



Atlas Insight

October 2014

Contents:

Atlas Flash	02 -03
Holidays	04
Logistics Updates	05 & 06
Health Tips	07
Management Fables	08 & 09
Birthday Wishes	10



Dear Colleagues,

Journey of success always requires the qualities of foresight, strategy and preparedness. All

these, along with the power of trust are at the core of all our operations. My inspiration comes from your trust and willingness to believe in our capability to deliver.

Atlas is a group slowly emerging as a world player in logistics sphere. Commitment, hard work, commonsense and

perseverance have helped the Company to be on par with international companies in terms of standards of performance and quality of projects. We all need to buck up as we are few months away before closing of another financial year.

I am sure each one of you will re-dedicate yourself towards commitments and strive for continuous growth .

Wish to finally quote a famous writer, Ralph Waldo Emerson, **"What lies behind us and lies before us are small matters compared to what lies within us.**

Cheers and good luck

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Logistics Updates

Govt. finalizes plans to develop Seven New Ports



In a major push to port infrastructure, the Gujarat government has finalised plans to develop six to seven new ports in the state. Large investments would flow into the port sector in the coming years, a senior government official said. The state government is planning ports at Dahej, Nargol, Vansi

Borsi and Kutchhigarh, and works related to the project are at different stages. Adani Group is already developing a solid cargo port at Hazira.

The Government has also identified Dholera and Khambhat as prospective sites for developing ports, but the plans have been put on hold temporarily in view of the Kalpasar project. "The port projects will be developed under the public private partnership model. The state government is also planning other ports, but they are still at the preliminary stage," BK Sinha, Additional Chief Secretary, Ports & Transport Department, said.

**Our New UK office in Birmingham with 2790 sq.mts.,
Warehouse behind our Office premises.**



Snap shot of Dussehra Pooja held @ Corporate office



Address Change

Atlas Cochin office has been shifted to new premises with effect from 20th October the address and contact details are given below:-

ATLAS LOGISTICS PVT.LTD.

II Floor, Radha Govindam Building,
Kottaram Junction, Near Maradu Temple,
Cochin - 682 304
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10 Tips of Making +ve changes in our Life

1. Say “I’m good, but not as I can be “ instead of saying “I’m not as bad as a lot of others”
2. “Say “I’ll find out “ , instead of saying “ I don’t know”.
3. Try seeing an answer for every problem instead of seeing a problem for every answer.
4. See what has to to be done and do it instead of saying “that’s not my job”,
5. Make commitments instead of making promises.
6. Look at what can be done instead of looking at what can’t be done.
7. Say “I was wrong” when a mistake is made, instead of saying it wasn’t my fault.
8. Try making decisions instead of side- stepping most issues.
9. Say “There ought to be a better way” instead of saying “That’s the way it has always been done.
10. Say “It may be difficult but it’s not impossible” instead of saying “It may be possible, but it’s too difficult”

Atlas India Holiday List

Happy
Holidays!

November 04 Muharram

November 06 Gurunanak Jayanthi

Logistics Updates

Ports

Second container feeder vessel service introduced at MPT

Mr Biplav Kumar, IRTS, deputy chairman, Mormugao Port Trust, informed that the second container feeder vessel service is being introduced for MPT by M/s Shreyas Shipping and Logistics Ltd connecting the entire West Coast of India and Karachi via Kochi-Mangalore-Goa-Mundra-Karachi-Kandla-Kochi and foreign destinations through Mundra Port for Middle East, Africa, Europe and United States.

M V OELTRUST, which will be calling twice a month, will not only reduce ocean freight and transit time but will also give a boost to container traffic from Goa and the hinterland. Presently, only one container feeder vessel of M/s Bengal Tiger Line (India) Pvt Ltd has been calling at this port for about 3 to 4 times a month for transshipping through Colombo for its further destinations. This additional feeder vessel service will further offer flexibility and choice to the customers and enhance container mobility through MPT

Goa's ports record highest iron ore export volume in 2013-14

GOA'S two ports, the Mormugao Port Trust (MPT) and Panaji minor port, registered the highest volume of iron ore exports during the last fiscal. Being a major iron ore-producing state, Goa's ports exported a total of 54.45 million tons (mt) of the mineral, which is in huge demand in the steel industry.

