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**Symbiosis Open Education Society's
Symbiosis Junior College, Kiwale
Arts, Science, Commerce**

SYMBI TRIBE

September Edition Reinventing Career Paths



**Edition 1.3
September 2021**

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| Edition 1.3 (September 2021)

| This magazine is under 2020-2021
batch as combined team.

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Kiwale.

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IMPORTANT DATES IN SEPTEMBER

5 September - Teachers' Day (India)

Teachers' Day in India is celebrated on 5 September every year to mark the birth anniversary of India's second President Dr. Sarvapalli Radhakrishnan. On this day we appreciate and acknowledge the efforts of teachers in making responsible individuals.

10 September - World Suicide Prevention Day (WSPD)

World Suicide Prevention Day (WSPD) is observed on 10 September every year to raise awareness to prevent cases of suicide. This day is organized by the International Association for Suicide Prevention (IASP). And this day is co-sponsored by WHO.

14 September - Hindi Diwas

Hindi Diwas is celebrated on 14 September as on this day the Constituent Assembly of India had adopted Hindi written in Devanagiri script in 1949 as the official language of the Republic of India.

21 September - International Day of Peace (UN)

International Day of Peace (UN) is observed on 21 September around the world. For the first time it was observed in September 1982 and in 2001, the General Assembly adopted a resolution 55/282, which established 21 September as International Day of Peace of non-violence and cease-fire.

27 September - World Tourism Day

