



**B. P. H. E. SOCIETY'S
INSTITUTE OF MANAGEMENT STUDIES
(CAREER DEVELOPMENT & RESEARCH)
AHMEDNAGAR**



**NAAC Re-accredited Grade A+ Institute
'Best Institute Award' by S. P. Pune University**



Discovery
of self

Reflections



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(1889 - 1961)

Founder - Ahmednagar College, Ahmednagar
& Visioner under whose name B. P. H. E. Society is formed



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(1922 - 2007)

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DIRECTOR'S MESSAGE



It is a great delight to share that IMS has done exceedingly well in the year 2022-23. Regular activities including academic, co-curricular and extra-curricular were well planned and implemented during the year. Our flagship programs of MBA with intake of 120 students and MCA with intake of 90 were fully enrolled. The Institute plans to increase the MBA intake to 150 from academic year 2023-24. IMS has also introduced undergraduate programs of Bachelor of Vocation in Banking, Financial Services and Insurance and Bachelor of Vocation in

Travel & Tourism. These are excellent job oriented AICTE and S. P. Pune University approved courses. It is expected that the demand for these courses will pick up soon as more awareness amongst the students is created. Our IMS Research Centre also continues to do well with more than 25 students enrolled for Ph.D. course.

IMS is NAAC Re-accredited Grade **A+** Institute. The Institute will be reapplying for 3rd round of accreditation in the year 2023-24. It is expected that with the efforts put in and co-operation of all stakeholders, the institute should get a good grade.

This year's theme for our 'Reflections' magazine is 'Discovery of Self (mind, body and soul)'. There are numerous sub-themes in this topic.

Discovering our own self is one of the most difficult things to do. But to have a meaningful life this is most essential and necessary. Self-discovery is a process of understanding our true self: our values, our needs and wants, everything concerning our mind, body and soul. It includes our own priorities in life both material and spiritual. It includes understanding our strengths and how we can apply them in our daily routine and activities. The first stage in the journey of self-discovery is making a commitment. This journey will require you to focus, take action and prioritize the needs based on your strengths. Changes may be required to be made in our thinking, attitude, habits and behaviour so that we achieve our goals of self-discovery. Remember if we have to change, we have to put in the required efforts and commitment.

As students, self-discovery is of utmost importance so that you get the right job or profession which will lead to a satisfied and fulfilling career and life.

“Knowing yourself is the beginning of all wisdom”

- Aristotle

“Discovering who you are today is the first step to being who you will be tomorrow.

- M.L. Idreez

Dr. M. B. Mehta

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INSTITUTE OF MANAGEMENT STUDIES
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IMS Campus, Station Road, Ahmednagar - 414 001.

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Reflections

...the voice of campus

Vol. XVI |

| **2022-23**

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Tel. (0241) 2346532 / 2324830 • E-mail : imscdr.ac@gmail.com

Website : www.imscdr.ac.in



EDITORIAL

This year we are presenting the 16th issue of IMS Students Magazine 'Reflections' - Voice of Campus, to our readers. The theme of the magazine is 'Discovery of Self'. The main objective for selecting this theme is that students should be self aware about their potential, hidden talent, creativity and various personality traits.

Discovering oneself is a lifelong journey of self-reflection, introspection, and exploration. By taking the time to reflect on your values, interests, passions, strengths, weaknesses, and goals, you can gain a deeper understanding of who you truly are. You can look for activities, hobbies, or subjects that bring you joy and fulfillment. Engaging in activities that you are passionate about can help you discover your authentic self. You can also reflect on your skills, talents, and areas where you excel. Similarly, acknowledge your weaknesses or areas that need improvement. Understanding your strengths and weaknesses will allow you to make informed choices and pursue opportunities that align with your abilities.

Numerous meditation techniques allow individuals to examine deep into their consciousness, understand their thoughts, and connect with their inner selves. Regular practice of meditation improves awareness and promotes self-acceptance, and enables individuals to unravel their true calling and purpose in life.

Sometimes there may be confusion in our minds like 'to be or not to be'. Take time for solitude and introspection. Spending time in nature can help you gain clarity about your thoughts, emotions, and desires. Accepting challenges by stepping out of your comfort zone to try new things will, in a true sense, help you discover yourself. Traveling to different places, meeting new people, or engaging in activities that are outside your usual routine will give you a new vision of life. New experiences can broaden your horizons and help you discover aspects of yourself that you may not have known existed.

Treat yourself with the same kindness and compassion you would offer a dear friend. Remember that discovering yourself is not about trying to fit into a mold or conform to societal expectations. It is about embracing your unique qualities, passions, and desires. Allow yourself the freedom to explore and evolve, and have faith in the journey of self-discovery

Prof. Manoj Kulkarni





आय. एम्. एस्. गीत

भास्कर हा उदयासी येता
ज्ञानप्रभा पसरली....
समानतेच्या नव्या युगाची
प्रभात ही जाहलीधृ

विद्यादान हा वसा घेऊनि
ज्योत प्रांगणातूनि लाविली...
वरदान मागतो प्रभू तयासी
असावी तुझी छत्रसाऊली....१

उच्चनीच वा धर्मव्यवस्था
ना कधी आड आली.....
स्वप्नमालिका गुणीजनांची
साकार येथ जाहली ...२

चारित्र्यशीलता मंत्र मानसी
संपदा व्यक्तीमाजी दडली...
जतन कराया हा अमूल्य मोती
आत्मा हाचि होय शिंपली.... ३

विद्येलागी जो आला येथे
ठेव तिच जणू मानिली...
सर्वस्व तयासी देणे आम्ही
अंतरी खूण हीच जपली...४

सर्वोत्तम तो दर्जा राखूनि
मनुष्यबळ माला गुंफिली...
संशोधनकार्याच्या संगे
कलाश्री नित्यत्वे राखिली...५

प्रशांत गभीर या वातावरणी
जणू चांदणशाल पसरली...
तिमिर कालचा आता सरला...
पुनव शरदातील उगवली....६

भविष्य घडवू देशासाठी
पाऊले एकेक पुढती चालली...
सामाजिक या ऋणपूर्तीची
मुहुर्तमेढ इथे रचिली...७



B.P.H.E. Society's Motto

Not things but men,

I dare you !

Ye Shall Know the Truth

❖ **Vision** ❖

‘To Create World Class Management Institute’

❖ **Mission Statement** ❖

‘The mission of IMS is to provide equal opportunity for quality education for students from diverse backgrounds, which will help to enrich themselves and make them responsible citizens of India and the World’.

❖ **Quality Policy** ❖

‘We are committed to impart to our students leading knowledge and experience for developing appropriate attitude, skills and competency to meet the corporate and organisational requirements’.



Interview



SUKANYA PHANSALKAR
PSYCHOLOGIST,
COUNSELLOR, AND LIFE COACH

Sukanya Phansalkar is a certified Psychologist, Counsellor, Psychotherapist, and Life Coach with extensive experience in teaching, counselling, research, corporate training, and academic administration.

She is the Founder and Chief Therapist of Mana-Sparsha Counselling and Training Centre and also the Director of Operations at the Aryabhatt Institute of Mathematics and Sciences. Sukanya is a Senior Therapist on the Expert Panel of The Vent For You Pvt. Ltd, an online therapy and counselling company.

She holds a PG in Clinical Psychology from the University of Pune and is NET-qualified. Sukanya is twice certified by Stanford Medical (University) in early Psychological Assessment and certified as a Career Counsellor by Pearsons Clinical and Career Futura. She is trained in Rational Emotive Behaviour Therapy (REBT), Acceptance and Commitment Therapy (ACT), Trauma Therapy, and Mindfulness-based Therapies. Her research work on mobile addiction has been presented at national and international levels and published in Frontiers in Psychology.

Sukanya has also written for many prestigious newspapers, periodicals, journals, and online blogs and has participated in many radio programmes as a consultant on human behaviour. Sukanya specialises in child, youth, career, family, and marital counselling, psychotherapies, and mindfulness-based meditation.

Q.1 : Why did you decide to become a psychologist and a life coach ?

Ans : Psychology is the major part of my work, and being a life coach is my tertiary qualification. The reason I decided to become a psychologist was because I have always been inclined towards studying and understanding human behaviour. I have always been told many times that I can understand emotions, so even without any professional training, I used to try and help people solve their problems by observing them, assisting them, and giving them support. Then I thought, "There could be some things that I might actually utilize in my profession." Then I took proper training to serve people in a better way. This is how I landed in the profession of psychology and became a psychologist.

Q.2 : What is "self-discovery" according to you ?

Ans : According to me, self-discovery is making yourself aware of not just how you look or your behaviour on the outside but also the thought process that goes behind it. Self-discovery is something like understanding not only your plus points but also where you lag. So, accepting each of the factors is a process of self-discovery. Not just understanding potential and strengths but also knowing your boundaries - where you go out of control - is self-discovery. Many people understand that one should also know their flaws to become great.

Q.3 : How do you make time for self-care ? And what would you suggest for the people who do not pay attention to it ?

Ans : I used to run a self-care programme called "Heal with Sukanya," and my preface to that programme was that we often spend money on how we look on the outside, like going to gyms, parlours, and spas for outer beauty, but we do not pay attention to our inner being. So, it is very necessary for people to be clean on the inside and in their minds. "Clean" does not mean getting rid of every emotion. Negative emotions are also necessary, and taking out trash on time is also important.

Trash means unnecessary expectations, unnecessary grudges, and unnecessary stress. Basically, my tip to everybody is that self-care is not only a sheet mask or head spa; self-care is also breathing slowly, drinking enough water, and knowing that not every time you have to be perfect. I take time out for myself. I try to set boundaries for myself, knowing where I am doing too much and where I am doing too little. If I see I am doing too little for myself, I take out time to write, read, meditate, and, most importantly, talk to people I love. That is self-care for me.

Q.4 : How can one practice mindfulness and be more present in the moment? Even during busy or stressful times.

Ans : I think mundane activities help us in that case. It is like a meaningless activity.

For example, cleaning a cupboard means one gets busy and does not think of anything else while doing that work. For some people, this works; it might be sitting, closing your eyes, and meditating for 2 minutes, 5 minutes, or an hour; it depends on the individual.

Focusing your attention on something Breathing: Deep breaths do help. Having coffee can help too.

Mindfulness is also called "simple meditation" because one is busy and does not think of anything else while doing that work. Meditation can be done anytime, anywhere, just with focus. It requires practice; one can get a hold of attention, and you can focus in any dimension you want.

Q.5 : What activities would you like to suggest that will maintain our physical as well as mental health?

Ans : Sports like malla-khambh, gymnastics, and yoga can be beneficial. At the same time, Zumba and Aerobics, which have rhythmic body movements, are also helpful. Cycling and jogging are also helpful. In simple words, keep moving, even if you are sitting. Try to do gentle exercises. Moving helps your body secrete good neurochemicals. Having a hobby also helps, like dance, the arts, music, writing, or reading. Anything that makes you feel better will also reflect on your physical health. It goes both ways. If you work out physically, it will boost your mental health, and if you work mentally, it will boost your physical health.

Q.6 : Do you practice meditation? Provide us some tips on how to start and build a habit of meditation.

Ans : I do practice meditation and mindfulness. Always remember to "start small." I used to have an attention deficit trait; my focus would shift and my mind would divert. Then I built a habit of writing things down and started with 30 seconds of meditation. Started small, then developed potential for 20–30 minutes (half an hour); currently, I meditate for 20–30 minutes. It is all about building a habit and starting somewhere.

Q.7 : What is the purpose of life, according to you?

Ans : I relate to the movie "Lucy," which is about science and fiction. For me, the purpose of life is "passing on what I have." It can be good experience, knowledge, love, or belongingness. Passing on what one has is an act of sharing happiness. And making this world a better place to live. It starts not only with others but also with yourself. If everyone chooses that, it can be "the" purpose of life: to make this world a better place to live.

Q.8 : What challenges have you faced during your career? How did you deal with that?

Ans : Consistency is key, I would say. And giving yourself credit and self appreciation. Self-appraisal is a process one can do for oneself. Being aware of yourself, choosing a career that you are good at and focusing on your positive traits. Don't just run behind the crowd. Try to explore. Always seek professional help when you face challenges; they have helped me a lot personally. It provides guidance, a broader perspective, and the experience of the professional or person you are taking advice from. It can be a counsellor, a professor, or even highly experienced people. Try to talk with them and work on things accordingly.

Q.9 : What activities or practices bring peace and relaxation, and how can one incorporate them into our daily routine?

Ans : My go-to practice is mindfulness - staying in the moment. Not running too fast and overthinking about the future and past, and many people hold

grudges against themselves, which will not help. Staying in the moment and experiencing the environment through focusing on the five senses, meditating, and the process of channelling your thoughts helps me. It helps with relaxation and brings peace.

Q.10: You have huge experience in psychology and in the field of career, so what have you observed in today's generation regarding their focus on career?

Ans : I think there are a lot of good things about this generation; they are very focused, they know what they want, and they choose their lives. There are some offbeat careers that people of this generation select. I have observed that there is a transition; more people are trying to set the trend than following the already established one, and that is a good thing because they will have a lot of career options. At the same time, I feel social media and glamour have affected a lot of people's minds. Many times, people want to know what exactly a career consists of, but because they see how it looks on social media, they want to pursue it. That is why I say, "Don't follow anything blindly." At the same time, do not lose your passion. Having passion for certain things is really a good thing.

Interviewed by

Mr. Prajwal Wakhare

Ms. Shravani Tamboli

Ms. Mansha Sakhrani





Students' Section

The title "Students' Section" is centered on the page. It is enclosed within a horizontal oval frame with a thin black border. Above and below the oval are two large, symmetrical, decorative flourishes that mirror the style of the logo at the top of the page. The flourishes consist of intricate, swirling lines and leaf-like shapes.

INNER ENGINEERING: EMBARKING ON A NEW BEGINNING



PRASANNA KULKARNI
(MBA-II)

Inner engineering is a journey to understand our minds and discover ourselves. That means being aware of our thoughts and emotions and trying to simplify and understand them. We are living at the dawn of a fresh beginning. Today, everyone is talking about having inner peace when a lot is happening around them. The good part about this is that many people are willing to take action rather than just talk about self-awareness and inner peace.

First, we need to understand that happiness is realised within rather than achieved on the outside. There will be situations where things may work differently than planned. Taking it as an opportunity to think over and implement a different approach the next time we are placed in the same situation might work out great for us. The perspective through which we look at a problem determines inner peace and happiness.

Self-awareness is the key to a happy mind. Self-awareness means exploring various aspects of our thoughts without judging them. It is about building a deeper connection with our minds, thoughts, values, and beliefs. So, when you know what matters to you, you'll make choices that

align better with who you are. When you know yourself, you are capable of facing changing situations comfortably.

Sometimes we aren't even aware of how a single thought can ruin a good mood. For example, have you ever seen a photo of yourself from a few years ago and thought I was much prettier, slimmer, and more fun? Wouldn't you think it was rude if a friend said those same things to you? Or have you ever compared yourself with your friend, co-worker, or neighbour and thought they had achieved so much more than me; she was way more confident, wiser, happier, and healthier? It's so unkind and painful to compare yourself to a version of yourself that doesn't exist.

Connecting with your thoughts helps a lot. If we have been unkind to ourselves for a long time, breaking that habit can take a while. Being aware of your thoughts allows you to choose whether they are true. It would help if you challenged a thought's truth, kindness, and purpose. Noticing and understanding your thought patterns helps you understand your mind better. There are many unconscious processes that act on you each day. When you identify them, you can break the toxic thought patterns holding you back.

As one has said, you don't pass or fail to be a person. This is so true! All of us have beliefs and values according to our experiences in life, and



no one, not even you, can judge them. All you have to do is identify and understand them and figure out the path you want to take and whether those beliefs and values are taking you there.

A journey to self-discovery is where a person attempts to determine how they feel about everything that matters to them and the things that don't. Taking charge of your thoughts and understanding and processing them is very important. So give yourself time to heal, understand, and process everything that has been happening within you, and live a peaceful and happy life from within.

(Winner - Essay Competition)



SELF MIRROR

JOHN DETHE
(MBA-I)



*Reflections of me,
A sight to behold,
A vivid memory,
That will never grow old.
My eyes look back at me,
A stranger yet so familiar,
My heart is hopeful,
My soul's a little fragile.
But I shall stay strong,
My courage will never waiver,
I'll take a deep breath,
And prepare for the mirror's favor.*

*My flaws are all there,
But I've come to accept them,
My beauty shines through,
And I'm ready to defend them.*

*For in my reflection,
I see a confident soul,
A woman of strength,
A heart made of gold.*





MEDITATION



SHAIKH ASHISH SULEMAN
(MBA-II)

The words “Soul, Mind, and Consciousness” very often remind of philosophy. But the origin of the words rather regarding the philosophy of Greek more often defines the ancient Indian culture.

The Vedas i.e., Rigveda, Yajurveda, Samaveda and Atharvaveda teach the importance of a soul. Meditation has been used in society for 1000's of years to learn about an individual's soul. The relationship between mind and body can be managed by a healthy and enlightened mind. Since the start of Kaliyuga. i.e., from 3102 BC, the human civilization has been working towards their own mental health and consciousness.

But the souls that got emulsified went through the practice of meditation. The practice of meditation has been followed by people for thousands of years. The Yogi, Sufis, and priests had a great conscious because they practiced meditation. The ultimate satisfaction often achieved through a prolonged meditation practice is “Enlightenment.”

The word enlightenment signifies an ignited mind and a great wise person and I would like to quote:- “Health is a great gift, contentment is great wealth, a true friend is a great relative, and a liberal mind is a bliss.” Buddha, a prince

of the Shakya Empire, who saw the misery of the world and lust for power that polluted the minds of people, goes to the jungle and practices meditation to find himself and gets enlightened as none other than the “Great Buddha.” the person who achieved an ultimate conscious and gave rise to a new religion known as “Buddhism”. The same thing which was achieved by “Mahavira” also known as “the Great Vardaman” gave rise to “Jainism”. These are the prime examples of meditative minds and enlightened souls.

