

 news from the school 14

 a smiling you 18

 lifestyle management 22

 a healthy you 26

 footloose 27

 good read 25

# OPINION

Quarterly Newsletter of LNJ Bhilwara Group



PROUD TO BE INDIAN  
PRIVILEGED TO BE GLOBAL

Volume XXVII | Issue 5 | April-June 2022

 message from group's chairman 03



message

India has emerged as the fastest-growing major economy in the world because of its robust democracy and strong partnerships. It is expected to be one of the top three economic...

[Read more >>](#)

 group happenings 04



Gartex is a comprehensive bi-annual tradeshow on garment and textile machinery, which takes place in Delhi and Mumbai.

LNJ Denim participated in...

[Read more >>](#)

 learning and development 08



Financial Literacy is important because it equips us with the knowledge and skills and we need to also manage our wealth effectively.

The HR Department conducted a...

[Read more >>](#)

 celebrations and festivals 13



Earth is a planet of diversity. The only planet where a living being can survive. To prevent environmental issues and invest in our planet for sustainable living, earth day is celebrated. It is the responsibility...

[Read more >>](#)

 corporate social responsibility 19



On the occasion of World Environment day, RSWM Limited organized a tree plantation campaign on 5<sup>th</sup> June 2022 in Hirani Village, Kuchaman City, Nagor District. During plantation 650 Nos. ...

[Read more >>](#)

 achievements 24



In continuation of our sustainability and customers requiring standards, have completed successfully the GOTS audit at all Garments divisions (A 11, C 126, D 347, Bhilwara Tower, J 37 & Faridabad) through a...

[Read more >>](#)

 a healthy you 26



Drinking bay leaf water is good for you as it is an excellent source of antioxidants, vitamins and other essential minerals. In addition, drinking bay leaf water can improve your immune system, increase body metabolism and can help reduce one's weight...

 welcome and adieu 26



# School Activities



Best Wishes for Grade 10 and Farewell for Grade 12



Visit to Old Age Home



Cyber Club



World Environment Day



Music Club by Spic Macay



International Yoga and Music Day



Faculty development program and Heart Opening Sessions



Training session at Vivekananda Vidya Vihar, Maral Sarovar



Peace Club Activity



Summer camp on "URJA SANKALAN" at VVV, Maral



Flying Training on Microlight aircraft at State Hanger airport, Bhopal

## Editorial Board

1. O. P. Ajmera
2. Manish Gulati
3. Manoj Sharma
4. Sanjay Sharma
5. Mohit Maheshwari
6. Jyoti Gupta

Copy Editor: U. Padma Latha

## Chairman's note

India has emerged as the fastest-growing major economy in the world because of its robust democracy and strong partnerships. It is expected to be one of the top three economic powers in the world over the next few years. With an improvement in the economic scenario, there have been investments across various sectors. Foreign companies are setting up their facilities in India on account of various government initiatives. The aim is to boost the country's manufacturing sector and hence would increase the purchasing power of an average Indian consumer, which would further spur growth, thus benefitting the investors.



Textile and apparel industry in India has strengths across the entire value chain from fibre, yarn, fabric to apparel. Exports are recording healthy growth and our government with its current geopolitical situation is trying its level best to maintain the right balance so that farmers and the industry both are mutually benefitted.

Our IT companies are one of the biggest sectors that contribute to India's economic growth. With the shift to remote working the IT sector enabled and helped the other sectors to operate in distance mode. Furthermore, new start-ups in this sector are opening which is boosting our economy as well.

The Russia-Ukraine war is impacting the stability of the global order. The war has come at a difficult moment for the world economy, particularly when the pandemic appears to be fading away slowly. India too has felt the ripple effects with growing commodity prices. The war will hinder global growth and aggravate inflationary pressures, creating disturbances and challenges in our country. Disruptions in world trade, supply chains and investment will curb growth in developing countries and add to price pressures.

Like it is said that in any organisation it is the employees who make an organisation and a happy employee will always make a successful organisation. Creating a culture of happiness leads to greater success for companies. Employees that have purpose and feel a greater sense of engagement are greater assets to a company's future. Happiness leads to greater productivity, less absenteeism, lower health care expenses and greater retention.

So, reaching out to all of you, reassuring and connecting, gives me immense pleasure and I truly believe that your excellence drives our success.

With Best Wishes

**Ravi Jhunjhunwala**

## LNJ Denim

### Participation in “GARTEX EXHIBITION” Mumbai

Gartex is a comprehensive bi-annual tradeshow on garment and textile machinery, which takes place in Delhi and Mumbai.



LNJ Denim participated in GARTEX 2022, Mumbai from 12<sup>th</sup> to 14<sup>th</sup> May 2022. The new AW'23 collection “Denimic” was launched by Mr. Dhanraj Vora (Nanu Bhai), Owner of M/s RCBC Limited, a renowned denim distributor in India and Mr. Ashish Bhatnagar, Marketing Head, LNJ Denim. The show had an excellent footfall over the 3 days and we got an excellent response from all the visitors giving thrust to our presence in the West Zone.

### Participation in Denim Première Vision – Berlin, Germany

LNJ Denim participated in Denim Première Vision held in Berlin, Germany from 17<sup>th</sup> to 18<sup>th</sup> May, 2022.



LNJ Denim presented their latest AW-23 Collection “Denimic-the gladiator in the arena of fashion, an unpredictable and refreshing collection of denim fabrics put in a new light yet preserving its essence in every bit”. The collection comprises of five

categories: Club, Arrow, Googly, Somersault, and Shaft.

Since this was the first international show after almost 2 years of the pandemic era, many customers and agents visited the booth held for 2 days. The overall response was extremely good.

### Participation in “DENIMS AND JEANS SHOW”, Bangalore



The fourth edition of Denims and Jeans India was held at Hotel, The Lalit Ashok, Bangalore on 08<sup>th</sup> & 09<sup>th</sup> June 2022. It is a platform where not only the who's who of the Indian denim industry comes together but the show also attracts the attention of the global denim community.

LNJ Denim has been a key supporter of the show and participated in this fourth edition as well. We showcased our Latest AW-23 Collection to the Customers with a special focus on sustainability in line with the theme GREENABLE for this edition.

### Collection Display, Ahmedabad



An exclusive product display of LNJ Denim was organised at Hotel Lemontree, Ahmedabad on 16<sup>th</sup> June 2022. The first-ever show for us in Ahmedabad

received an excellent response, with all the leading garment manufacturers and brands showing their interest in the new collections. The show, followed by the casual dinner in the evening, presented a great opportunity for the LNJ team to interact directly with the manufacturers for their feedback, business scenarios, and future developments.

## Kharigram

### Industrial Visit of Students –VJTI, Mumbai

As a part of CSR, a group of 50 students from the Textile Technology Students of VJTI, Mumbai, visited the Kharigram unit. The HR team facilitated them and arranged a detailed visit inside the



mills, where technical members explained the technology and process. The students learned about various processes of yarn manufacturing and felt extremely delighted to see the technology and setup. Their principal gave a vote of thanks to our management for allowing this visit to help our students in terms of practical approach and knowledge.

### Installation of Roof Top Solar System at HJ-21

RSWM Kharigram unit installed a roof-top solar power plant at mill no. HJ-21 on May 27, 2022. It was inaugurated by Shri N.K. Bahedia, COO, Shri Vinod Mehta, Sr. VP along with other senior officers. The capacity of this solar power plant is 2.86 MW. After this



milestone, RSWM Kharigram solar power plant's total capacity has increased to 12.07 MW. It will also help to reduce our carbon footprint and save our environment.

## Installation of High Quality Blender at HJ-21



On June 21<sup>st</sup> 2022, the RSWM Kharigram unit installed a High-Quality Blender (BOE), Trudzchlor in the Blow room of Mill No. HJ-21. It will sustain the Melange Yarn Premium Quality and achieve optimum Production. At the inauguration of Blow Room, Shri N.K. Bahedia (COO), Shri B. S. Sharma (AVP), Shri Vinod Mehta (Sr. VP) joined as a chief guest.

