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THE FOOD INDUSTRY

BALANCING ECONOMIC GROWTH, INNOVATION, AND SUSTAINABILITY WITH ENVIRONMENTAL AND ETHICAL CHALLENGE



EDITORIAL



"Everybody fails, its no big deal. Its what being human is. Don't let that stop you from taking risks"

-Katty Kay

Dear Friends,

Failure is an inevitable part of life, yet society often conditions us to fear it. The truth is, everybody fails, and it's no big deal. Embracing failure as a natural part of growth can transform our perspective, making us more resilient, creative, and ultimately, successful. Seldom does success impart priceless insights that failure can. We are compelled to examine what went wrong after we fail, which aids in the improvement of our methods, techniques, and strategies. To succeed in the long run, you must learn these lessons. We develop resilience each time we fall short and then get back up. Having this mental toughness is essential for overcoming obstacles in life and rising stronger from failures. Failure is the source of many innovative concepts and inventions. When things don't go as planned, we are frequently forced to think creatively and unconventionally, which leads to innovative ideas we might not have thought of otherwise. It's easy to view successful people as infallible, but their failures remind us that they, too, are human. This realization fosters empathy and a deeper connection with others, as we all share the experience of not getting things right sometimes. Failure is not the end; it's a part of the journey. Everyone fails, and it's no big deal because each failure brings us closer to our goals. By embracing failure, we unlock our potential to grow, innovate, and ultimately succeed. So the next time you stumble, remember: it's just a step on the path to something greater.

Best Wishes! Arun Kumar

Cynosure of the Month

TABLE OF CONTEN	IS	EXECUTIVE EDITOR Prof. Arun Kumar		
CONTENTS	PAGE NO.	EDITOR		
The Food Industry: Balancing Eco		Dr. Priyadarshani Singh		
Growth, Innovation, and Sustaina Environmental and Ethical Challe	bility with nge 3	EDITORIAL BOARD		
Commerce Quiz	5	Dr. K. K. Patra		
		Prof. B. M. Agrawal		
Obesity	5	Prof. M. P. Gupta		
Shopping At Your Fingertips:		CA Shashwat Singhal		
How Smartphones are Revolutioniz Online Retail	izing 7	Dr. Pavan Jaiswal, CWA		
	1	Sri Gaurab Ghosh		
Sudoku and Interesting Facts	9	Dr. Arpita Ghosh		
Personality of the Month-		CA Ganpat Kumar		
Ghajal Alagh	12	CA Amar Omar		
Belling the Cat	12	CA Dilip Badlani		
Our Booksellers	14	CS (Dr.) Himanshu Srivastava		
		CA (Dr.) Mohit Bahal		
	4			

EDITORIAL OFFICE

17

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THE FOOD INDUSTRY BALANCING ECONOMIC GROWTH, INNOVATION,

BALANCING ECONOMIC GROWTH, INNOVATION AND SUSTAINABILITY WITH ENVIRONMENTAL AND ETHICAL CHALLENGE

and negative aspects. Here's a look at the pros and cons of the food industry:

Pros of the Food Industry

ARTICLE

Economic Growth and Employment: The food industry is a major contributor to the global economy. It provides millions of jobs across various sectors, including agriculture, manufacturing, distribution, and retail. This helps support livelihoods and fosters economic development, particularly in rural areas.

Innovation and Technology: The food industry drives innovation in technology, leading to advancements in food production, processing, and safety. Innovations such as genetically modified organisms (GMOs), vertical farming, and precision agriculture have increased productivity and efficiency, helping to meet the food needs of a growing global population.

- Convenience and Variety: Modern food processing and distribution have increased the availability and variety of foods. Consumers now have access to a wide range of products, including readyto-eat meals, international cuisines, and specialized diets (e.g., gluten-free, vegan). This convenience saves time and provides more options for consumers.
- Food Safety and Quality Standards: Strict regulations and standards in the food industry ensure that products are safe for consumption. Organizations such as the FDA (U.S. Food and Drug Administration) and EFSA (European

Food Safety Authority) enforce regulations to prevent foodborne illnesses and protect public health.

 Global Trade and Access: The food industry facilitates global trade, allowing countries to import and export food products, which helps to balance food availability and address shortages. This interconnectedness supports food security and allows consumers to enjoy foods from around the world.

