



Vardhman

Vardhman

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THAN

BEFORE



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Editor's Note

In a world that constantly evolves, it is essential for us to reflect upon the transformative power within ourselves and the collective human spirit. Humans have consistently strived to push boundaries, break barriers, and surpass limitations. Whether it's technological advancements, societal progress, or personal development, the innate desire to be better has fuelled remarkable achievements. As we navigate the complexities of our modern world, we find ourselves at a pivotal moment where the concept of "Better than Before" takes on renewed significance.

In the realm of personal development, "Better than Before" encourages us to examine our habits, routines, and beliefs. It compels us to confront our fears, embrace our vulnerabilities, and embark on a path of self-transformation. It reminds us that change begins within, and through introspection and self-awareness, we can become architects of our own progress.

As we embrace the power within us to create a brighter future, let us remember that organizations play a vital role in shaping the world we live in. By striving to be better than before, they become agents of positive change, driving progress and inspiring others to follow suit. Moreover, an organization that recognizes the impact of its actions on the broader society can champion social responsibility and sustainability. By challenging outdated systems and working towards equity and environmental consciousness, organizations can contribute to the greater good and leave a lasting positive impact on the world.

With any journey, the path to becoming "Better than Before" is not without its challenges. It requires resilience, perseverance, and a willingness to embrace discomfort. It demands that we confront our limitations and redefine our notions of what is possible. But it is in these moments of growth and transformation that we truly discover our potential and find meaning in our lives.

Let it be a reminder that each day offers an opportunity for growth, that setbacks are stepping stones, and that the pursuit of progress is a lifelong endeavour. Together, let us embrace the power within us to create a brighter future—a future that is indeed better than before.



Parul Tolani
Corp. Comm.





From the Chairman's Desk

Dear Colleagues

Embarking on a journey of perpetual progress and growth, continuous improvement serves as our guiding principle. It is the unwavering commitment to refining our processes, products, and ourselves. Just as a sculptor tirelessly hones his masterpiece, we too recognize that there is always an opportunity to enhance, optimize, and innovate. Embracing a mindset of continuous improvement empowers us to surpass previous benchmarks, cultivate a culture of excellence, and ensure that we consistently deliver the highest level of service to our valued customers. By fostering an environment that fosters growth and change, we forge ahead on a path of constant refinement, seeking perfection in every endeavor.

Rooted in our inherent drive for progress and advancement, the concept of "Better than Before" has evolved organically over time. It serves as a compass that guides us towards continual improvement and progress in every aspect of our lives. It acknowledges our innate desire for growth and resonates with our unwavering pursuit of better outcomes. As we embrace the boundless potential within us, we break free from the shackles of complacency and embark on a path of continuous growth. Together, let us embrace the challenge of surpassing our previous achievements, carving a brighter future, and making a lasting impact in all that we do. As we embark on this transformative journey, it is of utmost importance that we resolutely reinforce our unwavering dedication to the principles of 'Better than Before.'



First and foremost, we shall firmly believe that we can continuously improve, innovate, and exceed our previous achievements. This mindset empowers us to embrace challenges, adapt to change, and learn from every experience. By fostering a culture of continuous learning, we lay the foundation for personal and collective growth.

Setting ambitious yet attainable goals is another pillar of the approach. Our goals should serve as beacons that guide our actions and fuel our drive. Defining SMART goals that stretch our capabilities, ignite our passion, and inspire us to go beyond what we thought possible. As we set our sights on new horizons, let us remember to periodically review and adjust our goals to stay aligned with our evolving vision.

In our pursuit of excellence, we should acknowledge that mistakes and setbacks are invaluable opportunities for learning and improvement. We must not shy away from challenges, but instead confront them head-on. When we stumble, we rise with resilience, embracing our mistakes as stepping stones towards greater success. By encouraging a culture that values reflection and learning from failures, we ensure that each setback propels us forward on our journey.

Change and innovation are the lifeblood of our organization. We must remain at the forefront of evolving trends, technologies, and customer needs. Embracing change and seeking out innovative solutions enable us to adapt swiftly and stay ahead of the curve. We should learn to foster an environment where creativity flourishes, ideas are welcomed, and calculated risks are taken. By nurturing a culture that encourages new thinking, we shall ensure our sustained growth and relevance in an ever-changing world.

Feedback and accountability are essential in our pursuit of excellence. Constructive feedback fuels our growth, provides valuable insights, and highlights areas where improvement is needed. We should actively seek feedback from our colleagues, clients, and stakeholders, humbly embracing their perspectives to refine our approach. Furthermore, we should hold ourselves accountable for our actions, responsibilities, and commitments. By fostering a culture of accountability, we demonstrate our dedication to continuous improvement and our unwavering commitment to delivering excellence.

Each milestone, no matter how small, is a testament to our collective effort and dedication. By acknowledging our achievements, we fuel our motivation, inspire one another, and create a positive momentum for the future.

Together, we have the power to create an enduring impact not only within our organization but also in the lives we have the privilege to touch. As we march forward, let us continue to uphold these principles as beacons of inspiration, propelling us towards a brighter tomorrow where our collective efforts bring about meaningful and lasting change.

S P Oswal
Chairman & Managing Director

From the Vice Chairman's Desk

Dear Colleagues

In a rapidly evolving world that constantly pushes the boundaries of what is achievable, the pursuit of improvement has become ingrained in our very existence. We are driven to excel, surpassing our previous accomplishments and propelling ourselves to unprecedented heights. Whether it's personal development, cutting-edge technological breakthroughs, or societal advancements, the relentless pursuit of "better than before" has emerged as a guiding force in shaping both our present and future.

In a landscape where competition is fierce and the market is ever-changing, businesses must constantly strive to outperform themselves and exceed customer expectations. Organizations are driven to surpass their past accomplishments and elevate their performance to new levels. This drive for constant improvement manifests in various aspects of the business, including refining operational processes, enhancing product quality, and fostering a culture of innovation. By embracing the philosophy of "Better than Before," organizations can stay adaptive in the face of evolving market dynamics, ensuring their relevance and sustainability in an ever-advancing world. The pursuit of improvement not only shapes the present trajectory of organizations but also lays the foundation for a future where innovation and progress become synonymous with success.



On an individual level, the pursuit of improvement aligns perfectly with our innate desire for personal growth and fulfilment. Just as organizations strive to surpass their previous achievements, we too are driven to excel and reach new heights in our own lives. The quest for continuous improvement permeates every aspect of our existence, from expanding our knowledge and honing our skills to fostering meaningful relationships and cultivating a healthy mindset. By embracing the philosophy of "better than before," we challenge ourselves to break through self-imposed limitations, embrace change, and unlock our full potential. It is through this tireless pursuit of improvement that we grow as individuals, becoming versions of ourselves that are stronger, wiser, and more fulfilled. The impact of our personal growth extends beyond our own lives, radiating into our relationships, communities, and ultimately shaping the future we collectively aspire to create. As we strive to surpass our previous accomplishments, we set a powerful example for others, inspiring them to embark on their own journey of self-improvement and contributing to a world where everyone is driven to be their best selves.

At Vardhman, we have embraced diversity and inclusion as fundamental pillars of our organizational ethos in line with our commitment to being "Better than Before." We believe that diverse perspectives, experiences, and backgrounds foster innovation and drive superior business performance. By cultivating an inclusive environment where every voice is heard and valued, we have unlocked a wealth of talent, creativity, and fresh ideas.

Looking forward, we understand that our journey towards being "Better than Before" is an ongoing pursuit. The business landscape will continue to evolve, presenting new challenges and opportunities. We must remain agile, adaptable, and open to change. By fostering a culture of continuous improvement and learning, we will stay at the forefront of innovation, always striving to exceed our own expectations and surpass industry standards.

As we embark on the next phase of our journey, let us continue to dream big, embrace change, and make a lasting impact. Together, we have the power to shape a future that is brighter, bolder, and better than anything we have ever imagined. I have utmost confidence in our collective abilities and remain steadfast in my belief that our unwavering commitment to being "Better than Before" will lead us to even greater heights.

I extend my gratitude to each one of you for your invaluable contributions and unwavering dedication.

Suchita Oswal Jain
Vice-Chairman & Joint Managing Director

Cover Story

The cover of "Better Than Before" is a striking visual representation of the journey to personal growth and transformation. The background features a deep, captivating shade of midnight blue, symbolizing the vastness of possibilities that lie ahead. Against this backdrop, two hands emerge, each representing a different facet of our evolving selves.

On the left side of the cover, a human hand reaches out, its fingers grasping forward with determination. This manual hand embodies our inherent capacity for change, displaying the power of choice and the resilience of the human spirit. It symbolizes the individual's desire to improve, adapt, and create new habits that lead to a better life.

Opposite the human hand, on the right side of the cover, a sleek robotic hand reaches out as well, mirroring the human hand's gesture. This robotic hand signifies the role of technology and innovation in our journey towards self-improvement. It represents the ever-advancing tools and resources available to aid us in our quest for personal growth, amplifying our efforts to become better versions of ourselves.

As the two hands meet in the center of the cover, they are shown attempting to shake, symbolizing the unity of human potential and technological progress. This handshake signifies the harmony and synergy between our intrinsic capabilities and the support we receive from cutting-edge advancements. It conveys the idea that we are not alone on our path to change, but rather, we have the opportunity to harness both our inner strength and external resources to elevate ourselves to new heights.

The cover's design serves as a visual reminder that self-improvement is not solely about relying on technology nor solely about individual effort, but rather the seamless integration of both. The contrasting yet complementary elements of the human hand and the robotic hand evoke a sense of balance, encouraging readers to embrace the best of both worlds as they embark on their journey to becoming "Better Than Before."

In summary, the cover of "Better Than Before" is a captivating and thought-provoking design that encapsulates the essence of the book - a journey of personal growth, the interplay between human potential and technology, and the promise of a brighter, better future.



The Dynamic Duo : Harnessing the Power of IQ and EQ Intelligence for New Business Demands

In today's rapidly evolving business landscape, success is not solely determined by technical expertise or academic achievements. As businesses adapt to changing market demands and strive for sustainable growth, the importance of a well-rounded skill set encompassing both IQ (Intelligence Quotient) and EQ (Emotional Intelligence) is becoming increasingly evident. In this article, we explore the significance of IQ and EQ intelligence for new business demands and why striking a balance between the two is crucial for entrepreneurial success.

IQ intelligence, rooted in cognitive abilities, provides a solid foundation for technical skills, problem-solving, and analytical thinking. In the fast-paced world of business, a high IQ enables individuals to comprehend complex concepts, recognize patterns, and generate innovative solutions. It empowers entrepreneurs to adapt to technological advancements, navigate intricate market dynamics, and make data-driven decisions.

A high IQ helps businesses stay competitive, foster innovation, and develop cutting-edge products and services. It equips entrepreneurs with the intellectual capacity to anticipate industry trends, analyze market opportunities, and create robust business strategies. However, relying solely on IQ intelligence may hinder entrepreneurs' ability to effectively connect with stakeholders, build relationships, and meet the demands of the modern business environment.

EQ intelligence, which encompasses the ability to recognize, understand, and manage emotions, is essential for meeting the demands of the modern business landscape. It plays a crucial role in effective leadership, team collaboration, and customer engagement. Entrepreneurs with high EQ possess the skills needed to inspire and motivate their teams, empathize with customers, and navigate complex interpersonal dynamics. Building strong relationships and leading with empathy are key aspects of EQ intelligence.

