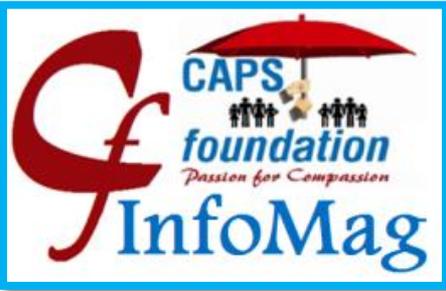


CAPS foundation



INFOMAG



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Inside Sep'14

#	What's cooking inside?
3	Benefits of Cooking at Home
5	Make Cooking Simpler...
7	Symphony of Emotions
9	SPC 46 - ATTAC Series
12	Knowledge Sharing
13	SQC 18
14	Thought to be taught

Editorial Team

- Cf Narasimhan E
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- Cf Aroona
- Cf A Raja Vardhan

Speaking from the Kitchen

From pizzas to pastas, noodles to burgers, the storm of fast food has hit all of us hard. We live in a world, where we have very little time to eat and even lesser time to keep ourselves fit! The focus in the last few years has clearly shifted to munching the quick bites over the nutritious traditional ones! Laziness has taken over us and we always find an excuse to eat outside.

How many of the latest hang-outs have been at your home? How many of those happen to have a plan to collectively cook and eat? Forget that! Even if we were all alone, how many of us in the thought of going to the kitchen to try our skills there? The positive result would be as miniscule as an ant to an elephant.

It is not bad to eat fast food or dining at hotels and motels, but getting used to that continuously will not just burn a hole in your pocket, but also make you lose your health. Its indeed said, whoever added the letter "S" to Fast Food was a Smart maniac!

This issue of Infomag, themed *Cooking*, puts a thought in you to start cooking! Read on...



Benefits of Cooking at Home!

Source: <http://www.care2.com>

Stressed out too much, or is your month end budget hitting you too hard? Why don't you try cooking at home!

Cooking is an art of slicing and dicing, chopping and frying, and finally decorating and tasting. When it comes down to feeding your body and mind, nothing is superior to preparing your food from scratch, with quality ingredients and served with love. The following are a few reasons why, preparing your food is a win-win situation.



Saves money & time:

Packaged and prepared meals cost you considerably more than cooking with raw ingredients at home. Preparing meals at home can save you money. In the time it takes to drive to a restaurant, place your order, wait for your order, return home and serve the meal, you could have made a three-course meal from scratch with time to sit and chew slowly



Less salt and trans fats

Food producers and restaurant chefs use higher levels of salt and fat to make their products taste better to the consumer. Preparing meals at home allows you to control the amount of salt and oils you use in your recipes.



Avoid food poisoning

When preparing meals at home you can better control the temperatures when cooking meats, keep hands and countertops clean and properly wash your raw produce.

Benefits of Cooking at Home!



Better energy

Food can be healing medicine or it can deplete your energy and cause sickness and pain. All of us run a risk of giving our destiny to any chef who claims to know how to cook a pot of rice. He or she is in charge of who we are and what we feel and how we behave. That may sound dramatic, but the truth is that.

Brings family together

Preparing meals at home and including family members in meal preparation is a way to give and share love. When food is prepared with a calm mind and loving thoughts it can become a tonic for both the physical body and the soul.



Teaching Kids

Teaching children how to cook is a gift of health they will use for their entire lives and pass it on to their children and grandchildren.

Weight control

Cooking at home allows you to control serving sizes and prevent overeating. Buy locally, in season, the best quality food, organic when possible. When cooking from scratch you know exactly what is going into your recipes.



