

THE INSTITUTE OF CHARTERED ACCOUNTANTS OF INDIA

THIRUVANANTHAPURAM BRANCH OF SICASA



# UNARVU



WHERE MINDS ENLIGHTEN

*Our Monthly Newsletter*

*World Health Day  
Special Edition*

**My Health,  
My Right**



# UNARVU

Drawing from its Tamil roots meaning 'enlightenment' and Malayalam's connotation of 'awakening,' Unarvu, like a multifaceted gem, illuminates your path to becoming a Chartered Accountant. This name reflects the core essence of our newsletter, tailored specifically for CA students.

As minds hungry for knowledge converge, Unarvu serves as the beacon illuminating their journey towards professional excellence. We chose this name to symbolize the awakening of intellect, the cultivation of wisdom, and the pursuit of mastery in the field of Chartered Accountancy.

Through insightful articles, exam tips, and industry updates, Unarvu empowers you to navigate the challenges and embrace the triumphs of your CA journey. With each issue, Unarvu endeavours to empower aspiring CAs with the insights, guidance, and inspiration they need to navigate the complexities of their academic and professional endeavours, fostering a community where minds enlighten, and aspirations flourish.

So, let's ignite the mosaic of hidden narratives and sparks of curiosity within, from the whispers of history to the dreams of tomorrow with Unarvu, a testament to our shared humanity.



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## SICASA CHAIRPERSON'S ADDRESS



Beloved Students,

"Health is Wealth"—a saying we've known since childhood. Yet as we grow older, struggling with the demands of adulthood and work, we often lose sight of this fundamental truth. It's essential to prioritize our health for a sound mind and a balanced life.

World Health Day is celebrated on April 7th. Let this day serve as a reminder to prioritize your well-being. When you take care of your health, you enable yourself to navigate life's challenges with a clear mind and greater resilience.

As your exams approach, remember not to dwell on thoughts of first or second attempts. Instead, focus on the task at hand. Give your best effort, while understanding that a healthy amount of pressure can drive success. Maintain a steady pace, without overloading yourself.

During the final days of study leave, emphasize what you've already mastered. It's time to review and consolidate your knowledge rather than trying to tackle new material. Practice effective time management and make space for rest and relaxation. Ensure you get enough sleep so you can perform your best.

Good luck to everyone preparing for the upcoming exams!

SICASA Thiruvananthapuram offers a variety of events for students, from academic seminars and national conferences to motivational sessions, sports events, and industrial visits. Your active participation and feedback are invaluable. Consider these opportunities as part of your personal and professional growth alongside your articleship.

Stay focused, stay healthy, and best of luck in your exams!

Warm regards,

**CA JULIE G VARGHESE**  
**CHAIRPERSON - SICASA**  
**9633211663**



## SICASA VICE CHAIRMAN'S MESSAGE



Dear students,

As you prepare to face your exams, I want to share a few words of encouragement with you. First and foremost, remember that you are capable of achieving great things. Each of you has worked tirelessly to reach this point, and your dedication is commendable.

I understand the pressure and anxiety that come with exams, but I urge you not to let them overwhelm you. Instead, approach this challenge with confidence and determination. Believe in your abilities, trust in your preparation, and know that you have the potential to succeed.

Hard work and perseverance are your greatest allies. Stay focused, stay motivated, and stay disciplined. Remember that success is not just about intelligence, but about resilience and tenacity. Every setback is an opportunity to learn and grow stronger.

Make sure to take care of yourselves during this time. Get plenty of rest, eat well, and take breaks when needed. A healthy body and mind are essential for peak performance.

Lastly, remember that exams are just one part of your journey. Regardless of the outcome, know that you are capable of achieving your goals. Your worth is not determined by a grade or a score. Keep striving for excellence, and never lose sight of your dreams.

I believe in each and every one of you. Go into those exam halls with confidence, and give it your all. You've got this!

Best of luck.

