



NAVATARA

A GUIDING LIGHT

REFLECT RECHARGE AND FOCUS

NAVTARA

Navtara, derived from the Sanskrit words "Nav" meaning "nine" and "Tara" meaning "star," represents a celestial journey toward brilliance. Just as the stars guide travellers through the night, *Navtara* serves as the guiding light for Chartered Accountancy students on their path to success. Each edition of *Navtara* is like a star in the sky—offering clarity, direction, and motivation to keep moving forward, no matter how challenging the road may seem.

The newsletter is designed not only to inform but to inspire. It is a treasure trove of knowledge—packed with study tips, industry insights, motivational stories, and essential updates. Whether you're preparing for exams, juggling articleship, or seeking guidance in your professional journey, *Navtara* is here to light your way. Every month, it will remind you that you are not alone on this path.

With every page you read, let your dreams of becoming a leading financial expert shine brighter, and may you always stay focused on your ultimate goal.

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SICASA CHAIRMAN'S ADDRESS



Dear students

As the Chairman of SICASA, Thiruvananthapuram Branch of ICAI, I am delighted to share an overview of the vibrant and engaging events conducted and planned during the months of May and June 2025. Our efforts have been centered on creating a dynamic platform that encourages holistic development among CA students - blending academic enrichment, talent exploration, and personal growth.

Events Conducted in May 2025:

English Speaking Workshop (10-May-2025):

Held with the aim of enhancing communication and presentation skills, this workshop saw enthusiastic participation from students eager to sharpen their English proficiency - a key asset for any aspiring Chartered Accountant. The interactive nature of the session and practical tips shared by experts left a lasting impact on attendees.

Indoor Sports Competition (28-May-2025):

The indoor sports event provided a much-needed recreational break for our students amidst their rigorous academic schedules. Events such as chess, carrom, and table tennis fostered team spirit, camaraderie, and stress relief, adding a refreshing dimension to student life.

Essay Competition & Elocution and Quiz Competition (31-May-2025):

These programs under the "CA Students Talent Search" banner were met with overwhelming participation. The Essay Competition allowed students to express their perspectives on contemporary professional topics, while the Elocution and Quiz Competition showcased their knowledge, quick thinking, and confidence. The level of preparation and enthusiasm demonstrated by the participants was truly commendable.

Upcoming Highlights – June 2025:

Horizon 6.0 – Artha Vedha: CA Students Conference (28-Jun-2025):

We are thrilled to announce the much-awaited flagship event, Horizon 6.0 – Artha Vedha, a grand CA Students Conference scheduled at the Veli International Convention Centre. With an impressive lineup of technical sessions, motivational talks, and panel discussions featuring eminent professionals, this conference promises to inspire, educate, and energize all attendees. The excitement among students is already palpable, and preparations are in full swing to ensure a remarkable learning experience.

Running alongside the conference, the two-day Mega Conference titled Artha Vedha has been thoughtfully curated to focus on financial wisdom, emerging opportunities in the CA profession, and skills essential for the next generation of Chartered Accountants.

The month of May set the tone for student engagement, and June is poised to elevate it further. The excitement and proactive involvement of our students reaffirm our belief that with the right platform, the next generation of Chartered Accountants will emerge not only with professional excellence but also with a well-rounded personality.

Let us continue to strive towards creating meaningful and impactful experiences for our fraternity.

Warm regards,
CA. Muraly Krishnan. N
Chairman, SICASA – Thiruvananthapuram

VICE CHAIRMAN'S ADDRESS

Dear Members and Students,

Each day, the ringing of the bell marks more than just the end of scheduled hours – it signals an opportunity. An opportunity to pause, reflect on our efforts, recharge our energies, and refocus our intentions.



In the fast-paced world we live in, it's easy to stay caught in the cycle of doing. But true growth comes not just from action, but from thoughtful reflection. This month's theme, "After the Bell – Reflect, Recharge and Focus," reminds us to step back and ask ourselves: What have I learned? What can I do better? Where do I go from here?

Whether you're a student navigating the rigours of study or a professional managing deadlines and expectations, taking the time to reset is not a luxury – it's a necessity. Reflection strengthens our purpose. Recharging renews our passion. And focusing realigns us with our goals.

