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Three R's – Revive, Reform & Restart for Human Excellence

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'A value is a value to me only when I see the value of the value as valuable to me'.

- Swami Dayananda Saraswati.

We are living in an era of specialization with an abundance of information that is available from all across. The vision for 21st century learning is situated in communication, collaboration, creativity and critical thinking. The challenge is how we make this functional and valuable for our wellbeing. But the term 'well-being' requires an appropriate understanding as it could mean many things to different people, such as affluent lifestyle, secured job, good health, long lasting relationships, academic merit and human excellence. These in a way have become integral goals of human life. Every aspect of the education is to be aligned toward these goals.

For all educational institutions, achieving the goal of human excellence is the most rewarding and challenging. This is possible when values are integrated into the curriculum, it can counter the adverse impact of anything in life. Teachers as facilitators can inculcate value of human excellence through co- curricular activities, organize events based on team building, boost leadership qualities, enhance self-esteem, develop tolerance, co-operation, accommodation and creativity.

So reviving, reforming and restarting values could accelerate our mission.

Hence, the edifice of the article is divided into three questions:

- (I) What is that we need to revive?*
- (II) Can reformation harmonize various aspirations of humans today?*
- (III) Why is it essential to restart for the sake of human well-being?*

Modernity is the era of separation and specialization. Every educational institute has to accept the fact that in order to attain human excellence their students have to be recognized as sovereign beings, acknowledge that they have the capacity to think independently and emerge as unique individuals.

- (I) What is that we need to revive?*

As stakeholders of an educational institution, both teachers and students together need to build an effective atmosphere in order to enhance content knowledge. Further, they also need to boost effective skills to apply and transform their knowledge for useful and innovative purposes consistently.

"Teachers have three love: love of learning, love of learners and the love of for bringing the first two together" - Scott Hayden

So as teachers we move purposefully from providing extensive support to using peer support.

It is firmly believed that education can revive a society. This revival depends on the philosophy concerning the individual and society. So the aim of education along with its emphasis on logic, reason and job-oriented technical skills, that persists to this day, is also to fulfill emotion management, ecological consciousness and value-based spiritual growth to its learners. To instill this, we as teachers need to strongly recommend value oriented teaching-learning ambience in the classroom.

The objectives of value education have to be:

- To do away with the conventional do's and don'ts*
- Foresee spontaneous awareness among the youth for values not because it is a must but because it is just*
- Enable the students to develop a holistic personality and revive in them universal values such as love, compassion, truth, justice, courage, and wisdom.*

For fulfilling the dream of 'Emerging India!' in the global arena we require capable administrators, leaders and executives. Values and principles will immensely serve as workable mantras.

(II) Can reformation harmonize various aspirations of humans today?

In the growing economy like India, innovation powered not alone by global scientific progress, but also by the population's dynamism – their desire, capacity and attitude to establish and willingness to allow the financial sector to steer them with uncompromising pursuits is the necessary pathway. We strongly believe education help converge both research and its application. Students must be exposed to and learn to appreciate the values associated with collectivism, which is deeply rooted in our culture and tradition. Just as the values fuelled dynamism in the past, they can reinvigorate similar outcomes today.

Ten reasons stated below confirm value education will reform human aspirations:

- 1. Practice of values will enhance analytical thinking as students need to be sensitized to self-examination.*
- 2. Meaningful values improve one's skill in communication.*
- 3. Enable to see the interconnectedness between all areas of knowledge - how it all fits together.*
- 4. Clarify our values by comparing and contrasting them to what others have thought.*
- 5. Develop a global perspective by studying cultural values across the world.*

6. *Expand our understanding and appreciation of other's opinion and other's point of view.*

7. *Support and strengthen value-based learning to appreciate the importance of creativity.*

8. *Deepen our resourceful value of wisdom by learning how others have dealt with failures, success, adversities, and triumphs.*

9. *Appreciate what is enduring and to be able to tell the difference between the meaningless and the meaningful.*

10. *Be inspired by some of the greatest minds and thoughts and wisdom of the ages.*

(III) Why is it essential to restart for the sake of human well-being?

In the present age, all are working hard to attain human excellence in all domains. It is the chief concern, motivating factor and center of all activities and thinking.

