

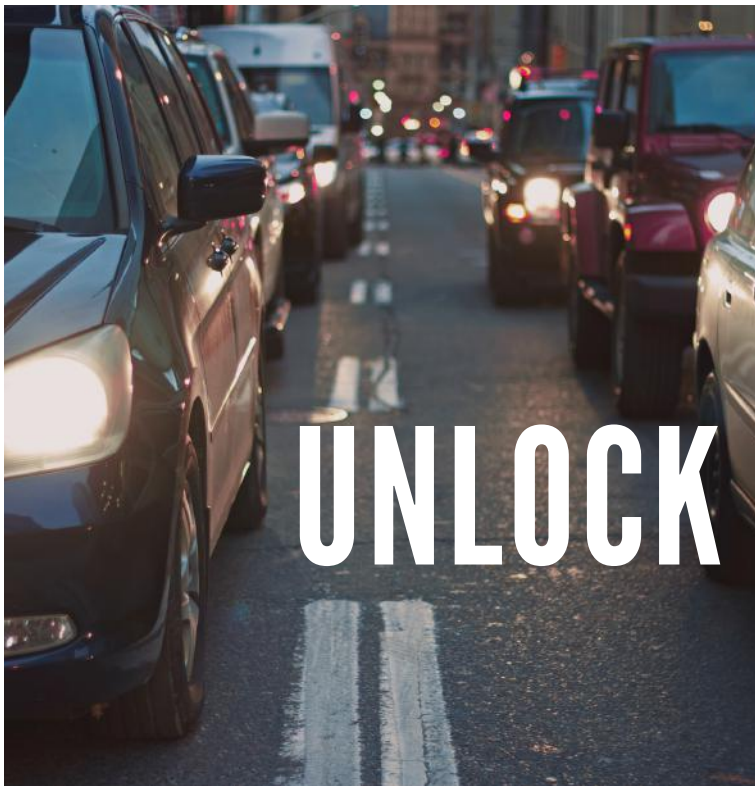


WICASA BUZZ



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

JUNE 2020 • ISSUE 3



WHAT'S INSIDE

Informative Article for
Students of WICASA

Art Corner

Glimpses of Past Events.

WICASA CHAIRMAN'S COMMUNICATION

BY CA. SANJEEVAN V. TAMBULWADIKAR



With the lockdown restrictions reducing and slowly the normal life coming, the road ahead is going to be challenging for all of us. We have to get accustomed to the new normal that is being discussed all over around us. The exams are coming near and I wish all the students best wishes for the same. Use this extra time of leave compulsorily granted rather than getting distracted by outside factors.

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

In the past months we have conducted many events for the students and I thank all the students for their overwhelming and active participation in these events. The branch and the committee is continuously in the process of arranging more and more useful programs for the students that will not only help them academically but also help them build themselves personally. The mode of events may have been changed from physical to digital but we have not lost our will and enthusiasm to participate and gain maximum from it.

In the month of May we started with the first online batch of CA-Foundation and I thank all the faculties, students and their parents for their response for the same. We have jointly started the initiative with Jalgaon and Dhule branches and also thank them for their active support. The online classes have been arranged at minimum fees for the benefit of students and we will be starting similar batches for the next levels of Intermediate and Final, I request everyone to take benefit of this opportunity.

“New beginnings are often disguised as painful endings”. The current crisis is a part of new beginning and end of many things. We should end the bad things and thoughts in our life and have a fresh start. The examination is nearing and everyone should shift their focus to studies and concentrate only on the same. These last couple of months before the examinations are the most crucial part. Plan your studies well and do your best in the exam. Its time for you to focus, the only thing that matters now is your goal to clear the exams and become a Chartered Accountant. Also, keeping in mind your studies, maintaining your health is also of utmost importance. The time gone can be recovered but the loss that may be caused to life is irreparable.

The month of May started with fun events and further extended to many events. we had a Joint Session with Dhule Branch on Wealth Creation in Uncertain times, Session by Rankers on exam planning jointly with Pune Branch and many more. In the coming month too, we are planning events which will benefit the students at large. The month will become busy with everyone's office starting slowly and the regular life coming back in action. The sessions to be organized in coming month will help everyone to cope up with the studies as well as help to increase the working knowledge. The time spent by us at home during this lockdown has unlocked the hidden talents in ourselves and I hope that we will nurture the same in the coming days.

The window for amendment in examination form for change of centre will be active and I request all the students to take a note of the same. The Institute has arranged for Virtual MCS and ITT batches for the students appearing in the July and November 2020 examination, the link has become active from the 1st of June and the eligible students to take a note of the same and ensure that they complete the courses in time in order to appear for examination. The institute has arranged for exemption in completion of GMCS, orientation and ITT courses for the students who were to do the same in this period of lockdown. Also, waiver has been given for condonation fee for various forms to filled by students in this period of lockdown. The students should be aware of the same and take benefit of it.

With the life around us slowly coming back to normal, we should not forget that the virus is still affecting the population at large and we ourselves are to take care of self. This may seem to be imposed upon us but such things take place and we have to be prepared to face these situations and emerge a winner.

With the dedicated WICASA team of our Branch we will be conducting many activities in the months to come via different medium which will help the students academically as well as socially. Our motto is to develop the students with all the qualities, be it academic, moral as well as professional. New and new ways of reaching you all will be developed and we will ensure that it will be more interesting and more fun for all of us. The WICASA is dedicated to work for the betterment and knowledge sharing for the students.

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.

“A new chapter is starting in our life, remember life is an adventure to explore whilst you have fun, this is going to be great. Nothing remains permanent in this world, not even our troubles.” The small setback in this period has only encouraged us to take a big step forward and we are determined to take it. Let our good being and deeds be going. Stay safe! Stay Healthy! Stay focussed!

