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MANAGING ACADEMIC STRESS

A GUIDE TO SUCCESS AND WELL-BEING



EDITORIAL



"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."
-Nelson Mandela

Dear Friends,

The capacity for facing any difficult or risky circumstance is courage. You can have physical or moral courage. Being physically courageous is being able to endure any suffering. Being morally courageous is acting morally in every circumstance. It comes from many things. Some people naturally possess courage, while others must develop it. Having confidence is crucial. Being confidence in one's abilities allows one to handle a challenging scenario. Moral courage comes from a strong will. A person always does the right thing if he knows that goodness is always rewarded. One becomes more self-assured and is able to complete tasks with ease. A person can experience numerous situations with the aid of courage. He gains knowledge about various locations, people, and things as a result. It also aids in leading a genuine life. He acts morally, which results in a happy life. Such individuals are always admired by others, and they serve as role models for others. The entire society benefits from this. It is a quality which we all should learn because it helps us to stand against any wrongdoings. It also helps in developing our personality. Courage is not the absence of fear. Courageous people do feel fear, but they are able to manage and overcome their fear so that it does not stop them taking action. They frequently use the dread to control their overconfidence and make sure they perform appropriately. One should have both the form of courage either it is physical or moral. Because it helps to face the situations by being bold and wise.

Best Wishes!

Arun Kumar

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MANAGING ACADEMIC STRESS A GUIDE TO SUCCESS AND WELL-BEING



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In today's fast-paced academic environment, students face increasing pressure to excel academically while also maintaining a fulfilling social life. The constant demand to perform at their best can lead to significant stress and anxiety. If left unaddressed, academic stress can have detrimental effects on a student's mental health, physical well-being, and overall academic performance.

The consequences of academic stress can manifest in various ways. Students may experience sleep disturbances, difficulty concentrating, irritability, and even a loss of interest in their studies. In extreme cases, chronic stress can lead to burnout, a state of emotional, physical, and mental exhaustion.

As a result, learning effective stress management techniques becomes crucial for students to not only survive but thrive in their academic journey. By proactively addressing stress and adopting healthy coping mechanisms, students can experience improved focus, increased productivity, and better overall emotional well-being.

Let's delve into some practical strategies to help students effectively manage stress in their academic pursuits:

Time Management-

Effective time management is like a compass guiding students through the intricate maze of academic challenges. It empowers them to take control of their schedules, allocate resources

wisely, and maintain a healthy balance between academic commitments and personal life. By mastering this skill, students can significantly reduce stress, improve productivity, and enhance their overall well-being.

Create a Study Schedule: A well-structured study schedule is the foundation of effective time management. Begin by assessing your academic workload and identifying key deadlines. Allocate specific time slots for each subject or assignment based on its complexity and the time required. Ensure that you include breaks in your schedule to avoid burnout and maintain focus.

Prioritize Tasks: Not all tasks hold equal importance. By identifying and prioritizing essential assignments, projects, and exams, you can focus your efforts on the most critical aspects of your academic journey. Use tools such as to-do lists or task management apps to organize and prioritize your workload effectively.

Set Realistic Goals: While it's important to challenge yourself, setting unrealistic goals can lead to disappointment and heightened stress levels. Be honest with yourself about your capabilities and commitments, and set goals that are achievable within a reasonable timeframe.

Use Time Blocks: Dividing your day into dedicated time blocks for specific tasks can enhance productivity. Focus on one task during



each block without distractions, and then take short breaks to recharge before moving on to the next task. This technique, known as the Pomodoro Technique, can boost efficiency and prevent burnout.

Avoid Procrastination: Procrastination is the nemesis of effective time management. Recognize when you are tempted to delay tasks and take proactive steps to overcome it. Try to break tasks into smaller segments and begin with the most challenging parts to build momentum.

Review and Revise: Regularly review and revise your study schedule to accommodate changes in deadlines or new commitments. Flexibility is crucial in maintaining a balanced approach to time management.

Develop Strong Study Habits-

Developing strong study habits is essential for optimizing learning potential and managing academic stress effectively. By incorporating effective study techniques into your routine, you can enhance your understanding of the material, retain information more efficiently, and approach exams with greater confidence.

