



MG BROTHERS™

Over 60 Years of Excellence

# KUTUMBAM

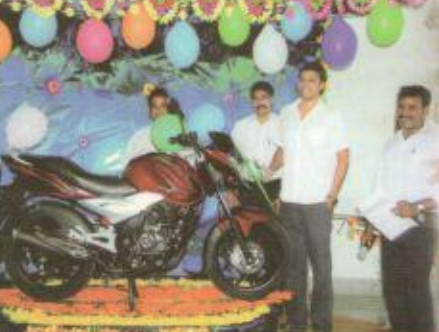
ISSUE NO - VIII

OCTOBER 2012

60

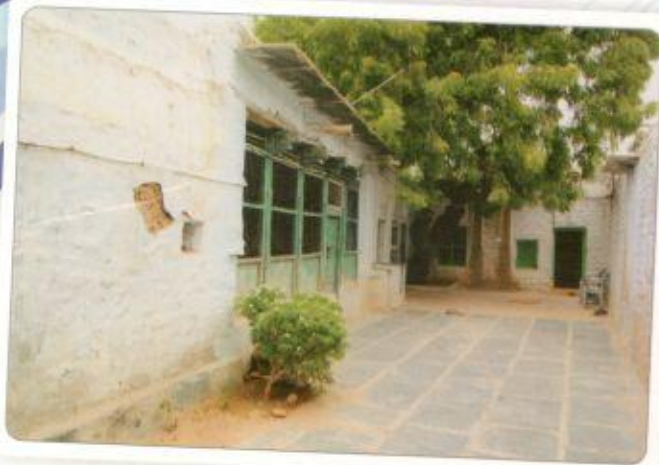
Years

MGB GROUP

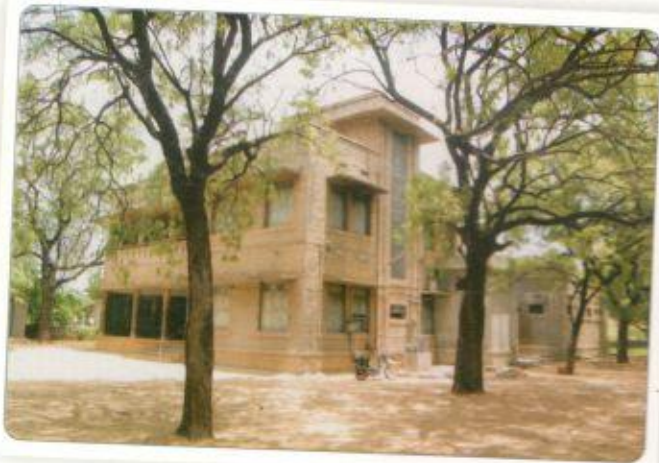




## REMINISCENCE



These two photos pertain to the abode of Machani Gangappa Brothers - Yemmiganur - during their period in 1940s & 1950s. This house is now given away to a charity and is being used as Kalyana Mandapam.



These photos pertain to the Residence of Late Shri. Ramanna Garu, Father of Shri. M.R. Gangadhar - MD.



This is the present abode of Shri. Ganganna Garu Eldest Brother of Shri. M.R. Gangadhar - MD, at Yemmiganur.





**ప్రియమైన మిత్రులారా.....**

వ్యాపారాభివృద్ధి నిమిత్తం, పెరుగుతున్న పోటీ వాతావరణంలో, కొత్త శాఖల ఆవిష్కరణ మరియు విస్తరణ తప్పని పరిస్థితులలో, సంస్థకు Running Cost మరియు Manpower Cost చాలా ఎక్కువగా పెరుగుచున్నవి.

ఇటువంటి పరిస్థితులలో మనమందరము సమర్థతతో, నేర్పుతో పనిచేస్తూ ప్రతిశాఖను లాభదాయకంగా తీర్చిదిద్దాలి. ముఖ్యంగా, అమ్మకాలలోను, Work Shop లలోను మన ఆర్జన తరిగిపోతున్న కారణంగా మనము చాలా ఎక్కువ ఓత్తిడికి గురౌతున్నాము.

ఒక సంస్థగా ఉన్నతమైన ఆదర్శము, తలంపులతో కొత్త బాధ్యతలతో కొత్త వ్యాపారాలలోనికి, కొంగ్రొత్త ఆలోచనలతో ఆడుగిడుచున్నాము. మన సంస్థ అభివృద్ధి నిర్మాణకార్యక్రమములలో భాగంగా ట్రైనింగ్ లకు, బ్రాండ్ బిల్డింగ్ నకు వ్యాపార సలహాల నిమిత్తం మనము కొత్త ఏజెన్సీలతో ఒప్పందములు కుదుర్చుకున్నాము.

