

CAPS foundation

INFOMAG



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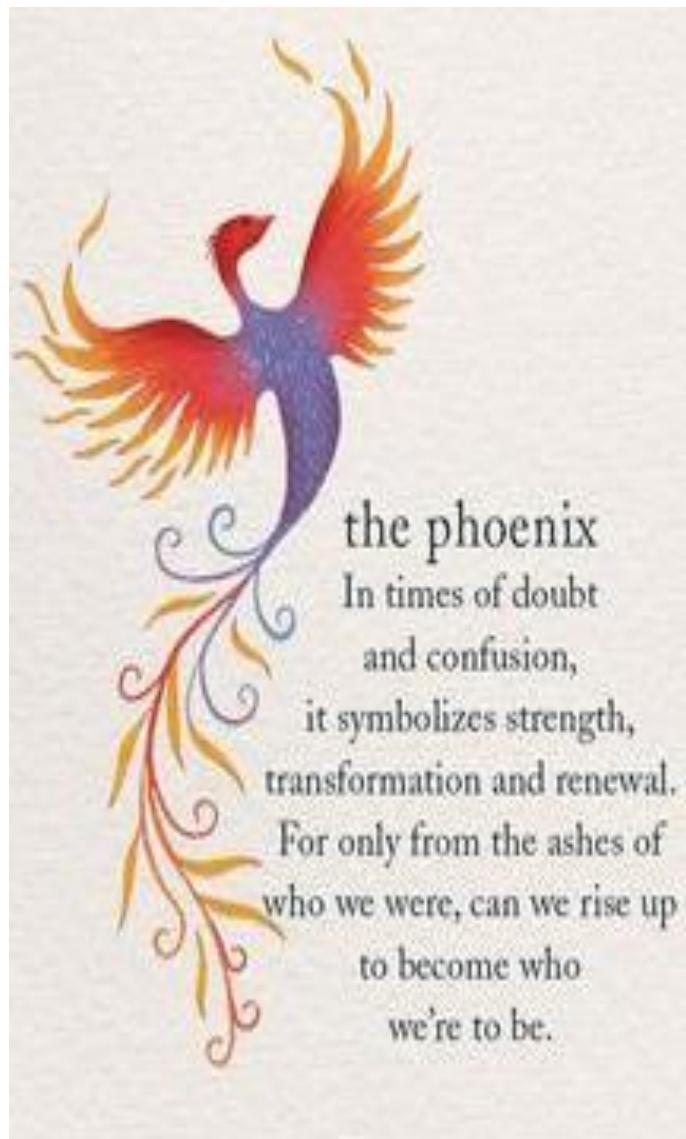
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the phoenix

In times of doubt
and confusion,

it symbolizes strength,
transformation and renewal.
For only from the ashes of
who we were, can we rise up
to become who
we're to be.

Cf Motherhood Beyond Gender

~Gauri Sawant



Gauri Sawant is a transgender activist from Mumbai, India. She is the director of Sakhi Char Chowghi that helps transgender people and people with HIV/AIDS. She was made the goodwill ambassador of Election Commission in Maharashtra.

Gauri's mother died when she was nine-years-old. At the same age, her sister got married, leaving her entirely alone. Her father is a police officer, mostly busy and out of the home.

The relationship between Gauri and her father was quite repulsive. He wanted her to live like a "man", but Gauri (born as Ganesh) was always more feminine. She felt more comfortable in a female outfit and wanted to live a woman's life. But her father never let her do that. Her neighbours continuously teased and bullied her, but she withstood all the abuse silently.

But the complications faded soon as her father asked her to leave the house when she was 18. "My father opened the gate and told me to go away from the house as I was a shame for him in front of the society".

Cf Motherhood Beyond Gender

~Gauri Sawant

Being a woman, She came to work with a lot of people, and it was one of her main tasks to spread awareness about STDs and encourage sex workers to get tested. One of them was Gayatri's birth-mother, an HIV-positive sex worker.

Gayatri was never breast-fed, and the disease eventually claimed her birth mother's life, when Gayatri was five. After her passing, there was talk of selling Gayatri off for sex work in Sonagachi, which fell on the ears of Gauri. "I was strongly against that. At that time, I did not know that I would become a mother, that I would raise her and be narrating my story one day. I just knew that this little, motherless, vulnerable girl needed protection and care," she says.

