



Atlas Insight

July 2013

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Message from CMD



Dear Colleagues,

Every worthwhile accomplishment, big or little, has its stages of drudgery and tri-

umph; a beginning, a struggle and a victory.

I would like to take the opportunity to request you all to gear up for the next challenge of completing the budget given to each one of you at the earliest. This would require the same level of dedication and commitment that you have shown over the last few years. I'm sure

you all will keep up the good work, remain vigilant, having a vision and goal to achieve the targets set in every branch offices within the next 9 months.

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds –your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamt”.

I'm confident you all will show the same level of commitment in the next quarter for the growth of Atlas.

EDITORIAL BOARD

Krishna Kumar. M.V

PUBLISHER

Atlas Logistics
#138, Maruthi Towers
HAL Airport Road, Kodihalli,
Bangalore -560 008
Tel. +91-80-41985000
Fax. +91-80-41153933

insight@atlaslogistics.co.in

www.atlaslogistics.co.in

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1st Anniversary celebrations for successfully completing the Asexim CORP - Accounts execution



Logistics Updates

Box freight rates hit yet again

Asia-Europe freight rates were subjected to yet another dip last week as they fell by 5.4 per cent over the period, to settle at \$511 per TEU, according to the Shanghai Containerised Freight Index (SCFI). The Asia-Mediterranean rates were not much better, falling 4.95 per cent to \$730 per TEU.

The transpacific rates too declined. Rates from Asia to the US West Coast were hit by a 1.7 per cent deficit, coming down to \$1,435 per FEU. East Coast rates slipped a further 2.7 per cent to \$2,555 per FEU.

Across all trades covered by the SCFI, the overall index dipped 0.7 per cent to reach a new low of 879.05 points.

Government speeds up clearance for ports

The Prime Minister's Office has stepped in to speed up security clearance for around a dozen port projects involving investment of over Rs 5,000 crore in a move that is seen to shed the image of UPA suffering from policy paralysis. The PMO has constituted a committee headed by Cabinet Secretary AK Seth to expedite approvals for projects that range from the Rs 1,060 crore bulk terminal in Kandla to Mumbai Harbour Channel at JNPT which is estimated to cost Rs 1,360 crore. Capacity constraints at ports are an oft-cited infrastructure bottleneck.

Earlier, an empowered committee under the chairmanship of defence secretary had the mandate to give security clearances. Sources in the shipping ministry said that the Cabinet Secretariat has asked the ministry to send its agenda for the first meeting, which is likely to happen soon. "We will submit the pending proposals so that necessary clearances are obtained. Once we have it, the process of tendering can be expedited," said a senior official.

India needs home-grown dredging firms for better ports

Dredging is a dirty word ever since the spectacular failure of India's Sethusamudram ship channel project on the east coast. After spending crores of rupees, the project hailed as India's Suez Canal, was almost abandoned mid-way. But deepening of shipping channels and berths at various ports continues to be a multi-billion dollar business in India. The sector is growing fast as India, one of the world's fastest growing economies readies itself to handle more cargo and in the process looks to improve port infrastructure.

The government has proposed to triple its port capacity to 3.2 billion tonne by 2020 and this provides huge potential for dredging companies in India. The government's maritime agenda for 2010-2020 has envisaged that all major ports will be a minimum draught (depth) of 14 metre and all hub ports at 17 metre, so that ports can handle bigger ships.

Logistics Updates

India's Orissa halts iron ore export permits at 2 ports

India's top iron ore producing Orissa state has stopped issuing export permits for cargoes shipped via two small ports after they failed to cooperate on a state-led investigation into illegal mining, Orissa's mines minister said on Monday. The move may have little impact on iron ore shipments from India, with less than 6 percent shipped out of the two ports, Gangavaram and Kakinada, in the first seven months of the current fiscal year to next March.

India unlikely to grant subsidy on rice exports to Indonesia

India may permit Indonesia to consider sourcing 5,00,000 tones of non-Basmati rice from its stocks, or private traders for any cheaper deal, but is unlikely to provide the same to Jakarta at a concessional rate under a government-to-government deal. An Indonesian delegation had recently held parleys with the Minister of State for Food, Prof. K.V. Thomas, on grain supplies as it wants to augment its stocks due to a worsening shortfall.

