



Anna Institute of Management

அண்ணா மேலாண்மை நிலையம்
மகத்தான மனிதவளம்; அதன்மூலம் மக்கள் நலம்

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**The mind is not a vessel to be filled,
but a fire to be kindled**

Dr.V.Irai Anbu, I.A.S.,
Additional Chief Secretary
Director, AIM & DGT

**Additional Director/
Finance & Accounts Officer**
Thiru.S.Rajendran

Administrative Officer
Thiru.M.R.Yugendiran

Programme Manager
Thiru.M.Sundararajan

Faculty Members

Dr.Arasu Sundaram
Dr. M.S.Anand
Thiru.S.Rajendran
Tmt.A.Santhi
Thiru.S.Palani
Thiru.M.Madhanasamy

“In the midst of an ordinary training day, I try to remind myself that I am preparing for the extraordinary”--
Shalane Flanagan

The radiance in 'The Acropolis' Mahizampoo is so distinct, for the kindest version of Zeus 2.0, Dr V Irai Anbu IAS, again assumed charge as DGT and Director at AIM. Grabbing the opportunity, our head of department was quick to send us for timely treatment viz. 'Stress Management' course devised by the AIM meant for In-Service Officers of TN GOVT.

Long exposure to policy making governance through Sir Richard Tottenham system of documentation for about quarter of a century at Fort St George must have produced noticeable signs of inevitable creepy monotony, as a by-product.

Contrary to popular belief of rest is doing nothing, the three days of doing different productive interaction at AIM training was not only breezy, unwinding but also tapping unexplored latent potentials within officials from different departments. Our phalanx was a conglomeration of various ranks of hierarchy from numerous departments and PSUs with a sole (soul) task of learning nuances of ' Stress Management'.

The diversity of participants, from geeky novice young engineers to grey locks quinquagenarian fire officers, itself provided ample opportunity for cross-generation learning, besides transmission of wisdom of bright faculties.



**Mr. Mayuranathan
Gurusamy Nayanee**

Selection Grade
Section Officer
Home Department
Secretariat

**People with
great passion
can make the
impossible happen**

**For further information
contact us at:**

Anna Institute of Management
"Mahizhampoo"
No.163/1, P.S.Kumaraswamy Raja Salai
(Greenways Road)
Chennai - 600 028

Phone:
044-24938247

Fax:
044-24937062

website:
www.annainstitute.org

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Learning matters, every day!

Anna Institute of management

மகத்தான மனிதவனம்;
அதன்மூலம் மக்கள் நலம்

Without hesitation i would vouch that it was AIM which inspired us that public service can be rewarding, fun-filled and above all offer satisfied career once nuances of handling stress and techniques of morphing distress as eustress is applied in day-to-day happenings. With this new found wisdom, howling of grievance petitions are now heard as prayers for relief.

Another striking feature of AIM programs is the structure of classes with limited participants. Topics are meticulously chosen so that each participant is engaged in meaningful interaction with resource person and at the same time sustaining collective interest of entire audience. This distinct phenomenon must have been made possible sheerly by wholehearted efforts of faculties under the able guidance of the beloved DGT.

Pertinent to mention that with limited fiscal elbow room AIM's plethora of resource persons from various fields such as NGOs, Techies, Yoga Gurus, SMEs is unique and their collective wisdom offering for charity under one roof is unparalleled even by cash-rich Corporates' Training facilities. Hats off to AIM for their unique innovative programmes and the resultant professional and personal rejuvenation to officers in Governance. Noble minds looming noble deeds.

To say the least, AIM helped a lot in realising transformation and evolving as a better person. Thanks a million AIM for teaching nuances of turning distress stocked for decades to Joyous eustress. Eager to learn more from AIM soon.

Hasta la Vista

Mr. Mayuranathan Gurusamy Nayanee
Home Department



Strolling down the memory lane



NITTTR, a Govt. of India Training Institute, imparts training for Foreign Trainees on “ADVANCED CERTIFICATE COURSE ON CURRICULUM DESIGN AND INSTRUCTIONAL MATERIAL DEVELOPMENT”. 27 overseas delegates from 19 countries, as a part of course work, visited AIM to gain knowledge on various training methodologies.

