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INDEPENDENCE DAY 15TH AUGUST 2025

SPOTLIGHT ON MAJOR
PRAVEEN SINGH

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ELEMENTS OF VISUALISATION



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

EDITOR-IN-CHIEF'S LETTER



Dear Readers

Seventy-nine years ago, the dawn of 15th August painted the skies of India with freedom. It was not just the lowering of a foreign flag and the raising of our tricolour — it was the rise of a nation's soul, reclaimed after centuries of struggle, sacrifice, and unyielding hope.

Today, as we commemorate this 79th Independence Day, we must remind ourselves that freedom is not an inheritance to be spent, but a responsibility to be nurtured. The blood and tears that watered the roots of our liberty demand that we uphold the ideals our freedom fighters dreamt of — unity in diversity, courage in adversity, and integrity in every action. Independence is not only about political sovereignty; it is about mental, moral, and economic self-reliance. It is about freeing ourselves from ignorance, division, and complacency. It is about ensuring that the next generation inherits not just a country, but a country worth inheriting — strong, ethical, and compassionate.

As the tricolour unfurls this year, may it not just flutter in the wind, but awaken in us the will to live by the values it stands for:

saffron for sacrifice, white for truth, green for growth, and the Ashoka Chakra for justice and progress.

Freedom is precious — but its true beauty lies in how we protect, cherish, and pass it on.

As Editor-in-Chief, I hold this belief close — values are not something we inherit by chance; they are choices we make, again and again. In the quiet hours and the crowded days. In the unseen acts and the defining decisions that shape the people we are becoming.

Through this platform, we do more than share inspiration — we honour intention. We give space to voices that rise above fleeting trends and anchor themselves in timeless truths.

To all who have contributed to this edition — Shivani, Maj Puneet (Retd), Maj Praveen (Retd), Sangeeta Yadav, Mr. Haresh Varu, Cdr Ram (Retd), Col Nandkishore (Retd), Wg Cdr Saxena (Retd), Lt Col Batra (Retd), Fizan Sharma, Sqn Ldr AK Panda (Retd), and Col AS Rao — your wisdom, time, and presence have given this issue its depth and heart. Your stories are the threads that strengthen the fabric of this network.

To our readers — thank you for walking alongside us. With every word you read and every reflection you carry forward, you become part of a movement that believes in building a better, truer way of living and leading.

With gratitude and conviction,

Editor-in-Chief



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DUS SAWAAL: BEYOND THE BATTLEFIELD



**FROM THE FRONTLINES OF BATTLE TO THE
FRONTLINES OF NATION-BUILDING**

**Interviewed and Compiled
By
Squadron Leader AK Panda (Retd)**



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

From the Frontlines of Battle to the Frontlines of Nation-Building



INTRODUCTION

Welcome to Dus Sawaal: Beyond the Battlefield, the signature series of Values Network eMagazine that celebrates the remarkable journeys of Armed Forces veterans redefining leadership beyond uniformed service.

This edition features Major Praveen Singh (Retd), a decorated paratrooper, visionary educationist and policy influencer whose post-service journey continues to inspire thousands of cadets and young patriots across India. From commanding troops in the dense jungles of Manipur to shaping the future of India's youth through military-style education, Major Singh has remained unwavering in his commitment to national service.

In this powerful edition of Dus Sawaal, we explore how Major Singh continues to serve, this time, not by wielding weapons, but by mentoring minds. With unmatched passion and a soldier's precision, he's equipping the next generation to lead India from the front, whether in uniform or in spirit.



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ABOUT THE VETERAN



Major Praveen Singh (Retd.) is a decorated officer of the Indian Army, a gallant paratrooper and a pioneering educationist redefining military-style schooling in India. Commissioned in 1996 into the elite 17 Parachute Field Regiment from the Officers Training Academy, Chennai, he was adjudged Best Cadet Commissioned in the Artillery Regiment, a testament to his leadership and dedication from day one. His distinguished service includes active counter-insurgency operations in Manipur, for which he was awarded a gallantry citation.

After voluntarily stepping away from service to pursue the Indian Administrative Services, destiny had different plans. He instead found his true calling in shaping future warriors, not on the battlefield, but through classrooms and parade grounds. From founding the first English medium college in Rajnandgaon to heading the MBP Military School in Gondia and establishing Confluence Military Academy and Cardinal Warriors Private Military School in Raipur, Major Singh has become a torchbearer of private military education in India.

His model inspired a feasibility study by the Defence Intelligence Agency and contributed significantly to the New Sainik School Policy, under which 100 private institutions have now received Cabinet approval for affiliation with the Sainik School Society, aiming to scale up to 1000. His schools are known for blending discipline, academics and competitive exam preparation with physical training and personality development through the Josh and Hosh learning model.

Even in civilian life, Major Singh remains on a mission, to instill values, patriotism and purpose in India's youth, ensuring that every cadet under his care not only dreams of the uniform but is fully prepared to earn it.

Let's unravel the story of courage and purpose — one veteran, ten questions, endless takeaways.

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Dus Sawaal – A Candid Conversation

Join us as we uncover 10 Questions (DUS SAWAAL). One Veteran. Endless Inspiration.

Sqn Ldr AKP : From Paratrooper to Educationist – What inspired your journey from leading in the battlefield to transforming military education through institutions like MBP and Cardinal Warriors?

Maj PS. Relinquishing my commission as a Short Service Commissioned Officer in the 17 Para Field Regiment was not the end of my service, it was a redirection of it. I had aspired to join the Indian Administrative Service and stepped down voluntarily to pursue that goal. However, due to the nature of my release, I couldn't avail of the ex-serviceman age relaxation clause. Life, as it often does, had other plans.

During this transitional phase, I founded Confluence College of Higher Education, and soon after, I was entrusted with the role of Commandant at a private military school in Gondia. It was here that my true calling emerged, not in the corridors of bureaucracy, but in the classrooms and parade grounds where future warriors were being shaped.

The first batch of cadets, many from humble Marathi-medium backgrounds in the Vidarbha region, achieved remarkable success, qualifying for prestigious institutions like NDA, IIT and CPMT. Their grit, discipline and hunger to rise above circumstances reignited a fire in me. I saw in them the same spirit that defines a paratrooper: fearless, focused and fiercely determined.

This experience transformed my mission. I realized that my battlefield leadership could be repurposed to build institutions that instill Officer-Like Qualities (OLQs), discipline and patriotism in young minds. Thus began my journey with MBP Military school and later at Cardinal Warriors in Raipur, where I continue to mentor and mould cadets, not just to serve in uniform, but to lead with integrity in every sphere of life.

For me, education is now the most strategic weapon. And my battlefield has shifted, from the rugged terrain of operations to the fertile ground of young minds ready to be shaped into leaders.

Sqn Ldr AKP : Jungle Gallantry – You have been awarded for bravery in the jungle terrain of Manipur. Can you share a defining moment from that operation that shaped your outlook on leadership?

Maj PS. The operation in Manipur's unforgiving jungle terrain was the first brigade-level mission where our Para Artillery unit was deployed in an infantry role, a rare and challenging shift.



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Maj PS. Our sister battalion was the Gurkha Battalion and while they advanced toward a suspected terrorist transit camp, our columns were tasked with cordon and search operations. I was assigned to move with the CO's Quick Reaction Team (QRT) to establish an ambush near the Gurkha battalion's location. Navigating through a pitch-dark jungle, we reached our ambush site by 0900 hrs the next day. Enroute, at night, our OC LRW spotted a column moving perpendicular to our axis, their torchlights cutting through the darkness. Night Vision Devices confirmed movement, but I held fire, uncertain if they were friend or foe. That decision proved critical. The next day, I learned it was an entire company from another brigade's infantry battalion and we joined their team later for the camp raid.

The jungle teaches you that hesitation can be fatal, but so can haste. I briefed my troops with a strict fire discipline: open fire only on my command. The UG (Underground) militants in that area resembled Gurkha soldiers and we were just 5 km from their location. Despite my orders, a few troops opened fire prematurely, mistaking a UG for wearing an "ulta cap." I chased and neutralized the second militant with only my driver in tow.

As we retrieved the bodies, we came under sudden automatic fire from above. We fell back to our ambush site and took all-round defence, believing we had eliminated the scouts, and the main body was approaching. Moments later, the main body walked straight into our ambush. I calmly distributed targets and gave simultaneous fire orders, precision over panic.

Then came the most surreal moment: a UG with a fat belly (unlike UG) charged into our ambush. But he wasn't UG, he was an Army JCO wearing an ICK. I emerged with raised hands, shouting my rank and name, only to be fired upon by our troops. I dove for cover, and all gunners began shouting artillery commands "Cease fire! Rear hooking! Report gun empty!" to signal our identity. The firing stopped, but not before I unleashed a barrage of colourful language that left no doubt, I was one of their own.

We married up with the CO of the infantry battalion, who had captured two UG trainees and was on their way to raid their training camp. Later, we jointly launched a successful camp raid and secured more kills. Though our CO considered reporting the friendly fire incident, he chose not to, preferring that our first successful operation remain a story of triumph, not a case study in misidentification. This single operation combined an ambush and a raid, a long-range patrol through tough terrain, encountering both allies and adversaries along the way.

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Leadership Lesson:

That night taught me that combat leadership is not just about tactics, it's about restraint, clarity, and the courage to make split-second decisions that can save lives. It's about knowing when to hold fire, when to trust your instincts and when to assert your authority, not just with rank, but with presence.

Sqn Ldr AKP : Early Foundations – How did your upbringing in Raipur and education in Allahabad influence your values of discipline and nation-first thinking?



Maj PS. My journey toward discipline and nation-first thinking began not in a parade ground, but on the hockey field in Chhattisgarh. Playing alongside police trainees and later representing the state instilled in me the grit, teamwork and physical resilience that would later define my military ethos. My father, a forest officer, exposed me early to governance and grassroots conflict. I saw Naxalism emerge in Bastar, a crucible of unrest that shaped my leadership journey. Years later, I had the rare opportunity to serve as Commandant and SP of the Special

Police Training Center in Bastar to train the police trainees. It was more than a contractual role, it was the realization of a childhood dream to serve in the IPS. Before this tenure, I proposed a surrender-and-rehabilitation policy for Naxalites to ADG Naxal OPs, inspired by the Manipur Rifles model. The idea was simple but bold: convert former insurgents into protectors of the state by enrolling them into the Chhattisgarh Police. It was a strategic shift from confrontation to transformation.

My academic years at the University of Allahabad, especially my time at Dr. A.N. Jha Hostel, were equally formative. The hostel was a crucible of courage, camaraderie and competitive spirit. I had the privilege of topping the university, a testament not just to academic rigor but to the values of perseverance and self-belief. Our hostel produced four Army officers in the senior batch, and five of us, including myself, were selected from my batch. That legacy of service and excellence became a quiet but powerful motivator.



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What these experiences taught me

- **Discipline isn't just about routine—it's about resilience in the face of chaos.**
- **Nation-first thinking isn't a slogan—it's a lived reality, shaped by choices that prioritize collective good over personal gain.**
- **Leadership begins with empathy, whether on the hockey field, in a jungle ambush, or in a policy room drafting solutions for insurgency.**
- **Raipur gave me roots. Allahabad gave me wings. And together, they shaped a soldier who believes that service to the nation can take many forms, but must always come from the heart.**



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Sqn Ldr AKP : Vision for Youth – What key changes did you observe in cadets over your nine-year tenure at MBP Military School that encouraged you to take the private military education route?

Maj PS. Over my nine-year tenure at MBP Military School, I witnessed a profound truth: youth are reservoirs of untamed energy. Left unguided, this energy can drift into destructive paths, affecting not just the individual but entire families. But when channelled through discipline, purpose and structured military training, it becomes a force for nation-building.

