

APRIL 2025 | ISSUE NO 14

# VALUES NETWORK E MAGAZINE

*POSTIVE PARENTING  
CHILD'S PSYCHOLOGY*

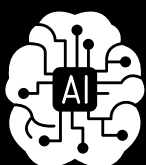
*AI and BUDGET*

*From Dreams to Reality*

*AUNCES OF  
BUILDING A HOUSE*

*TECHNOLOGY : THEN VS  
NOW*

## ARTIFICIAL INTELLIGENCE & EMOTIONAL INTELLIGENCE



*ADVISORY ON TRANSITIONS*

*AND STORIES OF  
YESTER YEARS*

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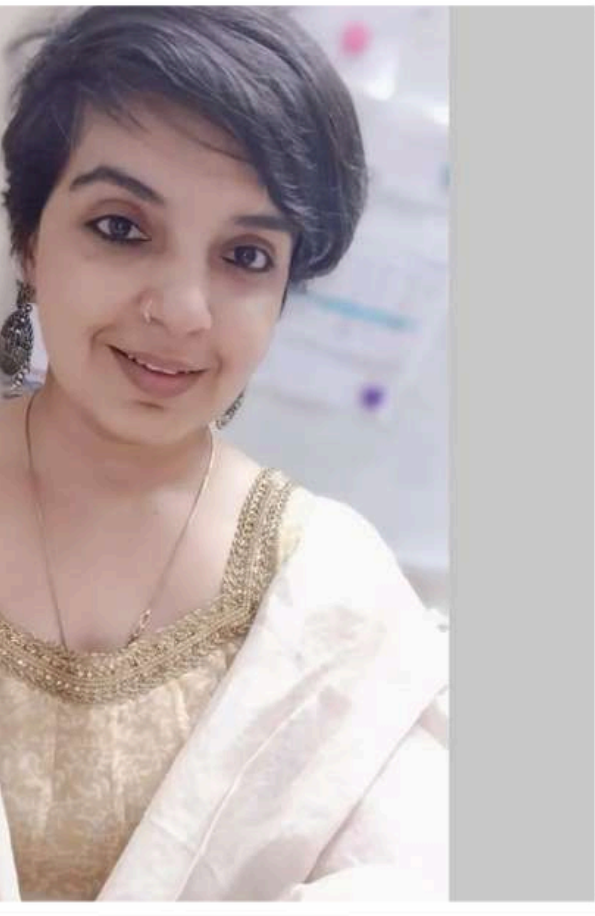
BOOK REVIEW - BECOMING  
SUPERNATURAL





"We create Big Value by being Together and adding Incremental Value Individually"

# EDITOR-IN-CHIEF'S LETTER



Dear Reader,

April brings with it a strange blend of warmth and restlessness — the kind that nudges us to pause, reflect, and realign. This month at The Values Network, we found ourselves exploring some deeply relevant questions: How do we raise emotionally strong children in an AI-driven world? How do we hold on to discipline when the world around us is moving faster than ever? How do we stay soft while learning to stay strong?

This issue touches upon themes that, in some way or another, we're all navigating right now.

Artificial Intelligence is the big wave — and whether we're ready or not, it's here. But instead of fearing it, what if we learned to work with it? We've tried to simplify the conversation around AI this month — not with jargon, but with real, everyday perspectives on how it affects our homes, our children, our workplaces, and our peace of mind.

Speaking of homes — we know many of our readers are caught in the web of EMLs, home loans, and rising costs. You're not alone. We've included a heartfelt piece on how to navigate the financial stress that so often comes with "building a home" — and how to separate self-worth from material milestones.

For parents and caregivers, this edition offers a quiet, reassuring space. We talk about child psychology and positive parenting, not from a pedestal, but from a place of shared learning. Parenting today feels like walking a tightrope — between being firm and being kind, between giving space and staying involved.

*Our stories will remind you: you're doing better than you think.*

And for those of you going through life transitions — new jobs, new cities, new chapters — we've included personal stories and practical advice that we hope will bring you both comfort and clarity. Change is hard. But it's also honest. And sometimes, it's the only way we grow.

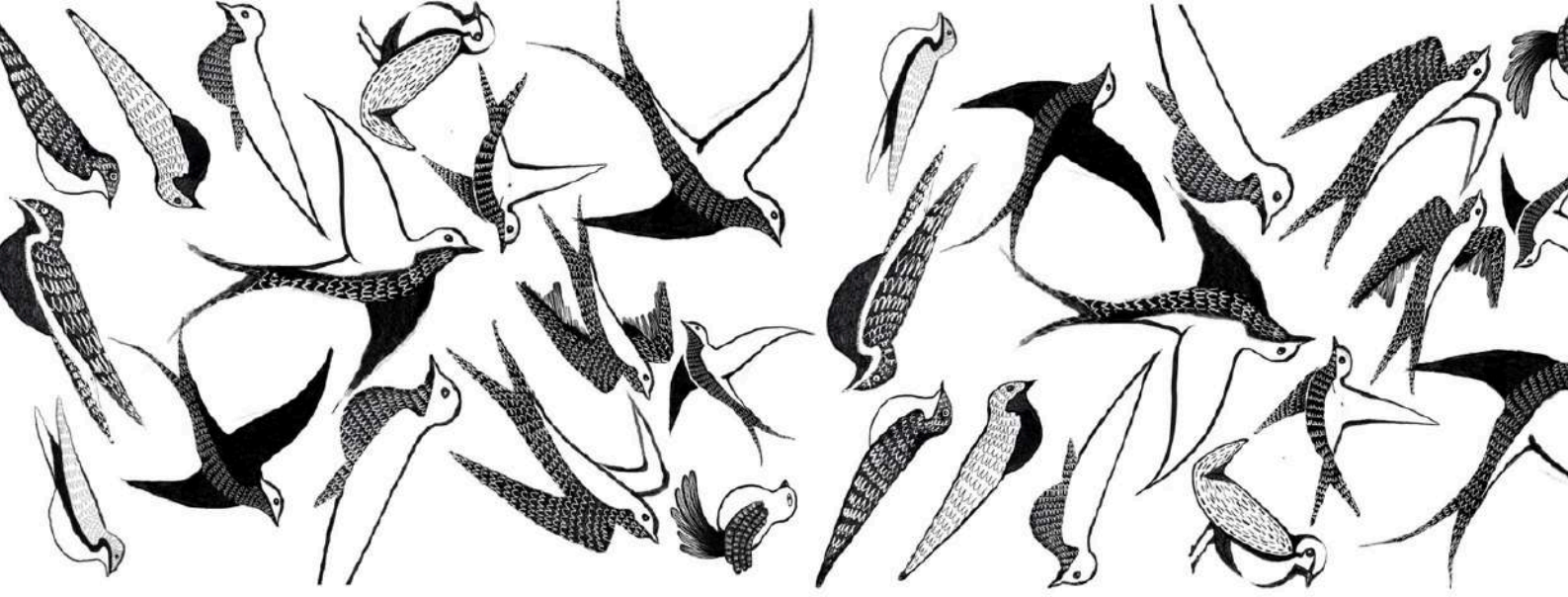
We've also reflected on the quiet strength of discipline — not as a punishment, but as a daily act of self-love. In a world that glorifies spontaneity and speed, discipline remains one of the most underrated forms of self-respect.

As always, this magazine is not about being perfect. It's about being real. It's about showing up — with our fears, our questions, our hopes, and our values intact.

Thank you for letting us be a part of your journey. We're glad you're here.

Looking forward

Your Editor - in - Chief



# Millie

*Designer-Artist*

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**6283414537**





# DUS SAWAAL: BEYOND THE BATTLEFIELD



A

Interviewed and Compiled  
By  
Squadron Leader AK Panda (Retd)



"We create Big Value by being Together and adding Incremental Value Individually"

***Welcome to Dus Sawaal: Beyond the Battlefield—a new segment of the Values Network eMagazine.***

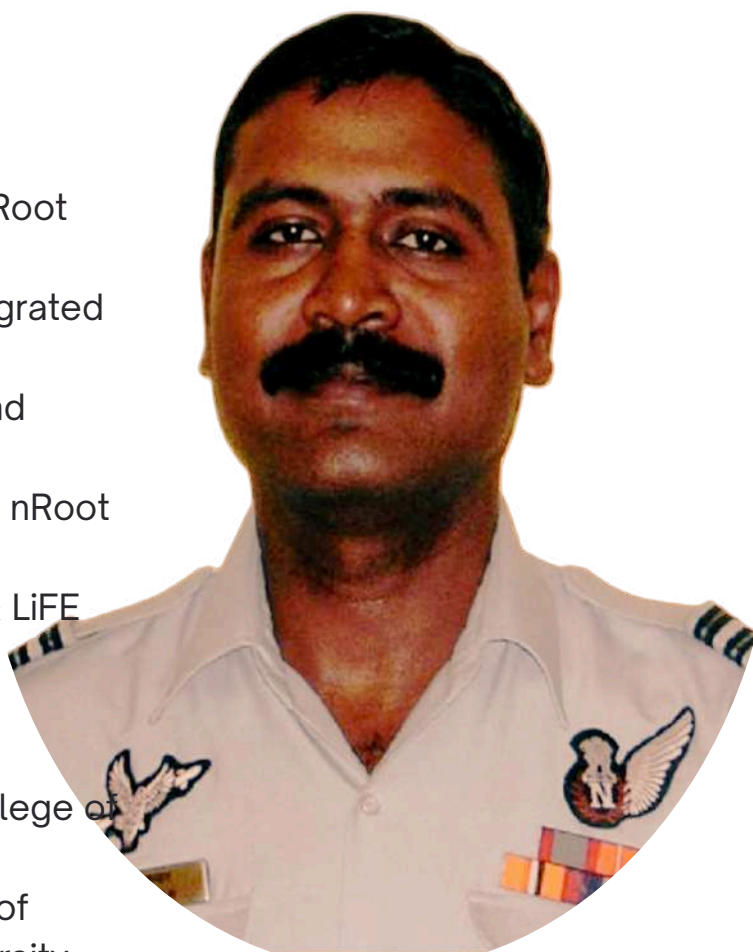
***In this series, we bring to light the untold stories of Armed Forces veterans who have successfully transitioned into entrepreneurship and corporate leadership. Each month, we'll feature one such veteran, diving into their journey, challenges and triumphs.***

For our inaugural edition, we feature Veteran Wing Commander M Jeyakumar, an inspiring figure whose evolution from an Aircraft Technician to a decorated innovator and entrepreneur reflects a life shaped by resilience, learning and a commitment to Nation-building. In this conversation, he shares the values and vision that continue to guide him beyond the uniform.

## **ABOUT THE VETERAN**

### **VETERAN WING COMMANDER M JEYAKUMAR**

Founder Director, BRIDGE Bharat Council for  
Promotion of Innovation, Research &  
Entrepreneurship  
Executive Member, Aerospace Industries  
Development Association of Tamil Nadu  
Founder Chairman & Managing Director, nRoot  
Technologies Private Limited  
Vice President, Air Force Association, Integrated  
Thanjavur District Chapter  
Vice President, District Soldiers, Sailors and  
Airmen's Board, Thanjavur  
Founder Partner & Chief Executive Officer, nRoot  
Consultancy  
Patron, nRoot Angaadi, nRoot Residency & LiFE  
Academy  
Project Management Consultant, Periyar  
Technology Business Incubator, Thanjavur  
Governing Council Member, St Joseph College of  
Engineering & Technology, Thanjavur  
Member of Board of Studies (Department of  
Physics) & Academic Council, PRIST University,  
Thanjavur







**"We create Big Value by being Together and adding Incremental Value Individually"**

In this candid conversation, we asked Veteran Wing Commander Jeyakumar ten thought-provoking questions—Dus Sawaal—to understand the values, milestones and mindset behind his remarkable journey. Here's what he shared:

**Sqn Ldr AKP** : *How did your early experiences in the Indian Air Force shape your passion for innovation and later transition into entrepreneurship?*

**Wg Cdr MJ** : I was fortunate to rise through the ranks from being an aircraft technician to an aviator and air defence specialist. This arduous journey posed multiple challenges, propelling me to create innovative solutions. I think those experiences sown the seed of entrepreneurship into my heart.

**Sqn Ldr AKP** : During your tenure as a Flying Navigator and Commanding Officer, what were some of the toughest challenges you faced and how did those experiences influence your leadership style?



**Wg Cdr MJ** : Flying, per se, has many inherent challenges where one has to make decisions in split seconds with almost no scope for error and, at times, with very little input. Having been a Commanding Officer (CO) of a Combat Unit and currently being CMD & CEO, I can confidently say that my combat roles gave me the grit to accomplish the mission and to look after my team at the cost of personal growth.

**Sqn Ldr AKP** : Can you share a memorable experience or breakthrough moment from your indigenous R&D projects, particularly while collaborating with academia and MSMEs?

**Wg Cdr MJ** : Project POEMS (Pneumatically Operated Electronic Multipurpose Simulator), the greenfield project of the IAF gave me an identity of being a successful Designer cum Project Director wherein I could save 1000s of crores to the exchequer through the collaborative efforts of Academia and MSMEs guided by Air Warriors of the IAF. Inducting such an innovative indigenous project in a record time in a cost-effective manner, was duly recognized by the award of Prime Minister's Certificate of Merit for Excellence in Innovation and personal appreciation by the Honourable President of India in 2017.



**"We create Big Value by being Together and adding Incremental Value Individually"**

**Sqn Ldr AKP :** What was the inspiration behind the development of the Missile Simulator POEMS, and how do you see it impacting cost-efficiency and safety in defence operations?

**Wg Cdr MJ :** One of the major challenges faced by me as the Commanding Officer was to train my team which was hampered due to various factors including non-availability of technological know-how and support from the R&D organisations. As the saying goes, when the going gets tough the tough gets going. So, I motivated a team of air warriors, professors of academia and grassroot level MSMEs to indigenously design & develop unique and innovative modules. Being a project managed by the users, we could ensure cost effectiveness and safety of operations.

**Sqn Ldr AKP :** Your career spans diverse fields—from automation and simulation to advanced technologies like AI and thermal sensors. How did you manage to adapt and integrate these varied skills throughout your career?

**Wg Cdr MJ :** My grooming in the IAF exposed me to multiple fields of specialisation viz aircraft instrumentation, piloting, navigation, aerial photography, nuclear, biological and chemical warfare, defence procurement, administration, event management, HR management, recruitment, aviation safety, air defence operations besides leadership and welfare. This unique array of experience instilled the quest to learn new things besides enabling me to understand, adapt and integrate various technologies and skills at will.

**Sqn Ldr AKP :** You chose to pursue further education across multiple disciplines after initially dropping out of college. What drove this decision and how has lifelong learning contributed to your entrepreneurial success?

**Wg Cdr MJ :** An air warrior has no choice but to learn throughout the career and I personally believe that "LiFE = Learning is For Ever". Owing to family compulsions, I had to drop out of college. But, my passion for higher education pushed me towards learning varied subjects including Literature, History, HRM, PRM, Engineering, Behavioural Science, Leadership and Acupuncture. These qualifications have definitely widened my horizon of understanding and honed my entrepreneurial skills.

**Sqn Ldr AKP :** With your role in BRIDGE Bharat Council promoting collaborative R&D and Coordinated Manufacturing, what do you believe are the essential ingredients for successful partnerships between the military, academia and industry?

**Wg Cdr MJ :** BRIDGE is an acronym for Binding Researchers, Industries/Institution/Innovators, Defence, Government and Entrepreneurs. As the Founder of this Action-Oriented Think-Tank, I firmly believe and have proven that the concept of Collaborative R&D and Coordinated Manufacturing holds the key to the success of Atmanirbharta.





"We create Big Value by being Together and adding Incremental Value Individually"



**Sqn Ldr AKP** : Through initiatives like LiFE Academy, you are mentoring the next generation. What key advice would you offer to veterans or young professionals looking to transition into the corporate or entrepreneurial world?

**Wg Cdr MJ** : Being a C2C (Combat to Corporate) professional and first-generation entrepreneur cum mentor to many startups/MSMEs I can only say that except for the modern jargons and a bit of financial management veterans have everything. While the young professionals have the agility to manage technologies, they need to seek the guidance of domain experts to hone their entrepreneurial skills

**Sqn Ldr AKP** : Looking back at your remarkable journey from the Indian Air Force to founding multiple startups, what are the most important lessons in resilience and leadership that you would like to share with our readers?

