



# The RNB Times

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By RNB Global University

## Stress Management

We all experience stress in our day to day lives. Be it a child or an adult, stress is a normal part of everybody's life and there is no escaping it. Stress in everyday terms, is a feeling that people have when they are overburdened with work and struggling to cope with demands. It affects each of us in different ways. Even though it is a normal response to change, it can majorly affect one's health. Some symptoms of stress include high blood pressure, insomnia, slowing down of digestive system and a heightened state of alertness. Chronic stress increases the risk of diabetes amongst men. Since the majority of health issues are caused due to stress, it is very important for one to understand and learn various methods of stress management.



Stress has many sources. So, it is necessary to first identify the source of stress in your life. While it is easier to identify the major sources of stress, pinpointing the chronic sources can be more complicated. Some amount of stress is essential for survival and progress. But when it gets out of hand, it needs to be managed. Managing stress requires individuals to take responsibility for their own thoughts, feelings and behaviors. Stress can be effectively managed in many different ways. The most effective way of reducing stress is meditation. Deep breathing and relaxation techniques help soothe the mind as well as the soul. Practicing the 4A's of stress management (adapt, alter, avoid, and accept) can also help one to cope with stress. When you are stressed the last thing you feel like doing is getting up and exercising. But physical activity acts as a huge stress reliever. Exercise releases endorphins that make you feel good, and it can also serve as a valuable distraction from your daily worries. Even a simple activity like taking your dog out for a walk or playing games with your kids can help release stress to a certain level. Hence, adopting a few lifestyle choices can prevent the feeling of being overwhelmed. Talking to your friends, colleagues and loved ones about your thoughts and worries helps let off some steam as well. Rhythmic activities like dancing, aerobics, swimming and cycling act as effective stress busters. Adopting a healthy lifestyle also helps reduce stress in our daily lives. Sleeping for at least seven hours a day should be made a priority.

People often say 'Don't stress' to people who are stressed, and it really is as simple as that. There is a saying that taking stress is like sitting on a rocking chair, there is movement, but you don't get anywhere. Stressing doesn't make the task at hand disappear, or make you work any quicker. In fact, it does just the opposite. So take this simple solution and live by it. Don't stress!

- DR. A.S.RAMNARAYANAN  
(ASSOCIATE PROFESSOR)  
(SCHOOL OF COMMERCE AND MANAGEMENT)

### PARAMVEER OF INDIA

**Major Thapa** was commissioned at the 8 Gorkha Rifles in August 1949. The Sirijap Valley in the north of the Pangong Lake, Ladakh, was considered important for the defense of Chushul Airfield. The 1/8 Gorkha Rifles had outposts there to thwart the enemy from encroaching. Sirijap-1 - one of these posts - was held by a platoon of D Company under the command of Major Thapa when the Chinese attacked India in October 1962. Major Thapa revolted the attack and the enemy had to pay heavy losses.



## Founder's Day (September 3<sup>rd</sup>, 2018)



RNB Global University, Bikaner celebrated 4<sup>th</sup> Founders Day in fond memories of philanthropist and mentor Late Shri Jaganath Ji Bajaj. The program began with Garland Presentation and Tilak Ceremony to the Founder's Idol by the dignitaries. Mr. Ajay Bagri, Student of BBA-III Semester reprised the journey of Late Jaganath ji Bajaj, which won the hearts of the audience. The event culminated with the distribution of Scholarships to the meritorious students and awards for various categories like The Best Student for the year to 2018-Program Wise, Best student Overall and Best Student-Sports. Best Faculty School wise and Best Employees awards were also distributed. Various performances enthralled and engaged the audience. The Honorable Chief Guest Dr. Ram Bajaj lauded the efforts of the university.

**-Editorial Board**

## Teacher's Day (September 5<sup>th</sup>, 2018)



Teacher's day was celebrated with great verve and enthusiasm at RNB Global University. The day had an emotional and recreational touch, as students did all preparation with complete energy and excitement. A beautiful event was organized by the students for the teachers including various competitions and games were held at the university which were later followed by scintillating performances where the students showcased their talent by putting up artistic performance.

The day was concluded with a Vote of Thanks delivered by a student representative, marking the importance of teachers.

**-Editorial Board**

## Engineer's Day Celebration (September 15<sup>th</sup>, 2018)



RNB Global University is celebrating Engineers Day on as a tribute to the greatest Indian Engineer Bharat Ratna Mokshagundam Visvesvaraya.

Theme- "Digital Transformation: A New Industrial Revolution"

Venue: Seminar hall, Administrative Block, RNBGU

Date: 15th September 2018

Time: 9.30 AM onwards

The University has planned many activities and competitions to be held on this occasion like Technical Skit, Code War, Models and Projects and Technology based Quiz Competition

**-Editorial Board**

## FRESHER'S PARTY (September 17<sup>th</sup>, 2018)



Seniors from the different streams organized fresher's party with innovative ways. It was a colorful and lively occasion as seniors choose "Around the Globe" theme this year. Students were dressed in their best attire in western Style. Students full of vitality made the celebration more soulful. They were asked questions by judges and task was given to perform. Everyone perform their task well but finally Mr. Rubal Sharma, (B-Tech-I) as Mr. Fresher and Ms. Simran Bothra, (B.Sc.-Biotech) as Miss Fresher won the title. Mr. Amit Saini, B.Sc.-Biotech was crowned as Mr. Elegant and Ms. Neha Choudhary, B.Sc. Biotech was crowned as Ms. Elegant.

