

CAPS foundation **INFOMAG**



Happy New Year

“2020 Won!!!”

&

Launch of

Cf

Amruta Bharath

2022

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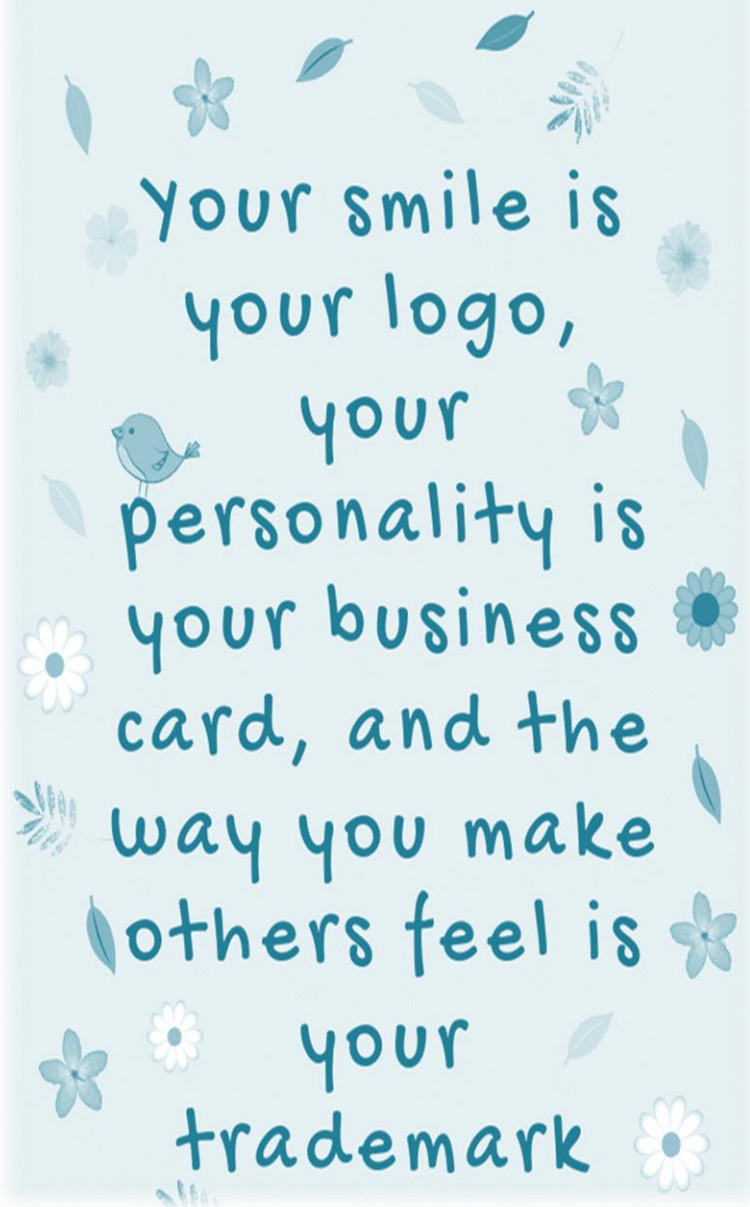
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Editorial view



Your smile is
your logo,
your
personality is
your business
card, and the
way you make
others feel is
your
trademark

Cf An Idol and Superstar for Millions-

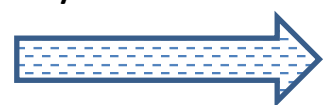
Smt. Sudha Murty



Sudha Murty was born into a Deshastha Madhwa Brahmin family on 19 August 1950 in Shiggaon, Haveri in Karnataka, India. She is married to co-founder of Infosys, N. R. Narayana Murthy. The couple have two children Akshata and Rohan.

Sudha Murty began her professional career in computer science and engineering. Sudha Murty became the first female engineer hired at India's largest auto manufacturer TATA Engineering and Locomotive Company (TELCO). She had written a postcard to the company's Chairman complaining of the "men only" gender bias at TELCO. As a result, she was granted a special interview and hired immediately.

