

VALUES NETWORK E MAGAZINE



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

**RAJESH
THAKARE**

Dus Sawaal: Beyond the
Battlefield – Sqn Ldr A Panda

**LT COL ROMIL
BARTH WAL**



Table of Contents

05

**MADLIFE: CELEBRATION OF
TOMORROW'S LEADERS**

15

**DUS SAWAAL: BEYOND THE
BATTLEFIELD**

25

BARCELONA DIARIES

33

SANJAY MISRA

36

**AMALGAMATION OF CSO
AND
CISO ROLES
IN THE FUTURE**

50

**PROBLEMS OF DEALING WITH
BULLIES IN SCHOOL**

57

**BIG FEELINGS, LITTLE
WORDS: HELPING KIDS
EXPRESS THEMSELVES**

69

**FROM UNIFORM TO
ENTREPRENEURSHIP:
CHOOSING BETWEEN DIGITAL,
PHYSICAL, AND HYBRID
VENTURES**

78

BOOK REVIEW



"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.

Find the E magazine on the LinkedIn page as well under the name of @Value Talks & Value Network E Magazine. 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 Travels, future roles of CISO and CSO, some nostalgic moments, some guidance on your transition moments and many on the mental health.

To all who have contributed to this edition — Lt Cdr (Dr) Husein, 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

LinkedIn – @value Talks & Value Network E Magazine

Instagram – @values_network_emagazine

Email – articlevalues@gmail.com

Whatsapp– 70826 85295

**DISCIPLINE. DETERMINATION.
DEFENCE. - THAT'S MADLIFE.**



The Madlife ★★

Instagram -@the_mad_life_official

Email - themadlifeofficial@gmail.com

Whatsapp- 7777916803

**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.

The Madlife ★★



CTION CENTRE



RAJESH THAKARE



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

SSB: DELVE. DEVELOP. DELIVER.

LtColKPS : What inspired you to join the Armed Forces?

RT. When I was in Class 12, my brother joined the Army as a soldier. Watching his journey and the pride he carried in his uniform deeply inspired me. Being an athlete and active in sports, I was naturally drawn to the disciplined and energetic lifestyle of the Armed Forces. Later, joining NCC introduced me to the true sense of brotherhood, leadership, and the Army way of life, which made my aim even clearer. Becoming an officer will not only allow me to serve the nation with honor but also make my family proud, as I will be the first officer in my family.

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

It took me 3 attempts, out of which were of my 10+2 entry.

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

RT. I always knew that clearing the SSB would not be easy. The journey of Captain Vikram Batra, who took 13 attempts to succeed, has always been a great source of inspiration for me. I have also seen many of my friends succeed after multiple attempts, which keeps my morale high. I treat every failure as a learning experience and believe that with consistent effort, determination, and faith, my day will surely come.

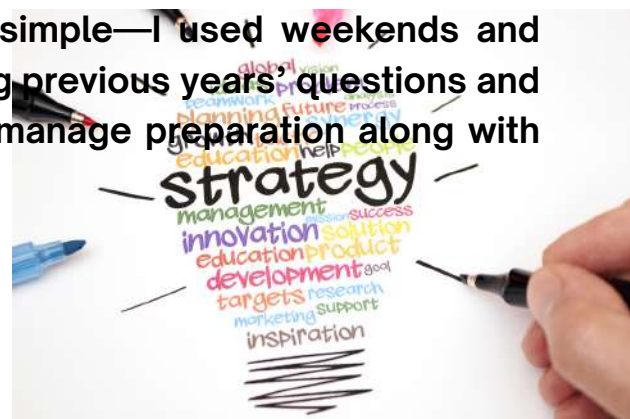
LtColKPS : How did your family and friends support you in this journey?

RT. My brother has played a very important role in my journey. Ever since he joined the Army as a soldier, he has always supported me and believed that I could become an officer one day. My family has stood by me throughout, whether I was pursuing a career in IT or preparing for Defence, giving me the freedom to choose my path. Initially, most of my friends did not know much about the Armed Forces, but after joining NCC I found a circle of like-minded friends who shared the same passion and career goals. In fact, some of them have also been selected for the same course, which makes this journey even more special

PREPARATION STRATEGY

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

RT. I only cleared AFCAT. My preparation was simple—I used weekends and about 1 hour daily for study. I focused on practicing previous years' questions and strengthening basic concepts, which helped me manage preparation along with other commitments.





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

LtColKPS :What was your daily routine like during preparation?

RT. As a working professional, I had limited time for preparation, so planning was very important. I would schedule my leaves and weekends in advance to make the most of them. My day usually begins with running, yoga, or meditation to stay fit and focused, followed by office work. Whenever I had lighter workdays, I used that time to practice WAT and TAT stories. After office, I devoted at least one hour to written exam preparation and another hour to SSB practice. On weekends, I set clear study targets, usually around six hours, balancing both written and SSB preparation. I also made time to play football or badminton with friends, which kept me refreshed and motivated.

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

RT. After graduation, I joined Lt. Col. Kamal Ma'am's course, as I had some fear regarding the psychology tests. Her classes helped me understand how to approach them with confidence, and her practical methods made the concepts easy to grasp. Earlier, during my 10+2 entry, I had also joined a coaching institute but could not clear. Along the way, I also received valuable guidance from Group Captain Sunil D'Souza, who introduced me thoroughly to the SSB process. Their mentorship, combined with my own consistent effort, played a key role in shaping my preparation.

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

For TAT, after receiving feedback from Ma'am, I understood my shortcomings and began practicing stories around five different themes. Her 'Why, What, and How' approach helped me frame practical, action-oriented stories, while I also worked on adding emotional depth by choosing words that did justice to the situation. To make my stories more realistic, I referred to the Better India website for real-life examples and actions.

For WAT, I practiced around ten words daily, focusing on creating meaningful and positive sentences.

In SRT, I prioritized quality over quantity, aiming to provide solutions in minimum words with maximum clarity.

For SDT, I discussed with my family, friends, and colleagues, while also reflecting on myself, to present an honest and balanced picture of my personality in each section.



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

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

RT.

In group tasks and GD, my approach was to contribute maximum points backed with facts, while remaining humble and respectful to everyone's views. I believed in listening carefully and adding value to the discussion, rather than speaking for the sake of it. Whenever the group got stuck or went off track, I took the lead and guided everyone back on the same path, ensuring teamwork and progress. At the same time, if I didn't have an idea but someone else did, I made it a point to listen and support their suggestion, helping the group implement it effectively. For me, it was never about individual dominance, but about ensuring the group performed well as a whole.

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

RT. During college, I realized that I had stage fear and was not a very confident communicator. To overcome this, I started practicing in front of the mirror to improve my expressions and clarity. Gradually, I pushed myself to give speeches and take up anchoring opportunities in my NCC unit. These experiences not only improved my communication skills but also gave me confidence, stage presence, and better body language.

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

RT. During Day 1 screening, I was a little nervous in PPDT, as I knew even a small mistake could lead to being screened out. In OIR, I attempted all the questions with confidence. For PPDT, most of us chose a similar theme, and I made sure my narration was clear and impactful. In the discussion, I contributed meaningfully and helped the group come to a common story. My group even selected me to give the final narration, which boosted my confidence. After that, I had a strong feeling that I would get screened in.



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



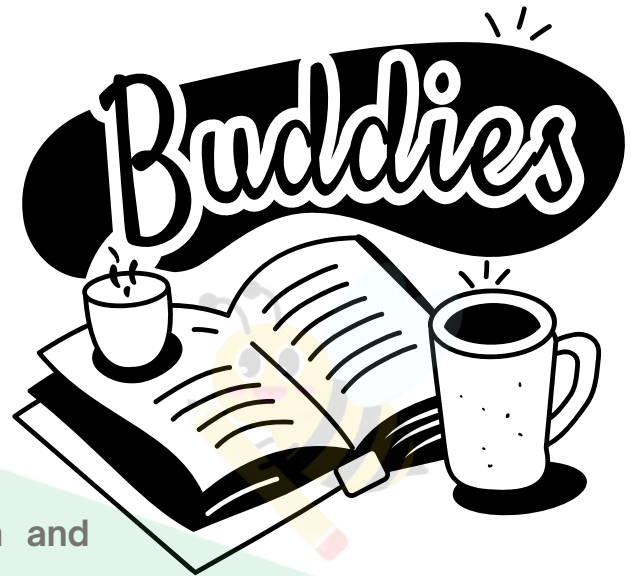
RT. The most challenging part of the psychology tests for me was TAT, especially completing all the stories within the limited time. In the beginning, I struggled with time management, but through regular practice I was able to finish my stories on time with good quality. Another challenge was writing continuously for two hours, which I initially found difficult. However, with consistent practice and focus, I gradually overcame these challenges and performed with confidence.



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

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

RT. In GTO, I really enjoyed working in a team and performing on the ground, as I prefer action-oriented tasks. The Snake Race was the most fun part for me, where I ensured that our group stayed together, followed the rules, and moved forward with energy. In the Command Task, my approach was to take maximum responsibility by doing most of the work myself while seeking support from subordinates whenever required. For the Lecturette, I usually picked social topics, prepared my points around real issues, and presented not just the problems but also practical solutions. This helped me speak confidently and show clarity of thought.



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

RT. I kept myself calm and confident in the interview by preparing my PIQ thoroughly and developing strong self-awareness. Knowing myself well—my strengths, weaknesses, and experiences—gave me confidence in every answer. During the interview, I focused on staying calm, listening carefully, and framing my responses clearly and honestly, rather than rushing to speak. This approach helped me maintain composure throughout.

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

RT. *Yes, I did feel nervous during the conference, especially while thinking about my overall performance—where I did well and where I could have done better. In those moments, I reminded myself to stay calm by praying to God, accepting my mistakes, and focusing on learning from the experience. I told myself that whatever the result may be, even if I failed, it would only be a lesson to improve further. This mindset helped me overcome my nervousness and face the conference with confidence.*





"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?

RT. *The OLQs that helped me the most during SSB were determination, power of expression, liveliness, and social adaptability. My determination kept me focused throughout the process, while my power of expression helped me communicate clearly in group discussions and interviews. Liveliness kept my energy high in every task, and social adaptability allowed me to adjust well with different people in the group and work as a team.*



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

RT. *In group discussions, I believe every opinion is valid as it comes from a different perspective. Whenever I agreed with someone, I supported their views with my own points to strengthen the discussion. If I felt that an opinion was not correct, I did not directly disagree; instead, I humbly presented my perspective with logical reasoning, real examples, and practical scenarios to prove the validity of my points. My focus was always on adding value to the group rather than winning an argument.*

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

RT. *In my opinion, many candidates make the mistake of coming to SSB without proper preparation and self-awareness. Some are not clear about their own strengths, weaknesses, or even their PIQ details, which affects their confidence in the interview and psychology tests. In GTO tasks, I observed that a few candidates hold back and don't participate actively due to a lack of confidence. SSB is not about perfection but about showing your true personality, and many miss this by either underperforming or trying to act in a way that is not natural.*

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

RT. *Preparation is important, but what matters more is preparing your mind to face the challenges of SSB. The process is very dynamic, so you can't rely on memorized or rehearsed answers. Whether in the interview, psychology tests, or GTO tasks, your responses must come naturally and reflect your true personality. What SSB looks for is your genuine behavior, not prepared lines.*

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

RT. *Through the SSB process, I discovered that I am someone who enjoys working in groups and being part of a team. I realized that I like engaging in discussions on various topics and contributing meaningful points. Earlier, I used to feel a little nervous while taking decisions, but with self-belief and practical action, I overcame that hesitation. This journey taught me that confidence grows when you trust yourself and take responsibility.*



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

LtColKPS : What is your success mantra for SSB aspirants?

