Facing adversities - shake it off and step up

Once a farmer had a very old mule. The mule was too old and could not be of any service to the farmer. Despite this, the farmer decided to feed and maintain the mule because the animal had served him for a long period. One day while the farmer and his family were taking dinner he heard the mule crying loudly for help from somewhere in the field. He immediately took a lamp and went out in search of the mule. The mule was found fallen inside a silted deep well in the field. The well didn’t have any protective walls. The mule continued to cry. The farmer was looking for a way to save the animal. But he knew that it was impossible for him to lift the animal from the well by himself. He had sympathy for the animal. So he went to some of his neighbours seeking their help. The neighbours came and studied the situation carefully. Several ideas came up from them. One proposal they put forward was that the farmer could solve two problems at one stroke. The mule had already become too old and of no use. Now that the animal had fallen into the deep well his condition might be much worse. It didn’t appear worth taking so much pain to save such a liability. The dried up well is a threat to the farmer and his family.

Now by filling the well with mud and burying the mule in a dilapidated condition alive inside the well both the problems could be sorted out at once. Majority of the people assembled there agreed to the proposal. The farmer also thought it wise to go by the majority opinion. So they started cutting mud to fill the well. When the first sod of mud fell on the back of the mule deep inside the well he started completely hysterical and shivering. But as the farmer and his neighbours continued shoveling and the dirt hit his back…a thought struck him. It suddenly dawn on him that every time a shovel load of dirt landed on his back, he should shake it off and step up. This, the old mule did, blow after blow.

“Shake it off and step up…Shake it off and step up…Shake it off and step up,” the mule repeated this mantra over and over to encourage himself.

No matter how painful the blows, or distressing the situation seemed, the old mule fought “panic” and just kept right on shaking it off and stepping up.

It wasn’t long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well. What seemed like would bury him, had actually blessed him. It was all due to the way in which he handled the adversity.

Hey, that’s life. If we face our problems and respond to them positively and refuse to give in to panic, bitterness and self-pity, the adversities that seem to bury us at one stage, may bless us utilising the potential within them to benefit us.

Adversity is a fact of life. It can’t be controlled. But we can control how we react to it. When we face adversity we are prone to give up, or adopt a poor attitude. Instead, we can look at adversity as an opportunity to find other ways to do things. We can be determined and persistent. It all comes to your choice – and it is a choice of attitude.

Dr. G.P.C. Nayar

‘Aging Well’ (ICAW) 2018 International Conference

“The Elderly always want to be of ‘use’ to the society and to the family”

- Dr. M.R. RajaGopal, Chairman, Pallium India

The third International Conference on ‘Aging Well’ (ICAW) 2018 – Gerontological and Geriatric challenges was held at SCMS campus on Jan 11 – 13, 2018. Dr. M.R. RajaGopal, Chairman, Pallium India & Director, Trivandrum Institute of Palliative Sciences, inaugurated the conference. “We should consider the elders as the backbone of the society rather than passive vegetables,” he said in his

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inaugural speech. Dr. Irudaya Rajan, Professor, Centre for Development Studies, Trivandrum & President, Association of Gerontology (India), presided over the inaugural ceremony. Dr. Varghese Cherian, President, IMA Cochin, was the guest of honour on the occasion. Prof. P.C. Pilla, Sr. Group Director of SCMS and Mr. John Daniel, Deputy Director, Help Age India also spoke.

On the third day, Mr. N. Nandakumar, former Chairman of SBT inaugurated the valedictory function. Dr. Radha P. Thevannoor, Group Director and Registrar of SCMS Group and Dr. Praveen G. Pai, Public Health Specialist and Geriatrician, Dr. Radha P. Thevannoor, SCMS Group Registrar and ICAW 2018 Convenor besides.

"Aging is inevitable. Active aging is a life long process of optimizing opportunities to increase our quality of life." – Dr. Shanthi Johnson, Professor, University of Regina, Canada.

"If you have the symptoms of depression at early age, it can lead to Dementia in old age." – Dr. Rajeev Jayadevan, Senior Consultant Gastroenterologist and Deputy Medical Director Sunrise Group of Hospitals.

