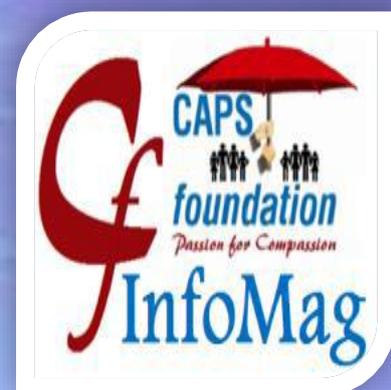


*CAPS foundation*

# INFOMAG

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# Cf First female IPS Officer ~Kiran Bedi



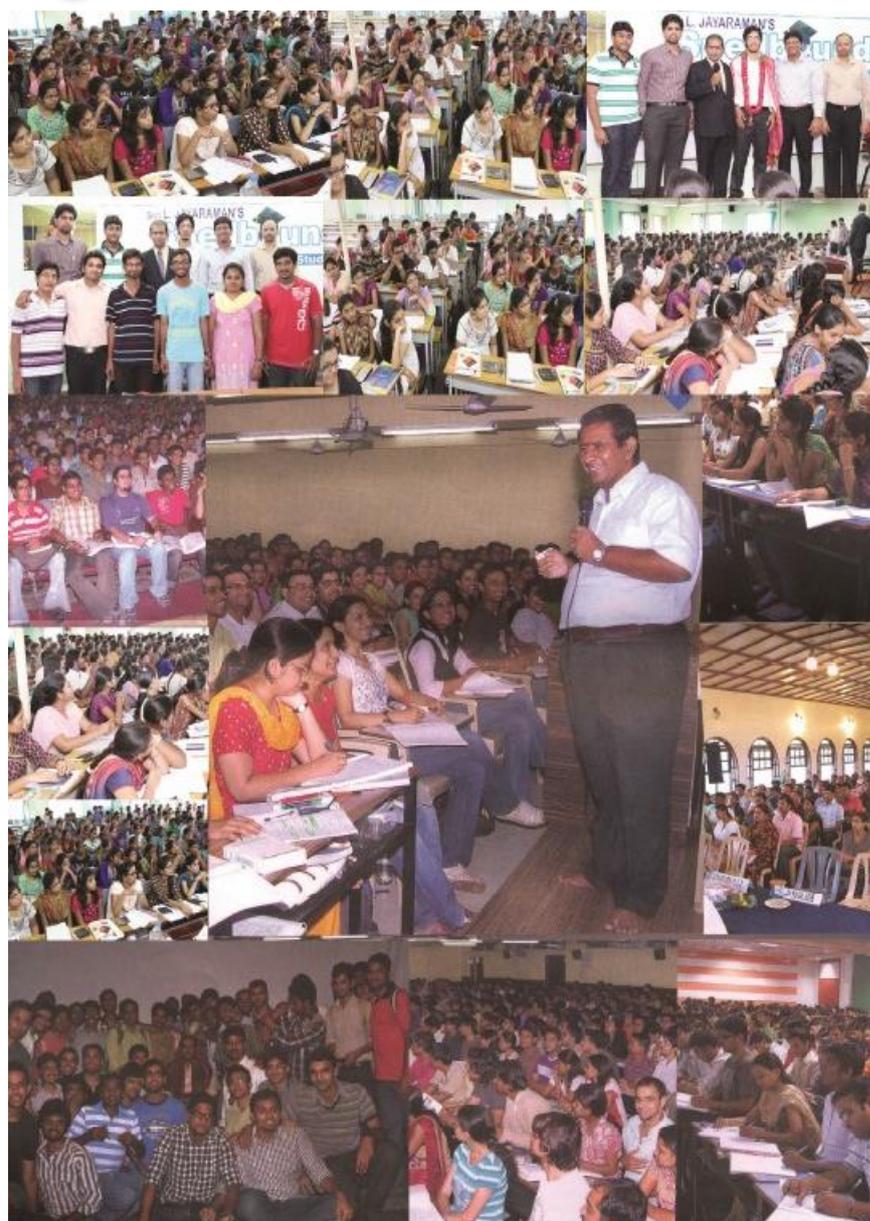
**Kiran Bedi**, (born June 9, 1949, Amritsar, India) is an Indian politician, retired cop, social activist, and former tennis player, who was the 24th Lieutenant Governor of Puducherry.

