



RAINBOW

Newsletter of Priyadarshni Academy

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Priyadarshni Academy honours Mrs. Cherie Blair

Priyadarshni Academy, in collaboration with Eastern International Hotel Ltd., organised a Dinner Meet in honour of Mrs. Cherie Blair, wife of former Prime Minister of UK and President of The Loomba Trust, on January 10, 2008 at Eastern International Hotel, Mumbai. Mrs. Blair was presented a special plaque by Chief Guest Shri Jayantrao Patil, Maharashtra State Planning and Finance Minister, in recognition of her work with the Trust. The event was held in association with The Loomba Trust, UK, to celebrate its 10 successful years. Mr. Raj Loomba, Founder Chairman Trustee, Rt. Hon. Lord Dholakia OBE DL, and Mrs. Veena Loomba, Trustees, were also honoured on the occasion.

Mrs. Blair presented a special memento to Mr. Jignesh Shah, Chairman & CEO of Financial Technologies (India) Pvt. Ltd., for his continued support to Priyadarshni Academy. Dr. (Mrs.) Indu Shahani, the Hon. Sheriff of Mumbai, graced the occasion.

Priyadarshni Chairman Shri Nanik Rupani welcomed the guests. Speaking on the occasion, Mrs. Blair, stressed the importance of educating women. She stated "if you educate a woman, you educate the entire family". Chief Guest Shri Jayantrao Patil focused on the huge increase in allocation for education in the state budget this year. Sheriff Dr. Shahani complemented Mrs. Blair by speaking about the need in India for inclusive education. Other speakers included Lord. Dholakia and Mr. Loomba. Shri Dinesh Khanna, Managing Director, Eastern International Hotel Ltd., and Member, Priyadarshni Academy's Global Advisory Committee, proposed the Vote of Thanks.



Chief Guest Shri Jayantrao Patil, Minister for Finance and Planning, Govt. of Maharashtra, lighting the lamp as Mrs. Blair, Shri Raj Loomba, Founder Chairman Trustee, The Loomba Trust, Shri Nanik Rupani, Chairman, Priyadarshni Academy, Rt. Hon. Lord Dholakia OBE DL, and Shri Dinesh Khanna, Executive Director, Eastern International Hotel Ltd., look on.

The Loomba Trust was established in the UK in 1997 to create awareness about the plight of widows and to provide help to them and their families. The Trust educates over 3,600 children of poor widows in the 29 states in India through scholarships. Through a Loomba Trust initiative, June 23 has been designated as International 'Widows Day' to focus on sustained International action.



Shri Jignesh Shah, Chairman & Group CEO, Financial Technologies, receiving a plaque, from Mrs. Blair.



The launch of the biography of Shri. P. P. Chhabria, Chairman, Finolex Group, organized in Pune on March 8, 2008. Seen from left are Shri. K. P. Chhabria, Shri. Nanik Rupani, Shri. Srichand Hinduja, Shri. Prataprao Rane, (Speaker of Goa Assembly), Shri. P. P. Chhabria, Shri. Anand Pandit, Shri. Jayantrao Patil (Maharashtra Minister), and Dr. Vijay Bhatkar, Scientist (See Story inside on page no 14)



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Chairman's Message



We had the very great pleasure of hosting Mrs. Cherie Blair, wife of former Prime Minister of UK, and President of The Loomba Trust, on January 10, 2008 at the Eastern International Hotel in Mumbai which served as co-host of the event. It was an event that was organized at extremely short notice and, therefore, we

were overjoyed by the huge attention it received from the audience and the media. Over 200 distinguished personages traveled to the northern end of Mumbai to grace the event and participate in it actively. Particularly satisfying was that every one who spoke -- Mrs. Cherie Blair, Maharashtra State Planning and Finance Minister Shri Jayantrao Patil, Hon. Sheriff Dr. Indu Shahani, Lord Navnit Dholakia, and Mr. Raj Loomba, Founder-Chairman of The Loomba Trust addressed the subject that is Priyadarshni Academy's priority No. 1 – EDUCATION. This issue contains a detailed report on the event. We are indeed honoured that we had the opportunity to host Mrs. Blair. It is an event that all those who participated in will remember for a long time to come.

