



“Security has to be a forethought not an afterthought”

“Let’s fight Corona together and stay safe together.”



TRANSIT NEWSLETTER

| Quarter 4 – 2020 |

Issue: 20/2020



Stay Clean
Stay Safe
Stay home

Article

- How to practice self-care during a quarantine -

It's common and totally normal to feel afraid and stressed during a pandemic or outbreak. But taking time to step away from the noise and focus on yourself can help ease those feelings.

1. Make time to unwind

Make time for projects that make you happy.

Spend time reading, writing, knitting, decluttering, painting, meditating or doing yoga — whatever you enjoy.

"If you like to cook, plan out your next few days of meals and cook healthy dishes for yourself and everyone in your house using what you have on hand. This will also challenge your creativity and help you fight boredom," says Dr. Maphis. "But, if you're sick, leave the cooking to someone else."

2. Exercise to promote good health

"If you're stuck in your house, take time to move around a little," says Dr. Maphis. There are plenty of free exercise videos you can do right at home and free trials to apps you can download to your phone.

Exercise of any kind helps boost and support the immune system. It's also a great tool for managing anxiety and stress and will help you pass time throughout the day.

3. Be mindful to support your immune system

Mindfulness, which can be defined as present

moment awareness, has been growing in popularity more and more each year, and now is a great time to try it out for yourself. Just five minutes of meditation each day can help you reset your mind and your perspective.

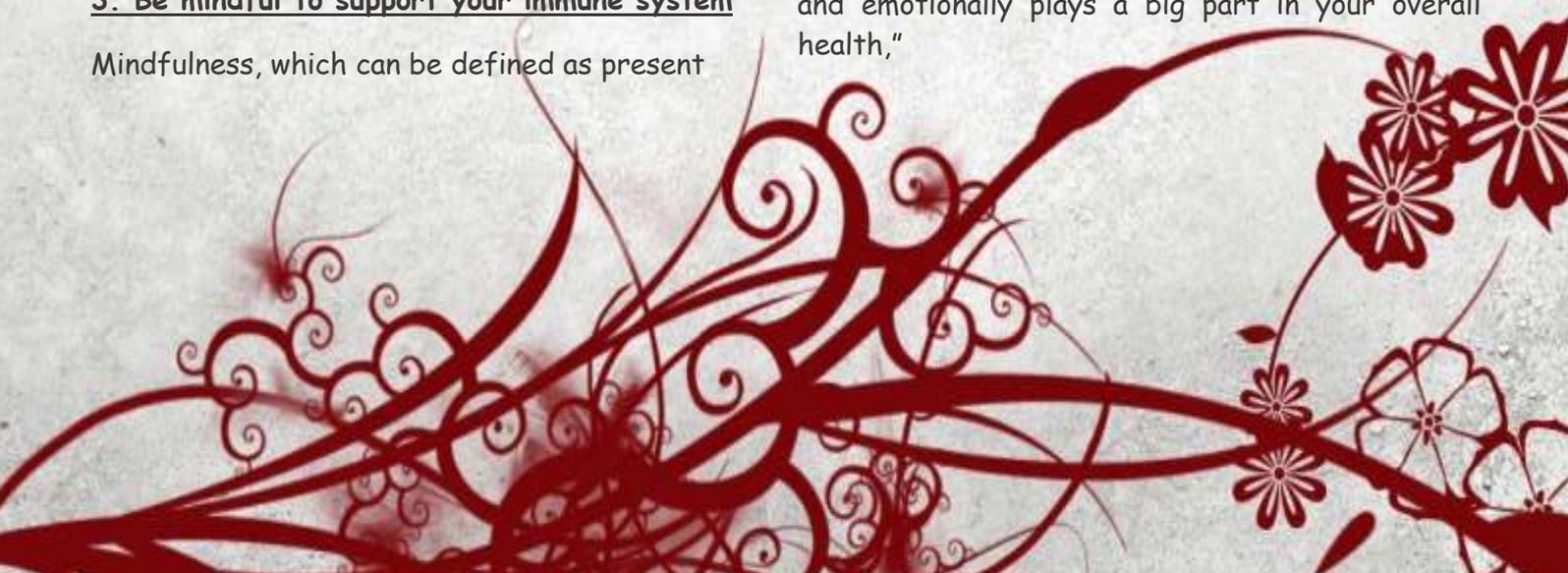
"Meditation and breathing exercises can help to slow your heart rate down and clear your mind. When practiced regularly, it can buffer the effects of stress, which helps support your immune system," says Dr. Maphis.

But you don't have to be "mindful" in a meditative way if it doesn't work for you. Taking a bath or reading a book - and staying off social media during these times - helps to clear your mind and relax.

