



CAPS foundation INFOMAG

Happy Holi!

From the Editor's Colorful desk

Responsibility is about our ability to respond to circumstances and to choose the attitudes, actions, and reactions that shape our lives. It is a concept of power that puts us in the driver's seat. The grand panorama of the potential of our lives can only be appreciated when we begin to be accountable and self-reliant

Responsible people not only depend on themselves, but show others that they can be depended on. This breeds trust, and trust is a key that opens many doors.

If you want more control over your life and the pleasures, prerogatives, and power of freedom and independence, all you have to do is be responsible.



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Apr'17

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Editorial Team

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Balance Sheet of Life

- What comes to you is credit
- What goes from you is Debit
- Birth is your Opening Stock
- Death is your Closing Stock
- Your ideas are your Assets
- Your views are your Liabilities
- Your happiness is your profit
- Your sorrow is your Loss
- Your soul is your goodwill
- Your heart is your Fixed assets
- Your duties are your outstanding expenses
- Your friendship is hidden adjustment
- Your character is your Capital
- Your knowledge is your Investment.
- Your patience is your bank balance
- Your thinking is your current account
- Your behavior is your journal entry.

**Bad things
should always
depreciate.
Have a nice
Balance Sheet
and Happy Last
day of Financial
year .**

DETACHED ATTACHMENT
"YOU CAN ONLY LOSE WHAT YOU CLING TO". -
BUDDHA

As it is said, "Life is ten percent what happens to you and ninety percent how you respond to it". Growth is a matter of choice. Tony Robbins quotes "Change is inevitable. Progress is optional". Growth is possible only when you have the intention and urge to grow.

George Bernard Shaw quotes, "Progress is impossible without change and those who cannot change their mind cannot change anything". Achieving progress/growth is the ultimate goal; you will have to change many paths in the course of your journey. Being stubborn or clinging on to a particular thing wouldn't help. "The key to growth is the introduction of higher dimensions of consciousness into our awareness", says ancient Chinese monk Lao Tzu.

To elucidate the above subject, here's a small story. Two monks were travelling from one monastery to another. They were virtuous monks, even not allowed to gaze at women. During their journey they came across a river, which they had to cross. The river was overflowing and there was no way that they could cross without getting wet. One lady was at the banks of river, wanting to cross. They decided to cross the river by walking through the shallow part of the river. Since the lady also needed to get to the other side of the bank, one of the monks without much ado, carried her on his shoulders and soon they crossed the river and set her down.

You only lose
what you
cling to.

-Buddha-



Cont.....

The lady went her way and the two monks continued their walk in silence. The other monk was really upset finding the act of other monk disturbing. The confused monk couldn't stand the suspense and asked other monk, "We are not allowed to look at women, not touch them, but you carried a woman across the river?" The other monk smiled and he replied "I put her down when I crossed the river, are you still carrying her?!"

When the situation demands, break down the barriers and do what is apt for the situation. Jumping a signal is clear violation of Traffic rules; however in case of a medical emergency it is a noble deed. Grow, expand the horizon of thinking, have the desire to progress. As and when you grow, there'll be so many things you'll have to leave behind. Not many will have the guts to move on. Choice, not chance, determines destiny. It is not a thing to be waited for; it is a thing to be achieved. Do not be a tortoise in your domestic swimming pool feeling comfortable.

When you get promoted to a college from a school, you can't expect to have the same favorite teachers of your school in college. You may leave your hometown for higher education. You may have to even stay as a paying guest with unknown people. You may be apprehensive, but if you cannot come out of your comfort zone, growth will be suppressed. It is a wonderful opportunity to grow. If you can dare and go ahead, your college teachers may even be better than those at your school. Strangers at your paying guest may be your friends for life

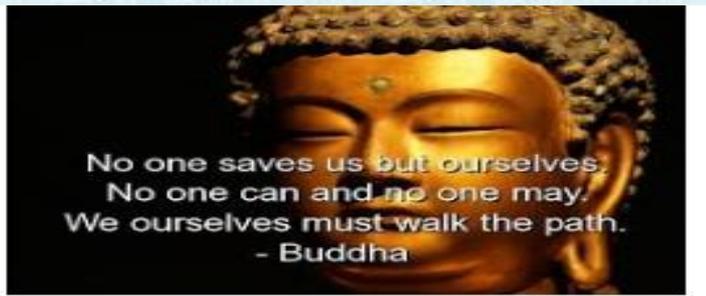
Annette Duveroth famous quote

“The lotus holds the water without attachment and releases the water without detachment “.

