

Holistic Approach in Management Studies: A Case Study on BBA Students of VIMIT and ICM, Imphal

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Abstract

The concept of holistic management emphasizes the integration of various aspects of an organization to achieve overall success. This study aims to investigate the understanding and application of holistic management principles among BBA students at VIMIT and ICM. A survey questionnaire was administered to a sample of BBA students to gather information on physical well-being of BBA students, the social skills and interpersonal competencies of BBA students and the emotional intelligence of BBA students. The parameter of Physical well-being (PWB) is further classified into sub-parameters like Nutrition and Dietary Habits, Physical Activity and Exercise, Sleep and Rest, Health Screenings and Preventive Care and Academic performance in overall success. The study highlights the need for more comprehensive and integrated curricula that incorporate holistic management principles, as well as the importance of experiential learning and mentorship in fostering students' understanding and application of these principles. This study delves into the application and impact of a holistic approach in management studies, specifically focusing on Bachelor of Business Administration (BBA) students at VIMIT and ICM. Through survey method, the study investigates the perceptions, experiences, and outcomes of BBA students at these institutions. The findings indicate that BBA students at ICM and VIMIT exhibit varying levels of physical wellbeing, social skills, and emotional intelligence.

Keywords: Holistic Management, Emotional Intelligence, Social Skills

1. Introduction

Aristotle once said, "The whole is greater than the sum of its parts." A holistic approach involves recognizing the interconnectedness of all aspects of life and acknowledging that each part has an impact on the whole. The term "Holism" is linked to this idea and is derived from the Greek word "holos," meaning whole, all, and total. The Greeks advocated for a holistic approach to learning. Socrates can be viewed as a holistic educator as he urged each person to examine their own life. The holistic paradigm emerged as a dynamic and consistent intellectual movement in the 1980s and has been articulated by thinkers in various fields.

Holistic approaches aim to educate the entire youth in all aspects – physically, socially, emotionally, and academically – with the active engagement and support of society. Providing support that considers the whole person, not just their mental health needs, is what a holistic approach entails. This support should also take into account their physical, emotional, social, and spiritual well-being. In the field of management studies, a holistic approach includes not only gaining core business competencies but also developing critical thinking, creativity, emotional intelligence, and ethical decision-making. It acknowledges the interrelatedness of different disciplines and the significance of experiential learning, personal growth, and holistic well-being.

2. Literature Review

Patel, N. V. (2003) on his article “A Holistic Approach to learning and Teaching Interaction: Factors in the development of critical Learners” looks into the approach which consists of five intertwined aspects of the teaching situation that reflects a rich social dynamic: knowledge, self, professional and personal development, discipline, and learning and teaching. Each of these aspects has a descriptor and operator element that describes what its composition is and how to implement it into teaching practice.

A study on “Holistic Education: An Approach for 21 Century” by Mahmoudi, et al. (2012) found that the approach to pedagogy known as holistic education caters to the needs of all learners, offering gratification to teachers and nurturing future citizens who are mindful and empathetic towards others, their communities, and the planet. It aligns with global education and environmental education, both grounded in interdependence and connectedness. Holistic education aims to foster a society that coexists harmoniously with the environment, while rejecting consumerism as the predominant lifestyle. It advocates for an education deeply rooted in the fundamental realities of nature and existence.

In her study titled "Role of Holistic Education on Students' Optimum Possible Development" Lahon, S (2016) found that students are intellectually developed. Maximum number of students participates in discussion, seminar, art exhibition etc. Maximum number of students is emotionally strong. The social development of students is really appreciable. All the students are physically healthy. It is also found that all the students are very spiritual and they believe in almighty.

The publication "Investigating the Impact of Holistic Education on the Self-Efficacy of Adolescents" authored by Andishejoo, N. (2020) delves into the assessment of holistic education implementation and its effects on students' self-efficacy. A qualitative case study was executed at a holistic boarding school located in central Europe. The study aimed to explore the experience of students, teachers, and administrators at a holistic high school, focusing on addressing various aspects of a student's development such as social, psychological, spiritual, and academic well-being. The findings of the study indicated that implementing holistic education approaches could be advantageous in tackling negative student behaviors, as evidenced in the results. These practices not only aid in addressing negative behaviors but also contribute to the enhancement of positive behaviors.

3. Objective of the study

1. To investigate the physical well-being of BBA students and its correlation with academic performance and overall success in management roles.
2. To assess the social skills and interpersonal competencies of BBA students.

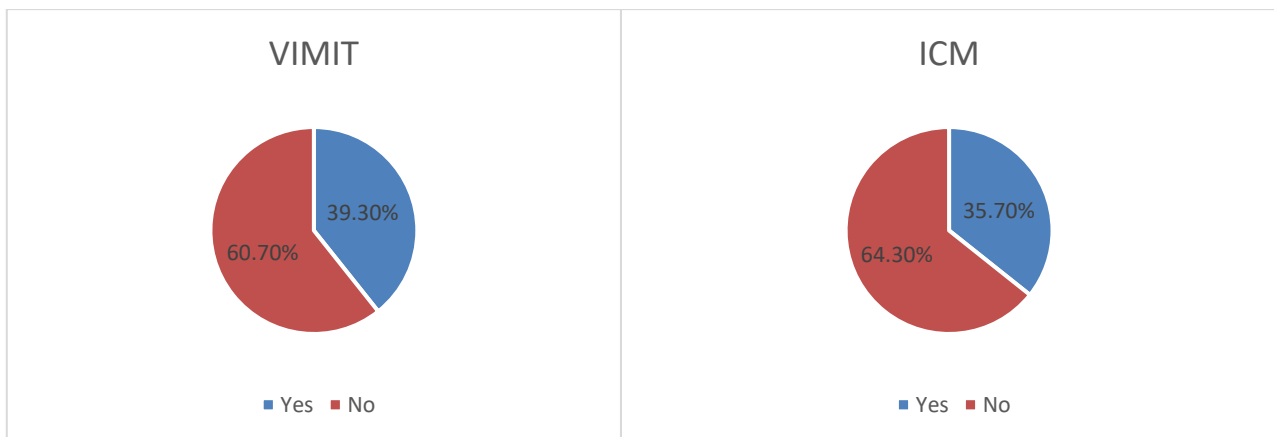
4. Methodology

The research is Descriptive in nature. Institute of Cooperative Management (ICM) and VIMIT has been purposely selected for the present study due to the lack of time and present situation of Manipur. Total number of BBA students in ICM is 106 and in VIMIT are 65. By using Sample Size Calculator- the sample size are 84 and 56 respectively for ICM and VIMIT. Therefore, the sample size selected for the study is 84 for ICM College and 56 for VIMIT College. The data and information have been collected through structured questionnaire. In order to accomplish the objective, the frequency, percentage and pie chart have been applied.

5. Data Analyses and Interpretation

Table 1: Do you consume at least five servings of fruits and vegetables daily?

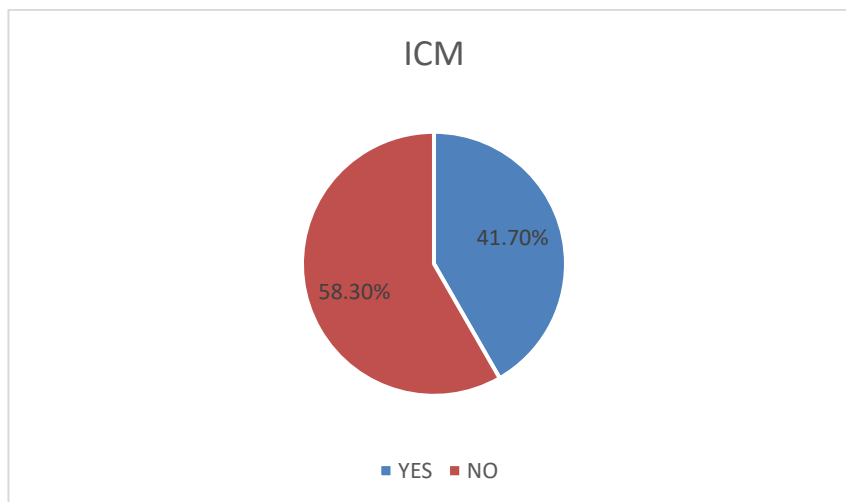
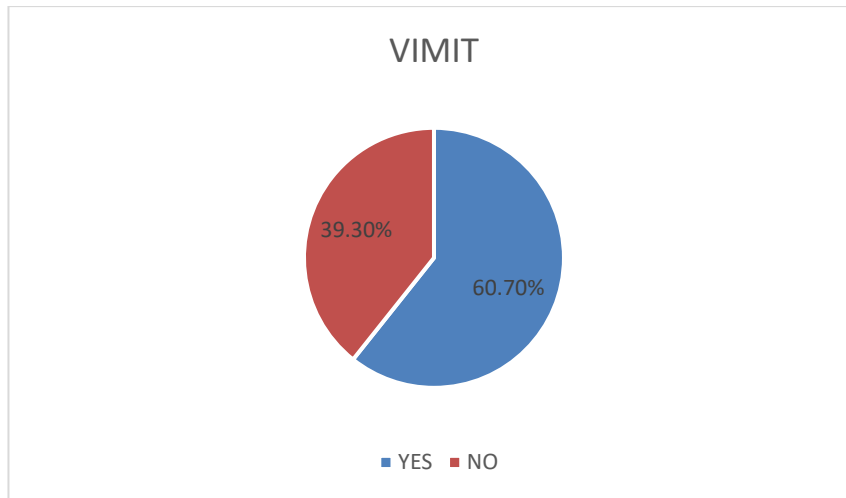
RESPONSE	VIMIT	PERCENTAGE %	ICM	PERCENTAGE%
YES	22	39.3%	30	35.7%
NO	34	60.7%	54	64.3%
TOTAL RESPONDENTS	56		84	



The above TABLE show, the majority of students at both VIMIT College and ICM College do not consume at least five servings of fruits and vegetables daily. At VIMIT College, 60.7% of students answered "No" to the question, while at ICM College, 64.3% of students answered "No". The data suggests that a significant portion of students at these colleges are not meeting the recommended daily intake of fruits and vegetables, which is generally considered to be at least five servings per day for a healthy diet. The low percentage of students answering "Yes" to the question indicates that there may be a need for increased education and awareness about the importance of a balanced diet among the student population at these colleges.

Table 2: Are you conscious of portion sizes and practice mindful eating?

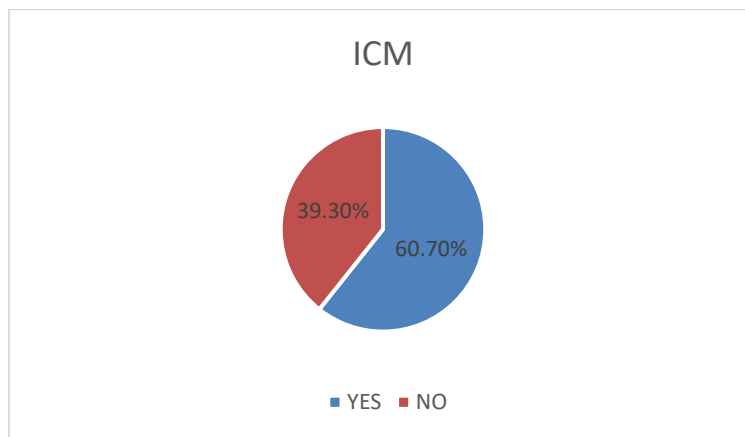
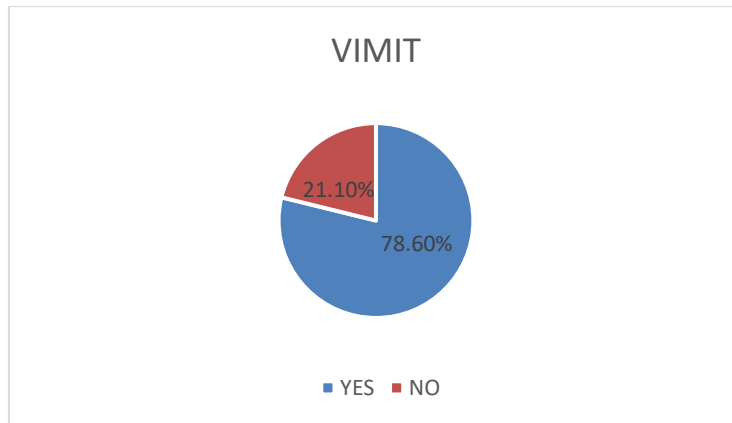
RESPONSE	VIMIT	PERCENTAGE %	ICM	PERCENTAGE%
YES	34	60.7%	35	41.7%
NO	22	39.3%	49	58.3%
TOTAL RESPONDENTS	56		84	



The response to the question about being conscious of portion sizes and practicing mindful eating varies between different colleges. In VIMIT college, 60.7% responded "yes" and 39.3% responded "no." On the other hand, in ICM college, 41.7% responded "yes" while 58.3% responded "no." This data indicates that a higher percentage of individuals in VIMIT college are conscious of portion sizes and practice mindful eating compared to ICM college.

Table 3: Do you make an effort to stay hydrated by drinking an adequate amount of water throughout the day?

RESPONSE	VIMIT	PERCENTAGE %	ICM	PERCENTAGE%
YES	44	78.6%	51	60.7%
NO	12	21.1%	33	39.3%
TOTAL RESPONDENTS	56		84	

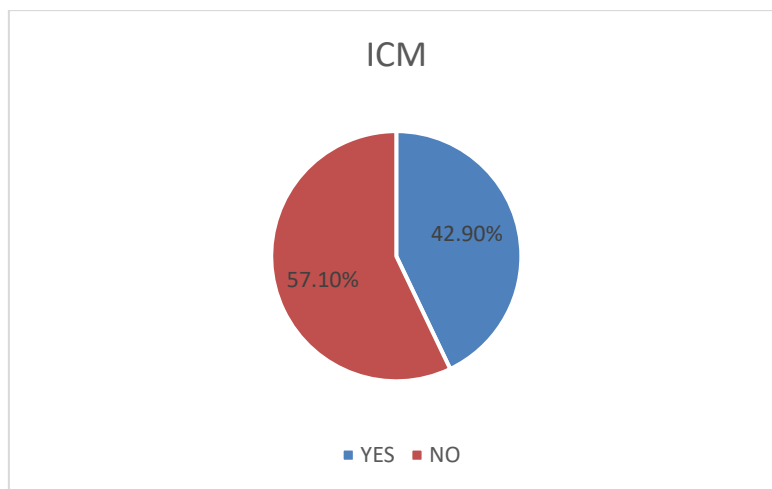
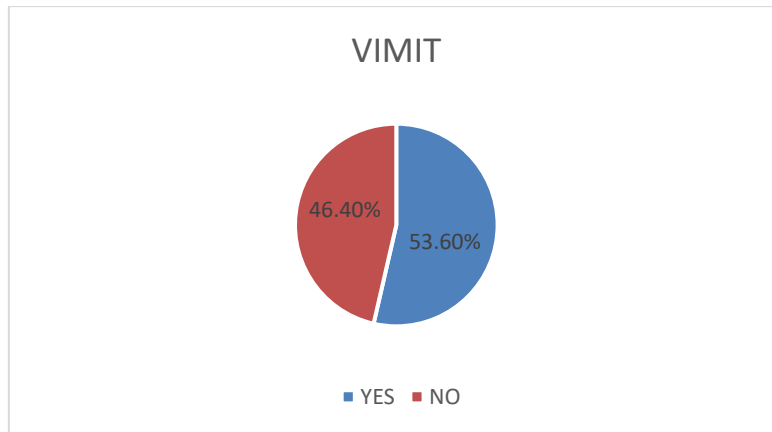


For VIMIT College: 78.6% of respondents answered "yes" to making an effort to stay hydrated by drinking an adequate amount of water throughout the day. 21.1% of respondents answered "no" to the same question. For ICM College: 60.7% of respondents answered "yes" to making an effort to stay hydrated. 39.3% of respondents answered "no" to the question.

