



# ASC SANSAR

*A Journey to Build more together...*



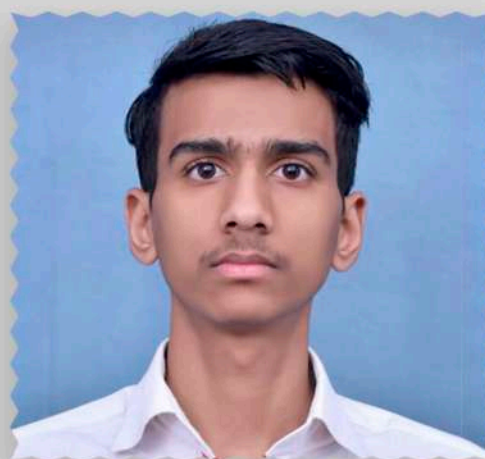
December 2023 Edition



# Welcoming New Joiners



**Gulshan Chaudhary**  
Trainee  
(DT - Noida)



**Rahul Kumar**  
Executive  
(SM Execution - Noida)



**Akash Shah**  
Executive  
(LMBIS - Noida)



**Neeraj Yadav**  
Executive  
(LMBIS - Noida)

Welcome aboard to all the new talented individuals joining the ASC Group! As we embark on this exciting journey together, we extend our warmest greetings and heartfelt wishes for your success and fulfillment in your new roles. Your arrival brings a fresh wave of creativity, dedication, and expertise, which we are certain will enrich our work environment and propel our company to greater heights. At ASC, we value innovation, collaboration, and a passion for excellence, and we have no doubt that each of you will play a crucial role in upholding these values. We believe that the synergy of our collective talents will lead to extraordinary accomplishments, and we are thrilled to have you as part of our ever-growing family. Here's to a remarkable and rewarding experience at ASC Group!



## Meet Our Newlywed Couples



**TANYA MIGLANI**



**HASHIM MALIK**



**RAIS AHMAD**

On behalf of ASC Group and your colleagues, we want to extend our warmest congratulations to you as you embark on this beautiful journey of marriage. We hope that the happiness you experience today stays in your memories, always. We are thrilled to share in your happiness and joy as you prepare to exchange vows and commit to a lifetime of love and partnership. As you step into this new phase of your life, we want you to know that you have our full support and blessings. Marriage is a journey filled with ups and downs, and we have every confidence that you and your partner will navigate it with grace, love, and understanding.



## Tradition Continues - ( Birthday Celebration )



**Shailendra Mishra**



**Ankush Goyal**



Happy Birthday to all the incredible employees of ASC! As we flip the pages of time, it is with great joy and admiration that we gather here in this month's edition of ASC Monthly Magazine to celebrate each and every one of you. Another year of dedication, hard work, and outstanding achievements deserves nothing less than a grand celebration. Your unwavering commitment to excellence has been the driving force behind our magazine's success, and we take this moment to express our heartfelt gratitude. As we blow out the candles together, let us look forward to another year of shared accomplishments and an unbreakable bond that defines the ASC family. Happy Birthday to each shining star among us!





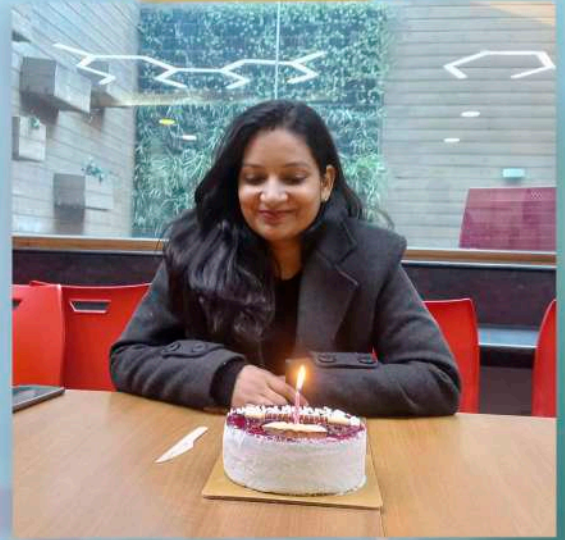
**Pankaj Tiwari**



**Ruby Sharma**



**Sujal**



**Shikha Mittal**

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**Tania Kalra**



**Ureba Khan**



**Akshat Gupta**



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## बस यही है जिंदगी का फ़लसफ़ा ।

