



THE
MEHTA
GROUP

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Gajgamiini

THE HOUSE JOURNAL OF THE MEHTA GROUP

Gajgamiini: The graceful gait of an elephant. Strong, sure-footed and alert, the positive characteristics of this majestic animal are also qualities found in The Mehta Group.

July-Sept
2017

CORPORATE SOCIAL RESPONSIBILITY OUR JOURNEY



Shri Nanji Kalidas Mehta was one of the most legendary visionaries of his time. He strongly believed in the importance of corporates contributing to society and had introduced several initiatives for the prosperity of the group's communities.

The last 113 years of The Mehta Group have witnessed countless such initiatives and projects, having touched millions of lives. The significance of any one particular project cannot be judged merely by its size, or the budgets allocated to it, because every single step taken by a corporate and its community to collaborate and cooperate creates a thriving impact for both of them. It is a symbiotic relationship where the sustainability of one is inextricably linked to the prosperity and well-being of the other. We continue to nourish and nurture this relationship, through focused, timely and impactful investments in community development, fulfilling our responsibilities as a good corporate citizen and being a caring neighbour. Going beyond the traditional roles of business like paying the exchequer, generating employment and complying with the law of the land, we spearhead interventions in domains that have a positive ripple effect and are the building blocks of a fair, equitable and just society.

Our cover story CORPORATE SOCIAL RESPONSIBILITY – OUR JOURNEY is actually a series – which we will bring to you over the next few issues of Gajgamiini - representing The Mehta Group's initiatives and

philosophies connected to Corporate Social Responsibility and Community Impact, and how it has built strong relationships by adopting the approach of giving back to the society.

The Mehta Group is a purpose-driven organisation achieving triple bottomline - *Profit, People and Planet*. We have been consistently investing a substantial amount of our resources towards different areas of social development such as Healthcare, Education, Environment, Community Empowerment & Infrastructure, Water Conservation & Sanitation, Sports & Culture and Safety.

In this issue you can read more about the on-going development programs and activities being conducted for **HEALTHCARE**.

HEALTHCARE





Giving Back to Society

Long ago, as a boy of sixteen, my father had revealed to God his burning desire to go to Africa; not merely to seek material gain, but to serve the land and its people. It was my father Mr. Nanji Kalidas Mehta's aim that the fruits of his business would be the means for being charitable to the brethren whose love had blessed him. He strove for the economic development of their land, built numerous schools for their children, instituted scholarships, built libraries and community centres, donated land for parks and helped dozens of small businesses to open and thrive to encourage employment among the people.

Father was a firm believer in women's education, something that had been sorely neglected in Saurashtra. A man ahead of his times, he believed implicitly what we now know to be true, that if you educate a woman, you educate a family and, ultimately, a nation. The Arya Kanya Gurukul opened its doors to all girls, irrespective of caste, creed or colour. His compassion for the underprivileged was legendary. His own life was lived frugally, but he was lavish in his donations to causes. It is not widely known that he once rescued the government by contributing three million rupees (a huge amount in those days) to buy food grains from Rajasthan, thus averting a famine within his home state.

His thoughts and guidance on giving back to society has always inspired our group that are all very much a part of the Vision that forms the foundation of our Corporate Mission: a symbiotic relationship... The blurring of lines between our business and profitability goals, and our not for profit educational, developmental and social initiatives are hard wired into our DNA.

Corporate Social Responsibility was something that we took upon ourselves long before it became a buzzword or entered the purview of regulatory compliance. American author H. Jackson Brown Jr. sums it aptly when he says, "Remember that the happiest people are not those getting more, but those giving more." The Group's social vision has been enshrined in the three E's which have become the Guiding Principles of our CSR initiatives - Education, Empowerment & Health, and Environment.

Local Stakeholder Engagement is extremely important and in most of our projects, we have successfully managed to integrate with and develop mutually beneficial relationships with them by supporting innovative programmes in health, education, environment, as well as cultural and civic projects.

Mehta Group implements a host of social initiatives based on sound business principles of optimizing resources, minimizing costs and maximizing delivery of effective long-term solutions and services. Our social initiatives include schools, hospitals, best practices in environmental sustainability in our factories all over the world, sports promotion at district and national level with world class sports facilities and housing to employees. These are just few highlights of our endeavour to reach out to the underprivileged and empower them to transform their lives. Our CSR activities enable us to impact over million lives every year all over the world.

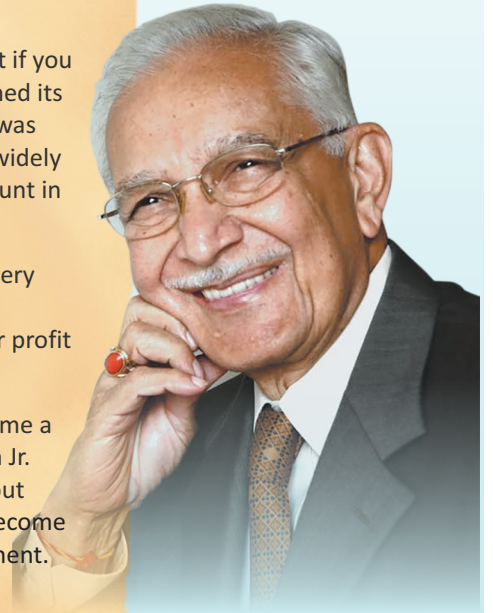
I am pleased to inform you that your Company is celebrating its 113th year in a long and heartening odyssey of growth, innovation and excellence. A milestone year, it marks the progress of our journey. It is a measure of the path followed, as well as a sign of assurance that we are on the right track towards our destination of sustainable society.