These percentages reflect the responses from the students at VIMIT College and ICM College regarding their efforts to stay hydrated by drinking an adequate amount of water throughout the day.

Table 4: Do you engage in at least 150 minutes of moderate-intensity exercise per week?

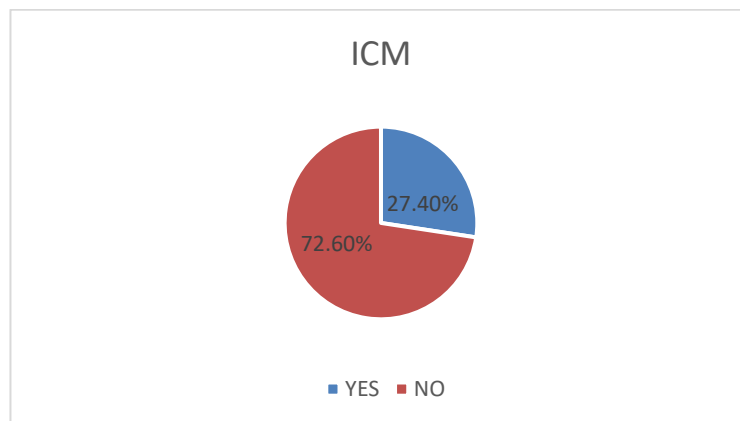
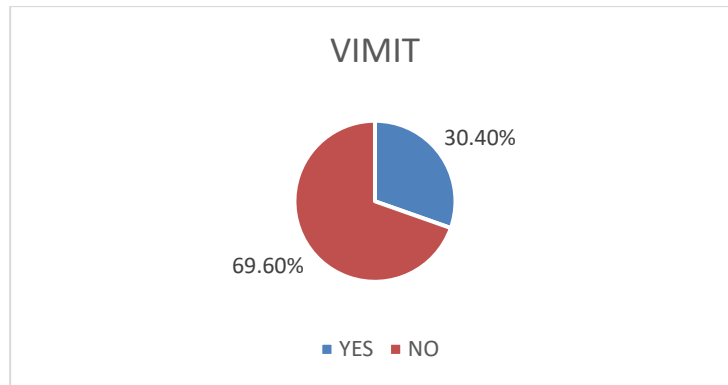
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE%
YES	30	53.6%	36	42.9%
NO	26	46.4%	48	57.1%
TOTAL RESPONDENTS	56		84	



The response to the query about engaging in at least 150 minutes of moderate-intensity exercise per-week shows that 53.6% of VIMIT college respondents answered "yes," while 46.4% answered "no." In comparison, for ICM college, 42.9% responded "yes," and 57.1% responded "no." This indicates that a higher percentage of students from VIMIT college engage in at least 150 minutes of moderate-intensity exercise per week compared to students from ICM college.

Table 5: Do you participate in activities that improve flexibility and balance?

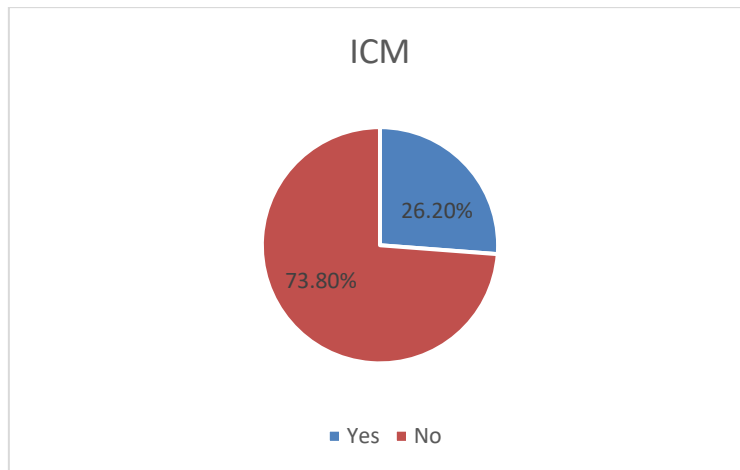
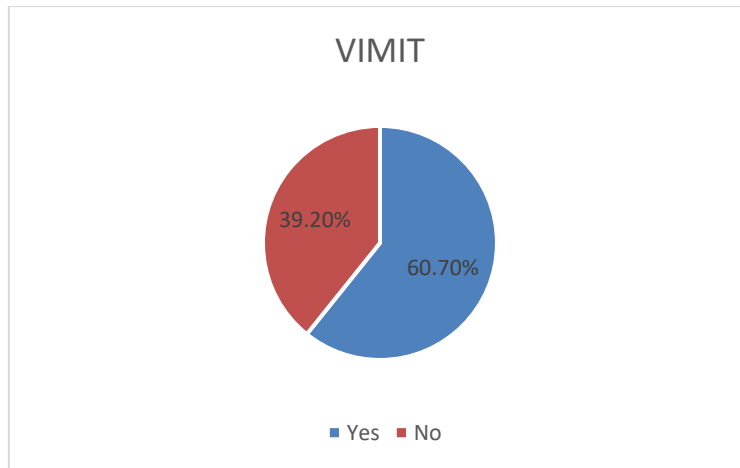
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE%
YES	17	30.4%	23	27.4%
NO	39	69.6%	61	72.6%
TOTAL RESPONDENTS	56		84	



The data from VIMIT College shows that 30.4% respond "yes" to participating in activities that enhance flexibility and balance, while 69.6% respond "no." For ICM College, 27.4% respond "yes" to engaging in activities that improve flexibility and balance, with 72.6% responding "no". Therefore, the interpretation of the data indicates that a higher percentage of students from both VIMIT College and ICM College do not participate in activities aimed at improving flexibility and balance, with the majority responding "no" to engaging in such activities.

Table 6: Are you consistent with your exercise routine and aim for regular physical activity?

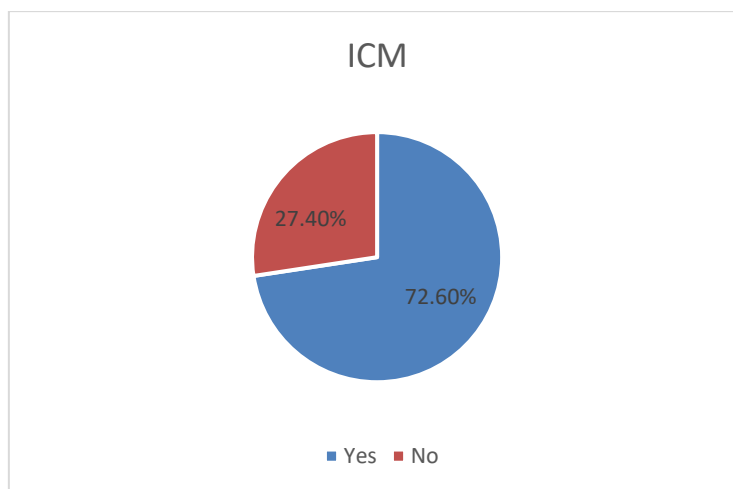
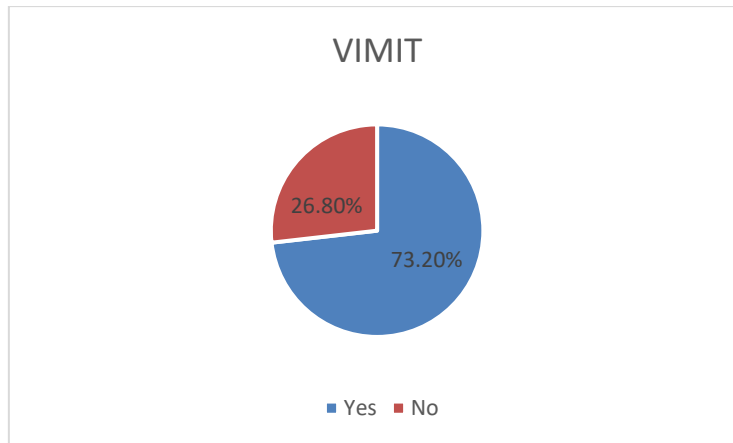
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	34	60.7%	22	26.2%
NO	22	39.2%	62	73.8%
TOTAL RESPONDENTS	56		84	



For VIMIT college, 60.7% responded "yes" and 39.2% responded "no". For ICM college, 26.2% responded "yes" and 73.8% responded "no". Therefore, the interpretation of the data indicates that a higher percentage of students from VIMIT aim for regular exercise as compared to ICM.

Table 7: Do you strive for 7-9 hours of quality sleep each night?

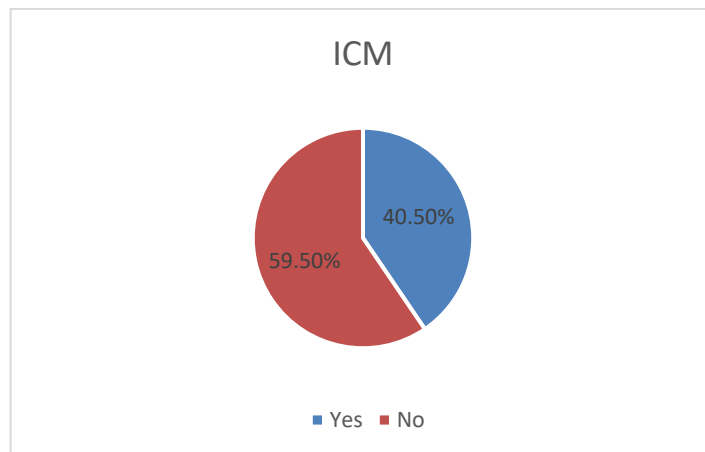
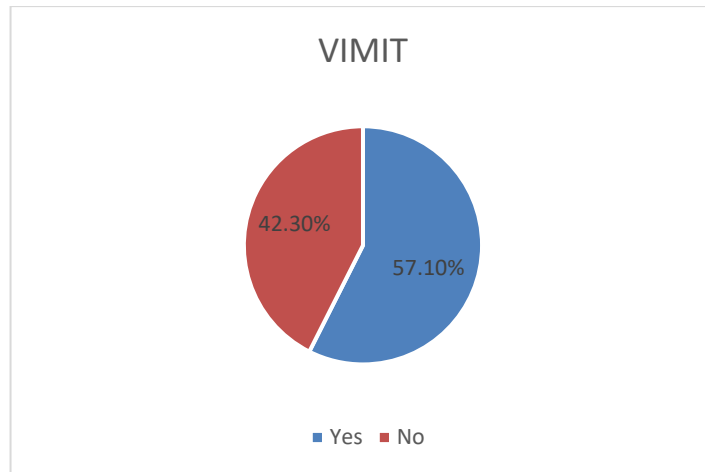
Response	VIMIT	PERCENTAGE	ICM	PERCENTAGE
Yes	41	73.2%	61	72.6%
No	15	26.8%	23	27.4%
Total Respondents	56		84	



The data indicates that 73.2% of respondents from VIMIT college answered "yes" to striving for 7-9 hours of quality sleep each night, while 26.8% answered "no." On the other hand, at ICM college, 72.6% of respondents answered "yes" to the same question, with 27.4% answering "no." This data suggests that a slightly higher percentage of students at VIMIT college aim for 7-9 hours of quality sleep compared to ICM college.

Table 8: Do you follow a bedtime routine to promote better sleep hygiene?

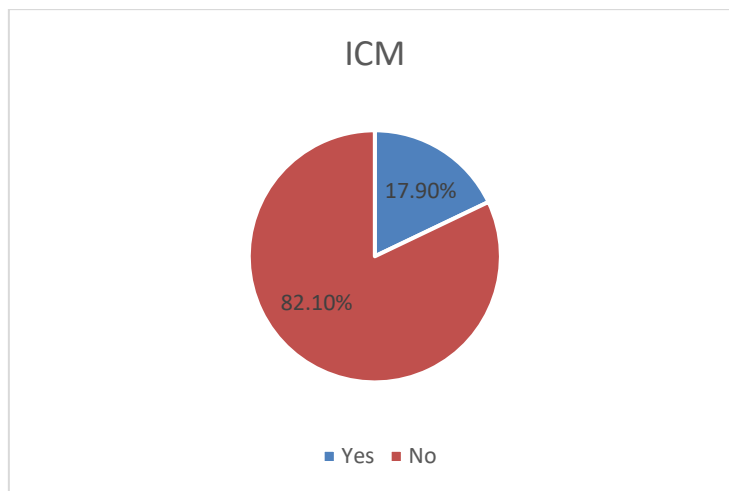
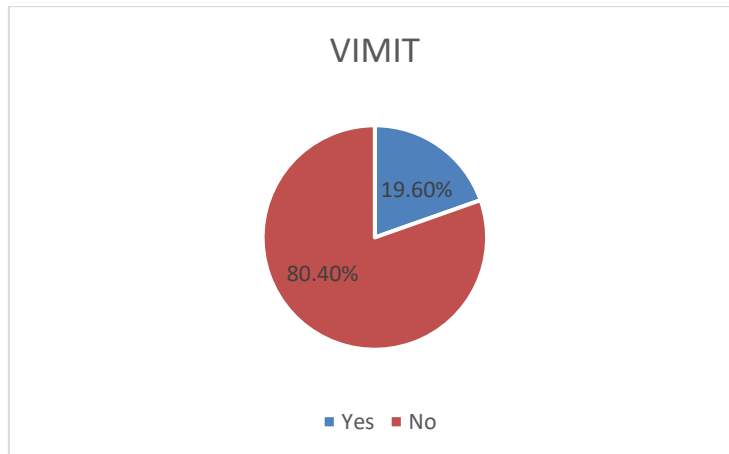
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	32	57.1%	23	40.5%
NO	24	42.3%	50	59.5%
TOTAL RESPONDENTS	56		84	



The data from the two colleges shows that a significant percentage of students do follow a bedtime routine, with 57.1% of students at VIMIT College and 40.5% of students at ICM College reporting that they do. However, a substantial portion of students at both colleges (42.9% at VIMIT and 59.5% at ICM) do not follow a bedtime routine. The data indicate that following a consistent bedtime routine is an effective way to promote better sleep hygiene, but a significant number of college students still do not engage in this practice.

Table 9: Do you avoid screens and stimulating activities before bedtime?