Murty said the advice she got from J.R.D.Tata when she left her job to assist her husband Narayana Murthy to startup company Infosys which changed her life. *He told her to remember that no one was owner of money. "You are only trustee of money and it always changes hands. When you are successful, give it back to society that gave you so much goodwill".* The money was first donated by Sudha Murthy. She gave 10000 rupees by which the Infosys company was started. Sudha Murthy's mother has always told her to save money for a rainy day. That's how she had the money to donate to Infosys.



Cf An Idol and Superstar for Millions- Smt. Sudha Murty

She is the chairperson of the Infosys Foundation and a member of the public health care initiatives of the Gates Foundation. Murty's Infosys Foundation is a public charitable trust founded in 1996 and Murty is one of the trustees.

Murty's social work covers the healthcare, education, empowerment of women, public hygiene, art and culture, and poverty alleviation at the grassroots level. Her vision of a library for each school has resulted in the setting up of 70,000 libraries so far.

She won India's fourth highest civilian award Padma Shri. The Government of Karnataka awarded her the prestigious literary award, the 'Attimabbe Award' –for her literary work.

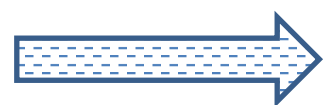




W's of Bliss

“All power is within you; you can do anything and everything”
- SWAMI VIVEKANANDA

- ✓ **WHAT** – Bliss means perfect happiness. It is a state of complete joy.
- ✓ **WHERE** – Bliss is within; Don't search it outside, it is a self-created state of mind. “There is a foundation of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love”.- SOPHIA LOREN
- ✓ **WHEN** – Ideally it should be 24/7; however, “Ideal situations are like Dreams of Sophia Loren – Desirable but rarely attainable”. A constant effort can achieve near perfect bliss.
- ✓ **WHY** – Getting human janma itself is blissful; is it not our duty to maintain and continue the same.



Cf SPC-Bliss Series-W's of Bliss

- ✓ **HOW** – Each one of us can be happy and reach the state of ecstasy through –
- a) Service to others.
 - b) Conscious positive thinking.
 - c) Be good and Do good.
 - d) Win over “Arishadvargaas” namely Lust, Anger, Avarice, Fondness, Arrogance and Jealousy.
 - e) Be Spiritually connected
- ✓ **WHO** – ‘The first person whom you see in the mirror daily must be happy’.
He will automatically make others around him happy.

“ The great secret of true success, of true happiness, is this; the man or woman who asks for no return, the perfectly unselfish person, is the most successful”.



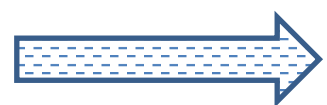
Cf Hanish's Table-Don't Judge A Book



While experiencing a different phase of life during lockdown and sipping Dalgona Coffee, I was thinking to myself – What is so different about this coffee that people have gone mad over it?

Few weeks into Lockdown and all of us started facing new challenges – Couple Challenge, Black and White Challenge, Throw Back Challenge and many more which required selection best clothes (which were no longer fitting), select a backdrop, select a good filmy pose and finally after you have tugged into your tummy, SAY CHEESE.

And yes cheese reminds me about the delicious Italian Food (the one which should not be named), which required Professional Supervision and came with a warning – Do not try this at home, was actually attempted in every home during these testing times. Take a wild guess – what was more testing – Lockdown or the new found recipe?



Cf Hanish's Table-Don't Judge A Book

Aside all this, I decided that I am going to use this period of Lockdown to do something constructive – “Read at least 1 book per WEEK” from coming Monday. Things were going good..... till Sunday. And from Monday I started reading a book and I realized that I was “WEAK” in my resolution and true to my profession, tried to find out loopholes in the resolution which I had made to myself.

The Loophole – What is a book? – Is newspaper a book? Then I can read 7 books in 7 days. This was going to be a watershed movement of my life. But let me do some homework – What is a book?

