



# WICASA BUZZ



A MONTHLY STUDENT NEWSLETTER OF  
WICASA OF NASHIK BRANCH OF WIRC OF ICAI

APRIL 2020 • ISSUE 2

## WHAT'S INSIDE

Informative Article for  
Students of WICASA

Art Corner

Glimpses of Past Events.

## WICASA CHAIRMAN'S COMMUNICATION

BY CA. SANJEEVAN V. TAMBULWADIKAR



Dear Students,  
In these unprecedented and  
challenging times when we fight the  
onslaught of the COVID-19 pandemic,  
the nationwide 21-day lockdown may be  
a cause of concern for many of us.

The safety and good health of everyone  
of us and our loved ones is of prime  
importance. Hence, the sacrifices in  
movement and sociability that we make  
today will go a long way to help us not  
just as a nation but will have its positive  
effect on the world as well.

## NASHIK BRANCH OF WICASA OF WIRC OF ICAI

### WICASA TEAM 2020-21

**CA. Sanjeevan V. Tambulwadikar**  
Chairman

**Dhanashree Mahesh Tiwari**  
Committee Member

**Anuja Sanjay Burad**  
Committee Member

**Vidhi Nilesh Parakh**  
Committee Member

**Shubham Sunil Ohol**  
Committee Member

**Siddhesh Satish Dharmadhikari**  
Committee Member

**Arpita Hemant Deshpande**  
Committee Member

It is the motivation I receive from you all that keeps me going through this period of crisis that has come upon the world. Keep the motivation and strength inside you alive and we will come out this crisis with even greater heights and more success. We care for everyone and wish that this pandemic cease as early as possible and we resume to our usual lives,

but till then we should applaud the efforts of the Doctors, Government and all the people working tirelessly for the benefit of the society. I also appeal everyone to do our bit by contributing towards the "ICAI Covid-19 Relief Fund" to help the unprivileged and needy people of our society.

"Dream is not that which you see while sleeping, it is something that does not let you sleep". – APJ Abdul Kalam. Every student pursuing Chartered Accountancy comes with a dream of being a Chartered Accountant one day. The Course is hard but not impossible and "If it wasn't hard everyone would do it. It's the hard that makes it great and the goal more desiring to achieve."

With the WICASA team being formed in the current month, we are dedicated to do all such activities for the increasing the knowledge and strength of the students. The next months are crucial from the point of view of students as the exams are approaching and with this situation of Pandemic in the world, I urge all the students to focus only on the studies and not get distracted by any other factors. The examination being postponed, take it as an opportunity to be well prepared and make the most of it. Don't let the motivation inside you fall.

The coming year will be filled with many activities relating to profession, studies and also many fun-filled events are awaited. Our motto is to develop the students with all the qualities, be it academic, moral as well as professional. The year ahead is waiting for all of us and we surely will succeed in our plans.

This period under lockdown, make the most of it. Read as many books as possible, be with your family, learn, relearn, increase your professional competency. Don't take it as a punishment but make the most of it.

It is different beauty of Chartered Accountancy course which involves us all to study and work along with it. While pursuing Articleship, sometimes you may feel rejected and sometimes you may excel in a particular job. It's the process of learning which you have undergo and pursuing Articleship you get the first hand opportunity to experience while studying.

I take this as an opportunity to serve the profession and the Institute and assure that I will do the same with selfless efforts and utter dedication. Students are the driving force in every aspect of life and the lifeline of the Chartered Accountancy Course.

The newly selected WICASA is dedicated to work for the betterment and knowledge sharing for the students. A lot of things are there to look forward in the current year for the students. The new batch for the foundation and IPCC will be announced soon and will start with the lifting of lockdown. Eminent faculties will be conducting the classes which will definitely benefit the students at large.

Without the active support of the students, it is not at all possible to conduct any events and activities. I urge to all the students and also the members to encourage their article assistants to actively take part in the branch activities and gain as much of knowledge and experience from the same.

The team of WICASA Nashik has always been active at all levels and has strived for the betterment of the students. The current year will be the same and we will try to be step forward and achieve the benchmarked goals. I would like end the message with the quote of Mr. Nelson Mandela, "It always seems impossible until it's done." We will dream the impossible and make it possible with our actions.

**CA. Sanjeevan V. Tambulwadikar**  
**Chairman**

#### **CONTRIBUTION OF WICASA TO BLOOD DONATION CAMP HELD ON WOMEN'S DAY**





## **ICAI NEWS & UPDATES**

### **CONTRIBUTED BY NEWSLETTER TEAM**

#### **Exemption from Completion of Orientation Course (OC) and Information Technology Training (ITT) before admission in Practical Training on or before 30th April, 2020**

The Council at its meeting held on 20th March, 2020 invoked the powers under Regulation 205 of The Chartered Accountants Regulations, 1988 and decided to pass the resolution to grant one-time relaxation to the following category of students:

Who were to take admission in Practical Training on or before 30th April, 2020 but are not able to admit in Practical Training due to non-completion of Orientation Course and IT Training. be allowed to take admission in Practical Training on or before 30th April, 2020 and complete Orientation Course and IT Training on or before 31st August, 2020 and thereafter be allowed to appear in Final examination to be held in November, 2022.

