

CAPS foundation INFOMAG



February 2017 | Issue 52

EDITORIAL NOTE

The wars of the twenty-first century will be fought over water. This statement by Ismail Serageldin dates back to August 1995. And slowly we see this coming true with a rising number of disputes over water between cities, states and countries.

It is the human nature that we value things only when they are scarce or are in short supply. As such we appreciate the value of water once the rivers, reservoirs, ponds, wells, etc. run dry. Our water resources have now entered an era of scarcity. It is estimated that thirty years from now, approximately one-third of our population will suffer from chronic water shortages.

In these times, it becomes far more important than ever that we behave as responsible citizens and use this scarce resource in the most cautious way. We discuss in this issue how we can take small steps in conserving water. We urge you to adopt these methods and also spread awareness at your home, college or office.

Team CAPS foundation

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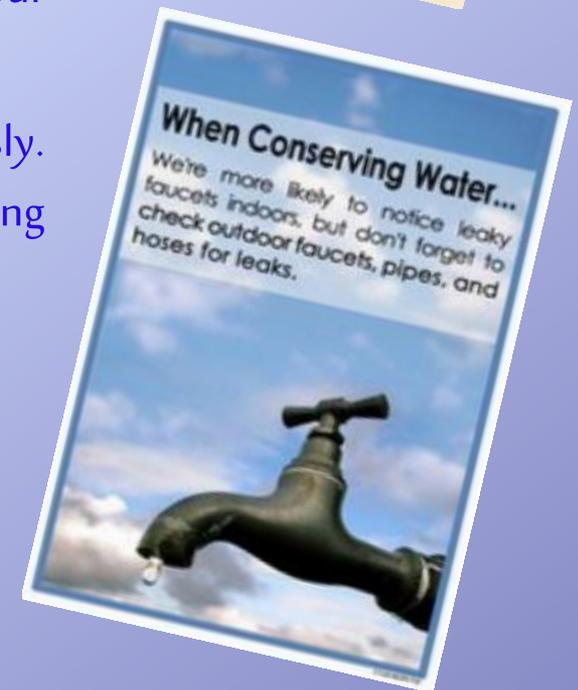
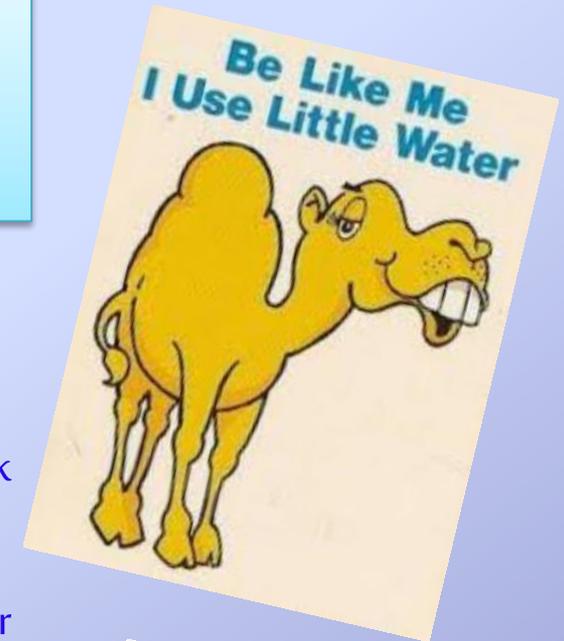
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Save the drop

Remember – every drop counts

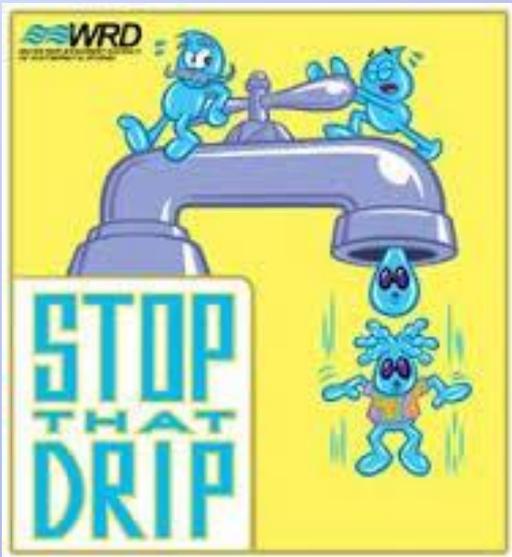
- Always turn taps off tightly so they do not drip.
- Tap Speeds can be adjusted to avoid excess flow
- Promptly repair any leaks in and around your taps. (One leak can waste several thousand litres of water per year.)
- Use an aerator and/or a water flow-reducer attachment on your tap to reduce your water usage.
- When hand-washing dishes, never run water continuously. Wash dishes in a partially filled sink and then rinse them using the spray attachment on your tap.
- Left over water can be used for watering plants.