**ARJUN S PRABHU**  
**VICE CHAIRMAN**



## SICASA SECRETARY'S MESSAGE



Hello everyone!

As we step into the vibrant month of April, we bring forth a message that resonates with both urgency and importance.

This month marks a pivotal time for each and every one of us, particularly for those students who are embarking on the final leg for the preparations of May 2024 Examination. It's a time filled with opportunities, challenges, and most importantly, a time for rigorous preparation.

To kick things off, we urge each and every one of you to prioritize your academic preparations. With exams looming on the horizon, it is imperative that we devote our time and energy towards studying diligently. Remember, success is not merely a product of luck, but rather a consequence of hard work, perseverance, and meticulous preparation. Let us embrace this period as an opportunity to showcase our knowledge, skills, and talents. Let us strive for excellence in all our endeavours and leave no stone unturned in our pursuit of academic success.

However, as we immerse ourselves in our studies, let us not lose sight of another equally crucial aspect of our lives—our health. For what good is success if it comes at the expense of our well-being? Therefore, we implore each and every one of you to prioritize your health above all else. Take breaks when needed, get adequate sleep, nourish your bodies with nutritious food, and engage in regular physical activity. Remember, a healthy body is the foundation upon which all other achievements are built.

To bring it all together, let us approach the month of April with a sense of purpose, determination, and integrity. Let us seize the opportunities it presents, overcome the challenges it may bring, and emerge victorious in our pursuit of academic excellence and personal well-being. Remember, the choices we make today will shape the trajectory of our future. So let us choose wisely, study diligently, prioritize our health, and above all, let us do so with unwavering honesty and integrity.

May this month be one of great achievements, good health, and boundless success for us all!!

**JYOTHIKAA ANIL**  
**SECRETARY**



## FROM THE EDITOR'S DESK

Hi Readers,

We are really happy to release our 2<sup>nd</sup> volume of "UNARVU" in the month of April. This month has been a month of celebration where we had majorly Ramazan and Vishu and the editing team was extremely happy doing the editing works for all the online contests and posts for the same.

This month marks the last one-month preparation of May'24 exams and we wish all the very best to the students appearing for the same.

We invite informative, engaging and insightful articles for our newsletter and thankful to everyone who has contributed their articles to the newsletter.

Hope you will have great time going through the pages of our newsletter! ❤️

**SANGEETH PAUL J**  
**SUB-EDITOR**



**ADDITION TO THE SICASA**  
**COMMITTEE MEMBERS 2024-25**

*Stronger Together!!!*

**SPORTS COORDINATOR**



**J SAM ADHITH**  
**SR00805756**

**SPOKESPERSON**



**S ARCHA SUNIL**  
**SR00751717**





## CA CORNER

### THE INSIGHTFUL MUSING SERIES

By

CA JOSE ZACHARIAH



#### LEARNING FROM FAILURE

There is nothing called success or failure. It is the state of mind that makes a particular incident a success or failure. Recently I contested in an election that I lost but I very much enjoyed the campaign and the defeat with equanimity. It was indeed a great experience for me. The interactions, the effort, the phone calls, the new friendships, and everything connected with the campaign were indeed very enchanting, new, and different. One can make failure an extraordinary experience of joy.

What suffers is the 'ME' or the 'EGO' which is just an illusion. There is this 'ME' or 'EGO' which experiences failure and success. It is perhaps the only enemy of human beings. It is the root cause of all our conflicts, division, sorrow, agony, war, violence, and brutality. The 'EGO' is the accumulated memory of the past which includes tradition, faith, belief in heaven and hell, punishment and reward, the day of judgment, a separate soul for each individual continuing after death, and a bundle of such other illusions. This is continued through our children just as we have inherited it from our parents. If there is no 'EGO' there is no feeling of success and failure.