World Tourism Day is annually celebrated on 27 September to highlight the importance of tourism which helps in generating employment and build a future for millions of people around the world.

By--Shravani Alurkar
XII Arts

'INTEREST' IS KEY

In a world, where competition exists right from the preschool level to every aspect of every single day, it might seem overwhelming to eventually choose what you really need versus want. Luxury products are glorified through social media platforms and other means of communication on a daily. The constant surge in consumerism, also effects how our young minds choose their future professions.

Luxury products are seemingly expensive and advertised as those that are difficult to acquire and belong to a few members of our society. Man, as a social animal has always felt the need to belong to a particular sect and he has always had to prove his loyalty to that section, by constantly engaging in the rules of that game. As nuclear families in urban cities, we often crave to belong to a larger group and hence indulge in products that guarantee a close bonding or inclusivity.

Parents and elders often discuss the price and struggle behind the purchase of these things with the child from a very young age, in the bid to help them value the resources.

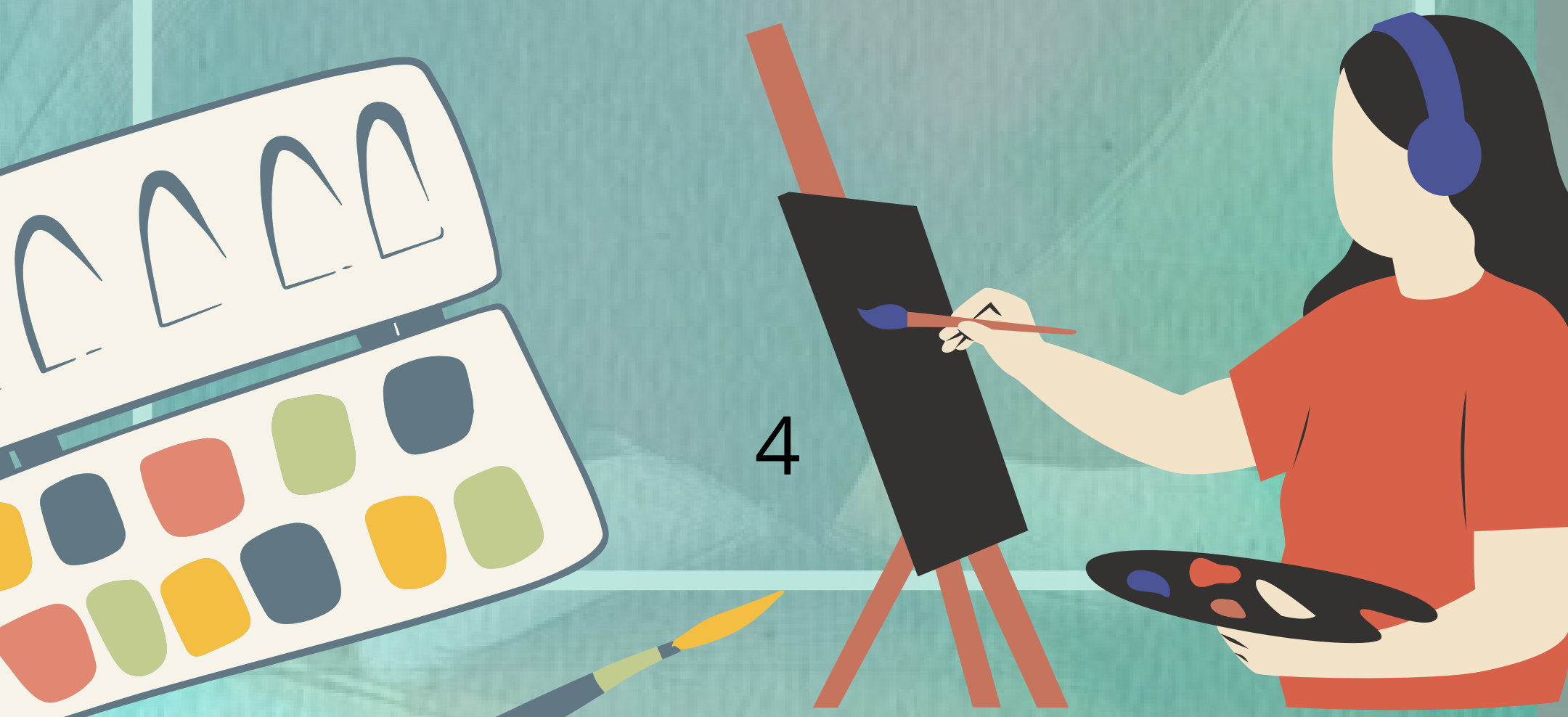
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However, we create the impression that we work hard only to afford a certain lifestyle. In the long run, the child begins to believe that he/she must choose a profession that allows him/her to maintain this lifestyle. This alters their perception of the world and causes them to become extremely calculative in the long run.