Of the total figure, 47.23 mt was obtained from Goa and the rest from Karnataka and Maharashtra. According to data compiled by the Goa Mineral Ore Exporters' Association (GMOEA), an umbrella organisation of ore exporters, about 46.84 mt of the mineral was exported from Goa ports to China, which made up for 90 per cent of the overseas consignments, followed by Japan

High India coal stocks languish at ports

Over 12 million tons of thermal coal are stockpiled at India's ports, around 7-8 million of which is unsold, according to some of India's biggest importers. The tonnage of unsold coal already in India makes it unlikely that

Indian buyers will be returning to the spot market for substantial fresh purchases anytime soon and helps explain why Indian buyers have been largely dormant for months.

"I have never seen port stockpiles so high, they are over 12 million tons and more than half is unsold," a source at one of the largest importing firms said. Other importers pegged the stockpiles at 10-12 million tons and added that they are struggling to sell this coal in the teeth of slow industrial and power generation demand. India's gross domestic product (GDP) growth in the April-June quarter was 7.7 percent, a disappointing level, Finance Minister Pranab Mukherjee said two weeks ago.

Vizag port tops ore traffic growth

Between April and July this year, the country's iron ore exports posted a 21.86 per cent drop at 25.29 million tons (32.36 mt in the same period of last year). During the period, at least Ennore, Belekari, Karwar and Redi ports did not handle any iron ore traffic while four recorded significant drop in throughput — Krishnapat-

nam recording 98.54 per cent drop at 50,000 tons as compared to 3.41 mt in the same period of last year; Chennai 98.31 per cent at 29,000 tons (1.72 mt); Kakinada 77.72 per cent at 1.39 lakh tons (6.24 lakh); and New Mangalore 45.05 per cent at 5.72 lakh tons (10.41 lakh).

The four ports that did not export any iron ore traffic in first four months of the current fiscal together handled more than 3 mt in the same period of last year. By far the most successful growth story was scripted by Visakhapatnam port, which recorded 143.9 per cent growth at 2.49 mt (1.02 mt). Ganguvaram posted 68.88 per cent growth at 9.66 lakh tonnes (5.72 lakh), Haldia grew 53.3 per cent at 1.97 mt (1.29 mt) and Paradip gained 18.67 per cent at 3.5 mt (2.95 mt).

Shipping

India: Easing the law on container transshipment will reduce freight rates & boost shipping

The English word 'cabotage', which has a Spanish origin, means trade or navigation in coastal waters and the right of a country to operate exclusively in the coastal trade.

Logistics Updates

Such protection to national shipping under the cabotage law is designed to promote and protect domestic shipping. Countries such as India, US, UK, Japan, Australia and China maintain strict reservation of their coastal shipping to domestic services. Share of container trade in India's total port traffic: The total traffic handled by all the major and non-major ports in India in 2011-12 stood at around 930 million tonnes.

All the major and non-major ports seem to have handled a total container traffic of about 9.9 million TEUs - equivalent to about 125 million tonnes. Therefore, the share of container traffic in the total cargo handled at Indian ports comes to only about 14%. Further analysis will show that only less than 30% of this cargo traffic will constitute the transshipment trade and, therefore, in actual practice, if relaxation of cabotage law is cleared by the government, it will affect only less than 5% of India's total port.

Cargo

OECD statistics shows slow air cargo growth in 2012 first half

International trade statistics through the first half of 2012 reveal that "the overall pic-

ture for global freight is one of growth slowing down," the Organization for Economic Cooperation and Development's (OECD) International Transport Forum (ITF) said in a new global trade and transport "statistics brief" released this week.

