

MIDHANI MANTHAN



A Quarterly Publication by Mishra Dhatu Nigam Limited

CMD Message

Dr. S. K. JHA



Dear Colleagues,

I wish safe and healthy time for you and your family members.

Safety of entire MIDHANI family is highest priority and concern in the current situation. MIDHANI is having specific business continuity plans with a focus on

safe and COVID-free work environment for its employees. Overcoming the adverse effect of this pandemic is our collective responsibility, not only as an organisation but also as strategic manufacturers of metal & alloys. Therefore it requires better resilience and strong commitment to achieve national objectives and goals.

It is also established that endurance of human beings become more in adverse conditions. In spite of all odds, we've performed considerably well in the first quarter. This was possible due to the hard work, determination and commitment from all of you. With due guidance from the Administrative Ministry, we need to maintain the pace to ensure that all our service commitments are met while taking care of our personal health and hygiene. It is pertinent to state that efforts should be made to continuously monitor the developments in the critical projects till we reach completion.

I am glad that MIDHANI Magazine, a platform to express our views and achievements, has been launched after a long gap. Let us contribute our views on all spheres of life within the company so that this magazine becomes a mirror of our company.

We have difficult times and tough goals. But we MIDHANIans are known to work with better efficiency under pressure. With best wishes to you and members of your family.

Jai Hind!

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International Day of Yoga

MY EXPERIMENT WITH YOGA

A. K. Mandal

Addl. General Manager, Midhani

Yoga has become a part of my life now, though it was not so 10 years back. I will be sharing with you the story of how it helped me to come out of various illnesses and became a part of my daily life.

BRIEF ACCOUNT OF MY SICKNESS:

On 01-01-2011 at the age of 45 years, I visited a cardiologist in a renowned hospital in Hyderabad for my heart pain. This was a turning point in my life as my Yoga- journey started with it. My Lipid test was done in the hospital as per doctor's advice and test results were abnormally high - Total Cholesterol (TC: 277 mg/dL) and Triglyceride (TG: 616 mg/dL).

I started practicing Yoga, Pranayama with exercises like walking & jogging with complete control of fats & oil intake. On 12.01.2011 and 14-02-2011, the test results in mg/dL were (TC: 230, TG: 271) and (TC: 206, TG: 172).

On 07-02-2012, I visited a Neuro Physician as I was having disturbed sleep. Doctor diagnosed it as Vitamin B12 deficiency. However, my sleep-problem continued even when my Vitamin B12 level had sufficiently increased (906 pg/mL on 25-02-2012).

On 26-03-2012, I was referred for Psychiatry consultation as my sleep disorder was continuing. During consultation, once the doctor asked me – how much time in a day your mind remains happy. This question awakened me. I realised the importance of keeping my mind happy and started to find the ways and means for that.

I started practicing Dhyana (Meditation) on 15-04-2012. Surprisingly, I had a sound and satisfying sleep on 15-04-2012, the very first day of start of my meditation and thereafter I continue to have sound sleep every night till today very naturally without any difficulty.

During that period, on 06-04-2012, I visited another hospital to consult for my gastric and acidity problem. Upper G I Endoscopy was done which revealed Hiatus Hernia and Esophagitis Gr B. Within a period of around 3 months, I could come out of the problem and feeling normal. My video endoscopy report dated 08-04-2014 was completely normal.

The regular practice of Yoga has helped me to come out from all the sicknesses and to lead a healthy and happy life.

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Celebration of International Day of Yoga

In compliance with the guidelines issued by MOA, MIDHANI celebrated International Day of Yoga as **Yoga @ Home** on June 21, 2020. Yoga @ Home competition was conducted wherein employees were asked to submit a video of their Yoga @ Home and to upload the same on MOA website. HR&CC department displayed posters related to the competition for the wide propagation of the event. All Participants have been given a gift as a token of appreciation.

Anti Terrorism Day



Anti Terrorism Day has been observed on May 21, 2020. Dr. Sanjay Kumar Jha, CMD Midhani and other officials took pledge to oppose all forms of terrorism and violence in their respective rooms and offices to avoid public gathering as recommended by MHFW.

