AUTUMN TERM 2015
(JUN - DEC 2015)

ankur
SWEET MUSINGS OF NDA LADIES
सेवा क्षेत्रः परमो
Dear Friends,

Time waits for none but if we embrace each moment we definitely have wonderful memories to hold on to. ANKUR is one such treasure trove of these memories and the Editorial Board has made an honest attempt to make our readers re-live these very moments.

We are thankful and appreciative of the best of educative and interesting articles that we received for the magazine. The editorial team enjoyed collating this plethora of knowledge and musings. We look forward to sparkling the creative skills of all our dear friends through this medium.

EDITORIAL TEAM:

MRS SARA JACOB

MRS MONISHA RASTOGI

MRS SHWETAMBRA REHNI
It has been a proud privilege for me to have spent ten months at this iconic institution which continues to amaze me with its grandeur and vivaciousness since the time I have arrived here. I now fully realize why this place holds such a cherished place in the hearts of its alumni and also those who have had the privilege of being here in any capacity.

The family welfare front has been a hub of activities and keeps the ladies of NDA busy. Apart from the usual monthly meetings, the highlights of the past six months have been the inauguration of the recently renovated Beauty Parlour at Gole Market as also the activities related to the farewell programme of Mrs Pradnya Ambre. I must compliment the entire FWO organisation who contributed wholeheartedly to make all the activities successful and in ensuring that these were conducted with great élan and a sense of personal touch.

I wish you all great health and God speed, and appeal to each one of you to continue to contribute – in whichever small ways possible – in all community and social activities under the aegis of FWO towards betterment of NDA. In this process, we will grow as individuals too.

God bless NDA and every member of the NDA fraternity.

Mrs Geetha Ashok
President, FWO
It is indeed a privilege for me to pen down my thoughts for 'Ankur' magazine. 'Ankur', as we all know, signifies germination of new ideas and I am sanguine that this edition has indeed provided a forum to ladies at NDA to bring out their 'literary best'. Autumn Term 2015 leaves behind wonderful memories for all of us to cherish. A few of these find a mention in the present edition and many more remain fondly in our hearts.

In the same breath, let us all usher in the Spring Term with enthusiasm and hope. I also take this opportunity to bid farewell to ladies whose spouses were transferred out in Autumn Term and welcome the new ones who have recently joined our fold.

Finally, my compliments and appreciation to the Editorial Team of 'Ankur' for bringing out this informative edition of 'Ankur'.

“Happiness is not something readymade. It comes from your own action”.

Wishing one and all, Happy Reading and God bless.
FWO ACTIVITIES
Today I am a naval wife, a member of that sisterhood of women who have had the courage to watch their men go into battle, and the strength to survive until their return. Our sorority knows no rank, for we earn our membership with a marriage license, travelling over miles, or over cities to begin a new life with our men in whites. But as I look back to the day I first joined my husband when I came to Karwar, I was thrilled to see the sea, which I had always seen in the movies and posters. And if I say I saw a paradise I wont be exaggerating. But as soon as we reached home, I had to be left in a very dirty house full of mud as my husband went back to duty on ship saying that he had some trials in his ship. There on I realised that I had to be more than a pampered newly married- yes I was to become a naval wife. The first year of our marriage I saw my husband only for a few days at home. Everybody said it gets easier as time passes on, but, each night I lay in my bed alone and it reminded me that he had gone. I felt so much pride in what he was doing each day. But the selfish me always wished that he did not have to be away.

But today I feel honored that I am a naval officers’ wife. I have seen and experienced that within days, we turn a barren, echoing building into a home, and though our quarters are inevitably white-walled and unpapered, we decorate it with the treasures of our travels, for we shop the markets of the globe. Using hammer and nail, we tack our pictures to the wall, and our roots to the floor as firmly as if we had lived there for a lifetime. We hold a family together the bootstraps, and raise the best of "brats,” instilling in them the motto, “Home is togetherness,” whether motel, or guest house, apartment or duplex.

As naval wives we soon realize that the only good in "Good-bye" is the “hello again”.

For as salesmen for freedom, our husbands are often on the road, at sea, or in the sky, leaving us behind for a week or a month for an assignment. During separations we guard the home front, existing until the homecoming. Unlike our civilian counterparts, we measure time, not by years, but by tours – married at Delhi, a baby born at Mumbai, a special anniversary at Karwar, and a promotion in Jamnagar.

We plant trees, and never see them grow tall, work on projects completed long after our departure, and enhance our community for the betterment of those who come after us. We leave a part of ourselves at every stop. Through experience, we have learned to pack a suitcase, a car or hold baggage, and live indefinitely from the contents within and though our fingers are sore from the patches we have sewn, and the silver we have shined, our hands are always ready to help those around us.

Women of peace, we pray for a world in harmony, for the flag that leads our men into battle, will also blanket them in death. Yet we are an optimistic group, thinking of the good, and forgetting the bad, cherishing yesterday, while anticipating tomorrow. It is true that we are not rich by monetary standards, but our hearts are overflowing with a wealth of experiences common only to those united by the special tradition of military life.

Henceforth, experiencing it both ways as a daughter and today as a proud wife, I would like to say that we remain positive when we speak to our husbands.

Keep their spirits up, even though you're crying and finding it so tough. Put on a brave front, wipe away your tears, you're not alone. Pray that he'll be home safe soon. Ask God to give you the strength, remember our men need us right now, they need
us to be strong. They need us to believe that the best outcome is within their reach. Take care of yourselves even though it can be so difficult. In the end I would like to share a few beautiful lines which explain, all of us in a nutshell.

As We sit at home waiting for the news...
News of our next "home", of the friends we will lose....

We plan trips...
Only to hear, "sorry baby" roll from his lips...

We stand on docks and wave goodbyes..
With tears in our eyes...

We tell lies, nothing is a mess...
To save him the stress...

We listen to babies cry for their daddies..
We withhold all of our worries...

We wait for homecomings...
Only to dread the leavings...

We iron uniforms, drop off dress blues..
We find the ID card he always seems to lose...

We love them, cherish them, and into the military we marry...
Knowing that we will always come second to the military...

We do this for our country, for the one we love...
Only to be looked down on, as if you are somehow above..

Invisible, yes, sometimes we choose to be that way..
When he leaves us, some things we choose not to say..

"Please don't leave again! I need you with me here."
We always seem to hide every single tear...

But today, my words I will say..
Invisible I will not be today...

