

THE GSIMR TIMES



Govindram Seksaria Institute of Management & Research, INDORE
(Approved by AICTE & Affiliated to D.A.V.V. Indore)

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Editorial...

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."
- Malcolm X

We are thrilled to bring you the latest edition of "The GSIMR Times", on the embark of the second semester of the academic year, we planned 10 days mega learning event "Canvassing Yourself". This unique initiative provided a platform for self-discovery, enhancing skills, and gaining valuable insights from renowned industry experts.

"Canvassing Yourself" brought together distinguished speakers from various domains, including corporate leaders, entrepreneurs, and subject matter experts. The event featured a wide array of topics, catering to different areas of interest.

In the journey of education and self-discovery, we realize that learning is not just about acquiring knowledge but also about preparing ourselves for the opportunities that lie ahead. As we strive to excel in our pursuits, we embrace the power of continuous learning and growth.

Those who missed to be a part of this event, this edition of "The GSIMR Times" will give you a glimpses of all 10 days with key learnings, winners of daily quizzes, etc.

Thank you for your continuous support and enthusiasm. We hope you enjoy this edition of our newsletter!

Happy Reading!

Editorial Team

Chief Editor:
Dr. Sangeeta Jain

Editors:
Dr. Shameen Warsi and
Ms. Insha Mohammad

Student Editors:
Shalini Malviya and
Ritika Mishra (MBA II Sem)

**A Spectacular
Journey of
Canvassing Yourself
@ GSIMR
8th - 18th May 2023**

Every day of "Canvassing Yourself" commenced with the ceremonial lighting of a lamp in front of Goddess Saraswati, symbolizing the pursuit of knowledge. A captivating video showcasing life at GSIMR offered the audience a glimpse into the vibrant campus. The guests were then welcomed by the revered Tulsi Plant, followed by the felicitation of the daily quiz winners.

An enthusiastic student took the stage to introduce the esteemed speaker, and after the session, Mr. Abhay Singh Bharkatiya presented a token of appreciation to the guest speaker as a gesture of gratitude.

On the momentous 10th day, which marked the closing ceremony of the "Canvassing Yourself" event, all the participants were honored with certificates and mementos, recognizing their active participation. The event concluded on a joyful note as the music group "Sangam" performed a medley of melodious tunes.

The event's success was attributed to the dedicated coordination of Shalini Malviya, Shreyal Sharma, Shubham Rathi, and Satyam Raguvanshi, who served as the overall student coordinators.

Faculty Coordinators:
CA P.K. Dua
Mr. Vijendra Khowal



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Adapting to the Eternal Disequilibrium

Mr. Sumit Nandedkar

Business Strategist, Coach, Associated with
T Choithram Foundation, Indore



- **Resilience:** Adapting to eternal disequilibrium requires resilience, the ability to bounce back from setbacks and challenges. It teaches individuals to develop a resilient mindset, embrace change, and persevere in the face of adversity.
- **Agility:** Agility allows individuals and organizations to seize new opportunities and navigate through uncertainty.
- **Proactive Mindset:** Individuals learn to anticipate

and prepare for change, rather than waiting for it to happen. They actively seek out new opportunities, take calculated risks, and drive positive change within their personal and professional lives.

Non Verbal Communication

Ms. Shweta Agarwal Jain

Director of SAJO Consultancy Pvt. Ltd.



- **Emotional Expression:** Being aware of and accurately interpreting these nonverbal signals can lead to better emotional connection and empathy.
- **Nonverbal Congruence:** In-congruence between verbal and nonverbal cues can create confusion or distrust. Being mindful of one's own nonverbal signals and recognizing inconsistencies in others' communication is essential for effective interpersonal interactions.
- **Self-awareness:** Understanding how one's body language, facial expressions, and vocal tone can

impact others allows individuals to make conscious adjustments and communicate more effectively.

- Faculty Coordinator - **CA Prem K Dua**
- Anchor - **Shalini Malviya**
- Quiz Winner - **Neha Jain and Vanshita Dubey**



Corporate Etiquette

Ms. Pooja Pandey

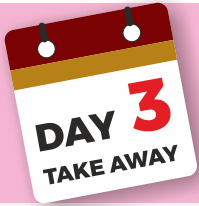
HR Head at Pratap Snacks



- **Professional appearance:** Maintaining a professional appearance is crucial. Dressing professionally demonstrates respect for the company and its culture.
- **Business meeting etiquette:** Prepare for meetings in advance by reviewing the agenda and necessary materials. Arrive on time, contribute meaningfully to discussions, and avoid dominating or interrupting others.
- **Email and written communication:** Write clear, concise, and professional emails. Proofread your messages before sending them and respond to emails in a timely manner.