CA. Sanjeevan V. Tambulwadikar
Chairman
WICASA of Nashik Branch of WIRC of ICAI

ICAI NEWS & UPDATES

CONTRIBUTED BY NEWSLETTER TEAM

Re-Opening of On-Line Facility (Correction Window) for Seeking Change of Examination Centre for Appearing in July 2020 CA Examinations

In view of the ongoing COVID-19 pandemic and in the interest of the well-being of students who have already submitted online examination application for May 2020 Examinations now scheduled to commence from 29th July 2020, it has been decided to once again open the online facility for seeking change of examination centre only as per schedule given below:

Online Facility for seeking change (without fees)	Re – Opening Date
Opening of Correction Window	7th June 2020 (Sunday) 11 AM Onwards
Closing of Correction Window	9th June 2020 (Tuesday) 11.59 PM

There will be no change accepted in the already applied group / medium, either in exam form or thru previous correction window/s, for appearing in the Chartered Accountants Examinations scheduled in the month of July 2020 The on-line window for seeking the change of Centre will made available at <https://icaiaexam.icaai.org>

Candidates are advised to take note of the above carefully and take advantage of this re - opening of on-line facility being made available appropriately and stay in touch with the website of the Institute, www.icaai.org for the latest announcements/updates.

Completion of MCS Course and Advanced IT Course through Virtual Mode as one time measure for students who have passed Final Exam /result withheld (May, 2019 & November, 2019)

In view of the ongoing spurt of COVID-19 virus pandemic and subsequent suspension of IT and Soft Skills Classes all across the country, the competent authority has decided that the students who have passed the Final exam/result withheld (May,2019 & November,2019) as one time measure can undergo MCS and Advanced IT Course through Virtual Mode <https://virtualmcs.icaai.org> as per the following:

- The students who have partially undergone the Course shall be completing the balance hours of the Course through virtual mode. The students who are yet to start the course shall be undergoing the complete course.
- The students who have already paid the fees for physical classes through online portal www.icaionlineregistration.org need not pay fees again in virtual mode.
- The portal for undergoing Virtual MCS/Adv.IT will be LIVE from 1st June, 2020.

Completion of MCS Course and Advanced IT Course through Virtual Mode as one time measure for students of Final course exam (July, 2020 & November, 2020)

In view of the ongoing spurt of COVID-19 virus pandemic and subsequent suspension of IT and Soft Skills Classes all across the country, the competent authority has decided that the students of Final course exam (July, 2020 & November, 2020) as one time measure can undergo MCS and Advanced IT Course through Virtual Mode <https://virtualmcs.icaai.org> as per the following:

- The students who have partially undergone the Course shall be completing the balance hours of the Course through virtual mode. The students who are yet to start the course shall be undergoing the complete course.
- The students who have already paid the fees for physical classes through online portal www.icaionlineregistration.org need not pay fees again in virtual mode.

The portal for undergoing Virtual MCS/Adv.IT will be LIVE from 1st June, 2020.

Postponement of Chartered Accountant Examinations, May 2020

In continuation to the Important Announcement dated 27th March, 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 wellbeing of students, the Chartered Accountant Examinations scheduled from 19th June 2020 to 4th July, 2020 stand rescheduled and the said examinations shall now be held from 29th July 2020 to 16th August, 2020 as per details given in the circular on below link.

<https://resource.cdn.icaai.org/59333examicaai020520.pdf>

Waiving off Condonation Fee for Students

Due to ongoing period of lock down amid Covid-19, it has been observed that students are facing problems in online filing of various application forms related to practical training within prescribed time and such delay is causing levy of condonation fee upon them.

Considering hardship faced by the students, it has been decided to waive off condonation fee on delay filing of all articulated/industrial training related application forms till 30th June 2020 if transaction date in such application forms falls between 1st March 2020 to 30th May 2020. This period includes one-month prescribed time limit given in general.

https://www.icaai.org/new_post.html?post_id=16454&c_id=219

Allowing provisional registration in the Foundation Course of Institute of Chartered Accountants of India (ICAI) for students who have been allotted either admit card and/or appeared in one or more papers of Class XII examinations

Due to the outbreak of the COVID -19 pandemic, the CBSE/ICSE/State Boards have postponed Class 12th Board examinations that were to be held from 19th March 2020 and onwards.

In view of above, such candidates who are not able to register themselves in the Foundation due to non-appearance in all papers of class 12th Examination, the Competent Authority has decided to relax the eligibility criteria for registering in Foundation Course, as a one-time measure, which is as under:-

- Candidate may provisionally register in the Foundation Course on or before 30th June 2020 if he has been either allotted the admit card and/or appeared in one or more papers in the months of February/March 2020 in the Senior Secondary (10+2) Examination conducted by an examining body constituted by law in India or an examination recognised by the Central Government or the State Government as equivalent thereto for the purpose of admission to graduation course and;
- appear in November 2020 Foundation examination after passing the Senior Secondary (10+2) examination conducted by an examining body as mentioned above.

https://www.icaai.org/new_post.html?post_id=16422&c_id=219

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



MCA NOTIFICATION-HOLDING OF EXTRAORDINARY GENERAL MEETING

Contributed by Dhiraj Satish Bafna – WRO 0499508

MCA has issued Clarification on passing of ordinary and special resolutions by companies on account of the threat posed by Covid-19 and holding an extraordinary general meeting.

Section 100 (1) of the Companies Act, 2013 (the Act), the Board may, whenever it deems fit, call an extraordinary general meeting (EGM) of the company. EGM of any company other than of the wholly owned subsidiary of a company incorporated outside India, shall be held at a place within India.

The Ministry of Corporate Affairs (the MCA) has issued two General Circulars No.14/2020 dated 8th April 2020 and 17/2020 dated 13th April 2020. The MCA has stated that due to the pandemic caused by COVID-19 prevailing which requires social distancing, Companies are requested to take all decisions of urgent nature requiring the approval of members, other than items of ordinary business or business where any person has a right to be heard, through the mechanism of postal ballot e-voting in accordance with the provisions of the Act and rules made thereunder, without holding a general meeting, which requires physical presence of members at a common venue.

Under unavoidable circumstances, holding an EGM by any company, the following prescribed procedure should be adopted for conducting EGM till 30.06.2020:

A. For Companies where e-voting is required/Companies opted for such facility:

- **VC/OAVM:** The EGM's may be held through video conferencing (VC) or other audio-visual means (OAVM) and transcript of the same shall be kept in safe custody. In case of, Public Company, the same shall be uploaded on the website as soon as possible.
- **Zones:** Different time zones shall be kept in mind.
- **Deliberations:** There should be two-way conferencing with facility to pose questions and participation by at least 1000 members (in case e-voting is allowed) on first come first served basis. Besides this, the promoters, chairman of audit committee nomination and remuneration committee, stakeholders' relationship committee institutional investors, directors, auditors should be allowed to join
- **Joining Time:** The Facility for joining meeting shall remain open for at least 15 minutes before and after the timing of the meeting.
- **E-Voting:** Before the actual date of meeting, facility of remote e-voting shall be provided.

