



Edition - 5

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Logistics

Delivering Your Commitments...

Inhouse Magazine of InterJAS Logistics Pvt. Ltd.



Greetings!!!

After a successful completion of 1 year with 4 editions now we are in the 2nd year with 5th edition of **"Vivid"**. As we are about to welcome the Lord Ganesha which brings unity & togetherness in society, we pray this good time does not remain a temporary in our country but forever which bring abundant happiness to all & we rise as a peaceful nation.

The country has started feeling peaceful & increase in patients could be sensed with the new governance taking care of the country. A unanimous decision by all the citizens of this country & surely a belief with lot of hope as well confidence where a person has become more responsible for the situation.

First time this country has moved from a Cricketing passion nation from last 3 decades to Political perfection, a different game plan for which all have come together. This was as exciting as a match between India & Pakistan where all had already decided whom they want to make win as the citizens were umpires of this match. But this time the Umpires hit a Six to win this match, the players were spectators.

The similarity is No.5 – Test match has 5 days to stand on a pitch & win, the Govt. gets 5 years where they have to perform to get elected. I think playing match for 5 days is easy job where you have to manage 12 players (11+1Extra) than 1.22 billion population of this country for 5 years.

The pitch, speech, mindset, conditions, opponents are changing every day with situations sometimes in your favor and at times totally against.

We pray the change has happened for good to this holistic nation & May Lord Ganesha bring all the peace, success, good luck, prosperity & fulfill wishes of all to make everyone happy!!

Mr. Nitin Parab
Director
Cell: 8554982603
Mail: nitin.parab@interjaslog.com



Respect For Women

Every woman deserves a certain amount of respect. Situations have been made difficult by those who do not agree. To find examples of how life can be hard, look into the life of a woman. Women, from the beginning of civilization, have been looked down upon by men. Some men today believe a woman has no right to pursue a career other than being a housewife and mother. Women are strong beings who have earned their rights to equality and respect. Women have and continue to be strong individuals and work towards equality and a better future by creating groups and social awareness.

A great woman, Eleanor Roosevelt, once said, "A woman is like a tea bag - you can't tell how strong she is until you put her in hot water." Eleanor was a leader and helped her husband make decisions when he was President of the United States. She is known as one of the greatest women of the 20th century for her actions as a humanitarian and civic leader. Roosevelt was an active member of the women's suffrage movement.



L to R): (standing) TAFE's Mallika Srinivasan, Biocon's Kiran Mazumdar-Shaw, ICICI Bank's Chanda Kochhar, HSBC Country Head Naina Lal Kidwai; (seated) Axis Bank's Shikha Sharma and Piramal Healthcare's Swati Piramal.

Shared By: - Rupesh Kadam

GIVE RESPECT & TAKE RESPECT

Most people appreciate receiving respect from others; however, much of the time people fail to give respect. Respect takes a number of forms: Respect for other people, respect for people's property, and perhaps most importantly, respect for oneself. If you want others to give you respect, you must first learn how to give respect yourself. People need to be treated with Respect. Everyone needs and deserves respect. Respect is a basic human need. We all crave respect and we all should give respect. The great hold upon people is the desire for respect and admiration by others. Why? People need friends and to feel loved. If you are constantly rejected by people it hurts and it may form the way you respect someone. Compassion is remembering the humanity behind the case. Compassion is remembering the role you have in someone's life. Compassion is listening rather than just looking like you are listening. Compassion is treating someone as you would want yourself, or a close family member whom you care about, to be treated. We can't always do what we want for someone, provide the services needed, take the necessary action – but we can always treat people as if they are human beings and we can always show respect and behave with dignity.

