



TIME
IS MONEY



Central India CA Students Association
Indore Branch of CIRC of ICAI

NEWSLETTER

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Chairman's Message

Dear CA Students,

As we transition into the spirited month of June, I am thrilled to extend my heartfelt greetings and share with you the anticipation and excitement that this month brings. June is a harbinger of a significant event that unites us all—the National Conference of CA Students on 17th and 18th June 2023.

This month's newsletter is infused with the energy and enthusiasm that precedes this grand gathering of bright minds, dedicated professionals, and aspiring Chartered Accountants from across the nation. The National Conference is not merely an event; it is a celebration of our shared commitment to excellence, a convergence of knowledge, and a testament to the strength of our collective pursuit of success.

As we embark on this exciting journey in June, let us carry the torch of curiosity, determination, and camaraderie. May the National Conference be a source of inspiration, learning, and lasting connections that propel us forward on our path to success.

Wishing you all an enriching and memorable National Conference and a fruitful month of June!



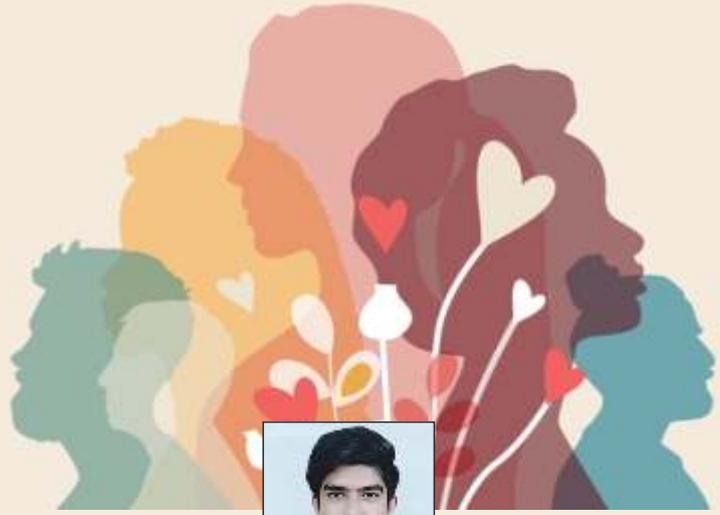
Warm Regards,

CA. RAJAT DHANUKA

Chairman,
CICASA, indore



MENTAL HEALTH PROBLEMS



Anshul Sahu
CRO 0691974

Mental Health problems are of various types such as:

Depression - Depression is a feeling of low mood that lasts for a long time and affects your everyday life. It can make you feel hopeless, despairing, guilty, worthless, unmotivated and exhausted. It can affect your self-esteem, sleep, appetite and your physical health.

In its mildest form, depression doesn't stop you leading a normal life, but it makes everything harder to do and seem less worthwhile. At its most severe, depression can make you feel suicidal, and be life-threatening.

More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. Depression may require long-term treatment.

Phobia - A phobia is an extreme form of fear or anxiety triggered by a particular situation (such as going outside) or object (such as spiders), even when it's very unlikely to be dangerous.

A fear becomes a phobia if the fear is out of proportion to the danger, it lasts for more than six months, and has a significant impact on how you live your day-to-day life.

Anxiety - Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. For example, you might feel anxious when faced with a difficult problem at

work, before taking a test, or before making an important decision. It can help you to cope. The anxiety may give you a boost of energy or help you focus. But for people with anxiety disorders, the fear is not temporary and can be overwhelming.

You might be diagnosed with a particular anxiety disorder, such as generalised anxiety disorder (GAD), social anxiety (social phobia), panic disorder or post-traumatic stress disorder (PTSD). But it's also possible to experience problems with anxiety without having a specific diagnosis.

Obsessive Compulsive Disorder - Obsessive compulsive disorder is a type of anxiety disorder. The term is often misused in daily conversation – for example, you might hear people talk about being 'a bit OCD', if they like things to be neat and tidy. But the reality of this disorder is a lot more complex and serious.

