सेवा परमो धर्मः
FROM THE EDITOR'S DESK

Dear Ladies,

It has indeed been a great learning experience for all of us reading, editing and compiling the awesome treasure of article. The Ankur platform for us is a medium to share our rich and varied experience with a tinge of fun, frolic and humour. It is the very time when we see the talent & creativity of our ladies at its peak.

We thank all the ladies for their valuable contribution and wish everyone a very happy, prosperous and bright new year 2015.

EDITORIAL TEAM:

- MRS. HEMA RAJGURU
- MRS. NANDINI NAVALKAR
- MRS. KANU OBEROI
MESSAGE

I take this opportunity to wish you all a very Happy New Year 2015. My short and sweet stay at the Academy has been full of rich and varied experiences and interactions with nature, scenic beauty and professional yet wonderful people. The vibrant & ever bubbling energy, positive aura, motivating vibes and jointmanship in the truest sense is a hallmark of the Academy.

As the head of the ladies fraternity I feel privileged and immensely satisfied at the environment and progress made in all the fields and facets at the Academy. I would urge each one of you to live up to the highest standards of positive attitude, professionalism, involvement and deep bon-homie as has been the tradition and practice.

Let me remind you that each one of you has been a special person for me by virtue of our team work, contribution and warm interactions. We all learnt from each other and grew together in the real sense.

Here’s wishing all of you a fruitful and enriching future.

God Bless

Mrs Asha Bhadauria
MESSAGE

It gives me immense pleasure in wishing you lovely ladies of NDA a very happy and prosperous new year. I am sure this year will bring lots of happiness and joy to each one of you.

The environment of NDA rich in flora and fauna, clean and pollution free is a blessing and we must all endeavour to improve and preserve it. It is an ideal place to work out and maintain our health through regular exercise as goes the saying, “A healthy family is a happy family”.

A positive mind ultimately plays on the laws of attraction of universe and thus brings us good health, prosperity and happiness. Spending few minutes everyday trying to develop a positive mind and attitude filled with compassion will ensure abundance always and every time.

I would like to compliment the ladies for their spirited and overwhelming participation in all the activities of NDA. Wish you all a memorable and fruitful stay in the Academy.

Mrs Pradnya Ambre
(Vice President, FWO)
NDA Expo Autumn Term 2014 was inaugurated by President FWO, Mrs Asha Bhadauria. This event gives due recognition to the achievements of the Cadets. 26 clubs of NDA participated in the exhibition, which was visited by the parents of the passing out course, important dignitaries, NDA fraternity and Cadets.

The expo represents the zenith of dedicated efforts of the group of clubs. The clubs included automotive, hiking, music, dance, craft and design, dramatics, painting, media club etc. The overall enthusiasm from the Cadets was remarkable. Such opportunities to showcase their talents are provided at every step of their training at NDA.

The most awaited time of the year was here once again when all eyes were set on the Autumn Term NDA Ball 2014. It marks culmination of the three years of tough training and grooming of NDA Cadets. The handsome Cadets seemed happy with their charming ball partners.

The venue was well decorated but the rain Gods desired otherwise and the venue had to be shifted to the Cadets’ Mess dining hall. To our surprise the new venue brought a new charm to the event and made it a big success. Rolling of the NDA Ball by the Commandant kick-started the rocking night and the air was filled with foot thumping remixes and live performances that enthralled the audience.
The Tattoo show symbolizes raw physical courage and martial skills that the Cadets master during their stay at NDA. In the display of coordinated skill, finesse and daredevilry, the Cadets of NDA performed breathtaking stunts during the ‘Tattoo show’, held to bid farewell to the passing out Cadets of the 127 course.

The Cadets during the show displayed their horsemanship skills (trick riding, tent pigging etc), techniques in karate, demonstration of infantry platoon in assault and skills in gymnastics. The audience was awestruck by the nicely coordinated skills and demonstration of talent. It was a proud moment for the parents to witness the talent show.

Two Super Dimona aircraft piloted by Air Force Cadets of the passing out course also showcased their maneuvering skills during the event.
A colourful farewell was bid to the Patron, Ladies Club, Mrs Ranjit Gill. The meet was filled with nostalgia as the lady was taken on a memorable tour of her time in NDA through a picture presentation prepared by No 2 Battalion. Mrs Ranjit Gill was touched by the dance performance of select ladies and enthralled by the melodious farewell song sung by Mrs Pallavi from the Education Branch. The meet was a perfect blend of warmth and thanks giving sentiments as we all bid farewell with moist eyes, prayer on our lips and best wishes from our heart.

