

CAPS foundation INFOMAG

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IT'S NOW!



Editorial Note

I have a "thing" for watches; I collect them as a hobby besides using them for their true purpose of showing the time. My fleet of collection range from classic hand winding watches to whacky digital ones. One fine evening, I fell in love with a rather expensive Giordano crystal watch and I blindly swipped my card to lay my hands on it. The next morning, after completing a fulfilling round of boasting off with my colleagues, I logged into Yahoo! News and was taken back to read an article titled "Time doesn't exist"!

Surprised? So was the world when Albert Einstein came up with his famous theory of relativity. The possibility that time may not exist is known among physicists as the "problem of time."

If time doesn't exist why do we crib saying that 24 hours is not enough and most importantly spend loads of money to buy shiny crystal watches? The answer to this is as complicated as the CA examination system.

Cf Infomag January'14 edition makes an attempt to demystify the concept of time and its cruel realities.

I'll conclude the editorial note by leaving the readers to ponder upon a quote from Chetan Bhagat, before flipping through the pages of Cf Infomag - "Life is not to be taken seriously, as we are really temporary here. We are like a pre-paid card with limited validity. If we are lucky, we may last another 50 years. And 50 years is just 2,500 weekends. Do we really need to get so worked up? It's ok, bunk a few classes, goof up a few interviews, fall in love. We are people, not programmed devices".



CRAPS foundation...

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HOW TO BEAT PROCRASTINATION?

By: Vijay Kumar C.A.
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We all have procrastinated at some time in our lives. I know I have, only to have regretted it later.

Suppose there is a bank that credits your account each morning with Rs. 24,000 and at night, it deletes whatever remains unused. What would you do? Draw out every rupee, of course! Each one of us has such a bank. It is called time. Every night, it writes off whatever you have failed to invest.

The habit of procrastination fatigues you more than the effort it takes to complete the task. A completed task is fulfilling and energizing; an incomplete task drains your energy. We all know that procrastination is the thief of time. If you like to play the police officer and catch this thief, here is a blueprint:



Prepare

- Acquire necessary study materials, stationery and the study plan blueprint. Intend to focus the mind on studies. Plan your route, even if it is a rough sketch of what is to be done.

Study goals

- Split the large goals into manageable, immediate ones. A small goal that can be accomplished in 1 hour and which will be a contribution to a larger goal is a good stick to beat procrastination with.

Imagine the pain

- Procrastination robs you of the joy of success. It steals your self-confidence. The next time you feel the itch to postpone, visualize the time you last did and of the grief that followed. Decide what is more important; Understanding and revising section 9 of the Income Tax Act or watching those ODI's on the telly or Facebooking? Better to focus more of your face on the books than on the Facebook!

Reward yourself

- Tell yourself that you would reward yourself with a treat upon finishing one immediate goal. Think of how good it will be if you can strike off Deemed income from the goal list. Imagine these and you will not procrastinate reading the subjects.

When people say I will do it 'one of these days' you can be sure it means 'none of these days'. Make a list of all the time wasters in your life that are sucking away your productivity. Focus on things that are really important to achieve your dreams. The minute lost is gone forever. Procrastination leads to negative attitude. Forget the mistakes of the past and press on to the greater achievements of the future. Give everyone a smile. Spend so much time improving yourself that you have no time to feel bad. If we utilize the present to the fullest, we are sowing the seeds for a better future. If you want to build a positive attitude, learn the phrase 'do it now'. (Compiled from: Advantage CA by Pattabi Ram, You can win by Shiv Khera and Cf Infomag-SPC Aug13)



TIME, THE IMMEASURABLE YET POWERFUL

Compiled by Cf Poornima C.Shetty
Email: fullchandras@gmail.com

There is a saying "Time and tide waits for none". The saying is indeed true. Time comes and goes, waits for none. It cannot be bound. Neither money nor position can buy it. Nothing on earth can subdue or conquer it.

The most remarkable feature of time is its preciousness. Its value is immeasurable and its power is enormous. Its potential is something which we cannot calculate. A minute is enough to win a victory. A second is enough to make you the richest man in the world. A fraction of a second can make a difference between life and death.

Every moment brings with it thousands of golden opportunities. Every minute is a store-house of 'chances'. Therefore, we must not allow such precious time to slip away. If we do so, we allow those golden opportunities and chances to slip away too.