## First Lot of Product at Melange HJ 21 Dispatched

On 9<sup>th</sup> June 2022, RSWM Kharigram unit HJ 21 dispatched



the first lot of export quality PV Dier to our international buyer, ISPAR, from Turkey under the guidelines of Shri N.K. Bahedia (COO) and Shri B.S. Sharma (AVP). It was a day of extreme pleasure and achievement in terms of the HJ-21 unit's first product manufactured and delivered.

## Visit of Nafa Nuksan Director



The Director of Nafa Nuksan in Rajasthan Patrika, Shri Jai Singh Kothari, visited Kharigram on 3<sup>rd</sup> May 2022. Shri Avinash Bhargava, CFO, Shri N.K. Bahedia, COO and Shri Vinod Mehta, Sr. VP-CCD along with HODs welcomed him. In his valued interaction and experience-sharing session, Jai Singh Kothari explained the current economy, its trend, financial crunches and future market. He visited the plant and congratulated team Kharigram for driving such a wonderful setup.

## HEG

### Long Service Award



HEG recognizes and rewards long-serving (10 years and 25 years) employees for their loyalty, commitment and contribution to the company. This policy applies to all artisans, staff and executives

currently employed on permanent employment, subject to the criteria outlined. Our Executive Director, Shri Manish Gulati gave the awards to all.

## HEG: Recruitment Drive



A walk-in campus drive was conducted in HEG at the Training Centre on June 23<sup>rd</sup>, 2022. It was an extremely successful event and 31 students out of 62 were selected and got a chance to enhance their potential in our esteemed organisation. Most of them were hired for our new 20K project. Later HODs and managers gave their valuable time and shared their success stories to make the event successful. The response from the students was overwhelming and the efforts made by the HR team were appreciable. HEG welcomed the entire apprentices for their new start.

## Maral Noida

### Inter Unit Cricket Tournament



Maral Noida conducted an inter-unit Cricket tournament match with all four garment divisions to create healthy & friendly culture among our employees. Maral unit C-126 won the tournament trophy by playing some good cricket throughout the tournament.

## Best Line Efficiency



In continuation and motivation of workers for production efficiency on the production floor, we have arranged a snacks party for our best line performers employees at unit D-347, Noida.

## World Hypertension Day

To create a healthy work culture and check our employee's fitness,



we have conducted a Health Check-up Camp on hypertension dated 17<sup>th</sup> May 2022 at Unit D-347 through our medical staff. Everyone took part in the same with much enthusiasm and checked their vitals.

## Rishabhdev

### Visit of Padmashree Dr. Kiran Seth



Dr Kiran Seth, Padmashree awardee and founder of SPIC Macay, visited the Rishabhdev Unit on April 8<sup>th</sup>, 2022. He was

on his cycle yatra from Kashmir to Kanyakumari to spread the message of fitness and to promote Indian classical music and culture amongst the youth. He was welcomed by senior officers and staff at the main gate. During the experience-sharing session with staff, he advised listening to classical music every day and to also make it a regular habit.

## Performance Review of March-22 Quarter



The department-wise performance of the Rishabhdev Unit for the quarter January-March 2022 was reviewed through PowerPoint presentations on the 11<sup>th</sup> & 12<sup>th</sup> April 2022. HODs of all the departments presented the data related to individual departments. While summing up the two days' presentation, the COO appreciated the achievements done and at the same time reminded the employees to focus on controlling losses.

## Mandpam

### JMD's Visit for Inauguration of New Knitting Machine

Shri B.M. Sharma, JMD of RSWM



Ltd., visited the RSWM, Mandpam unit on June 8, 2022, to inaugurate a newly installed knitting machine. He noticed that the newly installed machine was functioning properly. During his visit, he was accompanied by Shri Satish Kumar Mittal (COO), Mandpam Unit, and they discussed the new knitted machine in detail.

## BSL

### Awareness Campaign on Single-Use Plastic



Under the aegis of the Rajasthan State Pollution Control Board and Environment and Climate Change Department (Government of Rajasthan), District Administration and Municipal Council Bhilwara, BSL Management have organized various road signages in Bhilwara city to make people aware about adopting the option of single-use plastic. Around 200 hoarding boards (size 3 feet x 2 feet) were installed on the electric poles. So that pollution caused by single-use plastic can be stopped.

## ADHPL

### Precaution Dose Camp Organised

AD Hydro Power Ltd. organized a COVID-19 precautionary vaccination dose camp on 7<sup>th</sup> June 2022 in its premises



around 96 employees were vaccinated. The vaccination camp was organized with the support of the State Health Department.

## H0

### Booster Dose Vaccination Camp

A COVID-19 precaution dose vaccination camp was organised for 160 employees and their families at our corporate office in Noida on 30<sup>th</sup> June 2022. This vaccination camp was in collaboration with Kailash Hospital, Noida to provide the much-needed on-site precautionary dose to the employees as per the recent surge in COVID virus cases in the country.



## Free Health-check up

To detect not only medical issues, but to identify risk factors and illnesses before they start to cause problems – a free health check up camp was organised twice at Maral Noida with the collaboration of Manas Hospital and SJM Hospital Noida. Similarly a free health check-up camp was also organised on World Hypertension Day. At Mandpam a free health check-up and yoga camp were conducted together

by RSWM, Mandpam unit through ESIC Bhilwara for the workers, staff and their families. In BSL premises, apart from the camp, a talk was given to the employees

and the workers on the benefits of doing yoga regularly. Various tests like Blood Sugar, HIV tests, Blood pressure etc., were a part of this camp.



Maral



Maral



Mandpam



BSL



Maral

## ADHPL: Eye Check-up Camp

An eye check-up camp was organized at ADHPL. The camp was organized with the support of Lady Willingdon Hospital, Manali. Expert advice from eye specialists were given in the camp.

## Kharigram

### External Training Programme on Managing Wealth

Financial Literacy is important because it equips us with the knowledge and skills and we need to also manage our wealth effectively.



The HR Department conducted a learning session on “Managing Wealth” on 12<sup>th</sup> April 2022 which was presented by external faculty - Mr. Pankaj Sahijwani, Advisors Organization, Pune. Some important financial aspects like- the purpose for investing, financial goals planning and discipline, term plan & tax planning tools, risk mitigation, where not to invest, etc. were covered in this learning program.

### Awareness Session HR Policy



The HR Department, Kharigram conducts time-to-time refresher training for staff members to make them aware and update about various policies aspects & give clarity as and where required. In this context, an awareness program on employee benefits & loan policy was conducted on 07<sup>th</sup> May 2022. A total of 35 staff members were benefited from this program.

### Training on Emergency Preparedness at Workplace

The HR Department organised a Safety Awareness program on 24<sup>th</sup> June 2022, which was



presented by Shri Dileep Chourasia (Safety Manager). Engineering, Maintenance, Security, Commercial, and Production Department staff attended this program. The topics covered - Fire Fighting, Evacuation Plans, Emergency Exits, Assemble Methods, etc. He educated all personnel to follow safety rules and how to respond to different emergencies.

## HEG

### 90/10 Principle Training



“90/10 Principle of Stephen Covey”: This is an incredibly simple and amazing concept. You can apply it in every level of your life whether personal, Professional, Business or Anywhere. Consider the various situations in Life, we can implement this concept and all we need to do is - Give it a try!

This Training was focused on the reactions towards different hectic situations. The objective of the training was to be aware of “How to D Stress our lives” & “How to overcome the minute stresses, where everybody is facing in routine life”.

This Training was initiated by Mr. Shamit Tiwari and was highly appreciated by the participants. The audience demanded

more training sessions like this in the future and it was held at the Training Center, Gurukul.

### Pursuit of Happiness

“Happiness is not about what you want all the time, It’s about loving what you have and being grateful for it”.