Ways to be mindful include:

- Breathing exercises, focusing on each inhale and exhale
- Eating healthy meals, savoring each bite
- Meditating on a positive word (relaxation, ease or calm) or an image that makes you happy
- Intentionally connecting to an old friend (electronically, of course)
- Taking a bath, noticing the warm temperature and its effects on muscle tension releasing

"No matter which situation you find yourself in, remember that taking care of yourself mentally and emotionally plays a big part in your overall health,"



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HR Desk

- Republic Day Celebration -



On the occasion of 71st Republic Day, Transition took a pledge as under:

I Pledge -

1. To check authenticity of any news, video or message before believing or forwarding.
2. To respect women and protect them.
3. To help stop child begging and trafficking.

- Behavioural Training -

Date	Particulars	Training by
25-01-2020	Personal Goal Setting and Task Management for Ease in my life	Mr. Payank Patel
29-02-2020	Natural way to beat stress	Dr. Subhash Nandwani



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- Picnic at ORSANG Camp - Adrenaline Rush

Picnic where adrenaline was high and friendship was at the peak.



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- Women's Day Celebration -

An evening well spent at Hari Krishna Village Garden Restaurant.



- Holi Celebration -

Celebration with amazing face painting competition



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- Employee of the Month -

December 2019	January 2020	February 2020
Name of Employee: Niraj Chauhan Designation: Project Manager	Name of Employee: Chirag Tailor Designation: Tech-support Engineer	Name of Employee: Ashish Gupta Designation: Service Manager
		
<p>For proactively managing crucial task at "IOCL Assam" during unrest due to CAA protest. We were unable to reach customers, which he personally went and established an excellent rapport with customer to get our payment released. He not only empowered contractor during hostile situation to finish documentation process for payment release but also resolved CCTV system complain to make it fully functional.</p>	<p>For his learning and his endeavour towards customer satisfaction for commissioning activity at ERPL. He did R&D and acquired knowledge of TYCO ACS, Morpho Finger and Software house, usking the same for fulfilling customers' requirements. He also support for commissioning and troubleshooting for all the 25 sites.</p>	<p>For his wisdom and efforts towards solving the SQL complain of VMS software of our site. To solve this complain we have to pay OEM a huge sum but he has taken initiative and acquired knowledge of VMS software and after vigorous struggle finally he got success to resolve the complain.</p>

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- Certificate of Recognition -



Certificate of
Recognition to
Mr. Surendra Patel
for completing 10 years
with Transit.

- Training and Development -

Date	Particulars	Training by	Man Hours
11-01-2020	Hyper-V Replication	Jayant Gavali	28
18-01-2020	Basic Understanding on LV System & Design-Site Survey for CCTV (For freshers)	Dhaval Pankhaniya	32
01-02-2020	Max pro VMS Viewer Installation and configuration	Nilesh Pawar	42
08-02-2020	GPON Basic	Jayant Gavali	42
08-02-2020	Exaquisition Software overview & Troubleshooting	Dhaval Pankhaniya	18
19-02-2020	Honeywell Pro watch configuration	Nilesh Pawar	6
07-03-2020	Bosch BVMS Software Installation Configuration	Dhaval Pankhaniya	46
14-03-2020	Maxpro NVR Software Installation+ Configuration	Nilesh Pawar	58

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- Word of the Month -

A concept where word is displayed on premises and employees' desk bearing a significant meaning and aiming for Team Transit to focus on that word for that particular month.

January	February	March
Infinity	Determination	Staying Safe
<p>Infinity represents something that is boundless or endless. The infinity symbol holds a deep meaning for spirituality, love, beauty, and power. ... In a world filled with distraction and complications, the infinity symbol represents a sense of simplicity and balance. It reminds us to be conscious of where we are and the endless possibilities we have before us. And yet there is not only in him or before him this eternal self-aware Existence, this spiritual Consciousness, this infinity of self-illuminated Force, this timeless and endless Beatitude. Let's try to live with infinity.</p>	<p>Determination is the essences of increasing your chances of being successful in a particular thing or achieving a specific goal, and it can also help you to stay motivated and continue striving towards the one thing you want to make. Determination is a positive personal character trait where you are intent on achieving a goal. Being too determined to achieve goal may be termed as obsessiveness and it leads to be unable to see the difficulties.</p>	<p>The safety-first rule is a tenet of modern portfolio theory (MPT), which believes that risk is an inherent part of reaping a higher level of reward. In this context, safety first means minimizing the probability of negative returns. Staying healthy and safe at work is important. No matter what your job, it is important to reduce your risks of injury and illness at work.</p>



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Key highlights of quarter

Emergency Services provided at various sites including Gujarat Gas Limited, Smmimer hospital, and many more during the quarantine by our employees with due precautions and safety.



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Fun Block



How to propose a
girl during
#QuarantineLife

Smile

Never doubt that your smile may lighten up someone's day without you even knowing it.

So smile often. Frown less. See happiness in the simplest of things.

Express gratitude more often, and you will be just like a ray of sunshine over the darkest of hearts and, most importantly, over the hearts of those who matters to you.

Thank you!!

For suggestions please drop mail: marketing@transit.co.in