For detailed information please refer the circular in the link-  
[https://www.icaai.org/new\\_post.html?post\\_id=16391&c\\_id=219](https://www.icaai.org/new_post.html?post_id=16391&c_id=219)

#### **Exemption from Completion of Management and Communication Skills Course (MCS Course) & Advanced Information Technology Training (Adv. ITT) to appear in Final May 2020 Examination**

The Council at its meeting held on 20th March, 2020 invoked the powers under Regulation 205 of The Chartered Accountants Regulations, 1988 and decided to pass the resolution to grant one-time relaxation to the such category of students who are not able to complete MCS Course and Adv.IT Training before appearing in May, 2020 Final Examination :

be allowed to appear in May, 2020 Final Examination and complete the aforesaid training along with passing of AICITSS (Adv.IT exam) conducted by the Examination Department before the declaration of May, 2020 Final Examination result.

For detailed information please refer the circular in the link-  
[https://www.icaai.org/new\\_post.html?post\\_id=16390&c\\_id=219](https://www.icaai.org/new_post.html?post_id=16390&c_id=219)

#### **Appeal to contribute in ICAI Covid 19 Relief Fund**

The COVID-19 pandemic marks an unprecedented time in modern history that will require the best of humanity to overcome. Little would have we realised the unfolding of epidemic like this, which situation is yet unfolding, and have brought the economic momentum to a much

lower trajectory. Situation like this would need support to collaborate with the government initiatives to scale up governmental efforts to help those in distress. At this moment, the affected people in India will need help to tide over the viral disease, and in this scenario, ICAI has decided to stand with our distressed fellow countrymen, and actively participate in the national effort to support them at this difficult time. Due to the ongoing lockdown, much needed on the ground of social distancing and therefore 'stay home' advisory from the government; some of our fellow countrymen will need extensive support from the government. Further, we need to contribute to the government initiatives to bolster necessary infrastructure and human ware to fight this epidemic.

To provide much-needed relief for the people affected by the viral disease and those who are in distress; ICAI appeals to all its Members and Students to donate generously for this noble cause.

Donations can be made through Demand Draft, Cheque, RTGS and online mode; offline collections in form of cheques/demand draft should be given in the name of "ICAI COVID 19 Relief Fund". All such offline contributions can be made in the ICAI Bank Account having the following details:

<b>Bank:</b>	<b>HDFC Bank</b>
<b>Account No.:</b>	<b>50100098409265</b>
<b>IFSC No:</b>	<b>HDFC0000590</b>

The collected amount will be given to PRIME MINISTER'S NATIONAL RELIEF FUND. All contributions towards this Fund are exempt from Income Tax under Section 80G. The donors are requested to give their name, membership number /student registration number, address, amount and date of contribution, PAN details (if any) so that receipts could be obtained from Prime Minister's National Relief Fund for onward transmission to the donors. The letter/email can be sent to:

### **The Additional Secretary**

M&C-MSS

The Institute of Chartered Accountants of India

ICAI Bhawan, A-29, Sector-62,

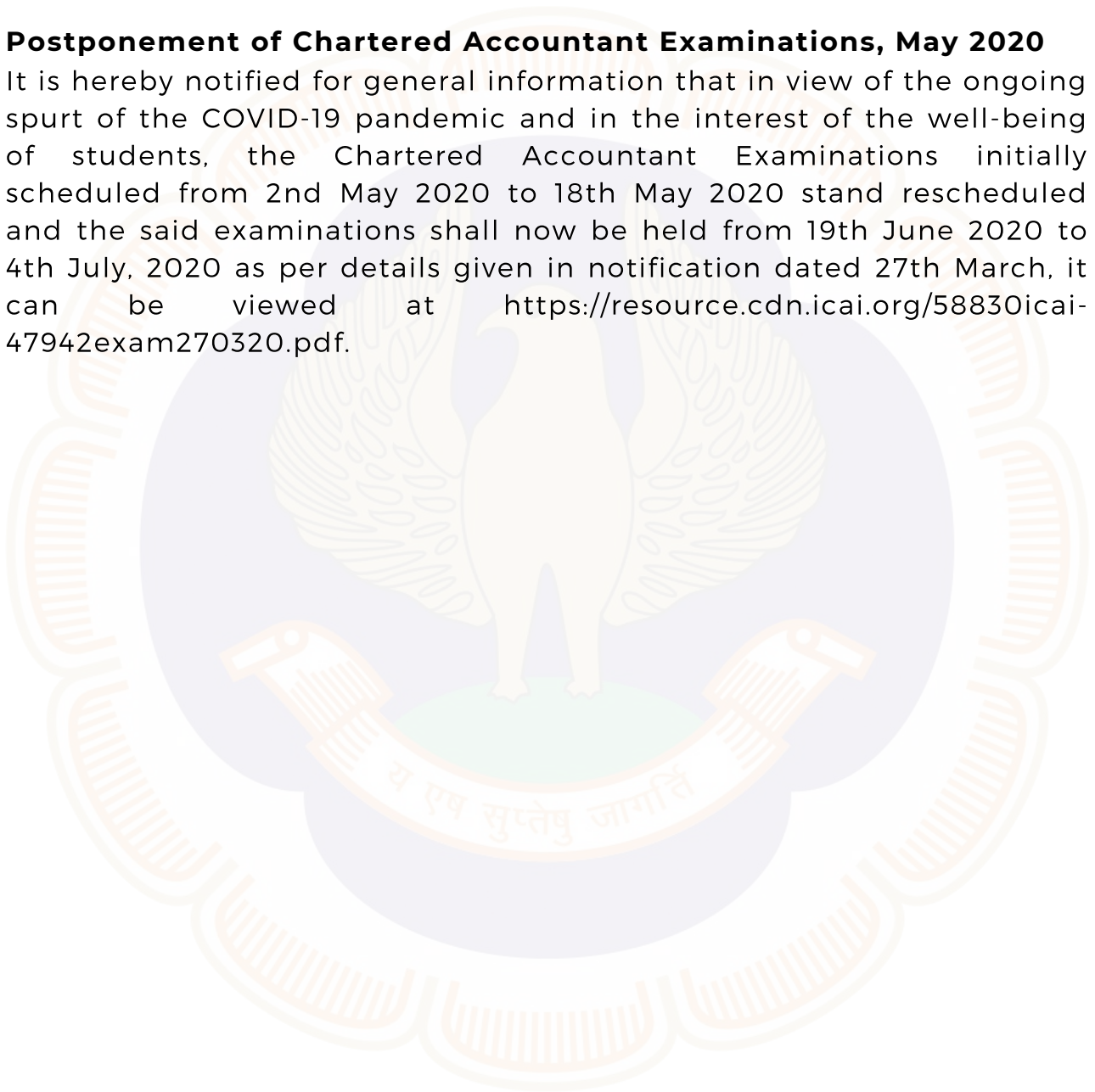
Noida-201309

Email: msshead@icai.in

Looking forward for your generous contribution in these special circumstances in the interest of mankind.

### **Postponement of Chartered Accountant Examinations, May 2020**

It is hereby notified for general information that in view of the ongoing spurt of the COVID-19 pandemic and in the interest of the well-being of students, the Chartered Accountant Examinations initially scheduled from 2nd May 2020 to 18th May 2020 stand rescheduled and the said examinations shall now be held from 19th June 2020 to 4th July, 2020 as per details given in notification dated 27th March, it can be viewed at <https://resource.cdn.icai.org/58830icai-47942exam270320.pdf>.





## **IMPACT ON FINANCIAL STATEMENTS & AUDIT AMIDST COVID-19**

With arising crises of COVID-19 and the financial year end, Following are some of the points that needs to be considered while auditing of Financial Statements:

The outbreak of COVID-19 gave rise to many potential issues while auditing financial statements and it has also caused impact for many entities such as vendors, bankers, suppliers, service providers, etc. causing a declining trend and crises in financial market not only in International Markets but also in Indian Markets and an exposure to economic downturn.

### **1. INVENTORY**

One of the most important element while auditing of financial statements is valuation of inventory at the end of financial year, however, now it is not possible for auditors to physically verify inventory. Therefore, Auditors can now plan the date of physical counting of inventory prior in advance, depending on underlying circumstances and thus verify inventory after lockdown.

As physical inventory counting date is different from year end, auditor has to perform certain audit procedures and obtain sufficient audit evidence in order to verify that changes in inventory have been properly recorded and there are no errors in recording the same. In order to check appropriateness, as inventory counting date is other than date of financial statement, auditor must check design, implementation and maintenance of control over the conduct of physical inventory.

### **2. CONSOLIDATED FINANCIAL STATEMENTS**

While preparation of consolidated financial statements, financial statements of parent and subsidiary company should be drawn upto same date and if there is difference in reporting date then such difference is acceptable upto 3 months as per Ind AS 110 and upto 6 months as per AS 21.

If the auditor of the parent company is not the auditor of all the company then, auditor must check the requirements of SA 600 which is using the work of another auditor. Parent Company must take into consideration impact of COVID-19, such as travelling bans, temporary suspension of business operations, etc. and considering materiality and risk assessment must try to obtain sufficient appropriate audit evidence. If the auditor is unable to obtain audit evidence then he must express a qualified or disclaimer of opinion as per SA 600.

### **3. SUBSEQUENT EVENTS OR EVENTS OCCURING AFTER BALANCE SHEET DATE**

For events occurring after balance sheet date, adjustments should be made taking into consideration Ind AS 10 and AS 4. With the outbreak of COVID-19, it is important to disclose recognition and measurement of various assets and liabilities, and if there is any uncertainty then it should be specifically disclosed. For the events occurring between the date of financial statements and the date of Audit Report as per SA 560 Auditor should obtain sufficient appropriate audit evidence and check whether such events require adjustment or disclosure in financial statements.

### **4. GOING CONCERN**

COVID-19 has caused a huge loss to many businesses and thus hampering the Going Concern Concept. A Going Concern is questionable as COVID-19 resulted into huge disruption causing losses to many businesses and economy crises as a whole. Entities as well as audit team has to consider various points in order to assess going concern of the entity. Such assessment of going concern should be done by taking into consideration 12 months forward of balance sheet date. SA 560 requires auditor to consider events that can cause heavy disruption even beyond audit period. As per SA 560, auditor should consider uncertain future conditions and events while making a judgement of going concern at a particular point of time. It is Auditor's responsibility to determine going concern of the entity, and thus it is important to note that COVID-19 has caused huge disruption and in future it is possible that management may cease or liquidate its operations. Management as well as Auditor should make for foreseeable future upto 12 months and then consider whether any disclosure or updation is required in financial statements. Other points that needs to be considered are supplier, customer, potential cash flows that can compensate working capital requirements, whether insurance policy compensate all the losses, etc.

**CONTRIBUTED BY DHANASHREE TIWARI - WRO - WRO0556392**





## 4 THINGS WHICH WENT UNNOTICED AMIDST COVID-19 OUTBREAK

Empty streets, crazy WhatsApp forwards, panic buying, etc are noticeable enough but what isn't that noticeable but yet is important for all of us to have a look upon....that is what this article is about!

### 1. ROUTINE AND QUESTIONING MIND

"WASH YOUR HANDS WITH SOAP" one of the basic preventive measures of COVID-19 made me thought - isn't water is enough? How would an ordinary soap kill this deadly virus? I realized I didn't know how does soap work and yes I googled and found my answer.

But then asked myself - Why did it take me 20 years and a pandemic to question about a soap!?

