



# DARPAN

*e-News Letter*

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**Dr. Mona Tawar**  
**Dr. CA Prashant Jain**

*“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”*  
—Malcolm X- Steve Jobs

**PIONEER INSTITUTE OF PROFESSIONAL STUDIES<sup>TM</sup>**

(An Autonomous Institution Established in 1996)

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• NAAC Accreditation • College With Potential For Excellence (CPE)  
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Website : [www.pioneerinstitute.net](http://www.pioneerinstitute.net) | [www.pioneerjournal.in](http://www.pioneerjournal.in)

## **MESSAGE FROM THE DESK OF THE CHAIRMAN**

*The whole world is facing economic crisis. For creating additional, we have to slice the extra cost and should also take most favorable deployment of the resources. I am convinced that India will lend a hand to entire world by generating such extra and will also administer prospect to face the challenges.*

*The fraternity of Pioneer Institute is endlessly targeting the innovative stature and sphere of education and research to outfit the society by educating young professionals. I am happy to observe the steady growth and expansion of Pioneer Society. The Society was established with a solemn wish to offer quality education and training of the world class level. We are dedicated to make the students secure, conversant and sensible. Pioneer Institute provides a wide spectrum of courses in the area of Management and Information Technology.*

*I am grateful to all the parents and Institutions who have extended cooperation and support to us in translating the dream into reality. I am very much optimistic that our undertaking to serve humanity through enlightenment of the ignorant by dispelling the dimness will remain a reality during the times to come. I applaud you in contributing to the success of my Institute and visiting the website.*

**CA Dr. P.K. Jain**

**Pioneer Institute of Professional Studies, Indore**



## **MESSAGE FROM THE DESK OF THE EXECUTIVE DIRECTOR**

*The effects of globalization have driven incredible revolutions within the learning organization. The alteration is so forceful that the educational system has to keep itself abreast with the most recent developments. The existing dilemma in education has led to globalization of the education sector. To congregate world-class competencies in our potential students, we at Pioneer have launched exclusive and distinctive programs through extracurricular activities.*

*The curricular activities offered by the Institute facilitate the students to an overall personality transformation, training them to be better managers, and better individual. The meticulous syllabuses not only instill in them, an obsession for information but also attempt to prepare them how to submit the application to real-life situations. The programs positions stress on well-formed personality improvement of the students and also in inculcating the standards of collaboration and respectability in them.*

*Web based learning system, fast growing use of internet, importance of video conferencing in learning and research are considered these days as a common practice in the myriad developing fields around the world. The aim is to impart strong professionalism in thinking and performance. This is an indication of our accomplishments and we are on our way to perfection.*

**CA Prashant Jain**

**Pioneer Institute of Professional Studies, Indore**

### **Message from the Desk of the Director**

*Pioneer Institute is steadfast to develop leaders in management and technology with the competencies insisted on by a rapidly shifting multifaceted global business background. We strive to develop in students, a hands-on approach with a narrative visualization and an in-depth thoughtful of the real life business through miscellaneous pedagogy, exposures and lot else.*

*Since its inception, the institute has developed a lot in its infrastructure, academics and laboratories.*

*After the autonomous status, the Institute has developed a well-balanced curriculum, educated by qualified, skilled and knowledgeable faculty members who develop the necessary skills in students which again is necessary to meet tomorrow's applications.*

*We are in a continuous process of development to meet the demands of the rapidly changing related management fields. We look forward to welcome you to this academic community at Pioneer Institute of Professional Studies, Indore.*

*Dr. Mona Tawar*

***Pioneer Institute of Professional Studies, Indore***

### **MESSAGE BY PROF. ISHA JAIN**

*In order to recognize the importance of providing educational activities that enrich and broaden student experiences as an integral part of the curriculum as well as beyond the normal academic day, the Institutional Committee supports the development of co-curricular and extracurricular programs in accordance with the policies established. Co-curricular programs are defined as those activities that enhance and enrich the regular curriculum during the normal days. Extracurricular programs are defined as those activities that broaden the educational experience which usually take place beyond the normal college day. Students who desire to participate or be the Volunteer shall do so with the understanding that it is a privilege for them to be the member a team.*

*All students are invited to participate and the activities are designed to meet the needs of and to stimulate interests expressed by students and should cover a broad range of abilities. There are equal opportunities for all students to participate in such programs. Recognizing the positive aspects of co-curricular programs that enrich and enhance the regular elementary college program, the College Committee supports the development of such activities in all areas of the approved curriculum.*

*Conventional cultural activities, such as band and art class, benefit students by bolstering their general commitment to socio-educational goals, such as college attendance. In the case of elite college admissions, on the other hand, exposure to high-status cultural forms would appear to play a strong role, though not in ways that is easily transmitted to students through Institutes.*

***Prof. Isha Jain***  
***Pioneer Institute of Professional Studies***

S. No.	Date	Event	Speaker/Guest	Attendees
1	17-7-18	FDP	Dr. Prachi Sharma	All Faculties and Management of Pioneer Institute
2	11/7/2018	World Population Day	Mr. Suresh Vaish	5 Students of Pioneer Institute.
3	17/07/18	SIP (Swachh Bharat)	Camp at Begamkhedi and Khatrikhedi	Mr. Suresh Vaish, Mr. Mridul Tewari and 7 Students of Pioneer Institute
4	18/07/18	Tree Plantation	Mr. Kuldeep Agnihotri, Mr. Mridul Tewari and Mr. Suresh Vaish	20 Students of Pioneer Institute
5	19/7/18	SIP (Swachh Bharat)	Camp at Begamkhedi and Khatrikhedi	Mr. Mridul Tewari and 7 Students of Pioneer Institute
6	21/7/19	SIP (Swachh Bharat)	NSS to Ujjaini, Devgurariya	Mr. Mridul Tewari, Mr. Suresh Vaish and 15 Students of Pioneer Institute
7	24/07/2018	FDP	Dr. Prachi Sharma	All Students, All Faculties and Management of Pioneer Institute
8	01/08/2018	Seminar	Swachhata and Swachhata Oath	All Students, All Faculties and Management of Pioneer Institute
9	12/8/2018	Lecture	Stress Management by Dr. Ambrish Joshi	All Students and All Faculties of Pioneer Institute
10	12/8/2018	Lecture	Yoga therapy and Meditation by Dr. Aradhana Joshi	All Students and All Faculties of Pioneer Institute
11	13/08/2018, 14/08/18 and 15/08/18	Independence Day Celebration	30 Participants	All Students of Pioneer Institute
12	14/08/18	NSS Camp	Students of Pioneer Institute	Ms. Simnalika Kushwaha, Mr. Mridul Tewari and 35 Students of Pioneer Institute
13	16/08/18	Mentors Meeting	Dr. Shweta Mogre, Dr. Tanu Srivastava, Ms. Kumkum Sinha and Ms. Simnalika Kushwaha	All Students of Pioneer Institute

