



*Hello  
November*

**November 2016 Edition**

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# Telecom News:



## **No proof of adverse effects of tower radiations, DoT tells Supreme Court**

The Department of Telecommunications (DoT) has told the Supreme Court that there is no conclusive proof to establish the adverse effects of tower radiations on human health. Further, the DoT has also assured the court that research studies have been commissioned to further examine the issue. The Supreme Court had asked the DoT to get back to it with information regarding tower radiations as the court refused to accept industry claims stating that these emissions were harmless. In its response submitted to the court, the DoT has cited a study by the World Health Organisation which states that the current evidence does not confirm health consequences of exposure to low level electromagnetic fields. According to the DoT, such studies have been going on for years and are not specific to developed countries alone.

Further, the DoT has said that an inter-ministerial committee (IMC) was set up in 2010, which had concluded that there was nothing to show a cause-effect relationship between radio frequency radiation and health on the basis of several examining studies conducted by institutes in the country and abroad. The IMC had also indicated that most of the laboratory studies were unable to find a direct link between exposure to frequent tower radiation and health.

The DoT also said that although there is a belief that more research needs to be done in this field, scientific knowledge in the area of tower radiations is now more extensive as compared to that in most chemicals. Moreover, DoT has also claimed that more research was underway by the Indian Institute of Technology and All India Institute of Medical Sciences on the issue.



# 5 Tips to be an expert at Managing your time!

The key to becoming more efficient and relieving that stress is the ability to set priorities and the ability to focus on one task at a time. Here are five ways to get organized and get started:

## 1. Be open to new ideas.

The most foolish person of all is either the person who feels he has no time to learn about time management or, even worse, the person, while being overwhelmed with work, feels that she already knows all that's needed to know on the subject.

## 2. Learn from the experts.

Success leaves tracks. A wise man, who had studied success for more than 50 years, once concluded that the greatest success principle of all was, learn from the experts. If you want to be a big success in any area, find out what other successful people in that area are doing—and do the same things until you get the same results. Study the interviews, speeches, biographies and autobiographies of successful men and women. You'll find that they all had one quality in common: They were all described as being "extremely well organized."

There is probably no other skill that you can learn that will give you a "bigger bang for the buck" than to become extremely knowledgeable and experienced in using time management practices. So read the books, the articles, listen to the audio, take the courses. Then, practice, practice, practice every day until you master those skills.

### 3. Develop a plan.

Successful men and women are both effective and efficient. They do the right things, and they do them in the right way. They are constantly looking for ways to improve the quality and quantity of their output. Develop a plan, Then decide what is the most important thing to do, and then decide how to do it.

