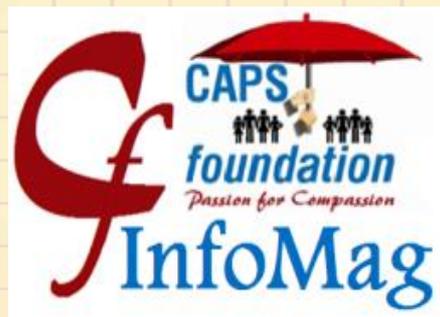


# CAPS foundation INFOMAG



June 2017 | Issue 56

## From the Editor's Desk

The vacation time is over and now it's back to school time for the whole country. In this edition, we sit back and remember our school days. It was in these golden days that we were the most relaxed, carefree and lacked many of the negative emotions that we carry these days. The time spent with friends, the classroom masti, the small fights, the exam days, the fun filled lunch breaks... Truly, school days are the best days.

We owe a lot to the teachers who have shaped us during the school time. Not only did they help us in succeeding academically, but also taught us how to become a better human being. Why don't we call them and thank them for all the good they have done to us. Do it once you finish reading this edition of the Infomag.



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June'17

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### Editorial Team

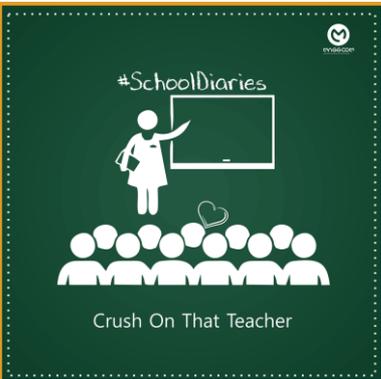
- Cf Aakash Ostawal
- Cf Srilakshmi P
- Cf Narasimhan E
- Cf Abhilash Kumble



Come late May or early June, we are all back to school – with our backpacks loaded with books, lunchboxes, uniforms and shoes. The initial reluctance to get back to school gives way to our competitive spirit in sports or academics. We are constantly on the go to meet one or the expectations of our school. We get so busy with several activities that we function like a clock. We work as per a set timetable and are bound by deadlines. Notes to write, assignments to be completed, exams to be prepared for, extracurricular activities to be excelled in, sports to be played. All in all, school is a package, which delivers us to a more competitive environment in our coming years.

We all owe it to our teachers and schools who shaped us. Education is certainly not the only way to shape our personalities, but it plays a predominant role in our growing years. It gives us the environment to become better individuals, guides us in a direction to work on ourselves, and builds an inner personality within us. Our schools are the microenvironment, to a macro-world that awaits us.

All of them, who are studying at schools, make the most of your carefree days. As we grow up and become a part of the race, most of us wish for our school days to come back again. School is a comprehensive tool to make as ready for the future that beckons. Find your best friends and your favorite teacher who brings out the sparkle in your eyes. Enjoy and bask in the sunshine of school days. Let there be a jump in your step as you head “back to school”.



# SPC 52

## ATTAC Series



# EVERYTHING 2

"We view things not only from different sides, but with different eyes; we have no wish to find them alike."  
-Blaise Pascal

Everything in this world is comprised of two opposite forces. Be it as small as an atom to as vast as matter. Atom is the tiniest particle of all; yet it has both positive & negative forces i.e., protons & electrons. Similarly, for every type of matter particle found, there also exists a corresponding antimatter particle with opposite charge.

At a fundamental level, there is really no good and evil in the universe. Everything just is. Good and evil is a matter of judgment. It is perception that frames reality. Therefore the perception of good and evil depends on the one perceiving it, the circumstances and the context. If you perceive something as good, then to you it is good. If you perceive something as evil, then to you it is evil. We can choose our own frame of reality or we can choose to follow the frame set by another in his perception of good and evil. Evil is something of inferior quality compared to something better, therefore a lesser good is considered evil when compared with a greater good.

Heat and Cold are identical in nature, the differences being merely a matter of degrees. The thermometer shows many degrees of temperature, the lowest pole being called "cold," and the highest "heat." Between these two poles are many degrees of "heat" or "cold," call them either and you are equally correct. The higher of two degrees is always "warmer," while the lower is always "colder". There is no absolute standard; all is a matter of degree. There is no place on the thermometer where heat ceases and cold begins.