Dr Geetika Bhaskar

About the Author

Dr Geetika Bhaskar is an avid reader, a tech blogger and also writes poetry. She has worked in the field of medical research and analysis as a clinical science researcher and is a dental surgeon by profession. Presently a home maker busy taking care of her three year old daughter.
Mental and emotional health are often challenging to preserve in our modern-day, busy and hectic lives. While writing I have given due consideration to my diverse experience of getting an opportunity to interact with the fairer (at the cost of being labeled as one with gender bias) gender from close quarters by virtue of being a female gynaecologist, where in patients confide and discuss the issues beyond my speciality. The common factor I find is that regardless of individual circumstances every single person is struggling to relate to what they are feeling and to understand their emotional experiences. In this fast-paced materialistic world, an alarmingly increased incidence of emotional stress is noted amongst women. According to a study conducted in 2011, Indian women are the most stressed in the world today with an astounding 87% of women claiming that they feel stressed most of the times.

I can vividly remember my patient an officer’s wife entering my consultation room and saying that, “I don’t know whom to consult? I don’t think it’s a gynaecological problem”. I said, “Never mind you tell me, I am a general practitioner as well.” Then follows her problem and I will try and narrate as accurately as possible. Her complaints were lack of sleep, palpitation, dryness of mouth and a sense of extreme frustration and exhaustion. After a little while, I found that she was a postgraduate and working as a professor in some university in Delhi. She got married to an army officer and quit her job 3-4 years back. Meanwhile she had a sweet little daughter and after 2 yrs of marriage she started feeling the need to have her own identity and need to work. She had tried working from home however it did not solve her need for identity. As she told me the husband was quite loving, caring and so were her in-laws, but they were averse to the idea of her working as there was no financial need / compulsion and the child was small.

The second lady whom I met on a train journey was a newlywed Marwari bride who was going to meet her parents for the first time after her marriage. A University Gold medalist who skipped her campus placement which she had actively organised after she was made to understand by her in-laws before marriage that she should not work outside and instead help her husband in his entrepreneurial venture. However, after 4-6 months of marriage she started
having a feeling that her husband wanted her to take up a separate job and not interfere in his venture. She started getting frustrated as she felt that though being educated she had no choice of her own and was being made to change her choices as per whims and fancies of her husband.

In both the cases ladies surely did not have a physical ailment but neither were they in the best of their health that is emotional health. They were stressed and were seeking help or a remedy to decrease their stress. Stressor was the same the job; in one case picking up a full time job was the relief and in the other case getting the job of choice at that moment was the relief. The point to be noted is that stress is a common manifestation to a diverse host of situations. Let’s know about it’s risk factors, and how to tackle stress:

**RISK FACTORS**

- **Poor connection or attachment to your primary caretaker early in life:** Feeling lonely, isolated, unsafe, confused, or abused as an infant or young child.

- **Traumas or serious losses, especially early in life:** Death of a parent or other traumatic experiences such as war or hospitalization.

- **Learned helplessness:** Negative experiences that lead to a belief that you’re helpless and that you have little control over the situations in your life.

- **Illness,** especially when it’s chronic, disabling, or isolates you from others.

- **Side effects of medications,** especially in older people who may be taking a variety of medications.

- **Substance abuse:** Alcohol and drug abuse can both cause mental health problems and make preexisting mental or emotional problems worse.

Whatever internal or external factors have shaped our mental and emotional health, it’s never too late to make changes that will improve our psychological well-being. Risk factors can be counteracted with protective factors, like strong relationships, a healthy lifestyle, and coping strategies for managing stress and negative emotions.
TIPS FOR MANAGING GOOD EMOTIONAL HEALTH:

- **Build resilience** – An ability to bounce back in face of adversity. People with good ability to bounce back are emotionally and mentally healthy, have the tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and creative in bad times as well as good.

- **Maintain a good physical health** – As mind and body are interrelated, a bad physical health is bound to disturb emotional health. A balanced nutritious diet with right balance of rest and exercise and a self imposed disciplined work schedule along with avoiding excess of alcohol and nicotine if one is habituated to them, will go a long way in keeping one physically healthy.

- **Build up your self esteem** – God has taken 40 wks to complete his job and create a unique person as there is no other person exactly the same as our individual selves. Therefore we should take pride in ourselves. We can build up on it by making some contributions in our own way to the society. Always find time to take care of our physical self and emotional needs, they should be as important to us as they are for the rest of the family. Be assertive at times and say no to the things which build undue stress in us.

Limit unhealthy habits like excessive worrying – It’s a myth that we can control everything.

After doing all these what will we achieve?

An emotionally healthy self who will enjoy

- A sense of contentment
- A zest for living and the ability to laugh and have fun
- The ability to deal with stress and bounce back from adversity
- A sense of meaning and purpose, in both their activities and their relationships
- The flexibility to learn new things and adapt to change
- A balance between work and play, rest and activity, etc.
- The ability to build and maintain fulfilling relationships
On this note I bid adieu to all the readers, hoping that my little attempt to create awareness about emotional health brings a change in someone’s life. Wishing you all a happy & healthy (Emotionally and otherwise) life.

Lt Col Nilam Dixit

About The Author

Lt Col Nilam Dixit, the author is a gynaecologist in uniform with an experience of 21 years in the field of gynae & obst. She graduated in 1988 and obtained her masters in Gynae & obst in 1994 from Jodhpur Medical College. She has had the opportunity to serve in various peripheral and Zonal hospitals including CI ops areas.

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Born mathematic genius answers paper

Q. Find x ?

Ans: Here it is
THE NAVAL WIFE

If variety is the spice of life
   It's great to be a naval wife.

   You must be a girl who likes to roam
      Never to call one place home.
      First it's here and then it's there,
      Never can we be settled anywhere.

   You're now in a mansion, then in a shack,
      Up in the social scale and back.
      As soon as you're clothed in furs and wool
   You're sent to the tropics and learn to keep cool.

   You get all excited by "a raise in the pay",
      And the Captain says it was so in his day.
   You make new friends and everything's fine;
      Orders come and you are left behind.

   You try to be thrifty and fix a fine stew,
      Which is enough for the two of you.
   Your husband announced "visiting brass to be fed"
      And you have to produce a banquet instead.

   It's a very strange life, but the funny part
      You get so you love it with all your heart.
      The bad doesn't last; in fact, it's fun
      To laugh about later when it's over and done.

   You see all the places the travel books show
      And you learn a lot each place you go.
   You don't get the orders; you don't own his ranks
      But you share his life and you earn his thanks.

   There may be better stations perhaps I agree
      But there are many worse places where you could be.
   You have many friends and if you do your share
      You'll be as satisfied here as you would anywhere.

   Sometimes you wonder if you really can take it
      But you know, in your heart life's just what you make it.