While Prof. Thomas apprised later that he had asked the Indonesian team to decide on the modalities of the grain supply, i.e. whether they wanted to buy from the open market or through diplomatic channels, government officials said that Indonesia had evinced interest in buying the rice at a discounted price under a government-to-government deal.

Andhra Pradesh looks forward to second major port

Andhra Pradesh is looking forward to having a second major port in the State, after Visakhapatnam, as announced by the Union Government in the maritime agenda for the current decade (2010-20) and has requested the Centre to initiate the necessary steps. The plea was made by the Principal Secretary (Investment and Infrastructure Dept), AP, Mr Suthirtha Bhattacharya, at a seminar on ports and logistics, organised by the Confederation of Indian Industry (CII) and the State Government here on Tuesday. He said the non-major ports in the State were being developed in association with the private sector and they would have the major share (54 per cent) of the cargo being handled by 2020. He said the State was formulating a development strategy for the non-major ports in the State and would make all efforts to add to capacities.

Mr. Bhattacharya said the State was looking to forward, also, to having a second major port after Vizag and he expressed the hope the Union Government would expedite the matter.

Knowledge

WORRY AND FEELINGS

The head worries and the heart feels. They cannot function at the same time.

If you worry a lot, your feelings are dead; you are stuck in the head. Worrying makes your mind and heart inert and dull. Worries are like a rock in the head. Worry entangles you, puts you in a cage.

When your feelings dominate, worry dissolves. Feelings are like flowers; they come up, blossom and die. Feelings rise, fall and then disappear. When feelings are expressed, you feel relieved. When you are angry, you express it and then you are alright. Or you are upset; you cry and get over it. Feelings last for some short time and then drop, but worry eats at you for a longer period of time.

Feelings make you spontaneous. Children feel, so they are spontaneous. Adults put brakes on their feelings and they start worrying. Worrying about anything obstructs action while feelings propel action. Worries are uncertain. Worrying takes away your energy; you cannot think clearly when you worry. Usually one never worries about positive feelings.

Offering your worries is prayer and prayer moves you in feelings.

Health Tip

Useful Herbs for Monsoon

The monsoon is the time when due to the high humidity in the air there are various infectious bacteria and viruses which become active and this leads to fevers, throat infections, skin infections etc. But there are some herbs and spices easily available in the kitchen to help prevent infections in your body. These are:

Indian Lilac (Neem): It is a tree which has been written about extensively in Ayurveda and each part of this tree has beneficial properties. The tree itself is a big transformer of carbon dioxide to oxygen and decreases the presence of malaria and cholera infections in the immediate vicinity. In malaria, an infusion of neem leaves in water taken daily cures the fever rapidly due to the action (on the infection) in the liver.

The leaves applied externally are very beneficial for (infective) skin problems. In many dry skin diseases, ointments containing neem oil are considered excellent. The same ointment can be used in case of boils in the ear. For many tooth and gum infections, gargling and rinsing the mouth with neem water will greatly improve the oral condition.



Basil (Tulsi): This plant has so many benefits that it is worshipped and most houses have a tulsi plant. The leaves are like an antidote for many fevers which occur in the rainy season. Tulsi leaves decoction prepared along with powdered cardamom (elaichi) is helpful in bringing down the fever. Sore throat can be prevented by gargling with tulsi leaves water. Similarly for various respiratory problems, tulsi water comes in handy. Kidney stones (small) can be treated with regular consumption of tulsi. It is also good to reduce blood cholesterol. A decoction of the leaves given ingout (high uric acid) can yield good results. Besides, it is also beneficial dental problems and worms in the stomach (specially children).

Bitter Gourd (Karela): The bitter gourd has excellent medicinal properties and is used as a medicine for diabetes (with good results). Sometimes it is also called *plant insulin* as it normalizes the sugar levels. One must take 2-3 karela and juice them and mix it with water and this should be taken twice a day. It is also rich in vitamin A, B and C. Karela juice is also effective in piles.

In the monsoons, karela juice is very good for preventing/treating boils, itching, ringworm, fungal diseases. It is beneficial for liver disorders (specially induced by alcohol). People with respiratory troubles can also benefit from this vegetable.

