



EMPOWER • ENTHUSE • EXCEL

# QUEST



From the desk of

EDITOR



Vinod Malhotra

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Something that can be measured can also be managed, is axiomatic. But perhaps this largely pertains to the realm of material space. But subtle experiences like happiness, depression, sadness or stress are not measurable on any scale or yardstick and therefore defy management per se.

The causation of these experiences are also multi-dimensional and pose serious challenge for a correct diagnostic analysis which does ordinarily lead to cure and relief.

Phenomena such as happiness or stress are essentially perceptible in nature. These are not visible on their own strength but make their impact visible on the subject who is going through that experience. Some people look happy and others look stressed out, are the usual statements that we often hear in our conversational episodes. Again these experiences are not floating around in the environment, nor are they bacterial or viral infections that we catch on from the external space. These experiences are quintessentially an internalized phenomenon which is a product of our own thought process.

Stress at a very basic level is a function of our desires, indeed unfulfilled desires which generates a sense of fear, an apprehension of sorts and creates a cascading effect if not rationalized properly, and in time.

At any given point, we nurture several desires in our bosom and work towards fulfilling them. Theory of probability tells us that all of them will not be fully realized. There are numerous imponderables and uncertainties caused by human or situational factors that will prevent all tasks

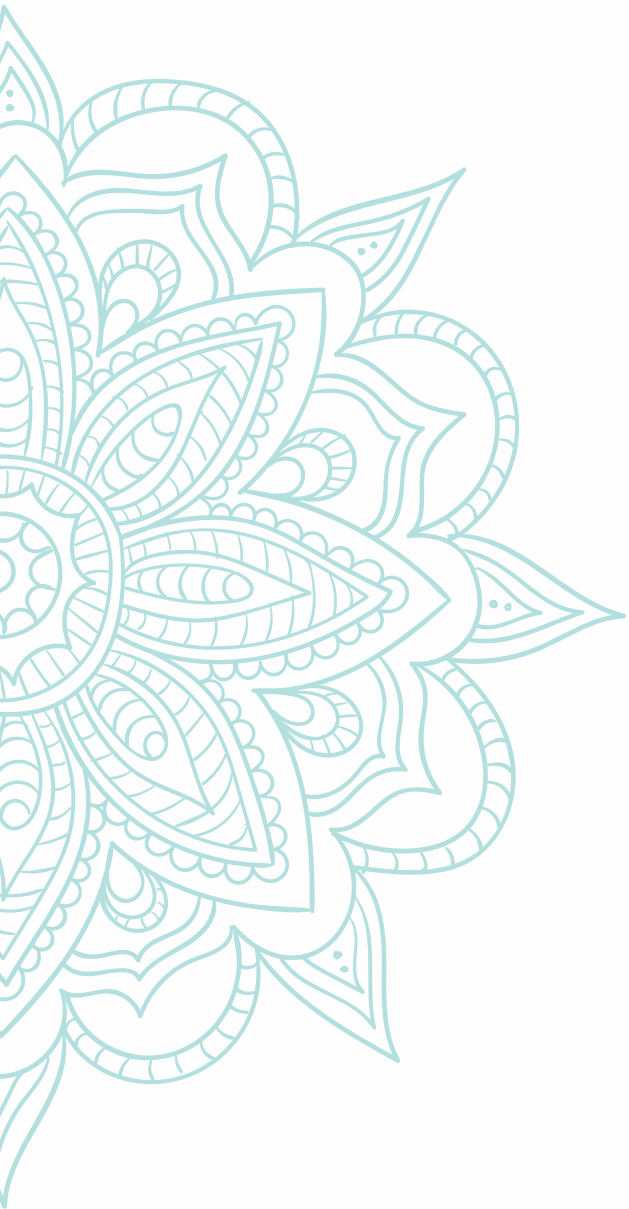
from reaching a satisfactory completion. Human nature operates in very skewed mode in that, the fulfilled ones do not give as much happiness as the stress caused by the unfulfilled ones.

The wise therefore recommend a state of "**Samatava Bhav**", equipoise or equanimity. However we will have to accept that depending on the level of activity and the intensity of our desires, different levels of stress would be inevitable. This is where the concept of stress management becomes relevant. We can either control it or get overwhelmed by its negativity. Also all negative emotions possess greater energy and can be channelized for bigger achievements. In mythological anecdote, Ravan possessed bigger strength than Ram, but he was also intellectually arrogant and that saw his downfall.

Ram was humble and fully aware of his powers, knew how and when to use them and hence was victorious.

In conclusion, we alone at an individual level are the recipient of the experience known as stress and we alone have to manage it.

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From the desk of

## CHAIRMAN



**SHISHIR JAIPURIA**  
Chairman

Jaipuria Group of Educational Institutions

The life expectancy at the beginning of the 20th Century has more than doubled within 100 years and the population has quadrupled during this period. People have become healthier than ever before and are now more capable of surviving against natural and manmade disasters. Towards the close of the 20th Century, the most feared killer diseases were no longer the Plague, TB, Small Pox or AIDS, but most casualties came from Diabetes and Cardiac Arrest, which got labeled as Life Style Diseases. At the beginning of the 21st Century, it is suspected that "STRESS" will be the biggest demon on Earth as the root cause of all killer diseases.

Stress artificially lowers the capacity of the immune system within human body. The laws of physics define 'stress' as 'Force causing deformation to Body' and in psychology it is, 'Mental state of extreme anxiety paralyzing action and causing strain'. When stress is used to act it turns positive like making a powerful speech or a playing a heart-touching tune by stressing a specific note. Thus, etymologically, Stress can be harmful when we don't do anything, but is rewarding when we stop brooding and start acting.

Let me bring an anecdote of the 'traffic jam' created by Hindustan Times. In this visual, a traffic jam is shown caused by a fallen log under heavy rain and while every adult inside the comfort of his Car is waiting for the traffic to get cleared, a small school going boy walks up and starts pushing the log out of the way. Slowly, elder adults come out and the logjam is cleared. Everyone who partook in this action cheered and moved on. The 'stress' was overcome once 'action' stepped in.

Stress management is an individual matter. However, it affects the organization when many members undergo stress and get transfixed with inaction. At an individual level, lingering stress affects adversely the health and career. At a family level, the stress is caused due to fear of consequences of one key member's failure to meet collective expectation. At an organizational level, when too many employees are stressed the performance drops. The root of stress is not located in any collective site, but in the individual mind. When we hear about an entire family committing suicide, it's never by common consent

### *Stop Worrying; Start Living*

or when we hear about a Company getting sold out due to mounting losses, it's also not by common consent. Stress is like a burden that weighs heavier if one keeps holding on to it. The option is to either offload it completely or keep reducing the load by doing something about it.

Yoga is regarded as an effective tool for managing stress at Individual and Collective level. Yoga is a physical cum mental exercise which develops one's ability to stay physically flexible, and mentally focused. It is a powerful source of energy and ideas for overcoming any barrier. Lord Krishna preached Karma Yoga to Arjuna to relieve him from stress and make him act. Arjuna was in a fix, and placed himself under tremendous stress due to his attitude of inaction. His attitude caused stress to the entire Army of Pandava's jeopardizing their lives. The solution for distressing an Individual or the entire Organization lies in bringing the Key Individual into action.

There is telling video lecture on Stress, delivered by Sadguru about the phenomenon of stress. If someone does not have a job, he is stressed and if he has a job he is stressed too. Stress has become a fashionable excuse for inaction, for attitudinal inability to cope with a given challenge or situation. The coping up mechanism inside human brain alters the current flow in the nervous system which disturbs the signals from brain to different sense organs. This causes illusion and hallucination, fear and fatigue and keeps the individual hooked to inaction.

The cycle of stress moves from physical to mental plane and vice versa. In order to break the vicious cycle of stress, the surest path is to take a long physical walk. In order to break free of mental stress, meditation is recommended. I am happy that this issue of QUEST brings in different perspectives about Stress, which many pundits feel is the biggest challenge for the people of the 21st Century. The millennial workforce is looking already stressed out by the shortening of shelf life for every product, service or even taste. Job redundancies are rising at menacing pace. The children born in this Century are going to compete with Robots and Artificial Intelligence for work. Challenges for coping will be many. I hope readers will benefit immensely from the discourses on Stress and get credible answers and insights for coping up with stress.



# JAI PURIA QUEST 2017

Major  
Events  
2015-16

ORIENTATION PROGRAMME  
CONVOCATION 2016  
FOUNDER'S DAY  
COMFEST 2016  
RAZZMATAZZ

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## ORIENTATION PROGRAMME



**T**hree-day Orientation Program 'SHUBHARAMBH' took place at Jaipuria Institute of Management from 6th Aug to 8th Aug 2016. The first day was graced by the presence of eminent delegates from the industry. Students were given an opportunity to interact with dignified corporate personalities including Ms. Samantha Dutta- National Business Head, Tata Global Beverages Pvt. Ltd, Mr. Amulya Sah, Director-HR Samsung R&D Group and Mr. Pradyumna Pandey, Associate Vice President- HR, J.K Tyres Ltd. The session ended with words of wisdom and vote of thanks given by the Director of Jaipuria Institute of Management, Prof.(Dr) Daviender Narang. The day was also marked with events like management games conducted by corporate trainer from Safexpress Pvt. Ltd, Motivational talk by Mr. Vikas Jain, Faculty introduction and campus visit; further providing an insight to the students about the institute.

on the second day students were given a complete overview of placement process under the guidance of the CRC Team headed by Prof I.B Singh who motivated them to work hard. Other members of the team, including Dr. Vijaylaxmi Tripathy and Ms Sanandi Sachdeva who also addressed the students.





*"Students enjoyed the role play competition that took place after lunch on various social issues. The best performances in the role play were awarded with cash prizes."*

The day also saw the presence of distinguished alumni from KPMG, Jubliant Generics and Micromax. Our prominent alumni talked about their initial hiccups, experiences and their success stories. Students enjoyed the role play competition that took place after lunch on various social issues. The best performances in the role play were awarded with cash prizes.

The third day saw the gracious presence of our esteemed chairman Mr. Shishir Jaipuria who enlightened and motivated the students to excel in the corporate world. He also discussed the recent economic scenarios of the country and the world. The day proceeded with MBTI and Team Building exercises held by Dr. Neha Verma, Dr. Vijaylaxmi Tripathy and Ms Sanandi Sachdeva. The session helped in understanding the personality type and team leading capacity of students. The day ended with the grand performances of the live band which entertained the students to the core.



## CONVOCATION

2016



The Chief Guest for the occasion was His Excellency, **Lalit Mansingh, former Foreign Secretary of India, Indian Ambassador to United States and Indian High Commissioner to the United Kingdom.** The Chief Guest lauded the Jaipuria family's contribution to education and expressed deep appreciation for the academic infrastructure and ambience at the Jaipuria School of Business and other group Institutions. He congratulated the graduating students for their success and grooming at the Jaipuria School of Business. The Chief Guest in his Keynote address gave a deep insight into the making of the foreign policy and answered many unanswered issues lingering in the minds of business management students on the importance of foreign policy for business

development and how business is a key driver of foreign policy in the World. He touched upon some of the nuances of the current Foreign Policy of India which he said is incomplete without a place for commerce and business in it. He praised Jaipuria School of Business for developing strong foundation for future business leaders.

**Shri Shishir Jaipuria, Chairman of the Board of Governors** conferred diplomas upon graduating students and gave away medals to outstanding performers in the august presence of the Chief Guest His Excellency Ambassador Lalit Mansingh. The Chairman conveyed his best wishes to the outgoing students and applauded their achievements.





He through his words, encouraged students to opt for entrepreneurship as a career opportunity in the current conducive environment. He urged the students and the teachers to ***“Create an environment of learning coupled with skills”*** where the management graduates may try to become job givers rather than just being job seekers.

Dr S.K. Mahapatra Director, presented the annual report of progress and new initiatives taken by the Jaipuria School of Business. The Director, in his report, touched upon the various achievements made by Jaipuria School of Business since its inception in 2008. He also congratulated the graduating students and wished them good luck for carving out their unique identity in the Society as leaders and managers who make a difference.

Members of the Board of Governors, members of the Academic Advisory Council, dignitaries from the Industry & Academia, members of the faculty, awardees, students and their families and Jaipuria School of Business alumni attended the ceremony.

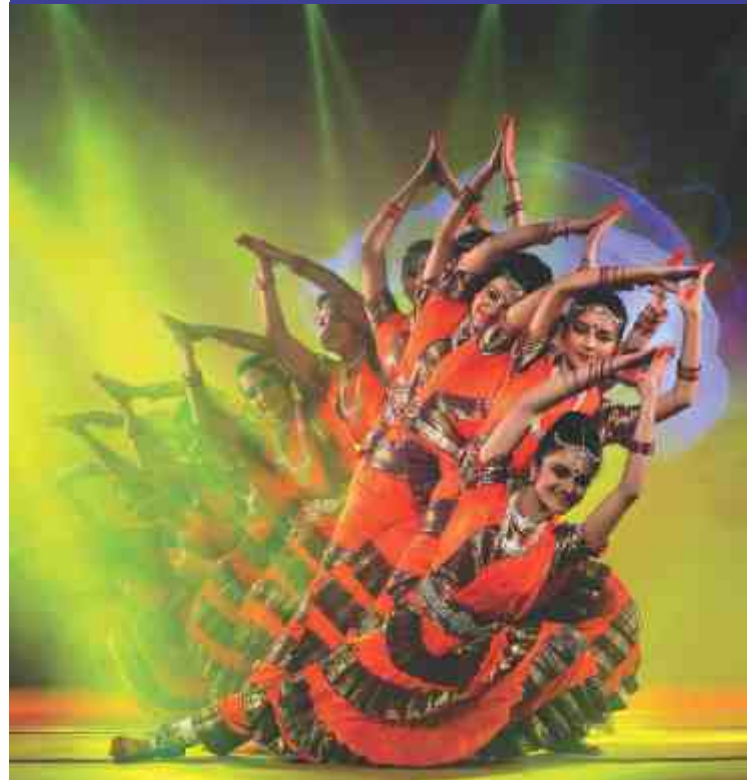
***“Jaipuria School of Business, Indirapuram celebrated its 7th Annual Convocation on the 8th of October 2016 at its Indirapuram campus.”***

## FOUNDER'S DAY



### *Quintessence of Creativeness*

*In his address **Mr. Om Puri** acknowledged the efforts of the Management and the Principal cum Director for imparting quality education to children. He added that along with excellent schooling the youth should also be given strong values so that they are able to effectively serve their country. He expressed deep appreciation and congratulated the school for presenting vibrant exhibition showcasing inherent talent of the students.*



Excerpt from Chief Guest's Speech:





The grandeur of Founder's Day celebrations at Seth Anandram Jaipuria School, Ghaziabad has always been a kaleidoscopic expression of talent and brilliance. This year, the **Founders' Day** was celebrated on **November 30, 2016** with great elegance. The evening took a novel and dazzling charm with the presence of the versatile veteran actor **Mr. Om Puri as the Chief Guest**. Shri Shishir Jaipuria, Chairman Seth Anandram Jaipuria Education Society was the Guest of Honour for the occasion. The memorable function was illuminated by the presence of eminent dignitaries Mrs. Suniti Devi Jaipuria 'Ammaji', Mrs. Sunita Jaipuria, Vice Chairperson, Jaipuria Education Society along with other members of the Jaipuria family and the management.

The evening commenced with paying reverence to the Almighty and invoking his blessing by lighting of the ceremonial lamp by honourable Chief Guest Mr. Om Puri, followed by a melodious Vandana. In his address Mr. Om Puri acknowledged the efforts of the Management and the Principal cum Director for imparting quality education to children. He added that along with excellent schooling the youth should also be given great principles and values so they can effectively serve their state as well as their nation. He also expressed his deep appreciations and congratulated the school and the administration for the showcase of the vibrant exhibition and the inherent talent of the students.

The Chairman, Shri. Shishir Jaipuria humbly welcomed the Chief Guest and other distinguished guests who graced the occasion with their generous presence. In his address, he proudly reiterated that he has been fortunate to carry for the legacy from his forefathers of providing true and ethical education to the youth of today.

He even congratulated the school and the students for amalgamating numerous distinctions and achievements through their excellence and stressed that events of such magnitude exude the unique, distinct fragrance of being a Jaipurian. He further added that "Virtue makes us aim the right mark and the practical wisdom makes us take the right means." Hence the Jaipuria Group of Institutions has been imparting education that is holistic and focuses on the overall development of the personality of the students.

The Principal cum Director Ms. Manju Rana greeted the guests into the enchanting realm of music and dance as well as presented the Annual Repertoire exemplifying the achievements attained by the students in the scholastic and co-scholastic domains. In her report she explicitly lauded the relentless accomplishments of the students at the National and International level and encouraged them to face future challenges with panache. She also commended the efforts of the Vice Principal Mrs. Sarojini Sinha and Head Mistress Ms. Indu Kohli, Coordinators, Staff Members and the students for the splendid success of the Founder's Day.

The cultural extravaganza began with the melodious orchestral of rhythms and harmonies' in **'The Musical Soiree'** that captivated and fascinated the audience with pulsating and exotic hues of music. The spectators were mesmerized by the cosmic elegance of the dancers through **'Prathameshwar' – Ganesh Stuti** followed by the splendidly performed musical ballet **'Sukanya – The Pivot of Life'** – portraying the power of the woman...., her Charisma...., her courage...., her zest for life and above all prominence of the colossal woman dynamism and vitality. The striking performance of more than 600 students created a festive ambience for more than 3000 spectators.

Another momentous highlight of the evening was the magnificent exhibition **'Cosmos'** that showcased the creativity of the students and supplemented to the delight of the eminent dignitaries present on the occasion. The projects were based on various subjects depicting the synergy of the sun, planetary integration, historical implications, models of satellites and earth's revolution and rotation took the centre stage and reflected the innovativeness of the Jaipurians.

