

# CAPS foundation INFOMAG

May 2018



# EDITORIAL NOTE

**“Family is not an important thing. It’s everything.”**

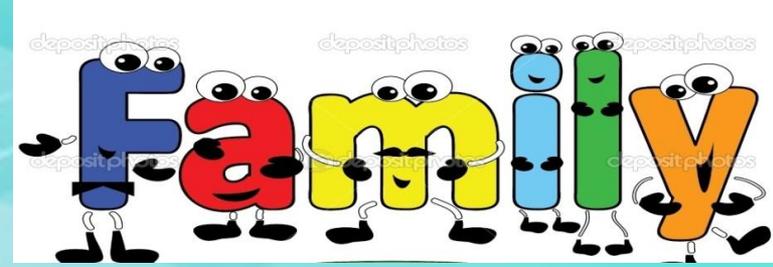
In Family, we have dear ones who leave no stone unturned for our comfort. No one out there, except our family have forgiven the endless number of blunders we have committed.

Teachings from family (1<sup>st</sup> school) ensure our growth and survival. In fact, as a child, we all have learned most of the things from our family.

Goes without saying, family plays a vital role in shaping our personality wherever we go we carry our family values.

The joy associated with success or any other happy moment magnifies when our family is around.

Let us promise ourselves, that we shall always take care of our family and spend sufficient quality time with them.



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# A GLASS OF MILK

A young poor boy who was begging from door to door to feed his hungry stomach decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal, he just asked for a glass of water, the woman thought he looked hungry, so she brought him a large glass of milk. He drank it slowly, and then asked: "how much do I owe you?"

"You don't owe me anything, she replied. Mother has taught us never to accept pay for the kindness." He said, "Then I thank you from my heart."

Years later, that young woman became critically ill, the local doctors were battling because they couldn't cure her, they finally sent her to the big city, where they called specialists to study her rare illness.

Dr. Howard Kelly was called in for the consultation when he heard the name of the town where she came from, a strange light filled his eyes. Immediately, he rose and went down the hall of the hospital to her room. He recognized her at once.

Be smiling... Smiles win friends.

# A GLASS OF MILK (cont'd)

From that day, he gave special attention to that case. After a long struggle, the battle was won! Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it, then wrote something on the bill. It was sent to her room, the woman feared opening it, for she was sure it might take the rest of her life to pay for it all.

Finally, she looked, and noticed something was written at the edge of the note, 'paid in full with a glass of milk.' Tears filled her eyes as she immediately remembered...

**Every form of kindness you show doesn't bounce, it reproduces itself. Not necessarily before your eyes, but it always does. It is good to be good. Always be nice for it always comes back to you.**

Good, Better, Best... Never let it rest till your good is better and your better is best.

## Self Not Found In Google

**“Real difficulties can be overcome, it is only the imaginary ones that are unconquerable”**

The search for self is an easy task. Google may find chappals lost in temple but not self. The realization of self is a process and not an event.

Oops! Don't think I'm talking about Buddha's Jnanodaya or Swami Vivekananda's enlightenment. I'm talking about an ordinary person's simple way of living with happiness.

No doubt, to achieve the same, moulding of body, mind and self is crucial.

1. The body should be kept in perfect condition through physical activities say walking, playing, swimming, yoga, etc.,

***“Your body isn't a temple. It is a home you will live in forever. Take care of it” – Colin Wright***

## SPC 54—Self Not Found In Google (cont'd)

2. The mind can be kept in perfect balance through yoga, pranayama, positive thinking, etc.,

*“Mind has two birds, positive and negative, the one we feed the most will make the nest”.*

3. The self – A healthy body and well balance mind automatically leads to superior self. A constant effort is required to segregate body and mind from self. Only “the self” leads to ultimate happiness in life.

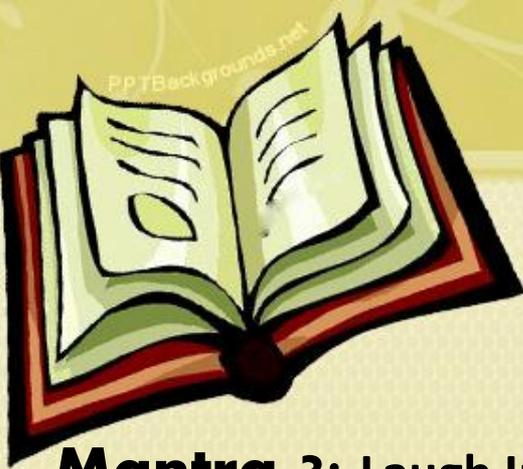
*“I train my mind in such a way that no impure thoughts enter the mind”.*

*– Swami Vivekananda*

To exercise good character daily is to be morally fit for life.

