



# SICASA HYDERABAD

## CA STUDENTS PULSE



*For the Students and By the Students*

**E-Newsletter for APRIL 2020**



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SICASA Office Bearers

**HYDERABAD BRANCH OF SIRC OF ICAI  
&  
HYDERABAD BRANCH OF SICASA**

Introduces

The Managing Committee members of SICASA HYDERABAD for 2019-20

**CA RAJAMBAL MS  
CHAIRPERSON SICASA**



**CA SATISH KUMAR MYLAVARAPU  
CO- CHAIRMAN SICASA**



## STUDENT MEMBERS

NAME	CATEGORY
Kumar Savara	Sports Coordinator
Madhu Babu Yanamala	Academic Coordinator
Manvitha Katla	Finance Coordinator
Sai Manoj Katla	Study Circle Coordinator
Rekha Esalu	Social Media Coordinator

## CA APARNA

-A legendary woman with a bundle of inspirations



CA Aparna, a woman from Mumbai is an inspiration & role model for every woman in profession. She always believes- "SUCCESS comes when one is honest in their work". She as a Chartered Accountant always worked to enrich the glory of profession and redefined herself in encouraging woman to come forward and participate in the affairs of the Institute (ICAI).

'Coming from a normal family of Engineers, I never thought of becoming a Chartered Accountant rather a Doctor towards which I had a great passion but the dislike towards the practiced course of cutting cockroaches and else made me take a back step to enter into that profession . Later as a turn of the tide I became a CA in practice, which is a revolutionary decision for my family members' says CA Aparna.

Being a woman, becoming a Chairperson of Hyderabad Branch of The Institute of Chartered Accountants of India which I never planned to do was the biggest challenge and to work in an environment which I am totally unaware of.

### ***When you ask CA Aparna about-***

What motivated her to become the Chairperson for the Institute?

“She says the only Motivation is **to show what we are capable of and prove ourselves.**”

What are the changes that you have observed in the modern education system? What do you feel is it good or bad?

‘The education system nowadays has become more subjective rather it is not giving students a hope of practicality, however the present generation is blessed with lot of technological advancements to enhance their inner talents and make use of the potential which the previous generations are lacking’ says CA Aparna.

As a saying goes “Success doesn’t just find you, you have to go out and get it”- CA Aparna always wants to face new challenges and get the best out of every work she does without compromising on anything, and also adds “MY MOTHER WAS MY REAL INSPIRATION.” And later her principal under whom she did her article ship inspired in his own way of doing work with perfection and admiration.

*A Funny and a remarkable moment in CA Aparna's life-*

During the course of her Article ship she used to spend her time mostly in ITO dealings and used to handle number of cases and also used to attend the hearings. One of the best moments she remembered was her name was added with a prefix of CA before becoming a complete chartered accountant.

*The most common yet interesting question for you (CA Aparna)*

Strengths and Weakness- My biggest Strength is I don't accept things just because they are, and as a weakness sometimes I am too critical of myself.

Some of the mistakes you think you could have avoided- As a saying: Humans are bound to do mistakes in their lives at some or the other point of time, the mistake I did was 'I could have expanded my firm much bigger than what it is which I have not done it at the right time'.

*Lastly a Career Highlight you are most proud of-*

"When I was working for a corporate, I got an opportunity to become Auditor for one of the biggest companies in the country for my excellence and hard work which really was encouraging and inspiring to hold many more challenges. And also was one among few to set up a practice in Hyderabad being a woman" says CA Aparna.



## MESSAGE TO STUDENTS:

As the leaders of coming generations I always suggest students to  
“**Strive for quality in what you do**”,  
it may be in work or studies.

*[Exam Point of view- Make use of your potential and follow the guidelines of the institute in your study plan and achieve the milestones you are capable of.]*



**By**  
**Team SICASA HYDERABAD**



## CA SANDHYA

-A Fabled woman with motivation and inspiration.



CA Sandhya is a great inspiration to all the woman, who think they are restricted to only one area of expertise. She is a role model for every woman in the profession. She, as a Chartered Accountant always worked to enrich the glory of profession and redefined herself in contributing to the profession in whatever way possible.