"Love and Hate" are generally regarded as being things diametrically opposed to each other; entirely different; irreconcilable. But we apply the Principle of Polarity; we find that there is no such thing as Absolute Love or Absolute Hate, as distinguished from each other. The two are merely terms applied to the two poles of the same thing. Beginning at any point of the scale we find "more love," or "less hate," as we ascend the scale; and "more hate" or "less love" as we descend its vice-versa.

Life is all about perception. "Positive versus Negative". Whichever you choose will affect and more than likely reflect your outcomes. To explain, excessive consumption of salt causes high BP where as low consumption causes low BP. Or when your parents scold you, you can either take it as an opportunity to correct your mistakes and grow or crib about it. As J K Rowling through her famed character Dumbledore says "We must all face the choice between what is right and what is easy".

Good and bad is a matter of our thought. J K Rowling aptly quotes "It is not our abilities that show what we truly are. It is our choices". Whether a circumstance is an opportunity or a threat to us depends on how we decide to take it, seeing the brighter side of everything in life is the art of living.

### **SPC MESSAGE –**

**"All in the eye of the beholder - Some of the most destructive forces in the world (Fire & Water), can also have the power of beauty."**

**— Martin R. Lemieux**

# Mountain Climbing

**“Every Mountain Top is within reach if you just keep climbing”**

For most climbing enthusiasts, scaling Mount Everest once is the achievement of a lifetime. Anshu Jamsenpa, a 38-year-old mother of two, did it twice in less than a week.

Jamsenpa, of India, set the record for the fastest double ascent of Mount Everest, making her the first woman in the world to reach Earth's highest peak twice in five days.

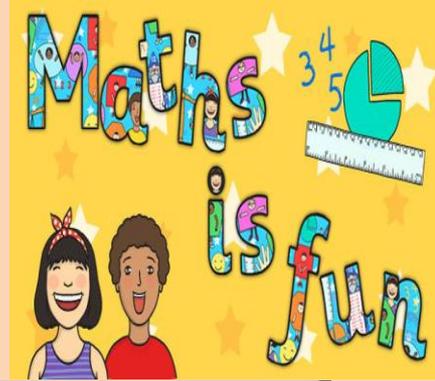
She beat a record set by a Nepali woman, Chhurim Sherpa, who made the dual ascent in seven days in 2011.

Jamsenpa, who is from India's mountainous northeastern state of Arunachal Pradesh, climbed Everest along its southeast ridge route on May 16. She then repeated the feat on May 21. A motivational speaker and mountaineering trainer, she said confidence in herself helped her push through the pain and fatigue.

Jamsenpa - "I always believe that, you know, you can do whatever you think, you know, you can achieve whatever is there in your mind. The only thing is that you have to be ready to face all the pain and all the obstacles - that was there in my mind and that's how I like it".

