



Sustainable Development





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Sustainability is an ever-evolving subject. There is no denying the fact that sustainability is here to stay, in the sense that it will never go away and would force us to consider the impact of our actions and decisions. Thus, we shall continue to learn, unlearn and relearn about the subject.

The concept of sustainable development has gained widespread acceptance as a strategic goal both for humans and organizations. But it is crucial to understand what needs to be sustained? It comprises of three limbs - Nature, Life Support Systems, and Community - as also intermediate categories for each i.e., Earth, Environment, and Culture. In early days, the emphasis was placed on the life support systems, which defined nature or environment as a source for the utilitarian life support of humankind. But today, everything revolves around sustainability. Similarly, we need to understand what all is to be developed? This would cover People, Economy, and Society. Earlier, the complete focus was on economic development, with organizations providing employment, desired consumption, and wealth creation. More recently, attention has shifted to human development, including an enhanced emphasis on goals, such as increased life expectancy, education, equity, and opportunity. Today, Sustainable Development has marked a further expansion with the widely used three pillars: Economic, Social and Environment.

Yet another significant question is, how can sustainability be attained? This is possible by using the strategy of 4s (Stop, Slow, Simple, Share) that will propel us towards sustainability and thus towards a future that is desirable for all.

In order to flourish sustainability, we need to Stop carrying out negative activities or actions harming the environment. Either we stop ourselves or the environment will stop us in its own ways. When we are driving too fast, it will be very difficult for us to see the scenes along the way. Slowing down allows us to progress towards a better world and a higher standard of living more gradually and sustainably. Striving towards excellence in sustainability doesn't needs to be very complicated. We need simplified procedures and optimal steps to conserve resources. Simple does not mean reduced quality, but rather sustained quality. As sustainability is a global issue, Sharing is inevitable. Sharing of information enables us to do right things, and sharing of responsibilities would help us to do things together. When we do right things together, we shall definitely shift towards a sustainable future, a future that we truly deserve.

This issue of 'We' covers a wide range of topics from energy conservation to waste management. Hope you will find it informative, inspiring, and motivating to make some changes in your life to help create a sustainable future for all of us.

We look forward to your suggestions and feedback, please write to us at corp.comml@vardhman.com



Parul Tolani Corp. Communications



FROM THE CHAIRMAN'S DESK

Dear Colleagues

The company that seeks to be sustainable should understand that 'sustainability' is an organization-wide goal that incorporates every aspect of business and its relationships. People, business and industry as well as environment in which they operate are interrelated and interconnected. Each and every part of the organization has a contribution to make in helping the company become sustainable.



A sustainable business is the one that is conscious of the social, environmental, and economic impacts associated with its current and future operations as also the ability of the business to meet its present day needs while ensuring the long-term survival. Taken together, a business's contribution to social justice, environmental quality, and economic prosperity is referred to as the triple bottom line. Rethinking the business in terms of its triple bottom line impact and performance (social, environmental, and economic) is critical in establishing the foundation for sustainable business. This requires a shift away from thinking of a business only in terms of its financial benefit to its shareholders. While profit is necessary for survival, the sustainable business covers a broader view of the business, its responsibilities, and its performance.

The performance of an organisation in terms of societal justice, often referred to as its social impact is the first indicator of sustainability. It means preserving future generations and recognizing that what we do can impact others and the world. The focus is completely on maintaining and enhancing social quality with cohesion, mutuality and justice as well as the obligation towards society. The social impact of company operations is considered both internally and externally to ensure that all operations throughout the supply chain are socially and ethically responsible.

The second aspect recognizes that sustainability is critical to the longevity of the planet, its inhabitants, and calls for companies to measure and manage the impact of their activities on natural resources. The unsustainable use and misuse of natural resources can eventually harm the organisation in terms of loss of people and business as also their economic

viability. Among the specific issues that need to be considered include environmental care, eco-efficiency, clean products, sustainable technology development, sustainable industry fields and eco-design. However, the Triple Bottom Line places environmental integrity side-by-side with profit seeking as the overall goal and purpose of the organization.

The economic impact of a company is the third aspect of sustainability. A sustainable business will consider its own economic impact on the communities in which it operates, such as job creation, impact on local wages, effect on real estate in close proximity to the business, tax flows, investment in disadvantaged areas, impact on public works and social service systems, and other indicators that the business has positively contributed to local economic growth. I believe, "Maintaining high and stable levels of economic growth is one of the key objectives of sustainable development. Abandoning economic growth is not an option. But sustainable development is more than just economic growth. The quality of growth is as crucial as also the quantity."

At Vardhman, Sustainability is an integral parameter of all the business decisions, from ethical sourcing of raw material to reducing, reusing and recycling waste; from reducing consumption of freshwater to rejuvenating its sources and from decoupling growth from black energy to eliminating hazardous chemicals. To further the cause and set higher sustainability benchmarks, we have developed a sustainability framework - PRO (Proactively Responsible Organization) to focus on a holistic, balanced and practical approach to address all three facets of sustainability - Environment, Social and Economic.

In line with the framework, the Group has taken major strides to proactively PROtect the environment. We have adopted a set of policies and practices to ensure that its operations are eco-friendly and sustainable. Some of the measures that the Group has taken include reducing its carbon footprint, investing in renewable energy, and promoting the use of recycled materials. Further, we have introduced stringent self-audits to enhance process efficiency.

An inclusive business strategy supports us in creating value for diverse stakeholders, to help them PROsper. The CSR initiatives at Vardhman, are concentrated towards the development of communities in the vicinity of our units. With an emphasis on Education, Healthcare, and Rural Development, we aim to empower these communities so as to make them self-sufficient.

To bring our sustainability full circle, we also focus on PROliferating the market with our green product portfolio. We are constantly focusing on products and processes, that have a minimal environmental footprint across all the operations.

While we continue our drive towards sustainable practices, we look forward to active engagement and participation of all our stakeholders to create a better world for the generations to come.

In the end, I would like to congratulate the team members who have picked up and contributed to this theme of We Magazine.

SPOSWAL

Chairman & Management Director

FROM THE VICE-CHAIRMAN'S DESK

Dear Colleagues

Humanity has faced various challenges throughout history, including wars, poverty, large-scale migrations, and pandemic outbreaks. Despite all the conflicts, we have managed to overcome the problems at hand and strengthen society all around the world. Climate change, on the other hand, is our new reality and might be one of the biggest problems that humanity will confront. Society is becoming more aware of and



vocal about the short- and long-term impacts of climate change on our lives, the lives of future generations, and the health of the planet. The consequences could be quite serious for the human species if these challenges are not accorded the highest priority and addressed individually and collectively.

Any Development shouldn't happen at the cost of our planet. We need to build a planet that our future generations will be proud to inherit. Thus, we should make conscious choices and place a strong emphasis on circularity, ethical fashion, ethical sourcing, greener methods, alternative energy, and environmental preservation.

At Vardhman, we see possibilities and opportunities in every challenge. We firmly believe that this dynamism, if channelized effectively, can lead to multi-faceted sustainable development. Sustainable development to us is much more than a principle of co-existence. And so, it becomes incumbent for us to work towards a future that is sustainable, fair, and inclusive.

In our pursuit for excellence, we continually strive to improve our performance. Our vision is to achieve rapid economic growth while protecting the environment and its resources and providing substantial socioeconomic benefit to all the stakeholders.

Our products and processes have been evolving to keep pace with the growing awareness and knowledge of our collective and individual impact on the planet. With an emphasis on

recyclable, and sustainable fibres & fabrics, our green portfolio is continually expanding. Today, each employee of ours is aware that creating a product of value, is so much more than just design, texture and colour. They are aware of the public's desire for businesses to show respect for both the environment and the communities in which they operate.

Since beginning, the synchronization of our strategic direction with the welfare of the communities we serve has prompted us to increase the scope of our business operations in ways that benefit everyone. We consider it to be development in the true sense.

Education and health care are two important building blocks that help accelerate the prosperity and

productivity of a community. For this reason, we are continuously focusing on modernizing schools and hospitals in several cities and villages around our operational areas. At the same time, we work with large groups of women from disadvantaged communities to help them broaden their horizons and provide them with springboards for personal and professional growth. All these initiatives help us building a solid foundation for a propitious society.

Last but not the least, I remain hopeful of seeing positive and lasting transformation of our vast human capital in every aspect of our endeavours. I extend my sincere thanks to all stakeholders, be they employees, executives, shareholders, customers, suppliers, relevant government agencies, the society, and communities, for their participation and support.

Suchita Oswal Jain

Vice-Chairman & Joint Managing Director

A magazine cover performs two important functions. One, the reader is drawn in and second, it gives a preview of what's inside. A lot of thought and research is placed into colors and patterns that go into creating a cover before it is designed.

The theme for this issue of 'We' is Sustainable Development. The 2030 Agenda for Sustainable Development provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries. The Sustainable Development Goals can be categorized into the five Ps to better assess the 17 goals.

Planet, Prosperity, Peace, People, and Partnership are the five SDG Pillars that are the subject of the cover's visual representation.

