

The  
**Seshadripuram**  
a SCOSA initiative

February 2022 | Volume 2 Issue i

*monthly*



**Also**

**Achievers 2022!**

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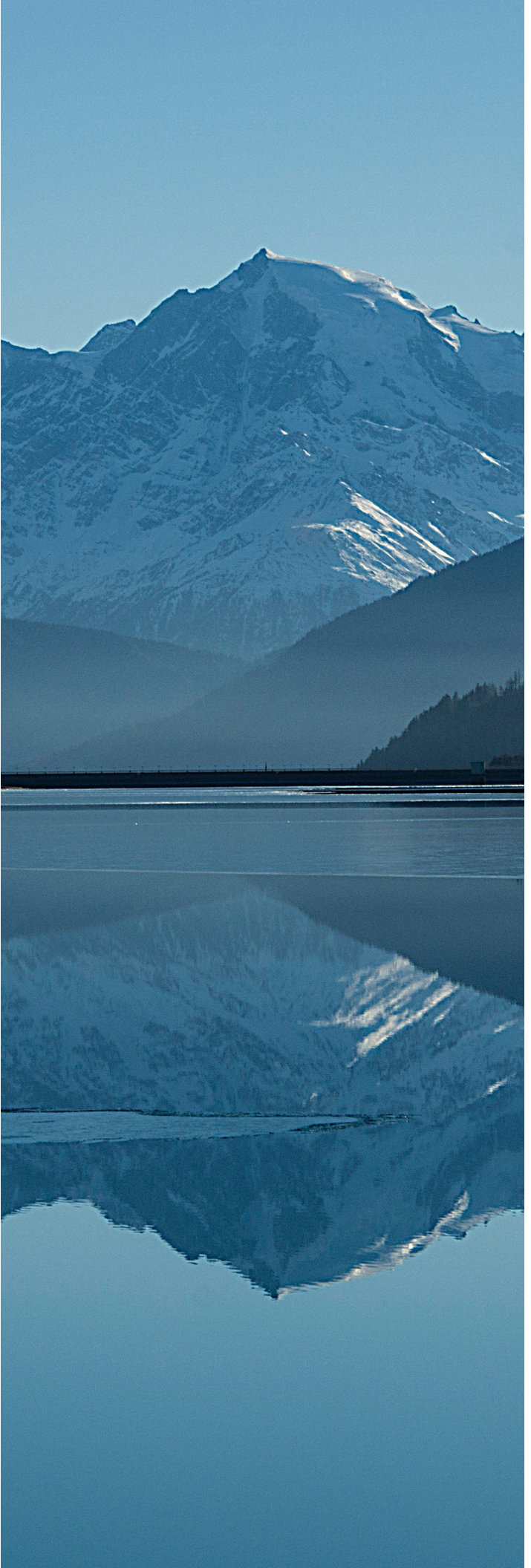
**Live in the Moment**

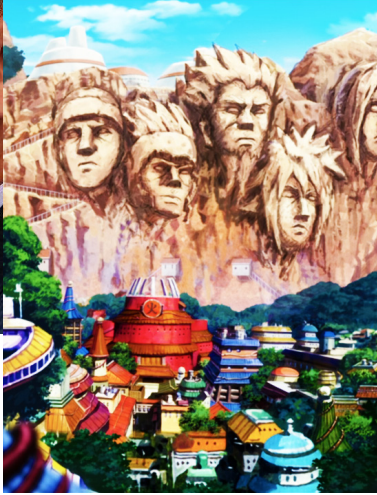
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Vishaka Rao on  
her story life**

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Magazine best viewed on desktop with two-page display.

# Editorial

It has been a year since the inaugural issue of “The Seshadripuram Monthly” and the successful completion of Volume 1 with 7 issues right from January to December 2020. The journey began with the vision of Mr Allan Raj, a former English faculty member, and College alumnus. He always wanted to have a monthly magazine in the college since his BA days and finally got a chance to start up “The Seshadripuram Monthly” Magazine along with the students’ team.

