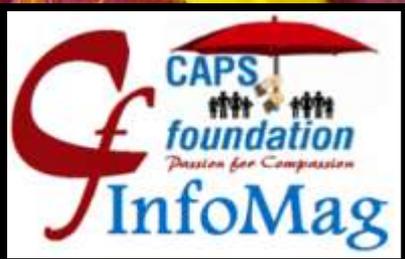


CAPS

FOUNDATION

INFOMAG

October 2013 | Volume Cf 4 | Issue 39



אורח!



Every human is an artist. The dream of your life is to make beautiful art.

- Miguel Angel Ruiz

Art is everywhere!

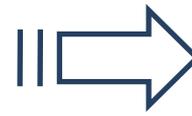
Art is a way of expressing yourself. Say, for instance, if you describe something as beautiful, that's because your mind is so.

It is said, if you can read through a piece of art, you can talk to them. If you are completely involved in doing something, that becomes a piece of art. You are appreciated for it and known for it.

Colours add so much more significance. Imagine a sunset scene in black & white... Now switch to the horizon of colours - yellow, orange, red, violet, blue... You know what we mean!

Have you heard of 'art of living'? Now, how about the 'art of giving'? Yeah, making your own life meaningful by sharing and giving wholeheartedly. We at Cf have embraced the art of living through giving.

*Well, art is just about anything. You are an art yourself, you needn't have to look outside.
So go ahead, and draw yourself!*



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october '13
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EDITORIAL
TEAM

- Cf Kiran Rao B. S.
- Cf Dhanashree P.
- Cf Narasimhan E.
- Cf Madhuri D.
- Cf Raghavendra N.
- Cf Vijay Kumar C. A.
- Cf Raja Vardhan





THROUGH HER EYES...

By Smriti Mahale
Email: smriti.mahale@gmail.com

She closed her eyes for a moment of undisturbed serenity. She was satisfied. With each passing moment, the picture became clearer, more complete. She could feel the vivid colours run through her veins; they were the elixir of her life. From the garden green to the blemish grey, each colour flowed from her heart to her brain, until they tickled the very cells of her sensory nerves and stood behind the curtains of her retina, all set to splash the white canvas in front of her with life! She slowly opened her eyes, her lashes moist with the splendor of the navy blue from the skies that she had just flown from. Like waking up from a dream, into the bruise cracks of reality, she picked up her palette, where she had placed blots of every shade of blue that made up the universe.

She dipped her brush into the thick plod of cloud blue, and frantically started painting on the ivory canvas that lay before her. With each stroke, she could feel the heights of freedom, she had experienced minutes before. She added a splash of bright blue, for the glory of an independent life. Here and there, she painted clouds made of soft cotton; she could feel the comfort of independence in them, where she had woven dreams of comforting warmth and pleasure. Her happiness of flying in the void skies glinted in the shades of golden yellow she had just painted. When she was done, she simply put away her piece of creation in a dark corner of her room and went to bed.

Naina, from the past twenty years, lived her life through her paintings. She simply had to close her eyes and envisage a world she adored, and create the same on sheets of white canvas. If emotions could speak, it was through her paintings. When at four, she had felt the warmth of her mother's hug, she had painted a sun. A sun, bright orange, spitting out flames of soothing gold to create a blanket of protection around the earth. Her earth was created using the blue and green of her wax crayons, carelessly floating in the warmth of her creator.

When at eight, she had felt her friend's kindness in helping her out with a subject alien to her, she had painted a lonely night. While the whole canvas was splattered with pitch black oil paint, she felt lost; wandering through a maze of dim hopelessness. When she remembered her friend, she had painted a round moon on the layer of black moss on her canvas; a pure milky white, a precious jewel of hope in the heap of coal. When she had felt her hope returning, tiny stars made of sparkling silver started appearing on her canvas. They twinkled like real, they reflected in the waters of her eyes.

When at ten, she had heard about the cruelty of poverty, hunger, disease of the world, she had cried for the whole evening. Her helplessness was outlined in the pencil sketches of the chained iron gates she had created on a sheet of paper. On one side of the gate, were tiny human figures, men, women and children with their arms outstretched towards the heavens for help. On the other side were the same human figures, drowned in the heaps of joys and wealth, who were looking at the other side of the gate and smiling. The evil of their sarcastic smiles were etched in her sketch with such precision that everyone could conclude the extinct traces of human spirit on the planet. Her piece of art this time emerged without any colours.

As she grew up, all she felt, all she heard, all she spoke came alive in her paintings. Strangely, she never liked sharing her world, she threw the pieces of powerful pieces of existence she had created into a dark corner of her room and had cried. The next morning, she was back to her routine life.

