



REFLECTIONS

SPRINGER JOURNALS EDITORIAL OFFICE

JEO
PARAGONS

UNPARALLELED DEDICATION
UNMATCHED PERFORMANCE



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JULY 2016

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UNMATCHED PERFORMANCE

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UNPARALLELED DEDICATION

R

Thanks Ramya. Before telling my success story, let me congratulate you as well for completing four years at SPS. Staying in an organization for a long time is not quite easy nowadays and there are a lot of forces behind me for this achievement. Happiness at the workplace, Challenges in the job, comfortable work timings, steady growth, supportive subordinates and superior. What else you need to stay in a company for a long time? Coming back to you, what do you think you have accomplished in these 4 years @ SPS?

R

I actually joined SPS with an idea of not continuing for more than a year. Initially, I had some trouble in managing the job. Later, I got acquainted with the work and after a year I did not have any thought of quitting and now to my surprise I have completed four years and I wish to grow to higher levels in SPS. I am always surprised about your job because I could see you being into all projects. Can you share with me how you manage with the distractions in workplace?

Distractions are there for everyone either internally or externally. People who manage those distractions are the ones who scale heights in their career. Prioritizing the job and scheduling my work based on the priorities, concentration and focus in the job are the traits that help me in managing the distractions. How do you balance both your work and personal life?

R

I will also ensure to follow your footsteps Deepan. Initially I had trouble in managing personal and professional life. Later, after learning my job, the trick of time management came in hand to me to balance my work and personal life. Deepan, you tell me that how are you adapting your work to changes in the industry?

There were a lot of changes in the industry over the years. When it comes to our operations, we were only assigning and releasing articles. But, now we are completely managing the journal including the configuration and streamlining. It is all because of the efficient team that we have and with this team, we can adapt to any extent for any change in the industry.

What is your success energy at work, you are always fresh at work?

R

"Love your job" that is my secret success energy. As I told you, I like the job what I am doing and that is the cause for my growth. May be, I have observed more of from my senior colleagues. Staying here for quite some time, whom do you think is the reason for all your success.

As I mentioned earlier, my reason for success is the whole JEO team with whom I am working. Everyone has contributed to my success and the major contribution is from my mentor. What excites you at the job?

R

Nice to hear Deepan! I am also trying to learn more from our mentor. The hard work is always honoured here which keeps motivated and excites me to grow to next level. The new project which I am assigned to is a good challenge for me and I am trying to shine up. Alright Deepan, it was nice chatting with you and once again I wish you to have more successful years in SPS.

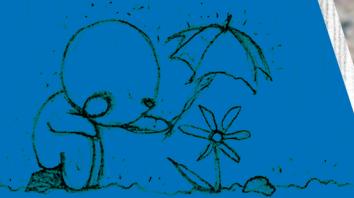
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RANDOM ACTS OF KINDNESS



KNOW THE AUTHOR

Katharina Kreissig

Katharina was born and grew up in Westphalia, in northwestern Germany. She moved to the Baltic Sea to study marine biology at Kiel University and graduated with a master's degree. Katharina joined Springer in 1997 as a project coordinator for digital publications, which at the time meant CD-ROMs. Over the years she has worked in several IT- and Production-related areas at Springer, focusing for more than a decade on the Journals Editorial Office. She took up her current position as a project manager for distance learning in September 2015. In her free time, she enjoys hiking in the nearby Odenwald, a forest and low mountain range.



Dear Readers of Reflections, have you heard of PSR? No, it's not a typo in the abbreviation for peer-review-system. PSR stands for personal social responsibility and basically means that each one of us has the power to do her or his bit to make our world a better place. It suggests a good point to start enhancing the world is with the (wo)man in the mirror instead of relying on others, like governmental institutions, nonprofit organizations and charities. So what can we do to contribute? Here is one way to make a start: random acts of kindness (RAOK). According to the definition, a random act of kindness is a selfless act to assist or cheer up another person for no specific reason and without expecting recognition or reward. It's said to be so simple that everyone can do it, so I decided to try it out myself – and here's what I did:

1. I visited an elderly lady, a former neighbor, in a retirement home. At the age of 102, she has few relatives left and visitors are rare.
2. I thanked two people in our small town who quietly contribute to our community by doing administrative volunteer work.
3. I let someone else merge into the lane in the traffic jam.
4. I donated some clothes.
5. I helped a mother with her baby stroller at the train station.
6. I volunteered for a day as a lay judge at the Court in Stuttgart.
7. I gave my magazine to the person next to me on the train.
8. I let the person behind me at the supermarket with only one item go ahead of me.
9. I planted a Buddleja – a butterfly-friendly bush.
10. I complimented a parent on how well-behaved their child is.