Firstly, I would like to thank our Principal and President of SCOSA, Dr Meera H.N. for shouldering the responsibility of ‘The Seshadripuram Monthly’ and for encouraging and giving us the liberty to create a magazine from scratch. With special gratitude to all the members of the SCOSA for all the support.

Heartfelt gratitude to Mr Allan Raj for the constant support and guidance for all our tasks, also for encouraging, motivating, and helping student editors to bring in a fruitful output.

I thank all the contributing editors, Mr Allan Raj, Mr Bhagavan Halemane, and Mr Sachin Banavasi.

I’d like to thank our entire Student Editorial Team. Mr Pranav Jagadeshan and Mr Raghavan Ravi for taking the lead in designing TSM, Mr Vaishnav Sunil, and Mr Vikram Shenoy for looking into the quality of the content. Mr Amogh P. Kumar, Ms Shraddha Anil, Ms Disha Srinivas, Ms Disha Rai, and Ms Dhatri for joining hands in shaping this incredible magazine.

I would like to thank the new set of students for joining our team and helping us to provide good articles; Mr Ram Dupati for helping in designing; and Mr Roshan DS for providing his wonderful sketches.

I also thank the print team at Nethra Printers Pvt. Ltd. who did a wonderful job of printing all our issues in a very short time.

If you, the reader, feel compelled to contribute to the magazine in the form of articles, poems, stories, arts, photos, and so on, please email them to [scosa.spm@gmail.com](mailto:scosa.spm@gmail.com). If you’re an alumnus, you can send us your stories, achievements, photos from your days in the college. We

publish articles, display art and photos. Our mail is open to queries regarding the magazine. Please feel free to contact us.

I’d like to once again thank our principal, teaching and non-teaching staff, students, alumni, editors, student editors, printers, and everyone involved directly or indirectly in publishing our magazine. I undoubtedly feel readers are enjoying reading all our issues.

Goutham S  
(BA 2017)  
February 2022

# GIVING

Lifestyle

by M Shriya, I BCom H

It was a beautiful Friday evening and I stepped onto my school playground and I saw a small girl running up to me with her hands held out. I was very glad to see her but also confused, wondering why she was running to me. Before I could think further, she jumped and hugged me very tightly and said, "I missed you so much" with her eyes filled with tears. That made my eyes water too.

I used to help the underprivileged children with their studies during my school days and it had been a few days since I had met them. That day was the last day of me being their tutor. This had made the girl very emotional.

I have done many things in life but none of them had given me the happiness that I got when I saw her eyes filled with gratitude and joy that day. I was not sure if I deserved that gratitude but I was very thankful to her because I had learned a lot from her and the other children. They were very determined to study and gain knowledge. They made a very conscious effort to succeed.

It is unfortunate that there are many children who want to achieve a lot in their lives but have no means and resources to help them. At the same time, there are many people with all the required resources but do not value them.

As we work to create light for others naturally light our own way.

- Mary Anne Radmacher



# THE RAT RACE

**Motivation**

by *Deepal Kapasi*, I BCom G

“Strive hard and clear your boards with flying colours”, they said, “Life is set”. “Get a graduation certificate”, they said, “Life is set”. “Get a job and Get married!”, they said, “Everything will be on track”. “Hum Do, Hamare Do”, they said, “Everything will be sorted”.

As Phunsukh Wangdu rightly once asked, “Apne Zindagi Ke Kuch Saal Rewind Karke Dekhiye”.

You, me, and everyone here somewhere knows that this so-called “RAT RACE” is inevitable. You need to be that sprinter, whether you like it or not. Everyone needs a big house, a posh car, a long vacation, that luxury watch, and the long list. To cross all these things off your wishlist, you need money and for every pound you earn, you need to give a penny of yours and that’s your TIME. We live in a society where there are set benchmarks for everything

and when you fail to cross it or either reach it, you are thought to be lacking somewhere. All of us participate in this race either due to our fear or for our greed.

