



Anyone. Anywhere...

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Cleaning Services | Commercial Housekeeping | Manned Guarding | Property & Asset Management | Security Training

Why do we celebrate Holi?

Holi is the Hindu festival of colour which signifies the victory of good over evil, the arrival of spring and the end of winter. Holi is an annual festival celebrated on the day after the full moon in the Hindu month of Phalguna (end February - March).

There are two symbolic legends to explain why Holi is celebrated. The first relates to the evil King Hiranyakashipu, who was the King of Multan. His younger brother was considered a demon and was killed by Lord Vishnu. To avenge the death of his brother, King Hiranyakashipu prayed for several years as he wanted to become King of heaven, earth and underworld. Finally he was granted a boon. Powered by the boon, Hiranyakashipu thought he had become invincible. Arrogant, he ordered all in his kingdom to worship him. However, his youngest son Prahlada, who was an ardent devotee of Vishnu refused to listen to his father and continued to pray to Vishnu. This enraged his father. He subjected Prahlada to cruel

punishments, none of which affected the boy or his resolve to do what he thought was right. Finally Hiranyakashipu sought help from his sister Holika, who had a cloak which protected her from fire. A pyre was lit and Holika, wearing her cloak, tricked Prahlada into sitting in the fire with her. Prahlada entered the fire, without a cloak, reciting Vishnu's name. As the fire roared, the cloak flew from Holika and protected Prahlada. Holika burned, Prahlada survived. Vishnu appeared and killed Hiranyakashipu. The bonfire is a reminder of the symbolic victory of good over evil, of Prahlada over Hiranyakashipu, and of the fire that burned Holika. The next day when the fire cooled down, people applied ash to their foreheads, a practice still observed by some people.

The colourful face of Holi has been assumed from the second legend associated with the festival of colour, the legend of Krishna. According to Hindu mythology Lord Krishna was sad that his complexion was very dark and wondered why Radha was so fair. He complained about this to his mother, Yashoda, who playfully suggested that he can smear colour on Radha's face to change it to any colour he desired. Lord Krishna, portrayed by legends as the fun - loving prankster heeded to his mother's suggestion and applied colour on Radha. From here started the tradition of playing with colour on Holi!

How to remove Holi colour stains from floors and bathroom?

While Holi is a fun - filled festival of colour, it can sometimes be a messy affair. Despite our efforts to celebrate outdoors, in our movement in and out of our homes we may drop some colour on the floor.

Should you drop any dry colour on the floor, immediately collect it in a dust pan with the help of a broom. Do not apply a damp cloth or water on dry colour, it will make the stain harder to remove.

If wet colour (pakka colour) falls on the floor, straightaway dry up the colour by placing dry newspaper or cloth on the spillage. There after use a floor cleaning detergent to mop the floor. In case the wet colour dries on your floor, it could leave a stain despite cleaning with detergent. In such a situation, make a paste of baking soda and water, apply the paste on the stain and allow it to dry, after a few minutes wipe off the paste with damp cloth or sponge. For removing stains on white marble floors use liquid bleach. Do not use bleach on colored or laminated floors for it will soak up the colour.

Bathroom tiles are another common place where holi colour can leave stains. If your bathroom tiles get stained, don't start pouring harsh chemicals like acid or phenyl on them, instead sprinkle some detergent powder and then clean it. For all those who have faucets with stains on them, dab some liquid detergent onto a damp cloth and gently rub the fitting. Your bathroom fittings will be spotless and gleaming in no time.



"The purest and most thoughtful minds are those which love colour the most."

- John Ruskin

Significance of colours

Holi is a festival of colour, emotions and happiness, celebrated with much fervor and zest. Colours have a lot of importance in our lives. In India, different colours are an expression of faith and belief. Mentioned below is the significance of commonly used colours during Holi:

Red

Red - Symbolizes purity, power, passion, energy and love. It is a colour worn at weddings by the bride and it is also the colour of tikka and sindoor. Red is associated with Goddess Durga.

Yellow

Yellow - Signifies pioussness and healing powers. Yellow is the colour of turmeric, which is widely used across India for religious functions and an important ingredient in our food. Turmeric has many healing properties. Yellow is the colour of Lord Vishnu. It is also believed to welcome spring.