“My career as a Chartered Accountant started after my marriage. I strongly believe marriage for woman is not an end to their career; a strong and encouraging family is always a great support. I got a family with great encouragement who always wants to see me as a successful Chartered Accountant. Then slowly I learnt the work and subjects from many of my seniors during my article ship who are really my inspiration. Although I personally believe **once you know what you are doing and what you are going to achieve the motivation comes automatically**” says CA Sandhya.

Being a woman, gaining knowledge and expertise in many fields and working with many remarkable organisations made me feel encouraged to take it as a challenge and improve my goals and achieve my targets.

### ***When you ask CA Sandhya about-***

What is an accomplishment you are most proud of?

“She says- I was very happy when I got promoted in one of the top positions in E&Y (one of the BIG4), where I could prove myself. From there, becoming CFO of Vijaya Diagnostics is biggest achievement for me.

Most of the students complain that what we learn is not relevant to the practical environment we face. So what's your opinion on that?

“I completely disagree. It depends upon whether they are getting exposure in that or not. If a person is not passionate in learning, there is no point that he will apply his theoretical knowledge.”

As a saying goes “It is better to fail in originality than to succeed in imitation”- CA Sandhya says ‘if you are passionate on anything no one can stop you from reaching the edge’.

## ***Role as a family person- CA Sandhya***

She says-

**“Care Giving and Bread Winning both are Important”**

What you choose is important. Women have to balance between both family life and career.

*The most common yet interesting question for you (CA Sandhya)*

**Strengths and Weakness-** My strength and weakness are the same I.e., My straight forwardness.

Some of the mistakes you think you could have avoided- ‘I restricted myself to Hyderabad, at times I feel like I should have moved out of Hyderabad and got exposed to bigger MNC clients.

***As a Social Worker, how is it important for us to contribute to the society?-***

CA Sandhya Says- “I personally believe Education is the only thing which can lead to many changes. So, spread the knowledge to the future generations in order to develop the standard of living. This is one way to work for the society –Ultimately sharing knowledge is the main motto.”

## ***As a social worker, how is it important for us to contribute to the society? -***

“Try to involve in all other activities wherever there is a possibility so that there will be more scope for you to learn many things and develop further. In simple words I believe that one should not restrict himself to his role only, rather he has to take the initiative , lead the team and help the other departments wherever he is capable” says CA Sandhya.

### **MESSAGE TO STUDENTS:**

As the future rulers of the economy I always suggest students to  
**“WORK HARD and try to be an entrepreneur rather staying in employment and stand as an inspiration for future generation of leaders”**  
and always have a growth mindset and not fixed mindset.

[Academic view- Make use of the journals given by the CA institute to improve your knowledge and to be updated with all course related details.]



**By**  
**Team SICASA HYDERABAD**

# CONCEPT RECAP

## Topics

1. Ind AS vs. Accounting Standards
2. Automation and impact on CA profession
3. Importance of Auditing Standards
4. GST & Impact on Business
5. Demonetization - Challenges in Cashless Economy

# 1. IND AS vs. ACCOUNTING STANDARDS

## History and Evolution of Accounting Standards

- The evolution of the International Accounting Standards began in 1966 with a suggestion to set up a worldwide study group.
- The next year, the Accountants' International Study Group was formed, and it began to publish papers on various accounting topics, some of which formed the foundation for accounting standards.
- In 1973, the International Accounting Standards Committee (IASC) was set up with the objective of developing accounting standards that would be internationally followed.
- The IASC issued a series of standards called the International Accounting Standards.
- In 2001, the International Accounting Standards Board (IASB), formed under the International Financial Reporting Standards (IFRS) Foundation, replaced the IASC.
- The IASB announced that it would follow the standards already issued by the IASC, but stated that any new standards would be known as part of a series called the International Financial Reporting Standards, evolved by the IFRS Foundation.
- The objective of the IFRS is to develop, in the public interest, a high-quality set of comprehensible, internationally accepted, and enforceable accounting standards.

