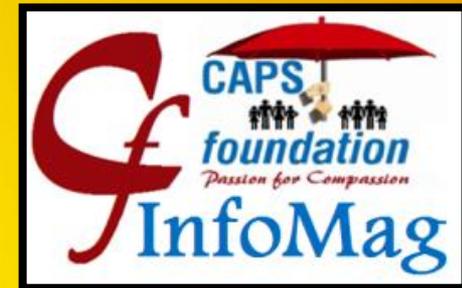


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Cycle to Glory!



From the Editor's Cycle ...

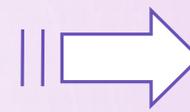
Invention of 'Wheel' was the biggest evolution of mankind and then came a small technical update... Wheel version 2.0 - Popularly called as 'Cycle'!

Remember the last time we rode this wonderful "2-tired vehicle", Was it way back in School?

Cycling, ages back was delightful and good fun. But in the mechanical life we live today, no body has time to enjoy that pleasurable journey. In this era of traffic jams and overpopulated vehicles on road, perhaps cycling is definitely a wonderful option to consider.

I had read recently a catchy paradox "A Father Cycles 20 minutes to save Rs. 20 and son spends Rs. 20 to save 20 Minutes." Both of these statements, interestingly seemed right to me, from each individual's standpoint. While life offers many such ironies and satires, let us not lose the interest one has in their own wishes. We live a life not to impress but to express.

So be it, enjoy reading this issue of Infomag with open thoughts and an inquisitive mind. May the cycle of change begin!



Inside July'14



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EDITORIAL TEAM

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CYCLING

Compiled by Aroona S
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In many countries, the most commonly used vehicle for road transport is a utility bicycle. These have frames with relaxed geometry, protecting the rider from shocks of the road and easing steering at low speeds. Utility bicycles tend to be equipped with accessories such as mudguards, panier racks and lights which extends their usefulness on a daily basis.

Cycling is widely regarded as a very effective and efficient mode of transportation optimal for short to moderate distances. Bicycles provide numerous benefits by comparison with motor vehicles, including the sustained physical exercise necessarily involved in cycling, that cycling involves a reduced consumption of fossil fuels, less air or noise pollution, much reduced traffic congestion, easier parking, greater maneuverability, and access to both roads and peths. The advantages also include reduced financial cost to the user as well as to society at large (negligible damage to roads, less road area required). By fitting bicycle racks on the front of busses, transit agencies can significantly increase the areas they can serve.

*Bicycles are used for recreation at all ages. Bicycle touring, also known as **cyclotourism**, involves touring and exploration or sightseeing by bicycle for leisure. Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout.*

WHY TO CYCLE?

Benefits of Cycling:

- ✓ Cycling is one of the easiest ways to exercise
- ✓ Cycling builds strength and muscle tone
- ✓ Cycling increases muscle tone
- ✓ Cycling builds stamina
- ✓ Cycling improves cardio-vascular fitness
- ✓ Cycling eats up calories
- ✓ Cycling improves heart health
- ✓ Cycling improves coordination
- ✓ Cycling reduces stress
- ✓ Decreased body fat levels

Remember:

- Consult your doctor if you have cardiac problems
- It is merely a base training activity
- Start slowly and increase speed gradually
- Drive Safe and follow traffic rules



ATTAC Series : ATTAC the Fear of Hesitation

SPC-44

*"Satyam Bruyat Priyam Bruyat
Na Bruyat Satyam Apriyam"*

- Sanatana Dharma

hesitation is sometimes
W I S D O M.
Know when to PUSH
& when to PAUSE.

The meaning of this famous Sanskrit verse is - Speak the truth, speak the pleasant, Speak not what is true but unpleasant.

Continuing the last month's SPC, we shall in this article discuss further the impact of hesitation & fear and also find means to overcome it.

No doubt fear & hesitation are viewed as negative forces. However, every aspect has two folds:



A1) Positivity in Fear:

Hitting the bull's eye Veronica Roth in her novel says "Fear doesn't shut you down. It wakes you up". Fear is often construed as a negative trait. But it need not be so. In few situations, fear is a very apt emotion. Being afraid of doing the wrong things is a very important virtue.

Eg : Fear of wrong doing, fear of telling lies, fear of not following the traffic rules etc are very much right & correct.

