



# ASC SANSAR

*A Journey to Build more together...*

May 2024 Edition



# Index

1

Welcoming New Joiners

2

Adapting Change

3

ANXIETY - Don't Avoid But Deal

4

Self Improvement

5

Celebrating Mother's Day

6

During The Pandemic

7

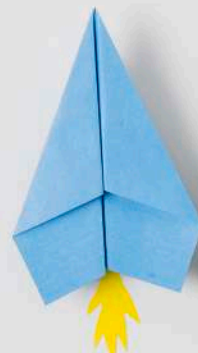
Congratulations on becoming New Parents

8

Completed 5 Years

9

Quote of the month



# Welcoming New Joiners



**Raghav Pandey**  
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Noida



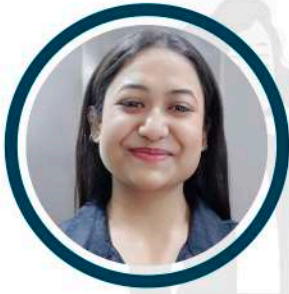
**Sakshi Goyal**  
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**Shubham Diwaker**  
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**Abhishek Saini**  
Accounts Associate  
Noida

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.

**May 2024** has been enriching with **12** talents joining us at various verticals and branches.

Welcome aboard!

# Adapting Change

We are surrounded by change and it is the one thing that has the most dramatic impact on our lives. There is no avoiding change as it will find you, challenge you and force you to reconsider how to live your life.

## Why Do You Have to Adapt to Change?

Change can come into our lives as a result of a crisis, as a result of choice or just by chance. In either situation, we are all faced with having to make a choice – do we make the change or not?

I believe that it is better to be prepared for change because we have more control over how we react to the change we are having to face in our lives.

When you are unprepared and resistant to change, then you have no control or choice as to how you want to live your life. You live your life as a reactionary rather than an activator of change.

Our resilience in life can only grow stronger when we embrace change and manage these challenges in a positive way, rather than hide away and ignore the opportunities that change can bring to our lives.

There is no escaping the impact that change can bring into in your life. Managing change in life is key to living a life where you are not only surviving but thriving as well.

We all desire to live successful, happy and long lives. To achieve what we all desire we need to be proactive about how we manage the change we face in our lives.

Denial and resisting change will only result in you living a miserable life. This is why it is so important to learn how to be adaptable, resilient and bold in life because these 3 things are key to you successfully adapting to the constant impact that change will have on your life.

*“Change is the law of life. And those who look only to the past or the present are certain to miss the future” – John F Kennedy*



# ANXIETY - Don't Avoid But Deal

In this ever-changing environment around us, there is a lot of uncertainty we are living with. And this makes us feel anxious sometimes. Some of us are hustling for our dream job, some for our dream life partner, and some for our mental peace. And when we go through some tough situation while working for these goals, the instant thought that comes is "अगर LIFE में ये नहीं मिला तो सब ख़तम". What are we going to do if we fail at this? But you have to believe me that you are not alone in this. Every one of us is going through one problem or another, and this also gives us relief that we are not alone in this.

Many times, I wondered if there could be something that could make us feel better instantly and keep the anxiety away from us.

And tadaa!! Recently, I got one; it's very effective and also easily available. Let me give you the exact location for that:

**Place: WITHIN YOURSELF**

**Cost: Not even a penny**

**One Million Product: POSITIVE AFFIRMATIONS**

Believe me, these are just brilliant and work so well that you will feel instant relief. We must be very aware of what we say to ourselves. In this time of era, where we are surrounded by many things and have very little time to spend with ourselves, we should be conscious of what we are saying to ourselves in that me-time. So, here I am sharing my set of positive affirmations with you:

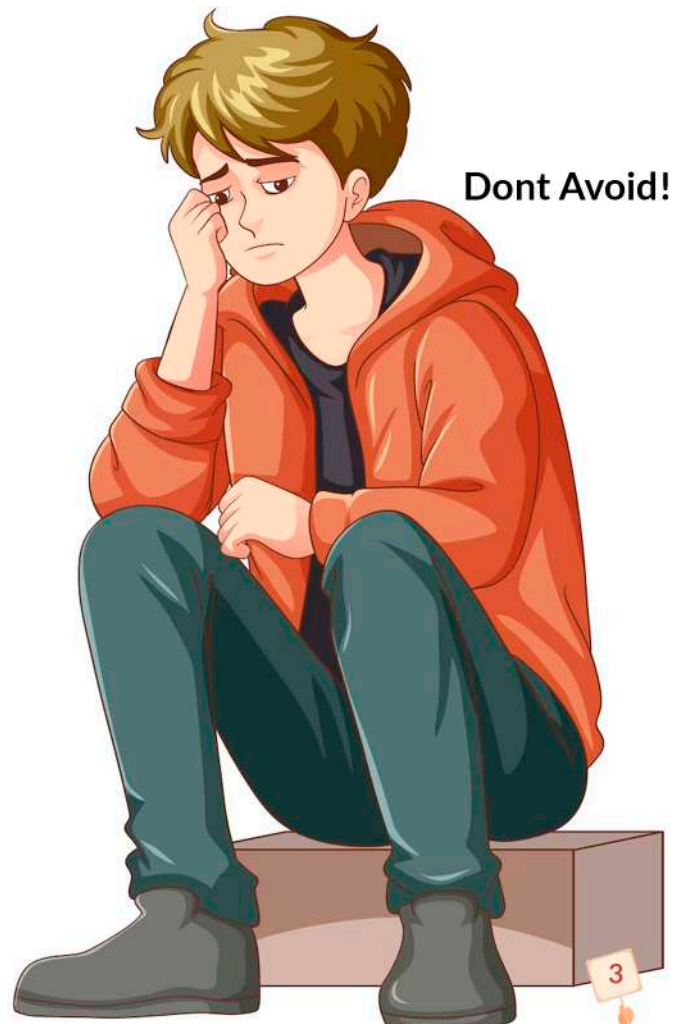
**A) I am calm and composed; whatever comes in, whatever goes out, I will remain what I am, AS IT IS.**

**B) क्या लेके आया था प्यारे  
क्या लेके जायेगा  
जो यहाँ का था  
वो यहीं रह जायेगा**

I know this sounds like so old school, but **OLD IS GOLD**, my friend.

**C) बेशक से लड़ो हारो गिरो  
पर गिरके उठना न भूलो  
गिरे हुए पत्थर तो ठोकर खाते हैं  
पर मन में बसा लो  
तो मंदिरों में पूजे भी जाते हैं**

**PS: You can have your own version of positive affirmation, which can make you feel better. The other thing you can do is**



**A) Talk to your friends:** You just can't undermine the importance of sharing your problems and issues with your friends or loved ones. One who genuinely cares will help you come out of that, or at least give you some sort of direction to sail your boat in the dark.

**B) Listening to Bhajans:** I know, many of us here are students. Therefore, I would like to share my way of dealing with exam stress. I used to listen to my favourite bhajan, i.e., 'हमारे साथ श्री रघुनाथ तो किस बात की चिंता', and that gave me the belief that I am not alone and the supreme power god is always there to guide us further. And I strongly believe in '*whatever happens, happens for a cause, and sooner or later you will get to know that. Since then, have belief and continue on your path*'.

**C) The 5 Senses Rule:** The very interesting and yet effective way of dealing with anxiety is the 5 senses rule. Whenever a person gets this anxiety attack, he/she gets lost and gets trapped in their own thoughts. And then this 5-senses rule comes into play. One should try to focus on something one can see, hear, touch, smell, and taste to cope with an anxiety attack. Instantly shift your focus around you, like touching the surface beside you, listening to music, eating something you like, breathing in and out, going for a walk, and experiencing nature around you, i.e., sight-seeing.

All the above is what I have personally tried and tested in my own case. But this can be proved very subjective in any other person's case. And therefore, I would suggest "पहले इस्तेमाल करें फिर विश्वास करें". And I believe you will surely get your answers. Till next article, I hope the best health and peace for everyone reading this.

