

The 2013 Graduation



First Words

Hello and welcome to the second issue of SPOTLIGHT; the official newsletter of Oshwal College.

This issue represents our ongoing commitment to keep you abreast of the diverse events and activities of Oshwal College fraternity. As we promised in our maiden issue, this newsletter is a continuing work in progress and, as such, will frequently be reviewed in line with your recommendations for improvement. I am particularly pleased to note that the editorial team received useful feedback from readers which has helped us to come up with an even better publication.

The Oshwal college graduation ceremonies are very highly anticipated occasions as they mark a new beginning in the lives of the graduating students and give the college fraternity the opportunity to celebrate the students' accomplishments alongside their families and friends. In actual fact, the ceremonies are among the most significant days in the college datebook and are also the liveliest. Consequently, the main focus of this issue is to present the highlights of the college's last graduation ceremony which was held on 28th of April 2013 in the Dinesh and Mahesh Chandaria Auditorium at Oshwal Centre, Nairobi.

Also inside this issue, there are plenty of diverse and fascinating articles from our own students, staff and guest contributor covering a wide range of topics and presented in the form of motivational pieces, news, perspectives, and quotes among others.

I hope that you will enjoy reading this issue and would appreciate if you would contact us with any new ideas or queries. I also hope that you will continue to use SPOTLIGHT as your primary source of the most up-to-date information about all that is happening within the college and its environs.

Finally, thanks to all the contributors for their timely submission of good articles, to the editorial team members for their dedication, meticulousness and for acting as sounding boards for new ideas, to the college management for the support and encouragement, and of course our readers for their continued support and interest in our newsletter. Happy reading!

Sincerely,

Daniel Kinyanjui
Editor.

Email: librarian@oshwalcollege.ac.ke

Oshwal College Staff



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2013 GRADUATION



Graduating from a college marks a new beginning in the lives of the graduands and is considered a big step toward a brighter future. Therefore, graduations are momentous ceremonies where students, families, friends and the school fraternity gather to commemorate the journey they have all travelled together as partners since the beginning of the student's education. It's usually a fun-filled day with graduands receiving accolades for their accomplishments and posing for photos with their loved ones, family members, friends and colleagues so as to keep a record of the achievements for future remembrance.

The fifth edition of Oshwal College graduation ceremony, which was held on the 28th April 2013, opened to a fully packed auditorium at Oshwal Centre where 130 graduands were honoured with degrees and diplomas in the presence of their families, friends and invited guests.

The ceremony was graced by Mr. James Mworira, the CEO of Centum Investments Limited, who was the chief guest, office bearers and members of Oshwal Education and Relief Board (OERB), office bearers and members of Oshwal College Management Committee (OCMC), office bearers and members of Visa Oshwal Community (VOC), representatives of Oshwal Academies Nairobi, PKF East Africa, I&M Bank, ACCA, ABE, ICDL, BTEC, British Council, and a host of

other guests from the corporate world. In his Speech, Mr. Mworira advised and encouraged the graduands never to ignore jobs no matter how small they may seem, but to embrace them enthusiastically and use them as springboards for greater careers.

Speaker after speaker congratulated the graduands for their achievements and parents for supporting their children, and encouraged the graduating students to go forth into the world with courage and determination and aspire to always leave a mark of excellence in whatever they do.

After the speeches, graduands were conferred with degrees and diplomas. Awards were also given for top performances in academics, participation in students' co-curricular and extension activities, long service and exemplary student

mentorship.

Also during the occasion, the graduation souvenir, Reflections, was launched. After the ceremony, all the guests and attendants were treated to an evening of excellent food and refreshments.

We Congratulate the graduands and all award winners for their remarkable achievements, parents for being there for their children, staff for their selfless dedication, and OERB and OCMC for their support, guidance, encouragement and inspiration.

