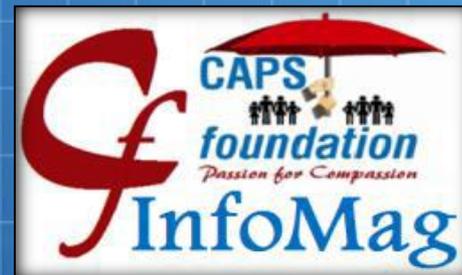


CAPS foundation INFOMAG

April 2018



Editor's View

“He who has health has hope and he who has hope has everything.”

Being the first month (April) of the Financial year we have decided to start the year with the hands of fitness in our daily task. Even a small issue we face with our health we get completely distracted and impatient in each moment.

We, CAPS Sites, are very well aware about the importance of fitness in our routine activities that's why special yoga classes are conducted. Just by doing 10 to 15 minutes of any yoga exercise our body gets energy for the entire day.

Physical health includes sleep, nutrition, physical activity and lifestyle behaviours (such as smoking tobacco etc.).

Ask anyone who after walking up a few flights of stairs and is huffing and puffing if they'd like to have better endurance.

One barrier to improve physical health is understanding that it doesn't need to be hard. It can start with self-awareness of daily micro decisions.

Let us all promise that, we too shall give some time for our health and fitness, to reach great heights in all aspects of life.



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Inspiring anecdote of Virat Kohli

Profiling Virat Kohli for London-based *The Times* newspaper, former England skipper Mike Atherton recalled a story related by Ed Smith, England cricketer who had worked as consultant for Royal Challengers Bangalore(2016).

‘When Kohli found out that his body-fat percentage was nine per cent, he immediately countered that Novak Djokovic (a Serbian professional tennis player) was a percentage and half lower. He measures himself against other athletes, rather than cricketers. He trains obsessively and, even in a tournament like the IPL, where the late nights mean it is easy to slip into bad habits, eats and drinks healthily with the zeal of a convert’.

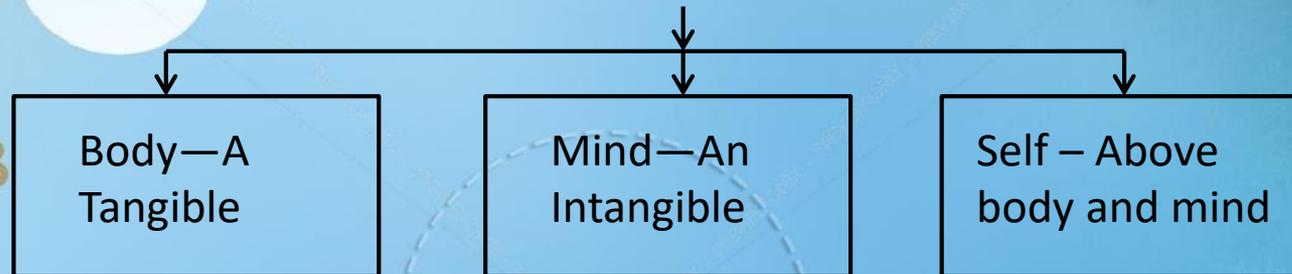
Kohli can be seen going through the rigours to become a champion athlete – training hard, getting up at 4 am, even breaking down sometimes – only to emerge stronger.

A busy man will find time for everything. A lazy man will not find time for anything!

Human Happiness – Search Self

“Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside”. – Ramana Maharshi

A Human being is made up of –



These three are closely interconnected, separation is a tedious task. For achieving happiness, the separation is a must. Let us take an example to understand the same.

- Active body, mind and self – When we are attending class, all the three are active.
- Dreaming in the sleep – Body is sleeping, mind and self are active.
- Deep sleep without dream – Both body and mind are inactive but self always exists.

Therefore, it is pertinent to separate “the self” from “body and mind”.

Cont...



Body can suffer

Mind may be in pressure

But, "the self" should always be happy.

When we are able to identify "three-in-one", we should also be able to separate each one of them.

If there is a hand fracture, let the hand suffer – Why are you suffering?

If someone has shouted at you, let the mind suffer – Why are you suffering?

Therefore, have three but live only in one.



SPC Message:

"Pain is Inevitable; Suffering is Optional"

Think right, act right. It is what you think and what you do that makes you what you are.