The answer is not that simple. In fact the Judges of the Supreme Court had to be pressed to service to decide what is the meaning of the term “book” and they held that *“book signifies a collection of sheets of paper bound together in a manner which cannot be disturbed or altered except by tearing apart. The binding is of a kind which is not intended to be movable in the sense of being undone and put together again. A collection of papers in a portfolio, or clip, or strung together on a piece of twine which is intended to be untied at will, would not, in ordinary English, be called a book”*

Where does this judgement find utility – In certain Income Tax cases, where the officers have powers to seize the books, it was held that loose sheets which had something written by hand is not book and cannot be seized whereas small diaries with some noting in it is a book and hence can be seized

.

And what happened to my resolution – Let us not be judgemental about it.



Cf Shetty Sir's Quiz Corner

1. Premium of Individual Life policies in Partnership Firm is paid by _____.
2. Last section in Income Tax Act, 1961 is _____.
3. Covid-19 vaccination in India to be rolled out for the first time is on _____.
4. The session number of Cf "Yogaarogyanka" session held on 5th January 2021 was _____.
5. When is National Bird day celebrated ?

SQC-Dec 2020

1. Vikram Sarabhai
2. Deepa Malik
3. D. Devaraj Urs
4. False
5. Profit & Loss Account



Book of the month-

"As a Man Thinketh" is a self-help book by James Allen, published in 1903. It was described by Allen as "... with the power of thought, and particularly with the use and application of thought to happy and beautiful issues. A pocket companion for thoughtful people", and "A book on the power and right application of thought."

Concept of the month: Market cap

In a stock market, we often hear the terms - Large Cap, Mid Cap and Small Cap. The meaning of these terms - Large Cap refers to companies which have a capitalization of Rs 20000 Crores and above. Small Cap refers to companies which have a capitalization between Rs 5000 Crores and Rs 20000 Crores and Small Cap refers to companies which have a capitalization of below Rs 5000 Crore



Word of the month:

Proclivity(noun)

Meaning-a tendency to choose or do something regularly; an inclination or predisposition towards a particular thing.

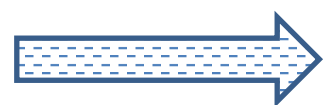
Example-a proclivity for hard work.

Quite Interesting:

Pythagoras Theorem Day is celebrated when the sum of the squares of the first two digits in a date equals the square of the last digit in the date.

Example-

August'15,2017(8/15/17 or 15/8/17) $8^2+15^2 = 17^2$



Gita For Life-

Chapter-1 Arjuna Vishaadha Yoga:(Sloka 5)

धृष्टकेतुश्चेकितानः काशिराजश्च वीर्यवान् । पुरुजित्कुन्तिभोजश्च शैब्यश्च नरपुङ्गवः ।

There are also accomplished heroes like Dhrishtaketu, Chekitan, the gallant King of Kashi, Purujit, Kuntibhoj, and Shaibya—all the best of men.



Mankuthimmana Kagga

ಸರಿಯಾಗಲಿಲ್ಲವದು ಸರಿಯಿದಲ್ಲವೆನುತ |
ಹರಡಿಕೊಳಬೇಡ ಮುಳ್ಳನು ಹಾಸಿಗೆಯಲಿ ||
ಕೊರೆಯಾದೊಡೇನೊಂದು
ನೆರೆದೊಡೇನಿನ್ನೊಂದು |
ಒರಟು ಕೆಲಸವೊ ಬದುಕು ಮಂಕುತಿಮ್ಮ ||

"This is not right, that is not correct":

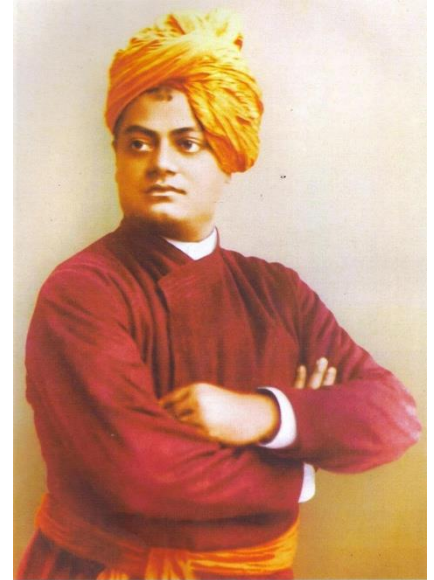
Saying thus, spread not thorns on your bed.