Create a Productive Study Environment: Choose a quiet and comfortable place to study, preferably free from distractions like noise, clutter, or interruptions. A dedicated study space helps condition your mind for focused learning and minimizes external disruptions.

Use Active Learning Techniques: Passive reading and highlighting are often insufficient for deep comprehension. Instead, engage in active learning strategies that involve summarizing information in your own words. This process helps reinforce your understanding of the material and aids in long-term retention.

Teach Concepts to Others: The adage "You

don't truly understand something until you can teach it to someone else" holds significant truth. Explaining concepts to peers or family members not only reinforces your knowledge but also exposes any gaps in your understanding that need clarification.

Take Regular Study Breaks: Continuous study sessions can lead to diminishing returns and increased stress. Incorporate short breaks during study sessions to allow your mind to rest and recharge. Taking a walk, doing stretching exercises, or meditating can help clear your mind and improve focus when you return to studying.

Employ Active Recall and Retrieval Practice: Instead of simply reviewing notes or textbooks, actively test yourself by recalling information without looking at the material. This technique, known as retrieval practice, helps strengthen memory retention and enhances recall during exams.

Practice Mindfulness and Relaxation Techniques-

In the fast-paced and demanding world of academics, mindfulness and relaxation techniques offer a respite from stress and an opportunity to cultivate mental clarity and emotional well-being. These practices not only alleviate the immediate effects of stress but also build resilience, enabling students to navigate academic challenges with greater ease. Here are some mindfulness and relaxation techniques to incorporate into your daily routine:

Meditation: Meditation involves focusing your attention and eliminating distracting thoughts. Find a quiet space, sit comfortably, and focus on your breath or a specific point of concentration. As thoughts arise, acknowledge them without judgment and gently redirect your focus to the chosen point of meditation. Regular meditation practice can enhance your ability to



remain centered and composed during stressful situations.

Deep Breathing Exercises: Deep breathing is a simple yet effective technique to calm the mind and reduce anxiety. Take slow, deep breaths, expanding your diaphragm and exhaling fully. This deep breathing triggers the body's relaxation response, lowering stress hormones and promoting a sense of calm.

Progressive Muscle Relaxation: This technique involves systematically tensing and then relaxing different muscle groups in the body. Starting from your toes and working upward, tense each muscle group for a few seconds, then release and let go of the tension. This practice helps release physical tension and promotes overall relaxation.

Mindful Walking: Take short breaks during study sessions to engage in mindful walking. Step outside or find a quiet indoor space, and as you walk, focus on the sensations of movement in your body, the contact of your feet with the ground, and the surrounding environment. This simple practice can refresh your mind and improve concentration when you return to your studies.

Maintain a Balanced Lifestyle-

Maintaining a balanced lifestyle is a key pillar of stress management in academics. While excelling in your studies is important, neglecting other aspects of your life can lead to burnout and diminished overall well-being. By prioritizing hobbies, physical activity, social interactions, adequate sleep, and a balanced diet, you can create a harmonious and fulfilling college experience. Here's how to achieve balance in your life:

Prioritize Hobbies and Interests: Set aside time for activities you genuinely enjoy. Whether it's reading, painting, playing a musical instrument, or pursuing a sport, engaging in hobbies provides a much-needed break from

academic stress and fosters creativity and personal growth.

Incorporate Regular Physical Activity: Physical exercise is not only essential for maintaining good health but also a powerful stress reducer. Aim for at least 30 minutes of moderate-intensity exercise most days of the week. Whether it's going for a walk, cycling, dancing, or hitting the gym, find a form of exercise that you enjoy and make it a part of your routine.

Cultivate Meaningful Social Interactions: Spending time with friends, family, and peers is crucial for emotional well-being. Social connections provide support, understanding, and a sense of belonging, which can help alleviate feelings of stress and loneliness.

Establish Healthy Sleep Patterns: Adequate sleep is essential for cognitive function, memory consolidation, and emotional regulation. Aim for 7-9 hours of quality sleep each night, and establish a consistent sleep schedule to support your body's natural sleep-wake cycle.

Eat a Balanced Diet: Proper nutrition plays a vital role in managing stress and maintaining overall health. Include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats in your diet. Avoid excessive caffeine, sugary snacks, and highly processed foods, as they can contribute to energy fluctuations and mood swings.