Health Tip

Heart Care and Cholesterol Control AN INDULGENT LIFESTYLE AND AN INADEQUATE DIET ARE TWO MAJOR CAUSES OF HEART DISEASE. TO STAY FIT HERE ARE A FEW MEASURES OF CARE AND CONTROL.

Heart Diseases and Hypertension which lead to heart or other organ failures has been on the rise for the past 2 decades. People above the age of 40 have been suffering from such problems due to their unbalanced dietary habits. Its always advisable to control these factors if you want to reduce your risk.

Preventing Coronary Diseases When there are excess deposits of fat, cholesterol or other substances in the inner wall of arteries, the arteries narrow and harden into a condition known as Omega-3, a fatty acid that revents atherosclerosis is present in foods like herring, mackerel, salmon, tuna, yabean, walnuts and butternuts. Take these regularly in small quantities to prevent atherosclerosis.

Cutting Cholesterol

Dietary cholesterol should be limited to 300 mg per day. Since it largely comes from animal products, consumption of non-vegetarian foods, whole milk and milk products should be restricted. For example, an egg has 250 gm of cholesterol and it is not advisable to take more athero-

sclerosis, the most common cause of heart trouble. A planned diet and regular exercise are the key to prevent atherosclerosis. Friendly and Unfriendly FATS should not exceed 30 per cent of your total calorie intake, which includes a maximum of 10 per cent saturated fat and 10 per cent mono-unsaturated fats. Saturated fatty acids in full-cream milk and red meat increase your cholesterol level. Use non-fat or low-fat milk and milk products instead of full-cream milk and avoid sources of saturated fatty acids like lard, butter, cream, palm oil, coconut oil, ghee and vanaspati Mono-unsaturated fats that lower cholesterol as well as prevent formation of blood clots are present in olive, canola, peanut and mustard oils. It's best to use these while cooking than two to three eggs a week. Take healthy alternatives like chicken, fish, beans, vegetable, fruits, bread, pulses, wholewheat flour, cereals, rice, millet, skimmed milk and skimmed milk products and vegetable oils like corn, sesame, soyabean, sunflower, canola, olive and mustard. Heart disease is less frequent among those who eat high carbohydrate and fibre-rich foods. Carbohydrate and fibre-rich foods. Carbohydrates should provide at least 55 per cent of your daily calories. Foods like bread, chapattis, cereals, rice and pulses provide an adequate amount of carbohydrates.

Resigned Employees

Mr. P SREENIVASAN (BLR)

Mr. VIJAYAKUMAR K (MAA - LTM)

Mr. Kannan P (MAA - LTM)

Mr. Mukesh Pandusranji Masram (KDL)

- Atlas Insight wishes good luck for your future

Atlas India Holiday List

**Happy
Holidays!**

August 09 IDU'L FITR

August 15 INDEPENDENCE DAY

Atlas Insight wishes Happy Birthday to

JULY

SANTHOSH KUMAR P	16 TH BCO
GEETHA LAKSHMI P	17 TH BCO
AJAY KUMAR KAMRA	19 TH JPR
GURAV PRAKASH SAKHARAM	19 TH BOM
JITENDRA M JADHAV	19 TH BOM
MANOHAR B	20 TH BLR
MARI MUTHU K	22 ND MAA
NAGARATHNA M S	22 ND BLR
RANJEET BHIMRAO ADHAV	24 TH BOM
SHINE K A	25 TH COK
SRINIVASA RAO KONERU	25 TH KDL
OSWALD DSOUZA	28 TH BOM
N B S RAMA KRISHNA	30 TH VTZ

AUGUST

KISHORE NAGLE	01 ST NGP
MOHAN K	02 ND BLR
RAHUL L TIWARI	02 ND INR
NARENDRA R PARMER	04 TH AMD
MORESHWAR PARAB	04 TH BOM
NEERAJ KUMAR SHARMA	06 TH DEL
MANISH C RATHOD	08 TH AMD
SACHIN SHANKAR THOMBARE	09 TH BOM
PRAKASH CHANDRAKANT SHINDE	10 TH PNQ
ROMA HARISH GIANANI	12 TH AMD
GOVARDHANA	15 TH BLR

Aspire

Transparent

Logistics

Accurate

Service