



Expressions

FROM THE CORRIDORS OF ISBS...

VOL 5TH

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EDITORIAL PAGE

Hello Friends,

It's time to celebrate, the journey so far Xpressions has achieved...

Colleges are centers of learning where minds are trained. However, future leaders have had their fair share of bloopers and faux pas while in college. Such embarrassing moments make you want to hide your face in the ground. But these moments become memorable anecdotes that you will one day share with your grandkids.

It's time to bid goodbye to these golden moments which each one of you have cherished in the corridors of ISBS. The moments that all of us will always treasure.

We are launching the 5th edition which is dedicated to our alumni & our senior batch 9 – II students.

Let us all join our hands together and wish all of them good luck and success in all their endeavors of their life & also thank them for their guidance and support all this while...

Yaadein bas yaadein, yaadein reh jati hain...





**BATCH 2010_12
WELCOMES
IT'S SUPER SENIORS
BATCH 2008_10
FOR THEIR CONVOCAATION
ON 5TH FEB 2011**



Baatein bhool jaati hain...
Yaadein yaad aati hain...

"I SAW MYSELF TRANSFORMING FROM A WAY WORD STUDENT TO A PROFESSIONAL WITH DEFINED SET OF GOALS IN MIND DURING MY STINT WITH INDIRA. PROBABLY THE BEST COUPLE OF YEARS OF MY LIFE I HAVE SPENT WOULD BE THE ONES THAT WHEN I STUDIED HERE."

BY: SUMEET SHAH
BATCH - 2006 - 08

TESTIMONIAL BY: SUMIT GHOSH

Specialization : Marketing
Batch : 2007-09.
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" Believe in yourself, for life will teach you the best of things in the toughest of environment."

This is what I consider to be the 'mantra' of my life.

An ISBS 2007-09 alumni, presently working with IL&FS Property Management & Services Ltd. (IPM&SL) as Assistant Manager- Business Development. Achieving a rank of merit and heading Rest Of Maharashtra, Pune & GOA within a span of 2 years is only for the knowledge and skill sets I gained in the two years at ISBS and the experience gained prior to MBA.

Passing out from college in 2009 was really filled with hardship for the only reason that Recession had struck hard. 3 companies, i.e., ITC Fortune, Carlson Hotels Worldwide and now IPM & SL in 2 years have now brought me into a respectable position. The corporate culture had transformed post recession and there was panic in the market for only one thing was true and applicable for everyone across any function, i.e., Perform or Perish.

The time spent at ISBS, was a great learning experience as I got an opportunity to nurture my management and leadership skills when I was selected as the President Student's Council and the various events that we managed and organized, be it FUNDOO or Guest Lectures or various initiatives that we took to develop ourselves for the placement season and attract companies to come into the campus for the Placements.

An advice to my Juniors will be, It's "YOU" who is responsible to obtain the best of what you expect from your Life.

TESTIMONIAL BY:BIKASH GAUTAM

Stream: : Marketing.
Batch: : 2007-09.
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I am currently working with Marriott Hotels Pune as Assistant Sales Manager. I have joined ISBS in 2007, I am a Commerce Graduate from St Anthony's College Shillong and had worked for 6 months with Infosys BPO- Pune before joining ISBS to get exposure of Corporate World which helped me to understand the basis traits of Corporate World at ISBS

My days at ISBS were one of the most knowledgeable days of my life which has changed my outlook towards business and corporate life. I have participated in number of Competition against Top B Schools in the country and **when you Win – You feel that you are on the Top of the World**. ISBS gave me many opportunities to gain Global exposure and helped me gain exposure and Knowledge.

I always wanted to be with FMCG Company and did my Summer Internship with ITC Foods Ltd. FMCG Industry was highly knowledgeable and we had launched Fiamma di Wills, Vivel and Supriya Soaps and Shampoo during my Summer Internship. After we all came back from Summer Internship we all could see what was known as RECESSION. There were very few companies for Campus Placements and the Pay Packages were very low. We were very careful in choosing the Path that will lead to the destination we wanted to be in near future. I always wanted to be with ITC and was lucky to have ITC Hotels Division in Campus. ITC wanted to open their Marketing Office in Pune and I was taken as a Management Trainee and was given Full responsibility to open Marketing Office for them. Being new in the Market (Fresher) and No background of Hospitality Sector were against me, but I took the challenge and opened Marketing Office for the Company. I Completed 6 months and was promoted as Sales Executive and within a short span of 2 months became Assistant Manager- Sales. By virtue of good performance after 6 Months by June 2010, I became Assistant Sales Manager. In December 2010 I Joined Marriott Hotels Pune as Assistant Sales Manager. This often makes me believe that no matter how bad the circumstances are, if your vision is clear and you are confident to be there then you can reach there by virtue of Knowledge, Hard Work and Confidence. I look back at ISBS and it proved as a good investment for my career.

