



samarth

Samarth Setu

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For spreading happiness

Life Education Camp - Aiming to Spread Happiness A new direction for those who seek eternal happiness

No matter how much economic prosperity there is, the lack of feeling of happiness leads to tension in oneself and in interpersonal relationships. Who am I? What is happiness? What is life? What are the main questions in our life that make us sad? What can be the solution to those questions? What is the importance of relationships in life and how to deal with different people properly? Self-understanding is very important for the answers to basic questions like this.

Along with getting solutions to such questions, a successful method that makes in-depth discussions on topics like the usefulness of life, meaning, behavior and its basis - etc. possible through dialogue is 'Jivanvidya', through which it becomes possible to find solutions to personal and social problems.

In a continuous 7-day camp, the extremely difficult task of keeping 10-year-old children to 85-year-old elders interested and engaged through dialogue is also done very easily with self-discipline. The things that start the camp are very interesting, in which (1) You will not be asked to leave anything (2) What will be talked about here is not to believe, but to know (3) Keep your disagreement on any presentation as long as possible and for that you can make a presentation (4) Do this or do not do this -

will not be said here. (5) All the discussions here have to be done by keeping yourself in the centre (6) If there is any question, if possible, talk about your own questions or experiences in the context. In this way, throughout the camp, arguments, discussions and reasoning are presented by the participants according to their own thoughts and understanding. This camp is run free of charge by a Prabodhak all over India. Here everyone is motivated to make their own decisions without any advice or suggestions on what to do or not to do.

The management of Samarth Diamond has organised 7 Jivanvidya Parichay camps and 14 Adhyayan camps from 2014 to 2024. In which more than 3400 people have participated. For the last two and a half years, these camps have been organised twice a year during Diwali and summer school vacations at Samarth House, Visnagar, with more than 400 people participating.

The aim of the management behind these camps is to increase the understanding and feeling of happiness in the society and in the family of the employee, so that we all can understand the usefulness and significance of life in the true sense. This is one of the ways of fulfilling our mission - Spreading Happiness.

- Samarth Management

Various news of Samarth Group

Fire Safety Training organised for Samarth employees

On September 13, 2024, fire safety training was provided to employees of different departments of Samarth Diamond at Samarth House. Many employees of the Service Department, HR and Polish Production Department were given training on fire safety. In which, understanding of fire safety equipment and how to control fire with a water pipe, how to hold the pipe with hands, how to use it, etc. were given with practical demonstrations.



Mock Drill Organised



As a precautionary measure, Samarth Diamond organised a mock drill on July 7, 2024 as a practice to keep the employees alert in case of any accident or emergency. In which, within less than three minutes, the employees of the entire Samarth House left their positions and using stairs, they gathered at a designated place. Thus, a demonstration of rescue measures was held in the event of an accident.

Independence Day Celebration



On August 15, 2024, the 78th Independence Day was celebrated by the employees of Samarth Diamond at Samarth House, Visnagar. The flag was hoisted by Shri Vashisthbhai Patel, a management member of Samarth. The employees, expressing national sentiment, contributed to honouring the nation. In his address, Shri Vashisthbhai motivated the employees to work for the national interest.

Raksha Bandhan Celebration



Raksha Bandhan, a symbol of the sacred love of brothers and sisters, was celebrated on August 18, 2024 at Samarth House, Satlasana and Palanpur units. As part of the celebration, sisters working in each department tied Rakhi to their brothers as a protective shield and prayed for their long life, health and progress. Due to which an atmosphere of happiness spread among the employees.

Honoring employees who give Kaizen

Kaizen means a suggestion through which the process becomes faster, cheaper and better. Samarth Diamond organises Kaizen fair every year and to increase the

enthusiasm of employees who give good Kaizen, they are encouraged with prizes. The management expects every employee to give a Kaizen on his birthday.

Renowned industrialist Shri Savjibhai Dholakia visited Samarth House

Shri Savjibhai Dholakia, owner of Shri Hari Krishna Export, is a revered name in the diamond industry. He paid a flying visit to Samarth House Visnagar on August 31, 2024. He dedicated a tree to nature by planting it at Samarth House.

He addressed the



employees of Samarth Diamond in his unique, light and humorous style. He said that he was surprised and

delighted to know that so much happiness was seen among the employees even in the midst of a recession in the diamond industry.

A short conversation with him was enough to create an atmosphere of happiness among the employees of Samarth Diamond.

IT Department Employees Continuously Learning

On July 06, 2024, IT Department employees of Samarth Family participated in the programme of developing the new version of FRAPPE for ERP-Next held at AMA, Ahmedabad and became familiar with the new improvements.