I found the experience most rewarding. The thankfulness in the eyes of others, or even just knowing that I'd done something good made me feel like I'd received more than I'd given. And there has been another unexpected effect: It has opened my eyes and made me more aware of others' RAOKs. It has helped me see how many kind folks there are around trying to make our world a better place.

No act of kindness, no matter how small, is ever wasted, according to Aesop, an ancient Greek philosopher. The possibilities are endless and a huge number of ideas can easily be found on the Internet.



THE POT AT THE END OF THE RAINBOW

The first thing you think about when you hear "potluck" is food. In most cases this will also be the only thing you think about. The potluck that teams participated in recently both reinforced and changed that idea.

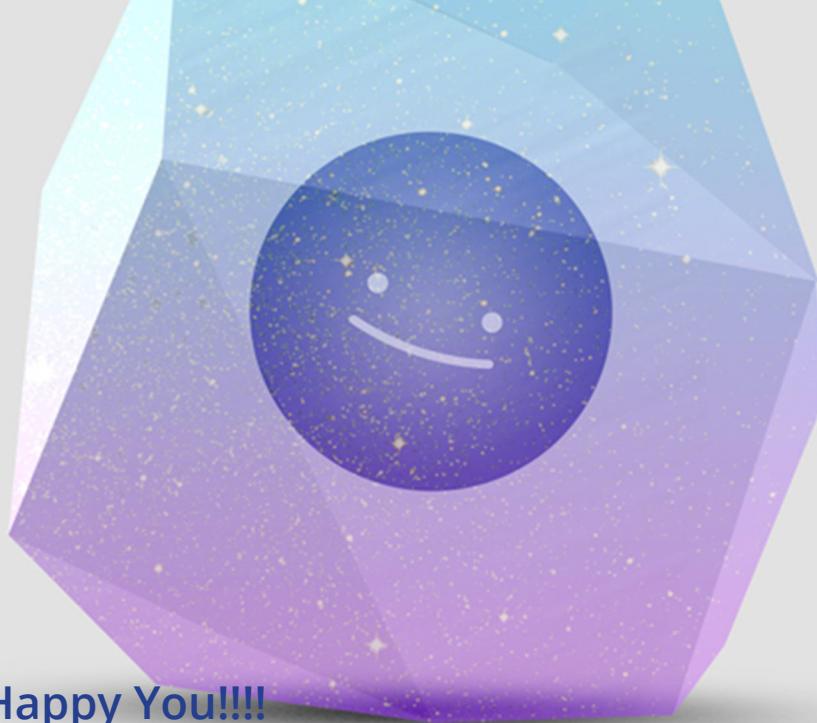
To get the obvious out of the way, the food was amazing. Everyone brought something to the table. If it was homemade, it was something you wouldn't have eaten before or something that was different than your expectations. If it was bought, it wasn't a run of the mill dish; it was bought from a place that knew how to make this particular dish to perfection.

So we ate, and we talked. As we went through the food, it seemed more and more like we were talking with short breaks to eat. It turns out that a full plate of food is very comforting, and with that taken care of our jaws weren't as tense as they were before. We learned about how the dishes were made, we took friendly jabs at each other and generally had a really good time.

After the food was eaten and the plates were licked clean, we learned something. Potlucks aren't always and only about the food. Though the food is what draws you in, you stay for the camaraderie.

Sarvagnan Subramanian, Journal Editor, SPS





Happiness!!! Happy You!!!!

Is that what all of us want in eternity? Yes it is possible to have it uninterruptedly throughout the LIFE, by resorting ourselves through certain changes, what is called PROCESS.

LIFE has two sides and they are, Internal and External. Both the sides needs to be developed and any development requires some sort of workouts. So what do we do? How do we develop?

Let's keep the Internal Development part in waiting, as it is bit complex a subject. The external development is visible to our eyes and it is easy to catch up, as best of examples are always around us to benchmark. What it means is the material things that gives us some sense of satisfaction for having possessed them at the right age.

All of us are good dreamer, right. We have our own dream world filled with many things that we want to have it of our own and it is a sense of achievement by owning such things, which brings us the happiness. Some of them are low hanging fruits and some of them are not. So, it is a question of affordability and it is game of Haves, Have Nots.