Careers should be chosen solely on 'Interest' in that particular field. When one is interested in that particular field, he/she will do their best and in turn climb the ladder of success swiftly and with less stress or anxiety. Work will no longer be considered a grueling or mundane task but an enjoyable and a way of fulfilling one's purpose.

By-- Aarthi George
Symbiosis Junior College
English Faculty



SKILLS NEEDED AS A FRESHER IN ANY PROFESSION

Negotiation and Persuasion Skills

Many a times we face disagreements with our co-workers. Negotiations and persuading are the two things that helps in these times. They provide an alternative to conflicts. You can always work together towards a solution where everyone can pull out benefits without sacrificing much.

Critical Thinking & Problem-Solving Methods

Critical thinking and problem-solving required to resolve issues and to be able to look the issue from multiple angles and sides. It involves thinking efficiently so that we can arrive at conclusion or solution.

Effective Communication Skills

Great communication skills are a must to any profession. It includes both written and verbal communications. You'll need to learn how to express yourself in writing (emails, letters, articles etc.), and speak confidently to a wide range of people.



Ethical principles and understating

Building a strong personal and socially oriented ethical outlook helps in manage context, conflict and uncertainty. Few basic professional principles includes respecting the other person and their time, readiness to learn and be corrected, being formal in tone.

By--Bhavya Nath
XII Arts





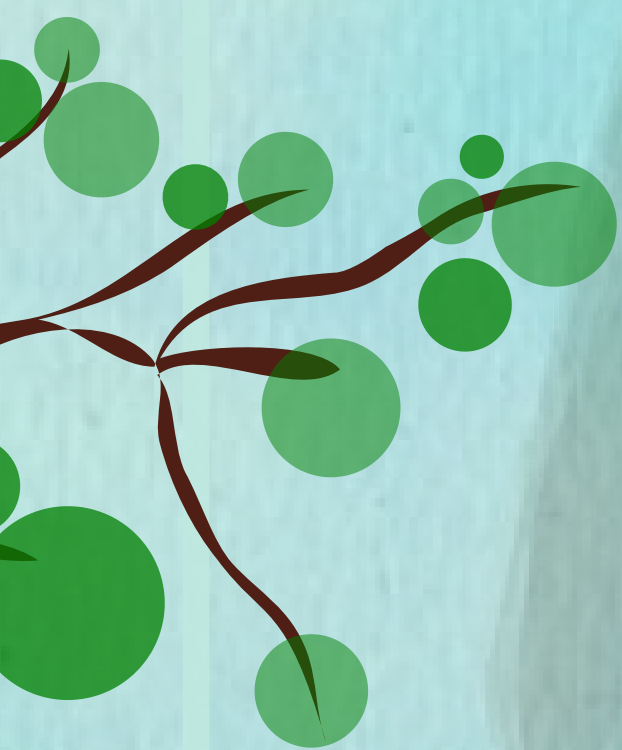
UNDERSTANDING MINDS WITH PRIYANKA KADAM

The word psychology derives from the Greek word psyche, for spirit or soul. The latter part of the word "psychology" derives from -λογία -logia, which refers to "study" or "research". Psychology is the science of mind and behavior. Psychology includes the study of conscious and unconscious phenomena, as well as feelings and thought. It is an academic discipline of immense scope, crossing the boundaries between the natural and social sciences.

A professional practitioner or researcher involved in the discipline is called a psychologist. Some psychologists can also be classified as social, behavioral, or cognitive scientists. Some psychologists attempt to understand the role of mental functions in individual and social behavior. Others explore the physiological and biological processes that underlie cognitive functions and behaviors.



With that being said, this particular segment includes an interview with a psychologist, Dr. Priyanka Kadam. She has been working as a psychologist and mental health specialist for the past 7 worthwhile years and this journey of hers has not only been slow but also extremely productive and rewarding. She proudly stands at the second place in the global conference by INVEST under SAVE international for her paper on Augmenting success using the hybrid synthesis of Value Engineering and Emotional Intelligence. Apart from here above mentioned awarding service, Priyanka also holds the initiative for a mental health service by the name of Ikigai Holistic Services.



Here are the highlights of the interview :-

What would you say is your weakness when it comes to one-on-one sessions with your clients?

Interrupting my clients when they go beyond their stipulated session timings of one hour can be considered a weak point of mine.

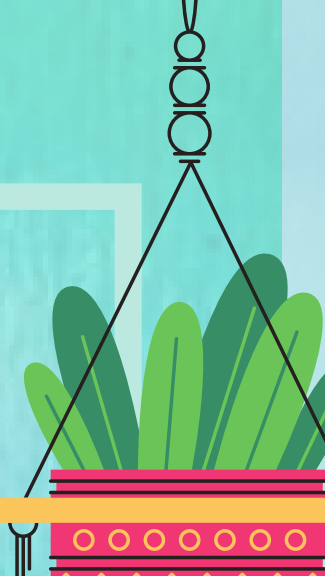
What has been your most rewarding experience so far?

Seeing a client get off of therapy with helpful benefits will always be my most rewarding experience.

What made you take up your current profession?

The Curiosity for understanding human behaviour and the workings of a human mind drew me to my current profession.





During a consultation, is a psychologist required to be more of a sympathetic person or an empathetic person?

Being an empathetic person during sessions is always advised and followed.

(Interviewer's note – Being an empath helps professionals to better understand their clients and respond appropriately. Being an empathetic person is often associated with social behaviour and better understanding about building deep levels of trust and rapport)


What are the most recent forms of therapy that are being practiced?

CBT/REBT/ DBT to name a few. Most psychologists have an eclectic approach now a days.

Is there any advice that you would like to share with the audience reading this piece?

Break the taboo associated with mental health and it's problems. It is only serving as a hinderance to your mental growth. Become aware and evolve!





What steps would you recommend students to take that are interested in psychology?