कोई सपने में जीता है, तो कोई सपने के लिए जीता है।  
बस यही है जिंदगी का फ़लसफ़ा।

कोई खुशी मनाने के लिए पीता है, तो कोई ग़म मिटाने के लिए पीता है।  
जिन्दगी चंद लम्हों की है, ये सभी जानते हैं।  
कल नहीं आता कभी, ये सभी मानते हैं।  
प्रत्येक दिन एक नई शुरुआत है,  
नए नए चेहरे, नई नई बात है।

जो दूर है वह मजबूर है,  
जो बीत गया वह इतिहास है।  
हमें यह मानना ही होगा,  
इस बात को जानना ही होगा,  
कि जो पास है वही खास है।  
पता नहीं लोग जिन्दगी की क्या परिभाषा गढ़ते हैं।

मैं तो समझती हूँ,  
जिन्दगी वही है जैसा आप जीते हैं।  
मैंने तो अबतक यही सिखा है,  
कोई जीने के लिए खाता है,  
तो कोई खाने के लिए जीता है।  
बस यही है जिंदगी का फ़लसफ़ा।



# Family



In the hustle of work, find a gentle sway,  
Balance your life in the light of day.

With each task and every deadline near,  
Remember, your well-being holds dear.

Rest in the evening, under starry gleam,  
For life's true joy lies in a balanced dream.

Work with purpose, but also take a chance,  
In equilibrium, find your sweet dance.



# ONE TEAM – ONE SPIRIT



In the dynamic landscape of modern workplaces, fostering a sense of camaraderie and happiness among team members is essential for organizational success. Team bonding goes beyond mere collaboration; it cultivates an environment where individuals feel valued, motivated, and connected, leading to increased productivity and job satisfaction. Central to this dynamic is the cultivation of patience and cooperation among team members, two virtues that can significantly enhance teamwork and workplace happiness.

## Building Stronger Connections Through Team Bonding

Team bonding activities serve as catalysts for building stronger connections among team members. By engaging in shared experiences and overcoming challenges together, team members develop a deeper understanding of each other's strengths, weaknesses, and communication styles.

Effective team bonding fosters a sense of belonging and mutual support within the team. When individuals feel connected to their colleagues, they are more likely to collaborate seamlessly, share knowledge, and offer assistance when needed.

## The Link Between Happiness and Productivity

Happiness in the workplace is not merely a byproduct of job satisfaction; it is a powerful driver of productivity and performance. When individuals feel fulfilled and appreciated in their roles, they are motivated to invest their time and energy into contributing positively to the team's objectives. Creating a positive work environment where happiness thrives requires deliberate effort from both leaders and team members.



# The Role of Patience and Cooperation in Team Dynamics

Patience and cooperation are fundamental virtues that underpin effective teamwork and collaboration. In a fast-paced work environment, where deadlines loom and pressures mount, the ability to exercise patience enables individuals to communicate effectively, resolve conflicts diplomatically, and maintain a sense of perspective amidst challenges.

Cooperation, on the other hand, entails a willingness to work harmoniously with others towards shared goals. It involves actively listening to diverse viewpoints, respecting each other's contributions, and leveraging collective strengths to achieve optimal outcomes.

Cultivating patience and cooperation within teams requires intentional effort and ongoing communication. Here are some strategies to foster these qualities:

1. **Encourage Open Communication:** Create a safe space where team members feel comfortable expressing their thoughts, concerns, and ideas.
2. **Engage in team-building activities** that promote trust, communication, and empathy.
3. **Recognize the unique strengths** that each team member brings to the table and encourage collaboration across different skill sets and personalities.
4. **Offer ongoing support and encouragement** to team members as they navigate challenges and pursue collective goals. Celebrate successes, no matter how small, and foster a culture of resilience and perseverance.

By prioritizing patience, cooperation, and mutual respect, teams can cultivate a sense of belonging, foster positive relationships, and achieve greater success together. As organizations invest in nurturing these qualities, they lay the foundation for sustained growth, innovation, and employee well-being.



# Winter Wellness: Lifestyle Tips

## Healthy Lifestyle

The top secret of being physically fit is adopting a healthy lifestyle. A healthy lifestyle includes regular exercise, a healthy diet, taking good care of self, healthy sleep habits, and having a physically active daily routine. Lifestyle is the most prevailing factor that affects one's fitness level. A person leading a sedentary lifestyle has a low fitness level whereas living a healthier life not only makes a person fit but also extends life. Good health has a direct impact on our personality. A person with a good and healthy lifestyle is generally more confident, self-assured, sociable, and energetic.