The transition to becoming a mother figure, and then, quite simply, her mother, was organic. Gauri would feed her, bathe her, send her to school, and take care of her studies—and very naturally, the two came to share the most special of bonds—that of a mother and her daughter, the two of them against the world!

Gauri had filed a petition seeking these basic rights for the LGBT community as well and was part of the crusade that made sure the third gender gets Aadhaar cards, as dictated by the NALSA bench. Riding on this jubilance, Gauri even tried to legalise her arrangement with Gayatri by adopting her formally, but the government does not give custody of a child to a member of the LGBT community. But that has not deterred Gauri from soldiering on, raising Gayatri in an unabashed manner.

I want to request the readers: if you see any transgender, no matter in which city you are living, please take a selfie with her. Even that small gesture will help in inclusion and normalisation of the transgender community," Gauri Sawant requested.



*Click here to
watch the story
in 3 minutes*



BLISS SECRETS

“Paradise is open to all kind Hearts” – Pierre Jean de Beranger

On 31st January 2021, we had a conclusion meeting of **Cf Humanity**. I arranged an informal meeting with my Life Guru Shri Padamchand Khincha Sir at Lalbagh for the strong 25 member Cf Humanity team. The entire team was in cloud nine after meeting such a great human being.

We followed it up with an online conclusion session in the evening which was the hallmark of our effort towards humanity in the last 10 months.

On the next day, when I was sharing my happiness about CAPSites getting All India Ranks in CA Final for 3 consecutive batches with the great Dr. Rajdeep Sir, he said **“When you do God’s Job, God will do your Job”**.

The above three incidents made me to realize:

1. **Happiness is in Giving :** All 25 Cf members have experienced and unanimously agreed that nothing can make us happier than the happiness of giving, especially when it matters the most.

2. **Surprises** : Surprises will always bring extra bliss to life. When our Cf members saw my sir, the amount of joy they expressed is beyond my explaining skills.
3. **Simple Living, High Thinking** : My sir is an epitome of this phrase. It is unimaginable that a person with such high knowledge, skill and expertise is so down to earth, who socializes with everyone and brings comfort to all.
4. **Return Gift** : I arranged a meeting with my sir since it is the only way I could have thanked our brilliant Cf Humanity team. No pecuniary things could have matched a meeting with such a great personality. Every Cf member had Consensus ad idem.
5. **Self Actualization** : As stated by Maslow, "*It is the desire to become more and more what one is, to become everything that one is capable of becoming*". It is the final stage of linear growth of an Individual. I am 100% satisfied with the feeling that all 25 young Cf Humanity members could feel/sense Self Actualization by involving in such a Godly project.
6. **Increasing Standard of Giving** : As my sir rightly said, "*As you increase your standard of living, you must learn to increase your Standard of Giving*".

When one understands the spirit behind the above, he will certainly achieve the ultimate bliss.

"The central part of BLISS is 'I', which should be the reason for bliss in others' life; So, work for cause and not for applause". – SPC Message.





Murugan, the proprietor of a coffee shop had been busy all day. Being Saturday, his shop was very crowded and the customers seemed unending.

He had been on his toes since morning. Towards the evening he felt a splitting headache surfacing.

As the clock ticked away, his headache worsened. Unable to bear it, he stepped out of the shop leaving his staff to look after the sales.

He walked across the street to the Pharmacy to buy himself a painkiller to relieve his headache.

He swallowed the pill and felt relieved. He knew that in a few minutes he would feel better.

As he strolled out of the shop, he casually asked the salesgirl, "Where is Mr. Gopalan, the Chemist? He's not at the cash counter today!"

The girl replied, "Sir, Mr. Gopalan had a splitting headache and said he was going across to your coffee shop. He said a cup of hot coffee would relieve him of his headache."

The man's mouth went dry and he mumbled, "Oh! I see

Cf Perception

"This is a typical case of looking outside ourselves for something that we have within us.

How strange, but true!

The Chemist relieves his headache by drinking coffee and the coffee shop owner finds relief in a pain relieving pill!

Similarly, many of us travel across the lengths and breadths of the universe and also visit several shrines and ashrams to find peace.

Eventually, we come to realize that real peace is within our own hearts.

Peace is really a state of mind.

