

Dada Says...

Every criminal, every sinner, may rise to the stature of a saint. So hate no one, but give sympathy to all.

Sympathy is the key to right understanding.

SVIMS NEWROOM

A wellness Wednesday Program:

Sadhu Vaswani Institute of Management Studies for Girls, wishes students to grow into ethical and effective women managers and leaders. This requires having a sharp brain, a sensitive heart and above all a fit body. Therefore A wellness Wednesday program was organized on 10th October, 2018.

The first session was about dental health conducted by Dr. Neha Milani. Being an icon of youth and success, she successfully guided us how we should take care of our teeth. Dental problems can lead to pancreatic cancer and therefore it is very important to take care of our teeth and not neglect it. She stated that Dentistry is not expensive but neglecting it is!

The next session was conducted by Dr. Chetan Burujwale, Senior Medical Officer from Madhavbaug Multidisciplinary Cardiac Clinics and Hospitals. He elaborated on the need and essence of protecting and caring for the most important muscle in our bodies – the heart and how various conditions such as Blood Pressure, Diabetes, stress et al are related to heart disorders and diseases. He appealed that each one must walk for a minimum of 30 minutes every day to have a healthy heart.

The third session was conducted by Dr. Pallavi Panse, Obstetrician and Gynaecologist. She elaborated on ways and means of maintaining menstrual hygiene and the necessity of HPP vaccination for young girls who have attained puberty. The last session was about eye care. Dr. Ashiyana Nariani a corneal transplant expert discussed about various Cornea and External Eye Diseases and infections. She spoke of simple techniques to avoid dry eyes and pink eyes. She advocated about Eye Donation in her parting message.

It's Over!!

Seeing the fragility of today's relationships, one maybe easily convinced to believe that along with technology man's mind has also undergone a major evolution that has led him to value emotions less. That's quite surprising because emotional quotient is a quality that should have been constant across the entire humankind. Just like how you associate dogs with unconditional love. It can never be the case that you find one dog more loving than the other. They all have it in them by default. But sadly, today's fast paced human life that believes in instant gratification couldn't care less about empathy and humanity. It is a diminishing virtue that better be preserved before the world falls apart.

A startling observation of relationships in modern times falling apart too easily; all of them cannot certainly be attributed to unfavourable circumstances, there has to be something deeper. Relationships these days largely appear to be a set-up made by two people to suit themselves. If either is inconvenienced at any point, the easiest way out is to call it quits. This supposedly defines the strength and individuality of the persons involved. Is this really strength or the lack of it? When even the lightest of storms can crumble the bond you once nurtured & held close to your heart for so long, the crashing pieces leave behind a scar on the soul that can never be healed completely. Didn't you give it your all believing it to be your pillar of strength in this make-believe world?

Even before the much needed feelings of stability and security can set in, the tremors of doubt, jealousy and mistrust are a constant threat you cannot seem to cope with. It's a constant battle to keep up the worthiness of the relationship. How heavy a task it must be for the delicate soul.

From the other end of the spectrum, those trapped in toxic relationships; perhaps practicing patience and immense self-love in everyday life will enable them to differentiate between relations that elevate their life to a higher sense of being from those that only deplete their energy and trample upon their sense of individuality. And not just identify, but also hold the highest regard for oneself to be able to walk out before it is too late.

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About the Author:

Sneha has done her graduation in B.E. (E&TC) and Masters in Business Administration (HR) . An IT professional, she has now ventured into Digital Marketing space. Her hobbies includes reading, writing and public speaking.