## Good Habit

A good habit is a key factor for a healthy lifestyle. To maintain a stable body and mind, one needs to inculcate good habits. Waking up early in the morning, regularly exercising or a good morning walk helps to keep our body energetic and refresh our mind. Maintaining a balanced and nutritious diet throughout the day is vital for maintaining a good lifestyle. Too much indulgence in alcohol or smoking excessively is not at all appropriate for a healthy lifestyle.

## Self-Discipline

Self-discipline is important for maintaining a good lifestyle. When we are self-disciplined then we are more organized and regular in maintaining good health. A disciplined life is a regulated life. A man without discipline is a ship without a rudder. Discipline needs self-control.







One who cannot control himself can seldom control others. The level of discipline and perseverance largely determines a person's success. Self-discipline is the act of disciplining one's own feelings, desires, etc. especially with the intention of improving oneself. It strengthens our willpower. The stronger our will power the positive will be our decision. It enables us to conquer our own self.

## Punctuality

Punctuality is the habit of doing things on time. It is the characteristic of every successful person and everyone must observe punctuality in order to win success in life. Punctuality is necessary for maintaining a healthy lifestyle. It should become a habit with us. A punctual person is able to fulfill all his responsibilities and hence is treated with respect in society. It is needed in every walk of life.

## Diet

Diet is an important component for overall fitness and works best in combination with exercise. A balanced diet and exercise regularly help to maintain good health. It is necessary to reduce weight if one is overweight or obese, failing which one cannot be physically fit for long. For people with obesity, more exercise and a strict regime are necessary, preferably under guidance. There are many ways of making the diet healthier.

1. Use less sugar and salt while cooking food.
2. Use less oil while cooking. Avoid deep-frying as much as possible.
3. Eat more fruits daily. They provide more vitamins and minerals to our bodies.
4. Add sprouts of gram and moong dal to at least one meal in a day. Add fiber to your diet. Use whole grains instead of polished cereals. Eat lots of salad and yogurt.
5. Eat fermented food regularly. Fermented food contains many useful bacteria that help in the process of digestion.



# Prevention of Lifestyle Diseases

By adopting a healthy lifestyle one can avoid lifestyle diseases. The following are some ways in which we can prevent lifestyle diseases.

- Eat a balanced diet that contains important nutrients. One must include more fresh fruits and green vegetables in the diet. Refrain from eating junk food. Stay away from foods that contain large amounts of salt or sugar.
- One must avoid overindulgence in alcohol, junk food, smoking, and addiction to drugs and medicines.
- Avoid spending too much on modern gadgets like mobile phones, laptops, televisions, etc. Spend time on these gadgets for short intervals of time only.
- Set a healthy sleeping routine for every day. Waking early in the morning and going to bed early at night should be a daily habit. Lead an active life.
- Exercise regularly. Spend more time outdoors and do activities such as walking, running, swimming, and cycling.

## Unhealthy Lifestyle

Bad food habits and an unhealthy lifestyle such as less or no physical activity may lead to several diseases like obesity, high blood pressure or hypertension, diabetes, anemia, and various heart diseases. An unhealthy lifestyle reduces productivity and creativity in a person. It also adversely affects moods and relationships. It leads to depression and anxiety in human beings.

Maintaining a healthy lifestyle leads to confidence, productivity, and success in personal and social life. Emphasize the holistic approach of combining exercise, diet, discipline, and positive habits for overall well-being.

This comprehensive guide provides a clear understanding of the components of a healthy lifestyle and the impact on physical and mental well-being. It also highlights the importance of preventive measures to avoid lifestyle diseases.



# Advantages of Investing

Investing is a powerful tool that can pave the way towards financial success and prosperity. Whether you are a novice or an experienced investor, understanding the advantages of investing is crucial for making informed decisions about your financial future. This article aims to explore the numerous benefits that investing can offer. From financial growth and wealth accumulation to tax advantages and long-term security, investing provides opportunities to build wealth, generate passive income, and safeguard against economic uncertainties. Additionally, investing can foster personal and professional development, equipping individuals with valuable skills and knowledge in financial management. So, let's delve into the advantages of investing and discover how it can help you achieve your financial goals.