It was time to welcome our new patron, Mrs Asha Bhadauria into the folds of NDA family. Her friendly persona made everyone comfortable and it felt as if we had known her for ages. A song, beautifully sung by Mrs Shriji from the Education Branch, lovingly welcomed Mrs Asha Bhadauria followed by a wonderful dance performance by select NDA ladies from all branches. Overall, the meet was exciting, eventful, interactive and colourful.

It was Sep and Kondhana was converted into a Casino. Black, red and white were the theme colours. Mrs Asha Bhadauria had personally decorated the entire venue with dices and cards. It was an evening full of fun, frolic and mystery characterised by dancing, singing and lots of prizes. What added more charm to the evening was selected and enchanting music. The casino cake was the star attraction of the event.
The ladies’ meet was organized jointly by No 2 & No 4 Battalions to welcome Mrs Anuradha Reddy. Mrs Aarti from No 2 Battalion mesmerized everyone with her melodious songs and a group dance by the ladies was simply captivating. Mrs Anuradha Reddy inspired everyone with her simple, charming and warm personality as she shared her experience in the services with all the ladies.

Diwali was celebrated in style for all the ladies of mahila mandal. A special Diwali bumper raffle prizes were organized. The décor gave a festive feel and the ladies enjoyed their day out.

The Trishakti shop was inaugurated by Mrs Asha Badhuria at Gole Market NDA. It provides a vide range of options for the members of NDA for shopping. The items in the shops include gift items, souvenirs etc. It has become a shoppers delight to have trishakti in NDA campus, thanks to our patron for this initiative.
In line with the spirit of AMC ‘Serve Santu Niramaya’, the Military Hospital Khadakwasla conducted a Well Women Clinic camp for preventive health care of the women of Khadakwasla and Girinagar Military Station to educate and sensitize the ladies about common medical and gynaecological diseases, screen them for diseases like Anaemia, Diabetes Mellitus, Hypertension, Obesity, Breast Lump and cervical PAP smear, demonstrate self breast examination and to emphasize the need for inculcating good habits towards preventive health and healthy lifestyle.

The Clinic was formally inaugurated by Mrs Asha Bhadauria, president FWO NDA Khadakwasla in presence of Mrs Pradnya Ambre, Mrs Neelam Mishra and other ladies on 08 Dec 2014. 159 ladies registered themselves for the participation thus making it a grand success and displaying their commitment towards themselves and their aspiration for a healthy and happy life.
In 2012, AWES approved the proposal of creating a Pre-Primary School at NDA. The approval lead to amalgamation of three schools (Tiny Tots (Nursery), NDA English School (LKG and UKG) and Shishu Vihar (a part of Aruna Chaudhary Madhyamik Vidyalaya).

THE PRIME FOCUS OF THE SCHOOL BEING:

- Holistic growth and development of wards of service personnel and regimental/civilian employees of NDA.
- Provide a safe, secure and nurturing environment.
- Mould the learners for higher learnings.
- Make learning a joyful and fun filled experience.
- Hands on ‘know-how’ make them able learners
- Develop cognitive and Neuro-motor skills.
- Personality development.
- Fostering Team – Spirit.

NDA, APPS Khadakwasla School is run by motivated, competent and cohesive team of 14 teachers and staff members, with a strength to 345 lovely childrens, ranging from two and a half to five years of age.

Children Activity Park was inaugurated and dedicated to the school by MRS ASHA BHADAURIA, President, FWO on the occasion of ARMY DAY 2015.
Chand.... Chand.... Chandrayaan! Yes! That’s it!!! Arya’s hand immediately shot up in the air. “What do you think you are doing?” hissed Agastya in her ear and quickly stomped down his hand on the buzzer.

“Chandrayaan discovered water on moon!!!” Arya yelled the answer into the mic before the quizmaster could respond. The audience erupted into a thunderous applause.

Aru and Agu as they were fondly called by their friends had brought laurels to ISRO High School yet again by winning the Inter Lunar Astronomy Quiz.

They represented the Indian Contingent of the Earth’s Moon. It was only befitting that the country that had discovered water on Moon should win the quiz. The icing on the cake was an all expenses paid trip to the Earth - their Mother Planet!

Arya, a self-confessed space-science freak and Agastya, a hard core environmentalist had made the perfect team. They had both kept their hopes pinned on winning this quiz as space expeditions tended to burn a hole in your pocket – yeah, even if it was made of extremely heat resistive Asbestos.