The hall was lit up with the lights of an undying spirit. All the corners of the room were adorned with Naina's world. Hundreds of paintings were the talk of the town. People gathered around each painting, inferring what they could mean. Each stroke had a hidden meaning. Each colour reflected a part of her life. Men well versed in the field were in awe looking at Naina's works. They not only admired her for the honesty and spirit the paintings brought out, but also praised her for the bravery in her battle in the war she had lost when she was born.



That evening, when Naina came on stage to speak, to acknowledge the stardom her new found fans had given her, the entire crowd in the hall was drowned in the sea of surprise and awe. Young Naina used a walking stick to make her way to the podium; the eyes that had seen the light of world were hidden behind curtains of black glasses. Anyone could infer she was visually impaired by looking at her. It was hard to believe, to believe that the darkness she had lived had coloured a different world! They were still in awe when she spoke:

‘..... I was born without a vision. But the people around me helped me see what I could not. The children of nature helped me see what I could not. I have never seen the green of the grass or the purple of the lotus; I have never seen how wide a smile is or the brightness of victory on people's faces; I have never seen the rainbow or the rain drops; my heart was my vision. What my soul felt was how I thought the world looked like, and I want you people to see what I can!..’, she walked away to create the hall of people she had just seen with her eyes on the canvas.

Warli Art

- An art of adivasis

Compiled by Cf Poornima C.Shetty
fullchandras@gmail.com

400 yrs old Tribal Art Form, Warli Art, originated in Thane Dist. of Maharashtra, western part of India, in a village also know by the name Warli. It is situated near Dhanau. This art is a 2 dimensional, with no perspective or proportion. Warli painting is simple and linear with the maximum use of triangular shapes. As the universal energy YIN/YANG; concept having the upward facing triangle representing the Man and the downward facing triangle represents the Woman. It also represents fertility as the tribal belief revolves around the cycle of birth and death. No wedding takes place without the drawing of "mother Goddess" in the front portion of the bride's house. Usually the paintings are done by married women. Another important ceremony is the "Tarpa Dance". The village head is known as "Bhagat".

The tribal (warli, malharkoli, kokani, karkari) of Thane district in Maharashtra make Warli paintings. They do not consist of the myriad primary colours, so intimately associated with folk painting in India. Instead they are painted on an austere brown surface with the use of only one colour-white. The only exceptions are red and yellow auspicious dots which are used to decorate the painting. The first impression of sobriety, however, is countered by the ebullience of the themes depicted. Men, animals and trees form a loose, rhythmic pattern across the entire sheet. This results in a light swinging and swirling movement, describing the day to day activities of the Warlis.

The Warlis or *Varlis* are an indigenous tribe or Adivasis, living in Mountainous as well as coastal areas of Maharashtra-Gujarat border and surrounding areas. Warli art was first discovered in early seventies. They have their own animistic beliefs, life, customs and traditions; as a result of acculturation they have adopted many Hindu beliefs. The Warlis speak an unwritten Varli language which belongs to the southern zone of the Indo-Aryan languages and the union territories of Dadra and Nagar Haveli and Daman and Diu.

The art form is a way of passing on their common folklore amongst people who traditionally do not use the written word for communication. The themes chosen by the artists are mainly from nature. Harvest is one of their major themes. One other very popular theme is that of a wedding festival. The subjects found in these paintings are fields swaying with healthy crops, birds flying in the sky, group dancing around a person playing the music, dancing peacocks, women cooking or busy in their other house chores and children playing.

Warli art always contains groups of people. The pared down pictorial language is matched by a rudimentary technique. The ritual paintings are usually done inside the huts. The walls are made of a mixture of branches, earth and cow dung, making a red ochre background for the wall paintings.

The Warli use only white pigment for their paintings. Their white pigment is a mixture of rice paste and water with gum as a binding. They use a bamboo stick chewed at the end to make it as supple as a paintbrush. The wall paintings are done only for special occasions such as weddings or harvests. The lack of regular artistic activity explains the very crude style of their paintings, which were the preserve of the womenfolk until the late 1970s. But in the 1970s this ritual art took a radical turn, when Jivya Soma Mashe and his son Balu Mashe started to paint, not for any special ritual, but because of their artistic pursuits. Warli painting also featured in Coca-Cola's 'Come home on Diwali' ad campaign in 2010 was a tribute to the spirit of India's youth and recognition of the distinct lifestyle of the Warli tribe of Western India.

Hence it is perfectly quoted ***“a picture is worth a thousand words”*** and ***“a true art is characterized by an irresistible urge in the creative artist”***.