- When brushing your teeth, turn the water off while you are actually brushing. Use short bursts of water for cleaning your brush. (This saves about 80% of the water normally used.)
- You can reduce water usage by 40% to 50% by installing low-flush toilets.
- Wash only full loads in your washing machine.
- Use only cleaning products that will not harm the environment when they are washed away after use. Look for "environmentally friendly" products when shopping.
- Water lawns every three to five days, rather than for a short period every day. In warm weather, apply 5 millimetres of water for each day since the last watering.



Above all, have an aware mind to save water wherever possible.



BREAK KE BAAD
EVERY ATTRACTION NEEDS A DISTRACTION

Don't get too keyed up by the title of the article. It has nothing to do with Deepika Padukone or Imran Khan.

How often do we think of going on a holiday to unwind ourselves? A lot, right? Taking vacations regularly is important, whether we actually feel tired or not. Some people feel that they cannot get away from their work because it is too demanding and they feel indispensable. If this is the case, it is probably one of the best possible reasons to take a break from it all. "Every once in a while we need to strip and disconnect from the loud urgent things and connect to the quiet and most important". Given that in the long run, fatigue and stress directly affect our physical resistance and mental capacities, a few days of not thinking about work can go a long way to recharge our batteries.

Getting away does not necessarily imply flying south or anywhere else for that matter. The key is to find a setting that will allow you to leave all our worries behind. It could also be taking up a new hobby. Some people manage to do it from home, although a change of surroundings often helps one to disconnect from daily concerns. Simply turning off the cell phone and opening a book under a tree in a city park can be a great getaway! A few short trips and fun activities, a Sunday drive can all become a fun adventure.



A break may also be doing something different from the monotony of everyday life. It might also be instrumental to excelling in the current job or even making a new career. “It’s okay to be a glow stick, sometimes we need to break before we shine”.

There are research findings to prove this matter. It says that ironically, ‘the more you work, the less you get done’. The research states that “If you consistently work more than 40 hours a week and don’t take vacation, you become ill, your family is negatively impacted and your productivity goes down”. Realizing the importance, corporate is now giving more incentives to take off; in many foreign countries vacations are planned months in advance. Even the top most management level executives however busy their schedule is, usually make it to a vacation.

A festival is a tool to bring life to a state of exuberance and enthusiasm. The rich and vibrant festivals of India are a testimony to our diverse tradition and culture. Festivals definitely act as a catalyst to bring people closer and develop a strong bond of humanity. It also serves the purpose of a vacation.



Advantages of taking a break:

-Relieve stress

The very first benefit of leaving everything behind and relieving our brain of all our worries, is reduced stress. Relief from stress often gives us a new perspective on life, allows us to regain energy and often to find simple and sometimes obvious solutions to problems that had previously seemed impossible to solve. We may discover a lot more innovative and better ways of doing our jobs.

- Physical well-being and mental peace

Some studies have found a positive relationship between vacations and intellectual function. A well-rested mind that is free of worry is often more effective. Besides getting us away from daily stressors, a vacation often gives us the opportunity to catch up on sleep and exercise, two simple remedies for many aches and pains. Taking a break will channelize the path rather than just running around in a maze.

- Relationships are enriched

Spending time together strengthens the family foundation. Through traditions and rituals, such as vacations, any relationship can be enriched. Vacations and other traditions make memories and are the glue that binds us. Vacation can provide an opportunity to talk with one another, learn new skills or discover new interests.

- Creativity and innovation benefits

Workers in creative fields especially need the opportunity to recharge their batteries. *"If you have a job that's very creative and you don't take time off you hit a wall and you need a change. The break will allow you to refresh your brain cells,"* explains Butterworth. A vacation is a necessity and not a luxury. We travel not to escape life, but for life not to escape us. You will never know the true value of a moment until it becomes a memory. *"Taking time to do nothing often brings everything into perspective"*. Breaks are mandatory, without which we will break down.

SPC Message:

"A vacation is what you can take when you can no longer take what you've been taking". – Earl Wilson



Cf update

1. Helping in the Nation's Cause

“There is no exercise better for the heart than reaching down and lifting people up.”

On 23rd November, 2016. we provided assistance in filing the Cash Deposit forms & supplied water & Biscuits to those who were standing in queue near Wilson garden.



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. 35 KG of rice to NELE (Which provides residential care to destitute children) on 25th November, 2016, This will continue month after month. YOU CAN CONTRIBUTE TOO!





3. Beti Bachao Beti Padhao

“You educate a man; you educate a man. You educate a woman; you educate a generation.”

