

The logo for Samarth, featuring the word "samarth" in a dark blue, sans-serif font. The letter 'h' is stylized with a vertical line extending upwards and a small horizontal bar at the top, resembling a cross or a plus sign. The logo is enclosed within a white circular frame with a blue border.

samarth

A group photograph of the Samarth Setu staff, consisting of approximately 30 people of various ages and genders, posing in front of a modern building with large windows and greenery.

Samarth Setu

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For spreading happiness

“Come, think well and speak well”

Friends, we know that communication is a very important part of our life. Let us understand this with a funny story called 'Teer'.

One morning Manharlal woke up his son in a very loud voice and said “How long do you want to sleep? When will you go to the shop?” The son immediately got up, but the father's words rang in his chest. He explained, “I worked on accounts till late...” The father roared again, “I will not accept false excuses.” The son had told the real reason. Grieving, he went to the shop, where the accountant came a little late to the shop, the son immediately snapped, “Why, late?” The tone and manner of the question asked puzzled the accountant, but he calmly disclosed that “wife's health was not good” but the son again said harshly, “Excuses will not work. Learn to come on time.” In the noon, when the accountant went to home for lunch, he forgot to take papaya for his sick wife. That became a reason for a quarrel between them. The wife's mood deteriorated. In the afternoon, when a lady came to exchange old clothes, she snapped at her. Thus, the morning arrow of harsh words

went forward and pierced the hearts of many people.

After a while, that lady was selling teeth cleansers in the bazaar. On his way home after leaving the shop, Manharlal came to the market to buy teeth cleansers and stopped to buy from that lady. While checking the sticks, a stick accidentally fell into his bag. When he paid the money for the sticks he had taken, the lady shouted, “why are you not counting that stick, you pushed in your bag?” Everyone around looked, Manharlal was shocked. Thus, the arrow of words that Manharlal fired in the morning came back and hit him by the evening.

Friends, the saying goes that we reap what we sow. We should never in life utter words that we don't like for ourselves. If you want to reprimand someone, use good words. Our words defines our behaviour. We should take care that no one gets hurt. Good thoughts come from good speech and everyone knows the power of speech. Great leaders of the world have brought change in the world with their speech!

- Samarth Management

Various news of Samarth Group

Celebrating International Women's Day

Samarth Diamond periodically organises various programmes for women for their respect, safety and health. Knowledge of various diseases and necessary precautions for women to take care of women's health. With this motive, a guidance programme was organised in line with the celebration of 'World Women's Day'. In this programme, the eminent Dr. Smitaben Joshi, who has received various



awards for various awareness programmes related to diabetes, guided the women for their health.

Eminent guests visits Samarth Diamonds



On February 10, 2024, Shri Seventilal Shah, the founder of Venus Gems and a native of Vadgam, North Gujarat, fondly known as "Kaka" in Surat city, paid a flying visit to Samarth Diamond, Visnagar. He recalled some old memories giving a glimpse of his development work.

On April 01, 2024, Shri Ganapat Dada,



President of Ganpat University, Kherwa, along with his wife Smt. Manjulaben and daughter Ms. Ritaben, visited Samarth House, Visnagar and shared their life experiences with the team of Samarth.

In this way, Samarth's eminent guests keep giving many new inspirations to Samarth's team.

Visit by ITI students

Students of ITI, Visnagar visited Samarth Diamond, Visnagar for industrial training on March 05, 2024 and they got an insight into the working, usage and precautions of machinery in different departments by the service team of Samarth.



Kaizen Mela organised

A 'Kaizen Mela' was organised on April 07, 2024 at Samarth House, Visnagar. Throughout the year, Samarth employees keep on sharing suggestions related to the process, machinery etc. All those suggestions we shared during the Kaizen Mela. The fair organised by the service department provided motivation to the employees to innovate.



Spandan 1 and 2 seminars

Various motivational seminars and programmes like Jeevan Vidya are regularly organised every year to develop the employees mentally. Similar seminars Spandan 1 and 2 were organised from October 19, 2023 to March 20, 2024, in which around 605 employees participated. Each batch of Spandan was conducted by Shri Dineshbhai Prajapati.