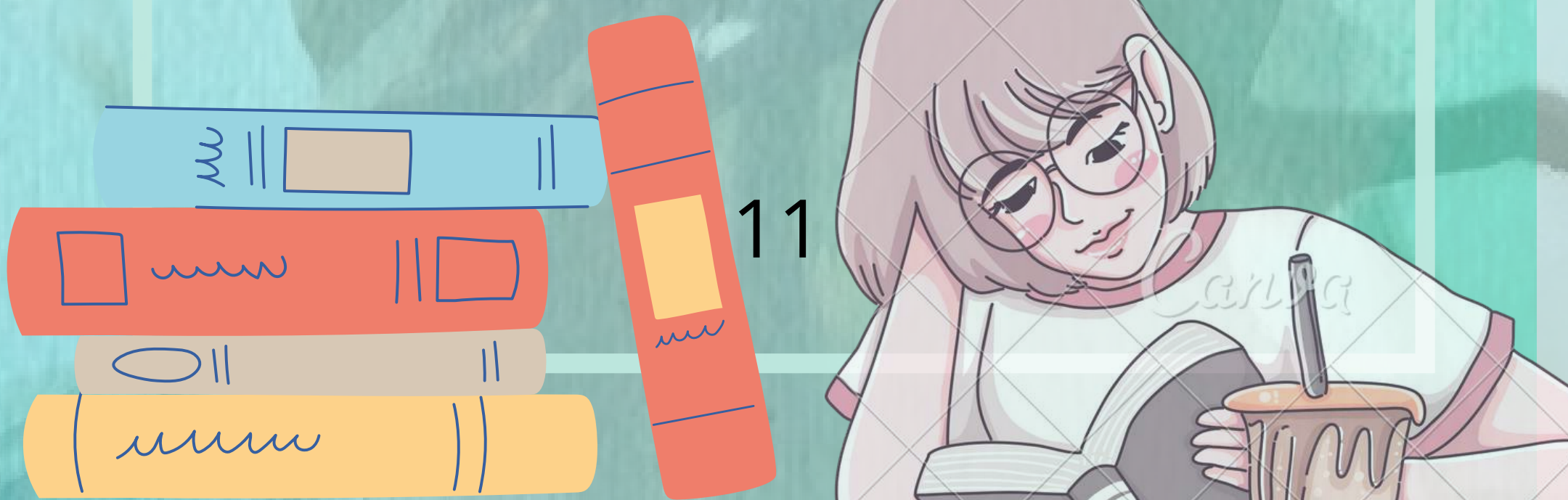
I would advise them to conduct a thorough research on all aspects of the field/course within psychology that they are interested in. To make an informed decision regarding your interest is also beneficial.

What according to you are the hardest and easiest parts for a person who undergoes therapy and counselling?

The hardest part in my opinion is to take responsibility, and to break the unhealthy but deeply rooted pattern and the easiest part would be to make the appointment with a professional.

What actions, thoughts or signs do people often ignore that are in fact reasons to consult a psychologist or psychiatrist?

Ignoring one's gut feeling, to an extreme extent, about a particular person/ situation/ decision is often a reason. People tend to ignore and dismiss such feelings because of the lack of awareness.



(Interviewer's note -

(1). Eclectic therapy is an approach that draws on multiple theoretical orientations and techniques. It is a flexible and multifaceted approach to therapy that allows the therapist to use the most effective methods available to address each individual client's needs

(2.) Cognitive behavioral therapy (CBT) is a type of psychotherapeutic treatment that helps people learn how to identify and change destructive or disturbing thought patterns that have a negative influence on behavior and emotion

(3.) Rational emotive behavior therapy (REBT) is an approach that helps you identify irrational beliefs and negative thought patterns that may lead to emotional or behavioral issues.

. (4.) Dialectical behavioral therapy (DBT) is a type of cognitive behavioral therapy. Cognitive behavioral therapy tries to identify and change negative thinking patterns and pushes for positive behavioral changes. DBT may be used to treat suicidal and other self-destructive behaviors)

Here are handles to Priyanka Kadam's social media and side business for you to check out :-

a)@ikigaiholisticservices

b)@insidethemindofatherapist

By-- Krisha Madan
XII Arts



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THE ART OF MAKING AN EFFECTIVE CV

Curriculum Vitae or CV is a short-written summary of a person's career, qualifications and education. It includes all the educational qualifications you have gained, the degrees you have earned, the internships you have done (if applicable), the employable skills you have, etc. In short, the CV is a tool that gives an insight to the employer of what you are applying for and whether you are eligible/qualified for that job.

A CV is a must for every individual applying for a job because it is the first point of contact between an employee and an employer. Since everyone is making his/her own CV, you too are put in the same category as everyone else who may or may not be as qualified as you are. As a result, there is a probability that your CV gets lost in the crowd. Therefore, to make your CV stand out and be a cut above the rest, here are a few expert tips suggested by various distinguished professionals:

Include Extra-Curricular Skills

We all have skills that are not directly related to the job we are applying for. These may include playing a musical instrument, solving the Rubik's cube, knowing how to sing or dance, etc. This will help the employer understand your inclinations, your likings, and hence you as a person. According an eminent professional, people who know how to get an applause from the audience (for example, a stand-up comedian), are better product designers because they know what people want. So, there is a psychology behind every extra-curricular skill.