Airfreight is not immune to overall slowing trade. "The air cargo recovery ... has faltered and volumes are now only 9% above pre-crisis levels in the EU area compared to 15% in [February 2012]," ITF said. "External trade in tonnes of goods carried by air in the United States has shown practically no growth and total trade in tonnes is only 2% above the pre-crisis peak."

Logistic Integrators creates history by transporting temperature-sensitive cargo in RKN Opticooler

Opening new doors in the Indian logistics domain, Logistic Integrators, in association with Lufthansa, recently transported time- and temperature-sensitive pharmaceutical cargo in a special container called the RKN Opticooler in the form of BUP or 'built up pallet'. This first-of-its-kind commercial operation was an end-to-end

shipment from the manufacturing point to the eventual consumption point, while maintaining temperature at prescribed limits throughout the journey and thus creating a new benchmark in the Indian logistics space.

"In Indian circumstances where temperature and climate are extreme and the road conditions can throw up surprises, this transportation technique comes a long way as a key saviour to the pharmaceutical companies." The company is optimistic about more successful operations with the RKN Opticooler, which gives pharma products stability, ensuring that the optimum temperature is maintained from point to point.

Trade

India may become world's third largest economy this year

India could become the world's third largest economy by the end of 2011 by overtaking Japan in terms of gross domestic product (GDP) measured according to purchasing power parity. Numbers from 2010 show that the Japanese economy was worth \$ 4.31 trillion, with India at \$ 4.06 trillion. But after March's devastating tsunami and earthquake,

Japan's economy is widely expected to contract while India's economy will grow between 7 per cent and 8 per cent this fiscal. India is now the fourth-largest economy behind the US, China and Japan.

K Line India to commence management of bulk carrier operations in India trade

Kawasaki Kisen Kaisha, Ltd, Tokyo ("K" Line) has announced that "K" Line (India) Pvt. Ltd will commence management of bulk carrier operations (post fixture) from India. Currently, five CVCs (Panamax and post-Panamax) and one COA contract (Panamax) have been serving the JSW Group's coal requirements. All operational work of these bulk carriers, which was earlier handled by "K" Line in Tokyo, will now be handled by "K" Line "K" Line has concluded both CVC and COA contracts with the JSW Group, the total now being fourteen. The vessels have been undertaking all marine transportation of Australian, Indonesian and South African coal bound to JSW Group's facilities in India. Management of these bulk carrier operations (post fixture) from India will greatly assist customers in the country. It also shows "K" Line's determination to extend customer-oriented services that provide prompt support and quick access to its esteemed customers.