Maybe we just tend to slip into routines "too much" which in turn makes our brain dull and somehow we stop questioning about small things (even if they are important). This reminds me of a Marathi saying - "अति तेथे माती"

### 2. EMERGING JOURNALISM TRENDS

In ancient India, debates were conducted in royal courts to gain knowledge and different perspectives upon any given topic. It was referred to as "tarka vidya" or "vada vidya". It was also known as "nyaya shastra"; the science of true reasoning.

However, in current scenario debates are becoming less informative and more of a headache as panellists on these debate shows usually shout and fight on the national television. Other than debates news channels usually revolve around 3 C's - Crime, Cinema and Cricket to keep their audience engaged (a.k.a to get more TRP). Their business model seems to defeat the very basic purpose of being informative.

However, on platforms like YouTube there are many national and international content creators who upload "awareness videos" which give logical insights and comparisons on current socio-economic and political issues. The same have been observed during COVID-19 outbreak where videos came out explaining about the disease, its impact on economy, myths vs. facts, various government policies to flatten the corona virus curve, etc in a simple and lucid language.

These YouTube Channels may not fit into "those" traditional news channels but it would not be wrong to say that their highly content driven news has started to give rise to new journalism trends.

### 3. COMMUNICATION GAP AND UNRESOLVED ISSUES

In this situation of crises, PM Narendra Modi did a pretty good job on addressing public regarding COVID-19 however one major thing he skipped in his speech was clarification on availability of essential goods and services during lockdown. This led to crowding of people at grocery stores and shops making social distancing ineffective. Later a detailed notification regarding the availability of essentials was released by the Government.

Decisions like timings of such stores and shops are left to State Governments, which again left people confused. In states like Kerala such stores are open 24x7 whereas in Uttarakhand such stores would be open only for 3 hours.

With this lockdown, many roadside restaurants and dhabbas have been shut down which means truck drivers would not be able to eat on their way. This led them to stop driving trucks during lockdown. However, essential goods are also carried by their trucks. Now the question is how the government will tackle this issue.

### 4. INDIAN FAMILIES AND SEXISM

According to a 2015 survey by the Organisation of Economic Cooperation and Development the amount of daily unpaid work an Indian woman does is 5.51 hours a day. Indian men, on the other hand, do an unpaid work of 52 minutes a day.

On a regular day, this difference is evened out by the presence of maids, cooks, nannies, drivers, and gardeners—sometimes all rolled into one.

During this COVID-19 crisis, working women are doing work-from-home as well as work-for-home which mean 7 hours of paid work and 5 hours of unpaid work. This does not imply that homemakers are better off as they would be now catering to the demands of other family members who are at home. Well, this is all thanks to the social conditioning that household work is not made for men.

This is how sudden disappearance of paid domestic help is making way for the return of archaic and enfeebling gender roles. How would you challenge this social conditioning?

**CONTRIBUTED BY MS. SAMRUDDHI HUNDIKAR - WRO0557309**



## “WHAT A YEAR OF ARTICLESHIP DID TO ME”

I think every time we take a decision in our lives or try something new most of us hesitate, get intimidated and sometimes even fumble while doing so. However, for some trying new stuff is a part of their adventure while the others struggle in dealing with their Adrenaline levels. Every Chartered Accountancy student goes through such a phase especially when it comes to “Articleship”. Well! Right from deciding our areas of interest to what place? rather which firm? all of these vivid questions run through our mind and of course all of us know that the STRUGGLE IS REAL. Nonetheless, every student looks upto this enthralling experience in his life. My experience was no different.

All the “firsts” of a person are always special to him/her and so was my first ever interview. I still remember sitting in the lobby of the office, nervous, perplexed and absolutely oblivious to everything that was going on around me. I gave my interview with the same mental state but fortunately it went well. And so the journey began.

Well! I’ve been an extrovert all my life and be-friending someone has never been so tough for me. However, compatibility has always been a concern. The entire first day was much of an introductory session wherein I was introduced to the office, it’s chores and of course the people. I was content and happy with my decision. As the days passed by I got acquainted to the office and didn’t realize when did that tag of a “junior” came off. Every little work I did, be it some random filing or photocopying documents, I knew I was getting there slowly. Then came the time when I filed my first ever Income Tax Return, my first ever GST return, wherein the level of nervousness shot up but I managed to handle the same. I did make a few mistakes, fortunately they weren’t so grave. Again, at the end what really matters is what we learn from those mistakes and improve upon the same.

One of the most vital aspects which I’ve learnt during this period is the value of time and ethics. These are our life’s foundation. Be it the value of time, the art of tolerance and patience or even a few speaking skills while dealing with clients. All of these values have positively contributed to my growth and nurtured me into the person that I’m today. Now, it’s been a year to the inception of my articleship. When, I look back at my journey so far, I’m happy to look at the person that I’ve become. From someone who was so clumsy and could barely manage her time to someone now who drafts her daily routine, the transformation has been incredible. Yes, life has become tough but once you’re able to channelize it there’s no looking back.

The most beautiful part about Articleship is that you are exposed to the world at a very early age. Learning to tackle the problems at all walks of your life is an important aspect and a life lesson as well. I’m sure that would also be an amazing experience.

Well! I know it’s just been a year and there’s a lot much kept in the store. All that is required is diligence, dedication and some amount of patience. Surely, for that “Learn, Unlearn, Repeat!” is all that we need to do.

**CONTRIBUTED BY SHREYA DONGRE WRO - 0587610**





## EXCEL TRICKS & TIPS

The INDEX MATCH Function is one of the Excel's most powerful features. The older brother of the widely used VLOOKUP function. INDEX MATCH allows you to look up values in a table based of other rows and columns. And, unlike VLOOKUP, it can be used on rows, columns, or both at the same time. INDEX MATCH is so useful that many excel experts use it to replace VLOOKUP entirely, never relying of the latter function.