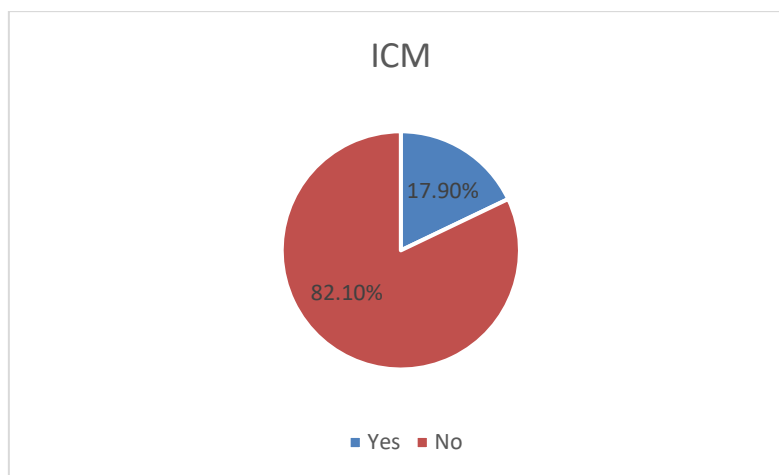
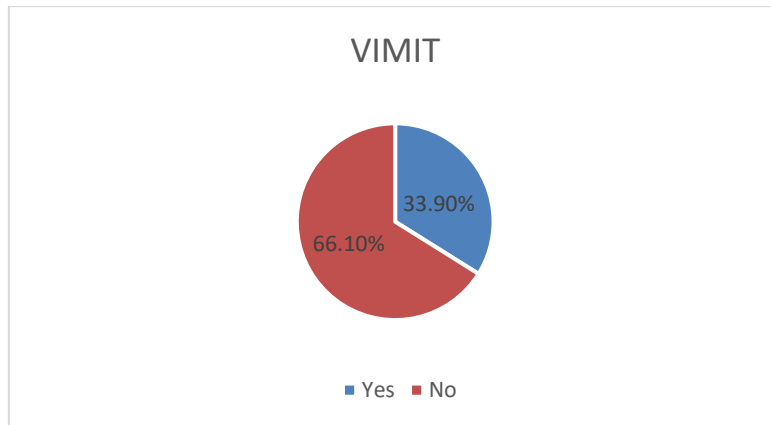
Response	VIMIT	PERCENTAGE	ICM	PERCENTAGE
Yes	11	19.6%	15	17.9%
No	45	80.4%	69	82.1%
Total Respondents	56		84	



The table shows that VIMIT college has 19.6 % responding "yes" and 80.4 % responding "no." In comparison, ICM college has 17.9% responding "yes" and 82.1% responding "no." This indicates that a higher percentage of students at VIMIT college do not avoid screens and stimulating activities before bedtime compared to ICM college.

Table 10: Do you schedule regular check-ups with your healthcare provider for preventive screenings?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	19	33.9%	15	17.9%
NO	37	66.1%	69	82.1%
TOTAL RESPONDENTS	56		84	



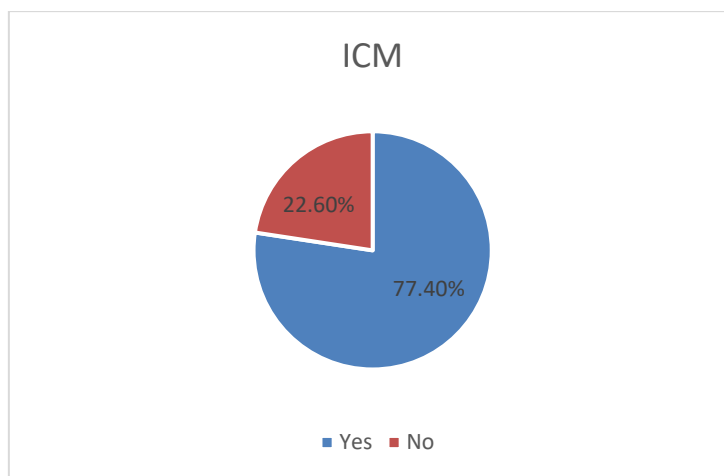
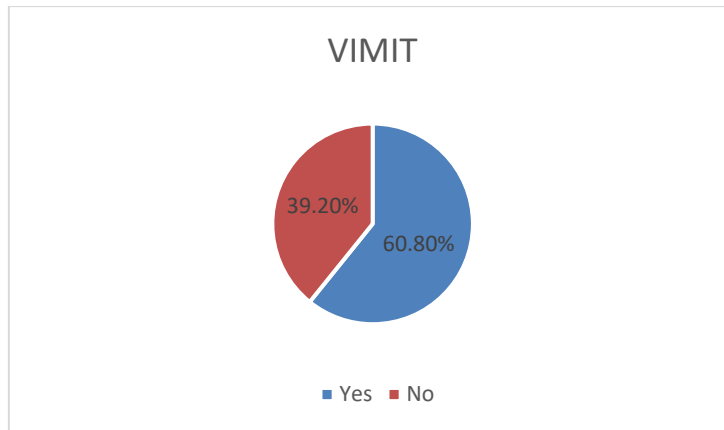
VIMIT College has 33.9% of respondents answering "yes" to scheduling regular check-ups for preventive screenings, while 66.1 % answered "no."

ICM College, on the other hand, has 17.9% of respondents answering "yes" to scheduling regular check-ups for preventive screenings, with 82.1% answering "no."

These percentages indicate the proportion of students at each college who schedule regular check-ups with their healthcare providers for preventive screenings. VIMIT College has a higher percentage of students scheduling regular check-ups compared to ICM College, where a smaller percentage of students engage in this preventive healthcare practice.

Table 11: Do you stay up-to-date with vaccinations and immunizations?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	34	60.8%	65	77.4%
NO	22	39.2%	19	22.6%
TOTAL RESPONDENTS	56		84	

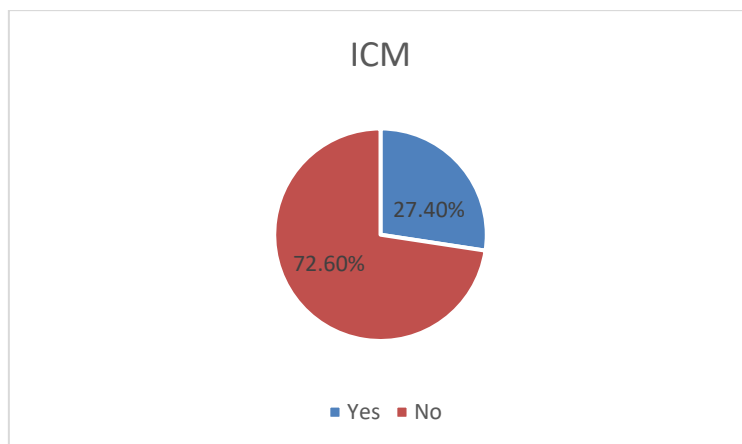
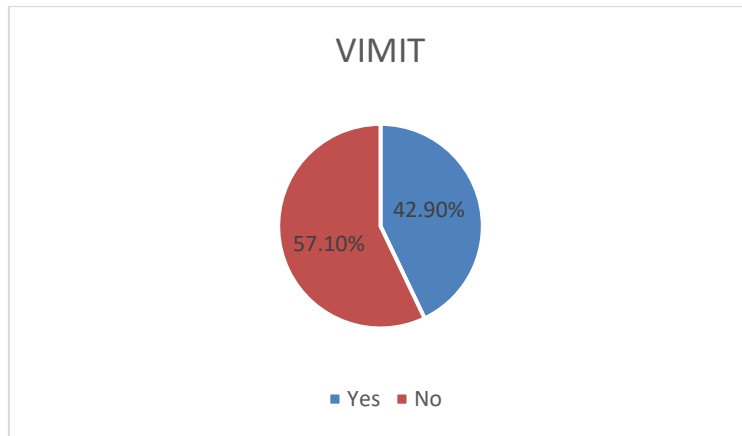


VIMIT College has 60.8% of respondents answering "yes" and 39.2% answering "no" regarding staying up-to-date with vaccinations. ICM College has 77.4% of respondents answering "yes" and 22.6% answering "no" regarding staying up-to-date with vaccinations.

These percentages indicate that a higher proportion of students at ICM College are staying up-to-date with vaccinations compared to VIMIT College. This data reflects the varying levels of vaccination compliance among college students at these institutions, highlighting the importance of vaccination awareness and practices in educational settings.

Table 12: Do you perform self-examinations for early detection of health issues?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	24	42.9%	23	27.4%
NO	32	57.1%	61	72.6%
TOTAL RESPONDENTS	56		84	

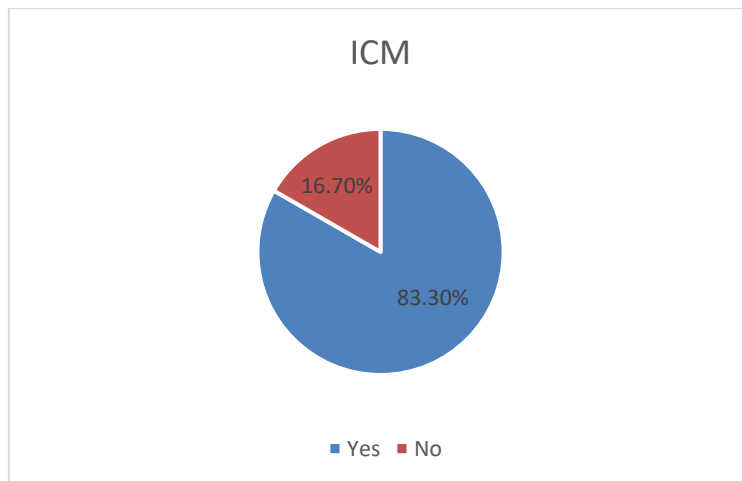
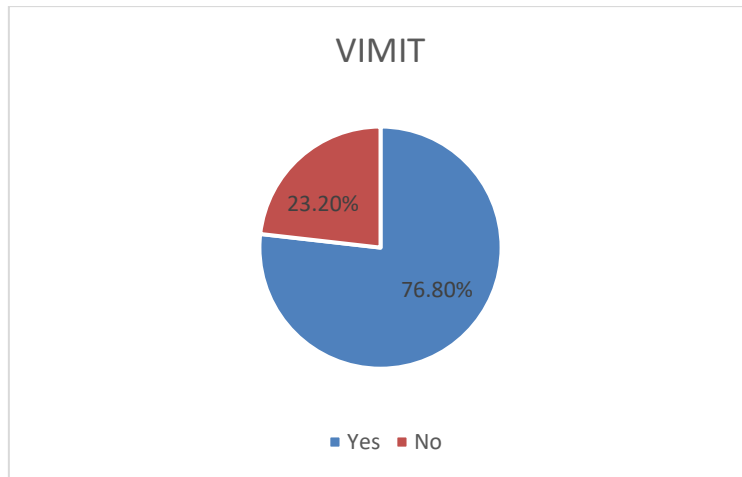


At VIMIT College, 42.9% of students responded "yes" to performing self-examinations for early detection of health issues, while 57.1% responded "no." At ICM College, 27.4% of students responded "yes" to performing self-examinations, and 72.6% responded "no."

These percentages indicate the distribution of responses regarding the practice of self-examinations for early health issue detection at VIMIT College and ICM College, showing a higher percentage of students at VIMIT College performing self-examinations compared to ICM College.

Table 13: Have you consistently attended classes this semester?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	43	76.8%	70	83.3%
NO	13	23.2%	14	16.7%
TOTAL RESPONDENTS	56		84	



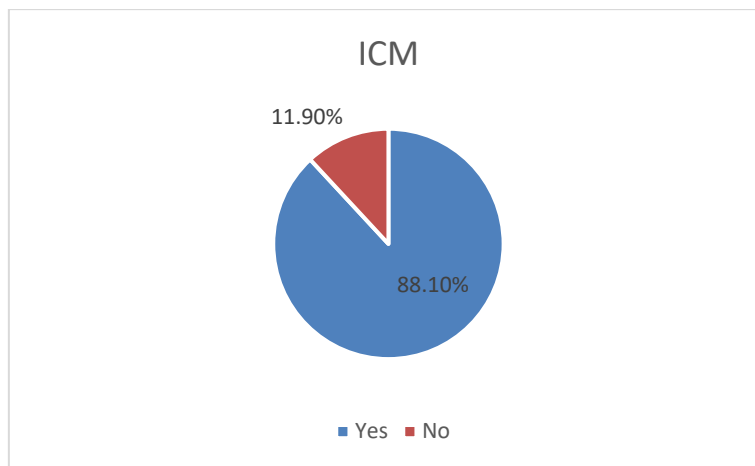
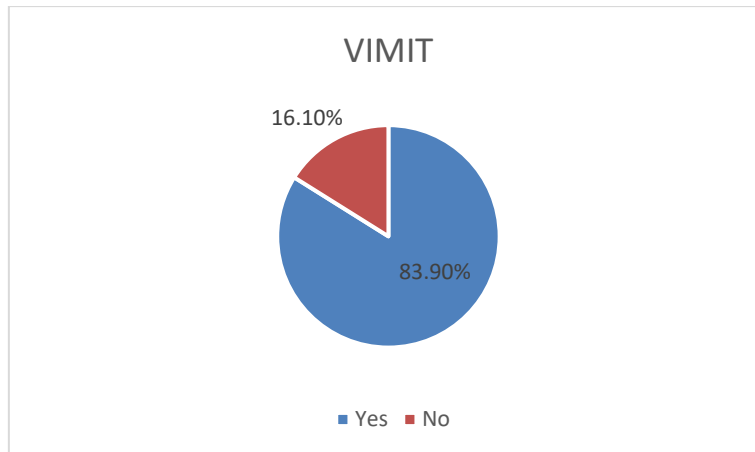
At VIMIT College, only 76.8% of students responded "yes" to consistently attending classes, while 23.2% responded "no".

At ICM College, 83.3% of students responded "yes" to consistently attending classes, while 16.7% responded "no".

The data indicates that a significant percentage of students at both colleges, ranging from 16.7% to 23.2%, have not consistently attended classes this semester. ICM students are more consistently attended classes as compared to VIMIT students.

Table 14: Did you meet all deadlines for assignments and exams?

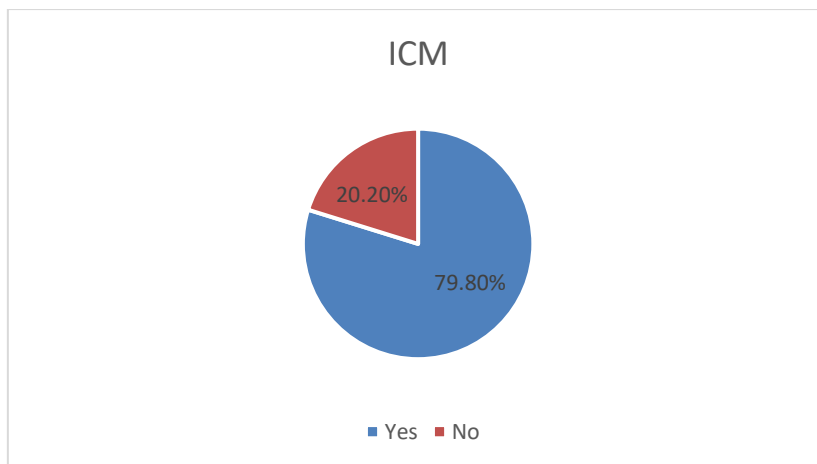
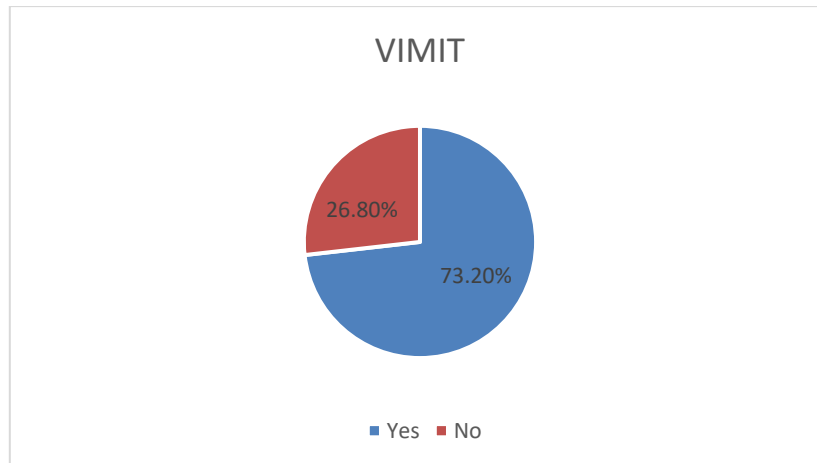
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	47	83.9%	74	88.1%
NO	9	16.1%	10	11.9%
TOTAL RESPONDENTS	56		84	



VIMIT College had 83.9% of respondents answering "yes" to meeting all deadlines for assignments and exams, while 16.1% answered "no." On the other hand, ICM College had 88.1% of respondents answering "yes" and 11.9% answering "no" to meeting all deadlines for assignments and exams. This data indicates that a higher percentage of students from both colleges reported meeting all deadlines for assignments and exams, with ICM College having a slightly higher percentage of "yes" responses compared to VIMIT College.

