



**INFRAVOICE APRIL '16**



# Festival's April'16



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# Best Cooling Foods For The Summer

With the mercury levels rising to new highs everyday, summer seems to completely drain us out. Temperatures have been scorching high and humidity levels have escalated to between 70 and 80 percent. Most of us feel dehydrated and low on energy in such a climate and we look for ways to cool ourselves. Our body needs cooling foods that will balance our diet and keep our energy levels stable.

## 1. Curd/ Yogurt

Curd is a delicious coolant. You can make delicious - chilled spicy buttermilk, a glass of lassi or chachh and raita. You can also add fruits to the curds to make a lip-smacking and wholesome dessert or prepare dips during the summer season.

## 2. Coconut water

An inexpensive coconut is full of health benefits and has wonderful cooling properties. It is laden with simple sugars, electrolytes and essential minerals which help keep the body well hydrated. In addition to that, there is evidence to suggest that coconut water has cancer fighting and anti-ageing properties as well.



#### **4. Cucumber**

This crunchy vegetable costs little, has lots of fibre that can help keep constipation at bay. It can make each of your bites crunchier and help you stay cool as a cucumber!

#### **5. Mint**

Mint is a simple, easily available, inexpensive herb which you can add to your curd to make pudina raita or have it in the form of chutneys besides using it in dips. The best thing about it is that you can grow it in a small pot at home for your use. Though it does not help bring down the body temperature, we love it because of the delicious and refreshing taste.

#### **6. Green veggies**

Though green vegetables are good to have round the year, it is good to have lots of them during the summer months because they have a high water content. Avoid overcooking them because that can cause a loss of water contained therein.

#### **7. Onions**

Onions have amazing cooling properties. You can add it to your curries, dips, raitas, salads and chutneys to help keep you cool. The red onions, in particular, are very rich in quercetin, which is a natural anti-allergen. Having lots of onions can provide you protection against sunstroke.

# Tele News.

- ▶ Continuing Expansion: Tower industry trends and market outlook
- ▶ Telecom Infrastructure in India, June 08, 2015
- ▶ The Indian telecom tower industry has witnessed significant growth over the past several years
- ▶ on account of the aggressive expansion of telecom networks and the entry of new operators.
- ▶ The telecom tower base in the country increased from about 250,000 in 2007-08 to 411,000 in
- ▶ 2012-13, while the tenancy ratio grew from 0.9 to 1.91 during the same period. Going forward,
- ▶ with operators expected to expand their 3G telecom infrastructure and roll out 4G networks
- ▶ increase in tower installation and an improvement in the tenancy ratio.
- ▶ The key trends, growth drivers and challenges in the tower industry were examined at a recent
- ▶ tele.net conference, “Telecom Infrastructure in India”. The following sections are based on
- ▶ presentations and panel discussions at the conference by industry analysts, tower operators,
- ▶ *service* providers and technology vendors...

# New Joinees

Rajesh Bhaskar Shetty	Company Secretarial	Mahape Office
Sayantan Sarkar	Logistics	Kolkata
Chidanandaswamy M M	EB	Karnataka
Raj Kumar Singh	Circle Management	Bihar
Sardar Manjit Singh	Sparta Project	Kolkata
Mani Kachari	Sparta Project	Assam



# *Newly Married*

*Congratulations to the following employees  
who got married on the month of March'16.*

*Uttam Kumar Mishra  
Jharkhand - married on 10<sup>th</sup> March'16  
&*

*Prashant Vaman Yadav  
Mahape Office - 25<sup>th</sup> March'16*



# Birthday Calendar



		<b>1</b> Biswa Ranjan Samantra Adarsh Singh Meghwan Arif Ali	<b>2</b> Naranjan Dass Sachindanand Tripathi Narayanan Natarajan Pradeep Vishnu Rane Tushar Prakash Patil	<b>3</b> Major Singh	<b>4</b> Gurmeet Dhillon Kushangkumar Patel	<b>5</b> Sanjay Kumar Prasad Gawde Abhishek Sharma Krishna Prasad Rakesh Bandivadekar Vikal Kumar Gupta
<b>6</b> Anil Das	<b>7</b> Rakesh Jadhav	<b>8</b> Samantha M R	<b>9</b>	<b>10</b> Vijay Kumar	<b>11</b> Uma Shankar Choudhary Dinesh Dalvi	<b>12</b> Deepsinh Ranawat Sunil Kumar Singh
<b>13</b> Praveen Kumar Srineni	<b>14</b> Sandeep Ghunke Siddhesh More Vinayak Guram	<b>15</b> J.Ravi Rabindra Pradhan Subrat Kumar Sahoo Gowher Giri	<b>16</b>	<b>17</b> Shirish Inarkar Mayank Talwar	<b>18</b> Harishchandra Karkera Pawan Bansal Nandkishor Samant Chanchal Sarkar Shakti Singh	<b>19</b> Shaji P..M. Chandrashekhar Nibre
<b>20</b> Shanmugaraj P Saroj Kumar Sarkar Mahesh Khindewale Arun R.S.	<b>21</b>	<b>22</b> Pranab Saikia	<b>23</b> Vaibhav Singh	<b>24</b> Subbaiah S. Suresh Honkeri Mohd. Atif Dalvi	<b>25</b> Amrut Wairkar	<b>26</b> Venkatesh Janwadkar Pradeep E.
<b>27</b>	<b>28</b> Puneet Dua Md. Ismail Ghani	<b>29</b> Srinivas Dandamudi	<b>30</b> Viresh Modi Sangeeta Kadam Kalpesh Mhamunkar Dinesh Sathe			

# New Born

IT'S A BOY



Samir Vaity (Mahape Office)

Blessed with a baby boy!  
On 1<sup>st</sup> march'16





# Holy celebration in UP(E)



Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it.

Steve Jobs





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