Chapter II

Organization
Organization
The entire research work revolves around the student’s community and the following four colleges were selected to carry out the research work. Their names and the contact person details are furnished as under.

Smt. P. D. Tibrewala College of Arts, Commerce & Science
   Dr. Trishala Mehta
   Principal (Degree & Post Graduate)
   Smt. P. D. Tibrewala College of Arts, Commerce & Science
   Mumbai – 59

K J Somaiya College of Physiotherapy
   Dr. Veena Krishnanand
   Principal
   Chunabhatti,
   Mumbai – 22.

K J Somaiya Medical College
   Dr. Geeta Niyogi
   Dean
   Chunabhatti,
   Mumbai – 22, India

K J Somaiya I of E & I T
   Dr. Dilip Pangavhane
   Principal
   Chunabhatti,
   Mumbai – 22, India
The universe for the study consist students, in Mumbai metro. The respondents were chosen on the stratified random basis representing both boys and girls. A sample of 300 respondents was taken from Smt. P. D. Tibrewala Arts College, Commerce College & Science College, Andheri (E), Somaiya groups Physiotherapy College, Medical College and Engineering College, situated at Chunnabhatti, and all of them belonging to final year degree course only. They belong to different disciplines like BCOM, BMS, BA, BSC (IT) and BPTH, MBBS and BE. Of these, 182 (60%) were women and 121 (40%) were men. The four colleges are located within a 50 mile radius of each other. The medium of instruction is English at all the four colleges.

**Smt. P. D. Tibrewala College of Arts, Commerce & Science**

This college was short listed for its geographical location. It is located at Andheri (E). The students coming here represent the entire Mumbai metro and a proper cross section of the entire Mumbai student population. Here you have students from all walks of life, caste, creed and religion. This college is a non-minority college and has a co-education system. The college is located in urban area. Most of the students in this college come from urban areas, the majority of whom are commuters, although a few live in hostels. At this level of formal education most decisions (such as what majors to choose or where to live) are still being made by the parents or guardians of the students. The students from this college perceive various faculty’s such as Faculty of Arts (BA), faculty of Commerce (BCom, BMS, BBI, and BFM), faculty of Science {BSc, BSc (IT)}.

The college was established on 1st January 1986. This college is a part of Shri Rajesthani Seva Sangh - a public registered charitable trust engaged in the education in the last 50 years. There are more than 1701 members on the body of the trust, and more than 10001 students studying starting from the basic entry level of education which is Kinder Garden to PG from various academic organizations which gives Management, Science, Commerce, Arts and many other professional programs.
The infrastructure of this group is huge which can be roughly estimated to be around 50,100 sq ft and the expansion work is being carried out by adding few more floors, constructing new buildings which on completion will cross 1,00,000 sq ft.

Every minute detail of the project is personally supervised by Dr. Vinod Tibrewala who is also the chancellor of Shri Jagdish Prasad Jhabarmal University, Jhunjhunu. This organization is also a part of Shri Rajasthani Seva Sangha – a public charitable trust. This communicates that college is very old and enjoys a sound reputation in the field of education system in India. Students studying in this college are motivated to study.

The Vision and the Mission of the JJT University is as given below; -

**Vision:** To provide value based Quality Education & Research for self reliance.

**Mission:** To function as a change agent by assuring quality and value based education through all their educational organizations to transform the students community and by large the society for continuous growth by using the available resources through human capital which is in the natural form.

They also further state to provide pure and intellectual knowledge which is latest in the respective field of science, arts, commerce and management and many other areas that will help the country and humanity in the coming century. This knowledge will be provided to all class of students whether financially poor or intellectually average or the other extreme end. This will help them contribute in the nation building based on Indian values.

The vision and the mission clearly emphasizes on the value based quality education system which is the need of the hour. Even the students are looking out for such education system and not providing such education to the students is like churning out more machines than cultured human beings. Keeping all this information specifically the transformation of the society in mind; Smt. P. D. Tibrewala College of Arts, Commerce & Science was selected for conducting the survey.