**Wg Cdr MJ** :

- Never Shy Away; It Is Better to Fail Than to Run
- Take Failures as Stepping Stones
- Wait Not – Create Opportunities
- Compete with the Best but Never Ape or Mock
- Be Abreast with Latest Technologies but Always Master Human Technology



"We create Big Value by being Together and adding Incremental Value Individually"



## Conclusion

Veteran Wing Commander Jeyakumar's journey illustrates that service to the Nation doesn't end with retirement—it only evolves.

From commanding in combat to leading collaborative R&D and from developing cutting-edge simulators to mentoring startups, his life's work is a shining example of what it means to innovate with purpose.

For those seeking guidance, mentorship or collaboration in the field of innovation, defence-tech, or entrepreneurship, Veteran Wing Commander Jeyakumar welcomes meaningful dialogue. You can connect with him on LinkedIn (<https://in.linkedin.com/in/wingcommandermjeyakumar>) or reach out via email at [founder@bridgebharatcouncil.org](mailto:founder@bridgebharatcouncil.org)

You can also follow his initiatives through:

- BRIDGE Bharat Council. <https://www.linkedin.com/in/bridge-bharat-council-for-promotion-of-innovation-research-and-entrepreneurship-685228241>
- nRoot Technologies. <https://www.linkedin.com/in/nroottechnologies>

**As we conclude this first edition of Dus Sawaal in the Values Network eMagazine, we invite you to stay tuned—because every month, we will continue to bring you powerful stories of veteran entrepreneurs who are redefining leadership, one mission at a time.**

— Interviewed and compiled by Squadron Leader AK Panda (Retd)





# AVATRITHA HEAL SMART ENSURING COMPLETE WELLNESS



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# **Of Bulls, Bears, and Tariffs Navigating the Storm with Clarity and Calm**



**GP CAPT MUNISH SHARMA (RETD)**





**"We create Big Value by being Together and adding Incremental Value Individually"**

A few weeks ago, as I sipped my morning coffee, my phone buzzed with a flurry of messages. "Markets are crashing again!" said one. "Should I pull out my investments?" asked another. "This Trump Tariff—what does it even mean for us?" questioned yet another voice of concern.

As I scrolled through these messages, I was reminded of a quote by Warren Buffett: "The stock market is a device for transferring money from the impatient to the patient."

Yes, markets have been choppy—more volatile than a teenager's mood during exam time. The benchmark indices are down nearly 10% from their peak, and some individual stocks have taken a beating of 40–50%. Foreign Institutional Investors (FIIs), who once poured money into our markets like wedding guests pouring blessings on a newlywed couple, have now turned net sellers. Add to that the drama of the "Trump Tariff" — an unexpected twist that's made global investors jittery and domestic businesses a little uneasy.

But before we dive into gloom, let's pause and take stock (pun intended).

## Why Are the Markets Behaving This Way?

Markets, like weather, go through seasons. After a long spell of sunshine and rally, a little thunder was always due. The recent correction is less of a collapse and more of a reset—a reminder that trees don't grow to the sky. Here's what's in the mix:



After a prolonged bull run, it's natural for foreign investors to book profits and re-balance portfolios. Even small domestic investors do book occasional profit, only that their profit booking does not impact the overall market conditions.

**Global Uncertainty:** The US tariffs have added a layer of unpredictability to global trade flows, and markets hate uncertainty.

### **Profit Booking by FIIs**





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## **Domestic Concerns**

Inflation, interest rates, and earnings estimates have also played their part in dampening market sentiment.

## **But does this mean we should panic?**

Zoom Out, Don't Freak Out

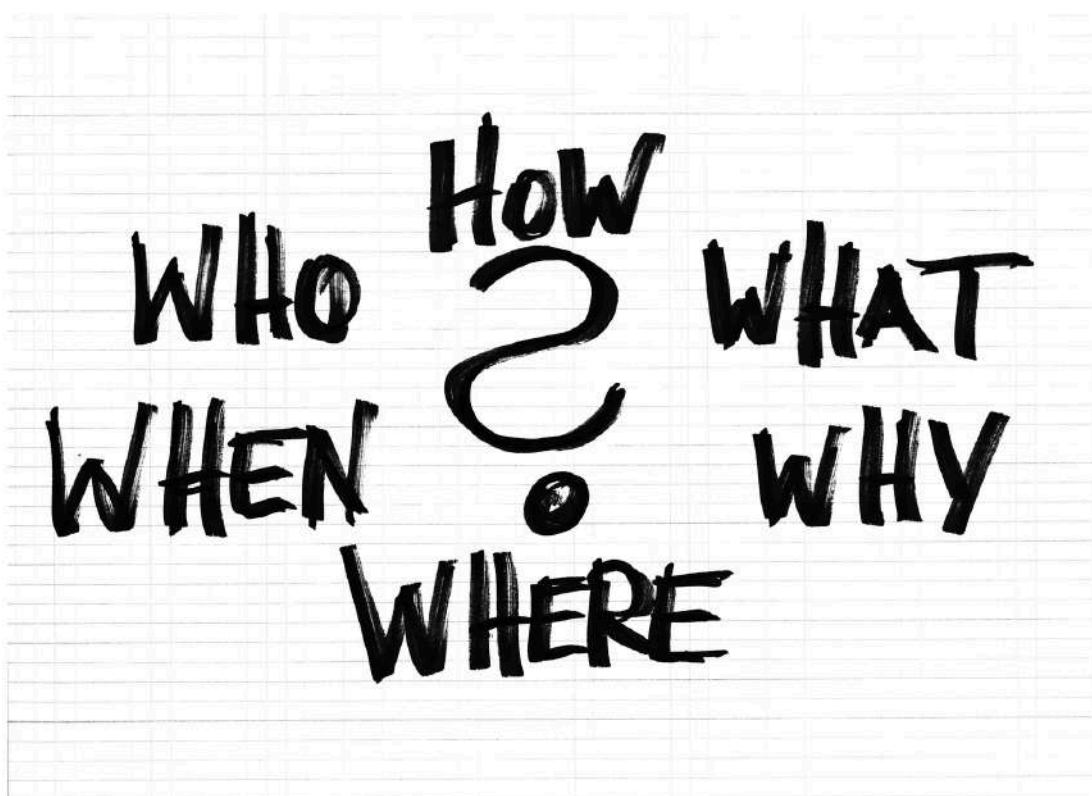
Here's where I often ask my clients to zoom out.

Remember March 2020? When markets fell over 30% in weeks due to the pandemic? Investors who stayed calm and continued their SIPs not only recovered losses but saw spectacular gains in the next 18–24 months.

Or as the legendary investor Peter Lynch puts it: "Far more money has been lost by investors preparing for corrections, or trying to anticipate corrections, than has been lost in the corrections themselves."

If you recall, your investment plan was for long term. You came investing in the market with an aim of earning 12-15% average return over a long period of time. You had started an SIP as your child is young and you will need a lump sum amount for his education or marriage 10-15 years from now. Your plan to buy a house or retirement for which you are investing in mutual funds is still some years away then why panic. Remember, the real loss is when you exit the market. The Markets have always rewarded discipline and punished panic.

## **So, What Should You Do Now?**







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## STICK TO YOUR GOALS:

Your investments are not for the next news cycle, but for your child's education, your retirement, your dreams. Let your why guide your what.

## DON'T TIME THE MARKET, SPEND TIME IN THE MARKET:

It's tempting to exit now and wait for "better times", but as history shows, the best days often come right after the worst ones.

## DIVERSIFY SMARTLY:

Use this opportunity to re-balance your portfolio. Quality stocks are available at discount prices — it's like a festival sale, but for wealth creation!



## SIP. SLEEP. REPEAT

Continue your Systematic Investment Plans. Markets may test your patience, but they always reward consistency.



"We create Big Value by being Together and adding Incremental Value Individually"

## **A FINAL WORD: STAY CALM AND LAUGH A LITTLE**

I recently came across this quote that made me chuckle: > "If stock market experts were so expert, they would be buying stocks, not selling advice."

Jokes aside, in times like these, expert guidance does matter, but more than that, your own temperament matters. The best portfolio in the world can't save an investor who reacts emotionally. And an average portfolio can work wonders if backed by patience, discipline, and long-term vision.

So, the next time the markets wobble, take a deep breath, have some coffee, and remember:

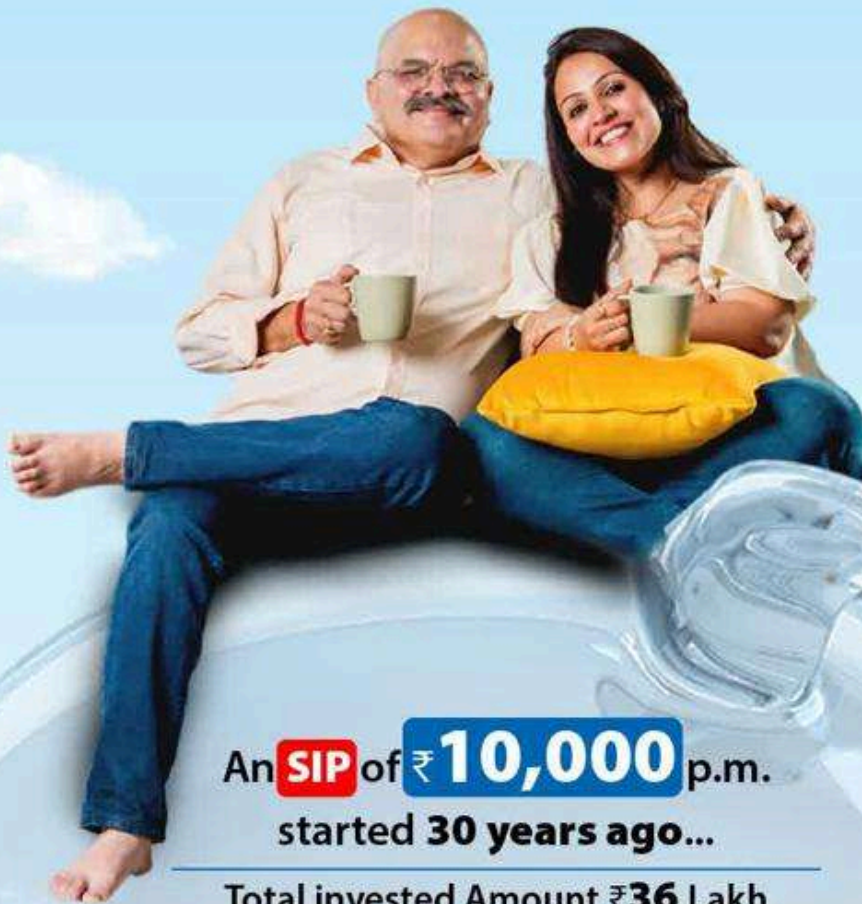
volatility is not the enemy — emotion is.



**KEEP CALM, KEEP INVESTING.**



Today's **SMART DECISION** will pay  
for **TOMORROW'S RELAXATION.**



An **SIP** of **₹10,000** p.m.  
started **30 years ago...**

Total invested Amount **₹36 Lakh**

Estimated corpus as of today

**₹3.50\*** Cr

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\*Assuming investment in Equity Fund and an average return of 12.64% p.a. as per AMFI Best Practices Guidelines Circular No.135/BP/109/2023-24 dated November 01, 2023.

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**MUNISH SHARMA**

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HOME DECOR CHOICES FOR YOUR EVERYDAY  
NEEDS

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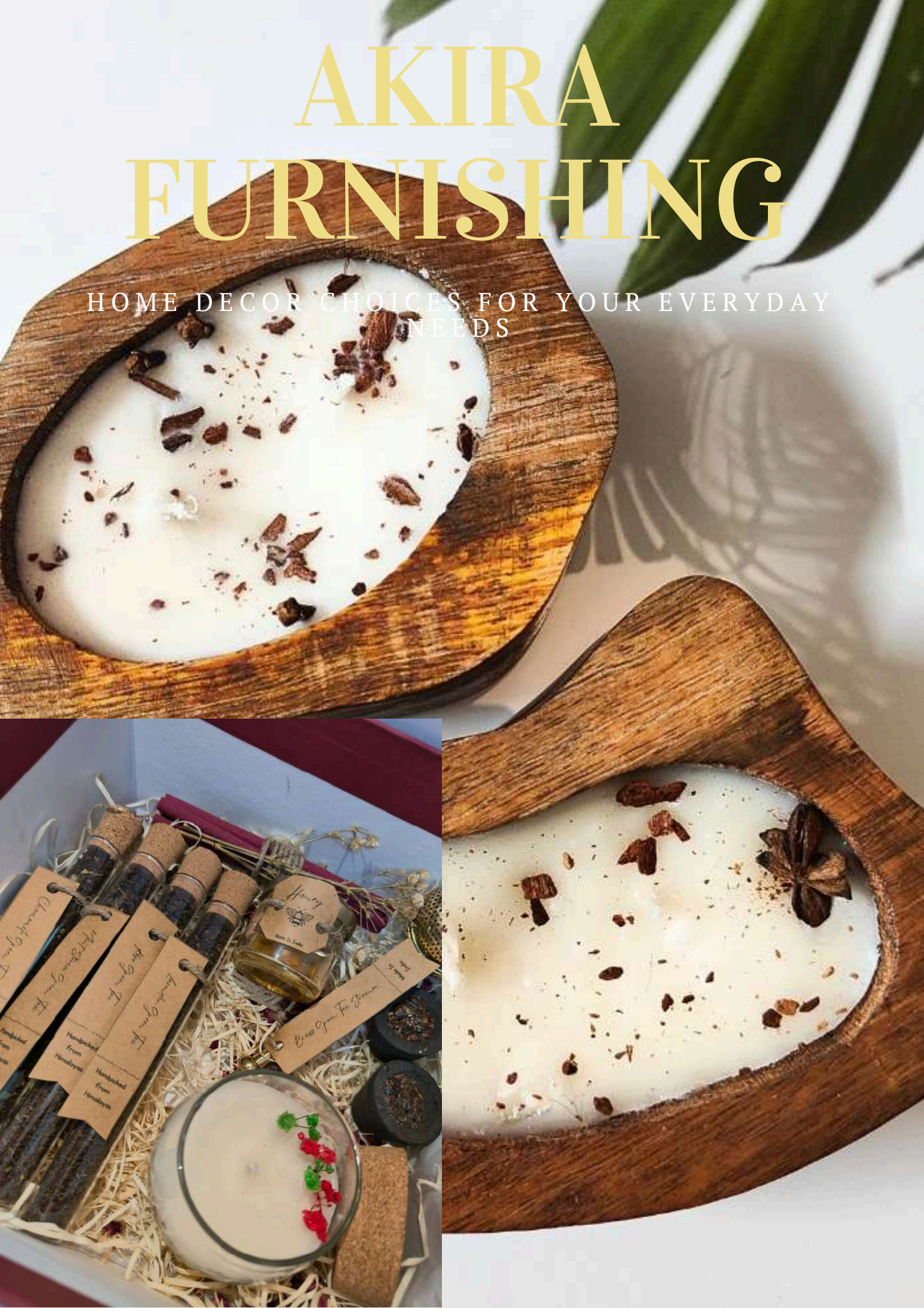


