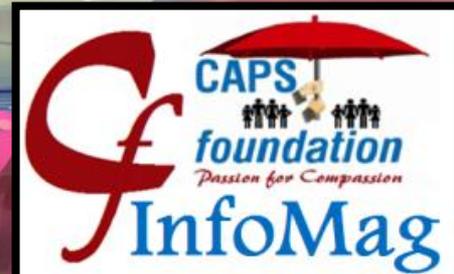


CAPS foundation INFOMAG

December 2013 | Volume Cf 4 | Issue 41

unleash the power
in your DREAMS...



Editorial Note

India is awaiting the 2029 election results, a trillion heart beats wait to hear who the people have chosen to represent them for the next half decade. Will it be the once lion of politics, Narendra Modi or the to be dinosaur of politics, Kiran? The final ballot has been counted and the Chief Election Commissioner himself has made an exception to announce the results. Just then a loud ring trembles the ground; the whacky sound of alarm. And I wake up!

Walt Disney has rightly described dream as “a wish your heart makes when you are sleeping” in his movie *Sleeping Beauty*. Perhaps it would not be incorrect to proclaim that there exists nobody in this world who hasn't experienced the enchantment of dream. It is a mystery akin to humans since the very beginning.

Dreams often make us wonder whether they are a glimpse of the future or cruelty of the past or just a bunch of silly well packaged thoughts. No matter what they are, they have inspired a set of people to attain glory and another set, have just got a lip smacking entertainment in their slumber.

The December 2013 edition of *Cf Infomag* makes a humble attempt to decode dreams. Hope you enjoy reading it. Also, do share us your funny, mystical or scary dreams to infomag@capsfoundation.in and we shall feature it in the next edition of *Infomag*.

We wish all our readers a Very Happy New Year 2014!



INSIDE DECEMBER'13

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Hack **YOUR** brain !!

By Cf Raja Vardhan
Email: a.rajvardhan@gmail.com

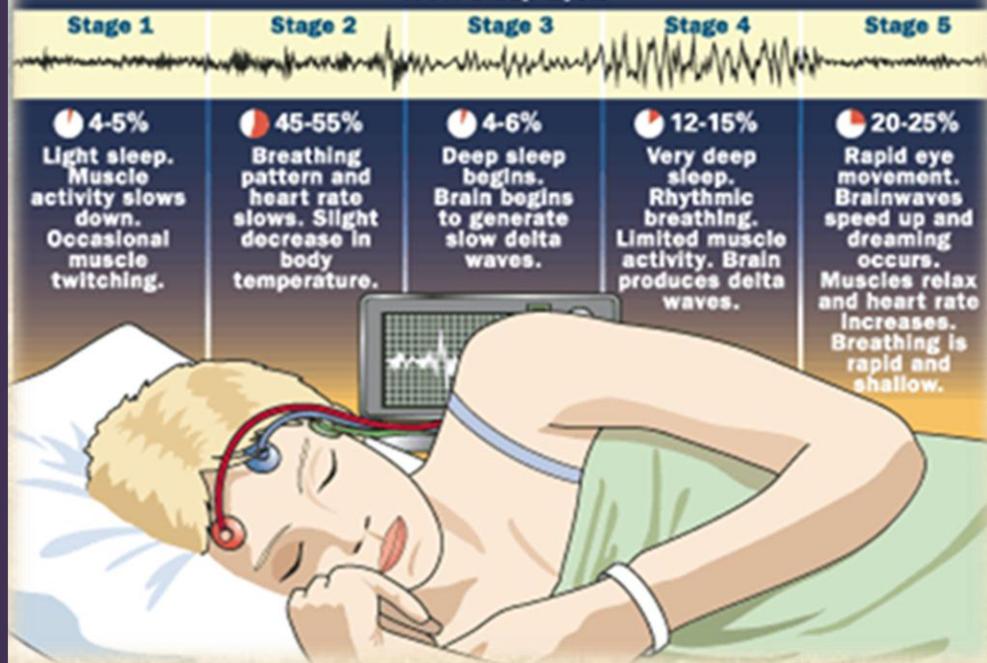
Have you ever wondered why humans, the most advanced species on Earth, need so much sleep ???