The religious sentiments and beliefs are closely related to “Mind” and “Soul”. Hence the principle of praising the almighty gives significance to meditation. Meditation could be done in various ways by praying or by chanting mantras in silence. A meditative mind or person is always away from negative energy and have salvation of positive energy. All the holy books like the Quran, Bible, Geetha and Guru Granth Sahib have given emphasis on silence and peace. Peace is achieved only through calm minds and solitude. Hence, meditation is common in all.

We have always believed that physical health is the optimum state of power. However, Buddha offered a different perspective on physical prowess, He saw the brutal classification of society into Brahmin, Kshatriya, Vaishya and Shudra. The Brahmins were believed to be “Noble” because they had conscious and good decision-making power. Buddha slammed this ideology and directed people towards equality.



He believed and proved that meditation can make it possible to achieve ultimate satisfaction, which would give rise to "enlightened minds"

In the 21st century meditation has become a phenomenon Today meditation is followed for good mind and mental health. Examples of good meditative minds are "Swami Vivekanand, APJ Abdul Kalam, Osho, Shri Ravi Kishan and Sadhguru" Millions of people follow meditation practice daily for emulsified mental health and good conscious.

Various foundations like "Isha Foundation" "Happy Thoughts" by "Sir-shree" give emphasis and organize workshops for meditation. Hence, I believe everyone should practice meditation.

"Buddham Sharanam Gachami"

(Winner - Essay Competition)



THE POWER OF ATTITUDE

ADNAN TAMBOLI

(MCA-I)



*The power of attitude is strong,
It can lift you up when things go wrong.*

*It shapes the way you view the world,
And how you face life's every swirl.*

*A positive outlook, bright and true,
Can help you see the good in you.
With confidence and a can-do view,
There's nothing you can't work through.*

*The world is full of possibilities,
And with a positive mindset,
you'll see That every challenge, every test,
Is a chance to grow and do your best.*

*So let your attitude be your guide,
And let your heart and mind collide
To create a force that's strong and true,
And will carry you through all you do.*

*For the power of attitude is clear,
It can transform your life, my dear.
So choose to see the good in all,
And you'll rise up, standing tall.*





SELF-AWARENESS

**PRAJWAL WAKHARE**

(MBA-II)

Self-awareness is the ability to introspect and understand one's own thoughts, feelings, and behaviours. It is a crucial aspect of personal growth and development, enabling individuals to identify their strengths and weaknesses, make better decisions, and improve their relationships with others. In this essay, I will explore the importance of self-awareness, how it can be developed, and its implications for personal and professional success.

Self-awareness is critical for personal growth and development. Without an accurate understanding of our own thoughts and emotions, we may struggle to make progress towards our goals or find meaning and purpose in our lives. By increasing self-awareness, individuals can gain insight into their own motivations, biases, and habits and identify areas for improvement. This can lead to greater self-confidence, better decision-making, and improved relationships with others.

There are several ways to develop self-awareness. One method is introspection, which involves reflecting on one's own thoughts, feelings, and behaviours. This can be done through journaling, meditation, or simply taking time to think and reflect. Introspection allows individuals to identify patterns in their

own thinking and behaviour and gain a deeper understanding of their own motivations and values.

Another way to develop self-awareness is through feedback from others. Seeking feedback from trusted friends, family members, or colleagues can provide valuable insights into one's own strengths and weaknesses, as well as blind spots that may be holding them back. However, it is important to seek out constructive feedback, as criticism that is too harsh or negative can be demotivating and counterproductive.

The development of self-awareness is also critical for professional success. In today's fast-paced and competitive business environment, individuals who are self-aware are better equipped to adapt to changing circumstances, collaborate effectively with others, and lead successful teams. Leaders who possess high levels of self-awareness are more likely to create positive work environments, inspire trust and respect among their team members, and make sound decisions based on a deep understanding of their own strengths and limitations.

One key aspect of self-awareness in the workplace is emotional intelligence. Emotional intelligence is the ability to understand and manage one's own emotions as well as the emotions of others. Individuals who are emotionally intelligent are better equipped to navigate workplace relationships,



communicate effectively with others, and handle stress and pressure. This is especially important for leaders, who must be able to inspire and motivate their teams while also managing their own emotions in high-pressure situations.

The importance of self-awareness is also evident in the realm of social justice and equity. By understanding one's own biases and privileges, individuals can work towards creating a more just and equitable society. This requires a deep understanding of one's own experiences as well as an openness to learning from others who may have different perspectives and experiences.

In conclusion, self-awareness is a crucial aspect of personal and professional success. By increasing self-awareness, individuals can gain insights into their own thoughts and behaviours, identify areas for improvement, and make better decisions. This is especially important for leaders, who must be able to navigate complex interpersonal relationships and make sound decisions based on a deep understanding of their own strengths and limitations. Additionally, self-awareness is critical for creating a more just and equitable society, as it requires a deep understanding of one's own biases and privileges as well as an openness to learning from others.

(Winner - Essay Competition)



HOW BEAUTIFUL IT IS TO FEEL ALONE SOMETIMES

Listen to the way the heart talks

And mind thinks

*Of getting everything best for rest of life
And having believe on almighty's choice,*

*Then to thinking that you had enough
talking about enough pain because*

*Enough is a word that never belongs to
happiness.*

Still smiling alone at dark night

*Thinking how beautiful it is to feel
so alone sometimes.*

You feel lighter,

*You wonder if that's how birds
learn to fly*

*Being brave for the day which is
ready for you.*

Feeling the chilly night air,

And having good night, good night -

*You smile with salt dried at the
corners of your mouth as you think -*

*How beautiful it is to feel so alone
sometimes.*

MANSHA SAKHRANI

(MBA-II)



ESCAPING THE MATRIX : THE ILLUSION OF SUCCESS & HAPPINESS



ASIF SAYYED
(MCA-I)

In today's fast-paced world, it's easy to get caught up in the never-ending cycle of social media and the rat race. Social media platforms such as Facebook, Instagram, and Twitter have become an integral part of our daily lives. We constantly scroll through our feeds, checking for updates and likes, and comparing ourselves to others. Meanwhile, the pressure to succeed and stay ahead in our careers is ever-present.

But what is the cost of all this? We lose sight of what's truly important: our own happiness.

The social media trap is like the Matrix - a virtual world that we get sucked into, making it difficult to escape. We become slaves to the platform, constantly seeking validation and approval from others. But the truth is, this validation is fleeting, and the more we seek it, the less we feel truly satisfied. It's like chasing a fantasy that disappears as soon as we reach for it.

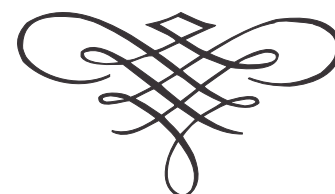
Similarly, the rat race is a never-ending pursuit of success and achievement. We are constantly striving to climb the career ladder, accumulate wealth, and attain a higher status. But at what cost? We sacrifice our health, relationships, and happiness in the process. We become like hamsters running on a wheel, constantly moving but never going anywhere.

The problem is that we have been conditioned to believe that success and happiness are synonymous. We are told that if we work hard, climb the ladder, and achieve our goals, we will be happy. But the reality is that happiness cannot be achieved through external factors alone. It is an inside job.

So how do we break free from this trap ?

First, we need to recognize that social media and the rat race are not the keys to our happiness. Instead, we need to focus on what truly brings us joy and fulfillment. This may be spending time with loved ones, pursuing a hobby, or simply enjoying the present moment. We need to shift our perspective on success. Success should not be measured by external achievements alone, but by our internal state of being.

In conclusion, escaping the social media trap and the rat race requires a shift in mindset and a focus on our own happiness. We need to recognize that success and happiness are not one and the same, and that the pursuit of external achievements can come at a cost to our well-being. By focusing on what truly brings us joy and fulfillment, and taking action to prioritize our happiness, we can break free from the trap and live a more meaningful life.





THE DISCOVERY OF SELF - SELF CARE



VAISHNAVI S. KARNAWAT
(MCA-II)

Aristotle said. "Knowing yourself is the beginning of all wisdom." This means that you need to know who you are, then everything is open to you. Without self-discovery, you don't know what direction life is taking you. You also don't know what you want to do in life and will not be able to make important decisions.

Self-discovery is a very important aspect of everybody's life. Without it you really don't have a full understanding of who you are, what you want to do in life, or even what direction that life takes you. Self-discovery ranges from things that people don't seem important to the big things such as jobs or relationships. To me self-discovery is just as important as breathing. If you don't know who you are then you don't know what your purpose in life is. You just skate by in life. When you find out who you are the world is open to you. Self-discovery is one of the most important aspects of adolescence. As teens become more self-aware, they start trying to figure out who they are, making choices that will impact their lives forever.

People are struggling with finding their true identity because of this ever-changing world in which we live. We've all heard the saying, "People Change". Well, people are changing to fit into a group abandoning their true identity. Sometimes we think that if I change then people will like me a whole lot better. This happens constantly. Do they like you better after you

really care if people like me if I change to fit in? changed? Most likely no!!!! Personally, would I No. I have an idea of who I am and what I want to do with life. Why would I want to change that to fit in? I know that I'm unique. That's what people are forgetting. Everybody is unique in one way or another. People take to heart what others say.

Sometimes this can be good or bad. When we take what people say negatively it affects who we are as a person making us feel like we are left out. This can make people change because they don't like what they hear. Most of the time we focus on asking ourselves, "What if they don't like me?" and "What if they think I'm weird?" Self-discovery is what you, as a unique human being, should pour your energy into rather than what people think that you should be doing. We let others tell us what we should be doing instead of doing what we want to do. Basically, it all comes down to people not seeing that they need to view themselves as unique, but they are paying more attention to fitting in because they think that people will like them. In doing so they are changing their identity.

How can people find their true identity? This is simple. Ask yourself, "Who am I?" Just be yourself. If people don't like you for who you are, then what is the point of them being your friend? Yes this is harsh but it's the truth. We just need to accept it. In only two years of high school, I have found out more about myself than at any other point in my life. I have found out that I am a person who is struggling with personal issues. But I keep reminding myself that I am unique and nobody can tell me who I am. I have to decide that for myself. Only I know who I am. People can't tell me who I am.



There are several steps that you can take to discover your true self.

Step 1. Find your values the things that matter most to you on the deepest levels. Ask yourself, What are your values ? Do you understand why your values are important?

2. Understand your strengths. What natural abilities do you possess and which ones do you want to cultivate and develop ?

3. Know your passion. What activities and pursuits make you feel really alive? You can't build your life around your passions if you haven't figured out what they are yet.

4. This may sound strange but know your tendencies or habits. These can be either good or bad.

5. Know your limits. You can't be the best at everything.

6. Set goals. They need to be specific and achievable.

7. Establish direction. Where do you want to go in life? Don't worry about reaching your destination; it's the journey that counts. Let life unfold before you. Just enjoy the ride. It's ok if you don't end up where you think you need to be.

When you find out who you are, the most important thing to remember is that you should be yourself. Once you find out who you are, endless possibilities will unfold before your eyes. Don't give in to changing who you are. Remember that your identity is important and

once you find your identity you can discover so many things about yourself that you didn't know. You are a unique individual. Only you know who you truly are.



WHY MEDITATION ?

People want a variety of things from meditation: some come for peace, others for self-control, some for power, and some for silence, but of all the reasons, the ones that are most expressed are peace and peace of mind.

At first, there does not seem to be much difference between these two, but on closer observation, we find that they are asking for different things. Peace is simply an experience, whereas peace of mind is a way of life. At some time or another, we have all enjoyed a moment's peace, however fleeting. To simply experience peace is not actually that difficult; it is something easily attainable through the practice of meditation, because this is what meditation is specifically designed to give. But to attain peace of mind implies that I want to constantly experience peace. While I go about my daily life, I need to be in control of myself to the extent that I can experience what I want, when I want it. To experience constant peace of mind, I need something more than just a meditation technique. I need to be able to use the experience of peace gained when sitting in meditation later on, in my practical life, at times when it is not easy to be peaceful. If I cannot use my meditation to bring benefit to my practical life, is it really of any use to me ?

MANSHA SAKHRANI

(MBA-II)

JOY OF GIVING



SAHIL GANDHI
(MBA-I)

The joy of giving is a feeling that is often overlooked in our society. We live in a culture that values material possessions, wealth, and fame over the simple act of giving. However, giving can be one of the most rewarding experiences, both for the giver and the receiver. The act of giving can bring about a sense of purpose, fulfillment, and connection to others.

One of the most significant benefits of giving is the impact it can have on our mental health. When we give to others, it can positively affect our mood, reduce stress and anxiety, and boost our overall happiness. According to research, giving to others can activate the reward center in our brain, which releases dopamine and makes us feel good. It is no surprise that giving is often referred to as the “helper's high.” When we give, we feel a sense of purpose and belonging, which can be immensely satisfying.

Moreover, giving can create a ripple effect that positively impacts the world around us. A small act of kindness can inspire others to do the same, creating a chain reaction of generosity. When we give, we are contributing to a larger cause beyond ourselves. We can make a difference in the lives of others, which can, in turn, create a more compassionate and kinder

society. As Mahatma Gandhi once said, “The best way to find yourself is to lose yourself in the service of others.”

Furthermore, giving can bring about a sense of connection and community. The act of giving has the power to bring people together, whether it is through volunteering or donating to a cause. When we give, we are fostering relationships and building a supportive network. Giving can help break down barriers and create a sense of unity that transcends social and economic status.

In conclusion, the joy of giving is a powerful experience that can bring about a sense of fulfillment, positive mental health, and create a ripple effect that impacts the world around us. In a world that values monetary wealth and material possessions, we must not overlook the importance of giving. Giving is an act of kindness that has the power to transform lives and create a more compassionate and connected society.





BEING POLITE AND RESPECTFUL IS KEY TO SUCCESSFUL INTERACTIONS

Etiquettes and manners are rules and behaviours that show us how we should behave around other people. They help us show respect and kindness to others and make them like us more.

Being polite and respectful is one of the most important manners we can have. This means using nice words, not using rude or mean words, and being kind to other people's feelings. We should also use the right titles when talking to people we don't know well, like "Mr." or "Ms."

Another important thing to do is be on time. This shows that we respect other people's time and that we are dependable. If we are going to be late, we should let the other person know as soon as possible so they can adjust their plans.

When someone is talking to us, we should listen carefully and not interrupt them. This shows that we respect their opinions and care about what they have to say. We should also say "please" and "thank you" when asking for something or receiving something. These words are important because they show that we appreciate other people's help and are grateful for their kindness.

It's also a good idea to send a thank-you note or a small gift to show our appreciation for something someone did for us. This shows that we care about their feelings and are grateful for their help.

Practicing good etiquette and manners helps us build positive relationships with others and makes people want to be around us. By being polite, respectful, and showing appreciation and gratitude, we can create a welcoming and pleasant atmosphere for everyone around us.

PRAJWAL WAKHARE

(MBA-II)



SELF-CARE

*Hey you, feeling stuck in this phase of life
But I can see you trying best to shine bright
And biggest thing you should be grateful for
is that you are Alive.*

So

Just breathe,

At a beautiful dark night.

Look at moon shining above you

Have you seen its different phases?

*Just like moon we go through different
phases...*

*Remember it's just a phase of life you will
always glow equally stunning at each phase*

So bring a smile on your face.

Now you know

Darkness will fade away soon

Till then appreciate the beautiful moon

MANSHA SAKHRANI

(MBA-II)

THE DISCOVERY OF SELF (MIND, BODY & SOUL)



MANSHA SAKHRANI
(MBA-II)

The human experience is a complex and multifaceted journey that is often characterised by self-discovery. From the moment we are born, we are constantly exploring our mind, body, and soul. Seeking to better understand ourselves and be a better version of ourselves, learn, learn, and evolve over time in this journey called life. In this essay, let's understand the same concepts about discovering ourselves in terms of mind, body, and soul, and how this discovery can lead to a more fulfilling life.

Have you ever wondered how powerful our minds are? The mind is the most critical aspect of self-discovery. The first step in discovering the mind is to become aware of our thoughts and emotions. Every single thought has an impact on our lives. Mindfulness meditation is a useful tool for achieving awareness. Meditation leads to focus, patience, and self-growth by developing a sense of gratitude towards the things we have and need. If one wants to discover oneself, understand oneself better, and start practising guided meditation to build a habit and later bring it into regular practice, it is important to have a positive outlook on life and understand thoughts without judgement, whether they are positive or negative. Instead, we should train our brains to focus on positive aspects of life and not think or create negative thoughts about any situation, present or future.

The body is another critical component of self-discovery. Our physical body is the vessel through which we experience this beautiful world. One life and so much to explore and live have you ever thought about how it is possible? If we are physically fit and how we will be physically fit and healthy through regular exercise, yoga, running, dance, eating right and avoiding junk, and our sleeping patterns, all these aspects contribute to our physical health. If one feels physically fit and healthy, they will surely be mentally happy and perform their activities with energy and enthusiasm. Our body stays with us throughout our lives, from birth until death. Many neglect the fact that health matters first. One should connect with their bodies at a deeper level by way of yoga and meditation to achieve a greater sense of self-awareness and self-acceptance through self-improvement.

The soul is a permanent part of our lives; it travels with us on our journey. It is the spiritual part that exists in a person and that will be there in the universe and travel along. Do you ever wonder who we are? Why are we here? What is our role in this life? This is all about discovering ourselves. Exploring our deepest values, beliefs, and purpose in life can take many forms; it is different for different individuals as everyone's journey is different. Discovering one's own soul is also different for every individual; it can be done through spirituality, volunteering in social work, working on goals and hobbies, and developing oneself with time and creating an impact on one's own life and others too. The soul is a way through which one



can understand their purpose and live peacefully to achieve that purpose.

The discovery of oneself is a lifelong journey and a continuous process that requires introspection for self-development. It is not a one-time event but rather an ongoing process of self-discovery and personal growth. However, the reward of this journey is immense, and that is cultivating a positive mindset, caring for our bodies, and connecting with our soul.

We can experience a greater sense of happiness, fulfilment, and purpose in life. While the journey may be challenging at times, the rewards are well worth the effort. As we continue to discover ourselves, we gain a deeper understanding of who we are and our place in this world.