Let us continue to imbibe the spirit of giving and nurturing the society around us.

Your Chairman,

Mahendra Mehta

"Remember that the happiest people are not those getting more, but those giving more." The Group's social vision has been enshrined in the three E's which have become the Guiding Principles of our CSR initiatives - Education, Empowerment & Health, and Environment.





Improving Access To HEALTHCARE

We are dedicated towards providing basic healthcare solutions and facilities to our communities to make a difference in our people's daily life. This includes prevention and precaution as well as treatment. There are different health and medical projects being conducted at all our locations through various interventions

Medical Infrastructure

DISPENSARIES, MEDICAL CENTRES, HOSPITALS, MOBILE HEALTH CARE, AMBULANCES, MEDICAL PROFESSIONALS, FIRST AID
Our people have unlimited access to all our dispensaries and primary health care centres which are well equipped to provide basic medical facilities and services round the clock. Ambulances and trained medical professionals are important assets of our ever evolving medical infrastructure. Villages in the vicinity of Sidheegram and Ranavav, such as Amardad, Jardeshwar, Barvan, Doriya and many others benefit from these services.

Medical Camps and Blood Donation Camps



Various types of camps are organised from time to time to benefit the local populace. Our Medical Centres at Ranavav and Sidheegram have been periodically conducting health camps such as Blood Donation Camp, Swine Flu Poly Therapy Camp with distribution of free

Ayurvedic and Homeopathic Kits, Blood Pressure and Diabetes Check-ups, Eye and Ear Check-ups, De-worming and Nutritional Kits Supply and many such other multi-speciality initiatives. Sugar Corporation of Uganda Limited has 10 sections and 40 camps in an area of 50 kms.



Vaccinations and Immunizations

Regular vaccination and immunization drives are conducted for children of the surrounding villages including the children attending our schools. In Lugazi, an integrated approach is adopted to contribute towards the reduction of HIV incidence, Malaria cases, Tuberculosis, EMTCT (Elimination of Mother to Child Transmissions), etc.

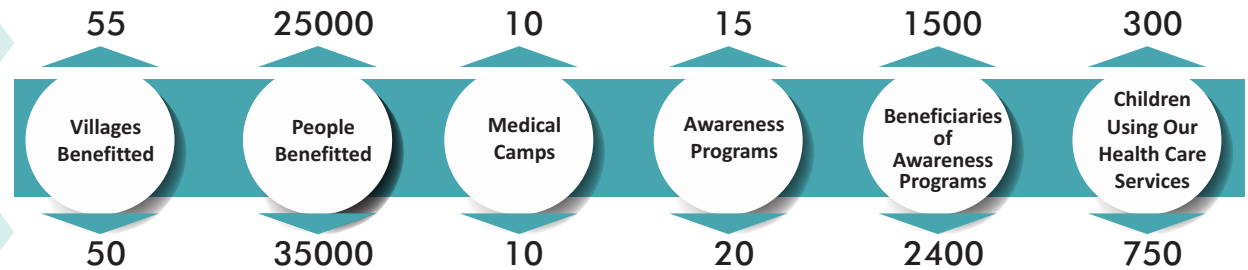


Outreach over last 5 years

Medical Centre
And Occupational
Health Service
[SCL, Ranavav]



Sidhee
Health Care Centre
[Sidheegram]



Awareness Programs

STRESS MANAGEMENT, VILLAGERS' TRAINING PROGRAMS FOR OCCUPATIONAL HEALTH, HIV PREVENTION

Seminars and awareness programs are conducted periodically on subjects related to Health Care Prevention & Cure including household first aid, home safety training, Stress Management, Occupational Health Hazards, HIV prevention and various other health issues.



Specialised Programs for Truck Drivers

Assistance is provided to District RTO at Ranavav for Free Eye and Ear Check-ups. Free Audiometry and Spirometry tests are also conducted for Truck Drivers.



