

PAREKH GROUP  
QUARTELY  
E-NEWSLETTER  
ISSUE 2

PAREKH



ACHIEVING  
OPERATIONAL  
EXCELLENCE



# MILESTONES



## SPECIAL PROJECT CARGO HANDLED BY ORCHID SHIPPING

Equipment + Dimensions (in meters):

1x40' FR - L 10.07 x W 6.6 x H 4.5 - Cargo Weight 15.3 MT

1x40' FR - L 9.93 x W 6.6 x H 4.5 - Cargo Weight 15.3 MT

1x40' FR - L 9.59 x W 6.58 x H 3.7 - Cargo Weight 13.2 MT

Port Of Loading : JAKARTA

Port of Discharge : Nhava Sheva

Line: Ceekay

Vessel Name : IAN H

Arrived Nhava Sheva on 2nd October, 2018

## ORCHID HANDLES 114.5 MT, THE HEAVIEST SINGLE LIFT PARCEL AT JN PORT

OSPL successfully handled the heaviest single lift parcel from JNPT port. The cargo, comprising two packages each weighing 114.5 metric tonnes (mt), was loaded on to MSC Maria Elena deployed under the IPAK service connecting India and Europe. This cargo was loaded for Tincan /Lagos.

With this, the terminal has surpassed its last break-bulk cargo handling record of 100 metric tonnes. Cargo was loaded on container ships because container ships provide quick transit time compared to conventional heavy lift carriers. Furthermore, container carriers provide greater frequency of calls.

Commodity : Transformer along with accessories. We have shipped the accessories in container mode and balance cargo as BB on container vessel.



# DEVELOPMENTS

@ PAREKH GROUP



**M J LOGISTICS :**  
New Fleet of CNG vehicles for last  
mile delivery in Delhi, NCR



# EMPLOYEES CORNER



**\*SEVEN THINGS THAT AFFECT YOUR VIBRATORY FREQUENCY FROM THE POINT OF VIEW OF QUANTUM PHYSICS.\***

Vibration in quantum physics means that everything is energy. We are beings that vibrate at certain frequencies. Each vibration is equivalent to a feeling and in the "vibrational" world, there are only two types of vibrations, the positive and the negative. Any feeling causes you to emit a vibration that can be positive or negative.

## **1st - THE THOUGHTS**

Every thought emits a frequency towards the Universe and that frequency returns towards the origin, then in the case, if you have negative thoughts, of discouragement, sadness, anger, fear, all of that turns towards you. That is why it is so important that you take care of the quality of your thoughts and learn to cultivate more positive thoughts.

## **2nd - THE COMPANIES**

The people around you directly influence your vibrational frequency. If you surround yourself with happy, positive, determined people, you will also enter into that vibration, now if you surround yourself with complaining, cursing and pessimistic people, be careful! Well, they may be decreasing your frequency and as a consequence preventing you from making the Law of Attraction work in your favor.

## **3rd - THE MUSIC**

The music is very powerful. If you only listen to music that speaks of death, betrayal, sadness, abandonment, all that will interfere in what you vibrate. Pay attention to the lyrics of the music you listen to, it may be decreasing your vibrational frequency. And remember: You draw into your life exactly what you vibrate.

## **4th - THE THINGS YOU SEE**

When you watch programs that deal with misfortune, death, betrayal, etc. your brain accepts that as a reality and releases a whole chemistry in your body, causing your vibrational frequency to be affected. See things that do you good and help you vibrate at a higher frequency.

## **5th - THE ENVIRONMENT**

Whether at home or at work, if you spend much of your time in a disorganized and dirty environment, this will also affect your vibrational frequency. Improve what is around you, organize and clean your environment. Show the Universe that you are apt to receive much more. Take care of what you already have.

## **6th - THE WORD**

If you tend to complain or speak badly about things and people, this affects your vibrational frequency. To maintain your high frequency it is essential that you eliminate the habit of complaining and speaking badly about others. Then avoid making dramas and victimize yourself. Take responsibility for the choices of your life.

## **7th - THE GRATITUDE**

Gratitude positively affects your vibrational frequency. That is a habit that you should incorporate right now into your life. Start to thank for everything, for the good things and those that you consider not good, thanks for all the experiences that you have lived. Gratitude opens the doors for good things to flow positively in your life.  
Now .. have you thanked today?

Shared By  
**Mr. Adam Tavawalla**  
Country Head - OSPL



## BE YOU THEY SAY

"Be You, " They Say  
But then they tell me to change.  
"Be Unique," They Say  
But then they frown at my differences.  
"Don't Conform," They say  
But then they mould me to their standards.  
"Love Yourself," They say  
But then they say I am arrogant.  
"Be Kind," They say,  
But then they say I'm fake.  
"Relax," They say  
But then they call me Lazy.  
"Work Hard," They say  
But then they say I am uptight.  
"Money can't but happiness" They say  
But then they laugh at me for being poor.  
"Weight doesn't matter," they say,  
But then they say I'm not skinny enough.  
"Cherish your youth," They say  
But then they tell me to Grow up.  
"Slow Down," They say  
Then they rush my Decisions.  
"Its ok to be sad," They say  
But then they tell me other people have it worse.  
"Do what you love" They say  
But then they say I wont be successful.  
"You'll be ok," They say  
But then thy leave me to Rot.  
"Be you," They say  
But I no Longer know who that is.