At MBP, I never taught conventional subjects. My sole focus was SSB guidance because I believe the role of an educator is not to fill minds with information but to ignite a spark. Once that spark is lit, it's the cadet's passion, perseverance and commitment that turns it into a fireball. I saw this transformation repeatedly in young boys entering with uncertainty, and emerging with clarity, confidence and a deep sense of duty.

Key Changes Observed in Cadets:

- Shift from aimlessness to ambition: Military training instilled goal-oriented behaviour and a hunger for excellence.
- Emergence of self-discipline: Cadets began to regulate their own routines, choices, and mindset.
- Resilience and hope: Even those from challenging backgrounds developed a never-give-up attitude.
- Leadership and empathy: They learned to lead not by command, but by example and care for their peers.

These changes weren't just academic, they were behavioural, emotional and ideological. They convinced me that military-style education, when done right, could be a transformative force for India's youth.

The Leap to Private Military Education

Inspired by these outcomes, I took the bold step of establishing my private military school. This wasn't just an entrepreneurial venture, it was a strategic move aligned with national policy. The Defence Intelligence Agency conducted a feasibility study on my model, which contributed to the formulation of the New Sainik School Policy, aiming to affiliate 100 private schools to the Sainik School Society.

This validation reinforced my belief: private military education can complement public efforts, expand access and uphold the values of discipline, patriotism and leadership.



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Sqn Ldr AKP : Policy Shaper – Your feasibility study on private Sainik Schools has contributed to 100 new schools receiving Cabinet approval. What challenges did you face in convincing policymakers?

Maj PS. The journey toward the New Sainik School Policy wasn't one of resistance, it was one of alignment, vision and timely execution. The initiative to expand military education through private partnerships was not a proposal I had to defend, it was a directive I had the privilege to help shape.

The instructions to formulate this transformative policy came directly from the Raksha Mantri's office, with Lieutenant General Vinod G. Khandare, PVSM, AVSM, SM, then DG DIA and Advisor to RM, spearheading its execution. The policy was rooted in the recommendations of the Parliamentary Committee on Defence, which called for:

- Private sector participation to scale military education
- Inclusion of girl cadets in Sainik Schools
- Youth empowerment through structured training and values-based education

My junior, serving as Staff Officer to the DG, conducted the feasibility study, and together we co-authored the draft policy document. This blueprint laid the foundation for what is now the New Sainik School Policy, under which 100 private schools have received Cabinet approval for affiliation to the Sainik School Society.

From 100 to 1000 – Scaling the Vision

What began as a pilot is now poised to become a national movement. The policy is being scaled to 1000 schools, reflecting the government's confidence in the model and its potential to:

- Democratize access to military-style education
- Foster leadership, discipline, and patriotism among youth
- Create a robust pipeline for future officers and nation-builders

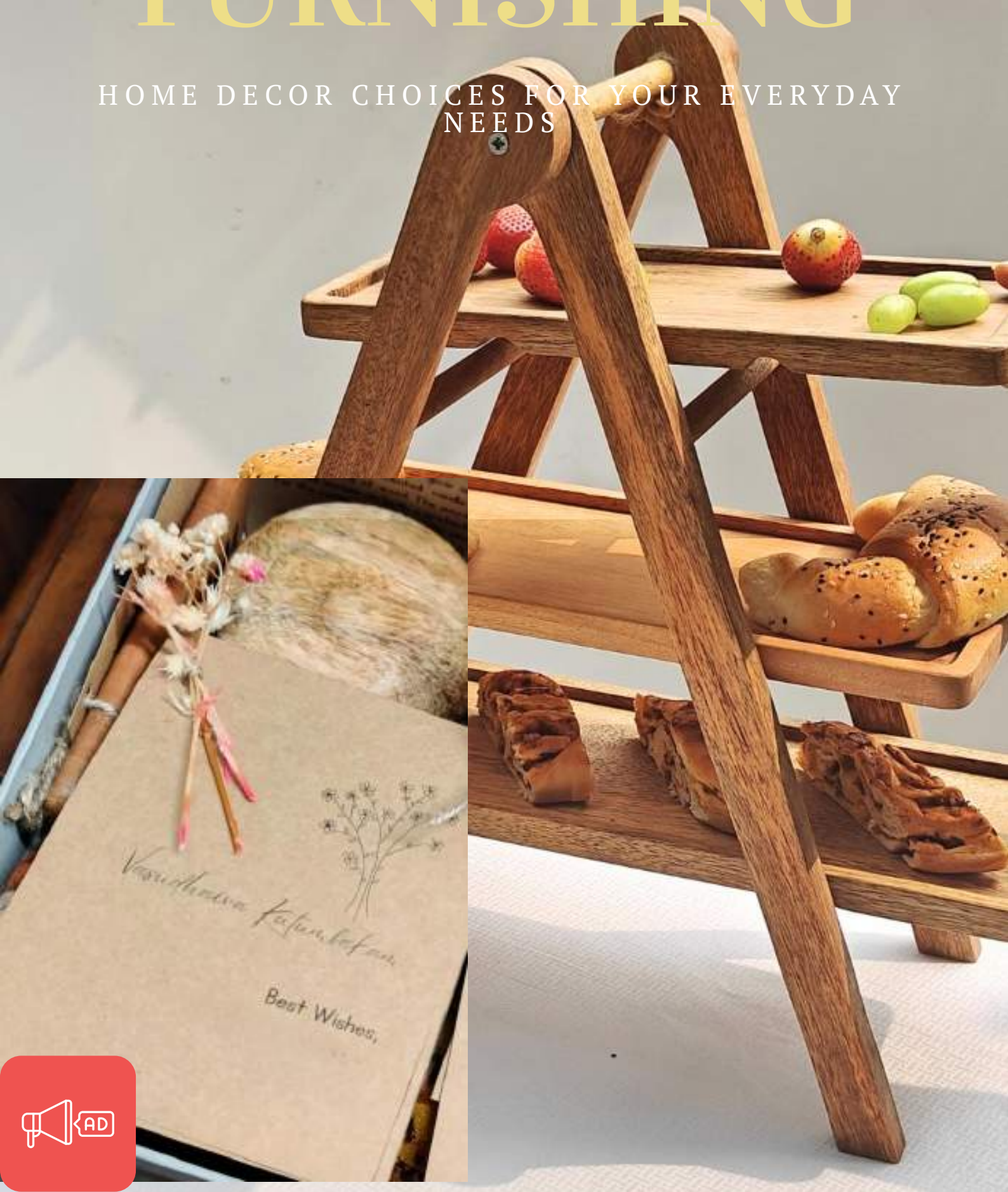


Key Takeaway:

This wasn't about overcoming challenges, it was about channelling institutional will into actionable policy. It was about translating vision into structure, and structure into opportunity, for thousands of young Indians who will now walk the halls of Sainik Schools, regardless of gender or geography.

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Sqn Ldr AKP : Military Values in Civilians – How can the values of the Armed Forces—like courage, discipline and teamwork—be effectively instilled in today’s school children?

Maj PS. When I met Lieutenant General Vinod G. Khandare, PVSM, AVSM, SM, then DG DIA, I posed a fundamental question:

Why was the Defence Intelligence Agency leading the charge on the New Sainik School Policy instead of the Training Directorate?

His answer was both strategic and deeply patriotic:

“Any person who dons the uniform, salutes the flag, and undergoes disciplined military training from school days can never become anti-national. Whether he serves in the Armed Forces or remains a civilian, his loyalty to the nation will be unquestionable.”

This statement encapsulates the transformative power of military values—not just for soldiers, but for society at large.

Why Military Values Matter for Civilians:

- **Courage teaches students to face adversity with resolve, whether in exams or life’s challenges.**
- **Discipline fosters self-regulation, punctuality, and respect for rules, qualities essential for any responsible citizen.**
- **Teamwork nurtures collaboration, empathy, and unity, antidotes to divisiveness and isolation.**

How to Instill These Values in Schools:

- 1. Structured Physical Training:** Daily drills, obstacle courses, and sports that emphasize endurance and teamwork.
- 2. Flag Ceremonies & Uniform Culture:** Rituals like saluting the flag and wearing uniforms instill pride and belonging.
- 3. Leadership Modules:** Assigning roles like platoon leaders or squad captains builds accountability and initiative.
- 4. SSB-style Personality Development:** Activities that promote Officer-Like Qualities (OLQs) such as decision-making, empathy, and integrity.
- 5. Civic Engagement Projects:** Encourage students to serve their communities, reinforcing the idea of nation-first thinking.

A Shield Against Ideological Drift

In today’s polarized environment, where urban naxalism and fragmentation ideologies (the so-called tukdetukde gang) threaten national unity, military-style education offers a proactive safeguard. It doesn’t just produce officers—it cultivates citizens with unwavering loyalty to the nation, regardless of their career path.



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Sqn Ldr AKP : Role of Sports – You have emphasized physical training and sports in your institutions. How do you see the role of sports in developing future officers?

Maj PS. In my institutions, sports are not extracurricular, they are foundational. They serve as the training ground for future officers, not just in physique but in mindset. Sports cultivate the warrior's spirit, the will to win, the resilience to rise after defeat and the discipline to train harder each day.

What Sports Teach Future Officers:

- **Competitive Drive:** Sports push cadets to challenge their limits, compete fairly, and strive for excellence.
- **Resilience in Defeat:** Losing a match teaches humility and the importance of preparation, lessons vital for battlefield and boardroom alike.
- **Willpower & Endurance:** Physical training is the only proven method to enhance mental toughness and perseverance.
- **Team Spirit & Leadership:** Whether leading a hockey team or supporting a fellow runner, cadets learn to lead and follow with equal grace.
- **Academic Uplift:** Over time, the discipline and focus gained through sports begin to reflect in academic performance as well.

As the saying goes, "All work and no play makes Jack a dull boy." But in our context, it's more than a proverb—it's a strategic truth. A cadet who trains on the field learns to think faster, endure longer, and lead better.

Sports as a Precursor to Officer-Like Qualities (OLQs)

Every sprint, every tackle, every goal scored or missed is a rehearsal for real-life leadership.



Sports instill:

- Courage under pressure
- Quick decision-making
- Emotional control
- Strategic thinking

These are the very OLQs assessed in SSB interviews, and more importantly, demanded in real-world command situations.



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Sqn Ldr AKP : Innovating Education – Can you elaborate on the “Josh” and “Hosh” concepts of learning introduced in Cardinal Warriors? What makes them different from traditional methods?

Maj PS. At Cardinal Warriors, we don’t just train minds, we shape warriors. Our educational model is anchored in the timeless military principle:

“Josh with Hosh” passion with prudence, courage with clarity, zeal with strategy. This guiding philosophy was gifted to us by Wing Commander (Late) Mahabir Ojha, a 1971 war veteran and the seniormost defence mentor from Chhattisgarh. His legacy lives on in every cadet we train, every decision we make, and every challenge we embrace.

What is “Josh”?

- Raw energy, enthusiasm and the will to act
- The fire that drives cadets to push boundaries and take initiative
- The emotional fuel behind patriotism, bravery and ambition

What is “Hosh”?

