



Magazine

Year 1 Volume 3

Adopt
ayurveda
for
Healthy Living

Swadeshi Apnaye-Desh Bachaye



Consumption of Wheat Gold purifies blood, increases platelets and haemoglobin. It is very effective for anaemia and provides relief from arthritis, paralysis, diabetes, asthma, blood disorders, cataract and insomnia. It helps to build a strong immune system.

Wheat Gold
Tablets

Do read
IMC E-Magazine
to know more about
Swadeshi, Ayurvedic
and Business
Revolution.



Team

Monthly E-Magazine

- Founder:
Dr. Ashok Bhatia
- Director:
Mr. Satyan Bhatia
- Chief Editor:
Mr. Jai Shankar Mishra
- Designer:
Sumit Narang
- Writer:
Ekta Madaan
- Website:
www.imcbusiness.com
- E-mail:
info@imcbusiness.com
- Toll Free No.
1800-137-0098

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- Offers
- Daily Diet Tablets



Health Evolution Of IMC

Healthy Lifestyle



Dr. Ashok Bhatia
Founder, Chairman (IMC)

Healthy life by Healthy lifestyle

It is believed that our body has its own natural mechanism and if we act against the natural mechanism of the body, it will result in diseases a person eats without being hungry, consumes junk food and carbonated drinks on daily basis, sleeps late and leads a sedentary lifestyle, he goes against the natural cycle of the body. Consuming processed food devoid of vitamins and other essential nutrients, mental stress, lack of exercise, sleeping for long hours, etc. are also some of the factors that disturb the biological process of the body leading to lifestyle disorders and psychological problems.

The disturbance in natural cycle of the body depletes the life force energy in the body, reduction in blood circulation in the nerves, increase in formation of free radicals and all this results in physical and mental problems. Due to increase in toxins and depletion of life force energy, the immune system gets affected as the cells do not get essential nutrients.

The sages of the country said, "First asset of the mankind is a disease-free body" but why does a person becomes unhealthy or sick?

Weather conditions and environment keeps on changing and nobody can control it. In order to stay healthy and stay away from the harmful effects of the environment, it is important to lead a healthy and well regulated lifestyle. One should consume simple and nutritious food, sleep on time and avoid taking stress. Mood swings, anxiety and fatigue also have adverse effect on the body, but with a disciplined lifestyle and healthy eating habits one can keep diseases at bay and live a healthy life.

The most important thing to keep in mind is to wake up early before sunrise. After waking up, it is important to spend time in nature either by going to walk or exercising and then have a proper breakfast on time. To stay fit and active, it is important to do physical exercise. It not only keeps the body active but also strengthens the body and builds strong immunity. A sedentary lifestyle on the other hands makes the person lazy, tired and prone illness. Even till today, I have a disciplined lifestyle and I follow a routine that keeps me active all day long.

07:00am: I wake up around 7:00am and drink half liter lukewarm water mixed with Aloe Vera Juice, Himalayan Berry Juice and Aloe Noni Juice. True Health Capsule, Wheat Gold, Super Nourish Moringa, Spirulina tablets and Aloe Cal-D tablets are part of the first meal of my day.

7:30am: I go for brisk walk for 30 minutes and do yoga for half an hour

8:00am: After walk, I drink half liter water mixed with Amla juice powder and curcumin powder

8:30am: I read newspaper or write important letters and along with that I take Himalayan Berry Tea and then, I take a bath and get ready for breakfast.

10:00am: At breakfast, I take fresh fruits, dry fruits and mixed fruits juice

11:00am: I leave for office

1:30pm: During lunch, I take tomato and black chickpeas soup along with salad, vegetables, curd, lentils and chapattis.

4:00pm: I take my evening dose of Tru-Health Capsule, Wheat Gold, Super Nourish Moringa, Spirulina tablets and Aloe Cal-D tablets.

