



# JCT TIMES

JCT's Corporate News Journal

June 2016, Issue 9, VOL: 1



## CSR ACTIVITIES

BONDING WITH THE LARGE JCT FAMILY

**JCT FLAG**

**JCT FLAG, OUR PRIDE**



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# MESSAGE

## MESSAGE FROM DIRECTOR (HR)



Ms. PRIYA THAPAR  
Director - HR

Wishing everyone in the JCT family a Very Happy Baisakhi!

The success of business enterprises are measured by various traditional yardsticks of Turnover, Profit, Dividend, but at JCT we have for decades also undertaken various social impact activities that have a positive effect on both our workers as well as society in general in our surrounding areas.

We at JCT have proudly shown over the past five decades that it is possible to be profitable, while being socially and environmentally responsible, through our various community initiatives in Education, Healthcare, Daily Food Distribution, Women's Economic Empowerment, Crèches, Tree Plantation, Schools for Children with Special Needs, Animal Welfare, Sports and Rural Development.

Nowadays the latest corporate buzzword is Corporate Social Responsibility, better known by its acronym CSR, which is considered a critical activity for any business in this millennium, but we have been undertaking this since the inception of JCT and the Thapar Group, through the directions, vision and foresight of our Founder –  
Lala Karam Chand Thapar.

He firmly believed in the principle of conducting business in an economically, socially and environmentally responsible manner, and weaving this principle into the intrinsic fabric of our company and the Thapar Group.

In the inter-connected global economy that exists today, the long-term profitability and sustainability of business is directly related to the integration of environmental, social and governance issues into corporate policy and management, especially while dealing with the ethical expectations of our customers worldwide. These are the critical elements considered even while deciding business partnerships for various international companies.

This issue of JCT Times aims to highlight some of the CSR activities that we have been undertaking over the decades as well as the impact that it has had.

We have also adopted some villages in the areas near our plants in Phagwara and Hoshiarpur to help them modernize and improve the overall healthcare, sanitation, electricity, education and other facilities in these villages, as well as train some of the residents there who could be then employed with JCT.

Wishing you all success at work, enjoyable summer holidays for children and good luck for the upcoming Summer Sports Events at JCT Phagwara and Hoshiarpur.



**JCT LIMITED CSR ACTIVITIES.  
LIFE BEYOND BUSINESS.**



## CSR ACTIVITIES AT DELHI

## FREE DAILY MEALS TO THE POOR AND NEEDY



Ms. PRIYA THAPAR  
Director - HR



This is an initiative that was begun by my grandfather Mr HD Sikand over 50 years ago and then carried forward by my brother Samir Thapar - Says Ms. Priya Thapar (Director - HR). Everyday food is cooked fresh for over thousands of people at our farm kitchen and then distributed at various locations in Delhi such as Chattarpur, Nizamuddin, Sai Baba Mandir, New Delhi Railway Station and other places. Additionally our vans go to different hotels and collect food and then distribute it to all the Orphanages and Mother Teresa homes in Delhi. This is a daily routine.

## CSR ACTIVITIES AT DELHI

### FREE DAILY MEALS TO THE POOR AND NEEDY



Ms. PRIYA THAPAR  
Director - HR



We also distribute food in areas around all our factories all over Punjab. Our aim is to promote our Feed India Campaign along with other corporates across India. The Right to Food is a right to every Indian citizen and as long as even one person sleeps hungry at night we cannot call ourselves a developing country.

## CSR ACTIVITIES AT HOSHIARPUR UNIT

## ADULT EDUCATION PROGRAMME AT LABOUR COLONY



In a way to make the illiterate wives of workers more self directed, second batch of adult education programme was started on 5th January 2016 at JCT Middle school.

## CSR ACTIVITIES AT HOSHIARPUR UNIT

“ADOPT-A-SCHOOL” AN INITIATIVE BY Ms. PRIYA THAPAR (DIRECTOR - HR)



### Govt. Senior Secondary School Chohal, Hoshiarpur

At JCT, we believe in catalyzing and contributing to the growth phenomenon in our society. Our belief goes beyond charity. We consider it our responsibility to promote holistic development and sustainability in the community and to make a difference. Keeping this vision in mind, JCT's management has decided to adopt government schools in nearby villages.

## CSR ACTIVITIES AT HOSHIARPUR UNIT

"ADOPT-A-SCHOOL" AN INITIATIVE BY Ms. PRIYA THAPAR (DIRECTOR - HR)



### Govt. Middle & Primary School Chohal, Hoshiarpur

The project "Adopt-a-School" will focus on enhancing the quality of education for underprivileged children studying in these schools. Our initiatives will include:

- Providing sanitary facilities on the premises.
- Providing safe and clean drinking water facilities.
- Developing facilities for sports and games.
- Conducting meetings with the local community for the welfare activities.
- Organizing career guidance programs.

## CSR ACTIVITIES AT HOSHIARPUR UNIT

## JAGRITI CO-OPERATIVE SOCIETY



Jagruti Cooperative Society is being run by the wives of the workers at JCT Hoshiarpur. The edible products produced are 100% organic, inhouse grown and packed. The initiative was taken by the management for women empowerment. This cooperative society is getting excellent response as organic products are in rich demand these days and plays a vital role for the socio-economic factor of the contributing members.

## CSR ACTIVITIES AT HOSHIARPUR UNIT

## ANGANWARI CENTER AT JCT HOSHIARPUR



Anganwari Center is being run by a Punjab Govt. employee (teacher) under the supervision of Sarpanch of JCT Hoshiarpur. Class room building and furniture are provided by JCT Hoshiarpur. About 25 children of our workers in the age group from 2 to 3 years are attending the classes. Mid day meal is also provided to the children.

**CSR ACTIVITIES AT HOSHIARPUR UNIT****GREEN NURSERY**

Recently we have started developing nursery with all types of seasonal flowers and evergreen plants which will tremendously improve the flora and lower the cost of procurement of plants from outside.

## CSR ACTIVITIES AT HOSHIARPUR UNIT

### CRICKET ACADEMY



A cricket Academy has been started for the children of employees upto the age of 14 years, under coaching of our employee, Mr. Ashok Sharma and Mr. Basant Vaid (Former Ranji Trophy player).

**CSR ACTIVITIES AT HOSHIARPUR UNIT****LABORATORY**

A Laboratory has been provided by the JCT's management in colony premises. All types of samples are collected by a trained technician and the same are tested at a very reasonable cost from renowned laboratory at Hoshiarpur. The test reports are supplied to the concerned by our laboratory staff.

**WORKERS' CLUB**

Besides sports facilities like Basketball, Badminton and Volleyball, recently we have provided Wi Fi internet connectivity at workers' club for online railway reservation of tickets, downloading of educational forms and other net surfing.



## CSR ACTIVITIES AT HOSHIARPUR UNIT

### COMMUNITY HALL

A hall having capacity of 150 people is provided to the employees for celebration of any social and religious function.



### NOBLE CAUSE

In continuation of our scheme for monetary help to staff and workers, a cheque of Rs 2 Lacs each was given to the bereaved family of Mr. Satnam Singh and Mr. Radhey Shyam.