Cont.....

There should be joy and immense positivity during such changes in different phases of your life. Be happy that you're growing instead of feeling sad for the things you left behind. As Frank A Clark says "We find comfort with those who agree with us; growth among those who don't".

"Heaven is to renew your perceptions. It is hell, not to!" The seed has sprouted but I am still looking for the seed. The bud has already bloomed but I am still thinking it is a bud. The caterpillar has transformed into a butterfly but I am still searching for the caterpillar. The thief has evolved into a Valmiki but my old perceptions of him blind me from seeing it. In a constantly changing world one wants to cling on to their perceptions permanently and that is the most certain way to create one's own hell. Living life by continuously renewing one's perceptions is to design one's own heaven...



SPC Message -

"Success is one inch outside your comfort zone and two inches within your effort zone"

Cf Update

1. Contribution of groceries and other necessities

NELE (Shelter) a project of Hindu Seva Pratisthana was started way back in August 2000 to provide residential care to destitute children
From 2016 , CF is donating monthly grocery items and other essential supplies to Nele Foundation to support needy people.



Monthly groceries to
under privilege girls

2. The Fight against hunger

“Nobody can teach the importance of Life, but hunger is the only thing which will make people to realise importance of life & Education”

The foundation has started collecting one fist of rice for each day under the program called “Musti Anna” and collectively contributed approx. 65 KG of rice to NELE (Which provides residential care to destitute children) on 25th January, 2017, This will continue month after month.

YOU CAN CONTRIBUTE TOO! . We have set up CF donation box at our school and CAPS office for the same.



Mushti Anna-

accumulation of rice grains on a
daily basis and donating the rice at
the end of each month to needy

Cf Update



One K for one K- Your generosity for nation's prosperity

Caps foundation has come up with another new project to help underprivileged schools. The idea behind it is -

If a person contributes say Rs. 1,000 per month to CAPS foundation (say by way of standing instruction or NEFT or Paytm), and even if minimum 200 people contribute for a year, Cf would have collected a corpus of Rs. 24 Lakh (Rs. 1,000 x 12 months x 200 members).

On an average, CAPS foundation spends close to Rs. 50,000 towards a single Government School in Karnataka in aiding their education (from benches, to cupboards; books, playing equipment to charts and tables and toilet for girls). This would mean that we can cover at least 40 to 50 schools in a year and on an average at least about 3-4 schools every month. Considering this rate, in a span of 5 to 10 years, we would be able to cover all the Government schools in Karnataka and perhaps in future the whole of the Country.

So, requesting all for your helping hands to make this successful.

You can contribute any amount for the cause.

Open to everyone. Any of your friends, relatives, colleagues who want to join hands are free to do so. Please spread the message and encourage people to contribute small amount for bringing the big impact.

Bank Account details for making contribution:

The details are provided on CAPS foundation website. You may follow the link below : www.capsfoundation.in/donate



Smart Businessman

In January 1914, Henry Ford announced a radical decision. He increased the worker wages from \$2.34/day to \$5/day and reduced the working time from 9 hours to 8 hours per day. Although the myth goes that he did this so that his employees could buy a car of their own, it doesn't pass the basic sniff test. An average Ford worker was producing 20 cars a year. Even if every one of them bought 1 car in their first year, they still had to figure out all the rest 19 cars for year and all the cars throughout. The motivation was not as much of enabling the worker to buy a car, but to make them very productive.

Other businessmen derided Ford as a socialist, while common public heralded him as a hero. People even prodded him to run for a President. Even today, Ford's 5 dollar workday is widely remembered in the US.

FORD AUTOMOBILE
CO. WILL DIVIDE
PROFIT WITH MEN

Henry F. Ford Announces
No Man in Shops Will Be
Paid Less Than \$5 a Day

Newspapers had a field day. Ford's PR also worked the press to make this move as an egalitarian one (to make the workers rich enough to buy Ford's cars).

**'GOLD RUSH'
IS STARTED
BY FORD'S
\$5 OFFER**

Thousands of Men Seek Em-
ployment in Detroit Factory.

