



Atlas Insight

September 2011

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Message From CMD



Dear colleagues,

I am immensely happy to express my views through Atlas Insight which our colleagues in HR dept. are trying to bring from the current month. I wish them all the best. September and October are months of festivals, I wish all my family members of Atlas to celebrate the festival in good spirit and let the spirit of

festival brings happiness, prosperity and good health to all our Atlasians.

Atlas logistics is yet to merge with SBS (the majority stake holders of Atlas Logistics). We expect this to be completed by the end of this month. We hope with the arrival of new shareholders to our company would see better days in terms of prosperity to all employees and profitability to the business, See

Logistics Update

Customs introduces self-assessment

Vide Finance Act, 2011, 'self-assessment' has been introduced under the Customs Act. Under 'self-assessment', responsibility of filing correct declaration lies with the importer or exporter. The declaration filed by the importer or exporter may be verified by the proper officer when so interdicted by the Risk Management Systems (RMS). In rare cases,

such interdiction may also be made with the approval of the Commissioner of Customs or an officer duly authorized by him, who shall not be below the rank of Additional Commissioner of Customs, and that will necessarily be done after making a record of the same in the EDI system.

On account of interdictions, Bills of Entry may either be taken up for action of review of assessment or for examination

of the imported goods or both. If the self-assessment is found to be incorrect, the duty may be reassessed. In cases where there is no interdiction, there will be no cause for the declaration filed by the importer to be taken up for verification, and such Bills of Entry will be straightaway facilitated for clearance without assessment and examination, on payment of duty, if any.

Antwerp - Fastest Route to Europe

Fastest route to Europe

For Indian exporters, Antwerp is the fastest route to Europe as 60 per cent of Europe's purchasing power can be reached in a day. No other European port can offer this, says Mr Bruyninckx. "For container traffic, India is in the top 10 of our most important regions and its position is growing".

Several shipping lines including Shipping Corporation of India operate regular services to Antwerp from Mumbai, Chennai, Mundra and Jawaharlal Nehru ports. Large Indian companies such as Reliance Essar and Jindal have been routing their goods to Europe through Antwerp.

Several Indian logistics firms already have facilities at Antwerp. Till date this year, Antwerp has handled more than six million tonnes of Indian cargo, which is 10 per cent more than the same period last year.



Antwerp Port, which has two offices in India — in Mumbai and Pune — expects to attract more exporters, logistics providers and investors from India.

"We are not just a transit

port; we help value addition to the products we handle. We have large bonded warehouses with modern facilities



for exporters to convert bulk and standard products to their customers' specification," said Mr Luc Arnouts, Chief Commercial Manger of Antwerp Port Authority, giving an overview of the port prior to our guided tour to the terminals.

As our boat cruised along the calm waters of the Scheldt that flows across Belgium and into the North Sea, we witnessed a large number of ships berthed at terminals on either side of the river — a picturesque photo opportunity.

On one side, at the home terminal of the Mediterranean Shipping Company, four to five large container vessels were loading and unloading boxes.

On the other side, DP World's break-bulk terminal, the largest in Europe, was busy loading construction equipment on a ship bound for Africa. Ahead, on the same side as the bulk terminal, one could see a large quantity of coal which was awaiting quality inspection.

Value addition

At another end is an all-

weather steel terminal with a large warehouse where exporters cut and shape their products to suit their buyers' requirement. We were told that some of the leading Indian steel producers have been using this terminal for exports to Europe.

There is also a large chemicals and petrochemical complex at the port which houses the production facilities of large companies such as BASF, Bayer, Lanxess, Total and Exxon Mobil.

Last but not least are the nuclear power plants and wind farms near the port, which generate more power than what is locally consumed. No wonder, the port is now offering power through shore-to-ship connections. This helps reduce pollution as the ships can switch off their engines.

The Antwerp port is connected with the hinterland by road, rail and barges. What is interesting is that the port, with the help of the European Union, is trying to reduce the movement of cargo by road and replace it by rail to cut transport cost and environmental impact.

The EU has even provided a subsidy to an inland truck-rail terminal run by a private sector joint venture.

Recently, the port announced a direct rail link to the Chinese city of Chongqing, a distance of 10,000 km. A train trip from Antwerp to Chongqing will take 20 to

25 days; while by ship it takes 40 days to transport cargo from Belgium to Chinese ports.

