

SPECIAL ISSUE ON "YOGA"

YOGA - SCIENCE OF LIFE



yoga
for all



Today our organization has grown and developed as leading Indian “Conformity Assessment Body” provider of “TOTAL QUALITY” under single umbrella. We are marching towards near two decades of successful operation and continue our progressive graph inspite of slow domestic and international economy. We took timely decision in the past to diversify in other activities rather than continuing with the certification activities only. We have emerged as one of the professional “Inspection Body” specializing in Oil and Gas sector industry. Our thrust for technology advance and modern management system helped us to keep abreast new development to cater growing need of our valued customers and consumers and nation at large. We feel ourselves privileged to walk shoulder to shoulder with any of the international “Conformity Assessment Body”.

We are proactive and always focus to the need of the nation, new political scenario and the industry outlook.

Governmental thrust “MAKE IN INDIA” and other initiatives “SWACHH BHARAT” etc give inertia and movement towards improvement of the products and services quality. Simultaneously giving due care to environmental and labour policies to enhance occupation, health and safety. ICS mission to safeguard life, assets and environmental through assurance and management system. We have taken number of initiative in this direction covering the following main activities such as :-

- New specialty laboratory at Mira Road , Mumbai / thane.
- New product line – ICS Assure to provide technical expertise to the insurance companies.
- On line and seamless certification and inspection activities – Digital operation for enhanced performance and quality.
- Consolidation of certification activities.
- New product – Finance rating system
- Third party inspection
- Audit for Gas installation – PNGRB.
- Inspection for petrol pumps and gas standard – Technical audit.
- Training & Qualification of Crane Operators.
- Accident investigation etc.

Our Clientele has expanded and not limited to public sector but private section like Reliance, Cairn and Larsen & Turbo etc.

Our services are bench marked with other similar international Organization worldwide through accreditation from International and National ABs like JAS-ANZ, Australia, QCI/ NABCB , India, QCI / NABL- India, DAC – U A E and IRCA, U.K. etc.

Our other group companies like ICS – Assure , ECD and ICS Technologies has been growing fast having good share of market.

Our commitment to the society is continuous with many social program undergoing and also proud to be part of Prime Minister Shri. Narendra Modi’s “Swachh Bharat”, Make In India and Yoga Programs etc.

The coming year is full of challenges but brings equal opportunity to expand and growth target of above 50%. We are thankful to our valued customers and all our business associates and ICS families for their support, co-operation and valuable contribution.

Dr. Sundar Kataria

**Mumbai , India.
30th May 2017**

श्रीमद्भगवत गीता
अध्याय छह - ध्यान योग
श्लोक १०-११

योगी युञ्जीत सततमात्मानं रहसि स्थितः ।
एकाकी यतचित्तात्मा निराशीरपरिग्रहः ॥

मन और इन्द्रियोंसहित शरीरको वशमें रखनेवाला,
आशारहित और संग्रहरहित योगी अकेला ही एकान्त
स्थानमें स्थित होकर आत्माको निरन्तर परमात्मामें
लगावे ॥ १० ॥

शुचौ देशे प्रतिष्ठाप्य स्थिरमासनमात्मनः ।
नात्युच्छ्रितं नातिनीचं चैलाजिनकुशोत्तरम् ॥

शुद्ध भूमिमें, जिसके ऊपर क्रमशः कुशा, मृगछाला
और वस्त्र बिछे हैं, जो न बहुत ऊँचा है और न
बहुत नीचा, ऐसे अपने आसनको स्थिर स्थापन
करके — ॥ ११ ॥

श्रीमद्भगवत गीता
अध्याय छह - ध्यान योग
श्लोक १२-१३

तत्रैकाग्रं मनः कृत्वा यतचित्तेन्द्रियक्रियः ।
उपविश्यासने युञ्ज्याद्योगमात्मविशुद्धये ॥

उस आसनपर बैठकर चित्त और इन्द्रियोंकी क्रियाओंको वशमें रखते हुए मनको एकाग्र करके अन्तःकरणकी शुद्धिके लिये योगका अभ्यास करे ॥ १२ ॥

समं कायशिरोग्रीवं धारयन्नचलं स्थिरः ।
सम्प्रेक्ष्य नासिकाग्रं स्वं दिशश्चानवलोकयन् ॥