## CSR ACTIVITIES AT PHAGWARA UNIT

## CAREER GUIDANCE SESSION HELD AT JCT SCHOOL



A career guidance session was organized at JCT School, Phagwara on 3rd Feb 2016 by I.T. Department. The session was meant for the students from class 10th to class 12th. The students were not only made aware of the degree/diploma courses prevalent in various fields but they were also motivated for their studies. The students of Class 10 were given guidance for making the right choice of subjects in their next academic session.

## CSR ACTIVITIES AT PHAGWARA UNIT

## WOMEN AWARENESS PROGRAMME AT JCT PHAGWARA



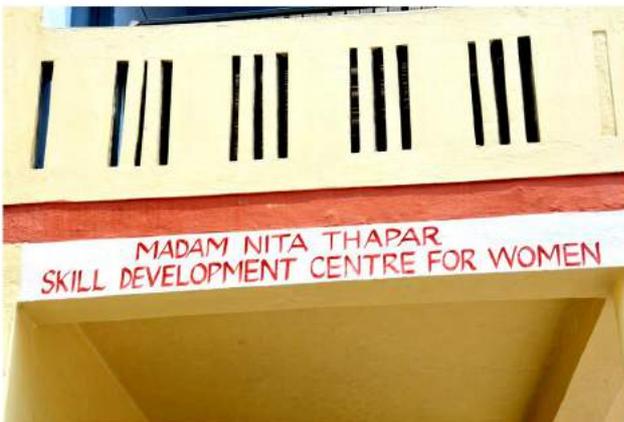
A meeting was organized on 11th Feb 2016 to provide awareness to all female staff members on the “**Kiran Company Policy on Sexual Harassment**”. The Programme included a detailed overview of what sexual harassment is, explained sexual harassment prevention, how to handle it and to maintain a positive work environment. Women employees should know how to safeguard their dignity along with creating a harmonious and corporate culture of mutual respect. It was an open house meeting; every female staff member actively participated and gave her feedback. The company is committed to promote a work environment that is conducive to the professional growth of its women employees and encourages equality of opportunity. The company will not tolerate any form of sexual harassment and is committed to take all necessary steps to ensure that its women employees are not subjected to any form of harassment.

**CSR ACTIVITIES AT PHAGWARA UNIT****GARMENT PLANT AT PHAGWARA - A STEP TOWARDS WOMEN EMPOWERMENT**

The garment plant at JCT Phagwara provides a source of livelihood to lady workers. Most of them are wives and daughters of the companys workers. The initiative was taken by the management for women empowerment. This plays a vital role in the social-economic development of contributing members as they become self sufficient.

**CSR ACTIVITIES AT PHAGWARA UNIT****OPENING OF COMPUTER CENTRE AT JCT PHAGWARA FOR THE CHILDREN OF WORKERS**

“Madam Neeta Thapar Memorial Computer Centre” was launched on 11th April 2016 in JCT Phagwara’s colony premises to address the computer education needs of the children of the mill workers. Based on the felt need, the computer training centre is designed to facilitate basic computer skills for the children and assist them in practicing and doing homework as per the course curriculum of their school without any difficulty. On this occasion, HOD’s from various departments, colony residents along with children willing to study and their parents were present.

**CSR ACTIVITIES AT PHAGWARA UNIT****OPENING OF SKILL DEVELOPMENT CENTRE FOR WOMEN AT JCT PHAGWARA**

“Madam Neeta Thapar Skill Development Centre” was launched on 7th May 2016 in JCT Phagwara’s colony premises to take an oblique direction towards welfare of women. The core objective is to train the wives and daughters of the workers and to make them financially Independent. On this occasion, HOD’s from various departments, colony residents and ladies willing to join the course were present.

## CSR ACTIVITIES AT PHAGWARA UNIT

## YOGA CLASSES



Yoga classes have been started by JCT's Yog Club at JCT Phagwara from March 2016. The classes are conducted daily in the early hours at the lawns of A-2 guest house. People from different age groups attend the classes and practise Yoga for improving concentration and better health prospect.

## CSR ACTIVITIES AT PHAGWARA UNIT

### TEXTILE WORKERS EDUCATIONAL INSTITUTE SR. SEC. SCHOOL



T.W.E.I School is one of the best schools in Phagwara. The main aim of the school is "come to learn and go to serve". The school was started in the year 1960 as middle school in the premises of J.C.T. Later in 1965 it was upgraded as high school and was recognized by the Punjab Govt. The grant in aid to our school was started by the government in 1967.

In the year of 1986 the school was shifted to a new building at Prempura in Phagwara. The building consists of 36 classrooms fully equipped with furniture. The school has house of books, Physics as well as Chemistry & Math's lab, two staffrooms, computer lab, office room, a big hall and also Principal's office, lighting arrangements, ceiling fans have also been provided in every classroom.

The school was upgraded as Sr. Sec. School in the year 1999 and got affiliated to Punjab School Education Board Mohali. At present the school is providing education to two thousand students i.e. from Pre-Nursery to 10+2 classes in Arts, Commerce and Science streams.

**CSR ACTIVITIES AT PHAGWARA UNIT**

**TEXTILE WORKERS EDUCATIONAL INSTITUTE SR. SEC. SCHOOL**

The school provides free education to girls. The school staff consists of 9 aided teachers, one peon, 45 teachers (for smooth running of the school), one gardner, two sweepers, three gate keepers have also been provided by the management of JCT Ltd. Phagwara.

The result of the Board Classes always stands 100% every year. A prize money of Rs.650/- is awarded to those student who get 65% and above marks in Matriculation Examination and also a stipend of Rs.160/- per month is given to those student who get 65% and above marks in Matriculation and continue their studies further. The school has Gidha & Bhangra Team which gives their performance on Republic Day and Independence Day. Free uniforms are provided to students up to primary level by the management i.e. 1st to 5th standard.

**RESULT (2014-15)**

Class	No. of Students Appeared	Pass	Pass Percentage
10th	114	114	100%
+2 (Non Medical)	37	37	100%
+2 (Commerce)	27	27	100%
+2 (Arts)	55	55	100%

**Hall Of Fame**

Sr. No.	NAME	Designation
1.	Mr. Yunus Mohammed	Manager, Punjab National Bank Phagwara
2.	Mr. Krishan Lal	Manager, Central Bank Of India Jalandhar
3.	Mr. Rajinder Rajput	Manager, State Bank Of India Hamirpur (HP)
4.	Mr. Davinder Kumar	Manager, State Bank Of India Ludhiana
5.	Mr. Uday Kumar	Officer in External Affairs Ministry
6.	Mr. Manik Shah Kapoor	ED (Enforcement Directorate Taxation) Delhi
7.	Mr. Sanjeev Kumar	Sr. Ex, En. (PSPCL) Nawan Shahar
8.	Mr. Rajeev Uppal	Engineer (PWD) Jalandhar
9.	Mr.Yash Pal	Cardiologist PGI Chandigarh
10.	Mr. Krishana Mohan SubraManiyar	Eye Specialist Switzerland
11.	Mr. Narayan Murti SubraManiyam	Software engineer in Microsoft (USA)
12.	Mr. Brij Vaid	Doctor at USA
13.	Mr. Mandeshwar Mishra	Scientist at ISRO
14.	Mr.Diwakar Mishra	Doing MBBS at Medical College Amritsar
15.	Mr.Hitesh Kumar	Manager, IT Department, JCT-Phagwara
16.	Mr.Manish Kharwal	Asstt. Manager, IT Department, JCT-Phagwara