The above quote is so beautiful but it does not mean that we should not strive for Happiness. According to the great preacher Dalai Lama, “Happiness is not something ready made; it comes from your action”. In the present world, most of us are busy with our tight schedules in our lives. Everyone is hustling to achieve pre-determined goals.

Ambitions and Desires are the two aspects for which every person



is making effort, but this factor requires Dedication, Perseverance, Determination, Sacrifice, and most important Optimism.

In favour of the above lines, we have planned a behavioural session on the challenges and lessons of life which everyone is facing in some way or the other. The motive of this session is to motivate and boost the morale for personality development.

### Code of Conduct

A Code of Conduct is a set of policies within an organization that the employees are bound to follow.

This policy reveals the organization's mission and values and ties these ideals to professional behaviour standards.



In HEG the major purpose of the code of conduct policy is to set and maintain the standard for acceptable behaviour to all stakeholders in the company. The code of conduct policy is to articulate a high standard of honesty, integrity and law-abiding behaviour expected of all employees and meeting the expectations of external stakeholders.

This Training was given by Mr. Shamit Tiwari in the Gurukul Training centre, HEG and was attended by participants from different departments.

## Ringas Management Window



Knowledge sharing amongst peers & staff is the best way to train and get trained. The First Management window for the FY 2022-23 was conducted on 25.06.2022.

Shri G.K. Mundra, AGM Commercial gave a presentation on the subject of budgeting and its relevance in personal and professional life. The program and content were quite appreciated, especially by technical team members.

## Maral Noida

### Works Committee



To meet the legal and customer audit requirements for parameters/ standards as well as to provide an open platform for employees to raise their daily grievances for resolution, a meeting on the "Works Committee" was held on May 12<sup>th</sup>, 2022 at unit D-347.

## Ringas RPSF

### Conducted External GRS Audit



An external GRS auditor, Mr. Nitesh Dubey, visited the RPSF plant and was welcomed by COO Shri M.K. Yogi, and all the Heads of Departments of the RPSF plant. The GRS audit was conducted on a full-day basis, Shri Nitesh Dubey appreciated the marvellous internal housekeeping, cleanliness and various systems maintained in the RPSF Unit. In virtue of it, the GRS certificate was renewed and awarded to us.

## Rishabhdev

### Session on 'Life Management'

A one-day session on 'Life



Management' by Dr Pankaj Shukla from Being Capable Organisation, Nagpur, was held at Rishabhdev on 27<sup>th</sup> May, 22. Twenty staff members, from Assistant Manager to Manager participated in the programme.

### Session on 'Work Life Balance'



A two-hour session on work-life balance was held at Rishabhdev on May 30<sup>th</sup> 2022 conducted by Shri D K Gupta, Principal, VKV. About 32 senior executives and below-level staff attended the programme. He explained beautifully how to maintain work-life balance through planning and proper time management.

## MPCL

### Mock Drill on Vehicle Accident

A tier-1 mock drill on vehicle accidents was conducted by



MPCL management to check the emergency preparedness planning, responses of the rescue team and effectiveness of the existing training system. A company's vehicle met an accident due to a landslide and a rolling boulder hit the vehicle. The planned scenario with a tentative time line was discussed with all HODs and other concerned persons.

## LNJ Denim

### Training on ESIC Schemes & Benefits

A training session on ESI's benefits was conducted on 18<sup>th</sup> May 2022. The Training was given by R.P.



Sharma & Team - ESIC Office, Banswara where ESI beneficiaries attended the training. The main objective of the training was to create awareness about the ESI system & its benefits like medical benefits, sickness benefits, and maternity benefits.

## ADHPL

### Tier-II Mock Drill on Land Slide with Road Accident

A Tier-II emergency mock drill was conducted on 29<sup>th</sup> June 2022 at ADHPL. The Primary Healthcare



Centre (PHC) Jagatsukh and Pradhan of Jagatsukh Panchayat also took an active part in the mock drill. The BMO-Naggar, SDM-Manali, DSP-Manali and Fire Officer were informed about the mock drill. This drill aimed to test the emergency preparedness & response planning, the effectiveness of the existing communication system and the response time of the rescue team of ADHPL along the Duhangan site. It was also aimed to test the communication and coordination with local bodies.

### Dam Safety Conference

ADHPL participated in an online meeting of Specified Dam Authorities on Dam Safety Act-2021, on pre-monsoon audit reports. The main aim of the meeting was to know about the preparedness of Dam Safety Authorities in the monsoon & peak monsoon season

ahead and to know about the pre-monsoon Dam Safety audit conducted by the different Dam authorities.

### 5S Awareness Training Program



A training session & review meeting on 5S was conducted at RSWM Kaniyakheri and Rishabhdev Unit in presence



of all zonal leaders and core team members with the main objective of creating awareness about the use of 5S & its implementation in plant premises for ease of doing work systematically.

## Team Building & Conflict Management

An external training programme on team building and conflict management session was organized for staff to learn the basic concepts of personal motivation at Kharigram Unit, Mandpam, Ringas, Kanyakheri and LNJ Denim. In Ringas, a group of Managers and Staff Members of the Spinning and RPSF Division attended the programme. During this workshop various behavioural and together working aspects were covered by theory and practical learnings. The faculty for this training programme was conducted by Mr. Pankaj Shukla, Life Management Guru, Being Capable Organization.



Mandpam



Kanyakheri



Ringas



LNJ Denim

## First Aid Training Session

First Aid Training session on the first aid in emergency situations was conducted by HEG, RSWM, Mandpam unit through Red Cross Society and provided information on the first aid in various emergency situations. Similar First Aid awareness training session took place in Maral Noida. Grow Foundation and Red Cross Society conducted training for Ringas employees & workers from Spinning and RPSF were covered in this program.



HEG



HEG



Maral



Ringas



Mandpam

## Fire safety/Mock Drill

Ringas RPSF organised three fire drills sessions to handle emergency fire situations by using both dry and wet techniques. A training programme on Fire Safety & Use of Fire Hydrant System was organized at Mandpam unit to create awareness for use of systems at the time of fire. LNJ Denim conducted an



Mandpam



Ringas RPSF



Maral



BSL



LNJ Denim

emergency mock drill in the Denim Plant under the supervision of the Safety Officer. An emergency was intentionally created to check the awareness and alertness among the staff members & workers, this was kept secret and only a few senior staff members were informed for the same. On the spot practical training was imparted like using of fire extinguisher and hydrant line during dangerous situations. A two-hour training program on Hazard Identification and Risk Assessment was provided and a live demo session on fire fighting was also covered to the staff and



Maral



LNJ Denim



BSL

security guards on fire and safety emergencies. A National Seminar on Electrical and Fire Accidents in power Industry was attended by ADHPL employees. The main focus was on the importance of human life and the prevention of accidents with the use of improved technologies, and proper maintenance of equipment. The seminar also covered topics like the importance of training, and electrical & fire safety. In BSL safety department has organised rehearsal on emergency preparedness and response to review the emergency and preparedness plan of the organisation and evaluate standard operating procedure. in Maral C-126, Noida a mock drill was conducted effectively to check the preparedness, planning and response and an awareness training session to create a safe and healthy work environment.

## Maral Noida

### Internal Committee Meeting



To create & provide a Safe and Healthy workplace for female employees at our factory premises,



a committee meeting has been conducted on the “Internal Committee” in presence of an external Advocate Mrs. Jyoti Sinha at Unit C-126 and Unit D-347

### Grievance Redressal Committee



To fulfil the legal & customer audit requiring parameters/standards and provide an open platform for employees to raise their daily grievances for solutions, a committee meeting has been conducted at Unit C-126 and Unit D-347

### Health & Safety Committee

The Health & Safety Committee was held Unit C-126 and D-347 to



fulfil the legal and customer audit requirements for parameters/ standards, provide an open forum for employees to raise their daily Health and Safety-related concerns, and foster a culture of safety

### Awareness Session on C-TPAT



An awareness training session on C-TPAT was given to the security staff at unit D-347 by Mr. Pawan Pal and at Unit A-11 by Ms. Aanchal Taygi, in order to meet the customer’s audit requirements’ parameters/standards and educate our employees at the facility.

