

EKSHASHTI

A New Beginning



MUSINGS OF A SOJOURN

RAKSHIKA
NDC YEARBOOK
61st Course
2021



एश्या का महाविद्यालय EKSHASHTHI

Rakshika

NDC YEARBOOK
61st Course
2021



Air Marshal D Choudhury AVSM VM VSM

Commandant



MESSAGE FROM COMMANDANT NDC

*National Defence College
Ministry of Defence*

My warm felicitations to the members of the 61st course and all the faculty and staff members of the National Defence College, on the unveiling of the 2021 edition of the 'NDC Rakshika Yearbook'. The year 2021 was indeed a remarkable, enriching and memorable experience for all of us. The course began on the first of February, breaking the Sixty-year tradition of the conventional first Monday of every year, truly special for a special Course. Little did we know, how special it would turn out to be.

The promising start to the year seemed to have calmed the nerves which were left jangling the previous year. But, to our horror, the second wave of the pandemic caught us in another cycle of mayhem and brutality. It spared no one. The tremors were felt at NDC as well when daily cases were being reported amongst families of our own. It truly was alarming to see and hear about the tragic loss of lives and livelihood all around.

The college was quick in understanding and foreseeing the challenges. The lessons learnt from last year provided us with a calming environment to understand these new challenges. The major takeaway amid this second battle was the hope in pursuing the vaccination programme with lightning speed, thus ensuring that all of us together cross that elusive bridge to normalcy. I take this opportunity to commend my Staff, who embraced this challenge and delivered the vaccination programme well in time, thus restoring near normalcy at the College. This ensured that some of our visits including the FCST were finally undertaken after a delay of two years. I hope the memories of these wonderful tours takes everyone back to the captivating aroma of the freshly brewed coffee in the Hunt Lounge!

The commitment of the NDC to make the year special, led to many innovative improvements in the course content and curriculum, to make it much more academically robust and contemporary. The most significant change has been the determined efforts to increase the course strength from the current 100 to 110 members in 2021, and to a final tally of 120 in the years to follow. This necessitated resolute efforts to enhance the capacity while retaining the heritage premises, with extensive renovations and modifications in the college infrastructure. All the work associated with the Kautilya Hall, the dining hall, the new IAG rooms and several other value additions were undertaken while the course was in progress, without letting it affect the curriculum and the tempo. Also, I take this opportunity in congratulating the entire editorial team to have done a great job in compiling this edition of the NDC Rakshika Yearbook 2021. As the tradition warrants, it indeed is a true reflection of the journey undertaken by course members and their spouses over this past year.

Finally, as we near the completion of this course, I am certain, that this enriching and remarkable journey undertaken by members and their families have resulted in lifelong friendships, a treasure to be cherished forever. I wish everyone the very best in their future endeavours.



Diptendu Choudhury
Air Mshl
Commandant

Place: New Delhi
Date : 01 Nov 21

A SLICE OF HISTORY

The Genesis



The proposal to establish the National Defence College was approved by the Defence Committee of the Cabinet on 06 May 1959. The formal orders were issued by the Ministry of Defence on 15th September 1959. The directive stated, "The sanction of the President is accorded for setting up of a National Defence College in India for providing instructions to senior service and civil officers in the wider aspects of higher direction and strategy of warfare".

A key question that comes to mind is why did it take India so long to establish a joint institution for training at the apex level? This was the natural corollary to the dire need for jointmanship and synergy at all levels. By establishing the National Defence Academy and the Defence Services Staff College, the Armed Forces had ensured this synergy at the entry / pre-commissioning levels as also re-enforced it at the critical mid-career level. The absence was clearly felt at the apex or higher directional level of command of the Armed Forces and the associated Civil Services.

Lessons learnt after the Indo-Pak conflict of 1947-48 indicated that a robust strategic culture is necessary for a State to identify and elucidate the various challenges and upheavals occurring in its security paradigm and that an in-depth study and analysis of India's strategic dimensions would serve as an important resource for ensuring national security. The key lesson to emerge from the Second World War was the seminal need for synergy and jointness between the services. The World War had seen the synchronization of airpower with Panzer tank columns for the legendary Blitzkrieg. Thus, strategic culture that would assist the policy makers and leadership to establish accurate and empathetic understanding of different strategic contradictions, complex force parameters and international power centres influencing national security became a necessary pillar for national security.

The first Prime Minister Pandit Jawaharlal Nehru realised that such a culture would help in reducing uncertainty amongst a Nation's leadership and provide strategic choices to them for developing balanced security and strategic policies. A visionary, Pandit Nehru realised that strategic thinking was not an inborn talent but something that could be learnt, cultivated, and practiced. He understood the importance of formal learning, work experience, dialogue and co-ordination between intuition and analytical thinking, for developing a class of strategic thinkers who would take the lead in Nation building and National Security.

"It is hoped that inputs here (National Defence College) would enable one to get a wider vision of thought and proper coordination of minds which are essential in any position of responsibility and leadership. A country without that wider vision cannot function as a top-class country. It is not merely expert knowledge in each individual field but a coordination of those knowledges which helps in the understanding of the world and its future. This is the vision that the institution must strive for." -Pandit Jawaharlal Nehru



The task at hand now was to identify a suitable location to house the National Defence College. It was imperative that the proposed abode match the stature of the Institution meant for strategic thinkers. The then Defence Minister, Shri. VK Krishna Menon, in his enthusiasm, in fact, went to the extent of suggesting that the College commence its functioning from a shed in Pragati Maidan, New Delhi. The prohibitive cost of acquisition and conversion of this property led to the shelving of this proposal. Next on the crosshairs was the Hyderabad House under the Ministry of External Affairs, which did not materialize either. The mansion of Khan Sahib Tej Muhammad Khan on Albuquerque Road in Lutyens Delhi was to be the eventual abode.

The First Commandant



Lt Gen K Bahadur Singh, MBE was appointed the First Commandant of NDC in October 1959. After doing his schooling at Prince of Wales Royal Military College at Dehradun he joined Royal Military College Sandhurst and was commissioned on 31 January 1931 into 2 Highland Light Infantry at Kanpur. During Second World War he became a Japanese prisoner of war after the fall of Singapore. He was awarded the MBE at the end of war. In 1951, 190 Infantry Brigade was raised and commanded by him. As Maj Gen he commanded 5 & 4 Infantry Divisions. His last appointment was as Army Commander Central Command. In 1967 he was appointed Lt Governor of Himachal Pradesh.

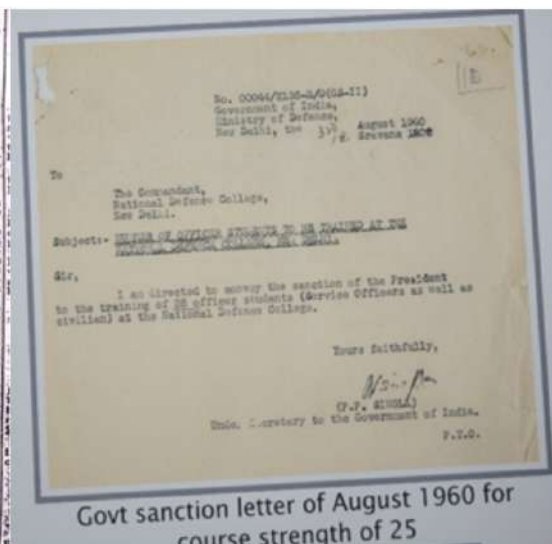
BROADER STRATEGY TO MEET NEW DANGER

Defence College Opened

NEW DELHI, April 27.
PRIME MINISTER NEHRU today stressed the importance of a broader defence strategy to meet new dangers of a "continuing nature" on India's frontiers.

Mr. Nehru, who was inaugurating the National Defence College here, said that the organisation of this institution had become a "positive necessity" to meet defence problems as they were and as they were likely to be in the future. India had to face these problems for a continuing period and a considerable period.

The Prime Minister said: "Our defence is to continue to live peacefully and co-operatively with all neighbours. Nevertheless, no defence apparatus could live in pure idealistic way. It has to be very realistic and remain prepared for any emergency."
In an oblique reference to dangers from Pakistan and later from China, Mr. Nehru said that a close coordination of defence and what it involved, came almost immediately after freedom in India because of troubles from "our neighbour countries."
The Prime Minister said: "Here we are today, more as being entirely new dangers for which we have never previously anticipated. The whole country has become what you might call defence-conscious actively, not back to the days."



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The Seedbed of Strategic Thinkers

The Owner Khan Sahib Tej Muhammad Khan

The first owner of this mansion on Albuquerque Road, Khan Sahib Tej Muhammad Khan of Badrashi, Nowshera, Northwest Frontier Province, was a rich nobleman and owned many racehorses. Every racing season he used to visit Delhi, in which his horses usually did well. He wanted to be close to the Racecourse and hence in 1930 selected this site for his imposing mansion apart from being convenient for him to entertain his business associates and friends in high places. Khan Sahib's family crest is still preserved and can be seen in the office of the Senior Directing Staff (Civil Services).



The Builder Sir Sobha Singh OBE

Sardar Bahadur Sir Sobha Singh OBE (1890 – 1978) was an Indian civil contractor, prominent builder, and real estate developer of Delhi. He is the father of the famous Indian writer Khushwant Singh.





The Take over

Tej Muhammad Khan had moved to Pakistan after the partition of India. The Office of the British High Commission, which was in occupation of this mansion ever since, was in the process of shifting to its own building in the Diplomatic Enclave at Chanakyapuri.

Shri Krishna Menon intervened with his characteristic zeal for acquiring this property, which fructified following protracted negotiations and substantial behind the scenes efforts. The National Defence College thus acquired the grand and imposing abode for itself. As per the Cantonment Gazette, the 'Mansion' was an evacuee property under occupation of the UK High Commission. It was being maintained by the Central Public Works Department. It was in March 1960, that the building was formally acquired by the Military Engineering Service from Ministry of Rehabilitation.

The imposing mansion had an area of some 7.3 acres (35,350 sq yards) and cost approximately Rs 10.65 lakhs. In 1949-50, Burmah Shell installed two petrol tanks and a pump on the premises for use by the British High Commission. These were later removed. The hutments attached to the building were nearly 14,000 sq ft, and servant quarters some 8,000 sq ft in area. The British High Commission had installed an air conditioning power plant and an electrical substation for provisioning electricity. The road on which the building stands was then known as Albuquerque Road. Later, the road was renamed as Tees January Marg as a tribute to the Father of the Nation, Mahatma Gandhi who was assassinated on 30 January 1948 in the garden of Birla House, now renamed Gandhi Smriti, located across the road opposite the College.

The Mansion stands on aristocratic Victorian pillars, the floors and staircases are made of Italian marble, and the halls boast of ornate chandeliers. The Mansion had to undergo many major repairs and renovations over the past sixty years due to structural and functional reasons. However, care was taken to ensure that the regal splendor of the building was not altered while adhering to the local building rules. The dining hall and library underwent major modifications both towards modernization and to accommodate the increased strength. The proposal to build the present dining hall after certain demolitions was put up in 1975, when the increase in course strength was envisaged. The approval was accorded at an estimated cost of Rs 9.61 lakhs in August 1978. Thereafter a proposal to expand the library to its present shape was taken up in 1975. It was approved in 1980 and construction commenced. The re-construction of the library was completed in 1984. From a catalogue of 500 books, it would now house thousands of books. Incidentally, it now houses more than 21,000 volumes. The audio section of the College library was added in 1986, and a video section was introduced in 2011.





The Ojas

When it came to naming the newly renovated dining hall, the college was stormed with beautiful suggestions. The pouring suggestions kept the confusion increasing exponentially, which only a popular vote could put an end to.

That's how we got the name Ojas, coined by Brig Adarsha Verma.

Ojas is the essential and ultimate energy reserve of the body and mind. It is the reserve of robust vitality and the key to a calm mind and good health. Ojas is intricately linked to Rasayana – the concept of rejuvenation. Rasayana is all about bringing the body, mind, and spirit into a harmonious balance – tenets which are imperative for incisive strategy formulation.

Ojas, the fountainhead of vigour and courage, is obtained from nourishing, freshly & passionately cooked food. Ojas transforms the food we eat not into a bodily form, but a non-physical dimension of energy. High levels of Ojas point towards a calm, formed and clear mind that approaches challenges logically and sagaciously.



COMMANDANT'S WELCOME ADDRESS



61st NDC Course

Ladies and gentlemen of the 61st Course,

Welcome to the National Defence College. Let me begin by wishing you and your families a very happy new year. The college has completed 60 years since its inception way back on 27 April 1960, so you are the Sixty-First course. Heartiest congratulations to each one of you, for having been selected for this truly one of a kind and prestigious course. Without any hesitation, I can say that you are about to embark upon possibly the most enjoyable, enriching and professionally rewarding journey of your lives. I extend a special warm welcome to the officers from our friendly foreign countries. We have strong historical ties not only between us as Nations, but between our peoples as well.

The aim of this college is to provide specially chosen military and civilian senior leadership the exposure and grooming on national security and strategy, towards higher responsibilities and appointments. The key focus area for you therefore is Strategic Leadership. We aim to provide you a wide swath of high-quality exposure to a wide range of topics. You will closely examine the social, political, cultural, economic, technological, the diplomatic and military dimensions of national security, and analyse their linkages and interdependencies at national and international levels, from a strategic perspective.

The two decades of the 21st century have already brought to the fore a host of challenges and threats which not only impact the everyday lives of people and nations, but the world and its very environment. The dynamics of changing demography, directly affected by food and water scarcities, economic progress dependant on diminishing energy and natural resources, global warming, access to global commons, compounded by the threats of international terrorism, ultra-nationalism and ethnicity, and the elephant in the room – Covid 19 with its associated challenges.

The latest challenge to watch for is the increase of aggressive and at times violent protests which have raised its disconcerting head in Hongkong, Washington, Cairo, Paris, Moscow, Jakarta, South American countries, and Delhi. Has human patience and resilience been pushed to the brink by the current challenges? Is this a new era of discontent? We truly live in interesting times. The college aims to give you a wide and well-rounded exposure by the best possible speakers on all these issues and more. We provide an environment where we expect you to build on your individual knowledge, experience, and expertise, to collectively rub shoulders to examine, analyse and debate these issues. Very importantly, you must do always so with a wide angled, if not a 360-degree strategic perspective.

Ladies and gentlemen, strategy is the very heart and soul of this course. It is the golden thread which runs through every aspect of the curriculum, to help you evolve and develop as strategic thinkers and leaders. Thinkers and leaders who can apply the principles of strategy at its highest plane, at the level of the government, both nationally and internationally, within the context of national security. This is the very realm of national strategy, where the traditional instruments of national power – political, diplomatic, military, and economic must be orchestrated to meet policy goals. It is my firm belief that studying strategy at this most demanding level, will best empower and prepare you as practitioners of statecraft, for the challenges you will most certainly face in the future.

At this juncture, I would like to remind you that the word strategy is more commonly used than it is understood. From military plans, political campaigning to business deals, everybody who is somebody, has a strategy. Even your neighbourhood storekeeper and your gym trainer have one! While you will be given ample exposure to this during the course, I would like to caution you that strategy at highest levels is amorphous and grey, very difficult to quantify and even more difficult to execute.

I would like you to remember that you are all established and experienced leaders at the tactical and operational levels. You will find that the enduring rules and norms of leadership and decision making, are not necessarily effective at the strategic levels, where in complex situations, there are often no 'right answers', except limited choices between the 'least wrong' ones. Welcome to the world of grey. We hope to give you a good insight into this grey world. So, this course starts and ends with the examination and study of strategy, from all perspectives.

Here, I would like to remind you that most study of strategy, academically, has been from a western perspective based on Thucydides, Plato, Sun Tzu, Machiavelli, Miyamoto Musashi, Jomini, and Clausewitz. We haven't given enough thought or credence to Chanakya or Kautilya as he is popularly known, the Indian master of strategy, who was a minister in the court of Chandragupta Maurya from 317 to 293 BC. His treatise, the Arthashastra, enabled the Gupta Empire to become the most powerful kingdom in Indian history, ruling over an area much larger than the British Indian Empire, for over 230 years. In the words of the noted German sociologist, Max Weber, I quote, "compared to Chanakya's Arthashastra, Machiavelli's 'The Prince' is harmless" I unquote. May I suggest, do spend some time during the course with Kautilya, and I can assure you that you will get a hardcore perspective of statecraft which is over 2300 years old, and is as relevant today, as it was then.

Your journey on the path of strategic leadership, over the next eleven months will be one of self-enlightenment. In the words of Gautama Buddha, "Believe nothing, no matter where you read it, or who said it, unless it agrees with your own reason and your common sense". This course is an academic journey which does not follow the standard norms of the courses which all of you have undergone till now. So, whatever some of you may have found out from your peers and friends who have undergone previous NDC courses, to repeat the Buddha's words, believe nothing. This year, do something different. Forget who and what you are, put behind what you have done and achieved till now. Get out of your comfort zones and challenge yourselves, your knowledge, and your beliefs. Do not hesitate to seek, and equally importantly, to share. To quote JK Galbraith, "Faced with the choice between changing one's mind and proving that there is no need to do so, almost everyone gets busy on the proof." Do not be afraid to change your minds and be proven wrong.

The basic study format at this college is through a vast array of renowned speakers, who are specialists or masters in their chosen fields, who daily will ignite your minds on various topics. These will include eminent scholars, politicians, bureaucrats, journalists, economists, scientists, and senior service officers. The intention is not to teach but provide exposure, to trigger your minds, and to encourage individual research. The college does not have a view or opinion on anything, and we will never tell you what is right or wrong. Seek your own answers and form your own opinions, through mature debate and discussion. It is very important for you to understand and remember that we strictly follow Chatham House Rules, where the college gives an assurance to the guest speakers that they will not be quoted. We are therefore morally bound to uphold this rule.

Generally, every lecture or a panel discussion will be followed by an hour of Q & A. You may seek clarifications, but do not hog the time, so keep your questions relevant, short and to the point. Please remember that this is not the forum to exhibit your knowledge, but to seek it. I hope there is no doubt on this issue. Another important aspect is that at times the speaker may be provocative or biased, contrary to your individual or collective views. For our foreign course members, you might find critical remarks on policies or other aspects concerning your countries. In fact, often you will find India, my country, being criticised by many. I would request all of you to take such criticism in the spirit of free, frank, and honest exchange of ideas and debate. Contrarian views must be encouraged for honest appreciation and analysis. You will of course have the option to express your views during the Q & A session. Ask tough questions, but at the end if you still differ with the speaker, allow it to pass or at least agree to disagree – remember that they are guest speakers – guests first, speakers next. So, accord them all the respect due to a guest. This aspect is, being deliberately emphasised based on our experiences with previous courses.

Apart from lectures and panel discussions, there are Integrated Analysis Group or IAG sessions, for depth analyses and study of the main themes. Do take active part in these. There is also ample time for individual research and study. We have a vast library and academic resources. If there is any book or resource material you need for your research and study, please do not hesitate to inform the library. They will do their best to get it for you as quickly as possible. You will find that the working hours at the college are indicated daily, and as responsible senior officers we expect that you will adhere to them. Do make full use of the time outside the classrooms to interact with each other.

Ladies and gentlemen, the most interesting part of the curriculum are the tours and visits. We have three tours within the country, four for foreign members, and two tours outside the country. Each tour is specially aimed to give you a first-hand exposure to the phase being studied. You will be visiting a vast array of organisations and institutions, both within and outside the country. Make the most of these visits, to both delve deeper into your areas of individual research, and to gain a broader understanding of the course curriculum. These tours, apart from expanding your knowledge, are specially meant for all of you to get to know and understand each other better and build lifelong friendships.

A word of caution, the curriculum entails meticulously planned schedules and objectives. There is also a definite level of engagement expected out of all of you. This will define, whether you have graduated from the Course or just attended it and will be reflected in the parchment presented to you at the end. We also have a certain code of conduct and ethos at this college, which is inviolate. Our conduct and deportment must therefore always behave that of your very senior ranks and positions. Do always remember that you not only represent your nation and service or organisation, but most importantly you represent the NDC.

By the end of the course, one of the important goals of the college is to promote a close camaraderie and a cohesive network amongst members, which we hope will facilitate you in your future roles and responsibilities. So, build an enduring 'esprit de corps' to last a lifetime, and always remind you that while your professional roles may be different, you are together as partners in nation-building. Therefore, social interactions amongst families are the real magic glue that binds everlasting friendships. There are many such social occasions that are an integral part of the college curriculum. Some which are mandatory, and many other informal events, which we encourage you to participate wholeheartedly.

To foster true camaraderie in this college we have a firm tradition, that all members are equal. There is no rank or seniority or position here. You will address each other by your first names or your nicknames. There will be no 'Sir'ing strictly amongst course members whatsoever. I will strongly advise the uniformed types to get used to it with immediate effect!

To enable the achievement of the desired outcomes of the course, I have a faculty of extremely qualified and experienced Senior Directing Staff, who I might add, you will 'Sir'/'Ma'am'. They are an integral part of this journey you are about to commence on. They are your mentors and guides who will signpost the way ahead, be your sounding boards and friends when needed. You must undertake this truly wonderful experiential journey by yourself. I want to bring to your knowledge that I have an exceptionally committed support team led by the Secretary, consisting of service and civilian officers and staff, who work silently, behind the scenes not only to help this course run smoothly but also make your lives comfortable. While they are there to help in every way they can, please do not forget that we are a small organisation with limited resources. Also remember, that their positive and 'can-do attitude is defined within the college traditions, norms, and rules. I am sure your interaction with them will be tempered by maturity, politeness, and courtesy always.

In the end, I would like to reiterate that only 3999 members have passed through this college in the last 60 years, so you are an elite club indeed. Many have risen to the highest positions and ranks in their respective organisations in their countries, positions we hope you will fill someday soon. Therefore, enjoy every bit of this unique and wonderful journey, and have a great time while you are at it because whoever I have met amongst the alumni to date, have all quoted Bryan Adams, "those were the best days of my life".

I wish each one of you all the very best.

Comde C Raghuram

From the Editor's Desk



Entering the portals of an institution, with mates from diverse nations, service, states, professional and personal experiences, is akin to creating a heady cocktail with a concoction of beverages. And the expectations of each stakeholder from this cocktail – the national leadership, directing staff, friendly foreign countries, and above all the members of the course, is humongous.

This section of the yearbook is a collation of the reminiscences of the journey of the last 11 months. It captures the transition of individual members and their families into an extended family reflecting the universal happiness, peace, and harmony that the world at large, and India, specifically strive for. What better way than presenting a myriad of memories captured over disparate locations, time zones, occasions, moods to remind us that the National Defence College is a journey to Nirvana, to re-Discover, and to Cherish each moment with the extended family, during the course, and for the times ahead.

It's been an enriching and enlightening experience for Adarsha Verma, Kuttappa, and me to work along with Priya, Gunjan, Anuja, and Princee, creating this string of pearls, with each pearl of memory being priceless and peerless.

Any day, anytime, if you are stressed and wondering 'why me?' , just flip the pages of this creation and I firmly believe you will walk in the clouds.

Let's work and play together to realise the vision of Robert Baden-Powell:

"Leave this world a little better than you found it."

EDITORIAL TEAM



Brig Adarsha Verma, Cmde C Raghuram, Air Cmde II Kuttappa

FACULTY & STAFF



AIR MSHL D CHOUDHARY &
VYJAYANTHI CHOUDHARY

R ADM DHIREN VIG & GEETA VIG



AVM BV UPADHYAY
& ALPA B UPADHYAY



MAJ GEN SURESH KUMAR
& SUJA KK



MAJ GEN MANOJ KUMAR &
VEENA RANI



MAJ GEN HARI B PILLAI
& TARA HARI PILLAI





SH PRIYANK BHARTI
& ALAKNANDA DAYAL

SH BIRENDER SINGH YADAV
& RICHA RAO



BRIG YASH AHLAWAT &
RENU AHLAWAT



GP CAPT AJ BHASKAR

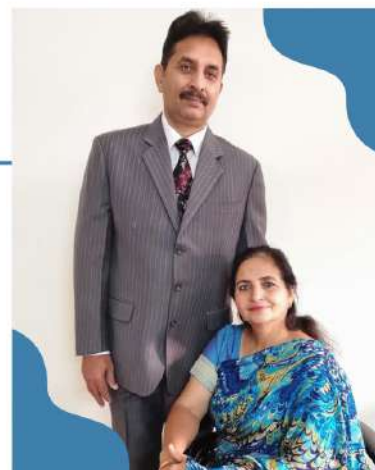


GP CAPTAIN ALOK SRIVASTAVA &
MANORAMA SRIVASTAVA



CAPT(IN) GS SIDHU &
KAVITA SIDHU

COL SS CHIKARA &
POONAM CHIKARA



COL SANDEEP SINGH BEVLI &
HARINDER KAUR BEVLI



WG CDR TARUNA SINGH

LT COL GS SHEKHAWAT &
ANJANA SHEKHAWAT



WG CDR VIMALJEET SINGH RATHORE

LT COL SIDDHARTH SHARMA &
MEGHA SHARMA



CDR PRASHANT AWASTHI &
RICHA AWASTHI



CDR VIJAYETA &
CDR RAINER AMBATT



SH SHAILENDRA PRAKASH SRIVASTAVA &
RANJITA



SH DILIP KUMAR ROUT & PRAGYAN



SH RAJ KAMAL ARYA & AYESHA





Course Members 61st NDC 2021

*ON THE PATH OF CONTINUOUS
EVOLUTION AND RESURGENCE.*

NATIONAL DEFENCE COLLEGE COURSE 2021



FIRST ROW - SITTING (LEFT TO RIGHT)

Smt. Niitika Gupta, ISS, Smt. Sunita Kakran, IPS, Brig Gen Akhter Shahid, SUP, psc, G+, Bangladesh Army, Col. Mujiburahman Mayar, Afghanistan National Army, Brig JPC Peiris, RWP, RSP, Sri Lankan Army, Air Cmde Tejpal Singh AVSM VM, Air Cmde AR Shendye VM, Air Cmde C Raghuram, VSM, Brig Gagan Deep, Brig Pankaj Pachnanda, Brig Ranjeet Singh Manral, Brig YS Ahlawat, YSM, SM, Rear Adm DM Sudan (Retd), Maj Gen Hari B Pillai, Maj Gen Manoj Kumar, SM, AVSM BV Upadhyay, VM, AVSM Arjun Subramaniam, AVSM (Retd), Air Marshal D Choudhury AVSM VM VSM, Commandant, Rear Adm Dhiren Vig VSM, Maj Gen U Suresh Kumar, YSM, VSM, Shri Priyank Bharti, IAS, Shri Birendar Singh Yadav, IFS, Maj Gen Harkirat Singh, VSM (Retd), Brig Amit Singh Sohal, VSM, Brig Ravinder Singh, Brig Vikas Choudhary, YSM, Brig Ranjiv Singh Saini, Cmde B Ajay, VSM, Air Cmde SK Mathur, Air Cmde DS Joshi, Air Cmde Mohammed Khair Ul Afsar, GUP, psc, GD (P), Bangladesh Air Force, Cdre Mohammed Ziaul Hoque, (TAS), OSP, afwc, psc, BN, Bangladesh Navy, Ms. Yetunde Moromoke Olobayo, Defence Intelligence Agency Nigeria, Smt. Richa Misra, IDAS, Smt. Aman Deep Chatha, IAAS.

SECOND ROW - STANDING (LEFT TO RIGHT)

Gp Capt Alok Shrivastava, Brig Adarsha Verma, Cdr Vijayeta, Brig AK Pundir, SM, Brig Hartej Singh Bajaj, Brig KS Grewal, SM, Brig Vaydeesh Mahajan, Brig Arun Ahuja, Brig Vishal Singh, VSM, Brig Vivek Narang, Brig Ashish Bhardwaj, Cmde Vivek Dahiya, Air Cmde Pradeep Kumar Nair, Air Cmde Vikas Sharma VM, Shri G V Manoj Kumar, DRDS, DIG Anurag Kaushik, TM, Indian Coast Guard, Dr. Jayaraj Naik, IDAS, Staff Col. Amr Mohamed Mohamed Mostafa Ammar, Egyptian Army, Captain Innocent Chidi Ejiofor (MSS, psc+, fwc), Nigerian Navy, Brig Gen Rabindra Khatri, Nepal Army, Brig Gen Md Mahmudul Kabir, SPP, psc, Bangladesh Army, Col Soe Moe Kyaw, Myanmar Army, Col Stephen Maina Huria, Kenya Army, Col Sonam Penjore, DK, Royal Bhutan Army, Col Bhuwan Khatri, Nepal Army, Captain (Navy) Wisnu Agung Priyambodo, MM, CHRMP, Indonesian Navy, Air Cmde Lasitha Sumanaweera, RWP, RSP and bar, USP, psc, Sri Lankan Air Force, Brig I H M R K Herath, USP, psc, Sri Lankan Army, Lt Col Sherzod Nematov, Uzbekistan Army, Col Krishna Prasad Bhandari, Nepal Army, Capt (Navy) Staff Faid Ahmed T. Al Shammari, Saudi Arabia Navy, Col Nicholas O'Brien Melin, USA Army, Dr. Bhartendu Kumar Singh, IDAS, Shri Raghavendra Pratap Singh, Shri Mahesh Kumar Roy, DRDS, Air Cmde II Kuttappa VM VSM, Air Cmde Vikas Dwivedi, Cmde Prakash Gopalan, Brig Madanraj Pande, VSM, Brig Sameer Srivastava, VSM, Brig Jai Prakash Singh, Brig Gaurav Bagga, Brig Ravroop Singh, SM, Brig Ashutosh Anand Sathie, Brig Navraj Dhillon, Col SS Chhikara, Brig Sanjeev Luthra, Brig Suresh Kumar Bhambhu, SM.

THIRD ROW - STANDING (LEFT TO RIGHT)

Lt Col Siddharth Sharma, Lt Col GS Shekhawat, Wg Cdr VS Rathore, Cdr Prashant Awasthi, Shri Dilip Kumar Rout, Brig Shyamji Yadav, Brig Vikrant Suresh Deshpande, Brig Anuj Chawla, Brig KS Dhadwal, SM, Brig Subhasis Das, Brig Sameer Sharan Kartikeya, SM, Brig Paramvir Singh Dagar, VSM, Cmde Deepak Singhal, Air Cmde Vivek Singh Blouria, Air Cmde Manoj Kumar Mehra, Shri Prachish Khanna, ITS, Shri Rohit Sharma, IRS, Brig Nicholas Timothy Sawyer, UK Army, Mr Kim Heriot- Darragh, Australian Civil Service, Lt Col Marat Bulatovich Mukhammedkharisov, Uzbekistan Army, Col Rachmad Syah Lubis, S.T., M.Sc., Indonesian Air Force, Col Saken Mukhamadiyev, Kazakhstan Army, Brig Gen Gaurab Kumar KC, Nepali Army, Capt (N) Harada Kohei, Japan Navy, Col Farshad Satarvand, Iran Army, Brig Gen Abdulla Zuhury, Maldives Army, Col Than Hlaing Win, Myanmar Army, Capt Tran Xuan Do, Vietnam Navy, Col Adamu Danjuma Yusuf, Nigerian Army, Col Mikhail Gavrilov, Kazakhstan Army, Shri Uma Shankar Dhyani, IRS, Shri Jitendra Prasad, VSM, BRES, Air Cmde Aman Kapur VSM, Air Cmde JT Kurien VM, Cmde Sumeet Kapoor, NM, Brig Manish Gupta, VSM, Brig Upkar Chander, Brig Sandeep Puri, Brig Gurudatt Sahebrao Jadhav, VSM, Brig Akhilesh Kumar, Brig Vikram Sharma, Brig Sandeep Jaswal, Brig Tarun Jeet Kumar Ohri, Capt GS Sidhu, Shri SP Srivastava, Col SS Bevli, Wg Cdr Taruna Singh



Ice Breaking





A full-page background image showing a sunset or sunrise over a vast expanse of clouds. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. The clouds are illuminated from below, giving them a pinkish-orange glow. A thin, light-colored rectangular border is centered on the page, framing the text.

Our Sojourns

U.P.

STATE VISIT



A Delegation from NDC visited Uttar Pradesh as a part of the state study tour. The tour kicked off on 5th April 2021, with a visit to Bakshi ka Talab tehsil in Lucknow. The officers appreciated that the MGNREGA scheme had been effectively utilized by the tehsil administration not only to provide employment to the masses but also to revive 21 Ponds and build some new 'Market sheds' to augment infrastructure in the area.

The officers also visited the Anganwadi Centre and Primary School at the nearby Sonwa village and appreciated the state-of-the-art facilities available therein and the high skill sets of the teachers. The delegates learnt that 1.39 lakh such government schools in U.P. have been provided with smart classrooms, playgrounds, toilets and drinking water facilities.

