

ASTER TALK

Interactive In-house Magazine

Nov 2007

Hi! **Asterians.** Wish every Asterian and their family a very happy Dassara. Hope every one has celebrated the festival with religious fervor and gaiety. Dassara festival is a religious as well as social festival.

Deepavali the festival of lights and happiness is fast approaching and Aster wishes every Asterian and their family a very happy Deepavali.

Please ensure that you take safety precautions while lighting and using crackers. Do not compromise safety at any cost; your life is precious to us.

Asterians have been working tirelessly to complete the projects at sites with quality team ensuring value addition in the specified area of activities. Well done!!! Asterians !!! Keep it up!!!

We are sure that your vigorous efforts, in pursuit of technical excellence will deliver quality products to our esteemed customers and keep the Aster flag fly higher and higher.

The following new Business Units have been raised:

- (a) Aster Infra Tek Pvt Ltd.
- (b) Aster Electrosoft Pvt Ltd.
- (c) Aster Rail Pvt Ltd.

These company's are in the process of completing various demerger formalities, however, they are functional and we wish them all the success in their forward movements.

“ If some one feels that they had never made a mistake in their life, then it means they had never tried a new thing in their life”.

NEWS FROM Mr UKR's DESK

A mail sent by Mr. Kantha Rao Garu, congratulating the team work and leadership qualities exhibited by Mr. BR Rao and his team of Telecom Vertical in surpassing the goals on sales as well as profitability is reproduced below.

Dear BRR,

Thanks for the great focus and achievements of your team; out of all reduction of debtors age is a most significant one. Your vertical met sales targets for the first half year and 4 SBUs surpassed the goals on sales as well as profitability. We believe you would meet and surpass the goals set for this half year including profitability.

You and your team is inspiration to all of us.

With best wishes and regards,

Kantharao Uppala

“Well done BR Rao Garu . . . Keep it up !!!”



During QRM held on 13 Oct 07, Mr. UKR has appreciated and commented up on the good work done by Mr. Gaikwad of RFES in maintaining the guest house, the assets and documentation of RFES in an exemplary manner. He is one among the many good workers Aster has in its rolls.

Deepavali



Hi ! Asterians!!! India is a country of many cultures and many faiths.

Deepavali is a wonderful festival, celebrated all over the world. It symbolises joy, brightness and happiness and is a time when the family is to gether. It also gives a chance for reflection about what we have achieved in the past and our hopes and ambitions for the future.

I am deeply touched by the unity, warmth and joy this festival brings each year and the spirit with which it is celebrated. We at Aster appreciate your continued efforts and we redouble our efforts to achieve technical excellence in our field of activities and serve our customer with love, passion and faith.

Deepavali is a period of hope as well as of thanks giving. It is a time of optimism, of renewal, of sharing and of joy. Deepavali is heralded as the triumph of good over evil, of righteousness over treachery, of truth over falsehood, and of light over darkness.

Like we decorate our house, we should also decorate the thresholds of our lives with beautiful colours of love and compassion and distribute sweetness to all through our sweet speech, deeds and actions. Only then we will be able to celebrate the festival of Deepavali in its true sense.

The flame of a lamp has two qualities. One is to banish darkness. The other is a continuous upward movement. Along with lighting the external lamps, men should strive to light the lamps within them.

Together, let us look forward to the future with hope that Aster will grow from strength to strength and all Asterians will keep the flag flying high.

We wish every Asterians and their beloved family a very happy Deepavali and may Goddess Lakshmi bring you prosperity good health and happiness.

“ If we cannot love the person whom we see, how can we love God, whom we cannot see”.

NEWS FROM SBU – DESK

ECP DIVISION

ECP is going a head with various projects vigorously and is completing the ATS of various TSPs of RIL projects in East and North East areas.

ECP is also working vigorously and in time completion of the BOL projects in Karnataka and Punjab.

Many new projects are in hand for planning of execution in a time frame. Planning at various stages is in progress.

Engineering Services Division

The efforts of the divisions with a vibrant and enthusiastic team is ahead of schedule in various projects like Ericsson, Nokia, Siemens, Hutch (Vodafone), Reliance and various other service providers for installing and commissioning of the BTS.

Worked in coordination with BSNL Towers for wireless connectivity for the recently concluded World Military Games held in Hyderabad when 103 countries participated in the Mega event.

“Never break four things in your life – Trust, Promise, Relation and Heart because when they break they don’t make noise but pains a lot”.