Let this month be a time where we all, as a community, embrace the power of mindful pauses. Because the quiet moments after the bell often hold the loudest lessons.

Warm regards,
G Aravind Subramaniam
Vice Chairman, SICASA Thiruvananthapuram

SECRETARY'S ADDRESS



Dear Readers,

The past month has been an incredible journey, filled with inspiring events that showcased talent, determination, and camaraderie. We proudly conducted the Orators' Forum, where students demonstrated their eloquence and persuasive skills, alongside thrilling competitions in E-Sports and Indoor Sports, proving that strategy, teamwork, and perseverance lead to victory.

Our prestigious National Talent Search challenged participants in quiz competitions, elocution rounds, and essay writing, allowing bright minds to shine with intellect and creativity. Each event reaffirmed that success is not just about winning—it's about learning, improving, and embracing new opportunities.

Now, with the exams behind us, it's time to *reflect, recharge, and refocus. This phase is not just about waiting for results—it's an opportunity to learn from past experiences, refine our approach, and step into the future with confidence. Growth doesn't stop at the last exam bell. Embrace the lessons learned, stay determined, and prepare for the exciting challenges ahead!

Let's keep the momentum going and continue striving for excellence.

Warm regards,

Abisha S S

Secretary, SICASA Thiruvananthapuram

QUOTE OF THE MONTH

"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure."

— *Oprah Winfrey*

ARTICLE 1

MENTAL DETOX: MANAGING POST EXAM ANXIETY

Coping with result stress as a chartered accountancy student is both important and challenging. It's completely normal to feel anxious, worried, or even fearful. The very first thing is to acknowledge your emotions. Do not suppress your emotions, talk about how you are feeling to a friend, family member or to a mentor where you feel comfortable. Having stress is kind of normal but you don't have to let it control you. You should control what you can and accept what you can't. Exams are already done and you cannot control the result which you are waiting for but what you can control is your response to it. You have done your side better and clear now it's time to wait. Keeping you stay strong mentally and physically is very important during these days, for this you have to do exercise, meditation, mindfulness techniques. Take yourself out for a treat or spend time with loved ones who supported you. Even a walk helps you stay grounded. If you feel too much low in one or the other way, then find out the trigger factors. It's always better to reduce screen time on social media, especially avoid watching contents related to CA result memes or discussions, and also avoid group chats that isn't supportive or uplifting. Allow yourself a digital detox to truly unwind and refocus your mind.

Asking for a mental support is not a sin. You should reach out for support, if it's the way in which you could calm yourself. Thing is you are not only the one there are many other students of other professions too facing the same, who are literally seeking for the help. If you feel comfort in speaking to your seniors or mentors who have been through it then it would help you do things a bit easier. If anxiety is overwhelming then it's better to consult with a counsellor. Figuring out things practically regardless of the outcome helps you regain a sense of control over uncertainty. Writing helps unload anxious thoughts, that's how professional counsellors train their client. Journal your thoughts "what are you feeling right now", "what have you learned from

your experiences so far?" answering yourself to all these queries will definitely be a calming process.

As you all know CA isn't just an exam, it's a test of persistence. You should remind yourself of your effort, your efforts definitely have value regardless of outcome. You really worked hard, that discipline and dedication are already something to be proud of. Whatever be the result you are strong enough to handle both success and setbacks. This result is just one step in your long journey, whether it takes one attempt or more your goal is still within reach. Your result is not your identity. Failing an exam even one as prestigious as CA doesn't define intelligence, worth or future. There are many CAs who took multiple attempts and are now highly successful. It's not about the results or attempts, you have faced one of the toughest exams in the country. That alone makes you extraordinary. So whatever be the result it won't change how resilient, smart and capable you are. Proud of you already.

