



THE INSTITUTE OF CHARTERED ACCOUNTANTS OF INDIA
(SET UP BY AN ACT OF PARLIAMENT)

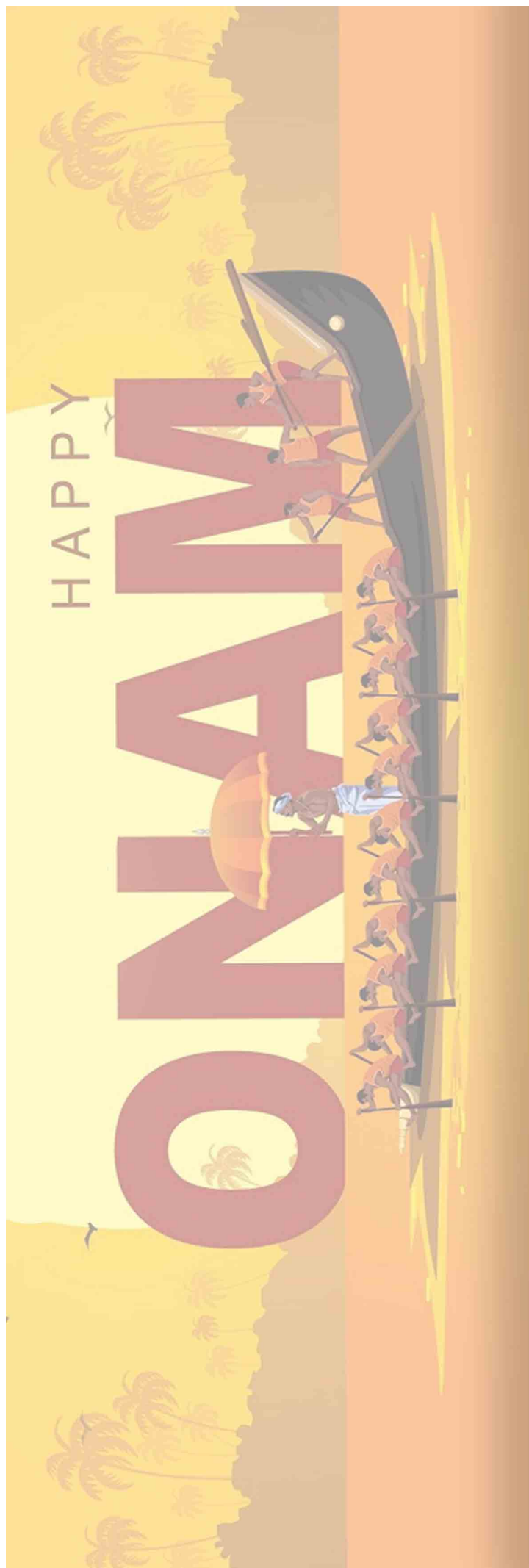


SEPTEMBER 2025

E-NEWSLETTER



THRISSUR BRANCH (SIRC)



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CA. Jinu Rose Johnson

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EDITORIAL



Dear Members,

September has arrived, carrying with it the fragrance of flowers, the spirit of festivity, and a reminder of our professional duties.

This month, our branch came alive with the colors and joy of Onam. The pookalam designs, the vibrant sounds of chendamelam, the Maveli, Chakyar and the Onam sadya together reminded us that life is not just about meeting deadlines but also about celebrating togetherness and joy. Onam, after all, teaches us that prosperity is not measured only in numbers but also in the warmth of community and the richness of culture. We also paused to remember and celebrate Teachers' Day—a day that reminds us of the mentors who shaped our journey. As Chartered Accountants, we know that teaching is not confined to classrooms. Each of us has teachers in the form of colleagues, clients, and peers—and each of us, knowingly or unknowingly, becomes a teacher to someone else. Passing on knowledge and guiding others is perhaps one of the most fulfilling responsibilities of our profession.

Of course, September also signals the familiar hum of our profession's audit season. The spreadsheets may pile up, and the deadlines may seem unrelenting, but this is the season where our skills shine brightest. As we work tirelessly to balance figures, let us also remember to balance ourselves—with timely rest, good health, and precious family moments.

Here's wishing all our members a joyful festive season, a spirit of gratitude for our teachers, and a timely, successful, and happy audit season ahead.

Warm Regards,

CA Jinu Rose Johnson

Editor – ICAI Thrissur Branch (SIRC)

CHAIRPERSON'S MESSAGE



Dear Esteemed Members,

Greetings to all of you as we enter the month of September. The month of August has been one of great significance for our branch, marked by both a profound sense of loss and a renewed commitment to our professional growth.