काया, सिर और गलेको समान एवं अचल धारण करके और स्थिर होकर, अपनी नासिकाके अग्रभागपर दृष्टि जमाकर, अन्य दिशाओंको न देखता हुआ— ॥ १३ ॥

श्रीमद्भगवत गीता

अध्याय छह - ध्यान योग

श्लोक १४-१५

प्रशान्तात्मा विगतभीर्ब्रह्मचारिव्रते स्थितः ।
मनः संयम्य मच्चित्तो युक्त आसीत् मत्परः ॥

ब्रह्मचारीके व्रतमें स्थित, भयरहित तथा भलीभाँति शान्त अन्तःकरणवाला सावधान योगी मनको रोककर मुझमें चित्तवाला और मेरे परायण होकर स्थित होवे ॥ १४ ॥

युञ्जन्नेवं सदात्मानं योगी नियतमानसः ।
शान्तिं निर्वाणपरमां मत्संस्थामधिगच्छति ॥

वशमें किये हुए मनवाला योगी इस प्रकार आत्माको निरन्तर मुझ परमेश्वरके स्वरूपमें लगाता हुआ मुझमें रहनेवाली परमानन्दकी पराकाष्ठारूप शान्तिको प्राप्त होता है ॥ १५ ॥

श्रीमद्भगवत गीता

अध्याय छह - ध्यान योग

श्लोक १६-१७

नात्यश्रतस्तु योगोऽस्ति न चैकान्तमनश्रतः ।
न चाति स्वप्नशीलस्य जाग्रतो नैव चार्जुन ॥

हे अर्जुन! यह योग न तो बहुत खानेवालेका,
न बिलकुल न खानेवालेका, न बहुत शयन करनेके
स्वभाववालेका और न सदा जागनेवालेका ही
सिद्ध होता है ॥ १६ ॥

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥

दुःखोंका नाश करनेवाला योग तो यथायोग्य
आहार-विहार करनेवालेका, कर्मोंमें यथायोग्य चेष्टा
करनेवालेका और यथायोग्य सोने तथा जागनेवालेका
ही सिद्ध होता है ॥ १७ ॥

श्रीमद्भगवत गीता
अध्याय छह - ध्यान योग
श्लोक १८-१९

यदा विनियतं चित्तमात्मन्येवावतिष्ठते ।
निःस्पृहः सर्वकामेभ्यो युक्त इत्युच्यते तदा ॥

अत्यन्त वशमें किया हुआ चित्त जिस कालमें परमात्मामें ही भलीभाँति स्थित हो जाता है, उस कालमें सम्पूर्ण भोगोंसे स्पृहारहित पुरुष योगयुक्त है, ऐसा कहा जाता है ॥ १८ ॥

यथा दीपो निवातस्थो नेङ्गते सोपमा स्मृता ।
योगिनो यतचित्तस्य युञ्जतो योगमात्मनः ॥

जिस प्रकार वायुरहित स्थानमें स्थित दीपक चलायमान नहीं होता, वैसी ही उपमा परमात्माके ध्यानमें लगे हुए योगीके जीते हुए चित्तकी कही गयी है ॥ १९ ॥



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BATCH START : 1ST JAN 2017
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A1 Timing
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6.30 AM to 7.30 AM

B1- 3rd Batch
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2nd Batch
7.30 AM to 8.30 AM

B2- 4th Batch
10.30 AM to 11.30 AM

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PER SESSION
RS - 250/-

PER MONTH
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QCI



INTRODUCTION :

The Scheme for Voluntary Certification of Yoga Professionals has been developed by the Quality Council of India at the behest and with the support of the Ministry of AYUSH. It envisages certification by independent third party personnel certification bodies duly accredited as per international standard ISO 17024 by NABCB.

The Ministry of AYUSH is not involved in the certification and QCI, as the Scheme owner, may undertake certification directly pending approval of personnel certification bodies under the Scheme.