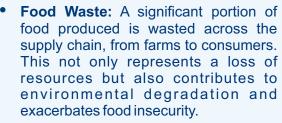
Cons of the Food Industry

- Environmental Impact: The food industry, particularly intensive agriculture and livestock production, has significant environmental impacts. These include deforestation, water depletion, greenhouse gas emissions, and soil degradation. The use of pesticides and fertilizers can also harm ecosystems and biodiversity.
- Health Concerns: The proliferation of processed and fast foods high in sugar, salt, and unhealthy fats has contributed to rising rates of obesity, diabetes, and heart disease. Additionally, the use of additives and preservatives in processed foods can raise health concerns among consumers.
- Ethical Issues: The food industry often faces criticism for practices related to animal welfare, labor conditions, and fair trade. Factory farming, for instance, is often associated with poor treatment of animals, while workers in some segments of the industry may face low wages, poor working conditions, and exploitation.





ARTICLE



- Dependence on Global Supply Chains: The globalization of the food industry makes it susceptible to disruptions, such as those caused by political instability, natural disasters, or pandemics. These disruptions can lead to shortages, price volatility, and economic instability.
- Monopolies and Market Control: A few large companies often dominate the food industry, leading to reduced competition, innovation, and choice for consumers. This concentration of market power can also influence food



Conclusion

The food industry is a dynamic and essential part of the global economy, directly influencing public health, sustainability, and international trade. With ongoing technological advancements and evolving consumer preferences, the industry is likely to see continued transformation in the coming years. The food industry is essential for feeding the global population and driving economic growth. However, it also presents several challenges related to health, environment, ethics, and sustainability. Balancing these pros and cons is crucial for ensuring that the food industry evolves in a way that benefits both people and the planet. Efforts to promote sustainable practices, improve food safety, and ensure fair treatment of workers and animals are key to addressing these challenges.





BODY & BRAIN



COMMERCE QUIZ

- 1. Which of the following is not element of marketing mix
 - a) Product
 - b) Price
 - c) Place
 - d) Packaging
- 2. "Managing by Results" was written by
 - a) Henry Fayol
 - b) E.F.L Brech
 - c) Peter F. Drucker
 - d) Harolf Koontz
- 3. The ideal Method of Index Number is
 - a) Laspeyre's Method
 - b) Pasche's Method

- c) Fisher's Method
- d) Kelly's Method
- 4. The cost which is influenced by a decision is generally termed as
 - a) Relevant Cost
 - b) Opportunity Cost
 - c) Opportunity Cost
 - d) Cash Cost
- **5.** The type of market where single seller dominates the entire market is referred to as
 - a) Perfect
 - b) Imperfect
 - c) Local
 - d) Global

OBESITY

Obesity is a complex disease involving having too much body fat. Obesity isn't just a cosmetic concern. It's a medical problem that increases the risk of many other diseases and health problems. These can include heart disease, diabetes, high blood pressure, high cholesterol, liver disease, sleep apnea and certain cancers. It is commonly defined as having too much body mass. A BMI of 30 or higher is the usual benchmark for obesity in adults. A BMI of 40 or higher is considered severe (formerly "morbid") obesity.

Symptoms: Body mass index, known as BMI, is often used to diagnose obesity. To calculate BMI, multiply weight in pounds by 703, divide by height in inches and then divide again by height in inches. Or divide weight in kilograms by height in meters squared. There are several online calculators available that help calculate BMI. For most people, BMI provides a reasonable estimate of body fat. However, BMI doesn't directly measure body fat. Some people, such as muscular athletes, may have a BMI in the obesity category even though they don't have excess body fat.

Causes include; Poor Diet like; High-Calorie Intake, Sugary Drinks, Portion Sizes; Lack of Physical Activity, Genetics, Psychological Factors, Medical Conditions such as Hypothyroidism, Polycystic Ovary Syndrome (PCOS), Cushing's Syndrome; Medications, some Environmental Factors, Socioeconomic Factors, Sleep Deprivation, and Aging factors.

Preventing obesity involves a combination of healthy lifestyle choices and awareness of the factors that contribute to weight gain. Here are some key strategies for preventing obesity: Healthy Eating

Habits, Regular Physical Activity, Monitor Weight, Healthy Lifestyle Choices like adequate sleep and limit alcohol consumption, Medical and Professional Guidance, Reduce Sedentary Behavior, and creating a Supportive Environment. Treatment typically



involves a comprehensive approach that combines lifestyle drages medial interventions, and sometimes surgical options. Here are the main strategies for treating obesity, like

- **1. Dietary Changes:** Calorie Reduction, Balanced Nutrition, Portion Control, and Meal Planning.
- **2. Physical Activity:** Regular Exercise, Strength Training, and Active Lifestyle.
- Medications: Prescription Medications, Medication Monitoring.
 Surgical Options: Bariatric Surgery includes Gastric Bypass, Sleeve Gastrectomy, and Adjustable Gastric Banding, and Post-Surgical Care.
- 5. Lifestyle and Environmental Changes: Healthy Home Environment, and Practice stressreducing techniques like meditation, yoga, or deep breathing to avoid emotional eating.