You may say that it's needed to repair and replenish our body tissue, but that can't be the answer. Giraffes, for example, weigh up to 4,000 pounds yet they only sleep 1.9 hours per night. Then you may say that it must be for our brains, but that's not true either.

Humans have been shown to function fine on only two hours of sleep per 24 hour cycle.

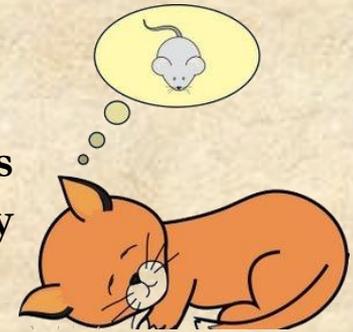
Scientists really don't know much about our sleeping patterns, which is a shame because we spend about one third of our lives sleeping. There is no defined biological reason why we sleep so much. In fact, you could go so far as to say it's a major disadvantage in our evolutionary process.

Imagine how much more you could accomplish in your life by sleeping less.



Sleep is divided into five stages. Polyphasic sleep concentrates on the fifth and most important stage of sleep, rapid eye movement (REM.) This is the most beneficial stage of sleep; it is when the brain is most active and is when dreaming occurs. REM is the only stage of sleep that is actually required to survive and function normally.

The interesting part of all this is that you only spend 1 to 2 hours in this stage of sleep every night. The other 6 or so hours spent asleep every night are seemingly wasted.



Polyphasic sleep cycles basically cut out the other useless phases, giving you an additional 4 to 6 hours of time awake. The trick involves tricking your brain into immediately entering the REM stage of sleep, skipping the other four. Everyone has experienced this at some point in their life.

If you've gone a long period of time without sleep, and take a nap, you will find that you immediately start dreaming. This happens because your body is trying to catch up on lost REM sleep.



Monophasic Sleep – Usual Sleep Schedule

This is the most common way. It is unnecessary and only popular as you have been raised to sleep this way. It involves sleeping 8 hours, with 2 hours of total REM sleep.



Polyphasic Sleep Cycles

This is where the fun starts. There are five commonly accepted polyphasic sleeping cycles listed in order of difficulty, and none is better than the other. What you need to do is pick what works best with your schedule.



The Siesta

This sleep cycle is pretty common in warmer countries, where the temperature is so hot during the midday that people take a short nap after lunch. It involves 6 hours of core sleep and one short 20-30 minute nap. In these countries most shops close during the early afternoon, as everyone is 'busy' taking their siestas!



The Everyman 2-nap 5.2 total hours

Two 20 minute naps, 4.5 hours core sleep.



The Everyman 3-nap 4 total hours

Three 20 minute naps, 3 hours core sleep.



The Everyman 4-nap 2.8 total hours

Four or five 20 minute naps, 1.5 hours core sleep.



The Everyman

The Everyman is basically like a climbing ladder that details how much many naps are required depending on how much core sleep you want to cut. Each nap shaves off an astounding hour and 40 minutes from your core sleeping time.

The Uberman

The Uberman is only for the most hardcore polyphasic sleepers. It involves six evenly spread out naps every four hours and completely eliminates any core sleep you may have needed before. It is the most difficult cycle to get used to, but once accomplished, you sleep for two hours a night, freeing up the other twenty-two to do whatever you want.

The Uberman 2 total hours

Six 20 minute naps



Important Things You Must Know

Do NOT oversleep or skip naps it WILL throw off the entire schedule and you may feel exhausted upto 24 hours.

LIFOLOGY Series – SPC 37

Believe in Faith

Faith is to believe what you do not see. The reward of this faith is to see what you believe”.
– Saint Augustine

Normally many assume that the terms ‘belief’ and ‘faith’ have same meaning. However there is a subtle and unspoken difference between the two. Pele, the first person in the history of soccer to have 1000 goals to his credit, had faith. All other players who have surpassed his record subsequently had belief. When we set a goal that is to be achieved, we believe in it because we have seen others doing it. However, when we think of achieving an extraordinary feat, we need to have faith.