Through science and technology humans have attained great prosperity and power, and modern methods of communication and travel have converted human society into a global village. But the degradation of human values have also been going on at a rapid pace, as witnessed by the enormous increase in disobedience, immorality, violence, crime, etc. in modern society. If the potential energy of the youth is reignited, this prevents degradation, divinizes human relationships, and makes life meaningful and worth living.

Various psychological innovative techniques have opened up new avenues for human intervention in treating various ailments, impairments and in overcoming different barriers. Human wellbeing is better described as an attitude or perspective on life and humanity, which in turn serves to influence actual systems of beliefs and values in life.

The young minds require two kinds of knowledge: secular knowledge to improve their economic condition and spiritual knowledge to infuse faith in themselves and strengthen their moral sense. This is possible only through value education - all values are universal in their content but relative and situational when they are applied. Hence there are cultural and social variations in their degree and emphasis. Value education at all times has envisioned great hopes & faith in transforming young minds.

*Thus, in harmonizing various human aspirations value education can boost excellence with the practice of a simple concept **SHARE**. Sharing fosters trust and co-operation and contributes to personal well-being. Strong social ties enrich one's health and happiness. So learning to share, care and love invokes gratitude. And gratitude is highly connected with happiness, satisfaction and excellence.*

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Developing Your Inner Strength

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How many times have you wished you had more inner strength, willpower or self-discipline?

How many times you lacked enough persistence and inner stamina to follow your decisions and plans?

Do you admire and respect strong individuals, who have overcome obstacles and difficulties and reached far, because of the inner strength they possessed?

Most people are not born with inner strength, but it can be developed like any other skill.

Inner strength consists of willpower, self-discipline, self-control, persistence, detachment, the ability to concentrate and peace of mind.

*In this article we will focus on two of the ingredients, **willpower and self-discipline**.*

These skills are important and essential tools for success in all areas of life. They can be learned and developed like any other skill, yet, in spite of this, only few take any steps to develop and strengthen them in a systematic way.

- ***Willpower** is the inner strength to make decisions, take action and handle and execute any aim or task, regardless of inner and outer resistance, discomfort or difficulties. It manifests as the ability to overcome laziness, temptations and negative habits and to carry out actions, even if they require effort, are unpleasant and tedious or are contrary to one's habits.*

- ***Self-discipline** is the ability to reject instant gratification or pleasure in favor of something better or a higher goal. It manifests as the inner strength to stick to actions or plans in spite of obstacles, difficulties or unpleasantness. It is one of the pillars of success and bestows the inner strength to direct the energy and attention to our goal and persevere until it is accomplished.*

Both of these skills are required for the efficient handling of all activities and decisions. They are required for doing a good job, for success in business, for studying, losing weight, exercising, changing habits, self-improvement, meditation, spiritual growth, keeping promises and for almost everything else.

By overcoming inner resistance one develops inner power and strength.

By refusing and rejecting useless, harmful or unnecessary desires, actions and sometimes intentionally acting contrary to your habits, you sharpen and strengthen your inner strength. You get stronger through constant practice, just like exercising your muscles at a gym makes your muscles stronger. In both cases, when you need inner power or physical strength, they are available and are at your disposal.

Here are a few exercises to strengthen the inner powers ordinary day-to-day activities:

- *Drink your coffee or tea without sugar.*
- *Climb up the stairs instead of taking an elevator.*
- *Park your car a little farther away from the destination, so that you can walk an extra mile.*
- *Choose not to watch one of your favorite TV programs.*
- *Read a book that is useful and informative, but which you find boring.*
- *Curb your desire to criticize people.*
- *Delay your desire to retort angrily.*
- *Try to get out of bed quickly on a cold day.*

These are a few examples to show how you can develop your inner strength. By practicing these or similar exercises you gain inner power, which you can use when you are in need of it. By practicing them you develop your inner muscles, just like lifting dumbbells develops your physical muscles.

By following a systematic method of training you gain control over yourself, your habits, your reactions and life can more easily attain your dreams and goals.

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SIES College of Management Studies started their first batch of the Master of Management Studies (MMS) course on 27th September, 1995. It was another feather in the crown for the SIES family began their journey in 1932 with the SIES School at Matunga. As the Nerul campus was still under construction, so the first semester lectures initially started at the SIES, Sion (West) campus.

