

ASC

*A Journey to Build more together...*

# ASC SANSAR



June 2024 Edition

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# Welcoming New Joiners



**Pawan Jain**  
Partner  
Noida



**Garima**  
Manager - DT Team  
Noida



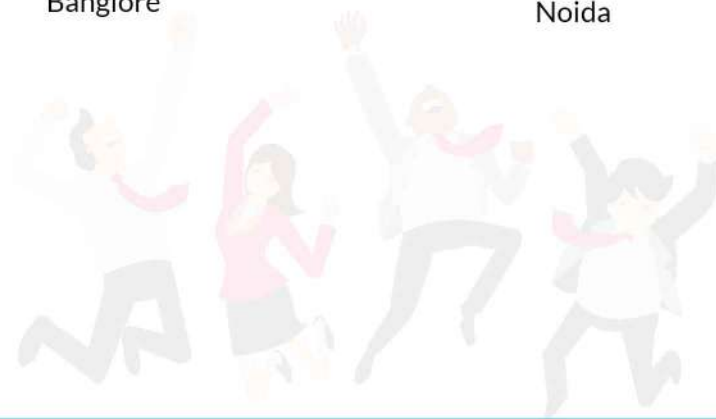
**Pragya Gupta**  
Assistant Manager - GST Team  
Delhi



**Sujal Kumar**  
Associate - BD Team  
Bangalore



**Komal Pareek**  
Associate - DT Team  
Noida



ASC Group is glad to welcome you all to be a part of our strong team! We are more than thrilled to have a young talent such as you joining our family. You're going to be a valuable asset to our company, and we can't wait to see all that you accomplish.

We look forward to utilize your skill-set and experience to achieve greater and better results. together, we'll innovate and take this company to the new heights.

**JUNE 2024** has been enriching with **5** talents joining us at various verticals and branches.

Welcome aboard!

# Farewell



**Shailendra Kumar Mishra**

“

IT'S TIME TO SAY FAREWELL,  
GOOD LUCK AND BEST WISHES  
FOR YOUR FUTURE VENTURE  
WE WILL MISS YOU...

”

Good  
Bye!



**AMIT  
KAMBLE**  
Audit Executive.



**Happy  
Farewell!!**



**Move forward, good  
things are up ahead.**

**Good  
Bye!**

“

**IT'S TIME TO SAY FAREWELL,  
GOOD LUCK AND BEST WISHES  
FOR YOUR FUTURE VENTURE  
WE WILL MISS YOU...**

”

## दिल चाहता है लिखना...

हल्की सी मुस्कान, थोड़ा दर्द, ज़रा सी सोच और कुछ  
खयाल.... लिखना है....

लिखना है ऐसे की दिल कागज़ पर उतर जाए.....  
लिखना है....

लिखना है ऐसे की अशक की स्याही से शब्द मोती की  
तरह चमक जाए.....

दिल चाहता है लिखना.....

लिखना कुछ इस तरह कि जज़्बात का आइना अल्फ़ाज़ बन जाए,  
लिखना कुछ इस तरह कि इस आइने में मुझे मेरे कान्हा का अक्स दिख जाए....

दिल चाहता है लिखना.... हल्की सी मुस्कान, थोड़ा दर्द, ज़रा सी सोच और कुछ खयाल....

लिखने हैं कुछ प्यार के पल, कुछ पल गम के भी, एक राज़ अपना और कुछ खासियतें मेरे  
कान्हा की, कुछ आदाएं हमारी और कुछ नज़ाकत कान्हा की भी.... लिखने हैं नज़ारे, हर नजर  
हर नजरिए से, लिखना है अशक, लहू, स्याही हर जरिए से, लिखना है....

बस लिखना है.....

दिल चाहता है लिखना....

हल्की सी मुस्कान, थोड़ा दर्द, ज़रा सी सोच और कुछ खयाल....

लिखनी है ये बेचैनी, ये खामोशी, ये चुप्पी, ये घबराहट.....





लिखनी है वो लिखावट जो मर्ज़ बने इस बेचैनी की, काट दे ये खामोशी,  
तोड़ दे ये चुप्पी और ख़तम करे ये घबराहट.... लिखना है..... बस लिखना है.....

क्यूंकि दिल चाहता है लिखना..... दिल चाहता है लिखना....

हल्की सी मुस्कान, थोड़ा दर्द, ज़रा सी सोच और कुछ खयाल....

लिखना है दुआओं को भी, चाहतों को भी, लिखना है नफरतों आदतों और हसरतों को भी,  
लिखना है गलतियों को भी, लिखना है माफी की अरदास भी, लिखना है हौसलों और मायूसी  
को भी, लिखना है जुनून को भी और सुकून को भी..... लिखना है.... बस लिखना है.....

