



NEWSLETTER ANULOM

The official newsletter of  ANULOM Technologies Pvt. Ltd. Pune

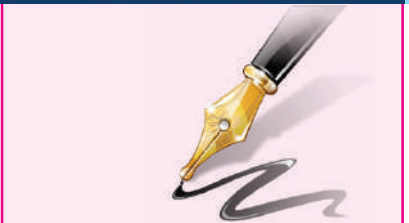
JULY 2024

Volume : 3 | Issue : 11

For Private Circulation only



Interior Designing



Editorial...

Dear Readers,

Welcome back to yet another informative issue of Anulom Newsletter. In our previous issue, we discussed about Interior Designing. In continuation to that, we will discuss and get to know more about how to keep our homes clean and safe for living. Hope you will certainly like this topic.

– Editor

Simple Ways to Prevent Air Pollution in Your Home

When you think of air pollution, you most likely don't conjure up images of the inside of your home or office. But because we spend so much time indoors — especially in colder weather — keeping the air quality as clean as possible in your home, car and workplace is important for your health. And, unfortunately, we bring most of those pollutants indoors ourselves.

Cigarette smoke

Experts say that one of the most common indoor air pollutants is cigarette smoke. "The residual gas and particles from cigarette smoke that settle pose health hazards, particularly in rooms with a lot of fabric or carpeting," says pulmonologist

Sumita Khatri, MD. "We all have heard of second-hand smoke; this is called third-hand smoke." She says the risks are disproportionately high in children, who are more likely to be playing on the ground, and in people with chronic heart and lung problems.

Electronic cigarettes are a similar source of pollution to consider, Dr. Khatri adds. The vapours emitted when someone smokes e-cigarettes contain volatile organic compounds, heavy metals and other chemicals linked to lung disease. "Being smoke-free, including in the home, is your best approach," she says.

Household cleaners

Household cleaning supplies are another common cause of

indoor pollution. Harsh chemicals that give off fumes can irritate your nose, mouth, and lungs, as well as your skin. "Those with sensitive lungs and upper airways, like people with asthma and chronic sinusitis, may notice their symptoms getting worse," Dr. Khatri says.

The fumes can cause inflammation that can make it more difficult for people with chronic lung conditions to heal from infections. It can also worsen inflammation due to other triggers, such as allergies. Dr. Khatri recommends using natural cleaning supplies and elbow grease to minimize risks.

Other indoor pollutants that exacerbate asthma or other chronic lung conditions include:



- Particulates from candles and incense.
- Irritating perfumes.
- Odors from harsh household cleaners.
- Craft and office supplies, such as paints, glues, and toner ink.
- Fumes from dry cleaned garments (many solvents used are carcinogenic).
- Allergens, such as Mold, pollen, pet dander and dust mites.
- Wood-burning fireplaces or stoves.
- Improper ventilation in homes. This can increase levels of radon and carbon monoxide gas.
- Gas stoves that are not well ventilated with hoods to outside can increase exposure to nitrogen dioxide, carbon monoxide and formaldehyde.
- Materials used in older buildings such as asbestos, formaldehyde and lead.

Illnesses caused by indoor air pollution

Indoor air pollution can increase a person's chances of having flares of chronic lung problems, such as asthma or chronic obstructive pulmonary disease (COPD).

"In addition to worsening the symptoms of asthma and other chronic respiratory problems, indoor air pollution can also cause irritation of the nose, throat, eyes and lungs," Dr. Khatri says. There are also likely longer-term effects from ongoing exposure that are more difficult to measure, such as the likelihood of lung cancer from radon exposure, as well as second-hand and thirdhand smoke.

Role of ventilation and air filters

Although opening windows helps ventilate your home, car, or office, that is not always possible due to allergies or extreme temperatures. Consider using air filters and getting your HVAC (heating, ventilation, and air conditioning systems) checked regularly.

Also, air purifiers and aromatherapy can often make air quality worse unless they are the right kind, Dr. Khatri says. They need to be HEPA (high-efficiency particulate arresting) air filters.

How to cut down your risk

Fortunately, there are ways you can minimize air pollution in your home, car or at work, Dr. Khatri says. Try these simple steps:

1. Avoid smoking indoors (but quitting smoking is the best answer for overall health).
2. Use craft supplies in well-ventilated areas.
3. Make sure your gas stove is well-ventilated.



4. Minimize clutter.
5. Remove carpeting if possible.
6. Use a dehumidifier and/or air conditioner to reduce moisture.
7. Keep trash covered to avoid attracting pests.
8. Remove shoes at the door.
9. Have car emissions tested regularly.
10. Minimize air freshener use.
11. Test your home for radon.
12. Use carbon monoxide detectors.
13. Fix water leaks.
14. Dust surfaces and vacuum frequently.
15. Wash bedding weekly in hot water.
16. Make sure exhaust fans are functioning in your bathrooms and kitchen
17. Keep a lid on scented candles.