OCD has two main parts: obsessions (unwelcome thoughts, images, urges, worries or doubts that repeatedly appear in your mind; and compulsions (repetitive activities that you feel you have to do to reduce the anxiety caused by the obsession).

Panic Attacks - Panic attacks are a type of fear response. They're an exaggeration of your body's normal response to danger, stress or excitement.

During a panic attack physical symptoms can build up very quickly, including:

1. A pounding heartbeat or chest pains

2. Sweating and nausea (feeling sick)
3. Feeling faint and unable to breathe
4. Shaky limbs, or feeling like your legs are turning to jelly
5. Feeling as if you aren't connected to your body.

Many people have just one or two panic attacks in their lifetimes, and the problem goes away, perhaps when a stressful situation ends. But if you've had recurrent, unexpected panic attacks and spent long periods in constant fear of another attack, you may have a condition called panic disorder.

Although panic attacks themselves aren't life-threatening, they can be frightening and significantly affect your quality of life.

Suicidal Feelings - Many people experience suicidal thoughts and feelings at some point in their lifetime. They can be very unpleasant, intrusive and frightening, but having thoughts about suicide doesn't necessarily mean that you intend to act on them. Most people don't go on to attempt to take their own lives.

However, if you feel you may act on suicidal feelings and become unable to keep yourself safe then this is a mental health emergency. It's important to treat it as seriously as you would any physical health emergency, and seek urgent help and attention.

Schizophrenia - Schizophrenia is a serious mental illness that affects how a person thinks, feels, and

behaves. People with schizophrenia may seem like they have lost touch with reality, which can be distressing for them and for their family and friends. Signs and symptoms may vary, but usually involve delusions, hallucinations or disorganized speech, and reflect an impaired ability to function. The symptoms of schizophrenia can make it difficult to participate in usual, everyday activities, but effective treatments are available.

Recovery:

Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse. Here are some tips for looking after yourself that you might find helpful:

1. Stay aware of your mental health
2. Nourish your social life
3. Try peer support
4. Make time for therapeutic activities
5. Look after your physical health
6. Contact a specialist organisation

If these work well for you then you may find you don't need any formal treatment. However, it's important to remember that there is unlikely to be an instant solution. Recovering from a mental health problem is likely to take time, energy and work.

Be patient, be hopeful and stay safe.





Sakshi Patel
CRO 0740386

Soft skills Significance and Role



Soft skills refer to both character traits and interpersonal skills that will influence how well a person can work or interact with others. The term soft skills covers a wide range of skills as diverse as teamwork, time management, empathy and delegation. These skills make it easier to form relationships with people, create trust and dependability, and lead teams.

The importance of these soft skills is often undervalued, and there is far less training provided for them than hard skills such as coding. Organizations seem to expect people know how to behave on the job and the importance of skills such as taking initiative, communicating effectively and listening, which often is not the case.

In essence, they are essential for your success in the workplace, your company's success and your personal life.

Importance

Soft skills are crucial to an organization's overall prosperity. It creates headway for the employees to improve their workplace abilities by honing their personalities and teaching good behavior.

Highly-developed presentation skills, networking abilities, and etiquette awareness can help you win new clients and gain more work from existing clients.

Honing your abilities to resolve conflicts, solve problems, and provide excellent customer service can lead to stronger relationships with colleagues, vendors, and other professional contacts.

Communication skills and workplace behavior greatly impact how the people associated with the company value you. Out of all soft skills, empathy is of the greatest importance. It encourages candidates to form sustainable workplace relationships, understand their peers' perspectives, and value their opinion. It also helps you build a respectable image of yourself.

Soft skills have a great impact on your productivity and professional accomplishments. Soft skills like time management and a positive approach toward challenges help you share your goals with your colleagues. It accelerates the pace of work and increases efficiency. Most recruiters check the candidate's range of soft skills as expertise in different domains works for the organization's benefit.