# Exam Mantras

*-Extract from the Book 'Exam Warriors'*



## **Mantra 3: Laugh In laugh Out**

- Prepare for exams with a smile, carry the same smile all the way into the exam hall, and out of it. Even if you do not feel like it, SMILE.
- Smiling fosters relaxation. With greater relaxation comes greater ability to recall.
- A relaxed mind is the secret to success, not only in an examination hall but in life as well

## **Mantra 4:-Be a Warrior, Not a Worrier!**

- Everyone of us is destined for exceptional things. Exams are just one of the challenges and opportunities. Overcome all challenges and shine.
- Worrying all the time will not help. Being in perpetual tension cannot be in fashion.
- Be cheerful; there are no marks for looking worried.

Do it with passion or not at all.

# FAQ's on NIPAH VIRUS

1 Q : What is Nipah Virus?

A : Nipah virus was initially discovered when it caused an outbreak of brain fever among pig farmers in Malaysia.

2 Q : Should I be worried?

A : A little. As it is transmitted from person to person and there is no effective antiviral therapy for this infection .

3 Q : Who is at high risk ? How is it transmitted?

A : 1. People working with pigs and consuming pigs.

2. Farmers who come in contact with bats.

3. Consuming Fruits which are already bitten by bat.

4. Contact with people who already have Nipah virus infection.

4 Q : What are the early symptoms?

A : The initial presentation is non-specific, characterized by the sudden onset of fever, headache, muscle pain , nausea and vomiting. Neck rigidity and photophobia are also seen.

The disease rapidly progresses, with deterioration in consciousness leading to coma within five to seven days.

5 Q : How is it treated ?

A : Supportive care is the mainstay of treatment and infected patients may require intensive care monitoring.

**THERE IS NO APPROVED SPECIFIC THERAPY FOR THIS INFECTION . So prevention is the only cure !**

6 Q : How do i prevent it ?

A : 1. Avoid contact with pigs and pig handlers .

2. Maintain personal hygiene and intensive hand washing practices

3. Avoid consuming raw fruits, Consume only well cooked, clean, home made food till the outbreak settles down.

4. Preferably use N95 mask while travelling or working in public places to avoid person to person transmission.

5. Be aware of the symptoms and report to the doctor immediately for early diagnosis and treatment.

# KNOWLEDGE SHARING STOP



## Word of the month:- Phub

**Phub**—It's a verb.

**Meaning**—ignore a person in front of you, in favour of a Smartphone

E.g.: Do you phub?

## App of the month:Mfine

mfine app is a digital health platform that aggregates the best hospitals and their doctors from your city and nearby area to provide on-demand healthcare services

Consult online with top doctors and their care team from quality hospitals within 10 mins over text or video chat

## Fruit of the month: Black Plum

1. Maintain healthy digestion
2. Eliminates stress and fatigue
3. Improve bone health
4. Helps iron absorption
5. Rich in anti-oxidant
6. Prevents cancer
7. Protects eyes
8. Anti-Aging



## **Did you know? Why newspaper print 4 colours dots?**

Paper colour printing is done with 4 colours - cyan, magenta, yellow and black. To apply these 4 colours on the paper 4 respective plates are made.

To achieve high quality print these 4 images have to be in perfect registration with each other, which means have to be printed exactly on top of each other. To achieve this registration of 4 images, registration marks act as a helping device.

The 4 dots that you are talking about are these registration marks.



## Concept of the month: Revenge trading

This refers to a style of trading in the financial market that is motivated purely by the goal of recovering previous losses from the market. The market is seen as an enemy that has imposed unjustified losses and the trader is keen on recovering from the market. Traders who engage in over-riding their rational thought process during trading. That increases the risk of making more mistakes that could lead to further losses. Revenge trading is considered to be one of the major reasons why many traders get wiped out of the market.

## Plant of the month : Basil

Holy basil (*ocimum sanctum*) is a member of the mint. Also known as "tulsi". In Hindu mythology, tulsi symbolizes the goddess Lakshmi, the wife of Vishnu. The herb has been valued for centuries because of its benefits for the mind, body, and spirit. The health benefits of holy basil include oral care, relief from respiratory disorders, as well as treatment of fever, asthma, lung disorders, heart diseases, and stress. Even smelling it or keeping it planted in a pot indoors can protect the whole family from infections, cough, cold, and other viral infections.

# Shetty sir's Quiz Corner (SQC-27)

1. A company cannot pay underwriting commission unless it is authorized by its \_\_\_\_\_.
2. Which of the following public sector banks has the largest number of branches in foreign countries?
3. Total Number of Ind AS which are notified as of date?
4. There are 4 bonds notified under section 54EC, the lock in period for the same is \_\_\_\_\_.
5. Which was the first state to ratify the GST Bill?

## Answers to April SQC 26-

1. Australia
2. 10
3. Online Information Database Access and Retrieval Services
4. Central Board of Indirect Taxes and Customs (CBIC)
5. Communicating Key Audit Matters in Independent Auditor's Report

Mail us your answers to [infomag@capsfoundation.in](mailto:infomag@capsfoundation.in)

## A.P.J. Corner : Strong-willed

**I**t is interesting to note the background of some of these great achievers. Andrew Carnegie, a name synonymous with the American steel and iron empire, was a son of poor linen weavers and had no formal education. Henry ford, who was a farmer's son with a modest background, not only established the largest company of his times but also revolutionized manufacturing techniques.