(Source-Internet)



Cf 43rd Shetty Sir's Quiz Corner

1. Swami Vivekananda's childhood name _____.



2. Budget 2021 was presented on _____.

3. Who was the Indian Cricket Captain of historic Indo – Australia recent test series?

4. Sec 2(87) of Companies Act 2013, defines _____.

5. The term Sujok made up of
_____ & _____.

Submit

*Click here to give
the answers*

SQC-Jan 2021



1. Firm
2. Section 298
3. 16th January 2021
4. 15
5. 5th January

Winners-Jan 2021

Better luck next time!

Cf Knowledge Library

Book of the month-Limitless

JIM KWIK, the world's #1 brain coach, has written the owner's manual for mental expansion and brain fitness. Limitless gives people the ability to accomplish more—more productivity, more transformation, more personal success and business achievement—by changing their Mindset, Motivation, and Methods. These “3 M’s” live in the pages of Limitless along with practical techniques that unlock the superpowers of your brain and change your habits

↑ **Concept of the month: Ciclovia**

| **Concept**

| Marcela Guerrero Casas, co-founder and associate, Open Streets Caps Town mentions, ‘In the mid-1970s, Colombia’s capital city, Bogota, saw the birth of what would become a global movement to make streets safer, more inclusive and more appealing to city dwellers. It is called Ciclovia, often known as ‘open streets’ and entails the creation of car-free routes throughout the city every Sunday and public holiday.



Word of the month:

Hefty(Adjective)

Meaning- large, heavy, and powerful.

Quite Interesting:Calculator trick

| *Divide the amount in given ratios'*

| *Step1:Amount₍₃₆₀₀₀₎/Total of ratios₍₆₎
(3:2:1)*

| *Step2:Press X X_(Multiplication sign)*

| *Step3:Enter first ratio₍₃₎*

| *Step4:Press =_(Equal to sign)*

| *Step5:Got the amount of first
ratio₍₁₈₀₀₀₎*

| *Step 6: Repeat step 3 but write
second ratio₍₂₎*

Gita For Life-

Chapter-1 Arjuna Vishaadha Yoga(Sloka 6)

युधामन्युश्च विक्रान्त उत्तमौजाश्च वीर्यवान् ।
सौभद्रो द्रौपदेयाश्च सर्व एव महारथाः ॥ 6॥

In their ranks, they also have the courageous Yudhamanyu, the gallant Uttamauja, the son of Subhadra, and the sons of Draupadi, who are all great warrior chiefs.



Mankuthimma Kagga

ಇಲ್ಲಿ ಚೆನ್ನಲ್ಲಿ ಚೆನ್ನಲ್ಲಿ ಚೆನ್ನನುತ್ತಿಣಿಸಿ ।
ಹುಲ್ಲುಬಯಲೊಂದೆಡೆಯಿನೊಂದಕ್ಕೆ ನೆಗೆದು
||
ಮೆಲ್ಲದೆಯೆ ಧಾವಿಸುತ್ತ ದಣಿವ ಕರುವನು
ಪೋಲ್ಲೆತ್ತು ।
ಡೆಲ್ಲಿಯೋ ಸುಖ ನಿನಗೆ ಮಂಹುತಿಮ್ಮು ॥

**Like a calf that runs helter-skelter
From one green field to another,
Without browsing anywhere; if
you are,
Whither contentment for you? –
Mankuthimma**

Cf Activities



Cf DON - 3

CAPS foundation



Please join us in our Mega Project

Cf KALAM for KALAAM

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 FEB 2021

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



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(18 years teaching experience)

& Sujata Shetty M.Acu

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To know more what's app to 8310249327
Please join & share, Let us contribute to health of our country.

Date :3rd Feb 2021 to 5th Feb 2021

Time: 4pm-6pm

Zoom Online - Live

Health of you & your family is in your hands.

Cf - Kalam for Kalaam - WALL of GRATITUDE



January 2021

Your small Contribution will bring about a huge transformation



Nagadatt	Shashidhar A	Srilakshmi P
Sharath R	Chandrashekara	Ravichandra E S
Manjunath N	Ananth Prasad B	Varun
Vikram M	Neha Kumari	Abhishek Murthy
Danny	Guruprasad Makam	Vikram M
Santhosh Kumar Shetty	CA.Dhruv	Danny



Thank You for bringing about a change in their lives

**Everything
that happens
in the material world
is essentially
a certain kind of
wave.**

**If you are
a good sailor,
every wave is a
possibility.**

Thanks for reading



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