- Situational awareness, strategic thinking and emotional control
- The wisdom to assess risks, make informed decisions and act with purpose
- The intellectual compass that keeps passion from turning into recklessness

Why “Josh with Hosh” Matters:

There’s a thin line between bravery and foolishness. Traditional education often emphasizes either rote learning or unbridled ambition, but rarely teaches students to balance action with reflection. At Cardinal Warriors, we ensure that every cadet learns to:

- Charge forward with courage (Josh)
- But pause to assess, adapt, and strategize (Hosh)

How It Differs from Traditional Methods:

Traditional Education	Cardinal Warriors Approach
Focus on academic scores	Focus on holistic development (OLQs)
Passive learning from textbooks	Experiential learning through drills, debates, and simulations
Discipline enforced externally	Discipline cultivated internally through purpose and pride
Encourages competition	Encourages collaboration and leadership
Reactivity to challenges	Proactive problem-solving with “Josh & Hosh” balance



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The Result

Cadets who graduate from Cardinal Warriors are not just exam-ready, they are life-ready. They embody the spirit of a soldier and the mind of a strategist. Whether they join the Armed Forces or serve as civilians, their loyalty, leadership and clarity of thought remain unquestionable.

Sqn Ldr AKP : Life Beyond Uniform – After serving in the Army, how do you continue to draw motivation in civilian life to keep leading from the front?

Maj PS. My time in the Armed Forces, especially with the 17 Parachute Field Regiment—was more than a posting. It was a crucible of character, courage, and camaraderie was fortunate to be mentored by General Officers like Gen KM Seth, Gen VG Patankar, and Gen VB Batra, and to serve with gallant peers like Major Samir Ul Islam, SC (P), and Major Vijit Singh, SC (P). Their courage still drives me, and their legacy lives on through our school companies at Cardinal Warriors, proudly named in their honour. But leadership doesn't end when the uniform is folded. It evolves.

What Keeps Me Motivated in Civilian Life:

- **Legacy Leadership:** Honouring the ethos of my regiment by instilling discipline, patriotism, and resilience in young cadets.
- **Civilian Collaborators:** I have been blessed with friends and supporters from diverse walks of life, entrepreneurs, educators and bureaucrats, who have invested in my vision to groom the next generation of nation-builders.
- **Mission Continuity:** Whether in uniform or not, the mission remains the same, to serve the nation. Today, I do it by shaping minds, mentoring youth, and building institutions that reflect the values I once lived by on the battlefield.
- **Youth Empowerment:** Watching cadets transform, many from humble backgrounds, into confident, capable leaders reignites my purpose every single day.

From Battlefield to Blackboard

The battlefield taught me how to lead under fire. The classroom teaches me how to lead with foresight. Both demand:

- **Clarity of purpose**
- **Unwavering commitment**
- **Faith in the team**

And above all, both require the heart of a soldier, whether in boots or brogues.



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Sqn Ldr AKP : Advice to Young Patriots – What message would you give to students who dream of joining the Armed Forces but lack access or direction?

Maj PS. To every student who dreams of wearing the uniform but feels lost in the crowd or limited by circumstance, know this: the Armed Forces don't just look for brilliance. They look for grit, integrity, and heart.

You may not have access to elite coaching or a military background. But what you do have is your will, and that's where every great soldier begins.

My Message to You:

- Be Yourself. Do Your Best.
- You don't need to imitate anyone. The Forces value authenticity. Show up with your truth and give it everything you've got.
- Choose the Harder Right Over the Easier Wrong.
- Life will test you. Often, the right path is the toughest one. But it's also the one that builds character, earns respect and prepares you for command.
- Stay Humble. Learn from Everyone.

Whether it's a teacher, a peer or a jawan, every person has something to teach you. Leadership begins with listening.

- Discipline is Your Superpower.
- Start with small habits: wake up early, train consistently and read voraciously. These are the building blocks of Officer-Like Qualities (OLQs).
- Don't Wait for Opportunity—Create It.

"If access is limited, find mentors, join forums, attend events, or form a study group. Initiative marks true leadership."

Remember!!

**The Armed Forces are not just a career, they are a calling.
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the prepared, but the passionate, the persistent and the
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Conclusion

Major Praveen Singh's journey is a testament to the fact that service to the nation does not end with the uniform, it simply evolves. From leading daring operations in the dense jungles of Manipur to leading the charge for private military education across India, his life reflects courage, conviction and an unwavering commitment to national development. He has not only transformed cadets into confident leaders but has also influenced policy, leaving an indelible mark on the future of defence-oriented education in the country.

Through institutions like Cardinal Warriors and his continued mentorship, Major Singh continues to shape young minds with a perfect blend of Josh (passion) and Hosh (clarity). His mission is far from over, it has simply shifted terrain.

If you are a young patriot, aspiring cadet, parent or policymaker who wishes to connect, collaborate or learn from his experience, Major Praveen Singh (Retd) welcomes meaningful conversations.

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Stay tuned as we continue to honour those who lead with purpose. Next up in the DUS SAWAAL segment of Values Network eMagazine, we bring you another remarkable veteran whose story of service, struggle and success will leave you inspired.



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TRIAL BY FIRE: NAVIGATING A COURT OF INQUIRY WITH INTEGRITY



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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I had successfully completed my tenure of three years in Guwahati, which was simmering with insurgency throughout. It was a challenging command of a unit that was disperse located. The entire town was out of bounds for all military personnel since we had lost two senior officers to the bullets of insurgents.

To my great surprise, I was posted to Military Farm Secunderabad as the Commanding Officer — a fact conveyed to me by none other than our Head of Department, who was holding the position of Deputy Director General Military Farms. This posting was unusual, given that I was still a Captain, albeit holding the brevet rank of Major, and was relatively young in service for such a significant command appointment. My track record of commanding a unit under challenging circumstances likely contributed to my selection for this role. Many eyebrows were raised due to my posting in higher appointment before my rank and service.

Upon assuming command of the unit, I faced a challenging situation involving a Court of Inquiry against my predecessor concerning an incident in which 14 cattle were electrocuted and died. The previous Officer Commanding had suppressed this fact and falsely reported the deaths by forging documents. I was made a Technical Witness in the said Court of Inquiry. I revealed facts Based on records ,which led to my senior predecessor becoming adversarial towards me. He was found blameworthy for his dishonesty and was attached for further disciplinary action at the same station.



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A trade union member of the unit, who was close to my predecessor, became hostile and uncooperative towards me. During my predecessor's inquiry, my predecessor's inquiry, my Cattle Yard In-Charge reported the loss of six cattle, which came as a shock to me, given my recent assumption of command of the unit. It was as if I had shaved my head and got caught in a hail storm. I suspected foul play by mischievous staff attempting to place me in a similar situation as my predecessor, tempting me to falsely report and forge documents.

However, I chose a different path. I reported the loss of cattle to my technical superior at Command Headquarters via a signal and lodged an FIR with the police. I then rushed to meet my SubArea Commander, Brigadier X. When I couldn't find him in his office, I asked his PA to arrange a meeting. Later, I met him and narrated the incident. He reassuringly told me not to worry since I had honestly reported the matter and advised me to continue with my duties.

In due course, a Court of Inquiry was convened to investigate the loss of cattle and the security guard responsible for their protection. The Cattle Yard In-Charge and the security guard were found blameworthy and were punished with a reprimand and a fine equivalent to the cost of the cattle.

I had been apprehensive and worried about the outcome of the Court of Inquiry; however, my honesty and procedural correct approach helped me navigate this career impediment.

This incident became a defining moment in my career, reinforcing my belief that integrity is not just a virtue but a shield that protects even in the most trying circumstances. Though I faced resistance, suspicion, and political under-currents, I stood by the truth and upheld the values instilled in me by the Army. The experience taught me that leadership is not just about command and control—it's about courage in the face of moral tests. Years later, I look back at this "trial by fire" not with bitterness, but with pride, for it reaffirmed that doing the right thing, even when inconvenient or risky, always leaves a legacy worth carrying.



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AN EAGLE AMONG THE DRAGONS



Col Remesh V.P.

Col Remesh V.P. is a seasoned professional with extensive experience in mechanical engineering, quality assurance, and finance. He holds an M.Tech in Mechanical Engineering from Jawaharlal Nehru University, an MBA in Human Resources from IGNOU, and another MBA in Finance from VTU. Since 2013, he has been serving in the Directorate General of Quality Assurance (DGQA), specializing in the inspection and quality assurance of armaments manufactured and procured for the Indian Defense Forces. With a cumulative work experience of over 30 years, Remesh has held leadership roles in middle-level operational management, focusing on technical quality control, defense procurement, and process optimization. He has also contributed to academia and research, having published multiple papers on finance, quality assurance, and defense procurement.

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I joined the Regt Rear in the deserts with my newly married wife during the onset of Op Parakram. Bid her chivalrous goodbye, promising to send word from Islamabad. As she was flowing copious tears, I moved up to where the Regt was plonked, hardly 40 - 60 Km ahead of the Rear. The Comdt was this cheerful man whom his wife used to accuse of spending too much time watching the exploits of the wonder woman in microskirt on TV while at home. During the dining in, he challenged me to have few drinks. Drinking, I was not very used to. But as my eagle pride was poked, I started downing a few. An absolute blankness ensued. When I opened my eyes, it was the morning after two days of the dining in. I had heard jackals & foxes howling during the previous nights around my tent. However, I later realized that those were the enterprising, hooligan youngsters of the Regt trying to put some much-needed life into their new OC LRW.

During the weekend, the Comdt summoned me and conveyed that he didn't want the curse of the virginity of my body fall upon his noble soul and hence asked me to proceed to the Rear to try fulfilling my conjugal obligations to my wife. I cheerfully agreed & scooted. When these visits became a regular phenomenon during the following weeks, my wife would have expected me home for lunch even if the Regt had really ever launched.

The Regt organized an inter sqn night navigation competition. Not to be left behind, I also jumped in to the fray with a team of LRW. As we started, to my horror, it turned out to be a de-facto cross country run competition too. Whichever team I met in between during this ordeal always seemed to be heading in the opposite direction to my own destination. Whichever intermediate points I managed to hit, the offr there always thanked me profusely, before wrapping up & leaving his stn. To cut a long story short, I managed to reach the end point, sometime on the next day afternoon or so while the Regt had already contributed a half day's regular work to the nation to the pleasure of the President. However, the Comdt himself was waiting at the end point, who retrieved the ragged remnants of my body into his gypsy and tore off the missing person's report which was ready in all aspects in his hand.

The Bde Cdr gave a personal assignment to me on optimizing the space inside the T-72. I with abysmal inclination to such technical trivialities clicked few photos at different angles and submitted a botched-up report. After all, if there was any such scope, why won't the Russians themselves do it ab initio was my silent argument. When the Cdr perused the report, the observation was on minor SD only. I struggled with it for a while till one day, the benevolent AQ visited the Regt, did all what was needed, printed, bound & took the report on his own without even bothering for a covering letter.



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There was this other Cdr who was passionate about the mission reliability status of his fmn. Due to unknown divine mischiefs, the task fell into my lap. These were the times when the ACs were authorized for the computers but not for commissioned offrs. Hence, I took over an AC room and got on with it. Prepared few MS Excel sheets and made a hotch-poach front end of tables & graphs. The Cdr was allowed to key in his mission parameters and a dynamic output would be shown on various charts. The thing with Cdrs is that they got only limited time to look at or listen to anything. They don't have the luxury of time to check up the back ends. In a nutshell, whatever parameters the Cdr fed in, the mission reliability of his fmn always got displayed within a bracket of 90 – 95 %. The Cdr was happy. But the Sr offrs also got this unique trait to smell a fish where-ever there is something fishy, even though they may not be able to put a finger on the exact rot. So, a citation was initiated for only that offr who through his relentless hard toil had successfully automated a barrel cleaning device in the desert. Here was something very tangible and realistic without any fishy back ends to worry about!