Often times during our regular excel work we need to use output of a Function as a input for another function. This is called "Nesting". Through this article, I am presenting before you an example for the same using two very powerful Excel functions which are Index and Match.

	A	B	C	D	E	F	G	H	I	J
1		Column 1	Column 2	Column 3	Column 4	Column 5	Column 6			
2	Day/Score	A	B	C	D	E	F			
3	Sunday	521	466	379	505	596	911	Row 1		
4	Monday	994	317	692	780	445	158	Row 2		
5	Tuesday	102	628	367	687	648	237	Row 3		
6	Wednesday	371	554	149	771	130	577	Row 4		
7	Thursday	100	627	518	659	271	867	Row 5		
8	Friday	700	841	69	870	56	637	Row 6		
11										
12	Index Function		692	=INDEX(B3:G8,2,3)						
13	Match for Row		2	=MATCH("Monday",A3:A8,0)						
14	Match for Column		3	=MATCH("C",B2:G2,0)						
15	Index and Match Function		692	=INDEX(B3:G8,MATCH("Monday",A3:A8,0),MATCH("C",B2:G2,0))						
16										
17	Dynamic Formula with List									
18	Sunday		379	=INDEX(B3:G8,MATCH(A18,A3:A8,0),MATCH(A19,B2:G2,0))						
19	C									
20	A									
21	B									
22	D									

### INDEX FUNCTION

Syntax : - =INDEX(Array Range, Row Number , Column Number)

"Index Function is a great function to get a value of a particular cell from a Range Grid or Array Range.

For example:-

In the Image above the range is from B3:G8 it is a 6x6 Grid. If we want to have a score of Student "C" on the "Monday", As the Monday row is the second row in the given grid, And column belonging to scores of Student "C" in the given grid is the third column we write 2 for row number and 3 for column number to get the desired result."

### MATCH FUNCTION

Syntax:- =MATCH(Lookup Value, Lookup Range Match type)

"Just like VLOOKUP Match is also a lookup function, first input is the Value which you want to look up, in this case first we will look up the position of "Monday" from the days Range of A3:A8. Hence, in this case our lookup Range is A3:A8 and Lookup Value is "Monday". Lastly just like VLOOKUP Function, MATCH function also has the option to lookup for Exact or Less than or Greater Than. In this case we will select exact match as we want to find the exact value matching our day i.e. "Monday". The result computes as 2, denoting that the function is letting us that the Monday falls on the second row in given Range."

The same is repeated for finding the position of "C". Only this time, the difference is our lookup range is horizontal one. Hence match works in both horizontal and Vertical range inputs.

### INDEX & MATCH

Now we can combine the power of the two above functions in one. As demonstrated in cell D15 we have entered the same formula in Cell C15. Only this time we have given input of Match functions and used it inside the index function. For row we have copied the same formula in row D13, and for column we have copied the same formula from D14.

As you can see by doing this, we have converted our Index function in to a Dynamic function.

Further as seen in Cell D18. We can refer to Cell A18 instead of typing "Monday" and Likewise Cell A19 instead of writing "C" in our Match Functions. "Now Finally we can make Cells A18 and A19 into a list using following Steps -->

""Select Cell A18""""Data Tab"">>>""Data validation"">>> Popup will open>> Click on Drop down Box of ""Allow Any Value"" and Select List>>Type A3:A8 in Source."

**CONTRIBUTED BY CA. CHINMAY MARATHE**



## HEALTH TIPS

### **Precautions to be taken for COVID-19 outbreak**

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

#### **Wash your hands frequently**

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

#### **Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.**

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

#### **Avoid touching eyes, nose and mouth**

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

#### **Practice respiratory hygiene**

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.



Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

Follow the guidance outlined above.

Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover. Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.

If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

When and how to wear medical masks to protect against coronavirus

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

## Yoga and Pranayam

Yoga and Pranayama's plays an important role in day to day life of the each individual. As a professional we are having much need of the yoga and pranayama to stay stress free. According to yoga philosophy, the postures are merely preludes to deeper states of meditation that lead us towards enlightenment, where our minds grow perfectly still and our lives grow infinitely big. Pranayama, the formal practice of controlling the breath, lies at the heart of yoga.

Benefits of regular practice of Pranayama

Increases and enhances the quantity and quality of prana.

Clears blocked nadis and chakras. Clears the whole energy around you, expands your aura and heightens the spirit.

Makes one energetic, enthusiastic and positive.

Brings harmony between the body, mind, and spirit, making one physically, mentally and spiritually strong. It brings clarity to the mind and good health to the body.

Breathe deep- Your lungs are your biggest lymph pumps, clearing out clutter and toxins, explains Hall Carlson. daily practice of pranayama to mitigate stress and boost immunity. Deep breathing, or complete yogic breath, will do—anything that opens your lungs and side ribs, and keeps things moving.

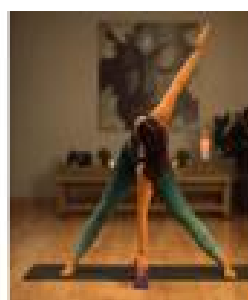
Yoga Poses for Boosting Immunity and Reducing Stress –

Gather your props: two blocks, one strap, one bolster, two blankets, and an eye pillow. Warm up with 1-2 rounds of slow, rhythmic Moon Salutations.

Slow, rhythmic yoga not only relaxes the body and mind, but certain poses can also release congestion and enhance overall well-being. Relaxation and stress reduction have actually been linked to a stronger immune system. Worried about all the bugs and viruses going around nowadays? Try the following postures to stay healthy and calm.