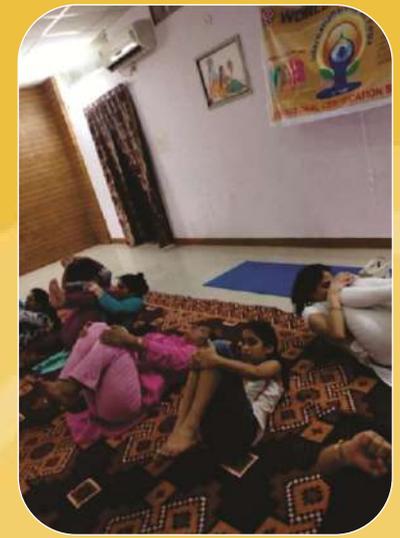
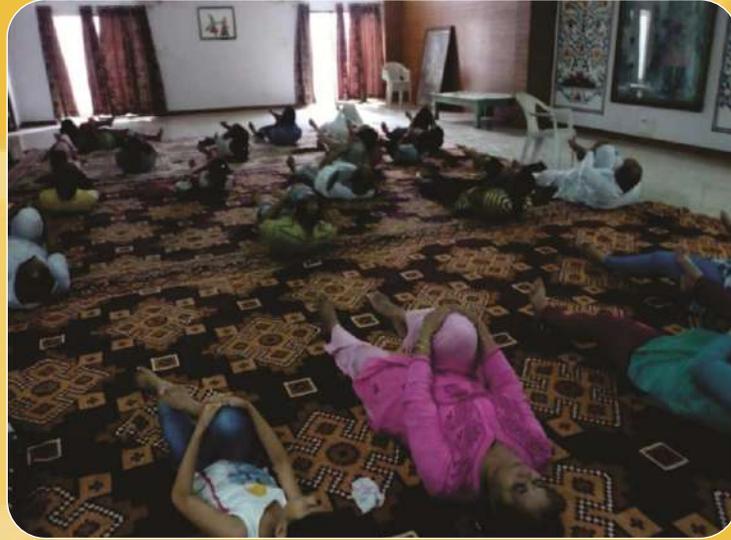
OBJECTIVE :

The objective of this document is to define the process of certification of Yoga Professionals under the Scheme for Voluntary Certification of Yoga Professionals to promote uniformity in its implementation among the Personnel Certification Bodies (from now on PrCBs), the Yoga Professionals seeking certification, the national accreditation body, the National Accreditation Board for Certification Bodies (NABCB) and QCI, the Scheme owner.

SCOPE :

This document explains the process of certification under the Scheme for Voluntary Certification of Yoga Professionals (hereinafter referred to as the Scheme) and the requirements that should be followed in order to obtain and maintain the certification.

YOGA DAY CELEBRATION UDAIPUR, RAJSTHAN





YOGA FOR EVERYDAY



SPIRITUAL DISCIPLINE

yoga
for all



- MODERN YOGA**
- ✓ PROPER RELAXATION
 - ✓ PROPER EXERCISE
 - ✓ PROPER BREATHING
 - ✓ PROPER DIET
 - ✓ POSITIVE THINKING & MEDITATION

INTERNATIONAL CERTIFICATION SERVICES



YOGA FOR EVERYDAY



GANDHI MEANS

THE YOKING ALL THE POWER OF

BODY



MIND



SOUL



**TO GOD
(SUPER POWER)**



YOGA FOR EVERYDAY



ASANA (POSE / POSTURE)



PRANAYAMA (BREATHING TECHNIQUES)

DHYAN (MEDITATION)



YOGA FOR EVERYDAY



STAGE OF YOGA

YAMA (MORAL)



PRATYAHARA (CONTROL OF MIND)



NIYAMA (DISCIPLINE)



DHARANA (CONCENTRATION)



ASANA (POSTURE)



DHAYNA (MEDITATION)



PRANAYAMA (CONTROL OF BREATHING)



SAMADHI (UNIVERSAL SPIRIT)





YOGA FOR EVERYDAY



OBSTACLES - PRACTICE OF YOGA

- VYADHI (SIDENEN)
- ALAYSA (LAZINESS)
- AVIRATI (SENSUALITY)
- PRAMADA (INDIFFERENCE)
- SAYANA (MENTAL DISPOSITION)
- BHRANTI DHARSHANA (ILLUSION)
- SAMSYA (DOUBT AND INDECISION)
- ALABDHA BHUMIKARVA (DISCONTINUITY)
- ANAVASTHITATTVA (LACK OF CONCENTRATION)



YOGA FOR EVERYDAY



GUNAS (QUALITIES / ATTRIBUTES)

