

# Monthly Newsletter

JULY, 2024

## ACADEMIC & STUDENTS

### JULY 19: GK Quiz



### JULY 23: Live Streaming Of Union Budget 2024-25



Indukaka Ipcowala Institute of Management, CHARUSAT, organized the live budget streaming for BBA General, semester 3 and 5 students on 23 July, 2024. The budget session started with the speech of Finance Minister Nirmala Sitharaman at parliament. The important announcements made by Finance Minister during the budget speech were noted by students and the same was discussed with faculty members of the institute.

Indukaka Ipcowala Institute of Management (IIIM), CHARUSAT organized a General Knowledge (GK) Quiz Competition for BBA students to enhance their knowledge in Indian History, Polity, Constitution, Economy, Honors/Awards, Art/Culture, Sports, Music, Famous Places and Personalities, and National and International Current Affairs. **42 students participated, forming 14 teams.** Through screening and elimination in 1st and 2nd rounds, six teams advanced to rounds 3rd and 4th, and three teams reached the final round. The final round was designed to be challenging and competitive. **The winning team consisted of Mr. Tej Bhatt, Priyanshu Talpada, and Kunj Patel from the 2nd year BBA - Business Analytics.** Both the winner and runner-up teams were felicitated and all participants were appreciated for their participation.

### JULY 26: Analytics Quiz Competition



The IIIM Analytics Club organized an engaging Analytics Quiz aimed at developing, promoting, and strengthening analytical thinking among students. With enthusiastic **participation from 26 students**, the event showcased exceptional talent and knowledge. Congratulations to the winners: **Manvar Het secured the 1st position, Patel Dhruvi came in 2nd, and Patel Mahi took the 3rd place.**

## FACULTY ACTIVITIES

### July 6: Sports Day for Faculty



On the July 06, 2024, IIIM organized a Sports Day exclusively for its faculty members. This event aimed to boost morale, and provide a platform for staff interaction. Faculty members enthusiastically participated in various sports activities, showcasing their talents and teamwork. The event not only encouraged physical fitness but also strengthened the bonds among colleagues, creating a more cohesive and spirited work environment. Such initiatives are vital in promoting a healthy work-life balance and enhancing overall job satisfaction among staff members.

## CAMPUS PLACEMENT OPPORTUNITIES

Date	Name of the Company	Sector
July 2	Administrative Positions at CHARUSAT	Education
July 19	Flyberry Intertrade Private Limited	Service
July 25	Saint Gobain	Manufacturing

## HAPPENINGS @ IIIM

### July 6: Awareness on POSH & Internal Complaint Committee (ICC)



On-Campus Security & Safety: The first year BBA students have been comprehensively informed of the robust security measures implemented on the CHARUSAT campus with awareness on Prevention of Sexual Harassment (POSH). It has been explicitly conveyed that any deviation from the privileges accorded to students will necessitate stringent disciplinary action by the Internal Complaint Committee (ICC).

## July 26: Awareness Program on Road Safety (SDG Club Activity)



A seminar on Awareness on Road Safety (SDG Club Activity) organised by SDG Club, IIIM. The said Awareness Program on Road Safety was aligned with Sustainable Development Goal 17, focused on nurturing collaborative partnerships. This event was organized in collaboration with a reputable NGO called Parivartan, dedicated to road safety initiatives.

## July 26: Kargil Day Celebration - Blood Donation Camp



A Blood Donation Camp has been organized by IIIM in collaboration with Smt. Chnadaben Mohanbhai Patel Blood Centre, CHARUSAT on July 26, 2024. **Large Number of students pursuing Bachelor of Business Administration, Engineering and Ph.D.** have donated their blood for the noble cause. This commitment of the donors to save many lives in the community is truly commendable.

## July 26: KALAKRUTI – Fine Arts Event



The KALAKRUTI 2024 Fine Arts Event, hosted by the IIIM, CHARUSAT, aimed to nurture creativity and cultural expression among students. This event is part of CHARUSAT's broader commitment to integrating arts into its curriculum, recognizing the role of creative expression in personal and professional development. The event provided a platform for students to showcase their artistic talents across various mediums, encouraging a deeper connection with their cultural roots. The event featured six distinct competitions, 1) Collage-Making Competition, 2) Rangoli Competition 3) Mehndi Competition 4) Clay Modelling Competition 5) Poster Making Competition and 6) Cartooning Competition. Each offering a unique avenue for students to express their creativity and artistic skills.

## PROFESSORS' CORNER

### YOUNG AND ONLINE: THE LEGAL REALITY BEHIND SOCIAL MEDIA CONSENT

**Ms. Ojisha Bharadwaj**

Assistant Professor,  
IIIM | CHARUSAT



In today's world, being active on platforms like Instagram, YouTube, and Twitter is often seen as a symbol of "being young and being trendy." But, are you truly embracing youth, or are you being misled into thinking so? We will not stop you, we will equip you....!!

See, according to Section 10 of the Indian Contract Act, "All agreements are contracts if they are made by the free consent of parties competent to contract, for a lawful consideration and with a lawful object, and are not hereby expressly declared to be void." This means that a valid contract requires an exchange of something valuable and must be made with the free consent of the parties involved.