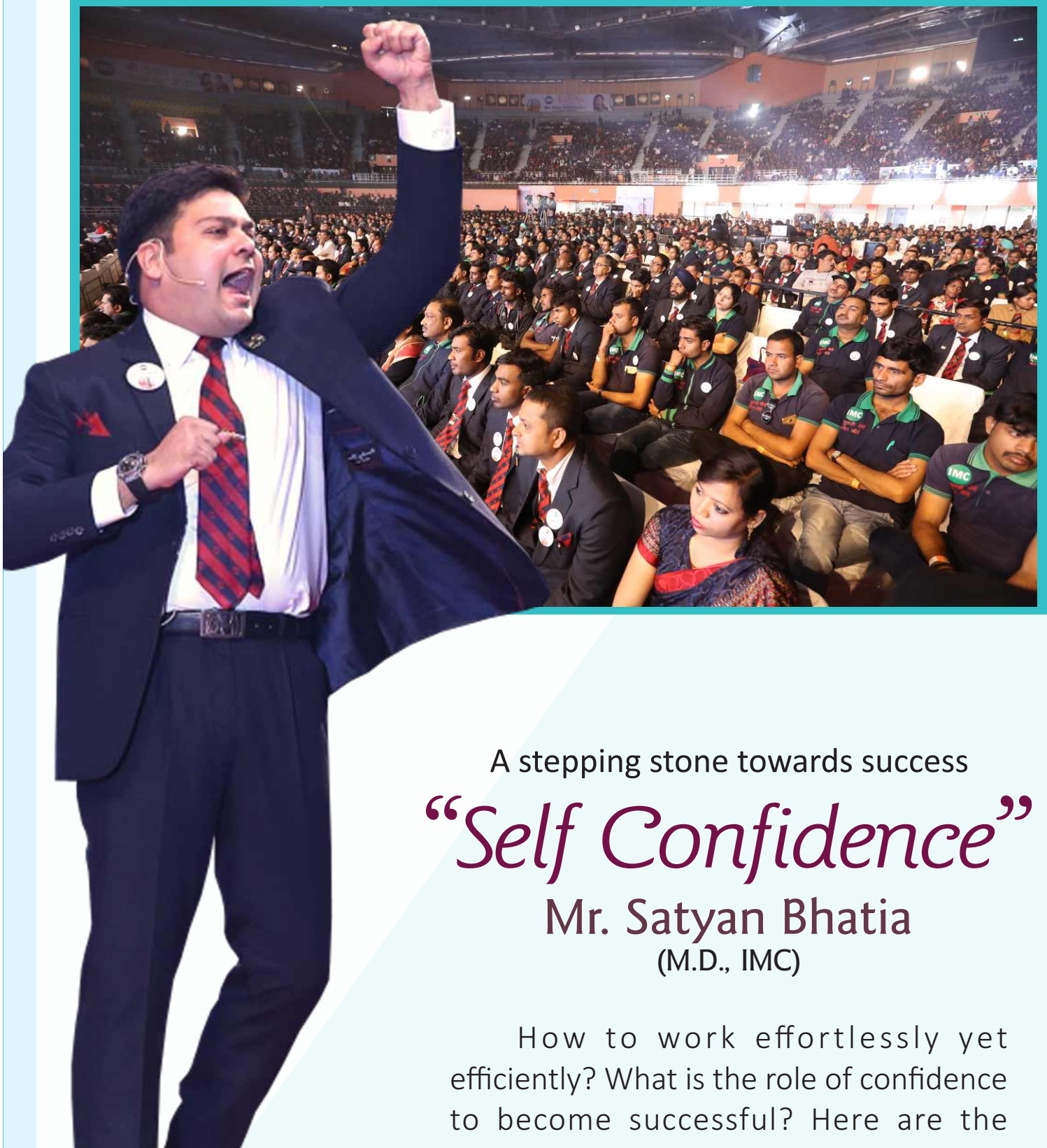
5:00pm: A cup of tea with 2 biscuits.

8:00pm: I leave for home or if I have a meeting which is most scheduled then I visit there. Dinner is generally light so that it is easy to digest which includes soup and salad. I make sure to read motivational books, biographies or write something daily.

11:00pm: I sleep at the same time daily

I make sure to drink 10-12 glasses of water daily.

If health is your prime concern and you wish to have an active and disease-free lifestyle then be a part of IMC's Health revolution. By adopting a simple but disciplined lifestyle anyone can stay healthy and live a long life.



A stepping stone towards success

“Self Confidence”

Mr. Satyan Bhatia
(M.D., IMC)

How to work effortlessly yet efficiently? What is the role of confidence to become successful? Here are the extracts of a speech by Mr. Satyan Bhatia in a mega event where he shared tips to be successful and how confidence plays the key role?

"Power of Self Confidence"

Building up self-confidence is a vital thing,
For it can put you on the path to becoming a king,
Self-confidence for making decisions and taking chances,
Self-confidence for success in future advances,

You need self-confidence no matter what you do,
For without it, you cannot unlock potential so true,
Be it in studying, relationships or winning a fight,
Having low self-esteem is being lost in darkness without light,

Build self-confidence inside, nourish the spirit within,
Let it radiate through your actions and your outer skin,
Embrace self-confidence, let it be your life's magic key,
For it will open many doors towards a brighter destiny,

Believe in yourself, self-confidence will plant the seed,
And in time it will bare the fruit of courage that you need,
It will aid you greatly, a means to change the circumstances ahead,
Use it wisely and well but never let too much get to your head.

Self-confidence is the first step towards success. It is a key that can open locks of every door, an inner driver that will help you overcome all the obstacles and challenges in life. It is only through confidence one can create new things, walk on the road less taken and accomplish impossible goals. It is like a candle that can make darkness disappear; it is that inner fire which helps you grow and make your dreams come true.

Life becomes a burden and a series of regret if a person lacks confidence. An aimless life which is just going with the flow. A person without self-confidence will be fearful and will not be able to take any risk in life to make his dreams come true. Self-confidence is all about

consistent efforts in the right direction. When the hammer strikes the rock 99 times but breaks it at the 100th time the impact and efforts of rest of the 99 attempts were also relevant. Similarly, the waves cannot break the rock in a single blow, it takes many blows for the rock to break. So, one should not lose hope because of just one failure or few failed attempts because consistent efforts will reap fruits and success will be yours.