She was the first woman to join the Indian Police Service (IPS) and who was instrumental in introducing prison reform in India. She joined the IPS in 1972 and went on to serve a variety of roles, including narcotics officer, antiterrorist specialist, and administrator.

Kiran Bedi earned recognition for the work she did as inspector general of prisons, beginning in 1994. In that capacity, she reshaped one of the largest prisons in the world—the Tihar prison complex, in Delhi—by addressing the corruption and human rights abuses she found there. She targeted sanitation and nutrition problems at Tihar and also implemented new literacy and drug treatment programs there.

In 2003, Bedi became the first woman and the first Indian to be appointed United Nations civilian police adviser. She also founded two voluntary non-governmental organizations, Navjyoti (1988) and India Vision Foundation (1994), both of which were established to operate primary education and adult literacy programs.

# Cf Dedication to Great Guru L. Jayaraman Sir



L. Jayaraman sir was a Fellow Member of the Institute of Company Secretaries of India, Master of Commerce, Practicing Company Secretary for more than 3 decades, and a senior partner in M/s Jayaraman Radhakrishna Associates, Company Secretaries, Hyderabad.

He was a Director of Spellbound Professional Projects Private Limited. A visiting faculty for corporate laws to many professional institutions. He has taught 1 lakh plus students of CA, ICWA, and CS courses.

He was highly disciplined in nature with a terrific brain and heart. He was not just a teacher but far more than we could think of. He was very powerful and impactful teacher. It's impossible to imagine an alternative teacher for law. His association and memories with CAPS and Shetty sir will be everlasting.

# Cf Dedication to Great Guru L. Jayaraman Sir

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For the last few years, he had devoted his life towards cow protection. In his native place, he took a place for Kannikalammavari Goshala with an idea of cow protection.

The entire CAPS family, CAPS foundation family, Shetty sir, and entire faculty and student fraternity across India salutes the great personality L. Jayaraman Sir.





## MAXIMUM IN MINIMAL

*“Craving less takes more Courage!” – Mark Dawson*

70:30 is a well - known but less implemented phenomenon which re-iterates that maximum happiness is in minimum. It is the life philosophy which states that 70% of the possessions what we have are either unused/underused or never used. Only 30% of our possessions are suffice for happy and comfortable life.

Do we ever take inventory of so many items which are lying idle for decades in our home itself?

- ❖ Many of us would have never used certain utensils for decades.
- ❖ Many of us would have never touched certain electronic gadgets over years.
- ❖ Certain furniture in our house would have been impaired without even using.
- ❖ Hundreds of clothes in our house would have been outdated merely by using it once or twice.
- ❖ All the more, certain people would not have used certain rooms for months/years.

Is it not a serious question to be pondered upon? Investing without utilizing/getting any return ( In kind/service/satisfaction) is certainly a waste exercise.

*“ Real Luxury is not working like a maniac to take an expensive vacation ;  
it is living a life you enjoy every day”* – Kathy Gotteberg

Let us critically analyze how less and less gets more and more bliss.

- ❖ Travelling in a bus with Rs.1 lakh in the pocket or mere Rs. 200 in the pocket – visualize the tension/peace component.
- ❖ Attending a function with heavy jewellery or with minimal jewellery – envisage your focus point i.e., enjoying the function or thinking only about jewellery.
- ❖ Locking the house and going for a trip – Leaving behind huge wealth or minimal items at home – Imagine the happiness of trip/tension of wealth left behind at home.

