



# NEXT DRAFT

i C E G R O U P I N D I A

M A Y ' 2 1

The purpose of our lives  
is to be happy.

- Dalai Lama



# From the COO's Desk

## DISHA SHAH

The pandemic has made a rebound and is impacting us all; even more severely now. The rises in the numbers of cases and deaths are scary and daunting to say the least. Everywhere, there is an air of despondency and helplessness. People are at a loss to understand what to do to restore normalcy.

Yet today it is not all about self-sustenance. It is all about making a difference and helping others. This pandemic has brought us all together and closer. We understand each one's trials, tribulations, pains and agonies. We now know that for the deadly virus; all of us are equal and each one is as likely as the other to come under its lethal grips.



The world has indeed become a smaller place and each one wants to do his/her bit to help the others. Everyone has expanded their circles and are stepping to extent support and solidarity to strangers from different communities, cities, countries and continents. People are making donations in money and in kind. People are assisting one another with plasma, blood, hospital beds and oxygen supplies, etc. etc. Geographical barriers have been broken and it is now humanity above all.

When the takeaways are so many, shouldn't we all be hopeful that we will emerge stronger and better. After all, we are all in this together and will emerge out together too.

Till then, love and peace!

**Disha Shah**



## FROM THE ICE COMPASS



**T**he month has been one of gaiety and happiness for us at the ICE family. We celebrated festivals and work anniversaries with a lot of gusto.

**As a practice, we have one employee engagement per week;** whether we are working from office or home. This is a regime that we have been following since the time of our inception. These make us bond together as a team and exhibit oneness.

Each one of us did a **personal SWOT analysis** on ourselves. The intent was to do a little introspection and assess ourselves better. After all, through self-analysis, taking corrective actions becomes quicker and more evolved.

**We also undertook an exercise where each one had to describe every other member of the team using one adjective.** The fact which was stressed on here was that the adjective must be one that is positive and was being used to appreciate the other person. With this exercise, we were able to spread happiness and cheer in abundance.

**Chinese whispers** and complete the story activities too were played with a lot of enthusiasm and fervor and we are all keenly awaiting the next engagement. These times are indeed very troublesome and bleak; yet when we come together as a team, we know that we can multiple our joys and eradicate our sorrows.

# Lesser-Known Facts of Aristocratic Russians



**The coldest inhabited town on Earth is in Russia**



**Moscow has more billionaires per capita than anywhere else in the world.**



**Russians are taught not to smile in school.**



**The longest railway in the world is in Russia**



**Russian brides go on a city tour after getting married.**



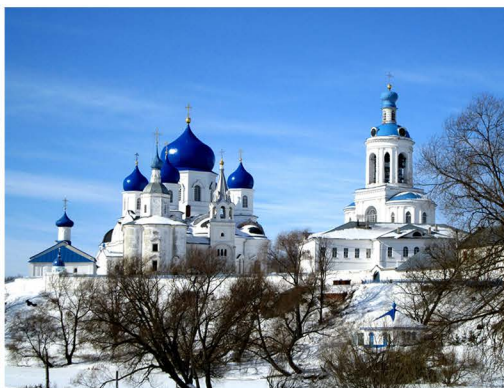
**St. Petersburg has three times as many bridges as Venice.**



**The village of Suzdal is only 15 square kilometers but has an incredible 53 churches.**



**Some Russians play golf with helicopters**





## Rendezvous Corner

Hello and welcome to the NextDraft; a monthly newsletter from the iCEGroup India. We are extremely elated to have got an opportunity to feature you here.

The past 14 months have been extremely tough and challenging for us all- children, adults and the elderly alike. Not stepping out has created havoc on our minds and made us all frenzied bundles of nerves. Work-from-home and online school has impacted both mentally and physical wellbeing. The increased screen times have been our mayhem. In addition to other ailments, many of us now have eye trouble.