It is with deep sadness that I begin this message by mourning the passing of our senior member, CA. V K Nandakumar. He was a respected and beloved figure in our professional family. His contributions to the profession and to our branch will always be remembered. On behalf of every member of the Thrissur Branch, I extend our heartfelt condolences to his family and friends. His memory will continue to inspire us.

On a more forward-looking note, the Thrissur Branch remains committed to providing you with continuous learning opportunities. This August, we have organized a series of *CPE seminars designed to keep you at the forefront of our ever-evolving profession. From in-depth sessions on *GST Refunds* to workshops on *utilizing AI for Chartered Accountants*, we have aimed to provide knowledge that is both relevant and practical.

Past President of ICAI, CA G Ramaswamy visited our Branch and delivered a impactful session on Emerging Trends in Tax Investigation.

We had also conducted a workshop on Generating Financial statements from Tally for Non-Corporates. We celebrated Independence Day on 15th August in a grand style. The National flag was proudly hoisted in ICAI Bhawan in the presence of members and students marking a solemn tribute to our nation's spirit of the freedom and unity.

We also celebrated our Onam in a grand style for members as well as for students separately. Traditional Maveli procession, Chakiyar kuthu, Chenda Malam, Tug of war, and cultural performances by members created a festive atmosphere of joy and togetherness. Traditional Onam Sadya is also served to the members and students.



Around 40 members from our branch had attended 57th regional conference of SIRC of ICAI themed “Aakkam-Onwards and Upwards” at Chennai on 22nd and 23rd August 2025. We are proud to share that our branch received the Best branch award in the SIRC Medium category and Best branch award-SICASA in the SIRC Large category at the event recognising our continuous efforts and excellence in serving the profession. Our Academic activities are also in full swing. 4 Batches of Foundation, Two Batches of Intermediate and 1 batch for Final Coaching classes are currently going on in our branch.

We had already circulated our detailed Activity Report on 8th September 2025

Our goal is to ensure that our members are not only well-versed in traditional areas but also equipped with the skills needed to thrive in a digital and dynamic landscape. I encourage you to make the most of these sessions, which are a valuable resource for your professional development.

We have lined up insightful sessions and workshops for the coming weeks, designed to keep you updated on the latest developments in our dynamic professional landscape. Topics on International Taxation and Transfer Pricing, Company Audit, Tax Audit and GST Amendments etc are already scheduled in the month of September 2025.

Your participation and engagement are what make our branch a success. I look forward to seeing you at our upcoming events and seminars.

As we know all of us are busy with our professional assignments spending most of our time for professional work. I request all the members to take enough rest for your body and mind and ensure that you are finding enough time to spend with your family also.

Wish you a good work life balance in the coming months

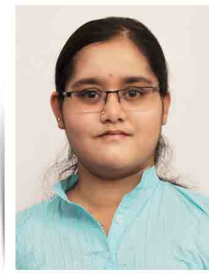
With warm regards,

CA. SANJON G

Chairperson

ICAI Thrissur Branch(SIRC)

Beyond Deadlines: Safeguarding the Wellbeing of Chartered Accountants in Practice



CA. JHANA SHREE

It is midnight on a day before the last day of filing. The ITR portal has slowed down, clients are calling frantically, and a team of juniors is anxiously waiting for guidance.

For many Chartered Accountants in practice, this scenario is all too familiar. The profession is often described as the backbone of financial discipline in India, but behind the numbers lies a truth rarely acknowledged—the heavy toll the work takes on the health and wellbeing of the professional.

The pressure is seasonal yet unrelenting. Every few months, practitioners brace themselves for a new deadline storm—Income Tax returns in July, Tax Audits in September, GST annual filings in December, and year-end closing in March. Each cycle brings its own chaos: server crashes, last-minute client submissions, technical glitches, and a mountain of files that only grows. The outside world sees a successful professional managing compliance, but inside, many CAs feel the creeping fatigue of burnout.


The Unique Stressors of a Practicing CA

Unlike corporate employees who may face workload surges, the practicing CA's life is a series of deadline sprints, one after another. Clients often expect miracles, handing over documents hours before due dates and demanding flawless filings. Juniors may lack the experience or discipline required, leaving seniors to recheck every figure at the last minute. Office hours stretch late into the night, and personal health routines vanish under the weight of professional demands. Add to this the seasonal challenges—monsoon illnesses, year-end family functions, or exam season for children—and the stress multiplies.

