

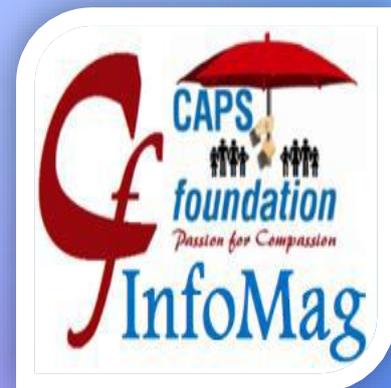
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Never trust your
fears.
They don't know
your strength.

Cf Avani Chaturvedi-India's pride



Avani Chaturvedi, an Indian pilot, has recently marked her name in history by becoming the first woman in the country to fly a solo fighter jet. She achieved this honor by flying a MiG-21 in Jamnagar, Gujarat. Avani is a small-town girl from the district of Rewa in Madhya Pradesh. She was born on the 27th of October 1993 and began her education from Deoband in Madhya Pradesh. In contrast to most young ladies of her age, Avani often wanted to play with planes and choppers since she was a child. Avani Chaturvedi finished her B.Tech from Banasthali University, Rajasthan.

Avani Chaturvedi's career in Indian Aviation has secured her place in history. The 27-year-old female pilot is currently undergoing rigorous training to become the part of Rafale Jet pilot crew. In 2020, she was awarded the Nari Shakti Puraskar by President Ram Nath Kovind for her contribution to women's empowerment.

In her interview, she said, "The journey has been full of ups and downs, but what we achieved after overcoming the problems is worth it."

For a girl hailing from a small district in Madhya Pradesh, Avani Chaturvedi has become a symbol of women's empowerment and strength across the world.



A DOZEN OF HAPPY DOSES

*“Success is not the key to happiness. Happiness is the key to success.
If you love what you are doing, you will be successful”.*

-Swami Vivekananda

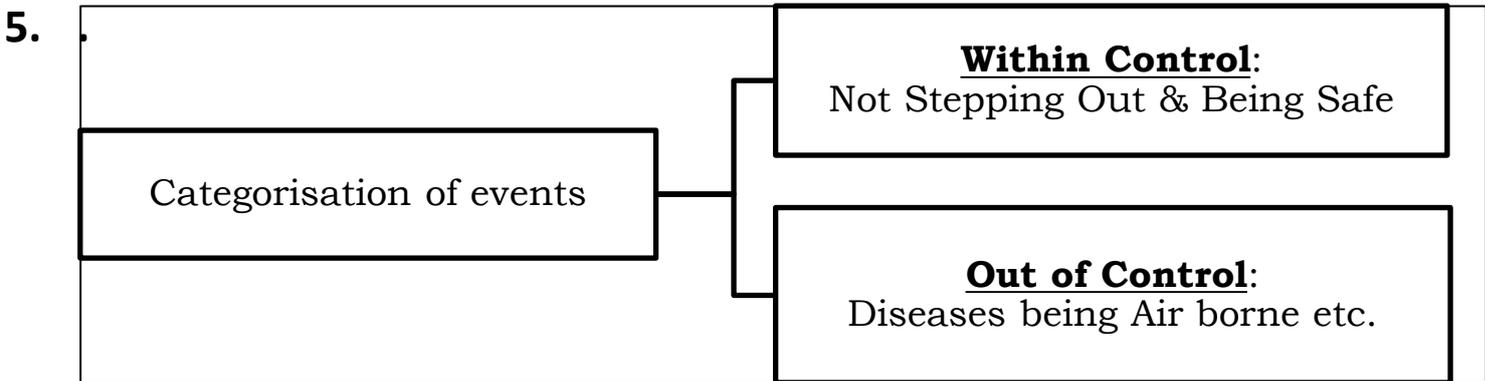
Motivation is the need of the hour to each one of us. Man is a social animal and human brain longs for what it does not have. Happiness is not something readymade. It comes from your own actions.

There is no path to happiness: happiness is the path.

Let us look into a dozen of happy doses:

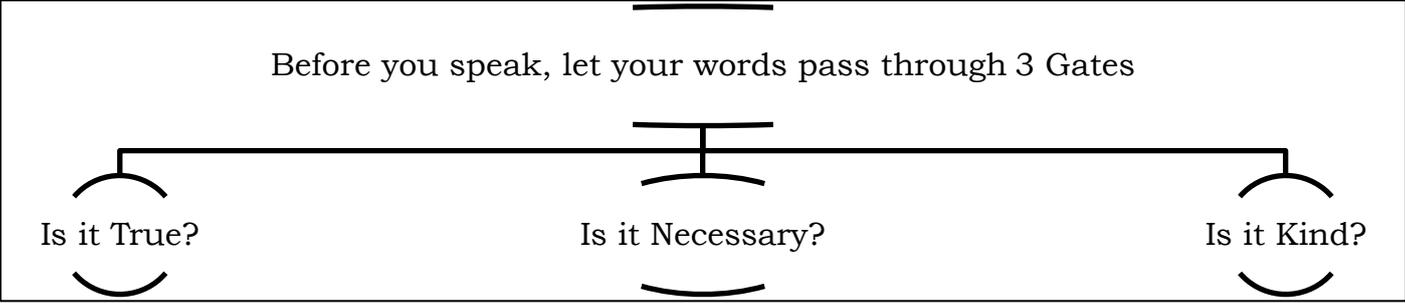
- 1. Train the Mind:** “What Cannot be cured, has to be endured”. If you do not like something, just take away its only power: Attention.
- 2. The Power of thinking:** A deer runs at 90 km/ hour whereas, a tiger runs only at 50km/ hour, yet deer becomes the prey of tiger because the deer believes itself to be weaker than tiger and its fear makes it turn back again and again. Never be a prisoner of your past; it was just a lesson, not a life sentence.
- 3. Healthy is the new wealthy:** Regularly do physical exercises, yoga, pranayama. Take steam at regular intervals (during this pandemic situation) and eat healthy food.

4. **Disciplined time schedule:** Follow it strictly with 10% standard deviation being allowed.



6. **Positivity is the key:** Positivity brings hope and increases confidence, Negativity brings despair and creates doubt, hence choose to be positive. Being positive does not mean you do not have negative thoughts. It just means you do not let those thoughts control your life.

7. **Control your Anger:** Anger is one letter short of danger. It is not possible to always win a war by battling, sometimes a calm outlook and patience itself win us the war.



8. **Bring Creativity in Life:** “Life is not about finding yourself; it is about creating yourself”. Creativity brings new charm, new happiness, and new way into life.

9. **True friends are never apart, may be in distance but never in heart:** Call your childhood comrades, college friends, relatives etc. [not in touch but not forgotten] & surprise yourself with extra knowledge and information.

10. **Read good books: The Best Investment:** “No friend can be greater than a good book”. Also read your respective religious book and implement its message.

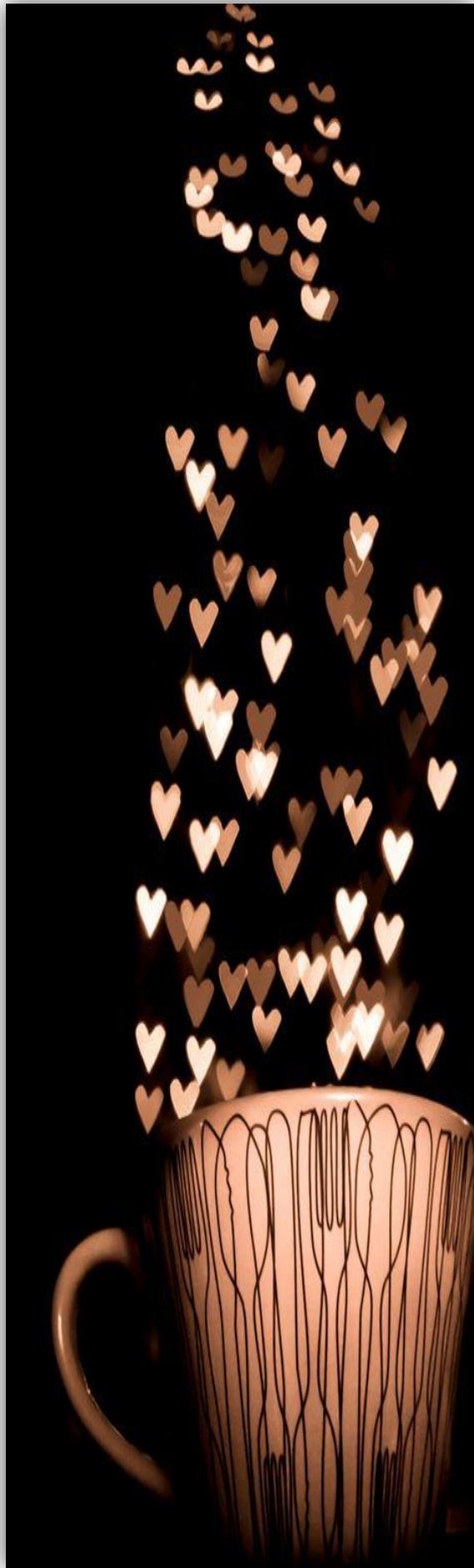
11. **News:** Strictly avoid watching certain TV channels whose voice itself is scarry or same tone for birth as well as death. However, collect gist of information and current affairs, say through short news published.