RT. *Every journey is unique, but the mantra is simple—never give up. Learn from failures, keep working, and success will follow.*

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

RT. *The first thing they should focus on is self-reflection—understanding where they are lacking and how they can improve. Instead of losing confidence, they should take every rejection as feedback and a step closer to success. At the same time, they should avoid getting too attached to the result. It is important to pursue something meaningful in their career or personal growth alongside SSB preparation, as this not only builds confidence but also helps maintain balance in life. With this mindset, every attempt becomes an opportunity, not a burden.*



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

LSN. *I believe one should study a little every day instead of cramming, while keeping mornings dedicated to fitness—running, yoga, or workouts. On weekends, I enjoyed playing games like badminton and football, which kept me physically active and also built team spirit. For personality development, reading books, staying updated with current affairs, and participating in events or group activities helped me improve confidence, communication, and overall outlook.*





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

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

RT.

The common myth about SSB is that you need to be extremely physically fit to get selected. While fitness is important, SSB is not a test of athletic ability alone. Even if someone performs less in physical tasks, they can still be recommended if they show strong officer-like qualities such as leadership, teamwork, communication, and decision-making. SSB looks at the complete personality, not just physical strength.

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

RT. My advice would be to prepare well by understanding the entire SSB process thoroughly. Work on your weaknesses, whether it is communication, writing skills, or confidence, and turn them into strengths. Make sure to give your best in every task and use every opportunity provided to showcase your potential. Most importantly, go with an open mind, stay natural, and enjoy the experience—it will not only prepare you for SSB but also help you grow as a person.

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? : Liveliness
- One OLQ you consciously worked on improving?: Speed of decision-making.
- Your favorite outdoor task at GTO?: GOR
- PPDT or Lecturette – which was tougher for you?: PPDT
- One word your friends would use to describe you?: Helpful
- Your go-to stress buster during SSB?: Playing Volleyball, basketball, and discussing various things with friends
- If not the Armed Forces, what career would you have chosen?: IT developer
- The most inspiring officer you met at SSB?: Lt Col Kamalpreet, Group Captain Sunil Dsouza
- One mistake you saw others making at SSB?: Not listening to others, dominating
- One tip you'd give a fresher in just 5 words?: Be natural, confident, consistent, and hardworking, and show purpose.



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

A BOOK FOR YOUR SHELF – MIRROR

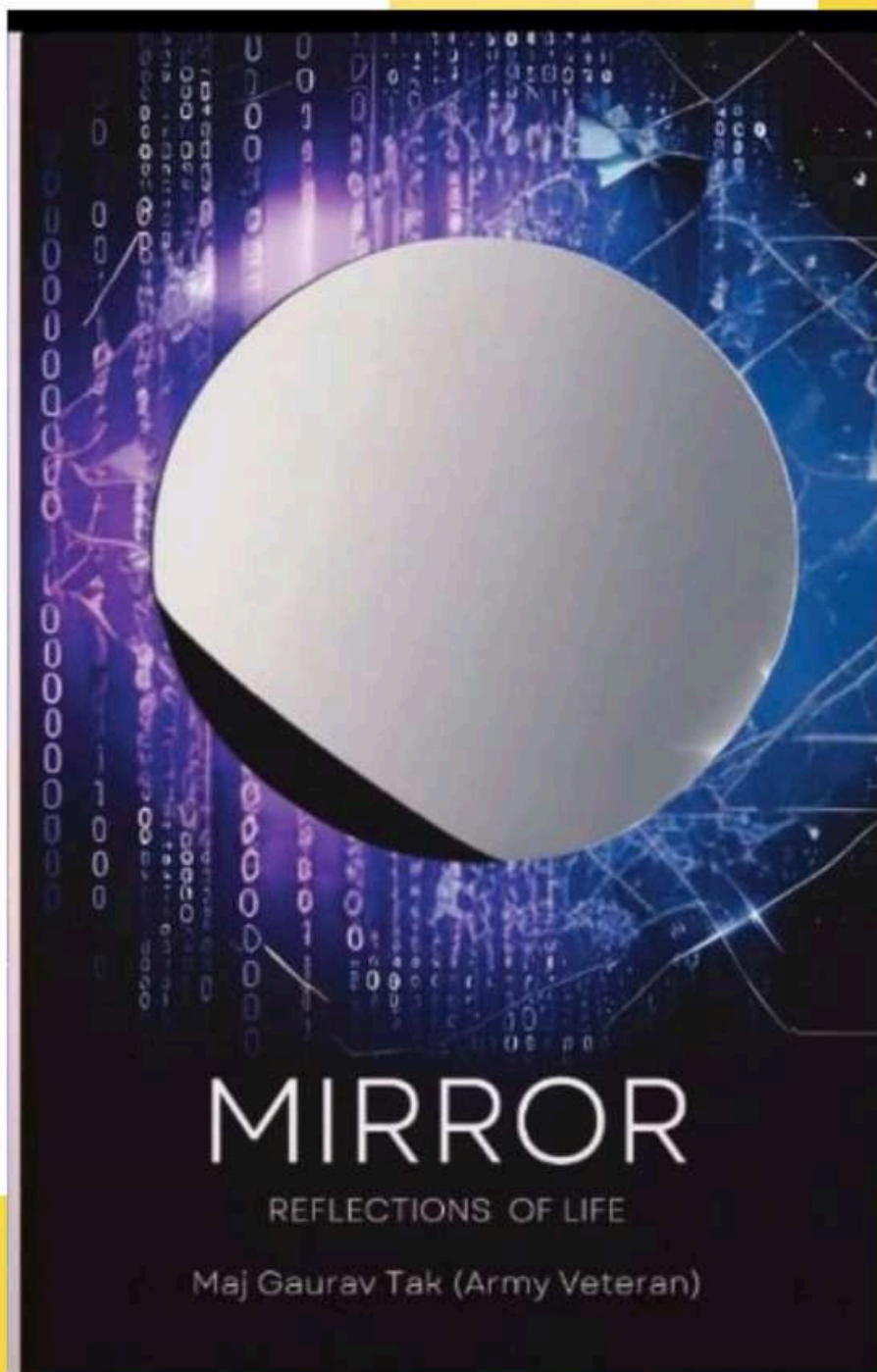
A Poetic Reflection of Courage, Truth, and Resilience

Mirror is not just a poetry collection—it is a stark reflection of the human spirit. Through sharp verses, it reveals the invisible battles we fight within ourselves and against society. This book stands as a testimony to those who dare to confront fear, silence, and conformity.

★ "This book does not wait for perfect conditions, nor does it try to be polished and safe. It stands raw, vulnerable, and unapologetic. And in that, it teaches us the most important lesson: courage begins the moment we stop waiting to be ready."

— Deputy Commandant Vama Gaur (Retd), Indian Coast Guard

**Available now.
Scan to grab
your copy.**



GAURAV TAK
Author

"A raw, unapologetic testimony of life's hidden battles."

DUS SAWAAL: BEYOND THE BATTLEFIELD



FROM THE UNIFORM TO THE SUMMIT:
CLIMBING LIFE'S REAL PEAKS

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**

LT COL ROMIL BARTH WAL (Retd)



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

INTRODUCTION

Welcome to Dus Sawaal: Beyond the Battlefield, the flagship interview series of the Values Network eMagazine that celebrates men and women who continue to serve long after the uniform is folded.

In this edition, we feature Lt Col Romil Barthwal (Retd), an extraordinary officer whose journey from the Indian Army to the world's highest peaks stands as a beacon of leadership, courage, and self-belief. Popularly known as Delhi Rommel, he has not only summited Mount Everest but also conquered numerous ultra-marathons, mountain expeditions and life's steepest climbs with the same discipline that defined his military career.

As the Founder and Chief Climbing Officer of Boots & Crampons, India's premier adventure and leadership company, Lt Col Barthwal continues to blend the essence of soldiering with the spirit of exploration. His mission - turning ordinary people into extraordinary achievers - reflects the same ethos that once led him through operations like Op Vijay and countless Army-led adventure initiatives.

Through Dus Sawaal, we explore the mindset, mission and meaning behind this officer's relentless ascent - one that inspires every Indian to find their own summit.

ABOUT THE VETERAN

Lt Col Romil Barthwal (Retd) is a decorated Indian Army veteran, an Everest summiteer, ultra-marathoner, leadership coach and founder of Boots & Crampons - a trailblazing adventure company that combines endurance, leadership and life transformation.

An alumnus of IIT Kharagpur and IIM Lucknow, Lt Col Barthwal epitomizes the perfect blend of academic brilliance and adventurous spirit. During his military service, he participated in Operation Vijay, led adventure teams and organized multiple endurance events that brought out the best in men and machines.

Post-retirement, his quest for new heights led him to conquer Mount Everest in 2019, a feat that became a metaphor for life itself - humility, teamwork and perseverance against all odds. Through Boots & Crampons, he now leads treks and expeditions across the world while conducting motivational sessions for corporates, educational institutions and youth organizations.

A TEDx speaker and mentor to countless aspiring adventurers, Lt Col Barthwal believes that leadership is not about command, but about care - and that every challenge, whether on the battlefield or a mountain face, can be conquered with preparation, purpose and passion.



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

Let's unravel ten questions that delve into his values, vision and the enduring mission that continues to drive him - both on the battlefield and beyond the summit.



Sqn Ldr AKP : From Uniform to the Summit – How did your journey from the Indian Army to the world's highest peaks shape your perspective on leadership and resilience?

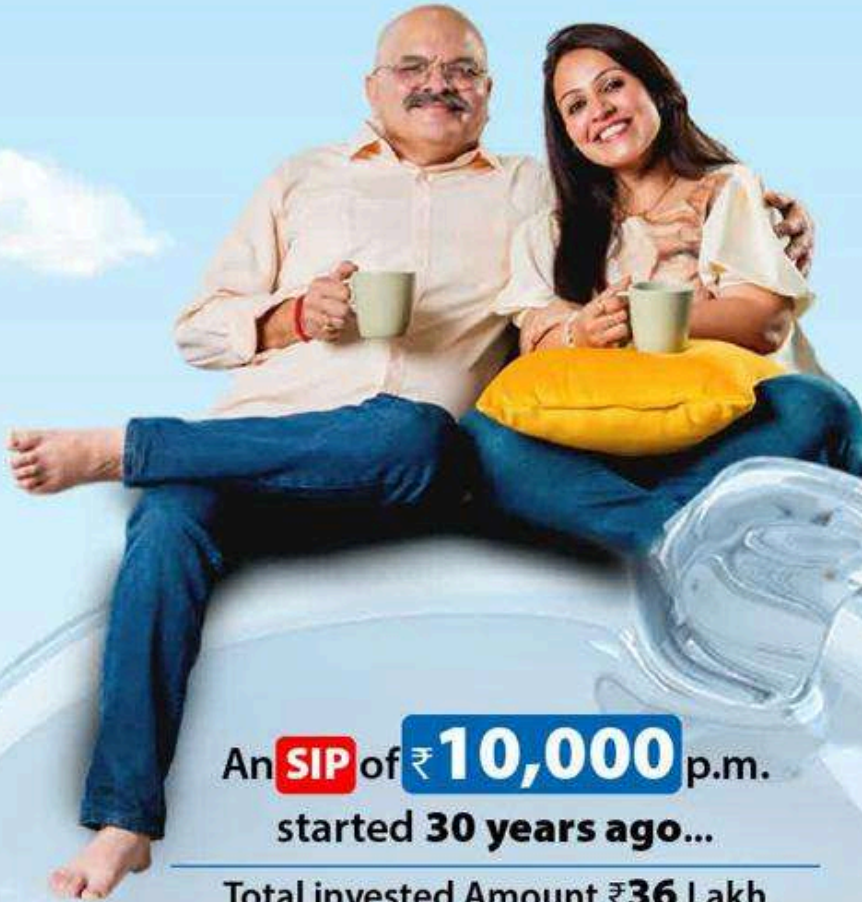
Lt Col RB. My years in the Indian Army instilled discipline, resilience, and a mission-oriented mindset, be it Op-Vijay to leading army teams for ultra marathons, adventure cups, expeditions etc. Transitioning from the battlefield to the mountains was natural because both demand teamwork under extreme pressure, decision-

making in uncertainty, and an ability to push beyond limits. Mountaineering reinforced the same lesson - leadership is not about rank or position, but about responsibility, sacrifice and bringing every team member safely back home.