Antwerp has the largest stock of coffee in the world — which has a determining effect on its price in the global market. The commodity comes from several countries, from Brazil to Africa.

Largest warehouse

Antwerp has 5.5 million square meters of covered warehouse, the largest anywhere in Europe. Katoen Natie, the largest one, alone has a covered space larger than the entire warehouse facility at the rival port of Rotterdam.



On an average, Antwerp handles 15,000 ocean going ships and more than 65,000 inland vessels in a year. The port handles container ships that require a draught of 15.5 meters. Ships with capacity of 14,000 TEUs now call at the port twice a week. The container terminal has one of the highest productivity rates of 40 moves per hour.

Landlord port model chosen for Vizhinjam ICTT

With the Kerala government now focusing on the Landlord Port Model (LPM), the Rs 9,000-crore Vizhinjam International Container Transshipment Terminal (ICTT) is finally beginning to find its feet on the infrastructure front after hanging fire for a decade.

Proposed as one of the world's deepest ports with a natural depth of 24 metres, the Vizhinjam port looks likely at the moment to emerge as a force to reckon with in the global maritime trade.

Under the LPM, the basic infrastructure will be set up through an EPC (engineering, procurement and construction) contract. The technical bids submitted by a consortium of several companies will be scrutinised within 10 days for responsiveness and compliance with the qualifications.

On completion of the technical evaluation, the Vizhinjam ICTT will go ahead with the financial bids.



The LPM puts a great deal of responsibility on the operator, by including the break-water, quay wall, dredging and reclamation, and external connectivity (road, rail and utilities) in the infrastructure development of the pro-

ject. The private partner would develop the massive structure for the port operations and the terminal, and

would be allowed to operate and maintain the facility for 30 years.

Throwing light on the development, Mr K. Babu, Kerala Port Minister, apprised that the details of this plan were

yet to be decided. He added that the private partner's inputs would be considered while making the master plan and detailing the EPC construction.

To be set up at Vizhinjam, near Thiruvananthapuram, with a quay length of 2,000 metres in three phases, the deepsea port will be designed to cater primarily to container transshipment, besides multi-purpose and break-bulk cargo. In addition to minimising dredging expenses because of its natural draught, the port also has the advantage of being located close to busy global shipping routes. It is learnt that the facility is envisaged to handle 4.1 million containers annually in the initial phase.

Air India's freighter mismatch impacting cargo biz: Report

Air India's cargo business is reportedly struggling because the freighters deployed are too big for domestic operations and too small for long-haul flights, according to a report.



It said that in addition "the lack of a critical distribution network, warehousing facilities, mismanagement and lack

of other infrastructure is driving away 2008. air cargo business from Air India".

It also said that Air India has piled up huge losses, although it plans to convert and reconfigure some of its old aircraft, which have been lying idle, for cargo operations. There's believed to be around 40 such idled aircraft.

The initial plans were to expand the existing runway at the Nagpur airport and add a second runway for future cargo movement. But the air cargo hub at Nagpur, the Multi Modal Inter-Hub Airport (MIHAN) project, has reportedly been postponed as firms backed out of the proposed SEZ following the slowdown in the global economy in late



India's freight industry is expected to grow 10 per cent a year until 2014 with the air freight sector expected to expand 8.5 per cent annually for the next five years. According to industry forecasts, the cargo segment will more than triple by 2025.

Atlas Insight Congratulates Team Atlas!!!!!!!!!!!!

Received Award from AIR FRANCE / KLM CARGO for outstanding performance in e-bookings for the year 2010-11



Air France/KLM staff Mr. **Rajeev Kumar** presenting Certificate and Mr. **RAMJI GUPTA** of ATLAS/DEL accepting it on behalf of ATLAS LOGISTICS PVT LTD/DELHI.

Baroda Achievement



This one is successful and prestigious project for L&T Chennai which has been handled by BDQ

Shipper : Tomac heavy transporters co Ltd

Consignee : L&T ship building , Chennai

One piece – 32 MT

Volume : 267 cbm

Commodity: Cargo Trailer

Our scope of work was FOB , and pictures are taken while loading at origin and discharge at destination.