Developing EQ intelligence allows entrepreneurs to build strong relationships with stakeholders, including employees, investors, and clients. It enables effective communication, conflict

resolution, and negotiation skills, fostering a positive and productive work environment. Furthermore, EQ intelligence promotes resilience, adaptability, and emotional well-being, which are vital for entrepreneurs facing the inevitable challenges and uncertainties of the business world.

While IQ and EQ intelligence represent distinct skill sets, harnessing the power of both is crucial for entrepreneurs aiming for long-term success in the evolving business landscape. The ability to balance intellectual acumen with emotional intelligence

enables entrepreneurs to forge deeper connections with their customers, foster collaboration and innovation within their teams, and make informed decisions that consider both business objectives and human impact. By integrating both IQ and EQ, entrepreneurs can unlock their full potential and thrive in the dynamic world of business.

In the dynamic world of new business demands, the importance of both IQ and EQ intelligence cannot be understated. While IQ equips entrepreneurs with cognitive abilities and innovative thinking, EQ fosters emotional intelligence, effective leadership, and strong relationships. By striking a balance between these two forms of intelligence, entrepreneurs can unlock their full potential, seize opportunities, and navigate challenges with resilience and empathy. The integration of IQ and EQ paves the way for entrepreneurial success in the ever-evolving business landscape, where innovation, adaptability, and human connection are paramount.



Surender Sharma
Auro Weaving Mills

Consistent & Continuous improvement does the Magic

In the realm of personal growth and professional success, the pursuit of improvement reigns supreme. It is said that the only constant in life is change, and embracing this notion can lead us to the path of greatness. Whether it's honing our skills, expanding our knowledge, or refining our habits, consistent and continuous improvement holds the key to unlocking our true potential. Like an alchemist refining base metals into gold, the magic lies not in instant transformation, but in the persistent commitment to growth. It is through the unwavering dedication to refining our craft that we embark on a transformative journey, where the seeds of progress sprout and flourish, ultimately yielding remarkable results. Continuous improvement, therefore, becomes the catalyst that propels us beyond our limitations, empowering us to reach new heights and accomplish the extraordinary. As we delve deeper into the realm of continuous improvement, we discover a profound truth: the power to shape our future lies firmly in our hands.

During my college days, I stumbled upon a book that left an indelible mark on my journey of self-improvement, titled 'Watch Your Figures'. In this insightful book, the concept of consistent and continuous improvement takes centre stage, extending its transformative influence beyond personal growth to encompass various aspects of life, including body shape, health indicators, and business performance indicators. Just as individuals strive to refine their skills and habits, the book emphasizes the importance of actively monitoring and improving these vital aspects. By attentively observing our body shape and health indicators, we can identify positive factors that contribute to overall well-being while pinpointing any retarding factors that may hinder progress. Similarly, in the realm of business, vigilant monitoring of performance indicators allows for timely course corrections, identifying both strengths and weaknesses that influence success. By continuously watching these figures, one can foster a culture of improvement and establish a feedback loop, where positive factors are nurtured and retarding factors are addressed promptly.

The second concept that has impacted me a great deal is, 'The Theory of Constraints' (TOC). It offers a powerful framework that aligns seamlessly with the principles of consistent and continuous improvement. In line with the concept of "Watch Your Figures," TOC emphasizes the importance of focus and striving to be better than before, not just on a monthly basis but on a weekly scale. According to TOC, the goal is to ensure that each passing week surpasses the previous one in all aspects: production, dispatches, collections, inventory levels, and more. By adopting this approach, organizations are propelled to constantly examine their performance, identify bottlenecks or constraints, and work relentlessly to overcome them. This mindset of continuous improvement on a weekly basis instils a sense of urgency and ensures that no time is wasted in stagnant routines or complacency.

With the Theory of Constraints as the guiding principle, individuals and businesses alike can nurture a culture where progress is consistently made, limitations are actively addressed, and every week becomes an opportunity to surpass the achievements of the past. By combining the philosophy of continuous improvement with the powerful insights of TOC, the journey towards reaching our highest potential is accelerated, and the magic of consistent growth becomes a tangible reality. Just as the Theory of Constraints applies to professional and

business aspects, it also finds relevance in matters of physical health and well-being. Much like monitoring business performance indicators, individuals often go for regular health check-ups, diligently observing vital parameters such as body weight, blood pressure, blood sugar, creatinine levels, lipids, and eye sight. These health check-ups act as important feedback mechanisms, offering insights into the current state of one's well-being.

However, a common trend emerges among many individuals - despite knowing the results and being aware of the need for corrective action, they often falter in taking the necessary steps. They might overlook the importance of a balanced diet, fail to adhere to a well-structured exercise regime, or continue habits like drinking and smoking that can adversely affect their health. It becomes essential to embrace the principles of continuous improvement in the realm of physical health as well.



Just like in business, where the goal is to ensure that each week is better than the previous one, individuals must resolve that their next health check-up will show better indicators. This mindset shift entails taking proactive steps towards making healthier choices in everyday life. It requires the determination to resist harmful habits, embrace healthier alternatives, and adopt positive changes in diet and exercise routines.

In addition to focusing on physical health improvements, it is equally essential to prioritize mental well-being, which can be measured by the level of joy and satisfaction in life. Taking care of one's mental health requires incorporating practices such as meditation and allowing oneself to take short vacations or breaks. Meditation serves as a powerful tool to calm the mind, reduce stress, and enhance overall mental clarity. By dedicating a few minutes each day to mindfulness and reflection, individuals can cultivate a greater sense of inner peace and emotional balance. Furthermore, taking short vacations or breaks from routine can provide much-needed respite and rejuvenation. Stepping away from daily responsibilities and immersing oneself in new environments or activities can contribute to a sense of adventure, relaxation, and renewed perspective.

It is essential to recognize that holistic well-being goes beyond physical and mental aspects; spiritual health is also crucial for a

balanced and fulfilling life. Spiritual health encompasses aspects such as patience, acceptance of circumstances beyond our control, and fostering a connection with the divine.

Practicing patience allows individuals to approach life's challenges with a calm and composed mindset. It involves understanding that some things may take time to manifest or resolve, and rushing or becoming frustrated may hinder progress. Cultivating patience enables individuals to navigate difficulties gracefully, fostering personal growth and resilience.

Acceptance plays a vital role in spiritual health as well. It involves acknowledging and embracing situations or outcomes that are beyond our control. By relinquishing the desire to control every aspect of life, individuals can find peace and serenity amidst uncertainty. Acceptance allows for greater adaptability and the ability to focus on what can be changed or improved.

Nurturing our spiritual health is integral to leading a fulfilling life, however, true well-being extends beyond the individual and encompasses our relationships with parents, siblings, spouse, children, friends, and even our boss. These relationships hold significant importance and require our attention and care. To cultivate harmonious relationships, it is important to prioritize open communication, empathy, and understanding. Taking the time to listen actively and express our thoughts and emotions helps foster deeper connections with our loved ones. Additionally, demonstrating respect, appreciation, and support towards one another strengthens the bond within these relationships.

Recognizing that relationships may encounter challenges, it is vital to address issues promptly. Rather than letting conflicts fester, it is important to take corrective action and engage in dialogue to find resolutions. This proactive approach ensures that misunderstandings are resolved and relationships can continue to flourish.

Just as we prioritize our spiritual health and relationships, a similar mindset can be applied to business and profession. By focusing on numbers, identifying bottlenecks, seeking root causes, striving for breakthroughs, implementing corrective actions, and utilizing visualizations, we can foster growth, efficiency, and success in our professional endeavours.

To drive success and growth, it is important to analyse key performance indicators and metrics. By looking at the numbers, we gain insights into the strengths and weaknesses of our business or professional ventures. This enables us to identify areas that require improvement and implement strategies to overcome challenges.

Developing a habit of finding the root cause of any issues or inefficiencies is essential. Instead of merely addressing symptoms, we shall delve deeper to uncover the underlying factors contributing to the problem. This approach allows us to implement effective and sustainable solutions that address the core issues, leading to long-term improvements.

Seeking breakthroughs and innovative solutions is another vital aspect of professional growth. By exploring new ideas, embracing creativity, and thinking outside the box, we can uncover fresh opportunities and avenues for progress. This mindset encourages continuous learning, adaptability, and a proactive approach to staying ahead of the curve.

Taking corrective actions based on data and insights is crucial for driving positive change. By drawing graphs and visualizing

trends, we can identify patterns, monitor progress, and make informed decisions. This analytical approach enables us to measure the impact of our strategies and make necessary adjustments to achieve desired outcomes.

Whether it's personal growth, professional development, or the advancement of society as a whole, the transformative power of gradual progress cannot be underestimated. When we set out on a journey of improvement, it is essential to understand that greatness is not achieved in one giant leap. Rather, it is the culmination of numerous small steps taken consistently over time. By breaking down larger goals into manageable tasks, we make progress attainable and build momentum. Each small step forward brings us closer to our ultimate vision, propelling us towards success.

Consistent and continuous improvement is fuelled by a growth mindset—a belief that our abilities can be developed through dedication, effort, and learning. When we adopt this mindset, we no longer fear failure or view setbacks as permanent. Instead, we see them as opportunities for growth and learning. This shift in perspective empowers us to push beyond our comfort zones, experiment with new ideas, and continually evolve.

Continuous improvement thrives on iteration—a process of refining and building upon previous efforts. Through iterative progress, we can test, evaluate, and refine our strategies to ensure they align with our goals. By continuously seeking feedback, adjusting our approach, and implementing lessons learned, we can create more efficient systems, improve our skills, and deliver better outcomes.

Innovation often emerges from a commitment to constant improvement. By challenging the status quo and embracing a mindset of continuous learning, individuals and organizations unlock their creative potential. The pursuit of improvement encourages curiosity, exploration, and experimentation, leading to breakthrough discoveries, novel solutions, and groundbreaking advancements. It is through this iterative journey that we bring the seemingly impossible within our reach.

The consistent improvement possesses an enchanting power that can transform the ordinary into the extraordinary. Like a skilled sculptor shaping a block of stone, it carves a path towards greatness. It is the driving force that propels individuals, teams, and organizations to reach new heights and transcend their previous limitations. It whispers in the ears of the determined, urging them to push beyond their comfort zones and explore uncharted territories.

So, embrace the magic of consistent and continuous improvement. Let it be your guiding light, illuminating the path to success. With each small step forward, you will witness the extraordinary unfold before your eyes, and you will realize that the journey of improvement is the greatest enchantment of all.



D K Sindwani
Director, Corp Affairs

Unleashing your Better Self: Embracing Growth and Empathy

There is always room for personal growth and improvement, if we are willing to make the necessary changes. Here, we are sharing some tips that can be incorporated into your daily routine to become a better person. These qualities are often overlooked but are quite common:

Reflect Before Speaking

Words hold great power. Take a few extra seconds to contemplate the impact of your words before speaking them aloud.

Embrace Change

Change is essential for personal growth. Instead of resisting it, be open to trying new things, even if they may initially scare you. Additionally, advocate for positive change in your community, such as starting a food drive or recycling program at your workplace.

Cultivate Gratitude

Research shows that keeping a gratitude journal fosters optimism and overall life satisfaction. Expressing gratitude also reduces envy, promotes willingness to help others, and can even have positive effects on physical health.

Do What's Right

As an adult, you are aware of the difference between right and wrong. Take responsibility for your actions and make choices aligned with integrity and fairness. Do what is right and not what is just pleasant.

