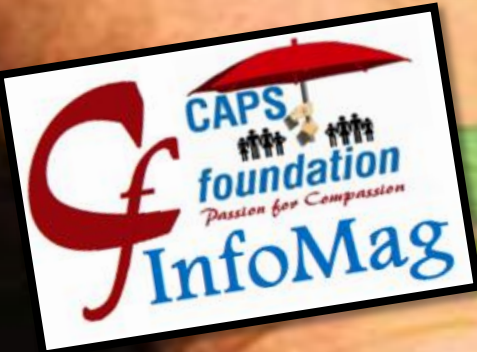


CAPS *foundation* INFOMAG

March 2014 | Volume Cf 4 | Issue 44



A seed of thought...!

Editorial Note

"Gardening is about enjoying the smell of things growing in the soil, getting dirty without feeling guilty, and generally taking the time to soak up a little peace and serenity." - Lindley Karstens

My granny loved gardening. It's due to her love for plants, we have a small garden in our home. It's small, but big enough to walk around, sow the seeds we like, water them, enjoy the growth of plants, see them flower and bear fruits...we even grow a few things for our daily usage. Its fun to say, 'we grew this in our garden, how does it taste?'

The other day, early morning, I went out alone in the garden. This was a forceful, 'go water the plants' order by my brother. Ah! What peace.. what beauty..! Nature has its own way to amaze us. At that moment, I just looked back at life and was very grateful to how lucky I am.

We might have tough times, crib about things, but in the real sense, we are all very lucky for the way we are. Life is beautiful. We are all blessed with life and love by nature. It is our duty to life up nature and be grateful to it.

Get involved, sow seeds, plant trees, beat the stress, love nature, and nature will love you back with good health by which you can make a lot of wealth.



Inside March'14



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**Editorial
Team**

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10 Gardening tips for beginners

By Cf Ujwal Sumanth
Email: ujwal.mayur@gmail.com



Anyone new to gardening could be excused for thinking the process is rather daunting, especially if they read some of the books in the market. Often these books are so loaded with technical jargon, that the average person can't understand it. One exception is Yates Garden Guide which should have a place in every home. Gardening expert Colin Campbell has put together this list of 10 basic gardening rules which will help to make gardening a satisfying leisure activity.

1. Know your soil type

Get to know your soil type. When you know this, you will know how to manage it and get the best out of it. There are three basic types - sand, silt and clay - and if you are not sure about what you have, ask your neighbors if there isn't a nursery or garden centre nearby.

2. Use organic fertilizer

Use plenty of organic matter, regardless of the soil type. Organic fertilizers, compost and mulching materials enhance the nutrient level and encourage life-giving soil microbes and worms. The more you can use, the better.

3. Follow fertilizer directions

Fertilizers should always be used in accordance with manufacturers' directions.

4. Keep soil mulched

Keep the soil well-mulched all year. Mulching helps to minimize weed growth and this is important because weeds compete with plants for moisture and nutrients. Mulching also modifies soil temperature - in warm weather it helps to keep it cool and in cold weather it keeps the soil warm. A thick layer will also reduce moisture loss through evaporation. It doesn't really matter what type of mulch is used - it comes down to personal choice. I prefer sugarcane mulch, but others opt for Lucerne mulch, straw, tea-tree or bark mulch.



5. Plant similar species together

Plant appropriate species together, such as those that require the same soil, light and nutrients.



6. Pests and diseases

Learn to identify pests and diseases so that appropriate action can be taken, ensuring that you use the "softest" option available. Spraying with chemicals may be necessary as a last resort.

7. Pruning

Prune shrubs early rather than leaving them until they get too large to trim back. Australian native species, in particular, should be pruned back by about one-third from their first year in your garden.

8. Flowering plants

Remove spent flowers from flowering plants every few days as this will prolong the flowering season. This is especially important in the case of flowering annuals but it also applies to many flowering shrubs.



9. Watering

For plants that require a regular supply of water, water deeply every few days rather than a shallow watering every day. A long, deep watering will encourage the plant roots to go deeper in response to the deeper moisture level.

