



ACHIEVEMENTS



DELIVERING QUALITY **PRODUCTS**



TRAINING, SEMINARS, REWARDS ÁND RECOGNITION





NEW LAUNCH **PRODUCTS**

RETAIL REVOLUTION **LE MART**





SMARTPULSE-W/

25 YEARS CELEBRATION

What began as a small idea has grown into a nationwide movement. SmartValue's journey is defined by vision, determination, and steadfast commitment. Over the past 25 years, we have been shaping lives, nurturing dreams, and creating opportunities across the country.

efforts — from introducing innovative products to building platforms that promote learning, leadership, and success. Our associates, partners, and customers have been the true pillars, supporting us through every challenge and victory.

This silver jubilee is not only a tribute to our journey so far — it is also a promise for what lies ahead. We step into a new era driven by innovation, strengthened by community, and guided by our core principles of trust, progress, and excellence.

We extend our heartfelt gratitude to everyone who has been part of this remarkable journey. Together, let's continue to dream bigger, aim higher, and

SMARTZULSE-W/

Hyatt Regency, Gurgaan













PREFACE 8 ASSOCIATE ACHIEVEMENT

2 ABOUT THE SETAIL CLUB OFFER

3 MANAGING DIRECTOR 10 CSR ACTIVTIES MESSAGE

4 OUR PRODUCT

11 JOURNEY TO WELLNESS

5 AWARDS 12 DOCTOR'S ADVICE

6 COMPANY HIGHLIGHTS 13 SOCIAL MEDIA

7 TOP LEADERS 14 NEW LEMART LAUNCH

About The Company

SmartValue is much more than a company, whose revolutionary idea has transcended itself beyond the ordinary, who is committed to bringing a positive change in the lives of people through its genuine quality products that are valued for money and by opening profitable and career-oriented opportunities for the highly motivated youth. Today, the company through its sheer dedication and innovative ideas has a notable presence across India and become a household name. The company has also earned the reputation of being one of the largest companies in the Direct Selling Industry. SmartValue is committed to enhancing the overall quality of living and helping people to create a healthy and happy life. The company's interest lies in various cate-An ISO 9001:2008 Certified company.

Has more than 100 + High Quality & Value-For-Money Products.

Managed by synergy of highly qualified professionals with multi-industry exposure from top management institutes of India.

Built on strong Ethics and Beliefs.

It is time-tested & one of the most trusted organizations.

Our Vision

"To be a reputed institute of smart people who add value across generations."

- To transform Citizen to Smartizen & Healthizen.
- To provide Quality Products.
- To develop personality and communication skills with the help of Educa-

Our Mission

SmartValue is dedicated to spread knowledge in the Society and help people choose Value for-money products for healthy and better living.

Message From The

MANAGING DIRECTOR



Dear SmartValue Family,

It brings me immense joy to connect with you through our quarterly magazine. Your unwavering dedication and passion continue to inspire us every day. Whether you're a seasoned associate or someone exploring the opportunities SmartValue offers, I extend my warmest greetings to each one of

As we journey together, let's take a moment to celebrate our collective achievements. Your hard work and commitment have been instrumental in shaping SmartValue into the thriving community it is today. Together, we've surpassed milestones and set new benchmarks in the direct selling industry.

To our valued associates, thank you for your loyalty and dedication. Your efforts have not only contributed to the success of SmartValue but have also transformed countless lives through our quality products. Your belief in our

To those considering joining our SmartValue family, I invite you to explore the endless possibilities that await you. SmartValue isn't just a company; it's a platform for growth, empowerment, and success. With our proven track record and commitment to excellence, you'll find unparalleled opportunities

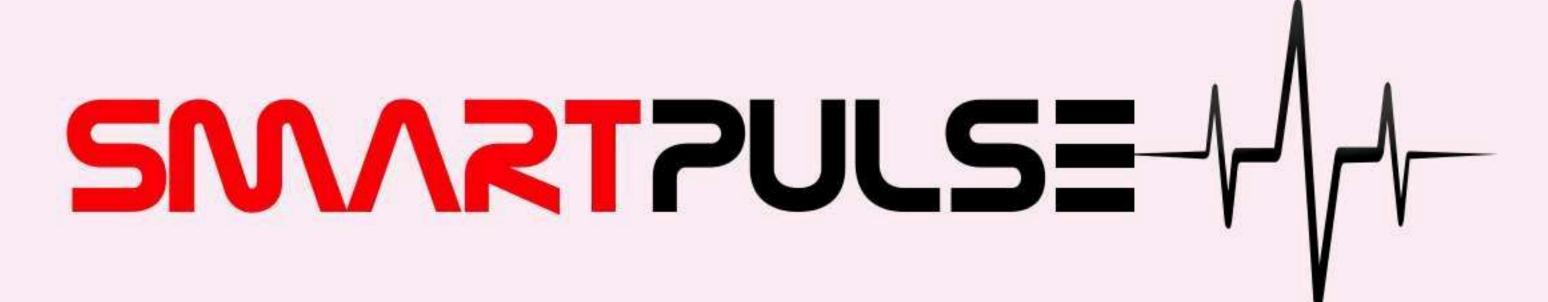
As we move forward, let's renew our commitment to excellence and innovation. Together, let's continue to make a positive impact on the lives of others

Thank you for being an integral part of the SmartValue journey. Together, we'll continue to reach new heights and achieve our dreams.

