

SIFB Info

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Issue 1
February 2017

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2.0 Message from the Editorial Committee

Dear colleagues we are presenting to you our first issue of this electronic newsletter February 2017. Articles have been received over the weeks from our dear colleagues on themes such as Leadership underlying the characteristics which are extremely beneficial in the proper running of an institution, followed by the last part of the Article on role of women in modern society. It is indeed a fact that women have over several decades helped men for the proper growth and development of countries at various levels.

The **need of finding direction in one's life** has been included in this issue where the emphasis is laid on commitment and the consequence to bear thereafter which is definitely a reality where all and one come across in our daily routine. Be committed in life, have faith and great strength to move on. Moreover, you will find some interesting and helpful hints of how to be hale and hearty, surely everyone wants to have the best look and it is advisable to make the most of the tips. Finally family issue is indeed the most integral part of our life and the last article will help anyone to ponder on family values.

Furthermore, two special events have marked the SIFB for the first time in history this year, firstly Eyes Screening facility from Agarwal Eye Hospital Medical Team, given to all staff who are profoundly very grateful to the management which really caters for the good health of the employees. It took place on 30 January 2017 from 10.30 am to 3.30 pm and was monitored by Mrs R Ramdoyal Safety & Health Officer and secondly on the occasion of Maha Shivratri festival the Board sponsored the devotees and staffs with T-shirts. Helping selflessly is a good deed. As per law of Karma "the more you give, the more you will receive" and the SIFB Football Club and Staff voluntarily and generously distributed yoghurt to all devotees.

Recently, two officers namely, I. Leddha and A. Ramsahye retired from the service. We sincerely wish them through this newsletter a long, prosperous and happy retirement.

We seize the opportunity to wish all the great SIFB family all the very best during this year and years ahead.

3.0 Characteristic of a leader



Many leaders are competent, but few qualify as remarkable. If you want to join the ranks of the best, make sure you embody all these qualities all the time. It is not easy, but the rewards can be truly phenomenal.

- **Awareness:** There is a difference between management and employees, bosses and workers. Leaders understand the nature of this difference and accept it; it informs their image, their actions, and their communication. They conduct themselves in a way that sets them apart from their employees--not in a manner that suggests they are better than others, but in a way that permits them to retain an objective perspective on everything that's going on in their organization.
- **Decisiveness:** All leaders must make tough decisions. It goes with the job. They understand that in certain situations, difficult and timely decisions must be made in the best interests of the entire organization, decisions that require a firmness, authority, and finality

that will not please everyone. Extraordinary leaders don't hesitate in such situations. They also know when not to act unilaterally but instead foster collaborative decision making.

- **Empathy:** Extraordinary leaders praise in public and address problems in private, with a genuine concern. The best leaders guide employees through challenges, always on the lookout for solutions to foster the long-term success of the organization. Rather than making things personal when they encounter problems, or assigning blame to individuals, leaders look for constructive solutions and focus on moving forward.
- **Accountability:** Extraordinary leaders take responsibility for everyone's performance, including their own. They follow up on all outstanding issues, check in on employees, and monitor the effectiveness of company policies and procedures. When things are going well, they praise. When problems arise,

they identify them quickly, seek solutions, and get things back on track.

- **Confidence:** Not only are the best leaders confident, but their confidence is contagious. Employees are naturally drawn to them, seek their advice, and feel more confident as a result. When challenged, they don't give in too easily, because they know their ideas, opinions, and strategies are well-informed and the result of much hard work. But when proven wrong, they take responsibility and quickly act to improve the situations within their authority.
- **Optimism:** The very best leaders are a source of positive energy. They communicate easily. They are intrinsically helpful and genuinely concerned for other people's welfare. They always seem to have a solution, and always know what to say to inspire and reassure. They avoid personal criticism and pessimistic thinking, and look for ways to gain consensus and get people to work together efficiently and effectively as a team.
- **Honesty:** Strong leaders treat people the way they want to be treated. They are extremely ethical and believe that honesty, effort, and reliability form the foundation of success.

They embody these values so overtly that no employee doubts their integrity for a minute. They share information openly, and avoid spin control.

- **Focus:** Extraordinary leaders plan ahead and they are supremely organized. They think through multiple scenarios and the possible impacts of their decisions, while considering viable alternatives and making plans and strategies--all targeted toward success. Once prepared, they establish strategies, processes, and routines so that high performance is tangible, easily defined, and monitored. They communicate their plans to key players and have contingency plans in the event that last-minute changes require a new direction (which they often do).
- **Inspiration:** Put it all together, and what emerges is a picture of the truly inspiring leader: someone who communicates clearly, concisely, and often, and by doing so motivates everyone to give his or her best all the time. They challenge their people by setting high but attainable standards and expectations, and then giving them the support, tools, training, and latitude to pursue those goals and become the best employees they can possibly be.