ARTICLE



SHOPPING AT YOUR FINGERTIPS

How Smartphones are Revolutionizing Online Retail

In the past decade, smartphones have transformed from mere communication devices to powerful tools that facilitate almost every aspect of our daily lives. What began as a revolutionary communication tool has now become an indispensable part of everyday life, influencing everything from social interactions to how we consume media. Perhaps one of the most transformative shifts facilitated by smartphones is in the realm of shopping. The advent of mobile technology has fundamentally altered the retail experience, giving birth to a new era of commerce: mobile shopping.

In the early days of e-commerce, shopping online was largely confined to desktops and laptops, with consumers visiting websites to browse and purchase products. However, the widespread adoption of smartphones has democratized access to online retail, making it possible for consumers to shop anytime, anywhere. This shift has not only expanded the reach of e-commerce but also introduced a level of convenience and immediacy that was previously unimaginable.

Today, smartphones are at the heart of the global shopping experience, driving a surge in mobile commerce (m-commerce). As smartphone penetration continues to rise globally, more consumers are turning to their mobile devices to research products, compare prices, read reviews, and make purchases. The portability of smartphones, coupled with advancements in mobile technology, has made shopping more accessible and efficient than ever before. This trend is particularly pronounced among younger generations, who have grown up in a digital-first world and expect seamless, on-the-go shopping experiences.

The Rise of Mobile Commerce: A Global Phenomenon

Mobile commerce, often referred to as mcommerce, has emerged as a powerful force reshaping the global retail landscape. The proliferation of smartphones, combined with advancements in mobile technology and internet connectivity, has enabled consumers to shop online with unprecedented ease and convenience. This shift from traditional desktop-based online shopping to mobile-first experiences is not just a regional trend but a global phenomenon, impacting consumers and businesses across the world.

In the early stages of e-commerce, online shopping was largely limited to personal computers, requiring consumers to sit down at a desk to browse and make purchases. However, as smartphones became more sophisticated and accessible, they quickly transformed into portable shopping devices. Today, mobile devices are the primary gateway to the internet for billions of people, particularly in emerging markets where smartphone penetration is rapidly increasing.

A Surge in Mobile Adoption

One of the driving forces behind the rise of mobile commerce is the widespread adoption of smartphones. According to recent statistics, there are over 6.8 billion smartphone users worldwide, and this number continues to grow as smartphones become more affordable and accessible. In many developing countries, where access to desktop computers is limited, smartphones serve as the primary means of



Neha Pandey Research Scholar

Amity University, Lucknow Campus

ARTICLE

accessing the internet, making them essential tools for online shopping.

Moreover, the expansion of mobile broadband networks, including 4G and the rollout of 5G, has further fueled the growth of m-commerce. Faster and more reliable internet connections enable consumers to shop on the go without the frustration of slow loading times or interrupted connections. This has opened up new opportunities for retailers to reach customers in real-time, offering dynamic, location-based promotions and personalized shopping experiences.

A Global Shift in Consumer Behavior

As mobile commerce continues to rise, it is driving significant changes in consumer behavior on a global scale. Consumers are increasingly turning to their smartphones not only to make purchases but also to research products, compare prices, read reviews, and engage with brands on social media. This shift is particularly evident among younger generations, such as Millennials and Gen Z, who have grown up in a digital-first world and are more likely to use their smartphones as their primary shopping tool.

In regions such as Asia, where smartphone usage is particularly high, m-commerce is booming. Countries like China, India, and Indonesia are witnessing explosive growth in mobile shopping, with consumers embracing mobile payment systems like Alipay, WeChat Pay, and India's Unified Payments Interface (UPI). These platforms have simplified the checkout process, making it easier for consumers to complete transactions with just a few taps on their screens.

