



January 2003
Volume 6, Issue 1

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Record Breaking Performance

ICT's Construction Supervision team and M/s HCC at NH-6 have set a record of sorts of supervision and execution of 3,000 tonnes of DBM and more than 14,000 cu.m of earthwork, valued at Rs. 1.09 crores, in a single day on 19th December 2002. Await details in the next issue.

From Editor's Desk

On the evening of 31st December 2002, sun finally set and said good-bye to the year 2002 but with a promise to rise again and usher in the New Year 2003. Mr. K. K. Kapila, our CMD wishes all our readers a Very Happy and Prosperous New Year. May the New Year bring you and your families a very good health, a lot of wealth and tons of happiness. We include in this Newsletter a poem on "A New Year" written by one of our staff members.

Another feather in the ICT's hat. As part of Reconstruction and Development of Afghanistan, our Company is to provide consultancy services for "Capacity building for project planning and sustainability of transport sector" under Asian Development Bank's Technical Assistance project. The main issues to be addressed include sustainability of the road-network, encouraging direct participation of beneficiaries / communities in development project, ensuring resettlement of project affected persons and incorporation of gender considerations in development of transport sector projects.

Have you been to the Head Office lately? No. Well, you are in for a big surprise when you visit us next time. Our Head Office nay our Corporate Office is now at A-8, Green Park, New Delhi, a couple of buildings away from the old location. The new set-up has a touch of elegance and sophistication alongwith all the latest gadgetery. Soon we will have an electronic access control installed in the complex. Gone are the days of matinee shows as the installed computer will be monitoring your movement! You may also have to watch out while walking through the corridors lest you skid on the polished adorable flooring or bash into spick and span glass panels. If next time you meet someone with a swollen forehead, not discounting other reasons, chances are that the person was too pre-occupied while moving through A-8 premises!! In addition to the Business Development and Information Technology Divisions which were already located in the top floor of that building, the HRD & Administration, Finance and the Pool of Consultants have also shifted to the new Corporate Office building. Our top management is of course now functioning from this new complex. Hats off to Mr. Prashant Kapila, Director (Technical), for his untiring efforts in conceptualizing and implementing the conversion of A-8 into a modern Corporate Office in a record time. Well done Prashant!!

You may recollect my prediction through the last Newsletter that there will be an additional festival in ICT in November this year. Well 29th November, 2002 was the day when our most eligible bachelor, Mr. Prashant Kapila was clean bowled by Himani (erstwhile) Chawla. Our heartiest congratulations to Poonam and Kiran Kapila for the new addition in the family.

With the phenomenal growth in communications, this huge world of ours has become a small global village. You can hop across to another country in a couple of hours or speak to a person, loud and clear, on the other side of the globe by just click of a cell phone button. One hoped these advancements would make people more humane, strengthen relationships and make our planet heavenly. But strange enough, the reverse is happening. We include an article on the subject for you to ponder "Think it over....". We give you both the problems and the remedy.

Happy reading,

- Editor



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Appointments

The following senior and middle level staff has joined our Company. We take this opportunity to welcome them to the ICT Family.

- Associate Director** - Mr. D. V. Ramana
- General Managers** - Mr. H. Muralidhara Pai, Mr. J. P. Arora, Mr. V. K. Saksena and Mr. Krishna Sharan Chakhun
- Senior Managers** - Dr. Narasimha Rao and Mr. Ajit Kumar Jha
- Deputy Managers** - Mr. G. S. Prakash, Mr. Ajay Kumar, Mr. Sandeep Gautam, Mr. Thota Samba Siva Rao, Mr. C. S. Rajan and Mr. M. V. N. Satyanarayana
- Assistant Managers** - Mr. Rohit Kumar, Mr. Vinod Kumar Sharma, Ms. Rajni Dhiman, Mr. Dinesh Ahuja, Mr. Pronobesh Biswas, Ms. Roshini Mary Thomas, Mr. Yogendra Prakash Jauhari Mr. K. J. Tharesh



*Newly Weds:
Prashant and Himani*

Wedding Bells

The following of our staff have shed their bachelorhood and entered the 'Grihastha Ashram'. We wish them a very happy married life.

