



Revolutionizing Girl Child Education

As much as we may want to deny, the truth is that in India, education for a girl child still has a long way to go. Not many understand the importance of educating girls at par with boys. It was our founder Rajratna Sheth Shri Nanjibhai's vision to see a girl child receiving education without any prejudice and compromise that led him to brave all possible oppositions and thus he laid the foundation of the Arya Kanya Gurukul at Porbandar in Gujarat.

Spread across a sprawling 90 acres, facing the temple of Porbandar's deity - Ma Porvai, the adorning centre has within its premises a temple dedicated to the Goddess Saraswati, the symbol of learning.

Inscribed at the entrance is a strong message which reads - May all learning be holy and pure. With a fully equipped kitchen and a dining hall, medical examination room, a well stocked library with an adjacent reading room, a room dedicated to art and craft which also includes a section for knitting and embroidery and a scientifically advanced laboratory, Arya Kanya Gurukul is a holistic education centre of girls to prepare them for their life ahead.

*If you educate a man,
you educate an individual.
But if you educate a woman,
you educate a nation.
When girls are educated, their
countries become stronger and
more prosperous.
One child, one teacher, one book
and one pen can
change the world.*





The Journey

This unique education centre began its humble yet strong journey way back in 1936 on the occasion of Dev Deepavali. Challenging the evils of the society, Shri Nanjibhai took a bold step of laying the foundation of the school by the hands of a girl from the Dalit community, a thing unheard of back then. This alone accentuates Shri Nanjibhai's commitment to girl education, irrespective of class, caste, creed and religion. No wonder, today the school attracts students from all communities and religion.

Post starting the centre, he went ahead to enroll his younger daughter, Nirmala (now Smt. Nirmala Khatau) as its first student. This move inspired more parents to enroll their girls and thus began the school's journey. As more and more students joined in, the Gurukul had a formal inauguration on December 05, 1937 by His Highness Maharana Natvarsinhji of Porbandar.

Going strong, in the last 82 years, more than 30,000 girls have successfully passed out, fully equipped with education to face the world apart from being trained in a host of soft skills that include painting, culinary training, music etc.

The Fountainhead of Gurukul



The fountainhead of inspiration for all activities at the Gurukul and for its talented and devoted staff has been the ever ebullient Kumari Savitaben Nanjibhai Mehta, fondly and respectfully addressed by everybody as 'Didiji'. Recipient of various prestigious awards for Manipuri Dance, Arts & Culture, Didiji took over as honorary Principal of Arya Kanya Gurukul and kept alive the cultural heritage she inherited from her father and founder of the institute, Shri Nanjibhai and from her revered mother Smt. Santokba. Didiji dedicated her life to the development of this institution. Her knowledge of oriental culture, Indian philosophy and modern artistic trends in classical and folk-dancing helped develop a unique cultural atmosphere thus making Arya Kanya Gurukul stand out from the rest.





Taking a Step Ahead

To ensure higher education to girls post their schooling years, in the year 1966, the school expanded and thus was born the Gurukul Mahila Arts and Commerce College, the first all girls college in the city, based on the line of ancient Aryan culture to instill high moral values.

In addition to highly trained faculty for arts and commerce and other curricular activities, the college also has a hi-tech Computer Science Laboratory & Digital English Learning Laboratory (DELL).

In 2006, there was another addition with Santokba Vidyamandir, a school specially founded to attract students from the city. This school offers education from Kindergarten to 12th grade. The Santokba English Medium School was started in 2012 and this school is affiliated with the CBSE Board, New Delhi.

The Education Dynamics

Considering the school is in Gujarat, the medium of instruction is in Gujarati though the students are well equipped to read, write, speak and understand Hindi, Sanskrit and English as well. Students are given an intensive coaching in Hindi which prepares them for the Hindi examinations conducted by the Institute at Wardha and a number of them graduate in Hindi well before they finish schooling.





Apart from education, the centre also conducts in-depth courses in music and painting. Each pupil is encouraged to participate in music and painting examinations conducted by the All Gujarat Music Committee and the State Examination Board respectively.