The above are only illustrative examples and not conclusive list of our day-to-day routine life. Most of us keep our brain space as rent-free accommodation for the possessions which we never enjoy. A Sadhu/Sanyasi, on the other hand, has nothing to lose in terms of worldly possessions and hence he is always a blissful personality.

It is high time we start implementing the concept of lesser and lesser in certain worldly possessions and achieve higher and higher in certain immortal things.....

...to be continued

## SPC Message :

*“Minimalism is a journey from  
the compulsion to consciousness,  
the consumerism to common sense”. –*

**Amit Kalantri**



*Click here  
for more!*

# Cf How to form a Habit ~Hanish's Table



Everyday at 4pm if I am at office, I feel like having coffee. But if I am not at my office, I do not even remember that I am missing the coffee that day.

What causes this?

The Power of Habit by Charles Duhigg tries to understand the science behind what factors lead to creation of Habit.

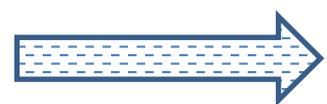
According to the author, Habit involves – CUE, ROUTINE and REWARD.

- Cue – Trigger that tells your brain that you have to do something
- Routine – You execute your habit
- Reward – Satisfaction by executing the habit

Let us analyse my coffee drinking habit.

- Cue – Sitting at office at around 4pm
- Routine – Have the Coffee
- Reward – Break from the work

Now that we know a little about how a habit is formed, how can we use this in our favour?



# Cf How to form a Habit ~Hanish's Table

---

Retain the Cue and Reward and replace the routine. It is essential that the cue is old and the reward is something which really provides you satisfaction (a small snack at your favourite Burger Shop).

Studies have shown that if this is practiced for more than 21 days continuously then the routine becomes a habit. And once it is a habit, it does not require any brain activity. It becomes part of the sub-conscious mind and goes in auto pilot mode.

Once you get control over using Cue and Reward, you can experiment with routines like - getting up early, reading on a regular basis, polishing your shoes or any other easy / complex task.

Do experiment and send us your feedback.



# Cf 45<sup>th</sup> Shetty Sir's Quiz Corner

1. Two vaccines rolled out in India for COVID – 19 .....
2. Name two Indian Debutants in India – England 2021 ODI Cricket series
3. Financial Year in India starts on -----
4. HRA in Income Tax stands for \_\_\_\_\_
5. Format of Company Final Accounts is in vertical form. ( True/ False)

**Submit**

*Click here to give the answers*



## SQC-Feb 2021

1. The term Audit is derived from Latin word **audire**.
2. Provision for repairs appearing on the liabilities side is **personal A/c**.
3. In Mahabharath, Nakula and Sahadeva are twins. (**True**)
4. Form no. 2E in Income Tax deals with **Naya Saral**.
5. Rathasapthami was celebrated in 2021 on **19th February**.

## Winners-Mar 2021

1. **CA. Aman Shetty**
2. **CA. Nithin**
3. **Hemant**

## Book of the month-

### Tools of Titans by Tim Ferriss

Author have interviewed nearly two hundred world-class performers, for 'The Tim Ferriss Show'. The guests range from super celebs (Jamie Foxx, Arnold) and athletes to legendary Special Operations commanders and black-market biochemists. The book contains the distilled tools and tactics. The lessons have made author millions of dollars and saved years of wasted effort and frustration.

"I(author) created this book, my ultimate notebook of high-leverage tools, for myself. It changed my life, and I hope the same for you."

## ↑ Concept of the month:

### Optical Character Recognition

It is a widespread technology to recognize text inside images, such as scanned documents and photos.

OCR technology is used to convert virtually any kind of image containing written text (typed, handwritten, or printed) into machine-readable text data.

Once a scanned paper document went through OCR processing, the text of the document can be edited with word processors like: Microsoft Word, Google Docs.