మీరందరూ మీ మీ బాధ్యతలను సంపూర్ణముగా మనస్ఫూర్తిగా నిర్వహిస్తారని ఆశిస్తున్నాను.

ఇట్లు  
యం.జి. గోపాలకృష్ణ  
JMD





Mr. Anam Vivekananda Reddy, MLA (Nellore Rural) speaking to the gathering on the occasion of Boxer 150 CC launching in MGB Show Room on 09.09.11.



Rally of Boxer 150 CC after the launch on 09.09.11.



Finance Melas & Exchange Melas are the pillars of Sales success. Here a Mega Exchange Mela is conducted at Mypadu on December 14th & 15th 2011.



Financiers busy with finance schemes explanation to the customers on the occasion.



During the activity the sales persons explain the product features to the customers. The above photo is taken during such interaction.



New Vehicles Display at Sarvepalli on 25th & 26th November 2011 during a Mega Exchange Mela.





Pulsar 200 is launched on 15th August 2012 in the Presence of all the invitees in Bajaj Showroom - by Mr.R.Sankar Raman BH(A). Mr.Saravana AGM (sales) - Bajaj, is also seen in the picture.



Launch of Discover 100 CC (4 Gear) on 26.05.12. Shri.Venkateswara Sastri, Manager Andhra Bank launching the vehicle. Mr.Sambu Prasad - GM (Finance), Mr.Shankar Raman BH (A) & Mr.Saravana AGM Sales (Bajaj) are also seen in the photo with others.



Launch of Discover 125 CC ST. Mr.M.G.Gopala Krishna - JMD, Mr.Shankar Raman - BH (A), Mr.Saravana - AGM Bajaj & Mr.K.Sreenivasulu - Town Sales Manager seen with the new vehicle.



Mega Finance & Exchange Mela of Bajaj Division - Nellore Near K.V.R.Petrol Bunk from 20th to 22nd June 2012. New vehicles display at the mela point.



Indus Ind Bank, Nellore came forward for spot financing for two wheelers. Here the financier explaining the schemes to the customer.



A view of the mega exchange & finance mela.





## BAJAJ - TIRUPATI INAUGURATION



Mr. Sampath Kumar, Z.M (Service) – inaugurating workshop.



Mr. Amith Pawar, Z.M (Sales) – inaugurating spare parts counter.



Mr. Chandrasekhar, General Manager – South, BAL – inaugurating the Showroom



First vehicle delivered by Mr. M.B.S.S. Prasad, R.T.O to customer.



New vehicle delivered by Shri.M.R.Gangadhar, Managing Director - M.G.Brothers Automobiles Pvt Ltd.



M.D addressing the Media & Press.





J.V.B.Seetha Ramaiah, Senior Regional Manager Vijayawada RO, C.K.Narasimhachari, Sr.Regional Manager Vizag RO, B.L.Narasimha Rao, Area Sales Manager, Nellore Sales Area, Machani Pavani Gopala Krishna, S.K.Soori, South Central Zone Head, T.Ramana Babu - Chief Manager Network Planning, C.Madhusudhan - Chief Terminal Manager VJA Region, B.V.Rao - Senior Terminal Manager Suryapeta, B.K.Saaha Manager RE & MIS South Central Zone. Zonal head Shri.Soori handing over SOP Award to Madam Pavani in vijayawada for best service on 04.05.12



M.G.Brothers sponsored helpdesk at RTA Office for customer service. Here The Finance Minister Shri.Anam Rama Narayana Reddy is seen handing over a Commendation Certificate to M.G.Brothers - Received by Ms.Y.Sireesha. The District Collector Shri.Sreedhar & The Superintendent of Police, Shri.Ramana Kumar and MLC V.Narayana Reddy are also seen in the photo.



Mr.Sk.Shajahan - DET(PCD), M.G.Brothers receiving the prize from Mr.Dinesh Basin, Customer Support Head, Tata Motors-Bangalore.



PCD Service Nellore won the October 2011 "Value Care - Service Marketing World Cup" conducted by Tata Motors at Bangalore.



