

CAPS foundation
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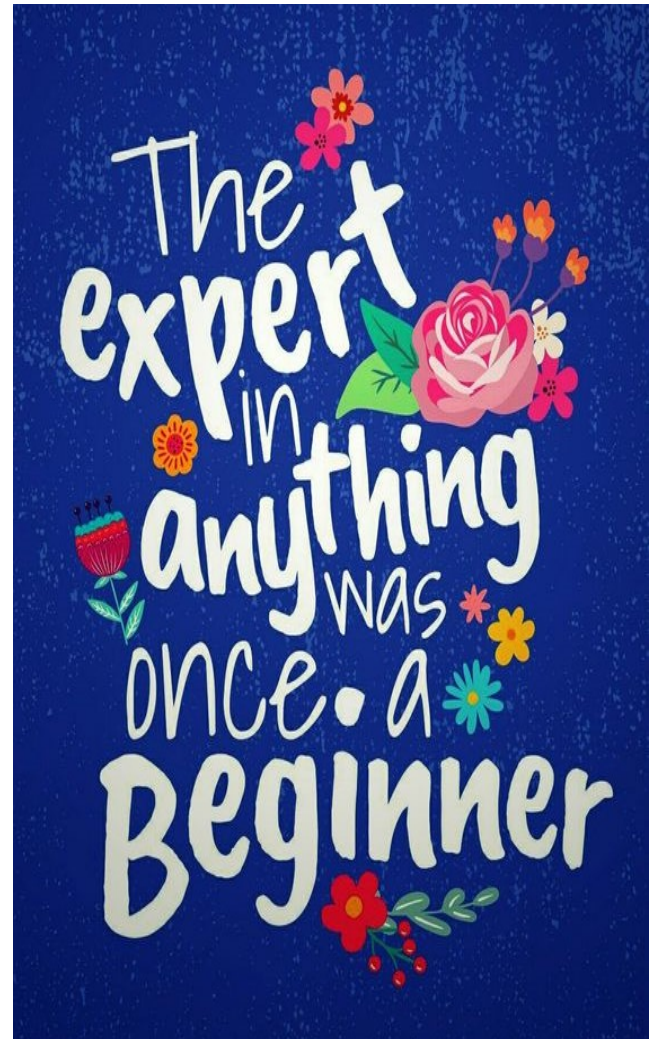
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PV Sindhu was born on July 5, 1995, in Hyderabad to PV Ramana (Father) and P Vijaya (Mother). Her parents have been the volleyball players at the national level. Sindhu's father was a member of the team that won the bronze medal in the 1986 Seoul Asian Games

PV Sindhu did her schooling at Auxilium High School, Hyderabad and at St. Ann's College for Women, Hyderabad. Pullela Gopichand, 2001 All England Open Badminton Champion became Sindhu's inspiration to choose badminton as her career.

Sindhu at the age of eight started playing badminton. In the guidance of Mehboob Ali, she started learning the basics of badminton at the badminton courts of Indian Railway Institute of Signal Engineering and Telecommunications in Secunderabad. She travelled a distance of 56 km every day from her residence to the badminton courts to learn and practice the sport.

In 2011, Sindhu won Maldives International Challenge in June and the Indonesia International Challenge in July. At Swiss International, Sindhu won the Finals beating Carola Bott. She won the India International badminton event in 2011. PV Sindhu makes history by winning two consecutive Olympic medals by winning bronze at the Tokyo Olympics.



