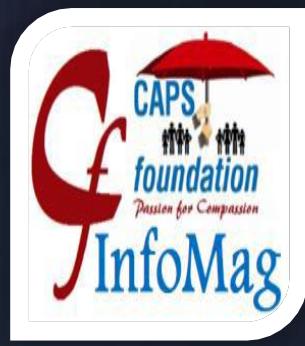


CAPS foundation Infomag



October 2022 | Issue No.94

Table of Contents

03	Hima Das	05	90th SPC Flexibility-133%
07	63 rd Shetty Sir's Quiz Corner	08	Knowledge Library
10	Wall of Art	11	Cf- Activities & Wall of Gratitude
12	Cf-Amrutha Bharath Contributors	13	Thought to be Taught
14	Feedback		



Growing up in the hamlets of Assam, Hima Das always dreamt of making it big as a footballer. But as fate would have it, she turned out to be the toast of India's sprinting world instead.

At the IAAF World Under-20 Championships 2018 at Tampere, Finland, Hima Das etched her name in Indian sports' history by becoming the first Indian athlete to win a gold medal at an international track event. She hasn't looked back since then.

Born to rice farmers in the Kandhulimari village - near the town of Dhang - in India's northeastern state of Assam, Hima was the youngest of five siblings.

Smitten by football since she was a child, Hima always wanted to pursue the beautiful game as a career. But while playing for her school, her raw pace caught the attention of her physical education teacher.

On her teacher's insistence, Hima agreed to give athletics a try and fate took its turn. The 'Dhang Express', as she would later come to be known, took rapid strides and within a very short time, became one of the most highly-rated runners nationally.

Though the 100m and 200m were her pet events early on, the then 18-year-old Hima ran the 400m in Australia and finished a respectable sixth.

Hima was also part of the women's 4x400m and 4x400m mixed relay teams which bagged Asian Games golds at Jakarta. The Dhing Express was conferred with the prestigious Arjuna Award the same year.

As the new year rolled in, Hima shifted gears. From July 2019 onwards, she went on an incredible run in different tournaments in Europe, winning five gold medals in a period of just 19 days.

A journey that had started with Hima breezing past her village's rice fields barefooted had transformed into a brand that projected youth and pace.

"Before my first nationals, my father brought running shoes with spikes on them. It was just a normal pair. I wrote a brand name on the shoes with my hand. You never know what fate can do, they are now making shoes with my name," Hima said.

But then the life of a sportsperson is full of twists and turns. She had pulled up in the 400m heats of the Asian championships in Doha in August 2019. After it was detected that Hima was carrying a serious back injury (lumbar spondylitis), she had to miss the 2019 world championships.

Then the COVID pandemic threw a spanner in the works, leaving Hima Das in a challenging position to qualify for the Tokyo Olympics. She was eventually unable to make the cut following a hamstring injury.

Hima Das has since decided to focus on shorter distances like the 100m and 200m. Her spirit and determination have seen her overcome many a hurdle to become a superstar in her own right and is well set to have a long career of success.



FLEXIBILITY – 133%

"Flexibility is the key to stability"

Flexibility means ability to be easily modify or bend without breaking. It arises from willingness to change or compromise. It is an ability to bend, persuade or alter. Flexible also means being elastic, resilient, springy and supple.

Merits of Flexibility :

- **Easy adaptability** – Flexibility leads to adapting to changed conditions easily.
- **Freedom of easy movement** – In any situation/ condition.
- **Less pain and more gain** – Physically, mentally & psychologically.
- **Emotional well balance** – Very crucial in modern days stressful world.
- **Greater Strength** – Say, in Yoga/Physical activity helps to reach the pinnacle.

The most successful people on earth are the ones who are extremely flexible to any situation/condition/people. Our beloved and Honourable PM Shri. Narendra Modiji, one of the greatest Prime Ministers in the whole world, has reached such position mainly because of his flexible attitude. He is assertive, yet flexible. The fast growing changes in the society compulsorily demands utmost flexibility.

However, extreme flexibility may lead to procrastination, communication difficulties, lack of focused growth, etc. Therefore one should develop bending without breaking and such bend should lead to faster and better growth.

"A tree that is unbending is easily broken"