Later in the day, the delegates called on the Chief Minister who elaborated in detail the overall developmental measures being taken and stressed that the state was taking effective measures to encourage big businesses to invest in U.P. Resultantly, the state's rank in the 'Ease of Doing Business' had jumped to 2 while just a few years ago, the state ranked 12th on this index.

On 06 April 2021, the delegation visited the Chief Secretary, Shri R K Tiwari, who highlighted the initiative taken through the 'One District One Product' scheme, wherein one unique product of each district produced by the native artisans or MSMEs was identified. 75 unique products belonging to 75 districts of the state had thus been identified and their production was being encouraged on a mass scale through facilitative state policies.

Later, the delegates called on the Governor of U.P. who briefed the delegates about the steps taken by the state towards improving primary education and women empowerment. Then, the officers visited state police headquarters where they were addressed by Sh H.C. Awasthi, the state DGP. He highlighted that recent initiatives like 'The Women Power Line' and '112 emergency response' provide an extremely prompt technology-based response to bail out the citizens, especially women in distress. Technology-based effective policing had reduced major crimes like dacoity(19.81%), robbery(36.48%) and murders(5.32%).





On 7th April, the delegates visited a few places of historical, religious and cultural importance like Anand Bhawan and Triveni Sangam at Prayagraj.



On 8th April, the delegation visited Varanasi where district officials briefed them on the 'Namami Gange Programme', Prime Minister's pet project, aimed at pollution control and rejuvenation of river Ganga through the creation of Sewerage Treatment Infrastructure, river-front development, river-surface cleaning and afforestation. Varanasi is one of the designated 'SMART' cities. The delegates visited the SMART City Command and Control Centre which boasted of the latest gadgets and technologies to perform specialised functions related to municipal services, traffic management, water supply, health, Covid management, food and civil supplies etc.

On 9th April, the members visited the Sewage Treatment Plant at Danapur and learnt its functioning. Later, the officers visited the Trade Facilitation Centre and Crafts Museum at Varanasi which provides a platform for trade enhancement and boosts marketing activities of weavers, artisans and MSMEs. The facility encompasses shops and exhibition areas, a modern convention centre and a world-class crafts museum. With its last leg in Varanasi, the study tour concluded and the delegation flew back to Delhi on 10th April. The delegates concluded that large rivers, fertile lands, religious and spiritual tourism, traditional handicrafts and talented artisans and the large youth bulge were the state's greatest assets that needed to be tapped judiciously for the state to realise its full potential.



THE LAND OF GODS

- HIMACHAL PRADESH TOUR REPORT



Local women in traditional costume of the state

The Delegation, headed by AVM Upadhyay VM, SDS (Air) Tour coordinator G V Manoj Kumar and fifteen officers, visited Himachal Pradesh from 4th – 9th April 2021. Himachal Pradesh is a peace-loving state inhabited by hardworking citizens. 89% of its population lives in rural areas. The poverty rate in the State is very low standing at 8.5 %.

The Delegation called on Hon'ble Governor, Hon'ble Chief Minister, and interacted with senior state officers on all aspects of governance. The group visited the beautiful towns of Shimla, Solan and Dharamshala. The delegation gathered impressionable memories and was appreciative of the highly progressive and development-oriented government. Himachal has achieved an appreciable Human Development Index (HDI) with the second-highest literacy rate amongst all states. It has extensive forest coverage of 66.5% with vibrant commercial crops like fruits and vegetables and is hence known as the "Fruit Bowl of India".

The thriving pharma industry, blooming tourism, fertile lands, agriculture, horticulture produce, and tremendous hydroelectric potential are some of the state's strengths. There is a large young population that could be tapped as a prime asset. Religious, sport & adventure tourism have tremendous potential. In addition, apple farming and the potential for mushroom farming can also become big game-changers. Himachal contributes generously towards the overall composition of the Armed Forces in India.



Delegation at Dharamshala

The scenic beauty of the Himalayas enriched by the flora & fauna of the region attracts tourists in large numbers. The state is gender-friendly with a low crime rate and pro-active public-friendly police. The natives are simple, cheerful, and helpful. The social fabric of the State, vibrant culture, various developmental initiatives, and dynamic political initiatives propels growth. The delegation got a firsthand glimpse of the dynamic community living and efficient local administration in all areas that they visited.

Widening of roads to overcome connectivity limitations, strengthening of the health care systems, ensuring digital inclusion and connectivity through telephones/mobiles are some of the focus areas of the Govt that have facilitated the further progress of the State. Himachal has a great potential for adventure sports, medical tourism and wellness centres. Helipads for air connectivity need to be explored.

Delegation at Kangra Air field along with State Tour Coordinator



NDC Delegation at Raj Bhawan - Honourable Governor Bandaru Dattatreya

NDC delegation at Indian Institute of Advanced Studies



NDC delegation at Indian Institute of Advanced Studies



Mr GV Manoj Kumar, DRDS

ODISHA

STATE TOUR



The number of officers swelled as the day came closer to leave for Odisha. Almost all the officers were first-time visitors to the State and for the international officers it was first exposure to the State set up. The land of Lord Jagannath and land of peace, where Ashoka gave up arms, was beckoning all twenty-three of us.



The tour gave all of us a chance to be together and bond, a big change from the mostly online mode we were at the NDC. During the trip, the group was exposed to the vision of the leadership of the Chief Minister Mr Naveen Patnaik., the development initiatives and activities undertaken at the apex level in the States. Inclusive growth is key to overall development. Leadership through critical, by itself cannot meet its vision without a capable and committed executive body. Only by encouraging participation of every section of the society, especially of women, can inclusive growth and development be brought about in any society.



Konark temple



Ytee made friends with Self Help Group



Ammar felicitating mother of new-born girl

Our visit to the Ganjam district provided an exposure to the initiatives and programmes initiated by the administration and leadership at the grassroots level for the required developments in the remotest corner of the state. The journey was tiring, but the enthusiasm of the villagers, especially the women, when they met us was contagious and lifted our spirits.

And hats off to the golfers who went off to tee at the crack of dawn despite our gruelling schedules.

The study tour exposed the course members to the working of the State Executive and Administration, and the developmental initiatives and myriad challenges involved in the process. It enhanced our understanding of both the strengths and diversity of India viz; diversity of culture, tradition, language, religion, and the strong rural background to name a few. All course members benefitted from the visit particularly the foreign members and those who had been exposed to rural India. From novices we became experts on the State.

Nick giving a media byte



What endeared us to Odisha was its impatience to shed its image of a poor State and to showcase itself as a friendly investment destination to turn the State into an economic powerhouse. The State is daring to dream and achieve big.

The tour to the State of Odisha was indeed very educational, mesmerising, and fruitful. The people of the State are proud, hopeful, and optimistic, truly a hidden treasure. We came back tired, but happy with memories of what we had learnt and of friends that we had made.



THE SUNSHINE STATE

ANDHRA PRADESH

Aman Deep Chatha (IAS)

As part of “Understanding India and Economic Security”, a tour to Andhra Pradesh was undertaken from 05 April to 09 April 2021.

Andhra Pradesh is a state with tremendous potential and a bright future. It is already numero uno in ‘Ease of Doing Business.’ Further, the concept of ‘Three Capitals’ may turn out to be good for the overall development of the State.

A motley group of nineteen officers (including six from friendly foreign countries) led by Maj Gen Manoj Kumar, SM, left Delhi for a visit to Vishakhapatnam, Vijayawada and Amravati, in the State of Andhra Pradesh.



THE VISHAKHAPATNAM LEG

After a lavish breakfast at our hotel we kick started our itinerary with field visits to Hindustan Petroleum Corporation Limited (HPCL), the first refinery established on East Coast and to Indian Strategic Petroleum Reserves Limited (ISPRL) which is a remarkable rock cavern. The Vizag Port Trust where we were also briefed on a Tug Boat and Hindustan Shipyard Limited (HSL) were lined up next, not to forget the interaction with District Officials late in the evening.



THE VIJAYAWADA /AMRAVATI LEG

Interaction with Hon'ble Governor, Shri Biswabhusan Harichandan was a proud moment as His Excellency while welcoming the group wholeheartedly to the Sunshine State, lauded the contribution made by the Armed Forces to the nation. This set the tone for candid and fruitful meetings with Chief Secretary and DG Police at their newly built swanky space. The IT-enabled feedback mechanism (RTGS) being directly monitored by Chief Minister was praiseworthy. Last but not least, the rustic flavour to our trip began with meeting an enthusiastic Municipal Commissioner who was under the able guidance of Mayor and Deputy Mayor, both women. We later visited a model Village Secretariat at Gudavalli where employees were highly qualified and proficient in IT. The basic concept of a single-window system to ensure delivery of Navaratnalu Schemes was laudable.

To gauge the tourist potential of the State, few of us made a trip to Kailash giri hills (Vishakhapatnam) and Bhawani Islands (Vijayawada). The places appeared deserted due to the pandemic but they would surely light up and rejuvenate the tourists in times to come.



In a nutshell, besides the well-oiled itinerary, the biggest takeaway was the camaraderie that developed amongst all; it may have been over mundane morning /evening walks at the beach or over hard core running by the diehards, not to forget the golf sojourn.

A special mention here to the meticulously planned dinners by Brigadier Sameer on the hotel's rooftop and at a beach resort, ever so made interesting and lively by the Iranian crooner and our own homegrown singers who could, even without accompaniments, give anyone the run for their money, ringing true my couplet- (Till He Creates His Music N Chord// Let the words sing their own song.) All in all, we came back with a bagful of memories, enough to last and make us smile through the multitude of online sessions back home....!!



Punjab

THE LAND OF FIVE RIVERS

A delegation from the National Defence College (NDC) visited the state of Punjab from 04-10 Apr 21. Highlights included meetings with the Governor, Chief Secretary, Chief Minister and DGP along with visits to industry, cultural sites, and farms.

The unique and boisterous Punjabi identity was very well evident during the tour. The entrepreneurial spirit with a 'get up and go' attitude with a tendency to live life in the present, was witnessed first-hand. Modern Punjab, the breadbasket of India and is heavily influenced by small-scale farming. There is a growing industrial sector as well as a significant services sector.

A visit to village Sawai Singhhala gave an exposure to the strong institution of the Panchayati Raj in the State. The fact that a lady was the Sarpanch, further underlined the emphasis on gender parity. Punjab police enjoys a positive image in the state, which flows from the sacrifices made by them in the fight against terrorism.

As the 'breadbasket' of India, Punjab supplies 35% of the food grains to the country in terms of rice and wheat. 75% of India's bicycle production and 80% of cycle component manufacturing takes place in Punjab. The state is also the highest manufacturer of tractors, sports goods, agricultural machinery, and blended yarn. Plans for diversifying the agriculture basket, emphasis on organic farming, and plans to move forward by industries such as food processing augers well for the development of the State.

Punjabi pride was evident throughout our visit. This was overtly on display in the museums, temples and heritage sites and has also pervaded in the daily conduct and mannerisms of the locals. Their pride clearly influences their outlook on life and can be seen in the way they formulate and execute their policies.

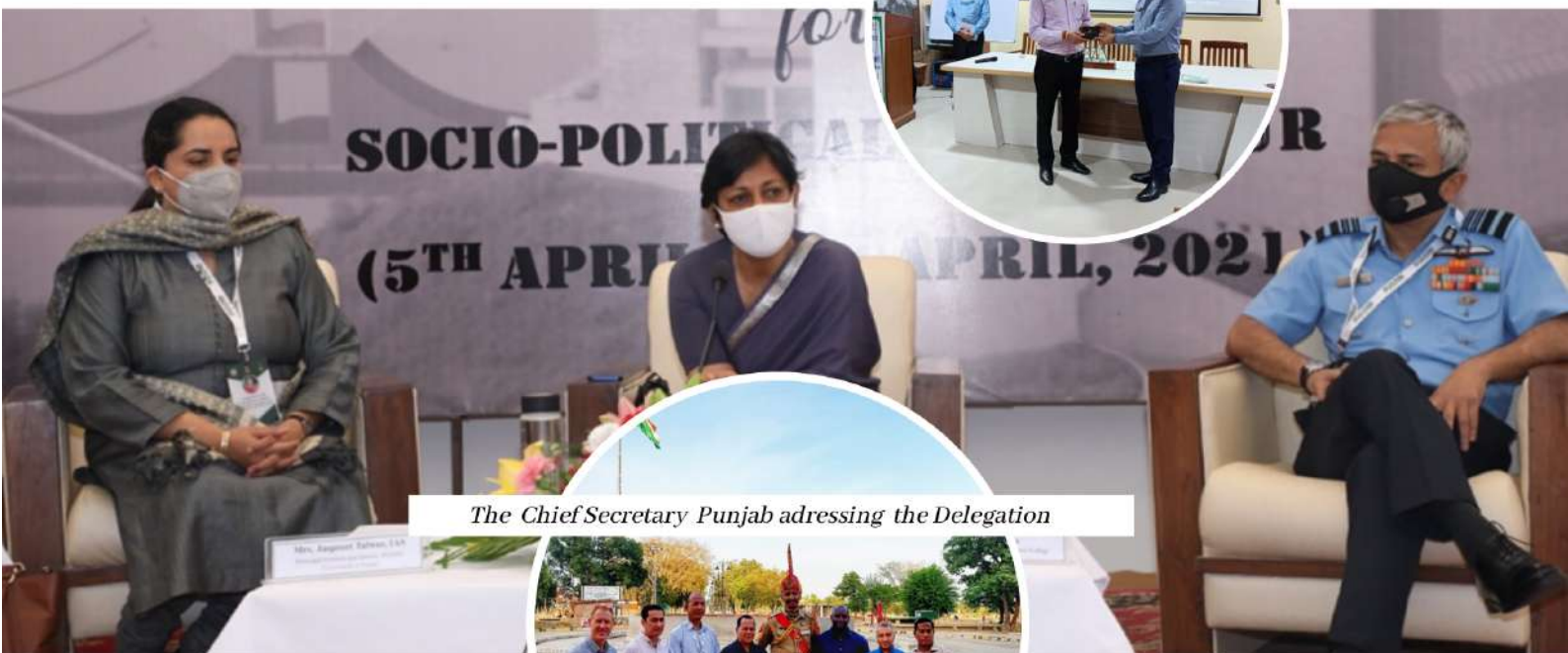


The delegation also paid homage to the most important Sikh shrine, The Golden Temple (Harmandir Sahib), Amritsar, which also houses the Shiromani Gurdwara Parbandhak Committee, the topmost Sikh religious body. The State has a proud legacy with a large contribution towards the history of Independence in India. The Jang - e Azadi Memorial established in the State is a state-of-the-art memorial which pays rich tributes to the martyrs of the Independence struggle. The delegation also paid homage to the Jallianwala Bagh Memorial Park, witnessed the drills at the Attari border and enjoyed the rich Punjabi food at various locations in the State.

Mr Jitendra Prasad, BRES



The Delegation with the State Officials



The Chief Secretary Punjab addressing the Delegation



NDC Delegation at the Golden Temple



ARMY & AIR FORCE TOUR - SIRSA & NAGROTA



Travelling together has always been the high point in any course of instruction. In keeping with that spirit, one of the teams undertaking the Army & Air Force Tour visited Air Force Station Sirsa and the forward areas in Jammu Division. The group comprised of 17-course members, led by Major General U Suresh Kumar, VSM, YSM, SDS (Army I). The top-heavy team had on board the Course senior as well as the Army, Navy and the Civil Services Seniors. With both Nicks (USA & UK), and four other foreign course members, the group had carried a lot of global influence as well

Last, to leave Delhi for the tour, the team took off on the 30th morning in AN 32 from Air Force Station Palam and landed at its first destination at Sirsa, which is home to the fearsome SU 30s. After a brief introduction and a much-needed cup of tea, the group was shown around the well laid out squadron, which once had the Commandant at the helm many years back. The fact that the same squadron was part of the daring air strike on Balakote in 2019, generated great awe. The flying experience in the SU 30 simulator was indeed a high point, however, the real jaw-dropping experience came as the group witnessed the masterful low-level acrobatics performed by the SU 30s.

The Vertical Charlies and Tail Slices at such close quarters brought hairs on end for some and a large amount of beer went down just to soothe the nerves before the sumptuous lunch in the Officers Mess. After bidding farewell to the daring flyboys with a sense of deep pride, the group reached Jammu, its second destination. The course members quickly checked in to the Hotel which was going to be home to the group for the next four days. The evening was well spent in celebrating the day with the Birthday Boy, Commodore Raghu Ram.



The next morning saw the group moving by road to Udampur, the Headquarters of the Northern Command of the Indian Army responsible for Jammu & Kashmir and Ladakh regions. The Chief of Staff, of the 'Forever in Operations' Command and his team of key staff officers apprised the delegation about the operational concepts in the diverse terrain of the theatre which varies from riverine to low hills, mountains and glaciers. After getting a macro picture, the group moved to the Corps HQ at Nagrota. Here, the briefings and the interaction delved deeper into the functional aspects of the operations along the Line of Control and the hinterland lying south of the formidable Pir Panjals. Once back in Jammu, the golfers wasted no time in the afternoon and were out for a wonderful round of golf at the scenic Sidra Golf Course. The others, not so lucky ones, had a quick visit to the picturesque Bagh-e-Bahu and the famous Raghunath Temple in Jammu City.



The next day started early with two MI 17s dropping the group to Rajouri. The succinct briefing by the General Officer Commanding explained the nuts and bolts of LC management in detail. The same came in very handy at the next halts in Bhimbhar Gali and Punch where the group got close to the actual Line of Control to get a real feel of the challenges faced in maintaining its sanctity in the arduous hilly and jungle terrain. The opportunity to interact with the troops and commanders who had been part of a recent successful anti-infiltration operation was the icing on the cake.

The final day of travel took the delegation to Buchamandi for getting a closer look at the riverine and low hills of Akhnoor Sector. The Brigade Commander amply highlighted the peculiarities of the terrain and the steadfastness of the troops guarding the LC. The famous 'Palangtod' of Akhnoor, a local version of Milk Cake more than made up for the missed breakfast due to the early move.

The plans for the rest of the day went along well but only till the briefing at the Divisional HQ after which the delegation found itself in Murphy's tight embrace. An unexpected thunderstorm ruled out the heli drop to Katra, the start point of the Vaishno Devi Yatra. But the group had certainly got the summons from the 'Mata' as, despite all odds, they could successfully receive her divine blessings after a hurriedly arranged road move and trek. Those who stayed back in the hotel made good use of the time by celebrating the wedding anniversary of Sunita.

A lazy morning marked the next day as the group recovered from the arduous trek and replenished the lost calories over a prolonged breakfast in the Hotel. By mid-day, everyone was fully recovered and the group moved to the airport to catch the late afternoon flight back to Delhi. It was indeed a wonderful outing getting some real insights into the actual challenges being faced by the frontline AF and Army troops in discharging their duties. The group was indeed thankful for the meticulous planning and coordination carried out by various levels of staff in the host formations, which made the refreshing trip a cherished memory.

Brig Vivek Narang





Sikkim

THE LAND OF PEACE AND TRANQUILITY



During the Forward Area Tour, the group led by SDS, Sh. Priyank Bharti, IAS visited the Army and the Air Force Eastern Command. The tour started with the group setting off from New Delhi by Air India flight AI-401 and landing at Kolkata on 30th August 2021.

On 31st August, the group left Kolkata aboard the Air Force plane AN 32 and reached the Kalaikunda Airforce station near Kharagpur, West Bengal. Besides operational purposes, this airbase primarily serves as a training station where tier-3 training is imparted to the trainee fighter pilots on the Hawks/Hunters planes before they graduate to fly the more advanced fighters like the Migs, Sukhois and Rafales at other air force stations. A briefing session and a static display were organized for the group. Later in the day, the group flew from Kalaikunda by AN 32 to reach the Air Force station at Bagdogra (in Siliguri, West Bengal) where a fleet of Chetaks, Cheetahs and Mi-5/17 helicopters is maintained. At Bagdogra, the officers were briefed about the operational capabilities of the Unit at high altitudes near the Indo-Chinese border. This Helicopter Unit provides logistical and tactical support to the formations.

On 01 September, the group visited the headquarters of the Army formation at Sukna, near Siliguri. This was followed by a detailed briefing, wherein the officers were briefed about the geographical terrain of the area which is surrounded by four countries – China, Nepal, Bangladesh, and Bhutan. The delegation learnt that the formation played a stellar role in the 1971 Indo-Pak war which eventually led to the creation of Bangladesh. In 2017, the formation successfully repulsed the Chinese misadventure at Doklam. The group was informed that post-Doklam, the Chinese are building massive infrastructure and fortifying their facilities along with their border areas. Later in the day, the group visited the infantry formation at Darjeeling where it paid a visit to the famous war memorial built in the memory of the valiant Gurkha warriors. The group reached back Siliguri in the evening.

02 September, the delegation left by road for Gangtok, Sikkim, where it visited the formation headquarters in the evening. The delegates were briefed about the valiant military history of the formation including its heroics during the recent Doklam standoff. Next morning, the group visited the formation headquarters at Nathula, Sikkim on the Indo-Chinese border. The officers visited the Border Personnel Meeting Point Conference Room where regular meetings between the Indian and the Chinese army are held. The delegation was also briefed about the significance of the Nathula Pass which was closed after the 1962 war with China, but after its reopening in 2006, was serving as an important trade route and also a route for the Kailash Mansarovar Yatra as a part of Hindu pilgrimage. The officers also visited Kupup, Chhangu lake, and Baba Harbhajan mandir in this area. The latter testifies to the secular ethics of the Indian armed forces.

The delegation left for Bagdogra on 4th September, from where it flew back to Delhi by an Air India flight.

Mr Rohit Sharma, IRS





TOUR REPORT

JODHPUR, JAISALMER & PUNE



As part of the IA and IAF Tour, Group V visited the Border State of Rajasthan as part of the IA Tour and Ojhar and Pune as part of the IAF Tour. The visit was from 30 Aug to 04 Sep 2021. 17 attendees of the 61st Course at National Defence College (NDC), were part of the delegation.

.It was wonderful interaction and an education for us to be conducted and briefed in detail at all the locations. There was time for the officers from foreign countries to also experience Jodhpur, Jaisalmer and Pune.

The Rajasthan visit included a briefing at a Corps HQ, a Div HQ and at Bde/unit level on the IB, to experience desert conditions and get an insight into the history and the Battles fought in these areas in 1965 and 1971. In the IAF Tour, we visited 11 BRD at Ojhar and got an insight into the overhaul of Mig-29 and SU-30MKI aircraft as also the upgrade of MiG-29 aircraft. The visit to Air Force Station Lohegaon gave an insight into the SU 30 FAC and we also got an opportunity to operate the simulator.

Brig Navraj Dhillon



30TH AUGUST - 04 SEPT 21

NDC 61 OFFICERS FORWARD AREA TOUR TO INDIAN ARMY AND INDIAN AIR FORCE ESTABLISHMENTS CHANDIGARH & SRINAGAR

Seventeen-course members, led by AVM B V Upadhyay, VM, SDS (Air) visited Chandigarh, Adampur, Srinagar and forward areas, as part of the Forward Area Tour and Air Force Tour (FATFT) from 30 Aug to 04 Sep 21. The group consisted of an eclectic mix of six IA, two IAF, one IN, 2 civilian and six foreign officers. For many, it was the first visit to operational IAF bases and IA units involved in operations along the Line of Control.

The initial leg consisted of the IAF visits at Chandigarh, where detailed and informative interactions took place



with the teams at 12 Wing and 3 Base Repair Depot. The enthusiasm was palpable in all unit officers and the visiting team left the establishments educated and with a feeling of pride. The highlight of the visit to the mecca of heavy-lift transport aircraft in high altitude terrain was the interaction with the Air Officer Commanding and the sight of the mean flying machines, from up close. The relevance of the base for strategic and operational purposes emerged clearly. The challenges of high altitude flying and deployment caught the eyes of the team, especially the demands of casualty evacuation. The presentation and videos at 3 Base Repair Depot were of immense value and the yeoman role of the Depot in sustaining the large fleet of Russian Helicopters, critical engines and components emerged clearly. The vast nature of operations of the BRD sunk in only after the elaborate visit to the various constituents. At Adampur fighter base, apart from the informative briefing, the opportunity to witness the MIG 29s in various operational roles was breathtaking. A key takeaway was the display of the majestic Apache helicopters and the special combat equipment of GARUD commandos. Simulator flying experienced by the NDC officers was a lifetime experience for most.

The group also visited the Chinar War Memorial, Ibadat-e-Shahadat, Pani Mandir (an ancient Shiva temple) and Chinar Dhariohar during the stay at Srinagar. A few members of the group went for a short trek to Tiranga Post and got a breathtaking view of Srinagar city and some portions of the valley. The tour left lasting impressions on all participants about the professionalism and performance of the IAF and IA formations and units operating in the field.

Brig Subhasis Das





The delegation along with the Commanders at Kargil ALG

THE FORWARD AREA TOUR (LEH, AMBALA AND CHANDIGARH)

The group led by SDS(FS), Shri BS Yadav, IFS visited Leh, Ambala, and Chandigarh and also the Air Force stations at Ambala and Chandigarh. The tour commenced on 30 August, wherein the members boarded a flight for Leh. As the visit was to High Altitude Areas the first activity at Leh was going through a medical check-up to include a COVID Test. Ms Richa Misra was diagnosed with high BP, and she returned to Delhi the next day.

On 31st August, the group boarded a Chinook Helicopter at Leh and proceeded to Drass. At Drass, the course Members visited the Kargil War Memorial and paid their respects to the Martyrs of the Kargil war. A briefing was also organized at the memorial to help the members understand the tough conditions under which the war was fought at heights over 14-15000 feet. Thereafter, the GOC briefed the group about their operational role and the tough logistics requirements of the area. After Drass, the delegation left for Kargil wherein another briefing was carried out by Cdr. of the Army formation. The importance of the Kargil Advanced Landing Ground was explained. The members were also briefed about the future plans for the development of this ALG. The delegation returned to Leh thereafter.



Motorcycle Trek to Leh Monastery



Delegation with GOC 14 Corps



Visit to Kargil War Memorial



Visit to Paonta Sahib Gurudwara

The next day, on 01 September, a C 130 aircraft was scheduled to take the members to Thoise and Siachen Battle school. However due to the poor weather conditions reported by the C-130, the same could not fructify. The members thereafter went to visit Khardungla Pass, the lifeline for troops deployed at Siachen Glacier.

On 02 September, the delegation visited the Leh Airbase wherein they were introduced to all the combat operations being carried out by the Station. The important aspect of air maintenance of the forward troops at high altitudes was explained in detail. The buildup due to the Galwan incident was also explained. The delegations then were introduced to the latest acquisitions of the Indian Air Force CH-47 Chinook transport and Apache AH-64E Attack Helicopters. Later the delegation visited the Corps Headquarters where they were briefed in detail about the operations in general and the Galwan issue and later developments in detail. The corps commander gave out his strategic outlook as regards the complete incident and the likely way ahead.



Day four, 03 September, the group was taken to Ambala by C-17 / An-32. At Ambala, the group was briefed by the AOC about the role of the Station in Peace and War and the station organized an air display of Jaguars and Rafale aircraft, as well as a Static Display of Aircraft, Equipment and Weapon Systems. The foreign and Civilian officers were shown the simulator while the Indian officers were also shown the IACCS node collocated with the station. Post lunch, the group returned to Chandigarh by An- 32. The group was then taken to 3 BRD and shown the 4th line capabilities of ROH and indigenous maintenance capabilities of the BRD for the Mi-17 series of helicopters, which have reduced dependency on the OEM. The AOC of the BRD also briefed the group in detail about the role and responsibilities of the BRD.

The group returned to Delhi by Civil air on the 04th of September after the conclusion of the visit. The tour was fruitful, and it is recommended that the tour planning be made in October, which will minimize the Weight-Altitude-Temperature limitations of IAF aircraft and prevent loss of visit days due to weather constraints. Also, a BP check-up of the group before leaving will allow for any member with high BP to be accommodated in other groups.

Brig Sandeep Jaswal

FORWARD AREA TOUR TO NAGALAND & TRIPURA

The forward area tour (Army and Airforce) to the Northeast was undertaken by officers of the 61st NDC Course from 31 Aug to 04 Sep 2021. The group comprised 20 officers and was headed by Maj Gen Manoj Kumar, SM, SDS Army II. The Commandant NDC accompanied the group on the first two legs of the tour.

The tour comprised three legs, Dibrugarh, Imphal and Shillong. At Mohanbari AF Base near Dibrugarh, the NDC delegation was briefed on the history of the base and its operational role. Home to a number of helicopter units, the base supports the army troops deployed in the forward areas. They laid the wreath at the war memorial for soldiers who laid down their lives in the 1962 war in this sector and were briefed on the battle of Walong. The Battle of Walong was one of the few battles in the 1962 war, where the PLA had to pay a very heavy price for their misadventure. The group then visited Dinjan and AF Station Chabua. Fully conversant with the dynamics of operating in the Northeast on land and in air, the group marvelled at the skill and professionalism of the troops deployed in these areas.



Visit to AF Sation Mohanbari

The rugged terrain and thick vegetation of Dimapur (01 & 02 Sep) brought out the challenges of military operations in these areas. The stellar performance of the troops including the operations in aid to civil authority, maintaining law and order, HADR and other miscellaneous tasks performed by the troops was greatly lauded and appreciated by the NDC delegation.



Visit to Kibithu



*Visit to AF
Station Chabua*



The group then visited the Headquarters Inspector General Assam Rifles which offered valuable context on historical, cultural and ethnic influences that made the Northeastern security environment so nuanced. The beautiful Loktal Lake was enchanting. The local populace around the cities and counties seemed vibrant in their routine activities. The scenic beauty of Shillong (03 & 04 Sep 2021) and interactions conducted there, were extremely informative and enriching. A trip to Cherapunji, the wettest place on earth gave us an opportunity to see the beautiful Seven Sisters waterfall, Mawsmmai caves and also lifestyle of people in these remote areas. The objective of the tour was amply achieved as all course members could comprehend the ground realities of the Northeast region of our country.



Visit to EAC Shillong

Brig Manish Gupta, VSM



A VOYAGE OF NDC 61

WITH THE INDIAN NAVY

A change in schedule of the Naval Tour for NDC 61 from its previous editions in early Oct 21 to early Sep 21 came as no surprise to the course since the pandemic had already disturbed what was otherwise considered a well settled course curriculum. With a firm belief that 'change is the only constant in life', the six Band of Brothers in whites took little time to conceptualise and plan this unique tour. Unique, because unlike any other tour conducted during NDC course, this is the only tour where all the course members and staff proceed outstation from Delhi, together as one group. Hosting the tour amidst COVID-19 pandemic situation only made its planning and execution more interesting. The saga of Vikram Vihar residents proceeding for RT-PCT test to Army Research and Referral hospital on 11 September 21, amidst incessant downpour and overflowing roads, will certainly be remembered for many years ahead!! Fortunately, the RT-PCR tests on all course and faculty members proved negative the same evening before the course embarked for the naval tour, the next day.

The tour began with a display of IAF's strategic lift capability as an IL-76 aircraft transported all course and faculty members from Delhi to Mumbai later in the day on 12 Sep 21.



With an aim of maintaining an impregnable bio-bubble, immediately upon the landing of IL-76 close to the Naval Technical Landing and Support Unit (NTLSU) in Santacruz, Mumbai, all the members were whisked away in designated buses to their respective hotels in South Mumbai.

Early next morning, all members from civil services and friendly foreign countries were conducted through a guided tour of two submarines in the harbour.

The entire course thereupon embarked six earmarked ships of the Western Fleet before their main engines were rung in, for a Day at Sea sortie. The Fleet Commander, Rear Admiral Ajay Kochhar, NM was himself at the helm of affairs on board his flagship, INS Kochi. Overcast skies, fleeting light showers, and a sea state that was just good enough to rock and roll all ships alike, yet not make anyone seasick, was perfect to give a glimpse of a sailor's life onboard. As the ships increased speed heading into the sea out of the harbour, the onset of sea spray added some salt in the veins of those uninitiated at sea.





A bunch of activities which included a series of displays of a missile launch by a missile boat, surfacing of the submarine, dunking of sonar by ASW helicopter, and Search and Rescue by the versatile Chetak helicopter, kept everyone's interest alive through the sea sortie. Each member was particularly impressed by the high standard of professionalism, smartness, zeal and enthusiasm displayed at work by the trainee and junior officers on board allowed every ship. The excitement of an eventful day at sea made certain that all course members retired for a peaceful night in their hotel rooms.

