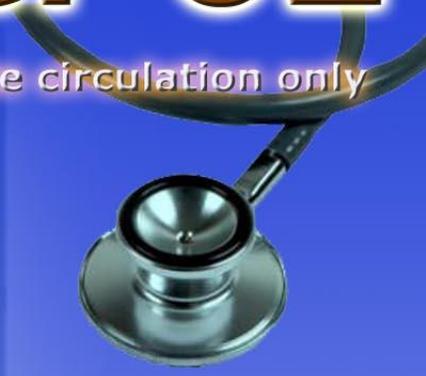




Newsletter 62

Mysore March 2009

For private circulation only



GET FIT TO LEAD



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CS. Anshuman



Dear Readers,

On 28th of February, I had the occasion of attending a full day seminar on Good Governance which was inaugurated by our President, Vice President and Secretary. The president wanted Company Secretaries and students to focus on the following areas:

- *developing soft skills*
- *reaching beyond company law*
- *rural area coverage*
- *follow up camps as a sequel to the career guidance programs*

In Mysore, we have been conducting competitions on a weekly basis to develop the soft skills of the students. We are also holding seminars on a variety of topics which go much beyond the company law. Our rural area coverage is the best in the country with consistent follow up actions. It was satisfying that in his message, the President appreciated the good work being done in Mysore even though there are only a handful of members. In the evening, we had a meeting of the members with the President, Vice-President and Secretary of the Institute where common problems requiring the Institute's attention were discussed. I had the privilege of attending the annual meeting of Chairmen of Branches of Southern India. Though ours is a very small chapter, we have been bestowed with very huge targets of student registration and career counseling. With the help of the members of our chapter, I am sure that we will be able to meet these targets.

Despite having larger base of students including students from rural area, we have registered 49% success in the December 2008 examinations. I am sure our students will continue to perform better and break their own records.

31st March 2009 happens to be the last date for acquiring credit hours for the present block of years. To help the members to achieve their credit hour requirements, we have arranged for 2 independent programs on 21st and 22nd of this month for 10 credit hours.

Please note:

1. You may find all past editions of this eNewsletter at <http://www.esnips.com/web/icsimysore> and at <http://www.icsi.edu/mysore>
2. Mysore Chapter has its eParivaar "CSMysore". This is dedicated to the overall growth of the professionalism through sharing of knowledge. Its home page is <http://www.groups.google.com/group/csmysore>

You are welcome to join the eParivaar.

Words worth Millions

“Good health is the crown on the head of a well person that only a sick person can see.”

Robin Sharma

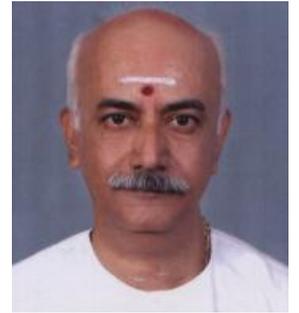
Health care for Corporate Professionals



Dinacharya

Ayurvedic Principles for Daily Life: Part 1

Compiled by - Dr. GopalKrishnan, Ayurville, India Heritage Foundation, ISKCON, Mysore. Dr. Gopal is an ayurvedic practitioner and has learnt Ayurveda in Kerala under a paramparika system.



With the help of simple Ayurvedic principles of life, there exists the possibility of improving your vitality, immunity, power, augmenting physical fitness, improving activity level and restoring the energy reserve of the body. Aahara, Vihaara, Vichara, Dinacharya, Rithucharya are some of such principles which give a better health and improve the quality of life.

Based on the aspects of Dinacharya (Daily Regimen), few guidelines are given, which will be of help to you.

- **Rising Early:** It is advantageous to wake up before the break of dawn. Waking up at the Brahma Muhurtham (3 A. M. to 4 A. M.) will recreate your sensory perception. Finish your calls of nature on getting up.
- **Washing one's face, mouth and eyes:** Splashing one's face and eyes with cold water helps to make one feel awake and revived. Likewise, mouth should be rinsed and eyes gently massaged.
- **Oral Hygiene (DhanthaDhavanam):** Ideally one should brush the teeth with twigs or roots of trees of bitter, pungent or astringent tastes. In the modern city life, this is not easy. The alternate is brushing teeth with herbal tooth powder or herbal tooth paste, massaging the oral gums with Triphala powder, Trikatu powder [Black pepper, Long pepper, Dry Ginger] or Trijatha [Cardamom, Clove,

Bark of clove] with honey is effective for strengthening the gums and oral hygiene. Ready made powders of these are available in the market.

- Clean the tongue with a tongue scrapper to remove the mucus and to enhance the taste perception. Rinse the mouth twice a day with warm 'Sesame oil'. This will help strengthen the teeth , gums, jaws, improve the voice and remove wrinkles. For this move the oil rigorously around the mouth for 10 minutes.
- **Eye Care(Anjanam) :** After Dhanthadhavanam, one should apply anjanam. The classical way is to apply a collorium to the eye daily, which will improve the clarity of vision, smoothens the eyelids and glow to the eye. If not daily, do this at least once a week. (Elaneer Kozhambu is ideal)
- **Nasal Medication (Nasyam):** After Anjanam, the next procedure is to do "Prathimarsha Nasyam" i. e . applying 2 drops of medicated oil in each nostrils and slowly drawing inside. Anu thailam is suited for this and is available in the market.

