

VALUES NETWORK E MAGAZINE



SSB: Delve. Develop. Deliver.
– Lt Col KP Saggi

LOVEPREET
SINGH NAGRA

Dus Sawaal: Beyond the
Battlefield – Sqn Ldr A Panda

RADHIKA
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

I am very sure that you all enjoying our every month's edition and what makes me say that is the increasing popularity amongst the readers and increasing contributors of the articles.

I would like to share a good news with you all that we are now Live on LinkedIn under the name of @Value Talks & Value Network E Magazine and are now Live on Instagram as well from this month. Also in addition we have started a segment for our defence aspirants where in we shall put some light on their preparation bringing the Recommended Candidate's interview.

These endeavours are solely with the purpose of giving you all the required platform and for all to grow exponentially.

We would like to expand our horizons with many of you dignitaries giving out your view points on our current geopolitical scenario, the History's role in shaping today's India, our Defence standpoint.

We invite all our start-uppreneurs to come and use this platform to promote yourself.

You can share your feedbacks on the Whatsapp 70826 85295

This edition has plethora of insights on AI, deception technology, some nostalgic moments, some guidance on your transition moments and many on the mental health.

To all who have contributed to this edition — Arpita, YPSS, Rupali, Col Vijay, Aashu Chaubey, Deepakji, Maj Praveen (Retd), Sqn Ldr Panda (Retd), Major Radhika (Retd) Mr. Abhijeet, Cdr Ram (Retd), Col Nandkishore (Retd), Wg Cdr Saxena (Retd), Lt Col Batra (Retd), Fizan Sharma, Sqn Ldr AK Panda (Retd) — 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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**DISCIPLINE. DETERMINATION.
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**CELEBRATION OF TOMORROW'S LEADERS -
YOUR MISSION BEGINS HERE.**



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

MADLife: Celebration of Tomorrow's Leaders

In this special section, we bring you the stories of grit, passion, and never-say-die spirit from aspirants who have cleared one of the toughest gateways of leadership — the SSB — and are now all set to march towards the Academy.

Every success here is not just about a recommendation letter; it is about resilience, courage under pressure, and the clarity of purpose that sets future leaders apart. These young men and women carry the Josh of the nation in their hearts, the determination of warriors in their minds, and the humility of true leaders in their actions.

Through their journeys, we will learn that clearing the SSB is not a stroke of luck but a triumph of preparation, self-belief, and relentless consistency. Their stories will remind us that leadership is forged in challenges, polished in failures, and proven in the moments when giving up was the easier option — but they chose to fight on.

Today we bring you Lovepreet Singh Nagra with a total of 5 attempts is ready to join the forces and stands at AIR 2 Recommendations (NCC-58 + SSC Tech-65)

This is not just an interview series; it is a celebration of tomorrow's leaders. So, read with pride, reflect with purpose, and take away lessons that will fuel your own journey to the Academy and beyond.

77	700102	
78	724489	
79	722683	SANJAY KUMAR
80	712758	UDAY KUMAR
81	700102	LOVEPREET SINGH NAGRA
82	700108	LOVEPREET SINGH NAGRA
83	723746	AKHIL KANWAR
84	706523	PRINCE KUMAR DWIVEDI
85	701041	RISHABH SHARMA
86	727505	AKSHAT KAPOOR
87	706444	ASHISH KUMAR



LOVEPREET SINGH NAGRA



LtColKPS : What inspired you to join the Armed Forces?

LSN. My inspiration comes from my father's legacy in the forces and the disciplined, challenging and active lifestyle mentally as well as physically I witnessed in cantonments. The active way of life, along with values of courage and responsibility, deeply resonate with me and drive me to join the armed forces. Achieving the aim being the first gen Army Officer

LTColKPS : How many attempts did you take before getting recommended?

LSN. 3 attempts before getting recommended.

Total 5 attempts.:

1 S/O, TES 47.

2 C/O, SSC Navy tech (naval entries)

2 Recommendations (NCC-58 + SSC Tech-65)

LtColKPS : What kept you motivated through rejections or failures, if any?

LSN. My self-belief in myself, support from family and my friends who were always there for me whenever needed. Also, a fact that I had in my mind that I only require one seat one entry that is destined just I need to align my things to get it as soon as possible.

LtColKPS : How did your family and friends support you in this journey?

LSN. They always believed in me no matter, supporting me whatever way possible if I need some financial assistance or emotional they are always there for me. Even if I fail, they never gave pressure on me instead supported and motivated to try one more time

LtColKPS : How did you prepare for the written exam (NDA/CDS/AFCAT)?

LSN. I mainly relied on online sources and YouTube channels. Along with that, my close friends and I formed WhatsApp groups where we regularly practiced questions, discussed strategies, and cleared each other's doubts. That peer-learning helped me stay consistent.





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

LtColKPS :What was your daily routine like during preparation?

LSN. I've always liked to follow a routine — balancing work, studies, fitness, hobbies, and keeping up with current affairs. Of course, there are days when I fall short, but consistency for me means showing up and not giving up, rather than being perfect every day.

LtColKPS : Did you join any coaching/mentorship, or did you prepare on your own?

LSN. I did not take formal coaching for the SSB. I mainly relied on guidance from seniors and mentors, and the psychological assessment I took under your guidance really shaped my thoughts and refined me in all aspects

LtColKPS : How did you prepare for psychology tests like TAT, WAT, SRT, and SD?

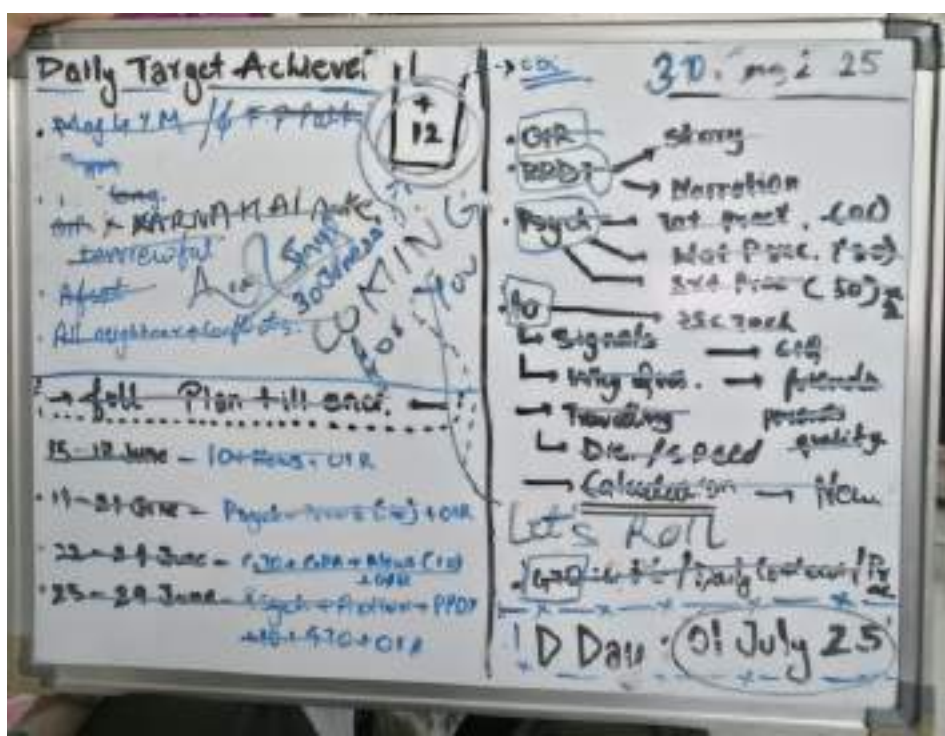
LSN.

For TAT: It was all about using imagination and aligning the story with my own personality. Instead of forcefully adding multiple actions just to reflect OLQs, I focused on bringing out my genuine emotions and natural responses. I also experimented with different themes for the pictures, which expanded my horizon of thinking and kept my stories more authentic.

For WAT: I practiced writing within the time limit, ensuring my responses were positive, constructive, and free from suggestions or negativity. This helped me train my mind to think quickly yet optimistically.

For SRT: Initially, I tried to attempt as many SRTs as possible, but later I realized it is not about the quantity, it is the quality that truly matters.

For SD: I treated it like an open book test since the questions are known beforehand. I practiced writing them with honesty and consistency. Talking to my friends, parents, and mentors to understand how they perceived me, and then refining my self-description accordingly, helped me gain confidence and self-awareness





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LtColKPS : What was your strategy for group tasks and GD?

LSN.

My strategy was always to be the one who binds the group, someone who leads but also listens. I made sure to give space to others' ideas, not letting ego come in the way. If another idea was better, I accepted it, even switching roles and stepping back when needed, as long as it helped the group move forward.



LtColKPS : How did you work on improving your communication and body language?

LSN.

I worked on my communication and body language right from my college days by actively participating in co-curricular activities, debates, and group discussions. **Leading** and **Managing** student groups also gave me confidence in expressing myself clearly while maintaining positive body language

LtColKPS : How was your Day 1 screening experience (PPDT, OIR)?

LSN.

I always maintained my calm, talked less to others, had confidence and taking deep breaths always did its magic just before any evaluation or narration



LtColKPS : What was the most challenging part of the psychological tests for you?

LSN.

Though each test was not that difficult or complex but if I have to choose one I considered SRT as the most challenging because it always demands practice before attempting in the real test, also the pattern to attempt it was cracked lately.



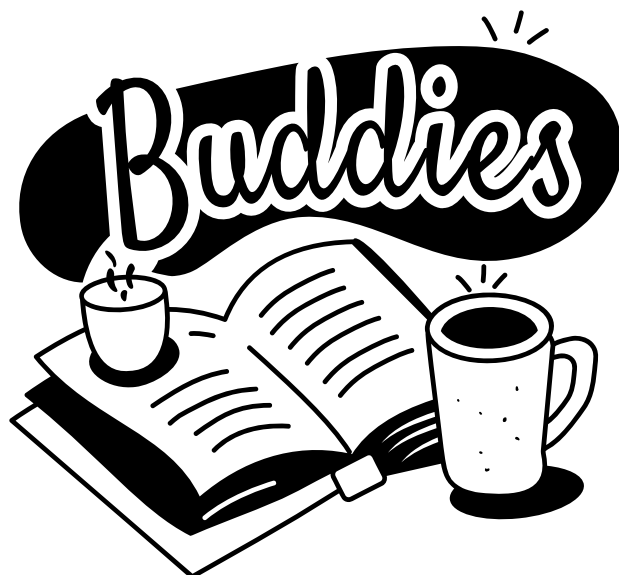


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LtColKPS : How did you handle GTO tasks like snake race, command task, and lecturette?

LSN.

The snake race is the most enjoying tasks of all where I believe we are able to showcase our positive and negative traits of actual group dynamics and that also values the most whereas Command Task is something I really performed and imbibe the character of a commander, treating my subordinates as my buddies giving each and every necessary information to them that was provided to me by the GTO. In lecturette my main is to always utilize those full 3 mins I should not complete at 2:55 not 3:05. And content is all what I relate not just factual data.



LtColKPS : How did you keep yourself calm and confident during the interview?

LSN.

I have just one thing in my mind i.e. "It is ok if am unable to answer any question" because I cannot answer everything the person sitting in front of me is asking. IO sir is trained to put pressure on us it is our thing to manage that by acknowledging the same and accepting the fact of being unaware about the topic by keeping a constant smile on the face. Confidence come with knowledge and cannot deny this thing

LtColKPS : Did you ever feel nervous at SSB, and how did you overcome it?

LSN.

I don't think I am ever much nervous for any task. Only that excitement just before any task that inc. the heart rate that is always there and for that I have my deep breathing routine helps me give me best in all.





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

LtColKPS : What OLQs (Officer Like Qualities) do you think helped you the most?

LSN.

Self-Confidence, Power of Expression, Social Adaptability, Cooperation, Initiative and Liveliness I believe these are the few qualities that helped me in my SSB others also helped but these qualities are the core of my existence.

LtColKPS : How did you deal with differences of opinion during group discussions?

LSN.

***LISTENING** is the most important part in group discussion. Acknowledge others points and give pathway to the group to open variety of ideas for group to lead. If there are differences in opinion it is best to talk and go with the majority leave your opinion accept theirs and start adding value to the discussion with the lead.*

LtColKPS : What mistakes do most candidates make at SSB, in your opinion?



LSN.

The biggest mistake I believe is the desperation to get selected and in that they avoid to work on themselves. Working on things that are not that important but ignoring things like knowing about themselves and their family.

LtColKPS : How important is natural behavior compared to “prepared” responses?

LSN.

Being natural is very important because if we try to be someone else that we are not then it will be under the fake category like superimposing your personality over someone else. That is why it is not a one-day interview procedure and the true self comes out in the pipeline.

LtColKPS What did you learn about yourself through the SSB process.

LSN.

That SSB process is not some kind of Test that one need to pass it a just a way of living that teaches us to face failures learn form it and come back again. And even though if we are unable to clear it, it is not the end maybe we are to be part of something bigger. It is just that for now our qualities do not satisfy the desired criteria.





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LtColKPS : What is your success mantra for SSB aspirants?

LSN.

"It could but it didn't because it would when it should".

LtColKPS : If someone has faced multiple rejections, what should they focus on?

LSN.

Diagnose of a Disease is important before treatment. Candidate must check first in which area he or she is lacking and then decode it layer by layer and work on that section. Because taking advice from someone is good but that advice may or may not work in your case. Just trust the process doing everything with a smile and enjoy it do not come under any kind of pressure.



LtColKPS : How should aspirants balance studies, fitness, and personality development?

LSN.

Because it will not just improve the management skills but over time one will realize how much they have improved in a long run. It should not be done only for SSB it is something every successful person does irrespective of their job profile.





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LtColKPS : What's one myth about SSB you want to bust?

LSN.

Myth: "They are only taking the finest of minds or the so called toppers"

This is not at all true they will consider a person who can manage things and maintain a healthy balance in everything. Studies are important part of it but not the only part. They will consider a failed personality too if he/she have potential to improve and grow. And fortunately, I am one of those failed personality (failed in class 11th). So just try to better than yesterday it will help to grow

LtColKPS : Finally, what advice would you give to those appearing for their first attempt?

LSN.

It is one of the very important attempts because I believe here a candidate can get a benefit of doubt because he/she will be new to the process and will be facing it for the first time. If he/she is matching the level of a candidate who is 3-4 times repeaters and qualifying the desired criteria set he will surely get in. But this doesn't mean that you will surely get in even if you perform below average. You have to give your best no matter what. Do not compare with anyone because there is no fixed number seats provided to a board to recommend. So just worry about things you know and leave the rest.