Importance of Staff Health

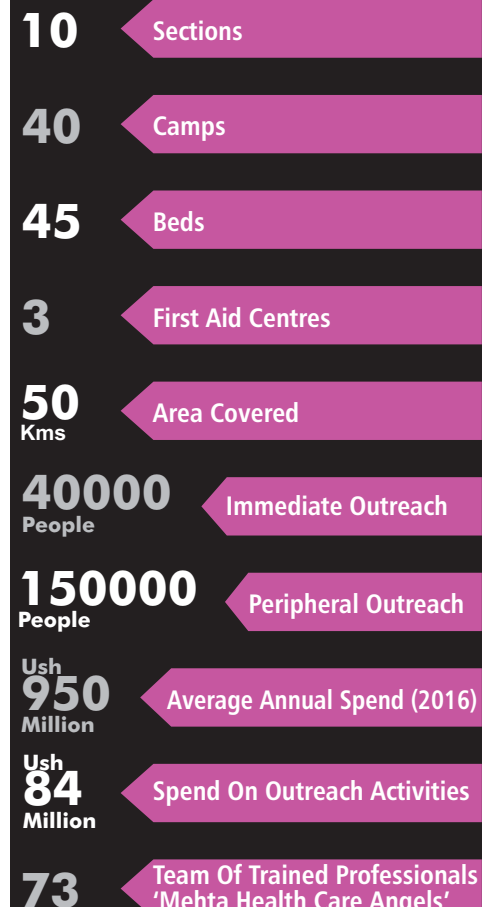
Our approach to achieving our long-term business goals is to place utmost importance on safe-guarding the health of our staff and their families.

Holistic Approach

WORLD HEALTH DAY, WORLD YOGA DAY
To bring about a culture change, it is important that our communities be brought together on special occasions. Special days such as World Yoga Day is celebrated by all our communities to inculcate and encourage yoga habits. Special Camps such as Blood Pressure and Diabetes check-ups, Hepatitis B test drives, etc are conducted on World Health Day.

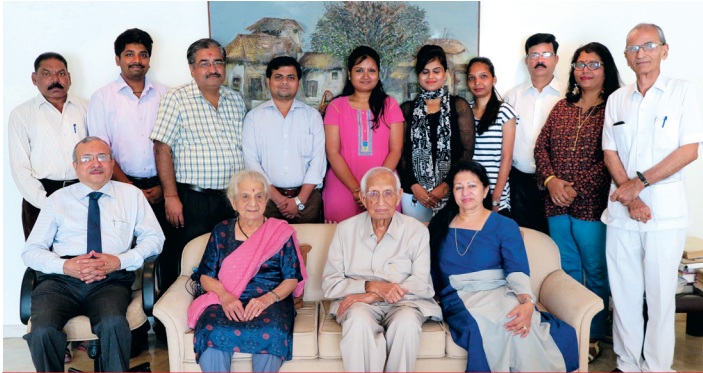


MEHTA HOSPITAL-UGANDA





94 years young!



Shri D N Mehta celebrated his 94th birthday on 5th October, 2017. We wish Shri D N Mehta continued joy, happiness and good health.

Uganda Prime Minister visits us



Uganda PM Ruhakana Rugunda inaugurates The Mehta Pavilion Trade Fair

Promising Stars of The Mehta Family



Jahnvi Mehta, daughter of Juhi and Jay Mehta scored above 10 'A Stars' in IGCSE Examination (Class 10-equivalent International General Certificate of Secondary Education) and was recognised as one of the toppers in Dhirubhai Ambani International School, Mumbai.

Arjun Mehta, son of Juhi and Jay Mehta earned High Honors during the 2016-2017 Center for Talented Youth (CTY) Talent Search and was recognised by Jon Hopkins CTY at Baltimore, USA, as one of the brightest students out of the tens of thousands of students from around the world. His scores were the highest and he was awarded a pin for his commendable work.



Star of the Golf Tournament



Lutajani Kemisi, Sales Officer at Sugar Corporation of Uganda Limited (SCOUL) won the Chairman's Cup Golf Tournament held at Kampala Golf Course, Uganda, and this news appeared in the Daily Monitor newspaper as well. Bravo!

Volleyball Match at Lugazi, Uganda



The employees of SCOUL organized a Volleyball Match on 6th August, 2017 which saw participation from several Ugandan employees along with expat employees of The Mehta Group.



CELEBRATIONS & FESTIVALS



Sidhee Ladies Club

Sidhee Ladies Club under the aegis of Dr. Madhuri Randad, President, Sidhee Ladies Club organized the following activities in the last quarter:



Picnic at Somnath

A visit to the Somnath Temple was coupled with fun activities including indoor games and a delicious dinner at Hotel Divine giving the ladies the opportunity to relax, mingle with others and strengthen their bond.

Hariyali Teej Utsav

A Hariyali Teej Utsav was celebrated in a grand fashion as a part of the Saavan Party. With dance, music and fun games for company, the evening was certainly a memorable one!

Saaajan Sandhya

A 'Saaajan Sandhya' was organised on the onset of Valentine's Day at Sidhee Recreation Club. An evening packed with fun games, music and scrumptious food was further made meaningful by donating a chandelier to the nearby temple and clothes to the club workers.



Janmashtami

Janmashtami was celebrated at SCL & GSCL with lots of joy and enthusiasm. At Sidheegram, a procession was carried out from Mukambika Temple to Mukambika Devi Garbi Mandal performing Dandia Ras, Dahi-Handi competition etc. At SCL, Ranavav, the festival of Janmashtami was celebrated at Shiva Temple.