Make a Professional Social Media

Page

We all are in the Digital Age wherein not only our qualifications but also our mindset matters. Employers look at various elements like whether you are a go-getter or not, whether you have the dedication or perseverance to see through the end, whether you are financially literate or not, etc. So, creating a separate Instagram /Facebook / Twitter/LinkedIn page might give you the extra edge you are pursuing.



On that page include only your professional pursuits, such as your take on various financial subjects like Bitcoin, Ethereum, Stock markets, your opinion on various poverty eradication measures and employment generation measures, your take on various controversial government reforms (at your own risk), etc. If you want to display your knowledge, suggestions would be to strictly maintain neutrality but on the other hand if you wish to give your opinion, then feel free to choose sides. Share the link of the page in the CV. If applicable, you can even include the link of your YouTube channel, so that the employer comes to know what kind of content you create, how popular you are, etc.

Include your Financial Literacy Qualifications

India has a financial literacy rate of 24% which is much less compared to Russia (38%) and South Africa (42%). Only about 4% of Indians own at least one stock in the Indian Stock Exchange whereas 53% Americans own a stock in the American Stock Exchange. Even if we put it in equal proportions, it would be 16% for Indians (considering India's population is 4 times that of the USA), but is still a poor number. 72% Indians are unaware of how much money they should invest or put aside.



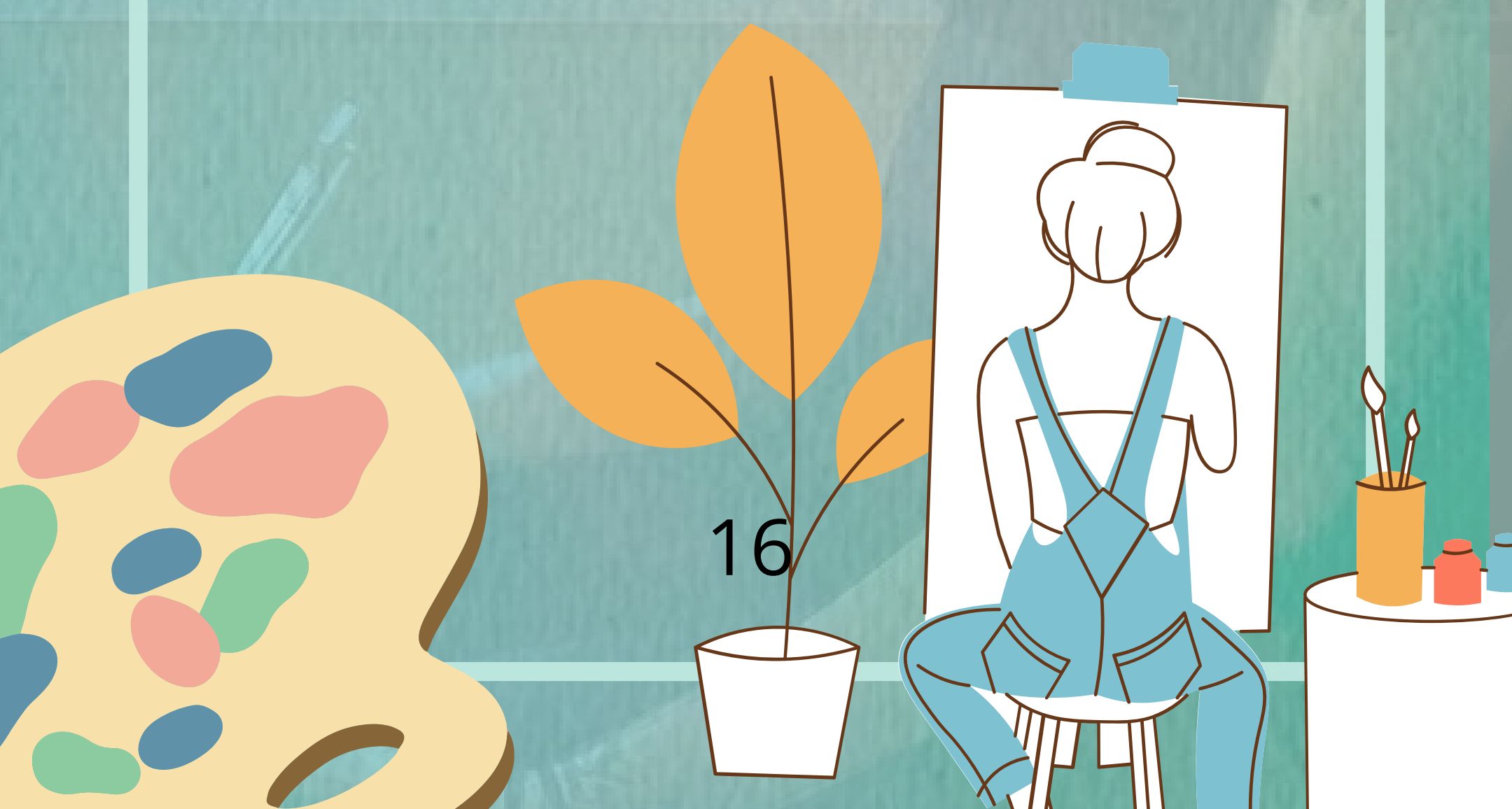
These statistics may look bad for India but this is an opportunity for you to be a cut above. Do courses that are beyond your academic studies, on various general financial topics that are applicable irrespective of your stream, such as budgeting, investments, loans, etc., and include the course certificates on your CV. Show the employers that you are financially literate and know your financial goals. This also shows that you are hardworking and are willing to go the extra mile to achieve your dreams and aspirations.