Dr. Geetika Bhaskar
Dearest Girl…

I am very happy to inform you that I have fallen in love with you since Thursday, the 1\textsuperscript{st} of October 2015. With reference to the meeting held at the coffee shop between us on the 1\textsuperscript{st} of October at the cafe at 1500 Hours, I would like to present myself as a prospective lover. Our love affair would be on probation for a period of three months and depending on compatibility, would be made permanent. In the so-called period you would be put through various loyalty and compatibility tests and also the various appraisal reports by various sources including my coursemates. But this would also not grant you a permanent posting in my life. The danger of RTSS(Return To Single Status) will always loom until the final approval of the Parent Ministry is accorded. Of course, upon completion of probation, there will be continuous on-the-relationship training and relationship appraisal schemes leading up to promotion from lover to spouse. You should always be ready to meet me at short notices at any time of the day as my schedule is never fixed and always busy with something. I would like to bring to your notice about my morning PT timings (coz I m a fitness freak) and a pair of white games rigs with white shoes with white socks to be kept on standby at your place too. My stay in this station might be a short one incase the thin clients outperform me and my duty. In such a scenario you should be ready to move out to the next station with me.

Now coming back to us, the expenses incurred for foods and various entertainment events would initially be shared equally between us. Later, based on your performance, I might take up a larger share of the expenses. However I am broad-minded enough, to be taken care of, on your expense account .I request you to kindly respond within 30 days of receiving this letter, failing which, this offer would be cancelled without further notice and I shall be considering someone else. I would be happy if you could forward this letter to your sister, If you do not wish to take up this offer.

Thanking you in anticipation.  
Yours sincerely,  
XYZ  
Lieutenant  
Indian Navy

Lt(IN) Siddharth Balyan

About the Author

Lt(IN) Siddharth Balyan has completed his watch-keeping onboard INS Gomati and served onboard as LOFAR Officer. He was posted to NDA from Jul 2014 as Divisional Officer, Juliet Squadron. At Present the Officer is posted as Flag Lieutenant to Commandant, NDA.
(Goodbye until we meet again)
A DREAM COME TRUE

As like any young girl, I wanted to get married………
But get married to whom……
Was a faded dream
Until I grew and met a man in uniform and there my guards fell,
Which I have always put on against all the men I ever met.
I got married and made a home with a man I thought will be always there……
Until I realized he is not mine,
As much as of the men he commands,
The nation he serves and
The horses he loves.
I love as he fires all the bullets at me before he leaves for his STABLES (office)
And I love as he gallops when he returns to move ahead for his next mission.
As a young girl I wanted to get married……
To whom…. Is no more a dream
I always wanted to be married to……
The man in uniform,
The rider of my heart.

Mrs Shwetambra Rehni
w/o Lt Col Vivek Rehni

About the Poet
Mrs Shwetambra Rehni is a teacher by Profession; and a poet by hobby. Her poem has been published in a book named ‘CLOUDS ACROSS THE STARS’ of Maryland, USA. She has bachelor degree in arts, education and computers with post graduate in journalism. She has worked as a reporter in Delhi for about 3 years before getting married.
Hobbies let you explore interests outside of your line of work. They let you be creative and try new things. A **hobby** is an activity, interest, enthusiasm, or pastime that is undertaken for pleasure or relaxation, typically done during one's free time. It sounds difficult to choose a hobby that just suits you right with so many options around. Here are few tips to help you make the right choice:

1. **Look at what interests you.** Examine what takes up your spare time. Do you enjoy reading books? Maybe you want to try your hand at writing them. Do you like a cold beer at the end of the day? Maybe your hobby could be trying to brew beer at home. Turn what you already love into a hobby.

2. **Think about what you value most.** What traits do you prize? Do you value wisdom or courage? Do you feel drawn to people who give back? Do you admire artistic expression? Let those traits guide you when choosing a hobby. For instance, maybe you could volunteer at a library as a hobby because you value education, or maybe you could take up painting because you admire people who can express themselves with art.

3. **Examine your skills and personality.** Certain hobbies require certain skill sets. If you don't have a great deal of patience, then maybe hand sewing isn't something you'd enjoy. Play to your strengths.

4. **Pay attention to what excites your passion.** The way you talk about issues can also reveal your passions and those passions can be developed into a hobby. Think about the topics you go on talking endlessly about. Ask your friends and family what you seem to talk about the most. Now, think about what it is about that subject that you enjoy so much and determine how it can be transformed into a hobby.

5. **Think back to what you loved as a kid.** Did you like to race bikes with your friends? Were you really into comic books? Did you love to paint or draw? Think about what really got you excited as a kid and what you could spend hours doing.

6. **Browse your local library/ Internet.** Your library will have ‘HOW-TO’ books on a variety of topics. Browse through them to find topics that interest you, which can turn into new hobbies. Also internet has variety of options, explore them. Certain websites are dedicated
solely to exploring hobbies, and you can use them to figure out what you’d like to do with your time.

7. **Tag along with a friend.** Your friends already have similar interests and personalities that are compatible with yours, so you might enjoy their hobbies, as well. Ask them about their favorite hobbies and to give you a taste for what they love to do.

Sqn Ldr Supriya Chitre
Psychologist, NDA

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**About the Author**

Sqn Ldr Supriya Chitre was commissioned as Edn offr in the IAF in 2007, presently she is holding the appointment of Psychologist, NDA. Her interests include travelling and cooking. She also maintains a travel diary as a hobby.

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**HUMOUR IN UNIFORM**

1. When a soldier came to the clinic where I work for an MRI, he was put in to the machine by an attractive, young technician. Some time later, when the examination was over, he was helped out of the machine by a far older woman. The soldier remarked, “How long was I in there for?”

2. The only time you have too much fuel is when you are on fire.
END OF TERM ACTIVITIES
TATOO SHOW
PASSING OUT PARADE
Bad Handwriting

MY HANDWRITING

“Your handwriting is pathetic, your handwriting is bad
It is illegible; I need to meet your dad”
It is the same old story each and every time
I submit my notebooks and I am condemned for this crime
Though I have been hearing this since class one
I must admit that improvement is none.
When questioned by my parents,
I come up with excuses
“I was too tired, or pen was dry”
But the reply always is-----
“Try and fail but don’t fail to try”
And then comes the lecture,
Sometimes convincing, sometimes boring
Sometimes I feel inspired, other times like snoring.
“Your handwriting lacks flair,
In life it shall take you nowhere”
This is what my teachers, parents
And basically everyone has to say,
I just hope my handwriting will improve someday.

CRICKET

My favourite game is cricket
It is a game of bat ball an wickets
The aim of the batsman is to score
Using ones twos six’s and fours
There are eleven players in a team
The blowers ball pace spin swing and seam
To take wickets, the bowlers, strive
The batsman play the cut, pull and cover drive
In India, cricket is one of the most popular games
Cricketers have become household names.
Sometimes the game’s finish becomes too tense
And that is cricket’s true essence.
Whether T20, ODI or test
The game of cricket is the best.