By

NAURIN SHEHZADI

SRO0784912

ARTICLE 2

SUSTAINABLE DEVELOPMENT AND ITS STRATEGIES

Sustainable Development is relevant to today's world. Sustainable development that meets the basic needs of all of us but does not compromise the ability of the future generation to meet their needs. Such development is good for present and future generation and for our environment. The concept of sustainable development was emphasized by United Nations Conference on Environment and Development (UNCED), defined it as: development that meets the need of the present generation without compromising the ability of the future generation to meet their own needs. Sustainable development aims to reduce poverty and improve the quality of life of every person. All sectors like Agriculture, water, energy and employment etc. can grow in better way. now, more countries are promoting sustainable development.

Strategies for sustainable development as follows,

1. Use of non-conventional energy is one of the strategies of sustainable development. Thermal power plant and hydropower plant are used for electricity. The Thermal power plants emit large amounts of carbon dioxide, which is harmful to all components of environment, but non-conventional energy sources such as wind and solar energy have effectively used as an alternative to thermal and hydro power plants
2. Households in rural area generally use wood, dung cake or other biomass as fuel. This negatively affect the reduction greenery and air pollution. But LPG is a clean fuel and reduce pollution to large extent.
3. The use of wind power is good for environment and all people. the electricity will be generated as the Turbines move with the wind. It is another strategy of sustainable development
4. Solar power is one of the strategies of sustainable development. We naturally receive solar energy in the form of sunlight. Now, solar energy can be

converted into electricity with the help of photovoltaic cell. this technique is very expensive, but it will reduce pollution.

5. Bio composting and bio pest control are used instead of chemical fertilizers. It is not harmful to health and environmental factors (soil, wind, water etc.). Neem tree is very beneficial for pest control. Several types of pest control methods have been developed from neem trees. in addition, various animals and birds help in controlling pest. These are some of strategies of sustainable development. The goal of the economic development is to increase the production of goods and services to meet the human needs.

It puts more pressure on the environment. Nowadays, the world demands more environmental resources but their supply is limited due to overuse. Sustainable development helps to reduce environmental problem and meet the needs of each individual. Most sustainable countries in the world are Finland and Sweden. India ranks 109th in the world in sustaining our environment

By

SRUTHI AJI

SRO0676960

ARTICLE 3

Peter stood outside the Skill Centre, uncertain but quietly hopeful. It was 10:30 a.m. when he stepped inside – slightly late, but perfectly timed according to God’s plan.

“Are you here for the 3D Printing course?” asked Sayeed Aslam Sir, greeting him with a firm yet kind tone.

“Yes, sir. I chose this path. I believe this is where I’m meant to grow,” Peter replied humbly.

Inside, the class had already begun. Diagrams of lines and 3D objects filled the board. From the very first moment, Peter understood everything clearly – every explanation made perfect sense.

“Everything in 3D begins with space – the X, Y, and Z axes,” Sir explained. “A point becomes a line, a line becomes a plane, and from there, 3D shapes like prisms and pyramids come to life.”

Peter listened intently, grateful for how effortlessly he grasped each concept. Next came the lesson on fire safety.

“Fire needs three things: heat, fuel, and oxygen,” Sir said, drawing a triangle.

“Types of fire include:

Type A: Solid fuel (wood, paper)

Type B: Liquid fuel (gasoline, oil)

Type C: Gas fuel (propane, methane)

Types D and E will be covered later.”

Peter took careful notes. After 10 minutes break.

The discussion then shifted to safety signs – common on roads and in labs – a reminder that awareness and caution are vital in both learning and life.

Sir also shared the history of 3D printing , explaining how it began in America in the mid-1980s. Today, it’s used for everything from constructing buildings

to creating artificial limbs in medicine.

“The difference between 2D and 3D is simple,” Sir continued. “2D is flat — like a printed page. You click ‘Print,’ and it appears. But 3D printing builds layer by layer — creating something you can hold.”

Peter reflected deeply — not just on the lesson, but on how clearly and meaningfully it was taught. His heart swelled with joy and peace, remembering the words he’d received in prayer:

“I will not measure your worth by their standards. I will raise you up to shine. I will make you strong, not ashamed.”

As he walked home, he wasn’t just a student — he was someone stepping into God’s purpose for his life.

And in that quiet moment, a question stirred in his heart:

“If you had the power... whom would you punish?”

Peter had no answer — only a heart being shaped not by revenge, but by grace.

By

Vijay T.