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# AKIRA FURNISHING

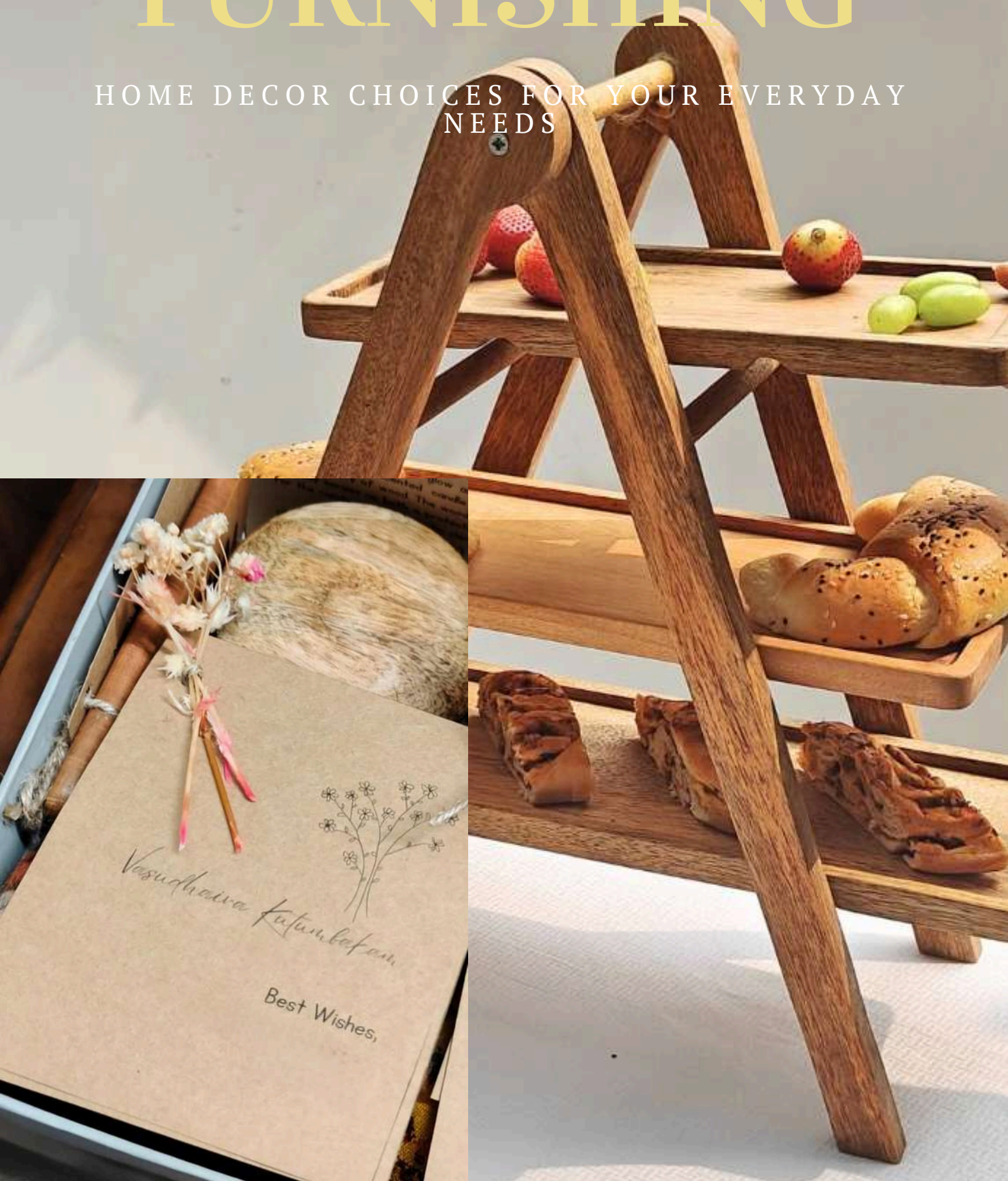
HOME DECOR CHOICES FOR YOUR EVERYDAY  
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# AKIRA FURNISHING

HOME DECOR CHOICES FOR YOUR EVERYDAY  
NEEDS





A close-up photograph showing a person's hands holding a small, detailed model of a house. The house has a dark green body, a white door, a white window frame with multiple panes, and a dark grey roof. Below the hands, a clipboard with a silver clip holds a document with the word 'CONTRACT' visible. A set of keys lies on the document. The background is blurred, showing an indoor setting with warm lighting.

# **NUANCES OF BUILDING A HOUSE**

**COL BIRAJ SAHAY (RETD)**





**"We create Big Value by being Together and adding Incremental Value Individually"**

***A great man once said that 'it is not the beauty of the building you should look at. It's the construction of the building that will stand the test of time.'***

The ultimate solution is to find a **RIGHT expert** to build your home's foundation from scratch. While close relatives may recommend someone from theirs and your mutual connections, at the end of the day, this is not a small project.

Here are some nasty problems that may arise:

- Following up day after day with MULTIPLE authorities for approval.
- Making HUNDREDS of calls to the Contractor.
- Getting LOST in paperwork
- Going in 'REJECT or ACCEPT' circles with designers.

***If you signed a contract, you'll have to keep up with so much more.  
Most days, time runs out!***

Since 2004, Colonelz Constructions has continued to simplify the process.

It remains a pioneer company in north India, that has been building, designing and renovating for big corporates as well as residences. Cofounded by Col. Biraj Sahay and Capt. Lalita Sahay.

Colonelz Constructions is a highly reputed organization that believes in designing quality homes through the power of "building relationships" and understanding every need of the client.

**COLONELZ**  
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**Building Relations since 2004**

Discipline and precision akin to the Indian Army

**OUR SERVICES**

- Residential construction
- Residential architecture
- Residential interior design

\*We accept projects in the commercial category.

**Get Started**

P: www.colonelz.com

**How so? They've been around for 20 years. But let us share a few more reasons**

Colonelz Constructions understands the challenges that people face in building a home. They have a designated team to help you in obtaining approvals for multiple permits such as plot demarcation, building plan approval, electricity and water, health and hygiene, lift license and so much more. Colonelz Constructions offers you the privilege to free yourself, while they do the nitty gritty on your behalf. Schedule inspections like DPC, health department checks, rainwater harvesting and more through their dedicated team.



**"We create Big Value by being Together and adding Incremental Value Individually"**

Colonelz Constructions has collected indefinite data and knowledge about client preferences over the last two decades through their experience and research. What should be the structure of the building? How should the steel structural diagram look? How should be the layout for the balcony? How to ensure strength and durability? So on and so forth. Moreover, if you buy anything from Amazon, you may get a fixed price with some additional discount. But as a long-existing B2B company, Colonelz Constructions can avail extra discount on your behalf and help you save more.

In the changing world today, many people believe that a builder may have all the answers, or that they will search for the answers themselves on Google, in case the builder is unaware of the same issue. But there is no way to sugarcoat this hard fact: it is impossible to rely on a builder or a Google search, or your non-professional relatives or tarot reading for detailed and technical information.

*We asked Col. Sahay what he thinks about the common mistakes that people make when they start constructing a house. He quoted:*

***“A gross mistake that people make is to assume that they can be the architects of the house. The construction, architecture and design field work as a very different ball game compared to any other manufacturing or service industry, in the sense that the number of ingredients are involved to create something are multiple as compared to any other industry.”***

Another misconception that people tend to keep is that once the construction of the building is over, then the builder's work is done and now the property is solely in the owner's hands so they can do whatever they want with it. They will open Pinterest and browse through the look and feel of many houses, make mood boards and completely ignore the importance of functionality. But the architects and the interior designers envision your dream home with detailed, deliberated interactions with all stake holders.

To begin with, an interior designer will ask you to work on the budget. Usually, a client prefers to commit 20% to 30% of their budget on the interiors. That amount is adjustable, as desires change. Think about the requirements that are inevitable in your 2BHK, 4BHK or 6BHK. Colonelz Constructions has a highly qualified interior design team that will guide you every step of the way.

*Ms. Naomi Sahay, the principal designer at Colonelz Constructions, gave her input on why Colonelz Constructions is the “one-stop shop” for all client needs and requirements. She quoted:*

***A Co. which can get you end to end services, i.e. right from guiding you on property purchase to handing you over the keys of the completed project, is surely better suited. If you involve more Companies, there will invariably be bickering & blame games.***





**"We create Big Value by being Together and adding Incremental Value Individually"**

You can check the reviews on Google or read the customer testimonials on the website of Colonelz Constructions. Updated with the latest technological trends, Colonelz Constructions has designed spaces in various categories to fit the needs of the client. Experience matters, and this organization has plenty to boast.

Before you sign any contract, always remember that specifications, quantities, brand options, material details, costs and timelines should be discussed and documented in the contract. If you are considering Colonelz Constructions

### **THE THREE DIFFERENT BUSINESS MODELS**

- ***Turnkey***
- ***Collaboration***
- ***Partnership***

### **CONTACT COL BIRAY SAHAY AT : 9818744711**

Col Biraj Sahay brings nearly four decades of leadership in Business and Human Capital Management, both in the military (including the UN) and corporate sectors. Post his distinguished Army career, he held senior HR roles at Jindal Steel & Power, SREI Group, and Supertech Ltd., before transitioning into entrepreneurship. He currently leads the Colonelz Group, comprising:

- Colonelz Constructions Pvt. Ltd. – A leading firm in architecture, construction, and interior design, with projects across India and Singapore.
- Colonelz Infracomm Pvt. Ltd. – Specializing in telecom infrastructure for clients like Reliance JIO and Altius.
- Initializ Pvt. Ltd. – An AI-focused company where he serves on the Board of Directors.

A master strategist in business and talent management, Col Sahay is known for driving impactful change and aligning people strategies with business goals. A sought-after speaker and guest faculty at premier institutions like MDI, Amity, and RICS (UK), he is a powerful communicator. His qualifications include three Master's degrees, a PG in Business Management from MDI, and a diploma in French.

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Discipline and precision akin to  
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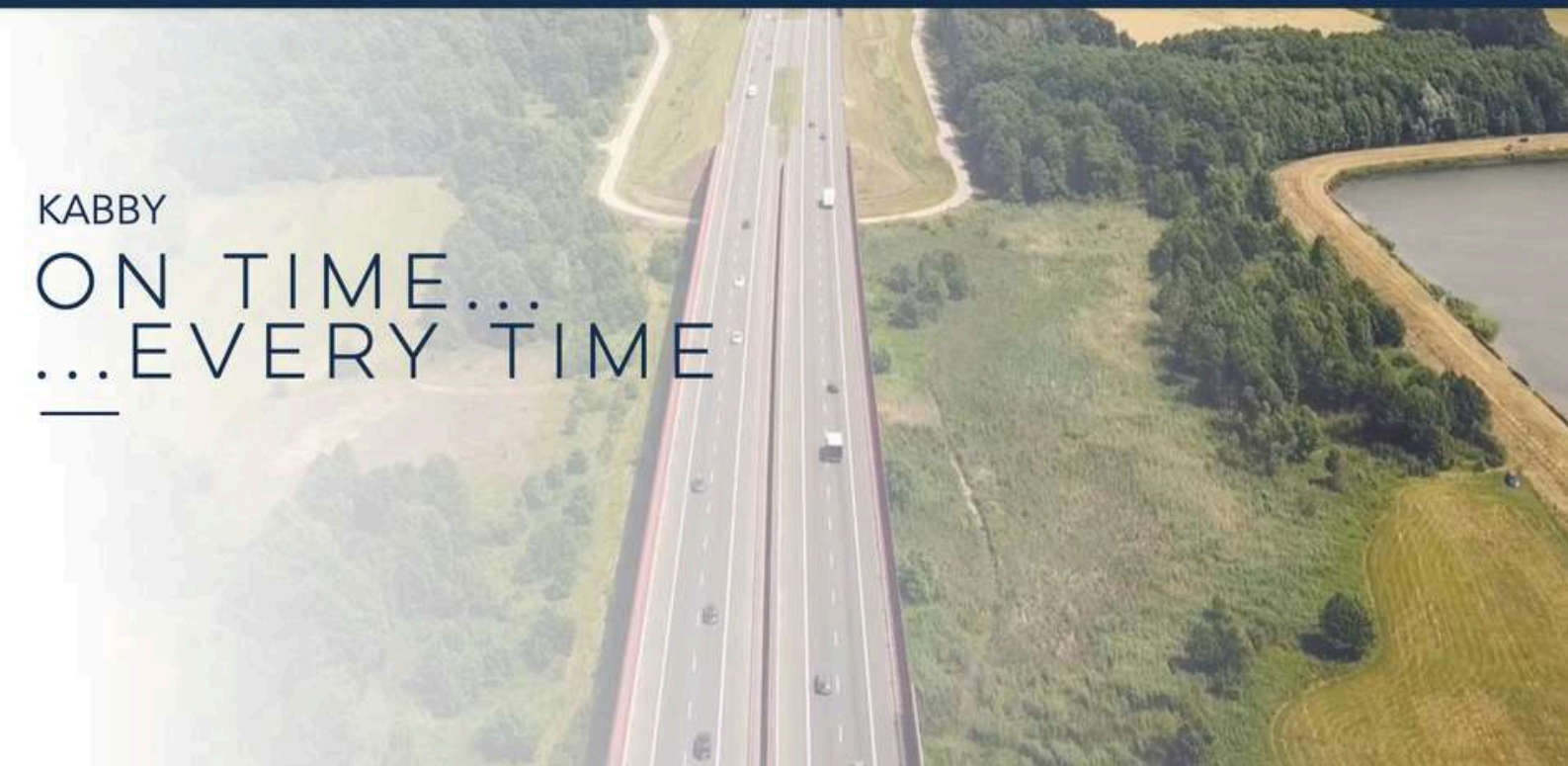
\*We accept projects in the  
commercial category.



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KABBY

ON TIME...  
...EVERY TIME

---

*Kabby*

*"Eh banji ka Jada"*



KABBY

ON TIME...  
...EVERY TIME

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"We create Big Value by being Together and adding Incremental Value Individually"

## **The Problem**

A well-earned holiday or a pre-planned meeting gets ruined due to last minute cancellation. A family travelling intercity over a distance of 4 to 5 hours gets fatigued unnecessarily when the cabs aircon is non functional or the cab does not have a carrier on top and the luggage has to be somehow adjusted inside the cab. Not to mention that at each toll, the driver turns around and asks you to pay. The traveller feels cheated at the end of the ride when he realises that he has shelled almost 20 % more than what was shown to him whilst booking the cab.

**S** Such is life and what one has to face. Generally, one expects to get what he pays for but that is not always the case every time. To sought out all these problems and find travel solutions to all in one place , Kabby took shape. **O** Now, in less than a year, Kabby has established itself as a go to app for traveling across cities and regions. Owing to proprietary technology and exceptional UI, Kabby has swiftly risen in popularity among travellers. In this short span of time Kabby has also been accredited with 'Best Technology Partner' award for Punjab Tourism which was awarded by PHDCCI, a well-known 105 year old body in Dec 2024. Kabby has also been covered by leading media houses like ANI, Tribune, Lokmath and The Print for their IT supported travel solution which has the potential to revolutionize the industry and provide employment to the youth.

**U** An app designed to solve the most troubling problem of intercity travel, Kabby was founded by an ex-Army officer who sought to solve the dilemma of ever changing fares , undependable service , dirty ,unclean cabs and last minute cancellations . Kabby works on a basic principle of drawing old data and using artificial intelligence to do comparisons, it thereby determines the shortest straight route fares without any surges all along.

**T** Intelligent route optimization with transparent and fixed all-inclusive pricing model that incorporates tolls, taxes, and other charges makes Kabby an unrivalled choice for those looking for reliable and affordable intercity travel solutions. Travellers can book a cab with the utmost ease and comfort with just a few clicks saving on time and without the worries of last minute cancellations. **I**

## **A Smart Solution for Intercity Travel**

**O** Kabby , an ex-Army man's brainchild took birth to tackle the common headaches of intercity travel: fluctuating fares, unreliable service, and the stress of last-minute cancellations. By leveraging AI-driven technology and real-time data, Kabby ensures you get the best prices, optimal routes, and a hassle-free experience. **N**





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## **A Smart Solution for Intercity Travel**

*One of Kabby's standout features is its intelligent route optimization and transparent and fixed pricing model which encompasses all tolls and taxes enroute and does not pop surprises at the end of a ride, making it the go-to choice for travellers seeking a reliable and cost-effective way to commute between cities. Whether you're booking solo or group travel, Kabby guarantees a safe, smooth and efficient journey with trusted service providers. Technology with a human touch, Kabby's guest support follows you during your ride ensuring seamless travel experience.*

## **Winning the "Best Technology Partner" Award**



*Despite being a newcomer in the market, Kabby has quickly established itself as an industry leader. Within just six months, it was honoured with the "Best Technology Partner" award, being recognised by none other than PHDCCI, a 105 years old body (<https://www.phdcci.in/>) recognizing the exceptional technology integration, service excellence and commitment to tourism.*

*This award reflects Kabby's unwavering dedication to enhancing the intercity travel experience through smart automation, real-time tracking, and data-driven decision-making. Its user-friendly interface, accurate ETAs, and hassle-free booking system have been instrumental in securing this recognition.*

## **Media Giants Coverage of Kabby**

*Kabby's rapid emergence as a game-changer in intercity travel has not gone unnoticed. Major media outlets like ANI, Tribune, Lokmath and The Print*

*(Despite being a newcomer in the market, Kabby has quickly established itself as an industry leader.*



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## **Media Giants Coverage of Kabby**

Major media outlets like ANI, Tribune, Lokmath and The Print (<https://www.aninews.in/news/business/the-birth-of-kabby-revolutionizing-intercity-road-travel20250106180108/> in ANI , The Birth of Kabby: Revolutionizing intercity road travel - The Tribune , etc) have covered Kabby's inception, recognizing the app's vision, innovation, and impact on modern travel.

