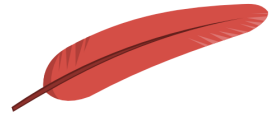


AlfaaZ



Gilard Electronics Pvt Ltd, C-132, Phase VIII, Industrial Area, Mohali, Punjab

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A Quarterly Newsletter (For Inhouse Circulation only)

Issue No. 9, January 2016

MD's Alfaaz

Dear Readers,

Wishing all our friends and colleagues a very Happy New Year 2016. Every alternate year we get busy this time of the year, to prepare for the Auto-Expo which this year is from 4th February to 7th February 2016. It is a time for us to meet old friends, associates, business partners as well as to show case our new products and achievements.

For some people, New Year is a time for resolutions. They make new ones in the beginning of every year and then forget them in a few days. Although the thought process behind making the resolution is good, the inner conviction or the mental strength to sustain it is weak and they are unable to make it last. As such, we must start by really believing in the resolution that we make. Keep it Simple, Manageable, Achievable, Relevant and Time bound.

Keep it Simple - Break a bigger resolution into smaller milestones to make it more manageable.

Once you are convinced that the resolution is actually relevant to your needs, that will give you the inner conviction and mental strength to see it through.

Don't keep the target too high, keep it in the Achievable limit.

Do fix a time limit to it. Without that it may go into a drift and stay un-achieved.

With best wishes on achieving your resolutions.

H.S. Sethi
Managing Director

Vikaas New Products & Resources

Gilard has added a range of new products to its arsenal in the last quarter. Take a quick look at some of the new products.



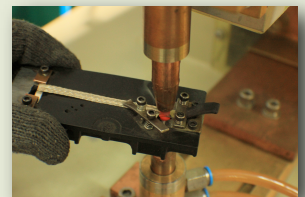
GE's Item Code : 2507-02
Field Moulding



GE's Item Code : 2510-02
Brush Box Moulding



GE's Item Code : 2214-03
Radiator Resistor



25 KVA Spot Welding Machine



Always give a 100% unless you are donating blood. According to the WHO data, India faces a shortage of 3 million blood units. This shortage can easily be eliminated if only an additional 2% of India's youth donates blood. Blood donation is our responsibility.

Let's join hands for this noble cause.

Yogdaan EHSAS Initiatives for CSR

Gilard's Blood Donation Camp

On 1st December 2015, Gilard organized its 15th Voluntary Blood Donation Camp. The objective of organizing such camps is to provide safe and quality blood collected from voluntary donors, at affordable cost to the general public and free of cost to the poor. It is important to ensure safety of the donors and maintain quality of the blood collected. Keeping this in mind the Rotary & Blood Bank Society Resource Centre, Chandigarh and the Civil Hospital, Mohali, were contacted for blood collection.

Our thanks to Dr. Manish Rai, Director Rotary & Blood Bank Society Resource Centre and Dr. Goldy, Blood Transfusion Officer, Civil Hospital and Mr. Rajiv Sarao, Head Currency Chest HDFC Bank, Chandigarh.

Ms. Gugni Gill Panaich a noted community activist based in Canada was the Guest of Honor. Dedicated to the issues of domestic violence, poverty and women's equality, Ms. Gugni has organized multiple events and fundraisers in Brampton. She is the North American Brand Ambassador of Imran Khan Cancer Foundation.

Her interaction with the Blood Donors as well as a Production Plant Walk in Gilard to interact with Gilardians at work was inspirational and exciting.



F I K A R F A R A K F A K H A R

"If we are passionate about our work, we can make a difference and then take pride in the results."

Dil Se... The Creative Zone

Stress Management

'Stress' is the word, which is frequently used by us in our routine life. Actually, stress is a social and medical problem. The word 'stress' is defined by the Oxford Dictionary as "a state of affair involving demand on physical or mental energy". Stress is the pressure on mind due to the environmental changes and it occurs when a person's state of mind cannot cope up with his or her surrounding atmosphere. Job stress may be influenced by a person's ability to complete required tasks, the level of communication in the organization and the managerial attitude in the organization. Some types of job related stress include S-Supervisor Related Stress, T-Time Related Stress, R-Role Conflict, E-Emotional Stress, S-Social Stress, S-Suffering with Physical Stress.

To manage this situation some people take counseling sessions with doctors or attend the art of living session. Number of Institutes are providing these sessions with heavy cost, which indirectly produce one more stress i.e. burden on pocket. Is it the right way to give the answer to the problem without finding the root cause? No, because it occurs due to the internal problems and our own limitations. Whenever we face this kind of a dilemma whether in professional lives or in personal life, instead of blaming our surroundings we should work towards identifying the root cause of the problem and work towards eliminating it.