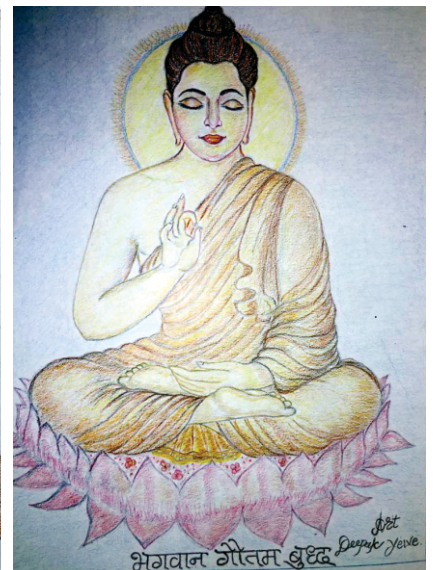
- Menka Harsh



## ARTIST'S CORNER

Mr. Deepak Velve is one of finest artists with pencil / Water Color.

Here is the work of Mr. Deepak Velve, who works with us in Administration Department. It's his hobby to sketch / draw whenever he has spare time.



# EMPLOYEE SPOTLIGHT

## EMPLOYEE OF THE QUARTER

We're delighted to announce the winners of our quarterly Star Performer awards for outstanding contributions throughout Quarter (April-June 2018).



### FROM ORCHID SHIPPING PVT LTD

**Mr. Swapnil Kalambe** was chosen as winner of this award in recognition of the early and fantastic impression he has made in his role as Assistant in Air Forwarding Division.

The feedback we have got from his reporting Manager that Mr. Swapnil has done exceptionally well not only in terms of perfection but also stayed overnight in Customs and handle the job with great responsibility. Also he had worked on weekly off and done two shipments.



### FROM SEABRIDGE MARINE AGENCIES PVT. LTD.

**Mr. Binit Patel** was chosen as winner of this award in recognition of the early and fantastic impression he has made in his role as Assistant Manager in Marketing Division.

- His performance is higher than the target given by the principles.
- He is getting new Customers on board.
- His support is exceptional to the clients and they are very happy with the level of service.
- Well - Satisfied customer has been seen throughout Gandhidham region.
- Very dependable & honest to the customers as well as within the office.



# MANSA STAR AWARD

Winners Of The Mansa Star Awards  
2018: The Awards makes you shine like  
the star you are



Best Junior Manager / Assistant  
Manager / Dy. Manager in any Dept.

Winner :  
Mr. Sachin Ramesh Patwardhan  
Parekh Marine Services Pvt. Ltd.



Other participants are: From left Ms. Darshana Mohite , Ms. Dhanlaxmi  
John, Ms. Vaishali Kale





# BLOOD DONATION CAMP

@ PAREKH GROUP

Parekh Group Organises successful Blood Donation Camp at Anchorage & Seabird CFS Office on October 06, 2018.

This corporate social responsibility (CSR) initiative of the company saw the voluntary participation of the staff of the Group towards a noble cause. It resulted in 60 blood bags being collected.

The Parekh Group and its employees will continue to contribute to society in meaningful ways in future as we are proudly started virtual Blood Bank for employees of Parekh Group.





# CELEBRATIONS & EVENTS

@ PAREKH GROUP

## INDEPENDENCE DAY

The 72nd Independence day was celebrated at Anchorage, Palwal Warehouse, Seabird CFS and other location with great zeal and enthusiasm.



"Unity is strength". When there is teamwork & collaboration, wonderful things can be achieved."



## ECO FRIENDLY GANESH UTSAV 2018

Eco – Friendly Ganesh Utsav Celebrations on Thursday, 13th September, 2018 at Anchorage: Bringing the Lord home.

To lift the spirits of Ganesh festival season, Parekh Group celebrated Ganesh Chaturthi, Stepping beyond ordinary with Eco – friendly way.



# HEALTH MANIA

## HEART HEALTH TIPS

Get plenty of exercise—at least 150 minutes a week that earns a slight sweat.



Take preventative action to avoid diabetes: get regular blood sugar tests and reduce processed carbs.



Stop smoking.



Plan to lower your alcohol intake.



Cut out saturated fats (too much can clog arteries).

### 10 Tips *for* **HEART HEALTH**



Aim for an average of seven hours of sleep per night for healthier arteries.



Boost heart-healthy nutrition with more fruits and vegetables in your daily diet.



If you lose weight, do it the slow-and-steady way: take in fewer calories than you burn.



Manage your stress by incorporating a hobby that helps you relax, such as meditation or yoga.



If you have a family history of high blood pressure (or you are simply concerned about blood pressure levels), purchase a blood pressure monitor so you can track it on a daily basis.

## WHAT DO YOU WANT TO LOSE ?

**Stress :** Take a load off. Exercising produces endorphins – a chemical that reduces stress by acting as a natural painkiller and improving sleep. Try the following activities to handle your stress when life gets busy: yoga, running.

**Free Weights :** Take it off the rack. Strength training with dumbbells, barbells or kettlebells will help you change your body composition while you lose body fat. Boost your metabolism by building muscle with: strength training, body pump at home.

**Pounds :** Take off the inches. Basic fat loss is done through burning more calories than you consume. GoodLife's cardiovascular equipment, group fitness classes, strength equipment and associates can help you reach your goals. Burn some extra calories with: high intensity interval training, RPM, team training and personal training.

**Insecurities :** Take the first step. It's never too late to start your fitness resolutions and get fit for a lifetime not just for summer. Start small, build your confidence, and be proud of all you can achieve. Boost your: energy levels, oxygen capacity, general fitness and self-esteem.

Source: GoodLife Fitness



## HERE ARE SOME REASONS WHY YOU SHOULD SHARE YOUR FITNESS WITH A BUDDY!

**Accountability :** People who work-out together have a 6% dropout rate, while those who workout alone have a 43% dropout rate.

**Motivation:** Those who exercise with friends can burn as many as 20% more calories than those who work-out alone.

**Healthy Competition:** Studies have shown that people who do cardio with a friend can go for longer. Sometimes, 90% longer!

Source: GoodLife Fitness