TESTIMONIAL BY: ROHAN WAGH

Stream: : Marketing.
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“It gives me great pleasure writing this Testimonial for our College “The Indira School of Business Studies Pune”

The year 2007-2009 has been a memorable year to me at Indira Institute. Being a part of this institute one not only gets exposed to academics but also to many things as a part of one's MBA. Apart from academics we were also exposed to personality development program, outdoor management training and intensive sales program for a duration of two years.

I was also given an opportunity to be a part of placement cell where I got a chance to work for my institute before working for any other organization. This gave me an edge over the other in terms of work experience.

During my Era (feeling Alumni already) if you say i.e. 2007-2009 batch, there were 1300 student all across the three campus and Placement cell takes the responsibility of placing all of them. I'm sure this number has increased by now and so as the responsibility.

Being an alumni already I can now understand the difficulty in doing so especially after the financial crisis where companies are trying to cut down their costs. The Placement cell at Indira is as good as any top consultancy for helping the students seek jobs for them. I'm sure things will be different this academic year as companies like Infosys alone are again planning to hire 13000 fresher's.

Being a part of the placement cell I also got many thing to learn before joining my organisation. Things like: Corporate communication, time management, team efforts, material management etc were very useful for me as an individual.

Finally I would like to conclude by thanking you all my Mentors, Renu Bhargava Ma'am, Madhuri Sathe Ma'am, Deepa Karandikar Ma'am & Mr. Rohit Singh.

Wishing all the very best.”

TESTIMONIAL BY: PRAJAKTA KULKARNI

Stream: : Marketing.

Batch: : 2007-09.

ISBS !!!

This institute had truly been a home..away from home !!! Be it the teachers, batch-mates or our admin support staff, ISBS had almost been our extended family for nearly 2 yrs.

This B-school helped us take the first step into the corporate world...made us competent enough to zealously face the outside world with aggression-assertion and sheer determination, with the help of its crucial & dynamic academia.

I owe all my success to this institute, which built up my career and helped me sustain every possible critical situation patiently and positively.

Thank you Teachers for all the endearing support and encouragement you gave us during our 2 yrs at ISBS, which transformed us from juvenile college-goers to thorough Professionals !!

ISBS TRULY ROCKS !!!



*“..HUM RAHE YA NA RAHE YAAD
AYENGE YE PAL...”*



"YAARON ..DOSTI...BADI HI HASEEN HAIN"



“...YEH DOSTI HUM NAHI TODENGE!!!”



"PAL... YAAD AYENGE YE PAL.."

ACCOLADES

YOU MADE US PROUD...

We congratulate and applaud all the winners & participants for their efforts and we take pride in informing you all about the glorious achievements of ISBS students at DHRUV 11 (PUMBA Event).



ISBS' gained overall 2nd rank in DHRUV 11 (PUMBA Event) and won Trophy in following events:

- ▶ **SINGING**
- ▶ **CREATIVE WRITING**
- ▶ **COLLAGE**
- ▶ **STREET PLAY**
- ▶ **DANCE**
- ▶ **FOOTBALL**
- ▶ **TUG OF WAR (GIRLS)**

Ashad Feroze & Abhishek Sukul from E Div got 2nd Prize in debate competition at Sprout-IT event at Symbiosis Institute of Information Technology.



STUDENTS PLACED

S.No	NAME	SPECIALI ZATION	COMPANY
1	Danish Nadeem	Mkt.	Air Tel
2	Richa Jain	Mkt.	Radisson Hotel
3	Priti Wankhede	Mkt.	ICON Adv.Pvt.Ltd.
4	Prerna Punjabi	Mkt.	Stratecent Consultants
5	Ankit Dwivedi	Mkt.	Edeweiss Financial Services
6	Rohit Kumar	Mkt.	Edeweiss Financial Services
7	Kapil Dolani	Mkt.	Citi Bank
8	Manish Bhute	Mkt.	Atlas Copco India Ltd.
9	Swapnil Mahajan	Mkt.	Sany Heavy Industry India Pvt. Ltd.
10	Nripesh Dhattarwal	Mkt.	Sany Heavy Industry India Pvt. Ltd.
11	Nilesh Tapase	Mkt.	Sany Heavy Industry India Pvt. Ltd.
12	Ashwarya	Mkt.	Sany Heavy Industry India Pvt. Ltd.
13	Amol Kokate	Mkt.	Beacon
14	Tushar Marsale	Finance	Stan Professionals Pvt. Ltd.
15	Jinal Doshi	Mkt.	Citi Bank / HDFC Bank
16	Anam Fatima	Mkt.	Deutsche Bank
17	Ankita Awasthi	Mkt.	Deutsche Bank
18	Priya Chelawat	Mkt.	Eclerks
19	Reema Shah	Mkt.	Nihilent Technologies
20	Ankit Vijay	Finance	Hyper City
21	Amardeep singh sodhi	Mkt.	Hyper City
22	Ashish Funde	Mkt.	Hyper City
23	Amol Chilabule	Mkt.	HDFC Bank
24	Vikash Kumar	Mkt.	HDFC Bank
25	Varsha Karnad	HR	Cadbury
26	Bokil Bhushan	Mkt.	Atlas Copco India Ltd.
27	Anuja Junnarkar	Mkt.	HDFC Bank
28	Hemangi Choudhari	Mkt.	HDFC Bank
29	Shilpi Sood	Finance	HDFC Bank
30	Prabhas sharma	Mkt.	HDFC Bank