We are soon to launch the "Healthy Youth for a Healthy India" project which we announced in the previous Newsletter issue. Negotiations with the concerned

players have been completed and plans are to begin the project in June/July with an awareness programme and a pilot workshop at the K. C. College. We then plan to conduct, after the Global Awards programme on September 19, regular workshops including trainer's workshops once a month or more starting with K. C. College and subsequently moving on to other colleges under the umbrella of the Hyderabad-Sindh Collegiate Board. Further future plans include replicating the programmes in other colleges and youth associations. Dr. Swati Bhave, the Project Director, is all excited and geared up to initiate the programmes at the earliest.

We also hosted the 24th Annual Literary Awards and Educational Scholarships function of the Academy. As in previous years, this event too was attended by a Standing-Room-Only audience.

We are in the process of finalizing the Global Awards recipients. The list of those who have already confirmed looks impressive indeed. The next issue of *Rainbow* will be a pre-event special and will have bio-sketches on those selected.

I am sure you will enjoy this issue.

With greetings,

Nanik Rupani
Chairman



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Priyadarshni Academy Presents 24th Annual Literary Awards & Scholarships



Dias View (L-R): Prof. (Smt.) Rupa B. Shah, former Vice Chancellor, SNDT Women's University, Shri Nihschal Israni, Chairman, Blue Cross Laboratories, Shri Jignesh Shah, Chairman & Group CEO, Financial Technologies, Shri Nanik Rupani, Chairman, Priyadarshni Academy, Shri Ganesh Naik, Minister of State Excise, Environment & Labour, Government of Maharashtra, Shri Bob Harilela, Director, Harilela Group of Companies, Hong Kong, Shri P. P. Chhabria, Chairman, Finolex Group of companies, Dr. (Smt.) Indu Shahani, Sheriff of Mumbai, Shri Murli Adnani, Co-Chairman, Priyadarshni Academy.

The 24th Annual Literary Awards to three prominent writers in the Hindi, Marathi, and Sindhi languages and educational scholarships to 93 deserving and needy students were presented at a Special function on February 21, 2008 at the Walchand Hirachand Hall of the Indian Merchants' Chamber, Mumbai.

Shri Ganesh Naik, Minister for State Excise, Environment and Labour, Government of Maharashtra, was the Chief Guest. **Shri P. P. Chhabria**, Chairman, Finolex Group of Companies, **Shri Bob Harilela**, Director, Harilela Group of Companies, and **Shri Jignesh Shah**, Chairman & Group CEO, Financial Technologies (India) Ltd. were the Guests of Honour. **Dr. (Smt.) Indu Shahani**, Hon'ble Sheriff of Mumbai, was felicitated at the function through the presentation of a special memento by the Chief Guest. In her response, the Sheriff dedicated the recognition to the student community which she stated "has inspired me".

The Literary Awards Committee of Priyadarshni Academy consists of Shri Vishwanath Sachdev, Shri Ramdas Phutane, and Shri Murli Adnani representing the Hindi, Marathi and Sindhi

languages. The Awards consist of a **Cash prize of Rs 25,000/-** each, and a plaque.

The Shri Kisharam Lekhraj Rupani Memorial Hindi Literary Award was conferred on **Shri Vijay Kumar** for his contribution to Hindi literature as a poet, critic, and translator. He has been actively involved in art and theatre besides being a creative



Shri Ganesh Naik, Minister of State Excise, Environment & Labour, Government of Maharashtra, presenting the Priyadarshni Academy's Scholarship to a blind student pursuing a graduate degree in Economics & Music.

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Prof. Chandrakumar
Nalage (Marathi)



Vijay Kumar
(Hindi)



Raaj Lalchandani
(Sindhi)

and aesthetic writer for over three decades. In addition, he has to his credit over 200 articles, translations and reviews published in contemporary Hindi periodicals. Many translations of his writings have appeared in the Marathi, Gujarati, Bengali and English languages. His collections of poetry include 'Raat-Pali', and 'Chaha jis shakal se'. He is also the recipient of Samsher Sanman for poetry and Dr. Devishankar Avasthi Sanmman for literary criticism. For Shri Vijay Kumar, writing poetry is a kind of realisation of the self. It is a flight into the unknown and a kind of homecoming as well.