Sqn Ldr AKP : Bootstrapped & Bold – What inspired the founding of Boots & Crampons and how does it combine your passion for adventure with your mission to transform lives?

Lt Col RB. Boots & Crampons was born out of a dream to merge my passion for adventure with my mission to transform lives. After years of service, I wanted to create a platform where ordinary people could attempt extraordinary goals. We bootstrapped from scratch, with no fancy backing - only belief, hard work and a community spirit. Today, B&C combines professional mountaineering expertise with personal growth, giving people life-changing experiences in the outdoors.

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



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

Total invested Amount ₹ **36** Lakh

Estimated corpus as of today

₹ **3.50*** Cr

Start investing in **MUTUAL FUNDS**
for a **WORRY-FREE RETIREMENT.**

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

Disclaimer: This flyer is made for private circulation only. Mutual Fund investments are subject to market risks. Investors are advised to read the offer documents and other risk factors carefully before investing in any scheme. The past performance of a scheme is not indicative of its future performance.

MUNISH SHARMA

MOBILE: 9650596399

Email: MUNISHKANTSHARMA@GMAIL.COM





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

Sqn Ldr AKP : Everest and Beyond - Having summited Everest and led a team during the 2019 expedition, what was the most profound lesson you learned standing at 8848m?



Lt Col RB. Standing at 8848m in 2019, the most profound realization was how small we are against nature, yet how powerful we become when we believe in ourselves and our team. Everest taught me humility - the mountain doesn't care who you are - and gratitude, because every summit is a collective achievement of Sherpas, teammates and unseen supporters.

Sqn Ldr AKP : Mental Toughness - You have run ultra-marathons, braved extreme conditions and led treks globally. What mental conditioning practices do you follow and preach to stay mission-ready?

Lt Col RB. For me, mental toughness is built through consistency. Daily routines of fitness, discipline and self-reflection keep me grounded. I also use visualization before big climbs or races - imagining challenges and my response to them. The key practice I preach is controlled exposure to discomfort: train in hard conditions so that when adversity strikes, your mind already knows how to adapt.

Sqn Ldr AKP : Adventure as Therapy - How do you see adventure sports as a tool for healing, empowerment and building emotional resilience - especially for youth and veterans?

Lt Col RB. Adventure is one of the best teachers of life. For youth, it builds confidence, responsibility and resilience. For veterans, it offers healing and a sense of belonging again. When you are out in the wild, stripped of luxuries, you reconnect with yourself, your team, and nature. Mountains don't discriminate - they empower. I've seen adventure transform people mentally and emotionally more than any classroom ever could.



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

Sqn Ldr AKP : Romil the Motivator - You have delivered 100+ motivational talks. What is the core message you wish every corporate leader and young mind takes back from your sessions?

Lt Col RB. Across 100+ motivational talks, my core message has remained the same: "Life is the real summit. Every challenge is just a camp on the way up." Whether it's a corporate leader or a student, I want them to leave with a mindset that setbacks are stepping stones, resilience is built by choice and true leadership is service.

Sqn Ldr AKP : Academic to Alpine - From IIT Kharagpur to IIM Lucknow, your academic background is stellar. How do your technical and strategic education influence your entrepreneurial style?

Lt Col RB. My academic journey through IIT Kharagpur and IIM Lucknow gave me a strong technical and strategic foundation. It influences my entrepreneurial style at B&C - from structured planning of expeditions, to risk



management, to building a brand in a competitive industry. Strategy meets adventure when you can apply analytical thinking in chaotic, high-altitude environments.

Sqn Ldr AKP : Failure & Comebacks - In such high-stakes endeavors like mountaineering, setbacks are common. Can you share an instance where a failure became your strongest teacher?

Lt Col RB. In mountaineering, not every climb ends in a summit. I remember times when weather forced a retreat just hours from the top. In the Army too, missions don't always go as planned. Those "failures" became my strongest teachers — they taught me patience, humility and the ability to come back stronger. The real victory is returning alive, wiser and ready for the next attempt.

Sqn Ldr AKP : Leading on the Edge - What are the three most essential qualities a leader must have while managing a high-altitude expedition team?

Lt Col RB. Three most essential leadership qualities at high altitude are:

(a) Decision-making under uncertainty - conditions change rapidly, and hesitation can cost lives.



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

b) Empathy and team care - you must constantly watch your team's physical and mental state.

(c) Calm under crisis - panic spreads fast; a leader's composure keeps the team stable.



Sqn Ldr AKP : The Romil Legacy - What legacy would you like Boots & Crampons and your life's mission to leave behind for the next generation of explorers?

Lt Col RB. Through Boots & Crampons, I want to leave behind more than summits - I want to leave behind a community of explorers who believe in themselves and in lifting others. My legacy would be to prove that with courage, discipline, and humility, ordinary people can achieve extraordinary things. If the next generation of Indians dreams bigger because of what we started, that will be my true summit.



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



Conclusion

Lt Col Romil Barthwal's story embodies the true spirit of a soldier - one who never stops serving, leading or inspiring. From the discipline of the Army to the discipline of the climb, he continues to prove that life's real summits are not found on maps but within ourselves.

Through Boots & Crampons, he has created a platform that empowers people to embrace discomfort, face fear and emerge stronger - lessons he once learned on icy ridges and in military operations alike. His journey reminds us that whether in uniform or in civvies, service to humanity and the pursuit of excellence remain the highest peaks to conquer.

LinkedIn: [linkedin.com/in/romil-barthwal](https://www.linkedin.com/in/romil-barthwal)

Email: romil.barthwal@gmail.com

Website: www.bootsandcrampons.com

Contact: +91 7382609832

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



Building Relations since 2004

Discipline and precision akin to
the Indian Army

OUR SERVICES

- Residential construction
- Residential architecture
- Residential interior design

*We accept projects in the
commercial category.



Get Started

P:
www.colonelz.com





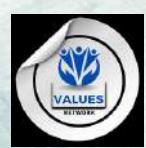
"We create Big Value by being Together and adding Incremental Value Individually"

BARCELONA DIARIES

A PRELUDE TO CELEBRATION



Col Nandakishore Kulkarni (Retd)



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

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)



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

It was February 2025 when our son came home for the holidays from Sydney, Australia, carrying wonderful news—he was getting married to his college mate, Maisy Cheng, in Portugal that August. As parents, our joy knew no bounds. We immediately consulted Panditji to determine an auspicious date, and 26 August was chosen. While Neil and Maisy immersed themselves in the whirlwind of planning—meeting wedding coordinators and finalizing arrangements—we turned to our own preparations. Renewing our passports, which were nearing expiry, became the first task on our list.

With new passports in hand, the focus shifted to obtaining visas. Our initial plan was to apply directly for a Portuguese visa through Thomas Cook. However, the official portal seemed stubbornly unresponsive despite repeated attempts. Not wanting to take chances, we decided to apply for a Schengen visa via Spain instead. This not only resolved our visa concerns but also presented us with an exciting opportunity to explore Spain before the wedding. We planned a short itinerary covering Barcelona and Madrid—two days in each city—before heading onward to Portugal. Spain, located on the Iberian Peninsula and sharing borders with France, Portugal, and the Mediterranean Sea, is a land steeped in history. Over centuries, Romans, Moors, Visigoths, and other civilizations left behind their imprints, visible in the country's grand cathedrals, ancient fortresses, and Moorish palaces. Spain is also famous for its food—tapas, paella, churros with hot chocolate—and for traditions like flamenco that mirror the nation's passion and rhythm. Each of its 17 autonomous regions proudly upholds a unique identity, making Spain a mosaic of cultures.

Our journey began from Mumbai on Swiss Airlines, with a long layover at Zürich. When we finally landed in Barcelona—the pulsating heart of Catalonia—we were immediately swept into its lively charm. Nestled between the Collserola mountains and the Mediterranean Sea, Barcelona offers both coastal relaxation and cosmopolitan buzz. The city seemed to carry a contagious energy: bustling streets, sunlit plazas, and a vibrant blend of languages and cultures.



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

No visit to Barcelona is complete without witnessing Antoni Gaudí's architectural wonders. His magnum opus, the Sagrada Família, has been under construction for more than 140 years. Its towering spires and intricate carvings stood as a testament to human creativity and perseverance. Unfortunately, our failure to book tickets in advance meant we could not step inside, but the sheer grandeur of its exterior was mesmerizing enough. Gaudí's genius echoed across the city—at Park Güell with its playful mosaics, Casa Batlló with its surreal curves, and Casa Milà with its sculpted stone facade.



The breathtaking interiors of the Sagrada Família, filled with light, color, and towering columns inspired by nature



A closer look at Gaudí's play of light & form inside the basilica—stained glass transforms sunlight into living art





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

For us, football lovers, Camp Nou was a dream destination. Though the stadium itself was under renovation, we made our way to the FC Barcelona Museum. The experience was nothing short of magical. Trophies glittered in showcases, interactive exhibits captured the excitement of match day, and jerseys of legends such as Johan Cruyff and Lionel Messi hung like sacred relics. It was easy to understand why Barça is more than just a club—it is a religion for its fans.



The Gothic Quarter (Barri Gòtic) provided a delightful contrast with its labyrinth of medieval alleys, charming squares, and remnants of Roman walls. Each turn revealed a hidden gem—be it a centuries-old church or a cozy café buzzing with locals. La Rambla, the city's most famous pedestrian boulevard, was alive with shops, flower stalls,

street performers, and an infectious joie de vivre. Later, our cultural appetite took us to the Picasso Museum and the Joan Miró Foundation, where Spain's artistic brilliance unfolded through brushstrokes and sculptures.





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



Alongside its historic quarters and artistic treasures, Barcelona also offers the charm of the sea. We spent some time at Barceloneta Beach, one of the city's most popular stretches of coastline. With its golden sands, clear waters, and a vibrant yet relaxing atmosphere, it provided a refreshing contrast to the bustling city streets. Families, locals, and tourists alike were seen sunbathing, swimming, or enjoying beach volleyball and water sports. The beachfront promenade, dotted with lively cafés, seafood restaurants, and tapas bars, added to the experience. As we strolled along the shore, the Mediterranean breeze, the rhythm of waves, and the sight of sailing boats created the perfect setting to slow down and absorb the coastal spirit of Barcelona.