The month long training nearly drove Arya to change her mind. The zero-gravity training distorted her sense of orientation so much that she could not walk in a straight line anymore. After all, she was used to whatever little gravity Moon possessed. Weights nearly ten times her body weight were strapped to her back in a bid to prepare her meek body structure to withstand the intense pressure which one encounters during take-offs.

“GROSS!” exclaimed Arya as they were made to undergo confined sanitation practices. This was extremely important for hygiene purposes as one’s urine tended to freeze into crystals in outer space and float around. As for human excreta, well....never mind! The liquid diet had them craving for ‘solid’ home-cooked food. This discomfort of space travel was one aspect she definitely hadn’t taken into account while signing up for the quiz.

Meanwhile, Agastya the more adventurous of the two was thoroughly enjoying himself. More so for the endless avenues it opened for bragging about one’s adventures at school!

Staring out the window past whizzing meteorites, Agastya compiled a list of all things he wished to see, with trees occupying the topmost slot. He’d read a lot about these green
living organisms, the source of our food, that had flourished on Earth. Greenery, he’d
heard about that and had often tried to imagine what that would be like, all the while taking
clues from the renditions of his favourite nature poet William Wordsworth from… oh so
long ago!

Years and years ago the human race abandoned Earth as it was now totally devoid of
natural resources, thanks to their mindless consumption by the humans. It now served no
purpose for the foolish humans who still hadn’t realised their grave folly and shifted base
to Moon, carrying with themselves all the popular literature, cinema, art pieces etc, but no
trees as the last one ceased to exist a hundred years ago. Minerals and fossil fuels soon
followed suit.

Agu couldn’t stop marvelling at his ancestors’ foolishness and greediness. And now, here
he was sitting in a spaceship, looking forward to reconnecting with his roots. Prof. Veera’s
voice boomed over the speaker, “We’ll touch down on Earth’s soil in an hour folks. The
greatest day of my life…..sob sob sob!!” Prof. Veera, their bumbling Geology teacher had
said that examining Mother Earth’s soil was the biggest dream of his life. He, Prof. Haq -
the eco-scientist- and a host of other researchers, each with an expertise in a different
field, had accompanied the kids on the expedition.

When they touched down on Earth, they were in for a shock! Well, firstly because it was
hardly as lyrically beautiful as depicted by the nature poets. On the contrary, it was a vast
expanse of barren land - haunting with its lifeless quality. Secondly, because it was
splattered with ruins all over. From temples and towers to ancient skyscrapers, years of
natural calamities couldn’t quite erase the trace of human existence.

Arya and Agastya stood stunned and speechless with their mouths open. Prof. Veera
scrambled to the ground to kiss the soil.

They called it shots for the day and took refuge in the ruins of a ramshackle concrete
building. The next day, a team of archaeologists got to work.

They had unearthed all sorts of human junk – from CDs to paper books to maps and.....a
family picture album.

Tears started rolling down Agastya’s cheeks when he saw the pictures. “They look so....so
happy!” he concluded after studying the picture. Eight perfectly contented humans stared
back at him with a row of mango trees behind them. He recalled reading mango to be the
most delicious fruit of all times; at least that’s what the e-encyclopaedia claimed it to be.
Arya came strolling to his side, bored in the company of old bumbling scientists. Her hand instinctively shot up to her smooth bald head when she saw a pretty girl of about her age with long black hair look back at her. None of the Moon residents had had hair, as hair is extremely sensitive to chemicals which they consumed on a daily basis to survive since Moon had no vegetation.

Over the days, they explored Earth’s geographical features – the vast array of mountains, deserts et al. However, Agastya noted that the ice-continent Antarctica was nowhere to be found. “There is no Antarctica anymore”, Prof. Haq sighed. “It all melted, submerging islands due to global warming. This is why the present face of earth does not match the ancient cartographer’s recordings.” “Oh!” Agastya replied looking down.

The trip hadn’t turned out as they had expected. The initial bubbling excitement had all fizzled out after seeing the torture inflicted on Mother Earth over the millennia.

They took back a lot of uneasy and painful memories of their trip to Earth.

“…..and THAT’S how Mother Earth – the soul of the planet- succumbed to man’s greed. THAT’S how we have been deprived of the taste of mango in summers. And THAT’S how we have all grown to be bald,” concluded Agastya over the mic as a 3D Hologram of the human family with hair smiled back at the audience gathered at the school auditorium.

Once again as before, the audience erupted into a thunderous but teary applause. Wiping away their tears they all pledged to look after the Moon and not commit the same mistake that their ancestors did.