Rapid-Fire Round

- Screening or Conference – which was more nerve-wracking? : Screening
- Psych tests or GTO tasks – which did you enjoy more?: GTO
- One OLQ you think is your strongest? : Initiative
- One OLQ you consciously worked on improving?: Power Of expression
- Your favorite outdoor task at GTO?: GPE
- PPDT or Lecturette – which was tougher for you?: Lecturette (T&C applied)
- One word your friends would use to describe you?: Composed
- Your go-to stress buster during SSB?: Friends
- If not the Armed Forces, what career would you have chosen?: Would have continued in my field.
- The most inspiring officer you met at SSB?: Not met in SSB but one I inspired is Retd. Maj Gen Yas Mor Pal sir.
- One mistake you saw others making at SSB?: Going without Preparations in their initial attempt and desperation.
- One tip you'd give a fresher in just 5 words?: Prepare, Smile, Calm, Enjoy and no Desperation.





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DUS SAWAAL: BEYOND THE BATTLEFIELD



**FROM OLIVE GREENS TO OLIVE GREEN
IMMIGRATION: SERVING BEYOND BORDERS**

**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

MAJOR RADHIKA SINGH (RETD)



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

INTRODUCTION

Welcome to Dus Sawaal: Beyond the Battlefield, the flagship series of the Values Network eMagazine, where we uncover the inspiring journeys of Armed Forces veterans who continue to serve long after their time in uniform.

This month, we feature Major Radhika Singh (Retd), a decorated officer of the Indian Army who has seamlessly transitioned from battlefields to boardrooms and now into the world of global mobility as the Founder & Director of Olive Green Immigration Consulting Inc.

Her decade-long military career equipped her with unmatched discipline, leadership and resilience. Her subsequent corporate experience in India and Canada honed her expertise in human resources and international operations. Today, as a licensed and regulated Canadian Immigration Consultant, she brings that same precision and empathy to guide families, students and professionals toward their Canadian dreams.

Through Dus Sawaal, we explore her values, vision and the unwavering mission that continues to define her life's work.

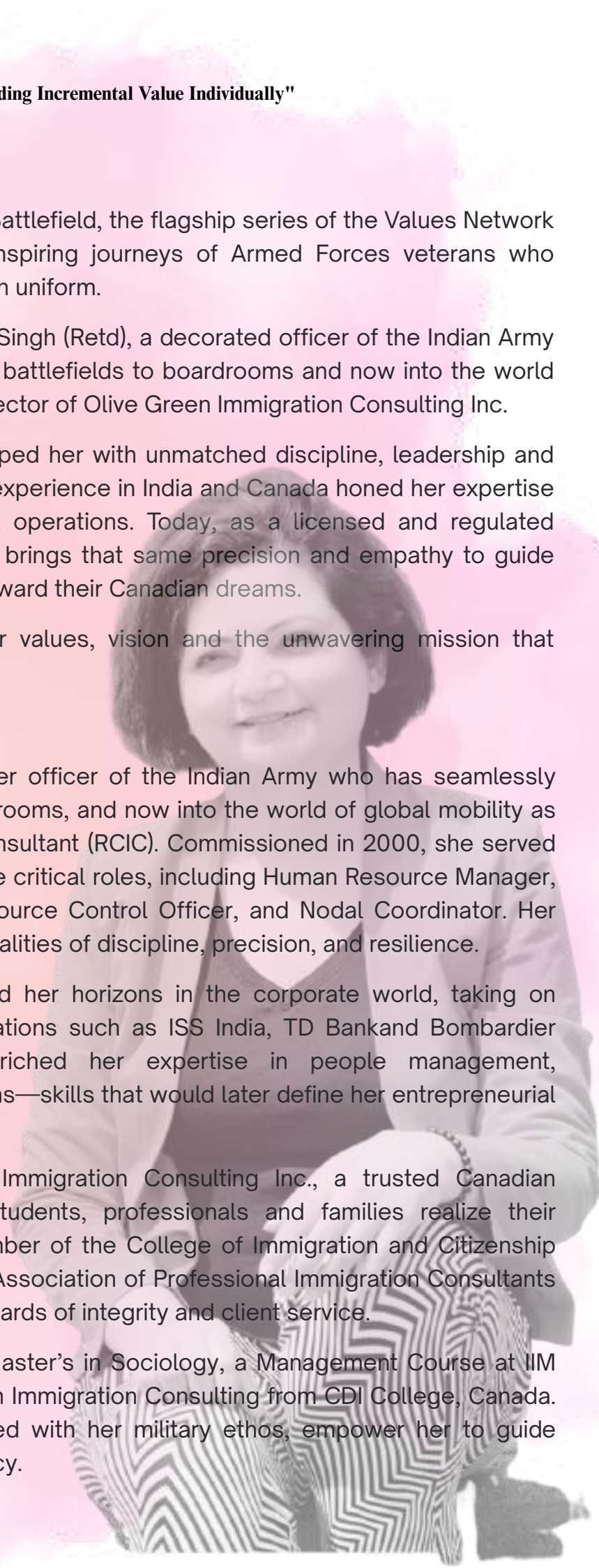
ABOUT THE VETERAN

Major Radhika Singh (Retd) is a former officer of the Indian Army who has seamlessly transitioned from battlefields to boardrooms, and now into the world of global mobility as a Regulated Canadian Immigration Consultant (RCIC). Commissioned in 2000, she served the nation for over a decade in multiple critical roles, including Human Resource Manager, Training Officer, Administrative & Resource Control Officer, and Nodal Coordinator. Her years in uniform honed her hallmark qualities of discipline, precision, and resilience.

Post-service, Major Radhika expanded her horizons in the corporate world, taking on senior HR roles with leading organizations such as ISS India, TD Bank and Bombardier Aerospace. These experiences enriched her expertise in people management, compliance and international operations—skills that would later define her entrepreneurial journey.

In 2021, she founded Olive Green Immigration Consulting Inc., a trusted Canadian consultancy dedicated to helping students, professionals and families realize their Canadian dreams. As a licensed member of the College of Immigration and Citizenship Consultants (CICC) and the Canadian Association of Professional Immigration Consultants (CAPIC), she upholds the highest standards of integrity and client service.

Her academic credentials include a Master's in Sociology, a Management Course at IIM Ahmedabad, and an Honors Diploma in Immigration Consulting from CDI College, Canada. These diverse qualifications, combined with her military ethos, empower her to guide clients with both empathy and efficiency.





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For Major Radhika, Olive Green is more than just a name—it symbolizes discipline, growth and resilience. True to its values, her consultancy stands as a beacon of reliability and trust, ensuring every client's journey to Canada is smooth, transparent and fulfilling.

In this edition, we ask ten questions that reveal the strength, clarity and compassion with which she continues to serve.



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

Sqn Ldr AKP : From a soldier to a solution provider, what inner transformation did you undergo while transitioning from the Indian Army to Canadian immigration services?

Maj R. Leaving the Indian Army after a decade of service was like leaving a part of my identity behind. I had worn the uniform with pride, faced challenges head-on, and understood the weight of responsibility for others' lives. When I stepped into Canadian immigration services, I realized my service could take a new form—helping families find safety, opportunity and hope in a new land. The transformation wasn't in my values—they remained the same: commitment, honor and accountability. The change was in my approach. Instead of commanding troops, I now guide individuals through the maze of immigration law. Instead of defending borders, I help people cross them to build brighter futures.

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Sqn Ldr AKP : What personal moment or observation truly sparked the creation of Olive Green Immigration?

Empowering Defence Families Through Trusted Immigration Support

Maj Radhika(Retd) , RCIC
After a decade of distinguished service in the Indian Army, transitioned into Canadian immigration, where I've spent over 5 years helping families and individuals successfully achieve their immigration goals.

It would be my privilege to assist fellow defence personnel, veterans, and their families in navigating their immigration journey to Canada

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Maj R. The spark for Olive Green Immigration came when I saw how many newcomers were struggling—not because they lacked potential, but because they lacked the right guidance. Helping one couple turn a rejection into an approval made me realize I could make this my mission. The name Olive Green honors my Army roots while symbolizing peace, growth, and new beginnings. It's my way of continuing to serve, just in a new uniform.

Sqn Ldr AKP : How has your military training shaped the way you run your consultancy today, especially in terms of discipline and decision-making?

Maj RS. My military training is the backbone of how I run Olive Green Immigration. In the Army, discipline wasn't just a habit—it was a way of life. That same discipline now ensures every client file is handled with precision, deadlines are met without compromise, and no detail is overlooked. Decision-making in the military often meant making the right call quickly, with limited information, because lives depended on it. In immigration consulting, while the stakes are different, the responsibility is just as real—people's futures depend on the decisions we make. I apply the same methodical assessment, risk analysis, and clarity under pressure to build the strongest possible strategies for my clients.

Sqn Ldr AKP : Canada's immigration laws are constantly evolving. How do you ensure that Olive Green Immigration stays agile and up-to-date in such a dynamic environment?

Maj RS. Immigration is one of the fastest-changing policy areas in Canada, and agility is key. We monitor official IRCC updates daily, participate in industry webinars, and maintain active memberships with professional bodies like the CICC and CAPIC. Continuous professional development ensures we're always ahead of the curve, adapting quickly to offer compliant, future-ready solutions.



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Sqn Ldr AKP : You have been featured as a ‘Global Woman Leader of Substance.’ What leadership principle do you live by and instil in your team?

Maj_RS. My guiding principle is simple: Lead from the front, and serve from the heart. Leadership is about responsibility, not position. I set the standard in work ethic, ethics, and empathy, and I encourage my team to remember that behind every file is a real human story.

Sqn Ldr AKP : You deal with hopeful students, professionals and families daily. What is one story from a client that continues to inspire you?

Maj_RS. A young single mother from India had faced multiple visa refusals and was on the verge of giving up her dream of studying in Canada. We rebuilt her application from scratch, and when her study permit was approved, she said, “You didn’t just get me a visa—you gave me and my son a new life.” That moment reaffirmed why I do what I do.

Sqn Ldr AKP : With your experience across India and Canada, what cultural or emotional gaps do you see Indian immigrants often face in Canada and how do you help them bridge that gap?

Maj_RS. Many face challenges in workplace communication, adapting to social norms, and coping with the emotional gap of leaving behind their support systems. We prepare clients beyond paperwork—

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offering settlement guidance, community connections, and practical tips on Canadian culture. My own immigrant journey allows me to give advice rooted in empathy and real experience.



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Sqn Ldr AKP : Your education spans Sociology, Business Management and Immigration Law. How have these three fields contributed to the unique value you bring to your clients?

Maj RS. Sociology taught me to understand people and cultures. Business Management sharpened my skills in strategy and operations. Immigration Law gave me the technical knowledge to navigate complex regulations. Together, they allow me to blend empathy, strategy, and legal precision for every client.

Sqn Ldr AKP : You were among only 50 women officers selected from thousands in the Army. What did that journey teach you about grit and gender in leadership?

Maj RS. It taught me that grit is proving to yourself you belong where you aspire to be. Being one of only 50 women officers meant working twice as hard for equal recognition, but it reinforced that leadership has no gender—it's built on competence, resilience, and courage.



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Sqn Ldr AKP : What message would you give to young professionals or veterans in India who dream of settling or studying in Canada but are unsure where to start?

Maj RS. Every dream is achievable when supported by a structured plan. Navigating complexity requires credible guidance and strategic preparation. Veterans bring discipline and leadership highly regarded in Canada, while young professionals should focus on aligning their skills with Canadian market demands. Achieving clarity at the outset is essential, as it makes subsequent steps both practical and attainable.

**A VETERAN'S
PROMISE TO
DELIVER THE
BEST**

**MEET THE
FOUNDERS**





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

My journey is proof that service knows no boundaries. From commanding troops in the Indian Army to guiding clients through Canada's immigration maze, my mission remains the same: serve with honor, lead with integrity and leave people stronger than I found them.

Conclusion

Major Radhika Singh's story is a shining example of how service is not limited by geography or uniform; it is a lifelong commitment to making a difference. From leading troops in the Army to leading families through immigration journeys, she embodies courage, clarity, and compassion. Her consultancy, Olive Green Immigration, is not just about visas and applications, it is about building bridges of opportunity and trust.

For those who wish to connect, collaborate or seek guidance, she welcomes meaningful engagement



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Stay tuned as we continue to celebrate veterans who redefine service and leadership. In the next edition of the Dus Sawaal segment of the Values Network eMagazine, we bring you yet another remarkable story of grit, growth and inspiration



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Col Nandakishore Kulkarni (Retd)



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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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Invitation to Bhimtal

It was probably March 2024 when my senior and close friend, Colonel (Dr.) Prabhat Kumar, rang me up and told me to pack my bags as we were heading to Bhimtal, his mountain retreat. From there, we could explore nearby tourist attractions. I had no option but to agree.



Journey via Pantnagar

He booked our air tickets, and the travel plan was to take a Delhi-bound flight with a layover, followed by a connecting flight to Pantnagar, a tiny airport with only one or two flights operating daily. From Pantnagar, we would travel by road to Bhimtal.

When I learnt about Pantnagar, I recalled that my senior friend was associated

with G.B. Pant University of Agriculture and Technology as Vice-Chancellor. Hesitantly, I sent him a WhatsApp message about our plan to pass by the university. He promptly replied and insisted that we visit him and have lunch together.

A Warm Welcome at Pantnagar University

As planned, we arrived at Pantnagar, where, to our utter surprise, a liaison officer from the university was waiting to receive us with vehicles. He took us to the Vice-Chancellor's residence, where Dr M.S. Chouhan, the Vice-Chancellor himself, welcomed us. We had a sumptuous lunch with him and his wife, engaged in some pleasant conversation, and were presented with a memento from the university. After bidding farewell to the VC, we proceeded to Bhimtal, our next destination, which was a two-hour drive from Pantnagar.





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Arrival at Sukriti Villa

The scenic drive through the Kumaon hills was delightful, and we eventually reached 'Sukriti' Villa. As expected, it was situated on a hill, offering a stunning view of a freshwater lake. The lake, shaped like a 'C', is the largest in the Kumaon region, impounded by a masonry dam, and measures approximately 48 hectares. Bhimtal is famously recognised for its island in the lake, which today houses an aquarium accessible only by boat.



The villa was tastefully decorated with Colonel Prabhat Kumar's paintings and equipped with all necessities for comfort and style. The winter evening was chilly but pleasant. We went for a walk alongside the lake, where we met a driver-turned-artist playing the guitar and singing. We had a wonderful time with him. Later, we returned to the villa and rested in the cosy bedroom.





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Heritage and Spiritual History of Bhimtal

Bhimtal has a rich past. Named after Bhima of the Mahabharata, legend holds that he created the lake during the Pandavas' exile. Older than Nainital, Bhimtal once lay on a connecting trade route between Kathgodam, Kumaon, Nepal, and Tibet—possibly part of the ancient Silk Route. During the British era, it became a favoured stopover for colonial officials, and structures like the Victoria Dam (1883) still remain. On the banks of Bhimtal Lake stands the revered Bhimeshwar Mahadev Temple, dedicated to Lord Shiva. It is believed that Bhima constructed the original shrine during exile, and the temple was later rebuilt in the 17th century by Baz Bahadur of the Chand dynasty. The temple, blending Kumaoni and Nagara architecture, continues to draw pilgrims and visitors alike for its spiritual aura.