Retailers Responding to the Mobile-First Era

The rise of mobile commerce has compelled retailers to rethink their strategies and prioritize mobile-first experiences. Retailers are now investing in mobile-optimized websites, intuitive apps, and mobile payment solutions to cater to the growing number of mobile shoppers. Many are also utilizing mobile technology to enhance the shopping experience, incorporating features such as augmented reality (AR) for product visualization, voice search, and Al-driven personalized recommendations.

Global e-commerce giants like Amazon and Alibaba have been at the forefront of this shift, continually innovating to meet the demands of mobile consumers. Meanwhile, smaller businesses and startups are also leveraging mobile platforms to reach new audiences and compete in the crowded online marketplace. The ability to offer a seamless, user-friendly mobile shopping experience is becoming a key differentiator in the retail industry.

Conclusion:

The rise of mobile commerce is a testament to the transformative power of smartphones and the digital revolution. As mobile technology continues to advance and become more accessible, the global shift towards mobile-first shopping experiences is expected to accelerate. For consumers, this means greater convenience, personalization, and accessibility. For retailers, it presents both challenges and opportunities in an increasingly competitive market.

As we look to the future, it is clear that mobile commerce will play a central role in the evolution of the retail industry. The global phenomenon of mobile shopping is not just a passing trend; it is a fundamental change in how we engage with the world of commerce. Embracing this change will be crucial for businesses seeking to thrive in the digital age, as the smartphone continues to redefine the shopping experience on a global scale.





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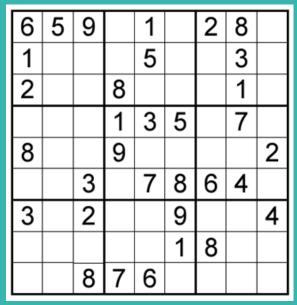
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1	2	3	7	6	5	8	4	9
5	6	7	4	8	9	1	2	3
3	1	4	9	5	2	6	7	8
2	8	6	3	4	7	9	1	5
7	9	5	6	1	8	2	3	4
9	3	8	2	7	1	4	5	6
6	5	1	8	3	4	7	9	2
4	7	2	5	9	6	3	8	1
_								

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,

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INTERESTING FACTS ABOUT ENGLISH LANGUAGE

Fact 1: Actually, the Netherlands and what is today known as north-west Germany are where English originated.

Fact 2: The phrase "long time no see" is believed to be a literal translation of a Native American or Chinese phrase as it is not grammatically correct.

Fact 3: "Go!" is the shortest grammatically correct sentence in English. Find out some of the longest words in the English language.

Fact 4: About 4,000 words are added to the dictionary each year. The two most common words in English are I and you. And 11% of the entire English language is just the letter E.

Fact 5: Unlike the German Rat für deutsche Rechtschreibung, the Spanish Real Academia Española, the French Académie française, and other important languages, it is the only one without an organization governing it. These organizations are in charge of managing how the usage, lexicon, and grammar of their respective languages change over time.

Fact 6: Many English words have changed their meaning over time – for example, "awful" used to mean 'inspiring wonder' and was a short version of "full of awe", whereas 'nice' used to mean "silly".

Fact 7: The first English dictionary was written in 1755. The oldest English word that is still in use is "town".

Fact 8: There are seven ways to spell the sound 'ee' in English. This sentence contains all of them: "He believed Caesar could see people seizing the seas".

Fact 9: English is the official language of 67 countries. Total 90% of English text consists of just 1000 words. And there are 24 different dialects of English in the US.

Fact 10:The English language contains a lot of contronyms – words that can have contradictory meanings depending on context.

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PREPARING FOR THE REAL WORLD



GHAJAL ALAGH

Ghazal Alagh is currently known as founder of Mamaearth, from earning Rs. 1200 per day to building a company, which is now worth Rs. 9800 crores. Ghazal was born on 02 September 1988 in Gurgaon, Haryana. She was brought up in a middle-class setup. After completing her early schooling in Haryana, she attended Punjab University to earn a BCA in information technology. She also completed the 2013 New York Academy of Art Intensive Course in Figurative Art and the Summer Intensive Course in Modern Art, Design, and Applied Arts from the School of Visual Arts later on. As a Corporate Trainer at NIIT, Ghazal started her career teaching engineers and managers how to code using different IT firms' tools and coding languages. Her starting salary was a meager 1,200 per day.