- Chairman: To be appointed person named in the articles. In other cases, if less than 50 members present, Chairman shall be appointed as per the provisions of the Act, otherwise, Chairman shall be appointed by a poll.
- Voting Facility: Chairman shall ensure that the facility of e-voting is available for purpose of conducting poll at the meeting. In case of less than 50 members by way of e-voting/ show of hands/ poll and in other cases by way of e-voting.
- Proxy: Facility for appointment of proxies shall not be available.
- Independent Director: At least one Independent Director (if any) and the auditor or his authorized representative shall attend the meeting.
- Institutional Shareholders: Where institutional investors are members of a company, they should be encouraged to attend and vote.
- Assistance: Notice shall provide clear instructions on how to participate in the meeting and also a helpline number be provided.
- Resolutions: All resolutions passed shall be filed within 60 days of the meeting with requisite details.
- Meetings: if prior scheduled, the framework as per this Circular may be adopted.

B. For Companies where e-voting is not required:

- Sr. No. (iii) as per 'A' above should be followed for 500 members.
- In case a poll is required, vote can be cast by sending email on the designated email id sent in notice.
- Confidentiality of password and due safeguards with regard to authenticity of email address shall be maintained.
- Where less than 50 members are present, voting by show of hands can be conducted if not demanded by poll.
- Facility of remote e-voting shall not be required.
- If counting of votes require time, meeting may be adjourned.
- All other conditions remain the same as mentioned in 'A'.



HOW TAX HAVEN COUNTRIES ARE USED FOR TAX EVASION

Contributed by Pushp Kumar Sahu – CRO0553317

There was a great need and importance to stop malicious practices of tax evasion. To combat the same, government of various countries have come forward to act accordingly and has formed and amended their treaties and agreements with other countries in order to protect the economy and revenue interest of their country.

In the year 2015 OECD (Organization for economic co-operation and development) has published the report with introduction of BEPS (Base erosion and profit shifting). These are commonly known as Action plans which were issued with an intention to curb the tax evasion practices, improving transparency and tax certainty.

Till date 15 Action plan has been introduced so far, As the name i.e. BEPS itself defines that refers to tax planning strategies that exploits gaps and mismatches in tax rules to make profits disappear for tax purposes or to shift profits to locations where there is little or no real activity but the taxes are low which results in little or no tax, in other words tax evasion through proper tax planning by using the tax haven countries.

Now coming on to main topic i.e. how tax havens have been used as a device for tax evasion,

Most of the companies majorly MNCs set up their subsidiary companies in the tax haven countries so that they can shift out their profits in such countries so as to avoid paying tax or pay tax at lower rates as compared to other countries where tax rates are high. They carry maximum of their sales transaction through tax havens and try to incur huge expenditure in the country where tax rates are high so that they can lower their profits and can avoid to pay tax.

But in today's scenario tax evasion practice has created challenges for the developing nations for example India.

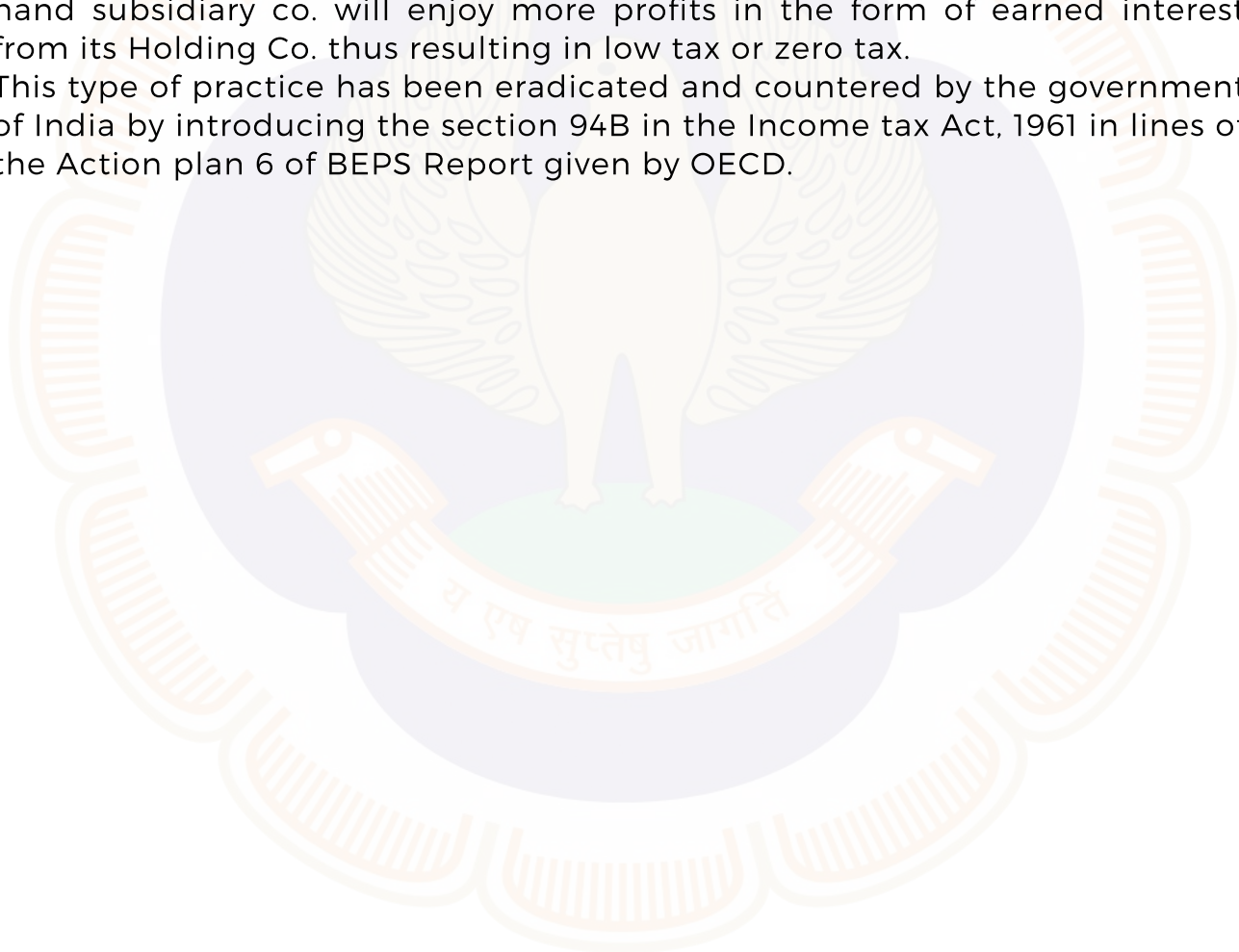
Tax evaders setup their companies in tax haven countries like Singapore, Switzerland etc.