Some key takeaways can be that life is a gift from God, which is the most beautiful thing in the world. Accepting what we have, being grateful for everything, showing gratitude, living with the best intention, and believing in oneself on this discovery of one's mind, body, and soul lead to a more meaningful and fulfilling life.



STUDENT LIFE

SNEHAL ZANJAD
(MCA-I)



*Student life, oh student life,
A time of growth, a time of strife,
With books and notes and endless nights,
We strive for knowledge, we aim for heights.*

*From early morning, we rush to class,
With backpacks heavy, and coffee in glass,
Lectures and labs and endless tests,
We work hard to be our best.*

*Extracurriculars, a place to thrive,
Sports, clubs, and more, to come alive,
Leadership skills, and friendships made,
A sense of belonging, a strong
foundation laid.*

*Social life, a new frontier,
Making friends, year after year,
Roommates and classmates,
a tight-knit crew,
A bond that lasts, tried and true.*

*Personal growth, a journey to take,
Learning to balance, to bend, to break.
Time management, communication skills,
A foundation for life, as we climb up hills.*

*Student life, oh student life,
A time of growth, a time of strife,
With hard work, dedication, and grit,
We'll achieve our goals, bit by bit.*

YOGA AND SPIRITUALITY



SHRAVANI T. TAMBOLI
(MBA-II)

Yoga is an ancient practice that originated in India over 5,000 years ago. The word "yoga" is generated from the Sanskrit word "yuj," which means to unite. Yoga practice is the union of body, mind, and spirit. Maharshi Ved Vyas said, "Yoga is a spiritual kamdhenu." Yoga always improves spiritual well-being and spiritual intelligence. Yoga practice is associated with increased levels of spiritual health, a positive outlook on life, happiness within, etc.

A regular yoga practice and meditation help in calming and clearing the body and mind. It leads to a broader sense of inspiration, love, well-being, etc. Yoga includes various asanas, pranayamas, omkars, etc. Pranayamas calm down the mind.

Yoga provides techniques to unite the body, mind, and soul and connects us to spirituality. Spirituality is all about living a happier life. When an individual connects with spirituality, it becomes easy to manage difficult situations and keep smiling. Yoga practice also helps with physical fitness. Being physically flexible leads to mental flexibility, and being mentally flexible leads to physical flexibility. Yoga also helps in learning to breathe through different postures, which can be difficult at times.

In the Bhagwat Geeta, Lord Krishna said, "Skills in actions or efficiency are alone yoga." It emphasizes on karma yoga; an individual should perform his duties well without thinking about its benefits.

Spirituality is not about sitting somewhere and doing something. It is revisiting the truth about ourselves. The truth about ourselves needs to be updated. To revisit the truth about ourselves, we should ask ourselves, "What do I want? Am I happy? Am I doing the right thing?"

A regular practice of yoga and meditation improves concentration and awareness. This will help you concentrate in a noisy or busy environment. Yoga practice also helps with emotional awareness, which helps clarify what is important to us. Yoga and spirituality make responsible human beings full of love, caring, and sharing. A good meditation and yoga practice helps an individual identify his or her higher potentials, and then these higher potentials are the greatest possible contribution to the world.

Spirituality gives you the inner strength to handle every situation. Being an estimate of our lives, your inner peace spreads outward and finds good in everything. When we get spiritually connected, it becomes easy to find solutions, and we understand that peace is within us.

Yoga practice stretches and strengthens the body as well as the mind. Yoga and spirituality



clean the mind and can create space for peace, which will help us understand what is important to us. Spirituality builds a positive attitude and confidence. Spiritually connected people do not think about benefits; they know themselves and are doing their duties well. Yoga is important for mental and physical health as well.

A regular yoga practice and meditation build various qualities such as inspiration, love, caring, sharing nature, a positive attitude, confidence, etc. Individuals can find their best potential and improve themselves.

In the yogic tradition, our body is divided into seven energy centres called chakras. When you become aware of your spiritual side through yoga practice, you will find that you are much more. You are an eternal part of God, you always have been, and always will be.



THE GIFT OF HEALTH IS KEEPING ME ALIVE

Taking Health for granted

And starting enchanted

Not well ya... and you keep thinking

why I am feeling down ?

Keep your mind sound...

It's not a breakdown.

Look around

Parents who take care of you

Coz they care and love you

Only person can help you to recover

Is your mother, No one is above her

Nothing I do could show my full gratitude towards them

They are the real precious 'gem'

Though we live in a world filled with illness and diseases...

But with all care and precautions this time also flees....

And makes us realise to be grateful for this 'Health' It's the biggest 'Wealth'

And as you realise...Keep saying

The gift of health is keeping me alive.

MANSHA SAKHRANI

(MBA-II)



DISCOVERY OF SELF



VARAD HATWALNE
(MBA-II)

The world is very fast-paced now, running at its speed, and the work load has increased immensely. Building up a work schedule for oneself is really a task that needs to be done. Punctuality is the core of everyone's life, and practising punctuality is the only key required to do your work in a better manner now-a-days.

In our busy schedules, we need to have a proper blend of physical health as well as mental health. A person should practice physical training, yoga, and meditation for his body. If his body remains fit, his soul will automatically be, as the heart will pump up the fresh blood and generate positive energy for his whole day. Mental health practice is good by following good thoughts and practicing spirituality, which has to come to your mind and give you mental peace as well.

Spirituality drives one to introspection. Introspecting one's ability to follow and nurture good habits and trade is crucial and important in today's world. In such situations, a person's ethics play a crucial role, guiding him to take the correct decisions in his life and pave the way correctly in order to reach his destination.

It is said that "Rome was not built in a day," and that any change will take its own time to show its results. Developing a positive attitude towards things or the way we look at a situation requires

plenty of exercise to train our mind and practice finding positive things in any situation.

A glass half filled with water, a pessimistic person says that "the glass is half empty", while an optimistic person will look at situations from another angle and narrate, "The glass is half filled with water." The moral is that one needs to change his first perspective towards situations and find positive things within.

A good personality is built by the attitude a person carries with him. A positive saying is that "attitude determines your focus in life." Your approach towards things like getting a job by cracking an interview is determined by your willingness and the hunger in your eyes for the job that you require and want to get.

Grooming is very essential in today's corporate paradigm. You need to groom yourself in order to fit in with the culture of the organisation where you work and give your 100% input so as to develop and prosper the organisation through your contribution.

Following the etiquette and manners in society and corporate life makes a person's personality change and distinguish one from another. Greeting your seniors, showing respect towards them, and following their commands will enhance your work and add beauty to your achievements as you crack your deals much easier.

The last thing one needs is to pamper himself as well. Self-care is the most important thing to sustain in this world. If you love yourself, then only the world will care for you and show



respect for you. Always try to care for yourself. Self-care makes people reflect on themselves and can help enrich their personalities, which could shine more by achieving great heights.

Good practise is to care for yourself, and the world will also care for you as you develop yourself by introspecting, giving others respect, and developing your personality as well.



LIKE A MERMAID



SHREYA SAGADE
(MBA-II)

*Teenager she was
a fun loving girl
Her eyes were brown
And hair with curls..*

*But... she was scared of water
Maybe... There was something
Between them
Like an unseen border..*

*Once she heard news
About arrival of storm
Everything will be destroyed
Which was already formed*

*She prayed a lot
To make it stop
Even from her eyes
A drop falls off..*

*Suddenly everything was silenced
even the outside noise
and a light appeared
with not so heard voice..*

*The voice said
your wish will be granted
but you have to do something too
I'll wash off the storm
you must learn swimming too.
Well it was hard for her, but still-*

*She went to a club
With an instructor she chatted
No wastage of time
They both get started...*

*After hours and hours
Of teaching and practice
she couldn't flow any how
but it was not fault of tactics..*

*Instructor was quite sure now
What was happening
And told, its my job to teach you,
But its yours to allow you swim..*

*These words fell hard on her
she started shedding tear
but then she was ready
and now no fear.*

And then

*She learned to swim
no storm - as the voice said
the girl felt nothing
But more than a mermaid!*



WHY IS MEDITATION IMPORTANT IN TODAY'S LIFESTYLE ?



DISHA RAJPAL
(MBA-I)

In today's fast-paced and hectic lifestyle, meditation has become an essential tool for managing stress, improving mental health, and promoting overall well-being. Meditation is an ancient practice that has been around for thousands of years, but it has gained popularity in recent years as more people seek to find balance and calm in their lives.

Meditation involves training the mind to focus and quieting the constant chatter of our thoughts. It can take many forms, including mindfulness meditation, mantra meditation, or guided meditation. Regardless of the type, meditation provides numerous benefits that are especially important in today's lifestyle.

First and foremost, meditation can reduce stress and anxiety. With the constant demands of work, family, and social obligations, it's easy to feel overwhelmed and stressed. Meditation has been shown to reduce the production of stress hormones like cortisol, which can lead to a calmer and more relaxed state of mind. By practising meditation regularly, individuals can improve their ability to cope with stress and reduce the risk of stress-related health problems like high blood pressure, heart disease, and depression.

Meditation can also improve mental clarity and focus. With so many distractions in our daily

lives, it's easy to feel scattered and unfocused. Meditation can help train the mind to focus on the present moment and increase awareness of our thoughts and emotions. This increased focus can lead to improved productivity, creativity, and decision-making.

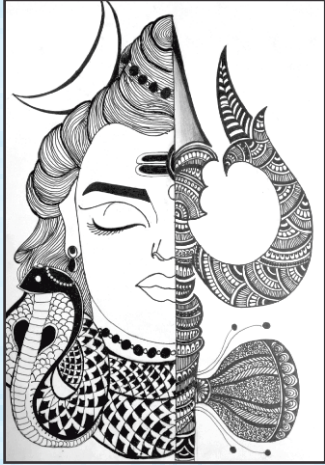
Another important benefit of meditation is its ability to improve sleep quality. With busy schedules and electronic devices that are always on, getting a good night's sleep can be a challenge. Meditation can help individuals relax and unwind before bed, promoting deeper and more restful sleep. By improving sleep quality, individuals can wake up feeling more rested and ready to face the day ahead.

Meditation can also help individuals develop a greater sense of compassion and empathy. With the constant news cycle of negativity and division, it's easy to become jaded and disconnected from others. Meditation can help individuals develop a deeper understanding and connection with others, leading to greater compassion, empathy, and a sense of community.

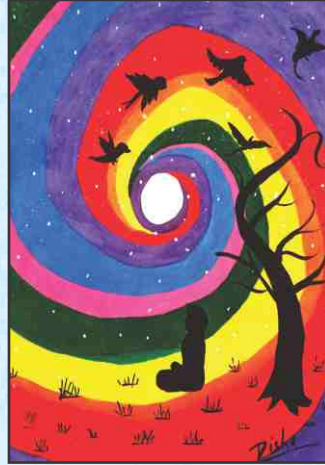
In conclusion, meditation has become an essential tool for managing stress, improving mental health, and promoting overall well-being in today's lifestyle. By taking just a few minutes each day to meditate, individuals can experience a range of benefits that can lead to a more balanced, focused, and compassionate life.



ART GALLERY - 2023



PRERNA YELIKAR



DISHA RAJPAL



DEEPAI THAVANI



VAISHNAVI GIRME



ARTI KHAKAL



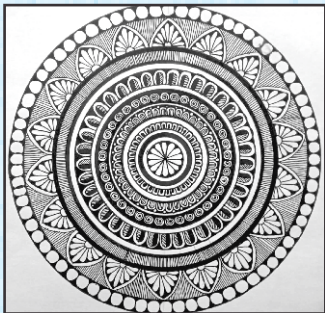
PRERNA RASHINKAR



PRERNA YELIKAR



PRERNA YELIKAR



VAISHNAVI KARNAVAT



VAISHNAVI GIRME



PRERNA YELIKAR

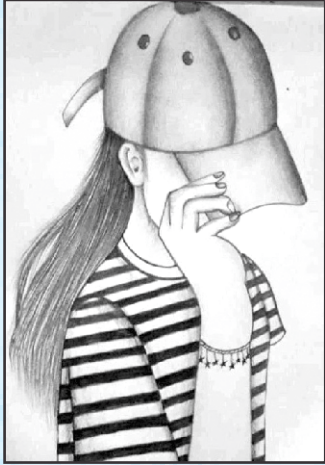


SARTHAK DALVI

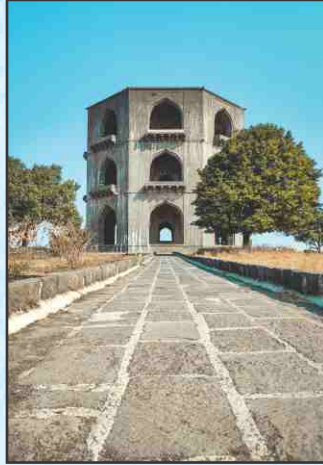


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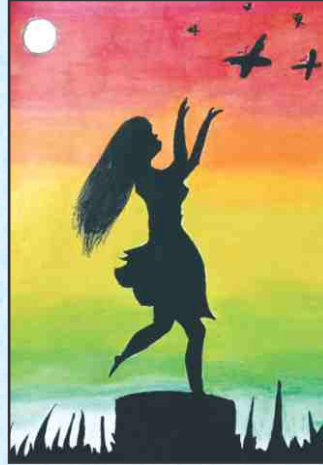
ART GALLERY - 2023



PRERNA RASHINKAR



WILSON SALVE



DEEPALI THAVANI



PRERNA YELIKAR



VAISHNAVI GIRME



RUSHIKESH MEHETRE



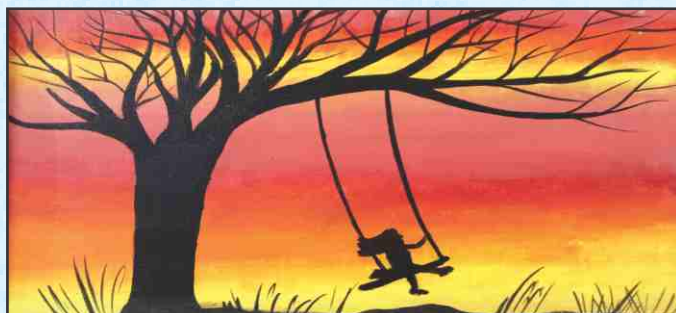
VAISHNAVI GIRME



PRERNA YELIKAR



KURHATE ABHISHEK



PRERNA YELIKAR



VAISHNAVI GIRME



THE DISCOVERY OF SELF (MIND, BODY & SOUL)



KRUPA D. GANDHI
(MCA-II)

A powerful path that can significantly alter our lives is self-discovery. We can better understand ourselves, identify our talents and shortcomings, and develop a positive outlook on life through a continuing process of self-awareness, personal growth, and progress. Our physical and mental health, personality development, self-awareness, grooming, etiquette, and manners, self-care, environmental awareness, social responsibility, the value of sports, spirituality, the joy of giving, satisfaction, yoga, meditation, and inspirational stories are all included in the journey of self-discovery. Let's dive deeper into these aspects of self-discovery and comprehend how they affect our general well-being.

As it sets the tone for our perspective on life, having a positive attitude is important for self-discovery. It is our thinking that enables us to negotiate difficulties, get through roadblocks, and find chances among hardships. Positivity building, resilience building, and adopting a growth mindset are all part of the ongoing process of attitude building. To change unhelpful thought patterns into empowering ideas, a conscious effort is needed. By surrounding ourselves with supportive people, cultivating an attitude of appreciation, visualizing accomplishment, and adopting an upbeat outlook on life, we can develop a positive attitude.

Being physically healthy immediately affects our entire well-being, making it a critical component of self-discovery. For our body and mind to function at their best, maintaining good physical health through regular exercise, a healthy diet, and sufficient rest is crucial. A strong physical foundation is necessary for personal development and self-improvement. It raises our mood, gives us more energy, and makes us more productive. Maintaining our physical health also entails getting regular checkups, abstaining from bad habits like smoking and drinking too much alcohol, and drinking plenty of water.

Equally crucial to the journey of self-discovery is mental health. Our mental health influences our feelings, ideas, and behaviors. It also has a big impact on how we act and behave as a person. Maintaining good mental health requires engaging in mindfulness practices, learning how to manage stress, and getting support from a professional when necessary. A pleasant mental state is influenced by self-reflection, joyful hobbies and interests, and the development of strong interpersonal relationships.

Understanding our own characteristics, strengths, and limitations is a crucial element of personality development. It entails developing traits that influence our behavior and character, such as self-assurance, discipline, empathy, and resilience. Together with increasing our leadership abilities, communication skills, and conflict resolution techniques are all aspects of personality development. Key elements of personality development include adopting a



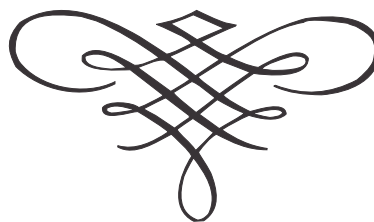
growth mindset and continuously learning and developing.

The basis for self-discovery is self-awareness. It entails comprehending how our thoughts, feelings, values, and beliefs affect our actions. Self-awareness enables us to make deliberate decisions that are in line with our values and aims by allowing us to recognize our strengths and flaws. It entails taking stock of our deeds, getting input from others, and being sincere with ourselves. We can better understand our own wants and aspirations by developing self-awareness, which enables us to make decisions that promote personal development and fulfillment.

Etiquette and grooming represent our feelings, of self-respect and respect for others, making them crucial components of self-discovery. Taking care of our personal hygiene, dressing appropriately, and projecting a professional image are all parts of grooming. Etiquette includes respect, etiquette, and social standards that direct our behavior in many contexts. Good grooming and manners help us create favorable first impressions, improve our interpersonal abilities, and create a self-assured and deferential character.

Self-care is essential to self-discovery since it entails taking care of our bodily, mental, and emotional needs. It entails setting aside time for introspection and participating in enjoyable pursuits.

