

Editorial

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Dear Readers,

In today's hectic life world is witnessing vertical developments in every aspect of life as a result of the continuous efforts of talented and hardworking professionals. One of the noble professions of creating young and dynamic talent with positive attitude in life is teaching profession.

For any professional teacher to have a successful academic career, passionate teaching and dedicated research are the key. Every academician may not be able to pursue teaching and research in equal measure but everyone must work towards finding a way for the same.

As the time advance, some are elevated to higher positions where the academics will take a back seat due to the increased demands of the position. Teaching, research and administration together will become even more difficult. Balancing all these will make one work with happiness rather than work for the happiness.

Saying "No" to the new commitments and focusing on what you already have is one way but the zeal of doing something good at a bigger scale and achieving greater heights will always be on the minds of the able and confident people.

Managing day-to-day activities by creating a list of top five or top three things helps in prioritizing the work. Delegating the work to the team members will ease the stress and involving others also will develop the attitude of a team. Scheduling some time to read and plan research in a day or once in two days will help in the long run. Planning lesser number of classes, and giving more importance to discussions will bring stability in academics.

Each week scheduling time for oneself just to do the work of choice and focus on self brings positive results including stress reduction, increased creativity and productivity when we return to work.

Those who are involved in Pharm.D course can visit the hospital often or at least once in a fortnight for 1 or 2 hours to attend clinical meets or case presentations which will act like stress busters.

By allotting time to each activity though less but in regular intervals, it is possible to balance all the facets of the professional career, after all life is all about balancing the needs and demands.

And hey!! APTI conference is coming up in October and many of you must be gearing up to attend this mega event in Indore. Looking forward to meet you all there!!

Cheers!

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Editor-in-Chief

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