- Ms. Dhaneshwari Negi married to Anil - 21.11.2002
- Mr. Vinod Mishra married to Lata - 28.11.2002
- Mr. Prashant Kapila married to Himani - 29.11.2002

Articles

“Think it over...”

The Problem

- Today we have higher buildings and wider highways, but shorter temperaments and narrower points of view.
- We spend more, but enjoy less.
We have bigger houses, but smaller families.
We have more compromises, but less time.
We have more knowledge, but less judgement.
We have more medicines, but less health.
- We have multiplied our possessions, but reduced our values.
We talk much, we love only a little, and we hate too much.
- We reached the Moon and came back, but we find it troublesome to cross our own street and meet our neighbours.
We have conquered the outer space, but not our inner space.
- We have higher income, but less morals.
These are times with more liberty, but less joy.
We have much more food, but less nutrition.
- These are the days in which it takes two salaries for each home, but divorces increase.
These are times of finer houses, but more broken homes.

The Remedy

- Do not keep anything for a special occasion, because every day that you live is a special occasion.
Search for knowledge, read more, sit on your front porch and admire the view without paying attention to your needs.
- Spend more time with your family and friends, eat your favourite foods, visit the places you love.
- Life is a chain of moments of enjoyment; not only about survival.
Use your crystal goblets. Do not save your best perfume, and use it every time you feel you want it.
- Remove from your vocabulary phrases like “one of these days” and “someday”.
Let's write that letter we thought of writing “one of these days”.
- Let's tell our families and friends how much we love them.
Do not delay anything that adds laughter and joy to your life.
Every day, every hour, and every minute is special.
And you don't know if it will be your last.

- Contributed by Mr. V. K. Gautama

Newest Cancer Fighters? Garlic, Onions, etc

A diet rich in garlic and onions may cut the risk of prostate cancer in half, according to a study.

The study, appearing this week in the Journal of the National Cancer Institute, is based on interviews with 238 men with prostate cancer and 471 men who were free of the disease. Like any study, this has several potential limitations.

The results showed that those who ate more than a third of an ounce (nine grams) a day from the allium food group were about 50 per cent less likely to have prostate cancer than those who ate less of the foods. The allium food group includes garlic, scallions, chives, leeks and onions.

Scallions seemed to be the most protective. According to the study, men who ate about a tenth of an ounce or more a day of scallions reduced their prostate cancer risk by about 70 per cent. For garlic consumption of the same amount, the prostate cancer risk was reduced by about 53 per cent.

The reduced risk of prostate cancer associated with allium vegetables was independent of body size, intake of other foods and total calorie intake and was more pronounced for men with localized than with advanced prostate cancer.

(I am not sure if consumption of allium food group will help control prostate cancer but it will certainly bring down the birth rate in India - Editor)

- Reproduced from CNN.com/HEALTH

Happiness as an attitude

Happiness is nothing but a state of mind, it is an attitude. If we want to remain happy, nothing can make us depressed. The bumpy patches of life will smoothen out if we remain happy and have a positive frame of mind. Such an attitude will maintain our mental equilibrium.

A person wanted to construct a house of his own. Soon he was able to do that but he was not happy because he was looking for a bungalow with green lawns and a swimming pool. A few years later he was able to fulfill his dream of a bungalow but he was still not happy because he wanted such a bungalow in metropolis. When he was about to retire, he was able to construct a house in Delhi but unfortunately, he was still not happy because he wanted to settle in a posh locality and this cycle of unhappiness continued. He spent the best years of his life seeing the glass half empty and not half-full. It is not to say that one should not have dreams, because dreams are the driving force for progress. But achieving your dreams in an unhappy mode will not be worth it.

Now what is the secret of maintaining such an attitude? A few tips:

- You must realize your own capabilities and then dream accordingly.
- Instead of looking up at some lucky few and feeling disgruntled, look at those who don't even possess half of what you have.
- Highlight small achievements of your life and feel happy about it. Remember, how happy a small child feels when he starts taking small steps forward.
- Don't let your failures spoil your life.