Cf Career Awareness Program (CAP)

Cf CAP is an initiative of CAPS foundation in which the students are made aware of career options after school. High school students are educated about the streams that are available to choose from.

On 26th of November CAP was conducted at Stella Mary's High School, Kumaraswamy layout , Bangalore. More than 50 students derived the benefit.



A report by Editorial Team

- Cf Rajavardhan A.

Email: infomag@capsfoundation.in

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.



November
"Cartoons"

Never too old to enjoy them..!



December
"Dreams"

If you can't dream it, you cant' do it!



January
"Time"

Its NOW, ever!

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..?!

CF Mega Career Awareness Programme (CAP) – Vidhya Jagruthi

A grand awareness event driving away some myths relating to education. This event is specifically for parents and teachers. They are the ones who are the main guiding sources for students for career planning. High school students are welcome too.

Details of the programme:

Date – 1st December 2013 (Sunday)

Venue – CAPS - Our School, CA-15, 27th Cross, 17th Main, Next to Banashankari Police Station, Banashankari - II Stage, Bangalore – 560070.

Time– 4pm to 6pm

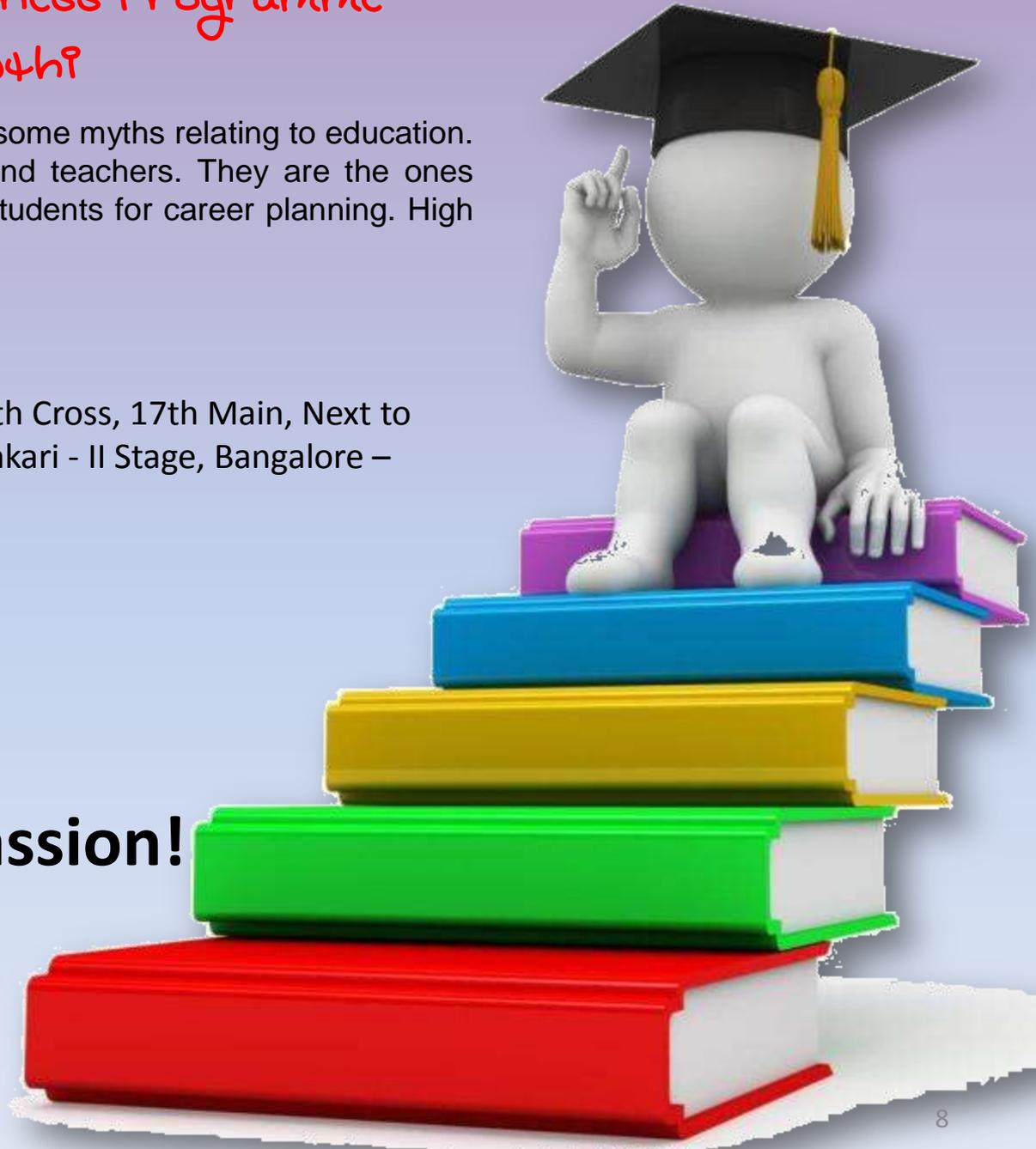
For further details contact : 080-26760867

Seats limited to 400.