Patience and determination also play an important role in deciding your future. When a person is fueled with confidence and works hard consistently to achieve the goal, he will definitely become successful. It is important to understand that obstacles and problems are part of life and only patience and determination can help overcome them. But it is important to understand that without hard work nothing can be achieved. Hard work is the secret to success. It is like prayer and laziness is the enemy of hard work. If you want to be successful then it is important to work hard and keep laziness at bay. Life is too short to stay lazy and fearful. Every minute is crucial and one should make every minute count. The human race has the capacity to utilize their talents and go beyond their limited capabilities to transform their lives.

If living a luxurious life or becoming wealthy is your target then it is important to understand what is wealth? It is a non-living entity which has a value and helps in exchange of goods and services. To accumulate wealth, one needs to work hard. With confidence and willpower, one can achieve his targets and reach to the zeniths of glory. A person who never quits and is fearless can make impossible possible with his consistent efforts will become successful and lead a luxurious life.

Friends, never forget, confidence is the inner drive of the person which can be developed and makes the person conquer his

fears. It is the foundation of patience and determination that helps to overcome confusion, indecisiveness, and insecurities.

How to develop confidence?

- Meet everyone with warmth and a smiling face.
- While interacting maintain proper eye contact and tell them, “it was nice to meet” while ending the conversation.
- Always sit in the front of the seminars and meetings. It will help you to learn more and become confident.
- Stay active and energetic.
- Think before you speak and never hesitate to express your opinions.
- Have an ever smiling face and positive attitude.
- Think in a larger perspective and take steps for long-term growth.

Lastly, I would like to say, if you are determined and taking actions in the right direction nothing can stop you. Results might take time, but with consistent efforts and confidence one can reach to the highest of the peaks and achieve everything one desires.

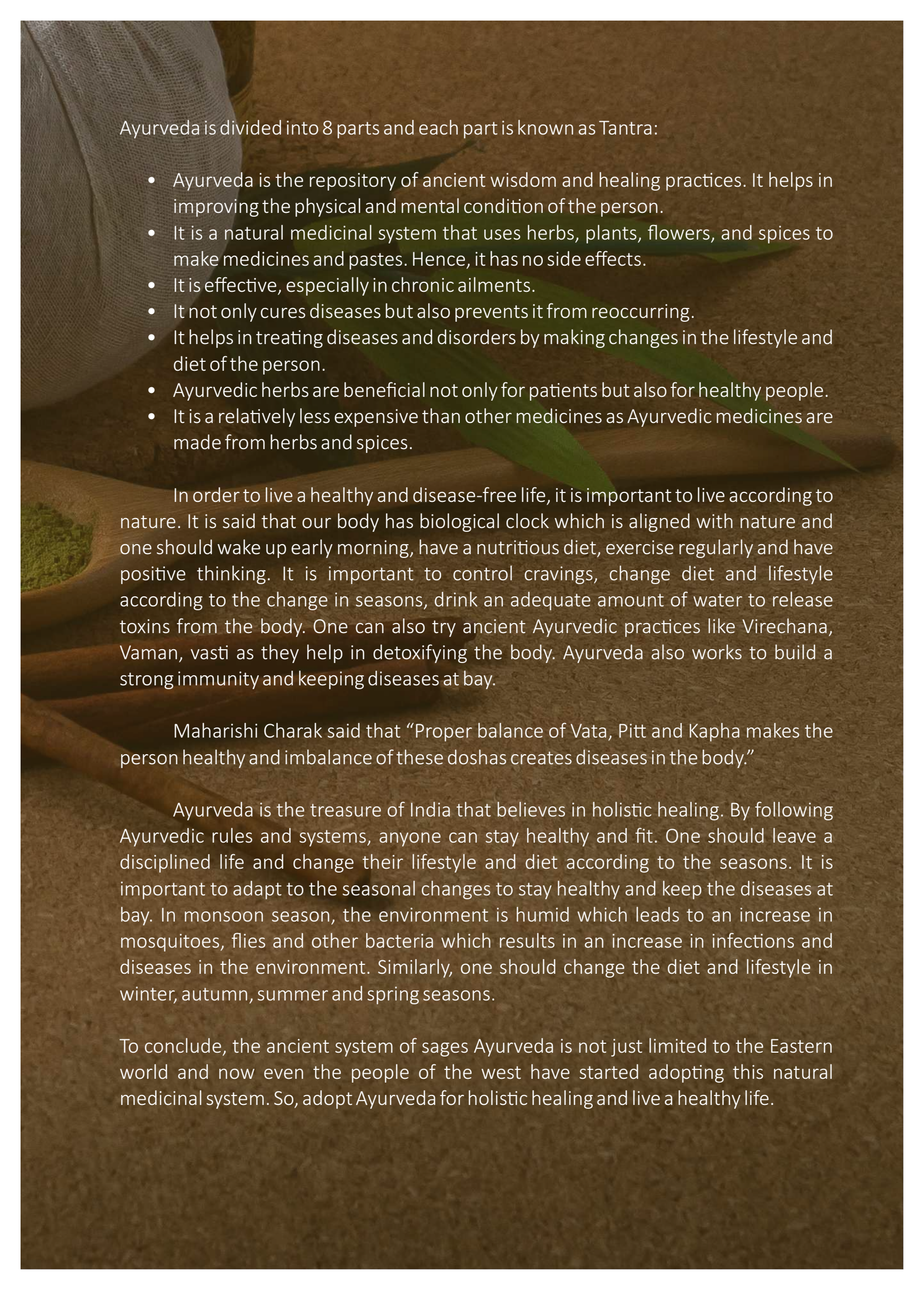
Adopt World's ancient medicinal system

ayurveda

Ayurveda is one of the ancient medicinal systems in the world. It is a perfect blend of science, art and experimentation and it is known as the science of life force energy. Ayurveda is not just limited to curing diseases but it also helps to nip the root cause of the problem and strengthens the immune system thereby promoting healthy and disease-free life.

