



# SPOTLIGHT

**FREE**

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Keeping you informed, the college way!



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# From the Editor

It gives me great pleasure to welcome you to the third edition of Spotlight. Since our last issue, there have been a number of exciting events and activities in the college aimed at enriching students' experience to ensure that they thrive in a stimulating atmosphere during their life in college.

These pursuits stem from the belief that schooling without fun only inspires boredom and can inhibit effective study and learning. Consequently, the college encourages students to take an active part in field trips, industry visits and other extra-curricular activities. This issue highlights all these events and activities that took place during the July 2013 semester.

The events and activities that are given prominence in this issue include the industry visits to Kapa Oil Refineries Ltd, CompuLynx Ltd, Grant Thornton Kenya and Haco Tiger Brands. Such visits are vitally important for molding students to become industry-ready professionals who can contribute to the company's day to day operations, performance and growth from day one after joining.

We also report on a range of other extra-curricular activities and events held within and outside the college, highlighting such critical events such as CFA open day, as well as soccer and cricket matches.

Also, within the pages of this issue, Mr. Nick Ongeri, the College Sports Instructor, looks at the role of college sports and recreational programmes in supporting the students' learning and college experience.

There is also some helpful advice from the Student Advisor, Jabes Kotieno, on how to deal with exam success and failure. His chief advice is, "Don't let today's disappointment cast a shadow on tomorrow's dream." In the students' corner, Aakash Mehta sheds some light into the history, origins, myths and superstitions of the Friday the 13th, a day many in western civilizations regard as unlucky.

In addition to these and more, for the first time in this publication, we have introduced an alumni corner offering professional insights and advice into a subject of choice. The opening post is from our alumnus, Nishant Mehta, who highlights the benefits of mastering the art of public speaking. With all this content, I trust everyone will find something of interest in this issue to keep abreast of the latest in the college

Last but not least, I would like to say a thousand thanks to all the contributors, as without your contributions we would have no Spotlight to keep us informed. In a special way, however, many thanks go to all our readers and future contributors from whom we expect much for our future editions.

Please send your article, query or comment to the editor. Happy reading!

Sincerely,  
Daniel Kinyanjui, Editor.  
Email: [librarian@oshwalcollege.ac.ke](mailto:librarian@oshwalcollege.ac.ke)

## Campus Resources |

For more information visit: <http://www.oshwalcollege.ac.ke>

Students have access to computer laboratories which are fully-equipped with state of the art flat screen computers. Every student has a user account for their academic and personal use.

The College has a well-equipped library whose aim is to support the academics, research and teaching in the campus. The library has a rich collection of information resources in both print and non-print formats. Web-based information resources and internet access for research and communication purposes are also available.



# Inside this issue...



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# Broadening our horizons through industry Interface

We enjoyed yet another busy semester in the college full of events and activities aimed at creating good corporate interface. Creating a good interface with industry players is a world-wide phenomenon and is fundamental particularly in educational institutions. At Oshwal College, it is a crucial factor for building a power brand, exposing students to the real industry conditions as well as connecting students to their future employers. These are key requirements for the modern training in an ever changing environment characterized by evolving job roles.

**“...the future belongs to those who keep striving towards the next horizon...”**

**- Anonymous**

Oshwal College has always been at the centre of creating an outstanding and long lasting brand that all stakeholders can associate with. Partnering with major players in the industry ranging from banks, accounting and audit firms, ICT companies as well as manufacturing companies has been the key component of our corporate interface programme that has enhanced the college’s standing in the educational sector.

Key corporate interface initiatives in the college during the semester range from lectures by invited industry stalwarts to seminars, conferences and

industry visits by students and staff.

With this kind of exposure, it’s hardly surprising that our students have earned a reputation of being among the most industry-ready professionals when they take up assignments in different organisations. These programmes have also immensely benefited our staff by keeping them up-to-date with emerging trends, events and current changes in the industry thereby helping them to keep teaching and learning in the college on the cutting edge. These events and activities have also been praised for their contribution to improving staff members’ effectiveness which in turn improves organisation effectiveness.

We are profoundly grateful to all those who contributed to the success of these events. In particular, we would like to thank the Oshwal College team responsible for organising these visits and also to our corporate partners for giving our students the opportunity to tour their facilities and learn from first-hand experience.

Much of the content in this publication focuses on the activities and events aimed at expanding our horizons through corporate interface programmes. This is indeed a testament of our commitment to the quest for new and creative ways of establishing closer links with industry for the mutual benefit of the college and the industry.

**“...the dreams of tomorrow beckon, and the world holds abundant opportunities for those who keep moving forward...” - Anonymous**



# CEOs' Power Breakfast At Oshwal College

Oshwal College organised Oshwal businesses CEOs' power breakfast meeting on November 10th, 2013 which was held at the college.

The theme of the breakfast meeting was **"The concept of Oshwal University and its relevance to Oshwal businesses as partners: a case for understanding businesses' human resource requirements, challenges in recruitment, training & retention"**. The event drew a total of 25 CEOs from different industries such as edible oil, pharmaceuticals, insurance, distribution, packaging, advisory, banking, plastics, food, retailing, footwear among others.