14	18/08/18	Certificates Distribution SIP on Swachhta		Dr. Neha Lakhotia and All Students Participated in NSS
15	20/08/18	Rakhi Stalls by Rotary Paul Harris		All Students and All Faculties of Pioneer Institute
16	20/08/18	Red Ribbon Club (Motivating Youth)	Dr. Rashmi Badjatya	All Students of Pioneer Institute
17	21/08/18	Red Ribbon Club (Celebration of Youth Mela)	Ms. Simnalika Kushwaha	All Students of Pioneer Institute
18	4/9/2018	Induction Program	Ms. Kumkum Sinha	All Students and All Faculties of Pioneer Institute
19	5/09/2018	Teacher Day	Ms. Kumkum Sinha	All Students and All Faculties of Pioneer Institute
20	11/09/2018 and 14/9/18	Yog Shivir by Amrita University	Ms. Kumkum Sinha	All Students and All Faculties of Pioneer Institute
21	15/09/2018	Red Ribbon (Exposure Visits and Awareness Campaigns)	Ms. Sheetal Goutam, Ms. Simnalika Kushwaha	All Students of Pioneer Institute
22	17/09/2018	NSS Camp	Khemana, Chauhankhedi and Kanadiya	Mr. Altamash Malik, Ms. Kumkum Sinha and 39 Students
23	18/09/2018	Seminar on Success in You	Mr. Prince Verma	All Students and All Faculties of Pioneer Institute
24	19/09/2018	Seminar on Digital Marketing	Mr. Kunal Soni	All Students and All Faculties of Pioneer Institute
25	24/09/18	Youth Conference	National Conference	Chief Guest, Guest of Honor, Delegates, All Students and All Faculties of Pioneer Institute
26	26/09/18	Motivational Lecture	Dr. Sandeep Atre	All Students and All Faculties of Pioneer Institute

## **FDP**

On 17<sup>th</sup> July, 2018, FDP was conducted by Dr. Prachi Sharma for all the Faculty members of Pioneer Institute. At Pioneer Institute, each faculty member is encouraged to attend training programmes which would lead to skill building and enhancement in their chosen area of specialization. Further, the senior faculty members who have proven expertise in their subjects are encouraged to offer various training programmes/workshop with the objective of disseminating knowledge to the larger academic and practitioner community alike. Faculty Development Program aims to strengthen teaching and research skills in the contemporary and emerging areas of management and to expose participants to recent developments in teaching and research methods. The program uncovers case based methods of teaching and helps the participants in developing the skills in preparing cases to be used for their classes. Faculty Development is initiated through a competitive edge faculty programme where they would initiate and inculcate their experiences and engage in the process of learn new modes and become academically equipped.

Dr. Prachi took FDP on the topic “Understanding Student Psychology” Today’s educational system is highly complex. There is no single learning approach that works for everyone.

That’s why psychologists working in the field of education are focused on identifying and studying learning methods to better understand how people absorb and retain new information.

Educational psychologists apply theories of human development to understand individual learning and inform the instructional process. While interaction with teachers and students in school settings is an important part of their work, it isn’t the only facet of the job. Learning is a lifelong endeavor. People don’t only learn at school, they learn at work, in social situations and even doing simple tasks like household chores or running errands. Psychologists working in this subfield examine how people learn in a variety of settings to identify approaches and strategies to make learning more effective.





## **World Population Day**

The World Population Day was observed across the globe on July 11, 2018 to focus attention on the urgency and importance of population issues. The theme of the World Population Day 2018 was 'Family Planning is a Human Right'.



### **SIP (Swachh Bharat)**

The Students of the Institute visited Begumkhedi and created awareness about the benefits of various cleanliness programs run by the government on Central and Regional Levels amongst the villagers. The students taught how staying clean and green can help in saving the environment. The students trained the villagers about the waste disposal management, and how the waste can be helpful for them. They educated about the bio-degradable and non- bio-degradable wastes, vermin-compost, etc. The students threw light upon various sanitation techniques and issues regarding women hygiene, daily hygiene, and diseases caused by the improper sanitation techniques.

The cleanliness drive and awareness campaign was being carried out by the students of Pioneer Institute of Professional Studies to aware the villagers about the precautions of the monsoon diseases like Dengue and Malaria. Students also conducted a baseline door to door campaign on Sanitation and Safe Drinking Water. Awareness was been created against open defecation and



other unhygienic practices prevailing in the village. The primary idea of the door to door campaign was to convey appropriate health messages for the targeted communities in the area.





## **Tree Plantation**

Our Institute launched an extensive Plantation Programme on 18/07/18. The students and teachers selected the empty spaces in the college campus to plant saplings in a well-organized way. The saplings were supplied by the local municipality corporation. In order to restore the eco-balance of the afforestation drive was taken with all seriousness. Anyway, participants were highly enthusiastic to make it a big success. The students planted saplings, and fenced them and watered the plants. Every step of the programme was appreciated by the representatives of the administration and the local forest department officials. The programme created a great stir among the general public too. At the end of the programme the college held a seminar to observe the World Environment. The students were told about the importance of Mother Nature and tree plantation. The day was celebrated with great enthusiasm. The students tried to show gratitude to the maothernature.