Automation will take over the technical side of businesses, but emotional intelligence is hard to bring into practice by machines. This makes soft skills highly valuable. But at the same time, soft skills cannot be taught or measured. As a result, so many companies take the help of soft skills training to improve soft skills.

In every department or technical domain, one must work with colleagues and in teams. Having a bunch of people around you keeps you motivated and helps you finish your tasks quickly. Generally, employers look out for candidates who blend in with the company's overall vibe. This is calculated using your soft skills. Teamwork, listening abilities, strong communication, adaptability to change, and empathy are excellent soft skills.

On the other hand, a lack of soft skills can limit your potential, or even be the downfall of your business. By developing strong leadership, teamwork, and communication abilities, you can run projects more smoothly, deliver results that please everyone, and even positively influence your personal life by improving how you interact with others.

Ultimately, strong soft skills can help you gain confidence—an invaluable trait in the business world.



Time and Tide Wait for None



NISHTHA PAHADIYA

CRO 0666679

'Time and tide wait for none', this idiom is apt in today's world. As the world is moving at a fast pace nobody has got time to waste. Moreover, time never stops, the clock is always ticking. Therefore, to use our time we should work hard every second. Because if time once has gone, we cannot regain it. It is the most precious thing a person can have.

Time values differently to the persons in different fields. It is very powerful and always wins. No one can defeat the time because it runs continuously without staying even for a single minute. No one can order it, store it or stop it. If we see back in the history, we see many great personalities who had followed the mantra of 'time and tide wait for none' and achieved their goals in life.

The saying 'Time and Tide wait for none' advises us to make the best use of the time we have. Once time is lost, it cannot be regained. Failing to use your time wisely may result in missed opportunities. Time is the most precious and valuable resource we possess. People who want to do something big in their life know well the value of time and do their tasks in timely manner at right time. Time is a precious gift from God given to us to achieve something good in life. If we achieve something good with time in the life, we are appreciated and remembered by the people for long time and sometimes for ages. According to the Hindu theory of creation, it is called as the manifestation of God and named as 'kalachakra' means the cycle of time. We cannot see the time visibly however can feel the ever running of time through the occurrence of day and night, seasonal changes in the year, etc. New buds bloom to be flowers and they die one day, and this process goes forever named as life cycle. Every living being has its own. It is very true that time is invisible; however, it is also true that time is most powerful.

Time is a big ruler which rules each and every thing in this world. Tide occurs in the sea which means the rising and falling of the sea. It is the process which occurs on its own in the sea. Both, time and tide are examples that do not have consideration for anything. 'Time and tide wait for none' is a proverb which explains its meaning itself and true for all spheres of life.

Scientists who make inventions and discover new technologies, students who have missed the chance of sitting in the final exams and person who has missed the flight, etc understand the importance of time very well. Time changes people's luck into good luck or bad luck accordingly he/she uses the time. People who are idle always curse their fate for not getting the things they wish. Whereas, hard working people do their works on time and believe on their own hard work. In order to get success in any field and achieve goals what we have decided, we should never waste time and must perform all the work at appropriate time.

Both time and tide represent the importance of opportunity. Its occurrence and recurrence cannot be predicted. It's short-lived and knocks at our door without notice. People who want to achieve something great know the value of time and perform their tasks at the right time. Time is a precious gift from the Almighty given to us, and we must utilize it fully. If we do something good, we will be loved and remembered by people for a long time, sometimes forever.

There is only so much time, and once it's gone, there's no turning back. Utilizing our time will help us and our careers, but wasting it will only make us regret it. It is a well-known principle that we collectively recognize that time and tides are not fixed for anyone. Thus, respecting and valuing time is the only mantra for a successful life.



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Guest of Honour :
**Shri Kailash
Vijayvargiya**



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