

New India Begins Here

Music, Art and Dance Night

As is tradition here at LM Thapar School of Management, the Music Art and Dance Festival was held on 7th February 2020 here in LM Thapar School of Management. However, the M.A.D. competition wasn't the only highlight of the day!

The Fest kicked off with a trio of smaller competitions in the morning- the 'Wall of Emotion', the Tug of War, and finally Man vs Food. The wall of emotions had 3 teams showcasing their talents in graffiti, with social consciousness being the chosen topic of deliberation.

The next competition was a literal clash of titans, featuring all the muscular titans of LM Thapar. The competition was inter-year, with MBA 1st year vs MBA 2nd year battling it out for glory and CSE 1st and 2nd year students clashing in thunderous clamour! MBA 2nd year students wiped the floor with their juniors while the CSE 1st year crushed their seniors. The final competition for the first half of the day was Man vs Food. It featured 3 rounds, with participants attempting to consume as much food as humanly possible during each. The First round consisted of orange ice pops, the 2nd round featured bananas while the final round featured burgers. A truly stupendous amount of food was consumed that morning!



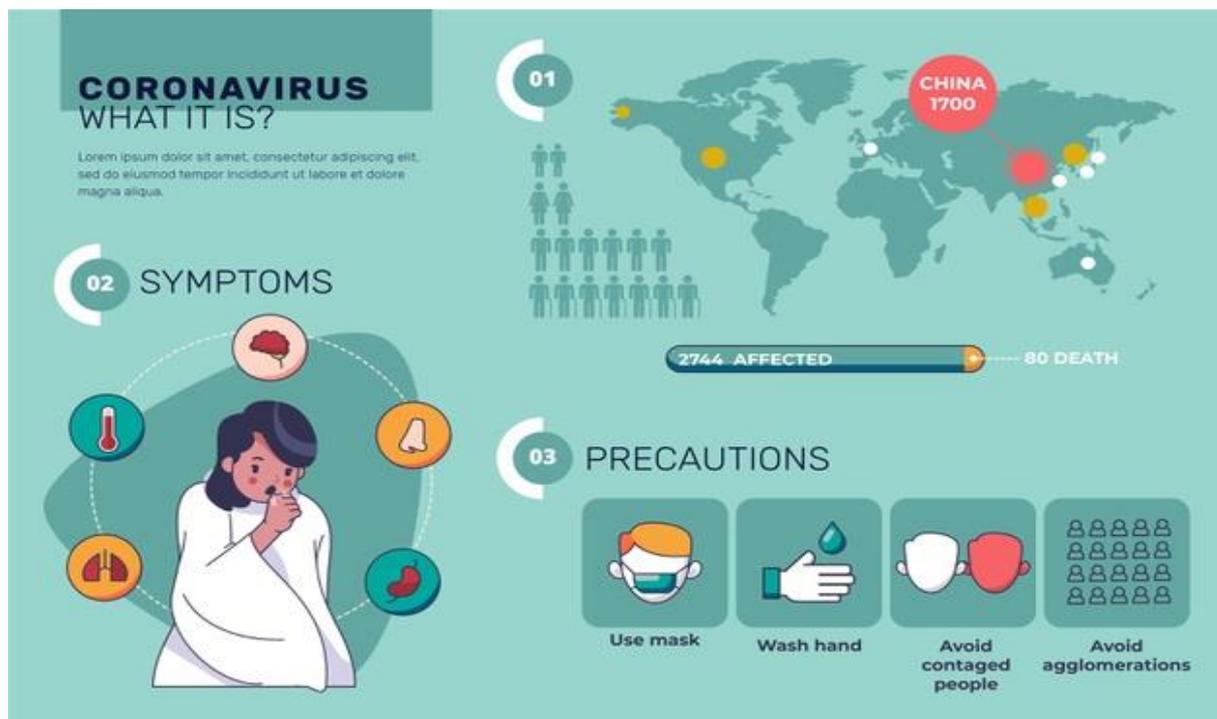
Finally, after lunch, it was time for the highlight of the day; M.A.D. Competition. This time featured many new and old participants clashing for glory in the halls of LM Thapar. Many excellent and moving routines were performed by the students and the audience was enraptured by them all.



As it usually is with good things, they come to a quick end, the evening saw the students gather round a bonfire, partaking in snack bars arranged by the organizers. As the warm glow of the flames subsided, the students moved on to their warm beds instead, the memories of the day forever (hopefully) etched in their hearts and minds.

BE CAUTIOUS: CORONAVIRUS

We might just have a pandemic on our hands .The coronavirus is a large family of viruses which cause a range of respiratory diseases in humans and animals. The particular strain of the coronavirus as well as the disease it causes titled COVID-19.



