



THE GWALIOR BULLETIN

Gwalior Management Association
Affiliated to **AIMA**
ALL INDIA MANAGEMENT ASSOCIATION

The official newsletter of Gwalior Management Association



DR. PRAVEEN AGARWAL

(President)

Gwalior Management Association

From the Desk of the President:

As the President of GMA, I am honored to lead an organization that is dedicated to supporting the growth and development of management professionals across industries. Our members come from diverse backgrounds, including manufacturing, healthcare, education, technology, and more, but share a common goal: to continuously improve their skills and knowledge to meet the challenges of a rapidly changing business environment.

In pursuit of this goal, GMA offers a range of programs and initiatives, including conferences, workshops, and seminars, designed to enhance our members' leadership, communication, and strategic planning capabilities. We also collaborate with academic institutions and other professional associations to promote knowledge-sharing and learning opportunities. At GMA, we understand that leadership is not just about achieving business success but also about making a positive impact on society. Therefore, we encourage our members to adopt ethical and sustainable practices and contribute to their communities through philanthropic initiatives and volunteer work.

I am proud of the work that GMA has done in advancing the field of management and supporting the growth of businesses in Gwalior and beyond. I look forward to working with our members and partners to build a brighter future for management professionals and the communities we serve.



MR. SHYAM AGARWAL

HONORARY SECRETARY

YOUR HONORARY SECRETARY SPEAKS:

As Honorary Secretary of Gwalior Management Association, I work to ensure that members benefit from world-class training, networking and resources. We organize events to keep members up-to-date with management trends and foster knowledge-sharing among members and stakeholders. Our work has contributed to growth and development of management professionals in Gwalior and beyond.



PROPOSED INDIA'S FRST DISABILITY SPORTS COMPLEX

INTERVIEW SECTION



Er. Anurag Gupta

(Junior Engineer)

Ministry of housing & urban affairs
Central Public Works Department

CPWD Engineer Discusses Construction of India's First Disability Sports Complex in Gwalior

by Er.Mohit Verma

Can you tell us about the National Centre for Disability Sports, India's first ever centre for disability sports?

The National Centre for Disability Sports (NCDS) is India's first ever centre for disability sports and is being constructed in Gwalior, Madhya Pradesh. The main objective of this project is to provide world-class training facilities for athletes with disabilities and promote sports among people with disabilities. The centre will have facilities for various sports, a rehabilitation centre, a hostel for athletes, a cafeteria, and a conference hall. The construction is expected to be completed by 2023 and is being monitored by the Sports Authority of India. The NCDS is expected to become a hub for the training and development of athletes with disabilities, as well as a venue for national and international competitions.

What were some of the unique challenges you faced during the construction of this complex, especially with regards to making it accessible for people with disabilities?

However, during the construction, we may have faced some potential challenges such as designing the complex in a way that is accessible for people with disabilities, which includes incorporating ramps, elevators, and other accessibility features. We may have also had to select appropriate materials and technology to ensure the complex's safety and functionality for all users. Additionally, coordinating with various stakeholders like architects, contractors, and government officials may have been challenging to ensure that the construction followed the guidelines and standards set for accessible infrastructure.

What measures were taken to ensure that the construction of the complex was environmentally sustainable and energy-efficient?

The construction of the complex was made environmentally sustainable and energy-efficient by taking various measures. These measures included selecting eco-friendly materials and technologies, such as low-emission concrete and energy-efficient lighting and heating systems. The construction team also made sure to minimize waste and pollution by implementing proper waste management practices and reducing the use of harmful chemicals. In addition, the design of the complex was optimized to make the best use of natural resources, such as sunlight and wind, to reduce the need for artificial energy sources. Finally, the construction team conducted regular energy audits and made necessary adjustments to optimize energy usage and ensure that the complex remained environmentally sustainable and energy-efficient.

What do you think is the most important aspect of constructing a facility like the disability sports complex, and how do you think it will benefit the community?

Constructing a facility like the disability sports complex requires ensuring that it is accessible to all members of the community, including those with disabilities. This is the most important aspect of the construction process as it promotes inclusion and equal opportunities for everyone. By providing a space for people with disabilities to participate in sports and physical activities, the complex can positively impact the physical and mental health of individuals with disabilities and the community as a whole. Moreover, the disability sports complex can serve as a model for other communities to follow in promoting accessibility and inclusion. In general, constructing the disability sports complex can have a significant positive impact on the community by promoting inclusion, physical and mental health, and setting an example for others to follow.

