

CMD's MESSAGE

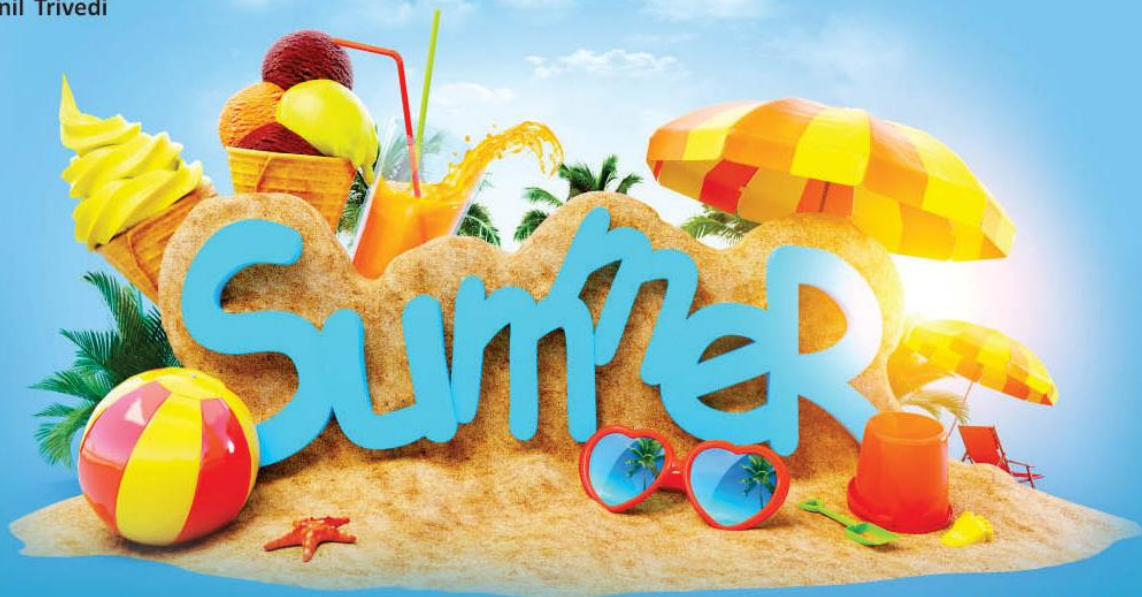
This summer, drink the heat out. I will talk less and share more with this issue.

As summer temperatures hit, here are a number of important tips.

- Drink enough water to prevent thirst.
- Monitor fluid loss by checking the color of your urine. It should be pale yellow and not dark yellow, too smelly or cloudy.
- Begin exercise well-hydrated. Drink plenty of fluids the day before and within the hour before, during and after your exercise session.
- Consider all fluids, including tea, coffee, juices, milk and soups (though excluding alcohol, which is extremely dehydrating). The amount of caffeine in tea and coffee does not discount the fluid in them, even if they have a slight diuretic effect, according to the most recent report by the National Research Council's Food and Nutrition Board.
- Eat at least five cups of fruits and vegetables per day for optimum health, as they all contain various levels of water and the all-important nutrient potassium.
- You can also replace fluid and sodium losses with watery foods that contain salt and potassium, such as soup and vegetable juices.
- For long hikes, when you'll need food, dried fruit and nut mixtures contain high amounts of potassium, sodium, protein, carbs and calories — though continue to drink plenty of water.

So friends, stay hydrated and stay healthy this summer.

Sunil Trivedi



MANAGEMENT THOUGHT

Know what you want to do, hold the thought firmly, and do every day what should be done, and every sunset will see you that much nearer to your goal.

- *Elbert Hubbard*

WARM
WELCOME TO
NEW JOINEE

Welcome

SR. NO.	EMPLOYEE NAME	DESIGNATION	DATE OF JOINING
1	Abhay Bhalerao	General Manager Operations	19/01/2016
2	Shankar Pillai	General Manager Marketing	04/03/2016
3	Mohit Trivedi	Business Development Manager	04/03/2016
4	Jaydip Ghetiya	Assistant	07/03/2016
5	Nikul Patel	Service Technician	09/03/2016
6	Praful Karadi	Assistant	09/03/2016

HAPPY
BIRTHDAY
CELEBRATION

The company had a bash of celebrations with cakes, pastries and lot more.

This gathering came as more a gift than birthday celebrations for team mates and colleagues with their birthdays falling in this quarter.

Birthdays are always a lot of fun and always awaited as a much needed break in the intense working



SR NO.	NAME	DEPARTMENT	BIRTH DATE
1	Rajesh Pal	Production	09-Jan
2	Unni	Import	10-Jan
3	Vikram Parmar	Production	10-Jan
4	Siddhata Powar	QA-QC	17-Jan
5	Mohit Trivedi	Sales	02-Mar
6	Abhay Bhalerao	Operations	22-Mar

Birthday wishes to
employees
having birthday in
NEXT QUARTER

SR. NO.	NAME	DEPARTMENT	BIRTH DATE
1	Hasmukh Prajapati	Stores	07-May
2	Ashok Vankar	Stores	17-May
3	Karuna Jyothi	Supply Chain	13-June
4	Mukesh Chauhan	Production	20-June

A C H I E V E M E N T S



We have participated in WAPTAG EXPO 2016 with our brands.





Employee Engagement Activity

New Year Celebration

- We welcomed The New Year -2016 with great CSR activity.
- we visited a general hospital and wished new year in a new way by offering fruits to patients admitted there.
- The entire company spent valuable time with the patients , making them feel special and loved.



HOLI

Celebration 2016

- A lot of colours were added in the relationship that we share with the colleagues, this Holi on 23rd Mar-2016.
- The entire team joyously celebrated HOLI with lots of colours.



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