

# ALL YOURS



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## Warm wishes for a Happy New Year 2011

Time seems to have literally flown past! With this issue, "All Yours" will be completing One year of its babyhood! It has emerged as a small step from our HR department to share tiny and tender thoughts and feelings of the employees of a 62 years old organization. An healthcare organization which has now grown like a strong, sturdy, sprawling banyan tree providing strength to millions of its stakeholders.

This year has been a period of mutually sharing and enriching experience for both the readers as well as the magazine's editorial team. We look forward to you in sharing the best possible reading material for the integrated moral, ethical and spiritual growth of our company.

Each of you who have spared time in writing back to us deserves a Special gift which will reach you shortly. Thanks to Puneet Mehta, Mahender Srivastava, Sohil, Vipin Sanadh, Ravinder Deep Singh Sethi, Ankur Sharma and Sunil Dogra for their commendable participation.

The welcoming comments and valued feedback from our readers are a great motivation for continuous improvement of the magazine's quality.

We wish you all an enjoyable 2011!

Happy Reading!

Monika Raj

## Why should Big John pay?

One fine day, a bus driver went to the bus garage, started his bus, and drove off along the route. No problems for the first few stops - a few people got on, a few got off, and things went generally well.

At the next stop, however, a big hulk of a guy got on. Six feet height, built like a wrestler, arms hanging down to the ground. He glared at the driver and said, "Big John doesn't pay!" and sat down at the back.

Did I mention that the driver was five feet three, thin, and basically weak? Well, he was. Naturally, he didn't argue with Big John, but he wasn't happy about it. The next day the same thing happened - Big John got on again, made a show of refusing to pay, and sat down. And the next day, and the next.

This grated on the bus driver, who started losing sleep over the way Big John was taking advantage of him. Finally he could stand it no longer. He signed up for body building courses, karate, judo, and all that good stuff.

By the end of the summer, he had become quite strong; what's more, he felt really good about himself. So on the next Monday, when Big John once again got on the bus and said, "Big John doesn't pay!"

The driver stood up, glared back at the passenger, and screamed, "And why not?"

With a surprised look on his face, Big John replied, "Big John has a bus pass."

Management Lesson: "Be sure there is a problem in the first place before working hard to solve one."

Puneet Mehta

Sr. Manager – Customer Care

Even the word Impossible itself say I-m-possible, it is our Will Power which can turn Impossible to Possible.

Whatever we gain in our life is because of the magic of our brain and our Thinking. Our Thoughts play a major role in day to day decision making. This is also the most important factor that helps in will-power building. There are many people in the world who have reached out at the pinnacle in their career through strong will-power accompanied with dedication. Many have notched-up the fruit of success in their life due to their strong will power and dedication towards their work. Will-power is not something we are born with, but can be cultivated through strong and clear thinking and also by doing what we think at our best at the time of retrospection.

I had adopted a habit of tasting Success in my professional Career by the way of Continuous learning and my strong will power. It is the most remarkable thing in the world but it varies from person to person. As you all know that there is a very thin margin between a great diagnosis and a blunder so as the margin between the strong will power and weak will power, thin. It can be easily covered through some calculated efforts which work via self controlled positive affirmation.

In my career of 15 years I had worked for 4 Companies with 2 industry changes , one from FMCG to Telecom and the second from Telecom to Healthcare. I have earned a name in the telecom industry and I'm pretty sure that I will also do well in healthcare sector. The rationale behind this is again same and simple:-

1. Strong Will power
2. Positive approach

I would like to share some golden rules that i regularly follow for my personal improvement in my career and day to day life. These are :-

1) We should fill ourselves with positive feeling and thoughts. Because bad thoughts have stronger effects on the human body. Human tendency is to get attracted towards negativity but it is injurious for us in longer run. So leave the group immediately where negativity is being discussed if you are not in position to stop it.