Ahmedabad Achivement

Ahmedabad Branch have successfully handled export project shipment for the clients IRM Offshore and Marine Engineering Pvt. Ltd.

Shipment was on DDU basis to Malaysia and door delivery to 2 different locations (Pasir Gudang & Port K'lang), in all 8 shipments consisting of 9 containers (4x40' HC + 3x20' Flat Rack & 2x20' GP), the subject shipments were executed ex-Nhavasheva with help of our Bombay colleagues.

It was successfully executed with close coordination & great team work by our Ahmedabad office, colleagues at Bombay (Liner coordination - Ms.Jyoti) (Operations, stuffing & loading - Mr.Chandrakant) and finally (On time clearance, smooth door delivery at both the destinations of all the shipments - Ms. Nova) our colleague at Atlas Malaysia.



Many thanks to all these colleagues for their kind support & coordination.

IRM Offshore & Marine Engineering Pvt. Ltd. is a rubber engineering products & ser-

vices organization catering to the ship building industry, maritime infrastructure, offshore oil drilling platforms, & naval establishments. Their main products are Marine Fenders, Boat fenders, Dock Accessories, Offshore Products, Floating Fenders etc..

Let us all appreciate our Tuticorin colleague

Mr. Ponselvam who in the absence of Mr. Murali looked after Sea export operations of Chennai branch efficiently. He took this as a challenge and worked hard and showed great sincerity and dedication in fulfilling the needs of the customers



A Speech By Azim Premji For The Young Minds

Azim Premji, as all of you know, is the head of WIPRO, a leading Indian Company with International status...



He addressed a forum organized by the AIMA at Bombay on 'Shaping Young Minds'

"I am very happy to be here with you. It is always wonderful to be with young people. As my hair turned from black, to salt and pepper and finally salt without the pepper, I have begun to realize the importance of youth. At the same time, I have begun to truly appreciate some of the lessons I have learnt along the way. I hope you will find them useful when you plan your own career and life.

First:

The first thing I have learnt is that we must always begin with our strengths. There is an imaginary story of a rabbit. The rabbit was enrolled in a rabbit school. Like all rabbits, it could hop very well but could not swim. At the end of the year, the rabbit got high marks in hopping but failed in swimming. The parents were concerned. They said, 'Forget about hopping. You are, anyway good at it. Concentrate on swimming.' They sent the rabbit for tuition in swimming. And guess what happened? The rabbit forgot how to hop! As for swimming, have you ever seen a rabbit swim?

While it is important for us to know what we are not good at, we must also cherish what is good in us. **That is because it is only our strengths that can give us the energy to correct our weaknesses.**

Second:

The second lesson I have learnt is that a rupee earned is of far more value than five found..

My friend was sharing with me, the story of his eight year-old niece. She would always complain about the breakfast. The cook tried everything possible, but the child remained unhappy. Finally, my friend took the child to a supermarket and brought one of those ready-to-cook cereal packets. The child had to cut the packet and pour water in the dish. **The child found the food delicious. The difference was that she had cooked it!**

In my own life, I have found that nothing gives as much satisfaction as earning our own rewards. In fact, what is gifted or inherited follows the old rule of 'come easy, go easy'. I guess we only know the value of what we have, if we have struggled to earn it.

Third:

The third lesson I have learnt is, in Cricket, no one bats a hundred every time.

Life has many challenges. You win some and lose some. You must enjoy winning. But do not let it go to the

head. The moment it does, you are already on your way to failure. And if you do encounter failure along the way, treat it as an equally natural phenomenon. **Don't beat yourself for it or anyone else for that matter! Accept it, look at your own share in the problem, learn from it and move on.**

The important thing is, when you lose, do not 'lose the lesson.

Fourth:

The fourth lesson I have learnt, is the importance of humility.

Sometimes, when you get so much in life, you really start wondering, whether you deserve all of it. We have so much to be grateful for. Our parents, our teachers and our seniors, have done so much for us, that we can never repay them. Many people focus on the shortcomings, because obviously, no one can be perfect. But it is important to first acknowledge, what we have received. Nothing in life is permanent, but when a relationship ends, rather than becoming bitter, **we must learn to savor the memory, of the good things, while they lasted.**

Fifth:

The fifth lesson I learnt is, that we must always strive for Excellence.