SATTVA
(PURE)



RAJAS
(MOBILITY & ACTIVITY)



TAMAS
(RESTRAINING QUALITY)

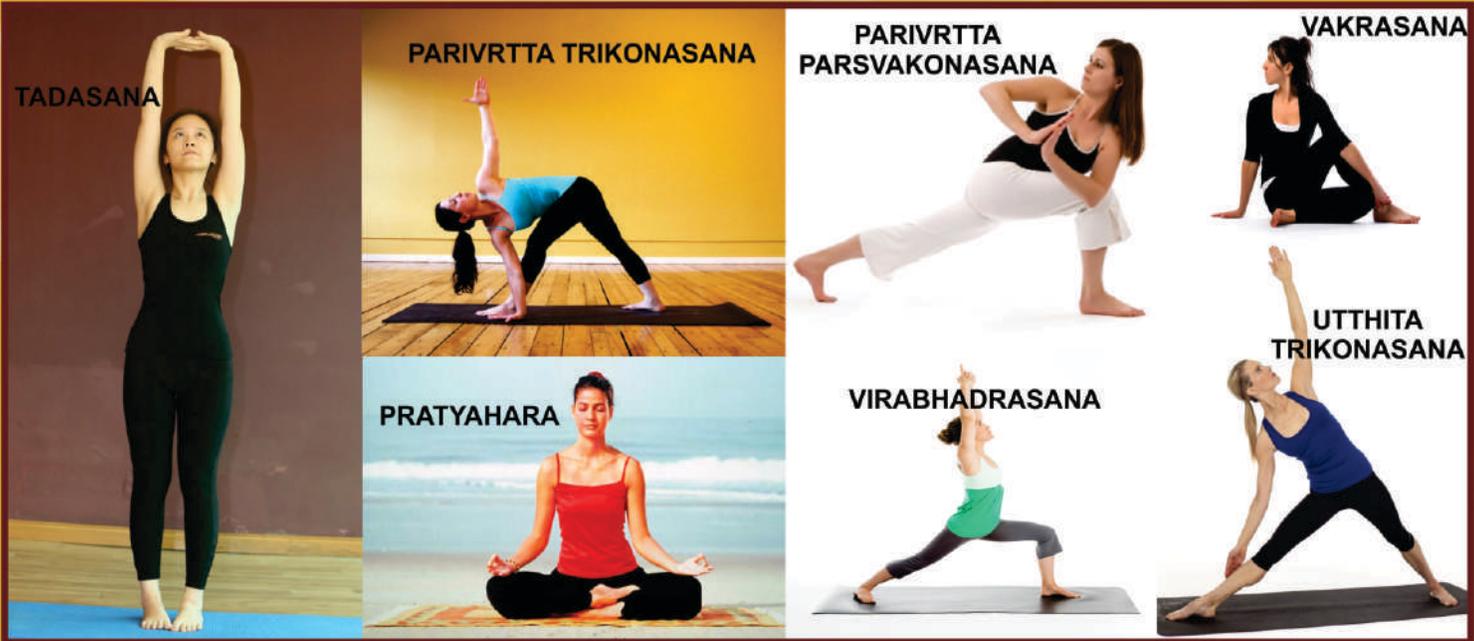




YOGA FOR EVERYDAY



YOGASANAS



YOGA FOR EVERYDAY



PRANAYAMA

- SITALI PRANAYAMA
- UJJYI PRANAYAMA
- VISAMA PRANAYAMA
- SITAKARI PRANAYAMA
- ANULOMA PRANAYAMA
- BHASTRIKA PRANAYAMA
- SAMA VRITI PRANAYAMA
- PRATILOMA PRANAYAMA
- KAPALBHARATI PRANAYAMA
- NADI SODHANA PRANAYAMA
- SURYA BHEDANA PRANAYAMA
- VILOK, ALOMA AND PRITILOMA PRANAYAMA
- SAHITA AND KEVALA KUMHAKA PRANAYAMA



सूर्य नमस्कार करें, स्वस्थ रहें



YOGA FOR EVERYDAY

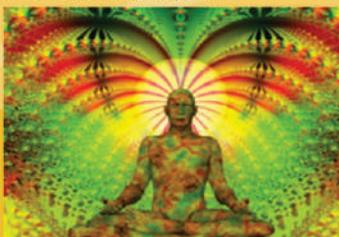


WHAT IS NIRVANA ?