- The mountain, river, and plains reflect the Planet in its pristine form. To ensure that the world can continue to meet the demands of both the present and the future generations, one must be resolute in preventing its destruction through sustainable production and consumption practices, responsible management of its natural resources, and swift action on climate change.
- Prosperity for everyone can be achieved with economic activities and business enterprises which is represented by the factories. One should be committed to making sure that everyone can live happy, prosperous lives and that social, technological, and economic progress coexists peacefully with nature.
- The traditional image of the bird clutching an olive branch and conveying kindness symbolizes Peace. Everyone should be committed to promoting societies that are free from violence and fear. Without peace, there cannot be any sustainable development.
- People are shown by the respective icons. In order to ensure dignity, equality, and a healthy environment, everyone should be determined to putting an end to poverty and hunger in all of its manifestations.
- The handshake symbolizes Partnership. Everyone should be committed to mobilize the resources for carrying out this Agenda through a re-energized Global Partnership for Sustainable Development, built upon the spirit of reinforced global solidarity, with the participation of all nations, all stakeholders, and all people.

The inspiration behind this concept is the absolute necessity of Sustainable Development goals in all the facets of the ecosystem. The five pillars depicted on the cover demonstrate that sustainable future can only be achieved if all of the pillars are in harmony with one another.

We hope in the above backdrop you would appreciate the concept of cover page.



SUSTAINABILITY AWARENESS IN THE FASHION INDUSTRY

The 2030 agenda for sustainable development, which included 17 Sustainable Development Goals (SDG) for diverse industries, was endorsed by United Nations members in 2015. Out of these 17, the textile sector adopted five. These include Climate Action, Gender Equality, Responsible Production & Consumption, Clean Water & Sanitation, and Decent Work & Economic Growth. As a result of the establishment of numerous globally recognized standardization and autonomous accreditation, any company's sustainability may now be evaluated using these standards. Globally, textile firms are aggressively promoting pollution-reduction techniques and reducing emissions to slow down climate change.

At the same time, consumers are becoming more and more aware of the importance of sustainable practices and altering their choices accordingly. And so, the demand for sustainable fashion is rising quickly in India as the majority of people intentionally want to switch to eco-friendly options. With Delhi (42%), Kolkata (39%) and Bengaluru (32%) leading this trend, cities are taking the most proactive steps to reduce their carbon footprint and harm to the environment, while markets like Mumbai are gradually catching up.

Customers can decide on the brand, price, and style of apparels, while making purchases. But what if consumers also want to consider the environmental impact of the clothing items. How do we know which is the greener choice?

We need more information – a nudge in the right direction to help make better choices. A successful example of nudging is the familiar traffic light labelling system that provides nutritional information in food items at a glance. Red is a 'warning' to avoid consumption, yellow gives a 'pass', and green signals 'go for it'. Similarly, fashion industry could borrow the color code from the food industry: red for the highest environmental impact, green for the lowest, and apply it to four categories of impact: water use, energy use, biodegradability and recyclability.

Consumers are becoming more aware of supply chain practices in the fashion industry, which suggests that a change in our shopping habits may result in a change in the actions of the manufacturers. Moving towards green initiatives would not only allow fashion companies to stand out from the competition, but it would also benefit the industry as a whole as it holds a more responsible image.

More transparent information means that those who already want to make a sustainable choice will be able to do so. This labelling method may encourage people who are less environment conscious to choose more sustainable products.





Pritam Singh

SUSTAINABLE DEVELOPMENT: THE ROAD TO "OUR COMMON FUTURE"

(1)

Sustainability is a term which has rapidly moved from background to the forefront of businesses in the past few years and thankfully there is a global consensus amongst stakeholders that we have to act swiftly and responsibly to protect this planet and our future generations.

Every service we use comes at a cost to the planet Earth; from toilet paper to air travel, everything we do has an impact on the ecosystem. The overall impact is what we refer to as "climate change," which in simple language means the increased frequency of abnormal climate phenomena throughout the planet.

Initially, the phenomenon of climate change and unusual weather conditions was denied by all the global superpowers. Scientists had to spend years, if not decades, demonstrating the reality of climate change and related environment conditions. By that time, the state of our mother earth's natural resources had deteriorated, potentially leading to the extinction of up to 1 million species and a drop in 60% of the world's fisheries. As everything is considered to operate on the "cause and effect" principle, anthropogenic actions during the past century have led to abnormal climate occurrences like increasing sea levels, etc. It is estimated that our food production needs to double in the next 40 years, and that too when almost a quarter of land available has been degraded. Nearly 2/3rd of the population is expected to live in water-stressed areas by 2025. Therefore, the need for sustainable development today is more than ever.

Sustainable Development - Definition, Core Element & Major Developments

Sustainable development has several definitions but the most widely accepted one was given in Brundtland commission report titled "Our Common Future" as -Development which meets the needs of the present without compromising the ability of future generations to meet their own needs.

Sustainable development calls for concerted efforts for building an inclusive and resilient future which our future generations and the planet truly deserves. There have been numerous global forums where these issues are discussed, such as Stockholm Conference 1972, and the Earth Summit 1992.

Many conventions and protocols have been ratified in the last 4-5 decades. Some of the popular ones include Kyoto Protocol for emission reduction, the Ramsar convention to protect wetlands, United Nations Environment Program, United Nations Framework Convention for Climate Change (UNFCCC). It is under UNFCCC that the Conference of Parties (COP) is held every year.

It was in COP 24 that the global stakeholders agreed to replace the earlier agreement to deal with climate change (Kyoto Protocol) and the agreement came to be known as the Paris agreement under which parties to UNFCCC agreed to strive to limit the rise in global warming to well under 2 degrees Celsius, over pre-industrial levels by 2100. The largest emitter of greenhouse gases, i.e., the United States of America recently pulled out of the Paris agreement.

Sustainable development has three core elements -Environmental Protection, Economic Growth and Social Inclusion. Environment Protection basically deals with rational use of natural resources so that they are protected and prevent nature from being used as an inexhaustible resource. Various aspects such as renewable energy, water conservation, low-emission product use, and soil conservation contribute to environmental protection. On the other hand, Economic growth in sustainable development has a larger meaning than just economic development and global per capita income. It promotes equality in economic growth so that the wealth generated from the natural resources is distributed amongst all since being powerful, influential and wealthy does not necessarily mean that one owns the natural resources. The planet and its natural resources belong to everyone irrespective of economic status and any other such factor. Social sustainability focuses on the development of people, communities and culture to help achieve a respectable quality of life. It also emphasizes gender equality, social justice, and equally good healthcare for all across the globe.

In 2015, the United Nations gave 17 Sustainable Development Goals (SDG) to be achieved by 2030 which was agreed upon by all 193 member countries.



India's Perspective-Progress & Roadblocks

Since the announcement of the Sustainable Development Goals, the Central and State governments have been the subject of intense scrutiny, and numerous departments at various levels of the government are required to report on their progress on a monthly, quarterly, half-yearly, and annual basis to various heads of state and the Prime Minister.

NITI Aayog serves as the apex public policy think tank of the Government of India and takes the responsibility of responsible monitoring and publishing results. It launched its first SDG index in 2018 to monitor the country's progress on the goals through data-driven assessment. The results are published on a live dashboard on the Aayog's website. These kinds of initiatives have two goals: one is to oversee the SDG's adoption and monitoring across the nation, and the other is to promote cooperative federalism among different states and UTs.

The nation's overall SDG score increased in 2020-21 from 60 to 66, an increase of 6 points. India made substantial progress toward the SDGs for sustainable energy, urban development, and health care in 2020-21. State-wise, Kerala maintained its top spot with a score of 75, followed by Tamil Nadu and Himachal Pradesh, both of which scored 72, while Bihar, Jharkhand, and Assam had the lowest scores. The states that have improved the most are Mizoram and Haryana.

There are of course, numerous challenges that rest ahead of us at every step to a 'sustainable future'. Lack of accountability and shifting responsibility are the top reasons to blame. None of the giant economies which are developed at the expense of global warming admit to mitigate their chunk of historical emissions of the last century. Instead, at any global platform, decisions are taken and joint statements are released which are arbitrary in nature and do not address the global problems. For example, developed nations like USA and UK have historically relied on coal and other fossil fuels to power their economies. However, today, they emphasize and advocate for limiting coal use, which largely drives the economy of developing countries like India and China. The developing countries, therefore, question the intent of such declarations and why they should cut emissions when an average citizen of India emits nearly one-seventh of waste and emissions compared to a citizen of the United States of America. Such arguments leave the planet earth 'orphan' and countries with their vested interests become so near-sighted that they forget the agenda of the future of the planet and survival of the future generations which are the fundamentals of sustainable development.

Another major challenge is the economic disparity between the global north and south and the denial of the global north which in fact has the most significant contribution to the historical emissions to fund the climate change resilience of the global south. For example, the 'North' world has just over 20% of the world's population but consumes 80% of the world's energy; on the other hand, the 'South', comprising the developing nations of the world is still struggling to provide for the basic needs for its population.

Way Forward

The recent Conference of Parties- COP27 held in Sharm el Sheikh, Egypt has taken certain welcome steps to address the major challenge of funding the climate change resilience & mitigation movement by creating a "Loss & Damage" fund. Only after two regional governments-Scotland in the UK and Wallonia in Belgium-broke with their national governments' positions and offered the first financial contributions for losses caused by climate impacts, creating peer pressure for other industrialized nations.

Although the developed countries are yet to fulfil their promise to mobilize 100 billion dollars by 2020 towards climate change mitigation, COP 27 final agreement has put a number to the mitigation movement at 4 trillion USD till 2030 and 4-6 trillion USD per year till 2050 for transition to a low carbon global economy. There is still no clarity on how the funds shall be collected and who shall contribute to what extent.