The media coverage highlighted Kabby's birth and their disruptive approach to intercity commuting, bringing technology-driven solutions to a market traditionally dominated by conventional booking methods. As Kabby continues to grow, industry experts are paying attention to its potential to reshape how we travel between cities.

## **Massive Organic Growth in Customer Base**

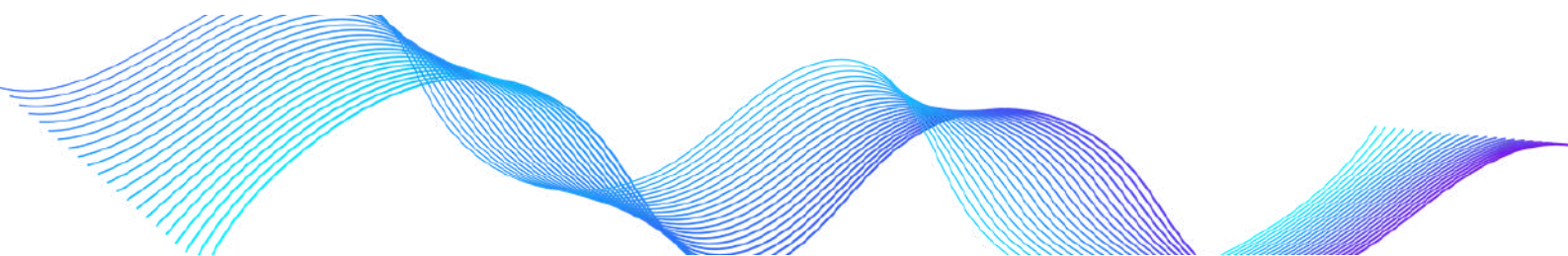
One of Kabby's most impressive achievements is its organic customer growth. Unlike many startups that rely heavily on paid marketing, Kabby has experienced a rapid surge in users purely through word-of-mouth, positive reviews on Google business page / WhatsApp groups and outstanding service quality.

Customers love Kabby's fixed and fair pricing, reliable travel options, and user-friendly experience. This has led to high retention and referral rates. As more traveller's share their positive experiences, Kabby's customer base continues to grow exponentially.

## **The Future of Kabby: Scaling New Heights**

- With a strong foundation and an expanding customer base, Kabby is now focused on expanding into new cities, enhancing AI-driven recommendations, and introducing additional travel services. The company's roadmap includes advanced safety features, more customization options, and smarter route optimizations to further improve the travel experience.
- As Kabby continues its meteoric rise, its award-winning technology and media recognition prove that it is here to transform the intercity travel industry for the long haul. Whether you're a frequent traveller or planning your next journey, Kabby is your ultimate travel partner for a smooth, cost-effective, and hassle-free experience.

**Download Kabby Intercity App today and experience the future of intercity travel! <https://onelink.to/rss49s>**







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## LT COL RAJESH VIJ (RETD)

Lt Col Rajesh Vij (Retd), MBA, PMP, CPCM, CPPP is an alumnus of the NDA ,Khadakvasla having served in Indian Army for more than 02 decades. His corporate experience spans in leading companies in India and abroad. Rajesh has worked abroad in Singapore and Hong Kong and has founded 02 companies before- Kabby being his third. He is passionate about technology and travelling. Rajesh is based in Panchkula and spends time planning new initiatives.

Website : <https://www.kabby.in>

Email : [raj@kabby.in](mailto:raj@kabby.in)

App download : <https://onelink.to/rss49s>





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India's Micro, Small, and Medium Enterprises (MSMEs), Self-Help Groups (SHGs), and women entrepreneurs are the true drivers of local economies. They produce everything from textiles and spices to crafts and services. But when people talk about technology, especially something like Artificial Intelligence (AI), many small business owners feel unsure or left behind. It sounds complicated, expensive, and meant only for large companies.

Let us break that myth — AI is for everyone, including you. With free and affordable tools now available on mobile phones, AI can become your best business partner.

## **What is AI, in Simple Words?**

Imagine AI as a very smart assistant who can help you with your work. Just like a calculator helps with math, AI tools can help write messages, design posters, track your expenses, remind you of meetings, and even talk to your customers. And guess what? Many of these tools are free or come at a very low cost. You don't need to hire a tech expert or invest in big machines. If you can use WhatsApp or YouTube, you can use AI.

## **Why Should MSMEs and SHGs Use AI?**

AI helps you run your business better by:

- **Saving Time:** You can automate tasks like replying to customer queries or sending reminders.
- **Cutting Costs:** Instead of hiring extra help, let AI do simple tasks.
- **Improving Marketing:** Design eye-catching posters, write product descriptions, and create videos with ease.
- **Boosting Sales:** Fast response and better presentation often lead to more orders.

There's a common misunderstanding that AI is only for big companies. But even a woman selling pickles from home or an SHG making handicrafts can benefit from it.





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## **Free or Low-Cost AI Tools for Your Business**

Here are some tools you can start using right away:

### **1. WhatsApp Chatbots for Customer Support**

- Do you often get repeat questions from customers?
- AI chatbots on WhatsApp can help you answer automatically.
- For example: "What is the price?", "When will it be delivered?", "Are COD orders available?"
- Tools like WATI, Gupshup, and AiSensy offer simple chatbot features. Some even have free plans.

### **2. Google Sheets + AI Add-ons**

- Do you keep your sales or customer lists on Excel or in notebooks?
- Google Sheets (like Excel but online) can be powered by AI add-ons.
- Add-ons like "GPT for Sheets" can write messages, generate reports, or even sort your customer data smartly.
- You can automate billing, reminders, and more.

### **3. Canva AI Tools for Posters and Branding**

- Want to design posters for WhatsApp, Instagram, or local promotions?
- Canva offers free templates, and AI tools like Magic Write can help you write catchy captions.
- Just type "Diwali Sale" or "New Arrivals", and Canva helps you create a beautiful design in minutes.
- No design skills needed!

### **4. ChatGPT or Google Gemini for Writing**

- Struggling to write emails, product descriptions, or social media posts?
- ChatGPT (from OpenAI) and Gemini (from Google) are free tools where you can type questions or tasks.
- Example: "Write a WhatsApp message for my new saree collection" – the AI will do it for you in seconds.
- Works on your phone and easy to use in both English and Hinglish.

### **5. Vyapar, Zoho & Other Inventory Apps**

- These tools help you track how much stock you have, make invoices, and calculate expenses.
- Vyapar is an Indian app available in Hindi and many regional languages.
- Zoho also offers a free version that suits small shops and traders.

## **How to Start Using These Tools (Step-by-Step Guide)**

**Step 1:** Choose One Tool to Begin With Pick what you need most right now. Want to attract customers? Start with Canva or ChatGPT. Want to manage stock? Try Vyapar.



### **Step 2: Use a Smartphone**

You don't need a laptop. Most of these tools work perfectly on Android phones.

### **Step 3: Learn from YouTube**

Search in Hindi or your local language. Example: "How to use Canva in Hindi", "Vyapar app demo."

### **Step 4: Practice Once a Week**

Don't try to learn everything in one day. Just try one small task per week.

### **Step 5: Share and Learn Together**

Talk to other SHG members or fellow entrepreneurs. Learn together. Maybe one person can teach others.

**Most tools today offer Hindi and regional language support, so don't worry if English isn't your strong suit.**

### **Empowering Farmers through AI: The Story of a Self-Help Group in Odisha**

In Odisha, India, a Self-Help Group (SHG) of small-scale farmers collaborated with Digital Green, a global development organization, to integrate AI-powered solutions into their farming practices. Digital Green introduced multilingual AI chatbots that provided personalized agricultural advice, enabling farmers to make informed decisions about crop management. This initiative, known as Saagu Baagu, was implemented in Telangana and aimed to raise yields, reduce resource usage, and improve the quality and pricing of produce. By leveraging AI tools, the farmers experienced increased yields and improved incomes, demonstrating the transformative potential of AI in enhancing agricultural productivity and economic well-being among SHGs.

### **Bonus Tips for MSMEs & SHGs**

- Bookmark the Tools: Save websites like Canva, ChatGPT, Vyapar on your phone.
- Follow MSME YouTube Channels: Some channels regularly post updates on tools.
- Use Government Resources: Platforms like [www.msme.gov.in](http://www.msme.gov.in) offer training links and news.
- Look for WhatsApp Workshops: Some NGOs and government bodies organize free digital literacy programs.

### **Final Words: Start Small, But Start Now!**

- Technology is not your enemy. It's your assistant. Even if you are a one-person business or a group of 10 women, AI can help you save time, reach more customers, and grow smarter.





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### **Final Words: Start Small, But Start Now!**

- You don't have to learn everything at once. Start with just one tool today. Learn, practice, and soon it will feel natural.
- **Remember:**
  - You don't need to be a tech expert.
  - You don't need a big budget.
  - You just need curiosity and a smartphone.

### **Useful Links to Explore:**

- ● [www.canva.com](https://www.canva.com)
- ● [www.openai.com/chatgpt](https://www.openai.com/chatgpt)
- ● [www.vyaparapp.in](https://www.vyaparapp.in)
- ● [www.zoho.com/inventory](https://www.zoho.com/inventory)
- ● [www.msme.gov.in](https://www.msme.gov.in)

❖❖ Challenge for This Week: Try one AI tool from this list and share what you learned with another entrepreneur. Together, we grow smarter!

With the right tools, the smallest business can dream big. And with AI, you have the power to transform your business — one step at a time.

As the founder of Pragya Consulting and Chief Editor of BizIgnite Magazine, **Meera** supports MSMEs through tailored solutions in branding, market insights, and compliance. She has collaborated with top clients like Polycab India and ALEAP, bringing together data-driven strategies and on-ground understanding to amplify business growth and policy alignment. With over 13 years of experience, her work bridges deep market intelligence with practical execution—turning research into real-world value. She is passionate about helping businesses grow sustainably, communicate powerfully, and make informed strategic decisions.





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## ABOUT PRAGYA CONSULTING

We specialize in Market Research and Policy advocacy, facilitating MSMEs to onboard formal business operations for scalable growth

## Offerings



**Knowledge  
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# Vision of Trika Chai

## Introducing Trika Chai

Inspired by Prime Minister Narendra Modi's vision of a Fit Bharat Viksit Bharat 2047, we aim to promote a healthy lifestyle through natural, herbal, and organic products.





## Our Mission

Trika Chai is a premium herbal tea brand revolutionizing the way you experience tea. We believe tea transcends taste and texture, transporting you to a world of serenity.

## Unique Features:

- Fresh from our plantations: Directly sourced from centuries-old tea growers
- Healing properties: Our organic teas rejuvenate body and mind
- Aesthetic appeal: Elegant packaging, exquisite flavors, and aromas
- Intricate blends: Expertly crafted for a delightful experience

## What sets Trika Chai apart?

- Unrestricted infusion: Our tea bags allow free steeping, releasing full flavor and nutrients
- No artificial additives: Pure, natural ingredients for optimal well-being

## Join the Trika Chai journey

Indulge in our carefully crafted herbal teas, crafted to:

- Soothe lifestyle diseases
- Boost energy and vitality
- Promote overall wellness

Experience the perfect blend of tradition, quality, and taste with Trika Chai





## What makes Trikachai tea bags unique?

Other teabags during the steeping process are known to restrict the amount of room that tea leaves have, failing to exude the essence, flavor and nutrients, making the tea go tasteless and unhealthy. However, Trikachai cotton teabags provide enough room to the leaves to unfurl evenly, guaranteeing the goodness of the nutrients and keeping the essence and flavor intact.

Secondly, the non-organic teabags are mostly made of plastics which release toxic chemicals while brewing, inviting the deadly diseases attacking the individual's body. Once these plastics are exposed to heat, the chemicals leach out of the bag and eventually into the tea. This deteriorates the health of those who drink it to a great extent.

On the other hand, Trika's tea bags are perfect to brew even at high temperatures for it is 100% non-toxic as no plastics and chemicals are used.

Popular filter paper tea bags are made using a compound known as Epichlorohydrin which is used to produce epoxy resins, and the pyramid-shaped tea bags are made out of nylon; and to put something like that in tea would be a wonky choice as that would pose great threats to your health.

They are also non-biodegradable meaning they pose a greater threat to the environment as well. But our cotton teabags are fully biodegradable and non-genetically modified. So, once you are done with our tea bags, you can dispose them, with peace of mind, knowing you are not contributing to the pollutants which are already affecting nature. Have a guilt-free cup of tea @ Trikachai!

Thanks  
Team Trikachai

**Seema Hada , CEO Trikachai**  
**W/O Major VP SINGH**  
**Master's in economics**  
**Working as an Entrepreneur since 2023**



## Our Vision

To be the leading herbal tea brand in India, fostering a community of health-conscious individuals who prioritize natural wellness. We envision a future where every home embraces the goodness of Trika Chai, leading to a healthier, happier nation.

We strive to be the go-to choice for those who seek a healthier, more balanced life.



## Contact Us

+91 78965 92284

 [www.trikachai.com](http://www.trikachai.com)

 [contact@trikachai.com](mailto:contact@trikachai.com)

 Social Media @TrikaChai

## Why Trika Chai?

Trika Chai is more than just tea—it's a promise of pure, uncompromised health. We offer organic, herbal blends that are preservative-free, additive-free, and sugar-free, allowing you to enjoy the natural goodness of our products.

With Trika Chai, you're choosing a healthier, cleaner lifestyle, one sip at a time. Our teas are crafted to nourish your body, boost your well-being, and support your journey towards holistic health—naturally.



Trika chai

# Pure Chai, Fit Life: Trika Chai's Legacy

HERBAL BLISS IN EVERY SIP

Welcome to Trika Chai, where wellness is not just a promise, but a way of life.



[www.trikachai.com](http://www.trikachai.com)





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# KUKADOO KU IN ARMY AT HIGH ALTITUDE



Col Nandakishore Kulkarni (Retd)

Col Kulkarni, who served for more than 30 years in Indian Armed forces, now lives a happy life at Pune and is reachable at +91 8902403198. He is an Expert in the field of, General Administration, Leadership, Liaison/Coordination, HR Management, Process Modification, Operation & Maintenance, Relationship Management, Safety & Security. Till 2019, he gained and then spread his expertise as Operations Director Dairy Farm and after that till 2021 Director, Bhartiya Agro Industries Foundation (BAIF), Pune

He has been felicitated with Awards :

- 1995 - Chief of Army Staff Commendation for distinguished service.
- 2004 - General Officer Commanding in Chief Commendation, Central Command
- 2015 - General Officer Commanding in Chief Commendation, Eastern Command
- 1987 - Citation by Zilla Parishad Sindhudurg for distinguished Service
- 1983 - Barrister Gundu Dashrath Patil award for academic excellence in Animal Science & Dairy Science subject during BSc(Agri)



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It was the early 1990s. I had just received my commission and was undergoing my mandatory infantry attachment with the 2nd Battalion of 4th Gorkha Rifles. The unit was stationed in the high-altitude Kargil Valley, deployed along the Line of Control, and tasked with protecting the Indian border with Pakistan. As I held a master's degree in animal science, the Commanding Officer decided to utilize my expertise in poultry farming for a welfare project within the battalion area. The project was conceived to address a specific issue: troops, fond of "Rakshi" (rum) and "Mass" (meat), would often purchase chicken at exorbitant prices, draining their savings. The Commanding Officer recognized this financial burden on the jawans and summoned me to prepare a project report on poultry farming.

Preparing the project report was straightforward, but implementing it in a resource-scarce location like Kargil proved to be a monumental task. Nevertheless, I compiled the report, outlining the necessary resources, costs, and projected outcomes, including production results after six weeks, sale rates, and profits.

The report was routed through the second-in-command to the Commanding Officer. He summoned me to discuss the report, having circled the profit section with a red pen. His face was equally red as he questioned me, "Are we merchants looking to profit from our jawans?" I understood my mistake and felt apologetic.

After obtaining the Commanding Officer's approval, I began gathering resources. I contacted the local animal husbandry department, and their officers kindly provided feeding troughs and water troughs. Since we aimed to raise broiler chickens for meat, I opted for a deep litter system. I sourced sawdust from a local sawmill and obtained transparent sheets from the engineering regiment to cover the poultry shed's roof, allowing sufficient light to enter. The shed was constructed from mud and stone, and I installed Bukharis (oil heaters) to maintain a warm environment. Feed provisions were also made

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The final requirement was to obtain one-day-old chicks, for which I wrote a DO letter to the Commandant of the Field Research Laboratory at Leh.