The next day, 14 September, was marked by an address to the course by the Chief of Staff, Western Naval Command, Rear Admiral Krishna Swaminathan, AVSM, VSM on major operations and activities conducted by the command. The address was followed with guided tours of the maintenance facilities in Naval Dockyard, Mumbai and the various shipbuilding facilities in Mazagon Dock Shipbuilders Ltd. in Mumbai. A reception hosted by Vice Admiral R Hari Kumar, PVSM, AVSM, VSM, the Flag Officer Commanding-in-Chief Western Naval Command, the same evening, gave an opportunity to the members to interact with the Admiral and other distinguished members of his command staff. The conduct of reception at a thoughtful location within the pristine premises of WNC Officers' Mess alongside a promenade facing the Arabian Sea, left many course members mesmerised.

On completion of the Mumbai phase of the naval tour, the course moved from Mumbai to Goa on 15 September for the second half of its voyage with the Indian Navy. Post arrival at Goa late afternoon, the members settled in their respective hotel before hitting the beach for an evening walk.

Few members would ever forget 16 September 21 at the Indian Navy's premier naval air station, INS Hansa which conducted a briefing on-air operations followed by a parade display of naval aircraft on tarmac even as a Kamov 31 helicopter and Advanced Light Helicopter (ALH) demonstrated their respective Airborne Early Warning and SAR capabilities in the allowed air nearby.



As the members arrived at the Shore Based Test Facility (SBTF), two MIG 29k air superiority fighters took off to demonstrate manoeuvres in the air. The show stopper was undoubtedly the recovery of MIG 29k by trap right in front of the course members within a few feet. The full thrust generated by the pilot as the aircraft came down to hook on trap wire and then maintained full throttle until coming to a full stop within a few feet, left every member spellbound. Air Warrior members too were in total appreciation for the precision landing skill demonstrated by the Commanding Officer of the MIG 29k squadron. After a brief interaction with the MIG 29k pilot, the course members were taken for a visit to a tastefully renovated Naval Aviation Museum located within the premises of INS Hansa.

It was an early start the next morning since a visit to Karwar naval base, INS Kadamba, located 110 km south of Goa, was planned. On arrival at INS Kadamba, the course members were introduced through a short presentation to Project Seabird by Flag Officer Karnataka naval area (FOK), Rear Admiral Mahesh Singh, NM. The guided tour of INS Vikramaditya and ship lift facility thereupon were other key highlights of this visit, which left an indelible positive impression of the Indian Navy and its capabilities on all course members, Indian as well as those from friendly foreign countries.

Naval tour for NDC 61 received a befitting finish on 18 September with a social evening 'Cast Off', which was aesthetically designed to create fond memories of numerous new friendships and bonds that were made within all members of the course through the week.

Cmde Deepak Singhal





THE BLUE GLOBE SOCIAL

25/09/2021

A Rhapsodic evening was hosted by the
Airforce and Naval participants along with the
participants from the friendly foreign countries.





The Pen & Sword Social

A gala evening with a blend of classical flavours, fun & food fiesta was hosted by Course members from the Army and the Civil services.



कुछ आशार आप के नाम

गुप्तगू तो महज़ इक बहाना है..
हर सवाल में जवाब शामिल है ।

ये मेरी नज़र की गुस्ताखी है ...
या तेरी नज़र कर रही है बात मुझसे ।

इक अजब सी बेकरारी है हवाओं में ...
किसी ने किसी से बात की है अभी ।

कुछ ख्वाहिशों का मुकम्मल हो जाना ...
तन्हाई को तनहा कर जाता है ।

कहानी भी उसकी, किरदार भी उसके ..
आपको और मुझे फिर उलझन कैसी ।

क्या गुज़रती होगी खुदा पर जब कहते हैं लोग ...
एक जन्नत और भी है, इस से भी खूब ।

इश्क़ कर लिया खुदा से ...
हमसा चालबाज़ कौन होगा !

मुझसे क्या गुनाह करवाया होगा उसने ...
मेरे हक़ में सज़ा - ए-ज़िदगी लिखने से पहले ।

जो दिल में सोज़ है, गर क़लम में वो रवानी होती ...
हम भी लिखते कुछ ऐसा जो खुदा का दीदार होता ।

इस बार रोए हम तो आँखें नम ना हुई ...
कि हमारी उदासी से अब अश्क़ भी रहे बेख़बर ।

अश्क़ किसी के ज़मीं को नम करते रहे ...
और वोह बारिश की बूंदों को हथेलियों में समेटता रहा ।

हमारी ख्वाहिशों पर ऐतराज ना कीजिए ...
हमें एक और जनम की सज़ा से बचा लीजिए ।

अमन दीप चट्टा
आइ ऐ ऐ ऐ (१९९२)



The Maldives through my Eyes

*I found my zen in life after 6 days rendezvous with the ocean in the lap of luxury at the Kurumba:
The changing shades of pristine blue waters every few meters- turquoise n blue,
How to hold the temptation of the ocean-sized aquarium at the doorstep- calling me and you.
Submarine dive left me with an unfulfilled urge to touch and feel the eclectic fishes,
Somehow was compensated with a lavish spread of dinner dishes
40m below the ocean, Ladies discussing what to wear for the evening,
An informal chat with the High Commissioner, the Defence Minister was unexpectedly quite relieving.
Kayaking and snorkelling training centre:
The 'Clumsy Me' swallowing the salty water, bumping into a scuba diver ..all prompted me to rename
the island to GIRI-Nitika from Giri-Fushi,
Male to Hulhumale (n back) was a hopping galore,
Shopping in a jiffy for the mandatory Maldivian souvenirs ..left me wanting for more, Watching the
sun go down and live performance of flip-flopping dolphins on the sunset cruise,
Sitting with coursemates n Commandant's family for a round of drinks, guitar n melodious blues.
Tiring wait to fly to Addu and back,
Relishing coconut water, bird gazing at the NaturePark track.
Receiving certificate to prove we touched the Southernmost point of Maldives n South-Asia,
The warming sun smiles and light & shadow tease each other with the sense of amnesia.
A tropical paradise punctuated by impromptu showers,
A thousand blues glued together and palms comb the breeze with green shimmers.
Multiple jetty rides cruising in a rush, leaving behind frothy crests of water with great force,
Makes us realise how fast we have almost approached the end of the NDC course.
Bidding farewell to the Maldives:
Crystal clear water of the sea,
Through soft white sands I wander free.
Bleached ground, forests of coral adorn the rocky ocean floor,
Golden sand shining through the still waters right at the step of your door.
Then further out, a soul-stirring turquoise reflecting the blue like slates
Can't believe the waves which touched my feet could have even sunk the boats.
Here I can just sit and chill, relax until I get my fill.
On Maldivian lands, I sit and rest, this is superb, it is just the best.*

Written by Nikita



AUTOBIOGRAPHY OF JAWA

The Wander Bike

**The wheels of life are turning all the time
Amongst the best, my image (the JAWA's
image) has remained sublime**

I am red, handsome, vibrant and a desirable Fifty-Four years young Czechoslovakian entity. I wish to take a peek-a-boo into my life's journey thus far. In the year of the lord, 1967, I vividly remember standing in an elite showroom in Calcutta (now Kolkata) waiting to move out with my life partner. The showroom on Chowringhee was one of the best in Town. I watched many prospective owners come and go.

Then came the fateful day when this young, fit, handsome and suave Captain of the Army with barely seven years of service, who was aspiring to be an owner of a motorbike came trotting into the showroom. He checked out many bikes and as he was approaching me I was very nervous, for the fear of losing such a handsome hunk, just in case he chose one of my other compatriots over me.

I could make out observing his body language that I was the one who had won his heart. My showroom colleagues had priced me at Rupees 4000/-, a huge amount those days. With his meagre salary of Rs 600 per month, it indeed was a far-fetched dream for the young Captain to free me from the Showroom and take me with him. However, it is very aptly said that if dreams do not scare they are not big enough. The dream did scare him, how would he finance me?



Newly married, wanting to take his young bride on joyrides as his friends did, he converted his, what seemed a far-fetched dream, into reality. He took a loan of Rs 4000 and chose to bring me home. I was welcomed like a firstborn would. His happiness knew no bounds, it may seem a laughing matter now but the joy of owning me, his own JAWA, was far far more than what Ambani would have buying a Rolls Royce (Phantom).

I was the first baby, followed by Sumita, Vikram and Vikas. Yay! I was number one in order of seniority. In the Captain's (Now General's) own words I was Rock solid, sturdy and a toughie who never let him down. I escorted him in the roughest of terrains, the longest of road trips, untiring, uncomplaining, doing my duties like a true soldier companion.

To my misfortune, I was stolen at Pune by some miscreants and young pranksters on two occasions. First time when the Captain was doing a career course, and the second time when he was posted there. It came out that after their weekend mischief (Masti) was over, they abandoned me in the by lanes.



I prayed to The Almighty that may the Captain track me, after all, he would always say 'tere mere beech mein kaisa hai ye bandhan Anjaana.' Sure enough, my swashbuckling partner was there to take me back where I belonged. Wow! what a homecoming and what a welcome, even to date, I oil up reminiscing the moment.

Life moved on and with the passing years, even the family strength increased from two to four and we were five excluding me. The youngest would be perched on the petrol tank, my sibling sister in between Mom & Dad, and Vikram on the rack behind, all clinging on for their dear lives. This went on for a little while till the children felt embarrassed being a burden on poor me. So the family graduated to an Ambassador car. I was a little hurt but could understand the requirements of the family.

My journey was successful as I saw my Captain friend climbing the ladder of success and reaching the rank of a General. I confess, even my status too got upgraded and from 1992 - 1995 I adorned the portals of the ORDNANCE HOUSE at Lucknow. Oooh! What a journey it has been, awesome, wonderful with an adorable friend, father, mentor and my bestie darling, General.

Finally, my friend the General retired and the baton (me, the JAWA) as they say in the Army was passed on to the elder son Vikram. With a heavy heart, I left my mentor to start life afresh back again to a young Captain hoping against hope that I could prove to be his lucky charm too!!

My second innings commenced in all earnest and I too braved the various lows and highs with him. I have been by his side observing his progress from a Captain to a Brigadier, I guess I was a lucky Mascot!!

Facing all weathers finally in 2017, I landed in the salubrious climes of heaven on earth, Kasauli. Truthfully, age had caught on and I felt useless just parked on one side of the garage.

One day, my owner's wife, Ruchi, inspected me, and I was delighted to hear that she had decided for me to undergo a comprehensive cosmetic surgery. Finally, God had heard my prayers.



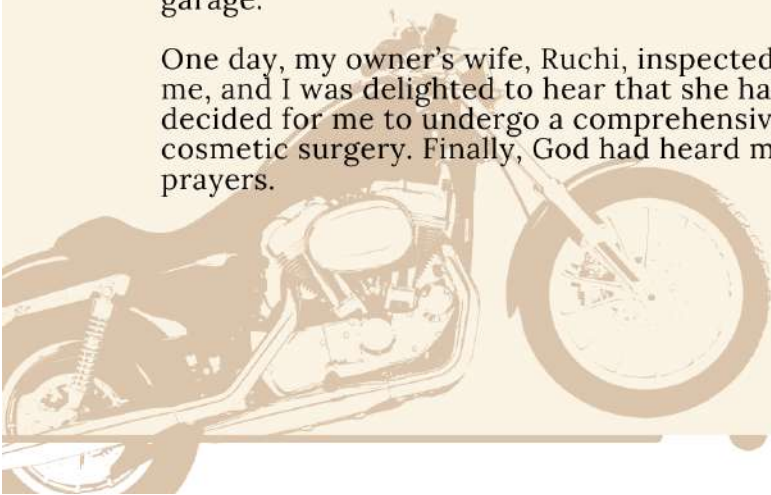
I was taken for various tests and parameter checks. Based on the results, the experts cleared me to get going. I underwent a long drawn makeover and lo behold! I was my old self, ready for action. My new boss gave me the same respect. The first day he tried to give a kick start, he whispered 'Chal dhanno meri izzat ka sawal hai' and vroom! I ranted up alive and kicking. Life began in style.

I got the pride of the place at the entrance of the famed Gilbert House (The Commander's Residence). All visitors would shower praises meeting me and would without fail pose with me and reminisce their romantic moments on their JAWA or motorbike. It made me feel on top of the world. Twice a week I had the privilege to take the Brigadier to his Office. The whole of the Kasauli Hills reverberated with the sound of music that I created.

After a year and a half's hibernation I am back on the campus of NDC once again enjoying the admiration and praise from officers and ladies. So, that in brief has been a very rewarding and challenging journey of my life, I am sure that my heart, limbs and eyes continue to support me for the years to come and Saumya and Ananya, my grandchildren too have the opportunity to adopt me.

I am sure all this admiration will keep my limbs functioning, bones, and heart young. The dreams of Saumya, Ananya and my grandchildren riding me will keep me going.

- Brigadier Vikram Sharma





RTPCR

"An RTPCR needs to be done" boomed the voice of the senior officer in one remote area, a long, long time ago. In those initial days, the tongue twister acronym (RTPCR) reminded me of the PCR vans in Delhi. But it also reposed my faith in our senior officers as to how they could very glibly imbibe the technical medical terms hither-to unknown to laymen like us.

In days to come, RTPCR gradually became a house-hold name. It also elicited a strong sense of aversion and apprehension. In the short span of our FCST in Mexico and the USA of 11 days, we had to undergo this agony of being subjected to RTPCR five times. And I can also state with utmost confidence that I have mastered the art of surrendering myself to this ordeal.

The first time we got the test done in Mexico, the doctor was particularly interested to ensure that we ended up with a nasal wound. He reminded me of the technical term that I had recently learnt while brooding over my son's future - data mining. Probably, he had a brother who was an ENT specialist with no professional turnover of patients. Next time over, we Indians had already readied up a jugaad (novel idea) to communicate our resentment to him. We google translated the word "gently" in Mexican - "despacio" and thrust it towards his face. He nodded wryly. However, his actions seem to belie any hint of having understood what we said.

A flurry of discussions and strategies flowed, and we all came to the great solution of putting up a poker face distraught with pain, the moment the pin was inserted. I was so terrified that I started sleeping with my mouth wide open. However, I was smarter the next time. I practiced before the mirror a couple of times the night before, to get my act right. The next RTPCR test was at the US. I closed my eyes the moment I sat on the seat and performed with precision. I felt no pain and triumphantly opened my eyes with a glint of success. The young lady was watching me avidly and said "the RTPCR is yet to be done" and proceeded to smilingly thrust the pin into my nose.



-Brig Adarsha Verma

God's Only Lucky Few...GOLF



– Priya Narang

You can skip your meals or even miss a flight,
For teeing off anytime is just right.

Once you are bitten by the bug called Golf,
Trust me you see only two colours, green and white

Your world revolves around the petite yet crazy ball,
You chase it like your first love and rest you know it all.

You centre your focus on this queen of hearts,
Resting on the tee and with a silent prayer, you start.

With a strong endeavour to neither lift our head
Nor look for the ball,

You pray that it lands closest to the green,
Shooting like a dart.

When your caddie walks in the direction least expected,
You wonder how your lucky ball could break your heart.

You don't give up, from where the ball lies,
You take the next shot.

Golf teaches us to keep marching and to move on.
It is exactly like the game of life, believe it or not.

Spellbound with the power this little sphere contains,

How you wish, this little devil you could control, or tame.

Your heart swells with pride with the perfect shot,
For every missed shot you know whom to blame.

You are your truest version, completely unmasked.
No pretension, no facade,
You vent out your anger, you do your victory dance.

Through the bunkers, the hazards, the water bodies,
You can sail through it all,

Keep your fears and doubts aside and break that wall.

Have you ever found yourself flummoxed?

Or wondered why you chose to play golf
Or did golf choose you?
Then you must also know that you are the blessed,
The beatified to play.

You are amongst God's Only Lucky Few.

NDC GOLF

06-11-21 | AEPTA, Delhi Cantt





FCST

Exploring the Foreign Lands



The Foreign Country Study Tour has always been a very vital component of the course curriculum at the college. 'The foreign tour' as it is colloquially referred to in the course, aims at giving an opportunity to the course members to acquire first-hand knowledge on the socio-political, economic and security issues of the selected countries. It also provides them with the opportunity to exchange views with civil government and military officials of the countries being visited and reinforce or reject ideas generated during research and study at the NDC. The delegation members along with their spouses also act as the ambassadors of the nation out to improve the existing bilateral relations with the selected nations.

On the lighter front, the foreign tour is also an opportunity to see new places and further strengthen the bond of bonhomie and friendship amongst the course members and the spouses. No wonder it has always been a source of much excitement and cheers in the course. This time around, the prospects of a foreign outing obviously raised the adrenalin much higher than ever before. The yearlong pandemic restrictions were having a toll on everyone and an international visit with friends and contemporaries promised a wonderful break from the monotony.

Much of the credit goes to the Commandant and the Staff at the NDC, who worked tirelessly for months on end to make the tour a reality. Obviously, it was not a mean task as all official foreign travel had been on a standstill for the last eighteen months. But as they say, where there is a will there is a way, for finally approvals were received from Russia, Mexico, Maldives, Egypt, Uzbekistan, Kazakhstan, France, Nepal, Sri Lanka, Mexico, and the United States of America for accepting our delegations subject to due COVID protocols being followed. Some compromises also had to be made like a couple of countries were not ready to accept the spouses of the delegation members. Notwithstanding, all the anticipation and the travesties of travel in a COVID environment with repeated testing and restrictions, the delegations went on with the visits with great delight and enthusiasm. What followed was a wonderful fortnight of valuable learning, entertaining outings and much cheer and jubilation amongst the course members.

Well, it is very difficult to recreate such beautiful moments of life, nevertheless, an attempt has been made to capture some of the cherished memories of these refreshing visits in the following pages...

Brig Vivek Narang



From the Switzerland of Central Asia to the L' Hexagone

Kyrgyzstan and France





*From the pirate coast to the
land of poets and thinkers*

FCST - UAE & GERMANY





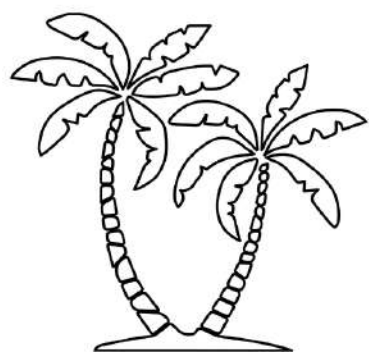


"AMERICA MEXICANA"

TO THE **BIG APPLE**







From the land of mosques and
mausoleums to the island country,
Uzbekistan & Sri Lanka





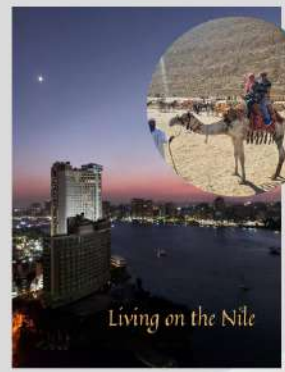
From the coral
islands and sand
banks of Maldives





to the land of
Tsars-Russia





EGYPT & NEPAL



The Nile Cruise



CNVFILM FF1





From the land of
Wheat & Honey to
the Land of Buddha



It takes Two to Tango!



#Joyfultwo

Air Cmde JT Kurien & Mrs Ruby Kurien

Joy balances his professional & personal life well and can be relied upon to help others in testing times. He is a fun loving guy who is regular on the jogging trails and his hobbies include gardening, riding, trekking and cooking.

Ruby is a home maker who keeps everything at home shipshape. She likes to Paint, Dance and Sing. Give her a mike and she keeps you enthralled with her songs.

They have a son Kevin & daughter Karen who were with them during the course. The youngest in the family is Archie the Beagle who was famous as an Escape Artist.

Joy- 10 Feb, Ruby- 12 Jul, MA- 24 May

Captain Fayed Ahmed T Al Shammari and Haifa Al Shammari

Saudi Arabian Navy

Fayed was born in 1975 in the Kingdom of Saudi Arabia and graduated from the Saudi Arabian Naval College in 1997. He lives with his wife (Haifa) and their seven children (three boys and four girls) in the city of Jubail, in Eastern Saudi Arabia. Their eldest son is now in his first year at the naval college and is following in his father's footsteps. Haifa was born in 1975 and has a master's degree in Science and works as a teacher.

Fayed- 14 Jan, Haifa- 10 Jul, MA 18 Jul



#Exploringlifetogether



#(Mad)eforeachother

Dr Bhartendu Kumar Singh and Garima

IDAS

Dr Bhartendu Kumar Singh is in the Indian Defence Accounts Service. married to Dr Garima Mani Tripathi who is an Associate Professor of Philosophy in Mata Sundri College for Women, New Delhi. Bhartendu, being in a transferable job, has been living his life in a suitcase while Garima takes care of family responsibilities with a stable job in New Delhi. Both are alumni of New Delhi's Jawaharlal Nehru University and love to loiter around the campus in their spare time. They love to spend time in the company of extended family members and friends. Bhartendu loves long walks and trekking while Garima is fond of movies. They have a school-going daughter who is developing interests in debates, Western and Indian dance, and mimicry.

Bhartendu- 11 Jun, Garima- 02 Dec, MA- 06 Feb



Cmde B Ajay and Mini

Ajay, Mini and Anjali, are a lovely family. Their presence could be beautifully felt through the entire course duration, be it events, social or being there for others.

Ajay is a very fine gentleman, professional, committed and dedicated. He has a very sincere and honest approach towards work and life. He surely maintains the fine balance between work and fun.

Mini on the other hand very social, warm, and loving. Happy to help. Given a task, Mini gets involved and engrossed to the deepest level and comes out with the best results.

Mini loves to shop and will not miss an opportunity to do the same.

Ajay- 20 Apr, Mini- 16 May, MA 25 Aug



#Eternal love



#Eternal-love

Brig Raveendra Kumara Herath & Ganga

Sri Lanka Army

Ravi and Ganga both hail from the city of Matale in the Central Hill Tracts of Sri Lanka, surrounded by the cool climes of the Knuckles Mountain ranges.

Their eternal school friendship proved to be an ever-loving relation to date. Spanning almost four decades and spirited enough for a lengthy stint into the future. The togetherness the couple feels in times of laughter, happiness and in difficulties is the same spirit that is the driving force that bonds them together to remain unruffled against all odds. The confidence that Ganga exhibits, keeps their family together, even when they are living apart in three distant locations (Colombo, New Delhi, and their son at NDA Pune). They are blessed with a loving son and an adorable daughter, who are now young adults working hard to take their place in the world.

Ravi- 04 Jan, Ganga- 26 Jun, MA- 10 Feb

Captain Kohei Harada

Japanese Navy

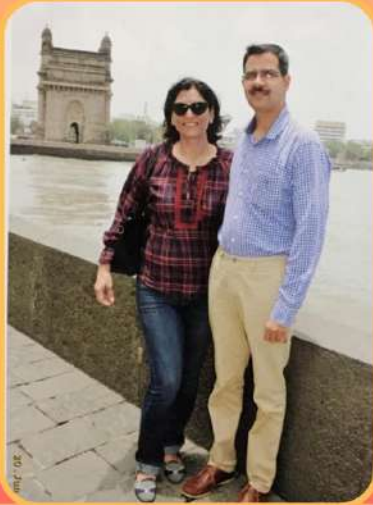
This is the second time I have been to India. The first time I came was in May 2001 for a distant training voyage in Chennai. I remember seeing various temples and Krishna's butter balls. At that time, I had no idea that I would be studying in India in the future, or that Japan-India relations would progress as much as they have. Japan has been sending students to NDC since 2009. The Japan Maritime Self-Defense Force has dispatched three students in the past, some of whom have already been promoted to the rank of general. Before leaving Japan, I informed all three of them that they would be studying at NDC. They were happy to hear this and spoke fondly of their studies at NDC and their life at RAKSHA BHAWAN. My days in India will soon be over, but I hope to deepen my understanding of the country.

Harada- 25 Jan



#SilentSubmariner

It takes Two to Tango!



#jovi

Brig Ravinder Singh and Jyotsna

Jyotsna and Ravi couldn't have been more different yet custom-made for each other. Jyotsna's life philosophy is 'Carpe Diem', which makes her see every moment as a party to be danced in. On the contrary, Ravi is a reserved being with a calm demeanour. He is most comfortable around family, technology, and books. Swearing by the principle of 'You can't be too careful', going by the books is what he deems to be the best approach to life.

Their bond is an exemplar of the concept of yin and yang. One of them is guided by instinct, and the other by wisdom. You know the virtue of balance is established in the home where both impulse and rationale are given their due spaces. Is it a mere coincidence that their names can be merged to arrive at the name of one of the most popular bands of their favourite music genre?

Ravi- 02 May, Jyotsna- 27 May, MA- 18 Jun

Kim Heriot Darragh and Shweta

Shweta was an Indian living in Australia, Kim was an Australian living in India - it was a miracle that they met changing their lives forever. Both love travelling, debating, and lazing around on beaches. And there's no more romantic thing than scoffing pani puri down their throats. For his love for India and Indian street food, Kim was at home throughout the course.

Kim- 23 Dec



#Beyondboundaries



#Bondedforlife

Dr Jayaraj Naik & Dr Inira TJ Naik

IDAS

Dr Jayaraj Naik, IDAS, is a graduate of Bangalore Medical College and was inducted into Indian Defence Accounts Service (IDAS) after qualifying in the Indian Civil Services exam in 2001. He has done his MBA (Finance) from Arun Jaitley National Institute of Financial Management, Faridabad. He has served in various capacities in Defence Ministry as a financial advisor. Jayaraj possesses excellent oratory skills on a wide variety of topics and is a foodie and interested in reading and listening to music.

Dr Indira TJ Naik is a Gynaecologist who did her graduation and post-graduation from Bangalore Medical College, Bangalore, Karnataka. Presently working with UNFPA. She is a great cook, loves teaching, reading and being amidst nature. The couple has two beautiful daughters, Asmi in class 11th and Sriya in class 9th studying in DPS Mathura road New Delhi.

Jayaraj- 25 Apr, Indira- 15 Aug, MA- 08 Apr



Mr GV Manoj Kumar & Lalitha

DRDS

Notwithstanding their considerable variations in comportment, Lalitha and Manoj were meant for each other. Jovial and caring Lalitha's energy levels are on the rise in the presence of pals. On the other hand, a stealth man Manoj blends and adapts to the environment concealing his presence. He is at ease when surrounded by his loved ones, technology and gadgets—a good friend and philosopher for people in need.

Their relationship exemplifies the Feng shui idea. One is governed by instinct while the other by wisdom. Having a home where both impulse and logic have equal footing teaches the virtue of balance. Combining the Names “MaLa”, A garland or “LaMa”, a saint gives the extremes of the lives. It is a mere coincidence that A hash-tag Manila suits the couple as a strong bond holds them.

Manoj- 22 August, Lalitha-20 Jan, MA-17 Feb



#Manila



#jovi

Lt Col Marat Bulatovich Mukhammetkharisov & Albina

Uzbekistan Army

Marat comes from the beautiful city of Tashkent. He is married to Albina, who is an English teacher. The couple has a lovely daughter Alina who is studying in Grade 4. The family love spending their free time together.

Marat- 01Sep, Albina-15 Jul, DoM- 27 Sep

Air Cmde Satish Kumar Mathur and Sonika Mathur

Satish and Sonika hail from Delhi but have lived all over India thanks to IAF. They have been married for 25 years and have two children, Tanya and Akshaye. Satish is a graduate of National Defence Academy, DSSC and CAW while Sonika has a Masters in Chemistry from Delhi University. Satish enjoys sports, current affairs, travelling and long walks. Sonika likes cooking, interior designing and home decor.

Satish- 04 Dec, Sonika- 01 Sep, MA- 16Apr



#25yearslove

It takes Two to Tango!



#AMANDITA

Air Cde Aman Kapur and Nandita Kapur

We are two different people and definitely not a "made for each other" couple. We have gone through possibly everything that was designed to tear us apart but eventually, we have come out even stronger.

We think "togetherness" is a very important ingredient to family life. We are two individuals with two contrasting personalities. "Real love" is not always about agreeing with each other, but it is about fighting and still holding onto every moment with your partner and being with them when they need you the most. It is all about making a life together and making it work, no matter what happens.

THIS IS THE COUPLE WE ARE, AMANDITA.

Aman- 20 April, Nandita- 10 Aug, MA- 08 Oct

Brig Md Mahmudul Kabir and Syeeda

Bangladesh Army

Mahmud is a gentle, amiable and inspiring personality. He believes that simplicity and respect for each other is the source of happiness in life. He enjoys sports and loves to play golf. Shimu is ever smiling, elegant and always caring for the family and friends. Her melodious voice and passion for music touch everyone's heart. She actively joins all social activities and is liked by all for her affable companionship.

Mahmud- 26 Aug, Syeeda(Shimu)- 14 Feb, MA- 27 May



#Bestfriends



#Lovestory

Colonel Mikhail Govrilov & Karina

Kazakhstan Army

Mikhail and Karina are a beautiful couple. Their chemistry has a romantic history. Mikhail accidentally met Karina while he was on a study vacation in Kazakhstan for 1 week. Though had to part after that but the attraction that arose between the two got them connected. Eventually, the two got married. After 13 years of marriage, their beautiful chemistry is evident. Karina is a very bright young lady. She graduated from university with the highest scores and has extensive experience in banking and informatization. We are glad that they could join our large and friendly team of graduates of the National Defence College of India!

Mikhail- 22 Aug, Karina- 21 Nov, MA- 01 Aug



Prachish and Bharti Khanna

Indian Telecom Service

Prachish is from Allahabad, U.P. and Bharti is from Jalandhar, Punjab. They had an arranged marriage and are like any ordinary, normal couple. Married for 21 years, they have two sons, Malhaar, aged 19 and Ninaad, aged 16 years. Prachish is an officer from Indian Telecom Service and has worked in DoT, UPSC and MoD. Bharti started as a Probationary Officer in Oriental Bank of Commerce (OBC) and is now working as a Manager in Punjab National Bank (PNB) after the merger of OBC into PNB. Both of them do not like to mix their work-life with their personal life. Prachish is fond of Hindustani classical and Hindi film music. Bharti likes to do painting and cooking for her kids. The couple is not much into socializing and mostly like to spend time at home.

Prachish- 12 Sep, Bharti- 16 Oct, MA- 20 Aug



#Theloafers



#Manoj&DrRaakhiMehra

Air Cmde Manoj Mehra Raakhi

Manu, as he is lovably called, with his wit fully charming personality, ever-smiling face and compassion, easily makes friends. His childlike inquisitive nature with a twinkle in his eyes amazes everyone, his one-liner statements are most looked forward to. Manoj is a keen golfer and an avid reader. Dr Raakhi is the perfect combo of beauty with brains, indeed an achiever and a perfectionist, with multiple feathers, a renowned ayurvedic doctor, body & mind healing counsellor, author, poetess, TV & Radio program coordinator, She, runs a start-up named "Dr Raakhi Ayurvigyan", for teaching, training & treatment through Ayurveda-Yoga- Naturopathy in Delhi. With an eye for detail, her persona reflects a perfect balance between spirituality and science. Both love to socialize and are the spirit of every party.

Manoj- 1st Jun, Dr Raakhi- 27th Sep, WA- 9th Feb

Colonel Than Hliang Win & Myo Ma Ma Lwin

Myanmar Army

Colonel Than Hliang Win was born in Yangon Township and joined the Myanmar Army in 1993 and was appointed as a gazetted officer in 1996. He has served in an Infantry Battalion for 18 years and now has almost 26 years of Service. Before the NDC Course, he was serving as a commander in the Myanmar Army. Than married Myo Ma Ma Lwin in February 2007 and the couple have two lovely daughters, Shwe Ye Linn Hlaing and Thoon Yeti Hlaing. A friendly participant in all NDC activities, Than enjoyed attending the NDC course learning about India's ethnic, cultural, economic and international security perspectives.

Than- 30 Nov, Myo- 05 Mar, MA- 03 Feb



#beautifultogether

It takes Two to Tango!



#VaydeehNiharica

Brig Vaydeesh & Niharica Mahajan

Vaydeesh joined NDC straight after finishing a challenging and satisfying command tenure. During the course he had two goals; self-development and devoting time to the family; which he accomplished. In addition to imbibing from others, he devoted his time at the NDC towards research and writing. He contributed independent, original, well-researched and thought-provoking presentations and documents. Niharica, a forthright and dependable lady, was liked by all. An interesting, social and friendly person, she was part of all groups, events and gatherings; formal and informal. However, she would be best remembered for her dressing sense, interiors of her house, magic with plants, culinary skills, boundless hospitality and "chai par gup-shup." Vaydeesh and Niharica, always ready to hit the dance floor, thoroughly enjoyed what the 61st NDC had to offer, especially the quintessential Raksha Bhawan experience. More than anything, the relaxed environment and predictable routine of the College ensured that they and their two boys enjoyed their time in the company of one another.

