

CAPS foundation **INFOMAG**

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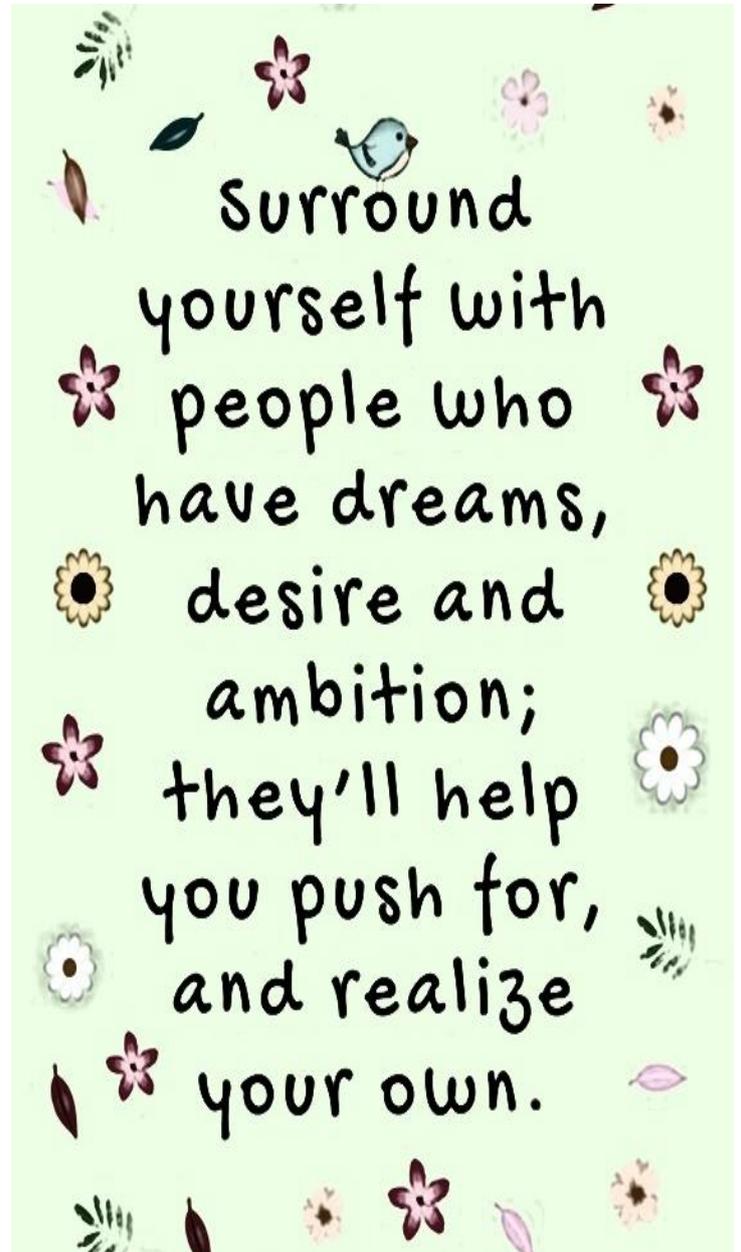
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Cf Never Giving Up Attitude

~Arunima Sinha



Arunima Sinha was born on 20 July 1988 in Ambedkar Nagar, Uttar Pradesh. Coming from a middle-class family, Arunima was interested in sports since childhood. Arunima played football in school, later representing the college in volleyball nationally. Also played hockey.

Being an athlete, Arunima learned to fight at every step. In many interviews and motivational speech, Arunima has said that this attitude could develop in her due to sports. Therefore, every human being should be connected to some or the other sport.

One leg of Arunima is prosthetic, and the other has an iron rod. She also had two fractures in her spinal cord after the accident. But soon after four months of treatment, Arunima went straight to meet Bachendri Pal instead of going home. Her motive lying on the bed was clear that she does not have to live by taking life as a burden.

Her hobbies are Sketching, Gardening, Doing Yoga, Travelling, Listening to Music.

