

CAPS *foundation* Infomag



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Thought to be
Taught

Cf Saikhom Mirabai Chanu



Mirabai Chanu was born on August 8, 1994, in the village of Nongpok Kakching, about 20 kilometres from the city of Imphal - the state capital of Manipur.

Youngest among six siblings, Mirabai Chanu came from a poor family. Her father Saikhom Kriti Meitei was a construction worker in the state Public Works Department (PWD) while her mother Saikhom Tombi Devi ran a small tea shop.

With very limited resources, Mirabai Chanu and her siblings used to collect firewood from nearby forests to reduce the family's fuel costs. It was during one such firewood picking trip that Mirabai Chanu's talents for weightlifting became obvious.

Only 12 years old at the time, Mirabai accompanied her brother Saikhom Sanatomba Meitei, 16, to the forests near her village to scavenge for firewood. The brother-sister duo found quite a pile on the day.

When it came to lifting the bundle, though, teenager Sanatomba struggled to lift the heavy stack. But to her brother's surprise, Mirabai easily hoisted the bundle, put it over her head and walked 2kms through hilly terrain to reach home.

Though Sanatomba was convinced about his sister's penchant for weightlifting, Mirabai Chanu preferred archery.

In her quest to become an archer, Mirabai Chanu visited the Sports Authority of India (SAI) Centre at the Khuman Lampak Stadium in Imphal with her cousin. However, there was no archery practice there on the day and instead she chanced upon a few weightlifters in action. Drawn by the intensity of the sport, Mirabai Chanu decided to look into weightlifting.

Getting to know about Kunjarani Devi, another Manipuri who defied all odds to win India seven world championship medals and a Commonwealth Games gold in 2002, only fueled her passion for the sport.

With no infrastructure for the sport in her village, Mirabai Chanu had to travel around 40kms everyday to go and train under her first coach Anita Chanu, a former weightlifter who represented India at the Beijing Asian Games in 1990.

The world title not only helped her prove her critics wrong but also made Mirabai Chanu a sporting sensation back home. Her achievement was duly recognised as the Indian government bestowed her with the Rajiv Gandhi Khel Ratna, the highest sporting honour in the country, and the Padma Shri, the fourth-highest civilian award.

For Mirabai Chanu, personally, it was a huge burden off her shoulders.

“I have been dreaming of this moment for the past five years. I tried hard to win the gold but sadly couldn’t. But I am happy to win a medal for my country” Mirabai Chanu said after securing her medal at Tokyo.

Already eyeing an upgrade to her medal colour at Paris 2024, Mirabai Chanu has started working towards her next goal and a big statement of her intent came at the Commonwealth Games 2022 in Birmingham, where she successfully defended her crown and in some style.



ADAPTABILITY – 120%

***“Adaptability to change is itself a hallmark of successful education”
– Peter Hilton***

The Pandemic has taught life adjusting lessons to many. Those who could adjust to the changing scenario's have led life in a reasonably better way. Three important factors which I observed, especially during this pandemic, are :-

- Adaptability
- Acceptability
- Flexibility

Our Numberology gives more than 100% weightage to these 3 words. It is a conclusive proof that these 3 factors are very essential for sustainability & growth of Human Beings.

Adaptability :-

It means the quality of being able to adjust to Changed / New conditions. In other words, it is a capacity of living beings to suit self to the changed situations.

Sapthapadi View Points For Adaptability :

- 1. World is ever changing** – If not adaptable, will be thrown out of the system.
- 2. Leads to Novation** – New way of Life only by adaptability.
- 3. Work without boundaries** – Adaptability helps to adjust to any situation/condition/place.
- 4. Diversity** – Variety is the spice of life.
- 5. Exciting & Interesting** – Adaptability leads to exciting lifestyle.
- 6. Challenges accepted** – Adaptability ensures embracing Challenges in a better way.
- 7. Relevant** – Updating & Upgradation keeps us being relevant.