We human beings with our conscious mind have the capacity to look at 'ME' without identifying ourselves with it and see its ugliness and vulgarities and drop it instantly either wholly or part by part. In that state, there is no 'ME' to feel success or failure. It is the same conscious mind in all human beings. They die with the satisfaction that their children will inherit it and will have a wonderful life unlike them. But with death, all our relationships come to an end. Relationship

with a particular individual whether wife, children, or relatives is just a memory. When death takes place, all relationships come to an end. I have listened to many after-death experiences on YouTube and what they say in common is that after death they are in a state of ecstasy with no physical body; nor do they carry their memory with them.

Our education system should be revamped in such a way that at a very young age, the child becomes curious about the unknown phenomenon engulfing us and unifying mankind and that should be our priority concern when we are physically present on this planet. J. Krishnamurthi, the greatest mystic ever born on this planet says that beyond the broken consciousness of each individual and the group consciousness of humanity, there exists a universal intelligence, love, and compassion pervading this universe. This infinite and timeless energy of love, compassion, and intelligence is capable of solving all human problems provided we can establish access to it by transforming our mindset.



## MOTIVATIONAL AREA

Absolutely! Passing the CA exams isn't just about intelligence; it's about determination, hard work, and resilience. You've already taken the first step by acknowledging that it's challenging but not impossible.

Remember, success doesn't come overnight. It's the result of consistent effort, fueled by your passion for your chosen path. Embrace the grind, knowing that each late-night study session and every sacrifice you make brings you closer to your goal.

Perseverance is your greatest ally. There will be times when you feel overwhelmed or doubt yourself, but it's during these moments that your commitment to your dreams shines the brightest. Keep pushing forward, one step at a time, knowing that every obstacle you overcome makes you stronger.

Sleep and self-care are crucial. A well-rested mind is sharper and more capable of absorbing information. Don't neglect your physical and mental well-being in pursuit of success. Find a balance that allows you to recharge and stay focused.

Create a schedule that works for you, but also be flexible enough to adapt when necessary. Prioritize your tasks, allocate time for study, revision, and relaxation. Stick to your plan, but don't be too hard on yourself if things don't always go as planned. What matters most is your commitment to keep going.

In the end, remember why you started this journey. Visualize your success, and let that vision drive you forward, even when the road gets tough. Believe in yourself, trust in your abilities, and never underestimate the power of hard work and perseverance. You've got this!

- AISWARYAA JAYAKUMAR  
SRO0763004



## ACADEMICS

### TECHNOLOGY AND ETHICAL IMPLICATIONS IN ACCOUNTING

In the dynamic landscape of modern accounting, the integration of technology has revolutionized traditional practices, offering efficiency, speed, and unprecedented access to vast amounts of financial data. However, this digital transformation brings with it a host of ethical considerations that reverberate across the profession.



SHOAIB SHOUKATH

As accountants embrace cutting-edge technologies such as artificial intelligence, machine learning, and cloud-based systems, the ethical implications of these advancements become increasingly pronounced. From ensuring the security of sensitive financial data to grappling with the societal impact of job displacement, this exploration aims to shed light on the multifaceted ethical landscape that accountants navigate in today's tech-driven era.

With the advancements in technology, accountants now have access to vast amounts of real-time financial data, which enables them to perform more accurate and detailed analyses.

However, this also means that there is a higher risk of relying too heavily on technology and neglecting the importance of professional skepticism. Here's the few challenges as well as potential risks faced:

**1. Data Breaches and Unauthorized Access:** As financial data becomes increasingly digitized and stored in cloud-based systems, the risk of data breaches and unauthorized access looms large. Accounting professionals bear the ethical responsibility of implementing state-of-the-art security measures, encryption protocols, and access controls to shield against malicious intrusions.

**2. Balancing Accessibility with Security:** While the digitalization of accounting processes facilitates accessibility and collaboration, a delicate balance must be struck to ensure that convenience does not compromise security and privacy. Striking this balance requires a nuanced understanding of the potential vulnerabilities introduced by technology and a commitment to implementing safeguards that protect client data from unintended exposure.



