

# INFORMING



# RELOADED

DECEMBER 2024



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## DID YOU KNOW?

**CHOCOLATE** contains Phenylethylamine (PEA) – the SAME chemical that’s released in your brain when you **FALL IN LOVE.**

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# SPC - SHETTY SIR'S PSYCHOLOGICAL CORNER

**Cf - Passion for Compassion**

**DISCIPLINE - 100%**

Letters	No.	Letters	No.	Letters	No.	Letters	No.
A	1	H	8	O	15	V	22
B	2	I	9	P	16	W	23
C	3	J	10	Q	17	X	24
D	4	K	11	R	18	Y	25
E	5	L	12	S	19	Z	26
F	6	M	13	T	20		
G	7	N	14	U	21		

**DISCIPLINE – WOW! EXACTLY 100%!  
SUCCESS STARTS WITH DISCIPLINE!**

Discipline is the practice of training self to become a better version every day. It includes adhering to certain rules or a code of conduct which adds value to Life.

Discipline is the bridge between Goals and Accomplishments. It is Doing what needs to be DONE, even if you don't want to.

**While MOTIVATION gets you GOING, DISCIPLINE keeps you GROWING!**



**Cf - Passion for Compassion**

**DISCIPLINE - 100%**

**Discipline leads to Habits,  
Habits lead to Consistency,  
Consistency leads to Growth!**

## **Self Discipline Tools**

- **Planning**
- **Goal Setting**
- **Time Management**
- **Focus and Grit**
- **Consistency**
- **Perseverance**
- **Accountability**
- **Prioritization**
- **Patience**
- **Will Power**
- **Self Control**

**DISCIPLINE**  
**is not just**  
**FREEDOM,**  
**It is a**  
**LIFESTYLE !!**





# SS QUIZ CORNER

65th Edition

1. Who is the most followed person on Instagram as of April 2024?

3. Who is the current CEO of Haldiram's?


2. What is the full form of SIP in the context of Mutual Funds?

4. For whom and for what is Form 15CA filed?

## **ANS: 64th QUIZ -**

1. L'Oréal
2. Guardians of the Galaxy
3. ITR-2 or ITR-3
4. Mercantilism
5. North American Free Trade Agreement

5. Which very popular form of Indian music and dance originated in the Punjab region of north-west India?



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# TOPPERSQUARE



CA Aman Shetty N

"We are what we repeatedly do. Excellence then, is not an act, but a habit." (Aristotle)

Consistency is the bridge between hard work and success, especially during exams. Imagine a farmer who waters his plants daily. If he skips a week, the plants wither and the harvest suffers. Similarly, consistent study, even in small doses, ensures your knowledge grows steadily and strengthens your preparation.

Cramming at the last moment is like trying to water a dry plant overnight—it won't yield desired results. Start today, stay regular and trust that every small effort adds up to success.



Approach your exams with dedication and you'll see the rewards of consistent effort.

On the days you feel low and dejected, can you gather energy to ensure you cover up at least a part of your time table. That's what makes the difference between an ordinary and an extraordinary ordinary person, it's that little "extra".

"Little extra" - revise formula everyday, revise sections every day. This little extra will get you a long way.



# CHOCOLATE BOX

## WORD OF THE MONTH

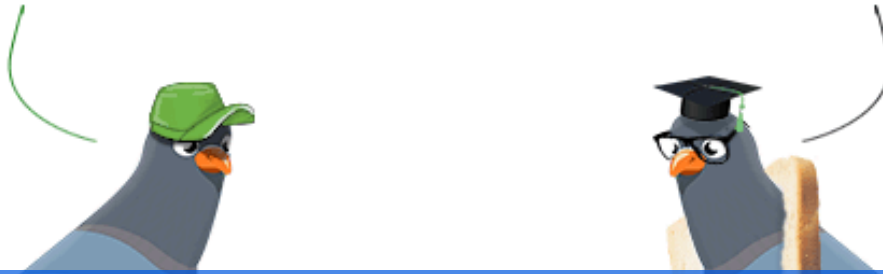
**Drub** - /drʌb/

To drub an individual or team, as in a game or contest, is to defeat them decisively.

*"The hometown team had been drubbed by the worst team in the league."*

what are other  
words for  
drub?

clobber, thrash, lick, beat,  
pound, trounce, whip, pummel,  
wallop, cream



## LEARNINGS FROM THE GITA

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।  
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ 6.17॥

He who is regulated in his habits of eating, sleeping, recreation and work can mitigate all material pains by practicing the yoga system.