Mr.M.G.Gopala Krishna, JMD & Mr.R.Shankar Raman BH (A) & Mr.K.Sreenivasula Reddy (AGM Service PCD Nellore) receiving the memento.



Chi. Sahaj Tej, S/O.Mr.Sundara Ram - HR Manager receiving the Best Fancy Dress Award from Shri.M.Sreedhar Krishna Reddy - Nellore Town M.L.A on 5th August 2012 at Iskon Temple, Nellore.



Photos taken on the occasion of Business Dealer visit from France to our TAFE Dealership at Nellore on 7th March 2012. MD & Company Officials are seen in the photo. During their visit they were taken round the workshop and spares where MD & Tafe Officials explained different aspects of the divisions. The visiting team took photographs with all the staff members and workshop mechanics separately.





MD inviting Mr.Pascal Dubus from Ivory Coast, Director M/s.SARL Agri Services on 14.06.12. He was taken around in our Dealership to Service section & Spares section where he has enquired with interest various work aspects and different systems aspects in our Dealership. He also went round the showroom display and different sales aspects in achieving remarkable sales numbers. Mr.Ram Prasad, Assistant Manager (Exports), Tafe India is present throughout the visit. The Foreign visitor also delivered a new tractor to a customer.



MD receiving Mr.Ram Prasad, Assistant Manager (Exports), Tafe India with a bouquet.







Welcome Banner for Mega Exchange & Loan Mela held at VRC Grounds, Nellore on 16th & 17th of December 2011.



Vehicles Display on the occasion.



Sales Executive explaining the features of the car to customer.



Financiers meet on the occasion



Customer with Test Drive.



Mr. Ramana - CRM during free pollution check up campaign on 05.06.12 with customer Mr. P. Venkateswarlu.





Customer Interaction.



Vehicle Delivery to Customer.



Sales Executive explaining the features of car to the customer.



Customer Test drive.



Photos taken on the occasion of Free Service Camp for "Venture" vehicle held on 24th, 25th & 26th May 2012.

Mega Exchange cum Loan Mela was conducted by PCD Sales Division at VRC Grounds on 16th & 17th of December 2011. The total enquiries received are about 238 numbers. Out of these enquiries 41 vehicles are booked and 8 vehicles are delivered on the spot. Of all the activities conducted at Nellore, this activity attracted highest number of enquiries, highest bookings and highest spot deliveries. The PCD Sales Division is also proud of its standing in 1st place in Nano Sales for the months of January & March 2012 and the company has given a memento for the achievement.





The Managing Director Shri.M.R.Gangadhar, Shri.Anup - Tata Motors Area Sales Manager & Mr.Dhanunjay Reddy AGM Sales, CVD handing over the new ACE vehicle to customer on 14th June 2012.



CVD Division launched a Sleeper Cabin - 1109 at Nellore on 22.02.2012. Here Shri.Krishna Mohan, TSM, TML delivering the first vehicle to customer Sd.Tajuddin.



M.G.Brothers, CVD Spares Division received "Over All Growth - Full Range Award" for the period April to August 2011 - during A.P. Dealers Parts Manager Meet in 2011. Mr. Suresh Prasanna, Regional Parts Manager seen here giving the memento to Mr. M.V.Subba Rao, Spares Manager, CVD.



Tata Motors conducted All India Free Checkup Campaign for School Buses in May & June 2012  
A view from service campaign.



CVD conducting Service camp at Nellore with special focus on school buses and original genuine Spares & Oils display and sale.







TATA 315E Machine handing over ceremony by Mr.M.G.Raghavendra MD-MGBI, handing over the key to Mr.Manjunadh Reddy - V.Kota.



TELCON Sales Training of A.P Dealers at MGB Telcon Conference Hall, Nellore on 14.09.2011



TATA 315E Demo cum Roadshow at Punganoor Chittoor District. Branch Manager Mr.P.Pulla Reddy and Customer Mr.P.Ravi .



TATA 315E Demo cum Roadshow at Railway Kodur, Kadapa District.



M.G. Brothers Industries Received Best Individual Performance Award in Spare Parts for the Year 2011-12 at 11th Annual Dealers Conference on 14th September 2011 Gurgaon, Near Delhi.





M.G. Brothers Wall Street Venture Entrance.



Bhoomi Pooja performed by Mr.Reddappa - General Manager, M.G.B.Real Estates, Bangalore.



Mr.Reddappa addressing the gathering.



Shri.M.R.Gangadhar - MD addressing the gathering.