Master Antriksh Rastogi
Class V, 10 yrs
s/o Capt(IN) Devanshu Rastogi
How I met Your Dad

The ever popular TV Sitcom “How I met your Mom” on TV inspired me to share our story with our kids……. And YOU, dear readers.

In the days of pens and papers, envelopes and stamps, postmen and post offices, I was introduced to then a Sixth Termer at Naval Academy, Goa, as a pen friend. I still remember the first letter I received was for my B’day (the last of teens, 19th to be precise)…. 😊

As we both liked to write and we also had a lot in common due to our Defence roots, we soon became regular Pen pals. It was a thrill to receive a letter, with updates on his trainings and travels all over the nation. Over a period of two years our letters grew more personal yet there was a mystery as the face behind those letters was unknown. I had a picture in my mind of a tall fair Sardarji, heavily built with a wide smile.

On my 21st B’day, there was a tinkle at the door and to my surprise, I saw a 6 feet 4 inches tall, dark young man who looked like he had just arrived from the African Sub Continent. A straight Mills and Boon “TDH” – Tall, Dark & Handsome……. Gee we don’t want to offend the PAPA of my Kids, now do we? 😊

It took another two years of writing letters, to cement the first impressions. Letters were now more frequent …. Did the Indian Postal department generate profits on our investments????……. Not to forget our contribution to the ever soaring revenues of “Archie’s cards” and occasional couriers ….. We helped to establish the pillars for the newly liberalized economy of the late Nineties.

A few tiffs and making ups… all on postal and PCO communication network……destiny finally got us together in the Western City of Joy – Mumbai. We decided that it was time to involve the parents…… some arm twisting by the girlfriend (aka Me) was required to set the ball rolling……. These Men never want to commit!!!!

It was a challenge to convince our respective set of parents and relatives, for our different states, cultures and religions were a hurdle to cross. But soon they all came through and we were married in a traditional Sikh ceremony in Punjab. We completed a decade and a half of togetherness this year and are proud parents of two beautiful children and when they ask whether they are Punjabi’s or Maharashtrian’s…… we tell them they are “Fauji’s”.

Arti Atre Singh,  
W/o Cdr Swaraninder Singh,  
“H” Sqn Cdr, NDA
After reading the following surprising and versatile benefits of banana peels, trust me, you will think twice before tossing any banana peel into the bin!

- **Teeth Whitening**: A very cheap and accessible way to whiten stained teeth is through rubbing the inner part of the banana peel of a ripe banana on your teeth!

- **Skin Beauty with Banana Peels**: Applying the inner portion of banana peels to your face alone, can help you brighten, tighten and tone your skin.

- **Bug-bite Relief**: Rubbing banana peel onto mosquito bites and general bug bites is an instant relief for itching and inflammation.

- **Polishing agent**: Polish your leather furniture and silver items with banana peel in a natural way.

- **Boost your Garden with Banana Peel Compost**: Banana peel not only decomposes fast but also contains important minerals like potassium and phosphates which will help in the growth of healthy plants and flowers.

The humble Banana is cheap and readily available in our fresh ration, so why not put the benefits of banana peels to use today!

Mrs Jasmine Kale
w/o Wg Cdr V.V.Kale
INTERNET ADDICTION DISORDER (IAD)

1. The Internet is the global system of interconnected computer networks to link billions of devices worldwide. It is a network of networks that consists of millions of private, public, academic, business, and government networks of local to global scope, linked by a broad array of electronic, wireless, and optical networking technologies. The Internet carries an extensive range of information resources and services. The Internet has enabled and accelerated new forms of personal interactions through instant messaging, Internet forums, and social networking. Online shopping has grown exponentially both for customers and retailers. This gift of technology to mankind though, comes with hidden dangers which can affect the psychological dimensions of human beings. The most recent disorders today are an outcome of excessive internet dependence. Internet Addiction Disorder (IAD) is one such Psychological disorder.

2. Internet addiction. Internet addiction is a subset of a broader technology addiction. Widespread obsession with technology goes back at least to radio in the 1930s and television in the 1960s, but it has exploded in importance during the digital age. The Internet has tremendous potential to affect the emotions of humans and in turn, alter our self-perception and anxiety levels. Internet addiction disorder (IAD) now more commonly called problematic Internet use (PIU), Compulsive Internet use (CIU), Internet overuse, Problematic Computer use.

3. Pathological computer use refers to excessive computer use which interferes with daily life. Internet over use can be attributed to the fact that it has become increasingly difficult to distinguish between the online and offline worlds. A study published in the journal Cyberpsychology, Behavior and Social Networking (2014) suggests that, prevalence of Internet addiction varies considerably among countries and is inversely related to quality of life. The addiction to 'cyber sex', 'cyber relationships', 'net compulsions', 'information and research' and 'computer gaming' are categories that relate to the 'broad' term Internet Addiction. The addictive stimulus associated with an 'Internet addiction' is technically a rewarding and reinforcing stimulus which is transmitted via the internet. Internet users can become addicted to playing online games, gambling and shopping through the feeling it gives them. These online activities can create the feeling of convenience, independence and excitement, which makes the user want to do it again. Compulsive online gaming, online gambling, and use of online auction sites are all classed as categories of Internet Addiction that are said to often result in financial and job-related problems. Internet users can become easily addicted to these types of online activity, rather than the Internet itself.

4. Promoters of IAD. The IAD promoters are:-
   (a) Accessibility. Because of the convenience of the Internet, users now have easy and immediate access to gambling, shopping and gaming at any time of day, without the hassles of everyday life (e.g. travelling or queues).
   (b) Control. Users are in control of their own online activity. With the use of newer technology such as tablet computers, users can engage with the Internet without others knowing about it.
   (c) Excitement. Internet users often get an excited feeling of a 'rush' or a buzz that they get when winning. Gambling, gaming and online bidding all potentially result in a win. Users will use the net as a way of gaining this emotion.

5. As Internet addiction is a broad term, it covers a wide variety of behaviors and impulse control problems. It is categorized by specific subtypes to include:-
   (a) Cybersexual addiction: compulsive use of adult websites for cybersex and cyberporn.
   (b) Cyber-relationship addiction: Over-involvement in online relationships.
(c) **Net compulsions:** Obsessive online gambling, shopping or day-trading. Information overload: Compulsive web surfing or database searches. Computer addiction: Obsessive computer game playing.

