

**5<sup>th</sup> June  
2015**

## **WORLD ENVIRONMENT DAY**

### ***Celebration***

**An Initiative By  
Safety Committee  
Members**



**Seven Billion Dreams.**

**One Planet.**

**Consume with Care.**



**10, 11&12 DEWAN UDYOG NAGAR,  
ALIYALI, PALGHAR-401404,  
MAHARASHTRA, INDIA.**

आओ सब मिलकर वातावरण को बचाये  
रोके वह संकट जो हमारी विरासत को निगल जाये



## Introduction

BLISS GVS PHARMA LTD. is in the business of manufacturing and marketing pharmaceutical products. The corporate office is located at Mumbai and the manufacturing facilities in Palghar at a distance of about 105 Km from Mumbai.

At Bliss GVS Pharma Limited., the organization has established, documented & implemented Integrated Management System comprising of the Environmental Management System and Occupational Health and Safety Assessment Series in accordance with the standard requirements. It is also ensured to be continually working for sustaining and improving the system.

In these facilities different types of dosage forms are being manufactured, namely Pessary/Suppository, Tablet, Dry powder for oral suspension & Dry syrup. As a part of Annual EHS Monitoring Plan, Corporate Social Responsibility & to support UNEP initiative, BGPL Safety Committee Members initiated a *World Environment Day celebration (05<sup>th</sup> June 2015)* at BGPL Palghar plants.



### Event Schedule:

Sr. No.	Events	Time	Venue
1.	Presentation on "Environment Protection"	11:30	Conference Hall
2.	Environment Talk on any Environment topic	As per below schedule	
3.	"Tulsi" Saplings Distribution	16:30	Front Factory Premises of Unit-II

Sr. No.	Departments	Time	Name of Team Members
1.	Admin	15:30 -16:30	Mr. Sunil Thakur, Mr. Jiten Tare
2.	QA		Mr. D. Nagare ,Mr. Jay Mali
3.	Suppository (Plot No.10)		Mr. Swapnil A. Karale, Mr. Jayesh Deshpande
4.	Dry Syrup (Plot No.10)		Mr. Santosh Thakur, Mr. Yatin
5.	Engineering		Mr. Vinod Kumar Rai, Mr. Jayprakash Meher
6.	QC		Mr. Pramod Raut, Mr. Nilesh Kore
7.	Suppository (Plot No.11)		Mr. Rahul Raut Mr. Anil Kini
8.	Stores (Plot No.10)		Mr. Dipin Jangam, Mr. Darshan Patil
9.	Tablet Manufacturing (Plot No.10)		Mr. Nitin Chaudhari Mr. Rajiv Sinha
10.	Stores (Plot No.11)		Mr. Anil Marathe, Mr. Shailesh Jagdhane.
11.	Dry Powder for oral suspension (Plot No.12)		Ms. Sunita Dhanu Mrs. Leena Raut
12.	Tablet Blister Packing (Plot No.12)		Mr. Sunil Vasaikar, Mr. Mayur Naik
13.	Suppository (Plot No.12)		Mr. Rahul G. Mer Mrs. Ruchita Patil
14.	Stores (Plot No.12)		Mrs. Pradnya Bhosale, Mrs. Rashmi Hirve.

The celebration began with a presentation on '**Environment Protection**' for BGPL-Palghar employees. Mr. Prashant Churi (Plant Manager) was present along with Mr. Swapnil Karale (Management Representative & Appointee), Mr. Shailesh Jagdhane (EHS Officer), Mr. Pramod Raut (Safety Officer), All Senior Managers, Management Staff & other employees. The presentation was conducted by Mr. Shailesh Jagdhane (EHS Officer) along with Mr. Swapnil (MA & MR) which was basically about what is environment, how it is related to our organization, what is pollution & its types, how to prevent pollution & how to minimize waste, how we can protect environment with small-small measures etc. 40 Nos. of employees have attend this presentation. It was very interactive session. Employees shared their experiences, some ideas about environment protection. A general feedback was also taken from the participants.





In afternoon, safety committee members organized **'Environment Talks'** for each department covering all Units which aimed for delivering Environment Protection related information to all shop floor employees. The information consists of environment protection, environment protection norms, importance of water & electricity saving, waste management, waste minimization, use of renewable natural resources , tree plantation & forestation, pollution & prevention of pollution. All safety committee members including Sr. Managers participated in this program and valuable guidance was given to all employees about environment protection. It was indeed an encouraging spectacle to see the will and determination of all participants to show awareness about environment protection. Every face in the picture indicates the satisfaction of contributing their bit towards environment protection at the organization.

The tree plantation done in last year at front plot of the company was reviewed by a team consists of Safety Officer (Mr. Pramod Raut), EHS Officer (Mr. Shailesh Jagdhane) & MA/MR (Mr. Swapnil Karale). It was really good to see that all trees are grown well & proper care has been taken for the trees by BGPL employees.