## MADAM NITA THAPAR JI'S SCHOOL

### School for Children with Special Needs



Madam Nita Thapar Ji's 'School For Children with Special Needs' was formed in the memory of late Mrs. Nita Thapar, mother of Mr. Samir Thapar, Chairman and Managing Director of the JCT group and Ms. Priya Thapar, Director (HR) at JCT Phagwara. The school was established with the mission to educate and prepare children to live within the community, having achieved three fold self-dependence, Physical, Social and Financial to the best of their ability. The school is fully committed and dedicated for the rehabilitation of children with special needs. Specially trained teachers have been appointed for the cause. A mid day meal is also served to the children. Play is invaluable to a child's health and well-being, and is vital to every child's development, for this purpose a play-ground has also been provided. IT team visited the School on 19th May 2016 and spent some time with the kids. Drawing books, wax crayons, steel plates, steel spoons, chocolates and Frooti packs were distributed to them. Children and the visiting employees had great time together.

CSR ACTIVITIES AT PHAGWARA UNIT



ANIMAL WELFARE ACTIVITIES - AN INITIATIVE BY Ms. PRIYA THAPAR (DIRECTOR - HR)



Various animal welfare activities are being carried out by JCT. These activities include:

- Providing First Aid to the injured birds and animals.
- Providing Ambulance to carry sick animals to vet hospital.
- Providing shelter and food to sick animals.
- Sterilization of the stray dogs.
- Vaccination of the stray dogs.

## HERO'S STORY



Wealthy, urban Indians have a new obsession—and they're spending thousands of rupees on bringing the wrong pet home. With rising disposable income in Asia's third largest economy, the number of pet dogs in Indian homes has jumped from 7 million in 2009 to over 12 million in 2014, according to research firm Euromonitor.

And more and more of these include foreign breeds such as Saint Bernards and Siberian Huskies. But trapped inside small apartments in hot, humid Indian cities, increasing numbers of these dogs are ending up with serious health problems—and unable to cope with their expensive needs, owners sometimes simply abandon them.

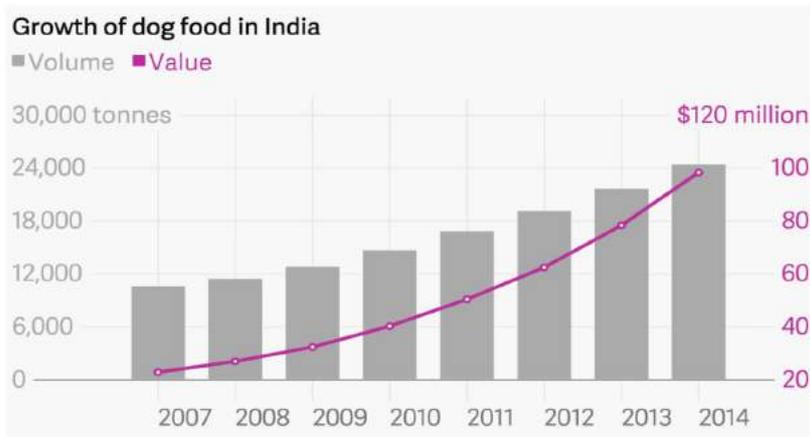
### 1. Why the fascination?

Two words: Beauty and vanity.

"People find Huskies good-looking...they have blue eyes," said Mohan Kadam, a pet store owner in New Delhi, pulling up a picture of a 15-day-old Husky puppy up for sale on his iPhone.

While more commonplace breeds like Cocker Spaniels, Labradors and Beagles remain popular, demand for exotic dogs—including Saint Bernards and Siberian Huskies—has steadily grown over the last 10 years. In fact, more people are keen on buying Huskies today even though they can be twice as expensive as Saint Bernards. "Siberian Huskies are so common now that they are not even an exotic dog breed anymore," said K.K. Trivedi, secretary of Oudh Kennel Club, adding that they regularly feature in dog shows. Other expensive, foreign breeds such as the Kangal, Alaskan Malamute and Tibetan Mastiff are also up for grabs. Some are even available on online classified websites such as Quickr and OLX.in. A Husky puppy, according to estimates from brokers and pet store owners, sells between Rs40,000 (\$647) to Rs60,000 (\$970) while Saint Bernards can be bought for Rs25,000 (\$400). The price can go higher depending on the quality.

Labrador Retrievers, on the other hand, can be bought for Rs11,000 (\$178). "It's about showing off," said Harshdeep Singh, a pet store owner and dog breeder in New Delhi. "Specially North Indians, they like big dogs like Saint Bernards." Singh claims to sell around 20 Huskies and 30 Saint Bernards every month, a number that has steadily increased in the last six years. His clientele includes many well-heeled executives and politicians.



"People are just crazy about these breeds without knowing how to keep them," said Anil Kadha, who runs Kapspets, a pet store in Mumbai. Nonetheless, Indian dog owners are spending lavishly now, especially on food and healthcare.

## 2. Pampering not enough

Hitesha Deshpande, who runs a brand consultancy firm with her husband in Gurgaon, bought a Saint Bernard a few years ago. "We saw him at a breeder's, out in the heat, and we thought we can give him a better life," she told. But taking care of Zuzu hasn't been easy. Deshpande takes her dog, who turned six in February, for a walk three times every day. When summers are at its peak, he is made to run on the treadmill inside the house for about half-hour. "He is a big dog, he needs regular exercise," she explained. Zuzu's brown and white hair is brushed once every month, he goes for a shower twice a month—sometimes at home, or at a dog spa—and even travels with the family to the hills every year. And like any other Saint Bernard, he has a large appetite, eating 20 kilograms of dog food every month. The family ends up spending Rs5,000 (\$80)-7,000 (\$112) every month on Zuzu, about double the amount they spend on Filu, a Cocker Spaniel. But money doesn't solve everything.

India's harsh summer takes its toll on these dogs and they develop a lot of health problems, said Pradeep Rana, a veterinary doctor in New Delhi, who treats Zuzu for his stomach ailments. Today, Rana treats around 30 Saint Bernards and five Huskies every month. Six years ago, only about 15 Saint Bernards would come to his clinic, while Huskies were largely non-existent. Typically, these dogs suffer from chronic skin and breathing problems, said Rana. Also, their appetite goes down in summers, which eventually leads to nutritional deficiency and sub-optimal growth. That's because these breeds aren't built for India's climate. Huskies, with their thick coats, are from the Siberian peninsula where temperature can be as low as -60 degree celsius. And the Swiss Saint Bernards, famously employed to locate travelers trapped in snow storms, have a low tolerance for heat. "The Huskies I have seen, people buy them because they have seen them in movies and they look beautiful but they are not as healthy," Rana said. And since many of them suffer from health problems, their owners eventually decide to give up on them. "People buy them but many of them are unhappy," said Singh, the pet store owner in Delhi. "They return their puppies to us."

