



# Samarth Setu

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For spreading happiness

## Let's put good ideas into practice...

Swami Vivekananda has said that "Don't follow people's ideas, make your own ideas so beautiful that people follow your ideas." Friends, here it is not just a matter of thinking good thoughts, we have to put good thoughts into life and act accordingly in life. Let's understand the meaning of good things from a story.

A saint fell ill. A young man served him and the saint was healed. The saint was pleased and gifted the young man with Parsamani and said "If this Parsamani touches iron, the iron will turn into gold." The young man was poor. He reached home with the Parsamani and the saint set out on a pilgrimage. After wandering around for a couple of years, he came to the young man's house. The young man was still poor. Parsamani's miracle was not visible.

The saint asked the young man, "You have a Parsamani, why don't you become rich by making gold?" The young man replied, "Now the price of iron is high in the market. When the price of iron will fall, I will buy iron and make gold." Mahatmajji was speechless. If iron can become gold, then why worry about the high price of the iron? Thus, the young man only considered that

iron is expensive and remained poor.

What we have to look at here is about knowledge. Samarth has always tried to give its employees a Parsamani like knowledge with activities like Jeevanvidha, Opal, Spandan, Param-Sankalpa, Sattva etc.. We are getting a wealth of knowledge sitting at home. We just have to put it into practice in our daily life.

The opportunities that will come to you through the above seminars are all like Parsamani. Unfortunately, even with this enlightened Parsamani in our hand, we too wait like that young man for iron to become cheap. If we use the acquired knowledge, we can definitely improve the standard of living.

We need to dive into this sea of knowledge and try to correct the mistakes we have made in life, make a new start and progress in life. Let's not stop at hearing good things, try to act on them and live accordingly. Other people don't get to hear good things, but you are full of good things. Don't remain hungry even when we have roti on our plate. Good words touch our lives. Let's use it and get enough benefit.

- Samarth Management

# Various news of Samarth Group

## Celebration of 10th World Yoga Day at Samarth



June 21 is "World Yoga Day." On this 10th International Yoga Day, the whole world plunged into the Indian style of Yoga. Yoga Day was celebrated by the Samarth family on June 21, 2024 in the premises of Samarth House, Visnagar to keep their body and mind healthy and happy through yoga.

In which Ms. Chandaniben Chhabria, a yoga expert from Ahmedabad, introduced yoga and simple daily exercises to Samarth's employees and friends.

## Blood Camps organised at Visnagar and Palanpur

June 14 is celebrated as World Blood Donor Day. Whereas for the Samarth family, June 15 is the Samarth foundation day. Hence, as part of



both the celebrations, a Blood Donation Camp was organised on June 14, 2024 at Samarth House, Visnagar and Samarth Diamond, Palanpur in collaboration with Visnagar Voluntary Blood Bank. In both the camps, 101 and 81 bottles of blood were collected by enthusiastic staff friends respectively. Every blood donor was encouraged by Samarth family by giving them a school bag.

## Retiring employee honoured by the Samarth Parivar

Shri Magnirambhai Sadhu, who served in the canteen department of the company with full enthusiasm and honesty for the development of the company for the past 27 years, retired on June 15, 2024 due to his age.



Appreciating his loyalty, devotion and service towards the company, the family of Samarth honoured him and wished him a healthy, peaceful and long life ahead.

## An awareness programme on avoiding Cyber Crimes



To make everyone in the Samarth family aware of cyber security in today's technology era, on June 15, 2024, Cyber Crime Division, Mehsana Officer Shri C. A. Joshi, Shri Naushadbhai, Deepikaben and Shri Gurnambhai conducted a mentoring programme. It gave information on how Cyber Crime occurs and how to avoid it. Dr. Rajubhai Patel from Visnagar Civil Hospital also attended as a special guest and gave useful information about government schemes and Ayushman Card.

## Primary cancer screening and mammography tests for women employees

Samarth Parivar always strives to ensure that all employees and their families lead a prosperous life. On May 19, 2024, under one such program “Cancer Screening Test with Mammography Test” for women employees above 35 years of age was organised. The programme was organised by Sanjeevni Rath and Tabib Sahay Team of Gujarat Cancer and Research Institute, Ahmedabad. It was conducted at Samarth House, Visnagar. A total



of 60 Samarth women employees and family members benefited from this programme and they were screened.

## Employees giving Kaizen encouraged by prize



Innovative suggestions from staff friends are always encouraged by the Samarth Diamonds management

When employees suggest ways of improving our work methods, we all get benefitted. Such, beneficial innovative ideas, given in the form of Kien were encouraged by the management by rewarding them.