One cannot think of avoiding this race because, at the end of the day, you need to pay those outstanding bills, those EMIs, and those never-ending other expenses. This makes most of us settle for a 9-5 job. “First the fear of being without money motivates us to work hard and then once we get that paycheck, greed or desire starts us thinking about all the wonderful things money can buy. The pattern is then set”, Robert T Kiyosaki

So now that we know this to be a part of most of our lives, what can be done? Well, then be that biggest, fastest, and the smartest rat. There is a bigger piece of cheese waiting for you. Our mind is a beautiful instrument which when free from

the burden of survival can sprinkle the magic of exploration. We must also not forget the other side of our lives. Life is not all about waiting for that weekend. Who said you can enjoy it only on Sundays? Bring out that hidden hobby of yours, that geek who loves those engaging mystery books, that foodie who never settles, that passionate nature lover, that adventurous spirit. LIFE IS ALL ABOUT BALANCING BETWEEN THAT MATERIALISTIC NEED AND THAT SOUL-ENRICHING TIME. Both are equally important. If you leave the rat race, you will be left to race rats.

So, get up, finish that ever-clinging job and those buzzing meetings. Once done, spend time on that incomplete painting, take out time for that long pending vacation with family and meet up with that long-lost friend because “Babumushoi, Zindagi Badi Honi Chahiye ... Lambi Nahin”

# REF



**Finance**

By *Vikram Shenoy H, III BBA B*



History has it that high inflation can be lethal to economies with the example of Hungary after WW2, the Weimar Germany and Zimbabwe.

While The US reported an inflation rate of 6.8% and the Fed Chairman JPow parkour-ing from initially calling it “transitory” to tapering the Fed’s monthly bond purchases, inflation is a major concern among investors.

Especially so with Turkish residents as their currency - The Lira continued to fall in value so much so that it lost half its value to the USD in 2021 itself. One of the main reasons for this is it’s President Erdogan, who is a staunch believer that low-interest rates reduce inflation, which is something all prudent economists argue against. Look, when you have a currency that is falling in value and inflation is through the roof, the last thing one would want to do is reduce the interest rates further. This would lead to the Banks borrowing at a cheaper rate to maintain their mandatory reserves, also enabling businesses to borrow from banks at a lower rate. This massive increase in the supply of Liras in the Turkish economy with minimal changes in the overall GDP of the country was bound to increase inflation. But in Erdogan’s view, the increase in interest rates, by making it more expensive for businesses to borrow will ultimately affect the customer as the costs will be borne by them at the end of the day. This challenges the views of most orthodox economists that interest rates make up a highly significant factor in a company’s pricing policy and the producers have adequate authoritative power to impose their will on consumers.

Lira’s highly volatile nature and after years of its depreciation, it’s fair for the Turks to lose trust in their currency as half the locals are said to have their savings in either foreign currencies or gold. To win his countrymen back and to reinstate Lira’s stability, the Turkish Central Bank, in their move to encourage reverse dollarization announced an incentive for the Turks to convert their forex deposits into lira, under which the Treasury and Central Bank will reimburse losses incurred due to an erosion in lira value during the deposit period.

It also emphasised that it will support these forex-protected lira deposit accounts by not applying required reserve ratios on them and will impose a higher commission on banks when the transfer from forex accounts to lira accounts does not exceed a certain level.

Here is an example of how this deposit scheme works.

Deniz, a Turkish citizen desires to deposit 10,000 Liras with his bank as a prospective beneficiary of the scheme. He can choose to lock money in for a period of 3 to 12 months and he is not only promised an annual interest rate of 14% but also a new government-backed exchange rate guarantee.

At maturity, if the Lira has remained stable against the USD or strengthened he will receive the 14 per cent interest rate promised by the bank, collecting 11,400 Liras.

If the lira has declined by more than 14 per cent, for example, if it fell from 10 to the dollar to 12, the Turkish government will compensate Deniz for the difference. So he will collect 12,000 Liras with 600 Liras of that sum subsidised by the state. The exchange rate to be used will be determined by the country’s central bank.