In conclusion, self-discovery is a powerful and ongoing journey that can significantly impact our lives in positive ways. It encompasses various aspects, including self-awareness, personal growth, and progress. Through self-awareness, we can better understand ourselves, identify our strengths and weaknesses, and make deliberate decisions that align with our values and goals. Taking care of our physical and mental health, developing our personality, grooming, and etiquette, practicing self-care, being environmentally aware, and cultivating social responsibility are all important elements of self-discovery. Adopting a positive attitude, building resilience, and maintaining a growth mindset are essential for navigating challenges and finding opportunities in life. By embarking on the journey of self-discovery and incorporating these aspects into our lives, we can enhance our overall well-being and lead a more fulfilling and purposeful life.





DISCOVERY OF SELF : MIND, BODY, AND SOUL



PRERANA YELIKAR

(MBA-II)

MENTAL HEALTH

Many diseases occur in the body, and we are the only ones who are responsible for them. The body is a mirror of our thoughts and beliefs. Our body is constantly telling us something. We just need time to listen to it. It responds to every thought, every word, and every cell in our body.

Our bodies are either healthy or diseased due to our constant thinking and talking.

Not everyone is 100% mentally perfect. However, it can tell how diseases develop. Experts are of the opinion that 90 to 95% of diseases are due to mental causes. We create the situation and blame it on others. No one can ever do anything to us because whatever we do is in our own minds. We create all the events and experiences in our own minds. If peace, harmony, and balance are established in the mind, then the same thing happens in life.

Forget the past, erase it, take control of yourself, gather strength, and throw away unnecessary things. Expect only what you want, and join the flow of life.

Mental health includes our emotions and psychological and social wellbeing. It affects how we think, feel, and act.

To achieve a balance between mental and physical health, the following things are helpful:

- **30 minutes of walking every day can help boost your mood and improve your health.**
- **Eat healthy, regular meals, and stay hydrated.**
- **Try a relaxing activity.**
- **Set goals and priorities.**
- **Focus on positivity.**
- **Meditation for mental practice**

The main concept behind the mind, body, and spirit connection is that we are all more than just our thoughts. We are also our bodies, our emotions, and our spirituality; all these things combine to give us identity, determine our health, and make us who we are.

Healing and a feeling of personal wholeness only occur when the mind, body, and spirit are in balance. Balancing them all is necessary for a happy, fulfilled, and healthy life.

Reference Book : Heal yourself





SELF-CARE



JOSHI JUEE DEVIDAS

(MBA-II)

Self-care means taking care of yourself so that you can be well, do your job, be happy in your life, and be healthy. Self-care is how you take your power back.

The very first is to start with patience. If something is really bothering you, just calm down and let it be. Just take a break and calm yourself. Throw away the worst and bothersome things and start again with new energy. It will be better for your body and mind.

Talking to yourself is a part of self-care. Actually, every human should try this. Stand in front of the mirror and say to yourself, "Yes, I'm enough! I can do everything; I'm the best, and time is on my side". It is very important for your body and soul.

If you want to dance, just dance! Play your favourite song and dance around. Close your doors if you don't want anyone to see you dance. Another is listening to your favourite song and singing loudly. It frees the mind.

You have to make sure that wherever you are sitting, that room is clean and not messy. If it is messy, then make sure your place and space are nice and clean. It will help you, and you will feel clean and good.

Take a small break from your schedule and bake something special for you. Try to make something for yourself. It gives you great satisfaction when you cook something for yourself and others.

Self-care is all about feeling good. Sometimes, when you're feeling stressed or disturbed, then you need to calm down your racing mind by watching your favourite TV show! It'll make you feel good for that time.

One of the best ways to practice self-care is to talk to your favourite person. It will help you feel good. Talking frees the mind and is extremely good for your body.

Go for a walk; it is another part of self-care. When you walk outside, you will explore your surroundings. You will feel refreshed and rejuvenated. It gives us new energy.

Taking a hot shower is one of the most important acts of self-care that will make you feel fresh and clean. It will calm your body and mind.

Meet your old friends and spend some quality time with them. Free yourself from isolation. Talk to them; you will feel better. Do some yoga and simple exercise. Watch some yoga on YouTube and do it.

Talk to your mother. It is very calm. This never fails. We are all very close to our moms. Talking to your mother heals all your bothersome things, worries, and all.

Always be happy. Don't think negatively. Don't depress yourself. Always think positively, stay with energetic people, and stay with your family. When you are truly happy, you will give that happiness to others. This is all about self-care.

Reference : <https://whatcherithinks.com/25-self-care-tips-for-college-students/>



JOY OF GIVING

**PRERANA RASHINKAR**

(MCA-II)

Joy or happiness is a state of mind. It is a feeling that keeps people healthy and fit. There is a famous quote 'The more you give of yourself, the more you find yourself.' There are many reasons why giving is important. It is a way to show appreciation, to say thank you, or to show someone you care. Sometimes it is hard to express true feelings in words, but offering a token of appreciation will not only represent your feelings, but also allow the recipient to know how much you appreciate them. There are many people that we come across in our everyday lives who perhaps make our days easier, such as neighbours, co-workers, even mail carriers, or the local cashier at the grocery store. While giving does not always have to be a gift, offering a kind word or a friendly smile goes a long way in saying thank you for all you do, and will encourage the chances of a friendly and successful relationship.

Giving food to the needy, items of use to a family whose house may have burnt, even monetary donations to a children's charity can make a huge difference. Giving is an important trait to teach children. For example, if a child helps pick out a gift for a family member who is having a birthday and presents them with this gift, it teaches them to be unselfish, how to share and to appreciate the pleasure of giving to others. Teaching by example is the best way to

show a child how to give, not only gifts but in other ways as well. Visiting someone in the hospital, sending a thank you, get-well card or congratulations card, even Christmas cards are excellent ways to teach a child the importance of giving. Time, gifts, cards or words of kindness are all part of giving. A manager who gives time off, bonuses, or other incentives to his employees for a job well done will definitely reap the joy of giving. Giving is all about getting or in other words, the more you give, the more you receive.

There are moments in our life when we start realising the true meaning of life and its impact on others. One such feeling is the 'Joy of Giving'. At times, we realise that gaining or acquiring some 'Gain' gives less pleasure than 'parting away and giving it to a destitute/someone who is really in need'. It gives immense pleasure, which one can only experience, but it is very hard to explain. And one good thing is that one is never at a loss by sharing. It is also a hard fact of life that 'pursuit of attaining something in excess' leads us nowhere and ultimately causes stress. Sharing is not all about money or wealth. Generosity is only one of the aspects. It is about kindness, helpfulness, unselfishness, sacrifice, giving, service, love, etc. A few words of sympathy can cause a tremendous effect. Jesus also said, "It is more blessed to give than to receive." When we do good to others, we receive great happiness.

There is a certain joy in getting something. That's the joy children experience when they get things like toffees and toys. Parents and grandparents feel happy when they give. The



joy of giving is much more fulfilling than the joy of receiving.

When we see a good movie, for instance, we tell everybody about it, even recommending that they must see it. The movie-maker is not giving us any commission to do that! We just feel that our loved ones should have the same experience. Or an elderly lady who cooks different dishes for her grandchildren derives an enormous happiness from doing so. People who give, experience more happiness than people who receive. Graduating from the mindset of taking to that of giving purifies the mind and brings immense joy.

In the words of Winston Churchill, "We make a living by what we get. We make a life by what we give." If we think of how we can be useful to those around us, we can never get depressed. People who get depressed do not know this. They get depressed because they keep thinking only about themselves. If they start to give or serve, they will notice that their depression has vanished.

Life is a journey, moving from the joy of taking to the joy of giving. The Joy of Giving Week in India runs from 2nd to 8th Oct. There couldn't be a better day to start than 2nd Oct, which is also the International Day of Non-Violence, as it is the birthday of Mahatma Gandhi, who's known

to have used non-violent sacrifice and selfless giving so that others could have freedom and peace. This special week is an effort to revive human values and an opportunity to remind us that our spirit rules over matter. Joy of Giving is an event that celebrates humanity. There are people and organisations around the world that promote the spirit of giving and have even assigned different days for this purpose. Not only nations, but all religions of the world believe in giving and being generous and emphasise on selfless service. All human beings should adopt charitable behaviour as part of their integral personalities.

Giving to charity is one aspect of caring and sharing. Nevertheless, we can do that individually too, in various ways, while we celebrate the joy of giving. When we share something, we somehow connect with others in many ways. It's a God like trait. 'Giving' can make a difference to others and in turn, we achieve a sense of empowerment, pride, and accomplishment.

To conclude, in the words of Mother Teresa, "It's not how much we give but how much love we put into giving."

Reference :

<https://www.competitionreview.in/blogs/2023/02/16/joy-of-giving-2/>





MEDITATION



SURAJ RATHOD
(MCA-I)

Whenever a crisis occurs, man remembers God or himself.

During times when COVID had affected us, we searched more about meditation and the soul on YouTube and Google. In reality, meditation is not just a tool to remove negative influences from our lives; it is an integral part of our daily existence. It should be practiced consistently.

Let me provide you with a brief introduction to meditation, as I recall a story about a monk.

Once, there was a king who decided to interrogate a monk from his kingdom. He visited the monk and was shown around the monastery. The monk explained the purpose of every building, except for one hut that he seemed to be avoiding. Intrigued, the king inquired about that particular hut. The monk acted as if he hadn't heard the question and continued to describe the next hut. This angered the king, and he threatened the monk, demanding an explanation for the neglected hut. Finally, the monk convinced the king and replied, "We are doing nothing in that hut." The king, puzzled, asked, "Nothing? Why?" The monk smiled and explained, "In that hut, we are in a state of meditation." The king failed to grasp the monk's meaning. The monk continued,

"Everyone understands the language of action and engagement, but there is also a language of non-doing, which we call meditation."

The question arises: what does it mean to not do anything? If you examine your thoughts, you'll realize that your mind is constantly occupied, preventing it from experiencing true freedom. Letting go of this continuous mental chatter is what we refer to as meditation.

During meditation, the primary focus is on the breath. However, the thought process continues because, as Vivekananda said, habit is second nature. When thoughts arise, our attention follows, but we gently bring it back to the breath without getting frustrated. This practice is known as Vipassana meditation.

By incorporating meditation into our lives, we can live with reduced stress and increased happiness.



IMPORTANCE OF SPORT



HARSHAL BERAD
(MBA-II)

Sport is very essential for every human life because it keeps them fit, fine, and strong. It has great importance at each stage of life. It also improves people's personalities. Sports keep our bodies alert, and our hearts become stronger by regularly playing some kind of sport. Sport has always been given priority, and nowadays it has become more fascinating. Due to the physical activity, blood pressure also remains healthy, and blood vessels remain clean. Sugar levels also reduce, and cholesterol comes down with daily activity. Different people have different interests in sports, but the action is the same in all sports. Sports are becoming big channels to make more capital and money day by day, and the number of people is also increasing. By playing sports even at a young age, you can also be healthier and free from some diseases. By playing sports, lung function also improves and becomes healthier because more oxygen is supplied. Sports also improve bone strength, even in old age.

Significance of Sports in 'Students Lives'

Just like a diet of healthy nutrients is needed to nourish the body, playing sports holds great significance in enhancing our lives, especially for growing children. As students, they have to face many challenges, and playing sports helps them cope with the exam pressure and prepares them for further challenges by

providing them with physical and mental strength.

Children who are involved in physical activities sustain good values of mutual respect and cooperation. Playing sports teaches them skills such as accountability, leadership, and learning to work with a sense of responsibility and confidence.

Sports help maintain good health.

In today's era of excessive competition and a changing environment, people barely care about their health and have to face its consequences in the later stages of their lives. They easily fall prey to many life-threatening health issues. Those who engage in regular physical activities can easily defend themselves from such diseases. Therefore, playing sports can resolve this concern. Playing regular sports can help maintain diabetes, improve heart function, and reduce stress and tension in an individual.

Get rid of excess weight.

Most of the world's population is obese, and as a result, many other health issues also arise. Hence, playing sports is one of the most recreational and helpful ways to burn calories. All you have to do is follow a healthy diet and play your favourite sport. You can be saved from exhausting workout routines in the gym by playing sports. Playing your favourite sports and shedding kilos - isn't it like killing two birds with one stone?

Guard your heart

The heart is the most important organ in our body. With changing lifestyles, people are facing heart-related problems these days. The



lives of heart patients become difficult with lots of heavy medications and restrictions.

Therefore, people need to indulge in outdoor games. Playing for even 30 minutes a day can do wonders for your life. The heart pumps better and blood circulation improves whenever we play sports. Heart muscles get stronger, and hence they start functioning at a better rate.

Enhance your immunity.

The immune system is the major player in the body's fight against infections. Those who easily catch infections and fall sick frequently can easily get healthier by working on their immune systems.

It becomes really difficult to live with poor immunity, take heavy medications frequently, and spend most of your time indoors just to protect yourself from the effects of changing environments. Getting involved in regular sports activities can help build your immunity greatly, and the most amazing part of it is that you can do it by just playing your favourite sport.

Impact of Sports on an Individual's Personality

Playing sports builds your personality and teaches you to live life in a better way. Getting involved in such activities teaches you good values, ethics, and skills for your life. The person starts to have a positive outlook on life and can easily deal with obstacles in their life. Not only this, but it also reduces the stress level in the person, as such people start taking on challenges with positivity. Their efficiency increases, so they can easily take on challenges confidently.

People can learn lots of important skills through their sports. Every sport teaches us the skills of handling difficult situations, making quick

decisions, and problem-solving. By playing sports, one can learn the art of living, managing things, and taking leads.

Therefore, if you play sports, you are not just enjoying it; you are also learning many significant life lessons.

Nation's Pride

All the good values and skills one learns by playing sports can prepare them to conquer any battlefield. Many eminent sports personalities have brought laurels to our country by proving their mettle on different sports grounds. Some of them are Sachin Tendulkar, Saina Nehwal, Mary Kom, Sardar Singh, Sania Mirza, and many more.

These personalities are inspirations for all those who are passionate about playing sports. Hard work and dedication can help them reach their goals and become inspirations for others one day.

Common Sports

There are a variety of sports activities you can choose from. Some of the most common sports are tennis, badminton, volleyball, cricket, and basketball.

Learning from Sports

Sports bring discipline to life. It teaches the ways of sitting, talking, walking, etc. Without sports in human life, it seems too boring. Sports activate all the cells and keep the body active, fit, and slim. Sports improve thinking ability and reduce stress in the mind. Those with less interest in sports are less active, have higher chances of getting a disease in the early stages of life, and also show lethargy at work. Sports should be made mandatory in school so that, at an early age, students can know the benefits of sports. People also select their favourite sports players based on their interest in the sport. If we



take cricket, because in our country, India, cricket is played more and shown interest by many people, many players came, but still names like Kapil Dev, Sachin Tendulkar, M.S. Dhoni, and Virat Kohli will always be favourites for their fans. If we take football players like Messi, Ronaldo, and many others, they are idols for many people who have an interest in football. Sports is generally recognised as a system of activities that are based on athletics, such as the Olympic Games. Sports are always played under government rules, which help ensure fair competition. Sports should have the following criteria: fair competition, no harm to anyone, and the winner should be nominated by a superior or by the best. Sports like chess improve the mind and thinking capacity. Since the 21st century, there has been an increase in debate about whether transgender people should be able to participate in sports events.

Benefits of Technology in Sports :

Nowadays, technology also plays an important role in sports to determine fair play for winners. It helps to judge a car racer by seeing them properly on the screen; also, in cricket, when it becomes difficult to make a decision, technology is used. In every sport, it has been used for fair play and to announce the winners. Research suggests that sports have the capacity to connect youth with positive thinking and provide positive development. For any sportsman, high education is not mandatory but required to be the best sportsman. It is his interest, strength, and skill. We have seen in the last two decades that women are also showing more interest in sports, and for them, proper matches are also arranged by the government. Sports give you the feeling of living with a

positive attitude. Sports can be played both indoors and outdoors. Many indoor games, like chess and carrom board, help to improve thinking power, but the sports that are played outdoors, like football, cricket, rugby, kabaddi, etc., help to improve physical strength. Thus, a person who plays more outdoor games should be more fit and slim. 3-4 decades ago, the opportunity in sports was not much-shown interest, which is shown by the present youth generation. Sports secure lives and provide a standard lifestyle. The 10 most popular sports played in the world are soccer, cricket, basketball, hockey, tennis, volleyball, table tennis, and baseball. Hockey was first played in India and became our national game. There are also some sports that are shown less interest, like Kabaddi, Polo, Archery, Weightlifting, etc. Swimming is known as the safest sport. So, sports should be played by everyone because they help our bodies move and give us good health. The study has proved that sports have better control over many diseases like heart attack, lung function, obesity, and thinking power. Ice hockey and soccer are the games with the highest-paid athletes. Also, some sports can be played in small places, and some sports require large places. Sport keeps us active and energetic; even in some treatments to recover from the disease, sports are advised by doctors. Play sports on a regular basis and keep ourselves fit. Sport should not be neglected, but it should be mandatory for everyone.

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MEMES

me and my ims boys running towards the club house to play cricket after knowing there are no lectures

ADNAN TAMBOLI



Management Games के वक्त Juniors अपनी Senior Team Leader के सामने



AMAR WAHURWAGH

#MBA STUDENTS OF IMS

HONEY ANDANI



Students - Management Games के Vakt

तू एक भी नहीं ला सका!



और में 3 Sponsorship लाया हूँ.



RUTWIK SHINDE

WHEN SOMEONE ASKS, MANAGEMENT FACULTY



“CHAI KON KON PIYEGA?”

jab apki group ki sundar ladki ke pass gadi nahi hai aur use bahar jana hai tabh mai



DNYANESH AVHAD

A Chabi Kaha Hai..?



