THE SCHOOL OF BUSINESS AND MANAGEMENT (BBA)



SDG 03

CONVERGENCE PRESENTS

Promoting Healthy Life

CONVERGENCE PRESENTS

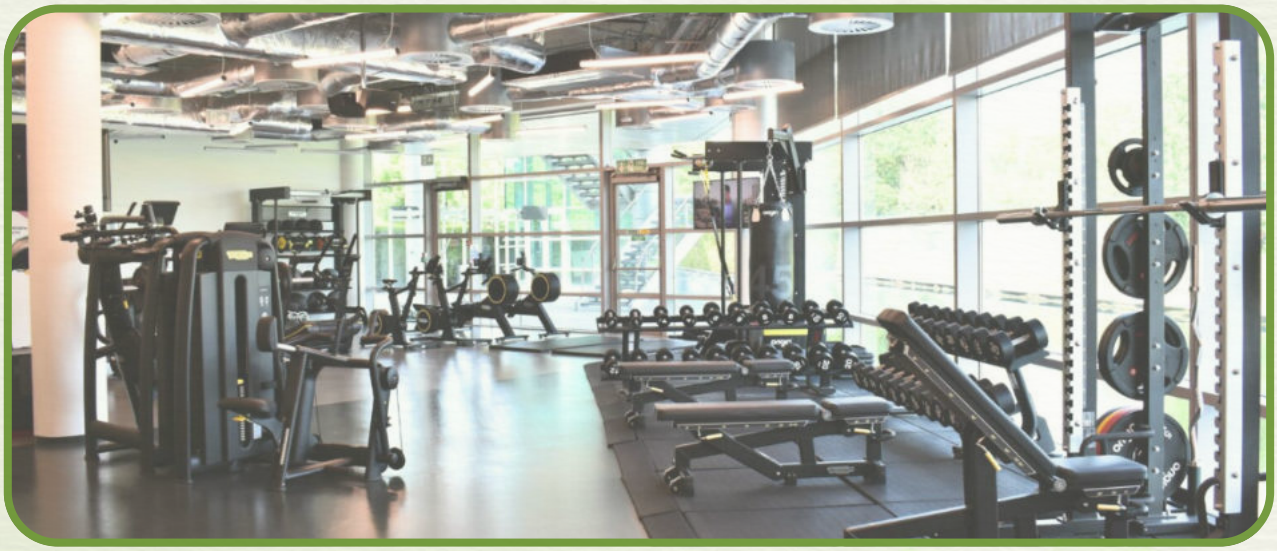
BBA NEWSLETTER

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Future-Proofing Your Health

Small Steps, Big Impact



"It's not about being perfect. It's about effort. And when you bring that effort every single day, that's where transformation happens."

— Jillian Michaels

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FROM THE DEAN'S DESK



DR. FR. LIJO THOMAS
DEAN & DIRECTOR

The BBA program at our institution exemplifies quality education through its innovative approach and industry-oriented curriculum. Our students are distinguished by their energy, passion, and enthusiasm, which reflect our commitment to educational excellence and practical application of knowledge.

The program's quality is not static but evolves continuously, adapting to the ever-shifting business landscape. Building on the foundation laid by their predecessors, each cohort contributes to an educational framework that is both robust and innovative. This living legacy ensures our graduates are not just prepared for the business world of today, but are equipped to structure the business world of tomorrow.

The program's commitment to quality education is reflected in its ability to produce graduates who are not only academically proficient but also industry-ready. By maintaining high standards of teaching, encouraging practical application, and fostering an innovative mindset, our BBA department continues to set benchmarks in quality education within the field of business administration.

ASSOCIATE DEAN

Dr. Jibrel Jose
Associate Dean



Today what we need is Health Assurance and not Health Insurance. Quality of our life will depend on us mitigating risk by making healthy lifestyle choices. Will we be nourished by our food delivery apps and defined by our addiction to social media claps. Times are changing and so is the need to find creative solutions to future proofing our health

Have you ever wondered who is praying for you. Our family and friends want us to be healthy but hospitals want us to keep going to them. Insurance companies also wish for our healthy and long life but do not mind if calamity happens to others in our circle! Future of the Health Sector seems safe but what about each one of us as individuals?

Our perceptions are biased based on our experiences in our lives, we lose someone close to us and then we take health insurance. Someone meets with an accident and then we take accident cover. Do we need to be diagnosed with cancer before we start to live our lives well?

