

THE VISION

Weekly newsletter by PGDM batch (2020-2022) Section C
14th September, 2020 to 19th September, 2020



Buddhism Beliefs

Some key Buddhism beliefs include:

Followers of Buddhism don't acknowledge a supreme god or deity. They instead focus on achieving enlightenment—a state of inner peace and wisdom. When followers reach this spiritual echelon, they're said to have experienced nirvana.

The path to enlightenment is attained by utilizing morality, meditation and wisdom. Buddhists often meditate because they believe it helps awaken truth.

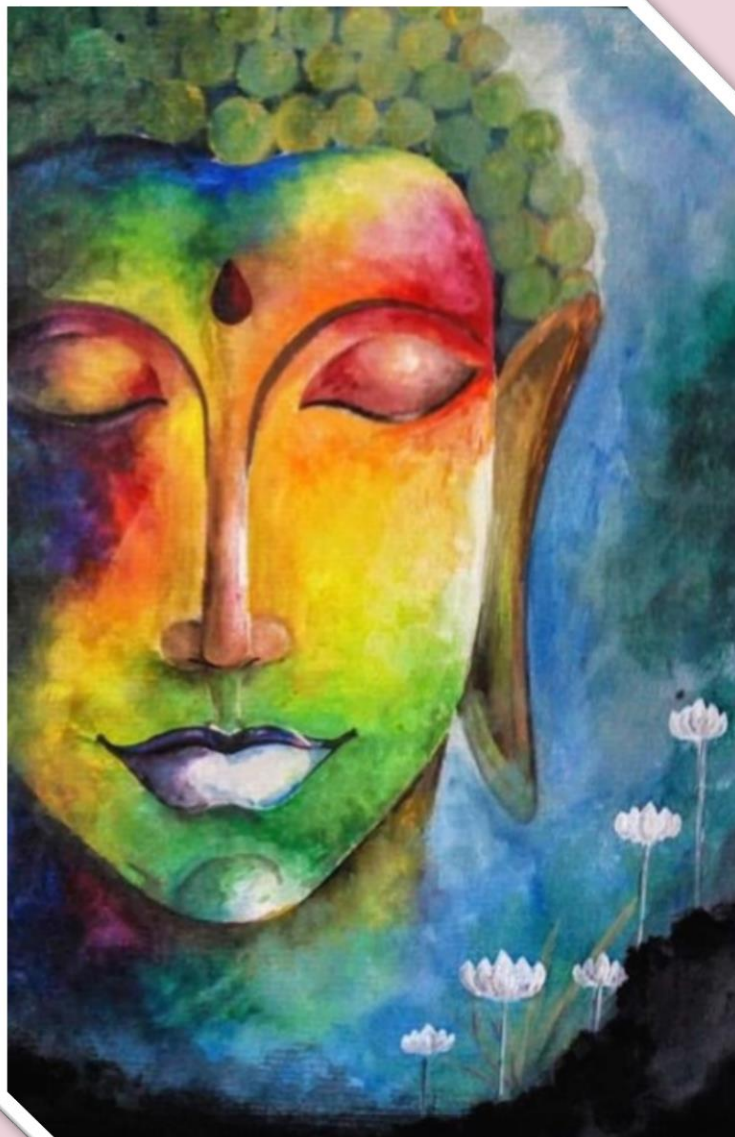
There are many philosophies and interpretations within Buddhism, making it a tolerant and evolving religion.

Some scholars don't recognize Buddhism as an organized religion, but rather, a “way of life” or a “spiritual tradition.”

Buddha's most important teachings, known as The Four Noble Truths, are essential to understanding the religion.

Buddhists embrace the concepts of karma (the law of cause and effect) and reincarnation (the continuous cycle of rebirth).

Buddhist monks, or bhikkhus, follow a strict code of conduct, which includes celibacy.



-drawing by Sakshi Joshi

Message from the Editorial Team

Dear reader's

This issue of weekly newsletter is designed by PGDM(C) batch 2020-2022 to give glimpse of what is happening around. We have tried to bring elements of fun by including columns like spot the difference, puzzle and many more.