## DOGS - THE LIVING ANGELS

BY NIKITA MICHAEL D/O Mr. WILLIAM GEORGE MICHAEL (AGM - MARKETING SALES & SUPPORT)



A dog is considered to be a man's best buddy from many ages. For many people in this world DOG is a just word or a creature who cannot speak but with the people with a heart their lives revolve around dogs. Dogs have managed to make a special place in human lives with their loyalty, irresistible cuteness, offering free hugs and kisses. The friendship of a dog is without doubt more intense and more constant than that of a man. A dog will never leave your side no matter what your situation is whether you feel blue your dog will remain by your side.. you can say any thing foolish to a dog, and the dog will give you a look that says "WOW, you're right! I never would've thought of that!" Dogs give us the best of themselves call it SELFLESS LOVE. Yet it is sad to know that people mistreat dog and abandon dogs when they get old or they fall ill. Everyone needs to understand a dog is not a show peice or a status symbol. They have feelings that need to be felt . Humans have started losing their humanity. Need to take a step back to human mode and be kind enough to these friendly creatures who cannot stand up for themselves but we can and we should. LETS PUT A STEP FORWARD TOWARDS BEING KIND!!

## STITCHES TO RICHES - BY DR. ARVIND SHARMA VP (PLANNING, OUTSOURCING & MARKET SUPPORT)

The economist predicted it, The world acknowledged it. 2016-2017 will be the years of Opportunity for India. As we near the end of first four months are we on track to encash this opportunity. Experts said India has arrived when our dynamic Prime Minister made his first speech in United States Of America. Have we done our part? Have we boarded the bus to riches or are we still waiting for someone to push us in the bus. The problem with all of us is, we all wait for the things to happen. Many years ago a king asked Alexander the Great, What will you do if you have an opportunity to annex a wonderful kingdom. Alexander replied, What do you mean, by have an opportunity? I do not wait for opportunities, I create them. So the year 2016 and 2017 will be years of opportunity for people who will create them. We all talk about or rather criticize the steps being initiated by our Honorable Prime Minister. But let us first see what have we initiated to seize the opportunity. Have we prepared ourselves for the boom by being innovative, productive and efficient or are running after to increase our Individual TRP'S just like the commercial TV channels who were concentrating on broadcasting the speeches of non-entities, anti national student leaders than focusing ON MAKE IN India Summit being scheduled in the country.

The country is being held to ransom. We are promoting people who just mention problems. People who indulge in useless activities of dharnas and agitation. No one is standing beside an honest, sincere man who has the solutions. No one is giving credit to one of the most dynamic men in Indian history, who is heading the nation. We Indians are condemned to repeat the past as we have forgotten our bad old days. It's a pity or rather ironic that even some educated and elite who drive around in Limo's, Mercedes, Jaguars, Audi's and plethora of fancy cars are not supporting an upright man. Can we imagine India of five years back when we Indians were desperate for self respect abroad. Rapid advancement is taking place. We all know it because of economic genius of one man. Lest we are ignoring him. We are behind people who have not even reached graduation level. These people may have excellent manipulative skills but when it comes to running the country they can nowhere compete with the excellence of Mr. Narendra Modi.

We all enjoy dramas, dialogues and sermons. Dear friends this may be at the cost of our future. We all want a better tomorrow for our kids. Let's support a man who has the vision, who has ample ways to get India out of any difficulty. Let's not rally behind people who just play with the emotions by quoting minor issues. Let's have a solution from each one of them. Let them explain their action plan. Let them come out with ways to achieve their vision. Let media arrange a live debate between personalities.

We Do this and people will understand who can run this country. Let each one of us begin from our home like a very old saying, "Charity begins at home". It NOW stands modified to, Opportunity begins at home. We have all read Jobs are tough to come by in India. But it is to be understood only 4% of the workforce has got vocational skills. Coming to our textile field, 10% increase in Chinese apparel prices could create at least 1.2 million jobs in Indian Apparel Industry. Women are expected to benefit the most as their share in total apparel employment is much higher than that in other industries. A 1% increase in expected wages in the textiles and apparel industry could raise the probability of women entering the labour force by 19% says a report. Apparel manufacturing not only has huge potential for creating jobs, particularly for the poor but also has unique ability to attract women workers. Employed women are more likely to create a positive social impact as they tend to spend their income on the health and education of children. Rising costs of apparel manufacturing in China provides a window of opportunity for India to focus on apparel in productively employing its huge working age population.

Imagine an opportunity for an organization like ours which has in house colonies and are struggling to keep people engaged. Imagine the turnaround awaiting for us if we skill our available manpower or rather woman power in colonies.

As Einstein said "We cannot teach our children. We can only give them atmosphere to learn". It is for the people to understand that skill development is the need of the hour and is the only way to become rich. So ladies, learn to stitch if you want to become rich. The era has begun and countdown to richness has started.

## JCT SUPPORTS NATIONAL FOOTBALL EVENTS.....

JCT Limited under the stewardship of its CMD Mr. Samir Thapar and with able guidance & support of its Director HR - Ms. Priya Thapar, Executive Director – Mr. Rohit Seru and Business Head (Filament Division) - Mr. Kamal Bhasin, had played a pivotal role in supporting Punjab Football Association and AIFF for the successful organisation of Mega National Football Events in Punjab in this football season.

### UNDER-18 I-LEAGUE IN PUNJAB

Punjab Football Association in support of JCT Limited had successfully organized Under-18 I-League (Rest of India Zone - Group-A) at Guru Nanak Stadium, Ludhiana from 14th December to 24th December, 2015. In this National Event Four Teams namely Lonestar Kashmir FC., Minerva Academy FC., Fateh Hyderabad AFC, and Bengaluru FC had taken part.



Press Conference regarding U-18 I-League at Ludhiana



Press Conference regarding U-18 I-League at Ludhiana



Managers' meeting regarding Under 18 I-League



Managers' meeting regarding Under 18 I-League

## GLIMPSES OF UNDER 18 I-LEAGUE MATCHES



GS - PFA Welcomes Chief Guest



Match Action between Minerva AFC and Bengaluru FC



JS - PFA Welcomes Chief Guest



PFA Officials escorting Chief Guest for Match Introduction



Match Action between Lonestar Kashmir FC and Fateh Hyderabad AFC



Match Action between Minerva AFC and Fateh Hyderabad AFC

## JUNIOR NATIONAL FOOTBALL CHAMPIONSHIP FOR Dr. B.C. ROY TROPHY IN PUNJAB

AIFF & Punjab Football Association in support of JCT Limited successfully organized Junior National Football Championship for Dr. B.C. Roy Trophy 2015-2016 at JCT Sports Complex - Chohal, Sports Stadium - Chabbewal and S.Kartar Singh Bains Memorial Stadium, Khera-Mahilpur. In this Mega National Event total 14 Tier-I teams had participated. Punjab Team emerged as Champion in this National Championship.