## Strong Will Power & Positive Approach



- 2) We should practice self-control by thinking positive and by focusing on work. Always work hard on our learning front and they need to be in top gear always.
- 3) Best thing that helps in self-control building is Meditation. We should start doing without thinking about its difficulties.
- 4) We should start taking our failures in the same way as we take the success. There is a famous saying “one can learn from his experiences and experiences are learnt from bad experiences”. The failures should be taken in a positive spirit because they teach us to be on the right track in the later phases of our lives and career. The fear of failure need to be left and can be done via a creative and positive approach.
- 5) Think positive and big so that the outcome is great and thrilling.

Above are the jewels that I've earned in over 15 years and I request all my LPL colleagues to be very much strong on their will power, try to mould themselves a bit out of their busy schedules and should have a 10 minutes planning session with in their beautiful minds before getting down for Work. Trust me results will be very thrilling and sweet.

Keep Rocking!!!!!!!!!!!!!!!!!!!!!!

Ravinder Deep Singh Sethi  
General Manager- East



An Emperor was coming out of his palace for his morning walk when he met a beggar.

He asked the beggar, "What do you want?"

The beggar laughed and said,

"You are asking me as though you can fulfill my desire!"

The king said, "Of course I can fulfill your desire.

And the beggar said "Think twice before you promise anything."

The beggar was no ordinary beggar.

The beggar said, "It is a very simple desire. You see this begging bowl? Can you fill it with something?"

The emperor said, "Of course!" He called one of his vaziers and told him, "Fill this man's begging bowl with money."

The vazier went and got some money and poured it into the bowl, and the money disappeared. And he poured more and more, and the moment he would pour it, it would disappear. And the begging bowl remained always empty!

The whole palace gathered. By and by the rumor went throughout the whole capital, and a huge crowd gathered.

The prestige of the emperor was at stake. He said to his vaziers, "If the whole kingdom is lost, I am ready to lose it, but I cannot be defeated by this beggar."

Diamonds and pearls and emeralds, his treasures were becoming empty.

The begging bowl seemed to be bottomless.

Everything that was put into it - everything - immediately disappeared.



## What is it? Just tell me."

Finally it was night, and the people were standing there in utter silence.

The king dropped at the feet of the beggar and admitted his defeat.

He said, "You are victorious, but tell me one thing before you leave, just fulfill my curiosity. What is the begging bowl made of?"

The beggar laughed and said, "It is human mind.

It is simple made up of human's various desires....!"

The mind never stops desiring for more and more.

The human mind moves from one desire to another desire..... !

And when one desire is achieved, the mind wants another desire. Your mind is full of ego. You could not accept that you could be defeated by a begger.

The day one's mind is free of ego, one becomes humble. And humbleness removes desires. I wanted to teach you that the day you are free from your ego and desires, it will be the turning point in your life.

### **Moral;**

Moral ;

I want peace.

"I" is = ego

and

want is = desire.

When you remove "I" and "want", you get peace.

HAPPY NEW YEAR 2011 – Monika Raj .

A wise man once sat in the audience n cracked a joke..All of them laughed like crazy.

After a moment he cracked the same joke again & a little less people laughed this time...

He cracked the same one again & very few laughed this time.. When there was no laughter in the crowd.

Then he smiled and said 'when u cant laugh on d same joke again & again then why do u keep crying over the same thing over & over again' forget the past n move on... .

Ankur Sharma

Team – HR





Muhammad Yunus, a Bangladeshi Banker, an Economist, founder of the Grameen Bank and the Nobel Peace Prize winner in 2006, said:

"Each of us has much more hidden inside us than we have had a chance to explore. Unless we create an environment that enables us to discover the limits of our potential, we will never know what we have inside of us."

Since the day a baby is born, it is the responsibility of the parents to mold the character and future of that child. No matter how we try to hide our behavior and activity at home, children can sense it; either it is positive or negative.

The biographies of great human beings, who contributed something in a positive way, have always been inspiration to many of us. By reading their trials and tribulations, we can all learn 'what needs to be followed' and 'what needs to be eliminated'.

When one is determined and focused to accomplish something worthwhile, many obstacles and challenges will arise on the way. As long as the goal is crystal clear and mind is determined to get it done, nothing can stop him or her.