One way of achieving excellence, is by looking at those better than ourselves. Keep learning what they do differently. But excellence cannot be

imposed from the outside. We must also feel the need from within. It must involve not only our mind, but also our heart and soul. Excellence is not an act, but a habit. I remember the inspiring lines of a poem, which says that your reach must always exceed your grasp. That is heaven on earth. **Ultimately, your only competition is yourself.**

Sixth:

The sixth lesson I have learnt is, never give up in the face of adversity.

It comes on you, suddenly without warning. Always keep in mind, that it is only the test of fire, that makes fine steel. A friend of mine shared this incident with me. His eight-year old daughter was struggling away at a jigsaw puzzle. She kept at it for hours but could not succeed. Finally, it went beyond her bedtime. My friend told her, "Look, why don't you just give up? I don't think you will complete it to-

night. Look at it another day." The daughter looked with a strange look in her eyes, "But, dad, why should I give up? All the pieces are there! I have just got to put them together!" **If we persevere long enough, we can put any problem into its perspective.**

Seventh:

The seventh lesson I have learnt is, that while you must be open to change, **do not compromise on your values.**

Mahatma Gandhiji often said, you must open the windows of your mind, but you must not be swept off your feet by the breeze." Values like honesty, integrity, consideration and humility have survived for generations. At the end of the day, it is values that define a person more than the achievements. **Do not be tempted by short cuts. The short cut can make you lose your way and end up becoming the longest way to the destination.**

Final:

And the final lesson I learnt is, that we must have faith in our own ideas even if everyone tells us that we are wrong.

There was a newspaper vendor who had a rude customer. Every morning, the Customer would walk by refuse to return the greeting, grab the paper off the shelf and throw the money at the vendor. The vendor would pick up the money, smile politely and say, 'Thank you, Sir.' One day, the vendor's assistant asked him, "Why are you always so polite with him when he is so rude to you? Why don't you throw the newspaper at him when he comes back tomorrow?" The vendor smiled and replied, **"He can't help being rude and I can't help being polite. Why should I let his rude behavior dictate my politeness?"**

I hope you achieve success, in whatever way, you define it, and what gives you, the maximum happiness in life.

Quotes

"Death is as sure for that which is born, as birth is for that which is dead. Therefore grieve not for what is inevitable"

"Those who eat too much or eat too little, who sleep too much or sleep too little, will not succeed in meditation. But those who are temperate in eating and sleeping, work and recreation, will come to the end of sorrow through meditation"

"Knowledge, the object of knowledge and the knower are the three factors which motivate action; the senses, the work and the doer comprise the threefold basis of action"

"One gradually attains tranquility of mind by keeping the mind fully absorbed in the Self by means of a well-trained intellect, and thinking of nothing else."

"One who has control over the mind is tranquil in heat and cold, in pleasure and pain, and in honor and dishonor; and is ever steadfast with the Supreme Self."

Be part of the anti-corruption movement

Let us take the initiative to clean up our house-exhorts Capt. P. S. Rath, CEO of Econship Marine

What do you feel inside when you pay Rs 10,000 bribe to amend an innocent typo in the IGM? To put a rubber stamp on the online print of a TP copy at Rs 50 per document? To chase the peon who moves around the tea stalls in the Customs office with the rubber stamps in his pocket and pay him Rs 20 to put the stamp after the signature of the Inspector? To pay Rs 80,000 to the Customs officer to renew steamer agency license? To pay a monthly fixed bribe of Rs 4,000 to Customs officers when you have low volume of exports or imports? To pay the Customs officials on every IGM copy? On every CMC permission? Every bond cancellation? Every Shipping Bill submission? Every EGM? On every inspection?



When you bring to India your personal effects by containers on transfer from overseas, paying Rs 20,000 to Customs officers? When you pay Rs 40,000 for every back-to-town container from the terminal to the CFS? To pay bribe to get your passport in spite

visits to your offices demanding and negotiating bribes? To pay to get a birth certificate? To again pay to get a death certificate? To pay to get a marriage certificate? The list is long and exhaustive.

Do you not get angry? Do you feel ashamed of being an Indian? Do you feel frustrated? Don't you feel that your soul has been soiled? A piece of you is rotting within your conscience? You may have the power to endure and swallow, but can you ever overcome these strong feelings that dent your freedom, choice and opportunity?