Respect is not an emotion; it's an action we perform. It is something we do to show others we value them. Showing respect is one way we can show compassion and bring healing to someone during a compromising time in one's life. Compassion in social Work is teamwork we all have to work together to help and save lives

Source: campalanakay / November 2012

Shared By: - Sudhir Nair



- The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English alphabet
- The question mark is derived from the Latin Word "Quaestio" Meaning " I Ask".
- The Internet was originally called ARPANet (Advanced Research Projects Agency Network) designed by the US department of defense
- All the blinking in one day equates to having your eyes closed for 30 minutes
- Hummingbirds are the only bird that can fly backwards
- The names of all continents both start and end with the same letter
- Honey is the only natural food which never goes off
- Lemons contain more sugar than strawberries
- Over 1 lakh new dot com domains are registered on the web every day
- Since 1896 the beginnings of the modern Olympics only Greece and Australia have participated in every game.
- The human eye can distinguish about 10 million difference colours
- Stewardesses is the longest word that is typed with only the left hand
- One Puffer fish contains enough poison to kill 30 people
- When lightning strikes it can reach up to 30,000 degrees celsius (54,000 degrees fahrenheit)
- The only continent with no active volcanoes is Australia
- Cats spend 66% of their life asleep
- The smallest bones in the human body are found in your ear
- The 3 most common languages in the world are Mandarin Chinese, Spanish and English
- A giraffe can clean its ears with its 21 inch tongue
- 85% of plant life is found in the ocean
- Goodbye is shortened from God be with you
- The name of the continents all end with the same letter with which they start.
- If you were to spell out every number sequentially, the first time you'd get to the letter A is at one thousand.
- A crocodile always grows new teeth to replace the old teeth.
- Dolphin sleeps with one eye open.
- People say "bless you" when you sneeze, because when you sneeze your heart stops for a mili second.

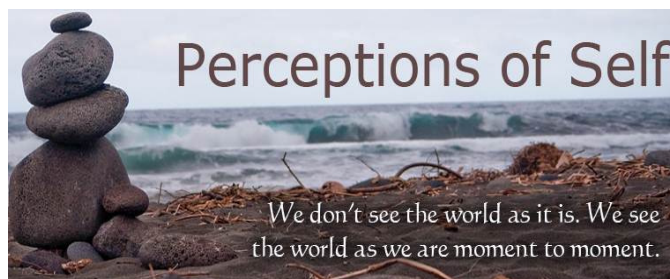
Source: - Miscellaneous

Shared By: - Bhavna Prasad

WE SEE THINGS AS WE ARE!!!

It's so easy to think that things are a certain way and that everything is out of our control. It's so easy to believe that things are a certain way for a reason that we cannot begin to effect, but this is simply not true. One of the most favorite quote is: **"We don't see things as they are; we see them as we are."** The construction of our individual worlds, and the people, places, and opportunities in them, is completely determined by our perspective. The mood we're in that day, the things that have happened to us in life, the way we were raised, the things we have learned (or not learned as the case sometimes may be, all affect how we view the world and, in turn, the actual state of our world.

It is easy to forget how much our personal perception impacts our day-to-day life. Simply taking a step back and thinking about a situation, person, or emotion from a different perspective can completely change it. However, we often are so caught up in the moment (living in the present -- which is good, to a point) that we often forget that it is through our eyes that this moment exists. The way we see it, the spin we put on it, is up to us. Every minute of every day there is a chance to see things from a million different perspectives.



Think back on a time when you had a discussion with someone, felt as if you understood him or her, and then later found out that you were completely wrong in your interpretation. Whether you've been aware of it or not, this has most likely happened to you. Interacting with other people is difficult precisely for this reason -- we all see things through unique viewpoints. To realize this is exciting -- just think of all the ways to see the world! --

but it is also overwhelming. If we are all seeing things slightly differently, how are we ever to communicate effectively with one another? Anyone who has ever been in a friendship, relationship, or with siblings knows that communication is difficult -- no matter what. But one way we can make it easier is to think about how the other person might be seeing the world. Yes, this can be dangerous; making assumptions almost always comes with risk, but it can be helpful to at least recognize that another person may not be viewing the world the same way you do.