Vaydeesh- 03 Dec, Niharica- 28 Apr, MA-14 Apr

Col Rachmad Syah Lubis, (S.T., M.Sc.) & Rochmawati

Indonesian Air Force

Lubis, an ever-smiling, cheerful officer from Indonesia is married to Rochmawati, She is a lawyer, and the couple has five children: Yuri, Muti, Rifqi, Alma (deceased), and Salma. Lubis enjoyed his varied experiences in India and was always appreciative of every small and big thing.

"I would like to thank the Commandant, SDSs, and colleagues for the wonderful and unforgettable experience of being in India as well as the valuable knowledge gained while studying at NDC 61. I hope that the friendship between India and Indonesia that has been formed can last a lifetime. Salute to India."-Lubis.

Rachmad-22 Jul, Rochmawati- 23 Mar, MA-21 Feb



#Familyfirst



#Oppositeattract

Sunita Kakran,IPS & Ravi

Sunita and Ravi got married in 2000 and have two daughters. They met in the beautiful city of Bhubaneswar, while posted there. Over the years, government service took them to separate places. Therefore, time together with kids is very precious to them.

Opposite attracts. Ravi enjoys golf, tennis and marathons, while Sunita loves to walk and gardening. Both love quiet evenings.

Sunita- 07 Jun, Ravikant- 17 Dec, MA- 03 Sep



Brig Sameer & Meena Srivastava

Sameer epitomizes nationalism, born in the North, brought up in the East, married in the South, settled in the West, and served with the Nagas of North-East. Have loved every challenge and blessing this organization has given him. He loves bike rides, nature, and partying with friends.

Meena-A Forces child, associated with the corporate world for 17 years! Loves working, singing, dancing and everything that defines happiness!

The couple spent these 10 months with some of their best friends and made many more new bonds to cherish for life.

Sameer- 24th Jan, Meena-06 Oct, WA- 25 Oct



#pawrtytobantihai



#suresh_indu

Brig Suresh Bhambhu & Indu

Suresh is a tall, well-built dignified personality, who is humble and socially graceful. He is quite meticulous, orderly and fitness conscious. For him the essence of life is managing events most effectively in a given time, and he believes in the concept of "Baat Karne Se Baat Banti Hai" (Solution to the problem lies in discussion).

Indu, Valentine girl (born on 14 Feb) is full of love, warmth and has great concern for others. She is always smiling and takes adverse situations as though shall pass, who is passionate about pets and animals. She is a pillar of strength, a great companion cum friend and mother.

The couple has two daughters, who are pursuing careers in medical science, preparing to serve the Indian Army and Society in years to come.

Suresh – 1st Jul, Indu -14th Feb, WA 18th May

Air Cmde Vikas Sharma & Rajni

This marriage is made in heaven...no matter what people think or do", said the astrologer. Really? He - from Jammu, she - from Kerala. Vikas was the quieter one and she loved to talk. He a perfect gentleman, Rajni on the contrary was an extrovert, who loved to sing and dance. He was tone-deaf with two left feet. Anyone would wonder how they got along! But... She loved him. He was crazy about her. He fulfilled her. She completed him. And so started the story of two states...and 25 years on...the love has only matured to the level of unmatched understanding. The story continued with them being blessed with two beautiful and bright daughters – Asmita (24yrs). A postgraduate in Food Science from UBC (Vancouver) is an avid dog lover and a music buff. Anahita (20yrs) is pursuing her graduation in Psychology from JNC (Bangalore). She is also passionate about music and not only makes covers but composes her own songs as well.

Vikas- 30th March, Rajni-10th Dec, WA-10th Feb



#oppositesattract

It takes Two to Tango!



#Vikram&Betaal

Brig Vikram Sharma & Ruchi

Vikram is a man for all seasons, courteous, affable, benevolent, affectionate, and thoroughly professional. His sense of humour, mellifluous voice and artistic nature magnetically draws his friends to him. His passion for golf and academics alike is a motivation for all to emulate.

Ruchi is a loving girl with radiating inner beauty and an aura of romance which reflects in her moods. An energetic & extremely sociable woman of substance, her abilities of coordination, communication and bonhomie make her a lovable team member. Her cooking skills and the gym subscription by course members had a symbiotic equation.

They make an excellent couple, complimenting each other in ever possible way. They value relationships and believe in taking everyone along.

Their two lovely daughters, Saumya and Ananya, complete their happy family.

Vikram-25 Feb, Ruchi- 20 Sep, WA- 14 Oct

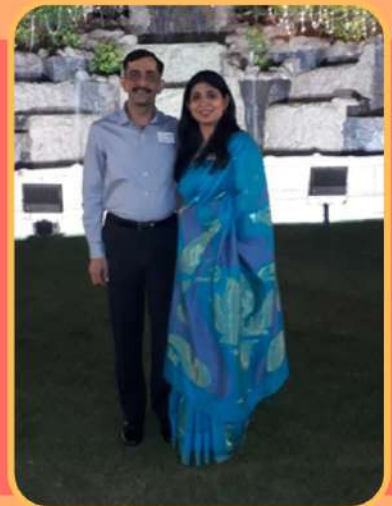
Cmde Sumeet Kapoor & Sanjul Kapoor

Cmde Sumeet Kapoor was commissioned in the Indian Navy on 01 June 1994. The officer is an ex-NDA and is part of the Executive Branch of the Indian Navy. The officer is a Navigation and Direction Specialist. He was the commissioning crew of INS Tabar which was commissioned in Russia in 2004.

The officer did his Staff Course in the USA in 2006-07 and was the Defence Adviser for Sri Lanka and the Maldives from 2010-13. He has commanded four ships in his career which include Coast Guard ship CGS C-04, INS Veer, INS Kulish and INS Tarkash. The officer has done staff appointments at Naval Headquarters and held various appointments in training establishments. Also, he has been awarded Nao Sena Medal for 'Devotion to Duty'. Sumeet and Sanjul are married for the last 21 years.

Sanjul is a homemaker and has done master's in social work. She has been a pillar of strength in the officer's life and has ably supported him through difficult times and challenging appointments.

Sumeet- 25/08, Sanjul- 25 Oct, WA- 28/02



#sanjulcooper



#1994ALoveStory

Brig Vivek Narang & Priya

Vivek is a man of few words. Serious on the outside, he has another version that may surprise you each time you meet him. With his unmatched willpower, this go-getter never let's go off something that he sets his eyes on, be it the love of his life Priya, whom he met when she was just seventeen and bagged the title of a cradle snatcher by marrying her or the New York Marathon, running across all the five boroughs of New York City. As a family man smashing all templates of a husband, a father, he is just the best buddy. His partner in crime for the past 27 years, Priya comes across as a very vivacious, perky, mirthful, and free-spirited lady. She is a live wire inundated with enthusiasm. A digital content writer and blogger, she is driven, committed, takes on responsibilities and finishes to perfection. She loves to pour her heart on paper. A hodophile, meeting new people and capturing smiles keeps her going.

Vivek and Priya are blessed with two bright, beautiful, and gifted daughters Naaz and Reet.

Vivek-10th April, Priya-1st Jan, WA 21st Oct



Brig Ashish & Kavita Bhardwaj

Smart, dashing, outgoing...well, Ashish is none of that. He can associate with - quiet, cheerful, 'supposedly' intelligent, social, and is a sincere team person, who generally remains on an 'energy saving mode'. He wouldn't seek out a responsibility, but would surely be up to it, in case no one else would. During his journey through the NDC - he learnt a lot, widened his horizon, connected with people & made lifelong friends, joined the cycling club, and really freaked out on the treats Delhi's home delivery services had to offer (Swiggy, Zomato, Licious etc).

Kavita is a straightforward, simple, beautiful, and ever-smiling lady. She compliments Ashish in all aspects. A homemaker & a wonderful mother, Kavita makes amazing food, and is good at 'understanding' people.

Our Lifelines. We are blessed with two lovely kids - Ashita (3rd Year - BITS Pilani) and Kavish (Class VII).

Ashish-12/01, Kavita-03/08, WA- 26/02



#ASHish-kavITA -
KAVita-ashISH



#complimenteachother

Brig Arun Ahuja & Nidhi

Brigadier Arun Ahuja was commissioned in December 1991. He studied at the Rashtriya Indian Military College (RIMC), Dehradun before joining the National Defence Academy (NDA) in 1988. He joined the Intelligence Corps in 2001. He is a graduate of the DSSC Wellington and has attended the HDMC at the College of Defence Management, Secunderabad, India. His interests include golf, travelling and reading. Nidhi hails from Chandigarh. A graduate from MCM DAV, Chandigarh, she is fun loving and social. Nidhi is a homemaker, and her hobbies include travelling and cooking. They have one son, Archit, who is pursuing BTech in Pune.

Arun- 17 March, Nidhi- 15 Feb, MA- 10 April

Capt Tran Xuan Do & Phan Thi Hai Yen

Vietnam

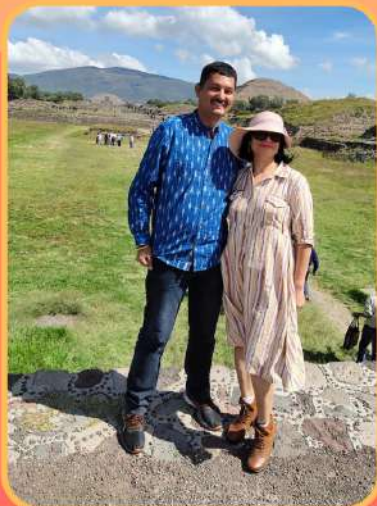
My friend, wife, and life partner is Phan Thi Hai Yen, she is currently a primary school teacher in the coastal city of Nha Trang, Vietnam. We have been married for 18 years and have two sons. We have overcome many difficulties of life together to raise our children, my eldest son is 17 years old, the youngest son is 10 years old. Our two children are very obedient and well educated. As for me, I am a senior officer of the Vietnam People's Navy, currently I am working at the Naval Academy, my Academy is also in Nha Trang city. Nam Dinh is my first hometown, where I was born and had a very beautiful childhood, full of memories with friends. And Nha Trang is my second home, where I have love, family and career. I love my family, love my career, and love my Nha Trang!

Tran- 04/01, WA- 12/04



bestloves

It takes Two to Tango!



#ForeverTogether

Brig Adarsha Verma & Pooja Verma

Composed and committed, this gunner epitomizes a calm exterior with focussed efforts in everything he does. A fitness enthusiast, Ady delved into running and cycling with poise. With a penchant for writing, he kept himself busy during the course with varied literary contributions. Forever ready to extend a helping hand, Adarsha is popular as the cheerful, helpful next-door guy.

Charming, affectionate and witty, Pooja complements Adarsha in his exploits of running and adventure. A postgraduate in English Literature, she also engages her family and friends with her delightful culinary skills. Forever active, Pooja pursues gardening as her interest and is full of zest with warmth, positivity and spontaneity that endears her to one and all. Anirudh and Aniket, their two sons round off this well-knit, warm family.

Adarsha- 24 Sep, Pooja- 15 Aug, MA- 21 Nov

Brig Amit Singh Sohal, VSM & Archana Sohal

Amit, a hardcore Sapper officer who had just returned from a gruelling stint in high altitude and Archana, a professional educationist working at The British School were the livewires of the course, especially at the bustling environs of Raksha Bhawan. They took the lead to ensure fun n frolic at Raksha Bhawan ranging from Holi celebrations to organising memorable dance parties to rejoice every moment spent together. The duo fully utilised the lockdown times to master Power Yoga to keep fit and inspire others too.

Amit is calm, meticulous, and cheerful person. His zeal for fitness is a motivation for all. Archana is a passionate, creative, and charming lady who wholeheartedly took an active part in all the social events to keep up the high tempo of the course.

Amit – 07 Sep, Archana – 02 Oct, WA – 16 Jan



#amitnarchie



#mridukul

Brig KS Dadhwal & Mridula

A Madhur Parivar- the blessed foundation to this sweet beginning was laid on the 15th of Feb 1997. Hailing from the mighty state of Punjab - with the motto of living life king-size, both Kuleshwar and Mridula are like a solved Lego puzzle fitting perfectly. Being the fourth generation Indian Army officer, they have knitted many priceless memories in the fabric of their life... The unfading memories they have made so far, have matured into countless blessings in the form of many loving friends. They believe in fulfilling their professional and social commitments with utmost sincerity and honest efforts. Passionate about travelling and discovering places the world has in its store, this couple also enjoys trying out mouth-watering cuisines as a personal favourite hobby.

Blessed with two sparks of their lives- Son Dhananjay is a passionate Army officer, commissioned into his father's unit in Mar 2020, and daughter Parul is currently pursuing B.A. Eco (Hons.) from Delhi University.

They clocked 24 this year and the happy innings are still on...

Kuleshwar- 16 Nov, Mridula-13Aug, MA- 15 Feb



Brig Gagan Deep & Rekha

A perceptive, incisive and a grounded soldier, Gagan was generally a quiet type with a resolve to maintain a low profile who always landed up with maximum responsibilities which he handled with élan. He is a thorough professional with a quick wit and laid-back persona. A vocal proponent for online classes and an expert on matters 'Northeast', his confident and well-researched presentations earned him laurels. Gagan was mostly found on roads either running, cycling or in golf courses. The mystery of the course was when does he eat and who has seen him eating. He is an avid biker having biked in more than 20 countries with continuous hunger for wind on his bike shield.

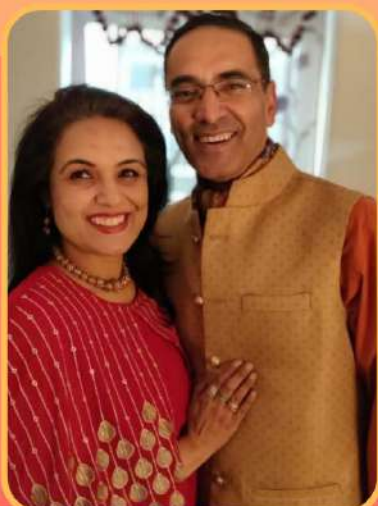
Rekha Deep

A positive soul, Rekha is a beautiful blend of intelligence and poise. Her love for animals and plants could be seen in her greens and pets. Well-read and well informed, hers was an unobtrusive but calming presence. She is a follower of yoga and fond of running with music and travel as her passion. She has travelled to more than 20 countries and is an ardent navigator for her biker man.

Gagan – 16 November, Rekha – 15 October, MA- 30 October



#windonourshield



Gaurikaharry

Brig H S Bajaj and Gaurika

Harry's charm, warmth and affable personality drove him close to many. He mesmerized all with his melodies. A thorough professional who walked the extra mile to help everyone alike. A passionate runner he motivated Gauri to run each morning.

Gauri is a fun loving, and gregarious person who wears a positive attitude with an infectious smile. Her gourmet cooking kept the gastronomes of the course gaping in delight. Her love for adventure and her blithe vivaciousness drew her close to many.

He is practical she is emotional; he is sagacious she is casual, but together they are a 'riot' like a House on Fire.

Harry -30 Sep, Gaurika- 24 Jan, Anniversary – 14 Oct

Brig JP SINGH & Neetu

Chai stands for his warmth, cheerfulness and of course his love for the tea, be it in solitude or in company. His spot-on observations made people laugh and his love for golf kept his inner child alive. A man of few words, Chai has the special ability to draw attention of the people around.

Adrak always leaves the aroma of excitement in the air and brings a special combination with Chai. Her kindness makes her loved ones feel loved. She loves her meditation schedule and is always excited about bringing a change in routine life.

JP- 15 Aug, Neetu- 28 Nov, WA- 16 Feb



#Adrak & Chai

It takes Two to Tango!

Col Soe Moe Kyaw & San Ei Ei Naing

Myanmar Army

Col Soe Moe Kyaw from Myanmar Army hails from Yankin Township, Yangon Division, Myanmar and joined the Army in May 1989. He attended the Defence Service Academy (DSA), 34th Intake and was commissioned into the Infantry in April 1993. His previous appointment prior to NDC was as the Deputy Commandant and Chief Instructor, at Myanmar Army Officer's Training School (Fort Bahtoo). Col Soe married his lovely wife on January 3rd, 2000, at her home town, Ywar Ngan, Southern Shan State. The couple has two children, the elder is a daughter, is 20 years old, and a budding architect. Their son is 16 years old all set to join university. The family lives at Fort Bahtoo in Southern Shan State.

"I extend a special thanks to everyone who helped me enjoy the 10 months of training here and Special thanks to the Government of India and the Myanmar Armed Forces for allowing me to attend the training. I will have fond memories of the NDC course when I return to Myanmar. If you have any reason to come to Myanmar, please contact us at any time, I will be happy to help you. Thank you." Soe

Soe 08 Dec, San Ei Ei Naing 24 Sep, MA 03 Jan



#ForeverTogether

Brig Karan Grewal & Mamta

Karan & Mamta are happily married for 25 years and enjoying Army life to its fullest. Staying in wonderful Cantonments around the country they have gathered and created fond memories and a huge bouquet of great friends. By nature, they positively complement each other. They believe in fulfilling their social & professional responsibilities with sincere and honest efforts.

Mamta's love for cooking and gardening makes their home and life much flavourful and colourful. Her caring nature and helping attitude are her biggest source of happiness. The couple is still fortunate to have healthy and loving parents on both sides. They are blessed with a son and a daughter. Vikram is a young Diplomat (IFS 2019) posted in Paris and Vaishali is waiting for her admission to Delhi University.

Karan- 24 Apr, Mamta - 01 Oct, MA- 11 Feb



#karma

Brig R S Manral & Geetanjali

For 18 years in each other's hearts, Their sum more than their parts;
She is an old soul, He plays pranks galore; Books are their passion, For her - print; him - in any fashion;
Up at the crack of dawn, One to meditate, other to the golf course drawn;
VSM, their son, is their best pal.
Shares their love for music, good food, nature & travel,
New places together they unravel.
Whiskey, their lab, understands their talks, VSM pampers, she grooms & he walks.
Laughing together, at themselves - the loudest,
Of each other's accomplishments - they are the proudest.
Their mantra - 'empathy' and 'gratefulness',
And mostly - 'Spaces in Togetherness'.

Ranjeet- 31 Jan, Geetanjali- 07 Nov, MA-11 May



#Spacesintotogetherness



Mr Rohit Sharma IRS & Jaishree

Rohit and Jaishree are Indian Revenue Service officers who met at the training academy. They are as different as chalk from cheese. A thorough and diligent officer at work, Rohit is a charmer who is an instant hit at the parties, knows how to enjoy parties and give repartees. He is a typical pompous Punjabi with a big moustache, who shall put you at ease in an instant. A well-meaning person, he is a very good counsellor.

Jaishree is contented, forthright, with an attitude all is good with the world. Being upright, sincerity is a hallmark of all her personal and professional relationships. Both are each other's greatest critics. They have two daughters whom they wish to raise as good happy human beings. While they agree to disagree on almost everything, they thank God to have each other as their anchors for life.

Rohit- 31 Jan, Jaishree- 04 Dec, WA- 23 May



#PolesUnited



#Always&Forever

Brig Sanjeev Luthra & Laxima

Every artist needs a muse and every muse needs to merge with the artist's passion. For Sanjeev, his muse is his beloved better half, Laxima and the two together have always aspired to enrich their lives with new experiences and new forms of art.

Laxima carries a passion for literature, history and the sciences of the society while Sanjeev has always been invested in bringing still images to life by using pencils and brushes. The two enjoy long-distance cycling and have a joint affinity for discussing the wondrous philosophies of life.

The two can often be found surrounded by all four-legged furry creatures as they exude selfless love for them. Their mantra of life is to always be in the pursuit of happiness.

Sanjeev- 12th Aug, Laxima- 12 Dec, MA- 12 Mar

Brig Ashutosh Sathe & Shefali

Run a beautiful life. Follow your passion. So, run because it brings us to life. The blue skies with the floating white clouds, the thickly overgrown mountain tops or the gushing waters of the untamed rivers never ceased to amaze them. They strongly feel that it doesn't matter if things aren't perfect because their runs are their time to feel alive, strong and free....

This aptly describes these childhood friends who have hearts strung with adventures and are running soulmates. They love traversing the wilderness and the beckoning hills, exploring the untrodden path befriending all creatures big and small.

Ashutosh - 23 Jan, Shefali- 17 Nov, MA- 23 Jan



#therunningsoulmates

It takes Two to Tango!



#sansum1997

Brig Sandeep Puri & Sumiti

Sandeep believes in leading a happy team and giving space for individual talents to blossom. He has a passion for reading and attempts to devour one book a week. Equally fond of writing, he regularly contributes articles for professional journals. Obsessed with understanding all things economics when he commenced the course, he has been fortunate to have had his day in the sun when appointed as the Vice Chairman of the Niti Aayog during the Gaming Exercises. Achieving 'optimal work-life balance' and understanding the nuances of 'Home Affairs' primarily occupy his strategic space these days.

Sumiti, the better half by far, is a 'Home Maker'. Extremely creative, Sumiti is very fond of drawing, art and craft and trying out new ideas. Her sensitive and caring personality manifests in love and affection for her pets and other destitute animals. Gardening and trying out new recipes while listening to songs is what keeps her occupied in her free time.

Achira, their daughter, is a budding Dietician and Mehul, their son, is a computer geek. Philanthropy and giving back to the society is how they want to sign off their life.

Sandeep- 19 Oct, Sumiti- 10 Nov, MA- 22 Nov

Comde C Raghuram & Archana

Raghuram & Archana, the dynamic couple is known for their zest for life! Their beautiful chemistry reflects their twenty-five years of marriage. A perfect combination of good looks and wits, handsome Raghu is as much a charmer as he is affable. Charming Archana is always seen wearing her million-dollar smile. The global Chief Marketing Officer of an MNC, she is one helluva fun-loving person, who believes the most beautiful thing in life is long-lasting friendships. Both Archana & Raghu love organizing social dos and letting their hair down every weekend with friends. You can hardly spot them walking without holding hands. Friends know them as talented singers, with a penchant for romantic numbers.

Raghu – 31 Aug, Archana- 08 Dec, WA – 23 rd May



#alwaysinlove



#Cyclistsforever

Brig Vikrant Deshpande & Mrinalini

Mrinalini and Vikrant have been together legally for 27 years and have known each other for over three decades! But time has not been able to dampen their fiery spirit in every sense of the word. They seem to be inseparable and whenever together, love to lock horns. Vikrant, a Maharashtrian by birth is a Gorkha at heart; a pretentious scholar who hides his ignorance under a façade of a self-proclaimed intellectualism. Witty and quick on the draw, he was famous for his passion-Cycling and clocked more than 3000 km during the course. Mrinalini obviously is the better half. Of a calm and consistent demeanour, she is about twice her height below the surface in terms of her foundation, partially weighed down by her size. An ardent cyclist herself, she could melt into any crowd seamlessly and be a part of it. The couple will be remembered for their tales, especially about themselves.

Vikrant- 29 Jul, Mrinalini- 28 Aug, MA-13 Oct



Brig Gurudatt S Jadhav and Mrs Anuja Jadhav

Gurudatt, an Ajinkyan, is an alumni of NDA. He has all the requisite professional qualifications and a rich experience of having served in various appointments including a Tri-services environment. His leadership mantra has been "To lead a Motivated Happy Team". He owes his claim to fame to the command of a frontline strategic brigade. A true Libran who strikes a perfect balance in every facet of his life. He has a keen eye for art and historical architecture. Reading on strategic matters and photography is his newfound passion.

His better half, Anuja, was an advertising professional. After marrying into the 'Olive Green' fraternity, she chose to be a 'Home Maker'. Somewhere along the way, the Stock Market caught her interest, and today she is a stock trader who has learnt the art of spinning the \$dough\$ while honing her culinary skill. She is an avid reader who loves to travel and listen to music. They have a son, who is the zest of their life.

Philanthropy and giving back to society is how they want to sign off their life.

Gurudatt- 13 Oct, Anuja- 01 Dec, MA- 15 Feb



#Happiness



#tintrun

Brig Tarun J K Ohri & Aparna

Born at Ambala and an officer in the Indian Army, Tarun is an alumnus of the National Defence Academy where he was the recipient of the Presidents Gold Medal. He was Academy Cadet Captain of the passing out course and had the honour to command the Passing out Parade. At IMA Tarun was the Academy Cadet Adjutant of the passing out course. Tarun is an above-average sportsman and plays all games (football, hockey, tennis, squash, athletics, golf, swimming, water polo). He maintains a handicap of six in golf and is a certified Golf Referee from the Indian Golf Union.

He has held various staff appointments and has been an instructor for eight years. He commanded an Armoured Regiment and an Armoured Brigade in an underdeveloped terrain. Married to Aparna, who has worked in the corporate sector for ten years, the couple have two children, Tushar (son) 18 years and Trisha (daughter) 14 years of age. Their hobbies include travelling and reading books. Tarun is Presently pursuing a PhD from DAVV Indore (MP) in Defence Studies.

Tarun- 20 Aug, Aparna- 18 Sep, MA- 10th Oct

Col Sonam Penjore & Chimi

Royal Bhutan Army

Twenty-two years ago on 02 June 1999 destiny brought them together. Introduced to each other by a common friend on the Silver Jubilee celebration to celebrate the reign of our Fourth King. As destiny would have it, they met again after one year and started seeing each other. They fell in love and strategically decided to venture and walk through life together. Now, blessed with two lovely daughters and a loving son that bond and strengthen their relationship as a couple and a family. Sonam and Cimi love to socialize and enjoy travelling to different places to expand their perspective. Like any other couple, they have had their own share of ups and downs in life. Enjoying sharing their space with each other, they believe in their relationship as a destined couple. Also, that understanding, sacrifice and compromise are the three key ingredients in the journey of a successful marriage.

Sonam-02 Oct, Chimi Seldon- 27 Nov, MA- 01 Sep



#FOREVERMORESEL4SON

It takes Two to Tango!



#Mars&Venus!!

Cmde Deepak Singhal & Gunjan

He- an officer, a gentleman, an extrovert who loves to party, a runner and a Scorpio!
She- an introvert, a homebody, a runner yes, but away from running and a Scorpio!
Never the twain shall meet, you would say!
But meet they did, 23 years and counting!

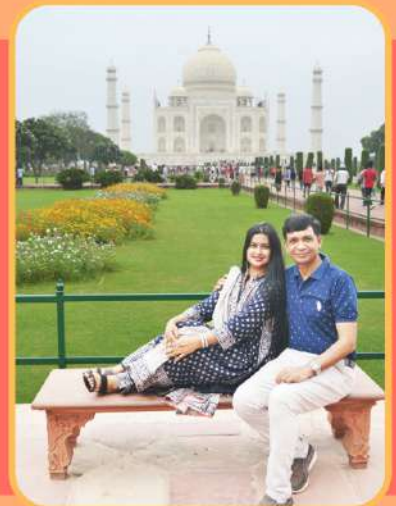
Deepak- 18 November, Gunjan- 05 November, MA -01 Feb

Air Cmde Mohammad Khair Ul Afsar & Monalisa

Bangladesh Air Force

Afsar, a fighter pilot of the Bangladesh Air Force is from the city of Cumilla and married to Monalisa from Dhaka. From complete strangers the couple has turned into close confidantes, dealing with the tons of excitement and the ups and downs of their lives by giving strength and helping each other. Monalisa a former Senior Sub-editor in a daily newspaper, turned housemaker after being blessed with their only son Zaahran. Afsar's interests include travelling, reading and golf; whereas Monalisa is creative and passionate about photography, glass painting, block-printing, fashion & make-overs. Enjoying many chapters of life, with their beloved ones, in and outside their nest, Afsar and Monalisa have created many memorable experiences. They have always shared these most amazing moments and have overcome many challenges together. We wish them cheers and good wishes for many decades of endless Love.

Afsar- 10 May, Monalisa- 02 Feb, MA- 18 Dec



#AfsarMonalisa



#polesapart

Cmde Praksh Gopalan & Anuradha

Married for over 25 years, Prakash and Anuradha form an unusual couple. He is everything that she is not, and she is everything that he isn't. Outgoing, adventurous, and boisterous, Anuradha brings life to any gathering. Prakash on the other hand is an introvert - serious and silent, who keeps to himself unless it is unavoidable. After a rewarding career in the Indian Navy from 1993 to 2007, Anuradha had a long stint in the corporate world. A keen outdoors person, she never misses an opportunity to participate in sports and adventurous activities. She is also fond of travelling and exploring new countries and places - a rare common interest which the couple share. Prakash, a seasoned naval officer, perhaps took his job at NDC a bit too seriously, thereby missing out on improving his golf skills during the course - something that he is likely to regret for a long time to come. The two are parents to Rahul, an electronics engineer working as a chip designer at Bengaluru.

Prakash- 13 Jul, Anuradha- 08 Dec, MA- 21 Mar



Brig Akhilesh Kumar & Sudipta

Who would've thought that two individuals from two different states and about to pursue diametrically opposite professions would end up being together! It has been an adventurous journey for the couple, right from spending a few memorable days together from their student life to defying family members to be with each other for the rest of their lives. This made for each other couple is completely at peace inside out and compliments each other in every possible way.

After 23 years of togetherness and a teenaged son, they are glad to have partnered in this roller coaster ride of life. Also, they strongly believe in the philosophy-"that there is one life to live, one life to love and one life to give all the love we receive in this life! Life is too short, who knows Kal Ho Na Ho! So, until then, we continue to Live, Love and Give".

Akhilesh -17 Jan, Sudipta -15 Jan, MA-18 May



#LiveLoveGive

Brig Anil Pundir & Smita

Hardworking, handsome and honest – Anil is a true gentleman. Well-informed and intelligent, he has a knack for orchestrating interesting conversations. His trademark smile and his pleasing persona endears him to all his friends. He has the marvellous ability to hold his own and make a point irrespective of public opinion in discussions. Anil lives life as if it were his favourite game- one stroke at a time, and then move on- His passion for golf has taught him his life lessons of empathy and patience.

Serene, smiling Smita is the beautiful and perfect soulmate to be by Anil's side. She is a wonderful hostess with a warm presence and a charming demeanour. Also, steel-willed and determined interior, being a former Hockey player at the State and National levels. Fun-loving and filled with positivity, she believes in living life kingsize.

Well-travelled and well versed with international culture, together Anil and Smita were great support while planning for the foreign trips with precious tips.

Anil- 18 Feb, Smita- 05 Mar, MA-22 Jan



#TheAffableJodi

Col Krishna Prasad Bhandari and Srijana

Nepal Army

Krishna, a resident of mid-hills in western Nepal, was posted in one of the hilly districts of the North-Eastern region and met Srijana a girl from a happy family in the Eastern plains of the country. KRISHNA, a simple soldier with a loving heart thought that SRI will change them to 'SRIKRISHNA'.

It was a strategic move of Krishna with a clear End state of getting married. His ways were identified and supported by available means. But it was different for Srijana. However, her strategic choice was correct and enforced with the power of trust. 'SRIKRISHNA' have been sharing the ups and downs of life and are prepared together to face life challenges. Their son Sankalpa keeps on reminding them to remain happy and determined. Both are thankful to their parents, friends and the almighty God for everything in life.

Krishna- 02 Dec, Srijana- 18 Apr, MA- 14 Jul



MAKINGOFSRIKRISHNA

It takes Two to Tango!



#RainbowintheSky

ACmde Lasitha Sumanaweera & Thushanthi

Sri Lanka Air Force

Ayubowan!

Lasitha is a helicopter pilot in Sri Lanka Air Force and before he started studying for the MPhil at the NDC, he was the Northern Area Commander. Thushi is a banker, and the couple is blessed with a son Onel, who is 19 years old and undergoing training to become a pilot at the Sri Lanka Air Force academy. Lasitha and Thushi met in 1993 when he was still a cadet, and they tied the knot in 1999.

All three are gifted and are good pianists, the family loves music, cooking, and photography. Son and father duos are brilliant guitarists and dancers. Also, Onel is a good drummer and beatboxer. The experiences and memories that Lasitha and their family have gathered in India have been wonderful and will remain in their hearts forever.

Lasitha- 5 June, Thushi- 9 Oct, MA- 29 March

Ms Nitika Gupta & Shreekant

Nitika belongs to the Indian Statistical Service of 2001 batch and has served in several Ministries/Departments of the Govt. of India in various capacities during her 19-year long career. She enjoys travelling, watching movies, listening to songs (old Hindi ones in particular) and loves cooking for her family. Her favourite cuisine is Indian & Continental.

Shreekant is an Indian School of Business alumni and has almost 2 decades of work experience in Banking & Financial Services, Education and Consulting. He enjoys travelling, reading, and likes trying local cuisines while travelling.

Married for almost 14 years they have sailed through many peaks & troughs and enjoy life as one enjoys the variety of spices we have in India.

Blessed with two talented and charming daughters Adya and Arohi, aged 12 and 8 years old respectively. Adya is training herself in "Bharatnatyam" for the last 5 years and Arohi aspires to be a master chef when she blooms.