National Technology Day



On the occasion of 'National Technology Day 2020', MIDHANI celebrated and paid tribute to the scientific and technological achievements of the country at the 'Center of Excellence' located inside the premises of the company on May 11, 2020. On the occasion Dr. Sanjay Kumar jha, CMD, Midhani, addressed the gathering. Young engineers of the company participated heartily and presented papers on various topics such as Advance Materials, New Technology like Artificial

Intelligence in Alloy Development, 3D Printing & Metal Powder, Metal Recovery from Plant Reverts, Shape Memory Alloy and Intellectual Property Rights (IPR) etc.



In view of the COVID-19 pandemic, adequate precautions were taken as per the guidelines issued by Govt. of India and social distancing was maintained for safety of the people.

Industry Interactive Webinar



Dr. SK Jha, CMD, MIDHANI participated as Panelist in Industry Interactive Webinar on Indigenization of Critical & Strategic Materials in Defence Manufacturing organized by PHDCCI, New Delhi and Chaired by Shri Raj Kumar, IAS, Secretary,DP,MoD, Gol on June 2, 2020. Shri D. Gopi Krishna, GGM (C), MIDHANI also attended the webinar.

MIDHANI developed & supplied 99.6% Pure Nickel Wire for Critical Care Ventilators.

MIDHANI has developed and supplied 0.16 mm Nickel Wire with purity better than 99.6% which was critically required for the manufacture of Oxygen sensor pertaining to the "Critical Core Ventilator" being produced by M/s. BEL for COVID-19 patients.



The material was developed and supplied by MIDHANI for the first time within 96 hours even during the lockdown period. MIDHANI's supply has helped establish an indigenous source of critical raw material which was otherwise getting imported from M/s Polyfil, Switzerland.

Participation

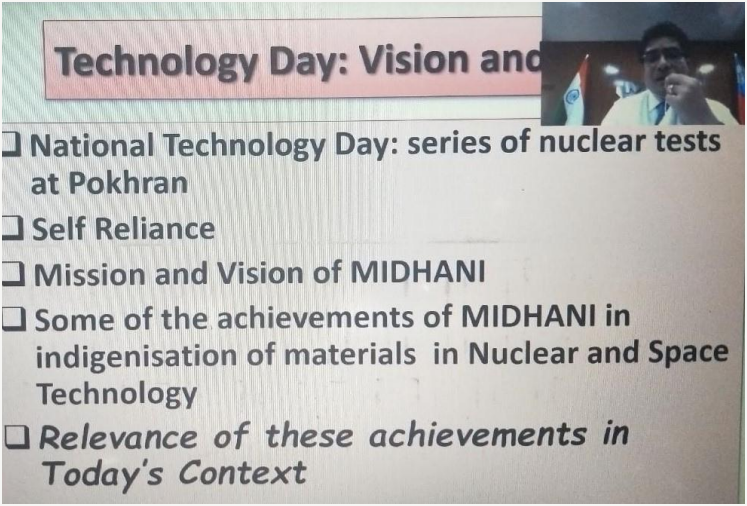
MSME Conclave



Dr. Sanjay Kumar Jha, CMD, MIDHANI and Senior Officials attended the Society of Indian Defence Manufacturers (SIDM), MSME Conclave through VC under the Chairmanship of Hon'ble Raksha Mantri Shri Rajnath Singh Ji on May 21, 2020.

Conference on RE-START

Dr. Sanjay Kumar Jha, Chairman & Managing Director, MIDHANI was a Speaker in a Digital Conference on RE-START - 'Reboot the Economy through Science, Technology And Research Translations ' on the occasion of National Technology Day organised by Global Innovation & Technology Alliance (GITA) in collaboration with Technology, Development Board, Department of Science & Technology, Ministry of Science and Technology, Gol and Confederation of Indian Industry (CII) on May 11, 2020. Dr. Jha enlightened the members with his views on "Advanced Materials - New Technology Horizons".



The conference was witnessed by Dr. Harsh Vardhan, Hon'ble Minister for Science & Technology, Health and Family Welfare and Earth Sciences, Gol as a Chief Guest.