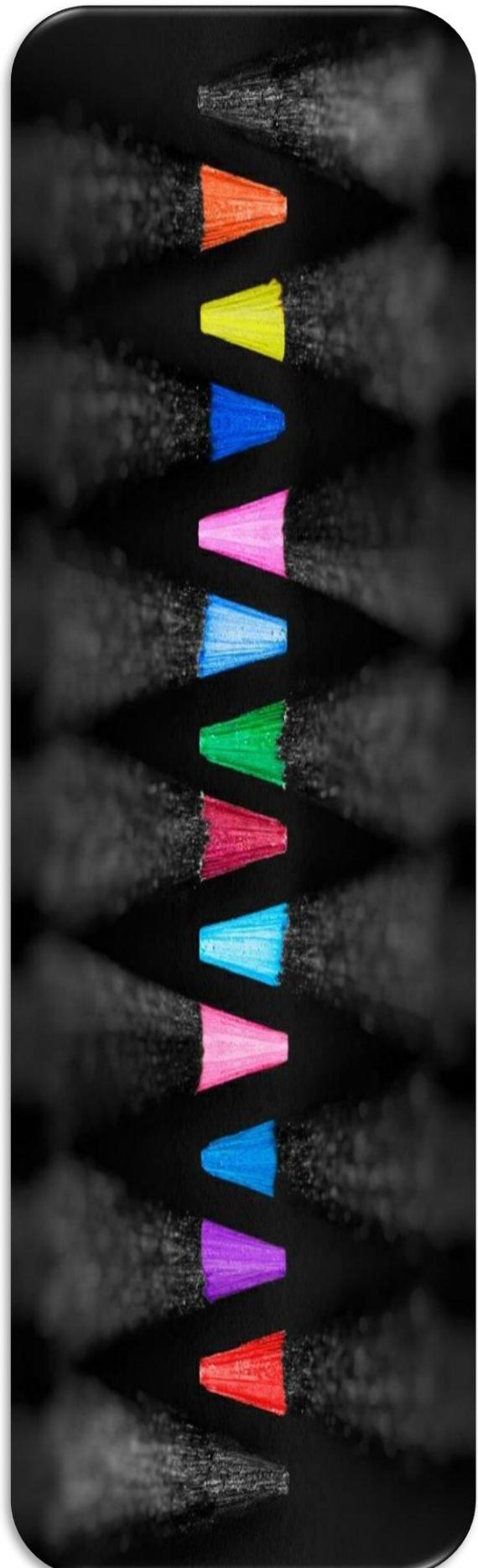
SPC Message :

Flexibility in a time of great change is a vital quality of leadership



Click here for more!

1. The Indian Institute of Science is located at _____.
2. The office of the UN General Assembly is in _____.
3. _____ is part of a database that holds only one type of information
4. The members of the Rajya Sabha are elected for a term of _____.
5. Mysore Dussehra Celebrations was started by _____.



Submit

*Click here to give the
answers & suggestions*

1. Book of the month- Do It Today: Overcome Procrastination, Improve Productivity by Darius Foroux

In Do It Today, you'll learn:
1.Why we procrastinate and how we can overcome it
2.How to increase your productivity without being stressful
3.How to achieve more meaningful things in your life so you can enjoy it more
Are you ready to start reading this book? If so: Do it today-not tomorrow.

2. Word of the month: mansuetude

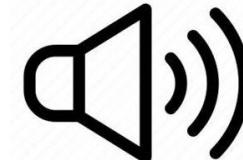
Mildness; gentleness:
the mansuetude of Christian love

3. Concept of the month: Black hole

A black hole is a region of spacetime where gravity is so strong that nothing, including light or other electromagnetic waves, has enough energy to escape it

4. Gita For Life-Chapter 1 Arjuna Vishaadha Yoga(Verse 38-39)

यद्यप्येते न पश्यन्ति लोभोपहतचेतसः ।
कुलक्षयकृतं दोषं मित्रद्रोहे च पातकम् ॥ 38॥
कथं न ज्ञेयमस्माभिः पापादस्मान्निवर्तितुम् ।
कुलक्षयकृतं दोषं प्रपश्यद्विर्जनार्दन ॥ 39॥



Their thoughts are overpowered by greed and they see no wrong in annihilating their relatives or wreaking treachery upon friends. Yet, O Janardan (Krishna), why should we, who can clearly see the crime in killing our kindred, not turn away from this sin?

5. Mankuthimma Kagga

ತಂಡ ದ್ವಾರಕ್ಕೆಲ್ಲ ಕೈಯ ಮುಗಿದೇನಹುದು? ಇಂಡಜತುರೋಪಾಯದಿಂದಲೇನಹುದು?
॥ತಂಡುಲದ ಹಿಡಿಯೊಂದು ತುಂಡು ಬಟ್ಟೆಯದೊಂದು |ಅಂಡಲೆತವಿದಕೇನೋ? - ಮಂಕುತಿಮ್ಮು ॥

What is the use of worshipping all the Gods (idols) you see? What is the use of planning sinister schemes? All one needs is one handful of rice and piece of rag. Is all the wanderings of a man only to attain these? - Mankutimma

6. Inspirational story-The Weight of the World

Once, a psychology professor walked around his classroom full of students holding a glass of water with his arm straightened out to the side. He asked his students, “How heavy is this glass of water?” The students started to shout out guesses—ranging anywhere from 4 ounces to one pound.

The professor replied, “The absolute weight of this glass isn’t what matters while I’m holding it. Rather, it’s the amount of time that I hold onto it that makes an impact.”

“If I hold it for, say, two minutes, it doesn’t feel like much of a burden. If I hold it for an hour, its weight may become more apparent as my muscles begin to tire. If I hold it for an entire day—or week—my muscles will cramp and I’ll likely feel numb or paralyzed with pain, making me feel miserable and unable to think about anything aside from the pain that I’m in.”