Nirvana is an ancient Sanskrit term used in Indian Religion "PROFOUND PEACE OF MIND."

MAIN EIGHT ATTRIBUTES / LIMBS OF NIRVANA

- THE RIGHT VIEWS
- THE RIGHT INTENTION
- THE RIGHT SPEECH
- THE RIGHT ACTION



BUDHA'S
EIGHT FOLD PATH
TO ATTAIN NIRVANA

- THE RIGHT LIVELIHOOD
- THE RIGHT EFFORTS
- THE RIGHT MINDNESS
- THE RIGHT CONTEMPLATION

CONTROL
YOUR THOUGHTS

PRACTICE
MEDITATION

SAY NOTHING TO
HURT OTHERS

KNOW THE
TRUTH

RESIST
EVIL

FREE YOUR
MIND OF EVIL

WORK FOR THE
GOOD OF OTHERS

RESPECT
LIFE

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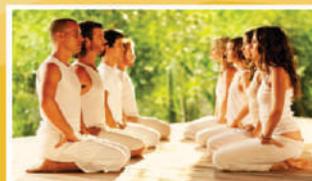


YOGA FOR EVERYDAY



YOGA ADVANTAGES

- ALLEVIATE PAIN
- RELIEVES STRESS
- STABILIZE EMOTIONS
- WORKS ON WHOLE BODY
- HARMONIZES BODY AND MIND
- TRAIN FROM FLABBY MUSCLES
- WORKS WELL ON ARTHRITIC AREAS
- ITS NATURAL DETOXIFICATION PROCESS
- INCREASES STRENGTH AND FLEXIBILITY



Dr. Purshottam Poddar :- QHSE Lead Auditor

योग के 10 फायदे / Benefits of Yoga in Hindi

योग का प्रयोग शारीरिक, मानसिक और आध्यत्मिक लाभों के लिए हमेशा से होता रहा है। आज की चिकित्सा शोधों ने ये साबित कर दिया है कि योग शारीरिक और मानसिक रूप से मानवजात के लिए वरदान है।

- 1) जहाँ जमि आदि से शरीर के किसी खास अंग का ही व्यायाम होता है वहीं योग से शरीर के समस्त अंग प्रत्यंगों, ग्रंथियों का व्यायाम होता है जिससे अंग प्रत्यंग सुचारू रूप से कार्य करने लगते हैं।
- 2) योगाभ्यास से रोगों से लड़ने की शक्ति बढ़ती है। बुढ़ापे में भी जवान बने रह सकते हैं त्वचा पर चमक आती है शरीर स्वस्थ, नरोग और बलवान बनता है।
- 3) जहाँ एक तरफ योगासन मांस पेशियों को पुष्टता प्रदान करते हैं जिससे दुबला पतला व्यक्ति भी ताकतवर और बलवान बन जाता है वहीं दूसरी ओर योग के नित्य अभ्यास से शरीर से फेट कम भी हो जाता है इस तरह योग कृष और स्थूल दोनों के लिए फायदेमंद है।
- 4) योगासनों के नित्य अभ्यास से मांसपेशियों का अच्छा व्यायाम होता है। जिससे तनाव दूर होकर अच्छी नींद आती है, भूख अच्छी लगती है, पाचन सही रहता है।
- 5) प्राणायाम के लाभ – योग के अंग प्राणायाम एवं ध्यान भी योगासनों की तरह शरीर के लिए बहुत फायदेमंद हैं, प्राणायाम के द्वारा श्वास प्रश्वास की गति पर नियंत्रण होता है जिससे श्वसन सुस्थान सम्बन्धित रोगों में बहुत फायदा मिलता है। दमा, एलर्जी, साइनोसाइटिस, पुराना नजला, जुकाम आदि रोगों में तो प्राणायाम बहुत फायदेमंद है ही साथ ही इससे फफुड़ों की ऑक्सीजन ग्रहण करने की क्षमता बढ़ जाती है जिससे शरीर की कोशिकाओं को ज्यादा ऑक्सीजन मिलने लगती है जिसका पूरे शरीर पर सकारात्मक असर पड़ता है।
- 6) ध्यान के लाभ – ध्यान भी योग का अतुल्य पूरुण अंग है। आजकल ध्यान यानि मेडिटेशन का प्रचार हमारे देश से भी ज्यादा विदेशों में हो रहा है आज की भाँतिकता वादी संस्कृति में दिन रात भाग दौड़, काम का दबाव, रशिता में अविश्वास आदि के कारण तनाव बहुत बढ़ गया है। ऐसी स्थिति में मेडिटेशन से बेहतर और कुछ नहीं है ध्यान से मानसिक तनाव दूर होकर गहन आत्मिक शांति महसूस होती है, कार्य शक्ति बढ़ती है, नींद अच्छी आती है। मन की एकाग्रता एवं धारणा शक्ति बढ़ती है।
- 7) योग से बलड शुगर का लेवल घटता है और ये LDL या बैड कोलेस्ट्रॉल को भी कम करता है। डायबटीज रोगियों के लिए योग बेहदे फायदेमंद है। ये भी पढ़ें: कैसे करें डायबटीज कंट्रोल ?
- 8) कुछ अध्ययनों में पाया गया है कि कुछ योगासनों और मेडिटेशन के द्वारा आर्थराइटिस, बैक पेन आदि दिरद में काफी सुधार होता है और दवा जी ज़रुरत कम होती जाती है।
- 9) योग शरीर की प्रतिरोधक क्षमता बढ़ता है और दवाओं पर आपकी निर्भरता को घटता है। बहुत सी स्टडीज में साबित हो चुका है कि अस्थिमा, हाई ब्लड प्रेशर, टाइप २ डायबटीज के मरीज योग द्वारा पूरण रूप से स्वस्थ हो चुके हैं।
- 10) संक्षेप में कहें तो योग केवल शारीरिक व्यायाम करने या रोगों को दूर करने वाली क्रिया नहीं है बल्कि जीवन को बेहतर बनाने वाली एक जीवन पद्धति है।

