The background of the cover is a vibrant photograph of a wicker basket filled with fresh fruit. The basket is overflowing with green and yellow grapes, several red and yellow apples, and a few peaches. In the foreground, there are two small glass bowls: one filled with blueberries and another with raspberries. To the right, a glass bowl contains dark cherries. The entire scene is set on a blue and white checkered tablecloth against a backdrop of lush green foliage.

CAPS Foundation INFOMAG

January 2017 | Issue 51

From the Editor's Health store ...

Health is Wealth, they say; while we ask, in a more practical tone, what is the use of any wealth without health?

Every rose has a thorn, so does pure modern lifestyle. Technological developments have nurtured our laziness, while we have done away with the balanced diet due to a busy schedule.

Many of us know what is healthy and what is not. Yet, when it comes to practice, we rarely put in thought to eat healthy.

As we hunt down success and growth, have we compromised on our health? With this issue of Cf Infomag, we hope to leave you pondering as well.



Inside Jan'17

#	How healthy is it this time?
3	Healthy food You May Be Eating All Wrong
5	SPC 47 - ATTAC Series
8	Knowledge Sharing
9	SQC 21
10	Thought to be taught

Editorial Team

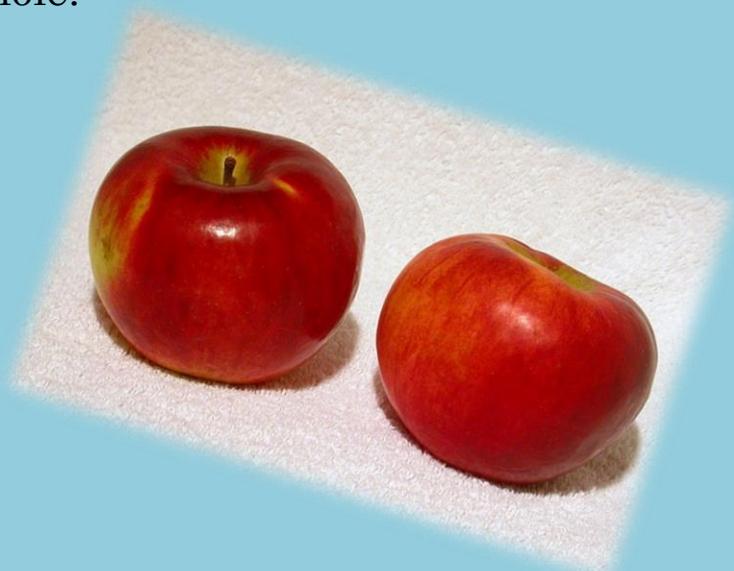
- Cf Narasimhan E
- Cf Aakash
- Cf Supriya
- Cf Vishnu

Healthy food You May Be Eating All Wrong

Source : www.popsugar.com

We have the best intentions when we choose healthy food to nosh on. But if you eat the wrong way, you could be missing out on valuable nutrients or getting more calories than you bargained for. Here are few good-for-you food commonly eaten in not-so-healthy ways.

Sweet Potato - High in vitamin A and bursting with antioxidant and anti-inflammatory properties, the sweet potato is one tuber you shouldn't pass up. Sweet potato fries are definitely not the healthiest way to enjoy this orange-colored veggie, since frying adds tons of fat and calories. Boiling is a good method, as long as you don't mash the sweet potatoes with tons of butter and brown sugar. Instead, try steaming diced chunks or baking the potato whole.



Apple - An apple makes the perfect snack because it's sweet, juicy, and full of fiber to satiate your hunger cravings. Most of the vitamins and minerals are found in the peel, such as vitamins A and C, calcium, potassium, folate, and iron. So if you peel the skin, you're throwing out all that nutrition. Be sure to buy organic apples and crunch on this fruit with the red, yellow, or green peel intact.

TIPS TO A HEALTHIER YOU . . .

Do stretching exercises when you wake up; helps boost circulation and digestion and eases back pain.