Among the keynote speakers were the chairman of Oshwal Education and Relief Board (OERB), Mr. Rajiv Raja, Oshwal College Principal, Dr. Amit Mittal, and the Oshwal College Chairman, Mr. Jitesh Shah.

In his opening remarks, Mr. Rajiv Raja welcomed the participants and requested all to introduce themselves. He then delivered his keynote address which, among other things, highlighted the theme of the meeting, the initiatives taken so far towards the establishment of Oshwal University, as well as the general overview of the proposed university in terms of its aim, programmes and the projected accreditation timeframe.

Dr. Amit Mittal gave a stimulating presentation on the concept of university and industry collaboration. The focus of his presentation was the current global mismatch of skills and the solution to the ever-widening skills gap, the programmes of study in the local universities, case studies of successful Indian universities against which Oshwal University will be benchmarked, as well as the university application process.

The Oshwal College Chairman, Mr. Jitesh Shah, delivered the closing remarks and offered a brief vote of thanks. In his concluding remarks, he expressed his profound gratitude to all the participants for honouring the invitation by attending the meeting and encouraged members to join the Oshwal University advisory council.

The meeting ended with a question and answer session with participants expressing their support for the Oshwal University initiative. They also gave their views on the current university training in Kenya, areas of improvement as well as the challenges they face in recruitment and retention of the right talent.

Other critical issues that emerged were: the importance of packaging the university training programmes in line with industry needs, the need for companies to introduce career paths to improve staff retention rate, and university-industry collaboration in developing the internship programmes.



# Taking the Lead in Investment Training



after candidates for investment and global finance jobs as they demonstrate high level of professional ethics, commitment to work, credibility and mastery of the current trends in the industry. Charter holders are primarily employed in investment banks, private equity firms, equity research organizations, wealth advisory companies, knowledge process outsourcing services, insurance companies among other sectors. While studying the compensation for U.S. investment professionals in 2005, Russell Reynolds Associates found that CFA charter holders out-earn their non-chartered colleagues by over 50% in all experience levels.

Oshwal College's foray into the CFA training reflects the growing popularity and demand for the CFA qualification in Kenyan finance and investments markets, as well as the College's commitment to meeting the

On 11th January 2014, Oshwal College held an open day for current and prospective Chartered Financial Analyst (CFA) students. The day served as an occasion for prospective students to learn more about the CFA Program. The Guest Speaker of the day was Ms. Sneha Mehta, CFA Charter holder and board member of East African Society of Investment Professionals (EASIP), who gave an overview of the industry and the relevance of the CFA qualifications in the contemporary market place.

Mr. Asif Noorani, a financial analyst and CFA Lecturer, gave insights into the CFA program while Mr. Solomon Mwangi, the Head of Accounting and Finance, demonstrated to the participants how to enroll in the CFA program and register for exams online.

The CFA program is a highly regarded international qualification for investment professionals and those who work in the global finance profession.

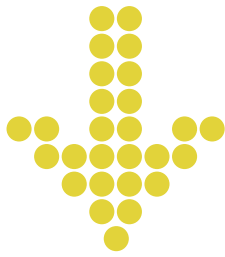
In a crowded and competitive marketplace, CFA charter holders and those who hold some significant training in CFA program are among the most sought



growing demand for first-rate investment professionals. Given our holistic approach to professional training, we look forward to producing market-ready professionals for the finance and investment industries.

***'Among the countless finance degrees around the world, the Chartered Financial Analyst qualification has become the gold standard.'* - Financial Times, 13 August 2010**





## BESTSELLER COLLECTION AT OSHWAL COLLEGE LIBRARY

The library has been adding to its collection the top bestseller fiction and nonfiction editions. These bestsellers are carefully selected from lists of outstanding new fiction and nonfiction titles published in The New York Times, TIME magazine, Forbes, and in other leading bestseller lists.

Researchers have found that reading of fiction and nonfiction books significantly improves mental skills like rational thinking in addition to boosting one's imagination, creativity and understanding. Therefore, it is vitally important to read beyond academics.

Some of the outstanding titles in our bestsellers collection include:

- **Why nations fail by Daron Acemoglu and James Robinson**
- **And the Mountains Echoed by Khaled Hosseini**
- **Built to Last by Jim Collins and Jerry I. Porras**
- **Friends Forever by Danielle Steel**
- **Inferno by Dan Brown**
- **The Cuckoo's Calling by Robert Galbraith and J.K. Rowling**
- **Born free: A Lioness of Two Worlds by Joy Adamson and George Page**
- **One day I will write about this place by Binyavanga Wainaina**
- **Eclipse by Stephenie Meyer**
- **Replenishing the Earth by Wangari Maathai**
- **Realizing the Kenyan Dream by Wolfgang Fengler**
- **The Fountainhead by Ayn Rand**
- **The Power of Small by Linda Kaplan Thaler and Robin Koval**
- **Lean In: Women, Work and the Will to Lead by Sheryl Sandberg**
- **The Monk who sold his Ferrari by Robin Sharma**

## Guaranteeing workplace safety

One of the priorities of Oshwal College is to promote safe environment in which to study and work. On 14th December 2013, Titan Fire and Security Limited conducted firefighting training in the campus. The training was facilitated by Mr. Maina, the Training Manager for Titan Fire and Security limited.