Convey your Clarity.

In the CV, include a few lines about how much clarity you have as a person. Include answers to questions like Why do I want to join this company? What can I do for this company? Why I am the right person for the firm? etc.

Include your Achievements and Soft Skills

If you have done an internship, include aspects like the goals you had been assigned during that period, your achievements, the lessons you have learnt from your failures, etc.



Most importantly include your soft skills such as public speaking, language skills, effective communication skills, emotional skills (self-motivation, integrity), etc. You may also include the number of languages you know or are currently learning.

Be truthful to your CV because the CV might get you the interview, but during the interview, you actually have to establish all that has been mentioned. So, avoid exaggerations. In this Pandemic Age, where there are mass job losses, where companies are hiring one person and expecting a work output of two people, we need to stand apart from the crowd. We as a generation have to work harder than the previous generation and must acquire extra skills which increases our probability of getting hired by the top companies for our dream jobs.

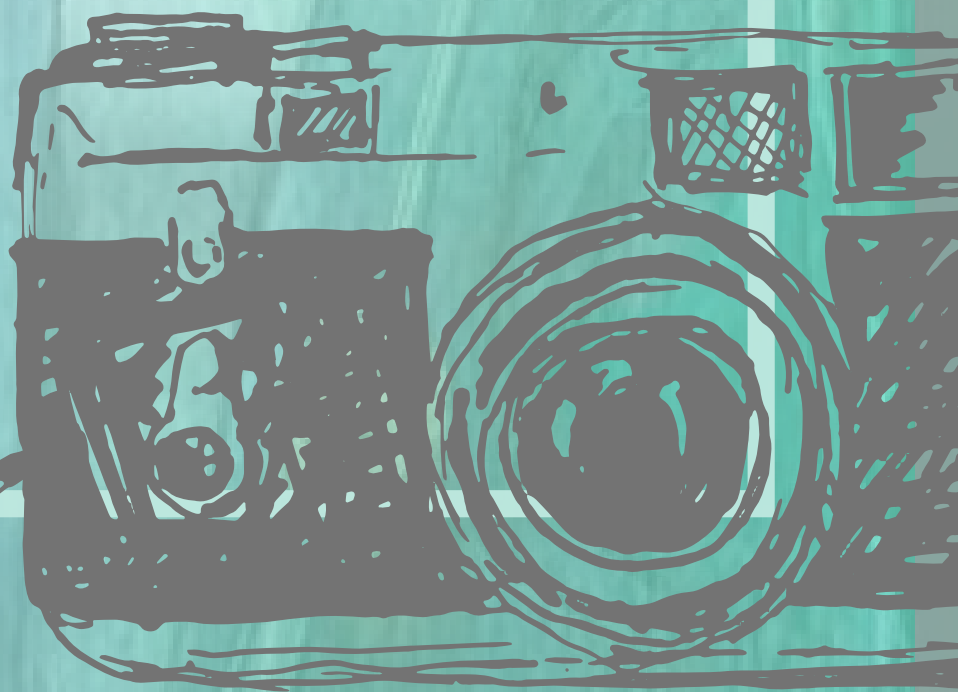
By--Neelangshu Sarkar
XII Arts



CAPTURING SMILES

The word 'Photography' literally means drawing with light, which derives from the Greek 'photo', meaning 'light and graph', meaning 'to draw'. Photographs play an important role in everyone's life – they connect us to our past, they remind us of people, places, feelings, and stories. They can help us to know who we are. Capturing the most beautiful memories of one's life in a photograph is done by a photographer.