## **Accounting Standards in India**

- The Institute of Chartered Accountants of India (ICAI) constituted the Accounting Standards Board (ASB) in April 1977.
- Accounting standards (AS) in India are issued by the ICAI and notified by the Union Ministry of Corporate Affairs (MCA).
- At present, “Indian Accounting Standards” (Indian AS), a set of standards evolved under the Companies (Accounting Standards) Rules, 2006, is in force.
- Standards in the wake of the IFRS (to be called “Ind AS”) are to be notified by the Ministry of Corporate Affairs and made mandatory for listed companies with a net worth of Rs. 500 crs or more from April 1, 2016.
- From April 01, 2017 It is made mandatory for all Listed companies to follow Ind AS and Unlisted companies having a net worth of Rs.250 crs or more.
- All Other Companies follow MCA 2006 Standards – commonly called as Accounting Standards (AS).



**Difference between AS & IND AS for some standards are given below:**

<b>PRESENTATION OF FINANCIAL STATEMENTS</b>		
<b>BASIC</b>	<b>AS-1</b>	<b>IND AS-1</b>
Explicit statement of compliance (SOC)	There is no such requirement.	It requires the enterprise to present an explicit statement of compliance with all Indian accounting standards.
Presentation of Balance Sheet	There is no such requirement.	It requires presentation of Balance Sheet as at the beginning of the earliest period when there is any retrospective change of accounting policies, restatement or reclassification of financial statements.
Statement of Other Comprehensive Income	There is no such requirement.	It requires Presentation of Single Statement of Profit & Loss, with profit & loss and Other comprehensive Income presented in 2 sections.
Classification of Long term loan arrangements	There is no such requirement.	It clarifies that long term loan arrangement need not be classified as current on account of breach of a material provision, for which lender agreed to waive before approval of FS

<b>INVENTORIES</b>		
<b>BASIC</b>	<b>AS-2</b>	<b>IND AS-2</b>
Machine Spares	Spares which are used only in connection with the Fixed Asset are not included in Inventories & are to be accounted as per AS 10.	It does not contain any such specific explanation as it is covered by Ind AS 16.
Inventories acquired on deferred settlement terms	It does not contain any such specific explanation.	When such arrangement effectively contains a financing element i.e. the difference in purchase price when purchased on normal credit, would be recognized as interest expense.
Measurement of Agricultural produce after harvest, forest products etc	It excludes such type of Inventories from its scope.	It excludes only the measurement of such inventories held by producers though it provides the guidance on measurement of such inventories.

**Sneha Loya**  
**SRO 0536925**



## 2. AUTOMATION & IMPACT ON CA PROFESSION

*"It is not a threat Per se but it is a reality check!!"*

Automation means performance of an activity or a process with minimal human efforts, you can minimize the human efforts involved but you cannot eliminate them. Automation and Computerization is not just limited to industries and various classes of companies. Even our profession transforms accordingly to the changing trends. The number of CAAT's and tools are steadily increasing day by day.

Gone are the days of traditional bookkeeping. Today's chartered accountant has to be constantly updated on various amendments and trends of the business arena as whole irrespective of industry variation's. They perform duties which are required by an act of law. No matter how advanced your accounting system might be you would still be required to get your balance sheet or certification's audited or attested by a chartered accountant.



You must also know that Professional ethics mandated by ICAI states that **"No chartered accountant shall express an opinion or certify without looking into and analysing the records of a company"**

ICAI has constituted "Digital Accounting and Assurance Board" (DAAB) for fostering a cohesive global strategy on aspects related to digital accounting and assurance, through sharing of knowledge and practices amongst the members. DAAB is endeavouring to identify, deliberate and highlight on issues in accounting (including valuation) and assurance (including internal audit) issues in the digital world.

A robotic auditor called RON can analyse millions of transactions, relationships, and patterns in mere seconds. It then interprets the results, and flags interesting findings to the auditing team to explore. As such, it does work in mere seconds that might take an accountant month.