Priyadarshni Academy's Marathi Literary Award was conferred on **Prof. Chandrakumar Nalage** for his autobiographical work titled '**Ratawa**'. The book has won several awards from the Government of Maharashtra. He was the Dean of Faculty of Arts at Shivaji University, Kolhapur and former Head of the Department of Marathi of the Shri Shahaji Chhatrapati Mahavidyalaya, Kolhapur.

He is a recognised PhD guide of Shivaji University as well as a Referee for doctoral theses of Nagpur and Marathwada Universities. He has to his credit many research books including *History of Gramin Sahitya*, *Marathi Sahityache Udayarang* and *Dalit Atmakathan*. Many of his books have been translated into the Japanese, Hindi and English languages. He is also the Editor of *Dakkshin Maharashtra Sahitya Patrika* and Co-Editor of *Maharashtra Sahitya Patrika*.

Prof. Ram Panjwani Memorial Award was conferred on **Shri. Raaj Lalchandani** for his services rendered to the Sindhi community as Editor & Publisher of '**The Sindhian**', a quarterly periodical dedicated to chronicling the ethos, enterprise and aplomb of the Sindhi community. The publication aims to connect the Sindhi community worldwide. Mr. Lalchandani has also been involved with information technology,

training, and software development. The magazine is in its 5th year and tries to bring about a change in the general perception of the Sindhis and their lifestyles.

Priyadarshni Academy also presented 93 Educational Scholarships and Financial Assistance to students doing courses in Engineering, Architecture, IT, Medicine and B.Ed. The selection was made by the Scholarship Committee as per the eligibility criteria laid down by the Academy, besides recommendations from the Principals.

Mr. Murli Adnani, Co-Chairman of Priyadarshni Academy, proposed a Vote of Thanks. Mr. Kishan Sharma compered the proceedings.

The Scholarship Committee consists of Dr. Ram S. Tarneja (Chairman), Prof. J. K. Bhambhani, Prof. Nanik Shivdasani, Principal Dr. (Mrs.) Indu Shahani, Principal Ms. Manju J. Nichani, Principal Ms. Rekha Shahani, and Ms. Maya Shahani.

Sr. No.	Name of Scholarships
1	Financial Technologies Scholarships for Engg.
2	Finolex Scholarships for IT
3	Neutron Scholarships for Engg. & IT
4	Harilela Scholarships for Engineering & IT
5	K. T. Shahani Memorial Scholarship for Engg. & IT
6	Murij Manghnani Foundation Scholarship
7	Khemchand B. Kothari Scholarships for Architecture & Civil Engineering
8	Geeta Israni Memorial Scholarships
9	Kala Gopaldas Mahbubani Memorial Scholarships
10	Iqbal Singh Malik Singh Bakshi Memorial Scholarship for Medicine
11	Kishinchand Motoomal Jeswani Scholarship for B ED
12	Fr. Masohio Foundation Scholarships for B ED
13	N. S. Atmaramni Scholarship for Yoga / Vedanta
14	Dr. Tarneja Scholarship for needy students
15	Nindhi K. Khemani Memorial Scholarship for Needy Students
16	Harish Mahindra Memorial Scholarships
17	Bhagwandas Peraj Memorial Scholarships
18	K. Jalan Foundation Scholarships
19	S. K. Mohile Scholarship
21	Devi Lekhraj Rupani Memorial Scholarship
22	Radha Kisharam Rupani Memorial Scholarship
23	Indira Kotak Scholarships

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Swati Bhave's Column



Handling Exam Stress

This is the time of stress in all households where children are preparing for various important exams!

Some amount of stress is necessary for a person to have motivation and to study hard. This stress is called good stress or *Eustress*. But, if the stress becomes excessive, it paralyses the mind of a person and reduces performance. It is therefore important for both parents and children to make special efforts to retain the stress at an optimal level.

It is true that in today's competitive world, every mark is vital for admission to reputed institutions but at the same time parents and teachers should make efforts to make this exam period as less stressful as possible to attain optimal output from children. If examination times are converted into an emergency or crisis situation by parents at home and the teachers in school, then the children bear the brunt both at home and at school and get extremely stressed out.