Later on, she tried her hand at a few other ventures, such as starting Dietexpert and working as an artist at Being Artsy. Her greatest leap, however, occurred in the subsequent phase of her work, which began when she and her spouse, Varun Alagh, discovered the majority of infant goods available on the Indian market were loaded with toxic and dangerous ingredients when looking for toxin-free options for their child. After the birth of their first son, the couple searched for toxin-free baby care products and realized that the Indian market lacked such products. This led to the founding of Mamaearth w h i c h p r o d u c e s completely toxin-free baby care products. Mamaearth debuted with seven goods with an initial investment of

25 lakhs, under the parent organization Honasa Consumer Ltd., focusing mainly on baby care products. Subsequently, the company launched



skincare and makeup lines. The company owns brands such as Ayuga, The Derma Co., and Aqualogica. Additionally, it has investments in BBLUNT, a salon company, Momspresso, and Dr. Sheth's, a beauty brand. The D2C company, Mamaearth takes pride in being the first Asian brand with a "MADE SAFE" certification. The company is known to deliver completely toxinfree products. The company initially focused on the online marketplace, later expanding to its offline stores. Ghazal was awarded the Business World 40 under 40 Awards in association with Businessworld for being a change-maker and corporate leader. She was one of the women achievers who were honored at the 19th edition of Business Today's 'Most Powerful Women in Business' event by Union Minister Smriti Irani. And was among the 20 women enlisted on the Forbes 2022 Asia's Power Businesswomen.

BELLING THE CAT

The Mice once called a meeting to decide on a plan to free themselves of their enemy, the Cat. At least they wished to find some way of knowing when she was coming, so they might have time to run away. Indeed, something had to be done, for they lived in such constant fear of her claws that they hardly dared stir from their dens by night or day.

Many plans were discussed, but none of them was thought good enough. At last a very young Mouse got up and said:

"I have a plan that seems very simple, but I know it will be successful.

All we have to do is to hang a bell about the Cat's neck. When we hear the bell ringing we will know immediately that our enemy is

coming." All the Mice were much surprised that they had not thought of such a plan before.



But in the midst of the rejoicing over their good fortune, an old Mouse arose and said: "I will say that the plan of the young Mouse is very good. But let me ask one question: Who will bell the Cat?"

Moral: It is one thing to say that something should be done, but quite a different matter to do it.

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Thanking you in anticipation. Warm regards, Editor Shuchita Times

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Topper Book Depot	Delhi	9968418755	Malhotra Books	Patna	93046846
Jain Book Depot Pvt Ltd	Delhi	9810991451	Encash Law House	Patna	95252440
Sai Book House	Delhi	9711811303	Friends Book Depot	Prayagraj	94517438
Khandelwal Book Depot	Delhi	9213336682	Darshan Book Depot	Prayagraj	94150599
Sanjay Photostate	Delhi	9958241626	Prayag Pustak Bhawan	Prayagraj	94505783
Jain Book Variety	Delhi	9810088791	Sharda Pustak Bhawan	Prayagraj	94156388
Amar Hind Book Depot	Delhi	9811459110	Sharda Prasad and Sons	Prayagraj	94157800
Dhanbad Book Store	Dhanbad	9431730522	Shyamji and Sons	Prayagraj	93056317
Book Corner	Dhanbad	9835934963	Friends Book Center	Prayagraj	94535276
Jai Bhawani Book Depot	Durg	9827473100	Pragati Book Centre	Pune	96577031
Law Book Shop	Ernakulam	9447768991	Goel Book Agency	Pune	98909388
Professional Book House	Goa	9673869750	Varma Book Center	Pune	94235857
Vidyarthi Pustak Mandir	Gorakhpur	9838172713	Ajit Law Book Depot	Pune	98509549
Mangla And Company	Gurgaon	9911585533	Hind Law House	Pune	98230295
NAND BOOK STALL	Gurgaon	9711477524	Vikas Book House	Pune	99213311
Book Land	Guwahati	9864508257	Rohit Law Book Suppliers	Pune	97672585
Kitab Ghar	Gwalior	8358957055	A.K. Enterprises	Pune	98225481
Grower Law House	Gwalior	9893393605	Central Book House	Raipur	94060163
Dimond Stationars	Haridwar	9358398035	Shah Book Depot	Raipur	94255256
Laxmi Book Depot	Haridwar	9760033004	Crown Book Depot	Ranchi	94317701
Raj Kamal Book Centre	Hyderabad	9177121119	Singhai Brothers	Ranchi	94307906
SIA Publishers and Distributor Pvt Ltd	Hyderabad	9908062032	Malhotra Book Agency	Ranchi	93080905
Raja Laxmi Book Depot	Hyderabad	9966900069	Munjal Book Depot	Saharanpur	98974003
Asia Law House	Hyderabad	9849031942	Karthick Law Agency	Salem	94437418