### **Swachhata and Swachhata Oath**

Prime Minister Shri Narendra Modi exhorted people to fulfill Mahatma Gandhi's vision of Clean India. The 'Swachh Bharat Abhiyan' is a massive mass movement that seeks to create a Clean India. Cleanliness was very close to Mahatma Gandhi's heart. A clean India is the best tribute we can pay to Bapu when we celebrate his 150th birth anniversary in 2019. Mahatma Gandhi devoted his life so that India attains 'Swarajya'. Now the time has come to devote ourselves towards 'Swachchhata' (cleanliness) of our motherland



Prime Minister Shri Narendra Modi launched the 'Swachh Bharat Abhiyan' (Clean India Mission) on 2nd October 2014, the 145th birth anniversary of Mahatma Gandhi. The Prime Minister launched the Abhiyan at Rajpath in New Delhi after paying tribute to two great sons of Mother India, Mahatma Gandhi and Former Prime Minister Lal Bahadur Shastri, on their birth anniversary.

In pursuance to the vision of Swachh Bharat Abhiyan, Pioneer Institute of Professional Studies, Indore has launched the special cleanliness drive and has formally constituted a committee to monitor and coordinate cleanliness activities in the college. The broad plan of action will be as follows: 1. Generating mass awareness on cleanliness and hygiene amongst students and staff members by holding regular 'Sensitization Programmes' on 'Swachh Bharat Abhiyan' so as to motivate them to contribute to this Campaign in a proactive manner. 2. Activities under 'Swachh Bharat Abhiyan' will be a key component of all the community work being done by NSS volunteers of the college.

3. Students and Teachers will regularly participate in the special cleanliness drive in the college campus on continuing basis.

4. Events such as poster and slogan competitions, essay writing, poetry writing/ reciting, speeches, skits on 'Swachh Bharat' will be organized.

5. Rallies on themes connected with 'Swachh Bharat Abhiyan' in and around the college campus will be conducted to create mass awareness on such issues.

6. Eminent people will be invited to address students and staff members on issues connected with 'Swachh Bharat Abhiyan'.

7. Removal of all kind of waste material like broken furniture, unusable equipments etc and weeding out the old books and journals not in use from the library.

8. Administration of the Mass pledge by students and staff members to maintain cleanliness of the college campus and its surrounding areas on regular basis.

9. Conduct of workshop on the reuse and recycle of the waste material.

10. Constitution of the subcommittee to conduct the regular inspection of the toilets, corridors and surrounding of college building.

The committee on Swachh Bharat Abhiyan organized massive cleanliness drive in the college premises. All faculty members and students voluntarily participated by cleaning the playgrounds, classrooms and corridors of the college. The students and staff members took voluntary oath to maintain cleanliness of the college campus and its surrounding areas on regular basis. Periodic Anti Fogging has been conducted in the college premises as a preventive measure to control the mosquitoes breeding in the college. The lecture series and workshop was organized on "Issues in Environmental Hygiene & Health" in the college. A panel of three experts was invited to create awareness about cleanliness, hygiene, sanitation and the various diseases that are caused due to poor hygienic conditions. The special cleanliness drive was conducted on to clean hoarding/signage of the college, medical rooms and removal of unwanted materials from almirahs, cupboards and drawers in various departmental rooms and staff room of the

college. Further, the awareness programmes like Marches by students, Essay/Slogan competition, Display of Sign Boards in the surrounding areas are on the anvil to sustain the initiative of Cleanliness in the college.

## **Stress Management by Dr. Amrish Joshi**

We all experience stress in our lives. Because the vast majority of health problems are caused or influenced by stress, it's important to understand how stress affects your body and learn effective stress management techniques to make stress work *for* you rather than *against* you.

### **What Is Stress?**

Stress is your body's response to changes in your life. Because life involves constant change (ranging from changing locations from home to work each morning to adapting to major life changes like marriage, divorce, or death of a loved one), there is no avoiding stress.

This is why your goal shouldn't be to eliminate all stress, but to eliminate unnecessary stress and effectively manage the rest. There are some common causes of stress that many people experience, but each person is different.

### **Causes of Stress**

Stress can come from many sources, which are known as "stressors." Because our experience of what is considered "stressful" is created by our unique perceptions of what we encounter in life (based on our own mix of personality traits, available resources, habitual thought patterns and more), a situation may be perceived as "stressful" by one person and merely "challenging" by someone else.

Simply put, one person's stress trigger may not register as stressful to someone else. That said, certain situations tend *to* cause more stress in most people and can increase the risk of burnout. For example, when we find ourselves in situations where there are high demands on us; where we have little control and few choices; where we don't feel equipped; where we may be harshly judged by others; and where consequences for failure are steep or unpredictable, we tend to get stressed.

Because of this, many people are stressed by their jobs, their relationships, their financial issues, health problems, and more mundane things like clutter or busy schedules.

### **Effects of Stress**

Just as stress is perceived differently by each of us, stress affects us all in ways that are unique to us.

One person may experience headaches, while another may find stomach upset is a common reaction, and a third may experience any of a number of other symptoms. While we all react to stress in our own ways, there is a long list of commonly experienced effects of stress that range from mild to life-threatening. Stress can affect immunity, which can impact virtually all areas of health. Stress can affect mood in many ways as well.

If you find yourself experiencing physical symptoms you think may be related to stress, it is important to work on managing that stress and talk to your doctor to be sure you are doing what you can to safeguard your health. Symptoms that may be exacerbated by stress are not "all in your head" and need to be taken seriously.

## **Effective Stress Management**

Stress can be effectively managed in many different ways. The best stress management plans usually include a mix of stress relievers that address stress physically and psychologically, and help to develop resilience and coping skills.

- Use quick stress relievers. Some stress relief techniques can work in just a few minutes to calm the body's stress response. These techniques offer a "quick fix" that helps you feel calmer in the moment, and this can help in several ways. When your stress response is not triggered, you may approach problems more thoughtfully and proactively. You may be less likely to lash out at others out of frustration, which can keep your relationships healthier. Nipping your stress response in the bud can also keep you from experiencing chronic stress.

Quick stress relievers like breathing exercises, for example, may not build your resilience to future stress or minimize the stressors that you face, but they can help calm the body's physiology once the stress response is triggered.

- Develop stress-relieving habits. Some techniques are less convenient to use when you are in the middle of a stressful situation. But if you practice them regularly, they can help you manage stress in general by being less reactive to it and more able to reverse your stress response quickly and easily.