Shri Ashwini Kumar is considered the father of Ayurveda who further initiated lord Indra and Dhanvantri. It is believed that Lord Dhanvantri, reincarnated as the king of Varanasi and further taught this ancient medicinal system to the group of learned scholars including Sushruta. Along with Sushruta, Nakul, Sehdev, Chyawan, Parashar, Budh and many more are considered the scholars of Ayurveda.





Ayurveda is divided into 8 parts and each part is known as Tantra:

- Ayurveda is the repository of ancient wisdom and healing practices. It helps in improving the physical and mental condition of the person.
- It is a natural medicinal system that uses herbs, plants, flowers, and spices to make medicines and pastes. Hence, it has no side effects.
- It is effective, especially in chronic ailments.
- It not only cures diseases but also prevents it from reoccurring.
- It helps in treating diseases and disorders by making changes in the lifestyle and diet of the person.
- Ayurvedic herbs are beneficial not only for patients but also for healthy people.
- It is a relatively less expensive than other medicines as Ayurvedic medicines are made from herbs and spices.

In order to live a healthy and disease-free life, it is important to live according to nature. It is said that our body has biological clock which is aligned with nature and one should wake up early morning, have a nutritious diet, exercise regularly and have positive thinking. It is important to control cravings, change diet and lifestyle according to the change in seasons, drink an adequate amount of water to release toxins from the body. One can also try ancient Ayurvedic practices like Virechana, Vaman, vasti as they help in detoxifying the body. Ayurveda also works to build a strong immunity and keeping diseases at bay.

Maharishi Charak said that “Proper balance of Vata, Pitt and Kapha makes the person healthy and imbalance of these doshas creates diseases in the body.”

Ayurveda is the treasure of India that believes in holistic healing. By following Ayurvedic rules and systems, anyone can stay healthy and fit. One should leave a disciplined life and change their lifestyle and diet according to the seasons. It is important to adapt to the seasonal changes to stay healthy and keep the diseases at bay. In monsoon season, the environment is humid which leads to an increase in mosquitoes, flies and other bacteria which results in an increase in infections and diseases in the environment. Similarly, one should change the diet and lifestyle in winter, autumn, summer and spring seasons.

To conclude, the ancient system of sages Ayurveda is not just limited to the Eastern world and now even the people of the west have started adopting this natural medicinal system. So, adopt Ayurveda for holistic healing and live a healthy life.

A 3D rendering of a human spine, showing several vertebrae. One vertebra is cracked, and a cloud of bone fragments is shown emerging from the crack, symbolizing osteoporosis. The background is a light, textured surface.

Osteoporosis

Osteoporosis results in weak and brittle bones which result in an increase in the chances of fracture. Even a small accident or jerk can lead to a fracture in the spine, wrist, lower back or hips. It can happen to anyone male or female but women going through menopause are prone to it because of the sudden decrease in estrogen levels.

According to the experts, most of the Indians are suffering from osteoporosis but according to the World Health Organization, it has become a major problem in the world second to heart diseases. In India, one out of every eight individual is suffering from osteoporosis and the rate is even high in the case of women. In women, one out of 3 is suffering from this disease.

Osteoporosis is of four types and most of the people do not realize they are suffering from it until and unless there is a fracture. It happens when the bones become porous and bone density decreases. Generally, bones replenish and renew themselves but when an imbalance occurs between the healing of the old bone and creation of the new one, it is termed as osteoporosis. In order to increase bone density, it is important to include calcium and phosphate in diet but before that, it is important to understand the reasons or symptoms of this disease.

Reasons:

- Pain in the bones
- Loss of height or stooped posture
- Fragile bones leading to fracture

Suggestions:

- Avoid drinking and smoking
- Eat plenty of seasonal vegetables especially green leafy vegetables and fruits
- Sit in sunlight every day as it is an excellent source of vitamin-D

Treatment:

- Mix 30ml Aloe Vera Juice, Himalayan Berry Juice, Aloe Noni Juice and 2 drops of Shri Tulsi in water and drink in the morning and evening.
- Consume 1 tablet each of Aloe Cal-D, TruHealth, Naturomega, Daily Diet, Tongkat Ali and Wheat Gold twice a day in the morning and at night.

Practice these suggestions and treatments but it is important to get the disease diagnosed and take a prescription from an experienced physician



Aloe Vera (Fibrous Juice)

The laxative property of Aloe Vera boosts digestion. It helps to strengthen the immune system and controls irritable bowel syndrome. Being a natural detoxifier, it helps in losing weight by releasing excess of toxins from the body.



The graphic features a central arrangement of five large, 3D gold stars with white centers, fanning out from a common base. Above this central cluster, several smaller gold stars with white centers are scattered across a light blue background with faint, curved white lines. Below the central stars, a dark red banner with a gold border contains the text "Star Achievers of August 2018" in white. The bottom of the graphic is a white area with a gold border, containing several more small gold stars with white centers.

