



**SOMETHING
TO REMEMBER**

• **Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all love of what you are doing**

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Dean's Address

Dear Students,



Congratulations on successful completion of MBA University Exam. This time of the year is very special for both MBA I & MBA II. Where MBA I is entering into a two month long journey of practical knowledge, MBA II after completion of the degree, is entering into the corporate world, where they will be using their expertise, gained during these two years.

We celebrated the farewell for the MBA 2013-15 batch last month. The excitement of finishing the post graduate degree & the agony of parting from friends, teachers & college was visible on faces of the graduating batch. The event was full of entertainment & emotions. The senior & junior batch of MBA showcased their talent, by way of various cultural performances. The students & teachers both were feeling nostalgic. I would like to appreciate, the special efforts taken by the junior batch, as volunteers for the farewell programme.

I would like to wish the very best to the outgoing batch for their future. Keep in touch with your Alma mater. These two years have been wonderful having you here. I would like all the outgoing students to be a part of the Alumni Association of the college. Also, for any kind of support, please feel free to connect.

The MBA I batch students must be starting with their Summer Internship Projects. Some of you might have already started the same. One advice which I would like to give is, give your 100% in these two months. Whatever you have learnt in the past year, you will be applying the same during the SIP & much more learning will happen. Do not take the Internship casually. It is also very important that you keep your ego aside while the SIP goes on, because with Ego inside you, knowledge will not find a place. You may feel that the behavior of your SIP manager is not exactly professional, but remember, you are there to take something. Keep in touch with your respective guides & ask for help whenever & wherever required. Wish you all the best, for upcoming months of intensive learning & practical experience.

I would also like to appreciate & thank the student volunteers for the smooth conduction of the MBA CET Exam. Almost 2400 students appeared for MBA CET Exam in our campus & I must say, the student volunteers made sure that the responsibility of their college is fulfilled, in the best manner. Those two days displayed your excellent managerial skills.

For most of you, this must also be the time of meeting family. Family visit is very important as it fills you with new energy & positivity. Make the most of your family time. Lastly continuing with the advice I gave, in the last issue of Insight, do take good care of your health during summer season. You know the golden rule of Health is Wealth.

Best wishes for your future endeavors.

Dr J John Peter

Bidding Adieu...



Goodbyes are not forever, Goodbyes are not the end. They simply mean, we will miss you, until we meet again. Farewell for the MBA 2013-15 batch was hosted on 11th April in the campus. The event was inaugurated with the lamp lighting ceremony by **Director, Dr C. B. Bangal & Dean, Dr. J John Peter**. Respect to the almighty was paid by way of beautiful performance on Ganapati Vandana by **Babita Yadav & Rakesh Paygude** of MBA I.

It is commonly accepted, Where words fail, music speaks. This was again proven true by **Deepali Rai & Md. Adnan** of MBA I. Applaud for the singing performance was never ending.

The evening was excellently steered by the comparers **Nitesh Kumar & Sandeep Singh**. In between performances, everyone in the audience participated, by way of funny quizzes or through some mimicry acts. Laughter & enjoyment was abundant.



“Performance of the evening was, by our very own Director, Dr. C. B. Bangal. Faculty & students were surprised to witness the enormous amount of talent”

Music gives a soul to the universe, wings to the mind, flight to the imagination & life to everything. We all have seen him perform before, yet we are always waiting for his performance. MBA Student **Siddharth Pathak** & his band **Brahmaputra**, took the audience into another world. An hour long performance seemed like few moments, as everyone was completely engrossed in the music.



Even the professors took their chance to make the event special by their singing performance. The very talented **Prof. R.K. Singh & Prof. Priyanka Bachhav** sang beautifully, which the students appreciated with equal enthusiasm, showing how much they love their teachers.





Vaishali Ojha, MBA II, danced her heart out, as this will be her last performance in the college. The group of boys from MBA I, **Santosh Bellurkar**, **Nachiket Devkar**, **Nitesh Kumar**, **Sandeep Singh**, **Amey Deore** & **Mimoh Shukla** made the audience enjoy the most, by their standing dance.



Everyone loves Bollywood, so Bollywood cannot be missing from the event. **Purva Kamatkar** sang the evergreen songs of the Asha Bhosale which was loved by everyone. **Amey Deore** performed an excellent mimicry act of Bollywood actors & the audience burst out laughing.