Utilize Your Energy

Your skills and talents are gifts meant to be shared. Do not let them go to waste. If you have a talent, such as playing a musical instrument, share it with others. It will bring joy to both you and those around you.

Address Your Weaknesses

Recognize and acknowledge your weaknesses. This self-awareness is crucial for personal growth. Create a list of your weaknesses and set goals to improve upon them.

Be Kind to Yourself

Taking care of yourself is paramount to becoming a better person. Exercise, eat healthy, and get enough sleep. By prioritizing self-care, you will be happier, more productive, and appreciated by your loved ones and colleagues.

Be a Champion

Being a champion doesn't always require grand gestures. It can be as simple as helping an elderly neighbour with the groceries, holding doors open for others, or lending a listening ear to a friend in need.

Pay Attention to Others

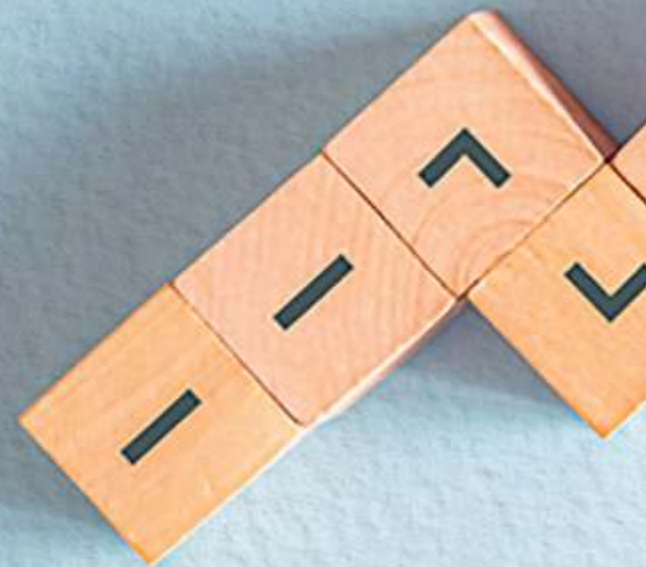
Showing genuine interest to help others can bring immense pleasure to them. Ask about their day and try to follow up on important events. Small acts of thoughtfulness can make a significant difference in someone's life.

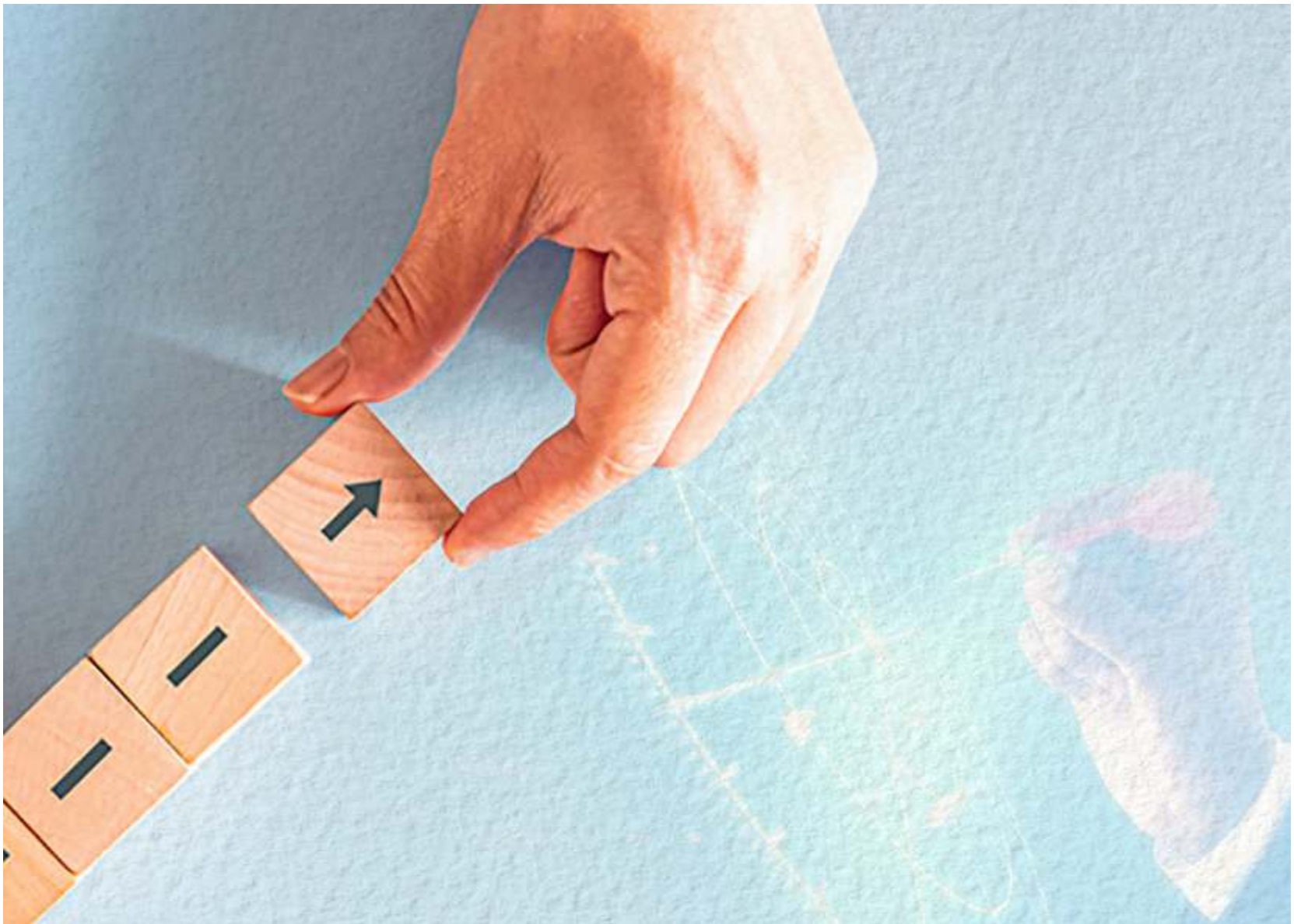
Respect Nature

Express gratitude for the precious resources provided by nature, such as food, water, and air. Avoid wastage of food, reduce water usage, recycle, and conserve energy by unplugging devices when not in use. Every small effort contributes to the well-being of the environment.

Cultivate Curiosity

Curiosity strengthens relationships, keeps the brain stimulated, reduces anxiety, promotes happiness, and facilitates learning even in seemingly uninteresting subjects.





Forgive Others and Yourself

Mistakes are part of being human. Instead of dwelling on past mistakes or holding grudges, practice forgiveness towards others and yourself. Focus on the future and let go of revenge, as it is detrimental to your well-being.

Control Your Temper

Impatience can lead to regretful actions. Consider how you would feel if you yelled at a loved one or colleague due to rushing or stress. Practicing patience will not only result in better decision-making but also improve your self-esteem.

Be Authentic

Being true to yourself allows you to focus, build courage, establish your identity, and define your values and beliefs.

Take Responsibility

Rather than pointing fingers and making excuses, take responsibility for your actions. Overcoming obstacles and personal growth are within your control. Keep working towards your goals, regardless of how mundane or ambitious they may be.

The Bottom Line

It's common to be consumed by the pursuit of becoming the best version of ourselves. However, true self-improvement begins with treating ourselves with the same loving kindness we extend to others. This entails avoiding harsh self-judgment when we fall short of our goals and instead practicing patience and compassion on challenging days.

Remember, there are numerous paths to personal growth, and the suggestions provided here are just a starting point. Discover what brings you joy and nurtures your soul, integrating those practices into your daily life.



Mukesh Vaths
Anant Spinning Mills

Business Buzz



Celebration of Vardhman Group completing 50 years in Steel Business



Inauguration of Spinning 4 by Ms Suchita Oswal Jain (VC & JMD) at Vardhman Fabrics, Budhni



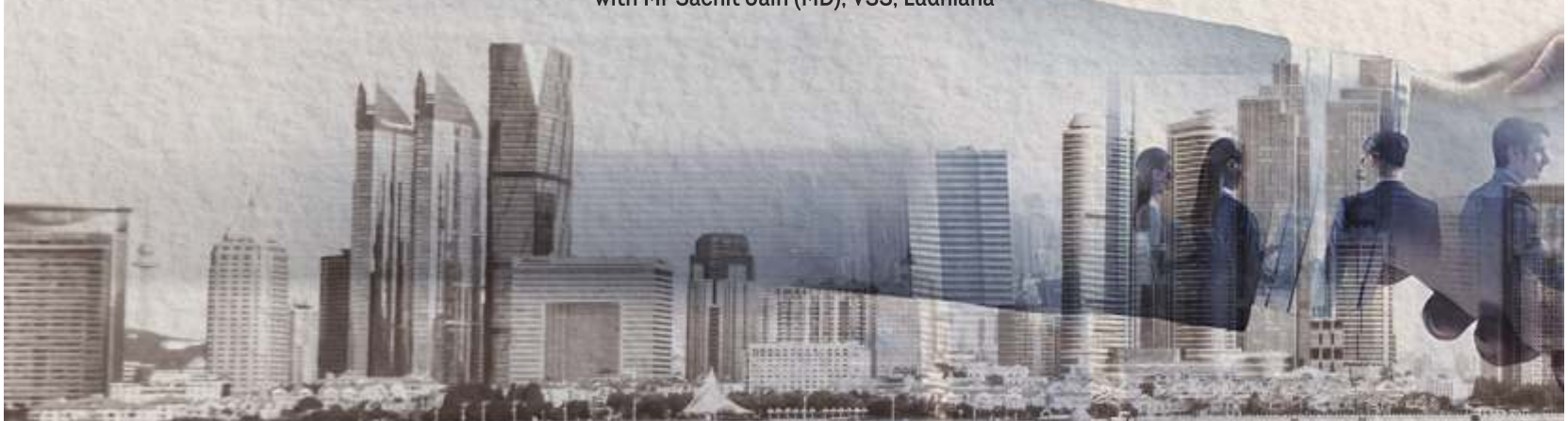
Visit by Mr Neeraj Jain (JMD) to Anant Spinning Mills, Mandideep



Ms Sagrika Jain (ED) during Fabric Business Meet at Kasauli



Inauguration of Safety DOJO (Training Center) by Fujioka San (President, AICHI Steel Corporation) with Mr Sachit Jain (MD), VSS, Ludhiana





Visit by Ms Suchita Oswal Jain (VC & JMD) to Vardhman Yarns, Satlapur



Inauguration of Homogenisation Tank by Ms Sagrika Jain (ED), Auro Textiles (Fabric), Baddi



Inauguration of New Ring Frame Machine by Ms Suchita Oswal Jain (VC & JMD) at Arisht Spinning Mills, Baddi



Plant visit by Ms Suchita Oswal Jain (VC & JMD) to Arisht Spinning Mills, Baddi

Building a Brighter Future



Vardhman signs Memorandum of Understanding with NIT-Jalandhar for M.Tech Program for working engineers. MOU signing ceremony was presided by Ms Suchita Oswal Jain (VC & JMD) with Mr. Neeraj Jain (JMD), Mr. Rajeev Mehani (Sr. VP), Mr. Gurpreet Singh (CGM) and from NIT-Jalandhar, Dr. Monica Sikka (HOD, Textile Technology).

