ARTICULATE

ART, IDEAS & AMBITION

SPORTSMANSHIP, SPIRIT OF THE GAME



Central India CA Students Association
Indore Branch of CIRC of ICAI

NEWSLETTER

SEPTEMBER 2026
Digital Edition



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Chairman, Indore Branch of CIRC of ICAI

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INDORE BRANCH
Chairman Message

Dear Students,

"The distance between dreams and reality is called action."

Every time I sit down to write this message, my mind goes back to the days when I sat on the other side facing stacks of notes, endless revisions, and the quiet pressure of making every single hour count. If there is one truth I learned during those years, it is that feeling overwhelmed at times is not a sign of weakness; it is simply proof that you care deeply about your future.

Our primary purpose is to ensure you never feel like you are walking this path alone. From technical seminars and mock tests to soft-skills workshops and interactive sessions, every initiative we organize is designed to give you clarity, confidence, and direction.

The past month reminded us that learning is not limited to classrooms. On Independence Day, as the Tricolour rose over our Branch, it was heartening to see so many of you standing with pride and a real sense of responsibility towards the nation you will one day serve as Chartered Accountants.

Keep believing in your effort, stay calm under pressure, and give your best. We are rooting for your success.

Wishing you all a focused, productive, and inspiring month ahead!

Warm Regards,



CA. Samkit Bhandari
Chairman,
Indore Branch of CIRC of ICAI

CICASA Chairman Message

Dear Future Leaders,

"Excellence is not an exception; it is a prevailing attitude."

Warm greetings from CICASA Indore!

Articleship and exam prep can often feel like a marathon with no pause button. But remember: comfort zones rarely produce greatness. The challenges you face today- managing tight deadlines, mastering complex tax provisions, or stepping up to speak in publicare all stepping stones toward your professional transformation.

Every new month brings a fresh wave of opportunities to learn, unlearn, and grow. Looking at the active participation of students, it is clear that the student community in Indore embodies true passion and determination.

On Independence Day, CICASA Indore came together under the Tiranga to celebrate with pride and patriotism, a reminder that our profession exists to serve the nation. Then the CICASA Pickleball Tournament 2026 took us beyond books and articleship, as rallies, cheers and friendly rivalries filled the court. Congratulations to the winners, and a big thank you to every player, volunteer and supporter who made it so memorable.

Keep your curiosity alive, maintain your focus, and approach every challenge with an optimistic mindset.

Wishing you all a highly productive and inspiring month ahead!

Warm regards,



CA. Lavish Tanted
CICASA – Chairman
Indore Branch of CIRC of ICAI



INDORE BRANCH OF CICASA OF ICAI
TEAM 2026-27



Alongside the Core Committee, an Extended Committee comprising spirited members has also been constituted, ready to collaborate and innovate.

THE NEXT GENERATION OF LEADERS

Article Section





2:47 AM: The Night I Realized Hard Work Wasn't the Problem



HARSH KHANEJA
NRO 0526637

2:47 AM. I know the exact time because I'd been checking my phone every few minutes, half-hoping it would just skip ahead to morning on its own.

The textbook was open to the same page it had been open to for the last forty minutes., I genuinely don't remember anymore, because I hadn't actually read a single line of it. My eyes were moving left to right, but nothing was landing. There was this tightness in my chest, like someone had left a brick sitting on it and forgotten to take it off. And underneath all of it, the same one thought kept looping: everyone else in my batch is asleep right now, probably dreaming about clearing this attempt, and I'm sitting here unable to even finish one page.

You know that feeling. Almost every CA student does, whether they say it out loud or not.

Staring at a page with your heart racing for no reason. Lying awake at 2 AM spiralling about a result, a due date, or a senior who still hasn't replied to your query mail from three days ago. It doesn't send a warning before it shows up. It just quietly moves in and starts rearranging the furniture in your head.

What's stranger is how little we actually talk about it. From day one of this course, the message is basically the same work harder, sleep less, weekends are optional. So when the pressure stops feeling like a phase and starts feeling permanent, most of us assume the problem is us. Not the pace we've been told to run at.

It isn't a character flaw. It's just a mind that's asking for five minutes to breathe. Somebody should have said that to me at 2:47 AM. So I'm saying it to you now.

