



From the CEO/MD's desk

Lieutenant General Arjun Ray, PVSM, VSM (Retd.)
CEO/MD
Indus Trust

Self-growth precedes professional growth. The cornerstone of self-growth is self-reflection – looking within, and being acutely aware of one's thoughts, emotions, strengths, weaknesses, biases and dilemmas. Self-reflection is the key to becoming Man 2 – the inner self, spirituality, and character. It is the human foundation for creativity, higher purpose and meaning.

In our busy life we must find quality time to spend with our inner self. This is a challenge which requires self-discipline and mindfulness.

With warm regards,

A handwritten signature in black ink that reads "Arjun Ray". The signature is written in a cursive style and is underlined with a single horizontal line.