**Somaiya Group – Physiotherapy College**
This college and is located at Chunnabhatti, Sion (E). This college is a Gujarati minority college and has a co-education system. The college is located in urban area. Most of the students in this college come from urban areas, the majority of whom are commuters, although a few live in hostels. The students from this college perceive Bachelor of Physiotherapy (BPTh). Here in this college it was noticed that there were many students who took admission to BPTh because they could not get admission for MBBS. This is a sufficient reason to add stress to the already existing long list of stressors. There were very few students who were clear as to why to do BPTh and again why at K J Somaiya college of Physiotherapy?

Physiotherapy students do proper diagnosis of the patients on the inputs given to them and they have a proper plan of action which gets implemented to restore the basic functioning of the body to maximize their movement skill and minimize the pain prevent further damages associated with the wounds, illness, disorder of the mind or body. There are various curative techniques used by them to cure the patients.

With the theoretical and rigorous practical exposure given to them on a daily basis right from the day they join the college these students are able to design a tailor made program for the patients on the basis of prevention and maintenance. The student of Physiotherapy understands the anatomy of the body and how all the parts, organs of the body function beautifully to execute its normal function day in and day out. The students of physiotherapy helps the patients to gain their independence and helps them getting their freedom of movement by various fitness programs such as routine exercise, yoga and all the tailor made activities which helps them to gain confidence to get back to their routine life.

**Vision and Mission**

The faculty of this college transforms the students to achieve excellence by conducting various field works, acquiring new skills by undergoing various technical conferences and training programs which are of advanced level to sustain and promote high standards in the health care industry.

The mission is aspiring and strives for excellence in education and service by developing and sharpening the intellectual and human potential of physiotherapists for the good of society.
These Physiotherapy students are good in handling and reducing stress of their patients and specifically the students of this college are exposed to the practical handling and taking care of the patients coming to OPD section on a daily basis. Though they may get stressed out due to their personal reasons but on professional front are very well equipped to reduce stress of their patients. Along with the excellent faculty support they get in this college the students are given 360 degree orientation throughout the various departments over a period of more than 4 years as a part of their curriculum. To enhance their knowledge the college is well equipped with various departments (mentioned below) and also with the specialized staff to handle all the equipments. All the students are also trained to use the equipments themselves.

**Departments and Special OPDs**

- Department Of Electrotherapy
- Department Of Exercise Therapy
- Adult Neurosciences and Paediatric OPD
- Obesity Clinic
- Cardio respiratory Sciences OPD
- Department for EMG and NCV studies
- Vestibular Rehabilitation Department
- Geriatric Fitness

For last five years this college has always been in lime light for various activities and achievements right from almost having 100% academic result to have participating in many other activities from cultural to extra curriculum activities, sports, seminars and conferences and empathetically handling of the patients.

This is the testimony of good students being churned out from this institute. The credit for this goes to the students, parents, teaching and non teaching staff of the college.

Like every year, this year too started off very well with excellent performance of the students. At KJSCOP every student has multiple sparks hidden within him/her. The college continues to influence and nurture each of them to achieve their potentials beyond conventional academic success for a highly sustainable future.
It is the policy of the College to ensure this and efforts are taken to include innovative educational techniques. Collaborations with the other institutes and other universities are in the offing. As always, extracurricular activities form an important part of College life and it is acknowledged that everyone in the college generously contributes to organize such events.

Special thanks must go to teachers, who have the best interest of students at heart. Likewise non teaching staff too is extremely co-operative.

More than 95% of the student’s populations are females. Out of class of 30 students there is only 1 boy and the rest are all girls. This has been the pattern since the inception of the college.

The vision and the mission clearly emphasizes on the value based quality education system which is the need of the hour. Even the students are looking out for such education system and not providing such education to the students is like churning out more machines than cultured human beings. Keeping all this information specifically the 360 degree personality development of the students in mind; K J Somaiya College of Physiotherapy was selected for conducting the survey.