Set Realistic Goals-

Setting realistic and achievable goals is essential for academic success and managing stress effectively. Unrealistic expectations can create unnecessary pressure and lead to feelings of inadequacy and burnout. By breaking down long-term goals into smaller, manageable milestones and celebrating each achievement, students can maintain motivation, stay on track, and cultivate a positive outlook throughout their academic

journey. Here's how to set and celebrate realistic goals:

Define Specific and Attainable Goals: Begin by clearly defining what you want to achieve. Set specific, measurable, achievable, relevant, and time-bound (SMART) goals. For example, instead of aiming to "ace all exams," set a specific goal to achieve a certain grade in each subject.

Break Goals into Smaller Tasks: Divide your long-term goals into smaller, more manageable tasks. This approach makes them less overwhelming and allows you to track your progress more effectively. Each completed task serves as a stepping stone towards achieving your overall objective.

Prioritize Goals: Focus on a few key goals at a time to avoid spreading yourself too thin. Prioritizing goals ensures that you can dedicate sufficient time and energy to each one without feeling overwhelmed.

Celebrate Milestones: Celebrate your achievements, no matter how small they may

seem. Acknowledging progress provides a sense of accomplishment and reinforces your commitment to the larger goal.

Use Positive Reinforcement: Reward yourself when you reach a milestone or successfully complete a task. Choose rewards that align with your interests and provide genuine satisfaction, such as treating yourself to a favorite meal, spending time doing a hobby you love, or watching a movie.

Managing stress in academics is crucial for maintaining both academic success and overall well-being. By implementing these strategies, you can create a more balanced and fulfilling college experience. Remember that seeking help and support, practicing mindfulness, and setting realistic goals are just as important as academic excellence. Embrace these techniques, and you'll find yourself better equipped to navigate the challenges of academic life with confidence and resilience.





COMMERCE QUIZ

- The word limited should appear after the name of
 - Partnership
 - Registered company
 - Statutory company
 - Chartered company
- Share premium is shown in the balance sheet as an
 - Deducted from the asset side
 - Liability
 - Deduction in paid up capital
 - Asset
- The official signature of a company is called
 - Prospectus
 - Debentures
 - Shares
 - Common seal
- The company is managed by the group of persons known as
 - Board of directors
 - Group of member
 - Team of shareholders
 - None of the above
- Share premium money can be used for
 - Issue of fully paid bonus shares
 - Payment of debentures
 - Payment of dividend
 - Writing of good will

CHEST INFECTION

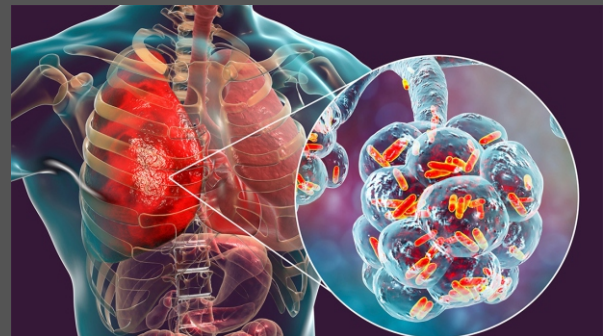
Chest infections are frequent during the autumn and winter, especially after a cold or the flu. Even though the majority are minor and resolve on their own, some can be significant or even fatal. Or it can be defined as an infection of the lungs or major airways is referred to as a chest infection. While some chest infections are minor and go away on their own, others can be serious and even fatal.

Symptoms of a chest infection: The following are some of the main signs of a chest infection-

- a chronic cough, a pounding heart, and a high temperature (Fever).
- breathing difficulties or fast and shallow breathing, wheezing, or coughing up blood or yellow or green phlegm (thick mucus), a high temperature (fever),
- chest stiffness or discomfort feeling lost and disorientated, along with all you can feel some general symptoms like, headache, fatigue, sweating, loss of appetite, or joint and muscle pain.

Causes: Lung or airway infection is referred to as a chest infection. Bronchitis and pneumonia are the two main categories of chest infections.

In contrast to pneumonia, most occurrences of bronchitis are brought on by bacteria. When an infected individual coughs or sneezes, these illnesses are typically transferred. As a result, minute fluid droplets containing the virus or bacteria are released into the air, where they



can be inhaled by other people.

If you cough or sneeze onto your hand, an object, or a surface, and someone shakes your hand or contacts those surfaces before touching their mouth or nose, the illnesses can also be passed to them.

