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From the Editor's Desk

Welcome to the first issue Volume 3 of WCAS e-newsletter!

As autumn bids farewell and winter finally sets in the region, woollens have crept out of their chests, and have started making their warm and colorful presence felt, on the young and old alike....the nip in the air and the longer evenings seduce all alike to enjoy interesting discussions over steaming cups of tea and coffee while watching withering leaves on the green trees turn to brown and fall below, thus forming a golden brown canopy! An amazing sight to behold!

It appears that with the change in seasons, Mother Nature induces more motivation and a rush of energy in us to egg us on faster path of progress and achievement in our respective domains.

"Well begun is half done", or so the saying goes.

The exemplary feat of receiving the "Certificate of Recognition" by our Dean Dr. Mohan Varma, conferred on him by the Korean Society of Propulsion Engineers on 22nd November, 2012, In South Korea, marks a milestone in the annals of WCAS and does the institution truly proud. He also delivered an invited lecture to eminent scholars and scientists of Agency for Defense Development, Government of South Korea. He has been an earlier recipient of several recognitions for his work in India and abroad, but this he said, has motivated him to contribute further in his field.

It goes without saying that attending seminars, participating in workshops and publications in international journals of repute are some of the feathers in the caps of our dedicated faculty members, and the last few months were no exception.

The potential for leadership and team spirit among students at WCAS surfaced and made an impressionable dent in the institutional activities, as WCAS students' council election were held on Monday, 12th of November, 2012. The polling was unprecedented at about 60 percent and students from all disciplines took part in the voting process.

The Nation is on its march forward.....the 42nd National Day Celebration was celebrated with a lot of fan fare and it was a matter of great honor for us to have as our Chief Guest, H.E Dr. Hammad Bin Hamad Al-Ghafri, Ministry of Civil Services to grace the occasion. The cultural items put up by the students proudly showcased their latent potential in the domain of Art and Omani Culture.

Not to be left behind is another important facet of personality development-Sports! The sports club of WCAS organized a two day intra college cricket tournament at the end of November, 2012 on KOM grounds.

Education is incomplete without exposure to practical knowledge.....under the "Industry Institute Interface Programme(IIIP), students of MBA, BBA participated in Industrial visits to various well known companies . These visits were highly informative and a knowledge-enhancing initiative to broaden the horizons of young minds.

The emphasis on 'Stress Management' can never be over exaggerated. It is emerging as one of the oft-discussed and deliberated aspects of urban life in contemporary times. A workshop for youth on the same topic was conducted for MBA students in early October, 2012. The Resource person, a senior manager of Ernst and Young enlightened the gathering about management techniques on handling "stress".

'Necessity is the mother of invention'. "Invention" is about creating strategic values where none exists. Students of BE and faculty members attended the lecture of Sir Tim Berners-Lee, the founder of the World Wide Web at SQU in early December, 2012.

SCAP-2012, a career awareness training programme introduced by SHELL Development, Oman was attended by a sizable number of graduating students from different courses. This one day event was designed to unleash the hidden potential of students to deal with the reality of the job market and face fierce competition.

Festivals and ceremonies form the backbone of society, prompting social interaction and bonhomie among fellow beings. The faculty and staff of WCAS celebrated EID-UL-ADHA and DIWALI with a gala dinner organized on November 15, 2012.

Last but not the least, a token of acknowledgement and appreciation to our sincere contributors, without whom this issue would not have seen the light of the day.....so here we get... set... on satiating our readers!