**Somaiya Group - Medical College**

This college is located at Chunabhatti, Sion (E). Somaiya Physiotherapy and Medical College fall under one umbrella i.e. SOMAIYA TRUST and both the colleges are in the same building. This college is a Gujrathi minority college and has a co-education system. The college is located in urban area. Most of the students in this college come from urban areas, the majority of whom are commuters, although a few live in hostels. The students from this college perceive Bachelor of medicine (MBBS). Here in this college it was noticed that students who get admission are very bright, intelligent and the cream of the society. It was observed that most of the students who took admission for MBBS course has a family background in medicine and have a very good network of existing patients associated with their parents. This gets linked to the heighten level of expectation from students by their parents which is seen as a primary reason to be stressed out. Many of these students already have a ready base to be launched after graduation are clear of studying further i.e. doing PG program which adds to the already existing list of stressors.
This college was founded in the year 1991 by Mr. Karamshi J Somaiya, an entrepreneur, philanthropist and a visionary par excellence. He was a self-made man, wealthy yet simple, humble and compassionate, who dedicated his life to the service of mankind. He was committed to the idea of “What you receive from society, give back multi fold”. The establishment of this institute was the manifestation of the guiding philosophy of his life.

“Neither do I long for Kingdom, nor for heaven, nor do I desire to be free from rebirth, I only wish to remove the sufferings of all beings afflicted by pain.”

This medical college is a private medical college situated at Chunabhatti, Sion (E). This institute has grown over a period of time and enjoys the strength of around 150 experienced teaching medical faculty with more than 100 resident doctors associated with more than 20 departments. This college is well equipped and has a wonderful huge infrastructure.

It is affiliated to ‘The Maharashtra University of Health Sciences (MUHS), Nashik. A Teaching Hospital with around 500 beds serves to provide practical experience to Medical students offers affordable healthcare services in various disciplines to society and participates in National Health Programs.

The college building is a H-shaped structure having two wings providing 2,40,000 sq.ft built up area. Different departments have adequate areas; which includes Class rooms, Labs, Research Labs, Library, OPDs, Wards, Operation Theatres, Casualty, ICU, AKD, Central Pathology Lab, Blood Bank and Canteen etc.

The vision and the mission clearly emphasizes on the value based quality education system which is the need of the hour. Even the students are looking out for such education system and not providing such education to the students is like churning out more machines than cultured human beings. Keeping all this information specifically giving it back to the society multi fold and making a difference to the student’s community and society at large in mind; K J Somaiya Medical College was selected for conducting the survey.

Somaiya Group - Engineering College
This college is located at Chunabhatti, Sion (E). Somaiya Physiotherapy, Medical and Engineering all three are part of one umbrella i.e. SOMAIYA TRUST and K J Somaiya Institute of Engineering & Information Technology a stone throwing distance away from the other 2 colleges in the same campus. Being part of the same trust this college is a Gujarathi minority college and has a co-education system. The college is located in urban area. Most of the students in this college come from urban areas, the majority of whom are commuters, although a few live in hostels. The students from this college perceive Bachelor of Engineering (BE). The engineering college generally draws students from all over the state and from out of state.

There are lot of students who come to this college with linguistic minority status and mostly from outside the state (Gujarat state). They have a language problem which is incidentally stressor number one. They communicate in their mother tongue language i.e. Gujarati and are poor in other languages; specifically English. India is a country of many languages and dialects. The national language of the country is Hindi. However, a few students in the college are fluent in Hindi. Students within each state can be expected to be familiar with their state language, which in this case is Marathi. However, out-of-state students are not expected to be fluent in this language, English, the country’s official language, is the common language that binds students together. Therefore, it was decided to administer all the instruments in their original English version.

Here in this college it was noticed that students who get admission are very bright, intelligent and are technically/academically sound but poor in soft skills. To build up overall image of this college and increase the placement scenario a proper input on soft kills and behavioral skills is must.

This college was set up with the primary motive of giving quality education at an affordable price in the specialization of IT and all other similar branches of Engineering. This was a big jump marching towards the next century. Right from the beginning the college has been focusing on developing itself to the company/corporate/industry orientation curriculum without compromising on the traditional values. This institute revolves around the founder’s dream of anchoring cultural as well as spiritual values for the students along with giving them technical
knowledge and providing exposure of the latest advanced level specifically in the Information Technology field.

Value based education, the need of the hour and should be integrated in the syllabus. This is being done in this college and becomes a platform for managing stress.