## ◆ — — — — — ◆ Word of the month: Paucity

**Meaning:** the presence of something only in small or insufficient quantities or amounts; scarcity:

Ex-"a paucity of information"

## ◆ — — — — — ◆ Quite Interesting:

- ❖ The Suez Canal is an artificial sea-level waterway in Egypt.
- ❖ This Canal reduces the journey distance from the Arabian Sea to London by approximately 8,900 kilometers.

**Gita For Life-**

**Chapter-1 Arjuna Vishaadha Yoga(Sloka 8)**

भवान्भीष्मश्च कर्णश्च कृपश्च समितिञ्जयः ।  
अश्वत्थामा विकर्णश्च सौमदत्तिस्तथैव च ॥

There are personalities like yourself, Bheeshma, Karna, Kripa, Ashwatthama, Vikarn, and Bhurishrava, who are ever victorious in battle.



**Mankuthimmana Kagga**

ಒರ್ವನೇ ನಿಲುವೆ ನೀನುತ್ಕಟಕ್ಷಣಗಳಲಿ ।  
ಧರ್ಮಸಂಕಟಗಳಲಿ, ಜೀವಸಮರದಲಿ ॥  
ನಿರ್ವಾಣದೀಕ್ಷೆಯಲಿ, ನಿಯಾಣಘಟ್ಟದಲಿ ।  
ನಿರ್ಮಿತ್ರನಿರಲು ಕಲಿ - ಮಂಕುತಿಮ್ಮ ॥

You will be standing alone in all the crucial moments of your life - when faced with moral dilemma, while fighting for life, at the moment of divine realization and at death. Learn to be friendless."

**Bhagavad Gita**  
**In One Sentence Per Chapter-**

- Chapter 1- Wrong thinking is the only problem in life.
- Chapter 2- Right knowledge is the ultimate solution to all our problems.
- Chapter 3- Selflessness is the only way to progress & prosperity.
- Chapter 4- Every act can be an act of prayer.
- Chapter 5- Renounce the ego of individuality & rejoice in the bliss of infinity.
- Chapter 6- Connect to the Higher consciousness daily.
- Chapter 7- Live what you learn.
- Chapter 8- Never give up on yourself.
- Chapter 9- Value your blessings.
- Chapter 10- See divinity all around.
- Chapter 11- Have enough surrender to see the Truth as it is.
- Chapter 12- Absorb your mind in the Higher.
- Chapter 13- Detach from maya & attach to Divine.
- Chapter 14- Live a lifestyle that matches your vision.
- Chapter 15- Give priority to Divinity.
- Chapter 16- Being good is a reward in itself.
- Chapter 17- Choosing the right over the pleasant is a sign of power.
- Chapter 18- Let Go, Lets move to union with God.



## Cf DON -3

**CAPS foundation**



Please join us in our Mega Project  
**Cf Amrutha Bharath**

Please give your name/your parent name with PAN where ever applicable for record purpose.  
Whatsapp to 9886683697

**DONATE NOW**  
**[capsfoundation.in/donate](https://capsfoundation.in/donate)**

5TH,6TH & 7TH|APRIL 2021

Little drops of water make the ocean.. Each contribution you make is significant and can change the life of many..

## Cf - Kalam for Kalaam - WALL of GRATITUDE

March 2021

Your small Contribution will bring about a huge transformation



- |                  |                       |
|------------------|-----------------------|
| Vinodhini K      | Nagadatt              |
| Guruprasad Makam | Rajdeep Manwani       |
| Srikanth C V     | Santhosh Kumar Shetty |
| Sapthagiri B A   | Vaibhav               |
| Srilakshmi P     | Shetty Sir            |
| Sukanya          | Jyothi                |
| Sharanya B Ravi  | Varun                 |
| Thrishya Kaveri  |                       |



Thank You for bringing about a change in their lives

**Stop being  
afraid of  
what can go  
wrong.**

**Start being  
excited of  
what can go  
right.**

# Thanks for reading



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