



Prabodhan

DHULE CAMPUS

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Dharma

Yudhishitra, the eldest son of Pandu and Kunti has been regarded as the classic example of Dharamguru in the ancient past. Kunti was blessed with a boon that she could recall any Deva (God) and bear a child from that deva. Pandu was cursed that he cannot have children through the normal biological mode. So he insisted Kunti to bear child using her boons, so that they can give heir to the KuruVansh. Kunti agreed to it, and recalled the Lord of Dharma, and then conceived a child from the lord, who was named as Yudhishitra. There are a few stories in Mahabharata , which justify why Yudhishitra, was regarded as the Dharmaguru. All of you might be aware of the incident of Lakshagraha (The wax palace). This palace was built in Kashi for Pandavas by Duryodhana, with an intention to kill them. However Pandavas became aware of Duryodhanas trap and managed to escape the disaster. Everybody in Hastinapur (The Kingdom) however believed that the five Pandavas along with mother Kunti were killed in the incident. The Brothers could escape and then went into exile for a year. They had lots of sufferings in all this period and it was all due to Duryodhana. In this one year they hired a priest and got married to Draupadi, which were the essentials to be coronated as King. When Bhishma came to knew all this, he was quite sure that it was now the time to coronate Yudhishita as the King to Hastinapur and he



Dhitrashtra. Dhitrashtra approached Yudhishitra, that he wanted to coronate him as the King. The Pandavas were well excited that finally they were getting what they long deserved, the Praja was eager to have Dharamguru as a King, the court was ready for the event. But then Yudhishitra declined the Kingship. He said it would be against the Dharma to take Kingship when Dhitrashtra was already there. (However logically Dhitrashtra was never considered as a King, as he was blind, and was only a caretaker of the throne). Yudhishitra said that he was ready to do all the work on behalf of Dhitrashtra and as per his directions. Not only this, he also felt his Dharma requires him to give equal rights to his cousin Duryodhana, in managing the Kingdom. This generosity shown by him proved fatal for the Pandavas. Later on Duryodhana got redundant and claimed that he should be coronated as the King. And then due to constant conflicts between the Pandavas and the Kauravas within the palace, it was thought best to

send Pandavas away from Hastinapur and were asked to leave the palace.

Another event which shows his allegiance to Dharma is when the Kauravas invited the Pandavas to Hastinapur for a game of Dice. (The background behind this is like this, that after Duryodhana visited Indraprastha, Pandavas kingdom, he could not stand the massive wealth, power developed by Pandavas and was burning in rage. He wanted to destroy everything that belonged to Pandavas and he knew he could not do it by fair means. His maternal uncle Shakuni, then suggested that if



we could convince them to come and play a game of dice with us, then I could win everything for you what belongs to Pandavas.

The Dharma of the land at that time was, that if a king invites you for a game of dice, then another king cannot decline the offer. And hence the invitation was sent to Pandavas). The Kauravas knew, Yudhishthira being Dharamguru will never decline the offer and the trap will get fixed. When the invitation went, all the other four Pandavas were completely against the decision to go to Hastinapur for this game as they all knew the intentions of Duryodhana. But as Yudhishthira was, he accepted the offer and went along with all Pandavas and Draupadi for the game of dice. Lots of unjust was done in the play as everybody would know, but even then Yudhishthira did not give up on Dharma.

He could have stopped the game anytime, in fact only he could have stopped it, but his Dharma did not allow him to do so. **Laws are established for the wellbeing of the humans. Yudhishthira followed the law (Dharma) sincerely, technically the law was established, but the Humanity got lost.** After Pandavas lost everything they had, their wealth, kingdom, treasury, their pride and their wife, and after all

the injustice that was done to Draupadi, Dhitrashtra thought that, this went far too much and he declared the game as void and returned Pandavas all what they had lost (However only material aspects could be returned and the respect, pride could never be returned). With grave sorrow and rage in their hearts Pandavas returned to Indraprastha. Duryodhana and his clans were not satisfied with this decision and forced Dhitrashtra to invite Pandavas for a second game of dice and whosoever loses would then go to forest for an exile of 12 years. And imagine after all that had happened, Yudhishthira agreed to again go to Hastinapur and play the game, only because Dharma required him to do so. They lost the second game as well and were then sent to the forest exile for 12 years.

'Dharma' or Laws are set up all over the world during all Yugas and their very purpose is to avoid injustice to any human being.

In the Tretayuga, we saw that the Dharamguru Yudhishthira strictly followed Dharma. But it was followed at the cost of his life, life of his family. Would any Dharma imply that? Will any Dharma validate the act happened with Draupadi during the game of dice. Do you think if all of this was as per dharma, would Lord Krishna have intervened?

