



samarth



# Samarth Setu

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For spreading happiness

## Life Science... Wisdom and Science of Living Happily!

For the last decade, Jeevan Vidya (life science) has been discussed in many families, educational institutions and leading industry groups in Gujarat, which has spread to many states of the country, neighboring countries like Bhutan, Nepal and has also reached western countries like USA, Canada and Europe.

Through this series of articles, we will gradually introduce Jeevan Vidya and spread happiness in the families of all readers and through us to other families in our contact and relationship.

Efforts have been made since historical times to make our lives happy. We have developed various sciences through scientific research. Sociology, political science, economics and corresponding rules have also been created so that human communities can live together and live life easily through exchange.

We have reached the moon but it is also a fact that there is no harmony in the relationship between humans at the global level. Even today, there is conflict within ourselves, chaos in the family, conflict in society and war between countries. Due to the continuous loss of harmony between man and nature, we are facing terrible problems like untimely rains, extreme heat, floods, fires.

In this regard, the good news, like a cool shade or a sweet breeze in a hot desert, is that a comprehensive

solution has been found for all the problems of all the humans living on the entire earth and the entire nature, from an individual to the entire planet. That solution is called - Jeevan Vidya.

Samarth Diamond always works to spread happiness among the employees and their families. For this, Jeevan Vidya camps have been organised for the past few years. Some of you must have participated in the Jeevan Vidya Parichay Shibir in Hindi by Shri Som Tyagiji and Shri Mahendra Singhji or in Gujarati by Shri Sureshbhai Patel. You must have also participated in the programme to strengthen the human approach of our organisation by Shri Ajaybhai Jainji.

For those who have not yet participated in this camp themselves or their family members, there is good news that a Jeevan Vidya Parichay will be organised at Samarth House from May 3 to 9, 2025 with the sermon of Shri Som Tyagiji and for those who have previously attended the Parichay Camp, a study camp has been organised from April 10 to 14, 2025 with the sermon of Shri Mahendra Singhji. For more information about the Jeevan Vidya Parichay Camp and the Global Guardians Learning Center to be held in the future, contact: 99980 50056

Let us come together and make our home a paradise with true understanding. - Samarth Management

# Various news of Samarth Group

## The purpose of Jeevan Vidya is in education...

Shri Mahendra Bhaiya, who has been associated with Jeevan Vidya for about 25 years, and Neomi Didi, a native of Canada, with deep experience in the field of education, have settled in Visnagar with her family since October 2024, for the noble purpose of making human life happy, harmony in the family, security in society and balance in nature.

A Jeevan Vidya introduction camp and study camp were organised at Samarth House, Visnagar from November 11 to 17, 2024 under the guidance of respected Shri Sombhaiya Tyagiji and Shri Mahendra Bhaiya. Approximately 380 people in the introduction camp and 90 people in the study camp took advantage of understanding life, existence and the sovereign system.

A Global Guardians Learning Center was inaugurated on November 15, 2024, the day of Dev Diwali, with auspicious blessings from Ambadidi. On the occasion, the entire Samarth House was illuminated with the glow of 5000 lamps. Also, meaningful music, garba, and drama were presented by Jeevan Vidya Parivar, Visnagar.

The purpose of Jeevan Vidya in education is very important.

### (1) Sanskar and moral

**values:** Through Jeevan Vidya, a person is instilled with good morality and an understanding of right and wrong. (2)

### Personality development:

Not only literacy, but also improvement in thinking power, confidence, and conduct along with the overall personality.

### (3) Importance of human

**relations:** Through education, one can live in harmony with other people. (4) **Spiritual**

**and mental balance:** Through understanding communication, one can live with mental peace and satisfaction. (5) **Practical**

**and professional skills:** The manual skills and professional skills necessary for living can be acquired. (6) **Responsibility**

**towards society and the environment:** The individual plays an active role in social life and in maintaining the balance of the environment. (7) **Self-**

**identity and self-improvement:** Through education, the individual can identify his own abilities and capabilities. Thus, the main goal of life education is not only to fill the storehouse of information, but also to develop the qualities and skills necessary for living a good life.