10. Composting

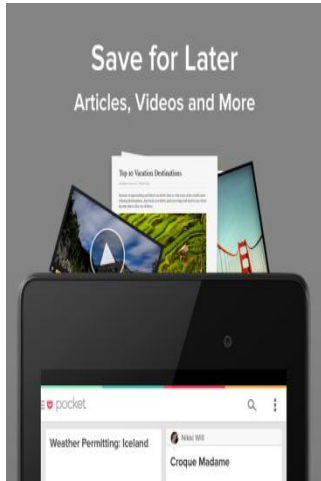
Make your own compost. Every day there are kitchen scraps, so instead of throwing them away in the garbage bin, start a compost heap. The same applies to pruning - cut these into small pieces and place in the compost heap or bin.

Knowledge Sharing !

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

App of the month :

Pocket

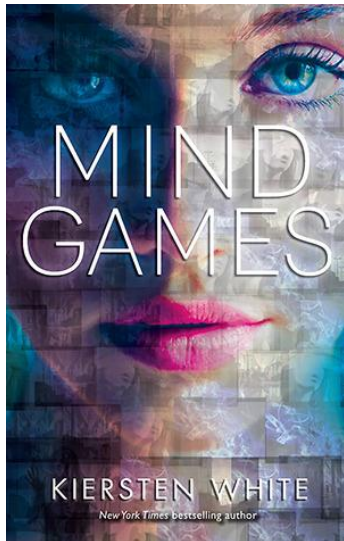


It is the best read later app in the market.

With extensions for all major browsers and apps for both Android and iOS devices, it is a one-stop-shop for creating the ultimate personalized reading list. Best part is being able to sync the data across devices.

Book of the month :

Mind Games



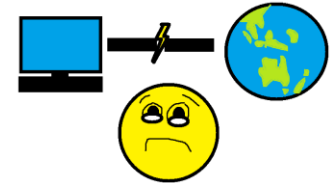
The book is about a lady Fia with flawless instincts, gut feeling, making her always right. Her sister, Annie, is blind.

Being Trapped in a school that uses girls with extraordinary powers as tools for corporate espionage, the book is about risking each other's lives by refusing to obey.

Word of the month :

Nonliner

Someone who rarely or never uses the Internet, usually because they cannot access it.



Veg of the month :
Snake Gourd

According to experts in natural remedies, snake gourd juice has been found effective in treating dandruff. Its leaves have been found useful in jaundice (hepatitis) and palpitations. It is very high in water content and has a cooling effect on the body, hence this summer vegetable that nature provides in such a timely manner helps in handling the summer heat. It's a great veg to include in weight-loss diets. It also contains a lot of fiber which can help keep your digestive tract healthy. The fiber is also helpful for those with diabetes.



GAMES GIVE HEALTH

Games play a very important role to protect human health from illness. In reality, most of us do not show interest in doing daily exercises to keep ourselves healthy, but we are always ready to play tiny games which are always fun.

Games not only bring an element of fun & enjoyment but also for improve the health. They normally include some physical activities and it is an essential part of quality health. It is always advisable to choose games having a connection with physical activity. The following 3 physical activities give quality health while playing games.

1. Endurance Activities
2. Flexibility Activities
3. Strengthening Activities

Endurance activities help the heart, lungs, and circulatory system stay healthy and provide increased energy. Activities that increase cardiovascular endurance should be moderate to vigorous.

Moderate physical activity causes some increase in breathing and/or heart rate, but not enough to prevent an individual from carrying on a conversation comfortably during the activity. Examples of moderate physical activities

include brisk walking, dancing, swimming, and biking.

Vigorous physical activities are like aerobics, which increases the breathing capacity and the heart pumps faster for an efficient cardiovascular conditioning. These types of activities may, depending on fitness level, cause "huffing and puffing". Examples of other vigorous physical activities include jogging, basketball, brisk dancing, and quick swimming.



Flexibility activities help bodies to move easily, keeping muscles relaxed and joints mobile, thereby decreasing the risk of injury. Regular flexibility activities can help us to live better, longer, so that quality of life and independence are maintained. Flexibility activities include bending, and stretching of all muscles. Activities that help increase flexibility include stretches, dancing, gymnastics, and swimming.