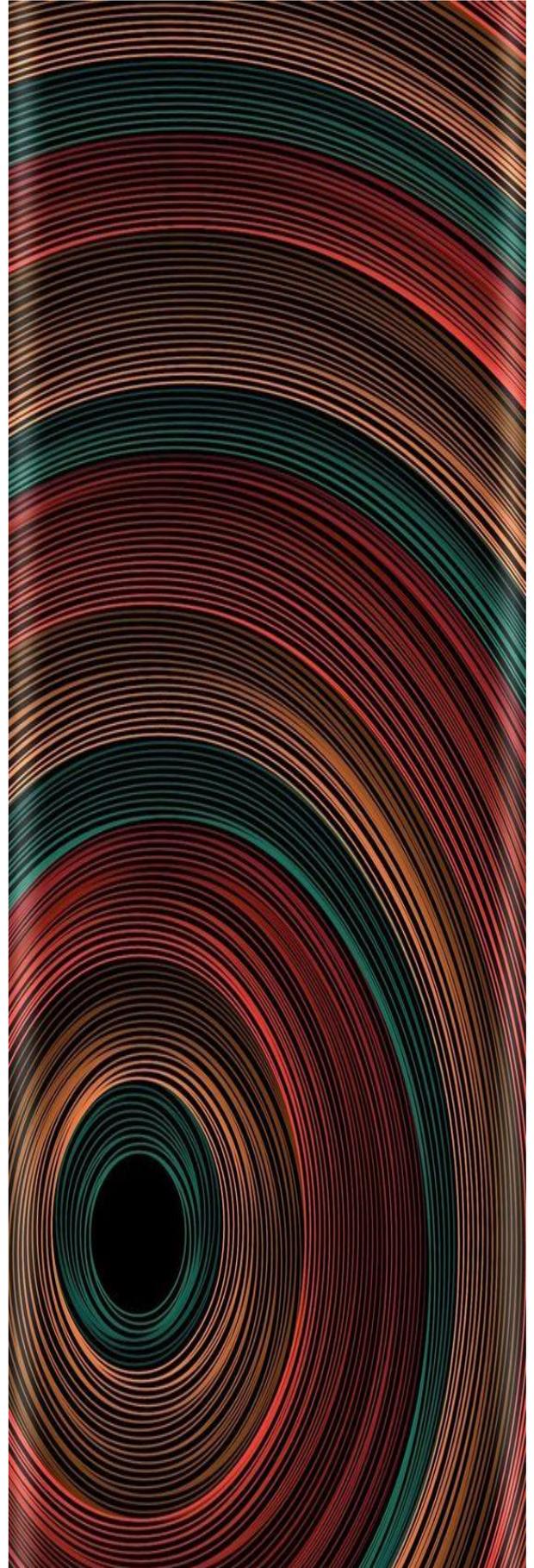
SPC Message :

All failure is failure to adapt, all success is successful adaption!!!



Click here for more!

1. Entomology is the science that studies_____.
2. Tripitakas are sacred books of _____.
3. The ratio of width of our National flag to its length is_____.
4. 'Natya - Shastra' the main source of India's classical dances was written by_____.
5. _____first Indian woman to win an Asian Games gold in 400m run.



Submit

Click here to give the answers & suggestions

1. Book of the month- The Compound Effect by Darren Hardy

In 'The Compound Effect', Darren Hardy reveals the core principles that drive success, and presents a distillation of the fundamental principles that have guided the most phenomenal successes in business, relationships, and beyond. This is an easy-to-use, step-by-step, no gimmicks, no hyperbole, no magic bullet operating system that allows you to multiply your success, chart your progress, and achieve anything you desire.

2. Word of the month: gens du monde

people of the world; leaders in society; fashionable people.

3. Concept of the month: Pink Tax

The pink tax refers to the general tendency for products marketed specifically toward women to be more expensive than those marketed toward men. Despite its name, a pink tax isn't actually a tax, but rather a discriminatory pricing practice based on gender.