This recognition can also help us realize that we have the opportunity to choose to view the world differently. For years and years, I chose to view the world through a half-empty glass. Seeing the world this way, for whatever reason, came naturally to me, but it made my life (and the lives of those around me) much harder than it needed to be. Long before I had ever read the quote above, I came to realize that it's up to me to change how I see the world. Of course it is much easier to go with my default negative point of view, but I am *much* happier when I choose to look at the world through different lenses. My worlds, and the worlds of those who interact with me, are completely impacted by the perspective I choose to take. It's not always easy to choose the positive perspective, but I find that every time I do, the world around me improves.

Even if we cannot choose the "right" perspective all the time, it is important to at least be conscious of the fact that there are multiple perspectives, not only in the world, but within ourselves. Though at times it may be difficult, we have the power to change our views of the world, and even the smallest, slightest change can have a huge impact on our lives.

Source: - Miscellaneous

Shared By: - Poonam Gulati

Simple funda to Live your life to The fullest

- Live everyday on a note of a fresh new start
- Create your own opportunities
- Set your goals & take action on your goals & to fulfill your dream.
- Don't do things for the sake of doing them.
- Discover your passion in life & Make it a full fledged career.
- Be true to who you are.
- Be positive & Learn from Criticism.
- Keep developing, upgrading & learning new things
- Quit Complaining, You always Have a choice...So laugh more.
- Priorities thing, create your wish list...Things you want to do before die..& get out to achieve it.
- Try new things, embrace new ideas & be creative.
- Take a Break connect to old friend, make new friend spend time with loved ones.
- Challenge your fear & don't afraid take risk.
- Let Go Unhappy past, forgive those who may have done wrong to you in past]
- Enjoy little thing..moments Live in present
- Fall in Love....Love yourself, Love others, love life.....Life is beautiful.



Source: - Miscellaneous

Shared by: - Vijaya dalvi

Stress Management at Work place

You can't control everything in your work environment, but that doesn't mean you're powerless—even when You're stuck in a difficult situation. Finding ways to manage workplace stress isn't about making huge changes or Rethinking career ambitions, but rather about focusing on the one thing that's always within your control: you. Little time, task management & emotional Approach can help to reduce stress at job.

Create a balanced schedule. Analyze your schedule, responsibilities, and daily tasks. All work and no play is a recipe for burnout. Try to find a balance between work and family life, social activities and solitary pursuits, daily responsibilities and downtime.

Don't over-commit yourself. Avoid scheduling things back-to-back or trying to fit too much into one day. All too often, we underestimate how long things will take. If you've got too much on your plate, distinguish between the "should" and the "musts." Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entire

Delegate responsibility. You don't have to do it all yourself. If other people can take care of the task, why Not let them? Let go of the desire to control or oversee every little step. You'll be letting go of unnecessary Stress in the process.

Break projects into small steps. If a large project seems overwhelming, make a step-by-step plan. Focus On one Manageable step at a time, rather than taking on everything at once.

Recognize and effectively use nonverbal cues and body language. In many cases, what we say is less Important than how we say it or the other nonverbal signals we send out, such as eye contact, facial Expression, tone of voice, Posture, gesture and touch. Your nonverbal messages can both produce a sense of Interest, trust, and desire for Connection—or they can generate confusion, distrust, and stress. You also need to be able to accurately read and respond to the nonverbal cues that other people send you at work.

Resolve conflict positively. Resolving conflict in healthy, constructive ways can strengthen trust between People and Relieve workplace stress and tension. When handling emotionally-charged situations, stay focused in the present by Disregarding old hurts and resentments, connect with your emotions, and hear both the Words and the nonverbal cues being used. If a conflict can't be resolved, choose to end the argument, even if You still disagree.