## World's first regional conference organised



In the light of the mediumistic vision presented by Shraddheya A. Nagarajji, the world's first regional conference was organised at Samarth House on January 11, 2025. In which, about 200 people from the main 5 zones of Gujarat participated in the presence of Shri Som Bhaiya, Shri Mahendra Bhaiya, Shri Ajaybhai Jain and other prophets.

## For a true understanding of PF: Nidhi Aapke Nikat



To provide a true understanding of PF and to help employees get the right solution by presenting their questions, an informative awareness program "Nidhi Aapke Nikat" was organised by the Ahmedabad PF Department at Samarth House by Shri Sandeepbhai Mehta and his team, in which more than 400 employees received the necessary information.

## Samvad Setu 1 and 2 Organised

All mutual problems can be solved with proper communication. To prove this, the production department and HR-Service department team had a meaningful dialogue on November 19 and December 21, 2024, under the guidance of Shri

Dineshbhai Prajapati, about how production work gets stuck and employees suffer. It helped in sorting out small and big questions and obstacles. Many problems of the production department could also be resolved. In the HR-Service department too, a series



of Samvad Setu is started to solve the problems with proper suggestions so that the work could be done as per the priority as soon as possible.

## Jeevan Vidya Intro for the Employees of the RMS Department

The entire humanity is troubled today due to lack of true understanding, disintegration in the self, trouble in the family, fear in society and imbalance in nature. Hence, to create a true

understanding for the employees from the RMS department, along



with their family members, a 3-day introductory camp was organised under the guidance of Shri Mahendra Bhaiya, in which more than 260 people participated.

## Meaningful Child Raising Seminar

A unique guidance programme for understanding and learning to give the best future to children through culture, values, health and environment was organised as Meaningful Child Raising Seminar on February 9 and 23, 2025. In which many people from cities like Visnagar, Mehsana, Ahmedabad, Gandhinagar were present in person and online.

Shri Mahendra Bhaiya and

Neomi Didi provided information about Garbh Sanskar, healthy development and parent-child relationship as well as complete development of intellectual, mental, social, emotional and physical abilities of the child, nurturing of wisdom, values, character, morality and culture, ensuring health, well-being and safety of children and nurturing of language.

## A Mock Drill Organised



A mock drill on fire and safety was organised on January 17, 2025 as part of regular practice from time to time along with the knowledge of being alert to avoid possible damage in natural or accidental disasters - accidents.

## Distinguished Guests at Samarth

On January 30, 2025, Murova's Head of Sales Mr. Martigen Vanden and Mr. Anand Parekh paid a one-day visit to Samarth House. They were impressed by the company's environment, technology, cleanliness and



the happiness on the faces of the employees. Samarth Management presented them a book and extended a warm welcome.

## 76th Republic Day Celebration

On January 26, 2025, the 76th Republic Day was celebrated with national spirit at Samarth House. In which Shri Dashrathbhai hoisted the tricolor and gave information about our duty to become true citizens for the country and the life lessons that give an understanding of true happiness in life.

# Important information

## Be a whistleblower (a conscientious employee who draws attention to improper matters)

(1) Damage to the company's property, machinery and equipment, etc. (2) Damage to the company's reputation, reputation, honour and goodwill (3) Bribery or inducement for the purchase of goods (4) Demanding money or

goods from an employee under you against his will (5) Stealing diamonds or abetting it (6) Code of Conduct matters (with regard to sexual harassment)

For the bright future of the company and the employee, report any act that is against

the policy and values, to the designated officer, so that appropriate action can be taken. Considering the seriousness of the matter and the interest of the organisation, the whistleblower will be given an incentive reward.