6. **Cyber Relationship Addiction.** Cyber-Relationships are the most common and, in essence a virtual relationship or form of communication between two people. Visuals are removed as it is communication through text, all you know of a person is what they are communicating to you and, what is displayed on their profile. Cyber-Relationship addiction is one impulse-control problem that is covered within the Internet addiction disorder.

7. Cyber-Relationship Addiction has been described as, the addiction to social networking in all forms. Social networking such as Facebook, and online dating services such as UniformDating.com along with many other communication platforms, create a place to communicate with new people. Virtual online friends start to gain more communication and importance over time to the person becoming more important than real-life family and friends. Some people even prefer text because it enables them to avoid the issue of physical appearance which they find distracting or irrelevant to the relationship. Without the distraction of in-person cues, they feel they can connect more directly to the mind and soul of the other person. Text becomes a transitional space, an extension of their mind that blends with the extension of the other person’s mind”.

8. **Effects Of IAD.** This disorder has significant effects socially, psychologically and occupationally. According to a Korean study into the disorder, pathological use of the internet results in negative life consequences such as job loss, marriage breakdown, financial debt, and academic failure. Another study showed that the majority of those who met the requirements of internet addiction disorder suffered from interpersonal difficulties and stress and that those addicted to online games specifically responded that they hoped to avoid reality.

9. **Corrective strategies** Scientists have found that compulsive Internet use can produce morphological changes in the structure of the brain. Corrective strategies include, content-control software, counseling, and cognitive behavioural therapy. One of the major reasons that the Internet is so addicting is the lack of limits and the absence of accountability. A study which analyzed Chinese college students who had been classified as computer addicts by the study designers and who used a computer around 10 hours a day, 6 days a week, found reductions in the parts of the cerebellum compared to students deemed "not addicted” and impaired short-term memory and decision-making abilities—including ones in which may contribute to the desire to stay online instead of be in the real world.

10. **Digital Detox.** Digital detox refers to a period of time during which a person refrains from using electronic connecting devices such as smartphones and computers. It is regarded as an opportunity to reduce stress or focus on social interaction in the physical world. Benefits include increased mindfulness, lowered anxiety, better appreciation of one's environment and becoming more people-oriented. We often relate addiction to drugs, cigarettes, alcohol and similar items but we think less of digital devices as sources of concern. In this present age, one can be blown away and easily lost in the whirlwind of technology as new versions of devices are developed even before we recover from the previous ones. The iPad, iPod, blackberry phones, and other smart devices overwhelm us with instant connectivity everywhere and anytime. However, the problem is not the technology itself but how we use it. We need a step away from devices and embrace life, we need to embrace the moment. The motivations behind digital detoxing vary. In some cases the motivation is negative emotional responses to the technology usage, such as dissatisfaction or disappointment of the technology device and its functions. In other cases, users see the technology as a distracting factor that consumes time and energy, and want to take back control over their everyday lives. Some people have moral, ethical or political reasons to refrain from technology usage, such as fear of violation of their privacy. Constant engagement with digital connecting devices at the workplace is claimed to lead to increased stress levels and reduce productivity. Certain characteristics of the technology make it more difficult to distinguish work from leisure.
11. **Benefits of Digital Detox.** These are:-

(a) **Good mental health:** There is a growing concern among scientists that indulging in these ceaseless disruptions caused by digital devices is not good for our brains in much way that excessive sugar or fat and other things we tend to crave are not good for our bodies.

(b) **Better human relationships:** With digital detox, it is possible to maintain a better relationship. Many people have bad breakups because of a cultural shift from face-face communication and shorter attention span. Spending more time on social media platforms than interacting with people face-to-face in the physical world has a preventing effect on the development of communication and social skills.

(c) **Increased Productivity:** Mobile devices and gadgets often cause distractions at work leading to poor performance, carelessness, absent-mindedness and failure.

(d) **Good Posture:** The physical effect of too much technology will be reduced. Such effects include wrist, arm and shoulder pain, ears roaring, eye strain, and lack of sleep. According to a recent report majority of people would rather go without food and other daily staples than be without their mobile devices, therefore digital detoxing is not as simple as it sounds. It takes determination and support from friends, colleagues and family to perfect one. Signs that you need a digital detox may include the following: lack of concentration, a feeling of irritation if separated from your device or when your battery is running low, looking at your phone first thing when you wake up, ignoring people while you are at your digital device, and reduced productivity resulting from overwhelming use of digital devices.

12. The psychological dimensions of technology (including internet) can have far reaching effects on human personality. Hence, it is pertinent that we adopt technological advancements and its usage with caution.

*Col Deovrat Pagay*

**Jt Dir Trg (Coord)**

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**About the Author**

Colonel D Pagay was commissioned in 44 Armoured Regiment. The Officer is a Post Graduate in Psychology. He has been an ‘Assessor’ (Group Testing Officer) in Services Selection Boards (SSB), in Allahabad and Bhopal. The Officer is Presently posted as Instr Cl ‘A’, at NDA, Khadakwsla.
Eating with fingers has been lately looked down upon - considered not very sophisticated or suave. However, eating with the fingers has multiple benefits.

1. Our bodies are made up of 5 elements/pranas - so is everything in Universe - these are - Fire, Water, Air, Earth and Ether/Space. They are represented by the

5 fingers. It is believed that these five elements energize the food, cleansing it of any negative vibes and preparing it for us to eat. These elements ensure the food we eat is becomes healthy for the body and keeps our pranas well balanced. These are the representations of the elements:

- Thumb: Fire
- Index finger: Air
- Middle finger: Space/Ether
- Ring finger: Earth
- Little finger: Water

The prana coming from our fingers mixes with the food making it easier to digest and beneficial to our body.

2. When the fingers, touch the food, they send signal to the brain and digestive system about the texture of the food – the hardness, softness, consistency etc and thus the system prepares itself to digest the food accordingly. The required type of digestive juices and enzymes are released. When we eat with spoon or fork this message is lost – the body is not prepared for what is going to come in!

3. Promotes mindful eating. When we eat with our hands, we focus on the quantity of food and we are more aware of how much food we are putting in our mouths. Thus prevents obesity and indigestion as mindless eating is a huge problem and the biggest cause of overweight.

4. Eating food with fingers makes it tastier and much more palatable. So forget fashion, think of health! Eat with your fingers!

Mrs Jasmine Kale
w/o Wg Cdr V.V.Kale
Food.. It's said army marches on its belly and no wonder in this era of startups, we can find quite a few of them capitalising on that weakness of human beings. Technically food invigorates all our senses. Starting with smell as it approaches us, then soothes our eyes followed by our hands and finally our taste buds through our tongue and stomach.

Some of us eat food to just quench their hunger and others are lucky to travel for food. I consider myself somewhere in the middle of the two sections, but cannot forget this one episode of fantabulous food.