Star Achievers

of August 2018



Sanjay Prasad, Uttar Pradesh

New
Amabassador Star
Associates
of August month



Shanti Devi, Jharkhand

New
Chairman Star
Associates
Of August Month



Diamond Star Associates of August Month

Name	State	Name	State
➤ Shanti Devi	Uttar Pradesh	➤ Suresh H. Gupta	Uttar Pradesh
➤ Namita Giri	Odisha	➤ Arvind Kumar	Jharkhand
➤ Chander Rajan	Punjab	➤ Amar Jyoti Boruah	Assam
➤ Krishna Gopal Mishra	Jharkhand	➤ Anita Kakoti	Assam
➤ Paramananda Kalsai	Odisha		



Ruby Star Associates of August Month

Name	State	Name	State
➤ Kartar Chand Dogra	Punjab	➤ Dharmendra Singh Rajput	Madhya Pradesh
➤ Anurag Verma	Uttar Pradesh	➤ Rohit Shukla	Uttar Pradesh
➤ Nilesh Bhai Patel	Dadra & Nagar Haveli	➤ Sandeep Kalu Pawar	Maharashtra
➤ Anurag Yadav	Uttar Pradesh	➤ Ajmal Nadaf	Maharashtra
➤ Gajanan Shriram Awatade	Maharashtra	➤ Prakash Sahu	Madhya Pradesh
➤ Kalpana. Bhanja	Telangana	➤ Lal Mishra	Bihar
➤ Subodh Kumar Jaiswal	Bihar	➤ Mr Krishna Vijay Sugandhi	Maharashtra
➤ Vidya Charan Patel	Chattisgarh	➤ Vikram Ratnakar Lokhande	Maharashtra
➤ Vikas Sharma	Haryana	➤ Tulsi Saikia	Assam
➤ Rajendra Prasad Yadav	Maharashtra	➤ Sanjay Kumar Srivastva	Bihar
➤ Bishnudeo Roy	Bihar	➤ Ram Prakash	Uttar Pradesh
➤ Dharamshila Kumari	Bihar	➤ Sattar Jatu	Maharashtra
➤ Sanjay Gope	Jharkhand	➤ Anil Kumar	Uttar Pradesh
➤ Suraj Kumar	Jharkhand	➤ Krishna Kumar	Uttar Pradesh
➤ Chandan Boruah	Assam	➤ Ramender Kumar	Delhi



Gold Star Associates of August Month

Name	State	Name	State
➤ Sakti Pada Ray	West Bengal	➤ Mohd Arif	Uttar Pradesh
➤ Purushottam Krishnaji Gokhale	Maharashtra	➤ Bholanath Kalah	Odisha
➤ Ranjeet Kumar Sharma	Bihar	➤ Chandrashekhar Kumar	Bihar
➤ Daud	Bihar	➤ Rajesh Kumar Verma	Jharkhand
➤ Md Nayeemuddin Ansari	Jharkhand	➤ Tabrej Ahmed	Madhya Pradesh
➤ Dharendra Singh	Karnataka	➤ Ram Mohan Munda	Jharkhand
➤ Shakeel Ahmad	Uttar Pradesh	➤ P Venkateswara Sarma	Andhra Pradesh
➤ Dillip Kumar Podh	Odisha	➤ Jaisingh Rajput	Maharashtra
➤ Nipendar Singh	Bihar	➤ Strughan Mahakur	Odisha



