



# The Students Press

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### NAVY SEAL Technique for Reducing Stress!

With a motto like "The only easy day was yesterday," Navy SEALs are known for their toughness. But with the situations like in war, the group has to be ready for everything and be quick, therefore, keeping their mind clear also becomes an important task for them. The seal has developed a quick, simple exercise that anyone can use to reduce stress and remain calm, cool, and collected. Got 16 seconds to try it? Being a Navy SEAL is no walk in the park, unless that walk is a mile-and-a-half and being clocked in less than 11 minutes and 30 seconds. To be a NAVY SEAL, you must be able to swim a 500-yard breadth or side stroke in less than 12 minutes and 30 seconds, do 42 push-ups in two minutes with six pull-ups, and 50 sit-ups in another two minutes. This training prepares you for war, after all. On top of becoming a robust machine you need the ability to keep cool under pressure, too. Maintaining a calm self in every setting and scenario is crucial for a SEAL before, during, and after the chaos of bloodshed. To do that, they have developed a tried-and-true tactic that can slow the heartbeat and lower or stabilize blood pressure. Box Breathing Technique ( Just breathe out of the box ) This martial developed zen technique is called box breathing, and you can try it yourself right at this moment while being anywhere in the world. Why not? You'll see that each of the four steps is done for four seconds, hence the box part of the title. It will only take you 16 seconds to go through the method one time. Repeat the method as long as it takes you to feel relaxed. (Ready For It! ) Follow along:

1. Breathe in for four seconds. Make sure that you have expelled all the air from your lungs before you start to inhale ( just try to exhale as much as possible ) . Once you start sucking up air, make sure to really fill those lungs, right up to the brim. ( Immediately, we don't want a case filled on our name )
2. Hold your breath for four seconds. No more inhaling at this point, and don't let any air escape yet.
3. Exhale for four seconds. Let the air out of your lungs at an even rate for the whole stretch of time, and make sure to get it all out.
4. Hold your lungs empty for four seconds. It may be tempting to suck in some more air immediately after letting it all out and hard to pause , but just hang on for four seconds. Whether you're in combat, reading a tweet from a political nemesis, or just trying to keep cool at work, box breathing can keep you frosty in the most heated situation. Give it a try!

-ATISHAY JAIN  
BBA



### Learn To Lead By Following.

Leadership is not an abyss or a peculiar phenomenon. Think of your idols, whom you follow or want to be like. What did they do that was out of the box or apart the crowd? What characteristics did they have or had that led them to such heights? Great leaders have some specific traits in common. These traits can be learned and developed by you too. Some of the traits that I inherited or learned from my idols that certainly will be common with your idols are enlisted below. It might or might not help you in becoming a great leader but surely will make you a good human.

#### • Learn To Lead By Following

This isn't just a trait or a characteristic; it's the most peaceful and subtle way of learning, where there isn't any egoism or superiority cube. It's just the inhabitation of knowledge and ideas. If we check history, I am sure there won't be a leader that excel to great level but didn't follow anyone or his or her ideology. One should never feel shy or low in learning or following someone whomsoever he or she maybe.

#### • Never Quit

"Never give up attitude", we all are very much familiar to this hype term but it isn't just a hype term, it was or is the way of life of many great leaders and people (me too!). Great leaders learned from their mistakes and tried again and again to finally reap the fruits of their hard work. But we should always be cautious about the line between never quit and being stubborn like an LOC.

#### • Inspire Others

In today's world, everyone single person is looking for inspiration and very few awaiting to inspire. Most of the well-known leaders knew how to clearly and concisely communicate their message to motivate those around them to greater heights of achievement. They listen and care for their fellows that not only help in gaining their attention but also their support in all the future obstacles. The trick was simple, they knew that people would do more for leaders they respect than they would do for anyone else. These were some common and prior traits of a good leader but the list is far too long (to continue stress your fingers and Google). But always remember, never ever forget your true self in order to become like someone else because you are for sure unique in some way or other.