Long-term healthy habits, like exercise or regular meditation, can help to promote resilience toward stressors if you make them a regular part of your life. Communication skills and other lifestyle skills can be helpful in managing stressors and changing how we feel from "overwhelmed" to "challenged" or even "stimulated."

- Eliminate stressors when you can. You may not be able to completely eliminate stress from your life, or even the biggest stressors, but there are areas where you can minimize it and get it to a manageable level. Any stress that you can cut out can minimize your overall stress

load. For example, ending even one toxic relationship can help you more effectively deal with other stress you experience because you may feel less overwhelmed.

Discovering a wide variety of stress management techniques, and then choosing a mix that fits your needs, can be a key strategy for effective stress relief

## **ISSUES TREATED BY YOGA THERAPY**

Yoga therapy is a growing field and scientific evidence has begun to emphasize its efficacy. It is used to treat existing mental and physical health issues, but can also be used as a self-care strategy for prevention and maintenance.

Yoga therapy is well established as a treatment for depression and anxiety. A meta-analysis cited in the Primary Care Companion for CNS Disorders found that yoga therapy also shows promise for the treatment of posttraumatic stress (PTSD) and schizophrenia. Additionally, yoga therapists have begun to develop treatment modalities to suit children with autism. The book *Yoga Therapy for Children with Autism and Special Needs*, written in 2013 by yoga teacher Louise Goldberg, is already considered a critical text for novice and experienced yoga therapists alike.

According to a 2012 article in *Social Work Today* magazine, yoga therapy is also emerging as an effective treatment for substance abuse issues. Mental health professionals point out the way yoga positively impacts the parts of the mind and body susceptible to addiction. Studies have shown that yoga boosts the neurotransmitter GABA (gamma-aminobutyric acid), which is important because GABA levels are statistically low in people who experience substance abuse, anxiety, and depression.

Because of its concentration on mind and body integration, yoga therapy is also used to address many physical health issues. It has been effectively used to treat back pain, heart conditions, asthma, chronic fatigue, hypertension, multiple sclerosis, and side effects of chemotherapy.

## **PRACTICE AND BENEFITS OF YOGA THERAPY**

Yoga therapy is practiced in a wide range of formats. Physical therapists, for example, often implement yoga techniques in their delivery of massage and other treatments. Yoga therapy practice can resemble physical therapy, rehabilitative therapy, and/or psychotherapy. Unlike a standard yoga class, yoga therapy sessions are typically conducted in one-on-one or small group settings. Yoga therapy can be provided as an adjunct therapy to complement other

forms of treatment, or it can be used to directly treat a specific issue. Yoga techniques range from simple to advanced, and can be enjoyed by people of all ages.

Potential benefits from yoga therapy include stress reduction, psychological well-being, improved diet, and efficient functioning of bodily systems. A 2011 qualitative study from Inkanyiso: Journal of Humanities and Social Sciences examined the effects of yoga therapy on anxiety. The findings not only indicated that yoga therapy effectively reduced subjects' anxiety, but improvement across several dimensions of physical and mental health including physicality, relaxation, and mindfulness.

## **HISTORY OF YOGA THERAPY**

Yoga therapy is rooted in the ancient practice of yoga, which originated thousands of years ago in India. Yoga made its way to the United States in the late 1800s, but yoga therapy emerged in a formal manner in the 1980s as the result of a study conducted by Dr. Dean Ornish. The study illustrated how the implementation of a healthy lifestyle program could reverse heart disease. Ornish's program included therapeutic yoga and was the first of its kind to highlight the benefits of using yoga in this way. This program for treating heart disease was approved for insurance coverage in 1990 and it marked the beginning of the medical field's acceptance of yoga as a treatment option.

In 1983, the Biomedical Yoga Trust was founded to further develop and standardize the field of yoga therapy. The International Association of Yoga Therapists (IAYT) was founded in 1989 and has since hosted yoga conferences, published the Journal of the International Association of Yoga Therapists, and contributed to the creation of yoga therapy training standards. Both organizations have facilitated research to explore the extent of yoga therapy's potential.

## **WHAT TO EXPECT FROM YOGA THERAPY**

When a person decides to initiate yoga therapy, the therapist will first conduct an initial assessment. This assessment is designed to do the following:

- Identify health problems
- Assess lifestyle and physical capability
- Discuss reasons for seeking therapy

Create a course of treatment

Once the treatment plan is established in this first consultation, the frequency of sessions is agreed upon and sessions are scheduled. From this point, therapy sessions will most likely include the following components:



- **Breathing Exercises (Prayanama):** The therapist will guide the person in therapy through a series of breathing exercises ranging from energizing breaths to balancing breaths.
- **Physical Postures (Asana):** The therapist will teach the person in treatment appropriate yoga poses that address problem areas. For example, the “Legs Up the Wall” pose is used to treat things like anxiety and insomnia. In this pose, the person lays on his or her back with legs positioned up against the wall.
- **Meditation:** Relaxation and mindfulness are the focus of meditation when it is combined with yoga poses.
- **Guided Imagery:** The yoga therapist attempts to calm the body and mind by providing a guided visualization intended to bring inner peace.
- **Homework:** An important element for any yoga practice is to find a way to incorporate it into daily life. Yoga therapists provide instructions on how to use what has been learned in treatment at home.

## WHO OFFERS YOGA THERAPY?

The most well-known professional title to describe a yoga therapist is Certified Yoga Therapist, credentialed as CYT. However, because the field of yoga therapy is fairly young, no official, formalized certification process exists. However, there are many organizations and education programs accredited by the IAYT that offer training and certification. Some well-respected training programs include:

- Integrative Yoga Therapy
- American Viniyoga Institute
- Essential Yoga Therapy
- Phoenix Rising Yoga Therapy
- YogaLife Institute
- Any training program accredited by the International Association of Yoga Therapists (IAYT)

Though therapists vary in education and experience, most well-trained yoga therapists have a strong knowledge base in:

- Yoga philosophy, techniques, and education
- Therapeutic yoga techniques
- Anatomy and physiology
- Diet and nutrition
- Basic understanding of medical care and first aid
- Basic understanding of business ethics

When deciding on a yoga therapist, it is important to know that there are many types. Some are yoga teachers, yogis, and gurus while others are psychotherapists, psychologists, and physical therapists. The Yoga Journal website suggests seeking out word-of-mouth referrals and yoga studio recommendations. The most crucial thing is to find a therapist who has solid experience and training, and with whom you can develop a positive therapeutic relationship.