DNYANESH AVHAD

When you know the answers but forgot the Steps



How to transfer money from my mind to my bank account



SHRAVANI TAMBOLI



Sarthak Dalvi @SarthakDalvi24

SARTHAK DALVI



Bhai is pic ko edit kr ke kutte ko hata day



Done Bhai

Last Year Students Saying Bye To IMS College

ADITI MOHITE



MEMES

**Leader Submitting Sponsorship Goods
(Management Games IMS)**



PRATHMESH SAMBHAR

Sensex Vs Gold



**STUDENT AFTER WINNING BEST
MANAGER IN IMS**



**Dost Tune IMS Mai Laibrary
Committee Join Ki**



Ha Apunko Zindgime Kuch Daring Karana Tha

Prajwal Wakhare
@prajwal_wakhare
When people look at me while I'm doing something

1. Getting clicked
2. Writing



How people react to the word "Bug"....
How people reacts differently to a single word.
"Bug"

DHANANJAY NAPHADE



College Organizing Meme Competition 😊



TEACHER: WHY DONT YOU ATTEND THE LECTURES



A Little "VERY GOOD" from my teacher for giving the correct answer

PRASANNA KULKARNI



**NEW STUDENTS - VIJU MAMA HAR KAM KE LIYE SAB
APKOHI BULATE HAI, SENIORS BHI APSE HATH MILAKE
AGHE BADHTE HAI AISA ?**



सामाजिक दायित्व और कर्तव्य



देवेंद्र खुळे
(MCA-I)

सामाजिक दायित्व और कर्तव्य यह दोनो अवधारणाओ को के एक दूसरे के साथ साथ अच्छी तरह से समझा जा सकता है। यही नहीं बल्की व्यक्ती के अधिकार दायित्व और जवाबदेहिता साथ साथ चलते है। किसी एक व्यक्ती का अधिकार किसी एक व्यक्ती का कर्तव्य है और दायित्व भी है। इसका एक उदाहरण बताना हो तो मुझे आज सुबह का प्रसंग याद आता है। मैं किसी काम से बैंक में गया था तो वहाँ मैंने एक दिव्यांग व्यक्ती को पाया जो कि एक अर्जी लिखवाने के लिए किसी की सहायता का इंतजार कर रहा था। बैंक मे अन्य अनेक लोग उपस्थित थे लेकिन सभी अपने खुद के काम को प्राथमिकता देना उचित समझ रहे थे बजाए उस दिव्यांग कि सहायता करने के तो मैंने बिना देरी किए मेरे काम के साथ साथ उनकी भी सहायता कर दी। बात छोटी सी है लेकिन इसके अन्य अनेक पहलु हैं। वह दिव्यांग सहायता न मिलने से उसके अधिकार से वंचित रह जा सकता था। इस घटना में उसे उसके अधिकार को प्राप्त करवाने मे उसकी सहायता करना किसी का दायित्व भी है और कर्तव्य भी। लेकिन लोग बडी आसानी से अपने दायित्व को निभाना भुल जाते है और अगर बात उनके अधिकार की आती है तो औरों से उनके दायित्व को और कर्तव्य को पूरा करने कि अपेक्षा रखते है। इससे समर्पक अमेरीका के पूर्व राष्ट्राध्यक्ष जॉन एफ. केनडी के कही एक बात याद आती है, वे कहते है – “Ask not what your country can do for you - Ask what you can do for your country.”

दायित्व उठाना कोई बडी बात नहीं है, बल्कि उसे निभाते रहना अपने आप मे बहोत बडी बात है। यदी हम देखे हमारे देश के सेना के जवान बिना थके दिन – रात देश की सीमा पर तैनात रहते हैं। मौसम चाहे कितना भी विपरीत क्यों ना हो लेकिन वे अपने दायित्व से कभी पीछे नहीं हटते है ? इसलिए हम देश मे चैन से रह सकते है। जीवन मे सफलता उन्ही को मिली है और उन्ही की जय-जयकार हुई है जिन्होने

सही समय पर अपने दायित्व उठाने से हमपर जो जिम्मेदारी आती है तो उसके प्रति संवेदनशील होना चाहिए और उसके प्रति सतर्कता भी रखनी चाहिए क्युंकी अकसर यह पाया गया है की लापरवाह और गैर जिम्मेदारी लेना मतलब हर पल चिंता में रहकर कार्य को आगे बढ़ाना नहीं बल्की कर्तव्य के प्रति हर पल सजगता से कार्य करना हैं।

हमारे देश की दुनिया मे पहचान उसकी संस्कृति, सभ्यता, ऐतिहासिक धरोहर और परंपरा से है। लेकिन इसी देश मे युवाओं में बढ़ते अपराधों की संख्या, गरिबी, आतंकवाद, बढ़ती सांप्रदायिकता, हिंसाचार, महिलाओं पर बढ़ते अत्याचार, प्रदुषण और अन्य अनेक समस्या भी है। इन घटनाओं को रोकने कि या कम करने की जिम्मेदारी और दायित्व समाज का एक अंश होने के नाते देश के हर एक नागरिक कि है।

महात्मा गांधीजी ने कहा है – “अगर हम समाज में कोई बदलाव लाना चाहते है तो उस बात बदलाव कि शुरुआत खुद से करनी होगी तभी वह बदलाव पुरे समाज में आएगा।”

भगवत गीता के दुसरे अध्याय मे श्लोक है – “कर्मण्ये वाधिकारस्ते मा फलेषु कदाचन”

भगवान श्रीकृष्ण अर्जुन को रणभुमी मे भगवत गीता का यह उपदेश देते है की “तुम कर्म करते रहो और उसके बदले फल कि चिंता मत करो।”

इसी प्रकार हर एक नागरिक ने समाज के प्रति अपने दायित्व को बिना किसी फल कि बिना अपने फायदे कि सोचे निभाना चाहिए तभी समाज मे गतिशिलता आएगी और वह प्रगती के शिखर पर होगा।



में हूँ



कृष्णा राजेंद्र शेंडे
(MBA-I)

मैं ही तो दिन हूँ, मैं ही तो रात हूँ,
डरने की क्या बात जब मे साथ हूँ।
तू लढ मे हूँ, निखर मे हूँ, बिछड के कभी अपनोंसे,
झगड मैं हूँ.. मैं हूँ

तू डर मत अगर कही घना अंधेरा छा जाए,
तू डर मत अगर उस अंधेरे मे कही तू खो जाये,
मैं जुगनू बन चमकुंगा आखोंसे तेरे, अरे बडे बडे खडे होते
हे बातोंसे मेरे तो तू क्या चीज हैं,
बस बरसना हे ये याद रख मैं हूँ।

मैं बहती हवा, मे बरसात का पानी हूँ, दे
असुरों की मैं ही तो कहानी हूँ,
मैं ही समाज को सच्चाई की राह दिखाने वाला महा ज्ञानी गुरु
और पागल कर देने वाली मैं ही तो जवानी हूँ,
अरे पागल हे जो ढुँढे मुझे अलग-अलग जगहों मे,
अरे पागल हे जो ढुँढे मुझे अलग-अलग तस्वीरों मे,
मैं तो हमेशा से साथ हूँ तेरे तेरी ही तकदिरों मे,
तू पहचान ना पाया कभी वों झुले पे साथ बैठा हुआ
मैं हि तो हूँ, मैं हूँ।

तेरे हाथ का खाना खाया है मैंने
तू रुठे तो मनाया है मैंने,
तु प्यार की बाते करता फिरता हैं,
प्यार क्या होता हे ये दुनिया को सिखाया मैंने है,
और परिस्थिती को दोष मत दे, तू ज्यादा सोचना हैं, चार लोगों से
पीछे हटकर हमेशा अपना कोना खोजता हैं,

अरे तू खुल तो ले पहले पागल, उमल तो ले पहले पागल,
खुशबु बाँटना मेरा काम हैं।
और खोल दे ये पर अपने और कुद जा उस खाई मे,
उडना-उडाना मेरा काम है, तु लढ मैं हूँ।
मुझसे शुरु हुई ये धरती, मुझपे ही खतम होगी
और तू बंद कर रिश्त देना-लेना,
नहीं तो मेरी आस्था तुझसे कम होगी,
और इतना क्या अंध भरोसा मुझपे,
मैं खुद तेरे भरोसे बैठा हूँ, तु लढ, मैं हूँ, मैं हूँ।

दास्ताँ

सुनाई दास्ताँ मैंने एक परिंदे को
कही लोग छू ना चाहे आसमान को
मेहनत तो हर कदम पे है
उससे क्या डरना
देखा है ख्वाब तो,
पुरा जरूर करना
इतिहास गवाह है
छू लिया बुलांदियों को उसने ही
जिसके कदम डटे थे
वो परिंदा भी कोशिश मे लगा उडने की
जिसके पर कटे थे।

श्रेया सागडे
(MBA-II)



तू चल..

संभावनाओं का सागर है,
हर डाल पात उजागर है,
प्रारंभ की माति विजय स्थल,
तू चल तू चल ।

पानी जैसे बहना होगा,
संघर्ष करते रहना होगा,
कडवी मेहनत, मीठा फल,
तू चल तू चल ।

भेड-चाल के पथ से हटकर,
लोक-मत में अलग निकल कर,
सुनसान राह में कर हलचल,
तू चल तू चल ।

मेघ बन धरती पर बरस,
तीव्र हो अंबर तक गरज,
दे पीडित के पैरो को बल,
तू चल तू चल ।

जीवन का है यह सफर,
हर जंग से तू लढकर
पार कर सफलता का शिखर,
तू चल तू चल ।

तू चल इस ओर,
जो दे तुझे खुशी,
पर कभी थम जा कहीं,
पाने सुकून एक पल,
तू चल तू चल ।

तू चल तू चल ,
मंजिल की ओर चलते चलते,
सफर को यादगार कर,
तू चल तू चल ।

आसीफ सय्यद

(MCA-I)

जिंदगी जीना सीखना नहीं होता, जिंदगी जीनी होती है ।

जिंदगी जीना सीखना नहीं होता,
जिंदगी जीनी होती है ।
तरीके तो लोग बताते रहेंगे,
आप बस अपना तरीका आजमाओं,
जो पसंद आए वह कर जाओं,
जो ना पसंद आए उसे नजर अंदाज करो,
आगे बढ़ते चलों,
कुछ राहों पर आपको संभलना होगा,
राह कौन सी भी हो आगे बढ़ते रहना होगा,
तरीके तो बदला जाएगा,
जब तक हम खुद नहीं आजमाएंगे,
दूसरों के तरीके पर चलते मुकाम नहीं हासिल किए जाएंगे
जिंदगी जीने का कोई तरीका नहीं होता,
जो जिंदगी तुम जिगर एक मुकाम हासिल कर लो,
वह एक तरीका बन जाता है ।

मनषा साखरानी

(MBA-II)

जिंदगी

अब तू ही बता जिंदगी
मेरे राह की गेहराई
क्या है ये अंधेरा
क्यो है ये परछाई
जिंदगी बोली
जमीन में बीज को बोया
इसीलिए तो खेत लेहराई
अंधेरे से उठकर ही तो
ज्वालामुखी बाहर आई
वक्त वक्त की बात है
मन्नते होंगी पूरी तूने है जो चाही
परछाई है अभी
मतलब कही है रोशनाई ।

श्रेया सागडे

(MBA-II)



Experience
Sharing
about
IMS

The title "Experience Sharing about IMS" is centered within a large, vertically-oriented oval. The text is arranged in four lines: "Experience", "Sharing", "about", and "IMS". The oval is framed by two decorative flourishes, one above and one below, which are symmetrical and ornate.



EXPERIENCE SHARING ABOUT IMS

PRAJWAL WAKHARE

(MBA-II)

During my time at IMS College, I had a fulfilling experience as a dedicated and sincere student. I strived for academic excellence and consistently maintained my position among the top three ranks in my class. Beyond academics, I actively participated in various extracurricular activities, showcasing my enthusiasm and passion for learning. I always extended a helping hand to my fellow classmates, fostering a supportive and collaborative environment. I was honored to receive the prestigious "Student of the Year" award, which recognized my commitment and contributions to the college community. Additionally, I deeply admired and respected my teachers, and my interactions with them were marked by love, gratitude, and a genuine desire to learn. Throughout my college years, I maintained a disciplined approach to my studies and embraced the opportunities for personal growth and development that IMS College provided.



VARAD HATWALANE

(MBA-II)

IMS College is a full packaged Institute, where you learn, build your personality and develop a corporate attitude within you. IMS College gave me a chance to nurture my skills and develop them more precisely. Being a management student, it taught me to manage people by

adopting a transactional leadership style but also being a Transformational Leader. To actively participate in the Cultural event and 'Best Manager Competition' which is recognised as one of the toughest competitions in the Institute, also Management Games adds flavour to it by being a cheery on the top. The whole curriculum of MBA developed various aspects and gave new vision to look towards Corporate Life and boosted confidence to initiate a Start-up as well. I really admire and respect the teachers who really added an ocean of learning to our thought, which expanded our horizons of thinking and looking at any situation from every aspect. At last I would say the IMS journey of 2 years really was splendid exciting and cherishable.

"Memories never get Old"

Instead Old memories bring a curve on your face and that's called a Smile"



SHAIKH ASHISH SULEMAN

(MBA-II)

Institute of Management Studies is one of the best institutes I have come across in my life. The Institute has a separate auditorium, sports complex, conference hall, finest classrooms and technically advanced library. The Institute has received the 'Best Institute Award' from S. P. Pune University. The teachers at the Institute are friendly and helpful. The Institute provides quality education. The two years' experience of studying is phenomenal.





PRASSANNA KULKARNI

(MBA-II)

My two years of MBA at IMS have truly been a fantastic experience. It is an excellent place to learn, and the teachers are always there to provide exceptional knowledge. One of the most amazing memories I cherish is receiving the 'Best Manager' award during the management games. I felt incredibly honoured and proud to have achieved this recognition. It is a memory I will treasure forever. I am truly grateful for the opportunities and experiences that IMS has provided, which have shaped my journey in ways I could not have imagined.



SEJAL MUNOT

(MBA-II)

It is such an honour to share my journey at IMS, that has not only nurtured my academic growth but has also transformed me into a confident and capable professional. As I reflect upon my journey, I am filled with gratitude for the college's exceptional environment, dedicated teachers, and innovative education system.

I am extremely thankful to this college. The professors at IMS College are not just educators; they are mentors, guides, and inspirations. Their depth of knowledge, industry experience, and passion for teaching make learning a truly enriching experience. The college kept giving me opportunities like the management games, all classroom presentation, guest lecturers, all fun innovative

activities and I kept grabbing these opportunities all the time that helped me gain more practical knowledge.

IMS truly understands the importance of creating an environment where students can thrive, learn, and explore their potential to the fullest.

I am truly grateful to IMS College for shaping me into the person I am today, and I look forward to carrying the values and lessons I have learned here into the future.



SWATI DANGE

(MCA-II)

As a final year MCA student, I can confidently say that my college experience has been one of the most transformative and enriching experiences of my life. Over the past two years, I have had the opportunity to learn from the best faculty members in the field of IT, work on challenging projects and assignments, and engage in various extracurricular activities. One of the highlights of my college experience has been the opportunity to work on group projects with my peers.

Whether it was developing a web application, designing a database, or building a Machine Learning model, I have learned so much from collaborating with my classmates and tackling real-world problems.

I have also had the opportunity to participate in various workshops and seminars conducted by experts in the industry. These events have given me a deeper understanding of the latest trends



and technologies in the field of IT and helped me stay abreast of the latest developments in the industry. Last but not least, I would like to mention the support and guidance I have received from my faculty members throughout my college journey. They have not only imparted valuable knowledge and skills but have also provided mentorship and advice that have helped me grow both academically and personally.



KRUPA GANDHI

(MCA-II)

During my enriching two-year journey at IMS College, I have had the privilege of engaging in a diverse range of experiences that have shaped me into a well-rounded individual. While excelling academically and holding the position of a student's magazine committee member and chess champion, I also embraced the role of a backbencher, striking a balance between enjoyment and responsibility.

Throughout my time at the college, I discovered a deep passion for extracurricular activities and competitions. These pursuits allowed me to learn and grow beyond the confines of the classroom. I actively participated in various sports, cultural events, and took up leadership

roles in team projects. The college is supportive environment played a crucial role in nurturing my abilities, enabling me to continuously adapt and learn from my peers.

I strived to inspire others to actively participate and find fulfillment in their college experience. IMS College has been instrumental in helping me reach my goals. The faculty's guidance and support, along with the vibrant campus life, enriched my learning experience and fostered personal growth. I am grateful for the opportunities and challenges that have shaped me into a more confident and capable individual.

As I prepare to embark on the next chapter of my journey, I extend my heartfelt thanks to IMS College. I am truly grateful for the knowledge, experiences, and friendships that I have gained during my time here. The college's nurturing environment has played an invaluable role in preparing me for future endeavors, and I will always cherish the memories and lessons from this incredible rollercoaster ride.

Thank you, IMS College, for shaping me into the person I am today. I am excited to carry the valuable lessons and experiences with me as I embrace new challenges and opportunities in the future.





Departmental
Activities

The title "Departmental Activities" is centered on the page. It is enclosed within a large, horizontally-oriented oval frame. Above the top of the oval is a decorative flourish, and below the bottom of the oval is another identical decorative flourish. The text "Departmental" is on the top line and "Activities" is on the bottom line, both in a serif font.



INSTITUTIONAL ACTIVITIES

CELEBRATION OF 'MINORITY RIGHTS DAY'

On 18th December 2022, Minority Rights Day was celebrated at the Institute. A poster on Minority Rights was displayed on the Board at the entrance of the Institute building.

JOINT ORGANIZATION OF

'10th INDIAN SOCIAL WORK CONGRESS 2022'

IMS, along with CSRD-ISWR and NAPSWI, jointly organized the 10th Indian Social Work Congress in 2022 from 15th to 17th December 2022. The theme was "Green Social Work : Response to Climate Change and Environmental Issues." The Congress was well-attended by reputed national and international speakers and dignitaries, including Padmashri Shri. Popatrao Pawar, Padmashri Shrimati Rohibai Popere, Dr. Rajendra Singh, Dr. P. R. Balgopal, Prof. P. K. Shahajan, Mr. Subash Mendhapurkar, Prof. R. P. Dwivedi, and many others.