15

OUR BOOK SELLERS



Radiant Book House	Hyderabad	9246572694	Book Point	Sambalpur	943820147
Sujatha Law Books	Hyderabad	9866086422	Shraddha Book Depot	Secunderabad	703233336
Tribhuvan Book House	Hyderabad	9032099907	Shraddha Books And Stationery	Secunderabad	984945155
Shiv Shakti Book Centre	Indore	9425063647	SUCHI PATRA Booksellers and order Supplier	Siliguri	983206873
K Bhooshan Book Seller	Indore	9826671110	Mahaveer General Store	Solapur	942238094
Mahavir Competition Book House	Indore	9827578758	Popular Book Centre	Surat	982551900
Jain Brothers	Indore	9926636333	Unique Book Store	Surat	937689104
Chelawat Book Depot	Indore	9926500362	Western India Book Corporation	Surat	982516082
Khetra Pal Law House	Indore	9827037713	Laxmi Book Depot	Thane	983321815
Pooja Law House	Indore	9826625560	Shanti Book Depot	Thane	989277000
Jain Sri Stationery Store	Indore	9826749591	Karias Book Center	Thane	992184848
India Publishing Company	Indore	9893296074	BOOK BANIYA	Thane	828610010
Rahul Book Centre	Indore	7999507800	Minerva Books	Thrissur	989547861
Vinay Pustak Sadan	Jabalpur	9300126517	Cosmo Books	Trichur(Trissur)	984623529
Mehta Pustak Bhandar	Jaipur	9829448153	Agasthiar Book Depot	Trichy	944337006
New Sharma Pustak Bhandar	Jaipur	9461628380	Saradha Book Centre	Trivandrum	944707576
Jain Book Depot	Jaipur	9314935585	Popular Book Store	Udaipur	941416685
Jain Professional Services	Jaipur	9828332385	Gupta Brothers Books	Visakhapatnam	924712549
Goyal Book Distributors	Jaipur	9414782130	Sri Rajeshwari Book Links	Visakhapatnam	984803601
Pioneer Book Shop	Jalandhar	9888459890	XL Enterprises	Udupi	948282090
Sharda Book Depot	Jamshedpur	9431566455	O K Book Depot	Ujjain	942509141
Singhal Book Co.	Jodhpur	9460589979	Apoorv Stationers	Ujjain	982692952
Book World	Jodhpur	9829088088	Hemdip Agencies	Vadodara	982509479
Jain Brothers Book Sellers	Kanpur	9839704638	Career Management Institute	Valsad	997462432
Kishan Book Depot	Kanpur	9336201958	Varanasi Law Agency	Varanasi	991847047
Sanjay Book Depot	Kanpur	9336226210	Arunodaya Book Centre	Varanasi	933697138
Crux Book Shop	Kanpur	9026152126	Saraswati Books	Varanasi	93354530
Bhatiya Stationers And Book Seller	Kanpur	9839962284	Deccan Law House	Vijayawada	984853212
Supreme Law House	Vijayawada	9246472080			

16

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CYNOSURE OF THE MONTH

Neha Namdev Bhere AIR: 30th (CMA Inter, Dec. 2021) Vasind (W), Shahapur.



1. How do you feel after passing CMA Inter Examination? It was the most beautiful feeling I had ever experienced. All that painful effort and every moment sacrificed during the journey feels worthful.

SHUCHITA YOUR TRUSTED PARTNER IN SUCCESS

- 2. What all has contributed to this success? Well, Many factors contributed to it but the most important are Scanners (PYQ), Consistency, Perseverance and Support from family and friends specially Manish Kundekar & Sakshi Keswani. Also my sister Sanchita Bhere.
- 3. What challenges did you face during your preparation? Being the first person from a family pursuing a professional degree like CMA is the toughest challenge I have to face.
- 4. How could you cope up with them? How did your coaching/teacher(s) help you? I used online resources. Some problems are solved by Trial & Error. Many times I failed to deal with them or let's say I did things wrong but eventually coped with them.
- Your advice to the aspirant for CMA Inter Examination. Try your best. Everything you sacrifice during preparation will give you returns infinitely. Focus on yourself and your preparation and let success follow you.
- 6. Your view about Scanner? Scanners especially in case of Theoretical Subject plays an important role. At the initial stage, Scanners are not required but as you come in last 2-3 months, Scanners can be the best friend.