So what if something is not perfect?

Life is but a rough job. –
Mankuthimma

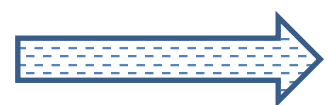
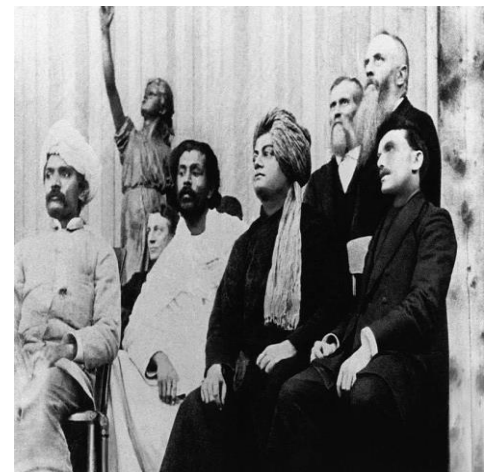
Cf 12th January-Birth Anniversary

Swami Vivekananda(Narendranath Datta) was born on 12th January 1863 into an aristocratic Bengali Kayastha family of Calcutta. He was interested in spirituality from a young age and used to meditate before the images of deities such as Shiva, Rama, Sita, and Hanuman. He was naughty and restless as a child, and his parents often had difficulty controlling him. His mother said, "I prayed to Shiva for a son and he has sent me one of his ghosts".



Swami Vivekananda was intelligent since childhood. An avid reader of various subjects, including religion, history, social science, art and literature. He also had a profound interest in Puranas, Vedas, and Upanishads. Vivekananda was inclined towards spirituality. He was influenced by his guru, Ramakrishna, from whom he learned that service to God could be rendered by service to mankind. He founded the Ramakrishna Math and the Ramakrishna Mission.

He introduced Indian heritage, culture, and philosophy to the West. Of his many lectures, the one in Chicago at the Parliament of the World's Religion is the most revered. Here, he gave a brief speech representing India and Hinduism. With his introductory speech, starting "Sisters and brothers of America", Swami Vivekananda earned a 2-minute standing ovation from the crowd of seven thousand.



Cf 12th January-Birth Anniversary

Vivekananda summarised the Vedanta as follows, giving it a modern and Universalistic interpretation. "Each soul is potentially divine. The goal is to manifest this Divinity within by controlling nature, external and internal. Do this either by work, or worship, or mental discipline, or philosophy—by one, or more, or all of these—and be free".



Nationalism was a prominent theme in Vivekananda's thought. He believed that a country's future depends on its people, and his teachings focused on human development. He wanted "to set in motion a machinery which will bring noblest ideas to the doorstep of even the poorest and the meanest".

Swami Vivekananda attained Mahasamadhi on July 4, 1902. On this day, he woke up early, went to Belur Math and meditated there for three hours. After taking classes, he went to his room at 7 pm and asked not to be disturbed. He died at 9:10 pm while meditating. Medically, a rupture of a blood vessel in his brain led to death. He was cremated on a sandalwood pyre on the banks of Ganga in Belur.



Rules changing from January 1

1. Cheque Payment-

The Reserve Bank of India decided to introduce the "positive pay system" for cheque payments. In this system, there may be a requirement of re-confirmation of the key details for the payments above Rs 50,000.

2. Contactless card transactions limit

The RBI has said to increase the limits from Rs 2,000 to Rs 5,000 for contactless card transactions

3. Landline to Mobile phone calls

You will be required to prefix '0' for making calls from landlines to mobile phones in the country. This move will create enough numbering space for telecom services.

4. LPG prices

On the first day of every month, the oil marketing companies revise the prices of LPG on the basis of crude rates in the global markets.