One of the core values of Samarth Diamond is development. Continuous learning is necessary



for development. The company wants employees to continuously take the initiative to learn something new. In this regard, continuous development is necessary for the IT Department too.

First Aid Training Programme



Samarth Management is constantly thinking about the health of its employees and also organises medical camps. Training programmes are also organised so that employees can provide first aid not only to the company but also to others in their own lives.

One such programme was organised at Samarth House on August 4, 2024. In which practical training of First Aid was given by **Dr. Hetalbhai Shah** of Nitya Health Center, Ahmedabad.

The participants get to know ways of applying dressing, bandaging a fracture and supporting the unconscious people etc.

Satva and Param Sankalp Training Programme



Samarth Diamond organises programmes for the mental development of even the smallest employees. One such programme is 'Satva', in which a training programme was organised on July 7, 2024 for employees working in housekeeping,



kitchen and security. The programme was attended by many employees with great enthusiasm. A 'Param Sankalp' training programme was also organised on July 10, 2024 for the mental development of service employees working as support staff.

Three Pillars of Healthy Living: Diet, Sleep, Exercise

In the previous two issues, we explored diet and sleep as the two main pillars of healthy living. In this issue, we will focus on the third pillar: exercise.

In today's times, the prevalence of diseases is increasing at an alarming rate. Many ailments that were unheard of in the past are now commonly seen and discussed. Unfortunately, even young people are increasingly falling victim to conditions such as diabetes, high blood pressure, high cholesterol, and heart attacks. This is largely due to unhealthy food habits, as we tend to gravitate towards junk food like pizza, burgers, and sandwiches made with refined flour (maida). Practices like exercise, pranayama, and yoga are often dismissed as a waste of

Today, 80% of the youth worldwide lead sedentary lifestyles, devoid of any physical activity. **In fact, a sedentary lifestyle has become one of the top ten causes of death globally.** Each day, numerous lives are lost to the consequences of inactivity.

The Rising Incidence of Diabetes in

India: Diabetes has emerged as the number one disease affecting the young generation in India. Over the last two decades, the importance of physical activity has drastically diminished among Indian youth. A significant amount of time is spent on TV, mobile phones, and cinema, which adversely impacts health.

The Impact of a Sedentary Lifestyle: Sedentary habits take a toll on the body. Today, we struggle to tolerate even minor illnesses and resort to excessive medication for relief. Instead of becoming dependent on medicines, wouldn't it be better to live a healthy life through a bit of daily physical activity?

While many believe that eating nutritious food alone is enough to stay

healthy, this is a misconception. It is the right balance between physical activity and diet that ensures fitness and well-being.

Unhealthy Diet and Inactive Body: People who consume unhealthy, junk food at irregular times and avoid exercise are at high risk of developing diabetes, high cholesterol, and heart disease. Elevated cholesterol levels significantly increase the likelihood of heart attacks.

Nutritious Diet but Inactive Body: Individuals who eat nutritious food but lead sedentary lives are also prone to health issues like high blood pressure and diabetes. Despite eating well, their lack of physical activity prevents proper digestion, leading to increased blood pressure and potential artery damage.

Nutritious Diet and Active Body: Those who combine a nutritious diet with regular exercise significantly reduce the risk of conditions like high blood pressure, diabetes, and heart attacks.

Their arteries remain healthy, ensuring overall well-being.

Benefits of Asanas, Pranayama, and Exercise:

Engaging in physical activity aids in the proper digestion of heavy meals, reducing the risk of digestive system disorders. A strong digestive system also strengthens immunity, helping the body combat illnesses more effectively. Exercise promotes healthy blood production and maximises nutrient absorption.

For physical, mental, and spiritual benefits, dedicating 25 to 30 minutes daily to pranayama, yoga, or Suryanamaskar can rejuvenate the body with new energy. Practicing regularly with faith and enthusiasm can work wonders for your overall health.

To learn yoga online, visit: habit.yoga



Beware of frauds

In today's materialistic era, greed has become common. Cyber fraud, especially through mobile phones, is now a frequent occurrence. Stories of people being deceived via mobile devices are widely shared on social media. Recently, the "Digital Arrest Fraud" has been making headlines.

In such scams, fraudsters contact victims through calls, messages, or links, claiming:



- Illegal material has been found in your parcel.
- Your insurance policy has expired, and the pending premium must be paid immediately.
- Your fixed deposit has matured, and to claim the amount, you need to provide an OTP for bank KYC verification.
- Your child has been arrested for a crime.