**3. Client Trust and Ethical Obligations:** The ethical obligations of accountants extend beyond technical proficiency to encompass the establishment and maintenance of client trust. Clients entrust accounting professionals with their most sensitive financial information, and any breach of that trust can have far-reaching consequences.

**4. Regulatory Compliance and Ethical Imperatives:** As technology evolves, so do the regulatory frameworks governing data security and privacy. This proactive stance aligns with the ethical imperative of staying ahead of potential risks and aligning technology usage with the evolving landscape of data protection laws.

### **Integrity and Accuracy of Information**

Integrity and accuracy of information in the context of accounting refer to the reliability, truthfulness, and completeness of financial data and reports. Let's break down these concepts:

#### **1. Integrity**

a. Integrity in accounting implies that the financial information presented is reliable and trustworthy. It means that the data accurately reflects the economic transactions and events it purports to represent.

b. Integrity also involves adherence to ethical standards and principles. Accountants are expected to maintain honesty and fairness in their reporting, avoiding any form of manipulation or misrepresentation of financial data.

#### **2. Accuracy**

a. Accuracy is the degree to which financial information is precise and correct. Inaccuracies can arise from errors in data entry, miscalculations, or flaws in the accounting system.

b. Accurate financial information is not only free from errors but is also consistent over time and comparable across different periods. This consistency allows stakeholders to make meaningful comparisons and analyses.

In the context of technology in accounting, integrity and accuracy become critical considerations due to the increasing reliance on automated systems and software. Automation can streamline processes and reduce the likelihood of human errors, but it also introduces new challenges and ethical considerations:



1. Accountants must ensure that automated systems are programmed and utilized ethically. This includes avoiding biases in algorithms, preventing intentional manipulation of data, and addressing any unintentional errors that may arise from the automated processes
2. Technology should be implemented with robust data validation processes and quality control measures to verify the accuracy and integrity of the information.
3. Ethical considerations extend to transparency in reporting. Accountants using technology should provide clear explanations of the automated processes, disclose any limitations or uncertainties, and ensure stakeholders understand how the technology contributes to the accuracy and integrity of financial information.

### **Professional Competence: Upskill with Technology**

As the world is evolved, the competition is also getting volumized. Professional competence in the context of s in technological accounting encompasses the knowledge, skills, and ethical mindset that accounting professionals need to navigate the challenges and opportunities presented by advancing technologies.

The foundations required for professional competence with literacy are as follows:

#### **1. Technological Literacy:**

Accounting professionals must engage in continuous learning to stay abreast of technological advancements. This involves attending relevant training programs, workshops, and obtaining certifications in emerging technologies relevant to accounting, such as data analytics, artificial intelligence, and blockchain.

#### **2. Ethical Awareness:**

Professional competence requires a heightened awareness of the ethical implications associated with technological tools and processes. Accountants should be able to identify potential ethical issues in the use of technology and make informed decisions that align with ethical standards and principles.

#### **3. Transparent Communication:**

Competent accountants should possess strong communication skills to transparently communicate the ethical considerations associated with technological accounting to clients, colleagues, and other stakeholders.



This includes explaining the potential risks and benefits of technology adoption.

#### 4. Analysing Ethical Dilemmas:

Competent accountants should possess strong critical thinking skills to analyse complex ethical dilemmas arising from technological advancements. This involves weighing different perspectives, considering potential consequences, and making ethically sound decisions.

#### 5. Educating Clients:

Professionals should be competent in educating clients about the ethical implications of technology in accounting. This includes explaining how technology is used, addressing client concerns about data security and privacy, and fostering a mutual understanding of ethical considerations.

### Fairness and Biases - Navigating the Ethical Landscape

The integration of technology into accounting processes introduces a critical dimension of ethical consideration—fairness and bias. In the pursuit of efficiency and accuracy, automated systems and algorithms may inadvertently introduce biases that have far-reaching implications for financial reporting. Achieving a delicate balance between technological innovation and ethical responsibility is paramount in addressing these concerns.