How do you plan to maintain and upkeep the disability sports complex in the future, and what measures will be taken to ensure that it remains accessible and functional for people with disabilities?

As an engineer of the disability sports complex, I strongly believe that the regular maintenance and upkeep of the facility are critical to ensuring that it remains functional and accessible for people with disabilities. To achieve this goal, we will create a maintenance plan that includes regular inspections, cleaning, and repairs as needed to keep the facility in excellent condition.

To guarantee the ongoing accessibility of the facility, we will gather feedback from users with disabilities and their advocates to identify any issues that may arise and address them as soon as possible. We will also stay up to date with new accessibility technology and design standards and integrate them into the facility to maintain its accessibility.



GMA president Dr. Praveen Agarwal with Mr. Srinivas Dempo



GMA president Dr. Praveen Agarwal with Mr. Kabir Bedi



GMA president Dr. Praveen Agarwal with Mr. Kumar Mangalam Birla

Gwalior Management Association Delegation Attends AIMA's National Leadership Conclave in New Delhi

New Delhi, April 13, 2023 - The All India Management Association (AIMA) organized the 8th National Leadership Conclave at the Taj Palace hotel in New Delhi, bringing together industry leaders, policymakers, and management experts from across the country to discuss the challenges and opportunities in the current business landscape.

The Gwalior Management Association (GMA) sent a delegation to the event, led by its president, Dr. Praveen Agarwal. The group included Mr. Shyam Agarwal (Honorary secretary of GMA), Mr. Ashutosh Agrawal, Mr. Purvansh Agrawal, and Dr. Monika Batham.

During the event, Dr. Praveen Agarwal shared that GMA had invited renowned industrialists from across the country to visit Gwalior and learn about the ongoing development of an international-level airport, expected to be completed by September. He also highlighted the availability of industrial land, an IT park, a readymade park, a garment park.

GMA is also committed to supporting innovative entrepreneurs by offering free Public Relations Officer (PRO) services, and its membership includes major industrial players such as Godrej, Cadbury and JB Mangaharam. Dr. Praveen Agarwal and Shyam Agarwal noted that the industrialists they had invited were excited to hear about the development of an international-level airport in Gwalior and expressed confidence that better connectivity would attract more industry to the city. They assured that they would visit Gwalior soon to explore opportunities for investment and growth.



Gwalior Management Association (GMA) confers Letter of Appreciation to Padmashri Nemi Nath Jain

Gwalior, Madhya Pradesh - The Gwalior Management Association (GMA) recently conferred a Letter of Appreciation to Mr. Nemi Nath Jain, the Chairman of Prestige group of Industries, for his outstanding contribution in the field of business and management. The event was held on May 05, 2023, at the Jiwaji Club in Gwalior.

Mr. Jain, who is a Padmashri recipient, could not attend the function and his son, Shri Davish Jain, received the letter of appreciation on his behalf. The ceremony was graced by the presence of the entire GMA team, including President Dr. Praveen Agarwal, Dr. Manoj Patwardhan (Executive Director), Honorary Secretary Mr. Shyam Agarwal, Joint Secretary (Operational) Er. Mohit Verma (C.Eng), Dr. Garima Mathur (Joint Secretary - Academic), Adv. Nitin Dhamani, Mr. Rajesh Dhamani, Mr. Vineet Tripathi, Mr. Prashant Sharma, Dr. Hariom Singhal, CA Rishi Goyal, Er. Vivek Jain, and others. During the ceremony, the team also presented an appreciation certificate to Dr. Joshi, who highlighted the various achievements of the institute over the past 25 years and emphasized the institute's commitment to providing quality education to its students.

The event concluded with a dinner, where the guests and attendees had an opportunity to interact and network with each other. The ceremony was a great success and was appreciated by all the guests and attendees.

GMA congratulates Mr. Nemi Nath Jain on his outstanding contribution in the field of business and management and wishes him the best for his future endeavors.