4. Quite Interesting-Acupressure – A Drugless Wonder

How nice it would be if all our ailments could vanish with just a touch.. just like the touch screen mobile phones which cater to all our needs!! Be it simple ailments like headache, backache, migraine or more serious ones like varieties of cancer, fibromyalgia, varicose veins etc

Acupressure and Acupuncture have remedies for almost all the ailments under the sun. Just a press and your complain would just disappear. The term 'Acu' means needle and 'Punctura' means to pierce or to prick. Acupuncture means to prick with needle, for healing purposes. In Acupressure, fingers are used instead of needles and instead of pricking, bearable pleasurable pressure is applied with the tip of thumb or index finger

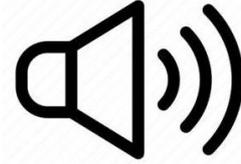
Popular as Chinese medicine, it is astonishing to note that this wonderful drugless therapy has its origin and roots from India. Our ancient practices were such that this practice was inculcated as a part of daily life. However, with the dilution of cultural practices, this was propagated and practiced extensively in parts of China.

Later, the President of USA –Richard Nixon visited China in 1971 and witnessed the miracle this therapy could do for his own medical problem. Due to this incident, Acupressure gained popularity in USA first, and later spread to whole world.

Watch out this space for more interesting facts on this wonderful therapy. .

5. Gita For Life-Chapter 1 Arjuna Vishaadha Yoga(Verse 34-35)

आचार्याः पितरः पुत्रास्तथैव च पितामहाः ।
मातुलाः श्वशुराः पौत्राः श्यालाः सम्बन्धिनस्तथा ॥ 34॥
एतान्न हन्तुमिच्छामि घ्नतोऽपि मधुसूदन ।
अपि त्रैलोक्यराज्यस्य हेतोः किं नु महीकृते ॥ 35॥



Teachers, fathers, sons, grandfathers, maternal uncles, grandsons, fathers-in-law, grand-nephews, brothers-in-law, and other kinsmen are present here, staking their lives and riches. O Madhusudan, I do not wish to slay them, even if they attack me. If we kill the sons of Dhritarashtra, what satisfaction will we derive from the dominion over the three worlds, what to speak of this Earth?

6. Mankuthimmana Kagga

ನದಿಯ ತೆರೆಯವೊಲುರುಳಿ ಹೊರಳುತ್ತಿರುವುದು ಜೀವ |ಮೊದಲಿಲ್ಲ ಮುಗಿವಿಲ್ಲ ನಿಲುವಿಲ್ಲವದಕೆ
||ಬದುಕೇನು ಸಾವೇನು ಸೊದೆಯೇನು ವಿಷವೇನು? |ಉದಕಬುದ್ಬದವೆಲ್ಲ! - ಮಂಕುತಿಮ್ಮ ||

Life is rolling on the waves of the river without any aim or goal. There is no beginning to this ordeal; No end, No signs of stopping. What difference does it make - life or death, medicine or poison? Every thing in the world is a mere water bubble. – Mankutimma

7. Inspirational story-Toothpaste Recant

One night in July at an all-girls summer camp, the campers were gathered around in a circle for their nighttime devotions.

The counselor asked if any of the girls wanted to share something that had happened that day that impacted them.

One camper raised her hand and said a girl from another camp cabin had said something that hurt her feelings and she was really upset about it.

The camp counselor went to the bathroom to grab a tube of toothpaste.

She took the tube and squeezed it just a bit so some toothpaste came out. She then tried to put the toothpaste back in the tube, but it just created a mess. Then she squeezed the tube even more, pushing more toothpaste out and creating even more of a mess, but none of it would go back into the tube.

The counselor then told the campers, “this toothpaste represents the words you speak. Once you say something that you want to take back, it’s impossible and it only creates a mess. Think before you speak, and make sure your words are going to good use before you let them out.”

The Moral:

Speaking is a fundamental social skill required for living a successful life.

However, many are careless with their words, but they hold so much power. They can have a direct impact on the outcome of a situation, creating a helpful or hurtful reaction in our world. T

The problem is, once words come out of your mouth, no amount of “I’m sorry” will make them go back in: blurring something out and then attempting to take it back is like shutting the gate after the horse has taken off.

Thinking before you speak allows you the time to consider the potential impact of your words.

Be careful when choosing where and when you let your words out. You can easily hurt other people, and once you do, you can’t take it back.

Words define who we are by revealing our attitudes and character, giving people an indication of our intellect or ignorance.