> ***The mind is like water. When it's turbulent, it's difficult to see. When it's calm, everything becomes clear."***

Why This Actually Matters for Us

Nobody warns you how relentless this course is until you're already in it. Exam attempts stacked one after another, articleship hours that don't really end at 6 PM even when they're supposed to, and this constant low hum of "am I doing enough." There's no built-in pause button anywhere in the CA curriculum.

Somewhere in all that, a lot of us start believing that running yourself into the ground is just... part of the deal. The cost of entry.

Think of your mind the way you'd think about your phone battery on a heavy exam-prep day - ten tabs open, WhatsApp pinging, a lecture playing in the background, and you never once plug it in. Doesn't matter how good the phone is. It's shutting down by 4 PM. Your brain isn't built any differently.

Ignore that long enough and you'll notice it in small ways first - you reread the same paragraph four times, a two-minute task somehow eats twenty, and this quiet voice starts telling you that you're falling behind everyone else. Looking after your mental health here was never about doing less work. It's about still being you -sharp, steady, and not running on fumes , when results actually come out.

The Stress That Doesn't Announce Itself

It rarely shows up as one big dramatic moment. Most of the time it just leaks in, and we explain it away.

You're constantly convinced you're running late, even on the days you started at 5 AM. You wake up tired even after eight hours, and your stomach's been off for a week for no clear reason. Things you used to genuinely enjoy cricket on Sunday, a series you were halfway through, just scrolling reels for fun start feeling pointless, because some part of your brain is permanently stuck on what you "should" be doing instead. And then there's the short temper snapping at your mother for asking what time you'll eat dinner, when really it has nothing to do with dinner at all.

If even one of those sounds like your last couple of weeks, that's not a sign you're failing this course. It's a sign your mind's been running on empty and would like a word.

What Actually Helped Me

I'm not going to tell you to meditate for an hour a day, because I tried that exactly twice and gave up both times. What actually worked was smaller and, honestly, a bit boring.

	Strategy	Actionable Step
1.	The 45/15 Rule	Study for 45 minutes, then take 15 minutes of real rest.
2.	Morning Sunlight	Get 10 minutes of outdoor natural light daily.
3.	Digital Fasting	No phone screens during meals or short breaks.
4.	Vent Responsibly	Talk to a friend or mentor instead of bottling things up.
5.	Sleep Priority	Protect 7–8 hours of sleep like a non-negotiable subject.

The 45/15 rule. Sitting for eight hours straight doesn't make you disciplined, it just means you're rereading the same line for the fifth time without realising it. I started doing 45 minutes on, 10 minutes properly off not "off" with the phone in hand, actually off. Walk to the kitchen, drink water, stand near a window. It sounds too small to matter. It mattered.

Move, even for fifteen minutes. You don't need a gym for this. A walk around the terrace after dinner, or just stretching on the floor of your room, does something a coffee never will it actually tells your body it's safe to relax. I noticed I slept better on the days I'd moved at all, even a little.

Say it out loud. This one felt awkward at first. But bottling up "I don't think I'm going to clear this attempt" for weeks does more damage than saying it once to a friend over chai. Half the time, saying it out loud made it sound smaller than it felt at 2 AM in my own head.

Draw an actual line. My study table was two feet from my bed for the longest time, which meant my brain never really switched off , it was on standby all night. Fixing a stop time each evening, even a strict 10:30, and giving myself one hour before bed with zero books and zero work messages, changed more than I expected it to.

Protect your sleep like it's a subject you're scared of. Deadline gets close, sleep is the first thing we cut and it's exactly the thing your brain needs to actually hold on to what you studied that day. A tired brain forgets faster than it learns, no matter how many hours you put in. Seven, eight hours. Treat it like a non-negotiable, not a reward you earn after finishing everything.

A Few Do's and Don'ts

Do	Don't
Notice the small wins — one tough chapter finished, one hard day survived.	Measure your pace against someone else's WhatsApp status or Instagram story. Everyone's clock is different.
Go easy on yourself on the days that just don't work out.	Run entirely on cutting chai and Maggi at 1 AM to force yourself through.
Talk to a mentor, a senior, or a counsellor the moment it starts feeling too heavy — not after.	Go quiet and cut everyone off while you're preparing. That's usually when you need people the most.