Develop the capacity to meet challenges with humor. There is no better stress buster than a hearty laugh and Nothing reduces stress quicker in the workplace than mutually shared humor. But, if the laugh is at Someone else's Expense; you may end up with more rather than less stress.

Source: - Miscellaneous

Shared By: - Ruchi Sinha



When a new day begins, dare to smile gratefully.
 When there is darkness, dare to be the first to shine a light.
 When there is injustice, dare to be the first to condemn it.
 When something seems difficult, dare to do it anyway.
 When life seems to beat you down, dare to fight back.
 When there seems to be no hope, dare to find some.
 When you're feeling tired, dare to keep going.
 When times are tough, dare to be tougher.
 When love hurts you, dare to love again.
 When someone is hurting, dare to help them heal.

When another is lost, dare to help them find the way.
 When a friend falls, dare to be the first to extend a hand.
 When you cross paths with another, dare to make them smile.
 When you feel great, dare to help someone else feel great too.
 When the day has ended, dare to feel as you've done your best.
 Dare to be the best you can –
 At all times, Dare to be!"

Source: - Miscellaneous

Shared By: - Nagesh Walke

"Essence of life"

Sweet and Sour is the essence of life
 Ups and down are a part of life
 Ifs and buts are the forces of life
 Rights and wrongs are the angels of life
 Good and bad are the aspects of life
 worthy and unworthy are the medals of life
 Encouragement and discouragement are the challenges of life
 Smiles and tears are the mixtures of life
 Joys and sorrows are the seasons of life
 Laughter and sighs are the sounds of life
 Friends and foes are the moods of life
 Rise and fall are the axes of life
 Yes and no are the choices of life
 Heart and brain are the delusions of life
 Needs and desires are the basics of life
 Hope and faith are the foundation of life

Source: - Miscellaneous



Shared By: - Hemant Joshi

Motivational Thoughts

Quotes: Mahatma Gandhi

The Indian Government has bought thousands of letters, papers and photographs which shed light on the life of independence of the hero –Mahatma Gandhi

India paid around 60 million rupees or \$1.1 million for the papers, which cover Gandhi's time in South Africa, his return to India and his contentious relationship with his family reported Reuters Here are some of his motivational thoughts

"I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent."

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

"Hate the sin, love the sinner"

"Nobody can hurt me without my permission".

"Your belief become thoughts, your thoughts become your words; Your words become your actions, Your actions become your habits, your habits become your values, your values become you destiny."

Shared By: - Shilpi Sharma

A.P.J. Abdul Kalam thoughts

- "Dream, Dream Dream Dreams transform into thoughts And thoughts result in action."
- "It Is Very Easy To Defeat Someone, But It Is Very Hard To Win Someone"
- For great men, religion is a way of making friends; small people make religion a fighting tool."
- "Don't take rest after your first victory because if you fail in second, more lips are waiting to say that your first Victory was just luck."
- "All Birds find shelter during a rain. But Eagle avoids rain by flying above the Clouds.
- Problems are common, but attitude makes the difference!!!"

Shared by: - Adnan Choudhary

SHIV KHERA MOTIVATIONAL QUOTE

- If you think you can – you can! If you think you cannot – you cannot! And either way.....you are right!"
- Character building does not start when a child is born; it starts 100 years before when a child is born.
- The lack of a degree is actually an advantage. If you are an engineer or a doctor, there is only one job you can do. But if you don't have a degree, you can do anything.
- We don't have business problems we have people problems
- It is never the activity of rascals that destroys a society, but always the inactivity of the good people that does it.
- Whenever a person says I cannot do this he is really saying two things. Either I don't know how to do it or I don't want to do it.
- Good leaders look to create more leaders, bad leaders look to create followers.
- If we are not a part of the solution, then we are the problem

Shared By: - Pooja Gadkari

Nice Thought

- "Biggest advantage of walking on the path of Honesty, is that..... There is no crowd."
- At the end of the day, you can either focus on what's tearing you apart or what's holding you together.
- Positive Thoughts are not enough. There have to be positive feelings and positive actions.
- Try not to become a man of success, but rather try to become a man of value.
- Weakness of attitude becomes weakness of character.