While RON was built by PwC, it is important to recognise that automation is not just a solution for large firms. In fact, cloud-based services provide small and medium firms with the kind of enterprise-grade computing they need to level the field with larger companies. Implemented well, it also acts as an accelerant, increasing the capacity of the business and reducing costs. Well implemented workflow automation drives performance and allows businesses to do more with less, improve productivity and perform tasks with higher accuracy and speed.

So with these facts in hand we can conclude that automation does not diminish the **Chartered Accountancy brand**.



**By**  
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### **3. IMPORTANCE OF AUDITING STANDARDS**

AUDITING STANDARDS provide minimum guidance for the auditor that helps determine the extent of audit steps and procedures that should be applied to fulfil the audit objective. They are the criteria or yardsticks against which the quality of the audit results is evaluated.

The auditing profession is awash in standards. Standards dictate how audit firms should structure their practice; how to hire, train, and reward their professional staff; what services to offer and clients to accept; how to conduct engagements; and how, and to whom, they are obligated to report.

Various professional and regulatory bodies have established ethical standards, independence standards, quality control standards, and audit performance and reporting standards. Whether issued by the American Institute of CPAs (AICPA), the Public Company Accounting Oversight Board (PCAOB), the International Auditing and Assurance Standards Board (IAASB), or various national bodies, all standards have the effect of dictating, coordinating, and/or constraining professional auditors' activities and behaviour.

## Why are SAs required?

- In case things go away, the onus is on auditors to “prove” that he / she was not professionally negligent in performing his duties
- Significant responsibility cast on auditors under regulatory framework
- SAs neither favour nor discriminate based on size of the practitioner

In every organization or institution, standards that were developed by regulatory bodies have to be adhered to. Standards results in the formulation of proper principles and procedures to be followed including audit plans, measurable objectives and performance targets to ensure that the necessary standard is adopted depending on the circumstances or environment of the state entity.

Since audit procedures are consistent with auditing standards and provides guidance for Auditors on the job, this would in turn work as a benchmark for the evaluation of audit work done to ensure that they were of the desired quality and to assess whether the relevant standards were applied and done so consistently.

Auditing standards are particularly important in cases where there is a matter of material importance and its interpretation is of a technical nature. In this case, auditing standards should be complied with. There may also be cases where the use of a particular standard may not be applicable; in this case the Auditor should use sound judgment in deciding which action to take.

Basic Objective: Investor confidence is fundamental to the efficient operation of the world's financial markets and contributes to economic growth and stability worldwide. Investors need to know that the financial information on which they base capital allocation decisions is credible and reliable. Audits, and audit opinions on financial reports, are crucial to achieving this.

Independent auditors play a vital role in enhancing the reliability of financial information produced by companies, not-for-profits, government agencies, and other entities by providing assurance on the reliability of the financial statements. While the primary responsibility for the quality of financial statements is with the management of the company producing those statements, external auditors provide independent assurance about that quality.

For the international auditing firms, the advantages are efficiency associated with applying a common audit approach and knowing that it complies with relevant standards. There are benefits to other audit firms as well.

**By**  
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## **4. GST & IMPACT ON BUSINESS**

Indian Economy's biggest Tax reform is Goods & Service Tax (GST) which has changed the way of Various taxes (Indirect Tax) structure and formed a new unified tax structure. The new tax regime is determined to eliminate the cascading effect of tax on transaction of products and services, and it will result in availability of product and services to consumers at lower price.

### **Impact of GST:**

#### **On small and medium enterprises**

GST will help and made ease the process of starting a business in India. Earlier, every business required to obtain VAT registration and other state related registrations, which differs in every state, and the rules and regulations are different for each state. Thus, it was a very difficult and confusing task. However, under GST businesses must only register for GST which is centralized process which is similar to service tax.

Under GST - Business does not have to register or collect GST if the annual turnover is 20/40 lakhs respectively to normal/Special category. This will allow many small businesses which have a turnover between 10 lakh – 20 lakhs to avoid applying for the GST return.

Earlier every business used to pay different kinds of taxes and all taxes paid cannot be claimed as input credit, now as they do not have to pay different taxes to various departments. It makes the job very much easier for every business owner to pay tax under one roof and can claim Input Tax credit.