"Like dignity at birth, dignity at death is also more important. I am living with my son and my son lives with me is two dimensions of the elderly life." – Dr. Irudaya Rajan

"The concept of Aging Well international conference was initiated by Dr. Radha P. Thevannoor and it was accepted globally with the support of many institutions and experts." – Prof. P.C. Pilla, Sr. Group Director, SCMS.

"Cancer is the second most cause for mortality in the elderly. Breast cancer, lung cancer and prostate cancer are common among the 60+ age group," said, – Dr. K. Pavithran, Professor and H.O.D. Medical Oncology and Hematology at Amrita Institute of Medical Sciences.

"India is now considered as the diabetic capital in the world." – Dr. Varghese Cherian, President, IMA Cochin.

"Depression in the elderly is a complex disorder and Bio-Psycho-Social defects can lead to structural brain changes." – Dr. George Joseph Chakungal, Senior Consultant in Psychiatry, Rajagiri Hospital.

Mr. N. Nandakumar, Former Chairman, SBT inaugurated the valedictory function of the third International Conference on 'Aging Well' (ICAW) 2018. Dr. Praveen G. Pai, Public Health Specialist and Geriatrician, Dr. Radha P. Thevannoor, SCMS Group Registrar and ICAW 2018 Convenor besides.


Dr. Praveen G. Pai, Public Health Specialist and a Geriatrician with special interest in Gerontology and Palliative care, shared his experience.

Dr. G. Sasi Kumar, Principal, SCMS School of Technology and Management chaired one of the sessions in the conference.

Ms. Devi S. Naik, Assistant Professor, MBA department, SCMS School of Technology & Management thanked the participants.

Dr. Mathew Abraham, expert in management of neurological diseases and disorders.

Dr. Priya Vijayakumar, Clinical Professor, Department of Geriatrics, Amrita Hospitals, addressed the audience.

Dr. V. Sekher, Professor, International Institute for Population Sciences (IIPS), Mumbai and President of the Indian Association for Social Sciences and Health (IASSH) led the discussion on "Scope, Design and implementation of the Longitudinal Aging Study in India (LASI)."
New Year Celebrations at SCMS campus.

Students who had returned with faculty members and other staff to mark the occasion. Dr. Radha P. Thevannoor, SCMS Group Registrar inaugurated the celebration. Faculty members, HODs and staff participated in the celebration.
Industry, Institute, Interaction (III)

Dr. Veena S. Kulkarni, Associate Professor and head of the Department, University of Arkansas, USA sharing her experiences in teaching American students (11 – 1 – 2018)

Mr. Ernest Johnson, Professor, Technology Management in University of Regina, Canada interacting with the students on the topic ‘Social Research Methodology’. (12 – 1 – 2018)

Mr. Mohan Ramachandran, CEO of My Caretaker Management at seminar with the MBA and PGDM students on the topic ‘setting up my own business’ on January 4, 2018.

Mr. Saiju V.S., the CEO of Oztorn Technology Pvt. Ltd, Technopark, Thiruvananthapuram addressing the students of PGDM Batch 25, B 26 and the Junior MBA students on 29th of December 2017 on the topic ‘Enhancing the studying experience’.

Mr. Suresh Joseph, former Indian Railway Traffic Service (IRTS) officer addressing the students in the Programme III on Jan 23, 2018.

Canadian delegation visits SCMS

Interactive sessions were held before the students from University of Alberta, Canada headed by Dr. Varghese Manaloor, Associate Professor, Economics and Management, Augustana Campus and faculty members and students of SCMS COCHIN School of Business. The programme was coordinated by Dr. Bijith George Abraham, Assistant Professor, SCMS COCHIN School of Business and facilitated by Prof. Dr. D. Rajasenan, Director, Centre for the Study of Social Exclusion and Inclusive Policy (CSSEIP), Cochin University of Science and Technology.

Dr. Filomena P. George, Director, SCMS COCHIN School of Business at seminar session on Academic Curriculum and Teaching methods followed in SCMS for PGDM programme.