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where to go."- Dr. Seuss

ABE Graduands



ACCA Graduands



BA Business studies Graduands



Staff Long Service Awards



BSc - Computing and BTEC Graduands



Co-Curricular & Students' Extension Activities Awards



Exemplary Student Mentorship Awards



Outstanding Academic Performance Awards



Students Performances during Graduation



A Visit to Mt. Longonot



Team Building Session



Cricket Team in Nakuru



The 5th Graduation Ceremony's Chief Guest



Mr. James Mworia
CEO Centum Investments Ltd

“Embrace all Job opportunities enthusiastically and use them as springboards for greater careers...”



The College Management invited Mr. James Mworia to grace the 5th Oshwal College Graduation Ceremony as the Chief Guest. The entire Oshwal College fraternity considers it a great honour and privilege to have had him come and share his wisdom with the graduands and also give meaning to the entire occasion. Indeed, great thanks to him for finding time in spite of his tight and busy schedules.

A Short Profile

James Mworia is the CEO of Centum Investment Company, the largest listed investment Company in East Africa. He was named Africa Young Business Leader of the Year 2011 in the inaugural All Africa Business Leaders Awards and Forbes named him one of the Top 10 under 40 young power men in Africa.

Besides being a trained lawyer, Mworia also holds the prestigious CFA charter, is a Certified Public Accountant and Chartered Management Accountant.

Mworia started out as a Management Accountant at Centum in 2001. He went on to serve as the Head of Investments between 2005 and 2006.

Prior to his appointment as Centum Chief Executive in October 2008, Mworia was the head of investments at Trans Century Limited, a large investment firm.

As a testimony to the outstanding talent he brings to the table, Mworia has since his appointment as the chief Executive of Centum increased the shareholder wealth by 114% to USD 160 million and embarked on an ambitious geographical expansion plan that has seen the company venture out of Kenya to the rest of the world while engaging in a new line of business such as Real Estate & Infrastructure.

Mr. Mworia represents Centum as a non-executive director on the Boards of UAP Holdings Ltd., Nairobi Bottlers, General Motors (GMEA) and KWA Holdings Ltd.

He is married with two children and enjoys a game of squash in his free time.

RESOLUTIONS OR RE-SOLUTIONS?



We are pretty vulnerable as human beings! In order to feel better we get ourselves into some interesting spaces and often at times find ourselves up against a wall. Every end of the year offers an escape from those corners that are narrow and suffocating. We all know what I am talking about as there is not a single human being that has not found themselves compromised. Let's call stuff as it is....addictions, negative behaviour, lack of self-control, greed and the list goes on endlessly ...convincing ourselves that another week, another mouthful, another partner will make it different. We watch ourselves, from the corner of our own eyes, and distort the images, lest we actually recognize and catch ourselves. Hence when someone comes up to us and faces us squarely towards the mirror and says 'look at you' we flee from ourselves like the enemy at war.

Let's get REAL people!!! How long can we go on ignoring the fact that we do not have to wait until December 31st to make resolutions! Re-Solutions as I prefer to call them are at our finger tips at the beginning of each day. As the Sun rises we have the potential to make different choices which would then mean that we have to face our little gnarly gremlins that keep shuttling off where we cannot see them into the darkness of the night. These little mischievous gremlins live with us. We house, feed, grow and actually listen to their convincing little destructive voices that tell us not to stop when one has had far too much to drink, eat,

spend, gossip and and and...

Suddenly come the end of a year and we half-look at ourselves and decide we need to make some shifts and changes. Out come the fancy notepad and pen and we go into the land of reflection and creation.

Page 1 – New Year's Resolutions

Page 2 – Objectives and goals

Page 3 – Wish list

Page 4 – What I want in my partner

What we do not realize is that we have the same 24 hour clock each and every single day and we keep adding more to our lists of endless lists burning a hole through time. We want to be more, do more, have more, say more, feel more, and yet we cannot actually do that until we make 'SPACE'!

So before you add a list to your last year's unmet list of Re-solutions please do yourself a favour and start by taking stock of your life right here right now!

Page 1 - What does your life look and feel like?

Page 2 – List the people in your life

Page 3 – Ask yourself WHY you set the objectives you set?

Page 4 – What REALLY matters?

Page 5 – Elimination of people, things, habits, behavior and remnants of the past

Page 6 – Resolutions towards genuine outcomes

Page 7 – How will you add some fun (without a tot of something) to your life!!!