To have a clear bifurcation on Fairness and Bias in Technological Accounting, we need to have research on following:

1. Understanding Bias in Automated Systems: As accounting embraces machine learning and artificial intelligence, it becomes imperative to recognize the potential biases embedded in algorithms. These biases may stem from historical data, programming decisions, or inherent assumptions, influencing the fairness of financial reporting. Ethical competence demands a comprehensive understanding of how biases can manifest in automated systems.

2. Ethical Reporting Standards and Objectivity: Fairness in financial reporting is synonymous with objectivity. Accounting professionals must uphold ethical reporting standards, ensuring that automated systems produce results that are free from favouritism or discrimination. Striking a balance between the speed of automation and the ethical imperative of unbiased reporting is a central challenge in the era of technological accounting.



3. **Transparency as an Ethical Imperative:** Transparent reporting fosters trust among stakeholders and underscores a commitment to ethical practices in the face of automated decision-making. To address concerns of fairness and bias, transparency becomes a cornerstone of ethical technological accounting. Professionals should communicate openly about the algorithms and data sets used, acknowledging potential limitations and biases.

4. **Continual Monitoring and Ethical Adaptation:** As technology evolves, the ethical landscape surrounding fairness and bias is dynamic. Competent professionals are tasked with continually monitoring and adapting ethical and proactive frameworks to align with emerging technologies.

### **Job Displacement**

The phenomenon where the introduction and widespread adoption of automation, artificial intelligence, and other advanced technologies result in the reduction or elimination of certain job roles within the accounting profession. As technology evolves and becomes more integrated into accounting processes, routine and repetitive tasks that were traditionally performed by humans may be automated, leading to changes in the nature of work and the skills required.

Hence, it involve a thoughtful and strategic approach that considers the well-being of employees, promotes continuous learning, and seeks to leverage technology in a way that benefits both the organization and its workforce.

**The challenges of maintaining client confidentiality in a digital environment.** Maintaining client confidentiality in a digital environment presents several challenges, primarily due to the increased complexity and potential vulnerabilities associated with electronic data storage, transmission, and processing. Here are some predominant challenges:

1. **Data Breaches:** The risk of data breaches is a significant challenge. Cybercriminals may exploit vulnerabilities in digital systems to gain unauthorized access to sensitive client information.





**2. Third-Party Risks:** Storing client data in the cloud introduces the challenge of relying on third-party service providers. Ensuring the security practices of these providers and mitigating the risks associated with their systems is crucial.

**3. Device Security:** Remote work environments introduce the challenge of securing various devices used for client interactions, including personal computers, tablets, and smartphones.

**4. Decryption Risks:** Decrypting data for authorized access introduces potential risks if not done securely, especially during data transmission.

**5. Long-Term Data Storage:** Managing data retention policies for long-term storage without compromising security is a continual challenge.

### **Relationship with Technology and Regulatory Compliance**

The relationship between technology and regulatory compliance in accounting is intricate, with technological advancements presenting both opportunities and challenges in meeting ethical standards and legal requirements. Let's have a glimpse on few of them:

#### **1. Cross-Border Transactions:**

a. **Opportunity:** Technology facilitates cross-border compliance by automating the tracking of jurisdiction-specific regulations and enabling secure data transfer protocols.

b. **Challenge:** Cross-border data transfers and transactions may involve compliance with different international regulations.

#### **2. Real-Time Reporting Requirements**

a. **Opportunity:** Technology enables the automation of reporting processes, providing accurate and timely data to meet real-time reporting requirements.

b. **Challenge:** Some regulations require real-time or near-real-time reporting of financial information, which can be challenging without advanced technology.

#### **3. Audit Trail and Documentation:**

a. **Opportunity:** Digital technologies allow for the creation of secure and immutable audit trails, aiding in compliance documentation and reducing the risk of fraud or manipulation.



b. **Challenge:** Regulatory compliance often involves maintaining a comprehensive audit trail and documentation of financial transactions.