Spread the word!!!

Suggestions are welcome, we value them!

Excellence lies in Passion!



LIFOLOGY Series – SPC 35

‘F’ Factor to ‘C’ Factor (...continued)

“Caution is not cowardly. Carelessness is not courage”. – Anonymous

The answer for the question in the previous issue is – Mistakes in childhood can be erased but not now!!

“C” Factor – Ingredients :

Carelessness is lack of concern about the consequences of an action i.e., if you forget once, it is OK. Second time, reasonable. Repeatedly forgetting is CARELESSNESS. e.g., Boss tells Mr.BAPLASMEN to dress up professionally during audit season but he repeatedly forgets.

Unnecessary things occupying one’s mind because of which one tends to forget certain things. e.g., Mr.BAPLASMEN keeps thinking about the movie he watched last night even when he is in the class.

Lack of concentration also leads to carelessness many times. E.g., Mr.BAPLASMEN sleeps for only 4 hours due to which he cannot concentrate sometimes. This makes him commit mistakes carelessly.

Being haughty and disrespectful plays a vital role here wherein the person does not respect the other person/job assigned. *“Human beings are very strange. They have ego of their knowledge, but they don’t have knowledge of their ego”*. e.g., Mr.BAPLASMEN goes to a speech without any preparation thinking that he knows everything and/or that the audience is less educated.

How to stop making careless mistakes?

- Decide the importance of the job and consequences of making mistakes.
- Make right decisions not only on serious issues but also on small issues.
- Understand the information given to you completely before jumping into it.
- Remember, practice makes man perfect!! (Woman also!!!)
- Make decisions as if you are walking on a tight rope. One mistake and you fall.

SPC Message –

“Whoever is careless with the truth in small matters cannot be trusted with important matters”. – Albert Einstein



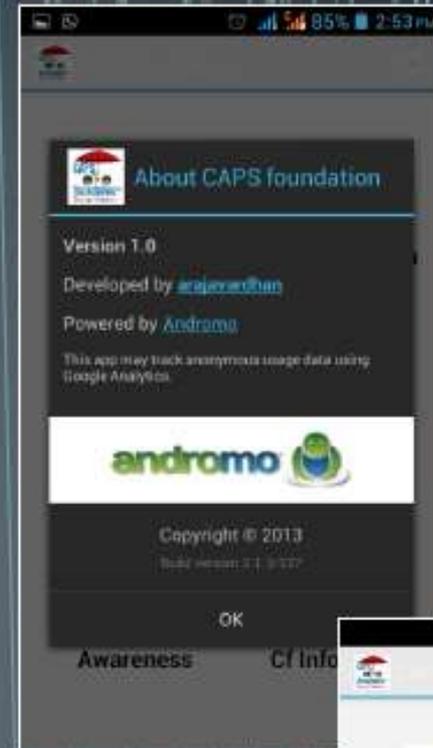
CAPS foundation Android App

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



What My Grandma Told Me..!

Compiled by Cf Poornima C.Shetty
Email: fullchandras@gmail.com

*FINDING THE COMMON GROUND BEFORE COMING TO ANY SOLUTION IS
THE ONLY WAY TO SOLVE ANY PROBLEM*

A father left 17 camels, as the inheritance for his three sons. When the father passed away, his sons opened up the will.

The will stated that The Eldest Son should get half of 17 camels while The Middle Son should be given one-third & The Youngest Son should be given one-ninth of the 17 camels.

As it is not possible to divide 17 into half or 17 by 3 or 17 by 9, the three sons started to quarrel with each other. So, the three sons decided to go to a wise woman.

The wise woman listened patiently about the Will. The wise young woman, after giving some thought, brought one camel of her own and added the same to 17. That increased the total to 18 camels. Now, she started reading the deceased father's will.

Half of 18 = 9, so she gave the eldest son 9 camels

1/3rd of 18 = 6, so she gave the middle son 6 camels

1/9th of 18 = 2, so she gave the youngest son 2 camels.

Now add this up: 9 plus 6 plus 2 is 17, and this left one camel, which the wise woman took away.

Learning 1

The attitude of negotiation and problem solving is to find the 18th camel, i.e. the COMMON GROUND.

Once a person is able to find the 18th camel, which is the COMMON GROUND, any issue gets resolved.