I was in LA and was staying at Melrose Avenue courtesy yet another startup called the Airbnb and on a fine Monday morning was wondering where to have my breakfast. The hostess was a lovely lady who worked as a waitress and suggested Blu Jam Cafe, a couple of blocks from where we were.

We walked to the place and were disheartened by a long queue and an approximate wait time of 45 mins. The place was bustling and had a waiting area which also gave you the option to place your order. We ordered our breakfast and were amazed at the efficiency when within 5 mins of us being seated received our order. Needless to say it was one of the best breakfasts I had ever eaten.

The breakfast had quenched my hunger but my eyes were glued to a beautiful looking dish on the table next. The waitress smiled and said .. That's our speciality - the Crunchy French Toast. My mouth was watering and she knew I didn't need to tell her to get me one. There are somethings you can't define in words and this was one of them.

Next year I made a pit stop at LA by taking a detour of only 200 miles to savour the same taste again.

I am sure that I have managed to invigorate a few of your senses too, through his article.

Mrs. Naina Siwach  
w/o Cdr Aman Singh Siwach  
Naval Training Team
As one can see, no area, now-a-days is being left uninterfered by the courts directly or indirectly. Law concerns every human being and is not confined only to some sections of the society. In the largest democratic set up, for academic interest, one should know at least a little about Jurisdiction and Judicature which may come across in our daily life. Some of the maxims are as follows:-

(a) Justice is not only done but seen to be done.
(b) Justice delayed is Justice denied.
(c) Justice hurried is Justice buried.
(d) Law does not help those who sleep over their rights and responsibilities.
(e) Rights and Responsibilities are two sides of a coin. Rights without Responsibilities are dangerous; and Responsibilities without Rights are useless.
(f) Ignorance of Law is no excuse.
(g) A thing which is insignificant to you may be significant to others.
(h) Transparency is the basic principle of administration.
(i) Let hundred culprits escape from punishment but, let not even one innocent be punished.
(j) Do no exploit and do not get exploited.
(k) Faith is the force of life.
(l) Good humour makes all things tolerable
(m) Nature, time and patience are the three great physicians.
(n) Many things difficult to design prove easy to perform.
(o) Make it a point to do something every day that you don’t want to do. This is the golden rule for acquiring the habit of doing your duty without pain.
(p) The true source of rights is duty. If we all discharge our duties, rights will not be far to seek.
(q) Silence is one great art of conversation.
(r) The best way out of a difficulty is through it.
(s) Faith is the force of life.
(t) The confidence, which we have in ourselves, gives birth to much of that which we have in others.
(u) Happy is he who has overcome all selfishness, happy is he who has attained peace, and happy is he who has found the truth.
(v) Justice without force is powerless; force without justice is tyrannical.
(w) If you can change your habits, you can be master of your destiny.
(x) Life is not about the people who act true to your face. It is about the people who remain true behind your back.
(y) The greatest test of courage on the earth is to bear defeat without losing heart.
(z) The winner says, ‘it may be difficult but it is possible’. The loser says, ‘it may be possible but it is too difficult’.

MS/667 Miss Rani Lokhande
LDC, Edn Br

About the Author

Miss Rani Bapu Lokhande working in Education Branch and her hobbies are reading Novels, Ancient Stories, Articles and books related to Mythology. She is interested in listening to speeches related to Spiritual Activities such as Santsang sponsored on Sanskar Channel, Adyatam Channel etc. She always keep interest in gaining new and additional knowledge by way of reading magazines, newspapers etc and day to day experiences in human life. She is also interested in reading books written on Women Discourses.

Lady : Is this my train?
Station Master: No, it belongs to the Indian Railways.
Lady : Don’t try to be funny. I mean to ask if I can take it to New Delhi.
Station Master : No Madam, I’m afraid it’s too heavy.
1. The life in the units or battalions is an epic of discipline and interaction, as the day is a complete parade of formal and casual events, especially for the better halves. Dinner nights, dining outs, ladies clubs and welfare activities keep the better half as occupied as the officer himself for most of the tenure. The social gathering enhances the interactions and most ladies love living in the limelight of these events. However, the crucial change occurs when the husband is told to pack his bags and shift to a field location for the next tenure of two-three years.

2. The news of husband leaving is a catastrophe in itself! To further ignite the fire is the lack of social engagements that earlier consumed the whole day. Army life is a full time occupation for not only the husbands but the wives too. The long and everlasting parades of ladies clubs, welfares, visits and parties may sound hectic but they have a unique charm attached to them. The hot cup of tea shared over the coordination meets are the best part since they allow you to interact with your fellow wives and have a session of chit chat and learn so much more. In fact, to tell you the truth I haven’t seen a more talented lot of ladies than in the defence forces. They are good at everything starting from flower decorations to rangolis to managing the stage at public gatherings. I have done it!

3. Well, coming back to the topic under discussion, “Life between the OGs and Combats”. OGs are generally worn during the peace tenures that are the duration in which the infantry men stay with their family in family or peace stations while the Combats as the name suggests is the uniform of the disturbed areas. During the OG tenure the life is busy and schedule bounded. But, as soon as you see your husband moving to a field location, you can toss out your entire busy schedule in a jiffy. Now that the husband has gone there are no social commitments along with the constant parade to keep the house tip top as you might have unexpected guests at any time of the day (even at 3 am for a cup of coffee or alloo-puri). Your entire focus now shifts to the kids and pets (pets love it but kids certainly hate the very idea itself). You are finally free and don’t even have husband around at the moment to cheer you up or take you out. The woman today are quite independent but that empty corner of the heart that used to wait for husband to come home at lunch or dinner keeps waiting still for a surprise that you also acknowledge is just not possible.

4. During Combat postings, another major worry occupying your already over possessed mind is the safety of your better half. They might make it sound extremely casual and simple, but the fact of the matter remains that they are risking everything everyday for the next two years to protect their mother land and stand true to their oath of “Nation comes first.” I personally was wooed by the same sentiment, if a man can love his nation so much and lead a disciplined life then he is bound to respect, love and protect his better half without any errors. And the notion wasn’t wrong, I am proud to be married to a man of my dreams, an army man!
5. The next challenging task is the shift of responsibility. During peace tenures, half of every responsibility is located in the husband’s kitty, but once he is under such stress full conditions one doesn’t want to bother him with petty disputes and issues. So you pull yourself together and take on the entire bulk load on your head. Children, schools, medical demand, pets, bills, household problems, in and out laws and finally, you start drifting into focus and you are again busy! Life is all about challenges and these field tenures prove it. At first they might feel as a phase that would leave you destroyed and grasping for breath (Grasping for breath it might but destroyed certainly not), but they make you stronger, independent and confident.