Cf Never Giving Up Attitude

~Arunima Sinha

During the climb of Mount Everest in 2013, when her prosthetic leg parted from the body before reaching the summit of Everest. Oxygen ran out. But the mind again said that you have to live. She always snatches life in such a difficult situation, fighting to the death.

So today, despite being a Divyang, she has done the feat of reaching the highest peak of the Seven Summits, the seven continents of the world.





BLISS IN BLESSINGS

“Just to be is a blessing, Just to live is holy” – Abraham Heschel.

Our country “Bharath” is well built from the socio-cultural structure rather than mere science and technology. Many a time our culture/ customs overpower all other acts/deeds.

India is marching ahead to become the Number 1 in the world mainly due to diversified socio-cultural acts but brought under one umbrella. Our beliefs and customs define every Indian’s life.

One of the biggest well proven beliefs is the power of blessings. The belief in blessings itself brings out bliss in our life. Blessings can be of:

1. ALMIGHTY/ GOD/ SUPER NATURAL POWER:

Almost every Indian irrespective of caste, creed and religion believes in the blessings of God and performs various rituals just to ensure God’s blessings and self satisfaction in life.

2. PARENTS:

In India, parents are considered as living God. The sacrifice of parents for children's growth itself is a medium of blessings.

3. GURUS:

The construction of a student's personality and character building takes place through gurus. Guru-shishya Parampara itself symbolises the importance of blessings in life.

To illustrate, Karna had amazing power merely because of blessings of his Guru Parashurama; however his guru's curse brought death to Karna in the Kurukshetra battlefield.

4. ELDERS AND WELL-WISHERS:

"You never know where a blessings can come from" – Teena Marie
It is difficult to correlate the blessings with success but the blessings of elders and well-wishers certainly play a vital role in the success of a Human being.

5. COUNTRY AND MOTHER NATURE:

We are blessed to be born in this great country Bharath. Also blessed we are by the earth, environment, nature etc, diverse but still unique.

Let us be thankful, for all the blessings we had and have, eternally.