Belief

Belief is an acceptance that something exists or is true, especially one without proof. Usually (but not always) beliefs are ideas, concepts that we gather through acquiring information and experience. Consequentially, our beliefs can change over time as we gain more knowledge and experience.

Beliefs come from real experiences but often we forget that the present experience is not same as the original/first time experience.



Our values and beliefs affect the quality of our work/relationships, because what we believe is what we experience. We tend to think that our beliefs are based on reality, but it is our beliefs that govern our experiences.



The beliefs that we hold are an important part of our identity. They may be religious, cultural or moral. Beliefs are precious because they reflect who we are and how we live.

We often see that self-belief works wonders. If Abraham Lincoln had not believed in himself, despite a series of failures, he would not have been the most successful president of United States of America. Self-belief teamed up with hard work can take us to unimaginable heights. Self-belief at the time of exams is indeed a great booster. 4 simple steps to improve self-belief are :

- Excellent preparation
- Improving confidence
- Adopting good habits
- Nuturing positive values



Faith

Faith is belief with strong conviction; firm belief in something for which there may be no tangible proof; complete trust in or devotion to.

We are all people of Faith. Faith is a basic aspect of human nature. We live in a universe that is so inspiringly infinite and grandly complicated that all of human knowledge amounts to only a tiny fraction of reality.

The decisions of our past are the architects of our present. It is the conjunction of that faith in those decisions we take and our efforts which will ensure a perfect and smooth landing at our destination.

We all have faith in the supreme power called God not because he will do what we want, but he will do what is right. This faith becomes the ray of hope during the dark moments of life.



Putting It All Together

When a patient is undergoing medical treatment for a severe disease, half the problem is cured by mere belief in Doctor and faith in God. We can have faith in beliefs, principles, people, religious traditions, community, systems and institutions, ourselves and in the universe as a whole.

In 39th SIRC Conference of ICAI held at Bangalore, when Sri Sri Ravi Shankar Gururji was asked whether he believed in the existence of God, his spontaneous answer was “No”. He further explained “A person believes when he has a doubt; but I know God exists”. That’s Faith.

It is important for us to have that perfect proportion of belief and faith in each and everything we do in the journey called life to reach the pinnacle of success. Grooming self belief and nurturing faith that the universe will conspire in helping us succeed are the perfect ingredients of a contented living.

SPC Message -

“Faith is taking the first step even without seeing the whole staircase”.

– Martin Luther King Jr

Special thanks to Anusha P Jain and Nayana for their valuable contribution to SPC in 2013.

Wish you all a very happy, healthy, successful and prosperous year 2014 !



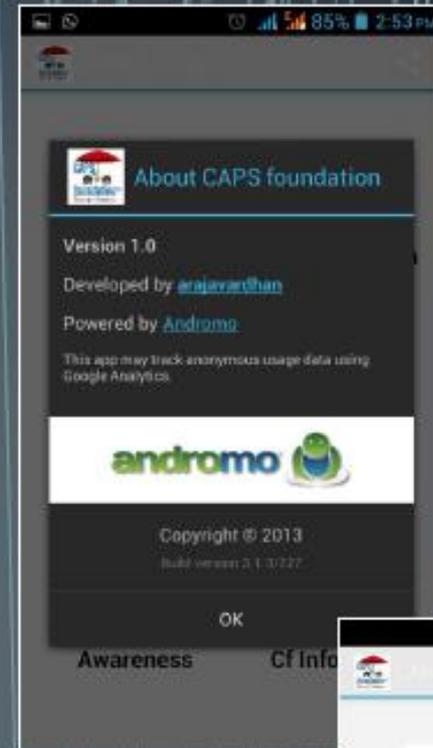
CAPS foundation Android App

CAPS foundation now joins the Ivy League of NGOs with an Android App, to spread social awareness in this Tech Savy World



Download Cf App on your android phones at www.capsfoundation.in/Cfapp.htm

This App is created by Cf Raja Vardhan



Lessons in Philanthropy

Economic Times, in their recent ET Awards 2013, had awarded business tycoon Mr. Azim Premji for Lifetime Achievement for his outstanding contribution to business and philanthropy. Addressing the gathering he said, it is much more difficult to give money than make to it. On the glittering award ceremony Mr. Premji shared the following 3 important lessons in philanthropy.