Nitika- 08 Dec, Shreekant- 02 May, MA- 06 Dec



#Soulconnect



#honoraryindians

Col Nicholas Melin & Jessica

The Melin Family has had such a great adventure this year. From Jessica learning the real Indian Yoga from Namrata Shendye and eating genuine Indian street food with Vivek and Priya Narang, our Indian classmates brought us into their homes and made this one of the best years of our lives. Nick enjoyed adventures to Odisha, Jammu, Mumbai, and Goa with his classmates, and the family had a chance to explore India and get to know the richness and diversity of Indian culture and history. Daughters, Mary and Rose have become Bollywood dancers, Son Thaddeus has decided he wants to become an elephant caretaker when he grows up.

Jessica could be seen draped in a saree and was welcomed and loved by all in the Rakshika group. lover of Indian fashion, food, Jessica and Nick were the life of all parties! Though their military life will lead them away from India, we do hope they remember this incredible year and return someday.

Nicholas- 19 Aug, Jessica- 22 Dec, MA- 22 Jul



Brigadier General Rabindra Khatri and Anjana

Nepal Army

Rabindra was born in Kathmandu, Nepal and joined the most glorious Army of the world (Nepali Army) in February 1990. A hardcore infantry officer, he believes that victory is ensured and safeguarded by foot soldiers. Rabindra has a great interest in History and International Relations. He is a nature-lover, enjoys photography, making friends and is also a sports enthusiast. Rabindra has served in various capacities in the Nepal Army as well as abroad in Yugoslavia, DRC, Liberia and Sudan for the noble cause of peace and stability of the world under the UN.

Anjana is a homemaker very down to earth, simple and caring. She is ever smiling, supportive and always encouraging the family to do good for humanity. Blessed with two daughters, Annushka and Annushreeya, the family of four enjoyed dwelling in the left corner of the complex of Raksha Bhawan in House No. D-34, being courteous and humble to everyone around.

Rabindra- 09 Jan, Anjana- 03 Feb, MA- 07 May



#Lifeisbeautiful



#khaopiyoaishkaro

Brig Ravroop Singh & Navjeet

One person who is always high on energy, active, involved, and willing to take initiatives be it anything professional or social. Ravroop is as much a party animal as he is professional. Married to sugar star.

Navjeet, whose baking skills took us all by surprise and no celebration in VV was complete without her cakes. A very warm and social person she also has a great sense of humour she will always be remembered for her hilarious WhatsApp videos. This biking couple has explored Delhi wheeling. They are blessed with beautiful, witty Arshjot and warm and loving Agamvir.

Ravroop- 06 Jul, Navjeet- 27 April, MA- 31 March

Mr Uma Shankar Dhyani & Sonia

Indian Revenue Service

Uma and Sonia are from two different worlds. Uma is the non-extrovert who takes time to respond to situations while Sonia is outgoing and spontaneous. Sonia is a dreamer whereas Uma is more of a realist. Sonia is a foodie, but Uma is more of a 'daal- rice' person. Sonia is widely travelled, loves to visit new places and mingle with new people whereas Uma on the other hand has limited travel experience inside or outside of India. Sonia has a free-flowing and expressive personality with loads of love and affection radiating out while Uma is by and large more of a reserved and measured person. Sonia can smile and laugh even on trivial things and lighten the mood all around whereas Uma is the typical 'Sarkari babu' in this respect. The Couple loves enjoying life together along with Manasvi their beautiful daughter.

Uma- 02 Sep, Sonia- 28 Jun, MA- 14 May



#UttamSonia

It takes Two to Tango!



#simplyrakhiraghu

Raghavendra Pratap Singh & Rakhi (RAS)

A simple, caring and fun-loving couple interacting with the world with an open heart and mind. They believe life is too short to bear grudges and carry biases. Different in styles and behaviour they have common values and thoughts. The couple is blessed with a daughter and a caring family.

Thus far, their experiences have been educating and exciting in the company of life-long friends who they met along the way. A mix of continuity and changes-some anticipated and many unanticipated ones. They always look forward to the years ahead with hope and eagerness to forge new friendships and bonds.

Raghu- 5 July, Rakhi- 24 August, MA- 17 Feb

Air Cmde Vikas & Puja Dwivedi

Vikas graduated in Mechanical Engineering from Govt Engineering College Jabalpur and joined the IAF in 1988. Initially trained on AN-32, he spent his formative years at Jorhat. Subsequently, he became a flight engineer on fixed-wing and flight test engineer on rotary-wing aircraft. He has flown over 1800 hrs on AN-32 and various helicopters including Mi-8, Mi-17, Chetak, Cheetah, ALH, Mi-35, Super Puma, Seaking and Kamov-31. He did his M Tech from IIT Mumbai in Corrosion Science and Engineering. An avid sportsman, he loves cricket, table tennis and golf.

Puja did her education from schooling right up to post-graduation from Ranchi. Initially, she joined Banking services and then changed over to the Insurance sector. A postgraduate in Botany, she completed her B Ed in 1994 and switched over to teaching. Her hobbies include art and craft and painting. She is a fitness freak and loves to play golf.

Their daughter Anwita is in class 9 and son Arindam is in class 2.

Vikas- 03 Jun, Puja- 12 Jul, MA- 22 Nov



#FOREVERANDEVER



#NDCTabwemet

Brig Vishal Singh & Princee

It was here in Raksha Bhawan in 1994, that young lieutenant Vishal met the effervescent Princee for the first time and 27 years later life's journey brings them back to their nest with two strapping young lads Digvijay and Adhiraj.

Princee is a Regression healing therapist, Reiki grandmaster, and a homemaker. She is a josh box of all the maidens activities of NDC.

Vishal is a top-quality professional with an endearing personality and wears 'Action Speaks Louder than Words' on his sleeve. He pursued his thesis in golf with dogged perseverance. The Couple's diligent evening walks and "Tab We Met" Journey will remain forever etched in Raksha Bhawan folklore...

Vishal- 24 Dec, Princee- 01 Jul, MA- 23 Nov



Capt. Wisnu Agung Priyambodo, MM, CHRMP & Marina

Indonesian Navy

Wisnu was born in Jakarta and after graduating from high school immediately joined the Naval Academy. He was commissioned as an officer on July 27, 1995. Since then, he has served in several operational posts both in Indonesia and overseas. He has enjoyed his time in the Navy as he feels that in the Navy there is only adventure.

Marina was born in Surabaya in 1977. She graduated from the University of Dentistry in Jakarta and joined the Indonesia Marine Corps as a dentist. She currently works at the Marine Corps Hospital in Jakarta.

The couple has two daughters Salsabila and Bening Anjani who are currently studying at medical university. Wisnu and Marina are proud of their support for each other as they work to protect the oceans of the largest archipelagic nation on the earth, their beloved nation, Indonesia.

Wisnu- May 28, Marina Sep 22, MA- 01 Apr



#WisnuMarina



#Togetherness

Brigadier General Abdulla Zuhury & Khadeja

Maldives National Defence Force

Abdulla Zuhury and Khadeja Moosa are married and enjoying this beautiful bond for the past 28 years. Abdulla met Hajja, when they were in secondary school and when they got married he was in the Maldives National Defence Force and she was in the Maldives Customs Service. Through their long journey together, they have travelled calm and rough seas and both have devoted their youth to the national service. Zuhury became a Commissioned Officer and she became an expert trainer accredited by the World Customs Organization. Being in the army does not let Abdulla have much time with his family, but he treasures every moment he gets to spend with them. Nevertheless, with a talented son and an adorable daughter they believe that they are blessed.

Supportive to each other both in personal as well as social matters, they love to travel and walk together be it the powdery white sandy beaches of the Maldives or the crowded shopping complexes in Delhi.

Abdulla- 23 Oct, Khadeja- 22 Oct, MA- 21 Oct

YETUNDE MOROMOKE OLOBAYO

Nigerian Ministry of Defense

Ytee is from Kabba, Kogi State in North Central Nigeria and was born to the family of His Royal Majesty, Late Oba Michael Olobayo and Her Royal Majesty, Late Olori Maria Olobayo. She studied Mass Communication at the prestigious Ahmadu Bello University, Zaria-Kaduna and worked at the Federal Ministry of Employment, Labour and Productivity before joining the Defence Intelligence Agency in 2003. She is currently the Assistant Director PSYOPs at Headquarters in Abuja and before the NDC 61st Course, she served as Secretary, Operation SAFE CORRIDOR (OPSC), a Federal Government Programme to deradicalize, rehabilitate and reintegrate surrendered, low-risk terrorists.

Ytee enjoys reading, writing, listening to music, cooking, and travelling. Apart from travelling within Nigeria, she has visited the Republics of Chad, Benin, Cameroon, and Togo as well as Ethiopia, South Africa, and Zimbabwe. She has also visited the UK, US, Germany, UAE and of course India. She loves art and would love to develop her skills in painting. She is also quite a fitness enthusiast.

Ytee- 18 Apr



#Ytee

It takes Two to Tango!



#shykir

BRIG Shyam Ji Yadav & Kiran

Shyam is a calm, passionate, social, and charming person. A thorough professional, his passions are gardening and music. He believes in being brief and is soft-spoken but is a strict disciplinarian.

Kiran is fun-loving, adventurous, and active on social fronts. Popular with friends, her passion for fitness is a motivation for all. A Reiki Healer, she loves potted plants and enjoys cooking. The couple enjoys travelling and exploring.

Shyam- 01 Jul, Kiran- 04 Sep, WA- 02 Mar

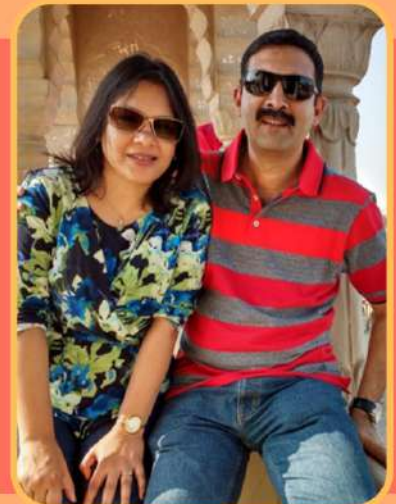
Air Cmde I I Kuttappa and Vasundhara

"Live the moment and keep it simple" is our life hack!

A classic case of '2 States', but in reverse! Kutts from the hills of Coorg, Vasu from the plains of Awadh. Kutts, aviator, out-doorsy and passionately camera happy [but only of the wilderness and creatures of the wild]. Vasu, vivacious, versatile, a trained counsellor /social worker who likes to dance with abandon and read in leisure.

They have shared the good, bad and ugly of the 'Fauj' and have enjoyed the roller coaster ride that it has been. Proudly 'SILVERED' last year, with their two lifelines, Shiva and Devina enriching us and making us complete. Our shared passion is for books and thrilling trips on roads less travelled!

Kutts- 17 Feb, Vasundhara- 27 Feb, WA- 08 Mar



#VenusandMars

Air Cmde Amitabh Shendye & Namrata

A young and brash pilot Amitabh (no resemblance to the movie star) met a lovely young lady Namrata and tied the knot on 07 Dec 1994. It all started at Leh where the new bride was welcomed into the Air Force with temperatures a modest -27°C. Three months later the transit was to heavenly Suratgarh with equally modest temperatures of +50°C. With this indoctrination firmly in place, there was no looking back. Somewhere on the way, two beautiful lives were added, Pradyut in the hot desert of Suratgarh and Pranati in the salubrious climes of Wellington. And as life took its twists and turns, Namrata found a new calling to life in running a school for the differently abled children and became a full-time yoga practitioner. And Amitabh, well Amitabh does what he has always been doing, finding time for his morning runs and then running his office. The cherry on the cake has been the associations that have been built up in 61 NDC and the lifelong memories to cherish.

Amitabh- 30 September, Namrata- 25 February, WA- 07 December



#Namitabh



Brig Pankaj Pachnanda & Preeti

Preeti and Pankaj met about 27 years ago in an Army unit and ever since have been glued to each other. Opposites!! One an eternal optimist, effervescent and full of life the other a realist and almost tending towards being placid. Wouldn't have taken you long to guess which is the special one. Preeti, a hardcore professional who has been steadily climbing the corporate ladder after being a path setter during her brief sojourn in the Olive Greens, likes to travel around the world coupled with a laid back tech-savvy guy who never hesitates (much to the annoyance of his better half) to get up early for a round of golf, bike ride or run so that he can laze around the whole day watching his favourites shows. Pankaj is a foodie whose motto is that he loves to eat anything, literally anything, in the world if it's cooked well. The couple is blessed with two lovely daughters, Simran and Surbhi, both grown up and entering the corporate world with hope and aspirations on their sleeves and not to miss out, our lab Elly, who is the heartthrob of the entire family.

Pankaj- 13 Nov, Preeti – 18 Aug, WA- 08 Feb



#oppositesattract



ParV

Brig Paramvir Dagar & Vimmi

Paramvir, an ex-NDA, in line with family tradition with his brothers in Air Force & Navy, got commissioned in 15 DOGRA. This quiet, shy, reserved, and super intelligent Delhi boy met Vimmi, an energetic, smart yet simple DU Student and a civil service aspirant, on a lazy June afternoon in 1997 and ParV started.

After six months of courtship with endless STD calls, they were married on 14 November 1997. After more than 25 stations and having two handsome sons, Vimmi has turned into a full-time environmentalist working with several NGOs and sometime a lone ranger planting and looking after trees wherever she goes. Whereas Paramvir loves to sit by her side listening to her run ins with various authorities, sipping several cups of tea, ditching golf just to be next to her and enjoy the life's blessings and celebrating this ParV every day. Vimmi's warmth and positivity compliments and completes Paramvir's practical and straightforward nature. Together they are most compatible and make an awesome pair.

Paramvir- 15 May, Vimmi- 28 Apr, MA-14 Nov

Air Commodore Pradeep Nair & Sujatha

Sujatha and Pradeep hail from "Gods Own Country" and enjoy travelling and trekking. Pradeep is proud of his contribution as a Logistics Officer in the Indian Air Force, while Sujatha is a communicative English trainer who has been playing an important role in skill development. Their daughters Namrata and Namita are pursuing their interests and studies in Mumbai. The Course at the National Defence College has been time well spent for the couple. Professional and social interactions with such a diverse range of course participants and families from India and abroad have been invaluable. Educating study tours and fun that is a special part of the course curriculum, will be cherished by them for a long time to come.

Pradeep- 27 Oct, Sujatha-10 Dec, WA- 04 May



#humility&fun

It takes Two to Tango!



#jyotimanish

Brig Manish Gupta & Jyoti

Manish came into NDC from a challenging and operationally active tenure on the line of control. His strategic objective, therefore, remained clear – absorb knowledge with an adequate balance towards family bliss. He focused on his self-development goal of restarting golf and made full use of his advantageous accommodation next to the AEPTA course. Ever dependable, Manish was an intellectual asset in all IAGs and ever ready to give a helping hand whenever required.

Jyoti, a cheerful, happy go lucky member of the Rakshika, was omnipresent at various social events in NDC. An affable personality, she endeared herself to the course ladies with her smashing chaat parties, her forever helping attitude and an independent yet genial outlook on life. A go-getter, she was the local shopping guide to the new arrivals at Delhi. The couple remained equally popular amongst Raksha Bhawan and Vikram Vihar members. Their interactions transcended course, service and nationality boundaries. Well-grounded and genteel in their conduct, Manish and Jyoti maintained an ever approachable and helping attitude throughout.

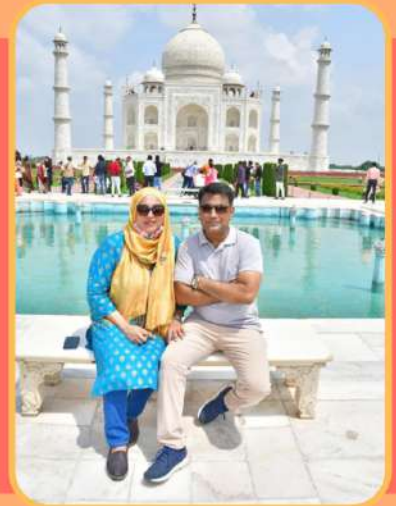
Manish- 09 Sep, Jyoti-10, Jul , WA-01 Dec.

Commodore M Zia ul Hoque & Farhana

Bangladesh Navy

Commodore Zia, an ever smiling and amiable naval officer from Bangladesh, was commissioned on 1st July 1991 after having completed two and half years of training in the German Navy. The officer is fluent in German and did the Armed Forces Command and Staff Course from the Kingdom of Saudi Arabia in the Arabic language. In India, he underwent the Anti-Submarine Warfare course in the year 2003-4. An alumnus of the Armed Forces War Course in Bangladesh, Zia has served in almost all types of ships of the Bangladesh Navy and has commanded a Frigate. Farhana is a friendly and spirited woman who is really loving every bit of her stay in India. She is a graduate of Clothing and Textile Science, Dhaka University and completed her Master's in Business Administration from International Islamic University Chittagong. She is now a homemaker, and her passion is cooking and travelling and designing women's wear and sarees occasionally. The couple is blessed with two sons and a daughter of whom the elder son was born in India in 2004.

Zia- 02 Feb, Farhana- 19 Jun, WA- 19 Apr



happycoterie



#@upkarvinit

Brig Upkar Chander & Vinit

Upkar is an intellectual and thorough professional with a quiet demeanour. A very well-read person, he speaks less but speaks sense with conviction. His ability to provide a sound analysis of cross-domain issues made conversations with him very interesting. His passion for matters of higher security from his previous experiences only deepened during the course. Calm, level-headed and an efficient persona, he makes a reliable friend on your team. He loved his regular gym and long walks. Takes life as it comes and holds a mature and pragmatic worldview.

Vinit is a wonderful lady with a golden heart. She has an immense capacity to spread warmth and happiness. Her charming smile and ever helpful attitude make her a very likeable person. Her fun-loving attitude and joyful nature are infectious in any gathering. She possesses amazing culinary skills. A doting mother and a reliable friend, she is loved for her forthright views and compassion.

Upkar – 01 Nov, Vinit – 16 Aug, WA – 08 SEP



Brigadier General Akhtar Shahid & Nipa

Bangladesh Army

Brigadier General Akhter Shahid is a keen gunner officer, with instructional areas being his comfort zone. He always strives for self-improvement and focuses on sharing his learnings of life and profession with his mates. With an ever smiling personality with good sense of humour, he tries to keep the equations of life rather simple. When not on duty, he is seen watching movies, sweating in the gym or correcting his slice on the golf driving range.

No other woman but Mosarrat Jabeen Nipa could compliment him better. A simple soul, she radiates happiness and positivity amongst friends and family. She protects her home from the complexities of life and holds the family firmly in her loving arms. Together Akhter and Nipa have raised their 'two loving kids' Timsal and Tibyan with empathy and grace.

Akhter- 25 Sep, Nipa- 23 Dec, WA- 27 June



#Smileys



SoulmatesVivanjali

Air Cmde Vivek Blouria & Anjali

Vivek is an Aquarian who loves nature and exploring new places. He is sharp and intelligent with an eternal love for reading. His politeness and down to earth personality make him very likeable. He is a perfect husband and a loving father who can go to any lengths for his family. But don't be misled by his soft and simple demeanour, as beneath it lies the rock which has withstood many storms with grit and smile.

Anjali is a true romantic who has a song for every situation in life. She is a strong willed woman who has fought many a battles in life and came out stronger every time. She is gifted with a great sense of humour and talent to imitate just about anyone. She has a melodious voice and loves to sing and dance. Travelling is her passion and planning vacations is her forte. An affectionate mother who loves to pamper her boys with her amazing culinary skills.

Vivek- 30 Jan, Anjali- 08 Dec, WA - 05 Dec

Brig Sandeep Jaswal & Vimi

25 years of togetherness!! OMG!! Unbelievable. So different from each other that there was simply no common ground of interest. The only common thing between Sandeep and Vimi was their 'Fauji Background'. As their hashtag suggests, they would never seem to agree on anything or reach any conclusion easily. Their discussions generally concluded with an argument, Sandeep an introvert whereas Vimi was an extrovert. Sandeep preferred staying home and Vimi loved stepping out. She loved talking and Sandeep obviously had to be a good listener, she loved vibrant colours while Sandeep preferred sober shades. She loved eating out and he loved home-cooked food. Vimi enjoyed listening to fast contemporary music while Sandeep could be heard humming the old classics. She loved dancing but he had two left feet. – In spite of all the differences they made a very loving, caring, and affectionate couple. The opposite traits helped them maintain balance in life and both were thankful for the same. Often Vimi exclaimed "TEDHA HAIN PAR MERA HAIN".

Sandeep- 08 Nov, Vimi- 11 Feb, MA- 10 Mar



OPPOSITESATTRACT

It takes Two to Tango!



#ambikaranjiv

Brig RS Saini & Ambika

Ranjiv hails from the land of Mahabharata, that is Kurukshetra and is an engineering graduate who got commissioned into the Corps of Signals. A person who believes in simple living and high thinking prefers walks over talks. A family man who thinks life is nothing but living is everything. Ranjiv married Ambika, who is a homemaker and teacher by profession. She is a lively talkative person who enjoys freaking out at parties and dancing. She is popular amongst her friends and has a passion for acting. They are blessed with angels Suhana and Yana.

Ranjiv -14 Jul, Ambika-12 Dec, MA -14 May

Brig Nick Sawyer & Melody Sawyer

UK

Nick and Melody Sawyer are from Salisbury in the Southwest of England. Married for 27 years, they have three grown-up children. They met while studying at the University of Birmingham where Nick was reading Materials Science and Melody was training to be a teacher. Military service has taken them to many varied places around the world from the Falkland Islands to Estonia and now India.

Nick and Melody are keen travellers and global 'foodies'. India is their favourite food experience so far. Nick also enjoys fine wines and Melody likes cocktails!

They both lead active lives and are ardent cyclists, skiers, walkers and swimmers. Melody is a keen artist and loves to paint with oils or acrylics while Nick is a committed fly-fisherman and has written a number of books on the subject. They both love a good party and could have been professional disco dancers in another existence!

Nick- 21 Oct, Melody- 17 may, MA- 17 Nov



#globalfoodies



BornBFF

Shri Mahesh Kumar Roy & Archana DRDS

Archana and Mahesh, two very distinct personalities where one prefers to vent out instantaneously and forget the matter while the other prefers to keep quiet and not talk when in disagreement on any matter. No, your guess is wrong! One who vents out is not Archana but Mahesh. But, that's the beauty and strength of their relationship.

She decided to take care of the home and the kids at Pune when Mahesh moved to Delhi for NDC on their 18th wedding anniversary i.e., 26th Jan. Met in Pune in 1996, just a coincidence that the couple decided to tie the knot on 26th Jan in 2004 without worrying about the suitability of the day, as no day could be as good as 26th January.

Archana is a postgraduate and homemaker. They are blessed with two sons aged 14 and 11 years.

Mahesh- 31 Aug, Archana- 06 march, MA - 26 Jan



Brig Navraj and Ashima Dhillon

We've had a memorable journey in the army, one could not have planned it better than the way it has panned out, and to see how far it's taken us. The NDC is a once in a lifetime experience, covid notwithstanding. We spent delightful times in the duration of the course, it's been great meeting old friends and making new ones, including our foreign friends. We will forever recall the festive moments spent in Vikram Vihar. Golf was played as much as legitimately doable and cycling was rediscovered by Ashima and new distances recorded. Our son has also followed the family tradition and is undergoing training at the CTW in CME Pune.

Navraj- 18 sep, Ashima-20 Dec, WA- 21 Dec



#lovethetimes



#TheFlintstones

Brig Madanraj Pande & Swati

Hidden behind his reclusive and absentminded demeanour is a creative and compassionate soul. Fred, a man of few words, loves to paint and adores his barbecue, frequently experimenting with his gastronomic skills on friends. A free spirit, he is motivated by the idea of egalitarianism and likes teamwork, while concurrently requiring time and space of his own.

Intelligent and level-headed, Wilma is ruled by emotions, feelings and intuitions. She is compliant, fierce, passive, volatile and dutiful at the same time. Easy-going, but can turn into a fighter when situations demand it. For Wilma, nothing is more important than her family, loved ones and her home. She adores her garden and loves poetry and creative writing.

Handsome Pebble and the crazy canine Dino complete this "Yabba Dabba Doo!" Family.

Fred – 26 Jan, Wilma – 19 Jul, WA – 12 Mar

Shri Jitendra Prasad & Ratna BRES

"She cared for me, she cares for me and she will care for me, always." This one sentence epitomizes my 'Better Half' and her essence in my life, as a 'Life Partner'. The expression in the picture connotes that how firmly she secures me, by holding my hand and not letting me venture, deeper into the water. In the same breath, she also secures the family possessions, with the other hand while remaining grounded firmly. She believes in enjoying life to the fullest.

The background of the picture signifies, how deeply we love nature, explore happiness and try to remain true to our natural self. That keeps us lively and refreshing even after 32 years of a soulful life. The following the Mantra of Life, "Be Happy and Keep Others Happy", keeps us going. We would be fondly liked to be known as 'Ratendra' in place of 'Jitendra and Ratna'.

Jitendra- 08 Jul, Ratna- 01 Nov, MA- 16 May



Ratendra

It takes Two to Tango!



#Katylloveiceman

Captain Innocent Chidi Ejiofor & Catherine

Innocent is a naval officer from the Nigerian Navy. He is 45 years old and holds a Bachelor of Science Degree in Physics, and a Master of Technology in Electronics and Telecommunications Engineering. Innocent has undergone several military courses in the United Kingdom, Australia, India, Pakistan, and South Africa.

He is married to Catherine. Catherine is 38 years old and holds a Bachelor of Science Degree in Industrial Relations and Personnel Management. The couple met in 1999 and got married in 2006. The marriage is blessed with four children, two girls (Geraldine and Juliet) and two boys (Henry and Gerald). The family lives happily in Abuja Nigeria. Innocent enjoys playing and watching football, dancing, reading, and engaging in social and military discourse. Catherine likes travelling, reading and engaging in charity works.

Innocent-25 Jul, Catherine- 17 Sep, MA- 06 May

Col Saken Mukhamadiyev Kunanbaiyevich & Sandugash

Kazakhstan Army

Saken's beloved wife Sandugash (Nightingale) united her life with him despite all the hardships of military service, wandering around garrisons, living in rented apartments, long separations (as now), and so on.

They met in 1987 when she was studying at school, and Saken was at a vocational school. After graduation, Sandugash went to study in Almaty – the capital of Kazakhstan, and Saken to St. Petersburg. Destiny brought them together and after six and a half years of friendship, they decided to get married and move to the beautiful and cultural city of St. Petersburg.

Blessed with two beautiful children: a daughter Alem (the universe, the world) and a son Arystan (lion), they are a wonderful family. We wish them a long and happy life.

Saken -09 Nov, Sandugash- 13 Oct, MA- 07 Jan



** KazakhsSaken&Sandu*



#Mujib&Arezo

Col Mujiburahman Mayar & Arezo

Afghanistan

A cheerful fun-loving couple from Afghanistan. Mujib is a well-qualified and disciplined Army officer with a cheerful personality. A good poet with super multi-lingual skills he is an ardent and well-motivated runner. Mujib married Arezo, and their story is that of lovely love marriage. Mujib broke the family tradition of not marrying a girl from a different province, ethnicity, language and traditions for Arezo. Initially, he was not able to understand her language, yet they bonded well. When Col Mayar was posted outside Afghanistan for a long time, Mrs Arezo was a pillar of strength, passionately supporting the family during these difficult times. A fun-loving girl, Arezo loves to travel and participate in all social events. Mayar and Arezo enjoyed their stint here at the National Defence College joyfully with two sons and two daughters.

Mayar- 16 Aug, Arezo-25 Jul, MA- 16 Aug



Col Bhuwan Khatri & Sweety

Nepal

Marriages are made in heaven. Married on 8th Dec 1997, Bhuwan and Sweety are married happily for 23 years. Despite arranged marriage, both were in love even before they were engaged. Sweety wanted a highly understandable Army Officer and Bhuwan always wished for a beautiful and intelligent girl who could understand him, his family and even the rural environment at his house. Sweety always remained the source of every success of Bhuwan's military career and at the same time Bhuwan wholehearted supported Sweety's passions/interests as a teacher and she is running her school now.

Blessed with two daughters Shubhangi, Samridhi and son Shubhangam who are well grown up. Bhuwan and Sweety honour the hopes and aspirations of their parents (Bhuwan-Ghana Bahadur and Masan Khatri; Sweety- Ashok and Mana Devi) and other family members. They love, care, and address each other by saying Budha (Bhuwan) and Budhiya (Sweety) each other.

Bhuwan -30 Jul, Sweety- 26 Dec, MA- 08 Dec



#Shubhusi



#youandme

Amandeep & Satinder

Opposites attract! An extrovert and an introvert; one, a tea drinker and a poet, the other hooked on to everything else. The Marine Chief Engineer, an NRI travelling far and wide, while Aman has her roots in India. Jokes apart, the man has a heart of gold and would be the first person to rush if we got stuck somewhere. One can say, Satinder is still a simpleton and further, a proud flag bearer to all his relatives. They are blessed with two wonderful kids, daughter Sahaj and son Pahul. They love travelling and as a family have travelled worldwide, joining Satinder on his various sojourns at sea.

"In essence, it has been an amazing journey. God has been kind. With due humility, I end with a couplet dedicated to our off and on long-distance association-
The fragrance is also an illusion as it envelops me,
Once a conversation happens between you and me."-Aman

Amandeep-15 Dec, Satinder-17 May, MA-22 Feb

Brig Gaurav Bagga & Raman

Gaurav is a diehard Infantry Officer who loves to keep a low profile; remains content with early morning walks/runs and his photography. Voiced the opinion of the Course to reduce written work with the faculty but could not succeed due to the emerging geopolitical reasons.

Raman is a Doctor by profession who served in Army for ten years. She is a perfect blend of simplicity and poise. She is modest and humble to the core. An optimist who loves to cook and spend time with her friends and family.

Gaurav- 03 Oct, Raman- 19 Apr, WA -10 Dec



#walkingtogetherhandinhand

It takes Two to Tango!



#Doc&Mo

Brig Anuj Chawla & Monica Chawla

The quintessential studious Doc is quite a fun-loving guy. Serious when he needs to be, he's in his element when surrounded by his students, who are his first love! A man of many talents stretching from sport to music, his calm and composed exterior reflects his penchant for solitude and space. Always willing to walk the extra mile for anyone in need, he is the go-to guy for most.

Mo is quite the reverse! Her love for noisy crowded gatherings, parties and good food, make her a perfect contrast to Doc. Coupled with her love for art and craft, these reflect a perfect amalgamation of her bong and punju roots. With a heart as big as her smile, she adds warmth to all her relationships.

Doc – 14 Nov, Mo – 05 Aug, WA – 14 Dec

Air Cmde DS Joshi & Hemangi Joshi

He's a Fighter Pilot, She's a homemaker. Both are from Mumbai. In all these years, He flew while she held the fort. They got married 27 years ago and in many fond years together, saw 17 postings and 32 houses across the length and breadth of the country. Lived a full life, raised two kids, love to spend family time together. Came to NDC after an eventful tenure in Ambala. Made many friends. Enjoyed the RB experience to the hilt – even the lockdown! Learnt a lot, caught up on reading, walked a lot, golfed, explored the city and made sure Netflix makes money!

They have crossed their Silver jubilee and looking forward to their golden jubilee!

Deepak- 10 April, Hemangi- 03 Jan, MA- 12 Dec.



#Unified_Command



#triple-D (This is representing the first letter of the names of our 3 boys, Daiyan, Dawlah and Dabir)

Colonel Yusuf Adamu Danjuma & Aishatu

Nigeria

I am Colonel Yusuf Adamu Danjuma. I got married to Aisha Kollo in 2010. We met during an event at the Armed Forces Command and Staff College Nigeria during one of my courses at the College. We are both from military backgrounds which created a bond that sealed our relationship very quickly. We have 4 children, 3 boys and one girl. I have been away from home for about 5 of the 11 years of our marriage during which she has proved to be a pillar in the family, keeping the home front going. While I tour around the country on military duties my wife is an entrepreneur. She is a graduate of Geography and also studied Catering and Decoration. She manages a confectionary business along with managing the family home. I am particularly impressed about my wife's skills in handcraft which ensures the interior of our home is kept exquisitely decorated at all times. She has also been very supportive and a betrothed partner.

Adamu - 23 Mar, Aishatu- 16 Mar, MA- 27 Jun



Col Starvand Farshad & Zahra

Iran

In the name of God the Most Merciful, the Most Compassionate

We started living together at a young age, a young Iranian Air Force officer with a high school girl, with a pact that demanded being together forever.

In seeking happiness, we built a nest full of love, away from relatives and acquaintances, and in a strange city.

Our goal was happiness and prosperity, and to walk in a way in which God's pleasure is not the satisfaction of the people.