FEAR?
OR
FAITH?



A2) Negativity in fear:

"We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light". - Plato

Fear is a common emotion. Right from our childhood we are afraid of something or the other, be it as small as cockroach or as big as life exams. If we allow this fear to grow, it will grow like a creeper. It feeds off on our fear and become a hindrance to our growth.

Eg: Fear of telling truth, fear of what others think, fear of exam and not starting to prepare etc.

B1) Positivity in Hesitation:

Hesitation refers to indecisiveness in doing something. Being hesitant at times is necessary. To illustrate, let's say that we don't have complete information about something that is being discussed. It is better to be quiet and not speak just for the sake of speaking. It is said *"It is better to keep silent and be thought a fool than to speak and remove all doubts"*. Or it may be the situation which demands you to speak cautiously. For example, when elders are speaking about some important matters, it is not advised to speak abruptly and in a very loud fashion. We should analyze what will happen and then decide if it is actually necessary to speak out.



B2) Negativity in hesitation:

Every coin has a flip side. Sometimes it is good to hesitate, but there will be situations when it is required to speak out or act upon something. And not doing so shows how weak minded and unassertive we are. Suppression of fact is a lie. Let us suppose we are an audience to some grave injustice being done and if we hesitate to speak out against that wrong doer thinking that it may affect us, it is not the right attitude. *"There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest"*.

How to overcome hesitation:

"Overcoming hesitation and fear may definitely be difficult but certainly not impossible". Here are few points which are worth for consideration:

- ✓ Get comfortable with your negatives
- ✓ Don't give time, attention or energy to fear
- ✓ Nobody is rooting for you to fail.
- ✓ Revisit your victories
- ✓ Ask your family or friends for encouragement
- ✓ Just because you don't like where you have to start from doesn't mean you shouldn't get started.
- ✓ Visualize to be great



SPC Message:

"Anyone can be positive when things are going right; it's when things are at their lowest that our determination and integrity are tested". - Anonymous

FIFA WORLD CUP



The football fever has finally ended! Brazil 2014- The Most Expensive World Cup Ever! Germany has triumphed 1-0 over Argentina in the final, to take home the trophy that has been sitting tantalizingly close within reach on the sidelines. After a thrilling game ended with a 0-0 score, sending the teams into overtime, Germany's Mario Goetze managed to score to win the 2014 World Cup title for the team. It was indeed epic!

This was the First World Cup Ever with goal-Line technology -14 cameras were set up around the rim of each host stadium. 7 of these cameras will focus on 1 goal, while the other 7 will focus on the opposite goal. They were connected to a central mainframe computer which analysed each shot on the goal. When the match ball crossed the goal line, the referee will feel a vibration and receive a visual sign stating: "Goal". How did he feel the vibration and see "Goal"? Simple, by wearing a special watch connected to the mainframe computer. Amazing right?



The following awards were given away to the players:

- The best player and the most expensive player Lionel Messi was given the "GOLDEN FOOTBALL".
- James Rodriguez, the top goal scorer was given the "GOLDEN BOOT".
- "GOLDEN GLOVE" was awarded to Manuel Neuer., the best goal keeper.
- Paul Pogba emerged as the Best Young Player.
- Columbia was awarded the FIFA Fair play trophy.

Source- Wikipedia

Call for articles to be featured in Cf Infomag

Cf Infomag, for a while now, has been theme based..making you connect with various aspects of life. We thought why not bring in some more excitement by declaring the theme in advance! So here we are with the themes for the next three months.



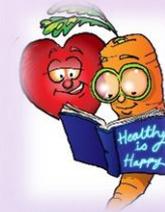
**August
"Pets"**

A friend indeed !