२१ जून को मनाये जा रहे अंतर्राष्ट्रीय योग दिवस International Yoga Day की आप सभी को ढेरों शुभकामनाएं।
चलिए अपने जीवन को सफल एवं सार्थक बनाने के लिए हम सब योग अपनाएं।

Yoga believes in transforming the individual before transforming the world"

- Swami Satchidananda

"Esteemed Professional Colleagues

Join the celebration of International Day of Yoga!

Let's be one with self, and with others.

India created a history on 21st June 2015 when millions of practitioners across the globe participated to mark the first International Day of Yoga as a result of our Hon'ble Prime Minister's proposal during his in-depth speech at UN General Assembly in September, last year.

Yoga is meant to unite mind, body and soul. It ends the discrimination of age, creed and religion as every human being longs for the same-physical, psychological and spiritual well being.

Yoga is a blessing unto itself and its inherent compatibility with principle and values makes it more important for the corporate world.

It's undeniably a busy world, and corporate employees deserve the opportunity to reduce stress and pressure to deal with the ever demanding & challenging business environs. The way we deal with the stress has a significant impact on our overall health & well being. And, it's as plain reality that when we are healthy, we are more capable to deal with the challenges with utmost efficiency.

Yoga plays a significant role here as it creates a harmony inside, resulting in a happy and energetic employee. It enhances one's outlook and attitude towards other colleagues and for the workplace as a whole. Yoga sharpens the decision making skills and improves multi-tasking ability. Most important, it prepares one to react calmly in tough situations.

The benefits are countless including the increased level of creativity and productivity. Precisely, Yoga should be a must for everyone in the corporate world.

On this mega occasion of 2nd International Day of Yoga, when the world would unite to practice Yoga and spread the message of Global well-being, do make sure to participate actively.

As a professionals, we have a responsibility to promote good corporate governance, and it certainly is a herculean task. It not only requires managerial skills but also an indomitable will at individual, as well as at professional level to create a better corporate environ.

Let's pledge to practice Yoga this International Day of Yoga, and make it an integral part of our lives forever.

I appeal and encourage all companies & professionals across the country to celebrate this International Day of Yoga by practicing Yoga from 7 to 8 am, in nearby parks or other suitable places.