Finally, the event was concluded with the distribution of **"Tulsi (Ocimum tenuiflorum) Saplings"** to all employees.

"Tulsi" sapling was chosen to distribute because of following health & environment benefits of it;

- In traditional Indian medicine system called Ayurveda, Tulsi (Holy Basil) is considered as a tonic to retain youth and avoid aging. Vitamin C, Vitamin A, Phytonutrients and the essential oils in Tulsi, are excellent anti oxidants and protects the body from nearly all the damages caused by the free radicals.
- Tulsi reduces blood glucose levels. Thus it is useful for diabetics. Tulsi contains vitamin C and other anti oxidants (such as Eugenol), which protect the heart from harmful effects of free radicals.
- Tulsi reduces total cholesterol levels. Thus it is useful for heart disease patients. Tulsi also reduces blood pressure.
- Tulsi helps in building up stamina , use it to prepare herbal tea.
- Tulsi is useful in the treatment of respiratory system disorders. A decoction of the leaves, with honey and ginger is an effective remedy for bronchitis, asthma, influenza, cough and cold. A decoction of the leaves, cloves and common salt also gives immediate relief in case of influenza. They should be boiled in half a liter of water till only half the water is left and add then taken. Tulsi is an important constituent of many Ayurvedic cough syrups and expectorants. It helps to mobilize mucus in bronchitis and asthma. Chewing tulsi leaves relieves cold and flu.
- Tulsi is used as mouth wash for reducing tooth ache. Its leaves, dried in the sun and powdered, can be used for brushing teeth. It can also be mixed with mustered oil to make a paste and used as toothpaste. This is very good for maintaining dental health, counteracting bad breath and for massaging the gums. It is also useful in pyorrhea and other teeth disorders.
- Tulsi is an excellent mouth freshener and oral disinfectant and its freshness lasts very long in the mouth. Holy Basil destroys more than 99 percent of the germs and bacteria in the mouth and this effect lasts long. It also cures ulcer in the mouth. It is also known to help inhibit growth of oral cancer caused by chewing tobacco etc.
- Tulsi (Holy Basil) is an excellent anti biotic, germicidal, fungicidal and disinfectant and very efficiently protects our body from nearly all sorts of bacterial, viral and fungal

infections. Fever is mainly caused due to infections from protozoa (in case of malaria), bacteria (typhoid), viruses (flu) and even allergic substances and fungus. Actually, fever is not an ailment in itself. It is just a symptom which shows that our body is fighting against infections. The tremendous disinfectant, germicidal and fungicidal properties of Tulsi destroys all these pathogens discussed above and heals fever. It is an old practice in India to have decoction of Tulsi leaves and flowers in cases of fever.

- Tulsi leaves are regarded as an 'adaptogen' or anti-stress agent. Recent studies have shown that the leaves afford significant protection against stress. Even healthy persons can chew 12 leaves of basil, twice a day, to prevent stress. It also has immuno-modulatory properties.
- Insect Bites: The herb is a prophylactic or preventive and curative for insect stings or bites. A teaspoonful of the juice of the leaves is taken and is repeated after a few hours. Fresh juice must also be applied to the affected parts. A paste of fresh roots is also effective in case of bites of insects and leeches. Tulsi acts as insect repellent. So it is used to store grains also.
- Tulsi, being detoxifier and mild diuretic in nature, can help reduce uric acid level (main culprit as far as kidney stones are concerned) concentration in the blood as well as helps cleaning of the kidneys through urination. Acetic acid ( $\text{CH}_3\text{COOH}$ ) and certain components in its essential oils also facilitate dissolution of the stone. It has painkiller effects and help bear the pain from kidney stones.
- Tulsi can protect from radiation poisoning and also heal up damages from it. It acts as a vaccine against pox if consumed regularly. It is anti carcinogenic and it found to be effective in healing nearly all types of cancer and tumors.
- Tulsi is useful in Eye Care & Headache. You can be free from conjunctivitis, boils and many other problems of eyes (which are caused due to viral, bacterial or fungal infection) by washing your eyes with water where few leaves of Tulsi are soaked. It also soothes eyes and reduces stress. Headaches caused due to migraine, sinus, cough and cold, high blood pressure, etc. can be effectively controlled by the use of Tulsi. Camphene, Eugenol, Cineol, Carvacrol and Methyl Chavicol have excellent analgesic, sedative, anti congestive and disinfectant properties.



The distribution of the saplings was done in the presence of all Senior Managers & Plant Manager. All the employees enthusiastically accepted the Tulsi saplings knowing the benefits of it and were truly excited.



#### **BGPL- PALGHAR: SAFETY COMMITTEE MEMBERS**

**BLISS GVS PHARMA IS COMMITTED TO PRESERVE & CONSERVE THE ENVIRONMENT AND IN FUTURE WILL KEEP ORGANIZING THIS KINDS OF EVENTS.**