The training was aimed at equipping students and staff with hands-on experience and skills in firefighting aimed at minimizing loss of life and property in case of a fire incident. The training covered different classes of fire, types of fire extinguishers and how to use these state-of-the-art extinguishers in dealing with different classes of fire.





# PULLING - TOGETHER



*'No one can whistle a symphony.  
It takes an orchestra to play it.'*  
- H.E. Lucco

On October 19th & 20th 2013, a team building event was organised for all staff members of Oshwal College. The 2-day event was held at Sleeping Warrior Lodge and Camp. Sleeping Warrior Luxury Lodge and Camp is located within the Soysambu conservancy on the east side of Lake Elmenteita.

The aim of the event was to help relieve stress as well as to cultivate and promote team spirit among the staff members. The staff participated in a number of stimulating team building activities and exercises which helped them to know each other better and appreciate the amazing power of working as a team.





# OSHWAL COLLEGE – ICRAF ENCOUNTER

There was plenty of action as Oshwal College and ICRAF soccer teams fought their way to a scoreless draw through the 90 minutes of play at Karura Forest Grounds on 15th August 2013. The teams played a 7-aside match with regular substitutions in order to give opportunity to all players in the teams.

At half-time, the scores were still 0-0. Although ICRAF (International Center for Research in Agroforestry) introduced new players in the second half, the Oshwal College's defense proved impenetrable throughout the second half.

Special thanks go to the team which was made up of the following players:

1. Ebrahim Momin (Captain)
2. Guneev Bharj Singh
3. Simar Singh
4. Lawan Ali
5. Sunusi Abdulhamid
6. Daniel Akinokun
7. Brijesh Chhaya
8. Mohamed Ali
9. Patrick Ndegwa
10. Bavya Barot
11. Saad Khawaja





# Brightening someone's day

On Saturday 17th August 2013, Oshwal College students visited Mama Ngina children's home based in Nairobi's South C estate. The home provides institutional care and outreach services for approximately 180 children.

The mission of the home as stated is to ensure survival and protection of all children in order to enable their participation and development to their full potential. The Oshwal college fraternity, and especially the students body, is keen to see the realization of such a noble mission. During the visit, the students spent time with the children as they shared snacks, played different games and read story books. After the visit, the students were extremely happy for having spent time with these children confirming Richelle Goodrich's saying that "the reality is that doing good unto others actually does more good for you."



*"Every sunrise is an invitation for us to arise and brighten someone's day."  
- Richelle E. Goodrick*

## A DELIGHTFUL DAY AT TIGONI FALLS

In October 2013, Oshwal college students made an adventure trip to Kenya's picturesque Tigoni Falls. The falls are situated in Limuru, Kiambu County, approximately 50 Kilometers from the city of Nairobi. The falls flows against dense green vegetation giving it a spectacular beauty and grandeur. The students enjoyed the unspoilt green scenery and the amazing beauty of the surrounding tea plantations.

This trip was a great relaxing moment for students away from the hustle and bustle of Nairobi.





# Cricket team takes on INTel College & Rift Valley club

A highly enthusiastic Oshwal College cricket team sealed a deserved 70-run win over INTel College at Goan Institute grounds on 14th September 2013. In the T-20 game, Oshwal College made 188 runs in 20 overs to secure the victory. Inderdeep Singh was the most outstanding player with a total of 54 runs.



On 26th October 2013, the team travelled to Nakuru to play against Rift Valley Sports Club. The teams played two T-20 games where Oshwal College made 47 runs in 20 overs and lost by 7 wickets in the first game. However, in the second game, the team made 82 runs in 20 overs and won the match by 22 runs.

Special thanks go out to the college management, the sports instructor and the entire team for their commitment to supporting cricket in the college.



## ROAD TRIP TO CRATER LAKE CAMP

On 12th October 2013, a group of 33 students made a trip to Crater Lake Camp. Located in Naivasha town, Crater Lake Camp is built on the shores of green volcanic lake in the bottom of an old volcanic crater and is in an area with over 400 species of birds and over 30 species of wildlife which can be seen both during the day and night.

The students spent the night in the camp's pitched tents with some opting to sleep while others kept vigil at the bonfire. The next day was full of activities with students taking part in game drive, bird watching, football and environmental conservation activities. The most memorable aspects of the trip for the students were the chances to explore nature, see wildlife and socialize.





# VISIT TO KAPA OIL REFINERIES & HACO TIGER BRANDS

One of the standard practices of Business and IT degrees and diplomas is an industrial visit, which has been, and still is, a common practice in business schools and departments all over the world including the departments of Business Management and IT at Oshwal College.

The objective of such visits is to provide the students with a right blend of theory and practice and an opportunity to observe how the theoretical concepts learnt in class are utilized in a practical setting.