Right, let's look at what happiness means to us? Mmmm is it buying a bike or scooter, a high-end smart phone, marriage plan, buying a cosy house property, so on and so forth. Other goals like higher studies and professional enrichments. So what do we need, YES, you are right in your guess, YES, it is Money. There is an adage in Tamil;

**அருள் இல்லாதவருக்கு அவ்வுலகம் இல்லை,
பொருள் இல்லாதவருக்கு இவ்வுலகம் இல்லை.**

Money is earned in many ways by many people, but for employees, salary being the major source a careful planning in utilising the income and perpetual investment would help us to achieve our goals.

First, prepare a list of things that you want to possess and don't forget to put a date as to when you want to own it, along with price. There is no meaning in owning a Bajaj Pulsar at the age of 40, so be judicious and it is never too early when it comes to investments.

Then comes the list of expenses that are to be met out of salary earned, on a monthly basis and all I am suggesting is

to put INVESTMENT as the 1st item in that list, irrespective of the amount. It can be Rs.500, Rs.1000, Rs.5000 or Rs.10,000, whatever be the value, let us put Investment as the 1st expense, in an uncompromisable way.

OK, now that you have taken a decision to Invest, where do I invest?

There are many options when it comes to investments like, Recurring Deposit (RD), Systematic Investment Plan (SIP), Post Office Savings Schemes, to name a few.

Always remember that there is an element called RISK exist everywhere and there is no investment without any risk. However, the risk can be mitigated by spreading your investment in more than couple of instrument and it will also provide better consolidated returns.

Open a RD and a SIP with more of debt option and less of equity option, to begin with. After few years, you can revisit the structure and take more of an equity fund or a balance fund, depending on individual's risk appetite.

It is also equally important to cover the risk through appropriate insurance plan and my sincere advise is don't go to an Insurance Company asking for investment advice. Please confine to risk coverage devoid of savings plan and it would reduce your risk premium significantly.

The power of little drops can be experienced, once you start investing little money on a monthly basis and longer the investment horizon better the benefit. Do remember to scale up the value of investment as your income grows.

Never forget the goal. Never stop aspiring. Never halt in your progress, and you are sure to succeed.

Sriraman Sundaresan

A Management Graduate having 20 years of Finance & Taxation experience, Sriraman is currently working as Head - Group Taxation in TVS Logistics Services Limited, Chennai.

We are happy to announce that we have started to handle BMC titles at SPS JEO and would like to introduce the key people at BMC who are communicating with us on a daily basis.



Samantha Wright, Senior Editorial Operations Coordinator

I joined BioMed Central in November 2012 as an Editorial Operations Coordinator. I was promoted to Senior Editorial Operations Coordinator, overseeing the SpringerOpen portfolio, in April 2013. As a Senior EOC, I line manage a team and monitor series performance to ensure portfolio progression, always steering journals to meet Key Performance Indicators. I am actively involved in projects affecting and improving the JEO as a whole.

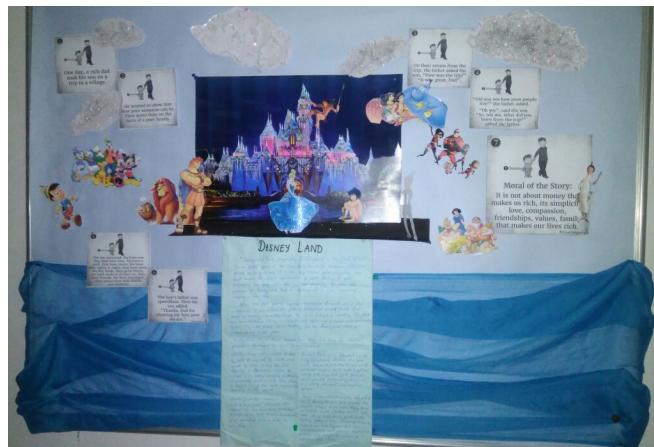


Claudia Schifflers, BMC Mentor for SPS

"A day without a smile is a day wasted" (Charles Chaplin). I consider myself to be an agile, fast and pragmatic problem-solver and inspirational leader.

I have strong communication and good interpersonal skills. In my experience, a responsible and goal-oriented way of working is just as important as the collaborative cooperation in a team. I have practical experience in a variety of business fields, including publishing, marketing communications and controlling.

CREATIVE



This time it was Deepan team's turn to explore and have fun on the notice board.