MBA II Students, **Deepti Vispute**, **Rajnish Singh**, **Shivani Khare**, **Kuldeep Mehta**, **Vaishali Ojha**, **Manish Patil**, **Megha Zema**, **Siddharth Jain** & **Meenu Sharma** walked the ramp, showcasing style with elegance.



Apart from entertainment, there were some emotional moments as well. **Joanna Samuel**, MBA II expressed her feelings for the college, management, teachers & friends, at her farewell. She sang few lines & touched everyone's heart. **Kuldeep Mehta** spoke about his mischiefs during college days & how he is going to miss all those things. Both the students thanked the college & teachers, but we instead, would like to thank all the students for giving us, all the wonderful moments.



Dean, Dr. J John Peter, who is the favourite of all students, spoke few words, wishing them luck for their future, making them understand how special they are, for the college. **Dr. Stella Samuel**, spoke the closing words, thanking the Director, Dean & appreciating the students. Though the words were few, they were enough for the students who love their college & were feeling pain deep inside, as they knew they are

listening to their ideals for the last time. The cultural programme was followed by dinner.



All the best

You all must surely remember, a special way of saying the famous dialogues "Ek Ladki Thi Deewani Si" from Bollywood movie Mohabbatein. You all must surely remember the games you played during your Induction Programme & I am sure that you all miss, the activities you participated in

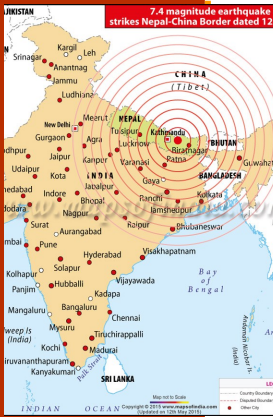
*your BCL classes. You all started loving the "Hum-Tum" tune because of him. There are more than enough reasons to remember him & yet, he has given us another one. Everyone's favourite, **Prof. Ravi Achaliya** has moved out of Sinhgad Institutes, for fulfilment of other responsibilities*

in life. We wish him All The Best in his life. We will keep missing him & would love to have him here again.



Prof. Ravi Achaliya

Let's extend a helping hand...



Nepal Earthquake

25th April 2015, was the very disastrous day for our friendly neighbour Nepal. Before 11:56AM of this day, no one would have guessed, what destiny is going to unfold. More than 8000 people lost their lives. As if this was not sufficient, another major earthquake took place on 12th May 2015, killing another 100.

Some areas of our country were also affected by the tremors, killing approximately 80 people.

The time has come to extend the support to our neighbours. We can help by way of any small or big contribution, through Prime Minister's National Relief Fund.

Follow the link here <https://pmnrf.gov.in/nepalrelief/payform.php>

You may also choose to help through NGOs working for relief in Nepal such as Unicef, Red Cross, Mercy Cops, Save the children, Oxfam, Doctors without borders, Care, World Vision, Paypal etc.

Another Nature's disaster

"Now everyone can afford a life insurance and an accidental cover in India"

Social Security Schemes launched in India

PM Modi launched three ambitious social security schemes on 9th May 2015, to bring every citizen of the country under insurance cover. The three schemes namely, Pradhan Mantri Suraksha Bima Yojana" (accident insurance), "Pradhan Mantri Jeevan Jyoti Yojana" (life insurance) and "Atal Pension Yojana" aim at reducing the financial burden on the citizen of the country.

Under the accident insurance scheme, a person (savings bank account holder) will be provided cover of Rs 200,000 for an annual premium of Rs 12. The cover is for accidental death or permanent total disability. The same scheme could be implemented as life insurance, by paying an extra premium of Rs.330. Scheme is available for the age group 18-70 & is renewable on annual basis.

years. It is estimated that the unorganised sector workers, which constitute 88 percent of the total labour force of 47.29 crore, as per the 66th Round of NSSO Survey of 2011-12, do not have any formal pension provision.

The three schemes were simultaneously launched at 112 centres in different states and union territories attended by respective chief ministers/governors and the union ministers.

The pension scheme provides a minimum pension of Rs 1,000 to Rs 5,000 per month starting at the age of 60 years, depending on the contribution option exercised on entering at an age between 18 and 40 years. The central government would also co-contribute 50 percent of the total contribution or Rs 1,000 per annum, which ever is lower, for five

These policies are very beneficial & easy on the pocket. Twofold benefit can be derived from this. First, you can buy the policy & secure yourself & second, you can donate it to someone, who really needs this. This small gesture of help will give you immense pleasure in life.