As we go through life, we realise for ourselves that, if there is anything in the world which will never come back, then it is time. Once time crosses into the porch of the past, it never again returns to the 'present'. Those who have realised this basic truth of life, never allow time to pass away idle. To utilise time fruitfully, we must take concrete steps as to how we are going to use it and what we are going to do with it.

Until and unless we set up a time-table for ourselves and make a general division of time for the various tasks and jobs at our hand, time will keep slipping away with its golden opportunities without being seen. Unplanned living is the surest way to kill time. The time management skills and disciplines that you develop as a student can help you for the rest of your life.

Those individuals, who plan beforehand, rarely fail. They are able to start their work on time and are able to complete it in time. Having worked out every minute of the allotted time, they do not hurry.

SPC 38

ATTAC Series : *Attitude in Action*

"Your attitude, not your aptitude, determines your altitude" – Zig Ziglar

A thought was lingering for quite a period of time in my mind whether attitude matters or the action. After pondering on it for a while, I came to a conclusion that it is not an easy thought to be finalized in one shot.

Therefore, I decided to dig into the thought to the maximum extent possible. The result of the same is the ATTAC series.

ATTAC = ATTitude + ACtion

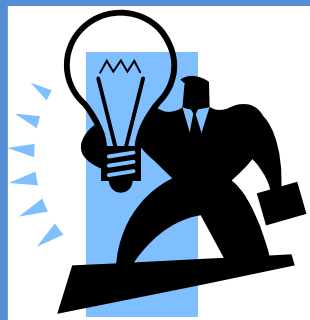
‘Attitude’ is the psychological response to a person, an object, a situation, society and life itself that generally influences our behaviour and action. The term ‘Action’ means the fact or process of doing something, typically to achieve an aim.

Our attitude is like a box of crayons that colour our world. The brightness or the dullness of the picture called ‘life’ depends on the colour we choose.

Action speaks louder than words. No matter how positive our attitude is, we taste success only when right attitude is teamed up with right actions.

Let us analyze how the attitude and action works.





When a job is assigned to Mr. APLASMAN, the immediate answer is:



Ok Sir, I will do it
(X)

No Sir, I can't do it
(Y)

He actually does it
(X1)

He doesn't do it
(X2)

He is shirking the
responsibility (Y1)

He has a genuine
reason (Y1)

For a genuine
cause (X21)

He has a habit of
accepting but not
doing it (X22)

It is beyond his
capacity (Y21)

He is preoccupied
(Y22)

X leading to X1 – Fantastic

X leading to X21 – Understandable

X leading to X22 – Disastrous and X22 makes X meaningless

Y leading to Y1 (i.e., Y11 or Y12) – Acceptable

Y leading to Y2 – Unacceptable

As Earl Nightingale rightly quoted, "Our attitude towards others determines their attitude towards us". It is our attitude which draws people to us or repels them. It governs the way we perceive the world and the way the world perceives us. The behavior of a person affects our attitude towards them. Attitudes can bias or even change people's perceptions of attitude. For example, if a person is mean, selfish and self obsessed with few regards; no matter how much good he is in all other aspects, he is always perceived as an anti-hero. We tend to focus attention on some particular characteristics that are consistent with those attitudes.



SPC Message -

"A bad attitude is like flat tyre. If you don't change it, you will go nowhere"

–Anonymous.

What my Grandma told Me..!

Let go of your Stresses !

Compiled by Cf Poornima C.Shetty
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A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired: "How heavy is this glass of water?"

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything."

It's important to remember to let go of your stresses. As early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Remember to put the glass down!





Planning and proper implementation of that always brings in success. Those who plan their living and activities seldom face mental tensions and worries. A careful glance into the life history of successful men and women all over the world will reveal the basic truth that success is the outcome of planned utilisation of time.

The paradox of our time in history is that we have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints. We spend more, but have less; we buy more, but enjoy it less. We have bigger houses and smaller families; more conveniences, but less time. We have more degrees but less sense; more knowledge, but less judgment; more experts, yet more problems; more medicine, but less wellness.

Therefore, if we want to succeed in life we ought to chalk out what we are going to do with the minutes, hours, days, months and years at our disposal.

This is the first step to success. Secondly, work must never be deferred; tomorrow' may never turn up. We can only be sure of the present' which is in our hands. Deferment and sluggishness are the ropes which asphyxiate time. Thus, time can create us or destroy us. It all depends on how we utilise time.

Remember; spend some time with your loved ones, because they are not going to be around forever.
Remember to say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember to hold hands and cherish the moment for someday that person will not be there again.
Give time to love, give time to speak, and give time to share the precious thoughts in your mind.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Simple tricks to :

Build a good study mood!