Table 15: Are you satisfied with your academic performance this semester?

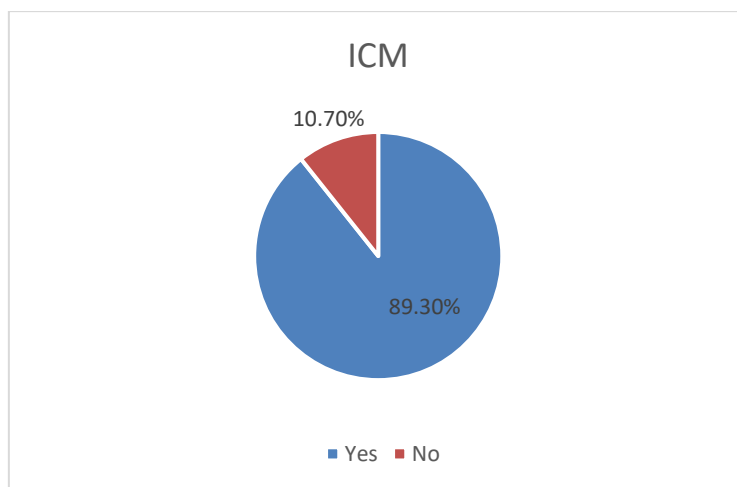
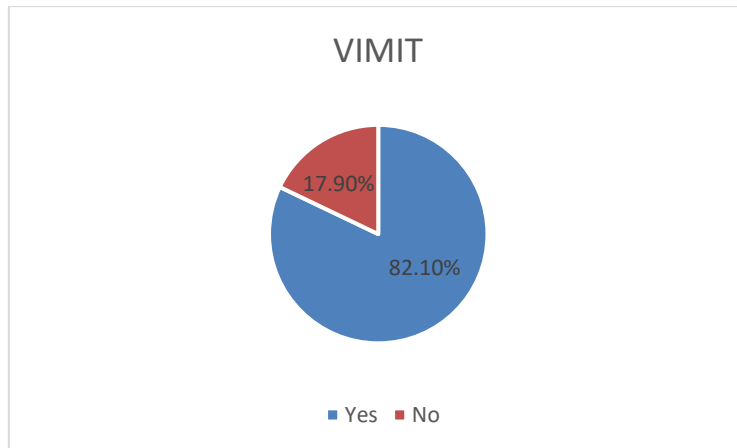
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	41	73.2%	67	79.8%
NO	15	26.8%	17	20.2%
TOTAL RESPONDENTS	56		84	



The above table shows, VIMIT College has 73.2% of students are satisfied with their academic performance. 26.8% of students are not satisfied with their academic performance. For ICM College 79.8% of students are satisfied with their academic performance .20.2% of students are not satisfied with their academic performance. The data indicates that a higher percentage of students at ICM College (79.8%) are satisfied with their academic performance compared to VIMIT College (73.2%). This suggests that ICM College might have a more effective academic system, better teaching methods, or a more supportive environment that contributes to the higher satisfaction rate among its students. On the other hand, VIMIT College has a slightly lower satisfaction rate, which could be due to various factors such as more challenging courses, higher expectations, or a need for improvement in their academic support systems.

Table 16: Do you actively listen and seek to understand others' perspectives during group discussions?

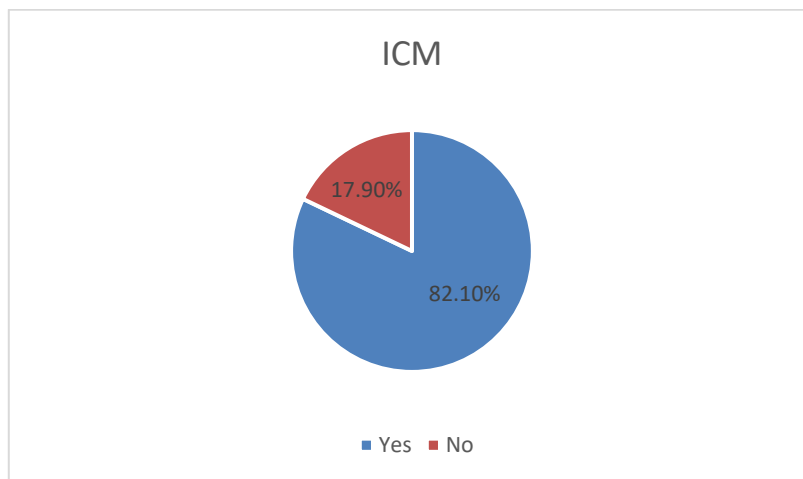
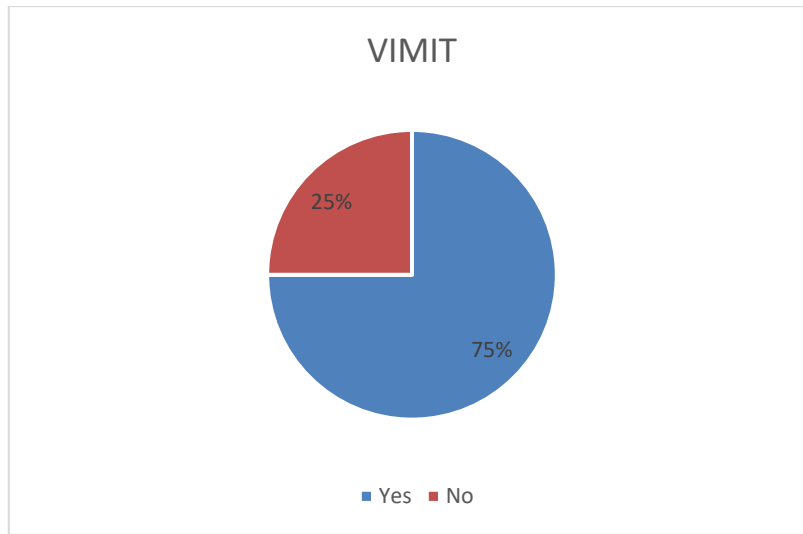
Response	VIMIT	PERCENTAGE	ICM	PERCENTAGE
Yes	46	82.1%	75	89.3%
No	10	17.9%	9	10.7%
Total Respondents	56		84	



VIMIT and ICM, actively listen and seek to understand others' perspectives during group discussions. According to the response, 82.1% of students from VIMIT college and 89.3% of students from ICM college responded "yes" to this question, indicating that they do actively listen and seek to understand others' perspectives. The remaining percentages, 17.9% for VIMIT and 10.7% for ICM, responded "no".

Table 17: Are you comfortable presenting your ideas clearly and effectively in front of an audience?

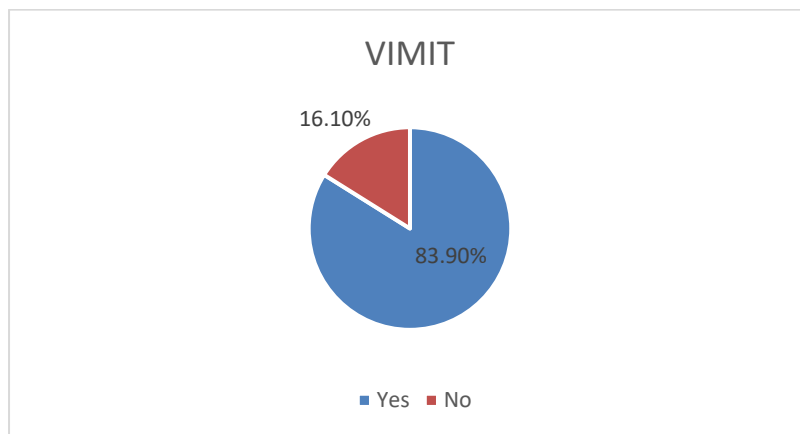
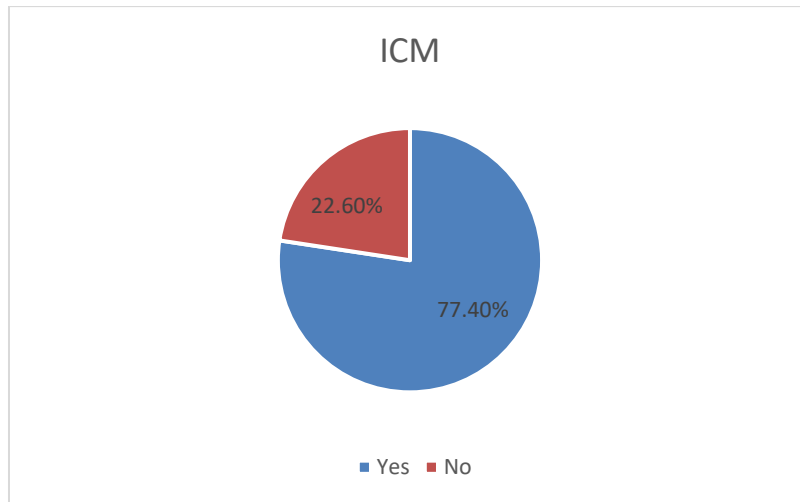
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	42	75%	69	82.1%
NO	14	25%	15	17.9%
TOTAL RESPONDENTS	56		84	



For Vimit College:75% of students answered "Yes" to being comfortable presenting their ideas in front of an audience. 25% of students answered "No" to being comfortable presenting their ideas in front of an audience. For ICM College:82.1% of students answered "Yes" to being comfortable presenting their ideas in front of an audience.17.9% of students answered "No" to being comfortable presenting their ideas in front of an audience.The data for ICM College shows an even higher percentage (82.1%) of students who feel comfortable presenting their ideas to an audience compared to Vimit College. Only 17.9% of ICM College students expressed discomfort with public speaking and presenting. Both colleges have a majority of students who feel at ease presenting their ideas in front of others, with ICM College having a slightly higher percentage of students who answered "Yes" to the question.

Table 18: Have you received positive feedback on your written communication skills from professors or peers?

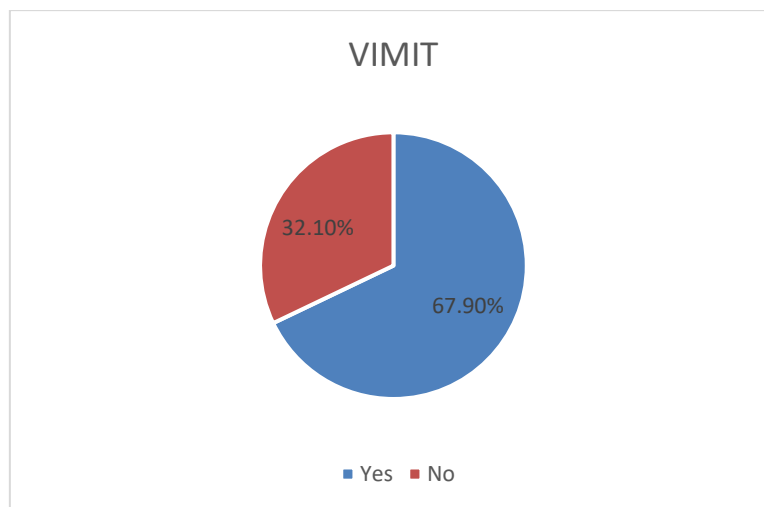
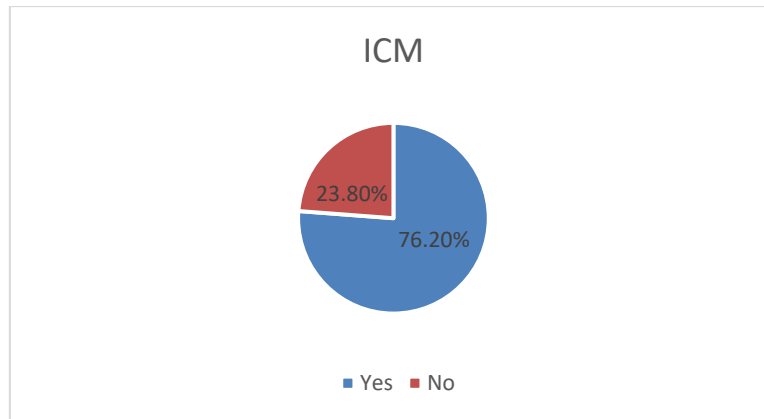
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	47	83.9%	65	77.4%
NO	9	16.1%	19	22.6%
TOTAL RESPONDENTS	56		84	



The responses indicating "yes" for positive feedback on written communication skills is 83.9% for VIMIT College and 77.4% for ICM College. Conversely, the percentage of responses indicating "no" feedback is 16.1% for VIMIT College and 22.6% for ICM College. This data suggests that a higher percentage of respondents at VIMIT College received positive feedback on their written communication skills compared to ICM College.

Table 19: Do you effectively resolve conflicts within a team or group setting?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	38	67.9%	64	76.2%
NO	18	32.1%	20	23.8%
TOTAL RESPONDENTS	56		84	

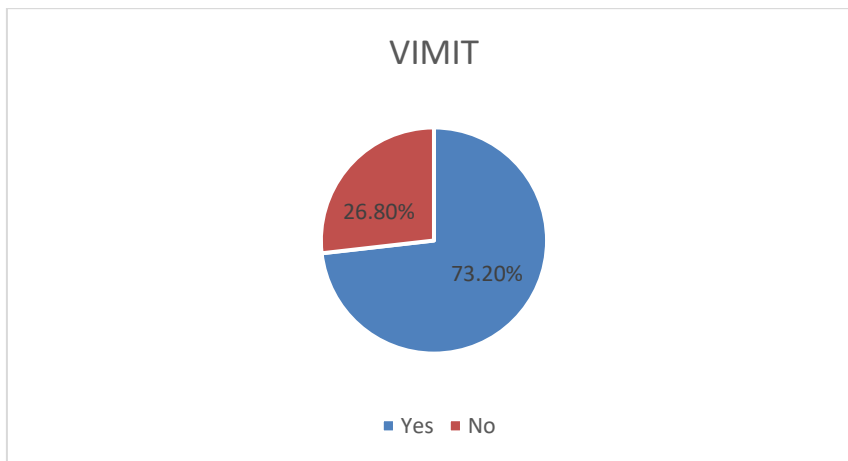
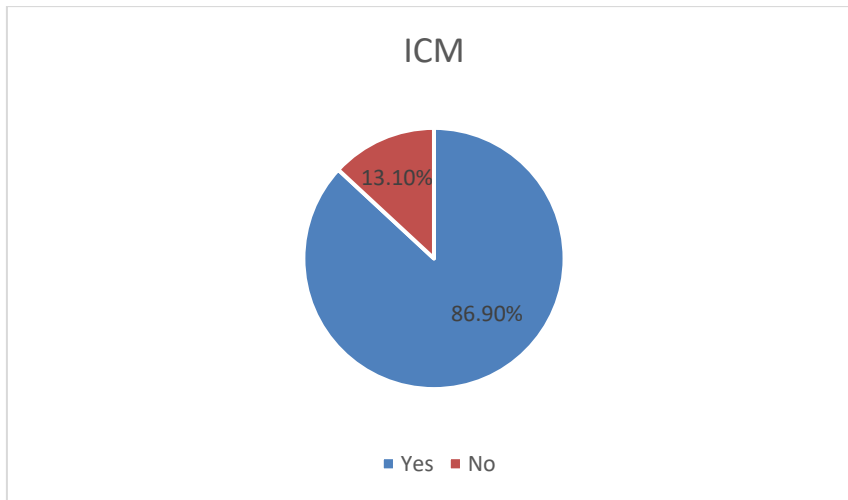


VIMIT College: 67.9% of respondents answered "Yes" to effectively resolving conflicts, while 32.1% answered "No." ICM College: 76.2% of respondents answered "Yes" to effectively resolving conflicts, with 23.8% answering "No."