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



From Montjuïc Castle, perched high on the hill, we enjoyed sweeping views of Barcelona—the sun setting over the sea and the city lighting up in golden hues. Although we missed the famous Magic Fountain show with its music and light spectacle, the panorama from the castle terrace more than compensated.

Our day ended with a leisurely dinner at a small roadside restaurant. Hot-oil pasta and creamy risotto, served with warmth by the hosts, rounded off the evening beautifully. Simple, soulful food often has its own charm, and here it tasted even better in the company of family. Barcelona, with its rich blend of history, art, coast, and modern spirit, had given us memories to treasure. Two days felt far too short to absorb its essence, but the experiences were vivid enough to carry into the festive days ahead. As we looked forward to Madrid and then to Portugal for the wedding, Barcelona remained etched in our hearts as the perfect beginning to what promised to be a season of joy, celebration, and togetherness.



AVATRITHA HEAL SMART ENSURING COMPLETE WELL



Why settle for less when you were meant to thrive?

- We don't just ease pain—we eliminate it from root
- Our drug and side-effect-free therapies are the result of extensive research and innovation
- We restore movement, strength, and freedom.
- Relive Your Wishes. Reclaim Your Life.

The Difference we make

- ✓ 85% relief in 2-3 Sessions
- ✓ Follow up & Care for 2 months
- ✓ Non-invasive, scientifically developed solutions
- ✓ **Special care for Armed Forces and athletes**

- **2000 + success stories & growing**
- **We ensure your pain doesn't return but you return to your normal life.**
- **Our connect continues beyond treatment to ensure your complete and lasting Wellness**

Tested & Proven Expertise

- Migraines & chronic headaches
- Cervical pain & Ankylosing Spondylitis
- Frozen shoulder, tennis elbow
- Lower back pain & spondylosis
- Knee & ankle pain
- Lifestyle & age-related conditions
- Knock knee correction in children
- Sports injury rehab

We connect where ever you are to ensure your life is pain free, through our expertise in Video Therapies

Col Ravindra Kumar (Retd)
Ph - 7066055987



AvaTrita Heal Smart Pvt Ltd
Shop No 4 Chordiya Corner
Gangadham Shatrunjay Marg
Kondhwa Budruk
Pune 4110048

- www.tritahealsmart.com
- Avatrithahealsmart@gmail.com
- Ava@tritahealsmart.com





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

Hindu Calendar the Adhik Masa and Kshay masa the Intercalary months

Adhik Masa is also known. as Malmas

The Hindu calendar is a unique and scientific calendar.

The solar year is of 365 days while a lunar month is the time when counted from one purnima to other (Purnimant) or from one Amavasya to another Amavasya (Amanta) .

The lunar month is of 29.5 days hence the lunar year is of $29.5 \times 12 = 354$ days.

- So after elapse of every year there is a difference of $365 - 354 = 11$ days .
- To arrange this falacy and so that the festivals don't move away our Rishis add a intercalary month after around every 33 months .

This month is called Adhik masa, Mal mas or Purushottam mas.

- In year 2026 Jyestha month is Adhik masa.
- It is from 17 May 2026 to 15 June 2026 .

Now let's understand the Astronomical definition of Adhik masa

- When there is no Solar Ingress in one Lunar month it is called Adhik masa or Mal mas.
- And when there two solar ingresses in one Lunar month it is called Kshay Masa .
- Kshay Masa falls after every 141 years .

In Kshay Masa one month is substracted and it is of 11 months .

- Hindu Rishis adopted this method of increasing and decreasing the months to maintain the consistency of Festivals like Holi , Dewali etcetra.

This makes our Hindu calendar Scientific because it explains all the weather changes perfectly.

Now next year Adhik Jyestha starts from 17 May 2026 and remains till 15 June 2026 .



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

The scheme will be like to his .

- 15 days normal Jyestha then one month of Adhik Jyestha then again 15 days of normal Jyestha.
- This makes up for 2 months of Jyestha month in 2026 .

Now **Kshay Masa** or the dropped month from Hindu calendar is the lost month which occurs after 141 years . It last occurred in 1983 and will next occur in 2124 .

Kshay Masa at times rarely occurs in 19 yrs also . It occurs only in 3 months Kartik , Margashirsha and Pausa . When Sun travels at a faster speed .

This kshay masa occurs when Sun transits in two zodiac signs in one Lunar month .

These Hindu calendar adjustments are made to synchronize the lunar and solar years maintaining seasonal consistency in Hindu calendar .Only 6 months qualify to exhibit Adhik masa in Hindu calendar.

- 1) Jyestha
- 2) Shravan
- 3) Bhadrapad
- 4) Ashwin
- 5) Kartik
- 6) Margashirsha

SANJAY MISRA





INTERCITY TRAVEL



Καββυ

More Safety
Better Comfort
Clean & Hygenic Vehicles
All Inclusive Cost



An Initiative by
A "FAUJI".
Download App:
<https://onelink.to/rss49s>
8288834464

No Hidden Charges



Download Now





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

AMALGAMATION OF CSO AND CISO ROLES IN THE FUTURE

- BY LT CDR (DR) HUSEIN SAKERWALA (RETD)



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

INTRODUCTION

In today's hyper-connected digital landscape, the boundaries between physical and cyber threats are rapidly dissolving. The traditional separation between the Chief Information Security Officer (CISO), who oversees cybersecurity, and the Chief Security Officer (CSO), who manages physical and operational security, is increasingly seen as a structural inefficiency. As organizations face more sophisticated and blended threats, the convergence of these two roles is not just logical—it is essential.

Physical and cyber security are now converging because of the increasing interconnectedness of systems and the potential for threats to exploit vulnerabilities in both domains. A cyber-attack can compromise physical security systems, and conversely, physical breaches can lead to cyber security incidents. This convergence necessitates a comprehensive approach to security, where physical and digital security teams should collaborate or unite to protect both physical assets and sensitive data of the organisation. As the future threat landscape evolves and hybrid attacks become more common, the right efforts to converge cybersecurity and physical security are urgently demanded.



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

WHAT IS PHYSICAL AND CYBER SECURITY CONVERGENCE?

Convergence is formal collaboration between previously disjointed security functions namely - Physical and Cyber Security. Organizations with converged cybersecurity and physical security functions are more resilient and better prepared to identify, prevent, mitigate, and respond to threats. Convergence also encourages information sharing and developing unified security policies across security divisions.

Physical Security would continue to remain dominant in manufacturing setups like factories, mines, power plants, cement and other product specific organisations wherein physical boundaries of the organisation are defined, and ownership of assets is tangible and understandable. The dependence on physical security cannot be diluted or replaced in such setups as it would have a direct impact on the output, productivity, and efficiency of the site. Cyber security would also continue to operate in such environments, in collaboration with physical security. Both the security verticals would exist independently in such setups.

However, in cases of Service-related industries like electricity distribution, banking, insurance, IT, Ecommerce setups, the relevance of physical security would continue to remain unchanged while the importance of cyber security would grow beyond the present role. There would be an inflection point wherein physical security would be eventually subsumed by cyber security and then operate as a single seamless entity. For such setups, the loss related to cyber threats would be immensely higher and disproportionate when compared to physical security alone. It would be beneficial for such organisations to have a unified security setup comprising both verticals of security operating as one.



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

WHY IS PHYSICAL AND CYBER SECURITY CONVERGENCE ESSENTIAL?

1. Unified Threat Landscape

Modern threats rarely respect departmental silos. A cyberattack can trigger physical consequences, just as a physical breach can compromise digital systems. Consider a scenario where an intruder gains access to a data centre and installs malicious hardware. This is both a physical and cyber threat, yet under a split leadership model, response coordination may be delayed or fragmented. A converged CISO-CSO role ensures a holistic view of risk, enabling faster, more cohesive responses to complex threats.

2. Streamlined Governance and Accountability

Security governance thrives on clarity and accountability. When cyber and physical security are managed separately, overlaps and gaps in responsibility often emerge. This can lead to duplicated efforts, inconsistent policies, and misaligned priorities. Merging the CISO and CSO roles consolidates leadership, simplifies reporting structures, and fosters a unified security strategy aligned with business objectives. It also enhances apex-level communication, as executives receive a single, coherent narrative on organizational risk.

3. Efficiency and Resource Optimization

Budget constraints and resource allocation are perennial challenges. A converged security leadership model allows for smarter investment in tools, personnel, and training. For example, threat intelligence platforms, surveillance systems, and incident response protocols can be integrated to serve both cyber and physical domains. This not only reduces redundancy but also promotes cross-functional collaboration, where security teams share insights and expertise across disciplines.

4. Adaptation to Emerging Technologies

The rise of IoT, smart buildings, and AI-driven surveillance has blurred the lines between digital and physical infrastructure. Devices such as smart locks, biometric scanners, and connected cameras are vulnerable to both hacking and physical tampering. A unified CISO-CSO role is better equipped to oversee the security of these hybrid systems, ensuring that policies and protections are comprehensive and future-proof.



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

5. Cultural and Strategic Alignment

Security is not just a technical function—it is a cultural imperative. A single security leader can more effectively champion a security-first mindset across the organization, embedding best practices into every department. This convergence also aligns with the broader trend of enterprise risk management, where security is viewed as a strategic enabler rather than a siloed function.

IS SECURITY CONVERGENCE REQUIRED FOR ORGANISATIONS TODAY?

Most organisations, especially service utilities, will eventually progress towards higher dependence on cyber security while physical security continues to perform its charter. However, the functioning of physical security will eventually be subsumed by cyber security wherein the principles of cyber security would direct the role of physical security in the future. It will be beneficial for all organisations to be an early adopter of Security Convergence, wherein the roles of CSO and CISO operate as one.

Consider the use cases mentioned below:

• Interconnected Systems

All security systems like surveillance cameras and access control, rely on both physical infrastructure and digital networks. This creates a situation where a vulnerability in one area can be exploited to compromise the other.

- **Cyber Attacks Impacting Physical Security** : Cyber-attacks can disable security cameras, disrupt access control systems, or even manipulate physical devices, leading to physical security breaches.
- **Physical Threats Impacting Cyber Security** : Conversely, physical access can be used to compromise cyber security. For example, an attacker could gain physical access to a server room to install malware or steal sensitive data.
- **Increased Efficiency and Cost Savings** : Converged security can also lead to increased efficiency and cost savings by eliminating redundancies, streamlining operations, and improving threat detection and response.
- **Meeting Regulatory Requirements** : Many regulatory frameworks mandate robust physical security measures as part of cybersecurity compliance. By converging physical and cyber security, organisations can create a more resilient and secure environment, better prepared to handle the evolving threat landscape.



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

Examples of Combined Attack on Physical and Cyber Security Assets:

- A successful cyber or physical attack on connected industrial control systems like SCADA, Network Operations Centres, and other essential networks can disrupt operations or even deny critical services to society.
- A security gap in access controls, such as unauthorized access to facilities or system permissions, can allow an individual to use a universal serial bus (USB) device or other removable hardware to introduce a virus or malware into a network.
- A cyber-attack on telecommunications can impair communication with law enforcement and emergency services, resulting in delayed response times thereby affecting physical security of assets.
- A physical and/or cyber-attack on Network Operations Centres (NOC) of critical businesses may lead to disruption of important utilities like electricity, water etc.
- A cyber-attack exploiting healthcare vulnerabilities can compromise sensitive data or cause a connected medical device to malfunction, resulting in injury or loss of life.
- Heating, ventilation, and air conditioning (HVAC) systems can be virtually overridden, causing a rise in temperature that renders network servers inoperable.