### Canteen Committee Meeting

To provide healthy and nutritious food to our employees at our unit, a Canteen Committee meeting has been conducted in presence of all committee members at Unit C-126



and Unit D-347. Members gave their valuable suggestions to improve the quality and quantity of the food in the canteen.

## Posh



POSH law mandates every employer to provide a safe working environment for women. This law has enacted the prevention of women from sexual harassment in the workplace. HEG has the committee for this Act and Company has developed a safe working environment for all female employees. Similarly in Maral Noida, Mrs. Jyoti Sinha (External Advocate) has provided an awareness training session to our employees on the “Internal Committee” at unit D-347.

## HEG

### Earth Day

Earth is a planet of diversity. The only planet where a living being can survive. To prevent environmental issues and invest in our planet for sustainable living, earth day is celebrated. It is the responsibility of all human beings to conserve and protect the Earth from pollutants, for the social cause as well as for maintaining a healthy environment.



Earth day was celebrated on 22<sup>nd</sup> April for an environmental cause. every year, In HEG, we create awareness amongst the people about the earth and environmental protection. Likewise, this year too, Safety Department conducted an event for Earth Day in the training centre, Gurukul. The event was highly appreciated and people pledged to save our mother-like planet.

### Prize Distribution Ceremony



Every year we organise a sports competition in HEG Campus. It was the internal sport summit in which the participants were invited from the different departments and different prizes were distributed to the winning candidates by Shri Manish Gulati, Executive Director. This year we kept it simple due to Covid protocols.

The motive was to create awareness among employees about their health and encourage them to keep themselves fit and fine. The event was very successful and the involvement of each participant was there during the Prize distribution ceremony.

## Maral Noida

### Celebration of International HR DAY



On the occasion of the International HR day celebration, we have arranged a get-together party and gameplay activities for all Garments division HR staff at unit D-347 on 20<sup>th</sup> May 2022.

### World No Tobacco Day



On the occasion of the “World No Tobacco Day 2022” celebration, we have celebrated, displayed awareness posters and provided awareness sessions to employees at all Noida units.

### World Music Day

On the occasion of World Music Day 2022, we celebrated the day at our unit D-347 on 21<sup>st</sup> June 2022 with



much enthusiasm and conducted a singing program for our employees and distributed gifts to the winners.

## Kharigram

### Fire Service Day/Week

Fire Service Day was celebrated by the Kharigram unit to make



aware of fire & safety equipment. An exhibition on Fire Safety was organised in Manav Vikas Kendra. The COO gave a loud message to ensure safety norms at each step of working activities and emphasized the importance of fire and safety equipment during work and emergencies. All staff members voiced their commitment to following the fire safety rules at the workplace.

## Maral Sarovar

### Ram Navmi

“A “Hawan” was performed which was attended by a large number of devotees including senior officials, staff members and their families. Special pooja was held at mid-day followed by the distribution of Maha Prasad and “Kanyabhoj”. In the evening Aarti, and distribution of “ Chhappan Bhog” took place.prasad also took place.



# Our Schools

where learning and joy come together

## VKV Hurda



### Awareness on 17 Goals of Sustainable Development

Our Alumni Shubhanshi Rathore discussed the 17 goals of SDG with students and explained why all the goals have a specific series and are linked to each other, and how one person can make a difference even as a student. Students interacted and shared their ideas about the activities which can be conducted in school.



### Cyber Club

The cyber club conducted the activity in which students of various classes participated. Where students were shown different parts (such as RAM, SMPS, Hard Disk, Mother Board etc.) of the CPU physically. How and where these are placed in the computer was shown practically which was also experienced by the students by doing it on their own.

### Electoral Process Simulation

On 29/04/2022 elections were held for various posts, in which class 12 students participated enthusiastically. The election information using a voting list, ballot paper, describing



the importance of voting, the students have voted by adopting all the election process.

### Music Club by Spic Macay

In the series of programmes by Spic Macay in Vivekananda Kendra Vidyalaya, the Hurda Sitar recital by



Shri "Dhruv Bedi" was conducted. The audience was mesmerised by the Raga Aheer Bhairvi & Khamaj performed by Sitarist Shree Dhruv Ji accompanied by Jyoti Ji on tabla. The programme culminated with a vote of thanks and a motivational speech by Principal Ma'am.

## VV Maral

### Summer Camp



A summer camp on the theme "URJA SANKALAN" was organised to give the students an opportunity to learn new skills in Art

and Craft, Dance, Music, Sports, and Spoken English. The participation of the students to learn self-defence through "Taekwondo" was a good learning experience.

### Chrysalis Curriculum Training Program

A Training session was held in Vivekananda Vidya Vihar, Maral Sarovar to give teachers the training on how to work efficiently. The highlight of the session was



understanding a child through the main domains of development (cognitive, social, emotional and meta-cognitive).

### Yoga with Rhythm

On International Yoga day and International Music, day school designed Rhythmic Yoga day for the students starting with the Nirvan Shatakam Stuti and Shloka recitation followed by musical aerobics. Students performed Surya-Namaskar and five types of Pranayam. Students in pairs performed "jugalbandi" in competition form.



### Continuous Professional Development

A four-day faculty development program was held in Vivekanand Vidya Vihar Maral Sarovar before the introduction of the new session 2022-23. School management organized "Heart Opening Sessions" comprising SAIL (Sport & Art Integrated) sessions of different genres, including dance, art, music, sports and software training programs.



## Graphite

### Micro Light Flying Training



Flying Training was conducted on Microlight aircraft at State Hanger airport, Bhopal on 23<sup>rd</sup> - 24<sup>th</sup> June 2022. Five students from Class IX took part in the training and learnt to fly a Microlight aircraft. Students flew for 15 minutes under the guidance of Co-Wing Commanders Mr. Nishant Pawar and Mr. Nirmal Yadav.

### NCC ATCI Camp

ATCI camp was organized by 2MP AIR SQN NCC at Bansal Engineering Institute, Bhopal. The students took part in the activities for an enriching experience on Drill, Weapon



Training, Cultural Activities, Aero modeling, first aid training. Seminars were conducted by the Air force recruitment board on psychology and SSB training. Plantation on World Environment Day was done by the students to spread awareness about environmental factors.

**Achievement** – Ms Yogita Mehra of class IX B won the 1<sup>st</sup> prize in the Solo dance competition during the camp activities.

### Alumni Achievement

It is a proud moment for Graphite Higher Secondary School as one of the alumni students Ms Sheetal



Vaishnav has been selected by two reputed companies Cognizant and TCS-Ninja.

### Yoga Day Activity



The School organized Yoga for the wellness on the occasion of Yoga day in school premises. More than 200 students participated with great enthusiasm and zeal. Later a quiz was organized at the school campus.

## VKV Rishabhdev

### WEBINAR 'Lead the way to Inspire'



An online webinar was conducted by our alumni Mr. Prasuk Gandhar Jain on 'Lead the way to inspire' on 14<sup>th</sup> May 2022. He explained his experience of school life and mentioned how the school helped him in his life. He explained about Karma Theory, Never Give up Theory, Never Complain to God, your first competitor is 'nature', Be humble theory etc. Later he answered questions raised by the students.

### Online Chess Workshop



An online workshop was conducted by Chess Coach from 17<sup>th</sup> to 23<sup>rd</sup> May 2022. The aim to conduct this workshop was to create interest in the students about the chess game. Prizes for scholastic and co-scholastic activities were given to the students.

### Visit of Padma Shri Dr Kiran Seth

SPIC MACAY founder, Padma Shri Dr Kiran Seth, who set out on a cycle tour from Kashmir to Kanya Kumari, was welcomed by Tilak, garlanding and saffron uparna during his visit at VKV Rishabhdev. A special assembly was organised and Rajsthani welcome dance was presented. On



this occasion, Dr Kiran Seth shared his experience about the Journey of SPIC MACAY (Society for the Promotion of Indian Classical And Culture Amongst Youth). While addressing the students, he told how he achieved success in life by doing pranayama, yoga and by staying focused.