Blue

Blue - Represents calm, peace, tranquility, power and life. Blue is associated with Lord Krishna.

Green

Green - Denotes harvest, new beginnings, happiness, fertility, vitality and nature. It is scared colour amongst the Muslim community and respected by the Parsee's.

Saffron

Saffron - It is considered a sacred colour representing Hinduism. It represents fire and as impurities are burnt by fire, this colour symbolizes purity.

Pink

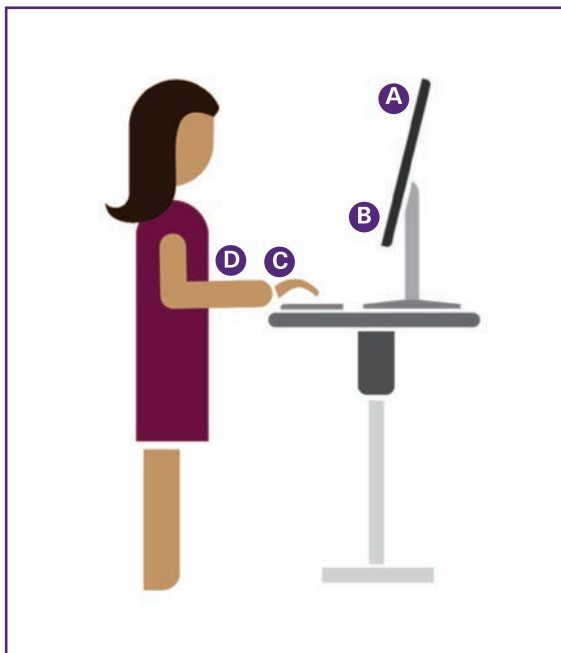
Pink -Signifies friendliness, happiness, love and nurturing. It is associated with Ganesha who has a pink elephant head.

Working posture

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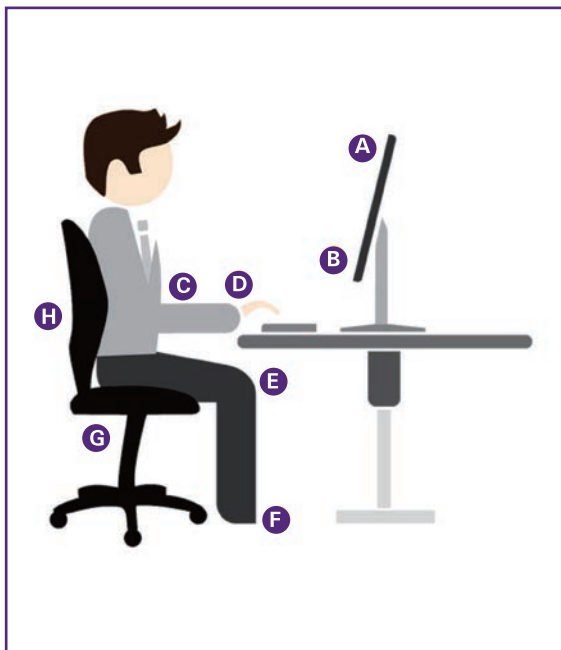
The last section of our newsletter is always dedicated to personal development. In this issue we talk about correct posture to maintain while working. Most of us spend a lot of our time working in front of a computer. As a consequence of this, we must pay special attention to the correct 'working posture'. Good posture will alleviate back pain, reduce stress, it will help to build a strong core and open up the lungs to breathe better.

Given below are illustrations of correct posture to follow at work, whether sitting or standing.



CORRECT WORKING POSTURE - STANDING

- A** EYE LEVEL EVEN WITH TOP OF MONITOR
- B** VIEWING DISTANCE 15-30 INCHES
- C** WRIST STRAIGHT
- D** ELBOW ANGLE 90° & CLOSE TO BODY



CORRECT WORKING POSTURE - SITTING

- A** EYE LEVEL EVEN WITH TOP OF MONITOR
- B** VIEWING DISTANCE 15-30 INCHES
- C** ELBOW ANGLE 90° & CLOSE TO BODY
- D** WRIST STRAIGHT
- E** KNEE ANGLE 90°
- F** FOOT REST OR FLAT FEET
- G** SEAT HEIGHT 15-20 INCHES
- H** LOWER BACK SUPPORT

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