Getting afraid of exams is a very natural phenomenon but one has to learn to deal with it in the most optimal way as exams are an inherent part of every student's life.

Supportive Role by Parents

- Parents are role models for children and should have good coping behaviours for children to imitate. If the parents are hyper and full of anxiety, what support can they give to the children?
- Parents should not displace their anxiety on the child. They should do stress management to help themselves and the child.
- Parents should understand that if some children are pressurized too much, the children feel it is safer not to try than to try and fail. The children prefer to be criticized for being lazy than being considered not good enough.
- Parents should maintain a tension-free atmosphere with the right amount of humor which would generate best performance from the child.
- Parents should not live their unfulfilled dreams and ambitions through their children especially if the children are not ready for it. Making a child a doctor because the parent could not become one, or force the child to take a profession because the parent wants the child to join his company or business can have a very negative effect. Doing a course which is not liked or wanted is in itself a huge stress and the child will not be able to perform well or give of his best.
- If parents have unrealistic expectations, it is a great burden on the child because the child knows that in spite of trying his best he will not fulfill his parent's expectations. This results in extreme anxiety and stress and often the child cannot even deliver up to

his normal capacity.

- Parents must have discussions with teachers and assess the academic performance of the child to have a realistic awareness of what their child is capable of doing -- if a child has the capacity to get say 50%, no amount of parental support, motivation, or hard work can bring him 98%. It may raise him to 60-65%. Every exam result is followed by a number of teen suicides which are the result of an extreme sense of failure the teen experiences.
- Parents should seek professional help to find out if the child has a learning disorder, anxiety, or depression if they find the child is not able to study well.
- Parents should provide the right kind of motivation and a conducive environment.
- Parents should help the child to develop self-discipline, self-direction, self-confidence, and a sense of achievement.
- Parents should always be available for emotional cushioning. Spending a lot of money on good schools and costly tuitions are not substitutes.
- Parents should help the child to maintain his confidence especially when he seems discouraged by his dropping marks or grades.
- Parents should not mix academic issues with family conflicts.
- Parents should encourage the child's performance with positive statements.
- Parents should not nag or keep harping on previous bad results.
- Parents' role should be to help and motivate his child to perform to his or her "best capacity" and not castigate the child if the results are not as expected. If a child has parental support and the confidence that the parents love him, no matter what the result is, he will perform without anxiety.
- Parents should also make themselves aware of the principles of time management, handling stress, and study skills to help their children to handle examination times. A hard working child with good intelligence may not always be able to give his best performance in an examination. Right approach and right coping strategies can help that child to overcome anxiety and maximize performance.

Be aware that stress can give rise to various physical and psychological symptoms

Physical Symptoms of Exam Stress

Stress can cause any or all of the following symptoms: sleep difficulties, rapid uneven or pounding heartbeat, frequent urge to pass urine, fast and shallow breathing, chest discomfort, change in appetite, constipation or diarrhea, backache, etc.

Psychological Reactions to Stress

Feeling under pressure, frustration and aggression, feeling tense and unable to relax, feeling mentally drained out, getting fussy, gloomy, or suspicious, getting constantly frightened or irritable, inability to concentrate and complete the task

What to Eat During Exams?

Most students and parents do not realize that good diet is extremely important when one is studying and during the examination period to give optimal performance. Exam time means bad food habits for most students. This can mean missing meals due to lack of appetite, binge eating for pleasure, snacking on heavy calorie-laden junk food, etc.

Simple Tips to Remember

- Never miss breakfast. If you miss it, by the time you have lunch, nearly 10-12 hours have gone by after your last meal. This means your blood sugar level has gone low and you have nothing to provide your body with energy. This low blood sugar or hypoglycemia causes short-term memory problems giving rise to difficulty in concentration and problem solving.
- Eating high sugar items at breakfast will make you feel energetic immediately but then the sugar level in the blood dips and you feel tired and again crave for high sugar food, which gives rise to a vicious cycle. Always eat breakfast with carbohydrates like cereals that maintain blood sugar over a long time keeping you energetic continuously till lunch time
- Heavy meals will cause lethargy and slow down one's ability to study. Can one study after a heavy pizza or burger?
- To study well, eat healthy and light diet and eat plenty of fresh fruits and salads
- Fast food supply more fat, salt, and calories than good nutrition
- Do not have a very heavy dinner. You will feel very heavy and sleepy and will not be able to study well.

