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CHANDIGARH CHARTERED ACCOUNTANTS



Chandigarh Branch of NIRC of
The Institute of Chartered Accountants of India

e-NEWS LETTER

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CA. Vishal Puri
Chairman
Chandigarh Branch of NIRC of ICAI

Esteemed Members,
Greetings!

“Every accomplishment starts with the decision to try.”

As we have bid adieu to 2023, January stands out as a month that encapsulates the spirit of learning, sportsmanship, and celebrations of the new year that is yet to bring about the new things for life.

Each year-end marks a new beginning & it's time as the New Year dawns and celebrate the coming year with new hopes, new aspirations, and a new beginning with renewed vigour and enthusiasm. On this New Year 2024, I wish all the members lots of joy, happiness and professional success ahead.

I am very grateful to say that we at the Chandigarh Branch conducted several programmes on topics of professional interest safeguarding the interest of our profession in 2023 with the wonderful support of my colleagues in the Managing Committee, staff at ICAI and all my professional friends.

Our commitment to excellence and dedication to profession has been the guiding principle that has shaped our endeavours over the time.

It is my privilege to lead such a dynamic and accomplished community of professionals.

Cheers to New beginnings! I wish you a very happy and healthy New Year!

JAI HIND

With Warm Regards,

CA. Vishal Puri
Chairman
Chandigarh Branch of NIRC of ICAI



CA. Vincy Chadda

Treasurer
Chandigarh Branch of NIRC of ICAI

Respected Professional Colleagues!

Respected Professional Colleagues!
Greetings!

“Celebrate endings—for they precede new beginnings.” — Jonathan Lockwood Huie.

On behalf of the Chandigarh Branch of NIRC of ICAI, I wish each and everyone a very Happy New Year 2024! Let us pray that all of us have new year full of success, happiness, and blessings. It's New Year, and it's a time to face the future with confidence and commitment.

Winning that dream assignment; improving your health and fitness; being more creative; spending more quality time with your family. These and thousands of goals like them are all within your grasp.

To be successful at any change, you need to really want it. Unless you take the time to consider what it is you really want, you could make a resolution to which you're not entirely committed.

In the month gone by, various programs have been conducted by the branch comprising below:

- As part of sustainability efforts, **Inauguration of Solar Power Plant** was held in the branch premises.
- To celebrate the zeal among the students, annual **CA students Fest** was held for the students.
- Seminar on **Faceless assessment issues, succession planning and charitable trust** held for the members.
- Formation of **Managing committee of Chandigarh Branch of Northern India Chartered Accountants Students Association for 2023-24** was done for the first time.
- CA students **Sports Competition** was held for CA students.
- Hawan was held in the branch premises on the occasion of celebration of Pran Pratishtha of Ram Mandir.
- **Flag hoisting** was held on the occasion of celebration of Republic Day.

With this, we extend our heartfelt gratitude all our members and students for the support and motivation that you have been extending to us down the ages.

Wishing the best of health and happiness to all!
Warm Regards

CA. Vincy Chadda
Treasurer
Chandigarh Branch of NIRC of ICAI



CA Garvit Singal

Membership No.- 574991

Navigating the Path to CA Success: Strategies for Stress Management, Time Optimization & Health Prioritization:

Embarking on the journey toward becoming a Chartered Accountant demands not only academic prowess but also adeptness in managing the multifaceted challenges that accompany exam preparation. To navigate this path successfully, aspiring CAs must equip themselves with effective strategies for mitigating stress, optimizing time utilization, and prioritizing their health and well-being.

Managing Stress:

Stress is an inevitable aspect of the CA exam journey, but learning to manage it effectively is pivotal for maintaining peak performance and overall well-being. Central to stress management is cultivating a resilient mindset rooted in self-belief and positivity. Embrace the understanding that challenges are opportunities for growth and development. Implement relaxation techniques such as deep breathing exercises, progressive muscle relaxation, or mindfulness meditation to alleviate stress and promote mental clarity. Incorporate structured breaks into your study schedule to prevent burnout and maintain optimal productivity levels. Remember, self-compassion and self-care are essential components of managing stress effectively.

Time Management:

Effective time management is indispensable for maximizing productivity and achieving success in the CA exams. Begin by crafting a comprehensive study plan that delineates specific time slots for each subject and topic. Break down study sessions into manageable intervals, focusing on high-priority tasks while ensuring balanced coverage across all subjects. Explore various time management techniques such as the Pomodoro Technique, time blocking, or the Eisenhower Matrix to enhance focus and efficiency. Regularly review and adjust your study plan to accommodate evolving priorities and ensure steady progress toward your goals. Remember, consistency and discipline are key to mastering time management and optimizing study outcomes.