The eventful celebration ended with the Vote of Thanks proposed by the Vice Principal Mrs. Sarojini Sinha, whereby she acknowledged the innate talents of the students and expressed her gratitude to the Chief Guest Mr. Om Puri for illuminating the porticos of the school. She further thanked the eminent dignitaries and parents for gracing the occasion.





## COMFEST 2016

20-23rd October, 2016



*"Comfest 2016, the biggest student organized event of the nation organized by the Computer Club (JCC) of Seth Anandram Jaipuria School, Kanpur was held from the 20th to 23rd of October in the school premises. Over 53 schools from all over the nation, including premiere institutions of the country such as Maharani Gayatri Devi Girls School, Modern School (Barakhamba) and La Martiniere School (Lucknow) participated in a multitude of events celebrating information technology, creativity, literature and computing."*

The festival commenced with the mega event 'CF Tussauds' where the participants showcased their creative talents and drama skills by creating a board representing the legends in the fields of Literature, Pop Culture, Music, Dance, Technology etc. Furthermore they enacted a parody with their own little twists on the center stage with respect to the allotted legend. The event was one which left all awestruck by the display of talent. The 'Mega Event', stood up to its name.

The evening commenced with a welcome address by Tejas Kanodia (CFO), Utkarsh Bhagat (VP), Vidant Jain (CEO) and Sonal Kanodia (CEO) of the Jaipuria Computer Club, followed by a speech by the Principal, Mr. Sundar Kumar Gandikota. He then invited the Chief Guest, '**DIG Nilabja Choudhary**' an IPS Officer posted in Kanpur to address the gathering.

To recharge everyone, this was followed by the much awaited and enthralling entertainment evening featuring '**Amit Mishra**' who is a nationally acclaimed singer of the song '**Bulleya**'. The performance was exceptional and won over the hearts of everyone present.

The glorious evening came to an end, as everyone geared up for Day 1.

After the success of Day Zero, Day 1 of Comfest '16 commenced with the opening ceremony of the festival. Aditi Gupta (President - JCC) welcomed all, along with Vivek Agarwal (CFO) and Atir Hussain (CEO). Brigadier V.M. Sharma, an alumnus of the National Defence Academy, Khadakvasla and a pass out of the Indian Military Academy was the Chief Guest for the ceremony.

Post lunch, marked the start of what was going to be three exciting days. The preliminary rounds for the events such as 'Robo-Wars', 'Graffiti', 'The Season Begins', 'Tech Talk' and 'IT Quest' began. Participants contested in the video making & editing event 'Vid-Ed' and battled their robots in one of Comfest's most exciting event- 'Robo-Wars'.



The main highlights of the day included 'Graffiti' an event which is recognized as the longest of its kind in the nation. The event required the participants to draw and paint their imagination on huge canvases. Robo-Race, another much anticipated event, had the host school design an arena with new and challenging tracks with obstacles including the elements of water and fire. The last event of the day, '**Athletic Arithmetic**' compelled the students to work at their highest speed and accuracy to solve problems which baffled them to the extreme.

The exhausting day concluded with an energetic performance by DJ Harsh and dinner for the outstation teams and JCC members.

Day 2 encompassed a plethora of events such as '**Junk's The Punk**', '**J-a-m On H-a-m**', '**Invert Oxford**', '**Pencil Brains**', '**Crack The Code**' and many more.

Junks The Punk, one of the most exhilarating competitions of the festival saw the participants involved in a scavenger hunt spread throughout the school campus. The hunt contained clues based on almost every known genre, and demanded the use of all the wits. The event, like every other year, was a huge success.

The next awaited event of the day was 'J-a-m On H-a-m' which required the participants to speak on a topic, which they chose from chits, for 30 seconds. The event was a cut-throat competition with interjections amongst participants, who left no chance to score points against their opponents. The day came to an end with a performance by the School Rock Band – Error 404.

The final and highly anticipated day of Comfest had in its store the final rounds of events like Tech Talk, Wiz Pro, Season Begins and more.

The series of events was followed by the final leg of the festival, the closing ceremony which was presided over by Hon. Mr. Kaushal Raj Sharma, the District Magistrate of Kanpur. He presented the prizes to the winning teams and individuals. The JCC members were felicitated for putting up a magnificent show, which proved to be a platform to bring together talents from across the nation.

The signing off words of gratitude were extended by Miss Vasundhara Gupta (CEO & Chief Literary Head), Master Ritwik Bagga (VP & Chief Hospitality Head), Master Vinayak Jain (CFO) and Master Mohd. Saif (CEO & Chief Technical Head).





## RAZZMATAZZ INTER SCHOOL FESTIVAL

*Seth Ananadram Jaipuria, Sushant Golf City, hosted its first ever Inter School Festival 'RAZZMATAZZ' on the 4th & 5th October, 2016*



It was a two day program with a total of nine competitions. The competitions were uniquely planned to create a platform that would give an exposure, mainly to the pre-primary & primary sections, to showcase their creativity and talent. The event received an enthusiastic response from sixteen schools, with a total participation of 580 children from Lucknow as well as Kanpur. The Chief Guest at the Inaugural Program on the 4th was **Mrs. Sunita Aron (Senior Resident Editor, HT)** Mr. Hemendra Dhar (Cluster Programming Head, Uttar Pradesh) Radio FM 93.5 was the Chief Guest at the Prize Distribution Ceremony on 5th October'16. Mrs. Sunita Aron, speaking on the occasion, encouraged the young participants and wished them luck. She appreciated the hard work & effort put in by all the participants and teachers in preparing for this Inter-School Event. Mr Hemendra Dhar, gave away the prizes to all the winners and congratulated all the schools present. Mr Dhar advised the students to never hesitate in pursuing their dreams & achieving success.

The Guest of Honour, Ms Sudha Singh (Arjun Awardee) was extremely happy to be amongst the students, who were totally awe struck to be advised & motivated by this young Olympics athlete. Ms. Singh, while addressing the schools present, urged the children never to give up on what they want to do in life and said that a person with big dreams is more powerful than one with all facts. She congratulated the School Principal for hosting the competition at the pre -primary &

primary level as she felt that, that was the correct age for discovering one's hidden talents. Professionals from various fields of art, literature, music, linguistic skills were on the panel of judges. The judges were intrigued by some of the competitions held, which were very innovative and out of the box, like Caption it, Weave a tale, FuturArt to name a few.

The School Principal, Mrs. Poonam Kochitty, gave full credit for the immense success of RAZZMATAZZ, to all the participating schools that created a healthy atmosphere of competition where learning was intermingled with fun. The program drew to a close amidst great fanfare during the Prize Distribution Ceremony. A Goan dance and a rocking song which acknowledged the presence of all the sixteen participating Schools, brought everyone to their feet. Razzmatazz was an amalgamation of amazing talent and will be long cherished in our memories.



# JAIPURIA SCHOOL OF BUSINESS

INDIRAPURAM, GHAZIABAD



## ***MORE EVENTS...***

Orientation Programme  
Distinguished Guests@JSB  
Student Activities  
Stress  
Reducing stress through NLP

Pg  
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## ORIENTATION PROGRAMME



### PRARAMBH 2016-18

**M**anagement programs prepare the students for a tough journey ahead. The bonding of the students as a team and inculcation of the core ethical values of the Institute helps immensely in this journey together. The orientation program of Jaipuria School of Business, aptly named **Prarambh**, for the new PGDM students batch of 2016-18 was conducted from 1st Aug, 2016 to 3rd Aug, 2016. The Orientation Programme extended a warm welcome to our new students upon their joining the extended family of Jaipurians and acclimatized them to the new environment.

The 3 days interactive program had a packed agenda starting with an informal introductory get-together and then moving through structured exposure to group learning systems and culminating in a formal Inauguration Ceremony on 3rd of August 2016. **Mr GP Rao**, CEO GPR Consulting, an Industry Veteran and distinguished HR Professional and **Mr Vikash Madaan**, Director, Capgemini were the Keynote Speakers in the Orientation Ceremony, which was presided over by **Mr Shishir Jaipuria**, Chairman of the Jaipuria Group of Institutions and the Board of Governors of Jaipuria School of Business. They congratulated the new Batch of PGDM students for having chosen the PGDM program at Jaipuria School of Business and gave them a preview of the life in Management that lay ahead of the students and encouraged them to make use of their time in the campus to equip themselves with all the ammunitions of competence i.e., knowledge, skill and attitude, which will come in very handy for them in their future life. **Mr Madaan** specifically mentioned how they have to be ready for a journey ahead with a mind-set for a life-long learning. The learning process has just begun with the Orientation, he said.

**Mr Shishir Jaipuria**, Chairman, Jaipuria Group of Educational Institutions and Chairman of the Board of Governors of Jaipuria School of Business, extended a warm welcome to the new students and advised students to make the best use of their time and facilities available at the Institute for developing their competence. He also spoke on the need to maintain a balance in personal and professional life when the students enter the career as management professionals and set the context for inclusion of certain programs in the management education which is holistic in nature. He also urged the students to use various facilities and the resources of the Institute to become the industry-ready managers.

**Dr SK Mahapatra**, Director, Jaipuria School of Business formally welcomed the students and encouraged the students to consider the Management Program as a fitting finale to complete their education and enter into the work life in the real world. He stressed upon six core areas – Courage, Communication, Collaboration, Compassion, Competence and Character, for students to focus upon and practice in course of the next two years in the B-School, for giving a solid foundation to their life and career ahead.

**Dr Rachna Sharma**, the Dean of Academics introduced the PGDM Programme structure and **Dr Anindita Sharma**, the Dean of Outreach, proposed the vote of thanks. The Orientation program also included a session on the Art of Living and a day out to explore the Capital City of India including a visit to the mesmerising world of the Kingdom of Dreams at Gurgaon.



**W**e get intrigued, we get astonished, we are sometimes left unanswered.... it seems like a soliloquy. In this ever changing world with abundance of thoughts and ideas, mostly scattered, we see a newer height being attained every day. However scattered our thoughts may be, one can always embellish their ideas into a coherent form through the guidance of a Guru. Jaipuria School of Business has had many leaders from Industry and Academia, CEOs, CFOs, CHRs, MDs, Great Entrepreneurs and Professors visiting the Campus and sharing their valuable insights with the students almost on a weekly basis. The leadership talks are organized under the aegis of the newly created five Centers of Excellence with specific mandate to focus in areas for sustainability looking into the future.



**Dr U M Amin Director, Faculty of Management, Jamia Millia Islamia** visited the campus on August 13, 2016 and addressed the students of JSB on the occasion of Independence week being celebrated in the campus. Reminiscing about the struggle in the pre-Independence era, he urged the students to understand the real meaning of freedom and exercise their rights to ensure freedom from the evils of the society. He cited various anecdotes to encourage the students to take initiatives in life and not be afraid of failures as they help in self-improvement. He pointed out the basic attributes of a successful business manager and a leader. On the occasion of Azadi-70 celebrations in Campus, he was the Chief Guest and Keynote speaker at a debate organized by the Center of Diversity & Inclusiveness. He encouraged the students to come forward and help the nation get economic freedom besides the political freedom. This, he added, could be done only when the youth of today strive to get academic excellence followed by its implementation in real life and thereby helping the nation grow out of the shackles of economic inequality.



**Mr Krishan Gupta Founder MD and CEO, Organic Wellness** visited JSB on August 27, 2016 and shared his experience of building his own Organisation brick by brick as an Entrepreneur starting with one great Vision. He wanted to secure the future of the farm sector and decided to make **"Rural Marketing & Entrepreneurship"** as his field of work. He demonstrated with personal example, how as the Chief Executive he stays grounded to marketing his ideas and products all over the World, and how he still works as a team worker facilitating different teams that are working for his business which is now spread across the globe.

He encouraged students to think "out-of-the-box" and not to shy away from trying out the so-called "unreasonable" things to achieve success in their goal. He emphasized the fact that thinking differently is a basic pre-requisite for an entrepreneur. He cited several real life examples and case studies to support his statement. The event was organized under the aegis of Centre for Change & Development

## DISTINGUISHED GUESTS@JSB



**Mr Sanjeev Kumar Head-HR, Hindustan Power Projects Pvt. Ltd.** visited the campus on August 20, 2016 to address the students. He spoke at length about "What recruiters look for in a candidate". He shared tips on various aspects of an interview followed by inputs on desired communication and other presentation skills essential for the same.

He reiterated the fact that rigorous preparation is necessary to achieve success in this through continued interaction with experts at various levels and mock sessions. The event was organized under the aegis of Centre for Change & Development.



## DISTINGUISHED GUESTS@JSB



**Dr R.K.S Mangesh Dash, Advisor at Twaran,** an entrepreneur with a mission to turn peoples' life positive spent a day on campus and conducted two separate workshops-an interactive lecture for students on "Interpersonal Effectiveness-Essential Skills for Corporate Leadership" and, a "Faculty Development Workshop" on September 12, 2016. A former Professor of OB and a renowned corporate trainer with path breaking initiatives, he demonstrated how any individual can become a power house of positive energy and attain success. He brought deep insight for the faculty as well as the students to enhance success through introspection. The event was organized under Centre for Leadership Excellence.



**Dr. PK Mishra, MD, Abhiyan Infra. Pvt. Ltd.** visited the campus on September 3, 2016. He enlightened the students by beautifully relating management to Ramcharita Manas. The very basic nuances of Management were explained by him using examples from Ramayana. He wonderfully elaborated on the different skills needed in the management arena by giving very relevant examples from the epic. The skills like strategic planning, time management, resource management, recruitment, commitment to work, teamwork, effective communication, timely execution of the ideas etc were correlated with the different characters in the epic. Talking about the character of Rama in Ramcharita Manas, he also highlighted the virtues of a great leader and a great manager. The speaker encouraged students to work very hard to achieve their goals since there is no shortcut to success. He also urged the students not to get disillusioned by distractions and never to get disheartened by failures because failures teach how to succeed. The speaker concluded the talk with Swami Vivekanand's very famous quote "Arise, Awake and Stop not till the goal is reached". The event was organised under Centre for Leadership Excellence



**Mr. Amit Dubey, CEO , Heuristic Information System Ltd.** visited the Institute on September 3, 2016 and shared his experience and inputs on how technology, though providing ease and comfort, makes people vulnerable. Through many real life examples, he elaborated on how the prevailing cyber hackers are victimizing the various social media users. He shared the data of cyber crimes reported in Delhi NCR which average 1200 cases per month. These cyber crimes are mainly reported to be committed through various social networking platforms like Facebook, Twitter, WhatsApp, etc. Cyber crimes which are very rampant these days include: Stalking and Harassing, Identity Fraud, Cyber Thefts, etc. Further, Mr. Dubey helped the audience understand the measures which could be taken to protect against cyber crimes. The event was organized by the Center for Advanced Data Analytics.



**Mr. Salil Bhatia, Professor of Marketing and Coordinator International Affairs, Sharda University** visited the campus on October 3, 2016 and delivered an interactive talk on "Brand Management". Listening to the erudite faculty with vast experience as a practitioner brought in new perspectives to students. They received great insightful inputs on various attributes of Branding, their positioning, creating brand awareness and equity. "Brand management is nothing but an art of creating and sustaining the brand. Branding makes customers committed to your business. A strong brand differentiates your products from the competitors. It gives a quality image to your business", he said. The event was organized under Centre for Change & Development





**Mr. N. K. Gupta, Director (Finance) RailTel** visited the JSB campus on September 10, 2016 and held a session on **“Corporate Governance and GST”**. Mr. Gupta advocated the requirements of a good norm for Corporate Governance and ethical business practices for any successful venture. He shared the highlights of the latest tax policy of “GST” cited to be India's Biggest Tax reform. GST is set to have multiple impacts on Corporate Governance and students were given a thorough insight into the same. The faculty was a part of this lecture and was privileged to get a corporate insight into the same. The event was organized by the Centre for Leadership Excellence



**Dr Praveen Srivastava** visited the campus on 15th Oct 16. The students got a chance to interact with a Corporate honcho in the field of Operations management, Sales and Strategic management and as a Corporate Trainer. He shared his experience in identifying one's strength to tap the right job in the market. Right Skill for the Right Job is extremely important in today's world to make the best out of the opportunities available to the students today in this highly competitive scenario. The event was organized under Centre for Creativity & Innovatio

**Dr. Sukhmaya Swain**, who is the Vertical Business Interface as Vice President Eastern Region of Axis Bank, visited the campus on October 26, 2016 and delivered a talk on – Indian Banking Sector – Challenges and Opportunities. The Indian Banking Sector is undergoing a revolution in the current economic environment and the event was organized by the Centre for Change and Development, at the most appropriate moment to bring an insiders' perspective from a senior leader in the Banking Industry. He gave a good insight into the RBI concerns over rising NPAs and the coping mechanism for dealing with such crisis.



The students of Jaipuria School of Business, Indirapuram got the opportunity to attend a lecture by **Prof. Samuel Vigne, Faculty, Queen's University, Belfast, Ireland on the 8th November, 2016**. Prof. Vigne delivered a very engrossing lecture on "The Economics of Gold". He presented a research output providing very incisive analysis on global trends in fluctuation of prices of precious metals vis-à-vis different geographies, countries and currencies. The speaker touched upon the correlation between various commodities including gold, silver, platinum, palladium vis-à-vis the currency, stock market, real estate, and precious metal reserves. The event was organized under the Centre for Leadership Excellence



## DISTINGUISHED GUESTS@JSB



**Dr Arun Kumar Singh, Associate Professor of Marketing at JIMS** visited the Campus on November 18, 2016 and delivered a talk on latest trends in “Digital Marketing.” He explained the relevance and future of Digital Marketing especially in the Indian context with relevant examples and statistics.

## STUDENT ACTIVITIES



### Art of Living

August 3, 2016 – The Institute celebrated its Annual Orientation programme “Prarambh 2016” with much enthusiasm and gaiety. The event was spread over three days. It included a workshop on the “Art of Living” held by Mr. Deepan Mukherjee, an eminent personality in this field.

