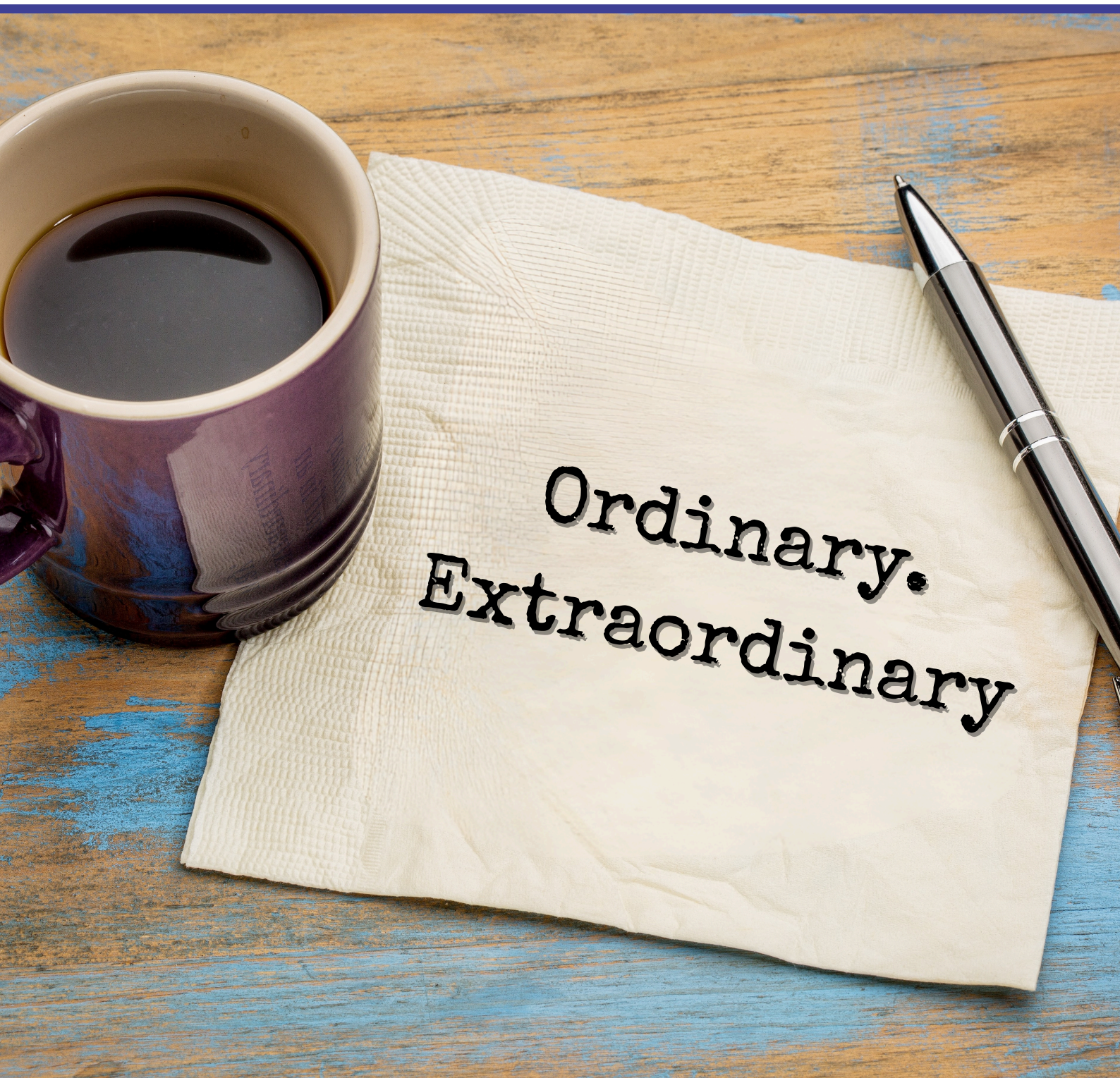


# SANWAD





# Index

## CONTENTS

### **1. MD'S MESSAGE**

### **2. THE POWER OF THE EVERYDAY**

### **3. UMBRELLA PAINTING COMPETITION**

### **4. BOOK RECOMMENDATIONS**

### **5. JULY HIGHLIGHT**

- NEW ONBOARD
- A NORMAL DAY IN CORPORATE LIFE
- BIRTHDAY RECAP
- BIRTHDAY CELEBRATION

### **6. EMPLOYEE REFERRAL PROGRAM**



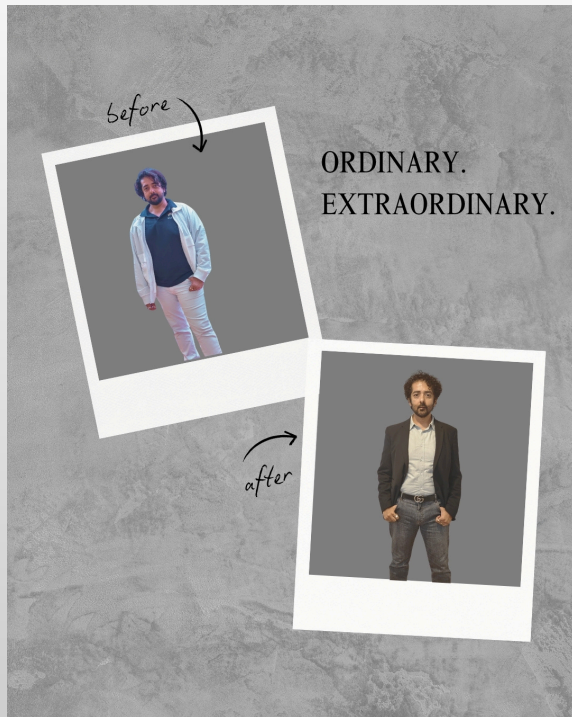


# MD's Message

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# Ordinary. Extraordinary.



If someone had seen me in October last year, they would have seen a bulky, unhealthy man weighing 112 kilos with blood sugar fasting around 130 and an HbA1c of 8.1. My cholesterol and cortisol levels were high. I was dealing with constant anxiety and stress at work. Then, in mid-November, I was put on bed rest due to a slip disc and stayed that way until December 26.

That phase could have broken me. But something in me decided to take control.

Instead of going the medication or insulin route, I chose to understand my body better. I got a complete health check done. This included all vitals, blood reports, vitamin and mineral levels, and most importantly, a food intolerance test. That test opened my eyes..

I found out that several food items I was regularly consuming were not suitable for me. They were converting straight into fat.

So I made a firm decision. I stopped all fried foods. I eliminated wheat and gluten. I cut out milk and dairy almost completely. I gave up sugar, jaggery, and anything sweet. I started small, with basic walks and some light back exercises.

And I stayed consistent.

I added 16-hour intermittent fasting (not having anything post 8 pm and first meal after 12 noon, next day) made sure I ate mostly home-cooked food, and avoided outside food almost entirely. No junk, no sweets, no shortcuts. Slowly, I began to feel more energetic. My physical strength improved. Mentally, I became sharper. I could handle stress and long workdays much better.

In 10 months, I lost over 22 kilos. More than that, I felt alive again.

Along the way, I also made lifestyle changes that had a big impact. I now sleep for 7 to 8 hours every night. I avoid using my phone or any gadgets for one hour before sleep and one hour after waking up. I drink 4 to 5 liters of water every day. I also began learning new things outside work, including Python and AI, just to keep my mind engaged and growing.

Today, I weigh 88 kilos. I feel lighter, not just in my body but also in my thoughts. I feel more focused, more agile, and more confident in everything I do.

This journey was not about any one big moment. It was about small steps taken with dedication. Discipline, consistency, and self-awareness changed everything.

From ordinary health reports and painful days on bed rest, this became a story of personal transformation. Not because I did something special, but because I refused to give up.

Anyone can do this. It is all in the mind. And it begins the moment you decide to take charge.