The technical side also adds to the strain. Most practitioners can recount instances when an overloaded tax portal crashed moments before filing. Technology is meant to make life easier, but during peak season it often becomes another source of anxiety. Combined, these factors form a perfect storm that affects not just efficiency, but the wellbeing of the professional.

Recognizing Burnout Before It Breaks You

Burnout does not arrive with a loud announcement; it creeps in silently. A stiff back, acidity after midnight tea, irritability with staff, or simple forgetfulness may seem like small inconveniences, but together they form the red flags of mental and physical exhaustion. Prolonged stress manifests in errors in judgment—an overlooked entry, a miscalculated figure—mistakes no CA can afford. More dangerously, years of neglect can lead to chronic conditions such as hypertension, diabetes, or severe anxiety.



Acknowledging these signs is not weakness—it is wisdom. Just as we advise clients to detect small irregularities in accounts before they snowball into fraud, we too must recognize and correct the imbalances in our health before they become irreversible.

Why Wellbeing Matters in Practice

Wellbeing is not a luxury for professionals; it is the foundation of effectiveness. A clear mind and a steady body are as essential to a CA as a calculator and statute book. A tired or irritable mind is more prone to error, and errors in our field carry both reputational and legal consequences. On the other hand, a professional who invests in personal health and balance is better equipped to handle clients calmly, mentor juniors effectively, and lead their firm with resilience. Taking care of oneself is, in fact, the most sustainable investment a CA can make in their career.

Strategies for Safeguarding Wellbeing

Physical Health: Long sitting hours are inevitable during filing season, but they need not be destructive. Simple desk stretches, a short walk between files, or even standing for calls can relieve strain. Hydration is often ignored—yet keeping a bottle of water nearby can prevent fatigue and headaches. Substituting fried snacks with nuts, fruits, or a small homemade meal can stabilize energy levels far better than caffeine overload.

Mental Health:

The workload is often too large to “finish everything.” Smart prioritization—such as focusing first on urgent/high-impact tasks—can reduce stress. This Photo by Unknown Author is licensed under CC BY-NC-ND Burnout is Real Techniques like time blocking (assigning fixed slots to similar tasks) prevent constant switching and mental fatigue. Even a 10-minute screen-free break can recharge the brain more than an extra cup of coffee.

Emotional Health:

Stress multiplies when carried alone. Peer networks—fellow practitioners who share the same struggles—can be a safe space for venting and advice. Within the office, humor and small celebrations create breathing space in otherwise tense days. Simple breathing practices or mindfulness, done between client calls, can calm nerves and restore perspective.

Family and Social Wellbeing:

Filing seasons are hard on families too, as practitioners spend more time at the office than at home. Transparent communication helps. Letting family members know in advance about peak workload allows them to adjust expectations. Equally important is scheduling a small reward—a family dinner or outing—once the storm has passed. These rituals remind both CA and family that deadlines may dominate for a while, but they do not define life.



Creating a Wellness-Oriented Firm Culture

Wellbeing must move from individual responsibility to collective culture. Leaders of firms can set the tone by modeling balance. When seniors avoid glorifying all-nighters, juniors feel less pressure to imitate unhealthy patterns. Encouraging short breaks, keeping fruit in the pantry instead of only biscuits, or even instituting a five-minute stretch break in the office can make a remarkable difference. Wellness in the workplace is not about large programs but about small, consistent signals that health matters.

The Role of ICAI and Professional Bodies

Institutions too can play a role. ICAI has begun wellness initiatives, but much more can be done. Webinars on stress management during peak seasons, regional wellness circles, or even a helpline for stressed practitioners could transform how the profession supports its members. Campaigns with simple messages—“A Healthy CA = A Stronger Profession”—can break the silence around burnout and create a culture where wellbeing is valued as highly as technical skill.

10-Point Wellbeing Self-Checklist for CAs

(Reflect at the end of each day during filing season)

1. Did I drink at least 2–3 liters of water today?
2. Did I eat at least one balanced, home-cooked meal instead of only snacks?
3. Did I take a break away from my desk for at least 10 minutes?
4. Did I stretch or move my body for at least 15 minutes?
5. Did I get at least 6–7 hours of sleep last night?
6. Did I practice one relaxation technique (breathing, prayer, journaling, or meditation)?
7. Did I delegate or prioritize tasks instead of trying to do everything myself?
8. Did I share my stress with a peer, family member, or colleague instead of bottling it up?
9. Did I spend at least 10 minutes connecting with family or friends meaningfully?
10. Did I do one small act of gratitude or reflection to end the day on a positive note?