### **Prasarita Padottanasana (Wide-Legged Standing Forward Bend)**

Stand with your feet about 4 feet apart. Interlace your fingers behind your back (or use a strap), and straighten your arms. Fold forward, lifting your arms up toward the ceiling. Keep the weight evenly distributed in your feet, with the legs engaged. Breathe deeply, inviting your chest to open and lungs to clear. This inversion can be wonderful for draining mild chest congestion (excess kapha dosha). With each exhalation, loosen up and invite the day's tension to release.



### **Parivrtta Prasarita Padottanasana (Revolved Wide-Legged Standing Forward Bend)**

From Wide-Legged Forward Bend, place your left hand on a block at a comfortable height, in line with your sternum. Twist to your right, ensuring an even spiral from the tailbone through the back of the neck. Direct 3-6 deep breaths into your side ribs—inviting the intercostal muscles to loosen and the lungs to open. This is an excellent pose for removing tension and congestion from the chest! Carefully unwind and repeat on the other side.



### **Knee-Down Squat**

From Table top, curl your toes under, and bring your inner feet to touch. Spread your knees wide, sit back on your heels, and raise your arms overhead. Interlace your fingers and turn your palms toward the sky. Soften your shoulders, tuck your chin, and pull your belly in. Breathe evenly into your side rib cage, gently stretching your intercostal muscles and airing out the lungs. Hold for 6-10 deep breaths. This simple pose tends to be quite challenging as heat and sensation build in the feet and legs. Try to soften in order to receive the enhanced warmth, circulation, and alertness. Mindfully release back to Table top.



CONTRIBUTED BY CA. YOGESHKUMAR SHANTILAL SAKHALA



## INSPIRATIONAL SUCCESS STORY

Are you feeling demotivated by the repeated failures in your CA Exams? Maybe you are getting insulted by your parents or your relatives. Or your friends are making fun of yours. But the thing is that you need to be focused towards your goals.

“लहरों से डर कर नौका पार नहीं होती  
कोशिश करने वालों की हार नहीं होती”

So, let the others do murmuring. You don't let your efforts came down. If others can do this, then you can also do it. Everyone has the same brain but the thing differs is how to use such. Chartered Accountancy is a tough course, it's not possible for me... don't let these thoughts come to your mind. You will get fail only and only if you accept that you are a failure.

Maybe this is your first failure or maybe second or maybe tenth. Don't let yourself down. You will be a Chartered Accountant.

Do not blame anyone for any failure. Only you are responsible for your success and your failure.

All you should focus next is on your next attempt and try to avoid these mistakes that most ca students fails to avoid.

“WHEN EVERYTHING IS GOING AGAINST YOU THEN REMEMBER THAT AN AIRPLANE TAKES OFF AGAINST THE WIND NOT WITH IT.”

You must have heard about Arunima Sinha. A true inspiration for every Indian. She was the first Indian amputee and also the first female amputee who climbed the highest peak of the world i.e. Mount Everest. She was pushed by some people from the running train in 2011 who was trying to snatch her bag and her gold chain. The moment she got a push from those robbers and fall on the railway track another train passed away and crushed her leg. As a result, one of her legs had to be amputated below her knees. But she did not lose hope from her life. She decided to climb all the continent's highest peak and hoist the Indian Flag. She has started her journey and already climbed six peaks.

There are some peoples who change their destiny.....

We are going to share with you the story of a successful Chartered Accountants who faced a lot of challenges during this journey. But she never lost their hope and successfully completed her journey.

Prema Jaykumar a student from Mumbai cleared her CA Final in her first attempt by securing all India First rank. The biggest achievement. She has created a benchmark for all those students who are pursuing this course. She scored 607 marks out of 800 marks. She lives with her family in a 300 sq ft room.

Besides this, her school and college fees was never an issue for her parents, because she used to get the scholarship in her school days and her college fees were very nominal. She was always supportive of her family. Her mother used to work for a private company but she left her job when Prema and her brother started earning during Articleship.

Her brother also joined CA with Prema and he used to work in a call center to support his studies and he also cleared CA in his first attempt.

Today, where many of the students blame their parents that they do not have any separate room to study or their guidance are not proper, or they could not afford excellent coaching, these students set an example to all those students who blame their destiny and their parents for their failure.

**SHORT STORY- CONTRIBUTED BY TANEESHA MISHRA (WRO0597980)**

"Adil!"

It was Ammi.

"Adil, wake up beta."

Adil was awake. Lying on the bed, he stared at the ceiling fan. It was not much use, it did not cool the room as it once did. But it was switched on every night, almost like a ritual. No one knows what's happening or why, but it is done anyway. It was the same. The fan was useless, yet it dutifully went round and round and round, with no one gaining anything.

"How symbolic", thought Adil. His life was pretty much the same. It was going down in spirals. He did not know what was he doing or why, but he was pretty sure that like the fan, all he was bringing to the room was disappointment.

Thoughts were the only thing Adil had. All throughout his life, all Adil had ever done was think and plan and imagine all of those in his head. It was said that great thinkers went really ahead, but where can only thoughts take you. Well, down. At least he had that answer.

Adil was stuck. From the beginning, Adil had seen Abbu slave every day. They were not poor, no. They lived quite comfortably. Everything Adil and Nikhat every desired was dutifully provided for by Abbu. But he worked very hard. Every day, for 12 hours, Abbu transformed into that Chaiwalla. That was it. Nobody probably knew his name, he was the Chaiwalla. The Chaiwalla who stood and served tea to hundreds in a day, standing over the boiling pot for hours and hours. And yet when he returned home every night, he was Abbu. Abbu who loved Adil and Nikhat more than his life. Even when Abbu was diagnosed with heart ailment a few years back, he did not let that deter him. He worked day and night to ensure that both his children could have the liberty of choosing their lives, unlike he had.