GST allows small and medium entrepreneurs to do business with ease in India, due to the less complexity. The distinction between the services and goods will be gone, and this will make compliance easier.

Under the GST, smaller trading concerns and service providers with a turnover of Rs 20 to Rs 1.5 Crs can benefit from the Composition Scheme, wherein taxpayers with lower liabilities can avoid complex processes and pay GST on a fixed turnover rate.

The entire process of registering for GST to filing returns has been shifted to online, making it extremely easier and efficient. Which no longer required to spend a huge amount of time, money.

Further, the previous indirect tax system had no provision for SMEs to avail credit on the value-added tax paid on capital goods, the cost of which was borne by the company. However, under the GST regime, SMEs, smaller NBFCs, and various other entities dealing in goods and services can avail credit on input tax paid on the supply of goods as well as services.

## **On Working Capital for Businesses = OXYGEN of Business**

GST has a direct link with your working capital and can impact your business liquidity available. Working capital is commonly referred to as the 'oxygen of a businesses '.

### **Inventory Management**

Earlier companies needed to maintain many warehouses in different states to avoid cross border taxation cost that was a cumbersome and expensive for business-men to manage so many warehouses simultaneously complying with the respective tax laws in the state.

Further if these goods had to move from one state to another state need to pay CST, Octroi and entry taxes specific to that respective state and to maintain too many warehouses and compliance with different tax structures put an enormous load on working capital of the business. Now, with the introduction of GST, the company strategically need to maintain 4-5 warehouses to fulfil demand in all the states and when the goods are moved, they don't have to pay taxes every time they cross the border. Leads to huge savings on the working capital and allows for free movement of goods across border.

## Procurement of Raw Materials

Many thought the implementation of GST would lead to saving of tax money in all cases. Unfortunately, not the case. The business expense is different from industry to industry.

### Example:

A manufacturer import raw materials (goods) from other countries, GST levied @ 18%. Under the old system only an import duty levied @ 14% charged. Post GST, this increase in tax also results in an increase in the business working capital. The same way in case of service industry, which will be charged @ 18% from 15%.

Due to this change, businesses need to allocate more working capital as well as set prices taking these factors into account.

***“Success Is Concurred As you Start working for your Aim”***

***Karthik (K\_Art\_H!\_K)***

***SRO 0378353***



## 5. DEMONITIZATION- CHALLENGES IN CASHLESS ECONOMY

Demonetization is stripping a currency unit of its status as legal tender. The existing form or forms of money is pulled from circulation and replaced with new currency.

According to various researches Ghana was the first country to implement demonetization in the year 1982 and in India it was in year 1946.

Demonetization was introduced to **tackle three main problems which were— Spurious(fake)currency, Desperado(terrorist) financing and Illegal money, which is necessary for development.**

### 1. Cashless Economy:-      *“STILL A DISTANT DREAM”*

Cashless economy is an economic system where small amount of cash is used and major transactions are done digitally via credit and debit cards, e-wallets and electronic fund transfer etc), where circulation of physical currency is **minimal**. **India uses huge cash for transactions. According to recent research the ratio of cash to gross domestic product is one of the highest in the past three years 11.23% in March 2019 when compared to 2017 and 2018.**

### 2. Cashless Challenges:-      *“CHANGE IS WHAT EVERYONE IS AFRAID TO FACE”*

Where **CHANGE** in itself is a big challenge. The elementary was that people were running out of cash to buy commodities , even those which were of daily requirements .The scarcity of cash due to demonetization led to chaos, and people faced difficulties in depositing or exchanging the demonetized banknotes due to long queues outside banks and ATMs across India.

## **1. Dearth of Digital Infrastructure:**

One of the enormous challenge is infrastructure. A major impediment in creating a cashless economy. Sloppy banking systems, Impecunious digital infrastructure and internet connectivity. There are many remote areas which are still not having the banks at their doorstep and ATM facilities.

Prior to demonetization in year 2014, there were just 18 ATMs and 13 commercial bank branches for every 100,000 adults. The banks need to be fully equipped and digitalised to handle the chaos in e-transactions. The basic requirement of a digital economy is the penetration of internet and smart phones.