BENEFITS OF CONVERGENCE OF PHYSICAL AND CYBER SECURITY

- An integrated threat management strategy reflects in-depth understanding of the cascading impacts to interconnected cyber-physical infrastructure. As rapidly evolving technology increasingly links physical and cyber assets, the benefits of converged security functions outweigh the challenges of organizational change efforts and enable a flexible, sustainable strategy anchored by shared security practices and goals.
- Some of the advantages of having a converged security function are mentioned below: -



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

1. Improved Response to Emergencies

- Security convergence allows businesses to increase their productivity, manage crises more holistically, and avoid risk oversight when situations intersect the physical and digital realms. Security incidents often require coordination across departments. A combined CISO-CSO role ensures seamless response plans that cover all aspects of a breach or attack.

2. Streamlined Decision-Making

- A single leader overseeing all security domains can make faster, more consistent decisions, especially during crises that span both cyber and physical realms.

3. Unified Risk Management

- Combining both roles allows for a holistic approach to managing risks—whether digital, physical, or operational—ensuring no blind spots in the organization's security posture.

4. Simplified Governance

- One security executive means clearer reporting lines, more coherent policies, and easier communication with the board and executive leadership.

5. Better Communication

- Converged cybersecurity and physical security functions inevitably lead to better communication, budgeting, and prioritization. When a comprehensive approach is taken, personnel can understand security aspects that were not previously part of their job descriptions.

6. Improved Efficiency

- Organizations become more efficient when personnel have the skills to intersect physical and digital security. Team coordination and integration of solutions become seamless. Streamlined security operations also encourage cross-training, overall knowledge increase, reduction of duplicative efforts, and cost savings.

7. Cost Efficiency and Financial Savings

- Merging the roles reduces duplication of efforts and enables smarter allocation of budgets across security technologies, personnel, and training.



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

8. Stronger Security Posture

- Technology convergence results in strengthening the overall security posture of an enterprise. When security departments are siloed, there are vulnerabilities that delinquents can easily target. However, if physical and cybersecurity divisions integrate, organizations can improve visibility into these risks. They will also be better prepared to predict and respond to threats and address them before they escalate. Furthermore, a single security team leader can more effectively promote a unified security mindset across the organization, embedding best practices into every team.

9. Better Compliance and Audit Readiness

- Regulatory requirements increasingly demand integrated security controls. A converged role simplifies compliance efforts and audit preparation.

10. Future-Proofing the Organization

- As threats evolve and become more sophisticated, having one strategic leader ensures the organization remains agile, resilient, and ready for what's next.

CONCLUSION

In conclusion, the convergence of the CSO and CISO roles reflects the evolving nature of threats, technologies, and organizational priorities. By uniting these positions, companies can build a more resilient, agile, and integrated security posture—one that is capable of defending against the multifaceted risks of tomorrow.



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

ABOUT THE AUTHOR



Lt Cdr (Dr) Husein Sakerwala (Retd) presently heads the security for Adani Electricity Mumbai Limited (AEML). He has held various portfolios like Centre of Excellence, strategy at Adani Defence and Corporate Security at the Adani group since Jul 2017.

Husein is a board certified security professional and holds the title of ASIS Triple Crown, which is held by lesser than 200 professionals globally. He has successfully completed his doctoral research on the Private Security Industry of India in 2023.

Prior to joining the Adani Group, he was commissioned in the Indian Navy and has served the country. As a Lieutenant Commander, he was selected as the commissioning crew of the largest ship of the Indian Navy, aircraft carrier INS Vikramaditya at Russia and the second largest ship Amphibious Platform Dock INS Jalashwa at Newark, USA.

He was awarded the Videsh Seva Medal during Operation Blossom for evacuating 15000 stranded Indians from Libya.

He is an alumnus of Naval Academy - INS Mandovi, IIM Ahmedabad - Gujarat, Swiss School of Business Management, Geneva and Naval Engineering Institute, Pushkin, Russia.

Husein has also been bestowed numerous awards such as Business World Top 40 under 40 and Adani Group's Best Security Professional 2024. He frequently speaks in panel discussions relating to private security and risk management and has authored articles and posts related to private security and technology.



FOCO & FOFO MODEL

Start your own Pvt Military School



Unlock Your Entrepreneurial Potential

Our franchise offers a **proven business model**. We provide turnkey training, and ongoing support. Join a school with integrated Allen IIT, NEET and our NDA plus SSB classes of successful franchisees. You get benefitted from established brand recognition, admissions support with MOU with CRPF in an **ever growing market**.

majorpravin@cardinalwarriors.com
9229178456





PROFITABLE
PVT MILITARY SCHOOL
FRANCHISE



AKIRA FURNISHING



HOME DECOR CHOICES FOR YOUR EVERYDAY
NEEDS

Akira
Furnishings

Home Decor Choices For
Your Everyday Needs.

Email: abhishek@akirafurnishings.com
M: 8882250815



WWW.AKIRAFURNISHINGS.COM



AKIRA FURNISHING

HOME DECOR CHOICES FOR YOUR EVERYDAY
NEEDS





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

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

✉ Email: commanderram09@gmail.com

🔗 <https://www.linkedin.com/in/commanderram/>



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



Problems of Dealing with Bullies in School

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

For children, bullying is the stuff of nightmares. And for some of them, they have to live their nightmares. Simple things like walking in the corridor or going to the bathroom become terrifying. When children have to go through these experiences, it is emotionally scarring for them that can last for a lifetime. And, the more they try to run away from it, the more it keeps haunting them.

The only thing left for the children is to face it. The best way to rise above is to deal with it. Here is how you can deal with bullies in school.



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

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 😊



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

1. Avoid confrontations



In contrast to all the movies we see, confronting your bully and giving them long speeches, or punching them will not work. Dealing with your bully does not mean you have to take them head-on in a fight.

It is not about how physically strong you are. It is about the battle of wits. You can avoid going to the places that they constantly frequent. For example, if they have a fixed corner where they are all the time, you can skip past it.

I am in no way asking you to stop studying or do your routine chores. Nor am I asking you to knuckle under, but you don't have to go out of your way to meet them. If just making a tiny change is going to avoid you a lot of mental stress, do it. Once you are not under a lot of duress, you can think clearly.

2. Hold the anger in front of the bullies

Being bullied is no fun. Every ounce of your body wants to do one thing, retaliate. And all you can think about is lashing out. But, hear me out. That is what they want. For the people who bully, the reaction of the person who is being bullied is the prize. They want to get a reaction out of you. And that is what we will have to consciously work on if we want to stop. When they see that you are reacting, they realize it is affecting you, and then they keep doing it.



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

So, don't let them get the satisfaction. Don't let them think that they got to you. At first, you may have started it out as a conscious effort to not pay any attention, but after a while, it becomes second nature for you and they don't trouble you anymore. And soon, when they know that their bullying does not work on you, they will stop worrying about you.

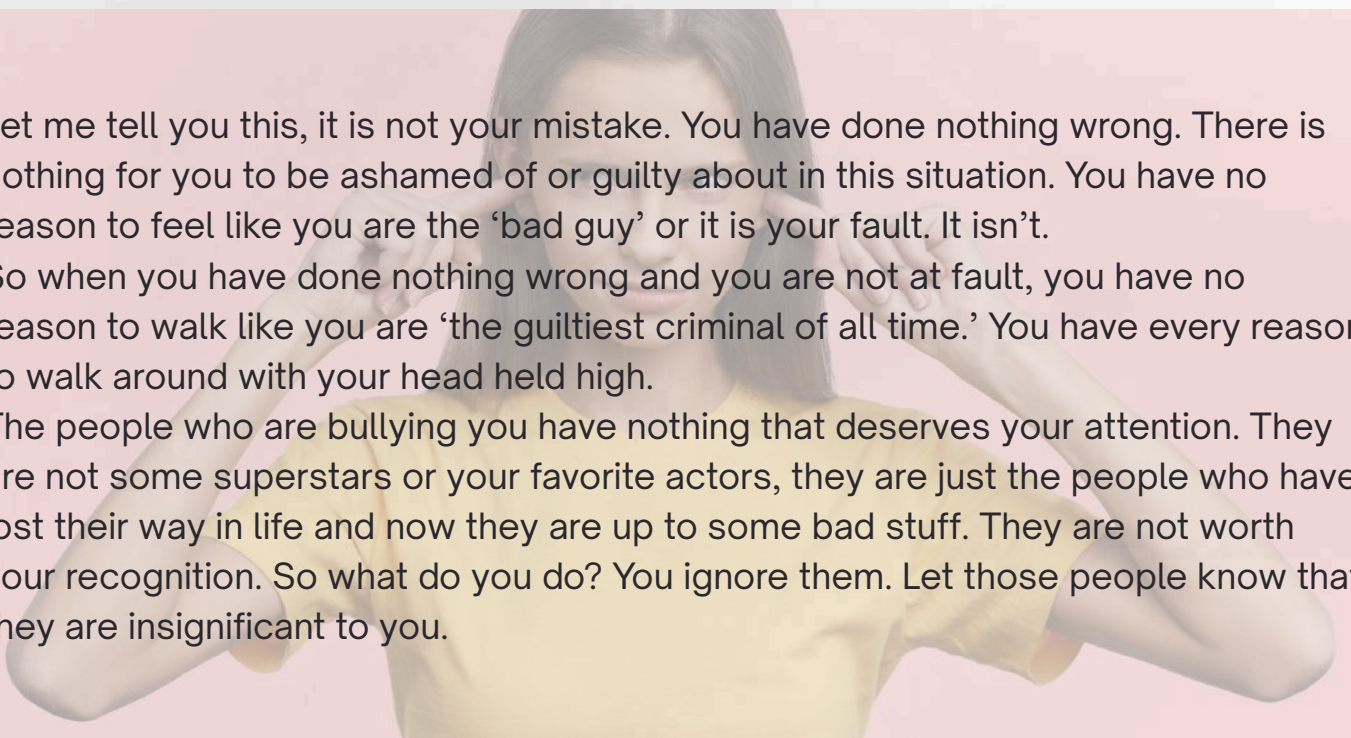


3. Walk with your head held high and ignore them.

Let me tell you this, it is not your mistake. You have done nothing wrong. There is nothing for you to be ashamed of or guilty about in this situation. You have no reason to feel like you are the 'bad guy' or it is your fault. It isn't.

So when you have done nothing wrong and you are not at fault, you have no reason to walk like you are 'the guiltiest criminal of all time.' You have every reason to walk around with your head held high.

The people who are bullying you have nothing that deserves your attention. They are not some superstars or your favorite actors, they are just the people who have lost their way in life and now they are up to some bad stuff. They are not worth your recognition. So what do you do? You ignore them. Let those people know that they are insignificant to you.





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

4. Talk about it.



Even though we have decided that we are going to be cool and composed in front of the bullies, it does not mean that it will not affect us. We should not bury it inside.

Why?

Because if we don't deal with the trauma that these experiences have caused us healthily, we are going to be living under its weight for the rest of our lives. It is better to get it out of our systems. We are not showing courage if we think that hiding it and putting on a 'brave face.' It takes real strength to face the demons.

It doesn't matter who you share it with, as long as you are willing to talk to that person. It can be a counselor, it can be your parents, or it can even be a friend. You are not alone. And you will know that when you reach out.

