

ENQUIRE NOW

Mr.  Mrs.  Ms.  Dr.

Full Name

Email ID

City

Mobile No

Please do not add '0' in front of your mobile number

Select Age Group

I authorize Sterling Holidays to contact me. This will override registry on DND/NDNC

SUBMIT

## ENJOY A LIFETIME OF DREAM VACATIONS.

NOW AT AN EASY EMI OF ₹9552\*

Vacation time. You had hit the pause button. Made an escape from the daily grind. Had your share of adventures, both physical and culinary. Would you want the vacation to end? Can you have it all over again? Yes you can, with a Sterling Holidays Vacation Ownership Plan.

A lifetime of holidays for the next 25 years.

What's more, you get 5 fantastic

sign-up offers!



Discount up to ₹  
50,000\*



Resort Food  
Vouchers up to  
₹25,000\*



One Week  
International  
Stay



5 nights / 6 days  
Holidays



3 years RCI  
Membership

### 26 BEST-IN-CLASS RESORTS ACROSS INDIA FOR YOU TO HOLIDAY IN.

North

East

South

West

Agra - Regal Vista



View pictures of our  
beautiful resorts.



### DISCOVER STERLING HOLIDAYS VACATION OWNERSHIP

There are so many good reasons to purchase a Sterling Holidays Vacation Ownership Membership plan. But the best reason is, of course, to spend another day in paradise.



HOLIDAY OFTEN for the next 25 years.



ENJOY FLEXIBLE HOLIDAYS using the unique  
points based system.



FULL SERVICE RESORTS for the perfect holiday  
experience.



HOLIDAY AROUND THE WORLD through Resort  
Condominiums International (RCI).



HOLIDAY IN SPACIOUS ACCOMMODATION, that  
suits your family



ACCUMULATE OR BORROW POINTS as per your  
need.

### TESTIMONIALS

And lastly, don't just take our word for it. Take a look at what our members  
and guests have to say about their Holidays with us!

Welcome breaks from  
Busy life

Ananya & Manoj Koyal  
On holiday at Darjeeling - Silver  
Oaks

Fun, safe and magical  
holidays

Sanjiv Gambhir & Family  
On holiday at Manali - White Mist

Priceless gift for a lifetime

Dr. Himanshu Mehta  
Vission Eye Care Center, Juhu, Mumbai

Privacy-policy | \*Terms & Conditions apply.  
Images are indicative.

International vacations  
powered by

**RCI**

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# THANK YOU FOR REGISTERING WITH US.

Our executive will get in touch with you shortly.



**Recommend us to your friends and get Special Discount Vouchers from Sterling!**

**It's 3 simple steps to wonderful gifts!**

- 1 Choose your email client by clicking the button and login!
- 2 Select your address book and choose your friends you want to recommend us to.
- 3 Click the "Refer" button and you are done!

**Win-win!**

- You will get surprise gifts for referring your friends and family.
- Your friends will get special offers on Sterling Holidays Vacation Ownership Plan.

Click on the below buttons to refer now!



# Try us once!

## And you will be hooked.

Holiday at our full service resorts that are equipped to give you and your family a memorable vacation.



Spa



Holiday Activities Centre



Outdoor Adventure Activities<sup>®</sup>



Conference Hall



Multi-Cuisine Restaurants



Travel Desk



Holiday at any of our resorts across India.

North Zone

East Zone

South Zone

West Zone

7 Resorts



Dindi  
By The Godavari



Yelagiri  
MariGold Ridge



Yercaud  
Rock Perch



Ooty  
Elk Hill



Kodai  
By The Lake



Munnar  
Terrace Greens



Thekkady  
Woods n Spice

### CONFIRM YOUR DETAILS

Name

Phone No

Email ID

Resort

Month of Travel

I authorize Sterling Holidays to contact me. This will override registry on DND/NDNC

Submit

### Discover Sterling Membership

There are so many good reasons to purchase a Sterling Membership. But the best reason is, of course, creating so many beautiful memories year after year.



Holiday often for the next 25 years.