These scammers use various tactics to deceive people financially while also outsmarting law enforcement. The best response is to remain calm and avoid reacting to threats. If you receive a call from someone claiming to be from a bank, the police, the income tax department, or a courier service asking for your bank details or OTP, disconnect the call and immediately report it to the cybercrime helpline at 1930.

Let's stay vigilant and prevent online fraud.

For safety of daughters...

Discussions about women's safety are gaining momentum across the country. Incidents of harassment and assault, from young girls to adult women, frequently surface on social media, leaving many concerned about possible solutions to this serious issue.

Let's learn about some mobile apps that can be highly useful for the safety of our sister, daughters, and wife. Take the initiative to fulfill your responsibility by installing them on your phone.



Useful Apps for Women's Safety:

1. 112 India (Launched by the Central Government – Home Department)
2. I'm Safe
3. SOS Alert

Important Toll-Free Helplines to Save:

1. 181 – Women Helpline
2. 1091 – Police Helpline (Central Social Welfare Board)

Online Help from Local Police in Emergencies:

<https://ncwapps.nic.in/onlinecomplaintsv2/>

If your daughter is frequently harassed or faces threats, fill out the online form at the link above. The National Commission for Women will take immediate action to assist you. Women's safety is a crucial concern for every family and must not be ignored. Taking preventive measures today is the wisest way to avoid any future crises.

Your Question, Our Solution

Q: Where can I get a uniform in the company and what should I do to get it?

FAQ

A: An employee of Samarth has to get a uniform within one month of joining the company. For which, when the new employees are informed by the manager, the employee will have to contact Shri J. L. Patel (Ex. No. 1155) in the HR department and get a letter for the uniform from there and get the uniform

from the store. After getting this uniform, it will have to be sewn and worn within 20 days. When the old employees who have previously taken the uniform and it completes one year, the HR or the manager will only share an intimation through a Telegram message on their mobile, and they will have to get the uniform directly from the store.

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Install Samarth Diamond app to view salary, company policy, notice, job, support etc.

If we save time, time will save us

In today's world, many people frequently complain about not having enough time. Even those who are idle or have done little work during the day often claim they couldn't find time. It seems almost fashionable to say, "I don't have time."

The truth is, every person in this world is given the same 24 hours each day. Whether it is you, me, the Chief Minister of Gujarat, the President of America, Sachin Tendulkar, or Amitabh Bachchan—no one gets more or less time. Yet, even the most ordinary individuals have started saying they don't have time. The difference lies in how people manage it, which is why these great personalities are so accomplished.

Time management is not something taught in schools or colleges—it is a skill we must learn on our own. While we may not have enough time to do everything every day, we certainly have enough time to focus on what's important. Time management doesn't change time itself; it changes how we use it. The first step is to identify where we are wasting time.

For instance, during a doctor's appointment, while waiting at a bus station, or during travel, carry a small task that you can accomplish in your free moments. It could be reading, writing, or jotting down ideas. Everyone has a specific time of day when they are most productive. For some, it's early morning; for others, it might be late at night. Identify your peak productive hours and reserve them for your most important tasks. By planning around this, you can accomplish more in less time.

Starting a task is often more challenging than finishing it. Avoid

procrastination by beginning tasks immediately. If you keep thinking, "I'll do it in the afternoon" or "I'll start tomorrow," days will pass, and the work will remain pending.

And, while multitasking can be useful, ensure it doesn't compromise the quality of your work. Taking on multiple tasks creates a sense of urgency, which often motivates you to complete one task and move on to the next. This continuous flow keeps you productive and promotes personal growth.

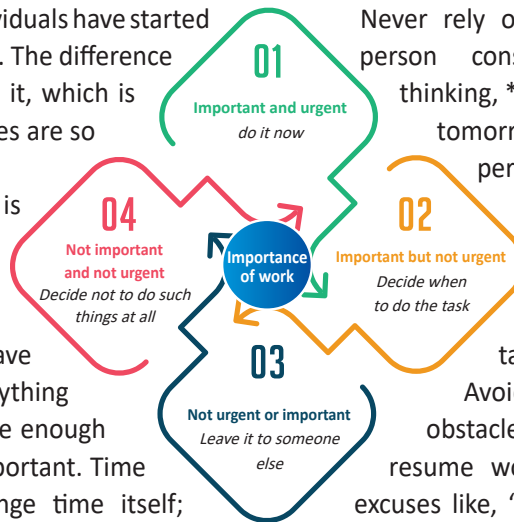
Never rely on a lazy approach. A lazy person constantly postpones tasks, thinking, "I'll do it tomorrow." When tomorrow comes, the same excuse persists. In the end, time slips away, and the work remains incomplete.