Enjoy reading.



AWARENESS MONTH



PCOD/PCOS

The month of September is observed to be the world Polycystic ovary syndrome (PCOS) month. The aim of this month is to help improve the lives of those affected by PCOS. It is a serious genetic, hormonal, metabolic and reproductive disorder that affects women. PCOS is a health problem that is caused by an imbalance of reproductive hormones. In India, almost 1 out of every 5 women suffer from it. However, due to lack of awareness, a majority of women remain unaware. Irregular menstrual cycle, high levels of male hormones such as testosterone which cause unwanted facial and body hair, acne, hair loss, abnormal cholesterol levels are some of the symptoms of PCOS.

Health risk associated with PCOS:

- ✚ Infertility
- ✚ Endometrial cancer
- ✚ Ovarian cancer
- ✚ Type 2 Diabetes
- ✚ Heart disease and hypertension
- ✚ Sleep apnea
- ✚ Obesity

While there is no cure for PCOS, early diagnosis and proper guidance can help a woman lower the risk factors and manage the symptoms associated with it.

A woman can manage her symptoms by:

- Taking a balanced diet
- Say bye bye to dairy products
- Say yes to Ayurveda
- Workouts are the must
- Meditation

**“YOGA FOR HEALTH
– YOGA AT HOME”**

YOGA: A way of survival

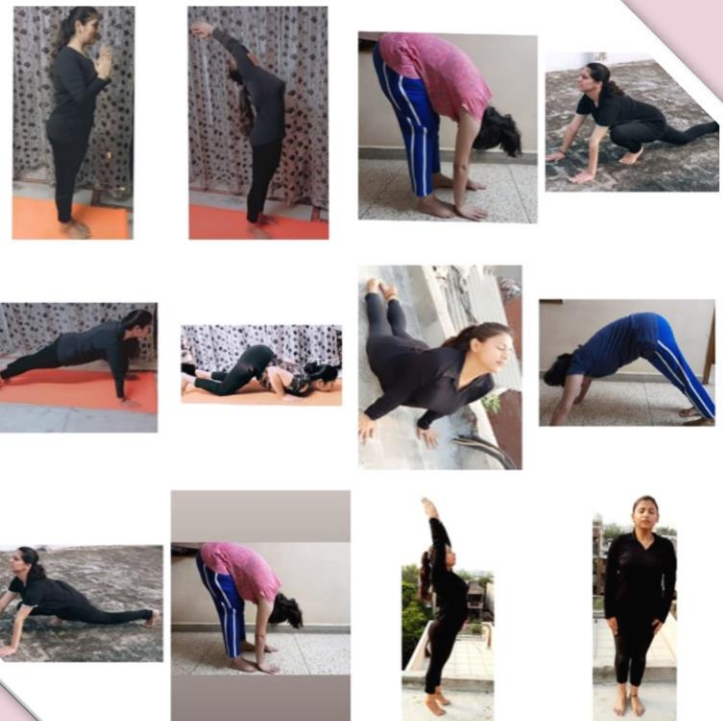
Yoga has the power to help lose weight, improve blood circulation, regulate the menstruation cycle, balance hormones- that’s yoga for you....

Yoga has proved to play an important role in preventing and controlling PCOS, anything that makes our body and mind relax, improves our body’s metabolism and works on boosting the strength of our reproductive organs.

The beauty of yoga is that everyone can do this now what age, size, shape, gender you are.

Here is the essential yoga Asanas for PCOS:

- ✚ Surya namaskar (sun salutation)
- ✚ Balasana (childs pose)
- ✚ Baddha konasana (butterfly pose)
- ✚ Dhanurasana (bow pose)
- ✚ Bhujangasana
- ✚ Cat/cow pose
- ✚ Pranayama



SURYANAMASKAR



राष्ट्रीय समाचार



PM Modi to Inaugurate 3 major Petroleum Projects in Bihar; another Gift to State ahead of Polls of 2020

Central government is set to launch 3 major petroleum projects in Bihar ahead of polls schedule in October 2020. The project will include Durgapur – Banka Section of the Paradip- Haldia Pipeline Augmentation Project and two LPG Bottling plants they have been commissioned by Indian Oils and HPCL.