CHRISTMAS CELEBRATION : 'JOY OF GIVING'

Institute celebrated 'Christmas' on 21st December 2022. Dr. M. B. Mehta, Director, IMS, felicitated the guest of honour, Dr. Ivan Aranha, from the Department of Zoology, Ahmednagar College, Ahmednagar. Dr. Aranha, in his speech, emphasized the importance of happiness and gratitude, highlighting the importance of sharing time, effort, and energy for good deeds. He also mentioned the founder, Dr. B. P. Hivale, and claimed that he had dreamt of the current educational units, of which we are all the beneficiaries. The IMS Learning Resource Center successfully carried out a donation drive, promoting the theme of 'The Joy of Giving.' In association with Ahmednagar College's 'Snehabandh Outreach Unit', school stationery kits were donated to the students of 'Municipal Schools in the Ahmednagar District', and groceries were donated to the 'Anandrishi Apanga Kalyan Kendra, Nepti, Ahmednagar'. Students enjoyed taking pictures with a nativity scene and a Christmas tree selfie point, wearing red Santa Claus caps.

CELEBRATION OF 'FOUNDER'S DAY'

Founder's Day was celebrated on 21st January 2023 at the Institute. Students and staff members gathered near the bust of the Late Rev. Dr. Bhaskar Pandurang Hivale. Dr. M. B. Mehta garlanded the bust. A 'Blood Donation Drive' was organized on that day, and students and staff members participated in it.

CELEBRATION OF 'REPUBLIC DAY'

The flag hoisting ceremony was organized on 26th January, 2023, in the Institute campus. Students and staff members attended the event. Dr. M. B. Mehta, Director of IMS, and Prof. (CA) D. A. Kulkarni addressed the gathering.



FAREWELL TO 'Dr. MEERA KULKARNI'

The Institute organized a programme on 24th January 2023 to give farewell to Dr. Meera Kulkarni, who was associated with the Institute for over 3 decades. Teaching and non-teaching staff members attended the programme.

ANNUAL DAY & ALUMNI MEET - 2023

Institute's Annual Day and Alumni Meet was celebrated on 15th April 2023. The Chief Guest of the programme was a renowned experimental and IT - oriented Librarian, researcher and author Dr. Nanaji Shewale, Head Librarian at the D. R. Gadgil Library, Gokhale Institute of Politics and Economics, Pune. Prizes of various activities in sports, cultural categories were given away on this occasion. It was also a farewell to final year students, gathering of current students and alumni. More than 100 alumni attended the program. Prizes of academic toppers were given away by the Chief Guest. Alumni having achievement in their field were also felicitated as Star Alumni, Various cultural activities were arranged.

WORLD MEDITATION DAY

On the occasion of 'World Meditation Day' (May 21, 2023), the Institute organized a workshop on the topic 'Life Skills' by Ms. Hasmita Gandhi, a Pranic Healer, on 19th May, 2023. Ms. Hasmita Gandhi guided the students about the importance of meditation and how to practice it. She also explained the different Chakras of the human body and guided students on how to reduce stress and fatigue through various forms of meditation.

UNNAT BHARAT ABHIYAN (LIFE ENVIRONMENTAL PLEDGE)

Imbibing the importance and understanding the gravity of this situation, Institute organised a pledge ceremony on 23rd May 2023 to mark the occasion of the Lifestyle for Environment Pledge. Mr. Ashish Shaikh, read out the pledge and everyone present recited it. The main objective of the programme was to understand the importance of the 'three Rs' - reduce, reuse, and recycle, and our responsibility towards the global call. All those present took the lifestyle for the environment pledge and committed themselves to consciously participate in taking up an environmental lifestyle and inculcating long-term environment-friendly habits.

BUSINESS PLAN PREPARATION

Institute - Innovation Cell in association with SEEDC organized a business plan competition in the month of June 2023. As a part of this activity a preparatory session was organized on 'Business Plan Preparation' on 5th May 2023. The speaker for the programme was Prof. (CA) Paresh Bora, from Ahmednagar College, Ahmednagar. He covered the basic aspects of Business Plan and discussed 13 key points to be covered while preparing a business plan.

INSTITUTIONAL ACTIVITIES



Release of 'IMS Newsletter'



Release of 'Indian Journals of Current Trends in Management Sciences - 2022'



Release of 15th volume of
IMS - Student's Magazine 'Reflections'



College Development Committee Meeting



Dr. S. B. Kolte, Former Director - General, IMS &
Dr. M. B. Mehta, Director, IMS, felicitating
Dr. Meera Kulkarni on her Superannuation



'Environmental Pledge'

INSTITUTIONAL ACTIVITIES



Felicitation of Guest of Honour Dr. Ivan Aranha, Ahmednagar College during 'Christmas Celebration'



Carol singing by students during 'Christmas Celebration'



Donation to 'Snhebandh Outreach Unit' & 'Anandrishi Apanga Kalyan Kendra, Nepti' during 'Christmas Celebration'



'Republic Day Celebration - 2023'



'Founder's Day Celebration'



'Blood Donation Drive' on the occasion of 'Founder's Day'

INSTITUTIONAL ACTIVITIES



Winners of 'Quiz Competition' organized by Trekkamp, Ahmednagar on the occasion of 'World Environment Day'



'Diabetic Screening Camp'



Industry - Institute Interface Committee Meeting



CA Dr. Paresh Bora, Ahmednagar College delivering lecture on 'Business Plan'



Winners of 'Business Plan Competition'



Inter - Class 'Cricket Match'

INSTITUTIONAL ACTIVITIES



Group Dance - 'Annual Day - 2023'



'Overall Champion Trophy' won by MCA-I



Felicitation of Dr. Nanaji Shewale, Head Librarian - Ghokhale Institute of Politics & Economics, Pune during 'Annual Day - 2023'



Students performing Skit - 'Annual Day - 2023'



Cultural Programme - 'Annual Day - 2023'



'Alumni Meet - 2023'

**BUSINESS PLAN COMPETITION**

The main competition was organized on 28th June 2023. 6 groups from MBA participated in Business Plan Competition. Mr. Aniruddha Ghaisas was the judge for the competition. Students presented business plan on restaurant, café, social media agency, ariculture etc. Winner and runner up teams were awarded with the cash prize of Rs. 7000/- and Rs. 5000/- respectively. All the students received participation certificates. Alumni of IMS Mr. Gautam Bahadurge, Mr. Sumit Lodha and Mr. Amol Prabhakar were the mentors for the competition.

INDUSTRY - INSTITUTE INTERFACE COMMITTEE MEETING

The Industry - Interface Committee Meeting was held on 3rd June 2023 in IMS campus. The members of the industry and institute attended the meeting and gave their valuable suggestions and committed a long term support to the Institute in the form of internships, final placements, industrial visits and training. The members of the industry included Mr. Sunil Munot of Klassic Wheels, Mr. Aniruddha Ghaisas of Anipra Chemicals, Mr. Milind Kulkarni of Ankur Engineering, Mr. Chinmay Sukhtankar of Amod Industries, Mr. Basavraj Bakali - HR Head Exide Industries, Ms. Chanpreet Kaur of Epitome Industries, Mr. Mehertan Panchal of Kalpattaru Industries and Mr. Akshay Munot of One Voice Transmedia. The members of the Institute comprised of Dr. M. B. Mehta, Dr. Vikram Barnabas, Dr. Pronoti Telore, Dr. Anjali Vaidya, Prof. Gauri Patil, Prof. Mudassar Sayyad of MBA Dept, Prof. Suresh Khanna and Prof. Mudassar Sayyed of IT Dept. Other topics discussed were implementation of ongoing practices in the industries to be included to the students and training of the faculty in the industry on the current trends in the industry.

**QUIZ COMPETITION ON THE
OCCASION OF 'WORLD ENVIRONMENT DAY'**

IMS - Unnat Bharat Abhiyan Cell in association with Trekkamp, Ahmednagar, organized a Quiz Competition on the topic "Beat Pollution to Save Mother Earth". The quiz was organized on the occasion of World Environment Day to create awareness about environment protection. Quiz was conducted through online mode. A google form link was shared. Total 216 entries from all over India were registered. Prize distribution programme was held on 16th June 2023. Following were winners of the competition :- 1st - Ms. Sonawane Manjiri Sudhir, IMS (MCA-II), 2nd - Mr. Prajwal Wakhare, IMS (MBA-II), 3rd - Mr. Siddhant Sakpal, Precision Tooling, Ahmednagar.



MANAGEMENT DEPARTMENT ACTIVITIES

ONLINE SESSION ON

'DRUG FREE INDIA, HEALTHY INDIA'

Dr. Vikram Barnabas, Deputy Director, IMS in collaboration with Civil Hospital, Ahmednagar, organized an online session on 'Drug-Free India, Healthy India.' Civil Hospital has been running a campaign to raise awareness amongst students about drug addiction, internet addiction, etc. As part of this initiative, the session was held on August 1, 2022, for MBA students. Dr. Tejaswini Miskin, a Psychiatrist from the District Mental Health Programme, provided guidance to the students on various types of addictions and drugs.

INDUCTION PROGRAMME

FOR MBA 1st YEAR STUDENTS

Orientation programme for MBA batch 2022-24 was held on 28th November 2022. The programme started with a welcome address by Dr. Vikram Barnabas, Deputy Director, IMS who highlighted the history of the institution. Dr. Meera Kulkarni, Head of the Department, then provided guidance on the code of conduct and department activities. Mr. Suresh Khanna, Head of Training and Placement Department, presented information about the Placement Cell activities and Prof. Sayyed Muddassar presented the MBA 2019 CBCS Curriculum. Dr. Pronoti Telore introduced the Mentorship Programme. After the formal function, students were taken for Library visit in groups of 20 each.

On 29th and 30th November, Dr. Meera Kulkarni conducted a session on Universal Human Values and Ice-Breaking activities were organized by second year students to foster a friendly college environment.

From 1st to 3rd December, 2022, 'Skill Development Workshop' was held. The workshop, conducted by Mr. Abhijeet Patatde from the American Indian Foundation, covered skills such as public speaking, team building, and communication. On the last day, some students created a jingle related to the workshop activity and performed it for everyone.

MANAGEMENT GAMES - 2023

Management Games were organized on 11th and 12th January, 2023. The event was named 'Business Barons : Rise of Industry' Students participated in various competitions such as Sponsorship, Brand Wagon, Ad-Mad Show, Mock Stock, Team Building, and Best Manager. Team 'Godrej, Aditya Birla and Patanjali' won the overall Championship of the event. Ms. Prasanna Kulkarni (MBA-II) won the 'Best Manager' Contest.



VIRTUAL INTERNATIONAL CONFERENCE ON 'SUSTAINABILITY IN THE TIMES OF DISRUPTIVE BUSINESS ENVIRONMENT'

The International Conference was held online on 20th January 2023, organised by Institute of Management Studies Career Development and Research, Ahmednagar. The theme addressed 'Sustainability in the times of Disruptive Business Environment'. The conference participants were researchers from Research Scholars Academy in International and National Universities, and 52 research papers were presented in the conference. All research papers were compiled into conference proceedings with ISBN number (978-93-81433-48-5). A conference proceeding was released by Dr. Sanjeevan Arsud, Chairman, BPHE Society on 19th January 2023.

MBA 1996-98 BATCH 'ALUMNI MEET'

On the occasion of completing 25 years of association with IMS, MBA 1996-98 Batch students planned and visited the alma mater to celebrate the 'Silver Jubilee Year'. Alumni meet for MBA 1996-98 Batch was organized on 18th February 2023 in IMS Campus. 21 alumni who are successfully leading in their careers in different places like Qatar, Dubai, London and India in various fields like FMCG, Banking, Investment Banking, Insurance, Finance, Environmental Management, Marketing, Education were present for the Meet.

The programme began with welcome address by Dr. M. B. Mehta - Director, IMS and Dr. Vikram Barnabas - Deputy Director, IMS shared his thoughts and memories. All the alumni introduced themselves and shared their memories. They interacted with MBA students, faculty members, and non-teaching staff. The alumni promised to support the students in internship projects, final placements, and provide guidance when needed. They also promised to support the Institute financially and in other aspects.

'PARENTS - TEACHER MEET'

As per the tradition of IMS family a 'Parents - Teacher Meet' was organized on 28th April 2023. The parents of MBA-I students were invited and around 50 parents were present for the meeting. Dr. M. B. Mehta, Director, Dr. Vikram Barnabas, Deputy Director and Dr. Pronoti Telore, HOD - Management Department shared the dais. Dr. M. B. Mehta welcomed the parents and introduced B.P.H.E. Society and IMS family. Dr. Pronoti Telore addressed the gathering about Management Department, discipline and code of conduct. After formal function, the parents were divided into groups. Each group was accompanied by faculty members, who discussed academic and administrative activities and addressed the queries posed by the parents.



BUSINESS QUIZ 2023

Business Quiz 2023 was conducted for MBA-I and MBA-II year students. Quiz was based on questions taken from 'Business Standard' Newspaper of one month duration, i.e. 17th May to 17th June 2023. Total 23 students from both MBA-I and MBA-II year participated in quiz that was conducted in online MCQ format. Time duration of 25 mins was given to attempt 30 questions. The activity was conducted with an aim that students would get habitual of reading business newspaper daily.

INDUSTRIAL VISITS - 2023

● **CROMA STORE**

The students of Marketing & Operations specialization visited Tata's Croma Store on 3rd June 2023, to learn about Retail Marketing, Advertising & Promotion activities and Marketing Strategies. They visited all the departments of the store. The Floor Manager provided detailed briefing on the functioning of the store. The students were shown all the products and accessories and were given an in-depth explanation of how the Stores Marketing Strategies (7 P's) are managed. The Floor Manager also explained the automated pricing and inventory management system of the store and discussed various monetary and non-monetary benefits provided to the employees.

● **HOTEL BLUE DIAMOND, PUNE & BRITANNIA LTD., RANJANGAON**

19 students of MBA - HR specialization, visited 'Hotel Blue Diamond, Pune' on 13th May 2023. Ms. Asha Suvarna provided guidance to the students about HR functions including current strategies, safety, employee relation, training, benefits for women employee, enquiry methods and other related topics. Students also visited 'Britannia Ltd, Ranjangaon', where they observed the company's Production departments, stores and technical room. HR, Mr Avinash Joshi guided students regarding HR functions.

● **STAR HEALTH INSURANCE (ZONAL OFFICE)**

An Industrial Visit was organized for MBA-I & II - Finance Specialization students on 13th & 14th June, 2023 respectively to Star Health Insurance (Zonal Office), Ahmednagar. 17 students participated in the industrial visit. This visit was administered and executed under the guidance and supervision of Ms. Poonam Kandur (Deputy Manager) and Ms. Sonali Kale, working at Star Health Insurance. Ms. Poonam Kandur and Ms. Sonali Kale discussed the evolution and importance of health insurance in India and the growth of Star Health Insurance in India and in Maharashtra. Also, career opportunities existing in health insurance sector were explained. Students visited various departments in Star Health Insurance office to understand the routine work and functioning.



MANAGEMENT DEPT ACTIVITIES



Mr. Abhijeet Patatde, American Indian Foundation conducted 'Skill Development Workshop'



'Promotion Stall'
at
'Management Games - 2023'



'Ad-Mad-Show'
at
'Management Games - 2023'



'HR Team Building'
at
'Management Games - 2023'



Ms. Prasanna Kulkarni, MBA-II receiving
'Best Manager Award'
at 'Management Games - 2023'



Dr. Sanjeevan Arsud, Chairman, BPHE Society,
Ahmednagar releasing 'Conference Proceeding'
during 'Virtual International Conference - 2023'

MANAGEMENT DEPT ACTIVITIES



Dr. Nanaji Shewale, felicitating Dr. Pronoti Telore
for being appointed as
Head - Management Department, IMS



MBA 1998 batch 'Alumni Meet'



Parents - Teachers Meet 2023



Study Visit to 'Britannia Ltd, Ranjangaon'



Study Visit to 'Star Health &
Allied Insurance Co. Ltd, Ahmednagar'



Study Visit to 'A TATA's - Croma, Ahmednagar'



IT DEPARTMENT ACTIVITIES

ORIENTATION PROGRAMME

Orientation Programme for MCA-I students was conducted on 17th December 2022. Dr. M. B. Mehta, Director, IMS, addressed the students about the Courses & other available facilities. Dr. U. H. Nagarkar, Head, IT Department, provided information regarding the MCA Course and various activities of the department. MCA-II students who scored 'A' Grade in exams conducted by SPPU were felicitated during this occasion.

'IT WAVES'

The event 'IT Waves' was organized on 7th December 2022. The event included various competitions like Poster Competition, Team Games, Dance Competition and Board Decoration for MCA students. The inauguration programme was held on 26th Nov, 2022. 8 teams were formed and each team had 8 members. Dr. M. B. Mehta, Director, IMS, Dr. Vikram Barnabas, Deputy Director, IMS and Dr. U. H. Nagarkar, Head IT Dept, were present for the Prize Distribution Programme. The winning teams received a Trophy, Certificate and Cash prize. The winners were: 1st - Mr.Bean Club, 2nd - Spiderman Club, 3rd - Harry Potter Club.

SHORT TERM COURSE

MBA/MCA CET Orientation Course was conducted for MBA/MCA aspirants from 30th Jan - 11th March 2023. The course covered topics such as Logical Reasoning, Quantitative Aptitude, Verbal Ability and Reading Comprehension, Computer Concepts. 15 students attended the course.

IMS - ALUMNI KATTA

A Career Guidance Session under 'Alumni Katta' was organized for MCA-II students on 30th September 2022. Mr. Suraj Dhami, an alumnus of IMS who is currently working at HCL as a DBA was the speaker for the session.

WORKSHOP/SEMINAR /GUEST LECTURES

- A workshop on 'Universal Human Values' was arranged for the students of MCA-I on 10th December 2022. Dr. Meera Kulkarni, Head - Management Department, IMS, was the Resource Person. She guided the students on the importance of Human Values through group activities like short plays & songs.
- A series of Online Guest Lectures was arranged on 'Software Testing Tools' for MCA-II students from 28th November - 15th December 2022. The Resource Person was Mr. Rishikesh Memane.
- Online Guest Lectures on 'Deep Learning' were arranged for MCA-II students from 27th - 29th December 2022. Mr. Tushar Kute, working as a Data Scientist and Trainer at MITU Skillologies, Pune, served as the Resource Person.