For the first time since they stepped on the Earth, Aru and Agu were both smiling again. There were cheers of ‘Aru!’ and ‘Agu!’ as their friends hugged and backsplatted them. One particular slap landed hard on Agastya’s back and he was jolted awake. “Time for school!” His smile widened as he felt his mother’s hair fall on his face as she ruffled his hair affectionately. He was overcome with relief as he stepped down his bed and something crunched and crumpled beneath his feet. As he looked down, the headlines ‘CHANDRAYAAN DISCOVERS WATER ON MOON’ met his eyes.

He’d fallen asleep while reading the newspaper only to have a terrible nightmare.

By Trusha Navalkar

D/O Air Cmde PR Navalkar
When a soul departs
It leaves behind a grieving heart,
Life and death, as they part,
Eyes bleed foreseeing an unending start.

It’s the beginning of a pain intense,
It’s a longing of the heart that won’t end,
Suffering becomes the fate of the day,
Nothing at all in the mind will stay.

Protected in the crevices of the heart,
Nurtured with the prayers of dear ones, far apart.

Abrupt was the severing of the ties,
Bare and cold when a young body dies.

Mrs Monika Shrivastava
W/O Wg Cdr A Shrivastava
WHEN A POLITICIAN WROTE
A LETTER TO GOD

Dear God,

I am writing to you to clarify certain issues. Today, when my 4-year old poti Munni said that mujhe paap chadhega because I am a politician and politicians are corrupt, I thought we should amicably sort out a few issues.

Some wise man once said evil done with good intentions is not evil. No it was not Socrates, it was me. I think so. After all tell me, if lies can be white, can’t corruption be white? Hain? It’s not like I am giving supaari to kill the leader of opposition, I am just doctoring a tape of her election rally. Bhai dekho, she is a foxen I tell you. If she comes to power, the country will go to the dogs! If I prevent her victory, I’m doing it for the higher good, no? Am I still eligible to receive paap for this benovolent deed?

Yes, we gave away free television sets in Karapaddi village to entice them to vote, but you will agree that it was a goodwill gesture. The villagers seemed so happy! It was as if they had never before seen a television. Actually it now makes sense…They didn’t have electricity. Now aren’t we benovolent? Tell me, what is wrong if we give them TVs to get them to attend our rally and speeches? After which they will vote for us now! So that we are able to give them roti, kapda aur makaan!

And you got it wrong Bhagwan ji. I don’t accept bribes. I only accept gifts and favours. These corporate babus come daily to our offices for license. That Jiandani fellow agreed to
lend his *charter* plane, while that tattooed-young Mirla made a polite request. Now how could I turn down that these sincere and humble requests after all they were being so generous *hain*? That would be wrong on my part, *no*? And that Swiss Bank account? I did it out of *majboori bhagwan sahib*. As a humble public servant you see, I cannot flaunt wealth, gives wrong *impresshun*, especially after Sonia *ji* is forcing her ministers to fly *cattle* class *ji*. One of my daughters wants to join fashion college in Italy and son wants to design cars in New York. And *Biwi ji* is also asking for a *charter* plane...*sab sasta thodi na hota hai*! And money laundry? You cannot accuse me of money *laundry*, the whole party is involved! The punishment should get divided, *no* god? I’m sure you’ll understand. After all you also used to steal the butter, remember?

And shouldn’t the bad karma get diluted? After all I donated 10 crores from the money *laundry* to Balaji who resides at Tirupati. 10 crores! You should be a happy god! If you promise to dilute my *paap* god, I’ll *chadhao* more *Prasad*, worth 20 crores this time god! Please *yeh mannat sunlo*! And *waise bhi*, my mother used to say bad karma gets transferred to next *janm*. Transfer this *janm*’s bad karma to next *janm*, *no*.

I can’t get down with *paap*...my party workers are depending on me. And remember you were also responsible for some questionable acts...time to tell Munni rani the story of your *Parikrama* around Earth with Kaartikeya *bhaiyya*! Remember? So think about what I wrote...ponder over it. Until then, Good Night *Bhagwan ji!* *Shubhratri* and *Shabbakhair*!

Yours sincerely,

Neetaji

By Trusha Navalkar

D/O Air Cmde PR Navalkar
**REIKI: THE HEALING LIGHT**

Reiki is a Japanese word pronounced as “Ray Key”, meaning Universal Life energy; (Rei is Universal and Ki is Life Energy). This cosmic energy is also known as Prana or Divine energy or Life force. Reiki is indescribable, immeasurable and is omnipresent. It is the vital force that flows through all living matter. Every single living being receives it daily whether sleeping or awake.