I had a privilege to read the books by world famous author Orison Swett Marden while I was a young college student in Nepal. I love all his books and one of my favorite quotes from one of his books is:

"All who have accomplished great things have had a great aim, have fixed their gaze on a goal which was high, one which sometimes seemed impossible."

Mr. Marden had a very humble beginning, even though he was born in America but with his hard work, passion, determination and by applying a 'never give up' attitude, he became a famous author and even today, his books are being read all over the world in many different languages.

Have we ever thought about the thing that makes us think? That is our brain. Scientists have proven that our human brain does 20,000 trillion calculations per second. I have always thought about it and want to know why people cannot think about something better for their life.

This is a very serious question and many of us always make a quick remark: "I am so busy, I don't have time to think. Life is crazy, so many bills to pay, health challenges, relationship challenges, bad economy..." and the list is endless.

Why waste such a powerful machine, in doing mundane work and not being a dreamer (not just a daydreamer), and work hard as well as smart?

Even after all the tremendous blessings, why do people still forget what they can do and instead, waste their most valuable life in so many unproductive activities?

These questions always bother me when I see talented young people, with so much potential, just waste their time and energy in following the wrong crowd or doing the things that make no sense at the end. Many times I've wondered if it could be that they didn't have the RIGHT EXAMPLE at home or that they couldn't find and follow a true mentor in life.

Many of us already know about Thomas Alva Edison, who invented more than 1,000 useful items and is the inventor of the electric light bulb.

He had his famous quote: "Many of life's failures are people who did not realize how close they were to success when they gave up."

Edison never gave up on his dreams and goals.

Marie Curie is the first Scientist to win two Nobel Prizes (In Physics and in Chemistry ) even though she had been through so many challenges at home, in her childhood, in college and even after finishing college and university. She never gave up on her dream and invented Radium, the element that was used to treat cancer, known as Curietherapy or Radiumtherapy.

She said, "Life is not easy for any of us. We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained."

She was told that girls could not continue their education and that they were suppose to be housewives, taking care of the family and children. She knew her heart's desire and never listened to those negative voices, either from outside sources or from inside. In the depth of her heart, she knew what she wanted, and was willing to pay the price as she never believed in overnight success or any kind of shortcuts to success.

There is no other scientist who has received a Noble Prize twice. Not only that, she was a great role model for her daughter Irene Joliot-Curie, who also received a Nobel Prize.

We have the best example of 'Never Giving Up' in American History:

Abraham Lincoln. Here is the list of his failures before he became the US President in 1860:

Lost job, 1832

Defeated for legislature, 1832

Failed in business, 1833

Elected to legislature, 1834

Sweetheart (Ann Rutledge) died, 1835

Had nervous breakdown, 1836

Defeated for Speaker, 1838

Defeated for nomination for Congress, 1843

Elected to Congress, 1846

Lost re-nomination, 1848

Rejected for Land Officer, 1849

Defeated for Senate, 1854

Defeated for nomination for Vice-President, 1856

Again defeated for Senate, 1858

Abraham Lincoln was told many times that he was nobody and could be nobody in life by the committee of 'they' (those critics whose names are not found in any history books). We have not yet seen nor found the statues erected for the critics who see only the negative aspects of everything. It's just the way people look at things, either with optimism or pessimism.

Luck is defined as "Preparation meeting Opportunity". Abraham Lincoln believed in preparation before aiming at anything BIG and did whatever it took to get the dream accomplished. It is recorded in history books that Abraham Lincoln would go to schools on weekends and speak from the podium, as if the empty chairs were occupied by real people, because he was told that he needed to practice speaking in public.

Hard work as well as smart work, with a positive goal in mind, definitely brings success in any area of life.

Life is so good and beautiful. When we look around, there is so much peace, harmony, and beauty in nature that should give us a happy heart to appreciate everything. When I pause for a moment and think about so many people wasting their life in unproductive activities, it gives me so much pain that I wish I could individually sit with that person and spend some time telling him/her how valuable life is.