It is difficult at times to find the COMMON GROUND, but the spirit is this only.

Learning 2

To reach any solution of any problem....First step is to believe that there is a solution.

Otherwise there won't be any!



Excel Tips: DATEDIF - (AGE CALCULATION)

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

What Does It Do?

DATEDIF: This function calculates a person's age based on their birthday and today's date.

Syntax

=DATEDIF (Birth Date)

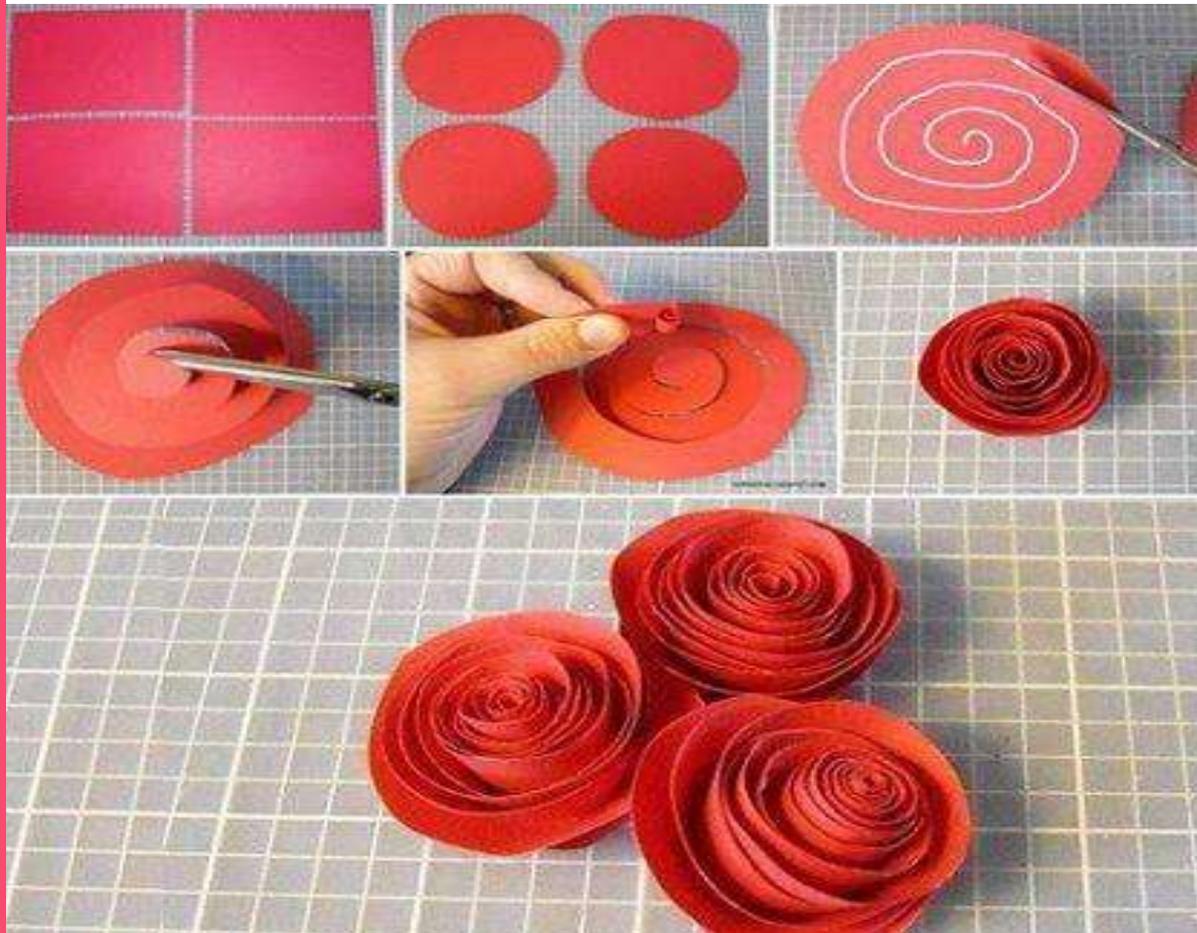
See example on you right

The screenshot shows the Excel interface with the following data in the worksheet:

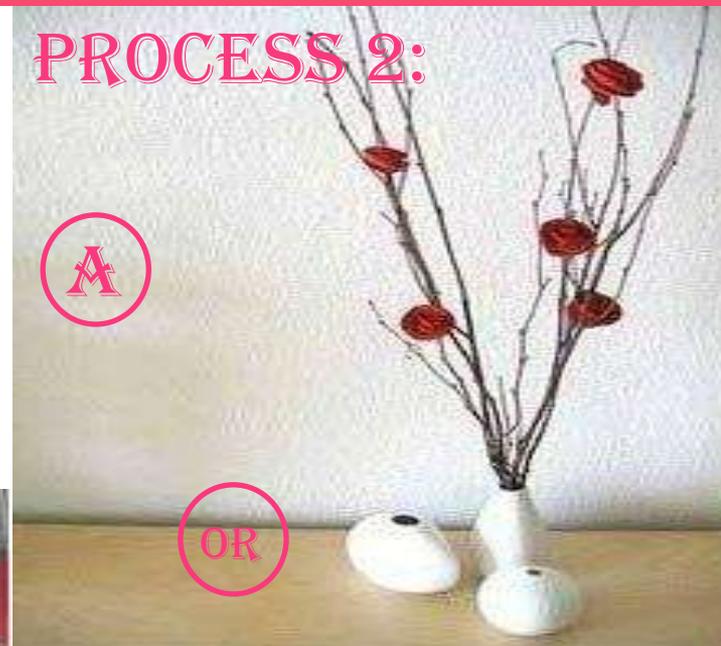
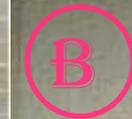
	A	B	C	D	E	F	G
1							
2		Birth date :	24-Feb-75				
3							
4		Years lived :	38	=DATEDIF(C8,TODAY(),"y")			
5		and the months :	8	=DATEDIF(C8,TODAY(),"ym")			
6		and the days :	5	=DATEDIF(C8,TODAY(),"md")			
7							
8		Age is 38 Years, 8 Months and 5 Days					
9							

MAKE IT YOURSELF !!!

PROCESS 1:



PROCESS 2:





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

Now follow cfinfomag in
WhatsApp, Facebook, Google + &
Twitter



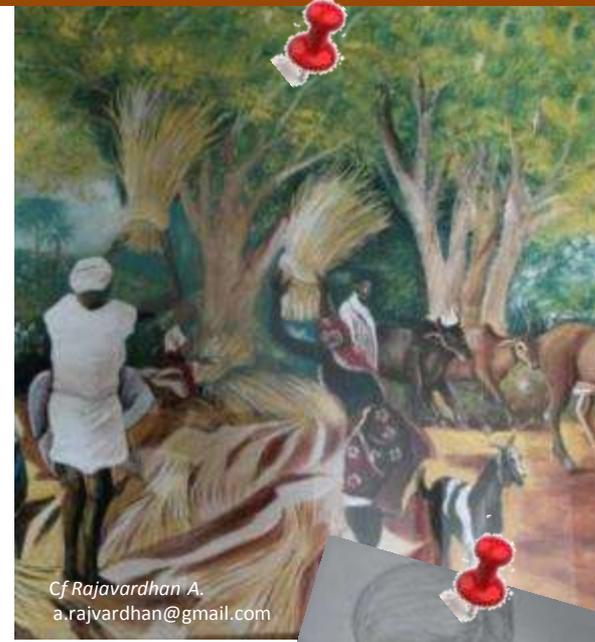
Compiled by Cf Madhuri Donthi
Email: madhuri.donthi@gmail.com

DIY
YOURSELF



Photography beautifully and simply put is “using light for drawing”. A photo is a creation..a visual treat!

This column is dedicated for the moments captured to be immortalized. Send in your theme-based photos to infomag@capsfoundation.in. A simple declaration from the artist about the originality is sufficient. Remember, “photography has little to do with the things you see and everything to do with **the way you see things**”. All we mean is, the material (type of camera, etc.) used is immaterial.



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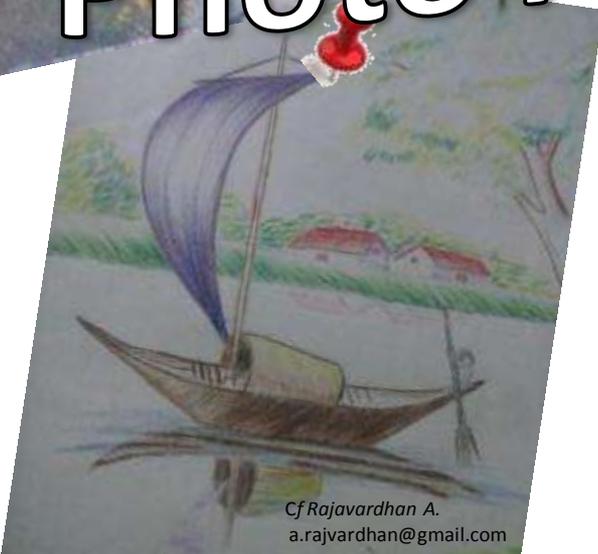


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Cf Photo Article



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Knowledge Sharing!

