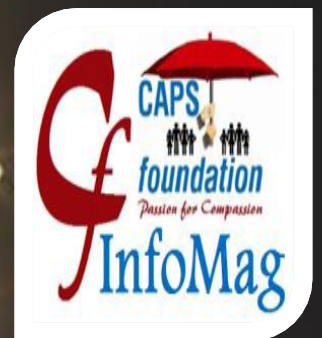
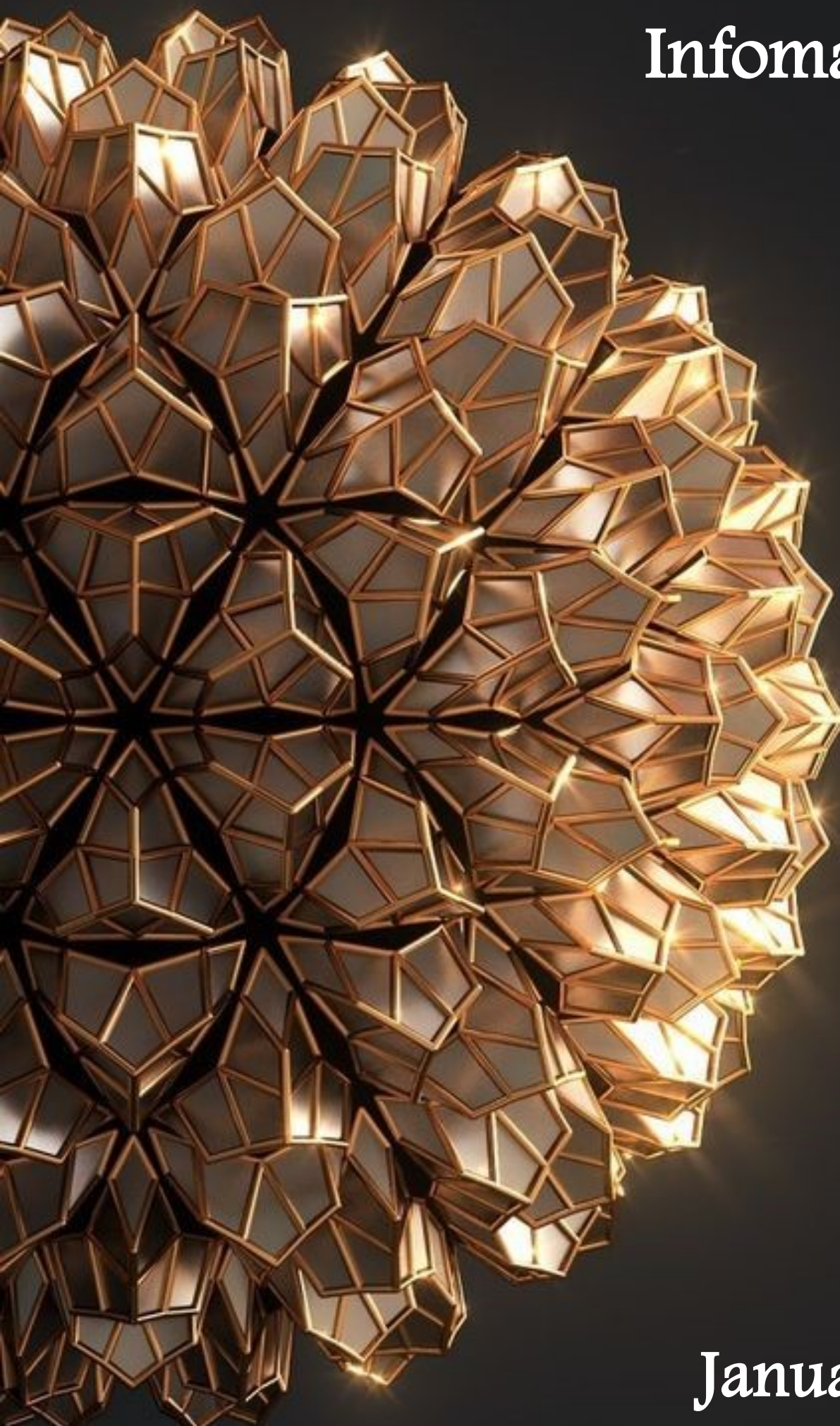