On 16th October, 2013, undergraduate and diploma students from the departments of Business Management and Information Technology made a trip to Kapa Oil Refineries Ltd, a private Kenyan manufacturing company which is one of the leading manufacturers of cooking fats, margarine, baking powder, laundry soaps, detergent and personal care products like luxury soaps and glycerine.

In November 2013, the same group made a visit to Haco Tiger brands, which is a leader in the manufacture of stationery, shaver products, personal and home care products, food and consumer products among a host of others.

In both visits, students benefited from exposure to future employers, networking with top professionals in the industry as well as exposure to real-world experience.

The students were greatly impressed by the hosts' hospitality and the sacrifice of the faculty members who accompanied them. They will forever be grateful to Oshwal College for organizing such exhilarating, informative and educative trips and look forward to such trips in future.





# Corporate visit to Grant Thornton

In September 2013, the College management arranged a field trip for 28 accounting and finance students to visit Grant Thornton Kenya, which is located on Muthithi road in Westlands.

Grant Thornton Kenya is a member firm of Grant Thornton International. Grant Thornton International is one of the world's leading organisations of independent assurance, tax and advisory firms.

The visit started with presentations by three Grant Thornton staff members. Mr. Kamal Shah, the Managing Partner, gave a presentation on the company's operations, employment opportunities, recruitment and selection and finally closed his presentation with a motivational talk.

After the talk, students were served with refreshments after which they were split into groups and taken for a tour of Grant Thornton's offices in order to get a glimpse of how the world-class firm operates. The visit offered students the chance to interact with top-notch professionals in accounting and advisory services.



## ICT Students Visit CompuLynx Ltd

CompuLynx Ltd hosted Oshwal College IT students on their industrial visit on 11th October 2013. The students were privileged to learn about IT Solutions such as e-Campus for Universities, e-Verification for Banks & e-Voucher for NGOs. Through such visits, students gain practical skills which they cannot learn in a classroom environment to broaden their professional knowledge.

CompuLynx Ltd is privately owned IT Company that provides world-class ICT solutions to the major sectors of the economy such as retail, education, banking, finance, Insurance, government and manufacturing.

The students were greatly impressed by CompuLynx's hospitality and the sacrifice of the faculty members who had accompanied them. They were also enormously grateful to Oshwal College for organising such an exciting, informative and educative trip and look forward to such trips in the future.



# THE BIG TREND? AFRICA IS ON TREND

By Oresti Patricios

The world is going gaga over culture, design and art from Africa, but back here on the continent we're innovating exciting solutions to uniquely African challenges. Which is making everyone outside the continent think: "Will the next Google come from Africa?" Here are my thoughts on the four biggest trends related to Africa:

## ● Hello online retail

The last time I was in Lagos, Nigeria, I was gridlocked on the way to the airport to catch my flight out of the city. Small motorbikes buzzed between the stationary cars and it was only by hopping on one of these, and abandoning my taxi, that I made my flight.

Sitting in SA one underestimates the impact of easy access on consumer behaviour. In Nigeria's capital, shopping has become a nightmare because the traffic's so insane. Say hello to Jumia (found online at Jumia.com), which calls itself 'the biggest online shopping mall in Africa'.

Jumia started in Nigeria mid-2012 with little more than a warehouse in Lagos. Today it has 500 staff and 150 delivery bikes (they cut through traffic, remember). Jumia promises to deliver nationwide, guarantees products, and has a smart delivery system, which is probably why the service has grown rapidly and is now also available in Ghana, Egypt, Morocco, Kenya and Côte d'Ivoire.

Nigeria has a population of some 170 million and its GDP has been rising steadily - it is Africa's third richest country behind SA and Egypt. As the desire for quality products and retail services grow in Nigeria, and other wealthier African territories, online shopping brands that fulfil this need will too.

## ● Art, culture & design - The future is African

It was once a factory producing parts for the mining industry. Then the building and surrounding area in Johannesburg fell into disrepair. But if you go to 281 Commissioner Street today you'll find the continent's first Museum of African Design (or MoAD), which stands as a symbol of the continent's coming of age from a cultural and design perspective. As The New York Times says in an article this November in its Art & Design section, The Future Is African. The piece in question announces 'The Shadows Took Shape' - a contemporary art exhibition of aesthetic Afrofuturists that's taken New York by storm.

Back on the continent, a strong force for championing art in Africa to the world is the Kenyan born Jepchumba, a cultural curator and digital content creator with a large global following.

Jepchumba is the founder and creative director of African Digital Art, a collective and creative space where digital artists, enthusiasts and professionals seek inspiration, showcase their artistry and connect with emerging artists. Singled out as one of the 20 Youngest Power Women in Africa by Forbes and hailed as one of the Guardian Africa's

Top 25 Women Achievers, Jepchumba tours the world speaking about how technology affects culture.

African movies have also made a massive breakthrough globally, thanks to IrokoTV which is often referred to as the Netflix of Africa.

The diaspora sees millions of Africans placed around the world, and IrokoTV is feeding their hunger for Nigerian and Ghanaian movies, and in the process has resurrected the movie industries in those countries.

IrokoTV opened its Johannesburg office in November 2013. The streaming online movie service was launched in 2011 and has grown at lightning pace - today IrokoTV has more than six million users in close on 180 countries across the world, and the platform delivers well over 200 million minutes of content monthly.