Let us better understand the mechanism by way of example;

Suppose there were two associated Companies namely Laxminarayan and Sons Ltd (Holding Co. registered in India) and the other one is Pushp kumar Sahu and Associates (Subsidiary Company) incorporated in Singapore. Both are associated enterprises within the meaning of section 92A of Income Tax Act, 1961.

Holding company i.e. Laxminarayan and Sons Ltd shifts its major revenue or in other words place its international sale transactions through its subsidiary

company so that profit can be shifted to other company which results in lower tax liability, as tax rates are higher in India as compared to Singapore. Moreover, both the companies have planned to present maximum profits in Singapore and less profits in India by applying following tax planning like, Pushp kumar Sahu and Associates will provide loan to Laxminarayan and Sons Ltd at high rates so that the said holding co. will have more debit expenses which will ultimately result in decrease in profits and on the other hand subsidiary co. will enjoy more profits in the form of earned interest from its Holding Co. thus resulting in low tax or zero tax. This type of practice has been eradicated and countered by the government of India by introducing the section 94B in the Income tax Act, 1961 in lines of the Action plan 6 of BEPS Report given by OECD.





ACCOUNTING FOR CARBON CREDIT

Contributed by Siddhesh Dharmadhikari

WRO No. 0587321

A Carbon Credit is equal to one ton of carbon dioxide expelled in the atmosphere. The concept came into existence as a result of increasing awareness on the need for pollution control. It became formal after the agreement among 141 nations known as KYOTO PROTOCOL. Carbon Credits are the certificates awarded to the countries taking active participation in reducing the emissions that cause global warming.

As per the KYOTO PROTOCOL, developing as well as the least developed countries are not bound by the emissions they produce. For the developed nation, to meet the assigned reduction targets, allowances have been issued equal to the number of emissions allowed. For attaining these objectives, three market-based mechanisms have been provided by the Kyoto protocol:

1. Joint Implementation

Developed nations with the very high cost of domestic Green House Gases (GHG) reduction, have an option of the joint implementation. They can set up a project in another developed country which has a relatively lower cost. In this way, a developed country can earn carbon credits that can be applied during excessive emission targets.

2. Clean Development Mechanism

Developed nations can take up GHG reduction project activity in a developing nation. The cost of GHG reduction is usually much lower, and the developed country would be given carbon credit for meeting emission reduction targets.

3. International Emission Trading

A developed country with emission reduction targets could trade in the international carbon credit market. Developed countries exceeding the emission limits can buy the carbon credit for those whose actual emissions are less than the emission limit. Carbon Credits can be exchanged between businesses in the international market at the prevailing market price.

4. How is carbon accounting done for them?

For Carbon Emission Reduction (CER) to be an asset, it should be controlled by the generating entity. Since CER arise as a result of past events, and from which future economic benefits are expected to flow to the generating entity.

Carbon Emission Reduction (CER) is an 'INTANGIBLE ASSET'. It is a non-monetary asset without a physical form and expected to generate future economic benefits. However, they aren't held for use in production or supply of goods and services and neither used in administrative purposes or for rent to others.

Instead, CER is generated by the generating entity and held for sale. Accounting for Self-Generated CER in the ordinary course of business are excluded from the scope of AS 26. Therefore, they are to be accounted as per Accounting Standard (AS) 2 VALUATION OF INVENTORIES. Inventories are assets when they are held for sale in the ordinary course of business, and used in production for such sale or in the form of materials or supplies to be consumed in the production process or in the rendering of services. Thus, the CER should be accounted as per requirements of AS 2.

Thus, CER is to be valued at the lower of cost or net realizable value. Cost of inventories should comprise of all costs of purchase, costs of conversion and other costs incurred in bringing the inventories to their present location or condition including:

- (i) Research costs arising from exploring alternative ways to reduce emissions,
- (ii) Costs incurred in developing the selected alternative process,
- (iii) Cost of prepare the Project Design Documents,
- (iv) Fees of registering with the United Nations Framework Convention on Climate Change (UNFCCC) as it is mandatory to register without which CRE doesn't come into existence and thus shall not be an asset.

Net Realizable value is the estimated selling price in the ordinary course of business less the estimated costs of completion and the estimated costs necessary to make the sale, where estimates of net realizable value are based on the most reliable evidence at the time the estimates are made as to the amount the inventories are expected to realize.

Income from the sale of CRE is to be recognized in accordance with the Accounting Standard (AS) 9 REVENUE RECOGNITION as the CRE is now an inventory.

For the generation of CRE, the generating entity may create certain intangible and tangible assets. For example, for reducing emissions, an entity may carry out some research and development which may result in the creation of an intangible asset and thus should apply AS 26.

In some cases, an entity may use a tangible asset to reduce emissions such as incinerators. In respect of such assets, the provisions of AS 10 (Revised) will apply. It may be acquired for safety or environmental reasons. The acquisition, although not directly increasing the future economic benefits but may be necessary to obtain from its other assets. Such items qualify for recognition as assets because they enable an enterprise to derive future economic benefits.

An entity should present certified emission rights as part of Inventories, in the balance sheet separately from other categories of Inventories such as Raw Materials, Work in Process, Finished Products and others.

