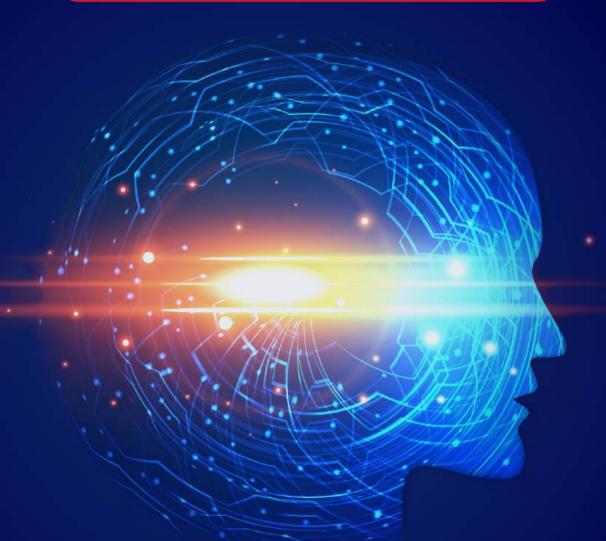


# REFLECTIONS Alumni Magazine



# **Manifestation**

The secret sauce for fulfillment?

#### **SFIMAR**

**Autonomous, NAAC Accredited (A+ Grade)** MMS (NBA Accredited), PGDM & BMS Programmes **ISO 9001:2015 Certified Institute** 

Issue -05 | March 2025



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# Chairman's Message



Bro. Alphonse Nesamony
Chairman – SFIMAR. SAA

n the rapidly evolving landscape of today's world, it is increasingly crucial for us to maintain a harmonious balance while keeping pace with change. The political terrain, not only in our homeland but across the globe, is actively steering towards economic and social development, even amidst a backdrop of policy shifts and disruptions. At the same time, the remarkable advancements in technology, particularly in Artificial Intelligence, stand as a transformative force, offering both challenges and unprecedented opportunities.

In our continuous endeavors, recently, the St. Francis Institute of Management and Research undertook a significant initiative by organizing a ten-day capacity-building program. This program was meticulously designed to enhance the competencies of faculty members and research scholars, empowering them to effectively harness the potential of Generative AI to promote educational excellence. Simultaneously, it encouraged a thoughtful examination of the socio-economic ramifications that accompany such technological integration. The ambitious National Education Policy 2020 has paved the way for a renewed focus on cultivating essential 21st-century skills within the teaching community, equipping educators to meet the dynamic demands of modern education.

This era presents an abundance of opportunities for teachers and educators to transform their existing knowledge into profound wisdom, ultimately guiding students as they navigate their professional and technical education journeys. Meanwhile, members of the St. Francis Institute of Management and Research Alumni Association are actively engaged in various sectors, gracefully adapting to the swift pace of change with optimism and a commitment to enhancing the quality of life. As our esteemed board member, Mr. Augustine Kurias, wisely advises, "Develop your full potential and contribute to others."

I extend my heartfelt appreciation and congratulations to all our dedicated members. While the harvest of possibilities is abundant, the laborers are few. We earnestly seek your collaboration and partnerships to broaden our SFIMAR Alumni Connect, expanding into new realms of infrastructural growth that will allow us to introduce more departments and programs in the near future.

Looking ahead, the theme for the 2025 issue of Reflections is aptly titled 'Manifestation – The Secret Sauce for Fulfillment'. Serving as the voice of the St. Francis Institute of Management and Research Alumni Association, Reflections aims to illuminate the achievements and stories within our community. I wish the Editorial Board divine blessings as they endeavor to manifest the glory of our mission through the pages of Alumni Magazine, 'Reflections 2025'. Together, let us move toward a bright and progressive future. God bless you all!

# Director's Message



**Dr. Shalini Sinha**Director - SFIMAR
President - SFIMAR Alumni Association



It is with immense pride and joy that I extend my warmest greetings to all members of the SFIMAR Alumni Association as we present this edition of Reflections. This magazine serves as a cherished platform to celebrate the achievements, memories, and journeys of our alumni, who continue to inspire and contribute to society in remarkable ways.

Our alumni form the backbone of SFIMAR's legacy, carrying forward the values of excellence, integrity, and innovation instilled during their time at our institution. Your professional accomplishments and personal milestones are a testament to the transformative education and experiences gained at SFIMAR.