5. Tell your parents about it.



Our parents are our constant support system. They are our own safe haven. So, even if you think that they may get angry or shout at you, it won't happen. Our parents are always on our side. What they do may sometimes baffle us, but their intentions are never wrong.

Parents have more experience than us, so more often than none, they already have an answer to our problems. But, if we

never tell them our issues, how will they resolve it? Hiding things from your parents will never come to any good.



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

6. Tell your teachers, it is not tattling.



What happens in school, needs to be told to the school authorities. You are not being a snitch if you report the person who has been harassing you. It is called standing up for yourself.

Tattling is when the whole class is silent and you remind the teacher about the homework (just kidding). By informing the school teachers, you are helping many more people than you. You are not going to be the only person who is being bullied. By stepping forward, you are doing it for others too.

And, it is the responsibility of the teachers to stop such things from happening. But, how will they forbid something that they don't know exists? It is completely alright if you are afraid. But that should stop you from doing the right thing.

Bullying is a very serious issue. And, if anyone is going through it around us, we should not be quiet. We have to raise our voice, it is our moral responsibility. If you see someone you know, or someone from your family, or even a complete stranger being troubled by some anti-social elements, we have no option but to stand against it

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



For more such Parenting Insights, Register for our Happy
Parenting Masterclass: Register Now

Parenting Woes

LOW CONFIDENCE
STRESS/ ANXIETY
AGGRESSION/ BACK ANSWERING
SIBLING RIVALRY
UNWILLINGNESS TO STUDY
STUBBORNESS

Our Upcoming WEBINAR

3 SECRETS to Your Child's Success

Key Takeaways:

- Biggest Mistake Most Parents Make
- Formula for Parenting for success
- The magical Secret to get quick and amazing results

If you are facing any of the issues with your child

SCAN THE CODE BELOW

➔ **JOIN OUR FREE WEBINAR**

CONTACT US @ (WHATSAPP MSG ONLY)

<https://wa.link/q28897>

https://www.abkidslifecoach.in/value_mzn

connect@abkidslifecoach.com

Lalit Panwar ➔ Amit Batra
1 hr • 📱

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 hr • 📱

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.



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

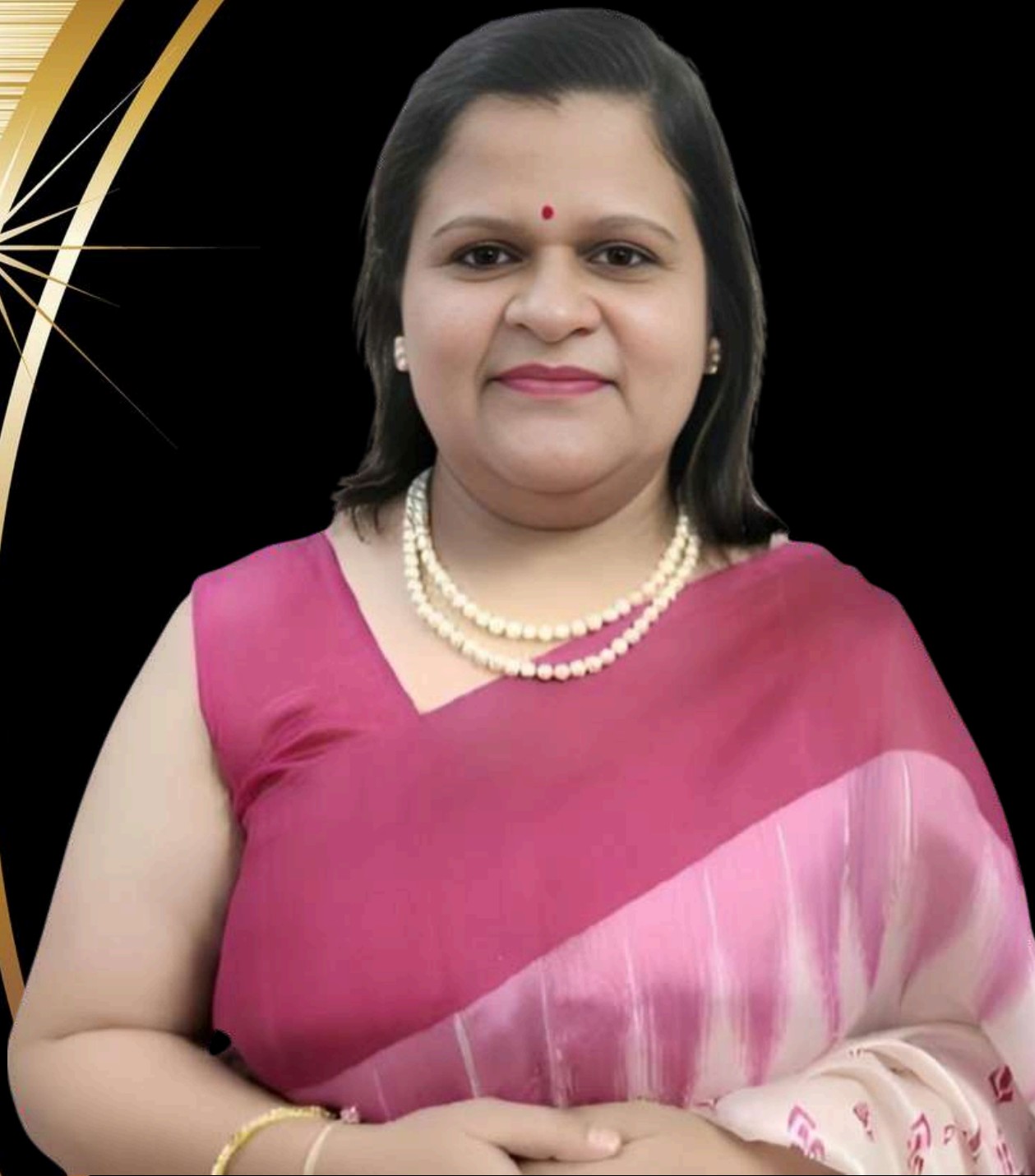
Big Feelings, Little Words: Helping Kids Express Themselves

BY
FIZAN SHARMA





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



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.



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

WHY KIDS STRUGGLE TO TALK ABOUT THEIR FEELINGS

Children aged 2 to 12 feel their emotions intensely but often find it hard to express these feelings in words. For example, little Aarav might cry or shout when he feels frustrated because he can't yet explain what's wrong. This struggle isn't due to unwillingness but because their emotional vocabulary is still developing.

Expressing emotions clearly takes time and practice, similar to learning to read or write. When children can't share their feelings verbally, their emotions may come out as tantrums, silence or withdrawal. Understanding that "big feelings" come with "little words" helps parents respond with patience and care.

The brain's emotional center develops earlier and faster than the part that controls speech and reasoning, which is why children often feel strong emotions before having the words to explain them.

WHY EMOTIONAL EXPRESSION MATTERS

Being able to name emotions like sadness, anger or fear helps children manage their feelings better. Emotional literacy boosts self-awareness, reduces stress and improves social skills such as empathy and cooperation.

Kids who can communicate their feelings tend to form healthier friendships and seek support when needed. Emotional expression also lowers the risk of anxiety and behavior problems. Moreover, suppressing feelings can lead to headaches, stomach aches and sleep problems, while sharing emotions generally fosters calmness and resilience.



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

REAL-LIFE STORIES

Kavya, a 6-year-old from Bangalore, initially came home upset but couldn't say why. Her parents and teacher supported her by encouraging her to use emotion words and drawings. Slowly, Kavya learned to say, "I feel scared when the classroom is noisy," which helped her feel safe and enjoy school.

Rahul, 9, moved to a new city and missed his friends, expressing sadness through anger. His parents created a quiet space each evening to listen as he slowly learned to say, "I'm lonely and it's hard to make new friends." This helped Rahul adjust and connect socially.

In many Indian households, children face similar challenges as academic and social demands rise. One mother shared how her daughter, Amrita, used a "feelings journal" introduced by her teacher to draw and write her emotions, easing frustration after school.

THE URGENCY TODAY

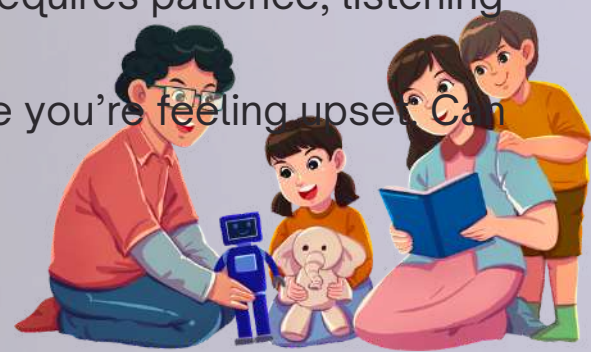
With modern pressures, from school stress to screen time, children's chances to practice emotional expression have reduced. Screens often replace the face-to-face talks that build these skills, making children feel misunderstood or overwhelmed.

Parents and caregivers must slow down and create moments for emotional sharing. Encouraging emotional expression early builds confidence and resilience, helping children face life's challenges. Rising childhood anxiety and depression, including in India, call for stronger emotional support from families to safeguard children's mental health and overall well-being.

INSIGHTS FOR PARENTS

Parents naturally want to fix their children's problems quickly. But emotion expression is a gradual process that requires patience, listening and validation.

Rather than saying, "Don't be upset," try, "I see you're feeling upset. Can you tell me more?"





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

Some children may first express feelings through drawings or play, which should be encouraged as pathways to language.

Every child is different—some open up easily, others more slowly.

Respecting these differences and gently encouraging expression builds trust.

In Indian families, grandparents and extended relatives play significant roles in children's emotional lives. Including them in conversations enriches children's emotional knowledge and support.

UNDERSTANDING EMOTIONAL STYLES

Children vary in how they express emotions. "Internalizers" may quietly feel sadness or anxiety, needing gentle encouragement to open up through art or stories. "Externalizers" might show emotions outwardly, needing boundaries and help to use words.

Knowing your child's style helps you respond better. A sensitive child benefits from reassurance, while a more active child learns calming techniques to handle anger.





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

TIPS TO HELP KIDS EXPRESS EMOTIONS

- Use clear feeling words yourself to model expression.
- Create safe, quiet moments for kids to share feelings.
- Read stories about emotions to help kids relate.
- Encourage drawing and role-play for emotional expression.
- Use emotion charts with facial expressions for naming feelings.
- Validate feelings instead of dismissing them.
- Ask gentle questions like, "What made you feel this way?"
- Share your own childhood feelings to normalize emotions.
- Praise efforts to speak about feelings.
- Incorporate feeling check-ins into daily routines.
- Teach simple relaxation like deep breathing.
- Encourage older children to keep feelings journals.
- Be patient; emotional skills grow with time.

Helpful Tips

SUPPORTING DIFFERENT CULTURES AND SETTINGS

Indian children grow up in diverse family setups—from joint to nuclear families—and cultural expectations shape how emotions are expressed. Large families may need skills for expressing emotions among many relatives. Urban children balancing school and tutoring may need help making time for emotional sharing. Schools can help by including activities where children identify feelings and talk about them. Regular family conversations at home strengthen a sense of emotional safety.



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

CONCLUSION: GROWING EMOTIONAL CONFIDENCE TOGETHER

Helping children turn big feelings into words is one of the greatest gifts parents can give. It builds trust, strengthens family bonds and promotes lifelong emotional well-being.