### Azadi 70

Jaipuria School of Business, Indirapuram celebrated Independence Week, 2016 with great enthusiasm and respect. The celebration started off with a skit based on Jalianwalah Bagh Massacre. It was followed by speeches by the students on ‘Quit India Movement’. On subsequent days, students celebrated the event through a variety of activities which included Essay Writing Competition, Poster making Competition, singing and dancing, Debate competition, Independence Walkathon around the city culminating with the Flag hoisting ceremony on the 15th of August, 2016. The week-long celebration was concluded with a speech by Dr S K Mahapatra, the Director of JSB. He congratulated and conveyed his good wishes to the faculty members, staff members, students and their families on the occasion of Independence day.

### AdMad

An intra-college AdMad competition was organised at Jaipuria School of Business under the aegis of The Centre for Creativity and Innovation on 1st September, 2016 in the Hall of Creativity and Innovation.

The event was based on Resource Management and Marketing. Students had to create a product with very limited resources provided to them and they also had to advertise their products. The event was impressive due to the creativity and innovativeness exhibited by the participants; especially because the ideas were produced with very limited resources at hand. The performance of the students were greatly appreciated and applauded.

The Centre for Creativity and Innovation is an initiative proposed by Dr S K Mahapatra, Director, Jaipuria School of Business in order to encourage innovative thinking in the students. The motive is to create an environment where students are actively encouraged to think creatively and to put their ideas forward.

### Teacher's Day

On the auspicious occasion of birth anniversary of Dr. Sarvapalli Radhakrishnan, the students at JSB celebrated Teacher's day on September 5, 2016 in the campus. The faculty members were honoured with mementos and the students shared their appreciation for their career mentors.

### Innovative Invention

Students of JSB PGDM participated in the activity “The Most Innovative Invention” on 14th September, 2016 organized under the Centre for Creativity and Innovation, Jaipuria School of Business. The students were asked to think of an Invention that has benefitted the human beings the most. The Invention may date back to the very beginning of humanity on the planet Earth. Further, the students had to highlight the benefits of it to the human beings. The event saw a very enthusiastic participation from the students. Different ideas came up. While some believed that the invention of “Wheel” has been the most beneficial Inventions so far; some thought that invention of “Pen and Paper” changed the face of the planet earth; some were of the opinion that invention of “matchsticks”, that helped take “fire” further into every household very conveniently has been the

## Academic Events



most beneficial for human beings; while some of the students cited Facebook, Whatsapp, LinkedIn to be the most Innovative inventions that have benefitted the human beings. It was indeed great fun to really dig into history of great innovations. The presentations were indeed very informative and vivacious.



### Swachh Bharat Abhiyaan

The Centre for Diversity and Inclusiveness, Jaipuria School of Business, initiated a cleanliness campaign on 16th September, 2016. The cleanliness drive organized at JSB was an effort on the part of the students to carry forward the call given by Hon'ble Prime Minister of India to realize Mahatma Gandhi's dream of a "Swachh Bharat". All the students and the members of the faculty joined the drive with full enthusiasm.

### Beti Padhao Beti Bachao

Jaipuria School of Business has always been unique in its celebration of events. At JSB, all the events are organized and coordinated by the students themselves and this inculcates in them a sense of management. On 17th September, 2016, Centre for Change and Development, Jaipuria School of Business, organized an event "Street Play on Change and Development". The theme was "Violence against women and the changing scenario". The event saw a very enthusiastic participation from the students of JSB. Students from Dayal Singh College, University of Delhi, also participated in the event and presented a very heart-rending performance. The plays performed by the different participating teams highlighted the various forms of violence that girls are subjected to in the public or private spheres of life; the violence that they face even before they are born, in the form of female foeticide. In this open-to-all event the aim was to raise awareness about the crucial issue of gender based violence against girls and women.

### Industrial Visit to GAIL

An Industrial visit was organised for all the students of PGDM to GAIL (India) Limited, Chainsa Plant, Faridabad on 19th September, 2016. GAIL (India)



Limited is the largest state-owned natural gas processing and distribution company in India. GAIL was conferred with the Maharatna status on 1 Feb 2013, by the Government of India. Only six other Public Sector Enterprises (PSEs) enjoy this coveted status amongst all Central PSEs. GAIL operates more than 11000 km long cross country natural Gas Pipeline in India having presence in 22 states in the country. The students learnt about the operational aspect of handling compressed natural gas. They were briefed about the stages and process of transmission of the gas along with strict safety procedures followed at GAIL. They had an interactive session with Mr Surender Kumar, the Head HR, GAIL (India) Limited who explained the working of the company and the challenges faced by it.

### Agomani 2016

Jaipuria School of Business organized a magnificent fresher's welcome party, "Aagomani – 2016" for the batch of 2016-18 on 24th September, 2016 in the campus.. The Chief Guest for the occasion was Ms Shirala Singh, Mrs Asia Universe (1st Runner Up). It was a fun filled event in which the freshers got an opportunity not only to showcase their talents but also to interact with the seniors. The excitement augmented to a joyful high when the Fashion Show began. Contestants from the freshers' batch vied for the Ms. Fresher and Mr. Fresher 2016 titles. The contest included several rounds involving singing, dancing, talent display, dress parade and the final question and answer round.

The Chief Guest, Ms. Shirala Singh presented the winners with the trophies and congratulated them. She later talked to the students and encouraged them to be lively and focus on whatever they do in lives.

### Dandiya Fest

The students of JSB celebrated the cheerful occasion of Dussehra with a Dandiya Fest. The event was held at the campus by the resident students and also participated by other students. To share the festive mood and spirit of joy with the underprivileged ones, the students distributed gifts to the local slum dwellers and their kids in the nearby areas. The event was held under the centre for Diversity & Inclusiveness.

### MTHR Conclave

An HR Conclave in association with MTHR was organised at Jaipuria School of Business on 12th November, 2016 where HR Leaders and Professional Members of DMTHR were invited. Many HR Professionals from the Corporate world attended the event. Various reputed companies Baxi, Ginni Filaments, Samsung, Jaro Education, People Talent International, Youth4Work, Infinitum India, Monster, Idea, UFlex, Thomson Digital, NEC, G4S, Pragmatic and many more were represented in the event. The event commenced with the address by Mr. Rajesh Kamath, Co-Founder MTHR. Mr. Kamath gave a brief introduction of the MTHR Group and explained the purpose of forming the group. The Key Note speaker of the event Mr Atul Bhatnagar, Board-Advisor, Youth4Work, in his address, emphasized the need of providing skills to the potential workforce.

It was followed by a panel discussion on the topic "Preparing for the Future of Learning: A Changing Perspective for Global Leaders". A lot of doubts and queries, raised by the members, were very well answered by the esteemed panelists. Later, Dr S K Mahapatra, Director, Jaipuria School of Business, interacted with the members of the group and shared his ideas on taking the mutually beneficial association with MTHR further. The event concluded with a networking session over lunch.

The event was organized jointly by the Centre of Leadership Excellence and the centre for Change and Development.





### **Eradicating Corruption in India**

The Centre for Creativity and Innovation, Jaipuria School of Business, organized a Group Discussion on the topic “How to eradicate Corruption from India?” on 17th November, 2016. Students from both First Year and Second Year participated in the discussion and put forth very innovative ideas to put a check on the menace of corruption. The recent demonetization policy announced by the Government also found an in-depth analysis by the participants. Apart from this, many other points popped up during the discussion including use of plastic money, use of e-commerce websites like paytm, mobikwik, etc., installing card swipe machine at various stores, etc. Various steps taken by the Government including Jan Dhan Yojana, Demonetization, Make in India, Start Up India also found mention in the discussion. The session was very lively and vibrant. The event concluded with a pledge taken by the students that they would do as much as possible to fight against corruption and that they would themselves tread on the path of honesty and would try to encourage others to follow the path of righteousness.

### **Constitution Day**

The Centre for Diversity and Inclusiveness, Jaipuria School of Business organized the Constitution Day celebrations in the campus on 26th November, 2016. The “Samvidhan Divas” on 26th November, 2016 is the day of adoption of the Constitution by the Republic of India in 1950. To commemorate the 125th Birth Anniversary of Dr B.R. Ambedkar, the Chairman of the Steering Committee of the Constitution, this year the day has been declared as the “Constitution Day” by the Government of India. On this occasion, a mass reading of the Preamble to the Constitution of India was organized where everybody pledged their allegiance to the Constitution of India. Students presented very engrossing speeches on this occasion and a skit representing the Right to Constitutional Remedies was also enacted by the students.

### **Manthan - Inter-College Debate Competition**

The Centre for Diversity and Inclusiveness, Jaipuria School of Business organized an Inter-College Debate Competition – Manthan on the 3rd December, 2016 in the Hall of Inspiration. The topic was “Demonetization and Its Impact on the Indian Economy”. Many teams from various colleges in the Delhi NCR participated in the competition. Eminent

experts in the field of Finance and Economics were judges for the event. The Debate Competition was followed by a Panel Discussion of very distinguished experts from the academia and the Industry on the same topic. The esteemed panelists included Dr Hemlatha, Professor of Economics; Dr R. L. Chawla, Professor of Economics; Mr. Bikram Agarwal, GM Finance, Jaipuria Group; and Mr. Govind Maheshwari, CFO, Bajaj Power. The discussion was moderated by Dr Anindita Sharma, Associate Professor, Finance, Jaipuria School of Business. Team from ITS College, Ghaziabad got the first prize while the team from the host Institution, JSB bagged the second prize in the Team’s category.

### **Workshop on HTML**

The Centre for Advanced data Analytics, Jaipuria School of Business organized an HTML Workshop for the students of PGDM on 4th December, 2016. Ms Ankita Chopra, IT Expert, conducted the workshop in the Centre for Advanced Data Analytics. The session was indeed very informative and engrossing. The trainer discussed the basics of Hyper Text Markup Language and elaborated on how this language is used to make the internet pages viewable.

### **Inter-Institute Cricket Tournament**

The Centre for Diversity and Inclusiveness, Jaipuria School of Business organized an Inter-Institute Cricket Match as part of its various extracurricular activities. The event was held at the Mahamaya Stadium at Ghaziabad. Despite the inclement weather conditions, eight teams participated in the tournament wherein the winner was to receive a handsome amount as the prize. DU college walked away with the trophy.

### **Green Campus**

The Plantation Day, a Green Campus CSR activity was organized by the Center for Change and Development, Jaipuria School of Business on 12th December, 2016. It was an initiative by the students of PGDM at JSB to spread social awareness about the importance of Tree plantation. Members of the faculty, staff and the students of PGDM planted saplings and seedlings in and around the campus. This activity was also an attempt to educate people around the college about the harmful effects of deforestation and removing greens from the vicinity. Tree plantation is the only measure that can help control the menace of pollution in the metro cities.



## Proper Stress Management makes You a Survivor in Today's World

### Yusuf Mehdi

Assistant Professor, Business Communication  
Jaipuria School of Business  
Indrapuram

# STRESS

The lifestyle of people has changed drastically with the advancement of technology, especially in the metros. The corporate culture too has had a lot of influence on the current lifestyle of the people. Stress has become a permanent component of our lives today. Changing economy too has led us in multiple directions. The main focus of almost everybody is "money". And the pursuit of "money" has had us pulled into the gyre of anxiety and stress. The gap between the demanding professional life and the needs of personal life is increasing day by day. When a person finds he is unable to manage his demands and needs, he gets stressed.

Stress is both positive and negative depending upon the way one faces it. Usually, stress is created the moment one faces a challenge or a threat. Stress is a kind of physical response to the threat posed to you. In physiological terms, stress slowly gears up the subject to fight. So, if one is able to fight off the threat, he comes out more confident and relieved. On the other hand, if one is mowed down by the sudden challenge, he/she gets deeper into stress and gets into depression.

Stress management, refers to the procedures and techniques employed for controlling or managing an individual's stress level. A person's behaviour, feelings, and thoughts all contribute to his stress levels. Life these days is full of stress, whether mental or physical, everyone is facing some kind of stress in his life. It is very important to manage one's stress properly to lead a healthy life.

There are a number of factors that are responsible for stress, these are known as Stressors. Stressors can be external or self-caused. External stressors include family problems, financial crisis, workplace demands etc. Self-caused stressors are the internal stressors like negative thinking, worrying, rigid attitude etc.

In this regard, stress may be defined in the following terms:

***"Stress is a reaction to a stressor that disturbs an individual's physical or mental state."***

### Stress Management

Every person in this world is different from other in terms of emotional stability and tolerance. Some people can tolerate more than others and do not get stressed easily while some people find it difficult to cope even with small obstacles in life. In simple words, this is what stress management refers to. Stress management refers to improving your tolerance level. Instead of getting overwhelmed by stress, one should try to keep the calm and control the stress.

Stress management is all about improvement - improving one's lifestyle, controlling one's thoughts and emotions, and changing the way one sees problems.

Some amount of stress is important in everyone's life. Stress motivates a person to work harder. But when stress becomes chronic, it can be harmful for

a person. So, it is very important to properly manage stress in one's life.

There are various stress managing techniques that can be used to manage one's stress. The most effective is of course self motivation and conscious efforts towards self improvement. Self improvement gives one a sense of satisfaction that further helps in managing day to day pressures and compulsions. Resource management too helps in tackling stress. If one knows how to get the most out of limited resources, he/she will not get into the pursuit of more. The available resources shall suffice and keep the person away from unnecessary pressures. Some more techniques to cope with stress involve problem-focused coping and emotion-focused coping. Problem focused stress management is based on changing the stressful situation itself. The situation that creates stress must be got rid of. Problem-focused strategies try to remove completely or reduce the reason of the stress. Further, if the situation is too rigid to be changed, stress can be managed by changing the relation to the situation. This is called emotion-focused coping up with stress. This is the technique which was developed by psychologists Susan Folkman and Richard Lazarus in 1980s and it believed that stress can be coped with by changing one's emotional reaction to the upsetting situation. It can be also done to keep oneself away from a stressful situation and by not overreacting to something that is not very important. The main point is that one who conquers stress comes out as a winner and survivor whereas one who fails to overcome the pressures of life is doomed forever.

***Stress as a state of mental tension and worry caused by problems in life, social life or professional life.***

*Miriam Webster*

***Stress is not what happens to us. It's our response TO what happens. and RESPONSE is something we can choose***

## REDUCING STRESS THROUGH NLP

Dr Rachna Sharma  
Associate Professor  
Jaipuria School of Business

The biggest asset of life is Health. However, the pressures of long working hours create a work-life imbalance, which begins to take its toll on the health. Other factors such as long commuting hours and chaotic traffic conditions add to the stress. Stress is the greatest thief, which steals happiness from our life span. It is the unseen assailant, which takes our precious days, weeks, months and years unless we take action to protect ourselves. Regular stress can create serious problems in personality where a normal human being becomes incapable to handle the problems in all walks of life. Research proves that nearly 70% of all visits to the doctor are initially due to Stress. It decreases the efficiency and effectiveness to handle work and family life. It can undermine the relationship at home as well as on the job.

It's now a proven fact that stress affects the immune system of our body negatively, causes headaches and migraines, fatigue and is the cause for most of the sick days off reported at work. Working for hours on laptops, slumped over keyboard and paperwork isn't good for your health, and you can tell this by how your body feels. In general, stress is related to both external and internal factors. External factors include the physical environment, including your work environment, your relationships with colleagues, your family and all the situations, challenges, difficulties, and expectations you're confronted with on a daily basis. Internal factors determine your body's ability to respond to, and deal with, the external stress-inducing factors. Internal factors which influence your ability to handle stress include your nutritional status, overall health and fitness levels, emotional well-being, and the amount of sleep.

Various events affect people at different times. Whatever the trigger, without some help all areas of

our life can become affected adversely, thereby increasing our stress levels.

We can get trapped, like a mouse on a wheel, if we don't take some positive action.

### Neuro Linguistic Programming (NLP)

NLP was generated by John Grinder and Richard Bandler with the aim of 'modelling' exceptional people so as to acquire their skills in communication and self-discipline.

NLP focuses partly at how our language shapes and communicates our feelings implicitly, as well as the role of body language and our visualizations. By hearing carefully other's language we can understand them more (for sales or counselling) and likewise for watching the way they stand and conduct themselves. In addition to this, by changing our own language, body language and perceptions we can influence others or even change our own feelings on a subject.

*Recently I attended one of the NLP Sessions where the facilitators Mr Paritosh Saran & Mr Pankaj Gupta, GM HR Ericsson demonstrated some techniques to overcome stress.*

### NLP Techniques to reduce Stress

Oftentimes, stress is self-induced. Your mind gets too obsessed over things that cause your stress. And because NLP works at rewiring how your mind thinks and responds to external stimulus, it can help you efficiently cope with the challenges and finally see the many ways of overcoming stress.

### Float your awareness out of your body (dissociation)

In NLP, dissociation is one way to disconnect from any given emotion, including stress. Usually

sounds, feelings, and images come into our mind (when we worry in bed, for example) and when we experience the associated feelings, we tend to experience the world looking through our own eyes as if it is actually happening to us right now. You can easily change these feelings of stress by imagining you are moving your awareness out of your body in those movies (or photos) or sounds playing in your mind. So you can see yourself through your mind's eyes or imagination. This is how you dissociate from that feeling of stress

### Imagine a plexi glass wall or Teflon shield (dissociation)

Imagining that there is a plexi glass wall or a Teflon shield in front of you is another way to reduce stress using NLP. It is another way to keep the emotion of the stressful situation on the other side of that plexi glass wall or Teflon shield that you can hide behind.

### Push it into the distance (submodalities)

In order to become less intense, we can change the images and sounds that we hear in our mind, and which draws an emotion. There are different other methodologies to do this besides dissociation. Our visual, auditory, and kinesthetic experiences are called our Modalities. Our submodalities are finer distinctions of those modalities. A simple way to use NLP submodalities to deal stress is to simply distant that image or sound inside your mind.

### Make dimmer or turn the volume down (submodalities)

The other way to include submodalities is by simply fading the image until it completely goes out. Or you can simply turn the volume down, of the sounds you hear inside your own mind, including that of your self talk.