These percentages indicate that a higher proportion of respondents from ICM College, 76.2%, believe they effectively resolve conflicts within a team or group setting compared to VIMIT College, where 67.9% of respondents feel the same way. Conversely, a smaller percentage of respondents from ICM College, 23.8%, indicated they do not effectively resolve conflicts, while 32.1% of respondents from VIMIT College expressed the same sentiment.

Table 20: Are you able to build strong relationships with your peers?

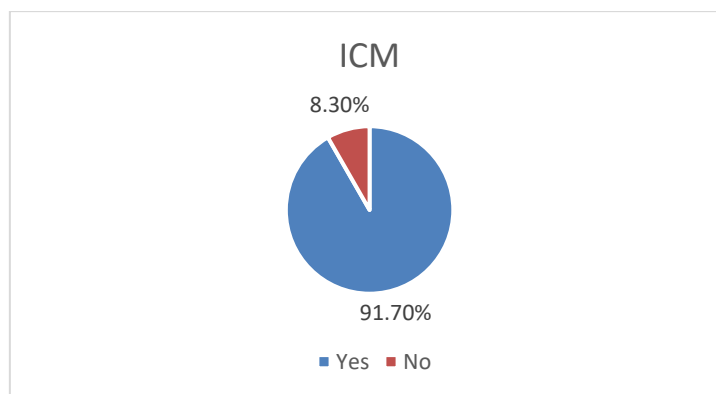
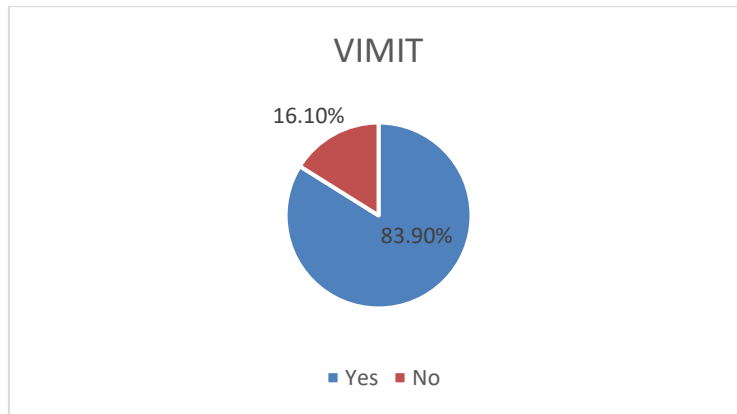
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	41	73.2%	73	86.9%
NO	15	26.8%	11	13.1%
TOTAL RESPONDENTS	56		84	



In VIMIT College, 73.2% of respondents answered "Yes" to the question about building strong relationships with peers, while 26.8% answered "No." In ICM College, a higher percentage of respondents, specifically 86.9%, answered "Yes" to the question, with only 13.1% answering "No." These percentages indicate that a larger proportion of students in both colleges believe they can build strong relationships with their peers. However, there is a notable difference in the responses between the two colleges, with a higher percentage of students from ICM College expressing confidence in their ability to build strong peer relationships compared to VIMIT College.

Table 21: Have you demonstrated empathy and understanding towards your peers' perspectives?

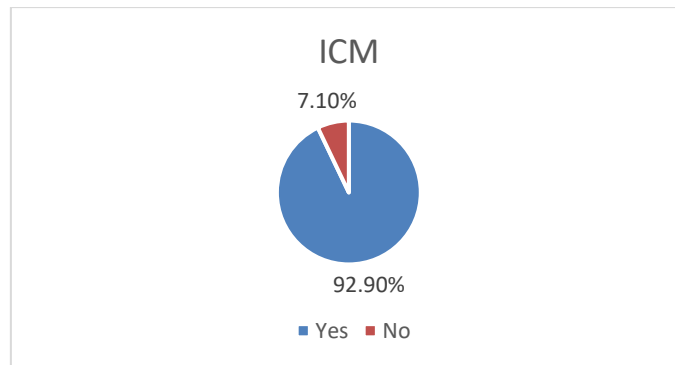
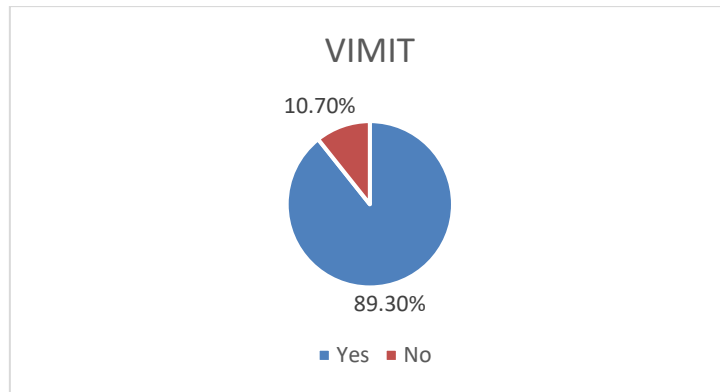
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	47	83.9%	77	91.7
NO	9	16.1%	7	8.3%
TOTAL RESPONDENTS	56		84	



For VIMIT College, 83.9% of respondents answered "yes," indicating that they have demonstrated empathy and understanding towards their peers' perspectives. On the other hand, 16.1% responded "no," suggesting that they have not shown empathy and understanding towards their peers' perspectives. For ICM College, 91.7% of respondents answered "yes," indicating a higher percentage of respondents who have demonstrated empathy and understanding towards their peers' perspectives compared to VIMIT College. Only 8.3% responded "no," which is a lower percentage compared to VIMIT College. The data suggests that the majority of respondents from both VIMIT College and ICM College have demonstrated empathy and understanding towards their peers' perspectives, with ICM College having a slightly higher percentage. This is a positive indicator of the colleges' focus on social-emotional learning and the importance of empathy in their academic environments.

Table 22: Do you actively seek to understand and respect cultural differences in a multicultural environment?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	50	89.3%	78	92.9%
NO	6	10.7%	6	7.1%
TOTAL RESPONDENTS	56		84	

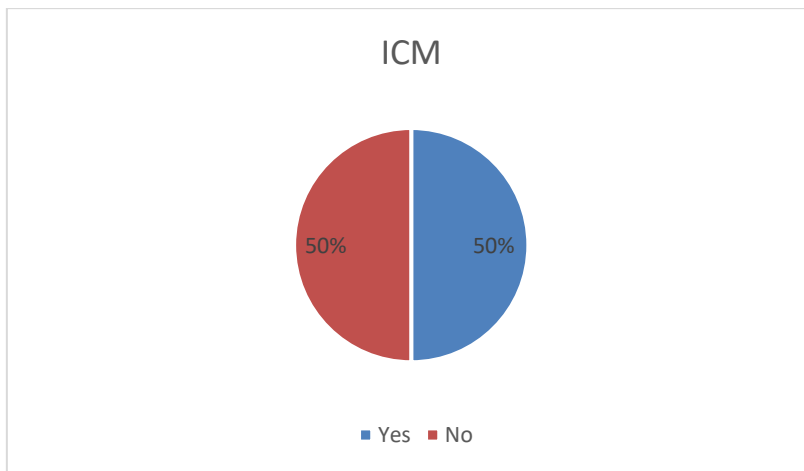
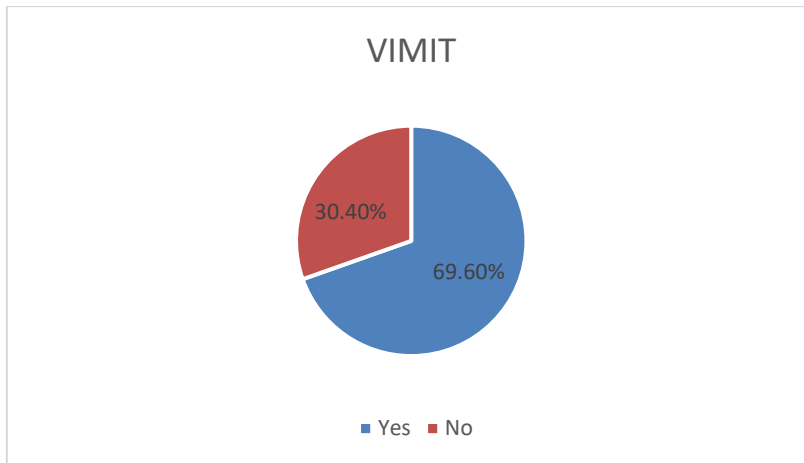


From the table VIMIT College has Yes: 89.3% and No: 10.7% while ICM College has Yes: 92.9% and No: 7.1%.

The data indicates that a significant majority of respondents from both VIMIT and ICM colleges actively seek to understand and respect cultural differences in a multicultural environment. The percentage of "yes" responses is higher at ICM College (92.9%) compared to VIMIT College (89.3%). This suggests that ICM College has a slightly higher level of cultural awareness and respect among its students.

Table 23: Have you participated in activities that promote diversity and inclusion within your academic community?

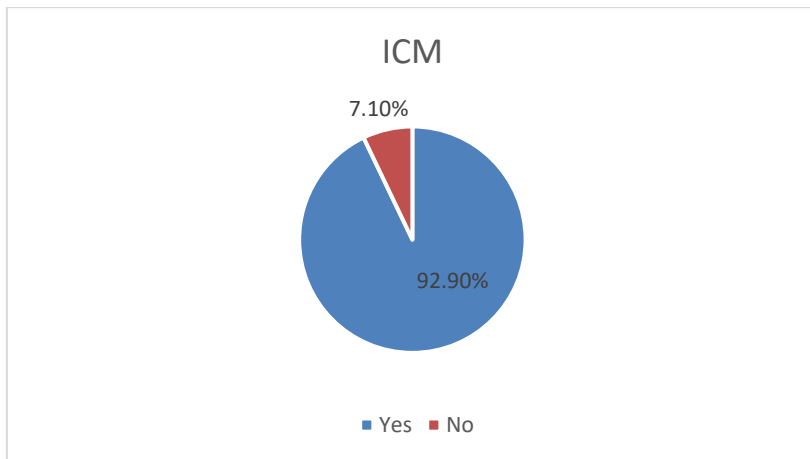
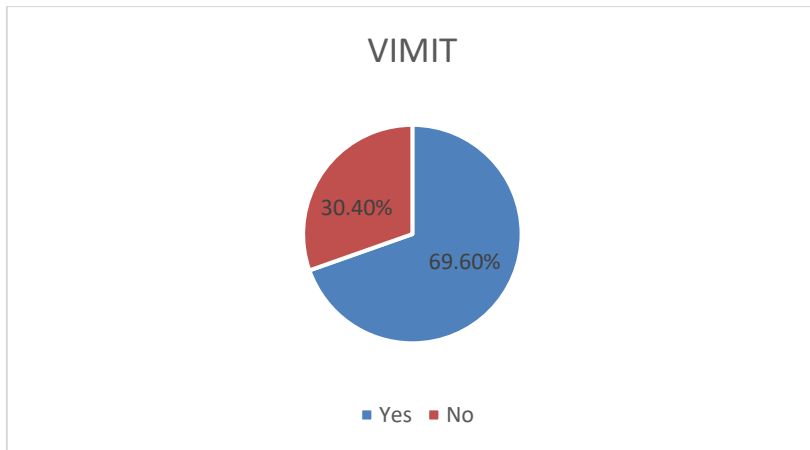
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	39	69.6%	42	50%
NO	17	30.4%	42	50%
TOTAL RESPONDENTS	56		84	



The response to the query about participating in activities that promote diversity and inclusion within the academic community shows that 69.6% of respondents from VIMIT College answered "yes," while 30.4% answered "no." In comparison, for ICM College, 50% responded "yes," and 50% responded "no." This data indicates a higher percentage of participation in diversity and inclusion activities at VIMIT College compared to ICM College.

Table 24: Are you able to adapt your behavior and communication style when interacting with individuals from different cultural backgrounds?

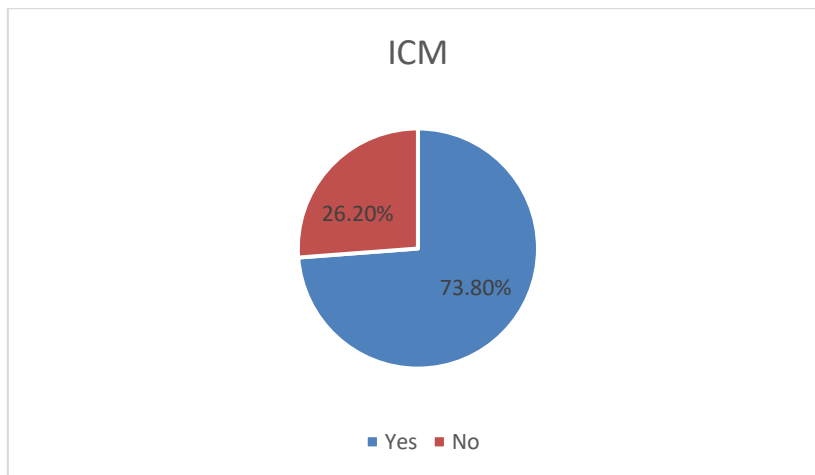
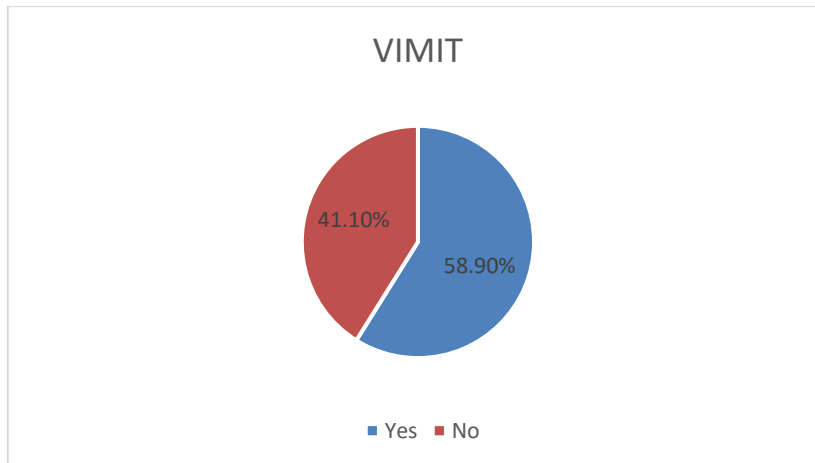
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	39	69.6%	78	92.9%
NO	17	30.4%	6	7.1%
TOTAL RESPONDENTS	56		84	



The data provided from VIMIT College shows that 69.6% responded "yes" to being able to adapt behavior and communication style, while 30.4% responded "no." On the other hand, at ICM College, 92.9% responded "yes," and 7.1% responded "no." This data indicates a higher percentage of individuals at ICM College are confident in their ability to adapt their behavior and communication style when interacting with individuals from different cultural backgrounds compared to VIMIT College.