Adequate sleep is extremely important during exams

If you sleep less for a day or two, your body copes up by taking more sleep over the next two days. If it is continued for long, then the body gets into what is known as *sleep deprivation syndrome* because it accumulates so many hours of *Sleep Debt*.

It leads to symptoms of feeling tired and sleepy, headaches, body aches, poor digestion, inability to concentrate, irritability, short temperedness, etc. How often have you heard that the student blanked out during exam time? This is because the mind is fatigued and gives way at a crucial time.

- Six to eight hours of sleep is extremely important for the mind and body to recuperate and remain healthy.
- Most students burn midnight oil and think that it will give good results. What you study throughout the year is going to be more important for your exam

performance than cramming in the last two months.

- It is important to study through the year and get good sleep during exams and in the last month prior to exams.

How do you get a **Good Night's Sleep** during exam time?

- Avoid prolonged sleeping in the afternoon. A short nap is more beneficial.
- As far as possible, keep a fixed time every night for sleeping.
- One hour before bedtime, prevent excitation of the sensory system by avoiding the following: too much noise through loud music, too much TV, arguments, or fights.
- Three hours before sleep time, avoid taking any food or liquids which contain caffeine, aerated cola drinks, chocolates, etc.
- Caffeine in small doses acts as a stimulant and keeps you awake, so a cup once a day or when you are very tired may be OK. But, excessive coffee drinking can be addictive and has side effects like tremors, fast pulse rate, irritability, acidity, and stomach pain.

What is the Best Time to Study?

Each person has a different body cycle. First understand your own body cycle.

- The ones who can get up early in the morning and feel fresh for study are called larks.
- The ones who can study late at night but cannot feel fresh when they get up early to study are called owls.
- Parents also should understand the body cycle and not force the children to do the opposite of what their body is capable of.

Physical Activity

Just as good nutrition and adequate sleep is important for the mind and body fitness, so is daily physical activity, especially during stressful times like examination.

- Unfortunately, most students are made to give up all exercise and sports during exam time due to constraints of time as they are running from one coaching class to another in addition to long school hours.
- They end up relaxing in indoor activities like watching TV, playing electronic games, and using the computers. High intake of 'junk food' also slows down desire for physical activity
- Every student must spend at least 30 minutes - preferably 60 minutes - a day on some sort of physical activity: it can be any outdoor game, indoor gym, skipping, stationary bicycle or treadmill, aerobics, or yoga. If nothing, at least put some music and spot jog or dance for 30 min.
- Lack of exercise means your body is not being "well tuned and nourished". You will get physical problems like lack of stamina, excessive sleep, headache, muscle pains, fatigue, and mental

problems like feeling low or depressed, inability to concentrate, poor memory, etc.

- Regular aerobic exercise releases good hormones in our body called *endorphins*. They counter the effects of stress, depression, and anxiety that all students suffer from during exam time and make children feel happy. This is a "Natural kick" that lasts longer and is safer unlike drugs or stimulants like caffeine.
- Regular exercise will not only help you during exam but later you will have longer life and less risk of obesity, high blood pressure, heart attacks, diabetes, cancer, and mental depression. By helping you in weight loss, it will make you feel good about yourself.
- So, parents and students must understand that physical exercise during exam time is not a "waste of time", but a value added activity that will improve physical fitness and make the mind happy and give better results from examinations.
- Most children will also say they have no time for exercise during exam days. They are already stressed out with lack of time. How can they waste time in exercising? The fact is that exercise is all the more necessary during exam time because not only is it a "stress buster", but also has many other health benefits needed to keep fit during exam.

When you feel Stressed Out

- Try deep breathing exercises, relaxation exercises, or pranayama, and meditation or yoga. These really work, and regular practice will keep you stress free. A large number of books and audio/videocassettes are available in the market that teach techniques.
- **Laughter is a great Stress Buster** -- see a comic, cartoon film, or read a funny book, or share jokes with friends and family.
- Music is known to have a soothing effect. Listen to the music of your choice.
- Confide your feelings with someone you trust and love -- a friend or a family member. Talking out your fears and feelings is a great stress reliever.
- Do nothing -- just "sit out" -- look at the sea or sunset or some beautiful picture, visualize a waterfall or snow capped mountains or green meadows.