At Uganda, children dressed up as Lord Krishna and his consort Radha and celebrated Janmashtami with great enthusiasm.





CELEBRATIONS & FESTIVALS

Diwali Celebrations at Mumbai



Teachers day



Highlighting the importance of the role of a teacher in shaping lives of students, the family of NKDAV Public School celebrated Teacher's Day on 3rd September, 2016. The programme commenced with prayers and highlighted the role of Dr Sarvapalli Radhkrishnan in education. Students made speeches thanking their teachers for the role they play in moulding their life.



Navratri & Dussera

Navratri was celebrated with much fervour at both Sidheegram and Ranavav colonies as well as the Mumbai corporate office.



Apart from fasting and enjoying 'Dandiya raas', devotees of Maa Durga dress up in 9 different colours on all 9 days of Navratri. The staff at Mumbai corporate office enthusiastically colour co-ordinated their attires throughout the festival.



Dussera Pooja at GSCL



Independence Day



Ganesh Chaturthi

Shree Ganesh Mahotsav was celebrated with great devotion and enthusiasm at both SCL and GSCL plants. Employees and their families worshipped Lord Ganesh with deep affection to seek His blessings. Such festivals unite everyone and bring about a feeling of unity and togetherness. Seen here is the immersion procession at the GSCL plant.



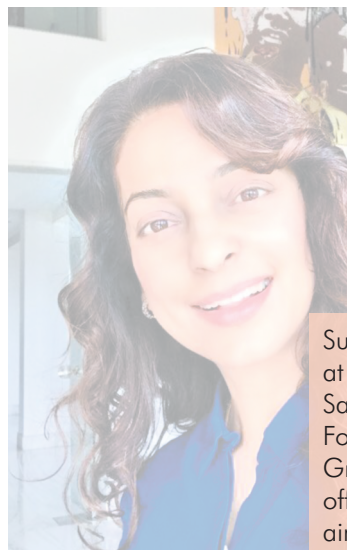


'My Career My Life' Workshop



A workshop on 'My Career My Life' was held in the Mumbai office on 31st July, 2017. The workshop conducted by Dr. Rajen Mehrotra was aimed at understanding what are the rights, responsibilities & accountabilities of the employees. The participants were enlightened on emerging expectations from organizations and how to plan their career and life.

Rally for Rivers



Support to Rally for Rivers Campaign at Mumbai initiated in India by Sadhguru Jaggi Vasudev of Isha Foundation was extended by Mehta Group employees from the Mumbai office. The awareness campaign is aimed at reviving the country's depleting rivers.

Presentation On Clean Environment



A presentation on clean environment was held by Falguni Mehta at the Marketing office at Ahmedabad. A project was to be made by the participating teams on the subject and the best projects won prizes.

Winning teams from Ranavav

1. Mr Ramesh Eshwaran and his team - including Mr S K Bagchi, Mr V Maheshwari, Mr I Sharma, Mr P Mishra and Mr M K Singh.
2. Mr R H Dattani and his team - including Mr U R Krishna, Mr P C Sahu, Mr P S Channe, Mr P K Kumavat and Mr L Verma.
3. Mr Mayank Shah and his team - including Mr S R Singh, Mr M L Shah, Mr A P Mandaogade, Mr A V Parmar and Mr S B Jadav.
4. Mr S K Singh and his team - including Mr M H Modha, Mr B L Sonaki, Mr L N Jadav, Mr K K Sagotia, Ms Vipula Gareja and Mr Siyaram Mishra

Winning teams from Ahmedabad

1. Ms Bunty Raval and her team - including Mr Vijay Patel, Mr Ankur Dharaiya, Mr Vasant Thakkar and Mr Hitesh Pandya
2. Mr Bhargav Pathak and his team - including Mr Sunil Dhotrikar, Mr Jignesh Hala and Mr Sanjay Patel
3. Ms Viral Shah and her team - including Ms Arpana Shah and Mr J S Modi
4. Mr D K Jadav

Winning team from Mumbai

Mr Makarand Bedarkar and his team - including Mrs S Menon, Mr Ramesh Khargamkar and Mr Karunakar Poojary

Winning team from Sidheegram

Mr P V Patel and his team - including Mr N L Yadav, Mr K B Acharya, Mr G R S Garg, Mr G A Jadav and Mr Manoj Airao

Sidhee's Star Student

Rohit Randad son of Dinesh Randad, President-Works bagged the second position in the 12th Science Examination from Rajkumar College, Rajkot and successfully cleared NEET with 87%. He secured admission in MBBS in PSMC Medical College – Karamsad. The Ladies Club felicitated Rohit for his achievements!





Market Organizers Meet at Ahmedabad



Mr. Randhir Singh-Director, Sales & Marketing briefing the Dealers about upcoming plans



Market Organizers and Sales and Marketing core group at MO Meet held at Ahmedabad

Creatives for our Brands during Festivals and Occasions

Circulation of Creatives for our Brands on Social Media during festivals and occasions is an increasingly attractive way to bond with the young target audience and build the brand image.