Parenting is a journey of patience and learning. By nurturing emotional language, we help children grow into kind, confident and resilient adults.

When children feel safe to say, "I feel this," they gain the power to understand themselves and connect deeply with others.

Together, let's walk this path with warmth, patience and hope—one feeling and one word at a time.

TWO COLONELS

VENTURE



Luxury Home on Wheels

Draped in luxury and comfort our Caravans are well equipped keeping in mind the minutest details of wanderer on wheels. These are centrally air conditioned and fully furnished rooms on the move. Our caravan can comfortably accommodate four adults and one child on board.

Luxury and Comfortable Caravans include:

- Living Room
- Washroom
- Barbeque
- Bedroom
- Games
- Health and Safety



Our endeavor is to offer the best experience of van life camping in wilderness, lakeside, riverbanks, next to jungle, etc. We offer the best rustic and aristocratic nomadic lifestyle which only rich and royals could afford. So, hop on to our luxury on wheels and get what you deserve.....

TARIFFS AND ACCOMODATION

Day Basis (Dry Rentals)

INR 13500 Per Day
250 Km
Excluding Fuel, Toll,
GST

KM Basis

INR 70 Per KM
Including Fuel,
Excluding Toll, GST
and MCD Toll
(INR 1600 per entry)

Generator charges INR 350 per hour (if utilized).



Book your caravan
now and get ready for
your next adventure



TWO COLONELS

VENTURE



TWO COLONELS CARAVANS OFFERS YOU

- 01 Luxury caravans for any destination
- 02 Camping Equipment and Barbeque for the perfect adventure
- 03 Driver and helper for your convenience
- 04 State of the art Amenities for your comforts

FREEDOM FROM BOREDOM

Two Colonels Venture

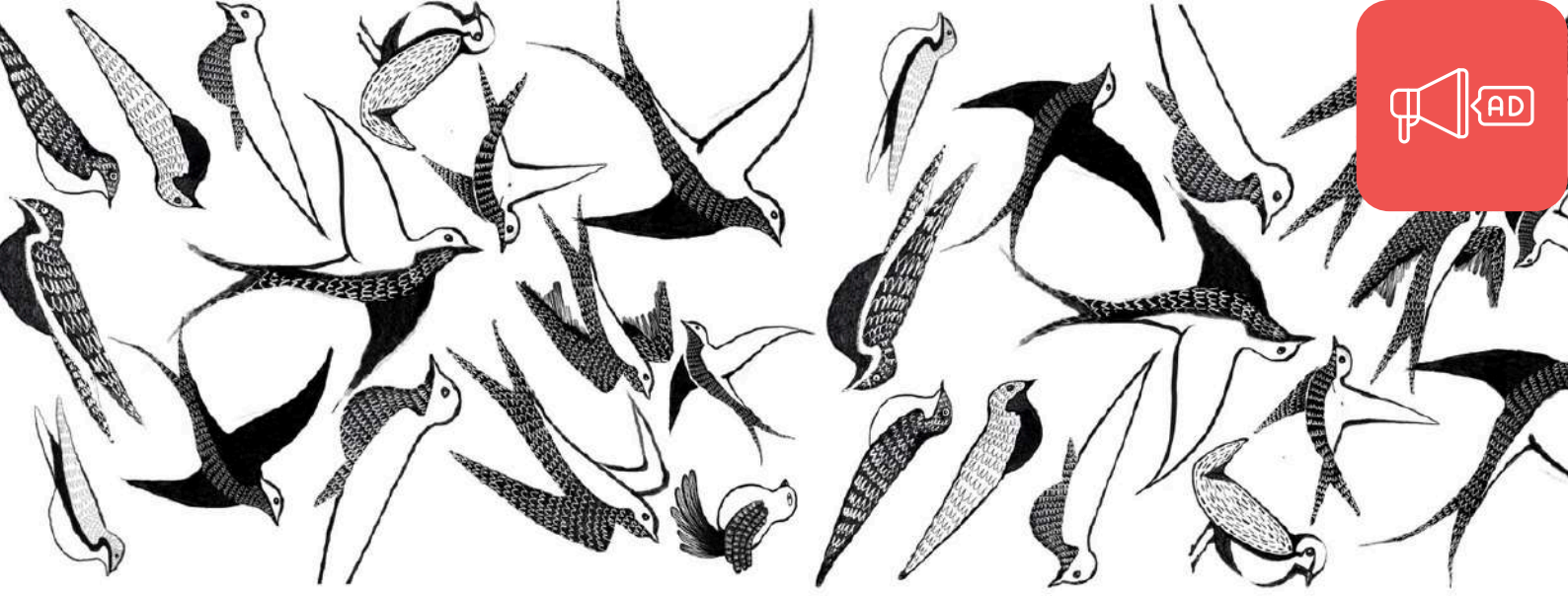
Centrum Plaza
Golf Course Road, Gurgaon
Haryana -122002
9717016161/9810998983
www.twocolonelsventure.com
info@twocolonelsventure.com



TWO COLONELS VENTURE

Caravans By Two Colonels Venture





Millie

Designer-Artist

**Watercolour Painting • Acrylic Painting
Illustrations • Digital Art • Catalogues
UX Design • Booklets • Posters
Book Covers • Visiting Cards**

**Contact:
auroramillie2019@gmail.com
6283414537**





AKIRA FURNISHING

HOME DECOR CHOICES FOR YOUR EVERYDAY
NEEDS



AKIRA FURNISHING

HOME DECOR CHOICES FOR YOUR EVERYDAY
NEEDS



FROM UNIFORM TO ENTREPRENEURSHIP: CHOOSING BETWEEN DIGITAL, PHYSICAL, AND HYBRID VENTURES

ENTREPRENEUR

WG CDR SANJEEV SAXENA (RETD)

BUSINESS

KNOWLEDGE

TEAM

LEADERSHIP



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>).



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

AT SOME STAGE, EVERY VETERAN HANGS UP THE UNIFORM AND STEPS INTO CIVILIAN LIFE. THIS TRANSITION, THOUGH INEVITABLE, IS ONE OF THE MOST DEFINING PHASES IN A VETERAN'S JOURNEY. IT BRINGS BOTH OPPORTUNITIES AND CHALLENGES — A MOMENT TO REINVENT, REDISCOVER, AND REBUILD LIFE WITH THE SAME DISCIPLINE AND DEDICATION THAT ONCE DEFINED SERVICE TO THE NATION.

DEPENDING ON ONE'S AGE, STAGE, RANK, EXPERIENCE, AND ASPIRATIONS, THE QUESTION ARISES: SHOULD I PURSUE A SECOND CAREER IN EMPLOYMENT, OR STEP INTO THE WORLD OF ENTREPRENEURSHIP?

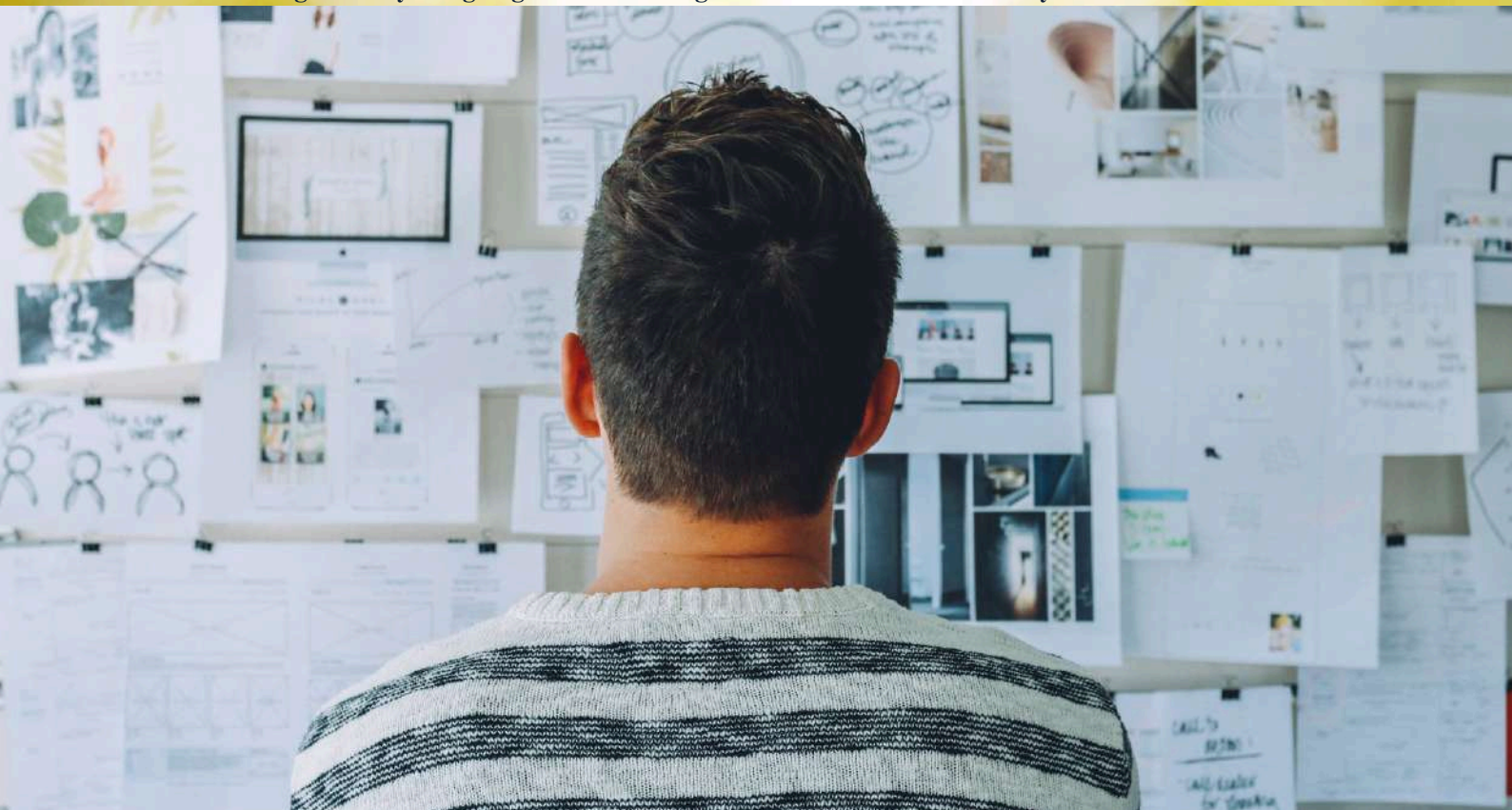
THE ANSWER IS DEEPLY PERSONAL — BUT WHICHEVER PATH YOU CHOOSE, SUCCESS BEGINS WITH A SELF-AUDIT.

A SELF-AUDIT HELPS EVALUATE YOUR SKILLS, MINDSET, FINANCIAL READINESS, AND FAMILY SITUATION. IT FORMS THE FOUNDATION FOR ALL FUTURE DECISIONS. MOST IMPORTANTLY, PREPARATION MUST BEGIN AT LEAST ONE TO TWO YEARS BEFORE RETIREMENT. A WELL-PREPARED VETERAN TRANSITIONS WITH CONFIDENCE; A LATE STARTER OFTEN STRUGGLES TO ADJUST TO CIVILIAN REALITIES.