Where modern education prepares the students to face the world, the heart of the institute rests with its prime objective, that of developing and strengthening the values and virtues of the rich ancient vedic culture of India. The institution upholds the ideals of the Gurukul System of education as propounded by Maharshi Dayanand Saraswati, the great Indian sage who founded the Arya Samaj. The students are trained as enlightened and dedicated members of the society so as to make them committed to social justice and democratic values.

A Normal Day at Gurukul

Early to bed and early to rise, makes a person healthy, wealthy and wise! With this philosophy, the day at Gurukul begins early morning before sunrise at 5.00 a.m. with the chanting of vedic mantras. A magnificent Yagna-shala is built where girl students recite their daily prayers and perform Yagna in the mornings and evenings. The morning and evening surrounding thus comes alive with vedic hymns. The morning prayers are followed by group exercises. For meal time, a detailed menu is preplanned. The students are encouraged to take turns in cooking and serving the food, doing the dishes and keeping the centre in order with all round cleanliness.

The students are acquainted not only with the fundamentals of the ancient Aryan culture but also with the latest trends and development in all walks of life. The girls are trained in yoga and Japanese martial arts of self-defense. They are also taught swimming, shooting, etc.



Nanjibhai was always keeping pace with technological developments and established the Jawaharlal Nehru Planetarium, and the Bharat Mandir, both at Porbandar.

The Planetarium was the first in Western India.

The Bharat Mandir is a unique edifice housing the cultural history and heritage of the country in paintings and in quotes on the surrounding walls and pillars and with a relief map of India in the center. These monuments as indeed all other buildings founded by him conform to his own basic architectural design which speaks volumes for his multifaceted interests.



Ms. Juhi Mehta, Smt. Medha Mehta with the staff and students of Arya Kanya Gurukul



Shri D.N. Mehta, Shri Vajubhai Vala, Ex-Finance Minister of Gujarat, Shri Narendra Modi, Prime Minister of India, Shri Suresh Kothari, Jt. President-Corporate PR

Managed and operated solely by The Mehta Group, we are proud to state that till date, the institute has not accepted any donation nor have we gone to seek any grants from the Government. The institute reaffirm our commitment to the betterment of the society.

Today, the Gurukul looks back with humility at its contribution and looks ahead with hope and confidence in keeping alive the great vedic culture of education which is gifted by our illustrious founder, Shri Nanjibhai Kalidas Mehta. His values and ideals will always serve as a beacon of light for us at Gurukul.

Nanjibhai mentioned in his book “Dream Half-Expressed” that after the girls graduate and return to their homes, it is really a moving sight when they take leave of their comrades, teachers and heads of institution. Their hearts are surcharged with indescribable emotions.



Celebrating World Yoga Day, 21st June 2019



SCL Ranavav

To celebrate the World Yoga Day on 21st June 2019, SCL organized a yoga session with students from the SCL school. The event took place at the Shree Saurashtra Cement VidyaVihar colony.

We also supported celebration of Yoga day organized by the Mamlatdar Ranavav at Jambuvan Cave.



NKDAV Public School, Sidheegram



International Yoga Day celebrated by Sidhee Ladies Club in a grand manner with a fantastic theme to use cycle for a healthy and fit life.

Members of Ladies Club participated in large numbers to make the programme successful.



Uganda School children practicing Yoga in Pentagon, Lugazi, Uganda

Night Cricket Tournament 2019 - SCL Ranavav

The 7th season for the Saurashtra Cement Premier League (SCPL) organized by SCL met with an outstanding success with 5 teams fighting it out to win the trophy.

"JAGETIYA'S AGNI XI" won the SCPL-2019 tournament and grabbed the winning Trophy. "RATHORE'S JAL XI" got the first runner-up trophy.



Games Champions



Miss. Vaishnavi Godse, d/o Mr. Mahendra Godse, Dy. General Manager, Uganda Hortech Limited, won the first prize in Skating Competition (under 7), held at Rainbow International School, Kampala. The event was organized by Supersonic Skating Academy in Kampala on April 06, 2019.