Warm Regards,

Mr. S Krishnamourthy Managing Director

SmartValue



OUR PRODUCT AND SERVICES

More than 40 lakh+ associated with SmartValue



HEALTH & WELLNESS



BEAUTY CARE



PERSONAL CARE



HOME CARE



BOOK & DVD'S



FOOD & BEVERAGES



AGRICULTURE



LIFESTYLE















































INDIA'S MOST TRUSTED WELLNESS COMPANY OF THE YEAR



Presented To

NATIONAL PRESTIGE AWARD

WE ARE HONOURED TO RECEIVE
THE NATIONAL PRESTIGE AWARD 2025
FOR BEST AGRICULTURE QUALITY PRODUCTS,
PROUDLY PRESENTED BY ESHA DEOL.



GRAND ANNUAL AWARD FOR THE CATEGORY OF

BEST AGRICULTURE
QUALITY PRODUCTS





at Katihar, Bihar on 15th M<mark>ay 20</mark>25







Mr. Biswanath Bhowmik



Mr. Rana Sarkar



Mr. Sujoy Roy



Mr. Adhijit Roy



Mr. Arvind Kumar Jaiswal



Mr. Sheo Anand



Mr. Bikash Ghosh



Mr. Ashish Bhardwaj



Mr. Debanjan Sarangi



Mr. Soumitra Kundu



Mr. Surajit Maity



Mr. Kakali Gayen



Mr. Avijit Maity



Mr. Bipin Prasad



Mr. Murliram Rajak



Mr. Manoj Kumar



Mr. Puneet Kumar Gaur



Mr. Sumana Das



Mr. Biswadip Mukherjee



Mr. Partha Bhowmick



Mr. Amarnath Bose



Mr. Ranvijay Kumar



Mr. Raju Pakira



Mr. Durga Ghosh



Sirajul Gharami



Royna Bhowmik



Mr. Santanu Kabi



Raju Kumar Sinah



Surajit Adhikary



Mr. Goutam Ghosh



Kanchan Jha



Mr. Sonny Talukdar



Mr. Madan Mohan Prasad



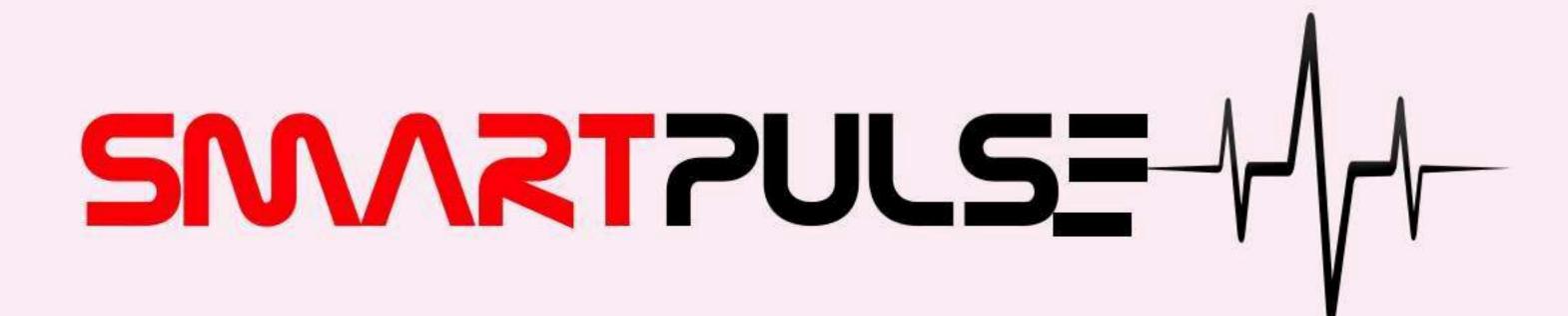
Mr. Dilip Kumar Mehta



Mr. Bhagirath Kumar Bhargaw



Mr. Ajay Kumar Das





Nirmal Kumar



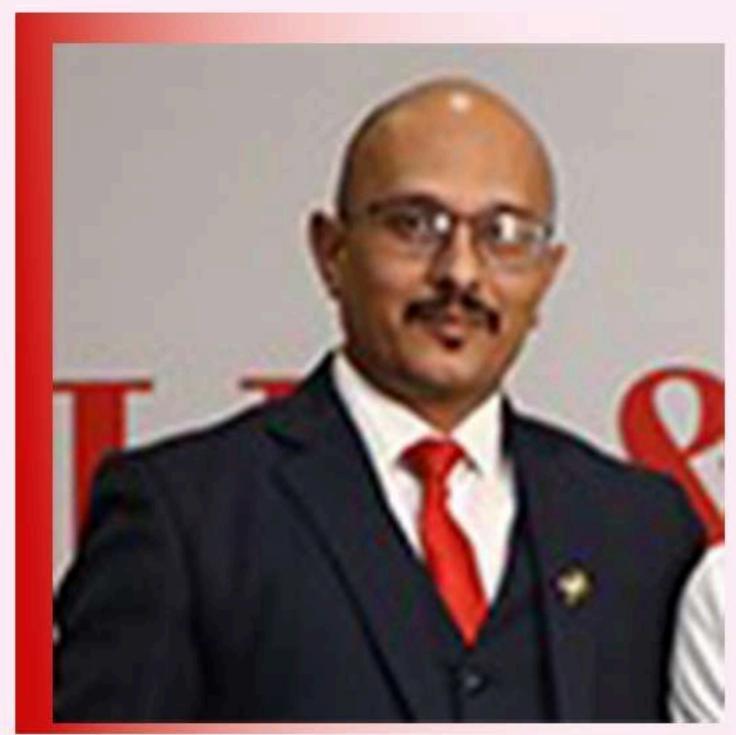
Sashmita Jana



Sonatan Malik



Arvind Kumar Sharma



Mr. Brij Bhushan Pareek



Mr. Rahul Kumar Sah



Mr. Balai Nayak



MR. NRIPEN KUMAR

SAHARA, BIHAR

ID-3016700