Entrepreneur



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



TAKING A JOB: A STRUCTURED SECOND INNINGS

- For many veterans, employment offers stability, structure, and continuity — elements familiar from service life. The key steps are clear: prepare a professional CV, highlight transferable skills, and start networking with industry contacts well before retirement.
- Employment could be in a private company, MNC, or government/semi-government organisation. The choice depends on your skills, adaptability, and willingness to learn. Some roles may extend your service expertise — logistics, aviation, training, or security — while others may demand new learning.
- In today's fast-changing workplace, upskilling is non-negotiable. Veterans should explore government-certified courses that enhance employability in IT, management, data analytics, or digital marketing. A visit to the Directorate General Resettlement (DGR) is highly recommended to understand available policies, resettlement programs, and placement opportunities.
- Like some highly successful business communities in India, a wise approach is to take a job in the same niche where you ultimately plan to start a business — gaining hands-on experience, market insight, and credibility before launching independently.



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

CHOOSING ENTREPRENEURSHIP: BUILDING YOUR OWN MISSION

- For veterans who wish to be their own boss, entrepreneurship offers both freedom and fulfilment. It provides a sense of purpose and ownership — but demands preparation and patience.
- Start by identifying your niche and passion — what excites you, aligns with your strengths, and meets market demand. The next step is finding a business coach or mentor to guide you. Going solo or relying on informal advice is almost always a 100% recipe for failure.
- A smart approach is to let the spouse start a small business or online venture, giving the family exposure with low risk. Veterans should also explore out-of-the-box ideas like edutech, urban farming, skill development, or niche-based training ventures.

R E P R E N

- Be active on social media, build your personal brand, and embrace Artificial Intelligence (AI). Whether you're seeking employment, building a digital venture, or running a physical enterprise, understanding AI and its applications is now essential for staying relevant.

- Your entrepreneurial options include:
 - Physical Enterprises: Shops, franchises, service centres, or DGR-sponsored ventures
 - Digital Businesses: Freelancing, consulting, coaching, training, or e-commerce
 - Hybrid Models: Combining digital reach with physical operations
 - Government-Aided Ventures: Opportunities supported under DGR or MSME schemes





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

The Critical Factor: Systems and Customers

Regardless of the model, the cornerstone of success is systems. Veterans know missions succeed through structure, SOPs, and disciplined execution — business is no different. Without systems for customer acquisition and retention, even the best idea will fail. With systems, digital tools, and consistency, ventures become scalable and sustainable.

Conclusion

Transitioning from uniform to civilian life is not the end — it's a new mission of self-reliance and growth. Whether you choose employment or entrepreneurship, begin early: explore certified courses, visit DGR, conduct a self-audit, and learn AI. Ideas don't win — systems, discipline, and continuous learning do. With planning and purpose, every veteran can create a second career as impactful as their first.



Mob.: 9419273338, 9968631729, 8700921171

KARGIL GRANITE & MARBLES

KARGIL WAR HERO ENTERPRISES

**We Deal in : South Indian Granites, Kitchen Top,
Marbles, Kota Stone and Dholpur Stone
(Ram Mandir Stone), Tiles and Hardware**

ORIGINAL GRANITES & MARBLES

F-15, SITE 4, GATE NO. 3, VENICE MALL, GREATER NOIDA, U.P.



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



SATARK

HEALTH CARE SERVICES

OUR SERVICES

- Home Nursing
- Elderly Attendants
- House keeping
- Medical Equipments
- Physiotherapy
- Home ICU & NICU Care
- Injection at Home
- Medicine Delivery
- Baby Caretaker

Let's Live a vibrant life

😊 We make
you laugh 😊

OUR EXPERTISE

- Post operative care
- Trauma care
- Anxiety management
- Dementia care
- Alzheimer care

CONTACT US

☎ 9318426953 / 9311315974
🌐 harshsinghgusain@gmail.com

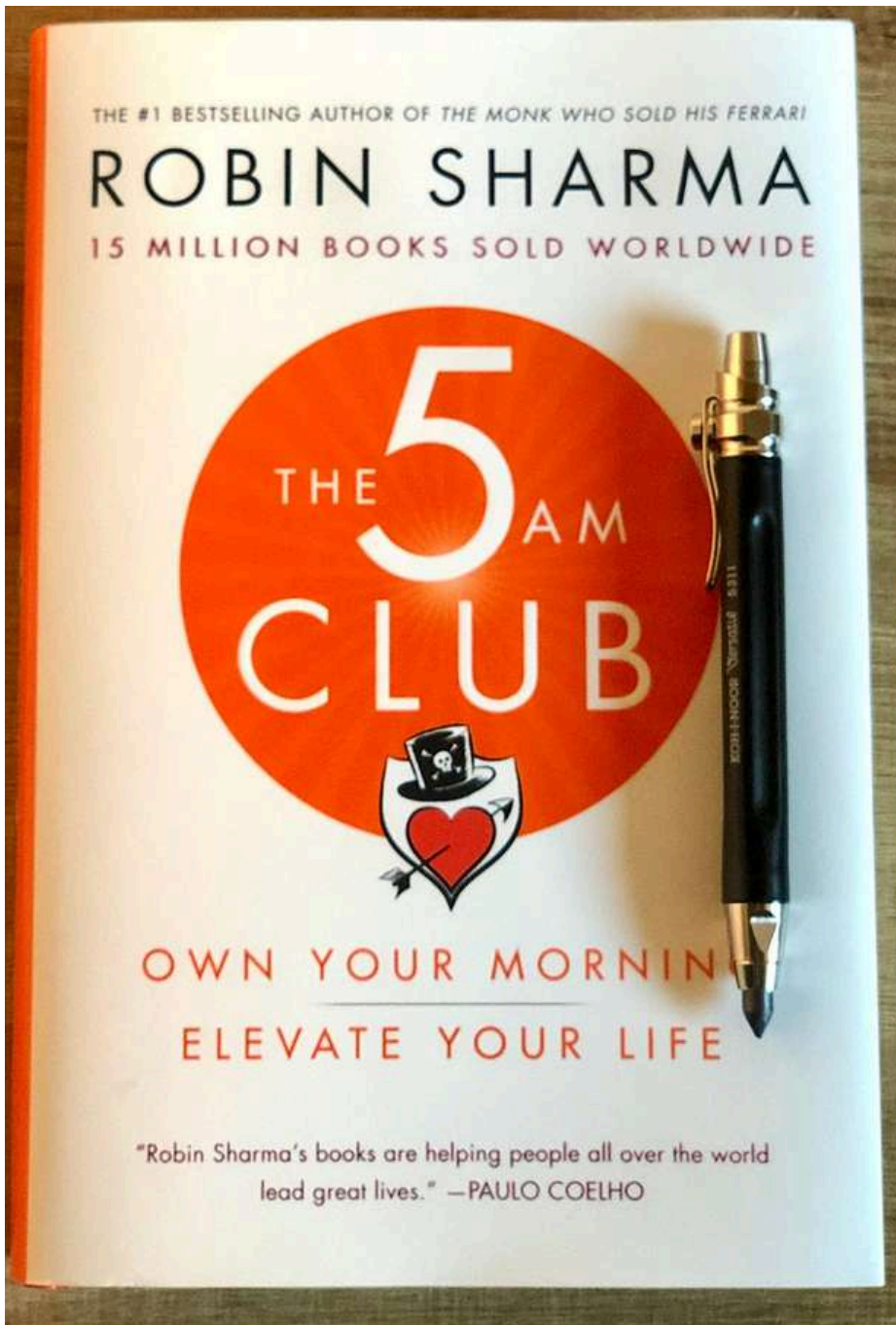
Services Available

Delhi [NCR] & [Metro Cities]





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



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 353 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.



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

What The 5 AM Club by Robin Sharma is about

- Robin Sharma's The 5 AM Club is more than just a book about waking up early—it's a guide to mastering one's mind, body, and spirit to unlock peak productivity and inner peace. Through a fictional story of a struggling artist, a disheartened entrepreneur, and their encounter with a wise billionaire mentor, Sharma transforms his success philosophy into a relatable and inspiring journey.
- The central idea revolves around the "20/20/20 formula" — dividing the first hour of the day (5:00–6:00 AM) into three segments: Move, Reflect, and Grow. This structured morning routine aims to strengthen physical fitness, deepen self-awareness, and enhance continuous learning. Sharma beautifully weaves in neuroscience, psychology, and spirituality, showing how early rising can dramatically improve focus, discipline, and emotional balance.
- What makes this book powerful is not merely its message, but the way it challenges readers to reclaim ownership of their mornings—and, by extension, their lives. The storytelling may feel exaggerated at times, but the lessons are timeless and practical.

What works / Strengths

- **Powerful Core Concept:** The central idea — waking up at 5 AM to focus on self-growth before the world wakes up — is simple, practical, and life-changing if consistently applied.
- **Holistic Framework (Mind-Body-Spirit):** The 20/20/20 formula (Move, Reflect, Grow) addresses physical health, mental clarity, and personal learning — making it a complete morning blueprint rather than just a wake-up challenge.
- **Inspirational and Motivational Tone:** Sharma writes with passion and conviction. His words inspire readers to rise early, take charge of their lives, and pursue excellence with discipline and grace.
- **Blend of Science and Spirituality:** The book connects neuroscience, psychology, and mindfulness, helping readers understand how early rising impacts brain performance and emotional well-being.
- **Actionable Practices:** Practical strategies like journaling, meditation, exercise, and daily learning make it more than a theoretical book — it's a manual for personal transformation.



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

What doesn't work / Criticisms

- **Overly Fictionalized Style:** The story of the billionaire mentor and the two protagonists sometimes feels unrealistic and stretched, making it harder for some readers to stay engaged.
- **Repetitive and Lengthy:** Many key ideas are repeated throughout the book, which could have been presented more concisely.
- **Idealistic for Beginners:** The idea of consistently waking up at 5 AM may be difficult for those with different work schedules, health issues, or family responsibilities.
- **Limited Practical Depth:** While motivational, some readers may find the guidance lacking in detailed "how-to" steps for sustaining the routine long-term.
- **Clichéd Dialogue and Characters:** The fictional narrative and conversations can feel overly dramatic or preachy at times, reducing the impact of otherwise powerful lessons.

KEY TAKEWAYS

- Own your morning, elevate your life.
- Solitude in the early hours builds clarity and creativity.
- Small daily habits lead to monumental results.
- Success without inner peace is an empty victory.

VERDICT

- The 5 AM Club is a life-changing manual for anyone who wishes to rise above mediocrity and live with purpose and discipline. It's not just a book—it's an invitation to transform your mornings and, ultimately, your destiny.
- Inspiring in vision, slightly idealistic in execution — but undeniably capable of changing your mornings and your mindset.



Col Manish Kochhar
B Tech. M Tech



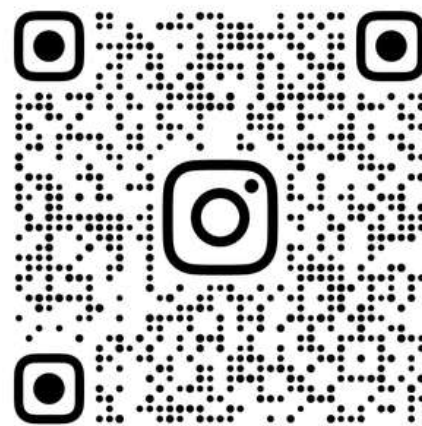
Capt Vipul Choudhary
Real Estate



Maj Jayesh Varma
Shaurva Chakra



LT COL (DR) KAMALPREET



@VALUES_NETWORK_EMAGAZINE

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