This year, we have witnessed visible growth in our alumni network, fostering stronger connections, collaborations, and mentorship opportunities. As we look ahead, our vision remains clear creating an even more engaged and supportive alumni community that uplifts one another and contributes meaningfully to the world.

I urge each one of you to stay connected, participate actively, and take pride in being a part of the SFIMAR family. Let's continue to build a future where our association thrives through shared knowledge, innovation, and camaraderie.

Wishing you all success, happiness, and prosperity. Keep shining and making a difference!

Warm regards.



# Chief Editor's Note



**Mr. Nikhil Jose** (PGDM: 2019 – 2021)



n 2024, 'manifestation' was regarded as the word of the year by the Cambridge Dictionary. However, I believe we have unknowingly engaged in manifestation during different phases of our lives.

Simply put, it refers to visualizing our goals with the belief that all our endeavors to achieve the same would be fruitful. Here, your subconscious mind plays a significant role. For instance, when your phone buzzes with a notification, you don't have to think too much about clicking the power button, entering the passcode, locating the app and so on, to check the notification. You automatically perform these steps within a few seconds. That's the power of the subconscious mind!

Likewise, if it registers what you manifest, the required steps to achieve the same are seamlessly integrated into your routine. Reflect on your journey toward your notable accomplishments. You may see streaks of manifestation amidst other enablers. Everyone needs different anchors to fulfill their aspirations. Probably, there's new-found solace in manifestation?

On that note, the theme for the 2025 issue is 'Manifestation - The secret sauce for fulfillment?'

This issue entails articles, interviews, and snapshots of the alumni engagements. Extending my gratitude to all those who have contributed towards the same.

We hope you obtain significant takeaways while enjoying the read!

#### **Editorial Board Members**



Ms. Shakuntala Poojary Assistant Manager Corporate Relations & Placements



**Ms. Elvira Mendonca**Assistant Manager
Corporate Relations & Placements

# **SAA Office Bearers**



Bro. Alphonse Nesamony Chairman - SAA (Chairman - SFIMAR)



**Dr. Shalini Sinha**President
(Director - SFIMAR - MMS)



**Mr. Hardik Shah** Vice - President (Alumnus, MMS - 2006-2008)



Bro. Xavier Munda Secretary (Registrar - SFIMAR)



Mr. Saurabh Oak Joint Secretary (Alumnus, MMS - 2005-2007)



Mr. B.V. Abraham Treasurer (Superintendent - SFIMAR)



Mr. Sreeraj Nair Convener (Training & Placement Officer)



**Dr. Sulbha Raorane**Advisor
Director - SFIMAR - PGDM



**Dr. G. Ramesh**Advisor
(Deputy Director -SFIMAR - MMS)



**Dr. Natika Poddar**Advisor
(Associate Prof. - SFIMAR - MMS)



**Mr. Allwyn Arokiadas** Member-Managing Committee (Alumnus, MMS - 2002 - 04)



**Mr. Abhijit Khatav** Member-Managing Committee (Alumnus, MMS - 2006 - 08)



**Mr. Vaibhav Shah** Member-Managing Committee (Alumnus, PGDM - 2012 - 14)



**Mr. Sagar Mehta** Member-Managing Committee (Alumnus, MMS - 2017 - 19)

# Upgrade Your Game: From Sourdough to Superpowers -A Guide from Zero to Hero!



n today's fast-paced world, the ability to learn, unlearn, and relearn is as essential as breathing. Gone are the days when a single skill set would suffice for an entire career. Today, adaptability is the name of the game, and upskilling is your secret weapon to stay ahead of the curve. Let's dive into why these concepts are so important and how they can make you the hero of your own story!

#### **Learning:** Prathama or the First Step!

Learning is the cornerstone of personal and professional growth. It's how we acquire new knowledge, skills, and behaviors. Whether it's mastering a new language, coding, or even baking the perfect sourdough, learning fuels our curiosity and keeps our minds agile. Think of learning as planting seeds in a garden; with time and care, they'll grow into something beautiful and fruitful. In a native saying "The one who stops learning is dead" not just proverbially but it can literally be the end of a career.