## Samarth attended the 22nd HR Conference at AMA



On May 18, 2024 Ahmedabad Management Association held 22nd HR at Ahmedabad. The conference was attended by a Samarth team.

HR executives from Visnagar, Satlasana and Palanpur units participated in the programme and got updated about the new trends in enhancing human resources.

## Your Question, Our Solution

**Q: What is the process for taking a loan from Samarth Credit Society?**

**A:** The Loan form (loan application) is accepted on three days in a week namely Monday, Tuesday and Wednesday. These loan forms (loan applications) are verified on Friday, Saturday and Sunday as per rule and then the approved loan form are given to the employees to fill

FAQ

up further details. The approved loan form (loan application) will be paid on Monday, Tuesday and Wednesday following the week. For availing the loan facility, the attendance of the employee in

the last 6 months must be 90 percent or more (loan is available subject to rules).

03

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

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

In the previous issue we understood one of the three main pillars of a healthy life about diet. In this issue, we will learn about the second pillar i.e. sleep. Sleep is an important requirement for life. Nature has laid down certain rules to live by, following which we can live healthy life long. As per the law of nature, day and night happen continuously. Following which we do karma during the day and rest at night. But in today's fast paced age we find it unnecessary to give enough time to sleep. Everyone should get enough sleep according to their age.

## What is the best direction to sleep?

Earth has a very large gravitational force. Just as that force has a north pole and a south pole, so does gravity within the human body. Our head is the north pole and our feet are the south pole, so when we sleep with our head in different directions, it has different effects on our body.

**1. North direction:** When our head is in the north direction, both the north pole of the earth and the north pole of our body are in the same direction. Because of this, a counter-attractive force is generated in the body, so that the heart and other organs feel contraction. It increases blood pressure, sleep disorders, tamogun (fear, violence, anger, etc.) and increases the likelihood of nightmares. So sleeping with head in north direction is harmful.

**2. South direction:** When the head is in the south direction, the north pole of the earth and the south pole of our body are in the same direction, then the attraction force is generated in the body. In this state, the body feels relaxed. Blood pressure remains normal, sleep is good.

**3. East direction:** Even if you sleep with your head in the east direction, the blood pressure etc. in the body remains normal. Sleep is dark. So south and east direction is best for sleep.

## Causes of insomnia

Many people have many sleep problems at a young age. Today 65% of youth and 72% of elders in the world suffer from insomnia. A person himself is responsible for creating such a problem. If proper attention is not given to this, these problems can lead to illness.

### 1. Expecting wrong requirements for sleep:

Today, many facilities are available to make one's life comfortable. So the desires of a person to get those facilities increase. Like a good big bed to sleep on, a comfortable pillow, a room without noise lights, AC in summer, etc., until one does not have such facilities, sleep becomes a hindrance. Such a misconception has become normal. One should get used to sleeping very happily, without creating unnecessary needs.

### 2. Lack of organisation of thoughts:

Generally every human being has many thoughts on a daily basis. A person thinks about work during the day, and stays up late at night thinking about those thoughts even while sleeping. Thoughts that burden the mind at night should always be abandoned. It is beneficial to meditate, read a book or spend some quiet time with family during this time.

**3. Irregular lifestyle:** Nowadays, people are happy to stay up late at night and work, but the quality of sleep is linked to the hormone melatonin and that hormone is more active from 10 pm to 5 am. The sleep taken by the same person at different times of the night has completely different effects on the body. The sleep chain is so important that all the balance of the body depends on it.

When the sleep chain is disrupted, digestive system related diseases enter the body first. This is why people who work late at night and don't wake up early in the morning can become victims of digestive system diseases from an early age.

# Know Cyber Crime

Cyber Crime is any type of luring, cheating, intimidation, financial fraud, using abusive language, stealing passwords or other digital data through the internet through mobile, computer, laptop, tablet.

**Fraud related to social media:** Nowadays people use social media a lot. But here many anti-social elements can land you in trouble.

Such as creating a false profile on social media in the name of another person, hacking another person's profile page, uploading photos or videos of another person without authorisation, etc., using foul language, literature or pornography on social media, cyber bullying, spreading rumours about religion, caste, hurting the sentiments of others by targeting language or province etc. is considered a serious crime.

**Online Debit Card / Credit Card Fraud:** Earlier there were armed robberies. Now, by giving fake identity of bank manager/employee or Reserve Bank official over the phone, the trust of citizens is gained and then their important information like debit/credit card, the OTP on their mobile phone get stolen. All these lead to amount withdrawal from the bank account.