From Burnout to Balance

As Chartered Accountants, we know better than anyone that deadlines will never end. But health, once lost, is far harder to restore. The solution is not grand—rather, it lies in small, daily acts of self-care and a conscious decision to see oneself not merely as a professional, but as a human being first.

This filing season, let us not only file returns for our clients, but also return to ourselves. A sustainable profession is not built on exhaustion—it is built on resilience, and resilience requires rest.

CA. JHANA SHREE

ICAI THRISSUR BRANCH – MONTHLY ACTIVITY REPORT – AUGUST 2025

I. ADMINISTRATIVE ACTIVITIES

1. CPE Programmes

Date	Title	Chief Guest/ Speaker(s)	CPE	Attnd
02 Aug	Professional Opportunities in Gulf Countries Tax Audit Emerging Trends in Tax Investigation	CA G. Ramaswamy, Past President - ICAI Chief Guest & Speaker CA Nirlep Bhatt, Doha CA Vipin K K, Thrissur CA Rajan C V, Thrissur	6	145
19 Aug	Generate Financial Statements From Tally Prime For Non-Corporates as per ICAI Guidance. Powered By Tally prime's Simplicity and a Smart Excel Template.	Mr. Rijo Paul, Thrissur	3	46
20 Aug	GST Refund	CA Tony M P, Thrissur	3	57
29 Aug	Ai for Chartered Accountants	CA Subin V R, Thrissur	3	66

2. Non-CPE Programmes

Date(s)	Programme Title	Highlights	Attnd
15 Aug	Independence Day	The National Flag was proudly hoisted by Chairman CA Sanjo N G at ICAI Bhawan, Thrissur, in the esteemed presence of Managing Committee members, ICAI Thrissur members, and students, marking a solemn tribute to our nation's spirit of freedom and unity.	300+
31 Aug	Onam Celebrations 25	The Thrissur Branch organized a vibrant Onam celebration for members, featuring traditional Maveli procession, Chakiyar Kuthu, Chenda Melam, and cultural performances by members, creating a festive atmosphere of joy and togetherness.	250+

3. Administrative Meetings

Date	Event	Venue
08 Aug	Managing Committee Meeting	ICAI Bhawan
22 & 23 Aug	Managing Committee members, along with over 40 members from the Thrissur Branch, attended the 57th Regional Conference of SIRC of ICAI, themed "Aakkam – Onwards and Upwards". We are proud to share that our branch received the Best Branch Award in the SIRC Medium Category and the Best Branch Award – SICASA in the SIRC Large Category at the event, recognizing our continuous efforts and excellence in serving the profession	Jawaharlal Nehru Indoor Stadium, Chennai
29 Aug	An Extra-Ordinary General Meeting (EGM) was convened following the sudden demise of our esteemed member CA V.K. Nandakumar. A condolence meeting was held to pay homage and offer prayers for the departed soul.	ICAI Bhawan

II. ACADEMIC ACTIVITIES

1. Coaching Classes (Ongoing)

Course/Batch	Attendance
CA Final – Sep 2026 (DT: 4–27 Aug)	47
CA Final – Sep 2026 (IDT: 29 Aug–14 Sep)	19
CA Intermediate – Jan 2026	147
CA Intermediate – May 2026	148
CA Foundation – Jan 2026 Batch 1	83
CA Foundation – Jan 2026 Batch 2	69
CA Foundation – Jan 2026 Batch 3	120
CA Foundation – May 2026 Batch 4	84

2. ICITSS & AICITSS Programmes

Dates	Programme	Batch	Attendance
25 Aug –15 Sep	Advanced ITT	Thrissur 23	19
04 Aug - 22 Aug	ITT	Thrissur 20	38

ICAI Thrissur – August 2025 Highlights & Closing Summary

The ICAI Thrissur Branch continued its commitment to professional development, academic excellence, and fostering a spirit of unity and patriotism during the month of August 2025. Through a balanced mix of CPE and non-CPE programmes, administrative meetings, and ongoing coaching classes, we aim to empower our members and students with knowledge, skills, and opportunities to excel in their professional journey.

