



Abhivyaakti

Your Thoughts. Our Platform.

Article on:

- Preparation Strategies for Postponed Exams





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“You only fail when you stop trying”





From the Desk of the Chairman



CA Hardik Vyas,
Chairman,
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Dear student friends,

In this communication for the month of June, 2020, I would like to begin by quoting 'A good half of the Art of Living is resilience.' I am aware of the fact that lot of you who were going to appear for the examinations are stressed on account of postponement of the same. However, I would like to highlight the fact that these unprecedented times call for resilience in ourselves. All of you must remain composed and focused towards the ultimate goal and not let distractions hinder your preparations. I am hopeful that many of you had taken benefit of the revisionary lectures organized by us in the month of May, 2020.

Owing to the government restrictions and spread of virus, at present I must inform you all that we shall not organize any events that will require physical attendance at Branch premises. However, we shall continue to organize virtual events of which you must take benefit.

I also invite for suggestions from you all with regard to expected events that you would like to be conducted by us and the topics to be covered. Further, I also request you all to contribute your articles, artwork, etc. for the next edition of newsletter at wicasanewsletter@gmail.com.

Wishing you all and your families safety !





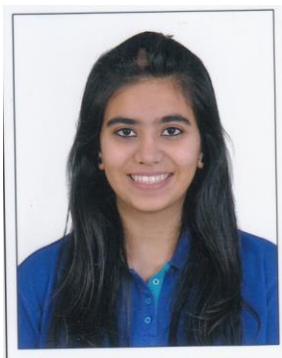
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Exam Preparation Strategies



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“TIPS FOR STUDYING FOR THE POSTPONED EXAMINATION”

Chartered Accountant Examinations of all levels have been postponed, and it has become a challenge for nearly all students to cope with this extension especially in the disturbing environment of COVID-19. It has not only led to rescheduling of our examinations but has inculcated a sense of fear in the society. While people may argue that a CA aspirant practices self- quarantine before all exams, the nationwide lockdown still brings changes in our routine. And while the ICAI defers the exams for the safety of it's students, it still becomes a challenge to not only retain the syllabus for the extended period, but to find the will to continue with positivity without distracting ourselves in other thoughts.

As a Chartered Accountant finalist myself, I am presenting a few tips that helps me stay sane, focused and dedicated when the examination is postponed. Every student is going through different circumstances and the stakes of rescheduling of examination may not be at the same level for everyone- however, inculcating these tricks in your routine will help you to get closer to unlocking your 100% potential for the exams, and allow you to achieve greater things in life in the long run. Try practicing these little things for the next few weeks, and you will witness its impact on your mindset:

1. PRACTICE GRATITUDE

There is something to be thankful for in everyday, even if you have to look harder on some days. Gratitude is an attitude. While there are obvious difficulties due to postponement of examination of retention, boredom, cancelling of plans and distractions, it is important to remind ourselves everyday that we are privileged and should be thankful for every single day. Practice gratitude towards the family and friends that support you, facilitators that assist you and towards our Institute that has its' best intentions at heart for the health and safety of it's students.





2. CONSISTENCY IS THE KEY

Whether it is the number of hours that you study, or the time that you wake up- consistency is the key. There is one way to take the situation in your hands, and that is by creating a routine for everyday that you can stick to. It doesn't mean you have to study for the same number of hours that your colleagues do, but creating a routine as per the availability of time is a step towards practicing self discipline. Your routine can be flexible, but you should stick to it.

3. POWER OF POSITIVITY

Optimism is the faith that leads to achievement- nothing can be done without hope. To have positivity, two things need to be eliminated from the mindset: Panic and Victim attitude. Neither of us have control over what could happen over the next few weeks or months, and certainly the ICAI takes decisions after thorough research of impact of foreseeable situations- so stay calm and do not panic. The most important step is to immediately stop viewing yourself as a victim of all the current conditions- and understand that you are still better placed than many other people. So take charge of the situations and making your way through it accordingly.