Photographers are artists with the camera, using a blend of technical skills and an artistic eye to take pictures of people, places, landscapes, food, you name it. Talking about photographers I got an opportunity to interview one of the most passionate photographer Nelson Lawrence Gilbert. Nelson has been creating magic with his camera from the past 15 years. He is a very successful photographer having an experience of shooting 1000+ weddings, 100+ corporate, 40+Projects for Indian Army (including Southern Command, NDA, AFMC and CME). He has also supervised the first ever light and sound show in India at the war museum -Jaisalmer. Here are the highlights of the interview.



How did you get from being an aspiring photographer to actually doing it full time, for a living?

My father has been my biggest inspiration till date. I remember going for shoots with him after school and always enjoyed them. I instantly fell in love with the whole idea of photography. By the time I was in college I had made up my mind about pursuing it as a career. Since then there is no turning back.

What does photography mean to you?

Photography means everything to me. I cannot think what I will do if I don't have a camera with me. I would probably go crazy without it.

How would you describe your photography style?

I have more of an Artistic style of photography. However I try to be versatile and can adapt to any style.

What motivates you to continue taking pictures?

I am a nature lover and also like to explore new things, people and different cultures. One of the many reasons that I am passionate about my profession is that it gives me the freedom to be myself and do all of the things that I like.



Whose work has influenced you the most?

My father will always be my first inspiration. Other than him Sam Kolder has inspired me a lot.

Do you have any formal training for photography?

My journey has been very empirical. In the starting phase of my career, I didn't really had a formal training. But as I started gaining confidence in my work I did a course in Cinematography which helped me a lot in my career growth.

What type of cameras do you shoot with?

It ranges from normal DSLRs like Sony A7S3 and Cannon 1DX Mark3 to Cine-Cameras like Arri, Red and Black Magic.

What is the most difficult part of being a photographer for you?

Balancing between professional and personal life can be challenging sometimes. I often have to choose between work and family.



Would you encourage young minds to pursue photography as a career?

Definitely. I believe it is an intensive career path with a lot of room for creativity. I would highly encourage students to pursue photography.

Would you recommend any photography courses (any specific college) for aspiring photographers?

I would recommend Film and Television Institute Of India (FTI) as it is one of the best in India.