An entity should disclose the following information in financial statements:

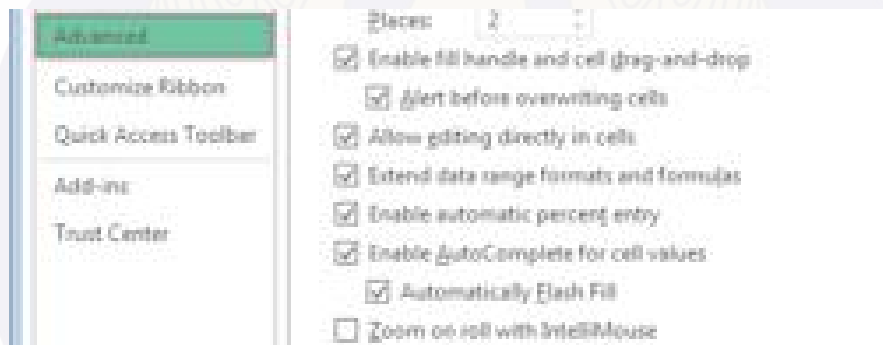
- (a) Number of CRE held as inventory and basis of valuation.
- (b) Number of CRE under certification.
- (c) Depreciation and operating maintenance costs of Emission Reduction Equipment expensed during the year.



EXCEL TRICKS & TIPS

Contributed by CA. Chinmay Marathe

In today's technological era smart work goes a long way into making you more efficient in the work you do spending as little time as possible into mechanical tasks that don't need any intellect but still have to be done in the regular working we do in day to day professional life. Hence this time I have come up with a smart Excel feature called the flash fill. But first, to do this properly you will have to go and click File > Advanced in your excel workbook. And enable the option as shown in the screenshot below.



Flash Fill automatically fills your data when it senses a pattern. For example, you can use Flash Fill to separate first and last names from a single column or combine first and last names from two different columns.

Let's say column A contains names and you want to fill column B with first and last names combined. If you establish a pattern by typing the full name in column B, Excel's Flash Fill feature will fill in the rest for you based on the pattern you provide.

1. Enter the full name in cell B2, and press ENTER.
2. Start typing the next full name in cell B3. Excel will sense the pattern you provide and show you a preview of the rest of the column filled in with your combined text.
3. To accept the preview, press ENTER.
4. To modify any filled data, change the filled cell and excel will adapt such change in subsequently filled data.

	A	B	C
1	Armando Strong	Armando	
2	Cristofer Beck	Cristofer	
3	Amari Daniels	Amari	
4	Kassandra Ruiz	Kassandra	
5	Willow Bird	Willow	
6	Kassidy Frederick	Kassidy	
7	Brenda Nash	Brenda	
8	Lizbeth Woodard	Lizbeth	
9	Jared Ponce	Jared	
10	Valentina Mccarthy	Valentina	
11	Lena Lara	Lena	
12	Jamari Gates	Jamari	

	A	B
1	Armando Strong	Strong
2	Cristofer Beck	Beck
3	Amari Daniels	Daniels
4	Kassandra Ruiz	Ruiz
5	Willow Bird	Bird
6	Kassidy Frederick	Frederick
7	Brenda Nash	Nash
8	Lizbeth Woodard	Woodard
9	Jared Ponce	Ponce
10	Valentina Mccarthy	Mccarthy
11	Lena Lara	Lara
12	Jamari Gates	Gates



HEALTH TIPS

CONTRIBUTED BY CA. YOGESHKUMAR SHANTILAL SAKHALA

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 paranayama 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

1. Increases and enhances the quantity and quality of prana.
2. Clears blocked nadis and chakras. Clears the whole energy around you, expands your aura and heightens the spirit.
3. Makes one energetic, enthusiastic and positive.
4. 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.
5. 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.

1. Balasana (Child's Pose, variation)

From hands and knees, lower your hips onto your heels, and press back to Child's Pose with straight arms. Walk your hands to the left until you feel a good stretch along your right torso. Gently breathe into your right side ribs to loosen and stretch the side torso. Hold for 6-10 soothing breath cycles. Invite your entire body to soften and relax. Repeat on the other side.



2. Dolphin Pose

This warming inversion helps drain excess lung congestion (kapha dosha) while developing arm strength. With your forearms grounded, spine straight, and legs lengthening down through the heels, close your eyes and take 3-6 deep, full-body breaths. Keep a tissue handy to clear out mucus from the lungs and sinuses after you come out of the pose. Explore the enhanced openness of the breath! (Note: avoid during sinus infection.)



3. Parivrtta Janu Sirsasana (Revolved Head-of-the-Knee Pose)

Keep a strap handy. Sit with your legs extended in front of you. Bend your right knee and lower it to the floor, placing the sole of your right foot on your left inner thigh. Bring your left hand to your right knee and your right hand to the floor by your right hip, twisting to the right. Elongate both sides of your torso, then extend your right arm alongside your right ear and move into a side bend, reaching for your left foot (or use a strap wrapped around your foot). Take the inside of your left foot with your left hand, and turn your chest toward the ceiling. Breathe fully into your left rib cage for 3-6 breaths. Then, carefully release your left foot and sit up. Repeat on the other side. This twisting side bend is a challenging pose—great for opening the chest, stretching the legs, and enhancing pranic circulation.



INSPIRATIONAL SUCCESS STORY

Failure is the highway to success. Tom Watson said, "If you want to succeed, double your failure rate." If you study history, you will find that all stories of success are also stories of great failures. But people don't see the failures. They only see one side of the picture and they say that person got lucky, "He must have been at the right place at the right time."

There is a general opinion that it is very difficult to pass Chartered Accountancy (C.A.) examination conducted by Institute of Chartered Accountants of India. Few students also discontinue the course after finding it very difficult to pass the examination. Failure is the stepping stone for success. Some may not realize that they are very near to the success but leaving the course.

If you take some good basic steps, then, you cannot be a failure in this Nobel course. You need not to be a super genius to become a CA, even an average candidate with hard working can also be a CA.

It is touching to know about success stories of students who have passed CA examination after overcoming several obstacles.

Successful people don't do great things, they only do small things in a great way.