SRO0814011

ARTICLE 4

From Exemption to Taxation: The Fall of Section 10(38) and Rise of 112A

Introduction

Section 10(38) of the Income Tax Act, 1961, once exempted long-term capital gains (LTCG) from the sale of equity shares and equity-oriented mutual funds, provided they were held for over 12 months and subject to Securities Transaction Tax (STT). Introduced in 2004 to boost stock market investment, it was abolished by the Finance Act, 2018, effective April 1, 2018, and replaced with Section 112A.

Reasons for Removal:

1)Revenue Loss

The exemption caused significant revenue loss to government as stock market gains grew, with high-net-worth individuals and institutions harvesting tax-free profits. This eroded the tax base, prompting the government to seek sustainable revenue sources.

2)Tax Inequity

Section 10(38) favoured capital gains over taxable income sources like salaries or rent, disproportionately benefiting wealthy investors. This imbalance clashed with the principle of equitable taxation.

3)Tax Evasion and Abuse

The provision was exploited through fake transactions, such as circular trading and penny stock manipulation, to launder unaccounted money as exempt LTCG. Despite 2017 amendments mandating STT at acquisition and sale, loopholes persisted.

What the 2017 amendments did:

To tighten the rules and prevent misuse, the government amended the law in 2017 to mandate the payment of STT both at the time of acquisition (purchase) and sale of the shares or mutual fund units. Earlier, STT was

mostly charged only on the sale side. This change was meant to ensure that only genuine transactions (where STT is paid both ways) would qualify for the exemption under Section 10(38).

Why loopholes persisted:

Despite this stricter requirement, some investors and entities found ways to exploit loopholes in the law by creating fake transactions that complied with STT requirements but were designed primarily to avoid paying taxes on capital gains. For example:

- Circular trading: Buying and selling shares among related parties or through multiple entities without genuine economic substance.
- Penny stock manipulation: Using low-value stocks to generate artificial gains exempted under Section 10(38).

What Replaced Section 10(38)?

With the removal of Section 10(38), the Finance Act, 2018 introduced Section 112A, which imposed a 12.5% tax on LTCG exceeding ₹1.25 lakh on the sale of:

- 1) Listed equity shares
- 2) Units of equity-oriented mutual funds
- 3) Units of a business trust

However, this tax applies only on gains exceeding ₹1.25 lakh, and the cost of acquisition for assets acquired before 1 February 2018 is grandfathered – i.e., the gains up to that date are protected from taxation.

Happy Readings;

With Best Regards.

By

UDAY KUMAR SAHU

CRO 0752200

ARTICLE

HOW INDIA IS FALLING INTO THE LOOP OF SOCIAL CONFORMITY

The trap of economic struggles, nutritional disparities, and materialism

India, the world's largest democracy and one of the fastest-growing economies, faces an ironic paradox today. Despite significant advancements in technology, globalization, and development, India is increasingly trapped in a cycle of social conformity. The desire to meet societal expectations manifests itself in various forms, including economic struggles, nutritional disparities, and an overwhelming obsession with material wealth and status symbols like the iPhone. These elements contribute to a societal loop where individuals are often driven by external pressures and norms rather than personal needs and desires. This conformity not only restricts individual freedoms but also exacerbates systemic issues that impede the nation's development.

Social conformity refers to individuals changing their behaviors, beliefs, or attitudes to fit in with group norms or societal expectations. In India, this phenomenon has deep cultural roots. Traditional family structures, societal pressures, and a collective mindset have long shaped individual choices. In modern India, these pressures have evolved, fueled by the influence of social media, globalization, and consumer culture. As a result, social conformity has taken on new forms, where individuals feel compelled not only to adhere to traditional norms but also to emulate the lifestyles of the affluent and successful.

Economic Struggles and the Middle-Class Dilemma



India's rapid economic growth has led to rising incomes, especially in urban areas, and significant foreign investment. However, this economic prosperity has not been evenly distributed. India is among the most unequal countries globally, with the richest 10% earning more than half of the national income, while the bottom 50% earns only 13%. This inequality creates an environment where upward mobility is a challenge for the

majority.