The approach to saving the planet and the road to "Our Common Future" should be pragmatic as well as balanced and should consider all the three pillars of sustainable development i.e. environmental, social and economic sustainability. Any country's vested interests should not overpower the global objective to save the planet and the developed nations have to understand their responsibility towards funding the global south which even now, is struggling to merely fund its development.

Developed countries need to change their production and consumption patterns, including limiting the use of fossil fuels and plastics, and should encourage public and private investments that align with the SDGs. The emerging nations should now comprehend that that blaming historical wrongs committed by others does not give them permission to commit the same error and avoid facing unpleasant realities.

Only when the approach is balanced, mutual understanding prevails amongst all the stakeholders and only then should we be able to stand before our future generations and claim that we have done what could be done for their and the planet's survival and achieve the goal of a safe, healthy and prosperous - "Our Common Future"



Aditya Kanwar CORP-EHS



Inauguration of HR & IR Department by Ms Sagarika Jain (ED) at Vardhman Fabrics, Budhni



Inauguration of Reception, Anant Spinning Mills, Mandideep



Inauguration of Ring Frame Machine, Arisht Spinning Mills, Baddi



Inauguration of Stenter Machine by Ms. Sagrika Jain (ED) at Auro Textiles (Processing), Baddi



Inauguration of new marketing bulding by Ms Sagarika Jain(ED) at Auro Textiles, Baddi





Inauguration of Unit 8 by Mr Neeraj Jain (JMD) at Vardhman Yarns, Satlapur



Inauguration of Warping Machine, Auro Weaving Mills, Baddi



US Delegates visit to Vardhman Yarns, Satlapur



Visit by Mr Sachit Jain (VC, VSSL) and Senior AICHI Team to Miyawaki Site



Mr Mukesh Bansal (Head, Fabric Marketing) shared an Indian Mill perspective on Sustainability at a Global Meet in Jakarta, Indonesia

Where did this soft, white or off-white, handloom cotton cloth with gold-threaded borders originate?

B) West Bengal

A) Kerala

*Answers on Pg 27

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BUILDING A SUSTAINABLE ORGANIZATION

The 21st century places a significant emphasis on sustainability. Companies are aiming to achieve sustainability by creating an adaptable business model, lowering carbon emissions, and limiting waste. However, Businesses must develop and adhere to a plan for achieving sustainability. The experts have suggested following steps that leaders can take to ensure that their company attains sustainability.

- The ruling question is: If sustainability is your goal, what does it entail for your organization? Is it social, environmental, governance, economic etc.? A sustainability assessment is one of the techniques to understand your starting point and decide on the area you want to concentrate on. Agreeably, you can't accomplish everything at once, but you can keep moving forward in the direction of achieving yourgoals.
- All companies that experience long-term success and profitability depend on effective communication. A critical element in ensuring sustainability is developing inclusive communication protocols and practices among your human capital, one of the six capitals of sustainability.
- The best way to ensure that a company is moving in the right direction is continually seeking feedback. Take advantage of every opportunity to find out what is working, what can be improved upon, and what is not working in order to make "course corrections," which may, in some cases, mean opting to abandon a project.
- Lastly, assess and develop the culture of the organization.
 An effective organizational culture more often avoids common pitfalls and increases engagement, satisfaction,



- A company should have a complete focus on adding new customers and retaining old customers. Customers are the key stakeholders of the business to keep going and make a real impact. In order to continuously attract customers, one must not only create a highly valuable and differentiated product but also keep innovating and serve existing clients extremely well.
- Pay close attention to each of your costs, credits, and margins. Examine and analyze your performance month after month. What is changed and what could be improved? Make notes and jot down fresh ideas for how to improve productivity and streamline your production process.

productivity, and profitability over time. The organization's operations, workplace and workforce leverage the trust, credibility, accountability, realizing effectiveness in solving problems and achieving goals.



Sagar Gangwal Auro Textiles

A TES

SUSTAINABLE FUTURE THROUGH SCP

Sustainable Consumption and Production (known as SCP) is about doing more and better with less. It is also about decoupling economic growth from environmental degradation, increasing resource efficiency and promoting sustainable lifestyles. We are currently consuming more resources than ever, exceeding the planet's capacity for generation. In the meantime, waste and pollution grows, and the gap between rich and poor is widening. Health, education, equity and empowerment are all adversely affected.

SCP is a holistic approach and is about systemic change. It is built around three main objectives:

■ Doing more and better with less, increasing net welfare gains from economic activities by reducing resource use, degradation and pollution along the whole life cycle. 'More' is delivered in terms of goods and services, with 'less' impact in terms of resource use, environmental degradation, waste and pollution.

■ Applying life-cycle thinking which is about increasing the sustainable management of resources and achieving resource efficiency along both production and consumption phases of the lifecycle, including resource extraction, the production of intermediate & final inputs, waste disposal and re-use of products and services.

SCP assists in eradicating poverty and achieving the UN Millennium Development Goals (MDGs). SCP presents potential for developing nations, including the development of new markets, decent jobs and improved resource management. It is an opportunity to "leapfrog" to more resource efficient, environmentally sound and competitive technologies, bypassing the inefficient, polluting, and ultimately costly phases of development followed by most developed countries.

Achieving sustainable patterns of consumption and production is critical if we are to overcome the triple planetary crises of climate change, biodiversity loss, pollution δ waste. This requires a fundamental transformation in our economies and societies – the one, that puts human wellbeing and the ability for all people to thrive as its main objective, and is underpinned by resource-efficient, low-carbon, non-polluting consumption and production patterns.





Arminder Singh Auro Textiles

THE ORIGIN & EVOLUTION OF SUSTAINABLE DEVELOPMENT

Natural Resources are free of cost,
But they are depleting soon and getting lost,
We must understand without them life will be frost,
To avoid so, Sustainable Development need to be taught,
Let's make Sustainable Development learning by default.

What is Sustainable Development?

Sustainable Development is a hypotenuse which connects the tip of perpendicular (Economic stability) and base (Environmental stability). In simple terms, it is development that meets the needs of the present, without compromising the ability of future generations to meet their own needs. All too often, development is driven by one particular need, without considering the wider impact on future. We are already seeing the kind of damage it is doing to our economy, be it large-scale financial crisis caused by irresponsible banking or changes in global climate resulting from our dependence on fossil fuels. It is high time for us to take sustainable development seriously, the longer we take the threatening its effect will be.

How did Sustainable Development come into existence?

The idea of sustainable development achieved its first

significant international recognition in 1972 at the UN Conference on the Human Environment held in Stockholm. Although the phrase was not used directly, the international community accepted the idea that development and the environment, which had previously been seen as separate issues, could be managed in a way that is mutually beneficial.

In 1987, the World Commission on Environment and Development (WCED), which had been set up in 1983, published a report entitled "Our common future". The document came to be known as the Brundtland Report which included the 'classic' definition of sustainable development, "development which meets the needs of the present without compromising the ability of future generations to meet their own needs". The remit of the Brundtland Report was to investigate the numerous concerns that had been raised in previous decades, namely, that human activity was having severe and negative impacts on the planet, and that

patterns of growth and development would be unsustainable if they continued unchecked.

The 1992 Rio de Janeiro United Nations Conference on Environment and Development was formed on the basis of sustainable development. The conference was the initial global effort to formulate action plans and strategies for shifting toward a more sustainable pattern of growth. It was attended by more than 100 Heads of State and representatives from 178 national governments were present. It was not until the Rio

Summit, however, that major world leaders recognized sustainable development as the major challenge it remains today.

Then the World Summit on Sustainable Development was held in Johannesburg in 2002, attended by 191 national governments, UN agencies, multilateral financial institutions and other major groups to assess progress since Rio. The Johannesburg Summit delivered three key outcomes: a political declaration, the Johannesburg Plan of Implementation, and a range of partnership initiatives. Key commitments included those on sustainable consumption & production, water & sanitation, and energy.

The concept of SD has gradually evolved from the initial vague definition to a global action and has contained increasing practical wisdom. Initially, idea of Sustainability Development was against ecological disaster that consequences to the extreme commercial exploitation of sources and the deterioration of the environment. But, today the idea has been extended and is working according to the viewpoint comprising social, economic and environmental sustainability. In addition, considering local cultural factors, improving governance capacity and focus more on life support systems are considered as important factors to promote sustainable development.





Bhawna Kapil Auro Textiles

Category 5

TEXTILE MAESTRO



Winner Mr. S P Oswal, Textile Maestro (Pic courtesy: Vardhman Group Website)

Under this Category

Mr. S P Oswal, Chairman & Group of Companies is acc be a single person in the marvelous work done by th perfectly sync's with the leg most prestigious award government of India in 2010 f trade and industry, Enlisted am Udyog Ratna by Ph.D. Chambe in 2005 and Lakshya Busines

National Institute of Industrial Engineering in 2019, the India ITME So for the society would like to humbly recognize the stalwart w appreciation. He is a true industrialist for our textile industry. A gold n he has provided guidance and vision that has seen the empire of tex contribution that has strengthen the spinning industry of India. He is behind the establishment of the Ludhiana Stock Exchange in 1983.

Apart from leading the Vardhman Group into a position of prominen milieu, his tremendous dedication to social initiatives has helped in t Village adoption programs in the state of Punjab, Sri Aurobindo Co management are a few of his social programs that have levitated the so developed skilled knowledgeable youths for generations.

ITME Society has accoladed Shri S P Oswal, (Chairman & Managing Director) with the award of 'Textile Maestro' for his contribution towards strengthening the textile industry in India.