Wherever you look there's ample proof that design, art and culture from Africa are hot. Whether it's Will & Jada Smith's championing of Trevor Noah to Fox for Noah's own talk show; or the rise and rise of UK designer of Ghanaian descent, Ozwald Boateng OBE, when it comes to culture, art and design, all eyes are on Africa. And cultural natives from Africa who are taking their talent to the rest of the world are owning it.

## ● African technology that solves African problems

One of the big issues that farmers in Africa face is scale - this continent is so vast that at times a lack of connectivity means knowledge isn't always a click away.

But for small-scale dairy farmers an innovative new app was created a couple of years ago by Su Kahumbu, a Kenyan farmer. Called iCow, the solution offers valuable information and support to dairy farmers. It advises about the latest prices, and keeps records for farmers of gestation periods or livestock lineage (to avoid inbreeding).

iCow is one of a host of inventive new technologies which shows how people in Africa are plugging the gaps, and creating solutions to social challenges using technology.

In Africa some of the biggest technology trends are apps, software and other innovations that help people. Other great examples of this are: the Cardiopad, which was created by a twenty-something engineer from Cameroon called Arthur Zang; MPesa, the payment solution everyone's talking about; and Inye, a tablet that's connected to the internet via a dongle that retails for a mere \$340. And then there's mPedigree, the innovative solution that's literally saving lives. A mobile and web platform, mPedigree enables people, regardless of their educational background, income or status, to instantly verify the efficacy (and safety) of medicines they purchase.

## ● Africa's smartphone surge

Once upon a time Africa was considered the continent for 'dumb' phones, and smartphones were the mobile devices

*Continued to page 15*



Continued from page 14

that proliferated in the US and Europe. As Jimmy Wales, the founder of Wikipedia found out when he came to the continent recently, that's a fallacy. "What I always thought about mobile in Africa... is this [smartphone adoption] is coming in the future - in the future someday," Wales told TechCrunch. "Well the someday's happening faster than I ever realised."

The big disruptor in this market is the affordable smartphone. Chinese mobile manufacturer Huawei recently brought out an Android-powered 3G smartphone which retails on the streets of Kenya for \$50. Needless to say, Wales now has one of these in his pocket. And so do well over 300,000 Kenyans who've invested in the mobile handsets.

"If you go and you take a look at the numbers [of smartphone adoption in Africa]... the upward trend - obviously it's

still a very small penetration - but that upward trend is there really strongly. If you look at the total bandwidth into Nigeria, for example, it's skyrocketing," Wales told TechCrunch.

What this means is the growth of a new generation of users who will become tech makers and creators - not just users. Watch out for Africa's app explosion, and possibly the global 'next big thing'.

*Oresti Patricios is the CEO of South African-based OrnicoGroup <[www.ornico.co.za](http://www.ornico.co.za)>*

*This article has been reprinted courtesy of <<http://www.bizcommunity.com/>>*

# Exam success and disappointment

By Jabes Kotieno, Student advisor



At times it can be very hard to foretell the result of your exams. This is perhaps because; exams are possibly one of the most dreaded things in education for students. Whether a student is confident in their abilities in their chosen subject(s) or not, exams can often both predictably and unpredictably bring out the best, and the worst, in a student.

## DID YOU PASS?

If your exams results have gone exactly according to your hopes and you've got good grades, first of all celebrate your success! Congratulations! You have achieved your objectives and you should be rightly very proud. However, once you've done that, here's a wee word of warning. Don't rest on your glories. I advise you to start preparing for your next success now and make sure you get the new academic semester off to a great start.

## DID YOU FAIL?

In the event that the worst does occur and you failed in your exams, I know it is one of the most devastating experiences for you as a student, especially when you were not expecting to fail your exams.

Of course overcoming the initial disappointment might seem tricky but the sooner you start focusing on your next steps the sooner you will start to quickly move forward and feel better.

One way to cope with exam failure is to talk to people. Talk to your family, talk to your friends, and discuss the options you can take now that you've had your exam results back.

One thing you must remember is that failing your exams

is not the end of the world. Exam failure is one of the many hurdles you'll have to surpass in your life, and there are always possibilities to learn and rise above failure. In any case, I'm sure most of you have heard the saying 'failure makes you stronger'. Funnily enough, it really does. It gives you an understanding of what it means to fail, to lose, to receive a negative outcome that you may not have expected to get.

You should never let exam failure force you into believing that you now can't achieve any of your dreams. Definitely, some things will be challenging to reach, but that doesn't make them unreachable. Failing exams doesn't make you any less of a person, any less intelligent, or any less able to achieve what you want to, than those who may have gotten better results in their exams than you.

*The most important thing to remember in such a situation is to remain true to yourself; remember who you are, what your strengths are, what you are capable of doing, and what you want to do, and you will get there.*

You can take hundreds of tests; do hundreds of projects and assessments. You might just fail that one test out of those hundreds.

But did you know that, if you keep dwelling on the failure, if you let it get control of your life, you're going to start thinking negatively. And that's going to make you fail more!