Sometimes I feel like shouting out loud from the tallest building and telling every human being, "You are the greatest miracle in the world. There is nothing that you can't achieve in life if you believe in it and do not waste your valuable time in destructive things. You are a walking, talking miracle. Just sit for few minutes and start counting the blessings you already have in your life, starting with: being alive, having eyes to look, a nose to breathe, ears to hear, a brain to think and the list goes on."

Here is a beautiful story I read about being remembered when one does not give up and accomplishes something useful that benefits humanity forever:

One day, a teacher was teaching a lesson to the class about never giving up and how history will remember those who never gave up.

She asked the students: "Did Abraham Lincoln ever give up?"

All the students replied, "No".

She asked them again, "Did Edison ever give up?"

Again the students replied, "No".

After mentioning couple of great heroes' names, she finally asked them, "Did Joe Doe give up?"

On that, all the students replied, "Who is Joe Doe?"

She said, "You don't know his name because he gave up."

Before we think there is nothing we can achieve that is useful, let's think twice, may be ten times, even a hundred or a thousand times and let's always remember this:

"NEVER, NEVER, NEVER GIVE UP."

Mahendra Kumar Srivastava, Team – HR



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Mahendra Kumar Srivastava, Team – HR

Vipen Sanadh



A man was lost while driving through the countryside. As he tried to reach for the map, he accidentally drove off the road into a ditch. Though he wasn't injured, his car was stuck deep in the mud. So the man walked to a nearby farm to ask for help.



"Warwick can get you out of that ditch," said the farmer, pointing to an old mule standing in a field. The man looked at the decrepit old mule and looked at the farmer who just stood there repeating, "Yep, old Warwick can do the job." The man figured he had nothing to lose. The two men and the mule made their way back to the ditch. The farmer hitched the mule to the car. With a snap of the reins, he shouted, "Pull, Fred! Pull, Jack! Pull, Ted! Pull, Warwick!"

And the mule pulled that car right out of the ditch.

The man was amazed. He thanked the farmer, patted the mule, and asked, "Why did you call out all of those names before you called Warwick?"

The farmer grinned and said, "Old Warwick is just about blind. As long as he believes he's part of a team, he doesn't mind pulling."

- Keep your words positive, because your words become your actions.
- Keep your actions positive, because your actions become your habits.
- Keep your habits positive, because your habits become your lifestyle.
- Keep your lifestyle positive, because your lifestyle becomes your destiny.



## **Always,**

Be understanding to your enemies.

Be loyal to your friends.

Be strong enough to face the world each day.

Be weak enough to know you cannot do everything alone.

## **Always,**

Be generous to those who need your help.

Be frugal with that you need yourself.

Be wise enough to know that you do not know everything.

Be smart enough to continue learning.

## **Always,**

Be willing to share your joys.

Be willing to share the sorrows of others.

Be a leader when you see a path others have missed.

Be a follower when you are shrouded by the mists of uncertainty.

## **Always,**

Be first to congratulate an opponent who succeeds.

Be last to criticize a colleague who fails.

Be sure where your next step will fall, so that you will not tumble.

Be sure of your final destination by setting your goals along the way.

Above all,

## **Always be yourself.**

Mr. Sohel P. Momin

Thanks to the HR Team for allowing us to have spend some informal time together with our colleagues. We celebrated the occasion of new year with a party where the youngsters of LPL had nothing but fun, games, dance and enjoyment. More than 100 of us got together to celebrate the arrival of 2011..... To add some more masala to the get together, we organised a small competition was also organized for Dance and Art (Drawing ). It was a memorable time spent together with a sumptuous lunch menu. Got our energies for giving our best work output in 2011!