Now that would be a different way of re-assessing and re-aligning your life! You may decide to change your favorite colour, or end some unhealthy relationships, or give away all that stuff you buy and do not use to someone who would actually need or use it? The possibilities are endless when you start making and creating 'SPACE' in your life. I assure you that no matter how simple this sounds it is quite a challenge in that it will make you see yourself in a whole new way. Not wanting to give up those lovely gifts locked away for 9 years, not wanting to part with those clothes that fit over 5 year ago, not wanting to say goodbye to familiarity that sucks on your blood like a leech? Ouch!! Who said I needed to agree with this mad way of doing things? It would be so much easier to go back to the other way and stick to the comfort zones.

Sorry buddy, it does not work anymore and I challenge you – are you capable of doing it differently to make a REAL DIFFERENCE??

By Tazim Elkington - The Indian Black Butterfly!

www.tazim.net

New Team Joins the Fraternity

We are pleased to welcome four new staff members to the Oshwal College fraternity. In the administration department, Nick Ongeri joins as the Sports and Recreation Coach while Serah Njuguna joins as personal assistant to the Principal. In academics, Robert Sabuni and Joseph Sila have joined as lecturers in the departments of Information Technology and Business Management, respectively.

Oshwal College congratulates them for being offered the positions and pledges to support them as they go about the challenges of contributing to the building of a world class institution of higher learning. We wish them all the best in their new roles. Keep the fire of Oshwal Burning!



Mr. Robert Sabuni



Mr. Nick Ongeri



Ms. Serah Njuguna



Mr. Joseph Sila

New Student Advisor



In early this year, Jabes Kotieno-a lecturer in the department of Business Management -was appointed as the new student advisor. Jabes joined the college in July 2012 and has a wealth of professional and educational experience in Education and Business Management. His background includes a Bachelor's degree in Education, Master's degree in Business Administration and training in counseling.

"...My experience from other institutions is enormous and I hope to bring to the table the best I can"

Having worked at other first-rate colleges, Jabes says he is eager to take up the new role and defines his philosophy as being about putting students first, focusing on the best possible academic advising, and providing interactive and engaging instruction and training.

"My experience gained from other institutions is enormous and I hope to bring to the table the best I can," Says Jabes. He adds that his office will provide academic assistance and individualized attention to promote each student's success in the college. He also promises to share knowledge, experience and insights that are beneficial to the students. To you students, you have a sage ready to listen to all your concerns and chat a way forward for you. So, make a point of using the services of the advisor whenever you need any assistance.

ACCA Conference 2013 Nottingham, UK.

Early this year, ACCA hosted their annual Global Learning Providers' Conference in Nottingham, United Kingdom, and Oshwal College sent along the Deputy Principal, Mrs. Jayashree Prathap. This conference avails an opportunity to the participants to network with representatives from ACCA approved training institutions, staff of ACCA and Oxford Brookes University and approved publishers of ACCA study materials. Also, the participants have the privilege of meeting and speaking directly with ACCA Examiners. The vital knowledge and information gained from these sessions are shared with our other lecturers for the benefit of our students.



Mrs. Prathap (right) with Ms. Clare Michington, Executive Director, E-learning, ACCA

Pedagogical Training

The Department of Educational Management, Policy and Curriculum Studies of Kenya University conducted Pedagogical Training for all Oshwal College Academic staff on 14th June 2013. The aim of the training was to build the academic staff's capacity to deliver knowledge to the students particularly by using the correct teaching strategies, methods and tools.



Library Briefs

The library has started a new section on general readership books. This will cover fiction, nonfiction, novels, autobiographies, biographies, motivational and general management books. Materials in the General Collection will be available for lending to the students and staff. We hope that these books will help our readers to increase their general knowledge, develop their creative and critical thinking skills and ultimately shape their personalities.

Remember the wise words of Prof. A. C. Grayling, "To read is to fly: it is to soar to a point of vantage which gives a view over wide terrains of history, human variety, ideas, shared experience and the fruits of many inquiries." So let's utilize these resources for our self-advancement and never forget, "There are worse crimes than burning books. One of them is not reading them."