### Spic Macay 'Kathak Workshop'

An "Introductory workshop of KATHAK" by Spic Macay Artist Ms Jaya Bhatt from Delhi was organised at Vivekananda Kendra Vidyalaya, Rishabhdev 17 students took training in this workshop and participation certificates were given to students.



### Environment Day

World Environment Day was celebrated with great zeal and enthusiasm. Trees were planted in various premises of the Bhilwara Group. Talks on environment protection were also given. Environment Day was celebrated in Kharigram, HEG, Kanyakheri, Mandpam, Maral Noida.



LNJ Denim



BSL



ADHPL

In Maral Overseas Limited an educational rally along with plantations and some motivational activities was organised. The theme was "Only One Earth". Major environmental effects of plastic pollution and to refrain from using them was made aware to the employees. Drawing competition for the children was organised in RSWM (Ringas). Apart from plantations, refreshments were also served to all the staff

at LNJ Denim. Ringas RPSF also observed World Environment Day. Water pots were implanted on the branches of trees, facilitating birds to feed water with ease. This activity was much appreciated by the local authorities. Every year Rishabhdev unit plants hundreds of trees during Haryali Amavasya and World Environment Day. BSL management had set a target for planting 600 different types of saplings in this current year. ADHPL employees carried out a cleanliness drive around the plant and planted more than 200 saplings of Deodar and horse chestnut.



Ringas



Maral Noida



Maral Sarovar



Ringas RPSF



Kharigram



HEG



Kanyakheri



Rishabhdev



Mandpam

### Hanuman Jayanti Celebrations



Ringas

Lord Hanuman is one of the most celebrated and revered figures in Hindu mythology. He is the symbol of strength and energy worshipped by many who wish to gain courage and strength in their lives. Special Bhajan kirtan programs were performed at Kharigram, Ringas and Rishabhdev. At Ringas RPSF a message was delivered to the staff members by the COO from the character of Lord Hanuman ji to take oaths of honesty, hardworking and dedication in assigned work/job roles. The program was concluded with Maha Arti and Prasad distribution for the devotees.



Rishabhdev



Kharigram



Ringas RPSF

## Yoga Day



Mandpam



Maral



Kharigram

On International Yoga Day, Staff Club, Kharigram organised a "Yoga-Shivir" to celebrate "International Yoga Day". Yoga asanas and different Pranayam Mudras were practised by members. At the

end of the program, "Emblica & Aloe Vera" juices were distributed to all the participants. Maral Noida and LNJ Denim also arranged yoga and exercise sessions for the employees. The value of yoga and adapting it in our daily life was discussed at Mandpam with the staff members and their families.

## Nav Varsh



Kharigram

RSWM Kharigram Pariwar celebrated "Hindu Nav Varsh" This event was organized by the Staff Club. Staff and their family members participated in Prabhat Pheri in the early morning and chanted to the almighty God. COO and all members greeted each other and gave best wishes for health and prosperity. The Maha arti was performed in the colony temple and thereafter Prasad was distributed to all. In Rishabhdev, RSWM Staff Club celebrated Nav Varsh - 'Vikram Samvat – 2079' jointly with VKV School on The Prabhat Bheri started from the school and went around the Mill campus in which students, teachers and RSWM staff participated. COO addressed the gathering and greeted new year wishes to all.

## Sunderkand Path

The Staff Club-Kharigram organized "Sundarkand Path". Panchmeva Prasad and Milk were distributed to all members. RSWM Ringas Parivar organised Sunderkand path in the staff colony temple. Bhajans were performed. Large numbers of families had attended this event.



Kharigram



Ringas

## Staff Birthday Celebrations

The Staff Birthday (April to June'22) was celebrated with much gusto and enthusiasm



Mandpam

in Ringas. The staff members wished the colleagues, having a birthday on that particular day, by giving them sweets and gifts and reading out the wishes on behalf of Ringas-Pariwar. In Mandpam every week of the month, the Melange Staff Club enthusiastically celebrates the staff's birthday (between April and June). High tea and cake are also served to every employee present on the occasion.



Ringas

## World Health Day

Maral Noida celebrated the World Health Day at Unit C-126 and D 347 and conducted an awareness training session for the employees through an external MBBS Doctor.



Maral



Maral

## National Electrical Safety Day/Week'

National Electrical Safety Day/Week was celebrated in MPCL and ADHPL by conducting training sessions on electrical hazards & control measures. The theme was "Avoid loose wires-Prevent electrical fires". Fire services week was celebrated at ADHPL. The theme was "Learn Fire Safety Increase Productivity". A week-long celebrations, training on fire-fighting and rescue operations of injured personnel was imparted by certified firefighters of ADHPL in their respective departments. At the closing ceremony a training session and practical demonstration of fire extinguishers, lifting techniques and rescue operations for injured persons were given by the civil fire-fighting team, Manali.



ADHPL



ADHPL



MPCL

## A smiling you



### Marwari joke

Once a Gujrati sold his well to a Marwari for 1 lakh. Marwari paid him the amount. After 3 days, Gujju told Marwari that he only sold the well and not the water in the well. So, either he pays 1 lakh for the water or he will take him to court.

Marwari replied, "I was coming to you for the same thing. I only bought the well and not the water, so either you take the water out or start paying me the rent."

What is the most Marwari thing ever?

Presence of mind when it comes to money.

## Kharigram

### 650 Mass Tree Plantation Drive



On the occasion of World Environment day, RSWM Limited organized a tree plantation campaign on 5<sup>th</sup> June 2022 in Hirani Village, Kuchaman City, Nagor District. During plantation 650 No.'s. Banyan trees were planted.

RSWM Ltd. provides electricity for water pumps and proper lighting in the area, by contributing a Solar Panel at the site. This makes the place self-reliant. The project is under the monitoring of the CGST Department and the event was inaugurated by Jodhpur CGST Commissioner Shri Rajiv Agarwal.

## Ringas

### Participation in Yagya-Hawan by Gayatri Shanktikunj, Haridwar

Shri Anurag Mathur, Chief Operating Officer, joined other dignitaries of Ringas town, and participated in



the Hawan & Yagya organized by Gayatri Shakti peeth for seeking peace and contentment for the society.

### Contribution on the World Blood Donor Day



Every year countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood. In Oct 2022, the unit participated in the blood donation camp organized by Mittal memorial, Sikar. To convey their thanks & gratitude, Shri Munshi Ram Mittal Memorial Seva Samiti, Sikar were invited for a facilitation ceremony. Shri Rajeev Kumar Dixit - GM (HR&IR) and Shri Gopal Krishan Mudra - AGM (Commercial) represented RSWM Ringas on the occasion.

## HEG

### Nepalese Citizen Repatriated from Apna Ghar Bhopal

A responsible citizen of the Bagevania area of Bhopal city informed Police Department through Dial 100 emergency services, that a man in need of medical care alone is in our neighbourhood and is unable to express anything about him in Hindi or any other known language. Dial 100 responded and rescued this sick man from the street and handed

him over to Apna Ghar Team at Vidhya Nagar Bhopal.

Apna Ghar gave shelter and provided necessary care to this man for 2 days after admission, the team tried to interact with this person, but was unable to understand the language and only learned his name was Mithu. The team sought support from other Ashrams and tried to understand the language in which Mithu was communicating. Finally, Nepal Ashram responded and a What's App video calling was arranged for Mithu. In Nepal, the Apna Ghar Ashram team interacted with Mithu and learned about his family and how he landed at Bhopal. Mithu gave the mobile number of his wife to Nepal Apna Ghar Team which he remembered.



Apna Ghar team of Nepal Ashram contacted the family and a connection was made. The family was very happy to learn about Mithu's whereabouts and decided to bring him back from India.