In my opinion the Dharma/Laws are to be followed in such a way, that they don't bring an unjust to anybody, neither self nor any other human being.

Dharma does not approve a course of action causing unjust to self as well. This can also be seen from some other laws. For eg Suicide is a criminal offence under IPC, as is murder. Also under Indian Contract Act, considers a Contract of Slavery as void. The righteous behavior of a human being would be to never cause an act of injustice to any living being (including animals and plants).

In Tretayuga Yudhishthira followed Dharma so sincerely causing unfair to himself and the other Pandavas. In Kalyuga people are taking an undue advantage of law for their own good. The recent classic example of this would be the Nirbhaya Gang rape case, which took place in December 2012. And the law took more than seven years to punish the culprit. In this case, and specially in the last two and half years, there was a huge abuse of law by the culprits Mukesh Singh, Pawan Gupta, Vinay Sharma and Akshay Thakur. For around two and half years they took an undue advantage of the law and delayed their execution

. According to the law in force, each convict has a right to file a review petition against the court order within 30 days from awarding of death sentence and can also claim condonation of delay for bonafide reasons. In this case all the Four convicts filed reviews on different dates and also claimed the benefit of delays. They waited for the order of ones plea, once that came, the second one filed for review, and then after his order the third one and so on. After all of their review petitions got dismissed, as per the law, a convict can file a curative petition. However after the dismissal of curative petition , the convict can make a mercy plead to the President of India. The convicts used all of these options and that to chance by chance (since their death sentence was to be executed collectively) so that they can cause maximum delay in justice to be granted. After the mercy petition got rejected by President, the convicts challenged this rejection in the Supreme court. However the plea was rejected by the Supreme Court. As if all of this was not sufficient, just four days prior to their execution date, the convicts wrote a letter to the judges of International Court of Justice, seeking a stay of

their execution and termed their death penalty as barbaric and inhumane. However it is noteworthy that International court of justice has no power to adjudicate individual disputes within the Sovereign States. The Supreme Court had passed the order of execution of death penalty on the Four convicts on May 5, 2017. However it took the Justice almost 3 years to be delivered, as the culprits were hanged to death on March 20,2020. It was a clear case of abuse of law and the legal system for ones own interest.

In my opinion, what happened in Tretayuga and what happened in Kalyuga, both acts were not acceptable and both were against the Dharma. In this modern society, we need to follow the Dharma more so, as we see so much of unethical acts happening around us. Every citizen should take a vow within that they would follow the Dharma (Law of the Land) in word and in spirit, and not cause any unjust behavior, neither to self nor to any other living being

C.A. Kunal Pasari

Importance of Soft Skills in Today's World

In the modern workplace, one needs more than technical skills to be successful in once career. Today's employers seek candidates those who can perform their jobs not only well but who can also fit into the company's culture and interact with other employees.

Soft Skills are the attributes that enable one to engage in meaningful interactions with others. These soft skills mainly include Communication, Problem Solving, Productivity, Digital Proficiency skills as well as Creativity, Confidence and Self-Awareness.

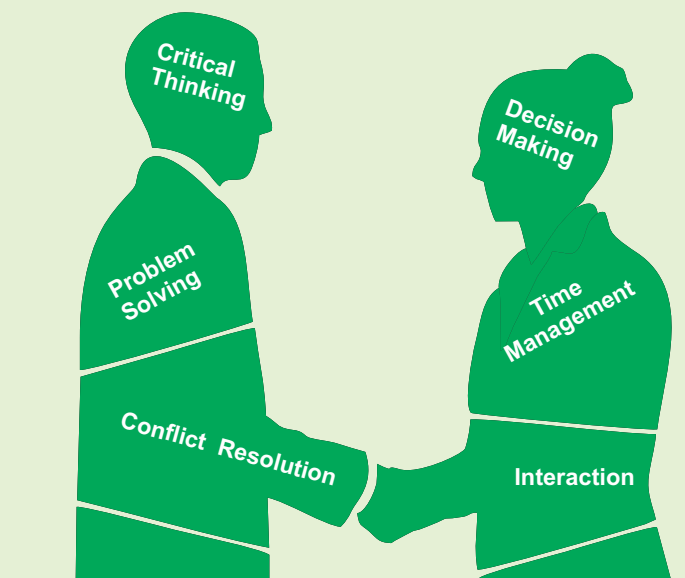
These skills are very important in today's workplaces as”

- The modern workplace is interdependent . Soft Skills such as listening and writing ensure that there is a smooth flow of ideas without any conflicts, creating a productive and healthy work environment.
- Soft Skills sets one apart from others. A person with good communication and negotiation skills can have an edge over other candidates.

They complement hard skills as all careers require soft skills to utilize technical expertise at the right time and place.