1

- Involving your family early on in philanthropy is very important. Their understanding, endorsement and involvement may eventually be the most determining factor. There is another positive aspect to this early involvement. Some of the smartest people I know have been those who chose to become homemakers. They can perhaps play a significant role in starting off their families' philanthropic efforts.

2

- The key to scaling up philanthropy and doing good work is getting good people in the team. This is exactly the same as in our businesses. The work in philanthropy is perhaps more complex than business, because social issues are more complex. So it needs really good people. I think the most serious start to anyone's philanthropic work would be to pick one of their top people from within the business, a person who has the intent, empathy, ability and trust, and move him or her to the philanthropy side.

3

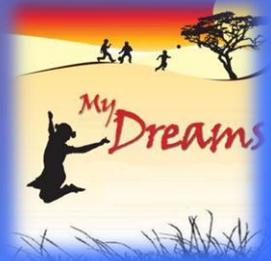
- Philanthropic work needs patience, tenacity and empathy. It is different from business. We all know that intellectually, but it's very challenging when one gets into it. One has to change one's mindset significantly if one has to make a difference.

Dreams-Desire-Determination-Accomplishment

Dreams are what you paint on the screen of your conscious mind vividly depicting every aspect of what you aspire to accomplish. Dreams serve as a trigger and motivation to strive towards one's goals. It is said, *"Fake it before you make it"*. Dream is that platform where you stage an event of having accomplished your goals much prior to its actual happening.

All great men have had great dreams. The successful entrepreneur Dhirubhai Ambani dreamt of owning a chain of petrol bunks while he was merely a worker on a petrol bunk floor filling the petrol tanks of his customers' vehicles. With his genius of backward and forward integration he successfully built the magnanimous Reliance Empire. Its crucial to put all the constraints aside and dream big. No great man ever knew how he would get to accomplishing the dream in the initial stages. So, you need not fear. The trick here is that the very purpose of having a dream paves way to reach it. Opportunities come and the path opens itself when there exists strong determination.

The renowned thinker and motivational speaker Robin Sharma says, *"if you do not live up to your dreams, you are more dead than alive."*



Such is the significance attached to unearth the potential of dreams. To achieve this big dream, one needs to set several short and medium term milestones. As we all know, mastery is the result of one thousand small victories. So its important to sweat the small stuff and the big will take care of itself. Speaker Mahatria crisply quotes, "when you feel like doing 100 things, focus is not the ability to say YES to 1 thing but a discipline to say NO to the rest 99."

Chasing your dreams therefore, demand undeterred focus. However, its important to note that it does not mean denial to fun in life but rather about the wisdom to plan life effectively so as to draw energy from the fun-time to invest the same in work/study to enhance productivity. In simple words, its like saying, 'play while you play and work while you work'. So why wait... Dream On...

DREAMZZ.....UNLIMITED!!

“The Future Belongs to those who believe in the beauty of the Dreams!!”

-Eleanor Roosevelt

Indeed the above quote holds true in today's world! Almost everyone in this planet dream! (Of course some are experts in “Day-Dreaming”, just like me!!) Dream is something really special. It is the most unique & sweet gift provided by the Almighty to the mankind, wherein, for once we barge into a different world altogether, which is altogether different from the reality!!!

In my view, the very foundation of success achieved is not hard work, but a dream! If Chanakya had not dreamt of a “United India” (Akhand Bharath), we would never have seen glorious emperors of Mauryan dynasty; if Late Nelson Mandela had not dreamt of a day when Blacks in South Africa would enjoy equal civil rights, they wouldn't have been enjoying a dignified standard of life. In simple, dreams inspire us to

do something, take a plunge, motivate, when the “reality” of life makes us feel that nothing is going right!!!