Master Shourya Raval, son of Mrs. Bunty Raval, Officer-HR at Ahmedabad office, won a gold medal in Swimming Competition (5-8 years). The event was organized by Club O7 on June 24, 2019.

The Merit Holders



Mumbai

Master Nirav R. Suvarna, son of Mr Ravi Suvarna, Dy. Manager-IT, Corporate Office, Mumbai, secured 92% in Maharashtra State Board SSC Exam.



SCL – Ranavav

Standing first in her district, **Ms. Janvi Joshi**, daughter of Mr. Arunkumar Joshi, Jr. Officer (Store) secured 91.84 % (99.84 PR.) in HSC Board Examination (12th Std. Science) in March 2019 from SIGMA School, Porbandar.



Master Urvash Jaiswal, son of Mr. Sanjay Jaiswal, Officer (Wage & Administration) secured 90% (99.31 PR.) in SSC Board (10th Std.) in March 2019 from St. Mary's School Porbandar.



Mentoring Future MBAs

Ms. Shreya Oza, daughter of Mr. M.B. Oza, Manager (IT) has been a part of the content team for a textbook meant primarily for the MBA students of Gujarat Technological University curriculum. She has also been actively writing articles and research papers on management and training.

Star Students of NKDAV Public School



Master Shalin Jain, son of Mr. H. K. Jain, Manager-Mines in GSCL, Sidheegram, secured 95.40% in S.S.C. Examination (CBSE) held in March-2019.



Ms. Payal Bhola, daughter of Mr. G. S. Bhola, Manager Environment & Horticulture secured 94.40% in S.S.C. Examination (CBSE) held in March -2019.



Mr. Adarsh Raj, son of Mr. Lalan Raj secured 93.80% in S.S.C. Examination (CBSE) held in March-2019.



Ms. Priyanka Bhola, daughter of Mr. G. S. Bhola, Manager Environment & Horticulture has secured 91% in H.S.C. Examination (CBSE) & scored 507 out of 720 in NEET Examination held in 2019.



Wedding Bells for Ms. Manisha Naidu at Corporate Office

Ms. Manisha Naidu, Deputy Manager-HR, Corporate Office, Mumbai, tied the knot with **Mr. Kiran Kumar** on May 17, 2019. We take this opportunity to wish the couple a lifetime of happiness and togetherness

Celebrating World Environment Day at SCL & GSCL



On the occasion of World Environment Day, a week-long celebration (May 30 – June 05, 2019) centered around the theme-‘Beat Air Pollution’ was carried forward at SCL and GSCL. All the events and activities were specially designed to spread awareness about conserving and protecting nature, natural resources and the environment. At SCL, various competitions like Environment Quiz, Slogans, and Poster making competition were organized. Mr. Narendra Singh, Director-Works led a plantation drive along with senior staff members.

Present at the occasion was the Regional Officer of Gujarat Pollution Board who later distributed the prizes as well.

GSCL too observed the event with equal enthusiasm and a Plantation Programme was organized at various locations in the Plant and Colony in association with Gujarat Pollution Control Board at Sidheeegram. In total, 1275 plants were sown from the period of May – June 2019. To cement our commitment towards the conservation of the environment, representatives from GSCL, Mr. H.K.Jadav, AVP – QC & Packing Plant Operation and Mr. G.S. Bhola, Manager – Environment & Horticulture attended an event organized by the Gujarat Government at the University Convention Hall, Ahmedabad.

Swimming Pool Inauguration at SCL Ranavav

Keeping in mind the welfare of our employees, recently there was an inauguration of a new swimming pool at the SCL Colony. Mr. Narendra Singh inaugurated the pool in presence of the colony members.