Next Generation workplaces will depend more on these skills as technical jobs would be outsourced to automation and Artificial Intelligence (AI). Hence, there will be more relianc on soft skills.

Mitul Parakh (BBA, First Year)



THE UNSUNG HERO

It was somewhere in the last week of February 2020, Durgesh Verma, a ward boy in H.B. Routella Government hospital Rampur, Uttar Pradesh came to know about Coronavirus Disease aka COVID-19. He was efficient and a hardworking person. Although on contract employment, he was among the few who have been shortlisted for training purpose of this disease. He was working in this hospital from last 6 Years.

Many of us were getting the news of COVID 19 through different media channel which started from the Wuhan city of China, infecting around 90,000 people over there and killing around 4500 people, which were official statistics of China, however world was not relying on the statistics of China. Experts, who were data scientist through simulation and algorithms, have started giving their prediction, and their stories and predictions were horrifying.

Durgesh, our ward boy who was very much enthusiastic about his selection and training, had come to know within a week that it is just a time pass exercise as it is usually done in government circle. Nobody was seriously involved and the management of the hospital was also not serious.

Durgesh's, family was settled in Mau, Uttar Pradesh and with a salary of Rs. 10,000 he had to feed a family of 5 members that comprised of his father, mother, wife and a 10 year old daughter. With growing expenses and limited income making two ends meet was a difficult task for him.

Durgesh used to live in a rented drive quarter of Mr. Rajiv Bansal who was a well-known businessman of Rampur. Mr Rajiv's family included his wife and two sons. Mudit, the elder one, was doing his engineering from a reputed college of Bangaluru and Rohit, the younger one, was completing his chartered accountancy course from Delhi. Durgesh's equation with his landlord was good. Rajesh was interested in monthly rent only which Durgesh use to pay him without any default.

Meanwhile on 11th March, 2020 Director General of World Health Organisation named Tedros Adhanom Ghebreyesus, who is an Ethiopian microbiologist and internationally recognized malaria researcher had declared COVID-19 as pandemic. India started evacuating its citizen from the various parts of the world, there was tension preading amongst the medical fraternity about the COVID-19. Later on, on Sunday 22 March, 2020 Prime Minister of India Mr. Narendra Damodardas Modi declared Janta Curfew, i.e, nobody was allowed to go out from their house from 7.00 am to

guidelines were issued by the government to be strictly followed by the public. School, colleges were closed. Public gathering was restricted. Hotels and gyms were closed. There was a lot of chaos in common public who were running for panic buying. Finally on 24th March 2020, first lock down of 21 days was declared in India. School, Colleges, factories, shops offices were all shut down. Nobody was allowed to go outside their house. It was like home arrest for many people. Everybody got stuck wherever they were. Only medical staffs, armed forces, police staff and emergency service providers were allowed to go for their respective duties with special pass.

The hospital in which Durgesh was working was also declared as COVID hospital and he was issued a special pass as he had taken a part in the training conducted by the hospital. He was giving his best services to the hospital 24×7 to the hospital. He was very honest and committed towards his work.

Mudit and Rohit also came back from their colleges due to COVID outbreak and the whole family was enjoying their precious time after a long break. One night on dining table Mudit while reading his WhatsApp messages said to his father, Papa Durgesh is working in COVID hospital and could be a possible carrier of the disease, he is dangerous to the family, although he lives in driver quarter, but then too the entrance gate is common for all. His thought was unanimously accepted by the entire family and they decided to throw him out of the house.

On 30th March, 2020 Durgesh had a very tiring day, but at last after a week he was relieved from his duty. He packed up his things and started walking from the hospital, lost in his memories about his daughter, family and about how he will manage this lock down period. As soon as he reached his quarter he found all his belongings outside the gate of Mr. Rajiv's House, who was yelling and shouting at him to immediately leave his quarter as he does not want any hospital staff in his house because it could lead their lives in danger. Durgesh tried his best to convince Mr. Rajiv that they get sanitized before leaving the hospital but his all efforts were a sheer waste of time and his words fell in deaf ears. So in the midnight he somehow managed to bring his belongings to the Drivers quarter of the hospital for some time. Because of lockdown period he could not find a new house at that moment.

Time was testing everyone. COVID cases

had started increasing in almost every part of the country. Durgesh was now sharing a new house with one of his colleague Ram Prasad and has somehow started to manage the things. He was diligently working to fight against COVID-19.

On 7th April 2020, Mudit started feeling low with high fever and dry cough. He had all symptoms of COVID. Mr Rajiv made a call to their family doctor who advised them to visit H. B Routella Government hospital and asked him to admit Mudit over there. He then gave a call to the hospital from where only Mudit and his father was taken to the hospital in ambulance and the rest of the family was asked to stay in home quarantine. Rajiv was trying with his all sources to have the best medical facility for his son. After a certain point he was also not allowed to go in the hospital, Mudit was tested for COVID and was found positive.