**Job related fraud:** Job related fraud is a dreaded business of cyber criminals. Generally citizens apply on different websites to get jobs. By getting the information of such people through different methods and contacting the job seekers through phone or email, cyber criminals extort money on the pretext of various processing fees.

**Matrimonial Fraud:** A number of cases have come to the light where cyber criminals fall victim while trying to find spouses on the internet. In most of such cases, matrimonial fraud is an activity that takes all your details and creates trust by giving false statements and fake identity to cause you financial loss.

## Cyber Crime Cell of Gujarat Police

In today's age of technology, cyber crime is a crime that occurs at the fingertips. Gujarat Police is equipped with a Cyber Crime Cell to protect against fraud and crime committed through internet through mobile, computer, tablet, laptop. It has been set up to provide cyber crime protection to every citizen of Gujarat and Gujarat Police will help you all through the state-of-the-art cyber security control room.

**Loan Fraud:** When you hear the word loan, do you think of bank? But here it is about cyber criminals faking loans and defrauding you. They do it by getting specific information about your loan requirement. In this type of fraud, the victim is charged money for registration, process fee, tax, etc. on the pretext of giving loan from different banks.

**Insurance Fraud:** Like loans, insurance fraud is also a handy weapon of criminals. Cyber criminals act as fake insurance officers/agents to gain your trust with greedy offers, refunds, and get a good refund on plane installments or security deposits, or on the pretext of schemes like cheap insurance, causing illegal financial loss by charging different amounts from the policyholder.

**Online Shopping Fraud:** Today is the age of online shopping. Cyber criminals can systematically defraud you while buying various products from different e-commerce websites.

**Lottery/Prize Fraud:** Cyber criminals are always on the lookout for prey to make the most of the adage "lottery is for lucky". They commit fraud by contacting you via phone, email or text message and falsely pretending to have won a lottery prize.

We can all avoid fraud by being alert to these types of scams and not giving away too much information.

## Star of Samarth: Shri Kamleshkumar B. Patel

**"My life is incomplete without Samarth..."**

Because Samarth family has given me a new life. I am Rameshbhai Dahyabhai Prajapati. Village Galodia, Taluk KhedBrahma, Dist. Sabarkantha.

Born in a potter family, there was no source of income. Having been married at a young age, we are a family of seven. I am the eldest in the family, I studied till class 10 and after that I joined ITI. Once, I went to Palanpur with a uncle, who was working as a diamond cutter. I learned the work from him in a month.

At that time my uncle used to come to Visanagar Samarth Diamond with his cousin. Shri Dineshbhai of Samarth Diamond, invited him to join Samarth. And with him, I too came to Visnagar and joined Samarth.

Thus, in 1994, I joined Samarth Diamond. At that time our factory was operating with 22 ghantis, in a space opposite the bus station. After that in 1995 it shifted to a new place next to Rotary Bhavan, Rishikesh Market.

One day in 2005, I suddenly fell ill. During examination it was found that I have heart valve problem and puncture in heart. As there is no good medical facility in Visanagar, I was immediately admitted to a private hospital in Ahmedabad.

The hospital was very expensive and I had no money. My family seemed to be torn apart. The situation at home was very bad. The cost could not be met. The operation had to be done immediately.

At that time, my friend at Samarth and Shri Ishwarbhai Prajapati got together and told Shri Dineshbhai

that we all the employees want to gather together and collect contribution.

Shri Dineshbhai immediately held a meeting with all the employees and managers and talked about collecting contributions. Thus, the Samarth family gathered together and collected a contribution of Rs. two lakhs, out of which the hospital expenses of me and another employee along with me were borne

by the company. Shri Govindbhai came to Ahmedabad and paid all the expenses of the hospital. We were at the hospital and we didn't even know that Samarth's family had made this arrangement for me.

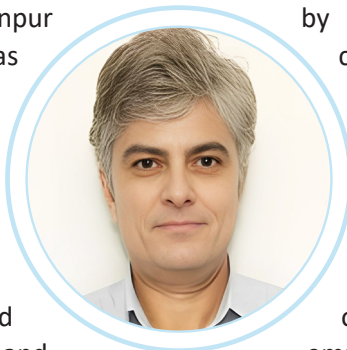
This was the first instance of Samarth family helping an employee by collecting collective contribution in this way.

When all the expenses of my hospital were borne by the Samarth family,

I and my family realised that we may not have seen God, but we do not know in what form He can come and help us. On that day we all got tears in our eyes and felt that only a "true family" could do this and that too only this "Samarth family" of ours.

