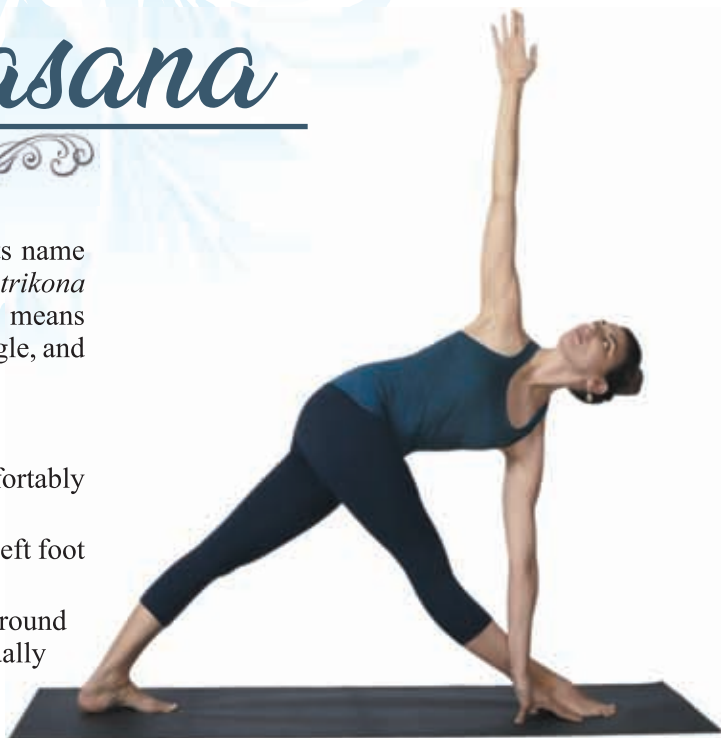


Trikonasana

TRIKONASANA (Triangle pose) derives its name from a combination of two Sanskrit words, *trikona* which means triangle and *asana* which means posture or pose. This asana resembles a triangle, and therefore, is named so.

TECHNIQUE

- Stand straight. Separate your feet comfortably wide apart (about 3.5 to 4 feet).
- Turn your right foot out 90 degrees and left foot in by 15 degrees.
- Ensure that your feet are pressing the ground and the weight of your body is equally balanced on both the feet.
- Inhale deeply and as you exhale, bend your body to the right, downward from the hips, keeping the waist straight, allowing your right hand to come up in the air while your left hand comes down towards floor. Keep both arms in straight line.
- Rest your left hand on your shin, ankle, or the floor outside your right foot, whatever possible without distorting the sides of the waist. Stretch your right arm toward the ceiling, in line with your shoulders. Keep your head in a neutral position or turn it to the right, eyes gazing softly at the right palm.
- Ascertain that your body is bent sideways and not backward or forward. Pelvis and chest are wide open.
- Stretch maximum and be steady. Keep taking in long deep breaths. With each exhalation, relax the body more and more.
- As you inhale, come up, bring your arms down to your sides, and straighten your feet.
- Repeat the same on the other side.



BENEFITS

- Strengthens the legs, knees, ankles, arms and chest.
- Stretches and opens the hips, groins, hamstrings, calves, shoulders, chest and spine.
- Improves blood circulation throughout the whole body.
- Increases mental and physical equilibrium.
- Reduces fat in the waist and thigh region.
- Helps improve digestion.
- Reduces anxiety, stress, back pain and sciatica.

CONTRAINDICATIONS

- Avoid doing this pose if you are suffering from migraine, diarrhea, low or high blood pressure, or neck and back injuries.
- Pregnant women can practice this only under the guidance of a yoga teacher.

Teacher: Define Brain.

Student: Brain is like the Bermuda Triangle. Information goes in and then... It's never found again..



Years ago, an Astrologer said to me, "Sir, you will have so much that you will not know where to keep. You will be sharing and sharing, and more will come to you. It will never end..."

Today after many years I understand...

That he was talking about WhatsApp messages.

टीचर : "बताओ बच्चों वास्को-डा-गामा भारत कब आया?"

टिल्लू : "जी सर्दियों में आया था..."

टीचर : "पागल है क्या? किसने कहा?"

टिल्लू : "टीचर, आपकी कसम, मैंने बुक में फोटो देखी थी, उसने कोट पहन रखा था..."



A man walks into a police station and announces, "My wife's gone missing."

The police officer says, "OK sir, we'll help you. Since when has your wife been missing?"

The man replies, "Since about a month ago."

The police officer is shocked, "What? A month? Why on earth are you coming only now?"

"Well... I've no clothes to put on anymore."



मां : "बेटा क्या कर रहे हो?"

पप्पू : "पढ रहा हूं मां.."

मां : "शाबाश! बेटा क्या पढ रहे हो..?"

पप्पू : "आपकी होने वाली बहू के SMS."

टीचर - भोलू, तुम परिंदों के बारे में सब जानते हो?

भोलू - जी हां...

टीचर - जरा बताओ कौन सा परिंदा उड़ नहीं सकता?

भोलू - टीचर, वो मरा हुआ परिंदा...!!