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The Field Research Laboratory (FRL) was established in 1962 at Leh, Ladakh, as envisioned by India's first Prime Minister, Jawaharlal Nehru. The laboratory's primary objective was to make the harsh terrain of Ladakh's cold, arid desert more hospitable and provide fresh food to troops deployed in the region. Through its groundbreaking research and development efforts, the institute has significantly improved agriculture, animal husbandry, and the local flora. Over time, the laboratory's vision, mission, and mandate have evolved.

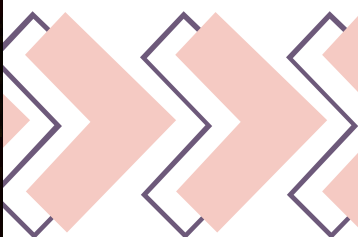
We received a communication from the Commandant of FRL to collect one-day-old chicks. However, it took another two weeks to arrange a vehicle, obtain permission for the outstation trip from Brigade Headquarters, and complete other formalities. Finally, I set off with my Sahayak, driver, and co-driver in a three-ton jumbo vehicle to Leh, which was over 200 kilometers away. The journey took around 10 hours on treacherous roads.

Upon arrival, we were warmly received, as they were expecting us. The next day was spent completing payment formalities and obtaining a road pass. On the third day, we received the chicks, but to my surprise, they had already grown to three weeks old. They were packed into cardboard cartons.

During my visit, I befriended the Veterinary Officer at FRL, who educated me on potential diseases that could affect the chicks and the preventive medications available. He also provided me with some medication and poultry feed.

We began our journey back to Kargil, but after two hours, I decided to check on the chicks. I ordered the driver to stop the vehicle, and upon inspecting the cartons, I found that several chicks had already died, and a few were on the verge of death. It was a distressing situation, as I realized that by the time we arrived in Kargil, the entire batch of chicks would likely perish.

I made the conscious decision to return to FRL in Leh rather than risking the loss of the entire consignment. The problem was due to congestion among the overgrown chicks. We returned to FRL Leh and met with the Commandant, explaining the situation to him. He kindly accepted the return of the chicks, including those that had died. Since a new stock of one-day-old chicks was expected to arrive in a few days, the Commandant suggested that I stay back and collect the fresh batch.







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I followed his advice and eventually returned to Kargil with the new, one-day-old chicks, which arrived safely and in good health. We unloaded the cheerful chicks into the specially designed shed, freeing them from their cartons and providing an open environment. To my delight, they appeared happy and energetic, showing no signs of fatigue from their journey. They began pecking at the feed in the feeding troughs and drinking water from the water troughs. A generator set provided round-the-clock lighting for the chicks. I had trained personnel to ensure a constant supply of feed and water, while my task was to monitor their activity.

Just as things were progressing smoothly, I received notification that my annual leave of one month had been sanctioned, and I proceeded to leave. I handed over the responsibility to another lieutenant in the battalion, providing detailed notes on the project's status.

Upon my return, I found that the poultry birds had grown and were ready for consumption. They were distributed to various posts and piquets on the Line of Control, and a few were slaughtered for the Divisional Commander's lunch at the officers' mess. The Army's commitment to the welfare of its personnel was evident, even in the challenging high-altitude terrain where fresh food was scarce and tinned food was the norm. The General Officer Commanding (GOC) was pleasantly surprised to have tender chicken for lunch, and I received accolades from all for my efforts.

The poultry farming project was a remarkable welfare initiative that brought numerous benefits to the troops stationed in the high-altitude terrain of Kargil. By providing a steady supply of fresh and nutritious meat, the project improved the overall health and well-being of the personnel. Additionally, the project helped to boost morale and served as a welcome respite from the challenges of serving in a remote and inhospitable region.

The success of the project was a testament to the Army's commitment to the welfare of its personnel and its ability to innovate and adapt to challenging environments.



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- Coconut
- Tutti-fruit
- Vanilla
- Rose
- Chai
- Mint
- Plain dark

#### CRUNCHY FLAVOR

- Kitkat/Oreo
- Waffles
- Evileye
- Chowchips

#### DRY FRUITS FLAVOR

- Pista
- Almonds
- Mix dry fruits
- Anjeer
- Elachi

#### CREAMY FLAVOR

- Mawa malai
- Butter stoch
- Mawa kulfi
- Coffee
- Cookie
- Ice-cream
- Biscuit
- Raj bhog



- Lychee
- Strawberry
- Pista
- Blueberry
- Orange
- Mango
- Pineapple
- Granberry
- Kiwi
- Mix fruit
- Kacha aam
- Raspberry
- Lemon
- Guava
- Black currant
- Chele f



Owner Name : Priya Parekh

Website

<https://chocolatetwilight.godaddysites.com/>

Mail : chocolatetwilight16@gmail.com

Contact : 8799269463

Google Recognised : Priya Parekh a young author







**HELP  
COMES  
FROM  
ALMIGHTY  
WHEN  
YOUR  
INTENSION  
ARE CLEAR**

**LT COL NIZAMUDDIN K (RETD)**



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1. I was posted in Tenga valley on one faithful day in 2009 Monsoons Whole knight it was continuously raining heavily, Next day morning when we saw the rain water was gushing from mountains around us.

As I was responsible for maintaining essential Engineer services in Military station. I quickly dressed up and called for my Gypsy, the Driver arrived I asked him to handover the starrng to me , Initially started driving down towards transit camp and found water from Tenga river was over flowing started entering the barracks on lower side of transit camp, people vacated the area and reached higher places then I drove towards Military hospital and checked the DG sets were working and sufficient fuel was in stock , then could not go further as water level on road was raising.

I quickly came back to unit and inform HQ not to send any vehicle and men outside the unit lines, The Subaidar major informed me that one vehicle has gone to butchery to get the fresh supply. Sensing the danger I quickly drove my Gypsy towards butchery enroot one of the Jawan of other unit informed me that our unit vehicle has fallen down from mountain.

Without wasting time reached the site of incident and where our Tata Mobile has slide down the hill I immediately asked my driver to keep an eye on shooting stones from hill started slowly getting down the hill I could find the vehicle but could not find anybody in it , claimed back up hill reached main road I found one JCO , he informed me that they recovered one officer and JCO and sent them to Military hospital and they could not trace the driver , once again along with others we started searching the driver we found him his head was sheared. by shooting stone splitting the roof of vehicle and sheared his head living him dead on the spot. We shifted him to Military hospital for further course of action.

2. I was only officer available in the unit, as my Garrison Engineer had gone to Tezpur to attend the conference and other officer was on leave one more officer was injured and hospitalized. I with help of other JCO 's could manage the unit and kept in check.



3. The message was conveyed to his wife, "she was in family way and three months pregnant" she was brought to Military hospital, where her husband's remains were kept, we were informed the Station Head quarter about the incident and were trying manage helicopter from Indian Air force to airlift his remains due to low clouds and bad weather the Air force was not able to get in the valley , mean while in evening I learnt the Jawans wife who was pregnant hand not eaten anything I was worried about the child in her womb. other Ladies failed to make her eat or drink , Mean while lady Medical officer told me make her eat something, I tried to make her eat she refused , I had no other go than holding her hair and forced her to galp some fruit juice. She then said crying loudly kindly arrange some kersin or petrol pour on remains of my husband's remains and me at least our last rights can be done together. As already it was second day. Her words touched me I controlled my emotions and told her, I will promise you by tomorrow evening you will reach home with him.

I don't know how to proceed the station commander organized the Wreath laying on that day afternoon then told me tomorrow if weather is clear we will tie up for Airlift.

4. Considering the condition of entire valley being cut off from rest of the world due to flash floods and many landslides ,roads and bridges being washed off. I spoke to one of the senior officer in Indian Air force through my contacts, seeking to help us evacuate his remains. One of the Wng Cdr (Pilot) spoke to me from Indian Air force and said the Valley is narrow and full of clouds covering all the peaks, we will try once the weather is clear also said Metro man is not showing any clear weather.

5. Anticipating the delay due to weather I called one of my local contractor asked him to provide me two Vehicles tata somo or Bolero with my trusted local drivers to carry the remains. Two vehicles arrived at 0230 hrs I explained them the task , mean while I requested BRTF Cdr to help me by deploying his men in case needed as he had several Dets enroot . He assured me he will do the needful. at about 300hrs I along with one of my JCO, deceased Jawan's wife and two drivers commenced the journey to Guwahati in Assam by passing all the authorities in station.

6. In pitch Dark on the way near Col Moad we encounter herd of wild Gaur , we switched off our vehicles lights and waited till they move out of our way, after some time they moved out, the local driver said



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it is said to be a good omen for them. Further short of point Zero, we found huge boulders slid and laying on road blocking the way , we came back about 3 Kms approached the labor camp of BRTF they came with some labor and cleared our way after we reached Sesa point we were stopped by Military police and said there is landslide ahead, we said we will manage and proceeded further when we reach the land slide location we found some way to exit, by doing so our vehicle got stuck in slush of the slide, I took the staring from my driver brought in all my driving skills and maneuvered the vehicle out from slush .

7. We managed and reached the Tippi bridge, there were many civil and tourist vehicles standard there, I met Officer in charge DET of BRTF of that area standing there waiting for our arrival. we greeted each other, He gave me first hand information over a cup of tea from the flask about washing off abetment of Tippi Bridge , then we walked to the bridge and inspected the possibility to cross over , It was really disappointing to see helplessness to cross over against the nature. Suddenly I noticed about five of the BRTF labor were crossing over to bridge, by walking over an ISMC 300 Iron Channel, I immediately checked with my driver the dead weight of vehicle did some load calculations and asked the officer to organize one more guarder like that one.

It took about twenty mints guarder was brought to site, we laid it safely and asked people get down from vehicle and took staring and slowly crossed over the guarder on to the bridge successfully, then second vehicle also was moved, by that time it was dawn, we thanked the officer and moved further, and made call to flight cdr in Indian Air force and gave them information that we have reached with remains of the Jawan to Tippi as there were low clouds requested him join us at Solmara Air base, which was an hour drive from there we reached Solmara Air base, by that time the Chopper flown in we boarded the chopper flue over Great river Brahmaputra and reached Guwahati in about forty mints.

We booked the remains in Indian Air lines to Delhi as here were no direct flight to Kanpur , we spontaneously re organized the move and booked ticket for the lady and JCO escort the remains, informed Sub area Delhi extend help at New Delhi airport. The sub area organized receive and give state honor at the Delhi Airport, then the issue came the Kanpur based only Aircraft was of ATR type which cannot hold coffin in. we decided that the JCO will take the remains by road from Delhi to his village at Kanpur, also the second issue was the Kanpur flight timing it was schedule to depart twenty mints before arrival of flight from Guwahati.





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8. I got stuck don't know what to do, It appeared all doors were being closed, then I prayed almighty standing on road side near Airport, I received a call from one of my friend from Bangalore she was working in Jet Airways, she asked where are you , I explained her the situation I am in . she said don't worry let me see how best I can help you, dropped the call. In few mints she called back and said don't worry I have tied up Air India at Delhi airport they will receive the lady from Guwahati flight and board her in Kanpur Flight They will not take off the aircraft till she is boarded the Kanpur aircraft. It was grate relief for me accordingly I briefed the JCO the next course of action and boarded the Aircraft further informed the Sub area New Delhi about the development.

9. They landed at Delhi the Kanpur bound Air craft was standard for her she was picked up from Guwahati Aircraft as it landed at Delhi terminal and shifted her to Kanpur Flight, by seven she reached the Kanpur, The Station manager at Kanpur received her and escorted her up to her village in his staff car that evening, finally she reached her home by evening . as I had promised her. This is what you got to believe "Shidath se agar Koshish kare tho poori Kainath jud jathi hai thume wos mokam thak paunchane ke liye"

10. Here at Delhi Airport the Coffin was received with full state honor and sent by road to Kanpur the JCO escorted the remains and reached his village by Dawn . There family members and village men received him and prepared for his final adobe the state police gave state honor and finally he was laid to rest in peace.

11. The loss for family and the unit cannot be made good; as he was the most dedicated Jawan we have come across.

12. The conditions to shift his remains to his village from the Tenga Valley was next to impossible, but the words his wife said to me to arrange some fuel to burn remains made me tell her that by tomorrow evening you will be reaching home with him came true.

13. After this incidence where ever I went in the station ,I was respected a lot offices and men, even some I met in other Military stations they come and shock hand and remind me the incident of how I managed to reach them home.

14. I thank Almighty for listing to my prayers and made them reach home.

15. Brother hood and solidarity this is what we live with and earn in INDIAN ARMY

# **SONALI MARWAHA**

**Soft skill trainer has a background an versatality in training both youth and adult audiences. She carries with her an array of rich experience which enables her in sharing, connecting and engaging with people. She keeps you motivated and focused on achieving your goals. Passionate about making a difference, Sonali believes in the power of experiences in inspiring transformations.**



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When you need inspiration to take that first step toward your second career, look no further than the veteran stalwarts who've walked this path before you. Having served in the Navy for over two decades, and then moving into a corporate consulting role for five years, I now spend my days mentoring veterans like you—those standing at the threshold of change, wondering what lies on the other side. I've had the privilege of guiding hundreds through this transition. And if there's one thing I've learned, it's this:

## **The master was once a beginner, too.**

It fills me with pride to see veterans today heading business units, leading large teams in global organisations, building startups, driving change in public policy, and even venturing into creative careers like writing, photography or stand-up comedy. Some are founders, some are CXOs, and some are quietly making a difference as thought leaders and mentors in their space. They're doing amazing things now—but they didn't start there.

## **The Hidden Power of Beginning**

What separates those who succeed in their second innings isn't just their military background—it's their mindset.

When I speak to veterans who have transitioned successfully, three patterns emerge:

- **They were open to uncertainties.**

The transition was not always a straight line. They faced rejections, tried new things, and sometimes even took detours. But they didn't let uncertainty paralyse them.

- **They embraced learning.**

Whether it was enrolling in an MBA, a certification in data analytics, project management, design thinking, or digital marketing, they upskilled. Not just for a job—but to understand a new world.

- **They took small steps, consistently.**

Be it writing to someone on LinkedIn, attending industry events, building a portfolio, or preparing for interviews—they took daily action, no matter how small.





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# How You Can Start Today

If you're unsure where to begin, here's what I recommend:

- **Get on LinkedIn and stay active**. Start following veterans who've made the transition. Many share their stories and are open to conversations. Reach out respectfully and learn from them.
- **Start building your network early**. Don't wait for the last day in uniform to connect with the outside world. Networking is not about asking for jobs; it's about building relationships
- **Embrace action over perfection**. You may not have all the answers today—but you don't need to. What matters is taking the next best step, consistently.

I'm personally connected with many of these inspiring veterans, thanks to LinkedIn. They're accessible, they're helpful, and most importantly—they were once where you are now.

Transitioning is not just a change in career—it's a transformation of identity. And while that can be daunting, remember this: the courage that took you through your military career will carry you through this phase, too.

The next time you need motivation, don't look at distant celebrities. Look at your fellow veterans—your tribe—who've already made the leap and are thriving. Let their journey fuel yours.

Fair winds and following seas, my friend. Greatness awaits you.

Commander Ram, a former Indian Navy Submarine branch officer with 22+ years of service, transitioned to corporate consulting. Leading world bank-funded IT/E-Governance projects and skill development initiatives for over 5 years, he now serves as a freelance coach and mentor. For the past 2+ years, he has dedicated himself to assisting transitioning veterans in resume crafting, LinkedIn optimisation, interview preparation, networking, and job search. Passionate about his mission to support 10K transitioning veterans, he has already impacted 1000+ members through talks and pro-bono workshops, mentoring 120+ veterans personally.





