

**INFRA-VOICE**

**AUGUST'16**

**EDITION**

**it's so Rainy**

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**“Change the way you look at things and the things you look at will change.” ~ Wayne Dyer**



### **A New Way of Dealing with Challenges**

This “new” way of looking at challenges is actually thousands of years old and was taught by great masters such as Lao Tzu and the Buddha himself. By learning this technique you’ll be able to deal with the most difficult challenges, while at the same time not letting them affect your inner peace.

This technique will also increase your level of happiness and confidence, allowing you to live a good and joyful life, regardless of your circumstances.

# **The 4 Steps for Dealing with a Difficult Challenge**

## **1. Accept and let go.**

Accept your life as it is now. It doesn't matter how many or what kind of challenges you are facing. See them as opportunities for growth. \_This way there is no point in feeling bad about them anymore. They are here to help you.

Accept yourself as you are now. You may have flaws, you may have made mistakes that have contributed to the situation you are in now, but that is not important. Let go of your past and forgive yourself. All that counts is what you do in this moment!

Let go of your fears, stress, and frustrations toward this situation and the people involved, even if you think someone else is to blame for your situation. Feeling anger or hatred toward this person will only (negatively) affect yourself.

How do you accept and let go of things? With a simple exercise called meditation. After four years of daily meditation I can vouch for the fact that it is a very effective tool for getting rid of stress, negativity, frustration, and anything else that is not serving you. Learning to meditate is the biggest gift you can give yourself.

## **2. Practice gratitude.**

You may label problems as such because dealing with them takes you out of your comfort zone. Dealing with them in the correct manner means you are growing as a person. So, learn to be grateful for the challenges in your life, \_because they make you stronger.

### **3. Observe and decide.**

Observe the situation without letting your emotions take over. You are now able to analyze the situation by just looking at the facts. (This is a lot easier than it sounds when you have a regular meditation practice.)

Decide what the best approach is for this situation and create a plan of action.

### **4. Face your fears and take action.**

Tackling your challenges usually includes facing one or more fears. You can try to avoid facing your fears, but at some point they will circle back into your life and you'll have to face them again. You can ignore fear, but you can't escape it.

Learn to be courageous and deal with it once and for all. Being courageous doesn't mean you become fearless. Everybody experiences fear. It's just that courageous people are the ones who are brave enough to constantly face their fears. On YouTube there is a Will Smith interview in which he states: "If something frightens me, I have to do it. I will not let it control me!"

Taking action is the most important step in this whole process. It is also the step where most people get stuck. But by creating the right mindset this becomes a lot easier. Because the emotions that usually frighten you and maybe even paralyze you will no longer have any effect on you, or the effect will be greatly reduced.

## How I Used This Mindset to Get Out of Debt

About five years ago I was a recovering drug addict with a ton of debt. As an addict I continuously spent more money than I made. I thought quitting drugs would solve this problem, but it didn't. I actually kept getting into more debt. At one point it finally got so bad that I had to do something about it.

This was around the time I met my mentor, and with his help I learned to let go of the frustration and other negative emotions surrounding this whole situation. He helped me see things from a different perspective.

I realized that I had stopped using drugs, but that I had not dealt with the cause of my drug abuse. Because of that I had replaced my addiction with a bunch of new ones: fast food, alcohol, and other stuff that would make me forget about my worries.

He helped me see that a lot my problems were related to my relationship with myself. I blamed myself for all the misery in my life and I had such little faith in myself that I did not believe I could succeed at anything. After all, I had failed at so many things already.

Seeing myself slide down a downward spiral and not believing that I had the power to turn this around triggered a lot of anxiety inside of me. And that was why I had all these addictions. They helped me escape from the real world and gave me "instant joy."

So, to get control over my finances (and my life) again, I had to let go of the anger, blame, and frustration toward myself. Daily meditation exercises are what helped me with this. Meditation helped me replace these feelings with love, confidence, and inner peace.

Once I started to love myself again, I was able to be grateful for all these issues I had been faced with. They had contributed to the person I was at that time and I liked that person. I was stronger and more confident than ever, and these things I first perceived as problems helped me get there.

In the next few months, I made a lot of progress and was able to quit drinking and overeating. I learned to manage my budget responsibly; I automated my monthly payments; and from then on, didn't even give my financial situation a single thought. I just focused on my abundance and my inner peace instead. It took me years to pay off this debt, but it didn't keep me from enjoying my life!

This is a process that takes some time to learn. I didn't get it right the first time either. Some things are easier to deal with than others. But if you take the time to get in the right mindset and learn to let go of the negative things in your life, you will be able to live a life of happiness and joy, regardless of your circumstances.