**Jyoti - Stat Audit Team**



# Self Improvement

**Everyone** has flaws because no human will ever be perfect.

and at the end of the day the only one that can improve you is **YOU**, you make the change.

you take the risks. when it comes down to it no one else can do those things for you. the hard part about improving yourself is that it takes time. most valuable things take time. think about it like this...

when you plant a seed it takes time to sprout so you give it the proper supplies in order for it to sprout at some point, like water and sunlight but at the end of the day you know at some point the plant will sprout, same thing with real life. we start by "planting a seed" or starting the change and then we give ourselves the things we need to help us grow like patience, perspective, perseverance, etc.

and as time passes we continue to grow "roots" or a foundation for our growth and in the end we do eventually sprout. change doesn't happen overnight.

it's never going to be easy, one of the hardest things in life is pointing out your own flaws to yourself and trying to improve them. you will struggle to fix it.

you have to expect yourself to fall a couple times before you eventually succeed! being human is not being perfect which is always something to keep in mind.

but do the best you can to be the best you can. and do it for yourself.

there will be people in the world that just don't like things about you but that's reality.

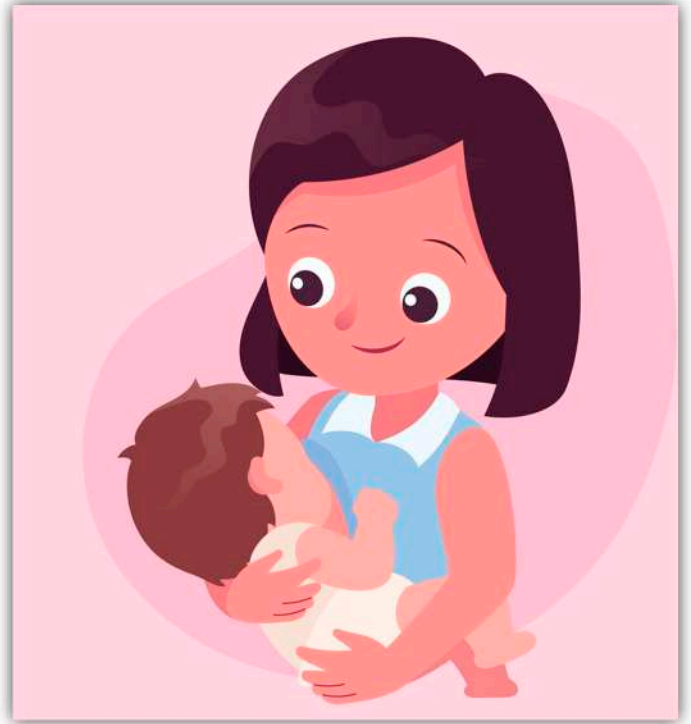
do it because you want to, don't do it for them.



# Honoring the Pillars of Love and Strength

Mother's Day stands as a poignant tribute to the remarkable women who form the backbone of families and communities worldwide. Originating from ancient traditions venerating mother goddesses, this observance has evolved into a global celebration of maternal love, sacrifice, and resilience.

In the early 20th century, the tireless efforts of Anna Jarvis in the United States played a crucial role in establishing Mother's Day as an official holiday. Her advocacy aimed to create a dedicated day for expressing gratitude and appreciation for mothers, recognizing their indispensable role in nurturing and shaping lives.



At its essence, Mother's Day transcends cultural boundaries and societal norms, uniting people in a universal acknowledgment of the profound impact mothers have. It celebrates not only biological mothers but also adoptive mothers, stepmothers, grandmothers, and all maternal figures who embody love, compassion, and strength.

The ways in which Mother's Day is celebrated vary across regions and cultures, yet its core message remains constant – a heartfelt recognition of maternal love and sacrifice. Families often commemorate the day with heartfelt gestures such as handwritten cards, bouquets of flowers, thoughtful gifts, or preparing a special meal. These acts symbolize gratitude and serve as tokens of appreciation for the ceaseless dedication mothers demonstrate daily.