**4. Education and Training Compliance: a. Opportunity:**

a. **Opportunity** Technology facilitates online training programs, compliance tracking systems, and knowledge-sharing platforms to ensure continuous education and awareness among accounting professionals.

b. **Challenge:** Ensuring that employees are aware of and adhere to regulatory requirements is crucial for compliance.

As technology and regulatory compliance engage in an intricate dance, the accounting profession stands at the crossroads of innovation and integrity. The relentless evolution of regulatory frameworks demands nimble adaptation, while cutting-edge technologies offer the means to not only meet but surpass compliance expectations. The journey requires a commitment to ongoing learning, a vigilant defence against cyber threats, and a steadfast dedication to the principles of fairness, accuracy, and client confidentiality.

The future belongs to those who can harmonize innovation with ethics, and in the realm of accounting, the future is both the challenge and the canvas upon which the story of financial stewardship is written.

Let me conclude with a saying, "Technology is a tool, not a solution. It amplifies our capacity for both good and evil; it is the character of the wielder that decides which." - David Gerrold



**EXCEL SHORTCUTS:****CTRL + A TO Z IN EXCEL**

SL NO.	SHORTCUT	PURPOSE
1	Ctrl + A	Select all
2	Ctrl + B	Bold
3	Ctrl + C	Copy
4	Ctrl + D	Fill down
5	Ctrl + E	Flash Fill
6	Ctrl + F	Find
7	Ctrl + G	Go to
8	Ctrl + H	Replace
9	Ctrl + I	Italic
10	Ctrl + J	Not available
11	Ctrl + K	Hyperlink
12	Ctrl + L	Table
13	Ctrl + M	Not available
14	Ctrl + N	New workbook
15	Ctrl + O	Open workbook
16	Ctrl + P	Print
17	Ctrl + Q	Not available
18	Ctrl + R	Fill right
19	Ctrl + S	Save
20	Ctrl + T	Create Table
21	Ctrl + U	Underline
22	Ctrl + V	Paste
23	Ctrl + W	Close Workbook
24	Ctrl + X	Cut
25	Ctrl + Y	Redo
26	Ctrl + Z	Undo

- EDITORS DESK



QUOTE OF THE MONTH

*Success is not final;  
Failure is not fatal;  
It is the courage to continue that  
counts.*

*- Winston S Churchill*



## FROM AWARENESS TO ACTION : CELEBRATING WORLD HEALTH DAY

World Health Day is observed on April 7<sup>th</sup> to raise awareness about pressing health issues, promote healthy lifestyles, and advocate for universal access to quality healthcare. The theme of World Health Day 2024 is "My health, my right". "This year's theme was chosen to champion the right of everyone, everywhere to have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination," the World Health Organisation has said.



Health concerns in India encompass a broad spectrum of issues, reflecting the country's diverse population, socioeconomic disparities, and complex healthcare landscape. While numerous health challenges exist, several stand out as particularly dangerous due to their prevalence, impact on public health, and long-term consequences.

Here are the top seven most dangerous health concerns:

1. Non-Communicable Diseases
2. Infectious Diseases
3. Maternal and Child Health
4. Malnutrition and Nutrition Imbalance
5. Environmental Pollution
6. Mental Health Disorders and
7. Emerging Infectious Diseases

Of all the seven health disorders listed above, Mental Health Disorder is the most underrated one. The significance of mental health disorders lies in their profound impact on individuals, families, and society as a whole. These disorders can disrupt daily functioning, impair relationships, hinder work or school performance, and diminish overall quality of life. They are also associated with increased risk of physical health problems and a higher likelihood of engaging in risky behaviours.

Furthermore, mental health disorders often carry stigma and discrimination, which can prevent individuals from seeking help and accessing necessary



treatment. This can lead to worsened symptoms and outcomes over time. Addressing mental health disorders is crucial for promoting overall well-being and reducing the burden on healthcare systems. By raising awareness, providing effective treatment options, and fostering supportive environments, we can work towards improving the lives of those affected by these disorders and creating a more inclusive society.