# CONCEPT OF THE MONTH: BIKESHEDDING

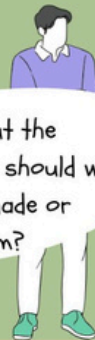
Bikeshedding refers to the tendency to spend excessive time on trivial details while neglecting important, complex issues. The term comes from an example where a group spent hours debating the color of a bike shed instead of addressing critical aspects of a larger project.

Alright, team! We need to finalize the budget for the main event. Any suggestions on where to allocate funds?

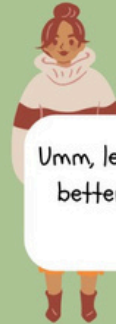


## A GROUP OF STUDENTS WORKING ON THEIR COLLEGE FEST

Yeah, about the refreshments - should we serve lemonade or icecream?



Umm, lemonade might be better. It's healthier, right?



But icecream is more popular! We don't want students to complain.



Hold on, guys. This is classic **bikeshedding**. We're spending way too much time debating drinks instead of focusing on the big picture - like managing the funds for stage setup and lighting.



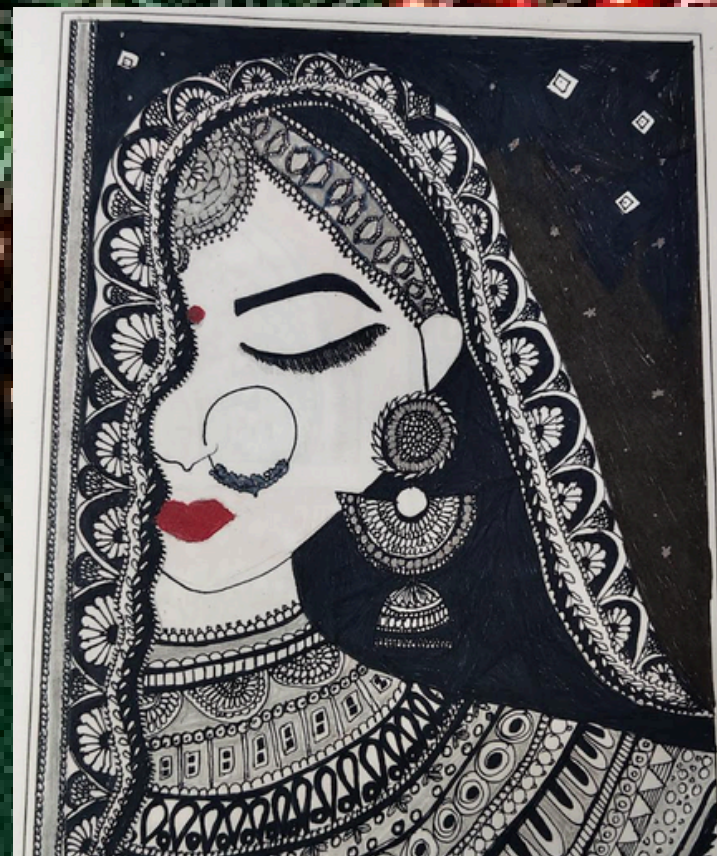
Oh, right. We're stuck on the easy stuff while ignoring the tough decisions. Let's move on to the budget breakdown.



Lets get to work then!!



Bheemaraju K



Gowthami

# Wall of Art



Adithya Somayaji



Sneha

# Cf ಪ್ಲಾಸ್ಟಿಕ್ ಮುಕ್ತ Yakshagana

# Cf IMPACT



The first such initiative held @ Katerel Mela



Shree Durga CAPS foundation Science Park Katerel

Shakthi 2.0 Inauguration

Plastic Muktha Bharatha by Real Star Upendra



Career Awareness Programmes





**Cf**

# BLANKET DAWN 2025




Celebrating  
10 YEARS of Warmth  
and Smiles!

Let's start the new year with a  
smile on someone's face

It's cold out there and they need help!!!  
So, Join us and let us keep them warm this  
winter by donating a blanket!!!

[www.capsfoundation.in](http://www.capsfoundation.in) 8310249327/  
9886683697

# SLC Leaderboard

Final



1

Vishrutha Rao

Final



2

Achyuthray Nayak

3



Inter

Suprith R.

Foundation

3



Ajey Hegde

12

You can be a  
part of this  
heartwarming  
initiative too!

Just click  
here to join  
the ride!

# Thought to be Taught

The *greatest* joy  
in all of living is the  
*joy* that comes from  
freely *giving*





**CAPS**

**foundation**

*Passion for Compassion*

**Your Feedback is Valuable!**

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