## 1. Financial Growth and Wealth Accumulation

Investing is a proven way to do just that. By putting your money to work, you have the potential to earn returns that can help you achieve your financial goals, whether it's buying a fancy sports car or retiring on a tropical island. Compound interest is the magical ingredient that can make your money grow on its own, like a self-watering plant. When you invest, your returns can earn even more returns over time, snowballing your wealth. It's like a never-ending cycle of financial goodness that could make your future self-jump for joy.

## 2. Diversification and Risk Management

Imagine putting all your eggs in one basket, only to drop that basket. Ouch! Investing in a diverse range of assets helps spread out the risk, kind of like having an umbrella for a rainy day. By diversifying your investment portfolio, you can potentially minimize the impact of any single investment performing poorly, and protect yourself from financial downpours. Risk management is like playing a game of poker – you need to know when to hold 'em and when to fold 'em. By carefully assessing your risk tolerance and understanding the potential risks associated with different investments, you can make informed decisions and avoid unnecessary financial heartaches. It's all about finding the right balance between taking risks and protecting yourself



### **3. Potential for Passive Income**

Passive income: the holy grail of financial freedom. Investing can open doors to passive income streams, where your investments work for you while you sip piña coladas on the beach. From rental properties to dividend-paying stocks, these income-generating assets can provide a steady flow of cash without you having to clock in from 9 to 5.

### **4. Tax Benefits and Wealth Preservation**

Investing isn't just about growing your wealth—it can also have some nice perks when it comes to taxes. One of the advantages of investing is that certain types of investments can offer tax benefits. For instance, contributions to retirement accounts like 401(k)s or IRAs are often tax-deductible, meaning you can lower your taxable income and potentially pay less in taxes. Additionally, certain investment strategies like tax-loss harvesting allow you to offset capital gains with capital losses, reducing your overall tax liability. So, not only can investing help you build wealth, but it can also lighten the load when tax season rolls around.

### **5. Long – term Financial Security**

Investing is like building a solid financial foundation for your future. By consistently putting your money to work in the market, you have the potential to earn returns that outpace inflation and grow your wealth over time. Whether you're investing for retirement, a down payment on a house, or your child's education, it's important to start early and keep a long-term perspective. By staying committed to regular investing, you can set yourself up for long-term financial security and achieve your goals.



# CROWDSOURCE – Amity University

Hey there! So, I went to this really cool event at Sharda University recently. The whole thing was about Google Crowdsourcing, and it was led by Nikhil Raichur, who's a Program Manager at Google Crowdsourcing.

Nikhil started off by diving into what Google Crowdsourcing is all about. It turns out, it's this awesome initiative where regular folks like us can contribute to different Google projects. He explained how our small actions, like answering questions or translating phrases, can actually make a big impact on improving Google products.

The event itself was super engaging. Nikhil didn't just talk at us; there was this interactive vibe. He shared real-life examples of how Crowdsourcing has already made a difference, which was mind-blowing.

What I found really interesting was the behind-the-scenes look at how Google incorporates user contributions into their algorithms. Nikhil broke down the process, making it easy for all of us to understand, even if we're not tech experts.

We also had a chance to ask questions and share our thoughts. It was awesome to see how much Nikhil values the input from the Crowdsourcing community. The Q&A session was pretty insightful, and I felt like I got a good grasp of how I could contribute.

But it wasn't just a one-way street. The organizers at Sharda University did a great job creating opportunities for us to connect with each other. Networking is usually the last thing on my mind at these things, but it ended up being a highlight.

Looking back, I'm amazed at how much I learned in just one session. It wasn't overwhelming, and Nikhil made sure to keep things relatable. I'm definitely more aware of the power we have as users and how platforms like Crowdsourcing are changing the game.

Overall, it was a fantastic event. Big shoutout to Sharda University for organizing it and to Nikhil Raichur for breaking down the magic behind Google Crowdsourcing!





**I Am Finisher**



**3<sup>rd</sup> Edition**

# **NCR HALF MARATHON**



## Christmas Celebration- Noida













# Christmas Celebration- Bangalore





## Christmas Celebration- Delhi



## Christmas Celebration- Mumbai





# New Year Party - Noida













## Quote of the month

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"December is a time to reflect on the blessings of the past year and to embrace the opportunities of the coming one."

**- Oprah Winfrey**





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