KJSIEIT is located on the eastern express highway at Ayurvihar, Sion, surrounded by industries and business establishments in the heart of metropolitan city, Mumbai. The institute extends over a sprawling 85 acres of which 5 acres have been ear-marked for this Institute with an easy access to railway stations namely Sion and Chunabhatti to a distance of 1 km. as well as connected to Everard Nagar bus stop. The domestic and international airports are at a distance of 15 kms from the institute. This network and easy accessibility to travel to and fro from the college to the residence reduces the stress among the students community as traffics on the road and otherwise are major decision indicators in taking admissions to the colleges in the metro cities like Mumbai. Students are advised to take admissions to the colleges close to their residence as most of the colleges in Mumbai are top rated colleges and thereby can eliminate one of the major stressors in Mumbai – “The Traffic”.

VISION

This college will be one of the finest institutes with the world class standards with the primary focus on teaching, adding to this followed by focusing on technical and soft skill training and a high level of research. Along with this the college will be the first choice for the prospects who would like to excel in the cultural values, advance his academic qualifications in all professional activities.

MISSION

- Students to function on the ideas and ideologies of the founder which will prepare students on all walks of life. This will help them in having a sound foundation in life before getting into the industries.
- Teach students beyond the classroom activities and knowledge which will help students to think out of the box by being creative which is one of the strategies in managing stress.
• Use innovation in teaching by using technology and adopting various methodologies in reaching the students community. Working in a team fashion. This will make students more confident in whatever they undertake in life.
• Having access to the various latest technologies will help students to grow and be technically sound in their profession?
• Students with engineering background are good in their field but poor in soft skills and we help them in sharpening their communication skill so that their knowledge will not go waste and can be made available to the betterment of the society. This relates to the broad based education system required and being implemented by the college.

The contribution of engineers in shaping the world has never been judged or doubted. Therefore the final goal of any college should be to have an overall development of the student. It should enhance his personality in totality.

This college provides quality education to engineering students.

Institute encourages research activities for students and teachers through SRDC (Somaiya Research and Development Centre) and University research projects.

**SOMAIYA TRUST – Vidyavihar (Values)**

This trust has been serving the city, state, country and the world for last more than 50 years by providing a platform to all the stake holders in nation building. For the student’s community it gives them a relevant, advanced knowledge sound in technicalities and at the same time adding other skills such as Behavioral and soft skills to enhance their personalities. This helps students in having the right orientation towards life and in turn facing stress in the right spirit. The trust provides opportunities to all the students for an overall development to discover themselves, to reach their true potential in order to contribute back to the society.

The trust helps students community to evolve themselves by various methods and channels by providing them a proper individual attention in the classroom, making them discuss on various topics, expanding on their ideas, giving them a platform to show case their cultural talents and many other activities to ensure they have a value based education. This helps in enhancing the
personality of the students making them more confident and helping them in leading a stress free life. The trust believes in the wholesome education.

The vision and the mission clearly emphasizes on the value based quality education system which is the need of the hour. Even the students are looking out for such education system and not providing such education to the students is like churning out more machines than cultured human beings. All this above information made our choice obvious to narrow down on this trust for conducting the survey.

All the above 4 colleges which are part of two big charitable trust in the field of education operating from Mumbai have been selected because of their primary emphasis on the value based education and helping students community grow in totality.

Value Based Education

Both the trust firmly believe in imparting education that teaches not only how to make a living but also, more importantly, how to live. The money oriented culture should not be the basic values that student’s should grow with which is seen rampantly in many colleges in Mumbai. Money should not be the core focus for every kind of work done. Parents don’t raise their child with any pay check in mind. There is nothing wrong in earning and possessing lots of money and being rich. One should work hard and make money or rather earn money. No short cuts to be followed to reach your goals. Hard work teaches a person to respect and value money and these lessons should be nurtured by the parent’s right from the childhood with their kids so that when they grow up and reach college level their values are in place and can lead a stress free life.