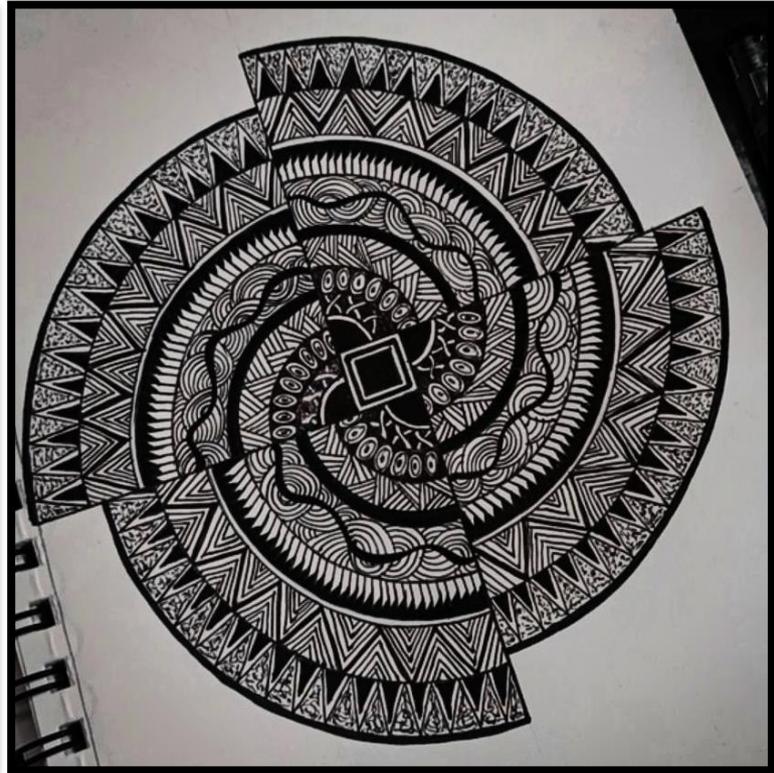
Stop for a minute before you speak and question yourself about why you’re saying what you are. Are you trying to relay information? Relate to someone else?

Make sure you’re able to take responsibility for whatever you’re about to say.



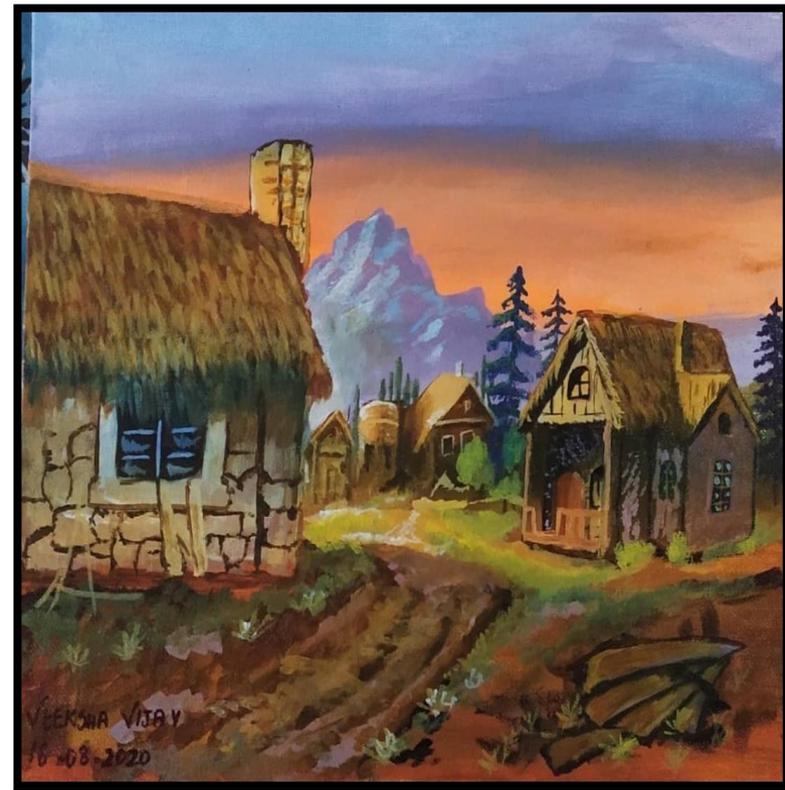
The word 'lippan' means 'clay' or 'dung' in local Gujarati, and the word 'kaam' denotes 'work'. Lippan kaam is essentially mud-relief work that incorporates mirrors. It is used to embellish interior and exterior walls of the circular adobes that these communities live in.