31	Taran sharma	Mkt.	HDFC Bank
32	Siddharth Khandalwal	Mkt.	Tata Technologies
33	Raghav Sethi	Mkt.	Kotak Securities
34	AshishBiyani	Mkt.	Future Value Retail
35	Saket	Mkt.	Future Value Retail
36	Neha Soni	Mkt.	Future Value Retail
37	Abhinav Thombre	HR	Future Value Retail
38	Priyanka Priyadarshani	Mkt.	ICICI Securities
39	Kamalkant Arora	Mkt.	ICICI Securities
40	Neha Dabhade	Mkt.	ICICI Securities
41	Abhishek Kumar	Mkt.	ICICI Securities
42	Vikash Gupta	Mkt.	ICICI Securities
43	Ankur Singh	Mkt.	ICICI Securities
44	Vipul Upadhyay	Mkt.	BILT (Ballarpur Indust. Ltd.)
45	Shagun Vatsa	HR	Deloitte
46	Priyam Chandiramani	HR	Bajaj Allianz General Insurance
47	Swapnil Vibhandik	Mkt.	Praj Industries Ltd.
48	Neha Sinha	Mkt.	Future Value Retail
49	Amandeep Singh	Mkt.	HSBC Premier
50	Naveez Farooqui	Mkt.	Tata Indicom
51	Rohit Kumar	Mkt.	Matrix Cellular
52	Harshal Nahe	Mkt.	Idea Cellular Ltd
53	Vaibhav Naik	Mkt.	Idea Cellular Ltd
54	Sasmit Gavai	HR	Scorge International
55	Vivek Patil	Mkt.	Scorge International
56	Utkarsharao Patil	Mkt.	Scorge International
57	Manoj Dange	Mkt.	MIRC Electronics Ltd.

Harshal Nahe	Mkt.	Idea Cellular Ltd
Vaibhav Naik	Mkt.	Idea Cellular Ltd
Sasmit Gavai	HR	Scorg International
Vivek Patil	Mkt.	Scorg International
Utkarsharao Patil	Mkt.	Scorg International
Manoj Dange	Mkt.	MIRC Electronics Ltd.
Saurabh Singh Rathore	Mkt.	M/s ANU Constructions
Jyotsna Lalwani	finance	IRIS Business Serivices Ltd.
Vijaykrishna Nair	Mkt.	Leelas
Saboo Ravish	Mkt.	Tulip Telecom
Abhijit Thube	Mkt.	Cranedge India Pvt. Ltd.
Sushant S. Satish	Mkt.	Relyon Solar Pvt. Ltd.

NEWS ISBS

❖ OMT i.e. Outdoor Management Training for all JSBS batches conducted on 24th & 25th January 2011 at Adventure Plus, Bhor.



Corporate Interactions at ISBS

ISBS has been very fortunate in having few Stalwarts from various sectors who interacted with students and enlightened them on various burning issues of the Economy.

- 1) DR. VANDANA SHIVA — FOUNDER DIRECTOR OF RESEARCH FOUNDATION ON FOR SCIENCE TECHNOLOGY AND NATIONAL RESOURCE POLICY.

SESSION ON: GLOBAL WARMING & GM FOODS — IS DEVELOPMENT MISLEADING THE RISK.

DATE — 13-JAN-2011,

VENUE- DHRUV AUDITORIUM

- 2) MR. MAROOF RAZA NOTED SECURITY & STRATEGY EXPERT.