Research studies have shown that this life force when channelised and applied to living being is found to relieve pain and act as a powerful healing force. Reiki is a hands on healing system for channalising this life force. Reiki speeds the healing process and can minimize the side effects of conventional medical treatments.

**HISTORY**

Reiki dates back over 2500 years and originated in Tibet. Reiki was rediscovered in 1843 Dr Mikao Usui, a professor from Doshisha University, Japan. Inspired by the miraculous healing powers of Jesus Christ and Buddha, Dr Usui undertook research work to find out the science behind the healing power. During the process of research he visited a number of Buddhist monasteries in China and Japan and studied a large number of Buddhist scripts and sutras. After learning Sanskrit the sacred and ancient language of India, he could decode the mystic symbols engraved in Buddhist scriptures.

Determined to acquire healing powers, he undertook meditation and fasting for 21 days on Mount Kurayama, in Japan. On the morning of the 21st day Dr Usui attained Sartori (enlightenment) and blessed with the power of receiving and channalising this life force. Dr Usuai initially tested his healing powers on his bleeding and wounded toe. His bleeding stopped and the pain disappeared miraculously. He then used his healing hands for treating the poor people in a large slum in Kyoto.

After years of practice and treating experience, Dr Usui established the reiki hands on healing system. He passed on the Reiki tradition to Mr Hayashi, a retired Naval officer, who in turn trained a Japanese woman Takata. It was Takata who taught reiki throughout the United States of America and Canada for over 40 years.
**PRINCIPLES**

Human body is a complex system of large number of energy circuits for transfer of energy to vital areas. Each of these energy circuit has specific functions at physical, bio-energetic, mental, psychological, spiritual and karmic levels.

Human beings produce energy as a by product of digestion and only a fraction of this energy is utilised for day-to-day functions. In addition, energy is absorbed by the body while breathing and exposure to sunlight through the energy exchange ports located all over the body. The unexpended energy is stored in energy storage areas known as Chakras. There are seven major and a number of minor chakras in the body. It is these chakras that supply and connect the subtle energy centres to our physical body. All illness and disease occurs as a result of a blockage/damage in the energy circuit impairing the natural flow of life force. When this happens, symptoms like fatigue, dizziness, pain, headache and a variety of emotional disorders show up in varying combinations and severity.

A reiki therapist has the ability to channelise life force through his palms. The energy is absorbed and it activate and balance the energy centres. Thus reiki helps to reinstate and balance the flow of the Life force through the body. As a result symptoms begin to decline exponentially and the will to recover is reinforced with renewed strength and motivation which further accelerates the recovery process. A pleasant sensation of warmth and occasionally coldness is felt in the area being treated. As the reiki treatment progresses, stress is released and a feeling of well-being is experienced.

**TREATMENT**

Reiki treatments and frequency are individually tailored to the recipients needs and condition. Normally a reiki session lasts about an hour. The therapist works through a set of hand positions, channelling the reiki energy to the patient over the areas to be treated.

**LEARNING REIKI**

One can learn reiki so that one can heal himself & others around you at our convenience & leisure. There are three levels of reiki namely level 1, level 2 and level 3. A typical initiation process consists of theory, history Attunement (opening of the chakras/channel to receive energy) by a Grand Master, practical sessions and question answer sessions to clarify queries/ doubts. Traditionally reiki classes and seminars would take anything between 2 to 3 days, however with the increased awareness levels and considerable volume of information available on the internet, whatsapp groups and books; the same can also be conducted in one day over a period of 5 to 6 hours.

(a) **Level 1: Touch/Healing.** The first level covers the basic healing by means of touch.

(b) **Level 2: Distant/Absentia Healing.** The second level is for distant healing and those who wish to work as full time reiki therapists with a view to understanding the powers of Reiki in their lives. Three reiki healing symbols., namely the power symbol used for connecting more profoundly to reiki, the harmony symbol for emotional healing and
the distant symbol used for distant or healing in absentia are taught and practised. Reiki Levels one and two complete the Reiki empowerment process at the healing level.