CAPS foundation Infomag

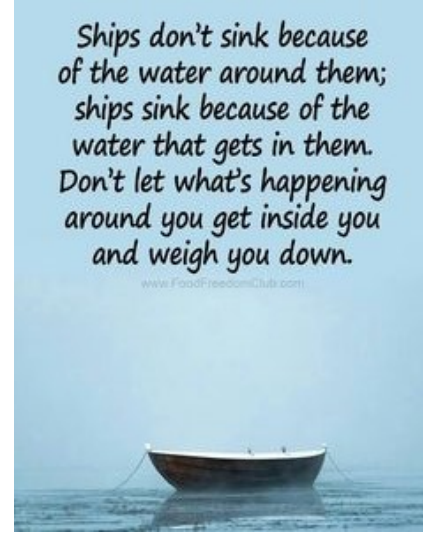


January 2022
Issue No.85

Table of Contents

Ships don't sink because of the water around them; ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down.

www.FoodFreedomClub.com



03

Sindhutai Sapkal
-Mother of Orphans

05

81st SPC
Life Skill Series

07

Brew the Nudge
-Sukanya T

08

54th Shetty Sir's
Quiz Corner

09

Knowledge
Library

12

Cf- Activities &
Wall of Gratitude

15

Cf-Amrutha Bharath
Contributors

16

Thought to be
Taught

17

Feedback

18

Invitation for
New articles

Cf Sindhutai Sapkal-Mother of Orphans



Sindhutai Sapkal, affectionately known as “Mother of Orphans”, is an Indian social worker and social activist best known for her work in educating orphaned children in India. She obtained a Ph.D. in Literature from DY Patil Institute of Technology and Research in 2016.

Sindhutai was born on November 14, 1948, in the village of “Pimpri Meghe” in the Wardha district of Maharashtra. Her father was called “Abhimaan Sathe” who was a Charava (herding animal).

Because she was a daughter, Sindhutai wasn’t liked by everyone in the house (because she was a daughter, not a son) so they called her “chindhi” (a torn piece of cloth) in the house. But her father wanted to teach Sindhu, that’s why he sent Sindhu to school against Sindhus’ mother

Because of the mother’s opposition and the economic situation of the house, Sindhu’s education continued to be interrupted. When she passed the fourth-grade exam, she had to stop going to school due to economic conditions, household duties, and Break off child marriage.

When Sindhutai was 10 years old, she was married to “Srihari Sapkal”, 30 years old. She was the mother of 3 children at the age of 20.

Sindhutai complained to the village chief’s district officer that she did not charge the villagers. To avenge their insult, Mukhiyana Srihari (Sindhutai’s husband) was instigated by the villagers to kick Sindhutai out of the house while she was 9 months pregnant.

The same night she gave birth to a girl in Tabelle (cows and buffaloes). When she went to her mother's house, her mother refused to accept her alone (her father died, otherwise he would have kept her daughter). Sindhutai was staying with her daughter at the train station. Praying to fill her stomach and stay in the cremation at night to protect herself and her daughter.

In her fight, She realized that there are so many orphans in the country who need a mother. From that moment She decided that any orphan who came to her would become her child.

Sindhutai has dedicated her whole life to orphans. That is why her name is "Mai" (Mother). They adopted 1050 orphans. She had 207 sons and 36 daughters-in-law in her family till today. She has over 1000 grandchildren.

Her daughter is a lawyer and many of the adopted children are doctors, engineers, lawyers and many of them also run their own orphanages. Sindhutai has received a total of 273 national and international awards, including the Maharashtra State "Ahilyabai Holkar Award" for social workers who work for women and children.

Use all that money from the orphanage price. Her orphanage is located in Pune, Wardha, Saswad (Maharashtra). In 2010 a Marathi film based on the life of Sindhutai was shot "Mee Sindhutai Sapkal", which was shortlisted for the 54th London Film Festival. Sindhutai's husband turned 80, he came to live with them.

Sindhutai accepted her husband as a son, saying that she is just a mother. Today he tells with great pride that he (her husband) is their eldest son.

There was also a Sindhutai based Marathi movie in 2010, "Mee Sindhutai Sapkal" which was based on a true story. And the film was also shortlisted for the 54 London Film Festival.

"Do not be afraid of small crises, go on and learn to befriend the crisis," says Mother Teresa of Maharashtra and Mother Sindhutai Sapkal of the orphans. Perhaps because of these thoughts and spirits, today she was able to overcome the difficult stage in her life that a normal person cannot imagine.



Life Skill Series

“To succeed in your mission, you must have single-minded devotion to your goal”.

A P J ABDUL KALAM

Every human being aspires to be successful. No doubt definition of success changes from person to person, time to time. For some, success may be measured in knowledge, for some others it may be measured in money, etc.