This will have a calming effect.

Study Habits

- Make study easier by various methods. By trial and error, find out what works best for you. There is no hard and fast rule. The habits which give maximum study output for you are the study habits best for you. Find out the place in your house or bedroom where you can have maximum concentration and minimal disturbance. For some, sitting in one place becomes very boring. In that case, keep changing the place. For some, any one else in the room is disturbing. For others, having someone in the room gives comfort

and reduces anxiety

Some find background music relaxing. Some find it disturbing.

Some like to sit for 2-4 hrs without disturbance, some like to take a short break in between to watch TV, or have a drink or snack, or talk to family which makes them study better.

Find out when you can study best late night or early morning, adjust your study time table accordingly.

Tips During Exam

- During examination preparation, make a time table that fits with your exam timetable. For e.g., if your exam is say from 2:00 to 5:00 PM in the afternoon, then remain alert at this time and study or solve papers. Do not sleep or watch TV or do any other relaxation during this time frame.
- Have your meal one hour before you are scheduled to leave for the exam so that you are neither too full nor hungry. Eat a small nutritious snack just before leaving or in the car if needed. This way, your mind and body are geared to giving of your best during the exam.
- Do daily exercise, eat and sleep well, do good stress management so that your mind and body are fit when you appear for the exam. You can produce the best output.

Study skills

- Make a good time table and stick to it. Time management is key to success.
- See that you do justice to all the subjects, but prioritize the work load. Find out which subjects you are weak in and spend more time on them.
- Give your best concentration time to the toughest subject. Work on the subjects you find tough when your mind is fresh and study the easy subjects when you are fatigued.
- Repeat your learnt work so the recall in exam is easy. Work not repeated or recalled is easily forgotten.
- Use mnemonic and learn in point form which makes recall easy.
- Group study for difficult subjects.

Tips before the Exam

- Make some notes for revision the day before the exam. Trying to read the whole portion the night before is an impossible task and only results in fatiguing your mind and body. While studying, do not let past failures depress you nor get too anxious about the results
- Don't leave your revision to the last minute. Cramming will only make you more stressed out and may also make you go blank in the exam hall.
- Don't keep reading when you reach the exam hall. Do deep breathing exercises and relax to calm your mind.

WELL-KNOWN EDUCATIONIST DR. INDU SHAHANI IS THE SHERIFF OF MUMBAI



Dr. (Mrs.) Indu Shahani, an internationally-known educationist and an ardent supporter of Priyadarshni Academy, is the current Sheriff of Mumbai. She joins the host of luminaries from different fields in the city to adorn this position.

On January 5, 2008, she was administered the oath of office of Sheriff, a titular post, by the Governor of Maharashtra, HE Shri S. M. Krishna, in a simple ceremony at Raj Bhavan.

Chief Minister Hon. Shri Vilasrao Deshmukh, Chairman of the Legislative Council, Shi Shivajirao Deshmukh, Union Petroleum Minister Shri Murli Deora, Mumbai (South) MP Shri Milind Deora, State Ministers Shri Anil Deshmukh and Shri Suresh Shetty, former Sheriffs Shri F. T. Khorakiwala, Shri Jagannath Hegde, and Dr. Vijaypath Singhania, Chief Secretary Shri Johnny Joseph, Mumbai Police Commissioner Shri D. N. Jadhav, and other eminent people were present on the occasion.