## **2. Cyber Security Issues:**

Another mounting challenge in digital payments in a cashless economy with the magnitude with which digital transaction-taking place increased the risk of online fraud, lack of confidentiality, cyber-crimes, malware etc and is the biggest concern to deal with in order to enhance digital payments.

### **3. Banks in rural areas:**

The poor section and the majority of population is not covered under banking system, so they are totally dependent on cash for their daily wages. There are several villages that do not even have one. People over there, should be provided basic knowledge, usage and benefits of E-payments, as large number of people still do not have Bank accounts and PAN too.

### **4. Restricted accessibility of POS station and poor operation culture in POS:**

According to RBI, there are 1.44 million POS terminals set up by different banks across locations by the end of July 2016 but most of them stay in urban/semi urban area.

Various sectors where huge cash transactions are involved got adversely affected.

**By**  
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# EXAM TIPS

## ACTION PLAN TO CLEAR THE EXAM

Till now whatever happened has happened. Start focusing from today. Yes, you are tired attempting, failing, again attempting, failing and so on. But you have done a wonderful job till now. Keep doing the same but “after learning from your previous attempts”. We all are humans. We don't remember things. Its ok to not remember things. Remembering things need practice. CA exam is not about how well you study the topics. Its about how well you practice the topics. I hereby mention my own strategy which bought me success (helped me in clearing the exam).

### **1. Never study counting hours-Study counting the topics:**

Generally, everyone studies for 14-16 hours a day. We hear from many successful people in our field that in CA students have to study for 10-15 hours a day in order to clear the exam. Forget all this. Study counting the topics. Select the topics from a subject which you started studying. At the end of the day count how many chapters/sub-chapters have you completed. By doing this you will start feeling confident. You will have a clear picture about the topics you have completed studying, topics you are yet to study and the topics which are big, small, tough, easy in each and every chapter.

### **2. Manage Time:**

We all know that CA course is vast. It has many topics. The syllabus is huge and it is difficult to cover the entire syllabus in 3 months. Let me tell you how did I study with a simple calculation- Suppose you start with Auditing. Firstly, look at the number of pages your book has. Let's assume it has 500 pages. Each page will require maximum of 3 minutes to study and just have an idea about the topic mentioned in that particular page. So, it takes 1500minutes (500 pages\*3 minutes) to study the entire book. When you convert it into hours its 25 hours(1500 minutes/60). As per your earlier attempts you used to study for 10 hours a day on an average. So, you require 2.5days (25hours/10) to complete your Auditing material. Well done!!! You have learnt managing your time.

### **3. Practice Manual-The Savior:**

I stress on this point- You all have to study ICAI materials for sure before you go for your exam. When you finish studying the subject from the book you prefer, go pickup your practice manual. Study each and every answer. I know you are wondered- "How can we do this in limited time

### **4. Revise, Revise, Revise:**

Very good.... You have learnt the trick to finish the vast syllabus of CA course!!! Now as you can finish studying each subject in 7-15 days. You will have time left to revise everything again. As we can't remember all the topics we have studied, we will now revise them again and again. This is the only mantra for remembering. Revise, revise, revise for how many times you can. Give your best.

So, before I conclude, I will give you a step-wise summary:

I suggest you to study in this order-

1. Pickup a subject.
2. Pickup a chapter from that subject.
3. Study that chapter from ICAI Study Material or any book that you prefer. Follow the calculation mentioned in point no 2.
4. Study the same chapter from ICAI Practice Manual following the calculation in point no 3.
5. Repeat the same with other chapters as well.
6. When you finish studying all the subjects in this manner, revise everything again.

***Hurray!!!!You will be ready for the exam.***

**By**  
**Aditi C Kulkarni**

# GENERAL AWARENESS

## TOPIC: FOOD WHICH REDUCES STRESS

Food can be one of your biggest allies or enemies. It can make your stress levels go down or up, so it's critical to pay attention to what you're eating when you're feeling frazzled. The amount and quality of nutrients you take in over time can impact the body's neural circuits that control emotion, motivation, and mood.