Source: - Miscellaneous

Shared By: - Suresh Mali

SHORT STORIES

Knowledge & Experience

A giant ship engine failed. The ship's owners tried one expert after another, but none of them could figure out how to fix the engine.

Then they brought in an old man who had been fixing ships since he was a young. He carried a large bag of tools with him, and when he arrived, he immediately went to work. He inspected the engine very carefully, top to bottom.

Two of the ship's owners were there, watching this man, hoping he would know what to do. After looking things over, the old man reached into his bag and pulled out a small hammer. He gently tapped something. Instantly, the engine lurched into life. He carefully put his hammer away. The engine was fixed!

Source: - Miscellaneous

A week later, the owners received a bill from the old man for Rupees ten thousand . "What?!" the owners exclaimed. "He hardly did anything!"

So they wrote the old man a note saying, "Please send us an itemized bill."

The man sent a bill that read:

Tapping with a hammer..... Rs. 2.00

Knowing where to tap..... Rs. 9, 998.00

Moral: "Effort is important, but knowing where to make an effort makes all the difference!"

Dedicated to all fellow Professional & Salaried people.... Do make use of your knowledge n experience...

Shared By: - Ambar Gaikwad

Helping Others

Once there was a small boy named Shankar. He belonged to a poor family. One day, he was crossing through the forest carrying some woods. He saw an old man who was very hungry. Shankar wanted to give him some food, but he did not have food for his own. So he continued on his way. On his way he saw a deer who was very thirsty. He wanted to give him some water, but he did not have water for himself. So he went on his way ahead. Then he saw a man who wanted to make a camp but he did not have woods. Shankar asked his problem and gave some woods to him. In return, he gave him some food and water. Now he went back to the old man and gave him some food and gave some water to the deer. The

Source: - Miscellaneous

old man and the deer were very happy. Shankar then happily went on his way.

However, one day Shankar fell down the hill. He was in pain but he couldn't move and no one was there to help him. But, the old man who he had helped before saw him; he quickly came and pulled him up the hill. He had many wounds on his legs. The deer whom Shankar had gave water saw his wounds and quickly went to forest and brought some herbs. After sometime his wounds were covered. All were very happy that they were able to help each other.

Moral: If you help others, then they will also help you.

Shared By: - Ajay pandey

Give 100%

A Boy & Girl were playing Together, The boy had a collection of marbels. The girl had some sweets with her. The boy told the girl that he will give her all his marbels in exchange for her sweets, girl Agreed. The boy kept the biggest & most beautiful marbel aside & gave the rest to the girl; the girl gave him all her sweets as she had promised.

Source: - Miscellaneous

That night girl sleep peacefully but the boy could not sleep as he kept wondering if the girl had hidden some sweets from him the way he had his best marble .

Moral: - If you don't give 100% you will always keep doubting to other person....Its applicable everywhere.

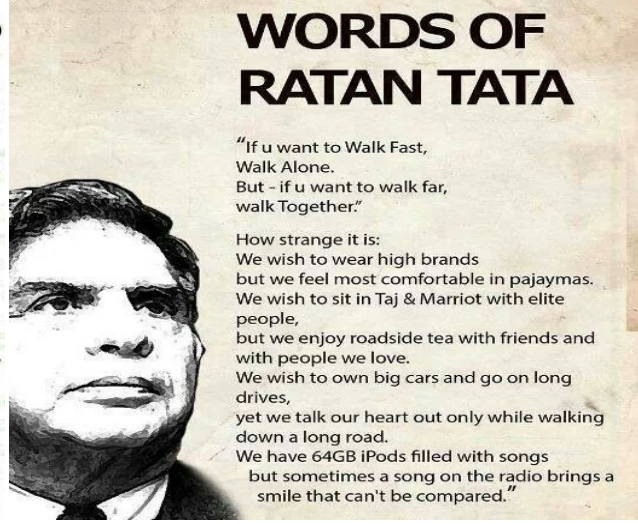
Shared By: - Vijaya Dalvi



Why Complicate Life?