MD accepting first sale from customer Dr.R.Rangarajan.



Mr.Sivanna - General Manager SSS Pvt Ltd receiving bouquet from Mr.Sankar - Sr.Manager (Marketing), M.G.B.Real Estates.





MGB Wall Street



MGB Wall Street- Pooja



Releasing Brochures of MGB Wall Street.



MD presenting memento to Shri. Shanmukappa.



Mr.Naveen, S/o.Shri.M.R.Ganganna honoring customer.



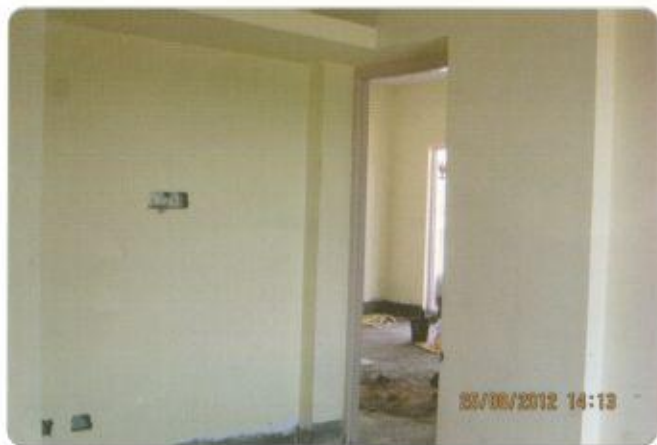
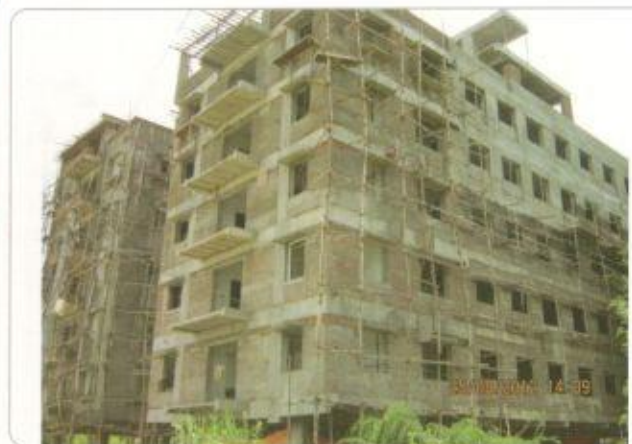
Customer turn out at MGB Wall Street Venture Launch Meet at Bangalore.





## MGB SMART HOMES - CHITTOOR

IN THE MAKING....



Quality Plumbing







## MGB SMART HOMES - CHITTOOR

### THE FINAL LOOK....



\*\* The project is perfectly Vaastu compliant. \*\* Project under the guidelines of the worlds Best Construction Consultant Cushman & Wakefield for Quality, Safety & Timely delivery. \*\* One lift is provided for every 20 flats. \*\* 100% power back up is provided – during power failure. \*\* 24 hours night vision - surveillance cameras – with 45 days backup. \*\* Earth quake resistant structure \*\* Vitrified tiles for longer life. \*\* Two overhead tanks and exclusive bore well inside the compound wall – providing 24 hours water facility. \*\* Rain water harvesting apartments matching international standards. \*\* Open to sky between flats for better lighting and cross ventilation. \*\* Internet , Intercom facility for the inmates and at watchman point in cellar for quick responses. \*\* Exclusive play lounge for children.





Real Estates Division trains the site supervisors on the site development works. Here the first training programme on 27.03.12 in Telcon Conference Hall, Nellore inaugurated by Shri.M.G.Gopala Krishna, Joint Managing Director and training taken up by Mr.S.S.Naidu, Manager Project Development.



The site supervisors of all branches are taken to MGB Grand City Nellore for a practical knowledge about developmental works. Here in the photo, all the participants are seen at MGB Grand City venture.

## TENNIS COMPETITION



M.G.Brothers Real Estates Tirupati has conducted Tennis competitions in coordination with All India Tennis Association & Shri.Kalahasthi Friends Association. In the photo the player is about to serve in the competition.



The Tirupati Branch Manager Mr.Mohana giving away the prizes to the winners in the Tennis competition.





Real Estates Tirupati Division distributed 2000 Note Books from M.G.Brothers Charitable Trust to children of Sri Saraswathi Sisu Mandir High School, Tirupati & Peeleru on 22-06-12 & 29-06-12. Sri.Madhusudhan Reddy MD's Relative & Mr.Mohana - Branch Manager, Real Estates Tirupati giving away the note books to students.