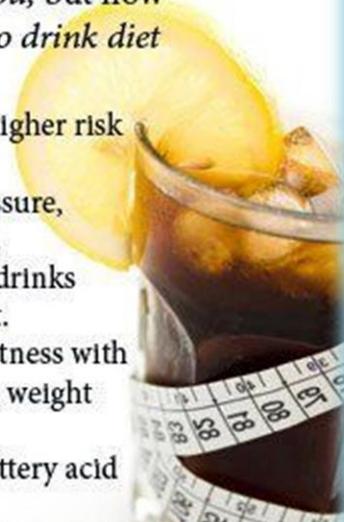
Don't skip breakfast. A balanced breakfast is the most positive start to a day.

Brush up on hygiene. Improper brushing can cause as much damage to the teeth and gums as not brushing at all.
Refer link : <https://www.youtube.com/watch?v=oKaNIV45bB8>

5 DANGERS OF DIET SODA

You already know diet soda is bad for you, but now new research adds 5 more reasons not to drink diet soda:

- 1) Diet soda drinkers have a dramatically higher risk of heart attack and stroke.
- 2) Aspartame is linked to: High blood pressure, dizziness, fatigue, and even sleep disorders.
- 3) Waistlines of those who consumed diet drinks expanded 70% faster than those who didn't.
- 4) Diet soda drinkers stop associating sweetness with calories and fullness, leading to overeating, weight gain, and elevated sugar levels.
- 5) Acid wears down your tooth enamel (battery acid is a 1 on the pH scale and cola is a 2.5)



www.undergroundhealthreporter.com

Use soap, not handwash - They have become ubiquitous in our homes, but scientists have warned that expensive antibacterial washes are no better at cleaning hands than ordinary soap and they may even encourage super bugs.

Compiled by Cf Priyanka
priyankakannan10@gmail.com

SPC 47 - ATTAC SERIES

CARE FOR CARES

You need to make **Commitment**, and once you make it, then life will give you answers.

People may hear your words, but they will feel your **Attitude**.

If these are taken *care* of properly, then it leads to the magical word – **SUCCESS**

Respect for ourselves guides our morals; **Respect** for others guides our manners.

Man needs his difficulties, because they are necessary to **Enjoy** success. – APJ Abdul Kalam

“Keep your eyes on the stars and your feet on the ground”. -Theodore Roosevelt



Wondering how all these quotes to the left are related? And what that magical word is? You just need to care for the **CARE**, and then Success follows. Now, let's analyze what caring for **CARE** is all about.





C – Commitment: It means the quality of being dedicated to a cause or an activity. Let's take up an example of our Prime Minister Narendra Modi. When he took charge as the chief minister of Gujarat, Gujarat was in deep debts with major International Financial Institutions. However, when he handed over his charge for swearing in as the Prime Minister, Gujarat was not only free of debts, but it was also in a position to advance the very same institutions. This level of commitment earned him the name and the success of being the best Chief Minister the country has ever seen. Tony Robbins has aptly quoted thus, *"There is no abiding success without commitment"*.



A – Attitude: Walter Scott opined, "For success, attitude is equally as important as ability". All India CA Rank holder from CAPS, CA Giresha TL had said, 'at CA Final level, one should have the attitude of a Chartered Accountant.

It not only helps the student in clearing the exam but also ensures that he is best among the rest'. A manner of thinking, feeling, or behaving that reflects a state of mind that is the right attitude in all the phases of the life plays a crucial role which is required to succeed in the life.





RESPECT

R – Respect: It is the starting point of good ethics. A person with good ethics is considered to be as favorite of success. A common phrase, ‘Give respect and take respect’ is very much required to achieve anything great in our life. Respect does not only mean respect to a person, but it also includes respect to time, respect to profession etc. For instance, $6+3=9$, so does $5+4$. The way you do things is not always the only way to do them. Thus other’s way of thinking should also be respected. William Lyon Phelps rightly said, “The final test of a gentleman is his respect for those who can be of no possible service to him.”