By Mrs Sheela Devi Koonja

4 .0 THE CHANGING ROLE OF WOMEN IN THE WORLD OF WORK WITH SPECIAL REFERENCE TO MAURITIUS.(contd)

There has been a tremendous change in the role of women in the work market. They are not considered weak. They can earn a living on their own and have courageously taken up the task of decision making. In other words women who were once at the mercy of man have become mistresses of their own fate.

During the 19th and 20th centuries there had been women who were heads of many countries. Some of them were:

Mrs. Bandaranaike Sirimano was the first woman in the world to serve as Prime Minister. She served the republic of Sri Lanka also known as Ceylon. After the assassination of her husband she became President of the Liberty Party.

Mrs. Golda Meir was the first Prime Minister of Israel.

Mrs. Indira Gandhi was the first lady Prime Minister of India. She served the Indian Government from 1966 to 1977 and from 1980 to 1984 up to her death. She was assassinated by one of her bodyguards.

Mrs. Margaret Thatcher was the first lady to occupy the post of Prime Minister in the United Kingdom. She was the head of the Conservative Party in England and was popularly known as the 'Dame de Fer'.

Benazir Bhutto was the youngest woman to be elected Prime Minister. She served as Prime Minister of Pakistan.

In Mauritius before independence, Mrs. Emilienne Rochecouste was the first woman to be elected to the Legislative Council.

After independence, women started to struggle for their rights and this struggle was initiated in the 1970s by the late Sir Seewoosagur Ramgoolam and Mr. Dev Virahsawmy. Shortly afterwards Mrs. Sheila Bappoo, who would later become Minister of Rights for women joined a movement, which struggled for women's rights. Mrs. Bappoo started establishing contacts with women working in the fields, in the manufacturing sector and in offices. She was elected to the Parliament in 1983. By that time women were given adequate means to work for their welfare. She helped in the setting up of many women's associations and a Nation Women's Council.

In the 1976 general elections three women were elected members of the house, among whom was Mrs. Vidula Nababsing.

Some years ago journalism used to be an almost exclusively male profession. Female journalists were the exception and women were discouraged from entering the journalistic profession as this was considered to be dangerous. But, nowadays more women are employed as journalists.

Many women are working in the government services as Directors, Senior Officers, Managers, Technicians, Mechanics, Clerks and Secretaries.

In Mauritius, women are driving buses and are working as bus conductors. These jobs were reserved for men only some time ago. They can

also be seen on the filling stations pumping petrol in vehicles. Some of them have set up their own garage for washing of cars. Recently, there has been a lady who has qualified as an airplane pilot. Nowadays women have the freedom of making use of their money and even they can be granted loans for setting up their own enterprise.

Though women have gained their identity, they should not aim at replacing or being superior to men, but rather to be complementary in all undertaking and to be partners in promoting the standard of living at home and also collaborate on the national front for further advancement of their country.

Even though they are Ministers, Managers, Senior Officers, Heads of Departments, they

should know how to control their lives individually and collectively. It is understood that when women are at work, their children and houses are being taken care of by other persons. Some women, because of their huge responsibilities at work, find it difficult to give affection and attention to their families. Thus, such families are broken and their children suffer.

Thousands of women walking their way to offices in the streets of Port Louis every morning and evening is a scene which can in itself say so much about changes and their effects and derive many conclusions about the state of Mauritian society. The changing role of women in the world of work is outstanding and makes the Mauritius Society what it is today.

From Mrs. Ramrichia Rajwantee Devi.

5.0 THE NEED OF FINDING DIRECTION IN ONE 'S LIFE.

It is said that a river needs two banks to flow. However, running water in a flowing river differs from that of a flood in the sense that in a flowing river, water flows in a regulated direction. Whereas, in situation of a flood, the water is “muddled” and has no direction.

Likewise, the energy in one's life need some direction, to flow. If one's life is deprived of direction, there is confusion and the latter compels the life energy of a person to stagnate and prevent him /her from moving. For life energy to move in a particular direction, commitment is a sine qua-non condition.

Commitment is essential in all walks of life. Be it at school, at work, in business and needless to say how a family runs on commitment.