Influencer Meets

Bandhan, our loyalty program for influencer segment has been a key feature for masons and contractors.



Royal Timber Mart, Dholka



Sustainable Steps

Waste Heat Recovery (WHR) Power Plant being installed at GSCL Plant

GSCL has a state-of-the-art dry process energy efficient plant with centralized computer control systems. The plant is operating at over 100% capacity utilization consistently for last 5 years.

Energy is one of the major elements in the manufacturing cost of cement. Power and Fuel cost constitutes about Rs 186 crores on a turnover of approximately Rs 495 crores (over 37%). The electrical energy consumption of GSCL for manufacturing is around 12 crores kilowatt-hour in the last 3 years and the average variable cost of power for GSCL is approximately Rs 6 per kwh.

It is in the inherent nature of the pyro processing process to loose some of the heat energy by way of the hot gases. The heat balance of a kiln plant reveals that preheater waste gases and cooler exhaust gases account for more than 35% of the heat loss. Part of the hot gases are used for drying of raw material etc. However a major pattern of the flue gases are not utilized effectively and this leads to immense loss of heat energy.

To combat that, GSCL intends to have a state-of-the-art, efficient Waste Heat Recovery (WHR) Power Plant wherein untapped thermal energy is utilized to the maximum possible extent from the cement process lines. The process for installation of the WHR power plant has begun on Engineering, Procurement and Construction (EPC) basis. The land required for the proposed WHR power plant is approximately 0.8 Hectare and the Plant shall have the following:-

- Power house buildings / Steam Turbine Generator building
- Pre Heater and Air Quenching Cooler Boilers and Auxiliaries

- Air-cooled condenser (ACC) and Auxiliary for conservation of water
- Auxiliary Cooling Tower and cooling water system
- Water treatment plant and distribution system

The implementation period for setting up the Waste Heat Recovery Power Plant is estimated to be around 20 months and expected to be fully operational by early 2018.

The estimated Capital investment for the project is Rs 65 Crores.

It is estimated that the power from WHR Power Plant will generate approx. 3.1 Crore kwh per annum (net of self consumption by the auxiliaries) at a variable cost of about Rs 0.75 per kwh including Electricity Duty. The power generated from the WHR power plant will replace the high cost power being purchased presently. This will translate into net saving of Rs 17 crores per annum considering average cost of power from alternate sources at Rs 6 per kwh.

Other major advantages of the installation of WHR Power Plant in addition to reduction in the operation cost are:

- Generation of green power & conservation of energy
- Reduction in CO2 Emission and Global warming
- No raw material / fuel required
- Reduction in the power cost thereby increase in profitability from Cement Plant

Considering that the energy costs are likely to increase in future, the viability of the Waste Heat Recovery Power Plant would further improve with passage of time.



GSCL bagged Rashtra Vibhushan Award



GSCL, in the Year 2017, has successfully bagged Rashtra Vibhushan Award for major contribution in pollution control practices, Greenbelt development measures, Environmental training & awareness programmes, conservation of natural resources, Environmental audits & system implementation. On behalf of GSCL, GS Bhola, Deputy Manager-Environment & Horticulture received the award from Francisco Sardinha, Ex Chief Minister of Goa and JP Agarwal, Ex. Member of Parliament and President of Delhi Pradesh Congress.

DGFT Award To SCL



SCL was conferred the Two Star Export House recognition given by the Office of the Joint Director General of Foreign Trade, Rajkot. D K Suni (Sr. GM – F & A) received the award on behalf of the company. The award was given by Vijay Rupani, Chief Minister of Gujarat.

GSCL Annual General Meeting



The 43rd Annual General Meeting was held on 22nd August 2017 at Inspection Bungalow, GSCL, Sidheegram. All Senior Executives including Mr MS Gilotra, Managing Director attended the Annual General Meeting.

SCL Annual General Meeting



The 59th Annual General Meeting took place on 26th July, 2017, in the presence of Mr Jay Mehta, Executive Vice Chairman of the Company. He briefed the shareholders about the overall development of the company on the occasion.

Cost Saving Initiative (Indian Substitute for imported Machinery) by GSCL, Sidheegram

GSCL, Sidheegram replaced (Balance Wheel and 02 nos. Low Speed pinion Shaft) in Symetro Gear Box at Cement Mill-02 and reconditioned the old Balance Wheel of cement Mill No-2 by replacing outer rim and teeth by machining on it. This job was done by M/s Vulcan Industrial Limited and resulted in huge cost saving by the company besides promoting the Make in India concept of our Prime Minister, Shri Narendra Modi.

Health Awareness Programme at Ahmedabad

To promote a healthy lifestyle, a Health Awareness programme was conducted for elderly women with the help of Nutritionist, Ms. Chitra who imparted healthy diet and lifestyle related tips.