What contributes to success is a big question mark – Is it Hard work? Is it Attitude? Is it Commitment? Is it Dedication? ...

Letters	No.
A	1
B	2
C	3
D	4
E	5
F	6
G	7

Letters	No.
H	8
I	9
J	10
K	11
L	12
M	13
N	14

Letters	No.
O	15
P	16
Q	17
R	18
S	19
T	20
U	21

Letters	No.
V	22
W	23
X	24
Y	25
Z	26

When we assign numbers supra to each alphabet we can express the percentage as under:

Luck – 47%
Dedication – 84%
Planning- 87%
Success – 89%
Hard work – 98%
Attitude – 100%

Luck which doesn't even constitute 50%, it's not even worth discussing. But Attitude is the only word amongst the Factors considered for Success which leads to 100%.

It is the right attitude which matters a lot in every aspect of life. 100% right attitude alone can assure 100% success.

Human beings are born with flaws. No doubt, no one can be 100% perfect. Let us analyze & understand contribution of each of these factors for Human Success in Cf Infomag of subsequent months.

SPC Message : “ Perfection is our Aim, Excellence is Tolerated”.



Click here for more!



Sitting by the window,
With a hot chocolate by side,
And as we admire the pretty
rainbow,
There is a nudge to replay our
life's ride...

A ride through the days we left it
on fate,
The fate we wished we could
change!

And then by the days we blessed
our fate,
The fate we wished would never
change!

And as we take another sip from
our brew,

We let out a sigh of relief that
we made it through!

Through the roller coaster it has
been,

And up for the ride coming
through!

©sukanya_t

A very Happy and a hopeful
New Year to us all! 🤗

1. What does SAC in GST mean?
2. Which state won best state tableau of Republic Day parade 2022?
3. Name Government of India's agency to ensure food security through public distribution system.
4. NITI in NITI Aayog stands for _____.
5. Name the highest mountain peak in India.

Submit

Click here to give the answers & suggestions

SQC-December answers

1. Name the current Chief of Indian Army staff:
General Manoj Mukund Naravane
2. Expand SLR (as per banking terminology):
Statutory Liquidity Ratio
3. Financial obligation of an enterprise other than owner's funds is called **Liability**
4. The assesseees are bound by the circulars issued by CBDT. [True/ False]: **False**
5. Padmashri Harekala Hajjabba is affectionately known as **Akshara Santa**



1. Book of the month- Your One Word by Evan Carmichael

In this bold and empowering guide, entrepreneur and social media sensation Evan Carmichael shares the secret to turbo-charging your path to success on your own terms. With thought-provoking questions and inspiring, instructive examples, Your One Word helps readers nail down their personal mottos - the word that captures their purpose and passion. With this operating philosophy in hand, readers will then learn how to leverage this powerful tool to create the business and future of their dreams.

2. Word of the month: Deplane

To disembark from an airplane.

3. Concept of the month: Taxiing

Taxiing is the movement of an aircraft on the ground, under its own power. When taxiing, aircraft travel slowly. This ensures that they can be stopped quickly and do not risk wheel damage on larger aircraft if they accidentally turn off the paved surface. Taxi speeds are typically 30 to 35 km/h .

4. Quite Interesting-The Fascinating game of chess

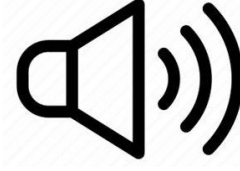
Here are some of the mind boggling facts about this genius game :

- The longest game of Chess can last about 5,900 moves based on the various movement combinations. However, the longest recorded game in history lasted 269 moves (but ended in a draw).
- The word 'checkmate' is derived from the Arabic word 'shah mat', which means 'the king is dead (helpless)' in English.
- The second book in history to be printed in English was about Chess.
- The number of different play combinations for the first four moves in the game of Chess is about 319 billion. An astounding number and incomparable to any other game in history.
- Russia dominates the game and has more grandmasters than all other countries! The nation has more than 250 grandmasters!
- The only chess master to win the world championship in all three formats, including knockout, tournament, and match, is a man from India named Vishwanathan Anand. Later, Magnus Carlson of Norway defeated Anand in 2013.

- Blindfolded Chess is an impressive skill that most strong players possess. It requires the ability to 'see' the board clearly in the mind, which becomes very difficult after many moves.