Chandana H.G
CA Foundation (July-22)



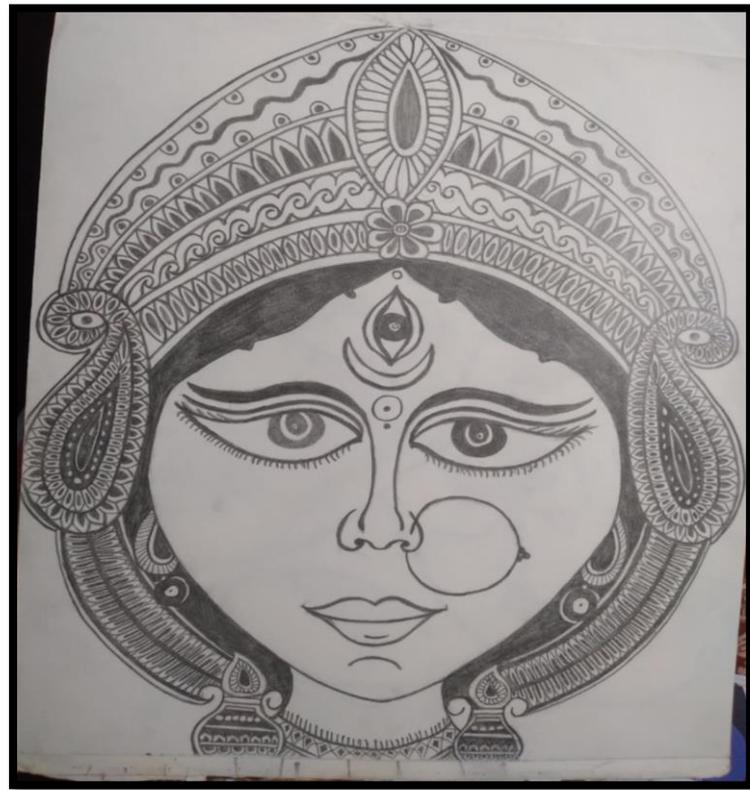
The word Mandala in ancient Sanskrit language of Hinduism and Buddhism means "Circle". An image of a Mandala can symbolize everything in life that is interconnected and never-ending

Saakshi
CA Foundation



Paintings are soothing and warm - they have the power to bring about a positive mood and a feeling of relaxation. It soothes the mind and body and calms down our mind and conflicting emotions. Depiction of trees, mountains, rivers and other elements of nature attracts people of all ages.

Veeksha Vijay
CA Foundation



Art is concept used for making your soul grow . It's God's way of showing you that you also have the power to create.

Aditi
CA Inter

Cf Cf-Activities & Wall of Gratitude



Cf DON - 3
CAPS foundation



Please join us in our Mega Project
Cf Amrutha Bharath
Kindly share your name / your parent name with
PAN where ever applicable (for record purpose)
Whatsapp to 9886683697

**NO DONATIONS WITHOUT PROVIDING
PAN / AADHAR NUMBER**

DONATE NOW
capsfoundation.in/donate
4th, 5th & 6th July 2022

Little by little, a little becomes a LOT



Cf AB PBFF
Plastic water bottle /
plastic cup Free Functions

**Let this not be the globe our future
generation gets to see!!**



**DON'T LAMINATE
THE EARTH!**

GO GREEN
SAY NO TO SINGLE USE PLASTIC

Cf- Kalam for Kalaam - WALL of GRATITUDE

July 2022

Your small Contribution will bring about a huge transformation



Iyshwarya
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Padmanabhan Sankarasubramony
Athul Gaikwad
Gagandeep singh

Ujwal sumanth parvatareddy
Bharath Kumar Parasmal Jain
Ravichandra E S
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Anagha U Bhagath
Sandesh Shetty
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Thank You for bringing about a change in their lives

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2022
75th year of Independent India

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Science Park in YOUR name!!

Our greatest
power is not
the power we
have over
others, but the
power we
have over
ourselves.

“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 sharig amazing content-keep it up” -Mitesh

“The Perfect dose of wisdom and knowledge 🙏” -Prasad Shenoy



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