– Pratik Vaidya



# The Power of the Everyday

At Karma Global, we often celebrate innovation, big wins and milestones. But behind every success story lies something just as powerful — the quiet, consistent and determined effort of individuals who show up and give their best every single day.

This month, as we reflect on the mid-year mark, we shift our spotlight from the exceptional to the essential. From the dazzling moments to the dependable ones. From the loud applause to the silent contributions.

Because extraordinary doesn't always begin with a breakthrough. Sometimes, it begins with:

- An associate patiently solving a client query.
- A compliance executive triple-checking filings for accuracy.
- An HR coordinator making sure every joining experience feels smooth.
- A finance team member reconciling every decimal with precision.
- A support staff keeping our spaces organized and efficient.

None of these acts make headlines. But collectively, they make Karma. This edition of Sanwad is a tribute to our people — not for one-time heroics but for the discipline of excellence they bring to ordinary days.

It's a reminder that greatness is not always about the grand but about the grounded.

Here's to the power of persistence.

Here's to Karma Global's extraordinary ordinary.

**– Karma Team**





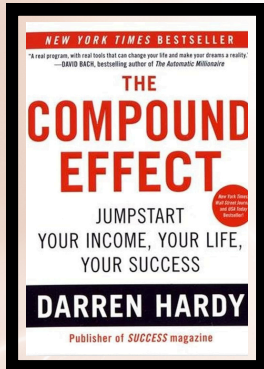
# UMBRELLA PAINTING COMPETITION



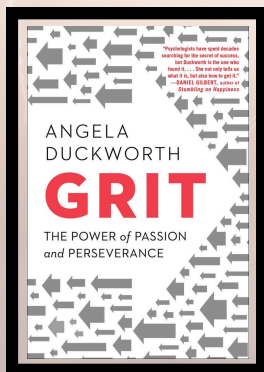


# BOOKS

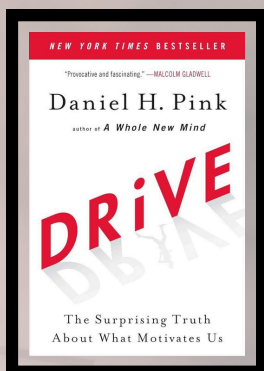
## RECOMMENDATIONS



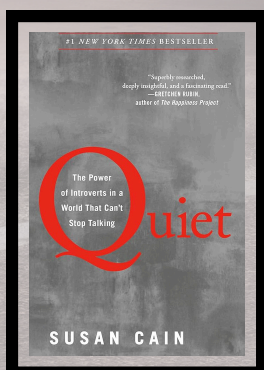
Because small, consistent choices - the kind we make every day - lead to extraordinary results over time.



It celebrates how ordinary perseverance often beats raw talent, reshaping how we view success.

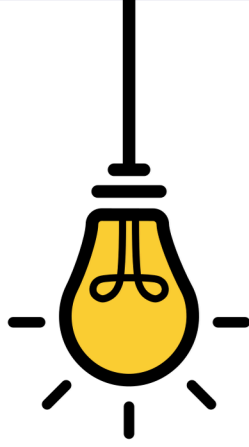


An insightful look at what really fuels our effort -not money, but purpose, autonomy, and mastery.



A tribute to those who lead, influence, and innovate quietly – proving that being low-key can be high-impact





# New Onboard

**Siddhant Adhav**



**Pratik Pawar**







## A NORMAL DAY IN CORPORATE LIFE





# Birthday Recap



TEJAS MAHADIK



SHWETA SHINDE



SONAM PATIL



BRENDA LEWIS



GAYATRI IYER



ANKITA MAYEKAR



BHIVRAO SAMANT



NAILA KAZI



VIDHI BRAHMBHATT



MANSI PATIL



AOSHIN MANJURAN



# Birthday Celebration july





# We are Hiring

## Open Positions



- Sales - Mumbai, Delhi, Ahmedabad, Hyderabad
- KAO - Mumbai
- Payroll & taxation Executive - Mumbai
- Intern React, PHP, Python - Mumbai



**Refer talented candidates and  
receive referral amount !**