While everybody talks about leadership, very few can define this inexplicable skill. Well, this was my try and these were my pillars of leadership, what are yours? Do share and never be afraid to learn.

-PULKIT SHARMA  
BBA



# Be yourself

because an original  
is worth more  
than a copy



"Success is not final; failure is not fatal: It is the courage to continue that counts."

- Winston S. Churchill

## THE SUBTLE ART OF BEING YOU!

**"Because being yourself is not as easy as it looks"**

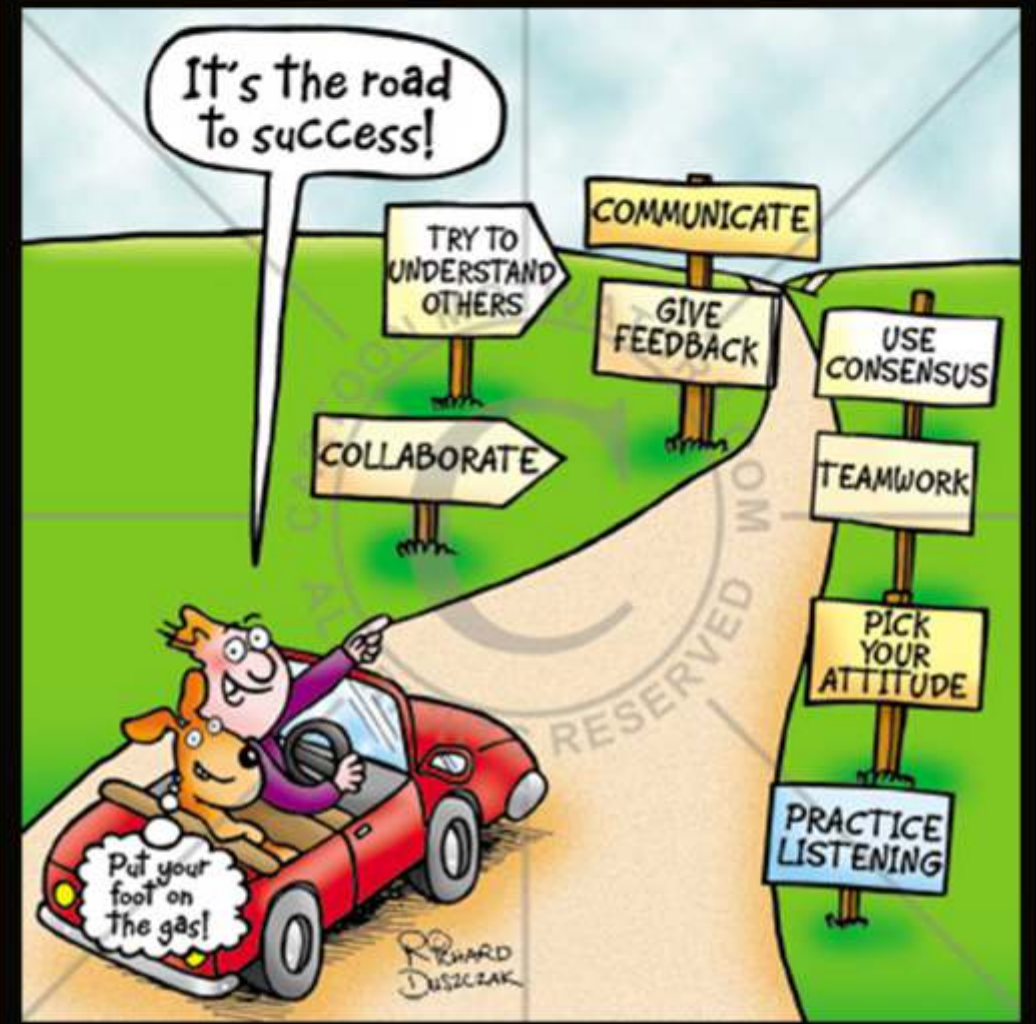
From embracing changes to just being you, the year of 2018 was all about accepting yourself "au naturel", about individuality and about being subtle but stunning. Still, even though hearing 'just be yourself' may sound, well, easy it may not exactly be. This past year, though, many celebrities, YouTubers and public figures took to social media to spread the word about how liberating it can be when you finally lose the Snapchat filters, the urge to follow impossible beauty standards and accept the simplicity of being flawed. The #nomakeup hashtag on Instagram, that became mainstream after Alicia Keys penned the viral "Time to Uncover" essay for Lena Dunham's Lenny letter, lead to many posts often being captioned with affirmations of self-love and confidence.