CS Mamta Binani

President

The Institute of Company Secretaries of India

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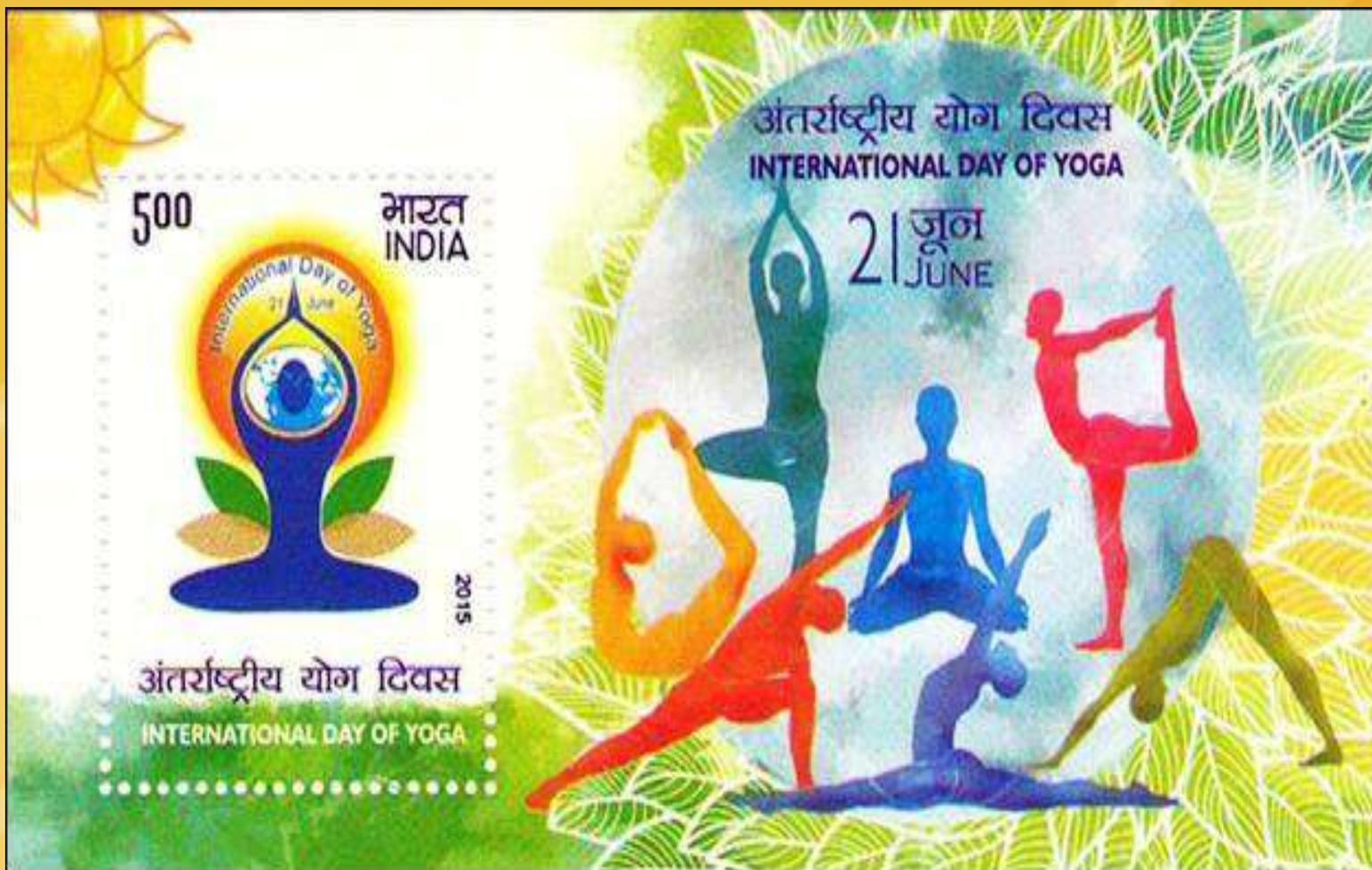
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The United Nations has declared, June 21, as the International Day of Yoga on the proposal of our Hon'ble Prime Minister to recognize the ancient Indian science of holistic approach to health and well-being. Last year, as many as 192 countries participated on this day with some deep breathing and coordinated movements.