दैनिक जागरण

वर्धमान का एनआइटी जालंधर से अनुबंध

जागरण संवाददाता, लुधियाना : प्रमुख कंपनियों के वर्धमान टेक्नोलॉजिक्स ने अपने इंजीनियरों के लिए एक विशेष एमटेक डिग्री कार्यक्रम की पेशकश के लिए उच्च शिक्षा के क्षेत्र में अग्रणी संस्थान एनआइटी जालंधर के साथ सहयोग की है। संयुक्त में कार्यरत पेशेवरों को लचीली और सुलभ शिक्षा के माध्यम से अपने करियर और ज्ञान को बढ़ाने का अवसर प्रदान करने के लिए दोनों संगठनों के बीच समझौता ज्ञापन (एमओयू) पर हस्ताक्षर किए गए हैं।

वर्धमान से एमओयू हस्ताक्षर समारोह की अध्यक्षता सुचिता ओसवाल जैन उपाध्यक्ष ने नीरज जैन जेएमडी, राजीव मेहानी वरिष्ठ उपाध्यक्ष और गुरप्रीत सिंह सीजीएम

एनआइटी जालंधर में अनुभव के दौरान सुचिता ओसवाल जैन व अन्य १०० उद्योगों की उपस्थिति में की। एनआइटी-जालंधर की ओर से डॉ. मोनिका सिक्का एचओडी टेक्नोलॉजी टेक्नोलॉजी, प्रोफेसर ए. मुखोपाध्यक्ष और डॉ. एके चौधरी थे।

सुचिता ओसवाल जैन ने कहा कि हम अपने कामकाजी इंजीनियरों के लिए एमटेक शिक्षा कार्यक्रम शुरू करने में एनआइटी-जालंधर के साथ

सहयोग करके संपीठित हैं। इस सहयोग के माध्यम से हम पेशेवरों को आवश्यक कौशल के साथ सहायता बनाने की उम्मीद करते हैं। राष्ट्रीय शिक्षा नीति 2020 के तहत यह अग्रणी पहल एनआइटी-जालंधर के दूरदर्शी दृष्टिकोण और वर्कों के क्षेत्र में उत्कृष्टता को बढ़ावा देने की प्रतिबद्धता का एक प्रमाण है।



In the Spotlight



Mr SP Oswal (CMD) awarded as Best CEO - Textiles & Apparel by Union Minister Shri Jyotiraditya M Scindia & India Today Group

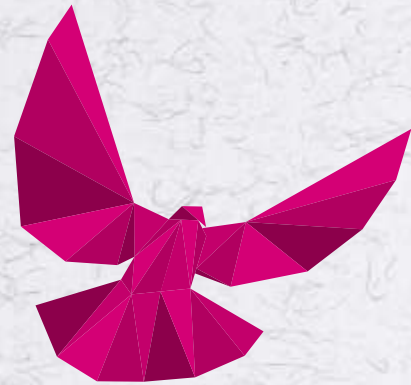


Ms Suchita Oswal Jain (VC & JMD) special coverage in Fortune 500



Life & Changes

Life's second name is change;
These can either be good or strange.
Changes can't be stopped;
They are things you have to adopt.
Look at the paths you learned to walk,
Look at the people who once loved to talk.
Look at the place you spent your childhood,
Look at the house where you had grown,
Now those paths are not like before,
Now those people are not that pure.
The house is not the same,
But there is a thing that can remain the same
If you make it your AIM.
'You have to give love to all,
You have to break down the hate's wall.'



Kamaljit Verma
VSGM

Just-In-Time Manufacturing & Production (JIT): A Quick Guide

Just-in-time manufacturing is a production planning system that aligns material orders with production schedules, ensuring that raw materials arrive only when they are needed for the manufacturing process. This approach minimizes waste, controls production inventory levels, and reduces inventory costs by utilizing only what is necessary in the production process.

History of JIT Manufacturing

The exact date of the inception of just-in-time manufacturing is unknown, but its origins can be traced back to post-World War II Japan. The war had left Japan without the necessary working capital to finance large-batch production methods that were common in other developed nations.

Due to this financial constraint, Japan had to adopt a lean manufacturing methodology in order to remain competitive. They established smaller factories and focused on utilizing small batches of raw materials to produce smaller products. This enabled manufacturers to reduce their exposure to financial risk while gradually building their working capital to sustainable levels.

Benefits of Just-In-Time Manufacturing

When implemented correctly as part of lean management, JIT manufacturing can significantly impact productivity and profitability. There are numerous benefits associated with adopting this process:

- Reduces JIT inventory through inventory control, eliminating the need for storage space for unused or idle materials.

- Decreases labor costs by minimizing downtime when the workforce is idle.
- Optimizes the production space, allowing for more efficient utilization and potential cost savings on rent.
- Minimizes work-in-process (WIP), maximizing value for the customer and eliminating waste.
- Increases manufacturing cycle capacity, enabling a higher volume of product output.
- Enhances product quality by reducing the occurrence of defects on the assembly line as part of a comprehensive total quality management approach.
- Reduces lead time and throughput time, which is the time required to convert raw materials into finished units.
- Reduces standard hours, indicating the amount of work accomplished within an hour.
- Increases the number of shipments.

By implementing just-in-time manufacturing effectively, businesses can experience significant improvements in efficiency, cost reduction, and customer satisfaction.



Arminster Singh Saini
Auro Textiles



Striving for Excellence : Embracing Continuous Improvement



In today's dynamic and ever-changing world, the pursuit of excellence and personal growth has never been more crucial. The quest to become better versions of ourselves, to continually evolve and improve, resonates deeply within each of us. Continuous improvement is the driving force that propels us forward, enabling us to unlock our true potential and achieve greatness in all aspects of life. In this article, we will delve into the significance of continuous improvement and explore practical strategies to cultivate this mindset, paving the way for a life of constant progress and personal excellence.

Embracing a Growth Mindset :

To embark on the journey of improvement, it is crucial to adopt a growth mindset. This mindset acknowledges that our abilities and qualities can evolve and develop through dedication and hard work. Viewing challenges as opportunities, accepting changes, and adapting to new circumstances empower us to learn and improve ourselves continually.

Setting Clear Goals :

Continuous improvement requires setting clear and achievable goals. These goals act as roadmaps, guiding our actions and efforts. Identify the areas in your life where you seek improvement and break down larger goals into smaller, manageable steps. By accomplishing these targets, we gain a sense of direction and motivation to work on ourselves and achieve continuous improvement.

Cultivating a Learning Attitude in the Digital Age :

Continuous improvement depends on lifelong learning. In today's era of digital age, the opportunities for learning are infinite. Leverage technology to access online courses, webinars, podcasts, and educational platforms to expand your knowledge and gain fresh perspectives. Cultivating a learning attitude opens doors to new opportunities and ensures constant personal evolution.

Kaizen: Small Steps Leading to Big Impact :

Kaizen, a Japanese concept meaning "continuous improvement," emphasizes the power of small, incremental changes. Instead of seeking major breakthroughs, focus on consistently making small improvements. Over time, these small changes accumulate and result in remarkable transformations.

Embrace Failure and Celebrate Progress :

Failures and successes are part of life. Rather than letting failures discourage you, see them as steppingstones to success. Learn from mistakes, analyse what went wrong, and work on improving. Along with learning from failures, it is equally important to celebrate small achievements. Recognize how far you have come and the growth you have experienced. Celebrating milestones boosts confidence and encourages you to perform better.

Power of Feedback and Self-Evaluation :

Feedback is an invaluable tool to measure growth and improvement. Seek feedback from mentors, friends, and colleagues who can provide constructive insights. Constructive feedback helps identify weaknesses and areas for growth. Self-evaluation is also vital. Take time to introspect and assess your own growth. Be honest with yourself and identify areas where further improvement is needed and where you have achieved set targets.

Self-Care and Well-being :

Monitoring your well-being is an essential part of improvement. Prioritize self-care practices including physical activity, meditation, a healthy diet, and enough sleep. Maintaining your mental and physical health is important as it directly affects your capacity for growth and learning. Remember that sustainable growth is only achievable when you prioritize your overall well-being.

In conclusion, continuous improvement is a lifelong process that empowers us to grow and lead fulfilling lives. By embracing a growth mindset, setting clear goals, cultivating a learning attitude, practicing Kaizen, embracing failures, celebrating progress, seeking feedback, engaging in self-evaluation, and prioritizing self-care and well-being, we pave the way to personal excellence. "Better than before" becomes a way of life that brings fulfilment, purpose, and limitless opportunities.



Himani Pant
Arihant Spinning Mills

A Guide to Maintaining Holistic Health

To maintain optimal health, it is essential to address various aspects of personal well-being: physical, emotional, social, spiritual, and intellectual. By incorporating the following practices into your daily routine, you can nurture a healthy and balanced lifestyle:

Exercise :

Engaging in physical activity, even by simply walking for 30 minutes three times a week, can significantly improve your overall health.

Eat Healthy :

Avoid fried foods, soft drinks, processed meats, and sweets. Instead, strive to include five servings of fruits and vegetables in your daily diet.

Don't Skip Meals :

Particularly breakfast, as skipping it can slow down your metabolic rate and lead to weight gain.

Get Sufficient Sleep :

Aim for at least 6-8 hours of restful sleep each night to rejuvenate your body and mind.

Maintain a Positive Attitude :

Even when faced with challenges, strive to maintain a positive mindset, as it can greatly impact your overall well-being.

Manage Time Wisely :

Efficient time management helps reduce stress levels, allowing for a healthier lifestyle.

Seek Emotional Support :

Find someone you trust with whom you can openly share your feelings and experiences.

Smile, Even When It's Hard :

Smiling, even when you don't feel like it, can positively affect your mood and interactions with others.

Foster a Balanced Social Life :

Engage in activities that nurture meaningful connections and maintain a healthy social life.

Find Solitude :

Dedicate a quiet place and spend time there every day to reflect, unwind, and recharge.

Spiritual Practice :

If you have a religious or spiritual inclination, study and practice its principles to find inner peace and harmony.

Be a Lifelong Learner :

Embrace a mindset of continuous learning and personal growth, exploring new knowledge and skills throughout your life.

By following these steps and integrating them into your daily routine, you can cultivate a holistic approach to your well-being, ultimately leading to a healthier, happier, and more fulfilling life.



Rakesh Kumar Jindal
Arihant Spinning Mills

हम खुद के सच्चे मित्र है

मिस्टर राघव जो कि अभी अभी कंपनी में असिस्टेंट मैनेजर नियुक्त हुए है वह एक ऐसे संपूर्ण व्यक्तित्व पैकेज है जो जितनी ऊर्जा के साथ ऑफिस आते है, उस से अधिक ऊर्जा के साथ ऑफिस से जाते है।

राम : आपका जीवन के प्रति इतना सकारात्मक रवैया कैसे है, क्या आपकी ज़िन्दगी में कोई समस्या नहीं है।

मिस्टर राघव : समस्या तो बहुत है पर मेरे पास एक ऐसा दोस्त है जो सब आसान कर देता है।

राम : वो कौन ?

