



# SICASA E - NEWS LETTER



Tuticorin Branch of Southern India Regional Council of The Institute of Chartered Accountants of India  
(Set up by an Act of Parliament)

*January 2011*

## SICASA Chairman's Writes:



Dear Friends,

Greetings!

Hearty wishes to all Students and Readers. A very happy, prosperous and eventful 2011. May the New Year bring success with flying colors. This month is results month. Results for PCC / IPCC and Final (old / new) are expected to be released by third week of this month. Students are very eager and tensed about their results. My advance congrats to all those succeeded and best wish for those whose effort is insufficient. The difference between students who clear and who do not, are not that there is difference in brilliance. It's all the difference in the level of hard work and way of approach to this course and exam. This course, unlike other courses, needs continuous and stern hard work combined with professional approach. Therefore, as a Chairman, I wish all students success in your life. Exam results, as such, are not the end. It is just a check post in the journey of career. One has to slow down at that point to see that one travels in correct path. Once again, my hearty wishes to all Students. For results, Students can either look into the Institute website or approach Tuticorin Branch in person to know their results. Students can also contact the Branch over telephone for details, results or date of result.

Vande Mataram!

With warm regards,

**CA.G.Manoj Rodrigo**  
**SICASA Chairman**

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# The Inner Strength

All of us depend on our mental and physical strength to live. Without these two things, one couldn't exist in his/her life. Strength of body depends on the four necessities of life. But strength of mind is not so. It depends solely on noble wealth.

Strength of mind is more important than strength of body. People who don't have enough strength have to depend on others to lead their life. We have to choose good people to associate with. If we associate with good and wise people, they will teach us to be good. But if we associate with fools and cunning people, we'll suffer for it. It will worsen our mental strength.

To overcome these problems we have to depend on ourselves. One cannot find a good mainstay than self. To create such kind of person within us we have to develop five qualities. (1) Confidence (2) Persistence (3) Vigilant (4) Concentration (5) Discernment.

Mindfulness means care and restraint to make sure that our thoughts, words and deeds don't go off the mark; being conscious of good and evil so that our behaviour doesn't fall into ways that are bad and unwise. Concentration means keeping the mind firmly centered in a single object – whether good or bad, past or future just keep the mind honest and upright.

Once we have virtue and concentration, our mind will know how to discern things. Discernment enables us to see within us.

## **DEVELOPING - INNER STRENGTH:**

All are not born with inner strength. It can be developed like any other skill. Inner strength is the quality which is the combination of willpower, self discipline, self control, persistence, detachment, the ability to concentrate and peace of mind.

### **Willpower is your Inner Strength:**

Willpower is the inner strength that propels towards success and achievement. It is the power that pushes into action in every area of life. Willpower is one of the most important

and desirable inner powers. Its lack or presence will determine your failure or achievements. Willpower is not only the quality of successful people. Willpower is the inner strength to make decisions, take action, handle and execute any aim, regardless of inner and outer resistance, discomfort or difficulties. It can be developed by every one of us. If you usually feel lazy, procrastinate, possess low esteem, feel weak and lack of self control, strengthening this power will help you.

### **Psychological weakness:**

If we look into the most difficult moments of our life, psychological weakness was often at the centre of the problem. Expressions of psychological weakness, lack of strength makes us incapable of acting; lack of toughness results in shrinking and cowering, lack of courage results in leading a fearful life; etc.

Think about several areas of your life where you have been physically weak. Then come up with a plan to overcome that behaviour in specific circumstances in your life. If you make a sincere effort, you are bound to elicit powerful positive response from your surroundings.

### **Self Discipline:**

Self discipline is the ability to reject instant gratification or pleasure to capture better or higher goal. It manifests as the inner strength to stick to your plans, in spite of obstacles and difficulties. Self discipline is one of the pillars of success. It bestows the inner strength to direct your energy and attention to your goal.

Both skills are required for the efficient handling of all activities and decisions. They are required for doing a good job, for success in business, for studying, losing weight, exercising, maintaining good relationships, changing habits, self improvement, meditation, spiritual growth, keeping promises and for almost everything else.

At this point I suggest you two tips for developing these powers and attaining the inner strength:

1. Refusing to satisfy unimportant or unhealthy desires.
2. Doing things which are useful, but which you resist doing.

By refusing and rejecting useless, harmful and unnecessary desires and actions, and sometimes intentionally acting contrary to your habits, you can sharpen your inner strength. You can still get stronger through constant practice.

Here are a few exercises to strengthen your inner powers that use ordinary day-to-day activities:

1. Don't read the newspaper for a few days.
2. Now and then drink your coffee or tea without sugar.
3. Climb up the stairs instead of taking the lift.
4. Park your car a little farther away from your destination, so that you have to walk.
5. Now and then choose not to watch one of your favourite TV programs.
6. Read a book that is useful and informative, but which you find boring.
7. Curb your desire to criticize people.
8. Delay your desire to retort angrily.
9. Try to get out of bed quickly on a cold day.

By practicing these or similar exercises you gain inner power, which you can use when you are in need of it. When you are faced with life's problems, learn to appreciate things around you and learn to cope.

Life is not a bed of roses and nothing is ever perfect. In life, we face obstacles, trials and many other difficulties that slow down our pace, to achieve our goals and dreams. We encounter many unexpected circumstances, and many times life is not the way we want it to be. Inner strength is strength in every living organism that keeps urging them 'not to give up', it is a natural instinct, something that just comes naturally when we encounter obstacles and difficulties, to make ourselves stronger.

Inner strength is a motivational force within all of us that has a message saying 'Don't give up'. It is the natural silent motivational force within you.

By  
**Ms.S.Sundari**  
CA PCC Student

**\* Behind every able man, there are always other able men. \***