MY EXPERIMENT WITH YOGA

From page 2

MY UNDERSTANDING WHICH MOTIVATED ME TO ADOPT YOGIC PRACTICES:

We Are Designed To Remain Fit And Healthy. We Cannot Fall Sick :

Our body is perfectly designed both anatomically and physiologically to keep ourselves fit and healthy throughout. This is a very important understanding and gives a solid foundation and reason for us to believe that we can remain fit and healthy naturally – let me elaborate with few examples:

a) All our vital parts are effectively protected by hard bones like heart and lungs by rib cage, nerves bundle by backbone, brain by skull to protect from damage by external force.

b) The bleeding from our body stops by blood clotting but the same blood does not clot inside body to keep ourselves living.

c) When germs enter our body, the WBC in our blood generates antibody and destroy the germs and keep ourselves healthy.

d) Our homeostasis process which maintains our body's internal environment in changed external condition is a very strong weapon inbuilt in our body and is a clear indication that our body is designed to remain fit and healthy.

e) Our body and its various organs are actually over designed with respect to their normal functioning. For example, one kidney can filter enough blood to keep our body functioning normally, but still we have two kidneys.

If We Can Not Fall Sick Then Why We Fall Sick:
We fall sick if we

a) Unuse, abuse, misuse and disuse our body and mind for long time [for example, if we do not engage with sufficient and healthy activities (Yogasana, Pranayama, Dhyana etc) , do not give proper input (food etc) and proper

rest (sleep etc) to our body and mind].

b) Ignore the positive things and concentrate more on negativity.

c) Do not follow our body clock cycle and are not performing our activities at its time. For example, sleep in day time etc.

If We Fall Sick, How To Restore Normalcy:

When we fall sick, our body continuously works hard to restore our normal health. What is required is to assist our body to its effort to restore to normalcy.

How To Assist Our Body To Restore Normalcy:

There are 3 ways to assist:

a) Natural or Yogic Ways

This is the best way to assist our body. It includes leading our life in Yogic way with regular practice of yoga with Asana, Pranayama, Dhana and with proper intake of food and positive mental set up.

b) Unnatural or Medicinal ways

It includes use unnatural things like medicines to cure the disease. As medicines are unnatural to our body, they are toxins which mix with the blood and reaches not only to the targeted cells but each and every cells of our body.

This may give relief to the particular disease but disturbs the total internal environment of our body which many times lead to other problems in our body as well as mind.

However, if the natural ways do not work out and the benefit of use the unnatural ways is more than the losses – then this option can be resorted to.

However, this should be our strategy as a temporary measure and our ultimate target should be to come back to normal with systematic planning like tapering the intake of medicines along

with lifestyle changes in line with patient's condition.

c) Optimum use of Natural and Unnatural ways
If the Natural ways do not work effectively, then the second best option is to go for an optimum mix of using the Natural ways and Unnatural ways to maximise the benefits to restore normalcy. It requires very good experience, continuous experimentation and monitoring of patient's condition with respect to the ways adopted to find the optimum mix.

THREE IMPORTANT PILLARS OF YOGIC PRACTICES:

Yogasana, Pranayama and Dhayana (Meditation) are the three important pillars of Yogic practices in my life and have become a part of daily life.

Before doing Yogasana, we should practice loosening exercises and organ exercises for loosening joints and making our muscles flexible and for keeping our organs active and to avoid injury to our body.

(1) YOGAASANA

It deals with the physical body. It is a body posture. It is to keep our body in a particular position of posture for some amount of time with proper breathing. Yogasana is also called Asana. Asana improves our body's strength, its ability to do work and its flexibility. It enriches our blood with more oxygen making it purer and to deliver this pure blood to the cells of our body, nourishes both our body and mind and keep them healthy.