After the application, gargle the mouth with warm water. Also, smoke inhalation using turmeric wick is suggested.



Daily practice of this Nasyam will give strength to the shoulders, prevent sinusitis, spondylosis and produce clarity of senses, promote hair growth, give good voice. Before doing Nasyam, take the advice of an Ayurvedic Physician.

- **Oil Massage(Abhayangam)** : Next step is the full body massage from head to toe with Ayurvedic oil. This will mitigate vatha, promote body strength and growth, help in getting good food, sleep tones up the whole body. Avoid oil massage during indigestion, cough and cold, respiratory infection, diarrhea and menstrual cycle. Abhyangam should not be done immediately after meals, give 1-2 hour

gap. Depending upon the body type (Vatha, pitta, kapha) the process of massage and type of oil used will vary.

- **Exercise (Vajayamam):** One can do light exercise after oil applying oil on the body. But this has to be modified depending on the season. During winter and spring time, exercise for 30 minutes. During other seasons do it for 15-20 minutes. Persons suffering from Vatha and Pitttha diseases should avoid exercise. After exercise, massage the body once again.

**** to be continued...**

Stress Busters: Alternative Techniques

CS. Nimmo Kinger, Mysore

Stress has become a significant component of our lives and its negative consequences on health and well being like diabetes, depression, failing relationships, etc are too well known and understood to be elaborated upon here.

The answer to stress lies in the alternate therapies that have come into being and are being widely practiced all over the world. Being passionately interested in alternative healing modalities and practicing several stress reduction techniques, I thought I would elaborate on a few here.

The one technique which I find very elegant and simple in its protocol is Tapas Acupressure Technique or TAT as it is called in short. This technique uses a particular pose, holding a few acupressure points related to vision and a well crafted set of statements which address the issue at hand: for example, if it is an unsympathetic boss and unrealistic deadlines, along with helplessness and anger, these are all clubbed together and the protocol is gone thro step by step and the release of the stress happens on its own!.. It is almost magical in the way the cause and the many aspects of the stress just disappear. And to add icing to the cake, one gets to create what one wants an understanding boss, a better job, etc. and it happens! This technique clears deep trauma, heals chronic pain, is very effective for depression...in all cases. It is a handy tool to have with you and can be used very simply on a daily, a minute-basis so that stress levels don't build up. Stress and the resistance to life conditions which causes stress is diffused in the very beginning stages itself. You may look up www.tatlife.com.

Other stress buster techniques are EFT (Emotional Freedom Technique), Acupressure, energy healing techniques like Reiki, EMF-Balancing Technique, yoga, meditation, pranayam, rebirthing, etc. Bach remedies and Yogananda's Essences in Nature are also very useful.

I welcome you to my website: www.ojas-thepowerwithin.com for more information on some of the techniques mentioned above.



Handy Home Medicines CS Rashmi M R, Company Secretary, Vikram Hospital, Mysore

1. Common Cold: Add a pinch of turmeric powder and black pepper powder to a glass of hot milk. Mix well and consume atleast thrice a day.
2. Indigestion: Consume one gram of mustard powder with a glass of warm water.
3. Stomach Ache: Boil handful of coriander seeds and dry ginger (piece of about an inch) in a glass of water for 10 minutes. Strain the contents and consume the water. If desired, add one spoon of honey for taste.
4. Diarrhea: Take a spoon of Fenugreek seeds (Methi seeds) and consume the same with butter milk 3 or 4 times a day.
5. Vomiting: Take ½ a spoon of lemon juice with a spoon of honey. Mix well and consume it at frequent intervals.



Corporate Health

- The need of the hour

Dr. Shrikanthachari MBBS DIH

Company Medical Officer
Jubilant Organosys Ltd, Nanjangud

Good health is something we all want. Having healthy staff is one of the keys to achieve company's performance. Employer's should recognize the value of staff well being, this in turn help you reduce Health Care costs. Planning a Healthy future for your company means, planning for a healthy, motivated and productive workforce. Health is an easy thing to measure but a hard thing to change. Corporate mission shall be to eliminate lifestyle related disease and maintaining a more productive, engaged, resilient workforce.

Periodical annual medical screenings to detect early Health deviations like Hypertension, lipid abnormalities, Obesity, depressions will go a long way in building a healthy cheerful workforce. Companies shall organise regular health clinics for Diabetics and Hypertensives, Restroom for expectant mothers, Diet audit, counseling and providing Low calorie diet to obese etc., It is strongly advised to arrange for regular health awareness programs & health bulletins on topics like:

1. Meditation and relaxation for stress management
2. Physical fitness and save your back programs
3. Integrative approaches to anxiety and depression in the workplace
4. Healthy Lifestyle in prevention hypertension and coronary heart disease
5. Early cancer screening
6. Smoking cessation
7. Alcohol and its ill effects.
8. Personnel Hygiene.
9. Balanced diet
10. Hearing Conservation

Good corporate Health rewards by

- Reducing absenteeism
- Reducing employee attrition
- Improves employee morale
- Reposes confidence among Stressed and overworked people
- Prevents ill health in an aging workforce.

It's difficult to afford to loose a talented employee due to ill health, good corporate health really makes a difference and investment on employee health rewards in pounds.

UMANG 2009: Continuing the tradition of taking the examination results in proper stride, the chapter organized the annual talents day celebrations on 22nd February 2009. Detailed report is covered elsewhere in this edition.