The answer is on the streets of India. We are proud of being Indians, the way we have expressed our pent-up hurt with unanimous solidarity with Anna Hazare's movement. Let's be part of this large movement to clean our house. It is our house. We have to clean up. Let's not look at others (especially the elected Parliamentarians who throw the Rule Book on our faces to perpetuate this game of soiling our souls) to do it for us.

of the online system? Pay in lakhs to Income-Tax raiders for the narrow interpretation in finding faults in your books or not cooking your books properly by experts? Paying lakhs to the Service Tax officers for assessment or centralization? To the municipality officials for shops and establishment certificates? To their occasional

Atlas Learning

Microsoft Windows Short cut keys
 Open the drive selection F4 when browsing
 F5 Refresh contents
 F2 Rename selection
 F3 Start find from desktop
 Ctrl+Esc Bring up start menu
 Alt+Esc Switch between applications on task bar
 Ctrl+Plus automatically adjust widths of all columns
 Ctrl+F4 Close window in programme
 Alt+F4 Close current open programme
 Alt +Ctrl+Del Reboot/windows task manager
 Alt+Print creen Create screen shot for current programme
 Alt+Tab Switch between Open applications
 Alt+Shift+ Tab Switch backward with open applications

Atlas India Holiday List

September 17: Vishwakarma Jyanti (IDR)
 September 27: Mahalya(CCU)
 October 3 : Durga Saptami(CCU)
 October 4 : Durga asthami(CCU, IDR)
 October 5 : Durga Novratri(CCU)
 October 6 : Dussahara(PAN INDIA)
 October 11 : Lakshmi Puja(CCU)

Tips To Relax Your Feet At Home

We are on our feet all day and yet they are the most neglected part of the body. There are very few individuals who would agree that our feet need a pampering too. There is nothing more satisfying than receiving a good foot massage after a tiring day.



A foot massage is a simple process and can be easily performed at home. It is one of the best type of pampering that we can give our tired and

aching feet. It is a simple technique of massage that can be self administered or given to your friend.

To make the foot massage relaxing it is important to pay attention to trivial things and set the right mood. You can create a relaxing atmosphere by dimming the light, playing soft music, and burning incense sticks. These may seem like trivial things but these smaller things will make a big difference. The most important point that one should keep in mind is that person should be completely at peace. The advantage of having a foot massage at home is that it helps you have control of the environment and keeps you relaxed.

Let's understand how to give a relaxing foot massage.

The first step would be soaking your feet in warm water and sea salts for about 10 min. you can also add lemon juice or aroma oils to the water as well. This will help clean and warm the feet .Once the feet have been soaked; dry them using a clean towel. Lay or sit back and start to relax. Place the foot on a stool or foot rest. Massage one foot at a time and keep the other foot wrapped in warm towel. Apply a massage cream or herbal oil (a massage cream or a herbal oil like almond oil, sesame oil, olive oil, sunflower oil, coconut oil etc can be used to add a soothing effect to the massage.) Rub the oil or lotion over the entire foot to above the ankle. Once you have finished applying the cream or oil, you can now begin with the foot massage technique.



Basic foot massage technique

Stroking Stroking is one of the best massage techniques to start with. Take the foot in one hand and stroke the foot upwards from the heel towards the toe. When one hand has reached the arch of the foot the other hand should be starting along the bottom. Stroke your foot like you would pull a rope.



Thumb Walking

Slide your thumb in an alternating motion from the heel to the base of your thumb. Apply firm pressure at the heels and medium pressure near the toe as the skin at the heels is hard compared to the other area of the foot. Thumb walking helps in massaging tendons on the edges of the foot.

Ankle rotations

Hold the heel with one hand grip the other end of the foot with the other. Then rotate slowly in one direction five to six times and rotate in the opposite direction the same number of times.



Kneading

Kneading is a technique where you press your fist into the bottom of the foot, along the arch. Roll your fist upward towards the toes and then go back to the bottom of the feet while applying medium pressure.

Massage each toe with a mild pinch and gently rotate the toe in a circular motion using your thumb and index finger.