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Excursion to Nainital

The next day, after a hearty breakfast, we set off for Nainital, a Himalayan resort town in the Kumaon region of Uttarakhand, situated at an elevation of 2,000 metres. The town surrounds Nainital Lake, a popular boating site, with the Naina Devi Temple on its north shore. A cable car operates to Snow View Point.

The drive from Bhimtal to Nainital, approximately 20 kilometres, took over an hour and fifteen minutes by car. Our stay was booked at the Army Holiday Home, where, after completing the necessary formalities, we were allotted guest rooms. We dropped off our luggage and then explored Nainital.

We reached the lakeside, and a walk along the lake was pleasant due to the cool and comfortable weather. We visited the prestigious Boat House Club, situated alongside the lake, where one can obtain a day's membership. We occupied the window seats, enjoying beer while taking in the beautiful view of the lake.

After our beer session, we went boating, and the boatman regaled us with stories of film shoots, including one featuring

Rajesh Khanna singing while rowing a boat

We explored the nearby market, purchasing souvenirs for friends and family. After a delicious lunch at the Club, we returned to the Holiday Home for a rest. In the evening, we explored the local market once again and had dinner at the Holiday Home before retiring for the day. The next morning, we returned to Bhimtal.





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Visit to Kainchi Dham and Ghorakhal



On our way back, we halted at a state-owned store selling various local items. I was attracted to a pair of sandals made from grass, which I purchased due to their comfort. The next day was planned for a visit to the Kainchi Dham shrine of Neem Karoli Baba. The ashram, nestled in the Kumaon hills, is surrounded by mountains, forests, and the Kosi River



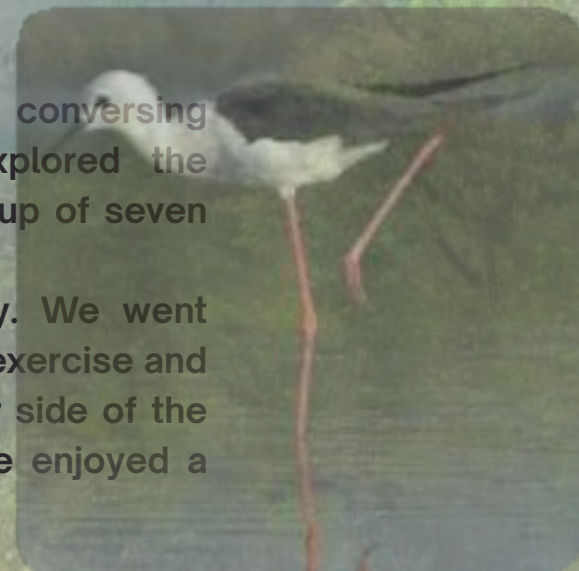
Devotees often experience the miracles of the saint. The ashram's name, "Kainchi", meaning two scissors, reflects the two sharp hairpin bends leading to it.

After a peaceful darshan, we visited another shrine, Ghorakhal, dedicated to Lord Golu, worshipped by the local hill people. The shrine, situated at an altitude of 2,000 metres, features many bells tied to the temple, symbolising the lord's enduring protection of the region. It is just a 30-minute drive from Kainchi Dham.

Day at Sattal

We returned to our base, 'Sukriti', and spent time conversing over a glass of whisky. The next day, we explored the magnificent beauty of Sattal, an interconnected group of seven freshwater lakes, about an hour's drive from Bhimtal.

Sattal is famous for birdwatching and its serenity. We went boating in a pedal boat, which proved to be quite an exercise and a tiring experience. We spotted a deer on the other side of the lake. Nearby, there were several dhabas, where we enjoyed a delicious Kumaoni meal.





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Naukuchiatal – The Lake of Nine Corners

Just a short drive (about 4 km) from Bhimtal lies Naukuchiatal, the “lake of nine corners.” It is the deepest lake in the region, surrounded by lush forests and scenic beauty. Its large expanse, serene waters, and peaceful setting make it an ideal spot for boating and quiet reflection. Its proximity to Bhimtal makes it a must-visit on any itinerary.



Return to Bhimtal

We returned to Bhimtal, stopping to purchase a few saplings of ornamental plants for Sukriti Villa. I utilised my gardening skills to plant them. Our trip came to a happy end, leaving us with many cherished memories.

One need not necessarily stay in Nainital, as Bhimtal offers a more peaceful alternative, avoiding the hustle and bustle of tourists. The lake, weather, heritage, and scenic beauty of Nainital and Bhimtal are etched in my memory.



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REDEMPTION

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SANJAY MISHRA





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Natasha had just completed summer training of MBA from Telecom company NARCO and was en-route back to home city Visakhapatnam [Vizag]. Her PNR status showed RAC -10 so she was convinced that at least one seat will be there for her. She will have ample time for retrospection of past storm-tossed 6 months of her life. The journey from Calcutta to Waltair was of 20 hrs, hence enough time to organize her thoughts, past, present and future all. Natasha had settled her bag & baggage and was curious to know who will share the other seat with her. Tired as she was she did not know when she slept.

After quite some time she opened her eyes and was surprised to see a smart gentleman of around 26 yrs sitting in front of her, busy browsing on his laptop.

His blue eyes had a strange effect on her.

Almost instantly he looked towards me, smiled and said, So Natasha have you completed your sleep? I am Arjun your co-traveler till Cuttack. You have been sleeping like a lamb from past 2 hrs

Natasha was surprised and asked do you know me?

Arjun- Yes.

Natasha- How come? I have never met you.

Arjun- You are both wrong & right?

Natasha- I could not get what you mean by that.

Arjun- You have met me in a sense and also not met me as Natasha.

Natasha- Please pardon.

Arjun- Ha! Ha! Ha! I know so much about you .You are Natasha age 23, MBA have just completed your summer training from a famous Telecom company and now are going back to Vizag your home where you are likely to be engaged to Vivek who is a medico and is in government services. To be precise Indian railways, he has a bright career, good Family background, is very handsome, so for all these reasons a good match for you on surface analysis.



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Natasha was **astonished** and was thinking who is this very handsome man. Suddenly it occurred to her that he may be some friend of Vivek who must have been planted by his family to furnish a quick Dossier sort of thing on her. So she controlled her feelings and remained silent.

Arjun kept on speaking-Your plans for marriage were for next year after your job was settled, but your Mom persuaded and convinced you to marry Vivek who appeared to be ideal match for you .You were left with no option, cause you did not want to bother your mother who was diabetic and was very much broken because of sudden & sad demise of your father Dr. Vijay Sharma last year due to Cardiac arrest. You being the only child had greater responsibility of keeping her happy always, so you succumbed to her wish.

By now Natasha was mesmerized and thought who this man is? A detective, Astrologer or something else. All this knowledge was humanly impossible. Also a sense of fear stuck her soul . His strange, tranquil blue eyes were captivating, calm, cool & for all these reasons inculcating fear and suspense in her mind. This man appeared to know everything as his uncharacteristic calm and philosophic body language suggested.

His information's were shockingly accurate. As if ARJUN was reading her mind he replied, ***"Do not doubt or place any kind of fear on my presence Natasha I am here on a purpose, The details of which will be known to you later at different point of time."*** The most relevant thing at the moment is that I have only one hour of journey left in me and time is very short, the task remaining to be accomplished is bigger and bizarre.

HAVE FAITH IN ME, I am not here to impress you or to take any advantage, but have a target to achieve or in plain words a loan to redeem. Arjun kept on speaking as if in a trance. Suddenly Natasha glanced at his left hand, his thumb was emitting Strange golden rays, establishing immediately that he was out of this world or Para-normal entity.

Intuitively ARJUN **concealed his left thumb in his pocket** and said Natasha I am here to forewarn & save your family from a huge lurking setback waiting for you people in subsequent three days from tomorrow. Tomorrow Vivek and his mother will come to your place with a view to finalize the marriage dates and rituals. They will also insist for engagement in next 2 days. Here you have to make a decision please defer the things by one week at all costs. Your mother will be displeased but you have to evade things for only one week. These days are very adverse for you family you have to show a lot of character here



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As he was speaking to her, Natasha saw that now his entire hand & body started **EMITTING GOLDEN RAYS** because of which he appeared to be in deep pain. Suddenly almost like magic he **vanished in thin air** like a soap bubble. Natasha was dumbfounded as the only traces of him left was his sweet , blue colored 14 inches Laptop with letters inscribed NATALA on it in place of brand name. Natasha was mesmerized & it took her 15 minutes to recover to normalcy. When the train stopped at next station CUTTACK the coach attendant came to her and asked for ticket. Then he inquired Madam Why don't you lie down. The seat is vacant and all yours from past two hours? There is no point in needlessly straining yourself by sitting when you can lie down it is 11 pm now, time to sleep .You can keep your beautiful Laptop in your case.

Next day Natasha reached her home early in the morning and was elated to see her mother after 5 months looking so happy and contented. After some time Natasha went to her room for rest and recollected the chain of events of the past day. She went to her mother and inquired about any communication in Viveks proposal. To her surprise Mom replied that there was no communication from past 3 weeks and their link Mrs. Saxena said that it appears that they are not interested in this proposal which was quite obvious. But again she told that there is no need to worry Mrs. Jyoti Misra had sent a very good proposal of her cousin Rakesh age 27, who was a software engineer working in reputed company as DGM-Technical drawing a salary in 6 figures and has a very bright future , is handsome .Also the horoscopes tally with 26 out 36 gunas in Synastry which is a very good match for you. This time I am determined that your marriage should be finalized. Natasha went to sleep early , she was very tired with the speed of events. The words of ARJUN **"HAVE FAITH IN ME"** seemed to be losing significance now.

Next morning at 8 she got a wake up call when she heard her Mom talking to someone on phone and was looking very excited. The call was from Viveks Mother requesting to come at 4 pm to finalize the talks of marriage to which her Mom immediately said yes. Exactly at 3-55pm a white HONDA ACCORD stopped at their gate and a tall, fair & attractive guy stepped out very gracefully along with a smartly dressed middle aged woman ,I presumed them to be Vivek and his mother which they actually were. After the courtesies were exchanged the talks of marriage commenced, Viveks mother wanted engagement after 2 days to which Mom was about to consent, but Vivek smilingly remarked why don't we take the counsel of the lady herself since this is her occasion. Natasha was impressed at Viveks gesture, he was not only good at looks but also very considerate at heart .How tactfully he created a honor for her. But almost immediately the words of Arjun stuck her mind." Defer the Marriage Settlement for one week at any cost". **HAVE FAITH in me.** Till this juncture all that Arjun had predicted was true word for word.



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Natasha somehow **PERSUADED** her Mom to defer the rituals for one week to which Vivek immediately agreed but his Mother along with Natasha's Mom were slightly at disagreement but ultimately things were managed. They were scheduled to come on next Friday. The next two days were very quiet with Mom slightly annoyed with Natasha.

On Monday morning Natasha got up when her Mom came running with the newspaper that carried the news, "6 people Shot on MG Road outside SBI-campus by stray bullets resulting from clash between two local Drug- Mafia Dons- no arrests were made. By the time Police reached the spot the gangsters had fled from the scene leaving behind the dead bodies of 6 innocent citizens. **One of the names was VIVEK PANDEY.**

Natasha's Mom had confirmed the same by calling to Vivek's mother's mobile. She was not in her senses and a close relative confirmed the occurrence of the ghastly event. The next two days passed with lot of silence at Natasha's place. The only thing she was thinking was about ARJUN .

Who was he? ANGEL or some God descended on earth for transitory phase. Various questions but no replies.

Unknowingly Natasha reached for his Laptop. Though Natasha was called a computer wizard but it took her quite some time to open ARJUN'S laptop. It was protected by password and only opened after at least 100 tries.

The Password was "VIVEK-ARJUN ". She was thrilled to find a Word file saved in name "For NATASHA" with title REDEMPTION.

The contents of this file read as under:-

" Natasha , you would never have believed to what I have to say had you not gone through the chain of events of past one week. Any interaction [KARMA] can occur between two individuals only if there is some bondage or DEBT between them from past life. If I steal something from you in this lifetime, the opportunity for me to steal from you can arise only if a debt exists between you and me." Your good actions are immortal blessings that transcend time and space and come to preserve and protect you in moments of strife and pain. In past birth both of us were denizens of planet MARS .

You were the princess NATALA of the kingdom South Zonatta at Mars , while I was a legal officer or Judge in the Emperor JOONKAR'S court. Joonkar was the great King of the Southern belt of planet MARS and was also your father who in this birth is your Mother. My name then also was ARJUN . I came to know too late that you despite being a beautiful princess and likely to become Queen of ZONATA were deeply in one sided love with me. But this was the envy of Minister HOJO at Kings court.



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Hojo was madly captivated by your beauty and wanted to marry you at any cost. I was the only obstacle between him and you .By his clever efforts .

Hojo succeeded in hatching a conspiracy against me by falsely implicating me into a land embezzlement case in connivance with the council of ministers. The King after a hearing announced CAPITAL PUNISHMENT for me.

Trapped helplessly; my old mother pleaded to everyone and ran from pillar to post to get me exculpated, but with no results. Emperor JOONKAR was very strict in imparting justice so there was no escape for me. During that period you were out of the planet MARS on a scientific mission with a crew of scientists to the planet JUPITER for 4 months.

Which implied that my destiny was sealed?

The opportune day for my punishment was approaching fast and my mother had lost all hope. But somehow the information reached to you at JUPITER resultantly you rushed backed to MARS and forced your father to amend his decision. Since all evidence was loaded heavily against me your father couldn't grant pardon for me but agreed that I should be banished with my family [mother] from planet MARS throughout.

My life was saved by your efforts and so were my mother's hopes. You were later Married to HOJO. Facts remain that I never loved you but I owed you a lot for saving my family. We had to lead rest of our life in the planet PLUTO.

Before my death I had a deep desire to pay back or redeem your debt. Both of us died early in past birth , you as the Queen of ZONATTA and myself as a ordinary inhabitant of planet PLUTO. In next birth I was again born on MARS as the King of ZONATTA while you were born on planet EARTH as NATASHA.

Look the design of almighty even the names are so similar. My name is again ARJUN and NATASHA is so close to NATALA. Since I had deep desire to ward off my past birth debt, I have been given the limited freedom of 3 hours to transcend to Earth to execute my **REDEMPTION**.

My work became even tougher because of your sleep of 2 hrs from Calcutta .Now I am happy that the task has been accomplished, my mission stands completed. Next week the software engineer RAKESH will come with his family and your marriage will be settled with him and you will be married in FEB 2014 . He will keep you happy throughout ” .