Gold Star Associates of August Month

Name	State	Name	State
➤ Kewala Prasad Vishwakarma	Uttar Pradesh	➤ Shabbir Ahmad	Bihar
➤ Monaram Venaji Chaudhari	Maharashtra	➤ Monika Goswami	Assam
➤ Pavan Kumar	Uttar Pradesh	➤ Satyendra Paswan	Bihar
➤ Ajay Kumar Gupta	Uttar Pradesh	➤ Rohit Kumar Sarthi	Chattisgarh
➤ Shekh Khalil Shekh Chand	Maharashtra	➤ Dinesh Kumar Karn	West Bengal
➤ Mamta Singh	Uttar Pradesh	➤ Toijam Ibemhal Devi	Manipur
➤ Jaspreet	Punjab	➤ K S Diwakar	Karnataka
➤ Shekhar Verma	Jharkhand	➤ Subarna Pattnaik	Odisha
➤ Manoj Kumar Verma	Jharkhand	➤ Vasudeo Vithobaji Kohapare	Maharashtra
➤ Rehena Bibi Sarder	West Bengal	➤ Baliram Singh	Uttar Pradesh
➤ Md Mekail Gazi	West Bengal	➤ Fateh Chandra Chaturvedi	West Bengal
➤ Ravindra Sudhakar Kawle	Maharashtra	➤ Harinand Sahu	Jharkhand
➤ Rajshekhar D Hiremath	Karnataka	➤ Babita Yugalkishor Shukla	Maharashtra
➤ Sanjay Kumar Pandit	Jharkhand	➤ Satendra Singh	Uttar Pradesh
➤ Tileswar Porja	Assam	➤ Manish Bhanwarlal Mundra	Maharashtra
➤ Bindra Nath Pari	West Bengal	➤ Virendra Prasad Pathak	Uttar Pradesh
➤ Jugalkishor Kanhayalal Loya	Maharashtra	➤ Amar Nath Patel	Uttar Pradesh
➤ Ikram Khan	Uttar Pradesh	➤ Shekh Afzal	Madhya Pradesh
➤ Ajeet Kumar	Bihar	➤ Bhagwan Deen Yadav	Uttar Pradesh
➤ Tejas A Ghosekar	Maharashtra	➤ Sachchidanand Yadav	Uttar Pradesh
➤ Kailas Thakre	Maharashtra	➤ Sanjeev Kumar Das	Manipur
➤ Ramesh Rangnathrao Kale	Maharashtra	➤ Uttam Das	Tripura
➤ Vijay Suryavanshi	Maharashtra	➤ Gopal Chandra Barik	Odisha
➤ Vinay Bhushan Jha	Bihar	➤ Dheeraj Singh	Madhya Pradesh
➤ Sugandha Kumari	Bihar	➤ Bikash Sahu	Odisha
➤ Vinod Kumar	Uttar Pradesh	➤ Rajkishor Kumar	Bihar
➤ Jaiprakash Kumar Choudhary	Bihar	➤ Manav Jyot	Delhi
➤ Kanheya R Vaishnav	Rajasthan	➤ Biswanath Ghosh	West Bengal
➤ Mukesh Kumar	Jharkhand	➤ Hemanta Panda	Odisha
➤ Naiyar Imam Rizvi	Bihar	➤ Dr K Neelima	Andhra Pradesh
➤ Sukhdev	Uttar Pradesh	➤ Pritam Kumar Sinha	Chattisgarh
➤ Love Shankar	Uttar Pradesh	➤ Nandram Sitaram Sonkusare	Maharashtra
➤ Mohan Ramesh Thakur	Maharashtra	➤ Tarvinder Singh Madan	Haryana
➤ Ranjeet Singh	Uttar Pradesh	➤ Poonam Kumari	Bihar
➤ Amba Lal Panchal	Rajasthan	➤ Ramcharitra Paswan	Jharkhand
➤ Avdhesh Singh	Chattisgarh	➤ Neeraj Gupta	Uttar Pradesh
➤ Angad Kumar Singh	Bihar		



Silver Star Associates of August Month

Name	State	Name	State
➤ Jigarkumar Govindbhai Patel	Gujarat	➤ Chanchal Mahato	West Bengal
➤ Rekha Mukherjee	West Bengal	➤ Rahul Mishra	Uttar Pradesh
➤ Asha Devi	Delhi	➤ Balram Pandey	Uttar Pradesh
➤ Aftab Alam	Bihar	➤ Vimla Devi	Jharkhand
➤ Pooja P Khadaye	Maharashtra	➤ Ajay Kumar	Bihar
➤ Kirshna Nand Tiwari	Gujarat	➤ M Mor Abba	Nagaland
➤ Prit Pal Singh	Bihar	➤ Shambhu Das	Bihar
➤ Lily Baraik	Jharkhand	➤ Tej Kumar Nagwanshi	Chattisgarh
➤ Lalchand Saroj	Maharashtra	➤ Brahmchari Bir Prakash	West Bengal
➤ Ashok Kondbaji Deotale	Maharashtra	➤ Sushovan Das	West Bengal
➤ Arjun Mahato	Jharkhand	➤ Ashok Shankar Mane	Maharashtra
➤ Prokash Mondal	West Bengal	➤ Bibekananda Chety	Odisha
➤ Raghwendra Kumar Singh	Bihar	➤ Kalipad Mahto	Jharkhand
➤ Saphet Ram Sidar	Odisha	➤ Beradiya Raviraj	Gujarat
➤ Vijay Kumar Singh	Bihar	➤ Sadashiv S Prabhu	Gujarat
➤ Pappoo Chauhan	Uttar Pradesh	➤ Pushpa Devi	Uttar Pradesh
➤ Vinod R Yadav	Maharashtra	➤ Panjab Lakshmanrao Survase	Maharashtra
➤ Anant Kumar Pandey	Jharkhand	➤ Shakir Ullaha Kha Pathan	Maharashtra
➤ Ram Singh	Uttar Pradesh	➤ Sapna Devi	Bihar
➤ Mamta Mangesh Salvi	Maharashtra	➤ Bhanu Kumar	Madhya Pradesh
➤ Shambhu Prasad Dwivedi	Madhya Pradesh	➤ Prabhakar Ranjan Singh	Jharkhand
➤ Dhira Rani Bhuyan	Assam	➤ Potadar Vyankat Ramrao	Maharashtra
➤ Mithilesh P. Gaikwad	Maharashtra	➤ Santosh Pandya	Madhya Pradesh
➤ Sujit Kumar	Uttar Pradesh	➤ Arjun Kumar Sah	Bihar
➤ Mamta	Haryana	➤ Anju Meshram	Maharashtra
➤ Anadamoy Rudra Paul	Assam	➤ Mamta Rani	Haryana
➤ Bhosale Ishwar Gopalrao	Maharashtra	➤ Shyam Sundar God	Bihar
➤ Panchanan Karmali	Jharkhand	➤ Govind Lal Pandit	Jharkhand
➤ Walmik Nimba Patil	Maharashtra	➤ Sourabh Kumar	Bihar
➤ Rambinay Kumar	Jharkhand	➤ Raphila Xalxo	Jharkhand
➤ Bhushan Mahto	Jharkhand	➤ Dnyaneshwar Meshram	Maharashtra
➤ Karunakar Patra	Odisha	➤ Jagveer Singh	Uttar Pradesh
➤ Net Ram	Uttar Pradesh	➤ Sandeep Kumar	Haryana
➤ Krishna Ch Das	West Bengal	➤ Abhishek Kumar Sharma	Bihar
➤ Prem Narayan Verma	Uttar Pradesh	➤ Santosh Kumar Mahto	Bihar
➤ Jitender Singh	Uttarakhand	➤ Ranjan Kumar Ray	Bihar
➤ Harisadhan Kheto.	West Bengal	➤ Ashok Kumar	Bihar
➤ Md Yousuf Ali	West Bengal	➤ Surjeet	Uttar Pradesh
➤ Md Sarfuddin Ansari	Jharkhand	➤ Madanpal	Uttar Pradesh