- Joseph Brodsky

We welcome recommendations for developing and improving this section. Please let us know of any titles you would like acquired for this section.

Fire Marshall Training

The management of Oshwal College is committed to ensuring that the precincts of the college and facilities therein remain a safe place to work and study. Consequently, early this year, Titan Fire and Security was invited by the management to conduct training on fire safety for the members of staff and students of the College.

The participants were taken through numerous sessions including: methods of dealing with fire, how to avoid situations that can cause fire and firefighting using the extinguishers.



BSc - Computing & BABS Open Day

Saturday, 25th May 2013 was a day full of activity in the College as the departments of Business Management and Information Technology held an open day in order to give an opportunity for prospective students to come to Oshwal College to learn more about the BSc (Hons) in Computing and BA (Hons) Business Studies (BABS) degree Programmes. These two programmes are offered by Oshwal College in collaboration with Greenwich University-UK.

The Speaker of the day was Dr. Amit Dave who is an IBM distinguished Engineer working in the STG Technical Sales team focusing on Middle East & Africa.

The senior academic staff members in charge of these programmes were available to explain to students everything about the programmes right from enrolment to completion. They also gave Information about campus life activities such as games and sports, clubs, students' support services among others. In deed the day was a great success as it gave potential students a wonderful insight into what life is like at Oshwal College.



Revision Day



Every semester, Oshwal College conducts revision classes for all ACCA and ABE papers. On 18th May 2013 and 25th May 2013, the college held revision classes for ABE and ACCA respectively which were attended by our students and students from other institutions in Nairobi such as Strathmore University, Cornerstone Training Institute, KCA University among others. Revision classes are crucial to the students in that they not only help the students to learn new examination techniques, but also boost students' confidence by addressing tricky aspects of the syllabus and giving them tips on how to deal with stress and anxiety during exams. Students also learn the last-minute exam revision tips and also practice critical questions before sitting for the real examinations. We hope to see more of such events in future.



IN THE FACE OF DRUGS

A study conducted by National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) in 2012 indicates that the use of toxic substances is persistent among youths in Kenya. Though the report indicates a drop in substance abuse between 2007 and 2012, it reveals a relatively high percentage of youths currently using at least one substance of abuse.

Consumption of intoxicating substances negatively affects mankind in health, social, and economic spheres. In general, drug abuse presents a significant public health problem with far reaching repercussions ranging from poor health outcomes to insecurity, low economic development and non-achievement of economic goals.

Basic process of drug addiction:

Because of toxicity, their use implies a slow suicide. The first time someone tries a drug, it's usually unpleasant. However, after a few doses, the pleasing psychological effect brings about psychological dependence (a person feels good when consuming and bad when they do not). The dependence then becomes the drug addiction. If addicts do not access their drug of choice when they need, their body develops physical and psychological symptoms. The profile of this demand is known as withdrawal syndrome. The symptoms range from headaches, nausea, general discomfort, skin itching, despair, panic, depression and aggression.

Drugs have different immediate and after effects. As well, their mode of use is different as summarized below.

DRUG	MODE OF USE	IMMEDIATE EFFECT	AFTER EFFECT
MARIJUANA	Smocked or ingested	Relaxation, hilarity, drowsiness, hallucinations, intellectual difficulties, motor incoordination	Intellectual and motor disorders, panics, anxiety, psychiatric, respiratory and hormonal disorders, conjunctivitis
COCAINE	Sniffed, injected, ingested	Euphoria, talkativeness, reduced tiredness, excitement, reduced sleep and appetite	Depression, paranoid ideas, convulsions, respiratory disorders, strong physical dependence, nasal septum perforation.
HASHISH	Smocked or ingested	Relaxation, hilarity, drowsiness, hallucinations, intellectual difficulties, motor incoordination	Intellectual and motor disorders, panics, anxiety, psychiatric, respiratory and hormonal disorders, conjunctivitis
HEROIN	Injected, smocked or sniffed	Euphoria, pleasure, nausea, vomiting, lack of appetite.	Acute withdrawal syndrome, personality changes, memory loss, depression, paranoia, strong physical addiction, propensity to infections, anaemia, dental cavities