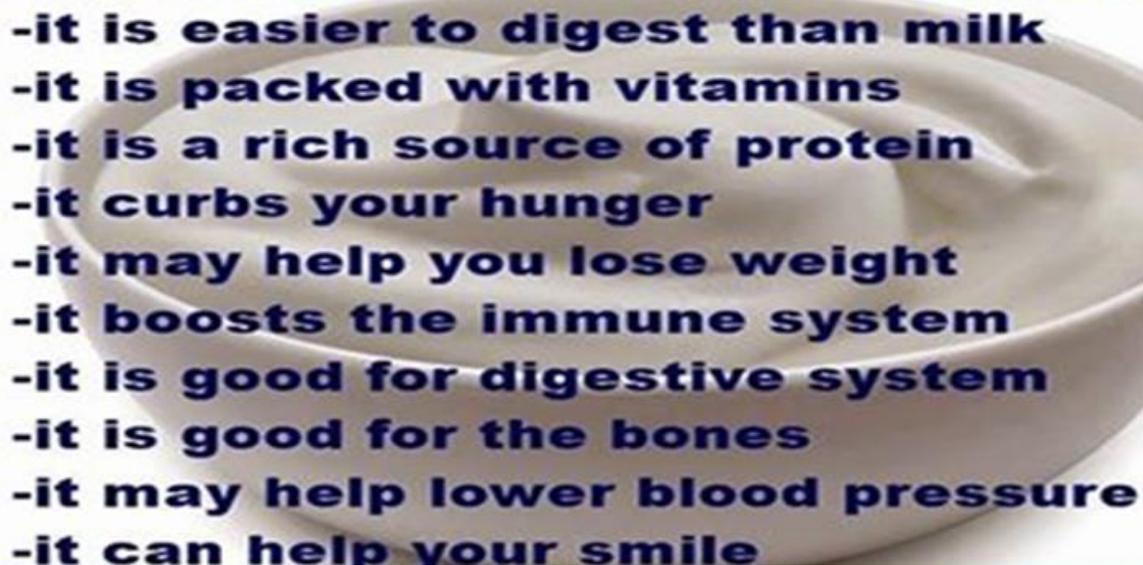
Health Tip



Lemon Makes You Happy!

- A tall glass of room temperature lemon water can enhance your mood and energize you.
- Lemon smell is proven to de-stress, clear your mind and brighten your mood. Lemons can help reduce anxiety and depression.
- Lemon water can also aid in digestion, helps to lose fat, detoxes the liver, balances pH, freshens breath, clears skin, and acts as a natural diuretic.

BENEFITS OF YOGURT

- 
- it is easier to digest than milk
 - it is packed with vitamins
 - it is a rich source of protein
 - it curbs your hunger
 - it may help you lose weight
 - it boosts the immune system
 - it is good for digestive system
 - it is good for the bones
 - it may help lower blood pressure
 - it can help your smile

Festivals– Dussahara ,Deepavali and Id– ul– Zuha

Muharram

Muharram is a month of remembrance and modern Shia meditation that is often considered synonymous with Ashura. Ashura, which literally means the "Tenth" in Arabic, refers to the tenth day of Muharram. It is well-known because of historical significance and mourning for the martyrdom of Hussein ibn Ali, the grandson of Muhammad.^[3]

Shias begin mourning from the first night of Muharram and continue for ten nights, climaxing on the 10th of Muharram, known as the Day of Ashura. The last few days up until and including the Day of Ashura are the most important because these were the days in which Imam Hussein and his family and followers (including women, children and elderly people) were deprived of water from the 7th onward and on the 10th, Imam Hussain and 72 of his followers were killed by the army of Yazid I at the [Battle of Karbala](#) on Yazid's orders. The surviving

members of Imam Hussein's family and those of his followers were taken captive, marched to Damascus, and imprisoned there.

Muharram is also observed by [Dawoodi Bohras](#) as well as it is not a good festival for Muslims in the same way as Shias. They practice prayers on the sayings of the present [Dai](#) of Bohras, [Syedna Mufaddal Saifuddin](#). On the tenth day of Muharram, they pray for Hussein till the [magrib](#). When the [pray](#) ends, Hussein is considered [martyr](#) by Yazid.

With the sighting of the [new moon](#) the [Islamic New Year](#) is ushered in. The first month, Muharram is one of the four sacred months that [Allah] has mentioned in the [Quran](#).

Guru Nanak Jayanti

Guru Nanak Gurburab also known as **Guru Nanak's Prakash Utsav** and **Guru Nanak Jayanti**, celebrates the birth of the first [Sikh Guru](#), [Guru Nanak](#).^[2] This is one of the most sacred festivals in [Sikhism](#).^[3] Apart from [Sikhs](#), Hindus and other followers of Guru Nanak's philosophy also celebrate this festival.

The festivities in the Sikh religion revolve around the anniversaries of the 10 Sikh Gurus. These Gurus were responsible for shaping the beliefs of the Sikhs. Their birthdays, known as [Gurburab](#) (or Gurburab), are occasions for celebration and prayer among the Sikhs.

Guru Nanak, the founder of [Sikhism](#), was born on 15 April 1469^[2] in Rai-Bhoi-di Talwandi in the present [Shekhupura District](#) of [Pakistan](#), now [Nankana Sahib](#).^[4] His birth is celebrated on [Kartik Poornima](#), the full moon day in the month of [Kartik](#). In the [Gregorian Calen-](#)

[dar](#), the celebration usually falls in the month of November, but its date varies from year to year, based on the traditional dates of the Indian calendar.^[5] It is a [Gazetted holiday](#) in India.

