

Lilly Star

Lilly 18th Anniversary

*"In Every job that must be done
there is an element of fun."*



*"Find the fun and –SNAP
-the job's a game ."*

-Mary Poppins

do what you Love

Love what you do...

I never did a day's work in my life , it was all fun.

- Thomas Edison

Note: Only for Internal circulation among staff

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Seasons' Greeting



Hello Everyone,

We all want to do something awesome and ambitious and as an organization we need to be a smart and have goodwill people who want to work towards it. We often believe that the fancy budget hikes or policies that make a company grow. But it is the energy that brings the people to an organization and the energy comes from the people within which it keeps multiplying.

The fun to be had at work is the fun of discovery and triumph. Extracurricular things like office contests and day trips can be a great addition if the trust level on the team is already high, and that is not a judgment that a manager should make on his or her own. If the trust level is low, then manufactured fake fun events are worse than tedious – they're insulting. They're a message that tells the team you believe pretending to trust is just as good as really trusting. Some people hate HR-type fun events and that's their privilege. One of the worst feelings in the world is to be jollied or coerced into somebody else's idea of fun.

When we can trust ourselves to hire people we trust to get the work done with our support rather than our control, and thus we all blossom.

I thank Rethina sir for encouraging us to scale greater heights always and ensuring that we have fun doing it rather than compulsion to work to prove to be a better worker.

On 13th Sept, the 18th Anniversary of Lilly Maritime it was a saga of learning with fun which will percolate to our day to day lives to make us a better person.

We thank the organizing committee led by Mr. Mohan Salvi (Raja), Mr. Raju Roy and all who assisted them for a wonderful time we had all throughout the day and lavish party with our families in an eventful evening.

Wishing all a very happy, healthy and safe season of festivals ahead.

Rahul



Invitation

It is overwhelming that our cherished Organization *Lilly Maritime*, is celebrating her 18th anniversary on the 13th September, 2014.

Your contributions in the making of this journey of the company are immense and immeasurable. As the patriarch of the Lilly family, it is my heartfelt desire that all the members of this growing institution including their family gather together and celebrate the memorable event with merriment and a sense of rejoice.

There will be games and fun filled programmes that will make you and your family members cherish this event with nostalgia in times to come.

I hereby extend my cordial invitation to each and every one of you
Venue:

Hotel Galaxy, Vallabh Banquet, 113,
Prabhat Colony, Near Reliance Energy, Santacruz (E),
Mumbai-400 055, Tel: +91 22 61530530.

Time: 13th September, 2014 between 4 PM to 9 PM
Looking forward to your presence with family,

I remain, ever sincerely yours.

Rethina K Kumar (MD)
On Behalf of the Management
Lilly Maritime Pvt. Ltd.

Learning is Fun

On **13th September 2014**, **Lilly Maritime Pvt Ltd** celebrated their 18th anniversary of the company's incorporation. The celebration commenced with a morning interactive session led by the Yellow Post team and the entire Lilly staffs. The program was held in a renowned Hotel Galaxy at Santa Cruz area of Mumbai. Everyone participated in the various activities conducted by the Yellow Post team, the main focus of the activities were concentrated on Team Player & Team Building, which was the core theme of the session.

The session commenced with introduction of each one present, the highlight of the introduction was to know each other through the individual's pet names as referred to during their childhood or at home by ones parents or friends. The yellow post team conducted many activities including guess the dumb charade. Other activities included painting and games as seen in school fetes.

One of the most challenging group activity was to create a tune or sing a tune in unison of any nature, to involve every individual present in the session, in order to achieve this, instruments and utensils could be utilized. Initially it was a chaos as none could decipher the forward path, but with some of the senior managers planned and managed to create a tune in unison. The lesson taught us to concentrate and use only positive strong points of the person and utilize to its utmost ability to produce something creative subsequently to avoid delving on the negative qualities of the person. The entire team ended creating a beautiful tune in unison by their individual inputs using only the positive points. The entire team members enjoyed this activity.