मिस्टर राघव : मैं खुद ही अपना प्रिये दोस्त हूँ।

राम : क्या! हम खुद के मित्र कैसे हो सकते है।

मिस्टर राघव : खुद के साथ सम्बन्ध बनाने से खुद से ही आंतरिक खुशी आती है। अगर हम खुद को डील कर सकते है तो लाइफ में समस्याओं को डील करना आसान हो जाता है।

राम : लेकिन खुद के साथ हम सम्बन्ध बनाये कैसे ? ये तो बहुत कठिन है।

मिस्टर राघव : नहीं ये बहुत आसान है खुद को संगठित करें अच्छे विचार लाओ जो कठिन लगता है उसे आसान बनायो।

राम : लेकिन सर कठिन तो सब कुछ है। यह जीवन ही कठिन है।

मिस्टर राघव : नहीं राम। यह जीवन एक सुंदर उपहार है जो हमें मिला है इसको हम जीना नहीं जानते बस समस्याओं को जीवन का हिस्सा बना लेते है अगर समस्याएं है तो उनका हल भी है बस हमें परंपरागत तरीके भूलने होंगे।

राम : परंपरागत तरीके ?

मिस्टर राघव : हा पुराने समय के लोगो के जीवन के नियम कुछ ना होने पर भी खुश थे। आज हमे देखो सब कुछ होने पर भी दुखी क्योंकि हम अपना आंतरिक रिश्ता खो चुके है।

राम : अच्छा

मिस्टर राघव : हा अब तुम भी प्रयास करो अभी यात्रा खुद से जोड़ने की और अपना प्रिय दोस्त बनने की।



Robin Singh
Arihant Spinning Mills

Events & Activities

Festive Fiesta



Annual Day Celebration in the presence of Mr Neeraj Jain (JMD) at Arihant Spinning Mills, Malerkotla



Baisakhi Celebration, Auro Textiles (Yarn Dyeing), Baddi



Baisakhi, Mahavir Girls Hostel, Auro Textiles (Fabric Division), Baddi

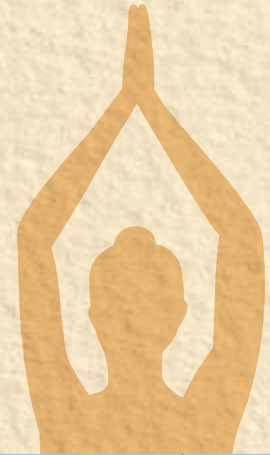
Yoga Day



Auro Spinning Mills, Baddi



Auro Textiles (Printing), Baddi





Auro Textiles (Weaving), Baddi



Corporate Office, Ludhiana



Vardhman Apparels, Ludhiana



Vardhman Yarns, Satlapur



VSGM, Ludhiana



VSM, Baddi



Training & Development



Behavioral & Attitudinal Training, Auro Spinning Mills, Baddi



Experiential Learning Program, Vardhman Fabrics, Budhni



Interaction Session, Arihant Spinning Mills, Malerkotla



P.A.C.E. Graduation Ceremony, Auro Textiles (Fabric), Baddi



POSH Training, Auro Textiles (Printing), Baddi



Skill Enhancement Competition, VMT, Baddi



Skill Olympiad, VSM, Baddi



Team UMANG won first award in Internal Quality Circle Competition, Auro Textiles (Yarn Dyeing), Baddi

Interesting Facts : The Unstoppable March of Technology

1. In the dynamic world of technology, innovation is an ever-present force that continuously propels us forward. From groundbreaking inventions to revolutionary advancements, technology has consistently proven itself to be better than before. Here, we explore some fascinating facts that showcase the relentless progression of technology and its transformative impact on our lives.

2. Moore's Law : A Driving Force Named after Gordon Moore, the co-founder of Intel, Moore's Law has been a guiding principle in the tech industry. It states that the number of transistors on a microchip doubles approximately every two years, leading to exponential growth in computing power. This phenomenon has held true for several decades, fueling the rapid advancement of computers and electronic devices, making them more powerful and efficient with each passing year.

3. The Age of Connectivity : Internet of Things (IoT) The Internet of Things (IoT) has ushered in a new era of interconnected devices. From smart homes and wearable gadgets to industrial sensors and autonomous vehicles, the IoT has revolutionized how we interact with technology. It enables seamless communication and data exchange between devices, enhancing convenience, efficiency, and automation across various industries.

4. The Rise of Artificial Intelligence (AI) AI has emerged as a game-changer, revolutionizing industries like healthcare, finance, transportation, and entertainment. Machine learning algorithms, natural language processing, and computer vision are just a few examples of AI's capabilities. As AI continues to evolve, it holds the potential to tackle complex challenges, drive personalized experiences, and shape the future of technology.

5. Renewable Energy Breakthroughs Advancements in renewable energy technologies have paved the way for a cleaner and greener future. Solar panels have become more efficient and affordable, wind turbines are more powerful and reliable, and energy storage solutions are improving. These developments are crucial in the fight against climate change and transitioning towards sustainable energy sources.

6. Space Exploration Reimagined Space technology has made incredible strides, making space exploration more accessible than ever before. Private companies have developed reusable rockets, reducing the cost of space travel significantly. Moreover, robotic missions to distant planets and celestial bodies provide valuable insights into the universe, fostering scientific discoveries and expanding our understanding of space.

7. HealthTech Innovations Medical technology has transformed healthcare delivery and patient outcomes. Advancements in genomics, precision medicine, telemedicine, and wearable health devices have made personalized healthcare a reality. Technological breakthroughs have empowered medical professionals to diagnose and treat diseases more effectively, prolonging and improving lives.

8. As technology continues to evolve at an exponential rate, the possibilities for the future seem boundless. From AI and IoT to renewable energy and space exploration, every sphere of life has been touched by the unstoppable march of technology. Embracing innovation and being better than before has become the cornerstone of technological progress, propelling us towards a future full of endless potential and promise.

Source : Google

Cultivating a Growth Mindset for Personal Excellence

In today's fast-paced and ever-evolving world, the desire to improve oneself and strive for excellence has become more important than ever. Cultivating a growth mindset is a powerful psychological tool that can propel individuals towards personal excellence. This article delves into the psychology behind this transformative mindset and offers insights on how individuals can cultivate it to achieve personal growth and success.

A growth mindset involves embracing challenges, learning from setbacks, nurturing a love for learning, unleashing the power of effort and persistence, and seeking feedback. By adopting these key elements, individuals can unlock their true potential and continuously improve themselves.

Enjoying Challenges :

Embrace challenges as opportunities for growth and development. Approach difficulties with a positive attitude, knowing that they can lead to personal breakthroughs.

Learning from Setbacks :

View setbacks as steppingstones to success. Learn from failures, see them as temporary setbacks, and focus on bouncing back stronger and wiser.

Nurturing a Love for Learning :

Cultivate a genuine curiosity and thirst for knowledge. Embrace new ideas, seek diverse perspectives, and stay open to learning opportunities. Lifelong learning fuels personal growth and excellence.

Unleashing the Power of Effort and Persistence :

Understand that effort and persistence are vital for improvement. Embrace challenges with the belief that hard work and dedication will lead to progress. Persevere through obstacles and stay committed to achieving your goals.

Celebrating Progress and Seeking Feedback :

Acknowledge and celebrate your progress along the way. Recognize small victories and milestones achieved. Actively seek feedback from others to gain valuable insights and areas for improvement.

Cultivating a growth mindset is a transformative journey towards personal excellence. By adopting this mindset, individuals can unlock their true potential, continuously improve themselves, and achieve personal excellence. Remember, personal growth is a continuous process, and with a growth mindset, the possibilities for excellence are endless.



Umesh Girnarkar
Vardhman Yarns



The Power of Consistent Efforts

"What you do every day matters more than what you do once in a month - Consistency is better than perfection. We can all be consistent - perfection is impossible."

-Michael Hyatt

We are currently living in a time where we constantly hear that a single penny will never result in significant amounts, whereas our forefathers always emphasized that every single penny always leads to massive successions. As the speed of our transportation is increasing, our thoughts are also running at a rapid pace, and the consequence is that we have lost faith in patience and the never-give-up attitude. Sooner or later, we desire instant results. In this current era, we have neglected the wisdom behind the idiom - "Slow and steady wins the race."

Maggie is prepared instant,
Yet not much reliable and pertinent,
Meals poised in earthen material are healthier,
Sermons with serene and calmness are always good to hear,
Endurance for the desires is divine and significant,
That happiness and bliss is as refined as nature's scent,
Better than before is first step for overcoming fear of failure,
Consistency always helps to reach your aim's near.

Mathematically, it is an inevitable statement that proves the point that consistency is far better than perfection. For example, if we multiply $1 * 1 * 1 * 1 * 1 \dots$ 31 times, the answer will always be 1. However, if we add just 0.05 to 1, i.e., $(1.05 * 1.05 * 1.05 * 1.05 \dots$ 31 times), the result equals 4.5. And if the same is multiplied 60 times, it becomes 18.6. This can easily be correlated with our small steps in life. If we contribute small efforts daily, after one month, it counts for something. And after a year, it makes a significant difference compared to not trying anything at all.

उद्योगिनं पुरुषसिंहं उपैति लक्ष्मीः देवं हि देवमिति कापुरुषा वदन्ति।
देवं निहत्य कुरु पौरुषं आत्मशक्त्या यत्ने कृते यदि न सिध्यति न कोऽत्र दोषः।

BHAGWAD GEETA

To make the statement "What you do every day matters more than what you do once in a month" more evident, there are 7 Sigma rules that need to be initiated:

Rule No. 1 : Think progressively

Don't be pushed around by the fears in your mind. Be led by the dreams in your heart. We have numerous thoughts in a minute, but it's up to us to decide which thoughts to keep and act upon. Always strive to work on progressive ideas. Retaining negative thoughts is as bad as having cavities in your teeth, so it's important to eradicate them with positivity.

Rule No. 2 : Stop limiting beliefs

You are the only one who knows your limits, and no one else can set targets or limitations for you. Firmly establish your goals and always strive to achieve them. Remember, miracles happen through hard work.

Rule No. 3 : Mindful or mind full

In this fast-paced and busy world, many of us spend most of our time mind full. This means being overwhelmed with thinking activity that pulls us away from living in the present moment. When our minds are full and we're not mindful of what they're filled with, we can end up stressed or anxious. Science shows that mindfulness can help reduce stress and anxiety caused by overthinking. It can help us become aware of our thought patterns and re-anchor our attention in the present moment.

Rule No. 4 : Share yourself

Sharing yourself is a highly successful strategy for experiencing strong self-growth. Consider becoming a teacher for others in need. If people require your help at work, school, or anywhere else, don't be afraid to assist them. Assisting others gives you the opportunity to practice and develop the skills and knowledge you already possess, effectively reinforcing the neural pathways within your mind.



Rule No. 5 : Escalate your willpower

The tiny steps you take every day may not immediately lead to achieving your goals in a short span of time. However, these steps are your life's assessment, and the supreme lord already expects them from you. Achieving your goals isn't always about reaching certain job titles; there are many other life lessons to be learned along the way. Strong and pragmatic willpower is essential.

Rule No. 6 : Comprehend your failures

Failure should be our teacher, not our undertaker. Failure is a delay, not a defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing. Make failure as common as an illness like a cold, and never be afraid of it.

Rule No. 7 : Stop procrastination

Procrastination is a major obstacle to personal growth. To effectively grow and improve oneself, it is critical to stop procrastinating. Procrastination ruins the quality of our lives and reduces the time we have to be highly productive. Strive to utilize time more effectively, aim to reduce distractions, and focus on working in areas that allow for productive behaviors. Procrastination often involves thinking that an entire task can be completed in a single day, which has a minimal success rate and doesn't align with the concept of consistency being more valuable than sporadic effort.