If you are 18 or above or below 18, while you sign up for Instagram or any app, you agree to give them the rights to use your personal data, and in return, you gain access to their services. You are enjoying their application (Insta, Twitter anything) Personally and They are enjoying your Personal Data...Personally! They can use this data as they see fit. For instance, consider the Blue Whale Challenge, which used personal data to manipulate individuals. (User was given threat to perform a specific task or else Blue Whale would harm their Parents as they knew their Complete Personal Data.) (Many users started committing suicide and many started committing crimes because of these threats) (later Blue whale was ban but users were never able to return to their life).

If you are below 18, should you stop using Twitter or Instagram? No...! We are equipping you..!! Or you will Continue using all such apps only because Nothing has happened yet....!!! The decision is yours..!! as per Section 11 of the Indian Contract Act.

Section 11 states, "Every person is competent to contract who is of the age of majority according to the law to which he is subject, and who is of sound mind and is not disqualified from contracting by any law to which he is subject." In simpler terms, if you are not 18 or 21 years old, depending on the jurisdiction, you are not legally allowed to give these platforms the right to use your personal data. If they use your data despite your ineligibility, they are also at fault.

So, continue enjoying social media, but if you find your data being misused, remind them that you are not an adult yet. You are young! If you are above 18, The India Digital Personal Data Protection Act 2023 (DPDPA) is at your help and grounds of Indian Contract Law, that "You have given just access to your Personal Data, but if they use it, they need to give you a notice and take your consent." Like they have given you access to their app to use. Not to Misuse....!!!

Equip yourself and enjoy.

## FROM MOOD TRACKING TO EMOTIONAL MASTERY: THE MOOD METER EXPERIENCE



**Ms. Khushboo Bhatt**

Assistant Professor,  
IIIM / CHARUSAT

People are becoming more aware of how they feel and how their emotions affect their lives. This is great because understanding your feelings helps you handle life's ups and downs better. The Mood Meter is a special tool that can help you do this. It's designed to not only help you figure out what you're feeling but also teach you how to manage those feelings in a helpful way. By using the Mood Meter, you can learn to control your emotions instead of letting them control you.

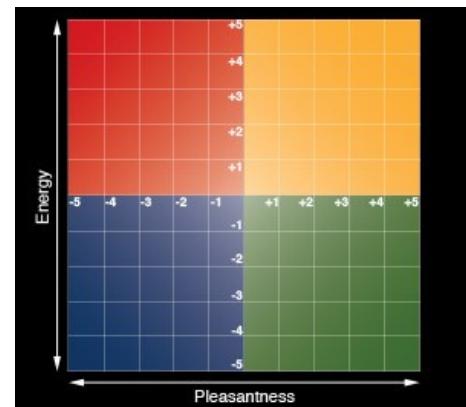
The Mood Meter is a simple tool that helps you understand your feelings better. It was created by Dr. Marc Brackett and his team at Yale University. The tool sorts your feelings into different groups based on how much energy you have and how happy or sad you feel. This helps you recognize your emotions and learn how to handle them in a healthy way.

Mood Meter is divided into four Quadrants, each with a different color. These colors show how you're feeling based on two things: how much Energy you have and how Pleasant you feel.

- Yellow (High Energy and Pleasant): If you feel excited and full of energy, you're in the yellow zone.
- Red (High Energy and Unpleasant): When you're angry or frustrated and have a lot of energy, you're in the red zone.
- Green (Low Energy and Pleasant): If you feel calm and relaxed, but not very energetic, you're in the green zone.
- Blue (Low Energy and Unpleasant): When you feel sad or tired and have low energy, you're in the blue zone.

So, the Mood Meter helps you understand your feelings by placing them in one of these four colors.

The first step to using the Mood Meter is to pay attention to how you feel. By noticing your feelings regularly, you can start to see patterns. For example, you might realize that you get really upset (Red) when you're stuck in traffic.



Knowing what you're feeling is just the start. The real trick is to change how you feel. The Mood Meter can help you do this. For example, if you're really angry (red), it can show you how to calm down (blue). Or if you're feeling sad (blue), it can help you feel better (green). To do this, you can try things like taking deep breaths, thinking positive thoughts, or looking at things in a different way.

Once you know this, you can try to find ways to avoid traffic or stay calm when it happens. Using the Mood Meter is different for everyone. Some people like to check in with their feelings every day, like a morning routine. It helps them start their day knowing how they feel. For others, it's more like a tool they use when things get tough. It helps them understand what's going on inside their head when they're feeling overwhelmed.

The Mood Meter is more than just a way to keep track of your feelings. It's about becoming really good at handling your emotions. It teaches you how to understand, control, and use your feelings to help you succeed in life. By using the Mood Meter, you can learn to turn your emotions into something positive.

In the end, using the Mood Meter is a journey of learning about yourself and growing as a person. It shows us that even though we can't always control what happens to us, we can control how we react. By understanding our feelings, we can become stronger and better able to handle life's challenges.

You can keep a track of your mood by registering in the following Application:  
<https://moodmeterapp.com/>

### Editors

Ms. Khushboo Bhatt

Dr. Hardi Raval