Government hospital doctors were taken four rounds in a day with full PPE kit to check the patients and rest of the times the patients were looked after by the nurses and ward boys. Mr. Rajiv saw Durgesh in the hospital. He tried to avoid the exchange of looks but Durgesh reached out to him and asked the purpose of his visit. Mr Rajiv was in his tears while telling the entire story.

April 14th, 2020 another lockdown. 18 days lockdown have been announced in the country scheduled to end on 3rd May, 2020. Each and everything came to a standstill. The only positive side was that pollution level had gone down. People were in their homes were stressed about the future, even their savings were running out but somehow everyone was trying their best to motivate themselves and even started expressing gratitude towards the COVID19 frontline warriors in their own ways.

Mudit with the continuous efforts of doctor and special attention of Durgesh had started recovering from the COVID 19. One day when nobody was around, he broke in tears and apologized for his deeds to Durgesh. Durgesh motivated him and told him that he will be fit soon and will go home. After 20 days Mudit's third COVID 19 report got negative, and he was discharged from the hospital. Rajiv tried to give some cash to Durgesh for his hardwork and sincere efforts which Durgesh had refused to accept.

1st May 2020 time 01.00pm, Mr Rajiv's family is having dinner and everyone was happy because Mudit had come back after fighting much dreaded Covid-19. Rohit proposed that they

should be thankful to Durgesh and should pay him in cash in return of saving Mudit's life. It was then that Rajiv said that Durgesh has refused to accept cash but he can be asked to come back to his quarter.... Hearing this...a long silence prevailed.

People are tested in the difficult circumstances. The same family who was thankful to Durgesh for saving Media was now hesitant to accept him in their house. Finally, it was decided to reward him with some cash after the lockdown gets over.

Third lockdown which will go on till 17th May, 2020 have been announced in the country, with some relaxations.



2nd May 2020 Durgesh got to know that he himself got infected with COVID19 while serving the patients, so he was also quarantined and his line of treatment was started. He informed his family. His wife wished to reach to the hospital to which Durgesh bluntly refused and assured her that when he will be fit he will come and visit them and that there is no need to worry and he can take care of himself.

6th May 2020 Rajiv got a call from his brother whose son was COVID 19 infected and was asked to get admitted in H. B Routella Government hospital. Rajiv assured his brother that he will treat him. After disconnecting his phone, Rajiv took the shower and got ready for the hospital, meanwhile he made many calls to Durgesh which went unanswered.

Rajiv reached to the hospital, his brother's son got admitted to the hospital and after consoling his brother, he started looking for Durgesh. He was taken aback to see a big garlanded photo of Durgesh at the reception. His face turned pale, his feet got numb, he could not imagine a man who has brought his son alive from the deathbed is no more, tears ran down his cheeks. A sincere, hardworking and honest man was no more. Ram Prasad, Durgesh's colleague, told Mr. Rajiv that Durgesh died on 4th May 2020 due to COVID 19.

I extend all kind of support required in the . Central Government had announced a medical insurance of Rs 50 lakh for workers helping in treating the patient diagnosed with coronavirus or our frontline warriors. God knows whether his family will ever receive Rs 50 lakhs or not but what we know is that Durgesh who was among 135 crore Indians who put their duty above everything. Nobody knows but Rampur hospital, Uttar Pradesh had lost his true warrior, a real hero had gone forever and ever.

(Names and Characters used in this article are purely Fictional).

Dr. Pankaj Dhaundiyal

The Heart of Parenting

There is no peaceful shade like parents, no support like them. Just as one's own self is dear, so is a son, and just as a son is dear, so should be a daughter.

Mahabharata

Parenting is a divine gift. God has given the responsibility of parenting their children in various aspects of the life-spiritual, physical, mental, social and emotional.

The basic role of parents is to provide food, shelter, clothes and right education for their children. But beyond this lies the heart of parenting.

Parenting from the heart is to love, nurture, respect, to guide them in the right direction and most importantly to be a good role model for their children

As the apple doesn't fall far from the tree, so also children do not mirror their actions/behaviour from outside. Most of the children want to be like their parents, so they imitate their parents' behaviour-both positive and negative. Parents always want best for their children and at times, set high standards to achieve which they do not meet themselves. So, parents have to give some good quality of time to introspect and to improve their children.

Parents have to appreciate and praise the right behaviour in their kids

They have to acknowledge children's good behaviour regardless of how small they are. They have to encourage their children to memorize and recite spiritual texts that offer valuable life lessons. Parents also have to teach their kids about their cultural and religious identities. They have to raise their children to follow their own religious values.