Affordable EMI of Rs. 3784\*.



Design your holidays using the unique points based system.



Accumulate or borrow points as per your need.



Holiday around the world through the resort condominium international (RCI).



Holiday in spacious apartments, by using your points innovatively.

### Testimonials

And lastly, don't just take our word for it. Take a look at what our members and guests have to say about their Holidays with us!



Welcome breaks from Busy life

Ananya & Manoj Koyal  
On holiday at Darjeeling - Silver Oaks



Fun, safe and magical holidays

Sanjiv Gambhir & Family  
On holiday at Manali - White Mist



Priceless gift for a lifetime

Dr. Himanshu Mehta  
Vission Eye Care Center, Juhu, Mumbai



Holidays that brought

Sandhya & Tarun Patwa  
Nepean Sea Road, Mumbai

[Privacy-policy](#) | \*Terms & Conditions apply.

\*Available at selected resorts. Images are indicative.

International vacations powered by



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## Cancer Repulse

SRMC Oncology team not only helps you survive cancer, but employs the most advanced technology at its command to actually repulse it.

[Learn More](#)

**Let's get started.**  
[Request an appointment online.](#)

## SCIENCE WITH A

## CONSCIENCE

### State-of-the art SIEMENS TRUE V PET-CT Scanner

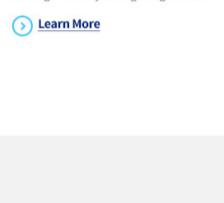
Equipped with state-of-the art SIEMENS TRUE V PET-CT Scanner for an in depth diagnosis, staging of various cancers & further planning for successful & effective management.

[Learn More](#)



## Why Choose SRMC

At SRMC(for over 25 years), we understand how hard it can be to choose a hospital for cancer treatment. You've just received life-changing news, and now you have to decide how to handle it. SRMC is your best hope for cancer care.



### Finding New Ways to Conquer Cancer

Cutting edge technology with a multi-disciplinary approach have led us to finding new ways of fighting cancer.

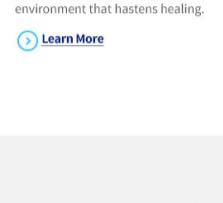
[Learn More](#)



### All under one roof

Comprehensive State-of-the-art Diagnostic and Treatment facilities for Cancer patients of different age groups under one roof.

[Learn More](#)



### Comprehensive cancer care

Situated in a sprawling 175 acre University Township that is lush green throughout the year, the emphasis is on a clean, healthy, soothily calm environment that hastens healing.

[Learn More](#)



### One-on-One Counseling

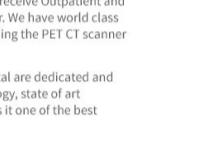
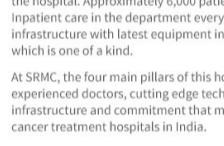
We offer comprehensive care including counselling, which requires commitment, expertise and an indomitable spirit.

[Learn More](#)

## A Treatment Plan that Fits Your Whole Life

Every day, people like you choose SRMC for cancer treatment. But it's more than our decade of experience, top national rankings and leadership in cancer prevention that set us apart.

The treatment protocols we follow are strictly based on evidence-based International and National guidelines on Cancer treatment. These specializations are readily available at SRMC.



## Cancer Survive

[Survivor Talk](#)

Udesh I. W. Seneviveka  
Srilanka

[Let's get started.](#)  
[Request an appointment online.](#)



## Infrastructure and facilities all under one roof

The Department of Oncology (Cancer) was started at SRMC in the year 2007 to provide treatment to various cancer patients visiting the hospital. Approximately 6,000 patients receive Outpatient and Inpatient care in the department every year. We have world class infrastructure with latest equipment including the PET CT scanner which is one of a kind.

At SRMC, the four main pillars of this hospital are dedicated and experienced doctors, cutting edge technology, state of art infrastructure and commitment that makes it one of the best cancer treatment hospitals in India.