Strengthening activities help muscles and bones stay strong, improve posture, and help to prevent diseases like osteoporosis. Strengthening activities are those which work on muscles and build resistance, like pushing or pulling hard to open a heavy door. To ensure good overall strength, include a combination of activities that exercise the different muscle groups –upper body and lower body, right and left sides, and opposing muscle groups (e.g., both the front and back of the upper arm). Examples of activities that build strength are rope or stair climbing, bat and racquet games, push-ups, weight training, rowing, and skating.

Pilates

12 poses by k2m1too



Stretching

Exercises



Call for articles to be featured in CfInfomag

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.



**April
"Rain"**

**Rain makes everything
beautiful!**



**May
"Travel"**

**To travel is worth any
cost or sacrifice**

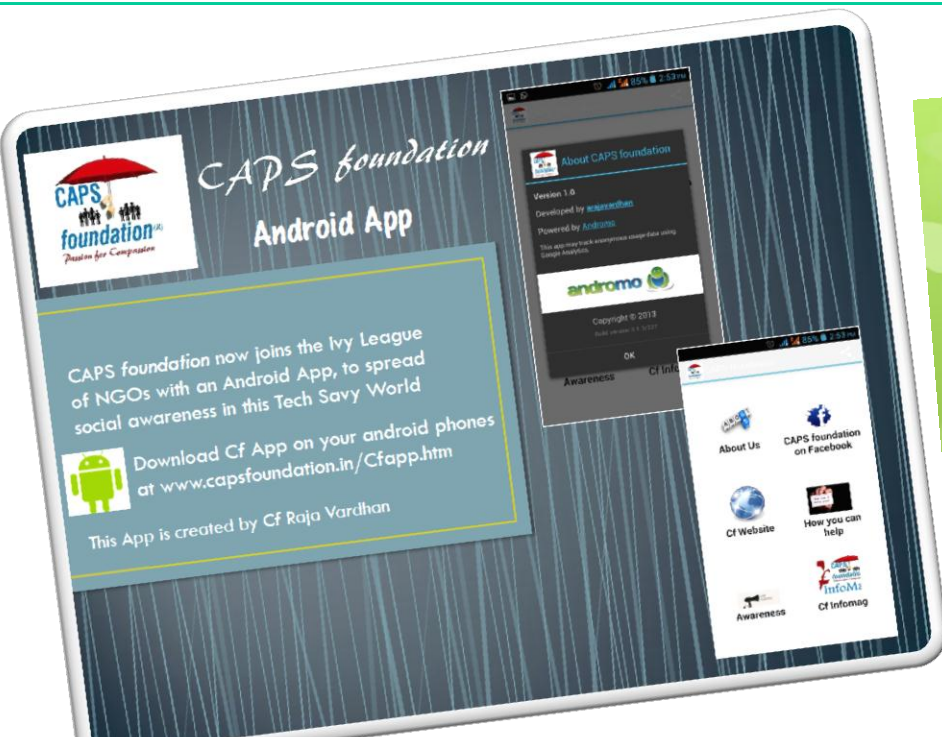


**June
"Technology"**

**Any sufficiently advanced technology
is indistinguishable from magic**



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...!



Stopped By A Brick

It was a beautiful morning when a young and successful executive named Yash was traveling down a Jayanagar neighborhood street. He was going a bit too fast in his new car, which was only two months old. He was watching for kids darting out from between parked cars and slowed down when he thought he saw something. As his car passed, no child darted out, but a brick sailed out and -- WHUMP! -- it smashed into the car's side door! SCREECH...!!!! Brakes slammed! Gears ground into reverse, and tires madly spun the car back to the spot from where the brick had been thrown.

Yash jumped out of the car, grabbed the kid and pushed him up against a parked car. He shouted at the kid, "What was that all about and who are you? Just what the heck are you doing?!" Building up a head of steam, he went on. "That's my new car, that brick you threw is gonna cost you a lot of money. Why did you throw it?"

"Please, mister, please...I'm sorry! I didn't know what else to do!" pleaded the youngster. "I threw the brick because no one else would stop!"

Tears were dripping down the boy's chin as he pointed around the parked car. "It's my brother, Mister," he said. "He rolled off the sidewalk and fell out of his wheelchair and I can't lift him up." Sobbing, the boy asked the executive, "Would you please help me get him back into his wheelchair? He's hurt and he's too heavy for me."