Which students in Lavasa have money to spend on 25th of every month? The one who gets more allowance, the one who manages his finances well or the one who is currently earning. Our behaviour plays a key role in terms of the savings or investments we have over the years.

Like money, even our health is based on our behaviours. Our food habits, our exercise regime (or lack of), our lifestyle. We could die of smoking and drinking on one side but also due to our bad food choices. Which of us at the age of 50 or 75 will still be healthy? Will we still be playing sports, running or swimming? Will our mental health ensure happiness and productivity at that age? Will our Blood Pressure Level make us more irritated and angrier? Will our low fitness level bring down our awareness and productivity?

Dr. Parameswaran S
Associate dean



Health challenges of the future demand solutions that are both resilient and holistic. In India, future-proofing health resonates with drawing on the timeless wisdom of our Indian Knowledge Systems (IKS) like Ayurveda, yoga, traditional food practices, and community care, while also embracing the power of modern technology.

From AI-driven diagnostics to data-enabled preventive care, technology expands reach and precision. At the same time, IKS ensures that healthcare remains sustainable, preventive, and rooted in balance.

Let us reimagine the future of health that draws strength from our roots while being mindful of modern integrations in health. The way forward is not either-or, but synergy between tradition and technology.

THE SBM-BBA PULSE: AUGUST 2025 IN HINDSIGHT

Welcome to the monthly roundup for the School of Business and Management - BBA! This summer was a period of intense growth and connection, marked by comprehensive faculty development programs, invaluable industry insights for our students, and a warm, engaging welcome for our newest batch. We are proud to showcase a community dedicated to excellence at every level.

Faculty Empowerment & Excellence

Our commitment to academic leadership was on full display with three major development programs designed to equip our faculty with cutting-edge skills and strategies.



A Deep Dive into Academic Excellence:
From August 1st to 7th, faculty participated in a seven-day Quality Improvement Programme (QIP) focused on strengthening teaching, research, and quality assurance. Led by key figures including Dr. Nikhil Varghese and Dr. Purnendu B. Acharjee, the 28 sessions provided a robust framework for elevating curriculum design and aligning with IQAC and NAAC standards.

Empowering Educators with Data:
A six-day QIP held from June 16th to 21st armed our faculty with powerful data tools. Through hands-on training in Advanced Excel, SPSS, and Power BI, educators are now better equipped to implement data-driven decision-making in their teaching and course planning.





Navigating the Grant Maze:
On July 31st and August 1st, a vital workshop on writing successful research funding proposals was held, featuring expert guidance from Dr. Mallika Sankar, Deputy Director of ICSSR. The interactive sessions provided faculty with actionable strategies to secure critical research funding.

BRIDGING ACADEMIA AND INDUSTRY

Connecting students with real-world leaders is a cornerstone of our pedagogy. This month, two distinguished guest lectures provided students with invaluable perspectives on their future careers.

Exploring Careers in the Banking Sector:
On August 25th, second-year BBA students gained a strategic advantage from the "Shaping Futures" session, led by Mr. Vivek M. K, Assistant General Manager at the Reserve Bank of India (RBI). He provided a comprehensive roadmap for preparing for competitive banking exams and illuminated diverse career pathways in the financial sector.





Entrepreneurship with a Social Conscience:

In a collaborative event on August 23rd, students and faculty were inspired by Ms. Sarita Ganesh, founder of the Khula Aasman Trust. Her lecture on Social Innovation powerfully illustrated how business models can be integrated with community development, encouraging students to pursue ventures with purpose.

FOSTERING A VIBRANT STUDENT COMMUNITY

The start of a new academic year is all about building connections and ensuring our students feel supported from day one. Foundational academic and social programs set the stage for a successful journey.

Building a Strong Foundation with the Bridge Course:

To ensure a seamless academic transition, all first-year students participated in the annual Bridge Course before the commencement of coursework. The program used a series of pre-assessments, a VARK analysis to identify learning styles, and targeted sessions to set a strong academic foundation for their BBA journey.



A Grand Welcome with Prarambh 2025-26: On August 12th, first-year students were formally welcomed at Prarambh 2025-26, the inaugural ceremony for the new academic year. The event blended tradition and motivation, featuring an address by the Director, Dr. Fr. Lijo Thomas, and an inspiring keynote on career readiness by corporate trainer Ms. Ruchika Rathi. Head of Department Dr. Nikhil Varghese also shared words of encouragement, urging the new cohort to embrace their journey with curiosity and discipline.