By: Vijay Kumar C.A.
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It's wonderful to have a good study mood to achieve the desired results. Here are few quick tips, their specialty being that they all talk about time!

1. **Laugh for 5 minutes in the mirror each morning.** Many successful people do. Laughter awakens many beneficial chemicals in the body and creates a balance. An average 4 year old laughs 500 times a day and an average adult is lucky to laugh 15 times a day. We need to revitalize this power.
2. **Swim.** It is less stressful on the body and energizes effectively in little time.
3. **If you work in an AC room, must drink water every one hour.** It prevents dehydration which otherwise silently harms you.
4. **Do 50-100 sit-ups a day and do not break this habit.** Strong abdominal muscles are very helpful in ensuring good health and avoid any injury. Also helps maintain appearance and confidence levels. Needless to say, all of us know the benefits of exercising 30 minutes every day.
5. **Don't subscribe to the 'earphones fashion'.** The Apple i-phone manual says that you have to take off the earphones for 2 minutes after every 5 minutes of music play. I am sure none comply with it. It's advisable to spend less time on music with earphone plugged in. Buy quality earphones and mercilessly stay away from cheap earphones.
6. **Come out of the Facebook addiction.** Is it necessary? No it's not. Not to the extent of crossing the road unmindful of the signal, not to the extent of ignoring the family members on the dinner table, and not to relax at the team meetings. Internet is useful only when you use it to research something or save your time and efforts. Web-surfing drains mental energy- how many times you have felt a sort of hangover after browsing the net for sometime? I am sure, every time!
7. **About 83% of our sensory inputs come from the EYES.** Staring at the mobile screen for long minutes harms your eyes. Use when the lights are on and strictly avoid before sleep.



Excel Tips : AND

By Cf B N Mohan Kumar
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What Does It Do?

This function tests two or more conditions to see if they are all true and normally the AND(..) function would be used in conjunction with a function such as =IF(..).

Syntax

=AND (Test1, Test2) and there can be up to 30 possible tests.

	A	B	C	D	E	F	G	H	I	J
15										
16		Name	Maths	English	Physics	Passed				
17		Alan	80	75	85	TRUE				
18		Bob	50	30	40	FALSE				
19		Carol	60	70	50	FALSE				
20		David	90	85	95	TRUE				
21		Eric	20	30	Absent	FALSE				
22		Fred	40	60	80	FALSE				
23		Gail	10	90	80	FALSE				
24		Harry	80	70	60	TRUE				
25		Ian	30	10	20	FALSE				
26		Janice	10	20	30	FALSE				
27										
28		=AND(C38>=AVERAGE(\$C\$29:\$C\$38),D38>=AVERAGE(\$D\$29:\$D\$38),E38>=AVERAGE(\$E\$29:\$E\$38))								
29										
30		Averages	47	54	60					

See example above

The following example shows a list of examination results. The teacher wants to find the students who have scored above average in all the three exams. AND (..) function has been used to test that each student score is above the average and the result of TRUE is shown for the students who have scored above average in all three exams and result of FALSE is shown for the other students.

By Srihari B.
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Now time sees you



“Tick tick tick tickBaruthide Kaala!!

Yechharike..Manava Yechharike!!!”

(Eng.Translation:..Tick tick tick..Time is coming!

Watch out Man, Watch Out”!!)

Yes Friends!! Time is coming! Neither you nor I have the power of A Hercules or Thor to stop it!! Time is indeed a mysterious devise without which our way of life is meaningless. Whatever we do, wherever we go, one thing that remains eternal in the process of things is time! That’s why people also say “Time is the best healer!”

We must be good in **“Time Management”**!! The message is loud and clear!! We have got this drilled on to our brains by our parents, teachers, relatives, friends and latest our ever fumbling bosses too!! But as expected we have always thought about us one step ahead than them and ignored their advice just like any other boring advice!!

Let me tell you why some of us are worst of the Time managers!

During the course of the day, our thought process runs constantly nonstop like a clock which says us so nicely regarding our dreams, our desires our wishes and so on. But suddenly a stumbling block comes!!

What is that?.....It is a simple saying **“I am not finding time”**! Literally for every single piece of work we do, or for every single excuse we give for failure from our apart we give this reason.