This desperate move to increase the demand for the Lira in order to increase its value against the US Dollar did put temporary pressure on the Sovereign dollar-denominated bonds and increased Lira’s value by about 40% in a day but it failed to hold any sort of stability.

This unorthodox scheme has bought the Government some time to look for a fix that is actually sustainable and has avoided an immediate crash in their Banking sector against bank runs. But with the Annual Inflation in the country currently reported to be more than 54% and the Russian invasion of Ukraine, Lira continues to be highly volatile, while the scheme looks feeble to get hold of its inflation.

# ADDICTION

## Lifestyle

by **Mohammad Sihab**, II BBA B

Addiction is a disease that has a strong inclination to do, use, or indulge in something repeatedly. Addiction works on the pleasure principle, It is a tendency for individual behaviour to be directed toward immediate satisfaction of habitual drives and immediate relief. The base process begins with a habit. It takes 21 days to inculcate the habit of anything. It's the choice of good and bad which leads to addiction. If the person gets trapped in addiction it's very hard to get out of it, it affects both physically and mentally, it takes a toll not on himself but also on the people around him.

## Some statistics associated with phone addictions

- 71% of people sleep with or next to their cell phones.
- 35% of people think of their cell phones when they wake up.
- 44% of People say they couldn't go a day without their mobile devices.



Let's have a look at the list of the most influential and addictions that damage lives in modern society.

Caffeine, Tobacco and Nicotine, Alcohol, Gambling, Video Games, Food, Phone etc.

One of the recent development is phone addiction. While phones are a very useful tool, excessive usage can cause Internet overuse problems or Internet addiction illnesses, which is also known as “nomophobia” (fear of being without a mobile phone). It also creates problems at work, school, college, and in relationships. It may be time to re-evaluate your technology use if you spend more time on social media or playing games than you do engage with actual people, or if you can't stop yourself from frequently checking texts, social media apps.

## Signs of Phone Addiction

Some major signs of phone addiction include the habit of constantly checking notifications, the phones affecting your sleep schedule, getting stressed out by social media, you text while driving and eating, failed attempts to cut back on phone use, feeling loneliness, losing track of time when using your mobile phone, using your phone to deal with unwanted emotions, text neck, digital eye strain.



## Things You can do to Overcome Phone Addiction

Measures to be taken to overcome Phone addiction Turn off all your social media notifications, put your phone on greyscale mode. Use focus apps like 'Forest' and 'Screentime' to keep you off the phone. Don't bring your phone to bed. Instead, keep a book by your bed. Delete apps that make you feel worse after using than if you haven't. Make sure that when you use your phone, it's a conscious choice, you can choose to keep your phone on DND mode.

Though phones are an excellent resource, they also can be potentially dangerous tools, especially for children and young adults. There are steps you can take if you are concerned about being a phone addict. Don't let a phone take over anyone's life. Take an empowered step toward recovery, perhaps by establishing a short time frame for completing an all-out “phone detox.” If that isn't an option for you or the person with the problem, bring as much awareness to the problem as you can, sometimes just being aware of our issues and tracking our behaviour as best we can is all we can do.

**A**s a kid, I have been a girl whose goals have always remained a subject of fluctuations. There comes a point when you must choose your goal and start working on it. This point was when I was pursuing BCom in Seshadripuram College. When I started my degree course, I decided I had to do something along with it because my college hours would give me ample time to do something challenging. 6 months passed and I finally decided to pursue Chartered Accountancy. I knew it was a tough course but never expected a package of surprise and how my life would change with it. However, started my journey towards it. I cleared the foundation and IPCC quite quickly. But CA final was not a cakewalk. CA final was a dreaded game. It demanded studying for long hours, sacrificing every fun, outing with friends and family, traveling, parties, all of it. This was not what I had thought I would be doing when I would be a grown-up. It was a very difficult task to stick to what I had decided. Everyone around me was moving ahead with the choices in their life and here I was knee-deep in books. Every day was a battle. It is tougher than I thought it would be. Going through a low phase

of my life. My parents reminded me what I am capable of and I motivated myself to complete the journey. With all the determination and hard work, I gave my best. After all this, finally, the day to get anxious was out there, the big day-the result day. When I checked the results and saw 4 golden letters- "PASS" my happiness had no limits. I had waited long enough to see this. My family and I jumped with joy and happiness. My parents and sister have been very supportive throughout my journey without which I wouldn't be where I am today.