#### **Unlearning:** Letting Go

Unlearning might sound counterintuitive, but it's crucial in a rapidly changing world. Sometimes, the knowledge and habits we've accumulated can become obstacles. Unlearning is about recognizing outdated or unproductive patterns and consciously letting them go. It's like clearing out a wardrobe to make space for new clothes. By unlearning, we create room for fresh perspectives and innovative ideas. Try noting down all the steps you do in your daily chores and see if you can identify unwanted steps that don't add any value.

### **Relearning:** Latest and Greatest Version of a Skillmaster!

Relearning is the process of re-engaging with something we thought we knew but with a fresh perspective. It's about updating our understanding and adapting to new information or technology. Imagine relearning to ride a bike, but this time, it's an electric one! Relearning

empowers us to stay relevant and resilient, ensuring we don't get left behind in the dust.

#### **Upskilling:** Your Superpower

Upskilling is the continuous process of acquiring new skills to remain competitive and effective in your field. Whether it's taking a course, attending workshops, or simply being curious, upskilling is like adding new tools to your toolbox. In a world where technology evolves at lightning speed, upskilling is your superpower that keeps you ahead of the curve.

#### **Why It Matters?**

In an ever-evolving job market, the skills you learned a decade ago might not be enough to secure your dream job today. Employers value adaptability and a willingness to learn. By embracing the principles of learning, unlearning, relearning, and upskilling, you become a lifelong learner, ready to tackle any challenge that comes your way.

Moreover, these skills are not just career boosters; they're life enhancers. They keep your brain sharp, your curiosity alive, and your potential limitless. So, whether you're navigating the digital landscape, shifting careers, or pursuing a passion project, remember that learning, unlearning, and relearning are your trusty companions on this exciting journey.

So, go ahead and level up! Embrace the power of continuous growth, and you'll be unstoppable!!



Mr. Saurabh Oak

# Manifestation The secret sauce for fulfillment?



eople usually manifest to obtain physical and emotional success along with a sense of life satisfaction. The law of attraction states the need to have the right focus to achieve what we desire. Some achieve their dreams by visualizing them, honing a positive mindset and preparing a plan of action. Many believe, that the key to happiness includes other influential factors apart from manifestation.

Human beings mix 'manifestation' with wishful thinking undermining the former's ability to enhance clarity and optimism. The alignment between thoughts, emotions and behaviours is critical for your dreams to materialize. While visualization motivates people; diligence, goal-setting and flexibility help in achieving the desired outcome. Affirmations (no matter how powerful), need to be coupled with action to live your dream.

Self-improvement, gratitude and resilience are essential for the path towards fulfillment and goal-achievement. You also need to draw or write the goal and weave in the required character elements supporting the same. For example, if your goal is to get fit, you need to reflect on how you would feel when you reach that level of fitness and draw or express the same in words. You also need to have the right protein intake, engage in the relevant exercises and get adequate rest—character elements. When people operate with an open mind while strategizing and working dedicatedly towards their manifestation, they experience a significant transformation on a personal level.

To get started, set actions to achieve your dreams because the process is truly rewarding!



Ms. Stessy Fernandes PGDM: 2020 - 2022)

# **CORPORATE KATALYST 2025**

# Theme: "Innovation for Sustainability"

SFIMAR successfully hosted the "Corporate Katalyst Edition II" a dynamic Corporate conclave held on February 8, 2025, with the theme "Innovation for Sustainability". The event centered around the Talent War Crisis, exploring the gap between expectations and reality. Over 150 senior corporate professionals participated across five distinct event channels, held at different venues across the SFIMAR campus. The event proved to be a resounding success and served as a powerful platform for corporate engagement. Notably, our esteemed alumni, Mr. Hardik Shah, MMS 2006-08 served as a moderator for the CHRO Panel, contributing to the event's impactful discussions.























Ms. Regina Pinto PGDM: 2012-2014



We had a chat with our Alumni from the 1st PGDM batch at SFIMAR on her take on the theme and life experiences.

# 1. A SFIMAR memory that's fresh in your mind today.

There are so many memories, but one that always stays fresh is the group presentation on Mr. Azim Premji—my inspiration. The presentation revolved around his pathway to success and it was well received by my professor and fellow batchmates. This moment shaped my perspective on what I wanted to pursue as a career in the future. I can say that SFIMAR truly built a foundation for who I am today.

#### 2. What excites you about your work?

As an Image Consultant and a corporate trainer, I help people build confidence through personal branding, executive presence, and communication. This results in a tangible difference in their lives. Witnessing that transformation on their personal and professional front is incredibly fulfilling. Every day brings new people, challenges, and growth opportunities.