This year's '**Padma Chakravarthy Memorial Awards**' were given to the following students by CS. Anshuman A.S, Managing Trustee of Messrs. Adarsh Charitable Trust:

1. Swathi. S. Bhat topper - foundation exam
2. Mr. Dravyam & Mr. Bharat Hegde topper first group of Inter
3. Mr. Kiran M.C. topper Second Group of inter
4. Mr. Chinmay topper 2nd Group inter
5. CS. Rashmi M.R. topper first & Third group of Finals
6. CS. Srikanth Somepalli topper second group of Finals
7. Mr. Chinmay also receives a cash prize of Rs. 1500 for clearing both groups of CS Intermediate Examination in one sitting.
8. Mr. Venkatesh Prasad topper in Group 1 of Final.
9. Mr. Vageesh Hegde topper 2nd group of Finals
10. Ramya H.C. topper in III Group of Finals

Talk On "Private Equity Placements": 1st February 2009 at 3 pm. The speaker was CS Rashmi M.R.

Mock Session On "Partnership Firms": 8th February 2009. CS. Anshuman A.S. and Mr. Kiran T. played out the role of prospective partners who had come to the office of Mr. Sujay, an advocate to form a partnership.

Cricket Match

"The SICASA-CS Shield"

has been established

as a joint initiative of

ICSI Mysore Chapter and

Mysore Branch of SICASA, Students body of the ICAI. The first cricket match was organized on 8th February 2009. The Winning Shield was presented to the ICAI students by CA. S. Achuta.



Company Law Quiz: 1st February 2009. It was attended by 16 students divided into 4 teams. Team A (consisting of Mr. Kiran.T, Ms. Soundarya, Mr. Prakash, Mr.Amruith Choudary) won the quiz.

Elocution Competition: 8th February 2009. 20 participants took part.

Study Circle Meetings: The chapter conducted study circle meetings for foundation, executive and professional program students on all the Sundays of the month.

Career Guidance: Career Guidance at Chinmaya Vidyalaya.

HALF DAY Seminar on Information System Audit: A seminar organized jointly with Bangalore Branch of ISACA on Saturday, 28th February 2009. The program was attended by CSs, CAs and bankers.

Talk On Importance Of Valuation In Capital Gains: The chapter organized a joint program with the Mysore Branch of the Institute of Valuers on the importance of valuation in Capital Gains on 25th February 2009. CS. Anshuman A.S., Chairman of the chapter was the chairman of the session. He explained the various issues about which a valuer has to be careful while valuing a property.

Learning from....

CS. Gopalakrishna Hegde,

Director (Fin) & Secretary, Trident Powercraft Pvt Ltd Bangalore

Chairman - SIRC of ICSI

Interacted by:

CS. Dattatri H M & Vidya K N

Sir, your journey till date...

I hail from a remote village called Huklamakki in Uttara Kannada District. My father

was a farmer. He always used to say **'Life is facing the challenges, answer it and don't escape from it.'** This was the source of confidence for me. Being brought up in a joint family, unknowingly I learnt some skills which are being taught in full fledged MBA course, i.e organizing, controlling, managing with scarce resources, some interpersonal skills, competitive spirit etc. I had my primary education near my hometown whereas for High School I moved to Honnavara. Throughout my schooldays I was the topper. However, I scored less marks in science in SSLC which made me opt for commerce in PUC. After my graduation, I came to Bangalore for doing CA. After CA, I joined Karnataka State Finance Corporation. There I joined as Asst. Manager - Finance and Accounts.

How and when you entered CS?

I had an idea in my mind that I should do more academic pursuits, so I registered for CS course but my schedules deterred me from writing exams. When I was transferred to Hubli while in KSFC, I resigned the job and was in search of another job. In that transition period I wrote CS Intermediate exam and cleared it.

Then I joined a private sector company as Finance Executive, and went on to become Executive Director of the company. To our bad luck when our public issue was scheduled to open just before one and half month, Harshad Mehta's Scam broke out in Indian Capital Market. Many Intermediaries came under scanner from SEBI, RBI and CBI. When we were about to go to road show, Heads in our Merchant Bankers firms were rolling, some were arrested. One fine morning I was greeted by a 5 member team of CBI officers for investigation. I answered all sorts of dashing questions, alone, to their satisfaction, with out budging to the pressure. That was a great experience. IPO stationary was printed and distributed all over the country. We decided to go ahead in spite of share market scam and in a situation where we had to work under government scanners. It was a tough decision to invite public to subscribe to shares. We faced legal dead locks as many offices were being shifted. In Brokers meets in campaigns two promoters and myself presented our confidence in business and presented the IPO strongly. **We succeeded. Issue was oversubscribed 7.5 times.**

When I was handling this issue I thought why not I become a qualified CS. In 1993 December I wrote CS Final Exam and cleared it.



December, 2003 it was election time in Bangalore chapter of ICSI. Mr. Dattatreya Joshi offered me a chance to contest in that election. There was a tough competition but he had a hope that I would win. I repeatedly keep telling myself and others - **you do all that is possible from your side so that at a later point of time no need to regret for your deeds.** You should seldom give a room for repentance. I was elected to be the treasurer of Bangalore Chapter, next year I performed as Secretary then as Chairman of the chapter. Next year another big jump, I contested for SIRC and members from Karnataka elected me to SIRC and I was assigned the Secretary ship. Last year I was the Vice Chairman.