But, if we closely observe, we come to know that not all dreams transform into success!! Why it is that only handful of people in the world are able to achieve their dreams? Why does the effort of the rest towards their dreams go in vain? Have these questions ever hit your mind when you think about “Dreams”?



I would like to quote
“Kuch ban ne ke liye sapne mat dekho
Kuch karne ke liye Sapne Dekho”

-Narendra Modi

Indeed an inspiring statement by country's most iconic leader isn't it? He says that we must not dream to become big, but dream to do something big. This is the major mistake we do! Right from our birth, we have a dream that we should become this/that, and when

that does not happen, we get depressed. Instead why don't we dream to do? Why shouldn't we focus our dreams on “how to become” rather than “what to become”? Indeed the world famous personalities like Mahatma Gandhi, Martin Luther King Jr., J.R.D Tata, Dhirubhai Ambani have accomplished their dreams because they channelized their dreams towards doing work, not on becoming something great overnight!!

Unless we are not going to dream, we are not going to achieve anything in our life! Who knows, as we chase our dreams, by focusing our dreams on “how to become “ and working towards it, one fine day we might be well at the finishing line!!!



A special thanks to my close friends Cf Rajavardhan for inspiring me in writing this article.

By Shri Hari Bhat (SHB)
Email: shri.hari205@gmail.com



**“CLOSENESS HAS NOTHING TO DO
WITH DISTANCE.”**

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Twitter



What my Grandma told Me..!

The Dreaming Priest...

Long ago, there lived a priest who was extremely lazy and poor at the same time. He did not want to do any hard work but used to dream of being rich one day. He got his food by begging for alms. One morning, he got a pot of milk as part of the alms. He was extremely delighted and went home with the pot of milk. He boiled the milk, drank some of it and put the remaining milk in a pot. He added some curds in the pot for converting the milk to curd. He then lay down to sleep.



Soon he started imagining about the pot of curd while he lay asleep. He dreamed that if he could become rich somehow all his miseries would be gone. His thoughts turned to the pot of milk he had set to form curd. He dreamed on; "By morning the pot of milk would set, it would be converted to curd. I would churn the curd and make butter from it. I would heat the butter and make ghee out of it. I will then go to that market and sell that ghee, and make some money. With that money I will buy a hen. The hen will lay eggs which will hatch and there will be many chickens. These chickens will in turn lay hundreds of eggs and I will soon have a poultry farm of my own." He kept on imagining.

"I will sell all the hens of my poultry and buy some cows, and open a milk dairy. All the townspeople will buy milk from me. I will be very rich and soon I shall buy jewels. The king will buy all the jewels from me. I will be so rich that I will be able to marry an exceptionally beautiful girl from a rich family. Soon I will have a handsome son. If he does any mischief, I will be very angry and to teach him a lesson, I will hit him with a big stick." During this dream, he involuntarily picked up the stick next to his bed and thinking that he was beating his son, raised the stick and hit the pot. The pot of milk broke and he awoke from his day dream.

Moral:

There is no substitute for hard work.

Dreams cannot be fulfilled without hard work.



By **Cf Poornima C.Shetty**
Email: fullchandras@gmail.com

Cf Update



Cf organized Blood Donation Camp in association with Indian Red Cross Society on 29th December, 2013 at 'Out School' Premises, Banashankari, Bangalore.

162 units of Blood were collected this time taking the total tally of units contributed to 300+ in the year 2013. CAPS *foundation* conveys its heartfelt gratitude to all the volunteers and donors.

Call for articles to be featured in Cf Infomag

Cf Infomag, for a while now, has been theme based..making you connect with various aspects of life. We thought why not bring in some more excitement by declaring the theme in advance! So here we are with the themes for the next three months.

January
"Time"
Its NOW, ever!



February
"Games"
Its NOW, ever!



March
"Gardening"
The best past time when
were kids!