CAR-BREEZA

MD. NISHAR

RAMARA KATIHAR

ID-3232205

CAR-TATA TIAGO



MR. ROHIT PANDIT

DUMKA, JHARKHAND

ID-4466148

CAR-KIA SONET



FATEHPUR, UP

ID-4146200

CAR-HYUNDAI 110



ASSOCIATE ACHIEVEMENTS



MR. BAPI BISWAS

KOLKATA, WEST BENGAL

ID-3051699

CAR-MAHINDRA 3X0

MR. KARTIK CHANDRA

DHENKANAL, ODISHA

ID-964611

CAR-BALENO XLI





MR. KHUSBU YADAV

KAPTAGANJ KUSHINAGAR,UP

ID-4139858

CAR-TATA TIAGO





400=1000 MILES 2025(APRIL-JUNE)

ACHIEVERS

We are honored to acknowledge our Retail Club Offer Achiever 2025, who has successfully reached an impressive distance of 400-1000 miles. Their perseverance has set a new standard of success. Join us in celebrating this remarkable achievement and the dedication it represents in our community.

ľD No	Name	City
4797293	Mr. Sonelal Tudu	Borio Jharkhand
4917917	Mr. Atwari Marandi	BoarijoreJharkhand
4909196	Mr. Talu Hembrom	Mandro Jharkhand
4759409	Ms. Sarajini Das	PatnaOrissa
1810853	Mr. Debashisa Behera	Khallikote Orissa
4641743	Mr. Talababu Tudu	Pathergama Jharkhand
4344043	Miss. Swapna Naik	Narasinghpur Orissa
4916279	Miss. Mary Meena	Marandi Borio Jharkhand
4535432	Mrs. Lina Beypi	Bokajan Assam
4929034	Mr. Sukhu Marandi	Ramgarh Jharkhand
4509105	Mr. Bikash Dehuri	Angul Orissa
232215	Mr. Biswadip Mukherjee	Kolkata West Bengal
3876200	Miss. Tulasi Nayak	Angul Orissa

RETAIL
CLUB-ACHIEVER
2025



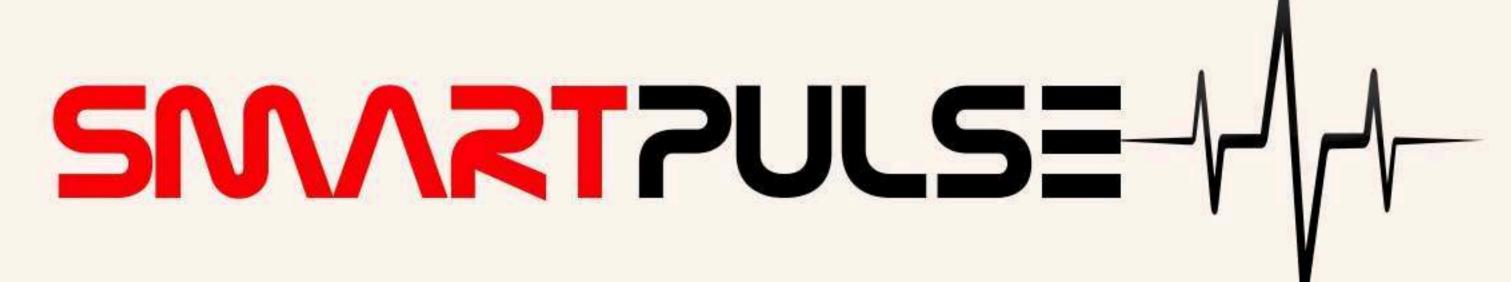


* ACHIEVERS*

We are honored to acknowledge our Retail Club Offer Achiever 2025, who has successfully reached an impressive distance of 300 miles. Their perseverance has set a new standard of success. Join us in celebrating this remarkable achievement and the dedication it represents in our community.