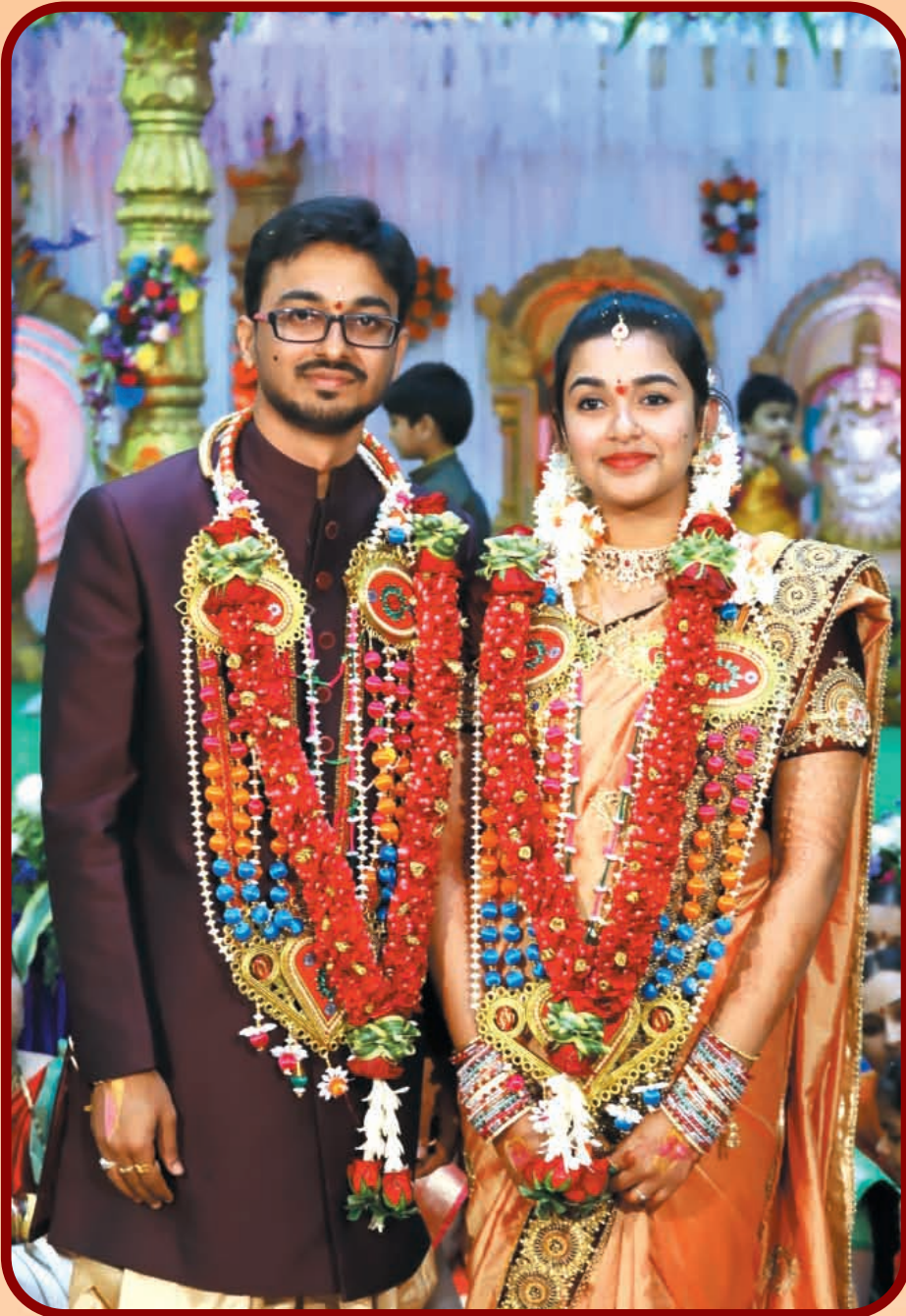


MATERIAL HANDLING AWARENESS PROGRAMME



Training Programs conducted for our Operations Personnel and Labourers at our various Transshipment Centers in Autonagar (HYD), Indore, Jetalpur, Madhavaram, Nagpur, Pathredi, Raipur, Vizianagaram and Wagholi in January & February 2020.

More than 250 participants have undergone training on various operational issues and safe handling of goods.



Marriage Ceremony of Binduvasini, D/o. Shri D. Ravindranath,
AGM, A R C - Vadodara, with Sudeep, in Srikakulam (Andhra Pradesh)
on 11th December, 2019.





To,

Dated: 15/03/2020

Associated Road Carriers Limited
102, Vikram Urbane, Plot no. 25-A,
Mechanic Nagar Extension, Scheme no. 54,
Indore – 452010 (M.P.)

Subject: Letter of Appreciation

Dear Mr. O.P. Sharma,

It gives us immense pleasure to issue this letter as a token of thanks & appreciation for the tremendous effort put in by you in person to crack the hijack mystery of Guwahati vehicle & bring back the goods without any damage.

It was you who acted lightning fast & with superb coordination with the local Cops that fetched the favorable result that too within a short span of period. Your contacts/network with the higher officials in Indore has given the edge to crack this case.

You have proved us correct for having a long association & trust with ARC Ltd. & at the same time you been at the helm of Indore operations for these many years.

We once again thank you for the tremendous effort put by you in recovering the goods in safe condition & that too in quick time.

Look forward for same support & cooperation by you & ARC team in the years to come.

Your's Truly

For Methodex Systems Pvt. Ltd.
For Methodex Systems Pvt. Ltd.

Kalpak Gandhi
Director

Director

Methodex Systems Private Limited

35-A, Fort Industrial Estate, Indore (M.P.)-452 006 | Ph : +91-731-2411525, 2412771 / 72 / 73, 7067317736
Regd. Office: 607-B, Meghdoot, 94 Nehru Place, New Delhi-110019 | Ph: +91-11-26432475/6 | Fax: +91-11-26468492
Toll Free No. - 1800 102 0675 | Email: info@methodexsystems.com | Web: www.methodexsystems.com
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