Back to That Night

I didn't fix anything dramatically after 2:47 AM. Nothing about that night ended in some big realisation set to music. What changed was smaller, I stopped treating rest like something I had to earn after finishing everything on my list, which, let's be honest, never actually finishes. I started taking the ten-minute breaks without guilt. I started texting a friend when a topic felt genuinely impossible instead of just staring at it in silence, hoping it would make sense on its own.

The syllabus didn't get any shorter. I just stopped falling apart trying to get through it.

This whole stretch -exams, articleship, the CA before your name eventually is closer to a marathon than anything else. Crossing the line matters. But so does reaching it still recognising the person in the mirror.

So next time it all feels like too much: put the pen down, step away from the desk for five minutes, and remember your worth was never just a mark sheet or a set of billable hours. Look after your mind today. It's the one thing that's showing up with you for every single exam still ahead.

The Bee and The Secret of True Wealth



ARYAN BHARTI
CRO 0718737

The Bird asked the Bee:

“After all the hard work you put in, tirelessly gathering nectar from countless flowers, you create the sweetest honey. But then, along comes a man who steals it all from you. Doesn't that make you sad? Doesn't it hurt to see all your efforts taken away so easily?”

The Bee responded with a smile:

“Not at all! A man may steal my honey, but he can never take away the knowledge, the skill, and the art of making honey. My true power lies within me, in the process I've mastered. No one can ever take that away!”

Let this be a reminder to everyone, no matter where you are in the world.

We often get caught up in the things we producethe results of our hard work. But remember, your true strength lies in the knowledge, skills, and abilities you've developed along the way. These are your treasures, your unique gifts that no one can steal from you.

When life throws challenges at you, or when it feels like your efforts are going unnoticed or unappreciated, remember the wisdom of the Bee. Keep honing your craft, keep building your skills, and keep creating. Your value is not in what you make, but in what you're capable of making.

Stand strong in the face of adversity.

Trust in your abilities.

Believe in the process.

And never forget that even if someone takes away what you've created, they can never take away your ability to create again. Keep pushing forward, and let your skills light the way!

ONE DAY, MY NAME WILL BE KNOWN



DEVANSHU HANDE
CRO 0699226

Today, maybe not many people know my name,
but I have never stopped believing in my dreams.
I know it may take time,
but I also know that one day,
my hard work will speak for me.

Every morning,
I wake up with a new hope.
There are days when things don't go my way,
but giving up has never been my habit.
I may slow down sometimes,
but I never stop moving forward.

People change with time,
situations change too,
but I have decided to keep going
until I create the life I have always imagined.

Remember this...
Luck may open a door,
but only hard work can take you
where you truly want to go.
Dreams don't come true by waiting for the right time
they come true when we keep working for them.

I don't want to live my life
just being another face in the crowd.
I want to create something of my own.
I want to build an identity
that people remember.

Maybe today, my name means little to many,
But one day,
I want my name to carry a story
a story of dreams,
hard work, failures,
and never giving up.

एक CA छात्र का
पैगाम और सपना



HARDIK KUMAR CHORARIA
CRO 0809520

है देखो पैगाम आया, पैगाम आया अनुशासन का,
उम्मीदों का है यह पैगाम, एक CA स्टूडेंट का!

है देखो जो जाग रहा अंधेरों में;
ठंडमें; गर्मी में और बारिश के पानी में!