SIEMENS TRUE V PET-CT Scanner



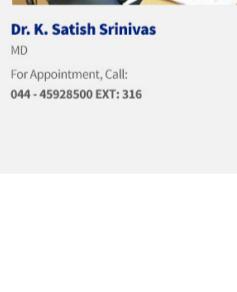
## SRMC Team

### Medical Oncology



**Dr. Manickavasagam**  
MBBS, MD, DM  
For Appointment, Call:  
044 - 45928548 EXT: 316

### Surgical Oncology



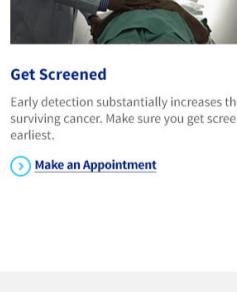
**Dr. S. Jagadesh Chandra Bose**  
MBBS, MS, M.Ch (Oncology)  
For Appointment, Call:  
044 - 45928506

### Surgical Oncology



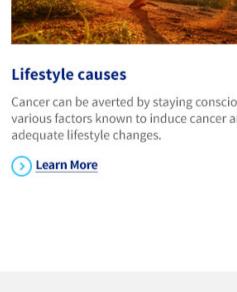
**Dr. Gouthaman**  
MBBS, MS, M.Ch  
For Appointment, Call:  
044 - 45928500 EXT: 527

### Paediatric Oncology



**Dr. Julius Xavier Scott**  
MD, DCH, DNB(Paed)  
For Appointment, Call:  
044 - 45928548 EXT: 316

### Radiation Oncology



**Dr. K. Satish Srinivas**  
MD  
For Appointment, Call:  
044 - 45928500 EXT: 316

### Haemato Oncology



**Dr. K. Krishna Rathnam**

## Stay Informed

### Prevention and Screening

### International Center

### SRMC Highlights



### Get Screened

Early detection cancer, substantially increases the chances of earliest.

[Make an Appointment](#)

### Lifestyle causes

Cancer can be averted by staying conscious of the make adequate lifestyle changes.

[Learn More](#)

### Hereditary causes

There are several known riskinherited syndromes that cancer. So, learn about your family of relatives who have suffered from the disease.

[Learn More](#)



Request for appointment/info.

Name:

Email ID:

Mobile number:

Query:

Subject:

Submit

All Rights Reserved Sri Ramachandra Medical Centre © 2017 | FAQs | Refer a patient



## UNDER 16 WOMEN'S CRICKET COACHING GETS A BIG BOOST WITH CSS ENTERING THE FRAY.

"India being in the final (of the Women's World Cup 2017) is the best result for women's cricket. There's massive scope for growth and support from India. [...] A women's IPL would be brilliant."

**Heather Knight**  
Captain, England Women's Cricket Team.

"The way women's cricketers have responded in this World Cup has improved the standard of women's cricket, taking it to a different level and scoring 300-plus every now and then."

**Mithali Raj**  
Captain, Indian Women's Cricket Team.

### GRASSROOTS PROGRAMME

CSS TruCoach launches coaching for aspiring girl cricketers.

We help young girls realise their potential by crafting sports through science.

[ENROL NOW](#)

We will arrange a **FREE** tour of our world-class facilities

[REGISTER NOW](#)

Almost a decade after taking over governance of women's cricket in India, the BCCI has proposed the introduction of annual retainers for members of the national women's team.

**ESPN Cricinfo**

The Board of Control for Cricket in India (BCCI), on Saturday (July 22), announced a cash reward of INR 50 Lakhs for each member of the Indian women's cricket team, while the support staff are set to receive INR 25 Lakhs each.

**cricbuzz**

## TRUCOACH CSS-WHATMORE CENTRE FOR CRICKET

**TRUCOACH**

**GRASSROOTS PROGRAMME**



- TruCoach is powered by CSS (Centre for Sports Science, SRU), which is the only one-of-its-kind institution for Sport Science in this part of the world.
- TruCoach is a proprietary athlete development system that links world-class coaching expertise with state-of-the art sport science principles.
- TruCoach renders accurate and comprehensive athletic profiling through its precise data-driven sport science assessments, therefore helping coaches understand their athletes better.
- TruCoach is a practical and scientific system that is transparent and objective.