क्यूंकि दिल चाहता है लिखना....

हल्की सी मुस्कान, थोड़ा दर्द, ज़रा सी सोच और कुछ खयाल....

पर फिर दिल कहता है..... ज़रा संभल कर.....

लिखना है लेख दिल के खेल पर, कभी खुशी कभी गम और हाल ए दिल पर.... इस खेल के  
राज़ खुल जाने पर, लेखक अक्सर मात खा जाता है.... दिल के जज़्बात बता कर, लेखक  
अक्सर सरे आम तबाह हो जाता है.....

दिल चाहता है लिखना..... पर अब ज़रा संभल कर....

दिल चाहता है लिखना.... हल्की सी मुस्कान, थोड़ा दर्द, ज़रा सी सोच और कुछ खयाल....

# Happiness

If we say happiness is a choice it may seem difficult to acknowledge when we look at the world around us. Maybe the pursuit of happiness is a choice is a more accurate statement. If we are going to pursue happiness we must be willing to fight for it as Chris Gardner did in the similarly titled movie (Pursuit of Happyness) . Life can at times without our knowing take us to a point where unhappiness has become our norm and we can't remember a day when we woke up happy. Being happy is not a light switch that we turn on for as we encounter anger, grief, and other difficult situations we must make a decision to take action directing ourselves towards happiness and what our internal state of being will be. We must be equipped to not just survive but to grow stronger more resilient and thrive.



“What I am looking for is not out there, it is in me” **Helen Keller**

Happiness has a connection to emotional intelligence (EI) and research has identified 4 key areas of EI that can impact our happiness.

## 1. Self-Confidence

Happiness is a result of our inner strength and belief in ourselves. Respecting ourselves and having self-confidence produces positive dialogue and feelings about ourselves.

### Strategies to aid in Self Confidence:

- Create a Self-Confidence list to identify your strengths and align your efforts with these areas as well as identifying areas where you desire to grow.
- Monitor your Self Talk to be aware of when it may shift to unhealthy self-doubt.

## 2. Optimism

Balanced optimism can aid us as we encounter life's challenges and recover from unfortunate events. It can also serve as a beacon of hope to others.

### Strategies to aid in Optimism:



- View challenges from a greater perspective of a temporary situation instead of a permanent one.
- Realize that past situations do not dictate future possibilities. Focus on the positive outcomes of your plan.

### 3. Self-Actualization

Pursuit of a meaningful life with a willingness to grow and learn contributes to our happiness. A zest for enriching experiences creates opportunity for fulfilment.

#### Strategies to aid in Self-Actualization:

- Reflect on what you are pursuing that is most meaningful and align your efforts accordingly.
- Have a clear distinction between what's important versus what's meaningful. Many times, important items can take a back seat to what is most meaningful in our lives.

### 4. Interpersonal Relationships

While it's not up to others to make us happy our ability to build healthy emotional relationships can add happiness to our lives. Joy, Love, Hope, are powerful forces for a vibrant life. Also, our relationships can be a buffer and a place of comfort and respite during life's difficulties. It may be a tough decision to let certain people go but emotions are contagious and consistent negativity will have a toxic impact on us.

#### Strategies to aid in Interpersonal Relationships:

- Build Trust. Reflect on your current relationships and your follow through on commitments. Do you do what you say you will do?
- Listen & Empathize. Many of the people we feel closest to are the ones who intentionally listen to us. Being present in the conversation makes the other person feel respected and opens the door to greater communication and a stronger relationship.

Ultimately our happiness is what we define it to be and that is very likely different for all of us. We must remember that everyone around us is fighting some type of battle. Emptiness, loneliness, and anxiety are sometimes seen but many times hidden. While we fight for ourselves we can aid others in their fight by sharing kindness, gratitude, friendliness, a kind word and a smile. Moments create momentum. Create a happiness moment in your life and that of another and who knows how big that wave might become.







## A Memorable Journey to Dev Bhoomi: Exploring Nature, Adventure, and Spirituality

The tour to Dev Bhoomi the Land of the Gods that I had a few days ago was such an experience that I will never forget in my life since it was full of adventure, spirituality and attractive natural scenery. Since the Dev Bhoomi included the sacred land of Uttarakhand, I got an idea of cultural and historical significance, stunning views and the facilities for thrilling adventurous activities which impressed me.