Sir, Congratulations to you! Dr. D G Shetty Educational Society (R.), Dharwad, recognized your contributions and conferred you with "Vidya Vikas" Award.

Thank you. It has a background. In Feb 2008, the CS aspiring students of North Karnataka, especially girl students demanded an examination center in Dharwad as it is difficult for them to commute to far flung places and write the examination in Bangalore. So on my recommendation and support of ICSI sanction in December 2008 the CS examination was held in Dharwad for the first time. I continue supporting students in CS studies.

How do you define success?

Success is one's ability to smile and laugh more and more.

When your words, your thoughts and your actions are coordinated, they are totally in sync - then what you experience is SUCCESS.

You are active in professional life, public life and family. How do you balance?

Apart from these three I am indulging myself in Social work also - I am associated with the activities of Sri Ramachandrapura Matha under the leadership of Shree Raghaveshwara Bharathi Swamij.

Mysore chapter is the inspiration for me! Last week I was in a meeting at the institute in Delhi. I mentioned about the talents available in the students of Mysore Chapter. Last year they won three competitions in National Level. I said it was possible because of the members' maximum participation to groom the students.

Balancing is possible if we have: Role Clarity; Skill of Delegating; Developing a team; Prioritizing; Monitoring the Execution. That has been my strength. Any point of time I do not feel exhausted or tired, whether it is early morning or late night I maintain the same energy level. That is the secret of my success.

How do you manage stress?

I have my own simple way of life where Meditation and Yoga are my daily routine. Stress does not enter me.

Any regrets?

Yes. During my school days, while playing carom I was losing the game, unable to accept that, I played mischief and was caught red handed. My teacher taught me that day 'There is no short cut for success.' I remember it to this moment.

Which are the personalities you like the most?

Mr. M R Hegde, my primary school teacher; My mentor and guide Mr Sharathchandra. Swami Vivekananda, mythological character Rama, The legendary in Yakshagana Sri Shambhu Hegde, in sports Sunil Gavaskar ,in politics Indira Gandhi, A B Vajapayee.

What do you feel about Today's education system of CS?

The training is not adequate. The training module should be strengthened. Keeping this in mind our Institute is going to set up new training module, SMTP is going to be Residential, personality Development should be introduced apart from the subject refreshments.

Your message for the current generation?

There is lot of competition among the professionals, so the moral foundation should be kept in mind by the students. There is a great future for CS professionals.

What is your idea of social responsibility?

Social responsibility is giving back to the society from where you have drawn.

What are your personal interests?

My news paper routine starts with sports page daily. Swimming I like the most. Sportsman's spirit is required in all the stages / facets of life.

Being Chairman of SIRC, your Vision/agenda for 2009?

Enrollment of young and energetic members into professional development activities. Conducting academic and personality development related programs for students. Improvement in members attending these programs.

What kind of investment you are planning from SIRC?

Human element and emotional bonding. If you are able to ensure the human element is present in your interaction with the members and students and the society, it works wonders.

"A feeling that we all belong to one family and let us grow together and show the world that CS profession can contribute in creating value to the economy, to the society at large"

News Analysis

By Anand Wadadekar, CS. Monika Bhardwaj

RBI Circular for enhancing the security of online monetary transactions:

Background: With the increased use of credit and debit cards in the country, RBI has been reviewing various options to enhance the security of online transactions.

Circular: With the passage of the Payment and Settlement Systems Act 2007, the RBI has got the power to regulate all online transactions. RBI has issued a Circular on February 18, 2009 making it mandatory for banks to clear online card transactions only after they are authenticated by a separate password. Further in the same Circular, RBI has also made it mandatory for banks to send SMS and online alerts for all online transactions exceeding Rs 5,000.

"It would be mandatory to put in place a system of providing for additional authentication / validation based on information not visible on the cards for all online card not present transactions," the RBI said, in a circular issued to all banks. These rules will be effective from 1st August, 2009. This directive on online verification has been issued under Section 18 of the Payment and Settlement Systems Act, 2007.

The central bank will also shortly prescribe security measures to be employed for card usage in interactive voice response (IVR) transactions, where cardholders punch in their card details into the telephone to make payments. However, such transactions are minimal.

Continued in page 10

Are you popping a 'Genuine Pill'?

Skeletal enforcement of IP Rights & High-End imitation

Wound Economy



The adjacent picture is taken at Harsha Road in Mysore (hardly 100 meters from Mysore Palace) by me sometime back. You could literally see all the global best brands that one could name such as Nike, Adidas. Most tourists to Mysore Palace generally prefer to have their grub on this road. This scenario is similar in prominent locations across any city in India. During my recent visit to Chennai Patent office, I had a similar experience just 100 meters away from the patent office at the road side but the product was Pirated version of "Best Sellers" books. The above product (Caps) does its product definition to the expectation of the user. But here the heartbreaking part is the "Logos" printed / embodied are not based on the IP right ownership. Despite knowing that it is a counterfeit or imitation, the buyer bargains for a price of Rs.50-70. In this scenario the piracy or counterfeit could be termed as low-end. The original branded caps would cost around

Rs.250-300. As a result of lower end piracy / counterfeit products, the genuine shopper loses value for money for his purchase from the authorized shop.