As part of "M.G.Charities" Activities, Note Books distribution takes place periodically at different schools. Similarly, M.G.Charities also donates material of Food & Clothing to the Orphanages. Here note book distribution is done at Vatsalya Orphanage B. V.Nagar, Nellore on 26.06.12 by Shri.M.R.Gangadhar, MD - M.G.Brothers.



Note Books distributed at B.V. Nagar in June 2012 by Mr R. Shankar Raman BH(A) & Mr. Sankar AGM (Mktg) RE.

As part of its Corporate Responsibility M.G.Brothers takes interest in encouraging greenery. Here, in CVD Division Mr.Subba Rao (Spares Manager) seen planting a sapling in the presence of Mr.Sadique - AGM Service, Mr.Kalik Ahamad - Sr. Work Manager and a customer.



## BEST WISHES TO EVERYONE



Chi.Sk.Mahasin,  
D/o.Mr. Sk.Ahamed  
Basha, PCD Spares  
Nellore.  
DOB.10.07.2010.



Chi.Teja, D/o.  
Mr. Sudhakar PCD  
Service  
DOB on 07.12.07.



Chi.B.Tejaswini, D/o.  
Mr. K.G.Bhaskar, CVD  
Chittoor  
DOB.24.02.1992.



Chi.S. Swetan, S/o.  
Mr. S.Dhanunjay  
Reddy (AGM Sales -  
CVD) DOB 23.12.01.



Chi.Md.Tanaj Noori DOB 26.12.02 &  
Chi.Md.Fayaz Ahamad DOB on 04.05.04  
children of Mr. Md.Noor Ahamad (PCD  
Service - Nellore).



Chi.P. Prince Rahul, S/o.Mr. P.Kishore Babu,  
CVD Ongole DOB.24.01.04.



Sd.Modiha Bismi, D/o. Mr. Sd.Jakeer  
Hussain, CVD Sales, Nellore DOB.16.05.11.



Chi.V.Charan Teja, S/o.Mr.B.Pranav Kumar,  
CVD Sales Nellore DOB.30.08.07.



Chi.N.Samantha, D/o.Mr. N.Suresh (Bajaj  
Mechanic - Nellore) DOB.07.05.10.



Chi.T.Keerthana, D/o. Mr. Malli (Driver  
- Aqua) DOB.21.05.02.



Chi.T.Tejaswini, D/o.Mr. Malli (Driver -  
Aqua) DOB.03.05.07.



## BIRTHDAY'S BEST WISHES TO EVERYONE



Chi M.R. Shravya DOB: 18-05-2009  
D/o. Mr. M.G. Raghavendra MD-MGBI



Chi S. Sahaj DOB: 10-02-2011  
S/o Mr. S. Sandeep & Ms. Vasavi (Daughter of MD)



Chi. NANDIKA grand daughter of  
Mr. P.V.S. Prakash - PRO. DOB 19.04.2003.



Chi. Harshitha, D/o. Mr. G. Subramanyam,  
Senior Manager (PCD Service - Nellore)  
DOB on 10.09.02.



Chi. V. Sahithya, D/o. Mr. V. Pranav  
Kumar, CVD Sales Nellore  
DOB. 01.10.09.



Chi. Sai Chaitanya (DOB: 03.12.09) & Sai  
Veera Koushik (DOB: 03.04.10). Grand sons  
of Ms. Parvathamma (Bajaj House Keeping).



Chi. Nakshatra, S/o. Mr. Sudhakar PCD  
Service DOB on 27.05.10.



Chi. Abhilash, D/o. Mr. G. Subramanyam,  
Senior Manager (PCD Service - Nellore)  
DOB on 25.09.05.



Chi. P. Prince Rohith, S/o. Mr. P. Kishore  
Babu, CVD Ongole DOB. 10.09.01.





Mr.G.Subramanyam, Senior Manager (PCD Service - Nellore) & Ms.G.Sailaja Marriage Day on 25.05.01.



Mr.Sk.Shahul & Ms.Sk.Saijiya Marriage Day on 04.03.2012 CVD BBD Nellore.



Mr.Sd.Jakeer & Ms.Sd.Hazira Marriage Day on 19.03.2012 CVD BBD Nellore.



Mr.A.Shyam & Ms.A.Sailaja Marriage Day on 22.06.2011 CVD BBD Nellore.