ľD No	Name	City
4403910	Miss. Punam Tudu	Poraiyahat Jharkhand
4706765	Ms. Manjita Murmu	Poraiyahat Jharkhand
4803119	Ms. Shanti Kisku	Mandro Jharkhand
5018193	Mrs. Mina Murmu	Hiranpur Jharkhand
4794922	Miss. Vinita Kisku	Pathergama Jharkhand
4991563	Mr. Vikash Kumar Marandi	SarwanJharkhand
5032360	Ms. Shanti Murmu	Saraiyahat Jharkhand
4788688	Miss. Sharda Nishad	Dongargaon Chhatisgarh
4381293	Mrs. Rajadhani Choudhury	Bargarh Orissa
4383898	Mr. Vakil Baski	Dumka Jharkhand
4957007	Mr. Sujit Kr Girihi	Dumka Jharkhand
4892433	Mr. Bishu Kisku	Borio Jharkhand
4818651	Mrs. Aruna Bibi	Kathikund Jharkhand
4954731	Mrs. Sushma Kisku	Jama Jharkhand
4597709	Mr. Amin Soren	Jarmundi Jharkhand
4909227	Miss. Makodi Hembrom	Jarmundi Jharkhand
4925513	Mr. Mangal Baski	Jarmundi Jharkhand
4558027	Miss. Rina Murmu	Jarmundi Jharkhand
4711992	Miss. Anjoli Hansda	LitiparaJharkhand
4608633	Miss. Anita Tudu	Pakur Jharkhand
4894482	Miss. Chhita Murmu	Pakur Jharkhand
4734759	Miss. Sunita Naik	PurunakatakOrissa
4906107	Ms. Dipti Sabar	Paralakhemundi Orissa
4910091	Miss. Shyamali Mahata	Khatra West Bengal
2138177	Ms. Champa Maji	Bishnupur West Bengal
4734251	Mr. Khirodra Bihari Bagha	Bounsuni Orissa
4907235	Mr. Hopna Soren	Maheshpur Jharkhand
4916843	Mr. Madan Marandi	Kathikund Jharkhand
4694905	Miss. Sabitri Karigar	Deogarh Orissa





200 MILES

2025(APRIL -JUNE)

We proudly recognize our Retail Club Offer Achiever 2025, who has accomplished the remarkable target of **200 miles**. Their dedication and hard work have set a new benchmark of excellence. Join us in celebrating this outstanding achievement and the commitment it represents in our community.



ľD No	Name	City
4966444	Mr. Bhanupratap	Sehore Madhya Pradesh
4908740	Mrs. Bakul Tudu	Kalna West Bengal
4024543	Mrs. Anjali Rani	Mandi Medinipur
4680980	Mr. Shankar Bahelia	Bundwan West Bengal
5002159	Mr. Chunku Kisku	Borio Jharkhand
4925404	Ms. Lakshmi	Salbani West Bengal
1875335	KESTO MAJI	Gushkara West Bengal
4584619	Mrs. Shyamali Singh	a Howrah West Bengal
4470064	Mrs. Punni Barman	Udalguri Assam
4944089	Mrs. Ankita Das	Khanakul West Bengal
4718334	Mr. Rupak Panja	Tamluk West Bengal
1479081	Arup Khanra Budge	Budge West Bengal
4572184	Ms. Damayanti Dala	ai ParalakhemundiOrissa
1593643	Mr. Priyank Agarwal	Jabalpur Madhya Pradesh
4636613	Mr. Dwijen Sankar	DasGuwahati Assam
4409081	Mrs. Alpana Santra	Arambagh West Bengal
4746648	Ms. Jhantu Mudi	West Bengal
4381563	Mrs. Lakshmi Mura	Memari West Bengal
4541123	Mr. Nikesh Chandra	Paul Cachar Assam
4367087	Mr. Astapada Rajak	Pursurah West Bengal
4589499	Miss. Soudamini	Deogarh Orissa
4925617	Mrs. Mamata Maity	South 24 Parganas
4508911	Miss. Basundhara	KeonjharOrissa
4571022	Mr. Samiran	KarimganjAssam



ľD No	Name	City
4953888	Mrs. Minakshi Saharia	Udalguri Assam
4634345	Mr. Nimai Kaivart	Bermo Jharkhand
4214001	Mr. Sumit Rajak	Baghmundi West Bengal
4918167	Mr. Joydip Nandi	KrishnanagarWest Bengal
4018161	Miss. Saunri Murmu	Karanjia Orissa
5041506	Sunil Murmu	Shikaripara Jharkhand
4213122	Mr. Damu Purtti	Bahalda Orissa
4650754	Mrs. Bharati Bag	Goghat West Bengal
4514595	Mrs. Manisha Ganpat	Lohar Patan Maharashtra
3026204	Mr. Katakota Jagannath	Berhampur Orissa
4054554	Mrs. Rabindra Das	SoalkuchiAssam
3885313	Ms. Tilottama Mahanta	Patna Orissa
4965586	Mrs. Salma Khatoon	Bounsi Bihar
4997503	Mrs. Sona Murmu	Barhait Jharkhand
5004457	Mr. Kuruba Lingesha	Bellary Karnataka
4609172	Mr. Biraj Kalita	Hajo Assam
4952013	Ms. Pratima Dehuri	Athamallik Orissa
122813	Mr. Rana Sarkar	Kolkata West Bengal
4916009	Mr. Anubrata Nayek	Midnapore West Bengal
4913808	Ms. Babli Dabiya	Ratlam Madhya Pradesh
4633819	Miss. Tapaswini	Penthei Deogarh Orissa
4222021	Mrs. Chhanda Tah	Kolkata West Bengal



50=150 MILES

2025(APRIL -JUNE)

*ACHIEVERS

We are honored to acknowledge our Retail Club Offer Achiever 2025, who has successfully reached an impressive distance of 50-150 miles. Their perseverance has set a new standard of success. Join us in celebrating this remarkable achievement and the dedication it represents in our community.