SESSION ON: SECURITY CHALLENGES & THREAT

DATE — 27-JAN-2011,

VENUE — TAPYASA AUDITORIUM

RESEARCH PAPERS



Name Of the Faculty Members	Topic of Research Paper	Paper Presentations
Prof. Kadambini	Cultural and Inter cultural Communication	Research Paper Presented at National Conference On Managing Diversity for Inclusiveness: The Corporate Initiatives at Sinhgad Institute of Management & Computer Application, 20th to 22nd January, 2011.
Prof.Kadambini & Prof. Parmeshwar Yadav	Challenges in Organisational Management for Indian Scenarios	Research Paper Presented at National Conference On Managing Diversity for Inclusiveness: The Corporate Initiatives at Sinhgad Institute of Management & Computer Application, 20th to 22nd January, 2011.
Dr. Meena Goyal	International Financial Reporting Standards	Research Paper Presented at National Conference on Finance & Taxation by MITCON Institute of Management 8th January 2011.
Prof. Laxmi Nair	PVT LABELS BRANDS IN food and grocery: the changing perception of consumers and retailers in india, a study in pune region	publishd in researchers world,journal of arts science and commerce and international referred research journal vol 2 issue 1 jan 2011 (ISSN :2229-4686)

Entrepreneurship Week – India



Feb 5 – 12, 2011

For one week, lakhs of people across the country will come together to celebrate Entrepreneurship Week India. Designed to build public awareness and support for entrepreneurship, E Week India focuses public attention on today's biggest opportunities and encourages participants to reflect on their role as leaders and innovators. The campaign is led by the National Entrepreneurship Network and supported by the Wadhvani Foundation.

Week India 2011 Theme: Ideas for India



WASTE MANAGEMENT

Problem: Almost everything we do today creates waste. As a society, we are creating more waste today than ever before. The process of exhausting earth's natural resources to create products, which we then throw away, causes irreparable harm to our environment – and does not create a sustainable society.

IDEA: Start small with the everyday waste around you. Look at them as a resource to create better, longer-lasting products. For example, did you know you could use tetra pack to make cool-looking carry bags?

Activities @ ISBS

The E week would also be celebrated at ISBS by Arohan (E Cell), we have different activities for students as well as faculty in the E week program.

Opening Ceremony, Debates, Management Games, LAN Games, Closing Ceremony.

Join the celebration: Help create a stronger, entrepreneurial India!

E WEEK INDIA: WE CAN. WE WILL.



GURU VANI

This decade, as India prepares to take off full throttle for its journey towards the economic superpower status, overtaking all other economies, the role that youth are playing today in India's progress could not be overemphasized.

In the comity of nations, India enjoys the advantage of a vast youth power. More than half of its population is under 25.

In a true sense, it is a young nation - a Youngistaan.

This Youngistaan although poised to take its proud place as an economic superpower, in facilitating quality of life to every citizen, it has still a significant unfinished agenda.

Achieving socio-economic progress to the level of the developed nations should, therefore, be the priority of the Youngistaan.

We are pleased to present this issue with the central theme of Youngistaan which is sensitive to the needs of all the stakeholders of the society, the environment and future generations.

Pravin Dange
(Deputy Director - ISBS)

Financial Tabloid

Stock Pick column

Dear Students,

Welcome to the stock pick column. In this column, we are going to study one company stock and its fundamental analysis on the basis of certain ratios like PE ratio, EPS, and CEPS.

For this issue, I have selected Hindustan Petroleum Corporation Ltd. Looking at the fundamentals, the company's sales have decreased as on March 2011, but if we glance at the Net profit of the company, it has more than doubled, visible from its net profit margin (annual results).

Bharati Shipyard Ltd. : Annual Results

(Rs. in Crore)

	March ' 10	March ' 09	March ' 08	March ' 07	March ' 06
	12 Months	12 Months	12 Months	12 Months	12 Months
Sales	108,497.72	131,802.65	112,098.27	96,918.15	76,920.26
Net Profit					
/					
Loss	1,301.37	574.98	726.27	1,268.19	405.63
NPM					
(%)	1.19	0.43	0.64	1.29	0.52
EPS					
(in Rs.)	38.43	16.98	21.42	37.42	11.97

Source: www.indiabulls.com

It could be seen that the Net profit margin has increased and also the EPS has been increased by more two times. It could also be observed that though the **quarterly** sales of HPCL are lower than its competitor BPCL, the OPM, NPM as well as the EPS are higher than BPCL. The PE ratio also shows that HPCL is priced much low as compared to its peers.

	HPCL	BPCL	Mangalore Reflows	Chennai Petro
LTP as on 19 Jan 2011	359.55	584.8	70.05	229
52 W H/L	555.45 / 293.25	814.90 / 488.50	89.90 / 64.25	299.30 / 215.00
Results (in Cr.) View in (Million)	10-Sep	10-Sep	10-Sep	10-Sep
Sales	30,870.23	35,434.77	8,478.99	8,122.22
PAT	2,089.61	2,142.22	281.57	97.78
Equity	338.63	361.54	1,752.60	149
OPM %	8.76	8.52	6.36	3.28
NPM %	6.77	6.05	3.32	1.2
EPS as on 30 sep 2010	61.71	59.25	1.61	6.57
CEPS as on 30 sep 2010	71.26	70.37	2.18	11.47
EPS as on 31 mar 2010	38.43	42.53	6.35	40.51
CEPS as on 31 mar 2010	72.82	76.89	8.57	58.41
P/E ratio (LTP / EPS as on 30 sep 2010)	5.83	9.87	43.51	34.86
P/E ratio (LTP / EPS as on 31 mar 2010)	9.37	13.75	11.03	5.65

Source: www.bseindia.com



It is a good buy in Petroleum sector. A holding period of 1-2 years would give a good return of 30-40%, when the price may go upto Rs. 500#.