After I crossed this phase I realized that there are bigger bridges for me to cross. However, now I have the self-confidence and self-motivation where I know no matter what comes my way, I'd face it without any second thought.

Currently, working with a BIG4, having big plans ahead of me. Visualizing my graph going upwards!

Hard work and determination go hand in hand, I believe we should never give up on our goals and go ahead towards them.

Love life, give your best and you'll see what life can do for you.

# I am Vishaka and This is my Story

Cover Article

By **Vishaka Rao** (BCom 2015)





# LIVE IN THE MOMENT!!

**Feature**

By **Chinmayee U**, II BCom B

**E**very day is a new experience and every experience is a learning platform that builds Confidence and Capacity to think beyond. Yes, indeed it was! Every single day of the whole week was different from the other and offered different experiences. Under the auspicious guidance of the National Service Scheme, the NSS Unit of Seshadripuram Degree College organized a special annual village camp in Bidadi, Hobli, Ramanagar district, Bannikuppe Village to promote 'Azadi Ka Amruth Mahotsav' and to implement 'Amrutha Samudhaya Abhivruddhi Yojane' and time sense of spirit in young volunteers. The special camp was scheduled from 17th - 23rd Feb 2022.

The first day of camp 17th February was a great start, all volunteers gathered in the college and started our camp journey at 9:00 am. We reached the campsite at 11:00 am. All the NSS volunteers accommodated in the Government Higher Primary School, Bannikuppe. The volunteers were grouped into 7 Troops namely, 'Bramhaputra', 'Krishna', 'Tungabhadra', 'Godavari', 'Yamuna', 'Ganga' and 'Kaveri'. Each team had a group leader who led the group. The volunteers went inside the

village and summoned all the villagers by giving them invites and having small talks with them. All the teams set the stage for inauguration enthusiastically. The evening was hosted by Smt. Sruthi ma'am, Asst. Physical Education Professor, Seshadripuram Degree College. The chief guest for the evening was Shri. Dr.Nadoja Wooday P Krishna sir, Hon. General Secretary, Seshadripuram Educational Trust. The stage was also blessed with the presence of Shri. M S Natraj sir, Hon. Asst. Secretary, Seshadripuram Educational Trust, and chairman, governing council, Seshadripuram Degree College, Smt. Dr.Meera H N ma'am, Hon. Principal, Seshadripuram Degree College, Smt. Savitha Bai, Superintendent, Seshadripuram Degree College, Smt. Veena R, HOD of BCA Department, Seshadripuram Degree College, and the Gram Panchayat members of Bannikuppe Village, Smt.Sumathi and Shri.Revana Siddhaiah. The inauguration began by watering the sampling. The Honorable Chief Guest Shri. Dr.Nadoja Wooday P Krishna sir addressed the gathering and spoke about the main objectives of NSS and Educated us about the various responsibilities and duties of an NSS volunteer. With the stimulating words and thoughts, the



day ended after having a feast. The next day morning onwards we used to wake up at 5:00 am, finish our daily chores and report for the flag hoisting ceremony at around 5:45 am and each day, each team was supposed to do the flag hoisting ceremony and had to come up with a theme for the day. We, volunteers, were supposed to use our creativity and present the theme. The ones who turned up late for the morning flag hoisting ceremony were supposed to clean the lava-

tory. This was considered more of a lesson than a punishment. We started learning lessons on time management on the initial day of the camp. After the flag hoisting ceremony every day we used to do warmup exercises, do yoga and go for a jog around the village. On one of the days, we went jogging for 4 kilometers to an appealing destination near the village which was 'Nellikere'. The jog was worth it because the view of the lake was magnificent. After resting for a while