New Joinees

**WELCOME
ABOARD!**



Dr SB Hegde as Asst.
Vice President-
Technical Services
Corporate Office, Mumbai



Naresh Kumar Kotari,
GET-Purchase
Ranavav



Abhimanyu Singh
Shekhawat,
Assistant Manager-
Environment
Ranavav



Siyaram Mishra,
Sr. Geologist-Mines
Ranavav



Durga Shankar Patel,
Surveyor-Mines
Ranavav



Mr Dharmendrasinh N Kachhva
Management Trainee
(Marketing), GSCL
Bhavnagar



Akshay Kumar,
Trainee-QC
Ranavav



Mitanshu J. Vishani,
Assistant Manager-MIPS
Ranavav



Chintankumar Thakar,
Engineer - Mines
Ranavav



Kajal Punjani,
Staff Nurse
Sidheegram

Mr Mukesh Kumar Phulwari
Sr. Officer (Sales), SCL
Bhinmal, Rajasthan



Mr Chintan A Jani
Officer (Technical Services), GSCL
Bhavnagar



Ms Bunt Raval
Officer (HR & MIS)
Ahmedabad



Mr Harendra R Trivedi
Jr Field Officer
Ahmedabad



Mr Yagyik Vashishth
Officer (Sales)
Ahmedabad

Stork visited

*Congrats to the
proud parents
and wish them
all the best!*



Sachin Hanwate,
Executive Assistant
to the Chairman
working at Lugazi,
Uganda and his
wife are blessed
with a baby boy



Neha Joshi,
Manager-HR, SCL,
Mumbai is blessed
with a baby girl



Here's how to build good habits

Building good habits can be hard. Real hard. Nearly half of us give up within a week.

So what really helps? Is there any scientifically proven process that can change your life – for good? Let's get to it....

- **Small steps beat big dreams:** *Doing the minimum consistently beats endless overthinking.*

You are dreaming about having that awesome beach body. Big dreams are exciting... but they are also intimidating. And that's probably why they usually stay dreams.

Want to build good eating and exercising habits that will get you there? Then think small. Real Small. No, even smaller.

It's easier to be consistent when something is so small, you'd feel silly if you didn't do it. Once you are doing it consistently, make the steps bigger. That works far better than being too ambitious initially... and quitting.

Baby steps, to win. But how are you going to maintain the change when you get busy or distracted?

- **Call for backup:** *You get more done when you have role models, cheerleaders and people to nag you.*

Get help. It's not called 'Alcoholic Anonymous', it's called 'Alcoholics Anonymous'. When you want to make big changes in your life, be around people (not *person*) who are doing what you want to be doing. The groups you associate with often determine the type of person you become.

So baby steps, with friends. But you can still flake out. Why? Here's your critical question....

- **Ask, "Why is it important?":** *Do it because of money, relationships or health and it's more likely to actually get done.*

Too many attempts at fostering good habits start with something like "It'd be nice if..."

Have a reason to want to do what you want to do. A solid reason. Consider how is this new habit going to help you gain some cash. Or, say, improve your relationships. The new habit will then feel meaningful, and that will get you motivated.

Okay, so you have simple steps, you're motivated and you have support. But now you actually have to *do* it – how do you ensure that?

- **Make it easy:** *If you sleep in your gym clothes with your sneakers next to the bed, you're more likely to wake up and go to the gym.*

The more hoops you have to jump through to accomplish something, the less likely you are to do it. And flip that, for making a good habit happen to you. If you can make a positive habit three to 20 seconds easier to start, you will find it easier to do. And similarly,

make bad habits harder to do – watching too much television? Merely take out the batteries of the remote control creating a 20 second delay and notice how it dramatically decreases the amount of television you will watch. Your laziness will turn to your advantage.



Falguni's Page on Productivity

So, you may have heard some of these tips before. And popular psychology says change your mindset to change your actions – but this time try that backwards....

- **Act before you think:** *Change your behaviour to change your mind. Don't try and change your mind to change your behaviour.*

You read stuff, consider it, dwell on it, mull over it.... but you don't do it. Most self-help books teach people to first imagine themselves in the changed situation, believing in themselves, etc. But this is wrong. Most smokers can't quit just by imagining themselves quitting. Often, if we want to change ourselves, we have to start behaving as the new version of us would. If you want to become a better, more social, helpful person, well then go out and do some volunteer work. Often, the story follows the behaviour change.

Alright... so you're actually following through. Awesome. What will reinforce the habit so it gets stronger over time?

- **Reward yourself:** *Do the trick and you get a treat. It works for Fido and it will work for you.*

When actors would ask the director Alfred Hitchcock "What's my motivation?" he would reply "Your paycheck."

Rewards can be tricky motivators over the long run, but in the early stages of cementing a habit, they can be very useful. You can also try "temptation bundling" – Love listening to audiobooks? You only get to do that after the report is done for work. Tie every "want" with a "should" – you want chocolate? You should go to the gym first.

Now the habit is real and getting stronger. How do you set-it-in-stone? Last, but not the least...

- **Build a routine:** *Making it a part of your day leads to repetition, and that will rewire your brain for the better.*

When does it happen? Where does it happen? How does it start? How does it end? Round all those out and repeat. Same Bat-time, same Bat-channel.