App of the month: **PicsArt**

PicsArt Photo Studio - where everyone becomes a great artist! PicsArt is a free photo editor, photo grid and collage maker, drawing tool and picture art network. It is like an all-in-one collection of multiple editors. PicsArt Collage Maker allows to create amazing collages, using photo grid, free form collage maker, or using photos on backgrounds. It is one of the most powerful photo grid and free-form collage making tools on the market.

PicsArt Effects are awesome artistic photo effects such as a stenciler, cartoonizer, sketcher, Orton, Lomo, vintage, cross process, HDR, fatten, pencil, etc. It allows you to apply effects to picture using brush mode, when artists can control where and how much of the effect to apply to an image.

Word of the month:

EUPHORIA !!

It is medically recognized as a mental and emotional condition in which a person experiences intense feelings of well-being, elation, happiness, excitement, and joy. Technically, euphoria is an affect. But the term is often colloquially used to define emotion as an intense state of transcendent happiness combined with an overwhelming sense of contentment.

Book of the month : My Brief History : A Memoir by Stephen Hawking

My Brief History recounts Stephen Hawking's improbable journey, from his post-war London boyhood to his years of international acclaim and celebrity. Lavishly illustrated with rarely seen photographs, this concise, witty and candid account introduces readers to a Hawking rarely glimpsed in previous books the inquisitive school boy whose classmates nicknamed him Einstein the jokester who once placed a bet with a colleague over the existence of a black hole and the young husband and father struggling to gain a foothold in the world of academia. Writing with characteristic humility and humour, Hawking opens up about the challenges that confronted him following his diagnosis of ALS aged twenty-one. Clear-eyed, intimate and wise, My Brief History opens a window for the rest of us into Hawking's personal cosmos.

Can you imagine a recipe without the Onions? This wonderful bulb vegetable, one of the oldest edible sources known to humankind, is found in a bewildering array of recipes and preparations, be it your favorite salad, or mouth-watering gravy or curries. It is also used in traditional medicines since ancient times for its health promoting and curative properties.

Health & Nutrition Benefits of Eating Onions

- ❖ Fresh as well as cooked onions have anti-platelet adhesiveness, which helps in preventing thrombosis.
- ❖ Onion has been found to be very good for those suffering from high blood pressure.
- ❖ Onion helps reduce inflammation and is therefore, beneficial for those suffering from Neuritis, Vertigo and Bronchitis.
- ❖ Onion, being a diuretic, increases the secretion of urine.
- ❖ Regular consumption of onions also prevents colon cancer.
- ❖ Onions are rich in flavonoids and thus, provide protection against cardiovascular disease.
- ❖ Onions are very good for the health of hair, finger and toe nails and even the eyes.
- ❖ Onions contain a number of sulfides that help in lowering blood lipids.
- ❖ Onions have anti-allergy properties, apart from being slightly laxative.
- ❖ Onions help the body in destroying worms and other parasites.
- ❖ Researches have revealed that onions prolong longevity.
- ❖ Onions help drain out mucus from the cavities and loosen phlegm, in turn alleviating the symptoms of sinus.
- ❖ Since onions have the property of helping lower blood sugar, they are good for those suffering from diabetes.
- ❖ The extracts of onion, being rich in a variety of sulfides, provide some protection against tumor growth.
- ❖ In case of bleeding from the nose it is advisable to smell fresh cut onion, as it can be extremely beneficial in stopping the bleeding.
- ❖ Those who are suffering from insomnia should eat onions to get a good night sleep.
- ❖ The juice of onion can be highly effective in healing ear pain and blurred vision. Put a few drops in your ears or eyes and get immediate positive results.
- ❖ Regular consumption of onion with sugar can be beneficial for those kids who want to gain height.
- ❖ 3 ounces of onion juice when taken with water early morning every day can prevent fits.
- ❖ Onion can help you combats hair loss and baldness. Pour onion juice on your scalp and message.
- ❖ Consumption of white onions with curd can be extremely beneficial in relieving acidity.
- ❖ It has been found that onion juice or raw onions can be effective in combating TB bacteria in the body. Eating onion with salt can be more effective.
- ❖ The mixture of onion juice and ginger juice can be helpful in stopping vomiting.
- ❖ Onion can also be beneficial in toothaches and gum-aches. Cut a small piece of onion and keep it near the affected area to get rid of the pain.