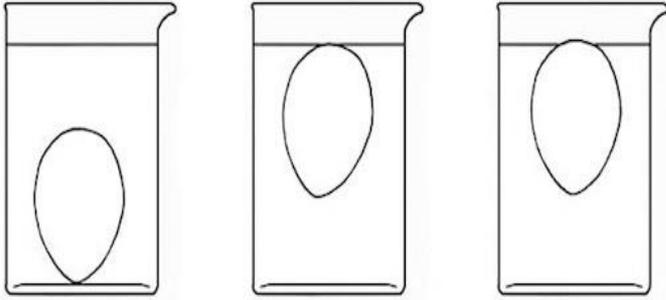
So why wait, Get started & share your experiences to us at Infomag@capsfoundation.in

TESTING EGG FRESHNESS

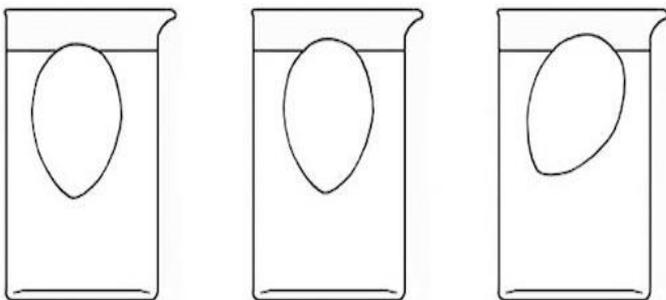
If it floats, toss it!



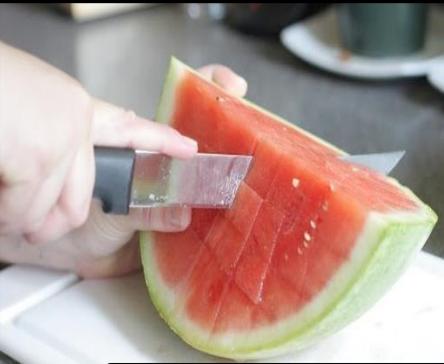
1-3 days 4-6 days 7-9 days



10-12 days 13-15 days 16-18 days



19-21 days 22-24 days 25-26 days

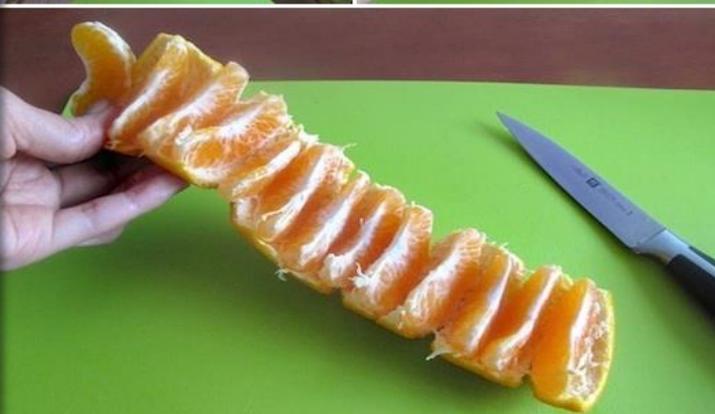
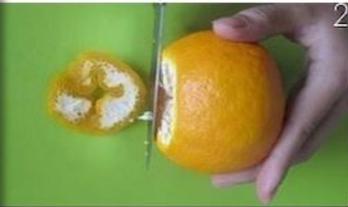


Source: <http://www.listotic.com/>

Make Cooking Simpler...



Peel an ORANGE Like A Genius



ROLL LEMONS

before cutting & juicing!

(THIS BURSTS THE TINY JUICE-FILLED CELLS IN THE LEMON'S FLESH, ALLOWING MORE OF THE JUICE TO BE EXTRACTED)



*Make
Cooking
Simpler...*



Use a spoon to peel ginger!



HOW TO CUT A BELL PEPPER QUICKLY:



Source: <http://www.listotic.com/>



CLEAR
(with boiling)



CLOUDY
(regular)

Symphony of Emotions - Cf Kiran | kiranrao@gmail.com

It seemed like the four seasons were united in me!

Spring blossomed in my heart,

Summer flowed through my veins,

Winter draped in my icy look

And monsoon moistened my breath.

Life was a step away from completion.



I was walking beside the blue shore;

Each step imprinted on the plain white sand

And the waves rambling wild like my heart beat,

For the girl who I cared the most was walking alongside;

Smiling and looking at me through the corner of her eyes,

While smooth satin hair; playfully covered her pretty face.

I could go on forever, walking this way together.

Just the two of us on the shore,

As if not a soul existed on the planet.