The position of Sheriff has come to her deservingly as her career as educationist is replete with accomplishments. A doyen in the field of academics, Dr. Indu Shahani has over three decades of teaching experience at the college and university level where she has played a leading role in nurturing future leaders. She is a firm believer in a student-empowered teaching-learning model which places the responsibility of learning on the learner and promotes creative faculty development. At the University level, Dr. Shahani holds key positions at the Academic Council, the Faculty of Commerce and the Board of Studies in Business Management. As Director, Academics, of the Hyderabad (Sind) National Collegiate Board (HSNCB), she is responsible for enhancing academic standards of the 29 educational institutions managed by the HSNC Board in Mumbai. Dr. Shahani holds a PhD in Commerce from the University of Mumbai on enhancing Academia-Industry linkages. She has modeled her college system by translating this theory into practice. She has pioneered partnerships with various industry bodies such as CII, Bombay Chamber of Commerce, and Indian Merchants' Chamber, as well as with leading corporate organizations. She serves on many boards,

prominent among them: Indian Oil Corporation, HSBC, Bajaj Electricals Limited, and United Way of Mumbai.

Dr. Shahani is visiting faculty at UC Berkeley, and School of Management, NJIT, U.S. She is a lead speaker at various conferences in India and abroad. She has developed many linkages for student and faculty exchanges with leading universities in the U.S., UK, Australia, and New Zealand. Dr. Shahani has received many awards, most important of them being: Excellence in Education Award at the FLO Great Women Achiever Awards 2008; 'The Giants International Education Award'; 'The Khudabadi Amil Panchayat of Mumbai Education Award' in 2007; 'Achievement Award' by Sahyog Foundation in 2005; and Women Graduates Union award for Education in 2001.

A visionary and a thought leader, Dr. Indu Shahani has been acknowledged world-wide for her contribution to education and value-based leadership. Recognized as an international academician, Dr. Indu Shahani is Vice-President, International Baccalaureate Organization - IBO, being the first Indian on the Board of Governors. The IBO has over 2000 schools in 124 countries and provides education across the world.

A live-wire and ever-eager to pounce on opportunities, Dr. Shahani, immediately after assuming charge as Sheriff, launched the Women's Helpline 1298 with the support of twenty leading NGOs; promoted voluntary blood donation for the citizens to free patients from the pressure of procuring blood; harnessed student energy for the Municipal Corporation's Clean-Up Mumbai Campaign where the student volunteers would blow the Sheriff's whistle to keep Mumbai city clean; initiated the much-needed green Mumbai project; and provided for clean drinking water in the Mumbai district jail. These are just initial days. Mumbai can look forward to many, many more useful initiatives in the year the Hon. Sheriff is in office.

Dr. Shahani is closely involved in Priyadarshni Academy's activities. She is on its Educational Scholarships Committee and plays an active and important role in selecting students. She also engages some of her students to play crucial roles as Volunteers in Priyadarshni Academy's biennial Global Awards programme. Most of all, she is an eager beaver, ever-ready to be involved in useful activities.

Swati Bhave's Column -- contd.....

- Late night studying before the exam day will only cause fatigue and not really add much if you are well prepared and have studied during the year. So have a proper sleep the night before. You will do much better in the exam.

It is not just the results, but the reaction to the result by the parents, school and the community that causes maximum worry to students regarding exams.

The common questions that trouble them are: what if I do badly? How do I deal with my family's disappointment if my results are not good? What do I do if I don't get the marks I'm expecting?

Parents have to be very supportive of the efforts of the child and he or she should be made to feel that the parents understand and appreciate that the child has tried hard and to the best of his ability

and if the marks are not up to the expectations then he will not be castigated, ridiculed or blamed but in fact the parents will be supportive to help him to find an alternative career choice.

Many suicides after exam results are due to parental or school pressure, peer reaction, and the person's own inability to handle his or her failure. The family having a realistic attitude towards exam results can prevent them.

Suggested reading

Exam stress published in Student's Interest by Expressions, The Comprehensive Life Skills Education and School Mental Health Child Development & Adolescent Health Centre, No.1, Institutional Area, Nehru Nagar, New Delhi 110065.

Examination stress-Bhave SY, Nagpal, Jitendra, in Bhave's text book of adol medicine, 1st ed., 2006 by Jaypee Brothers Medical Publishers, New Delhi.

SHRI RUPANI AND PRIYADARSHNI SUPPORTERS IN THE NEWS



Shri Nanik Rupani, Chairman, Priyadarshni Academy addressing the 6th International Conference on Communications Convergence organized by Indian Merchants' Chamber on March 6 & 7, 2008 at Hotel Hilton Towers. (L-R) Shri Vijay Mukhi, Shri Gopal Das, Shri Dewang Neralla, Shri M. N. Chaini, Shri Jayantrao Patil, and Shri Niraj Bajaj.