In its 2012 report, NACADA notes that majority of drug users desire to stop the drug use. Some of the common measures that can be used to stop drug use and addiction include:

- Counseling sessions
- Medical assistance
- Avoiding peers that influence
- Avoiding places where the substance is sold
- Keeping oneself busy and occupied e.g. engaging in sports, personal projects etc.
- Reducing amount taken gradually
- Avoiding spending money on the drugs and operating with minimal liquid cash.
- Using alternatives when craving strikes

Compiled by Bonface Kamau, Dean of Students and Lecturer- I.T. Department

How To Study For A Profession

To get the best results and pass in your professional exams, it is paramount to appreciate the fact that there is a big difference between academic studies and professional preparation exams. A profession preparation exam is tailored towards equipping the future professional with the necessary skills which are applicable at the work place, not just to furnish the learner with generalized ideas and theories which may or may not be practical in enabling organizations and businesses achieve their objectives.

Thus, unlike an academic education whose major aim is to equip the learner with enough knowledge to cope and understand his environment, a professional exam is primarily meant to equip the learner with applicable skills for use at the work-place. In this way, the skills are taken as tools necessary for the performance of the work. Thus, emphasis is placed on the ability of the student to master unambiguous principles and concepts which are applicable across the whole profession anywhere in the world at a given point in time. Mastery of such principles and concepts means that all professionals in a particular field should be able to understand each other and each others' work without any room for ambiguity, unlike in academic studies, where ambiguity is the order of the day.

For example, an income statement should be understood by all accountants anywhere in the world without there having to be arguments/debates about what it means or how it should have been prepared. This is because there are rules, principles and concepts which are applicable in the preparation of accounts, i.e., the Accounting standards. Compare and

contrast this with areas of academic education such as management, marketing, economics, psychology etc, where there are a myriad of ideas and concepts which contradict each other from time to time and place to place.

It is against this background of the difference between professional preparation and academic studies which brings the difference on how to approach professional exam preparation. I would recommend that students use the following approach.

As the preparation is aimed at equipping you with the necessary skills applicable at the work place, it is recommended that you use **ONLY** the course materials approved and endorsed by the Examining body. In doing so, it is advisable you use the course material which your tutor also prefers. This is necessary as it ensures that you will move at the same pace with your tutor as you develop your knowledge, and this minimizes confusion which may arise as some items may be included at different places in different books.

Like all studies, professional training is exams oriented, and thus it's advisable to attempt exam questions at the end of every topic. Attempt as many questions as possible on the related topic. Make sure that you go through the question carefully to understand the logic and principles applied in coming up with the answer. If possible, you may as well set your own exam questions and answer them yourself(As I always tell students, **ALL** exams are 100% repetition – as the exam can only be set within the syllabus!).

As you progress with your studies during the semester, it would also make a lot of sense to try and break down your subject into smaller bits, e.g., in studying Financial Reporting

and Corporate Reporting, break the subject into Accounting Standards, Groups, Cash flows and ratios, and/or current issues and developments. For Tax Papers e.g. Business Taxation and Advanced Taxation, break the subjects down into Income Tax, Corporation Tax, Capital Gains, VAT and IHT. Doing this will ensure that you can tackle questions in that area comfortably because one exam question generally tends to cover the whole broad area of the syllabus, and thus it is important to understand the interrelatedness of the different topics in that area.

Finally, and the most important which is overlooked by students is that you should ensure that you do all assignments and tests given by your instructor. If you put the necessary seriousness in your assignments and tests, I can assure you that the chances of passing your exams go up by 70%. In fact this is one of the contributing reasons why students pursuing professional exams are likely to fail than those in academic studies. This is because, in academic studies, marks are allocated for every assignment and test given by the tutor and incorporated in the final exams. So, don't fall into the same trap.

In addition, after the completion of the syllabus, it is always advisable that you attend the block revision classes offered by the college. This is very helpful as your tutor is most likely to concentrate on key areas of your syllabus, which must be examined in the final exams.