Then came the visit of the Col of the Regt. Party in the mess went on to the wee hours of the morning. I also sang a song. Nature stood still. The band stopped playing. The General took it on his chin, twirling his ferocious moustache with the glint in his eyes dimmed somewhat. Nobody till that point in their entire dear lives would have ever imagined the capability of a human throat to generate such a higher degree of cacophony at such a demonic pitch. I was respectfully escorted out from the Mess by two burly RPs. The General left the Regt that night itself and never visited again during my entire balance tenure.



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Five Pitfalls That Can Sink Your Corporate Transition



(And How to Avoid Them)



COMMANDER RAM (RETD)



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After more than two decades in the Navy, I believed I understood transitions. After all, the military moves us between postings, roles, and responsibilities with clockwork precision. But stepping into the corporate world nine years ago taught me a humbling truth - this is a completely different ocean to navigate.

Over the last three years, as I've coached and mentored veterans making this shift, I've noticed a pattern: most struggles are avoidable. Yet, too often, we walk right into them. Let me share the five most common pitfalls that can derail your transition - and more importantly, how you can sidestep them:

1. STARTING WITHOUT A PLAN



I've seen veterans send out resumes to dozens of random jobs - across industries, functions, and seniority levels - hoping something will stick. It rarely does. Instead, pause. Map your skills, identify industries where they're relevant, and target roles that match both your experience and your aspirations. A focused plan is not a delay; it's an accelerator.

2. IGNORING CORPORATE CULTURE

The corporate environment is not the military with business suits. It has its own rhythms, hierarchies, and unwritten rules. Invest time in understanding workplace dynamics, communication styles, and industry jargon. The sooner you learn the culture, the faster you'll be accepted into it.





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3. SPEAKING ONLY IN MILITARY TERMS



Your rank, abbreviations, and operational milestones mean the world to those in uniform - but may mean little to a hiring manager.

Translate your experiences into business impact: talk about budgets handled, teams led, efficiencies created, and problems solved. In short, speak their language.

4. NEGLECTING NETWORKING

Job portals are useful, but they are not your only weapon. Relationships matter in corporate hiring - often more than job postings.

Reach out to veterans who have walked this path, connect with industry professionals, attend relevant events. Networking is not asking for a job; it's building bridges to opportunities.



5. NOT UNDERSTANDING THE SALARY PACKAGE



The CTC number can look attractive - until the first paycheck shows up and you're left wondering where half of it went.

Always ask for the breakup: fixed pay, bonuses, deductions, benefits. Understand the 'in-hand' figure and the perks. It's not just about the number - it's about the value.



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As one of my mentors once said,

“Transitions fail not because we can’t adapt, but because we assume we don’t have to.”

**Your move to the corporate sector is NOT a posting -
IT’S A TRANSFORMATION.**

Plan it with intent, learn the terrain, speak the local language, build your network, and keep your financial eyes open.

The uniform may no longer be on your shoulders, but the responsibility for your success still is. Guard it as carefully as you did your command.

Fair winds and following seas, my friends.

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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From Uniform to Corporate

Your Next Mission Begins

I have Walked the Path

- 22 years in the Navy's Submarine Arm
- 5+ years in corporate career leading IT & e-Governance projects.
- 3+ years in Coaching & Mentoring



How I Can Help You Win

- Translate military experience into a corporate-ready, results-driven resume
- Build a LinkedIn profile that gets noticed by the right people
- Crack interviews with confidence, clarity, and impact

Proven Impact

- 150+ veterans mentored one-on-one
- 1,500+ reached through talks & workshops

My Promise : Handholding until you Succeed

■ WhatsApp: +91-8700869680

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7 Ways to Protect your Child from Cyberbullying

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

In the age of the internet, the biggest enemy is Cyberbullying. In today's world where children and the internet are inseparable, it is important now more than ever to address cyberbullying. India is ranked the highest when it comes to cyberbullying constantly from 2011- 18 and the situation continues so.



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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 😊



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It is the stuff of our nightmares, you never expect it to happen to your dear ones. But evil doesn't discriminate. So, it is important that we know how to protect our little ones from the dark side of the net. Here are 7 ways in which we can protect children from cyberbullying.



The first step to solving any problem is communication and this problem is not any different. Talk to your children about it. Discuss with them what is right and wrong. When it comes to maintaining privacy, children don't understand what is okay and what is violating their own privacy.

On the social media platforms your child is his/her worst enemy. Most of the time they have trouble understanding what is appropriate for the world to see and what is not. These cyber bullies lurk around in the shadows of the web until your child slips up and posts something dangerous. They swoop in then and make your child's life miserable.

If your child comes to you with an important or silly (silly for you) secret, protect it with your life. Nothing else is going to make them trust you more than this. Let them know that their personality on the internet does not define who they are. Teach them the difference between virtual and reality.



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Keep learning

When it comes to your child's safety there is no such thing as too much research. Keep learning and keep teaching. Keep learning about newcases, new security procedures, and preventive measures. You need to be educated about this field, nothing should come as a shock to you. When it comes to virtual safety it doesn't hurt to be a 'know it all' (does it ever?)

Encourage them to ask you as many questions as they want. And to be able to answer their questions you should research on these topics beforehand so that you yourself can learn first and then help your child.



Awareness and understanding is paramount

Children facing anxiety, depression and or other psychological conditions are an easy target for cyberbullies. Children battling these conditions already have a lot going on and cyberbullying makes the situation worse. There is a certain stigma around these psychological conditions that makes people hide these conditions from everyone and children are no different.

Have an open mind. First things first, it is nothing to be ashamed of about these things. Your child needs to know that they can always expect support, understanding, and maturity from their parents. No matter what happens be their support system. Children need to hear it from you that everything is going to be okay, and to give them this assurity you need to be assured. The more you are aware about these things, the better you can handle everything.



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Some boundaries are necessary



Whenever your child is ready to enter the world of the net you have to put certain restrictions on them for their own good. Set parental controls where necessary and forbid them from accessing the part of the net that is not appropriate for them (easier said than done!).

Don't blindside them about these rules and regulations, keep them in the loop when making these rules and regulations. Don't let them have accounts on certain social media platforms until you think they are ready and explain to them calmly as to why these precautionary measures are necessary.

This does not mean that you invade their privacy, it won't end well. The solution for protecting them from cyberbullying is not keeping them away from the 'cyber' part, the solution is protecting them from the 'bully' part. If you want to protect your child from bullying at school, your solution isn't making them sit at home and avoid school, not that your kids won't enjoy this holiday, you tackle the bully situation. The same is valid for these virtual bullies

Get involved

GET INVOLVED

Be in touch with your child on social media too. Virtual support is just as important. Get to know where all your children have accounts and what kind of things they post or share on that platform. If you feel that what they are sharing crosses the limit, tell them so in a calm manner and don't create a huge debacle out of it.



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Having said that, do not pester them for petty reasons or criticize their every move. Times have changed since you were a child and the parameters have changed for what is appropriate and inappropriate. Make sure that you have factored in the time parameter before criticizing them.

When your children finally connect with you on social media make sure you don't make them regret their decision of accepting your connection by being judgmental about every little thing .

Look for sudden changes

If your child has suddenly started isolating themselves from their friends and you, or if you notice a change in behavior that is not characteristic of them then be alert. It might just be them growing up or there could be a more sinister reason behind these sudden changes, whatever may be the reason it doesn't hurt to ask them what is going on with their lives. When it comes to being safe, paranoia may not be the worst plan of action.

A simple 'are you okay, you don't seem like yourself lately' is enough for them to know that there is someone in this world that cares for them. It might be nothing or it might be something, but to be on the safer side always ask.

Involve schools

Talk with your child's school to address this issue so that there is a greater impact about the seriousness of cyberbullying. Arrange seminars for awareness programs and encourage students to come forward about anything they might have faced or seen someone face so that they can collectively fight it.

May it be your child or anyone else, always help those that come forward about cyberbullying or any such serious issue. Don't neglect any concern that is brought in front of you.

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Lalit Panwar > Amit Batra
1 yr · AB

Hi Everyone... attended the Amit Batra's webinar on Kids Coaching today and found it extremely useful and powerful session. Shall recommend parents of all kids from 1 yr to 18 yrs to attend and gain the useful insights right from foundation to communication. Great Job Amit... carry on the good work.

Rajiv Ghosh > Amit Batra
1 yr · AB

Attended a session on parenting by AB, it was quite insightful. Concepts like mentoring your child, setting rules, delegating responsibilities, respecting your child's opinion did invoke my interest and we will definitely implement the same in my daughter's upbringing. Loved the way he explained how right parenting creates an environment which will help the child grow in a positive direction. I highly recommend all parents to attend his webinar.



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DIGITAL CHILDHOOD – NAVIGATING SCREEN TIME AND TECH ADDICTION IN OUR HOMES

**BY
FIZAN SHARMA**

Fizan is a mother, writer and passionate advocate for child mental health. With a background in psychology and years of hands on parenting experience, she brings warmth, empathy and expert backed advice to every column. Her mission is to help parents understand their children's minds and hearts.





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Dear Readers,

The world our children are growing up in is unlike anything we imagined in our own childhoods. From the crowded lanes of Hyderabad to the high-rises of Gurugram, bright little faces are often illuminated, not by sunshine, but by the glow of digital screens. If you are a parent wondering how much screen time is “too much” or feeling conflicted between the convenience and the risks, you are not alone. This month, we explore this immense transformation how digital devices have become inseparable from childhood, the challenges lurking beneath the clicks and swipes and most importantly, what we can do as loving caregivers to guide our children through these complex digital waters.



THE DIGITAL REVOLUTION IN INDIAN HOMES: A NEW CHILDHOOD REALITY

India's leap into the digital age is usefully described as a phenomenon of “all at once.” Affordable smartphones, data plans and wide-reaching internet have surged into every corner, urban and rural alike. For families, devices have become more than tools. They are storytellers, teachers and at times, peacekeepers. While this connectivity has many benefits like education, entertainment and social connection. It has also brought challenges no generation before had to face. Imagine seven-year-old Anvi, who at school relishes online art classes but finds it hard to stop playing colourful games on her tablet at home. Or Arjun, 10 years, whose fascination with mobile gaming took over his love for football and books during the lockdown. These are everyday stories now, reflecting deeper truths about childhood in the digital era.



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THE NUMBERS BEHIND THE SCREEN: WHAT INDIAN FAMILIES ARE FACING

Recent surveys show a marked increase in children's daily screen exposure over the past decade:

- Many toddlers as young as two spend upwards of two to four hours per day on screens.
- Smartphones and tablets are often in daily use by children under five, despite recommendations suggesting minimal to no usage at this age.
- Older children (between 6 to 12) often exceed the advised two hours a day, blending education, social media, games and videos.

These patterns have only intensified with the pandemic's impact. Schools shifted online, family routines collapsed into digital frames and parents juggling work and childcare sometimes leaned heavily on screens as "digital babysitters."

WHY DO SCREENS CAPTURE OUR CHILDREN SO DEEPLY?

To appreciate why screens are so hard to set aside, we need to remember that children's brains are wired for novelty, reward and stimulation. Digital games and videos deliver these faster and more intensely than most traditional play.

Here's why screens become nearly irresistible:

- Instant Gratification: Each emoji, chime or game win triggers a flood of 'feel-good' **chemicals** in the brain, reinforcing the desire for more.
- Endless Content: Autoplay and infinite scroll create a loop with no natural stopping cues, so time **disappears** without notice.
- Escape Hatch: For many children, **screens provide** a refuge from boredom, stress or even complicated family dynamics.