# 3. What's your take on 'manifestation'? Is it the secret sauce for fulfillment?

Manifestation works when backed by intention and action. While visualizing success is powerful, it's not limited to positive thinking. You need to align your mindset, habits, and efforts toward a goal. Having a plan of action, making a to-do list and working on a timeline, gets the ball rolling. So yes, manifestation is a great tool, but the secret sauce is manifest + strategize + execute.

# 4. What according to you are the ingredients to achieve one's aspirations?

A few years ago, I had to step aside from my professional responsibilities owing to personal commitments. Though rejoining the workforce was an uphill task, I am glad to have gotten the required support to achieve my aspiration. Hence, the ingredients are...

- Clarity: Know what you truly want, not what society expects.
- Discipline: Talent and passion fade without consistent action.
- Resilience: Failures are inevitable, learning from them is optional.
- Mentorship: Surround yourself with people who uplift and challenge you. It's important to have a mentor who guides you on your path.
- Self-investment: Learn, evolve, and adapt constantly.

# 5. What's your way of unwinding after a long day?

Spending time with my toddler! His innocent joy is the best stress buster. We paint and play together. I also enjoy a quiet moment with a book.

# 6. A tip that you would like to share with our readers navigating through life.

Your image, communication, and confidence determine how the world perceives you—own your presence! Be intentional about your personal brand because opportunities often come to those who are prepared to be seen. Identify your strengths, areas of improvement, and keep learning as you navigate through. And above all, be kind—to yourself and others.



Mr. Allwyn Arokiadas MMS: 2002-2004



We had a chat with our Alumni from the 1st MMS batch at SFIMAR on his take on the theme and life experiences.

#### 1. A SFIMAR memory that's fresh in your mind today.

One of the freshest memories from my time at SFIMAR is being part of the first-ever batch of MMS, laying the foundation for what the institute stands for today. A standout moment was planning and executing 'Genesis 2002,' our very first event. As pioneers, we had the unique challenge and privilege of forming various committees, strategizing, and bringing this event to life. It was more than just an event—it was a milestone that set the tone for future batches. The experience of building something from scratch, collaborating with peers, and witnessing it come to fruition remains a defining memory for me.

#### 2. What excites you about your work?

- Driving Efficiency & Automation: I've delivered 200% of the target in automation last year, so optimizing workflows and making processes smarter is a big motivator for me.
- Problem-Solving & Innovation: As a Scrum Master and Black Belt certified professional, I thrive on solving complex challenges and finding ways to improve team performance.
- Data-Driven Decision Making: My expertise in Alteryx and PowerBI definitely highlights how I enjoy leveraging data to uncover insights and drive smarter business decisions.
- Agile Execution & Continuous Improvement: The fast-paced, iterative nature of Agile likely keeps me engaged, as I see continuous progress and impact.
- Empowering Teams & Collaboration: Helping teams work more efficiently and guiding them through Agile methodologies gives me a sense of fulfillment.

# 3. What's your take on 'manifestation'? Is it the secret sauce for fulfillment?

Manifestation is a great starting point, but it's not the secret sauce to fulfillment—action is. Visualizing success and believing in your goals create focus and drive, but real achievement comes from strategy, continuous learning, and adaptability. I see manifestation as a mindset shift that helps you stay committed, but it must be backed by execution, resilience, and seizing opportunities. You don't just attract success—you create it through intention, effort, and persistence.

### 4. What according to you are the ingredients to achieve one's aspirations?

Achieving aspirations likely includes a mix of structured strategy, continuous improvement, and an execution-driven mindset. Here's what I value:

- Clarity of Vision: Defining clear, specific, and measurable goals.
- Strategic Planning: Breaking down goals into actionable steps with timelines.
- Continuous Learning: Upskilling, staying updated, and leveraging certifications (like expertise in Agile, Power Bl, and Alteryx).
- Adaptability: Being flexible with changing circumstances and improving processes dynamically.
- Data-Driven Decisions: Using analytics and insights to refine approaches, rather than relying solely on intuition.
- Execution & Consistency: Taking action and delivering results (as seen in my 200% automation success).
- Resilience & Agility: Overcoming obstacles, iterating quickly, and maintaining momentum.
- Influence & Leadership: Guiding teams, fostering collaboration, and driving efficiency.