## AAA: 5% incentive amount every month in addition to salary

A special financial incentive amount of five percent in addition to salary for your noble behaviour, addiction-free and regular attendance for the development of the company. (1) Incentive amount received every month in addition to salary (2) Available from the first day of joining the company

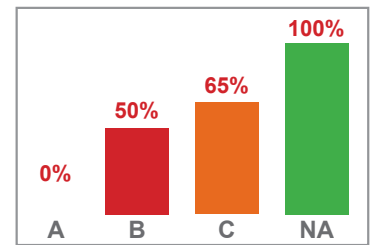
### Main criteria:

A = Attitude (good behaviour)

A = Attendance (regularity)

A = Addition (addiction-free)

Friends, now let us decide that for the financial responsibility of our family, we must take maximum AAA incentive by remaining good behaviour,



regularity and addiction-free throughout the year.

## We should definitely give a Kaizen on our birthday

We can make the work easier with our experience and suggestions-ideas on how to do better, faster and cheaper work in our work area and space. In this way, even a small amount of Kaizen can benefit the company a



lot. The company encourages every Kaizen given by an employee. Let us all decide from the year 2025 that we will definitely give at least one Kaizen on our birthday and become a participant in the development of the company.

## Self-managed library

All-round development is possible only through mental development. For which reading from various fields is important. For this, a self-managed library platform has been provided for the

employees in Samarth House.

Employees will be able to easily use the library by recording the code, name, section, date of book taken, date of return-signature in the register kept on the security man's table near the library.





## About the services of the Service Department

For any problems related to machinery or any other facilities to support production, call on Ext. No. 1108 or Mob. No. 70466 76000 and the service engineer will attend the employee's call within 15 minutes. Please register your

valuable suggestions related to the Service Department on Ext. No. 1611 and Mob. No. 99091 55001. The services include repairing of all types of machinery, electrical and air conditioning work, IT department work

like hardware-network, construction, flooring, plumbing, civil, color, ceiling, furniture, fabrication etc. work, store room facilities, event management and fire and safety along with first aid related services.

## Information about uniforms received from the company every year

Available for new employees: Available after 1 month from the group joining date. Available for employees who are more than one year old as per the rules as per the year. **(1) Availability period:** Uniforms are available on the date of one year from the date of uniform given in the previous year. **(2) Telegram**

**message:** 1 day before the date of receiving the uniform. **(3) If uniform is required:** The employee will have to go to the storeroom on the date as per the message and get the uniform. **(4) If uniform is not required:** The employee will have to get the uniform by giving his code in the storeroom



whenever he needs it. (5) From the date on which the employee gets the uniform, a telegram message will be sent to get a new uniform as per the rules in the new year.

## Things to know in daily life...

(1) From now on, when registering a child's name for birth, death or marriage in the family, school LC, PAN card, Aadhaar card, ration card or other government approved proof, it is mandatory to write the name of the father/husband/mother after the first name and then the surname.

(2) According to the announcement of the Reserve Bank, from now on, transaction and marketing related calls from any bank

| Scheme                        | Interest rate |
|-------------------------------|---------------|
| Sukanya Samriddhi Yojana      | 8.2 %         |
| Senior Citizen Savings Scheme | 8.2 %         |
| National Savings Certificate  | 7.7 %         |
| Kisan Vikas Patra             | 7.5 %         |
| Post Office Savings (5 Years) | 7.5 %         |
| PPF                           | 7.1 %         |
| Three Year Term Deposit       | 7.1 %         |
| Post Office Savings           | 4 %           |

will come only in the number range starting with 1600 and 140. That is, calls and messages coming from other numbers

may be fraudulent.

(3) Abha card can be made from the website of the National Health Authority [abha.abdm.gov.in](http://abha.abdm.gov.in). In which all the records of a person's medical records and prescriptions are kept. Which is very useful in government insurance schemes and health programs.