E – Enjoy: One of my favorite word is ENJOY. .” One should enjoy morally and legally acceptable things. Nowadays the word enjoy is constrained only to things like playing, partying, roaming, etc. But it is wide enough to cover each and every work we do in our life. Joan Rivers aptly quoted, “I enjoy life when things are happening. I don't care if it's good things or bad things. That means you're alive.”



enjoy
your
life

Always Remember:
**The success formula remains
the same before, now and
forever.**

SPC Message:

*Life gives its hardest
battle to the toughest
soldiers. - Anonymous*

S – Success: The stage where our aim or purpose is accomplished. Let’s take an example of all time famous author Stephen King. If we closely look into his life history, we can see his care towards CARE. He faced rejections from publishers for his first novel Carrie, 33 times. Rejections never stopped him. Failure never stood as a problem in his path for he was that committed. With his humbling attitude, he approached another publisher, who agreed to publish Carrie and rest is history. Yet he never fell short of respect for those 33 publishers who had rejected his work. He unflinchingly enjoys the art of writing even after penning 55 novels. He cared enough for his CARE and hence “*Success Jhak marke aagaya*”.

Special thanks to Anusha P Jain and Manvitha V for their valuable contribution to SPC.

WORD OF THE MONTH

EXTEMPORISE:

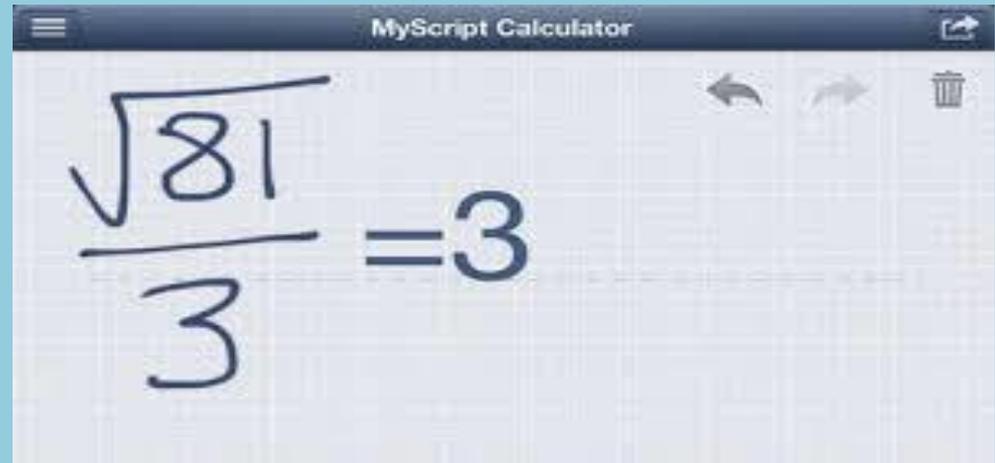
To speak or perform with no
Advance preparation

VEGETABLE OF THE MONTH

Broccoli is full of cancer-fighting antioxidants. One study found men who ate 5 servings or more per week of cruciferous veggies (broccoli's one of them!) were half as likely to develop bladder cancers over a 10-year period as men who rarely ate them.



Knowledge Sharing



APP OF THE MONTH

MyScript Calculator

How exciting can a calculator be? Well, outside of those graphing calculators that the genius kids programmed games onto, not very. MyScript Calculator is about as exciting as it gets, and it's actually worth downloading. MyScript Calculator lets you use your own handwriting for inputting math problems, so you don't have to worry about pressing tiny number and symbol icons. Is it the most exciting app in the world? No, unless you LOVE CALCULATORS!!!

SQC - 21

SHETTY SIR'S QUIZ CORNER

1. Spin on the football which will make it change direction is called _____.
2. Participation of Directors by video conferencing is counted for the purpose of Quorum under Companies Act 2013. True or False?
3. For the purpose of Income Tax Act, 1961, High Court for Andaman & Nicobar Islands is _____.
4. Who was the first woman to qualify as a Chartered Accountant?
5. Is it mandatory for the auditors to attend Annual General Meeting of the company under Companies Act 2013?



Answers to SQC - 20

1. Within 15 days of the meeting in which auditors are appointed
2. Muhtar Kent
3. Rs.1,500 per annum
4. Barack Obama
5. Nougat 7.0

THOUGHT TO BE TAUGHT!

Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

- Albert Einstein

Wishing you a very Happy New Year –
Team CAPS Foundation