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So princess "NATALA" or mundane "NATASHA" whatever name you accept I wish you all the good luck for your life ". And yes this LAPTOP is a small gift for you from me , I know that you are a Techno-savvy types. Here it is pertinent to mention that in Mars the science is at least 100 years ahead of Earth.

This laptop will never become old it has auto-repair function and is a master computer with configurations better than all the computers to be made on Earth in next 25 years. I agree that IT sector has grown greatly on Earth and qualifies a praise even from us.

Last but not the least, this HOJO also took rebirth in the form of Vivek , as I said earlier your past life actions transcend time and keep on following you.

One thing was common for HOJO in both the births he was captivated by your beauty throughout. But he can achieve you once never twice.

GOOD LUCK!

Gudluck

ARJUN



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THE THREE LEGS OF THE TRIPOD

YPSS

Beyond his official duties, the Officer actively contributes to platforms focused on life improvement, financial well-being, and veteran support.

A keen observer of human experience, he aspires to explore life from a truly 360-degree perspective.



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While going through the motion of my daily work life, I stumbled upon this thought, that if at all, I'm asked to formulate the equation of 'successful accomplishment of work' and to put it in mathematical terms, I can try to explain it as simply,

- **$A \times B \times C = D$**

Where,

- **A= INTENT.**
- **B= CAPABILITY.**
- **C= RESOURCES.**
- **D= Work DONE.**

Let me explain this, by taking them one by one!

A= INTENT of the do-er means whether the doer ACTUALLY wants to do the work or not? Is he/she motivated for the same?

Person not very keen to do a work can still be motivated or incentivised, that's where the leadership skills in terms of counselling, motivating, showing the way comes in.

- Now, the inherent INTENT of the worker can be largely commented upon as a 'Yes' or 'No', as per the circumstances.
- To flip it 180 degree from a 'NO' to 'YES' requires a great source of motivation, fear or threat, reward or any other high intensity external stimulus and even if put in a motion once, cannot be sustained for a longer duration.

B=CAPABILITY of the do-er

By Capability, I mean the ability of the do-er to go beyond the requirement of the usual working conditions to accomplish the mission.

- Now, whatever Capability, one has been able to develop till today, can only be marginally increased in a short span of time available generally, but yes coupled with INTENTION, it can definitely be continuously and gradually increased.



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C= RESOURCES made available to the do-er.

Now Resources can be physical like equipments, money etc or soft skills based like 24 x 7 guidance etc. To say that without the resources, every-time, the work will be done within the required timelines would be an exaggeration.

- For example, if I expect an employee to reach a place to attend the meeting by a certain time, without there being a system in place for him to book a flight ticket and only rely on him to manage on his own, he might end up either missing the meeting despite of his best efforts or he might reach there exhausted or late, both not actually desirable.

Talking about, D= Work DONE successfully by the do-er.

Now the quality of work DONE should be analysed within the limits of A,B & C fed in the 'The Tripod Equation'. If A, B & C are harmonised well, D will be in acceptable range whereas if any of the legs are not taken care of, it can easily make the TRIPOD unstable.

So as a leader, one faces multifold challenges as under:-

To assess, Whether, my employee has the INTENTION to achieve the end result ? If Yes, how can he be facilitated ? If No, how can he be motivated ?, or else, do find an alternative timely.

Whether my employee has the CAPABILITY to work though the process to reach the desired solution stage ?

Is the present level of capability acceptable or it needs to be raised gradually as overnight miracles are rare ?

Whether I have provided the bare minimum or optimum RESOURCES for my employee to work around to arrive at a solution in an acceptable time bound process ?

Blanket orders or plain dictate to the employee to 'beg, borrow or manage on your own' may see you through one day but definitely is not the ideal long-term way.



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Another question which can be asked is that 'which of the legs is most important for the TRIPOD to stand' ? !!!

In my humble view, eventhough all the three are equally important for the successful accomplishment of work assigned, but if I have to pick one, it is the INTENT of the employee.

- A less CAPABLE employee but with genuine INTENT to work, eventhough WITHOUT the best resources can still accomplish the mission at times, by either arranging the resources or carrying out some modification from the available resources

Summary

Mathematically, the 'Stability of the Tripod' can be explained as the PRODUCT of these 'Three Legs of the Tripod'.

Metaphorically, any of the legs, if short, is bound to pull the Tripod down faster.

So, next time onwards, do give a quick and measured glance to the 'THREE LEGS OF TRIPOD' before you decide to use one. 😊



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DECEPTION:

Shaping the Future Warfare

COL B VIJAY VENKATESH



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In future wars, those who control perception may never need to fire a shot."

Prelude: A Question That Lingered

It started with a question that refused to go away.

In today's hyper-connected, sensor-driven battlefield, is the art of deception in war becoming obsolete? Or is it evolving into something more potent — more invisible — than ever before?

Having been trained in both conventional and hybrid warfare and having witnessed the changing contours of modern conflict, I find myself drawn back to this timeless art — deception. But this time, with a lens firmly fixed on what lies ahead.

From Camouflage to Code

"All warfare is based on deception." – Sun Tzu



Deception has always been the shadow side of strategy. From the ancient Greeks concealing warriors in a wooden horse at Troy to the Allies misleading Nazi Germany through Operation Bodyguard during World War II, it's clear that victory often belonged not

to the stronger force, but to the more cunning one.

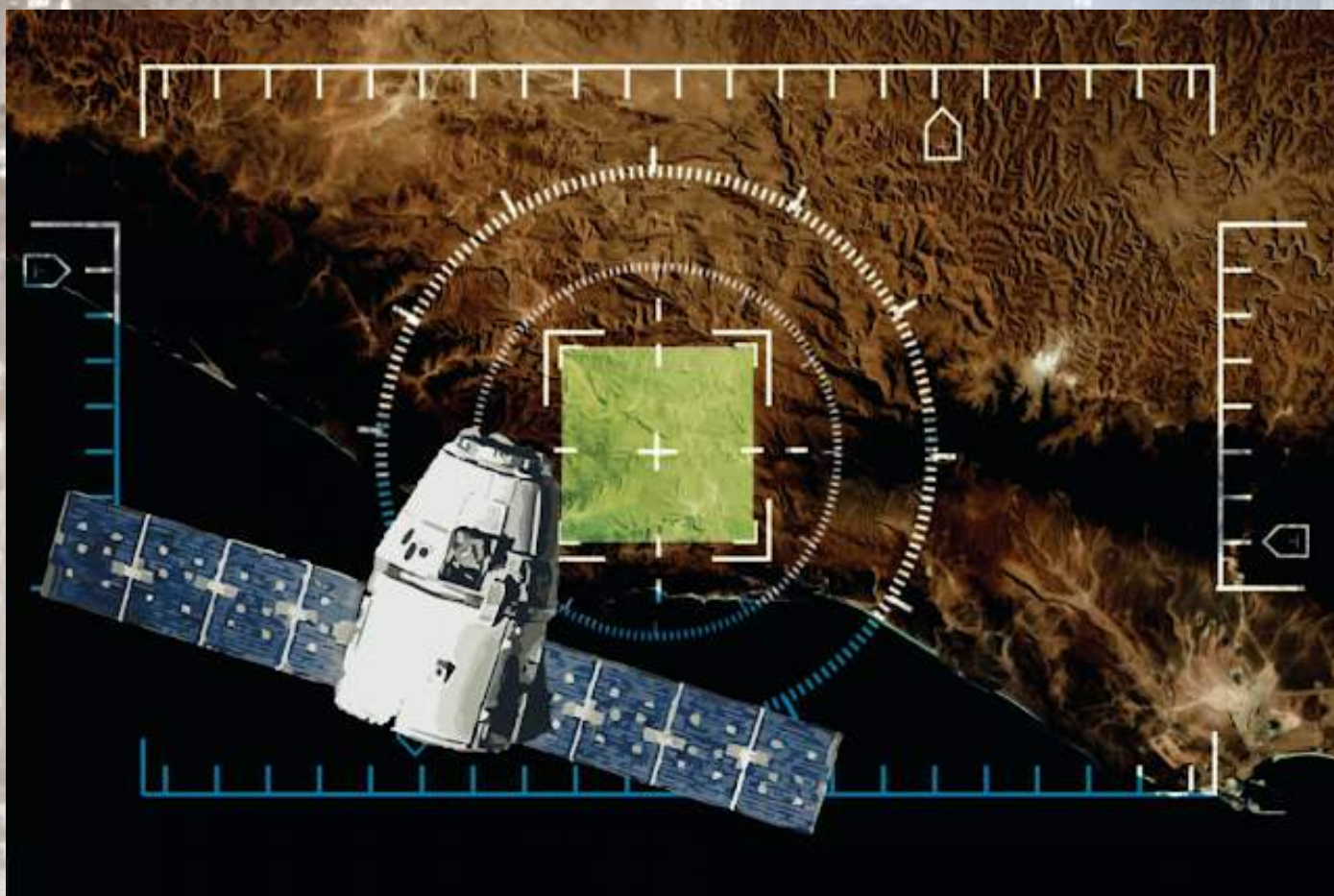
But with today's battlefields bristling with AI surveillance, drones, satellite imaging, and real-time intelligence sharing, you'd think deception is harder than ever. So, what does deception look like in such a space?

It's no longer about hiding troops in foliage. It's about spoofing GPS signals, creating digital decoys, faking radio traffic and disguising cyber-attacks to look like system glitches. In fact, deception has shifted from the battlefield to the bandwidth. And it's happening faster than most doctrines can catch up.



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Digital Smoke and Mirrors



"Eye in the Sky"

What if deception has simply changed its costume?

In the future, deception might not mean dummy tanks or inflatable aircraft. It might mean deepfakes, AI-generated chatter, cyber mirages, or creating ghost divisions in the cloud — all designed to confuse decision-makers rather than foot soldiers.

Imagine AI-generated audio messages in an enemy commander's voice ordering a retreat or deepfake videos planting false narratives before an operation. Such acts can collapse trust inside enemy ranks without a single shot fired.

This is non-kinetic warfare — and deception is one of its sharpest weapons.

Even research bodies like DARPA (Defense Advanced Research Projects Agency) have launched systems like "Improv" that explore how ordinary objects can be repurposed deceptively in conflict zones. The focus is on exploiting technological and cognitive loopholes—not just hiding behind smoke.



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When the Lines Get Blurred

Yet, this evolution brings new ethical dilemmas.

Unlike conventional battlefield ruses, today's deceptive tools blur the line between military stratagem and psychological manipulation. In cyber or information warfare, civilian populations can become unintended—or even intentional—targets. That's when deception turns from grey to dangerously undefined.

The Tallinn Manual on International Law Applicable to Cyber Operations has tried to set some boundaries, but global enforcement is lacking. The Geneva Conventions weren't written for deepfakes or digital avatars.

Countries like Estonia and Israel have invested in counter-disinformation task forces, not just to defend but also to define red lines. India, too, is increasingly recognising the strategic impact of digital deception in regional security dynamics.

The legal frameworks lag behind the speed of technological deployment. This vacuum may soon become one of the most contested spaces in modern warfare.

We must ask ourselves: where does the art of war end, and propaganda begin? And are we prepared — legally, morally, doctrinally — to deal with this grey zone.

The Human Factor Remains

Despite the tech onslaught, one thing hasn't changed — the human mind remains the ultimate target of deception, and it's just as vulnerable today."

This is why I believe deception will not only survive but thrive in future wars. It may be powered by algorithms instead of smoke grenades, but the goal remains the same — to confuse, mislead, and control the enemy's perception — be it through bytes or battalions

It's the invisible force that can tip battles before they begin

Who Is Being Fooled?

The most strategic shift is this: deception today is aimed less at soldiers in trenches and more at generals, governments, and machines. If you can compromise the data that guides an AI battlefield advisor, you might win the war before single shot being fired.

More subtly, public perception can be tilted through disinformation campaigns. This has been seen in several grey-zone conflicts, where media narratives were used to justify or obscure aggression.

Deception is no longer just a tactic — it's becoming a core part of command philosophy.



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Call for New Thinking

To navigate this future, we must evolve our thinking. Tactical deception must now include cyber camouflage, AI misdirection, and even info-ops planning. Our war colleges must teach how to fool not just scouts and satellites — but bots, sensors, and even decision-making AI.



"US Military Simulation Room"

The soldier of tomorrow must know how to fight with bandwidth as much as with bullets. Deception is no longer a side show — it may become the main act.

Final Thought

As I reflect on the changing face of conflict, one thing becomes clear: deception isn't disappearing — it's mutating. And if we fail to adapt, we risk being outmaneuvered not on the battlefield, but within the digital and psychological space where decisions are made.

History favours those who can out-think, outmaneuver, and outfox their adversaries. That, more than ever, will remain the ultimate force multiplier in the wars to come.



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

About the Author

Col B Vijay Venkatesh is a decorated Indian Army officer with over 30 years of distinguished service, currently serving as Superintending Engineer (E/M) at Military Engineering Services, Prayagraj. A combat engineer, holder of multiple MBA and an MTech in Power Systems & HVAC, he brings a unique blend of technical and leadership expertise. He specializes in infrastructure development, project execution, and strategic leadership. Passionate about knowledge-sharing, he writes on Electrical & Mechanical engineering and industry-relevant management concepts, bridging technical expertise with business acumen.





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PARTNERSHIP BETWEEN AI AND HUMAN SECURITY PROFESSIONALS

ABHJIT KUMAR SINHA, CPP CC



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



AI in Security: A Partnership, not a Replacement

The excitement around AI in security is undeniable as it brings innovation, speed, and new layers of intelligence to CCTV incident analysis. However, in this rush to embrace technology, let's remember the irreplaceable value of loyal security guards, professionals who have dedicated their heart and soul to keeping environments safe. True security transformation comes from programming AI setups that involve every level of security personnel, amplifying them, not replacing their expertise.



A Human-Centric AI Approach: Teamwork at the Core

Human Expertise

Security professionals bring decades of vigilance, intuition, and hands-on experience that guides technology to act meaningfully.

AI Capabilities

AI systems provide rapid analysis, pattern recognition, and data processing to enhance security operations.

Collaborative Approach

The most effective security systems leverage both human judgment and technological capabilities working in tandem.

The process always starts with a security guard or system sparking an investigation, a user query that gives context and urgency to AI's response. This isn't just an input for a machine. It's decades of vigilance, intuition, and hands-on experience guiding technology to act meaningfully. Guards provide front-line knowledge, capture situational nuances, and prioritize alerts, ensuring that the AI's answers actually fit real-world needs.



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Security Guards: The Heart of Safety

Amid all technological advancement, guards remain crucial: they notice subtle changes, spot patterns AI may miss, and handle emergencies with empathy and integrity. Their watchful presence forms the backbone of any security apparatus.