Apply the above in your professional preparation and see the difference. I assure you, if you follow those guidelines you will definitely pass your exams.

By Gerald Wambua, Accounting and Finance Lecturer

CAREER PROGRESS



I'm hoping most of us are at that point where we are en route forming interesting careers, ones that are captivating and worth talking about. So now that we're

able to balance studying and working; working and living a life, I've got one more question – what are we doing to reach our career peaks?

Are we just taking it one step at a time, thinking it will all unfold in time? Are we leaving it to our employers to roll out our careers for us? Or are we using our book knowledge to our advantage and implementing it in the workplace? We've all been there – you're fresh from university, bursting with ideas and a keen pair of eyes. You have all these ideas churning around in your head, like a mini Einstein. Yet your true potential remains untapped. You become fine-tuned to monotonous company policies. You repeatedly do the same thing day in, day out. You think out of the box only to be swept under the boardroom table. Your fresh outlook slowly drains away and what you are left with is an ordinary employee doing just another job.

That's not the life you want or need. You need to take time out and look exactly at what you want. If you have an idea, take the time to research it a little more. Talk to people in and out of your field. Build up a portfolio of responses. Go back to the drawing board with an array of ideas – from the outrageous to the sensible! Then speak to your employer about it.

Mind you, though some organisations are still not open to change and fresher ways of doing things, a majority of employers are open to ideas, and from anyone down office juniors.

And this is where you come in. Look at where you want all your effort to get you – whether it's a dream job or a one off opportunity. And then work backwards.

I can't deny that you have got to start small. But that doesn't mean you take your eye off the prize. As you work your way to the top, look for people who have a similar goal. Look for people open to growth and idea stimulation. And then give 100% of yourself.

Don't let yourself be trapped in the dogma of business politics. If you enjoy it work hard at it. If you don't enjoy it, look for something that tickles your career fancy and move towards that. After all, why would you work eight hours a day in a place that does nothing for your career growth?

Don't get me wrong, that doesn't mean going to your boss and quitting (unless they're leaving you with a millionaire's pension!). The bottom line is simple – every duty and action in your working life, every idea and ambitious plan must be geared towards your long-term career plans. And if that means slogging it out in the early years, then you've got to do just that. Don't let your career be planned out by others. Know what you want and ask for just that. Don't settle for just anything, because that makes you just somebody.

Now go on, give in to that idea that's been brewing – you'll not regret it once you're the CEO of your own company!

By Nilpa Kiran Shah, ACCA Part3 Student

SHINE!

It's not about how you look to the world; it's about how you see the world! I have met people time and again, people who lack self-confidence or do not believe in themselves. There is no problem with people it's all about their ability to communicate and their knowledge.

One only hesitates when one worries about not being able to communicate. Sometimes people shy away due to lack of knowledge about something. From self-experience I can say, one should not even shy from saying something wrong because mistakes shape us. Worry is a misuse of imagination. How boring would our world be if everyone was perfect...hmmm I wonder! Anyways boring or not, it surely has some people afraid of exploring themselves.

So let me spill my secrets to a vibrant personality:

1. Believe in yourself.
2. Mistakes teach, they do not murder (well sometimes someone might murder you...but that's different...ha-ha)
3. Channel your voice, if they can't hear you; they don't know you!
4. If you do not know about something, find out – don't shy away and expect that you'll miraculously become invisible (I still have to invent the invisibility potion)
5. Smile, as they say a smile says a thousand words; and yes it does boast of confidence!
6. There are lots of people who mistake their imagination for their memory, I am one of those people...or so I imagine...I mean I remember. - There's the last tip, add some humor to your life!

I have my fingers crossed; I hope to see lots and lots of smiling faces soon! Next time you come across me I image your confident personality saying, "Finali! Look here"

By Finali Galaiya, ACCA Part1 Student

Social media in education

It is apparent that social media platforms or social websites such as Facebook, Twitter, MySpace, Pinterest and LinkedIn can help students improve on their knowledge in many areas. This is because of the increasing shift of students and other knowledge seekers to focus more on the social media rather than 'book sourced knowledge.'