(c) **Level 3: Master and Grand Master.** Reiki three is for those who wish to become Reiki Masters for teaching and Grand Masters to initiate people into reiki. One needs a lot of time, Commitment, energy and dedication for one becomes a artist and learns to connective reiki energy in numerous ways

**BENEFITS OF REIKI**

There are many beneficial effects of Reiki:

- Promotes natural self-healing
- Balances the energies in the body
- Heals holistically
- Strengthens the immune system
- Relieves pain
- Clears toxins
- Enhances personal awareness at the physical, mental, emotional and spiritual level.
- Relaxes and reduces stress
- Promotes creativity
- Treats symptoms and causes of illness
- Adapts to the natural needs of the receiver.
- Releases blocked and suppressed feelings
- Balances the organs and glands and their bodily functions
- Aids meditation and positive thinking

However, we must appreciate that reiki is a natural and alternative healing therapy and hence cannot be substituted for appropriate medical care. The patients must continue his treatment/medication for chronic and critical ailments. Reiki will further speed up the recovery process and heal the route cause. Reiki has no side effects and cannot be over or under channelized; since it all pervasive, omnipotent and omniscient energy, it has its own consciousness by virtue of which it reaches the right place in right quantity. Hence under or overdose of reiki is not possible.

**CONCLUSION**

Touch is a sensational part of life. Researches have shown that babies cannot thrive without touch. By practising reiki one taps into the ocean of cosmic energy to be channelized for cleaning and clearing blockages to affect smooth flow of vital pranic energy with a view to bring about holistic healing, balance, peace, good health, happiness and prosperity in our lives.

Mrs Hema Rajguru  
W/O Col J J Rajguru
LIFE AT NDA AS A BETTER HALF IN THE MAKING

Out there in the busy world of survival and existence, it's natural for a girl who is shy, seemingly introvert and slightly under confident to go unnoticed. There would be thousands or atleast a hundred like me who preferred the last row and never found my own mirror image as enterprising as others. My marriage came as an earthquake in my life but not at all disastrous as the word might indicate, on the contrary it shattered all my needless and pointless reservations and apprehensions to give way for a new beginning. When I look back, never in my wildest of dreams, I imagined my groom in olive-green uniform because I always believed Army men always stood at the verge of unpredictable danger and risk with scenes of gunfight, bomb explosion and violence which any sane person is scared of. As luck and destiny conspired against my orthodox perception, resulting in my pairing up with a handsome olive green guy and we stepped into NDA (National Defence Academy) for my first posting. I recall those vivid memories. It was around 8:45am (Oops!! It is 0845hrs Army time) in the month of May, I got off the auto rickshaw at the Kondwa Gate. I could see the DSC personnel standing with a rifle on their shoulder signaling the vehicles to halt to check the ID cards, cadets moving around (most of them were in a group of four in a similar pattern), magnificent Sudan Block and the long straight road from Kondwa Gate. I felt the Ashoka Pillar, Habibullah Hall, Cadet Mess and impressive Squadron Buildings ushering me with a smile on their face, to comfort and welcome me, as I was apprehensive, tensed and feeling like a POW (Prisoner of War – an abbreviation I learned here).

I bet no girl would ever consider the possibility or even dream of staying in a stadium soon after her marriage. I was fortunate and had this unique opportunity and let me assure you it is not at all as awful a feeling as you might think. When it comes to Bombay Stadium, it's the most electrifying place with every resident having a min share of 1000MW energy level. The enthralling view of the swimming pool from our balcony where I frequently sit sipping my evening coffee cannot be described in a paragraph and will remain etched in my memory forever. It was during an evening walk on the glorious ‘Trishul Marg’, I noticed the caption written on a wall ‘Creator of Gentlemen and Warrior’. Indeed this place is different as they perform some magic tricks on the young boys, to groom them into all refined men, oh! “Gentlemen and Warriors” as if they are a finished product of a computerized manufacturing plant, as they graduate from here. When I look at the cadets running and playing around, the spirit and the energy they radiate motivates me. Often I
compare myself with a first termer at the Academy. When I went with my husband for the first ‘Dinner Night’ at the Cadets’ Mess, I was a bit relieved when I saw a junior termer’s face, he too possessed the same apprehension and tension I had; The fear of unknown.

Days start early here with PT. But for me it starts with my husband’s hussle and bussle while getting ready for PT disturbing my peaceful sleep. This new routine which was an alien to my much beloved early morning sleep introduced me to the gym sessions at Bombay Stadium. Even though it was a new affair for me, major motivation for me to be a regular gym goer in the morning was the beautiful foggy weather, herds of deer moving around, chirping of birds, sight of peacocks, and of course the constant and never ending encouragement I receive from all the officers going for their morning PT. I still think all the officers are trained to pay nice compliments to ladies to make them feel good. I realized this when some of the officers complimented my ‘Pappad’ looking chapattis – “wow ma’am what a nice chapatti…really very tasty”. Every one out here is adventurous by nature. Inspired from the surroundings, I started cycling, jogging and most importantly I learned to ride a bullet - and this one will top my list of adventures because as a kid I used to hate bullets for the unpleasant noise and fumes. When my husband offered his bullet- “Electra” as others call it and “Babe’y” (with a british accent) as he calls it-stormed a set of mixed emotions for me. A sense of fury for the ‘Babey’ and a sense of fear for the raw and powerful machine that it is. But giving in to my call from the adventurous mind, I decided to give it a try. The initial fear and hesitation was replaced with fun and excitement and I admit that this has now turned out to be one of my favorite of hobby.