- **Provide critical human judgment** in complex situations
- **Offer empathetic response** during emergencies
- **Notice subtle environmental changes** that AI might overlook
- **Build trust and rapport** with people in protected spaces
- **Apply contextual understanding** to potential threats



Security professionals bring irreplaceable human qualities to safe security operations that complement AI capabilities.

Programming AI for Everyone

A truly professional AI setup doesn't sideline human staff but it's designed from the ground up to include security guards, managers, and developers in every critical phase:

1

Query Analysis & Planning

Human expertise shapes AI agent strategies, training them to recognize sensitive zones, emergency protocols, and the subtleties of threats.

2

Data Integration

Security teams identify vital data, while developers ensure smooth technical integration—so AI systems reflect human priorities.

3

Threat Assessment & Response

Rather than replace assessment tools, AI collaborates with security officers who validate, interpret, and act on recommendations.

This inclusive approach ensures that AI systems enhance rather than replace the valuable contributions of security personnel at all levels of the organization.



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Layered Collaboration: Six Steps for Success

Every step in incident analysis, as shown in the infographic, is a partnership—not one-way automation:

Step 1: Query Initiation

Security professionals raise the right query, giving AI clear direction.

Step 2: Retrieval Strategy

Developers and security managers co-design retrieval strategies with input from valiant guards.

Step 3: Evidence Collection

AI gathers clues, but human teams spotlight what matters most.

Step 4: Data Assembly

Data assembly combines algorithms with frontline intuition from experienced guards.

Step 5: Response Formulation

Human leaders define the response tone, making it clear and useful.

Step 6: Human Decision-Making

Decisions are always made by humans, empowered by AI insights.



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The Value of Loyal Guards in a Tech World



Pattern Recognition

Experienced security personnel can identify unusual patterns of behavior that may indicate potential threats.



Empathetic Response

Guards handle emergencies with empathy and integrity that AI cannot replicate.

Their watchful presence forms the backbone of any security apparatus. AI amplifies their abilities, streamlining workloads and providing fast analytics, but never replaces the unique human touch that builds trust and safety in complex environments.



AI as an Amplifier, Not a Replacement

How AI Enhances Security Personnel

- Processes vast amounts of surveillance data quickly
- Identifies potential threats across multiple cameras
- Reduces cognitive load during monitoring tasks
- Provides analytical insights from historical data
- Enables more efficient allocation of human resources

What Remains Uniquely Human

- Contextual judgment in ambiguous situations
- De-escalation of tense human interactions
- Adaptability to unexpected scenarios
- Ethical decision-making in complex circumstances
- Building relationships with community members

Technology enables rapid response and intelligent analysis, but decision-making, leadership, and care come from real people.

CCTV & SECURITY INCIDENT ANALYSIS





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Designing Inclusive AI Security Systems



Include security guards, managers, and technical staff in system design from the beginning to ensure all perspectives are valued.



Provide comprehensive training so all security personnel understand how to effectively work with AI tools.



Establish continuous feedback channels for frontline staff to provide input on system improvements.



Design interfaces that complement existing workflows rather than disrupting them for a seamless transition.

True security transformation comes from programming AI setups that involve every level of security personnel, amplifying their capabilities rather than attempting to replace their expertise.

Conclusion: AI Empowers, Humans Lead



As organizations embrace AI, let's honor the contribution of every security guard, supervisor, and professional who stands at the forefront, their loyalty and effort driving the system's success. Best practices in AI programming mean including all staff, not discarding them.

Technology enables rapid response and intelligent analysis, but decision-making, leadership, and care come from real people. The future of security is a partnership—machines and humans together—ensuring environments stay truly safe and resilient.

- ❑ The most effective security systems recognize that AI and human security personnel each bring unique strengths to the table. When designed to work in harmony, these complementary capabilities create security solutions that are greater than the sum of their parts.



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About the Author

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Security professional and thought leader in the integration of AI technologies, Cyber Security, GRC, ISOs with traditional physical security operations.

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<https://www.linkedin.com/in/abhijeetksinha/>



Thank you for exploring this perspective on the [partnership between AI and human security professionals](#). For more insights and discussions on this topic, please reach out via LinkedIn.

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Why I Call LinkedIn My Professional Lifeline

COMMANDER RAM (RETD)



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When I was making the transition from the Navy after more than two decades of service, I thought my biggest challenges were going to be learning business jargon and adjusting to corporate culture.

What I didn't realise then was how critical LinkedIn would become in shaping my journey -and how much it could do for every transitioning veteran.

For the past three years, I've been consistently active on LinkedIn. What started as an experiment has turned into one of the most powerful tools for my professional growth.

Let me share what I've learnt- and why you should take LinkedIn seriously if you're planning your second innings.

PERSONAL BRANDING MATTERS

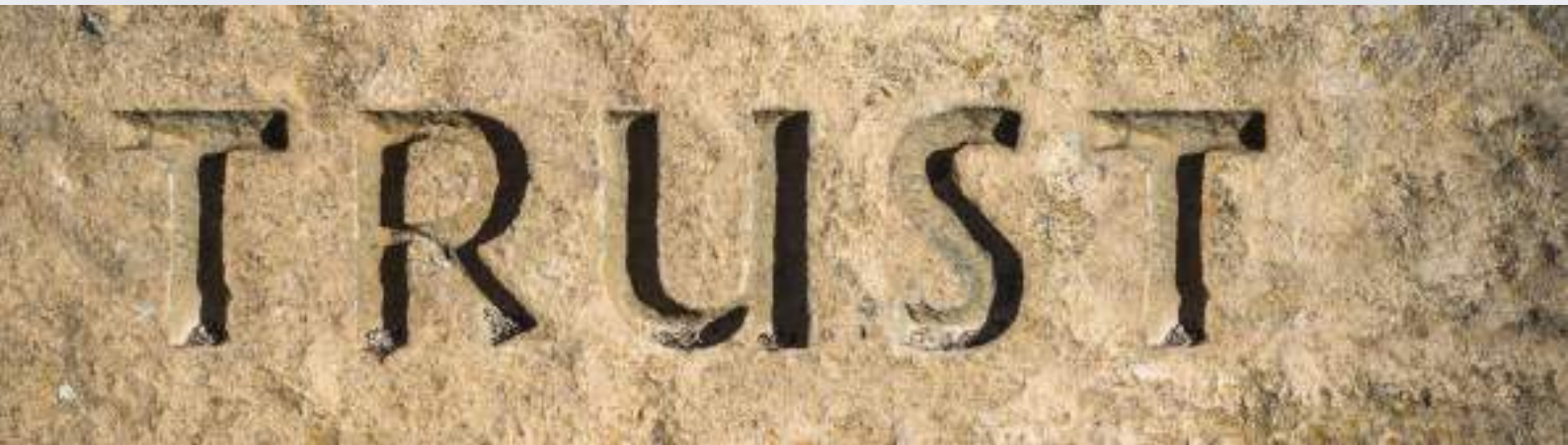


Being **VISIBLE** on the platform is not about bragging. It's about letting people know who you are, what you stand for, and the value you bring. Optimising your profile helps your story reach the right audience—whether that's recruiters, corporate leaders, or fellow veterans.



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AUTHENTICITY BUILDS TRUST



Whenever I shared personal experiences- successes, struggles, and lessons from both the Navy and corporate - the response was overwhelming. Authentic posts build deeper connections than any polished corporate updates. Add your own voice; that's what makes you memorable.

RELATIONSHIPS GROW THROUGH ENGAGEMENT



Commenting thoughtfully on others' posts often led to meaningful conversations and long-lasting professional relationships. Sometimes, one genuine comment opened doors to collaborations that a resume alone never could.



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CONTINUOUS LEARNING AT YOUR FINGERTIPS



LinkedIn is more than a networking site. Through news updates, online courses, and webinars, I stayed updated with industry trends. In transition, being current with the civilian world is just as important as reflecting on your military achievements.

THE NUMBERS TELL THE STORY



My network grew from 1,000 to over 14,000 connections. In the last year, my posts received about 4 lakh+ impressions and reached 70,000 members. Beyond the numbers, these connections translated into real opportunities - corporate training assignments, keynote speaking engagements, one-on-one interactions with 500+ professionals, and even being interviewed by an online business magazine.

Most importantly, I got the chance to mentor 150+ veterans during their transition-many of whom first reached out to me on LinkedIn.



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There's a quote I often remind veterans of:

“YOUR NETWORK IS YOUR NET WORTH.”

And nowhere does that hold truer than on LinkedIn.

So, if you are on the cusp of transition or even just considering it, don't underestimate this platform.

Show up, share your story, engage with others, and stay curious.

LinkedIn is not just about jobs- it's about visibility, credibility, and opportunities.

Your second career is waiting. LinkedIn can help you walk into it with confidence.

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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Problems of Being a Single Parent

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

Single parenting comes with its own set of emotional and physical hardships, along with all the parenting challenges. Choice or no choice, when we have to go through being a single parent, there are some problems that are collectively faced by single parents. Being a single parent **can suck the energy** out of an individual and **leave them with low confidence and unhappiness**.

Acknowledging the problems is the first step to finding the solutions to it.

Let us try and get a better understanding of what difficulties are faced by the parents who have to do it all on their own.



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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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1. Balancing various hats.



Your work is doubled when you become a single parent. Now, you have to look after the house, job, and ofcourse your kids with no one to share your load. Giving justice to each and every aspect is as tricky as walking on a tightrope.

You have to make sure that you do not sacrifice one thing for the other. Managing time becomes a non-optional skill. More often than none, you have to cut corners with your family time. And, that in itself can have its own repercussions.

2. Understanding the child.

The life of a single parent is filled with challenges, no doubt. But, being a child who has only one parent, or parents who are estranged is no picnic either. It becomes very complicated to know what they are going through. Children may look fine on the surface. However, that is just the tip of the iceberg.

There is a tornado of emotions going through their mind that is not easy to comprehend.

As their guardian, it becomes tough for the parents to see their children like this. Getting them to talk is a herculean task. Among all the struggles, seeing your child suffer is the most shattering.



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3. Self-doubt

When you have to do something out of the ordinary, there is bound to be doubt. You are constantly second guessing all your decisions because you don't have a partner with whom you could discuss all of it.

"Should I send him/her to this tuition?" "I am not sure if this is the right time to let her/him learn to drive." You are always in two minds. Such a state of mind leaves you confused and lost in your own thoughts.

When you start to think and rethink the same thing over and over again, it is like falling into a bottomless pit. And there is nothing more troubling than having this feeling of being stuck. It messes with your entire self and makes you feel that you are not capable of doing anything on your own.

YES

NO



4. Guilt

When you are a single parent, there are a lot of things that you can find to be guilty about. The top most guilt inducing thought is that you cannot give your child time. Your workload has doubled. And you constantly think that you are not being fair to your child. Another thing that you keep thinking again and again is that, because of you, your child cannot have a normal family. Suddenly everything appears to be your fault.

GUILT



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5. Social stigma for divorce



If the reason that you are a single parent is a divorce then you are on red alert on society's radar. Suddenly, every action of yours will be **SCRUTINISED**. People start to think that somehow, because you had a divorce, all **YOUR** decisions are up for review.

Even after twenty years of being in the twenty-first century, divorce is frowned upon by the majority of people. And no matter how many times you tell yourself that what society thinks doesn't matter, it gets to you at some point or other.

Surviving with your head held high becomes a necessity, rather than something that should have just happened without giving it an ounce of thought. Shielding yourself from the judgmental eyes of people around you becomes a time and patience consuming job.

6. Clashes between you and your former partner



If you had a divorce with your former partner, then there are bound to be some points on which you two did not agree.

Now in very few cases, the divorce is mutual and not as taxing. But most of them are emotionally taxing.

When you have kids together, then the chances of rifts between the two of you creating problems even after being estranged are more than few.

These conflicts can still create problems in your life. And these harsh encounters can be devastating for your children.

Even a small disagreement can turn into a war within a matter of seconds.

These confrontations can emotionally drain you. And seeing their parents

fight cannot be a pretty scenario for your child. **Every situation becomes a**

high pressure situation. Both of you can have opinions on how your child should be raised and not being on the same page can cause huge problems



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7. Financial strain



It is a serious issue that brings along several secondary issues with itself. Exhaustion, frustration, despair are some of financial strain's friends. They always come hand-in-hand.

Being the sole-earner of the family definitely puts weight on your shoulders.

As your child starts growing up, his/her needs will also start increasing and looking after your entire family on your own is going to be stressful. The pressure can become too much to handle.

8. Not being able to take care of yourself.



With you having to tie up all the loose ends and taking care of a family on your own, there is a very crucial thing you tend to forget. Yourself.

When everything is on you, looking after 'you' is also a major responsibility. But more often than none, parents tend to ignore themselves. If you are not fit to support your family, then your family will suffer the most.

Taking out time for yourself, doing something because you like it seems next to impossible.

With everything that is going around you, 'you' are the least of your worries. Being strong in the face of adversity is something that comes along with single parenting. But the point is not the hurdles that you are facing along the way. The key point is that you remember to stay happy and positive even while facing these hurdles.

For more such Parenting Insights, Register for our Happy Parenting Masterclass: [Register Now](#)



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LOW CONFIDENCE

STRESS/ ANXIETY

AGGRESSION/ BACK ANSWERING

SIBLING RIVALRY

UNWILLINGNESS TO STUDY

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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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Creativity Under Pressure: Nurturing Imagination in a Competitive World



**BY
FIZAN SHARMA**



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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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CREATIVITY UNDER PRESSURE: NURTURING IMAGINATION IN A COMPETITIVE WORLD

WHY THIS MATTERS: A MOTHER'S HEART

September is a time when classrooms buzz with energy, homework piles up and children's after-school calendars in cities like Mumbai or Lucknow fill with tuitions, sports and competitions. As a mother, I've watched my own children juggle these expectations with bursts of brilliance, with giggles and sometimes, with tears. How do we, as parents, help our children keep their sense of wonder and imagination alive, even as the world asks for report cards and trophies?

UNDERSTANDING CHILDHOOD CREATIVITY

Creativity isn't simply about painting, dancing or winning science fairs. It is the simple, everyday ability to imagine solutions, to ask "what if?" and to see magic even in ordinary things. Children as young as two show this spark when they make up a song at bath time or turn a cardboard box into a mighty fort. Psychologists and educators agree that nurturing this creativity is essential for children aged 2–12, not just for better grades, but for life happiness, flexibility and problem-solving in all areas.

THE INVISIBLE TUG: PRESSURE VS. IMAGINATION

A certain amount of pressure—like a school competition or a project deadline can excite children and even bring out creative ideas. For example, little Arvind from Delhi came up with a new recycling solution for his school project because he wanted to make his class proud. But when the pressure becomes constant, it turns into a burden. Endless comparisons, scolding over small mistakes, too many structured hours, and hardly any downtime — all of it adds up. It becomes a heavy weight. I've seen children like sweet Riya, who loved to draw, suddenly hide her sketchpad because she feared her art wasn't "good enough." When the focus stays always on marks, medals and perfection, children become afraid to try, experiment or "fail." True creativity wilts under fear and blossoms with encouragement and space to play.



