

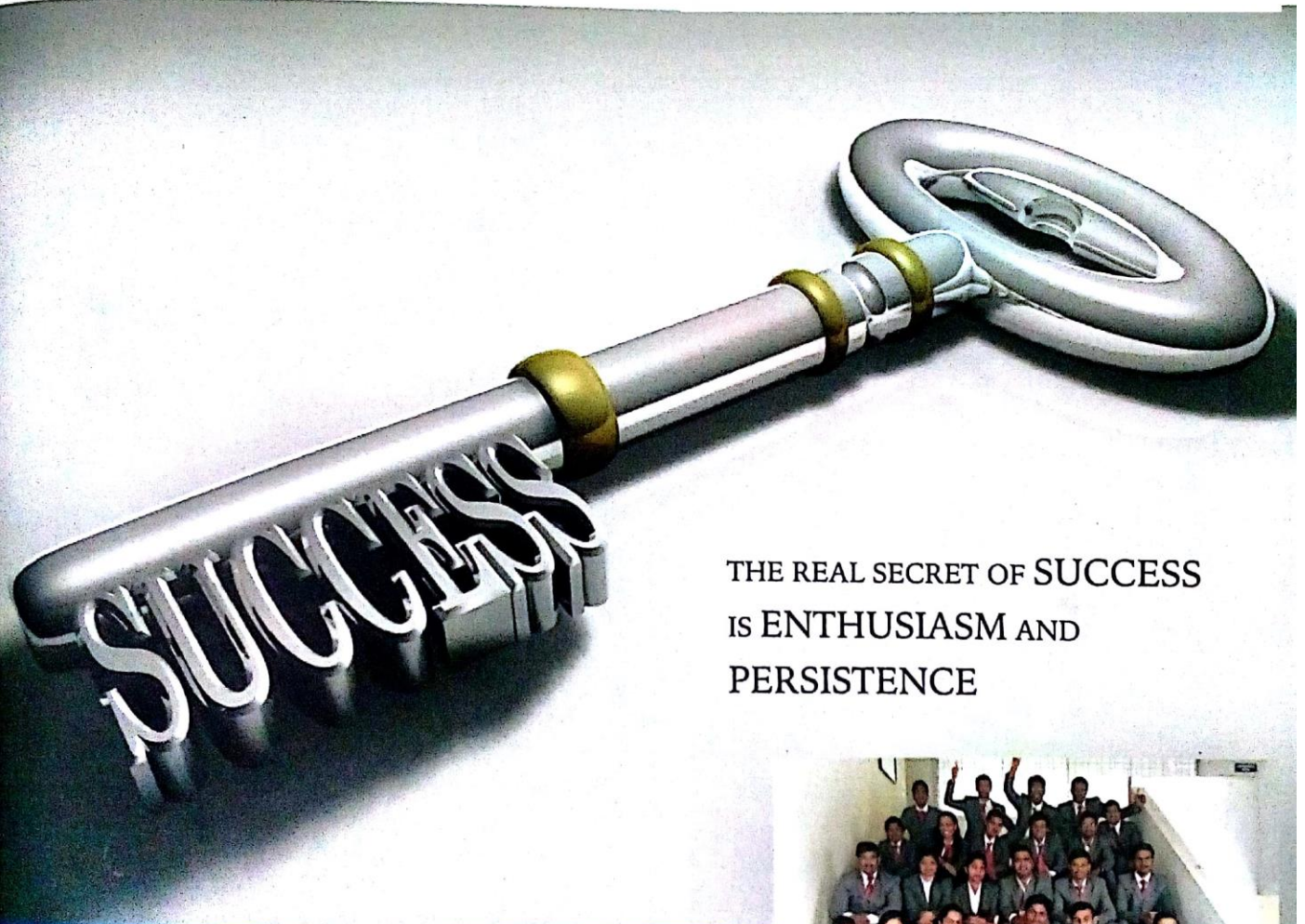


The Matrix Educational Foundation's
MATRIX SCHOOL OF MANAGEMENT STUDIES (MSMS)

Wadgaon, Ambegaon (Bk.), Pune - 411 041

MATRIX KALEIDOSCOPE

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THE REAL SECRET OF SUCCESS
IS ENTHUSIASM AND
PERSISTENCE



Leadership

Corporate World



Cheers Matrix !

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THE MATRIX EDUCATIONAL FOUNDATION'S

MATRIX SCHOOL OF MANAGEMENT STUDIES (MSMS)

(Approved by AICTE, Affiliated to Savitribai Phule Pune University & Recognized by Govt. of Maharashtra & DTE)



CAMPUS AT A GLANCE

1. The Matrix Educational Foundation has been established in the year 2005 under the dynamic leadership of Prof. M.N. Navale and Co-Founder Dr. Shilpa R. Kulkarni.
2. Matrix School of Management Studies develops leadership qualities and enables students to dream and realize their dream.
3. Develops self-knowledge, the ability to conduct self-assessment awareness of personal performance, innovativeness and winning skills.

EDUCATIONIST AND A PHILANTHROPIST

Sir established the Sinhgad Technical Education Society with limited resources & with his hard work and dedication has churned out STES as a benchmark of quality education to the Indian society. His zeal in the field of education is commendable. Transforming a remote and barren hill in Vadgaon (Bk), Pune, into an international educational hub, bustling with thousands of young and enthusiastic students coming from various States in India was a revolution in itself. With hundreds of vehicles going up and down the hill on a neat road specially designed for this purpose and still maintaining serene and eco-friendly atmosphere was indeed creditable.

Navale Sir as the President of The Matrix Educational Foundation is a strong pillar and a visionary for the growth of Matrix. He says, "I am constantly searching for excellence in my students. All of us have great potential to achieve whatever we set ourselves to do. Our job is to enhance the student's confidence so that they become great achievers. After all, the world is looking at India as a potential hub of talented minds of technocrats and administrators. There is definitely a bright future ahead."

Sir is practical in approach, having courage to face any challenges in his uphill task in the educational field. He has proved to be an able administrator and his decision making power is astonishingly fast and accurate! Sir believes success can only come to you by ceaseless devotion to the task lying in front of you. Nothing in the world comes without the sweat of our brows. Often student with a non-urban background find it hard to gain entry into good institutes and even if they do, they have a tough time with the level and knowledge imparted on account of communication barriers, cultural change, and expenditures. Our job as an education institute is to balance the quality of education with the cost. Determination, perseverance, and most importantly a driving force is all that today's generation needs. We Indians need to overcome the inferiority complex, destruct the defeatist spirit, and carry a spirit of victory and enthusiasm. Only tireless efforts will help you succeed in your future endeavors.



Prof. M. N. Navale

M.E. (Electrical), MBA,
Founder President of

Sinhgad Technical Education Society and
The Matrix Educational Foundation.

He is visionary with a towering personality.

*" Education is greatest gift
one can give and
I have always loved to teach"*

Immersed in the ocean of modern age concepts, embarking new careers, and wading their ways through various challenges today's youth have come a long way. Once shy, conservative, and from protective family background, Indian teens are breaking the cocoons to be accustomed with modern ways of thinking and living. With vast career options open to them they have full freedom of choosing their fields with a sense of independence and responsibility. However, in spite of having the largest educational system in India as compared to other developed countries like UK, America, Germany, Singapore, and China we have very primitive Gross Enrolment Ratio (GER). In fact, GER shows the picture of the country's educational levels. For example, America has 90% GER that indicates that out of 100 youth in the age group of 19 to 24 nearly 90 are opting for higher education whereas in India the GER is 25%. Irony of the fact is the Indian youth is still not in the reach of higher education.

Today's generation is 10 times faster than previous. They want quick results; they study for their exams at the 11th hour as a result they get degrees, but deprive themselves of the knowledge. A quick-fix program can pass a lot of information, but will not percolate knowledge. So serious revamping is very essential not only in academics but also in behavioral patterns, thinking process, civic sense, discipline, creativity there by building holistic educational attitude. To put it on a broader canvas "Energy" is everywhere. Your thought begins it, your emotion amplifies it, and your action increases the momentum. Small positive steps towards this holistic attitude when multiplied by lakhs of youths can transform the world into a better place.

Thinking out of the box, innovation is the necessity of the hour if you want to be different from others. I would like to quote here an example of classic innovation case study of Samsung where a group of existing young designers came together and creatively overcame internal resistance by deploying the same tools they use in pursuing innovation, empathy, visualization, and experimentation in the market place. Samsung created a place in the battleground of global competition of 21st century thereby creating a design-focused culture that would support excellent world-class innovation. Soon firms are treating corporate strategy making as an exercise in design. Design thinking is the latest concept, which is moving closer to the center of the enterprise. This is a classic path of intellectual progress.

Therefore, when somebody says, "you are crazy then you should not worry. Innovators, pioneers, and inventors were called the same. Consider it as a compliment that you **THINK DIFFERENTLY**".

Do you want to change your life? Then simply change your thoughts! With your thoughts, you create your reality!

A WOMAN OF SUBSTANCE



Dr. (Mrs.) Shilpa R. Kulkarni

B.Sc., MBA, Ph.D.

Founder Secretary

The Matrix Educational Foundation

Dr. Shilpa Kulkarni a woman with many facets, a distinction holder and topper from Mumbai University has persuaded her MBA in Marketing and Ph.D. in Women Entrepreneurship. She is the Founder Secretary who started The Matrix Educational Foundation from scratch. Her strong commitment levels & dedicated focus has helped to build the solid foundation of the organization. Being a versatile entrepreneur she is a big source of energy and a roaring engine behind Matrix. The institution strongly believes in imparting holistic management education by harnessing individual's potential thereby grooming them into good human beings not only from cities but also from rural areas.