### Shifting the location of your negative self talk

We often talk to ourselves when a situation causing stress arises. In NLP we call this negative self talk. Ever considered detecting where your negative self talk comes from? Well, consider placing it in another location.



# JAIPURIA INSTITUTE OF MANAGEMENT

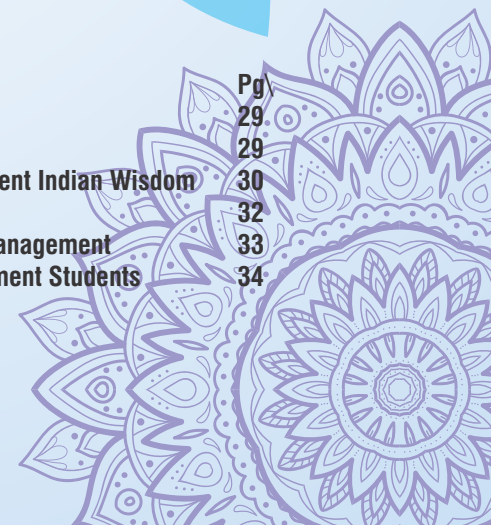
INDIRAPURAM, GHAZIABAD



## ***MORE EVENTS...***

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## ADIOS AMIGOS 2016

*The Farewell Party*

Jaipuria Institute of Management, Indirapuram, Ghaziabad organized a farewell party ADIOS AMIGOS 2016 on 7th May, 2016 to bid farewell to MBA batch 2014-2016. The event was organized by juniors where they showcased their talent and entertained their seniors. The event was an amalgamation of dance acts, singing performances and roleplays on various issues.

MBA Students of Jaipuria Institute of Management, Indirapuram, Ghaziabad celebrated Teacher's Day on 5th September with much pomp and revelry. The event was formally inaugurated by Prof (Dr.) Daviender Narang, Director, Jaipuria Institute of Management. MBA students from first year and second year batches whole heartedly participated in this event. The event was marked by cultural programs which consisted of a vibrant array of performances like dance, song and skits by students along with fun filled games and contests for faculty. All the faculty members and staff members were presented with a memento as a token of appreciation for their hard work and constructive support.

## Teacher's Day



## Faculty Development Programme

Jaipuria Institute of Management undertook a faculty development program organized from 23rd – 25th July 2016. A meritorious response was reciprocated by all the participants who were from various institutes of repute. The three-day session took complete care of research methodology and data analytical tools.



## Workshop on Digital Marketing



Jaipuria Institute of Management, Indirapuram, Ghaziabad organized a one day workshop on digital marketing in association with Reinvent Digital Media. The co-founder of Reinvent Digital Media Mr. Jaydeep Meena discussed importance and scope of digital marketing. He discussed SEO, PPC, Email marketing, Mobile marketing, affiliate Marketing, Display advertisement and social media marketing.



## Blood Donation Camp



Jaipuria Institute of Management, Indirapuram, Ghaziabad organized a one day blood donation camp in association with Lioness Club Delhi Metro Noida and Shri Satya Sai Organisation on 17th September, 2016 at its premises. The event was inaugurated by Prof (Dr.) Daviender Narang, Director, Jaipuria Institute of Management along with members of Lioness Club and Shri Satya Sai Organization. About 120 students, faculty and staff members of Jaipuria Institute of Management whole heartedly participated in this event. The purpose of this event was not only to collect healthy blood from volunteers for the needy but to also make the youth aware of the importance of positive contribution to the society.

This camp is organized every year at Jaipuria institute of Management as part of its CSR initiative. The camp was coordinated by Dr. Ashwani Varshney and Dr. Ajay Tripathi.



## AAGHAAZ

*The Freshers Party*



**A**AGHAAZ, the welcome party for the First-year students of MBA was organized by their seniors, the Second Year students on 5th September, 2016 at Jaipuria Institute of Management, Indirapuram, Ghaziabad. Students of IInd year synergized their efforts towards a plethora of performances in the form of traditional, fusion, and western dances and exhilarating singing performances making AAGHAAZ a soulful evening. AAGHAAZ reflected the rich tradition and culture of Jaipuria Institute of Management and exhorted the First-Year students to imbibe this legacy and reflect it in achievements of excellence in all the spheres of life. The Freshers Party concluded with the blessings of Prof. (Dr) Daviender Narang, Director, Jaipuria Institute of Management.





After the orientation program the students of Jaipuria Institute of Management were taken to the Kingdom of Dreams at Gurgaon. It is an ultimate entertainment and leisure destination, sprawling across acres. This is a fabulous kingdom bringing to life a blend of India's Art, Culture, Heritage, Craft, Cuisine and Performing arts. Every show is undertaken with the technological wizardry of today. Nautanki Mahal: Showcasing the extravagant cinematic and theatrical musical.



## Excursion Tour to Kingdom of Dreams



The students went to the magnificent kingdom on 10th July 2016 and started their excursion in the presence of their aculty who guided them with the concept and history of the place. The students went to the Culture Gully first to enjoy delicious multi cuisine food. The place was full of theme restaurant covering almost each and every state of the country. The students witnessed the musical comedy 'Jhumroo' celebrating the spirit of legendary Kishore Kumar. It was a day full of entertainment and joy for the students.

## Workshop on Risk Management

JIM organized a training program for MBA Students batch 2015-17 on "Financial Risk Management" from 28th Sep 2016 to 1st Oct 2016. This workshop examined the principal elements of financial risk management, including the main sources of financial risk, what we can learn from past cases and the right risk management techniques for financial markets firms to adopt. Participants discussed the main sources of financial risk, followed by an overview of key risk management tools and techniques. The workshop examined incorrect risk management practices and their resulting losses, before investigating widely-used international risk management frameworks. After completion of the workshop students received the Certificate.





## Marketing Haat

*Powered by Snapdeal*

Jaipuria Institute of Management, Indirapuram, Ghaziabad in association with Snapdeal organized Marketing Haat on 9th Nov, 2016 – 10th Nov, 2016. MBA Students of I year and II year wholeheartedly participated in the event. Ms. Pooja Sharma, Senior Zonal Manager of Snapdeal addressed the students. She shared her experience about online marketing place. The team Snapdeal assisted the students to download their mobile app “Shopo” and offered students to avail 25% discount on purchasing. The Snapdeal partners have set up stalls on various categories like fashion, jewelry, apparel etc. Students appreciated this kind of activity and enjoyed a lot.



## Swachh Bharat Abhiyan

Jaipuria Institute of Management, Indirapuram Ghaziabad organized the intensive cleanliness campaign “Swachh Bharat Abhiyan” on 12th November, 2016 with respect of call given by Hon’ble Prime Minister for ensuring cleanliness and sanitation across the nation with country’s dream project of creating SWACHH BHARAT.

MBA students, faculty and staff using brooms cleared out garbage from roads, drains, and other community areas in the vicinity. About 200 students participated in the program. The accumulated garbage was disposed by municipal garbage vans. The initiative was taken by Director of Jaipuria Institute of Management Prof (Dr.) Daviender Narang and coordinated by Dr. Ashwani Varshney, Dr. Ajay Tripathi along with other faculty members.



## Managing Stress through Ancient Indian Wisdom



**S**tress is an adaptive response, mediated by individual differences and/or psychological processes, that is a consequence of any external environmental action, situation or event that places excessive psychological and/or physical demands upon a person. Stresses are of two types :

1. **Physical Stress** : It is caused by heavy work pressure or illness , less or no time to relax which prevents persons to work up to their potential.
2. **Psychological Stress** : The reasons for psychological stress are family problems, strenuous relationship at work place , monotonous job role ambiguity and conflict , less wages and benefits, emotional break up, etc,. This type of stress is more harmful than physical stress .

In modern era most people are affected by occupational stress which is developed due to employment.

Occupational stress or stress at work place may be caused due to poor working conditions, work overload, poor leadership, poor interpersonal relationships, role ambiguity, lack of career growth and development opportunities and many more. The organizations suffer due to increased stress in employees. The consequences include high employee turnover, low group morale, low output, poor labour relations, low brand image, etc,.

Stresses can have positive effects also. These stresses are termed as Eustresses. It is necessary for organizations and individuals to manage stress in such a way that the negative stresses are converted into Eustresses.

**Managing stress according to Indian life style** : Before we look back to our ancient literature and find solution to manage stresses according to wisdom of Bhagwad Gita , we may observe how poor village folks manage their stresses . If one visits an isolated village of Advivasi population near forests in Jharkhand and other states, one can see the Advivasi women folk walking back from the forests and agricultural fields and singing folk dances in groups . We will not find any trace of stress on their faces even though they would have worked hard whole day . It is important to understand that one can manage stress very well if one adopts a life style leading to stress free environment at work place and home.

**Percepts and practices of stress management according to Indian wisdom** :- Indian ancient literature and modern thinkers advocate for simple living and high thinking to manage the stress . These include Lord Krishna , Budha , Bharthrhari , Patanjali , Kautilya , Vishnu Sharma , Swami Vivekanand and Mahatma Gandhi. The Bhagwad Gita is a manual for non-attachment action. The Panchatantra gives us parables for stress free crisis management.

**Stressful situation and its solution according to Bhadvad Gita**  
Great warrior Arjuna faced the extremely stressful condition when he saw both armies of Kaurava and Pandava standing face to face and ready for battle. He analysed that wether he won or lost both situations may not lead

to happiness and hence he refused to fight and sought advice of Lord Krishna who was driving his chariot. It is very well described in Bhagvad Gita Chapter-1, Sloka -29

**“Gandivamsramsatehastattvakcaivaparidahyate  
Na ca sakhomyavasthatumbhramativa ca me manah”.**

Arjuna says to Krishna **“My limbs quail , my mouth goes dry , my body shakes , my Gandeev is falling and my hair stands on end .”**

In order to persuade Arjun for fighting the battle, Lord Krishna explained to Arjuna regarding Nishkam Karma , Sanskaras and leading balanced life without being disturbed by pleasure and pain. These are given in Bhagvad Gita which may be worth following for stress free life . Some of the teachings of Lord Krishna may be referred in different shlokas of Bhagvad Gita for which meaning is given below :

- **Shloka -38 , Chapter 2 :** Krishna says to Arjuna “ Treating joy and sorrow , gain and loss, win or loose situations equally, do your duty of fighting war . In such situation no sin or shame will be yours”
- **Shloka -47 , Chapter-2 :** Krishna says to Arjuna “Do your duty without attaching yourself with expected fruits or gains of that. Neither treat your self as cause of fruits of your work nor have any attachment with the results of your work”.
- **Shloka-48 , Chapter-2 :** Krishna says to Arjuna “Oh Dhananjay , turn your mind still and tranquil within yourself and go on doing your work without yearning for or clinging to the fruits of work . Fulfillment and success or failure and despair should be deemed as even and equal as you pursue your works. Work with this even stance is the essence of Yoga.
- **Shloka-19 , Chapter-4 :** Krishna says to Arjuna “ You go on doing work, as appointed and destined without desire and attachment. There is no doubt that the one who works like this , with mind aloof and unattached he attains the supreme being.”
- **Shloka – 7 , Chapter -5 :** Krishna says to Arjuna “ The person whoper forms the yoga of work-unattached , who is of pure mind , his taintless body contained in leash , steadfast , of his senses master , who perceives his own self , in souls of creatures, he is ever bondless free untrammelled of ties even though he performs all works.”

The teachings of Krishna through above mentioned Shlokas are most relevant and worth following by individuals in personal as well as professional life to keep themselves stress free.

**Simple suggested ways to reduce stress**

- Have work life balance and develop right attitude
- Time Management– Communication skills, listening skills, prioritize important and urgent work
- Develop leadership qualities
- Spend time with nature – Plants, water bodies, pets and animals
- Have exercise and go for a walk
- Share your problems with spouse and well wishers
- Practice Yoga and meditation and stop worrying about things not in your control
- Practice Nishkam Karma

It is concluded that stress can be well managed as per sloka -15 , Chapter-2 of Bhagvad Gita in which Krishna says to Arjuna :

**“ Yam hi navyahayantetepurusampurusarbh  
Sanadukhsukhamdhiraso'mrtatvayakalpate “**

The meaning of above Shloka is **“ The man who remains the same in pains and pleasure and is not perturbed in either situations , he definitely makes for himself an eternal life”.**



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## WOMEN AND WORK LIFE BALANCE



Workforce in India has witnessed significant change with the entry of women professionals especially in IT industry. As the women take on the role of working professional in addition to their traditional role of the homemaker, they are under great pressure to balance their work and personal lives. Indian working women have been facing work-life conflict which has affected their health, parenting, relationships and careers. Although today's advancements and technological shifts have made the work easier, but at the same time these changes have removed the line of separation between professional and personal lives. Such complexities are causing work-life spillovers i.e. negative stress spill over from work to family and vice versa. IT-ITES (Information Technology and Information Technology Enabled Services) industry's 24\*7 working has adverse effect on work life of workforce because family issues remain at priority to be resolved, as employee can't give enough time to the family. The consequences of imbalance eventually lead to quitting of job or quitting the industry causing high attrition rates of around 30-40% in the IT-ITES industry.

Differences exist in the level of Work Life Balance (WLB) of various categories of women based on their age group, marital status, education level, income level and family culture. Research reveal that compared to full-time working mothers and homemakers, Part-time employed mothers with children under the age of 5 have high WLB. Balance means healthy and satisfying lives both personally and professionally. WLB is attained with meaningful daily achievement and enjoyment in the four life quadrants that are self, work, family and friends. Problems in Time Management and Dependent Care Issues cause vulnerable impact on women career. To balance their work and life efficiently, the women workers need family-friendly policies along with supportive work culture and informal friendly environment. Moreover, it is evident that Indian values, belief system and spiritual inclination help balancing work and life, while reducing stress levels. Supportive organization policies and practices may help in coping with the clashes of self and professional identities. Also, the concern for WLB is rising day by day in almost all industries.

Contemporary initiatives by Organizations for reducing stress levels and increasing WLB of employees include flexi-timing, short leave, short work week, flexible breaks, parental leave, job sharing scheme, work-from-home arrangement, part time provisions, ad-hoc arrangements facilitating caring needs, socialization events for family members of the employees, etc. Moreover, support from top management & colleagues, participative managerial style & appreciation, and personal health maintenance facilities are being offered at the work place to relax employees. As women's participation in the IT workforce is seen as a critical enabling factor for the continued growth of the industry, the need to design more women friendly WLB policies and programs to balance their professional and personal life is the utmost. This way the industry can promote retention and make them feel that they have safe, secure and happy professional and personal life.

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The professional challenges have become an integral part of our lives. Striking a healthy work life balance for professionals from different fields is the need of the hour. Work life balance is a concept which includes the prioritizing issues of work and lifestyle and creating a balance between the two. It is reported that the professionals have a work life imbalance. Increasing workloads, insufficient human resource, competition and a pressure to demonstrate commitment has forced the employees to stay for long hours at work. On the other hand families have become more complex. The disappearing of extended family and rise of nuclear family has acted as a catalyst in misbalancing the work life. Stress and work life are interrelated concept and imbalances in the work life are the main cause of Job Stress. Job stress among the employee results in low productivity and performance leading to an adverse impact on physical and mental health. There are various on the job stress which are a result of work life imbalance. Stress is undoubtedly a biggest challenge for the employers also. Although the stress from work life is faced by the employees but its consequences hits the employer also. It has become a need for both the work force and employer to identify sources of stress and adopt stress management techniques to cope up with its consequences. Effective stress management helps in improving the performance and also enhances physical and mental health.

### Stress management by employees

- Significant adjustments in life management which may be challenging earlier but will reap good results.
- Avoiding unrealistic self expectations.
- Developing interpersonal relationship which reduce stress as conflicts give rise to unnecessary stress.
- Effective time management and a daily routine review.
- Regular health review.

## WORK LIFE BALANCE AND STRESS MANAGEMENT

### Stress management by employer

Organizations are researching on stress management techniques and their implementation in recent times to improve the work life balance. There are several work life policies which are adopted as strategic human resource management decision by the organizations for employee motivation and performance enhancement. Some of these policies are.

- Flexi working hours or flexi time encourages having a healthy work life.
- Family leaves or vacations for the employee.
- Telecommuting on part time basis
- Employee awareness programs to create awareness on work life balance.
- Job sharing and compressed work sheet.

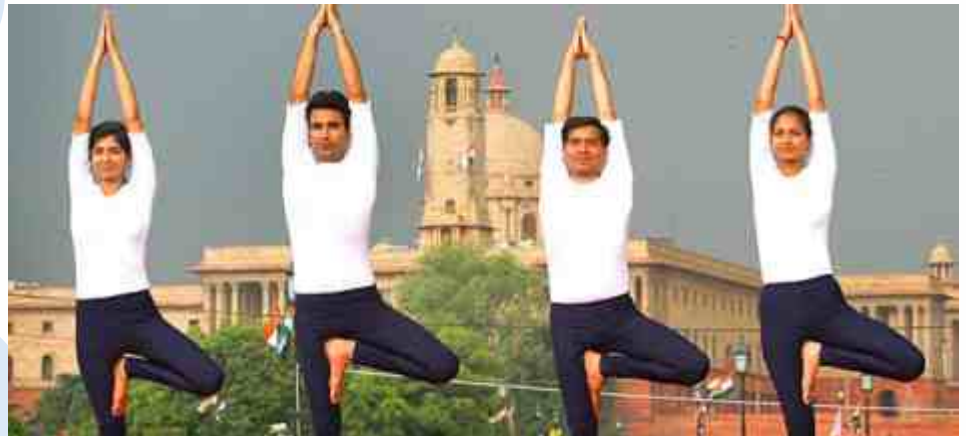
Work life balance is a long term changing process which will benefit the organizations in reducing turnovers, absenteeism, lowering the training and recruitment cost thus increasing the loyalty and commitment of the employees. Building an organization culture which supports a work life balance regardless of gender, seniority and organizational commitments may lead to positive appraisals and increased job satisfaction.