It is a good buy at Rs. 360 (as on 19 Jan 2011- BSE price)*.

*. Latest update

returns are subject to market risk

“Yeh Hain Youngistan Meri Jaan”

It is a known fact that India has a far greater number of young people than any other nation in the world, and this youth brigade is dominating the job markets as well. India will add 120 million people of working age over the next decade (nearest competitor China, on the other hand, will add only 19 million people in the same period, contributing 5 percent of the global working population). This projection was recently given by Subir Gokarn, Deputy Governor of the Reserve Bank of India at a conference on ‘People, Jobs and Productivity: The ‘Simple’ Dynamics of Inclusive Growth’.



It is an indication of why India would have an edge as compared to any other nation in terms of working population in the coming years. In 2020-30, India will add another 100 million people to the global workforce, while China will actually see a reduction of 62 million in its working age population over the same period.

This working population will be earning and also spending, again leading to a growth in the economy. But, saving and investing is also equally important.



Saving and investing something regularly, even if it is a modest amount at an early stage would produce great returns in future. Saving and budgeting is the most important part of investing. Today's generation prefers living in the culture of Credit Cards. If one spends more than he earns, he would always be financially broke. Instead, with a proper financial planning, the young generation could make its future financially secure or at least create a backup for a rainy day.

A small amount of persistent savings will add up with time. Let us make this clearer with time value of money. The existence of compounding factor, “interest on interest”—or compounded interest—your net worth will build progressively more rapidly with each passing year.

To dramatically illustrate just how powerful compound interest can be in building wealth, suppose that you are a newly minted twenty-two-year-old college graduate, with a starting salary of, say, Rs. 200,000 a year, and you salt away a mere Rs. 2,000 the first year, and only the first year on your job (which also means that you will then save only 1 % of your annual pre-tax income that one year).

Assume that you are able to secure an annual rate of return on the investment (above the inflation rate) of 15 percent until retirement. Amazingly, your **onetime investment** will be worth, in the purchasing power of today's dollars, Rs. 814,774 at age sixty-five and over Rs. 1.64 million at age seventy. If we are conservative with the rate of return, and let's say, the investment earns a smaller return such as 12% (considering inflation) annual return. This investment would still be worth, Rs. 460,782 at the age of 70. I hope this clearly demonstrates the power of compounding (the returns are compounded annually).



Considering the age of the young generation, you are in a better position to take risk. We all know the basic tenet of investing, “greater the risk, more the returns”. At this stage of life, the young generation can put maximum percentage of their savings in equity markets and as they progress towards old age, they can shift to fixed income earning and secure investments like bank deposits and bonds, subject to their risk appetite.

There are various ways through which you can invest regularly in equity markets.

One of them is SIP (Systematic Investment Plan). This will help in saving regularly as well as one can invest in small denominations, as low as Rs. 500.

What is Systematic Investment Plan?

- A specific amount is invested for a continuous period at regular intervals under this plan.
- SIP is similar to a regular saving scheme like a recurring deposit. It is a method of investing a fixed sum regularly in a mutual fund.
- SIP allows the investor to buy units on a given date every month. The investor decides the amount and also the mutual fund scheme.
- While the investor's investment remains the same, more number of units can be bought in a declining market and less number of units in a rising market.
- The investor automatically participates in the market swings once the option for SIP is made.

Choosing a SIP is a smart move



If you want to put aside just a small amount regularly, you can plan a SIP as part of your monthly budget. In fact, using the auto-debit facility available with most bank accounts to regularly transfer money to your SIP can make investing convenient. On the other hand, if you have a lump sum, but do not want to commit all of it, a SIP can be a smart move

Tame stock market volatility with a SIP

It is the nature of stock markets to move up and down and nothing is going to change. So when saving for your future, let common sense prevail - stay focused on your financial goals and leaves the job of taming volatility to your SIP.

Discipline is the key

Investors who attempt to adopt a short-sighted 'get rich quick' approach by trying to 'time' the market may succeed once or twice. But rationally, no one can predict where the market will head next, not even the experts. Hence, discipline is the key to financial success.. Systematic investing helps you become a disciplined investor. By drip-feeding your savings into the market, you make issues like timing the market and short term volatility irrelevant. When you hear that the Sensex has hit record highs, you may feel as concerned about starting a SIP by investing a lump sum amount. On the other hand, you may feel anxious if the market hits a turbulent spot. So how can you pin-point the best time to invest in a SIP? The answer is simple: Choose any time! But you don't need to take our word for it.