Adopt Ayurveda for Healthy Living

Valuable insights from Smt. Medha D. Mehta

Pranam! Bowing humbly to the great Lord Vishnu, I take this opportunity to share with you wisdoms from the world of Ayurved. Having known no other forms of medicines, other than Ayurveda and Homoeopathy, till the age of seventeen, I was able to amass a wealth of information on their miracles early on in my life. Thanks to my mother-in-law, Smt. Santokba Mehta and my mother, Smt. Snehalila Thacker, both of whom were strong believers of Ayurvedic and Homeopathic medicines, I was naturally pulled to learning more about this science and based on my learning and experiences, along with Mr. Harishchandra Verma, I decided to pen down the wisdom attained.

As the age old Hindu scriptures say Dhanvantrai possesses a 'Kalash' of 'Amrut' which destroys all diseases. When one follows Ayurved, the body naturally remains healthy and fit. This ancient Ved tells us that the ultimate goal of a human being is to achieve Dharma, Artha, Kama and finally Moksha.

Today, we are going to talk about two basic things –

- When it comes to eating, it is important to think and eat according to the season. This keeps us healthy and safe. For example, during the monsoon, it is advisable to eat light food to avoid diarrhoea and food poisoning. In our Shastras too, it is advised that during the period of fasting, one should only have light food.
- Have you ever wondered why are we asked to remove our shoes/ chappals outside the temples? The reason is that with this gesture we leave our ego outside and only then humbly pray to God and bow down surrendering to Him. Once the ego is kept aside, we can spiritually cleanse our mind, body and soul.

From the next issue onwards, I shall share deeper details on the subject besides sharing relevant tips and rules of Ayurveda which should be a part of our daily life.

Blood Donation and Health Check-up Camp at Uganda



In collaboration with Nakasero Blood Bank, Kampala, Mehta Hospital and Bank of Baroda organized a 'Blood Donation Drive & Health Check-up' camp on July 20, 2019. A total of 75 units of blood were collected. The Health Check-up camp attended to 236 number of beneficiaries for free Blood Sugar check, Blood Pressure Check, HIV Test, BMI Check. The camp also had a complimentary distribution of basic medicines and first-aid items.

Picnic Organized for SCOUL, Uganda at Lukmango

SCOUL, Uganda, took a refreshing break with a picnic organized for them on May 05, 2019 at Lukmango near SCOUL Plantation. The team along with their families had a enjoyable time with various games and activities spread throughout the day.





The Mehta Group's Participation at Gujarat Contractors' Association's Vibrant Summit 2019

Participating at the Vibrant Summit 2019 organised by The Gujarat Contractors' Association between June 22 – 23, 2019, The Mehta Group had a direct opportunity to interact with over 10,000 visitors in the course of two days. The Group's stall remained abuzz with a host of industry visitors comprising primarily of leading contractors and representatives from the construction industry besides civil engineers and budding entrepreneurs. All of the curious visitors were taken through the company's various product mixes and distribution network. Brand merchandise, brochures and other technical literature was distributed along with site safety pamphlets. Successful one on one interactions and knowledge exchanges with each guest reinforced the personal approach of the brand.

The summit featured discussions on current trends and opportunities in the construction business by renowned names from the construction industry and the contracting fraternity. The exhibition accompanying the summit brought together contractors from all over the State and beyond, civil engineers, architects and budding engineers under one roof.

Bidding Adieu to Mr. Navin Pandya – Accounts Officer



The CMO at Ahmedabad organized a special send-off get-together for Mr. Navin Pandya who retired on June 18, 2019 post serving Gujarat Sidhee Cement Limited for 34 years. The entire CMO office including Mr. Randhir Singh were present for the event and all of them wished him the best for his future endeavors.

Whatsapp creatives for Dealers to wish them on festivities



11 April - June 2019



**Go Goa!
Dealers Spend time
with Family in the city
off beaches!**

As part of relationship building initiatives with our dealers, The Mehta Group organized an all paid four days trip to Goa which included a two way return flight as well for the dealers and their family. From beaches to taking them to the breathtaking churches and other prominent tourist locations, the trip was designed to allow 159 dealers to spend quality time with their families. In total, the Group organized 9 trips between the month of June-July 2019.

A Gala Get-together for the CMO Team

June 15, 2019 shall go down as a memorable day for the CMO team members and their families with a fun-filled get-together organized for them at 'The Orient Club – Ahmedabad'.