we came back to the campsite. After the morning workout, we used to have our breakfast. Each day different team was allotted with the food management department and the respective volunteers were supposed to help the chef with chopping the vegetables, cleaning, washing the utensils, and serving food for the rest of the volunteers. The food management in charge team was supposed to eat at the last and had to wash all the utensils after each meal. Respected teams



had to do the same procedure for breakfast, lunch, and dinner on their turns. Also, it so happened when a huge number of us turned up late for the morning reporting at the flag hoist, the food didn't have salt. Again a lesson learned about time management. From Day one none of the plates was washed with food in it, like not even a single grain of rice or anything for that matter. The Zero wastage was followed by all in the camp and followed back at home as well.

One of the important parts of the day would begin after breakfast, 'Shramadhan.' Each day we worked in different places of the village and did our best to make the surroundings better and cleaner. We cleaned the premises of the Government Higher Primary School, made shallow heaps around the trees for the water to stay in it to help roots of the trees absorb water in and around the premises. We also cleaned the temple, hospital, and Anganwadi premises of the village. Our volunteers also made a garden, planting around 30-40 saplings in the school. We surveyed the village where we interacted with the villagers and reached every nook and corner of the village. The volunteers were successful in reaching around 154 families around 692 people. The volunteers also gave awareness about the various schemes under the 'Amrutha Samudhaya Yojane' to the people in the village. We had lunch post Sharamadhan and hardly had time to rest as there would be a lecture session in the afternoon. The topics in the sessions were helpful and informative. We learned the importance of relationships with family and how



it helps us grow successfully, we were educated about the various environmental issues prevailing in the current world and the steps taken by the government in preventing environmental pollution, we were also trained for self-defense by Shri. Surya Rao and Jayanth V, National level Taekwondo players, SK Taekwondo Academy from Seshadripuram Degree College. Each day one of the team members was responsible for Stage management and had to decorate the stage using their artistic skills. We made

the arrangements by using only what we found around the village, various leaves, a variety of pigment-ed flowers, etc. Soon after the lecture session, the Flag de-hoisting would happen and the flag would be given to the next team which would be doing the flag hoisting ceremony the following day. Every day in the evening we used to have cultural events where all the volunteers showcased their talents in singing, dancing, drama, debate sessions, and quizzes. One afternoon we also performed a





street play named 'Lasike Mukhya', which helped the volunteers to convey the message that vaccination, usage of mask and sanitizer, social distancing is the only way to eradicate the ill effects of Covid-19 to the people of the village effectively. There was a great response from the villagers to the street play. We had practiced this play in a span of very few hours. One evening we had an informative session of 'Yuva Samsad' i.e, Youth Parliament, where the volunteers were divided into 2 groups, one being the ruling party and the other one being the opposition party. Both the parties elected their leaders, the ruling party leader, CM appointed for ministers namely Education, Food, Agricultural and Urbanization ministers. The Parliamentary discussion was about the 2 main aspects. First, 'Is National Educational Policy (NEP) beneficial or not' and second, 'Hybrid Agriculture v/s Organic Agricultural System'. Both

the parties brought their views and opinions and there was a healthy argument between the two parties. It was a very interactive session.

On the penultimate day of the camp, all the volunteers started preparations for the most-awaited and exciting part of the camp, i.e 'The Camp Lighting Ceremony (Shibhira Jyoti)'. Later at night, the volunteers enlightened candles individually and placed them on the Indian map and each team dedicated a patriotic song to the 'Shibira Jyothi', there was no single source of light other than the lamplight. The moments were divine and were picture-perfect.

At the end of the day, we all would sit together and have our dinners with so much love and laughter around like one big family. We would conclude the day by writing our diary. There were days we used to stay up till 2 AM, getting stuff ready for the next day. The mem-

ories we created and the endless talks, exchange of emotions are priceless. We forgot about every other thing outside the camp and were mentally so unstressed. We hardly used our phones which is shocking, but we weren't bothered about it. We learned a lot of lessons while working and we came out of the camp with abundant knowledge. We were physically and mentally sturdy and stable. Our time management skills have improved and we are happy about it. I take back knowledge, fun, and precious memories from this camp. The bonds created are strong and I'll cherish this throughout my life. Endings are also beautiful and set forth new Beginnings!

