

# ATHARVA



## EDITOR'S CORNER

**Shrutika Kulkarni**

The month of June brought a whole new perspective of things around us. Adapting to the new normal and adapting to a virtual environment was necessary. Virtual internships exposed students to new learnings and challenges. The main learning from remote working drove home that, one can grow and expand their network even in a virtual setting.

The first online guest lecture for this month was about managing uncertainties during COVID-19. The main goal of this lecture was to help everyone cope with emotional feelings and any kind of stress that came up during these times. The next guest lecture was on the current scenario of managing security from remote working. The speaker highlighted various security risks and challenges that organizations face in such environments. Moving on to the next webinar, which was about Building resilience and adapting to new normal. The speaker highlighted the importance of staying healthy and following safe practices which would help us to overcome any fear and anxiety. The final guest lecture was about digital payments and lending trends.

The Web and Media Team proudly presents the 37th edition of the Atharva magazine. Read on to know more about these events!

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## THE VIRTUAL INTERNSHIP

**Akash Sagar**



This year's summer internships turned out to be quite the experience for students across the globe. Gone were the cubicles and the commute, no more coffee breaks and water cooler shenanigans with teammates and colleagues; in essence, the conventional corporate internship experience was not what this year's interns had in store for them.

Rather, they were greeted with virtual onboarding and team connects, stakeholder interaction and weekly catchups were all online now. Yes, my friends, this is the result of the global pandemic that has taken the world by storm requiring that firms make the shift to the virtual mode in order to facilitate our internships for the safety of everyone at large.

At this you might be wondering what good is a virtual internship? The answer lies in the fact that we must look at what we have been exposed to and the understanding we have gained throughout the duration of our internship. Sure, it is not what we all expected or what many others have gone through before; however, we have learned to work in virtual environments, understood that we can still connect and relate to people who are sitting on the opposite end of the screen and most importantly stay safe while gaining a fundamental understanding of our assigned domains during internships.

We must take note of the fact that we have certainly been exposed to a different set of experiences than those that have come before us; however, this also implies that we have learnt different lessons from them as well. In essence we now understand that virtual internships more often than not, can and will work. It simply needs effort and understanding on our end.

As we look back on this period of time, I'm sure we will be able to say that although the pandemic was raging, we found ways to be engaged in a virtual internship that helped in a multitude of ways.

# GUEST LECTURES

## MANAGING UNCERTAINTIES DURING COVID-19

Ashutosh Ghodasara



A webinar was organized on 6th of June for the students to manage the uncertainties during COVID-19. The main goal of this webinar was to help students cope with their emotional feelings and any stress that came with it during these hard times. The seminar was taken by Mrs. Manasi Karanjkar who has more than 20 years in the Information Technology sector and also has a Post Graduate Diploma in Counselling Psychology and is a Counselling Psychologist and Trainer.

The webinar began with Mrs. Manasi talking about how extraordinary measures need to be taken during these hard times to ensure one's emotional wellbeing. This is where understanding your emotions plays an important role. These emotions are different for people in different age groups. A new born child experiences the emotions of feeling safe and secure whereas for someone in the adolescent phase, the emotions related to them would be of surprise.

The emotion of criticism is predominant in this phase. However, the most important phase for developing one's emotions is when he or she is a young adult. There's also a lot of insecurity for the people in this age group.

Mrs. Manasi says that one should talk about their inward feelings whenever they have the chance to as it might weigh them down later. Also, sharing can help people a lot whenever they are feeling down. Finally, she said that one should never deny their emotions as it never works. Also, there may be times when you are feeling a rush of emotions and one should not hurry through this phase. At the end of the webinar, Manasi ma'am took up some of the questions by the students and Prof. Shaji Joseph related to the emotions that one might experience in this lockdown. Overall, it was a great session for the students on how to deal with the many different emotions that one might be experiencing in this lockdown.

## MANAGING CYBER SECURITY FROM WORK FROM HOME

Shrutika Kulkarni



An online webinar was held on 13th June, 2020 as a part of e-Talk 2020 on the topic Managing cyber security from work from home by Mr. Altaf Halde.

He is a senior vice-president at Network Intelligence and has been associated with this company for more than 3 years. He has an overall experience of 20 years in IT security sales and marketing. The talk began with an introduction about cyber security and how attackers find ways to

attack the organizations. Later, he moved on to the current scenario of remote working and its effects on the organizations.