Time for Treatment of Cold and Flu

Colds are caused by viruses that thrive in your nose and throat when the temperature, acidity, and moisture suit them. When your resistance is low, your ability to adapt to environmental changes weakens, making it easier to catch a cold.

Potent Points for Relieving Colds and Flu:

You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective. Lie down on your back or sit comfortably.

Point 1: Drilling Bamboo (B 2)

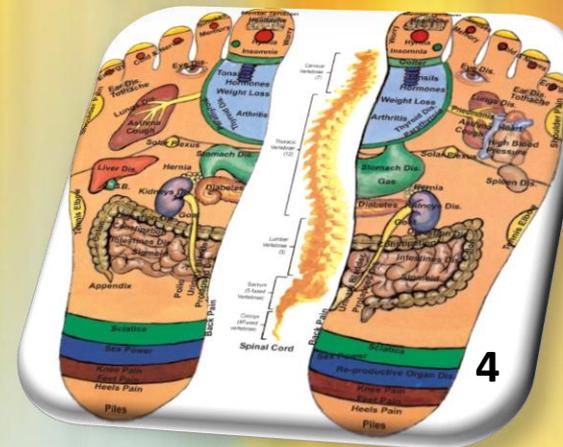
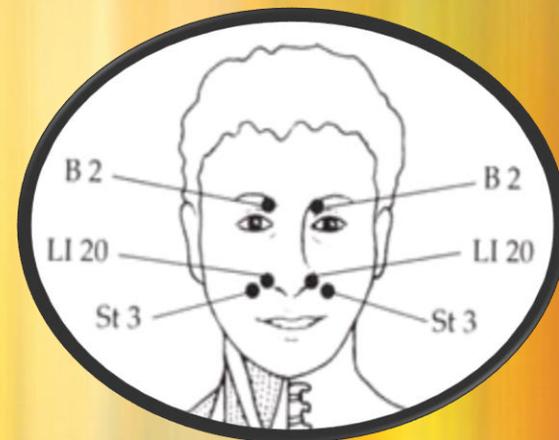
Location: In the indentations of the eye sockets, on either side of where the bridge of the nose meets the ridge of the eyebrows.

Benefits: Relieves colds, sinus congestion, frontal headaches, and tired eyes.

Step: Press into B2 - Use your thumbs on the upper ridge of your eye socket to press into the slight hollow near the bridge of your nose for one minute. Close your eyes and take a few deep breaths, letting the weight of your head relax forward onto your thumbs.

Cont...

Always use soft words and hard arguments and not the reverse!



Point 2: Facial Beauty (St 3)

Location: At the bottom of the cheekbone, directly below the pupil.

Benefits: Relieves stuffy nose, head congestion, burning eye, eye fatigue.

Point 3: Welcoming Perfume (LI 20)

Location: On either cheek, just outside each nostril.

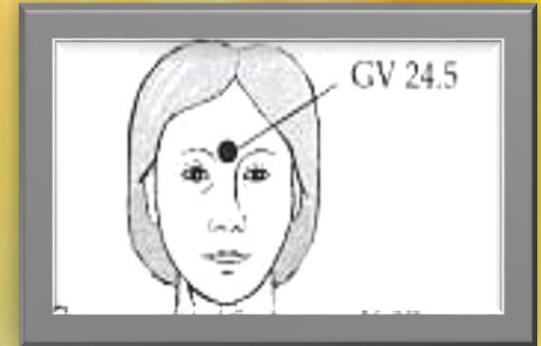
Benefits: Relieves nasal congestion, sinus pain, facial paralysis, and facial swelling.

Step: Press St 3 and LI 20: Place both of your middle fingers beside your nostrils and your index fingers next to them; gradually press up and underneath the cheekbones for one minute.

Point 4: Third Eye Point (GV 24.5)

Location: Directly between the eyebrows, in the indentation where the bridge of the nose meets the centre of your forehead.

Benefits: Relieves head congestion, stuffy nose, and headaches.



***Note:** A severe, repeated, or uncontrolled cough can be harmful and you should always consult a physician. Many illnesses such as influenza, pneumonia, and chronic bronchitis can become serious if the condition continues unattended.*

Cough medication may be used, but acupressure can be an effective adjunct therapy.

