



## Brahmcharya Lifestyle - A Taste of Divine

Read More on page 03



## The Magic Of Majestic Monsoon

Read More on page 02

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EDITION

# SCOOP



RSET's

Ghanshyamdas Saraf  
college of arts & commerce  
EDUCATION EMPOWERS

## BY STUDENTS, FOR STUDENTS !



By Raj Jadhav  
FYBMS (26)

## Time Management for the student

Management is the need of today's world and time is not an exception to it. Every living creature on this surface of the earth is blessed with 24 hours in a day. But, how well do we utilize these hours ? Do we make the best out of it ?

Time is just like wealth. If you know how to utilize it, you are the richest. Especially, for students time management is really important in order to succeed in life. Generally, they tend to waste a lot of their time without even realising it. They do lack knowledge about management of time and which is why they get panic when deadlines are near. There arises a lot of difficulties and issues in juggling between work while managing time.

Here are some important points which students should have to follow:

1. Make a to-do list and emphasis on following it regularly.
2. Tackle single thing at a time.
3. Stay away from distractions
4. Try to achieve short-term goals first.
5. Don't stress too much.

These are some simple tricks that can make wonders if followed properly. Time management is not a superpower, it is just a skill which can be developed.

**"IF YOU RESPECT YOUR TIME, TIME WILL RESPECT YOU BACK"**

## Technology

## Will Technology Help Us Live For 100 Years?

Technology is constantly improving and generally aims to make processes easier for people. There are lots of smart techniques using which we can save time. Examples like ATM card, Online payment services like Google Pay and paytm, Alexa, Smart watch, Web camera, Video camera, Smart board etc.



## HOW TECHNOLOGY IS GROWING

AI is such a technology that will improve your work efficiency and at the same time, it will also reduce the time duration of work as compared to humans. AI in the sense that everything is becoming automated as a self-driving concept, now one of the most famous and multi-national companies like TESLA has already launched its automated self-driving cars in the market. But after its arrival, there may be some unemployment situation.

## Tech Companies like Tesla, Microsoft, Apple, Meta, Google etc.

In real life example, we can consider as digital services. Nowadays there are a lot of digital technologies using which we can save valuable time. Like Phone Pay, Google Pay, Amazon and other e-banking services. By using that technology we can pay anytime anywhere, no need to go to ATM and banks, we can pay any amount using digital applications.

By Ajit Yadav  
SYBSCIT (58)





## INCOME TAX RETURN AND 6 MAJOR DIFFERENTS IN INCOME TAX FROM 31ST JULY 2022

1. Link your Aadhar card with Pan with penalty of RS 500 till 30th June 2022.
2. Demat Trading Account KYC update till 30th June 2022. Name, Address, Pan, E-mail Id, Mobile number and Income details this 6 KYC you have to update.
3. Home loan EMI will be costly. The rate of interest would be increased by 0.50% if it was 7.25%, then from 1ST July, it would be 7.75%.
4. TDS @ 10% on benefits or perquisites given by a resident or non-resident enterprise, whether in cash or kind, in excess of rs20,000 by section 194R.
5. TDS @ 1% on crypto (section 194S) irrespective of gain or loss.
6. 15% Discount on property tax in Delhi before 30th June

### Why filing return on time is important?

There is a penalty of Rs-5000 for late payment of income tax return by section 234F. Rs-1000 if income is less than 5 lakhs. No penalty if not taxable. Business losses cannot be forward to the next year if the return is paid later. Interest is at 1% per month under section 234A for late payment of return.

### Who helps to fill?

Yourself, C.A, Tax consultant, income return preparation, various portals

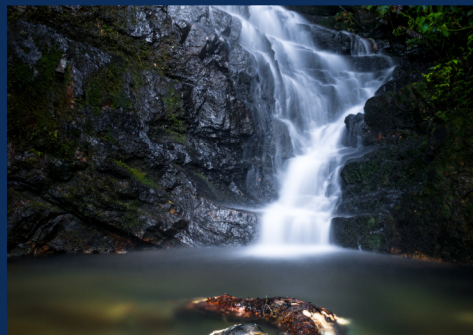
- \*This year the income tax department has made ITI 1,2,3&4 available in format, so tax payment has become very easy. Log to the income tax website and fill in the correct selection, then you will see the salary TDC and your investment details filled.