One common feature of all these people is their commitment to a vision and tenacious hard work to achieve it. But it was not only the hard work of an ethnically diverse population and great natural resources that led to the nation becoming the world number one. It was also due to a national characteristic: to recognize the best and to get the best out of the best.

— Extract from the book 'INDIA 2020'

The only way to get rid of a temptation is to yield to it.

Designed by Vecteezy

Cf कलम for kala.  2020



dre **A**m  
**P**ro **J**ect ...

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

**Our Plan**

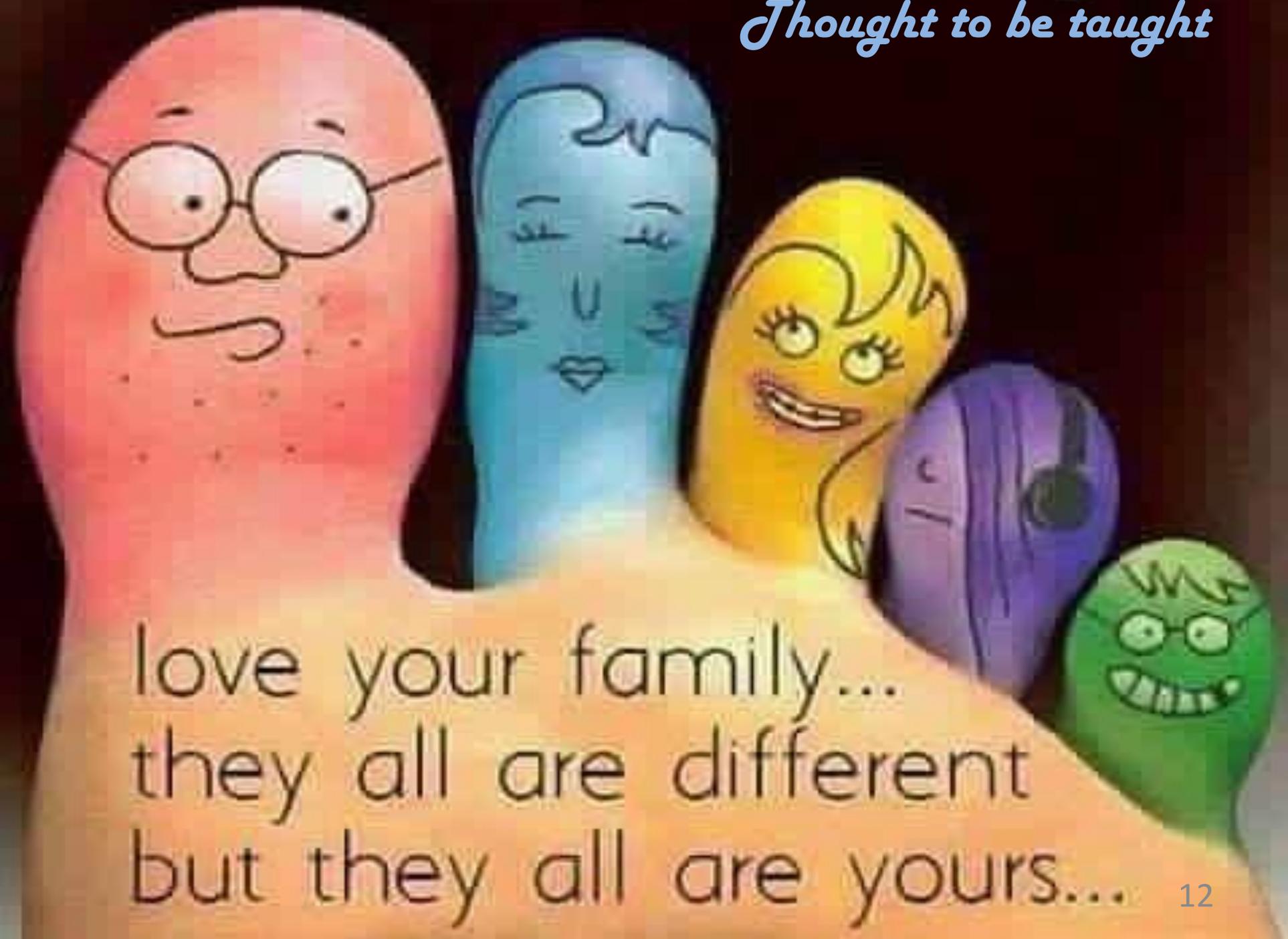
To contribute for  
the growth of Underprivileged students of  
**Rs. 100,00,000+**  
In supporting underprivileged schools infrastructure  
And other necessities

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



Remember that the word 'Improvement' starts with the letter 'I'!

*Thought to be taught*



love your family...  
they all are different  
but they all are yours...