Moved beyond words, the young executive tried desperately to swallow the rapidly swelling lump in his throat.

Straining, he lifted the young man back into the wheelchair and took out his handkerchief and wiped the scrapes and cuts, checking to see that everything was going to be OK. He then watched the younger brother push him down the sidewalk toward their home. It was a long walk back to the sleek, shining car - a long and slow walk.

Yash never did fix the side door of his car. He kept the dent to remind him "not to go through life so fast that someone has to throw a brick at him to get his attention."

At times in our lives, we tend to become so wrapped up in other things that we become focused on ourselves or our job, we do not realize there are others around us that need our help.

We can react in a negative way to a situation without fully realizing or taking the time to look at the other persons situation, or to take the time to find out the reason the other person has taken the action that they did.

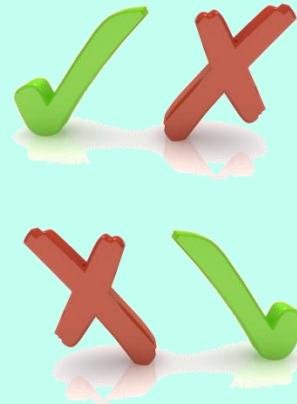
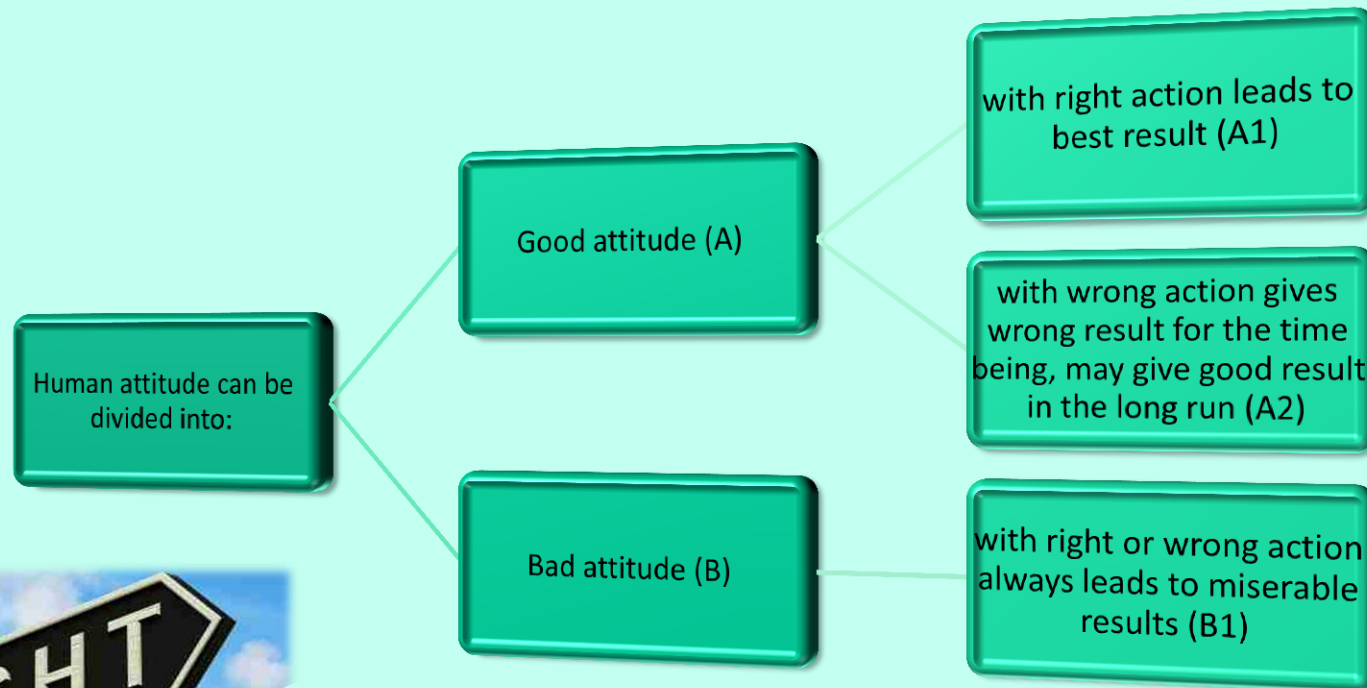
ATTAC Series: Good-Bad; Right-Wrong



“What you sow, so shall you reap”. – Philip Jones

What does attitude mean?