Health Checkup Camp

On April 10, 2024 at Samarth House, Visnagar, employees working in various departments of Samarth were examined by a team of doctors on basic vitals, including their height, weight and BMI based on it, besides diabetes, and BP.

The employees were made aware of the disease by conducting a preliminary investigation.



Your Question, Our Solution

Q: After changing the code, the balance of meals remaining in the old code will be transferred to the new code?

A: No, friends, when you get a new code, you fill the "No Due Certificate" form for the outstanding dues of your old code, then your code is cleared by various departments.

FAQ

During this process, If your balance is deposited in the kitchen recharge of the HR department, it is credited to your salary or full and final salary of that code and you have to recharge

again in the new code to get the meal coupon.

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If you have any suggestion under Kaizen, register it on 1108.

Three pillars of a healthy life: diet, sleep, exercise

One common mistake we make when it comes to health is not thinking about preventing illness before we get sick.

After falling sick, we want to get well quickly by taking medicines, but our habit is to stay healthy only by external remedies instead of eradicating the disease from the root.

There is a saying in English that, 'Prevention is better than cure' meaning it is better to take care that the disease does not occur than to treat it after it occurs.

If we keep this purpose in mind, we can always stay healthy. Here, let's talk a bit about the first pillar - diet - out of the three pillars - diet, sleep and exercise - the basic foundation of staying healthy. By following these simple tips, we can often live a lifetime of medicine-free health, wellness, and perpetual happiness.

Importance of diet

Diet is the first step in building a fit body and a healthy mind. Food is medicine. It is true that diet is the main reason for the health and discomfort of the human body.

If we understand and practice the knowledge of how much to eat, when to eat, how to eat and at what price, then one can lead a healthy life without medicines. For that we only have to consider these things...

Always eat in moderation

We know very well that, 'Eating in proper quantity is the best way to stay healthy' but we are not conscious about 'how much to eat' while eating.

Most of the people know that 'eat when you are hungry'. But the stomach is not a litter box, in which any thing, in any proportion, can be thrown.

At the time of eating, always divide the stomach into four parts,

filling two parts with food, one part with liquid and one part empty for air.

50 percent food, 25 percent liquid (buttermilk, water, etc.), 25 percent empty - the rule is that simple.

Eat not with the hunger of the mind but with the hunger of the stomach

Today, with the high standard of living, we have very easy access to good food.

Hence, it has become natural to eat even when not hungry. We often eat with the hunger of the mind, but we believe it is the hunger of the stomach! Unless there is real hunger, the food we take will not be digested properly. Without realising it, we eat in the flow of false hunger, not looking at the need of the body, just subjecting ourselves to the taste. It is not right to eat for the sake of it. When our digestive system is not able to digest at the right time, it invites many diseases.

Benefits of eating properly

- **Saliva:** The saliva in the mouth is full of many digestive juices. Digestion begins in the mouth as the saliva mixes properly with the food by chewing. So there is very less burden on the digestive system.
- **Nutrients:** Get more nutrients and blood while eating less.
- **Energy:** The body gets proper energy from food.
- **Immunity:** By eating regularly, immunity increases a lot and many diseases can be avoided.
- **Weight:** Weight can be in control.
- **Disease:** Chewed food acts as a medicine and 70 to 75 percent of people are saved from disease.

Eat very quietly

God has arranged the teeth for living beings only to chew and eat. Hence man is taught to eat by chewing right from birth.

But the thing of shame is that, even though we are humans, we cannot follow the habit of chewing as much as animals do. This indicates great weakness and laziness and that is why we fall victim to many diseases.

So, if we make a habit of eating properly, we can live a healthy and happy life for a long time. The benefits of eating properly are mentioned in a separate box on the earlier page.

Consciousness of drinking water while eating

If you want to drink water, drink it 45 minutes before meals, very little during meals and 2 hours after meals.

Whenever we talk about drinking water, we think that 'water should be drunk a lot'. We hear this often.

Due to this belief, we have got the habit of drinking water frequently even while eating. Also, some have a habit of drinking large amounts of liquids like buttermilk while eating. In the season like summer, we tend to eat less and fill more than half of the stomach with liquids.