General Secretary - PFA Welcomes Chief Guest for inauguration ceremony of Junior Nationals at Chohal



PFA Officials Welcomes Chief Guest



Chief Guest's Introduction with Match Officials



Match Action between Punjab and Tamilnadu Teams



Match Action between Punjab and Tamilnadu Teams



Match Action between Jharkhand FC and UP Teams

## GLIMPSES OF FINAL MATCH AND CLOSING CEREMONY



General Secretary - PFA Welcomes Chief Guest S. Inder Singh, Arjuna Awardee with a Garland of Flowers



Event Welcome Committee receiving Chief Guest



Observation of National Anthem



Final Match Introduction of Chief Guest with Mizoram Team



Final Match Introduction of Chief Guest with Punjab Team



Football Dignitaries watching Final Match Between Punjab and Mizoram

## GLIMPSES OF FINAL MATCH AND CLOSING CEREMONY



Our Guest of Honour from USA - S. Harbhajan Singh Gill



Large crowd of spectators witnessing Final Match between Punjab and Mizoram



Spectators witnessing Match between Punjab and Mizoram



Spectators witnessing Match between Punjab and Mizoram



View of VIP Gallery - Final Match between Punjab and Mizoram



Large crowd of spectators witnessing Final Match between Punjab and Mizoram

## GLIMPSES OF FINAL MATCH AND CLOSING CEREMONY



Match Action between Punjab and Mizoram Teams



Match Action between Punjab and Mizoram Teams



Match Action between Punjab and Mizoram Teams



Match Action between Punjab and Mizoram Teams



Sikh Girls - Presenting Religious Vocal Programme



Champion Team receiving momentos from Chief Guest

## JCT FELICITATES PUNJAB JUNIOR TEAM WITH CASH PRIZES

JCT Limited has felicitated Punjab Junior Team that had emerged as Champion Team in 50th Junior National Football Championship for Dr. B.C. Roy Trophy 2015-2016. JCT Limited has given Cash Prizes worth Rs.2.5 Lac to the entire team.



Punjab Junior Team Felicitations Ceremony at JCT Limited - Chohal on 4th February 2016



Punjab Junior Team Felicitations Ceremony at JCT Limited - Chohal on 4th February 2016



PFA Officials welcome Chief Guest Mr. Kamal Bhasin, at Punjab Team Felicitations Ceremony



Mr. Iqbal Singh Khera - President, Doaba SC - Khera Mhlpur, addressing the Media & gathered Football dignitaries at Punjab Team Felicitations Ceremony



Welcome address by Mr. Amarjit Singh Kohli - Vice President - PFA at Punjab Felicitations Ceremony



Punjab Team player receiving his Cash Prize from Chief Guest Mr. Kamal Bhasin

# CELEBRATIONS

## REPUBLIC DAY CELEBRATIONS AT JCT SCHOOL, PHAGWARA



Republic day was celebrated at the JCT Phagwara's school campus. Every year JCT's management extends the privilege of being the chief guest to one of the senior most employees. This year Mr. Harinder Rai (employee from Folding Department) was given the honor to hoist the National Flag. He was also given an impressive Guard of Honour by the JCT's security staff. School children performed various cultural activities on this occasion. Also, prizes were distributed to participating and meritorious students.

# CELEBRATIONS

## REPUBLIC DAY CELEBRATIONS AT JCT HOSHIARPUR



Republic Day was celebrated at the JCT Hoshiarpur Cricket Ground. Mr Kamal Bhasin was the chief Guest and he hoists the national Flag; thereafter march passed was performed by security staff and school children. Various cultural activities were performed by school children of JCT Middle school, on this occasion. Prizes were distributed to participating and meritorious students.

# CELEBRATIONS

## CHHATH POOJA AT JCT PHAGWARA



Chhath Pooja, a religious festival of the residents of UP and Bihar, was performed by them on 12 April 2016 at JCT Phagwara.

# CELEBRATIONS

## CHHATH POOJA AT JCT HOSHIARPUR



Chhath Pooja, a religious festival of the residents of UP and Bihar, was performed by them on 12 April 2016 at JCT Hoshiarpur.

# CELEBRATIONS

## BHAGWAN SAT NARAYAN POOJAN AT JCT PHAGWARA



Poojan of "Shri Sat Narayan Bhagwan" was held on 22nd February 2016 at JCT Phagwara for the prosperity and well being of JCT Family. Staff members from various departments attended the ritual. After the completion of the poojan, Parsad was distributed to the workers and staff members.

# CELEBRATIONS

## HOLI CELEBRATIONS AT JCT PHAGWARA



Holi festival was celebrated by staff members and workers at Thapar Colony, JCT Phagwara. Holi Fire was lit on 23rd March 2016, followed by distribution of Prasad. On 24th March 2016 all staff members and workers played Holi and then in the form of a procession walked through the colony premises. Everyone greeted each other Holi wishes by applying colors.

# CELEBRATIONS

## HOLI CELEBRATIONS AT JCT HOSHIARPUR



Holi festival was celebrated by staff members and workers at JCT Hoshiarpur. Holi Fire was lit on 23rd March 2016, followed by distribution of Prasad. On 24th March 2016 all staff members and workers played Holi. Everyone greeted each other by applying colors.

# CELEBRATIONS

## MOTHER'S DAY CELEBRATION AT JCT MIDDLE SCHOOL HOSHIARPUR



In order to honour all mothers and express gratitude for their hardship they bear in bringing up a child, mother's day was celebrated at JCT Middle School Hoshiarpur. On this occasion various cultural activities were performed by the School Children.

## ANNUAL SPORTS DAY CELEBRATIONS AT JCT HOSHIARPUR



On 28th February 2016, Thapar Staff Club at JCT Hoshiarpur celebrated sports day. Various sports activities were organized and prizes were distributed to the winners and runner ups.

## HAPPY MOMENTS AT HOSHIARPUR



On behalf of our worthy CMD Mr. Samir Thapar, Business Head Mr. Kamal Bhasin organised a party for staff members on 18th March 2016 at Guest House for achieving the ever highest production, sale and overall best performance in the history of JCT Hoshiarpur.

## SWIMMING POOL OPENING AT JCT PHAGWARA



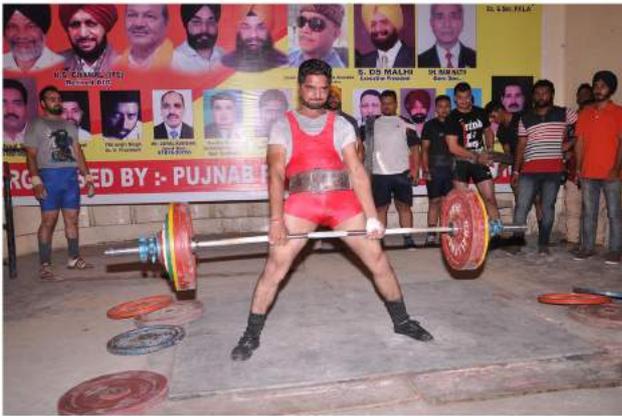
JCT Phagwara's management maintains a Swimming pool in club premises. The pool remains open from the month of April to October every year for the club members and their families. Every year in the month of April, the pool is opened after performing puja in the pool area. This year even, the pool was opened on 13th April 2016 after performing puja.

## EMERGING TALENT - ACADEMIC STAR

We would like to congratulate Nikita Michael for achieving the title of "Miss Saffron". She is the daughter of Mr. William George Michael (AGM - Marketing Sales & Support). She studies in 10+2 (Non Medical) and is 17 years old. She has participated in many school activities. Besides studies she loves to read and visit new places. We wish her best of luck for her bright future.