"The term '**ble**ss' and '**bl**iss' almost sound synonyms" – SPC Message

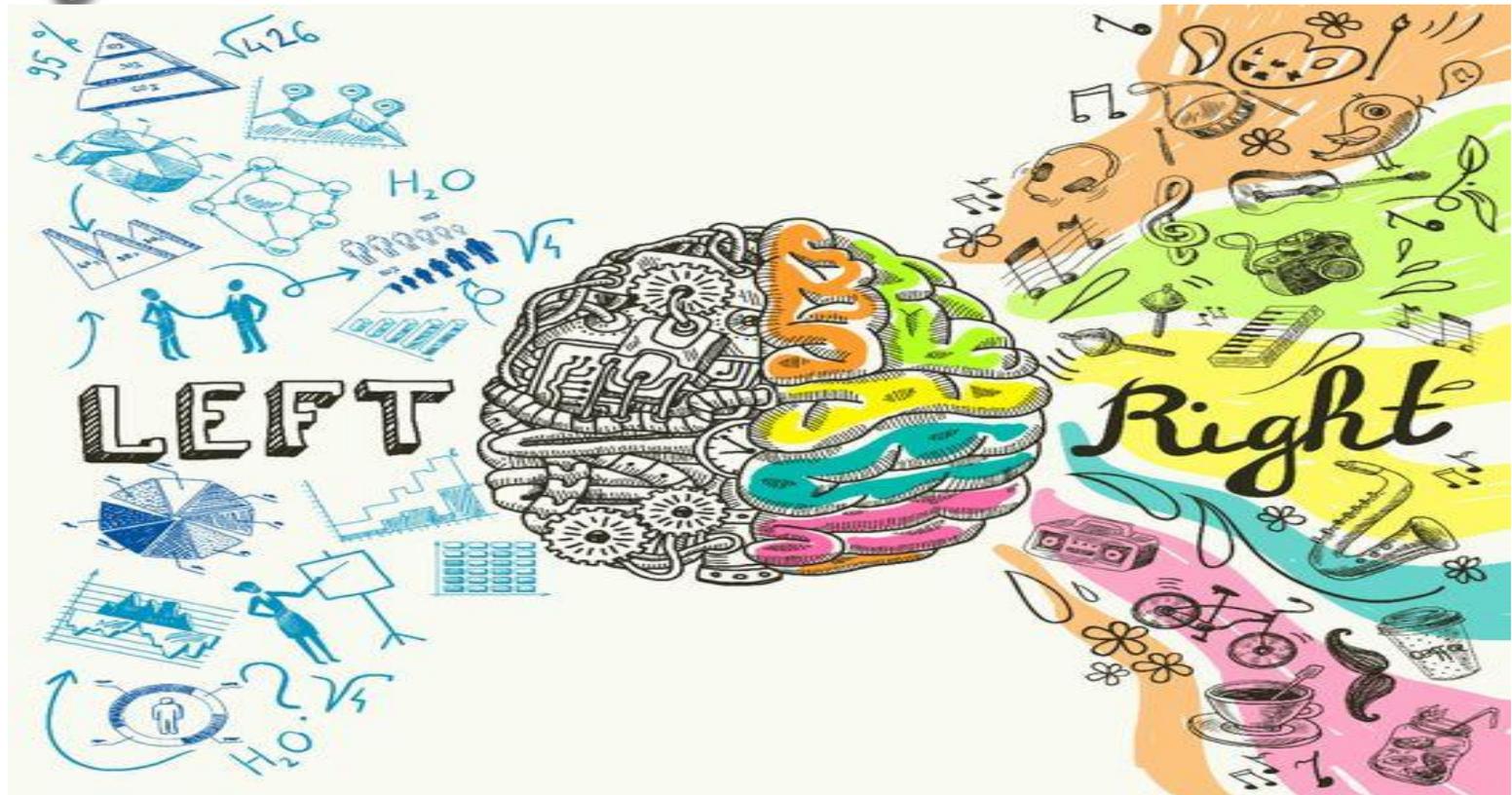


Click here for our library



How to remember what you read

~Hanish's Table



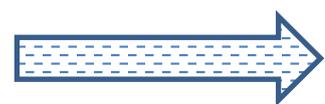
We can promise ourselves that we will start reading books but one of the main reason which we give to ourselves to not pick that book is – Anyways I will not remember what I read.

So I started my new year resolution with a book which promised to improve my memory.

Moonwalking with Einstein: The Art and Science of Remembering Everything is a book by Joshua Foer where he describes his journey from being a journalist, covering events at Memory Championship to actually winning the Championship. The book discloses many techniques which people use to increase their retention power. One Chapter has also been dedicated to debate about the way in which education needs to be imparted to children in School – Rot Learning where Children are thought to remember and retain their entire syllabus or New Age Learning which stresses on experience based learning.

One of techniques which I found useful is “Memory Palace”.

This technique involves imagining a House / Building / Road which you are familiar with and imaginatively hiding “**things**” at strategic locations which you want to remember.



Cf How to remember what you read

~Hanish's Table

Assuming you are required to pick up some stuff from the Super Market which includes random things like Soap, Pickles, Paint Brush, Shoes and Mobile Charger.

Visualize your House. You know every nook and corner of your house.

At the entrance of your house, virtually place say Soap

As soon as you enter your house you see a shoe rack, virtually place pickles

Then living room – Paint Brush

Then Kitchen – Shoes

Then your room – Mobile Charges

Memorize the sequence and the stuff you have placed. Now whenever you are at the super market and want to recall what you have to purchase, just take a tour of your house i.e., your memory place.

Happy Reading, Happy Building Memory Palaces and Happy remembering and Recalling!



Cf 44th Shetty Sir's Quiz Corner

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

Submit

Click here to give the answers



SQC-Feb 2021

1. Swami Vivekananda's childhood name was **Narendranath Datta**
2. Budget 2021 was presented on **1st February 2021.**
3. **Ajinkya Rahane** was the Indian Cricket Captain of historic Indo – Australia recent test series
4. **Sec 2(87)** of Companies Act 2013, defines **Subsidiary Company.**
5. The term Sujok made up of **Su – Hand & Jok - Foot.**

Winners-Feb 2021

1. *Vaishnavi Shetty*
(CA Foundation)
2. *Nithin*
(CAPS Alumni)

Book of the month-

Tuesday with morries

A beautifully written book of great clarity and wisdom that lovingly captures the simplicity beyond life's complexities

This true story about the love between a spiritual mentor and his pupil.