Start early - add more power to your money

The sooner you begin investing, the more time your money will have to grow because the power of compounding works on your investment. If you delay, you will almost certainly have to invest much more to achieve a similar result.



So, Youngistan ki young generation, I suppose this is enough for you in this issue, I will discuss more about SIP in the next issue. Until then, you can work on your financial goals and decide about your savings and investment.

Dr. MeenaGoyal
meenagoyal@rediffmail.com



YOUTH QUOTES

- ✓ “An inordinate passion for pleasure is the secret of remaining young.”
- ✓ “There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”
- ✓ “In youth we learn; in age we understand.”
- ✓ Good habits formed at youth make all the difference.
- ✓ The duty of youth is to challenge corruption.
- ✓ Passion rebuilds the world for the youth. It makes all things alive and significant.
- ✓ Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.
- ✓ Youth is, after all, just a moment, but it is the moment, the spark, that you always carry in your heart.
- ✓ Older men declare war. But it is the youth that must fight and die.
- ✓ Youth is not a time of life, it is a state of mind. You are as old as your doubt, your fear, your despair. The way to keep young is to keep your faith young. Keep your self-confidence young. Keep your hope young.



Humor: Interview Question & Answers.....

Honestly, we will have these answers in our mind ... but we give different, tailored and suitable answers to the HR sitting on the other side of the table....Isn't It ??

1. Why did you apply for this job?

Ans: I have applied for many jobs along with this and you called me now.



2. Why do you want to work for this company?

Ans: I have to work for some company or the other whoever gives me a job, I don't have any specific company in mind.

3. Why should I hire you?

Ans: You have to hire someone, you may give me a try.

4. What would you do if this happened?

Ans: Well, it depends on my mindset and mood at that situation...



5. What is your biggest strength?

Ans: Frankly speaking, daring to join any company who pays me well, without thinking of the fate of company.

6. What is your biggest weakness?

Ans: Laziness.

7. What was your worst mistake, and how did you learn from it?

Ans: Joining my earlier company and I learnt that I need to jump to get more money, so I am here today.

8. What accomplishments in your last position are you most proud of?

Ans: Had I accomplished any in my last position, why would I need to change my job? I could demand more and stay there.

9. Describe a challenge you faced and how you overcame it?

Ans: Biggest challenge is answering the question "why are you looking for a change" and I started blabbering irrelevantly to overcome that.

10. Why did you leave/ are you leaving your last job?

Ans: For the same reason why you left your earlier job.

11. What do you want from this job?

Ans: Less work but keep giving good hikes.

12. What are your career goals and how do you plan to achieve them?

Ans: Make more money and for that I need to keep jumping companies after every 2 years.



13. Did you hear of our company and what do you know of us?

Ans: Yeah, I knew that you will ask this, I've gone through your website.



"We're a big company with big ideas, and by gosh, I really like your big résumé!"

14. What is the salary expected and how do justify that?

Ans: Well, no one will change his job for the same salary. Hence, give me something higher than what my last employer did.

Youngistan for better Hindustan

"ONLY YOUNGISTAN CAN MAKE A BETTER HINDUSTAN. THE 253 MILLION FEMALES AND 268 MILLION MALES AGED BETWEEN 12 AND 35 CONSTITUTE THE STRENGTH AND SPIRIT OF INDIA, WITH THE ADDED POWER OF VOTING," SAID JUSTICE SHIVARAJ V PATIL, FORMER SUPREME COURT JUDGE AND FORMER ACTING CHAIRPERSON OF NATIONAL HUMAN RIGHTS COMMISSION.

"MAYBE THIS IS THE REASON WHY AGING LEADERS HAVE SUDDENLY WOKEN UP AND ARE TRYING TO WOO YOUNG VOTERS," HE SAID AT THE 44TH ANNUAL CONVOCATION OF BANGALORE UNIVERSITY ON THURSDAY.

IN THE AGE OF INFORMATION, ADVANCED SCIENCE, TECHNOLOGY, TRANSPORT AND COMMUNICATION, HE SAID THERE HAS BEEN UNPRECEDENTED MOBILIZATION AMONG YOUNG PEOPLE. "YOUNGSTERS SHOULD NOT REMAIN PASSIVE ONLOOKERS BUT SHOULD BE ACTIVE PARTICIPANTS IN ALL DEVELOPMENTS THAT TAKE PLACE IN THE COUNTRY."