Taking some simple precautions can help boost air quality in your home and improve your health.

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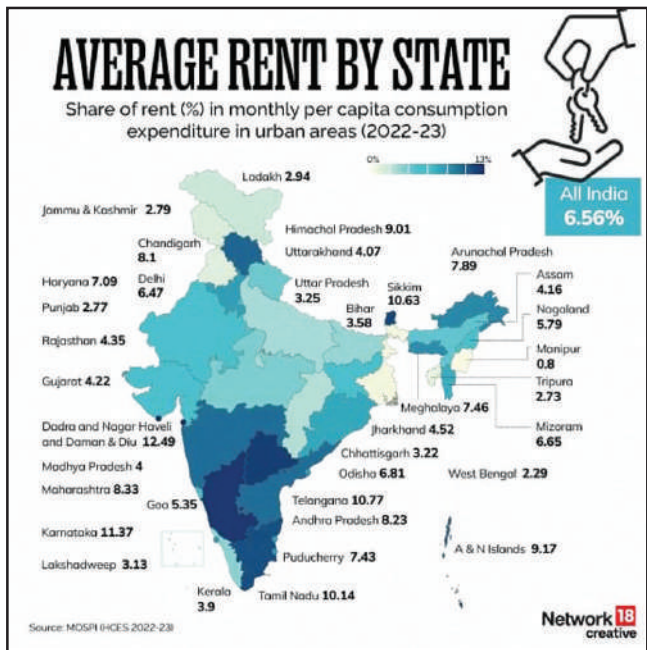
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स्फुरणिका...

आनंद कसा टिकवावा...



आनंद कसा टिकवावा हे सांगणे सोपे आहे. उदा. आपल्याला गोड खायची इच्छा झाली आणि श्रीखंड खायला मिळाले की आनंद होणारच. आपल्या जवळ मोटार असावी अशी खूप दिवसांची इच्छा असते. आणि कष्ट करून आणि पैसा जमा करून जेव्हा आपण मोटार विकत घेतो तेव्हा आनंद होणारच. स्वतःचा फ्लॉट असावा अशी इच्छा असणारच आणि मग आपण तो घेतला की साहजिकच या आपल्या achievement चा अभिमानयुक्त आनंद होणारच.

प्रश्न असा आहे की, श्रीखंड खाऊन, मोटार विकत घेऊन आणि फ्लॉट मिळाल्यावर आनंद किती वेळ टिकेल? काही तास, काही दिवस, काही वर्षे, हे त्या-त्या achievement वर अवलंबून आहे. पण तो किती आणि कायमचा टिकेल का, तर त्याचे उत्तर नकारात्मक आहे. मग आनंद टिकवण्यासाठी, सतत टिकवण्यासाठी, कायम टिकवण्यासाठी काय करावे? मला एका शब्दात उत्तर द्यायला आवडेल, ते म्हणजे 'कृतज्ञता'.

ज्या-ज्या गोष्टी मिळतात त्याचे श्रेय स्वतःकडे न घेता, स्वतःच्या कष्टाचे कौतुक करीत न बसता, परमेश्वराबद्दल कृतज्ञता ठेवली तर त्या-त्या वेळी आनंद होणारा टिकेल, वाढत जाईल आणि त्या आनंदाचे रूपांतर सुख, समाधान, शांती, प्रसन्नता यामध्ये होईल; जसे दुधाचे रूपांतर लोण्यामध्ये आणि तुपामध्ये होऊ शकते त्याप्रमाणे. एका विचारवंताने सुचविले की नकारार्थी विचार करून ती गोष्ट नव्हती तेव्हाची मनःस्थिती, आणि मिळाल्यावरची मनःस्थिती यांचा विचार करावा.

एक गोष्ट नेहमी सांगितली जाते - एका मुलाजवळ आपल्याकडे चपला नाहीत तेव्हा त्याला वॉईट वाटत होते. पण एकच पाय असलेला मुलगा त्याने जेव्हा बघितला तेव्हा त्याला वॉईट वाटायचे बंद झाले. 'सर्व परवशं दुःखं, सर्वमात्मवशं सुखं' हा गीतेने दिलेला संदेश आहे. म्हणजे स्वतःच्या ताब्यात जे असते ते सुख, आणि दुसऱ्याच्या हातात असते ते दुःखं. To have something and to enjoy it, is difficult, असे काही म्हणतात. या सर्व सुख-दुःखांवर आणि विशेषतः आनंद टिकवण्यावर एकच अत्यंत प्रभावी उपाय म्हणजे कृतज्ञतेची भावना जागवणे.