### **Independence Day Celebration**

Pioneer Institute of Professional Studies, Indore celebrated Independence Day on 15<sup>th</sup> August 2018, with great enthusiasm and respect. The ceremony started at 8:30 AM .

The Principal and Director unfurled the tricolour flag and all in unison sang the National Anthem and expressed the joy of our freedom. The March Past by the students of College was the highlight of the day. The celebration continued with patriotic songs and dance performances by the students. The students expressed their sentiments and aspirations for the country through English and Hindi speeches. The Principal, Pioneer Institute of Professional Studies, in his speech urged the students to take the pledge towards a Clean India, Poverty-free India, Corruption-free India, Terrorism-free India, Communalism-free India to commemorate the sovereignty of our nation. Indeed, it was a day of joy, a day to love and respect our country and make it a better place for Indians to live and experience the freedom, peace and unity in diversity.

Independence Day on August 15th is celebrated every year across the nation. The moment will not only be celebrated in governmental offices, but also in schools and colleges as well. The National Day is followed since 1947. Independence Day Celebration In Educational Institutions Flag hoisting ceremonies and cultural programs take place in governmental and non-governmental institutions throughout the country. Schools and colleges conduct flag hoisting ceremonies and cultural events. Major government buildings are often adorned with strings of lights. A week before the day of celebration, students enjoy the time of preparation they spend in college. Skipping classes during practice may be a part of their happiness, but they are over excited in preparing themselves for the performances too. They spend more than half-a-day in school practicing for march-past, speech, dance, sports, cultural activities and more.







## **NSS Camp**

NSS unit of Pioneer Institute of Professional Studies, Indore organized a special camp in the adopted village. This special camp was organised with the help of Panchayati Raj Department of Indore. The main project for this camp was based on, to make the adopted villages free from open defecation. The Volunteers of the NSS unit performed many other activities – awareness programmes as literacy, tree plantation, health and hygiene, construction and repairs, communal harmony etc.

The NSS students of Pioneer Institute of Professional Studies visited adopted villages I as a part of the NSS special camp and took up various health and sanitation activities apart from educating the villagers on the need to plant more trees.

The seven-day camp exposed students to the rural life apart from understanding a cross section of people and their behaviours. During the first two days the volunteers conducted a village survey in which the volunteers collected information from villagers regarding their family, education details and type of employment they are engaged in. The next days they conducted 'Clean & Green Programme' in which volunteers got the opportunity to clean the school, health centre and roads.

On the 5th day there was a 'Tree Plantation drive' in which the volunteers planted trees in School, Temples and near the Village Panchayat office. A health camp was also conducted that received tremendous response. On the last day the students had lunch with the prominent people of the village









## **Mentors Meeting**

The Institute organized “Mentor Mentee Meet” on 16/08/18. The objective of this meet was to provide a common platform to the students to have an open interaction with the alums who are working in various companies at good positions. The meet started with the lighting of lamp by the Dr. Mona Tawar, Director, Dr. Isha Jain and all the invited mentors. Dr.Tanu Srivastava welcomed the mentors and mentees and elaborated the significance of “mentor-mentee” relationship in career. Further, Dr. Shweta Mogre explained the objective of this meet to the participants and highlighted the immediate and long-term benefits which mentees can get if they utilize this platform to the maximum. The mentors one by one gave their introduction and gave brief insights on current need of the HR industry.

An activity named “My Managerial Grid” was conducted. The aim of this activity was to understand the level of capabilities a mentee possesses to excel in the role of a manager. Based on the mentees’ responses the mentors gave their inputs and gave some tips to the mentees on



how they can nurture their overall capabilities. The students also discussed some queries/incidents related to their ongoing Internship.

Overall the session was very interactive. The mentors educated the mentees with very useful guidance which will help them to prepare for the ultimate corporate exposure. The mentees also made most of this opportunity.

### **Certificates Distribution SIP on Swachhta**

The felicitation programme was organized at the Institute on 18/08/18 for all the participants of Swachta Pakhwada. The program started with welcoming of dignitaries with a sapling. The program was presided over by Ms.Simanalika Kushwaha. The program commenced with lamp lighting and Saraswati Vandana, welcome speech was given by Mr. Sachin Jadhav, (Nominated member of Swachhta Pakhwada), Swachhta Pakhwada report was presented by Mr.Aniruddh Dubey (Co-ordinator, Swachhta Action Plan) and Mr. Himanshu Pal (Nominated member of Swachhta Pakhwada).A poetry was presented by student Shivani Patel. Later a skit was presented by students of B.Sc. 2nd year. Later mementos were awarded to members who led swachhta pakhwada activities. Nodal officer, program coordinator and other nominated members of swachta pakhwada were honored. Student coordinators were awarded with momentos.Then prize distribution was held for competition and activities followed with distribution of certificate of appreciation for participation in Swachhta Pakhwada activities. Vote of thanks was given by Dr. Neha Lakhotia .Lastly the program concluded with National Anthem.

### **Rakhi Stalls by Rotary Paul Harris**





## **Red Ribbon Club (Celebration of Youth Mela)**

The celebration of the Youth Mela was organized in the institute on 21<sup>st</sup> August, 2018 involving more than 100 participants. The purpose of the same was to motivate youth and build their capacity as peer educators and change agents by developing their skills on leadership, negotiation and team building. Ms. Simnalika Kushwaha helped and encouraged the students to participate in the event.

## **Induction Program**

When new students enter an institution, they come with diverse thoughts, backgrounds and preparations. It is important to help them adjust to the new environment and inculcate in them the ethos of the institution with a sense of larger purpose. The Induction Program is designed to make the newly joined students feel comfortable, sensitize them towards exploring their academic interests and activities, reducing competition and making them work for excellence, promote bonding within them, build relations between teachers and students, give a broader view of life, and building of character.