- Practical Hands - On Session on 'Installation of Ubuntu - Linux OS' was held on 1st February 2023 for MCA-I students. Mr Kiran Sable guided the students through the installation steps.
- A Guest Lecture on 'Installation & Configuration of Windows OS & Server Architecture' was organized on 13th February 2023 for all MCA-I students. Mr Pratap Gaikwad was the Resource Person for the session.
- A workshop on 'Life Skills' was organised for MCA-I students on 19th April 2023. Ms. Hasmita Gandhi, Pranic Healer, Ahmednagar was the Resource Person for the workshop. She guided the students on the importance of Auras and Chakras, Super Brain Yoga, Meditation & Positive Thinking. Students performed Yoga Asanas, Meditation and Omkar chanting.

PARENTS - TEACHER MEET

The Parents - Teacher Meet was organized on 10th June 2023, with the objective of building rapport between the Institute and parents. The meeting started with the Head - IT Department, Dr. U. H. Nagarkar's, introductory speech. Director Dr. M. B. Mehta addressed the audience. All faculty members first introduced themselves and shared information about their efforts to groom the students. All parents actively participated in the activity. Many concerns about Placement, Entrepreneurship, and Aptitude tests were discussed with the parents.

ONLINE WORKSHOP ON 'NodeJS'

An online workshop on 'NodeJS' was arranged for MCA-I students from 30th May - 3rd June 2023. Prestigious Alumni Terence Nero, Principal Engineer at Cuelogic Technologies, Pune was the Resource Person. It was a highly interactive and informative workshop. MCA-II students also actively participated in the workshop.



IT DEPT ACTIVITIES



MCA-I - 'Orientation Programme'



'Poster Presentation' - 'IT WAVES'



'Team Games' - 'IT WAVES'



'Team Games' - 'IT WAVES'



'Dance Competition' - 'IT WAVES'



Winner 1st position - Team 'Mr. Bean Club'
'IT WAVES'

IT DEPT ACTIVITIES



Dr. Meera Kulkarni - Head, Management Dept
conducting workshop on 'Universal Human Values'



Mr. Kiran Sable
conducting Practical Hands - on Session
'Installation of Linux OS'



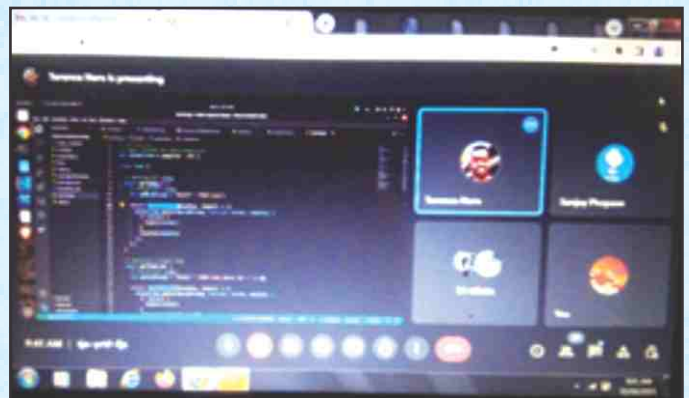
Mr. Pratap Gaikwad delivering lecture on
'Installation & Configuration of Windows OS &
Server Architecture'



Mrs. Hasmita Gandhi, Pranik Healer, Ahmednagar
conducting workshop on 'Life Skills'



Parents - Teachers Meet



Alumni Terence Nero, Principal Engineer -
Cuelogic Technologies, Pune conducting
online workshop on 'NodeJS'



LEARNING RESOURCE CENTRE ACTIVITIES

ACA - COMPUTER SCIENCE STUDENTS VISIT

Ahmednagar College's, Dept. of Computer Science Students visited the IMS - Library on 27th August along with a faculty member. They were informed about library's activities, services and functions as they offer opportunities for learning, support literacy and education, and help shape new ideas and perspectives. A power point presentation was given to all the students visiting about library technology, search strategy, smart search, digital literacy, e-resources such as NDLI, DOAJ, NPTEL etc., data in machine readable forms, Google Books, Canva Design Tool etc. to support higher education and fulfill educational objectives. Students were motivated to use the academic library for learnable resources thereby instilling reading habits and self-study.

LIBRARIAN'S DAY (12th August 2022)

Librarian's Day was observed at the Learning Resource Center to commemorate the 130th Birthday of Dr. Shiyali Ramamut Ranganathan, the father of Indian Library Science and a Scientist. The day was celebrated by garlanding the photograph of Dr. S.R. Ranganathan by Dr. M. B. Mehta, Director, IMS. Detailed information about Dr. Ranganathan's life and work was shared with all present.

TEACHERS DAY CELEBRATION (5th Sept. 2022)

IMS celebrated 'Teacher's Day' with pomp and vigour. Dr. M. B. Mehta garlanded the photograph of Dr. Sarvapalli Radhakrishnan with reverence in the Library premises. Library Staff Mr. Siraj Mulani delivered a speech about the significance of Teachers' Day and Dr. Sarvapalli Radhakrishnan's contribution. The students from the Dept. of Political Science, Gandhian Studies and the Faculty of the Junior Wing - Ahmednagar College, Ahmednagar visited the IMS Library and celebrated Teacher's Day.

VACHAN PRERNA DIN (15th Oct 2022)

The IMS Learning Resource Center (Library) celebrated the Birth Anniversary of Bharat Ratna, Ex-President 'A.P.J. Abdul Kalam' as Vachan Prerna Din : 'Reading Inspiration Day' to pay tribute in his memory to our late former President on his birthday.

RASHTRIYA EKTA : NATIONAL UNITY DAY AND

VIGILANCE WEEK (31st Oct 2022)

IMS celebrated National Unity Day on October 31st for India's unity, safety, and security, which is the birth anniversary of Sardar Vallabhbai Patel, one of the founding fathers of the Republic of India. The Library had put up a display that included life and history, achievements, and pictorial



representation, along with book jackets related to Sardar Patel. The pledge of dedication to preserve the unity, integrity, and security of the nation and the willingness to strive hard for unification and internal security, led by the late Sardar Vallabhbhai Patel, was taken by the students, faculty, and administration, along with library staff. The students, staff, and faculty were urged to visit the online exhibition 'Sardar Patel : The Architect of Unification' curated by the Indira Gandhi National Centre for the Arts (IGNCA) and the Indian Council of Historical Research (ICHR) in digital format. Vigilance Awareness Week was celebrated by the Library, which put up a display and registered its participation in the 'Public participation in promoting integrity and eradicating corruption initiative.' The week was observed by mounting the posters of the Citizen Integrity Pledge, the Integrity Pledge for Organizations, and the Pledge.

DIABETIC SCREENING CAMP :

ROTARY CLUB INTEGRITY AND NDLI CLUB

On the occasion of World Diabetes Day on November 14, 2022, a 'Diabetes Screening Camp' was organised in association with Jeevandhara Hospital and the Rotary Club of Ahmednagar Integrity.

CONSTITUTION DAY (26th Nov)

Constitution Day : 'Samvidhan Divas' was celebrated at IMS to commemorate the adoption of the Constitution of India and participated in online reading of the Preamble on November 26, 2022 . The Library requested all faculty members, staff, and students to provide support and leadership & encouraged maximum participation in the online quiz on 'India, the Mother of Democracy' at the web portal <https://constitutionquiz.nic.in/>

LIBRARY ORIENTATION FOR FRESHERS

Library orientation activity was organised by the Library and the NDLI Club for freshers under the Information Literacy Programme for B.Voc course (Aug 29, 2022), MCA course (Nov 26, 2022), and MBA course (Nov 28, 2022). The aim was to acquaint the newcomers with the library's activities, services, and functions, along with the rules and regulations, and thus help to improve the utilisation of the library's services. The students were welcomed and updated on the library's profile, status, activities, e-resources, digital library, and rules and regulations. A demo and information was given to the students about the circulation system, issue and return transactions via barcode technology, the stacking area, stacking map, OPAC, and information related to the services and facilities of the said section. Students were informed about the Journals and Periodicals section, Newspapers and Project Reports, CD Library, and ICT services that the Library renders to all the course students. The library's 6.13 - minute video clip was circulated to the users on the IMS Telegram group 2022-2023.

**FIT - INDIA MOVEMENT**

The IMS - AICTE's, Fit India Movement G.O.A.L.S. (Goals for Active Life Style) initiative, in association with the IMS Learning Resource Center's Student Library Committee, invited Prof. Sukanya Phansalkar, a Certified Psychologist, Counselor, and Life Coach, to deliver a lecture and conduct an interactive session on 'Self - Love and Self - Compassion' on December 13, 2022. The seminar started with the lighting of the lamp and felicitation of the guest by Dr. Vikram Barnabas - Deputy Director, IMS. The concept behind this initiative was to move towards a more active lifestyle, recognising the importance of mental health.

MATRUBHASHA DIWAS & MARATHI BHASHA GAURAV DIN

IMS celebrated 'Marathi Language Pride Day' and 'International Mother Language Day' with enthusiasm and vigour. A one-day book exhibition of books by Marathi authors was organized and inaugurated by Dr. M.B. Mehta. The Library's collection of Marathi language books was kept for display and dissemination. The veteran Marathi poet and Jnanpith and Sahitya Akademi awardee Kusumagraja's biographies, literary contributions, and title pages of literary works were displayed in poster form.

GOOGLE DRIVE LAUNCH : INSTITUTIONAL REPOSITORIES

The IMS Library created a Google Drive of Institutional Repositories (archives), i.e., digital copies of the intellectual output pertaining to learning, teaching, and research. They are Government Resolution (GR); institutional publications such as journals, magazines, and newsletters; university syllabuses and question papers; research articles; TOCs of journals; PhD theses lists, etc. The web link was shared with all stakeholders via social media platforms and QR codes. The institutional repositories made it possible to collect content in one location, capture it, and provide open access to the intellectual output of the IMS Library for its users. It not only saves the readers' time but also fulfills the criteria of the electronic and bibliographical services of the Library.

BEST PRACTICES - 'BEST USER AWARD' & 'ESSAY COMPETITION'

The IMS Library promotes best practices and conducts the 'Best User Award' based on usage of Library resources, discipline, users' statistical data, and an 'Essay Competition' to elicit the student's thoughts, writing abilities, reading aptitude, logical structure, and so on. The theme of the essay competition was 'The Discovery of Self (Body, Mind, and Soul)'. The Essay Competition was given in memory of Shri. Parasramji Ghatol with Cash Prizes, Mementos, and Certificates. The winners were : Ms. Prasanna Kulkarni; Mr. Ashish Shaikh; Mr. Prajwal Wakhare. The Best User Award was conducted in the memory of Sau. Radhabai Kale, with a Cash Prize, Memento, and Certificate each to Mr. Rohan Ujagare (MCA-II) and Ms. Prerana Rashinkar (MCA-II).



MEME COMPETITION

A Meme is media content that usually consists of a popular image. The aim of the Meme contest was to encourage student engagement and enhance creative humour. The IMS - Administrative Department and Library conducted and announced the Meme Competition for IMS students and staff from March 25th to April 10th, 2023, and the result was declared on April 15th, 2023. The purpose was to poke fun at an idea or create a humorous message. The winners of the competition in the student category were: Jindam Yash Ashok (MBA), Kulkarni Prasanna Dileep (MBA), Naphade Dhananjay Pradeep (MCA) and Shende Krushna Rajendra (MBA). The winners of the competition in the faculty category from the MBA programme were Dr. Harshvardhan Bhavsar, Dr. Rahul Khandelwal, Dr. Hatim Kayumi, and Prof. Sayyed Mudassar .

AUTHOR'S SPEAKS,

ANNUAL PRIZE DISTRIBUTION & ALUMNI MEET

The Library conducted its flagship programme, 'Author Speaks : A Book Talk Show' on April 15, 2023. The guest was a renowned experimental and IT - oriented Librarian, researcher, and author, Dr. Nanaji Shewale, Head Librarian at the D. R. Gadgil Library, Gokhale Institute of Politics and Economics, Pune. The insightful, systematic explanation and motivational talk addressed at IMS Campus encouraged and gave a morale boost to all. The Library announced and gave away prizes for the Library's Best User Award, the Essay Competition, and the Meme Competition activity prizes conducted by the Library and Administrative Section. The students, staff, and faculty members enthusiastically participated and made the programme a great success, and the members of the student library committee anchored and conducted the event.

'BEST LIBRARIAN AWARD'

FOR THE YEAR 2022-23 BY SPPU

Dr. Swati Barnabas was awarded with Best Librarian from the urban area under the University Foundation Day Awards of the Savitribai Phule Pune University for the academic year 2022-23. The award included a Gold Medal, a memento & a certificate. The award function was held on 10th February 2023 at S.P. Pune University. The award was given at the hands of Dr. Prof. (Dr.) Karbhari Vishwanath Kale, Vice Chancellor, S.P. Pune University. Dr. Swati Barnabas, Librarian, IMS along with teaching and non-teaching staff members attended the function.



LEARNING RESOURCE CENTRE ACTIVITIES



Dr. Swati Barnabas receiving 'Best Librarian Award' by S. P. Pune University on the occasion of 'University Foundation Day'



Ahmednagar College students visit to 'IMS - Learning Resource Centre'



'Librarians Day' Celebration



'Teacher's Day' Celebration

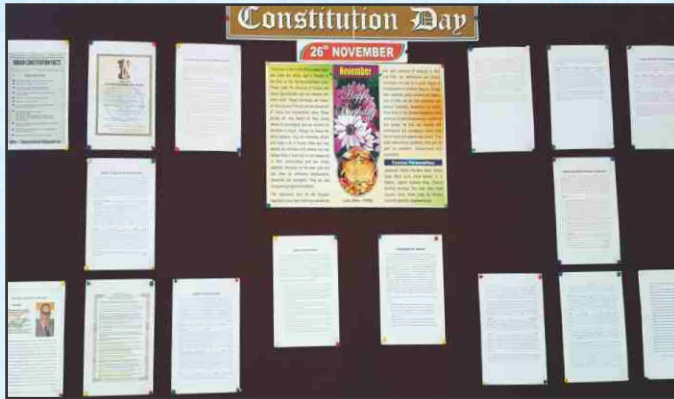


Celebrating 'Vachan Prerna Din'



Faculty members, Staff taking the Pledge of 'National Unity'

LEARNING RESOURCE CENTRE ACTIVITIES



Display of Notice Board to commemorate
'Constitution Day'



Library 'Orientation Programme' for MCA Students



Ms. Sukanya Phansalkar, a Certified Psychologist &
Counselor conducting session on
'Self - Love and Self - Compassion'



Celebrating 'Matrubhasha Diwas'



Launching of Google Drive of Institutional Repositories



'Author Speaks' Programme



IMS - SKILL ENHANCEMENT & ENTREPRENEURSHIP DEVELOPMENT CENTRE (SEEDC) ACTIVITIES

CERTIFICATE COURSE IN 'FRENCH LANGUAGE'

IMS - SEEDC conducted two batches of Basic Certificate Course in French language. The first batch started from 1st June 2022 and concluded on 17th September 2022. The second batch started on 15th November and ended in February 2023.

WOMEN ENTREPRENEUR EXPO

On the occasion of Diwali, IMS - SEEDC, in association with Chordiya Products (Mastani Group) organized 'Grand Diwali Expo 2022'. The exhibition was organized on 16th and 17th October 2022 at Kohinoor Mangal Karyalaya, Savedi, Ahmednagar. 70 women entrepreneurs exhibited their products, and ladies from Ahmednagar, Shirdi, Jalna, and Nasik participated in the exhibition. Total 59 stalls were arranged. The stalls ranged from Jewellery and Accessories, Clothing, Kitchen Utensils, Self - Watering Plants, Spices, Bags, Solar Lamps for Diwali, Home Cleaning Products, Herbal Products, Handmade Soaps, Bakery Items, Beauty Products, School Items, Financial Services, and Diwali Decoration Material, Diwali Faral, Food Stalls etc. Around 6,000 to 7,000 people visited the exhibition and did the shopping. Around 15 lakhs turnover was generated during the 2 days. The event was co-sponsored by Venkatesh Multistate and Inner Wheel Club of Ahmednagar.

As a social responsibility one stall was provided free of cost to a school for Deaf and Dumb. Students of this school make Diwali Diyas, Lanterns, Envelopes and Ubatan, all of which were exhibited and sold by them at the exhibition.

INTERNATIONAL WOMEN'S DAY - 'EXPO 2023'

On the occasion of International Women's Day, IMS - SEEDC in association with Chordiya Products (Mastani Group) organized 'Expo 2023'. The exhibition was organized on 4th March 2023 at Shivaji Mangal Karyalaya, Kedgaon, Ahmednagar. 30 women entrepreneurs exhibited their products, and ladies from Ahmednagar participated in the exhibition. Total 32 stalls were arranged. The stalls displayed Jewellery and Accessories, Clothing, Spices, Bags, Solar Lamps, Herbal Products, Handmade Soaps, Bakery Items, Food Stalls etc.

WOMEN ENTREPRENEURS PROGRAMME

IMS - SEEDC, in association with the Rotary Club of Ahmednagar, Priyadarshni, organized a 'Women's Entrepreneurship Workshop' on 19th February 2023. Dr. Prafulla Mirajgaonkar from Aurangabad inaugurated the workshop and guided participants on various aspects of the business. Mr Pramod Parekh, Mr Shirish Rayate shared their practical experience and provided



guidance on the business opportunities available for women entrepreneurs. Dr. Meera Kulkarni and Ms. Nilmani Gandhi spoke about the importance of entrepreneurial skills like leadership, communication, decision making and time management. Later all the participants shared their experiences & the problems they faced during business. At the end, experts gave solutions to the problems discussed by women entrepreneurs.