NATIONAL HERALD

'NATIONAL UNEMPLOYMENT DAY' being observed on Modi's birthday



National Unemployment Day

Congress leader Siddaramaiah said youth of India have now decided to celebrate 17 September as national unemployment day as 14 crores, more than 2 crores salaried jobs and 12 crore overall jobs have been lost by people in past six months and Unemployment rate reach 45 years high due to the decisions taken by Modi government, disheartened youth was trending this news on tweeter with #NationalUnempolymntDay

India Took Two Loans of 9202 Crore from China Backed Bank AIIB

Central Government confirmed on that India took two loans from one of ₹3,676 crores on 8 May and second of ₹5,521 crores on June 19, three days from deadly attack on Galwan valley that claimed the lives of 20 soldiers from Beijing based Asia Infrastructure Investment Bank (AIIB) where China is largest stakeholder in order to supplement its fight against coronavirus crisis.



200 New Apps Created in India After Ban on 59 Chinese Applications, Claims Union Minister

When our Honorable PM Narendra Modi-led government banned 59 Chinese applications for reasons of national security and data privacy, Union IT Minister Ravi Shankar Prasad express his views that India now aims to become the number one mobile phone manufacturing hub in the world, for which the country has developed 200 new apps. In a special event the minister stated that data of Indians belongs to the community and the country and the government will never compromise on its sovereignty. Prasad also said that the Centre is bringing a data protection law which is being examined by a select committee of Parliament.



Yoshihide Suga elected as Japan's new Prime Minister

Yoshihide Suga is the new prime minister of Japan, after surprising resignation of Shinzo Abe. Shinzo Abe was ill that's why he announced that he's resigning from prime minister's post last month. He held his final cabinet meeting and told reporters about his journey of his experience in last 8 years of service. Mr. Suga then easily won the poll, as they received 314 out of 462 votes. He was already serving country as chief cabinet secretary, the most senior role of government after prime minister.



IKEA sets up new global office in Bengaluru

IKEA is a Swedish furniture company, the brand of INGKA group. IKEA opened its first store in Hyderabad in 2018 and its offline presence in Mumbai and also selling online in pune too. IKEA said that INDIA have large no. of skilled and talented people, that's the key reason to select INDIA. They will operate from Karle special economic zones. They are also planning to expand their business in India in near future. Bengaluru will be a part of Global Business Operations (GBO) network that operates in Poznan, shanghai, and Baltimore.



INDIA, US, Australia interested in KRA canal project

KRA canal project is the project of making 120-kilometer canal in southern part of Thailand cutting through the Isthmus of KRA and also helped Beijing in solving the Malacca Dilemma as it had opened the Indian Ocean and South China Sea bypassing the strait of Malacca. Thailand ruling party also said that India, US, Australia and China all are interested in this project and they want to sign a memorandum of understanding. Furthermore, more than 30 foreign firms have also shown interest in the KRA project.



India becomes member of UN's women panel; China fails to secure seat

India wins seat in prestigious ECOSOC body! India elected member of Commission on Status of Women (CSW). It's a ringing endorsement of commitment to promote gender equality and woman's empowerment in all endeavor. India, Afghanistan and China contested for the elections to reserve a seat in the Commission on Status of Women. Even as India and Afghanistan won the ballot among the 54 members, China could not cross the half-way mark. Hence, India will be a member of United Nation's Commission on Status of Women for four years-2021 to 2025.



IPL advisory: No stadium access for media, only post-match press meet mandatory

The 13th edition of the Indian Premier league will be devoid of any physical media presence due to the strict health safety protocols put in place in view of the COVID-19 pandemic. Also, it will be the first edition in which franchises would not be permitted to conduct pre-match press conferences. However, there will be a mandatory virtual media conference after every game. The Dream11 Indian Premier League 2020 will be held in the (UAE) in closed doors due to the COVID-19 pandemic. Owing to the health and safety concerns, media personnel will not have access to the stadium to cover the games or team practice sessions.