5. Gita For Life-Chapter 1 Arjuna Vishaadha Yoga(Verse 19-20)

स घोषो धार्तराष्ट्राणां हृदयानि व्यदारयत् ।
नभश्च पृथिवीं चैव तुमुलोऽभ्यनुनादयन् ॥ 19॥
अथ व्यवस्थितान्दृष्ट्वा धार्तराष्ट्रान् कपिध्वजः ।
प्रवृत्ते शस्त्रसम्पाते धनुरुद्यम्य पाण्डवः ।
हृषीकेशं तदा वाक्यमिदमाह महीपते ॥20॥



The terrific sound thundered across the sky and the earth, and shattered the hearts of your sons, O Dhritarashtra.

At that time, the son of Pandu, Arjun, who had the insignia of Hanuman on the flag of his chariot, took up his bow. Seeing your sons arrayed against him, O King, Arjun then spoke the following words to Shree Krishna.

6. Mankuthimmana Kagga

ಏನು ಪ್ರಪಂಚವಿದು! ಏನು ಧಾಳಾಧಾಳಿ! ಏನದ್ಭುತಾಪಾರಶಕ್ತಿನಿರ್ಘಾತ! ॥ಮಾನವನ
ಗುರಿಯೇನು? ಬೆಲೆಯೇನು? ಮುಗಿವೇನು? ಏನರ್ಥವಿದಕೆಲ್ಲ?- ಮಂಕುತಿಮ್ಮ ॥ ೧೦ ॥

This whole world is under a frightful illusion - just like the intoxication of fair where people worship their village diety. Dances, trances, balls of fire, deep introspection by some. This creation is filled so much wonder! – Mankutimma

7. सुभाषित

विद्या विवादाय धनं मदाय शक्तिः परेषां पीडनाय।
खलस्यः साधोः विपरीतमेतद ज्ञानाय दानाय च रक्षणाय॥

A crooked man's knowledge is used by him only for the arguments, his wealth results in him becoming an egoistic person and his power is used just to trouble others. The opposite is true for a good man. His knowledge is used for good purposes, his wealth is used to donate it to others and his power/might is used to protect the weak.

8. Inspirational short story-What a Waste

A well-respected speaker began a seminar by showing an audience of 150 people a crisp \$20 bill. He asked, "Who wants this \$20 bill?"

The mom stopped to think and then said, “We live in the desert where there is not much water available. Our humps store water to help us survive on long journeys. “

The baby camel then stopped to think and said, “Well, why do we have long legs with rounded feet?”

His mother replied, “They are meant to help us walk through sand.”

The baby asked a third question, “Why are my eyelashes so long?”

The mother replied, “Your long eyelashes offer you protection from sand when it blows in the wind.”

Finally, the baby said, “If we have all of these natural abilities given to us to walk through the desert, what’s the use for camels in the Zoo?”

The Moral:

The skills and abilities that you possess won’t be useful if you’re not in the right environment.

You’ve probably heard of a professional who ditched his or her career to follow their dreams—or the person who remains unfulfilled in their job, but doesn’t try to make a change.

If you’re stuck in a career that isn’t the right fit, you have to do some self-reflection to realize where your strengths lie that are going to waste. Turn to people that you know the best as well as professionals in any given market so you can start thinking about what may be better for you. Think big and remain open to new ideas.

Cf Cf-Activities & Wall of Gratitude



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

5TH, 6TH & 7TH JANUARY 2022

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



Cf Amrutha Bharath 2022
75th year of Independent India

Cf AB PPR

[Cf AMRUTHA BHARATH PROJECT PROGRESS REPORT]

Cf AB EDU KALAAM - Development of Schools

Project 1

Government Primary School & Anganawadi Centre, Kodi school, Inna, Udupi

Cf Contribution (Costing Rs. 1 lakh+)

Ground Levelling

Sports items

Painting of Anganawadi building

Construction of Toilet roof

Incidental repair work

Sponsoring auto transport for students



Knowledge has a Beginning, but no End

Cf - Kalam for Kalaam - WALL of GRATITUDE



January 2022

Your small Contribution will bring about a huge transformation



Narasimha
Srilakshmi P
Prajna Shetty
Shweta
Santosh Kumar Shetty
Ravichandran E S
Cf Shetty sir
Rajana V
Bharath Kumar
Vinodhini K

Heena Kauser
Sudhindra M S
Varalakshmi
Krishna Murthy Raju R
Gopal Bajaj
Sai Bahirat
Karthik
Guru Prasad Makkam
Priyanka Madhusudana
Sudiksha

