

# SANGAM

## COMMUNIQUÉ

1ST QUARTER | FY'2019-20



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## PREFACE

Our Editorial team is pleased to share the third edition of 'Sangam Communique' with you. We thank you for all the guidance and support in our efforts to keep everyone connected.

The last quarter has seen lot of activities from our Human Resource team, including training and staff engagement. All the HR personnel are particularly focussed on our employees skill enhancement along with personal development and have started multiple projects which are aiming towards the same goal.

Please do keep sending us any success story/incident or event during your course of the day at [headhr@sangamgroup.com](mailto:headhr@sangamgroup.com), so that we may bring it to a larger audience.

Thank you,  
**The Editorial Team**

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# MESSAGE



**S. N. MODANI**  
MANAGING DIRECTOR

Dear Sangam Family,

Today I would like to talk about one of the guiding principles in my life; teamwork. I think it should be a topic of great deliberation for anyone who wants to have a successful career. Your ability to work cooperatively with others is the most important skill you can develop if you want to achieve full potential in your career. Being a good team player requires forethought, planning and commitment on your part. Your aim should be to seek out every opportunity to demonstrate your ability & to contribute to the success of a group of people in accomplishing large objectives.

I believe in this ability to the fullest as it has helped me along my journey and I can only hope it helps you in yours. I'm sure it will help you make your mark and make the group reach new heights.

I end this note by thanking each and everyone who is a part of the Sangam Family for making every quarter an eventful and challenging one.



## CLIENT VISIT



In the last quarter, we saw visits from many foreign clients to our Bhilwara facilities. Major among them were Mr. Yuko Sato and his delegation from M/s Tashika, Japan and Mr. Miyama Hota of III Company Limited, Japan. They visited our plants and premises with Managing Director, Mr. S.N. Modani and expressed interest in establishing business tie-ups with us.

## DIGNITARY VISIT



Mrs. Tina Dabi Khan (SDM, Bhilwara) visited our company office and factory premises on 10th April as part of a campaign for increasing voter turnout for the Lok Sabha elections conducted on 29th April 2019 (Bhilwara constituency). She interacted with our top management to discuss possible ways in which workers and staff may be encouraged to cast their vote and then further spread awareness amongst colleagues and family members on the advantages and importance of voting. Below are a few pictures taken during the visit.



## *Office commute*

**Boss:** Can you come to office on Sunday there's some work to finish.

**Me:** Sure, however, I'll be late at work as public transport on Sunday's is really bad.

**Boss:** Sure. That should be fine. By when would you reach.

**Me:** "Monday!"



## *Honesty is the best policy?*

A guy goes in for a job interview and sits down with the boss.

The boss asks him,  
"What do you think is your worst quality?"

The man says  
"I'm probably too honest."

The boss says,  
"That's not a bad thing,  
I think being honest is a good quality."

The man replies,  
"I don't care about what you think!"





## TRAINING AND SEMINARS



Our Corporate HR team organized a Life Management training session for all employees above the designation of Assistant Manager on 13th April. This training was aimed at developing skills that are usually associated with managing and living a better quality of life. Dr. Pankaj Shukla, an experienced life management faculty, conducted this seminar & discussed different ways to cope with stress and how to balance one's personal and professional life. The session witnessed enthusiastic participation from all staff members.

## SANGAM PREMIER LEAGUE

### वॉरियर्स ने जीती संगम प्रीमियर लीग, गनर्स 6 विकेट से हारे

भिलखाड़ा @ पत्रिका. संगम इण्डिया लिमिटेड की संगम प्रीमियर लीग कप प्रतियोगिता रविवार को संगम वॉरियर्स ने जीत ली।

संगम स्कूल ऑफ एक्सीलेन्स खेल मैदान में फाइनल मैच में वॉरियर्स ने संगम गनर्स को छह विकेट से हराया। संगम चैयरमैन रामपाल सोनी ने बताया कि टॉस जीतकर बल्लेबाजी करने उतरी गनर्स टीम के तीन बल्लेबाजों को वॉरियर्स के मुजम्मिल आफताब ने पहले ओवर में आउट कर दिया।



के 36 रन के साथ अर्द्ध शतकीय पहुंचाया। वॉरियर्स ने ईश्वर सुबालका के पारी खेलकर कोर 126 तक

47 रन व अनुराग शर्मा के 32 रन की बदौलत मैच व प्रतियोगिता का खिताब छह विकेट से जीत लिया। अनुराग मैन ऑफ दी मैच रहे। लीग के श्रेष्ठ पांच बल्लेबाजों में शामिल ईश्वर ने 401, महेश शर्मा ने 352, शाकिर खान ने 244 रन, प्रणल मोदानी ने 215 व गौरव पारीक ने 199 रन बनाए।

लीग के श्रेष्ठ गेंदबाज मनोज गुप्ता व रौनक काबरा ने 16-16, हितेश गोयल ने 15 तथा हामीद छोपा व कुलदीप पारीक ने 12-12 विकेट लिए।



Continuing with the tradition, this year's SPL was conducted between 27th April to 12th May, and was concluded with the finals being played between Super Gunners & Warriors. The tournament was won by Warriors, with Super Gunners taking the second place. The league witnessed mandatory participation for students of Sangam School, in order to encourage and mould upcoming talent. We were proud to see all staff members enthusiasm towards the sport and their active participation and dedication is what made this event a success. Below are a few snippets from the final prize distribution ceremony and media coverage.

## FELICITATION OF WORKERS



The Job Processing plant 1 and 2 at Atun, organized a function for our workers in May. All the workers of the division were adorned with a turban and garland and their contribution towards the growth our company and country was recognized and applauded.