Preventions: You can take following steps to lessen your chance of getting a chest infection and prevent them from spreading to other people, Stop smoking, follow Good hygiene, Avoid regular alcohol in your diet, take proper Vaccinations, drink a warm drink of honey and lemon to relieve a sore throat caused by persistent coughing, drink lots of fluid to prevent dehydration and to loosen the mucus in your lungs, making it easier to cough up.



NAVIGATING CHALLENGES IN SMALL BUSINESS
STRATEGIES FOR SUCCESS

BY –
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Are you ready for the Trolley Dilemma or the Prisoner's Dilemma?

Are you ready for the Trolley Dilemma or the Prisoner's Dilemma?

Studying ethics is important. As a branch of philosophy, ethics helps us unlock key notions of what it means to be human. It also helps us learn how to be good citizens of the world and good individuals, regardless of which philosophical schools or theories we believe to be the most truthful. Knowledge is powerful, and it's certainly good to obtain as much of it as possible. The acquisition of knowledge in the search for truth is as essential as the concept of ethics itself.

THE TROLLEY DILEMMA Does Somebody Have to Die?

This classic ethics exercise examines, and quite harshly, Kant's Formula of the Universal Law of Nature. Basically, in theory, Kant's idea that a good personal philosophy is one that an individual wouldn't mind making a universal maxim... but is it a really sound moral philosophy if there's a body count?

Philippa Foot

Foot is best known for this ethical game,

which has appeared in hundreds of periodicals, brain teaser books, and texts over the past few decades. One of her other major breakthroughs was an exploration of the foundational virtues of morality and ethics. Specifically, Foot considered wisdom, courage, and temperance to be the most virtuous of the virtues.

The "trolley dilemma" is an ethical test scenario (hypothetically, thankfully) devised in the 1960s by British moral philosopher Philippa Foot and expanded upon by American philosopher Judith Jarvis Thomson in the 1980s. Both Foot and Thomson sought to create a very tense moment that required immediate action and left no room for a lengthy philosophy discussion or a lengthy reasoning process. In other words, it's applied ethics when it matters most, and urgently at that. Thomson pinpointed several different reactions to the trolley dilemma, each one correlating to a different major ethical school of thought: utilitarianism, deontology, divine command theory, ethical relativism, and virtue ethics.

ONE PROBLEM, MANY "SOLUTIONS"

Imagine that you are the driver of a trolley. It goes around a bend, and you see five people working hard on the track, repairing it. Immediately after spotting them, the track dips down into a valley out of sight of



the workers, sending your trolley down too. Once the trolley comes up again out of the valley, it will almost immediately strike and definitely kill those track workers. However, as the trolley ascends out of the valley, you spot a track leading off to the right. But there is one man at work on that track. There isn't time for the five men on track A or the one man on track B to jump off and get to safety, so it's entirely up to you, the trolley driver, to decide what to do.

So, what do you do? Do you stay on the track you're on and definitely kill five men, or do you throw a switch, and move over to the new track where you'll definitely kill one man?

Option #1: Throw the switch and move to the new track.

You believe that you are maximizing the well-being of others—given the options, it's better for five people to survive at the expense of one life.

Analysis: Choosing this option is what a utilitarian would do. As they value the consequence over the action itself, they believe the most morally superior action is the one that leads to the greatest good for the most people. From a utilitarian perspective, saving five lives is the best possible outcome.

Option #2: Throw the switch and move to the new track.

You believe that virtue is of the utmost importance, and as a virtuous person, saving five lives is charitable and compassionate—at least more charitable and compassionate than saving just one life.

Analysis: This is the choice and reasoning of a virtue ethicist. Those who adhere to

this theory determine the morality of an action via a consideration of character and virtues—good intent means more than the action or the consequences. The consequence here is that one man will die, but it's still a virtuous act because the trolley driver's heart was in the right place when making the decision.

Option #3: Don't throw the switch. Stay on the track. Strike and definitely kill the five workers.