I clearly feel every one of us are in some sort of a wrong Illusion that, they are like struggling discoverers who are every time on search of something called “Time”! Friends...we do not know that, Time is something like an asset that is already in our hands which we are not making use of properly. It is not that you find time for something to do, it is that **“you make time for something to do”**!! We must make time for everything! In this fast and competitive world we got to be multi tasking. Actually if you analyze yourself regarding how much time you can make, you shockingly get a realization that you have time aplenty for many of your works!

Remember one thing, in life, if you can be a good time manager, you can be a good manager in anything under the Sun!!

Cf Update



Cf Vidhyabhivruddhi (Kushalnagar)

Project contributing books, benches, desks, computers, sports equipment, etc., to 12 rural schools in Kushalnagar. Its been among the most majestic projects by us so far.

We had our Cf outing after the project and had a gala time enjoying the scenic beauty of Coorg, the coffee estate, river rafting, etc.

All in all, a part of among our unforgettable memories. The pictures say it all!



REFLECTIONS THOUGHT

Often it seems like *time* is nothing more than a big lie that has been deceiving us since forever.

Give this a thought.

What is time? The clock, a machine that we have created to measure

something that does not have an identity of itself?

Or simply an *idea* that distinguishes the present from the past and future?

Or is it merely an *illusion* that we have created and drowned ourselves in.

Is there really something that is passing by?

I wonder.

By Akash Gadiya
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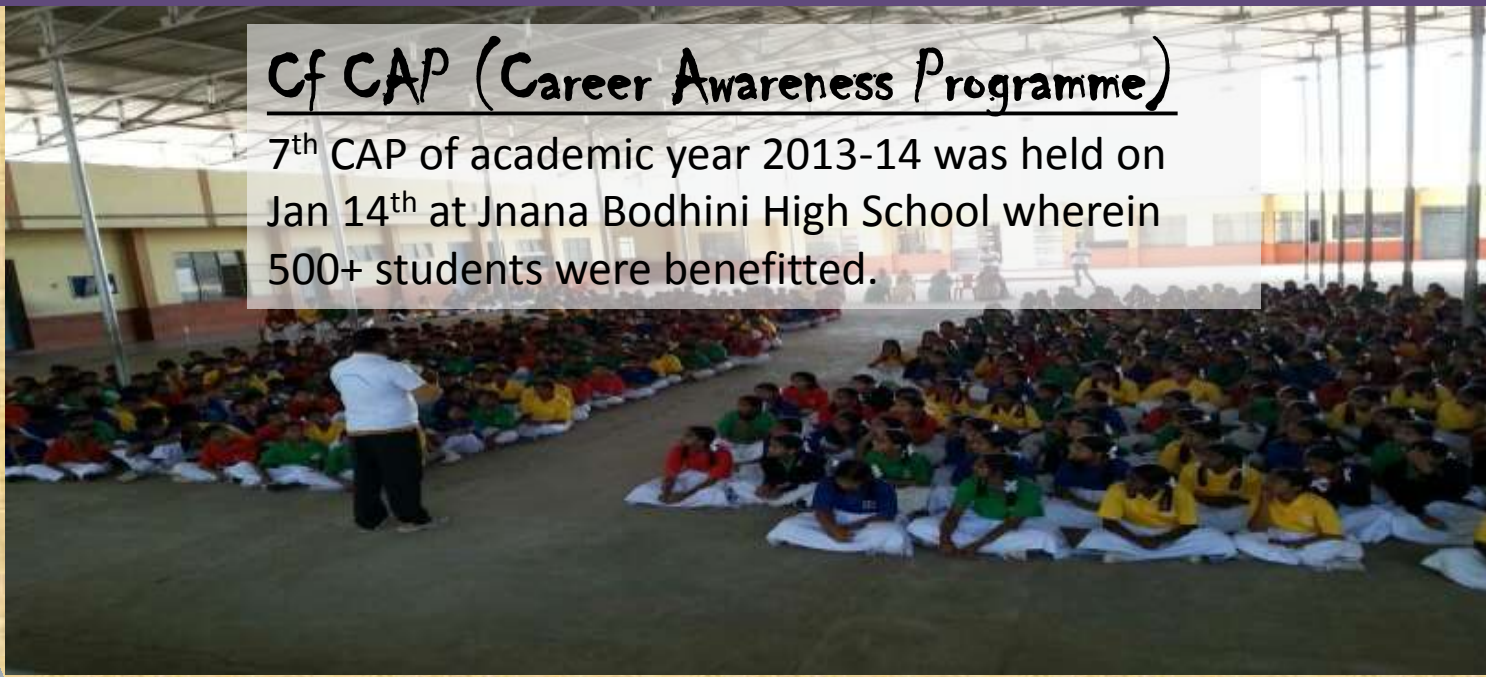
Reflections
akashgadiya.com



ef update

Cf CAP (Career Awareness Programme)

7th CAP of academic year 2013-14 was held on Jan 14th at Jnana Bodhini High School wherein 500+ students were benefitted.