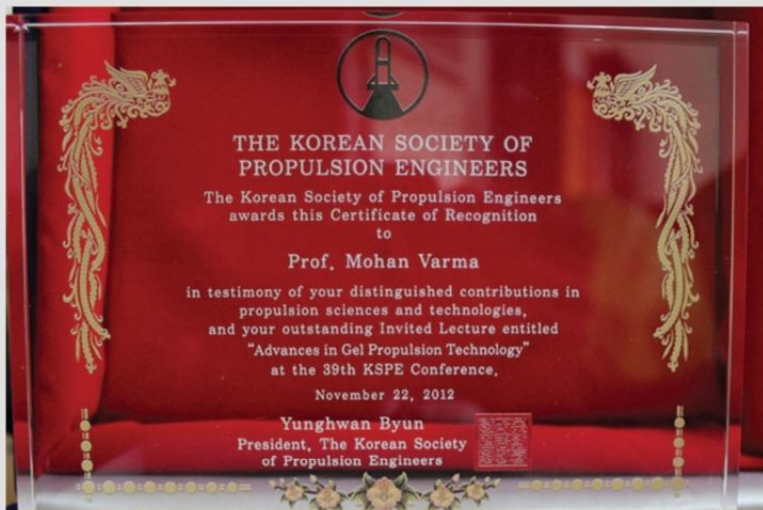
ACHIEVEMENT

International Recognition & Honour at ADD, South Korea

Waljat College of Applied Sciences is proud of Dr. Mohan Varma, Dean for receiving the “Certificate of Recognition” towards his contribution in the field of Rocket Propulsion. This prestigious award was conferred to him by the Korean Society of Propulsion Engineers, on 22nd November 2012, During his visit to the Agency for Defense Development (ADD), Government of South Korea, on an official invitation, he was also honoured. He delivered an invited lecture to the eminent scholars and scientists of ADD on 23rd November 2012.



Dr. Mohan Varma



The Recognition Certificate Awarded to Prof. Dr. Mohan Varma

Dr. Varma also addressed the students and faculty at Korean Advance Institute of Science and Technology. In the year 2012, KAIST secured 24th rank among the top Engineering and Technical Institutions of the world.

After receiving the award Dr. Varma stated, “After several recognitions for my work in India and abroad in the past, this recognition has further motivated me to contribute with dedication in my chosen field”.



Mr. Jyoti K Chandel

Publication

Sharma, S. K., & Chandel, J. K. (2013, January). Technology Acceptance Model For The Use of Learning Through Websites Among Students In Oman. International Arab Journal of e-Technology, 3(1).

Workshop attended















Dr. G.P. Mishra attended workshop under Quality Improvement Program (Q.I.P.) on “Statistical Analysis for Engineers” at Indian Institute of Technology-Kanpur from July 2-6, 2012. It was an intensive course on Statistical Analysis for Engineers that was sponsored by Continuing Education Programme of IIT Kanpur.



Dr. G.P. Mishra

ELECTIONS@ WALJAT

Annual election of WCAS students' council were held on Monday, 12th November 2012. Student affairs section took great responsibility in preparing, organizing and facilitating the voting process. Students from all disciplines took part in the elections. The polling was about 60%. The following students were duly elected for the post mentioned against each:

	PRESIDENT OF STUDENT COUNCIL Amna Rashid Al-Farsi Major: BCA Academic year : 2011 – 2013		VICE PRESIDENT OF STUDENT COUNCIL Syed Bilal Haider Major: BE (EC) Academic year : 2009 – 2013		SECRETARY OF CULTURAL CLUB Muzna AL-Brashdy Major: BE (EC) Academic year : 2010 – 2014
	SECRETARY OF SOCIAL CLUB Zuha Mohammed Major: BE (EC) Academic year : 2009 – 2013		SECRETARY OF ENVIRONMENT CLUB Aryaf AL-Jabri Major: BE (EC) Academic year : 2009 – 2013		SECRETARY OF SPORT CLUB Kanhaiya Deshpande Major: BE (EC) Academic year : 2009 – 2013
	SECRETARY OF TECHNICAL CLUB Soumyanath Datta Major: BE (CS) Academic year : 2010 – 2014		SECRETARY OF ADVENTURE CLUB Swathy Shankar Major: BE (EC) Academic year : 2010 – 2014		SECRETARY OF ENGLISH CLUB Tina Rajan Major: BE (CS) Academic year : 2010 – 2014
	SECRETARY OF MUSIC CLUB Ashwin Ramaswamy Major: BE (EC) Academic year : 2011 – 2015		SECRETARY OF PHOTOGRAPHY CLUB Khusbu Bharat Bhatt Major: BE (BT) Academic year : 2011 – 2015		REPRESENTATIVE OF MBA Sudin A. P. Major: MBA Academic year : 2011 – 2013
	REPRESENTATIVE OF BBA Poornima Praksh Major: BBA Academic year : 2011 – 2014		REPRESENTATIVE OF BE Seemab Sultan Major: BE (EC) Academic year : 2009 – 2013		



Students cast their valuable votes!