Analysis: This is the correct course of action for a deontologist, or Kantian. This approach is all about the innate morality or immorality (or rightness and wrongness) of the actions. It's a bit of an ethical loophole, but in deontological thinking, the act of staying on the track and killing five men is more ethical than killing one. Why? Because to switch to the other track would be a conscious choice—and one that would end in killing. And killing is wrong. (Similarly, under divine command theory, it would also be wrong to switch over. Divine command theorists align their actions with God's will—and God has decided that these five men are going to die on this track, via this trolley.)

Quotable Voices

“You ask a philosopher a question and after he or she has talked for a bit, you don't understand the question anymore.”
—Philippa Foot

Option #4: Don't throw the switch. That man on the other track would die, and you would be complicit in his death, which would be both culturally unacceptable and illegal.

Analysis: This stance is a demonstration



of ethical relativism. In other words, there is no good choice for the trolley driver because someone is going to die. The thing that causes the trolley driver to act, or rather not act and stay the course, is that actively killing is wrong and against the law in the trolley driver's culture. The driver would be technically guilty of murder (or manslaughter), whereas in the killing of five people, it's merely an accident.

THE PRISONER'S DILEMMA Just Confess (Or Maybe Don't)

Here's another exercise for applying some moral philosophy concepts. It's called the "prisoner's dilemma," and it was developed in the 1950s not by ethicists but by mathematicians Merrill Flood, Melvin Dresher, and Albert Tucker at the famous and powerful RAND Corporation.

The RAND Corporation's Role in This Ethical Exercise

Not only are ethics intrinsically involved in this dilemma, but so are math and probability. RAND was tasked with trying to predict how various nuclear standoff scenarios could resolve, based on game theory. The prisoner's dilemma helped sort out all the ways a potentially deadly Cold War showdown might go, based on who acted first and who backed down, and so on.

Here's the scenario: Two members of a criminal gang, Tommy and Frank, have been arrested for robbing a bank. The police and prosecutors are certain that Tommy and Frank robbed the bank (hence their arrests), but they lack enough evidence to convict both of them on the main charge. Wanting to send them each to prison for a

year or so on a lesser charge, prosecutors offer both Tommy and Frank some deals. This leaves Tommy and Frank with two essential choices:

Option #1: Betray their compatriot, and pin the crime entirely on the other guy.

Option #2: Continue to be silent, admit to nothing, and not sell the other one out.

DECISIONS, DECISIONS

What is the best choice? It depends on the possible outcome, and there are a lot more than two outcomes:

If Tommy and Frank both finger the other one, they'll both serve two years in prison. If Tommy rats out Frank, but Frank stays silent, Tommy goes free. Frank serves three years in prison on the main charge.

Similarly, if Frank rats out Tommy, but Tommy stays silent, it's Frank who goes free and Tommy is left to serve the full three years for the robbery.

If neither man confesses nor pins the blame on the other guy, they'll both serve a year in prison (and on the lesser charge).

WHEN HONESTY ISN'T THE BEST POLICY

A few caveats are needed to eliminate any other influencing factors: There is no other reward or punishment for Tommy or Frank, as they'll serve their time in separate prisons, if need be. Nor can they collude to find the best option for all involved. Both Tommy and Frank are being held separately in solitary confinement and they have no way to communicate with the outside world, or with each other. So, what should they do?

They betray each other. A rational prisoner with his self-interest in mind would betray



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the other person. And since both are rational human beings, and neither man wants to go to jail, each would consider only his own well-being and happiness because the consequences of considering otherwise (like jail) are not good.

But it's an ethical quandary. Both men pursuing the individual reward leads both prisoners to betrayal, but if both stay silent they'd each get a better reward (on the whole). However, if both confess, the outcome for each man would be worse than if they had both remained silent.

The Prisoner's Dilemma in Sports

Is taking steroids in sports ethical? That's a big question, with many thoughts on the

matter on both sides and in between, but it's an especially interesting conundrum with regard to the mentioned prisoner's dilemma. Performance-enhancing drugs increase an athlete's abilities, but using those drugs causes some potentially dangerous side effects. All pro athletes of a given sport have relatively similar skill levels, and the drugs work generally the same on each of those athletes. It's to all of the athletes' advantages if nobody takes those drugs—because if everybody used them, then no one athlete would have an edge, and all the athletes would be subject to the side effects of taking the drugs. But if just one or two athletes take the drugs, then those athletes would gain an advantage, but the disadvantageous side effects would become a problem for them.