**September
"Cooking"**

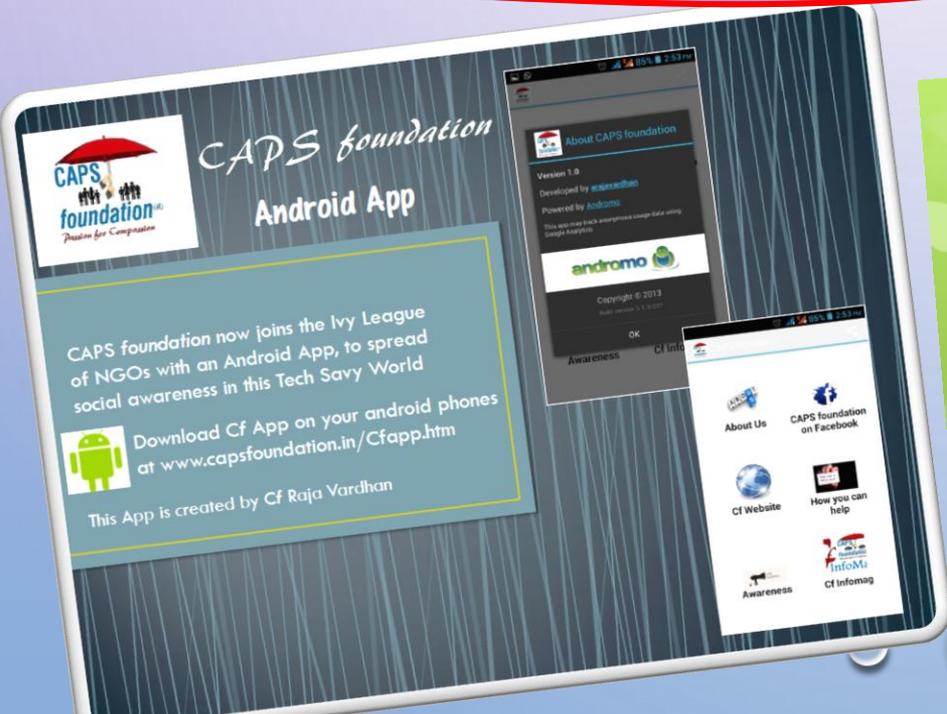
A wonderful pass time at home!



**October
"Health"**

A wealth indeed...!

Send in your theme based articles to infomag@capsfoundation.in. The articles may be anywhere between 200 and 300 words accompanied by a simple declaration from the author about the originality. Get set & get noticed...!



KNOWLEDGE SHARING !!!

App of the month: Hike

Hike Messenger is a cross-platform instant messaging mobile application. Apart from text messages, hike users can exchange stickers, video & audio media messages, documents (all type of documents supported). It also enables users to send free SMS in India to those who don't have hike installed.



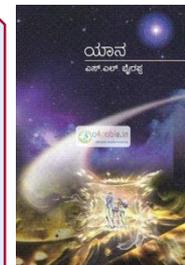
Word of the month: Pluviophile

A lover of rain; someone who finds joy And peace of mind during rainy days

Book of the month:

Yaana by Mr. S L Bhyrappa

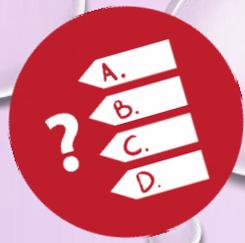
Yaana means journey. Yaana has an unconventional theme. The 291-page novel deals with the transformation of human moral values when astronauts undertake a journey beyond the solar system.



Vegetable of the month : Corn

- Eating corn may help lower blood pressure.
- It can help you fight against cell damaging free radicals, and decreases the risk of heart disease and cancer.
- Corn is a better source of antioxidants than wheat, rice or oats.
- Corn contains carotenoids that are especially good for the eyes and helps protect us from developing chronic eye diseases such as macular degeneration and cataracts.
- It is a good source of fiber.
- Corn is a good source of ferulic acid. Ferulic acid plays vital role in preventing aging, and inflammation in humans.
- Sweet corn contains high levels of thiamine. Thiamine produces acetylcholine that is essential for maintenance of memory capabilities.





SQC-18

Shetty Sir's Quiz Corner

1. IND AS will be mandatorily applicable to all Indian Companies from Financial Year _____. 
2. Air conditioned contract carriages for transportation of passengers is exempt from Service tax even in the Finance Bill 2014. True or False?
3. Can a certified cost accountant from ICAI be appointed as an internal auditor under Companies Act 2013?
4. Who was the first woman to qualify as a Chartered Accountant? 
5. In which month of the year is the 'Tarnetar Mela' held in India?

Answers to SQC-17

1. New Delhi
2. China
3. 470
4. Narendra Modi
5. True

Mail us your answers to
infomag@capsfoundation.in

Thought to be taught...



Work hard in silence.
Let success do the noise.