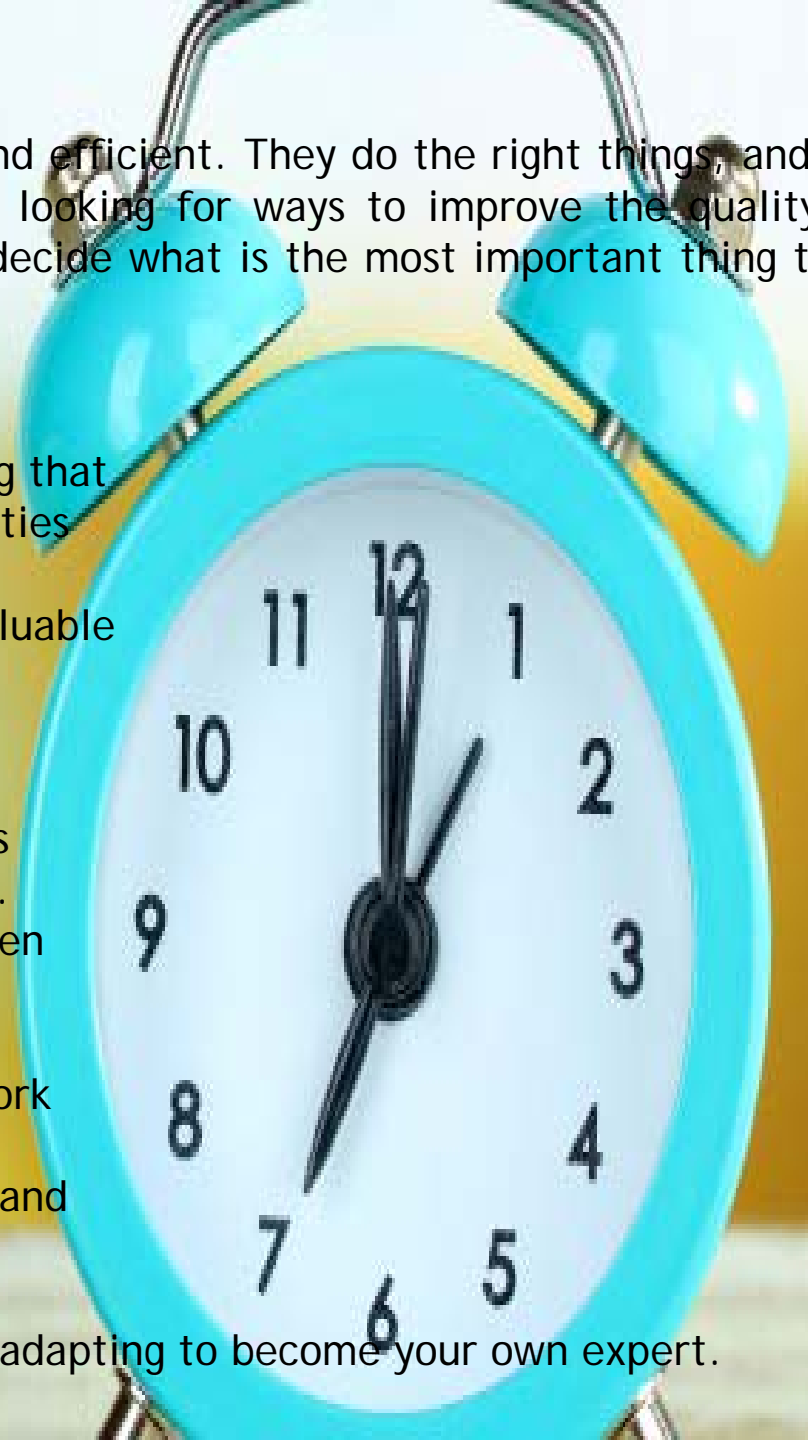
### 4. Set priorities.

Since there is never enough time to do everything that needs to be done, you must continually set priorities on your activities. Perhaps the best question you can memorize and repeat is, What is the most valuable use of my time right now?

### 5. Focus on one task.

Start with your top tasks. The natural tendency is to major in minors and clear up small things first. After all, small things are easier and they are often more fun than the big, important things that represent the most valuable use of your time. However, the self-discipline of organizing your work and focusing on your highest-value tasks is the starting point of getting your time under control and lowering your stress levels.

The key to efficiency is to continue learning and adapting to become your own expert.



# New Joinees:



Circle:	Full names & Department:
Assam:	➤ Abhinav Karnani (Finance & Accounts)
Gujarat:	➤ Rakesh Ramanjor Pandey (Land Lease Management) ➤ Sarfaraz h. Badi (Capacity Enhancement / Upgration)
Kolkata:	➤ Shyamal Mondal (Capacity Enhancement / Upgration) ➤ Mintu Biswas (Capacity Enhancement / Upgration)
Mahape:	➤ Rakesh Pravin Bhavsar (Operations) ➤ Keshav Prabhakar Kaple (Finance & Accounts) ➤ Aditya Deepak Date (Information Technology) ➤ Akshay Desai (Operations) ➤ Ketan Sawant (Operations) ➤ Yuvraj Dhondge (Operations) ➤ Sarvesh Narendra Khanolkar (Finance & Accounts)