According to Mithu's family, he travelled to India from Chitwan Nepal along with his younger brother Ram Bahadur Pariyar on 7<sup>th</sup> June 2022 in search of work but got lost on the way. The family tried to search for Mithu but was unable to find him. Mithu is an experienced Tailor by profession. Family members in Nepal were very happy that Mithu was in good hands and was taken care of by Apna Ghar Ashram Bhopal.

Finally, the family arrived at Apna Ghar Bhopal and after completing all necessary formalities, Mithu was repatriated back to Nepal on the 16<sup>th</sup> of June 2022.

## Global Vikas Trust



Continuation of Global Vikas Trust's comprehensive interventions on water, soil, cropping patterns and farming practices - Trust engaged 980 farmers in 12 districts of Madhya Pradesh and 12,14,853 fruit trees were planted.

In the coming months, 16,95,777 more fruit trees will be planted which were booked by the farmers. There have been more than 221 training sessions conducted with support from HEG Ltd.



**Success Story:** Gajanan Ravale, from Hingoli, purchased 5000 banana saplings from GVT last year, out of which 1450 have been harvested this month at an average rate of Rs. 413 per tree, Ganjanan has earned an income of almost 6 lakh rupees. The total harvest weighed approximately 36 tonnes, and each tree weighed about 25kg. Mr. Ravale planted his crops at a 6x5 feet distance, received sufficient training on the plantation,

and hopes the rest of his plants get ready to harvest later this year. He hopes to reach a profit of at least Rs. 10 lakh by the end of 2022.

## Akshaya Patra's Community Feeding Program

HEG is distributing cooked meals prepared at Akshaya Patra Kitchen under the community feeding program to ensure food and nutrition security for low-income families especially children, where livelihoods have been affected by COVID since October 2021. To date, HEG distributed 1,52,000 meals across 20 centres in 15 locations across Bhopal city.



## Apna Ghar Bhopal



An ashram for the homeless, set up by HEG in Bhopal has received a warm response and the ashram is running at a capacity of 50 Prabhu Ji. Ashram Rescued 206 Prabhu Ji till now and Rehabilitated 46 of them. Between April-June 2022, 19 Prabhu Ji were rescued and rehabilitated, 6 Prabhu Ji have rejoined their family and loved ones from the ashram.

**Success Story:** With the support of the District Administration of Bhopal and the Health Department, 30 Prabhu Ji at Apna Ghar Ashram were facilitated Covid 19 vaccination.

## Rishabhdev

### Pyavu Inauguration



As a part of CSR activity, a drinking water hut, 'Pyavu' was opened outside the main gate of Rishabhdev Unit, on the National Highway on the auspicious occasion of Ramnavami. The inauguration was done by Shri K B Khatod, COO, in the presence of staff club executive members and other staff. Every year during the summer season, Pyavu is open for 2-3 months. A large number of people, including mill workers and outsiders, benefit from these activities of the Staff Club.

## MPCL

### Plantation Drive at Dhanali Village

The plantation was carried out by Malana Power Company on June 05, 2022, at Dhanali village under gram panchayat Pinni, Kullu, HP. The theme of this year was "Living Sustainably in Harmony with Nature". 500 plants of Cedrus deodara were planted there with the help of villagers, SMC members along with panchayat members. Before plantation Puja was carried out by the local Pujari (priest) by chanting mantras.



## Jawahar Foundation

### Swabhiman Jal Program

Under the “Swabhiman Jal” program, Jawahar Foundation has installed a multi-stage, hi-tech water



filtration plant at two locations in Rajasthan - Banera (Bhilwara) and Sursura (Ajmer) on May 21<sup>st</sup> and May 22<sup>nd</sup>, 2022 respectively. These centres will provide safe, affordable & clean water to everyone and

are capable of removing all forms of water contamination including Fluoride, Arsenic, Iron, Microbiological, and Suspended Impurities.

Each household is issued with a Swabhiman Jal Smart Card which will be used by the beneficiary to avail the facility of clean, safe and affordable drinking water.

### Inauguration of Swabhiman Bhoj Centre, Jaipur



The Jawahar Foundation has also opened a centre of its widely

popular community kitchen series in the capital city of Jaipur. The centre was inaugurated on 4<sup>th</sup> May 2022 by Mr. Dheeraj Gurjar, Chairman of State Seeds Corporation of Rajasthan in the presence of numerous dignitaries namely, Kirti Chaudhary - Film & TV Actress, Mahesh Sharma - President, Rajasthan Vipra Welfare Board, Gopal Singh Kataria - MLA Contestant, Animal Husbandry & Fisheries, Rajasthan, Ram Singh Rao - Minister of State and Ashok Sharma - Congress Block President.

Located in Tree planters Colony in Jhotwara (Jaipur), the centre has the capacity of feeding 450+ people every day and will replicate the systematised model followed in the other three centres.

## Bird Watching

*Looking for a fun hobby you can do anywhere, anytime, without spending much cash up front? “Birding is a totally accessible activity, “You can do it through your home or car window, while taking a rigorous hike, or anything in-between, even the bike riders.*

### Step Outside

Walk outside your back door, or even peer out your back window. Many types of birds hang out in backyards, especially if you have bird feeders.

### Get a Guide

The best way to bird watch is to look and listen, because many birds have unique songs and calls. You’ll be surprised by how many species you already recognize, even if you’ve never gone bird watching before. Invest in Binoculars which will ensure your bird watching binoculars are powerful enough to catch a glimpse of the smallest or fastest feathered creature—even on rainy days.

### Seek Out Different Locations

You can hang out in your backyard all day and see plenty of bird species perching and munching at your bird feeders. But if you want to expand your range, visit different locations and habitats. Some birds like tall trees, some prefer shrubs, some prefer to nest along streams, while others can be found in open fields. If you live in the city, no problem! Head to the nearest park—especially during the spring and fall when birds are on the move—and bird watch there. City parks can be amazing places to bird because they act like an oasis in a sea of concrete.

### Connect With Local Birders

Every state has a birding club or a Facebook birding group. Best of all, birders are happy to share information.

### Become a Morning Person

As the saying goes, the early bird catches the worm, which is why many birders’ head outdoors at dawn. “Birds sleep at night and are hungry in the morning. Noon is when birds are least active. If you have your heart set on seeing many species, you’ll have to accept the fact that birds are most vocal and active when the sun comes up, making them easier to spot and identify during those early hours.





## Gardening – a therapy that can relieve stress

*Colours are the smiles of nature, and a garden is a friend you can visit any time*

### Can gardening relieve stress?

Gardening can make you feel more peaceful and content. Focusing your attention on the immediate tasks and details of gardening can reduce negative thoughts and feelings and can make you feel better in the moment. Just spending time around plants eases stress for many people. Boosts self-esteem.

### Why is gardening so peaceful?

Researchers found that bacteria found in the soil actually helped activate brain cells that could produce serotonin. That's a pretty incredible addition to the sense of presence and mindfulness that gardening can bring. Gardening has even been used as therapy across a number of different populations.

### Why are gardens so relaxing?

Gardening as a form of exercise can be good for you as it helps to release endorphins, the hormone that helps to make people feel satisfied and relaxed. Furthermore, being outside in direct contact with the sunlight could help improve your mood.

### Why is gardening good for anxiety?

As research on wilderness therapy, horticultural therapy, and urban

green spaces indicate, spending time in nature is associated with increased emotion regulation, decreased neural activity, and decreased symptoms of depression and anxiety.

### Does gardening make you happy?

Gardening is actually an effective way of improving your physical and psychological wellbeing. With all the digging, lifting, pruning, weeding, watering, harvesting, planting, raking, transplanting, and moving, it's clear how gardening can have many physical benefits.

### Do gardeners have better immune systems?

Another interesting benefit of working in your garden is a better immune system. Exposure to bacteria and microorganisms found in soil can boost your immunity and keep you healthier. It is possible that gardening can alleviate symptoms of allergies, asthma, and skin conditions caused by a weaker immune system

### Why is gardening healing?

Gardens reduce stress and promotes a sense of wellbeing. This leads to measurable psychological, physiological, and behavioral

benefits, such as reduced anxiety, sadness, and other negative moods, lower blood pressure and improved immune functioning, and better compliance with treatment protocol.