Not getting what we want can lead to a tragedy as there is a continuous pressure to compromise on your values and ethics and in turn leading a life full of stress? Values and ethics are more useful during crisis time than otherwise. If you are able to sustain the pressure you can eventually be a winner otherwise if you compromise even once on your values then you are bound to lead a life full of stress.
Getting what we want can also be a tragedy when our value systems are not in place. We may get a lot of wealth from our ancestral property or when we win a jackpot in a derby that comes with a lot of issues, problems along with it. Primarily you are not having the adequate knowledge to manage the money and are not equipped to handle this money as the desired skills required are not in place. Basically distorted values lead to stress.

Having the right orientation in life is important to lead a stress free life. For that you need to have a proper stress management program or lifestyle management program in place. A serious introspection can help here. Probably you can start from why am I born?

Ideally making a difference to others life should be the motive than having only selfish motives and leaving life only for self. In the first case you tend to be more open, positive, creative, confident and always happy from within which ensures a stress free atmosphere around you. You are always energetic and bubbly by nature. Small issues are not seen as a problem in life but you take them as your experiences. They become your stepping stone for success. Making a difference to others life is important. Every person makes some contribution in this process of making a difference to others life then we would end up with a huge difference in totality.

Commitment is an integral part of good value system and with that in place we will always make right decisions. Commitments not honored will lead to dishonest behavior. Commitment means sticking to something in spite of lots of choice available. This is the area in our life where we are stressed out to the core and mess up our life, get stressed out because of lack of commitment. Commitment should be value based rather than to the individuals or the organization that you work for. People with commitment live a harmonious, happy, contented stress free life.

When making an ethical choice there is clear right choice and your conscience don’t hurt when you make them. Today’s life is very busy due to targets to be achieved, your needs and aspirations to be fulfilled and if the choices that we make are by compromising on our values then we end up being stressed out. Our focus should be on our responsibility than anything else to avoid stress. If the focus is more on feel good than being responsible then this happens when your values are not clear. When the values are not in place!
Basic ethics are very simple and universal and people with ethical values are assets to the society without which the society starts dying. A society becomes good because of good ethical values of the individual and becomes bad because of no ethical standards among the individuals. Ethics are not part of religion, caste or creed but a way of life. They are logical thought processes which are sensible enough for a harmonious peaceful society.

Values, ethics, morals and principles are supposed to be learnt at home since your childhood. In earlier days the grandparents at home who were retired used to dedicate their entire time happily in developing the personalities of the child with full of ethics and values in place. However in today’s nucleus families these elements are missing. Both the parents are working and busy in advancing their career. The grandparents are not there to take care of their children so the child is left with the maid servants at home. The parents are not able to spend quality time with child. Now the child picks up the values imbibed by the maid servants who come to work from the nearby hutments. How much should we expect on values from our maid servants who are basically ill literate? The child and the maid servants keep themselves busy with the Television which runs 24 hour/day these days. The child is more tuned into the cartoon channels which do not have Indian cultural theme and other favorite TV channel is the Fashion Show which is completely westernized. One can make a wild guess; what kind of values gets induced in the child in this set up.

Now when the child goes to the school the teachers expect the child to have basic values in place which isn’t! The teachers in the school are so hard pressed for time to cover the syllabus that they hardly have time to work on their basic values and with the huge number of students in each class it is not even possible to attend all of them on a daily basis. So eventually the values are still not in place during the schooling time. Now the child takes admission in the college and here it is already expected to have your values in place. Here the college is fast loosing on our basic Indian culture because of westernization.

Who should we blame – the parents, the teachers, the educationist, the ministers, the society, the education system...
Change is the only constant in life which is inevitable. Time has changed and even the problems have changed. In the olden days the teachers/principal in the school used to complain about the home work not being done, not respecting the school properties, lights and fans being kept on, doors and windows kept open etc. These days the teacher/principal complains about abortion, aids, rape, drugs, guns & knives in the school. Values are universal and old values are not obsolete. Values have the same meaning in Jaipur, Japan or Jakarta.

To live a healthy stress free lives get into a continuous education program.

The above 2 universities (4 colleges/organization) have highly emphasized on the value based education, the whole some education.