Send in your theme based articles to infomag@capsfoundation.in. The articles may be anywhere between 200 and 300 words accompanied by a simple declaration from the author about the originality. Get set & get noticed...! 15



Excel Tips: TRUNC

By Cf B N Mohan Kumar
Email: camohanbn@gmail.com

What Does It Do?

This function removes the decimal part of a number; it does not actually round the number..

Syntax

=TRUNC (Number to truncate,
Precision)

See example on you right

	A	B	C	D	E	F
1	TRUNC					
2						
3		Number	Precision For Truncation	Truncated Number		
4		1.47589	0	1	=TRUNC(B4,C4)	
5		1.47589	1	1.4	=TRUNC(B5,C5)	
6		1.47589	2	1.47	=TRUNC(B6,C6)	
7		13643.48	-1	13640	=TRUNC(B7,C7)	
8		13643.48	-2	13600	=TRUNC(B8,C8)	
9		13643.48	-3	13000	=TRUNC(B9,C9)	
10						

App of the month: DreamMoods

This app helps you analyze the meaning of your dreams. It has over 5700 dream symbols to search or browse through.. It also allows you to save your key dream symbols to a calendar journal.

The app is password protected and it is integrated with Twitter , Facebook and other social networking apps.



Download the app today and find out the meaning of what's in YOUR dream ?!

Knowledge Sharing !



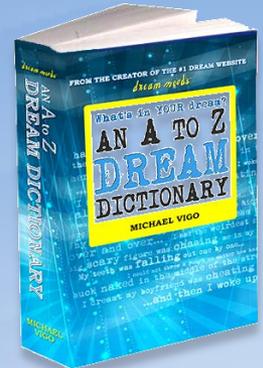
Word of the month : Phubbing

The act of snubbing some one in a social setting by looking at your phone instead paying attention

Book of the month :

An A to Z Dream Dictionary

The book dedicated to the delicate art of interpretation. One can easily consult this book for definitions many a morning for many a year. This is one of the best and most complete dictionary. This can turn one into a avid dreamer of vivid nature. Just the way you eagerly wait for your favourite programme on TV, this will make you eagerly wait for the sleep(dream) to confirm that sleep is meant for dreams



Veg of the month : DRUMSTICK

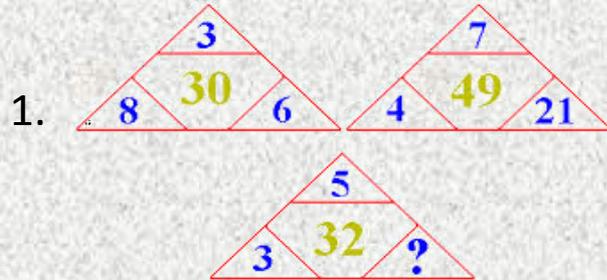
Drumstick plant in your garden symbolizes, a *doctor at home*. Drumstick increases appetite, heals the wounds in stomach, it reduces headache and blood diarrhea, it purifies blood and excretes toxins out of the body.

They are used in the treatment of ascites, rheumatism and venomous bites as antiseptic and as cardiac and circulatory stimulants. Drumstick soup builds immunity power against joint pain, mouth ulcer, stomach ulcer, fever, and eye diseases. Side effects caused by tablets can be prevented by having drumstick leaves in their food. It helps to get strong and healthy hair. The juice of drumstick leaves reduces body heat. The roots of the drumstick are used to cure fever, nervous weakness. Drumstick seeds strengthen the brain functions. The flower of the drumstick helps to maintain the health of heart.



Shetty Sir's Quiz Corner

SQC - 11



Mail us your answers by 10th January 2014 to infomag@capsfoundation.in

2. What is the total deduction available over life of asset, u/s 32AC?
3. Who is highest paid CEO in India?
4. Which audit firm is engaged to perform forensic audit of NSEL?
5. From which year Mandela day is celebrated?