India's first Visually challenged - CA Rajni Gopal

CA Rajni Gopal is India's first visually impaired woman to become a Chartered Accountant. Currently working with India's leading software companies, it has taken Rajani immense grit, perseverance and patience to reach where she stands. Several students with normal health struggle to pass the examination despite the best of professional coaching and excellent support provided by their family. It is inspiring to know that Rajani Gopal, a visually challenged girl has cleared the exam during 2002 to become India's first visually challenged woman to pass CA examination.

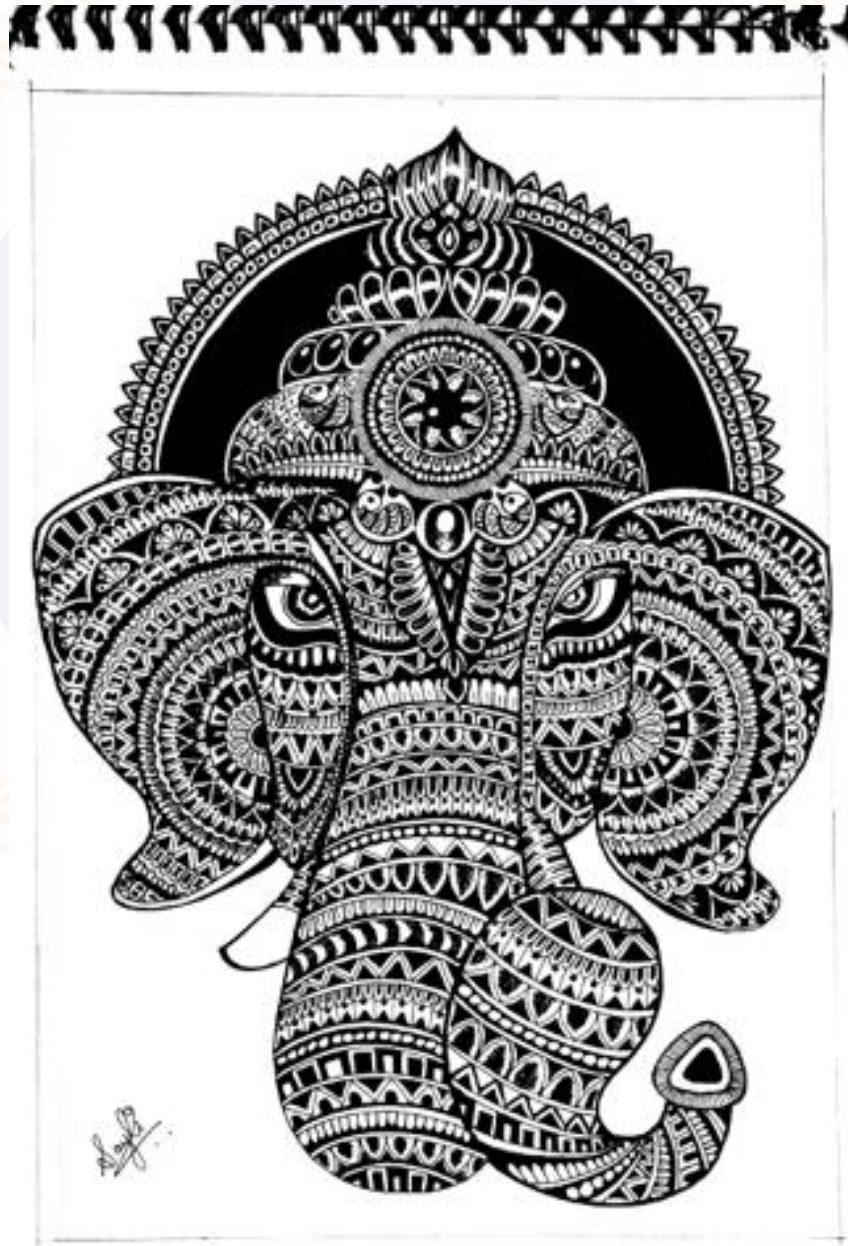
She was prescribed penicillin tablets for common cold by a doctor when she was nine years old. This was given without test dosage and this resulted in an allergic reaction which in medical terminology is known as Steven Johnson Syndrome. Her vision started deteriorating gradually and she lost her vision in right eye by the time she completed B.Com degree course.

She found it difficult to get a job due to her disability. She thought of pursuing CA course to improve her chances for getting a job. With lot of determination she joined CA course as there is not much need to attend regular classes like other courses. She started using the screen reading software and learnt how to use computers. She got all the materials converted to soft copy and started studying in a focussed manner. After facing lot of difficulties, she successfully passed the CA examination and is now well placed in a reputed firm.

Rajani Gopal has proved that it is possible to pass the CA examination if one prepares in a focused manner in spite of any physical handicap. When a physically challenged person passes the tough course, no excuse can be accepted from a person enjoying normal health.