Exam Mantra

-Extract from the Book 'Exam Warriors'

Mantra 1:- Exams are like festivals—celebrate them

- The closest parallel to exam is festival!
- You may be surprised but let me explain why...
- I am sure you look forward to festivals such as holi , id, Christmas and diwali. Similarly, haven't you been discussing your exams month in advance and planning for them diligently?
- Festivals bring out the best in us. Exams too are meant to bring out the best in you.
- It is believed that prayers during festivals are more rewarding. Similarly, studying before and during exams is more effective



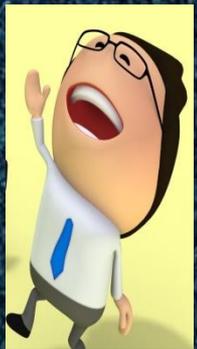
Exam Mantra

Cont'd

Mantra 2:- Exam test your current preparation, Not you. Chill!

- Do not get bogged down by any pressure, particularly the fear of failure.
- One particular test or exam cannot define a person. Life so much more than that.
- Setbacks, if any, must not deter you from pursuing your dreams
- Exams are just one of the many important events in life, not the only one.
- Placing examination in the larger context of life and not in absolute terms is the secret to burden-free and satisfying preparations.
- **Prepare, appear and do not fear failure.**

1. Walk through your fear!



Knowledge Sharing Stop



Word of the month:-Truncate

Truncate—It's a verb.

Meaning—to make something shorter, especially by cutting off the top or end.

E.g.: My article was published in truncated form

Fruit of the month: Strawberry

1. Regulates blood pressure
2. Lower cardiovascular diseases
3. Improves cognitive function
4. Combats arthritis
5. Promotes eye health
6. Maintains healthy skin
7. Boosts immunity

App of the month: Google Fit

- Effortlessly track any activity. As you walk, run or cycle throughout the day, your phone or Wear OS by Google watch automatically logs the activity with Google Fit.
- Google Fit will record your speed, pace, route, elevation and more so you can stay motivated and on track.
- Set goals based on steps, time, distance or calories burned.
- Check in from anywhere. Track your progress from your phone, tablet and can also be connected to your Android Wear device.

Cont...

Concept of the month: Ecogeographical Rule



An ecogeographical rule states that significant differences exist in the size of limbs and other external organs of animals, even within the same species, depending on the geographical region in which they live. Animals living in colder regions of the world, for instance, have shorter limbs than those living in warmer regions as an adaptation to control the dissipation of heat. A smaller body surface area helps animals in colder regions stay warm by slowing down the loss of body heat. It is named after American biologist Joel Asaph Allen who proposed it in his 1877 paper "The influence of physical conditions in the genesis of species"

Plant of the month : Lucky bamboo

Lucky Bamboo is a plant that is well-known for bringing good luck and is one of the essential elements of Feng Shui. Lucky Bamboo is very easy to grow and adds to enhance the décor of your home. The Lucky Bamboo is not a Bamboo plant at all. It belongs to the same family as the Lily plants.

The Lucky Bamboo plant can grow to about 2 to 3 feet in height. It cannot survive under direct sunlight and can grow in soil or water.

The Lucky Bamboo need drinking water. The water should be changed once in every one weeks.



Choice has always been the privilege of those who could afford for it.

Shetty sir's Quiz Corner (SQC)

1. Which country has won the maximum gold medals in Commonwealth Games 2018?
2. Long Term Capital Gain as referred in Section 112A of Income Tax Act, 1961 is taxed at _____ percent.
3. Full Form of OIAR is _____.
4. Central Board of Excise and Customs is renamed as _____.
5. SA 701 relates to _____.

Mail us your answers to infomag@capsfoundation.in

A.P.J. Corner-True Nation

One can include many other indicators of the quality of life. Still there is a nagging worry when we apply the talisman prescribed by Gandhiji.

Gandhiji's strikingly simple criterion was that every action proposed or contemplated, should in its implementation wipe the tears of a poor and downtrodden person. He emphasized that only when we have wiped the tears from the faces of all, have we truly arrived as a nation.

— Extract from the book 'INDIA 2020'

A long life may not be good enough, but a good life may be long enough.

Cf कलम for kala. 2020



**You are handsome
when you give
Hand to some**

Our Plan

To contribute for
the growth of Underprivileged students of

Rs. 100,00,000+

In supporting underprivileged schools infrastructure
And other necessities

Open to all Capsites - Present and old batch Students,
Chartered Accountants, Family and Friends.
Please join and spread the message

dreAm
Project...



Thought to be Taught

**PUSH HARDER
THAN
YESTERDAY
IF YOU WANT
A DIFFERENT
TOMORROW**