We are blessed with two healthy children whose proper upbringing is our duty and we strive to do so.

Amid the turbulence of the waves of life, sometimes happy sometimes sad, we spent life in our loving nest, which was a safe place for material fatigue, but we never deviated from the path leading to the shore of happiness.

Farshad- 23 Aug, Zahra- 09 Jul, MA- 26 Aug



#far&z (friends)



#Committed for life

Brig Chandimal Peiris & Anoja

Sri Lanka

Chandimal Peiris is a proud member of the Sri Lanka Army Special Forces who got married to Anoja Peiris on 30 January. He was a Captain when his marriage took place and just after the marriage got the opportunity to follow Junior Command Course in India. It was indeed a blessing to be together for the newly wed. At present Chandimal's family is living in Malabe, close to the capital city Colombo, Sri Lanka. Chandimal and Anoja are blessed with two daughters, (Chamudi and Themalya) and a son (Thenuka). Chandimal's family is an adventure-loving family and fortunate to travel to many places overseas as well. It is a well-known fact that satisfying marriage life always contributes to the factors such as love, commitment, trust, attention, good communication, partnership, tolerance, patience, honesty, respect, sharing, consideration, generosity, willingness to compromise, and Chandimal's family is blessed with almost all the above qualities which are utmost important elements of a beloved family.

Joseph -19 Mar, Anoja- 08 Sep, WA- 30 Jan

Brig Gen Gaurab Kumar KC & Kabita

Nepal

Gaurab, a cool easy guy with a charming personality. He easily mixes up with new people or in a group. A Man with ethics who believes in hard work. Travelling and Reading (fiction) are his hobbies, and he is also fond of cinema.

Kabita is a good-hearted woman, usually seen helping needy people. She keeps things tidy and perfect & expects the same. She would be the first one to visit in person if someone in the family and relatives is sick. She is passionate about cooking & preparing new dishes and is popular amongst her friends.

Gaurab – 13 Aug, Kabita – 07 June, WA -02 Feb



GKabita

It takes Two to Tango!



#Blessed life

Colonel Amar Mohamed Mostafa Ammar & Marwa

Egypt

Ammar and Marwa are from Egypt. He is 45 years old and holds a Bachelor of Military Studies 1997, Master in Military Studies, Command Staff College 2010. Fellowship of Egyptian Higher War College. Ammar underwent many military courses in Egypt, the United States, Turkey and India. He is married to Marwa. She is 38 years old and holds a Bachelor of Science degree in Arts. The couple met in 2001 and married in 2002. This marriage was blessed with three sons (Youssef, Yahya and Mohamed). The family lives happily in Menoufia, about 40 km from Cairo. Ammar enjoys playing, watching football and reading. Marwa loves to travel and read.

Ammar- 19 Feb, Marwa- 27 Dec, MA- 13 Jun

DIG Anurag Kaushik & Smrati

Indian Coast Guard

Neutron, is a silent soul, holds great passion for his profession and his family. While he likes to believe that he has the chutzpah to carry off both the duties, the truth is better known to proton. Nevertheless, he does make it up by being the sous chef to the MasterChef that is the proton. A keen reader, and an avid watcher of anything that is shown on TV, Neutron has recently added singing to his myriad interests and quite genuinely believing in his latest acquired skill he has a secret desire to show it off sometimes.

Proton, besides being a great cook with pan-India cuisines in her repertoire, also has an uncanny knack for storytelling. She can describe an event vividly and with such great elan that the audience find themselves captivated. She has been attested as a great teacher by many alumni and as experienced by Neutron himself on various occasions.

Together the neutron and proton share enviable chemistry that keeps their small atom stable and happy.

Anurag- 14 Feb, Smrati - 9 Nov, WA- 18 May



#atomic power



#Sampriya

Brig SS Kartikeya, SM & Priya

Sam, a man with an unquenchable thirst for knowledge, an avid reader, an ardent singer, a self-taught guitarist and a pianist with a constant quest to perfect the art. His sense of humour and riveting recounting of anecdotes sends everyone into peals of laughter.

Priya, a passionate educationist, goes by the mantra 'each day is a new day'. She loves spending time with her loved ones and bursts into unrestrained laughter at the drop of a hat. Her smile and positive disposition endear her to everyone.

Together they make a happy home with their daughter and two dogs, books jostling for space, impassioned discussions, blaring music and crazy laughter.

Sameer- 25 August, Priya- 13 Oct, MA- 02 May



Brig Vikas Choudhary & Vizika

Born into families imbued with martial traditions, Vikas and Vizika were joined in the union of matrimony in December 1994. Diverse in interests, yet similar in values, they lend credence to the adage "opposites attract". While Vikas is given to scholarly pursuits and the quiet solitude of esoteric passions, Vizika finds her mojo in sports, dance, poetry and laughter. A life spent in Infantry and Army Aviation has been a roller-coaster ride marked by military cantonments, interspersed with separations in equal measure. Vizika, apart from teaching and social work, kept the home and hearth together. Zoya first, and then Viraj completed the family. Life's journey saw them set up homes across the length and breadth of India, as also in the exotic Andamans and China. As the future rhythm of life changes, he looks forward to making her laugh, she fiercely challenging his intellect.

Vikas- 25 May, Vizika- 27 Oct , WA- 11 Dec



#V2



#yinandyang

Brig Subhasis & Sudipta

We could describe them as a study in contrasts. While Sudipta is the vivacious and energetic one, Subhasis is quiet and laid back. While she can speak for hours with a perfect stranger, he is a man of monosyllables.

Both are from 'Probashii (non-resident) Bengali' families with upbringing at multiple locations in India and abroad. The age-old 'Uncle Aunty' matchmaking service worked for them too and they started their journey in MHOW with an extended honeymoon of nearly two years. The happiest occasion of their lives was surely the birth of their bundle of joy, our daughter Aayushi. A handsome white Labrador Coco was part of their beautiful family for almost twelve years.

Fascinated by the complexities of the human mind, Sudipta is currently pursuing Psychology with vigour.

Their fondest memories are centred around the adventures of Army life, food, travel, quirky decorative pieces and friends.

Subhasis-16 Nov, Sudipta -26 May, WA- 20 Jan

Air Cmde Tejpal Singh & Seema

Someone said when you get milk, shake it up with your favourite flavour in it and VOILA!! Marriage is the milk and we chose to shake it up with the best flavours of life.

TP & Seema have been married for 27 years, with never a dull moment. Blessed with two amazing daughters, Kripa 24 years and Saher 21years and these by far are their favourite flavours! Life in the Air Force for them has been like a roller coaster ride full of excitement, uncertainties, anticipation, unnerving at times but an adventure nevertheless and that too real life!! Having travelled the length and breadth of the country from Srinagar to Chennai and from Bhuj to Chabua, this couple is surely bitten by the travel bug. From exploring the continents to commanding a base they did it with grace and a lot of pride.

TP- 13 Oct, Seema -20 October, WA- 12 Dec



#livingontheedge

It takes Two to Tango!



'SWEETIE'

Col SM Huria & Nancy

Kenya

No sooner did I depart from them, I found the one whom I love with all my heart 'Nancy'. I held on to her and now it's 20 years and counting. Our love has been blossoming. God has blessed us abundantly. Being away from home, our love has helped us to put up with all things, endure all things and has never failed. Nancy has been a great pillar of strength for me and my family. Our children Diana and Lameck have enjoyed the love of both, their dad and mum despite my absence. We firmly believe in the love that God has for us. "God is love and those who remain in love remain in God and God remains in them".

Steve- 11 Nov, Nancy- 08 Dec, WA- 10 Nov.

Lt Col Sherzod Bahodirovich Nematov

Uzbekistan

We met on one of the brightest days of our lives and unexpectedly. Sabina studied at the institute where I was invited to participate in the seminar. During the break time, I accidentally ran into my future spouse and we became acquainted. We got married one and a half years later and are currently raising a daughter. We are happy to share our common hobbies. For more than 5 years, we have been enjoying figure skating together, which gives impetus to our relationship. Our motto is - "Harmony, trust, and mutual respect are the most important things in family life".

Sherzod - 22 April, Sabina- 19 Dec, WA -22 Jul



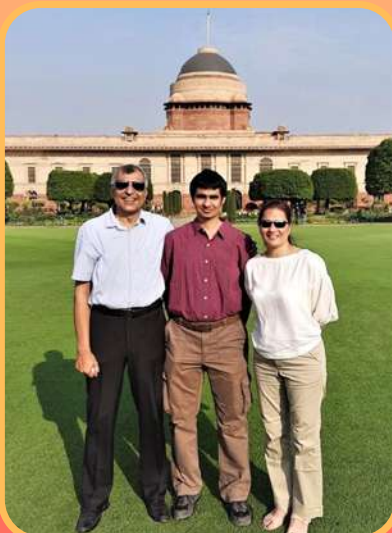
Sher&Shona

Commodore Vivek Dhaiya & Anupama

Married for 23 years, Vivek and Anupama are blessed with a son Gotam, who is an AI and Machine Learning professional. They met while Vivek was on a long leave between his naval appointments, to fall in love over a very short courtship. Service in the silent arm has taken them to all corners of India as also the United Kingdom and Europe. While Vivek has pursued his naval career, Anupama has devoted herself to Gotam's upbringing amongst her journalistic and academic pursuits. Vivek and Anupama reflect the traits of the 'Silent Service' occasionally pinging. They love to explore and gain experiences sampling new tastes, culinary treats, virgin habitats, and the less trodden path. Mocktails and anything that mixes and matches to create an exotic drink enliven them, though both are still trying to acquire a taste for wine.

They both are budding cyclists. Anupama completed the cycle ride from Baramulla to Uri this year. Their other pursuits include swimming, horse riding, for Vivek piloting a Para-hang Glider and for Anupama glass-face painting. Quality of life, good health and happiness are the most important facets of their lives.

Vivek-02 Feb, Anupama- 16 Feb, MA- 18 June



#thesilentones

Richa & Suchindra Misra (IDAS)

Two regular folks enjoying the journey called life, together.

Richa- 16 Oct, Suchindra- 22 Oct, MA- 08 Sep



#faith



RAKSHIKA

HERO BEHIND THE HERO



2021



Mrs. Vyjayanthi Choudhury

President Rakshika



MESSAGE FOR THE 61ST NDC YEARBOOK

It is with great pleasure that I share my thoughts with you for the Sixty-First edition of the 'Rakshika'.

The year 2021 has been like no other for the NDC and especially for all of us. The 61st course began cautiously with social distancing and Covid protocols governing our lives and all activities. A microscopic virus exposed the fragility of human life as it spread tragedy and heartbreak amongst families and friends. Ironically, this is the most collective experience we all have ever had in our lifetimes. The times were difficult, often pushing us towards a shared feeling of helplessness and despondency. Yet, the resilience, the courage, and the never say die attitude displayed by our Rakshikas to brave the challenges, keeping the families safe and happy in these trying times brought out the true essence and womanhood.

Despite the challenges, your incredible strength and zest for life enabled us to find and share happiness. The wonderful webinar meets, the beautifully organised events at Raksha Bhawan and the grand finale of the much-awaited Rakshika Nite made the year special. The visit to Goa and foreign countries lifted the spirits of all of us. The book is a beautiful compilation of the roller coaster journey we all shared from the lows of lockdowns to the highs of the tours and social gatherings. It truly was an enriching experience which I am sure we will all remember. I extend my deepest appreciation to our editorial team who undertook this labour of love to put the 'Rakshika 2021' together. As the eventful year ends, we are richer with the enduring friendships forged and experiences shared. It is a time which I am sure we will all look back upon fondly.

I wish you and your families the very best in all your endeavours, and may happiness surround you always.

Place: New Delhi
Date : 01 Nov 21

(Vyjayanthi Choudhury)
President Rakshika

Stringing the Precious Pearls

FROM THE EDITOR'S DESK

PRIYA NARANG

'Ekshashthi: A New Beginning', and indeed it was for all of us as the list of NDC 61 had brought in a rush of ecstasy. Assuming we had overcome our battle with the pandemic and it was a thing of the past, the course unfolded with celebrations and jubilations at a different level altogether. The icebreaking and the welcome ladies meet were the most beautiful platforms to rejuvenate the old associations and create myriads of everlasting bonds.

Two months into the course, we were hit again. This time it was worse than a nightmare. We were all engulfed with fear and trauma. Trust me, those times brought us all much closer; we all emerged stronger and more resilient. Thrusting the dark behind, taking charge of the time in hand, we were on our way to make memories.

As you go through the pages you will see that the lockdown phase was not a sad story. It was, however, a time to rediscover, recreate, and reinvent new means to connect and express.

With great pride we have compiled the section, '**Locked yet Unleashed**'. It is a clear indicator of our positivity, zest for life, and never say die spirit.

Consistent efforts by the college gave us many reasons to celebrate and rejoice. Be it the state tours, FATs, Goa, or touching the foreign lands, it was an enriching journey.

As we bring to you Ekshashthi, which is a turning point, a beginning of the return to normalcy, our hearts are loaded with gratitude, and flooded with incredible memories. We sincerely hope you treasure this bioscope of assorted memories and each time you turn a leaf, it brings NDC 61 alive in your memories.



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THE WELCOME LADIES' MEET

The Perfect Coterie and the Perfect Rendezvous



As the eager, undulating ocean waves morph with the others creating a powerful swell, gushing and suddenly fade on reaching the shore; our eyes beaming with excitement, hearts drumming with curiosity, and the roaring anxiety was silenced as we stepped onto the pristine lawns. completely in awe of the lofty architecture, enamoured by the grandiose and the magnificence of the most impressive heritage building, The National Defence College.

We were welcomed with warmth by the charming and smiling spouses of the directing staff. Soon, we began to feel at home in this brand-new phase of our lives and with the presence of almost a hundred ladies, the NDC lawns were covered with beautiful shades and hues as if announcing the arrival of spring.

While we enjoyed the refreshing welcome drink, our eyes kept juggling, full of admiration, trying to absorb the visuals, the lush green lawns, spring kissed flowerbeds and the fluttering flags that signified the global presence and recognition of this esteemed establishment. It was not at all surprising, the pervasive atmosphere and the ambience perfectly matched with the aura and the halo associated with this premier institute.

Mrs Renu Ahlawat added to our excitement with her welcome speech as she unrolled what the coming months had in store for us. President Rakshika, Mrs Vyjayanthi Choudhary, further warmed our hearts with her welcoming and comforting talk. She also encouraged us to explore, experience, and enjoy every moment, as we expand our horizons together. We also got an opportunity to introduce ourselves while we contained our excitement. What a revelation it was, each one of us was a universe, with a different story, a different journey, with a different roadmap to their accomplished present. Once again, a strong realization that it takes a different material in making a Rakshika and there was so much to learn from and with each other.

What connects us better than food? Breaking bread together, along with the aroma of tea and coffee, the lawns were filled with laughter, warm hugs, reviving and reliving the old associations, posing and pouting for selfies and soon the sound of clicking cameras and flashes took over the buzzing of chit-chat.

In one evening, we had mentally transformed from lady wives of officers attending NDC 61 to a batch of freshers, first-year college students who were excited about all things small and big, making new friends, reviving old bonds, hoping to learn, grow and evolve together. The beautiful thoughts of travelling and making memories together had already started clouding our minds. We knew, not a minute was to be wasted, moments would soon transform into memories that would be etched forever during this sojourn and the clock was ticking already.

This was the beginning of camaraderie, a strong connection, beyond blood and borders. Tuning in to each other's frequency with an unspoken level of understanding, capturing the very new feeling and the essence of being a Rakshika, we strode ahead.

By Priya Narang



ARCADIA

MUGHAL GARDENS

"NATURE DOES NOT HURRY AND YET EVERYTHING IS ACCOMPLISHED."



What could have been better than Mughal gardens to mark our first outing? Ushering the spring in the most desirable way. Was it a dream or were we in paradise? Such was a feeling as we entered the grand Mughal gardens, the soul of the Presidential Estate. Steering through the traffic on Delhi roads, the hurly-burly, the commotion, we were suddenly transported to a world so serene, pristine and our senses took some time to come to terms with this beautiful reality.

Spread over a vast expanse of 15 acres, Mughal Gardens designed by Sir Edwin Lutyens in 1917 are open for the public during the annual festival Udyanotsav, in February and March. It is a beautiful blend of Indian and western horticulture traditions, the Mughal style, and the English flower garden.

The Rectangular Garden, followed by the Long Garden, and the Circular Garden, Mughal canals, terraces, flowerbeds, lawns, hedges, there was so much to absorb in one hour that it was hard to figure out where to start from. The confusion was, should we capture this riot of colours on our cameras or seize the moment.



Our eyes continued to sieve through each flower bed, making sure that we do not miss out on a single piece of nature's marvel that was spread in front of us, trust me with the myriad species and an ocean of flowers, it was a challenging task. Other than the seasonal flowers, roses, tulips, Asiatic lilies, daffodils, hyacinth stole our hearts, undoubtedly roses were the showstoppers. It was intriguing, 159 varieties and each one named after monuments, personalities that surely caught one's attention. From Taj Mahal, Eiffel Tower, Black Lady, Blue Moon to Arjun and Bhima from Mahabharata, Mother Teresa, Queen Elizabeth, John F. Kennedy all shared the same array, the same regalia.

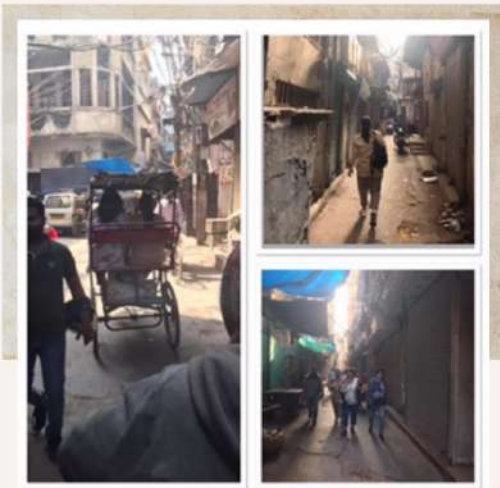
One must see to believe this incredible beauty. As far as our eyes could go, we could see flowers, like a million happy faces adorning colourful costumes, wild and beautiful, drenched in sun. Sharing the same space, co-existing and blooming. Despite knowing they aren't here for long yet chose to live their brightest lives silently teaching us beautiful lessons of life. Making us wish we could live like a flower,

-By Priya Narang



A glimpse of THE BYGONE ERA

Chandni Chowk, built by the Mughal Emperor Shah Jahan in the 17th Century, was once the grandest Indian market. Its splendour laid in the glittering reflection of the moon in the tributary of the Yamuna River, which passed down the centre of the Bazaar. Today it no longer bears the magnificence of the bygone era and it's easy to get lost in the maze of its bustling overcrowded narrow lanes. But we 7 friends braved it and lived history for a day.



Food was an integral part of this *Heritage walk* and we started the day with kuch meetha ho jaye. Niharica tempted us with the most amazing jalebis from the *Jalebiwala*...at 8:00 in the morning!!

From there we made our way to *Khajanchi's Haveli* and, as the name suggests, it belonged to Shah Jahan's accountant and must have seen unlimited wealth, but now lies dilapidated in its lost glory.

Then, we walked towards *Naughara Gali* which is an alluring alley of nine (nau) houses of those times with the most picturesque doors you've ever seen!

The narrow lanes from there led us to the *Digambara Jain Temple*, so serene and quiet, built during Aurangzeb's time



Now the much-awaited breakfast since Chandni Chowk is known for its lip smacking food till date. So *Shyam Sweets* it was, with delicious *Bedmi poori* and *Nagori halwa*.





With happy stomachs we then walked to *Haveli Dharampura*. All restored, now it serves as a Luxury Hotel, with a feel of the past!!

Our steps took us further to the humble abode of *Mirja Galib*, our most celebrated Urdu poet.

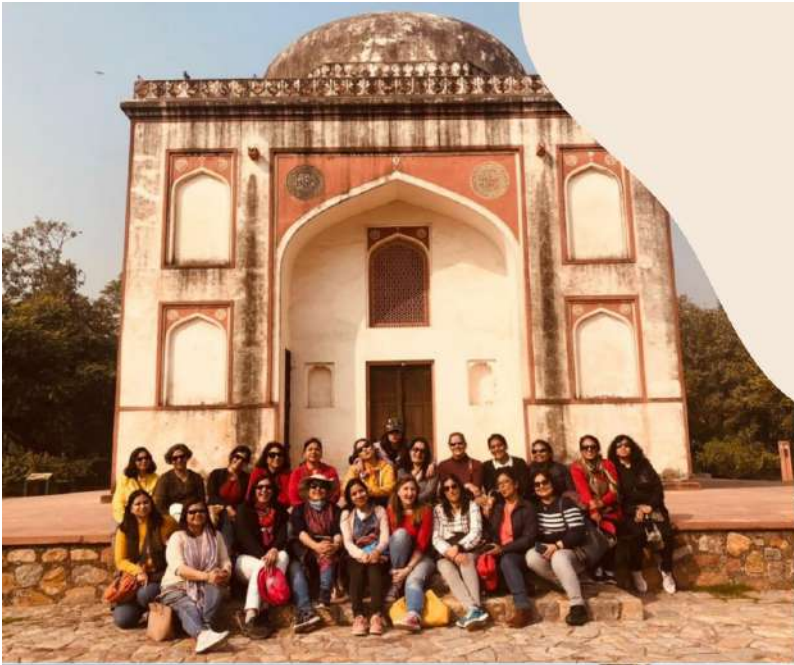
As if all of this wasn't enough, we now had the challenge of crossing the busiest road of the busiest market in India in front of us! Before we could even think, Ruchi just took the lead and began crossing and we just followed mother hen amidst the trucks, buses, cars, autos.... Melody, our UK course officers wife, has no recollection of that till date!!!!!!



Seema Singh
W/o Air Cmde Tejpal Singh

Dilli Darshan

Exploring delhi was never so
much fun



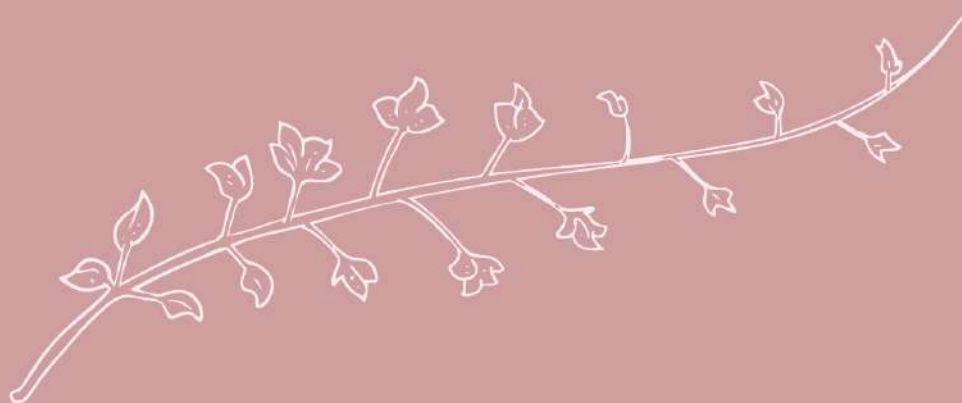


Sundar Nursery and Mehrauli Heritage Walk





IT STARTED
WITH
SPRING



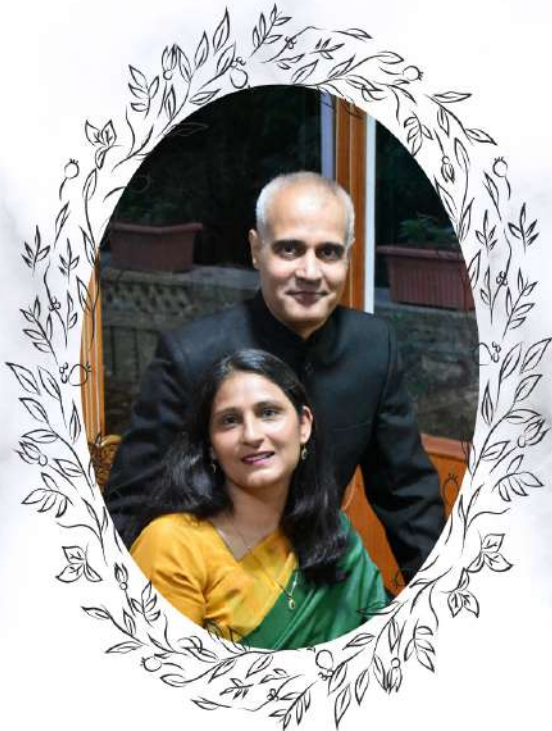
25 Years...

A Promise for Life

*Those who walked into love and the
journey became a joyride.
Stepping from the silver route to the
golden, with a promise to walk through the
dark clouds and the rainbows.*



Hartej & Gaurika



Karan & Mamtesh



Raghuram & Archana



Pankaj & Preeti



Prakash & Anuradha

25 Years...

A Promise for Life

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Sameer & Meena



Sameer & Priya



Manoj & Raakhi



Sandeep & Vimi



Ravroop & Navjeet

25 Years...

A Promise for Life

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Stepping from the silver route to the golden, with a promise to walk through the dark clouds and the rainbows.*



Vikas & Rajni



Vishal & Princee



Vivek & Priya



Sanjeev & Laxima

A close-up photograph of a heavily rusted metal door. A green metal grid is visible in the background. A large, rusty padlock is attached to the door. The text "LOCKED" is overlaid in a bold, teal font with a red outline. Below it, the word "yet" is in a small, white font, and "unleashed" is in a large, yellow, cursive font with a red outline.

LOCKED

yet

unleashed

The Happiness Café

Ladies meet Raksha Bhawan

It was the scourge of the pandemic
Not a door open thanks to the epidemic.

There was much despair all around
But the ladies of Raksha Bhawan decided to
stand their ground!

If not in-person, they decided to re-create the
experience virtually.

There was an alternative created for every part
of the Ladies Meet that was usually done
manually.

The theme was relevant to the times... "The
Happiness Café" it was called

Food, games, entertainment, and tips on health,
had the audience enthralled.

From stand-up comedy to a flash mob, there
was so much to be engaged with

The theory that Ladies Meet could be enjoyed
only in person was turned into a myth.

- Archana Raghuram



EVERY ENTRY WILL GO ON TO THE MUGS AS DESIGN



Priya Narang





O WOMANIYA



Will it happen? Or not? Online or offline? Venue? Date? Theme? UFFF! The uncertainties!
The New Normal!

Well, Decisions were taken and we got the happy news that the Rakshikas of Vikram Vihar and Shankar Vihar will be hosting a Meet in the Raksha Bhawan Community hall.

Our wonderful Area Coordinator, Mrinalini, took the lead and thus started the brainstorming! The theme was decided and very soon, the programme began to take shape.

Celebrating 'Women', the women of VV and SV were absolutely up for the task and it took no time to get the teams ready for various assignments. The excitement was so much that even first-time performers in our Pantomime were totally confident.

The singers, emcees, performers of dance and pantomime, quiz, decoration, registration, games, gifts- all went hard to work to prepare the performances and other material. It would not be an exaggeration to say that it took sweat and tears to get presentation-ready.

After days of individual preparation, it was soon time for the entire programme to come together. Varuna, the Naval Mess, became the venue for combined practice. Boy! Will definitely miss their adrak-elaichi chai!!!!

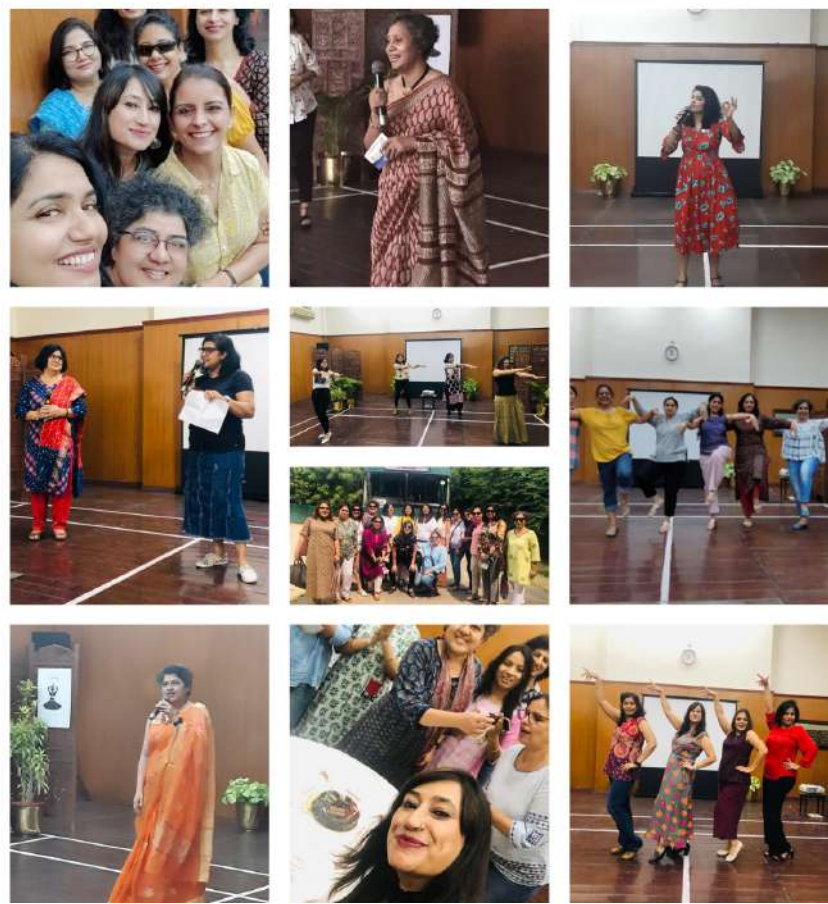
As if this bonding time was not enough, we got more opportunities during the bus rides to Raksha Bhawan to practice at the venue. Memories for a lifetime!

And just as we thought we were ready to show our talent to the Rakshikas, we were thrown a curveball! The event had to be postponed due to record-breaking rains in Delhi on the designated day. Not to be disheartened, the group came together with renewed energy a week later.

Finally, the second overall and first in-person Ladies Meet of the 61st course materialised on 8th September 2021. The excitement of our guests and their appreciation of our efforts made everything perfect! Our teamwork showed how different notes can come together to make beautiful music!

Hip, hip, hurray!!!!

Gunjan Singhal





Wind Beneath my Wings

@ 50, I run because I can.

Last year "March" I couldn't run 700mtrs without my lungs screaming out..... now there are days when my legs carry me some extra distance without a second thought. I run because when I do, I feel extraordinary. It's about commitment to myself. It is about when the voice inside my head that keeps yelling, "I can't" stops and a new voice whispers, "Yes, I can."

It is about my fascination with my marathoner husband's fully loaded medal rack and a dream of having one of my own. I love a long and steady trail run or crunching by the undulating bend of the mountain river or the cobbled road before the sun starts beating down mercilessly. Why do I love it? The exhaustion that follows a hard run – body tired and sweating profusely but the mind crystal clear, leaves me excited. I love running on the familiar routes where I know the bend of the trees, the turn in the roads before they materialize.

I love checking the stats on my Garmin watch to see improvement in myself in the 15 months that I have been running. I love the days where the first kilometre is like toppling forward, my legs are aching and refusing to listen to my mind and then the slow relaxation and ease as the muscles relent and form a rhythm. I love trying to beat my own PB for a 5k or the slow and steady burn of a 10k.



I love waking up on the morning of a race, all nervous and excited and wondering why, when nobody but me really cares. I love simply that I can do it. 15 months ago, I couldn't do a 1k circle, and, now there are days when I have to hold back, slow down and save some run for the following day. That is why I run

-Shefali Sathe



AND I SAID, "I DO".



His face like a chiselled stone, that had been through the rough roads,
His eyes wore a promise, a conviction, His shoulders could carry any load.
Though not very tall, he felt taller than the rest,
Simply dressed in nothing fancy, yet he looked the best.
I knew he was made of a different fabric when I saw him for the first time,
Camouflaged in an ordinary skin, he was a hero sublime.
Something just drew me towards him,
I wanted to see him from up close.

He said, "I may look your age but I have lived a little more,
My blood is not the same colour, and different is my core.
I may not be there when you need me as there is someone who needs me more.
But one thing I can promise, wherever I may go,
I want you to trust that my love for you will always be true."

And I said, "I do".

Walking the aisle towards him, I looked into his eyes and felt like a queen,
There was turbulence in my heart and butterflies in my belly,
I chose to marry a soldier. It was going to be a difficult journey.

In my mind navigating through roads I had not seen,
but there he stood, unyielding, unruffled and serene.
Sensing my anxiety, he held both my hands and lifted me in his arms,
Unabashed, he looked all ready for the commitment and I drowned in his charm.