In order to encourage the zeal of studies, foundation started transferring funds for education to a girl from Dandeli amounting to Rs. 5,000 PM for a period of 2 Years

4. Cleanliness is next to Godliness

We organized a Swachh Bengaluru Drive in association with Youth for Parivathan on 17th December 2016 near KR Road.

During a follow up on the project, we discovered that an area which was earlier used by passer-bys for urinating was now completely clean and had become a source of livelihood for the poor where they could put up their carts and take shelter in the night.



Caps Foundation



Caps Foundation:
Swachh Bengaluru Drive with VFP



5. Blood Donation

“Blood is meant to circulate. Pass it around”.

We conducted a Blood donation camp, in which more than 100 donors have donated their blood

The greatest thing from blood donation is always a blessings from unknown people who actually needed to save the life of others.



6. Plant a Tree

“Flower will not grow, if the stem doesn't allow, stem will not grow unless people plant it”

To encourage the habit of saving & Caring of plants, we distributed more than 350 plants to people with a proper awareness to protect them.



NO Work !!! Got Paid !!! - The story of Ghost Dates

Here is an interesting historical fact. Just have a look at the calendar for the month of September 1752. You will notice, 11 days are simply missing from the month.

Here's the explanation: This was the month during which England shifted from the Roman Julian Calendar to the Gregorian Calendar. A Julian year was 11 days longer than a Gregorian year. So, the King of England ordered 11 days to be wiped off the face of that particular month. So, the workers worked for 11 days less that month, but got paid for the whole month. That's how the concept of "paid leave" was born. Hail the King!!!



Su	M	Tu	W	Th	F	Sa
-	-	1	2	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

It explains it in the bible that god made the earth in seven days and he rested on the seventh day making it the Sabbath day - a holy day. Glad that the god rested and gave you your Sundays, right?

February starts on the same day of the week as March and November in common years, and on the same day of the week as August in leap years.

February ends on the same day of the week as October every year and on the same day of the week as January in common years only. In leap years, it is the only month that ends on the same weekday it begins. !!

In the Roman Julian Calendar, April used to be the first month of the year; but the Gregorian Calendar observed January as the first month. Even after shifting to the Gregorian Calendar, many people refused to give up old traditions and continued celebrating 1st April as the New Year's Day. When simple orders didn't work, the King finally issued a royal dictum; which stated that those who celebrated 1st April as the new year's day would be labelled as fools. From then on, 1st April became April Fool's Day. History is really interesting.

WORD OF THE MONTH : SHOWY

Means something having a striking appearance or style, typically by being excessively bright, colourful, or ostentatious.



WALNUT
money made simple

APP OF THE MONTH : WALNUT

One app for all your banks and cards. Walnut reimagines your SMS inbox, and surfaces important information about spends, bills and tickets automatically, helping you make sense of your money. You can also split spends with friends, pay your Visa credit card bills from the app, and send & receive money to/from others.

Walnut securely transmits and saves your messages from businesses on our secure servers, only if you have backup enabled. This helps you recover the data when you have to change or reset your phone. Walnut does not share this information with anyone.

When you categorize a spend, anonymized merchant data is sent to the server. No transaction data is sent.

Knowledge Sharing

Concept of the month : Google Search - demystified

Search using quotes to get specific definition especially when we have more than 1 word

Follow this link for more such tips:

<http://www.lifehack.org/articles/technology/20-tips-use-google-search-efficiently.html>



FRUIT OF THE MONTH : KIWI

Kiwis are small fruits that pack a lot of flavour and plenty of health benefits. Their green flesh is sweet and tangy. Containing almost 20 vital nutrients, including five times the vitamin C of an orange in one serving, kiwis can legitimately be called a super fruit. This fuzzy brown powerhouse with the bright green flesh also is rich in vitamin A, K, E and B, potassium, copper, folate, and fiber. Their small black seeds are edible, as is the fuzzy brown peel, though many prefer to peel the kiwi before eating it.

SQC - 22

SHETTY SIR'S QUIZ CORNER

1. *What is the quorum for a Board meeting as per the Companies Act 2013?*
2. *Applying for PAN / TAN is compulsory for all new incorporation applications made using the latest version of SPICe form. True or False?*
3. *Who is the cricketer other than Virat Kohli to be awarded the Padma Shri award in 2017?*
4. *Till what time can declarations of undisclosed income be made under the Pradhan Mantri Garib Kalyan Yojna, 2016?*
5. *Which Form needs to be filed under the KVAT Act for adding a new place of business for an existing assessee?*



Answers to SQC -21

1. Curl
2. True u/s 174
3. High Court of Kolkata
4. R Sivabhogam
5. Yes, unless otherwise exempted by the company

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

Thought to be taught!



"If you only read the books that everyone else is reading, you can only think what everyone else is thinking."

— Haruki Murakami