Business Today (India Today Group) has featured Ms Suchita Oswal Jain (VC and JMD) in its Dec.'22 special issue-BT500 India's most valuable companies



Ms Suchita Jain(VC & JMD) collected the same on his behalf



Vardhman Textiles received 'Factory of the Future 2022' Award by Economic Times Promising Plant 2022 held at Pune



5S Week, VSGM, Ludhiana



Pillar Training, Vardhman Fabrics, Budhni



Meditation Session, Corporate Office, Ludhiana



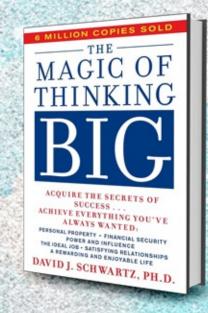
5S Training, Auro Textiles, Baddi



KAIZEN Ceremony, VAL, Gujarat

The Magic of Thinking Big - David J Schwartz

The Magic of Thinking Big gives you useful methods, not empty promises. Dr Schwartz presents a carefully designed program for getting the most out of your job, your marriage and family life, and your community. He proves that you don't need to be an intellectual or have innate talent to attain great success and satisfaction, but you do need to learn and understand the habit of thinking and behaving in ways that will get you there.



INDEPENDENCE DAY



Anant Spinning Mills, Mandideep



Auro Weaving Mills, Baddi



Har Ghar Tiranga, Auro Textiles (Processing), Baddi



Har Ghar Tiranga, VAL, Gujarat

DIWALI



Arihant Spinning Mills, Malerkotla



Corporate Office, Ludhiana



Vardhman Apparels, Ludhiana



Vardhman Yarns, Satlapur

OTHER CELEBRATIONS



Diwali Mela, VSS, Ludhiana



Durga Pooja, Auro Textiles, Baddi



Ganesh Utsav, Vardhman Fabrics, Budhni



Janmashtmi, VSGM, Ludhiana



Raksha Bandhan, Auro Textiles(Printing), Baddi

TEEJ



Arisht Spinning Mills, Baddi



VSM, Baddi

ANATOMY OF SUSTAINABLE DEVELOPMENT: THE ESSENCE, ATTRIBUTES & ASPECTS

Of late, like many other words, the coinage 'Sustainable Development" has become a buzzword. This phrase is overused on the internet, in management books, and on media platforms. People have discussed it from various perspectives, including its definition, necessity, relevance, and applicability in organizations and states/countries. In my opinion, the need for sustainability has become more pervasive than ever before, and it will become even more critical in the future because:

- The aspirations of people have gone high
- The gap between living and livelihood has become worse
- We are proud of (actually victims of) exorbitant greed of ours

The simple definition what I understand of sustainable development is as under:

- The efforts and measures we undertake for improvement /development must sustain in the long term. But efforts have to be sincere and logical.
- The mean and the end, both are important for sustainable It is important to educate and inspire the entire workforce. development. Human angle and dignity must be kept in mind.
- It includes not only the mankind but the animals and nature. It transcends beyond the boundaries of a country.

In the past, people used to think about it in their own way, perhaps not in the name of sustainable development. Here, I would like to mention few examples from my childhood days:

- When I received scholarships in class IV and VIII, my grandmother, who never went to school, advised me to keep it up until university. For sure, that would require a comprehensive strategy, new thinking, and lots of hard work. It is difficult to achieve something, but it is even more difficult to maintain it.
- Locals used to warn that using too much pesticide was dangerous. It also kills beneficial insects. Chemical fertilizer can never replace cow dung; it increases output at the expense of product taste, human health, and soil fertility. All this at a time, when they knew nothing about ecosystems or organic products.

aspects that are related to Sustainable Development. Nowadays, it encompasses the entire ecosystem, the environment (carbon emissions, renewable energy, waste recycling, plastic usage, and so on), an inclusive approach to humans, harmony among all, gender equality, and most importantly, the preservation of the planet. The goal is to 'live and let live' with dignity and peace for years to come, while also offering future generations a better tomorrow.

Let us discuss about sustainability in the organizations. Every organization is now aware of the importance of sustainable development. Good organizations do their best, but market compulsion and competition frequently prevents them from following the goals of sustainable development. They avoid it or ignore it due to lack of funds, infrastructure, knowledge pool, and so on. To achieve sustainable development, a concrete and cohesive strategy is required, which is not easy in the current circumstances. The government should promote sustainable development and assist organizations and individuals in adopting it. Following points are noteworthy for an organization:

- Strong will and honest approach are needed.
- Normally, we fall in trap of temptation for short-term gain and promote temporary measures. Short term gain at the cost of long-term harm is a big 'No'.
- New approach and out of box thinking is the need of the hour.
- Sustainable Development should not be limited to audit compliance only, it is far beyond that, as it is a day-in and dayout effort.
- Data has its own importance for monitoring and reviewing but inaccurate interpretation or analysis of data may do more damage than the benefit.
- Sustainable development must be in the DNA of the Organization. Organization must regard it as a core value.
- There is a thin line between development and conservation, so there must be proper planning with continuous checks.
- Organizations must adopt good practices from other industries with an open mind and rational thinking.

Sustainable development necessitates a true spirit, a positive mindset, and a serving attitude. The key to long-term development is a universally humane, constructive, and consistent approach. If we do not prioritize sustainable development, the world/planet will die prematurely, and we will have to pay a heavy price.



In olden days, people had no idea about climate change but they used to be surprised for prolong summer season with mercury rising up, untimely rainfall, and

> These are some examples and

drought etc.



Samir Kumar Mandal Vardhman Yarns

SOCIAL SUSTAINABILITY AT WORKPLACE

When people are financially invested, they want a return, When people are emotionally invested, they want to contribute. -Simon Sinek

Sustainable development was first proposed in 1987 and has become the most popular attribute of development in the last decade. This is due to the world's long-term assurance in the form of 17 global goals. Social sustainability is essential for long-term development because it measures people's well-being and social engagement within an organization and in the community. Social sustainability is the process of creating a sustainable environment that promotes well-being and health through an integrated approach. Indeed, employees' long-term well-being as a result of conducive work environment, positive work attitude, and behavior plays an important role in achieving the Sustainable Development Goals (SDGs). Employee well-being is influenced directly by good health (SDG-3), decent work and economic growth (SDG-8), and gender equality (SDG-5).

Why Social Sustainability is important?

It is important for the organizations to practice social sustainability for many reasons, including:

- Social sustainability improves employee morale, resulting in a more productive and engaged workforce. Consumers are more concerned about the social impact of the companies they choose to support. They are more interested to work with a company that prioritizes employee well-being compared to the one that does not.
- 2. Prioritizing worker well-being aids in the prevention of supply chain disruptions. Proper training, a living wage, and safe working conditions reduce the likelihood of product defects and staff shortages.
- 3. Companies that ignore social sustainability are more likely to produce inferior products or make costly errors that will harm their long-term economic growth. For example, a shipping

company requires its truck drivers to work unreasonably long hours without rest. This decision increases the likelihood of a sleepy driver causing a costly accident that results in employee and/or civilian casualties, destroyed goods, and decreased sales as a result of negative publicity.

4. Organizations often ignore the social aspect of sustainability in comparison to economic and environmental concerns. Addressing economic and environmental concerns without first establishing social capital and prioritizing basic human needs can cause a company to fall short of its full positive potential.

Social sustainability is here to stay. It may not always be as clearly defined as environmental sustainability, but it is equally important. Continue to ponder what it means to you and your stakeholders: Work to create a shared understanding of social sustainability priorities and how to make them a reality.

Remember that sustainability is about continuous improvement. Social sustainability, like environmental sustainability, has no endpoint. We can get there if we keep working together.





BIRTHDAY BASH



Auro Textiles (Printing), Baddi



Auro Textiles (Yarn Dyeing), Baddi



Auro Weaving Mills, Baddi



VAL, Gujarat



VSM, Baddi



SPORTS & RECREATION



Cycle Race, VSM, Baddi



International Yoga Day, VSS, Ludhiana



Sports Meet, Vardhman Apparels, Ludhiana



Cricket Prize distribution by Mr Neeraj Jain (JMD), Arihant Spinning Mills, Malerkotla



Sur Sangam, Corporate Office, Ludhiana



Team 'Maintenance' won Volleyball Final, Auro Textiles(Processing), Baddi



SDG'S RELEVANT TO TEXTILE INDUSTRY

"I do not wish to seem over dramatic, but I can only conclude from the Information that is available to me as Secretary-General, that the Members of the United Nations have perhaps ten years left in which to subordinate their ancient quarrels and launch a global partnership to curb the arms race, to improve the human environment, to defuse the population explosion, and to supply the required momentum to development efforts. If such a global partnership Is not forged within the next decade, then I very much fear that the problems I have mentioned will have reached such staggering proportions that they will be beyond our capacity to control."

U THANT, 1969 Secretary-General (UN)

The problems mentioned above - the arms race, environmental degradation, population growth, and economic stagnation - are frequently cited as the central, long-term problems of the modern world. Many people believe that the speed and effectiveness with which the world responds to these issues will determine the future course of human society, and possibly even its survival. Despite this, only a small percentage of the world's population is actively engaged in understanding these issues and seeking solutions. Here comes the concept of Sustainable Development, which means meeting the needs of the current generation without jeopardizing the quality of the environment for future generations.