Bliss Series: Pandemic/ No Pandemic be Happy

*"We are what our thoughts have made us; so, take care about what you think.
Words are secondary. Thoughts live; they travel far."*

-Swami Vivekananda

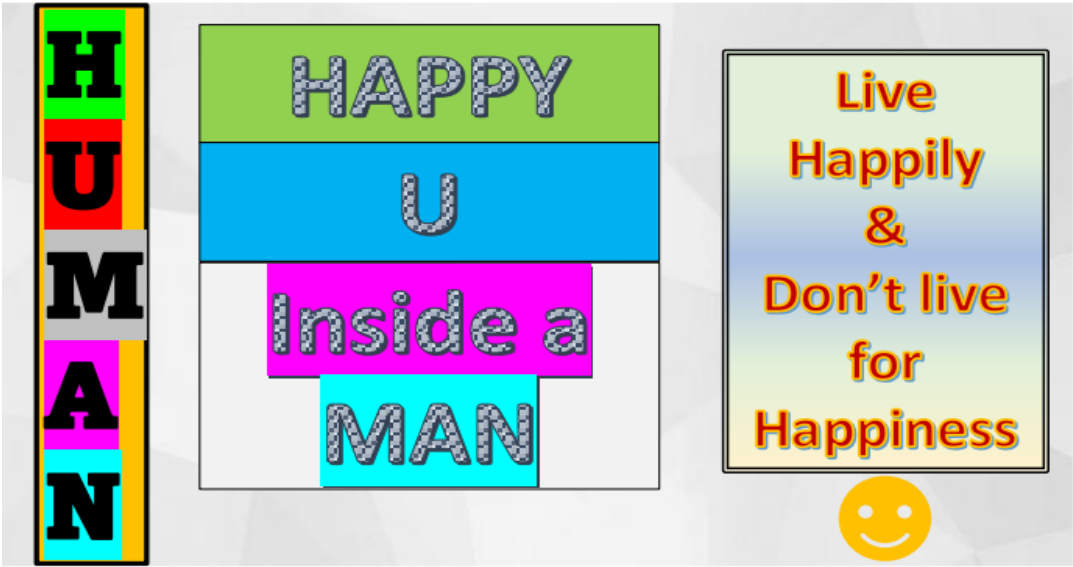
Body, mind, and soul of a human being is ultimately controlled by his thinking. The physics theorists opine that even a Vacuum contains cosmic dust. It means there is no concept of nothing anywhere. Similarly, mind must be filled with certain thoughts, it leads to awakened stage.

Most of us try to reduce negative thoughts; rather we should fill the mind with positive thoughts. No doubt the '**state of thoughtlessness**' is ultimate bliss; it is desirable but rarely attainable.

To achieve positivity in life, change the perspective of life. It can be easily achieved through 'replace theory', i.e., Replace:

- Problems with **Challenges**
- Hurdles with **Opportunities**
- Tension with **Pressure**
- Scarcity of one with **Abundance of other**
- Boredom with **Happiness**
- Can I? with **I Can**

Also remember the great saying of Dalai Lama:
"Happiness is not ready made. It comes from your own actions". – Dalai Lama



Click here for more!



When you open your eyes,
To the bright sunshine,
Or your loved one by your side,
There is someone by the shrine,
Praying with tears in eyes,
For their loved at the border side!

Military green,
Crossing borders and streams,
A challenging dream,
With the one strong team,
Is all we can stream!

But what we don't stream is,
The training, hardships and mass
The tears at separation pass,
The hugs that feels like the last,
At every pass with a new cast,
Sleepless nights with memories of
past!

And still,
With every tear they shed,
With heads held high they pledge,
To protect and provide us the shed,
And stand at borders as hedge,
Between the war and our shed!

A 21 gun salute to the real heros!
Who live for us to live!

Never forget:
Today we breathe,
Tomorrow we may not!
Be grateful for every minute you
breathe,
For there is someone living theirs
through yours!