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## CHALLENGES FACED BY MANAGEMENT STUDENTS



The business education sector in India has witnessed a paradigm shift from the conventional model of education in the nascent stages to a revolutionary and technology driven education system of present times. The various B-schools are vying to get themselves rated by the various Indian government accreditation bodies like NAAC-A statutory accreditation body of UGC, NBA-A statutory accreditation body of AICTE and various other accreditation bodies of India and abroad. Today, the B – schools are competing to be one of the most preferred destinations for students in terms of education, recruitment or placement, qualified faculty, international industrial tours, and the list goes on. The competition is becoming tougher year after year. Amongst all these, the students are also facing several challenges in their transition period from standard and time bound education system till graduation to the new environment of a B- School.

The challenges and issues faced by the management students during their transition phase maybe penned down as those of time management, responsibility issues, academic workload, balance between studies and their so called newly formed social life away from their family and homes.

### B-school and Social Life – The Balancing Act

The management students face a huge time commitment issue. There is time spent in class, time spent preparing for class and then the time needed for presentations, assignments, project work and other events like conferences and seminars. The 75% attendance criterion plays the role of a villain and creates havoc for them. Above and beyond school commitments, students today face additional demands on their time resulting in stressful situations most times during their 2 years in a B-School.

### Academic Workload

First year students, when they join management schools, are in a dreamland and imagine it to be similar to what they had experienced in their regular graduate programme of B.Com, B.Sc or B.A., as a cake walk and a bed of roses, leisure time with friends but the climax to this dream happens when the students are surprised or rather shocked with their first semester at the amount of reading and the length of the presentations, case studies, assignments and project work they must write in their Institute / College.

### Time Management

Time management is one of those skills which are believed to be under control, mainly because not much emphasis is given to how and on what it is spent. For the students, time management becomes a tough task, since a major portion of time during the day, for close to 14 years, is scheduled and structured by the school for them. From getting out of their comfort zone to the first day of MBA classes they have to undergo a phase of change and transition in incorporating flexibility and unpredictability in terms of lecture schedules. This can be challenging for students as they have to divide the time between classes and their other activities efficiently and effectively.

It can rightly be concluded that attending College/University/B School could be stressful for many students. It is important that time management skills must be used to lower the stress and anxiety levels and to increase the overall academic performance. Bottom-line suggests that students should learn to say 'NO' and to stay away from temptations like social networking sites, phones, tablets etc when they realize that the deadlines are looming for effective time and stress management.

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# SETH ANANDRAM JAIPURIA SCHOOL

VASUNDHARA



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## ACHIEVEMENTS OF THE SCHOOL



*The school driven by its philosophy of Empower, Enthuse & Excel measures its success by its students escalating in their respective spheres, leading their way to the top colleges and Universities, thus maintaining its repute as 'the Hallmark in Education'. Our pledge aims at complete all-inclusive progression, nurturing and giving beautiful contours to young Jaipurians who would surely contribute towards the value-added evolution of the society and country at large. In addition to our efforts to impart excellence in education, we integrate total development of the personality of our students as we resolutely believe in "Real education fetches you more than a job. It teaches you to live. It cannot be measured in any tangible way."*



- Principal cum Director of the school, Ms. Manju Rana has been appointed as the **British Council School Ambassador for the year.**
- The school has been awarded the **Certificate of Appreciation** for the commendable initiative. We have received an award from **Digital World Magazine for ENVIRONMENT ONLINE –A Step towards Greener tomorrow.** The school has marched ahead in association with other schools across the globe, to paint the canvas of our atmosphere with '**GREEN**'. **ENO** is a global school and network for sustainable development that was launched at **Eno Primary School, Finland.** After a lot of hard and dedicated work this network has spread to over 10, 000 schools in 157 countries and our school is a significant member of the campaign.
- The All India Survey of Education **World School Ranking ranked us 4th in NCR and 88th at National level.**
- Careers 360 Magazine felicitated us as one of **India's Best school** for its astounding diversity and a range of options offered.
- **Times of India survey 2015** restated our position among the top ten in the category of Leaders.
- **Global Collaborative Learning Initiative Award** was conferred to the School by **Digital Learning at the 7th World Education Summit 2016** where it was again ranked among the **Top Ten Schools.**
- The school proudly lifted the trophy '**Bharat Ko Jaano**' conducted by **Bharat Vikas Parishad**, in both Junior and Senior category.

## ACADEMICS



- Star performer of the School, **Hitesh Agarwal**, secured **95.5%** in science stream and is presently studying in **IIT, Delhi** along with **Kislay Raj** and **Darshan S. Narayan**, his batch mates. Besides them 8 other students are pursuing education in IITs at different locations.
- **Anvita Goel** of class XII won a cash prize of Rs. 5000/- in essay writing conducted by HT Pace on 'Environmental Consciousness'. She has also been positioned as one of the Top 10 debaters.
- **Priyam Srivastava** of class IX has been awarded **Trophy for Outstanding performance** in ASSET Summer 2015 in Science.
- **Parth Yadav** got Certificate of Merit from CBSE Expression Series on Education of Future Development.
- **Hitesh Agarwal, Darshan S. Narayan & Sparsh Bansal** qualified as **KVYP scholars** whereas **Kislay Raj and Sparsh Bansal** became **NTSE scholars**.
- **Shubhank Saxena and Dikshant Sagar** from class XI B qualified the **Regional Level at CBSE Science Exhibition**.
- **Raunak Asnani and Abhijeet Jha** from VIII A won **1st prize** in the Special Project Category of the Intel Tech Fest held at Bangalore.

## SPORTS



- **Yash Sharma** of class IX & **Shivalik Tyagi** of Vth class was registered in 'India Book of Records' for Roller Skating Championship.
- **Riya Sachan** from Xth class secured **1st place** in **Delhi State Badminton Tournament**, she has been ranked among the Top 10 in doubles, at National level.
- **Manav Gupta** of VI class the budding sportsman of the school is carving a niche for himself in karate. He won a **Gold medal** in National Tournament at Darjeeling. **Shaurya Singh Rawat** follows closely with a **Gold medal** won in Indo-Nepal Championship.
- **Rishabh Rajput** of Xth participated in 60th & 61st SGFI National in Badminton.
- **Kartik Sharma & Anmol Kumar** from classes IX and Vth respectively secured **3rd place** in CBSE North Zone I in Taekwondo.
- **Aastha Negi and Anushka Jain** from class VIII & IX was selected for Volleyball Senior U.P. State securing Vth place in CBSE Cluster –III.
- **Shivalik Tyagi** of VIth class bagged **2 gold** medals in Malaysia International Speed Skating.
- **Yash Sharma** from class Xth won **1 gold medal & 1 silver medal** in **Singapore Speed Skating International Championship**.
- **Trisha Chaudhary** of Vth class won a silver medal in UP State Yoga Championship.





## COMMUNITY OUTREACH PROGRAMME

*Reshaping the Young Minds...*



### **Goonj – An NGO**

Recipient of the Magsaysay Award for the year 2014-15 undertakes relief, humanitarian aid and community development in parts of 21 states across India by recycling discarded clothes and household goods into useful products for the poor

#### **Initiatives with Goonj**

- Annual exhibit of their products at the school PTM (Parent Teacher Meeting) for three consecutive years.
- Visit of their Production Center at Saket, Delhi and being a part of “**Odh do Zindagi**”, wherein woolen clothes were collected from the students and delivered personally. The students got firsthand information of the production process & working of the center.

### **School to school campaign**

- The school actively participated in the school to school campaign and made a huge collection of old, used or unused bags, bottles, clothes (school dresses), books, pen and pencil, lunch boxes etc. from the students of the school, for distribution amongst village students.

### **Helpage India: “Trauma of the Last Chapter: Plight of the Aged”**

- An annual contribution is being made towards upkeep of the disadvantaged elderly by providing financial support to the elderly, who have provided their services and support to the society but now feel unloved and neglected at this phase of their lives. The school has made a contribution varying from Rs 80,000 to Rs 5, 00,000 for the last three consecutive years.
- Internship at AIIMS (All India Institute of Medical services)- Four students of the Interact Club went for a day’s Internship at AIIMS, helping the elderly and needy at the hospital under the initiatives of Helpage India.

**T**his motto runs the backbone of our operations and vision for the future. We, at Seth Anandram Jaipuria school have always believed that values and knowledge received at a young age play a major role in shaping up the children into mature and more productive adults who can be valuable citizens of India. The Interact Club of the School has been working relentlessly for the last six years towards infusing a spirit of life time service among the Interactors, the student’s community of the school at large.

The school, under the leadership of our Director cum Principal Mrs. Manju Rana, has given the Interact Club a new lease of life by permitting the teachers and students to take new initiatives and also providing ample support towards effective implementation.

The Interact club of the school has been associated with the following NGO’s (Non-Government Organisation):

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**“Give a man a fish and he will live for a day and Teach him to fish and he will live for a lifetime.”**

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### **Pardada Pardadi Educational Society -**

An NGO based in Anupshahar was invited to put up an exhibit of products (made under the skill training programme of the school) for sale during the Parent Teacher Meeting days of the school. Also, financial support is provided to this society towards their better working and implementation.

### **Parashar Foundation**

Organ India- one of the initiatives of the foundation.

**“Do not lose your loved ones to death but keep them alive in others”**

The NGO was invited for a workshop towards generating awareness relating to organ donation and also highlighting the myth surrounding organ donation. Ms Sunaina Singh, Director Organ India ignited a spirit to donate the organs, thereby developing an ecosystem for such an initiative.

### **Rotary International**

The Interact Club of the school has been a part of the various Rotary Club initiatives from time to time.

- **Blood Donation Camp** was organized on the PTM day, last day of the session at the school premises wherein students, parents as well as teachers generously donated blood. The Interact Club of the school has been awarded the Governor's Silver Medal, 2015-16 for an outstanding contribution towards making a difference in the lives of the underprivileged people of our society.

- **Appointment as ZIR (Zonal Interact Representative):** One of the students of the school has been appointed as the Zonal Interact Representative for the Rotary International 3021, for the session 2016-17.

- **Participation in the Amity District Interact Leadership Assembly, 2016-17.**

- **Participation in Rotary Youth Leadership Programme at O.P Jindal University, Sonapat, 2016-17.**

- Inviting NGO's on the PTM days to exhibit their products for sale –

- **Umeed Foundation**-Umeed Foundation dealing with differently abled children was invited to put up an exhibition for sale of products thereby making monetary contribution towards the children with special needs.

- **Hand In Hand** – A Tamil Nadu based NGO, developing self help groups to provide micro finance, child labour elimination, village upliftment etc, was invited to display products made from coconut husk etc, enabling fuller utilization of natural resources, attracted the parents, teachers & led to a good sale of their products.

- **Each One Teach One Initiative - Charity begins at home.**

The fourth-class women employees were being taught by the students of the club to enable them to be literate enough to read and write as per the requirement of the job, fulfilling their day to day requirement at ease.



### **Adopted a School**

Sewa Samaj Saraswati Vidya Mandir School, Vivekanand Nagar, Ghaziabad, set up for the under privileged children was adopted. The school sponsored the salary of a teacher for nearly two years and donated furniture and stationery as per their requirement.

Last but not the least, quoting the lines of the great Mahatma Gandhi ji, who has been instrumental in making us breathe this fresh air of freedom and independence, “Be the change you want to see in the world”, and the world shall certainly turn great and worth living.

Every drop in the ocean has made the ocean what it is today, so let's all selflessly contribute our drop to make it even fuller.





## COMPUFEST

*A Techno Cultural Fest 2016.*



*"The will to win, the desire to succeed and the urge to articulate manifests itself through the desire for achievement and triumph. Every success story chronicles an arduous journey punctuated with assiduous and dauntless courage. We, at Sethi Anandram Jaipuria School have at all times facilitated the students to discover their talents, augmented the unveiling of their potentials in diverse disciplines and inculcated values through shared learning for being global citizens."*

Information and Computing Technology forms an integral part for the youth to express their ideas effectively using technology in the globalized digital arena. The collaborative learning in Inter-school fests is a domain where consciousness is aroused, illuminated, purified and strengthened. Also it is the best epoch when seeds of creativity and imagination are sowed and nurtured with care. "CompuFest" is one such Jaipurian legacy; an entity which surpasses new avenues with each moment filled with infectious enthusiasm, palpable energy & the soaring spirits of the young ignited minds to explore their true potentials.

In different spheres of world, CompuFest has different dimensions, and here at Jaipuria it is a pastiche of events that bring learning, euphoria and also an array of opportunities. This can be epitomized through the cornucopia of events organized in the school annually. The illustrious 'CompuFest - 2016, a two day Inter School IT Fest, attracted around 30+ schools and more than 1000 students from Delhi/NCR to showcase youthful energy, intellectuality and creativity. The edifying and euphoric spirits mingled to bring forth the Fizz, Frolic and Festivity to this extravaganza.

The school campus was abuzz with events which included **Badmash Bodmas, Change Engage, Fan O Sekkei, Enigma, Persona, Graffiti, Street Play, Shutterbugs, Lend me your ears** and many more.

The event commenced with the ceremonial lighting of the lamp and Saraswati Vandana. The school choir gave a lively start to the programme with a welcome song to enthuse the participants. The Chairman Shri Shishir Jaipuria welcomed the Chief Guest for the day Dr. Ritu Dangwal, Head for Digital Curriculum Design and Development at NIIT. In her address, she urged the students to foster the spirit of competitiveness and emphasized on the need to develop the right attitude for competition.

Addressing the dignified gathering on the occasion, Principal cum Director, Ms. Manju Rana encouraged the students to discover their talents and nurture bonds of friendship in such fests. She said that the ultimate victory in competition is derived from inner satisfaction of knowing that you have given your best and achieved the supreme.



This year too, Compufest spanned two days of high octane action. Mr. Pankaj Gupta, AVP- Product and Technology at Times Internet Limited was the chief guest the following day. He appreciated the zeal and fervor of the participants while showcasing their intellectual acumen and quest for knowledge.

The Chief Guest appreciated the novelty and ingenuity displayed by the school and congratulated everyone for organizing such an enriching event. Addressing the participants he spurred the necessity of developing application of IT in the teaching. He lauded the school for inculcating tech savvy and tech friendly environment. He also motivated the contestants to excel and give their best in every sphere of competition.

The fest culminated with the valedictory ceremony on the second day, wherein, Mr. Pankaj Gupta accompanied by the Chairman, Mr. Shishir Jaipuria and Principal cum Director, Ms Manju Rana felicitated the achievers. In the final tally the overall trophy was bagged by Amity International School, Sector 6, Vasundhara. The competitions were judged by some of the stalwarts from art, music, literature, theater and IT industry.

The vote of thanks was proposed by the Vice Principal Ms. Sarojini Sinha. She expressed her gratitude to the guests and the participants from various schools for being a part of the mega event. She also exhorted that events of such magnitude provided a broad platform to showcase the talents of the students. She lauded the efforts of the Cyber Crew and the teachers for making the event a grand success. Also, present on the occasion was the Head Mistress Ms. Indu Kohli along with the Academic Co-ordinators.





*“Schools should be creative cauldrons where bubbling and fermenting ideas are fostered.”*

## CREATIVITY UNLEASHED



**T**he following excerpt is from an address by **Indira Samarasekera, OC, president and vice-chancellor of the University of Alberta, to the Inspiring Education Fall Forum.**

Seth Anandram Jaipuria School also works in rhythm and symphony with the same ideology as far as teaching and learning is concerned.

We are standing on the threshold of an emerging new world order that promises to have a profound effect upon education systems around the globe. The world is changing. The way we access and disseminate information is altered with every new development in technology. Information flows in countless directions simultaneously-moving quickly between people, across borders and in every language and format. Every day our global perspective broadens. In this new global world, knowledge energy is the greatest currency in the workplace. Education has always been important-but perhaps never more than now, as we face the realities of the 21st century. The exponential dissemination of knowledge will increase its value in coming decades.

We need to go further; we need to engage students, their passion and their ambition.

We at SAJS focus on two main strategies that we believe to be essential.

**First**, educators in the 21st century need to awaken and nurture creativity. Creativity sparks personal passion and commitment and spawns technical and social innovations throughout society, bringing prosperity.

**Second**, educators need to involve and engage students directly in discovery and in advancing knowledge for themselves and others. By some measures, Jaipuria educational institutions are already meeting this challenge of creating **Enriched and Effective Learning methodologies** by adopting **Project based learning** where students gain knowledge and skills by working for an extended period of time to investigate and respond to an authentic, engaging and complex question, problem, or challenge.

**‘A journey to space’**, the recent exhibition put up by our students on the auspicious occasion of the **Founders Day** and many more innovative projects like **An A-peeling Solution: The Effect of Citrus Oils and d-Limonene on Polystyrene**, to provide

a breakthrough, eco-friendly solution to the monstrous problem of thermocol waste stands witness to it.

For our ingenious learners, problems faced, due to lack of power supply by their under-privileged counterparts, living in rural communities served as an impetus to apply theory to practical. They developed a **“Hollow Flashlight”** thermo flash powered entirely by body heat.

These examples provide a fine proof of inventiveness and artistry in our enthusiastic learners.

Niti Aayog, a central government organisation, in an effort to encourage the existing innovation and promote scientific temperament, has rewarded us on being successful in the **ATAL TINKERING INNOVATION CHALLENGE**.

The commission has granted a fund to the school to set up **TINKERING LAB** in the school campus. Young children from school as well as across community will get a chance to work with tools and equipment to understand the concepts of **STEM (Science, Technology, Engineering and Mathematics)**.

The tinkering labs will be equipped with **‘Do It Yourself’** Kits and instruments related to science, electronics, robotics, open source microcontroller boards, sensors, 3D printers and computers, along with infrastructures such as meeting rooms and video conferencing facility.

A new milestone set by the students takes Jaipuria ahead of other institutions of not only the vicinity but the other parts of the country.