Studies have identified two main aspects of social media use by students: one social and one educational. The social aspect is dominant over the educational one especially among college students.

On the social aspect, students use the social media for enhancing and maintaining friendships, building social networks, establishing virtual relationships, following peer trends, sharing photos and other digital objects, for fun and leisure and for keeping in touch with family and friends. Stella Tian of The University of Science & Technology of China and her co-researchers discuss the educational aspect of social media and suggest that students' use of online social networking directly influences social learning and can therefore positively influence their academic outcomes. Students who use social networking sites for academic purposes find them helpful in:

- Allowing them to connect easily with their teaching staff

for academic guidance.

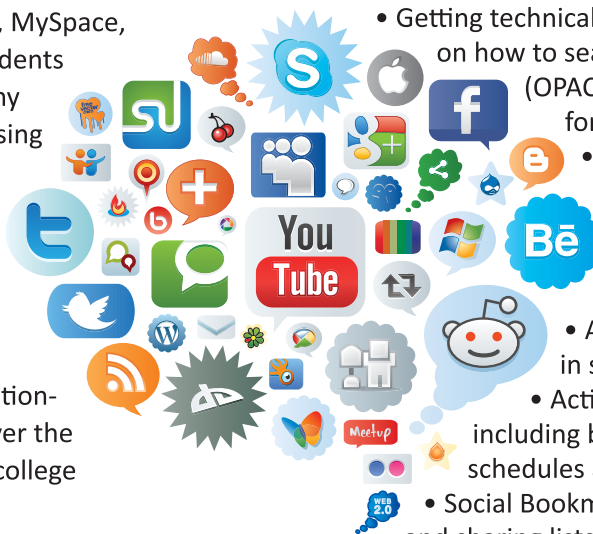
- Getting technical instruction from libraries for example on how to search Online Public Access Catalog (OPAC) in order to get relevant information for their studies.
- Sharing knowledge and educative materials in form of text, graphics and videos.
- Enabling them to comment on ongoing academic discussions.
- Allowing them to join and participate in subjects groups.
- Acting as means of receiving notifications including but not limited to exam results, course schedules and timetables.
- Social Bookmarking for academic events tracking and sharing lists of informative links with other students.

- Receiving updates on new reading materials procured by their institution.
- As a means of accessing training, materials and instructions.

Overuse of these sites for social connections has in some instances contributed to low grades but that does not mean that they cannot impact positively on educational results if an appropriate balance is struck.

The important thing is to develop an awareness of the opportunities created by e-learning (social websites, educational websites and others).

By Jay Vinod Dodhia, ABE Student



At the core or even at your own record levels of being happy, the question "Am I happy?" always attracts the end of happiness.

Insecurities (personal demonites) have such an effect in the context of human being. This far, the path of solitude or better yet the universe, has shaped the "I" within to believe that "All is vanity until...." When I was a kid, life was pretty much as plain as a nose but now, life occurs to me as a bright light between walls of darkness. Vanity comes in whenever you question your desires to the end; what's next after being right?, what next after making the most money? What's next after blessing our hostile minds with balance? What's next after success (which hardly teaches us anything new)?, what's next after winning all our earthly battles?.....what is this that creates the need to feel up the spaces?. Pausing our walk into the future and questioning is self-compassion.

I have had a friendly human experience this far though accompanied by illusion. Literally, I find everything to be simply energy.

Skin cells → Molecules → Atoms → Energy

Different is Different

The above is literal proof but the concept is also alive in the subtle world - Emotions (energy in motion within us). Personally, I would say

intelligence is what expands life and that equates choice with empowerment. Whatever I choose to focus on consequently started to make sense after practice in the same line of thinking and in the end giving birth to talent. Am all about adventure whenever I think through my life experiences (nothing is ever too serious/life is a replayed game after the experiences).

In each life experience, it's about trying to learn from the "I" inside. We are all the same under the skin. I do not believe that anyone has it better than the other. Being poor comes from a state of habitual comparison and it's very human to go through that road of compassion. But it's all useless since we are just feeding our opinions about ourselves and sometimes giving the little stuff big shadows (inferiority complex).