The Buddy Buzz Begins:
CUSBMA kicked off the year on August 19th with "The Buddy Buzz," a vibrant ice-breaking event for first-year BBA students. The evening was filled with cultural performances and interactive games, successfully transforming a new batch of strangers into a connected community of friends.

Supporting the Transition to University Life: The Centre for Counselling and Health Services (CCHS) conducted two crucial sessions for our first-year students. "Taboo Talks" created a safe space to discuss sensitive topics, while the "Change – The Pathway to Growth" session equipped students with coping mechanisms for managing their transition and reinforcing the university's strong support system.



INTERNSHIP CHRONICLES: THE SUMMER OF '25

This year's internships were a great success. Our final-year students proved themselves in demanding corporate roles, while our second years gained vital perspective through their mandatory NGO service. We're not just training skilled professionals; we're helping shape well-rounded human beings, and I am incredibly proud of the growth they've all shown."
- **Dr. Nikhil Varghese (Head of Department, School of Business and Management - BBA)**









"The conclusion of the internship season marks a significant milestone for our newest final years. It was their first taste of corporate life, and suffice to say, it was a baptism of fire. Over the past 10 weeks, they engaged with leading companies across the country ranging from automobile giants to iconic conglomerates and contributed to real-world projects and operations. The consensus is clear: they've learned more here than any classroom could ever teach. Ultimately, the experience was a testament to their incredible work ethic and their ability to apply classroom theory in real-world scenarios.

An engineer's true purpose is not just to build things, but to build a better world. This principle is the foundation of the department's mandatory first-year internship program, which saw our entire second-year batch dedicate their summer to serving communities through various NGOs. From serving the elderly to teaching underprivileged children, students had a chance to see life beyond their immediate circle. Working on the frontlines, they were confronted with the realities of the lesser privileged, challenging them to look beyond the life of privilege many of us get to lead. This experience may not make them better businessmen and women, but it will surely make them better human beings.

FROM THE HOD'S DESK

DR. NIKHIL VARGHESE



HEAD OF DEPARTMENT,
SCHOOL OF BUSINESS AND MANAGEMENT - BBA

As we settle into the new semester, I want to begin by expressing my immense pride in our student community. Your achievements during the internship season have been a testament to your grit and dedication. You have represented our university with distinction and for that you have my sincere congratulations.

In the words of the acclaimed 17th century author Thomas Fuller, "Health is not valued till sickness comes." This is a quote that I'm often reminded of as it encapsulates the very nature of human life. Today's world romanticizes the grind and the hard work, but are we aware of the price we pay? Neglecting our physical and mental health today is not unlike taking on a debt that will inevitably come due. I do acknowledge the struggle our student community faces in maintaining a consistently healthy lifestyle far from home. However, building sustainable habits now is not separate from your education; it is a business skill in itself.

To that end, I encourage you to leverage all the resources our university offers, from sports facilities to counselling services. These tools are in place to ensure that we as a department stay true to our goals of holistic development.

Remember that the most successful careers are never sprints, but marathons fuelled by sustainable grit. Invest wisely in yourself.

GLIMPSES OF THE MONTH



FACULTY SPOTLIGHT

DR. AASHIEK CHERIYAN, CLUSTER COORDINATOR



A sustainable healthy lifestyle is built on consistency, not perfection. True discipline lies in making small, regular efforts and having the resilience to bounce back from disruptions like festivals or long workdays without guilt. This focus on consistency helps avoid an all-or-nothing mindset.

My approach to nutrition is similarly balanced. Rather than restrictive diets, I focus on wholesome, home-cooked meals with sensible portions. Allowing for occasional treats in moderation is key to making healthy eating an enjoyable and sustainable long-term practice.