Next scenario: The consumer bought an article at authorized shop with a genuine bill for the right price tag hanging on the product, having no scope to bargain. If this buy turns out to be a counterfeit/ Pirated products it is quite embarrassing for the loyal user. Some of us would have come across this situation, especially while buying automobile or electronic components.. Here in this scenario the buyer is innocent and has no idea about the presumed quality this could be termed as high-end. This high-end piracy is dangerous to the economy as a whole. Such counterfeit automobile component malfunction could lead to a loss of life or it could burden the insurance company through claims. Here the product definition to the anticipation of consumer is at stake. It was shocking for me, when I read a report, that maximum high-level counterfeit is in the field of aeronautical components (next time while you are flying don't be nervous ahh☺).

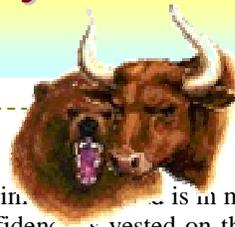
Now, to critically test your pulses: The high-end counterfeit 'show business' is critical to human beings. Just imagine in case your child's food like "Cerelac™" or "Junior Horlicks™" or basic drugs like "Crocina™", which has been retailed from your neighborhood drug stores, turns out to be a mock, the money you paid does not guarantee the result. This is critical to the nation's economy. In India, counterfeit is not an organized crime unlike in China or least developed nations like Vietnam. India has very good IPR laws but is very fragile in enforcement of the same. Some of the sections of the Trade Mark Act have to be replaced or amended. Regular training has to be given to the Consumers, Traders, police officers and other stakeholders on IPR issues. The recent survey by International chamber of commerce ranks India just leaving behind China and Russia among top 10 countries for unfavorable IP environment. For example: The Federation of Societies of Consumer Protection in Uzbekistan (Central Eurasian) says a survey of 1,214 pharmacies across their country revealed that 35 percent stocked and sold counterfeit drugs, and more than 50 percent sold medicines boxed without instructions. A US-based Centre for Medicines in the Public Interest says counterfeit drug sales will reach \$75 billion globally in 2010, from the current estimate of \$50 billion. You may be consulting the best doctor by paying high price for your prescription and healthcare. The question arises here is, **Are we popping a genuine pill?**



Some of the ways to scrutinize:

- Check the genuineness of mark on the label, Packing and Content
- Make time to buy from the trusted authorized dealers only
- Secure your transactions - Which could stop others from understanding your buying patterns
- Complain / Report to concerned authorities or to the parent company when you encounter any counterfeit products.
- Warn your friends and family, if you experience anything in these lines

It is obvious that the low-end counterfeit purchase does not hurt the feeling of the purchaser. Whenever, general public is encouraged those purchases, we are sending wrong signal to our next generation by buying those counterfeit or imitation products like caps, bags or books. Give a space for genuine goods, Buy genuine and save the world from Counterfeit and Piracy.



Dear All,

The world is reeling around global trade and capital in. We are in midst of a worst financial crisis ever after the 1930s. Yet confidence is vested on the Indian Economy to sustain the 7 % growth levels. No hassle seems to be there even after the international credit rating agency Standard & Poor (S&P) threatened to downgrade India's sovereign rating due to its fiscal slippage. The FII inflows also seemed encouraging. Rupee seems to be on testing times after sliding to Rs.52 per \$ levels recently.

As on 09th March 2009 the SENSEX ended with 8160.40 and the NIFTY with 2573.15 points.

In the coming weeks, the SENSEX could breach 8000 levels to reach 7800. BANKING sector seems attractive to me with some Banks having very negligible Non Performing Assets (NPAs) and with reasonably attractive valuations. REALTY also seems to be steaming up and those wanting to purchase a home may wait till October for even better pricing and financing options. Now Banks are offering 9.25% floating interest rates and considering the present economic scenario even 8 to 8.5% may be a possibility in the days to come.

The Interim Budget was very much in line with expectations and did not provide enough fuel for the markets to rally. All the Sectoral Indices ended in red for the month except for BSE AUTO which showed some positive signs by ending 2.68% higher. BSE BANKEX was the worst hit after dropping 26.95% followed by CAPITAL GOODS and REALTY. It seems like REALTY has a promising immediate future.

SI	SECTORAL INDECES	Month Ago 11 th Feb 09	Current Levels 9 th March 2009	% Change
1	BSE - AUTO	2531.28	2599.15	2.68%
2	BSE - HEALTH CARE	2723.15	2518.8	-7.50%
3	BSE - POWER	1819.97	1615.15	-11.25%
4	BSE - OIL & GAS	6530.81	5633.88	-13.73%
5	BSE- Consumer Durables	1679.2	1471.56	-12.37%
6	BSE - PSU	5221.43	4675.53	-10.45%
7	BSE - METAL	5188.71	4439.06	-14.45%
8	BSE - Capital Goods	6472.95	5453.49	-15.75%
9	BSE - I T	2225.73	2025.29	-9.01%
10	BSE - TEC k	1847.25	1635.55	-11.46%
11	BSE - FMCG	2046.87	1802.57	-11.94%
12	BSE -BANKEX	4973.89	3633.23	-26.95%
13	BSE - REALTY	1536.65	1303.63	-15.16%

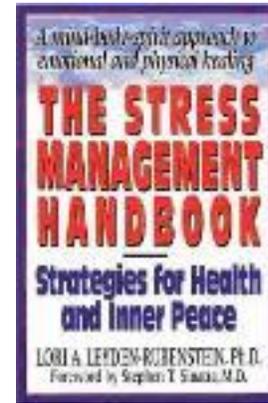
Tan's Portfolio (Status as on 12th March 2009)