ľD No	Name	City
5039248	Archana Naskar	Diamond HarbourWest Bengal
5000792	Mrs. Poulome Kar	Howrah West Bengal
5045493	Abhijit Naskar	Howrah West Bengal
5044190	Debabrata Samanta	Tamluk West Bengal
4786947	Mrs. Suchitra Rani Hanra	Midnapore West Bengal
4801413	Miss. Jyotsna Jani	Khallikote Orissa
4557598	Miss. Gouri Marandi	Masalia Jharkhand
5042109	Bharati Kisku	Salbani West Bengal
4998200	Mrs. Ruchi Bharti	Pripainti Bihar
4932148	Ms. Mamata Mishra	Parganas West Bengal
4959642	Ms. Rajanya Ray	BaruipurWest Bengalbb
5019056	Mr. Sumit John	Asansol West Bengal
4996553	Mr. Soumyadeep Nath	Nadia West Bengal
5019855	Mr. Raju Modak	Howrah West Bengal
4928448	Mrs. Tumpa Rani Roy Bag	Purba Madhabpur West Bengal
4779881	Mrs. Sampa Gure	Diamond Harbour West Bengal
4998710	Miss. Puja Roy	Bankura West Bengal
4999440	Miss. Pallabi Mistry	Bardhaman West Bengal
4968556	Mr. Bapan Debnath	Bardhaman West Bengal
4996143	Mr. Subhankar Sardar	ParganasWest Bengal
5014726	Mr. Aditya Sardar	Parganas West Bengal
4916623	Miss. Koyel Majumder	Gaighata West Bengal
4605268	Mrs. Drakshayani Murgenc	dra Belgaum Karnataka
5035353	Mrs. Dipali Ghosh	Nadia West Bengal
5038062	Miratun Nehar	BirbhumWest Bengal
5035417	Mr. Hardeb Hembram	Birbhum West Bengal
4705782	Miss. Devkumari Yadav	Chhuria Chhatisgarh

SMARTPULSE-W/

2025(APRIL -JUNE)

Name I'D No

4403745 Mr. Prasanta Sardar

5041944 Kabita Dolai

5034497 Mr. Ramen Baskey

4924866 Mrs. Suman Devi

4892645 Mr. Mohit Kumar

4925627 Mrs. Shikha Biswas

4967205 Daily Tasks Company

4732287 Mrs. Mousumi Pal

4624529 Mrs. Fulkumari Dutta

4968197 Mrs. Sita Patra

2217965 Mr. Avijit Dey

4256775 Miss. Mala Paramanik

4997513 Mr. Murthy

4944133 Mrs. Layma Bibi

4995948 Mrs. Ratna Chakraborty

5018584 Mr. Madan Saren

5015223 Mr. Chunaram Hansda

4720956 Mr. Narendra Kumar

2945412 Mr. Govind Anand

4951631 Mrs. Jhuma Sarkar

1489461 Mr. PRIYANK AGRAWAL

4893870 Mrs. Nilima Bera

4434538 Mrs. Mukul Modak

5031868 Mr. Arjun Mondal

4747504 Mrs. Swapna Singh

4964434 Mr. Kamlesh Yadu

4892380 Mr. Agnij Chakraborty

5004489 Ms. Anita Talukdar

4948236 Mrs. Chinurani Ghosh

Ms. Tasmina Molla 3170196

4650338 Mrs. Fulmani Murmu

4727420 Ms. Siuli Barh Serampore

4999099 Ms. Rangjali Basumatary

Jhargram West Bengal

City

West Midnapore West Bengal

Alipurduar West Bengal

Howrah West Bengal

Chhuria Chhatisgarh

Krishnanagar West Bengal

Vadodara Gujarat

Memari West Bengal

Nabadwip West Bengal

KeonjharOrissa

Halishahar West Bengal

Puruliya West Bengal

Shimoga Karnataka

Kalna West Bengal

Howrah West Bengal

Midnapore West Bengal

West Midnapore West Bengal

Rajim Chhatisgarh

Solapur Maharashtra

Howrah West Bengal

Jabalpur Madhya Pradesh

Tarakeswar West Bengal

Boinchi West Bengal

Haroa West Bengal

South 24 Parganas West Bengal

Bemetara Chhatisgarh

Midnapore West Bengal

Mangaldoi Assam

North 24 Parganas West Bengal

Diamond Harbour West Bengal

Kalna West Bengal

West Bengal

TamulpurAssam

50=150 MILES

2025(APRIL -JUNE)

ľD No	Name	City
4948171	Mrs. Thameswarł Verma	Dongargarh Chhatisgarh
5032801	Mr. Jageshwar Gond	Dongargarh Chhatisgarh
5037228	Pranta Saha	Chandpara West Bengal
5002584	Miss. Archana Padhan	Dhenkanal Orissa
4995998	Miss. Shreoshee Das	Howrah West Bengal
5031549	Mrs. Jhunu Pal	Howrah West Bengal
5015712	Mr. Raju Pandit	HowrahWest Bengal
5030965	Mr. Manoj Hasda	Goal pukher West Bengal
5000830	Mr. Mohor Mukherjee	Birbhum West Bengal
5031832	Mrs. Arati Bala Dasi	Parganas West Bengal
5034675	Mrs. Pravati Patra	Parganas West Bengal
4999494	Mr. Prakash Mallick	Sabdalpur West Bengal
5035519	Mr. Aditya Pal	Birbhum West Bengal
4798179	Mrs. Lakshmamma	Sira Karnataka
4961179	Mrs. Basirun Bibi	Murshidabad West Bengal
499635	Miss. Bhumika Hazra	Jalpaiguri West Bengal
4996100	Miss. Jyotsna Bhowmik	Kalagachia West Bengal
4817111	Mrs. Manira Parvin Bibi	BaduriaWest Bengal
4959551	Miss. Sana Maitra	BarasatWest Bengal
5014578	Miss. Susmita Halder	Parganas West Bengal
5003546	Mr. Soumyajit Barick	BirbhumWest Bengal
4963814	Mrs. Durbasha Das	Parganas West Bengal
4992231	Miss. Chumki Naskar	Parganas West Bengal
4996000	Mrs. Jhuma Biswas	Parganas West Bengal
3518528	Mr. Mintu Ray	Chirang Assam
5019141	Mrs. Rinku Devi	Gaya Bihar
5037264	Anamika	South DelhiNew Delhi
5039633	Rameshwari Devi	South Delhi New Delhi
5039628	Chandr Bhal	South Delhi New Delhi
5039640	Sanjay Safi	South DelhiNew Delhi
5036944	Aniisha	South Delhi New Delhi
4512255	Miss. Dipak Devi	Saran Bihar
4851449	Miss. Usha Devi	Saran Bihar