For starters, it reminds us of the affection and gratitude that many of us still feel for the significant mentors of our past.

Subtitled 'An old man, a young man, and life's greatest lesson', this is a true story of a man's rediscovery of his mentor - a book about second chances.

↑ Concept of the month:

Doomsday Clock

The Doomsday Clock is a symbol that represents the likelihood of a man-made global catastrophe.

The clock is a metaphor for threats to humanity from unchecked scientific and technical advances. The main factors influencing the clock are nuclear risk and climate change.

The clock was set at two minutes to midnight in January 2018, and left unchanged in 2019. In January 2020, it was moved forward to 100 seconds before midnight. In January 2021, the clock's setting was left unchanged..



Word of the month: Shylockian

Meaning- Asking for exorbitant rate of interest

Origin- A Jewish moneylender in Shakespeare's Merchant of Venice, who lends money to Antonio but demands in return a pound of Antonio's own flesh should the debt not be repaid on time

Quite Interesting:

- ❖ 3228 Billionaires in the world
- ❖ World added 412 Billionaires
- ❖ 8 Billionaires a week in 2020
- ❖ Coronavirus drove up billionaires from healthcare, retail fastest, electric vehicles and e-commerce

Gita For Life-

Chapter-1 Arjuna Vishaadha Yoga(Sloka 7)

अस्माकं तु विशिष्टा ये तान्निबोध द्विजोत्तम ।
नायका मम सैन्यस्य संज्ञार्थं तान्ब्रवीमि ते ॥ 7॥

“O best of Brahmins, hear too about the principal generals on our side, who are especially qualified to lead. These I now recount unto you”.



Mankuthimmana Kagga

ಇಳೆಯಿಂದ ಮೊಳಕೆಯೊಗವಂದು ತಮಟೆಗಳಿಲ್ಲ ।
ಫಲ ಮಾಗುವಂದು ತುತ್ತೂರಿ ದನಿಯಿಲ್ಲ ॥
ಬೆಳಕಿವ ಸೂರ್ಯಚಂದ್ರರದೊಂದು ಸದ್ದಿಲ್ಲ ।
ಹೊಲಿ ನಿನ್ನ ತುಟಿಗಳನು - ಮಂಕುತಿಮ್ಮ ॥

A new plant sprouts from a seed, without any fanfare.
A flower ripens into a fruit without any trumpet call.
Sun and moon shine on earth without any commotion
Shut your mouth(stitch your lips) - says Mankuthimma

Cf Cf-Activities



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 | MARCH 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