Therefore, *"Don't let today's disappointment cast a shadow on tomorrow's dream."*

# Sports and Recreation in College

By Nick Onger, Sports Instructor



The purpose of campus sports and recreation is to provide a wide variety of recreational experiences and opportunities for students, faculty, and staff. In our college, sports and recreation's primary goal is to serve students; thus, a great deal of the activities and programs revolve

around students' interests. Students, faculty, and staff participate in sports and recreation activities to have fun, maintain healthy lifestyles, and socialize. Leisure activities also assist with relieving stress and enhancing both mental and physical health

The recreation and sport centre recognizes the need to develop our students' broad knowledge and skills base across all areas of recreation and sport. The programme endeavours to develop the students' character through the core principles of dedication, innovation, commitment, integrity, respect, self-esteem, courtesy, determination and sportsmanship. By offering students a sporting pathway, we are recognizing and developing their ability to pursue their sporting interests, whilst obtaining suitable academic qualifications that may lead into a range of further and higher education qualifications or career opportunities.

Sports and recreation provides the catalyst for community gatherings, from small functions to major events, where people play, talk and share experiences. Importantly, it has a positive effect that reaches many levels of our society.

In short, sport and recreation creates social capital. This is important because "places with high levels of social capital are safer, better governed and more prosperous, compared to those places with low levels of social capital".

It has been obvious that people are well aware of the high levels of obesity and related diseases in their com-

munities, and want to get healthier. Sports and recreational activities play a significant role in the health of individuals by encouraging physical activity, providing people contact with nature and each other, and improving environmental quality which ultimately affects health.

Sports help one to build their self-esteem. When young people feel good about themselves they operate more effectively and productively in our communities, families and schools. Adventure programs teach the importance of trust, appropriate risk taking, supportive social interaction and personal challenge while creating valuable life long memories.

Students develop social skills, problem solving skills and creativity through the experiences that they encounter. The best opportunities are those that are planned and supervised. Physical activity is intellectually stimulating and enhances the learning process and the development of cognitive skills. Leaders are also trained, developed and nurtured through leisure organizations such as teen clubs, camps and programs

All in all, the mission of the department of Sports and Recreation is to provide quality recreational opportunities which aid and encourage a healthy lifestyle to the Oshwal College fraternity. To accomplish this goal, the department strives for excellence in sports and recreational programs, services and facilities and promotes their contribution to one's well-being. Our department is proud to support holistic student development.

**“Physical activity is intellectually stimulating and enhances the learning process and the development of cognitive skills”.**





# The Superstitious Day

By Aakash Mehta, ACCA Student



Friday the 13th is a phenomenon a real wonder in everyone's mind. What is it and why is it a superstition?

## The history of Friday the 13th:

Statistics from the Stress Management Center and Phobia

Institute, North Carolina, show that nearly 21 million people in the United States are mortified by the fear of "Friday, the 13th". In fact, the statistics go on to reflect a gross loss of 800 to 900 million US dollars, recorded almost every year on that particular day, affecting all kinds of businesses. But before you freak out, relax! It is just another day-date combination.

In Roman mythology, Friday or the 6th day of the week was allotted to the beautiful, yet vain Goddess of Passion, Venus. When the Scandinavians started to follow the Roman way of naming days, Venus, was translated to Frigga or Freya, as per author Charles Panati. 'Friday' is an obvious derivation of the name of this Goddess. But with the adoption of Christianity by the Norse-Germanic tribes, Frigga was ostracized and forced to live on a lonely mountain summit. She was also declared a witch as her pet was a black cat. Belief has it that the scorned Goddess convoked a gathering every Friday, with 11 other witches and the Devil to disrupt human life for the coming week. Due to this theory of the meeting of the witches' coven with 13 members, Scandinavians referred to Friday as 'Witches' Sabbath' for centuries afterward.

## The Unlucky 13....

The modern world, clubbed with other events, related incidentally and accidentally to either 13 or Friday, has had certain remarkable manifestations. Read on to find out more.

- The deadliest associations with number 13 are the facts that there are 13 stairs leading to the gallows, the blade in a guillotine fell from a height of 13 feet and a hangman has 13 knots in a hangman's noose.
- In numerology, the number 12 is considered to be a well-rounded and all encircling number. It is, therefore, that a clock has 12 numbers, a year has 12 months, and there are 12 zodiac signs. Mythology illustrates 12 Grecian Gods atop Olympus, 12 tasks of Hercules, 12 Israeli Tribes and 12 disciples in the innermost circle of



Jesus, to spread the good news.

The 32nd President of the United States, Franklin Roosevelt never traveled on a 13th and refused to have a meal with 13 people at the table.