OBSERVING THAT THE YOUTH ARE BRILLIANT, HE SAID THEY PERFORM BETTER AS THEY HAVE EXPOSURE TO DEVELOPMENTS AND ADVANCEMENT IN SCIENCE AND TECHNOLOGY, AND INFORMATION. "AT TIMES, YOUTH NEED GUIDANCE THAT AGE CAN GIVE WITH EXPERIENCE. WE REQUIRE BOTH THE STRENGTH OF YOUTH AND MATURITY OF AGE."

HE SAID AFTER THEY GRADUATE, STUDENTS FACE CHALLENGES, GET OPPORTUNITIES AND FIND REALITIES WHICH ARE DIFFERENT FROM UNIVERSITY LIFE. "PROBLEMS AND DIFFICULTIES, IF FACED WITH DETERMINATION, BRING POSITIVE RESULTS AND DRAW THE BEST FROM YOU. WITH UNTIRING EFFORTS, POSITIVE ATTITUDE AND THE URGE TO REACH GOALS, ONE CAN TURN ADVERSITY INTO ADVANTAGE AND CONVERT STUMBLING BLOCKS INTO STEPPING STONES. THERE IS NO SUBSTITUTE FOR HARD WORK," HE SAID.

HE ALSO SPOKE ON CORRUPTION, POVERTY, PUBLIC HEALTH, HUMAN RIGHTS AND TERRORISM. "TERRORISM IS A MENACE AGAINST HUMANITY. TERRORISTS HAVE WRONG CONVICTIONS AND DISRESPECT HUMAN RIGHTS, THEY ARE RUTHLESS AND INHUMAN. THEIR ATTACKS ARE AGAINST NO PARTICULAR GROUP OR REGION OR RELIGION, BUT AGAINST HUMANITY," HE ADDED.

ON ENVIRONMENT, HE SAID CLEAN ENVIRONMENT, FREE OF ANY POLLUTION, IS NECESSARY TO PRESERVE AND ENHANCE THE QUALITY OF LIFE. "A SUSTAINED CLEAN ENVIRONMENT CAN BE MAINTAINED BY TAKING ADVANTAGE OF SCIENCE AND TECHNOLOGY." PATIL SAID HUMAN BEINGS HAVE THE FUNDAMENTAL RIGHT TO FREEDOM, EQUALITY AND ADEQUATE CONDITIONS OF LIFE, IN AN ENVIRONMENT THAT PERMITS A LIFE OF DIGNITY AND WELL-BEING.



THE GOLD MEDALISTS P JAYANTHA VYASANAKERE AND OTHER GOLD MEDALLISTS ON THURSDAY RECEIVED CERTIFICATES FROM GOVERNOR RAMESHWAR THAKUR AND BANGALORE UNIVERSITY (BU) VICE-CHANCELLOR DR N PRABHU DEV FOR SECURING HIGHEST MARKS IN THEIR RESPECTIVE SUBJECTS.

SWEET YOUTH

Not let me reminisce as I rhyme
to tell you of my dear past time
There was a young boy-his name is Youth
which was partially evident by his missing tooth
with bandages on his knees and his dirty face
one could see how he loved to race
with his friends in the neighborhood street
Joyously he ran with his bear feet
He would always be content and light as a feather
as he always expected sweet warm weather
Although he had yet to grow and a bigger body to obtain
he never worried unless the sky began to rain
How depressing the day would be
if in that baby blue sky no happy smiling sun he could see
with his pleasant boyish grin he found he could win
the heart of anyone no matter what predicament he was in
He had a pure sincere heart wrapped in gold
As he watched the mysteries of life unfold
with his undying and unconditional love

he soared through the sky like a beautiful white dove
Shall I compare my youth with diamonds or most valuable gold?
No, for my boyhood is more precious than all this world can hold.
How much better we'd live and how free we'd be
if we'd realize that youth lives in you and-
He always lives in me.

By: James Acker



GOOD MOOD FOODS.....

Studies have shown that food and stress are linked together. You would be surprised to know that some kinds of food that cause stress. On the other hand, there are also certain foods that reduce stress. Leading a healthy, stress-free life includes maintaining a healthy diet. Therefore, one should be aware of what he or she is eating.

Foods that cause stress

Many packaged foods contain agents that stimulate or cause stress. The irony is that foods containing people get tempted to consume these foods for various reasons. Some of the food items that are commonly known to cause stress are as follows:

Caffeine:

This is commonly found in coffee, tea, colas and chocolates. Caffeine increases stress levels by stimulating the central nervous system. Excess intake of caffeine will result in hyperactive mood and cause irritation and stress.

Alcohol:

Alcohol, if taken in large doses, disrupts sleep. It will also cause malfunctioning. It has the potential to create interpersonal problems with family, friends and coworkers. This creates plenty of sources for stress.