The middle class, often regarded as the backbone of the economy, faces a constant tension between aspirations and economic reality. The desire for

financial stability and upward mobility is central to the middle-class mindset, often influenced by media portrayals of success. However, many individuals struggle to reconcile their aspirations with their financial limitations. The pressure to conform to the “successful” lifestyle often leads to unsustainable borrowing and consumer debt.

For instance, many people in urban areas are increasingly taking loans for luxury items such as smartphones, cars, and expensive weddings, despite not having the financial means to support such purchases. This borrowing, often fueled by the desire to project an image of success, places families in precarious financial situations. The emphasis on external appearances often diverts attention from more meaningful investments.

Nutritional Disparities: When Food Becomes a Luxury

A significant yet often overlooked consequence of social conformity in India is the growing nutritional divide. Despite progress in reducing hunger and malnutrition, millions still suffer from undernourishment, and access to healthy food remains a luxury. The drive to mimic affluent lifestyles often takes precedence over the need for proper nutrition, especially for those who can't afford it.



The National Family Health Survey (NFHS) reveals that over 35% of Indian children under five suffer from malnutrition, and there are significant socio-economic and regional disparities in access to nutritious food. Urban areas, with better access to processed foods, have seen a rise in consumption of fast food and snacks. These foods, although convenient, are often high in calories but low in nutritional value. This dietary shift, influenced by Westernized lifestyles and the desire to appear modern and affluent, contributes to rising health issues such as obesity, diabetes, and hypertension among the urban middle class.

As urbanization progresses, nutritional inequality has become more pronounced. While the affluent can afford organic foods, supplements, and super foods, the poor often struggle to access even basic vegetables and proteins. In such a system, achieving the ideal of health and vitality promoted by social norms is a distant dream for many.

The iPhone Trap: Materialism and the Pressure to Conform

One of the most visible symbols of social conformity in India is the obsession with high-end consumer electronics, especially smartphones. The iPhone, in particular, has become a status symbol in Indian society. Owning an iPhone is no longer just about functionality but about signaling wealth and success. The iPhone, along with other luxury items, serves as a powerful tool of social conformity, pushing individuals to spend beyond their means to fit into the perceived “elite” group.

The culture surrounding status symbols in India, particularly Apple’s products, is carefully curated. Despite their high cost (with prices for the latest models often exceeding ₹100,000), iPhones remain a coveted luxury, especially among the youth. Social media platforms like Instagram and Facebook amplify this desire, as people post images showcasing their affluent lifestyles and luxury purchases, creating a cycle where the pressure to conform intensifies.

The emotional toll of constantly comparing oneself to others is another hidden cost of materialism. Social media amplifies this comparison, as people are bombarded with images of the “**perfect**” lifestyle, complete with expensive gadgets and designer clothes. This materialistic mindset detracts from more meaningful pursuits, such as personal growth and long-term financial stability. Ultimately, it creates a cycle of dissatisfaction as people chase unattainable ideals of wealth and status.

Moving Toward a More Authentic Society

India’s struggle with social conformity is deeply intertwined with its socio-economic fabric. The pressures to conform, driven by economic inequality, materialism, and nutritional disparities, continue to shape the choices of millions. While the desire to fit in is a natural human inclination, it is essential to recognize the hidden costs of this conformity. By shifting the focus from external appearances to internal well-being, India has the potential to break free from the loop of conformity and build a society that values authenticity, individuality, and sustainability.

By promoting financial literacy, nutritional awareness, and critical thinking, individuals can make decisions that prioritize long-term well-being over short-term appearances. Furthermore, fostering a culture of self-expression, sustainability, and responsible consumer behavior can mitigate the harmful effects of social conformity.

By promoting financial literacy, nutritional awareness, and critical thinking, individuals can make decisions that prioritize long-term well-being over short-

term appearances. Furthermore, fostering a culture of self-expression, sustainability, and responsible consumer behaviour. India can empower individuals to make choices that align with their true needs and aspirations, rather than being driven by the pressures of social conformity.

By

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WRO0706205

SNAPS



By
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PHOTO GALLERY

Elocution, Quiz Conducted & Indoor Sports on 31/05/2025









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