This pandemic has made us understand the importance of remote working and the disadvantages associated with it. Mr. Altaf gave us insights about the impact of multiple threats to an organization. He discussed the occurrence of major risks and challenges due to remote working.

He also gave ideas on how to setup a secure working environment at home. He provided detailed perspectives about ransomware, evolution of malware, internal & external factors.

Apart from this, he also discussed various ways attackers have adapted to steal data.

Mr. Altaf encouraged students to ask questions and gave explanations to the questions put forth which helped the students a lot by making them aware about the current scenario. He also discussed various career paths the students can opt for. This session was very informative as cyber security has gained an important part in our lives.

# GUEST LECTURES

## UNLOCKING WELL-BEING 1.0

*Shyam Gawade*



Symbiosis Centre for Emotional Well Being organized a webinar on 20th June for the students of SIC Hinjewadi Campus. The focus was on the wellness approach, to break down all the unique challenges this lockdown brings to us and creative suggestions to overcome them. The webinar stressed on the various factors required to maintain a healthy body and mind. Given the current pandemic, it is quite important to maintain a healthy body and mind.

Various factors which are important to keep us healthy were discussed by Dr. Girija Mahale who is a consultant psychiatrist and heads the Symbiosis Centre for Emotional Wellbeing and her team of experts. Sleep is one of the important factors which is quite essential to help our body recover from stress. It is important that we get 7 to 8 hours of sleep every day to keep our body healthy. Avoiding the glare from digital devices at night is essential to allow our body to sleep quickly, since the blue light from digital devices affects our sleep cycle. A balanced diet is essential to keep our body healthy. Proteins play a significant role towards this end. Yoga and Exercise is also quite

necessary to maintain our health and fitness. Balanced diet, exercise, yoga and a good sleep cycle are essential to building strong immunity.

Stress management in today's world is of the essence. Meditation plays a crucial role to manage stress. Also talking with our friends and family is important to de-stress ourselves. One can avoid watching too much news and social media posts related to the pandemic to reduce our stress.

In the final phase of the discussion, the experts said that it is important to adapt to the new normal by adopting healthy and safe practices which can help us to an extent to overcome our fear and stress due to pandemic.

## E-TALK: DIGITAL PAYMENTS AND LENDING TRENDS

*Ashutosh Ghoolasara*



A webinar on Digital Payments and Lending Trends was held on 27th June. The speaker for this e-talk was Mr. Krishna Das, who is the Vice President for Business Development in Fin Accel (Singapore). He has been highly involved in Product Management and FinTech Business for almost 10 years now.

The e-talk began with Mr. Krishna talking about what people tend to do with the

money they receive, some of us tend to spend it while some of us invest it, also there are people who prefer to donate a certain amount as well. The channels through which we receive cash or through which most of the transactions are made mostly consists of cash, cheque or cards. Cash is still one of the leading modes of money transfer. There's also e-money and e-wallets as well as remittances which are mostly between countries.

He then explained how American Express, Visa as well as MasterCard works on the process level. Then he talked about how Visa and Mastercard never hold money as compared to American Express which holds money as well. American Express had a

revenue of 43 billion dollars in the year 2019.

Mr. Krishna gave students insights on various card payments introduced and how channeling of transactions take place worldwide. The students got an opportunity to ask doubts and they were answered efficiently by Mr. Krishna.

This session immensely helped the students to understand the FinTech industry, the various channels through which monetary transactions take place in our world. The guest lecture concluded with a question and answer session where students got an opportunity to clear their doubts.



# FACULTY BLOG

## LEADERSHIP TIPS FROM CHANAKYANEETI

Prof Shaji Joseph



Radhakrishnan Pillai of Mumbai University who specializes in Chanakya Neeti talks of four strengths that are needed by a leader to succeed. Strength is the ability of a person to make things happen as per his desire. You can dream about a lot of things, but none will become true until and unless you have the required 'Power' to accomplish that particular objective.