Another, such campaign that proved how powerful a simple hashtag could be was the 'body positivity movement' that boosted not just women but men as well to accept their bodies, to move past self-judgment and to the belief above everything that every-body is perfect. Even idea's #merireallife campaign, developed by BBDO India, addresses the growing need of validation on social media and encourages people to share real, unfiltered stories instead of portraying a picture perfect life, using their network. In a time, where we are being constantly followed by the urge to be perfect when we should follow the urge to be ourselves, movements and campaigns like Dove's campaign for real beauty with #choosebeautiful hashtag could prove to be a real stepping stone in changing mindsets of men and women globally.

After all, in the words of Alan Watts, "Waking up to who you are requires letting go of who you imagine yourself to be."

But, apart from social media going the extra mile, what could, we, as individuals do to break the beauty mold? To finally let go of how we want the world to perceive us and just be ourselves? So, what is the key? The key is to become more aware of your own thoughts and to follow your inner intuition like little children, who are always in the moment and don't care about what the world thinks of them. Don't suppress your nature just because you are afraid of being judged, don't play roles depending on who you are currently with because when you be yourself, follow your own heart and do what you love, you align yourself with happiness and peace. And, as we leave behind old prejudices and step into a new year of possibilities, let's not follow trends that change monthly, let's be ourselves in a world where one can be anything.

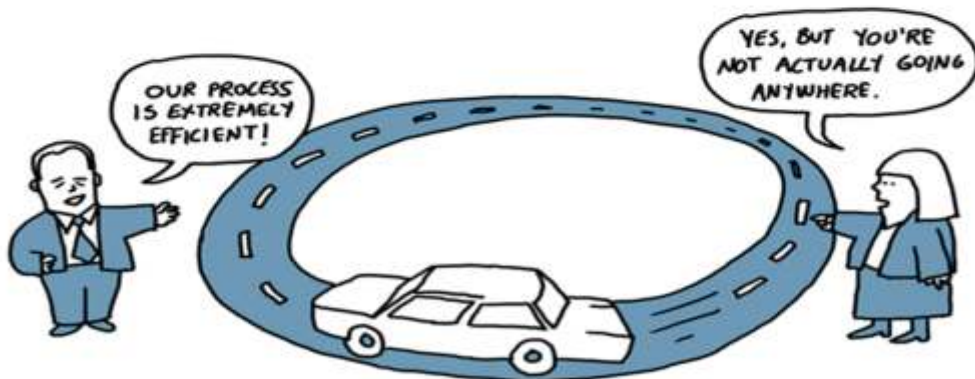
-KIRTI BHARDWAJ  
BCA



The ultimate road to success can be reached by understanding our team mates, collaborating with the team members, giving feedback to others for their work, using consensus, working in teams, keeping positive attitude towards all the problems. Success can be achieved by staying optimistic towards our problem, listening to others advice and taking others opinions.

"Focus on a few key objectives ... I only have three things to do. I have to choose the right people, allocate the right number of dollars, and transmit ideas from one division to another with the speed of light. So I'm really in the business of being the gatekeeper and the transmitter of ideas."

- Jack Welch



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