices, provide additional value for brain health. Furthermore, doing these activities with a companion offers the added benefit of social interaction, which has been linked to mental vitality. For even more benefit, try combining social engagements with physical activity and a healthy diet.

### How to Grow Organic Vegetables on a Balcony

The lack of a yard should not keep you from growing vegetables. With a few containers and some space on a sunny balcony, you can grow your favorite organic vegetables. Some plants are more suited to growing in a small space than others. For example, if you want to grow tomatoes,

choose a determinate or dwarf variety rather than a vining, indeterminate variety. Lettuces, peppers and leafy greens are other great picks for a balcony garden.



- > Choose the vegetables to grow based on what you like to eat and the amount of sun your balcony receives on an average day. Most fruiting plants, such as cucumbers and tomatoes, need at least five hours of sunlight daily or at least eight hours for the best results. If your balcony is partially shaded during the day, choose vegetables such as chard, kale and lettuce, which need less sun. Seedlings and seed packets usually have information that tells you the amount of sun required.
- > Plant the vegetables in the appropriate containers. Lettuce, peppers and greens have shallow roots and only need 8-inch-deep containers. Tomatoes have large root systems and require a 5-gallon container at minimum. You can use containers made of metal, wood, ceramic or food-grade plastic. Each container needs to have a drainage hole so water does not collect in the soil and cause the roots to rot.
- > Arrange the containers on the balcony in a way that makes sense to you and that looks visually appealing. For example, if you have a few large pots and several small ones, put the larger pots behind the smaller ones.
- > Fill each container three-quarters full with organic container mix. If you are planting from seed, plant the seeds according to the instructions on the seed packet. A good rule of thumb is to plant a seed twice as deep as its diameter. Plant multiple seeds per container. If you are planting seedlings, dig a hole twice as large as the plant's roots. Place the roots in the soil, then cover with container mix and a handful of compost.
- > Water each container to thoroughly soak its soil after planting. Container-grown plants dry out more quickly than in-ground plants, so you might need to water daily.
- > Fertilize the containers every month or so. Most container mixes have enough fertilizer in them to feed your plants for up to two months. You can dig a small amount of compost into the container mix or use a commercially available, organic fertilizer.

## THINGS YOU WILL NEED

Containers of various sizes, with drainage holes

Organic container soil

Vegetable seeds and seedlings

Trowel

Watering can

Compost or other organic fertilizer

## Appreciation of Hard Work

A One young academically excellent person went to apply for a managerial position in a big company. He passed the first interview, the director did the last interview, made the last decision. The director discovered from the CV that the youth's academic achievements were excellent all the way, from the secondary school until the postgraduate research, Never had a year when he did not score. The director asked, "Did you obtain any scholarships in school?" The youth answered "none".



The director asked, "Was it your father who paid for your school fees?" The youth answered, "My father passed away when I was one year old, it was my mother who paid for my school fees".

The director asked, "Where did your mother work?" The youth answered, "My mother worked as clothes cleaner. The director requested the youth to show his hands. The youth showed a pair of hands that were smooth and perfect".

The director asked, "Have you ever helped your mother wash the clothes before?" The youth answered, "Never, my mother always wanted me to study and read more books. Furthermore, my mother can wash clothes faster than me".

The director said, "I have a request. When you go back today, go and clean your mother's hands, and then see me tomorrow morning".

The youth felt that his chance of landing the job was high. When he went back, he happily requested his mother to let him clean her hands. His mother felt strange, happy but with mixed feelings, she showed her hands to the kid. The youth cleaned his mother's hands slowly. His tear fell as he did that. It was the first time he noticed that his mother's hands were so wrinkled, and there were so many bruises in her hands. Some bruises were so painful that his mother shivered when they were cleaned with water.

This was the first time the youth realized that it was this pair of hands that washed the clothes everyday to enable him to pay the school fee. The bruises in the mother's hands were the price that the mother had to pay for his graduation, academic excellence and his future. After finishing the cleaning of his mother's hands, the youth quietly washed all the remaining

clothes for his mother. That night, mother and son talked for a very long time. Next morning, the youth went to the director's office.

The Director noticed the tears in the youth's eyes, asked: "Can you tell me what have you done and learned yesterday in your house?" The youth answered, "I cleaned my mother's hand, and also finished cleaning all the remaining clothes".

The Director asked, "please tell me your feelings". The youth said, "Number 1, I know now what is appreciation. Without my mother, there would not be the successful me today. Number 2, By working together and helping my mother, only I now realize how difficult and tough it is to get something done. Number 3, I have come to appreciate the importance and value of family relationship".

The director said, "This is what I am looking for to be my manager. I want to recruit a person who can appreciate the help of others, a person who knows the sufferings of others to get things done, and a person who would not put money as his only goal in life. You are hired". Later on, this young person worked very hard, and received the respect of his subordinates. Every employee worked diligently and as a team. The company's performance improved tremendously.

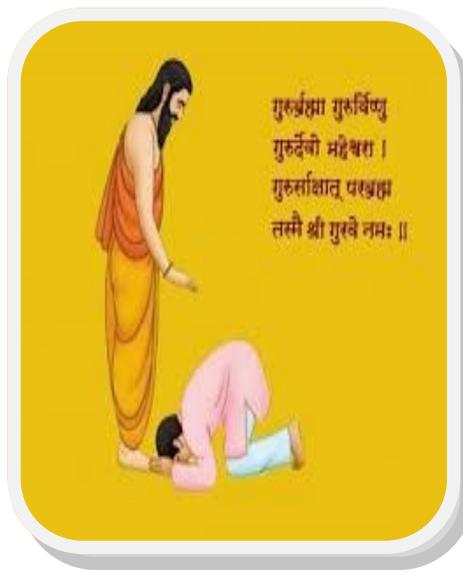
**Moral:** If one doesn't understand and experience the difficulty it takes to earn the comfort provided by their loved ones, then they will never value it. The most important thing is to experience the difficulty and learn to value hard work behind all the given comfort.

## UPCOMING EVENTS

04/07/2017



09/07/2017



27/07/2017