The first batch of SIESCOMS with 60 students having varied backgrounds. There was one 38 years old student who was a major in the army and by the time he passed out, he had become Lieutenant Colonel. Among the younger students, there was a 22 year old boy named Sandeep Bhanot. There were three Sandeep's in the class and he was one of them. As the first batch of a new management institute, the students had even more responsibilities to make themselves known in the market place. The brand of SIES helped a lot and they put in a lot of hard work promoting their new institute. They were given a helping hand by their first Principal, Late Prof. C Gopi. He used to tell them that they need to utilize each and every second of their life to move ahead. In the second semester, Prof. K. Neelakantan took over as the Principal. He dynamically led the institute from 1996 to 2003 when his health started deteriorating. But even after that, he was full of

On 8th January, 1996, the college shifted to Nerul and the initial lectures were held in two classrooms where the Corporation Bank stands today. In June 1996, the formal inauguration of the campus took place. Then gradually the campus took shape and by 1997, the computer lab started functioning. The first batch of PGDBM course also started in July 1996 at Nerul.

The first batch of MMS organized various activities like quizzes, guest sessions, role plays and cultural events. They even went for a show of DDLJ together, which like SIESCOMS stands tall at Maratha Mandir even today. SRK was, and is a youth icon, as always.

The batch passed out in May 1997. Lot of things has changed in these 21 years. In those days, the students did not have access to even personal computers, so easily. But today's students have access to laptops, internet, smart-phones and all the latest technology. This batch, being the first one, had to make use of each and every minute to complete the portions for their subjects. They had lectures on all seven days from morning to evening to compensate for the lost time. But they all had a strong will to do their best despite all odds.

They started winning different events in various colleges. Gradually, the brand name of SIESCOMS gained more reputation and the batch had become a force to reckon with. Today, many of these students are in senior positions in India and abroad. Many new courses like PGDPM, PGDBBM, MCA and EMBA were started after the MMS course. Under the leadership of Dr. Sengupta from 2003 onwards, the college has reached greater heights and is the number one institute in Navi Mumbai today and among the top five management colleges in Mumbai.

Now, I am proud to introduce myself, as an youngest boy named Sandeep Bhanot, passed out in 1997, specializing in Finance with a first class and rose to the level of Associate Professor in my Alma Mater. Blessed to get a chance to teach here in 2001 which I cherish to this day, even after 15 years.

As a faculty, I got a lot of encouragement from Prof. Neelakantan and Dr. Sengupta. Became the Chairperson of the MMS course in 2006, a duty I successfully carried out till 2010. This gave me a lot of administrative experience and helped to contribute to institute building. Interaction with all the faculty colleagues was a very fulfilling experience.

Then in 2010, I was made the Chairperson of the PGDM course, which I successfully handled till 2011. Then, Dr. Sengupta advised me to do his Ph.D. Initially, was hesitant to do it because I thought he will I be able to do it. Gradually, garnered more courage and was able to complete Ph.D last year.

I feel elated to see that when I joined SIESCOMS, there were only 6 core faculties, today there are more than 50 faculty members. This shows the growth of the SIESCOMS family in the last 15 years. The student family has also increased from 60 in 1995 to more than 1000 in 2016.

My journey with SIESCOMS has been a very enriching one, first as a student and then as a faculty member. Remembering student days here makes it easy for me to relate to the new generation of students. Though there are differences in the opportunities available to them and the changes over these 21 years, but there is a common thread which binds all of them. That is, they all are products of SIESCOMS and they all bow their heads in great reverence to their alma-mater, i.e. SIESCOMS.

I am sure that the coming generations of students will take their alma-mater to even greater heights of success.

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Snap Shot of Central Training Department

We are glad to bring the Volume 2, Issue 2 of ADHIGAM; we thank all authors for sharing their thought and contributing article.

*During the II quarter specific faculty development program were organized like orientation to statistics tools and SPSS software, Cloud Computing, English Language, Goods Service Tax and **interaction with international speaker** on topics like challenges for educator, these program facilitated the knowledge enhancement process. The orientation and awareness programs on health, disaster and change management attended by staff and students were well appreciated.*

The knowledge sharing process on “Sustainable Change Management” through Google Hangouts was the concluding session from the Leadership Excellence Series which was attended by students and staff.