Unhealthy eating patterns can send stress levels skyrocketing and potentially increase your risk of health problems in the future if you don't address them. According to the June 2016 review in the *Journal of Nutrition and Food Sciences*, a well-balanced and nutritious diet was likely the single most important ingredient for good health.

### **1. Herbal Tea Helps Promote Feelings of Warmth and Calmness**



Sometimes it's the feeling that food or drinks induce, not their nutrients, that helps reduce stress. Drinking a warm cup of tea is one way to help make yourself feel calmer.

Herbal tea is great for winding down but says green tea is perfectly fine when you need a small jolt of caffeine because it's full of flavonoids, which studies show support brain health.

## 2. **Dark Chocolate Offers an Antioxidant-Rich Indulgence**

Dark chocolate in the diet can reduce stress in two ways- via its chemical impact and its emotional impact. Chocolate feels like such an indulgence that it can be a real treat to simply savour a piece of it, and that feeling alone can help to reduce stress.

Dark chocolate, which is rich in antioxidants, may also help reduce stress by lowering levels of stress hormones in the body, according to a study that followed participants who ate about 1.5 ounces per day for two weeks. But be sure to enjoy dark chocolate in moderation. That means you should aim to eat only one-fourth of a small dark chocolate bar. Also, make sure the bar doesn't contain an unnecessary surplus of added sugar.



## 3. **Whole Grains Provide a Mood-Boosting Way to Carbo-Load**

According to prior research, carbohydrates can temporarily increase levels of serotonin, a hormone that boosts mood and reduces stress. Once serotonin levels are increased, people under stress have better concentration and focus. Just make sure to choose healthy, unrefined carbohydrates, like sweet potatoes and whole grains, for better nutrition, and limit simple carbs, such as cookies, cake, and “white” foods, including white pasta and white bread.



Unrefined carbs cause a quick spike and crash of blood sugar, while complex carbs contain vitamins and minerals as well as fibre, and so take longer to digest and have less of an immediate impact on blood sugar.

#### 4. Avocados Offer Stress-Busting Omega-3 Fatty Acids

Avocados are not only delicious mashed into guacamole or sliced and added to a salad, they also offer omega-3 fatty acids. These healthy essential acids are known to reduce stress and anxiety, boost concentration, and improve mood.

The possible superpower of avocados goes beyond their omega-3 fatty acids. They also consist of phytochemicals, fibre, and essential nutrients.



#### 5. Fish Can Boost Your Heart Health While Fending Off Stress

Fight stress and help prevent heart disease by adding seafood to your plate. Fatty fish in particular are a great option because they're heart-healthy, and their omega-3s may help ease depression because the nutrients easily interact with mood-related brain molecules. There are other whole-food options, like seaweed, chia seeds, flaxseeds, walnuts, and fortified food, such as certain brands of eggs, milk, soy milk, and nut milk.



#### 6. Warm Milk Can Help You Get a Good Night's Sleep, Aiding Stress Management

Sipping warm milk before bed is a centuries-old home remedy for getting a better night's sleep. Warm milk can have a relaxing effect on the body as well as on a psychological level.

For people who grew up drinking warm milk before bed, the routine can signal that it's time to go to sleep. The main stress reducer here is calcium. If milk isn't your thing, other dairy sources, like yogurt and cheese, are excellent sources of calcium.





## 7. Nuts Are a Great Stress-Busting Snack and They're High in Healthy Fat

Nuts are full of nutrients, including B vitamins, along with healthy fatty acids. B vitamins are an important part of a healthy diet and can help reduce stress. Almonds, pistachios, and walnuts may even help lower blood pressure levels.

According to a past study, pistachios in particular can have a role in reducing stress levels. Just remember to limit servings to just a Handful a day to avoid excess calories. Nuts and seeds are also high in magnesium, because magnesium has been linked to better anxiety management.



## 8. Citrus Fruits and Strawberries Contain Vit C, Which Help Fight Stress

Some studies have found that high levels of vit C may help ease stress levels. One double-blind study, reported that vit C reduced stress levels in participants taking 500mg per day, & also pointed to possible anxiety prevention.