“Excellence is a continuous process and not an accident”

■ How do you inculcate 'Holistic' development of your students at Matrix?

➤ We make our students all-rounder's by including in our curriculum case study methods, real life situations, 'Rap Forum' in which we are making the students aware of the current issues, which the world is facing. Besides this we conduct various events like Matrix Gelignite, inter collegiate SIP competitions, Management games, sport activities, cultural week, Savitribai Phule sponsored quality improvement programs like National seminars, conferences, HR Conclave, guest lectures by calling industry expert are the on-going activities throughout the year. Students are involved in social activities, which is mandatory for every batch. This takes care of their far-reaching development.

■ Do you admire students who have judgmental thinking in solving any problem?

➤ In the Corporate real life scenario individuals need to elucidate and solve problems in any circumstances, hence students should have good analytical and logical reasoning power; they should be able to formulate diverse strategies, which would help them choose the best out of all alternatives. This would definitely help them deal with the problem they are facing and to find optimum solutions.

■ When faced with critical situations do you manage to stay composed?

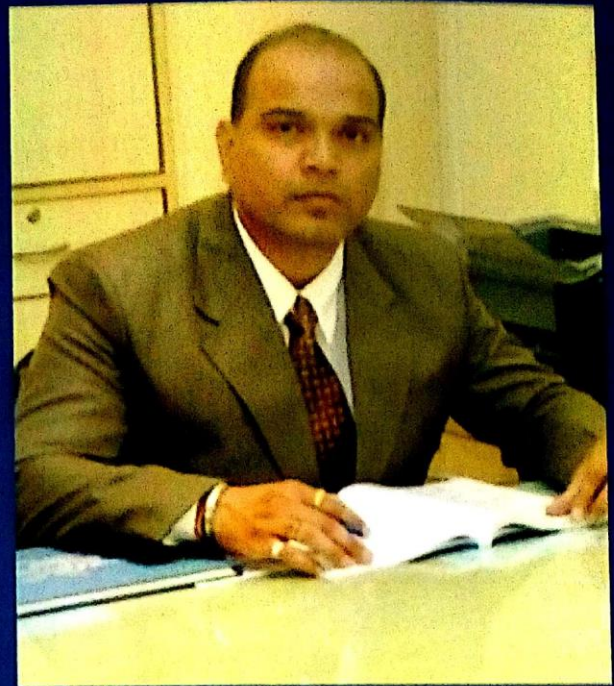
➤ See, situations differ! Many times the demand of the situation is to take an immediate decision that is what I have learned from our Founder Secretary Dr. Mrs. Shilpa Kulkarni ma'am. She is a strong pillar of Matrix. Her leadership qualities and guidelines especially when it comes to critical situations have helped the institute to sail in rough times smoothly and confidently. Therefore, staying composed and wait for the situation to be in your favor is necessary when the environmental factors are critical.

■ Are you an 'Autocratic Leader' or do you believe in 'participative style' of Leadership?

➤ I believe in a participative style more because the things have changed now. As a team leader, what I feel is all the group members are equally important and should be given equal chances to present their own views. However, when it comes to decision making; I take my own decision considering suggestions of my group members. The success of a team depends on the right decisions taken by its team leader, who is like the captain of a ship. I believe that if the entire team is one, the vision and mission can be achieved. While taking a decision I have to keep in mind the goal and mission of the organization, thus I think, "When you're in discussion mode you must take off your title. But, when you're making decision, put them back on."

■ What has been your mantra for success and what message would you like to give these budding youth?

➤ The only mantra to success according to me is hard work because success has no shortcuts and nothing is impossible. Moreover, teamwork plays a key role. Students should be sincere and should know themselves well. Punctuality and discipline make them successful in life.



Prof. (Dr.) Satish Ubale

B.Sc, M.Sc, MMS, Ph.D. (Supply Chain Management)

He is a dynamic Director of 'Matrix School of Management Studies' with his great positive attitude and intellectual support he has taken "Matrix" to great heights of success. His mission is to serve the Nation and to give quality education to budding youth. Pune being a well-known educational hub his vision is to educate more and more students for a brighter tomorrow.

There is only one corner of the universe you can be certain of improving, and that is your own self.

Induction 2016-2018 Batch

Days: Tuesday (02/08/2016) and Wednesday was conducted on 2-3 August, 2016-

A two-day induction programme for the student to get connected to each other and with the college. The program variety of activities such as team-building management games and lectures by industry experts.



During induction Mr. Pankaj Gangrade, (Sales and Marketing Expert at Seco Tools) gave in lights about the functioning of the industry and students learn more about the way Seco progresses. Dr. Shilpa Kulkarni Madam (Founder Secretary & Trustee), welcomed all new students and had an interaction session with them followed by an alumni interaction. Ms. Ankita Katariya, Ms. Juana Fernandes, Mr. Vaibhav Kamble and Mr. Ketan Boina interacted with the students.



The Induction 2016 was completed successfully under the guidance of Director Dr. Satish Ubale and was Co-ordinated by Prof. Sandeep Rathod and Prof. Megha Joshi.

“Management is, above all, a practice where art, science, and craft meet” — Henry Mintzberg

On day two, Dr. Anand shared motivational clips which were followed by management games like building tower, sharp and rapid tower, bombarding the cities and building railway trails.

The Induction module set the context for the rest of the program and helped reacquaint student with the rigors of academic study. [Taking part in a series of team activities, student reflects on their role and performance].



Students Expressive Thoughts-

“My mom worked at McDonald’s and she decided she wanted to make more money so she got into the management program at McDonald’s.

And that’s how you move up the chain. It’s not my demanding that minimum wage raised; it’s by actually acquiring the skill.

That’s the way that people get ahead in life. _ (Raul Labrador.) -

“Good management is the art of making problems so interesting and their solution so constructive that everyone wants to get to work and deal with them. _ (Paul Hawken) - **Krushna Pawar.**

Speaking ‘5’ lines to “YOURSELF” every morning.

- “I am the best”.
- “I can do it”.
- ‘God’ is always with me.
- “I am winner.”

‘Today’ is my day. - (A.P.J. Abdul Kalam) – **Jadhav Swapnil.**

“They key to successful leadership today is influence not authority” – Ken Blanchard

Management jobs:

A young banker decided to get his first tailor-made suit. As he tried it on he reached down to put his hands in the pockets but to his surprise found none. He mentioned this to the tailor who asked him “you are a banker, right?” the young man answered, “Yes, I am”.

Well whoever of heard of a banker put his hand in his own pocket?

- A man visits his bank manager and says, “How do I start a small business?” The manager replies “Start a large one and wait six months”.
- Banker never dies.....they just lose interest.
- Boss during an interview
Boss: There are two main rules for our company to select you.
Applicant: What is it Sir?
Boss: Our second rule is cleanliness; did you wipe your feet on the mat near the door before moving in?
Applicant: “Yes Sir”.
Boss: Our first rule is Trustworthiness and for your information there is no mat!

GET OUT!! – Aditya Bhale**The biggest risk of all is not taking one –**

Try to imagine if JK railway jobless & a single mother at the time had given up writing her magical novel or the 65 year old men colonel sanders had given up a plan of selling fried chicken, which was his own invention.

These people pushed self-doubt aside took a risk & acted on possibility pursuing something that enable them to truly be themselves sure, making the leap feels scary at the time but even scarier? The thought of not doing it at all.

In order to achieve anything in life we have to take positive, calculated risks. Nothing can be take positive, calculated risks. Nothing can be achieved without risk & apart from this obvious outcome; there are other numerous benefits of taking risks. Benefits like 1) It reduces the hold fear have over us

2) Opens up new possibilities. 3) Development self-confident and resilience 4) Teaches great lessons 5) Leads to rewards. – **Mrunal A. Kulkarni.**

Business Management Poem-

The world of business provides such a thrill, due to the workers having outstanding skill. Their intelligent actions, caused by their knowledge that they might have gained from university or college.

A key to success is working within organization along with other people who have lots of dedication who all work together to accomplish a goal. There’s always opportunity for a leadership role!.

Productivity is key for any kind of workforce, completing all tasks on time so there is no remove. An example of this is being the leader of a team. Being in charge of a group is harder than it seems!

Planning ahead to stay on track, organizing yourself so that time won’t lack. Assign work on time and keep yourself neat, wouldn’t want to misplace a critical sheet!

It’s also important to have emotional intelligence, working with people and exercising good temperance. Ethics is valuable to lead a moral corporation. Don’t lie or cheat to avoid complication.

In the business world these factors are key, Follow these steps and successful you. – **Neha Khadatre.**

Independence Day Celebration-

Days: Monday (15/08/2016)

The land of the gods, the land of diversities, the land of festivals, whereby every man and every woman from every community, religion, and culture, celebrates and lives together as one, is no doubt ‘**Incredible India**’.

On the 15th of August 2016 India’s 70th Independence Day was celebrated in the presence of **Hon’ble Dr. Shilpa Kulkarni (Founder Secretary and Trustee, Matrix Educational Foundation) and Respected Prof. (Dr.) Satish Ubale, (Director, Matrix School of Management Studies.)**

Honorable Dr. Shilpa Kulkarni Maám was felicitated & welcomed by Prof. (Dr.) Satish Ubale.

“Keep your fears to yourself, but share your courage with others” _ Robert L. Stevenson.