A team of 120 members and their families, all dressed to perfection according to the dress code suggested were seen having an enjoyable time with interactive games designed for kids and couples. Scrumptious dinner ended the evening post which key members from the team were awarded with special gifts.



New Joinees in Marketing Offices:

Mr Shailabh Sharma	Sr. Manager (Marketing), Ahmedabad
Mr. Viral Khakhi	Asst. Manager (Sales), Gandhidham
Mr. Rajan Gujarati	Sr. Officer (Sales), Porbandar
Mr. Jignesh Khoda	Officer (Account), Rajkot
Mr. Rajiv Mishra	Officer (Marketing), Rajkot
Mr. Abhishek Singh	Officer (Technical), Surat
Mr. Amol Rathod	Officer (Technical), Baroda

Proud Recipients of the Greentech Environment Award 2019



Mr. R K Chouhan, Joint Director (Forest & Env't. Department, Haryana)
Mr. Madan Chauhan, Mayor (Yamuna Nagar, Haryana),
Ms. Pooja Chanwaria, Commissioner (Municipal Corporation, Haryana), Dr. Anil Kumar (GM – Environment, SCL, Ranavav)
receiving the Fame Environment Excellence Award 2019

SCL & GSCL awarded the Greentech Environment Award

Under the guidance of Mr. Narendra Singh, Director – Works, Saurashtra Cement Limited has been the proud recipient of two prestigious awards – the Fame Excellence Award-2019 and Greentech Environment Award-2019. These awards come to us for our committed contribution to water conservation, natural mineral conservation, hazardous waste co-processing, energy conservation and green belt development to conserve and strengthen the environment. Apart from SCL, Gujarat Sidhee Cement Ltd. (GSCL) too bagged the Greentech Environment Award in the category of all Indian Cement Sector for adopting best practices for outstanding achievements in Environment Management and also in pollution control, greenbelt development measure being undertaken, conservation of natural resources, environmental audit and system implementation during the year 2019.

It is indeed a matter of pride that SCL and GSCL, Sidheeagram were selected from close to 250 nominations from across the country. As part of the selection process, the jury members had earlier visited the plants and also attended a presentation on our various initiatives. The award function was held in Hotel Lalit, Chandigarh and Hotel Taj Vivanta, New Delhi respectively.



Mr. Shekhar Pratap Singh, Assistant Manager, SCL, Ranavav,
receiving award from
Mr. Kamleshwar Sharan, Chairman and CEO (Greentech Foundation),
Mr. Anil Kapoor, Executive Director (BHEL)



Mr. Mohit Parmar, Sr. Engineer-Mechanical, GSCL, Sidheeagram,
receiving award from
Mr. Kamleshwar Sharan, Chairman and CEO (Greentech Foundation),
Mr. Satyajeet Ganguly, Managing Director of ONGC Tripura Power Corporation



Human Resource Development Initiatives

Middle Management at SCL, Ranavav learn about the 7 Secrets of Highly Effective People



Stephen Covey, the author of the motivational book - The 7 Habits of Highly Effective People is known for his landmark work around helping people take profound ideas, philosophies and principles and distilling them into easy-to-use daily habits that can be effectively applied. SCL, Ranavav organized a training for the Middle Management on the key learning's from Stephen Covey's book. Under the supervision of Dr. Himanshu Buch, the training saw all the 85 Managers enthusiastically taking in notes and participating in various group activities, all of which were aimed to motivate them.

Training & Development Activity at GSCL, Sidheegram

Communication is the key to better relationships – at work and at home. Keeping this in mind, a Corporate Communication training was conducted for a select 22 team members from GSCL, Sidheegram. Being Capable Org (Nagpur) was in-charge of the training conducted.

World Class Manufacturing (WCM) at GSCL

To achieve manufacturing excellence, GSCL has taken a step ahead to initiate a World Class Manufacturing (WCM) culture. Implemented since May 2019, the move is aimed to sustain and improve standards of excellence across all the business processes. The initiative is implemented for achieving manufacturing excellence besides extending help to respond to current challenges and address all the complexities of meeting current competitiveness while preparing effectively for future competition. WCM shall also provide a valuable insight into organization systems and institutionalize the processes, control measures and results in order to achieve excellence.

