



# WIRECOM (INDIA) PVT. LTD.

## NEWS LETTER

MAY 2017

### Content

- To Make  
Strong Health  
Pg.1  
- Go Green To  
Keep  
Clean Pg.2/3-  
Moral Story  
Pg.4

### Birthdays of the

S. Kirankumar	06th
Aravinda B.	07th
Ramchandra Sharma	09th
Ramanand Prajapati	11th
Grishma Shah	12th
Pradeep Chaurasia	14th
K. Lingamurthy	15th
Umesh Dhamne	22th
Shankar Nagale	25th

## TO MAKE STRONG HEALTH

### 1. Exercise:

You don't have to belong to a gym club. Thirty minutes walk every day will help to prevent weight gain and encourage moderate weight loss.

### 2. Eat healthy:

Reduce fat intake, cut down on sugar and opt for fruits and vegetables. This helps reduce cholesterol and blood pressure. Healthy food will also lead to better blood sugar control.

### 3. Reduce stress:

Not everything we want we get. We have to accept that there are things that we cannot control. Managing time is also of great importance too. We must allow ourselves enough time to get things done. Set a time during the day for relaxation.

### 4. Improve sleep:

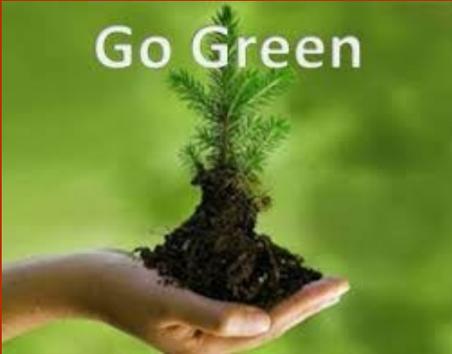
Avoid caffeine, alcohol, nicotine, and other chemicals that interfere with sleep. Equip your bedroom with a comfortable mattress and pillows. Sleep in a dark clean and quiet environment.

### 5. Meditation:

Meditation has been linked to a variety of health benefits. It has been linked to changes in metabolism, blood pressure, brain activation, and other bodily processes.

### 6. Positive thinking:

People who think positively have an optimistic view of life that affects their health and well-being. Optimism has been shown to explain between 5-10% of the variation in the likelihood of developing some health conditions, notably including cardiovascular disease, stroke, depression, and cancer.



Go Green

## GO GREEN

Water and air, the two essential fluids on which all life depends, have become global garbage cans.”

*When we heal the earth, we heal ourselves* Pollution affects all the elements of an ecosystem, including air, water and soil. Solutions must be found to combat all types of pollution so that delicate ecosystems can thrive once again.

**Have A Green Party:** A Invite some of your friends over and use things that are all recyclable, healthy, and environmentally friendly. This will show everyone that there is no reason to cut back on the fun when attempting a new type of lifestyle. Also, Green weddings are becoming increasingly popular so if this is something that interests you, ask your wedding planner how you can make it happen.

**Plant a Garden:** Planting a garden and growing your own food can save your time, money, and gas when it comes to going out for groceries. Plus, you will be able to handle your own vegetables and fruits. Do not burn leaves in your garden, put them in a compost pit. If you do not have a backyard, do not worry – plenty of fruits and vegetables can be grown in pots on widow stills or balconies.

**Reuse, recycle, and compost:** Managing your household waste effectively is another good way to reduce air pollution. Re-using, recycling and composting can have a big effect on your garbage output, which means less trash going into the landfills - big sources of air pollution. Recycle your plastic, paper, aluminum, and other recyclables according to your city's guidelines.

**Go Solar:** Today's solar panels are unique in both design and installation. Whereas previous generation panels were large and unsightly perched above your roof, modern versions are colorful, install directly into the roof tiles and can usually generate enough electricity to power your home, heat your hot water and have enough left over to sell back to the utility company.



## The Travelers and The Plane Tree

Two men were walking along one summer day. Soon it became too hot to go any further and, seeing a large plane tree nearby, they threw themselves on the ground to rest in its shade.

Gazing up into the branches one man said to the other, "What a useless tree this is. It does not have fruit or nuts that we can eat and we cannot even use its wood for anything."

"Don't be soungateful," rustled the tree in reply. "I am being extremely useful to you at this very moment, shielding you from the hot sun. And you call me a good-for-nothing!"

Moral: All of God's creations have a good purpose. We should never belittle God's blessings.



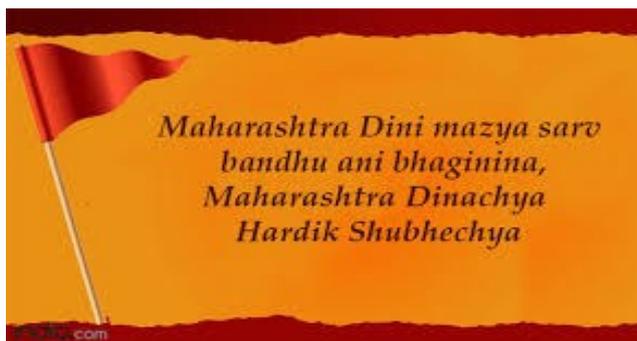
## LIFE LESSONS

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.

## UPCOMING EVENT

1 may 2017



14 may 2017