A Spearheading Management Movement and an enlightened evening on January 10th 2018 at Kerala Management Association (KMA). Students from SCMS Cochin school of Business with Ms. Pamela Anna Mathew, Managing Director, OEN India Limited.
Hearty Send-Off to Dr. V. Raman Nair and Mr. Jacob Thomas

Dr. V. Raman Nair has relinquished his position from SCMS Group as Group Director of SCMS and former Director of SCMS COCHIN School of Business. He served SCMS Group for 13 years.

Mr. Jacob Thomas, Manager, SCMS Institute for and Bio Science and Bio Technology, Research and Development (SIBB, R&D) also given a send-off by the management and staff for his 13 years service in the Group. Prof. P.C. Pillai, Sr. Group Director, Dr. Radha PThevannoor, Registrar and Dr. Indu Nair, Prof. K.J. Paulose, Academic Dean, and faculty members participated on the occasion.

KMA Student Chapter inaugurated

First Students' Chapter of KMA (Kerala Management Association) was inaugurated at SCMS Cochin School of Business on 23rd January 2018. Mr. Anej A., Chapter President, Ms. Priscilla Thomas, Chapter Secretary, Ms. Anusha, Mr. Krishnaprasad and Mr. Joel Gregory Alex, Executive Committee Members are the newly elected office bearers. The team will coordinate with the KMA Secretariat and organise activities of the Students' Chapter. Mr. Vivek Krishna Govind, President of KMA, Mr. Madhav Chandran. Secretary, Mr. Ganesh K., CEO of KMA, Dr. Radha PThevannoor, Sr. Group Director and Registrar of SCMS, Dr. Filomina P. George, Director, SCMS B School and Mr. Cherian Peter, Professor, SCMS COCHIN School of Business participated in the ceremony.

‘Varna 2k18' Youth Festival & ‘YES' Club inauguration held at SCMS main campus.

‘Tarang' the cultural arts club of SCMS campus, Muttam organized its first youth festival on 23rd January 2018. Launching of the Young Environmentalists of SCMS Club (YES) was inaugurated by Mr. T.X. Xavier, Forest Officer, Kalandary RANGE. Dr. Filomina P. George, Director, SCMS B School and Dr. Mohan B. participated in the programme.

Kerala LIFE Mission project Service based consultancy work assigned to SSET by Govt.

Kerala State Government appointed SSET as their TPTA (third party technical agency) of Chalakudy Municipality, in their housing project namely Kerala LIFE Mission project. Civil engineering department faculty members and students, in association with Municipality, have begun work on the same. Mission LIFE (Livelihood Inclusion and Financial Empowerment) envisages a comprehensive housing scheme for all the landless and homeless in the State. Housing, being the very basic requirement that holds the key to accelerate social development in many ways, the Government of Kerala launched the LIFE. The target of the mission is to provide safe housing to nearly 4.30 lakhs of homeless in the State within a period of 5 years.

As part of this scheme, the mission will help those who received assistance from other schemes but could not complete the construction and move into a safe house. Mr. Sandeep TN, Asst. Prof. Dept. of Civil Engg., Mr. Vishnu Sasidharan, Asst. Prof. Dept. of Civil Engg. and Mr. Anoop M., Lab instructor, Dept. of Civil Engg., are the coordinators of the project.
Awareness Workshop on Smart Hackathon 2018

AICTE SWRO-Thiruvananthapuram partnered in association with SCMS School of Engineering and Technology hosted Awareness Workshop on Smart Hackathon 2018 for various approved institutions in Kerala on January 10, 2018. Dr. Ramesh Unnikrishnan, Director, AICTE inaugurated the workshop. Around 500 participants from colleges across the state attended the workshop. There were delegates from about 66 colleges across the state and over 350 participants attended the workshop on the wide opportunity and exposure, the Smart Hackathon India 2018 is going to provide. The workshop was inaugurated by Dr. Abdul Rahman, Pro Vice Chancellor, A P J Abdul Kalam Technological University and presided by Dr. Siddhalinga Swamy, Director - E Governance, AICTE Head Quarters, New Delhi. The welcome speech was delivered by Dr. Ramesh Unnikrishnan, Director & Regional Officer, SWRO Bangalore & Thiruvananthapuram. Mr. Abdul Jabbar Ahamed, Program Coordinator, NSS Technical cell, Kerala and Prof. P C Pillai, Senior Group Director, SCMS group, delivered felicitations. Dr. Praveen S. C. J. proposed the vote of thanks. The seminar presentation on Smart India Hackathon 2018 was done by Ms. Aditi Gupta, Consultant, Smart India Hackathon 2018 followed by a question answer session.