Importance of Physical Exercise:

Amidst the demanding study schedule, prioritizing physical health is paramount for sustaining energy levels, enhancing cognitive function, and reducing stress. Engage in regular physical exercise to invigorate both body and mind. Incorporate a variety of activities such as aerobic exercises, strength training, yoga, or brisk walking into your routine to promote physical fitness and mental well-being. Prioritize nutritious meals and adequate hydration to fuel your body for optimal performance. Allocate time for restorative sleep, aiming for 7-8 hours of quality sleep each night to support memory consolidation and overall cognitive function. Remember, investing in your physical health is an investment in your academic success and long-term well-being.

Conclusion:

As you navigate the arduous path toward CA qualification, remember that success is not solely determined by academic proficiency but also by your ability to manage stress, optimize time utilization, and prioritize your health and well-being. Embrace the journey with resilience, determination, and a proactive mind set. By implementing effective strategies for stress management, time optimization, and health prioritization, you empower yourself to overcome challenges and emerge triumphant in the pursuit of your CA aspirations. Stay focused, stay resilient, and may your journey be marked by unwavering determination and ultimate success.

INAUGURATION OF SOLAR POWER PLANT HELD ON 1ST JANUARY 2024



STUDENT FEST HELD ON 7TH JANUARY 2024



SEMINAR ON FACELESS ASSESSMENT ISSUES HELD ON 10TH JANUARY 2024



FORMATION OF MANAGING COMMITTEE OF CHD (NICASA) HELD ON 12TH JANUARY 2024



SPORTS COMPETITION FOR CA STUDENTS HELD ON 15TH JANUARY 2024



HAWAN HELD ON THE PRAN PRATISHTHA OF RAM MANDIR 22ND JANUARY 2024



FLAG HOISTING ON REPUBLIC DAY HELD ON 26TH JANUARY 2024



ACTIVITIES OF CHANDIGARH BRANCH FOR THE MONTH OF JANUARY, 2024

DATE	ACTIVITY	REMARKS
1ST JANUARY 2024	INAUGURATION OF SOLAR POWER PLANT	VENUE- ICAI BHAWAN, SECTOR-35B, CHANDIGARH INAUGURATION BY: CA VIVEK KUMAR ARORA, CA NAVEEN KUMAR SONI
7TH JANUARY 2024	STUDENT FEST	VENUE- SD COLLEGE SECTOR-32, CHANDIGARH
10TH JANUARY 2024	SEMINAR ON FACELESS ASSESSMENT ISSUES, SUCCESSION PLANNING & CHARITABLE TRUST	VENUE- HOTEL HOMETEL, INDUSTRIAL AREA, PHASE-1, CHANDIGARH GUEST SPEAKERS: CA. SANJAY KUMAR AGARWAL, CA GIRISH AHUJA GUEST OF HONOUR: CA SANJEEV SHARMA, CA SATISH GOEL TIME: 9:00 AM TO 3:00 PM CPE: 6 HOURS FEE: RS.600/- INCLUDING GST
12TH JANUARY 2024	FORMATION OF MANAGING COMMITTEE OF CHANDIGARH BRANCH OF NORTHERN INDIA CHARTERED ACCOUNTANTS STUDENT ASSOCIATION (NICASA) 2023-2024	VENUE- ICAI BHAWAN, SECTOR-35B, CHANDIGARH
15TH JANUARY 2024	SPORTS COMPETITION FOR CA STUDENTS	VENUE- SGGs SCHOOL, SECTOR-35B, CHANDIGARH
22ND JANUARY 2024	HAWAN HELD ON THE OCCASION OF CELEBRATION OF PRAN PRATISHTHA OF RAM MANDIR	VENUE- ICAI BHAWAN, SECTOR-35B, CHANDIGARH HONOUR: CA KRISHAN JOSHI, KAR SEWAK, YEAR 1992
26TH JANUARY 2024	FLAG HOISTING ON REPUBLIC DAY	VENUE- ICAI BHAWAN, SECTOR-35B, CHANDIGARH GUEST OF HONOUR: CA PREM GARG



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LIFE IS TOO DEEP
FOR WORDS, SO DON'T
TRY TO DESCRIBE IT,
JUST LIVE IT.



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