February 2021

Your small Contribution will bring about a huge transformation

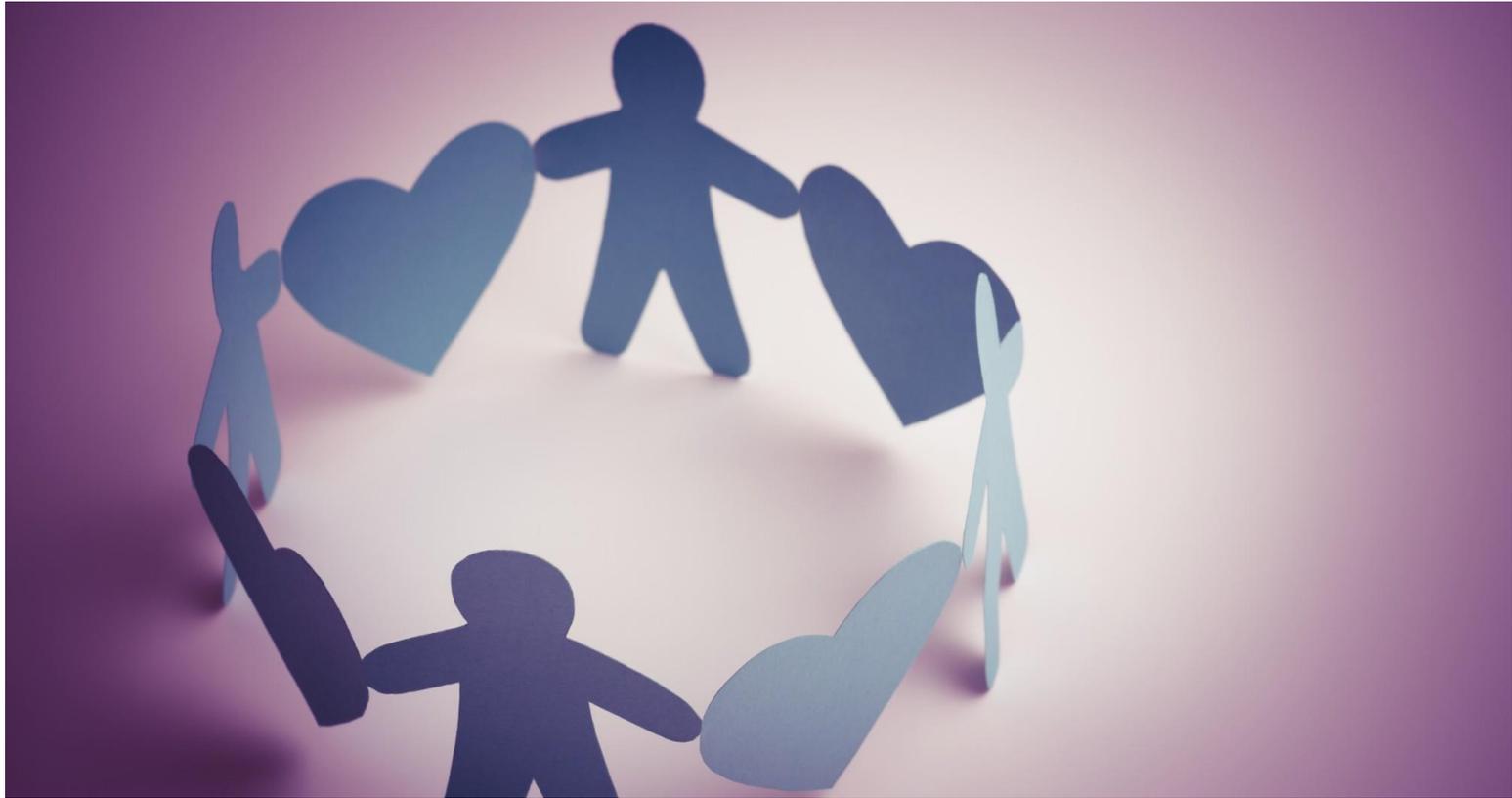


Nagadatt
Deepali Jain
Yashasvini C
Varun

SRILAKSHMI P
Abhishek Murthy
Santhosh Kumar Shetty
Shetty Sir



Thank You for bringing about a change in their lives



Helping Lives- One Family at a Time

On 13th March, 2020 Bruhat Bengaluru Mahanagara Palike issued a circular to close down all places of mass gathering like Cinema Theatres, Malls, Marriage halls, Schools, Conferences, Gyms etc. in order to maintain social distancing and to slow down the spread of COVID-19 in Karnataka.

When the entire country was worried mainly about the virus, we at CAPS foundation anticipated the slowdown in the economy and loss of pay / job for the common man. We felt the need to help those who will be badly affected by this Virus, which is not the COVID Infected patients but the daily wage earners, who will lose their livelihood.

Cf Humanity was launched on 15th March, 2020, to provide basic food items to those who have lost their daily earnings such as daily wage earner, coolie, auto rikshaw driver, vegetable vendors etc.

We had the resources to feed 200 Families, little did we know that we were going to reach thousands of families and lives by the end of this project. Little did we know that this project would turn out to be the most contented and successful projects in the history of CAPS foundation.

**THE PLACE
WHERE
FAILURE
HAPPENS IS
ALSO THE PLACE
WHERE
COURAGE
LIVES.**

Thanks
for reading



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reserved for
your article!

Reach out to us
infomag@capsfoundation.in
www.capsfoundation.in

+91-98866-83697