All teaching and non-teaching staff and students gave respect to the motherland and also to every Indian heroes, who had fought for this freedom, by standing and singing the National Anthem.

The Flag hoisting was done by - Hon'ble Dr. Shilpa Kulkarni and Prof. (Dr.) Satish Ubale.

Like each year Independence Day was celebrated with various cultural programs, which were enthusiastically participated by the students.



Rashtrageet Gayan and AAZADI 70

Days: Tuesday (23/08/2016)

India celebrated 70 years of freedom and on account of the same MSMS celebrated "AAZADI 70" to recall the sacrifices of our great freedom fighters.

'Rashtrageet gayan'



Anathema

Day: Wednesday 24th August 2016

Venue: JBS theatre, Hirabaug, Pune

An English play 'ANATHEMA' was organized by Matrix Educational Foundation's MATRIX SCHOOL OF MANAGEMENT STUDIES, It was an absolutely entertaining English play shown to all the students.

The play recently had won a total of 12 awards at the Raja Paranjape Karandak and was among the best of the Pune theatre festival. The play was directed by Mr. Virajas Kulkarni (Son of Actress Ms. Mrinal Kulkarni), which was based on the theme 'Anathema which means 'anger leads to paranormal activities and revenge'.



Gone are the days when academic programs were the only activities organized in colleges and all students focused on that. With the changing trend a major difference has been noticed in the field of academics too. Students don't want to be bookworms; they look for other options that could help them in the future. Besides, this, in this high tech world, every student wants to acquire knowledge in every field to stay updated. Co-circular activities play a vital role in the life of students.

It has increased the opportunities for social interaction and new relationship development, and also helped in learning how to work for a common goal. This has ultimately developed a sense of responsibility in them.

"Good management consists in showing average people how to do the work of superior people." - John Rockefeller



"Management is doing things right; leadership is doing the right things" - Peter F. Drucker

Avishkar Orientation -2016

Day:

Our former Governor of Maharashtra, Shri S. M. Krishna, had initiated a novel research project competition named "Avishkar" in the year 2006.

This activity, unique in its nature, is being implemented through Board of College and University Department.

"Efficiency is doing the thing right. Effectiveness is doing the right things". _ Peter Drucker.

Savitribai Phule Pune University has taken special efforts to increase the participation of the talented students from rural and urban areas. Special efforts are taken to organize regional competitions, provide necessary help and guidance to enhance their abilities to present their work in an effective manner.

This activity has generated a lot of enthusiasm amongst students and the participation is ever increasing. Its main aims and objectives emphasized are:

- 1) To increase research culture among students
- 2) To encourage original and novel thinking.
- 3) To provide an opportunity for expression of academic talent.
- 4) To promote interaction among academia, R and D institutes and Industries.

MSMS had organized this event. Dr. Manishkumar Varma was the resource person to guide all Avishkar aspirants and participants. He explained rules, regulations, does and don'ts of the competition and also motivated all the participants to student with high spirit and winning attitude.

A Report for "Rangoli Competition-2016"

Day: Wednesday

Date: 14.09.2016

MSMS conducted Rangoli:

Rangoli is an old Indian tradition. On every festival Indians draw rangoli, as it is a symbol of holiness. The color of rangoli shows the different message like peace, love, courage etc. Rangoli gives various messages to our society.

The purpose of conducting this event was to explore the hidden talent of the students. Students had the choice of various topics such as Unity in Diversity, Save Water & Save Nature, Rio Olympics, etc. Nine groups of students actively participated in it with high enthusiasm.

The Rangoli competition was judged by the Director, Prof. (Dr.) Satish Ubale. The winners were decided on the basis of rangoli and their innovative idea.

The winners were:

- 1) First Prize: Bharti Dudhal, Nisha Pawar (Group no. 2),
- 2) Second Prize: Priyanka Ubhe, Kishor Pachode (group no. 6),
- 3) Second Prize: Garui Dhudhal, Mohini Kanse (group no.6)
- 4) Third Prize: Diksha Biradar, Pooja (gourp no. 8).
- 5) Consolation Prize: Surbhi Gupta and Team.

Report for “GLENMARK- Acne Formation-2016” Wednesday, 21.09.2016

This event was organized by Matrix School of Management Studies. It was an absolutely uncommon subject for the event. This event had duration of 1 hour. The event was conducted by Dr. Amanjit Ahluwalia (DGM- Medical Services), Sagar Mantri(District Sales Manager) and Dr. Prof. Satish Ubale(Director of Matrix School of Management Studies) with guest lecturers Acne, pimples are a common skin condition with substantial cutaneous and psychological disease burden. Acne is associated with puberty and so usually has an earlier onset in females, who enter puberty at a younger mean age than males.

As Dr. Ahluwalia said it can happen due to pollution, unhealthy diet etc. He also said that Acne is a chronic disease. The treatment duration of acne is also very long, so adherence to the treatment is a major problem in the management of acne. He also explained that how to prevent from acne and pimples. By getting healthy diet, by using sunscreen, everyday one fruit should be taken; fibres should be taken through the meal. So, counselling plays a very important role in the management of acne which will be helpful to increase the adherence & awareness of the patients.

Mr. Sagar Mantri is a District Sales Manager of Glenmark Pharmaceutical company which is always in forefront of arranging various scientific activities. As the part of their ongoing scientific activities, they conducted a lecture by, a Senior Dermatologist on Acne and Its Management for our college students. This activity was conducted to create awareness about Acne and clarify the various myths associated with it among college students.

Most of what we call management consists of making it difficult for people to get their work done. Peter Drucker

A Report for “Debate Competition” Friday, 07. 10. 2016

This competition was organized by Matrix School of Management Studies. It was an absolute different topic for the competition. This competition was held for duration of 2 hours. This competition was conducted by Prof. Sandeep Rathod. The purpose of this competition was to explore the talent of students.

One topic was given to students for Debate that was ENVIRONMENT LAWS IMPEDING ON INDIAN

ECONOMY. The students actively participated in it. The students were seen highly enthusiastic in it and were enjoying the debate. Two teams were formed. Where one team was supposed to argue on PROS of the topic and other team to argue on CONS of topic. Situations were given and students were supposed to justify their points. Later on External Judge gave students two more topics for debate that were LOVE MARRIAGE Vs ARRANGE MARRIAGE and GOOGLE (Good or Bad). These topics were given to judge each student and their talent of presenting the topic.

The competition was arranged in guidance of Prof. Sandeep Rathod & Mr. Parakh Raja. Each and every student was encouraged.

The event was successfully organized in presence of Prof. Sandeep Rathod.

American management thinks that they can just copy from Japan. But they don't know what to copy. W. Edwards Deming

A Report for Green Walk-2016 Saturday, 2 October 2016

On Saturday 22.10.2016 Matrix School of Management Studies had organized a green walk for students of 1st year. The motto behind this green walk was to do friendship with nature which helps in forming the bonding with ecosystem and to make students fresh from regular routine.

For green walk Dr. Anand Padale Sir and Prof. Sandeep Rathod Sir gave necessary instructions to students. They are very strict about time and discipline, so all students came early in the morning by 6.00 am. All students were looking very fresh and very interesting to go for green walk at Taljai Pathar which is near to Matrix Campus. Students went there by walking and talking on various facts about the nature. When they reached their on Taljai Pathar, at one place they played outdoor games Kho-Kho and Kabbadi. After the games student had photo session. It was observed that students were very careful about nature they didn't tease animals which they saw

their. On Taljai Hill there is a Temple of Taljai Devi, students visited temple and had a fresh self-made hygienic breakfast which students made by their own. Everybody enjoyed a lot while making breakfast. After breakfast they had great group discussion on the nature and then they moved back to the college with smiles on faces.

“Good management is the art of making problems so interesting and their solution so constructive that everyone wants to get to work and deal with them. Paul Hawken.

Importance of Green Walk:

Most people like being surrounded by nature. Even if it's just a walk through a suburban city park or putting about in a backyard garden, we're drawn to green spaces



filled with grass, trees, and leafy vegetation. They make us feel better. But the way we describe the effects of green space is all very amorphous and abstract and general, isn't it? We "feel good" sitting on the grass. "It's nice" to take a walk along a forest path. The office "doesn't feel right" without a potted plant on the desk. Those sorts of benefits are great on a subjective level for the people experiencing them, but they aren't very persuasive to others.

1) Green spaces improve immune functions.

A Japanese therapy called "forest bathing" involves spending deliberate time in nature (usually forests, hence the name) and actually boosts immune function. Natural killer cells are critical for proper function of the innate immune system; one of their most important functions is to eliminate tumours. And just a single day trip to a forest park can increase NK cell number and activity, as well as up regulate anti-cancer proteins, for up to a full week. In every forest bathing study, in fact, participants enjoy this increased natural killer cell (NK cell) activity and anti-cancer protein function.

2) Green spaces reduce stress

If I'm ever stressed out and nothing's helping, I'll head out to the hills for a quick hike. Not a long one, not a gruelling one. Just a quick jaunt to nature. Almost invariably, it works. I'm able to reset my stress response, get a handle on my sympathetic nervous system, and calmly address the source of the stress. So it's no surprise that neighborhood green spaces are associated with healthier cortisol levels in deprived urban communities in Scotland and forest bathing therapy has been used to lower cortisol levels.

3) Green spaces improve mental health.

We tend to focus on physical health, but mental health (which isn't really separate from physical health) is arguably more reliant on regular exposure to green space. Among both rural and urban Wisconsin residents, high levels of neighborhood green space were consistently linked to lower levels of anxiety,

depression, and stress. And in case you're thinking of moving, consider that people who move to "greener" urban neighborhoods enjoy improved mental health in the subsequent years than people who move to "less green" urban areas.