- Common symptoms of COVID-19 include fever, tiredness and dry-cough.
- Individuals with weakened immune systems, infants and the elderly are at most risk of severe bouts of COVID-19.
- The primary method of transmission of COVID-19 is by droplets expelled by an infected person when they sneeze or cough or by touching objects that have such droplets.
- Standard methods of maintaining hygiene such as washing hands thoroughly and frequently, maintaining minimum contact with people with symptoms of the flu, avoiding unnecessary contact with eyes and nose and staying indoors in case the individual is sick work best.
- 95percent of cases so far have occurred in China. Unless you intend to travel, your chances of catching the virus are minim
- Masks need only be used by individuals who have symptoms of the flu or by individuals who are caring for such persons.

LOHRI: Let's celebrate the end of winters

The **AUSPICIOUS** lohri is A Popular Punjabi winter festival which signifies the end of winter and also marks the culmination of the coldest night of the year. It is celebrated with fanfare across rural and urban northern India and is associated with the harvest of Rabi crops. The belief behind the auspicious occasion is that the bonfire signifies the message of people to the sun god to bring about warmth and prosperity to their homes.



The students of LM Thapar School of management organised the festival with fervour. Students, staff and faculty all gathered together. The bonfire was lit and everyone started dancing to the traditional beats of Punjabi dhol. Professional dhol players lit the mood of the crowd up with their passion and performance as everyone danced to their beats. The night ended with a musical session where all the students danced to the beats of various folk as well popular music.



STUDENT OPINION

Food is just your fuel *Kajal Dhamija*

Ever wondered if the food you are so fond of can have a greater impact on you than just making you feel good? A lot of us have been such foodies that we usually forget to look at food beyond its taste. Getting tempted by unhealthy food is very normal for us humans. But, is this how it is supposed to be? There are various reasons why those who accept this fact lead lives so much better than that of others. And having your body in good shape is the least of these benefits.

Firstly, self-control starts when you control what you eat. You see, half the battle is won here. Not giving in to your temptations is not as easy as it sounds, but starting with what you put inside your stomach really does the trick. After you have done this, you will start feeling that now you really have a control over your life. Of course, it doesn't start right away. Initially, you may feel like you are missing on a lot by not having the food you so adored. But, as time passes and you are making sure to eat only things which are necessary, it will start gaining some meaning for you. Contentment will follow shortly after.

Another thing you will cherish when you make this change in your life is gain greater concentration. You see, simpler the food intake, greater is your focus. Foods containing oils, foods that are fried, foods those are spicy: all these do all they can to feed your distractions more than they will ever feed your stomach. Raw vegetables and fruits can play an important role in making you more focused. Next time you want to decide upon what do eat, remember this: the less the cooking, the greater is the goodness in the food. Something you can do if you love yourself is starving yourself. And this, I mean in the literal sense. Good thing is that you don't have to do it very often. Once or twice a month is more than sufficient. But the goodness that it will provide you is invaluable. When you don't eat for a day, your body gets break from the food it has to process. Moreover, you will value food all the more after this brief period of starvation.

Have you ever felt attached to the fuel you put inside your car? No, right? What we need to do is feel the same for the food we eat. When you start treating food merely as the fuel for your body, it is then that it starts treating you right. Food has power. But remember, you can use that power if you know how to control it.

GUEST LECTURES @ LMTSM

Mr Hari Ramasubramanian

LM Thapar School of Management had the privilege to welcome Mr. Hari Ramasubramanian who leads the Business Development & Relationship Management for IBM Systems University initiatives at IBM India/South Asia. He has over 30 years of experience with the IT industry and is enjoying his 20th year with IBM – working in the field of education domain for the last 15. He interacted with the students about the scope and developments of the information technology industry and the strategic education initiatives of IBM. He explained how IBM has contributed to the IT sector and informed students about the scope of ever-changing dynamic of Information technology, data analytics and artificial intelligence.



Mr. Hari has presented at various International conferences on topics related to the Education domain, Open Source Software, and Globalization. He has received the excellence award for his contribution towards promotion of Information Technology in school education at the CII-Shiksha awards. The session ended with an interactive doubt session and the students extended their greetings to Mr. Hari with a promise of future association.

Sri. P. Lakshminarayanan

The rapid progress of scientific and technological has made our lives comfortable and luxurious. However, comfort is not happiness. Modern mind is always anxious, agitated and unable to balance personal and professional challenges that one faces in life.