Mr.P.Narasimha & Ms.Supraja Mary, Marriage Day on 10.06.2011 CVD BBD Nellore.



Mr.Satish (Technician PCD Service - Nellore) & Ms.Latha Marriage Day on 12.10.2011.





Mr.P.V.S.Prakash PRO & wife Ms.P.Usha Bala.  
Marriage Day on 16.02.1976.



Ms.Saritha (PCD Service) & Mr.Surendra Babu  
Marriage Day on 24.06.2009.



Mr.U.Vamsi (Mechanic PCD Service - Nellore)  
& Ms.U.Jyothi Marriage Day on 22.05.2010.



Mr.D.Madhu (Mechanic PCD  
Service) & Ms.D.Gayathri Marriage  
Day on 29.12.2009.



Mr.P. Bhanu Prasad, Assistant Manager Customer  
Relations (PCD Service - Nellore) & Ms.P.Bhavani  
Marriage Day on 15.02.12.





Mr.M.Vijay & Ms.M.Prasanna & Chi.M.Praisu Marriage Day on 21.09.09. Daughter's DOB.11.06.10 (CVD Chittoor).



Mr.K.G.Bhaskar & Ms.M.Kasturi CVD Sales - Chittoor Marriage Day on 01.03.1991.



Mr.B.Suneel Kumar & Ms.B.Sree Ramya Marriage Day on 27.05.2011 Manager (Sales) CVD Nellore.



Mr.Sd.Asalam & Ms.Sd.Reshma Marriage Day on 13.11.2011 CVD BBD Nellore.



Mr.R.Daya Sagar & Ms.R.Shanta Kumari Marriage Day on 26.04.2000. Son R.Shalom Paul Denny DOB.12.07.01. 2nd Son R.Richard Paul Binny DOB.24.04.03 (MR Services Tirupati).



Mr.K.Sreerama Sivaji & Ms.K.Suneethamma Marriage Day on 26.10.2001. Son K.Yuvaraju DOB.28.01.2004. Daughter K.Jhansi Lakshmi DOB.20.02.2007 (CVD Madanapalli).





M.G.Brothers conducted a two day exclusive workshop on 19th & 20th July 2012 for All Service Managers on analytical abilities workshop functioning practices and managerial abilities. The Training Programme was done by Shri.M.V.S.Prasad Founder & MD of Prashaste, a leading consultancy organization from Bengaluru.



Mr. Shankar Raman BH(A) giving his opening remarks.



Mr.M.G.Gopala Krishna - JMD & Mr.M.V.S.Prasad Consultant handing over the Group Analysis Winner Cup to Falcon Team.



This photo is taken on the occasion of the closing ceremony of two day workshop with Mr.M.V.S.Prasad, Consultant in the center.



M.G.Brothers, apart from providing training for Sales, Service & Spares team members, it also imparts necessary training guidelines for Accountants & Account Heads of different divisions and branches on "Right Accounting Practices". In this training, Mr.Phalgun Kumar, The Audit Consultant heading a training session to MG Accountants at Hotel Sunny Heights. Such trainings are conducted periodically.



Shri.M.R. Gangadhar MD



Mr.Phalgun Kumar- Chartered Accountant  
Our Audit Consultant





Dedication personified is Nagaiah – MD's driver - passed away on 11.05.12 after a brief illness. Nagaiah's death is a grievous loss. Mr.Nagaiah joined M.G.Brothers as a convoy driver and left this earthly abode as MD's driver after more than 35 years of service at the age of 63. He is survived by his only son who is also an employee in M.G.Brothers since 2005. Dedication, attachment, bondage and selflessness are the basic qualities for Mr.Nagaiah to secure a place in MD's heart. The participation of MD and family at the memorial ceremony of Mr.Nagaiah on 25.07.12 is itself a big example of the love he won from MD's family.



Nagaiah felicitated by MD & Family on his 25 years of service



Nagaiah in his Grandson's First Birthday



Nagaiah with MD's sons



Nagaiah and his wife



Nagaiah with his Grandson



Money saved is money earned they say. How true! Every homemaker can change her role from money user/spender to money earner by doing her bit. These 15 tips do not call for any education or any great knowledge of finance. All that is needed is a little time and the eagerness to save money for the household. At first look, these may look like trivial stuff, but on hindsight, they could prove to be tips, which save 2-4 K a month for you!