	Name of the Stock	Purchase Price on 8 th Jan 09	Current Market Price	Returns (In %)
1.	HDFC Bank	1000.00	798.65	-20.14%
2.	ICICI Bank	458.70	284.15	-38.05%
3.	ABB	475.00	364.00	-23.87%
4.	Navneet Publications	40.00	40.20	+0.5%
5.	Tamilnadu Telecom	5.20	4.60	-14.28%
TOTAL RETURNS				-19.17%

Disclaimer: Trading and investment in stock market is risky and volatile. All the contents (and views) in this article is for information and not recommendation or an offer or solicitation of an offer to any person with respect to the purchase or sale of the stocks discussed in this article. The author may be trading/investing in, or have positions in the securities mentioned. The author is not responsible for profit or loss incurred by anybody. Please do your homework before investing.

The Stress Management

A Handbook by
Leyden-Rubenstein, and Stephen T. Sinatra



Why is it so important to manage stress?

Because it's killing us. Consider that between 80-90% of all illnesses are stress-related and over 100 million Americans suffer from stress-related illnesses.

More importantly, stress is linked to the six leading causes of death: heart disease, cancer, lung disease, accidents, cirrhosis of liver, and suicide. The good news is that these all involve behaviour and lifestyle - things we can control and change.

The book offers a scientific scope, compelling success stories and comprehensive mind-body-spirit strategies for stress management - all in simple language and an easy to read format.

It shows scientific evidence supporting the mind-body-spirit connection; why psychiatric drugs are not a panacea for stress-related symptoms; a sound philosophy of harnessing personal power through self-knowledge, self-love, spirituality, and commitment to change; over 50 practical strategies covering healing breath work, meditation, and other physical relaxation techniques; a powerful approach to overcoming anxiety/panic attacks without medication.

The Stress Management Handbook represents the new standard in stress management for individuals and health care and mental health care professionals. It contains non-drug, mind-body strategies to alleviate stress.

By reading this book you will feel motivated and empowered to make positive changes in your life and learn to participate in your own physical and emotional healing, starting now.



Professional Hazards -II

Reconciliation of transactions at ATMs failure-time limit:

Background: The use of Automated Teller Machines (ATMs) for cash withdrawal has been increasing in the country. However, of late, the Reserve Bank has been receiving a number of complaints from bank customers, regarding debit of accounts even though the ATMs have not disbursed cash for various reasons.

Banks take considerable time as much as 50 days in reimbursing the amounts involved in such failed transactions to card holders. The RBI has concluded that such delay is not justified. RBI specified timeframe of 12 days from the date of receipt of customer complaints for banks to reimburse to the customers. This decision was communicated to the banks vide an RBI circular dated October 23, 2008. However, RBI has observed that the banks have not taken adequate care to percolate these instructions to their branches as evident from continuing complaints in this regard.

Circular: RBI has therefore issued a Circular dated February 11, 2009 to banks asking them to strictly adhere to the time discipline indicated in the above mentioned circular. Non-adherence to the time discipline shall attract penalties prescribed under the Payment and Settlement Systems Act 2007. This directive is issued under Section 18 of Payment and Settlement Systems Act 2007. Section 18 of the said Act gives the RBI broad-based powers to give directions to "system providers or the system participants or any other person either generally or to any such agency and in particular, pertaining to the conduct of business relating to payment systems". These orders can be given by the RBI if it is satisfied that it is in public interest.

IMPACT: These Directives by the RBI with strict time frame surely are a welcome step in ensuring safe online & ATM transactions. Due to this frauds through online transactions may soon see a dramatic decline. At present, anyone who has access to information printed on credit / debit cards, such as the card number & the Credit Verification Value (CVC) number, can misuse the card online. With this Circular in place, this loophole will now soon be fixed and the people can breathe a sigh of relief.

All this will give confidence to people who were risk averse to online banking transactions or were away from ATMs/online transactions.

How many professional hazards are there?

Oh, who can answer this? Every profession has hazards associated with it- known or unknown.

The other day I was in the hospital talking to the doctor who was on routine rounds to check on the patients' status. While still talking, he put his hand into one of the trays kept next to a patient to check some medicine bottles. There was a freshly used syringe with needle. It pricked Doctor's finger. Blood dropped out. He immediately called the nurse and got the case sheet of the patient. Doctor was fortunate. Patient was not HIV positive. Otherwise, in a fraction of second, doctor would have turned HIV +ve!

So very tough to list out what kinds of hazards we would be facing each day. If we restrict the discussion to our own field, may be we can name some of the common hazards:

Physical Hazards: Back pain, Head ache, Effects on eyes, Accumulating excess fat in the body leading to all "ROUND" development, Excess Cholesterol leading to heart attacks, Arthritis, Loss of immunity due to sleeplessness, High/low Blood pressure, acidity, so on and so forth.

Mental & Social Hazards: No time for family leading to ill impacts on spouse & kids, No real friends circle leading to nil social life, early signs of retirement so on and so forth.

I am very sure, when you read the above list, you will immediately remember some article that you have read somewhere on mitigation of each of these risks. In addition, you may be thinking that this list is not exhaustive; more number of such problems exists. You may also think that these are all people dependent, so cannot be generalized. Or you may not be finding a particular problem that you are facing in this list!

