



INTERVIEW PREPARATION INSTRUCTIONS FOR STUDENTS

Greetings from Placement Cell, NSU

Dear Students,

As you prepare for your upcoming interviews, Placement Cell, NSU would like to provide you with some guidance to help you present yourself confidently and professionally. Please find below a set of instructions tailored to both men and women:

FOR MEN:

Attire: Dress in formal attire, such as a suit or dress pants with a collared shirt and tie. Ensure that your clothes are clean, well-fitted, and neatly pressed.

Grooming: Maintain a clean and well-groomed appearance. Trim your hair and nails, and shave or groom your facial hair neatly.

Accessories: Keep accessories minimal and professional. Wear a conservative watch and avoid flashy jewellery.

Footwear: Wear polished dress shoes that complement your outfit.

Personal Hygiene: Ensure that you smell fresh by using deodorant or a subtle cologne. Avoid overpowering scents.

Confidence: Walk with confidence and maintain good posture throughout the interview.

FOR WOMEN:

Attire: Opt for professional attire such as a tailored suit, dress, or skirt with a blouse. Avoid revealing or overly tight clothing.

Grooming: Style your hair neatly and consider tying it back if it is long. Keep makeup natural and minimal. Ensure that your nails are clean and manicured.

Accessories: Choose simple and elegant accessories that complement your outfit. Avoid wearing excessive jewellery or accessories that may be distracting.

Footwear: Wear closed-toe shoes with a moderate heel. Ensure that your footwear is clean and polished.

Personal Hygiene: Maintain good personal hygiene by using deodorant and avoiding strong perfumes.

Confidence: Project confidence by maintaining good posture, making eye contact, and speaking clearly and articulately.



राष्ट्रीय खेल विश्वविद्यालय, इम्फाल, मणिपुर
(केन्द्रीय विश्वविद्यालय)
भारत सरकार, युवा कार्यक्रम एवं खेल मंत्रालय
NATIONAL SPORTS UNIVERSITY, IMPHAL, MANIPUR
(A Central University)
Government of India, Ministry of Youth Affairs and Sports



General Tips for All:

Research: Familiarize yourself with the company and the role you are applying for. Prepare thoughtful questions to ask the interviewer.

Practice: Practice common interview questions and answers to help you articulate your thoughts effectively.

Punctuality: Arrive at least 10-15 minutes early for your interview to allow for any unforeseen delays.

Body Language: Pay attention to your body language and avoid fidgeting or slouching. Maintain a positive and engaged demeanor.

Communication: Listen carefully to the interviewer's questions and respond thoughtfully. Speak clearly and confidently, and avoid using slang or informal language.

Thank You: End the interview on a positive note by thanking the interviewer for their time and expressing your interest in the position.

Remember, the interview is an opportunity for you to showcase your skills and qualifications. Approach it with confidence, preparation, and professionalism.

Best of luck!

With regards,

Placement Cell, NSU