IPL 2020: Top bowlers to watch out for

Fans of cricket's fastest and shortest form love to see four's and sixes but it's actually bowlers that can set up wins either by limiting teams to average totals or striking at crucial moments during a run chase.

List of bowlers to watch out for

1. **Jasprit Bumrah (Mumbai Indians)**
Matches: 77, Wickets: 82, Best: 3/7, Economy: 7.56
2. **Pat Cummins (Kolkata knight riders)**
Matches: 16, Wickets: 17, Best: 2/20, Economy: 8.29
3. **Rashid Khan (Sunrisers Hyderabad)**
Matches: 46, Wickets: 55, Best: 3/19, Economy: 6.55
4. **Trent Boult (Mumbai Indians)**
Matches: 33, Wickets: 38, Best: 3/19, Economy: 8.78



PV Sindhu opt out of Denmark Badminton Tournament to be held in October

Olympic silver medalist PV Sindhu said that she will not play the open badminton tournament which will be held on October 13 to October 18 in Denmark. She opted out of Denmark competition because of this COVID-19 pandemic, as she was against travelling to Denmark and also players have also asked to travel on their own responsibility and risk. Though she agreed to take part in Asia-I and Asian open-II which is scheduled to be held in November.





WHEN THEY SEE US: A Story to be shown in classrooms to remind us a powerful message.

Star Cast: Asante Blackk, Caleel Harris, Ethan Herisse, Marquis Rodriguez, Jharrel Jerome, Kylie Bunbury, Niecy Nash.

Creator: Ava DuVernay Writer: *Ava DuVernay, Robin Swicord, Attica Locke, Michael Starrbury*

Platform: Netflix

The series focuses on the “Central Park Five” incident in 1989. Five Blackish youths are unfairly accused of rape in Central Park in 1989. Series, tells the struggle of these five young people against justice, dates from 1989 to 2001. The underlying theme of truth and justice under the most trying circumstances is what makes this series so powerful and so deeply impacting; its ability to shine the spotlight on white supremacy and ethnic stereotyping in all its forms and manifestations is commendable. The main reason why emotions are well reflected is the excellent acting performances in the series, from the young actors and the veterans alike, uniformly astonishing- especially from the central five, most of whom are just a few years older than the teens they are playing. They capture the innocence, in all senses, of children, and the permanence of its loss. The duration of the episodes does not exceed 87minute mark and allows the 23year process to be followed step by step. A successful cinematography has been applied to ensure that this tense atmosphere is supported visually.

Wo bulbul bhi Kya bulbul hai

Jo geet apne ko khoti hai

Jo gala tod jae pinjara

Awaz USI se hoti hai!!

RIDDLE 1

I HAVE TWO HANDS, BUT I CANNOT SCRATCH MYSELF.WHAT AM I?

RIDDLE 2

I MAKE TWO PEOPLE OUT OF ONE.WHAT AM I?

RIDDLE 3

I AM TALL WHEN I AM YOUNG AND SHORT WHEN I AM OLD.WHAT AM I?