There were times when I was alone at home as my husband left for office, Lecture-Demonstrations, night exercises and camps. To engage myself when I surfed through the internet I found simple, easy and innovative methods at home decorations out of discarded items. This kept me occupied during my lonely stints and I found profound happiness in each and every small creation. Party at NDA is a religion and I was quick to became a staunch follower. No where in the world I have seen accommodating and hospitable people. You hop into an officer’s house and tell them “Let’s party” and the party starts then and there. Daring games vary from Teen Patti to Tambola to Mafia, the music varies from ‘Honey Singh’ to Extreme Trance to Dub step, and the Shots varied from Mocktails to Vine to Vodka. Followed by “abhi tho party shuru hui hain”. These parties often ended up in late nights or early mornings but it was a norm to wake up early morning the next day to find my dear husband again readying for his PT in whites. One of the traits which I respect of all officers is that, even after all these parties, one can find them heading for their morning PT in whites as if nothing had happened.
The treasure of memories at NDA are countless and still ticking. Right from the ‘dining-in’ and ‘dining–out’ parties (in which I sang a Hindi song for the first time), the mess etiquettes which have to be always followed and never compromised (I still feel that tension), the feeling of missing a heart beat when I saw my husband and his coursemates jumping from the 10m board during their promotion ‘PLD’ (Pre Lunch Drinks-he.. he.. another one), a new term called ‘Course mates’ for which I took some time to realize the deeper and inner meaning of relationship and bonding that it is made up of. My first Karwa Chowth, NDA ball where in I danced to the tunes of DJ, colorful Passing Out Parade where we witnessed the world’s finest gentlemen marching out of the drill square and the never ending list goes on….I experimented the magnanimity, love, caring and belongingness of NDA at the ladies meet at ‘Kondana’ (where I as a new comer/ the bride was received with a warm welcome), and the humility during the POP when the parents of cadets from different background were treated with so much of respect. I have witnessed thousands of changes in the past 6 months 9 one full term, wow). With each day passing by, with new learnings and little adventures, I reiterate silently in my heart –‘Nothing is impossible’ (something what I hear echoing in the air for everyone of us), because this is the place which has inspired the ladies jumping off the 10 mtr board and ride horses. The driving force leads us all to shun all the worries, face challenges and enjoy each moment. When I went for the squadron social, one of the first term cadets told me that when they come back after the term break they will be authorised some privileges as they graduate to the second term. As I am completing 6 months or my first term, I too expect some privileges from my husband (just in case you are reading this) perhaps in the form of increased shopping allowance and liberty. Some of my friends do caution me “Don’t fly so high you are yet to see the unit life”, and I do get worried and pester my husband with questions, his standard reply would be “Enjoy your today who knows what is in store for tomorrow and it does not deserve a worry”. I know I stand at a shore of an ocean of knowledge and experience, thinking of exploring considering the distance I swam till now is hardly a few hundred meters and there are miles and miles to go. NDA taught me to enjoy and live my life even a moment. I wish each second to be two, 1 minute to be of 120 sec; an hour to be 120 min and a day of 48 hrs. Each day here offers me new adventures and challenging with something new to learn from every one. NDA is indeed a creator of gentlemen and warrior, now I realize it also kindles the spirit of boldness, confidence and adventure amongst the ladies.

Mrs Sara Amal  
W/O Maj Amal Sali, K Sqn
THE PARENT-TEACHER CONTINUUM

Parenting is as old as creation itself, yet it continues to baffle generations of parents. In the present circumstances, parenting has become a real challenge. As parents, we want our children to compete and win always and everytime, which makes our children’s life complicated and difficult.

Parents always wish to teach their children additional things to what is being taught at school, while there is another school of thought which professes not to create contradictions in the child’s mind and follow whatever is being taught to them at school. Parents and teachers both play an important role in the child’s life and hence it is a joint responsibility to make children’s life simple, enjoyable and worth studying.

Home and school share a common responsibility of providing a pleasant experience to our children. We need to work together towards common goal of helping children in their all round development and growth. The question is how can this goal be achieved in a pleasant and enjoyable manner? How can we ensure that the happiness of our children remains our prime focus.