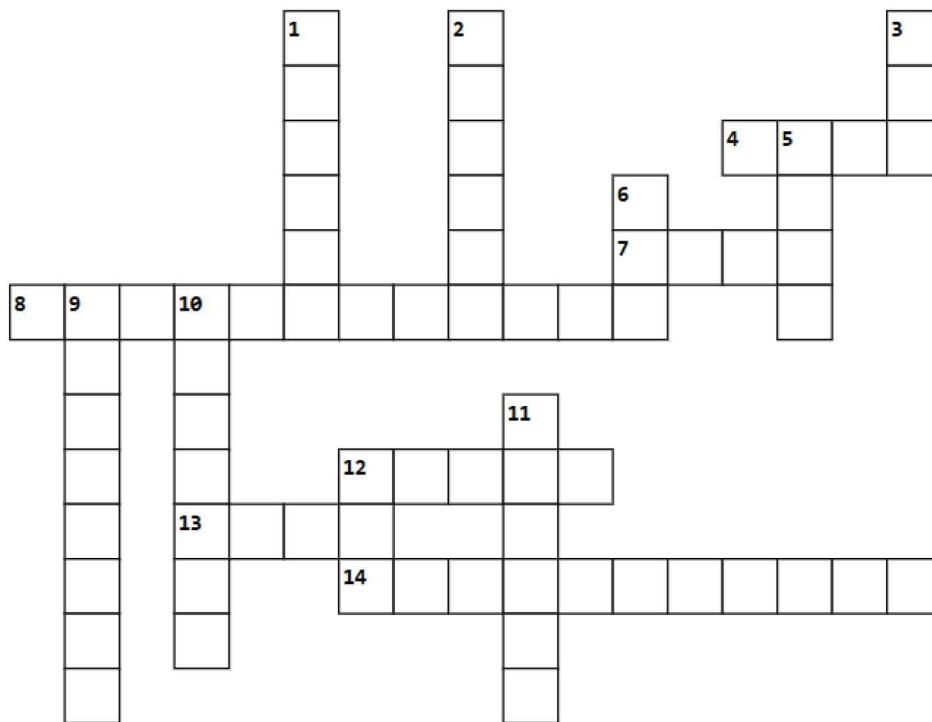
We sincerely thank all the speakers, members, students, and participants for their enthusiastic involvement and continuous support in making these activities successful. Your active participation plays a vital role in strengthening the ICAI community.

We look forward to your continued engagement and collective efforts towards the sustained growth of the profession.

Thank you.

CROSSWORD

INSIGHT CORNER



Across

4. Central share of Goods and Services Tax
7. State share of Goods and Services Tax
8. Mandatory process for taxpayers crossing threshold turnover
12. Goods or services used in business for further supply
13. Tax on inter-state supply of goods or services
14. Simplified scheme for small taxpayers under GST

Down

1. Goods or services not liable to GST
2. Tax payable on sales made by a business
3. Indirect tax levied on supply of goods and services
5. Monthly/annual return filed under GST
6. Code used for classification of goods
9. Document required for movement of goods beyond a threshold
10. Document issued by seller to buyer for goods or services
11. The taxable event under GST

Glimpses

AUG' 25



Seminar on "Professional Opportunities in Gulf Countries, Tax Audit, and Emerging Trends in Tax Investigation" held on 02nd August. Eminent speakers/ Chief Guest **CA G. Ramaswamy (Past President – ICAI)**, **CA Nirlep Bhatt (Doha)**, **CA Vipin K K**, and **CA Rajan C V** engaged with 145 participants at Thrissur Branch.



Session on "Generating Financial Statements from Tally Prime for Non-Corporates as per ICAI Guidance" held on 19th August, conducted by **Mr. Rijo Paul**, focusing on Tally Prime's simplicity and smart Excel templates, attended by 46 participants.

Glimpses

AUG' 25



On 20th August, a session on GST Refund was conducted by CA Tony M P, Thrissur, focusing on the practical aspects and compliance procedures related to GST refund claims. The session was attended by 57 participants.



On 29th August, a session on "AI for Chartered Accountants" was conducted by CA Subin V R, Thrissur, highlighting the applications of Artificial Intelligence in accounting, auditing, and financial decision-making. The session was attended by 66 participants.

Glimpses

AUG' 25



On 15th August, the National Flag was proudly hoisted by Chairman CA Sanjo N G at ICAI Bhawan, Thrissur, in the esteemed presence of Managing Committee members, ICAI Thrissur members, and students. The event marked a solemn tribute to our nation's spirit of freedom and unity, with over 300 participants joining the celebration.