Let me share a couple of stories from Indian homes.

[illegible]

THE TOY STORY CLUB



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WHY IT MATTERS MORE THAN EVER

Today's children grow up in a world that often looks for quick results—marks on papers, medals and tangible achievements. But the future belongs to those who can imagine, adapt and invent—kids who aren't afraid to make mistakes or dream a bit differently. Creativity builds resilience, confidence and even strong emotional health. It helps children face setbacks with courage and to view life's puzzles as fun challenges.

A MOTHER'S REFLECTION

As a mother, I've often found myself worrying: Will my child "fall behind" if he spends more time building a cardboard city than practicing tests? But I've learned, sometimes the truest growth comes not from sticking to the straight path, but wandering off it. My own niece, Sana, once built a singing robot for her school's science day. It didn't win first prize (it didn't even sing very well!), but it was her own idea, brought to life with tape, wires and heart. The pride in her eyes taught me that creativity isn't about impressing others, but about expressing yourself fully.





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TIPS FOR PARENTS: KEEPING THE SPARK ALIVE

1. Appreciate the Process, Not Just Results

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. Make Space for Free Play

Allow time every week for unstructured, screen-free play, where your child can invent games, make art or simply daydream.

3. Encourage Passion Projects

Support little experiments and hobbies. Whether it's baking, storytelling or building with blocks, these side adventures often spark great ideas.

4. Be Mindful of Stress

Keep an eye out for signs that pressure is too much frequent headaches, reluctance to try new things or fear of mistakes. Gently remind children that it's okay not to be perfect.

5. Support Mistakes With a Smile

When projects fail or get messy, laugh, clean up together and talk about what could be tried differently next time.

6. Advocate for Gentle Feedback

Work with teachers and schools to ensure feedback is nurturing and constructive, especially on creative tasks. Push for environments that encourage risk-taking, not just right answers

Heartfelt Conclusion

Dear friends, our children live in a world of competition, but their minds are still full of storybook magic. The best gift we can give is not just knowledge, but wonder, the freedom to try, stumble and start over again. Let's treasure their quirky ideas, celebrate their creative risks and gently teach them that true success is found in the courage to imagine.

I'd love to hear your stories about kitchen disasters, passion projects or creative adventures that didn't go as planned! Let's hold each other's hands on this journey and raise a generation of joyful, imaginative dreamers.

With love and hope,

Fizan

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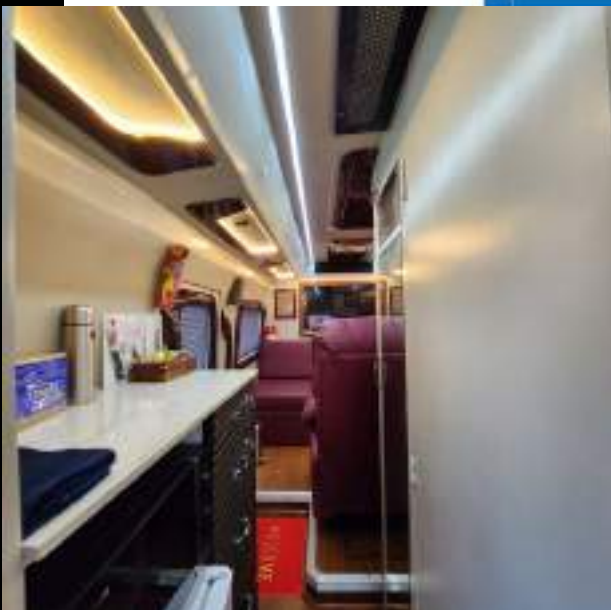
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BETTER HEALTH

**BETTER
FUTURE**





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HEALTHY LIFESTYLE

should be part of everyone's life. Many have realised the importance of health yet more in the health sector is to be achieved. It is truly believed that, ***'If one has a good health half of the battle is won.'***

Basically we come across the two sides of health i.e. physical and moral but when I think deep into the health topic, we actually have so many factors like, if I don't see someone happy it makes me ill, when there is injustice around I feel stressed to find out the ways for justice, when I see a deprived child I become impatient to give something, in same way there are many situations, states, emotions that make persons mind change its graph or you can say unhealthy, same way there are many other factors which affect health of human mind.

Hence, we can experience that besides physical there are other factors may be like emotional, social, spiritual, environmental, occupational etc.

- One can be physically fit by simple brisk walks where, you be with yourself and has manifold health benefits one feels good and it is first step towards achieving physical fitness besides walk we can go for yoga or various other workouts which fascinates you and is suitable for your physique.
- One must make exercises as routine in the same way, routine check ups above the age 40 is advisable.
- One must be aware of different illness and also have balanced diet (Saatvik Bhojan).
- Homemakers must try to make routine food decorative or attractive sometimes, as all colons add different flavours and nutrients.
- Strict no to alcoholism will give a healthy life.

Besides all these things self safety also includes in health(,it may be wearing seat belts while travelling and all other rules)along with it, self hygiene for all age groups, even good quality of sleep give manifold benefits of health. All these things will boost strength, endurance, Flexibility and fitness.





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ARPITA JAISINGH

COUNSELLING PSYCHOLOGIST, WRITER, LIFE COACH, & EDUCATOR

"I believe everyone owes to have the best of life, as we all are creatures of divine. Having experience around children and parents for 10 years, their concerns like difficulty in managing emotions and stress, anxiety, fears and many more deep rooted issues make me think about bringing awareness and updating with life skills for the betterment of society and make them live life confidently.

So my piece of writing is for everyone who believes that if they are good at all perspectives of health at present definitely their future is bright."



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EMOTIONAL HEALTH

- is equally important. It is ability to love and be loved and achieve contentment. Emotions are dynamic. Emotional health is ability to express different emotions like happiness, sadness, anger etc. **Emotions play big part in our lives**, one feels good when emotions are expressed hence a good understanding peer group at every age level has wonderful outcomes.

It is said, "having emotions is sign of liveliness".

For achieving emotional health, let your heart blossom like flower be childlike playful, express to the best friend, cousin or a parent, tune your thoughts and feelings, think optimistically, accept and forgive yourself and others, seek and provide support manage time and stress equally. A true emotionally fit person will always have balanced, pleasant and healthy personality the spark can be felt in their qualities like optimism, self esteem, self acceptance and always ready to share feelings as they have positive vibes mostly. Positivity can change difficult paths of life into a wonderful and healthy Journey of life.

INTELLECTUAL HEALTH

- is related to mind. Mind needs continuous inspiration and continuous exercises like, reading is best exercise to mind. For intellectual health one must try to be a student who is always ready to absorb knowledge and keep oneself updated with current affairs or keep oneself upgraded with knowledge of the field which interests one or may be good for the profession it may be like workshop, language or special skill updated knowledge builds self confidence which is sign of healthy person. Participating in activities related to mind arouse our minds that is the reason schools and colleges have debate and elocution competitions.

Several intellectual activities like seminars, workshops, motivational talks are arranged in different work fields by various organisations. It is all about keeping your brain healthy and happy.

While thinking about workplace it is also important part of health. One must try to be in the occupation that makes oneself happy and contented even choose the organisation or workplace that relates to its basic nature besides good and cordial relationships at workplace enhances growth of organisation hence many organisations work hard to keep working environment healthy, it is part of occupational health.

Stressful environment reduces creativity amongst colleagues. Participative leadership creates good and healthy environment at workplace. Sharing talents and skills makes work environment more healthier.



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We need to be socially healthy too. When we do something for people around, it keeps our head and heart calm and contented, when we have good social relationships, we grow inside out when we work together with society and for betterment of society.

While thinking of our society our surroundings and environment are also factors that really affect our health. We can create healthy atmosphere at home through good tidiness, good conversation, traditional and cultural practices, respect and love. And when we step out of our homes we should have thoughts of preserving resources, cleanliness which makes us feel happy and healthy.

Spiritual health is our holistic development. We can be strong, bright, creative yet patient emotional, intellectual and socially fit and balanced only if we have a self talk, meditation and follow various spiritual practices.

**WHEN WE HAVE INNER PEACE , WE ACHIEVE HARMONY
IN EVERY ENVIRONMENT AND WE ARE IN PINK OF THE
HEALTH. ON THIS INTERNATIONAL HEALTH DAY KEEP
IN MIND THE MOTO**

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THE SILENT STRUGGLE:

F O C U S
O N
Y O U

EMOTIONAL BURNOUT IN WOMEN



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ABSTRACT

Emotional burnout is a silent yet pervasive crisis affecting women in today's fast-paced and demanding world. While women are celebrated for their resilience, multitasking, and ability to "handle it all," these very expectations often push them toward chronic stress and emotional exhaustion. Burnout is not simply tiredness—it is a state of emotional depletion, detachment, and reduced functioning that, if left unaddressed, can lead to anxiety, depression, strained relationships, and even physical health issues.

This article explores the phenomenon of emotional burnout in women, highlighting its causes, symptoms, and long-term consequences. It also examines the socio-cultural pressures that exacerbate women's struggles and silence their emotional needs. Finally, it provides practical strategies for prevention and recovery, encouraging women to prioritize self-care, set boundaries, and seek support without guilt. The goal is to foster awareness, shift societal narratives around women's roles, and create a culture where emotional well-being is valued as much as achievement and responsibility.



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RUPALI BHARDWAJ

A COUNSELING PSYCHOLOGIST, RELATIONSHIP COACH AND EDUCATOR, A MCOM, B.ED PROFESSIONAL WITH OVER 6 YEARS OF EXPERIENCE IN TEACHING, SHE LATER PURSUED HER PASSION FOR MENTAL HEALTH BY COMPLETING M.A. IN PSYCHOLOGY & A PROFESSIONAL DIPLOMA IN MORE THAN 12 PSYCHOTHERAPIES. CERTIFIED RELATIONSHIP COACH FROM PUNE UNIVERSITY, WITH EXPERTISE IN COUNSELING WOMEN & TEENAGERS, SHE FOCUSES ON RELATIONSHIP CONCERNS, STRESS, ANXIETY, & PERSONAL GROWTH. HER APPROACH BLENDS PSYCHOLOGICAL INSIGHTS WITH PRACTICAL TOOLS, HELPING CLIENTS FIND BALANCE, CLARITY, AND INNER STRENGTH.



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INTRODUCTION

THE HIDDEN WEIGHT WOMEN CARRY

In every corner of society, women play multifaceted roles—caregivers, professionals, partners, mothers, daughters, and community contributors. While these roles are fulfilling, the constant balancing act leaves little room for pause. Unlike physical exhaustion, which is visible and acknowledged, emotional burnout often remains hidden. Women continue to smile, show up, and give, even when their inner world feels depleted.

The silent nature of this struggle makes it particularly dangerous. By the time burnout becomes visible, it has often taken a heavy toll on mental health, self-identity, and relationships. Recognizing and addressing emotional burnout, therefore, is not just a matter of personal care—it is a collective necessity



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UNDERSTANDING EMOTIONAL BURNOUT

WHAT IS EMOTIONAL BURNOUT?

- Emotional burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress. Unlike everyday stress that comes and goes, burnout persists, gradually eroding a person's capacity to cope, feel motivated, and function optimally.
- For women, burnout often comes from the overlap of personal, professional, and social demands. Unlike men, whose roles are often compartmentalized, women are expected to excel in multiple domains simultaneously, leading to cumulative stress.

KEY SYMPTOMS OF EMOTIONAL BURNOUT

- **Chronic Fatigue** – Feeling drained even after rest.
- **Irritability or Mood Swings** – Reacting strongly to small triggers.
- **Loss of Joy** – Activities once loved feel meaningless.
- **Detachment** – Emotional distancing from family, friends, or work.
- **Physical Complaints** – Headaches, digestive issues, or sleep problems.
- **Self-Doubt** – Constant questioning of one's worth or ability.

BURNOUT DIFFERS FROM DEPRESSION BUT CAN TRIGGER IT IF LEFT UNATTENDED. IT IS BOTH A MENTAL AND PHYSICAL HEALTH CONCERN THAT REQUIRES SERIOUS ATTENTION.

WHY WOMEN ARE MORE VULNERABLE

- **The Double Burden** : Women often carry the “second shift”—working professionally and then managing household responsibilities. This dual workload leaves little space for self-recovery.
- **Cultural Expectations** : Society glorifies women who sacrifice for family and community. The “superwoman” narrative pressures women to suppress their needs, making burnout inevitable.
- **Invisible Emotional Labor** : Beyond physical chores, women carry emotional labor—remembering birthdays, managing family dynamics, caring for elderly parents, and soothing others' emotions. This unacknowledged effort drains psychological reserves.
- **Workplace Inequities** : Despite progress, women still face pay gaps, limited leadership opportunities, and subtle biases. Many feel they must “prove” themselves constantly, adding to emotional strain.
- **Neglect of Self-Care**: Conditioned to put others first, women often treat self-care as optional or even selfish. This neglect accelerates burnout.



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THE CONSEQUENCES OF EMOTIONAL BURNOUT

Burnout is not just an individual struggle—it impacts families, workplaces, and society at large.

- Psychological Impact
- Increased risk of anxiety and depression.
- Diminished self-esteem and sense of purpose.
- Emotional detachment leading to strained relationships.
- Physical Health Consequences
- Chronic stress is linked with:
 - High blood pressure
 - Heart disease
 - Weakened immune system
 - Insomnia and digestive issues
 - Social & Professional Impact
 - Withdrawal from relationships and social circles.
 - Reduced productivity at work.
 - Higher absenteeism and career stagnation.

Ultimately, burnout undermines the very roles society expects women to fulfill.

CASE VIGNETTES (NAMES CHANGED)

- **Meera, 34, IT Professional:** She worked long hours and returned home to manage childcare and in-laws. She described feeling “numb,” unable to enjoy time with her son. Therapy revealed burnout masked as irritability.
- **Radhika, 45, Homemaker:** With grown children and aging parents, she silently carried guilt for not feeling “happy.” Her constant emotional caregiving left her depleted, yet unseen.
- **Ananya, 28, Entrepreneur:** Running her own startup, she believed she had to be “always available.” Her body broke down with severe migraines, a wake-up call for her to prioritize boundaries.

These stories reflect diverse contexts, but the thread is the same—silent exhaustion until the body or mind gives way.

BREAKING THE SILENCE: WHY AWARENESS MATTERS

Awareness is the first step toward healing. Women must recognize that burnout is **not a sign of weakness**—it is a natural response to chronic overload. Equally important, families and workplaces must acknowledge that emotional well-being is not optional.