ART CORNER

CONTRIBUTED BY MS. SAYLI JAGDISH SONI WRO NO. 0556220



CONTRIBUTED BY MS. VIVEK VILAS SHINDE WRO NO. 0571921



ART CORNER

CONTRIBUTED BY MS. VIDHI JAJOO WRO NO. 0652920

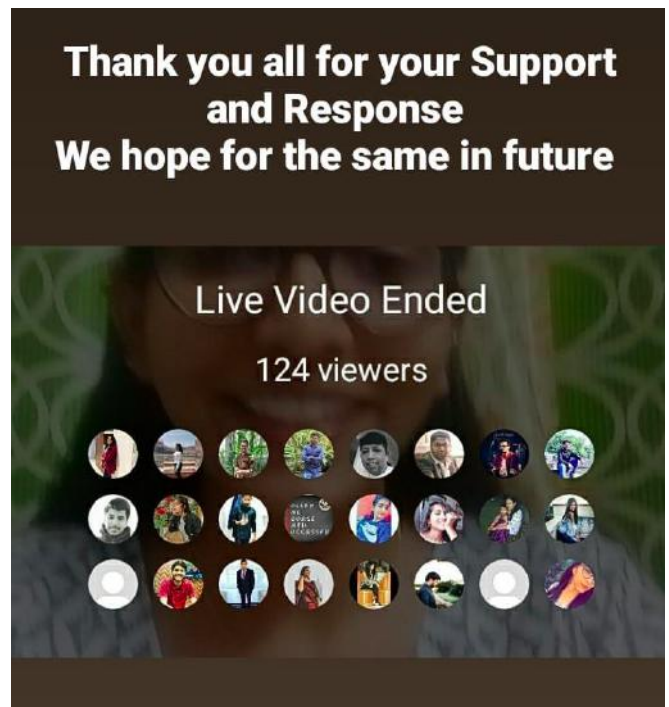
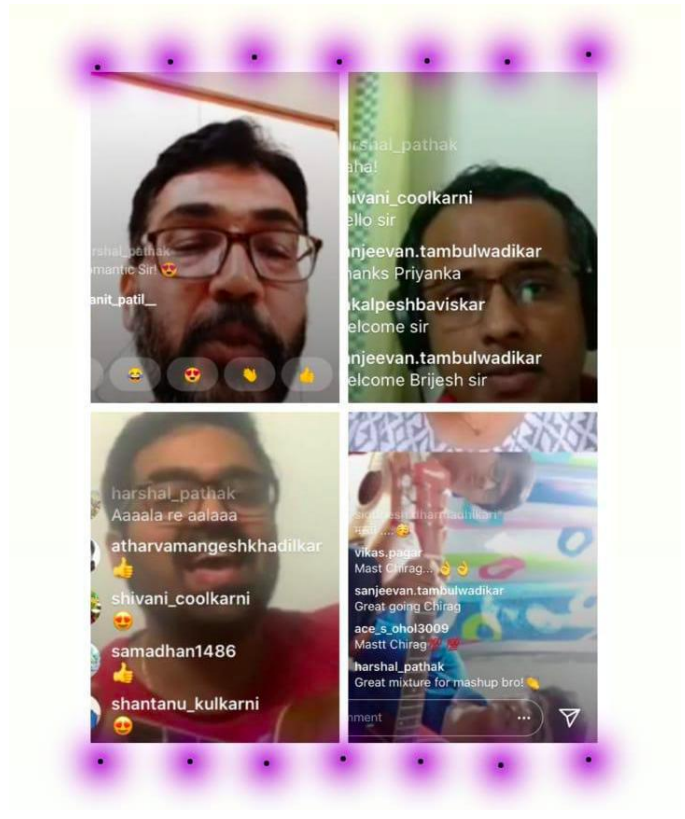


ART CORNER

CONTRIBUTED BY MS. ANJALI VATS CRO NO. 0543410



GLIMPSES OF PAST EVENTS INSTAGRAM LIVE



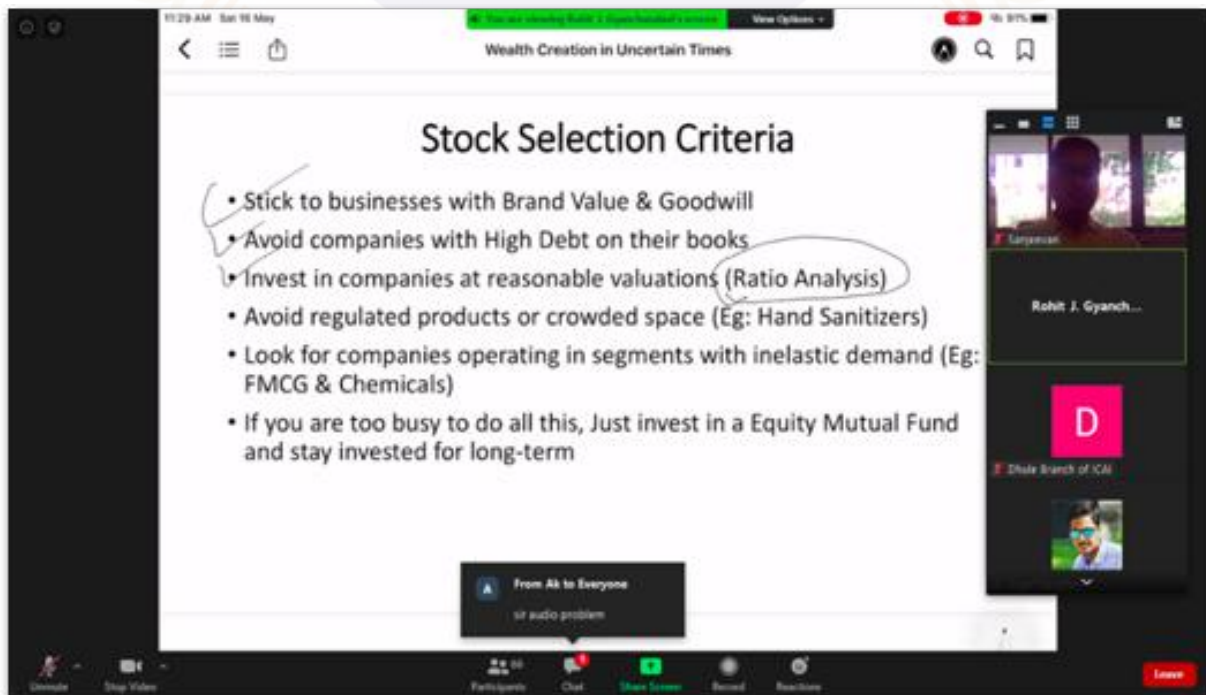
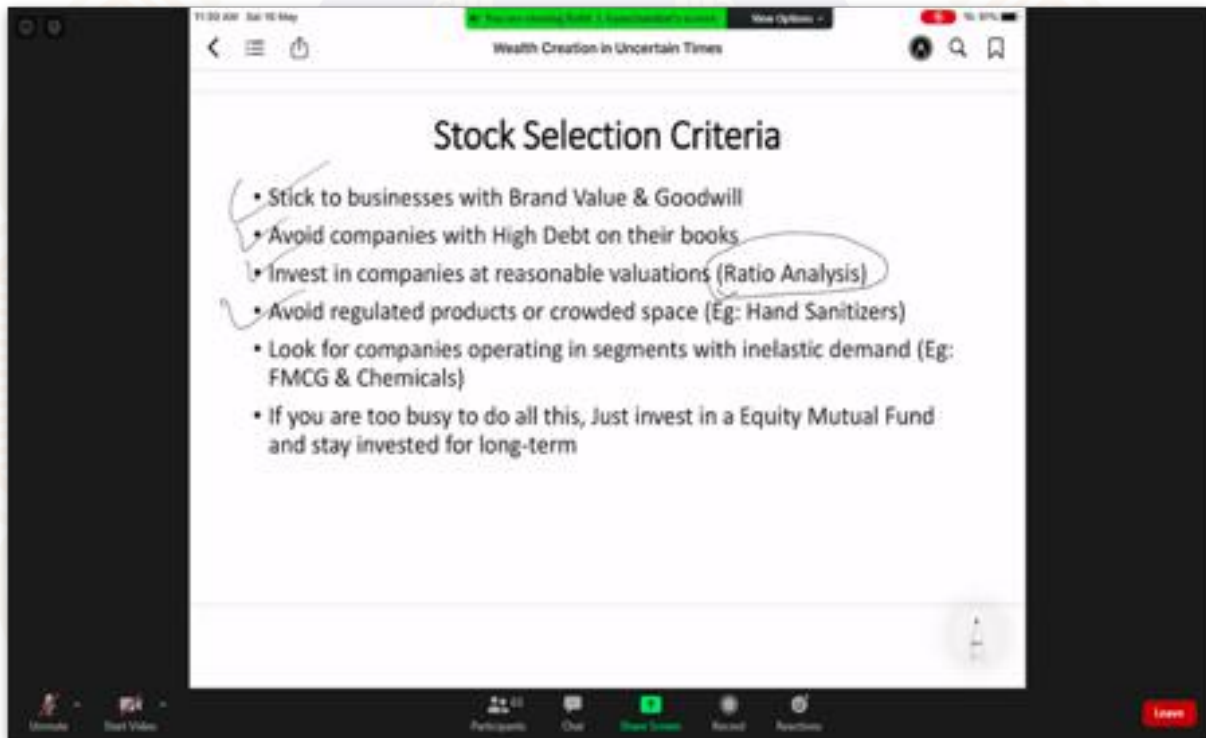
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INSPIRATIONAL SERIES ON “PASSION & PROFESSION HAND IN HAND” 10.05.2020