The Confederation of Indian Industry (CII) had organized yoga sessions for its members on the International Day of Yoga to which several thousand representatives, including CEOs, employees and family members participated. This year too, to support the initiative CII Maharashtra would be hosting yoga sessions for its esteemed members with the support of Young Indians (Yi) and Indian Women Network (IWN), the youth arm and women wing of CII respectively.

PRESS RELEASE

Launch of Scheme for Certification of Yoga Training School / Institutions

AYUSH Yoga Scheme:

The Ministry of AYUSH, in collaboration with the Quality Council of India, has launched a Voluntary Certification Scheme for Yoga Training Schools. The draft scheme has been approved by the Steering Committee, which was chaired by Yogrishi Ramdev, on 28 March 2016.

The country's top yoga experts from some of the oldest yoga institutions - such as Dr H. R. Nagendra, Prime Minister's Yoga Guru, Sri O P Tiwari of Kaivalyadham, Smt Hansaji of Yoga Institute, representatives of Sivananda school, Isha Foundation, and Art of Living and officials of the Ministries of Ayush and Commerce attended the meeting. Regular Chairman of the Steering Committee Sri Sri Ravishanker could not attend this meeting due to his pre-occupation at Rashtrapati Bhavan where he was conferred the Padma Vibhushan.

After having operated the Yoga Professionals' Certification Scheme since June, 2015, the Steering Committee decided to launch the scheme for certification of Yoga Schools. All the yoga schools present confirmed their readiness for certification. Speaking on the occasion, Baba Ramdev emphasized that it is very important to have a scientific, secular, universal, unbiased, balanced and practical approach to yoga certification in order to provide it a good foundation. Yogrishi Ramdev also paid his respect to the Prime Minister for having brought leadership in promoting Yoga across globally.

Dr. R.P. Singh, Secretary General - QCI hailed this as a land mark development, as this move will create opportunities for the young talent by equipping them with necessary skills to aid in Popularising Yoga globally and nationally.

In another landmark decision, the steering Committee decided to encourage differently abled professionals to get certified as Yoga Teachers by relaxing the requirement of demonstration for them and having only teaching practice and theoretical knowledge as prerequisites.



YOGA CERTIFICATION STEERING COMMITTEE MEETING IN PROGRESS

The certification of the schools would be undertaken by QCI initially but eventually, independent certification bodies accredited by the National Accreditation Board for Certification Bodies (NABCB), a constituent Board of QCI, adhering to applicable international standard, ISO 17021, shall be approved for certifying schools. Given the international equivalence NABCB holds, this would facilitate international acceptance of the Yoga school certification.

ICS TECHNOLOGIES VOCATIONAL TRAINING CENTER

(Managed by Sundar Jessaram Kataria Foundation)
Mira Road, Thane

SR NO	COURSE NAME	CODE NO	QUALIFICATION REQUIRED AS PER SYLLABUS
1	C C IN Yoge Therapist	201134	1) Degree/Diploma in Yoga and Naturopathy awarded by Statutory University. 2) Experienced Yoga and Naturopathy teacher or Practioner with three years of experience. 3) 2 Years Diploma course in Yoga and Naturopathy awarded by MSBVE with 2 Years Experienvce. 4) 1 Year Course C C in Yoga Teacher Awarded by MSBVE with 3 Year Experience. 5) Teacher for Anatomy and Physiology may be appointed on clock Hours Basic
2	C C IN Electrical Wireman	302102	1) I.T.I./N.C.T.V.T in Electrician/Wireman OR 2) H.S.C.Vocational in M.R.E.D.A Pass.
3	Advance Diploma In Ind Safety	411217	1) Degree in any branch of Engineering with Diploma in Industrial Safety and 2 Years Experience as a Safety Officer in reputed Industries.
4	C C IN Fitter (Practical)	303172	ITI/NCVT in carpentry with 2 year experience.
5	C C IN Welding & Joinding	303107	1) ITI Welder with NCVT passed and 2 year experience /MCVC in Mech.Tech
6	C C IN Air Cond & Refri Mechanic	303104	ITI/NCVT in RAC with 2 years experience.



*“He whose intellect is united (with the self)
casts off both good and evil even here.
Therefore, devoted yourself to Yoga.
Yoga is skill in action”*



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- * QCI.

*Thank
You*