### What documents are required

if you are a salaried person, then form 16A and B from the company is most important. Second, the TDS certificate and from 26AS. If you are a professional or a business, annual balance sheet, accumulated expenditure book, TDS, TCS certificate details are required.



## The Magic of Majestic Monsoon



The monsoon season has its fair share of fans and critics who love or hate the rain for several reasons. You could easily be both but the rainy season is a reminder to all of us that life goes on despite the weather.

The beginning of monsoon is very much similar to mother Earth casting off its old clothing caused due to extreme heat in summers and slipping into a fresh green attire. But when it comes to traveling in monsoon we all are very much skeptical about it and yet we must all admit that occasionally someone will romanticise the rain and go aimlessly roaming around. The entire charisma of monsoon trips is in being a traveller rather than a tourist for once and stepping out of your comfort zone and spending time in nature. Some regions in India have heavy rainfall, which transforms them into enviable shades of lush green and makes them look incredibly stunning.

### 1. Lonavala

Lonavala is located in the western part in the state of Maharashtra. Known as the "Jewel of Sahyadri Mountains" is a hot spot for every person living in Mumbai and Pune.

It also serves as a starting point for tourists interested in visiting the famous, ancient Buddhist rock-cut caves of Bhaja and Karla.

Some of the places to visit around Lonavala

- Della Adventure Park
- Bhushi Dam
- Tikona Fort
- Pawna Dam

### 2. Shillong, Meghalaya

Shillong one of the wettest place in India known for its panoramic view surrounded by valleys of Khasi and Jaintia hills receives the heaviest rainfall during monsoon season. David Scott Trail, one of Meghalaya's most well-known trekking routes, is the state's main tourism attraction.

### 3. Coorg

Often referred to as 'Scotland of India'

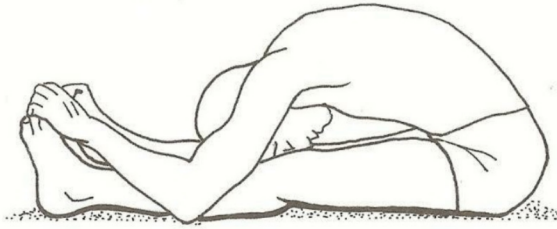
Coorg is one of the most popular hill stations in South India. While this little

town is an all-year-round destination, monsoon is the best time to visit Coorg. If you are a rain person, then you'll be in for a delight here at Coorg. You can visit

1. Madikeri Fort 2. Barapole River

FOR STUDENTS BY STUDENTS

## BRAHMACHARYA LIFESTYLE



This article will explain the daily schedule for a brahmacharya lifestyle. It all began with getting up before sunrise. Start each day with a good asana and maintain a consistent sleep schedule. Changing it repeatedly won't work. The most crucial pose is "anapansati," which means mindfulness and refers to inhaling and exhaling air through your nostrils. This is a really common and effective form of meditation. Chant "om aryamay namah" Next, warm up your body with some light exercise like "suryanamaskar" along with other exercises. Practice pashchimottanasana

Try some yoga or stretching exercises as a result. It's okay to start out slowly with yoga and exercise. Just be consistent. Utilise early sunlight to absorb vitamin D because it is healthy for skin. Additionally, a lot of students are really concerned about their skin, so keep in mind these three things. You will quickly notice effects if you get eight hours of sleep, some morning sunlight, and a healthy diet. There will be no tension of skincare regimen. It's time for breakfast, so eat it with as little oil and as many organic things as you can, such as oatmeal, milk, cereals, poha, etc. Include various vitamin types in your meals. Eating boiled amla every day is one way to meet your body's needs for vitamin C, which is crucial for maintaining a healthy immune system. Lunchtime is the ideal time to consume this. Always remember to keep oneself busy and to keep clear of time-wasting activities like mindless scrolling through social media. 5 to 6 hours per day for using smartphone is sufficient; utilise them primarily for work and education. Brahmacharya's basic definition is to refrain from interacting with people of the opposite gender. It's true, though, that spending time and talking to individuals in the modern world can help you feel more confident because doing so prevents you from having negative thoughts about them.