4) A green space lowers blood pressure.

A week-long evergreen forest retreat reduced hypertension in elderly Japanese, while a control group taking a similar retreat in the city experienced no benefits to blood pressure. Heck, even in 10 year old kids living in urban areas, low levels of nearby green space were associated with higher blood pressure. No one's blood pressure is immune to the lack of green space, and kids might even be more susceptible.

5) Green spaces reduce mortality.

Now, this could very well merely be a correlation. But the presence of green space is fairly often linked to reductions in all-cause and stroke mortality. In a cohort of 575,000 urban Ontario residents aged 35 and older, for example, living near greenery reduced mortality. Same for ischemic stroke survivors and North Floridians.

6) Green spaces improve healthy longevity

In a recent study out of the Netherlands, proximity to urban green space was associated with improvements in both longevity and healthy longevity. So not only were people living longer, they were living longer and more healthfully: compression of morbidity. Controlling for income level did not alter the effect.

7) Green spaces promote physical activity and exercise by making it more enjoyable.

People enjoy working out in nature. They prefer to walk through a park to along a boring suburban street. They'd rather hike than slog on a treadmill. Tabata kettle bell swings are somehow more tolerable when done in fresh air with trees overhead and grass underfoot. The closer you are to a green space, the more likely you are to be physically active. Better still, green spaces promote the precise type of physical activity we so desperately lack these days: walking.

8) Green spaces also improve the mental and psychological benefits of physical activity and exercise.

Exercise isn't just good for the body, but also the mind; we often forget this. A 2011 meta-analysis broke down the psychological benefits of outdoor workouts. Compared to indoor workouts, outdoor workouts resulted in greater revitalization, increased energy, and more positive engagement, along with less depression, anger, confusion, and tension.

9) Green spaces-related health improvements cannot be completely explained by increased physical activity.

"To handle yourself, use your head; to handle other, use your heart". Eleanor Roosevelt.

That's an attractive assumption to make, but even though physical activity is consistently higher in greener neighbourhoods, adjusting for this only slightly attenuates the relationship between green space and health. It's not just the physical activity. It's not even mostly the physical activity.

10) Green spaces reduce blood sugar.

Diabetics who go on forest bathing trips enjoy lower blood sugar and improved HbA1c. And in Australians, living near green space was independently associated with a lower risk of type 2 diabetes. Not even controlling for demographics, income level, diet, activity level, culture, or health eliminated the link.

11) Green spaces improve sleep.

When you go camping, your sleep typically improves and instead of staying up past midnight, you might find yourself nodding off shortly after dark and waking up refreshed like never before. According to the conventional Primal explanation, the lack of artificial lighting is allowing your natural circadian rhythm to dictate your sleep habits. That's certainly a huge part of it, but what if the presence of green vegetation is also playing a role? A recent study found evidence of such an effect, with urban dwellers living near green spaces reporting healthier sleep habits.

12) Green spaces make us more productive.

Exposure to green space engages our involuntary attention, the kind of soft focus where we're seeing, hearing, and smelling sensory data without devoting huge amounts of brain power to it. This restores our voluntary attention, the kind of hard focus we require to concentrate on work-related tasks and be productive. Even brief exposure to pictures of nature scenes restores our attentional capacity – our ability to concentrate on a given task without deviating or becoming side tracked.

13) Green space is especially important for children.

Kids already know it. You set one down in a forest or park and they know exactly what to do. They're running, jumping, climbing trees, digging for bugs, getting dirty, collecting leaves, inventing games, and sporting the biggest smiles you'll ever see. So that's reason enough to give children ample and regular (daily) access to green space. But there are also proven, measurable physiological and mental benefits for them, including: increased test scores in "nature-smart" kids; enhanced Learning when curriculum is nature-based; reduced impact of ADHD; enhancement of self-discipline and self-control; improved cognitive function and concentration; and stress amelioration in highly-stressed kids. Kids with poor access to outdoor space are also more likely to have behavior problems. Powerful stuff, eh?

14) Green spaces produce healthier babies.

I'm not talking about human infants spawning from the roots of an old oak tree like something out of Celtic folklore. I refer to the findings of a recent study from Vancouver (hat tip to reader Wenchypoo for alerting me to it). Pregnant women in neighborhoods with ample amounts of grass, trees, and leafy vegetation gave birth to healthier babies than women in neighbourhoods with less greenery. Even after researchers controlled for variables that also affect health at birth like neighbourhood walkability, air and noise pollution, and income level, the association held firm. This study doesn't confirm causality, but it's certainly suggestive. And another study supports it, finding that urban green space was linked to lower rates of neonatal mortality.

15) Green spaces reduce air pollution.

This is a huge one that might explain the previous benefit to pregnant mothers and their babies. Grass, trees, and plants of all kinds reduce air pollution, so when you live in an area with ample green space – even an urban environment generating lots of pollution – you can breathe easier. In one recent study, researchers found that the more green space in and around a pregnant woman's home, the lower her exposure to and inhalation of airborne pollution particulates.

16) Green space-related health improvements usually require visiting the space.

While a lot of the benefits of green space are passive – you can just "be" and accrue positive effects to your health and well-being simply by being near vegetative growth – the active pursuit of experiences in nature provides further benefits. For instance, one study found that the mental health benefits associated with green space exposure were more evident in adults who were physically active in those spaces. Having a great park near your house doesn't do much for you if you never walk through it.



College had organized well refreshing Green walk tour for students. Professors were always giving instructions to students and students followed all protocols and regulations during the green walk. Green walk successfully completed under the guidance of Dr. Satish Ubale Sir. Dr. Anand Padale sir, Prof. Sandeep Rathod

"What you do has for greater impact than what you say" – Steven Covey.

Sir, Prof. Megha Joshi madam and Sujit Sir have witnessed the green walk-2016 journey with grace.

One day workshop on Micro Analysis of Financial Statements - 25/01/2017.

One day workshop on "Micro Analysis of Financial Statements" was organized by Matrix School of Management Studies on 25th January 2017. The resource person for the workshop was Mr. S. Chandrashekar, founder secretary of Quality Circle

Forum of India, Bangalore Chapter, founder & CEO Subasri Gurukul a NGO and the Managing Director of EmpoVer HR Solutions Pvt. Ltd., Bangalore. He was conferred two times "Outstanding Contribution Award for 2007 & 2008 by Quality Circle Forum of India.

The session started at 9.30 am and at the start Dr. Anand Padle introduced Mr. S. Chandrasekar to the students then Prof. (Dr.) Satish Ubale, Director of the Institute felicitated Mr. S. Chandrasekar. The main theme of the workshop was "How to analyse Balance Sheet within 30 seconds." The speaker emphasized that the students other than of finance specialization should also have knowledge of how to analyse balance sheet. Microanalysis of balance sheet within 30 seconds is a new technique developed by him which will give the students a upper hand over others.

To analyse the balance sheet of any Company, Sole Proprietorship firm, Joint Stock Company and so on, is very difficult but with the help of this technique the students will be able to analyse the balance sheet within 30 seconds.

The five step method developed by Mr. S. Chandrasekar is:

- 1- Mini balance sheet
- 2- Apply ALM
- 3- Identify Diversion
- 4- Convert the diversion into %
- 5- Check whether it is less than 20% if joint stock co. 35% if SP/P/HUF

After applying these 5 steps we can analyse the Balance sheet within 30 seconds. The workshop was enlightening for all the students. At the end vote of thanks was proposed by Dr. Anand Padle.



Report of National Unity Day celebrated on the birth

The relationship between talent and management is uneasy, at best. Jessica Savitch

Anniversary of Sardar Vallabhbhai Patel 31/10/2016

Sardar Vallabhbhai Patel was popularly known as the Iron Man of India. He was born in Nadiad, Gujarat, on October 31, 1875. Hailing from a farmer's family, Patel lived a simple life and was known for his wisdom and diplomatic skills. He was India's first Home Minister and Deputy Prime Minister and played a key role in the integration of the princely states.

The Matrix School of Management Studies celebrated National Unity Day (Rashtriya Ekta Diwas) on the occasion of birth anniversary of Sardar Vallabhbhai

"Leadership is the capacity to translate vision into reality"-Warrin Bennis

Patel on 31/10/2017. The programme started at 10.00 am with the Rashtriya Ekta Diwas Pledge taken by the Director, Prof. (Dr.) Satish Ubale, faculties and students. It was followed by a song by Ms. Bharti Dudhal on unity in diversity. The next programme was speech on the life of Sardar Vallabhbhai Patel given by Mr. Pravin Veer in english and a speech in hindi was given by Ms. Surabhi Gupta on learnings from the life of Sardar Patel.

Debate competition was organized on the occasion and the topic was National Unity and Unity in Diversity. The interested students were divided into two groups for the two topics. The competition was judged by the Director, Prof. (Dr.) Satish Ubale. He gave away prizes to the winners.

Rangoli competition was also organized and the participants were given the same topics for rangoli i.e. National Unity and Unity in Diversity. There were 07 teams of 04 students who took part in the competition. This competition was also judged by the Director, Prof. (Dr.) Satish Ubale. He gave away prizes to the winners of the competition.