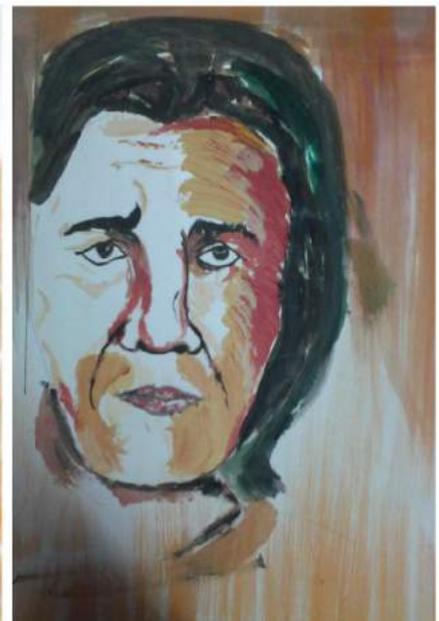
## EMERGING TALENT - SPORTING STAR



<b>PUNJAB STATE POWERLIFTING CHAMPIONSHIP</b>			
SUB-JR. / JUNIOR / SENIOR / MASTER AFFILIATED TO : INDIAN POWER LIFTING FEDERATION WHICH IS AFFILIATED WITH INTERNATIONAL POWER LIFTING FEDERATION (I.P.F. U.S.A.) RECOGNISED BY : The Dept. of Youth Affairs & Sports, Ministry of Human Resource Development, Government of India & International Powerlifting Federation. Recognised by : Indian Olympic Association.			
<b>CERTIFICATE OF MERIT</b>			
Date	10-20 August 2018	Venue	PATIALA
Name	SANDEEP KUMAR		
District/Institution	KARURMAHA		
Weight Class	75kg	Place	PARTICIPANT
Weight Lifted (Squat)	135 Kg.		
(Bench Press)	90 Kg.		
(Deadlift)	102.5 Kg.		
Total	417.5 Kg.		
Hony. Genl. Secretary	Nishu Nakh		President

The above images and certificate is of Mr. Sandeep. He works in Marketing department, JCT Phagwara. Apart from his office routine he loves to work out and is also a power lifter. He has participated in many championships. According to him everyone should spend 30 minutes every day for fitness and exercise. Adding fitness and exercise into your daily routine is an ideal way to benefit your health, especially after you have made fitness a consistent habit. We wish him best of luck for his bright future.

## EMERGING TALENT -ART BY ABHISHEK ASTHANA



The above sketches and paintings have been made by Mr. Abhishek Asthana. He is the elder son of Mr. Anil Asthana, Dy. Manager-Production Accounts (JCT Phagwara). Abhishek is currently pursuing B.Sc. (Non-Medical). He is fond of making sketches and paintings since childhood. He never ever had any professional training. In spite of his higher studies he often spares some time to draw his creativity on the canvas.

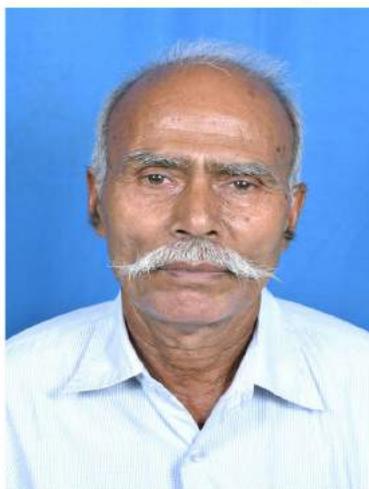
## LONGEST SERVING EMPLOYEE AND WORKER AT JCT PHAGWARA

### MANGAT RAI SOOD AGM (F&A)



- Joined as trainee Table Folder in Warehouse Department on 23.12.1970.
  - Made substitute on 17.01.1971.
  - Promoted as Jr. Clerk in Accounts Department on 04.11.1971.
  - Retired on 31.01.2012.
  - Working on extension from 01.02.2012 onwards.
- He is handling Accounts Receivable (AR) section. Total length of service up to 30.04.2016 is 45 year 4 month 7 days and is still working.

### PARAS NATH SINGH [T.No.61 R.No.4029 Winding Shift -B]



- Joined as a trainee in Winding on 31.05.1969.
  - Promoted as a substitute Drawer on 08.08.1969.
  - Promoted as a Permanent Drawer on 01.02.1971.
  - Promoted as Permanent Fancy Drawer on 01.04.1988.
  - Promoted as a Jobber on 01.12.2002.
- Total length of service up to 30.04.2016 is 46 year 10 month 29 days and is still working.

## THIRD GENERATION WORKING AT JCT LIMITED – PHAGWARA

There has been a policy and tradition with JCT Limited since its inception to preferably give employment to the children of its employees. As on today a 3rd generation of many of the employees is serving at Phagwara Unit of the Company. One out of such families is as below:

### FIRST GENERATION



Late Sh. Nand Lal Saini

Worked from March,1957 to Feb,1995 (38 years)

Late Sh. Nand Lal Saini joined Jagatjit Cotton Textile Mills Ltd. at Phagwara (now JCT Ltd.) in March,1957 as worker in Reeling Department He worked sincerely and loyally throughout his service for earning livelihood to support his family. Unfortunately he passed away during the service in Feb,1995.

### SECOND GENERATION



Bhagat Ram Saini

Asstt. Gen. Manager – Admn.

Working since October,1975 to till date (41 years)

Mr. Bhagat Ram Saini, elder son of late Sh. Nand Lal Saini, joined service with JCT Limited, Phagwara on 25th October,1975 as Clerk in Production Accounts soon after completing his Pre-university in Commerce from Doaba College, Jalandhar. He did his schooling from JCT's own School, namely T. W. E. I. High School, Phagwara. He passed matriculation examination in 1st Division and was the Captain of Football Team of the School. JCT was kind to give employment not only to the elder son of late Sh. Nand Lal Saini but his younger three sons had also worked at different positions at Phagwara and Hoshiarpur units.

## THIRD GENERATION WORKING AT JCT LIMITED – PHAGWARA

Initially, Mr. Bhagat Ram Saini, started his career with JCT as Production Clerk but along with the job he continued improving his educational skill. He learnt Stenography in English in 1980 as well as the functioning of Computer from the professionals in 1990. Certainly with this he excelled in his field of work and gradually attained this position.

### THIRD GENERATION



Narinder Saini

Working since August, 2004 to till date. (12 years)

Grandson of late Sh. Nand Lal Saini, which is his 3rd generation, joined to serve JCT Limited in August, 2004 as Assistant Officer Training and is currently working as Deputy Manager (Costing). He is also dedicated to his work like his father, Mr. Bhagat Ram Saini.

The JCT is in blood of this family. Affection and belongingness to the JCT is itself reflected from the service of the family.

## MEDITATION CAMP HELD AT JCT MIDDLE SCHOOL HOSHIARPUR



A three days meditation camp was organised at JCT Middle School Hoshiarpur, in order to bring awareness to the children about the benefits of Meditation.