I got a new life through a supportive family. My family and I will forever be indebted to you all for your support.

Friends, what else can I say about Samarth family? We all know how much effort the Samarth family makes to raise the standard of living of the employee through various seminars. We should not forget such opportunities we get. We should take full advantage of these opportunities and should not forget that we are also a member of the Samarth family.



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## Jeet Aapki - Author : Shiv Khara

- Winners don't do things differently, they do everything differently.
- This book is like a creative guide with a blueprint for creating a happy life. It has increased my productivity and effectiveness level. I do more in less time.
- We all want to make changes in our organisation or ourselves or both, but find it difficult to implement and sustain them. We have to work for it by:
  - » Building confidence by mastering the steps of positive thinking.
  - » To become successful by turning weakness into strength.
  - » In gaining credibility by doing the right things for the right reasons.
  - » Instead of things controlling you, you can take control of them and take charge of them.
  - » Build trust with people around you by developing mutual respect.
- The same opportunity never comes twice. The next opportunity may be better or worse, but never the same. That is why it is important to take the right decision at the right time in life. The time we take a decision is the best time to take a decision.
- When our point of view is correct and right, 'Opportunity' is more valuable to us than diamonds and rubies. That is, the 'opportunity' is always at hand. It doesn't have to be found anywhere,



Shri Hareshji Thakor

## Book Review

By taking care of small things in our life we can win in every aspect of life.

**Shri Hareshji Prahaladji Thakor**, an employee of Polish Assort, shares here some excerpts from the book '**Jeet Tamari**' by the well-known writer **Shri Shiv Khara**.

we just don't know how to recognise it. Don't miss the opportunity to act in life. Learn to recognise time. Keep positive thinking.

- We should develop a keen eye to find the positive in life. We should always strive for a positive approach in life. Instead of always finding faults in a person or event, we should look for virtues.
- Due to the negative outlook embedded in human nature, we have become accustomed to only finding faults and faults, but because of this we are unable to see the other side of the coin. So as to bring good thoughts in life and be kind to others.
- Dealing with people is like digging for gold. To get just one gram of gold, tons of dust piles have to be moved. But keep one thing in mind while digging that what you have to find is gold. No dust or dirt.
- Start with the tasks that are absolutely necessary. Only after that, focus on other this, if you have time.



# Some important information for support staff

## Useful points of 5S

**Sort** Remove debris / waste / unnecessary items from the work area! How many useless - unnecessary things have we kept in our lives? Not just grossly - emotionally and conceptually too!

**Set in order** Set in order.

Is there order in our lives? Punctuality, regularity, our daily routine; Eating/drinking, sleeping/waking, working/resting... **write down where you need order in your life.**

**Shine** Shine. Cleanliness, neatness, beauty.

Will we keep the place dirty, where we have to work and live? Why not decorate it in a way that makes anyone want to come and work? Decorate your work space. Paste the beautiful picture. **Speak up! Write what you will do!**

**Standardise** Establish excellent standards for maintaining cleanliness, order! What kind of life do you want for yourself? My workplace would be like this. That must have been my way of living. My personality would be like this. **How do you want to identify yourself? Write it down.**

**Sustain** Sustain! Begin in a great way and keep going! This means Consciousness. Resolve. Make it a part of your living. Sahaja Samadhi is good! **Write down what you promise yourself!**

## Important notice regarding changes in AAA policy

- **AAA Incentive is an additional incentive amount** provided by the company to the employees apart from the salary.
- AAA Incentive is given with **the aim of increasing the contribution of the employees in the development of the company.**
- This incentive is attributed to the following aspects of the employee in the company.
  - **A - Attendance** - Regularity
  - **A - Addiction** - Addiction free
  - **A - Attitude** - Noble behavior
- As per decision taken on May 24, 2024:
  - (1) AAA incentive will be admissible for up to a maximum of two holidays in a month.
  - (2) AAA incentive shall not be admissible for taking leave for any reason.
  - (3) Will be applicable to all categories of employees from L1 to L10.
  - (4) For less than 20 working days of the company, 10% leave shall be admissible.
- **This change has been applicable from July 1, 2024, everyone is requested to take note.**

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

**samarth**

**Samarth Diamond:** Samarth House,  
SH-215, Paldi Road, Visnagar - 384315

**Phone: Visnagar:** (Branch-1) 7436078401/402/403

**Palanpur:** (Branch-2) 7436078407

**Satlasna:** (Branch-4) 7436078010/411

**Email:** factory@samarthdiamond.com, **Web:** www.samarthdiamond.com

08

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