UDYOJAK MELAVA (11th March 2023)

IMS - SEEDC in association with DeAsra Foundation, Pune organised Udojak Melava. Mr. Nitish Kulkarni, Coordinator of DeAsra Foundation enlightened the entrepreneurs about the foundation's activities and upcoming projects. Mr. Sahil Khare delivered a session on 'Social Media Marketing'. C. S. Gaurav Kulkarni explained the 'Crucial part of Licensing'. Mr. Prakash Agashe, discussed on the 'Government Schemes available for Entrepreneurs'. On the occasion of International Women's day, SEEDC had conducted some activities and contests for women entrepreneurs. Winners of these contests were felicitated during this seminar. IMS - SEEDC and DeAsra agreed to sign an MOU for the upcoming activities for entrepreneurs.

COMPLIANCE DRIVE

IMS - SEEDC, in association with DeAsra Foundation, Pune, organised a compliance drive for the entrepreneurs of Ahmednagar. The objective of the drive was to make the business compliant in one go, at one place. Udyam, FSSAI registration, Shop Act, Trademark registration and GST registration were made available at discounted rate. 15 entrepreneurs availed the benefits of the camp. SEEDC and DeAsra signed an MOU for the upcoming activities for entrepreneurs.

ONLINE MEETING

An online meeting was organized with DeAsra's CEO, Ms. Pradnya Godbole, to discuss future activities aimed at supporting the entrepreneurs of Ahmednagar through capacity - building/awareness programs, services, and knowledge resources. During the meeting, it was decided to prepare a calendar for the next six months outlining the various activities.

BUSINESS NETWORKING MEETING

Business networking meeting of SEEDC members was successfully organized. Around 40 members attended the meeting and interacted with each other. Dr. M. B. Mehta welcomed and encouraged all women entrepreneurs. Dr. Rucha Tandulwadkar gave a briefing about the upcoming joint activities of DeAsra and IMS - SEEDC. All women entrepreneurs introduced themselves and gave information about their businesses.



SEED-C ACTIVITIES



Participants of 'Women Entrepreneur Expo - 2022'



Stalls at 'International Women's Day Expo - 2023'



Dignitaries & Participants at 'Udyojak Melava'



Business Compliance Drive in association with deAsra Foundation

VIDYARTHINI MANCH ACTIVITIES



Adv. Shakuntala More delivering lecture on 'Legal Rights, Responsibilities, and Cyber Safety'



Mrs. Poonam Vachhatani, Yoga Trainer demonstrating Yoga on the occasion of 'International Yoga Day'

OUR PRIDE - 2022

MBA ACADEMIC TOPPERS



Lt Col Jitendra Bahadur
1st Rank



Ms. Nagpal Janvi
2nd Rank



Ms. Gade Minakshi
3rd Rank

MCA (3 YEARS) ACADEMIC TOPPERS



Mr. Karpe Rushikesh
1st Rank



Mr. Loya Kaustubh
2nd Rank



Ms. Jadhav Pallavi
3rd Rank

MCA (2 YEARS) ACADEMIC TOPPERS



Ms. Nair Aishwarya
1st Rank



Ms. Cholke Bhagyashri
2nd Rank



Ms. Bhadane Jyotsana
3rd Rank



VIDYARTHINI MANCH ACTIVITIES

GUEST LECTURE ON

‘LEGAL RIGHTS, RESPONSIBILITIES AND CYBER SAFETY’

IMS - Vidyarthini Manch organized a guest lecture by Adv. Shakuntala Sachin More on ‘Legal Rights, Responsibilities, and Cyber Safety’ on May 15, 2023. She discussed on various laws related to Child and Women's Welfare, including the Women and Child Welfare Committee. She highlighted the Family 2005 Act, Marriage Act, and Special Marriage Act, Medical reasons for terminating pregnancies, and women's harassment. She advised students to be cautious during server downtime, avoid sharing passwords, and be mindful of privacy settings. She emphasized on the importance of being well-informed about legal obligations and responsibilities in the digital age and being proactive in promoting cyber safety to contribute to a safer digital world.

INTERNATIONAL DAY OF YOGA

On 21st June 2023, the International Day of Yoga, IMS - Vidyarthini Manch organized a Yoga session for students and staff members of IMS. Mrs. Poonam Vachhatani, an expert from Ahmednagar, conducted the session and highlighted the benefits of practicing yoga for physical and mental well-being. The session covered various aspects of holistic health, including Ashtang Yoga, Pranayam, Nadishodhan Pranayam, and meditation to manage stress and promote relaxation. The demonstration included yoga poses such as Vrikshasan, Bhujangasan, Parvatasan, Balasan, Vajrasan, Makarasan, along with focusing on Chakras. The participants also appreciated the live demonstration of Suryanamaskar with proper breathing techniques. The IMS - Learning Resource Centre displayed informative posters on Yoga Postures, Meditation, Nutrition, and Suryanamaskar. Over 125 students and staff members attended the program.





RESEARCH CENTRE ACTIVITIES

PH.D. RESEARCH CENTRE

Following students were admitted for Ph. D. Programme under the Faculty of Management, SPPU on 14th July 2022.

S.No.	Name of Research Student	Research Guide	Subject
1.	Ms. Khanolkar Amruta	Dr. Rahul Khandelwal	Marketing Management
2.	Ms. Banerjee Asmita	Dr. Rucha Tandulwadkar	Marketing Management
3.	Mr. Sonawane Gokul	Dr. Harshvardhan Bhavsar	Marketing Management
4.	Mr. Dumbre Kiran	Dr. Pronoti Teleore	Marketing Management
5.	Mr. Wable Nitin	Dr. Rahul Khandelwal	Marketing Management
6.	Mr. Nair Sajit	Dr. Harshvardhan Bhavsar	Marketing Management
7.	Ms. Gaikwad Shrenika	Dr. Harshvardhan Bhavsar	Marketing Management
8.	Mr. Salve Vikram	Dr. Pronoti Teleore	Marketing Management
9.	Mr. Pathare Nilesh	Dr. Hatim Kayyumi	Organizational Management
10.	Ms. Bakshi shilpa	Dr. Hatim Kayyumi	Organizational Management
11.	Mr. Somase Amol	Dr. Rahul Khandelwal	Organizational Management
12.	Mr. Pathan Ashpak	Dr. Mahesh Potadar	Computer Management

Following research students were selected for Ph. D. Programme under faculty of Management, SPPU through personal interviews Round -1 held on 14th February 2023.

S.No.	Name of Research Student	Research Guide	Subject
1.	Ms. Thite Gauri	Dr. Mahesh Potadar	Computer Management
2.	Mr. Harihar Sanjog	Dr. Mahesh Potadar	Computer Management
3.	Mr. Taksale Kiran	Dr. Mahesh Potadar	Computer Management

Research proposals presentation took place at Research Centre on 04th May 2023 and proposals are submitted to Pune University for approval.

Following research student was selected for Ph. D. Programme under faculty of Management, SPPU through personal interviews Round - 2 held on 04th May 2023

S.No.	Name of Research Student	Research Guide	Subject
1.	Mr. More Mohit	Dr. Rahul Khandelwal	Marketing Management

Selection Letter received from SPPU in June 2023. Research Proposal presentation shall be scheduled tentatively in the month of July 2023



AWARD OF PH. D.

TO RESEARCH STUDENTS

- Dr. Sagar G. Nimbalkar was awarded Ph. D. under the guidance of Dr. Avinash Ganbote in faculty of Management (Subject : Organizational Management) on 22nd July 2022.
- Dr. Shriram S. Badave was awarded Ph. D. under the guidance of Dr. Avinash Ganbote in faculty of Management (Subject : Organizational Management) on 22nd July 2022.
- Dr. Mohit N. Boralkar was awarded Ph. D. under the guidance of Dr. Hatim F. Kayumi in faculty of Management (Subject : Financial Management) on 06th April 2023.



PLACEMENT REPORT

The placement for the year 2022 - 2023 saw an overwhelming response from various prestigious companies.

- This year, Flipkart offered the highest placement of 14 lakhs per annum, followed by Ujjivan Small Finance Bank with a package of 11.75 lakhs per annum. The companies that came to the campus were HDFC Bank, HDFC Housing Finance, Ujjivan Small Finance Bank, ESAF Small Finance Bank, Piramal Finance, I Love Nagar, Kotak Mahindra Bank, Syntel, L&T, IndusInd Bank, TCS, and Amazon India. The companies that hired students in off-campus placement were Deutsche Bank and Citi Bank. The average package offered to the students was 3 lakhs per annum.
- MCA students were placed in companies like Aloha Technology, Centralogic Consultancy, Yashshree Academy, I Love Nagar, Helixware, PMTrackERP Solutions, and Rheal Tech Solutions. Many students from MCA appeared for the interviews of reputed companies like MKCL, Tech Mahindra, Angular Minds, Capgemini, and Wipro through the company's off-campus drives.





Results
of
Competitions

The title "Results of Competitions" is centered on the page. It is enclosed within a large, vertically-oriented oval frame. Above the top of the oval is a decorative flourish, and below the bottom of the oval is another identical decorative flourish. The text "Results" and "Competitions" are in a large, serif font, while "of" is in a smaller font.



❖ **STUDENTS' ACHIEVEMENTS** ❖

MANAGEMENT DAY - 2023

● **SPORTS EVENTS** ●

Event			Position	Name of the Student	Course
1. Chess	Boys		Winner	Wakhare Prajwal Nitin	MBA-II (B)
			Runner-up	Kapse Shubham Vijay	MCA-II
	Girls		Winner	Gandhi Krupa Devendra	MCA-II
			Runner-up	Kothari Khushaboo Kishor	MBA-II
2. Carrom	Girls	Single	Winner	Munot Sejal Sushil	MBA-II (B)
			Runner-up	Pagire Vaishnavi Ramdas	MCA-I
	Boys	Single	Winner	Khan Sahealam Sallauddhin	MCA-I
			Runner-up	Ujagare Rohan Dagadu	MCA-II
	Girls	Double	Winner	Deolalikar Pratidnya Sanjay	MBA-I (Alpha)
				Khakal Aarti Raosaheb	MBA-I (Alpha)
			Runner-up	Bora Harsha Dilip	MCA-I
				Sayed Aliya Nawaz	MCA-I
	Boys		Winner	Khan Sahealam Sallauddhin	MCA-I
				Rathod Suraj Gitaram	MCA-I
			Runner-up	Jadhav Naresh	MBA-II (Beta)
				Gaikwad sumeet	MBA-II (Beta)
3. Badminton	Boys	Single	Winner	Khan Sahealam Sallauddhin	MCA-I
			Runner-up	Shriram Nagesh	MBA-I (A)
	Girls	Single	Winner	Pathan Afsha	MBA-I (A)
			Runner-up	Warghude Arti	MCA-I
4. Table Tennis	Girls		Winner	Sagade Shreya	MBA-I (A)
			Runner-up	Mohite Aditi	MCA-II
	Boys		Winner	John Dethe	MBA-I (Alpha)
			Runner-up	Chandak Darshan	MBA-I (Alpha)

Event	Position	Name of the Student	Course	
5. Volley Ball	Girls	Winner	Gund Vaishnavi (Captain)	MCA-I
		Choudhary Vaishnavi	MCA-I	
		Jadhav Divya	MCA-I	
		Warghude Arti	MCA-I	
		Pagire Vaishnavi	MCA-I	
		Dale Shweta	MCA-I	
		Dhaneshwar Shruti	MCA-I	
		Mehere Swati	MCA-I	
		Lodha Shweta	MCA-I	
		Nawale Rupali	MCA-I	
		Runner-up	Dange Swati (Captain)	MCA-II
		Gandhi Krupa	MCA-II	
		Mohite Aditi	MCA-II	
		Rasal Gayatri	MCA-II	
		Bendre Pranita	MCA-II	
		Tutare Supriya	MCA-II	
		Autade Rutuja	MCA-II	
		Boys	Winner	Lahor Rushabh (Captain)
	Sayyed Anas			MBA-II (Beta)
	Madan Anand			MBA-II (Beta)
	Gurave Aditya			MBA-II (Beta)
	Gaikwad Sumeet			MBA-II (Beta)
	Waghule Girish			MBA-II (Beta)
	Marwade Prasad			MBA-II (Beta)
	Jadhav Naresh			MBA-II (Beta)
	Kale Shrikant			MBA-II (Beta)
	Runner-up	Bankar Swapnil (Captain)	MCA-I	
Khan Sahealam Sallauddhin		MCA-I		
Sontakke Mayur Rajendra		MCA-I		
Tamboli Adnan Sadique		MCA-I		
Nagare Prasad		MCA-I		



Event		Position	Name of the Student	Course	
5. Volley Ball	Boys	Runner-up	Parik Nachiket	MCA-I	
			Mhaske Sagar	MCA-I	
			Nawale Pranav	MCA-I	
			Rawas Hrutik	MCA-I	
			Kardile Udhav	MCA-I	
6. Tug of War	Girls	Winner	Pathan Afsha	MBA-I (Alpha)	
			Kardile Renuka	MBA-I (Alpha)	
			Adusal Sujata	MBA-I (Alpha)	
			Dhole Pratibha	MBA-I (Alpha)	
			Pawar Harshada	MBA-I (Alpha)	
			Thawani Deepali	MBA-I (Alpha)	
			Karale Nikita	MBA-I (Alpha)	
			Autade Arpita	MBA-I (Alpha)	
			Runner-up	Ulhare Payal	MCA-I
				Gund Vaishnavi	MCA-I
				Dhaneshwar Shruti	MCA-I
				Dale Shweta	MCA-I
				Warghude Arti	MCA-I
	Jadhav Divya	MCA-I			
	Zanjad Snehal	MCA-I			
	Boys	Winner	Nawale Rupali	MCA-I	
			Vishal Shinde (Captain)	MBA-II (B)	
			Jindam Yash	MBA-II (B)	
			Kolte Pranay	MBA-II (B)	
			Thombare Ajit	MBA-II (B)	
Nawlani Mayank			MBA-II (B)		
Shinde Yash			MBA-II (B)		
Ghorpade Omkar			MBA-II (B)		
Dahifale Mahesh	MBA-II (B)				

Event		Position	Name of the Student	Course
6. Tug of War	Boys	Runner-up	Khan Sahealam Sallauddin	MCA-I
			Tamboli Adnan Sadique	MCA-I
			Bankar Swapnil	MCA-I
			Nagare Prasad	MCA-I
			Shinge Datta	MCA-I
			Sontakke Mayur	MCA-I
			Kardile Udhav	MCA-I
			Kushwaha Roshan	MCA-I
CULTURAL				
7. Antakshari		Winner	Yash Shinde	MBA-II (B)
			Yash Jindam	MBA-II (B)
		Runner-up	Pooja Pardeshi	MBA-I (Alpha)
			Ankita Irabatti	MBA-I (Alpha)
8. Singing	Solo	Winner	Sushil Tadke	MBA-I (Alpha)
		Runner-up (I)	Abhjeet Tribhuvan	MCA-I
		Runner-up (II)	Prashant Pakhare	MBA-I (A)
			John Dethe	MBA-I (Alpha)
		Duet	Winner	Prashant Pakhare
			Ankur Dhanve	MBA-I (A)
	Runner-up (I)		Shinge Datta	MCA-I
			Mehere Swati	MCA-I
	Runner-up (II)		Zanjad Snehal	MCA-I
		Gund Vaishnavi	MCA-I	
9. Dance	Solo	Winner	Irabattin Ankita	MBA-I (Alpha)
		Runner-up (I)	Rathod Suraj	MCA-I
		Runner-up (II)	Karnawat Vaishnavi	MCA-II
	Duet	Winner	--	MCA-I
			--	MCA-I
		Runner-up (I)	Kohakade Saurabh	MCA-II
			Kolapkar Kshitij	MCA-II
		Runner-up (II)	Autade Rutuja	MCA-II
			Dalvi Harshada	MCA-II



Event		Position	Name of the Student	Course
9. Dance	Group	Winner	Sahealam Khan	MCA-I
			Abil Varghese	MCA-I
			Sontakke Mayur	MCA-I
			Parik Nachiket	MCA-I
			Tribhuvan Abhijeet	MCA-I
		Runner-up	Dange Kanchan	MCA-II
			Dange Swati	MCA-II
			Mohite Aditi	MCA-II
			Rasal Gayatri	MCA-II

OVERALL CHAMPION
MCA - I



MANAGEMENT GAMES - 2023

• **RESULT** •

S. No.	Name of the Event	Runner-up Team	Winner Team
1.	Sponsorship	Bharti	Godrej
2.	Brand Wagon	Patanjali	Aditya Birla
3.	Ad-Mad Show	Infosys	Reliance
4.	Mock Stock	Godrej	Patanjali
5.	HR Team Building	Aditya Birla	Infosys
6.	Best Manager	Prasanna Kulkarni (MBA-II)	
7.	Overall Champion	'Godrej', 'Aditya Birla' & 'Patanjali'	

IT WAVES - 2023

• **RESULT** •

S. No.	Name of the Team	Position
1.	Mr. Bean Club	1 st
2.	Spiderman Club	2 nd
3.	Harry Potter Club	3 rd

ESSAY COMPETITION - 2023

• **RESULT** •

S. No.	Student Name	Position
1.	Ms. Prasanna Kulkarni	1 st
2.	Mr. Ashish Shaikh	2 nd
3.	Mr. Prajwal Wakhare	3 rd

BEST USER AWARD - 2023

Mr. Rohan Ujagare (MCA-II)
&
Ms. Prerana Rashinkar (MCA-II)



MBA CLASS OF 2022-23



MCA CLASS OF 2022-23



B.Voc. CLASS OF 2022-23



STUDENT'S MAGAZINE COMMITTEE 2022-23

'BEST STUDENT'



PRAJWAL WAKHARE
MBA



'BEST STUDENT'



KRUPA GANDHI
MCA



DAYS CELEBRATION





Discovery
of self



B. P. H. E. SOCIETY'S
INSTITUTE OF MANAGEMENT STUDIES
(CAREER DEVELOPMENT & RESEARCH)

IMS CAMPUS, Station Road, Ahmednagar - 414 001

Tel. : (0241) 2346532 / 2324830

E-mail : imscdr.ac@gmail.com • Website : www.imscdr.ac.in