**PARTICIPANTS
TOOK PART IN THE
CYBERSECURITY
SESSION AT
COMPUTER CENTRE**



**PARTICIPANTS WERE
EXPOSED TO VARIOUS
TRAINING
METHODOLOGIES AT
AIM**

Strolling down the memory lane

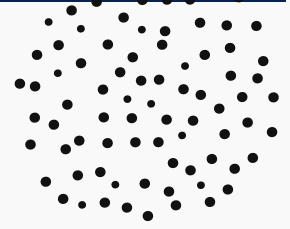
**PARTICIPANTS
INTERACTING
WITH THE
VARIOUS GROUP
OF TRAINEES**



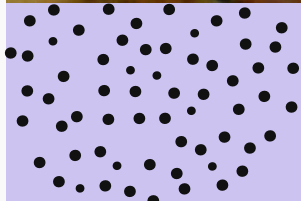
**INTERACTIVE AND
LIVELY SESSION.
TRAINEES ARE IN
A SELFIE MOOD!**



Strolling down the memory lane



**THE CHEERFUL
PARTICIPANTS ARE
CASUALLY MARCHING
TO VISIT THE CAMPUS**



**Attendees network
and share best
practices over
lunch**



**Participants
continue to
process all
of the
experiences
and visited
library**

**TRAINING IS NOT JUST A CLASS ROOM -
GO BEYOND BOUNDRIES**

Way to Webinar

Webinar - Web & Seminar

A webinar is an online seminar that turns a presentation into a real-time conversation from anywhere in the world. It allow large groups of participants to engage in online discussions or training events and share audio, documents or slides



Spend sufficient time to plan and test the program to remove any flaws.

KEY POINTERS FOR SUCCESSFUL WEBINAR

Participants need to be familiar with the tools that are available within the learning platform being used.

Have at least one host or moderator

Plan on covering at least 25 percent less content in initial sessions on the Web vs. live in the classroom.

Always do a post-session debriefing with the team

Highlight important points on the slides

Break for questions

up where traditional slide
ions leave off,
adding screen sharing,
presenter video and audio
and downloadable materials.

Great webinars are well planned, organized and executed by a closely knit team.

VISION BOARD

Vision is the first creation of the future



A vision board is a visualization tool which refers to a board of any sort used to build a collage of words and pictures that represent your goals and dreams.

The images and words can be cut out from magazine pages, drawn, written, or printed out.

The collage represents the goals or dreams. By putting these all in one place, it becomes easier to visualize and manifest them in life.

HOW TO CREATE VISION BOARD

- Create a list of goals to accomplish
- Collect the beautiful and colorful pictures
- Organise the pictures which will match the goal
- Make a collage of the photo
- Write Motivational quotes or words
- Take a few moments to contemplate the vision board every day



VISION BOARD



FINAL THOUGHTS ON USING COMPLETED VISION BOARD:

- *Look at the dream board often and feel the inspiration it provides.*
- *Hold it in hands and really internalize the future it represents.*
- *Read daily affirmations and inspirational words aloud.*
- *See yourself living in that manner.*
- *Feel yourself in the future you have designed.*
- *Believe it is already yours.*
- *Be grateful for the good that is already present in your life.*
- *Acknowledge any goals that has been already achieved.*
- *Acknowledge the changes you have seen and felt.*
- *Acknowledge the Law of Attraction at work in your life.*

“MENTAL IMAGERY IMPACTS MANY CRUCIAL COGNITIVE PROCESSES IN THE BRAIN... THE BRAIN IS GETTING TRAINED FOR ACTUAL PERFORMANCE DURING VISUALIZATION. IT'S BEEN FOUND THAT MENTAL PRACTICES CAN ENHANCE MOTIVATION, INCREASE CONFIDENCE AND SELF-EFFICACY, IMPROVE MOTOR PERFORMANCE, PRIME YOUR BRAIN FOR SUCCESS, AND INCREASE STATES OF FLOW.”



MINIMIZE TO MAXIMIZE SPEED UP YOUR SYSTEM

- ☐ Uninstall unwanted software
- ☐ Disable startup programs
- ☐ Run Disk Cleanup
- ☐ Run Third-Party cleanup software
- ☐ Run Action Center's Troubleshooter
- ☐ Clean Out Malware
- ☐ Install More RAM
- ☐ Install a bigger, faster hard drive
- ☐ Clean out your hard disk
- ☐ Check for Viruses
- ☐ Find and delete temporary files
- ☐ Disable background programs

To avoid getting frustrated with lackluster performance, it's a good idea to schedule a monthly cleanup.

Extra Crunch



Preserves Privacy

Massachusetts Institute of Technology (MIT) develops radio signals system to monitor human activities

The system deploys wireless radio signals to monitor a person's movement without filming. It helps caregivers to keep tabs on vulnerable people while maintaining their privacy. It can identify activities, such as sleeping, reading, cooking and watching TV, and items like laptops.



World's fastest internet speed of 178 Tbps was achieved by University College London engineers



Harness the power of your voice

Microsoft add transcription feature to word. The software converts speech, which is either recorded directly in Word or from an uploaded audio file to a text transcript. Microsoft is really targeting this at journalists who transcribe interviews, students who record lectures, and anyone else who needs to transcribe meetings and calls easily.

Microsoft's new Transcribe in Word feature is designed for students, reporters, and more

Prehistoric animals back to digital life

Google Arts & Culture app has added ancient creatures to its Arts and Culture catalogue, which allows users to explore the subject through augmented reality (AR).