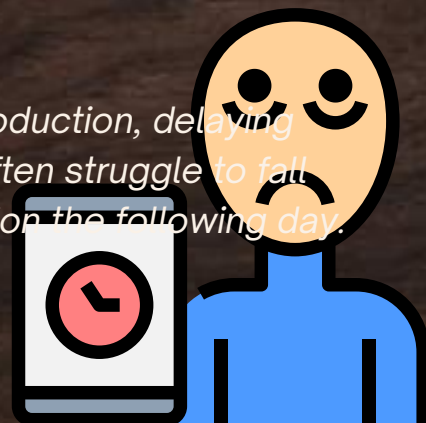
Yet, this overstimulation can come at a cost the gradual erosion of focus, emotional regulation and real-world curiosity.

THE REALITY: IMPACT OF EXCESSIVE SCREEN TIME ON CHILDREN'S GROWTH

Using screens excessively affects children not just in visible behavior but in deeper developmental areas. The concerns are serious and multi-dimensional:

1. Sleep Disruption and Fatigue

The blue light emitted by screens interferes with melatonin production, delaying sleep onset. Children who use screens late into the evening often struggle to fall asleep or have restless sleep, affecting mood and concentration the following day.





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2. Delayed Speech and Communication Skills

Especially in younger children, screen usage can replace essential face-to-face storytelling and interaction. This delays vocabulary growth and emotional expression because real human connection is crucial at this stage.

3. Weakening Social and Emotional Skills

Screens often replace interactive play, limiting children's opportunities to learn empathy, reading facial cues or cooperating with peers. Emotional regulation skills are also compromised, as many children grow reliant on screens to soothe themselves instead of developing internal coping mechanisms.

4. Rising Behavioral Issues

Parents report tantrums, irritability and attention difficulties as screen use increases. The immediate and high-intensity rewards offered by digital media can make other tasks feel dull or demanding.

5. Physical Health Concerns

Extended screen time invariably means more sedentary hours. This shift results in early onset of obesity, vision problems such as digital eye strain and poor posture, leading to long-term health issues.

REAL STORIES FROM INDIAN HOMES

These concerns are lived experiences in families all over the country:

- **Anaya, Age 5, Chennai:** Anaya's mother noticed she was becoming quieter and less engaged at preschool. The discovery? Anaya's two-hour daily tablet time was interfering with her speech progress and social play. Transitioning to more shared family activities, including reading and singing, helped restore her confidence and communication.
- **Vihaan, Age 9, Delhi:** Vihaan initially loved cricket and puzzles, but after months of remote learning, he gravitated towards online games. His sudden withdrawal from outdoor play worried his parents. Family discussions, time limits and encouraging alternate hobbies gradually pulled Vihaan from his digital bubble.
- A news report from a leading English daily featured a parent's candid admission of how screens became a "digital crutch" during the pandemic, a solution to daily survival yet a source of anxiety when screen dependency became clear. The parent's journey from guilt to gradually restoring tech balance was shared to inspire others.



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WHY IT'S SO HARD TO SET LIMITS AND HOW WE CAN SUCCEED

Parents often struggle due to the digital environment surrounding us all. While children are immersed in screens at school, socially and recreationally, parents also rely on devices for work and connection. Setting healthy boundaries in such an environment feels like an uphill climb.

Yet, success lies in consistent, gentle and loving approaches rather than strict bans or shaming.

HOW FAMILIES CAN NAVIGATE SCREEN TIME: ACTIONABLE STEPS THAT WORK

1. Understand and Share the 'Why'

Explain screen time limits not as punitive but as caring boundaries to protect eyes, sleep and focus. Older children especially appreciate knowing the reasons behind these limits.

2. Create Tech-Free Zones and Times

Commit to device-free meals, bedrooms and the hour before bedtime. These simple rules help in building routines that children learn to feel secure within.

3. Be a Role Model

Children observe their parents' tech habits. When they see adults consistently putting away phones during family time, they are more likely to mimic those healthy habits.

4. Replace Screen Time with Engaging Alternatives

Introduce fun, sensory-rich activities board games, art, storytelling, cricket in the courtyard, cooking, gardening. Invite children to help choose activities so they feel ownership.

5. Curate Screen Content

Choose educational apps, age-appropriate shows and co-watch with your child when possible. Discuss what they see or play; this turns passive consumption into active learning.

6. Watch for Warning Signs

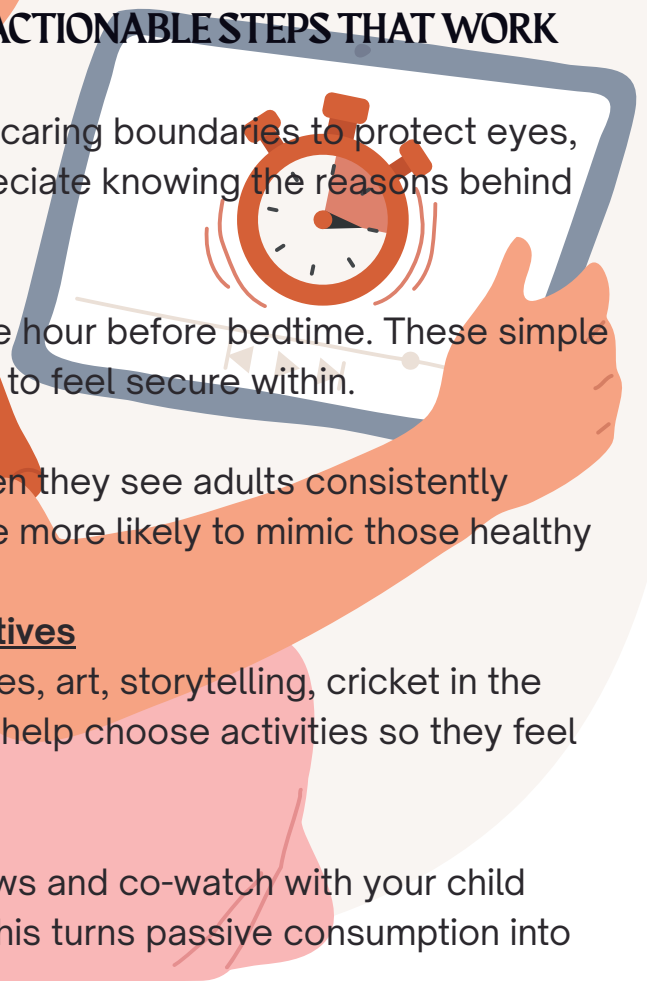
Pay attention to sudden mood changes, secrecy, loss of interest in offline activities, sleep disturbances or worsening school performance. Early intervention can prevent escalation.

7. Practice Patience and Consistency

Long-term changes require repeated, calm reinforcement. Expect some resistance; meet it with empathy, not anger. Explain your love and trust in their ability to grow.

8. Seek Support and Build Community

Discuss your challenges with other parents, teachers or counselors. Parent support groups and new initiatives in many Indian cities can offer guidance and encouragement.





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REFLECTIONS FROM MY JOURNEY AS A MOTHER

Like many parents, I have wrestled with the tension between convenience and concern. I've handed over a device to soothe tears or complete urgent work tasks, only to wonder later if I'm trading quick fixes for deeper challenges.

But I have also found joy in reclaiming tech-free moments reading stories, cooking with my children or watching their faces light up during a game of hide-and-seek.

These moments build the emotional and social strength screens cannot replicate.

Ultimately, what matters most is connection feeling seen and loved beyond pixels and playlists.

CLOSING THOUGHTS: EMBRACING THE DIGITAL, WHILE KEEPING CHILDHOOD WHOLE

Screens are threads woven into our family fabric impossible to remove entirely. They can teach, entertain and connect. But when left unchecked, they can fray the delicate patterns of attention, empathy and joy that form childhood's essence.

By choosing connection over correction, presence over passivity and balance over extremes, we can help our children grow strong in a world that is as digital as it is real. Our role is not to fight technology but to guide children thoughtfully through it arming them with the skills, boundaries and inner resilience to thrive.

I invite you to share your stories, struggles and successes. Together, let's nurture a generation that navigates the digital age with wisdom, warmth and heart.

Warmly,

Fizan

fizansharma23@gmail.com

Inattention: Difficulty sustaining focus, making careless mistakes, losing things, being easily distracted.

• Hyperactivity: Fidgeting, restlessness, talking excessively, trouble staying

• Impulsivity: Interrupting others, acting without thinking, difficulty waiting their turn.

Not every child who is energetic or distracted has ADHD. Diagnosis requires a thorough assessment by a qualified professional, considering symptoms across different settings (home, school, etc.).

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WHY DO WE SUFFER DESPITE DOING EVERYTHING RIGHT?



Since time immemorial, humankind has looked up at the stars and asked:
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Major Puneet Jain (Retd.)

Engineer | Indian Army Veteran | Corporate Leader

Certified Expert in Astrology and Vaastu

Dr. Veenu Jain

Medical Doctor | Gemmologist | Numerologist

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Y O U

FROM BURNOUT TO BALANCE



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

SANGEETA YADAV,

**A POST-GRADUATE IN POLITICAL SCIENCE WITH A STRONG
INTEREST IN MENTAL WELLNESS AND PERSONAL DEVELOPMENT.
THROUGH THIS ARTICLE, I AIM TO EMPHASIZE THE ESSENTIAL
ROLE OF SELF-CARE IN ACHIEVING BALANCE AND RESILIENCE IN
TODAY'S DEMANDING WORLD.**

**FOR COLLABORATIONS OR QUERIES, FEEL FREE TO WRITE TO ME
AT: SANGEETAAYADAV6021@GMAIL.COM**



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Burnout is no longer a silent epidemic. From overwhelmed students and working professionals to exhausted caregivers and entrepreneurs, burnout has become a global phenomenon, especially in the post-pandemic world. The World Health Organization (WHO) defines burnout as a syndrome resulting from chronic workplace stress that has not been successfully managed. But burnout extends beyond the workplace — into homes, relationships, and even identities.

In response, self-care has emerged not as a luxury, but as a psychological and physiological necessity. It is the deliberate act of nurturing one's physical, mental, emotional, and spiritual well-being. As we move from burnout to balance, self-care becomes the cornerstone of resilience and transformation.

This article explores the multidimensional role of self-care, grounded in psychology, sociology, feminist theory, and neurobiology — illustrating how it is not merely a wellness buzzword but a life-saving, life-enhancing practice.

Let's be honest.





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How many times have you ignored your own needs just to “keep the peace”?
Skipped meals, sleep, or silence because your inbox was louder than your intuition?
Told yourself, “I’ll rest after this deadline...this exam...this crisis...” — and that “after” never came?

If that sounds like you, you’re not lazy, broken, or weak.

You’re burnt out.

And worse — you’re not even allowed to talk about it because the world around you has normalized it.

UNDERSTANDING BURNOUT: THE CRISIS OF ENERGY AND IDENTITY

Burnout can manifest in three dimensions (Maslach & Jackson, 1981)

1. Emotional Exhaustion – Feeling drained and unable to cope
2. Depersonalization – Cynicism or detachment from work or people.
3. Reduced Personal Accomplishment – Feelings of ineffectiveness or failure.

Example: A teacher experiencing burnout may feel exhausted, disconnected from students, and believe their efforts are meaningless — leading to a decline in performance and mental health.

Burnout is linked to chronic stress, lack of boundaries, perfectionism, and systemic pressures. The Job Demands-Resources Model (Demerouti et al., 2001) posits that burnout occurs when job demands exceed an individual’s resources, underscoring the need for restorative interventions like self-care.

This isn't just a mental health issue — it’s a crisis of identity.

You lose touch with your needs, your passions, your body’s signals.

You forget how to just be— outside of deadlines, caretaking, or emotional labor.

The truth is, many of us were never taught how to care for ourselves — especially women, caregivers, people from marginalized communities, or those in emotionally demanding roles.