Some suggestions to handle such situations :-

- Be analytical: Analyze your own KSA (Knowledge, Skills and Attitude). By developing this creativity, a person can handle number of problems at a time. Every individual has the capability to manage a stress related situation by changing his/her personal attitude.
- Art of time management: A person can improve the quality of life by applying this methodology. An employee can improve the efficiency and productivity with managing the time and it helps to develop the satisfaction and decrease the chance of supervisor related stress.
- Improve Inner Personality: A person's inner personality plays an important role to beat the situation; Inner personality is intellectual level of the person. It should match with the outer personality. Believe me, you will never face a problem.
- Exercise Regularly: By doing exercise daily, a person can stay physically fit and have a happier and comfortable life. After all "Our Health is Our Wealth".
- Build Relationships: We all live in a society and deal with a number of people. We should make relationships at our workstations, offices, in our neighborhood and with family and friends.
- Eat Healthy: Try to avoid the junk foods, because it reduces the supply of oxygen to our brain and automatically it leads to stress and depression. Eat more of green vegetables and fruits.
- Remove J-factor : Try to remove J-factor (Feeling of Jealousy) from daily life. When we all will implement this in daily habits, then automatically, it will develop the positive behavior for others and this will help to sprinkle the love and happiness in surroundings.

In the nutshell, By adopting these habits and practices in routine, every person can relish the stress free personal life with better productivity in job. Always be motivated with the little changes in life and one famous poet said "A creative man is motivated by the desire to achieve, not by the desire to beat others".

- Ms Hardeep Kaur, A-0215 (HRD)

Beautiful Question to God . .

ਤੇਰੀ ਫ਼ਸ ਟੁਨਿਆਂ ਮੇਂ ਮੰਜਰ ਕਯੋਂ ਹੈ, ਕਹੀਂ ਜਖ਼ਮ ਤੋ ਕਹੀਂ ਧੀਠ ਪੇ ਖੰਜਰ ਕਯੋਂ ਹੈ ???
 ਸੁਨਾ ਹੈ ਕਿ ਤੂ ਹਰ ਜਰੇ ਮੇਂ ਰਹਿਤਾ ਹੈ, ਤੋ ਫਿਰ ਜਮੀਨ ਪਰ ਕਹੀਂ ਸਜ਼ਿਦ ਔਰ ਕਹੀਂ ਸੰਦਿਰ ਕਯੋਂ ਹੈ ???
 ਜਬ ਰਹਨੇ ਗਲੇ ਫ਼ਸ ਟੁਨਿਆ ਕੇ ਹੀ ਹੈ ਤੇਰੇ ਬੰਦੇ, ਤੋ ਫਿਰ ਕੋਈ ਕਿਸੀ ਕਾ ਦੋਸਤ ਔਰ ਕੋਈ ਕਿਸੀ ਕਾ ਟੂਸ਼ਮਨ ਕਯੋਂ ਹੈ ???
 ਜਬ ਨਹੀਂ ਨਕਾਰ ਸਕੀ ਯਹ ਟੁਨਿਆ ਤੇਰੇ ਫ਼ਸ ਕਜ਼ੂਰ ਕੀ, ਤੋ ਕਹੀਂ ਪਕਕੀ ਫਸਲ ਔਰ ਕਹੀਂ ਪੇ ਜਮੀਨ ਕੰਜਰ ਕਯੋਂ ਹੈ ???
 ਕਹਤੇ ਹੈ ਕਿ ਤੂ ਬਨਾਤਾ ਹੈ ਲਾਗੋਂ ਕਾ ਸੁਕਕਦਰ, ਤੋ ਫਿਰ ਕੋਈ ਕਦ-ਨਸੀਬ ਔਰ ਕੋਈ ਸੁਕਕਦਰ ਕਾ ਸਿਕੰਦਰ ਕਯੋਂ ਹੈ ???