Silver Star Associates of August Month

Name	State	Name	State
➤ Sita Devi	Uttar Pradesh	➤ Pradeep Bagarti	Odisha
➤ Shravika Sandesh Shah	Maharashtra	➤ Subhash Rathod	Maharashtra
➤ Ashok Kumar Sharma	Bihar	➤ Shashi Kumar Gupta	Bihar
➤ Ajay Kumar Tiwari	Madhya Pradesh	➤ Asha Ramlakhan Verma	Gujarat
➤ Mridul Kumar Verma	Bihar	➤ Shabnam	Uttar Pradesh
➤ Om Prakash Verma	Uttar Pradesh	➤ Rajshree Santosh Bandal	Maharashtra
➤ Puspa Saha	Assam	➤ Manubhai J Kalsariya	Gujarat
➤ Sufal Das	West bengal	➤ Yogesh Keshavrao Patil	Maharashtra
➤ Devender Pal	Haryana	➤ Vicky Kumar	Bihar
➤ Mohamadhussain	Bihar	➤ Koramani Dakua	Odisha
➤ Vinayak Gulabrao Temgire	Maharashtra	➤ Ajay Singh Thakur	Chattisgarh
➤ Shweta Sanjay Dani	Maharashtra	➤ Sarika Devi	Bihar
➤ Rekhha Yadav	Uttar Pradesh	➤ Karttik Sundhi	Odisha
➤ Md Israfil	Bihar	➤ Rupali Bordhan	Assam
➤ Surymohan Paswan	Bihar	➤ Saroj Pandey	Madhya Pradesh
➤ Nirmala	Uttar Pradesh	➤ Amiya Phukan Bailung	Assam
➤ Mayank	Rajasthan	➤ Jaya Sahuy	Madhya Pradesh
➤ Madhuchandra Devi	Jharkhand	➤ Manas Jyoti Rajkhowa	Assam
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➤ Rajni Parihar	Madhya Pradesh	➤ Rajesh Kumar	Bihar
➤ Sunil Kumar Pandey	Bihar	➤ Chander Prakash	Delhi
➤ Mundhe Suraj Subhash	Maharashtra	➤ Ananta Kumar Chakraborty	West bengal
➤ Deewan Singh Baghel	Madhya Pradesh	➤ Santosh	Haryana
➤ Ranjitbhai Pravinbhai Rathod	Gujarat	➤ Badre Alam	Bihar
➤ Nityanand Pratap Patil	Maharashtra	➤ Niraj Kumar	Jharkhand
➤ Nutan Chaturvedi	Odisha	➤ Sheela Devi	Haryana
➤ Pravesh Chaturvedi	West bengal	➤ Salauddin Baidya	West bengal
➤ Mohammad Ali Tailor	Gujarat	➤ Suneel Kumar Tripathi	Madhya Pradesh
➤ Laxman Verma	Uttar Pradesh	➤ Pintu Kumar Patel	Bihar
➤ Shiba Asif	Madhya Pradesh	➤ Kumar Gaurav	Uttar Pradesh
➤ Rashid Ali	Uttar Pradesh	➤ Raju Kumar Madhesiya	Bihar
➤ Amrish Kumar	Uttar Pradesh	➤ Aditya Swarup	Bihar
➤ Brijesh Kumar Shukla	Uttar Pradesh	➤ Vikash Kumar	Bihar
➤ Vedwati Tewari	Uttar Pradesh	➤ Karima Bibi	West bengal
➤ Anindita Mishra	West bengal	➤ Prakash Chand Rajoriya	Madhya Pradesh
➤ Girja Tiwari	Uttar Pradesh	➤ Aswani Kumari Tripathi	Delhi
➤ Kuldeep Sharma	Uttar Pradesh	➤ Ram Lakhan Vishwakarma	Uttar Pradesh
➤ Kumar Vivek	Bihar	➤ Patel Mahesh kumar	Gujarat
➤ Rekha Devi Keshan	Assam	➤ Rajesh Soreng	Jharkhand