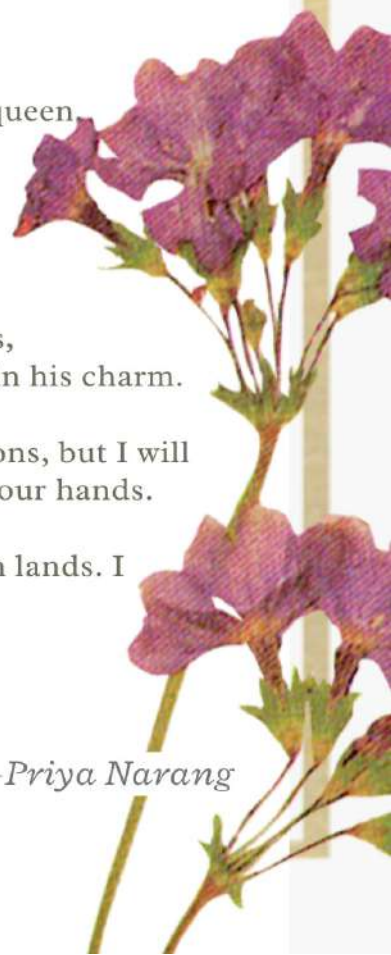
Carrying me he said, "I may not be able to take you for exotic vacations, but I will
walk you through the forests, the glaciers, and the deserts, holding your hands.

I will make you feel the soul of this country, you will touch the virgin lands. I
want you to know that I will love you until my heart beats,

Until I breathe my last, I will love you".

And I said, "I do".

—Priya Narang



Bend it for Yoga!



Jessica Dunmore

Moving from the United States to India, there were two things I was most excited about: trying the delicious food and learning traditional yoga. Raising three kids and working as a college instructor, I had not been able to focus on my wellness for years. When Namrata offered yoga classes for NDC spouses, I could not wait to join.

Yoga in America is very calming and peaceful. Indian yoga is a "wilder" experience.... I have been instructed to walk like a crow, lay like a crocodile, hiss like a cobra, run like an engine, breathe like a bee, and allow the release of various fluids from my body! It is a full mind and body experience.

Yoga via Zoom is a challenge. Once when I lost internet connectivity, I had to go to the roof to get cell phone reception. I was fighting off ants the whole time in 41° heat! When Namrata said it was time for cardio, I did my best and sweat through it. Sometimes the Zoom session would end, and I'd stay resting in Shav-asana without realizing it.

I am so appreciative of my mentor Namrata for her guidance and patience. I received a lot of feedback such as "Jessica, do it properly! Jessica, Jessica, do it nicely!" in the first few weeks. By the third week, I got a compliment for my flexibility which I have never received in my life! I am still having trouble bending in all the ways expected. But I am so happy with the already noticeable benefits such as a stronger back, better posture, diminished neck pain, and better sleep. I cannot thank Namrata enough for this!

I've decided that I will continue daily yoga with meditation and Pranayama for the rest of my life. Heartiest thanks to Namrata and my fellow classmates!



"NDC as a Travel Launchpad"



There was a beautiful, sweet spot between quarantine and lockdown that gave Nick and me a wonderful opportunity to travel around India. The weather was perfect, attractions were uncrowded, and India was at its finest. The NDC programme was also wonderfully empty on Friday afternoons. Note to faculty – please keep this up for next year!

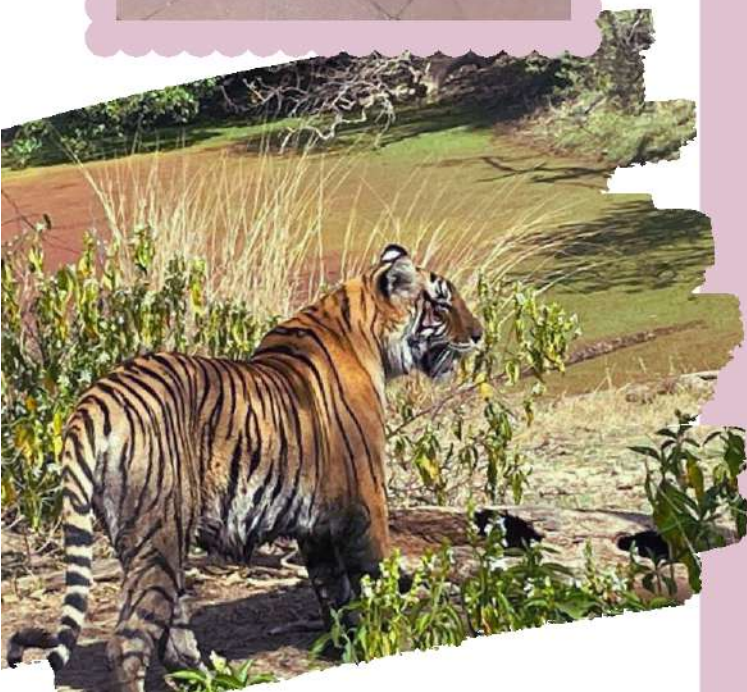
We started our adventures in Rajasthan and managed to visit Jaipur, Udaipur and Jodhpur in quick succession on consecutive weekends. The hotels were offering some great deals to attract tourists and we can say without any shadow of a doubt that we have never stayed in such luxurious accommodation! On the recommendation of friends at NDC, we hired a local guide for each of our weekend visits. This enabled us to see things no normal tourist would get to experience and to sample the amazing street food.

The highlight was a backstreet tour of Jodhpur including visits to people's houses so they could explain their long family association with the property and to educate us on life in these amazing cities. Who would have thought that the blue exterior used as décor on houses in Jodhpur is also a mosquito repellent! And who would have realised that street food kachori in Udaipur is completely different to Delhi?

No trip to India is complete without a trip to the Taj Mahal. We visited this romantic location as a late wedding anniversary present to ourselves. It turned out to be one of those precious life experiences. Watching the sunrise over the Taj Mahal with no other people around (a COVID silver lining) was an unforgettable experience. As was a candlelit dinner on a balcony at the Oberoi overlooking the palace!

The travel highlight for both of us was probably seeing tigers in the Ranthambore National Park. The guide said we were lucky, but Nick was convinced it was his jungle warfare training that allowed him to track down the elusive predators! India is an amazing travel destination, and we will never forget our weekend trips away from NDC. Hopefully, we can continue with them in the autumn!

-Melody Sawyer



28" (W)HEELS— A SIMPLE PLEASURE



My 28" (w)heels have never seen as much action as it is seeing this year. (W)heels went round and round and made way for the darshan of Lutyens Delhi as well as other parts in NCR. Lutyens Delhi with smooth legs (road) and lesser blocks (traffic signals) is an ideal red navy black carpet for my (W)heels.

Planning for these smooth rides started in November 2020 well before any of us reached Delhi thanks to Brig Deshpande, a (w)heels enthusiast. Unpacking and basic settling done, we had a great start one dark winter morning in early February with officers and three ladies. Once off to a great start, can heels and ladies be separated? No Sir!!!!!!

Slowly and steadily, the heels took a back seat and the (w)heels took over for the ladies. Thus, the girlie (encouragement from the better half) and couple gangs came into existence. I continued to be solo as my better half has other interests than "just wheeling around".

The enthusiasm and perseverance of the group took us to many important locations in and around Delhi. But our favourite destination was India Gate and back exploring as many routes to and fro as possible and covering distances from 30 km to 100+kms.

An NDC-to-NDC ride (20kms in Lutyens) which was flagged off by the Commandant, a Sunday morning breakfast at NSG, Manesar, 50 km one way have been some other memorable events. One carpet which is an outright favourite is the Gurgaon to Faridabad Road bordering the Aravalli ranges - one with lots of up and downhill wheels -a cyclist's delight.

The wheels were going great, crossing several memorable milestones till the pandemic took charge of our lives in April. Hopefully, this too will pass soon. After all, we have miles to go...

The remaining months till the end of the NDC course will see us add more km to our (W)heels and memories for the future.

It's now a cherished activity. Many of us would never have dreamt of Cycling such distances and that too in Delhi/NCR and making new friends. Hope to continue this simple pleasure with these newly acquired (w)heels for years.

-Anuradha Kanchi

Germination of a Seed

The COVID Pandemic induced lockdown was a great opportunity for me to introspect and contemplate upon my idea of a good life. Here I was, seemingly content with the way life was moving forward. I was living an aspirational life that would be an envy of many. My two children were home with me and the quality time we were getting to spend was a blessing. Yet, something was tugging at my heart, giving me a sense of emptiness that I could not explain to my family or self.

Being a creative person by nature and having an innate desire to continue to explore new frontiers, I discovered my passion for baking about a decade ago. It gave me a sense of fulfilment and acted as an outlet to express myself. Having achieved some degree of expertise, going professional should have been a natural progression. But compulsions of a full-time career as a mother and an army spouse somehow inhibited me from fully harnessing my potential.

In this sense, COVID lockdown turned into a boon. The cake I baked for the anniversary of one of the course members drew admiration and the seed germinated in my mind. Inspired by the encouragement of my family and friends, my new venture finally started to take shape. Everyone chipped in – from designing the logo, finalizing the menu to handling the social media and so many other minor yet important nuts and bolts in a startup venture. My earlier experiences of conducting classes at Army War College further gave me the much-needed confidence. Finally, Heaven In My Kitchen was born. The venture has given me sense of purpose and achievement which I had been craving for years. More than the financial gains, it is my creative need that stands fulfilled.

Navjeet Kaur Kamboj



The Therapist's Diary

My journey into the world of healing began in 2004 when my neighbour introduced me to the magical energies of Reiki, and then there was no turning back! Soon I had completed all Reiki levels and became a "Grand Master"; terminology to define a person enabled to transmit healing energies, including those who are miles apart. My key self-realisation was how each one of us is a born healer and the trick lies in discovering it.

Then what I thought was totally unplanned, unexpected... I took my next big step forward and deeper into the vast, exciting and extremely powerful realm of the Subconscious mind. In hindsight, I now know that once you embark on the journey of healing, the Universe's energy lights up your path and guides you (much better than Google maps...)

The next four years were spent in training and practising Regression Therapy. Regression is discovering and reliving earlier experiences that have caused present complaints and conditions, thereby enabling people to cleanse themselves of unwanted negative energies accumulated over the years. The core principle of this science is to tread very nimbly into the Sub Conscious and resolve the problem from the source. Eventually, I was a certified Transpersonal Regression Therapist (TRT) from the TASSO institute of Netherlands.

In the words of our professor Dr Hans TenDam:

"The beginning of each session is trust, the end of each session is catharsis, the process of each session is musical..."

Here are a few first-hand accounts of friends who have experienced the TRT:

*If I had to sum up my experience in a sentence, I would say it was unimaginably unexpected, in a way that fits all pieces of a complex puzzle into a whole. It leaves you most solemn, more at peace and more compassionate to yourself than you thought you were capable of...

* It was as if I was forced to the bottom of the sea due to the weight of this baggage, which I was carrying unknowingly all these years... Maybe I had started getting used to living on the seabed, accepting it as my destiny... But, in the end, the experience was magical. I felt rising up to the surface and seeing sunlight shining bright on me. I felt relieved and light as a feather, now that the additional weight was gone I find myself receptive to all the positive emotions. I feel ready to take a flight in the universe.

* My sessions opened my eyes to the reason behind this, the reason which I couldn't see with the ability of sight and reasoning. And I felt distinctly liberated from the tentacles of worry, fear, self-recrimination and contrition. It has become easier to be in harmony with both the outer and inner worlds - something that I had long been wanting but not being able to achieve...

There are millions more of such miracle stories which illustrate that the healing power lies within and all we need is faith, determination and trust to discover, unlock and utilise it.

I hope my diary inspires you to explore the path of healing and see for yourself the divinity that lies within...



*Written by Princee Singh,
Transpersonal Regression Therapist & Reiki Grandmaster*



“Life is like riding a bicycle, to stay balanced, you must keep moving”

Like most of us from the 70s, I have been cycling since my school days. In those days a cycle would be bought as a long term means of conveyance and thus, I got a bright blue ‘Hero’ ladies cycle on my 10th birthday, which I continued using for the next ten long years.

After a gap of almost 25 years, I was reintroduced to Cycling-- as a sport! It was in 2018, Jaipur when my husband and a few officers took to cycling. Soon, they effortlessly started clocking 30/40 km every morning and graduated to hybrid bikes and roadies! Those sleek bikes and their interesting and incessant discussion on cycling tempted

My husband readily gifted me his bike and bought a new roadie for himself. Admiring the newly acquired delicate bike, I had my doubts- how could those thinnest of tyres balance my humongous being! However, soon we both- the beauty and the beast got comfortable with each other. My husband, with all his generosity, offered to give me lessons; however, after a day or two, those sessions started threatening the marriage and I wisely opted for trial and error! There I was, on the bike but a hybrid, Cannondale, CAAD 8, realising why it had created so much fervour!

My Cycling Journey



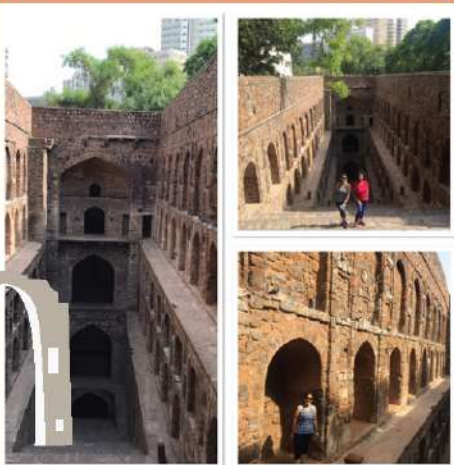
The passion has revived again since Feb’ 2021, thanks to the cycling enthusiasts of NDC 61- the MAMWILS (Middle Aged Men- Women in Lycra). Officers and ladies from the course, a group of almost twenty to twenty-five dedicated cyclists, exploring the beautiful and vibrant Lutyens’ Delhi; an early morning rendezvous that we all eagerly look forward to! Exploring the ‘chai’ points after a good ride, or a nice breakfast together- is a wonderful spirit of camaraderie, where one is just competing against oneself and excelling with every ride.

We started with the objective of completing almost 3000 km distance each over the period of the NDC 61st course. Most of us have already completed the 2000 mark as I write this on July the 6th. With the diminishing second wave of Covid, one is again all geared up and charged, raring to get on the bike, feel the fresh morning air and breathe freely. There’s nothing compared to the simple pleasure of riding a bike! Ultimately, cycling teaches one of the most important lessons in life- Balance!

Mrinalini Deshpande



OUR MORNING RENDEZVOUS



Life is a journey no doubt, but how you want to travel is a choice you make! I chose to walk it, step by step, savouring all the flavours it has to offer.

One of the highlights of coming for the MDC course and staying at Raksha Bhavan was to be able to take long walks on Rajpath and explore the nearby areas... after all, we were staying right in the heart of Delhi.

You see, I am not a lone traveller so I had to find my partner in crime, which I did with our 'drama' queen Ambika Saini, the comedian with an eternal fear of dogs!!

It all started with me going for my morning run on **Rajpath**, all of 3 km!! I would not venture beyond that since my amazing sense of direction would land me in some lost & found box! Until one day, I met Ambika who convinced me with her better sense of direction to explore nearby lanes/places.

Very soon it was adios to Rajpath thanks to the Central Vista Project and we started to find openings and side roads to go till **Rashtrapati Bhavan**. So grand and beautiful!

Next, we walked to **Khan Market** only to discover **Lodhi Garden** was next door. And this early in the morning it was blissful, minus the love birds with only the hardcore walkers and runners.

Another route led us to **India Gate** with people proudly posing and getting photographed with the majestic monument. From there, we walked to the **National War Memorial**, remembering our fallen heroes thanks to whom we are able to walk these roads freely.

What a blessed way of starting our day with Babaji's blessings, a nice brisk walk to **Bangla Sahib** and indulging in Kada Prasad...good wala cheating on a morning walk!!

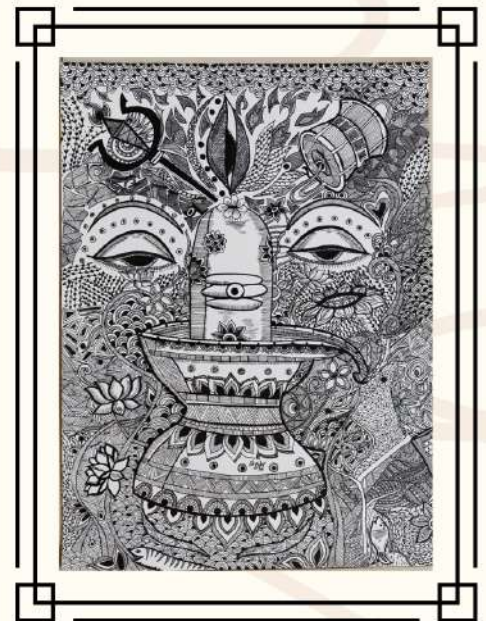
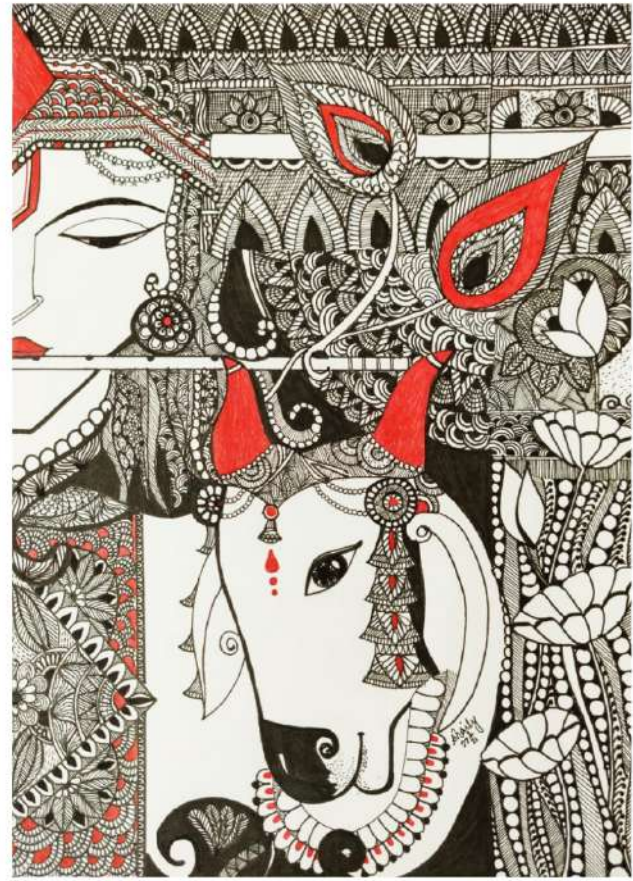
Soon we were walking with sticks in our hands, thanks to Ambika being chased by a dozen dogs and me being nearly attacked by a monkey! This time we walked all the way to **Jantar Mantar** and got lost in its astronomical marvel.

The magnificent **Ugrasen Ki Baoli** was the ultimate wow factor!

Time is short and there is much to explore! So, the journey continues.....

- Seema Singh

DOODLE-DEE, DOODLE-DUM



Doodling keeps me focused, it is therapeutic and the final outcome never ceases to amaze me! The patience it draws from me is tremendous.

Why did I take to doodling, one might ask? Well, as a child, my mother disallowed me to scribble upon any wall or the floor; and, that longing of seeing my 'art' on the walls remained buried deep within me and finally, took form 4-5 years ago with a vengeance!!

Now, the world is my canvas – the tree trunks, the river stones, the walls, ceiling fans and of course, the humble papyrus (read the modern drawing sheet) has borne the brunt of my imagination.



BY SHEFALI
RASTOGI SATHE

Discovering my Passion for Gems



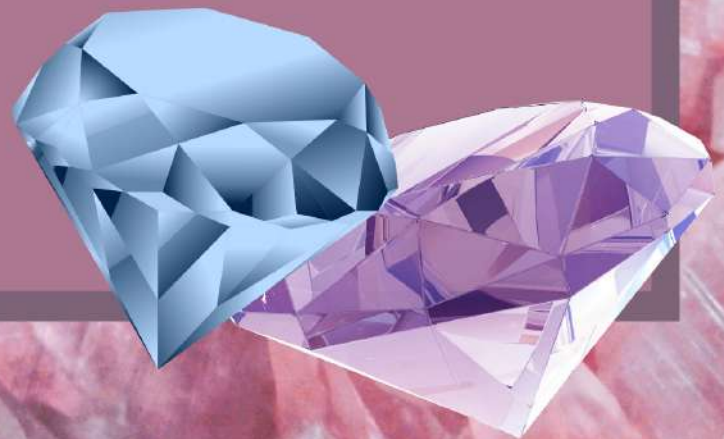
The first Gem I bought for myself was from Sri Lanka, it was a beautiful Garnet. Then I didn't know what to look for and expect when buying a gem. I was working in Maldives Customs Service, in the Tariff and Classification Section. I got the scholarship from the Maldives Government to do a master's degree program in Customs Administration which was affiliated with Sri Lanka and Australia Customs.

While doing my official program, I realized that I could do something that will be an added advantage to my career and something interesting for me. As a Customs Officer, I had to classify and value different types of goods. Hence, I joined a course in gemmology along with my scholarship. Moreover, no gemmologist in the Maldives Customs Service could classify or even identify a gem. Later, I was accredited by the World Customs Organization as a training expert in the field of Goods Classification.

Gems are investments; therefore, I thought of sharing some important points which I learnt from the gemmology course. I hope it will help you do better gem shopping. First and foremost, look for the hardness of the gem. If you want it to be durable and use it every day, then you must look for gems that have a hardness of 7 or more. The next important factor in choosing a Gem is its colour. Gem loses its value if it is too dark or too light. Ideally, it should be in the middle range. Then the next thing is to check for windows at the bottom of the gem, look for the gems without a window.

My journey towards discovering my passion gave a whole new direction and purpose to my life and I truly hope that next time when you are buying gems these points cross your mind.

Khadeeja Moosa



Starry Eyed

*We got together, we danced the night, when we reached the capital, starry-eyed,
From dreary existence, tired minds, where romance was dead, in cynical confines,
Jaded souls, touched by serendipity, we the people lost, chasing chimera of felicity,
Draped under shimmering stars, we broke the ice, we savoured euphoria, life, a roll of dice,
We swirled n twirled in august company, drenching ourselves in colours of Holi,
Hit by the second wave, out of the blue, pleasures of life, far and few,
We danced solo, into the night when all seemed lost, we held on tight,
The day was a struggle, night a fright, gumption we displayed, to win the fight,
We got together, we danced the night when we reached the Capital, starry-eyed.
Softly, we trod on the path of kinship, cherishing many a beautiful relationship,
We greyed a little, in the pandemic year, we conquered fear, we persevered,
We sought meaning in the mundane and grime, and found 'nirvana' in the fullness of time,
Amidst monsoons, we danced carefreely, we discovered shades of beauty sublime,
No shadows of fear or doubt, as we ruminate what life is all about,
Seasons flew past, flew the autumn leaves, we danced to our tune, the NDC-61 eves,
We shimmied in the winter chill, and when we tangoed, the world stood still,
To seek a dance, pleasures we may see, In tiny portions, may beautiful our lives be,
We got together, we danced the night when we reached the Capital, starry-eyed.*

Written by Mrs Vizika Choudhary



Be Calm, And Buy Some Pottery!

When asked if the Rakshikas would like to shop for Pottery that too at our very own doorsteps what do you expect the answer to be! And icing on the cake, at reduced prices, straight from the factory...it's a bonanza!

Thursday the 8th of July and we transformed our community hall in Raksha Bhavan into a shoppers paradise. Ladies came with their purses full and left with bags full of amazing pieces of plates, cups, coasters, lamps, tea light holder.....you name it!! The vibrance in the hall was palpable.

This was also the first outing for most of us after the second lockdown so you can imagine the hysteria! Every piece looked beautiful and everyone looked as if they had returned from exile!! The hugs, the laughter, the sacrifice of letting your friend take that last piece of the pink coloured owl coaster, ufffff it was heart-rending! Then we had friends send tea for everyone and some even took friends home for a quick bite.

Couldn't have asked for a better day where pockets went light but shopping bags and heart were full of what we desired.

Life is just like potter's clay, it gets shaped by our own hands.

Today we shaped our friendships!

By Seema Singh



SAFARNAAMA. NDC*

*Maybe one day, we'll look back and see
All the beautiful and cherished memories of NDC.
Maybe it was the excitement of meeting old and new friends.
To restart the gears of the bonds which never saw an end.
When people spoke Of NDC they said
'It will be a joy ride, you see'
And it is true, one cannot replace this newfound camaraderie.
Each day had its own routine
Decked out in riding gear from head to toe
We set out on our cycles, like a well-knit team.
The enriched experiences of heritage walks came next
But I think that our shopping sprees still count as the best.
There were mornings full of coffee and love
All the time we've spent together isn't enough.
Then the nights came alive with our get-togethers
With all of us raising a toast for each other.
The golden days had come back once again
What was once lost had been found, this time with promises of no ends.
But here is where we got a jolt
We were losing and the virus got the win, oh so bold.
We stood our ground, still holding onto our crowns
So grateful that each one of us made it, safe and sound.
Time never failed us
Made us realise that this journey is truly wondrous
We stood back on our feet, slowly
I cherish our voyage wholeheartedly
So, raise a glass to yourself and all the people beside you
Because NDC gave us bonds of a lifetime which will always remain true...*



Written by Laxima Luthra

SAY *Hello* TO LEADERSHIP IN TODAY'S "SUPER-CONNECTED" WORLD

**ARCHANA RAGHURAM,
GLOBAL CHIEF MARKETING OFFICER,
WNS (WWW.WNS.COM)**

WIFE OF COMMODORE C RAGHURAM



*Academics: Alumni of IIM Calcutta, Done
Certificate Programs in Digital
Transformation from Stanford and chosen for a
Top Talent program from the company in
collaboration with Harvard*

I heard someone remark in jest, "If Facebook were a country, it would be the most populated." Imagine 2.74 billion monthly active users, 2.68 billion mobile active users, 10 million groups, 500 million active users of Facebook Stories, and 4 billion video views every day! The next populous 'social' country is Instagram with 1.15 billion active users (more than half of whom are under 34 years), and 500 million people who visit Instagram stories daily.

This is the hugely transformed world in which we live today, and into which tomorrow's leaders will enter. A world in which leaders will lead netizens more than citizens. A world where social media has reinvented the fundamentals of 'followership'. A world where an explosion of communication channels has completely changed how feedback is published and spread to create 'viral infodemics'. In short, it is a world where technology has released the genie of the 'individual voice' and given it the power of universal access.

What will leadership behaviours look like in this open universe of information? How will leaders lead their followers who are not only empowered as individual publishers of their strong minds but also have quick and open access to others with equally powerful opinions?

LEAD BY EXAMPLE – THE CORNERSTONE OF TRUST

Leading by example is no new concept, but the ability for people to 'see', 'experience', 'evaluate' and 'give feedback' on whether one walks the talk or not, has increased exponentially. The beauty of this principle lies in the truth that leadership resides in our behaviour and not in the titles we hold or the authority we wield. Unless one can roll up sleeves and show people around them what they stand for, they are not going to be able to earn respect from them. This respect is the foundation of the all-important bond of trust that drives every relationship in our personal and professional lives.

LISTEN KEENLY – UNDERSTAND WITH EMPATHY

Listening has become a rare virtue, and even more rare is the ability to ‘understand’ what the person is trying to communicate without the filters of “I already know what he/she is going to say”, or “I knew this would happen”, or filters of superiority or bias. One cannot be quick in dismissing others based on only seniority because the millennials and gen Z are taught to question! They are also born into a world where ‘equality’, ‘inclusivity’ and ‘diversity’ are not just slogans. They are tenets by which even some of the biggest organisations are recasting themselves. One has to make an effort to not subconsciously shut out what one does not want to or expect to hear.

An example I recall in the context of my being a Service Officer's wife -- a small incident, but one that had the power of being transformative in its own sense – it was the time much before the pandemic, when a group of us, wives of Naval officers and leaders, were putting up a fashion show. It involved the participation of young wives who invariably were also young mothers. With creche facilities being a bit difficult, many had expressed their unwillingness to participate (for valid reasons). The leadership decided to change tradition by adapting and aligning with the virtual world and decided to set up WhatsApp video calling to meet and rehearse. Our willingness to look beyond the tried, tested and obviously gave us a great experience. Was it different? Absolutely yes. But did it work? Absolutely yes again, it did, and things turned out just so perfectly!

VALIDATION IS NOT ALWAYS A SECURITY BLANKET

I believe that the more we listen, the more we learn. Validation, as sweet as it may sound, is not always satisfying, and the more we respect differences, the better we accept others. Acceptance opens the happy situation where, even if people do not agree with us, they trust us. Trust, in turn, opens our minds to new attitudes, ideas and opportunities for collaboration. It teaches us that not every difference needs to be resolved. A quote by Albert Einstein sums it up very aptly - “The leader is one who, out of the clutter, brings simplicity... out of discord, harmony... and out of difficulty, opportunity”.

LEADERSHIP IN THE CONNECTED AGE

So, what does it take to demonstrate leadership qualities in this new age? It definitely calls for agility to pivot on change and take charge. Not the command-and-control type of charge, but the collaborative and coaching type. It is about being as firm in conviction as it is about being selfless in execution. It assures people that there is someone they can count on, and equally inspires them to be that rock, should the need arise. It envisions with inspiration, communicates with clarity, creates gung-ho enthusiasm and commitment, enables others to succeed, and co-creates success for all participants.

COVID-19 has taught us a profound truth about leadership. In organisations, it goes beyond profits and shareholders to purpose and community; in nations, it goes beyond boundaries to universal humanity; and in homes, it stretches beyond our doors to society. The common thread of purpose in every avenue of displaying leadership is to add value and make a difference in our zones of influence.

So here is a ‘Hi 5’ to the leader in each one of us, and to the happiness of discovering it in ourselves and others!

ERGONOMICS OF ECONOMICS

Economic prudence, a tough call to reckon with.

Ergonomics of the home budget - the first step, should you take it?

Savings from the monthly expense, what should you do with it?

Go girl go shop with it !!!!

Buy - Pharma, Auto, Textile, Infra...
fill up your bags, with it.

Investing in Stocks says it all!!

Travelling, Clothing, Restaurant Hopping made easy, if you took the tough call!

Yes, Ergonomics of Economics does it all!!

Beginners worry, about striking a balance of the rise and fall...
Isn't such a difficult call...

If only you spent your tea breaks with the Nifty and Sensex!!
If you've learnt the nuances of the run of the bulls and bears ...
Not raking in money is rare!!

When the whiff of the green bills, makes you look like you own an oil well...

Ergonomics of Economics is the tale to tell !!



By Anuja Jadhav



Kinship

BEYOND BOUNDARIES



Confession- I am a movie buff! Especially the bygone era!

While growing up, I indulged in a fair bit of Bollywood buzz and gossip. Some of the fascinating bits were Amitabh Bachchan's popularity in the UK and the crowd frenzy for Raj Kapoor and Nargis in the erstwhile USSR. A few years ago, when my husband was posted in Singapore, I noticed similar fan following there for Shahrukh Khan.

I used to think that this is all just fascination for movie stars. How can people who don't understand Hindi, be so much in love with them!! And what's the point anyway!??

Well, I was in for a life lesson!

As part of FCST, I got the opportunity to accompany Deepak to Kyrgyzstan, a beautiful central Asian country. And not to forget, a part of former USSR! A few hours into our visit, we were visiting the gorgeous and historic Opera theatre in Bishkek. A local gentleman, also visiting the place, came up to me and using sign language (I didn't know a word of Russian and he didn't know Hindi/English) requested me for a photograph. Though surprised, I happily obliged. I was wondering why did he approach me. I am not attractive and definitely not famous! Anyway, I would have probably left it at that. But a similar incident happened with me the next day at another location. And that lady's broken attempt to communicate cleared my doubts. I came to know that my Indian dresses and looks were what was attracting their attention. Their passion for Hindi movies and stars on screen (read Raj Kapoor and Nargis) was suddenly a small reality after many years. I had a few more such interactions in the next few days.

Kyrgyzis people are naturally warm. But this association brought out a camaraderie that was independent of knowing the language or customs or distance from India. Suddenly, even I felt that its not that much of a foreign land! Culture, customs and performing arts have the enormous power to bring people together. And prove the adage- 'Vasudhaiva Kutumbakam' - the world is one family.

By Gunjan Singhal



THE ASIAN VEG MEAL

Vegetarians have a tough time finding the right food to eat during travel. The saga of the *Asian Veg Meal* took a memorable, but testing turn when the FCST group of Mexico & USA found themselves booked on a KLM Royal Dutch Airlines flight with *Asian Veg Meal* specially ordered for them by the Airlines, due to the ongoing Navratris.