These days’ students are more focused on getting the numbers than understanding the essence of this education. It has become a rat race and one needs to understand that even after participating in this rat race and when you become a winner you should remember that you are still a rat in that rat race. Right from the childhood the children are groomed and pushed into competition and are pressurized to be at the top which creates unnecessary stress on the child. Every child is born to be successful but one needs to understand that coming at number 1 position is not success and nor all the students can be at that number 1 position. There are various reasons for that; like child upbringing, environment, experience, values etc. Focusing on competition will lead to life full of stress eventually leading to commit suicide. There is no need to compete with each other but one should focus on evolution. Evolution leads to growth, creativity, positive energy, harmony, peace, satisfaction and contentment. With this there is no element of anxiety, irritation, anger, frustration and stress. But competition for sure leads to stress.

Educating the mind without values, morals are like creating a devil machine which is very destructive which is harmful to all human beings and society at large. It is strengthening your strength to get your Inner Edge, learning self-discipline, listening and openness to learning something new every day. We all are born with some basic inborn abilities and when you strengthen these inborn abilities you develop your inner edge.
Educated people are those who have developed wisdom through their experience, who choose wisely, boldly, courageously under any circumstances and may or may not be having a formal education. This eventually can be termed as a value based education. This can happen only when you have developed your “Inner edge”.

All human beings have 5 senses and the successful person has the sixth sense called commonsense. It is observed that commonsense is most commonly not available. The application of education, information and knowledge without use of commonsense is meaningless. Commonsense may or may not be available due to education and best education without commonsense is meaningless.

One needs to learn something new every day. Learning should be a lifelong process. One should learn new skills, upgrade one-self on new skills and should be a part of self development program. A time comes that your formal education stops promoting you after a specific time frame. One needs to be a positive thinker and need to feed a lot of positive thoughts to our mind on a regular basis and stay tuned positively under any circumstances. We need to develop positive attitude which can be one of the strategies in managing stress. Such people are aware of their limitations and focus on their strength. Positive thinking helps you use your abilities to the fullest. We all of us have an inborn ability to connect to the supreme positive energy and use it to our advantage. There is a belief system that positive thought that are dropped in our mind or which come to our mind are there for us to achieve our goals. You need to listen to these thoughts. These thoughts could be positive or negative. If they are negative then obviously they are your own thoughts due to your pessimistic approach towards your life. You need to discard these thoughts. If they are positive then these thoughts can be your own thoughts which is a result of your positive thinking or if in the purest form then it can be his (the supreme positive energy) communication to you in the form of positive thoughts being dropped in your mind. Pick up these thoughts and work on that to achieve your goals for that day. This is like a GPS (Global Positioning System.) When you decide to travel from let say Mumbai to Pune by your personal car with the GPS system fitted into it, you start your journey by feeding your starting point and the destiny and on the monitor you are shown the path to follow. You start following the map and at the end of your path is your destiny. Once you reach your destiny you feel happy about it.
You have achieved your desired goal for the day, for that moment. In the journey you are also guided on the speed and the distance and the time required to complete the journey. You are also given guidance on the probable obstacles in the way may be a traffic jam or any other unseen obstacles.

Similarly in our life there is a GPS system working for us at the time of our birth. The supreme positive energy is the system which guides us in our life and our efforts should be to strengthen this system. You can strengthen this system by doing prayers and using Meditation as a tool. In prayers we communicate to God – The supreme Positive Energy and in Meditation he answers to our prayers. The prayers which are done in the interest of others for their happiness are answered immediately. In prayers we communicate to God and in Meditation God communicate to us.

This is the power of positive thinking and when mixed with the blessings from the supreme positive energy your performance increases, your personal effectiveness goes up and being connected always with the supreme energy should be a part of your lifestyle management. Our positive belief which also can be called as positive believing knows that this system works for us if we implement whole heartedly and our experience of being connected and guided by the supreme energy gives you tremendous confidence to achieve your goals. The faith in him gives you the result and this comes from working at the grass root level and having all the relevant data/information before you take a decision. Having a positive attitude without putting in any efforts to achieve your goals is like having a wishful thinking.

All the above knowledge is a part of Broad Based Education System which also can be said to be Values Based Quality Education System which is provided by all the four colleges that I have worked with during the research work and hence justifies their selection for the research work.