But I knew this could not last till eternity.

It had to be today and it had to be now.

To pour out my love for her and the desire to be together forever!



*Suddenly, I stood still,
She turned back smiling at me with a hint of surprise
And gently nodded her chin to probe why I stopped?
I kneeled before her, grasped her soft hands
And said "I love you; will you be with me forever?"
A moment of silence persisted while our eyes locked into each other's.*

*Her smile quickly vanished and her face turned pale.
She pitched my hand down and ran away sobbing!
My heart skipped a beat and my throat turned dry.
A while ago life appeared angelic and beautiful.
But now the mask peeled off baring its fangs.
Lonely I was, as if not a soul existed on the planet.*

*Nothing mattered to me anymore.
Neither the world nor my life!
Crying out loudly, I covered my face.
With disgust and anger I rushed into the sea.
All I wanted was to submerge myself beneath the heavy water.
But wait; is this the end or a new beginning?*



SPC 46

ATTAC Series

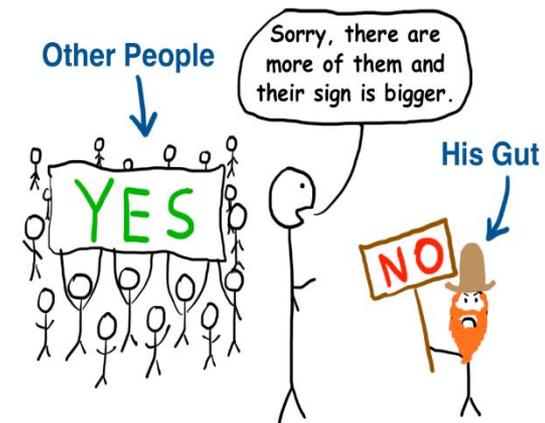
Avarenandkotharo! Andkolli Bidree!! – 2



“The eyes of others, our prisons; their thoughts, our cages”! – Virginia Woolf

In SPC 45, an insight was given about leading our lives to others' tunes. Now, let's dig more into it. What could be the possible problems if we lead our lives the way others want us to?

- We stop living our life, rather we start living others' life.*
- We will always be the football of others' opinion.*
- We will end up losing our individuality.*
- We have to wear one mask over another very often and lose the original face itself.*
- Our thinking about others' thinking may not be correct most of the time.*



It's true that when somebody says you've changed, it's only because you stopped living your life their way.



The only way to overcome this misery is to completely let go of what others may think. Be bold, take risk, fall down but don't forget to get up again. People may ridicule you, laugh at you but that is the risk you have to take if you have to be what you are.

To overcome these problems,

- ✓ Let us try to live our life the way we want.
- ✓ Let us try to be straight forward, to the extent possible.
- ✓ However, Remember :

“Sathyam Bruyath Priyam Bruyath Na Bruyath Sathyam Apriyam”

- ✓ Let us ask and clarify, wherever and whenever needed.
- ✓ Let us stop assuming things. Let us stop saying “Andkonde Sirrrrr”.
- ✓ Let us accept the fact that we cannot be others.



Let us put ourselves out of misery and end this charade. Live with the saying “Today I choose to live by choice, not by chance; To make changes, not excuses. To be motivated, not manipulated. To be useful, not used. To excel, not compete. I choose self-esteem, not self-pity. I choose to listen to the inner voice, not the random opinion of others. The important thing isn't what other people think you are; it's who you are”.

SPC Message:

“If someone isn't what others want them to be, the others become angry. Everyone seems to have a clear idea of how other people should lead their lives, but none about his or her own.” – Paulo Coelho

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.



October
"Health"

A wealth indeed...!