*"An ear to hear, a heart to care and a hand to show the way in times of trouble is all that we humans need."*

**Have you ever experienced an 'attack' of fear, anxiety, or panic?**

This is a frequent question that is asked by a professional while diagnosing one's mental health, and rather sadly, the answer received in most of the cases is affirmative.

Mood and mental health are intricately connected, influenced by various factors and elements within our daily lives. Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental-health is a basic human right. And it is crucial to personal, community and socio-economic development.

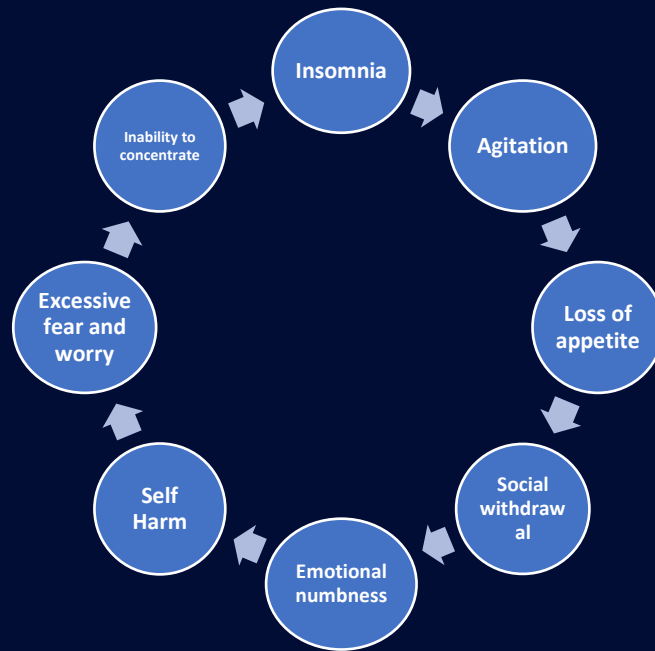
Mental health is more than the absence of mental disorders. **Mental Illness** is a term used to describe mental health conditions that impact mood, thinking, and behaviour. These disorders may interfere with a person's ability to relate to others and function on a daily basis.

Common mental illnesses include:

- **Mood disorders** (depression, bipolar disorder, etc.,)
- **Psychotic disorders** (schizophrenia, schizoaffective disorder, etc.,)
- **Anxiety disorders** (generalized anxiety disorder, post-traumatic stress disorder, phobias, etc.,)

These symptoms vary depending on the type of mental illness one is struggling with. However, some common symptoms associated with many types of mental illness include:

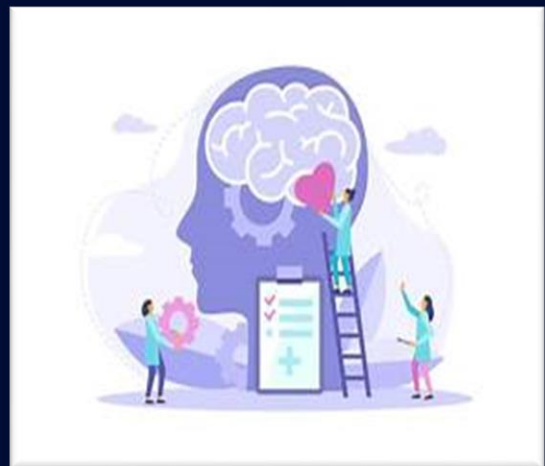




People with mental health conditions are more likely to experience lower levels of mental well-being, but this is not always or necessarily the case. Other conditions may also mask a person's true struggle with mental health such as an **eating disorder**, **addiction**, or even *physical pain* that does not have a clear source (such as back pain).

**First Principles of Self-Care & 5 Pillars of Mental Health** Our mental health is interplay of numerous facets. Five pillars serve as the foundational principles in nurturing a resilient and balanced mental state.