Attitude means a settled way of thinking or feeling about something.



The above chart can be better understood with the help of following illustrative examples covering both education and life.

Category	Edu Example	Life Example
A1	Student being regular to the class, misses one class, copies the entire notes and comes prepared for the next class.	Mutual respect between parents and children & acting according to the requirements of each other.
A2	100% regular to the class but doesn't do the homework; the student is good but not good enough.	Children do not disobey parents but delay every act to be performed.
B1	Student is absolutely irregular to the class, he writing or not writing the notes, doesn't make much difference to his educational success.	Here any action (good or bad) by the children without having respect to parents is a waste exercise.

Let us say someone meets with a road accident. You may either be a by-stander or actually help that person. Later, if the same happens to you or your relatives, you may or may not receive help. All your past actions, in the form of karma, will come back. Your good attitude and right action will always be taken into account by God. He will make sure that you receive help for the good deeds that you have performed, when in need. If at all you hadn't helped that person and when you're in dire need of help, you may be ignored by the world as a result of your karmic actions.

Being good or doing good to others never goes waste. You will always be rewarded and appreciated for your goodness. History stands as a witness to this. Though warrior Karna made a conscious decision to support his friend Duryodhana in his bad deeds, he retained his moral sanctity. Though everything went against him all throughout his life, he did not choose to go on the wrong path. For all the good he did,

God himself participated in the process of his death and ensured that he attained salvation.

Putting it together, no matter what hardships come your way, when you choose to stay good and do good, do not get deterred by them. Stick to your principles and continue doing the same. Do not falter in your steps. You will definitely be recognized and rewarded for it. If not today, tomorrow for sure.



SPC MESSAGE: "WHAT GOES AROUND, COMES AROUND" - ANONYMOUS

**Wondering what to do after
10th Standard... Want to know
about Career Options after
School ... !!!**

**Here is the perfect time @ the
perfect place...!**

For parents and for Students..

MEGA - CAP

Cf CAP - Vidya Jagrithi

Education is not preparation for life, education is life itself...

Life of a person revolves around ...

- **Agriculture**
- **Employment**
- **Business**
- **Profession**



Date: 20th April, 2014

Time: 4pm to 6pm

Venue: Our School

No. 15, 7th Main, 27th Cross
Banashankari II Stage,
Bangalore - 560 070

Contact: 080-2676-0867

< < < Entry Free > > >



Shetty Sir's Quiz Corner

1. Advance tax liability arises when tax liability is greater than or equal to _____.
2. Office furniture is sold to Mr. X for Rs.10,000. X's a/c is maintained in _____ ledger.
3. _____ & _____ number of sections of Companies Act 2013 are included for November 2014 CA IPC & Final exams.
4. Entomology is the study of _____.
5. Counting house salary means _____.