Thank You for bringing about a change in their lives

Cf Cf-Activities & Wall of Gratitude

SURYA NAMASKAR - Cf Support to AYUSH 75 Lakh + Virtual Surya Namaskar on Sankranthi (Certificate from GOI)



CAPS & CAPS foundation Celebrations
Yoga @ 8.30m to 9pm TODAY, FRI - 14.01.22
to Make Healthy India



Plan of Action :

1. Fill the 1st Google Form (sent with this poster) & submit within 7pm
2. Join CAPS & Cf Yoga 8.30pm to 9pm – Zoom Online Live or CAPS YouTube Channel
3. Or Do separately @ your respective place
4. Compulsorily Take Photo and Short Video
5. Upload the Same in 2nd Google Form to be sent around 9pm
6. Yoga Certificate Board will issue certificate subject to conditions

Join and let's Build
Stronger Bharath

ZOOM ID: 876 9044 5961
PC: INDIA75

PLEASE JOIN, SHARE & ENJOY
OPEN TO ALL

www.caps4ca.com

* Conditions apply
14.01.22

Cf merely assists, not responsible for Certificate

8310249327/9886683697

159th SWAMI VIVEKANANDA JAYANTHI

National Youth Day - Wed, 12.01.2022

CAPS & CAPS foundation Celebrations :
A. Yoga @ 8pm to 8.45pm to Make Stronger India
B. Viveka Jayanthi Celebration @ 8.45pm to 9pm

Join and let's Build Stronger Bharath



ALSO LIVE ON CAPS
YOUTUBE CHANNEL


PLEASE JOIN, SHARE & ENJOY
OPEN TO ALL

ZOOM ID: 889 6620 5562
PC: VIVEKAYOGA


www.caps4ca.com

8310249327/9886683697

Cf Cf-Activities & Wall of Gratitude




CAPS-Education to Profess Centre for CA Education




Happy Indian Army Day- Jan 15th

**CAPS AND CAPS foundation
WISHES YOU ALL**


Many Festivals
One Name



Wishing You a Very Happy
Bihu | Lohri | Makar Sankranti | Pongal




Proud to Be
Indian




www.caps4ca.com

8310249327/9886683697



CAPS-Education to Profess

Centre for CA Education



CA Inter
Registrations
starts today
14.01.22
@ 33,100/- only

CA Final classes
have just begun. You
can join even **now**
@ 40,100/- only

CA Foundation
Amrutha Bharath
Offer Extended upto
26.01.22 @
12,100/- only



Most affordable Fees across India with the Best Quality

Coaching by Multi-Qualified & Highly Experienced All India Faculties, 20 Years + CA
Exclusive Coaching, 2000+ CAs , 108+ All India Ranks, All India 1st Rank Thrice

*Conditions Apply

visit: www.caps4ca.com

Please Join, Share & Enjoy Education at CAPS

  8310249327/9886683697

Cf Amrutha Bharath Contributors



Cf Amrutha Bharath
2022
75th year of Independent India

Mega Contributor to Cf AB

NAVRATNA MEMBER

Contribution to one Science Park project : Rs. 30 lakhs

(SINGLE / CUMULATIVE PAYMENT IN AGGREGATE TILL DEC 2022)

Science Park in YOUR name!!



Cf Amrutha Bharath
2022
75th year of Independent India

Mega contributor to Cf AB

DIAMOND MEMBER
RS. 3 LAKHS

(SINGLE / CUMULATIVE PAYMENT IN AGGREGATE TILL DEC 2022)



Cf Amrutha Bharath
2022
75th year of Independent India

Mega contributor to Cf AB

PLATINUM MEMBER
RS. 5 LAKHS

(SINGLE / CUMULATIVE PAYMENT IN AGGREGATE TILL DEC 2022)



Cf Amrutha Bharath
2022
75th year of Independent India

Mega contributor to Cf AB

GOLD MEMBER
RS. 1 LAKH

(SINGLE / CUMULATIVE PAYMENT IN AGGREGATE TILL DEC 2022)



If it isn't a
clear yes, then
it's a clear no.

“All topics are very interesting and inspiring and would regret for not reading the previous infomags.” -Chetan.C

“Diverse topics are covered—Awesome.” -Rahul

“Fantastic Initiative—Loved Creativity” -Hemant

“Very inspiring and insightful. Awesome!” -Sunil



Thanks for reading



This page is reserved for your article!

Reach out to us
mail.capsfoundation@gmail.com
www.capsfoundation.in

+91-98866-83697

Images source-Pinterest