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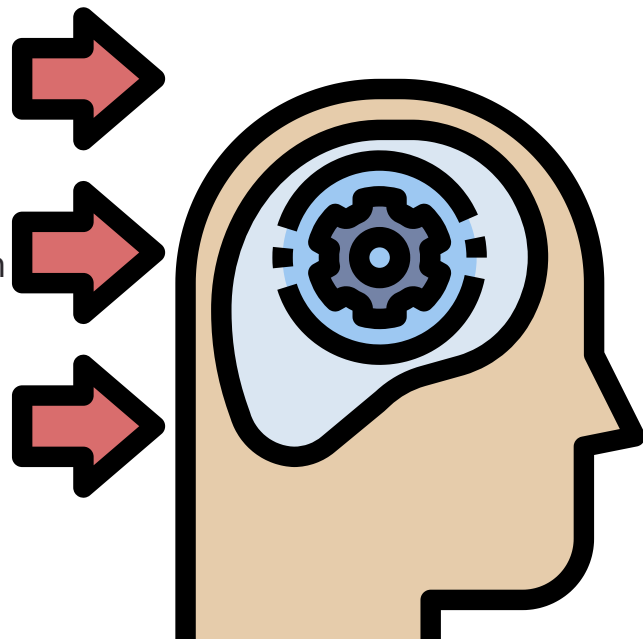
We were conditioned to:

Overperform to prove we're worthy,
Suppress emotions to avoid being called "too much",
Stay silent in the face of dominating personalities, give endlessly even when our own cups are empty.

As Audre Lorde once said,

"Caring for myself is not self-indulgence, it is self-preservation.."

This quote hits hard when you realize that self-neglect is often the result of systemic conditioning — not personal failure.



THE SCIENCE OF SELF-CARE: MORE THAN BUBBLE BATHS

Self-care is not just indulgence — it is restoration. According to Polyvagal Theory (Stephen Porges, 1994), self-regulation and safety cues help move individuals from a state of survival (fight/flight/freeze) to social engagement and calm. Self-care practices activate the parasympathetic nervous system, lowering cortisol and promoting healing.

Dimensions of Self-Care:

1. Physical Self-Care
– Sleep, nutrition, movement.
2. Psychological Self-Care – Therapy, journaling, mindfulness.
3. Emotional Self-Care – Expressing feelings, emotional boundaries.
4. Social Self-Care – Meaningful connections, healthy relationships.
5. Spiritual Self-Care – Purpose, reflection, prayer or nature.

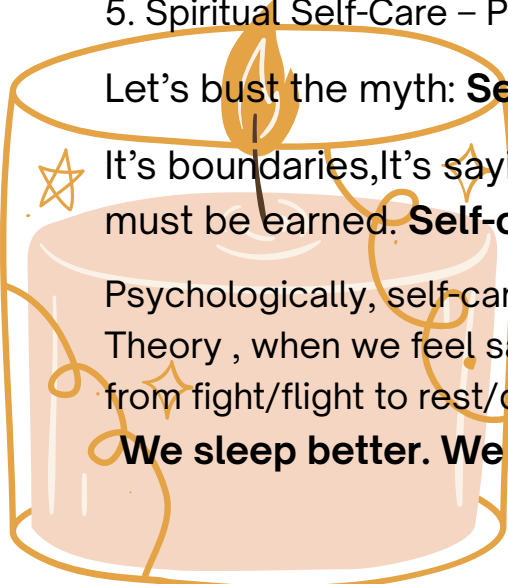


Let's bust the myth: **Self-care is not just candles, vacations, or spa days.**

It's boundaries, It's saying no without guilt, It's unlearning the idea that rest must be earned. **Self-care is choosing to live by intention, not exhaustion.**

Psychologically, self-care rebalances your nervous system. According to Polyvagal Theory, when we feel safe and cared for — even by ourselves — our bodies shift from fight/flight to rest/digest.

We sleep better. We breathe deeper. We think clearer. Self-care restores that internal safety.







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FEMINIST & SOCIO-POLITICAL DIMENSIONS: SELF-CARE AS RESISTANCE

Feminist scholar and activist Audre Lorde famously declared,

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

This resonates especially for marginalized communities — women, caregivers, people of color, LGBTQ+ — who often face structural violence, invisible labor, and emotional exhaustion. Self-care in such contexts is radical resistance to systems of oppression that commodify productivity while erasing personal well-being.

Example: A single mother working multiple jobs practices self-care by asserting her right to rest — an act of reclaiming her humanity in a system that devalues it.

Why Dominating, Nonchalant People Drain You?

Here's the hard part. You may be surrounded by people who:

- Never ask how you're really doing.
- Gaslight your exhaustion by calling you “dramatic” or “lazy”.
- Expect constant availability.
- Dismiss your boundaries
- Make you feel guilty for prioritizing yourself.

This isn't just unfortunate — it's toxic.

According to Dr. Gabor Maté, people often develop chronic stress and illness not from trauma alone, but from suppressing their authentic selves to maintain relationships. If you're constantly "**shrinking**" to keep someone else comfortable, that's not love — **it's emotional survival mode.**

You **don't owe** anyone your health, peace, or time just because they're used to receiving it.

You have to set boundaries, make yourself busy in the things which gives you peace, happiness, be financially independent, priorities yourself over everything and everyone.

Learn to say “ No” , surround yourself with the people who really care about you not only because you love them but they also loves back and cares for you, **make a wall to protect yourself from Nonchalant and emotionally unavailable people.**



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THE PSYCHOLOGY OF BALANCE: REFRAMING PRODUCTIVITY AND WORTH

The dominant culture often equates worth with output, contributing to the "hustle" mentality. But Self-Determination Theory (Deci & Ryan, 1985) emphasizes that autonomy, competence, and relatedness — not just performance are essential for well-being and motivation.

Burnout thrives when we seek external validation instead of intrinsic purpose.

Shifting the mindset:

- From perfectionism to self-compassion (Kristin Neff, 2011).
- From productivity addiction to presence and rest.
- From doing to being.

How to Start Self-Care? (Even When You're Too Tired)

If you're already overwhelmed, don't aim for a 5am morning routine and green juice lifestyle. Start with these small, gentle shifts:

1. Body Check-Ins

Ask yourself: Am I hungry, thirsty, tired, tense?

Offer your body what it asks, not what the world demands.

2. Boundary Practice

Say no to one small thing today — an extra call, an emotional dump, a last-minute favor.

3. Digital Downtime

Try a 15-minute phone-free window each day. Let silence speak.

4. Joy Journaling

Write down one thing that made you feel alive this week. Repeat it next week.

5. **Safe People Only**

Spend time only with those who respect your space, not those who compete with your peace.



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Benefits of Gradual, Holistic Self-Care —

When you show up for yourself consistently, your body and brain begin to trust that you're safe. You become:

- More focused (because your brain is no longer on survival mode)
- More compassionate (because you're not bitterly drained)
- More authentic (because you no longer perform for acceptance)
- Less anxious (because you're no longer trying to please everyone)

Research from Kristin Neff on "Self-Compassion" shows that people who treat themselves kindly — rather than harshly — are less likely to experience anxiety, depression, and burnout.

CULTURAL PERSPECTIVES: SELF-CARE IN GLOBAL TRADITIONS

Many indigenous and cultural traditions have long emphasized balance:

Ayurveda (India): Harmony of body, mind, and spirit through dosha balance.

Ubuntu (Africa): Emphasis on collective well-being and humanity.

Ikigai (Japan): A reason for being — aligning passion, mission, vocation, and profession.

Integrating such philosophies into modern self-care rituals can create more sustainable and meaningful practices.

STRUCTURAL BARRIERS TO SELF-CARE: CAPITALISM, CLASS, AND ACCESSIBILITY

Not everyone can access self-care equally. Time poverty, socioeconomic status, medical costs, and work cultures often exclude the most vulnerable from wellness ecosystems. Therefore, systemic reform is necessary:

- Paid leave policies
- Mental health access
- Redesigning workplace culture
- Universal healthcare

No matter what Nurture yourself because self-care is not a detour — It is the path

Burnout is your body's way of saying: "I can't keep doing this."

Self-care is your way of replying: "I hear you. Let's begin again."



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This is not about perfection. You will forget. You will overextend. But every time you return to yourself — with tenderness — you rewire your life.

Self-care won't solve every problem.

But it will give you the clarity, courage, and energy to face them — without losing yourself. Transformative self-care must move from "individual acts" to "institutional advocacy".

FROM INDIVIDUAL TO COLLECTIVE HEALING: COMMUNITY CARE

True balance arises not just from personal efforts but from collective ecosystems. Community care — where mutual aid, support systems, and solidarity prevail — can reinforce individual well-being.

Example: Mutual aid networks during the COVID-19 pandemic showed how collective care — sharing resources, checking in on neighbors — helped people survive and heal.

CONCLUSION - SELF-CARE IS A LIFELONG TRANSFORMATION

Moving from burnout to balance is not a one-time fix but a continuous, conscious journey. It requires awareness, intentional choices, and structural advocacy. When approached holistically, self-care transforms not only the individual but also the systems we live in.

To nurture yourself is to reclaim your power. To prioritize rest is to honor your body. To choose balance is to choose life.

Author's Note

If you're reading this and feeling overwhelmed, take a moment. Breathe. Start small. A glass of water, a walk, a boundary, a "no". These are seeds. With time, they become your forest of well-being.

Do not question your worth over somebody's words or actions, they're nobody to decide your worth. You Are Allowed to Be the Priority of your own.

You don't have to wait for a breakdown to start healing. Start today. Start tired. Start scared. Start small.

But start.

Because you are not here to just survive other people's expectations.

You are here to live — rested, radiant, and rooted in your own worth. A whisper for you — Love yourself a little bit more.