## MANMOHAN THAPAR CRICKET TOURNAMENT AT JCT HOSHIARPUR



Sh. Manmohan Thapar Cricket Tournament was organised at JCT Hoshiarpur. Five Industry Teams namely: JCT Phagwara, Vardhman, Reliance, Sonalika, JCT Academy and JCT Hoshiarpur participated in this Tournament. Final match was played between JCT Academy and JCT Hoshiarpur and JCT Academy Hoshiarpur won the Tournament. Prizes to winner and runners up team members were given away by Mr. Kamal Bhasin (Business Head) JCT Hoshiarpur.

## COMMEMORATION

## 54th Death Anniversary Of Lala Karam Chand Ji

### Events Held At JCT Phagwara



JCT's management commemorated the 54th death anniversary of Late Lala Karam Chand Ji, Founder of the mills. The path of Shri Guru Granth Sahib Ji and Holy Ramayan was started on 27th and 28th March 2016. The Bhog ceremonies were held on 29th March 2016 followed by Havan, Shabad Kirtan and Guru Ka Langar at Community Hall, Thapar colony, JCT Phagwara.

## COMMEMORATION

### 54th Death Anniversary Of Lala Karam Chand Ji.

#### Events Held At JCT Hoshiarpur



JCT Hoshiarpur's management commemorated the 54th death anniversary of Late Lala Karam Chand ji Thapar. At stage ground, Path of Shri Sukhmani Sahib ji was arranged. After shabad kirtan, bhog ceremony was held, followed by Guru Ka Langar.

## COMMEMORATION

## 18th Death Anniversary Of Madam Nita Thapar Ji

## Events Held At JCT Phagwara



JCT's management commemorated the 18th death anniversary of Mrs. Nita Thapar. The path of Shri Guru Granth Sahib Ji was arranged on 29th January 2016 at community hall, JCT Phagwara. The bhog ceremony of the path was held on 31st January 2016 followed by Shabad Kirtan. Guru Ka Langar was served to the residents of the colony. Warm clothes, Toys and other eatables were distributed to the children of "Madam Nita Thapar ji's School for Children with Special Needs".

## COMMEMORATION

### 18th Death Anniversary Of Madam Nita Thapar Ji

#### Events Held At JCT Hoshiarpur



JCT Hoshiarpur's management commemorated the 18th death anniversary of Madam Nita Thapar Ji. At stage ground, Path of Shri Sukhmani Sahib ji was arranged. After shabad kirtan, bhog ceremony was held, followed by Guru Ka Langar.

## HEALTH CORNER

A handful of breathing exercises we can use to quiet the mind and increase our level of energy, health and enjoyment of life. Daily meditation and breathing exercises will enable one to super-charge his energy level and feel great on a day-to-day basis. I am sharing this note on health solution which have found very useful in my personal life.

Jitender Khanna  
JCT Secreterial (Head Office)  
New Delhi

## RESPIRATION – POLLUTION AND SOLUTION

Our life is the mirror image of our health. Most of us are living sedentary life style, thanks to the heavily polluted environment having very less oxygen, adulteration in food items and stressful life styles. All these lead to gradual accumulation of toxic materials in the body leading towards deadly diseases and breathing disorders.

Stress is ruling the roots in all segments and dimensions of human life. Stress manifests itself in all walks of life irrespective of age, profession, job or trade of modern man. Times Magazine reported Stress is No. 1 public enemy of the 21st century and one obvious manifestation of growing stress level is high Blood Pressure. Simple remedy is BLISS which is basis of concentration. God has given amazing instrument called the 'Mind' to all living beings which has infinite power of concentration. It leads to perfection, to confidence, to success and the ultimate blissfulness. Swami Vivekananda 'concentration is the essence of all knowledge; nothing can be done without it. 90% of though force is wasted by the ordinary human being, and, therefore, he is constantly committing blunders; the trained man or mind never makes a mistake'.

The atmosphere around us is a reservoir of Pran (life-sustaining oxygen) and Apan Shakti (Power). If it is polluted above an optimum level, to which our self-healing progression does not respond, it is going to affect our respiratory system and in turn the whole mechanism of our body. The body may not function to its designed capacity and the life of such machine is drastically abridged. 12% deaths are only due to air pollution and lungs infection in the world. We need to keep our respiratory system perfect in the present.

We respire on an average 15 times per minute; our lungs expand and contract, supplying Pran (life-sustaining oxygen) to the body and remove Apan (obnoxious gases which remove diseases). We inhale air into the nose or mouth, and it travels down the back of the throat and into the wind-pipe (trachea). Trachea then divides into air passages (bronchial tubes). For lungs to perform their best, these need to be open during inhalation and exhalation and free them from inflammation or swelling and excess or abnormal amounts of mucus. As the bronchial tubes pass through the lungs, they divide into smaller air passages called bronchioles. The bronchioles end in tiny balloon like air sacs called alveoli. Human body has over 300 million alveoli. The alveoli are surrounded by a mesh of tiny blood vessels called capillaries. Oxygen from the inhaled air passes through the alveoli walls into the blood. After absorbing oxygen, the blood leaves the lungs and is carried to the heart.

## RESPIRATION – POLLUTION AND SOLUTION

Our heart then pumps it to body to provide oxygen to the cells tissues and organs. As the cells use oxygen, carbon dioxide is produced and absorbed into the blood. Blood then carries the carbon dioxide back to lungs, where it is removed from the body when we exhale. The respiratory system has built-in methods to prevent harmful substances in the air from entering the lungs. Hairs in nose help filter out large particles. Microscopic hairs, called cilia, found along air passages keep the air passages clean. But if harmful substances, such as excess of polluted particles, cigarette smoke, dust etc are inhaled, the cilia stops functioning properly causing health problems like bronchitis.