With the above vision Pioneer Institute of Professional; Studies, Indore conducted a 2 day (i.e 31<sup>th</sup> August – 1<sup>st</sup> September 2017) Induction Program for the new joiners. The Program was organized for UG I and MBA I and was witnessed by UG III, UG V and MBA III Students along with Faculty and Staff Members.

The Program started at 8:30 A.M. with the lightening of Lamp and was followed by a tribute given to Dr. Kalam.

*Day 1 i.e. 31<sup>th</sup> August* was a formal gathering where in the new joiners were introduced to the Institution with the help of an Institution Presentation. After this various Mentors were introduced and they helped the students know the institutional culture like the discipline that is to be maintained in the premises, uniform system, class timings, examination pattern, mentoring system, extracurricular activities etc.

Students were also told about the norms of Anti Ragging, Online submission of Fees and the different cells that are functional in the institution for their betterment like women empowerment, Social Cell, Grievance Handling Cell etc. This was further followed by introducing the faculty and staff members to the aspiring students. The day ended with the



announcement that on 1<sup>th</sup> September it's time for the new joiners to reveal their talents as the entire day was dedicated for EDC (Entrepreneurship Development Cell) ACTIVITY. All the students came in Traditional Outfits and were well prepared with their respective performances. The day started with Competition among seniors and juniors. Various Talent Hunt Competitions such as Solo Dance, Group Dance, Solo Song, Group Song, Mimicry, Shayari, Poem etc. were held. Students came beautifully dresses in their traditional outfits. Various prizes were given to the new faces such as Best Song, Best Dance, Best Shayar, Active Performer of the Day, Best Selfie Club, Best Dress, Best Smile and Best Face of the Year.

Day 2 that is 1<sup>th</sup> September 2017 was EDC day for the students. The entire day was devoted for EDC Cell where students came up with various business ideas and put up stalls of the same. This activity was conducted with the vision of developing entrepreneurial skill of the students. Here many hidden talents were appreciated for the efforts they had put in by acknowledging them with prizes such as Maximum Sale, Minimum Investment, Team Effort, The Best Marketers etc.





## **Teacher Day**

To mark the great Teacher & Philosophyist, Dr Sarvapalli Radhakrishnan's Birthday, Teachers Day was observed and celebrated at the Institute on September 05, 2018 at 2.00 p.m. Both the students & staff of the Institute gathered joyfully for the celebration.

The function was inaugurated with lamp lighting by Dr. P.K. Jain, Dr.Mona Tawar and Dr.Prashant Jain. The program commenced with seeking blessing from god by Saraswati Vandana, followed by welcome skit and this high lightened the importance of teachers in one's life.

The students had organized a number of fun games for the teachers which were thoroughly enjoyed and appreciated. The dance performance by Megha from B.B.A ( Sem III) was very graceful and greatly enjoyed by all. The programme ended with cake cutting ceremony after which snacks were distributed among all. The Director and faculty members were overwhelmed by the efforts and love shown by the students.





### **Yog Shivir by Amrita Univesity**

On 11<sup>th</sup> September, 2018 and 14<sup>th</sup> September, 2018 Yog Shivir was organized by Pioneer Institute, held by Amrita Univesity, Kerala.

Yoga's motto is simple: a healthy mind inside of a healthy body. This stands for a lot of what yoga can do for you, including helping you to let go of stress, help the pain in your back or other areas of your body, and even help you shave off a few extra pounds. Yoga allows the yogi to concentrate their body and soul into one, performing the act as one individual that is sure to meet your needs. By creating a perfect harmony with your body, yoga can help you self-heal, remove toxins from your body and mind, increase your awareness in yourself, and even help your attention and focus.

A yoga and meditation workshop was organized for two days at Pioneer Institute of Professional Studies on September 11<sup>th</sup> and 14<sup>th</sup>, 2018. Mr. Narinder Anand along with Ms. Shweta from

Amrita University, Kerala came to address the students on the benefits of Yoga and meditation. Mr. Kailash Kalinker from the Indore centre was also along with them.

Yoga is important for all but it's hard to deny the unique aspect of centering the body and mind that yoga allows the yogi to experience. It keeps you relaxed by shoving out the stress and anxiety when you achieve the mind space that you are supposed to be in. On top of that, yoga is proven to allow your muscles to grow longer and leaner, creating the desired shape you've been dying to achieve. Since yoga teaches you how to breathe, you're accomplishing the weight loss while working yourself toward a better you, something everybody should experience first-hand.

On top of that, yoga encourages your body to become more flexible, which results in a happier and healthier you. Your blood will start to flow more, and you will literally glow. Ask anybody who practices yoga and they will tell you they couldn't live without it. By practicing yoga for fifteen minutes a day, you're getting your blood pumping and moving in the way it's supposed too, generating the happy vibes you want inside of your veins.

One of the greatest resources that yoga gives us is the ability to take a deep breath and learn to slow down. Today's world is obsessed with speed; the faster you go, the faster you are, the faster the world can generate around you. This is a very harmful habit for us, as our mind space and bodies are meant to come together as one, and that process can take time. Yoga delivers a sort of meditation that allows you to slowly come together as one, creating a 'stop and smell the roses' effect that benefits everybody who tries it.

Whether you're on the hunt for your inner voice, want to lose some weight and connect yourself all at once, or are finally listening to the voices of yogi's begging you to try it, yoga is one of the most important daily activities and will change your life forever.

The people who participate in the meditation **learn the art of inner balance, self-confidence and lasting happiness. The integrated Amrita mediation techniques was taught to the students who participated in the session.** Integrated Amrita Meditation Technique is a powerful practice synthesized by the world-renowned spiritual leader and humanitarian Sri Mata Amritanandamayi, affectionately called "Amma". IAM practice helps people find fulfillment in life.