Social, economic, and environmental sustainability are three interconnected factors that are frequently used to describe sustainability. These three types of sustainability are often referred to as the "three pillars of sustainability." The three pillars of sustainability are people or social, profit or economics and planet or environment.

Let's Understand this clearly with the story of the "The Magical Pot"



A poor man named Ravi discovered a mystical pot left behind by his ancestors with one hundred gold coins. The magical pot had the oddity of receiving two additional coins every night.

"Once I am empty - never get filled again," was inscribed over the pot.

Ravi was very happy, as it was more than sufficient for his livelihood. He spent one penny per day to manage all of his needs. But as is typical for everyone, once a need is met, the wants develop which turn into greed. Soon, Ravi's necessities evolved into wants, and he spent two coins each day to satisfy them. The pot holds enough coins to control the level. Ravi forgot the words that were inscribed on the pot and spent three coins a day.

Question 1: How long can Ravi sustain his splendorous life?

Question 2: What strategy is to be made by Ravi to sustain his present life? What changes are necessary to sustain?

Question 3: Is it not the responsibility of Ravi to pass the pot to his child as his ancestor's dose?

The story explains the theme of the topic under discussion "The Sustainable Development" and concludes three main aspects:

People: Ravi & his Ancestors/behavior / need / want/greed

Profit: Gold Coins/additional two new coins

Planet: The Magical Pot

The people around us are bound to survive below the poverty line. If the current situation of population does not return to normal then it will be tough for the economy to sustain.

The 17 SDG goals are aimed at preserving or restoring life on Earth. These objectives talk about finding new and creative ways to maintain the global economy. Textile Industry can offer much to all the SDGs, but is strategically placed to impact a few essential functions. The industry can have the direct impact on the following SDGs:

SDG 1: No Poverty

Textile industry is a labor-intensive industry, where more unskilled manpower can be engaged. Even if the industry's margins are low, it has the potential to raise more individuals overthe poverty line.

SDG 5: Gender Equality

According to a study report of Deloitte, more than 75% of textile workers worldwide are women, therefore supporting SDG 5 is a priority for the industry. It is approximately 50% in Indian context. Many states are changing their labor laws to

favor women and provide them an equal chance.

SDG 6: Clean Water and Sanitation

Given that the entire industry uses a significant amount of water, the textile industry should focus on improving clean water usage. All parties involved in the textile value chain should apply cutting-edge strategies to conserve water, repurpose water, and replenish water supplies, including agriculture, which often uses a significant amount of water.

SDG 7: Affordable and Clean Energy

The need for clean energy solutions has long been recognized by the textile industry. The industries have continued to support the Paris Agreement and other programs like the PAT Assessment. Within their value chains, businesses have also backed renewable energy measures.

SDG 8: Decent Work and Economic Growth

Promote sustained, inclusive, and sustainable economic growth; full and productive employment; and decent workplace for all. Labour markets are about people and people have all right to be treated with dignity and respect.

"Nearly one billion women and men, a third of the world's workforce, are either unemployed or unable to earn enough to keep themselves out of extreme poverty. There are 100 million new entrants into the labor market each year. (Source: ILO official site)

SDG9: Industry, Innovation and Infrastructure

Build resilient infrastructure, promote inclusive and sustainable industrialization, and foster innovation. This SDG encompasses three important aspects of sustainable development: infrastructure, industrialization and innovation. Infrastructure provides the basic physical systems and structures essential to the operation of a society or enterprise. Industrialization drives economic growth, creates job opportunities and thereby reduces income poverty. Innovation advances the technological capabilities of industrial sectors and prompts the development of new skills.

SDG 10: Reduced Inequality

The industry can better promote this goal by implementing strategies and methods that assure human rights are guarded,

fair wages are given, and unfair habits (like child labour) are eliminated.

SDG 12: Responsible Consumption and Production

Sustainable consumption and production aim at "doing more and better with less", increasing net welfare gains from economic activities by reducing resource use, degradation and pollution along the whole lifecycle, while increasing quality of life.

SDG 15: Life on Land

To protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss. Preserving diverse forms of life on land requires targeted efforts to protect, restore and promote the conservation and sustainable use of terrestrial and other ecosystems.

Conclusion:

How far can you go on the path of imagining the possible?

The journey of Sustainable Development cannot be travelled alone. We can only prosper as a team and thus cooperation between all the parties is mandatory to work towards a common goal ie., Sustainable Development Goals. There are several areas of the SDGs where we as individuals may have a greater impact because every change occurs at the atomic level. And keep in mind that life isn't just about how much we breathe in (receive the things), it's also about how much we breathe out (give the things up).



Ravi Saha Anant Spinning Mills

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TRANSITION TO RENEWABLE ENERGY

One of the most crucial factors in the textile business is Energy because it is used extensively throughout the supply chain, and the industry is said to be one of the large energy consumers. As greenhouse gas emissions are produced by any energy intensive industry, the textile industry too needs to enhance the renewable energy content so as to minimize the carbon footprint, get off of fossil fuels as much as possible, and move towards a more sustainable future.

The International programs like RE100, founded by 'The Climate Group' are encouraging companies to switch to 100% renewable energy. RE100 is the global corporate renewable energy initiative bringing together the large and ambitious businesses committed to 100% renewable sources.

Benefits of Moving Towards Renewable Energy

- Over the past decade or so, the cost of renewable energy sources, such as wind and solar has significantly declined. Renewable energy is also a carbon-neutral energy source.
- Nowadays, consumers deliberately select brands that uphold higher ethical and environmental standards. Therefore, converting to renewable energy is a crucial way for businesses to demonstrate that they are responsive to client needs and that they are doing their part to protect the environment.
- There are no emissions produced by electricity produced from renewable resources like solar, wind energy, & Hydro Power.

- By turning to RE, the cost of energy will decrease, resulting in lower production costs. Lower cost can then be passed on to customers, thus gaining competitive advantage.
- Companies can determine the processes and equipment that use higher energy by monitoring energy consumption. The old and inefficient machinery and equipment can be replaced with more modern and energy-efficient ones.

Barriers to Renewable energy in the Textile Industry

Being capital-intensive, RE initiatives are relatively easier to implement by the developed nations such as US and Europe. The magnitude of this shift is therefore lower in the developing world. Further, the adoption of renewable energy sources is impeded in nations where subsidies for fossil fuels and statutory restrictions are in existence.

In India, the states like Rajasthan, Karnataka, Gujrat, Tamil Nadu, AP have come up with large RE power projects and these States are selling RE power in the open market. However, industries in the states like Punjab, Haryana, HP, Bihar are facing regulatory challenges to get the RE power through open access route.

Conclusion

Transitioning to renewable energy is one of the thrust areas for the textile industry. Despite the obstacles, global transition is taking place though at a slower pace. Developing nations need to ease out the legal framework for renewable energy projects.

 Vardhman Group has always believed in the power of future vision for sustainable development and long-term actions for all resources whether it is energy or raw material.

- The Group is in close discussion with consultants & RE developers for enhancing its Renewable Energy footprint.
- Vardhman is currently generating around 255 Lakh kWh of solar energy annually from its 15.3 MW solar power plant which helps to reduce 20145 Co2e(Tonne).
- The Group has further planned to install 17.1 MW of Hybrid (Solar δ Wind) plant which is expected to generate approx. 792 Lakh kWh of energy per annum helping to reduce GHG emissions.



VARDHMAN'S COMMITMENT TO SUSTAINABILITY



Ms Suchita Jain (Vice Chairman and Joint Managing Director) shares the Vardhman Sustainability initiatives in Business Today July 10, 2022 edition. At Vardhman, It has been our consistent endeavour, for over five decades, to enhance the positive impact of our textile operations as much as possible. Sustainability is not a fad for us. Instead, it is an ongoing journey toward holistic excellence, and the sustainability mindset is deeply embedded across our organization from the boardroom to the shop floor.

The company wishes to remain at the forefront of sustainability and actively contribute to creating the future we desire. To direct our sustainability actions and accomplish our Sustainable Development Goals, we have identified 10 SDGs, covering



Water

Reduce consumption of freshwater and rejuvenate sources

Decouple growth from energy



consumption and shift to greener sources



GHG Emissions

Mininlize emissions and contribute to mitigation of climate change

Waste

Minimize, reduce and upcycle waste to reduce the burden on landfill





- STP's are installed for the treatment of domestic sewage. The treated STP water is reused in process, gardening and flushing
- We have registered in Perform, Achieve & Trade (PAT) scheme and are working on reducing our specific energy consumption. Our 8 units are registered under PAT
- Through the use of CHEM-IQSM, we were able to identify and remove potentially dangerous and harmful substances from our production process. We are also registered on the ZDHC InCheck and Gateway
- To promote digital education, Sri Aurobindo College of Commerce & Management, Ludhiana and Sri Aurobindo Public School, Baddi, HP are equipped with smart classroom equipment
- The Group Units hold the certifications for Environment protection, safety and employee wellbeing programs viz; ISO -14001:2015 Environment Management System and ISO 45001:2018 Occupational Health and Safety (OH&S) Management System
- The Group sources three main types of cotton which includes organic, BCI, and recycled cotton. We buy organic cotton only from accredited farm organizations that have a valid scope certificate



Raw material

Enhance traceability and use of ethically & sustainably sourced raw material

People

Work conditions that inspire productivity and training programs that accelerate holistic development





Community

Empovler the marginalized by mainstreaming them in the formal economy

Chemicals

Eliminate hazardous chemicals from all processes and adopt green chemistry





Collaboration

Leverage access and competencies to help custonlers reach their sustainability goals

Product

Responsible fashion and transition to a circular economy



DRIVES & INITIATIVES

MOTIVATIONAL DRIVE



Arisht Spinning Mills, Baddi



Auro Textiles (Processing), Baddi



Auro Weaving Mills, Baddi



Best Suggestion Award, Auro Textiles, Baddi



Best Award in 'Respect for All' Competition, Arihant Spinning Mills, Malerkotla



Happy Feet Drive, Auro Spinning Mills, Baddi

SOME INTERESTING FACTS

There are multiple reasons why we feel comfortable wearing a cotton dress but did you know that cotton was not made overnight? The oldest cotton threads in India date back to circa 4000 BC. This was preserved for more than 6000 years and this is a historical fact of India.