The winners of Debate Competition were:

1. Ms. Shalini Gupta (First)
2. Mr. Tejas Padekar (Second)
3. Ms. Parul Nandwana (Third)

The winners of Rangoli Competition were:

1. Ms. Nisha Pawar, Ms. Gouri Dudhal, Ms. Mohini Kanase & Ms. Bharti Dudhal (First)
2. Mr. Pravin Veer, Mr. Tejas Padekar, Mr. Nikhil Bichare & Mr. Yashodhan Auti (Second)
3. Ms. Disksha Biradar, Ms. Parul Nandwana, Ms. Preeti Jain & Mr. Ganesh Kharad (Third)

Director Prof. (Dr.) Satish Ubale, faculties and students are taking oath on National Unity Day on the occasion of birth anniversary of Sardar Vallabhbhai Patel.



When I finally got a management position, I found out how hard it is to lead and manage people- Guy

A Report of "Constitution Day Celebrations" - 25.11.2016:

The Constitution of India is the supreme law of India. It lays down the framework defining fundamental political principles, establishes the structure, procedures, powers and duties of government institutions and sets out fundamental rights, directive principles and the duties of citizens. It is the longest written constitution of any sovereign country in the world. The nation is governed by it. B. R. Ambedkar is regarded as its chief architect.

It was adopted by the Constituent Assembly on 26 November 1949, and came into effect on 26 January 1950. With its adoption, the Union of India became the modern and contemporary Republic of India replacing the Government of India Act, 1935 as the country's fundamental governing document. To ensure constitutional autochthony, the framers of the constitution repealed the prior Acts of the British Parliament via Article 395 of the constitution. India celebrates its coming into force on 26 January each year, as Republic Day.

It declares India a sovereign, socialist, secular, democratic republic, assuring its citizens of justice, equality, and liberty, and endeavor's to promote fraternity among them.

Prof. (Dr.) Satish Ubale, Director of Matrix School of Management Studies, Pune all teaching, non-teaching staff and students were present to celebrate constitution day on 25/11/2016 at 11.00 am in the Institute. The Preamble of the constitution of India was read by Prof. Sandeep Rathod which was repeated by all the staff members and the students. This was followed by Poster Competition. The topics given to the students for poster making were the Constitution of India, salient features of the Constitution, National Integration and Unity in Diversity. The Director, Prof. (Dr.) Satish Ubale judged

The man who has done his level best... is a success, even though the world may write him down a failure - B. C. Forbes

the competition and gave away the prizes to the winners.

Poster Presentation organized on the occasion of Constitution Day Celebrations



(Constitution awareness march organized by the students of our Institute)

REPUBLIC DAY CELEBRATIONS-26/01/2017

On 26th January 2017, 68th Republic Day was celebrated at Matrix School of Management Studies, Pune. Flag hoisting was done at 8.30 am by honourable Dr. (Mrs.) Shilpa Kulkarni, Founder Secretary of the Institute. Cultural events were followed by the Flag hoisting ceremony.

Ms. Parul Nandwana and Mr. Tejas Padekar of MBA I coordinated and compered the cultural events. At the outset felicitation of Dr. (Mrs.) Shilpa Kulkarni was done by Prof. (Dr.) Satish Ubale, Director of the Institute and Dr. Anand Padle did the felicitation of Prof. (Dr.) Satish Ubale.

At the start of cultural programme Ms. Surbhi Gupta, MBA I gave speech on “Beti Bachao Beti Padhao” in Hindi. She stressed on need for girls education and to save girls child. It was followed by performance of Ms. Bharti Dudhal who sang a Marathi song, “Udhalit Shatkirma”

Then on the topic of “Unity in Diversity” English speech was given by Mr Kishor Pachode. In his speech he said that we live in a Country having different languages, different cultures, and different religions but still we are one and that is Unity in Diversity.

Ms. Diksha Biradar and Ms. Mohini Kanase performed Kathak dance. The dance is folk dance of northern and southern India. Mr Akshay Waghole gave speech in Marathi on “History of Indian Republic”. Mr Vikas Padekar shared his views on today’s hot topic “Demonetisation”. The last speech of the programme was on Chatrapati Shivaji Maharaj given by Mr. Santosh

Kolte. He focused on kindness and other values of Shivaji Maharaj which must be understood and inculcated among us.

At the end Vote of thanks was given by Miss Preeti Jain.



If performance management were a movie, it will become less 'Gladiator' and more 'Moneyball.' - Reid Hoffman

A Report on Tree Plantation-16/12/2016:

Matrix School of Management Studies arranged a programme on tree plantation on 16/12/2016 to create awareness among the students about the importance of tree plantation. The Director, Prof. (Dr.) Satish Ubale, all the faculties and students were present on this occasion. Speeches were given by the students on the benefits of tree plantation. Ms. Parul Nandwana in her speech emphasized on the air cleaning properties of trees. It produces oxygen and reduces smog which enhances our respiratory health. Access to trees, green spaces, and parks promotes greater physical activity, and reduces stress, while improving the quality of life in our cities and towns.

The next speaker Mr. Tejas Padekar spoke about energy conservation. He said that trees are natural air conditioner. The evaporation from a single tree can produce the cooling effect of ten room-size, residential air conditioners operating 20 hours a day. Tree windbreaks can reduce residential heating costs 10-15%; while shading and evaporative cooling from trees can cut residential air-conditioning costs 20-50%.

A great man is different from an eminent one in that he is ready to be the servant of the society - B. R. Ambedkar.

After the speeches of the students on the benefits of tree plantation the Director Prof. (Dr.) Satish Ubale, faculties and students planted saplings in the premises of the Institute.

Tree plantation done by the Director Prof. (Dr.) Satish Ubale, Prof. Megha Joshi and Prof. Vrunda Deshmukh



Only those who will risk going too far can possibly find out how far one can go. T. S. Eliot

One day workshop on “Summer Internship Project (SIP) Guidelines” - 01/02/2017

A one day workshop was organized by Matrix School of Management Studies, Pune on Summer Internship Project (SIP) Guidelines for the students of MBA I of the Institute on 01/02/2017. The resource person was Prof. Preetam Salvi. The workshop started at 10.00 am with the felicitation of Prof. Pritam Salvi.

He started the session by explaining what is SIP and what the students can learn from the SIP. He said that the students after the second semester will have to do a Summer Internship Project (SIP) for two months. The student should get his topic for SIP approved from the faculty guide and the Director before the start of SIP. The research report can be based on primary/secondary data or it can be an operational assignment involving working by the student on an assignment or project. The report should include learning outcomes. The report should be well structured and include the following points:

1. Introduction/Executive Summary
2. Objectives of the study
3. Company/Organisation Profile (including Organisational Chart)
4. Research Methodology
5. Data analysis and data interpretation
6. Relevant activity charts, tables, graphs, diagrams etc.
7. Suggestions & Recommendations
8. Conclusions
9. References (APA, MLA, Harvard etc.)
10. Appendix (Questionnaire, Data Sheets etc.)

The report prepared by the student must reflect 8 weeks of work and justify the same. The students should submit two hard copies and one soft copy (CD) before 30th September 2017 in the Institute. One hard copy of the project will be returned to the student after the External Viva Voce. At the end of the workshop vote of thanks was proposed by Mr. Pravin Veer.

Prof. Vrunda Deshmukh felicitating Prof. Pritam Salvi



Prof. Pritam Salvi addressing the students on SIP



The man who has done his level best... is a success, even though the world may write him down a failure - B. C. Forbes

Students enjoying the SIP guidelines workshop conducted by Prof. Pritam Salvi

You can't cross the sea merely by standing and staring at the water- Rabindranath Tagore

Report on International Women's Day Celebrations, 8th March 2017-

The Matrix School of Management Studies celebrated International Women's Day on 8th March 2017 at the Seminar Hall of the Institute. At the start of the programme the Founder Secretary Dr. (Mrs.) Shilpa Kulkarni addressed the female faculties, students and parents. She spoke about the upliftment of the women through education. She shared her example how she has made Matrix School of Management Studies from scratch over a period of 10 years through hard work, determination and patience. After her speech she invited all the female faculties, students and parents for celebrating International Women's Day by cutting Cake.

About International Women's Day

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.

International Women's Day (IWD) has been observed since in the early 1900's - a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies. International Women's Day is a collective day of global celebration and a call for gender parity. No one government, NGO, charity, corporation, academic institution, women's network or media hub is solely responsible for International Women's Day. Many organizations declare an annual IWD theme that supports their specific agenda or cause, and some of these are adopted more widely with relevance than others.

"The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights," says world-renowned feminist, journalist and social and political activist Gloria Steinem. Thus International Women's Day is all about unity, celebration, reflection, advocacy and action - whatever that looks like globally at a local level. But one thing is for sure; International Women's Day has been occurring for well over a century and continues to grow from strength to strength.

Cake on the occasion of International Women's Day



The Founder Secretary Dr. (Mrs.) Shilpa R. Kulkarni, female faculties of the Institute and Parents cutting cake on the occasion of International Woman's Day.



What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from. T. S. Eliot

“Matrix Gelignites 2016” -

**Day: Thursday and Friday, 29 and 30th September,
Day 1: Thursday, 29/09/2016**

Guest 1 :

**Dr. Shailesh Kasande (Director, Vishvakarma
Institute of Management)**

Guest 2:

**Dr. Milind Marathe (Director of Sinhgad Institute of
Management and Computer Applications, Narhe)**

The Matrix Educational Foundation's, Matrix School of Management Studies, Pune had organized Matrix Gelignites-2016 " A Fusion Intellects with Vigour, Vitality and Vibrance" Inter Collegiate Summer Internship Project Presentation Competition.