- डॉ. अरविंद नवरे

डायरेक्टर, अनुलोम टेक्नोलॉजीज प्रा. लि.

मोबाइल : ९५५२३८४९३९

कोर्टाची पायरी चढण्यापूर्वी...

इंडियन कॉन्ट्रॅक्ट ॲक्ट : १८७२

हा कायदा (किंवा या कायद्याची संकल्पना म्हणू) इंग्रजांनी प्रथम भारतात आणली असे नाही. याची बीजे प्राचीन काळापासून भारतात दिसून येतात. वचनपूर्ती, ऋणातून मुक्त होणे, या तत्वांना हिंदू कायद्यात महत्त्वाचे स्थान होते. आजच्या 'कॉन्ट्रॅक्ट' या संकल्पनेचेच ते मूळ रूप आहे असे म्हणता येईल. कारण कॉन्ट्रॅक्ट ॲक्टचे उद्दिष्ट असे सांगितले जाते की, माणसांनी दिलेली आश्वासने, वचने, त्यांच्याकडून पूर्ण केली जावीत. वचनपूर्तीच्या नैतिक बंधनाला कायद्याचा आधार असेल तर समाजातील अशांतेच्या कारणातील एक महत्त्वाचे कारण कमी होऊ शकेल.

कॉन्ट्रॅक्ट ॲक्ट हा करारासंबंधीचा (अॅग्रीमेंट) कायदा आहे. जो



FEEDBACK FROM OUR SATISFIED CUSTOMERS...

Komal has given excellent service. She makes our works very easier. I really appreciate her work. And wish her to do the excellent work every time. And make her customer satisfied.

— JAVED KHAN

Great service and prompt updates. Special thanks to Miss Pornima Bhalerao for all the assistance throughout the process.

— LOHRASP SADRI

Shambu Marne, over all service was fine.

— MANEESH SONAWANE

करार कायद्याने अंमलात आणण्यासारखा आहे, त्याला कॉन्ट्रॅक्ट म्हणावयाचे अशी व्याख्या या कायद्यात दिली आहे. 'अ' व्यक्तीने 'ब' व्यक्तीजवळ दोघांनी करण्यासारखी योजना मांडली आणि 'ब'ने त्यास मान्यता दिली, म्हणजे 'अ' आणि 'ब' मध्ये करार झाला, असे म्हणता येईल. हा करार कायद्याने अंमलात आणता येतो. तेव्हा त्यास 'कॉन्ट्रॅक्ट' म्हणतात. कोणताही करार कायद्याने अंमलात आणता येण्यासाठी म्हणजेच तो कायदेशीर ठरण्यासाठी त्या करारांत काही घटक आवश्यक असतात. ते असे :

१) मोबदला (Consideration) : करार करणाऱ्या दोन व्यक्तीपैकी एकाने मोबदला घेतलेला असला पाहिजे. तसे पाहिले, तर कराराचा कायदा दोघांना फायद्याचा हवा. पैकी एकास मोबदल्याच्या स्वरूपात होत असतो. मोबदला घेतलेला असेल तरच तो करार वैध ठरतो. 'अ' ने 'ब' ला फ्लॅट दिला. पण त्या बदल्यात मोबदला म्हणून फ्लॅटची किंमत किंवा भाडे मागितले नाही आणि 'ब'ने दिलेही नाही, तर असा व्यवहार, 'करार' म्हणता येणार नाही.

(क्रमशः)

— अॅड. अविनाश चाफेकर

मोबाइल : ९८५०९३५९११

Ms. Aarti, thank you for the seamless process of the loan intimation as you explained the process very well and cleared my doubts. You showed professional approach with me. Thank you once again.

— YASH MEHTA

Rohit helped with the biometric process at home. It was easy, convenient, and smooth. Highly recommend their service!

— TANUSHREE

Overall experience was good, great services, Anulom Team member Miss Aarti has helped us a lot to complete every procedure easily & quickly.

— AAKRUTI SINGH

Very good service. The person Mr Shiv Shambhu was very cooperative and courteous. The team work with Komal was marvellous within short span of time. Well done.

— ARUN KUMAR JHA

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This Newsletter is being published on the 10th of every month for private circulation only and is not for sale. It is published by the owner, printer and publisher M/s. Anulom Technologies Pvt. Ltd; and Editor Yashodhan Jatar, 6, Mayur Apartments, 997/20, Navi Peth, Pune 411 030, and is sent through email to the customers and well-wishers of Anulom Technologies Pvt. Ltd; Pune.

Designed by Amogh Arts, Pune, for and on behalf of Anulom Technologies Pvt. Ltd;

The editor does not necessarily agree with the opinions published in the Articles in this magazine.

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