If you frequently repeat a particular behaviour at the same place, at the same time, every single day - neurologically your brain finds it a lot easier to perform that habit instead of the other alternatives given to it in the same situation. You're rewired.

Go Get Started!



You can rise up in life at any point of time

Where there is a will there is a way

A story contributed by Ashwini Kumar, Dy GM-Admin., Corporate Office, Mumbai



It's never too late to rise up in life; you only need the desire, the will to do so. Below is a short story, wherein an old man introspects on his past life. He had certain unaccomplished aims. Today although he was repenting, there was a flickering flame of inspiration, the zeal to do something, brightening deep inside him and he decided to move on.

From the four walls of a room, an elderly person was peeping outside the window to see the green prairies of life. His face was heavy with deep introspection and every wrinkle was earmarked with the passage of bygone years.

He was physically present, but in reality he wasn't, as if clung somewhere lingering in the dungeons of his past life. With tears rolling out from the depths of his grief and repentance, the face looked tired. His eyes struggled to see beyond what his vision could see, as if trying to find and hold on to something which was buried under the dust of time. He keenly looked deep inside the mirror of his room, and could see his reflection, sitting within the periphery of four walls.

He tried to find and speak to the young man in him, but alas! It was too late.

The young face had faded away and what had become of a handsome, energetic young man was a lonely figure, with a walking stick by his side. He saw outside that the sky is blue, more than what he had read in his books, the grass was greener on the fields and the sun was brighter than what he had felt in his entire life. He also saw children playing and having fun. He imagined accompanying and playing with the children and wondered 'would the children entertain an old man like me'?

Just like a phoenix from ashes, a feeble thought sprung up in his mind. He soon realized that he was anchored and confined not by the four walls, but by depression and negative thoughts.

A wave of energized ions ran down his spine, his conscious mind once again shook him from within and awakened the youth in him.

All that moved in him was his weak and fragile nerves, peeking out from under his bald skin. He wanted to play with the children outside, but his legs were too lame and fragile to take even their own weight. He just imagined that if and only if he was younger again, he would have been at a different juncture and accomplished much more. His thoughts told him that, what was lost could never be replenished and not even a fraction of the time that had passed, could be revived from history.

Although the face was old, the thoughts and visions emanating from his mind were not old; they were as young as ever. To kneel down and lay down one's weapons can be the biggest mistake a person can make in his life. But the warrior in him had risen again for the conquests and the blows. He took out the sword of struggle and once again ignited the flickering flame of his life. He realized that although it was too late to wake up, better late than never. His eyes saw a vision of accomplishing something which he feared. He alienated the old resting chair and walking cane that had been his companions for many years. He looked at his fragile legs and thought of not only walking again, but running. He tried to stand up independently and walked towards the window that showed him the green pastures of life.

Slowly he managed not only to stand, but he also moved towards the window. What he now saw from the window, was a new person. Soon he saw himself playing with the children, not as an old man, but as a child. He had the energy not only to hit the ball, but to also score a goal. The world seemed to be renewed with flow of fresh thoughts. He looked up and thanked the all-pervading power. He thanked the Almighty for awakening him from deep sleep of intoxicated negative feelings. Now with a renewed mission, he walked away from the window, took a deep breath, pumped up his chest, raised his chin, gathered his strength and moved out with determination. He had decided to move ahead and roar with all his might, as if 'King of the jungle is back to roar'.

He wasn't in the four walls anymore, he was now where the Sun radiated brightly and where there was light everywhere, darkness was as if never discovered. He was now wearing the best gifts of all 'the gift of light' & moving forward to fight those unaccomplished missions of life.

Yes he did this at the very ripe age and you are still young, so move on.



DECOR DIY

Painted Vases



1. First gather all transparent bottles and jars you've been storing for a long time. Prepare tools such as syringe, paint brush, and a bowl. Next, think of the colours you'd like to use for your project (they can be totally different or in one gradient, for example sunny), and plastic tubes of different sizes that you can get from florists.

What you need:

- A big syringe
- A paint brush
- A bowl
- Few transparent bottles and jars
- Watercolors or wall paints
- Plastic tubes of different sizes (easy to get at florists)

2. Now, it is time to mix your colors to get the tones you like. Use a little bowl and paint brush to do it. Few drops of water will help with that, but do not use it too much. Everything depends on the paint type if it is watercolor or a wall paint.

3. After preparing your favourite tone, fill a syringe with it. You will need 80 – 100 ml to cover the interiors of larger bottles.

4. Pour the paint into the bottle.

5. Move the bottle every way around, so that the paint covers each corner and walls evenly.

6. Once covered, let the bottles stay upside down for several hours. This way all the excess paint will pour out. You can do it in a sink or on some absorbent paper.



7. After that, put them back, clean all the excess paint and let them dry completely (it usually takes a couple of days).

8. In case you have used watercolors, you can not fill your amazing bottles with water, because the paint will come off.

9. Now it is a good time to put those plastic tubes inside, so that it is possible to decorate your bottles with fresh flowers.