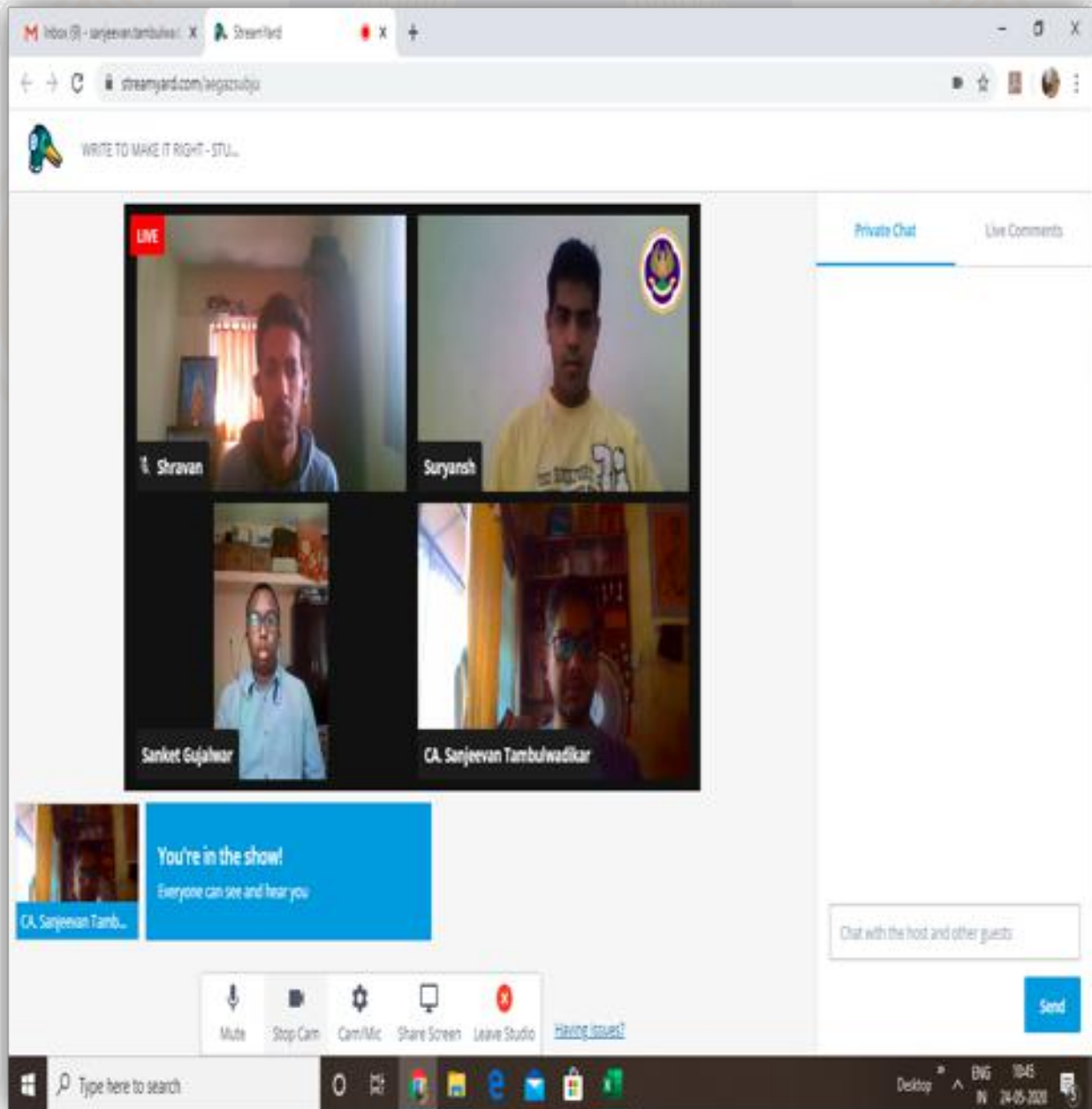
GLIMPSES OF PAST EVENTS

WEBINAR ON WEALTH CREATION WITH STOCK MARKET IN UNCERTAIN TIMES. 16.05.2020



GLIMPSES OF PAST EVENTS

WEBINAR ON WRITE TO MAKE IT RIGHT - STUDY PLAN BY RANKERS 22.05.2020 TO 24.05.2020



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