# TELE NEWS

Tamil Nadu tops urban net subscriber numbers; Maharashtra,  
Delhi tied in 2nd spot

***THE TELECOM CIRCLE OF UP EAST HAS THE HIGHEST NUMBER OF RURAL INTERNET  
SUBSCRIBERS AT 11.2 MILLION AND ALMOST A MATCHING NUMBER OF URBAN  
USERS.PTI | JUL 25, 2016, 08.03 AM IST***



NEW DELHI: Tamil Nadu has maximum number of urban internet subscribers in India accounting for over nine per cent of country's total 231 million urban subscribers, with Maharashtra and Delhi having over 19 million users each.

Tamil Nadu boasts of over 21 million urban internet subscriber base, with Maharashtra and Delhi competing almost neck-to-neck with 19.7 million and 19.6 million subscribers respectively, followed by Karnataka with 17 million users, as on March, 2016.



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The urban internet subscriber base stands at 231 million. That, along with 112 million of rural subscribers, pegs the total internet subscriber base in India at over 342 million, according to government data giving service area-wise break-up of rural and urban internet subscriber base.

The telecom circle of UP East has the highest number of rural internet subscribers at 11.2 million and almost a matching number of urban users. Maharashtra is next in this pecking order with 9.7 million rural internet subscribers, with Andhra following close on heels with just over 9 million rural internet subscribers.

To improve internet penetration in rural areas, government is in the process of establishing a massive network infrastructure by connecting all 2.5 lakh gram panchayats through optical fibre, providing broadband connectivity by all categories of service providers.

The ambitious project BharatNet (formerly National Optical Fibre Network project) is planned to be implemented in three phases.

In the first phase, one lakh gram panchayats will be connected by March 2017, and this connectivity would be further extended to the remaining 1.5 lakh panchayats by December 2018.

The third phase involving a future-proof network involving fibre between districts and blocks, is planned to be completed by 2023.

# New Joinees



Name	Department	Circle
Rajendra Narayan Mahajan	EB	Assam
Ravikant Ramakant Parvati	Operations	Mahape Office
Sunny Kukreja	Information Technology	Mahape Office
Sagar Kadam	Administration	Mahape Office
Sheetal Shinde	Legal	HO
Vikram Sharma	Logistics	Jammu & Kashmir
Gajanan Mane	Administration	Mahape Office
Nilesh Ninu Patil	Operation	Mahape Office

# Birthday Calendar Month of August'16



				1	2	3
				Ashok Chauhan Aditi Gupte Mangesh More Pankaj Maniya Manoj Bhattacharjya		Nizam Ali
4	5	6	7	8	9	10
Dhananjay Singh Nisar Shaikh Mohanraj K.	Shubhendu Khot Siddhesh Prabhu Pradeep Chaturvedi Rafiq Malla	Pravin Soundade Raju Das	Naru Halder Jeeva R G Bharat Badyal	Prosenjit Podder	Darshan Durgude	Prithvidhar Shahigari Rahul Mishra P Ramachandran Priyanka Thakur Sonu Bhardwaj
11	12	13	14	15	16	17
Glenn Carvalho Praveen Mishra	Kamal Kapoor D. Pradeep	Ranjan Sinha Mohini Gupta Ajaykumar K V Pushkar Agarkar	Jyotishmoy Borah	Bhagwan Agal Syed Akhtar Annie Swamy Parvesh Walia Harinder Singh Ajay Sharma Gaurav Kumar Subhash J. Kadam	N Firthouse Khan Mukesh Singh Atul Kulkarni Kallol Sarkar	S. Manoj Kumar Lalji Singh Ajay M. Kulkarni
18	19	20	21	22	23	24
Rajeev Pillai Krishnamoorthy D Rupesh Patil	Nithin Kumar	Anand Mangrati Montu Hazarika Shivram Dwivedi Vivek Goel Farooq Shaikh	Ubaid Ul Haq	Benson Jacob Somnath Kirpan	Rishi Vaidya Ravi Kumar Sandeep Nilvarana Vijay Sharma	Ravindra Bidarkundi Bappa Samanta Hemant Sharma
25	26	27	28	29	30	31
Roshan Sawant Kailash Sabat	Harpreet Singh V S N Prem Swaroop Rahul Kumar Vilas Karande	Rahul Raman Pranil J Hulikar		Srinivas Mangurapu Harshada Kulkarni		Afzal Pasha Nitin Gupta



**Newly Married**

***Congratulations !!***

**Manasi Sanjay Badhe**

married on 07/Jul/16.

Mahape Office

# New Born

it's a boy



Syed Akhtar Ali Shah	Jharkhand	Son
Nilesh Baban Batwal	Mahape	Son





# Iftar Party at Lucknow



Some of the initiatives taken by the Regional Business Head  
Mr. Manoj Singh Rathod - UP (E) & (W)  
We welcome them...



# Support Staff Day



**Support Staff was served by the Office Staff as a special day !!**

Some of the initiatives taken by the Regional Business Head

Mr. Manoj Singh Rathod - UP (E) & (W).



# Spot Awards-Lucknow



**Special Achievement Awards were distributed to the best site maintained by an individual or a Team.**

Some of the initiatives taken by the Regional Business Head  
Mr. Manoj Singh Rathod - UP (E) & (W).



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