In the final, we awarded the best performers in Art and Dance. Winner are as follows:

1. Maghav(Best Art)
2. Vandana(Best Art)
3. Deepshikha(Best Dance)
4. Manoj(Best Dance)



Thanks & Regard  
Sunil Dogra

## Snapshots of the year 2010



**CME Activity – Gorakhpur, Around 40 doctors have attended this session.**



**Sales Team East zone, attended the “Regional Product Training Activity” at LPL Kolkata.**



**A group photograph from “Lab Staff Training Activity” at New Nagpur Lab (Midas Heights), Nagpur.**



**CME Activity organized at “PD Hinduja hospital, Bangalore”.**



**“Diwali Festival” celebrated at LPL DLF, Gurgaon**



**A group photograph from CME Activity at “Jindal hospital, Hissar”.**

## Snapshots of the year 2010



**Training Activity at "Bhagat Chandra Hospital", Dwarka for soft skills development.**



**Training activity has been organized for lab staff of "Medicave Lab, Kolkata".**



**Mr. Bhushan Narula, taking the "Regional Product Training" session at Bangalore, for south zone sales team.**



**Group photograph from "IEM Training Activity" Organized at LPL Chandigarh, Bhopal and Kolkata. Picture from Chandgarh training sessions.**



## Snapshots of the year 2010



Soft skills training activity has been organized for LPL Bangalore staff.



A group photograph from Managerial Skills Development Program "Good to great managers" for ASM's.



Campus recruitment activity at Dolphin Institute for Technical and Support Staff. Puneet Mehta giving presentation on the organization.

## New Borns

Name	Designation
MANOJ CHANDURKAR	Territory Manager
MUKESH PRABHAKAR THANEKAR	Lab Technician
RITESH DANIEL	Radiographer
PRASHANT VIJAYVARGIYA	Zonal Sales Manager
PAWAN CHAUDHARY	Phlebotomist
NAVEEN GARG	Lab Technician
ANIL KUMAR	Lab Technician
MAMMAD SAJEER THAYYIL	Territory Manager
AVIJIT GHOSH	Territory Manager
A.MOHAMMED HUSSAIN	Territory Manager
RAJESH NATH	Executive-Doc. & LabReporting
ARUNESH RAO	Phlebotomist cum Registration Executive
SREE LATHA.T	Phlebotomist cum Registration Executive
RAMAEE KHADYE	Lab Technician
DINESH SHARMA	Asst. Manager - Admin
SYED MOHD. ZOHEB	Sales Executive
RAKESH KUMAR ANAND	Sales Executive
VICKY KUMAR	Lab Technician
DEEPAK RAWAT	Executive - Registration
SHIV CHARAN	Phlebotomist cum Registration Executive
PRAVEENA	Lab Technician
ASHISH SHUKLA	Project Coordinator
VINEET GUPTA	B.M-New Seg.- Inter., PPP& Clinical Trials
OM PRAKASH PANDE	Lab Technician
VISHAL ARYA	Lab Technician
HAVINDER SINGH	Lab Technician
VED PRAKASH SHARMA	PSC Incharge
DHARMENDER	Lab Attendant
BHUSHAN SAWLARAM RANE	Lab Technician
RAJESH B.JADHAV	Lab Supervisor
VIJAY KUMAR VAISHYA	Lab Supervisor

## New Borns

Name	Designation
ARINDAM DIRGHANGI	Area Sales Manager
NIPENDRA KUMAR	Lab Supervisor
BASANT KUMAR SINGH	Territory Manager
RAJASHEKAR B.NIMBARGI	Lab Technician
RAJENDRA CHANDRAKANT NARVEKAR	Lab Technician
GOPAL JANA	Lab Technician
CHAITANYA KUMAR JHA	Lab Technician
SUSHANT SHARMA	Asst. Manager - Corporate Sales
BRIJMOHAN MISHRA	Lab Technician
SUNDER KUMAR	Front Office Executive
ASHOK KUMAR MAURYA	Sr. Scientist
POONAM GUPTA	Clinic Coordinator
SUSHANTA KUMAR SWAIN	Assistant Manager- Logistics
SHIKHA SHYAM TRIPATHI	Customer Care Executive
ASHISH KUMAR	Sr Executive - IT
L BALASHANKAR	Manager Marketing
NEHA JAIN	Radiographer
SHISHIR SHUKLA	Assistant Manager - Operations
SHAGUN JAIN	Accountant Cum Cashier
SANJAY KUMAR SINGH	Lab Technician
GIRDHARI CHANDRA DASH	Lab Technician
NIPEN BARMAN	Accountant Cum Cashier
PARMOD KUMAR	Lab Technician
LALIT MOHAN RAWAT	Lab Technician
GOPAL SINGH	Lab Technician
MANISH KAUSHIK	Front Office Executive
ARCHANA	Front Office Executive
GAURAV KHANDELWAL	Purchase Executive
RAKESH KUMAR SINGH	Lab Administrator- Hissar Lab
DEEP KUMAR SAINI	Lab Technician
TARUN KUMAR	Accounts Executive