 Cotton remains the king of natural fibers, selling more than any other fabric worldwide and Flax is one of the strongest natural fibers ever discovered.



- In the world of Indian Handloom Fabric, indigo happens to be one of the oldest dyes, that was made with plants. In India, blue indigo is the most prized possession, since India is a home of Indigofera Tinctoria plant that produces an enormous amount of blue dye.
- Khadi is not a new textile but it came into existence during the British era. The fabric holds utmost importance since it was Mahatma Gandhi who made Khadi a way of living. As years passed, Khadi became even popular. As a fact, two khadi fabrics can never look alike, even if they are of the same color. This is what makes it exclusive, creating a distinct style, just for you.
- Microfiber is the thinnest of all man-made fibres, even finer than silk. It is 100 times finer than human hair.
- Did you know that some of our clothes can take up to 200 years to decompose? It depends what material they are made out of. For example, a cotton t-shirt takes a few months. However, if you add polyester to the mix then it can take up to 200 years.
- 95% of textiles can be recycled. Every year, we continue to throw away our old textiles, even though almost all of them can be recycled! This means that there is an alternative to landfill waste.
- Textiles can be repurposed into a number of things, including sports fields, pillow stuffing, and paper money. When you recycle your clothing, it's possible they might go straight to a new owner without any alteration. It's also possible, however, that they might be repurposed into a plethora of everyday items. Whether the textile fibers are turned into carpet padding, baseball filling or jewelry box lining, you never know where your recycled clothes might end up.



1. C, 2. B, 3. C, 4. D, 5. C, 6. B, 7. B, 8. A



Water Conservation Campaign, Anant Spinning Mills, Mandideep



No Pollution Campaign, Auro Textiles (Yarn Dyeing), Baddi



Enviroment Day, VSSL, Ludhiana





Dental Check Up, Arisht Spinning Mills, Baddi



Swasth Raho Mast Raho Campaign, Auro Textiles (Printing), Baddi



Eye Checkup, Anant Spinning Miils, Mandideep



Medical Camps organized in nearby villages by Arihant Spinning Mills, Malerkotla



Fire & Safety Training, VSM, Baddi



Safety Awareness Campaign, Anant Spinning Mills, Mandideep



Sugar: The Villain

It's hard to imagine now, but during the time of human evolution, our ancestors survived fine without any sugar other than the sugars naturally occurring in the wild fruits and berries. Today, Sugar occupies a prominent part of our diet despite the harm it does to the human health.

In 1750, when Sugar was first introduced to North America, it was a rare and expensive commodity. Added sugar is a very recent phenomenon and only occurred when sugar, obtained from sugar cane, beet and corn became very cheap to produce. No other mammal on the earth eats added sugar while actually there is no requirement for added sugar in the human diet.

Refined sugar has become a public health enemy, governments are taxing it, schools and hospitals are removing it from vending machines and health experts are advising that we must remove it completely from our diet. Sugar is so damaging to the body chemistry that, in his book, "Fit for Life: A New Beginning". Harvey Diamond calls refined sugar, "A deadly, virulent poison."

The Sweet Danger of Sugar

Refined Sugar has a bittersweet reputation when it comes to

health. When we eat naturally-occurring sugars, our body has to do the extraction and refinement, but with added refined sugars, it's different. If the extraction is already made in a factory, we get the reward without the effort, and that pushes our metabolism into an unhealthy imbalance.

Why are refined sugars so bad for us? The chemical structure of refined sugar is such that it is very difficult for our body to break it down. Sugar sits in our system for a long time and wreaks havoc

inside. The longer it sits, the more damage it does leading to several health problems.

If we eat added sugar throughout the day, our body will be in a constant state of flux. This can take a toll on our health over time and disrupt our body's natural chemistry and intelligence. Our bodies are not designed to handle refined sugar, and the damage it does to our health is catastrophic. Those who are consuming up to half their calories out of sugar become sitting ducks for infections and health problems such as diabetes, osteoporosis, cancer, arthritis and heart disease.

Let's see, how eating sugar is actually death by instalment.

Cardiovascular Disease

In an article published in Bloomberg, it was mentioned that 'People whose sugar intake is about a quarter or more of their total daily calories had twice the risk of dying from heart disease than those who whose intake was 7 percent, according to the research in JAMA Internal Medicine. When we eat high amounts of sugar, our bodies release insulin to get excess sugar out of the bloodstream and inject it into our cells. The higher the level of sugar in our blood, the higher the amount of insulin released. While this is a perfectly natural response to sugar in our bloodstream, when insulin level is chronically high, it causes inflammation and damages the lining of our blood vessels, leading to host of cardiovascular-related problems.

Cancer

Sugar is not only a fuel source for existing cancers, but also is a primary factor in the initiation of cancerous characteristics in healthy cells. Rather than increased glycolysis (the breakdown of sugar to provide energy), it is the activation of sugar-based metabolism in a cell (driven by high sugar quantities on the cell membrane) that actually causes cancer to form in the first place.

Diabetes

It's no secret that eating too much of any food can lead to health problems. But for some reason, most of us don't associate eating too much sugar with the same effects. Sugar doesn't have any nutrients but has calories that don't give the body much energy, and that makes it a major contributor to the development of diabetes. If we consume a diet consistently high in sugar, grains and processed foods (full of sugars and trans-fats), our blood glucose levels will be chronically elevated. The pancreas become overworked and even damaged, the body becomes desensitized to insulin, and the end result is insulin resistance and eventually full-blown diabetes.

Damage to Liver

If used in excess, refined sugar affects every organ in the body, it is stored in form of glucose in the liver, the capacity of which is limited and excess amount of refined sugar makes the liver expand like a balloon. Once the liver is filled with maximum capacity, the excess glucose is returned to the blood stream in the shape of fatty acids and taken to every part of the body and stored mostly in the belly, the buttocks, the breasts and thighs. When the liver is damaged,

becomes fatty or inflamed, it can't process toxins or eliminate toxins from our body. It loses the strength to burn excess fat and cholesterol, leading to even more fatty deposits in the liver.

Overweight and Obesity

Obesity is a complex problem with multiple causes. But among the likely suspects, sugar is on the top of the list. Refined sugars are often referred to as empty calories, as they're void of nutrients like vitamins, minerals, protein, fat, and fiber, which our body needs to function optimally. The Foods and beverages that typically contain a lot of refined sugar, such as ice cream, candy, soda, and cookies, are loaded with high amount of calories. Regularly indulging in foods high in added refined sugar may cause us to gain excess body fat much quicker. Sugary drinks very rapidly increase blood sugar level which can lead to tiredness and increased hunger even in people without diabetes. Such drinks don't contribute any nutritional value except a temporary boost of energy. Research studies show that intake of sugary drinks leads to weight gain in both men and women.

Dental Caries

Free sugars are the essential dietary factor in the development of dental caries. Dental caries develops when bacteria in the mouth metabolizes sugars to produce acid that demineralizes the hard tissues of the teeth (enamel and dentine). It can impair quality of life, including difficulties in eating and sleeping, and in its advanced stages (abscesses), it may result in pain and chronic infection or adverse growth patterns. Historically, natives who had little exposure to the civilized world and refined sugar had almost no tooth decay.

Weakened Immune System

Sugar has been blamed for possibly increasing the risk of contracting infections because it allegedly suppresses the immune system, making us susceptible to colds, flu and immune related problems.

It is safe to say that sugar is the root cause of most, if not all, diseases.

- Sugar has long been considered a contributory to emotional and psychological disorders. A diet high in sugar has been linked to mood swings, fatigue, headache, poor concentration, phobia, obsessive-compulsive disorders, depression and cravings for more sugar. Cravings set the stage for a cycle of addiction in which every new hit of sugar makes us feel better temporarily but, a few hours later, results in more cravings and hunger. It is said that addiction of Sugar is 1000 times more powerfulthan the addiction of cocaine.
- Sugar might make things taste sweet, but it definitely doesn't do the same to our body. Sugar is acidic in nature and consuming it every single day creates an over-acidic environment in the body, which in turn promotes cancer, osteoporosis, and other diseases.
- Consuming large amounts of refined sugar places an extra burden on the body to supply the required nutrients, specifically the B vitamins, chromium, magnesium and zinc, needed to convert glucose (blood sugar) into energy and are essential for overall health. When we do not have enough minerals, our body has difficulty producing sufficient digestive enzymes needed for good digestion.
- Sugar intake can lead to an imbalance of calcium and phosphorous in the body, which then hinders the ability to break down proteins into amino acids. These amino acids are necessary in order to create essential body chemicals.
- The increased intake of sugar increases the excretion of urinary calcium which has been directly associated with increased incidence of kidney stones. Several studies have demonstrated that patients with kidney stones are at an increased risk of osteoporosis. With the increased excretion of calcium, the calcium is no longer available for use elsewhere in the body leading to the weakening of our bones.
- The overconsumption of sugar has a direct correlation to the hormone insulin. When sugar intake is high, it causes insulin levels to spike and throws all other hormones out of balance. Even puberty is being affected by sugar consumption. A study done in 2015 found that girls who consumed the most sugar started their menstrual cycles at much younger ages. This early onset of puberty has negative implications for the girls' future health.
- Added sugars lead to an increase in the Glycation of proteins leading to the formation of Advanced Glycation End (AGE'S) products which can cause functional and structural damage resulting in fast ageing. This happens with each and every organ of the body be it skin, nerves, brain, kidneys, eyes or heart.

