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VALUES NETWORK E MAGAZINE

10 WAYS TO BOND
WITH YOUR CHILD

THRIVING NICHE

SPOTLIGHT ON
CDR RAM

ALL ABOUT MSME

THE
MYSTIC
YOGI

WHY TANTRUMS ARE NOT
BAD

Table of Contents

05

DUS SAWAAL: BEYOND THE
BATTLEFIELD

19

LAYING THE FOUNDATION:
DOCUMENTING SOPS FOR AI-
READINESS

27

THE MYSTIC YOGI

35

FROM SALUTES TO
STRATEGY: THRIVING
BEYOND THE UNIFORM

40

10 EASY WAYS TO BOND
WITH YOUR CHILD

48

WHY TANTRUMS ARE NOT
BAD: UNDERSTANDING
EMOTIONAL OUTBURSTS IN
TODDLERS

56

HAPPY MIND, THRIVING
NICHE

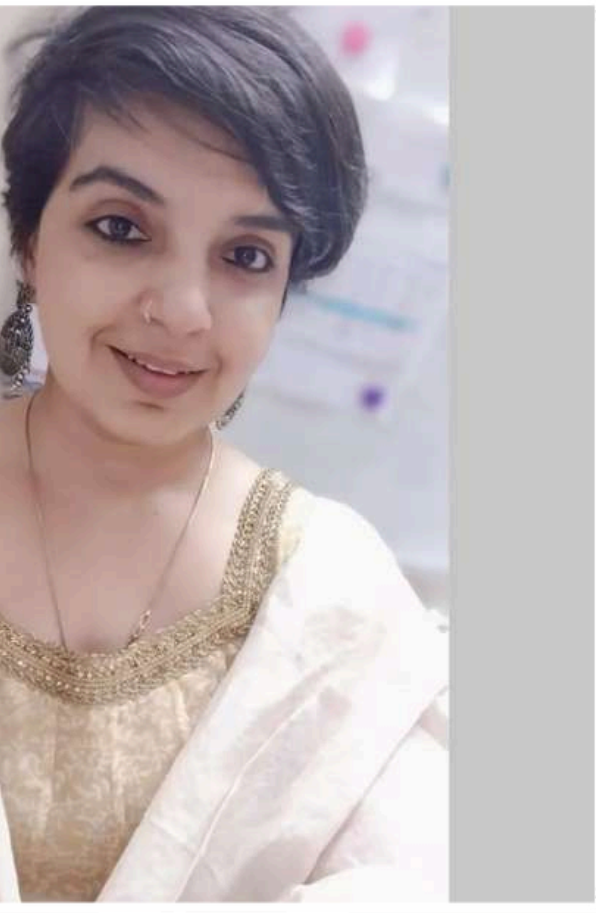
66

BOOK REVIEW - HOW TO BE A
STOIC



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

EDITOR-IN-CHIEF'S LETTER



Dear Readers,

As we turn the pages of this latest issue of The Values Network, I invite you to take a moment—a brief pause from the whirlwind of everyday life—to reflect on what truly matters. In an age dominated by noise, haste, and endless comparison, this magazine offers a shared sanctuary. A space to slow down, realign with our inner compass, and reconnect with the values that anchor us: empathy, courage, discipline, honesty, and purposeful living.

These values aren't abstract ideals—they're lived realities, strengthened by adversity, molded by our choices, and deepened through experience. Within this edition, each story serves as a mirror. Some reflect victories, others lessons born from setbacks, transformation, or quiet resilience. From the journey of a trailblazing changemaker to the timeless wisdom embedded in our cultural roots, every piece aims to ignite thoughtful reflection and meaningful action.

"In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to." — Dave Hollis

As Editor-in-Chief, I hold a firm belief: values are not inherited—they are nurtured. They are not mere legacies we receive, but conscious choices we make, day after day, especially when no one is watching. They reveal themselves not in grand declarations, but in quiet decisions, acts of integrity, and moments of courage. Through The Values Network, we strive to honour those choices. This platform is not just a celebration of inspiring stories; it is a call to live with intention rather than impulse, with purpose over popularity. In a world often driven by ambition alone, we invite our readers to root their aspirations in authenticity, service, and meaning. Because success without values is empty—but a life built on values leaves a legacy.

I place my heartfelt thanks to Meera Bhalla, Cdr Ram (Retd), Col Nandkishore (Retd), Wg Cdr Saxena (Retd), Lt Col Batra (Retd), Fizan Sharma and Sqn Ldr AK Panda (Retd) for their valuable contribution.

Thank you for being part of this growing community of thinkers, dreamers, and doers. May these pages move you, stir your conscience, and remind you of the power of living a value-driven life.

Looking forward

Your Editor - in - Chief