The difference between stupidity and genius is that genius has its limits - Albert Einstein

Objectives:

- 1) To encourage management students to conduct innovative, high summer internship project.
- 2) To recognize excellent project done by student and to provide platform for sharing their practical experience from industry.
- 3) To provide industry consolidated single source of high quality work done by management students during their summer internship.
- 4) To create an environment of interaction between management student and industries for mutual benefits of exploration of possible corporate opportunities.

Inauguration was done by Dr. Shilpa Kulkarni, Dr. Satish Ubale, Dr. Shailesh Kasande and Dr. Milind Marathe. The program was started at 10:30 in the morning. After inauguration Dr. Shilpa Kulkarni madam welcomed all the guests, Participants, Teachers and Students. The formal inauguration was followed by Power point presentations. Day one was the screening round in that total 24 participants were there and out of that 12 candidate were shortlisted for second round.

Following are the shortlisted candidates for second round:

- 1) Ms. Anuja Dakliya: IB, Modern Engineering
- 2) Mr. Satyavrut and Chaitanya Khare: IB, IMCC
- 3) Mr. Swapnik Tayade: MKT, SKN
- 4) Ms. Pradnya Jadhav: HR, SKN
- 5) Ms. Ashmita Saloman: HR, RMD
- 6) Ms. Apoorva Joshi: HR, MIBM
- 7) Mr. Amey Joshi: MKT, MIBM
- 8) Mr. GauravJain : FIN, MIBM
- 9) Mr. Manish Prasad: MKT, NBN
- 10) Ms. Akanksha Demda: MKT, SVIM
- 11) Ms. Neha Jagtap: HR, SIMCA
- 12) Ms. Juana Fernandes: HR, MSMS

All the shortlisted candidates were called for a final round of presentation on next day.

Day 2: Friday, 30/09/2016

Guest 1: Mr. S. N. Rai (AGM, Bank of India)

Guest 2: Mr. Amit Kadam (Marketing Manager, ICICI Securities)

Introduction and Felicitation of guest for the day second was done by Dr. Satish Ubale. Formal inauguration of day second was followed by the power point presentation of shortlisted candidates from day one. Industry experts and guest of honors Mr. Rai and Mr. Amit did the judging of all the shortlisted candidates.

Winners of Matrix Gelignites-2016:**First Prize:**

College: Sadhu Vaswani Institute of Management Studies

Students Name: Akanksha Demda

Second Prize:

College: Matrix School of Management Studies

Students Name: Juana Fernandes

Third Prize:

College: Institute of Management and Career courses (IMCC)

Students Name: Mr Satyavrat Khare and Mr. Chaitanya Kulkarni

Consolation Prize:

College: Modern Institute of Business Management

Students Name: Mr. Ameya Joshi

Consolation Prize:

College: SKN Institute of Management

Students Name: Pradnya Jadhav

The declaration of results and prize distributions were done by Dr. Shilpa Kulakarni, Dr. Satish Ubale, Mr. Rai and Mr. Amit Kadam.

A Report for MCCIA Competition 2016 Sunday, 25th September 2016 :

MCCIA's Competition 2016-17 for Management Students on the 'Live Industrial Project on HR / IR issues of Pune Industry' was held on the 25th September 2016.

Mahratta Chamber of Commerce, Industries and Agriculture is a prominent industrial body representing trade, commerce and industry in Pune Region for more than eight decades. In order to help the students to get exposure to the industry and get practical insights of HR / IR, they have been conducting successfully for the last three consecutive years, MCCIA competition on 'Live Industrial Project on HR / IR issues of Pune' for management students. The objectives of the Competition were:

(1) To sharpen the managerial skills of students in planning and implementing projects, collecting data from field observation, conversation, survey / interview and make suggestions through actual field work and exposure to industry.

(2) This is an attempt to bring industry and B-Schools collaboration for the development of students.

The projects were assessed on the basis of (a) Written reports based on actual field work, survey, analysis and conclusion by the students. (b) A 15mins presentation by each team in front of the judges and other audience. The teams were free to use innovative presentations, in fact innovation was one of the important criteria for evaluation in addition to the other elements such as the

subject matter, the analysis, methodology, finding and suggestions.

The Teams : Each institute had to file one or more teams consisting, one faculty member for each team as the guide and number of students as may be deemed to be required for the project.

Some suggestive and indicative Subject Matters :

A field study of...

1. Use and impact of business analytics / ITES in HR practices
2. Motivating employees with rewards; success and failure cases
3. Reforming labour laws
4. HR outsourcing: problems and prospects
5. Agenda of Labour unions in post LPG era
6. HR practices in SMEs
7. Innovations in HR systems and processes
8. Compensation for Gen Y employees
9. Competencies of HR professionals in VUCA world
10. A critical analysis of employee engagement and involvement and it's effect on organisational effectiveness, Students undertook such issues which fell under Human Resources/ Industrial Relations. The above list was only indicative and not exhaustive.

The Action:

The chamber helped the participating institute and students when required, to identify issues and get access to the industries by providing selected data-base and a general recommendation letter to the industry.

Award ceremony was held on the 28th of September:

The three best entries received by the Chamber from the participating Educational /Management Institutes were given special merit awards at an event organized by MCCIA in the presence of HR / IR fraternity. Winners and Runners up teams were awarded trophy / certificate in the HR – IR Forum of MCCIA and the participation certificates will also be given to the institutes and students.

MCCIA established a tie-up with some participating institutes for expanding survey / research topic for further study and subsequent publication if found suitable for the MCCIA membership.

MCCIA did provide a golden opportunity to the budding youth to showcase their talent!

Matrix School of Management Studies was one of the participating institutes in this competition and the project was headed by Dr. Ananad Padle and Prof. Sandeep

Rathod under the guidance of Dr. Satish Ubale and was presented by Ms. Juana Fernandes and Elbonia Lopez.

Every difficulty slurred over will be a ghost to disturb your repose later on - Rabindranath Tagore

State level Seminar on -

“Universal Indicator of Materialism & Spiritualism: a deep understanding of fine balance for well-being”
10th & 11th February 2017-

A two day State Level Seminar organized by Matrix School of Management Studies, Pune on 10th and 11th February 2017 at the Institute.

The resource persons for the seminar on 10th February 2017 were:

1. Dr. Sujata Vaidya
2. Mrs. Meenal Sathe Pachore
3. Mr. Pralhad Wamanrao Pai
4. Mrs. Smita Powle
5. Mr. Vishweshwar Swami

The seminar started at 09.30 am with the lighting of the lamp ceremony followed by National Anthem. The resource persons Dr. Sujata Vaidya, Mrs. Meenal Sathe Pachore, Mr. Pralhad Wamanrao Pai, Mrs. Smita Powle and Mr. Vishweshwar Swami were felicitated by our Founder Secretary, Dr. Shilpa R. Kulkarni. The Director Prof. (Dr.) Satish Ubale felicitated Dr. Shilpa R. Kulkarni and Dr. Anand Padle felicitated Director Prof. (Dr.) Satish Ubale. There were more than 40 faculty and students participants from the nearby colleges. The anchor for the seminar was Prof. (Dr.) Satish Ubale.

The first speaker Dr. Sujata Vaidya spoke about aura management where she emphasized on positive energy and negative energy. She explained this concept by

showing some scans which showed the energy field of a positive and negative person. She also explained how energy field changes when we are stressed, depressed or sad and when we are happy, stress free and happy.

The second speaker Mrs. Meenal Sathe Pachore spoke about importance of spirituality at workplace. She explained that if we have a strong desire for a particular thing we will definitely get that. We should always have positive attitude in life if we want to be successful.

The third speaker Mr. Pralhad Wamanrao Pai spoke about mind and mindset. He said that mind in nothing

Small aim is a crime; have great aim - A. P. J. Abdul Kalam

but a set of thoughts and emotions. We can control our mind with meditation. He also talked about positive attitude and said that winners do the same thing differently than others. We should dream big and always be positive to achieve that dream. We should always celebrate our small success than only we can move towards achieving the goal of our life.

The next speaker Mrs. Smita Powle spoke about spiritual life and art. She explained the relationship between art and spirituality. The arts have always been integral to religion; sacred pictures, sacred symbols, chants etc. have been used in rituals, in places of worship, and as aids to prayer and meditation in every religion. She said that we can judge from this that the art seem to be the natural vehicle for expressing or connecting with the transcendent. The arts in traditional cultures transmit the central beliefs and values of those cultures, and those beliefs and values have a strong religious or spiritual dimension.

In the next session Mr. Vishweshwar Swami shared his views on spiritual philosophy. He said spirituality can be understood as the quest to understand and adhere to one's spiritual intuitions. Examples of such intuitions include that life has a positive purpose, and that one should be fair and compassionate. He was of the opinion that spirituality is different from religiousness, which designates one's adherence to the tenets of an institution regarded as having authority concerning how one should live and what is ultimately true.

At the end of the session vote of thanks was proposed by the Director, Prof. (Dr.) Satish Ubale.

The resource persons for the seminar on 11th February 2017 were:

1. Mr. Prasad Joshi
2. Dr. (Mrs.) Shilpa Kulkarni
3. Mr. Pralhad Wamanrao Pai
4. Mrs. Gayatri Joshi
5. Mrs. Sonia Yadwadkar

The seminar started at 09.30 am with the lighting of the lamp ceremony followed by National Anthem. The resource persons Mr. Prasad Joshi, Mr. Pralhad Wamanrao Pai, Mrs. Gayatri Joshi and Mrs. Sonia Yadwadkar were felicitated by our Founder Secretary, Dr. Shilpa R. Kulkarni. The Director Prof. (Dr.) Satish Ubale felicitated Dr. Shilpa R. Kulkarni and Dr. Anand Padle felicitated Director Prof. (Dr.) Satish Ubale. There were more than 40 faculty and students participants from

the nearby colleges. The anchor for the seminar was Prof. (Dr.) Satish Ubale.