Will Distribute \$10,000,000 in
Paid Monthly Bonuses

Within 2 years of this radical pay rise, Ford's profit jumped 200% to \$60 million/year. In another 5 years, Ford was rolling out Model - T's every 24 seconds (in the initial years it took 12 hours)!!



How?

Until that time, factory workers were meant to be squeezed and thrown out. Labor was not seen as an asset back then. In a single move, he created a new corporate workforce and heralded the creation of the American middle class. Concepts such as 8-hour days and HR departments owe their existence partly to the ideas generated from this.

1. **Employee turnover:** Until 1914 Ford hired 300 men a year for every 100 jobs. There was a massive worker turnover as the tired and bored workers kept shifting jobs. Now, Ford provided an offer that was too good for the workers. The best of the workers were both motivated to stay and work.
2. **Absenteeism dropped.** Until then, factory workers randomly dropped out of work in the middle. They had little to lose, since they were so poorly paid. This absenteeism severely affected the assembly lines. No amount of force/threats worked. But, now they had golden handcuffs.
3. **Massive movement of smart labor to Detroit.** Soon word got around and there was a gold rush in Detroit. Within 24 hours, 10000 men queued up outside Ford's factories. Ford could now be very picky and hire from the best who would dramatically improve efficiencies in the automobile industry.
4. **Skyrocketing productivity:** The workers got into a rhythm as they were not shifting jobs any more and that meant they were moving up the learning curve. Ford could now introduce advanced processes without worrying too much about training expenses.

The industry was changed and a new era of workers with a low turnover appeared in US corporations. There is so much present corporations can learn (especially in countries like India, where we are still in the pre-Ford era when it comes to our manufacturing mindset).

Things that make your life easy!



Before you throw away a post-it, run it between the keys on your keyboard to collect crumbs and fluff.



Tie a small piece of bright-colored fabric to your luggage. Saves a lot of time to check if its your bag or not.

When you want to cross words out you don't want to be legible, instead of scribbling over them, write random letters and words over the original.



When ironing a button-up shirt, flip it inside-out to easily iron over the button side.

Things that make your life easy!



Does your dorm smell bad? Tape a dryer sheet over the AC unit and turn it on.



Put old newspaper at the bottom of your bin to absorb food juices.

**USE A (CLEAN) DUSTPAN TO
FILL A CONTAINER THAT
DOESN'T FIT IN THE SINK**



Use paper clips to organize your cables

Courtesy:

<http://www.lifehack.org>

Compiled by Cf Narasimhan Elangovan

Knowledge Sharing

Concept of the month: Dark Web

It is general term for the seedier corners of the web , where people can interact without worrying about the watchful eye of the authorities. Usually these sites are guarded by encryption mechanisms.

It is a world where illegal transactions are transacted online. One of the best examples is the Silk Road, a now-defunct website that, for more than two years, operated as a kind of illicit eBay. It was famous for offering a wide variety of illegal drugs , but it offered other illegal products as well.

Word of the month

Holi - Celebrated as a symbol of good over evil and thanks giving for harvest season. It is also known as festival of colours or festival of love .

Fruit of the month: Butterfruit

It is also known as avocado which contains a rich variety of heart healthy nutrients. Naturally nutrient-dense food and contains nearly 20 minerals and vitamins. They are also rich in healthy fatty acids , vitamins and antioxidants that can improve your skin from the inside. It can be taken as smart food option to lower the risks of cancer.



App of the month: Ooniprobe

Ooniprobe is a fun little app that can help you see censorship. The way it works is that it runs a series of tests. The first tests connections with a variety of different websites to see if any of them are restricted. You can also run an HTTP invalid request line test to see further results. Finally, there's a fairly standard speed test that you can run.. However, it can be a useful tool when traveling abroad, using public WiFi, or other such scenarios.





Answers to SQC 23

1. Where is the floating post office in India located?.
2. Which is the highest bridge in India and who constructed it?
3. Which planet floats when put in water?
4. Which is the 8th continent of the world?
5. Who is the first Chinaman bowler in Indian team?

1. *Not yet specified. Mandatory only for certain companies.*
2. *Rs 10,000*
3. *Yes under section 138 of Companies Act 2013 r/w rule 13(1).*
4. *197 sections and 5 Schedules.*
5. *August*

Mail us your answers by 15th April 2017 to infomag@capsfoundation.in

Thought to be taught!

F.E.A.R.

has two meanings -

Forget Everything And Run

OR

Face Everything And Rise

The choice is yours.