12. **Involve in Charity:** One’s greatness is not what he/ she has, but it is what he/she gives. Happiness is in giving, not in taking.

SPC Message: “We make a living by what we get, but we make a life by what we give”.



[Click here for more!](#)



Living in a time,
Where living has a price!
The best of things are no longer free,
For now every breathe has a price!

Every minute is a blessing,
Value it when you have,
Every minute is a blessing,
Share it with loved ones when you can!

This phase is difficult,
No one can deny,
But this fight, this negativity,
We all sure can defy!

No magnet's stronger than our minds,
The mind that attracts what's thought,
Let the thought be 'We all are healing',
Healing from every negativity we are dealing!

©sukanya_t

#stayhome #staysafe

#spreadpositivityandheal

Cf Rich Dad Poor Dad ~Hanish's Table



A cult book on Financial literacy written by Robert Kiyosaki. The author takes an unconventional narrating style to explain the importance of Financial Literacy and how the traditional schooling approach prepares us to achieve the best of the world but does not prepare us to manage our finances. The Book is about the Rich Dad (Author's Friend's Father) and Poor Dad (Real Dad) and how each of them think differently when it comes to managing the finances. Few stark differences in the approach and how we can follow Rich Dad to manage our finances better are summarized below

1. Understand the difference between Asset and Liability. Asset gets you more money whereas Liability takes your money. Rich Dad invests in Assets whereas Poor Dad invests in Liability by assuming that it is an asset – A classic example in Indian context can be purchase of Royal Enfield Bullet or Purchase of Shares in Eicher Motors who has a license to manufacture Royal Enfield Bullet in India. In 2001, Royal Enfield Bullet used to cost around Rs 55,000. If a person invested this money in the shares of the Company, his new worth would be Rs 5.5 Crores (as of October 1, 2019);
2. Poor Dad works for money whereas Rich Dad makes money work for him – This can be done by effectively using the power of Compounding Interest, Investing money in smart businesses, paying bills on the last date and utilizing the full credit period;

3. Poor Dad wants kids to study hard at School so that he can get a good job. Rich Dad wants kids to study hard at School so that the kid can understand which business to start or invest in;
4. Poor Dad wants his kid to be best in School. Rich Dad wants his kid to be smart in School. So that he can hire the best and give him work while the smart kid goes on a mission to find another business;
5. Poor Dad plans for expenses based on the money left with him. Rich Dad prepares a cashflow to understand where his money comes from and where is money is required to be spent. He then takes step to improve his inflows and reduce / delay his outflows thereby effectively using money. In these difficult times where the monthly flow of revenue / money is quite a challenge, we will have to reconsider the manner in which we have been handling our finances and investing / spending our money. Luxuries and EMIs can wait, we need to identify and invest in assets which help us generate income because we work only for 8 – 10 hours but money can work for us for 24 hours if invested wisely.





It is believed that the sound of a conch blown chases away the evil spirits. Medically, blowing a conch requires a lot of respiratory strength. Our ancestors believed when conchs are blown daily, it increased one's lung capacity and kept one healthy. However, in the Kurukshetra war conchs were used as much as a weapon. They were regarded as a measure of one's power and instantly gave a glimpse of their divine astras.

Sri Krishna's conch 'The Paanchajanya' was considered the most divine. 'Pancha' means five and 'janya' means made of; that's the five elements - air, water, soil, fire, and the sky. One blow of the paanchajanya gave his devotees- Wealth, health, and happiness; Kills all negative energies and guards the devotees.

Another interesting fact is that Lord Krishna and Lord Ram considered the same personalities to have a connection. Krishna's astras the sheshnag was lakshman, Shatrughna the Sudarshana Chakra, and Bharat the Paanchajanya.

The Devdutta, Arjuna's conch was given to him by Varun, the god of water. The powerful conch when blown with the highest capacity had the power to cause earthquakes, high tides, and wind storms.

Other pandavas held conchs -

-Yudhishtir-Ananthvijaya

-Nakul-Sughosha

-Sahadeva-Manipushpaka

-Bheema-Proudhra

Cf 47th Shetty Sir's Quiz Corner

1. Name the Current Chief Justice of India:_____
2. Quantum Meruit means _____.
3. In strategic management, there are two kinds of leadership. These are Transformational and _____.
4. In terms of remuneration, CAG shall be paid as equivalent to that of _____ judge.
5. Name India's first digital Microfinance Institution_____



Submit

Click here to give the answers & suggestions

Winners-May 2021

1. **Aryaa Kumari Jhajharia**
2. **Santosh Kumar**
3. **Rahul G.**
4. **Vikas**
5. **Bharhath Kumar S**
6. **Sneha A N**
7. **Aparna Ramamurthy**