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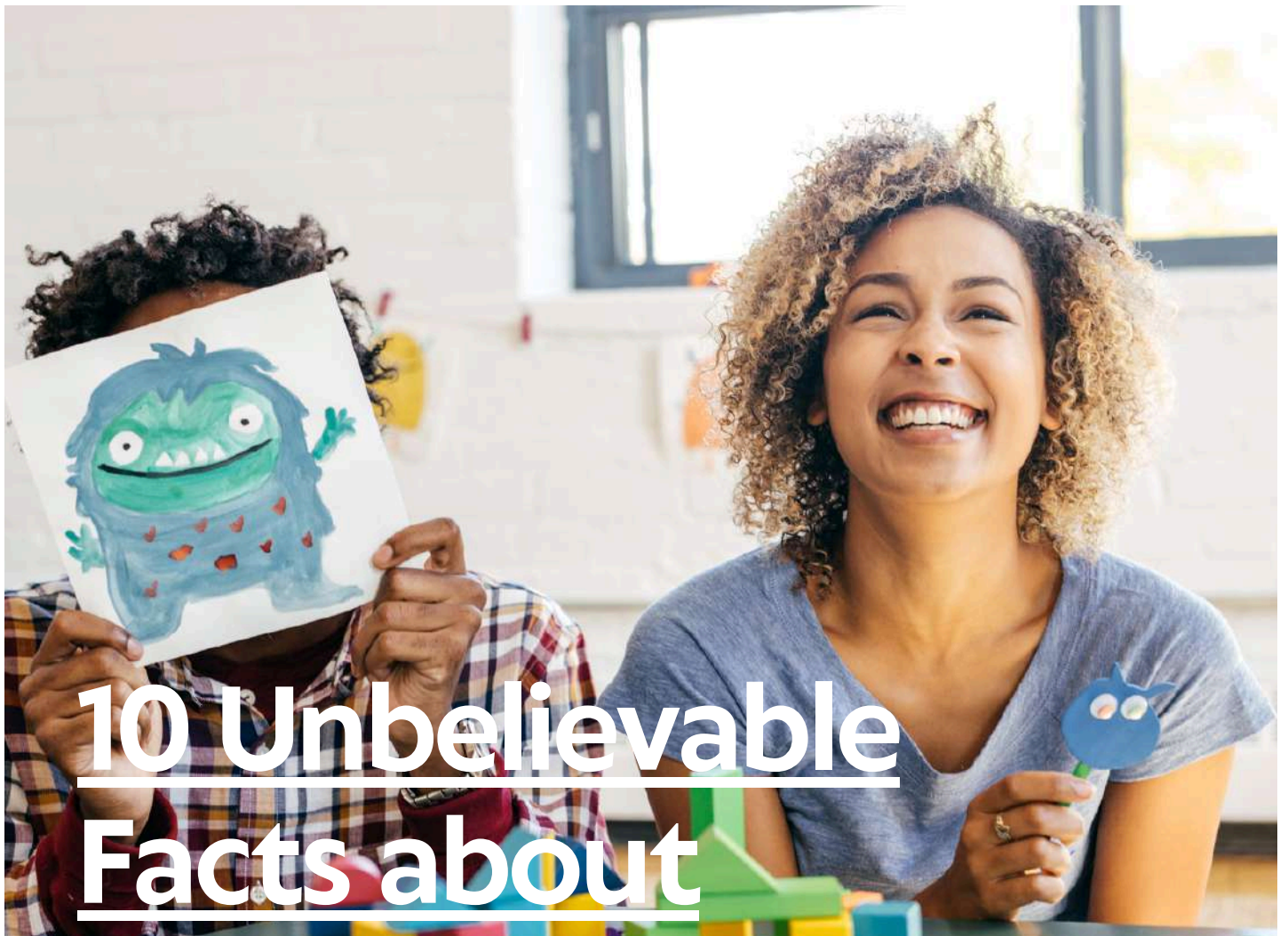
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# 10 Unbelievable Facts about Positive Parenting

BY  
LT COL AMIT BATRA (RETD)  
FOUNDER DIRECTOR OF AB  
KIDS LIFE COACHING

Parents always want to do what is best for their kids so that they develop in all walks of life. And to do this they adopt different parenting styles. Sometimes they work sometimes they don't. But there is a parenting style that is giving the best results, positive parenting. Positive parenting involves caring, nurturing, and many such aspects that get you the best results without leaving hostility between you and your child. Here are some unbelievable facts about positive parenting that will intrigue you.



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## Better bonding



Positive parenting is a boon for families because your children develop and there you don't even have to win any wars for it. In fact, positive parenting makes your relationship better than it was before. Children find it comforting at home. They start seeing you as their support system instead of some monsters who take them away from screens and what not.

This improved bonding is helpful lifelong for both you and your children. Mutual respect and understanding between parents and children increases when there is positivity around them.

## Improved self-esteem

When children are being yelled at by their parents for their imperfections, they may start to feel insecure about themselves. They start self-doubting. And in this process their self-esteem takes a big hit. They become afraid to express anything anymore in front of anybody. This affects their development personally and professionally.

Instead if they have encouraging, calm, and a friendly atmosphere at home, they start believing in themselves. In positive parenting, a child's self-esteem improves drastically when they get a good atmosphere at home.



## Cognitive development

Children thrive when they get a supportive environment. In positive parenting, children show measurable improvement in cognitive skills. When every achievement is met with praise and every mistake is rectified with positive reinforcements, children are bound to do better than those who face cynicism.





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## Goodbye stress and fights

Gone will be the days when any attempt in teaching your child anything was met by tantrums and resistance. This in turn led to fights, shouting matches and what not. There would always be palpable tension in the house caused by all the fights and disagreements.

In positive parenting every new lesson does not cause stress between you and your child because the basis here is mutual understanding and a positive environment.



## Improved Resilience

Children from sound homes are better at dealing with life. The criticism and negativity affects them less than those who come from troubled environments. When they are strong from the inside, all the bad in the world doesn't affect them at all. They become tough on the outside and sound on the inside, and not the other way around.



## Better social skills

Social skills are very important to survive in the world. The improvement in social skills is affected by many other things. For good social skills you need to have confidence and a good personality. All of which will be reinforced by good positive parenting and a positive attitude.





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## Improvement in school

To improve in anything you have to work on the root cause of the problem. To improve in school, you need to first analyze what is the reason for the progress being hampered in the first place. There can be many reasons different for all children. To know what is causing them to not do well in school, communication is important. And yelling at them, and shouting their mistakes at them will rub them off the wrong way. Instead if you talk to them nice and calm, ask them



what is going on with them? Is there something troubling them at school? Why are they not able to do well in school? Once you have a chat with them you will have a better insight in their life and can work on what actually the problem is.

Positive parenting has shown amazing results in children. A positive perspective goes a long way in changing your life for good. A healthy relationship between you and your child not only improves their personality, but it also help them to do well in academics and extra- curricular activities.

## Better Resistance to peer pressure

Every child will go through peer pressure in all stages of their life. My friend has a new compass; I want one too, my friend got a cycle; I want one too, my friends are going on a picnic; I want to go too, all my friends have a phone; I need one too.

These are some of the lesser destructive examples of peer pressure. Peer pressure can get your child to do any wrong activities just because others are also doing it. Peer pressure often affects those who feel the need to fit in somewhere. They succumb to peer pressure to be a part of something, belong somewhere. This need for belonging in the outside world comes from them trying to compensate for their insecurities. But when you are strong from the inside and have a sense of what is right and wrong these things affect you less. Positive parenting cements your relationship with your children and gives them a healthy environment to live in.







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## Decreased behavior problems

Children exhibit problematic behavior that generally stems from some other causes. This is a way for them to tell you that something is wrong with them. But this plea often goes unheard and instead results at them being punished for wrong things. Positive parenting helps in correcting this behavior without breaking wars between the children and their parents.

Children who have experienced positive parenting are more mature and have better thinking capabilities. They have the mindset to think before they act. This gives them a more rounded personality.

## Negativity Reduced

Negativity messes with your state of mind and harms productivity. Positive parenting gives the parents and children a positive outlook on life. Positive parenting reduces the risk of children being affected by depression, anxiety and other psychological conditions.



If you want to learn such practical strategies Register for our Happy Parenting Masterclass: [Register Now](#)



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# LT COL AMIT BATRA - AB KIDS LIFE COACHING

*He is the founder director of AB Kids Life Coaching. The organization is working primarily with young children to help them overcome their barriers. Founded in 2018, it has achieved some miraculous results in short span of time.*

*Lt Col Batra is an expert in the field of subconscious mind and science of handwriting Analysis. He firmly believes that our present is nothing but extension of our childhood. Our beliefs, fears, strength, and weaknesses are outcome of our childhood experiences.*

*He has transformed many young lives aging from 2 to 30 years by helping them overcome their biggest psychological challenges and put them on the path of success.*



*But all this has not come easy to him. As a young Army Officer, he had a bright future. Just when everything seemed to be going right, the circumstances took an ugly turn and they became difficult. It made him extremely negative and cynical.*

*When all his peers were focusing on their career, he decided to work on his mind. He spent next 17 years to correct his attitude and outlook and to become an extremely positive and optimistic person that he is today. Not only that, he also cured himself of all the diseases which once doctors had said were incurable.*

*But all this came at a price. Lot had been lost in the meanwhile. Notwithstanding with his new found life his spirits were high and he decided to hang his uniform in April 2018 to serve the young generation.*

*He lives with a personal mission of*

*Carving Diamonds*

*Creating leaders*

*and is looking to mentor 20 young leaders who can be the change makers at the world level 😊*



LOW CONFIDENCE

STRESS/  
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# Understanding Your Child's Mind: The Basics of Child Psychology

BY FIZAN SHARMA



*Fizan Sharma is a writer and scholar, weaving words and pursuing knowledge with a curiosity sparked by amazing life of kids. As an army officer's wife, she's mastered resilience; as a former corporate employee, she's navigated teamwork and deadlines. She's taught eager minds as a teacher and crafted a loving home as a homemaker. Above all, Fizan is a mother-her most cherished role. Kids fill her days with wonder, teaching her as she guides him. These facets—writer, thinker, supporter, worker, educator, nurturer and mom define her vibrant life. In this column, Fizan blends that richness with insights into how children's minds flourish, offering a mother's warmth and a scholar's perspective.*





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As a mom to my son, I'm always surprised by how his mind works. One minute, he's smiling, planning his next game; the next, he's sad because his new toy broke. What's happening in his head? Child psychology helps us understand how kids think, feel and grow and shows us parents how to help them in these fun, busy years.

Kids aren't small adults. Their minds are growing fast, learning from every fall and win. Solving a school sum or playing tag in the garden teaches them how to think, feel proud and get over a bad moment. When my son walks away upset after something goes wrong, it's not just anger. He's trying to manage his feelings a big step, as important as his studies.



Love and trust are key. Experts say a strong bond with a parent like a warm chat with chai after a tough day or reading a story together makes kids feel safe. I see it with my boy. These small moments aren't just fun. They give him strength to face fights with friends or help someone. It's not pampering, it's building his confidence. Play is super important too and it's more than just timepass. Now, it might be a game with rules he makes full of loud arguments or building something from old stuff. Kids' psychology says this is how kids get smart: ideas come, they work together and they don't give up. Watching him talk with friends about who's the boss, I see him learning life, one cheer at a time. Even when his tower falls, he tries again and learns.

Every child is different and your kid is too. He's brave sometimes, jumping into things fast, but shy with new people, waiting before he joins. Knowing his style has changed how I help him. Forcing him doesn't work, but praising his small steps? That makes him happy and strong.



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## So, what can we do?

..... Listen well, even to their long stories about school fights. Accept their feelings even the grumpy ones. Let them fall, get up and try again. Child psychology isn't a strict guide; it's a way to stay with them on this exciting journey.



***Raising a kid is sometimes hard, sometimes amazing.***

Next month, I'll share more of this ride. For now, I enjoy the noisy, happy world in his head because behind every frown, his mind is growing into who he'll become.



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*From Dreams to Reality:*

# *The Power of Discipline in Business and Life*

**WG CDR SANJEEV SAXENA (RETD)**



Wg Cdr Sanjeev Saxena has excelled in three distinct careers, each shaped by the power of discipline, the first being the Indian Air Force. After serving 22 years in the military, where discipline was ingrained, he transitioned to a successful civilian career for another 22 years. Without formal management education, he relied on practical experience, learning through trial and application. His accomplishments, awards, and recognitions testify to his disciplined approach to life.

Now an entrepreneur and mentor, Sanjeev shares his insights through #MissionFreedom “Gurukul,” guiding others on their journey to success. A DIY enthusiast and avid traveller, he believes discipline is the ultimate differentiator in achieving personal and professional fulfilment.

For more information, visit [[www.sanjeevsaxena.in](http://www.sanjeevsaxena.in)]

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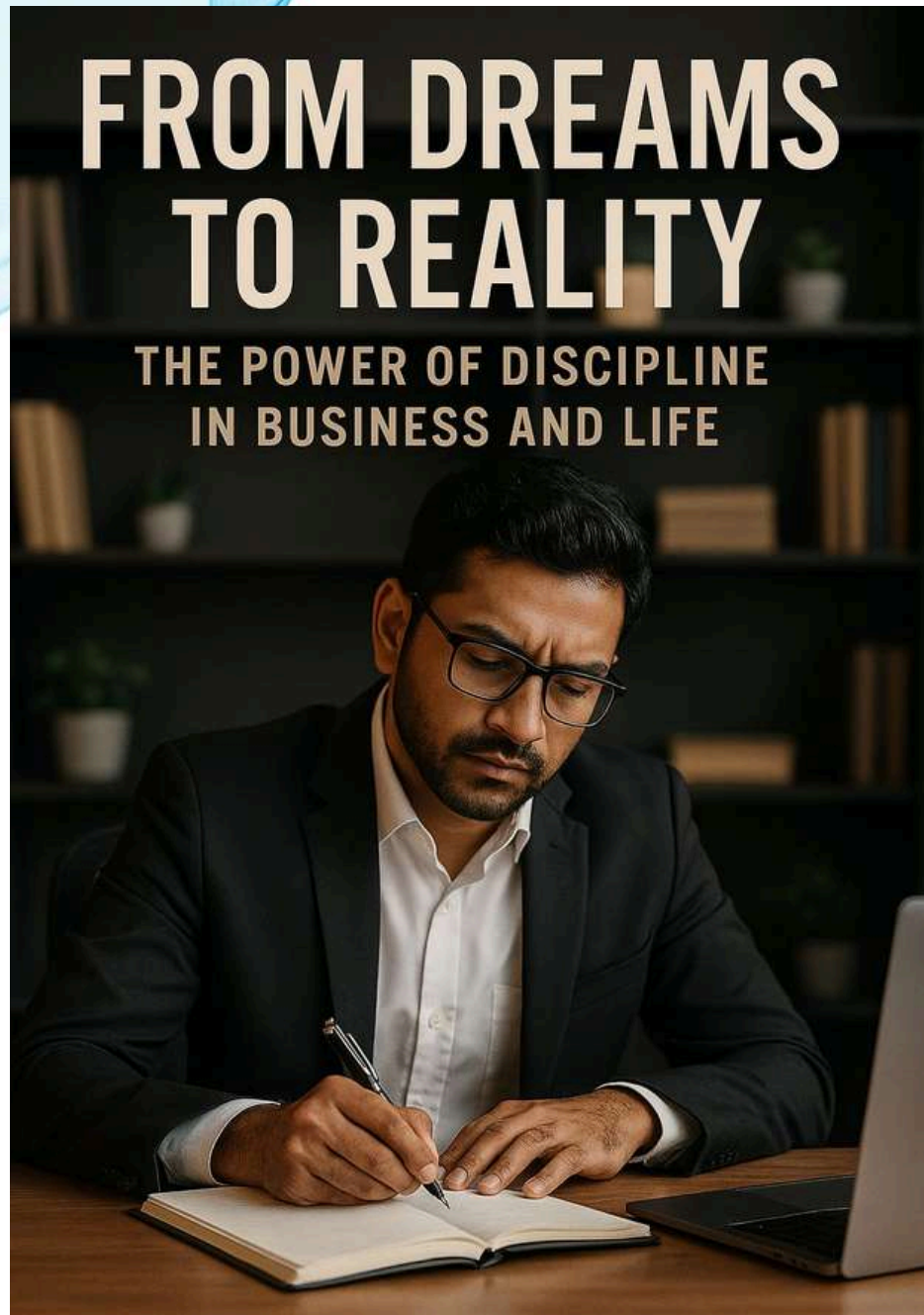
# **"DISCIPLINE IS THE BRIDGE BETWEEN GOALS AND ACCOMPLISHMENT." — JIM ROHN**

## **Introduction**

Discipline is often perceived as a set of rigid rules, but in reality, it is the guiding force that transforms dreams into reality. While talent and hard work play a role in success, discipline ensures consistency, resilience, and growth. It is the compass that keeps you aligned with your goals, helping you navigate distractions and challenges.

The absence of discipline is why most dreams remain unfulfilled.

Studies suggest that 80% of people never complete their goals, books, or courses. Why? Lack of self-management and mindset issues. Through this article, we will explore why discipline surpasses talent and hard work, practical lessons for cultivating it, and how self-management complements discipline for achieving sustainable success.