JOINT SECRETARIES

NOMINATED JOINT SECRETARIES

Name of the Student	Club
Naila Hamed Khalfan Al Mahrouqi, BCA	Social Club
Pratap Deniel, BE	Cultural Club
Ilham, BE	Environment Club
Mohammed Salem Ibrahim, BE	Sports Club
Abdullah Ali AL – Bulushi, BE	Tech Club
Oday Salim Ali, BE	Adventure Club
Samia Sulieman, BE	English Club
Aqil Abdul Rahim Juma Bulushi, BBA	Music Club
Rabab Kasim AL – Hamadi, BBA	Photography Club
Hamed Sulaiman Amur Al Mehrizi, BCA	BCA Representative

QUOTABLE QUOTE

*He who has never learned to obey
cannot be a good commander.*

Aristotle

(<http://www.inspirational-quotes.info/>)



Dr. Mohan Varma

*Innovation
distinguishes
between
a leader
and
a follower*

Steve Jobs

At the outset, I wish all our readers a very happy, prosperous and productive New Year 2013. Every New Year gives us an opportunity to look back on the achievements and shortcomings of the previous year. Through factual assessment, we get motivation to set higher goals and resolve to learn from the errors and lapses of the past. At WCAS, we have experimented with several new ideas and approaches at large. The spirit of innovation, hard work and healthy competition has been inculcated in our students and staff. Many of them have experimented with new ideas, fusion of technologies and novel approaches. We need to carry it forward with renewed vigor and enthusiasm.

The true worth of education is achieved when we apply and extend our knowledge and skills to be creative. Most of us think that our job is over if we do whatever we are asked to do. Very few bother to do some extra thinking and put additional effort to do something that has not been done before. Generally, people try to find easy solutions, copy and imitate or even give up before they begin.

Innovation requires imagination, curiosity, inquisitiveness and a keen desire to excel. You do not need to be extraordinary and know everything; you must carry on with what you do know with clarity. If you want to do something new, you just need to expand your vision, think beyond the existing practices and work towards their improvisation to get better results. Without innovation, we would have still been creating fire from rocks, using animals as vehicles and living in caves. Continuous change for the better has led to a phenomenal shift in our lives. And all these changes are a result of the imagination and creativity of individuals who did not fear to think different, to challenge what was already established and to firmly put forward their own ideas to convert them into reality.

It is often very tempting and easy to follow a beaten path. But what is the benefit of acquired knowledge if it cannot be used for common good and betterment of society? There is so much left to be discovered, so many things that can be invented and many improvements can still be made. It is up to the youngsters to put their brain cells to work and to be the key players in global scientific and technological developments, in future.

Today, the world is becoming fiercely competitive and advancing to new heights in every imaginable field. What is new and unmatched today has a better and cheaper substitute tomorrow. New ideas are emerging and are being pursued. The difference is whether you are paying a huge price for buying someone else's idea or simply profiting from your own. Innovation is a habit. Let us resolve to do things differently at WCAS. Thomas Edison once said that there is a way to do it better – find it.

National Day celebration

The College celebrated the 42nd National Day of Oman on 19th November, 2012. H.E. Dr. Hammad bin Hamad Al Ghaferi presided over the event as chief guest. The event started with singing of the National Anthem and a recital of the Holy Quran. This was followed by a speech delivered by the head of the Student Council, Amna Bint Rashid Al-Farsi who spoke eloquently about the Sultanate. The Creative Arts Society at WCAS organized a poetry recital, and a play was performed to depict the progress of women in the Sultanate during His Majesty's reign. Participants of the play wore traditional Omani outfits celebrating Oman's rich culture and heritage. The organizers also presented a video showcasing the multi-faceted history of Oman. At the conclusion of the event, the Dean, Dr. Mohan Varma, presented a memento to the Chief Guest and thanked everyone for their participation.



CHIEF GUEST OPENS THE CEREMONY. EVERYONE ENJOYS.



Scouts take their oath of duty



Cultural Artists with Guests



Participants in traditional folklore exhibit their talent

Cricket Tournament

Sports club organized a two day intra college cricket tournament from 20th November to 21st November, 2012 at Paradise, KOM ground. More than 80 Boys and girls participated in the tournament. Anurag Prem Kumar and Karan Pandya both at scored 94 runs and were declared the best batsmen whereas Salman Ul Faris who took 10 Wickets was declared the best bowler of the tournament.



Budding Cricketers of Waljat



What fun it is to get the Trophy



It's their day, they're the winners!



Teacher and the taught pose for a shot! Bravo!

Staff Get-Together



Eid & Diwali celebrated with joy

Faculty and Staff celebrated Eid-UI - ADHA & DIWALI with a gala dinner organized on November 15th, 2012. Along with the sumptuous food, the members enjoyed Antakshari.



A Time for celebration for All

Ahsan al Khair campaign

Children suffering from cancer were visited by our students at Royal Hospitals on November 21st, 2012, under the Ahsan al Khair campaign. Dr. Ismael Baqi Mohammed, our Student Counselor arranged the trip and accompanied the students. The students played with the kids and distributed gifts. They interacted with some parents present, and got to know the condition of kids. It was a unique experience for our students and kids, who shared their feelings.