Besides this, parents have to teach their children that they will earn others respect by being confident who they are.

To make Children worthy, parents must teach them the value of hard work, how menial the task may be. Hence, children should be taught that if they do not stand for something, In this fast moving digital era, T.Vs and mobile have become part of the family. Today, on an average T. Vs are viewed for 6 hours daily. An individual is spending 4-5 hours per day operating mobiles. Truly speaking, youth has been addicted to mobiles. It is



clear that youth is spending more time sitting idle rather than pursuing their dreams.

It is high time that parents have to encourage their children to read inspiring books that promote good thinking such as biographies of Mahatma Gandhi, APJ Abdul Kalam, Swami Vivekananda and spiritual luminaries like Ramayan, Mahabharata and other spiritual books.

They should create a tradition of buying captivating books as birthday gifts rather than mobiles or other gadgets.

This is a tiny glimpse of the numerous benefits any family can derive from the right parenting

Dr.Sambaji Rao

B.B.A., L.L.B. (Hons.) 5 Year Programme (60 intakes)

B.B.A. L.L.B (Hons) an integrated course allows learners to specialize in Management along with Law. In this course, managerial skills are acquired by understanding subjects like Human Resource Management (HRM), Accounting, Statistics, and their influence and dependence on Law. Students also get exposure to subjects like Critical thinking, Legal Writing, Moot Court, Professional Ethics, and Internship opportunities. They can have career opportunities in Public Sector as Government Attorney, Banking Ombudsmen, Labour law Compliance Officer, Trademark and copyright attorney, Labour Officer, Assistant Magistrate, etc., They also have job opportunities in the Private Sector as Business Consultant, Advocate/Lawyer, Human Resource Manager (HRM), Assistant Advisor, Finance Manager, Company Secretary, Management Accountant, Deputy Legal Advisor, Law Officer and Management Accountants, Law Reporter, Legal Advisor, etc.,

Taking a Long-Term View

Every crisis results in opportunity, whether to emerge as a leader or to even create wealth in that sense.

With Nifty making it's all time high in January 2020 of 12,311, the market was supposed to correct, a meaningful correction was facing the markets. As it was trading a 23.95 times P/E multiple, which actually does not make sense, factoring the economy growing in the bracket of 5-7 percent.

The correction came in the face of Covid-19. With the markets crashing to the zones of 7500, there was a long debate, to spot the bottom, what kind of recovery the markets will make.

It was really a golden time to enter, with a limited corpus but with an unlimited potential to boom. In the markets terminology, the valuations became extremely cheap. Many of the companies were trading with a P/B multiple lesser than 1.

Market treated most of the fundamentals unfairly, the companies corrected, were the leaders of their sector.

You have to understand that cash, being most liquid, is of no good if you don't put it to use. Over time, it loses value.

Therefore, in these tough times, don't switch to companies which are heavily leveraged.

Go through the business models thoroughly. They should have strong cash flows, cash on their books and most importantly, a good management. If you want to learn something, enter straight into it, cut the clutter of SIP's (my view).

On the fundamental aspect, Debt has always been a double edged sword, in good times, it amplifies the impact, whereas in tough times, it kills your expertise.

You follow your own style, this is not a thumb rule for investing. Till the moment, you are unique, your views are independent, you will prosper in this market.

As far as volatility is concerned, this is play of those traders who consistently change their positions. As an investor, you should not bother those factors much.

Everything comes with experience, don't worry on that end, at some time, you'll be able to do any and everything you earn.

Make sure your portfolio encompasses the companies, having a very strong balance sheet,

resilient business model and a competent board.

In my view, you ought to be your own portfolio manager, your own financial advisor, no one can manage your money better than you.

As an investor, you should be well versed with your analysis. You should do your homework, leave the rest on the market, to reward you. In the end, reality stands out. The fundamentals stand out. Therefore, give your best shot.

Manvinder Arora (BBA, Second Year)

Life Skill Development Workshop

On 11th January, 2020 a one-day workshop on “**Life Skills Development**” was organized by School of Commerce, NMIMS. Women Entrepreneurs, Academicians, Lawyers, and Students have participated in the workshop. The key Speakers of the workshop were Prof. VijaiNath Giri, (Professor in HRM & Communication Studies, Former HOD) Department of BS&H, IIT Kharagpur and Mrs. Meeta Shah, Senior Psychologist and Counsellor, Mumbai. Prof.Giri has delivered his talk on different aspects of Managerial Skills (i.e., Negotiation skills, Delegation skills & conflict management skills). Prof. Giri also highlighted the importance of Organizational Culture and its impact on human behaviour. Senior psychologist Meeta Shah has Shared her Views on Emotional Management and other aspects of stress handling, benefits of yoga, and positive thinking. She Stressed on eating habits and the benefits of being vegetarian and also discussed the suicidal tendencies among the youngsters and the reasons behind them.