SLC 10

"Communication – the human connection – is the key to personal and career success." – Paul J. Meyer

The year started with a lot of activities for Cf. SLC 10 was held on 4th and 5th Jan.

Yes, we had a lot of fun with learning...improving our communication skills, inturn benefitting many to-be-CAs.



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.



**February
"Games"**

All work and no play.....



**March
"Gardening"**

**The best past time when
were kids!**



**April
"Rain"**

**Rain makes everything
beautiful!**



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...!



Hack YOUR time !!

By Cf Raja Vardhan
Email: a.rajvardhan@gmail.com

Falling short of time all the time? Try “Time Hacking”???

Hack Time

Level 1

Cycling to office, sitting facing the back to driver while having a two wheeler ride, boxing in a ring, making grape juice with your feet and jumping into a cold pool of water in the middle of winter. These were just a few activities part of a quirky time hack.

Why to do this?

We’ve come across popular Albert Einstein quote on his theory of relativity “Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. That's relativity.” Well, *Theory of Relativity* suggests that when people engage in new activities time seems to slow down.

To know if this is actually the case, put yourself a challenge each day and try something new and unusual.

It’s not a surprise to find that time actually slows down !

We can conclude from the exercise that “For generations, mothers have advised their children not sit around and let life pass them by. The Time Hack was an effort to confront the time- Do more and your perception of life will change for the better. Get out the house and experience the world first-hand, put yourself in unusual and uncomfortable situations.” And question yourself every single day “When was the last time I did something for the first time ?” and start thinking on how to answer the question.



And before you start thinking hang on a minute, there are only 24 hours in a day, 60 minutes in an hour and you can’t change time! I suggest to distinguish time into 2 types: Physical time & Psychological time.

Physical time is the actual amount of time we have in our lives (i.e. 24 hours in a day) and this will never change.





Whereas psychological time is our perception of how long something takes. Several studies show that you can extend your perception of time in a number of ways such as engaging in new experiences. It's easy to understand the psychology of how your perception of time can be slowed down by thinking back to a time when you hurt yourself or experiencing pain. Perhaps just think you twisted your leg just like my dear friend Abhilash. Don't you feel like time stood still or dragged? Most likely.

When you're in pain you perceive time to be longer than it actually is. You focus on the pain and devote greater attention on what's happening here and now. In other words, you're more mindful. That's why everything seems to slow down.

The good news is that hurting yourself isn't the only way to expand your sense of psychological time. I've outlined a few other healthier and less painful ways below.

Do new things



There's really no reason why you can't try something new and different each day. The only thing stopping you is your imagination. Question yourself:

"What can I do differently today?"

There is infinite number of possibilities: cook something different for dinner, take a different route to Office, have a conversation with someone you usually wouldn't, etc. You don't even need much money to do most of these things.





Be in the moment

Do you often find yourself thinking about the future or the past? Or perhaps you find that you frequently break or spill things because you weren't paying full attention or were thinking about something else? Do you tend to forget a person's name as soon as you've been told it?

If you answered yes to any of above questions like I have, consider that most of the time you're not in the present moment. You may be living life on auto pilot, which means you experience life in a mindless and rushed way.

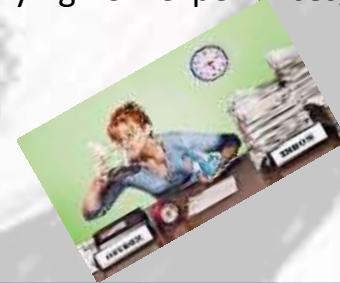
If you're sick of experiencing life like this, you may want to take up mindfulness training. Mindfulness is defined as being aware of what is going on around you (internally and externally) in the present moment in a non judgmental way.

One possible benefit of being present-focused is that thinking about the present moment is the future slows down the passage of time, allowing people to feel less rushed and hurried.

Breathe Deeply

It's firmly established that breathing deeply can help us to de-stress, but recently it's also been shown that it can help us to expand our time.