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SOLVE THE PUZZLE

4			8	1	5	6		
		7			3		1	
8			4	7				
2			1			7	9	8
1	7	5				2	4	6
6	8	9			7			1
				8	1			2
	2		9			1		
		4	5	6	2			3

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

**Answer
of the Previous
puzzle**

Complete the Grid so that every row, column, and every 3 x 3 box contains the digits 1 to 9. Solve the puzzle by logic and reasoning alone, there is no maths involved,

AND

GET THE ANSWER

IN OUR NEXT MONTH EDITION.

INTERESTING FACTS ABOUT ISRO

Fact 1: In 1969, Dr. Vikram Sarabhai started ISRO. He is credited with founding the Indian space program. The 'Vikram lander' for Chandrayaan 2 was named after him.

Fact 2: With assistance from Russia, Aryabhata, the first satellite of ISRO, was launched on April 19, 1975. Aryabhata was the famous astronomer who invented zero & discovered the approximate value of pi. Thus, the name was given to this satellite.

Fact 3: Chandrayaan 1 – India's first lunar mission launched in 2008 to collect scientific information about the moon's mineralogy, geology & topography, making India the 4th country to host its flag on the moon. This successful mission was followed by Chandrayaan 2 & Chandrayaan 3.

Fact 4: Among the six space organizations in the world, ISRO has the capacity to construct and launch satellites from its own territory. Using the Indian rocket Polar Satellite Launch Vehicle from Andhra Pradesh, it set a new world record in 2017 for launching the most satellites in a single flight. Out of 104 satellites, 101 were foreign satellites.

Fact 5: ISRO also developed Bhuvan, a web-based 3D satellite imagery tool that is the Indian version of Google Earth.

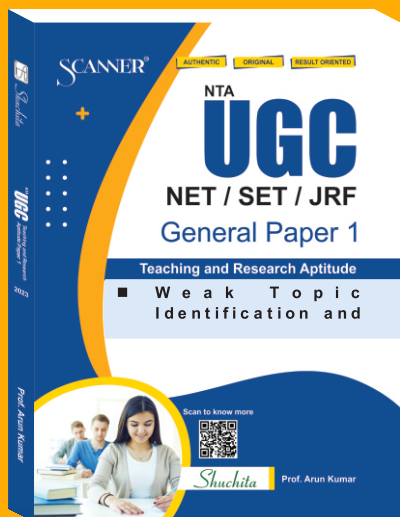
Fact 6: All ISRO's equipment has the three horizontal lines of 'Vibhuti' & 'Kumkum', identical to the one seen on Lord Shiva's forehead.

Fact 7: ISRO has a senior relative named SUPARCO. ISRO was established in 1969, and Pakistan also has a space agency named SUPARCO that was established in 1961. In contrast, SUPARCO only launched 2 satellites with assistance from other nations, whereas ISRO launched 86 satellites by itself.

Fact 8: Mangalyaan or MOM (2014) -To this date, India remains the only country to reach mars on its first attempt (in orbit, not landed). Overall, India is the 4th country to reach Mars after the US, Russia & Europe.

Fact 9: Interestingly, parts of the first rocket were carried on bicycles to a church in Thiruvananthapuram in 1963. This church was later renamed Vikram Sarabhai Space Centre.

Fact 10: The 17-ton Satellite Launch Vehicle-3 (SLV-3) was India's first experimental SLV and was launched into space by ISRO under the direction of APJ Abdul Kalam, who eventually assumed the office of President of India.



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SHRADDHA SHARMA

Shradhha Sharma is the founder and the CEO of YourStory India's biggest website for stories about startups an online informational platform created to shed light on heartening stories of young entrepreneurs and their success journey. She was born and raised in Bihar, but in 1997, when she was barely 17 years old, she moved to New Delhi. She graduated from St Stephen's College in Delhi with a history bachelor's and master's degree. At the Mudra Institute of Communications in Ahmedabad, she also earned a second master's degree. As the Brand Advisor, Shradhha Sharma joined Times of India in 2006. Later, in 2007, she became an Assistant Vice President at CNBC TV. While employed there, Shradha launched her side business, YourStory, in 2008. She quickly focused all of her attention on creating the YourStory startup in Bengaluru, India, beginning in July 2009. She launched YourStory in 2008, but in 2010 she lost her mother, which made her depressed. But it was her commitment to her newly launched business that allowed her to emerge stronger. As she rushed to make YourStory a success, every tale she encountered increased her confidence and excitement for it. She made touch with a number of up-and-coming figures she got to know while working at CNBC TV in order to share the story of budding businesses. However, because