Subtracting Added Sugar

An average human being draws about 20 percent of daily calories from this deadly substance. The most important universal dietary recommendation is to cut as much sugar from our diet as possible. Because, sugar is a deadly poison, eating sugar will kill us faster than eating nothing at all. It's tough to kick the sugar habit.

Here are some tips to help subtract added sugars from our diet.

- Avoid artificial sweeteners. They sound great, but because our body isn't getting any nourishment from them, our sugar craving isn't being satisfied and we'll continue craving sweets.
- Cut back on sugary drinks. Drinks that many people perceive as healthy, actually contain astounding amounts of added sugar.
- Keep away from desserts as these don't provide much in the way of nutritional value. They're loaded with sugar, which causes blood sugar spikes that can leave us feeling tired and hungry and make us crave for more sugar.
- Eat whole foods. Whole foods that haven't been processed or refined. Also make sure that these are free of additives and other artificial substances. These foods include whole fruits, legumes, whole grains and vegetables.
- Check for sugar in canned foods. Canned foods can be an inexpensive addition to our diet, but they contain lot of added sugar.
- Foods consumed with sugar (such as wheat, corn, milk and eggs) become the most common allergens. If we want to enjoy our foods and do not want to become allergic to them, learn to avoid combining them with sugar.

Sooner, the better

Sugars naturally occurring in fruits, vegetables and dairy are fine but Sugars removed from their original source and added to foods, we need to be wary of. When our body's chemistry is in harmony and can self-regulate and restore itself, we are in good health. When our body's chemistry is out of equilibrium, we get sick.

Even modest amounts of sugar can harm our health since it upsets the body's natural balance. "Kick the sugar out of your life" is one easy move we may take to improve our health and protect ourselves from illnesses. Sugarless life is a key to good health. Being fully sugar-free seems difficult, but anyone can with determination can restrict sugar intake. We can switch from week to week between a 'low-sugar diet' and a 'no-sugar diet'. No matter how we reduce our sugar intake, making a concerted effort to do so shall surely have a positive impact on the quality of our life.





Our Commitment to Society

The Group has supported Sri Aurobindo College of Commerce and Management, Ludhiana, in opening a new auditorium to ensure the holistic development of students. With a seating capacity of 834 persons, this beautiful new hall is equipped with modern amenities and the latest infrastructure. On 9th November 2022, the Honourable Governor of Punjab, Sh. B.L. Purohit inaugurated the auditorium in the august presence of Mr. S P Oswal (Chairman & Managing Director) and Ms Suchita Oswal Jain (VC & JMD).

With a firm focus on the objective of Sustainable Development, we work to make a positive and long lasting difference in people's lives by improving the infrastructure of schools & hospitals providing safe & hygienic living conditions, quality education and healthcare facilities.

Healthcare

Education

True empowerment is only possible through education as it improves living standards and generates a huge amount of employment opportunities. It raises the likelihood of a better future and improves the socio-economic position. One can rewrite their destiny and improve society by receiving a high quality education.

Key Highlights (Cumulative)



Availability and accessibility to healthcare facilities are vital to human life. Patients in small cities often rush to bigger cities for treatment owing to unavailability or inadequate medical

facilities. To strengthen the healthcare infrastructure of hospitals situated in the vicinity of our manufacturing units, we provide them with advanced medical equipment from time to time besides financial contribution for the treatment of poor patients. The health institutions we support are primarily government or charitable/funded hospitals.

Key Highlights (Cumulative)

tates (Madhya Prafesh, loimachal Pradesh, Punjab, faharashtra & Bihar)	7.00.000+ Beneficiaries	
	₹17.63 Cr	

ore Worth of medical equipment **Union Territory**

(Chandigarh) ₹ 5.05 Crore Grant to poor patient's fund Health institutions

₹ 9.88 Crore Contribution towards COVID-19



Rural Development

Hand Pumps

We continuously work to narrow the access gap and reduce the struggle rural populations endure to obtain basic necessities like clean drinking water, sanitary conditions for living, access to healthcare, and many other things.

Key Highlights (Cumulative)

590 03 1,18,000+ Villagers Benefitted Solar Lights I Ponds Installed Renovated 28 19

Bore Walls



Environment

Covered

As part of our efforts to create green belts, we have been conducting plantation drives.

Key Highlights (Cumulative)

5.5 KM Green Belt Developed

4.55 Lac Saplings Planted



REHABILITATION CENTER





Constructed well equipped 'State of the Art' Rehabilitation Center at CMC Hospital, Ludhiana.

Inaugurated by Smt. Surabhi Malik (IAS, Deputy Commissioner, Ludhiana) in the august presence of Shri S.P. Oswal (Chairman) and Ms Suchita Oswal Jain (VC & JMD). This facility is completely furnished with the most modern amenities, including sensory equipment, electrotherapy, general therapy, and physiotherapy equipment

FOUNDATION STONE LAYING CEREMONY





Shri S.P. Oswal (Chairman) performed the foundation stone-laying ceremony for the new Academic Building at Sri Aurobindo College of Commerce & Management (SACCM), Ludhiana with Mr. DK Sindwani (Director, Corp. Services) and Dr. Vishal Kumar (Prinicipal, SACCM)

WAITING HALL



Constructed 2000 Sq. ft. area
Waiting Hall with other facilities at Government
Multispecialty Hospital, Sector 16, Chandigarh. The waiting
hall is constructed for patient's attendees. The newly
constructed waiting hall was inaugurated by
Sh. Dharampal (IAS, Chandigarh) along with
Health Secretary and Ms Sagrika Jain, (ED)

DOPPLER



Provided Color Doppler Ultrasound Machine to Vijyanand Diagnostic Centre, Ludhiana. Mr. Neeraj Jain (JMD) inaugurated and handed over to hospital management





Provided essential Medical Equipment to Civil Hospital, Malerkotla

MECHANIZED KITCHEN



Provided a Mechanized Kitchen and Industrial Laundry Facilities at District Hospital, Sehore. The facility was inaugurated by Shri Chandra Mohan Thakur (IAS, Sehore) and Shri S.Pal (Director, MP Location) in the presence of Mr.T.C Gupta (Unit Head, Vardhman Fabrics, Budhni)

HAR GHAR TIRANGA





Vardhman Textiles Ltd. celebrated Azadi Ka Amrit Mahotsav by distributing India's National Flag under 'Har Ghar Tiranga' campaign

GYAN VIGYAN MELA



Organised Gyan Vigyan Mela in Slum areas of Baddi, under Project Nabdini. The objective of Gyan Vigyan Mela is to ensure gender equality among males and females of the society. In this event, an awareness session was organised in very interactive manner on the various topics of MHM for parents and other community members



Organized Health Camp at various villages of Malerkotla

VARDHMAN BLOCK



Shri Jai Ram Thakur, (CM, Himachal Pradesh) inaugurated the newly constructed Vardhman Block at Government Sr. Secondary School, Bagachaunagi, Dist. Mandi, HP in the presence of Mr. IMJS Sidhu (Director Baddi), Vardhman officials at other government dignitaries



Distribution of Uniforms/Shirts to Slum Children at Baddi & Ludhiana

ENTRANCE GATE





Mohammad Jamil Ur Rehman (MLA, Malerkotla, Punjab) inaugurated the Entrance Gate & Pathway at Deaf and Dumb School Malerkotla, Punjab in the presence of Mr. Sumit Agarwal (Unit Head, Malerkotla) & other officials of Vardhman

WASHROOM BLOCK





Mr. Sanjeev Kumar Sharma (DEO, Malerkotla, Punjab) inaugurated separate Washroom Block & Pathway at Government High School Mandian, Malerkotla, Punjab in the presence of Mr. Sumit Agarwal (Unit Head, Malerkotla)

COMPUTER LAB







Setup Computer lab & provided 32 Computer system along with furniture at Government Polytechnic College Raisen, MP

SCIENCE LAB





Provided Science Lab equipment along with furniture to Govt. Higher Secondary School, Noorganj, Raisen MP

WATER COOLER & TABLE





Provided Water Cooler & Table to Govt. Higher Secondary School, Bineka, Raisen

COMPUTER LAB





Setup Computer Lab by providing 30 computers to Jawahar Navodaya Vidhyalaya, Powerkhara, Narmadapuran, MP

CYCLE STAND & WATER COOLER





Provided Cycle Stand & Drinking Water facilities at Govt. Higher Secondary School, Bayan, Budhni



In 1995, Mr. Mahendra Khante graduated from Nagpur University with a degree in Electrical Engineering. The same year marked the beginning of his professional career at Bells Controls Ltd, Maharashtra. He spent 2.5 years there before moving to Surya Lakshmi Cotton Mills in 1997 as a Senior Engineer in Electrical and Instrumentation. After remarkable five years with this company, he joined as a Deputy

To give a further impetus to his career, he joined Vardhman Fabrics in the year 2007 in Electrical Department.