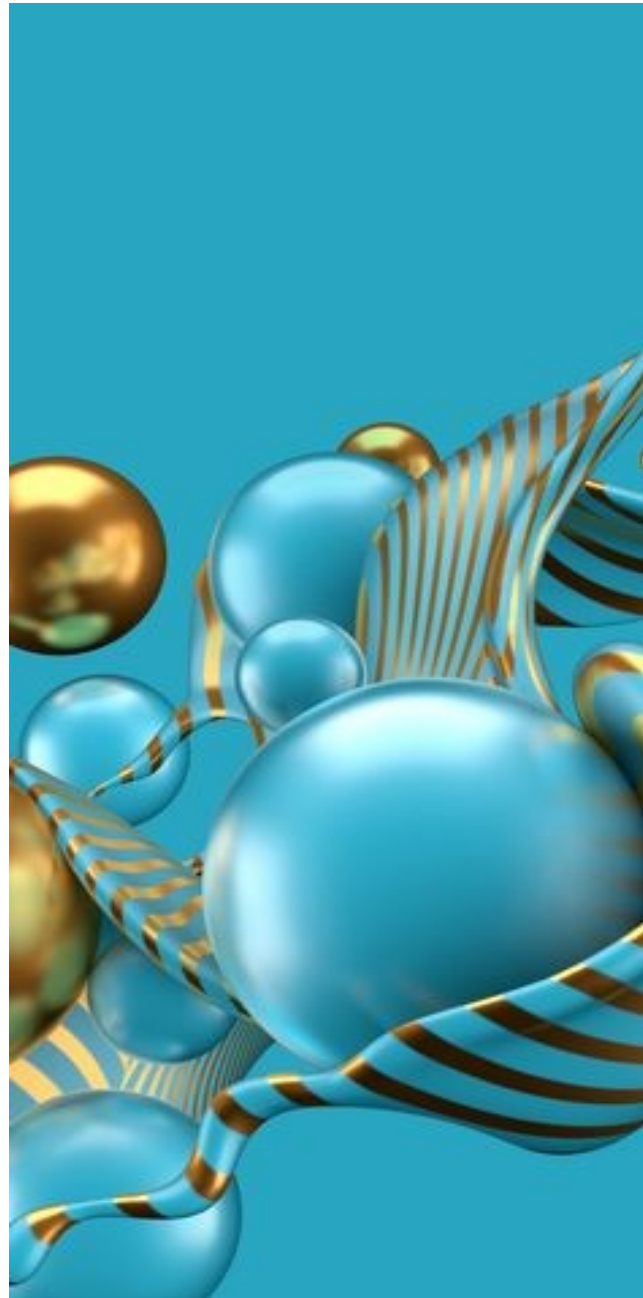
@sukanya_t
#75thIndependenceDay

Cf 49th Shetty Sir's Quiz Corner

1. Name India's internal intelligence agency_____
2. Which kind of Mathematics does computer use in its operations?
3. Only woman Indian athlete to win two consecutive Olympics medal is _____.
4. This seeks to consolidate the law relating to all direct taxes_____.
5. Name the present Chief Minister of Karnataka_____.

Submit

*Click here to give
the answers &
suggestions*



SQC-June 2021

1. In case of Non-Government company, on failure of board to appoint first auditor, members shall appoint such auditor within **90 days** at an EGM.
2. Amount spent for major repair of the asset to increase its productive capacity is capital in nature. . **True/ False.**
3. Listed company should have at least **one** women director(s)
4. Name the area of trading floor, designated for the buying and selling of a particular type of security through the open outcry system: **Pit**
5. Name the Indian weightlifter who bagged the country's first medal by winning a silver medal at the ongoing Tokyo Olympics: **Mirabai Chanu**

1. Book of the month- The Decision Model by Mikael Krogerus

The Decision Book is a combination of 50 models put together into a book to take your decision-making process to a whole new level. They are all given by different scientists or psychologists and help you to take better decisions. It tells you how you can improve yourself, understand yourself and also, analyse everything around and inside you.