Bhawna Kapil
Auro Textiles

Health and Wellness – Better than Before

Our general well-being is influenced by our physical, mental, and emotional health. Upholding an appropriate lifestyle that prioritizes one's well-being on all levels is necessary for achieving ideal well-being and optimal health. Physical health is concerned with preserving a healthy body through consistent exercise, wholesome eating, and adequate rest. Physical activity not only aids in weight management but also lowers the risk of many diseases, enhances heart function, and increases energy. A well-balanced diet abundant in veggies, whole grains, fruits, and lean protein gives the body the nutrients it needs to function properly. Getting enough sleep is equally important because it enables the body's ability to heal, regenerate, and enhance cognitive processes.

In addition to its physical and mental components, wellness also includes its social component. Our health depends on creating and maintaining supportive social networks and healthy relationships. Having strong bonds with one's family, friends, and community can give one a sense of unity, support, and kinship. A sense of meaning and satisfaction can be fostered by participating in social endeavors, volunteering, or attending community events. Healthier social well-being is also facilitated by surrounding oneself with constructive influences while avoiding harmful relationships.

Over the past few years, there have been advancements and improvements in health and wellness. The state of health and wellness has recently improved in the following ways:

Higher Awareness :

Public awareness of issues related to health and wellness has grown significantly. Additional knowledge is now available to people. Thanks to the web, social media, and other platforms. People are better equipped to make wise decisions and take charge of their health.

Technological Developments :

Technology has significantly aided in the advancement of wellness and health. People can track their physical activity, sleep patterns, blood pressure, and more with the aid of wearable technology, such as fitness watches and smartwatches. Resources are available for monitoring diet, exercise, and general well-being on mobile devices and online platforms.

Electronic Health Solutions :

The development of online medical care and digital health services has improved access to and the practicality of healthcare. With the help of virtual meetings and remote monitoring, patients can manage their medical conditions from the convenience of their homes. People who live in rural areas or have limited mobility may find this to be especially helpful.

Focus on mental wellness :

In recent years, there has been a significant increase in publicity and recognition surrounding the issue of mental health. This growing awareness highlights the crucial role that mental well-being plays in our overall health. As a result, more resources, support networks, and efforts to destigmatize psychological issues have emerged. This heightened attention has paved the way for greater understanding and acceptance, allowing individuals to seek the help they need without fear or shame.

Holistic Approach :

A holistic strategy for health and wellness is becoming more popular. There is a greater focus on addressing the root causes and promoting general well-being than merely treating the signs and symptoms. This entails incorporating techniques like mindfulness, relaxation strategies, and complementary treatments.

Well-being at the Workplace :

Many organizations are now giving priority to their employees' well-being by conducting wellness initiatives and programs. Businesses now understand how critical it is to foster a healthy work-life balance, offer tools for managing stress, and establish welcoming environments.



Jyoti
VSSL

सुरक्षा, एक नई सोच

मशीनों को है सावधानी से चलाना,
दुर्घटनाओं से स्वयं को है बचाना ॥
सीखकर “शौफ” के साथ मशीन चलाना,
औरों को भी है समझाना ॥

मशीन में खराबि होने पर न घबराएँ,
अपने अधिकारी को तुरन्त बताएँ ॥
दुर्घटना ग्रस्त जगहों को चिन्हित करवाकर,
अपनी और दूसरो की सुरक्षा सुनिश्चित करवाएँ ॥

परिवारी स्थिति में सुधार के लिए,
आएँ है हम बड़ी दूर से काम करने के लिए ॥
सुरक्षा नियमों को अपनाएँ,
अच्छा स्वास्थ्य बनाकर संतुलित अपनाएँ ॥

सुरक्षित वातावरण है पहचान हमारी,
एक लापरवाही से मिट जायेगी यह शान हमारी ॥
पर्याप्त है एक गलती दुर्घटना के लिए,
हमारे परिवार का मनोबल गिराने के लिए ॥

छोड़ें लापरवाही सुरक्षित कार्यस्थल के लिए,
सतर्क होकर काम करें जीवन सुरक्षित बनाने के लिए ॥
हम सब मिलकर देगे सहयोग हमारा,
तब जाकर सुरक्षित कहलायेगा वर्धमान हमारा ॥

करती है हर संभव प्रयास वर्धमान,
कार्यस्थल हमारा सुरक्षित बनाने के लिए ॥
दाइत्व हमार भी है बनता,
वर्धमान का हर कदम सार्थक बनाने के लिए ॥

धन्यवाद...!



भोले प्रसाद
Arihant Spinning Mills



सुरक्षा के पाँच अलंकार

करते है हम काम वर्धमान में और रहते है सुरक्षित खुशी से ।
करेंगे सुरक्षा अलंकार को उपयोग, आज लेते है संकल्प दिल से ॥

ज्यादा हो मशीनों का शोर जहाँ, इयर प्लग कानों में लगाएं ।
जिन्दगी चाहे हो कितनी भी लम्बी, सुनने की क्षमता को न घटाएं ॥

मुंह पर लगाकर मास्क, धूल कणों से फेफड़ों को बचाएं ।
ये धूल कण जब अन्दर जाये, अन्दरूनी शरीर को हानि पहुँचाए ॥

पहन कर टोपी/पटका हमेशा, सुनिश्चित करो बालों की सुरक्षा ।
उत्पादन चाहे करो जितना, उत्पाद गुवत्ता की करो रक्षा ॥

रखो जूता पहन कर कार्यस्थल पर, पैरों की सलामती के लिए ।
विजली तथा मटेरियल ट्राली से होने वाली दुर्घटना से बचने के लिए ॥

शारीरिक हानि से बचाव के लिए, अपरन हम पहन लेते है ।
खुले कपड़े और दुपट्टे से होने वाली दुर्घटना को रोक लेते है ॥

सुरक्षा अलंकारों का करके उपयोग, सुरक्षित जीवन पाते है,
शुन्य दुर्घटना की करके प्राप्ती, वर्धमान की शान बढाते है ।

“रखो सुरक्षा की ओर हर कदम,
इसे व्यर्थ न समझो जीवन बचाये हर दम”

धन्यवाद...!



मधुबाला
Arihant Spinning Mills



Birthday Bash



Birthday Celebration of Mr SP Oswal (CMD) at VSS, Ludhiana



Anant Spinning Mills, Mandideep



Auro Spinning Mills, Baddi



Auro Textiles (Printing), Baddi



Vardhman Apparels, Ludhiana



VSGM, Ludhiana



VSM, Baddi



Auro Weaving Mills, Baddi



Sports & Recreation



Carom Championship, Arihant Spinning Mills, Malerkotla



Fun Activity, VSM, Baddi



Indoor Games, Vardhman Apparels, Ludhiana



Matka Fod Activity, VMT, Baddi



Pottery Painting Competition, Auro Textiles (Yarn Dyeing), Baddi



Fun Games, Auro Weaving Mills, Baddi



Environment, Health & Safety

Environment Day



Arisht Spinning Mills, Baddi



Auro Textiles (Printing), Baddi



Arihant Spinning Mills, Malerkotla



VAL, Jhagadia



VMT, Baddi



Corporate Office, Ludhiana



Vardhman Apparels, Ludhiana



Auro Textiles (Yarn Dyeing), Baddi



Auro Textiles (Processing), Baddi

Health Camps



Anant Spinning Mills, Mandideep



Auro Textiles (Processing), Baddi



VAL, Jhagadia



Auro Textiles (Weaving), Baddi



Arisht Spinning Mills, Baddi



Vardhman Apparels, Ludhiana



VSS, Ludhiana



Auro Weaving Mills, Baddi

Safety



Fire Mock Drill at Mahavir Girls Hostel,
Auro Textiles (Weaving), Baddi



Safety Month, VSS, Ludhiana

Women woven together at Vardhman

"What determines whether a society is strong and harmonious, or otherwise, is the role of women in it."

-Sri Sri Ravi Shankar

The role of women in the textile industry has been significant throughout history and continues to evolve in the present day. Women have played crucial roles as workers, entrepreneurs, innovators, and leaders in this industry. During the Industrial Revolution, textile mills became a dominant force, and women formed a substantial portion of the workforce. Women, particularly from lower socio-economic backgrounds, found employment in textile factories, working for hours under challenging conditions. Their labor was pivotal in fueling the industry's growth.

At a time when women in leadership roles were rare exceptions, Ms Suchita Jain, Vice Chairman & JMD, evidently worked as a fierce advocate of women empowerment and thus a role model for women in the society. Ranked as one of 50 'Most Powerful Women in Business' in Fortune India, she commits that: "We are here not to make money but to contribute to the growth of the country and society." Now, proudly 35% of our organization's workforce is women."

Women have taken on various roles, including weavers, spinners, dyers, tailors and many more. By participating in the industry, women have gained financial independence, enabling them to support themselves and their families. Shift officers say that women workforce is multi-tasking & constantly add value in the work assigned to them.

Women have also increasingly assumed leadership positions in the industry. They are serving as managers, overseeing operations, supply chains, strategic marketing, playing a vital

role in developing new fabrics, designing patterns designers. Women leaders bring diverse perspectives, creativity, and a nuanced understanding of consumer preferences to the industry.

In recent years, women have been at the forefront of promoting sustainable practices within the textile industry. They have championed eco-friendly production processes, ethical sourcing of materials, and fair labor practices.

Women in the textile industry have been active advocates for social causes and workers' rights. They have highlighted issues such as safe working conditions and gender equality. They have active participation in Sexual harassment committees and also educate its significance to their co-workers. Through their collective efforts, women have pushed for reforms, raising awareness about the industry's social and ethical responsibilities.

Overall, women have played a pivotal role in the textile industry, both historically and in contemporary times. Their contributions have been instrumental in driving innovation, economic growth, and sustainable practices. The role of women is better than the historical era and as the industry continues to evolve, women's participation, leadership, and influence will keep on growing for its success and development.



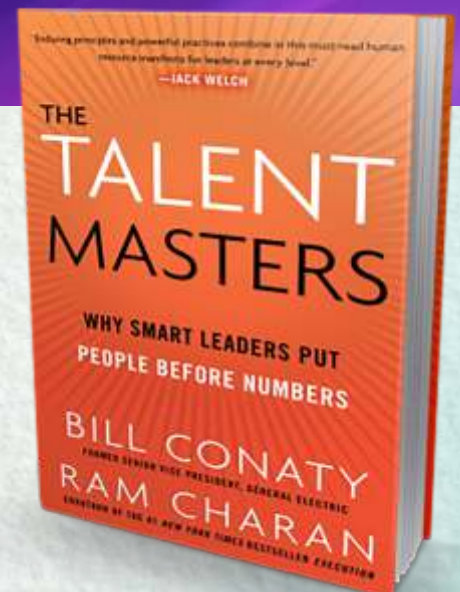
Tania
Auro Textiles

Read to Lead

The Talent Masters by Ram Charan provides valuable insights and strategies for organizations to effectively manage and develop their talent. He argues that talent is the most critical factor for success in today's competitive business environment and emphasizes the need for businesses to prioritize talent management as a core strategic priority.

In the book, the author explores the key principles and practices that successful companies use to identify, nurture, and retain top talent. He emphasizes the importance of aligning talent management with overall business strategy and highlights the significance of strong leadership in creating a culture that attracts and develops high-potential individuals. He also delves into the challenges organizations face in talent acquisition and retention, offering practical advice on how to overcome these obstacles and build a talent-focused organization.

Overall, 'The Talent Masters' is a comprehensive guide that highlights the crucial role of talent in organizational success and provides actionable strategies for businesses to effectively manage and develop their talent pool, ultimately driving sustainable growth and competitive advantage.



