



# Atlas Insight

February 2013

## Contents:

Atlas Flashes	02 & 03
Knowledge	04
Logistics Updates	05
Health Tips	06 –08
Birthday Wishes	09

## Message From CMD



Dear Colleagues,

This past year has been a watershed for the Atlas Logistics

group because of the poor economic situation and huge exchange loss. The coming days are going to be still worst. High caution is necessary to ensure the margins and collections. This year again we are looking at huge exchange loss due to the fact that Indian Rupees has lost its strength. This will have a huge amount on our exchange loss and gain. Considering all these factors we

have taken a very bold step to achieve higher sales and better margin. The management needs your fullest support to complete this task and arrest the negative trend. I hope I'm confident as a team we will rise to the occasion.

Financial year 2013 looks more exciting! Let us all foresee to add many more customers to Atlas in the months to come.

Looking forward to 2013 as we continue to add more value to our products and services.

**Good luck !!!!!!!**

## Introduction about our new Executive Director Mr. Hasegawa san



of Logistics Industry. He has worked in various countries like Japan, Thailand, Vietnam, Laos, China ,and India, in apparel, machinery industries with a rich working experience as a Managing Director / Key Project Head etc.

He has rich experience, qualification & Extensive back. We should take this opportunity to welcome him and take his guidance, views, experience to improve our job quality, to improve business and revenue.

Atlas India family are proud to announce the induction of our New Executive Director Mr. Hasegawa San, deputed by our head office SBS Japan.

Kindly extend your full support.

We all will welcome him to the Atlas family.

His contact details as follows:

Mr. Hasegawa has rich experience, qualification & extensive background in various gamut

Full Name- **Mr. Tsukasa Hasegawa**

Email:-

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## BACC Event - Cricket Tournament (BLR Team)



## Address Change

**Atlas Mangalore** office has been shifted to new premises with effect from 15th February. The address and contact details are given below:-

### **ATLAS LOGISTICS PVT.LTD.**

“ Kajemar ”

Post Nadugodu

Kinnigoli, Mangalore - 574150

PH:- 0824-2297420

Mob:- 09880822898

09663368380

**Atlas Tirupur** office will shift to new premises with effect from 01st February. The address and contact details are given below:-

### **ATLAS LOGISTICS PVT.LTD.**

Door No - 5, 2nd Floor,

Vittal Nagar, Avinashi Main Road,

Tirupur - 641 602

Mob - 09840929512

**“Congratulations to Bangalore Team” - Atlas Bangalore received outstanding performance award 2011 from Cathay Pacific Cargo.**



## Knowledge ....

### ..... EVERYTHING IS JUST A THOUGHT .....

Wake up and realise that everything is made up of thoughts, just thoughts. Your appreciation of beauty is a thought; your aversion to an object that is ugly is a thought. Your craving or aversion is nothing but a passing thought in the mind. Realise this is just a thought and you will be free.

Knowing a thought as thought brings the freedom. When you know a thought as a reality, that is when you are stuck.

## RELATIONSHIPS

The strength of a relationship lies in the ability to accommodate rough patches. How well you handle it gives you skills. Otherwise, how will you get to know how accommodating, understanding and considerate you are? These virtues come up only when you have rough patches.

See the situation as an opportunity to learn how to adapt and how to be accommodating, understanding and considerate. Learn to excel in exhibiting your character rather than changing somebody else.

## JNPT bags award for donations to Maharashtra economy

Jawaharlal Nehru Port Trust (JNPT) was recognized for its "Contribution to The Maharashtra Economy" at the recent conference on 'Vision for Port-led Development of Maharashtra' organized by the Maha-rashtra Chamber of Commerce, Industry & Agriculture (MACCIA).

While delivering the keynote address at the event, Mr. L. Radhakrishnan, IAS, Chairman of JNPT, outlined the way forward for the development and promotion of ports in Maharashtra, coordination by the state government, and recent Special Economic Zone (SEZ) land policies.

## Diesel price hike unlikely to hamper box trailer movement at cochin port

The hike in the price of diesel is unlikely to hamper container trailer movement at Cochin Port, with operators not willing to risk increasing rates at present. While officials of the trailer operators association felt the rates would be upped in due course, the newly-formed Vallarpadam Trailer Owners Association ruled out any immediate hike, as the prevalent rates were under-quoted.