Bags of Gifts carrying smiles and joy!

SCAP-2012



Well Organized Programme.
Shell Development Oman

Waljat College of Applied Sciences organized Shell Career Awareness Programme [SCAP-2012] on 2nd December, 2012. This programme was introduced by Shell Development Oman and was facilitated by Prosper Management Consultancy. Sixty four under graduates students from different courses of Waljat College participated in this training programme. This one day event, aptly named as SCAP, was a highly dynamic, interactive, exercise based and energetic workshop. It was designed to unleash the hidden potential of students who are soon to graduate and are going to deal with the reality of the job market that is truly challenging, starting with the fierce competition of securing a job.

This workshop aimed to shape young minds to cope with the complexity and the challenges of the knowledge based economy. This training programme cum workshop placed emphasis on career awareness, self realization and motivated the students to traverse the path of self discovery.



Young Minds Shaped for Complexities!

Workshop on Stress Management



The workshop that we all need, few organized
& many attended!

Workshop on "Stress Management for Youth" was conducted for MBA students on October 10th, 2012. Mr. Saket Kakkar (Senior Manager, Ernst and Young) was the resource person for the workshop. Participants learned about stress management techniques from the workshop.

Industry Institute Interface program (IIIP)

Industrial Visits of WCAS Students

1. Areej vegetable oils and derivatives S.A.O.G

A group of 20 I year MBA students of Waljat College along with Dr. G.P. Mishra and Mrs. Sreelekha Goveas, faculty in the Department of Management visited Areej vegetable oils and derivatives S.A.O.G (AVOD) as a part of their Industry Institute Interface Program (IIIP) on October 7th, 2012. Mr. Salem Al-Bortmany, Deputy General Manager – Sales and Marketing, AVOD, explained to the students about different types of brands and products that the company manufactures and processes. The students were also briefed about the history, production, marketing, export, and the company's contribution to the national economy, etc.



Cheers! We got to know the leaders of essentials

2. Reem Batteries & Power Appliances Co. S.A.O.C.

A group of 39 II year MBA students of Waljat College visited Reem Batteries & Power Appliances Co. SAOC on October 9th, 2012. They were accompanied by Dr. G.P. Mishra and Dr. Seema Varshney, faculty in the department of Management. Mr. Brijendra Saxena, Manager – H.S.E. & Training welcomed the students and gave a brief introduction of the company by showing a short video film of about 15 minutes. The students learnt about the history, business, production process, clientele, awards and accolades, certification, etc. received by the company.



Charged more from the visit

3. National Biscuits and Industries Limited

Under Industry Institute Interface Program (IIIP), 41 students of BBA final year visited National Biscuits and Industries Limited, S.A.O.G. (NABIL) on 06th November, 2012. Dr. G.P. Mishra - Convener of the program, Mr. Sushil Kumar, Ms. Soofi Asra and Ms. Nupur Sen accompanied the students. In the factory premises, the students were guided by Production Manager Mr. Karthik and Mr. Ravi. The students were made aware about the processes and manufacturing of different types of biscuits including creamy and salted biscuits. The packaging and quality control areas were also covered. After the visit the students were handed a packet of NABIL biscuits. According to the visiting team, the visit was highly informative, knowledgeable and satisfactory.



Our visit to NABIL

Lecture on : How different would today's world be today without the invention of the World Wide Web (www) by Sir Tim Berners-Lee, the man who invented the World Wide Web.



Here he is, to infuse innovative ideas

Students of BE V-CS, BE-VII-CS & BE-VII-EC of Waljat College along with the faculty members of Computer Science and Engineering Dept & Electronics and Communication Engineering Dept attended the lecture of Sir Tim Berners-Lee at the Sultan Qaboss University on December 4th, 2012



Staff & students with the great joy of participation



Dr. Ismail Baqi
Students Counselor

Exam Anxiety and Ways to Overcome

At the beginning of the exams season, anxiety starts inside students and parents' hearts. This period begins with acute fear and expectation of disappointing results. This kind of anxiety that catches some students before the beginning of the exams bothers the examinee with apprehension and mind distractions that impacts the ability of concentration. But in many cases, anxiety is a natural element needed for achieving a strong drive towards a fruitful work.

Dale Carnegie's 'How to stop worrying and start Living' book speaks more of anxiety and its effects. If we opened Carnegie's book, we would find that the first advice given is to avoid anxiety (Live in the limit of the day).

Carnegie says in order to get rid of anxiety you have to live in the limits of your day and not to think more about tomorrow. But, where are planning, the future dreams and strategic plans-etc?