Silver Star Associates of August Month

Name	State	Name	State
➤ Shailendri Maurya	Uttar Pradesh	➤ Shahid Usmani	Madhya Pradesh
➤ Kamlesh Yadav	Bihar	➤ Tumpa Ghoshal	West bengal
➤ Om Prakash Patel	Bihar	➤ Jyoti Shukla	Uttar Pradesh
➤ Kalpana Sethi	Odisha	➤ Tabassum Akhtar	Uttar Pradesh
➤ Rohini Kernath Suryawanshi	Maharashtra	➤ Neelam	Tamil Nadu
➤ Santosh Ambaji Kamble	Maharashtra	➤ Rajeev Kumar	Haryana
➤ Gopesh Oraon	Jharkhand	➤ Devram Dadasaheb Ganpati	Maharashtra
➤ Haridas Mate	Maharashtra	➤ Udhavrao Apparao Kendre	Maharashtra
➤ Ambati Srinivas	Odisha	➤ Rahul Kumar Singh	Uttar Pradesh
➤ Pradeep Khatiwoda	Manipur	➤ Shailesh Manohar Nalavade	Maharashtra
➤ Amar Singh	Madhya Pradesh	➤ Vijay Brahmadev Singh	Gujarat
➤ Sanjeev Kumar Karn	Bihar	➤ Pravin Kumar	Haryana
➤ Sandip Singh Munda	Jharkhand	➤ Surjeet Singh	Haryana
➤ Mohd Imteyaz Khan	Bihar	➤ Vijay Kumar Bind	Bihar
➤ Khelanti Meena	Rajasthan	➤ Shaikh Najir Ahemad Shaikh	Maharashtra
➤ Amzad Ali	Assam	➤ Dharma Kumar Verma	Chattisgarh
➤ Ankit Kumar Thakur	Jharkhand	➤ Jayshri Panduran Jadav	Maharashtra
➤ Yashwant Nivruti Chormare	Maharashtra		



OFFER

ROYAL MONTHLY BONUS

(RMB)

IMC introduces Royal Monthly Bonus for Associates upto Diamond Star level.

ELIGIBILITY:

Any associate can avail a monthly bonus under the given offer if they maintain their previously achieved level. The varied amounts of the Royal Monthly Bonus according to the respective level maintained are mentioned on the right side. ➡

- ▶ **Super Star:** Rs. 2,000
- ▶ **Silver Star:** Rs. 4,000
- ▶ **Gold Star:** Rs. 7,000
- ▶ **Ruby Star:** Rs. 15,000
- ▶ **Diamond Star:** Rs. 25,000

Conditions:

Newly qualified associates will only be eligible for the Royal Monthly Bonus in the succeeding month of their achievement if they maintain their achieved level.

Note:

The criteria which is to be followed for qualification by the Associates for maintenance of different levels are as follows:

Level	No. of qualified 35% Legs	PGBV
Super Star	0	30,000
Silver Star	1	30,000
Gold Star	2	25,000
Ruby Star	4	20,000
Diamond Star	6	15,000

Offer Validity: 2nd August 2018 – 31st October 2018



OFFER

Fast

35%

Offer

Achieve Fast
35% Level (Super Star)

Eligibility:

If an associate earns 75001 PGBV
in a single month

OR

Earns 1 lac PGBV in two months
then they shall directly reach 35% level.

CONDITION:

Maximum 7501 PBV in a month will be considered per associate ID
for qualifying fast super star

VALIDITY:

2nd August 2018 - 31st October 2018



OFFER



OFFER
Fast
25%

Achieve Fast 25% Level

Eligibility:

**If an associate earns 7501 PBV in a single month,
then they shall directly reach 25% level.**

Note:

The purchase should be done in the same month

Validity: 2nd August 2018 - 31st October 2018



OFFER

REPURCHASE OFFER

Qualification:

Earn **15000 PBV** in
3 months i.e. Aug, Sept
and Oct 2018.

Gift: Win Invitation For LEADERSHIP TRAINING SEMINAR

by renowned Motivation Speaker
& Corporate Trainer

Mr. Vivek Bindra

and **Grand Inauguration of
New Warehouse**

in Haridwar

on 4th, 5th, 6th and 7th December 2018

EVENT FEATURES:

- Special life changing leadership and motivational training by renowned **Motivational Speaker and Corporate Trainer Mr. Vivek Bindra**.
- Accommodation and meals at a prestigious Hotel.
- Visit to IMC factory.
- Opening and visit to the new warehouse
- Entertainment programs DJ and Dance.
- Still photography & videos to capture every precious moment.
- Recognition and Award Ceremony.

- Note:**
- You can bring your spouse/partner along by achieving double qualification.
 - Offer is not transferable/ exchangeable.
 - Children are not allowed.
 - Offer valid from 1st Aug to 31st Oct 2018.
 - Check-out on 7th Dec 2018 before 12:00pm.



Daily Diet Tablets

It enhances metabolism, controls appetite, keeps the person active all day long and fulfills the requirement of deficient nutrients.



Aloe Shaving *Gel*



It is enriched with extracts of Aloe Vera, neem, basil leaves (Tulsi), mint leaves and turmeric. It is a Shave Gel with Aloe emollients that act as a natural scrubber and helps in removing tanning with a shave. It smoothenes the hard hair leading to an easy shave without any razor cuts or burns. It helps in reducing dryness and gives a glowing skin.