50=150 MILES 2025(APRIL-JUNE)

ľD No	Name	City
4403745	Mr. Prasanta Sardar	Jhargram West Bengal
5041944	Kabita Dolai	West Midnapore West Bengal
5034497	Mr. Ramen Baskey	Alipurduar West Bengal
4924866	Mrs. Suman Devi	Howrah West Bengal
4892645	Mr. Mohit Kumar	Chhuria Chhatisgarh
4925627	Mrs. Shikha Biswas	Krishnanagar West Bengal
4967205	Daily Tasks Company	VadodaraGujarat
4732287	Mrs. Mousumi Pal	Memari West Bengal
4624529	Mrs. Fulkumari Dutta	Nabadwip West Bengal
4968197	Mrs. Sita Patra	Keonjhar Orissa
2217965	Mr. Avijit Dey	Halishahar West Bengal
4256775	Miss. Mala Paramanik	Puruliya West Bengal
4997513	Mr. Murthy	Shimoga Karnataka
4944133	Mrs. Layma Bibi	Kalna West Bengal
4995948	Mrs. Ratna Chakraborty	Howrah West Bengal
5018584	Mr. Madan Saren	Midnapore West Bengal
5015223	Mr. Chunaram Hansda	West MidnaporeWest Bengal
4720956	Mr. Narendra Kumar	Rajim Chhatisgarh
2945412	Mr. Govind Anand	North Solapur Maharashtra
4951631	Mrs. Jhuma Sarkar	Howrah West Bengal
1489461	Mr. PRIYANK AGRAWAL	Jabalpur Madhya Pradesh
4893870	Mrs. Nilima Bera	Tarakeswar West Bengal
4434538	Mrs. Mukul Modak	Boinchi West Bengal
5031868	Mr. Arjun Mondal	Haroa West Bengal
4747504	Mrs. Swapna Singh	Parganas West Bengal
4964434	Mr. Kamlesh Yadu	BemetaraChhatisgarh
4892380	Mr. Agnij Chakraborty	Midnapore West Bengal
5004489	Ms. Anita Talukdar	Mangaldoi Assam
4948236	Mrs. Chinurani Ghosh	Parganas West Bengal
3170196	Ms. Tasmina Molla	Diamond Harbour West Bengal
4650338	Mrs. Fulmani Murmu	Kalna West Bengal
4727420	Ms. Siuli Barh	Serampore West Bengal
4999099	Ms. Rangjali Basumatary	Tamulpur Assam

50=150 MILES

2025(APRIL-JUNE)

ľD No	Name	City
4706406	Miss. Sarathi Lohar	Karanjia Orissa
4927621	Mr. Sanjib Kumar Ghosh	Murshidabad West Bengal
4575443	Mr. Ramacharita Sahu	SambalpurOrissa
4951067	Mrs. Sudemsri Swargiary	TamulpurAssam
1202497	Arpita Roy	Hasnabad West Bengal
4616827	Mrs. Kabita Tudu	Memari West Bengal
299955	Raju Kanjilal	Kolkata West Bengal
4724124	Mr. Dipayan Das	Dhaniakhali West Bengal
4064748	Mrs. Moumita Naskar	ParganasWest Bengal
4949339	Mrs. Yashoda Munda	Keonjhar Orissa
4724599	Ms. Shilpa S .	Sira Karnataka
5016718	Ms. Sayani Gayen	Midnapore West Bengal
4630345	Mr. Durgamani Kheti	Bheden Orissa
4460679	Mrs. Emmarani Minz	Rajgangpur Orissa
4998134	Mrs. Nemin Bemetara	Chhatisgarh
3352813	Mr. Md Aurangjeb Alam	Begusarai Bihar
4390253	Mr. Tanumoy Sardar	Ranaghat West Bengal
4915965	Ms. Sahinur	Bibi Kalna West Bengal
4730842	Mrs. Basumati Biswas	Baruipur West Bengal
5016062	Miss. Ruksha Munda	Rangapara Assam
4961836	Mrs. Dugdi Bai Sahu	ChhuriaChhatisgarh
4079562	Ms. Priyanka Devi	Fatehpur Uttar Pradesh
4905469	Miss. Purnima Das Bauri	Bankura West Bengal
4249927	Mrs. Dilara Begam	North Tripura Tripura
4068467	Mr. Krishnendu Biswas	Krishnanagar West Bengal
4120679	Mr. Utpal Mandal	Parganas West Bengal
893547	Mr. SANJIB MALLICK	Ramnagar West Bengal
4919525	Mr. Devcharan Nishad	Bemetara Chhatisgarh
4617806	Ms. Menaka Kisku	Dhaniakhali West Bengal
5031457	Miss. Suman Sahu	Raipur Chhatisgarh
3618159	Mrs. Rupawati Koch	Gossaigaon Assam
4793893	Mr. Surojit Das	Krishnanagar West Bengal