To keep fitness a priority, I schedule workouts like appointments. Blocking out even 20-30 minutes for movement solidifies the habit and proves that short, consistent efforts are highly effective.
Ultimately, the philosophy is to listen to your body and work with your cultural lifestyle. True health is a holistic blend of mindful eating, regular movement, and mental wellness, supported by proactive care through regular health check-ups

FACULTY SPOTLIGHT

PROF. SHARAD GUPTA, ASSISTANT PROFESSOR



"Pehla Sukh Nirogi Kaya" which translates to "The first happiness is a healthy body" When most of us hear the word health, we tend to think of hours spent at the gym, meals, or wellness routines that are costly. The reality is, however, that health is more influenced by our daily choices, those choices that fit perfectly within our student life, lectures, studying through the night, and full-time schedules. To the young ones in particular, the behavior we establish now not only determines the way we feel in the present day, but also how powerful, strong, and energetic we will be in the decades to come. Consider, e.g., exercise. It does not necessarily involve heavy weights or fancy workouts. A quick 20-minute stroll around campus, dancing with friends, riding a bike instead of riding a bus or even stretching between classes is considered movement. What matters is consistency. Minimal, frequent doses of exercise keep our vitality high, our brain sharper and our body fit to take on whatever life brings us. Consider, e.g., exercise. It does not necessarily involve heavy weights or fancy workouts. A quick 20-minute stroll around campus, dancing with friends, riding a bike instead of riding a bus or even stretching between classes is considered movement. What matters is consistency. Minimal, frequent doses of exercise keep our vitality high, our brain sharper and our body fit to take on whatever life brings us. Naturally supporting our immune system is another one of the areas where young people tend to underestimate the power of such simple decisions.

A plate of colorful vegetables, whole grains, and proteins is a way of supplying our bodies with fuel to fight back. Combine it with proper hydration, sleep, and little to no mindfulness, be it deep breathing before a presentation or a few minutes of silent thought before sleep, and you already have a natural barrier that the medications themselves cannot offer. One of the greatest immunity disrupters is stress, and as students face academic assignments, exams, and career worries, such mini-refresher courses are more than necessary.
Micro-habits are beautiful. Take a glass of water prior to morning coffee. Replace a packet of chips with some fruit. Use stairs, rather than a lift, or even make it a habit to stand and stretch every 45 minutes at the screen. These changes may seem small in themselves, but they are snowballing into investments in your future health. Would you see the difference after years- -just the same rule as compounding in finance: a little today will bring you something strong.

And this is not only about us as individuals. Each minor act is connected to the larger scope of the well-being of the world. Sustainable Development Goal 3 of the United Nations Good Health & Well-Being reminds us that health is not a matter of the hospital and medicine, but rather the creation of a culture of healthy living. By developing good habits at a young age, young people are not only strengthening themselves against any chronic disease in the future, but also relieving the burden on health clinics, producing healthier populations and serving as role models to others. That is, our decisions have a ripple effect.
Why does this matter to students and youth? Since this is the age when nothing seems to stop the energy, yet it is also the age when some habits are being formed. The body might be invincible today but the action we take today will decide how ready it will be tomorrow. The point of future-proofing your health is not to pursue perfection, but to understand that the smallest actions, performed on a regular basis, can have a tremendous effect. It could be as simple as deciding to take a walk after dinner or going to sleep an hour earlier, or turning on your televisions, computers, or phones before going to sleep, but these small gestures of self-care not only add years to your life, but they add life to your years. The to-do message is direct: do not wait until you receive a warning or a health alert. Do it today in small steps and make it the beginning. Thank you, your future self--and the world around you.

STUDENT WORK SPOTLIGHT



Blueprints of Tomorrow's Skin

In the forge where time conspires and bends—
A body built not just to break but to defend,
Each heartbeat scripts a legend, scarce told,
In wrinkles forged by fears—and wisdom old.
Small steps—maybe a walk under dawning skies,
A breath deep purposed against unseen goodbyes,
Forks in the road where choices ply, disguised;
Future proofing health with hesitant strides.
Mirror murmurs echo lines that twist and play—
Anxiety's shadow dances where muscles fray.
Confusion clutches tight at sculpted forms we dread;
Yet inside this temple, hope breathes red.
Birth, death—the twin gates carved in mythic stone,
We tread softly between them alone.
But legacies are written in daily care—so slight—
Small acts amassed guard the coming night.
Fear is a fire that flares—but listen:
The quiet forging of strength is no mere mission;
It's legend made flesh—a pact with time's own hand,
A body armored by choices we command.

Joseph George 3BBA BA B



FUTURE-PROOFING YOUR HEALTH

In an ever-evolving world, where technological advancements, environmental shifts, and lifestyle changes continue to reshape our lives, future-proofing your health has never been more essential.

