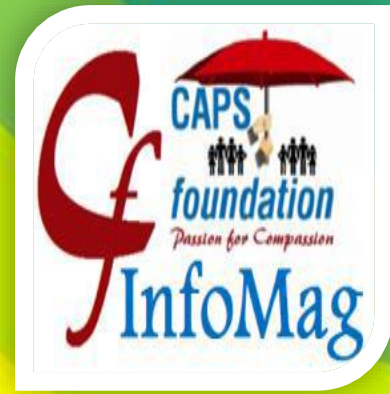


# ***CAPS foundation*** **INFOMAG**



**July 2021 | Issue No.79**

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A girl who was once a Slum-dweller, a ragpicker, is now brave enough to manage hundreds of kids in her NGO. Chandni, from a tender age of 6, started doing roadside shows.

After the untimely death of her father, she had to survive with her mother by rag picking and selling flowers at traffic lights. When she was 10, she got associated with BADHTEY KADAM, an organization which facilitates educational and healthcare needs of underprivileged children.

She not only caught up with her education but started actively working for the NGO activities. She rose to be the national secretary of the organization. She has faced all the problems, what a slum child had to face and had to work multiple shifts to feed herself and her family. Later she was chosen to be the editor of the newspaper named 'BALAK NAMA' which went on to become the biggest such newspaper in India.

For her service, she was awarded the 'KARAM VEER CHAKRA' award, 'We The Women' award by UN 2018, 'REEBOK – FIT TO FIGHT' award by Reebok 2017, Super Women Of The Year By ABP News 2018. She is a popular speaker at events such as TEDx, JOSH TALKS, UNDP and WOMEN CONFERENCES.





## **Bliss Series: Grow through what you go through**

*"Life is not a problem to be solved, but a reality to be experienced".*

*"What is life?" The question has been asked innumerable times but has been answered to the satisfaction of few.*

*Let us answer this question in this month's SPC:*

*What is Life? Life is living with full of energy, that is:*

*L: Live 100%*

*I: Involve 100%*

*F: Fun 100%*

*E: Enjoy 100%*

*-Cf Shetty Sir*

*"Action may not always bring happiness, but there is no happiness without action".*

*- William James*

**Dr. APJ Abdul Kalam, shares the secret rules for a Happy Life:**

- 1. Don't be emotional, Have Faith:** Emotional factors lead to underperformance.

2. **Don't ever give up, Keep Trying:** Henry Ford is the father of the automobile, Ford's first company went bankrupt, and second company also went south when, after a dispute with partners, he was forced to walk away with only the rights to his name.
3. **Don't make things complicated, keep it Simple:** Simplicity is the beauty of life.
4. **Don't take things too seriously, Laugh at Problems:**  
*"The minute you have not laughed you have wasted 60 seconds of your life, be happy and keep smiling".*  
*- Cf Shetty Sir*
5. **Don't grow up, stay as youthful as a kid:** Three things to learn from a Child:
- To be happy for no reason.
  - To be always busy doing something.
  - To know how to demand small things without ego.

*SPC Message: "Life isn't meant to be easy; it's meant to be lived; sometimes happy, other times rough. But with every up and down you learn lessons that make you strong"*



*Click here for more!*

"A wonder? A why?  
On this minute this way?  
A wish that if we try,  
Could have been another way!?"

Our conscience comprehends,  
That every minute, is destiny pre-written!  
And our mind recognizes,  
That no matter what, it cannot be re-written!

Yet our sub conscious races through,  
And yearns for the solace sort amidst hills!  
Just live by today! Accept as be it!  
That's our moment of Nirvana, and not by the hills!"

If we can ponder and perceive,  
On what be written,  
That's the wisdom we have received,  
On every baby step taken!

The wisdom received from you teachers,  
Teachers at every point of our lives!  
The life we live today,  
Is the day you sculptured since yesterday!

©sukanya\_t  
#spreadpositivityandheal #staysafe  
#cfHumanity5.0



# Cf A Place Far Away

By Harshitha Bhat Paduru

She sits at the window,  
Eyes seeing, but not really.  
At the sparse trees, the concrete jungle  
She stares uncomprehendingly.

She lies in her bed,  
Her ears hearing, but not really.  
The crows, sparrows, cuckoos  
All cawing and chirping gaily.

At dawn, through the grills,  
Sunlight streams in, but not really.  
Dreams of walking down the road  
Invade her thoughts quite cruelly.

Her dreams lift and carry her  
To a place far, far away.  
A place where the sea crashes and roars,  
Where the winds make the palm trees sway.

A place where the birds are never silent,  
Where the hills revel in green,  
Where she can dance in the sunshine,  
Untouched, uncorrupted, unseen.

A place where she can laugh out loud;  
Where there's no grief or fear.  
A place of love and joy,  
A place far away from here.



# Cf 48<sup>th</sup> Shetty Sir's Quiz Corner

1. In case of Non-Government company, on failure of board to appoint first auditor, members shall appoint such auditor within \_\_\_\_\_ days at an EGM.
2. Amount spent for major repair of the asset to increase its productive capacity is capital in nature. True/ False
3. Listed company should have at least \_\_\_\_\_ women director(s).
4. Name the area of trading floor, designated for the buying and selling of a particular type of security through the open outcry system.
5. Name the Indian weightlifter who bagged the country's first medal by winning a silver medal at the ongoing Tokyo Olympics.