Ancient crustaceans and creatures will now be available on the app.



Ransomware attacks in India double in June quarter

Ransomware attacks in India increased 200% quarter-on-quarter in April-June with 4 lakh new cases detected during the period.



Points to Ponder

Flood Disaster preparedness - 14

(The Role of the Fisheries Department)

Usually Cyclone on the east coast originates in the Bay of Bengal and reaches the coastline of our state and neighboring states. Loss of lives of fishermen and fish crops were more in those days and due to Disaster preparedness the lives of fishermen and fish crops are minimal. Fisheries Department plays a vital role in coordination with allied departments, executing the directions of the District administration and Government. Disaster affects the fisheries sector in many ways. Loss of lives is major impact with economic and lost boats, gear, fish cages, and aquaculture brood-stock & other productive assets, destruction of infrastructure such as landing and fish processing facilities & loss of production (e.g. as fish escaping from aquacultural ponds)

Disease outbreaks and other threats to farmed fishes in particular cause the loss of production. These losses will affect directly on the income of communities. Environmental damages through accidents such as an oil spill may result in closing of the fishery.



Mr.S.Palani
J.C./ DRO (RETD)/
FACULTY MEMBER



During Disaster and prior to it the coastal areas must be concentrated exclusively with special teams of officials who are stationed at the coastal belt making all preparatory arrangements headed by the joint Director or Additional Director of fisheries, having direct communications from the District administration, Head of the department coast guard and metrological departments.

First step during Disaster situation is proper warning to coastal belt and fishermen community, hoisting of flood warning flag, blowing of sirens warning instructions and communication.

On receipt of First warning, set up control room at the vicinity of coastal areas. Alert the officers /Navy/Fire/police and coast guard. Wide publicity through electronic media, community volunteers and evacuation of the community of fisher men from low lying areas and danger zone of habitation to the identified and arranged evacuation centres and cyclone shelters around their vicinity assuring safely.

During second warning the officer's in-charge for the areas should proceed to their respective places and attend their duties. The officer on leave must return to duty as fisheries department is having slim strength of staff. Positioning of NDRF/Navy/SDRF/Police and Fire personnel utilizing the service of community volunteers and active service minded NGO'S already earmarked for assisting fisheries department at the required places for rescue operation and follow-up with our civil officials for further course of action is mandatory.



Points to Ponder

Flood Disaster preparedness - 14

(The Role of the Fisheries Department)

Duties and responsibilities of the Fisheries Department:

Joint Director /Additional is the Nodal officer and his swift and sincere service along with effective planning and organizing of staff from his department and cooperation and coordination effectively extracted from line departments, community volunteers, and sincere NGO's will strengthen rescue mechanism and the property damages and life loss for fishermen community and the habitants of coastal area could be brought to minimal. 2)Inventory of boats and swimmers. 3)Warning to fishermen not to venture into sea. 3)Action plan for enumeration of damages. 4)In coordination with Indian Navy and coast Guard ensure. Deployment of Rescue team at the appropriate spot, 5)Rescue of boats, rescue equipments. 6)Contact person details. 7)Deployment of life boats at appropriate locations.



Best Practice in Emergency Response in Fisheries and Aquaculture is understood in learning Fishing operations.

For a vast majority of fishing operations all around the world, a fishing vessel is needed together with its associated fishing gear. In many cases, both components are inseparable. Gear can be supplied relatively quickly to people that still possess working boats. However for those whose boats have been destroyed, boat building will take time. Building boats in a hurry will inevitably result in low-quality boats. Fishing operation requires a port or landing site where the fish can be landed in hygienic conditions and then the infrastructure that allows it to be transported to market. Associated with these sites, fishers need facilities where gear can be constructed and repaired. Without these, the opportunities to use the gear and extend its working life will be greatly compromised. The linkages and dependence between fishing vessels, port and landing site facilities gear require an integrated approach to the emergency rehabilitation.

It is not possible to predict exactly how fishing gear will be affected by different types of emergencies, different types of hazards brings different risks. However swift response and early attending of repair and rehabilitation work will give life for their livelihood and give salvation for their aching heart and mind.

For fishermen Community, Sea is their source of livelihood God father and mother and worships it with reverence. Community must be given periodical training and ethical and precautionary awareness programs for preventing them not to venture in to sea during Disaster warning and also return home in time avoiding professional interest during anticipatory threat of weather forecast and warning.

I always pursue the following golden words of my respected mentor ACS&DGT.

Sincerity is for self fulfilment

Dr.V Irai Anbu

If the officials on the field follow the above,rousing words and do their works with good planning, service minded, sincerely it is assured that surely they will be blessed by the community/public, rescued/benefitted and stayblessed by God and attain nobility.

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