“Well Done SCMS Engg. College students !”
Mr. Mohammed Y. Safirulla IAS, District Collector, Ernakulam.

Mr. K Mohammed Y Safirulla, District Collector of Ernakulam appreciated the NSS Volunteers of SCMS Engg. College for their responsible group work to implement Green Protocol during the pilgrimage season in the Thrivairuvanikulam Temple Ernakulam where more than 10 lakhs people on an average visit every day for a fortnight when the temple opens. Students along with a team of faculty volunteered service day and night in groups. (January 1 – 12, 2018). The NSS volunteers and faculty members were honoured by the advisory committee of the temple trust, in function held on 21st January 2018. Mr. Arvind Sadath MLA inaugurated the meeting, Dr. TN Seema, Vice Chairman & CEO Haritha Kerala Mission was the chief guest on the occasion. Pramod P. Thevannoor inaugurated the upcoming project forum.

Placement News
Hexaware conducted recruitment drives for 2017 batch on December 20 and two of them got selected from the process.
Byju’s Think and Learn Pvt. Ltd. selected one of our final year students for placement from the drive conducted on January 3.
Indian Oil Adani Gas Pvt. Ltd. conducted online test for 2018 batch Mechanical Engineering students on December 15 and 26 of them have been shortlisted for their final round.
Final results of Tessolve Semiconductor, Web Solutions recruitment drive conducted for 2018 batch are awaited.

Career Guidance Programmes
Personally development workshop for B.Tech sixth semester students by Global Talent Track was conducted on January 5. Mr. Raja Suresh from Global Talent Track was the resource person for the program.
Vani Institute conducted GATE and Higher Studies Awareness class for B.Tech sixth semester students on January 9. Aptitude training program for B.Tech 6th semester students in two batches by Konfidence were conducted on January 22 and 29.
Teaching basics of financial literacy

With a motive to spread financial literacy among students, V.S. Binu, an MBA faculty of SCMS School of Technology and Management started his bike journey across Kerala on January 8th 2018. Realizing students have less knowledge about the practical side of contemporary stock investments and mutual funds, Binu took classes for the students with MBA, BBA and B.Com backgrounds as it would be easier for them to understand the terminologies being used in the subject area effectively. His classes intended to provide students with information on how to invest for the future.

Outreach programme at Bethlehem Poor Girls’ Home

As part of the Soft Skills class’ annual activity, a group of 50 B.A and B.Com students of SCMS School of Technology and Management, conducted a Pre- Christmas Party and outreach program at Bethlehem Poor Girls’ Home, Kizhakkambalam on 22nd December 2017 under the guidance of Ms. Annie Thomas, English Faculty, Department of Commerce, SCMS School of Technology and Management. The Poor Girls’ Home is an institution run by Orthodox Christian nuns of Angamaly diocese. These students of SCMS presented them with books, toys, clothes and homely food. The students organized games, craft work, karate class and soft skill coaching for the humble inmates of the Poor Girls’ Home.

"Zenora" - Management Fest 2018 - Congrats MBA students


SSA News

‘SPIC MACAY’ cultural programme at SSA

SCMS School of Architecture organized PURULIA CHHAU DANCE performance of a team of artists led by Sree Tarapada Rajak, from West Bengal, in association with Society for the Promotion of Indian Classical Music and Culture Amongst Youth (SPICMACAY), North Kerala Chapter, on Saturday, 6th January, 2018 at SSA Seminar Hall.
We SCMS Family (Management, Alumni, Faculty, Staff and Associates) had the privilege to share the memorable moments of our Founder’s Day Celebrations held at SCMS campus on 23rd January 2018.