SOC – 14

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

Answers to SQC - 13

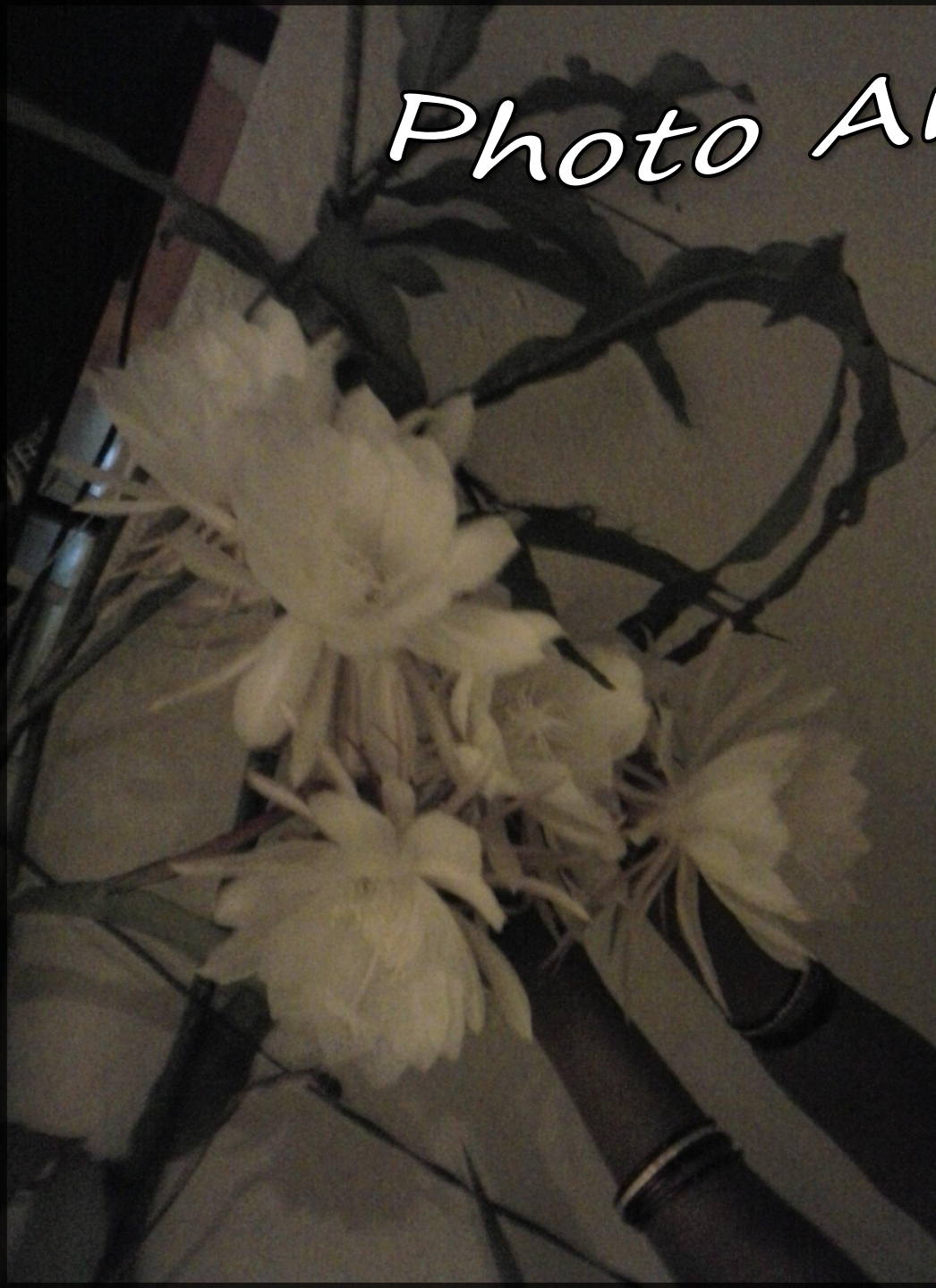
1. 2007
2. AS - 9
3. Nil. Because sale of agricultural land is exempt from TDS.
4. 60
5. False

Winners of SQC - 13

No winners
for SQC-13

Photo Article

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



Why **facebook** acquired



By Cf Ujwal Sumanth
Email: ujwal.mayur@gmail.com

Hi Friends, I am bringing you the Hot topic which is like a viral in the world -

Why **Facebook** has acquired **WhatsApp**?

For deal to about \$4 billion in cash and \$12 billion worth of **Facebook** shares \$3 billion extra restricted stock payable to **WhatsApp** founders and employees



"I'm excited to announce that we've agreed to acquire **WhatsApp** and that their entire team will be joining us at **Facebook**."

Our mission is to make the world more open and connected. We do this by building services that help people share any type of content with any group of people they want. **WhatsApp** will help us do this by continuing to develop a service that people around the world love to use every day."

Mark Zukerberg
Founder of **Facebook**



WhatsApp Messenger is a proprietary, cross-platform instant messaging subscription service for smartphones. In addition to text messaging, users can send each other images, video, and audio media messages as well as their location using integrated mapping features. The client software is available for Google Android, BlackBerry OS, Apple iOS, selected Nokia Series 40, Symbian, selected Nokia Asha platform, Microsoft Windows Phone and BlackBerry 10. **WhatsApp** Inc. was founded in 2009 by Americans Brian Acton and Jan Koum (also the CEO), both former employees of Yahoo!, and is based in Mountain View, California.