- Faculty Coordinator - **Dr. Shameen Warsi**
- Anchor - **Tanya Chhabra**
- Quiz Winner - **Shreyal Sharma and Shubham Rathi**

**“Manage your mind and
you will manage your life”**



EQ-IQ-SQ

Dr. Sandeep Atre

Founder of Socialigence



- **Empathy and understanding:** Developing empathy allows you to understand and relate to the emotions and experiences of others. It helps build strong relationships and effective communication.
- **Critical thinking and problem-solving:** Cultivating critical thinking skills allows you to analyze information, evaluate different perspectives, and make informed decisions
- **Stress management:** Building emotional resilience enables you to cope with stress, setbacks, and challenges. It involves managing your emotions in

high-pressure situations, maintaining a positive outlook, and adapting to change.

- Faculty Coordinator - **Mr. Vijendra Khawal**
- Anchor - **Palak Saxena**
- Quiz Winner - **Ayushi Singhai and Preeti Tiwari**



Mind Management

Dr. Prafull Joshi

Founder of Save the Lifecycle



- **Cognitive restructuring:** Cognitive restructuring involves identifying and challenging negative or irrational thoughts and replacing them with more positive and realistic ones. This technique can help improve resilience, reduce anxiety, and enhance problem-solving skills.
- **Positive mindset:** It involves developing an optimistic outlook, reframing negative situations, practicing gratitude, and focusing on solutions rather than dwelling on problems. A positive mindset can enhance resilience, boost motivation, and improve overall well-being

- Faculty Coordinator - **Dr. Shweta Sharma**
- Anchor - **Nimisha Goyal**
- Quiz Winner - **Pavitra Mungre and Jaya Patidar**

“Etiquette requires us to admire the human race”



Personal Branding

Ms. Deepika Upadhyay Pathak

CEO, MD at JBPL Group



- **Encouraging Creativity and Entrepreneurship:** Importance of fostering creativity and thinking outside the box for startup ventures. Discussion on government funding opportunities for startups.
- **Building a Personal Brand:** Utilizing LinkedIn and Instagram profiles to establish and enhance personal branding. Understanding strengths and weaknesses to overcome them in the process of personal branding.
- **Crafting a Powerful Introduction:** Significance of

being able to deliver a compelling and concise introduction within 30 seconds.

- Faculty Coordinator - **Ms. Amita Agarwal**
- Anchor - **Ritika Mishra**
- Quiz Winner - **Harsh Litoriya and Mansi Namdev**



Attitude: Game Changer

Ms. Vishakha Atre

HR Head at 47 Billion



- **Self-belief and confidence:** A positive attitude fuels self-belief and confidence in your abilities. Cultivate a "can-do" attitude and trust in your skills and talents.
- **Adaptability and flexibility:** A positive attitude enables adaptability and flexibility in the face of change. Being open-minded and adaptable helps you navigate challenges and embrace new possibilities.
- **Leadership and influence:** Attitude is a critical factor in leadership and influence. By modeling a

positive attitude, you can inspire and lead by example, influencing those around you to adopt a similar mindset.

- Faculty Coordinator - **Dr. Shameen Warsi**
- Anchor - **Laxmi Prakash**
- Quiz Winner - **Aaroh Gore and Satyam Raghuvanshi**



Developing Habits

Mr. Hemsingh Patle

Coach and Author



- **Focus on intrinsic motivation:** Developing habits driven by intrinsic motivation tends to be more sustainable.
- **Embrace setbacks as learning opportunities:** Habits are not built overnight, and setbacks are natural parts of the process. Adjust your approach if needed and get back on track without dwelling on past failures.

- Faculty Coordinator - **Ms. Insha Mohd.**
- Anchor - **Naman Sharma**
- Quiz Winner - **Gautam Phulmali and Jatin Pawar**



Rejuvenate Yourself

Dr. Sushma Rawat

MD Pediatrition



- **The Importance of Self-Rejuvenation:** Neglecting self-care leads to burnout, stress, and dissatisfaction. Rejuvenation is essential for a healthy life.
- **Practical Ways to Rejuvenate Yourself:** Dr. Sushma Rawat focused on self-renewal and practical methods to rejuvenate physically, mentally, and emotionally. Prioritize self-care, disconnect from distractions, embrace creativity, seek new experiences, nurture relationships, and practice gratitude.
- **The Ongoing Process of Self-Rejuvenation:** Self-renewal is an ongoing journey requiring intention and commitment. Start today to positively impact all

areas of life. By consistently nurturing ourselves, we experience increased happiness, reduced stress, and improved well-being.