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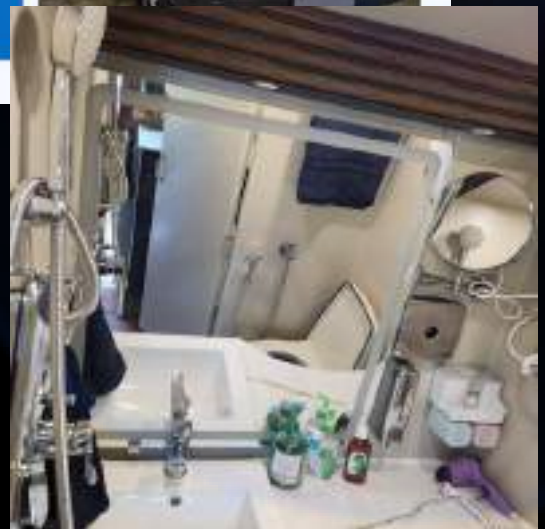
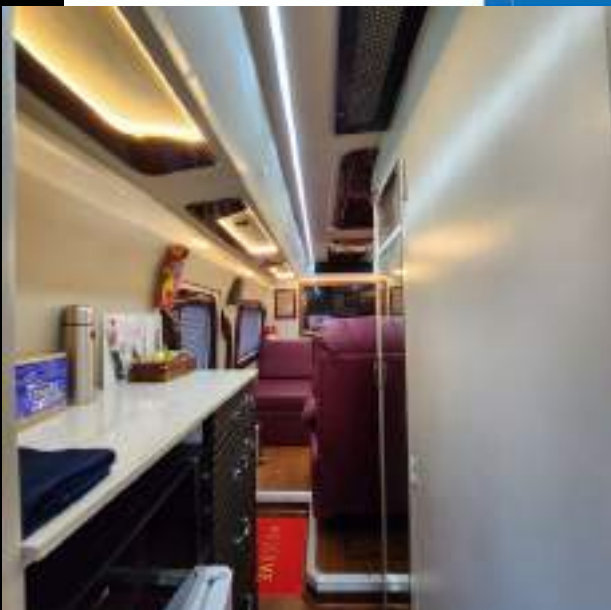
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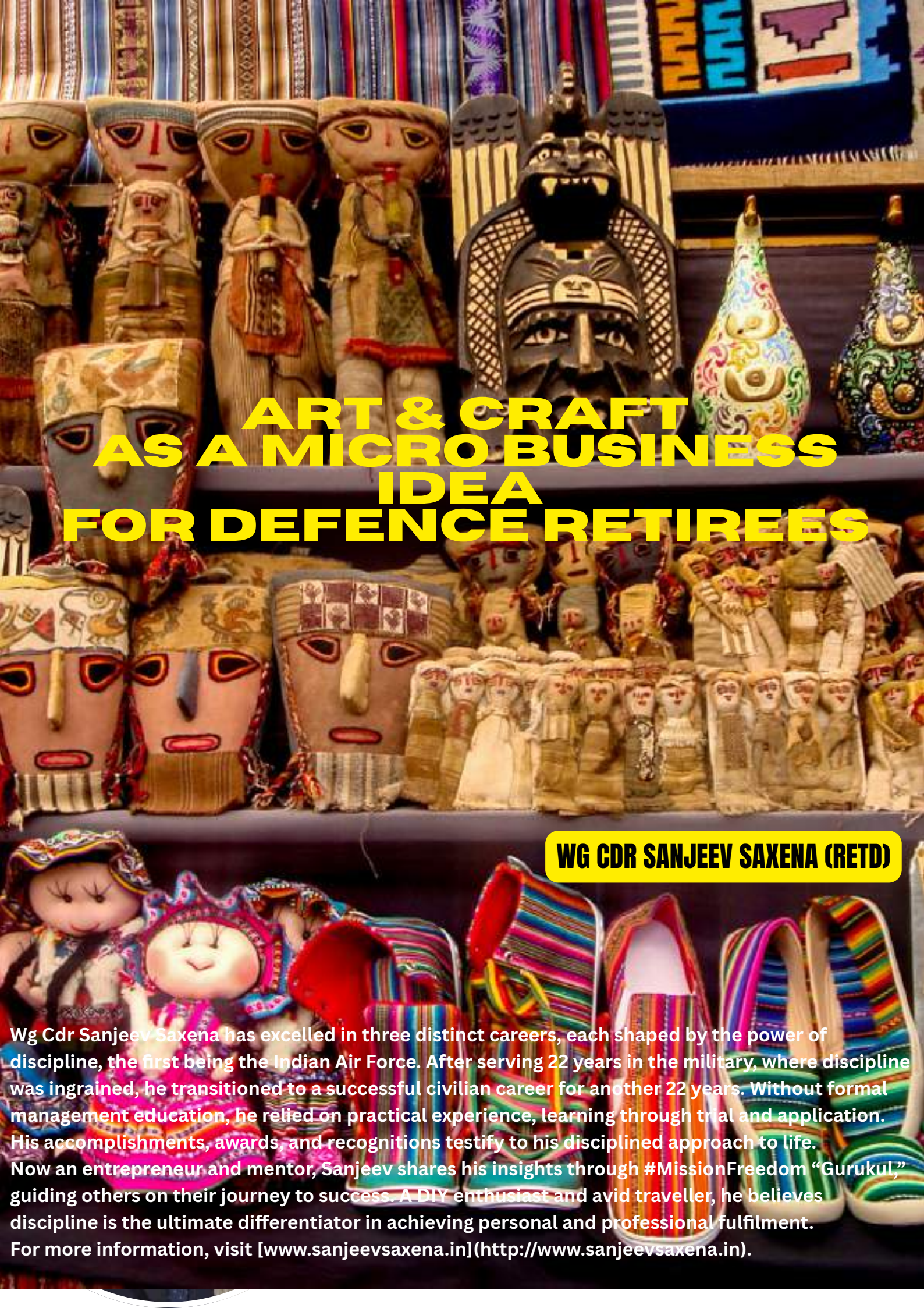
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ART & CRAFT AS A MICRO BUSINESS IDEA FOR DEFENCE RETIREES

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>).



WORK FROM HOME





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INTRODUCTION

AFTER RETIREMENT FROM THE ARMED FORCES, MANY VETERANS SEEK MEANINGFUL AND SELF-DRIVEN CAREER PATHS. ONE SUCH PROMISING AVENUE IS THE ART & CRAFT MICRO-BUSINESS SECTOR— PERFECT FOR INDIVIDUALS WITH TECHNICAL MINDS, CREATIVE FLAIR, AND A DESIRE TO WORK WITH THEIR HANDS. THE COMBINATION OF SKILLS, EXPOSURE, AND DISCIPLINE MAKES DEFENCE RETIREES UNIQUELY POSITIONED TO THRIVE IN THIS SPACE.





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WHY ART & CRAFT?

Art & craft-based enterprises are:

- Ideal for One-Man-Army style businesses
- Perfect for couples who wish to work together
- Suited to technical, mechanical, and computer-assisted creative minds
- Compatible with DIY interests and hands-on working styles
- Experiencing growing demand for handmade, personalized, and export-quality products
- Benefiting from a rising trend in folding and modular furniture using wood, metal, glass, bamboo, and aluminium

This blend of skills and market needs makes art & craft an ideal sector for disciplined, design-oriented minds.

TOOLS, TECH & JUGAAD

Today's art & craft ventures go far beyond brushes and glue. Veterans can leverage a wide range of tools and technology to add precision and scale to creativity:

- CNC routers, laser cutters, and power tools
- 3D printing, design software, and smart prototyping
- Locally innovated jugaads, reclaimed materials, and efficient workflows

This combination of modern tech and traditional innovation helps create high-quality, cost-effective products.





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15 Art & Craft Business Ideas

Here are scalable ideas veterans can start from home or a small workshop:

1. Woodworking & Furniture Design (especially folding, space-saving & modular)
2. Metalworking & Sculptures
3. Art, Paintings & Other Mediums
4. Resin Art and Related Art Forms
5. Fauji-themed Mementoes & Keepsakes
6. Adventure Gear & Mountaineering Items
7. Dress Designing, Canvas & Fabric Craft
8. Leathercraft (wallets, belts, gear)
9. Aircraft-themed Decor & Model Building
10. Drone Photography & Framed Aerial Art
11. Bamboo Handicrafts
12. Coir-based Planters
13. Woven Utility Items
14. Eco-Friendly Products
15. Pottery & Ceramic Art

These ideas are gaining momentum in both domestic and international gift and décor markets. With low overheads and growing demand, many of them are ideal for freelancing or small-scale manufacturing from home.

Creative Possibilities from the Forces

Veterans have lived and served across diverse regions of India, gaining exposure to rich and varied local art forms. This includes:

- Tuting (Arunachal Pradesh) – Tribal face masks
- Khumbhigram – Bamboo and cane artistry
- Jammu & Kashmir – Wood carving and pashmina crafts
- Saharanpur – Fine wood inlay furniture
- Nagaland – Handwoven shawls
- Firozabad – Glass bangles and artistry
- Moradabad – Brassware & metal décor
- Kerala & Tamil Nadu – Coir mat weaving, rope-making, and eco-products

These experiences can be a goldmine of creative inspiration and entrepreneurial ideas.



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Upcycling & Reimagining



Defence gear, often discarded after use, holds immense potential for upcycling into sellable items. Creative reuse ideas include:

- Decorative old aircraft propellers
- Nautical-themed ship's wheels as wall décor
- Old bottles turned into lamps, vases, and decorative pieces
- Uniforms upcycled into bags, pouches, and fashion items
- Bamboo scraps or training materials turned into photo frames, planters, or pen holders
- Coir product cocopeat, widely used in urban gardening and home décor

This not only reduces waste but also enhances the uniqueness of products.

Drone Photography – A Modern Creative Niche



Many veterans are exploring drone-based photography using their terrain awareness and technical acumen. Applications include:

- Tourism and landscape art
- Real estate photography
- Framed aerial art and personalized gifting

It is a tech-savvy niche that blends creativity with precision and market demand.



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Government Support



Multiple government bodies support these micro business ideas through funding, training, and promotion:

- MUDRA Loans under the MSME Ministry
- Free or subsidized training programs under Skill India
- Export aid and GI-tag promotion through KVIC
- Marketing support via fairs, expos, and e-marketplaces
- Coir Board of India and National Bamboo Mission for product development and innovation

These schemes help reduce the cost of entry and boost scale and visibility for small ventures.

Conclusion

Art & craft ventures offer a fulfilling, flexible, and profitable post-retirement path. Whether you work solo, with your spouse, or grow into a small team, this niche blends creativity, discipline, and passion into a sustainable business.

AI, automation, machines, and low-level robotics are becoming highly useful in projects related to art & craft—making production smarter and scaling easier. You can save a lot of time, money, and energy by working or freelancing from home using your own tools and digital skills. But remember—every idea, no matter how brilliant, needs guidance and mentoring to become a successful business. That's where structured support, networks, and training can make all the difference. The future is bright—and handcrafted.



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Quote

"Retirement is not the end—it's a creative comeback. Art & craft is the new mission with hands, heart, and heritage."

Hindi:

"सेवानिवृत्ति अंत नहीं है—यह एक रचनात्मक वापसी है। कला और शिल्प नया मिशन है—हाथों, दिल और विरासत के साथ।"

— Sanjeev Saxena

As a passionate DIY enthusiast, I have attended CIFM / Interzum in Guangzhou, China—one of the world's leading woodworking and furniture exhibitions. It deepened my understanding of global trends, modular designs, and export-quality craftsmanship. One of my lady mentees, a senior school teacher, has successfully transitioned her flair for art into a full-time business—proving that passion, interest, and the right guidance can transform hobbies into sustainable careers.



Wg Cdr Sanjeev Saxena (Retd) is an accomplished entrepreneur and former Air Force officer, with over four plus decades of diverse experience, having spent 20 years plus in the Air Force and 22 years in the entrepreneurial world. As the Director of a company and the proponent of the #Missionfreedom initiative, he dedicates himself to mentoring individuals in niche and business model selection, guiding them toward achieving their entrepreneurial dreams. He is an expert in Business Coaching. A practical man, started at a grassroots level, and is well-versed in the difficulties you'll encounter. Additionally, an avid traveller and a DIY enthusiast. He can be contacted through sanjeevsaxena@india@gmail.com and more info at www.SanjeevSaxena.in



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

Shivangi Sharma: Designing Stories That Matter

Shivangi Sharma, a third-year Product Design student at UPES Dehradun, is deeply passionate about creating with purpose. With a strong inclination toward sustainability, education, and social impact, she strives to design products that are not only functional but also emotionally and culturally resonant.

Her recent work focuses on using natural materials like Himalayan fibres to craft toys and learning aids for children. Shivangi is especially interested in exploring how design can preserve local culture, empower communities, and spark curiosity in young minds. She believes that good design should be inclusive, responsible, and rooted in empathy.

Her interests lie at the crossroads of sustainable materials, child-centric design, and cultural storytelling, with a growing inclination toward collaborations that bridge design and social innovation. Shivangi welcomes opportunities to work on similar meaningful projects, particularly those involving artisans, underrepresented communities, or themes like environmental conservation and indigenous narratives.

If you're someone who shares these values, or are working on something aligned, she'd be more than happy to connect.





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Aipan Sensory Stacking Toy

This isn't just stacking—it's sensory magic! The Aipan sensory stacking toy comes with layers painted with Aipan art on cotton cloth with a bamboo base and different cotton threadwork textures for that soft, squishy feel. Designed for curious little hands to explore textures, develop picking and grasping skills and learn about Uttarakhand's folk art.