## ENO - TOWARDS A GREENER TOMORROW

On the occasion of International Peace Day, 21 September, ENO (Environment Online) participating schools throughout the world took part in the ENO Tree planting day. This year's theme of International Day of Peace is "Sustainable Development Goals - Building Blocks for Peace". ENO's philosophical thought mandates that the Sustainable Development Goals are integral to achieving peace in our time, as development and peace are interdependent and mutually reinforcing. Every single one of the 17 goal is a building block in the global architecture of peace.

Environment Online- ENO the global virtual school and network for sustainable development promotes sustainable development goals from the new 2030 Sustainable Development Agenda, through Programme activities and planting tree actions. Two annual tree planting actions are held on 22 May, UN Biodiversity Day, and on 21 September, the UN Peace Day.

So far, schools and ENO Green Cities have planted over 20 million trees and with the support of governments aims to plant 100 million trees by 2017.



With their support this target will most likely be reached by the end of 2017. ENO commitment was also highlighted by United Nations in Rio +20 Summit.

Taking this endeavor to greater heights, the students of Seth Anandram Jaipuria School celebrated the International Day for Peace on 20 September 2016. A special assembly was conducted by members of ECO CARE CLUB on the occasion. It started with a prayer and a stirring thought for the day. The Logo of ECO CARE CLUB was also released by Principal Cum Director Ms Manju Rana. The causes, effects and solutions encapsulating pollution in the environment were beautifully depicted through a dance and skit by the children. This was followed by a speech given by a student member on the problem faced now days due to imbalance or degradation of the environment.

The members also took a pledge to fulfill the target of planting 100 million plants by the end of 2017 and protect the environment by adopting more and more hand print activities and reducing the carbon foot print activities.

A melodious song by the choir on the theme was the highlight of the assembly.

The event concluded with tree plantation activity. Teachers and students planted saplings of medicinal plants in the herbal garden. Similarly, several schools from various parts of the world joined hands together and fulfilled the motive behind this celebration. It was indeed a global commemoration which is surely putting a praiseworthy impact on our Mother Earth. Lots of plants are being planted each day in different regions and the council members of the ENO are confident enough to achieve the universal goal of planting 100 million trees by 2017.







## GRANDPARENTS DAY!!

Grandparents are our heritage, the valuable partisans of our families and play an imperative role in the life of every child. Their knowledge is invaluable and their love unconditional. They are the child's support and their best friend. Grandparents, have all the time and experience to deal with their tantrums, without appearing to be pushy. They appease, soothe, and impart values to children and leave a lasting impression in the child's life. It appears that grandparents are taking on added responsibilities that comprise raising their children's children. So, to felicitate and honour the grandparents for their accomplishments and contributions we celebrate this day with a hope to persuade grandchildren to tap into the wisdom and heritage their grandparents could provide. Here is an opportunity for them to spend some time with their grandparents and have fun.

In contemporary time where the family values are decreasing, we at Jaipuria make an earnest effort to build up respect and cordiality with our senior citizens who deserve to get the same in return for all that they have done for us. Our constant endeavours have been to reinforce the family values and follow the principle that a child's most significant teachings are passed down from their grandparents.

The Grandparents Day was celebrated with great passion and zeal. The vibrant occasion was graced by the presence of the **Guest of Honour, Mrs. Sunita Jaipuria, Vice Chairperson, Sethi Anandram Jaipuria Education Society.** In her welcome address she stated that being a grandparent herself, she understood that the unrestricted love showered by grandparents is different from the affection shown by the parents because grandparents are "young on the inside"

The cultural carnival began with a 'Ganesh Stuti'. The young Jaipurians' concert unfolded their love for their grandparents. The children gave scintillating performances on themes like Environment - Go Green, Peace and Vasudev Kuttambkam—a hope of making the world a land of love, peace and brotherhood. It was a feast to the eyes to see little Jaipurians tap their feet to various tunes. The look of pride on every face and appreciative cheer of the overwhelmed grandparents designed ineffaceable reminiscence—a day to be cherished.

An overjoyed grandparent said, "I feel proud to see my grandchild perform on the stage. "The school is doing a great job of reviving moral values in our society. These days, children often don't respect or have time for the elderly and go about doing their own work. I am happy that my grandchild is learning to value us." Many grand parents came to talk about their gratitude to the Principal cum Director Mrs. Manju Rana for giving them such a wonderful opportunity to bond with their grandchildren.

She also addressed the gathering emphasizing the fact that grandparents are a family's sturdy foundation, the greatest treasure. They are the founders of a loving legacy, the greatest storytellers, and the stewards of ethnicities. Through their distinct love and care they keep a family close at heart. She enjoyed the nostalgia brought on by the show and recalled her childhood days—the bedtime stories that left indelible imprint making her a staunch believer of morals and values. She extended her heartfelt gratitude to the assembled grandparents and said that their presence has encouraged the toddlers and the school feels distinguished to have them as the spectators.

*"Grandparents are a delightful blend of laughter, caring deeds, wonderful stories, and love .... the footsteps into the future"*



## SPIC-MACAY

*AN EFFORT TO  
INFUSE TRADITIONS*

The school, Seth Anandram Jaipuria, in association with SPIC-MACAY, an organization working to endorse all traditional music and dance forms, has always endeavoured to leave an imprint in the minds of the young learners through its cultural pursuits. It has time and again brought several exponents of music and dance to the school premises to augment the lives of the young cohorts by a series of lecture-demonstrations to educate the children. It is a conscious effort by the school to root its students with our traditions and culture.

Several renowned artists such as Pandit Bhola Nath Mishra, Padma Shri Ms. Rita Ganguly, Meeta Pandit and Pratik Chaudhary have performed at the school in the past. However, this is the first time that they have been privileged to have such an esteemed exponent of dance amongst them. **Ms. Mahua Shankar** is an enormously endowed, zealous and graceful dancer who has created a niche for herself under the guidance of **Padma Bhushan Birju Maharaj**. To gain expertise in any dance form, it requires years of dedication, passion and practice to perfect. It is a 'sadhna' which continues lifelong. The prima donna has dedicated her entire life in its pursuit and it is from artists such as Mahua Shankar that the present generations should draw inspiration, in order to create history. It is a matter of great pride and honour to be an exponent of this aboriginal dance form-Kathak which originated in Lucknow and Banaras.

Kathak is a classical dance form which originated from North India. It is a partially narrative dance form characterized by **fast footwork (tatkar), spins (chakkar) and innovative use of bhav (expression) in abhinaya (acting)**. Kathak acts as a medium to express the feelings of the inner being through facial expressions and mudras.

India is extolled throughout the world for its rich heritage of folk and traditional dances. However, we can notice that with the onslaught of rapid change and global homogenization, this multifaceted Indian Heritage is being increasingly marginalized and diluted. SPIC-MACAY always seeks to conserve and promote an awareness of this rich and heterogeneous cultural tapestry amongst the youth through focus on the classical arts and Seth Anandram Jaipuria School, Vasundhara, Ghaziabad, plays an influential role in the promotion of Indian art, culture and traditions.

Students of several schools participated enthusiastically in the event; they were accompanied by their dance teachers. The vote of thanks was proposed by Mr. Vinod Malhotra, Senior Member of Advisory Board, in which he praised the renowned artist for her efforts to promote Kathak and also encouraged the students to learn any Indian dance form of their choice.





## COPING WITH STRESS



**Stress is a fact of life, but being stressed out is not.** Stress is primarily a corporeal response. When stressed, the body contemplates it is under attack and shifts to 'fight or flight' mode, liberating a complex mix of hormones and chemicals to prepare the for physical action. This causes a number of reactions - superfluous bodily functions - speed up your heart, make you breathe faster, and give you a burst of energy. When our body goes into a state of stress in inappropriate situations the brain function is minimised which can lead to inability to think right; a state that is deterrent in both - our work and home lives. Stress is what you feel when you have to handle more than you are used to, resulting from an "imbalance between demands and resources" or as occurring when "pressure exceeds one's perceived ability to cope", and if we are kept in this state for long periods, it can be disparaging to our health.

Everyone experiences stress, that comes from a diverse situation which can be good or bad. Many things can trigger the stress reaction including uncertainty, danger, threat, news, illness, as well as significant changes in one's life such as the death of a loved one. Some stress is normal and even useful as it helps if you need to work hard or react quickly. It can come from within. The trick to handling stress in your life is to be able to identify stressors and comprehend if they are from outside sources or self-induced. Without the ability to feel stress, humankind wouldn't have survived. Learning how to eliminate or deal with it is not difficult once you learn the secrets.

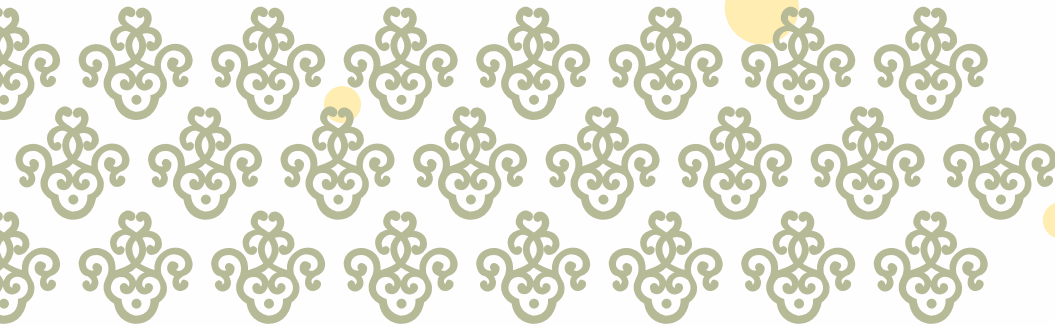
**Learn how to react to Stress** You may feel there's nothing you can do about stress. The bills are imminent, there will never be more hours in the day, and your work and family responsibilities will always be challenging.

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**Dr. Rajyashree Singh**

PGT English  
Seth Anadram Jaipuria School  
Vasundhara, Ghaziabad

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But you have a lot more control than you might think. Coping with stress is all about taking accountability: of your lifestyle, thoughts, emotions, and the way you deal with problems. No matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control, although you cannot control stress factors, you can control how you react to stress coz if stress occurs too frequently or persists too long, it can have severe effects. It can be linked to headaches, an upset stomach, back pain, and insomnia. It can deteriorate your immune system, making it harder to fight disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at work or at personal front.

**To get Stress under control:** Taking steps to manage stress has a double advantage. The actions you take will help not only reduce stress but also give more control of your life and equip you with effective coping strategies for dealing with psychological stress.

- Find out the **cause** of stress.
- Look for ways to reduce harmful effects of stress.
- Self-understanding
- Becoming better-organized
- Conflict resolution
- Adopting a Positive attitude
- **Exercise & Meditation** is a way to focus and relax your mind.
- Altering your diet
- Taking more regular and effective rest
- **Stress-relief techniques** focus on relaxing your mind and your body

- **Write.** Write for 10 to 15 minutes a day about stressful events and how they made you feel.
- **Let your feelings out.** Talk, laugh, cry, and express anger when you need to. Talking with friends, family, or a counsellor about your feelings is a healthy way to relieve stress.
- **Do something you enjoy.**
  - A hobby, such as gardening.
  - A creative activity, such as writing, crafts, or art.
  - Playing with and caring for pets.
  - Volunteer work.
- **Focus on the present.**

Stress is a normal psychological and physical reaction to the ever-increasing demands of life. What creates incapacitating stress in one person, may not have the same effect on another. What best relieves stress is also personal. You may have tried some simple formulas for dealing with your stress and found that they really aren't that helpful. Effective stress management relies on a confirmed, all-inclusive approach that includes both awareness of stress and lifestyle changes. So don't wait till stress has a adverse influence on your health, relationships or quality of life. Start practicing stress management techniques today. Healthy habits can protect you from the harmful effects of stress and you can develop your own action plan to immediately start reducing your stress levels.







## STRESS MANAGEMENT

### When does stress become a problem?

Stress is a response to high demands and expectations from self, it can be a motivating force to achieve the targets and goals one sets for self. However, it can also be overwhelming and affect day to day functioning of a person, hampering their mental and physical equilibrium. The motivating aspect of stress can be called as positive stress whereas the threatening one can be considered as negative. Every individual has a different level of tolerance regarding stress and therefore their resilience depends on various factors such as, emotional awareness, quality of relationships at home and work, physical activity, diet, ability to take control, attitude and outlook towards life, your knowledge and preparation for an event. Thus, if a person lack awareness and flexibility leading to escaping or crumbling response due to an event/occasion/ situation, then stress becomes a problem and is difficult to handle.

### Discuss why some stress is considered as good stress.

Stress within the comfort zone can help you stay focused, energetic, alert and make you perform better under pressure. In critical situations, it can give you enough strength and save a life and manage a hassle. It is something that can keep you on your toes during a significant event, presentation, exams etc, by sharpening your concentration and ability to think for more constructive alternatives and appropriate information. These kinds of stress are well-thought-out to be positive/good stress as they help you drive towards winning and accomplishing the goal.

### Suggest some common stress management techniques.

Stress is something that can be dealt in a most simple and effective manner; following is a list of techniques that a person can use to deal with daily life stressors:

1. **Get moving:** any activity that requires physical movement, especially of arms and legs, is very effective in lowering stress. Physical activity helps brain to release happy hormones which results in balancing stress making it a positive stress or just helping one cope with it by staying calm.
2. **Engaging socially:** A face to face social networking with people helps in triggering hormones that can relieve stress. It can be as simple as an exchange of kind words that can soothe the nervous system.
3. **Diet and sleep:** taking in a balanced diet in a planned manner can boost energy and promote mental health. In addition to healthy diet and taking 6-8hours of sleep relaxes the nervous system and helps you think and act rationally.
4. **Deep breathing/ Pranayam:** during stress muscles get tensed and breathing becomes rapid and shallow, in this situation, deep breathing gives a feedback of calmness to the brain and in return signals sent via the brain to body produce a relaxed feeling by increasing the level of oxygen.
5. **Guided Imagery and meditation:** similar to deep breathing and relaxation, guided imagery helps the brain in relaxing by picturing a peaceful and serene scenario and imagining a restful experience.

### Why do you think some strategies are more effective in reducing stress level?

Like the nature of stress negative and positive, its management can also be in both ways. Negative ways of dealing with stress can turn out to be fatal and can cause serious damage to an individual's physical and mental well being (such as, drugs, drinking, smoking, caffeine addiction, gambling, video games etc.). On the other hand, if a stress is dealt in a more positive and healthy way (such as, sports, meditation, adequate sleep and diet, deep breathing etc) it aids in programming the brain for sending positive signals to the body resulting in relaxed muscular tension, lowered blood-pressure and hypertension which is often a by-product of chronic stress.



**Manju Rana**

Principal cum Director  
Seth Anandram Jaipuria School  
Vasundhara, Ghaziabad

# SETH ANANDRAM JAIPURIA SCHOOL

KANPUR



## ***MORE EVENTS...***

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## ADVENTURE CAMP

A 'Day Adventure Camp' was organized in the portals of Seth Anandram Jaipuria School from 22nd to 24th December, 2016. It catered to the students of the Pre Primary section and Classes I & II of the school. The students were supervised by professional instructors from Rock Sport.

The students and the teachers actively participated in all the activities like Valley Crossing, Commando Net, Hamster Wheel, Tunnel Crawl, and Burma Bridge etc. They were filled with excitement, joy, fun and frolic. It was an enjoyable experience not only for the little ones but also for the teachers. All the adventurers were awarded a certificate of appreciation after they completed the module successfully.







# MERRY CHRISTMAS

Christmas is all about sharing, caring and Love." This message was imparted by the children of Class III in a special assembly conducted on 24th December 2016, on account of Christmas Day celebrations.

The Christmas carols sung by the school choir reverberated around the assembly hall and added to the exuberance. A small skit enacted by the children, put across the message that God is present in one and all, and that Christmas is not only about gifts under the tree, but empathy towards the under privileged and the needy.

Small children in Santa Claus attire added to the Christmas spirit. Christmas cake was distributed to one and all after the assembly.





## DIWALI CELEBRATION



**D**IWALI or Deepawali the Festival of Lights, spiritually signifies the victory of light over darkness, good over evil, knowledge over ignorance and hope over despair. Its celebration includes millions of lights shining on rooftops, around the temples and other buildings in the communities and countries where it is observed. The festive preparations and rituals typically extend over a five day period but the main festival night of Diwali coincides with the darkness. The festival is celebrated when Lord Rama came back to Ayodhya after establishing his victory over Ravana. Lord Ganesha and Goddess Lakshmi are worshipped in every house on Diwali for prosperity and fertility.

Diwali celebration organized by the middle school on 28th October marked a very important and memorable day in the Academic year 2016-2017. The spirit and enthusiasm of the students and teachers who had been preparing for this day doubled up on the final day.

Our school choir presented beautiful songs which stirred everyone's heart. The positivity of the celebration enriched the atmosphere of festivity and ended with the true spirit of Diwali.

## GRANDPARENTS' DAY

**G**randparents' Day was celebrated in the portals of Seth Anandram Jaipuria School on the evening of 30th September, 2016. It was an honour to welcome Mr. Ifaqat Ali Khan, District and Sessions Judge, Kanpur as the Chief Guest to bless the occasion. The Guest of Honour was Dr. S. K. Gupta, retired Dean IIT, Kanpur. The theme for the day was 'Superpower' and the students portrayed their favourite characters – Superman, Spiderman, Hulk, Chhota Bheem to name a few.

The love for their grandchildren brought the grandparents enthusiastically to attend the function and they watched their little stars performing on stage with pride. Such was the love sparkling in every spectator's eye that it motivated all our super heroes to put up their best. Superman and Spiderman were a treat to the eye, and it was owing to their super powers that the show became a great success.

Our school Principal, Dr. Sundar Kumar Gandikota addressed the gathering with his inspiring words. The function concluded with a vote of thanks by the Headmistress - Junior School, Mrs. Madhushree Bhaumik. She expressed her heartfelt gratitude towards the guests, the Principal, staff members, administration and all others who were a part of the function.