R F E S Division

Raising day:

RFES has celebrated its 4th 'Raising Day' on 01st Oct 07 with all its fervor and enthusiasm. To commemorate the occasion a get together was organized and all team members available at (Hyderabad) corporate loc and who are on various duties in Hyderabad attended.

New Projects:

RFES is continuously realizing its linear growth in all its three fields as it is popularly known as RF survey, LOS microwave survey and Drive Test & Network Optimization among its established customers besides its endeavor to reach to Idea MP to make them to taste the quality of services of Aster.

Idea AP is now on line along with Reliance Orissa to avail the hospitality of services of Aster.

P M O DIVISION

ON GOING PROJECTS

Electrical liasoning Teams are putting all efforts with AP State EB authorities for providing EB connections to various sites in AP. This month, the team has shown an appreciable progress on EB liasoning of VODAFONE sites.

BOL SPICE PROJECT (KARNATAKA & PUNJAB): -To ensure the quality of site works, the QA team is busy in carrying out inspections (PAT & FAT) of the completed sites. The teams are also ensuring clearance of punch points given during last Inspections.

AP IDEA BOL PROJECT: - Our teams are dedicatedly carrying out QA Checks at various sites of AP.

“Every one thinks of changing the world, but no one thinks of changing himself”.

SHELTERS DIVISION

We are happy to inform that our Shelters Division has added one more achievement to the history of ASTER.

Shelters Division has been awarded the ISO 9001:2000 QMS certificate on 2nd June 2007. Well done and congrats for the efforts.



CERTIFICATE

The Certification Body for
Quality Management Systems
of TÜV Rheinland India Pvt. Ltd.

certifies in accordance with TÜV Rheinland Group procedures that

ASTER TELESERVICES PRIVATE LIMITED – SHELTER DIVISION

Office: 5th Floor, Aishwarya Chambers, Plot # A-8, Rukmini Puri
Colony, A.S. Rao Nagar, Hyderabad – 500 062, India
Factory: A – 23, Road # 1, I.D.A. Nacharam, Uppal (Mandal),
Ranga Reddy District – 500 076, India

has established and applies a quality management system for

**Manufacture and Installation (including associated civil works)
of shelters for Telecom Applications**

An audit was performed, Report No. 07868

Proof has been furnished that the requirements according to

DIN EN ISO 9001: 2000

are fulfilled.

The certificate is valid until 2010-08-26

Certificate Registration No. **85 100 001 07868**



A handwritten signature in black ink, appearing to read "Kamath".

Bangalore, 2007-08-27

The validity of this certificate is subject to timely completion of Surveillance audits as agreed in the Contract. The Validity of the Certificate can be verified under WWW.tuv.com with the Identification No. 9105042591

The certification Body of
TÜV Rheinland India Pvt. Ltd.

04/11/NABCB/00

www.tuv.com

“Believing every body is dangerous. Believing no body is very dangerous”.

OPERATION & MAINTENANCE DIVISION

❖ VODAFONE ESSAR SOUTH LTD. - BANGLORE

We have received the Letter of Intent of Turnkey Contract for OFC Patrolling on Gadag – Homnabad & Davangere-Dharwad route – 800 KMs.

❖ NOKIA SIEMENS NETWORKS PRIVATE LTD.- NEW DELHI

We have received the Resource Order for West Bengal Kolkata circles.

❖ NOKIA SIEMENS NETWORKS PRIVATE LTD.- GUJARAT

We have received Confirmation of OFC Maintenance for below mentioned sections.

1. Baroda – Surat
2. Palanpur - Idar

Pat on the shoulder

- We have got Incentives for no cable cut for the maint route of VSNL KR Pet – Sulya. Well done boys keep it up.

“Winning doesn’t always mean being first. Winning means you are doing better than you have done before”.

Three Thumb Rules for getting success:

Know more than others, work more than others and expect less than others

Important information: Cancer Update from Johns Hopkins.

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard Tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime
3. When the person's immune system is strong the cancer cells will be destroyed and prevented From multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These Could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
- 9 When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

CANCER CELLS FEED ON:

(a). Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.

(b). Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soya milk cancer cells are being starved.

(c). Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

(d). A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at Temperatures of 104 degrees F (40 degrees C).

(e). Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-sence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

Important points to note:

1. No plastic containers in micro.
2. No water bottles in freezer.
3. No plastic wrap in microwave.

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well.

Dioxin chemicals causes cancer, especially breast cancer.

Dioxins are highly poisonous to the cells of our bodies.

Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital , was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us.. He said that we should not be heating our food in the microwave using plastic containers.

This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else.

Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

“In a day when you don’t come across any problems, you can be sure you are traveling in a wrong path”