My objective is not bringing out an encyclopedia on professional hazards. But just to remind you, out of the many ideas that are known to us for mitigating these hazards, why aren't we following at least few ideas, with complete dedication? It could be Yoga or exercises or 20:20:20 tips or food habits or....

We are experts in memorizing many tips and tricks. We are also experts in giving lectures on those tips & tricks. However, when will we learn to follow some of these tips with complete devotion?



Have you ever wished that you could get to know the symptoms of diseases and other health related things at your finger tips??? Then www.webhealthcentre.com is for you. The home page of the site includes various information which are provided under different tabs like Disease & Conditions, Articles and tips for Healthy Living, Health Corner for special diseases and many more, Health & Medical calculators and also Drug Guide are available under the tab "Tools & Resources".

Do you like to have online consultation and share Medical & Health records with the experts? Then, . just click "Online Consultation" under "Tools & Resources". We can find health resources like Hospital, Ambulance Services, Blood Bank, Pharmacy near our doorsteps using GET HELP option... Search option based on Symptom will be available soon under the head Symptom Checker.

So, Why to wait??? Just logon to the site for better living and tell us how you find this WEB HEALTH CENTRE and also share with us other useful options that you found in this page.

Wish you all a Healthy living!!!

IT for Corporate Professionals

Amitkumar Hegde, B.Com, MCA



Exercise Diary

There is an old saying... Health is wealth.

What are we doing about health...? Balanced diet, exercise etc. etc. This month, let us see a software that helps us maintain record of workouts we make and produces reports on the same.

By recording your progress, Exercise Diary will help us come up with an effective and regular program for exercise. By recording your daily workouts you can find out where you are lagging behind and where you need to put more effort. With Exercise Diary you can record anaerobic exercises such as Curls, Bench Press along with the reps (short for repetition) as well as aerobic exercises such as cycling, swimming etc. With the Report section you can see reports for both aerobic and anaerobic sections with other details for a given specific period of time.

In the Setup section you can add more exercises and put them in to any of the category; either aerobic or anaerobic. You can change the details of the existing exercises also.

Just point your browser to http://www.download.com/Exercise-Diary/3000-2129_4-10046207.html?tag=mncol and download this freeware and start maintaining record of your daily workouts.



Arthur Ashe, the legendary Wimbledon player was dying of AIDS which he got due to infected blood he received during a heart surgery in 1983. From the world over, he received letters from his fans, one of which conveyed: "Why does GOD have to select you for such a bad disease"?

To this Arthur Ashe replied: "The world over -- 50 million children start playing tennis, 5 million learn to play tennis, 500,000 learn professional tennis, 50,000 come to the circuit, 5000 reach the grand slam, 50 reach Wimbledon, 4 to the semi final, 2 to the finals, when I was holding the cup I never asked GOD 'Why me?'.

And today in pain I should not be asking GOD 'Why me?'

We count our pains, but not our blessings.

More about Mr Arthur Ashe: **Born:** 10 July 1943. **Birth place:** Richmond, Virginia **Died:** 6 February 1993 (AIDS) **Best Known As:** The first black man to win the U S Open in tennis. For further reading about Arthur Ashe:

<http://www.answers.com/topic/arthur-ashe>
<http://www.notablebiographies.com/An-Ba/Ashe-Arthur.html>



Customs

Notifications/Circulars

Amendment of rates on additional duties of customs (CVD)

Customs Notification No. 20/2009 dated 24/02/2009

Relaxation in restrictions on imports of Specified goods.

Customs Notification No. 17/2009 dated 19/02/2009

Case Law: Classification

Classification of imported goods is a departmental function.

International Exim Agency and Kawaralal & Co Vs CC 2009 (161) ECR 225

Case Law: Valuation

Transaction value of imported goods cannot be enhanced by the customs authorities.

CC Vs Haresh Kumar & Co (2009 (233) ELT 500)

Foreign Trade Policy (FTP)

Notifications/Circulars

New application formats under DEPB

DGFT Public Notice No. 131 (RE-2008)/ 2004-09 dated 13/01/2009

Machinery & equipment related to construction activity can be imported by service providers under the EPCG Scheme.

Policy Circular No. 61 (RE-2008)/ 2004-09 dated 13/02/2009

Case Laws

Wrong classification of goods EOUs would not attract a penalty.

CC Vs. Sunstar Impex P. Ltd. (2009 (234) ELT 291)

Customs authorities are not open to sit on judgment over the quantum of DEPB credits allowed.

Rexello Castors P. Ltd. Vs. CC (2009-TIOL- 242-CESTAT-Mum)

CENVAT

Notifications/ Circulars

Reduction in General CENVAT rates from 10% to 8%

Notification No. 4/2009 dated 24.2.2009

SSI: Removal of the restriction of availment of CENVAT credits on inputs.

Notification No. 2/2009-CE dated 11.2.2009

Case Law

Manufacture/Dutiability

Process of mere blending of additives in order to enhance the quality of petrol/diesel would not amount to manufacture under excise law.

Hindustan Petroleum Corporation Ltd Vs CCE (2009 (234) ELT 648)

CENVAT credit of the duty paid on cylinders used for storage of gases is not admissible.

J.K. Steel & Alloys Vs. CCE (2009 (234) ELT 191)

Others

Duty is not payable on finished goods lying in the factory and destroyed in a fire.