#### 5. What's your way of unwinding after a long day?

After a long day, I unwind by listening to music or catching up on a Netflix series—it helps me switch off and relax. But the most entertaining part is spending time with my daughters, listening to their endless fights and arguments, and playing the role of the referee! I also enjoy diving into tech—exploring new automation ideas or tools in a low-pressure way, which keeps me engaged without feeling like work. It's a mix of relaxation, fun, and curiosity, and it's the perfect way to recharge.

### 6. A tip that you would like to share with our readers navigating through life.

Think in systems, act with agility. Clarity, adaptability, and execution are the real game changers. Don't just set goals—create a strategy, track progress, and iterate fast. The edge comes from learning, automating, and optimizing everything you touch.

# Alumni Engagements SUMMER 'XCELLENCE

# Alumni as Judges in Inter Collegiate Project Presentation Competitions 28<sup>th</sup> September 2024













**Mr. Allwyn Arokiadas** | MMS: 2002-2004, **Ms. Regina Pinto** | PGDM: 2012-2014, **Mr. Siddharth Dattani** | PGDM: 2012-2014, **Ms. Niyati Brid** | MMS: 2014-2016, **Mr. Dhaval Naik** | MMS: 2016-2018), **Mr. Krushna Balsaraf** | PGDM: 2016-2018

#### **Knowledge Sharing/Training Sessions**

#### Investment Banking & Financial Management (IBFM) July - August 2024



Mr. Allwyn Arokiadas | MMS: 2002-2004



Mr. Vaibhav Shah | PGDM: 2012-2014



Mr. Prashant Anchan | MMS: 2015-2017



Mr. Sagar Mehta | MMS: 2017-2019

#### **August - September 2024**



**Resume Building, Ms. Zehra Unawala** PGDM: 2016-2018



**Leveraging with LinkedIn, Mr. Chirag Thakkar** MMS: 2008-2010



Personal Interviews/GD: Tips and Techniques Ms. Priyanka Parab | MMS : 2006-2008



**Advanced Excel, Mr. Vaibhav Shah** PGDM: 2012-2014

#### **Knowledge Sharing/Training Sessions**

#### February 2025



Introduction to Learning and Development, Mr. Nikhil Jose | PGDM: 2019 - 2021

#### **Induction Program**

#### 18th September 2024







Mr. Allwyn Arokiadas | MMS: 2002-2004

# Alumni Guidance on the Choice of Specialisation – 1st Year MMS Students

#### January 2025











Mr. Allwyn Arokiadas | MMS: 2002-2004, Mr.Hardik Shah | MMS: 2006-2008, Mr.Lyonel Mascarenhas | MMS: 2007-2009, Mr.Prayas Kalvankar | MMS: 2016-2018, Ms. Neha Bajpai | PGDM - 2013-2015

# Alumni Guidance on the Choice of Specialisation – 1st Year PGDM Students

#### February 2025









Siddharth Dattani | PGDM: 2012-2014, Roydon Pinto | PGDM: 2015-2017, Dhaval Naik | MMS: 2016-2018

#### **Alumni Presence - Various Meetings**

#### SAA Meeting – 21st September'2024



#### SAA Meeting – 25th January'2025



#### Placement Advisory Council (PAC) – 31st August 2024



#### Alumni Guidance on Mock Personal Interviews (MOCK PI)

#### **November - December 2024**



























Mr. Devshree Belel | PGDM: 2014-2016, Mr. Darshan Shah | PGDM: 2012-2014, Mr. Sairandhri Khadgi | MMS: 2016-2018, Mr. Bharvi Vora | PGDM: 2012-2014, Ms. Tanvi Shah | PGDM: 2012-2014, Mr. Vaibhav Shah | PGDM: 2012-2014, Mr. Ameya Jadhav | MMS: 2010-2012, Swapnil Rajwade | MMS: 2016-2018, Mr. Prashant Anchan | MMS 2015-2017, Mr. Allwyn Arokiadas | MMS: 2002-2004, Mr. Ashish Gawade | MMS: 2013-2015, Mr. Sagar Mehta | MMS: 2017-2019, Prayas Kalvankar | MMS: 2016-2018, Sheldon Rodrigues | MMS: 2015-2017