The meditation technique introduced here is called ‘Integrated Amrita Meditation Technique’® because its goal is the integration of body, breath, and mind. It is a combination of Relaxing yogic stretches, breathing and concentration exercises and takes only 30 minutes a day. IAM is a suitable practice for people of all faiths; it is not bound to any religious or spiritual belief system. Meditation is the art of mental mastery. How we perceive the world around us completely depends upon our mind. In our search for happiness, we essentially have two options — modify the entire world so that everything turns out exactly the way we want, or modify our mind so we’re happy, content and peaceful, regardless of what happens in the external world. The former is obviously impossible. We have very little control over our external world. The only hope for happiness lies in controlling the inner world. Meditation is a key element in this process. The event Ayudh being organized at Amrita University every year is a stepping stone for the students to know their hidden talent, their abilities and the innate strengths.

The program was coordinated by Ms. Kumkum Sinha. All Students and all Faculty of Pioneer Institute attended it.







### **Red Ribbon (Exposure Visits and Awareness Campaigns)**

Exposure visits to ICTC, STI, ART, Blood Bank and HIV Community Centre by the RRC Volunteers. Rallies and Outreach activities during events like International Youth Day (IYD), World AIDS Day (WAD), National Youth Day (NYD), National Voluntary Blood Donors Day (NVBD), World Blood Donation Day (WBD) and International Women's Day (IWD) were organized by the Institute. Ms. Sheetal Goutam arranged various rallies and activities.

### **Seminar on Success in You**

Everyone wants to be successful but nobody wants to put equal efforts for it. The world and its trends are evolving and so the mantra for achieving success as well. You need to work hard and take pains to gain something. The Institute organized special seminar on "Success in you" on 18/09/2018 and Mr. Prince Verma, one of the powerful speakers shared his experience.

Topics covered during the seminar-

1. Mantra for success
2. Inspired living
3. Pathway to excellence
4. Happiness

The seminar aimed to help people leverage their inner resources to achieve success. Nobody is born successful; it is a process that starts with motivation. These are the inner thoughts and positivity of the person that make him to act to get success in the work or project.

Mr. Prince Verma explains how inner motivation determines your success. It encourages people to recognize their Svadharma – own nature to become a star player in their field. How energy plays a significant role and brings you closer to your goals will also explained by our special speaker.

The seminar also covers the force of focused mind, and useful tips to fuel success.





## **Seminar on Digital Marketing**

On 19<sup>th</sup> September, 2018 a Seminar on Digital Marketing was held. The Founder and CEO of Career Management Institute Mr. Kunal Soni was invited as the guest speaker.

The speaker asked the audience about what they know about Digital Marketing. Many students answered him. He then defined himself At a high level, digital marketing refers to advertising delivered through digital channels such as search engines, websites, social media, email, and mobile apps. While this term covers a wide range of marketing activities, all of which are not universally agreed upon, we'll focus on the most common types below.

## **Youth Conference**

The 23<sup>rd</sup> National Youth Conference was held in the Institute on 24<sup>th</sup> September 2018 on the theme “Entrepreneurship”. There were many student participants from various colleges of Indore. It started at 9:30 am in the morning with the Inaugural Ceremony and followed by it was the Panel Discussion for the students.

The inaugural ceremony had Mr. Sunil Mata, Dr Vishnu Mishra and Mr. S K Nuwal as the speakers and the guests for the conference.

The first speaker of the inaugural ceremony was Dr CA Prashant Jain Sir. He highlighted the significance of youth and the ideas which can be given to their thoughts. This is also about the various opportunities being given to the youth. There are two types of entrepreneurs – one who is a born entrepreneur and other being the second category of people who leave their jobs and become entrepreneurs. Further, he even stressed upon few qualities of the entrepreneur. These were an entrepreneur should do all sorts of work, an entrepreneur should know the customer very well, there should be enough focus which should be laid upon the care of the customer and identifying the right decision maker. An entrepreneur should be capable of identifying and understanding the customer well and should handle the marketing aspects very carefully. Like marketing of the goods, product pricing and discounting, adoption of policies, changing the marketing strategies and adapting accordingly. There is a lot of risk which is involved in the same and hence efforts should be put in the direction of working towards uncertainties. Since business is full of uncertainties an entrepreneur should work upon removing those and remove the constraint of time also. There have to be numerous small and big steps which need to be

taken up from time to time in order to modify or support the effective functioning of organizations. Any change in product modification is essential to make way for rejecting a wrong decision and to stay in the market. Further, there has to be constant evaluation which should be done in order to understand the position of an entrepreneur in the market.

Ms Kumkum Sinha the coordinator of the conference also spoke on the various aspects related to the conference in her welcome note. She said that the conference is designed to explore the various areas related to entrepreneurship and where youth can prove to an important part. The planning and execution to be done by an entrepreneur should be such that it provides new ideas, helps in networking and the overall development of an entrepreneur. When a person discovers their natural talent, they are like a fast moving freight train, there is no stopping them. They will find a way to develop their talent, with or without support from society.

The founder chairman of Pioneer Group Dr CA P. K Jain Sir also addressed the gathering and spoke on the matter of life and entrepreneurship. He said life is all making changes as per the needs and change in circumstances. There is nothing like a first or a second choice, it is only about the only option which is irreversible process and nothing can be done to change it. He further said that the young blood should not be discouraged rather they should be encouraged in order to win the battle and prevent them from withdrawing in life. Their energy should be given the right direction and in order to make the business successful they should be encouraged to give a solution to the problem. This could be done by encouraging them towards idea generation, trust and dependency. He quoted “Motivation is education. Education without motivation kills ambition, the primary ingredient for a productive lifestyle.” Entrepreneurship is a result of ones willpower and not just money. It is the willpower and the ability to take risks which makes one go to various heights in life. Once as an entrepreneur your goal is decided you should go ahead with it and not move backwards, an entrepreneur should believe in himself and success will be his. At times in life one needs to motivate oneself again and again and in order to be successful one should love the work done by himself. In the place of sale one should focus upon delivering and the market prices and practices prevalent in the market provide challenges, employees should be encouraged towards working in the interest of the companies. Also, the young students should focus on making themselves employable in nature in all best possible manners. All the

complaints should be properly handled and the system of employee feedback should be very trustworthy. Also, as an entrepreneur it is very important that one should keep oneself healthy and capable in all manners. Hence in order to deliver the best one has to be in such a way that no replacement can be found.

