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BIRTHDAYS

ROY THOMAS 02 ND
SHRUTIKA 07 TH
KHADKE
SOMNATH 10 TH
CHOUGULE
NIKITA 10TH
GHARAT
MANGESH 25TH
SHINDE
DEVYANI 30TH
DALVI

CATARACT AWARENESS

A Cataract is a cloudiness or discoloration that develops in the lens of the eye.

It can occur in one or both eyes, but does not spread from one to the other. It is usually associated with aging, so that nearly everyone over 75 years old has at least one. Most cataracts occur as a result of protein changes in the lens as people grow older, but exposure to sunlight, diabetes, smoking, and alcohol use also contribute.



Cataracts are not usually removed until they grow large enough to interfere with vision, not all of them get to that point. Cataract surgery is one of the most common operations in the U.S. Usually an artificial replacement lens, called an intraocular lens, is inserted.

SYMPTOMS:

The most common symptoms of cataracts is the noticeable blurring and worsening of vision. Other symptoms include the dimming and fading of colors, decreased night vision, problems with bright lights and sunshine, and in many cases, regular visits to the ophthalmologist for changes in glasses and contact lens prescriptions as vision worsens. Some patients report double vision in the affected eye although this symptom seems to decrease or disappear entirely as the cataracts grow.

If an individual's eyesight grows progressively worse, it is best to schedule a visit to an eye specialist as soon as possible. They will be able to assist with a diagnosis of the problem and available treatments if required.

These are two common techniques for cataract removal:

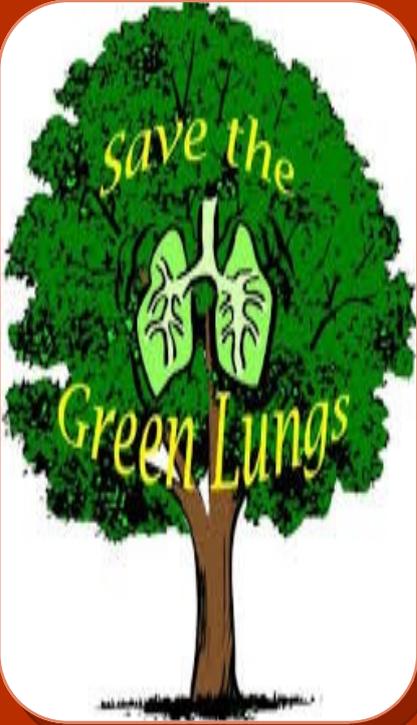
Extra capsular: The lens is surgically removed in one piece after cutting the cornea.

Traditional method
Usually for more advanced cataracts
Recovery is slower and there is greater discomfort, in most cases

Phacoemulsification- After a smaller incision to cornea, a vibrating probe is inserted to break up the cataract.

Suction removes the remaining particles
Can be performed in less than 15 minutes

Protective eyewear is required directly after surgery, and there is usually irritation, swelling and pain, sometimes bleeding and for a few days. Eyedrops are often prescribed for these problems. Vision loss, nausea and excessive pain should be reported to the eye surgeon immediately, in case of complications. Vision can be blurry for the first several days, but under normal circumstances, everyday activities can be resumed after that.



Leadership and Interpersonal Skills.

Successful **leaders** need more than technical process; whether you are in charge of a team, a department or an enterprise, **Leadership and Interpersonal Skills** are absolutely essential.

When new managers are appointed, employers often evaluate their technical skills or industry-related experience before hiring them. However, managers need other valuable skills to effectively lead teams to do their jobs, as well. Interpersonal skills are on top of this list, as a good leader needs to be able to communicate with, motivate and discipline employees. Whether you are looking to hire a new manager for your firm, or you are a new manager looking to improve, consider which areas you need to work on to be more productive.

Verbal communication is key when leading a team.

Managers must be able to speak concisely, professionally and to the point.

They must have the vocabulary required to make themselves understood; otherwise their staff will not be able to complete their tasks.

They must also know technical jargon to effectively speak to both clients and colleagues.

Nonverbal communication although often overlooked, is often more important than verbal. This includes tone, pitch, volume, facial expressions, hand gestures, clothing choices, etc.

A leader who constantly crosses his arms in front of him when addressing his staff may seem uncomfortable or standoffish. A manager who can't hold eye contact during a conversation will seem bored and uninterested.

Listening skills are necessary for effective leaders.

This requires truly listening in a one-on-one conversation or in a meeting to make sure all questions, concerns and comments have been heard and addressed. Effective listening can ward off potential mistakes and screw ups, and can greatly impact the communication process.

Negotiation skills are often employed by the manager when dealing with staff, clients etc. You may need to negotiate a better deal on your water delivery to save the firm money, or will be required to renegotiate a contract with a customer who is not happy with the current rates she is paying.

Problem-solving is essential for any leader as issues at work come up constantly. At Wirecom One of the best example Mr Aravinda Bandiki-Plant Head, Pune Branch, as role model set in the Organization.

On 07 the August 2017 the celebration of Raksha Bandhan festival was done by him at Pune Factory. He and his wife celebrated with employees this lovely festival. He visited at residence of many employees and got Rakhis tied from female member for family, and same way his wife tied Rakhis to male Employees. Intention behind this noble cause was many employees stay away from their family at remote places for work purpose and on festive time they miss their family. Everyone feel they should celebrate festival with family and friends. So to increase love and brotherhood as new step is taken by Mr Aravinda. Hats off to you Shirr....



Story: Boy's Job Appraisal

A little boy went into a drug store, reached for a soda carton and pulled it over to the telephone. He climbed onto the carton so that he could reach the buttons on the phone and proceeded to punch in seven digits (phone numbers). The store-owner observed and listened to the conversation.

Boy: 'Lady, Can you give me the job of cutting your lawn?

Woman: (at the other end of the phone line): 'I already have someone to cut my lawn.'

Boy: 'Lady, I will cut your lawn for half the price of the person who cuts your lawn now.'

Woman: I'm very satisfied with the person who is presently cutting my lawn.

Boy: (with more perseverance): 'Lady, I'll even sweep your curb and your sidewalk, so on Sunday you will have the prettiest lawn in all of Palm beach, Florida.'

Woman: No, thank you.



With a smile on his face, the little boy replaced the receiver. The store-owner, who was listening to all this, walked over to the boy.

Store Owner: 'Son... I like your attitude; I like that positive spirit and would like to offer you a job.'

Boy: 'No thanks.'

Store Owner: But you were really pleading for one.

Boy: No Sir, I was just checking my performance at the Job I already have. I am the one who is working for that lady I was talking to!'

Moral: This is what we call 'Self Appraisal'. Every time if we don't get ahead of others, we blame others for it. We should look to our self and compare, find own weaknesses and work hard to throw away weaknesses. Always Work Hard, Honest and with full Dedication. It will always pay up.

UPCOMING EVENTS

21/09/2017- NAVRATRI



30/09/2017- DASSERA

