

Dada Says... Practise silence, and the spark divine that dwells in your heart will grow into a flame of light and shine on, leading you nearer to God-the Light Supreme!

SVIMS NEWROOM

International Yoga Day: 21st June 2018

On International Yoga day, we organized an hour's Yoga session, conducted by Yoga experts, Mr.Mathew and Ms.Jomini from Patanjali Yog Samiti, who very sincerely observed the protocol of the International Yoga Day. They taught us various Yoga Asanas such as Tadasan, Vakrasana, Vajrasana, Mandukasan etc. explaining to us, the significance of each of the asana to reenergize our body and our mind.

Director, all Faculty members and staff participated in this program.



LoL

A sardar with heavy luggage, talking to a rickshaw puller!

Sardar asked: "How much for railway station?"

Rickshaw Puller: "50 Rupees"

Sardar: "Take 20 Rupees"

Rickshaw Puller: "who will pull the rickshaw to railway station for just 20 Rupees?"

Sardar: "I will pull, you just sit in the backseat!"

Discipline

A discipline is the be-all and ends all of life. Life without discipline is no life. Just as an un-primed garden is no garden but only a wild forest, life without discipline is mere existence which even inanimate objects and animals and bacteria have.

So, to make human life worthwhile, discipline has to be observed. Nature follows all laws of discipline. It is thus that the sun rises and sets and the flowers bloom and wither. Discipline must be learnt early in life. It is in the fitness of things that the physical drills and sports have been made compulsory in some institutions. These must be made compulsory in all schools and colleges.

The first lessons of discipline are learnt at home when the child is taught to obey his parents, elders and teachers. When the children or young people play in the field or even in the street, they follow certain rules of team-spirit. This set of rules is a part of the spirit of discipline, provided these are followed in all sincerity.

Discipline is not denial of liberty. In fact, discipline and liberty go hand in hand. If we want liberty for ourselves, we have to grant liberty to others also as others may also demand it in equal measure.

That can lead to chaos. So, we have to make a compromise and that is discipline. In other words, we have voluntarily to curtail a part of liberty that we want and others have likewise to do so for our sake. Thus, discipline ensures smooth flow of life.

Self Discipline



"...is the magic power that makes you virtually unstoppable"

Ms. Shirin Medora (MBA-II)