# Alumni Events SAMPARK

8<sup>th</sup> June 2024

























#### **Alumni Events**

### **SAA Mumbai Chapter**

24th August 2024





#### **SAA EXCELLENCE AWARDS**

### SFIMAR Alumni Meet & Ratna Awards

8<sup>th</sup> June 2024



Corporate Excellence: Mr. Krushna Balsaraf | PGDM: 2016-2018



Entrepreneurial Excellence: Mr. Chandan Chourasia | PGDM: 2012-2014



Distinguished Alumni: Mr. Allwyn Arokiadas | MMS: 2002-2004

# Personal Milestones Wedding Bells



Mr. Abhishek Kadbane | PGDM: 2020-2022 30th June 2024



Mr. Hani Nadar | PGDM: 2021-2023 27th December 2024



Mr. Bonyfus Corriea | MMS: 2021-2023 9th February 2025



Mr. Snowil Tuscano | MMS: 2020-2022 1st December 2024



Ms. Minakshi Ahuja and Mr. Sagar Sanghvi PGDM: 2018-20, 2019-2021 4th February 2025



Mr. Ryan Mendonca and Ms. Ela Gopal Narvekar

MMS: 2017-2019, PGDM: 2017-2019

12th January 2025



Mr. Prayas Kalvankar | MMS: 2016-2018 25th February 2025



Ms. Priyal Kotian | PGDM: 2019-2021 22nd December 2024



Mr. Laximan Thevar | MMS : 2020-22 15th September 2024



Mr. Denoy David | MMS: 2018-2020 27th October 2024

#### **Personal Milestones**

#### **New Borns**



Ms. Vidhi Shukla | MMS: 2021-2023 4th September 2024 Baby Boy: Vansh



Ms. Nancy James | MMS: 2021-2023 12th November 2024 Baby Girl: Ziona



Mr. Selvakumar Karuneegar | PGDM: 2019-2021

21st January 2024

Baby Boy: Vishnu



# Concluding Thoughts Minding our Matters



s we navigate the complexities of our personal and professional lives, it is easy to get caught in the hustle-bustle of routines. I am myself sailing the same hoat

However, it may be argued that humans are not truly made for routine labour. Rather, we are one such creative creation with so much potential that history can be altered by a 'single individual'. The journey from a weakling animal to the most dominant species on earth, is indeed a grand one.

So, what is that magic wand that has allowed great people to achieve the impossible in contrast to the current state of urban helplessness?

They refer to the magic as the 'Manifestation' technique. Although it seems mystical, it has now been proven to be a scientific way to reach beyond our spheres of influence. Of all, nobody is preventing us from performing routine tasks using the same method.

The way I see it, there are a few fundamental traits that set manifestation apart from daydreaming.

- 1. Sincerity in dreams
- 2. Clarity in goals
- **3. Visualisation**, or mind mapping through the minutest details one can gather on the subject

It's possible that many of us are already exhibiting the above traits more frequently. But here comes the tough part though.

- **4. Positivity:** It is important to be surrounded, led, pushed, cushioned by loads of it. Self-doubt and social criticism are sure dampeners during this part.
- **5. Inspired Action**: The dreamer wakes up, continues to dream, and takes a concrete action towards the dream. Sincerely, one step at a time, every day, until the objective

is accomplished. This is where most of us fall short most of the time, leading to the 'road not taken' sigh of despair.

To put it another way, you are already there if you are genuinely excited about it, have the strength to see it through, and are honest with yourself about the actions that need to be taken.

After all of this, 'Time' is the last obstacle in becoming a leader or an innovator.

Let me wrap up by borrowing a few words from Paulo Coelho in his title, 'The Alchemist',

"When you want something, all the universe conspires in helping you to achieve it."

...I'd add to it, ...if we align our intentions and actions to it.
Wish all my dear Alumni readers a great reality-shaping



journey ahead.

Mr. Sreeraj Nair (Sree) Convenor Training & Placement Officer

#### Register and check out the Institute Alumni Portal now!

- Get notified on various events & awards
- Connect with fellow batchmates & alumni
- Post & apply for job opportunities (For students & alumni batchmates)
- Share your achievements & awards
- Holistic development of the institute & the students

#### Register at

https://alumni.sfimar.ac.in/user/signup.d

#### You can also connect with us on:



sfimar\_alumni



Cmc Sfimar



saa@sfimar.org





#### **SFIMAR ALUMNI ASSOCIATION (SAA)**

**OFFICE ADDRESS** 

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