(4) The interest rate of 8.25 percent will remain unchanged on your deposited PF balance amount this year.

# My most precious asset: My Health

Ayurveda, Shastra, Granth and Samhita have mentioned many effective ways for a human being to remain disease-free from birth to death and live a long life. In which nutritious diet, regular lifestyle with exercise are very important. Today, we become victims of many types of diseases and physical problems at a young age. Friends, we have to make regular efforts for our own health. No one else can do that!

## For a balanced and nutritious diet:

- Drinking a glass of warm water or a glass of warm water in the morning keeps the intestines clean and healthy.
- Using seasonal fruits and green vegetables regularly makes blood clean, prevents vision from getting weak and provides sufficient amounts of vitamins and minerals required for skin and bones.
- Using more boiled-sprouted pulses in food maintains protein and calcium levels through the use of milk, curd, buttermilk.
- Fried, fried, spicy or salty, cheese-paneer-mend products increase the chances of acidity-biliousness, skin disorders, obesity, etc. in the body. Therefore, avoid them or consume them at least.
- If possible, use Sindhav salt instead of salt, jaggery instead of sugar and honey as needed.
- Do not make a habit of adding salt to food at all.
- Drink jaggery, ginger, turmeric in hot milk at bedtime. By taking it, the power of digestion is maintained.

Friends, the organs that work during the day such as hands, feet, liver, stomach, brain, eyes, ears, tongue, teeth, hormone glands, etc. use 80 percent of the 100 percent energy. When a person is not active at night, the kidneys, liver, intestines, lungs, etc. work continuously. Substances that harm the body are removed from the body through urine through the kidneys, feces through the intestines, and through the lungs. These toxic substances, if not removed from the body on time, harm

the body.

Due to the accumulation of toxic substances in the body, one feels tired without any reason, yawns, feels lethargic, does not feel like working, wants to rest, does not digest food, there is confusion in urine, cannot remember anything, gets angry again and again, and the mind does not stay in place. The reason for all this is that the three main organs that keep the body healthy, the



kidneys, intestines and lungs, need more than 50 percent of their energy, but if they get only 20 percent or less, they cannot do their job properly. So what should we do now?

## There are only two ways. (1) Fasting (2) Exercise

Fasting means being hungry. Do not put anything in the stomach. It is recommended to fast once a week for a long life without disease. By doing regular yoga and exercise, the body accumulates three times the energy and all the organs will be able to work smoothly.

Fasting does not use much energy on the organs that work all day long - hands, legs and stomach. Therefore, the energy increases.

On the day of fasting, the energy that increases due to less work of the hands, legs, intestines and stomach is given to the intestines and kidneys. So that the toxic substances and wastes in the body are removed and the important organs of the body work well.

Most people believe that when we fall sick, we will call the doctor. But the real remedy and treatment for illness is with us.

Friends, let us decide from today that we will definitely take care of the health of our body.

**Sarve Bhavantu Sukhinah, Sarve Santu Niramaya**



# Mahan Hrudayoni Shravankala

- Author : Sanjiv Shah

The art of listening means listening from the perspective of the other person. To live successfully in relationships, it is essential to learn the art of listening. The art of listening is truly a higher form of love in the form of meditation and affection. If we cannot listen or understand, then no matter how much we talk, we will not understand the purpose of the conversation.



Shri DhawalKumar Patel

Most of the time, we understand the expression happening in front of us through 10 percent of the meaning of the speaker's words + 30 percent through the quality of the speaker's voice + 60 percent through the speaker's body language = 100 percent expression.