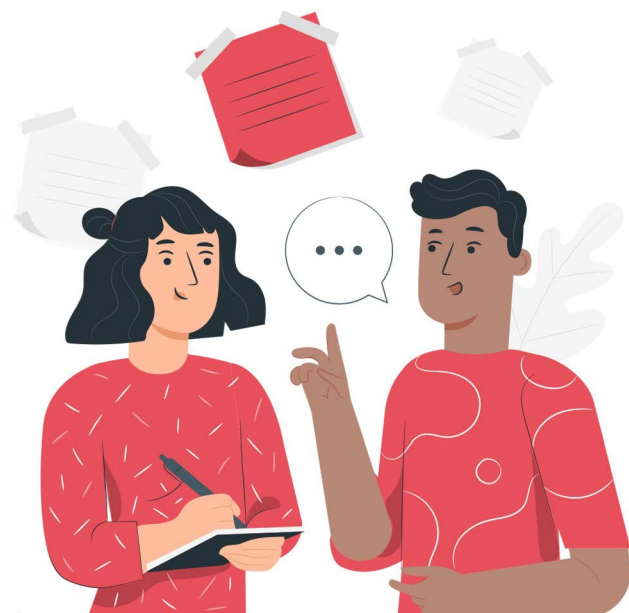
Who better than you, could we get in touch for a resolution on our woes; than you Sir, the most preeminent Indian ophthalmologist of all times? Thanks so much for accepting to be a part of this initiative of ours and gracing us all with your valuable inputs.

**Ques 1. The first question I have to you would be, sir, is that does COVID 19 impact eyesight as well. If yes, what preventive and curative measures can we all adopt.**

Ans1. Covid19 can affect the eyes. The most common presentation is with conjunctivitis As thromboembolism is known in Covid, it can cause arterial occlusion. There are reports of Retinal artery occlusion in patients of Covid which can affect the eyesight.

**Ques 2. The second question is that with the increased screen times owing to work, studies and recreation, do you find spikes in eye ailments?**

Ans2. Increased Screen times adversely affect the eyes. It can cause dryness of eyes and eye strain. Due to awkward posture while working on screen, there can be spondylosis and back and neck pain.





**Ques 3. What kinds of protective measures are you recommending to your patients to beat eye strain and exhaustion?**

Ans3. One should use lubricating eyes drops to prevent dryness due to long screen time. One should be careful in maintaining proper posture. One should take frequent breaks and blink frequently.

**Ques 4. We all know that online appointments cannot take the place of in-person consultations. What measures have you taken to ensure ease, convenience and accuracy of tests conducted online?**

Ans4. Online or teleconsultation is a good tool to treat patients in this covid era. However, most of the tests cannot be done online. The patient must be physically present. However, these days a couple of apps have come up to do some screening tests to detect eye ailments in patient.

**Ques 5. What all steps should each one of us take to ensure the health and safety of our eyes.**

Ans5. First of all, if there is any problem one should consult the eye specialist either physically or by teleconsultation. One should try to blink frequently and take frequents breaks from online works to reduce screen time. Use preservative free lubricating eye drops. Be careful of any patient of conjunctivitis. It can be because of covid and one should ask that.





## WE DON'T STOP TILL **WE'RE PROUD**

Last month, the iCEGroup added another feather in our already full cap by hosting the very august and prestigious associate meet for a very revered client from the personal grooming segment. This was around the time, when the second wave of the deadly virus, though had made its presence; it had not engulfed us all so badly.

We had the very good fortune of hosting **130 associates** at the scenic, serene and sublime city of **Puri, Odisha**. The client had undertaken to recognize and celebrate its associates and for that they took them to the pious city and we were entrusted of managing the entire itinerary end to end. Coordination before the commencement of the tour, managing the guests while at Puri and after trip support all came under our purview. We did an awesome job at that and the appreciation emails received by us are a testimony to that fact.



The guests were lodged at the very elegant and stylish **Chariot Resort & Spa**. All health and sanitation protocols were followed to the resort offered them superlative wine, dine and recreation options and the guests were totally felt in awe.

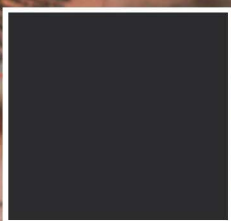
Their itinerary included trips to the **Jagannath and Konark Temples, Chilika lake** and the beach. It also included birthday celebrations of two associates. There was dancing, singing fun, frolic and merriment.

This travel package managed by us proved to us that no pandemic could not deter our verve and that we are invincible.