Out of choice and through vanity, I have come to accept that "bad" is one tool that I use to appreciate "good".

Whenever I go through "bad" I (solidly) begin to appreci-

Continued on pg 19

GREAT PEOPLE IN THE WORLD

Wise and constructive quotes from great and wise people in the world...!

“Education is the most powerful weapon which you can use to change the world” -by NELSON MANDELA

“Education is the best friend. An educated person is respected everywhere. Education beats the beauty and the youth”-by CHANAKYA

“A human being is not attaining his full heights until he is educated”- by HORACE MANN

“Education is what remains after one has forgotten what one has learned in school” - by ALBERT EINSTEIN

“Any man who reads too much and uses his own brain too little falls into lazy habits of thinking “-by ALBERT EINSTEIN

“An investment in knowledge pays the best interest” - by BENJAMIN FRANKLIN

“A little knowledge that acts is worth infinitely more than much knowledge that is idle by” - KHALIL GIBRAN

“You and I must work together to develop our country, to get education for our children, to have doctors, to build roads, to improve or provide day to day essentials “-by JOMO KENYATTA

“A man is developing himself, when he grows or earns enough to provide decent conditions for himself and his family, he is not being developed if someone gives him these things”- by JULIUS KAMBARAGE NYERERE

“I have a dream that my four little children will one day live in a nation where they will not be judged by their color of their skin, but for the content of their character”- by MARTIN LUTHER KING

“A man who dares waste one hour of time has not discovered the value of life “-by CHARLES DARWIN

“I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live by the light that I have. I must stand with anybody that stands right, and part with him when he goes wrong”- by ABRAHAM LINCOLN

“Change will not come if we wait for some other person or some other time, we are the ones we have been waiting for, we are the change that we seek”- by BARACK OBAMA

“To succeed in your mission, you must have a single minded devotion to your goal”- by ABDUL KALAM, 11th President of India

“Climbing to the top demands strength, ether it is to the top of mount Everest or to the top of your career”- by ABDUL KALAM, 11th President of India

“God, our creator, has stored with in our minds and personalities, great potential strength and ability prayer helps us tap and develop these powers”- by ABDUL KALAM, 11th President of India

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the World”-by HARRIET TUBMAN

“Gaining time is gaining everything in love, trade and war “-by JOHN SHEBBEARE

“Happy are those who dream dreams and are ready to pay the price to make them come true” by-LEON J.SUENES

“Those that make the best use of their time have none to spare”-by THOMAS FULLER

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge but rather a lack of will “-by VINCE LOMBARDI

“The ability to concentrate and to use your time well is everything if you want to succeed in business or almost anywhere else for that matter”- by LEE LACocca

“Nothing great was ever achieved without enthusiasm”- by RALPH WALDO EMERSON

“Knowing is not enough, we must apply. Willing is not enough, we must do “-by WOLFGANG VON GOETHE

“When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened “-by HELEN KELLER

“A ruler should be slow to punish and swift to reward “-by OVID

“Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity”-by GEORGE PATTON

“Great people in the world spend their time effectively brainstorming and working hard to change the world into a better place. Poor time management and indolence will always lead to a destructive destination or falling into a ditch. Great and wise people are the true and proper role models to copy and follow their constructive steps”.

Compiled by Godfrey Casmir Kulaya, ACCA Part 2 student

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ate “good” for what it is. My human conscience is always pregnant with either heaven or hell and that’s why I told you earlier that “choice is empowerment”. I have learnt to label solitude living as a “refinery” within.

It’s my first time taking a risk in trying to vent out through the college newsletter which is an awesome tool that brings together awesome minds. My therapist introduced me into this “writing”, and I am still growing in it; three years on. Before I leave all at that, the journey speaks to me through silence and I have come to see that; time is nothing short of a count, clever is opinion, it’s human to be me or you, good and bad is a sickness of the mind, success never teaches you anything, self-compassion through each experience is the way to go, I AM and it’s all nothing short of a human experience. My conclusion gives life to the fact that “THE MIND (Body of thought)” is a magnet of human experiences”.

By Kevin Kainga, Student, ACCA Part 1

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