

Dada Says...

Time is the richest treasure. But many waste their time, not realising how precious is every minute, every second of life is.

Take care of your minutes! And do at least one act of service, every day.

SVIMS NEWROOM

Corporate Interface – Guest Talk

14th October 2019

Topic: Change Management and Leadership

Resource Person: Ms.Pradnya Kulkarni

Regional Head-Talent and Learning, Western Union

The session started with a beautiful small video on Sandpiper where the message was “The key to change is to accept the change and adopt new methods to incorporate it. She informed students about “FIT” the strategy which stands for Focus on change, improve your attitude towards it and Transform your actions towards the change. During the Change process/phase the role of leaders becomes very critical; the leader has to communicate effectively to get a buy-in and encourage participation.

Ms.Pradnya also enlightened the students on the “Change Curve” which covers Anticipation, Letting Go, Disorientation, Reappraisal, and Recommitment. She explained the change curve by giving the examples from organizations like Kodak, Nokia, Yahoo and, XEROX.

The take away from her session was that one should never resist any change, always observe, do not be a carrier of rumors, be adaptive and be a reason for a positive change



LoL

Father: Hey why don't you go and study...?

Son: For what?

Father: You will get good marks.

Son: Then?

Father: You will get good salary

Son: Then?

Father: You will get new car..... Big house...

Son: Then?

Father: You will relax...

Son: What do you think I'm doing write now???

In quest of Good Health.....

There is more cause for concern in the health sector in today's advanced society, than ever before. With a complex lifestyle and simplified work processes, we have more and more health problems! With more money being spent on research and development, and greater advancements in medicine, there are more cases of heart attacks, ulcer and diabetes!

It has been observed that in the last ten years there has been a sharp rise in the incidence of depression, much reduced levels of immunity, a great fall in forbearance and a growing dissatisfaction with life!

To live a truly complete and healthy life, we should adopt a holistic approach. Mental balance, emotional stability, humanitarianism, fitness of the body and strength of spirit should be our goal.

Practical suggestions To Promote Good Health:

1. The foundation of a healthy body is a happy mind. Therefore, let nothing agitate you or disturb your inner peace.
2. Eat a balanced diet.
3. Drink sufficient water. (Never alcohol)
4. Take plenty of fresh air and sunshine.
5. Laugh heartily. Laughter is at once a physical, mental and spiritual tonic.
6. You must have sufficient sleep.
7. You must have adequate exercise walking is the king of exercise.
8. Every day you must spend some time in silence. Pray, meditate, repeat the name divine, engage yourself in a loving and intimate conversation with God, do your spiritual thinking.
9. You must adopt a cheerful and positive attitude. And you must always keep away from wrong habits such as smoking, drinking drugs. Many promising lives have been sacrificed on the altar of wrong habits.

Extracted from the Book:

**Management Moment by Moment
by Dada J.P.Vaswani**