Shri Nanik Rupani & Ms. Manju Nichani, Principal, K. C. College, Mumbai, seen on the occasion of the Sindhi Inter College competition in dance organised by the Sindhi Association of K. C. College.



Mr. Nanik Rupani, presenting the certificate to a student at the Convocation Ceremony of the MIT School of Business, Pune on January 5, 2008. Also seen in the picture are (L-R) Shri P. P. Chhabria, Chairman Finoflex Group, and Shri Rahul V. Karad, Executive Director, MIT School of Business, Pune.



Shri Niranjan Hiranandani, Vice Chairman, Priyadarshni Academy, walking on broken glass during a session, following IMC'S Communications Convergence Conference. Mr. Arfeen Khan, international trainer based in London, conducted this session.

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In Memoriam

Shri Nanik Rupani, Chairman, Priyadarshni Academy, and staff deeply mourn the sad demise of Shri Prabhakar Kalloor, Officer on Special Duty, on March 26, 2008. We join the family members and well wishers in his bereavement. We pray for the soul to rest in peace.

P. P. CHHABRIA'S BIOGRAPHY RELEASED

The biography of Mr. P. P. Chhabria entitled *'There's No Such Thing As A Self-Made Man'* has been released at a special function on March 8, 2008, at IIT Pune. Mr. Chhabria is the member of Priyadarshni Academy's Global Awards Advisory Committee and Chairman, Finolex Group. Over 500 top industrialists including well wishers from all over the country attended the book launch event.

Finolex, the flagship company of the Group, founded in 1957 by Mr. Chhabria is synonymous with quality and has a turnover exceeding Rs.2,200 crores. Started in Pune as a small-scale industrial unit manufacturing PVC insulated cables for the automobile industry, the company has grown to become a limited company in 1972. The brand name of 'Finolex' is coined from the words 'Fine' and 'Flexibles', and is known for the state-of-the-art plants manufacturing light duty cables, power cables, PVC flat foam sheets, corrugated sheets, jelly filled telephone cables, optic fibre cables and continuous cast copper rods from the Group's units in Pimpri, Urse, and Goa.

The life of Mr. Chhabria is a saga of trials and tribulations. Coming from Karachi to Pune in July 1945 at the tender age of 15, Mr. Chhabria set-up a small shop selling electrical cables and retail business. Through hard work and dedication, Mr. Chhabria has raised his Group to an eminent status. Finolex cables are now being exported to several countries across South-East Asia, the Middle East, and the Asia Pacific region.

With an insatiable desire to help fellow beings, Mr. Chhabria established the Hope Foundation & Research Centre as a public charitable trust. Funded by the Group, the Foundation is pursuing objectives in the field of medicine and education. The Foundation provides free medicines including life saving drugs for chemotherapy to the economically weaker sections of the society, mainly to fight the

scourge of cancer and related diseases.

In the field of education, the Foundation established the Finolex Academy of Management and Technology at Ratnagiri and The International Institute of Information Technology (IIT), a state-of-the-art software institute at Hinjewadi, Pune. Finolex Academy is an engineering college offering various degree courses and is affiliated to the University of Mumbai. IIT offers post graduate and doctorate programmes in IT and Management and was dedicated to the nation by Dr. Abdul Kalam, former President of India, on 26th May, 2003.

Mr. Chhabria is the recipient of the Harvard Business School Award and the Economic Times Award for best corporate performance. He was also recognized by World Link Magazine published by the World Economic Forum, Geneva. He is the recipient of the Priyadarshni Academy Award for outstanding contribution to industry. The Central Board of Direct Taxes has honoured him by presenting its prestigious "Rashtriya Samman" for paying the highest individual tax for two consecutive years. The Finolex Group has also been recognized as an export house for its consistent performance in the exports market.

The book launch event was graced by top industrialists ranging from the Hindujas to the Kirloskars, Poonawallas, and Bajajs. All of them had a word of praise for the honesty and integrity of Mr. Chhabria.

PRIYADARSHNI'S SUPPORTERS



Mr. Suresh Mittal



Mr. Sunil V. Pachigar



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