Table 25: Have you held a leadership position in a student organization or project group?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	33	58.9%	62	73.8%
NO	23	41.1%	22	26.2%
TOTAL RESPONDENTS	56		84	

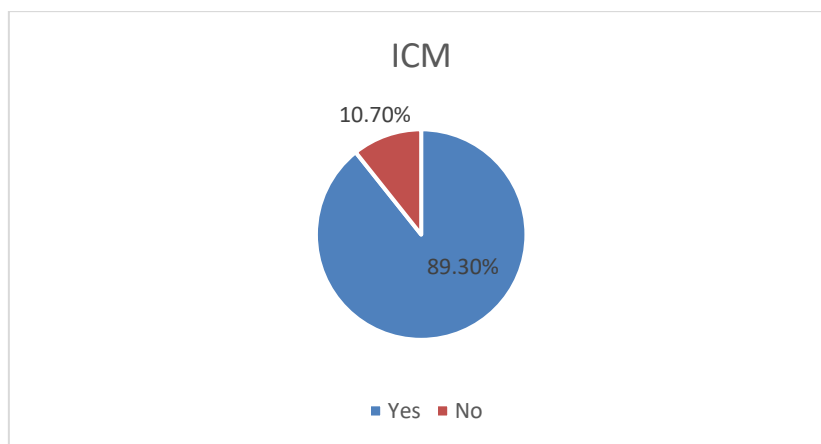
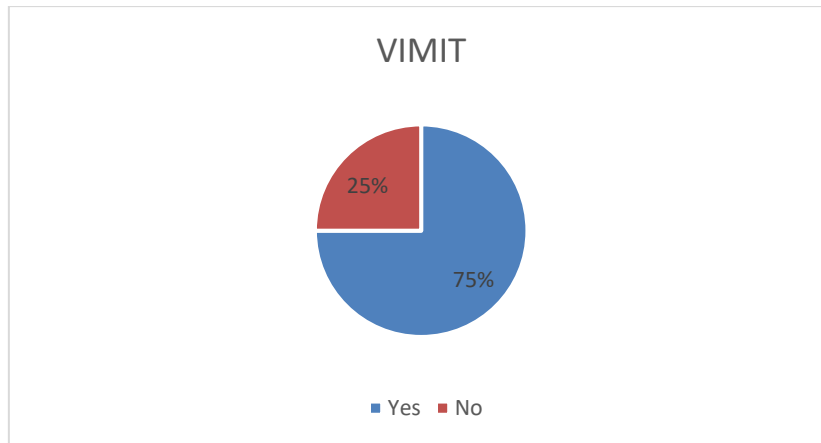


In VIMIT College, 58.9% of respondents held a leadership position in a student organization or project group, while 41.1% did not. In ICM College, a higher percentage, 73.8%, of respondents held a leadership position, with 26.2% not having done so.

This data indicates that a larger proportion of students at ICM College have held leadership positions compared to VIMIT College. The difference in percentages suggests varying levels of student involvement in leadership roles between the two colleges.

Table 26: Do you effectively delegate tasks and responsibilities to team members?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	42	75%	75	89.3%
NO	14	25%	9	10.7%
TOTAL RESPONDENTS	56		84	

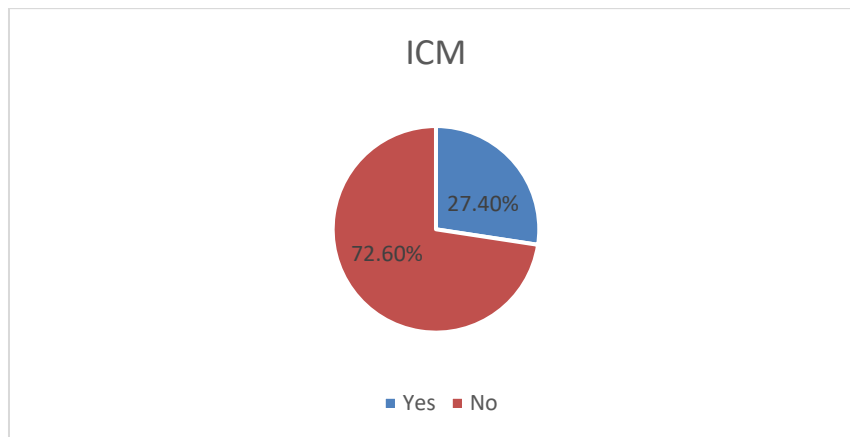
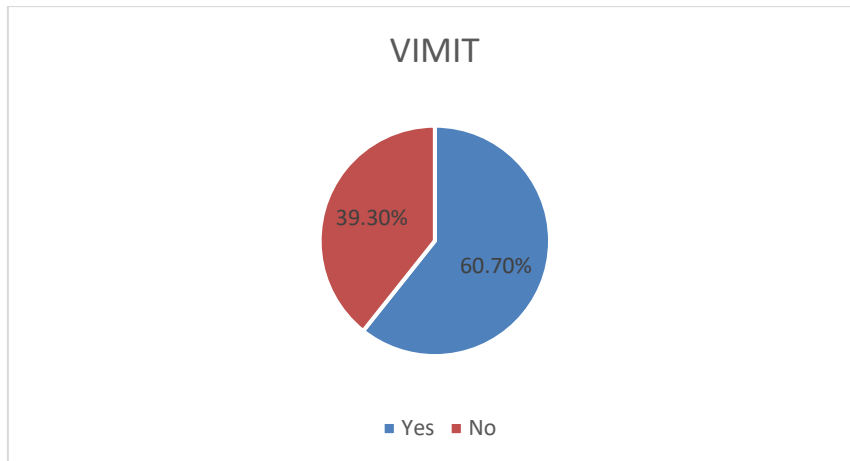


VIMIT College: The percentage of responses indicating "Yes" for effectively delegating tasks and responsibilities is 75%, while indicating "No" is 25%. ICM College: In contrast, at ICM College, the percentage of responses indicating "Yes" for effective delegation is notably higher at 89.3%, with only 10.7% of responses indicating "No".

These percentages reflect the differing perceptions of effective delegation at the two colleges, with ICM College having a higher percentage of positive responses compared to VIMIT College.

Table 27: Have you received recognition or awards for your leadership abilities in academic or extracurricular activities?

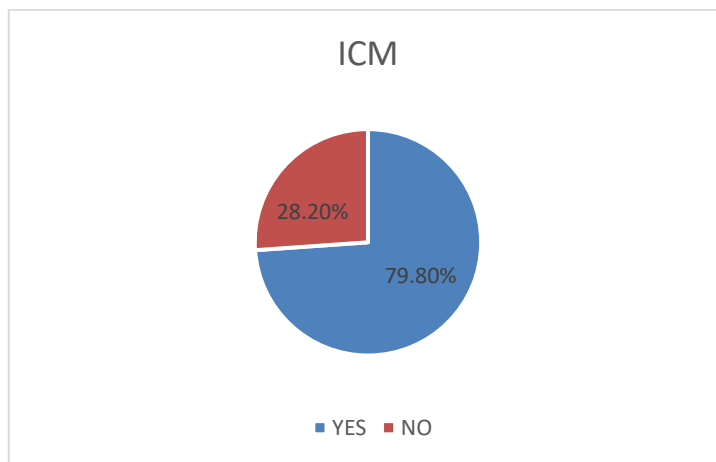
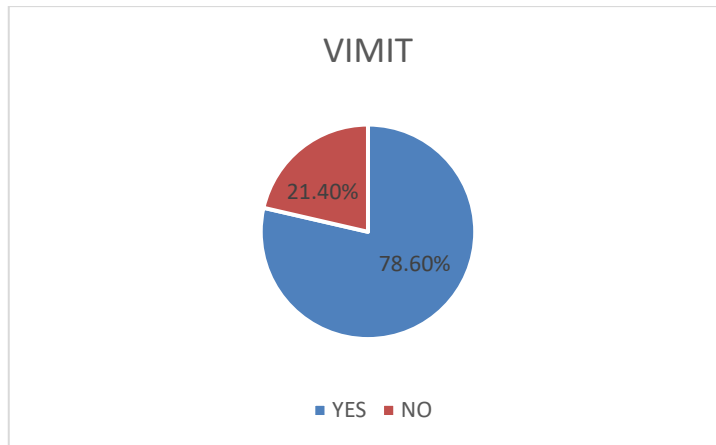
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	34	60.7%	23	27.4%
NO	22	39.3%	61	72.6%
TOTAL RESPONDENTS	56		84	



Based on the table provided from the two colleges, the percentage of responses indicating "yes" for receiving recognition or awards for leadership abilities in academic or extracurricular activities is higher for VIMIT at 60.7%, while for ICM college, the percentage is 27.4%. Conversely, the percentage of responses indicating "no" for receiving such recognition or awards is 39.3% for VIMIT and 72.6% for ICM college.

Table 28: Do you actively seek feedback to understand your strengths and weaknesses?

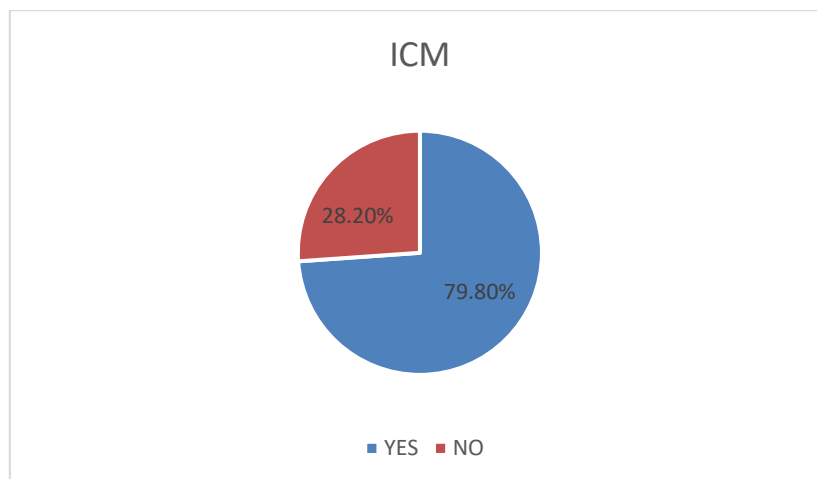
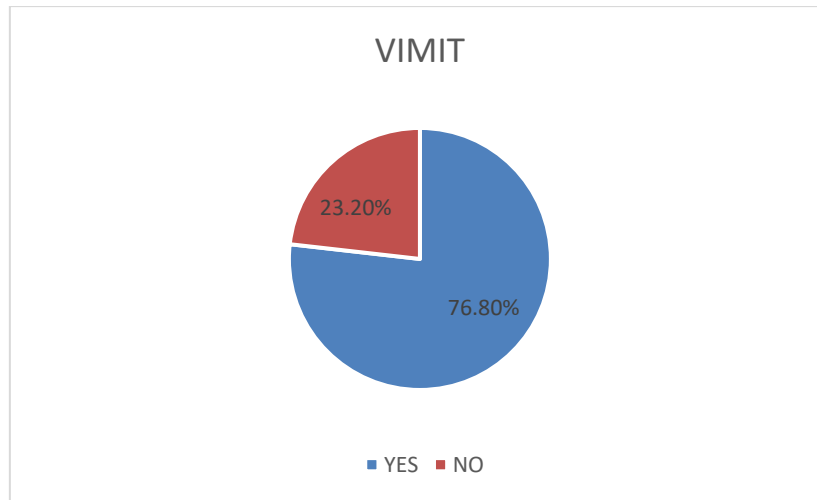
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	44	78.60%	67	79.80%
NO	12	21.40%	17	28.20%
TOTAL RESPONDENTS	56		84	



The table shows, the percentage of responses indicating actively seeking feedback to understand strengths and weaknesses is higher for VIMIT at 78.6% for "yes" and 21.4% for "no." On the other hand, for ICM college, the percentage is 79.8% for "yes" and 28.2% for "no." This suggests that a higher percentage of respondents from both colleges actively seek feedback to understand their strengths and weaknesses, with a slightly higher percentage at ICM college for seeking feedback compared to VIMIT.

Table 29: Are you aware of how your emotions impact your decision-making process?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	43	76.80%	67	79.80%
NO	13	23.20%	17	28.20%
TOTAL RESPONDENTS	56		84	

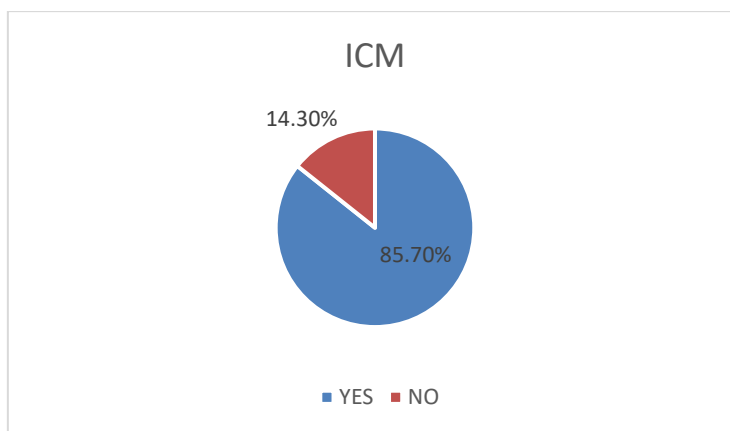
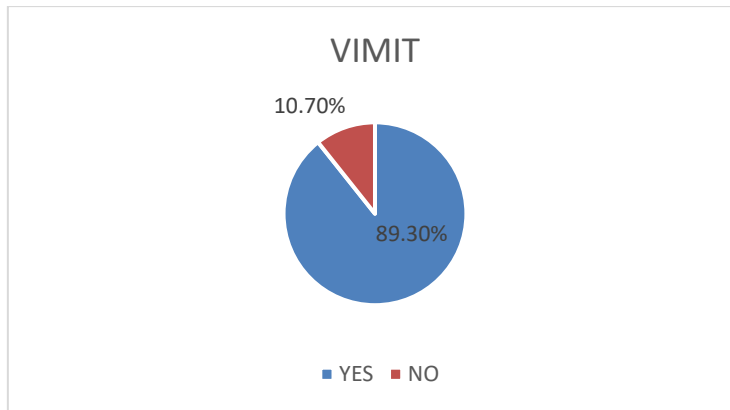


The percentage of responses indicating "yes" for VIMIT is 76.8%, while the percentage of responses indicating "no" is 23.2%. On the other hand, for ICM college, the percentage of responses indicating "yes" is 79.8%, and the percentage of responses indicating "no" is 28.2%.