"We wanted to make something that wasn't just another ad clearinghouse...Remember, when advertising is involved you the user are the product."

Jan Koum
Co – Founder and CEO of **WhatsApp**

4 Magical Numbers for better understanding the acquisition – 450, 32, 1 & 0.

450. WhatsApp has more than 450 million active users, and reached that number faster than any other company in history. . It was just nine months ago that WhatsApp announced 200 million active users, which was already more than Twitter. Every day, more than a million people install the app and start chatting, and they remain more engaged with WhatsApp than on any other service. Incredibly, the number of daily active users of WhatsApp has climbed to 72%. WhatsApp has become today's flag-bearer for personal communication.

32. Even by the standards of the world's best technology companies, WhatsApp runs lean. With only 32 engineers, one of its developer supports 14 million active users, a ratio unheard of in the industry. This L E G E N D A R Y crew has built a reliable, low-latency service that processes 50 billion messages every day across seven platforms using Erlang, an unusual but particularly well-suited choice. All that, while maintaining greater than 99.9% uptime, so users can rely on WhatsApp the way they depend on a dial-tone.

1. Jan keeps a note from Brian taped to his desk that reads “No Ads! No Games! No Gimmicks!” It serves as a daily reminder of their commitment to stay focused on building a pure messaging experience.

0. There may be no greater testament to the viral nature of WhatsApp than the fact that the company has accomplished all this without investing a penny in marketing. Unlike their smaller competitors, it hasn't spent anything on user acquisition. The company doesn't even employ a marketer or PR person. Yet like the world's greatest brands, it's created a strong emotional connection with consumers. All of WhatsApp's growth has come from happy customers encouraging their friends to try the service.





Excel Tips : SUMIF

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

What Does It Do?

This function adds the value of items which match criteria set by the user

Syntax

=SUMIF(Range Of Things To Be Examined, Criteria To Be Matched, Range Of Values To Total)

	A	B	C	D	E	F	G	H	I	J
1	SUMIF									
2										
3			Item	Date	Cost					
4			Brakes	01-Jan-13	80					
5			Tyres	10-May-13	25					
6			Brakes	01-Feb-13	80					
7			Service	01-Mar-14	150					
8			Service	05-Jan-13	300					
9			Window	01-Jun-13	50					
10			Tyres	01-Apr-14	200					
11			Tyres	01-Mar-13	100					
12			Clutch	01-May-13	250					
13										
14			Total cost of all Brakes bought.			160	=SUMIF(C4:C12,"Brakes",E4:E12)			
15			Total cost of all Tyres bought.			325	=SUMIF(C4:C12,"Tyres",E4:E12)			
16			Total of items costing £100 or above.			1000	=SUMIF(E4:E12,">=100")			
17										
18			Total of item typed in following cell.			service	450	=SUMIF(C4:C12,E18,E4:E12)		
19										

Bengaluru gets the first e-bus

The first thing we all can think off when it comes to curbing pollution is going the 'e-way' and the Bengaluru transport Corporation just did that.

Bengaluru is the pride owner of India's first electric bus and this runs from Majestic to Kadugodi road. The electric bus will run on a trial basis for 3 months after which expected to be a regular feature on roads. The bus has zero emission levels, operates on a battery that lasts 5 hours and can cover a distance of 250 km. So we have all the more reason to smile.. Common Bengaluru.. Lets go the e-way!

Fully air-
conditioned with
zero emission



The upfront cost of the electric bus is Rs 2.7 crore as against Rs 90 lakh of an AC Volvo bus, but its operational cost will be Rs 7 per km as against Rs 18 per km incurred by the latter.



The bus needs at least 6 hours to charge it fully to run for 250 kms.

The bus has 30 cushioned seats and an electronic display board in front, rear and inside to indicate destination stops

Thought to be taught...

*If you have a garden and a library, you
have everything you need.*

- Marcus Tullius Cicero