SQC-May 2021

1. Accounting Standards for Non-Corporate entities in India are issued by: **ICAI**
2. Definition of Goods under GST excludes **money** and securities.
3. As per the Income Tax Act, 1961 Income from horse race falls under the head: **Income from Other Source**
4. Name the Covid Vaccine imported by India from Russia: **Sputnik V**
5. Name the smallest unit of measurement used to quantify computer data: **Bits**

1. Book of the month- Balance Sheet Decoded by G.C Pipara

This book aims to explain the readers how to read, understand, analyses and interlink the voluminous information available in the financial statement with the help of charts, case analysis, etc. In other words, this book provides in-depth analysis, stepwise approach with the use of case analysis, to understand & decode the financial statements.

2. Concept of the month: Oxygen concentrator

An oxygen concentrator is a medical device that concentrates oxygen from environmental air and delivers it to a patient in need of supplemental oxygen. Unlike other oxygen delivery systems, oxygen concentrators do not use stored oxygen in a compressed or chilled form.

3. Word of the month: Nyctophilia

Meaning: Love of darkness or night: finding relaxation or comfort in the darkness.

4. Quite Interesting: Snakes and Ladders originated in India

Earlier known as Moksha Patamu, the game was initially invented as a moral lesson about karma to be taught to children. It was later commercialized and has become one of the most popular board games in the world.

5. Gita For Life-Chapter 1 Arjuna Vishaadha Yoga(Verse 10)

अपर्याप्तं तदस्माकं बलं भीष्माभिरक्षितम् ।
पर्याप्तं त्विदमेतेषां बलं भीमाभिरक्षितम्

aparyāptaṁ tadasmākaṁ balaṁ bhīṣhmābhirakṣhitam

paryāptaṁ tvidameteṣhāṁ balaṁ bhīmābhirakṣhitam

The strength of our army is unlimited and we are safely marshalled by Grandsire Bheeshma, while the strength of the Pandava army, carefully marshalled by Bheem, is limited.

6. Mankuthimmana Kagga-4

ಏನು ಜೀವನದರ್ಥ? ಏನು ಪ್ರಪಂಚಾರ್ಥ? |ಏನು ಜೀವಪ್ರಪಂಚಗಳ ಸಂಬಂಧ?
||ಕಾಣದಿಲ್ಲಿದ್ದೇನಾನುಮುಂಟೆ? ಅದೇನು? |ಜ್ಞಾನಪ್ರಮಾಣವೇಂ? – ಮಂಕುತಿಮ್ಮ

What is life? What is this world? What is the relation between the two? Is there anything here that we do not see? What is it? Can cognizance (knowledge) of something is the only proof for its existence?

7. ಸುಭಾಷಿತ

ವಿದ್ಯಾಂ ದದಾತಿ ವಿನಯಂ, ವಿನಯಾದ್ ಯಾತಿ ಪಾತ್ರತಾಮ್ |
ಪಾತ್ರತ್ವಾತ್ ಧನಮಾಪ್ನೋತಿ, ಧನಾತ್ ಧರ್ಮ ತತಃ ಸುಖಮ್ ||

Education leads to sensibility, sensibility attains character/qualification, from that comes wealth and from wealth (one does) good deeds, from that (comes) joy

8. Inspirational short story-

During the gold rush, a man who had been mining in Colorado for several months quit his job, as he hadn't struck gold yet and the work was becoming tiresome. He sold his equipment to another man who resumed mining where it had been left off. The new miner was advised by his engineer that there was gold only three feet away from where the first miner stopped digging.

The engineer was right, which means the first miner was a mere three feet away from striking gold before he quit.

The Moral:

When things start to get hard, try to persevere through the adversity. Many people give up on following their dreams because the work becomes too difficult, tedious, or tiresome—but often, you're closer to the finish line than you may think, and if you push just a little harder, you will succeed

Cf Cf-Activities



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Cf Humanity 4.0

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5TH, 6TH & 7TH JUNE 2021

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20,000+ Beneficiaries
and still counting

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Website : www.capsfoundation.in

Cf - Kalam for Kalaam - WALL of GRATITUDE



May 2021

Your small Contribution will bring about a huge transformation



Rathnamala	Krishna Murthy Raju R
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Ravi Kumar R	Nethravathi P
Muttanna	Narasimhan E
Pankaj Kumar	Babu M B
Sushmita Bhargav	Ravi Pai
Shruthi	Shetty Sir
Sukanya T	Abhishek
	Ravichandran E S



Thank You for bringing about a change in their lives

**When you pray,
pray as if
everything
depend on god.
When you work,
work as if
everything
depends on you.**

Thanks for reading



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mail.capsfoundation@gmail.com
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