Sugar:

Sugar may be sweet to taste, but it won't be very sweet for the body. It quickly raises the energy levels in the body in a short-period. But the ultimate effect is negative. This is because the body handles sugar by releasing insulin into the blood to reduce sugar level. Even after the body has handled the sugar intake, the insulin release may persist, and cause a fall in the energy level.

Food that reduce stress



Seafood

A lot of seafood is packed with selenium, which is a micro mineral that helps prevent oxidative stress by working together with a group of nutrients that prevent oxygen molecules from becoming too reactive, in another word – anti-stress. You can get selenium from cod, shrimp, snapper, tuna, halibut and salmon, as well as from Brazil nuts, button mushrooms, shiitake mushrooms.

Dairy and cheese

Daily and cheese are excellent sources of tryptophan. It is an amino acid that the brain uses to build relaxing neurotransmitters; in other words, it helps to make you sleepy. You can easily get tryptophan from both lactose and lactose-free products including milk and cheese, grains, also from beans and seeds.

Eggs

Eggs are high in tyrosine and tryptophan. Pick the free-range organic eggs from the store if possible so that you are sure that they came from healthy chickens. They also contain cholesterol and saturated fat which are essential for the production of all your hormones and help sustain good energy levels throughout the day. It is suggested that an adult with high cholesterol should not eat more than one whole egg per day.

Dark green leafy veggies

Leafy vegetables are definitely on the top of my list! They are typically high in dietary fiber, which helps digestion, iron, and calcium. Leafy veggies are also very high in photochemical such as vitamin C (which facilitate absorption of iron), carotenoids, lutein and folic acid as well as Vitamin K.

Yogurt:

Calcium present in yogurt diminishes **nervousness, irritability, depression**, and various other mood swings. **Yogurt** is in addition, mild on **sensitive stomach**.

Eggs:

Eggs contain zinc and protein, which arouse you as well as energize you by controlling the blood sugar levels and **metabolism**.

Bananas:

Bananas are full of vitamin B6, that is considered to build levels of serotonin. Serotonin is a chemical that calms and relaxes as well as reduces tension and stress.

Berries:

Berries such as **raspberries, blackberries, blueberries, strawberries, black currants** etc, are full of antioxidants that keep ones brain happy and fresh. Include a cup of strawberries in your daily breakfast and feel the magic.

Walnuts:

Walnuts are loaded with **omega-3 fatty acids** that facilitate the brain receptors understand moods. Low levels of omega-3 fatty acids are associated with gloominess and depression.

Chocolate:

Chocolate contains a mood-improving compound known as anandamide that target the receptors of the brain and produce a **joyful mood**. It in addition liberates endorphins that are produced naturally inside the body that alleviate pain and builds up a feeling of happiness and comfort and helps in lifting the mood at once.

Cereal:

Consuming cereals in the breakfast heightens the level of serotonin in the brain that controls appetite and mood.

Oranges:

Oranges are loaded with **Vitamin C**. This vitamin provides fuel to the body and helps indigestion. Oranges also help in decreasing **anxiety and stress**.

A SMALL SONG DEDICATED TO THE YOUTH OF ISBS

Everywhere we go x 2
People waana know x 2
Who we are x 2
Where we come from x 2
So we tell them x 2
We are the **INDIRIATES** x 2
The Mighty - Mighty **INDIRIATES** x 2
The One and Only **INDIRIATES** x 2

By: Vidhi Bedi

Div - A

"Yeh mera India...watan mera India.."

"Yaari hain Imaan mera yaar meri Zindagi..."

"Apne to apne hote hain..."

"Tum mera dil tu meri jaan..oh I love you daddy..."

"Phoolo ka taron ka sabka kehna hain..ek hazaro mein meri behna hain.."

"Kya khoob lagti ho badi sundar dikhti ho..."

All these lines are depicting LOVE for one's country, family, parents, life partner etc.

Life is too short to spend it in hatred. No one of us has seen whether there is rebirth or not.



It is very important for all of us to realize the way Hatred, Corruption & Terrorism is influencing our lives. There are no emotions left and we are working like machines. It's high time we take these issues seriously and do our bit in making this world a better place to live for you and for me and the entire Human Race...



IN VIEW OF THIS XPRESSIONS LAUNCHES ITS THEME FOR THE NEXT EDITION "LOVE IS IN THE AIR".

FEBRUARY BEING THE MONTH OF VALENTINE WE INVITE ARTICLES, POEMS & ANY OTHER FORM OF CONTRIBUTION THAT WILL PORTRAY OUR LOVE FOR OUR FAMILY. COUNTRY, FRIENDS ETC...

FACULTY MEMBERS & STUDENTS CAN SEND IN THEIR ENTRIES LATEST BY 15TH FEBRUARY 2011 TO:

XPRESSIONS@INDIRAISBS.AC.IN