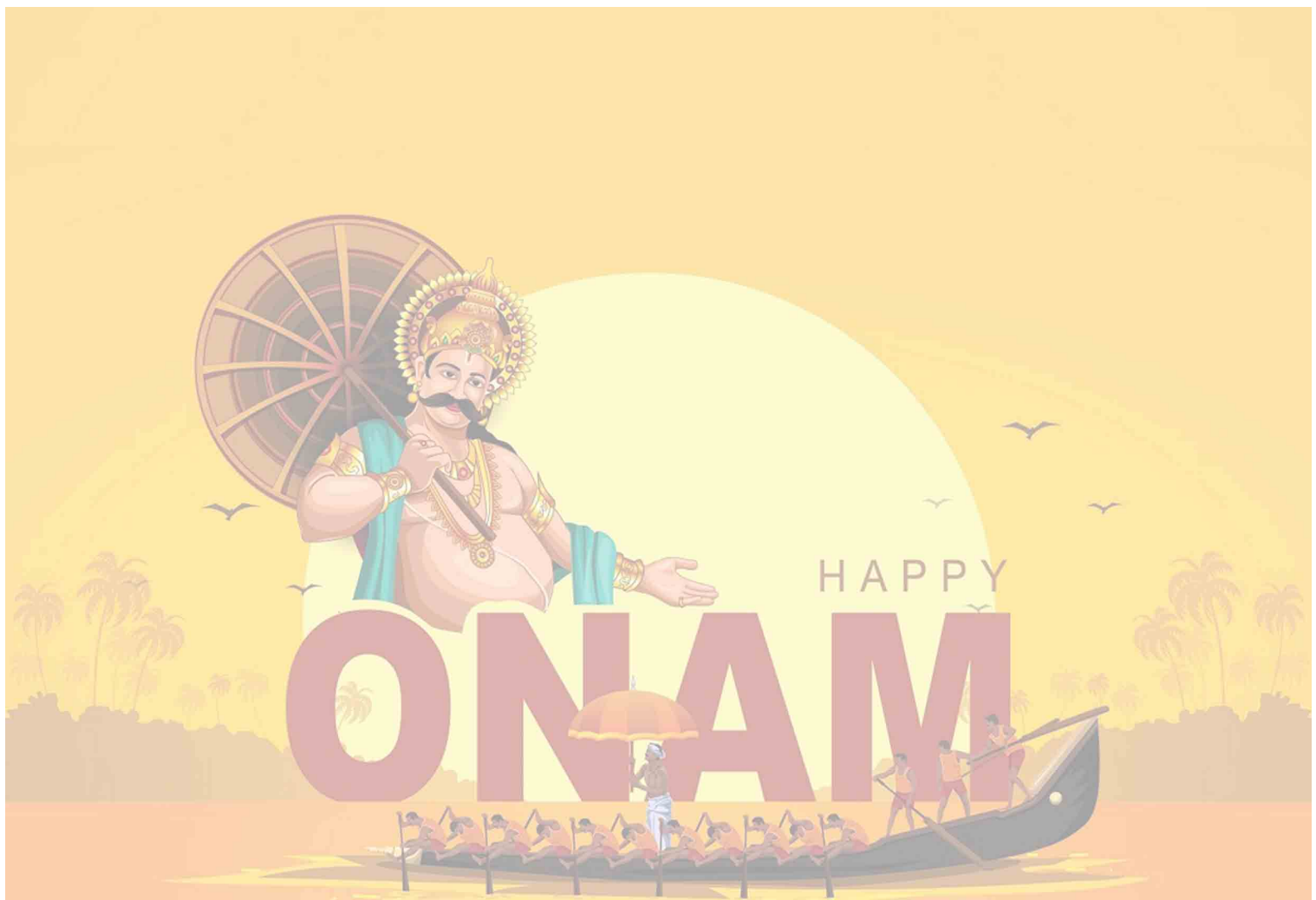
On 22nd & 23rd August, Managing Committee members along with over 40 members from the Thrissur Branch attended the 57th SIRC Regional Conference of ICAI held at Jawaharlal Nehru Indoor Stadium, Chennai. Thrissur Branch was proud to receive the Best Branch Award – SIRC Medium Category and the Best Branch Award – SICASA Large Category, recognizing our dedicated efforts and excellence in serving the profession.

Glimpses

AUG' 25



On 31st August, the Thrissur Branch celebrated Onam with over 250 members, featuring a traditional Maveli procession, Chakiyar Kuthu, Chenda Melam, and cultural performances, creating a joyous and festive atmosphere of togetherness.



Thank you



THE INSTITUTE OF CHARTERED ACCOUNTANTS OF INDIA

(SET UP BY AN ACT OF PARLIAMENT)

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