Under the leadership of Director (W) and strict supervision and implementation by Sr. GM (Instrumentation) and team, a step towards WCM culture has witnessed a successful beginning. The core areas where WCM shall contribute include all aspects of Manufacturing Excellence focusing on Housekeeping, 5S, Basic Conditions, Ownership Culture, Suggestions, Morning Meetings through Tool Box Talk, Safety Talks, Daily Job allocation area wise and completion/pending points of previous days involving all the team members of the department including contract workmen.



GSCL Training

**A Quick Glimpse of Initiatives Undertaken So Far
(GEMBA Walk with Director Works on May 11, 2019)**

Daily morning Tool Box Talk with all team members starting from Safety Talk and then job allocation and discussion on previous day job completion and pending jobs, if any.

This tool box talk initiatives has been started in various departments - Instrumentation, Electrical, Mechanical, WHRS, Purchase and Stores.

GEMBA WALK

OBSERVE

RECOGNIZE

COMMUNICATE



COOPERATE

SOLVE THE PROBLEM



**Inauguration of In-house Mechanical Workshop –
One Step forward towards “Make in Sidhee”.**

GSCL, Sidheegram developed an in-house Mechanical Workshop with two Lathe Machines, Shaping Machine and Drill Machine for in-house workshop activities in a better and cost effective way. Inauguration pooja was performed by Mr. Dinesh Randad in presence of all the Senior Executives and employees.



**Session on Stress Management &
Mindfulness Meditation Technique
at Corporate Office, Mumbai**

Dr. Asha Thanky conducted an enlightening session on “Stress Management through Mindfulness Meditation Techniques”.

Held on July 05, 2019, the training was aimed to share different methods to deal with stress including meditation techniques.



Perception Management Training at Corporate Office, Mumbai



An interactive session outlining the impact of perceptions at the workplace was held at the Corporate Office in Mumbai between April 09 – 10, 2019. The session provided an understanding of the factors that influence perceptions and help enhance self-awareness, conflict management, teamwork and efficiency. The program was conducted by team Ambrosian, who provided solutions to augment employee engagement and well being in the organization.

SAFETY INITIATIVE:
Fire Fighting Training held at
Corporate Office, Mumbai

As part of preparing the team to meet with any unforeseen fire incident, a Fire Fighting preparedness session was conducted on June 21, 2019 by our Deputy General Manager-Administration, Mr Ashwani Kumar along with an industry expert.

The session was held at Veer Bhavan, Mumbai. There was a live session on actual usage of Fire Hydrants/Fire Extinguishers to extinguish fire in case of emergency.



New machines / machineries
in SCL Ranavav

As part of our commitment to technological up-gradation, the SCL Plant recently welcomed two new machines - BOBCAT (Skid Steer Loader) for cleaning in confined space and Forklift with latest features for loading and unloading activities.

Welcome to the Mehta Group

SCL, Ranavav

- | | |
|--------------------------|-----------------------------|
| Mr. Harilal Prajapati | Engineer - Process |
| Mr. Akshay J Modha | Jr. Engineer - Instrument |
| Mr. Shekhar Pratap Singh | Asst. Manager - Environment |
| Mr. Chandan Pratap Singh | Sr. Officer - Safety |
| Mr. Chetan R. Vainsh | Jr. Officer - Process |

Corporate Office, Mumbai

- | | |
|--------------------|---------------------------|
| Mr. Ashitosh Kakad | Sales Officer - Marketing |
|--------------------|---------------------------|

GSCL, Sidheegram

- | | |
|--------------------------|-----------------------------------|
| Mr. Kalpesh Kaneriya | Deputy General Manager - Purchase |
| Mr. Garimesh Sharma | Sr. Manager - Instrumentation |
| Mr. Krishna Pratap Singh | Manager - Mechanical |
| Mr. Rahul Pratap Singh | Asst. Manager - Mechanical |
| Mr. Uday Thanki | Sr. Officer-CCR |
| Mr. Yogesh Pandya | Sr. Officer-CCR |
| Mr. Rabindra Yadav | Jr. Chemist |