The first speaker of the second day Mr. Prasad Joshi made the participants aware of the meaning of spirituality. He said that spirituality is a broad concept which has many perspectives. In general it includes a sense of connection to something bigger than us and it typically involves a search for meaning in life. With the help of an example he said that some people may find that their spiritual life is linked to their association with a church, temple, mosque, or synagogue while others may pray or find comfort in a personal relationship with God or a higher power. Still others seek meaning through their connections to nature or art.

The next session was taken by Dr. (Mrs.) Shilpa Kulkarni. In her address she said that religion and spirituality is not the same thing, nor are they entirely distinct from one another. The best way to understand this is to think of two overlapping circles. In spirituality the questions that arise in the mind of a person are: where do I personally find meaning, connection, and value of life whereas in religion the questions are: what is true and right?

The speaker for the next session was Mr. Pralhad Wamanrao Pai conducted a practical session. He shared the importance and benefits of meditation. He explained how meditation can be done. He also conducted some stress busting exercises.

The next speaker Ms. Gayatri Joshi took the session on the art and science of knowing. In her speech she explained how spirituality is both an art and a science. Spirituality is science because it has the basic foundation of our mind & divinity within us which offers us the power of energy for concentration – Meditation which is a basic process of our mind which helps to keep our mind away from the stress, worries, tension and frustration. Spirituality is an art in the light of prayer it directs us to concentrate on our mind with whom we

have a devotion and faith which offers us progressive development.

The last speaker of the seminar Mrs. Sonia Yadwadkar spoke about power of prayer. She said that more and more, human beings today are asking themselves, "How can I overcome the anxiety, loneliness, and sense of meaninglessness in my life?" and the answer lies in the power of prayer. When we pray, we immediately make a feeling-connection to a specific spiritual being. Prayer makes us feel the warmth, peace and clarity in us and

Great teachers emanate out of knowledge, passion and compassion - A. P. J. Abdul Kalam

transforms our negative feelings, thoughts and intentions to positive ones.

At the end of the seminar vote of thanks was proposed by the Director, Prof. (Dr.) Satish Ubale.



“Parent Teacher Meet” -08/03/2017

Parent Teacher Meeting was organized by Matrix School of Management Studies, Pune on 08/03/2017 at the Seminar Hall of the Institute.

The programme started at 01.30 pm with the lighting of the lamp ceremony followed by National Anthem. The Director, Prof. (Dr.) Satish Ubale felicitated the founder secretary, Dr. Shilpa R. Kulkarni and Dr. Anand Padle felicitated the Director, Prof. (Dr.) Satish Ubale. After

the felicitation glimpses of Life at Matrix were shown in the form of Matrix at a Glance.

In her welcome speech the Founder Secretary, Hon'ble Dr. (Mrs.) Shilpa Kulkarni spoke about the history of the Institute. She also highlighted the achievements of the students in 2016-17.

The Director, Hon'ble Prof. (Dr.) Satish Ubale in his presentation gave the progress report of the Institute of 2016-17. He shared the details of placements, academic results and achievements of the students with parents. He also spoke about the objective behind conducting over 20 activities in the current academic year.

Gentleness, self-sacrifice and generosity are the exclusive possession of no one race or religion - Mahatma Gandhi

The prize distribution ceremony started after the speech of the Director. Prizes and certificates were given to the students who had won or participated in various events and competitions in the Institute or in other Institutes and Colleges by the Founder Secretary Dr. (Mrs.) Shilpa Kulkarni and Director Prof. (Dr.) Satish Ubale. The top three students of MBA I & II were felicitated by Institute memento and certificates.

The anchors for the Parent Teacher Meeting were Ms. Parul Nandavana and Mr. Kishore Pachode of MBA I.

Report on Alumni Meet -25/03/2017

The Matrix School of Management Studies, Pune organised Alumni Meet on 25th March 2017 in the Seminar Hall of the Institute. On this occasion all the faculties and 34 alumni students were present.

The programme started at 04.30 pm with the devotional song by Ms. Bharti Dudhal of MBA I. It was followed by the lighting of the lamp ceremony and the National Anthem. The Director, Prof. (Dr.) Satish Ubale felicitated the Founder Secretary Dr. Shilpa R. Kulkarni and Prof. Megha Joshi felicitated Director Prof. (Dr.) Satish Ubale. The anchors for the programme were Ms. Parul Nandawana and Mr. Pravin Veer of MBA I.

The welcome speech was given by the Founder Secretary Dr. (Mrs.) Shilpa R. Kulkarni. In her speech at first welcomed all the alumni for sparing time and coming to the Institute for the Alumni Meet, then she took the alumni students back to their student days by showing them video of different activities in which they had participated and organised. She shared the journey of the Institute from 2007 – 2017.

The next speaker the Director Prof. (Dr.) Satish Ubale also welcomed all the alumni who had come from different cities for the Alumni Meet. In his speech he

spoke about the growth of the Institute in brief. He concentrated more on the objectives of creating an alumni association. He read out all the objectives to the alumni students and explained them the objectives. He insisted on improving Institute-Alumni interaction in the form of Guest Lectures, SIP and final placements, industrial visits etc. The alumni promised to help the Institute in these matters.

To entertain the alumni the students of MBA I had organised a cultural programme. It started with a Marathi folk dance followed by a dance on remix songs. Then there was a solo dance performance on the hit songs of

Salman Khan. The last performance was standing dance by the students of MBA I.

After the cultural programme the session of Alma Speaks started where all the alumni shared the about themselves and their growth.

Alma speak was followed by Management Games. All the alumni students were divided into two teams. The first game was Blind fold which tested the leadership skills of the leader. How he can guide his team to win? .

How he motivates them? How he monitors and corrects them if they are missing the direction towards goal and how much his team understands and trusts him. The second game for both the teams was to fill water in the bottle with spoon. This game checked their patience, persistence and concentration. At 8.00 pm dinner was organised for the alumni students, volunteers and faculties. Logo of Matrix Educational Foundation's Matrix School of Management Studies Alumni Association (MSMS Alumni Association).

Ms. Bharti Dudhal student of MBA I singing a devotional song at the start of the function



The Founder Secretary Dr. (Mrs.) Shilpa R. Kulkarni giving welcome speech



Great teachers emanate out of knowledge, passion and compassion - A. P. J. Abdul Kalam

Alumni students of Matrix School of Management Studies, Pune



The Director, Prof. (Dr.) Sataish Ubale making the alumni students aware of the objectives of the Alumni Association



Traditional folk dance of Maharashtra Jeeva – Shiva being performed by the students of MBA I



Standing dance being performed by the students of MBA -I



Alumni students sharing their views



Alumni students sharing their views



Alumni students playing and enjoying Management Games



Alumni students sharing their views



Alumni students enjoying dinner

O wise man! Give your wealth only to the worthy and never to others. The water of the sea received by the clouds is always sweet - Chanakya.



Don't worry when you are not recognized, but strive to be worthy of recognition - Abraham Lincoln.

The Matrix School of Management Studies, Pune organized a cultural programme in the name Indradhanu on 08/03/2017 at the Seminar Hall of the Institute.

The programme started at 03.30 pm with the lighting of the lamp ceremony followed by National Anthem. The Director, Prof. (Dr.) Satish Ubale felicitated the founder secretary, Dr. Shilpa R. Kulkarni and Dr. Anand Padle felicitated the Director, Prof. (Dr.) Satish Ubale. After the felicitation glimpses of Life at Matrix were shown in the form of Matrix at a Glance.

In her welcome speech the Founder Secretary Dr. (Mrs.) Shilpa R. Kulkarni spoke about the overall environment provided to the students where apart from academics extra-curricular activities are also organised which helps the students in the development of their personality.

The Director Prof. (Dr.) Satish Ubale emphasized on importance of organizing cultural activities. It develops bonding between the students and encourages team spirit among them. These activities make the students more confident and improve their stage daring and communication skills.

The anchors for the programme were Ms. Parul Nandwana, Ms. Priyanka Ubhe, Ms. Surabhi Gupta, Mr. Pravin Veer and Mr. Ganesh Kharad.

The first programme was a dance performance by Ms. Diksha Birajdar and Ms. Mohini Kanase on Ganesh Vandana. It was followed by a Rajasthani folk dance by Ms. Parul Nandwana. The next performance was a hindi song (Gulabi Aankhen) by Ms. Bharti Dudhal and Ms. Nisha Pawar. Their song was followed by a Marathi folk dance (Jeeva-Shiva) performed by Mr. Tejas Padekar, Mr. Yashodhan Auti, Mr. Vishal Auti and Mr. Nikhil Bichare. The next performance was a hindi song

(Radhateri chunri) by Ms. Diksha Birajdar and Mr. Aniket Kulkarni. After that a Marathi skit was presented by Mr. Kishore Pachode and Mr. Shubham Aute.