### PROGRAMME

The Grassroot Program of the CSS-Whatmore Centre for Cricket, it runs from the middle of June every year to the middle of April the following year.

Will have more than 400 Sessions (Including Coaching, Fitness & Life Skills) spread over 10 months, with sufficient breaks for tournaments, exams and holidays.

Covers all aspects of Cricketing Skills & Physical Fitness backed up by extensively researched cutting edge Sport Science principles and complemented by expert Medical, Nutrition & Psychological Counseling.

Customized Program for each individual for progressive development.

[GET IN TOUCH](#)



### FUTURE OF WOMEN'S CRICKET IN INDIA - A GLIMPSE



Women's cricket is a very lucrative field, especially in India, where cricket is a religion. With BCCI taking over Women's cricket into its fold (in 2006), the sport has grown by leaps and bounds in the past decade. With increasing viewer interest in the sport after the fantastic performance of Indian women's cricket team in the Women's World Cup 2017, BCCI has introduced a tournament for under-23 in addition to the already existing under-19 format. There are talks on, to introduce an under-16 tournament also for girls and even an IPL for women. The sport at present is in a very nascent stage and offers immense opportunities for early birds.

### DID YOU KNOW?

1. BCCI has introduced under-23 tournament for women in India.
2. Indian women played their first official Test match in 1976.
3. WCAI (Women's Cricket Association of India) merged with the BCCI in 2006.

[<](#) [>](#)

### INFRASTRUCTURE AND FACILITIES

#### FREE TOUR

We will arrange a **FREE** tour of our world-class facilities. You can experience and soak in the ambience of our air-conditioned indoor nets, rub shoulders with world class cricketers training under the guidance of World Cup winning coach Dav Whatmore.

[REGISTER NOW](#)



Centre for Sports Science (CSS) is a pioneering initiative by Sri Ramachandra University, Chennai, established with the singular vision to promote Sports Excellence to its highest level.

To craft world-class sporting champions, the entire sports ecosystem needs cutting-edge Sport Science. When Sport Science is infused with Training, Coaching, Sports Medicine and Sports Management, Athlete Performance can be elevated to its highest level.

Centre for Sports Science not only provides a robust environment for the young sports stars to blossom. But, also offers courses in

- Personal Training
- Sports Management
- BSc Sports Science
- Exercise Teachers Academy (ETA)
- Diploma in Sports Massage
- Diploma in Strength and Conditioning.

### GET IN TOUCH

Name:

Mobile number:

Email address:

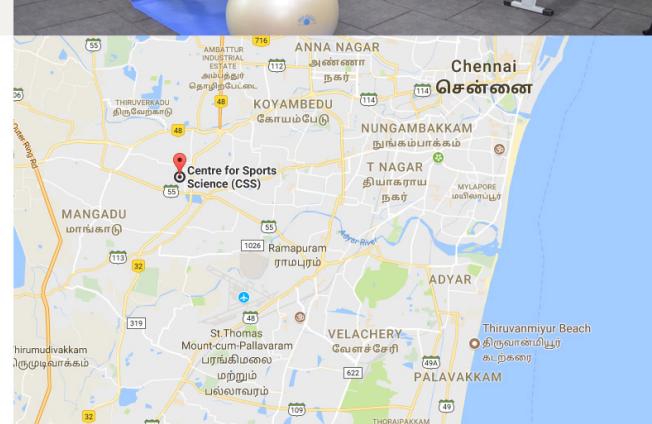
[SUBMIT](#)

#### Centre for Sports Science (CSS)

Sri Ramachandra University

1, Ramachandra Nagar,  
Porur, Chennai, INDIA,  
PIN - 600 116

Mobile: +91 - 98409 99830



Boost your  
employees' morale.