10. You can use almost any cut flowers to decorate your bottles with. It is so simple, and yet such an eye catching home decoration.



Feedback

Mehta Group's beloved newsletter Gajgamiini aims to be the one-stop read for employees, dealers, contractors and all associated with our brands and companies. Packed with stories about happenings in the group companies, their achievements, initiatives, employee interactions and much more, its something we enjoy compiling as much as you enjoy reading it. Feedback like this is very heartening to see:

"I must congratulate you and your team for the excellent work you do with regard to the publication of the Mehta Group newsletter - Gajgamiini," - Divyanshu Panchal & Manju Mohamedbhai, the Mombasa School Board (Governing Council)



MUSHROOM SCHEZUAN WRAP

Want to use of your leftover rotis? Here's a recipe you'd love!

Ingredients

For The Mushroom Schezuan Stuffing

1 tbsp oil, 1 1/2 tsp ginger-garlic paste, 1/2 cup finely chopped spring onions whites, 1/2 cup carrot juliennes, 4 tsp schezuan sauce, 3 cups mushrooms cut into quarters and blanched, salt to taste

Other Ingredients

4 rotis, 1 cup finely chopped spring onion greens, 4 tsp, schezuan sauce

Method

For the mushroom schezuan stuffing

- Heat the oil in a broad pan, add the ginger-garlic paste and spring onion whites and sauté on a medium flame till they turn translucent.
- Add the carrots and schezuan sauce and sauté on a medium flame for another 2 to 3 minutes.
- Add the mushrooms and salt, mix gently and cook on a medium flame for a minute, while stirring continuously and keep aside.

How to proceed

- Place a roti on a clean dry surface and place 1/4th of the stuffing in a row in the centre of the roti.
- Arrange 1/4 cup of spring onion greens over the stuffing.
- Finally spread a tsp of schezuan sauce over it and roll it up tightly.
- Repeat with the remaining ingredients to make 3 more wraps.
- Wrap a tissue paper around each wrap and serve immediately.



Preparation Time: 15 mins

Cooking Time: 7 mins

Total Time: 22 mins

Makes 4 wraps



Going for a holiday?
Here is how you can
keep your house
safe while away...



- * **Create an illusion:** One way to do this is to -- keep the lights on. Buy a timer that will put on the lights at a certain time of the day and switch them off after a short period.
- * **Unplug electrical appliances:** Unplug all appliances (except refrigerator) while you are away since the electricity supply line in the form of power surge will not only damage the appliances that are connected, but could spark a fire.
- * **Consider taking a home cover:** Your belongings and house will be taken care of by the insurance.
- * **Get neighbours to keep a watch:** Ask your neighbour to keep an eye on your house while you are away. You could even give him/her the keys to the house and your vehicle. If burglars see someone opening the house and parking in your driveway occasionally, they won't dare break in.
- * **Don't share your plans on social media:** Your house-maid may be honest, but she might share the information with an associate who is not. More importantly don't put up departure and arrival details on social media like Facebook etc.
- * **Install a burglar alarm:** It can save a lot of bother. The burglar alarm uses motion sensor technology.
- * **Stop newspaper delivery:** Tell your vendor to stop giving the newspapers during the period you are away. Newspapers piled up at the entrance of the house is a dead giveaway that the owner is not in.
- * **Deposit valuables in bank locker:** Before you proceed on a holiday, make a short visit to your bank and put all valuables (jewellery, important documents etc.) in the bank locker.



RESULT OF THE LAST QUARTER'S CONTEST - PAINT WITH PASSION

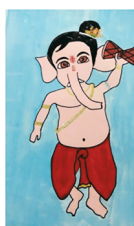


Sketch by Nayan M-kachalia,
Officer-accounts, Gujarat Sidhee
Cement Ltd., Sidheegram
Subject: Mount Girnar At
Junagadh-gujarat

Description I Have Visited
Junagadh, Gujarat And Have
Seen The Pious Historical
Mount Girnar At Junagadh And
Have Experienced That Mount
Girnar Is Shown That A Great
Saint (jatala Jogi In Hindi) Is
Sleeping, And Worshipping. The
Picture Is Seen In Vertical
Position. You Can Also See A
Great Saint In Sleeping Position
To Worship God.



Shourya Raval, Age - 4-7 years
Place - Paldi, Ahmedabad
Subject - 'O My Friend Ganesha'



Shaivi Mehta, Daughter of
Pareena Mehta, Front Office
Co-ordinator, Mumbai
Subject: Save Earth



Sunidhi Manglurkar
Daughter of Neeta Manglurkar,
Chairman's Office, Mumbai
Subject: Baby Ganesha

Mr. Ankur Dharaiya, Sr Account Officer
Ahmedabad Branch, Gujarat
Subject: Dancing Ganesha



CONTEST for this QUARTER



HAHA



JOKES

Laughing does a lot more than make you feel good. It is a belief that those who laugh every day, live an average seven years longer than those who are miserable. So the person who sends us the most hilarious jokes will be suitably awarded.

Mail your jokes to

neetam@mehtagroup.com with your full name, designation & location.