2. Word of the month: Conundrum

Conundrum refers to a confusing and difficult problem or question
"One of the most difficult conundrums for the experts"

3. Word of the month: Bulk whatsapp messages using VBA

4. Quite Interesting: Wrigley's Double mint chewing gum

Wrigley's was originally a soap company that gifted baking powder with their soap. The baking powder became more popular than the soap so they switched to selling baking powder with chewing gum as a gift. The gum became more popular than the baking powder so the company switched to selling gum.

5. Gita For Life-Chapter 1 Arjuna Vishaadha Yoga(Verse 12)

तस्य सञ्जनयन्हर्षं कुरुवृद्धः पितामहः ।

सिंहनादं विनद्योच्चैः शङ्खं दध्मौ प्रतापवान् ॥ 12॥

tasya sañjanayan harṣhaṁ kuru-vṛiddhaḥ pitāmahaḥ

simha-nādaṁ vinadyochchaiḥ śhaṅkhaṁ dadhmau pratāpavān

Then, the grand old man of the Kuru dynasty, the glorious patriarch Bheeshma, roared like a lion, and blew his conch shell very loudly, giving joy to Duryodhan.

6. Mankuthimmana Kagga-6

ಒಗಟೆಯೇನೀ ಸೃಷ್ಟಿ? ಬಾಳಿನರ್ಥವದೇನು? |ಬಗೆದು ಬಿಡಿಸುವರಾರು ಸೊಜಿಗವನಿದನು? ||ಜಗವ
ನಿರವಿಸಿದ ಕೈಯೊಂದಾದೊಡೇಕಿಂತು |ಬಗೆಬಗೆಯ ಜೀವಗತಿ? - ಮಂಕುತಿಮ್ಮ || ೬ ||

Is this world a mere riddle? What is the reason for living? Who will decipher this wonder? If a single hand created this world, then why is there so much diversity in life? – Mankutimma

7. सुभाषित

यथा धेनु सहस्रेषु वत्सो विन्दति मातरं ।
तथा पूर्वं कृतं कर्म कर्तरमनुघृच्छतिः॥

A cow reaches its calf among thousands of cattle, the ramifications of one's actions reach thyself the same way. There is no escape, to the actions either good or bad..

8. Inspirational short story-The Elephant Rope

When walking through an elephant camp, a man noticed that the elephants were only secured with a small rope that was tied around one ankle. He wondered why the elephants didn't break free from the rope, as the elephants were certainly strong enough to do so.

He asked a trainer why the elephants didn't try to break free, and the trainer responded by saying that they use the same size rope for baby elephants all the way up to adulthood. Because they're too small when they're babies to break free from the rope, they grow up being conditioned that the rope is stronger than they are. As adults, they think the rope can still hold them, so they don't try to fight it.

The Moral:

This phenomenon occurs when someone has been conditioned to anticipate discomfort in some way without having a way to avoid it or make it stop. After enough conditioning, the person will stop any attempts to avoid the pain, even if they see an opportunity to escape.

If you go through life thinking that you can't do something just because you have failed at doing it in the past, you're living with a fixed mindset. You have to let go of your limiting beliefs in order to make the breakthroughs that are required for your ultimate success

Cf Cf-Activities



Cf DON -3 CAPS foundation



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Cf Humanity 5.0**

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5TH, 6TH & 7TH AUGUST 2021

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



Cf Humanity

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and we are extremely grateful!**

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*Includes families of 300+ teachers
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system*

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Visit www.capsfoundation.in**

Cf - Kalam for Kalaam - WALL of GRATITUDE



July 2021

Your small Contribution will bring about a huge transformation



| | |
|-----------------------|---------------------|
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| Janender Kumar | Sarath |
| Ca Ajit Kumar | Mamatha Bs |
| Teja M | Yash Sunil Shah |
| Srilakshmi P | Shetty Sir |
| Santhosh Kumar Shetty | N Neha |
| Abhishek Murthy R | Shivaraj |



Thank You for bringing about a change in their lives

**“Most great
people have
attained their
greatest success
just one step
beyond their
greatest failure.”**

Thanks for reading



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