However, the Cochin Container Carrier Owners Welfare Association said the actual impact of the diesel price hike on cargo movement can only be gauged after a meeting of the stakeholders. Sources in the shipping fraternity said an immediate hike in transportation cost was unlikely as the trailer operators association was dealing with some internal problems among its members.

## Dubai international Airport Opens A380 Facility

Dubai International Airport has opened four out of 20 gates at the world's first A380 facility in Terminal 3. EK 003 scheduled for departure at 14:30 today (January 2) from Dubai to London Heathrow became Concourse A's first flight.

Paul Griffiths, CEO of Dubai Airports, said: "We are opening Concourse A in stages with more gates coming online in each successive phase. "We believe that this approach of gradual transition will enable us and all our partners to ensure smooth operations and help us to deliver on our customer service commitment."

He added that as the world's first A380 facility Concourse A was a "huge achievement" for Dubai Airports. A critical element of the \$7.8 billion 'Strategic Plan 2020', Concourse A is part of the Terminal 3 complex built for Emirates. Dubai International's annual passenger capacity will increase from 60 million to 75 million when Concourse A is fully operational, while traffic for 2012 is expected to reach 57 million.

## Health Tip

### EVERY SEED OF POMEGRANATE WHICH GOES IN YOUR STOMACH IS A SEED OF LIFE FOR YOUR HEART!!!



Two things are full of benefits for the human being, lukewarm water and pome-

granate.

Pomegranate is a seasonal fruit in Pakistan & India so I tried an experiment with dried pomegranate seeds.

I prepared a decoction boiling the fistful of dried seeds in half liter of water for 10 minutes, squeezed the seeds, strained the decoction and advised those patients suffering from painful angina to use a glass of lukewarm decoction on an empty stomach in the morning.

Amazing result was observed, the decoction of dried pomegranate seeds worked like a magic, the feelings of tightness and heaviness of chest and the pain had gone.

It encouraged me to try more experiments on all types of cardiac patients so I tried other experiments on patients who were suffering from painful angina, coronary arterial blockage, cardiac ischemia (insufficient blood flow to the heart muscle) etc., waiting for a bypass surgery. The same lukewarm decoc-

tion was used on an empty stomach in the morning. The patients experienced quick relief in all symptoms including painful condition.

In another case of coronary arterial blockage the patient started using half glass of fresh pomegranate juice every day for one year, although all symptoms were completely relieved within a week but he continued taking it for a whole year, it completely reversed the plaque build-up and unblocked his arteries to normal, the angiography report confirmed the evidence.

Thus decoction of dried pomegranate seeds, fresh pomegranate juice or eating a whole pomegranate on empty stomach in the morning proved to be a miracle cure for cardiac patients. But the lukewarm dried seeds decoction proved to be more effective compared to eating a whole pomegranate or fresh pomegranate juice. Use of pomegranate in any way has demonstrated even more dramatic effects as blood thinner, pain killing properties for cardiac patients, lowers LDL (low-density lipoprotein or bad cholesterol) and raises the HDL (high-density lipoprotein or good cholesterol). There are more than 50 different types of heart diseases, the most common being coronary artery disease (CAD), which is the number one killer of both women and men in some countries, and there has been no medicinal cure for this disease.

Many cardiac patients have reversed their heart diseases on my advice using one glass of lukewarm decoction of pomegranate dried seeds, half



## Health Tip

glass of fresh pomegranate juice or eating a whole pomegranate on empty stomach in the morning. It was the very first real breakthrough in the history of cardiology to successfully treat the cardiac diseases by a fruit.

The more super foods to obtain the even faster results for cardiac patients which are most promising curative and protective agents like fresh raisins, quince, guava, prunes (dried plums), natural vinegar,



mixture of grape fruit juice and honey in the morning (empty stomach), basil leaves, chicory leaves, powder of oregano leaves and rock salt in equal quantity (in case the patient is not hypertensive) and sesame oil as cooking oil for cardiac patients.