The celebration is generally similar for all Gurburabs; only the hymns are different. The celebrations usually commence with Prabhat Pheris. Prabhat Pheris are early morning processions that begin at the Gurudwaras and proceed around the localities singing hymns. Generally two days before the birthday, [Akhand Path](#) (a forty-eight-hour non-stop reading of the [Guru Granth Sahib](#), the holy book of the Sikhs) is held in the [Gurdwaras](#).

New Joinees

Mr. MOHAMMED ASLAM E K
OPERATION EXECUTIVE (CCJ)

Ms. SARITHA P
OPERATION EXECUTIVE (CCJ)

- Atlas Insight welcomes the new joiners to our family

Resigned Employees

MR. AJITKUMAR (DEL)

MR. SACHIN SHANKAR THOMBARE (BOM)

MS. ANITHA N (MAA)

MS. JAYALAXMI BHAT (BCO)

MS. SAKPAL (BOM)

MR.SUJITH K S (COK)

MR.AFSAL M T (CCJ)

--- Atlas Insight wishes good luck for your future

The Ten Golden rules for ideal control of Diabetes

Hundreds of millions of people worldwide have diabetes, with most living in low- and middle-income countries and middle-aged (45-64 years). In 2005, an estimated 1.1 million people died from the disease, more than half being women. Every 8 seconds someone somewhere in the world dies from diabetes. Diabetes is one of the commonest health problems of the present era, so as so the figure confirms to it as India has become the Diabetes Capital of the world. It is a lifelong disease and leads to serious complications that include Renal failure, Blindness, Paralysis, Heart attack, Gangrene, Infections and Impotence.

The Ten Golden rules for ideal control of Diabetes:

- 1. Diet:** It was advised that one should eat less and eat healthy, eat less means that the daily intake of meal should be divided into four or five small meals and one should avoid soft drinks, red meat, potatoes, alcohol etc. and take lots of salad and vegetables. One should try to take Dinner by 7:00 pm. Use of natural antioxidants like Tomato, Sprouts, Tulsi leaves, Lemon and Amla is suggested.
- 2. Aerobics:** Suggested one hour of aerobic exercise such as jogging, brisk walking, cycling, swimming, and dance, out-door games so as to come out of sedentary lifestyle and burn extra calories.
- 3. Yoga:** 20-30 minutes of yoga on daily basis.
- 4. Daily Schedule:** Disciplined lifestyle i.e. one should fix daily schedule.
- 5. Sleep:** One should ensure, at least seven hours of sound sleep.
- 6. Mind:** One should ensure to keep the stress level low, by practicing positive attitude.
- 7. Blood Sugar Monitoring:** Diabetic person should monitor Blood Sugar fasting / by Glucometer at least twice a week and keep a record.
- 8. Investigations:** Get regular lab investigations done as per doctor's advice.
- 9. Doctor's Consultation:** One should consult Doctor once in every three months for a routine check-up.
- 10. Follow Doctor's Advice:** Always follow your Doctor's advice/ medication schedule.

Atlas Insight wishes Happy Birthday to

OCTOBER

YASHWANT NIMJE	16 TH NGP
SHEKHAR MAHADEO DHANGER	19 TH PNQ
RAJENDRA SINGH	19 TH JPR
KEITH BUTHELO	27 TH BOM
S. BALASUBRAMANIAN	28 TH BLR
SRIKARA TANTRI B	29 TH BCO
VASUDEVAN PILLAI N	30 TH COK

NOVEMBER

MANOJ KUMAR	01 ST DEL
AARTI CHAWDA	01 ST NGP
SARANYA V	04 TH MAA
SOMENATH PATHAK	05 TH CCU
ASHA PANDARE	10 TH BOM
THILAKRAJ SHETTY	12 TH IXE
SHAHEER A M	14 TH COK

Aspire

Transparent

Logistics

Accurate

Service