**Veg of the
month :
Onion**

Shetty Sir's Quiz Corner

SQC - 9

- What does AS 25 deal with?
- FBT is removed from the definition of tax. True or False?
- In the context of IFRS, PPE stands for _____
- 5 years ago Kate was 5 times as old as her son. 5 years hence her age will be 8 less than three times the corresponding age of her son. Find their ages.
- Who is the present Chairman of Federal Reserve US?



Answers to SQC-8

1. 40%
2. August 8, 2013
3. Kingston Cotton Mills Case
4. False
5. Late G.P.Kapadia

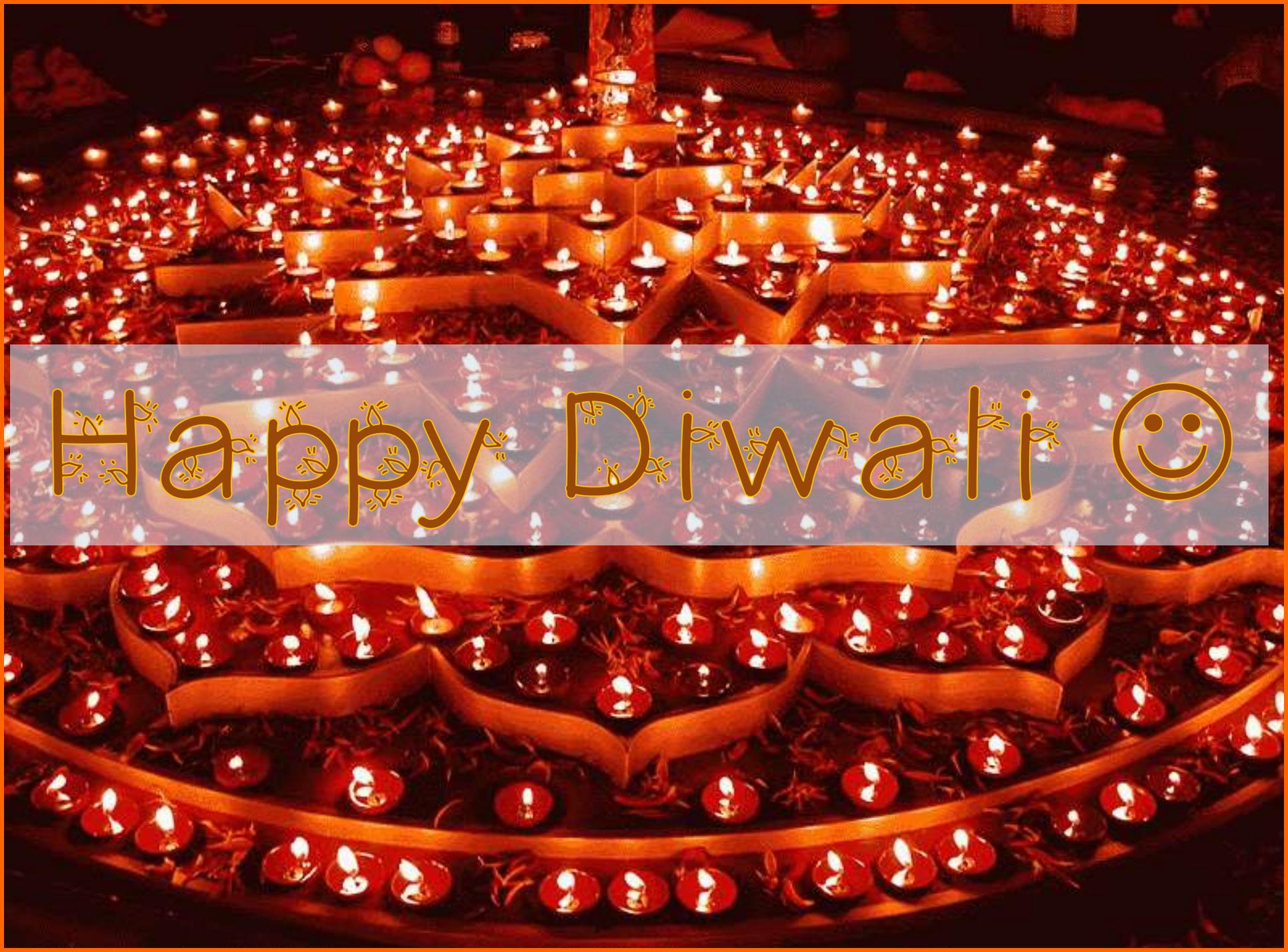
Mail us your answers by 15th Nov 2013
to infomag@capsfoundation.in



Winners of SQC - 8

Archana Akumal R.
Shiva Kumar S. K.





Happy Diwali 😊



Life is the art
of ~~drawing~~
drawing
without an
eraser.



Thought to be taught