4. CONFIDENCE AND SELF BELIEF

People who are crazy enough to believe that they can change the world, are the ones who actually do! Every accomplishment begins with the belief of having the capability to achieve it. Not just for personality development, but having confidence and self belief also reflects on the answer sheets of the students. The world needs who you are made to be. Have faith, you will get there.

5. MEDITATE

There are several scientific based benefits of meditating like reducing stress, controlling anxiety, bettering emotional health, enhancing self awareness, improving sleep and lengthening attention span and concentration levels. You don't need to follow strict asanas while you meditate, but listening to soft instrumental music in a comfortable place with your legs folded and focusing on your breathing for even mere five minutes in one day will help you gain all the aforementioned benefits.

6. STAY CHARGED

Take breaks between study sessions for stretching. Make sure to take a short walk, and exercise as per your choice and time convenience. The type of food we eat, decides our energy level for the rest of the day. Eat healthy- avoid junk and eat your greens! Sleep is another important factor that decides the retention level of brain- excess sleep or sleep deprivation can affect us in worse ways than we can imagine. Not only number of hours of sleep, but quality of sleep is equally important. Ideally, one should at least sleep for 7 hours a day.





7. HYDRATION

Staying at home, or at any single place for most of the day makes it easier to track the amount of liquids we consume during the day compared to what is actually required. Drink the summer out- you don't want any health breaks because you didn't remember to take adequate water and juices. For students who are so deep into studying that they don't realize they could be dehydrating should put a reminder on their phones of every half/ one hour for the same.

8. JOURNALISE

It is always beneficial to write down the tasks that are supposed to be completed in a given time frame, rather than remembering it. Given the stress CA students have in mind, it is normal to forget few tasks, but we can avoid that and save our time by journalizing it. A better advice would be to make that list on the night before, so we can have a clear idea of prioritization of tasks and time allocation when we wake up.

9. HAVE A DEDICATED STUDY SPACE

It doesn't have to be at the library, or a separate room even. Different students like studying at different places, like on the desk or on the bed. Just make sure that you decide a single place of studying in the house, so your mind subconsciously directs you to study when you are at that place. Avoid having distractions or unnecessary mess at that place and keep inspirational quotes or time table or your goals at that dedicated study space to keep you motivated.

10. REWARD YOURSELF

Never be too hard on yourself. Trying to be the best version of you is a huge achievement in itself and it calls for a celebration. You need to learn to be happy with little accomplishments, like completing the day's target in fewer hours, or correctly solving a difficult question that you thought you'd have difficulty with, or acing a practice test. Reward yourself with little gifts, you deserve it!

There might also be several other ways for energizing yourself during this extended study period, but these stand the most helpful for me. Also, try being accountable to someone for your daily targets, it gives you a sense of responsibility and stay connected to people who try to inspire and motivate you. Stay home, stay safe and stay focused. All the best!





Poetry

હાસ્ય અને આનંદ સાથે જીવવાનું છે, ને બે ટેન્ક જમવાનું છે,
એમ થોડું કઈ જિંદગી થી હારવાનું છે?

બંધુઓ સાથે હસી મજાક રમવાનું છે, ને હજુ ઘણું ફરવાનું છે
એમ થોડું કઈ જિંદગી થી હારવાનું છે?

મંઝિલ સુધી પહોંચવા જિંદી બની જેહમત ઉઠાવાની છે, ને કાબિલિયત વધારવાની છે,
એમ થોડું કઈ જિંદગી થી હારવાનું છે?

જીવનમાં આપત્તિઓનું આભ તો ફાટી પડવાનું, તે પછી જ સાચું લડવાનું છે,
એમ થોડું કઈ જિંદગી થી હારવાનું છે?

પોતાના ક્ષેત્ર માં સર્વશ્રેષ્ઠ ખેલાડી બનવાનું છે, ને દરેક જંગ જીતવાનો છે,
એમ થોડું કઈ જિંદગી થી હારવાનું છે?

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Me, Failing in CA :



1st Attempt



2nd Attempt



3rd Attempt





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