Besides, one would easily get upset if he expects commitment from somebody but, the latter does not response positively. However, our commitment is proportional to what we have in store. For example power, capacity and mind-set. As rightly put forward by “Sri Sri Ravi Shankar”, the greater the commitment one takes, the greater the energy or power one gains to fulfill that commitment and the easier things become. Similarly, the smaller the commitment, the more suffocating it is for the person because he / she has more capacity but gets stuck in a

small hole. For example, when somebody has many things to do and even if one of them goes wrong, the person can still keep doing the other things and the one thing that has gone wrong will set itself right. Conversely, when someone has only one thing to do, and that goes wrong, the person gets stuck with it and most probably gets exposed to stress.

Moreover, resources are undoubtedly a key factor to take into consideration before taking any commitment. Nevertheless, one must bear in mind that when he / she has the firm intention of doing something, resources would simply flow in timely and in the quantity they are needed. Furthermore, it is not a big deal when someone keeps doing things that he can do. This is so, because there is no growth. On the other hand, stretching a little beyond one's capacity will increase not only his /her potential but also heighten the scope of realisation and increases his / her self-esteem.

Eventually, when one starts the practice of taking commitment, it is only then that he / she will recognise the beauty of the act and see how positively things will evolve. It goes without saying, the need to make constant renewal of same and even reinforcing the commitment for higher cause for the betterment of the society.

L. SUNASSEE

Adapted from: Source of life by Sri Sri Ravi Shankar

6.0 HOW TO STAY YOUNG


1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay “them!”
 2. Keep only cheerful friends. The grouches pull you down
 3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. “An idle mind is the devil’s workshop.” And the devil’s name is Alzheimer’s.
 4. Enjoy the simple things.
 5. Laugh often, long and loud. Laugh until you gasp for breath.
 6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
 7. Surround yourself with what you love, whether it’s family, pets, keepsakes, music, plants, and hobbies, whatever. Your home is your refuge.
 8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
 9. Don’t take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
 10. Tell the people you love that you love them, at every opportunity.
- AND ALWAYS REMEMBER:
- Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Have a wonderful day BOSS!!!!

By Mrs Sheela Devi Koonja

7.0 WE ARE FAMILY 🌸❤️🍓🐍🥰🌸❤️❓🌸

Family are like balloons. Once you let them go, you can't get them back. So I'm going to tie you to my heart so I'll never lose you. Happy Family Day! Share this message to All your family.


We are family 

Some become dearest 🥰


Some become Special 🧑🧒

Some We Fall in Love with 🥰

Some go abroad 🌐📄


Some change their cities 

Some leave us 🧑🏻

We Leave some 

Some are in contact

Some are not in contact 🧠

And some don't contact us 

Because of their ego 🧐







We don't contact some 

Because of our ego 🙋

Wherever they are busy

However they are, 🤖😊

We still remember, ✨ ✨ ✨

Love,      

Miss, 🚪💖

and care for 🙌🙏🙄

Them because of the part they played, 🐰👶👧👦
in our life

Meet all your family and spend some time with them

No matter how often you talk or how close you are 🤝🤝🤝👉?

Let all your family know you haven't forgotten them💕💕💕💕

& tell your family you will never forget them

Cheers To your family members 🍹🥂

Without Family---days are

"Sad day,

moanday,

tearsday,

wasteday,

thirstday,

frightday,

shatterday...

so be in touch everyday...

what is life without family 😎😘

Our family are the best part of our small life..

Tell your Families that you love them 🥰❤️👉

Shared by
Mrs Sheela Devi Koonja

8.0 WHAT 'S IN A GLANCE?

What 's in a glance?

A glance can stir to action,

It can move people to dance,

It may freeze and suction,

It commands and subdues.

A glance can bring loads of happiness,

It sprinkles the tired mind with balmy dews,

And tries the parched soul to bless.

What 's in a glance?

A glance can console and cure,

It can restore the spirit's balance,

And draw a smile innocent and pure,

It delights and enchants,

It reforms and to the forgiven.

A glance can produce chants,

That lifts the heart to heaven.

By Mr S. Dargaye

9.0 FROM BUDDHA' S DHARMA

One tree makes a million match sticks. Only one match stick is needed to burn a million trees. Time and circumstance can change at any moment. Do not devalue or hurt anyone in life. You may be powerful this time, but remember: Time is more powerful than you. So be good and do good.

Shared by Mr V. Kadooa



CONCLUSION

These articles undeniably shed lights on how paramount it is for leaders to keep employees motivated and focused at work, moreover how far women are valued for their utter contribution in all walks of life. Furthermore, commitment gives way to positivity. All of us must know how to valor the family bond so as to leave a legacy for the upcoming generation. Maintaining good health is a main concern for all, and to realize it, happiness is the key factor which will not only contribute to ward off all stresses but also will expel the ageing process thus compelling beauty parlors to close their doors. Finally be always positive, be motivated, be ready to extend your helping hands to those in need and keep smiling.