- The Friday the 13th mini-crash refers to the US stock market crash that occurred on Friday, October 13, 1989. The crash was apparently caused due to a chain reaction in multiple layers based on a news report about a deal worth \$6.75 billion of U.A.L Corporation.
- The 13th card in a deck of tarot cards stands for death showing the Grim Reaper or a skeletal figure mounted on a horse. However, the interpretation of this card is generally related to loss, end of an era or change rather than death itself.
- 90% of American skyscrapers do away with floor number 13, according to reports by the Otis Elevator Company, the world's largest elevator manufacturers.
- The Universal Studios located in California does not have a studio number 13. Similarly, there's no 13th gate in the Fresno Airport in the state.
- The Mercedes-Benz carrying Princess Diana and Dodi Al-Fayed had hit the 13th pillar of Pont de l'Alma at a speed of 105 km/h, resulting in the death of the Princess of Wales and her beau, the night of 31st August, 1997.

• In spite of being extremely superstitious about 'Friday the 13th', the British Navy had once ventured into making a ship with the same name. Incidentally, the vessel set sail on the much dreaded date as well. As ill luck would have it, all contacts were lost with it a little after it left the dock for the very first time.

The question is, "Do you feel the same about Friday the 13th?"

# Effective Online Information Searching

By Jay Vinod Dodhia, ABE Student

There is huge amount of information on the Internet but only a very small percentage of this information is relevant.

While many people know how to type a search term in Google or a web browser, they may not appreciate that there are tons of other ways to search for the same information. Knowing how to effectively search for information can make an enormous difference in terms of the quality and relevance of the information you find on the Internet. However, this takes a bit of expertise to increase the chances of getting the exact information you are looking for. You can become a smart searcher and a minimal time-waster by following the following tips:

- **Choose your search terms carefully.** Use of the most specific terms always yields the most relevant and useful search results.
- **Addition of more terms/words to narrow your search.** If you are doing research, you will certainly need more specific information which is only possible if you narrow your results. There is a big difference between "Dogs" and "Basenji Dogs in Africa".
- **Use synonyms!** If you can't find what you are look-

ing for in the internet, perhaps it's the high time you try words that mean the same thing or are related in one way or the other. For example, if a search for "Business in Africa" does not yield satisfactory results, you can try using "Commerce in Africa"

- **Make use of quotation marks.** If you are using google or any other top of the range search engine, inserting quotation marks around group of words will direct the search engine to look for those exact words, strictly in the same order you have typed them. This is especially helpful if you are searching for the title of a book, song or movie.
- **Writing the word "site."** If you type the word site: (followed by full colon) after your search term and before the Uniform Resource Locator (URL), the search engine will search only within the specified website. For example, "Jewish life site: chabad.org" will give you search results only within Chabad's website.
- **Add an en dash.** Adding an en dash/minus sign before any word, without any space between the word and the dash, shows that you don't want those words to appear in your search results. For instance, "Venus -goddess" will likely give you information about the planet, but not the goddess.

## Popular Quotes

"To accomplish great things, we must not only act but also dream, not only dream, but also believe."-Anatole France

"The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work." - Oprah Winfrey

"When you live for a strong purpose, hard work is not an option. It's a necessity"-Steve Pavlina

"The best of all things is to learn. Money can be lost or stolen, health and strength may fail, but what you have committed to your mind is yours forever."-Louis L'Amour

"He who knows nothing is closer to the truth than he whose mind is filled with falsehoods and errors."-Thomas Jefferson

"Your time is limited, so don't waste it living someone else's life. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition... Stay hungry. Stay foolish."- Steve Jobs

"If you want to improve, be content to be thought foolish and stupid."-Epictetus

"A man can succeed at almost anything for which he has unlimited enthusiasm." - Charles Schwab



# The Perks of Public Speaking

By Nishant B. Mehta, Oshwal College Alumnus



**Alumni**  
Keeping in touch

**Oshwal College  
Alumni Network...**  
connecting former Oshwal College  
Students from different countries  
around the world.

Our life is full of spectacles and surprises. You will however have noticed that people who have control over their words usually make the most out of it.

The most common example of people who do this is politicians. All of them seem to have the necessary "Public Speaking Skills". They are certainly very good speakers who have gained the ability to persuade, to inspire and to motivate people.

The truth of the matter is that for you to gain control over your life, you need to take control of your words. Your words can determine your life or death, promotion or demotion, a relationship or a breakup. Your words may motivate or demotivate. They may bring happiness or sadness. They may help you make a choice. This single choice can change your life. At the end of the day you are responsible for what you say.

Remember words once spoken cannot be taken back. The power of speech is one of the most powerful means of doing anything. I want you all to know the major benefits of effective public speaking:

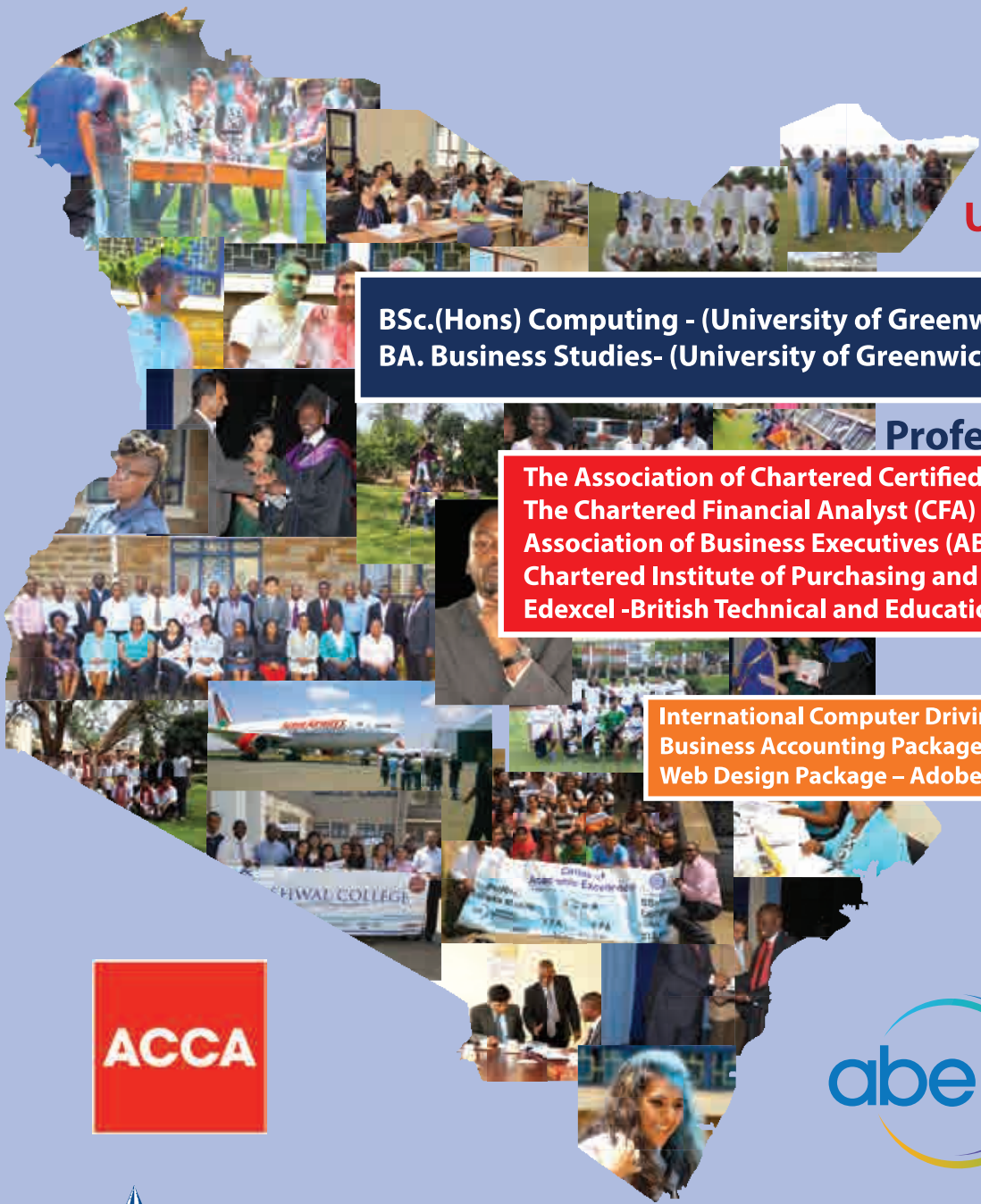
1) Confidence – Getting to learn public speaking skills has enabled lots of people to gain immense confidence and a lot of self-esteem. It brings personal satisfaction and success.

2) Business Edge - In business, you need an edge. Public speaking skills will move you into a different league. Your colleagues may be technically brilliant, they may have strong ideas, and they may have good people skills. Yet the person who can speak well in front of a group putting across their point of view powerfully and persuasively will outstrip others – all the time. Being able to speak in public is one of life's unfair advantages. All you have to ask yourself is do you want this sort of unfair advantage to help you in your career?

3) Social - Being good on your feet, speaking in front of others is one of the easiest ways to increase your group of friends, acquaintances and general influence. Whether you are a member of a golf club or are an organizer of a charity event, you will find yourself called upon to speak. Instead of dreading it, learn to love it and improve your social standing at the same time.

4) Family – You can't avoid this one. At some time in your life you will be asked to speak up. Whether it is at the wedding of a daughter, the christening of a child or even a birthday party, you will be expected to say a few words.

Public speaking helps you bend your words and use them to a greater effect. It is a wonderful skill that should be mastered by all. It gives immense confidence and builds your character. You also develop persuasive and inspirational skills which are very useful in the world that we live in. Join a public speaking club at your college or an international club like Toastmasters and use the power of words to change your fortunes and your life.



## Undergraduate Programmes

**BSc.(Hons) Computing - (University of Greenwich UK)**  
**BA. Business Studies- (University of Greenwich UK)**

## Professional Courses

**The Association of Chartered Certified Accountants (ACCA)**  
**The Chartered Financial Analyst (CFA)**  
**Association of Business Executives (ABE)**  
**Chartered Institute of Purchasing and Supply (CIPS)**  
**Edexcel -British Technical and Education Council (BTEC - IT)**

## Short Courses

**International Computer Driving License (ICDL)**  
**Business Accounting Packages – Tally and QuickBooks**  
**Web Design Package – Adobe**



Association of Business Executives



ICDL International Computer Driving Licence



**“Free transport to and from town and other routes”**  
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