Answers to SQC - 10

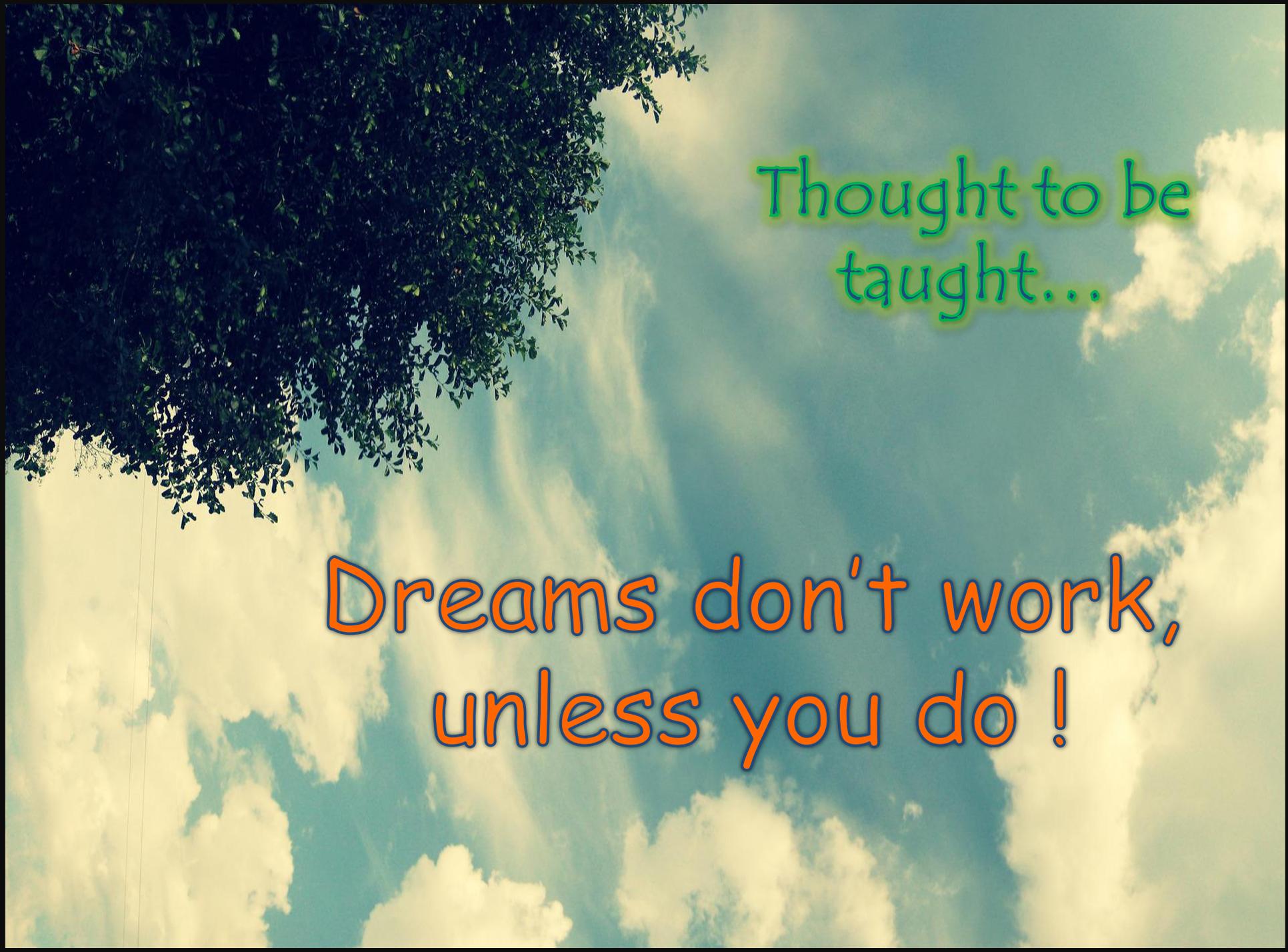
1. Sir M. Vishweshwariah, Pandit Bhimsen Joshi & C.N.R Rao
2. The law of the place
3. Rs.200 per day
4. 56
5. When A Ltd has Deferred Tax Asset



Winners of SQC - 9

- Archana Akumal R
- Ajij Mulla





Thought to be
taught...

Dreams don't work,
unless you do !