# Jewellery

Materialize your soul

Fashion

by **Disha Rai**, II BCom(Hons)

Jewellery is an ornament that we wear to express ourselves and showcase self-love. But do you know the meaning behind what you wear? Let's have a look at it.



## Evil Eye Jewellery

The evil eye is a curse from Greek culture that has been passed through many decades and still exists today. It states that when someone is envious of you, they'll have the power to give you an 'evil glare' and send bad luck your way.

Due to this belief, protection from the evil eye is something that many people actively sought after.

This is why, in today's times, people use evil eye jewellery as a symbol of protection against bad luck.

It's something that always remains in trend. If you want to protect yourself from the "Nazar" wear evil eye jewellery which will also make you stay gorgeous and stylish at the same time

## Pearl Jewellery

Pearls are symbolic of wisdom gained through experience. The gems are believed to offer protection, as well as attract good luck and wealth. They are well-known for their calming effects. Pearls have a way of bringing balance to your karma. According to ancient legends, Pearl was described as tears of God's. According to Hindu mythology, it symbolizes wisdom and spiritual awareness. When it comes to fashion, pair it up with anything and all the eyes are on you. Pearl never goes out of fashion.





## YingYang Jewellery

This symbol has its roots in the Chinese religion. It represents the two opposite forces working together harmoniously. The symbol consists of a circle with two whirling halves, one dark or black and one light or white. Yin refers to the darker side, and Yang refers to the lighter side of the half.

Yin Yang necklace can convey meanings of peace, balance, love. When worn, Yin represents femininity, passivity, submission, or coldness, whereas Yang represents masculinity, light, positivity, and movement. It is also a way of bringing harmony and balance in life.

## Elephant Jewellery

The Elephant is a symbol of strength, power, stability and wisdom. Elephant jewellery is commonly believed to bring luck to the person who is wearing it and makes a great gift for wishing someone luck with something in Hinduism, the Elephant deity Ganesha is a symbol of good fortune and is known as being the remover of obstacles.



## Butterfly Jewellery

Butterflies are deep and powerful representations of life. Butterflies are beautiful and have mystery, symbolism, and meaning and are a metaphor representing spiritual rebirth, transformation, change, hope, and life. The magnificent, yet short life of the butterfly closely mirrors the process of spiritual transformation and serves to remind us that life is short. Butterfly earrings are the ones in trend now. Grab yours from our store at the most affordable price.



# Achievers

2022



**A Soorya Rao**

III B.Com. F

*(B.Com. 2019-22)*

**Awarded Director General NCC Award**



**Shreyas U**

II B.Com. E

*(B.Com. 2020-23)*

**Secured 42<sup>nd</sup> Rank AIR in CA Intermediate**

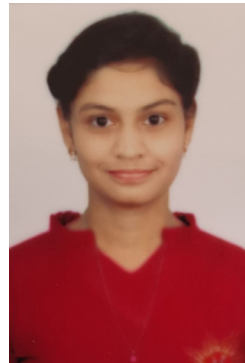


**S Swathi**

III B.Com. H

*(B.Com. 2019-22)*

**Secured 2<sup>nd</sup> Rank AIR in CS Executive**



**Kushi V**

III B.Com. H

*(B.Com. 2019-22)*

**Secured 239<sup>th</sup> Rank AIR in CS Executive**

# Congratulations

# Thank You for your generous Contribution towards the SCOSA Scholarship Fund 2021-22



**Mr. Sunil Kumar**  
Chartered Accountant  
Seshadripuram College  
*B.Com. (1996)*

# NARUTO

N

aruto is one of the best Japanese manga and anime series written and illustrated by Masashi Kishimoto. The writer has created many beautiful and interesting characters which can make one feel nostalgic. The anime gives a complete pack of thrillers, action and an emotional drive through which will surely give Goosebumps. The storyline is brilliantly written with some mind-blowing graphics.