### *Kitchen*

1. Plan for what is to be cooked right through the day. Basic boiling of vegetables, precooking can be done together. Will save gas and precious time.
2. Don't just dump leftovers. Particularly vegetables cooked in the morning if not fully used can be kept in the fridge and slightly modified for dinner. Many a time the beans or the brinjal of the morning with a little onion, tomato and masala go quite well with the rotis in the night.
3. Keep all your spoons dry and clean. This can save your rice, wheat, dal and other stored food items from bugs and insects. Saves your groceries from wastage, apart from being hygienic.

### *Shopping*

4. Make a shopping list before going out shopping. A shopping list will help you stay focussed and in control of your purse strings. Guaranteed!
5. Leave your credit card behind. Sure shot way to ensure you don't overspend, at least never more than what you have.
6. If you are taking kids out shopping, feed them something before stepping out. Will save you a lot of money buying snacks on the way to keep them busy and a lot of embarrassment at the shopping place.

### *Electricity*

7. Understand the costs of cooking fuel. Most kitchens use a combination of cooking gas, electricity, kerosene, wood (????!! not among readers of this column I guess). In most cities electricity costs can go completely out of control if it crosses certain threshold levels. You might have to carefully optimise use of the induction stove, microwave oven etc.
8. Those fans running and lights burning bright in unoccupied rooms / bathrooms is money being flushed down the drain. A reminder near the door that says, "Have you switched off the light (with a winking smiley)" may do the trick.
9. LED lights, power saving equipments are god's gift to mankind, really! Use them. You will also be contributing your bit to the environment and betterment of our world!





## Children

10. If you have two children in the house — remember to utilize the elder one's outgrown clothes, toys, books, furniture. These are used for short periods and thrown away and will serve the purpose fine. Your child will not know the difference.

11. For older children, give them an allowance. They will learn to manage their expenses within limits and you can keep within your budgets.

12. Plan for important events in their life too — school, college, post graduation, marriage etc. If you save regularly early on, you can avoid borrowing or selling key assets later.

## Personal care and grooming

13. Do whatever you can at home — like you may not be able to colour or trim your hair at home, but you can definitely shampoo it at home. Most grooming these days can be done with "Do it yourself at home" products.

14. Even the fanciest salons and spas give offers and discounts. Ask for them. Collect coupons and use them.

15. If you can time your important purchases to coincide with offer seasons like monsoons and stay clear of festival times, you may be in for a lot of luck with great deals and discounts.

Although the above may look too basic, however they are time-tested and effective means of saving that little bit of money to put into your personal piggy bank.

ARTICLE BY  
MR.SRI KUMAR - TELCON SALES HEAD,NELLORE.

## ON MONEY

Money is concretized energy. Money is Power. Money is tool to be used by you. Money allows you to manifest the will to do good. Money is like a woman! If you say you do not like her, she will go away. Silently affirm to yourself, "Money flows to me like a river! Money rains on me like a waterfall". The secret of making money in the stock market is in allowing the other guy to make money. If you want to make money, you must let other people make money. Your attitude reflects your financial condition. Avoid a big overhead or excessive expenses. Avoid financial risks.

Knowing how to BUDGET is very important. In general try to be DEBT FREE. If you want millions of dollars, give and share wisely. You must have good karma! If you do not Save and invest there are fewer channels for your good karma to manifest. If you want to get rid of some one, Lend them money and they will hide from you. If you want to Inhale, you have to Exhale first. It is in giving, that we have to receive. As we sow abundantly, we reap abundantly. One grain of wheat sown may come back to you about 120 grains of wheat.

Giving is not only an Act of kindness; it is also a Smart thing to do. Giving is a science. Spiritual effort means asking for Blessings which facilitate the materialization of your prosperity karma. It is okay to give out of kindness, but you also must give because it is the smart thing to do. MERCY and ABUNDANCE go hand in hand. Your future is in your hands. You just have to plant the right seeds to become rich, practice the power of Giving. Donate! Give! To predict the future is difficult. To create the future is easier. Use the Law of karma to create your Future!

ARTICLE BY  
SURESH – TELCON DIVISION,  
NELLORE.



Feeling wound-up, overworked and exhausted? Do you feel a lack of focus or have trouble sleeping at night? Busy schedules can leave us stressed out, irritable and run down?

Certain brain chemicals called neurotransmitters, such as serotonin, dopamine and not epinephrine, dictate how we experience emotion and how we feel. Neurotransmitters generate feeling of happiness, mental alertness and calmness. Deficiencies of the chemicals can lead to depression, irritability, anxiety, sleeplessness and food cravings.