1. **Sleep & Sleep Routine Incorporation**
2. **Light, Sunlight & Nighttime Environment**
3. **Movement**
4. **Nutrition**
5. **Social Connection**



#### **Incorporating into Life:**

One must incorporate these concepts into daily life for improved mental health:

- ❖ **Observation & Adjustment**
- ❖ **Tailoring Routine**
- ❖ **Mindfulness & Reflection**
- ❖ **Adaptation**



By integrating these practices into one's life and being mindful of its effects on their emotions, they can gradually tailor their routine to optimize their mental well-being.

Mental health disorders are a growing concern, affecting individuals of all ages and socioeconomic backgrounds. Despite the significant burden of mental illness, access to mental healthcare services remains limited, and stigma surrounding mental health persists. Common mental health disorders such as depression, anxiety, and substance use disorders are often underdiagnosed and undertreated, leading to poor health outcomes and reduced quality of life. Addressing mental health challenges requires comprehensive strategies that prioritize prevention, early intervention, and access to culturally sensitive and affordable mental healthcare services.

Aristotle has left us with beautiful yet eye-opening words in the tune of "It is during our darkest moments that we must focus to see the light." For Brave are not those who are immune to fear, rather those who fight swimming through the fear and win battles that others do not know about. This article is dedicated to those who asked for help, who evolved through the storm, and to all those who never lost infinite hope.

World Health Day serves as a reminder of the importance of prioritizing health on a global scale. It highlights the need for collective action to address health challenges and promote well-being for all. In conclusion, World Health Day encourages collaboration among governments, organizations, healthcare professionals, and individuals to ensure equitable access to healthcare services, promote preventive measures, and address the social determinants of health. By coming together and advocating for health equity, we can build healthier, more resilient communities and pave the way for a brighter future for everyone.

- APEKSHA KAMATH  
SRO 0757783





## ARTS CORNER

### THE NIGHT VISITOR

A fine night, as usual you entered into your room, after having the dinner. You are alone, lying on the bed and the lights were turned off. There comes the one, unable to see but can only feel it's presence. It started speaking to you about your past events which you are trying to forget forever and also influencing you to think about problems and future obligations. The voice was heard by none, but only you.

It started telling you about an uncertain event and step by step it narrates all your problems. This makes you tense, feel worried and took away your sleep. It is none other than your own mind which plays with you whenever it get rest.

No one can help you to escape from it's circle but one and only you can aware about it , control it and come out of it.

Goodnight 😊

- GOKUL R  
SRO 0702485



**ECHOES OF EXISTENCE**

In the dance of dawn, life's tale unfurls,  
A symphony of dreams, where hope whirls.  
With each breath drawn, a new story begins,  
In the canvas of time, where destiny grins.

Through valleys deep and mountains high,  
We journey on, beneath the endless sky.  
Triumphs and trials, hand in hand we embrace,  
For in life's intricate weave, beauty finds its place.

With every sunset, a chapter finds its close,  
Yet in the twilight's glow, a new path grows.  
For life's essence lies not in the final breath,  
But in the legacy we leave, beyond life's breadth.

- MOHAMED ASHIQ M M  
SRO0651678



**DRAWINGS**



- **AMMU KRISHNA**  
**SRO0776006**



**PHOTOGRAPHY CORNER**



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**SRO0800678**





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**TROLLS**



- ALVIN JOSE  
SRO0669134



**WINNERS**

THE INSTITUTE OF CHARTERED ACCOUNTANTS OF INDIA  
THIRUVANANTHAPURAM BRANCH OF SICASA

**POETRY COMPETITION WINNERS**

CONGRATULATIONS!!!



**NANDHANA S G**

(ENGLISH)



**ATHIRA REGHU**

(MALAYALAM)

**CA JULIE G VARGHESE**  
Chairperson SICASA

**ARJUN S PRABHU**  
Vice Chairman

**JYOTHIKAA ANIL**  
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