- Faculty Coordinator - **Dr. Dheeraj Tiwari**
- Anchor - **Ayush Sharma**
- Quiz Winner - **Jatin Pawar and Gourav Jaiswal**



Goal Setting
Mr. Mayank Shukla
 Panel Anchor Doordarshan



- **Set SMART Goals:** SMART is an acronym for Specific, Measurable, Achievable, Relevant, and Time-bound.
- Break Goals into Actionable Steps
- Visualize Success
- Prioritize Goals
- Celebrate Milestones
- Learn from Setbacks
- Review and Adjust

Faculty Coordinator - **Dr. Neha Modi**
 Anchor - **Ayushi Singhai**
 Quiz Winner - **Deepak Gupta and Ayush Sharma**



How to Achieve Happiness
CA Sourabh Purohit
 Entrepreneur



- **Balance and Boundaries:** Striving for a healthy work-life balance and setting boundaries is important for overall well-being. Taking time for leisure, relaxation, and pursuing hobbies is crucial for happiness.
- **Meaning and Purpose:** Finding a sense of meaning and purpose in life is essential for long-term happiness. This can involve aligning your actions with your values, setting goals that are personally meaningful, and engaging in activities that bring a

sense of fulfillment.

- Faculty Coordinator - **CA Prem Dua**
- Anchor - **Shreyal Sharma**
- Quiz Winner - **Shubham Rathi and Durgesh Thakur**



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सीख कैनवासिंग की

जीवन में उम्मीद लिए, चला मैं अपनी राहों पर,
चंद सपनों को ख्वाब बनाकर, फिर चला मैं राहों पर।
बात करूं बीते कुछ दिनों कि...
जो दे गया है सीख गजब की...
अद्भूत थे वे कहने वाले, शब्दों से कैसे बयां करूं,
अदृश्यमयीं थी बातें उनकी, और दृश्यमयीं मैं कैसे करूं,
अनकही संचार की बातें, सीखी हमने **श्वेता जी** से
असंतुलन से कैसे लड़ना, सीखा है **सुमीत जी** से,
कार्पोरेट में शिष्टाचार सीखा है हमने **पूजा जी** से,
कैसे बनाएं खुद का एक ब्रांड सीखा है हमने **दीपिका जी** से,
हेम सिंह जी से सीखी हमने विकासशीलता की अद्भूत आदत,
मन की दशाओं का प्रबंधन, हमने सीखा **प्रफुल्ल जी** से,
एक वाचक ऐसा भी, सभ्य आचरण व ज्ञाता भी,
लक्ष्य निर्धारण सीखा उनसे, ऐसे है वे एक **शुक्ला जी**,
हर स्थिति का अलग रवैया, है अलग सबका अपना नज़रिया,
एक वाचिका से सीखा हमने, जो है **विशाखा अत्रे जी**
क्या होता है ये EQ-IQ-SQ, ना कभी यह ज्ञात हुआ
कैसे जुड़ा है जीवन इनसे, ये सीखा है **संदीप अत्रे जी** से,
ध्यान खुशी का एकमात्र ठिकाना सीखा है **सौरभ जी** से,
यही सीख सीखी है हमने, हुए इन दित्य दिनों में,
शत् शत् नमन है उन गुरुजनों को, जो देते हैं आदर्श की सीख
और धन्यवाद उन मित्रगणों को, जो इन दिनों के नायक थे।
उन दिनों उस महाविद्यालय के प्रांगण में थी धूप बड़ी,
ज्ञान की ऐसी लहरें उठी, जो ना देखी कभी पहले कहीं।।



Rahul Soni
(MBA II Sem)

“ Thanks to GSIMR for conducting such a wonderful and interactive session with all dynamic leaders, as this helped me to realise all my past mistakes and to reinvent myself, also to evolve myself with a good and healthy environment, and lead a good life. ”



Ayush Sharma
(MBA II Sem)

Canvassing Yourself was a great workshop that was conducted over a span of 10 days. It involved 11 industry experts and professionals that spoke on different topics. The topics were dynamic and covered every aspect of human life. The topics were inclusive and ranged from health, communication, Ayurved, positive habits, goal setting, and meditation.



Anupama B.
(MBA II Sem)

What got me truly amazed was the fact that meditation was not only discussed during these days but on the last day, CA Sourabh Purohit made students practice it in the auditorium. It was an interesting session that focussed on the fact that true happiness lies within.

Overall, the workshop was insightful & well-planned.

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