Seth Anandram Jaipuria School Kanpur has a vision to maintain the highest standards of excellence and to equip the students with appropriate attitude, knowledge and skills for their chosen vocation and inculcate values required for the globalized world. With this promise our students are encouraged to participate in various competitions at National Level. Indian Science Congress is one of the most scientific and techno savvy program coordinated by ISCA and Department of Science and Technology. The annual session of Science Congress was held this year from 3rd to 7th January at Sri Venkateshwara University in the beautiful & religious city of Tirupati located at the foothills of Tirumala.

The year 2017 is the fourth consecutive year when Jaipurians brought laurels to the school by bagging all first three ranks of Infosys sponsored ISCA Travel Award. The award was conferred on the students in the inaugural ceremony of Children's Science Congress on 4th January. Winners Tushar Agarwal (Class 12 First rank), Sheen Parimoo (Class 11 Second rank) and Shourya Singh (Class 10 with Third rank). Their scientific write ups on "The Benefits of Neuromorphic Computers, which works like Human Brain", "An Artificial Photosynthetic leaf which produces Oxygen without forming starch and prevents pollution" and the "Life on Mars" respectively were judged as the best.

The students received a plaque and a certificate by the Nobel Laureate in Physics (2015) Prof. Takaaki Kajita from the University of Tokyo. He is well known for his work on the subject Neutrinos change identities. This discovery discarded the theory of mass less neutrinos which proved a milestone in the history of Particle Physics.

The journey to Indian Science Congress enlightened the importance of Science and Technology in the modern world. India is a pool of young & ignited brains which needs to be channelized in the right direction to bring glory to the Nation. Our schools can be transformed into breeding grounds of young scientists. Students got a golden opportunity to attend the brainstorming sessions of the Nobel Prize Winners Prof Ada Yonath, Prof. Takaaki and Dr. Kip Thorne which exposed them to a wide spectrum of knowledge.'

My message to my dear students-

***Success is failure turned inside out.***

***The silver tint of the clouds of doubt***

***And you can never tell how close you are***

***It may be near when it seems too far.***

***"Science is vastly more stimulating to the imagination than the classics"***


## INDIAN SCIENCE CONGRESS 2017

They were also privileged to witness the biggest Science Expo "The Pride of India" which displayed the exclusive exhibits of DRDO, CSIR Labs, INSPIRE projects, Indian Navy, Birbal Sahney Research Institute of Paleobotany and many more.

I am sure that this event motivated our students more and will set examples for others to bring significant accolades to their country in the field of Science.

**Dr. Mrs. Anupma Srivastava**  
HOD  
Biology and Environmental Science





## ANNUAL SPORTS DAY 2016







Sports and Academics go hand in glove. With the purpose to instill sportsman spirit among students and to enhance their physical and mental skills, the 35th Annual Sports Day was organized at Seth Anandram Jaipuria School, Kanpur on the 28th January, 2016.

The occasion was graced by the Arjuna Award recipient Mr. Charles Barromeo, as the chief guest. He is an athlete of great repute and is an awardee of the esteemed Padma Shree Award.

The school Principal, Dr. Sundar Kumar Gandikota welcomed the chief guest and other distinguished guests and motivated the students to acknowledge their competitors and encouraged them to exhibit true sportsman spirit in his address.

The program commenced with a March past followed by an Oath taking ceremony and lighting of the torch. The peppy music by the choir enlivened and invigorated everyone's spirits. The dance sequence based on patriotism made the ambience full of enthusiasm.

Various track and field events were conducted. Relay race between the Ex-Jaipurians and the present Jaipurians was the major attraction of the day.

The Grand Finale was "Zeal on Wheels", an eye-catching performance by the students on the hover board.

Mr. Charles Barromeo, in his motivating speech, appreciated the entire show and specially mentioned that the Jaipurians showcased the true spirit of fair play. He emphasized the need to take sports to the next level and balance it with academics.

The Overall Champions Trophy was bagged by Godavari/Mahanadi House

The vote of thanks was extended by the Head-mistress, Mrs. Madhushree Bhaumik to one and all.





## THOSE WHO HANDLE STRESS.... CAN HANDLE

### Success

One of the most spoken discussed and debated words is 'stress'. Stress is an intruder that creeps in uninvited into the lives of all, irrespective of gender, status or age.

Although it's easier said than done but over the years, I have learnt to handle this mean inevitability with little less cumbersomeness than many.

Primarily I believe to distance oneself from people who do not add value to our lives should be our first attempt to release stress. There is no need to be around people who do not contribute to our happiness and growth. Not only will this detox us, but will also be a stress buster.

Opportunities knock at the door daily and when one does not avail of them, stress is mandatory. Therefore recognizing and creating and availing opportunities daily is a must. Do not be scared to step out of the comfort zone and make the choice to take the chances or create these chances if there aren't any.

Stress arises when we give the power to events and people to distress us, so stop doing this! If you can't change what's happened, simply change your perception about it. The aim is to empower yourself and bring yourself closer to happiness.

Stress can be handled when we follow our excitement. Once we do that, we discover our purpose and passion in life. Let us never forget that we all have a unique gift and reason for being wherever we are and by doing things we are excited about, we can discover why and what we can offer and contribute to our surroundings.

Another very important way to lead a stress free life is to be a little selfish and make ourselves a priority. Yes... it is necessary that we look after and invest in ourselves. Let's not hinder our progress and delay happiness by ignoring our well being. Let us start by not disappointing ourselves first, only then can we go ahead and fulfill the expectations of others.

Also it is very important to understand that each one of us is a source of energy and therefore it's important that we remember that this energy is precious and whatever we exude we also receive. Spending this energy wisely and focusing on it positivity is pertinent hence, making sure that your thoughts, emotions and actions are in line with your goal...keeping your energy positive, sans negative thoughts and people will surely find stress a bygone thing.

Attention and focus are other factors that keep us stress free. Paying heed to things we love, to people we care about and doing things we are passionate about relaxes us and helps lead a beautiful life, also learn to appreciate people and their efforts...it helps.

Last but not the least healthy routines create healthy life. Healthy meals, proper exercise of the body and the mind, reading, good sleeping pattern, disciplined lifestyle, a cheerful disposition, meeting deadlines, loving your job... whatever it maybe, not only will keep you happy but also stress free.

**Nidhi Karun Mehrotra**  
Seth Anandram Jaipuria School  
Kanpur, Uttar Pradesh

# SETH ANANDRAM JAIPURIA SCHOOL

LUCKNOW



## ***MORE EVENTS...***

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## LUCKNOW MAHOTSAV FESTIVAL

### *An Unique Experience!*



Students of Seth Anandram Jaipuria School, Lucknow visit the *Lucknow Mahotsava*



From 25th November to 11th December 2016, marks a 10 day long cultural extravaganza, the **LUCKNOW MAHOTSAVA** at the Regional Park, SECTOR –L, Ashiyana and Bangla Bazaar, Lucknow. It is organized every year to showcase Art and Culture , promote Tourism, create awareness of new products and update the common man about the opportunities available in the market .Craftsmen from all over the country bring their masterpieces to the festival to the delight of shoppers. Exciting events like ekka races, kite flying, cockfighting and other customary village games re-establish an ambience of the bygone Nawabi days.

This year students of Seth Anandram Jaipuria School from grade V to VIII visited the Lucknow Mahotsav with their respective class teachers.

This excursion had a purpose and the students had been asked to visit the stalls in particular of carpet sellers, pottery makers, handicraft sellers, food and textile sellers. They were asked to interview the shop owners who had travelled to the MAHOTSAV from many far off states.

The students had an interactive exchange with the stall owners and enquired about the shop keepers' products & the mechanism behind the finished product.

They had gone to the Mahotsav with a well prepared set of questions.



Many stall owners were impressed with the level of questions put forth to them. Through this exercise the students learnt a lot about the handicraft of various states, the difficulties faced by the manufacturers, their expenditure and earnings. The conclusion derived by the students after their interviews was that many people at the Mahotsav were suffering great losses & inconvenience this year due to demonetization. They were not able to earn enough and were suffering great losses. They were happy to share their woes with the children as it was a novel experience for them as well as our own students. The students of Seth Anandram Jaipuria School, enjoyed their interactive visit where learning was clubbed with enjoyment and fun.

Students of Seth Anandram Jaipuria School, Lucknow visit the Lucknow Mahotsava





On 28th September, 2016, Seth Anandram Jaipuria School, inaugurated its first ever state of the Art, English Language Laboratory, to take English learning to a new level, which would make its students competent in this era of globalization. It will be among the very few schools of the country to adopt this innovative strategy of improving its language learning method.

WordsWorth English Lab is designed for India and is a highly researched initiative of the ACT Univ Group, an ISO 9001: 2008 company certified enterprise and a trusted education company with two decades of service in technology education and training.

An intensive twelve hour training workshop of "Training the Trainers" was conducted by Mr. Ankush Bhattacharya on 27th & 28th October '16 to facilitate all the members of the English faculty.

The WordsWorth English Language Laboratory at Seth Anandram Jaipuria School was inaugurated by Mr. Vinod Malhotra- Advisor Jaipuria Group. Other distinguished guests present were Mr. Anurag Nautiyal – Head, Education, Times of India, Ms. Kavita Mathur – Head Franchise Schools, Jaipuria and Mr. Ashish Koacher – Manager (Response) Times of India.

Mrs. Kochitty, the Principal of the school said that it is to be understood that English is not just a subject, but it is a skill that should be learnt the way we learn our mother tongue. To enhance speaking & listening skills the English Language Laboratory has been set up and will develop pronunciation, vocabulary and semantics of speech in an environment that is devoid of regional influences. The English laboratory would assist students in learning English and developing communication skills. The Laboratory would play a key role in helping children to learn this global language in a happy and successful manner.



## LAUNCH OF WORDSWORTH ENGLISH LANGUAGE LAB

at Seth Anandram  
Jaipuria School, Lucknow



## A TRIP TO THE REGIONAL SCIENCE CENTRE, LUCKNOW



Much of the Science we read in books is hard to imagine. Thus experiencing Science in everyday life and creating a spirit of inquiry amongst students is extremely important. A trip to the '**REGIONAL SCIENCE CENTRE**' Lucknow was therefore organized on Saturday, the 20th of August 2016 for the students of grade III to VIII.

The children showed extreme interest especially in the exhibits in the galleries that showed and explained various concepts of Science.

Apart from these exhibits, the movies entitled 'The Solar System' and 'The importance of soil' created a great awareness and scientific temper among the learners. They also enabled the students to whet their curiosity about the existence of life upon planets other than Earth.

Another movie depicted the cause and drawbacks of Global Warming.

This trip was a step in creating a love and enthusiasm for scientific phenomenon and also developing a scientific bent of mind.

### THE MOST REMARKABLE EXHIBITS WERE

#### The jumping and the rotating balls

#### Vortex

#### Flow in the convergent divergent tube

#### The deceptive reality of a rotating Cube

#### The effects of mirror

#### Aqua mobile

## HELEN O'GRADY- DRAMA & THEATRE

### Helen O'Grady International Drama & Theatre Workshop

On 29th September, 2016 primary, middle as well the pre- primary students of Seth Anandram Jaipuria School, Sushant Golf City experienced the joy of dramatization and theatre art through Helen O'Grady workshop.

The Theatre workshop was conducted under these categories-

1. Introductory activities
2. Speech practice
3. Verbal dynamics
4. Creative movement
5. Mimes to music
6. Language development
7. Structured improvisation

The students were given an opportunity to create actions and responses of their own which made them think out of the box, helping them to prepare



for the challenges of School and Life in general. The communication included listening, speaking, concentrating and interpreting body language.

The one hour session stimulated the development of social and emotional intelligence. It encouraged the students to exhibit confidence, self-belief and the ability to project their voice so their views are heard.

The workshop engaged the students in a very lively manner, giving them a chance to unleash their creativity and feel empowered. The students thoroughly enjoyed the one hour fun session, where immense learning took place in a play way method.

This workshop will continue for a full academic year in the school premises.



Seth Anandram Jaipuria School, Lucknow is blessed to be a part of the scientifically proven art of 'Sahaj Yoga' sessions. Living in the so called modern technological society our day to day life is full of 'stressors' and since our body has not adapted to accommodate these, they turn out to be giant beasts who hamper our physical and emotional balance. The pursuit of attaining the best in all walks of life, managing too many obligations at a time and being over scheduled has created a world of isolated individuals who are falling a victim to the vicious cycle of stress. As these stressful stimuli are constantly building up the pressure, leading to a plethora of psychological and physical disorders, they completely sabotage our immune system. Such stressors are even seen in children for reasons like peer pressure, a feeling of insecurity, moving to a new school etc. Thus there is an urgent need to adopt strategies that pacify the heart, mind and soul- the best antidote being relaxation through yoga and meditation.

We are living in a world that conditions us to believe that outer attainments can give us what we want but yoga and meditation help us in affirming the fact that nothing external can completely fulfill the deep longing within human beings for "something more". By practicing the step-by-step methods of Yoga we come to know our oneness with the Infinite Intelligence, Power, and Joy which gives life to all and which is the essence of our own self.

As an initiative taken by our Principal Ms Poonam Kochitty, we at Seth Anandram Jaipuria School, Lucknow are blessed to be a part of the

scientifically proven art of 'Sahaj Yoga' sessions twice weekly that are organized for the students and staff alike. This unique method of meditation is based on the principle of self realization (Kundalini awakening) that occurs within each human being and leads to an inner transformation through which one becomes moral, united, integrated and balanced. As children are innocent and always radiate joy and happiness they feel the cool vibrations at an early stage which in turn builds their concentration, enhances their confidence and self-image and makes them feel a part of a healthy, non-competitive group.

Yoga, be it any form or type is basically a discipline that includes breath control, meditation and the adoption of specific bodily postures to soothe the body and mind. It is widely practiced for health and relaxation throughout the world and this art of fusing the body and mind, is not just transforming adults today because of its amazing benefits but kids as well.

This simple technique of Sahaj Yoga to achieve oneness with the divine i.e. self-realization and attain peace and happiness will hopefully mould the lives of our children in the best possible manner so that they become responsible citizens to make this world a better place. We also anticipate that through this technique of true meditation we will develop a conscious awareness of the subtle energy that exists within us and be moral, integrated and balanced role models for our children.

*Seth Anandram Jaipuria School, Lucknow are blessed to be a part of the scientifically proven art of 'Sahaj Yoga' sessions*

## SAHAJ YOGA





*No work is stressful. It is your inability to manage your body, mind and emotions that makes it stressful.*

*Sadhguru*



## COMPUFEST 2016

We are proud to share that two of our students Samra Ahsan and Simone Thethi of grade VIII participated in 'Compufest 2016' in Seth Anandram Jaipuria School, Ghaziabad and won the first prize in Japanese Fan Painting Competition "Fan O Seikki" held on 26th October 2016.



## SYMPHONY 2016

Students of **Seth Anandram Jaipuria School, Sushant Golf City**, stole the show, by standing victorious in nearly all the events they had registered themselves for. The level of competition was very high, as the students had to compete in some events with their seniors from grade IX to XII. But, our children gave a stiff competition to their seniors and in many events and bagged **FIRST & SECOND prizes** also. It was an ecstatically exuberant experience for all the students and a proud moment for every member of our school. The teachers who trained these children are to be commended.

### winners all the way...

G.D.Goenka, Sushant Golf City, hosted an Inter School Competition – '**SYMPHONY2016**' from 17th to 19th November, 2016 which drew participation from seventeen schools of Lucknow. There were a number of events organized by the school from grade K.G to grade XII.





## A TRIP TO THE HILLS OF SHOGI

**T**wenty – nine students from classes V to VIII and three teachers along with the Principal left for Shogi on 6th October. Everyone was noticeably excited; as this was their first ever trip without their parents. Day one everybody checked into a hotel at Chandigarh, then proceeded to the famous Rock garden after lunch. It was an amazing experience to witness this unique Sculpture garden, also known as Nek Chand’s Rock garden. It is completely built of industrial and home waste and thrown away items. We then proceeded to Sukhna Lake, a reservoir at the foothills of the Shivalik hills. The children then did some shopping at the famous Sector 17 market of Chandigarh. On Day two, after an early breakfast, the group boarded the bus and headed for Parkwoods Shogi. The resort and campsite is located down a hill slope, and surrounded by scenic countryside with panoramic views of the valley around and mountains beyond. The lush pine, oak and rhododendron forests were delightful to be amidst. After a hearty lunch and a brief rest the children participated in adventure activities like rope climbing, Burma bridge crossing, tree bridge, commando net, catwalk, spider web, tyre web, balance beam etc.

Every child took part, some with eagerness others with trepidation, but successful they all were! In the late afternoon the children did valley crossing, an activity they greatly enjoyed. After evening snacks, when the hills were shrouded in darkness, began the night trek. It was a unique adventure, walking up the mountain trail in pitch darkness and complete silence. Once everyone reached the top, they lay down gazing at the star- studded

moonlit sky. It was tranquil, quiet and peaceful. The children didn’t want to descend.

Back at the camp, children danced and sang around the campfire. Anubhav Sir the music teacher, strummed on his guitar. After dinner the children entered their tents and retired for the night.

Day three shone bright and clear. After breakfast everybody left for Shimla where they saw the ridge, the famous Mall Road and “Ladakh Bazaar”. The children had momos, ice cream and bought little knick knacks. It was an exhausting morning, with the amount of climbing everyone did. Back at the camp and post lunch and a siesta, the children did rock climbing. It was a tough task, but their victorious faces when they were able to achieve it, were worth a watch.

Day four the children did rappelling – a descent down a 45 feet natural rock face. This activity taught children to conquer their fears and achieve what they believed was impossible.

After lunch, the children boarded the bus with heavy hearts. They just did not want to go home and felt that the trip had come to an end too soon.

The Shogi trip will long be remembered by the children. It taught them lessons in endurance, in being independent, in sharing and adjusting. It taught them that one can achieve whatever one wants, and fear is only a state of the mind. It also taught them that happiness and joy is in the simple things of life, and nature connects us to our true inner selves.