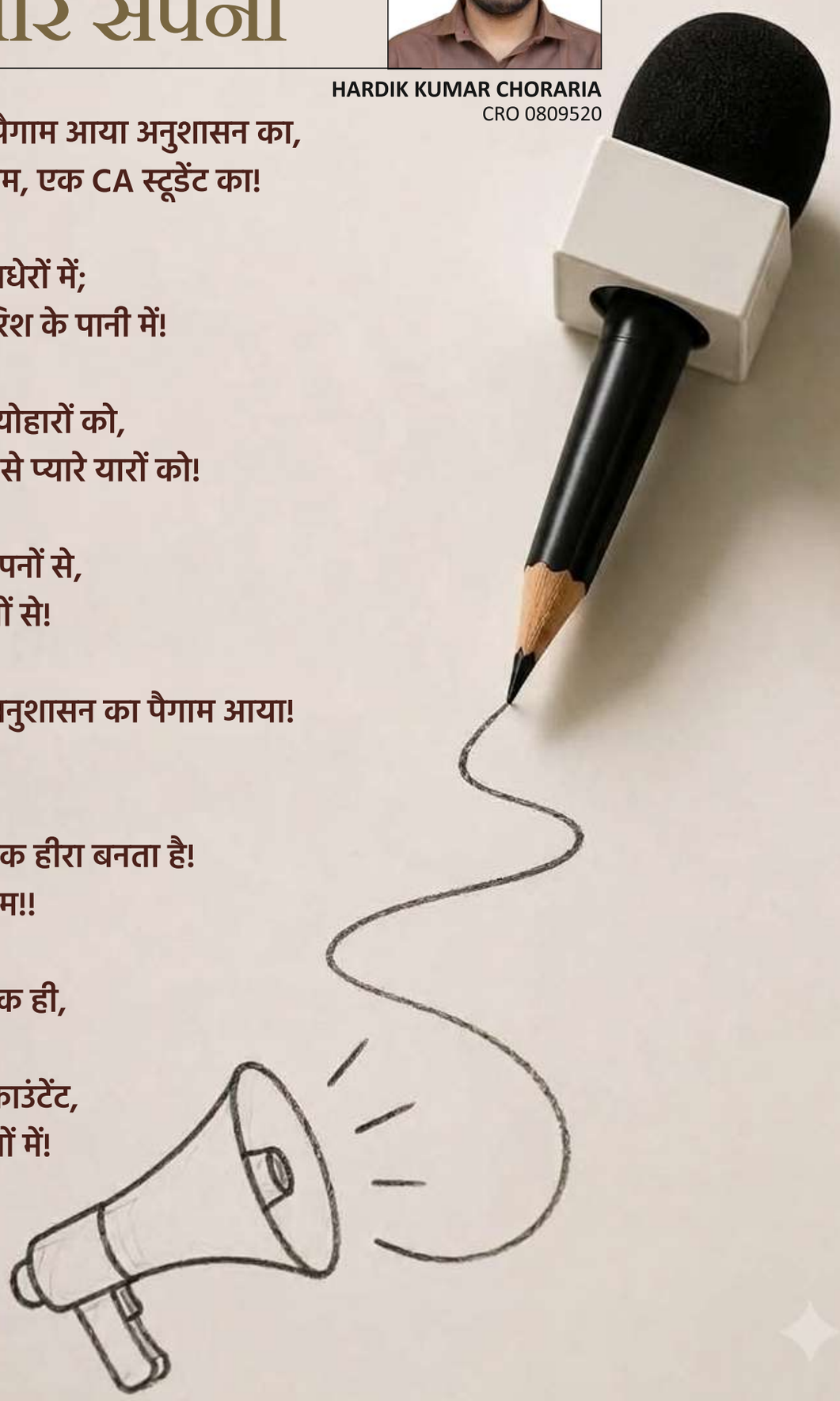
है देखो जो छोड़ रहा त्योहारों को,
परिवार को, और जान से प्यारे यारों को!

है देखो जो लड़ रहा अपनों से,
सपनों से... और ख्यालों से!

है देखो, देखो ज़रा... अनुशासन का पैगाम आया!
तपता है, दबता है;

फिर ही तो शायद... एक हीरा बनता है!
और ?... और अब पैगाम!!

अब आता है ख्याल एक ही,
बस सपनों में... क्या?
खड़ा है एक चार्टर्ड अकाउंटेंट,
अपने माँ-बाप के चरणों में!



PLATFORM FOR CA STUDENTS TO SHOWCASE THEIR ARTWORK

ATRIUM

CURATED CREATIVE SANCTUARY





ARTWORKS BY TALENTED CA STUDENTS

art Gallery





SHRUTI MAHESHWARI
CRO 0775442





STUTI JAIN
CRO 0767601





SIDDHI SARDA
CRO 0850916

Glimpse OF THE MONTH

80th Independence Day Celebrations, Tiranga, Pride & Patriotism at CICASA Indore









CICASA Pickleball Tournament 2026

Beyond Books and Articleship -Bonding over Pickleball

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