It is true that we should drink a lot of water, but if we don't have the knowledge of 'when to drink and when not to drink', it can harm our health a lot.

There is food for life, not life for food

Food is necessary for life. But diet should not become the purpose of life.

Food is meant to nourish the body, but today we use food more for taste than to nourish the body.

Taste has become more important than health in food. But there are some sane people whose food is not for taste, and that is why they are more healthy. People whose food is for taste only, consume food indulgently.

Cash flow management

Cash flow management is very important for any business organisation or individual. Cash flow management means having sufficient cash available whenever cash is needed.

Any organisation or individual can estimate their cash requirement to some extent. Management of unaccounted cash requirements is difficult.

Most of the organisation has a system of keeping reserve for this. If a person also keeps an emergency cash system for such cash needs, management becomes easy.

Most of our households, especially women, have hidden savings for such needs and these savings always come in handy during emergencies.

Whenever a person has extra cash, that cash should always be invested somewhere. The main objective of investment is to generate cash from the invested assets when future cash needs arise in excess of cash flows.

With the course of life, in everyone's life, the cash flow decreases as the physical capacity decreases with increasing age and there comes a time when the cash flow from one's own labour stops.

This is bound to happen to almost everyone. Even after that, there will be a need for a cash flow regularly in life.

At such a time, what a person has prepared for this time throughout his life will come in handy. There is a saying that, "When there is silver in your hair, there must be silver in your pocket."

How can the regular cash requirement be met when the cash flow from labour in the previous stage ceases? What situation arises if the regular cash requirement fails to be met? We will discuss this matter in the next issue.

Star of Samarth: Shri Kamleshkumar B. Patel

My name is Kamleshkumar Bhikhabhai Patel. I was born on September 27, 1975 in Varatolkampa village of Wadali taluk of Sabarkantha district in a farmer family. We are a family of six brothers and sisters, three brothers and three sisters.

The entire childhood was spent in the village. Due to money constraints, I could study only up to 12th standard. But since childhood, I was very curious and liked to do something new all the time.

Thus, there was a kind of interest in technical things from childhood. As the income from agriculture was low and the family was large, after class 12 my father asked me to learn some trade, so I started learning four wheeler repair work at Wadali Motor Garage. I specifically focused on electrical work. I learned to work as an electrician for 15 years and I was fully prepared in that work.

One day in the month of June 1994, my brother-in-law Shri Dashrathbhai Patel came to Vartolkampa village. As per father's discussion with him, I was asked to come to Visnagar from Vartolakampa to learn diamond work and thus, at that time I joined Samarth Diamond, Visnagar.

First of all, I started learning work in the bottom section and being diligent I learned the work in three months. After that I was placed to take work from the artisan in the bottom section. I worked as bottom manager for four years and then lead the bottom department work.

I was very interested in technical work. I was not satisfied with this work. My mind was always engaged in learning new things in technical matters, researching new things.

Seeing my interest and having special knowledge in technical work, the company gave me the responsibility of the Polish cutting technician department. I made some changes by innovating the bottom diamond ring to increase accuracy in diamond polishing which benefited the company. This innovation was shared by the company with the Director Industrial Safety and Health in Labour, Skill Development and Employment Department of the Government, which encouraged me with an award.

Samarth Diamond Company has taken good care of me and my family. If I was not in Samarth Diamond, my children would not have been able to study well. With the help of the management, a partner in happiness and sorrow, one

of my kidneys was saved. My situation would have been somewhat different if I had not had the kidney operation on time.

I have always had the habit of doing something new technically and with the cooperation of the company today I am working in a level department at the position of a leader.

I will only say to the next generation that if we work with the management of the company with ownership and responsibility as if the company is our own, then the company and we ourselves will be able to grow as needed.



If we work with the company system with ownership and responsibility as if the company is our own, then the company and we ourselves will be able to grow as needed.



Relationships breathe

- Author : Raj Bhaskar

What is faith?

Faith is the true identity of man.