Managing Economic Ramifications of Covid-19 through Helicopter Money

As the world grapples with an unprecedented healthcare crisis, with over a third of the global population in some kind of a quarantine, it is not surprising that economic growth has been paralysed. All nations have been rolling out massive fiscal and monetary stimuli to help their economies in the ongoing turbulence, amounting to almost 10 per cent of the GDPs, in some instances.



With no quick fix in sight for Covid-19 ravaged economies and with them falling deeper and deeper into a deep chasm with each passing day, Governments all over the world are going back to the drawing board to find strategies to deal with the economic ramifications of this pandemic. One such strategy doing the rounds is 'helicopter money'. It basically means non-repayable money transfer from the central bank to the government. It seeks to stimulate people into spending more and thereby boost the slowing economy.

What is helicopter money? This is an unconventional monetary policy tool aimed at bringing a sagging economy back on track. It involves printing huge sums of money and distributing it to the public. American economist Milton Friedman coined this term. It basically denotes a helicopter dropping money from the sky. Friedman used the term to signify "unexpectedly dumping money onto a struggling economy with the intention to shock it out of a deep slump." Under such a policy, a central bank "directly increase the money supply and, via the government, distribute the new cash to the population with the aim of boosting demand and inflation.

Is helicopter money the same as quantitative easing? Quantitative easing also involves the use of printed money by central banks to buy government bonds. But not everyone views the money used in QE as helicopter money. It sure means printing money to monetise government deficits, but the govt has to pay back for the assets that the central bank buys. It's not the same as bond-buying by central banks "in which bank-owned assets are swapped for new central bank reserves. "Helicopter money is also different

from a central bank directly financing the debt of a government.

How does helicopter money work? The central bank prints money and gives it to the Centre for distribution to individuals or corporates, directly as cash or as tax cuts. Money can be transferred to the government as the central bank buys primary issuances of government bonds. But this method can work best in an extremely low interest environment. Also, it will increase government debt.

But proponents of the helicopter money theory explain that since the central bank is nothing but an arm of the government, when the balance sheets of the government and the central bank are consolidated, the bonds held by the central bank on the asset side will be cancelled by the same bonds held on the liability side of the government. Also, the future cash flows to the government through higher tax revenue, with demand getting stimulated, will enable it to repay the debt.

Money transfer to the Centre can also happen by directly crediting the government's account with the central bank by using the central bank's existing reserves or equity. There are many supporters for this route of money transfer as well.

Demerits of Helicopter Money: One of the primary concerns with the helicopter money is that it causes inflation. This problem may not arise in the current scenario where demand is at its nadir with individuals postponing their discretionary purchases, capex plans postponed for at least a year and government likely to use money reserved for capital expenditure on healthcare spends. With credit growth also slackening, the threat of inflationary effect from this method could be minimal.

The bigger problem, however, is the impact it can have on currency value. Typically, advanced economies such as the US, Canada and the EU are better placed to print unlimited quantities of money to fund expenditure.

This is because they have hard currencies that are widely used to settle international transactions and hence are in demand. There is likely to be an impact on the rupee if the Centre uses this means. The fact that the foreign portfolio investors have already been pulling money out of Indian debt securities, could weigh on the Centre's mind.

FALL SEVEN TIMES, STAND UP EIGHT!!

It's 2020 people, it's the 'Year of Isolation'. How many of you ever imagined that you will be locked, not just for some days or weeks, but for Months? Not you, not me and not anyone! Everybody had planned something for themselves this year. Well, obviously nothing is going according to the plan. There are many times when things in life don't work the way we want them to. And when this happens, our reaction to such situation is often by way of getting irritated by even the slightest of thing, annoyed by every little thing that comes our way and so on. Is it correct to respond to things in such a way? We all know it's wrong, but we do the exact same thing because we are habituated of it. And when the cycle of things not working keeps going repeating on continuous basis, stress, anxiety, tension, fear do develop. Our mental health keeps deteriorating. Would we like that to happen to us? If not, we need to give our mind some peace, treat it with some love. Ofcourse, like our body, our mind too needs to be handled with care or it will age soon. How can we give mind some peace.

These days the concept of detox is gaining very popularity. People go on physical detox to get away the toxins stored in body which they might have gained from junk food, alcohol and such other stuff. What about the toxicity our mind gets on daily basis. Right from start of day to having a small argument with partner at home, to boss pressuring to get work done, listening to some news which has created havoc around the world or even end of the day children or family members complaining about not having enough time for them. At end of day, your mind needs peace. It needs to relax as well. There is a system in our body which throws out the food and water we consume, and if not, failing of which causes illness. But when we talk about our heart and mind, there are numerous kind of unwanted waste which we keep storing, to name a few-jealousy, hatred, emotional hurt, grudges, revenge, over thinking, anger and such others which make our mind toxic. Holding onto this leads to depression, anxiety, panic attack and mental disorders.