Stress...a natural part of life

With expectations on the rise, in modern life most individuals experience or have experienced stress. Competition, constant changes, desire for self-development and ambition result in a demanding environment that often turns stressful. The negative effects of stress on health are well known. As a result, it is important that individuals develop different strategies in order to manage stressful situations.

Stress is the emotional and physical strain caused by the response to pressure from the outside world. Unfortunately, there is not a universally agreed upon definition of stress, and individuals react differently to stress. The dictionary defines stress as physical, mental or tension or emotional strain. What is stressful for one person may be pleasurable or have little effect on others. Stress is not necessarily bad; in small doses, it can help people perform under pressure and motivate them to do their best. But, beyond a certain point, stress stops being helpful and starts causing damage to health, mood, productivity, relationships, and quality of life.

The educational institutions are established in order to select students and to enable them to per-

formance of adult roles in the society. Students spend most of their time involving themselves in educational tasks: learning through lectures, activities, workshops, etc. The educational institutions play a key role in the development of students' skills. Students are expected to gain knowledge and skills that will help them to build up their careers. Considering that stress is present in diverse dimensions of day-to-day life and it affects individuals' welfare, it is important that educational institutions should promote the development of students' stress management strategies. Regrettably, there is no course that refers to stress management explicitly at primary, secondary or higher education level. Nevertheless, it is possible that some stress management strategies are promoted at educational institutions.

We all struggle with angry feelings, brought by tension, pressure, and blocked goals and frustrations of day-to-day life. The broken and stressed relationships that result from these feelings can overwhelm us. We are living in a world that is constantly pushing us to reach for more, to reach a better position by working harder. Everyone suffers from stress at one

time or the other. Anything that causes stress is called a "stressor." Stress takes its toll on us to varying degrees. How we deal with it depends on who we are. At times we struggle to cope with the distresses that come from money, jobs, and our health or family responsibilities. We sometimes allow stress to rule our lives. We turn the crank tighter by buying the idea of demanding more of ourselves and everyone around us. It is impossible to avoid stress. When we lack the basic needs in life we become stressed. When we are unable to provide for our family we become stressed. We are stressed when we feel trapped, blamed, put down, unfairly treated, ignored, belittled, or insignificant. When we are stressed, we often have wrong reactions. We use wrong words, hurt people, become irritated, lose sleep, become tired, have eating problems and do things which we abhor. We generally react in a manner that intensifies our stress rather than relieve stress. We build fortresses around us to keep people away from us. We end up with self-hatred, guilt, shame and resentment. Stress of all kinds is a natural part of life.

"It is important that individuals develop different strategies in order to manage stressful situations"



Dr . Stella Samuel

A Stepping stone

It's time to pursue the Summer Internship project (SIP). It is an opportunity to observe & learn the knack of understanding business targets, execution in the stipulated timeline. Obstacles & challenges are the part & parcel of dynamic business environment. SIP is an opportunity to showcase your talent to the organization. This may lead you to pre-placement offer.

SIP is equally important from academic point of view since you need to submit your SIP report & appear for the internal as well as external viva-voce in the 3rd Semester. Hence you need to take care of following things during internship & thereafter

- Interact with your internal guide regarding the SIP topic immediately after joining. Seek their guidance regularly during SIP.

- Keep gathering the data relevant to your SIP. Project drafting needs lot of efforts.
- Follow the project guide lines shared with you.
- Enthusiasm for learning new ropes will put you in the fast lane of your career. Hence give you best.



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At RMD Sinhgad School of Management Studies we aim at developing competent socially responsible professionals and lifelong learners in an environment that fosters excellence in the academic core processes of teaching-learning, research, and service to the society at large. We inspire critical thinking, personal growth, and a passion for learning. 'People hold the key' reflects the value of our school. We pay close attention to the needs of each student and focus on his or her holistic development. We treat each other with dignity, respect, and sensitivity so as to create a caring environment that allows faculty, staff, and students to reach their greatest potential. We welcome you. We urge you to take advantage of all that this Management school offers, and to make it your own.



Some Fun Facts



- *Everyone has a unique tongue print, just like fingerprints*

- *Bandra Worli Sealink has steel wires equal to the earth's circumference*



- *Science day in Switzerland is dedicated to Ex-Indian President, Dr. APJ Abdul Kalam*

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