The **stigma** around mental fatigue keeps women from voicing their struggles. Normalizing conversations around burnout can dismantle this silence.



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STEPS TOWARD RECOVERY AND PREVENTION

- **SETTING BOUNDARIES**

Learning to say no is an act of self-preservation. Boundaries protect emotional energy and signal to others that one's well-being matters.

- **PRIORITIZING SELF-CARE**

Self-care is not indulgence; it is maintenance. Simple rituals—journaling, mindfulness, exercise, or hobbies—restore balance.

- **SEEKING SUPPORT**

Therapy, support groups, or even candid conversations with trusted friends can lighten the emotional load.

- **DELEGATION AND SHARED RESPONSIBILITY**

Household duties should not be the default responsibility of women. Encouraging shared roles at home reduces pressure.

- **MIND-BODY PRACTICES**

Meditation, yoga, or deep breathing exercises reduce stress and reconnect women to their inner calm.

- **REFRAMING STRENGTH**

True strength is not in silent endurance, but in recognizing limits and asking for help. This shift in mindset is vital for sustainable well-being.

THE ROLE OF FAMILIES, WORKPLACES, AND SOCIETY

- Families must normalize shared caregiving and household chores. Emotional support should be consistent, not occasional.
- Workplaces should integrate mental health policies, flexible schedules, and promote gender equality.
- Communities must dismantle the glorification of overworked women and celebrate balance.
- When women thrive emotionally, entire ecosystems—children, families, organizations—flourish.





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MOVING FORWARD: REDEFINING STRENGTH AND CARE

- The cultural narrative of the selfless woman who “does it all” is outdated and harmful. Strength should not be measured by how much one can endure but by how authentically one can live. Women deserve recognition not only for their roles but for their inherent worth as individuals.
- Burnout is not inevitable. With awareness, boundaries, and societal change, women can reclaim joy, energy, and balance.

CONCLUSION

Emotional burnout in women is a silent epidemic—hidden behind smiles, responsibilities, and societal expectations. It drains vitality, undermines identity, and impacts mental and physical health. Yet, it is preventable and reversible.

By breaking the silence, shifting cultural expectations, and normalizing self-care, we can create a world where women are not celebrated only for their sacrifices but supported for their well-being. Emotional health is not a luxury—it is a foundation for every woman's ability to thrive.

The journey begins with one truth: caring for yourself is not selfish—it is essential.





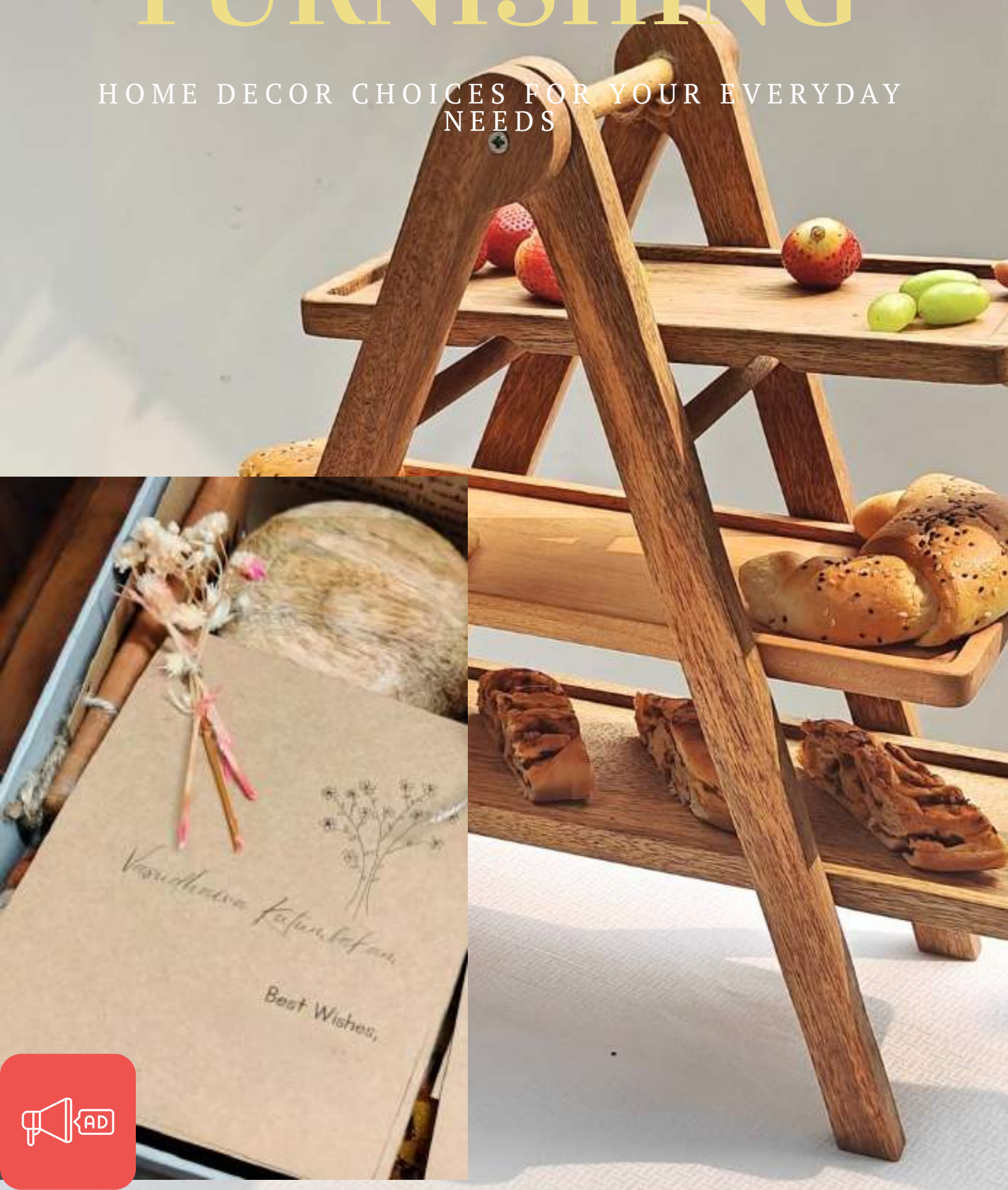
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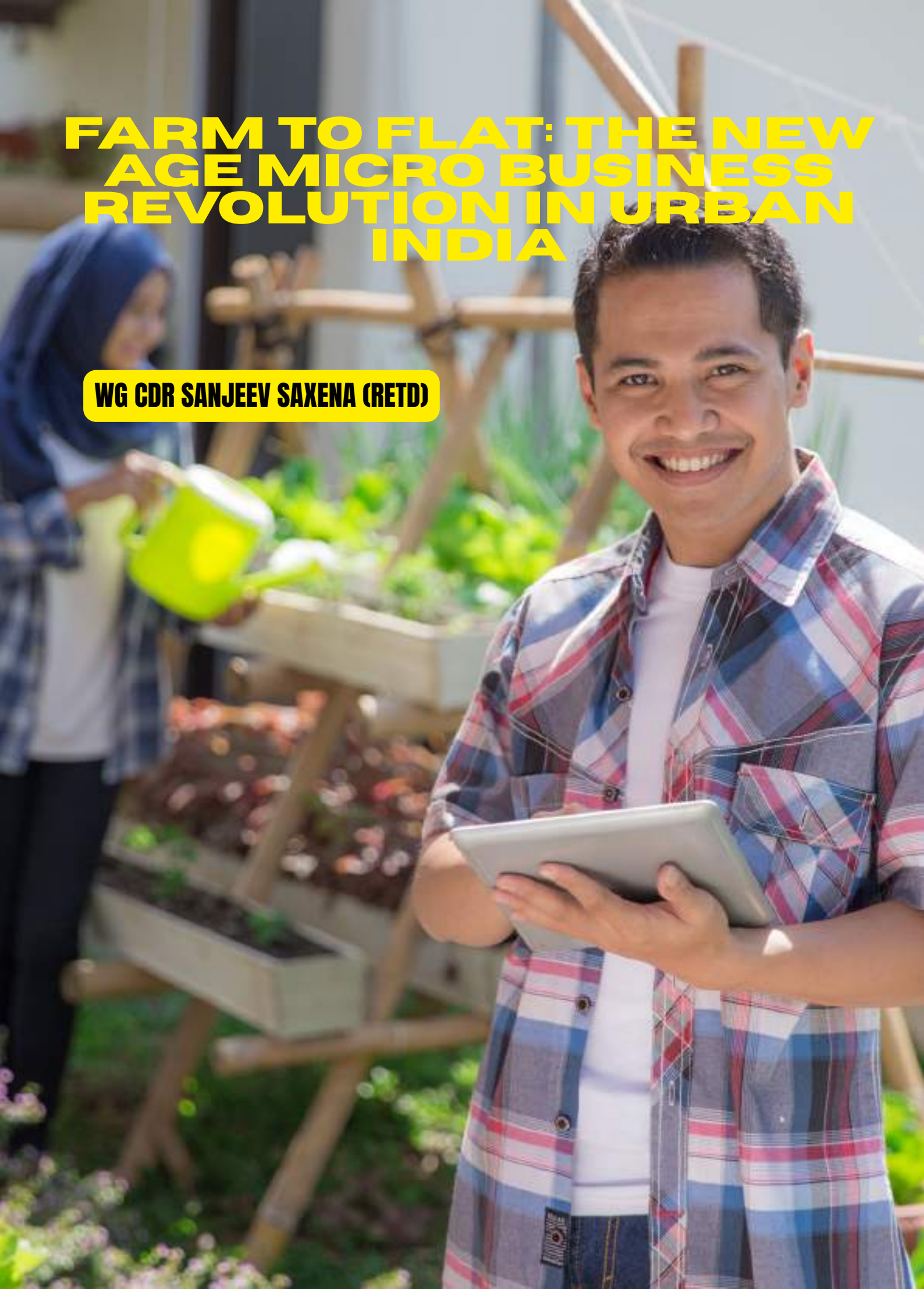
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FARM TO FLAT: THE NEW AGE MICRO BUSINESS REVOLUTION IN URBAN INDIA

WG CDR SANJEEV SAXENA (RETD)





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

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

For more information, visit [www.sanjeevsaxena.in]

(<http://www.sanjeevsaxena.in>).



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INTRODUCTION

URBAN INDIA IS WITNESSING A QUIET REVOLUTION. "FARM TO FLAT" IS TRANSFORMING TERRACES, BALCONIES, AND ROOFTOPS INTO INCOME-GENERATING FARMS, COMBINING WELLNESS, SUSTAINABILITY, AND ENTREPRENEURSHIP. THIS MOVEMENT *CAN START AS A HOBBY, A PASTIME FOR LADIES, AND GRADUALLY SCALE INTO A MICRO-BUSINESS OR BIGGER ENTERPRISE*, TURNING ORDINARY URBAN SPACES INTO THRIVING MINI-FARMS.





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How?

HERE'S HOW THIS TREND IS TAKING ROOT:

- **Space Utilization** : Flats and rooftops are mini-farms, growing food right where it's consumed.
- **Micro-Investment** : Low-cost ventures like micro-greens, mushrooms, and herbs offer quick profits.
- **Entrepreneurship** – From saffron pots to exotic herbs, families are turning passion into income.
- **Direct-to-Consumer** : – Selling locally ensures freshness, affordability, and better earnings.
- **Fresh & Nutritious** : – Hydroponics, mushrooms, and micro-greens add chemical-free nutrition. Urban farming avoids growth-enhancing chemicals, synthetic colors, or injections often used by unscrupulous farmers.

WHY URBAN FARMING MATTERS: TRADITIONAL FARMING SUFFERS HIGH COSTS AND LOSSES: 30–50% WATER LOST TO EVAPORATION, ₹1.5–3/KG TRANSPORT PER 100 KM, 10–30% SPOILAGE, AND 30–40% POST-HARVEST LOSSES, PLUS MIDDLEMAN CUTS. URBAN FARMING REDUCES THESE LOSSES, ELIMINATES PACKING COSTS, AND DELIVERS FRESHER PRODUCE DIRECTLY TO CONSUMERS. NO NEED FOR EXPENSIVE COLD STORAGE. WHILE INDOOR FARMING MAY NOT REPLACE EVERY FRUIT OR VEGETABLE YET, IT'S A GREAT STARTING POINT.



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- **Wellness Benefits** : – Gardening reduces stress and promotes active lifestyles.
- **Eco-Sustainability** 🌱 – Composting and reduced “food miles” make it green.
- **Technology Edge** ⚙️ – Hydroponics, vertical farming, and grow-light kits scale small spaces.
- **IoT Integration** :– Sensors track water, nutrients, and light. Some companies sell hydroponic kits with IoT, lighting, and sensors. IoT-managed saffron ensures optimal moisture, temperature, and humidity.
- **Coaching & Training** – Delhi/NCR is a hub for urban farming courses, workshops, and grow kits.
- **Pearl Farming** : – Odisha pioneers small-scale pearl cultivation.
- **Community Impact** : – Local food networks and shared learning strengthen social ties.
- **Subscription & Delivery Services** :– Micro-farmers can offer weekly produce boxes to loyal local customers.
- **Culinary & Wellness Tie-ins** :– Herbs, micro-greens, saffron, bonsai, and exotic plants supply restaurants, cafes, and wellness centers.
- **Digital Marketing & social media** : – Farmers can sell online, share tutorials, build a brand, and become influencers.
- **Home-Based Community Kitchens** : – Neighbours can collaborate to run kitchens using homegrown ingredients.
- **Specialty Flowers, Bonsai & Exotic Plants** : – Orchids, roses, lilies, bonsai, and other exotic plants grow in pots or vertical racks. High-value and aesthetic, they are in demand for gifting or workshops.