Presently, he is working as Sr. Vice

President (Electrical and Instrumentation) at Vardhman Fabrics,

Budhni. He is holding a diversified portfolio of Electrical, Instrumentation and Energy Management of the entire Textile operations at Budhni.

Manager with Morajee Textiles.

After building a strong and steady career, he married Ms. Pallavi Khante in the year 2000. He fervently believes

that "There is a woman behind every successful man." In all the dedicated areas of his personal and professional progress, he views his wife as the role model and a life support system.

Excerpts from the Interview

The journey with the group has been an incredible experience. I started as an 'Electrical and Instrumentation Section Head' in the 'Processing Unit'. I had the opportunity to try out newer strategies that enriched my learning and helped me to enhance my professional expertise. Seeing my efforts, commitment, and interest in various electrical and instrumentation engineering assignments. Management gave me the responsibility to oversee the Power Plant division as also the related functions of the fabrics unit.

As a responsible corporate citizen and with the vision to contribute towards sustainability. Hon'ble Chairman constituted a team to lead efforts for setting up a solar power plant and explore the possibilities of long-term renewable energy sourcing. Under the able leadership of Mr. B.K. Choudhary, we are working for the same at the group level.

Mr Mahendra Khante

Sr. Vice President Electrical and Instrumentation Vardhman Fabrics, Budhni

I was given the chance to handle the legal issues relating to electrical engineering, and as a result I was given the opportunity to represent all the units of MP Location, under the guidance and support of Mr. S. Pal (Director, MP Location).

Under the inspirational leadership of Mr. T. C. Gupta (CGM), Vardhman Fabrics has kept me engaged and inspired to participate in the management's mission during this wonderful journey. I gained knowledge of a variety of management concepts, including interpersonal communication, strategic and critical thinking, and a people-oriented approach, all of which have aided in raising the human productivity.

I was given the chance to represent Vardhman on various national and international committees constituted by the Government of India and Madhya Pradesh due to my association with the prestigious organization and the senior management's vision to inspire and enhance employee exposure on various platforms.

I consider myself fortunate to have such a great team that is highly energetic and always willing to take on new tasks.

They've established benchmarks for themselves in areas like in-house electronics repair lab, electrical kaizen meets, skilldevelopment initiatives, energy efficiency and TPM, etc.

The major traits that assist me in carrying out my responsibilities successfully are diligence, sincerity, continuous learning, self-motivation, an optimistic outlook, teamwork, and commitment to my work. In my opinion, we must continue to be innovative and creative in order to make improvements and be successful. So, my advice to young generation is 'Don't worry when you are not recognized, but strive to be worthy of recognition'. Successful people are self-confident and they always strive to create a positive impact. Be real in whatever you do, do it with passion and love, and sooner or later you will be recognized.

Last but not the least, I would emphasize "Try not to become a man of success but rather try to become a man of value".



Vardhman Textiles Ltd, Baddi has won 'Silver Award' in HR Conclave conducted by CII



Silver Award Winner at 43rd CII National Kai-Zen Competition, Arihant Spinning Mills, Malerkotla



Super Challenger Award by CII, Arihant Spinning Mills, Malerkotla



Star Challenger Award by CII, Arihant Spinning Mills, Malerkotla



Jury Challenger Award by CII, Arihant Spinning Mills Malerkotla

15th CII National Level Case Study Presentation Competition-2022

 Auro Spinning Mills, Baddi won Gold Award under the " Best Maintenance Practices" category

The Challenger Trophy Competition - 2022 organized by CII Institute of Quality

Super Challenger Award won by:-

- Arihant Spinning Mills, Malerkotla Office TPM Team (Process Flow Improvement category)
- Vardhman Yarns, Satlapur Commercial Team (Office Innovation - Paperless Office category)

Jury Challenger Award won by:-

- Vardhman Fabrics, Budhni Utility, Mechanical Processing Team (Renovative Kaizen category)
- Vardhman Spg. & Damp; Gen. Mills, Ludhiana Worsted Maintenance Team (3M - MUDA Kaizens category)
- Vardhman Spg. & Gen. Mills, Ludhiana Office TPM Team (Process Flow Improvement category)
- Vardhman Special Steels Ltd Office TPM Team (Process Flow Improvement category)
- Vardhman Yarns, Satlapur Purchase Team
 (Office Innovation/Error Proofing category)
- Arihant Spinning Mills, Malerkotla Office TPM
 Team (Office Innovation / Error Proofing category)
- Vardhman Special Steels Ltd Office TPM Team (Office Innovation/Paperless Office category)

Star Challenger Award won by:-

- Arihant Spinning Mills Office TPM Team (Renovative Kaizen category)
- Anant Spinning Mills Commercial Team (Process Flow Improvement category)
- Vardhman Fabrics, Budhni Office TPM Team (Process Flow Improvement category)
- Vardhman Yarns, Satlapur Finance & Damp; Accounts Team
 (Office Innovation/ Error Proofing category)
- Vardhman Fabrics, Budhni Office TPM Team (Office Innovation/Paperless Office category)

36th National Convention on Quality Concepts (NSQC) - 2022

- Auro Spinning Mills, Baddi Quality Circle Team, 'Navakash' won Par Excellence Award
- Vardhman Yarns, Satlapur Quality Circle Team, 'Yarn Temple' won Par Excellence Award
- Vardhman Fabrics, Budhni Quality Circle Team,
 'Uddan' won Par Excellence Award
- Vardhman Fabrics, Budhni Quality Circle Team, 'Sangharsh' won Excellence Award
- Auro Textiles (Yarn Dyeing), Baddi Quality Circle Team, 'Umang' won Excellence Award

12th Convention in Quality Concepts HCCQC- 2022

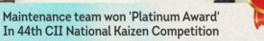
 Auro Textiles (Weaving), Baddi - Maintenance Quality Circle Team, 'Sambhav' won Gold Award

7th CCQC organized by QCFI at Panchkula - 2022

- Auro Textiles (Printing), Baddi Quality Circle,
 'Srijan' won Gold Award
- Auro Textiles (Yarn Dyeing), Baddi Quality Circle, 'Umang' won Gold Award

ANANT SPINNING MILLS, MANDIDEEP







OTPM Team won 'Gold Award' in Group level OTPM Pillar Review 2021-22



OTPM Team won 'Gold Award' in OTPM Pillar Review 2021-22



Store team won 'Silver Award' in CII National Office Innovation Competition



Team won 'Gold Award' in Group level TPM 5S Audit



Engineering Team won 'Gold Award' in QCFI Chapter Level Competition





QC Team won 'Gold Award' in Quality Circle Presentation, Vardhman Yarns, Satlapur



Roop Singh Engineering, Assistant Manager Vardhman Special Steels Ltd



Nitin Bhaskar Lokhande Unit Production Planning & Control, Assistant Manager Auro Weaving Mills



Abhishek Anand Unit Administration, Assistant Manager Vardhman Yarns



Manoj Kumar Yarn Dyeing, AVP Vardhman Spinning & General Mills



Kunal Pancholi Unit Commercial & Accounts, Senior Manager Vardhman Acrylics Limited



Abhiyant Raw Material Procurement, Manager Corporate Office



Ankita Kaushik Sales & Marketing. Assistant Manager Gurugram Branch



Sujit Kumar Senapati Digital 8 IT, Vice President Corporate Office



Umesh Chauhan Human Resources & Administration, Senior Manager Vardhman Acrylics Limited





Saurabh Kumar Yadav Utility & Mechanical, Assistant Manager Auro Textiles



Ghanshyam Daiya Quality Assurance Spinning, Assistant Manager Vardhman Yarns



Amit Sharma Digital & IT, Assistant Manager Corporate Office



Dharminder Duggal Material, Manager Vardhman Special Steels Ltd



Prashant Bhardwaj Marketing, Senior Manager Vardhman Apparels



Mayank Bajpeyi Unit HR & IR, Senior Manager Vardhman Fabrics



Ritesh Kumar Pandey Unit Administration, Assistant Manager Arihant Spinning Mills



Yasushi Ota Research & Development, Senior Manager Vardhman Special Steels Ltd



Manmohan Kumar Unit Commercial & Accounts, Manager Vardhman Fabrics



Jatinder Singh Unit Commercial, Assistant Manager Vardhman Spinning Mills



Pravin Kumar Sharma Unit Administration, Senior Manager Vardhman Fabrics



Sri Aurobindo

ART

All Art is interpretation. Creation is a misnomer; nothing in this world is created, all is manifested. All exists previously in the mind of the Knower. Art may interpret that which is already manifest or was manifest at one time, or it may interpret what will be manifest hereafter. It may be used even as one of the agencies in the manifestation. Aparticular type of face and figure may be manifested in the work of a popular artist and in a single generation the existing type of face and figure in the country may change and

mold itself to the new conception. These things are there in the type in the casual world with which our superconscious selves are perpetually in touch; they manifest in the psychical and become part of our thought. That thought we put out into the material world and there it takes shape and body, as movements, as institutions, as poetry, Art and Knowledge, as living men and women. Man creates his world because he is the psychic instrument through whom God manifests that which He had previously arranged in Himself. In this sense Art can create the past, the present and the future. It can premanifest that which was and has passed away, it can fix us that which is, it can prophecy that which will be.