**Submit**

*Click here to give  
the answers &  
suggestions*



## **Winners-June 2021** **1. Pushkar Nahar**

### **SQC-June 2021**

1. Name the Current Chief Justice of India-**NV Ramana**
2. Quantum Meriut means-**as much as is earned**
3. In strategic management, there are two kinds of leadership. These are Transformational and **Transactional**.
4. In terms of remuneration, CAG shall be paid as equivalent to that of **Supreme Court** judge.
5. Name India's first digital Microfinance Institution-**Vaya**



## **1. Book of the month- Romancing The Balance Sheet by Anil Lamba**

Understand here what Profit really means. If Balance Sheets mystify you, these lucid truths will give you clarity. Learn the rules of Good Financial Management which will keep you secure. Make the most efficient use of your Working Capital, and understand how an increase in Sales actually impacts your Profit. Learn also the simple secrets of Marginal Costing, Leverage and Funds Flow. Written in a simple and easy-to-read style, you will find yourself relaxing and enjoying this book as you become smarter at managing Finance.

## **2. Concept of the month: Crawling**

Crawling refers to following the web links on a page to new pages, and continuing to find and follow links on new pages to other new pages.

## **3. Word of the month: Paroxysm**

Meaning: a sudden attack or outburst of a particular emotion or activity.

## **4. Quite Interesting: Rule of 72**

In finance, the Rule of 72 is a formula that estimates the amount of time it takes for an investment to double in value, earning a fixed annual rate of return. The rule is a shortcut, or back-of-the-envelope, calculation to determine the amount of time for an investment to double in value. The simple calculation is dividing 72 by the annual interest rate.

## **5. Gita For Life-Chapter 1 Arjuna Vishaadha Yoga(Verse 11)**

अयनेषु च सर्वेषु यथाभागमवस्थिताः ।  
भीष्ममेवाभिरक्षन्तु भवन्तः सर्व एव हि ॥ 11॥

*ayaneṣhu cha sarveṣhu yathā-bhāgamavasthitāḥ*

*bhīṣhmamevābhirakṣhantu bhavantaḥ sarva eva hi*

Therefore, I call upon all the generals of the Kaurava army now to give full support to Grandsire Bheeshma, even as you defend your respective strategic points.

## 6. Mankuthimmana Kagga-5

ದೇವರೆಂಬುದೇನು ಕಗ್ಗತ್ತಲೆಯ ಗವಿಯೆ? |ನಾವರಿಯಲಾರದೆಲ್ಲದರೊಟ್ಟು ಹೆಸರೆ?  
||ಕಾವನೋರ್ವನಿರಲೈ ಜಗದ ಕಥೆಯೇಕಿಂತು? |ನಾವು ಹುಟ್ಟುಗಳೆನು? - ಮಂಕುತಿಮ್ಮ || ೫ ||

Is God confined to the dark caves (of sanctum sactorum)? Is it the representation of all that we can not understand? If there is one God looking over the entire world, then why is the world's story like this? What is the secret of birth and death?

## 7. सुभाषित

उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः ।  
न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः ॥

Work gets accomplished by effort, industry, not merely by wishing, like the way animals do not enter a sleeping lion's mouth.

## 8. Inspirational short story-

A philosophy professor once stood up before his class with a large empty mayonnaise jar. He filled the jar to the top with large rocks and asked his students if the jar was full.

His students all agreed the jar was full.

He then added small pebbles to the jar, and gave the jar a bit of a shake so the pebbles could disperse themselves among the larger rocks. Then he asked again, "Is the jar full now?"

The students agreed that the jar was still full.

The professor then poured sand into the jar to fill up all the remaining empty space.

The students then agreed again that the jar was full.

### **The Metaphor:**

In this story, the jar represents your life and the rocks, pebbles, and sand are the things that fill up your life. The rocks represent the most important projects and things you have going on, such as spending time with your family and maintaining proper health. This means that if the pebbles and the sand were lost, the jar would still be full and your life would still have meaning.



The pebbles represent the things in your life that matter, but that you could live without. The pebbles are certainly things that give your life meaning (such as your job, house, hobbies, and friendships), but they are not critical for you to have a meaningful life. These things often come and go, and are not permanent or essential to your overall well-being.

Finally, the sand represents the remaining filler things in your life, and material possessions. This could be small things such as watching television, browsing through your favorite social media site, or running errands. These things don't mean much to your life as a whole, and are likely only done to waste time or get small tasks accomplished.

**Moral:**

The metaphor here is that if you start with putting sand into the jar, you will not have room for rocks or pebbles. This holds true with the things you let into your life. If you spend all of your time on the small and insignificant things, you will run out of room for the things that are actually important.

In order to have a more effective and efficient life, pay attention to the “rocks,” because they are critical to your long-term well-being.

Source-Developgoodhabit.com

# Cf Cf-Activities



## Cf DON -3

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**Cf Humanity 4.0**

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**5TH,6TH & 7TH JUNE 2021**

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*Includes families of 300+ teachers  
The backbone of our education system*

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## Cf- Kalam for Kalaam - WALL of GRATITUDE

June 2021

*Your small Contribution will bring about a huge transformation*



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sapna ms

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Manmeet

Ajith kumar HG

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Ravi

Nanjunda Poojary

Venkat ratnam

Suhas K

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Srinivas Hande

Amar V A

Sharanya V Holla



*Thank You for bringing about a change in their lives*



**Victory is  
always possible  
for the  
person who  
refuses to  
stop fighting.**

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