A word of advice every morning, when you dress-up for office, stand in front of the mirror and tell yourself that you want to be happy today. Take an extra minute to put up a smile on your face. It will work wonders for your self-confidence and energy level.

(A word of caution- On reaching the office, please review the advice. The smile could raise your energy level but in case your boss is in a foul mood, your smile could raise his / her energy level too! - Editor)

- Sukumar K. Padhy

Customer Satisfaction

Are you looking to develop your customer relationships?

Are you looking to gain that competitive edge?

Are you looking to retain customers that might defect?

Are you looking to understand your customer's needs, both now and in the future?

Do you want to know what your customers really think of you?

If the answer to any of these questions is "yes", then you have to measure and monitor customer satisfaction which is generally based on review of the customer-related information. Collection of such information may be active or passive. All organisations must identify various sources of information to listen effectively and efficiently to the "voice of customers". Some of the sources of information include:

- Customer complaints
- Communicating directly with customers
- Questionnaires and surveys
- Report from consumer organisations
- Media reports

Maj. Gen. S. K. Khetarpal (Retd.)

Kudos

Our heartiest congratulations to Dr. D. K. Pandey. His article titled "Environmental Consideration in Road Projects" was published in the "Employment News" dated October 19-25, 2002. The article provides an in-depth knowledge in various aspects of Environmental Impact Assessment.

Mr. D. Vasudevan, Associate Director and Head, Information Technology Division ICT was elected to the GIS Customer Council of Autodesk. He represents the entire Asia Pacific Region and was specially invited by the Autodesk Inc to represent ICT in an International Conference commemorating its 20th Anniversary and 2nd International GIS Customer Council meeting. The grand event was held in Las Vegas, USA from 3rd to 6th December 2002 attended by over 2500 delegates from across the globe. The position represents that of a honorary Board of Director and Vice-President of Autodesk Inc, for this product segment.

During this conference Mr. Vasudevan made an exclusive presentation to the top management of Autodesk Inc titled "A Perspective view of Indian opportunities" which was well received and appreciated by the attendees.

This is yet another milestone in ICT's emerging international presence. Look forward for more exciting developments to follow in this connection.



Mr. Ernesto Diaz, Senior Director, Autodesk paying attention during the presentation being given by Mr. D.Vasudevan at Autodesk Conference held at Las Vegas, Nevada U.S.A

Humour Section

- Recently, a distraught wife went to the local police station, along with her next-door neighbour, to report that her husband was missing. The policeman asked for a description of the missing man.

The wife said, "He is 35 years old, 185 cms tall, has dark eyes, dark wavy hair, an athletic build, is soft-spoken and is good to the children."

The next-door neighbor protested, "Your husband is just 155 cms tall, chubby, bald, has a big mouth and is mean to your children."

The wife replied, "Yes, but who wants HIM back?"

- A person walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them.

His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing. The man says "I'm sending out 1,000 Valentine cards signed, "Guess who?" "But why?" asks the person. "I'm a divorce lawyer," the man replies.

**Send your contributions /
Article to ISO Secretariat
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and Technocrats Pvt. Ltd.**

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Poem

A New Year

Finally comes a new year
and we all have once again a reason to cheer
Finally the odds are out
and the happiness is near
There comes another Year
And we have a reason to cheer

Forget whatever bad had happened in the past
Gather the sweet memories of the going year
Come lets dress up with happiness & Good News
Come lets clear our minds from jealousy & ill views
Welcome the year with dreams in your eyes
Welcome the year with words that make everyone smile
There comes another Year
And there's a reason to cheer

Make resolutions, which you can follow
Forget incidents, which you can't swallow
Look at the New Year with a spark in your eyes
You will lose the charm of such great event otherwise
31st is the night to Rock N Roll
& The next day a day to greet everyone from your soul
There comes another Year
And there's a reason to cheer

My wish for the coming year
*"May God bless everyone with Happiness & Success
& May all the worst things from their lives clear"*
AS
*There comes another Year
And there's a reason to cheer*

- Mohit Khullar