Glimpses



“The art of teaching is the art of discovering” - Mark Van Doren

Central Training Programs from August 2016 to October 2016

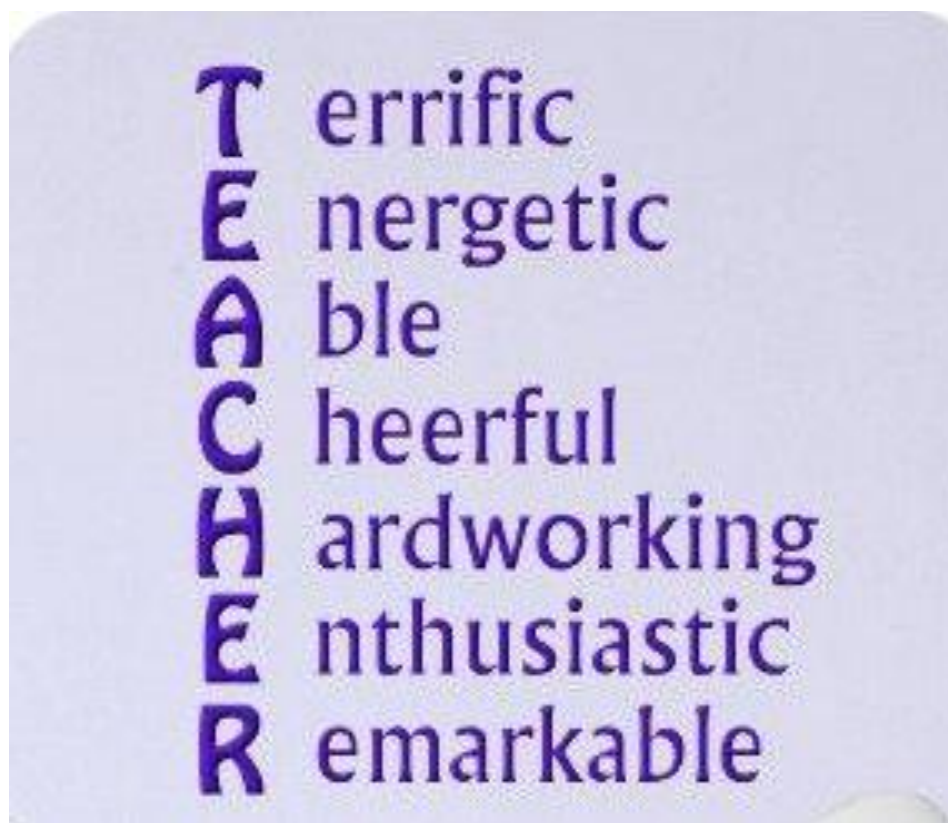
| TITLE | DATE | BENEFICIARIES |
|---|-------------|---|
| Workshop on Statistical Tools & SPSS | 06/08/2016 | Teaching Staff of SIES Arts, Science & Commerce College – Nerul |
| Orientation on Cloud Computing | 20/08/2016 | Teaching Staff |
| Orientation to Disaster Management | 27/08/2016 | All Staff |
| Challenges for Educator - International Perspective | 30/08/2016 | Teaching Staff |
| Orientation to Tally ERP | 17/09/2016 | Non-Teaching Staff |
| Sustainable Change Management | 23/09/2016 | Students, Faculty & Staff |
| Interactive Program on Cancer Awareness | 29/09/2016 | Students & Teaching Staff |
| Workshop on English Language | 30/09/2016 | Teaching Staff of SIES High School |
| Interactive Discussion on Education | 7/10/2016 | Teaching Staff |
| FDP on Goods Service Tax | 8/10/2016 | Teaching Staff & Management Students |
| Workshop on Managing Change | 18/10/2016 | Non-Teaching Staff |

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Forthcoming Programs

November 2016 to January 2017

- ❖ How to improve classroom teaching & effectiveness:
sharing international experience
- ❖ Global Benchmarks in Student Learning and Assessment
- ❖ Round Table Discussion on Academia-NGO
Collaboration
- ❖ Managing Change
- ❖ Becoming Effective Teacher
- ❖ Structural Model Equation-SME
- ❖ Managing Health
- ❖ Use of ICT in teaching and learning process
- ❖ English Language



We invite articles (around 800 words) from all faculty / staff to make the newsletter interactive learning forum by sharing Learning/ Teaching initiatives, experiences/ideas and also provide feedback.

Last date for submission -[10th January 2017](#)

Please write to us or contact  

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