### River Rafting

For me one of the most exciting things was the rafting through the Ganges River. The adventure began with the preparation in wearing a life jacket and helmet in preparation for the furious river's currents. The rough sea and vigorous paddling made the rivers as exciting as ever with the adrenalin pumping non-stop. The rapids ranged from the basic to the advanced level of white-water rafting as wanted in a day fully packed with that loving feeling of the adrenalin rush. The environment which included towering hills with greens and blue skies sky only served to enhance the magical ambiance. River rafting is another fine and thrilling experience to be indulged in for those seeking a little more than spiritualism in Dev Bhoomi.



### Visiting the Temples

Temples which are old and holy are found in large numbers in Dev Bhumi and each temple has its own history behind it. All ancient temples that I visited were very enlightening to me. These temples are not only an example of architectural and art style of the region, but also the result of people's devotion and work.

Haridwar and Rishikesh: These are the towns which boast of many temples and ashrams. These places engendered in me a measure of calmness and that made me feel spiritually nearer to God.



One of the most memorable experiences is watching the Ganga Aarti in the banks of the sacred river Ganga. I still remember one of the most captivating incidents that occurred during my visit was the Gangotri Aarti. This ceremony, which takes place in the evening on the shore of the Ganga at the ghats of Hardwar and Rishikesh is divine. Because it was during evening time, priests started doing aarti for Lord Vishnu by performing dance steps while singing songs and reciting mantras. The lamps are placed here and there, they are not constant source of light like electricity and the smell of burning incense coincides with the still waters of the Ganges. The aarti is believed to purify one's mind and soul, and this is what being a part of this esteemed ritual is uplifting. I heard the devotion of the people; I listened to the bells and watched the burning Ghats which will never leave my heart. However besides spiritual and the many adventurous experiences that got to be witnessed in Dev Bhoomi, one can never that got to marvel at the beauty of nature. The area that the foregone states occupy is famous for its beautiful natural endowment that includes mountainous terrains, valleys, rivers and forests – complete with natural snow.

### Local food

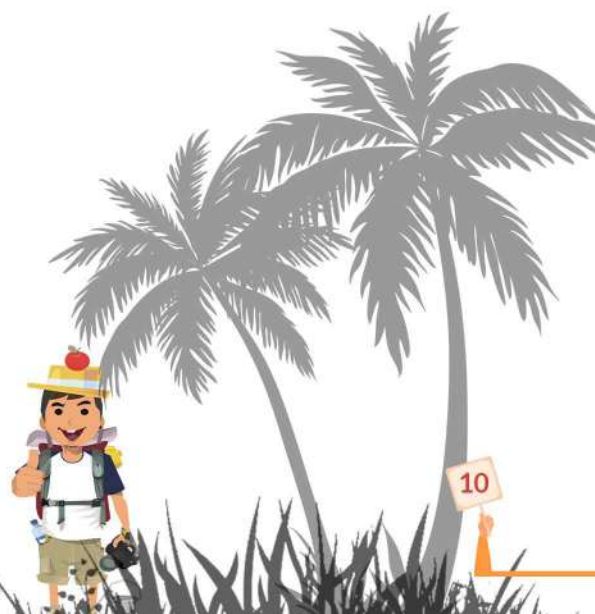
No trip is complete without savouring the local cuisine. Dev Bhoomi offers a delightful array of traditional dishes that are both flavourful and nutritious.

- Aloo Ke Gutke: A spicy potato dish seasoned with local spices.
- Kumaoni Raita: A refreshing yogurt dish with cucumber and mustard seeds.

**My visit to Dev Bhoomi was more than just a trip;** it was a journey of self-discovery and spiritual awakening. The adventure of river rafting, the serenity of the temples, the spiritual fervour of the Ganga Aarti, and the natural beauty of the region all came together to create a holistic experience.

**Dev Bhoomi**, with its perfect blend of adventure, spirituality, and nature, offers something for everyone. Whether you seek thrill, peace, or a deeper connection with the divine, this land will not disappoint. As I left Dev Bhoomi, I carried with me memories of a lifetime and a heart filled with gratitude and reverence for the incredible experiences I had.

**Vikrant Sharma**





# Trip To Manali





# No Work Day





# Quarterly Town Hall





## Wall Of Fame



**Mayank Singhal**  
Noida Office



**Niten Agarwal**  
Noida Office



**Faizan Ahmed**  
Delhi Office



**Jaswant Singh**  
Delhi Office



**Ankur Prabhat**  
Banglore office



**Tanya Miglani**  
Mumbai Office



**Narender Singh**  
Noida Office



**Vijay**

**"DON'T WAIT FOR LUCK,  
DEDICATE YOURSELF AND YOU CAN FIND YOURSELF STANDING IN THE WALL OF FAME."**

**WALL  
of  
FAME**

## Quote of the month

“

“A new month marks a new beginning and a fresh start.”

– Winifred Kal

”



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