Another study looked at vit C, vit E & found a significant decrease in anxiety levels in the vit C group compared with other groups. Eating fruits like oranges, grapefruits, and strawberries is a good place to start.



## 9. Probiotics Can Create a Healthy Gut Micro biota, Helping You Manage Stress

The best way to support healthy gut hormones is with good-for-you bacteria called probiotics, probiotics can help Boost the immune system, protect against harmful bacteria, and improve digestion and absorption of nutrients.



## 10. Foods High in fibre May Reduce Stress and Anxiety

Fibre-rich foods are gut-friendly and can play a role in lowering stress. A high-fibre diet may be linked with reduced anxiety depression, and stress.

To add more fibre to your diet, eating beans, green peas, berries, almonds, pistachios, flaxseed, sesame seeds, and lots of greens, like kale and broccoli helps.

We hear it all the time: 'eat foods that are rich in fibre' and it's because they balance your blood sugar and prevent spikes in your insulin levels.



**By**  
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## INSTITUTE INFORMATION ACCESS

MCA has introduced LLP Settlement Scheme, 2020 to give a Onetime relaxation in additional fees to the defaulting LLPs.

[https://icai.org/new\\_post.html?post\\_id=16365&c\\_id=219](https://icai.org/new_post.html?post_id=16365&c_id=219)

Exposure draft of Guidance Note on the Companies (Auditor's Report) Order, 2020 issued by the Auditing and Assurance Standards Board.

<https://resource.cdn.icai.org/58743aasbcaro2020.pdf>

ICAI enters into an arrangement for TP corporate database at a concessional rate

[https://icai.org/new\\_post.html?post\\_id=16361&c\\_id=219](https://icai.org/new_post.html?post_id=16361&c_id=219)

Guidance Note on Audit of Banks 2020 edition

[https://icai.org/new\\_post.html?post\\_id=16360&c\\_id=219](https://icai.org/new_post.html?post_id=16360&c_id=219)

Applicable Study Material for May 2020 Exams for New Scheme-Foundation, Intermediate and Final Course

<https://resource.cdn.icai.org/58260bos100220-a.pdf>

e-Books for Intermediate Course at ICAI Digital Learning Hub

<https://resource.cdn.icai.org/58198bos47491.pdf>

Revised programme structure of B Com (Accountancy and Finance) of IGNOU

<https://resource.cdn.icai.org/23984announ14031.pdf>

Extension of Virtual Management and Communication Skills Course (Virtual MCS Course)

[https://icai.org/new\\_post.html?post\\_id=16268&c\\_id=347](https://icai.org/new_post.html?post_id=16268&c_id=347)

Webhosting of Suggested Answers for November 2019 Exams

[https://icai.org/new\\_post.html?post\\_id=16315&c\\_id=347](https://icai.org/new_post.html?post_id=16315&c_id=347)

Scholarships for CA Students

<https://resource.cdn.icai.org/58386bos47594.pdf>

### **Post Qualification Courses**

- Diploma in Insurance and Risk Management (DIRM)
- Information Systems Audit (ISA)
- International Trade Laws & World Trade Organisation (ITL & WTO)
- Management Accountancy Course (MAC)/ Corporate Management Course (CMC)/ Tax Management Course (TMC)
- Post Qualification Diploma in International Taxation

[https://icai.org/new\\_category.html?c\\_id=81](https://icai.org/new_category.html?c_id=81)

BOS One stop Referencer

[https://www.icai.org/post.html?post\\_id=15670](https://www.icai.org/post.html?post_id=15670)

### ***ICAI CLOUD CAMPUS***

The ICAI Cloud campus provides next generation interactive learning management system for CA Students. It hosts E-Learning, E-Books, Webcasts, real-time online monitoring to students and more...and enables anywhere and anytime learning for students.

<https://cloudcampus.icai.org/>

**Keep in Touch with us**

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**Thank you**

**#We are glad to inform that we are inviting Topics for Articles for Newsletter of May'2020.**