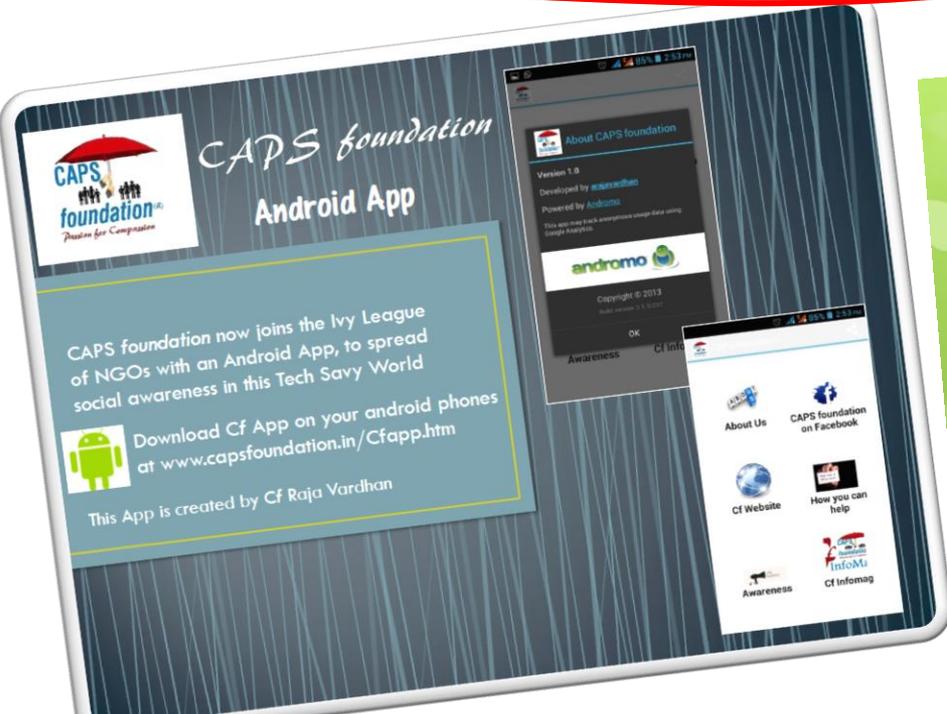


November
It's Story time!



December
Life is a celebration,
isn't it !

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...!



Knowledge Sharing

Word of the month: Blook

A blend of 'book' and 'blog' - a book written by a blogger.

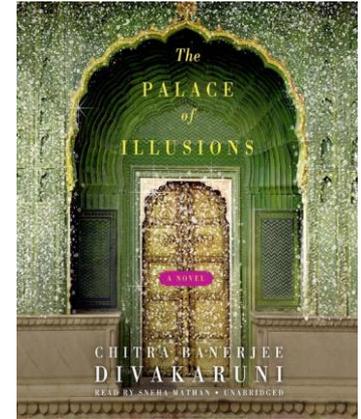


Vegetable of the month: Mushrooms

- Good source of vitamin B and vitamin D
- Boosts our immune system and metabolism rate
- Rich in fiber and proteins
- Rich in copper that helps the body to absorb oxygen and create red blood cells
- Has a low level of fat and calories
- Rich in potassium that regulates the blood pressure

Book of the month: The Palace of Illusions - Chitra Banerjee Divakaruni

The novel is a rendition of the Hindu epic Mahabharata told from Draupadi's (Panchaali's) viewpoint. It tells the Mahabharata from the perspective of a woman living in a patriarchal world.



YOUR STORY | INSPIRE
INNOVATE
IGNITE

App of the month: Yourstory

Media platform for entrepreneurs, dedicated to passionately championing and promoting the entrepreneurial ecosystem in India.



SQC-20

SHETTY SIR'S QUIZ CORNER

1. What is the due date for filing ADT 1 by the companies under Companies Act 2013?
2. Who is the CEO of Coca-Cola?
3. What amount of professional tax does a lawyer practicing in Bangalore for 25 years needs to pay?
4. Who will be the chief guest for the Republic Day Celebrations to be held on January 26, 2015 in India?
5. What is the latest version of Android known as?



Answers to SQC-19

1. False. Act says "Unqualified Auditor's Report need not to be read out in the AGM"
2. No. Held in the case CIT v. Smt. Neena Jain (2011) 330 ITR 157 (P&H)
3. Sucheta Kriplani - Uttar Pradesh
4. December 10
5. 26,638.11.01 on Aug 28, 2014

Thought to be taught

Quinn

The Greatest Prison people live in, is the fear of what
other people think!!!