Moreover, Mother's Day serves as a catalyst for reflection on the challenges many mothers face globally. It sheds light on the importance of supporting maternal health initiatives, advocating for policies that promote work-life balance, and striving towards gender equality.

By addressing these issues, societies can create environments where mothers are empowered to thrive and continue nurturing future generations.



On a personal level, Mother's Day holds profound significance as a time for individuals to express their love and appreciation for their mothers. It is an opportunity to reminisce about cherished memories, celebrate milestones and achievements, and express heartfelt gratitude for the guidance and unwavering support provided throughout life's journey. Whether through meaningful conversations, acts of kindness, or simply spending quality time together, Mother's Day fosters deeper connections and strengthens familial bonds.

Beyond the festivities, Mother's Day serves as a poignant reminder to cherish and honor mothers every day of the year. It encourages us to recognize and celebrate their resilience, compassion, and unwavering love that serve as the cornerstone of our lives. As we commemorate Mother's Day annually, let us not only celebrate the exceptional women in our lives but also strive to create a world where every mother feels valued, respected, and empowered.

In conclusion, Mother's Day transcends its status as a mere holiday; it is a heartfelt tribute to the pillars of love and strength who enrich our lives in countless ways. It is a celebration of the profound bond between mother and child, a testament to the enduring power of maternal love and sacrifice. As we honor Mother's Day, let us reaffirm our commitment to cherishing and celebrating the mothers in our lives, recognizing their irreplaceable role in shaping our world with boundless love and compassion.

Abhishek - DT Team



**I discovered a hidden talent for sketching that I didn't know I had. It became a way for me to express myself creatively during challenging times.**

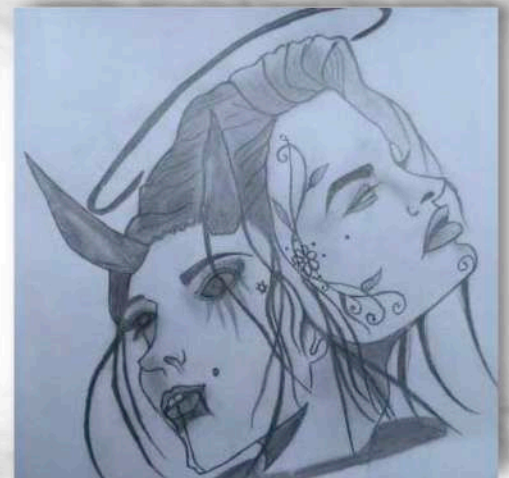
- **Mother kissing Baby's Forehead:**

This is a classic, heart-warming scene that often symbolizes love, protection, and nurturing. In the context of COVID times, it might carry even more emotional weight, highlighting the importance of family and the bonds that sustain us during difficult times. The tenderness of a mother's kiss on her baby's forehead can evoke feelings of safety and comfort, which are especially poignant during times of uncertainty.



- **Girl with Demon and Angel sides:**

This sketch seems to explore the dual nature that resides within everyone. The contrast between the demon and angel sides suggests a deep reflection on the complexities of human personality and morality. It could represent inner conflict or the struggle between good and evil within oneself. The visual split down the middle of the girl's face would make for a striking image, emphasizing the dichotomy.



- **Girl Flying with Feathers:**

This sketch sounds whimsical and dream-like. The image of a girl flying with feathers could symbolize freedom, lightness, and escape from the constraints of everyday life. It might evoke a sense of aspiration or transcendence, suggesting a desire to rise above challenges or to explore new possibilities. The feathers add a magical element, implying a connection to nature or the spiritual realm.



## Congratulations!

*On your beautiful bundle of joy.  
They are so gorgeous  
and  
we know you will make the  
most wonderful parents."*





*Congratulations*  
**Sachin Saini**

for completing **5 YEARS** with **ASC Group**

*Dear Sachin Saini, today is your 5<sup>th</sup> work anniversary, and ASC Group wants to extend heartiest wishes to you. We hope for more fantastic years of work together.*

## Quote of the month

“

“Just try new things.  
Don't be afraid.  
Step out of your comfort  
zone and soar.”

- *Michelle Obama*

”



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