Neurotransmitters are derived in part from the foods we eat. So, a few simple dietary changes may help to increase their levels naturally and improve the body's response to stress, countering its effects on our health and moods.

## Dietary Stress Fibers:

Complex carbohydrates : These increase the amount of serotonin in your brain, a powerful neurotransmitter that boosts your mood, calms you down and helps you sleep.

Food sources: fruits, vegetables, whole grains and starchy foods.

Protein-rich foods: Eating them slows down the rate at which sugar is released into your bloodstream and keeps your blood sugar balanced.

Food sources : dairy foods (cheese, milk, yogurt), eggs fish, meats, legumes (beans and lentils), peanut, butter, poultry and tofu.

Essential Fats: These fats (a.k.a. omega-6 and omega-3 fatty acids) can only be obtained through our diet. They promote the flow of nutrients into cells and allow waste products to escape from the cells. Research shows that seafood such as salmon

and other oily fish contain omega-3 fatty acids, which appear to help relieve mild depression.

Food sources: nuts (almonds, walnuts), oils (canola, flax, soybean), oily fish (salmon, sardines, tuna), and seeds (flax, pumpkin).

## Trees

One tree can produce 130 kgs of Oxygen per year. Two trees can provide sufficient oxygen for four members in a year.

Carbon dioxide is a green house gas. When its concentration increases in the atmosphere, it causes global warming which leads to climate change.

Carbon dioxide emissions on burning of fossil fuels:

S.No.	Name of the fuel	Quantity	CO2 emissions in kg per liter fuel
1.	Petrol	1 liter	2.296
2.	Diesel	1 liter	2.653

A single tree on an average can absorb 20 kg of Carbon dioxide from atmosphere in a year. One tree in its life time can absorb 1000 kg of CO2.

If we reuse or recycle one ton of paper ..... 15 trees can survive.

Plant a tree, Green the Earth, clean the air, live happily.

Trees .... Precious natural resources of the earth. Let's conserve it.

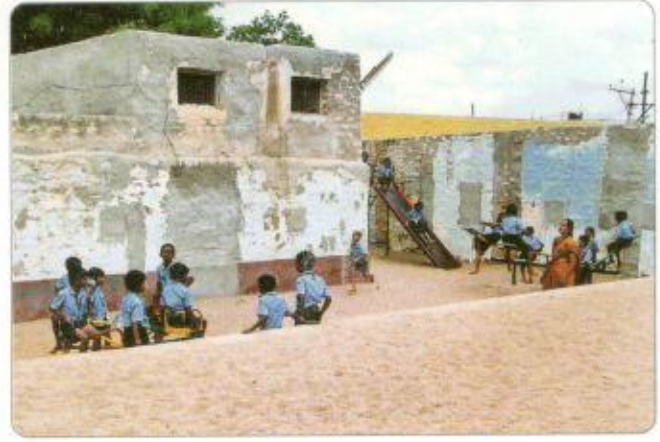
ARTICLE BY  
MR.SRI KUMAR,  
TELCON SALES HEAD,  
NELLORE.





## MGB TRUST SCHOOL

The residences of Machani Gangappa Brothers at  
Yemmiganur - five decades ago - are converted into a school for the society



## BEST SALES EXECUTIVES



Mr.Ch.Penchela Prasad, CVD  
Sales Nellore (HCV) Best Sales  
Executive 2011-12.



Mr.V.Pranav, CVD Sales  
Nellore (LCV & ICV) Best  
Sales Executive 2011-12.



## SECURITY



Security is an important necessity in any business environment. The Management has made necessary plans for the safety of Company's / Customers' property in every division. A team of 61 security guards monitored by 8 security officers constantly attend to their duties to safeguard the property and maintain a system. Security is a complex activity and the Management has placed this responsibility in the hands of a Chief Security Officer (CSO) who is a well experienced Retired Police Official. He is Mr.K.Srihari Rao, A Retired DSP, who served in police department for 31 years as SI (14 years), as CI (14 years) and as DSP (2 years). The CSO has to his credit - awards - Police Seva Pathakam (1989), Police Uttama Seva Pathakam (2006), Indian Police Medal (2006) & many Cash Awards and commendations in recognition of his good work. The security of the organization is in the hands of such well experienced person. The above photograph is taken on August 15<sup>th</sup> 2012 showing Mr.K.Srihari Rao with his team.