



SETU

THE CONNECT

Dada Says...Life is not meant to be hoarded but to be given away-given freely to all, given in love, given in the spirit of joy!

SVIMS NEWROOM

A two day national seminar titled 'In Search of Excellence – New NAAC Framework for Management Institutions and Affiliated Colleges' was organized on 14th and 15th October, 2017.

The Seminar, sponsored by SPPU was attended by participants from over forty educational institutions and was inaugurated by eminent physicist, Founder-Director NAAC and Former VC of Pune University, Dr. Arun Nigavekar.

Dr. Ganesh Hedge, Deputy Adviser, NAAC detailed the qualitative and quantitative matrices that constitute NAAC assessment.

Dr. Hrishikesh Soman, Principal, Symbiosis College presented a critique of the new framework in context of autonomous colleges. Other prominent speakers - Dr. Naresh Chandra, Principal, Birla College, Kalyan, Dr. M. Pejaver, Principal, BN Bhandodkar College, Thane Dr. M. Nichani, Former Principal, KC College, Mumbai, Dr. M. Lawrence, Principal, Marathwada Mitra Mandal's College of Commerce spoke on various aspects of NAAC such as IQAC, Peer Team Visit, Documentation etc. Dr. G. Gidwani, Principal St. Mira's College of Arts, Commerce & Science presented a case study of excellence at St. Mira's College. Addressing the forum,

Dr. B.H. Nanwani, Director SVIMS said "The seminar served as an inspiring platform for management institutes and affiliated colleges to explore and understand the new framework of NAAC. This will help everyone to aim for and work towards achieving academic and administrative excellence."

STRESS AND BURNOUT

Stress and burnout have become 'often-discussed subject s' today. Very few really can differentiate between these two words as they are similar in their action but opposite in their approach.

Three major sources of stress among adults according to the survey of Indian Psychological Association are money, workplace and family responsibilities.

Stress is the body's natural reaction when under pressure or threat. It is of two types: Eustress (Good stress) or Distress (Bad stress).

Unmanageable and excessive stress leads to Burnout which is a cycle of negative emotions caused by too much and persistent stress and hence these two terms do not mean the same thing.

Burnout is a state of chronic stress that leads to Concentration, Memory, Sleeping issues, physical and emotional exhaustion, cynicism and detachment, feelings of ineffectiveness, depression, anger, increased irritability and lack of accomplishment.

Factors which leads to burnout: excessive workload, no sense of accomplishment, absence of positive emotions, no motivation, no appreciation or rewards at workplace, stressful working environment.

Ways to overcome burnout:

Take a break, start to be calm and relaxed, be focused, do something interesting as what you like/love to do, set boundaries for everything. Identify and work with supportive, transparent environment.

We welcome your feedback, suggestions as well as contributions at svimsconnect@gmail.com