Lessons in Leadership



contributed by
Mr Pankaj Vaja,
GM-HR, GSCL, Sidheegram

After a meeting with the Head of Departments (HOD), the Chief Executive Officer (CEO) took a round of the Plant along with them. The meeting which had gone off well had left everyone in a very pleasant and positive frame of mind.

Suddenly, the CEO stopped near the Compressor House and where we saw some lubrication droplets in the glass upon which he asked the concerned HOD, "How many drops are dropped in a minute dear?"

The HOD replied, "70 drops in a minute, Sir." The CEO expressed his doubts and suggested there could be more though the HOD reaffirmed that the count was nothing more than 70. Once again CEO asked, "Are you sure?" The HOD nodded to confirm the number. The CEO asked him to count before him and surprisingly the count crossed 70. There were 71 droplets in a minute.

"I am very sorry, Sir. I was wrong," said the HOD to which the CEO did not reprimand him nor ridiculed him but instead began talking about something else to divert the attention.

The above story teaches us to –

- Keep our confidence in check.
- Use knowledge in a wise manner and not to humiliate others.
- The mark of leadership is to not ridicule but convey the message in a subtle yet powerful manner.
- A true leader leads from the heart and the mind together.

POEM

"कमाल हो जिंदगी"

जितना जीते नहीं हम,	जितना बोलते नहीं हम,
उससे ज्यादा तो जलाती हो,	उससे ज्यादा सुना देती हो,
फिर भी कमाल हो जिंदगी;	फिर भी कमाल हो जिंदगी;
जितनी नींद नहीं हमारी,	जितना चलते नहीं हम,
उससे ज्यादा ख्वाब दिखाती हो,	उससे ज्यादा गिरा देती हो,
फिर भी कमाल हो जिंदगी;	फिर भी कमाल हो जिंदगी;
जितनी हर्सी नहीं हमारी,	जितना भूलते नहीं हम,
उससे ज्यादा रुला देती हो,	उससे ज्यादा याद दिलाती हो,
फिर भी कमाल हो जिंदगी;	फिर भी कमाल हो जिंदगी

Poem written by

Ms. Priyanka Navneetbhai Modi,
Teacher at Santokba English Medium School, Porbandar
and daughter of Mr. Navneetbhai Modi,
Shift Incharge-Mechanical Dept., SCL, Ranavav



What do you call an alligator wearing a vest?

An investigator!!

What did the mayo say when the fridge door was opened?

Shut the door! I am dressing!

Announcing the Winners of 'Indoor Sport Ideas' Contest

Ms. Priyanka Navneetbhai Modi,
Teacher at Santokba English Medium School, Porbandar

PULSES GAME



Things required: 6 types of pulses and 3 empty bowls.

How to Play: Mix pulses and put them in the three bowls. Each player gets a turn to separate the pulses and put them in their bowls, using only one hand.

Time Limit : 1 minute.

Player who is able to put maximum grains in the bowls wins!!

Eric Nazareth, son of Ms Priscilla Nazareth, Senior Officer Accounts, Corporate Office, Mumbai

FLOATING LEMONS



Things required: Lemons, Water and Bowls.

How to Play: Put some lemons in a bowl filled with water. The lemons will start floating in the water. The game is that you have to pick the lemons with the help of a spoon and put them in a clear bowl.

Time limit: 1 minute.

Player who has picked up maximum lemons wins!!



Share your 'Make your Heart Healthy Recipes'

Health is Wealth and with this in mind we have a contest for you to win some goodies! Inviting readers to send us recipes which are not just heart friendly but also low in fat, cholesterol and sodium though high in flavor and nutrition. Mark a copy of the recipe and if possible supporting images too to neetam@mehtagroup.com

The winners will take home some exciting gifts!