Asanas can be grouped as per different positions. Four important positions – Standing, Sitting, Supine and Prone; and some of the Asanas for each position are:

A) STANDING POSTURES:

VRIKSHASANA, GARUDASANA,
PADAHASTASANA

B) SITTING POSTURES:

VAJRASANA GOMUKHASANA UTTHITA
PADMASANA

C) SUPINE POSTURES:

HALASANA, SARVANGASANA
SETUBANDHASANA

D) PRONE POSTURES:

BHUJANGASANA DHANURASANA
SALBHASANA

(2) PRANAYAMA

Pranayama is the controlled and conscious breathing. Pranayama improves quality of blood, increases lungs capacity, makes the exchange of oxygen and carbon dioxide gases in lungs more efficient and the functioning of respiratory and cardio vascular system stronger. But the most remarkable benefit is that Pranayama brings happiness in mind. The most important Pranayams are Kapalbhati, Bhastrika, Anuloma Viloma, Bhramari, Ujjayi, Sitali, Udgitha.

(3) DHYANA

Dhyana is Meditation. It is journey of our mind from its normal state with many thoughts (mind generates many thoughts simultaneously) to single thought and finally to no thought.

In Dhana, we try our mind to focus only on one object (like heart, point between eyebrows etc), and ignore the other thoughts which come in our mind as unwanted guest. Gradually number of thought reduces and our mind becomes calm over the passage of time.

Gradually and slowly remove that object also from mind and leave the mind in complete emptiness - which is the final stage of Meditation.

In every moment, lots of thoughts are generated in our mind over which we do not have any control. These thoughts create many waves or turbulence in our mind which adversely affects the functioning of our brain and other organs and systems of our body unhealthy and mind unhappy. Dhana is the remedy and perhaps the best remedy to overcome this problem.

SOME RELATED LINKS:

1. Warm up exercises :

<https://youtu.be/CAT2O333kFo>

2. Asanas, Pranayamas, Mudras, Bandhas etc:

<https://www.youtube.com/playlist?list=PLZsniVTmLPKWfrpCsdIU26nAgO04trYAs>

3. Demonstration of Common Yoga Protocol with Midhani's call to Practice Yoga:

<https://www.facebook.com/100017574612891/posts/635292863733195/?sfnsn=wiwspwa&extid=7DkVdGAE2nZRi7jY&d=w&vh=i>

Music - The stress buster

Dr. B. Balaji, DM (HC & CC)

It is possible that a batsman like Sachin Tendulkar may be under some stress when he is nearing a century. He is a great batsman, but was out 27 times in his career (17 times in ODIs and 10 times in Tests) when his score was between 90-99. On the other hand, Virender Sehwag was singing a song during a triple century in a Test match against South Africa in the year 2008. A person like Virendra Sehwag relieves tension by singing songs while hitting a century.

There can be many reasons for stress. Such as ill-will in a loving relationship, problems in marital life, lack of time to complete a job, a serious illness, financial problems, problems in the family, sudden change of job or being fired from a job, worrying about children, someone's death in family, relation or friend circle, loans and debts, not being satisfied with your life, having huge expectations, not being able to fulfill dreams, failing in exams etc.



Listening to Music or Singing can be a good way to relieve stress or reduce its intensity. Listening to light music and melodious songs can relax the mind. Music can be helpful in overcoming the negative thoughts arising in mind and building positive thoughts. So, Keep listening to Music and release your stress.