Dale Carnegie has no objection about future planning but, he wanted to remind you that for reaching a better future you have to live the day as required to be, because the day is the only road to the future. And there is a difference between planning and the obsession about it; planning creates assurance and obsession generates anxiety. These cases mentioned by the author, are known by us as nervous language programming inside and within the time.

However, inside the time means a person living in the current moment while during the time means a person thinking over both the past and future. Thus, living within time is to set up your future and enjoy your moment, as your moment creates your future, and living every moment with the view on future, you will live in peace and assurance. It is a great idea but, what is the relation to all that with exams anxiety? Here I am giving a simple example and its explanation. It is taken from Albert's focusing on something towards external thoughts that undermine his focus.

Albert Einstien, the physician used to have strategies for getting rid of thoughts .He used to keep a note book for ideas as whenever he got a thought, he immediately wrote it down, then he resumed focusing on his work but necessarily he referred to written idea after finishing his work. Do you know that all these ideas are like a little child who cries for having his doll or any other item? The idea wants to get a period of thinking, we can call it pondering. If you do not give it a chance the result will be nagging. Thus, Einstien used to give a promise to come back to the idea when he finished his work. In this way, the idea calms down till its date comes to take its share of concern and thinking. We have to learn from the above example that in order to get rid of anxiety you have first to live inside time or to live in your current moment.

Then what to do with the nagging ideas that need to transfer you within the time? (The answer is to give a promise that the given idea will take its share of thinking and full attention later on. But what is the relation between this suggestion and the examinations?

The basic thoughts that cause anxiety during exams are the remaining subjects that need memorizing; those ones which you have not given their full share, in terms of registering in the note book as Einstien used to do in a precise way; by creating a table for your academic plans during the remaining days of the exams. And when you finish setting up this time table for your academics within the following days and start to apply it, I promise, by God's grace, you will be searching for anxiety but you won't find it.

This matter seems to be simple for many people (It is only this table), yes! It is very simple but, nobody understands its value; but for one who has set it up and implemented it- waiting for results and implementation, we pray to God for the blessing.

Advice on defeating exam anxiety

Anxiety is generally considered as a virus against success and creativity. It often restrains the individual from achieving his ambitious production and leads him to failure in obtaining high scores. So, for defeating this anxiety you have to do the following:

1. Control the required exam subjects, by getting good preparation and readiness for them and making summaries for reading a number of times, assimilating with help of other subjects outside the assigned book so as to benefit from all the related resources that the subject teacher would include.
2. Try inhaling exercises that feed the nervous system especially the mind and helps in assimilating these subjects.
3. Practice easy sports drills which help you in avoiding miseries and fear.
4. Give yourself enough time for going to the exam. Be ready an hour before in order that you will be relaxed while entering the exam hall; and not feel anxious.
5. Prepare what you need for the exam before an hour and do not forget anything that causes anxiety.
6. Give yourself rest for at least one or two hours without memorizing the subjects.
7. Be relaxed before receiving the exam papers, and then read the holy verses for giving you rest and self assurance.
8. Avoid going to exam when you are hungry and it would be better if you take a piece of sweet for feeding the nervous system by sugary materials, as well as having a bottle of water for wetting your mouth.
9. Be confident about yourself before and during the exam.
10. Sit restfully and get a deep breath.
11. Read the exam questions carefully and start to answer from easy to the difficult.
12. Do not clutch at the difficult question but leave it and try the other questions, then come back to it later but do not forget to write a note about it for remembering.
13. Utilize the exam time and exploit each passing minute with complete rest; away from anxiety.
14. Do not mind other student's behavior when they submit their papers, but care about your questions and the answers.
15. Answer all the questions and not leave any though you are not sure about the answer.
16. Check the answers carefully and do not be nervous during that.
17. Make sure of writing your name and the exam Roll number.
18. Depend upon God and receive the answer paper at the given time, and we wish you all success.

What is college and university's role at fighting anxiety that accompanies the examinee?

It is the important to provide halls free from noise and invigilating teachers with pleasant manners to treat the student in a fatherly way; full of affection and respect.

Together We Can



WISDOM



COMMITMENT

ACHIEVEMENT

SERVICE

It's time for change!

Change means action, innovation and commitment. Change is the very essence of life. Let's work hard to make our college a better place by the day. Every step we take, every effort we make, contributes to overall improvement in our lives.

Be the change that you want to see in the world!

“Mahatma Gandhi”

PROGRAMS@ WALJAT



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Fax: 24449196

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Email: admissions@waljat.net