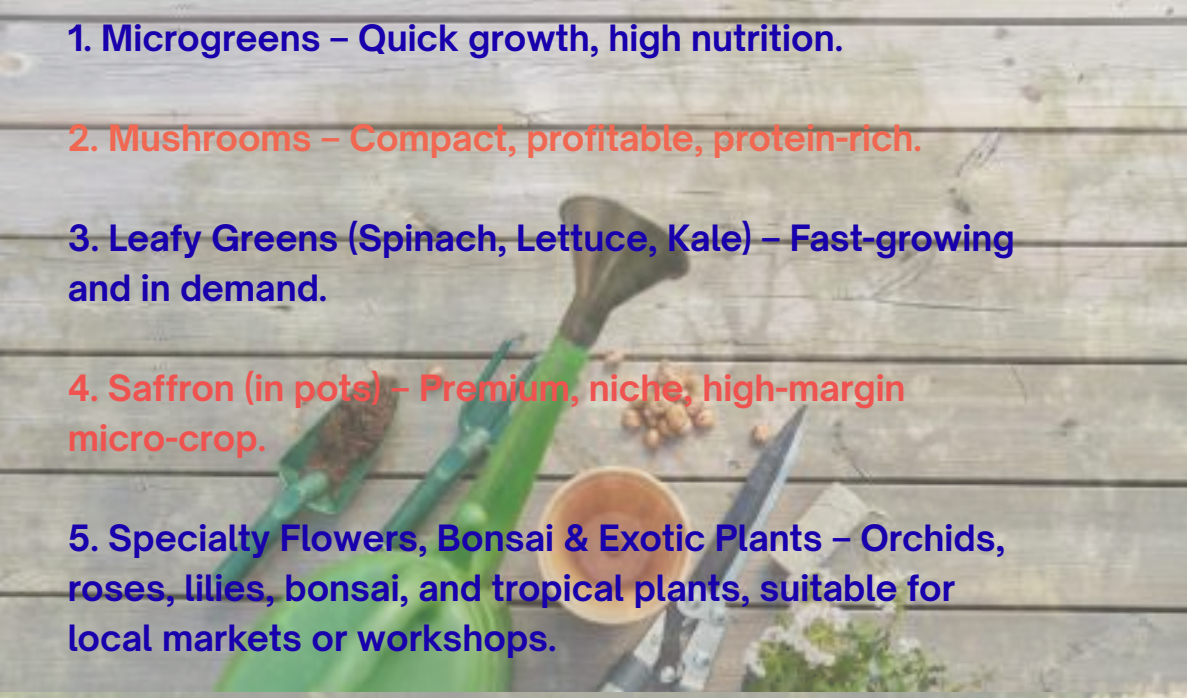
Urban farming is gaining global momentum in countries like Netherlands , Singapore , USA , Japan , Germany , South Korea , Canada , UAE , China , Israel , and India . China is one step ahead, dedicating floors in multi-storied buildings exclusively for indoor farming. In the USA, abandoned shopping malls and buildings are being converted into urban farms, while Singapore is turning rooftops into green farms, showing the global versatility of urban agriculture. India is adopting similar models in Delhi/NCR, with training hubs and demonstration projects.

The Indian government supports this through guidance and funding. Various institutions provide training, workshops, and resources for urban farming and micro-entrepreneurship.



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Top 5 Crops & Flowers for Flats & Terraces

- 
- 1. Microgreens – Quick growth, high nutrition.**
 - 2. Mushrooms – Compact, profitable, protein-rich.**
 - 3. Leafy Greens (Spinach, Lettuce, Kale) – Fast-growing and in demand.**
 - 4. Saffron (in pots) – Premium, niche, high-margin micro-crop.**
 - 5. Specialty Flowers, Bonsai & Exotic Plants – Orchids, roses, lilies, bonsai, and tropical plants, suitable for local markets or workshops.**

Conclusion

Urban farming is no longer just a hobby—it's a gateway to healthier lifestyles, financial independence, and community engagement. Starting small in your flat, terrace, or balcony, you can grow microgreens, mushrooms, saffron, bonsai, or specialty flowers and gradually scale it into a micro-business. With technology, IoT, hydroponics, and digital marketing, urban farmers can tap emerging markets, subscription services, home-based kitchens, and wellness tie-ins.

For many, especially women and hobbyists, this is a fulfilling pastime that adds meaning, income, and creativity to urban life. The "Farm to Flat" movement is not just about plants—it's about turning urban spaces into sustainable, profitable, and healthful ecosystems, bridging the gap between passion and enterprise.

From IoT-managed saffron pots to pearls, exotic plants, bonsai, and specialty flowers, the future of India's urban agriculture promises wealth, wellness, and green living—all from the comfort of your home.

सोच बदलो, यह संभव है! एक टमाटर का पौधा लगाकर बदलाव देखें।



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"Do YOU owe No responsibility"

*I can read it in their eyes and hear it in their whispers
Their remarks raising everyone's suspicion
No, she suffers from depression
Others sympathetically mention*

*It's a play of hormones
Many of them claim
My monotonous schedule and roles
Some of them blame*

*It's all a fragment of my imagination
The more wise say
And along with mismanagement of my state of affairs
They condemn my incompetency in handling emotions*

*Some even go to the extent of saying
That I blow things out of proportion
Hence advice me to act tough
While handling any given situation*

*Some curse me for my mood swings
And explicitly state, it's only me who's got to fight this
But some kinder hearts
Recommend a psychiatric help along with a change in routine*



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AASHU CHAUBEY

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ashu.verma.1978.9655**

An Electronics engineer and an English honours graduate, Ashu Verma Chaubey is an author and a poetess on many well known online platforms.

She has also been a part of many Indian and International anthologies and also has a solo book depicting various unsaid emotions of a woman titled, "Shades of a woman, Beyond her Lihaaf" to her credit.

She loves to write on inspirational and women's themes the most.

She has won many competitions on Momspresso and Story Mirror Platforms and awards including The best story writer of 2022 by The Momma Clan, 50-under-50 by MTTV, Rising star of 2023 and the prestigious Purple Quill award by The Cherry Book awards, the Emily Dickinson award for her book by the publishers, many recognitions from the inkzoid foundation and is also among the top 30 iconic achievers awards presented by The Namya Foundation.



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***Some near and dear ones
Try elucidating my thoughts to me
And illustrate some great philosophies
Along with age old remedies***

***Everything that's happening with me
Happens with everyone
And to get out of the situation
I'll myself have to find out ways, they say***

***This is a phase even I well understand
But it doesn't let me comprehend
That those who guide me about reasons numerous
Why do they avoid facing my loneliness***

***There's yet another mystery I can't unravel
That those who gossip about me in parties and meetings
Why do they completely avoid or shun me
When I try to open up and discuss my feelings***

***I ask them this,
Those who point out at me
And giving me those creepy glances
Make me a subject of their thesis***

***Don't they possess a heart to understand
And enough wisdom to fathom
That they also have an important role to play
In getting me out of this situation***



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



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एँ जिन्दगी मैं तुझसे क्या चाहता हूँ, असमंजस मैं हूँ

अब क्या चाहता हूँ.

कभी शहर से शहर पल में पहुंचना चाहता हूँ,
कभी सड़क के लिए पेड़ कटने से रोकना चाहता हूँ.

कभी बिजली न रहने पर कोपित हो जाता हूँ,
कभी अंधेरे में जुगन् पकड़ना चाहता हूँ.

एँ जिन्दगी मैं तुझसे क्या चाहता हूँ, असमंजस मैं हूँ

अब क्या चाहता हूँ.

कभी वातानुकूलित वातावरण में ही रहना चाहता हूँ,
कभी सिर्फ ताज़ी हवा को ही पाना चाहता हूँ.

कभी फोन पर तकनीक का मज़ा चाहता हूँ,
कभी सिर्फ अपने के संग बतियाना चाहता हूँ.

एँ जिन्दगी मैं तुझसे क्या चाहता हूँ, असमंजस मैं हूँ

अब क्या चाहता हूँ.

कभी दुनिया की खबर बस पल में चाहता हूँ,
कभी अलगावादी अफवाह को फैलने से रोकना चाहता हूँ.

कभी रोज की भागदौड़ में आगे निकलना चाहता हूँ,
कभी सिर्फ धीरे धीरे साइकिल चलाना चाहता हूँ.

एँ जिन्दगी मैं तुझसे क्या चाहता हूँ, असमंजस मैं हूँ

अब क्या चाहता हूँ.



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कभी बड़ो की तरह सारे निर्णय लेना चाहता हूँ,
कभी बेपरवाह, बेखबर, सिर्फ बचपना बिताना चाहता हूँ.

कभी पैसे की दौड़ में भागना चाहता हूँ,
कभी पैसे की दौड़ से खुद को हटाना चाहता हूँ.

एँजिन्दगी मैं तुझसे क्या चाहता हूँ, असमंजस मैं हूँ

अब क्या चाहता हूँ.

कभी महंगे झूले के मजे चाहता हूँ,
कभी पेड़ के नीचे रस्सी का झूला, झूलना चाहता हूँ.

कभी तो नई फिल्म, मॉल में देखना चाहता हूँ,
कभी दादा - दादी से कहानी सुनना चाहता हूँ.

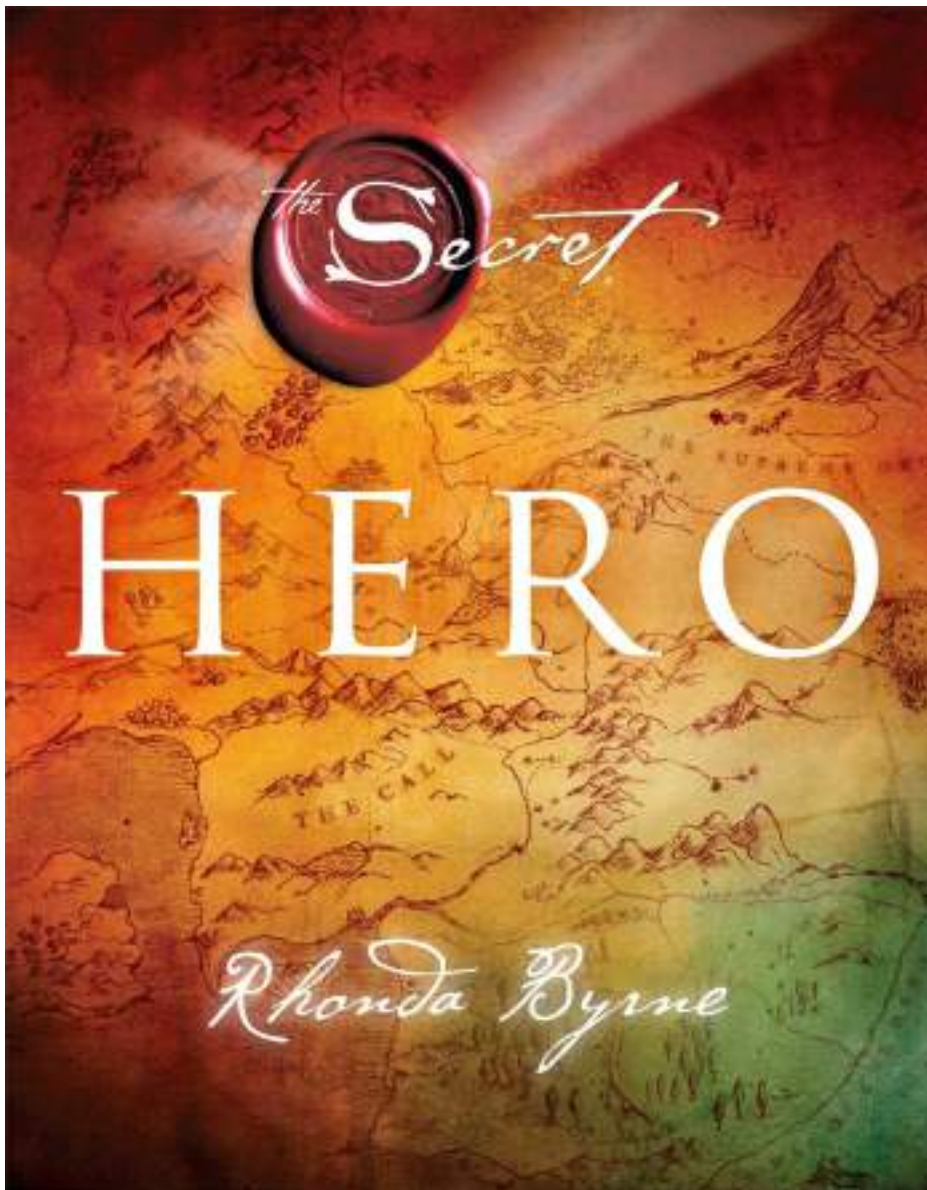
एँजिन्दगी मैं तुझसे क्या चाहता हूँ, असमंजस मैं हूँ

अब क्या चाहता हूँ.

..... बस असमंजस मैं हूँ यह क्या चाहता हूँ.



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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 348 Recommendations in SSB.

With about 2 years of experience in Amazon as L-7 & having cleared interviews with various Corporate houses, she carries rich experience of cracking interviews, the recruitment process, logistics, warehouse operations and safety protocols.

Now she dedicates her time for giving back to society in helping Veterans in job selection, welfare of Ex Service Persons and their families.



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What Hero is about

- Hero is a self-help/motivational book by Rhonda Byrne, best known for The Secret.
- Its subtitle/sales pitch is essentially: From zero to hero — your secret map to a rich life. The book is presented as a “map” to finding one’s true calling and living a fulfilling, successful life.
- It draws on stories of twelve people who have achieved great success (across fields like business, sports, activism etc.), showing how they overcame obstacles, believed in themselves, made bold choices, used visualization, gratitude, and took action.

What works / Strengths

- Inspirational real-life stories : The personal accounts help make ideas less abstract. Seeing how ordinary (or at least human) people handled struggles gives readers examples to follow.
- Clear structure & simple message: The “map” metaphor gives a framework: find your calling → believe → overcome obstacles → take action. The simplicity makes it accessible. For someone new to motivational/self-help literature, Hero may serve as a good introduction.
- Positive mindset: Emphasis on belief, visualization, gratitude, courage can be uplifting and motivating. For many readers, this kind of reinforcement helps break out of negative thinking patterns.
- Practical encouragement : It doesn’t just philosophize: it urges action, risk-taking, facing fears. That makes it more usable rather than merely aspirational.

What doesn’t work / Criticisms

- Repetition & lack of novelty : Some readers feel that many of the ideas are similar to what Byrne has already said in her previous works (especially The Secret) or what is common in self-help literature. If you've read several books in this genre, you might not find many new insights.
- Attribution of success to mindset alone : The books (including Hero) tend to place a lot of weight on “believing”, “thinking positively”, “visualization”, but less on systemic issues, luck, privilege, socio-economic conditions, or external constraints. For some situations, these external realities cannot be ignored. Critics argue this can lead to unrealistic expectations or self-blame when things go wrong.



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- Potential for oversimplification : Because it presents a “map” with stages and steps, there is a risk of making the journey to success sound linear and tidy, whereas in real life, paths are messy, failures frequent, unexpected hurdles persistent. Some might find the framework doesn’t capture all the complexities.
- Optimism bias / Positive thinking pitfalls : For some people, excessive emphasis on positivity can feel dismissive of pain, grief, or struggle. It can lead to “toxic positivity” where one feels compelled to only see the bright side, even when it’s harmful. Also, when things don’t go as one hoped, it can feel like blame is being placed on the individual’s mindset rather than external factors.

OVERALL VERDICT

- Hero is a solid, uplifting self-help book. It works well as motivation and for helping people uncover or reaffirm their sense of purpose. It’s not a deep scientific treatise, nor does it solve all the ‘life complexity’, but it doesn’t pretend to. If you take from it the parts you can apply—stories, mindset shifts, courage—to make changes, it can be powerful. Just keep a balanced view: mindset matters, but so do effort, context, and sometimes external support.

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.



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