5. GST-registered small business

The businesses with a turnover of up to Rs 5 crores will require to file only 4 GST sales returns, or GSTR-3B, instead of 12 (now) from January. small taxpayers would be filing only eight returns (four GSTR-3B and four GSTR-1 returns) yearly.

Cf Cf-Activities

CAPS foundation
Passion for Compassion

75th year of Independent India

CAPS foundation's initiative on this Diamond jubilee

Cf Amruta Bharath 2022

Also Live on YouTube

Mega launch on 1st Jan 2021 at 8 pm

Zoom ID: 835 9784 7514

Passcode: BHARATH

A step towards empowering Bharath

75th

"All of us do not have equal talent, but have equal opportunity to develop them"

A.P.J. Abdul Kalam

Whenever both these Institutions Collaborate

Speak Lead Conquer

Students are Empowered

A 3 day workshop to develop & transform the students of CAPS - January 6, 7 and 8 2021

Starts this wednesday!!

Shetty Sir

Cf YOGAAROGYANKA

(Special follow-up session - Yoga for Relaxation)

OPEN TO ALL

Also live on YouTube - @ CAPS EDUCATION TO PROFESS

"Inhale the future, Exhale the past"

TIMINGS : 8PM TO 9PM

ZOOM ID: 4345341961

PASSWORD: YOGA

SEASON 2 - SESSION 15

5th January 2021

Cf HUMANITY 3.0 FOR SALARIED/ DAILY WAGE WORKERS

OBJECTIVE

Help those salaried employees/ daily wage workers whose salary is less than Rs. 15,000 per month and have lost job due to present situation

Conditions to be satisfied to obtain help from CAPS foundation

Salary or daily wage per month : less than Rs. 15,000	Should have lost the job due to present situation.	CAPS / CAPS foundation member reference is required.
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Benefits will be provided only if the cases are approved by CAPS foundation. Cf will provide pre defined set of groceries only for approved cases.

THE BENEFICIARY SHOULD SEND THEIR REQUEST TO 98866 83697 THROUGH WHAT'S APP ONLY

Website : www.capsfoundation.in

Cf Wall of Gratitude



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 | JAN 2021

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

Cf - Kalam for Kalaam - WALL of GRATITUDE

December 2020

Your small Contribution will bring about a huge transformation



Chandrashekar Shetty
Santhosh Kumar Shetty
Srilakshmi P
Guruprasad Makam
Abhishek Murthy

Jayaram
Vinodhini K
Prarthana Shetty
Sureka
Prajna S

Sushma Madhukar Hegde
Gopalakrishnan Nair K
Narasimhan E
Chinmayi C Shetty



Thank You for bringing about a change in their lives

Cf Cf-Edu-Mobile G2B Beneficiaries



**Uttam Shetty,
Karkala(10th Std)**



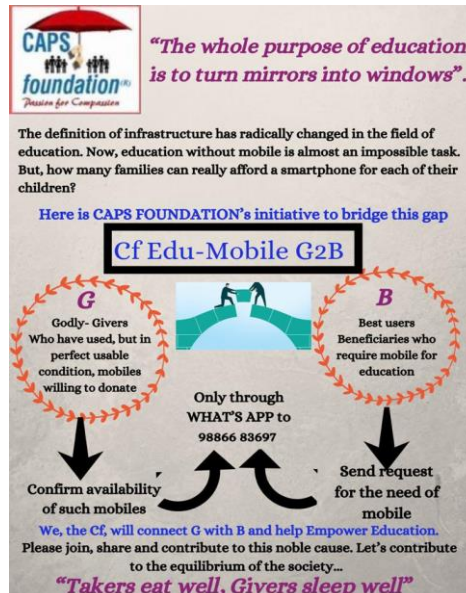
**Roshan Shetty,
Mangalore(1st PUC)**



**Sri Lakshmi,
Bangalore(10th Std)**



**Jyothi.N,
Bangalore(1st PUC)**



**Darshan,
Mangalore(1st PUC)**



**Srinidhi,
Bangalore(BSc)**



**Aishwarya,
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Thanks for reading



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