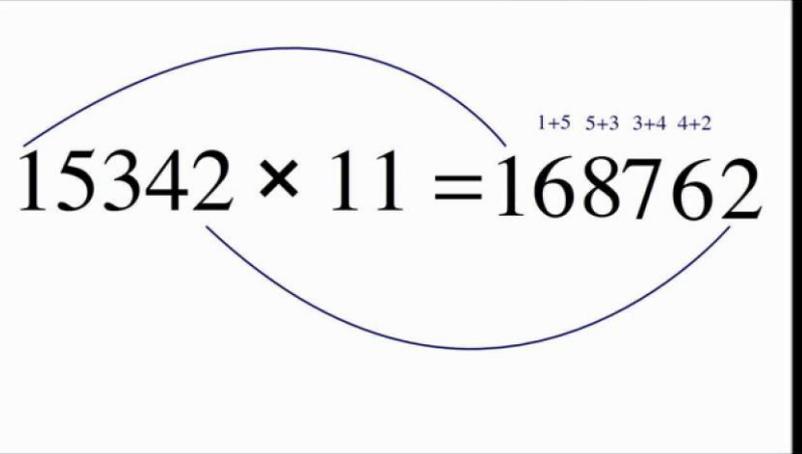


# MATHS IS FUN



- Multiplying any number with 11

## Multiply 32 x 11



**85 \* 11**

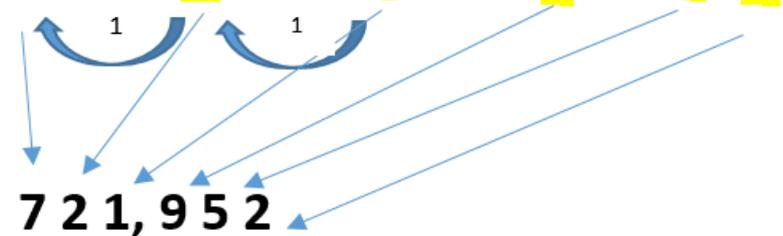
Step 1: 8 \_ 5

Step 2: 8+5=13

Step 3: 8 <sup>+</sup>13 5 = 935

65632 x 11

**6** 5+6 = **11** 6+5 = **11** 3+6 = **9** 2+3 = **5** **2**



*Cf update*

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

## LIST OF CONTRIBUTORIES FOR THE ONE K FOR ONE K PROJECT

Indira Acharya

Latha

Swetha S

Shetty Sir Family

Gaurav Shah

Hanish S

Chandahas Purohit

Mahalakshmi Bijjur

Rahul Agarwal

Prarthana U Shetty

Krishna

P R Dinesh

Giridhar V

Shri Hari

Somashekar Reddy

Shrinidhi Bharadwaj

Nagadutta Ravindra

Ranjana M

Pritvi Devanandan

Shilpa B U

Nakul

Krittika

**Many others – list coming up next month**

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](http://www.capsfoundation.in/donate)

We thank all the donors for your contribution.

We assure you that the entire amount will be used for a noble cause.

# Knowledge

## Sharing

### **WORD OF THE MONTH: INCOHERENT**

Something expressed in an incomprehensible or confusing way; unclear.

I found myself unable to follow the movie's rambling and incoherent plot.

### Concept of the month: GST – Destination based consumption tax

Destination based consumption tax are levied where goods and services are consumed. In destination-based taxation, exports are allowed with zero taxes whereas imports are taxed on par with the domestic production. For eg: When a non resident buys goods in India, for consumption of goods outside India, if the invoice contains IGST charged on such goods, such tax will be refunded to him when it is taken out of India.

### FRUIT OF THE MONTH: STAR FRUIT

Star fruit, also known as carambola, is a star-shaped tropical fruit with sweet and sour flavor. The greatest amount of nutrients in star fruit is derived from vitamin c, providing 76 percent of the daily recommended value in a single one-cup serving. The c content in star fruit helps ward off colds, flu, and any other type of infection. Smaller amounts of dietary fiber, copper, pantothenic acid, and potassium (which can prevent muscle cramps by increasing blood circulation) are important components of this fruit. B-complex vitamins like folates, riboflavin, and pyridoxine (vitamin b6) are also present



### APP OF THE MONTH: QUIK

Quik is a video editor app by GoPro. It's one of only a precious few video editing apps and this one is entirely free. The way it works is the app will take video that you've captured and then string it together in a sort of video collage. You'll have complete control over how long those clips are, where to make cuts, and there are some effects and additional stuff you can add on top to add a little flair. It doesn't compare to desktop apps like Final Cut Pro or Adobe Premiere Pro, but it works surprisingly well for most simple, mobile uses.