Mr. Sunil Mata spoke on the origin of his business of laundry named Cleanmax Laundro. He highlighted the importance of corporate social responsibility and shared his own experience of using recyclable stuff like paper bags. He further emphasized on the importance of motivation and how much as an entrepreneur it is important. The subject "motivation" could fill whole libraries. It is just a small insight into the subject and a few thoughts about who and how and through whom and what a person can be motivated. We must have a dream that motivates us. No one has ever achieved anything without a dream attached to a burning desire. We must learn how-to-learn. In school, we learn how to memorize, and be taught. Learning how to learn frees our dependency on others for knowledge. We must learn from failure and learn how to bounce back from failure. No one ever succeeds without failure. In the classroom, failure is a no-no.

Dr Vishnu Mishra the next speaker also spoke on the matter of entrepreneurship and the demographic dividend. The concept is based on recognizing natural talents, intellectual, artistic, technical, dexterous, and recognizing the need for non-competitive education to address these talents. For example, everyone in a classroom does not have artist ability. Different abilities need to be recognized. In non-competitive learning environment, anyone can excel. We must have a dream that motivates us. No one has ever achieved anything without a dream attached to a burning desire. We must learn how-to-learn. In school, we learn how to memorize, and be taught. Learning how to learn frees our dependency on others for knowledge. We must learn from failure and learn how to bounce back from failure. No one ever succeeds without failure. In the classroom, failure is a no-no.

Mr. S K Nuwal spoke on the journey from job to entrepreneurship. Also, the dependency kills motivation. Long term dependency on parents, the government or others, takes away the ambition to become self-reliance. He further said that when you discover your natural talent, barriers to motivation and learning will evaporate. Super achievers learned how to learn in

natural learning environments. They are processors of knowledge that is based on a burning desire that motivates them. The typical classroom is a collector of knowledge with limited motivation. Society says these people should never have found success. What do these self-made millionaires have that many highly educated people don't have? Why doesn't the education system learn and adapt the secrets of these people.

Dr Sandeep Atre founder of Edgemakers spoke on the matter of knowledge and the depth of knowledge. He further elaborated upon the point saying that in a war the survival of the fittest is important. Also, the depth of knowledge determines the height of success. Patience is very essential for the overall success of a person. Patience is the ability to endure difficult circumstances such as perseverance in the face of delay; tolerance of provocation without responding in annoyance/anger; or forbearance when under strain, especially when faced with longer-term difficulties. Patience is the level of endurance one can have before negativity. Education is the base which provides a complete thinking and makes a complete individual. A passion is what you are willing to pay for. Details have to be taken as it is, there is no substitute to it and the biggest lie is the one we say to ourselves. As an inquisitive person one should keep asking oneself one question till the time one does not get any answer. Also, he gave the formula of success as the number of hours multiplied with the intensity of focus. As youngsters it is important to understand the difference between the traits of a friend and an enemy.

After this the Panel Discussion started with students being the participants. There were six panel discussions which took place. Students participated with full zeal and enthusiasm and the various topics which were taken were Entrepreneurship and Spirituality, Entrepreneurship Development and the impact on Society and Global Relations, Entrepreneurship as a Solution to Unemployment, Entrepreneurs are Born and not made..

After the panel discussion was the Valedictory Ceremony of the Conference. It had Dr P.n. Mishra Sir as the Chief Guest. Dr P.N. Mishra Sir spoke on the importance of entrepreneurship and the young entrepreneurs and how they can contribute towards the betterment of the economy. He further said the young blood has a lot of power and can contribute in an effective manner towards the overall development of an economy. The role of entrepreneurship in economic development varies from economy to economy depending upon its material resources, industrial climate and the responsiveness of the political system to the entrepreneurial function.



Path breaking offerings by entrepreneurs, in the form of new goods & services, result in new dimensions of achievement. Dr CA P K Jain Sir also spoke on the occasion and addressed the students and the gathering. Entrepreneurship development is the process of improving the skills and knowledge of entrepreneurs through various training and classroom programs. The whole point of entrepreneurship development is to increase the number of entrepreneurs. By doing this, the pace at which new businesses or ventures are made gets better. On a wider level, this makes room for employment and improves the economy of a business or country. Finally certificate distribution and vote of thanks was given which concluded the conference.









## **Motivational Lecture**

On 26<sup>th</sup> September, 2018 a motivational and a very inspiring and interactive motivational lecture was organized by the Institute. The lecture was delivered by Dr. Sandeep Atre.

Dr. Mona Tawar, Director, Pioneer Institute welcomed the guest with the token of flowers.

Ms. Simnalika Kushwaha read the profile of the speaker.

Dr. Atre has accomplished PhD recently. He is the Founder-Director of Socialigence – an organization that specializes in the development of ‘Social Intelligence’ through its focused online-courses and customized workshops on ‘observing nonverbal behavior and understanding emotions for greater interpersonal effectiveness and self-management’ ([www.socialigence.net](http://www.socialigence.net)).

He is also one of the Founder-Directors of CH EdgeMakers - a leading ‘Coaching and Training’ group of Central India.

He has authored two books “Understanding Emotions Logically – A layman’s guide to the foundations of Social Intelligence” and “Observing Nonverbal Behavior – An exhaustive guide to the essential skill of Social Intelligence”.



In his lecture, Dr. Atre asserted that very choice shapes us. However, there are some choices that change us forever. Yes, the changes they elicit are irrevocable. Even if we come back to the same life circumstances afterwards, we don't remain the same 'us'. Something inside us touches the point of no return.

He asked the audience that “Is crossing those lines good or bad?”

He answered it as: Well! Hardly matters; because whether something is good or bad is always subject to which side you are on, and which angle you are looking from. But one thing is for sure – for better or worse, the transformation will be permanent.

He quoted few examples of his own experiences and closed his speech by saying Do remember that from then onward, any new line that you draw shall be...‘**vulnerable**’.

Not only the students, but all the faculty members also liked the lecture and were motivated thoroughly.

Dr. Mona Tawar, Director Pioneer Institute gave a book written by Dr, P. K. Jain (Principal, Pioneer Institute) to the speaker Dr. Atre as a token of remembrance of the day.

At the end Ms. Simnalika gave a vote of thanks.





**"Education is the most powerful weapon which you can change the world"**  
**- Nelson Mandela**



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