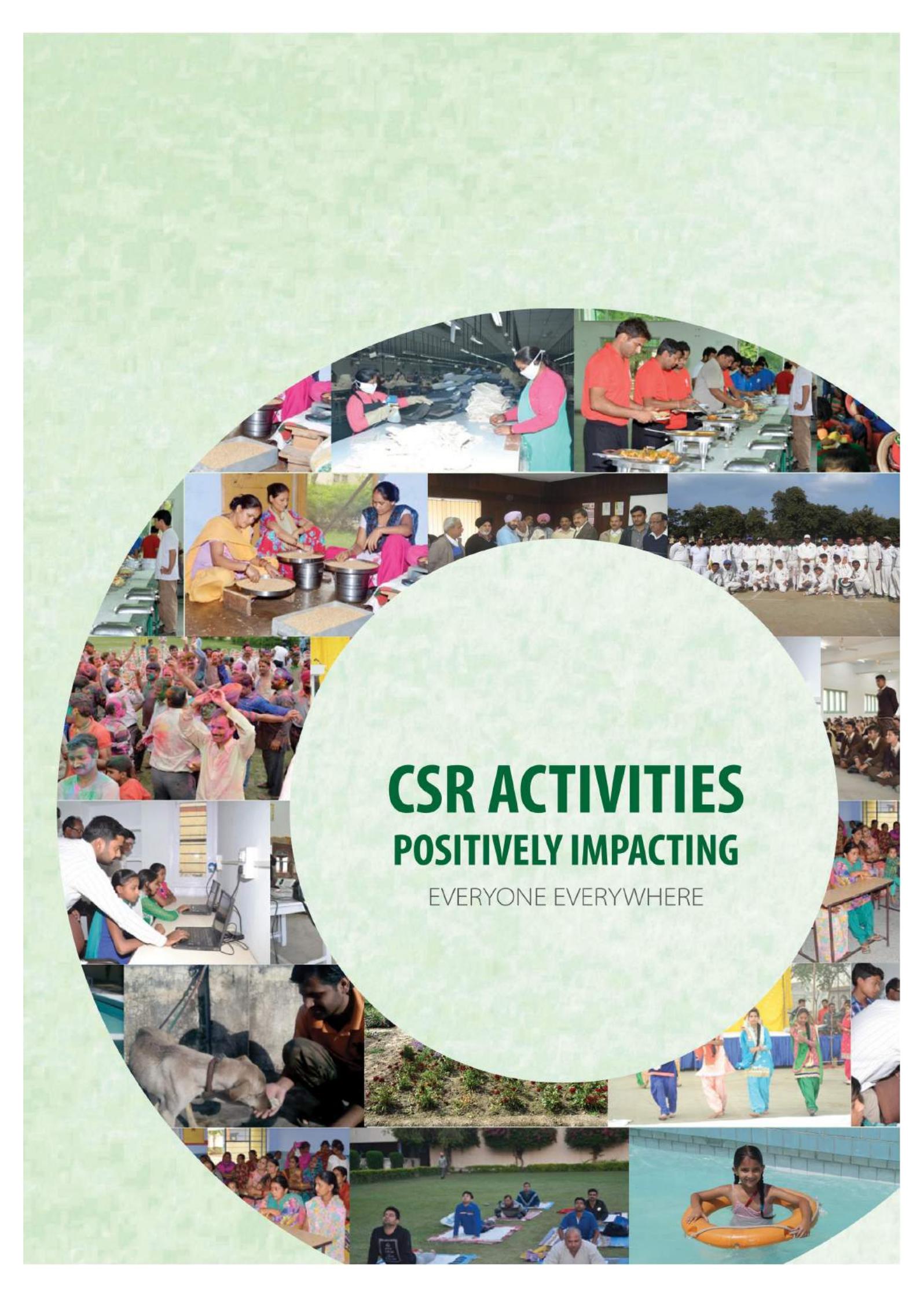
Mucus produced by cells in the trachea and bronchial tubes keeps air passages moist and aids in stopping dust, bacteria, viruses, allergy causing substances, and other substances from entering the lungs. Impurities that do reach the deeper parts of the lungs are moved up via mucus and coughed out / swallowed.

In addition to respiration, our respiratory system performs other roles such as;

- Bringing air to the proper body temperature and moisturizing it to the right humidify level.
- Protecting body from harmful substances by coughing, sneezing, filtering or swallowing.
- Supporting the sense of smell.

Useful Solutions to fight pollution Respiratory disorders like running nose, sore throat, cough and allergies and more serious such as asthma, chronic bronchitis, pneumonia etc can be alleviated or circumvented by intriguing the precautions given below:-

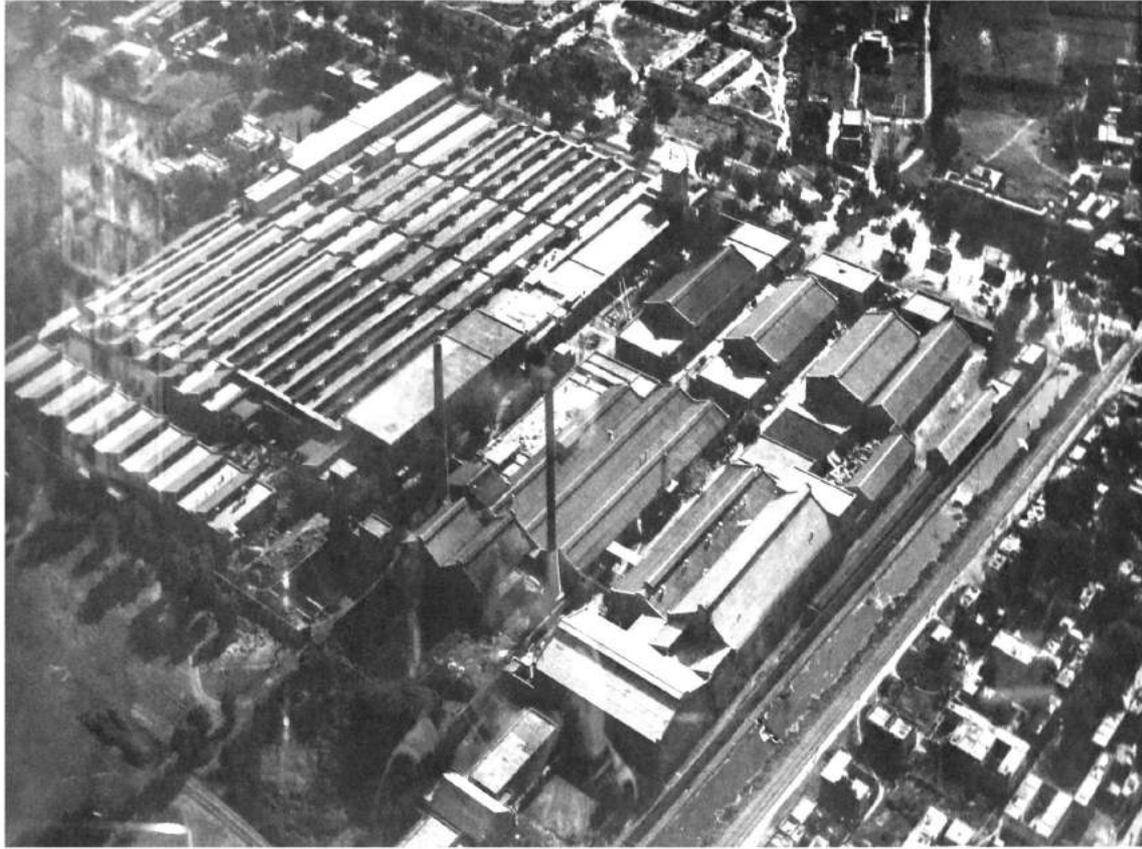
- Perform Asans which result in expansion of chest such as Surya Namaskaar, Ushtraasan, and Makarasan etc.
- Perform Pranayam such as Deep Long Breathing before sun rise in the surrounding area of plants and trees, Anulom Vilom, Kapal Bhati and Bhastrika (only during winter season).
- All the three Bandhs simultaneously at least once a day.
- Deep long breathing gradually clears the lungs from accumulated pollutants.
- Meditation (Sadhna), Yog Nidra, Shavasan should be performed as per availability of time.
- Kunjal, Jal Neti are very useful to fight external pollution.
- Steam bath is good to clear the lungs.
- Intake of pomegranate, grapes, kismish, anjeer etc are useful to keep lungs healthy.
- Avoid crowds during the hot and rainy season.



# CSR ACTIVITIES

## POSITIVELY IMPACTING

EVERYONE EVERYWHERE



## JCT Limited

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