The delegation was pleasantly surprised when a special announcement heralded the arrival of specially prepared food packets for them, making the other passengers green with envy. Waitresses laid out the meal with a pleasant, *"Made especially for you, Sir"*! Mashed jackfruit, papaya, boiled rice, and raw celery leaves adorned the palate, which we realized to our horror, was somewhat inedible. Somehow managing to bring a smile on our faces, we moved ahead in time.

As if the long flight buttressed with the agonising starvation that we nursed silently, was not enough, when another announcement declared the arrival of the second meal. We dashed for cover beneath the shawls, but the Asian Veg Meal was already there, with the waitress beckoning it with a flourish – *Especially for You, Sir*. This time we dare not open the packet itself, albeit maintaining a benign smile for the other passengers to see, who kept on envying our very privileged status.

Well into the night during the long flight, some of us quietly reached out to the food corner to grab a burger or two, proud at our presence of mind, when out of nowhere, the Airhostess on duty, sprightly jumps up with a familiar-looking packet and says – *No, not that Sir, we have something special for you...*

POOJA VERMA





The kindness of a Stranger

Kindness finds you in the most unforeseen situations, in the most unexpected places and among the most unlikely people.

This belief has only strengthened in my long journey as a defence personnel's spouse. I have had a coolie in Bikaner running after our train just to deliver the coat we had forgotten while boarding. In another place, a Bidri maidservant dutifully handed me my gold earrings which I had forgotten in my coat pocket that she was ironing. I remember a shopkeeper in Bhuj returning the packets of expensive purchases I had done from another shop. There is an infinite joy when I reminisce of those moments now and feel increasingly grateful.

So, let us get back to where I started.

My husband was the Air Advisor to the High Commissioner of India in Pakistan. It was our maiden visit. Since we had heard so much about Pakistani cuisine from the fellow Indians posted there, we were eager to try out some delicacies. As we absorbed the sights and sounds of a new city, we easily spotted the restaurant. The lane leading to it was lined with shops, both big and small, as Jinnah supermarket was a paradise for shoppers. But the twilight and crowd of Id shoppers made it a challenging passage. Suddenly there was one wrong turn and a succession of loud thud sounds. We realised that our vehicle had skidded a small flight of steps which was easily overlooked. The timing was such that the vehicle had landed at an angle with one wheel dangling into a ditch below.

We were faced with a few challenges. One - to get the vehicle back on its wheels, Two-to find an exit from the area as other vehicles were lined up ahead of us. Three-save ourselves from the embarrassment in a foreign land. With the diplomatic number plate on our car, it was clear that we were not Pakistanis.

My husband and son disembarked and started pushing the car. This caught the attention of the local public and soon they came to our help. They first enquired about our wellbeing with genuine concern. We assured them that nobody was hurt. Soon after, there was a huge crowd with a lot of helping hands. In a matter of a few minutes, the car was on track. The locals even cleared some other vehicles out of the way and guided us to the exit of the "Markaz". Their kindness and reassurance touched my heart. Common folk, who did not care which country we belonged to (obviously they must have known by our attire and accent by now) showed such big hearts. I thanked them with "Shukriya Bhaijaan".

This incident taught me an important life lesson. The greater religion of Mankind transcends borders and exists in our hearts. Maybe, I will not meet those indistinct, unknown faces, ever again in my life, but I have opportunities galore to return all the kindness I have experienced to the world.

-Ruby Kurien



Capturing Precious Moments Today,





for Beautiful Memories Tomorrow



Cooling Down in Nehru Park Mar 21



Independence Day 5k Run Participants

After Burning Delhi Cantt Roads Apr 21



*Shankar Vihar
Adventure Trail Run
Mar 21*



NDC Independence Day Run 15 Aug 21



Post Inaugral NDC Running Souls Run Feb 21



After Sunday Run Nehru Park Feb 21



After SV Adventure Trail Run Mar 21





We don't need magic to change the world, just some love to transform each day into a festival!







 Here's to the moments that turned into
celebrations and friends who turned to family



Celebrating the Spirit of Freedom





*from the Epicureans...
Love made visible*



The Food Connect

Oha or the African Rosewood Leaf Soup..from Eastern Nigeria



Oha or Ora soup is a popular vegetable native soup from the eastern part of Nigeria. It is a delicacy enjoyed by all especially the Igbos in Nigeria. "Oha" or "Ora" is the Igbo name while the English name is the African Rosewood plant. The plant is medicinal and grows into a huge tree that retains its green leaves throughout the year.

The key ingredients for Ora soup-

- Take the protein of your choice
- Ora leaves
- Cocoyam
- Cameroon or red pepper
- Onion
- Ogiri
- Palm oil
- Salt and Maggie to taste



To prepare Oha or Ora soup -

1. Boil your choice of protein with Maggie, salt and onion,
 2. Add water and allow to cool for 15 minutes
 3. pick your Oha leaves from their stem
 4. Break the leaves into pieces using the hand (Do not slice the leaves with a knife) reason is to keep the leaves from turning dark
 5. Boil the Cocoyam, pound it into a paste.
 6. blend the yellow and red pepper together with the catfish and add to the stock
 7. Add the smoked fish
 8. Add the Cocoyam paste to the boiled protein
 9. Add palm oil
 10. Add Ogiri (locust beans)
 11. Add the Oha leaf and Uzuza leaf
 12. Allow to simmer for 5 minutes and your Oha Soup is ready.
- You can serve with pounded yam or Eba.



Catherine Udoka Ejiofer

Making Memories Count not Calories...





From Palate to the Heart...

The Food Connect



Pan Kebab From Iran

Preparation-

1 Peel and wash the onions, then grate with a medium-sized tooth and pour into a large, spacious bowl. Then add the minced meat to the bowl containing the onions and add some salt, black pepper and turmeric to the meat and onion mixture.

2 Mix the ingredients well until they are completely homogeneous, then knead the ingredients for a few minutes like a beaten kebab until they are cohesive. If you have enough time, let the kebab stay in the refrigerator for about an hour to have a better kebab at the end, but if you do not have time, you can skip this step.

3 Place a suitable pan on the heat and grease it with a little oil. Then pour the kebab sauce on the bottom of the pan and flatten it so that the kebab is the same in all parts of the pan.

4 After the kebab leaves its juice, cut it as desired (you can cut the kebab lengthwise like a shredded kebab), then turn the kebab so that the other side of the kebab is cooked as well.



In Iran, food is a culture and an expression of their identity, community, value, artistry, and creativity.

The nostalgia of mother's cooking does not know age and logic. Even if we eat the best food in the best of the restaurants, our five-star restaurant is still the mother's kitchen. The taste of my mother's first pan kebabs is still very fresh in my memory.

Kebab is an authentic, popular, aromatic, and flavourful Iranian dish suitable for all occasions.



Zahra Amini



QUICK-FIX DESSERT SOLUTIONS

Never did I think that one day I will be sharing recipes. Love and appreciation fuelled the fire within me to learn, try, cook and serve and the joy I derived while watching my loved ones relish what I had made stirred the sugar star in me.

So here are some personal favourites from my heirloom that I picked and mastered during the 24 1/2 years of marriage to the fauj. Coming from a typical civilian background married Anuj when he was an RMO to a prestigious unit. Entertaining was an integral part of the package. Bachelors were constantly hopping over to taste some "Ghar Ka Khana". Orange Delight was the first dessert I served at a party at home and it was an instant hit. This was one of the many desserts passed down by my grandmother to my mother and then to me. I fondly remember a mother hen, who took three newlyweds under her wings (all inept cooks) with no airs of seniority and viola making them into master chefs. She taught us to use the best out of most of the monthly rations and lo behold Chocolate bready delight was born. There was no stopping after that.



BY MONICA CHAWLA



With Their Wheels on Fire

Riding from Baramulla to the LOC, post-Kaman Aman Setu at Uri; Ride Kashmir was a ride, first of its kind in Indian history, organized by the Indian army for the women across the country. It was a cycle rally, organized on the occasion of India's 75th year of Independence and aimed at providing a platform to the young girls from Kashmir to showcase their independence and free spirit.

To show solidarity, three women from our NDC 61 participated in the event, 12th Sept 2021, Mrinalini Deshpande, Anuradha Kanchi and Anupama Dahiya. It was a 67 km ride and our three spirited participants completed well within the stipulated time. Mrinalini even scored the third position and a cash prize of ten thousand among the roadie/ hybrid group.

It was indeed an experience, one of its kind, where the ride was flagged off from Baramulla by none other than Milind Soman, the sports icon and was completed at the LOC, Kamaan post – Aman Setu. Throughout the way, participants got to ride next to the picturesque river Jhelum and the lovely valleys of Kashmir. With the clear sky, at 12 degrees, it was near perfect.

Women from across the country had participated in this event, and the strength was almost 140. The eldest participant was 74 years old lady, Mrs Bhawe from Pune and the youngest was a 14 yrs old student from Srinagar.

*May the wheels keep rolling
- Mrinalini & Anuradha.*



Sun Sand and the Sea...

SALT IN OUR HAIR AND SAND IN OUR TOES: GOA





Tête-à-Tête with Gen Z



From Behind the Lens



ISMAIL RUSHDHAN ZUHURY

My name is Rushdhan and I am from Maldives. I have always had a keen eye for colours as a child, my love for photography began when my father first got me a DSLR camera when I was around 16 or so. My sense of curiosity led me to experiment with the settings and learn it on my own. It was a good opportunity for me to live in India for some time with my father as it enabled me to develop my interest in photography. Consequently, I am doing a diploma course in photography in India to learn about the technicalities of photography and it has been an interesting journey so far.





NIKHILESH
KOUNDINYA,
4TH YEAR LAW
STUDENT AT
SYMBIOSIS LAW
SCHOOL, PUNE
PAINTER &
BLOGGER
SON OF
COMMODORE
C RAGHURAM,
NDC 61



Across my schooling years, if there was one hobby that I always found solace in, it was painting. It taught me key traits – patience (to spend time to create something beautiful, nothing could be done in a hurry), imagination (even if I was trying to replicate a painting that existed, I had to think about how I could build my identity in it), uncertainty in outcomes (spending hours or putting in all the effort to be perfect still did not guarantee the most beautiful painting).

I learnt early-on that painting had the art of teaching tenets of life only if we were open enough to learn. It was not just the 'strokes' of the brush that one could learn... a keen learner could also learn the strokes of life from this hobby if one chose to!

This one by me, encompasses the entire justice system, from the judge to the peon. But as every law student or lawyer says, "it depends on how you look at it". On a humorous note, I do hope the painting and me remain your top-of-mind recall, if you ever decide to seek and get 'justice' in this maze of a world!

Some of my opinion pieces include: "Dissent of the Decade", an opinion piece on the Sabarimala judgment published in the International Journal of Law; Management and Humanities; "Constitutionality of Commercial Surrogacy – An Analysis of Surrogacy Bill, 2020" and "Judicial Creativity & Activism: Need of the hour?" among others.



ANAHITA SHARMA

COVID BLUES

The year 2020 seems like a distant memory and a recent trauma simultaneously. Life as we know it completely changed in a matter of a few days and hurled chaos upon everyone's definition of "normalcy".

Whether it was having two isolated birthdays during the lockdown (one literally occurring while I was quarantined alone), or having to deal with the stresses of online classes and exams, I felt like Hermione in Harry Potter and the Prisoner of Azkaban trying to cope with everything.

I think all university students can relate when I say that the all-nighters to study and finish assignments we went through didn't exactly feel like the "the best years of our lives" (cue sad music).

The frustration of feeling lonely even when you're not alone felt difficult to explain, and hence it often ended up in numerous misunderstandings with my loved ones. Not that the idea of being confined to a house with your parents for two years is extremely appealing to a teenager entering her twenties (cue sad music again), it came with its challenges.

The increased frustration among all family members led to some *interesting* conversations and game nights, but nonetheless, I am grateful that I was able to spend these tough times with the people I love.

On a positive note, I also realised how we have the magical power of being able to adapt and find purpose during testing times as well. The seemingly infinite extra time I was suddenly given, made it possible for me to make numerous song covers and discover amazing new artists, and music forever being my sukh-dukh ka saathi made things easier.

I don't know when humanity will finally be free from the covid prison, but I do know that it has taught me how to be grateful for everything I have, and a newfound respect for the ability to find silver linings in not so silver times.



I THINK NOT



REET NARANG

I have been suffering for so long,
And now I hate the bones that make me,
Is it my fault?
I think not.
It is the fault of those who believed
That respect is for those who are lean,
That love is for those who are serene,
That compassion is for those whose beauty is
evergreen. So I was told to rip the band-aid off,
I was told to not care,
Even though I tried desperately,
I could never forget the pain.
I could never forget those strangers and their disdain.
Is it my fault?
I think not.
At last I tried to pick up the broken pieces of my heart,
And as I looked at my whole self again,
On came a stranger and knocked the shards right out
of my hands again. And as I looked at the shards of
me,
I felt broken indeed,
Is it my fault?
I think not.
Is it my fault that I'm not lean?
Is it my fault that I'm not serene?
Is it my fault that my beauty isn't evergreen?
I think not.





TAKE A LEFT TURN

It is a known fact that about 10 per cent of the world's population is left-handed, which means that every 9 out of 10 people are right-handed, with only one exception. Coincidentally, I am 1 of those 10 people who use their left hand for pretty much everything. It is safe to say, that I am fairly unique considering both my parents are right-handed (there is only a 10 per cent chance of two right-handed parents having left-handed offspring!).

My day to day life as a lefty in a world built for righties involves dealing with a lot of troubling tools, such as pens, scissors, mugs, oddly-shaped desks, you name it! But that has never stopped me from bragging about my uniqueness. In fact, according to a survey, lefties definitely love to brag, and I can confirm that.

But not until recently, did I really delve into the historical and scientific significance of being a southpaw. The generations of lefties before I would've had to deal with a lot of other hurdles than just weird tools. In many parts of the world, including our country, society despised lefties and considered them to be "bewitched" or "possessed", and some places still do! It might interest you to know, that the right hand is mentioned one hundred times in the Bible, all positively of course, and the left hand is mentioned only twenty-five times, all demeaning its usage. And lastly, the origin of the English word "left" lies in the Anglo-Saxon word "Lyft" meaning weak.

Despite the many social disadvantages of being left-handed, there are also many scientific advantages. For instance, unlike righties, lefties have the ability to efficiently use both sides of their brain as they have had to deal with their problems in a dextral world, which makes them better multi-taskers. Being left-handed is also very advantageous in competitive sports such as tennis and boxing as it confuses the opponent. We are also said to have a surprisingly higher IQ. We've got Albert Einstein, Benjamin Franklin, Alexander the Great, Barack Obama (and me) on our team, jealous yet righties? Not only that, lefties have their own day too, August 13th being left-handers day!

Despite that, one grim downside that cannot be overlooked is that lefties have a shorter lifespan than righties by 9 years, simply because the world is just not inclusive enough. For example, about 2,500 lefties in the United States die every year, because of accidents that take place when lefties use tools meant for righties. Another example is that soldiers' guns are also built to be used by the right hand, which means higher casualties of soldiers that are left-handed.

Having said all that, being left-handed is something to cherish and be proud of, after all, "God created a few perfect people, and the rest will just have to live with being right-handed".

By Reet Narang



MAN IN THE MIRROR

His myopia did not allow
His eyes to gaze far
He could not see the light
He could not see the door ajar.

Trapped in his head
He could not see
Bird in a zoo
Able to fly, unable to flee.

Dwarfed by those
Who climbed on human heads
he could clearly see
how they killed dreams dead.

Mocked and laughed at
He played no heed
A ship without anchor
His North Star, he didn't leave.

He masked on his path
His finger never left the trigger
He only saw his true foe
The man in the Mirror.

His enemy did not laugh
His reflection did not smile
For even it knew, that
It shall be beaten in time.

But he was finally broken
He did finally fall
Two broken to cry
Too broken even to crawl.

He could not see the sun
With darkness he was surrounded
He could not see the stars
In mist they were shrouded.

The gates of hell opened
The hull gave way
The ship began to sink
His beliefs started to sway.

The words he had blocked out
Began to take form
Of hideous things in his head
He was drowning in the storm.

He was falling into the abyss
Into a trap, life had laid
When all hope was lost
Grabbed by a hand, he was saved.

The hand was too familiar
The touch too homely
He could not believe it
It could not be whom he thought,
surely.

From faraway proximity, the hand
had come
It had come from across the river
His old enemy smiled
It had always been the Man in the
Mirror.

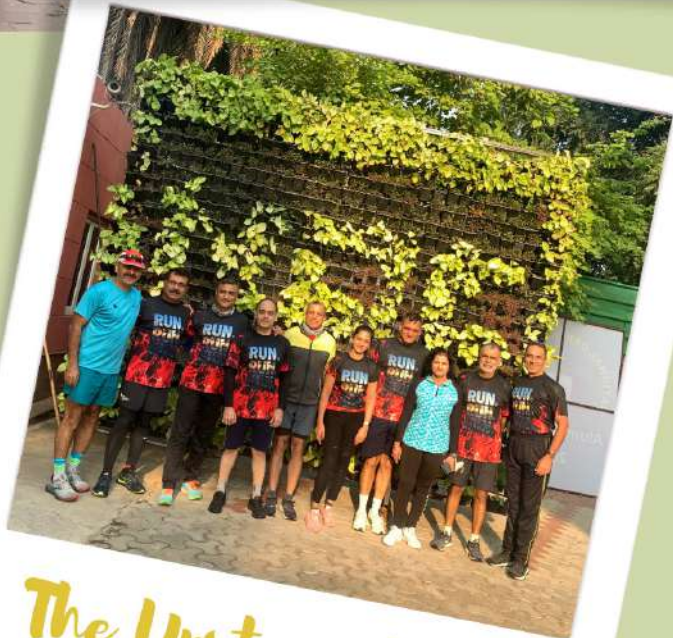
In ashes, he had fallen
From ashes, he rose
He was his own saviour
Like a phoenix, he shall soar.

ANGAD BAGGA





The Closing Run



The Unstoppables





*Love, Warmth & Hospitality,
We were At Home.*





Army House



Navy House





NDC HOUSE





A man and a woman are standing together in formal wear. The man is wearing a black tuxedo with a white shirt and a black bow tie. The woman is wearing a dark, long-sleeved dress with a red beaded necklace. They are standing in front of a backdrop made of gold and black tinsel. Above them is a black sign with the text 'GATSBY-61' in gold. To the left and right of the couple are clusters of black and gold balloons. The entire image is framed by a decorative gold border with Art Deco-style geometric patterns.

GATSBY-61

GLITZ, GLAMOUR AND THE PANACHE

**GATSBY NITE HOSTED BY THE
RAKSHIKAS NDC 61**

















Our Goddess Circle



Rekha

A person with diverse interest, like running, bird watching, wild life, and travelling, Rekha comes across as a very cheerful and warm person.

Smita Pundir

Childlike enthusiasm and infectious laughter are Smita's most endearing qualities. Completely dedicated towards her family, plants are her passion. She conjures up magic in the kitchen. Also, she is the life of many parties.

Sudipta Das

Sudipta Das lives, loves and smiles from the heart. Vibrant and vivacious, but also calm, compassionate, patient, this girl touches and transforms lives with love.

Namrata Shendye

A passionate yoga enthusiast with a friendly and caring soul, Namrata is always eager to help. She is straightforward, a party freak, and on the lookout for gluten free food.

Priya Kartikeya

Immaculate mannerisms and an endearing smile, Priya is that friend who touches your heart with her light-hearted chatter. Humility and kindness are what she exudes. She is definitely a newfound friend.

Rochmawati

A very loving and friendly person Rochmawati stayed connected from Indonesia despite not coming to India due to her work commitments.

Nandita

This lovely lady with eyes so lit and a beautiful smile, she instantly mingles and in no time it seems you have known her forever. Nandita is a happy and cheerful person.

Preeti

Preeti is a very lively lady and an enthusiastic company. She likes her space and respects others. You need to strike the right chords with her to know her. A working professional and a great host, she enriches and livens up our gatherings.

Neetu

Neetu is warmhearted, mature and very kind by nature. She is also an amazing cook and a fantastic hostess. Neetu is also blessed with a great sense of aesthetics. It has been wonderful getting to know her.

Sonika

Sonika is an amiable lady with a simple soul who greets everyone with her infectious smile and warmth of heart. She is hospitable and kind to others. Her house is full of happiness and joy. She is a loving mother and a caring wife.

Arezo

Arezo from Afghanistan came across as a quiet person. Of course language was a barrier. However, with the passage of time our bonds with this warm and ever-smiling lady developed beautifully and will be cherished forever.

Anjana

She thinks of cooking as free therapy and adores others enjoying her food. She prefers revolving around her family and friends. Although a bit reserved, she is always friendly and cares about the needs of others.

Anupama

We would call her, 'Eid ka chaand' as she was seen rarely but whenever she was seen she would win hearts with her smile and charm.

Nidhi

Nidhi is a calm soul, a soft heart that dwells on love, and a still mind that thinks of kindness. Her bright eyes shine with life and experience.

Sweety

Our friend from Nepal is a passionate teacher and runs her own school. A very warm person, Sweety enjoys being with friends and socializing. You will always find her smiling and her eyes are mirthful. She enjoys music and dance and is a fun person to be with.

Marina

This pretty young lady stayed connected virtually from Indonesia as she could not come to India. A cheerful and happy person it was nice knowing her despite the distance.

Hajja

This angel from maldives is soft-hearted, passionate, and a kind personality. Haja is always loving towards everyone. Extremely supportive and guiding, ever-smiling Hajja will always stay close to our hearts. We wish her all the best.

Kabita

She is an outgoing and inquisitive person with a warm nature. She likes spending time within her friend circle.



Not connected by blood but by vibe, stronger together, we are the spirit tribe.

Zahra Amini

Language was no barrier for this fun-loving, spirited, and beautiful lady with an amazing glam quotient. Her josh to enjoy India turned "mushkil" into "bahut accha hai" in no time.

Mini

A caring daughter, loving wife and a doting mother describes Mini the best! Her dazzling and infectious smile lights up the room. Wishing her the very best in life.

Anuja

Dabbling with numbers is her forte. For making memories with friends, she's always a sport. A diehard romantic as she is, the best in everything and everyone she sees. Effortlessly stylish and poised, she is grace and charm personified.

Priya Narang

Talking about Priya Narang, these famous lines come to our mind: "Main apni favorite hoon". The name is synonymous with effervescence, talent, and charm. She rubs her inner happiness on everyone. Priya celebrates every occasion. Wow girl! keep spreading your magic.

Indira

Adaptive and admirable, her beauty is a form of fable. Charming smile and classy eyes, our Indu is the most elegant and wise. She is sensitive and gentle, knowing her is a matter of pride.

Sumiti

She is the silent one and can win hearts with her warm smile and great hospitality. You have to be with her to know her well. Once you know her, you love her

Sanjul

A doting mother of two young daughters and a pet lover, Sanjul likes to read fiction novels and listen to soft music. Describing Sanjul's personality - Super AffableNaturalJollyUpbeatLoving.

Ashima

With a graceful and warm personality, she endears everyone around her. An enthusiastic cyclist and a fun-loving person, her presence brings a soothing and calming influence to the group.

Meena

Standing tall and beautiful with captivating eyes and an awesome smile, Meena is a perfect picture of modern beauty. She is also a genuine human being. Singer and a fabulous dancer, she is an inspiration to many. She lights up the room as soon as she walks in.

Princee

On meeting Princee, one realizes from her behaviour, speech, and morals that she belongs to a wellborn and noble family. She is very patient, charming, kind, and close to her friends. She is so comforting one feels to have known her forever. She fascinates others like a candle.

Gaurika

Ek ladki bholi- bholi si,
1000 watt ki smile hai iski,
Milti har ajnabi se, bahut pyaar se,
Badi Khushi se...
Sabke man ko lubhati si...
Bolo kaun.... Apni Gaurika

Chimi

Chimi Seldon, lovely lady from Lhuntse, Eastern part of Bhutan. She is blessed with two daughters and a son. Our charming friend enjoys traveling to new places, making friends, and she loves music.

Swati

She is dainty like a chamomile. A true beauty with the heart of a child, grace and elegance are her signature style. Her lips always adorn a cheery smile. Swati, no one can match your profile. Love you for being you, Swati!

Catherine

Despite not joining us here in India, charming and warm Catherine was involved and willing to contribute through virtual channels all the way from Nigeria

Archana Raghuram

She is a very warm person with immense intellectual and leadership qualities. Her infectious laughter, affection, and positive attitude add to her strong personality. She is extremely helpful and supportive.

Vasundhara

Coming from the land of Nawabs, her andaaz is totally laajawaab. Armed with confidence and a passion for dance, her personality certainly demands a second glance. With a book in hand and Kutts by her side, she is ready to take on any challenges in her stride

Ambika Saini

An actor par excellence & a fashion enthusiast, she is equally adept as an event manager during social events. She is ice cool under pressure, and the same rubs off & inspires confidence among her friends. Watch out for her latest hairdo and nail art!

Anjali

An elegant and simple woman, she is helpful and loving by nature. Talented and enthusiastic, she will put her 100% into everything she does. she is fun to be with and a pleasure to know.

Mridula

Fun-loving, adorable, energetic, bindaas, a graceful dancer, and a cycling enthusiast, that is what Mridula is! She is a perfect harmony of a friend, mother, and wife. Matching steps with her on the dance floor is fun. Fortunate that our paths crossed at NDC and now we have a beautiful friend for life.

Seema

An extremely vibrant, loving, and large-hearted, Seema is the epitome of a wonderwoman. An indulgent mother and a friend for all seasons with unflinching loyalty.



We prayed, we cheered for each other, we cried until we laughed again and now that we are connected it is forever.

Our Goddess Circle



Navjeet

Ma baker!! She is the reason that neighbours are exercising after gorging on her creations. Navjeet keeps everyone in splits with her one-liners.

Kavita Bhardwaj

A soft-spoken sweetheart, Kavita attracts one and all towards her. Her calm and collected persona paves the way for a strong friendship.

Anuradha Kacnhi

A strong woman, an avid traveller, and a sports lover, Anu has good leadership skills which make her an accomplished woman. Her unlimited energy and enthusiasm for adventure and sports pushed her to be a super active member of the cycling club during the NDC course.

Shefali

Our accomplished athlete and 1st dan black belt in Krav Maga, Shefali is an inspiration for many. She's our own lady Milkha whom we are extremely proud of. She wins hearts with her high spirits and positive attitude.

Mamtesh

Mamta, as her name suggests, is affection and motherly love personified. Her concern for friends and family is worth mentioning. She is an all-weather friend cum true companion.

Kiran

A ray of sunshine with her ever-smiling ways, easy demeanour, and willingness to participate. She loves to sing, bond with friends, and is a passionate cook and fitness fan.

Srijana

A very simple and pure hearted, Srijana is a family oriented person. A warm person but likes to keep to herself.

Melody

Like the melody of the sound of music, her life has a unique pulsating cadence, that vibrates and makes others around her happy and full of joy!

Vimmi Dagar

Vimmi is a warm and welcoming person. She is quick to take you under her wings and make you feel special and included. Lucky to find a friend in our beautiful Vimmi!

Monica

Monica embodies simplicity at its best and has an amiable personality. She radiates comfort and has been a joy to be with.

Ruchi

A badass friend is the best kind to have and that is Ruchi!
A ferociously loyal friend, an awesome mother, and a rock-solid life partner. Her zest for life is what makes her so inspirational.

Monalisa

Her name reminds us of the world-famous Italian painting. With a true blessing of an innocent look & a vibrant smile, she is an enchanting person and a jovial and frank friend.

Farhana

Friendly, adorable, radiant, heartening, attractive, natural, admirable, she is a total package! I Happy to have found such a nice friend. Wishing her the very best.

Smrati

A teacher by profession, Smrati is also an excellent cook and a storyteller. Calm, composed, and warm, Smrati is indeed a loving friend.

Archana Roy

Archana briefly joined during the Goa trip and found her to be totally at peace with herself. A warm, loving, and soft-spoken person, she is beautiful inside out.

Raakhi

Despite very little interaction with her, as she is a committed doctor by profession, she comes across as a bold, confident, and cheerful person. Positive and enthusiastic, she is very friendly and a fun person to be with.

Mrinalini

Unstoppable is the word for Mrinalini. This girl on fire is committed to the core in everything she takes up. Along with excellent managerial skills and team spirit, she embodies compassion and simplicity. Honest and straightforward, she wins hearts in no time.

Puja Dwivedi

A very balanced and serene person, you will find our ever-smiling Puja meeting everyone with great warmth. She is an artist and her paintings are a pure reflection of her beautiful soul.

Geetanjali

A lovely lady with a beautiful soul, she is the epitome of positivity and warmth. Her passion for yoga and meditation is unshakeable. She is a woman of substance with grace, elegance, intelligence, confidence, and compassion, all wrapped up in one.

Jessica

A lovely face and a calm and composed aura, it is hard to believe that she is a mother of three adorable kids. This dear friend from America has a wonderful and warm heart with the amazing ability to connect with strangers. She embraced the Indian culture so beautifully and was mostly found draped in beautiful sarees. Indeed an honest and true friend.



Memories may fade with time but some faces will always leave us smiling

Archana Sohail

You can instantly click and connect with Archana. She gets along with everyone with ease because of her unique, fun-loving, and engaging personality.

Jyoti Gupta

"Happiness is contagious, pass it on". This is the mantra in which Jyoti believes. There's never a dull moment when she is around. Spreading love all around, everyone knows her for being convivial.

Vimi Jaswal

"Baby doll" is what we call her, with her radiant complexion, warm demeanour, infectious energy, and unbridled enthusiasm! A perfect combination of a team player or leader as it calls for.

Ruby

As the name suggests is a gem of a person. An amazing singer, a skilled baker, and a wonderful dancer besides being a quiz master. She is also a dog lover. She is very clear-hearted and friendly. Glad that our paths crossed.

Sonia

A very warm and loving person, one can instantly connect to Sonia.

Time flies with this charmer who joined the group in Goa. We can only wish to have longer association with this vivacious lady.

Rakhi Singh

A calm and serene face in the crowd, you cannot miss her ever-smiling face. Rakhi loves and lives every moment of life.

Gunjan

Very sharp, confident, and wise lady, Gunjan is very straightforward. She would never hesitate to call a spade a spade. She has excellent observation skills. Apart from all these great qualities, she is a very balanced and grounded person.

Tina

Tina is charming, soft-spoken, caring, and very affable. She is large-hearted, exhibits positive demeanour, and enjoys excellent baking skills.

Niharica

A social butterfly, Niharica is an optimistic and jolly person. She carries positivity and vibrance, along with the most alluring smile. She seems to have a natural talent for cooking and an admirable ability to express her creativity through decoration.

Hemangi

A beautiful cutie pie amongst us, she is a good hostess who values friends and a pleasant and confident lady who brings cheer to the family!

Nipa

A beautiful lady with a charming smile, Nipa loves watching TV series, decorating her home, and listening to rock music. She also loves to dress up in sarees and has a huge collection of different types of gorgeous Indian sarees.

Vizika

Vizika, oh Vizika, where do I begin? The first time I met you, it was definitely a win. With life and soul, you're so very tall. Knowing you has been the most wonderful ball.

Garima

Living each moment to the fullest is her motto. Garima is a happy person.

Jaishree

A simple, warm, and affable person, Jaishree is a happy person, contented in her own world. She is always there when you want her by your side.

Laxima

Laxima is ever cheerful, fun-loving, super active, and wears an infectious smile that infuses the heart with happiness and joy. An ardent cyclist, Laxima followed her passion throughout her stay at NDC.

Pooja Verma

Beautiful, quiet, and unassuming, Pooja is an achiever, be it her culinary skills or penchant for long-distance running. Race to Moon or any weekend run Pooja led the way with her confidence and signature warm smile. Go Girl! Set everyone's heart racing.

Rajni

She amazes you with the heady cocktail of impishness and serious ladylikeness. She could tickle your funny bone one moment and display steely focus the next. A talented dancer, Pssst, I recently discovered, she is a hidden 'vakkucettukaran' [wordsmith in Malayalam]!

Raman

Raman is a lively and charming lady with a graceful demeanour and mesmerizing smile. A doctor by profession, she contributes to social welfare with her compassion and warmth. A wonderful host and lively friend, Raman spreads cheer and happiness all around her.

Jyotsana

She loves to tend to her garden as well as family, ensuring the right bloom of flowers and family values with positivity and fun while dancing and shopping to her heart.

Vinit

As Coco Chanel said, "Simplicity is the keynote of all true elegance." This is Vinit: simple, elegant, graceful, strong, and absolutely beautiful! Love our conversations.



Inspiring each other and growing together, we are ever-evolving.

Credits

Concepts, Illustration & Design elements
Priya Narang

Overall Content Design
Madhulika Mohan
madhulika_mohan24@hotmail.com
www.madhulikamohan.com/portfolio/

Publisher
Bhoomigraphics, Mumbai
bhoomigraphics307@gmail.com
+91 9920247790