6. Lastly, the most crucial part of the transition, husband coming back! Well, until now for the last two years you were the boss, taking independent decisions and handling all the major-minor tasks, but since the husband is back, he wants to resume his duties in the house. But, are you ready to hand them back. You develop a sense of domain in which everything is your responsibility and privilege. The kids also don’t make the matters easier as they feel the other parent being back would mean new rules and regulations that were earlier overlooked. But, after a struggle of few months its back to normal again and you wish your spouse doesn’t go back to field again. However, it is futile as two years together and he would go back, but, as an army wife you accept it and learn to live with it proudly, with your head held high in the sky.

7. Together or separated, is a part of defence life and that is one of the reasons why we as army wives are a class apart. Our confidence, independence and dedication help us lead a life that many crave for but can’t reach due to the lack of exposure. To wrap up the discussion of my views above, all I would say is that this is the life I had wished for and proud of, no matter if it brings with it a little pain, struggle and agony of separation. It also brings with it a royal, disciplined, safe and adventurous life that would keep you interested forever. And trust me, once in; nobody likes to leave this life behind! So my suggestion would be, live strong and proud, you are an army wife, now and forever! Jai Hind!

Mrs Puruvi Sirohi Singh Tara
w/o Maj Anubhav Singh Tara

About the Author

Mrs Puruvi Sirohi Singh Tara has done her masters in clinical psychology and presently pursuing doctorate in the same. She is very proudly married to an army officer, Infact, she is even more proud that both her father and father-in-law also belong to the same army officers’ fraternity. The life as an army daughter, daughter-in-law and wife has inspired her to try various colors of personality (shehas tried professional painting, teaching, counseling…etc) but, ultimately at present she is working as a freelance content writer and has written for several e-magazines, blogs and websites, and finally feel at peace and happy! This article has been born out of her little experience with the defence family and hope you enjoyed reading it as much as she enjoyed writing it!
INAUGURATION OF TRISHAKTI BEAUTY PARLOUR

INAUGURATION - “THE NEST”
TRAVEL AROUND THE WORLD

As much as you can
As far as you can
As long as you can

Life’s not meant to be lived in one place........
Fortunately being in services we get to travel a lot, but usually it is within India. So let’s cross boundaries and look at the destinations best suited for us.

**Essentials:**
To do so one needs to have a valid passport, at least six months from the date of travel. If you have completed a year in NDA, you are eligible to apply in Pune. Please refer to [passportindia.gov.in](http://passportindia.gov.in)

**Zeroing on a destination:**
One needs to acquire a prior visa for the country you decide to visit which turns out to be a tedious process, but there are countries which give visas on arrival or ‘gratis’. So one such recommended fun filled family destination is **Hong Kong**.

**Airlines:** Cathay pacific, Singapore, Malaysian, Thai Airlines are available (refer websites like makemytrip, expedia, yatra which offer multiple options for travelling to Hong Kong). However, the most cost effective is Jet Airways from Mumbai (direct flight) or Air India (Pune – Delhi-Hongkong).

**Travel Insurance:** It is a must, as the coverage is right from the check-in on the Indian airport till you arrive back in India at an affordable cost of approx 1000 INR for coverage of claims up to 3000 US Dollars as well as baggage loss, theft, sickness etc. ‘Future Generalli’ is recommended.

**The Best of Hong Kong /Macau & Disney Land...**

**Package:** 5 nights 6 days Approximate cost: 88,100 INR (*subject to change) + 3.50% Service tax. This is a per person cost.

Package inclusions:
- Round trip Economy-class airfare
- 3 nights’ accommodation in Hong Kong (Harbour Plaza Metropolis or similar)
- 2 nights’ accommodation in Macau (Sheraton in Deluxe, Venetian in Premium)
- Daily Breakfast, Daily Indian dinner meal coupon
- 1 day Disney entrance pass
- SIC Customized Hong Kong city tour (Repulse Bay, Avenue of Stars, Victoria Peak & Symphony of Lights Return ferry tickets with ferry terminal transfers)
- Return airport transfers
- Overseas Medi claim

So jet set and go.....Contact: [Monisha@orbit-star.com](mailto:Monisha@orbit-star.com) or visit [www.orbit-star.com](http://www.orbit-star.com)

Mrs Monisha Desai  
w/o Col Vikrant Desai
‘विद्या वपुषा वाचा वस्त्रेण विनयेन च’ इन पार्थों से मनुष्य के व्यक्तित्व का अनुमान लगाया जा सकता है। विद्या, वाणी और विनय का परिचय जब मनुष्य बोलता है, वार्ता करता है तभी प्राप्त होता है। किन्तु शरीर और वस्त्र व्यक्ति की पहचान पहले करने लगते हैं, वस्त्रों से मनुष्य के संस्कार विवाह और मनोभावों का परिचय मिलता है। नारी समाज का वस्त्रों की मनोवैज्ञानिक कसोटी पर कसना प्रवधान लक्ष्य होना चाहिए। आज अपने शहर में भी परिवारी सम्पत्ति की बायार में नारी के वस्त्रों में लगातार बदलाव हो रहा है। कहीं-कहीं पर तो परिवारी दशा से भी अधिक बेढ़ेगे और बेदुइन वस्त्रों को धारण कर नारी समाज में हैं सी का पात्र बन जाती है।

नारी जब नारी न रहकर पुरुष बनने लगती है तब वह पारिवारिक दायित्वों के निर्वहन में असमर्थ हो जाती है। पारिवार्त्य देशों के दामपत्र जीवन में अविश्वास व उग्रता उसी का दुःखरुपाम माना जा रहा है। वेशभूषा का मनोविज्ञान के साथ इतना उत्तम सामंजस्य न तो विश्व में किसी देश में हुआ न किसी संस्कृति में। यह सभी भारतीय आचारियों की सृष्टवृद्धि और अध्ययन का परिणाम था। आज पारिवार्त्य देशों में अमेरिका में सबसे अधिक भारतीय पोशाक साड़ी की ओर लोग आकर्षित हुये हैं।

किन्तु दूसरी ओर देश के गुप्त-युक्तियों विदेशी और सिनेमाई प्रभाव की वेशभूषा को अपना रहे हैं। यह न केवल अंधानुकरण और मृदुता बलिक बीडिक व आत्मन दुर्बलता का परिचयक है। यदि मर्दों परिवारों पर अंकुश न लगाया गया तो अन्य देशों की भौतिक चारित्रिक पतन निश्चित है। भारतीय दर्शन में आत्मकल्याण और लोककल्याण के लिए अनेक उपाय परम्परागत, मान्यताओं और आचार-विवार स्थापित किये गये उन सबका एक सा उद्देश्य जीवन को सशक्त और संस्कारवाण बनाना है।