These percentages suggest that a higher proportion of respondents from both colleges acknowledged that emotions play a role in their decision-making process. Specifically, a slightly higher percentage of respondents from ICM college recognized the impact of emotions on decision-making compared to VIMIT college.

Table 30: Do you recognize the importance of self-awareness in building effective relationships with others?

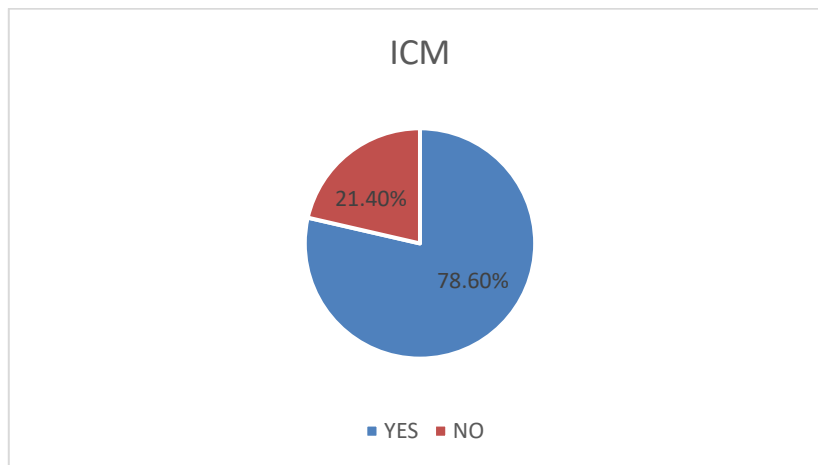
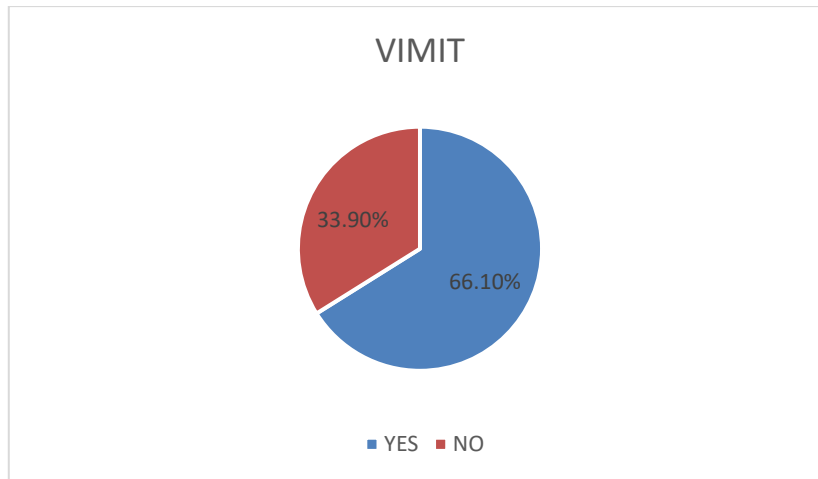
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	50	89.30%	72	85.70%
NO	6	10.70%	12	14.30%
TOTAL RESPONDENTS	56		84	



From the table, it is evident that a higher percentage of respondents from both VIMIT and ICM colleges recognize the importance of self-awareness in building effective relationships with others. In VIMIT College, 89.3% responded positively, while in ICM College, 85.7% acknowledged the significance of self-awareness in relationship building. This indicates a strong consensus among the respondents from both colleges regarding the value of self-awareness in fostering effective relationships.

Table 31: Are you able to manage your time effectively to balance academic responsibilities and personal life?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	37	66.10%	66	78.60%
NO	19	33.90%	18	21.40%
TOTAL RESPONDENTS	56		84	

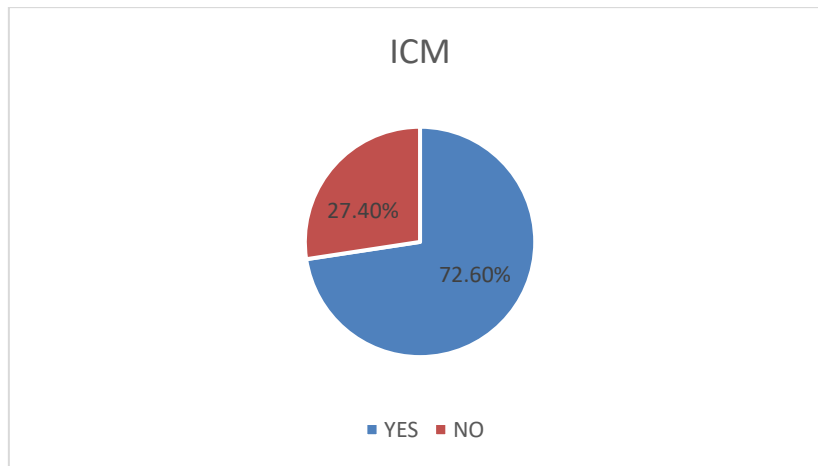
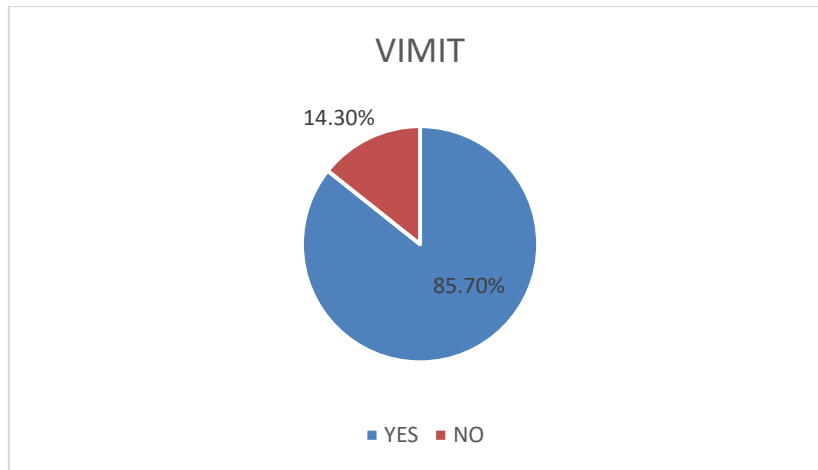


VIMIT College: 66.1% of respondents answered "yes" to being able to manage their time effectively to balance academic responsibilities and personal life, while 33.9% answered "no." ICM College: 78.6% of respondents answered "yes" to being able to manage their time effectively for balancing academic responsibilities and personal life, with 21.4% answering "no."

These percentages indicate that a higher proportion of students at ICM College feel they can manage their time effectively to balance academic responsibilities and personal life compared to VIMIT College. It suggests that a larger percentage of students at ICM College are confident in their ability to maintain a balance between academic commitments and personal life.

Table 32: Do you have strategies in place to cope with stress and pressure during challenging situations?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	48	85.70%	61	72.60%
NO	8	14.30%	23	27.40%
TOTAL RESPONDENTS	56		84	

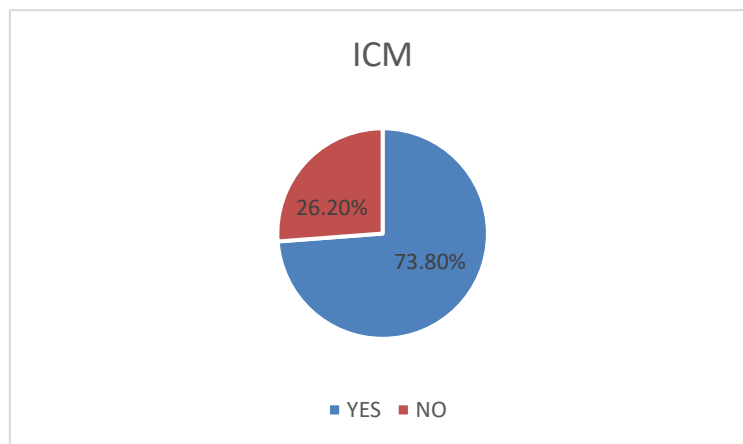
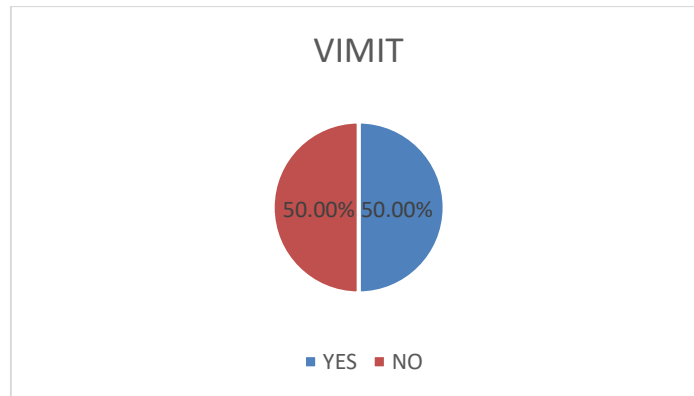


VIMIT College has 85.7% responding "yes" and 14.3% responding "no" to having coping strategies in place. ICM College has 72.6% responding "yes" and 27.4% responding "no" to having coping strategies in place.

From this table, it can be inferred that a higher percentage of students at VIMIT College have coping strategies for stress and pressure compared to ICM College. VIMIT College shows a higher readiness among students in dealing with challenging situations, with 85.7% affirming the presence of coping mechanisms, while at ICM College, 72.6% of students acknowledge having strategies in place.

Table 33: Are you able to adapt to changes and setbacks without losing focus on your goals?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	28	50.00%	62	73.80%
NO	28	50.00%	22	26.20%
TOTAL RESPONDENTS	56		84	

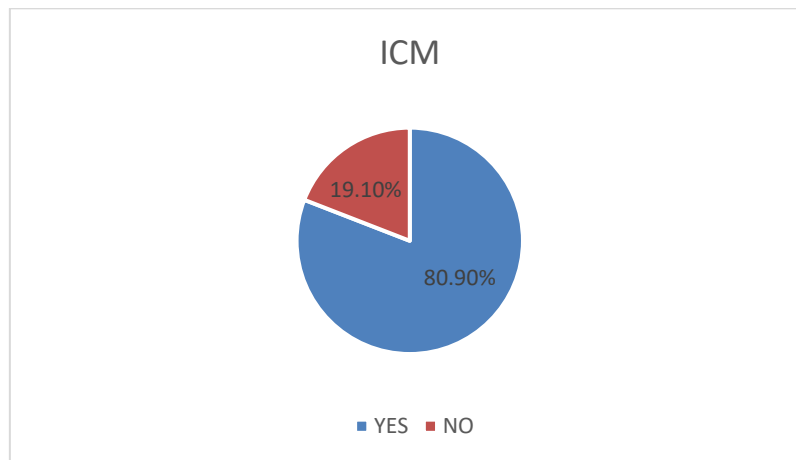
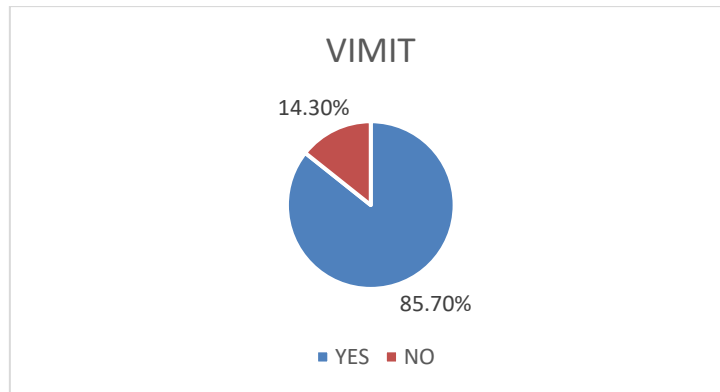


In the table VIMIT college has 50% of respondents answered "Yes" to being able to adapt to changes and setbacks without losing focus on goals, while the other 50% answered "No." For ICM college, 73.8% of respondents answered "Yes" to the same question, indicating a higher percentage compared to VIMIT, and 26.2% answered "No."

This table suggests that a higher percentage of respondents from ICM college believe they can adapt to changes and setbacks without losing focus on their goals compared to VIMIT college. Specifically, 73.8% of respondents from ICM college expressed confidence in their ability to handle setbacks and changes while maintaining focus on their goals, which is notably higher than the 50% of respondents from VIMIT college who shared the same belief. This indicates a more prevalent positive attitude towards adaptability and resilience among respondents from ICM college in comparison to VIMIT college.

Table 34: Are you driven by a clear sense of purpose and direction in your academic pursuits?

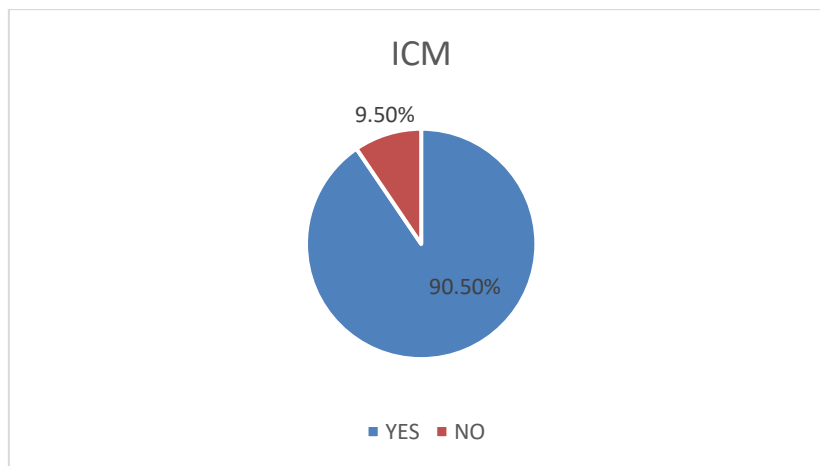
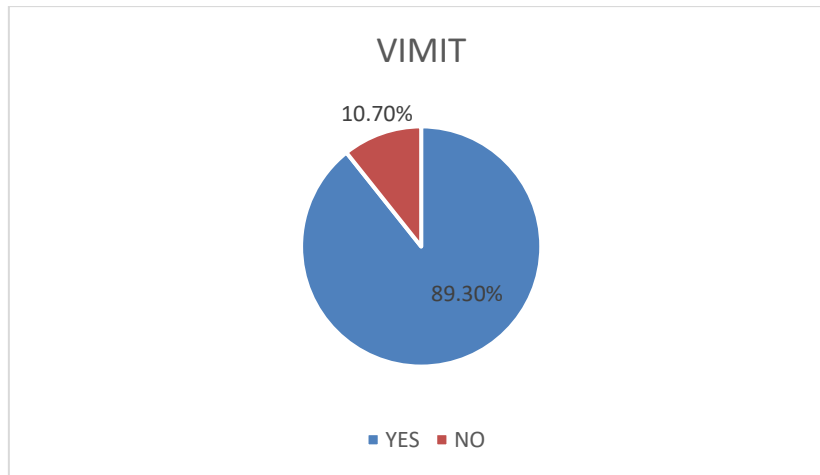
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	48	85.70%	68	80.90%
NO	8	14.30%	16	19.10%
TOTAL RESPONDENTS	56		84	



The above table shows, VIMIT college has 85.7 % of “yes” and 13.3 % “No”. on the other hand ICM college has 80.9% of “yes” while 19.1% of “No”. Surveys of students at VIMIT college and ICM college found that the majority (over 80%) reported having a clear sense of purpose driving their academic pursuits. Only a small percentage (around 15-20%) lacked this sense of purpose. Therefore, the table suggests that the majority of students at these colleges are indeed driven by a clear sense of purpose in their academic work, which is contributing to their success. Having a strong purpose appears to be a key factor enabling these students to thrive academically.