We play different roles in our life sometimes many of these roles come together and hence

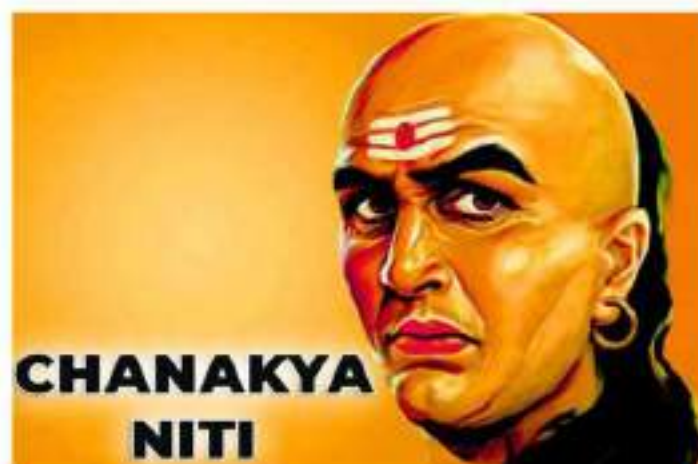
the requirement of strength by different people differs. The strength required at different times also differs. We all have immense strength or power within us. We either do not know our potential or are lazy to use our potential. We need strength to actualize our inner potential.

The first strength Chanakya talks of is **physical strength**. If the body is not strong enough, we cannot concentrate on anything else. For a better mind and spirit, we need a better body. Hence physical strength is the first and foremost strength humans need to develop. The Covid-19 pandemic has taught us the same. The entire world has gone into lockdown to escape from physical harm. Those who possess good immunity have a better chance of survival. Let us take care of our bodies and develop our physical endurance.

The second strength Chanakya talks of is mental strength. Some call mental strength to emotional resilience. Good emotional resilience requires the following aspects: high self-esteem, flexibility, strong relationships, spiritual freedom, positive coping strategies, emotional regulations, mindfulness, and a non-judgemental mind. He says one **who cannot determine their goals cannot win**. He also says, **never settle for anything less than what you deserve. It is not pride, its self-respect**. Mental strength is a combination of many strengths together.

The third strength according to him is intellectual strength. Along with our physique and emotions, we also need to develop our intellect. Education is a must. Everyone knows the importance of education. He says education is the best friend. An educated person is respected everywhere. Education beats beauty and youth.

The last of the strength he talks of is spiritual/moral strength. He says **the fragrance**



# FACULTY BLOG

## LEADERSHIP TIPS FROM CHANAKYANEETI

Prof. Shaji Joseph

**of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all directions.**

Chanakya also had his own strong views on things. He said, **never share your secret with anybody. It will destroy you.** Modern psychologists and spiritual gurus may disagree with this. The idea is that keeping secrets takes up a lot of energy and it takes away our peace of mind.

A good leader, therefore, needs to develop all four of these strengths. a lot of our leaders spend regular time on physical exercise and meditations. They read books to keep themselves updated. They surround themselves with knowledgeable people. Their decisions are made keeping in mind all the stakeholders' interests. We are surrounded by good leaders. we just need to look around and find them.

# STAR ALUMNI

## PREETAM HAZARIKA

Shyam Gawade



Our Star Alumni for the month is Mr. Preetam Hazarika. Mr. Preetam currently holds the prestigious position of Director at EY. He is a cyber security

professional with special focus in areas like Cyber Security Strategy, Vulnerability Assessment & Penetration Testing, Cloud Security, Data Privacy and Business Resilience. He has advised senior executives at many of the world's leading global institutions on both small strategic engagements as well as large

Cyber Risk enhancement initiatives. He takes a collaborative approach coupled with people management skills to tackle challenging issues, analyze viable alternatives, and likes to provide innovative solutions.

He has experience across diverse industry segments - Banking & Financial Services, Oil & Gas, IT/ITeS, Telecom and Automobile. He has always focused on improving his knowledge and has completed various certifications.

He has a corporate experience of more than 14 years and has worked with various reputed firms like Deloitte, KPMG India, Wipro Consulting Services, Mahindra Special Services Group and GE Capital International Services. He completed his MBA in Information Technology from Symbiosis Centre for Information Technology in 2006. He completed his Bachelors in Physics from Fergusson College, Pune. He has also keen interest in Artificial Intelligence and holds various certifications in Machine Learning. His professional career path shows that a strong passion for learning and interest can help an individual to rise up quickly in the corporate ladder. We are extremely proud to call him Star Alumni for the month of July.

# TEAM WEB AND MEDIA

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