

NEWSLETTER

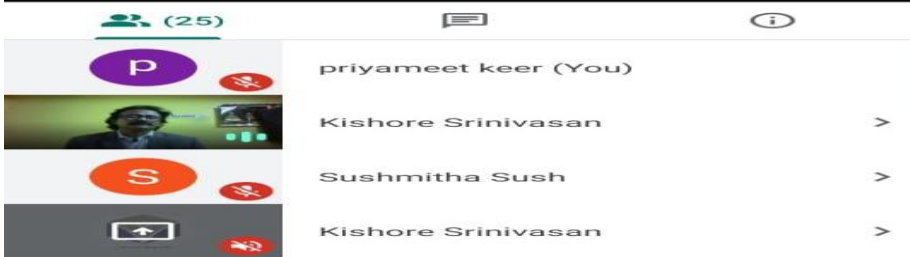
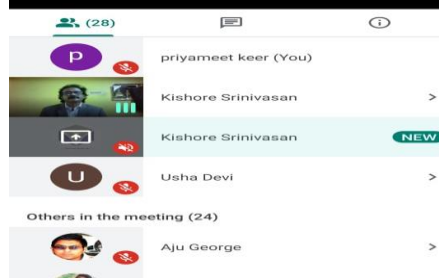
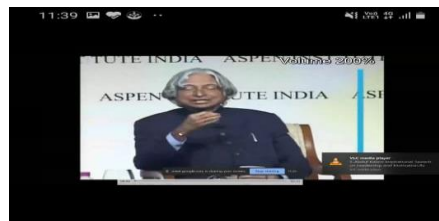
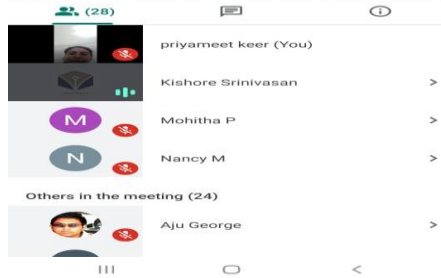
JULY 2020

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“Believe you can and you are halfway there”

WEBINAR



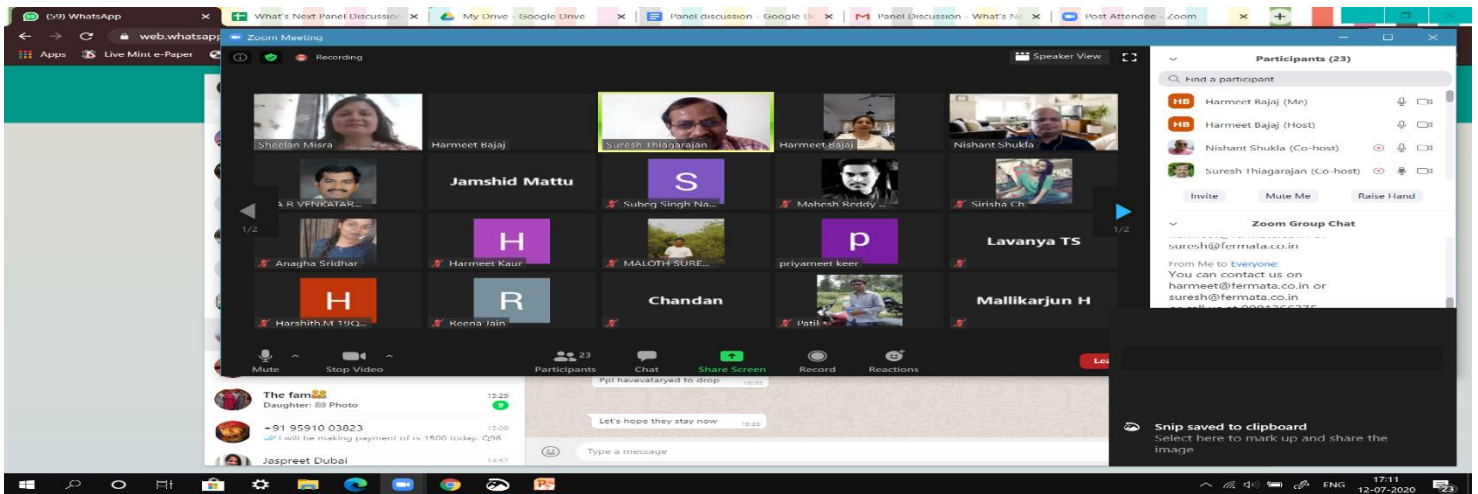
Others in the meeting (21)

CREATIVITY WITH PASSION LEADS TO LEADERSHIP

This webinar was an eye opener to small things in life and how one can be a leader. Over all the session was insightful, interactive and informative.

A webinar was conducted on 28th July, 2020 at 11:00-12:30pm for 2nd and 4th semester MBA students by LN Kishore Srinivasan - whose an RJ at All India Radio, Chennai and a life coach, placement consultant, writer, lyricist, singer and social volunteer who has trained various students and faculties.

The session started off with a song sung by guest and throwing light on passion and kindness. The participants were shown videos and presentation to understand the leadership qualities that great personalities like Abdul Kalam and MS Dhoni possessed to lead a team.



**“Smile
Breathe and
Go Slowly.”**

Adapting to the New Normal

“Adapting to the New Normal” was a Free web series conducted by the Department of Professional Counselling, NHCE.

It was taken place for a week starting from 22nd July till 29th July.

The Speakers were the following:

- Dr. Reena Jain, Chief Counsellor
- Ms. Deepa, Student Counsellor
- Ms. Rosina, Student Counsellor
- Ms. Aghyasri, Student Counsellor
- Ms. Shantala, Student Counsellor

Insights:

The week webinar series were taken place online for the students, faculties and industry professionals through out the country.

The webinar was mainly focused on the current pandemic situation and how to cope with it.

The chief counsellor of NHCE along with the student’s counsellors emphasized the importance of mental health and drove out guidelines and tips to take care of Individual’s mental health during such trying times.

Internship Orientation

The Internship Orientation meeting for the second semester students of Management department taken place online on July 29th, 2020.

The students were briefed on the process of finding and taking on the internship for the duration of 8 weeks.

The Head of Department Dr. Sheelan Misra emphasized about the importance of acquiring industrial experience through internship.

Dr. Sainath briefed the students about the report making at the end of internship and the significance it will have during the placements.

***“Patience, persistence and perspiration makes an unbeatable combination for success
-Napoleon Hill.”***

SELF-CARE

TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest



EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness



SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space



PERSONAL

- Hobbies
- Knowing yourself
- Personal identity
- Honoring your true self



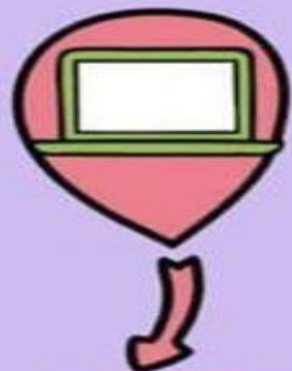
SPACE

- Safety
- Healthy living environment
- Security and stability
- Organized space



FINANCIAL

- Saving
- Budgeting
- Money management
- Splurging
- Paying bills



WORK

- Time management
- Work boundaries
- Positive workplace
- More learning
- Break time

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