

Work-shop on Work-Life Balance

Last week, Dr. Natarajan, Principal, CIMAT – Coimbatore, conducted a workshop on Work-Life Balance for Batch 4. He talked of the common psychological disorders caused due to work-stress and offered tips on identifying and dealing with them quickly and efficiently.



He emphasized on Positive Affirmation and Moderation as ways to combat the surge in disproportionate stress levels in the corporate world.

From the Editor's Desk...

Dear Readers,

The last two weeks at BIM, Bangalore have been a bit lonely, what with Batch 5 finishing their end-term exams and having gone to their respective organisations for their internships.

The happy news is that Batch 6 is expected to be on campus in a fortnight with a record strength.

Hoping to see you all with more news from the campus in the next mail.

Hasta Pronto!!!