### What is barefoot grounding?

Grounding, aka earthing, is the act of walking barefoot on the earth whether it be sand, dirt or grass. When you walk barefoot on the earth your body picks up free ions from earth's surface that act as antioxidants in your system. While walking barefoot, there is a better oxygen supply throughout the body and the metabolism is boosted. At the same time, the energy exchange during earthing ensures that pain and inflammation are relieved. The whole body feels energized.

### What are the mental benefits of gardening?

Gardening can positively impact several health outcomes, including:

- Reduced symptoms of depression and anxiety.
- Decrease in reported stress and mood disturbances.
- Decrease in BMI.
- Higher reported sense of community.
- Increased physical activity.
- Improved cognitive function.

# Laugh more and lead better

Humour means different things to different people

## These are:

**Affiliative humour** includes funny personal stories and jokes that enhance social interaction. This kind of humour helps ease social tensions.

**Self-enhancing** humour can help people deal with stress by staying positive. People who always look for a bit of joy in a stressful or distressing situation tend to rely on self-enhancing humour.

**Aggressive humour** relies on jokes or humiliation to manipulate others. This is the kind of joking that makes one person feel better at another's expense.

**Self-defeating** person who regularly puts themselves down in a humorous way is using this humour style. When used correctly, it can help make you feel more approachable.

Benefits of humour in the workplace - When used correctly, humour in the workplace can be a boon to company morale. Together, professional teams can work to develop a great sense of humour and a healthy approach to at work.

### 1. Start with yourself

First things first, it's important not to take yourself too seriously. Instead, try a bit of self-deprecating humour. It turns out that when both leaders and employees share self-deprecating humour, the employees respect their leaders more.

### 2. Share funny videos, photos, and quotes with colleagues

These days, there is an unending supply of laugh-out-loud funny internet content. You can easily look up humour in the workplace quotes to find work-appropriate memes and

quotes you can share with your co-workers. Sharing the content, you love with others can help you bond with co-workers that have similar senses of humour.

### 3. Share a funny story that happened to you

Sharing about your life outside of work can also help people get to know you better and feel more connected.

It is humanizing and allows both employees and managers to come together.

It puts others at ease and is a way to break through the tension barrier.

A key ingredient in creative thinking and also helps people play with ideas, lower their internal critic, and see things in new ways

It helps build trust and often reveals the authentic person lurking under



### 4. Engage in a fun game

Fun and non-competitive games can be a great way to lighten the mood and help people bond.

the professional mask

It boosts morale and retention while reducing turnover because employees look forward to coming to work.

### 5. Use humour to defuse conflicts

Conflicts between co-workers or clients are never fun. Instead of letting a disagreement pull you further into a negative place, try some humour to lighten tensions and move forward in a positive way.

People who use humour tend to be more approachable.

Can allow your company to stand out and go beyond with their customer service, garnering them a huge loyal following.

Humour is a key to success at work:

People will enjoy working with you.

It can increase productivity that encourages interaction, brainstorming of new ideas, and a feeling that there are few risks in thinking outside the box. It's a win-win for you and your employer."

It's a stress buster, an emotional response and a physical response that relaxes you when you laugh.

## Maral

In continuation of our sustainability and customers requiring standards, have completed successfully the GOTS audit at all Garments divisions (A 11, C 126, D 347, Bhilwara Tower, J 37 & Faridabad) through a third-party agency “CU Inspection & Certification India Pvt Ltd” and all garments divisions have successfully certified.

Garments Division” RCS Certification”



Garments Division” GOTS Certification”



Garments Division” GRS Certification”



Garments Division” OCS Certification”



## Kharigram

State Safety Award 2022 Maral: Garments Division” GOTS Certification”



It is a matter of immense pleasure that the Kharigram unit has been accredited with “STATE SAFETY AWARD 2022”, vide letter dated 15<sup>th</sup> April 22, the office of Chief Inspector Factories & Boilers, Rajasthan in terms of promoting high standards of competence and compliance in the area of OHS and welfare.

## Ringas RPSF

Secured 1<sup>st</sup> place in Quality Circle Program

Ringas RPSF secured 1<sup>st</sup> position in the RSWM group for the Quality



Circle programme. Prizes were distributed by COO to those who had been the best performer and best contributors.

Ms Aadya Gupta - Champion of Under 17 Delhi State Chess Championship 2022



Twelve year old, Ms Aadya Gupta, has become the current champion of the Delhi State under 17 years Girls Category of the Delhi State Chess Championship 2022. Aadya is the granddaughter of Shri Kamal Gupta,

Senior Director of several Companies of the Bhilwara Group. Earlier Aadya had secured the 7<sup>th</sup> position in the Nationals under 12 Girls Chess Championship 2021 qualifying to represent India in the Asian School Youth Chess Championship where she secured 7<sup>th</sup> position out of 300 participants. She was also the Delhi State Champion in the Under 12 Girls category in 2021. Aadya also represented India in the Asian Chess Championship under 11 events in 2021 and finished joint second in the team, bagging the Silver Medal for India.

## BSL

Bagged Safety Award by the State Government 2022

Under the Rajasthan State Safety



Award, 2022, BSL Limited was awarded Appreciation Letter by the Factories and Boilers Department, Government of Rajasthan to BSL Limited (Weaving Division) for its endeavour to promote competence and compliance with high standards of occupational health, safety and welfare provisions under the Factories Act, 1948 and the rules made there under. This award was given on the occasion of the 51<sup>st</sup> National Safety Day, 2022 in the state-level virtual function organized by the Factory and Boiler Department (Government of Rajasthan) at Jaipur.



for the services to ensure food security in Ajmer and Udaipur region. The award has been presented to our founder, Mr. Riju Jhunjhunwala for outstanding dedication to providing meals at extremely affordable prices through the Swabhiman Bhoj program.

## Jawahar Foundation

**Awarded by Lions Club International for Food Security Program**

Jawahar Foundation has been awarded by Lions Club International

**Bagged Certificate from Golden Book of World Records**

The Golden Book of World Records awarded a provisional certificate to the Jawahar



Foundation for planting 650 Banyan trees in under two hours on the occasion of World Environment Day. This event took place in the Hirani Kuchaman region in the Nagaur district of Rajasthan. The Foundation also installed solar panels to provide power to the water pump and to give light to the region.

## Good Read

### How Google Works

by

Eric Schmidt,

Jonathan Rosenberg

Both Eric Schmidt and Jonathan Rosenberg came to Google as seasoned Silicon Valley business executives, but over the course of a decade they came to see the wisdom in Coach John Wooden's observation that 'it's what you learn after you know it all that counts'. As they helped grow Google from a young start-up to a global icon, they relearned everything they knew about management. How Google Works is the sum of those experiences distilled into a fun, easy-to-read primer on corporate culture, strategy, talent, decision-making, communication, innovation, and dealing with disruption.

The authors explain how the confluence of three seismic changes - the internet, mobile, and cloud computing - has shifted the balance of power from companies to consumers. The companies that will thrive in this ever-changing landscape will be the ones that create superior products and attract a new breed of multifaceted employees whom the authors dub 'smart creatives'.

'Back in 2010, Eric and I created an internal class for Google managers,' says Rosenberg. 'The class slides all read 'Google confidential' until an employee suggested we uphold the spirit of openness and share them with the world. This book codifies the recipe for our secret sauce: how Google innovates and how it empowers employees to succeed.'



How Google Works

Eric Schmidt & Jonathan Rosenberg  
with Alan Eagle, foreword by Larry Page

## Bay Leaves

*The bay leaf is an aromatic leaf commonly used in cooking. It can be used whole or in a dried or ground form*



### The benefits of bay leaf

Drinking bay leaf water is good for you as it is an excellent source of antioxidants, vitamins and other essential minerals. In addition, drinking bay leaf water can improve your immune system, increase body metabolism and can help reduce one's weight.