Our hearts and minds doesn't cleanse on it's own, it's we who are suppose to take all those negative emotions and purge them out of our system. These toxic feelings could kill the real you and would make something that you are not, distancing each and every person away

from your life, you would actually isolate yourself! There are tremendous aspects which hurt you, it could be some abuse, bullying, unemployment or even some relationship. Often such situations destroy oneself from within, lower self-esteem, confidence and essence of one's life. However, our typical Indian modern society, does not understand the concept of mental health. Because, consulting a psychiatrist is for some special people. But no, even our mental health needs a priority now. Because it's the brain only that makes our entire body function.

A Mental detox is must. We need to help ourselves, there's no need to suffocate with unnecessary baggage. There is nothing wrong in seeking therapy, because it's just like going to a doctor for some fever. And it's always better to get oneself treated before situation worsens. One needs to just SPEAK UP! It's always better to share one's feelings/ thoughts/ tension with someone trustworthy, it brings about necessary peace from within and maybe helps in seeking some guidance or support. It lightens the burden of thoughts. Or one can even write about how they feel. And it's most important, to cleanse our consciousness by adopting some spiritual practices which gives inner strength to fight these negativities.

I read a very amazing line somewhere, "It is not the glass of water that hurt our hands, but it's the duration for which we hold it. The sooner we keep it down, the better it is for us" Detoxify your mind from all the negativity. Surround yourself with people who respects you and accept you for who you are, and if they can't, it's their problem not yours. Stop being so hard on yourself, this life is too small to hold onto something! Just let it go. Try to follow the mantra of , 'Ignorance is bliss'. It will definitely help you to be happy.

Folks, don't damage yourself permanently for temporary things, there are many people who believe in you and love you! More power to one and all!

C. A. Pooja Sadane



Aditi Goyal

(B.Com, Second Year)

NMIMS is an institute of excellence that concerns students' future and also their health.

They continued to pass online teaching and learning to the students. Institution has tried its best so that students can still learn anything anytime in the lockdown. NMIMS has always thought best for everyone including their students, staff, and non-staff members.



Nisha Sahu

(BBA, First Year)

This college has enriched my life in many ways. It has provided me with the necessary tools to enhance my skills not only in education but also eventually enabled me to take part in co-curricular activities. All these aspects of the college have also made me better-rounded as a person.

IS IT WORTH CRAVING FOR?

Yes, I crave for positivity, Positivity which makes me smile within
Positivity which gives me strength to go through thick and thin
Positivity which makes me realise to live every moment because life doesn't go slow A vibe which ignites such energy making every soul around me grow and glow
Positivity which helps me collect more and more memories and not worries Positivity which helps me to live in the hurries,
Positivity which makes me work hard and believe in a beautiful fate
Positivity which keeps me away from all the hate
Positivity which connects the soul with the creator a restrain self from being a chaser
Positivity which makes my soul lively & helps me to be real and express freely
Positivity which makes me grateful for this beautiful existence making it count by healing self and other souls with consistent persistence.
Yes, I crave for positivity.

Shrey Shah, (BBA, Second Year)

SAILING THROUGH THE TURBULENT TIMES

When the world is drowning in fear,
The whispers of wind are clear.
The captain is away from here,
Saving lives of near and dear.

Some fail to understand the gravity of fear, Risking lives of everyone here. Lockdown and social distancing is way clear,
Still what brings you here.

Times such as this tests us,
Giving us time to reflect ourselves.
Bringing our people closer to us,

Giving us time to work on ourselves, Still our dreams are not distant from us.

We stand stronger than ever,
To face the unprecedented together.

While mother Nature is healing,
While inspiring minds are pondering, Pray for all those who are dealing.

Hrithik Mundra (B.Com Second Year)



Mitul Parakh
(BBA, First Year)

Being at NMIMS is itself a prestige as it has one of the best BBA courses in India. The course curriculum and the faculty are very helpful and supportive.

There are lots of opportunities offered to showcase our talents and learn the concepts by their practical applications during the various events held within the campus. The infrastructure has all the facilities with well-equipped computer labs, latest technology in audio visual multimedia. There are a lots of books available through library and e-library medium.

There is a free atmosphere to learn and explore self with the various initiatives and opportunities offered along with the academics.

It's a great place to learn and I am sure we will get lots of opportunities to grow and build our future.