**Viks / Tiger**  
SNEAK PEAK

**A Sneak Peek**  
into me:



1. My loved ones call me: **Viks / Tiger**
2. I am a **Capricorn Goat**
3. The subject I hated the most at school: **Economy/History/English**
4. The strangest place I have fallen asleep has been:  
**At a job interview while I was being grilled!**
5. My first celebrity crush was on: **Marilyn Monroe**
6. My pet peeve is: **Being ignored**
7. The animal I resemble the most is **Lion**
8. The song which is on my lips these days is: **OH Teri nazron ne kuch aisa jadoo kiya lut gaye hum toh pehli mulaqat mein**



# Gourmet Passport:



*Aries*

The fiery rams are direct and uncomplicated in their approach. And that is how they like their food and wine to be. Simple yet classy, Light Spanish Red Wine, Manchego cheese and potatoes satiate their taste buds all the time.



*Cancer*

The crab is most at home at the sea and what will satisfy their gustatory cells than oysters, crabs, gourmet fishes and lobsters. They pair down with their favorites with fruity wines.



*Taurus*

The Earthy bulls are fascinated by soothing aromas and succulent flavors. Full bodied, hardy and earthy wines and deeper foods like Steak and Dark Chocolate Cakes are for them to gorge on.



*Leo*

Leonine Leos are all about class and elegance and their tastes are regal too. Nothing short of exotic wines like Amarone and Arneis and Rainbow bagels sprinkled with all colors of the rainbow will do for them.



*Gemini*

Italian white wine and 24-layer chocolate cakes are soul food for the Gemini souls. Geminis are outgoing, gregarious and simple and so are their food choices.



*Virgo*

The practical Virgos are very content with nutritious Salmon dishes and simple spirits like Gins and Tonics. For them, it is more about pragmatism and simplicity.

# Gourmet Passport



*Libra*

The accommodating Librans have a wide list of choices. They are happy with seafood, salads and meats alike. They are also very happy to wash down their food with smooth and elegant Chardonnay.



*Capricorn*

They are mature, sophisticated and ambitious and so are their choices. Scotch and Avocado Burgers for them, please.



*Scorpio*

Exotic and Outlandish fares only appease the sensuous Scorpions. Zinfandel, Dumplings, Juicy Burgers seasoned with the most exquisite herbs and condiments only will placate them.



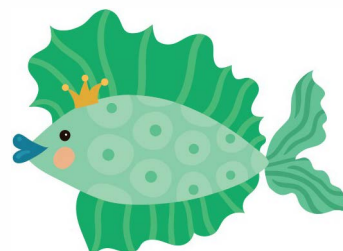
*Aquarius*

They are the surprise element of the zodiac and so are their whims and fancies. They like their drinks to be assertive and acidic and so a Sauvignon Blanc with quirky food like Jackfruit works all the time for them.



*Sagittarius*

They are the ultimate party people and they wine and dine accordingly. Give them Tequila, Tortillas, Pizzas and desserts galore and they will happily be the life of the party for you.



*Pisces*

Sweet Riesling works well for Pisces who also mature only with age; just like the spirit. Ice cream cones also make them indeed very happy.

1. Which is the only US state to have a one syllable name?

- a. Utah      b. Maine      c. Ohio      d. Iowa

2. Which European capital was built on 14 islands?

- a. Stockholm      b. Amsterdam      c. Dublin      d. Copenhagen

3. Baht is the currency of:

- a. Sri Lanka      b. Bhutan      c. Thailand      d. North Korea

4. Which is the largest country in Africa?

- a. Sudan      b. Algeria      c. Chad      d. Libya

5. Which is the smallest country in the world?

- a. Monaco      b. Vatican City      c. San Marino      d. Marshall Islands

6. Which country has the world's largest coastline?

- a. Indonesia      b. Japan      c. Canada      d. Spain

7. Which country has three national capitals?

- a. Vietnam      b. Romania      c. South Africa      d. Mexico

8. How many stars are there on the flag of China?

- a. Five      b. Three      c. Seven      d. Two

9. Which is the most spoken language in South America?

- a. Spanish      b. Portuguese      c. French      d. Dutch

10. The deepest lake in the world is situated in:

- a. Argentina      b. Canada      c. Portugal      d. Serbia

**Do not take off your traveling caps. Keep looking out for this space, next month for the answers. Until then, So Long, Farewell!**

## APRIL '21 ANSWERS

- |      |       |
|------|-------|
| 1. D | 6. A  |
| 2. A | 7. C  |
| 3. B | 8. B  |
| 4. C | 9. A  |
| 5. B | 10. D |





E: [INFO@ICEGROUPINDIA.COM](mailto:INFO@ICEGROUPINDIA.COM)  
W: [WWW.ICEGROUPINDIA.COM](http://WWW.ICEGROUPINDIA.COM)