To enlighten the students about the importance of “Work Life Balance”, LM Thapar School of Management invited Sri. P. Lakshminarayanan amongst a senior disciple of internationally renowned philosopher Swami Parthasarathy. He regularly organises public lectures and seminars for Swami Parthasarathy. He has dedicated his life to the study, research and propagation of Vedanta. He delivers programs for corporations, educational institutions and other organisations on various topics like stress management, time management, anger management, secret of success, relationship management etc.

Truly, an individual may never underestimate the rigours of daily life and the teachings of Lakshminarayanan would definitely be of much benefit to the students here at LM Thapar.



SUSTAINABILITY IN PRACTICE

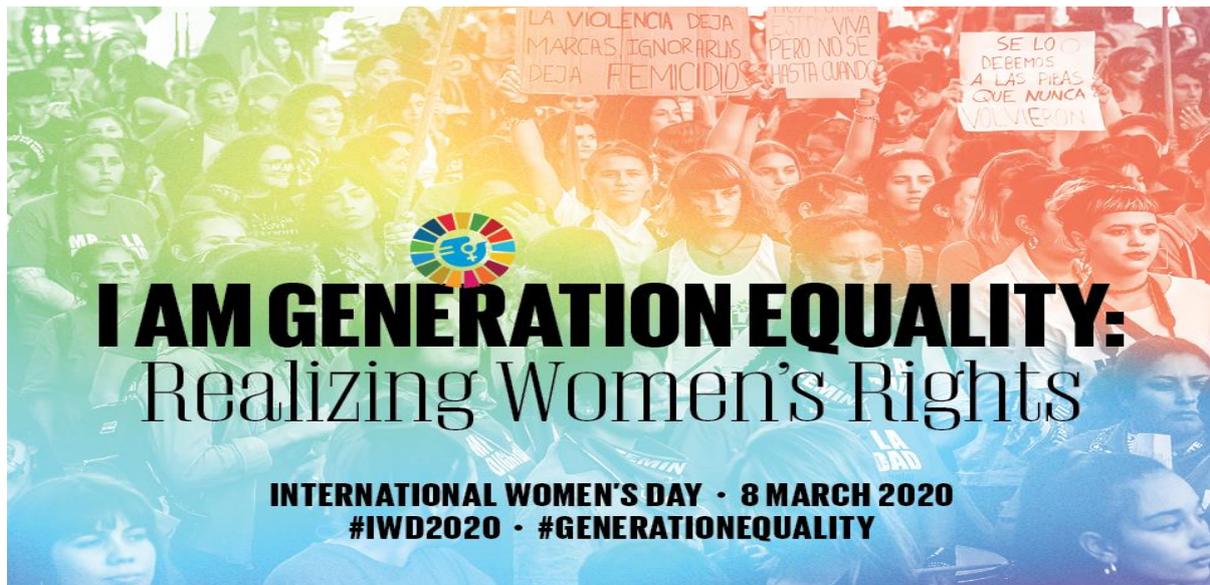
We praise the efforts of SiP team Number 14 comprising of Simarpal Singh, Aditi Shukla, Reema Arora, Prateek Kohli and Harpreet Nawab. The team has tied up with UDAAN via nodal agency Rotary International and will now work with them to continue their sessions. During their sessions they will teach children about the importance of Sustainability as well as prepare them for the final examinations of their curriculum.

They have a roadmap of organizing a meeting with parents to make them personally aware importance of education and adopting a sustainable approach to everyday activities. UDAAN will check their progress and work to incorporate more schools. The project is being evaluated by UDAAN official at the end of every month.



INSIGHTS

International Women's day



Women's rights and gender equality are taking centre stage in 2020. This year's theme for International Women's Day (8 March) is, "I am Generation Equality: Realizing Women's Rights". The Generation Equality campaign is bringing together people of every gender, age, ethnicity, race, religion and country, to drive actions that will create the gender-equal world we all deserve. Women are an integral part of not only our society but also our being. They hold the privilege to bring life to this planet and joy into our lives. Our mothers, sisters and wives hold own the softest corner of our heart. But such is our hypocrisy that we have constantly struggled to defend their basic rights even in the 21st century.

We have countless schemes, upliftment and empowerment programs for women but what we really need to work on is the superiority complex infused into us males by the immoral social fabric of our society. Although conditions have drastically improved from the past century. Today we have stronger, educated and empowered women who are aware of their rights and are progressing soldier to soldier with their male counterparts in all facets of life, we still have to go a long way to create an equitable egalitarian society.

Click on the following link to understand the growing contribution of women in all spheres of life. <https://www.unwomen.org/en/digital-library/multimedia/2020/2/infographic-visualizing-the-data-womens-representation>