Mira Chemicals Vs. CCE (2009 (234) ELT 328)

Service Tax

Notifications/ Circulars

Reduction in Service Tax rates from 12% to 10%

Notification No.8 /2009 dated 24.2.2009

Construction of roads is not a Taxable activity.

Circular No. 110 /04 /2009 - TRU dated 23.2.2009

Applicability of Service tax on arrangements entered into between movie theatre owners and film distributors.

Circular No. 109 /03 /2009 - TRU dated 23.2.2009

Case Law

Service fees received by an authorized dealer of vehicles and for providing assistance in processing loan documents are chargeable to service tax.

Roshan Motors Ltd. Vs CCE [2009 (18) STT 418]

Technical services in the nature of assistance, advice and guidance in relation to manufacturing operations are chargeable to service tax

Shervani Industrial Syndicate Vs CCEC & ST [2009 - TIOL - 250 - DEL]

Sales Tax

Case Law

Department is bound by a circular issued by the Commissioner even if it is not in consonance with the statute.

Shiva Electronic (India) Pvt. Ltd. Vs. Commr of Trade Tax [(2009) 19 VST 438]

Purchase of foodstuff from unregistered dealers by educational institutions for supply to students in their hostels is not liable to tax

Gowtham Residential Junior College Vs. Commercial Tax Officer [(2009) 19 VST 305]

Opportunity to be granted to dealers to rectify defects in Form 'F' at the assessment stage.

Lanson Cars (P) Ltd Vs. Commercial Tax Officer [(2009) 19 VST 414]

VAT

Case Law

Penalty provisions related to failure to file returns or to pay taxes within the permissible time period is unconstitutional.

Philips Electronics India Limited Vs. State of Karnataka [2008-09 (13) KCTJ 261]

Criteria for 45 days for filing the claims for input tax credits on stocks has to be counted from the date of publication of the VAT Rules and not from the date when VAT was introduced in the State.

State of Punjab Vs. City Petro, [2009-VIL-11-HC]

Decided cases

Multinational company entering into service agreement with Indian company - notice of reassessment based on order of Transfer Pricing Officer, is held valid.

Coca cola india inc. versus assistant commissioner of income-tax and others [2009 - tmi - 32462 - punjab and haryana high court]

Default in payment of advance tax and in furnishing return of income.

Levy of interest under sections 234A and 234B - challenge to constitutional validity of the provisions of sections 234A and 234B - held that levy of interest under above sections is valid - further, levy of interest on interest is also valid - both sections are constitutionally valid.

Roshanlal s. jain versus deputy commissioner of income-tax (assessment) [2009 - tmi - 32460 - gujarat high court]

Deduction of amount credited to reserve account.

Held that to claim deduction it is not required that the amount credited to reserve account has to be income

earned from shipping business - assessee should have operation of ships as its main object - claim for deduction u/s 33AC disallowed on ground that assessee is not engaged in the shipping business, is not justified -- amendment to section 33AC came w.e.f. 1.4.96 is not clarificatory/retrospective, hence not applicable to instant case

Gal offshore services ltd. (now the great eastern shipping co. ltd.) versus cit [2009 - tmi - 32459 - bombay high court]

Low gross profit rate disclosed on account of theft of raw material.

Assessee is unable to prove the theft - Tribunal concluded that once findings have been recorded that no theft was committed at the premises

of the assessee, a presumption is liable to be raised against the assessee that it had manufactured goods out of such raw material and sold the same in open market - claim of loss due to theft is not allowable

Shivalik woollen mills p. Ltd. Versus assistant commissioner of income-tax [2009 - tmi - 32456 - punjab and haryana high court]

AO on noticing the deficiencies in books of account, determined the sales of assessee by applying the gross profit rate of 25% as against 7% shown by the Assessee. AO justified.

National plastics industries versus income-tax officer [2009 - tmi - 32454 - bombay high court]

Umang2009

Vijayalakshmi Karur, CS Final, Mysore

Spectrum Space



The Students of the Mysore Chapter conducted the Talents' Day of the Chapter "UMANG 2009" on 22 February 2009.

The program commenced with the Inaugural session. Mr. Abbas S Vagh, a renowned industrialist from Mysore was the Chief Guest and CS Gopalakrishna Hegde, Chairman, SIRC of ICSI was the Guest of honour. Several meritorious and talented students of the Chapter were hounoured on the occasion.

A series of events were scheduled for the programme. To begin, it was presentations on different topics of academic and professional interests, were made by the students from various chapters of the Institute. The session was a learning experience to the audience, which mainly comprised of students.

As part of the program several competitions were organized like Commercial Law Quiz, Elocution and Essay writing. The preliminary rounds of the competitions were held on 15th February 2009 and the top four teams/ candidates took part in the Finals of the event on Talents day. With a view to ensure participation from the audience, Management games were organized in association with the team from Bangalore Chapter. The event was thoroughly enjoyed by one and all.

The finale of the event was the colorful Cultural Programs ranging from skit, dance, songs, fusion and many more. The event saw active participation from both members and students. Finally, it was the much awaited Prize distribution ceremony followed by the Valedictory session. The entire event was memorable and the same would be cherished in the days to come.

The program 'Umang 09 - the zeal to excel' truly exhibited the Zeal of the students not only to excel in academics but also the Zeal to be successful professionals.