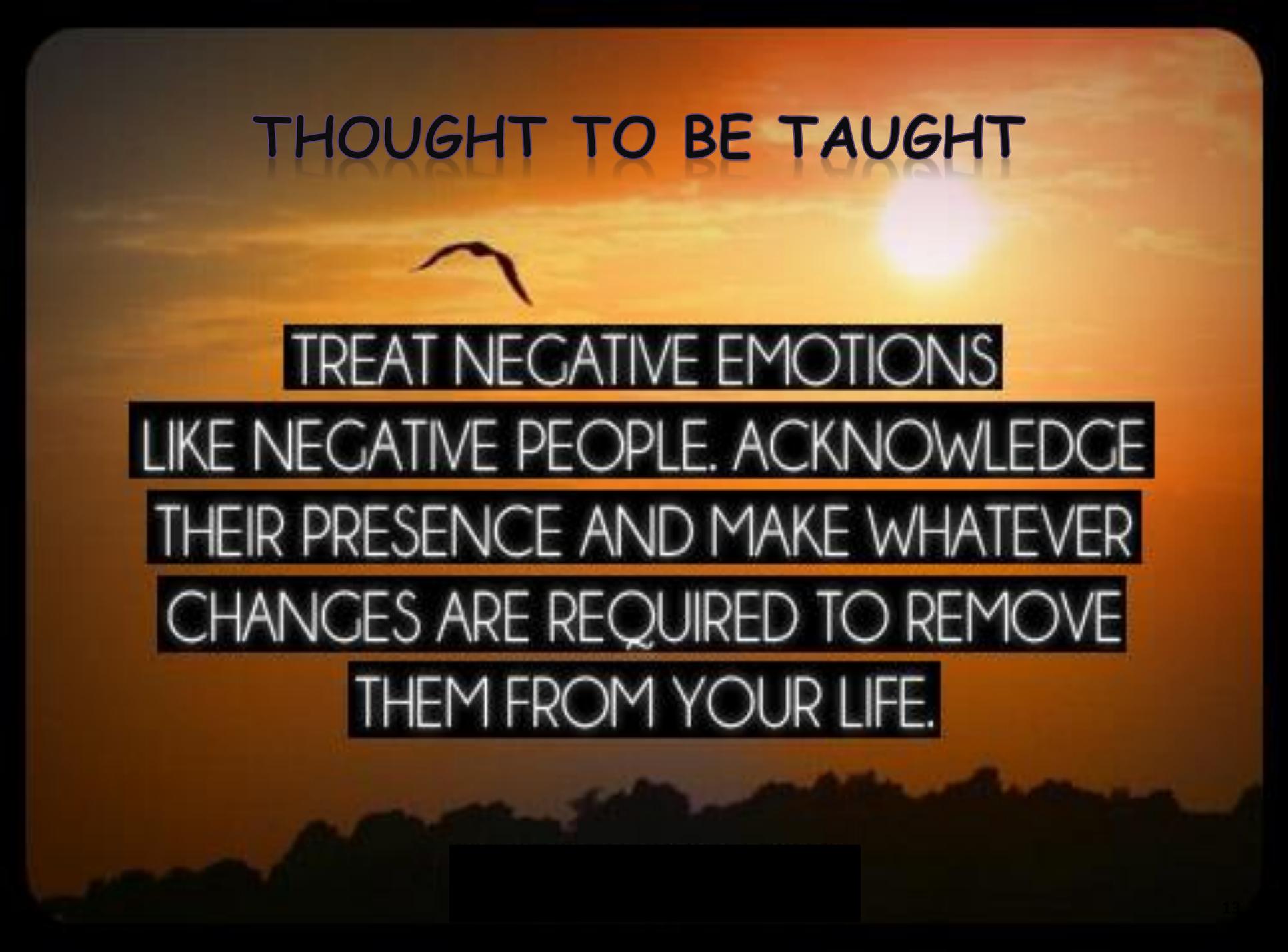
1. Who is the most followed world leader on Face book?
2. Who was the 1st person to scale Mount Everest twice within 5 days?
3. When asked how old she was, Ram replied "In two years I will be twice as old as I was five years ago". How old is she?
4. Currently which are the 3 payment banks in India?
5. Which team won the Indian Premier League Season 2?

### **Answers to SQC 25**

1. GST Bills got assent by our Honorable President on - 13.04.2017
2. English Batsman who retired recently aged 26 - James Taylor
3. Class of persons to whom the Insolvency and Bankruptcy code, 2016 does not apply? - Financial Entities
4. Largest producer of Mangoes in the world? - India
5. 1st Indian colour Film? - Kisan Kanya

Mail us your answers by 15th June 2017 to  
[infomag@capsfoundation.in](mailto:infomag@capsfoundation.in)

# THOUGHT TO BE TAUGHT



TREAT NEGATIVE EMOTIONS  
LIKE NEGATIVE PEOPLE. ACKNOWLEDGE  
THEIR PRESENCE AND MAKE WHATEVER  
CHANGES ARE REQUIRED TO REMOVE  
THEM FROM YOUR LIFE.