EDITORIAL SECTION

The Truth About Alkaline Water: Separating Fact from Fiction

Er. Mohit Verma (Environmental Engineer)

Alkaline water refers to any liquid with a pH greater than 7, on a scale that ranges from 0-14 with 7 as neutrality. Tap water usually has a pH around 7, while alkaline waters typically reach 8 or 9. Some manufacturers claim alkaline waters provide various health benefits; but is there scientific proof behind such claims?

Proponents of alkaline water believe it can neutralize the acid in our bodies, which may contribute to various health problems. They claim drinking alkaline water will strengthen immune systems, enhance digestion and even help prevent cancer; however, there is little scientific proof backing these claims.

Our bodies contain an internal pH balance that keeps us healthy. For instance, our stomachs naturally create an acidic environment to aid digestion and kill bacteria. Drinking alkaline water won't alter this dynamic and has no proof that it can strengthen immunity or even help prevent cancer.

There is some evidence to support drinking alkaline water as having potential health benefits for those suffering from acid reflux. Acid reflux occurs when stomach acid travels back up into the oesophagus and causes a burning sensation in the chest, creating discomfort for sufferers. Research indicates that alkaline water with a pH value of 8.8 may reduce symptoms associated with acid reflux - more studies must be completed in order to validate these findings.

Alkaline water may contain antioxidant properties that can protect our cells from damage caused by free radicals - molecules thought to contribute to health conditions like cancer, cardiovascular disease and Alzheimer's. Although some studies suggest alkaline water may possess antioxidant qualities, more research needs to be conducted before conclusively confirming these claims.

Conclusion In conclusion, while some manufacturers of alkaline water claim it can offer various health benefits, there is limited scientific support to back these assertions up. Drinking alkaline water likely won't change our stomach pH or boost immunity or prevent cancer; there may however be evidence to support its use for those suffering acid reflux symptoms; before making changes to your diet or lifestyle it is always advisable to check with a healthcare provider first.

Russia-Ukraine War and its implications on india

Dr. Monika Batham (Researcher)

In 2014, Russia annexed Crimea, a region of Ukraine that had previously been a part of Russia until 1954. This sparked the start of the current conflict between Russia and Ukraine. Pro-Russian separatists in eastern Ukraine proclaimed their independence and took over many cities after the takeover. Both sides accused one another of aggression and breaking international law as the dispute swiftly grew into a full-fledged war. Over 13,000 people have died as a result of the battle, including both civilians and military on opposing sides.

The political and economic stability of both Russia and Ukraine, as well as the wider area, have been significantly impacted by the war. The international community, particularly the United States and the European Union, have imposed economic penalties on Russia as a result of the conflict. The Russian economy, which is primarily dependent on oil and gas exports, has been significantly impacted by the sanctions. The people who live in the conflict-affected areas have also been significantly impacted because they have been forced to evacuate their homes and constantly fear violence and instability. Women, children, and the elderly are three vulnerable populations who have been hit particularly hard by the fighting.

There have been continued efforts to end the conflict, but they have been challenging and slow-moving. Numerous cease-fire agreements have been made in relation to the conflict, but both parties have consistently broken them. Overall, one of the most important geopolitical issues currently confronting the world is the war between Russia and Ukraine. Substantial human suffering has resulted from it, and it has had a substantial negative influence on the political, economic, and social stability of the region. India has been affected by the crisis between Russia and Ukraine, however these effects are very insignificant in comparison to the impact on other nations. Energy prices have been one of the main repercussions of the conflict. Given that Russia is a substantial producer of both oil and natural gas, any disruption to Russian energy exports might have a big effect on world pricing. As a major importer of oil and gas, this has had an impact on India, where the conflict has caused prices to increase. The sanctions that the international community, particularly the US and EU, has placed on Russia have also had an impact on India. Some Indian businesses that do business with Russia have been impacted by the restrictions on trade and investment between Russia and other nations, including India. India has urged a peaceful settlement through diplomatic means while maintaining a largely neutral position on the crisis. India has also made an effort to improve ties with both Russia and Ukraine. If all parties are in agreement, India has offered to arbitrate the situation. Overall, while the conflict between Russia and Ukraine has had some effects on India, they have been relatively insignificant in comparison to the effects on other nations in the vicinity, such as Europe. India has worked to maintain a diplomatic, impartial stance towards the conflict while also fostering closer connections with both Russia and Ukraine.

GLIMPSES OF ACTIVITIES



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