she was no longer employed by the same station and a well-known name was no longer associated with those stories, many people declined to continue. Only a few of them were persuaded, and they all joined in! She describes the concept of YourStory as **'Tell the tale of an entrepreneur that is breathtaking and whose story can card up one's sleeves, will get focus in our corporate structure.'** Today, YourStory has received investments from well-known business persons including, Ratan Tata, Vani Kola, Karthee Madasamy and T.V. Mohandas Pai. In September 2010, Shradha received the NASSCOM Ecosystem Evangelist Award. At the same, she even won the Vilgro Journalist of the Year Award. In 2016 PAT Memorial Outstanding Alumnus Award; 2015 L'Oreal Paris Femina Award for online influence; 2015 named among 500 LinkedIn Influencers worldwide; 2015 LinkedIn's most viewed CEOs under Internet category, and many more.



THE TOWN MOUSE & THE COUNTRY MOUSE

A Town Mouse once visited a relative who lived in the country. For lunch the Country Mouse served wheat stalks, roots, and acorns, with a dash of cold water for drink. The Town Mouse ate very sparingly, nibbling a little of this and a little of that, and by her manner making it very plain that she ate the simple food only to be polite. After the meal the friends had a long talk, or rather the Town Mouse talked about her life in the city while the Country Mouse listened. They then went to bed in a cozy nest in the hedgerow and slept in quiet and comfort until morning. In her sleep the Country Mouse dreamed she was a Town Mouse with all the luxuries and delights of city life that her friend had described for her. So the next day when the Town Mouse asked the Country Mouse to go home with her to the city, she gladly said yes. When they reached the mansion in which the Town Mouse lived, they found on the table in the dining room the leavings of a very fine banquet. There were sweetmeats and jellies, pastries, delicious cheeses, indeed, the most tempting foods that a Mouse can imagine. But just as the Country Mouse was about to nibble a dainty bit of pastry, she heard a Cat mew loudly and scratch at the door. In great fear the Mice

scurried to a hiding place, where they lay quite still for a long time, hardly daring to breathe. When at last they ventured back to the feast, the door opened suddenly and in came the servants to clear the table, followed by the House Dog.



The Country Mouse stopped in the Town Mouse's den only long enough to pick up her carpet bag and umbrella. "You may have luxuries and dainties that I have not," she said as she hurried away, "but I prefer my plain food and simple life in the country with the peace and security that go with it."

Moral: Poverty with security is better than plenty in the midst of fear and uncertainty.

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CYNOSURE OF THE MONTH

Meenakshi S

AIR: 48th CMA Intermediate (Dec. 2022)
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- 1. How do you feel after passing CMA Intermediate Examination?**
I Honestly, I feel elated and happy and the AIR has been an icing on the cake.
- 2. What all has contributed to this success?**
Complete support of my family and my faculties during this journey. Without them, I couldn't have achieved this.
- 3. What challenges did you face during your preparation?**
I had to balance both my college and CMA. It was exhausting to get accustomed to the 7am to 7pm schedule after the pandemic.
- 4. How could you cope up with them? How did your coaching/teacher(s) help you?**
My teachers motivated me and encouraged me to study. They would, constantly, keep in touch with me. Also, they would take tests which tested my abilities.
- 5. Your advice to the aspirant for CMA Intermediate Examination.**
Cost and Management accounting is a wonderful realm of knowledge and to travel in that path requires hard work, consistency and dedication. But also enjoy your life. I am happy to bust the myth that says doing a professional course requires you to be locked up in your room when in reality it doesn't. Best of luck to all for your journey. I also thank Shuchita Prakashan for providing me a platform to express my views.
- 6. Your view about Scanner?**
I have purchased Shuchita Prakashan's scanners for both foundation and intermediate. They have been my faithful guides on my journey so far. All questions from exams compiled chapter-wise, has elevated my prep and allowed me to explore complicated sums and learn different techniques. Particularly, the direct tax scanner helped me a lot by pointing out different amendments and various category of sums and I also secured my highest mark, 81 in direct tax.