परिवारी और सिनेमाई वेशभूषा का धातक परिणाम हमारे सामान प्रायः देखने में आ रहे हैं। रोज-रोज की अपराधिक घटनाओं में परिवारों की प्रमुख मूल्यिका रहती
है। नारी कितनी भी सुन्दर और आभूषण से सजी हो किन्तु वस्त्रों के अभाव में उसकी सार्थकता समाप्त हो जाती है किन्तु आज की आधुनिकता में नारी शरीर पर वस्त्रों को कम करती जा रही है और उसमें अपना समान मानती है। इस प्रकार नैतिकता की अन्धी दौड़ में नारी की असमानता समाप्त होती नजर आ रही है।

लंदन के प्रसिद्ध मनोवैज्ञानिक नेक हेराल्ड ने 6 वर्षों तक लगातार पार्क, रेस्त्रां तथा सार्वजनिक स्थानों पर जाकर एक नहीं हजारों फोटोग्राफ लिये, साथ ही उनके व्यक्तिगत जीवन का अध्ययन किया, इस कार्य से यह निष्कर्ष निकाला कि वेशमूषा का मनुष्य के चरित्र, वैभवशील और सदानाथ से गहरा सम्बन्ध है। पुरुषों के समान वेशमूषा धारण करने वाली युवतियों का मानसिक चित्रण और उनके व्यवहार की जानकारी देते हुये हेराल्ड ने लिखा है कि ऐसी युवतियों की वाल-ढाल, बोलचाल, उठने वाले तौर-तरीकों में पुरुष के लक्षण प्रकट होने लगते है। नारी अपने आप को पुरुष सा अनुभव करती है, उनमें लघु आदि नारी के सुलभ गुण समाप्त हो जाते हैं।

चरित्र की यत्नपूर्वक रक्षा करनी चाहिए।

डॉ. क्षमा शुक्ला,
W/O प्रोफेसर ओ. पी. शुक्ला, पधानाचार्य,
एन.डी.ए
मनु कहते हैं
जहां नारी की पूजा होती
"वही देवता बसते हैं"
और धर्म ग्रन्थों में वर्णित
"माँ का पद है पिता और गुरु से बढ़कर"
लेकिन ये कहने की बातें
नारी को छलने की बातें।
राम राज्य आदर्श
सभी सुख सुविधा और समानता से
सम्पन्न कहा जाता है
और पूज्य बापू का सपना
राम राज्य स्थापित करना
सदा रहा था।
किन्तु उसी आदर्श राज्य में
नारी का स्थान बताती रामायण है
जिसमें वर्णित
"ढोल, गँवार, शूद्र, पशु नारी
ये सब ताड़न के अधिकारी
यही नहीं सीता के प्रति भी
न्याय किया क्या उचित राम ने?
जिस सीता ने छोड़े, राज भवन के सुखासन
और चुना पति के संग रहना
नित्य नये कष्टों को सहकर
कंद मूल फल खाकर रहना
उसी सती को, परम्परती को
एक रजक (घोड़ी) को
कहने पर से
त्याग दिया, वनवास दे दिया
उसके पति ने
जो उसके बच्चे की माँ बनने वाली थी
फिर भी राम कहलाते अन्तर्यामी
जग के स्वामी
कहलाते आदर्श पुरुष भी
समझ सके क्यों नहीं स्वयं अपनी पत्नी को
जिसने उनके सुख-दुःख में
सम्मान दिया था
अपना सब कुछ, अपने पति पर वार दिया था
अर्थि परीक्षा दी थी जिसने
उस पर भी विश्वास नहीं था स्वयं राम को
माना जनता का प्रतिनिधि बस एक रजक था
उसके तानों के आगे
वे मले शुरु हों
किन्तु किया अन्याय उन्होंने
एक सती पर
और आज की नारी
कभी गुला न सकेगी
एक नारी के प्रति
जो राम राज्य में

डॉ. क्षमा शुक्ला,
W/o प्रोफेसर ओ. पी. शुक्ला,
प्रधानाचार्य, एन.डी.ए
JUNIOR NATIONAL EQUESTRIAN CHAMPIONSHIP - DEC 2015
**WELCOME TO NDA**

<table>
<thead>
<tr>
<th>Spouse Name</th>
<th>Rank &amp; Name of Offrs</th>
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<tbody>
<tr>
<td>Gp Capt (Mrs) Jiveksha Wagle</td>
<td>Air Vice Mshl SP Wagle</td>
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<td>Mrs Sara Jacob</td>
<td>Brig Bency P Jacob</td>
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<td>Mrs SS Kripahari M.E.</td>
<td>Fit Lt J Sathish Kumar</td>
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<td>Mrs Tripurna Biswas</td>
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<td>Mrs Y Poonam</td>
<td>Maj Y Pavan Kumar</td>
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<td>Mrs Khushboo Vashist</td>
<td>Maj Abhinav Vashist</td>
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<td>Mrs Monica Bhatia</td>
<td>Col Atul Bhatia</td>
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<td>Mrs Priyanka</td>
<td>Maj Padmanabhan</td>
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<td>Mrs Nitika Manocha Puri</td>
<td>Cdr Amit Puri</td>
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<td>Mrs Lalita</td>
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<td>Col Yaldhow P</td>
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<td>Mrs Vandana</td>
<td>Wg Cdr S Saini</td>
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<td>Mrs Naina</td>
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<td>Mrs Jyoti Tomar</td>
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<td>Mrs Rachana</td>
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<td>Mrs Neetu</td>
<td>Lt(IN) Sachin Pandey</td>
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<td>Mrs Sara</td>
<td>Maj Amal Sali</td>
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<td>Mrs Ruchi</td>
<td>Maj Ashwarya Joshi</td>
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<td>Mrs Ashima</td>
<td>Maj Raja</td>
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<td>Mrs Pradnya Ambre</td>
<td>Lt Gen Ashok Ambre</td>
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<td>Mrs Nandini</td>
<td>Air Cmde PR Navalkar</td>
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<td>Deepa</td>
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<td>Mrs Kavita Tuknait</td>
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<td>Mrs Sruthy. S</td>
<td>Maj Abhinish V</td>
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<tr>
<td>Mrs Nidhi</td>
<td>Maj Tarun Rana</td>
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</table>
Little Kids when unable to express in words can do through Picture Art. This is how my daughter Naisha described her holiday in Goa in pictures. Little bit of guidance, loads of imagination, plenty of colours and paper, that is all you need.

Naisha Kale- 7yrs- APS
d/o Wg Cdr V.V.Kale