✿ Eco-friendly | Teaches cultural heritage | Made by local artisans | 🌸 Builds coordination & focus | Biodegradable when playtime ends | 🍵 Low cost for underprivileged children | A toy that feels as good as it looks | Vocal for Local 🇮🇳 | New Toy Culture of Uttarakhand | Aatmanirbhar Bharat





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Red Panda Patrol: The Himalayan Rescue Game

Red pandas are shy, tree-loving creatures native to the Himalayas—and they're endangered. In this bamboo-based balancing game, players take turns pulling out sticks one by one from a handcrafted bamboo tree... but don't let the red panda fall!

Crafted with bhimal and bamboo mats, this game teaches kids about delicate ecosystems while they giggle their way through play.

🌿 **Eco-conscious & biodegradable** | Promotes love for nature | 🧡 **Teaches balance, patience & environmental empathy** | Designed for underprivileged children | **New Toy Culture of Uttarakhand** | Made by local artisans | **Vocal for Local** | Aatmanirbhar Bharat in every pull



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"GHAR KI LAKSHMI": AN ANATHEMA

The soul of Kolkatta medico speaks

Some rays passed over my abode to check my well-being,
To see if my limbs were fine, whether I was kicking.

The doctor gave an all-OK report,
Few pills, some exercises and, to Mom's queries, a retort.

I could sense the happiness and joy in my parent's talk,
Which was doubled when they saw me take my first step to walk.

I was the cynosure of all eyes in the family & neighbourhood,
Love and affection were in abundance during childhood.

In Tagore's dreamland, "Where mind is without fear".
Teenage and youth were filled with dreams of life, very clear,

Chose the noblest profession of being a doctor,
For, I read somewhere, serving people in pain is a life lived so proper.

The task was not going to be an easy walk,
Had to endure eyes full of lust and shadows which would stalk.



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Col Akkireddy Shrinivas Rao

Col A Shrinivas Rao is presently commanding R&V Sqn NCC in Ludhiana, Punjab where he imparts training in horse riding to young students of the veterinary College. He is a postgraduate in veterinary medicine from Nagpur Veterinary College and joined Indian Army in 1994. During his service of over three decades, he has served throughout the length and breath of the country, including high altitude areas, Insurgency areas and in prestigious institutes like RVC Centre & College in Meerut, Cantt.

He also served in United Nations peacekeeping Mission in Sudan, where he was awarded Force Commander's commendation card due to his exemplary display of professionalism and commitment towards treating the ailing animals and providing technical training to the Para- vets from various countries in collaboration with international agencies amidst war like situations during 2004-2005.

Apart from his professional achievements, he is also a poet and has many compositions to his credit. He specialises in composing poems on army related issues.



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**With undeterred commitment and support from the family,
Transformed into an adept medico from a lass who chirped chattily.**

**True to the adage, "Service to man is service to God",
Kept personal comforts aside to comfort the patients in the ward.
Alas, never ever dreamt of the system being so flawed.**

**Thirty-six hours of sleepless duty and as a doctor in-charge,
Was desperately in need of some rest to recoup and recharge.**

**And came the worst nightmare of my life true,
Some monsters disgraced my modesty and flew.**

**Indescribable horrific & mindless instincts, I endured,
Mangled, mutilated, maimed & murdered in a place so "Secured".**

O' God, what wrong did I do??

**Whether I was wrong in being born as a girl?
Were my parents wrong in treating me like a precious pearl?**

**Was I wrong in excelling in my academics?
Softspoken, was I wrong in not believing in polemics?**

**Did I make a blunder in choosing a profession noble?
Or my commitment wrong in deciding to help people in trouble?**



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**Was my idea of a normal life ahead was fallacious?
By believing that sand castles would actually stand, was I fatuous?**

"यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवता:....."

**What wrong did I commit that I was dumped amidst devils?
Why women in this world have to face such perils?
What sin did I commit, O' God? What sin did the girls commit?**

**Why is it a curse to be born as a girl in this world?
Why "Ghar ki Lakshmi" is an ANATHEMA (in bold) ????**

**The collective conscience of Homo sapiens at its lowest ebb,
Apathy, aggression, lust, greed, all weaved into an impregnable web,**

**Its high time dear citizens, save your kins,
The dooms day is not far if you can't stay away from sins,**

**True independence is still an oasis, we are still slaves of demonic instincts,
My posthumous appeal: kindly harbor true love in your precincts.**

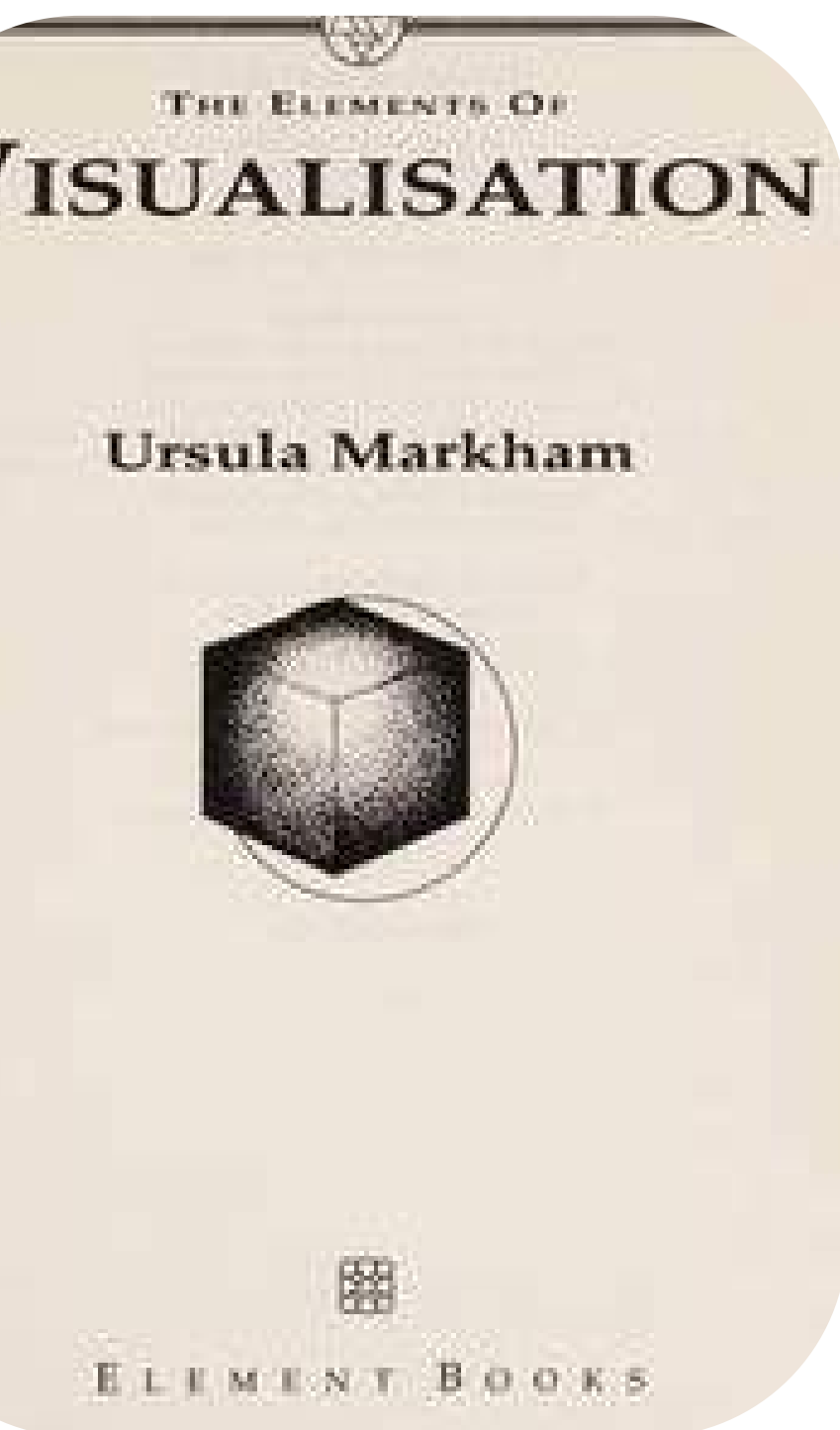
And transform our country:

**Where a women's mind is actually without fear,
Her head (in real sense) is held high,
Into that heaven of freedom, let her awake.
Into that heaven of freedom, let her awake.**

Col Akkireddy Shrinivas Rao



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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 332 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.



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



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OVERVIEW

The Elements of Visualisation by Ursula Markham is a concise and practical guide that introduces the art of using imagination to create positive change in life. Written in a simple, clear style, it breaks down the process of visualization into manageable steps, making it approachable even for beginners.

The book covers how to rediscover the power of imagination, apply mental imagery for emotional and physical well-being, use dreams as a source of insight, and strengthen self-belief. Each chapter is short and focused, offering techniques that can be applied immediately. The structure allows readers to pick up the book at any point and still gain useful takeaways, making it a handy tool for daily practice.

One of its strongest points is its accessibility. The explanations are straightforward, the exercises are easy to follow, and the tone is encouraging. While the concepts draw from therapeutic practices, the language avoids jargon, ensuring that the reader can grasp and implement the methods without prior knowledge.

However, it is not an in-depth or highly technical exploration of visualization. Its strength lies in being a starting point—a compact, motivational resource rather than a comprehensive study. Some readers may find the content somewhat dated in style, but the principles it shares remain timeless.

Overall, this book is well-suited for those who want a clear and uplifting introduction to visualization. It encourages consistent practice, offers a variety of techniques, and leaves the reader with a sense of possibility and self-empowerment.

The Elements of Visualisation by Ursula Markham is a succinct, practical guide that introduces visualization techniques with clarity and warmth. Perfect as a gentle, inspirational entry point into hypnotherapy-inspired self-help, it empowers readers to creatively engage their imagination toward personal growth—even if its impact may be tempered by its brevity and limited modern commentary.

WHAT IT COVERS

- The importance of imagination and how to harness it.
- Practical visualization techniques.
- Dreamwork and using dreams for insight.
- Strategies for emotional well-being and intentional life improvement



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STRENGTHS:

- Clarity & Accessibility : Many readers appreciate how clearly the material is presented across concise chapters
- Brevity & Practicality : Markham's short, focused chapters and summary sections make the book practical to read and revisit
- Hypnotherapy Roots : According to an Amazon UK buyer and former hypnotherapy student, the book serves as a solid "taster" of hypnotherapy principles and techniques.

LIMITATIONS:

- ⚠ Limited Reader Reviews
- ⚠ Potential Datedness : Having originated in the late 1980s, the book's language or approach might feel a bit dated to modern readers—though for many that may just add to its charm as a classic.

FINAL THOUGHTS

WHO SHOULD READ THIS BOOK?

- Readers curious about visualization but intimidated by dense self-help or psychology texts.
- Those interested in hypnotherapy and mind-based techniques.
- Anyone wanting a concise, practical mental toolkit—with exercises that can be easily revisited.

WHY IT STANDS OUT:

- Readable and actionable**: Short chapters, clear language, and a summary chapter make it easy to digest.
- Encouraging tone: Practical and motivational, it inspires regular use of visualization.
- Hypnotherapy insight: For those interested in that area, it offers a gentle introduction.

WHAT TO KEEP IN MIND

- Don't expect advanced theory or deep scientific backing—this is more inspirational and technique-oriented.
- Limited recent discussion—if reader feedback matters to you, it may feel thin.



Col Manish Kochhar
B Tech M Tech



Capt Vipul Choudhary
Real Estate



Maj Jayesh Varma
Shaurva Chakra

VALUES NETWORK



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