Name	Designation
PROSANJIT CHATTERJEE	Asst Manager -Ware House & Logistics
VISHAL KUMAR VERMA	Territory Manager
LAXMAN SINGH	Accountant Cum Cashier
DEEPAK KUMAR JOSHI	Accounts Executive
AMIYA GHOSH	Lab Technician
RADHA BAI B	Lab Technician
PRABHAMANI V	Lab Technician
RAJ KUMAR SHARMA	Sales Executive
SUNIL KUMAR D.	Sales Executive
PRIYANKA PANDEY	Jr. Research Assistant
DILIP PRABHAKAR CHAUGHULE	Lab Technician
MANOJ JOSHI	Territory Manager
ACHINTYA KUMAR PAL	Area Sales Manager
ANIMESH SARKAR	Territory Manager
MANISH OSWAL	Territory Manager - Corporate Sales
M VINOD	Territory Manager
HARISH THARWANI	Zonal Administrator (Delhi/NCR)
SHAGUFTA	Radiographer
PARVINDER SINGH	Sr. Lab Supervisor
VINEETA DHOUNDIYAL	Lab Technician
SEEMA L.	Sales Executive
DR. PREETI SETH	Chief Of Lab
AJAY LAWANIYA	Accountant Cum Cashier
PARAS ARORA	Radiographer
SANJAY SENGUPTA	Sr. Area Sales Manager
PRATAP CHAUDHARY	Front Office Executive
BIRINDER PAL SINGH	Sr. Supervisor cum Lab Technician
SUMIT KUMAR SINGH	Lab Technician
DEEPAK KUMAR	Sr. Lab Technician
ROHIT MICHEAL	Lab Coordinator
KUNAL SINHA	Zonal Sales Manager

## New Borns

Name	Designation
DR. ANJANI SINGH	Chief Of Lab
SEEMA SHARMA	Front Office Executive
SANJEEV KUMAR DHAWAN	Lab Technician
BALWINDER KUMAR	Lab Technician
P. PRABHU	Territory Manager
MOHIT GOEL	Accountant Cum Cashier
SANJEEV KUMAR	Sr. Executive - Projects
MANISH DIXIT	Territory Manager
IRSHAD ALAM	Lab Technician
CHANDRA KIRAN	Sales Executive
PRABHAT RANJAN	Sales Executive
RANJIT RAJ	Sales Executive
BISHNU CHARAN SAHOO	Sales Executive
PRADEEP KUMAR	Sales Executive
VIVEK SHARMA	Sr. Executive Accounts
KIRTI UDYAVAR	Customer Care Executive
KULDEEP SHARMA	Phlebotomist cum Registration Executive
ASHOK KUMAR	Radiographer
SUSHIL	Radiographer
SUBY BABU	Radiographer
MAHENDRA KALANE	Sales Executive
SUNIL M.MULEY	Territory Manager
MD. SAYEED	Sales Executive
PAWAN KUMAR ROY	Sales Executive
INGLE BHUSHAN DAYARAM	Sales Executive
MRUTYUNJAY SAHU	Sales Executive
SANTOSH KUMAR MAURYA	Radiographer
SHIRLEY DSOUZA	Territory Manager
ANKUR AMARCHAND GOSAR	Asst. Manager - Business Development
MANPREET SINGH	Lab Technician