<b>Circle:</b>	<b>Full names &amp; Department:</b>
<b>Maharashtra &amp; Goa</b>	<ul style="list-style-type: none"> <li>➤ Amol Sampat Pansare (Operations)</li> <li>➤ Krishna Kumar Gupta (Capacity Enhancement / Upgration)</li> </ul>
<b>MP:</b>	➤ Sandeep Singh Senger (Land Lease Management)
<b>North East:</b>	➤ Chiranjeet Saikia (Network Team)
<b>Orissa:</b>	➤ Sudam Charan Sahoo (Capacity Enhancement / Upgration)
<b>Punjab:</b>	➤ Rakesh Kumar (Capacity Enhancement / Upgration)
<b>Rajasthan:</b>	<ul style="list-style-type: none"> <li>➤ Praveen Kumar Jat (Land Lease Management )</li> <li>➤ Surendra Singh Chouhan (EB)</li> </ul>
<b>ROTN:</b>	➤ Karthik D. (Land Lease Management)
<b>UP East</b>	➤ Tej Bahadur Singh (Capacity Enhancement / Upgration)



# New Born

**It's a Girl!!**

**Abhishek Sharma**  
Rajasthan

**Ray Thongamba**  
Assam

**It's a Boy!!!**

**Hanson P Mathew**  
Kerala





# November 2016

1

Raktim Chattaraj  
Mridul Deka

2

Pushkaraj Digambar  
Deshpande  
Rakesh Singh

3

Babu BNair  
Manoj Kumar  
Dutta  
Dnyaneshwar  
Mahadev Thorat

4

Rajiv Kher

5

Soumen Dian  
Veer Vikram Ditya  
Uttam Kumar Mitra  
Mintu Yusuf Shaikh

6

7

Sanjay Todankar  
R. Raghu  
Hemanta KPathak

8



9

Mayur Choudhari  
Ajitkumar Gadekar  
Shailendra K Singh  
Dilip K Biswas  
Vaibhav Bakale  
Majid Ahmed

10

T. V Krishnan  
Sadanand D Patil  
Rakesh R More  
Kishor D Paygude  
Abhijeet  
Shrivastava

11

Mohammad R  
Shah  
Rakesh P Bhavsar  
Sanjay B Barne  
Rahul Kumar  
Rahul Sharma  
Yuvraj Dhondge

12

Rizwan Noorullah  
Karansinh Vaghela  
Baidyanath Bag

13

14

Ajit T Ghadi  
Jagadish GHegde  
Udaykumar R  
Goturi  
Nekram Verma

15

Avinash Sharma

16

Madhabendra Garai

17



18

Rajeev Gupta  
Saurabh M  
Rishi

19

P Cherian Kurian  
Tara Chand Sagar

20

Rakesh R Pandey

21

22

Ansuman Gogoi  
Rajdeep K Neog  
Gaurav Kumar  
Mehboob H Khan

23

Neeraj Kumar  
Chaubey

24

Santanu  
Chakraborty

25

Sakun Chhibber

26

Nitin N Gangoli  
Mahesh G Patharia

27

Sanjeevani Mahale

28

29

30

Pradnya C Doundkar  
Sunny Prashar

# Happy Birthday!

# *Well being: 10 Tips for Good Health & Wellbeing*

## **Do something creative**

Being creative can improve mood, and self-esteem, as well as improving mental agility.

## **Learn new skills**

Achieving goals you've set for yourself can increase your confidence and help you to feel more optimistic about the future.

## **Value yourself and others**

Spend time to reflect on what you have done well, show your appreciation and take pride in the compliments that you receive.

## **Use food to boost your mood**



What you eat and drink can have a real influence on your mood so look out for and choose healthy food options.

## **Keep in touch with friends and loved ones**

Research has shown that people whose goals in life are focused on family, friends and colleagues have increased wellbeing.



## Keep physically active

Exercise has been proven to lower levels of anxiety and depression as well improving fitness levels. 30 minutes of exercise five times a week can make a real difference.

## Care for yourself

Set aside some time for yourself to do the things you enjoy.

## Get involved and make a contribution

Being involved in fun events or projects can help you to learn new skills, meet new people and give a great sense of fulfilment.



## Take a break

Work better, not harder. Make sure you take your annual leave throughout the year, to help you take a well deserved break when you may need it the most.

## Ask for help and share feelings

If you feel under pressure and feel your workload is spiralling out of control, take the opportunity to discuss your feelings with friends, family or your manager.



<http://www.dwmh.nhs.uk/service-users-and-carers/top-ten-tips-for-good-health-and-wellbeing/>

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