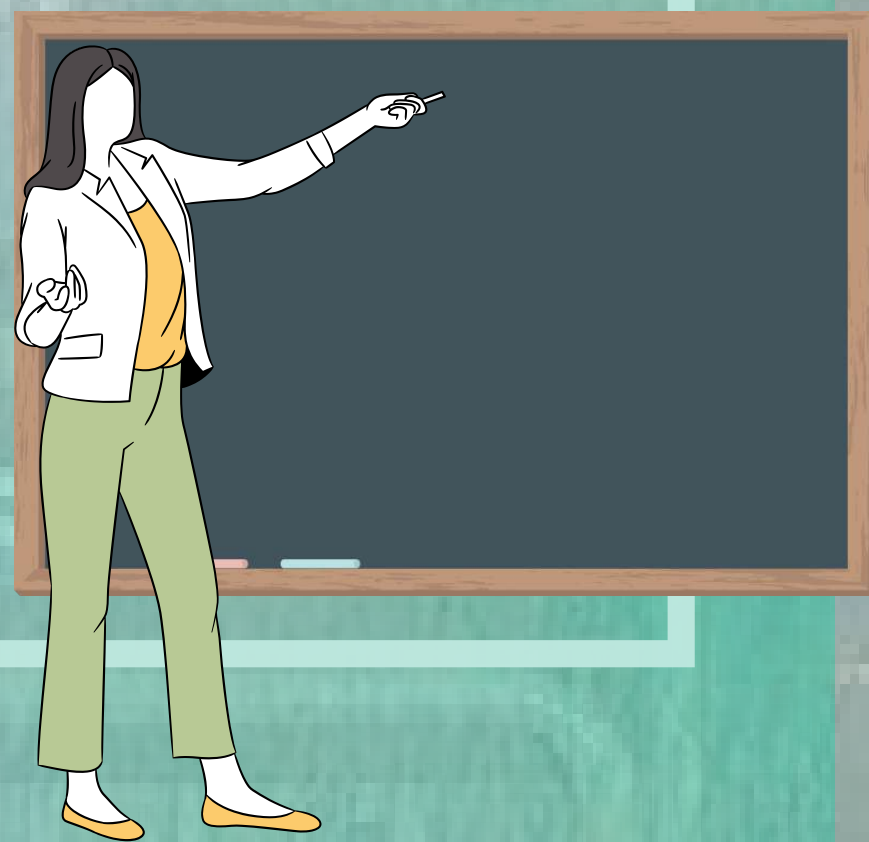
By--Mitali Pandey
XII Arts

MENTOR PROGRAMME TEACHER'S DAY TRIBUTE

**‘One Child, One Teacher, One Pen
can change the world.’**

Keeping the motto of activity based learning in mind, along with the upcoming Teacher's Day, we decided to initiate a 'Mentor Programme' as a tribute to our hard working faculty members. As part of this programme, students volunteered to teach their favorite subject, planned their lesson from scratch and presented them to the class. They took up the role of revising the concepts after teaching and answered doubts with confidence.

"It was a good exercise to boost the student's confidence"- says Trupti Damkondwar, Chemistry Faculty. Our Mentors absolutely enjoyed the process and would like to participate in similar simulations in the future.



Our Mentors



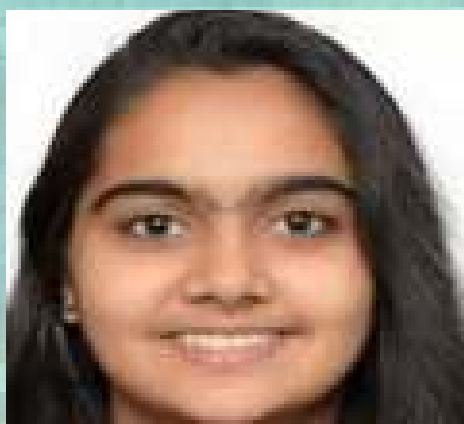
Ramandeep Rayee-
Geography Mentor



Neelangshu Sarkar-
Political Science Mentor



Bhavya Nath- Sociology
Mentor



Shraddha Patil- Economics
Mentor



Mrunali Shine- Secretarial
Practice Mentor



Shwethan Londhe- Biology
Mentor



THAT LITTLE PUPPY

*I pray to God, Oh God please forgive the humans
who don't know humanity Last month i witnessed
a death of a stray dog.*

Don't you believe? oh....but you have to.

*It was morning, sun was shining bright , But hat
little puppy did not even know his soul will be lost
in that light. Tomorrow will start without him.*

*He was roaming in the parking as he does , For
finding something to eat.*

*Looking him from the balcony thought Of giving
him a chapati,*


Which he would eat excitingly .

*He was brown colored skinny puppy with the
sparkling eyes, with lots of love and affection.*

*Probably he was having a lots of love and
affection but no one to express It at.*

*Suddenly with a high speed there came a car,
He was unaware, busy in having food, which was
nothing but a garbage bag. From the balcony I
screamed "hey puppymove aside!!" then again I
did "Move aside.... " .*





*Probably he did not listened to my voice
As he found something interesting to eat. There
came a car,a driver with a loud music in the car
,came and went up from the puppylike a devil.!!!*

I was shocked.How can he do that?

*Don't he have humanity left with him? Or his
humanity was lost in that music like my voice?
Dint he even thought that it was little life? But then
again it did not mattered to him because who
cares?it was just a street dog.*

*That day I felt guilty also a lot I cried But it won't
make any difference because time waits for
nobody.*

*But a lesson I got - there's a need of humanity in
humans which is lost in our self centered nature.*

*I want to say to that puppy -
"I came to you...but it was too late, You was slept.I
miss you.
All the love you created that day is still there. You
live on you live on in thr heart of mine. Death can
end the life but not memories. "I feel this every
time.*

By-- Shreya Parhad



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