SMARTPULSE-//-

50-150 MILES

2025(APRIL-JUNE)

ľD No	Name	City
4792904	Mr. Ranjit Samal	BhadrakOrissa
4711196	Miss. Santi Munda	Ghatagaon Orissa
5039801	Sonkunvar Bai Mandavi	Chhuria Chhatisgarh
4151258	Miss. Shyamashree Gope	Puruliya West Bengal
4700094	Miss. Pritikala Kachlam	Bhanupratappur Chhatisgarh
4477833	Mrs. Bulti Samanta	Khanakul West Bengal
4949660	Mrs. Tarulata Mahato	Manbazar West Bengal
4259618	Mr. Ajit Bag	Goghat West Bengal
5017210	Ms. Kalpana Ghosh	West Midnapore West Bengal
4928540	Miss. Fulmoni Khatun	BishnupurWest Bengal
4707446	Mr. Nirmal Mahato	Jhalda West Bengal
4787860	Ms. Tapasi Ruidas	Dhaniakhali West Bengal
4714898	Ms. Reshma Khatun	Dumka Jharkhand
3428810	Mr. Kamdev Marar	Chhuria Chhatisgarh
4991271	Miss. Hasnura Khatun	Parganas West Bengal
2842044	Mr. Santu Shil	Bagdah West Bengal
4690166	Mr. Dipnarayan Maity	Diamond Harbour West Bengal
4740584	Mr. Biswajit Mandal	Canning West Bengal
1943413	Mrs. karuna gogoi	Jorhat Assam
4639539	Miss. Kadam Santra	Krishnanagar West Bengal
5003437	Mr. Juvraj Rabha	Dhubri Assam
4785679	Ms. Sukla Sharma	Goribpur West Bengal
4783077	Mr. Ananta Samanta	Ballichak West Bengal
4930893	Mr. Shyamal Roy	Tufanganj West Bengal
5033394	Miss. Yamini Dhamdha	Chhatisgarh
4425236	Mrs. Masuri Munda	Anandapur Orissa
1774698	Anita Nath North	Tripura Tripura
4539192	Ms. Sinku Jana	Pursurah West Bengal
4609500	Mr. Manik Das	Tufanganj West Bengal
	Mr. Mrinal Sarkar	Arambagh West Bengal
	Mr. Souvik Bose	Puruliya West Bengal
4596357	Miss. Sili Mahakud	Athamallik Orissa
4077654	Mr. Panchu Adak	Diamond Harbour West Bengal





TREE PLANTATION

From April to June, we held several tree-planting events as part of our CSR drive for environmental sustainability, with support from police officials to promote a greener future



SUPAUL (BIHAR)



KEONJHAR (ODISHA)



MEERUT (UP)



AND MANY MORE



TREE PLANTATION

From April to June, we held several tree-planting events as part of our CSR drive for environmental sustainability, with support from police officials to promote a greener future



SUPAUL (BIHAR)



KEONJHAR (ODISHA)



MEERUT (UP)



AND MANY MORE



NO PLASTIC

From April to June, we ran a "No Plastic Use" CSR campaign to promote sustainability. Activities included workshops, clean-up drives, and distribution of reusable items. The presence of police officials boosted community engagement and motivation.



KHAGARIA (BIHAR)



JALASWAR (ODISHA)



AGARTALA (TRIPURA)



MEERUT (UP)



AND MANY MORE





SMARTPULSE-W/-

Towney To Wellness

Tired, stressed, anxious have you tried deep breathing?

Deep breathing exercises, also known as diaphragmatic or abdominal breathing, offer a range of mental, emotional, and physical health benefits. Here are some of the key benefits:

Benefits of deep breathing

Reduces Stress and Anxiety: Deep breathing calms the nervous system, helping you feel more relaxed and in control





Enhances Mental Clarity: Improved oxygen flow to the brain boosts focus, concentration, and decision-making

Strengthens Lung Capacity: It trains your lungs to function more efficiently by using the diaphragm.





Promotes Better Sleep: Slows down your thoughts and body, making it easier to fall asleep and stay asleep.



Improves Emotional Balance: It helps regulate emotions, keeping you calm during difficult moments



Pranayama, an ancient yogic practice originating from India, is derived from the Sanskrit words "Prana" (life force) and "Ayama" (to control or extend). Found in classical yogic texts like the Yoga Sutras of Patanjali and the Hatha Yoga Pradipika, pranayama is a core component of the eight limbs of yoga (Ashtanga Yoga).

It involves conscious, rhythmic breathing techniques designed to control the breath and direct the vital energy within the body. Practicing pranayama regularly helps purify the mind and body, reduce stress, enhance lung function, improve emotional balance, and promote inner peace. In today's fast-paced life, it serves as a powerful tool to reconnect with the self, maintain physical health, and achieve mental clarity.



SMARTPULSE-W/

THE BEST WAYS TO BOOST AND IMPROVE YOUR BREATHING NATURALLY

Practice Pranayama Daily: Yogic breathing techniques like Anulom Vilom, Bhramari, and Kapalbhati train your lungs and calm your mind.