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## Understanding Discipline

**"SELF-DISCIPLINE  
IS THE MAGIC  
POWER THAT  
MAKES YOU  
VIRTUALLY  
UNSTOPPABLE."**

**— DAN KENNEDY**



In the military, discipline is externally enforced, ensuring operational efficiency and safety. Military personnel are trained to follow orders, meet strict timelines, and remain focused. However, in personal and professional life, discipline takes on a different form — it becomes self-imposed.

Civilian discipline means committing to growth, holding yourself accountable, and making conscious decisions aligned with your goals. Unlike military discipline, it requires continuous reprogramming of your mindset to adapt to evolving situations.

Successful people understand that discipline provides the structure necessary to achieve ambitions, overcome obstacles, and capitalize on opportunities.

In the end, branding, marketing, sales, and understanding balance sheets are essential. Aim to become an employer instead of an employee. Many from the forces often underestimate their capabilities. However, with self-discipline and confidence, limitless possibilities await.





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## Understanding Discipline

**"SELF-DISCIPLINE IS THE MAGIC POWER THAT MAKES YOU VIRTUALLY UNSTOPPABLE."  
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## Why Discipline Matters More Than Talent or Hard Work

"Hard work beats talent when talent doesn't work hard." — Tim Notke  
Talent without discipline often leads to wasted potential. Countless gifted individuals have failed to reach their goals due to a lack of consistency and perseverance. On the contrary, people with average talent but extraordinary discipline achieve remarkable success.





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Entrepreneurs who built successful businesses from scratch are prime examples. Their journeys are rarely linear. Faced with uncertainties, setbacks, and failures, they succeed by sticking to disciplined routines and adapting quickly. Discipline ensures that small, consistent efforts compound over time, resulting in significant growth. Additionally, many achievers in schools and colleges often work alongside or even under backbenchers — those who may not have topped academics but demonstrate resilience and practical application. Success in the real world is built on perseverance, self-management, and discipline.

## **13 Practical Lessons for Cultivating Discipline**



1. Set Clear Goals: Break down larger ambitions into SMART goals — Specific, Measurable, Achievable, Relevant, and Time-bound.
2. Create a Routine: Develop a structured daily routine aligned with your goals to minimize decision fatigue.
3. Prioritize Tasks: Use the Eisenhower Matrix to identify and focus on high-impact tasks.
4. Eliminate Distractions: Reduce digital noise and manage your environment to stay productive.
5. Develop Strong Willpower: Train yourself through small acts of discipline, gradually building mental resilience.
6. Embrace Delayed Gratification: Choose long-term rewards over immediate pleasures.





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## **13 Practical Lessons for Cultivating Discipline**

7. Practice Self-Control: Cultivate emotional intelligence to manage impulses and stay focused.
8. Hold Yourself Accountable: Track progress through journals, apps, or mentors to stay on course.
9. Celebrate Small Victories: Recognize achievements to stay motivated.
10. Never Give Up: Build resilience by viewing failures as learning opportunities.
11. Be Curious and Innovative: Embrace curiosity like a child. The desire to understand why, what, and how drives innovation. My curiosity led me to dismantle toys, which nurtured my creativity.
12. Address Mindset Issues: Recognize that discipline is the differentiator. Most dreams fail due to a lack of discipline and poor mindset management.
13. Keep Learning: Stay curious, read, and engage in lifelong learning to continually refine your discipline.



## **Beyond Discipline: Supporting Success Through Mindset and Self-Management**

*"Your mindset determines your success more than your circumstances ever will." — Unknown*

A growth mindset complements discipline. Believing that abilities can be developed through effort leads to consistent improvement. Entrepreneurs who embrace learning and adapt quickly tend to excel.

Self-management, too, plays a vital role. Managing time, energy, and emotions ensures that discipline becomes sustainable. Successful people establish routines that balance professional and personal responsibilities, delegate tasks when necessary, and maintain a strong support system.

Understanding your 'why' fuels disciplined action. When challenges arise, reminding yourself of your greater purpose reignites determination. As Simon Sinek famously said, "**Start with why.**"





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## **The Importance of a Happiness Mindset**

*"Happiness is not something ready-made. It comes from your own actions." — Dalai Lama*

A disciplined life doesn't mean sacrificing joy. Incorporating hobbies and passions enhances productivity and resilience. Pursuing what brings happiness rejuvenates your spirit and sparks creativity.

Balanced individuals celebrate milestones, cherish family time, and engage in activities that fuel joy. In fact, happiness often precedes success. When you're in a positive state of mind, your decision-making, leadership, and problem-solving abilities flourish.

## **Keeping the Radar On**



*"Opportunities don't happen. You create them." — Chris Grosser*

Disciplined individuals remain alert to new opportunities. Curiosity and continuous learning heighten awareness. Networking, staying informed, and exploring different perspectives often reveal unforeseen possibilities. Rather than waiting for ideal conditions, successful individuals create opportunities through consistent action. This proactive approach is particularly valuable in entrepreneurship, where uncertainty is the only certainty.

## **Conclusion**

*"Success is neither magical nor mysterious. Success is the natural consequence of consistently applying basic fundamentals." — Jim Rohn*

Talent and hard work alone are insufficient. True success is built on the foundation of discipline, self-management, and resilience. It is the disciplined choices made daily that convert dreams into reality.

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DR. AKASH PANDEY  
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ENGINEERING DEPT, THE  
MAHARAJA SAYAJIRAO  
UNIVERSITY OF BARODA

## Contact :

☎ 9426500485  
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# **SATARK MANPOWER SERVICES**

**Satark manpower services is a multi domain manpower providing agency run by Retd Army personnel which deals in under mentioned fields.**

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- **Hotel & restaurant staff.**
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**With warm regards.**

**SATARK TEAM**

**Contact No: 9318426953 ,9311315974**





**Retd Army Soldier's Agency**  
**Director:- Harsh Singh Gusain.**

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## SATARK MANPOWER SERVICES

CONTACT US FOR BELOW SERVICES



9318426953

9311315974

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#### PSOs

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COBRA CMDOS)

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GUNMAN SO ETC.

#### MAINTENANCE STAFF

PLUMBER, ELECTRICIAN, CARPENTER,  
WELDER, PAINTER, GARDENER ETC.

#### HOTEL STAFF

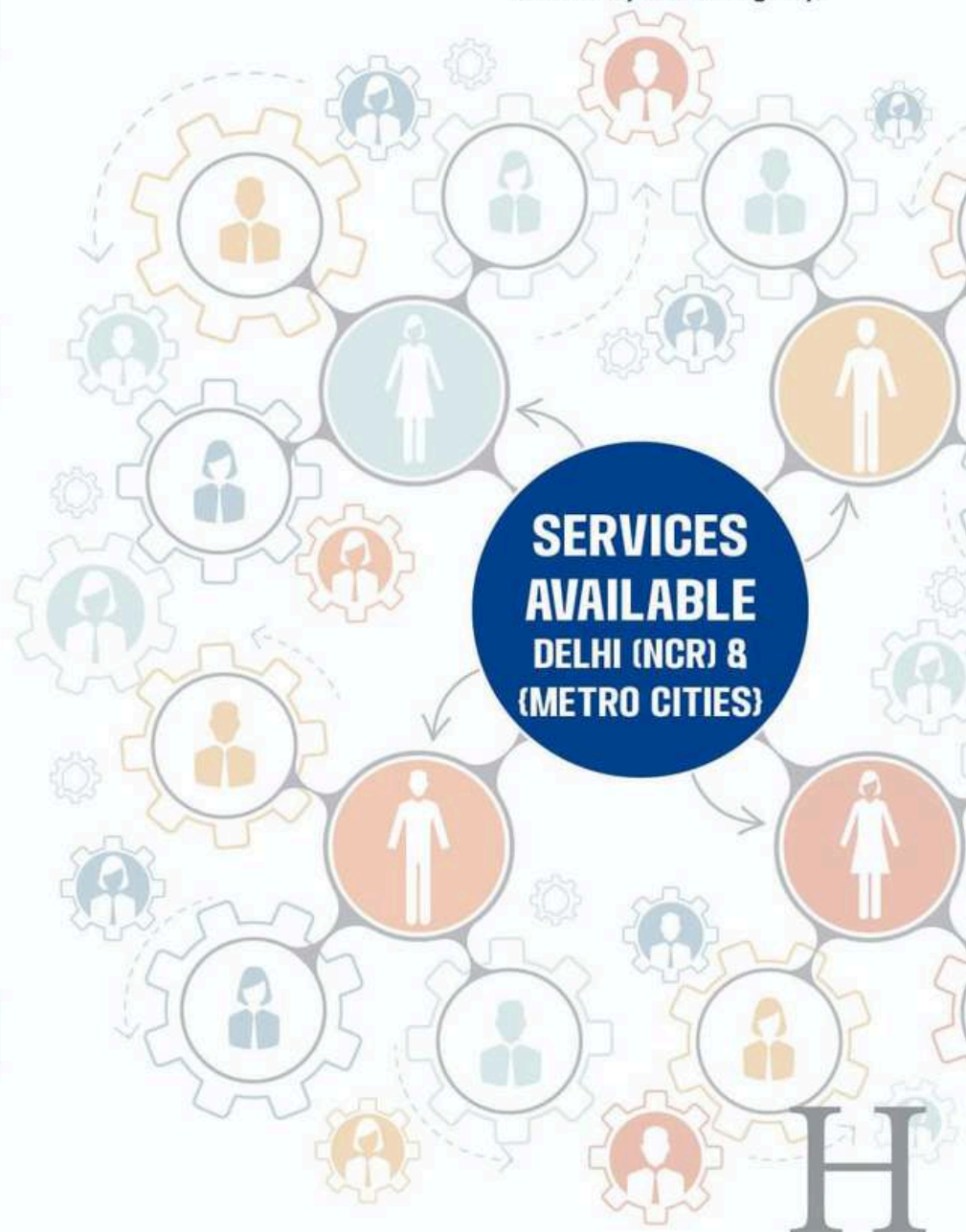
CHEF, HELPER, WAITER,  
RECEPTIONIST ETC.

#### HOSPITAL STAFF

HOUSE KEEPING, GDA, NURSING ETC.

### WE UNDER TAKE

- ▶ SECURITY CONTRACT
- ▶ HOUSE KEEPING CONTRACT
- ▶ PEST CONTROL CONTRACT



# H





# **Then vs Now: How Technology Has Changed OUR LIVES**

**SANGEETA YADAV**





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## Introduction

Technology has transformed our lives in unimaginable ways. From the way we communicate to the way we work, play, and interact with one another, the world we live in today is vastly different from what it was just a few decades ago. While these changes have brought convenience and efficiency, they have also altered some of the simple joys of life, making us nostalgic for the past. Let's take a trip down memory lane and compare childhood and adulthood, then versus now.

## Childhood: Then vs Now

### Outdoor Games vs Digital Entertainment

**Then:** Childhood in the past was filled with outdoor games like Kho Kho, Kabaddi, Gilli Danda, Kuth Kuth, and Badminton, Playing in the streets and parks, running around with friends, and getting bruised were all part of growing up. We used to engage in creative role-playing games like Ghar-Ghar, where imagination was our biggest asset.



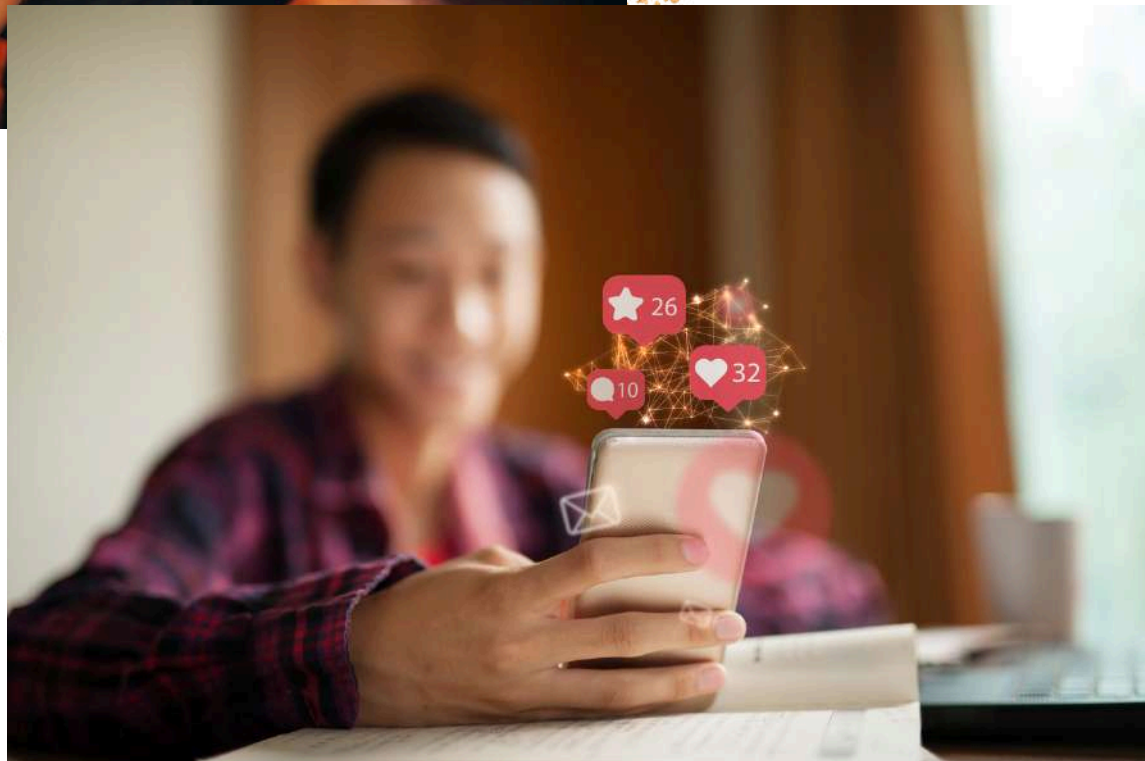
**Now:** Today's children are more inclined toward digital entertainment. Mobile games, PlayStations, and virtual reality experiences have replaced outdoor activities. Even today's parents are being lazy or for the sake of work they are giving phone, tablets etc. to their children and that's what making minors addict to technology which may give some mental exercise to them but here physical well being of the children is getting sacrifice. While technology has introduced educational apps and interactive learning, it has also reduced physical activity and direct social interactions.



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## **Socializing with Friends and Relatives**

**Then:** Making friends meant meeting people in person, sharing laughs, and building bonds through shared experiences. Excitement of Summer vacations to spent it at Nani ka Ghar, where cousins gathered, played, and created lifelong memories. Festivals and family gatherings were moments of joy and connection.



**Now:** Socializing has shifted online. Messaging apps and video calls have replaced in-person visits. While technology allows us to stay connected across distances, the warmth of human touch and the excitement of meeting loved ones have diminished.





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## **Adulthood: Then vs Now**

### **Jobs and Workplace Culture**

**Then:** Workplaces emphasized direct human interaction. Employees worked in offices, communicated face-to-face, and built professional relationships over lunch breaks and meetings.



**Now:** Remote work and digital offices have become the new norm. Virtual meetings and emails have replaced in-person discussions. While this offers flexibility, it also leads to isolation and blurs work-life boundaries.





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## **People-to-People Interaction**



**Then:** Social gatherings, handwritten letters, and long conversations over coffee were part of everyday life. There was a sense of community, and people valued personal interactions.

**Now:** Instant messaging, social media, and emails have replaced deeper conversations. While technology has made communication easier, it has also made it less personal. People are more connected digitally but often feel lonelier than before.

## **The Beauty of Handwritten Letters**

**Then:** Writing letters and waiting for a response via the post office was a beautiful experience. Letters carried emotions, stories, and personal touch that made them special.

**Now:** Text messages and video calls have made communication instant but impersonal. The charm of handwritten words and the excitement of receiving a letter have been lost in the age of instant replies.