Hold your foot in a raised position and gently massage the foot and the back of your calf to relax any strained muscle.

Foot massage offers a relaxing feel at the end of an strenuous day. It helps to improve blood circulation and removes harmful toxins. Foot massage also helps in reducing stress, and pain. After a de stressing foot massage you are all ready to walk with no aches or pain to be felt Remember these are the basic techniques for massaging your foot. You can use your creativity and make your foot massage as personal and unique as you want.

Treat your feet with love and care and you cannot go wrong.

Breakfast options from South India to lose weight

Everybody is aware of the fact that breakfast is the most important meal of the day, but still most urbanites,



have their breakfast on the go. They prefer to wrap a slice of bread and butter that can be conveniently had while waiting at the bust stop.

It is important to have a healthy breakfast as when you start your day with an empty stomach, by the time you are get into the swing of work you start feeling hunger and, which usually means picking up some unhealthy choice.

Eating a healthy breakfast is important for all weight watchers also. Studies suggest that people who eat a healthy breakfast are more successful at losing weight and keeping off the extra weight

Well Known Nutritionist, Shamika Kulkarni says, "Breakfast is the first main meal of the day after an overnight fasting. The energy levels of the body are low and hence a healthy breakfast gives a boost to the energy levels and gives the day an enthusiastic start. Eating a healthy breakfast also increases the competence levels and concentration while working. It is important for weight watchers because a healthy breakfast gives a balanced intake of carbohydrates, proteins and fiber required to control weight. If a person eats a healthy and an adequate breakfast then it delays the hunger pangs and maintains his energy levels till the lunch time. This prevents temptations to pick unhealthy food

choices to fulfill hunger pangs."

Most individuals do not have time for breakfast or they don't have many healthy options. Very often having a breakfast becomes boring, if we continue eating the same items over and over again. However, the truth is that looking out for healthy breakfast ideas is a dilemma that many of us face each day.

There are a lot of healthy breakfast options, here we give you 6 healthy breakfast options from South India that will nourish you and keep you in shape.

1. Oats Dosa – The power packed breakfast



Ingredients:

2 tbsp rice , 2 tbsp oats, 1 cup buttermilk (enough to soak and cover the oats), 1tsp cumin seeds, 2 green chillies , 1 pinch hing/asafetida, 2 tsp finely chopped coriander, salt to taste

Method:

Add the rice and oats into a bowl. Slowly add butter milk and allow it to soak for 20 minutes. When soaked, pour it in a blender and grind well. Add salt, hing, coriander, chopped green chillies and a little water to get the dosa batter consistency. Heat the griddle and start making dosas.

Suggestion:

Serve it hot with green chutney.

Shamika Kulkarni says, "Oats dosa is a very healthy recipe for breakfast. The recipe will give about 300 calories. The calories are mainly from the rice and oats which give carbs an instant source of energy for giving a boost to the body. Buttermilk and rice and oats contribute to the protein intake while oats supply the required soluble fiber. This breakfast option helps in weight loss and keeps us healthy. The dosas should be made on the non stick tawa with minimal oil. The chutney used should be without coconut."

2. Adai Dosa – The Tamil breakfast

Ingredients:

1cup rice, 1 cup chana dal (Bengal gram), 1 cup urad dal(horsebean), 1 cup tuvar dal(pigeon pea), green chillies 2 nos, red chillies 6 nos, curry leaves, hing 2-4 pinch, salt to taste,

Method

Soak all the dals and rice together after washing them thoroughly. Let them soak overnight. When soaked, grind them in a blender coarsely along with green chillies, coriander, red chillies, curry leaves and hing. Add salt to taste.

Heat a nonstick tawa or griddle and pour one ladleful of batter. Make thick dosa and serve hot

Suggestion:



Add thinly slices onion to the batter to

make onion adai. Serve it hot with mint and coriander chutney.

Shamika Kulkarni adds, "This recipe is a power packed recipe for breakfast which gives a balanced amount of carbohydrates and proteins from the combination of cereals and pulses. The combination of rice and the dals is very healthy and gives high quality proteins. It makes a very healthy and filling breakfast."