अब नहीं सहेंगे

अब डरती हूँ इस शहर के लोगों से
कोई कुछ गलत ना कर जाए,
मेरी ज़िंदगी का काफिरां
चलते चलते ना बिखर जाए,

छेड़ा है मुझे बोहोत बारी
सहन करके आगे बढ़ जाती हूँ,
सहम जाता है मेरा दिल
जब आ कर माँ को गले लगाती हूँ,

बस हमदर्दी दे जाते हैं सब
क्यूकी मैं बलातकार को सह चुकी हूँ,
क्यों किया मेरे साथ ऐसा

कितनी बार रब से यह कह चुकी हूँ,
एक नारी के शरीर की इज़्जत
पूरे जहाँ को सिखाना चाहती हूँ,

उनकी माँ बहनों के
साथ भी हो सकता है
ऐसा उन बेशरम मर्दों को
बताना चाहती हूँ, सुरक्षा
का मतलब सब जानते हैं

लेकिन इस देश में कब होगी,
तुम सब करके फांसी चढ़ जाओगे
लेकिन मेरी तरह देश की
एक और नारी रोएगी,
याद करती हूँ अपना बचपन

खुशियां भूली नहीं हूँ मैं,
पछताती हूँ कि ज़िंदा हूँ
लेकिन अभी टूटी नहीं हूँ मैं,

वादा करती हूँ सबसे
एक दिन ज़रूर रौशनी लाऊंगी,
चाहे बलिदानी देनी पड़े

हर एक नारी को हक दिलाऊंगी,
अब लड़नी है मुझे ये जंग
इस देश से बलातकार मिटाना है,

बेशक रोते रोते ही सही
लेकिन इस शासन में बदलाव लाना है,
इस देश की हर एक निर्भया को
पूरा इंसाफ दिलाना है.

Arush Nandwani
(BBA, First Year)

समाज

हां यह वही समाज है,
जहां एक को पढ़ाई करने के लिए
चिल्लाया जाता है,

तो एक को पढ़ाई ना करने के लिए।
एक की आवाज को गुस्सा बताया जाता है,
तो एक की आवाज को बदतमीजी।
खैर यह समाज है, यह कैसे गलत हो सकता है।
हां यह वही समाज है,

जहां बेटियों को देवी का दर्जा दिया जाता है,
तो वही बेटियों के साथ ऐसा
सुलूक किया जाता है। खैर यह समाज है,
यह कैसे गलत हो सकता है।

हां यह वही समाज है।
जहां चलते-फिरते भगवान को
घर से धक्के मार कर घर से बाहर निकाल देते हैं,
तो वहीं एक पत्थर की मूरत को सजा कर
उसकी पूजा करते हैं। खैर यह समाज है,
यह कैसे गलत हो सकता है।

हां यह वही समाज है, जहां एक औरत
दूसरी औरत की कोख में लात मारती है,
तो वहीं एक मर्द दूसरे मर्द की कमाई पर हंसता है।

खैर यह समाज है, यह कैसे गलत हो सकता है।
हां यह वही समाज है, जहां लड़कियों को अपना
दुपट्टा संभालने के लिए बोला जाता है,
लेकिन वही लड़कों को अपनी नजर संभालने
के लिए नहीं बोला जाता है। खैर यह समाज है
यह कैसे गलत हो सकता है,

हां यह वही समाज है, जहां दूसरे का पल्लू
खींचकर वहीं रुक जाते हैं,
पर वही अपने घर के इज्जत का पल्लू
अनजाने में भी घिस गया तो हाथ तक उठ जाते हैं।
खैर समाज है, यह गलत कैसे हो सकता है।

हां यह वही समाज है, जहां पति की जबरदस्ती
को हक का नाम देके उसे खुदा का
दर्जा दिया जाता है, तो वहीं किसी और
की जबरदस्ती को शैतान का नाम देके
उसे सजा दी जाती है। खैर यह समाज है,
यह कैसे गलत हो सकता है।

कुछ तो लोग कहेंगे लोगों का काम है कहना,
आप सब खुश रहे यही कामना।
और यह सोचना बंद करे
कि '4 लोग क्या कहेंगे',
क्योंकि कहीं ना कहीं वह चार लोग भी
यही सोचते हैं कि '4 लोग क्या कहेंगे'।

Prajakta Nikkam
(BBA, First Year)

College in News

Workshop



Annual Day



Events at Campus



Poster Presentation





SVKM's NMIMS Dhule Campus

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(Intake 60 each)

▪ **B.B.A.** 3 years

▪ **B. Com (Hons.)** 3 Years

- Smart board classes, live projects with Industries, Video Conferencing with eminent personalities and Experts from Industries.
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- Students across the nation, to help you grow with diversified culture.
- Innovative Course curriculum which is comprehensive and updated regularly in consultation with the Board of Studies and through interaction with industry professionals and academicians.
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