TABLE 35: Do you set challenging yet achievable goals to keep yourself motivated?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	50	89.30%	76	90.50%
NO	6	10.70%	8	9.50%
TOTAL RESPONDENTS	56		84	



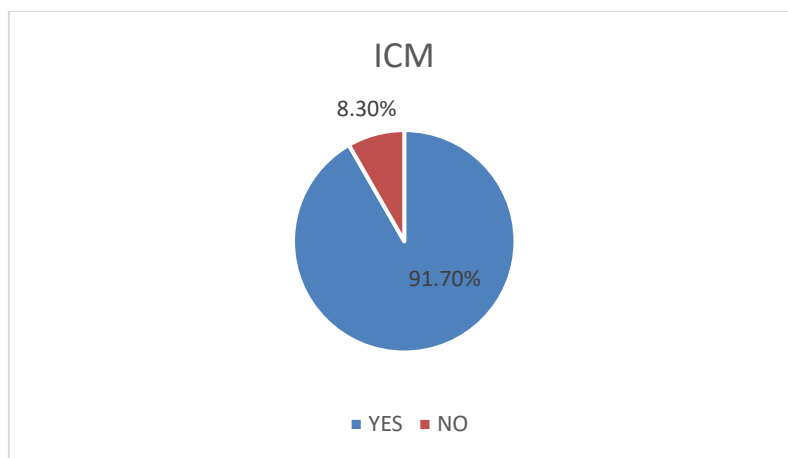
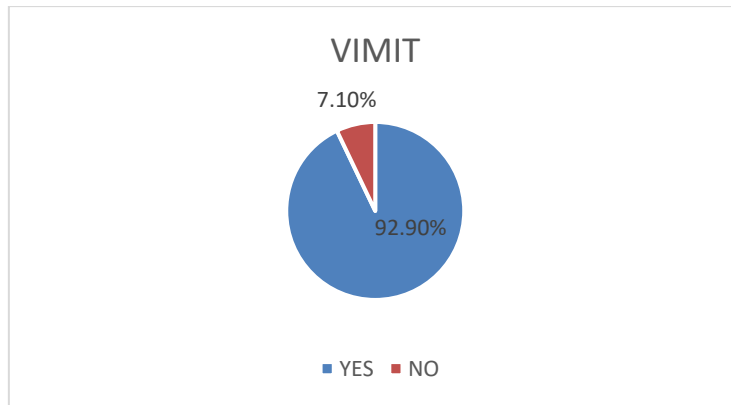
The table provided indicates that 89.3% of respondents at VIMIT college answered "yes" to setting challenging yet achievable goals, while 10.7% answered "no." On the other hand, at ICM college, 90.5% of respondents answered "yes," and 9.5% answered "no."

These shows a high percentage of students at both colleges acknowledge the importance of setting challenging yet achievable goals to stay motivated. The majority of students at both VIMIT and ICM colleges are inclined towards setting such goals, indicating a proactive approach towards maintaining motivation and achieving success in their academic endeavours.

This highlights a positive trend among students at VIMIT and ICM colleges, emphasizing the significance of goal setting in fostering motivation and driving academic success.

Table 36: Are you enthusiastic about learning and seeking opportunities for personal growth?

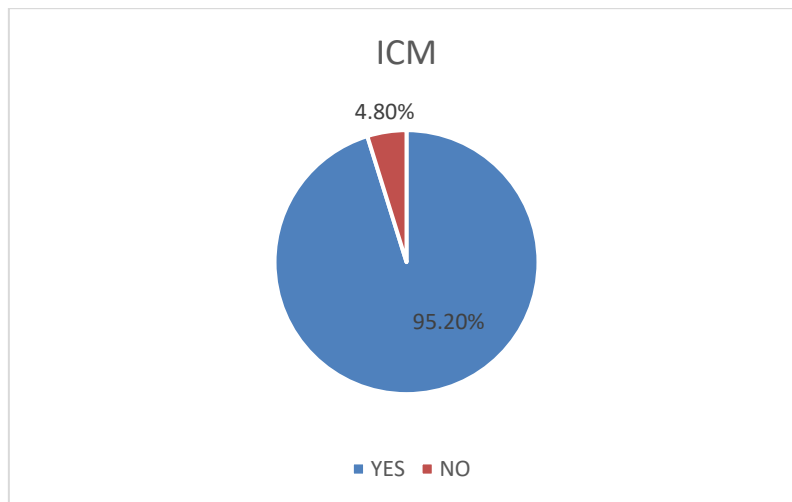
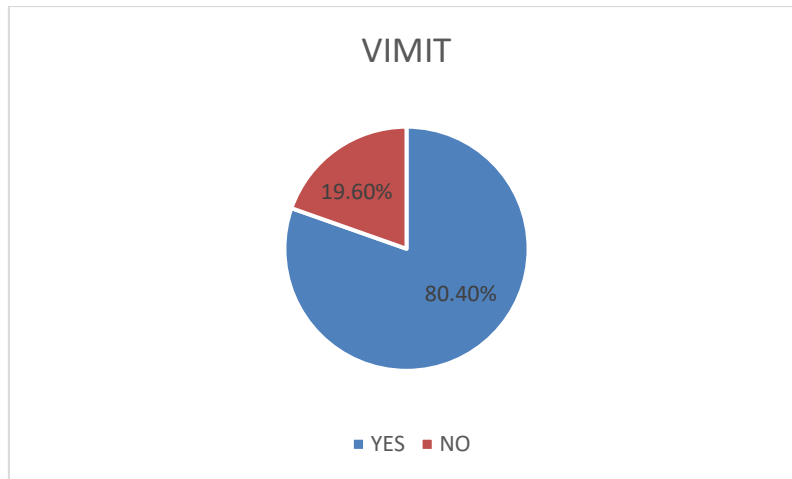
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	52	92.90%	77	91.70%
NO	4	7.10%	7	8.30%
TOTAL RESPONDENTS	56		84	



In terms of the percentage of responses, VIMIT college has a higher percentage of students who are enthusiastic about learning and seeking personal growth, with 92.9% responding positively and 7.1% responding negatively. On the other hand, ICM college also shows a high level of enthusiasm, with 91.7% of students responding positively and 8.3% responding negatively. This data indicates a strong inclination towards personal growth and learning opportunities among students at both colleges. These findings suggest a positive and proactive attitude towards personal development and educational advancement among the student populations of both VIMIT and ICM colleges, highlighting a conducive environment for academic and personal growth.

Table 37: Do you actively listen and consider others' perspectives in group discussions and collaborations?

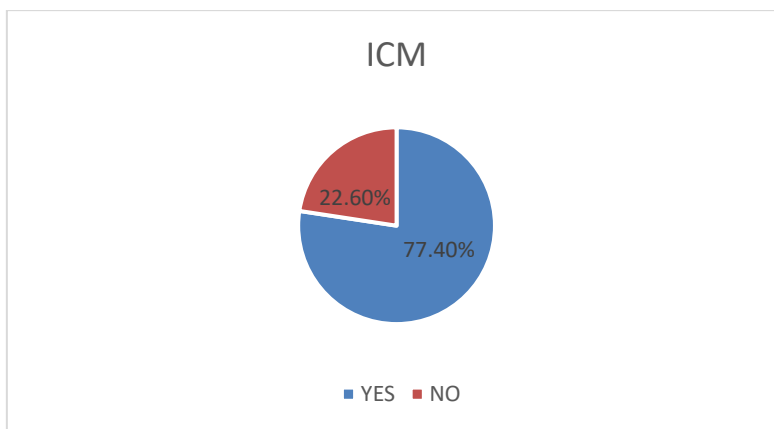
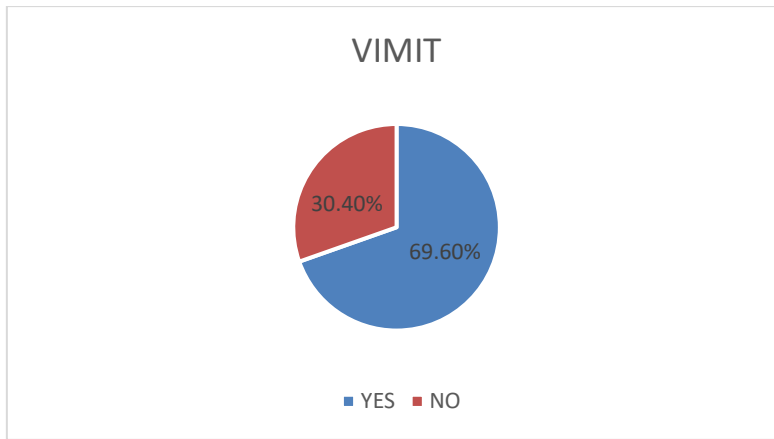
RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	45	80.40%	80	95.20%
NO	11	19.60%	4	4.80%
TOTAL RESPONDENTS	56		84	



VIMIT College:80.4% responded "yes" 19.6% responded "no". ICM College:95.2% responded "yes" 4.8% responded "no". From this, we can interpret that a large majority of students at both colleges (80.4% at VIMIT and 95.2% at ICM) actively listen and consider others' perspectives in group discussions and collaborations. The percentage is higher at ICM compared to VIMIT. Conversely, a smaller percentage of students (19.6% at VIMIT and 4.8% at ICM) do not actively listen and consider others' perspectives in these situations. The data suggests that active listening and considering others' views is more prevalent at ICM compared to VIMIT, but is still a common practice at both colleges based on the high percentage of "yes" responses.

Table 38: Are you able to effectively communicate your ideas and thoughts to others?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	39	69.60%	65	77.40%
NO	17	30.40%	19	22.60%
TOTAL RESPONDENTS	56		84	

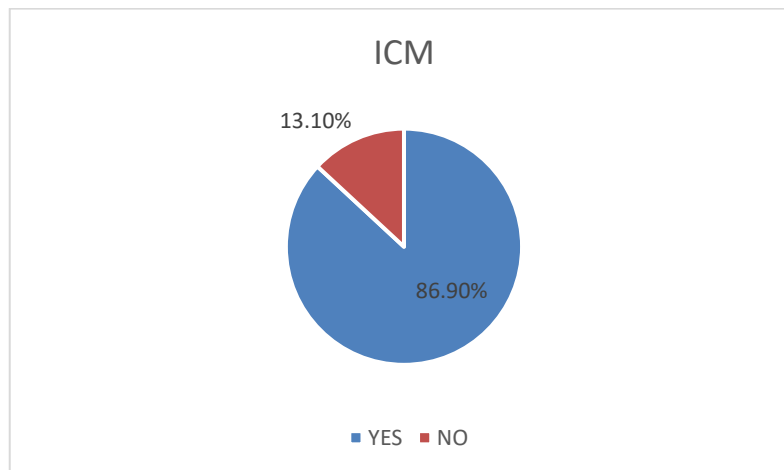
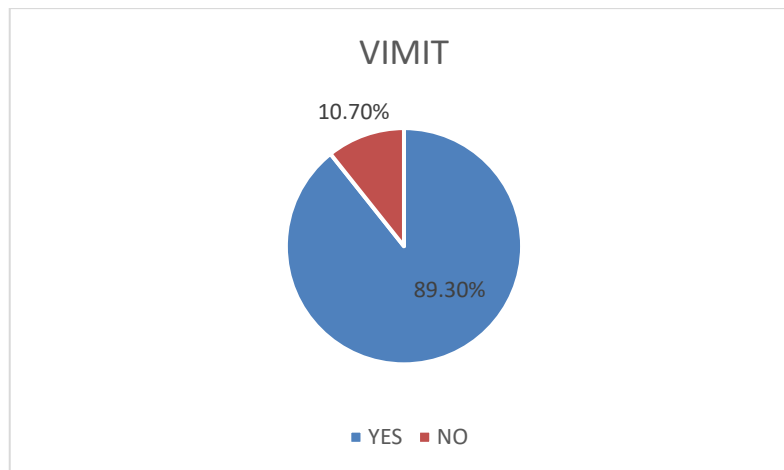


For VIMIT college:69.6% of respondents answered "yes", indicating they are able to effectively communicate their ideas and thoughts to others.30.4% of respondents answered "no", suggesting they face challenges in effectively communicating their ideas and thoughts.

For ICM college:77.4% of respondents answered "yes", implying a higher percentage of students at ICM college are able to effectively communicate their ideas and thoughts compared to VIMIT college.22.6% of respondents answered "no", indicating a lower percentage of students at ICM college face difficulties in effectively communicating their ideas and thoughts compared to VIMIT college. The data suggests that while a majority of students at both colleges are able to effectively communicate their ideas and thoughts, there is still room for improvement, especially at VIMIT college where nearly one-third of respondents answered "no". Both VIMIT and ICM colleges can work towards improving their students' ability to effectively communicate their ideas and thoughts, which is a crucial skill for academic success and future professional endeavours.

Table 39: Do you demonstrate understanding and compassion towards the feelings of your peers?

RESPONSE	VIMIT	PERCENTAGE	ICM	PERCENTAGE
YES	50	89.30%	73	86.90%
NO	6	10.70%	11	13.10%
TOTAL RESPONDENTS	56		84	



For VIMIT college: Percentage of responses in "yes": 89.3%. Percentage of responses in "no": 10.7%. For ICM college: Percentage of responses in "yes": 86.9%. Percentage of responses in "no": 13.1%. From the data, it can be observed that a higher percentage of students at both VIMIT and ICM colleges demonstrate understanding and compassion towards the feelings of their peers, with 89.3% and 86.9% responding "yes" respectively. The percentage of students who do not demonstrate understanding and compassion is lower, with 10.7% at VIMIT and 13.1% at ICM responding "no".

6. SUGGESTIONS

1. Enhance Physical Health: Implement Wellness Initiatives: Introduce wellness initiatives such as yoga, meditation, and exercise sessions to support the physical health of both students and staff.
2. Cultivate Social Connections: Encourage Student Engagement: Build a sense of community by arranging social gatherings, teamwork activities, and opportunities for volunteering to foster social well-being.
3. Develop Emotional Understanding: Provide Emotional Intelligence Training: Deliver training programs aimed at improving emotional intelligence, emphasizing self-awareness, self-control, and effective communication.

7. CONCLUSION

The study on the holistic approach in management studies, focusing on physical well-being, social skills, and emotional intelligence among BBA students of VIMIT and ICM has provided valuable insights into

the importance of integrating these aspects into the management education. The results indicate that physical well-being is positively correlated with social skills and emotional intelligence. This highlights the importance of incorporating physical activities and wellness programs into the curriculum to promote overall well-being. Furthermore, the study shows that social skills are positively correlated with emotional intelligence, emphasizing the need for students to develop strong social skills to effectively manage their emotions and relationships. The study also highlights the importance of emotional intelligence in the management education. Emotional intelligence is crucial for effective decision-making, conflict resolution, and leadership. The study concludes that a holistic approach to management education, incorporating physical well-being, social skills, and emotional intelligence, is essential for the overall development of BBA students. This approach can help students develop a more well-rounded set of skills, leading to better academic and professional outcomes. The findings of this study can be used to inform curriculum design and pedagogical practices in management education, ensuring that students are equipped with the skills and knowledge necessary to succeed in their personal and professional lives.

8. References

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