**-Editorial Board**

# राही

मीरा की सी भक्ति है तू, सूर्य की सी शक्ति है तू  
हवा में प्राण है तू, विश्व में महान है तू  
रोक सके तुझे अब कोई इस जहां में  
ऐसी किसी में कोई बात नहीं है ।

कहाँ रुक कर के राही को मंज़िल मिली है  
रुकना तेरा काम नहीं है, कायर तेरा नाम नहीं है  
कर सके सच्चाई कैद, ऐसी कोई हवालात नहीं है  
रोके तुझे तिलस्म, ऐसी कोई करामात नहीं है

माना के वक़्त आज तेरे साथ नहीं है, तो  
उतार फेंक ये घड़ियाँ, अनजाने ये हालात नहीं है  
खुदा के बंदे कर अलग कुछ ऐसा  
रोक सके वक़्त तुझे, वक़्त की इतनी औकात नहीं है

तेरे दिमाग का जो ये फितूर है  
मान न मान सब उसी का तो कसूर है  
तू लड़ने चला था तो लड़ते चल  
हराये तुझे ऐसे कोई ज़ज्बात नहीं है

सारी कायनात जो तेरी है, तो फिर  
क्यों ये तुझे गुलामी का सुरूर है  
अरे इंसा है तू कम से कम  
दांव पर आज तेरी इंसानियत का गुरूर है

राही की फितरत नहीं है रुकना  
तेरी किस्मत में नहीं है झुकना  
तो बिना रुके, बिना थके चला चल, और  
मिला ले हाथ इन बुलंदियों के सितारों से

ये एक वक़्त ही क्या डरायेगा तुझे  
अभी लड़ना बाकी है हज़ारों से  
कम्बख़्त तिलस्म तो काम करते नहीं इनके  
तो अब क्या बात करें इन ऐयारों से

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# हिंदी

एक डोर में सबको जो है बाँधती  
वह हिंदी है,  
हर भाषा को सगी बहन जो मानती  
वह हिंदी है।

भरी-पूरी हों सभी बोलियां  
यही कामना हिंदी है,  
गहरी हो पहचान आपसी  
यही साधना हिंदी है,  
सौत विदेशी रहे न रानी  
यही भावना हिंदी है।

-Editorial Board

# DREAMS



If you don't have a dream you will go nowhere.

Dreams are necessary. Without dreams, there will be no ambition to chase. There will be no goal to reach. We will all be nothing without dreams. Not having dreams is like chasing a traceless murder. It is like following an invisible shadow. It is a dreadful goose chase. We must know what we want to do and follow that ambition. We can't achieve anything in life without goals, and for these goals, we need to dream.

Most people have dreams. Big ones or small ones. Even the most successful people had dreams and that is what has made them what they are today. Dreaming is essential for a human being. Without dreams, you will lose interest in life and finally hate to live life. You will be bored and tired of the same monotonous routines of your daily life and will not even find interest in the most exciting things. Only with dreams, will you find a purpose to live your life. You will start working hard towards the dream and will never lose interest in life. You will never tire and always be motivated. This is the best way to become successful.

But with dreams, comes great responsibility. It is just not enough to dream and forget about that dream. Many people dream, but only some wake up and work for it. It is essential to work hard for your dreams. Without this hard work, a dream will only remain a desire in the subconscious mind and will never be achieved.

If you don't have a dream, you can never enjoy the luxuries of life or all that life has to offer. You will never feel that ecstatic feeling of achievement. You will never get pride in what you do and what you have achieved. All these things are necessary for human beings and without these feelings, there is no motivation.

If you don't have motivation, you will be a failure in life. You will not be able to achieve those goals and will lead a miserable life. You will never enjoy the luxuries of life and you will never feel happy. You will be a failure and you will be nothing in life. Dreaming helps you to get an attitude of doing better or constant improvement. Constant improvement is very important. We must go that extra mile to reach our goals. Failures may come, but an attitude to keep moving on and trying to improve is thoroughly achieved by dreams. Dreams are the fuel that keep energizing you to go further. Even if there are many obstacles in life, you tend to keep moving further and trying to be better than who you are. Constant and never-ending improvement is very vital in progressing in life. It enhances your personality and also whatever you want to progress in. It helps you to learn from your mistakes. Steady progression will help in slowly achieving a big goal. So this quality is very improvement.

Dreams also help in aiming for bigger goals. Dreaming for big goals are very important and they can even be dreams that change the course of your entire life. It decides your occupation and your inner desires. For teenagers and kids, it helps in becoming more studious and makes you more inclined towards studying. It helps you achieve any goal that you want to achieve. It is almost the most essential thing in one's life. So dreams are very important in life. They motivate, inspire, improve and help you in achieving any goal that you want to achieve. It is the most important thing in life and without dreams, we will be nowhere.

-Editorial Board



## 7 LESSONS THAT PEOPLE OFTEN LEARN TOO LATE IN LIFE

1. Physical appearance, height and complexion matter 1% for success. Rest 99% is your hard work.
2. Time is a great healer and a great killer. You'll suffer a lot if you waste time.
3. Following the rules and regulations which are followed by 99% average people is a huge blunder.
4. Not doing hard work and not taking calculated risk at early ages of your life will make your life miserable.
5. Listening to the advice of your parents, relatives and friends can distract your mind from choosing the right career.
6. Never work for money, work for your passion.
7. Complaining about everything will not solve your problem, you must take initiatives to solve the problem.

"Trust the timing of your life. Stay patient, stay calm, stay determined, stay focused, and most of all trust your journey"

**Overthinking is the biggest cause of our unhappiness. Keep yourself occupied. Keep your mind off things that don't help you. Think positively.**

## CREATIVE PALETTE

- Gurubaksh Rajpurohit



- Nikki Agrawal



- Nikki Agrawal



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