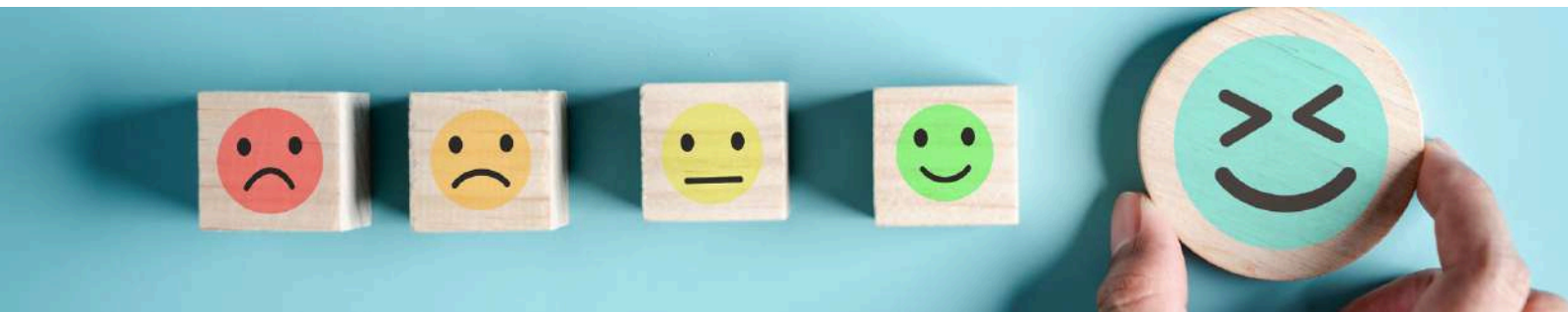


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## **Mental Health and Lifestyle Changes**

**Then:** Life was slower, allowing for relaxation and reflection. People had time to engage in hobbies, take evening walks, and enjoy nature.

**Now:** The fast-paced digital world has increased stress and anxiety. The pressure to keep up with social media, the fear of missing out (FOMO), and work-from-home burnout have affected mental well-being. The pandemic further highlighted these challenges, forcing people to reevaluate their lifestyles.



## **Transition During COVID-19**

The COVID-19 pandemic accelerated digital transformation. From online education to remote work, technology became a necessity. Social distancing made digital interactions the primary mode of communication, and traditional ways of life took a backseat. While technology helped bridge gaps, it also reinforced the importance of human connection and the nostalgia for simpler times.

## **Relationships**

**Then:** Relationships between parents and children used to be more healthy since they used to talk on almost all little things. In dating life beauty of hand written love letters, going to place just to see a person, making eye contact, commitment of being loyal and honest, holding hands etc.





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## **Relationships**

**Now:** parents are busy in their own life child's are busy in technology, Friends etc. Where they are alone even after being with the family because of lack of conversation in the family. In dating life Lack of commitment and loyalty, Social media has given the opportunity to find people in a minute across the world and people are being unfaithful in relationship proly because they seems to have chance to get one or many at a time.

## **Conclusion**

While technology has undeniably improved efficiency, connectivity, and convenience, it has also changed the essence of how we live, interact, and experience the world. The balance between embracing innovation and preserving the beauty of human connection is essential. As we move forward, we must find ways to integrate technology into our lives without losing the warmth and depth of real-life experiences.

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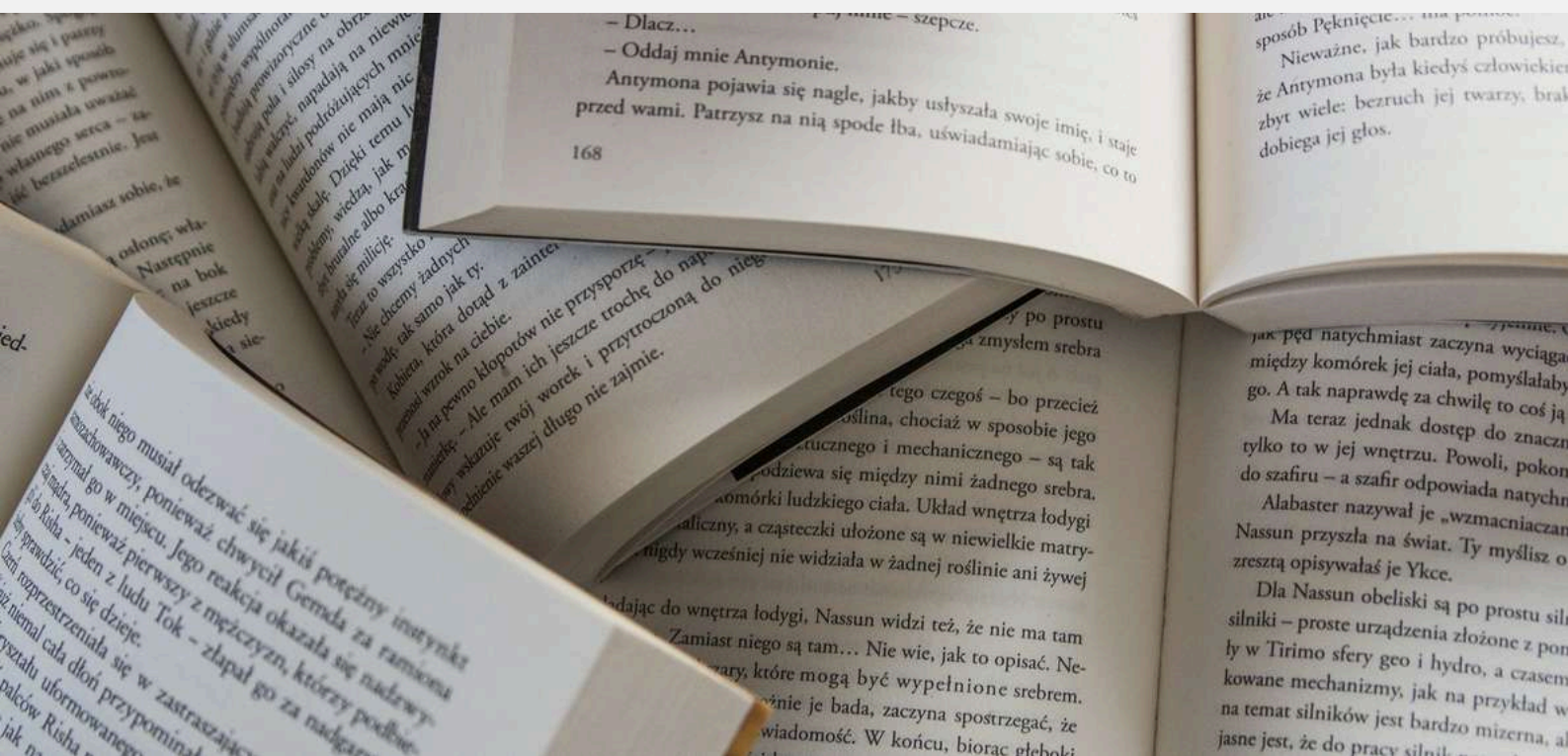








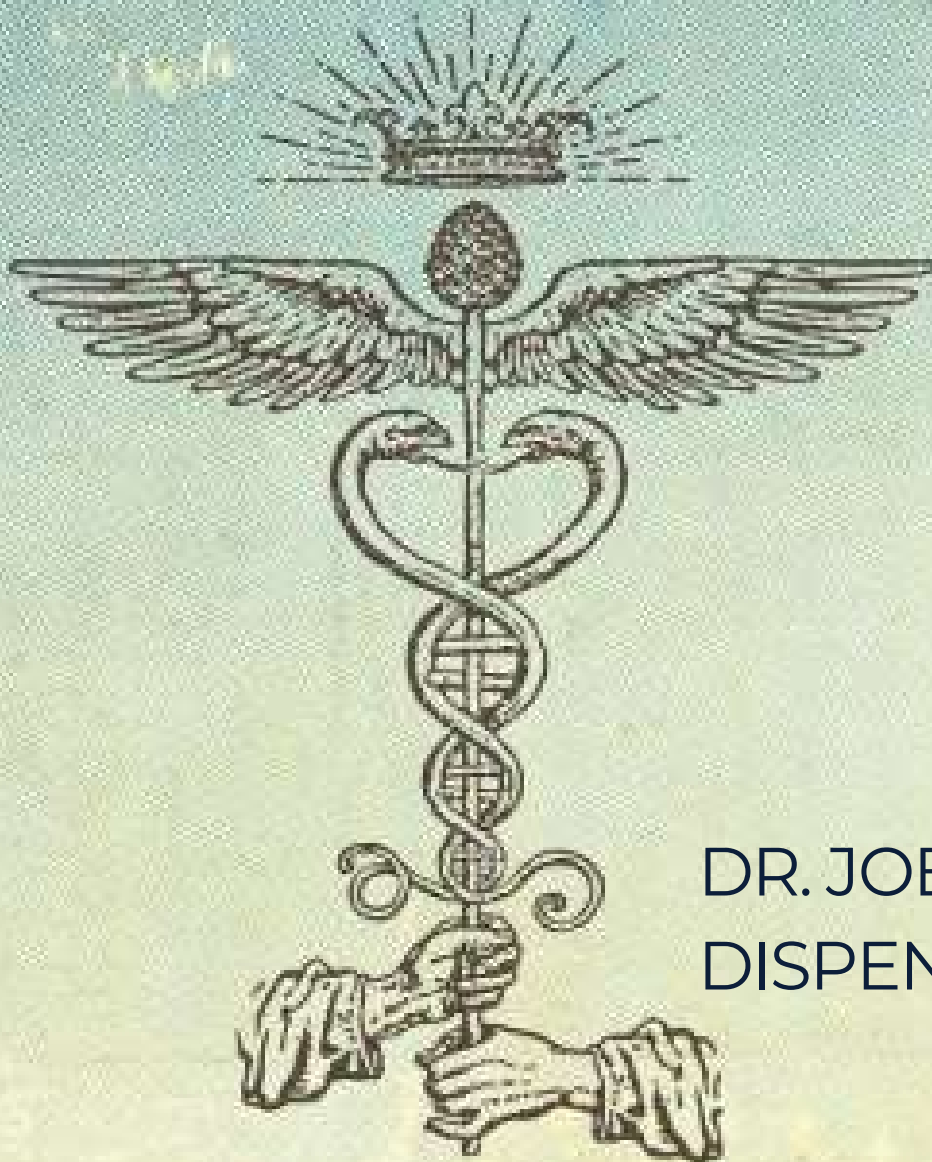
Word cloud centered around the word "review". The word "review" is the largest and most prominent, in a dark red color. Other words include "book", "writing", "quality", "good", "bad", "criticism", "analysis", "evaluate", "decide", "learning", "honest", "objective", "professional", "rating", "reviewing", "recommend", "recommendation", "publication", "magazine", "literary", "product", "reviewer", "merit", "rate", "style", "subjective", "work", "summary", "amateur", "award", "awards", "decision", "content", "evaluation", "exposition", "honest", "objective", "professional", "rating", "reviewing", "recommend", "recommendation", "publication", "magazine", "literary", "product", "reviewer", "merit", "rate", "style", "subjective", "work", "summary".





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# SUPERNATURAL



DR. JOE  
DISPENZA

## *How Common People Are Doing the Uncommon*

Lt Col (Dr) Kamalpreet wear various hats; an EME Officer with 22 years of experience in Indian Army, a Mechanical Engineer, a Doctorate in Strategic leadership, a Trainer, a Counselor, a graphologist, a Psychologist and a SSB Psych as well.

**Till date she has facilitated 275 Recommendations in SSB.**

With about 2 years of experience in Amazon as L-7 & having cleared interviews with various Corporate houses, she carries rich experience of cracking interviews, the recruitment process, logistics, warehouse operations and safety protocols. Now she dedicates her time for giving back to society in helping Veterans in job selection, welfare of Ex Service Persons and their families.





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## INTRODUCTION

Dr. Joe Dispenza's *Becoming Supernatural* is not just a book—it's a bridge between science and mysticism, the physical and the metaphysical, the ordinary and the extraordinary. With the grace of a seasoned healer and the precision of a neuroscientist, Dispenza invites readers on a powerful journey of transformation—one that reveals the limitless potential of the human mind, body, and spirit.

***"What if you could tune into a new reality—not through fate or luck, but through the power of your thoughts, energy, and heart?"***

### A Soul-Stirring Awakening

*Becoming Supernatural* is more than a book—it's a journey that walks the fine line between science and spirituality. Dr. Joe Dispenza invites readers into a world where the brain, heart, and quantum field unite to heal the body, transcend limiting beliefs, and create a life by design, not default.

He skillfully blends neuroscience, epigenetics, quantum physics, and ancient mysticism, guiding readers to step beyond the limitations of their physical self and into the field of infinite potential.

## STRENGTHS OF THE BOOK

- **Science Meets Spirituality:** Dispenza's gift lies in decoding complex scientific principles—brain waves, the pineal gland, coherence, energy centers—and presenting them in a digestible, almost poetic language. For those who love data but also crave depth, this is a powerful fusion.
- **Empowerment and Transformation:** The core message—that you are not defined by your past or biology, but by the energy you emit and the emotions you choose—is deeply empowering. It has the potential to shift mindsets and ignite hope in those who feel stuck.
- **Practical Meditation Tools:** The guided meditations, breathwork techniques, and heart-brain coherence practices are tangible tools that allow readers to actively apply what they learn. Many readers report experiencing real inner shifts just by practicing these.
- **Real-Life Miracles:** The anecdotes and case studies of healing from chronic illness, overcoming depression, and manifesting abundance create a sense of wonder and inspiration. They serve as evidence that "the uncommon" is indeed possible.



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## **CRITICISMS**

- **Pseudoscience Concerns:** While Dispenza references scientific studies, some critics argue the book leans more on speculative science and anecdotal evidence than rigorous peer-reviewed research. Skeptics might find the leaps from data to conclusion a bit too ambitious.
- **Dense in Parts:** The early chapters, which explore brain wave frequencies and quantum fields, may feel technical or heavy for readers unfamiliar with scientific jargon. It requires patience and faith to get to the more relatable content.
- **Overly Idealistic:** The idea that thoughts alone can heal chronic diseases or change matter may come across as overly simplistic or dismissive of real-world complexities—especially for those facing serious medical conditions.
- **Marketing of Programs:** Some readers feel the book sometimes nudges too closely toward marketing Dispenza's workshops and programs. The fine line between information and promotion could be better balanced.

## **FINAL VERDICT : A LIFE-ALTERING MANUAL—WITH AN OPEN MIND**

Becoming Supernatural is a powerful invitation to question what you believe about your mind, body, and reality. It will resonate deeply with spiritual seekers, meditators, biohackers, and those walking the path of healing. However, the reader must walk the tightrope of belief and critical thinking—embracing the mystery, while discerning the message.

### **Recommended For:**

- People seeking transformation beyond the physical realm
- Meditators and manifestors
- Followers of Bruce Lipton, Gregg Braden, or Deepak Chopra
- Those interested in healing, neuro-plasticity, and energy work

### **Less Suitable For:**

- Hardcore rationalists or skeptics of metaphysics
- Readers looking for quick-fix solutions
- Those uncomfortable with merging science and spirituality





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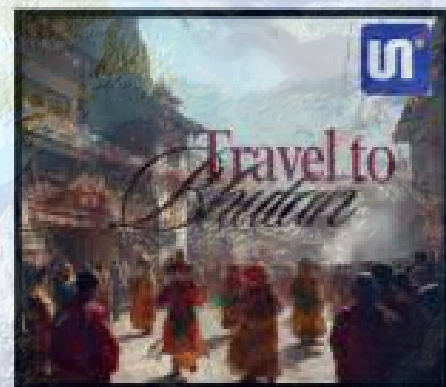
## UNISETGO: YOU & I SET GO!

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Adventure travel, Honeymoon packages, Specific group need packages and more.

We are dedicated to crafting personalized and memorable travel experiences for every traveller. With a focus on affordability and premium destinations, *UniSetGo* offers a seamless booking process, ensuring that your journey is as enjoyable as your destination.

We only live once, so why not make it beautiful? At *UniSetGo*, we strongly believe in living life to the fullest and embracing the beauty it offers. This belief has led us to gather along a team travel enthusiasts who curate a wide range of destinations for you to explore.



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- **Corporate Travel:** Tailored solutions for business travelers ensuring efficiency and comfort.





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- **Golf tourism:** Tourism clubbed with some of the finest golf courses world over offer a great feast for the sports and tourism buffs
- **Hotel and Flight Bookings:** Comprehensive services to manage your accommodations and travel logistics.

*More comings soon!!!*

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- **Best Price:** Guaranteed competitive pricing without compromising on quality.
- **Easy Bookings:** A hassle-free booking process complemented by unforgettable culinary experiences.

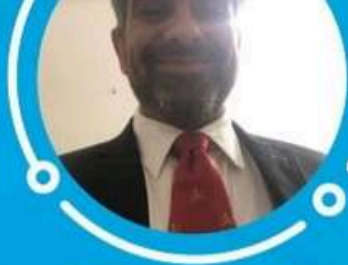
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Col Manish Kochhar  
B Tech. M Tech



Capt Vipul Choudhary  
Real Estate



Maj Jayesh Varma  
Shaurva Chakra

# VALUES NETWORK



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