## Let's gear up for the victory again

Sports being one of the greatest examples hardwork and dedication a human can demonstrate. It has been incredibly an important part of our life and it gives us the opportunity to push the limits to become best version of our own

It Is Combination of Confidence and Hardwork and net outcome is Success. Sports Is backed by lot of struggles, tough time one has and they can't forget the hardwork that they paid off. Talking about this make me more curious to tell that GHANSHYAMDAS SARAF COLLEGE is gearing up for the upcoming Intercollege level sports competitions and events. The students accelerating their energy and efforts for victory again.

Do not lie but yes, GSCC college sports committee head and all the committee members are so supporting and cooperative. They focus on student performance and their enthusiasm for the sports. I had been part of the committee and got so much to gain, learn and inspire my potential for sport spirit and my fascination for it too grew.

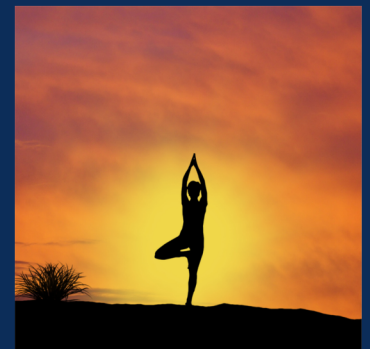
There is a separate room designed for Indoor Games as well as the turf. The time management too plays a very important role in making of winner.

Our college had won trophies for Inter College Competitions and they had Performed Up to the Mark. The Kabaddi Team and Kho-Kho Team Were the Ones who brought trophies in the recent years.

As for now the football team and badminton team as well as many others sports participants are Preparing themselves for ahead. Budding Seeds Need a great nourishment and that's how it works for Budding Players. Failure Is the major factor that one cannot neglect and ignore. Everyone is really afraid of Failure but to be honest it is part of Life.

"I had Failed Over and over in Life and that is why I succeed" -----Michael Jordan.

Once a Loser is all time winner. It Is not necessary that legends always had a same time running but they also had suffered the toughest part of their life. Be tough less.



### GUIDELINES

- Keep a healthy diet
- Avoid watching adult content, pictures or articles
- Avoid talks that you believe are inappropriate for you
- Spend some time in nature each day
- Pray every day – most important

### BENEFITS

- You will always be alert and energised if you practise brahmacharya.
- It also improves intellectual ability
- boosts the body's immunity.
- Lessens negative traits like anger, pride, and greed in people.

### CONCLUSION

Students who lack daily management may find this lifestyle challenging, but it's important to keep in mind that creating a lifestyle is a difficult process that takes time.

But if you get into the habit of living this way, you'll notice how disciplined you become and how much your life has improved.



## A knot of friendship between India and Poland.

In Poland, the name of many roads in the capital of Warsaw are named after Maharaja Jam Saheb. There are many schemes in Poland in his name. This was an illustrious page from modern contemporary history, little known to many today even in India!

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The ship, filled with 500 refugee Polish women & 200 children were refused to come in by many European Ports, Asian Ports like Seychelles, Aden etc. The ship continued to sail & somehow reached a harbor port of Iran. Yes so far away! There also they did not get any permission. Finally, the ship wandering in the sea reached India and came to then port of Bombay. The British Governor also refused the ship to port.

Where the Maharaja of Jamnagar, "Jam Saheb Digvijay Singh" came to know about this ship, he became truly concerned. He allowed the ship to port in his kingdom at a port near Jamnagar. He not only gave shelter to 500 women but also gave their children free education in Balachiri in an Army School.

These refugees stayed in Jamnagar for nine years, till World War II lasted. They were well taken care of by Jam Saheb who regularly visited them and was fondly called Bapu by them. Later these refugees returned to their own country. One of the children of these refugees later became the Prime Minister of Poland. Even today, the descendants of those refugees come to Jamnagar every year & remember their ancestors.



India-Poland A Longstanding and Harmonious Relationship