**Hearing:** The sounds that are automatically heard by a healthy body - the action that happens automatically.

**Listening:** Listening requires effort to carefully handle the words of the speaker with voice and gestures.

## Why do we listen incorrectly?

Without concentration, with uncontrolled and emotional, biased mindset, with limited thinking, we make mistakes in listening and cannot ask the necessary questions to understand what is being said.

| Listening                              | Listening                                       |
|--|---|
| is done with the help of the ears      | is done with the eyes, brain, heart             |
| only sounds are heard                  | is interpreted by the word                      |
| no practice is needed                  | has to be developed in skill                    |
| not related to character               | is possible only with a very advanced character |
| treatment is needed in case of trouble | needs to improve habits                         |

## Book Review

**Shri DhawalKumar Patel**, Service Department, Visnagar, introduces a book that guides you to develop the skills to handle life in the right way.

Listening to gain information, to understand or learn something, to simply know, to satisfy an intellectual need, to make a decision or to know the truth – that is the need and purpose of listening. If we are not conscious, we miss out on listening properly.

Let us remember that life is lived in relationships. Relationships are built through communication. Communication is not possible without listening.

**Listening and attention complement each other.**

For a person to listen properly, one must create a space where the other person is inspired to speak his mind, listen with stability, concentration and attention, be ready to put aside one's own standards and forget what one has learned, listen without being led by ego and free from the desire to give aimless advice.

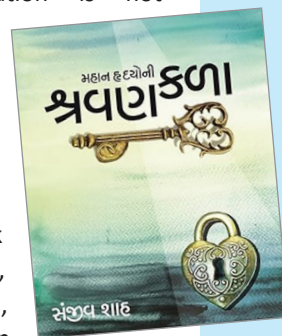
Until a person understands and accepts that he is not listening, he cannot truly listen.

If you are not ready to change, you are not ready to listen either.

The key to convincing others is not in our tongue but in the ears and hearts. In this way,

the weight of the tongue is negligible. But very few people can control it.

The prerequisite for understanding someone else's shoes is to first step out of your own shoes!



# Understanding values for living a harmonious life in family and society

Every human being wants to be happy and live a happy and prosperous life in the family and society. However, today, many questions that confuse everyone cannot be answered, so they cannot live a happy life. For example,

(1) I want to make my family happy, but why do they consider me the cause of their sorrow? (2) Do family members understand feelings or words? (3) Why does no one understand me despite living together in the family for years? (4) Why do conflicts, fights, divisions, divorces, and disagreements occur in the family despite not wanting to? (5) If human relationships are important, why do mutual communication stop? (6) If there are disagreements, why does the other person start talking first, as I expect for a relationship? And why don't I start that conversation? (7) If relationships are important, where does the relationship go when we stop talking? The entire human race is always troubled by such various questions in the world. And we don't understand what the solution is!!

Friends... **In mathematics, even two numbers cannot be added without the rule of addition. So, to connect human beings, we have to understand the law of relationship. Human beings do not have any single program to live happily!!**

Humans can always live in the system of family, society and the entire nature - in a system of usefulness and fulfillment only by sharing.

So let us understand the value in relationships...

- **Trust:** The clarity that the other person is a partner in my happiness and prosperity means trust, which is expressed as **courtesy**.
- **Respect:** Respect is expressed in the form of **reverence** when the goal, program and ability of the other and mine seem to be the same.
- **Attachment:** Accepting others does not have any opposition, **loyalty** is expressed with a sense of responsibility for them.
- **Fondness:** Taking care of the nourishment and protection of all those connected to oneself is affection, which is expressed as **generosity**.
- **Affection:** The feeling of expressing oneself with **ease** to make them wise and responsible is affection.
- **Faith:** Faith is living according to the four states, in which the acceptance of excellence is expressed with **reverence**.
- **Pride:** Pride is the feeling that is manifested with **simplicity** for those who have strived for excellence.
- **Gratitude:** Gratitude is the feeling that is manifested with **gentleness** for those who have strived for my excellence.
- **Love:** The feeling of interest inherent in every relationship is love, which is expressed in the form of **uniqueness**.

Come, let us understand the value of relationships with others in life and evaluate them properly.

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

**samarth**

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