Deep Diaphragmatic Breathing: Breathe from your belly, not your chest. This expands lung capacity and improves oxygen intake.

Stay Physically Active: Regular exercise (walking, yoga, swimming) strengthens your respiratory system and increases oxygen efficiency.

Improve Your Posture: Sit and stand upright. Good posture opens up your chest and allows your lungs to fully expand.

Eat Lung-Healthy Foods: Foods rich in antioxidants, omega-3s, and vitamins C & E (like berries, leafy greens, turmeric, ginger) support lung function.

-conclusion-

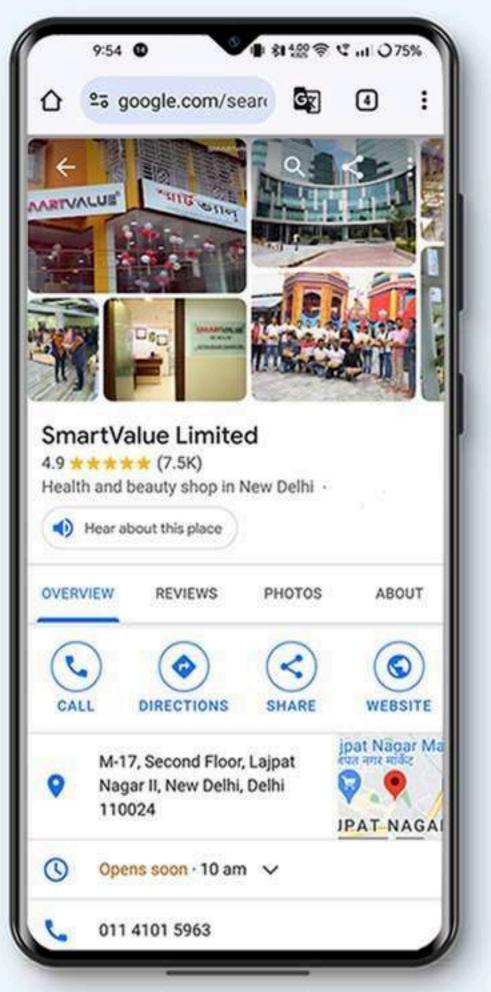


Improving your breathing is one of the simplest yet most powerful ways to enhance your overall health and well-being. From ancient practices like Pranayama to modern mindful breathing and lifestyle habits, each method strengthens your lungs, calms your mind, and energizes your body. By making conscious breathing a part of your daily routine, you're not just inhaling air—you're inviting clarity, balance, and vitality into your life. Remember, better breathing leads to better living.



SMARTPULSE-W/

Social media drives direct selling success in today's digital age. SmartValue uses platforms like Facebook, Instagram, and YouTube to grow its network, share CSR initiatives, and showcase real customer reviews. Follow us for updates on offers, events, and product launches.



Google



Facebook

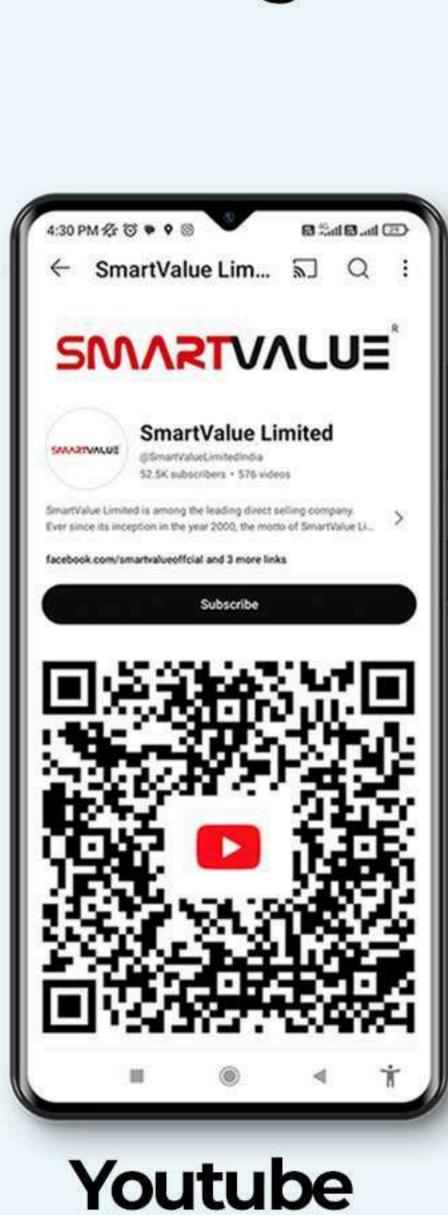




Instagram



Scan to visit our Linktree and explore our website, WhatsApp, Instagram, YouTube, Facebook, LinkedIn, and more. We're just one tap away!











Founded in 2018, LeMart aims to grow its pan-India distribution through a retail model that rewards Associates serving their local communities. This quarter (Jan-Mar 2025), several stores stood out, with the top 5 performers listed below.







Name: M/S Gauri Enterprises
Location: Lucknow

Name: Complete IT Solution location: Medinipur West

Name: GHOSH BROTHERS Location: Baruipur



Name: HOOGHLY SMART LEMART Location: Tarakeswar



Name: Ghosh Brothers Location: Dum Dum Park







Scan for more info

- (m) smartvalue.biz
- (in) Smart Value Limited
- (Smart Value Limited
- f smartvalueoffcial smartvalue_svpsl
- svpslindia