Adil always knew what he had to do. He wanted to work and work until he had achieved everything that he had ever dreamt of. He wanted to ensure that none of Abbu's sacrifices had to go to waste. But he had not done that. He was not even close. He hadn't even started. This lack of start could be blamed on Adil's tendency to overthink. The consequences if Adil failed to be the person that he wanted to be would be severe. It was precisely this that scared him. He was afraid. So afraid of falling that he never started walking.

"Adil, get up." Ammi's voice cut into his thoughts.

.

It was noon when Adil stepped out of the house, ignoring Ammi's pleas to stay for lunch.

"I'm not hungry Ammi," Adil had said.

"But you must eat Adil, it is never a good habit to skip meals. And where are you going anyway?"

"I'm going to the library Ammi. Don't wait for me", and he left without waiting for a reply.

Phew. That was close. It was the day of the results and Adil did not want to see his life fall apart yet one more time at home. He was pretty sure he was not going to make it through, and he could not bear the thought of looking into Abbu's and Ammi's eyes. There was never disappointment, and no contempt every time Adil fell. There was just belief, and hope and trust.

Abbu had always trusted him, and he believed that every time that Adil had fallen, he had risen up with new experiences and a new outlook. Except that it wasn't the case. He had betrayed Abbu every single time, and now he did not have the courage to look him in the eyes.

Adil checked the time. 12:07. The results were expected around noon. "Should be out any time now."

He had no idea what he were to do if he failed this time too. With his history, he could not even land a decent job. And a decent job was not even the beginning of his dreams. But it could give him financial stability, and capital for his future. But with the way things were going, the chances of that happening were bleak.

Ding. His phone buzzed just then. It was a message from his friend – 'They are out!' With trembling hands Adil logged on to the site, and punched in his seat number. While the page loaded, Adil prayed to every deity known to mankind. He prayed for light. He prayed for hope. And just then he glanced on the screen.

'FAIL'.

His fate was sealed.

Adil sat on a bench in the park he used to frequent in his childhood. It was dusk. He watched the light fade into the dark. To his mind, dusk was the hour of the fallen. The time when the defeated, the lonely came out because the dark helped their broken eyes from being recognised.

All throughout his life, Adil had never really watched the sun set. Sure, he had seen a lot of them, but never watched the phenomenon. But he watched this evening. As he watched the final few traces of daylight descend into the dark sky, he was hit by a profound feeling of loneliness. The loneliness hurt, it was a burden really. But it helped him focus today.

His life was flashing by in front of his eyes, and he recalled everything. Every single thing that made Adil into what he was today.

Adil used to come to this park as a child. Every week, Abbu used to take out his scooter, with him driving, Ammi sitting behind, Nikhat parked between the two of them and Adil standing in the front. Those were happy times, unburdened by the weight of life.

But now the time was different. Adil was breaking. The weight of his dreams was crumbling him.



Everything was falling apart. The most important thing in his life right now was his career, without which he would be unable to give Abbu the life he wants. But his career was going off tracks, which meant Abbu would slave and slave for his family, without Adil contributing anything. Further, he had his own dreams, his own ambitions. All of them would have to be abandoned. He would be letting everyone down – Abbu, Ammi, Nikhat, but most importantly, himself. It was this that was killing him.

Adil always knew the consequences of his failure. It scared him. And that was precisely why he never even tried, he always gave up before he could even get started. Fear. A strange feeling. Fearing something just enough can be the factor of motivation in some. But anything more than that will trap you so that you can never move forward.

‘I am a failure. I have let everyone down. And Abbu.. He sacrificed his entire life for me, even though I am worthless.....

“Abhi.. look where we are now. Adil looked in the direction of the voice. A young couple had entered the garden with a little baby. Not more than a year old. The man carried the

baby, and once they came in, the man put him down. He started crawling as soon as he was put down, and moved towards his father.

Seeing them triggered a lot of memories for Adil. He continued watching them. The baby was now trying to walk, his father held his hands while he took baby steps. But each time he took a step, his legs wobbled and he fell down.

Then he would rise up and take another step and fell each time he did that, laughing all the while. But he got up every time. Every single time. Days of self talk and motivational speeches couldn't get to Adil, yet this little thing did. The whole incident tugged at his heart. The baby probably did not even know it was going to fall, but he walked anyway. He took each step, however small. Fear of falling had not kept him from trying. And that was what Adil saw. That was what Adil understood.

The single thing that matters the most are your efforts. Results will follow, sometimes soon, sometimes eventually. But they do come to you. If you don't get up, you won't learn how to walk. If you don't walk, how will you run.

Adil felt free. As if a load had been taken off from his mind.

## ART CORNER

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## ज़िन्दगी

अक्सर लोग ज़िन्दगी काटते हैं जीना सीखो।

हर मुश्किल भरी राह पर चलना सीखो।

काटे तोह गुलाब की फूल मैं भी होते हैं, मगर वही गुलाब की तरह महकना सीखो।

घने बादलों में छिपे चाँद की तरह चमकना सीखो।

रुकावट बहुत आएगी लेकिन तूफान में फसे कश्ती की तरह लहरों के साथ उछलना सीखो।

बंधिस्थ हो जाओगे तुम इस दुनिया में आज़ाद पंछी की तरह खुले आसमान में उड़ना सीखो।

लोभ माया सब दिखेगा लेकिन पानी की तरह पारदर्शी होना सीखो।

नसीब हर एक का अच्छा होता है उसे अच्छे से आज़माना सीखो।

यह ज़िन्दगी एक बार मिलती है जनाब इसे पूरी तरह जीना सीखो।

-SUYOG

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## जीवन

जन्माला आला आहेस,

थोडं जगून बघ.