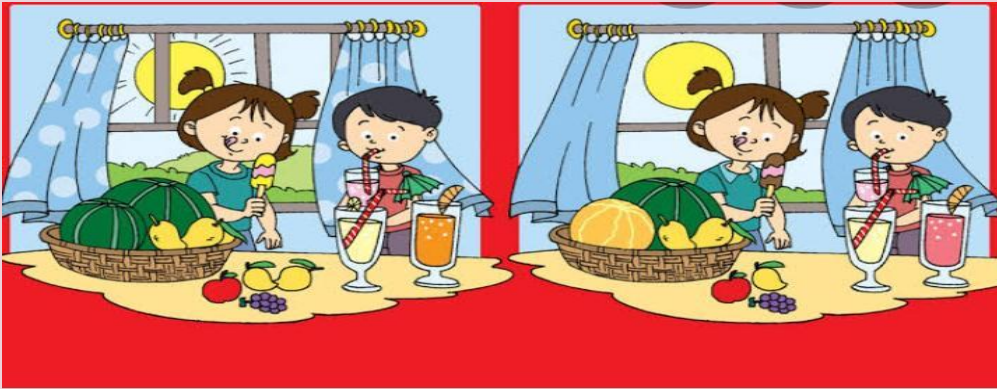
ANSWERS: -

1. A clock
2. A mirror
3. Pencil/candle

LIFE SKILL EDUCATION

An existence devoid of life skills is nothing but meaningless. To be able to understand true essence of life, it is of utmost importance to cherish life. And for that to happen incorporation of sharing, caring, reflecting, empathising, sympathising, critically thinking, problem solving, coping with emotions and stress, emerges as the undisputable tools. LSE (Life Skills Education) is a subject that aims at teaching the art of living life. It is not based upon merely living but living a happy and meaningful life. It is not just about imparting the bookish knowledge but about standing shoulder to shoulder with the life itself. It helps in facing the challenges confidently and practically. LSE promotes the idea of awarding more people about the importance of these life skills. Because at the end of the day we all live for happiness. And happiness, isn't limited to ourselves the more we spread it, the more we feel it.

SPOT THE DIFFERENCE!!!



SOLUTION



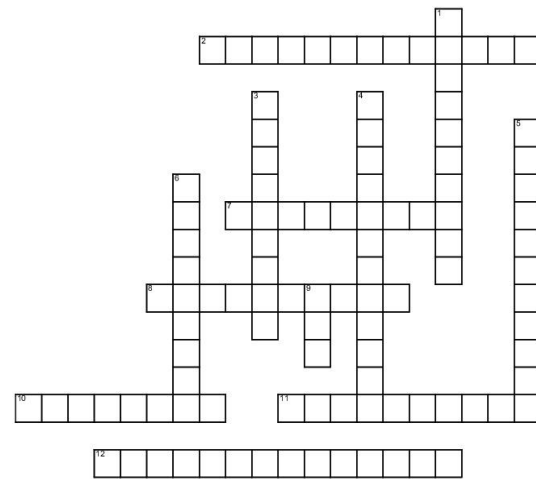
Murder of English

1. Pick up the paper and fall in the dustbin.
2. Both of you stand together separately.
3. Why are you looking at the monkeys outside when I am inside.
4. Will you hang the calendar or else I will hang myself.
5. I have 2 daughters both are girls.
6. Give me a blue pen of any color.
7. The principal is revolving in the corridor.
8. all of u stand in a straight circle
9. Open the Window - Let the AIRFORCE come in.



www.facebook.com/noicanbelieveit

Business Management Crossword



Across

2. the market where the initial shares of a public company are first floated (2 words)
7. you can earn an income from shares by either selling stock, or receiving ___ (plural, 1 word)
8. a person who is the exclusive owner of a business. they are entitled to keep all profits for themselves after tax has been paid, but has unlimited liability (2 words)
10. the name for the Hong Kong stockmarket index (2 words)
11. a market with a decline and a drop in share prices and demand (2 words)
12. a stock in a corporation which has a great reputation, is reliable and operates well (plural, 3 words)

Down

1. companies like McDonald's are known as ___ (1 word)
3. the availability of liquid assets to a market or company (1 word)
4. a person who sets up a business(es), taking on the financial risks in hope of profit (1 word)
5. ___ is the share price of a share when it is floated on the secondary market (2 words)
6. the 4 P's of marketing include price, placement, product and ___ (1 word)
9. the Australian share market (abbreviated)

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ANSWERS OF CROSSWORD

- 1) franchises
- 2) primary market
- 3) liquidity
- 4) entrepreneur
- 5) market price
- 6) promotion
- 7) dividends
- 8) sole trader
- 9) asx
- 10) hang sang
- 11) bear market
- 12) blue chip stocks

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