3. Pesaruttu – The Andhra speciality

Ingredients :

1 cup moong dal(green gram), 1 onion finely chopped, ¼ tsp ginger finely chopped, coriander leaves, finely



chopped, 1-2 green chilies, 1 tsp cumin seeds, salt to taste

Method:

Soak the moong dal for at least 4 hours in water. When soaked, grind them with cumin seeds, green chillies, and ginger. Add the chopped onion, coriander leaves, and salt to the

ground mixture. Heat a non stick pan and make dosas.

Suggestion:

Serve it with garlic chutney or coriander chutney

Shamika Kulkarni says, "This recipe with the serving of two dosas should give about 250 calories and gives enough energy to start the day. It can be supported with a fruit and nuts like almonds and walnuts. This will contribute to a balanced breakfast adequate in carbohydrates, proteins, and fiber. The portion size in a meal should be restricted to two small dosas for all weight watchers."

Jokes to de-stress yourself – Enjoy!



Manager asked sardar at an interview.

Can you spell a word that has more than 100 letters in it?
Sardar replied: -P-O-S-T-B-O-X.

After returning back from a foreign trip, sardar asked his wife,

Do I look like a foreigner?

Wife: No! Why?

Sardar: In London a lady asked me Are you a foreigner?



When sardar was traveling with his wife in an auto, the driver adjusted the mirror. Sardar shouted, "You are trying to see my wife? Sit behind. I will drive.



Sardar in airplane going 2 Bombay . While its landing he shouted: " Bombay .. Bombay "

Air hostess said: "B silent."
Sardar: "Ok.. Ombay. Ombay"



One tourist from U.S.A. asked Sardar:
Any great man born in this village???

Sardar: no sir, only small

Babies!!!

Interviewer: just imagine you are on the3rd floor, it caught fire and how will you escape?
Sardar: its simple. I will stop my imagination! !!

Interviewer: just imagine you are on the3rd floor, it caught fire and how will you escape?
Sardar: its simple. I will stop my imagination! !!



Teacher: Which is the oldest animal in world?
Sardar: ZEBRA
Teacher: How?

Sardar: Bcoz it is Black & White



Teacher: "What is common between JESUS, KRISHNA , RAM, GANDHI and BUDHA?"

Sardar: "All are born on government holidays...! !!

Sir: What is difference between Orange and Apple?

Sardar: Color of Orange is orange, but color of Apple is not APPLE



Atlas Kids

Mr. S. Breshnav Export Documentation of Tuticorin is blessed with a baby boy.

Mr. Prabudh P Sreedhar Junior Cargo Executive of Trivandrum is blessed with a baby boy.

—- Congratulations from Atlas Insight Team

New Joiners

Mr. Aneesh Krishnan has joined in our Chennai office as Accountant.

Mr. Allu Syamala Rao has joined in our Visakhapatnam office as Operation Executive C & F.

—Atlas Insight welcomes the new joiners to our family

Resigned Employees

Sathyanarayana.S (BLR H O)

Agnel N Mathew (BLR H O)

Krishnamoorthy (BLR H O)

Inderpal Singh Narula (DEL)

— Atlas Insight wishes good luck for your future



Mr.Akihiko Okamoto of SBS group celebrating his Birthday at Atlas Corporate Office. Heart full wishes from Atlas family

Atlas Insight wishes Happy Birthday to

September

K S Rukmangada – 17th Blr

Kavita Garg – 20th Del

Mahesh Kumar – 20th Hyd

Chettiar Aranganath Subramanian – 20th Bom

Santosh P Lotanka – 22nd Bom

Vernibha Rodrigues – 22nd Bom

Shalini R Pawar – 23rd Bom

Kiran Kumar V – 26th Blr

Dashrath Shripat ghag – 26th Bom

Vaibhav Dilip Sawant – 29th Bom

**October**

Ramji gupta – 01st Del

Piyush Shrinarayan – 1st Bom

Anil Kumar K T – 02nd Blr

Khan Shamshad Bano Sanauallah – 02 Bom

Seema Y Sakpal – 3rd Bom

Ramona victor Joseph – 3rd Bom

Anita Sopte – 6th Goi

Anand K – 08th Blr

Savio Mark Teles – 08th Goa

Jyoti P Nandu – 8th Bom

S. Balasubramanian – 10th Blr

Tapan Das – 10th Ccu

Balvinder Singh Bhatia – 12th Del