Another challenging activity was to create a tower using Spaghetti, thread & cello tapes. It was an Impossible task when the game was started. Each person's present were involved in teams, and were required to plan, exercise various strategies to execute to build a Spaghetti tower. Involvement of every person and their creative thinking was important in this task. The activity was quiet cumbersome but ultimately one of the team was declared winners even though the highest Tower erected was of only 2 foot in size. Here too the team members enjoyed the activity some in achieving it and some in just participating in it. Here the core learning was that nothing is Impossible rather there is a possible word present in the word Impossible.

The main learning, of and during the session and activities that each participated was to outline on Collaboration, Cohesiveness and Team Work. The pillars for any company looking for expansion and growth in the industry.

Many other activities followed one after another, and slowly in files of ones and two family members were found pouring in to attend the family recreation and party planned for celebration of the 18th anniversary of the company.

Around 1900 hrs the hall was packed by family members and other senior dignitaries invited by the Managing Director individually to be part of our celebration. There were puppet shows, sketch paintings for the kids present and sumptuous foods were galore in house to have to the individuals fill.

Ensuring one doesn't suffer in digestion; every member was encouraged to move a leg or two to the latest nonstop music belted out by the DJ. It was a surprise of the evening to observe many of the senior management team members going about this task so relentlessly and whole heartedly compelling others too to join in the revelry of the Companies 18th anniversary.

- **Cadet Shareeja Ahemad**

Training Session –At a Glance



Party Night



Soul Thought's

"Fragile handle with care"

We live in a society that's overrun with warning labels or stickers of all sorts. From date of expiry on medical pills & syrup to use strictly under supervision of a physician, "use-by" dates on soup packs & edibles, the extent of danger signs on portable drill & grinding machines with warning labels that draws our attention to impending hazards & accidents related with use of the equipments.

Recently I received a box of parcel supposedly with a precious gift inside from a very close friend of mine. The sender had attached a big red sticker to the package which in bold read as: **"fragile handle with care"**

When I think about life and its fragility, it makes me often wonder if we should all be wearing one of those red stickers - **"Fragile handle with care"**.

It not a good idea to cruise through life thinking that we are invincible and that everything is going to be just sure & fine -only to discover later that we are far more fragile than we ever thought. It takes only a call from a doctor to inform us and make us realize that we have a life threatening disease /sickness or the swerving of car or a larger vehicle by a careless driver in front of us to remind us that life is extremely extremely uncertain.

There are no guarantees or surety for that matter! None of us can be certain of another breath; the well known biblical saying gives us a warning label of sorts: "teach us to number our days that we may gain a heart of wisdom"

Let's choose to live as though these were our last moment on earth. Try remembering when was the last time we loved more deeply, the last time we forgave more readily, the last time we gave more generously and ultimately the last time when we spoke more kindly.

This is how one must handle this fragile life with care. If we haven't carried out the above, let us do so immediately by taking time out from our daily hustle & bustle and reaching out & displaying our love & care towards our parents /spouse/ siblings / friends. Let us start by saying: I love you & thank you very much for all that you have done in your capacity!

"Yesterday is gone; tomorrow is uncertain; today is here, let's use it wisely"

-Anthony Chea (General Manager)

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.

~Buddha

Health is Wealth

Yoga for Good Health

YOGA MEANS:

Millions of people throughout the world today practice yoga for Spiritual reasons. Through yoga they contact their higher Consciousness and the Lord of their hearts.

Yoga means "joined together." The word comes from the ancient Sanskrit root word **yug**, which means "to unify." A yogi is one who consciously unifies body, mind, emotions, and spirit so that they Work together very well.

The yogi strives to open the gift of life and discover his fullest possibilities. A yogi endeavors to discover the higher consciousness and how the body, mind, and emotional nature can be truly **fulfilled** through **unifying their purposes** — **rather** than living in constant interior civil war

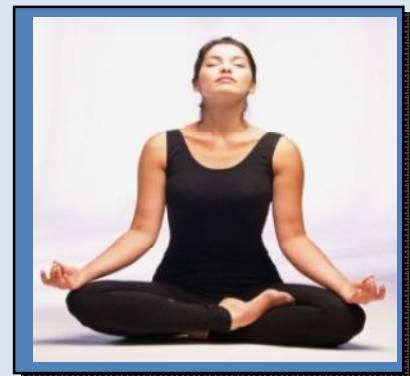
GENERAL BENEFITS:

There are many benefits

- You'll feel more relaxed and learn to stay relaxed.
- Your overall muscle tone improves as well as alignment.
- You'll add vitality to your spine, improving all systems of the body, especially the glands and nerves.
- Digestion improves; gas and bloating lessens.
- Your lungs expand, increasing oxygen intake
- You'll sleep better.
- You'll be less tired during the day with higher energy.
- Your immune system will strengthen.
- You'll learn to set aside time for yourself.
- You'll learn to trust yourself more

Sukhasana - Sit/Easy Position

- Sit cross-legged with
- Hands on knees. Focus on your breath.
- Keep your spine straight and push the sit
- Bones down into the floor. Allow the
- Knees to gently lower.
- Take 5-10 slow, deep breaths.
- On the next inhale, raise your arms over your head.
- Exhale and bring your arms down slowly.



A starting position that helps focus awareness on breathing and the body

BENEFITS:

- Calms the brain
- Strengthens the back
- Stretches the knees and ankles

- **Mahalakshmi (Tech Assistant)**

Delicious Food

Hong Kong Chicken

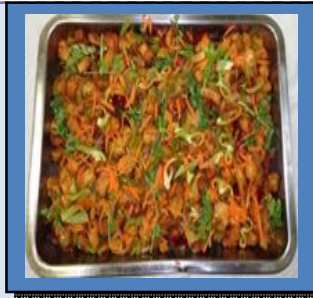
Ingredients: (For 19 People)

1. Bone less chicken cubes 3 Kg
2. Corn flour 250 gms + White flour 250 gms
3. Spring onion, capsicum & onion chopped about 500 gms total.
4. Egg 5 pcs
6. Veg. oil 1 Ltr
7. Soya sauce, Vinegar, Tomato & Chilli sauce to taste
8. Salt to taste
9. Garlic 30 cloves, Ginger chopped 50 gms
10. Garam Masala 50 gm
11. Curd / Yogurt 100 gms
12. Pepper 50 gm

Method:

Mix Chicken with eggs, corn flour, white flour, Yogurt, salt, Garam Masala well for 4-5 minutes & keep it in room temperature for 2-3 hours for marination. Then heat up the veg. oil in pan and dip fry chicken cubes until become golden brown. Remove and keep all fried chicken separately.

In another pan take about 100 gms veg oil & stir fry vegetable & add pepper, salt & sauces to taste. After about 5-6 minutes mix chicken fried cubes in to the vegetables for about a minute. Dish is ready serving it hot with Plain rice or Chapatti.



Find Difference between two pictures



WORK WEEK

DON'T SPEAK TO ME!



GOD, GET ME THROUGH THIS DAY!