So next time you find yourself feeling stressed out and rushed, remember that you have a choice in the matter. You can extend your perception of time through using a range of simple strategies: trying new experiences, breathing deeply and by being in the here and now.





Cf Photo Article

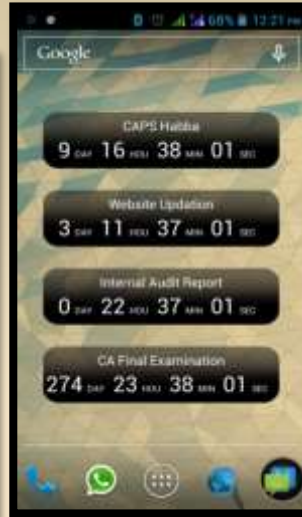
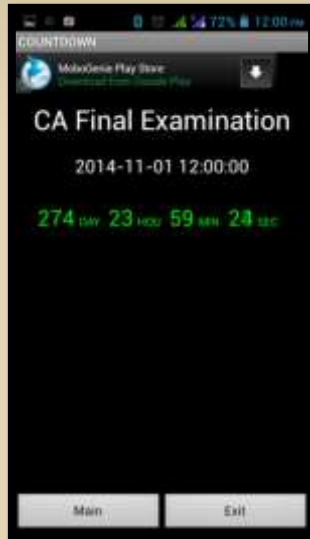
By Cf Raja Vardhan
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KNOWLEDGE SHARING !!!

By Cf Raja Vardhan
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App of the month: COUNTDOWN

This app helps you keep aware of the events you have been waiting & tasks you are working. The countdown is customizable, one can see the countdown in varied time variants like years, months, weeks, days, hours and even seconds. This app comes with a handy widget too. Being Colorful and of small size are the +ve's.



Veg of the month : OLIVES

Who does not like olives on pizzas, pies, sandwiches, salads, sandwiches or alone, so this time it takes the pleasure of eating to get to know the properties that they bring to our body, such as goodness of nature.

Whenever you have the opportunity to eat olives, a moderate dose will always be healthy, but depending on quantity and not in excess.

- The need to stimulate the digestive system. But beware; all the excesses are bad, especially if you suffer from hypertension or obesity.
- Eliminates excess cholesterol in the blood.
- Control blood pressure.
- Source of dietary fiber as an alternative to fruits and vegetables.
- Vitamin E, which in turn provides that:
 - Because it acts as an antioxidant, protecting cells by reducing the degenerative diseases like Alzheimer's, benign and malignant tumors, including less serious varicose veins and cavities,
 - Because it prevents blood clots that could lead to a myocardial infarction or deep vein thrombosis (DVT)
 - Because it protects cell membranes against diseases like cancer
 - It is a good protection against anemia,
 - Because it enhances fertility and reproductive system
 - Because it plays an important role in maintaining healthy immune system, especially during oxidative stress and chronic viral diseases

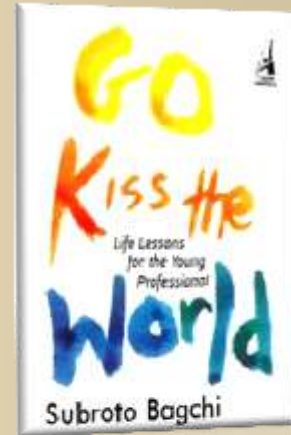
Word of the month: Trashion

Blend of 'trash' and 'fashion'.
Fashionable items created from old, used and recycled elements.



Book of the month: Go Kiss the World

'Go kiss the world' were, Subroto Bagchi's blind mother's last words to him. These words became the guiding principle of his life. The book has a remarkable story of courage, integrity and enterprise. It makes a wonderful reading for people of any age group. It has suggests of wisdom and honesty to shine through.



Shetty Sir's Quiz Corner

Mail us your answers by 20th February
2014 to infomag@capsfoundation.in

SQC -
12

1. What is the dividend distribution tax payable by Indian Company if it declares dividend of
 - (a) Rs.2 Crore
 - (b) Rs.12 Crore
2. What is the main objective behind RBI's move of withdrawing all pre 2005 currency notes?
3. If 1 = 5, 2 = 10, 3 = 15, 4 = 20, what is 5 =?
4. The impact of hazard associated with comets and asteroids are measured using _____
5. Which is longest poem written?

Answers to SQC - 11

- 1.17
- 2.115% of cost
- 3.Kalanidhi Maran of Sun TV Network
- 4.Grant Thornton
- 5.2009



Thought to be taught...

Once upon a time,

Give time some time...