Sustainable Development as the Path to a Resilient Future

The theme of "Better than Before" takes on new meaning when applied to sustainable development, as it encapsulates the imperative to create a world that not only improves upon the present but also safeguards the well-being of future generations. This topic examines sustainable development as a paradigm-shifting strategy that combines social, economic, and environmental concerns. By embracing sustainability principles and adopting innovative strategies, we can forge a path towards a resilient future that surpasses previous limitations and fosters long-term prosperity.

Holistic Approach to Sustainability: Sustainable development requires a holistic approach that balances environmental protection, social equity, and economic growth. By recognizing the interconnections between these dimensions, we can address the root causes of global challenges and promote comprehensive solutions that create positive outcomes across multiple sectors.

Climate Action and Environmental Stewardship: Environmental sustainability lies at the core of sustainable development. This section emphasizes the urgency of climate action, the preservation of ecosystems, the conservation of biodiversity, and the responsible use of natural resources. By adopting sustainable practices, such as transitioning to renewable energy, implementing effective waste management systems, and promoting sustainable agriculture, we can mitigate climate change and safeguard the environment for future generations.

Social Equity and Inclusive Development: Social equity and inclusivity are fundamental aspects of sustainable development. This section focuses on the importance of eradicating poverty, reducing inequalities, promoting gender equality, and ensuring access to education, healthcare, and clean water for all. By prioritizing social well-being, fostering inclusive governance,

and empowering marginalized communities, we can create a society that is fair, just, and inclusive.

Economic Resilience and Sustainable Growth: Sustainable development recognizes the need for economic prosperity that is compatible with environmental sustainability and social well-being. This section explores the concepts of green economy, circular economy, responsible business practices, and innovation-driven growth. By embracing sustainable business models, investing in clean technologies, and promoting responsible consumption and production, we can achieve economic resilience and foster sustainable growth.

Collaborative Partnerships for Change: Sustainable development requires collaborative partnerships among governments, businesses, civil society, and individuals. The significance of multi-stakeholder participation, knowledge exchange, and group action is emphasised in this section. By forging partnerships, sharing best practices, and leveraging resources and expertise, we can accelerate progress towards sustainable development goals and create transformative change on a global scale.

The theme of "Better than Before" compels us to embrace sustainable development as a pathway to a resilient future. By adopting a holistic approach, prioritizing environmental protection, fostering social equity, promoting economic resilience, and engaging in collaborative partnerships, we can pave the way for a world that thrives in harmony with nature and ensures the well-being of present and future generations. Together, we have the power to shape a future that surpasses previous limitations and sets the stage for a truly sustainable and prosperous world.



Arush Maski
VSSL



A Guide to Self-Improvement

Life can be a whirlwind of responsibilities and stress, but with the right focus, you can start becoming a better person and who you want to be. In this article, we'll help you learn how to be a better person in a number of different ways. From honoring yourself to doing small acts of kindness, there's something you can do each and every day to better yourself and grow as an individual. Keep reading to learn how you can embark on your self-improvement journey.

Things You Should Know

- Keep a gratitude journal to be more positive and compassionate.
- Take care of your mental and physical health to brighten your mood and be happier.
- Find healthier outlets for anger, like exercising and doing yoga, to redirect negative emotions.

1. Set goals for yourself

Positive, obtainable aspirations can give you something to thrive for. Everyone needs something to live for, so think about what you want in life. Not only can striving for something make you a happier and better person, but it can also help you find your purpose. Use a pen and paper and write down the short and long-term goals you would like to achieve. Try asking yourself these questions to find and set an achievable goal

- Is there a relationship in your life you want to improve?
- What causes or goals are you passionate about?
- Is there a project you've been meaning to finish?
- What do you like to do in your free time?

Making your goal to "be a better" person may be challenging to define and achieve. Instead, opt for small goals that can help you grow as an individual, like reading a nonfiction book, writing a short story, calling your mom every weekend, or helping someone in need every day.

2. Practice forgiveness

Forgiving yourself and others can help you improve relationships. On your journey to becoming a better person, it's important to let go of any grudges you're holding. The past is in the past; it's time to move forward. Allow yourself time to forgive your past mistakes and recognize what they've taught you. Then, forgive those who have hurt you. You may not be able to forget what they've done, and that's okay, but forgiveness can give you peace of mind.

Dwelling on past wrongs can actually increase your blood pressure and heart rate, while forgiveness can help manage and lower stress.

3. Be empathetic towards others

Imagining what someone's been through can give you a new perspective. Empathy is one of the first steps to being a better person because it builds your compassion. Not only does cultivating empathy help you be more sensitive toward other people, but it also helps you form lasting relationships and feel less isolated. Being empathetic helps you gain a friend while challenging your perspective. Here are some ways you can be more empathetic:

- Avoid making assumptions about people and jumping to conclusions.
- Imagine yourself in someone else's shoes or situation.
- Actively listen to express interest and help someone feel heard.

4. Give back to your community

Helping others doesn't only benefit them; it benefits you too! Research shows that being altruistic (the act of promoting someone else's welfare) improves mood and overall happiness. So, consider volunteering at a local shelter, donating used clothes, or picking up trash at the park. Even the smallest act can make the biggest difference.

Aim to practice at least one act of kindness every day. It doesn't have to be something big or time-consuming. Even leaving a sticky note on a public bathroom mirror saying, "You're beautiful inside and out!" can make someone's day. When you help others, you get a rush of endorphins that make you feel good. This is known as the "helper's high."

5. Go outside your comfort zone

Expose yourself to new experiences to grow as an individual. Comfort zones are great, but they can also be stagnant. Every once in a while, change your daily schedule, try something new, and step outside your comfort zone. Trying new things that make you a little uncomfortable can broaden your horizons and open your eyes to a different perspective.

- Make a bucket list of things you can do outside of your comfort zone. Then, spend every other weekend checking an activity off the list.
- Ask friends to join you on your adventures for double the fun.
- Experiment with a different routine by going to a different coffee shop for lunch or taking an alternative route to work.
- Don't be afraid to challenge yourself. The impossible can be obtainable if you put your best foot forward.

6. Learn something new

One of the best ways to better yourself is to educate yourself. Knowledge can go a long way, especially when it comes to understanding other people's situations. Whether you're in school or not, self-educating can help you grow and evolve as an individual. The more you know, the more perspective you'll gain. Here are some ways you can learn something new today:

- Sign up for a class you're interested in online or at a library. Maybe that's an art class or a course on American Literature.
- Read a nonfiction book.
- Listen to a podcast about a topic you want to learn more about, like business, money, culture, or mental health.

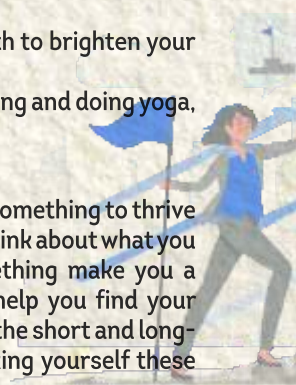
7. Acknowledge your weaknesses

Everyone has flaws, but you can aim to improve yours. Notice how your behavior and attitude affect others. Are people generally happy or sad around you? Do friends come to you for help or advice? Answering these questions and analyzing your interactions can help you discover and strengthen your weaknesses.

For instance, if friends don't usually come to you for advice, ask yourself why. Do you talk over them or criticize their decisions? Maybe you need to work on being a better listener. The more you learn to be flexible and adaptable with your behavior, the better you can care for yourself and those around you.

8. Control your anger

Feeling angry is natural, but too much anger can hinder compassion. When you want to be a better person, it's important to understand the whys and how's of someone else's situation. Things may not work out how they're supposed to, but that's okay.



Take a deep breath and remember that you may not be able to control many things, but you can control your attitude.

- Try redirecting your anger away from yourself and others by going on a walk, doing yoga, or punching a pillow.
- Calm yourself down by taking deep belly breaths and visualizing a relaxing or joyful memory.
- Reconstruct your thinking patterns by avoiding words like “never” or “always” to describe yourself or others.

9. Express your feelings respectfully

Using “I” statements can help you thoughtfully articulate emotions. Life is full of complex and confusing emotions, and with those emotions comes conflict. You may not be able to control every situation you’re in, but you can control your reactions. “I” statements can be used in conflicts or emotionally tense situations to communicate feelings without pointing blame. Check out these ways you can change these phrases into “I” statements:

- “You never listen to me anymore,” changes to, “I feel that my concerns aren’t being heard.”
- “I hate when you shout at the kids,” changes to, “When you shout at the kids, I feel upset because I want the kids to feel respected.”
- “You’re always grounding me. It’s not fair!” changes to, “I feel like you’re always grounding me, and it upsets me.”

10. Be grateful

Practicing gratitude every day can help you be more positive. Gratitude is more than a feeling; it’s an active practice. Being thankful and appreciative of your life, no matter where you are in it, helps you be compassionate and loving towards yourself and others. Take a moment to recognize that goodness can be outside yourself and that every smile or simple favor is a gift. Here are some more ways you can cultivate gratitude in your life:

- Keep a gratitude journal or make a gratitude list to highlight all the things you’re thankful for each day, big or small.
- Savor surprises by appreciating the thought that was put into them.
- Share what you’re thankful for with others.

11. Be patient

Things don’t always happen the way you’d like them to, and that’s okay! Rather than getting upset when things don’t go your way, take a deep breath and remember to have patience. It’s alright if life is slower. Try savoring these slow moments by noticing the little things and acknowledging the positives in the situation.

An example could be that your computer starts updating the moment you want to work. Rather than getting upset, use the extra minutes of downtime to take a walk, or do some tidying up.

12. Be yourself

The best way to be a better person is to simply be 100% you! You are unique, special, and one-of-a-kind. Accepting yourself for who you truly are can help you feel happier, improve your life, and strengthen your identity. Follow your gut, do what you love, and explore your interests. The more you do to fuel your energy, the happier and more confident you’ll be.

- Enroll in classes that spark your interest to learn a new skill or find a new passion.
- Do things that are meaningful to you to help you feel fulfilled.

13. Take care of yourself

Sleep, food, and exercise can give you the energy you need to be better. If you don’t give your body the proper nutrition and rest it needs, you won’t be able to serve yourself or others. Stick to a regular routine that’s healthy for you and watch how your mood changes for the better. When you support your physical health, you support your mental health.

- Aim to get at least 7 hours of sleep every night to help your mind and body recharge.
- Eat food that nourishes your mind and body.
- Do a form of exercise you enjoy for at least 30 minutes every day. Maybe walking, dancing, hiking, doing yoga, or kickboxing.

14. Accept that change happens

It’s okay if your goals don’t stay the same as you grow. The journey of self-improvement isn’t a straight path—it bends and twists when you least expect it! Because of this, your short-term and long-term goals may change as you go. This is completely normal and a sign that you’re becoming a better person. After all, you wouldn’t be adapting if you didn’t want to improve.

Try your best not to dwell on the past. Instead, focus on the present moment. Change is inevitable, but you can roll with the punches.

15. Be kind to yourself

Before learning to love others, you must learn to love yourself. Self-compassion may sound like the opposite of being a better person, but caring for yourself is the first step to improvement. After all, if you can’t care for yourself, how can you care for others? Try these exercises to help you be kinder to yourself:

- Pretend you’re writing a letter to a friend in a similar situation. How would you talk them through it?
- Place your hand over your heart and whisper positive affirmations to yourself when you’re down, like “I am safe,” “I am kind to myself,” and “I am smart and have a big heart.”
- Note your accomplishments and achievements without criticism by responding rationally to self-critical thoughts. Acknowledge where the critic comes from and then prove it wrong in a logical way.
- Look in the mirror every morning and compliment yourself. You could say something like, “You’re beautiful, no matter what,” or “You have the brightest smile.”