Treat digestive disorders and help eliminate -

- Lumps
- Heartburn
- Acidity
- Constipation

Hot bay tea regulates bowel movements -

- lowers blood sugar
- is an antioxidant,

By eating them, or by drinking bay leaf tea for a month, the body can produce insulin

Eliminates bad cholesterol and relieves the body of triglycerides.

Useful in treating colds, flu and severe coughs, as it is a rich source of vitamin "C"

You can boil the leaves and inhale steam to get rid of phlegm and

reduce the severity of coughs

Protects the heart from seizures and strokes, as they contain cardiovascular protective compounds.

Rich in acids such as caffeic acid, quercetin, eugenol and Bartolini, Substances that prevent the formation of cancer cells in the body

Eliminates insomnia and anxiety. If taken before bed, helps you relax and sleep peacefully.

Drinking a cup of boiled bay leaves twice a day breaks down kidney stones and cures infections.

## Welcome aboard and adieu

### Ringas

#### Superannuation of Shri Shyam Lal Tailor

RSWM Ringas is blessed to have long-associated employees. Shri Shyam Lal, Supervisor (Finishing) got superannuated on 31<sup>st</sup> May 2022 from the unit, after serving for 39 years.



A felicitation program was organised at HRD Hall in which Shri Anurag Mathur, Chief Operating Officer appreciated his contribution to this long association and contribution to RSWM Ltd. All the team members expressed best wishes for his good health and happiness in his post-retirement life ahead.

### Rishabhdev

#### Farewell of Shri Kalu Singh Chouhan

Shri Kalu Singh Chouhan, Sr. Officer – Maintenance of RSWM Rishabhdev has superannuated on 30<sup>th</sup> April 2022 after serving the unit for more than 27 years. He was



given a warm farewell organized in the mill campus on 7<sup>th</sup> May 2022.

Speakers on this programme appreciated the valuable services rendered by him to the organization during his tenure.

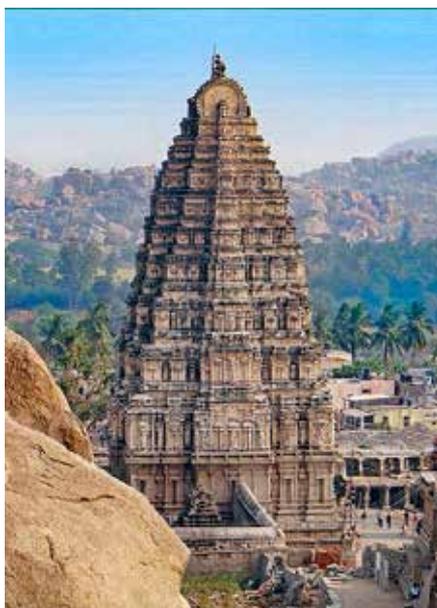
We wish a very happy, safe and healthy retirement life to Shri Kalu Singh Chouhan.

## Temples in South India

### The Great Indian Heritage

Temples have always been instrumental when it comes to Indian traditions, art and architecture. South India is a heavenly abode of magnificent monuments, standing majestically from ages. The architecture of the South Indian monuments is breathtakingly beautiful and grand. From Dravidian architecture to Vijayanagara style of architecture, from elaborate pillars of Chalukyas to minute stone carvings by Krishnadevaraya, each monument has a different tale to tell. From tall, intricately carved gopurams to majestic pillars and life-sized shrines, these South Indian temples are rich in legend and stunning in their grandeur.

### Virupaksha Temple



Situated on the banks of the beautiful river, **Tungabhadra**, **Virupaksha temple is a magnificent marvel of Vijayanagara Empire**. Dedicated to Lord Shiva (Virupaksha), the temple is extensively famous for its tall gopuram, grand architecture and intricate carvings. The temple, built in the 7<sup>th</sup> century underwent a lot of additions by various rulers that ruled the kingdom, to display their power. This South Indian Temple is a **UNESCO World Heritage Site**.

### Meenakshi Temple

Located on the southern banks of river Vaigai, **Meenakshi Temple is**



**dedicated to Parvati and her consort, Lord Shiva. Also called Meenakshi Sundareswarar Temple, this architectural marvel is a throbbing centre of culture and art.** Two very distinct features in terms of iconography are the shrine of Meenakshi holding a parrot and the right raised leg of Nataraja.



### Venkateswara Temple

Situated in the hill town of **Tirumala in Andhra Pradesh, Sri Venkateswara Swamy Temple** is one of the famous and majestic South Indian temples. The temple is dedicated to Lord Vishnu and is also known as Tirupati Balaji temple. **Tirupati Balaji temple is one of the richest temples in the world**, in terms of the donations received by the devotees. The temple has a rich history and splendid Dravidian style of architecture.



### Ramanathaswamy Temple

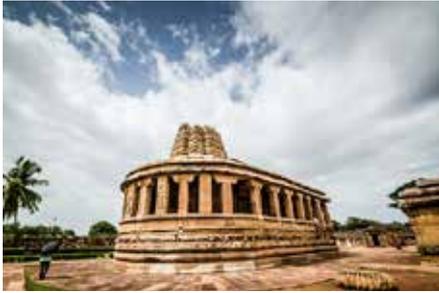
Located on Rameswaram island in Tamil Nadu, **Ramanathaswamy Temple is dedicated to Lord Shiva**. The temple is also one of the twelve sacred Jyotirlinga temples of the country. Rameswaram is also one of the char dhams for pilgrimage.



### Aihole and Pattadakal

These capital cities of Chalukyas are exclusively famous for their beautiful temples in Karnataka. These South Indian temples date back to 5<sup>th</sup> century CE, very elaborate in their architecture and

grandeur. Aihole is also called the “cradle of Hindu Rock Architecture”.



Famous temples of Aihole include Durga Temple and Lad Khan Temple. Pattadakal follows the blend of Nagara and Dravidian style. Important temples include Sangameshwara Temple, Mallikarjuna Temple, Galganath Temple, Jain Temple etc.

## Airavateswara Temple

Located in the town of Darasuram near Kumbakonam, Airavateswara Temple is another awe-stricking example built in the Dravidian architecture. A UNESCO World Heritage site, this temple was built in 12<sup>th</sup> century CE. Dedicated to Lord Shiva, the temple traces



its name from **Airavata, the white elephant of Indra who worshipped Lord Shiva in this temple. The temple is exclusively famous for its exquisite stone carvings.**

## The Brihadeshwara Temple

A splendid example of Tamil architecture under the **Chola**

**Dynasty, The Brihadeeswar temple is located in the city of Thanjavur.** This majestic and grand temple is also a UNESCO World Heritage Site. Dedicated to Lord Shiva, this great India temple has turned 1005 years in 2015.



## Vitthala Temple

This spectacular masterpiece is a living legend of Hampi’s numerous monuments in terms of their architectural magnificence. **Vithhala Temple, dedicated to Lord Vishnu** stands apart in showcasing its awe-struck architecture and grandeur. Famous for its musical pillars, it is said that the pillars emit musical notes when played in a certain manner.



## Suchindram Temple

Primarily known as the **Thanumalayan Temple**, this south Indian temple is a majestic monument and is another splendid example of architectural miracles. Built in 17<sup>th</sup> century, this temple attracts various pilgrims from across the neighbouring states. The legends of Anasuya and Ahalya are attached to the temple.

The special features of the temple include the four musical pillars, the hanging pillar and the single Linga, which represents the triumvirs, Brahma-Vishnu-Mahesh.



## Sri Ranganathaswamy Temple

Located in **Srirangam, Tiruchirapalli, the Sri Ranganathaswamy Temple is dedicated to Ranganatha, a form of Lord Vishnu.** The temple is built on an island in Kaveri river and is exclusively rich in legend and architecture.



This South Indian temple has one of the largest religious complexes in the world. Built in the Dravidian style, this temple looks magnificent in its appearance and architectural details. The temple is also one of the eight “Swayam Vyakta Kshetras” of Lord Vishnu.