Always set a timeline for completing tasks and strive to meet it. Avoid unnecessary delays. If an obstacle arises, tackle it quickly and resume work immediately. Don't let excuses like, "I'll start next week" or "I'll begin after finishing this task" derail you.

Before accepting any task, ask yourself: Is it your responsibility to do this? Will it benefit you? Are you capable of handling it? Can you complete it on time? If the answer to these questions is "no," it's better to decline the task rather than taking it up and leaving it unfinished.

As a nightly exercise, reflect on the day's work. Review how long each task actually took versus how much time it should have taken. Identify the moments where time was wasted and resolve to improve the next day.

Let us save time, and time will save us. By valuing and managing time effectively, we can achieve more and lead a fulfilling life.





Stop worrying and live happily

- Author : Dale Carnegie

If you have a deep desire to learn, a strong desire to let go of worry and live happily, nothing is impossible. If you can apply the old, clear and eternal truths taught in this book to your life, then living happily is easy.

Only by a constant and enthusiastic approach of reading and applying them can you make these principles your habit and embed them in your subconscious. There is no other way.



Shri Piyushkumar
J. Patel

How to benefit from the book

(1) Develop a strong desire to learn the principles of letting go of worry. (2) Reread each chapter before reading the next chapter. (3) While reading, always stop and ask yourself how you can apply each piece of advice in your life. (4) Mark each important idea. (5) Reread this book every month. (6) Use these principles at every opportunity. Use this book as a working handbook, which helps you solve your daily problems. (7) Follow the path of self-improvement. (8) Keep a diary with this book, including a note of when and how you used these principles.

Remedy for dealing with worrying situations

Accept what has happened. Because accepting what has happened is the first step to recovering from any unfortunate

Book Review

A famous book "Stop Worrying and Live Happily" help us lead a life that is joyful and peaceful.

Shri Piyushkumar J. Patel, Manager, Sales Department, Mumbai, shares with us the insights from this wonderful book.

outcome that may arise.

- **Step 1:** Without doing anything, I honestly analysed the situation and guessed what the worst possible outcome could have been as a result of this failure.
- **Step 2:** After guessing the worst possible outcome, I prepared myself to accept it if necessary.
- **Step 3:** After that, I calmly devoted all my time and energy to the task of how to improve the worst possible outcome that I had already mentally accepted.

- (1) Ask yourself, what the worst possible outcome could have been?
- (2) Be ready to accept it if necessary.
- (3) Then calmly try to improve the situation.



Worrying can't help you in any way

Always remember that those who cannot learn to fight against worry die young.

Benefits of 5S

(1) Creating a clean and convenient workplace:

5S creates a well-organised and clean workplace. All employees like to work in such a beautiful workplace.

(2) Cultivating self-discipline:

In such a workplace, employees develop self-discipline. They start following the prescribed norms. (Example: Putting tools in the right place, daily cleaning, etc.).

(3) Identifying and reducing waste:

5S activities can identify waste that was not noticed earlier. Thus, employees work in a way that reduces waste. As a result, productivity can improve. (Example: Overproduction and stuffing, unnecessary waste of energy, etc.).

(4) Making space:

A lot of free space is made available in the workplace through 5S activities as unwanted things are removed and desirable things are arranged in a systematic manner. (Example: Often 10 to 20 percent more floor space becomes available).

(5) Identifying defective machines and processes:

By identifying oil leakage, air leakage and excessive mechanical noise and vibration, they can be repaired immediately and the number of defects can be reduced.

(6) Preventing defects in the flow of materials

required in the production process: Shortage of materials or any of their parts required during

the production process can be eliminated, energy imbalance can be prevented, and excess inventory can be controlled.

(7) Improving safety:

Accidents can be reduced due to 5S activities and therefore the workplace becomes safer. (Example: Removing oil leaks can prevent the floor from becoming slippery. Accidents can also be prevented by marking special attention-grabbing signs).

(8) Improving machine uptime:

By cleaning and fixing defects on a daily basis, the breakdown time of machines can be significantly reduced. (Example: More than 60% reduction in breakdowns is observed after 5S implementation).

(9) Improving quality:

With the workplace becoming clean and clearly visible, no defect/defect can remain hidden. This leads to reduction in defects/defects and improvement in First Time Acceptance (FTA).

(10) Improving employee morale and positive attitude:

With the implementation of 5S, all employees start feeling a sense of belonging towards their resources, workplace and the company. This creates a positive attitude in everyone. This makes a huge positive difference in the emotional climate of the company.

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

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