- Mr Kamal Lost (Entry received from Ms Rajwant Kaur E-1534)

ਸਦ ਵਿਚਾਰ

ਜਿੰਦਗੀ ਵਿੱਚ ਕੁਝ ਯਾਦ ਰੱਖਣ ਯੋਗ ਗੱਲਾਂ, ਜਿਨ੍ਹਾਂ ਨੂੰ ਅਪਣਾ ਕੇ ਅਸੀਂ ਆਪਣੀ ਜਿੰਦਗੀ ਬਦਲ ਸਕਦੇ ਹਾਂ।

1. ਹਮੇਸ਼ਾ ਅਨੁਸ਼ਾਸਨ ਵਿੱਚ ਰਹੋ।
2. ਸਮੇਂ ਦੀ ਕੀਮਤ ਨੂੰ ਸਮਝੋ, ਸਵੇਰੇ ਜਲਦੀ ਉੱਠੋ ਅਤੇ ਹਰ ਕੰਮ ਸਮੇਂ ਤੇ ਕਰੋ।
3. ਕੁਝ ਛੱਡਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ, ਬੁਰੀਆਂ ਆਦਤਾਂ ਛੱਡੋ।
4. ਕੁਝ ਪੀਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ, ਗੁੱਸੇ ਨੂੰ ਪੀ ਜਾਉ।
5. ਕੁਝ ਤਿਆਗਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ, ਨਸ਼ੇ ਨੂੰ ਤਿਆਗ ਦਿਉ।
6. ਮਿਹਨਤ ਕਰੋ, ਇਸ ਦੀਆਂ ਜੜ੍ਹਾਂ ਕੋੜੀਆਂ ਜ਼ਰੂਰ ਹਨ ਪਰ ਫਲ ਬਹੁਤ ਮਿੱਠਾ।
7. ਸਦਾ ਸੱਚ ਬੋਲੋ, ਸੱਚ ਦੀ ਉਮਰ ਬੜੀ ਲੰਬੀ ਹੁੰਦੀ ਹੈ, ਤੇ ਪਰਿਣਾਮ ਚੰਗੇ।
8. ਕਦੇ ਚੋਰੀ ਨਾ ਕਰੋ।
9. ਕੰਮ ਕੋਈ ਵੀ ਛੋਟਾ-ਵੱਡਾ ਨਹੀਂ ਹੁੰਦਾ, ਇਨਸਾਨ ਦੀ ਸੋਚ ਹੀ ਛੋਟੀ-ਵੱਡੀ ਹੁੰਦੀ ਹੈ।
10. ਏਨਾ ਵੀ ਸਵਾਰਥੀ ਨਾ ਬਣੋ ਕਿ ਦੁਜਿਆਂ ਦਾ ਹੱਕ ਮਰ ਜਾਵੇ।

- Ms Palwinder Kaur, E-0079 (HRD)

News From Around Gilard

Seminar on Heart Disease

Heart disease is the leading cause of death in India. Did you know a heart beats 100,000 times a day pumping 2,000 gallons of blood through 60,000 miles of blood vessels each day! One of the many reasons why the heart must be cared for!

An awareness session on this subject was held in Gilard on 17th November, 2015. Dr. T.P. Singh, DM Cardio, SGP Hospital took the session. We learnt that a heart healthy lifestyle can prevent heart disease. We need to manage our:

- Blood Pressure,
- Cholesterol,
- Blood Sugar,
- Weight,
- Intake of food &
- Habits like cigarette smoking.

One basic takeaway - Lack of physical activity is a major risk factor for heart disease. Exercise is one of the safest and most effective ways to prevent and treat this disease. So shake a leg to live a longer and healthier life and combine it with a proper diet.

Our thanks to Dr. Reddy's Foundation for Health Education for organizing this very special health awareness session for us.

Workshop on Aids Awareness

1st December being the AIDS Day world wide, the objective is to promote AIDS awareness and education to the general public. Gilard contributed towards the cause by organizing an awareness session in the company on this day. Dr. Goldy from the Civil Hospital, Phase VI, Mohali, Punjab took this session for Gilardians. She explained the causes which lead to AIDS, the symptoms of this disease, the prevention and cure measures and most importantly the respect and equal treatment that an AIDS infected person must get from the society. Leaflets in English and Punjabi were also distributed amongst the audience.

Diwali Celebrations

11th November 2015 was the festival of lights! We Gilardians are environmentalists at heart so we celebrate Diwali not with crackers but with sweets, love and forgiveness. We do the Vishwakarma pooja also on the same day.

This Diwali too the skillful hands of talented ladies worked to create vibrant artwork of Rangolis in different areas in the company. The work stopped one hour earlier than routine for cleaning of respective workstations and lighting incense sticks. Finally we all gathered for the prayers. Mr. H.S. Sethi, M.D. gave a short address and extended his warm wishes to all Gilardians and their families. Everyone wished each other happiness, prosperity and wealth. Be it any age, collection of gifts and sweets is always an interesting affair and enjoyed by all. With these goodies in hands, plans for five holidays at a stretch and excitement and happiness in our minds we bid goodbye to our peers.

Whether in official circles or amongst family and friends, Diwali celebration is a good time to revive the spirit of friendship, harmony and togetherness.

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