“In all of these cases, the actual weight of the glass will remain the same, but the longer I clench onto it, the heavier it feels to me and the more burdensome it is to hold.”

The class understood and shook their heads in agreement. The professor continued to say, “This glass of water represents the worries and stresses that you carry around with you every day. If you think about them for a few minutes and then put them aside, it’s not a heavy burden to bear.

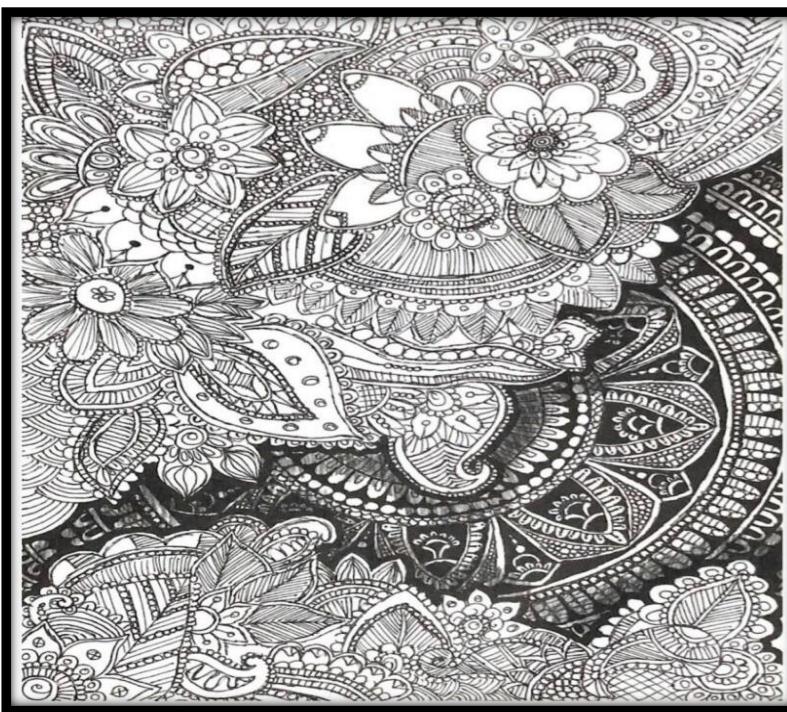
If you think about them a little longer, you will start to feel the impacts of the stress. If you carry your worries with you all day, you will become incapacitated, prohibiting you from doing anything else until you let them go.”

Put down your worries and stressors. Don’t give them your entire attention while your life is passing you by.

The Moral:

Let go of things that are out of your control. Don’t carry your worries around with you everywhere you go, as they will do nothing but bring you down. Put your “glass down” each night and move on from anything that is unnecessarily stressing you out.

Don’t carry this extra weight into the next day.



**S M OMKARESHWARA
CA Foundation**



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CA Inter**

Cf Activities & Wall of Gratitude



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Cf AB Kalam for Kalaam

Please give your name/your parent name with PAN/Aadhar number wherever applicable for record purpose.

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7TH, 8TH & 9TH OCTOBER 2022

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It is about making a difference.



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plastic cup Free Functions

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



Cf - Kalam for Kalaam - WALL of GRATITUDE



September 2022

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Sudhindra M S

Krishnamurty Raju
Sandesh Shetty
Chimmayi C
Ravindra Sajjan

Thank You for bringing about a change in their lives

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75th year of Independent India

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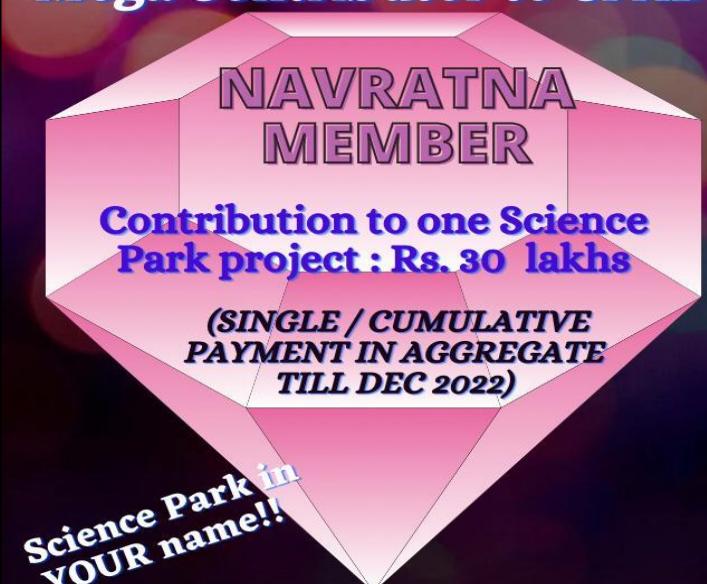
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website: www.capsfoundation.in 98866 83697

Change
is scary,
but
change is
growth

“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



Thanks for reading



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