MISSING SOMEBODY? CALL
 WANNA MEET UP? INVITE
 WANNA BE UNDERSTOOD? EXPLAIN
 HAVE QUESTIONS? ASK
 DON'T LIKE SOMETHING? SAY IT
 LIKE SOMETHING? STATE IT
 WANT SOMETHING? ASK FOR IT
 LOVE SOMEONE? TELL THEM

Nobody will know what's going on in your mind..
 It's better to express rather than to expect..
 You already have the NO,
 take the risk of getting the YES.
 We only have one life.
 Keep it simple!



WORDS OF RATAN TATA

"If u want to Walk Fast,
 Walk Alone.
 But - if u want to walk far,
 walk Together."

How strange it is:
 We wish to wear high brands
 but we feel most comfortable in pajaymas.
 We wish to sit in Taj & Marriot with elite
 people,
 but we enjoy roadside tea with friends and
 with people we love.
 We wish to own big cars and go on long
 drives,
 yet we talk our heart out only while walking
 down a long road.
 We have 64GB iPods filled with songs
 but sometimes a song on the radio brings a
 smile that can't be compared."

Source: Miscellaneous

Shared By: - Pragat Bhandarkar



Shared By:- Raviraj Dangat

Shared by:- Pandurang

कितीही जगले कोणी
 कोणासाठी..
 कोणीच कोणासाठी मरत
 नाही..
 अनुभव येत असतात प्रत्येक
 क्षणाला,
 पण नशिबाचे चक्र थांबत
 नाही..
 आयुष्यात कितीही कराल
 प्रेम कोणावर..
 त्याचे मोल सहज कोणाला
 कळत नाही..!!

देवाला हात जोडून,
 स्वस्थ बसायचं नसतं,
 देव घडवीत नाही,
 आपण घडायचं असतं !

Shared By: - Raju Khade

CREATIVITY



Art By: - Anupama Dhus



Art By: - Shweta Sultania

Best Wishes to newlywed Couple



Pratap & Geetshree



Nagesh & Prajakta

New Beginning

Team members @ Bangalore



Team members @ Delhi Location

Independence Day Celebration @ InterJAS Logistics Pvt. Ltd.





Ganpati Bappa Morya!!!!!!!!!!!!!!

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- **Mumbai:** (Air freight) InterJAS Logistics Pvt. Ltd. 605 Rangoli, Opp.Sahar Cargo, Andheri – East, Mumbai - 400 059.
Tel: 0091 22 26817641 / 42,
- **Mumbai:** (Sea freight) InterJAS Logistics Pvt. Ltd. 226, 2nd Floor, B Wing, Balaji Bhavan, C.B.D. Belapur, Navi Mumbai – 400614.
Tel: 0091 22 41224643 / 44 /45 /46,
- **Pune:** InterJAS Logistics Pvt. Ltd. 209 & 210, Konark Epitome, Viman Nagar, Pune – 411 014.
Tel: 0091 20 41284101 / 02 / 03 / 04 Fax: 0091 20 41284105,
- **Delhi:** InterJAS Logistics Pvt. Ltd. FF 14 Spanish Court ,Block C , Palam Vihar , Gurgaon – 122017.
Tel: 0091 124 4276121 Fax: 0091 124 4276122.
- **Ahmedabad :** B- 263, 2nd Floor, Sakar-7, Near Nehru Bride Corner, Ashram Road, Ahmedabad- 380009
Tel : 0091 79 40326633
- **Bangalore :** InterJAS Logistics Pvt. Ltd. Bangalore

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