## little ONE

THE JAIPURIA PRESCHOOL  
KANPUR



Somewhere I read – **“I miss being a little kid with no stress, worries or care in the World”**. I totally agreed with this statement till the day I met and spoke to little Vihaan a two and a half year old kid and otherwise happy and cheerful child had turned quite withdrawn and sulky. After spending a lot of time to assuage his worry, coaxing and cajoling, Vihaan agreed to spill out the beans. He felt that with the arrival of his younger brother, his mother had become busy, easily irritable, often complained that she couldn't rest, had sleepless nights yet.... doted on the little baby. I realized that this had made Vihaan feel quite insecure and he never had an inkling on how to handle the situation.

It did dawn on me then that like adults children too are susceptible to stress. As parents and teachers, we need to be really cautious rule out the symptoms & causes of anxiety of our children to reduce their stress levels which may hamper their physical, mental and emotional growth process.

It is true that sometimes it may be difficult to rule out the cause of stress in our child's life specially if the child doesn't talk about it. But, anything from bullying to over packed schedules at school or a major change may leave the child stressed out. Uncalled for behavioral changes like losing temper, crying, headaches, stomachs, vomiting, anger retaliation could be a symptom of high stress level.

In order to deal with this, I personally would advise parents to reach out to their child and get to know what's bothering their little one. For this, talk less and hear out more to what the child has to say as, feelings understood and heard help to reduce the stress level. We must also make an effort to refrain from unnecessary counseling and create a supportive environment to help the child combat stress.

**Marina Cyril**  
Headmistress  
Little ONE- The Jaipuria Preschool



# Glimpse 2015-16





## THE JAIPURIA SCHOOL FARRUKHABAD





## 100 MILLION TREES BY 2017

### A Campaign by environment online for sustainable development

Students, teachers and staff of The Jaipuria School, Farrukhabad planted trees under an international campaign “100 Million Trees by 2017” under the auspices of international organizations Environment Online (ENO) and Act Now. In this campaign, more than 7000 schools, government and NGOs planted about a million tree in 163 countries.

Environment Online, ENO ([www.enoprogramme.org](http://www.enoprogramme.org), [treeday.enoprogramme.org](http://treeday.enoprogramme.org), [FB /enoindia100million2017](http://FB/enoindia100million2017)) and Act Now ([FB /actnowindia](http://FB/actnowindia)) are global virtual schools and networks for sustainable development and environmental awareness. Launched 16 years ago, ENO has spread to over 10000 schools in 157 countries. In addition, the network extends to cities and governments. ENO works in parallel with the goals of the United Nations. Tree planting has been the most popular activity. Since 2004, schools have planted 20 million trees, aiming to plant 100 million by 2017. Governments from different countries have committed and with them the number is currently 104 million trees.

In words of Mr Rajiv K Shrivastava, School Principal and Country Co-ordinator for ENO and President of Act Now organization, sustainable development is environmental, economic, social and cultural well-being for today and tomorrow. There is no sustainable development without education. ENO values collaborative learning and shared resources.

This global virtual school is an excellent example of how information technology can be used constructively to impart education despite differences of location, culture, language and prosperity.

The first ENO Tree Planting Day for peace took place 21 Sep 2004. It was the same year Wangari Maathai, one of ENO patrons, received Nobel Peace Prize for planting trees.

“Planting Seeds of Action”, the ENO Book, was launched during United Nations Conference on Sustainable Development in Rio de Janeiro by President of Finland, Tarja Halonen, ENO Director, Mika Vanhanen, ENO Asia Co-ordinator, Kalaimani, and ENO India Co-ordinator, Mr Rajiv K Shrivastava. ENO has also been mentioned in Rio Commitments.

Mr Rajiv K Shrivastava has campaigned worldwide for ENO including Brazil, Argentina, Finland, Philippines, Taiwan and Thailand. He has also worked closely with Miss Organization based in Philippines.





## THE JAIPURIA SCHOOL HAMIRPUR



**S**eth Anandram Jaipuria School, Hamirpur continues its legacy by an array of events. The main aim behind holding these events is to cultivate in them the habit of sharing, kindness, what's good and what is not good for them. An activity named **"Eat me, Eat me not"** was held, in which the students were told about the healthy and junk food. They were made to understand the benefits of eating healthy food through videos and presentation. The children were shown various eatables that are healthy to eat. They were also told about the food that are not healthy and are considered as junk food. They were told about the importance of having breakfast in the morning. A short movie was shown to the children regarding the same. The children learned about the differentiation between healthy and junk food.

**Rangoli Competition** was conducted by class I to VIII. Students exhibited their creativity with colours, flowers, coloured rice, glitters, diyas & candles. Children get the chance for overall development of their personalities through these co-curricular activities. In accordance with academics these type of activities help in mental and physical development of child. Children come to know about their culture and traditions through such activities and competitions. Parents participated enthusiastically and enjoyed each and every minute of the programme with their kids. We had Dr. Shreya Sachan as our guest of honour. She witnessed almost all the programmes of the fest like Ramp Walk, Ms. Beautiful smile, Mr. Handsome and so on.

**Story writing** Activity was held for classes I to V where students displayed their talent, imagination writing skills and creativity.





'**Maths Mania**' was held in Seth Anandram Jaipuria School, Hamirpur where students of class 1 to 8 participated. In this activity the students were asked questions related to Maths and they even organized a Maths presentation, that was impeccable. These activities are organized to bring out the best in children so that they do excel in different fields.

Student of Seth Anandram Jaipuria School, Hamirpur celebrated '**Children's Day**' with the poor and deprived children of slums and orphanage, where they shared their happiness on account of chacha Nehru's birthday. Students distributed books, notebooks, clothes and toys to them. Along with children, some teachers also accompanied them.

To entertain our students, a **Magic show** and inspirational cinema was shown at school premises, School assembly was leaded by all teachers. Our respected founder Mr. Devraj Singh congratulated us and our students.

An activity named "Do's and Don'ts" was held in which the children were made to learn about the various good as well as bad habits. The children were explained about the good habits that they should follow in their daily routine. The meaning of words like please, sorry, thank you were taught to them.



Every corner of Seth Anandram Jaipuria School was filled with the beats & sounds of Dholak, Drums & Manjeera's and a vision of Arts and culture was seen amongst the students. The occasion was beginning of Annual Function '**Goonj 2016**' of Seth Anandram Jaipuria School, Hamirpur.

Children were wearing colourful costumes & presented various cultural programmes. A play "One step towards cleanliness" was organised, which criticized on the carelessness of citizens towards the society which showed a good impact on the Spectator's Gallery & the Hall was stamping with sounds of claps.

Our school Seth Anand Ram Jaipuria School, Hamirpur celebrated Christmas in the school premises as well as outside the school with full enthusiasm.

**The Christmas celebration** was not for one day but it last for 3 days and the students were able to enjoy themselves of the fullest. The school per-primary students enjoy Christmas by making Santa faces and decorating them. The students of other classes were also very happy as they decorated the Christmas tree and enjoyed the day by conducting special Assembly.

It's not just an end, the Jaipurian's will not rest until and unless they do not conquer the world.





# SETH ANAND RAM JAIPURIA SCHOOL UNNAO



# STRESS MANAGEMENT

Since the day human being has evolved on this planet, the fight for his survival continues. Initially it was the basic necessities but later on he aspired to make his life comfortable and as a result series of inventions took place. Being the only species on the planet who could think, he worked rigorously to make his life full of material pursuits at the cost of his peace of mind because he thought that wealth is the ultimate key to happiness. To keep himself happy he became a hoarder and toiled hard for it. His greed did not take a halt here because he augmented himself to acquire more & more. This led to a recession of emotional quotient in his life.

P.B. Shelly has expressed human nature very beautifully in the following lines

*"We look before and after,  
And pine for what is not;  
Our sincerest laughter with,  
Some pain is fraught"*

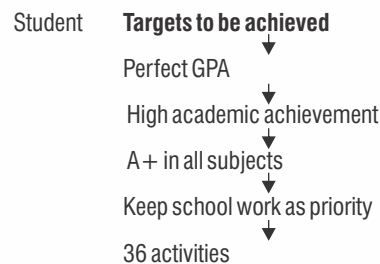
Present day's human aspiration is to become a robot. There is a race going on and everyone seems to be in a hurry. One target achieved and the other is already in a queue!

We love to bask in the glory of success but the moment we do not acquire the desired result we become despondent. This feeling of failure makes us vulnerable and we tend to develop insomnia, high blood-pressure etc. The feeling of failure keeps on pricking us and we plunge ourselves into an oblivion of negativity. This pressure on our mind and body is called 'Stress'. It is a very common phenomenon and its presence is like an elephant in the room, but who no one dares to discuss about.

We cannot relate stress to any age because we stress at all levels of our life. The moment a child

puts his foot in the school premises, his arduous journey of life begins. In an age, where he is not able to comprehend the simplest things of life, the parents, thrust their ambitions upon him. Gone are the days when childhood used to be the golden period of one's life. The carefree days are like a dream now-a-days. Look at a child of today, the innocence has gone and he has to do so much in a stipulated time that he is constantly under-pressure.

There is a flow- chart of today's student that says it all



**Map to student's success = Stress, which results in**

- Mental imbalance
- Emotionally weak individuals
- Lacking in confidence
- Suicidal attempts
- Drug addicts etc

There are many other reasons of building up stress in the students like peer pressure, performing a myriad of responsibilities, academic decisions, making their place in new school/college, making friends etc. A latest research has proved that our younger generation is in peril because of the inability to handle stress. I think this is the wake-up call for us.

Since school is the second home for the child, it becomes our responsibility to develop the future generation into self- reliant and confident individuals. Yoga or meditation should be an integral part of the curriculum. The student should learn to love and respect themselves. They should also know that each person is unique and is different from others. Moving on, it is important to identify our passion. It is beneficial in bursting stress as we can switch

**Anjali Bajpai**  
Principal  
Seth Anandram Jaipuria School, Unnao

over to perform our likings when we feel stressed. Pursuing a hobby on a regular basis helps in avoiding stress building. This can include gardening, pets, creative writing, art and craft, volunteer work etc.

Stress management is all about taking charge of your life style, thoughts, emotions, and the way you deal with problems. No matter how stressful our life may seem, there are steps that we can take to relieve the pressure and regain control. The human body is well adapted to deal with short term stress but, if it remains on high alert for an extended period of time, you can grow vulnerable to some serious health problems. A healthy and a stress free mind and body gains tremendous benefits. It helps us to work efficiently, manage emotions, keep healthy and stay focused and positive. Thus it creates a better YOU!!!

One should understand that human life has never been a cake walk. This roller coaster ride makes us strong and confident because all the difficulties are stepping stones to success. One should always remember that things which seem to us as very small have a lot of happiness hidden in them like the beauty of nature, babbling of the little ones, hanging out with friends, playing together, family bonding, helping someone and laughing heartily. These experiences of life guide us to transform ourselves from human being to BEING HUMAN. I think this is the essence of life as

***"Life is 10% what happens to us and 90% of how we react to it!"***





How should we prepare students to manage stress in the modern scenario....

'Why children today are so bored , cannot concentrate on studies, cannot wait, get easily frustrated and have no REAL friends???'

Children are getting worse in many aspects. We have seen and continue to see a decline in children's social, emotional, academic functioning, as well as a sharp increase in learning disabilities, depression and aggression. Today's children come to school emotionally unavailable for learning and many factors in our modern lifestyle contribute to this.

**1. Technology-** Free babysitting service', compared to virtual reality, everyday life is boring. When kids come to the classroom, they are exposed to human voices and inadequate visual stimulation as opposed to being bombarded with graphic explosions and special effects that they are used to seeing on the screens. After hours of virtual reality, they are unable to process lower levels of stimulation. Technology also hinders parents' emotional availability.

LIMIT the use of technology. Have fun times together. Go for a picnic, trekking, a walk in the garden....

**2. Instant Gratification-** Kids get everything they want the moment they want. "I am Hungry!!" Here is the ready snack (packets of junk). "I am Thirsty!" Here is the drink (bottle of soft drink). "I am bored!" Use my phone, watch TV.

The ability to delay gratification is one of the key factors for future success. We have all the best intentions in mind to make our children happy, but unfortunately, we make them happy at that moment but miserable in the long term. To be able to delay gratification means to be able to function under stress. Our children are gradually becoming less equipped to deal with even minor stressors and frustrations, which eventually become huge obstacles to their success in life.

Teach the kids to delay gratification. Do not give in, to the demands INSTANTLY unless it is urgent

**3. Kids' rule-**"My son doesn't like vegetables." "He doesn't like going to bed early."

## SETH ANAND RAM JAIPURIA SCHOOL

### Alambagh Campus, Lucknow



"He doesn't like to eat breakfast." "He doesn't like toys, but he is very good at his IPAD." Children dictate parents. If we leave it to them, all they are going to do is eat pasta, noodles, pizza and chips, watch TV, play on their tablets/smartphones and never go to bed. We are giving them what they WANT even when we know that it is not GOOD for them. Without proper nutrition and a good night's sleep, our kids go to school irritable, anxious, and inattentive. In order to achieve our goals, we have to do what NEEDS to be done.

If a child wants to be an 'A' student, he needs to study hard. If he wants to be a successful football player, he needs to practice every day. Our children know very well what they WANT but not what is NEEDED to achieve that goal. This results in unattainable goals that leaves the kids disappointed.

Teach the difference between WANT & NEED

**4. Only fun-**We have created a fun world for our children. Endless activities!! There are no dull moments. The moment it becomes quiet, we run to entertain them again because otherwise we feel that we are not doing our parenting duty. Why aren't children helping us in the kitchen or with laundry? Why don't they tidy up their cupboards? This is basic monotonous work that trains the brain to work and function under boredom. Teach them to do "boring" chores like folding the laundry,

setting the table, tidying up after meals, packing and unpacking their own bags....

Let them have unstructured time. SET LIMITS schedules for meals, sleep, study, outdoor play, technology usage.....

**5. Limited social interaction-**Kids used to play outside, where in the unstructured, natural environment, they learned and practiced their social skills.

Competition (tuition/coaching), Structured Activities (painting, music, karate, zumba, etc) and Technology replaced the outdoor time. Successful people have great social skills. Social skills have to be learned and practiced just like other skills.

Teach them SOCIAL SKILLS, (manners, cooperation, team work, ...)

We are responsible for creating the next generation of healthy, happy and successful people. Let's go hand in hand a develop our kids holistically.

**Kirti Malhotra**  
Principal  
SAJS, Alambagh Campus, Lucknow



## STRESS & its consequences

Partho P. Kar

We all have experienced Stress since childhood. Who can forget those pre examination days? When, the mind use to be full of fear and anxiety, those times of desperation, the regret of not being attentive to teachers in class and finally feeling sleepy. Then came the extreme condition of stress in the examination hall at the inability to understand a problem in mathematics. Finally, the result day when you would dread the situation at home with a strict set of parents.

The earliest situation arrived when I was in class vi, I was an all-rounder in school and was always amongst top 5 in the class in academics, participated extensively in sports, art, debates, acting etc as well as fooling around with the last 5 in class. A very dear friend of mine was unhappy with the top two in class and was nagging me for some time to take up the challenge of getting the top position. So finally 3 months before the final exam of class vi I said ok, I will try. I worked very hard in those 3 months and gave my exams very well. Finally on the result day this friend of mine whose desk use to be just before mine in the second last row of the class was fidgety and he was more stressed with the outcome of my result, than his own, as he wanted to prove a point to the first 2. So the class teacher Mr. Peters started the announcements he use to always start from No5 than 4 and finally when he did not announce the regular names and especially the top two names were already announced, I could visibly see the stress on the regular top two and more stressed was this buddy of mine who wanted to prove a point. Since my name was also not announced in those 4 names, even I had a bit of doubt and Finally, The no 1 was declared and the stressed buddy of mine jumped up from his seat he was more excited than me but the stress was so high that Kulwant Singh who use always be in top 2 broke down crying, The situation was awkward in class, on one hand due to stress and excitement one was jumping and the other was crying. Not to mention that one went to IIT Kanpur and now works for a big MNC in the US and the other my buddy owns one of the largest construction company in India.

This story proves that stress has different outcomes for different people while one was happy the other was sad. Managing these outcomes in a predictable way is what Stress Management teaches you.

Years passed and one went through many stresses of life and time teaches you to manage the nuances of stress in different ways and most of the time the Personality traits pick up a certain aspect that is indirectly influenced by Past Stresses.

Moving, on to my work life some years back when I was heading a large business of an Indian Conglomerate I was handed a business whose

turnover was Rs. 13 Crs. and losses of Rs.55 Crs. When I presented my first Business Plan, my Chairman asked me what is it I need from him, I smiled and said that I will need a regular stress management programme for the senior employees if I were to meet my targets. Everyone there smiled at my comment but I knew that if I have to achieve my stated targets people will be under tremendous pressure and stress to perform. The business grew from Rs.13 Crs. to Rs.350 crs. in 3 yrs. I got a lot of appreciation but my top management was already under tremendous stress. Although, their salaries had increased by 600% in 3 years but still they were under stress. The promoters and shareholders were very happy but my people were unhappy. The takeaway from this experience is that Excessive growth at the cost of creating stress amongst employees may be good in the short term but may cause damage in the long term.

The Infosys saga raging currently is another example of promoter shareholders stress, while the company wants to achieve stretched target by 2020 and the new CEO wants to manage things his way, the founders feel differently. The environment in ITES businesses is increasingly becoming stressful due to various global reasons and I must say that Trumps policy changes are contributing to it. Many of the ITES professionals are intending to come back to India, Some countries like Japan are trying to woo some of them through better policies.

The takeaway is that increasingly individuals and organizations will have to learn to cope with stress through inventing various ways that are personal in nature and needs to be evolved by individuals and organizations. One size fits all will not work. From school exams to corporate results and meeting shareholders expectation are major issues, and with increasing technological advancement, digitization, social changes and speed of life the complexities of stress will also change continuously reflecting a new world order.





# QUEST

Stress, fear, anxiety – if we start counting all those instances in life when we experienced these emotions, we may just lose count! Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response. Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. For example, it can help you win a race or finish an important job on time.



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