It is regretted to say that treating the heart patients and bypass surgery has become far more profitable business around the world which has failed to help avert life threatening heart attacks and life time cardiac complications resulting in almost paralyzed life. A regular use of pomegranate in any way ensures a healthy cardiac life, thinning your blood, dissolving the blood clots and obstruction inside the coronary arteries, maintains an optimal blood flow, supports a healthy blood pressure, prevents and reverses atherosclerosis. (Thickening of the internal lining of the blood vessels) from whatever I experienced and observed in last several years, I can say:

“A pomegranate a day keeps the cardiologist away” you can try and see the wonder.

## HEART BURN

Heart burn is a digestive problem. Heart burn is usually related to meals and posture and can often be relieved by consuming antacids. Heart burn is caused by a faulty muscle in the stomach. The burning, or pain of heartburn can last as long as 2 hours and is often worse after eating. Sometimes standing in an upright posture helps relieve discomfort. There are various reasons of heart burn like

1. Consuming spicy food
2. Consuming high fat food that takes too long to digest
3. Smoking
4. Pregnancy
5. Irregular food habits
6. Obesity

The food we consume goes to the stomach through the 'Esophagus'. Esophagus is a long tube that is located in the chest and it connects the mouth and the stomach. There is a valve known as the 'lower esophageal sphincter' (LES) normally prevents the contents of the stomach from backing up into the esophagus. Heart burn occurs when the 'lower esophageal sphincter' is weak or relaxes inappropriately, thus allowing the acid to travel back. The Esophagus is not made to withstand acid and is irritated and inflamed when acid from the stomach travels up into it. Excess acid may increase the pressure in the stomach, forcing excess stomach acid and pepsin upward through the LES. Once the acid and pepsin come in contact with the lining of the esophagus, the pain of heartburn occurs.

There are many over counter and prescribed drugs available for heart burn. A tea made of 'Fennel Seeds' will also help relieve discomfort. Bananas have a protective action and can be had. Avoid consumption of spicy and oily food items like pickles, fried snacks, chocolates, pastries, fizzy drinks etc., Increase the water intake.

## Health Tip

### **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 atherosclerosis the most common cause of heart trouble. A planned diet and regular exercise are the key to prevent atherosclerosis.

#### **Friendly and Unfriendly FATS**

FAT 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 butter, cream, palm oil, coconut oil, ghee and vana-spati

**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.

**Omega-3, a fatty acid that prevents atherosclerosis is present in foods like salmon, soyabean, walnuts and butternuts.**

**Take these regularly in small quantities to prevent atherosclerosis.**

#### **Cutting**

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 than two to three eggs a week.

**Take healthy alternatives like chicken, fish, beans, vegetable, fruits, bread, pulses, whole wheat flour, cereals, rice, millet, skimmed milk and skimmed milk products and vegetable oils like corn, soybean, sunflower, canola, olive and mustard.**

Heart disease is less frequent among those who eat high carbohydrate and fiber rich foods. Carbohydrates should provide at least 55 per cent of your daily calories. Foods like bread, chapattis, cereals, rice and dals provide an adequate amount of carbohydrates.

#### **How to control Chest Pain:**

Boil 4-5 pods of garlic in a glass of milk and consume the garlic pods with milk daily to avoid chest pain.

Pound the dates with the seeds and eat them every day.

Increase the intake of ginger and lime in your diet.

Take a spoon of tulsi juice with honey in empty stomach every day.

Atlas Insight wishes *Happy Birthday to*

## February

BHARATHRAJ M	17 <sup>th</sup> BLR
PRAKASH V DABARA	21 <sup>st</sup> AMD
RAVI KUMAR D	25 <sup>th</sup> BLR
SANGEETA A DIXIT	28 <sup>th</sup> NGP

## March

DALBIR SINGH	01 <sup>st</sup> DEL
KANHU NAYAK	03 <sup>rd</sup> DEL
MANJUNATH R	04 <sup>th</sup> BLR
MIDHUN MURLIDHARAN	04 <sup>th</sup> COK
BABU S	06 <sup>th</sup> MAA
SHAILESH KAKADE	08 <sup>th</sup> BOM
SARIKA VISHAL SARAF	09 <sup>th</sup> BDQ
N. MAHESH	09 <sup>th</sup> BLR
SYED MURTUZA HOSSAIN	14 <sup>th</sup> CCU
G. BOOPATHY	15 <sup>th</sup> MAA

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