The concept goes beyond just preventing illness-it's about building long-term resilience, adaptability, and well-being that can withstand both expected and unexpected changes in the years ahead.

1. EMBRACE PREVENTIVE HEALTHCARE

Preventive healthcare is the cornerstone of future-proofing your health. Regular check-ups, screenings, and vaccinations help detect problems early-when they're most treatable. Investing time in annual physicals, dental exams, and eye tests today can save years of complications tomorrow.

Key Tip: Stay up-to-date with routine screenings based on your age, gender, and risk factors.

2. PRIORITIZE NUTRITION AND GUT HEALTH

What you eat today shapes cardiovascular health tomorrow. A balanced diet rich in whole food- vegetables, fruits, lean proteins, whole grains, and healthy fats-fuels the body and strengthens the immune system. Equally important is maintaining gut health, which affects everything from digestion to mental clarity.

Future-Proofing Strategy: Incorporate fiber, fermented foods, and hydration into your daily routine.

3. STAY PHYSICALLY ACTIVE

Regular movement supports cardiovascular health, muscular strength, flexibility, and mental well-being. It also reduces the risk of chronic diseases like diabetes, hypertension, and obesity.

Recommendation: Aim for at least 150 minutes of moderate-intensity activity per week. Even walking daily can make a long-term difference.

4. STRENGTHEN MENTAL FITNESS

Mental resilience is as important as physical health. Stress management, emotional regulation, and a positive mindset all contribute to long-term wellness. Try This: Practice mindfulness, journaling, or therapy to help future-proof your mental health.

5. LEVERAGE TECHNOLOGY WISELY

From fitness trackers to telemedicine, technology can empower you to take control of your health. Use apps to monitor sleep, exercise, nutrition, and mental health, but ensure screen time doesn't replace real-world interaction and activity.

6. SLEEP: THE ULTIMATE RECOVERY TOOL

Sleep is where the body repairs, recharges, and resets. Chronic sleep deprivation increases the risk of nearly every major health problem, from heart disease to depression.

Golden Rule: Aim for 7-9 hours of high-quality sleep each night, and develop a consistent sleep routine.

7. FUTURE-PROOF AGAINST ENVIRONMENTAL CHANGE

Air quality, climate change, and toxin exposure are real threats to long-term health. Make conscious choices: use eco-friendly products, avoid processed foods with additives, and stay informed about your local environment.

CONCLUSION

Future-proofing your health is a lifelong investment. It's about small, consistent actions that build a strong foundation to help you thrive in a rapidly changing world. The earlier you begin, the more prepared you'll be to face whatever lies ahead-with strength, clarity, and vitality.

Your health is your most valuable asset. Start protecting it today for a better tomorrow.

Shruti Patil 1BBA Hons



The gym has taught me lessons that go far beyond physical fitness. For me, discipline and resilience aren't just about lifting weights, they define how I face challenges in life. Exercising consistently has helped me stay organized, set realistic goals, and keep moving forward even when things get tough.

When it comes to nutrition, I've realized that simplicity works best. With our busy schedules, it's easy to rely on cafes or restaurants, but I've found that preparing simple, homemade meals keeps me on track. I focus on hitting my daily macros and micros with wholesome, less spicy meals while avoiding excess sugar. On especially hectic days, I sometimes use supplements to meet my nutritional needs without complicating things.

What helps me stay consistent is discipline and perspective. I see exercise as more than just physical training, it's a way to refresh my mind, feel lighter, and stay focused. Even on my busiest days, I remind myself that a 45-minute workout is a small investment out of 24 hours, yet it makes a huge difference. By treating workouts as a daily habit instead of a chore, I've been able to stay committed.

If I had to share one rule that has made a real difference, it would be this: always put your health first, even in small ways. Whether it's working out, eating mindfully, or getting enough rest, these little steps add up. The results don't come overnight, but every effort brings me closer to becoming a stronger, healthier version of myself.

SK Himanshu

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Your journey to better health doesn't have to be overwhelming. Small, conscious steps can lead to big, lasting impacts on your well-being. Whether it's choosing water over sugary drinks, engaging in regular physical activity, or practicing mindfulness, every action counts. The road to a healthier future begins today—one small step at a time.

Stay healthy, stay inspired!

-BINC (BBA Insights and Newscast Committee)

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