



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!

1



Discount up to ₹50,000*

2



Resort Food Vouchers up to ₹25,000*

3



One Week International Stay

4



5 nights / 6 days Holidays

5



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).



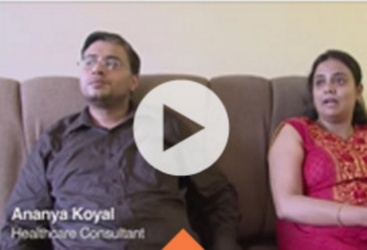
HOLIDAY IN SPACIOUS ACCOMODATION, that suits your family



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!




Ananya Koyal
Healthcare Consultant

Welcome breaks form Busy life

Ananya & Manoj Koyal

On holiday at Darjeeling - Silver Oaks




Geetu Gambhir
Associate Professor, Delhi University

Fun, safe and magical holidays

Sanjiv Gambhir & Family

On holiday at Manali - White Mist



Dr. Himanshu Mehta
Vision Eye Care Centre, Juhu, Mumbai

Priceless gift for a lifetime

Dr. Himanshu Mehta

Vision Eye Care Center, Juhu, Mumbai

ENQUIRE NOW

☐ Mr.

☐ Mrs.

☐ Ms.

☐ Dr.

▼

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

▼

☒

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

SUBMIT

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

International vacations powered by



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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*



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!



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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

RCI

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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](#)



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.](#)

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, soothingly 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

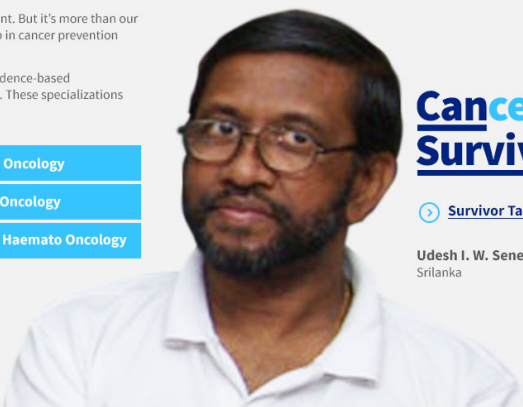
Every day, people like you choose SRMC for cancer treatment. But it's more than our decade of experience, top national rankings and leadership in cancer prevention that set us apart.

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.

Medical Oncology
Surgical Oncology
Paedetric Oncology

Radiation Oncology
Haemato Oncology
Paedetric Haemato Oncology

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



Cancer Survive

[Survivor Talk](#)

Udesh I. W. Seneviveka
Srilanka

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

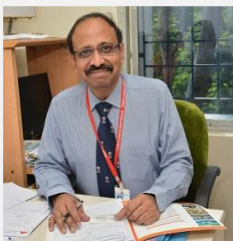


Dr. Manickavasagam

MBBS, MD, DM

For Appointment, Call:
044 - 45928548 EXT: 316

Surgical Oncology

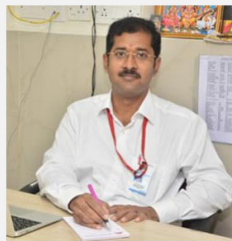


Dr. S. Jagadesh Chandra Bose

MBBS, MS, M.Ch (Oncology)

For Appointment, Call:
044 - 45928506

Surgical Oncology

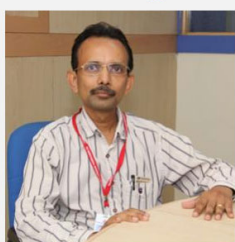


Dr. Gouthaman

MBBS, MS, M.Ch

For Appointment, Call:
044 - 45928500 EXT: 527

Paedetric Oncology

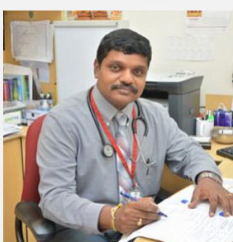


Dr. Julius Xavier Scott

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



Get Screened

Early detection substantially increases the chances of surviving cancer. Make sure you get screened at the earliest.

[Make an Appointment](#)

International Center



Lifestyle causes

Cancer can be averted by staying conscious of the various factors known to induce cancer and make adequate lifestyle changes.

[Learn More](#)

SRMC Highlights



Hereditary causes

There are several known inherited syndromes that can greatly increase the risk for certain kinds of cancer. So, learn about your family history of relatives who have suffered from the disease.

[Learn More](#)

Request for appointment/info.

Name:
Email ID:
Mobile number:
Query:

[Submit](#)



Sri Ramachandra Medical Centre
No.1 Ramachandra Nagar, Porur, Chennai, Tamil Nadu, India 600 116

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?

- BCCI has introduced under-23 tournament for women in India.
- Indian women played their first official Test match in 1976.
- 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

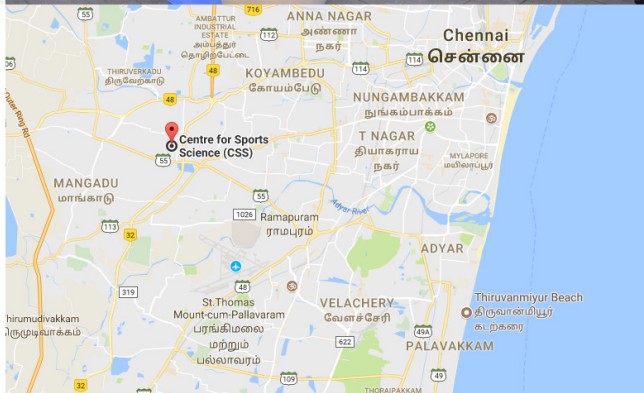
Name:

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

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<input type="text" value="Company Name"/>	<input type="text" value="Email Address"/>	<input type="text" value="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,

Irregular availability of all essentials at one place.

Inconsistent quality of the essentials they purchase.

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.

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.

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 SHRIRAM 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.

Some of our esteemed customers



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

<input type="text" value="Name"/>	<input type="text" value="Designation"/>	<input type="text" value="Select City"/>
<input type="text" value="Company Name"/>	<input type="text" value="Email Address"/>	<input type="text" value="Mobile number"/>

[Submit](#)