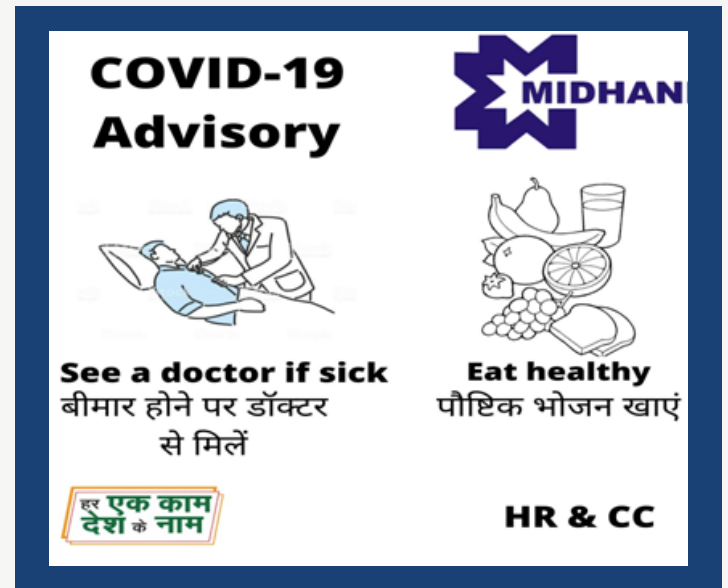
Covid-19

Covid-19 Measures for post operations

MIDHANI has taken up many precautionary measures for pre & post operations of the company in compliance with the various circulars and guidelines issued by Ministry of Health and Family Welfare which has been issued during and after lockdown period in connection with Covid 19.

Midhani Management took following initiatives to create awareness about the ongoing pandemic COVID19 for all the employees:

- 1) Management has issued guidelines through circulars to create awareness among the employees.
- 2) A Standard Guidelines and Action plan for Resuming Operations Post Covid-19 was designed by a Committee of Officials. It was circulated within the company through ERP. Also, it is published on official website.
- 3) Banners were displayed across the company and Pamphlets were distributed about the do's and don'ts during this crisis.
- 4) Arranged Sanitizer along with stands for Corporate Office and for all shops floors in the plant.
- 5) Social distancing is being followed during shift in & out.
- 6) Face mask and shield is given to each employee along with casuals.
- 7) The Shop floors in plant and Corporate Office is being sanitized by spraying disinfectants regularly.
- 8) HODs and HR officials are conducting interactive sessions with the staff to sensitize



and to spread awareness towards Covid 19 to boost their self-confidence to work together with precautions.

9) Covid Warriors Team of HR Officials has been formed to sensitize and prepare our employees to fight the pandemic. They are visiting respective departments, Shopfloors daily and interacting with the employees and HODs.

10) If any employee found to be exposed to novel coronavirus (COVID-19), and have developed any symptoms (cough, fever or difficulty breathing), medical guidance and assistance have been provided them.

11) Medical kits have been provided if tested positive.

12) Corona virus testing facility is being provided through contract with eminent diagnostic centre.

13) Arrangements are being done to get treatment in the panel hospitals and non-panel hospitals.

Arranged Sanitizer at Corporate Office



Arranged Sanitizer at Plant

MIDHANI Resumed with following norms issued by GOI



EMS department sanitizing the shop floors at plant and Corporate Office



HODs are conducting interactive session with the staff to sensitize and to spread awareness towards Covid 19 to boost their self-confidence to work together with precautions



Post reassuming operations of plant a committee called "Covid Warriors" has been formed to educate employees to take precautions against Covid 19



Ayurveda 's immunity boosting measures for selfcare during COVID 19 crisis

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health.

We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of "Dinacharya" - daily regimes and "Ritucharya" - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures.

Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications.

Recommended Measures

General Measures

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes.
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

Ayurvedic Immunity Promoting Measures

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

Simple Ayurvedic Procedures

1. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
2. Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.



During dry cough / sore throat

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds)
2. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

1. The above measures can be followed to the extent possible as per an individual's convenience.

2. These measures are recommended by following eminent Vaidyas from across the Country as they may possibly boost an individual's immunity against infections.

1. Padma Shri Vaidya P R Krishnakumar, Coimbatore
2. Padma Bhushan Vaidya Devendra Triguna, Delhi
3. Vaidya P M Varier, Kottakkal
4. Vaidya Jayant Devpujari, Nagpur
5. Vaidya Vinay Velankar, Thane
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9. Vaidya M S Baghel, Jaipur
10. Vaidya R B Dwivedi, Hardoi UP
12. Vaidya Rakesh Sharma, Chandigarh
13. Vaidya Abichal Chattopadhyay, Kolkata
14. Vaidya Tanuja Nesari, Delhi
15. Vaidya Sanjeev Sharma, Jaipur
16. Vaidya Anup Thakar, Jamnagar

Disclaimer: The above advisory does not claim to be treatment for COVID 19.

Source : Ministry of AYUSH, Website



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