Daily essentials at  
door-step

Enhance  
health &  
happiness  
of your  
employees

Contact us for wide range of groceries at comparable lower prices

Name	Designation	Select City
Company Name	Email Address	Mobile number

Submit

We procure essential commodities / toiletries / FMCG products from farm-gate millers and manufacturers. Our services include door-step delivery, variety of payment options and price advantage over other players in market.



The major  
concerns of  
employees about  
monthly grocery  
purchases  
include,

Inconsistent  
quality of the  
essentials they  
purchase.

Irregular  
availability of  
all essentials at  
one place.

Payment  
options involving  
mostly cash.

Impulse  
buying at the  
outlet leading to  
increased  
spends.

Price fluctuations  
in the  
commodities,  
making it difficult  
to plan.



Q2S advantage  
for employees

✓  
All commodities are  
pre-cleaned to remove  
impurities with  
specialized de-stoner  
machine.

✓  
Enhance happiness thru  
flexible payment options.  
Employees can use cards,  
coupons, make online  
payment, even get salary  
deduction.

✓  
Door-step Delivery.  
Either at office or  
home.

✓  
Speed delivery  
at work spot.

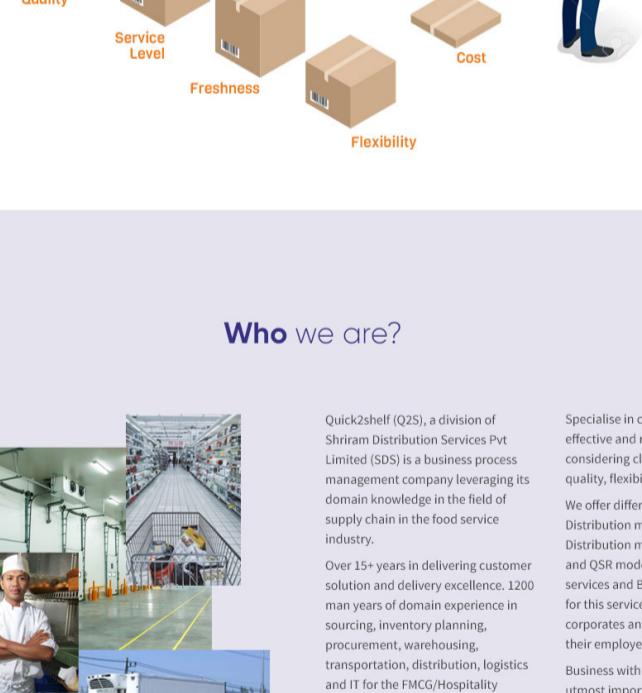
✓  
Saves time and  
effort.

✓  
Convenience of  
shopping.

✓  
Good discounts /  
lower prices. At least  
5% lesser than  
comparable online  
retailers.

✓  
Wide variety / wide  
range of products  
available.

### Demonstrated Difference of Q2S



### Who we are?



Quick2shelf (Q2S), a division of Shriram Distribution Services Pvt Limited (SDS) is a business process management company leveraging its domain knowledge in the field of supply chain in the food service industry.

Over 15+ years in delivering customer solution and delivery excellence. 1200 man years of domain experience in

sourcing, inventory planning, procurement, warehousing, transportation, distribution, logistics and IT for the FMCG/Hospitality domain.

Specialise in customised solution for effective and responsive chain considering clients requirements for quality, flexibility, reliability and cost.

We offer different models like Distribution model, Sales & Distribution model, HoReCa model and QSR model for B2B distribution services and B2C through B2B model for this service of tying up with corporates and providing essentials to their employees.

Business with value/ethics is of utmost importance to us and this guiding principle is inherited from our parent organization the SHIRRAM GROUP (with a turnover of \$ 10 billion). We are proud to be part of the group and SDS firmly believes that sustaining customer relationship is as important as acquiring new customers.

### Q2S vision

To be the supply chain network of choice for corporates by providing a unique combination of physical and digital infrastructure solutions for their employees.

### Some of our esteemed customers



To make life easier for your employees and improve their health and happiness, please contact us.

Name	Designation	Select City
Company Name	Email Address	Mobile number

Submit