# TRAVEL AND LEISURE

Udaipur, also known as the "City of Lakes", is a city governed by the Municipal Corporation which comes under the Udaipur Metropolitan Region. It is Mewar kingdom's historic capital, in the former Rajputana Agency. It was founded in 1558 by Maharana Udai Singh II of the Sisodia clan of Rajput, when he shifted his capital from the city of Chittorgarh to Udaipur after Chittorgarh was besieged by Akbar.

Dubbed "the most romantic spot on the sub-continent of India" by British administrator James Tod, Udaipur is a tourist destination and is known for its history, culture, scenic locations and the Rajput-era palaces. It is surrounded by 8 lakes, namely Pichola, Fateh Sagar, Jaisamand, Rajsamand, Udai Sagar, Doodh Talai, Jiyan Sagar and Swaroop Sagar. Udaipur has received a rich cultural heritage from the bygone ages. The lakes, temples, huge forts, and palaces boast about the rich legacy of this city. The city has kept a balance between preserving the rituals and traditions of the past while keeping up with the modern advancements and changes in lifestyle. Like any other place in the state of Rajasthan, folk dance and music have an important place in adding to the city's cultural richness. The dynamic dances of Bhavai, Ghoomar, Kachchhi Ghodi, Kalbeliya, and Terahtaali form the spirit of this vibrant city.

Major tourist attractions in Udaipur are as below:

- **Badi Lake**- It is an artificial fresh water lake built in the village of Badi, about 12 km from the city of Udaipur. Built by Maharana Raj Singh I (1652-1680), it was aimed to counteract the devastating effects of a famine.
- **City Palace** - A 400-year-old palace, it's located on the east bank of the Lake Pichola. It comprises a series of halls, gateways, courtyards, terraces, corridors and gardens. Monuments like the Lake Palace, Jag Mandir, Jagdish Temple, Monsoon Palace, and Neemach Mata temple, are all in the vicinity of the City Palace complex.



- **Jag Mandir Palace** - It is a beautiful palace located on the southern island of Lake Pichola. The three-storied palatial structure is made in yellow sandstone and marble. Built in the early years of 17th century, the construction of the palace is credited to 3 kings (Maharana Amar Singh, Maharana Karan Singh and Maharana Jagat Singh) and was used by the royal family as a summer resort. It also served as a hiding place for Prince Khurram (popularly known as Shah Jahan), when he rebelled against his father Emperor Jahangir.

Udaipur is easily accessible from Bhilwara by car, bus or train and makes for a perfect weekend getaway with a mix of antique and modern facilities for family and friends.



अपने डायबीटीज को नियंत्रित रखकर आप अपने अन्य अंगों को भी सुरक्षित रख सकते हैं एवं एक दीर्घ व स्वस्थ जीवन जी सकते हैं। डायबीटीज नियंत्रण हेतु व्यावहारिक कदम उठाए एवं निम्न जांचों को नियमित रूप से करवा कर इनका रिकॉर्ड रखें।

अपने स्वास्थ्य की बेहतरी के लिए निम्न प्रश्नों की जानकारी रखें।

- अपने ब्लड ग्लूकोज का स्तर, ब्लड प्रेशर व कोलेस्ट्रॉल का स्तर।
- स्वस्थ रहने हेतु इनका सामान्य स्तर क्या होना चाहिए?
- इन लक्ष्यों को प्राप्त करने हेतु क्या करना चाहिए?

- ब्लड ग्लूकोस :- हीमोग्लोबिन ए-1-सी (एचबीए, सी) परीक्षण में एक साधारण रक्त जाँच है जो गत तीन महीनों में आपसी औसत ब्लड ग्लूकोस को मापता है। प्रस्तावित ब्लड ग्लूकोस लक्ष्य एचबीए, सी परीक्षण में 7 से नीचे आना चाहिये। साल में कम से कम दो बार करवाए।
- ब्लड प्रेशर :- उच्च ब्लड प्रेशर एक गंभीर रोग है जो आपके हृदय पर दबाव डालता है। प्रस्तावित ब्लड प्रेशर लक्ष्य 130/80 से कम होना चाहिये। प्रत्येक चक्कर पर जाँच करवाए।
- कोलेस्ट्रॉल :- गंभीर कोलेस्ट्रॉल, अथवा एलडीएल आपके हृदय की धमनियों को बंद कर देता है। प्रस्तावित कोलेस्ट्रॉल लक्ष्य : एलडीएल 100 से कम। साल में कम से कम एक बार जाँच करवाए।

निम्न निर्देशों को अपनाकर आप अपने परिवार के लिए अधिक जी सकते हैं, अपने स्वास्थ्य को सुधार सकते हैं, और अपने हृदय रोग और स्ट्रोक के भय को कम कर सकते हैं:-

- उचित मात्रा में फल, सब्जियाँ, सेम की फलियाँ और साबुत अनाज जैसे खाद्य पदार्थ खाएं।
- अधिक नमक और चर्बी से बने खाद्य पदार्थ नही खाएं।
- प्रतिदिन कम से कम 30-45 मिनट का शारीरिक व्यायाम करें।
- सक्रिय रहें एवं सही मात्रा में व स्वच्छ खाद्य पदार्थ खाएं।
- धूम्रपान छोड़ दें- सहायता लें।
- अपने चिकित्सक की सलाह से दवाईयाँ लें व
- अपने हृदय और डायबीटीज की देखभाल के लिए नियमित रूप से परामर्श व चेकअप करवाएं।



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