जीवनात दुःख खूप आहे,

थोडं सोसून बघ.

चिमूटभर दुःखाने कोसळू नकोस,

दुःखाचे पहाड चढून बघ.

यशाची चव चाखून बघ, अपयश येतं निरखून बघ. डाव मांडणं सोपं असतं,

थोडं खेळून बघ.

घरटं बांधणं सोपं असतं, थोडी मेहनत करून बघ. जगणं कठीण मरणं सोपं असतं,

दोन्हीतल्या वेदना झेलून बघ.

जिणं मरणं एक कोड असतं,

जाता जाता एवढं सोडवून बघ.

Sep.16  
2019

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## ART CORNER

CONTRIBUTED BY  
NAMRATA NAVNEET DAYAMA (WRO-0590119)



Din toh kat jate hein,  
Pr ye ratein badi pareshan  
kare ja rahi....  
N jane kya nasha hai inme...  
Bheed me bhi tanhai ka ehsaas  
diye ja rahi...  
Cheen liya hai bachpana  
inhone,  
Bss samajhdar kiye ja  
rahi....  
Hm bhi jiddi kam nahi,  
Filhaal manzil hi nazar aa  
rahi...

Har roz kuch nayi lagti  
hai zindagi...  
Bewajah kuch shikayatein  
karti ,  
Wahi ladhne ka sahas deti  
hai zindagi....  
Jeene ki iss tammana me ,  
Kabhi hasati toh kabhi  
rulati hai zindagi.....



## ART CORNER

SHAYARI- CONTRIBUTED BY CHINMAY PATHAK



एक दिन,  
मैं गुज़र गए और गुज़र रहे पल मैं बने हुए अंतर को मिटा दूंगा,  
एक दिन मैं अपने आप में ही एक लम्हा बन जाऊंगा।  
एक दिन मैं सुख और दुःख की परिभाषा को बदल दूंगा,  
एक दिन मैं अपने आप में ही खुशी बन जाऊंगा।  
किसीसे प्यार करने और किससे प्यार मांगने वाले मैं बने हुई दूरियों को मैं मिटा दूंगा, एक दिन मैं  
अपने आप में ही इश्क बन जाऊंगा।  
एक दिन मैं फिरसे मैं बन जाऊंगा।

मंजिल पाने और न पाने की परिभाषाओं को मैं जरूर मिटाऊंगा,  
एक दिन मैं खुद एक मंजिल बन जाऊंगा।  
जात और धर्म के नाम पे बनाये हुए इन दायरे को एक दिन मैं मिटा दूंगा,  
मैं अपने आप में ही एक दिन एकता बन जाऊंगा।  
मेहनत और चाहत के बीच में खड़े हुए हज़ारों को एक दिन मैं नदी के उस पार ले जाऊंगा,  
एक दिन मैं खुद ही मेहनत और चाहत से बनी एक सच्चाई बन जाऊंगा।  
एक दिन मैं फिर अपने आप में सिमट जाऊंगा।

अँधेरे और उजाले में फर्क एक परछाई होती हैं, अगर परछाई हैं तो उजाला है अगर नहीं तो  
अँधेरा,  
एक दिन मैं अपने आप में ही अँधेरे से बनी हुई उजालो की ओर चल रही परछाई बन जाऊंगा।  
मंदिर और मस्जिदों में ढूँढ़ रहे किसी विधाता को एक दिन मैं सामने जरूर लाऊंगा, एक दिन मैं  
मंदिर और मस्जिदों के फासले को मिटा के, अपने आप में ही सिमट जाऊंगा।  
मैं सब को एक बना के, फिरसे दूजा बन जाऊंगा।  
कोशिशें हज़ार करके भी जो पा न सका मैं, एक दिन मैं उसे भी पा लूँगा,  
उस एक दिन मैं अपने आप में ही एक कामयाबी बन जाऊंगा।

मैं गिर जरूर रहा हु, मैं गलतियां जरूर कर रहा हु, मगर यही तो सबूत हैं के मैं बढ़ रहा हु, एक  
दिन मैं इन्हीं गलतियों से सीख के बोहोत आगे बढ़ जाऊंगा, मैं अपने आप में ही एक लक्ष्य बन  
जाऊंगा।

जो कह रहे तुमसे न हो पाएगा और जो कह रहे तुमसे बोहोत कुछ हो जायेगा, इन दोनों में बने  
हुए फासलो को मैं एक दिन जरूर मिटाऊंगा,  
मैं एक दिन अपने आप में ही घुल मिल जाऊंगा।

आखरी बार सोने से पहले, मैं चैन की नींद एक दिन जरूर लूँगा, मैं हस्ते हुए जाने से पहले एक  
दिन बहुत खुशिया मनाऊंगा।  
एक दिन मैं फिर से मैं बन जाऊंगा ।

## GLIMPSES OF PAST EVENTS OF FEBRUARY 2020

### CAMPUS PLACEMENT FOR ARTICLES





## GLIMPSES OF PAST EVENTS OF FEBRUARY 2020

### FELICITATIONS OF FOUNDATION & INTERMEDIATE STUDENTS PASSED IN NOVEMBER 2020



### MCS BATCH





## GLIMPSES OF PAST EVENTS OF FEBRUARY 2020

### INDUSTRIAL VISIT AT RAJHANS DAIRY, SANGAMNER