Ajay Gupta
Arihant Spinning Mills

CSR : Doing our Bit



Vardhman celebrated birthday of Chairman, Mr S P Oswal by organizing blood donation camp and artificial limbs distribution at the factory premises. The blood donation camp organized in collaboration with Rehras Sewa Society, was aimed to encourage company's employees to donate blood and save lives. Similar blood donation camps were organized across all group locations in Punjab, Himachal Pradesh and Madhya Pradesh. The event witnessed a favourable response, with over 751 employees donating blood on a single day. The donated blood will be used to support patients suffering from various diseases and to meet medical emergencies.



Blood Donation Camp at Vardhman Yarns, Satlapur



Blood Donation Camp at Vardhman Fabrics, Budhni

पंजाब क़ेसरी THU, 11 MAY 2023
EDITION: LUDHIANA KESARI, PAGE NO. 6

वर्धमान टैक्सटाइल्स ने रक्तदान शिविर और कृत्रिम अंग वितरण कार्यक्रम करवाया

लुधियाना, 10 मई (जेशी): प्रसिद्ध कपड़ा कंपनी वर्धमान टैक्सटाइल्स द्वारा अपने ग्रुप चेयरमैन एस.पी. ओसवाल के जन्मदिन के उपलक्ष्य में कंपनी परिसर में एक रक्तदान शिविर और कृत्रिम अंग वितरण का समारोह आयोजित किया गया। इस कार्यक्रम में एस.पी. ओसवाल के साथ सुचिता ओसवाल जैन वाइस चेयरमैन, सचिव जैन वाइस चेयरमैन स्टील बिजनेस, नीरज जैन संयुक्त प्रबंध निदेशक, सागरिका जैन कार्यकारी निदेशक और अन्य वरिष्ठ गण्यमान्य व्यक्ति उपस्थित थे।

पंजाब, हिमाचल प्रदेश और मध्य प्रदेश में सभी समूह स्थानों पर इसी तरह के रक्तदान शिविर आयोजित किए गए। इस आयोजन में 751 से



ग्रुप चेयरमैन एस.पी. ओसवाल को स्कैच भेंट करते हुए कंपनी के पदाधिकारी, साथ हैं सुचिता ओसवाल जैन, दिनेश सिंध्यानी, अमिता जैन व अन्य

अधिक कर्मचारियों ने एक दिन में रक्तदान किया। रक्तदान शिविर के अलावा कंपनी ने विशेष रूप से दिव्यांग व्यक्तियों को कृत्रिम अंग प्रदान करने के लिए एक अन्य कार्यक्रम भी आयोजित किया। इस अवसर पर 9 व्यक्तियों को कृत्रिम अंग प्रदान किए गए जो उन्हें खरीदने में असमर्थ थे।

यह आयोजन सामाजिक उत्तरदायित्व के प्रति कंपनी की

प्रतिबद्धता और समाज को वापस देने का एक उत्कृष्ट उदाहरण था। चेयरमैन एस.पी. ओसवाल ने सभी स्वयंसेवकों, दानदाताओं और संगठनों का उनके समर्थन के लिए आभार व्यक्त किया।

सुचिता ओसवाल जैन ने कहा कि कंपनी के रूप में यह हमारी जिम्मेदारी है कि हम उस समाज को वापस लौटाएं जिसने वर्षों से हमारा समर्थन किया है।



लुधियाना भास्कर 11-05-2023

वर्धमान में रक्तदान कैंप लगाया, कृत्रिम अंग बांटे



लुधियाना | वर्धमान टैक्सटाइल्स ने चेयरमैन एसपी ओसवाल के जन्मदिन पर रक्तदान शिविर लगाया। साथ ही कृत्रिम अंग भी वितरित किए। इस कार्यक्रम में सुचिता ओसवाल, वाइस चेयरमैन स्टील बिजनेस सचिव जैन, संयुक्त प्रबंध निदेशक नीरज जैन, कार्यकारी निदेशक सागरिका जैन मौजूद रही। रेहरास सेवा सोसाइटी के सहयोग से लगाए गए रक्तदान कैंप में 751 मुल्तजिमां ने रक्तदान किया। विशेष रूप से दिव्यांगों को कृत्रिम अंग प्रदान करने के लिए कार्यक्रम भी आयोजित किया। इसमें 9 लोगों को कृत्रिम अंग दिए गए। एसपी ओसवाल ने सभी स्वयंसेवकों दानदाताओं और संगठनों को उनके समर्थन के लिए आभार व्यक्त किया। सुचिता ओसवाल जैन ने कहा कि एक कंपनी के रूप में यह हमारी जिम्मेदारी है कि हम उस समाज को वापस लौटाएं। इसने वर्षों से हमारा समर्थन किया है।



Vardhman provided artificial limbs to specially abled individuals. The intelligently designed limbs were provided to 9 individuals who were unable to afford them on their own



Provided RO System and Water Coolers to Six Govt. Schools of Baddi, HP



Under Project Nandini, organized Awareness Session on MHM & Distributed Sanitary Pads in Baddi & Budhni, MP



Celebrated World MHM Day on 28th May, 2023 at Baddi & Budhni



Provided X-Ray Machine to Civil Hospital, Mandideep, MP



Provided financial contribution of Rs. 60 lacs for setting up Tissue Engineering Facility, AIIMS, Bhopal



Provided financial support of Rs. 25 lacs to Poor Patients Welfare Fund (PPWF), PGI, Chandigarh



Boundary wall built at Sardarpura Village, Jhagadia, Gujarat



Community Hall constructed at Vanthevad Village, Jhagadia, Gujarat



Primary Health Care Centre constructed at Ranipura Village, Jhagadia, Gujarat



Medical Equipment (Retinal surgery set up) donated at Seva Rural, Jhagadia, Gujarat



Bags distributed to children of BPL families of Dugri and other areas of Ludhiana by Additional Deputy Commissioner, Ludhiana



Financial contribution of Rs. 5 Lacs to Bharat Vikas Parishad Artificial Limbs Centre, Rishi Nagar Ludhiana



Traffic barricades distributed to Punjab Agriculture University

Awards & Recognitions



Felicitation by Ms Suchita Oswal Jain (VC & JMD) to the runner ups of CII Quality Circles Competition National Finals



Maintenance Team won Platinum Award in 13th CII National POKA YOKE Competition, Vardhman Yarns, Satlapur



Certificate of World Record presented to Mr Neeraj Jain (JMD) from World Wide Book of Records for longest broom (250 ft.)



Prize Distribution by Mr Neeraj Jain (JMD) to P.A.C.E Trainers





PAT II Cycle Award, Vardhman Fabrics, Budhni



Safety Team won 21st National Annual Greentech Safety Excellence Award, Vardhman Fabrics, Budhni



Utility Mechanical Weaving Team won Jury Champion Award, Vardhman Fabrics, Budhni



Team Deepak won Gold Award in TQM & Kaizen at QCFI Delhi, Auro Textiles (Weaving), Baddi



The Special Coverage

The Journey of Inclusivity & Growth

Ms. Sanika Patil (Left) and Ms. Ritika Kashyap (Right). Ms. Sanika is from Maharashtra and Ms. Ritika hails from Pathankot, Punjab. After completing their respective education, they joined Vardhman in the year 2022. They were trained under the astute leadership and guidance of Vardhman's dynamic leaders. Currently, they are working as shift officers in the Preparatory Section, Auro Weaving Mills and handling shift responsibilities independently.

Vardhman's commitment to women empowerment, inclusivity, and equality is paving the way and setting a benchmark for others. A significant milestone in Vardhman's journey, the addition of female shift officers has brought about a glorious chapter in Auro Weaving Mills' book. This progressive step is a testament to Vardhman's unwavering dedication to its purpose.

We remain steadfast in our commitment to embracing diverse cultures and providing equal opportunities for all, regardless of caste, gender, region, class, ethnicity, and more. At Vardhman, we firmly believe that women empowerment is not merely an option, but an integral part of our way of life. We are confident that this belief will shape the future of work worldwide in the years to come.



Production Shift Officers

From the corner of the proud team members -



Ms. Ritika

"My experience at Vardhman has been incredible with a lot of challenges and learning which has helped me immensely in overall development. The people and culture are the true heart and soul of this organization. I am grateful for the opportunities that Vardhman has provided me, not just as an employee but as an individual with aspirations and dreams. I am hopeful to improve day by day and make a positive difference towards the common goal of the group. Thank you Vardhman!"



Ms. Sanika

"When I thought of joining a company so far from my home, I was worried about the different culture, different people, different conditions etc. But the care, behavior and treatment which I received in Vardhman turned those worries into happiness. Vardhman has given me the platform to rise and shine and made every possible effort to groom me as an individual. I am thankful to be a part of Vardhman Family."

Auro Weaving Mills

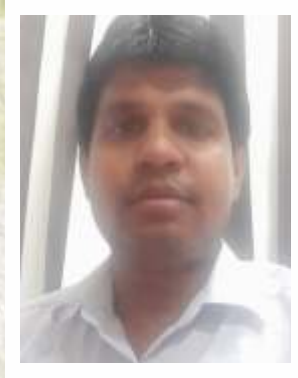
Welcome Aboard



Pramod Kumar Srivastava
Vice President,
Yarn Dyeing Production
Auro Textiles



Sanjeev Kumar
Manager,
Human Resources & Administration
Vardhman Special Steels



Sangram Kishore Swain
Senior Manager,
Processing (Production)
Vardhman Fabrics



Bhanu Prakash
Senior Manager,
Human Resources & Administration
Vardhman Special Steels



Deepak Kumar
Senior Manager,
HR & IR
Vardhman Fabrics



Sachin Sakhuja
Senior Vice President,
Commercial & Accounts
Vardhman Fabrics



Arvind Prashar
Assistant Manager,
Engineering
Vardhman Spinning & General Mills



Nitin Tyagi
Manager,
Corporate Affairs
Corporate Office



Anant Ram
Manager,
Human Resources & Administration
Vardhman Special Steels



Gaurab Sarkar
Vice President,
Quality Assurance (Spinning)
Arihant Spinning Mills

Welcome



Sri Aurobindo

Religion

The spiritual life (adhyātma-jīvana), the religious life (dharma-jīvana) and the ordinary human life of which morality is a part are three quite different things and one must know which one desires and not confuse the three together. The ordinary life is that of the average human consciousness separated from its own true self and from the Divine and led by the common habits of the mind, life and body which are the laws of the Ignorance. The religious life is a movement of the same ignorant human

consciousness, turning or trying to turn away from the earth towards the Divine, but as yet without knowledge and led by the dogmatic tenets and rules of some sect or creed which claims to have found the way out of the bonds of the earth-consciousness into some beatific Beyond. The religious life may be the first approach to the spiritual, but very often it is only a turning about in a round of rites, ceremonies and practices or set ideas and forms without any issue. The spiritual life, on the contrary, proceeds directly by a change of consciousness, a change from the ordinary consciousness, ignorant and separated from its true self and from God, to a greater consciousness in which one finds one's true being and comes first into direct and living contact and then into union with the Divine. For the spiritual seeker this change of consciousness is the one thing he seeks and nothing else matters.