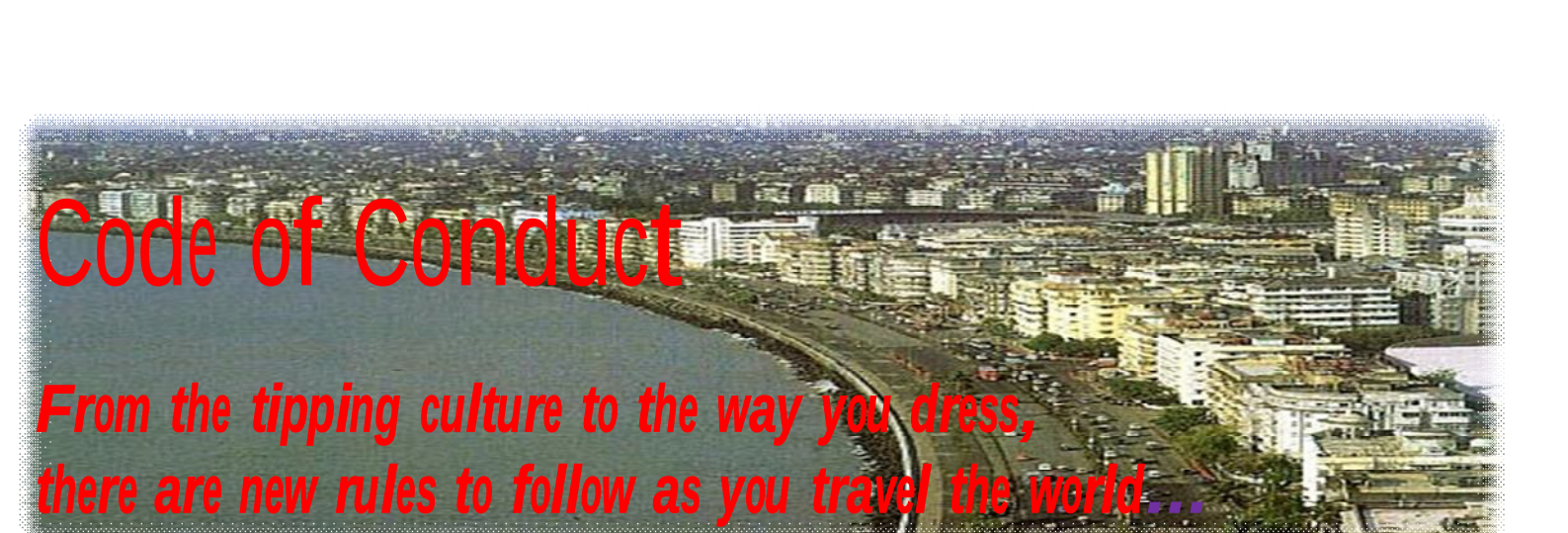


LIFE, SLOWLY SEEPS BACK INTO MY BODY...



ANTICIPATION!





Code of Conduct

From the tipping culture to the way you dress, there are new rules to follow as you travel the world...

NORTH AMERICA

Tipping is a major issue particularly in New York. A lot of people know about restaurant of 15-18 percent. But Indians often don't know that hotel bell boys expect a \$1 tip per bag. And per coat check. And you are expected to tip cabbies too. In Canada, don't drink alcohol outside. It a public offence, albeit one those authorities tend to turn a blind eye to however tipping is customary, and is usually 10 per cent for regular, and 10 per cent for poor service, 15 per cent for regular, and 20 per cent for good service or while at fine dining restaurants

SOUTH AMERICA

In Brazil, the 'okay' gesture is deemed as obscene, and using it is a complete no-no

In Peru, Seek permission before clicking images. The country has many awe inspiring landscapes and landmarks, and while taking pictures of most aspects of Peruvian culture is allowed, a few aren't meant to be captured on camera.

In Argentina, The way you look speaks volumes. For this reason, it is always best to dress relatively conservatively to avoid attention.

In Chile, while 10percent service charge is added to the bill, it is expected that an extra ten percent be paid for good service

ASIA

In china, it is considered disrespectful to stare into another person's eyes. Also although tipping is becoming common with younger workers, older workers still consider it an insult.

In Myanmar. Think twice before accusing a taxi driver of cheating or duping you it can land the cabbie into a lot of trouble with the authorities.

In Japan. Slurping is a polite way of showing that your meal, unlike in western countries, where making loud noises is considered rude.

In Indonesia, Don't be surprised if the dead start to walk on the street while you go sightseeing. Funerals can be expensive, so families place bodies in temporary coffins. They are then taken out or walked to the final resting place once funds have been collected.

In Philippines, Summoning someone with a finger is considered rude, and is punishable by arrest.

In Saudi Arabia, PDA is frowned upon, even if you are married couple holding hands in public, while this is widely accepted in western counties.

In most of the middle east, while waiting for the elevator, local women, especially if alone, always expects strangers to not board it with them.

EUROPE

In UK and Germany, breaking a queue is a big no-no people patiently stand in line for everything from boarding trains to entering theatres.

In UK, there is a great respect for personal space. Standing too close to a person or pushing is considered extremely rude.

In Finland, serial conversation is the rule-i.e listens to the speaker; wait for them to finish and then reply. Interrupting is rude.

In Italy, It is good to know about differential pricing in cafes. If you drink your coffee standing up at the bar; or less than if you was to sit down. Travelers must also brush up on their art of drinking coffee- cappuccinos. Lattes or any milk based coffee should be had during the day.

In Austria, there is a strict protocol for dressing appropriately in different situation: formal wear for the theatre or a concert, and semi-formal wear for better restaurants.



IOTL Operation Team

Vizag, India