The anime tells us about the life of Naruto Uzumaki, a boy who is a resident of the Hidden Leaf Village who has witnessed pain since his birth due to a demon fox spirit inside him which caused a lot of harm to the people of the village. Naruto strives hard to achieve recognition in his village by vowing to himself to become a Hokage (leader of the village). He shares a friendly relationship with another kid Sasuke, who is a genius unlike him. While Naruto tries to save his friend from the path of darkness, Sasuke is determined to avenge the death of his clan by killing his elder brother.

# NARUTO

## Review

by **Yash Kapasi**, I BCom G

From a spoilt lad to a great leader who treats everyone as his family, Naruto is one the best gripping anime.

A few important takeaways from Naruto are to Never Give Up and Believing in Yourself no matter how hard the journey is. It shows us to Thrive Forward with hard work irrespective of the outcome. It tells us the importance of training and how it helps us in getting a better version of ourselves. The story conveys how bonds can make you a truly happy human being. It signifies the importance of a good friend, a good teacher, and how they can heal that hole in your heart caused by loneliness.

Everyone has a goal to be achieved but the real fun lies in the journey. The series which is spread across two seasons and close to 900 episodes will take you on an inspiring and gripping journey. So this coming weekend, check out Naruto which is available on Netflix and TV Tokyo and wait for that never-ending surprise element.

# CRACKING THE PROCRASTINATION PUZZLE

Lifestyle

by **Madhurya Sarathy**, II BCom(Hons)

Human Beings have been procrastinating for centuries. Procrastination is one of those challenges we have all confronted at one point or another in our lives.

Procrastination can be defined as an act of unnecessarily holding or delaying the 99 tasks or 99 activities which we have despite deadlines and reminders.

According to me, Procrastination is not about being lethargic but it's the fear of meeting targets and deadlines. Procrastination is the fear of not being perfect. Perfectionism breeds Procrastination. By having the strong will of facing or mitigating these gloomy emotions we can manage to overcome procrastination. Lack of motivation or interest can be regarded as a key factor of procrastinating our daily ventures.

Even distraction has been identified as one of the major causes of procrastination. Procrastination is an emotion-regulation problem. It's not a time management problem, but rather a problem of dealing with our feelings and emotions.

Moreover, if you procrastinate don't beat yourself up about it. Relax. Take a moment to figure out things. Breathe. Be kind to yourself. Procrastination doesn't warrant self-punishment.

You're not a couch potato. You're not a procrastinator. You are bright, creative and willing. The problem is pessimistic emotions are overpowering our ability to take actions. Procrastination is the art of performing works today and in fact now.

So how to kill the biggest enemy of human beings ?

## PROCRASTINATION

Here are a few quick, easy and powerful tips to stop Procrastination.

- Identify or visualize the reason for procrastination.
- Make a to-do list.
- Schedule your tasks.
- Create an inspiring and heartening ambiance.
- Take a short pre planned break.
- Minimize distractions.
- Finally, reward yourself after completion of the task. (Acknowledge and Appreciate Yourself!)

## KABIR DAS SAYS:

*"Kal Kare So Aaj Kare, Aaj Kare So Ab Kare!"*

On final note, being unproductive is OK. Taking a break is FINE for your mental and emotional peace. But do not procrastinate on your routine cycle frequently.

Combat and win over procrastination. Don't let Procrastination dominate your life. Be brave. Take risks. Your life is happening right now. Ultimately you have to choose between PRO-DUCTIVE or PRO-CRASTINATION. The ball is in your court now. Make a wise and a smart move.

## REMEMBER!!

Procrastination is not the problem, but it's the solution for many.

Procrastination doesn't make you lazy.

Procrastination doesn't make you incompetent.

Procrastination doesn't sign a lack of pride in your work.

Procrastination is natural, organic and raw!!

Procrastination is easy to beat! You can tackle it.



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by **Chinmayi S** | BCom A



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