

Dada Says...

He who cooks for himself alone is a thief! If your house has not a bread for a guest or poor, starving man, are you better than a robber on the high road?

You cease to be human when you do not share and do not bear a brother's burden

SVIMS NEWROOM

Swachhata Pakhwada

“Swachhata Pakhwada” celebrated from 1st Sep.-15th Sep.2018

To create the awareness about cleanliness and hygiene college has conducted “Swachhata Pakhwada” Programme. In this program various activities were conducted like Quiz on Cleanliness and Hygiene, Clean surrounding Day, Prabhat Pheri, Street Play etc. All students have taken the oath to keep the campus and surrounding clean in “Swachhata Pledge”.

The Director, Staff members and Students were participated in “Swachhata Pakhwada” Programme.

Workshop on “Critical Thinking”

Mr Dilip. S.Bhonde, a charismatic, versatile, high profiled person detailed out the theory of critical thinking and its application as given by Mr. Edward De Bono of Cognitive Research Trust (CoRT). During the workshop he also conducted three activities on Mind Mapping based on the PMI (Plus, Minus, Interest) which is a directional tool for better establishment of goals. Mr. Bhonde also explained the concepts of “The Six Thinking Hats” Technique for “clarity in vision” through a very simple activity. Towards the end of the session he emphasized on the power of thinking and stated the two core values of thinking i.e. 1.Learning to learn 2.Thinking to think.

Stress Management

“Stress” originates from a French word which means construction or delimitation. True it is that stress squeezes the life force in us. Stress has been known to have a snowballing effect. It keeps accumulating unless tackled or treated effectively. Stress also possesses a boomerang quality. It begins with the workplace, and then affects the family front. It reverts hitting work performance.

Certain amount of stress is called ‘Necessary Stress’ which acts as a motivating force to achieve goals. For e.g. stress involved in trying to win a tennis match.

- **Causes of Stress:**

1. Frantic pace of modern lifestyle
2. Desire to accomplish more than what one is normally capable of
3. Competitive environment, compelling survival and success of the fittest
4. Dissatisfaction due to non-fulfilment of high expectations
5. Extremely high demands and wants, excessive consumerism
6. Lack of inner connection to one's true self, one's true nature

- **Effects of the Stress on the Body :**

1. Nervous -Breakdowns -Lower immunity
2. Hypertension- Lack of sleep
3. Heart attacks
4. Acidity
5. Neck sprains
6. Lack of Focus

- **Stress Busters:**

1. Revamp your attitude to a positive one:
 - i) Set aside time every day to replenish your mind with positively charged thoughts
 - ii) Whenever you feel you are gripped by negativity, fall back on some dynamic and inspiring thought from any scripture that appeals to you.
2. Work in the consciousness of the present moment.
3. Try praise and appreciation, for a change
 - i) Use praise generously and sincerely
 - ii) Thank colleagues and subordinates for every little thing they do. There is no better motivator
4. Streamline your life
 - i) Simplify and streamline everything from the workplace to the home front.
 - ii) Unclutter your mind as well as the space around you.

From: Management Moment by Moment

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