Then Ms. Bharti Dudhal sung a hindi song (Iktara bole). The next performance was standing dance in which 14 students of MBA I took part. It was followed by a Marathi song dedicated to the parents by Mr. Tejas Padekar. The next performance was a solo dance by Mr. Kishore Pachode on a remix song (Tamma-Tamma). It was followed by a hindi song (Pal-Pal) being sung by Ms. Diksha Birajdar and Mr. Aniket Kulkarni. The next performance was of Mr. Sagar Raut who danced on the songs of Salman Khan. The final performance was based on a Marathi folk dance (Aai Bhavani) was performed by Mr. Tejas Padekar, Mr. Yashodhan Auti, Mr. Nikhil Bichare, Mr. Prasad Vidhate and Mr. Akshy Waghole. At the end of the programme vote of thanks was proposed by Ms. Priyanka Ubhe.



Dance on Ganesh Vandana being performed by Ms. Diksha Birajdar and Ms. Mohini Kanase



Group photo of alumni students with the founder Secretary Dr. (Mrs.) Shilpa R. Kulkarni and the Director Prof. (Dr.) Satish Ubale.



If I haven't any talent for writing books or newspaper articles, well, then I can always write for myself - Anne Frank

Mr. Sagar Raut dancing on the songs of Bollywood Superstar Salman Khan



Mr. Kishore Pachode dancing on Hindi remix song Tamma-Tamma



A Skit performed by the students of MBA students



A mythological Marathi dance being performed by the students of MBA I



One day workshop on “Personality Development of Girls”-09/02/2017

A one day workshop was organized by Matrix School of Management Studies, Pune on 09/02/2017 for the development of personality of girls of the Institute.

The resource persons for the workshop were:

1. Dr. Soniya Yadwadkar, Managing Director, CerveauSys Strategic Consulting Pvt. Ltd.
2. Dr. Nirmala Kumarswamy, Director, DY Patil IMCA, Akurdi, Pune
3. Mr. Anand Pawar, Executive Director, Samyak (NGO) Pune

The workshop started at 10.30 am with the lighting of the lamp ceremony followed by National Anthem. The resource persons Dr. Soniya Yadwadkar and Dr. Nirmala Kumarswamy were felicitated by our Founder Secretary, Dr. Shilpa R. Kulkarni and Prof. Megha Joshi felicitated Dr. Shilpa R. Kulkarni. All the girls of MBA I & II participated in the workshop. The girls of nearby Institutes were also invited to take part in the workshop. The anchors for the workshop were Ms. Diksha Biradar and Ms. Parul Nandavana.

The first speaker Dr. Soniya Yadwadkar started the session by enquiring about participant’s health, family responsibility, career etc. She guided the audience about personality and how the girls can develop their personality. She spoke about work life balance and gave some tips on how they can balance their personal and professional life.

The second speaker Dr. Nirmala Kumarswamy spoke on coping with stress and depression. In her session she highlighted the main reasons for stress and depression among girls and also the simple ways by which they can keep stress and depression away. She too shared her opinion on work life balance for girls.

Suffering becomes beautiful when anyone bears great calamities with cheerfulness, not through insensibility but through greatness of mind - Aristotle.

The third speaker Mr. Anand Pawar made his session very interactive by asking questions to the participants. He shared his experience of “Satyamev Jayate”, live show of Amir Khan where he was invited as a participant. He spoke about sex and gender equality and gave many examples to highlight the differentiation among them. He also spoke about personality development of girls. He was of the opinion that nobody should compare herself with others and feel inferior because everyone has some good qualities so concentrate on it and work, it will automatically develop personality. At the end of his session he answered the queries of the participants to their satisfaction.

The workshop concluded with vote of thanks proposed by Ms. Diksha Biradar and Ms. Parul Nadavana.



Parle Biscuit Private Limited
A/P Khirkindi Tq Khalapur Dist.Raigad, Khopoli
41203, 17/03/2017

On 17th march 2017 Matrix School of Management Studies organised a Industrial visit to Parle Biscuit Pvt. Ltd., Khopoli. Parle Biscuit is one of the famous Biscuit brands. In 1929 a small company by the name of Parle products emerged in British dominated India. A small factory was setup in the suburbs of Mumbai to manufacture sweets and toffees. A decade later it was upgraded to manufacture biscuit as well. Parle products have been India largest manufacture of biscuit and confectionary. The company is makers of world largest selling biscuit PARLE-G and host of other very popular brands like Kracjack, Monaco, Wafers, Namkeen etc. The punch line of Parle was Swad Bhare Shakti Bhare and now is Parle G, G means Genius.

We reached the company at 10.30 am. At the start of the visit the students were briefed by Mr. Kishore Shelke, HR Manager about the company and its products. He made the students aware of the benefits of 5S system and Kaizen which the company has implemented. He said that the company produces 75 tons of biscuits and confectionery everyday on 4 production lines. There are 2 printing units and capacity of printers is 40000 tons in

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek - Barack Obama.

a month. They also make cartons 10lac.tons per month. The company's 95% process of production is automated and only 5% is manual. The company employs around 700 employees.

After the session of Mr. Kishore Shelke the students were taken to the production lines where hide and seek biscuits were made. The company guides explained the production process to the students and cleared the doubts related to that. At the end of the visit Dr. Anand Padle proposed vote of thanks.Faculties and students leaving college for Industrial Visit to Parle Biscuit Pvt. Ltd., Khopoli .



Mr. Kishore Shelke, HR Manager, Parle Biscuit Pvt. Ltd. briefing the students about the company and its products



Group photo of faculties and students with Mr. Kishore Shelke



Students posing for a photo with Parle G biscuits



Group photo at the entrance of Parle Biscuit Pvt. Ltd., Khopoli



Group photo of faculties and students with Mr. Kishore Shelke.

Faith is taking the first step even when you don't see the whole staircase. Martin Luther King, Jr.

One day workshop on "NBA/NAAC Awareness: Pathways to Excellence" 16/01/2017-

A one day workshop was organized by Matrix School of Management Studies, Pune on 16/01/2017 to create awareness among the participants about preparation of SSR and documentation required for NAAC/NBA.

The resource persons for the workshop were:

1. Dr. Capt. CM Chitle, Ex. Dean, Management Faculty, SPPU, Pune
2. Dr. Shailesh Kasande, Director, Vishwakarma Institute of Management, Pune
3. Dr. NM Vechlekar, Director, INDSEARCH, Pune

Life's most persistent and urgent question is, 'What are you doing for others?' - Martin Luther King, Jr.

The workshop started at 10.00am with lighting of lamp ceremony followed by national anthem. The resource person Dr. Capt. CM Chitale was felicitated by the Founder secretary Dr. Mrs. Shilpa R. Kulkarni and Dr. Anand Padle did the felicitation of the Director Prof. (Dr.) Satish Ubale. The anchor for the workshop was Prof. Dr. Satish Ubale.

The first speaker Dr. Capt. CM Chitale said that before preparing the SSR analysis of existing system should be done (SWOT) analysis. The method of Plan, Do, Check, Act should be adopted. He emphasized more on industry institute in interaction and requirements of industry from the students.

The second speaker Dr. Shailesh Kasande explained PEO (Programme Education Objective) He told all the faculties to identify slow learners and fast learners in the class. To bridge this gap extra classes, remedial tests, assignments etc. can be given to the students categorized as slow learners. He was of the opinion that the academic calendar that is prepared before the start of semester should have three columns Proposed, Finalized and Delivered. He said there should be a policy on how the students will be selected for participating in events held at different colleges. He emphasized that external experts should be invited for the audit and evaluation of faculties. The summer internship projects (SIP) of the students should also be evaluated by external experts. There should be a policy on placements which should state how many opportunities will be given to a student by the Institute and deadline for placements. The Institute should monitor the progress of the students even after their final placements. At the end of his session he said that faculties should update their knowledge and concentrate on doing consultancy for industries.



The third speaker was Dr. NM Vechlekar spoke about the relationship between objectives and achievements of the Institute. He was of the opinion that the Institutes should organize human values lecture series for the students. The policy on consultancy should be clear and

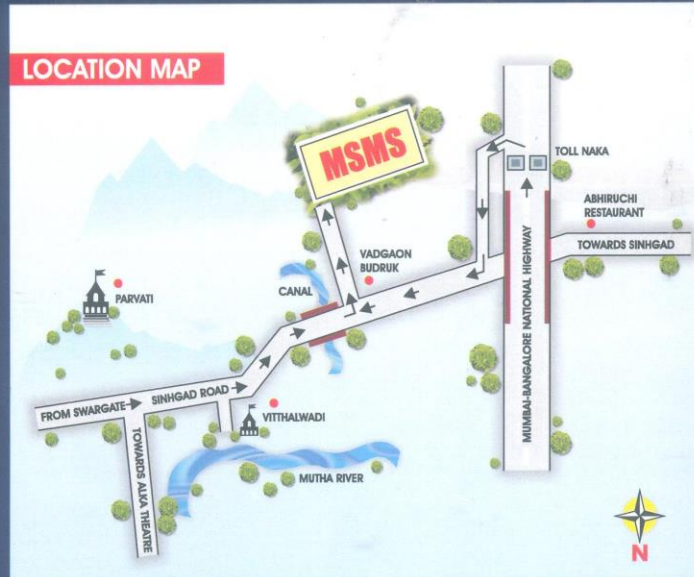
transparent and should be known to all the faculties. The Institute should utilize its faculties in a better manner by conducting Corporate Training Programmes for the corporates. These programmes will also generate additional revenue for the Institute.



The workshop was discussion oriented, interactive session and covered all the seven criteria's of NAAC. It will certainly benefit all the participants as NAAC has become compulsory for all the Colleges/Institutes.

At the end of the session vote of thanks was proposed the Director, Prof. (Dr.) Satish Ubale.

You will not be punished for your anger, you will be punished by your anger – Buddha.



The Matrix Educational Foundation's
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