- Faith is a bridge between people. Faith is a thread between man and God. Faith is a ray of sunshine in darkness. Faith is the shadow of achievement.
- The whole world rests on faith. Faith sustains all mankind. Therefore, a person should first of all believe in himself.
- If you have trusted a person, fulfill it and do not break the trust of the person who has trusted you. Faith is something that cannot be counted.
- A great example of faith is before us - Samarth Diamond, who has full faith in us. So let us keep that faith forever. It is our duty. Trust in Samarth Diamond means that the company will not only take care for us, but also our family. As of today, Samarth Diamond is going a long way on the path of faith. Which is also going a long way in gold and silver jewellery. It has become a trustworthy name in the region.



Ms. Ami Patel

- Faith is the rhythm of life.***
Trust is the breath of a relationship.
When a bird sits on a branch,
it has more faith on its wings, then the strength of the branch.
- Tolstoy has said a beautiful thing about faith - Faith is the force of life. Faith can be achieved through truth and courage. Only a man who has no trace of selfishness can be trusted.

Book Review

Belief in oneself is very important in all of our lives. Ms. Ami Patel, from the Polish Assort Department, shares some excerpts from the book '**Viswas**' by the well-known author **Shri Raj Bhaskar** about the importance of faith in our personal and professional life.

- If people work with each other then life can be easy. An air of mistrust is spreading all around now. A man should have more confidence in himself.
- If there is any work to be done, if a person has the enthusiasm to do that work and the confidence to complete it, then the work is done successfully.

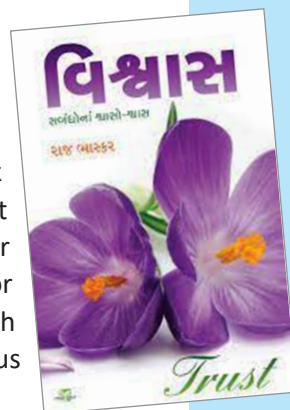
Where there is faith, there is light.

Where there is faith there is hope.

Where there is faith, there is joy.

Where there is faith,
there is brightness.

- Humans and business run two ways in the world. Some run on trust and some on treachery.
- When you break someone's trust, just think that we should never betray someone just for our petty selfishness. Such selfish act it will affect us too.
- Breaking trust is easy. But gaining trust is very difficult. Trust takes a lifetime to gain and a few seconds to break.



Necessary Notifications under Gujarat Labour Welfare

Important information about Higher Education Assistance Scheme by the Gujarat Labour Welfare for Std. 10/12 students

The results for the current year March 2024 class 10th and 12th have been announced. Along with the result, you should be aware of various schemes of Gujarat Labour Welfare.

The award for Academic Award Scheme (Standard-10) is Rs. 2500/-, award available for Academic Award Scheme (Standard-12) Rs. 5000/-, award available for Higher Education Aid Scheme (admission to any discipline after standard 12) Rs. 10,000/-. For schemes like all the employees are advised to fill the online form.

An employee who has completed one year on March 24 (prior to result) and has completed one year of labour welfare fund and whose child has secured 70 percentile in class 10th or 12th should submit the child's passport size photograph, mark sheet, child's bank passbook and child's Aadhaar card (original copy of all documents) and contact HR Department with copy by last date December 31, 2024.

Gujarat Labor Welfare Maternity Allowance (Son/Daughter) Rs. 10 thousand, if is a daughter, additional Rs. 10,000 bond (subject to conditions)

Those employees who have a daughter born in the year 2023/2024 and who have submitted documents to HR to apply in the department, who are yet to submit documents, who have applied online, but the passbook of the daughter's bank is yet to be given or the application has been approved by the government and the amount of maternity assistance has been deposited in the bank account, all such employees should immediately open a bank account in any branch of State Bank of India (SBI) in daughter's name and taking mother's name as her guardian to get Rs. 10,000 (Bond-Additional Amount) in their daughter's bank account.

Please note that both the above schemes are only for our benefit. Request you to make the most of it.

For more details can contact HR department.

For any contribution/ suggestion regarding 'Samarth Setu', please contact Ms. Chetanaben Patel (M. 99099 68737 Extn. No. 1153)

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