For us adults, school and home are two separate entities. But for the children, life at home and school is a continuum. Home to school and vice versa is only an extension of the social world, with change of people and environment. Should we not build on this simple perception, instead of imposing our adult understanding? The more we bridge the home-school gap in our attitude, outlook and behaviour, the better it is for our children.

Though children are born in a family, the process of growing up continues outside the influence of home as well. The school is a natural extension of home into the larger world. A child’s learning and development process should be presented as a unified whole in line with his perception of the home-school continuum. In fact, the child finds in the teacher a parent-substitute and expects parental love, attention and feelings of security. It is only much later that the child differentiates the roles of parents and teacher. Yet the two remain an integral part of the environment, without doubt. It is often the adult perceptions that sow the seeds of contradictions and conflict. Would it not be better that home and school serve as a platform for creating synergy and coherence with a common perception, approach and understanding?

Each child brings his/ her unique experiences from home. Thus home and family emphasizes the uniqueness and individuality of the child whereas school provides a common framework for socialization and acquisition of knowledge and skills sets. There is a parent in every teacher and a teacher in every parent. The teacher can reach out to children only when the parent in her/ him manifests itself. Parents play the role of the first teachers in the child’s life. Before starting school, it is the parents who provide them with a learning environment. Parents and teachers have to work together, complementing each others role in order to provide a sense of security, belonging, care, concern, love as a continuous process which is vital for the child’s overall development and growth.

Miss Akanksha Rajguru
D/O Col J J Rajguru
For ages candle light has been associated with serenity, divinity, light, peace, love, romance aroma and worship. They serve wonderful gifts. Handmade candles have no limits or boundaries for the creative heart to indulge in as a hobby. I would like to share simple method and secrets on candle making.

Candle making is an art & Science, art for the creative mind and science for following the method/ process and use of ingredients. Homemade candles are cheap yet elegant and worth the effort. No other art would give as many benefits as the light and fragrance of a candle made with your own hands.

There are many types of wax available in the market. Most commonly used are paraffin wax, jelly wax and bees wax.

Other materials which are required for making candles are:-

- Wick- a cord of twisted or woven fibre a wick is very important. If it is too big compared to the candle, the flame will create a lot of smoke on the other hand, if it is too small, the wick will probably sink in the wax
- Wax crayons
- Scented oils (if you wish)
- Scissors
- Skewers
- Moulds

Procedure

1. Lightly coat the mould with oil
2. Double boil the wax till it completely melts. (Double boil means, take the bigger vessel and pour some water in it, now place the smaller vessel inside.) the wax should be kept in the smaller vessel. Once the wax melts it looks like water.
3. Add crayons or liq colour of your choice to give wax the colour you desire
4. Dip the wick into the melted wax and keep aside to dry.
5. Secure the wick to the bottom of the mould. Thread the top excess portion of the wick around the skewer/pencil and place the pencil across the top of the mould for support.
6. Now pour the molten wax into the mould leaving an inch and half from the top.
7. Let it set for at least 6 to 7 hours. This is just the basic method. You can now use your creative ideas to make designer candles. Various ideas and materials can be used for making candles:
   a) Corrugated cardboard for embossed candle.
   b) Coffee beans for coffee bean candle.
   c) Ice cube for a textured candle.
   d) Dry flowers sticker.
   e) Sand for sand candles
   f) Placing he mould in a tilted manner to get a zig-zag effect.
   g) Sea shells for making candles with protruding shells.

**Precautions**
- Never leave melting wax unattended, wax is flammable, it may cause fire.
- Always melt wax at a very slow flame.
- Water is an enemy of wax, never allow water to get mixed with wax and in case of fire never use water, use sand.

**Tips**
- Before removing the candle from the mould, you may keep the candle in the freezer for some time for easy release; make sure it does not freeze.
- To avoid air bubbles in the candle, stir the wax, once around the wick and mould.

Mrs Nandini Navalkar
W/O Air Cmde PR Navalkar
BANANA HALWA

1 Big ripe banana
¾ Cup wheat flour
½ Cup Milk
½ Cup Sugar
10 Nos Cashew nuts
1 Pinch elaichi pdr
4 table spoons ghee
10 Nos Almonds

Peel Banana and blend into smooth paste by adding milk in a mixer grind cashews into fine powder, Keep aside. Thinly slice almonds (for garnishing) place pan on a low flame add wheat flour and one table spoon ghee and fry till flour changes colour transfer it into a dish and stir in cashew powder. Heat another pan on low flame add banana past and sugar cook till sugar is completely melted and the mixture thickens stir in cardamom power add wheat flour and remaining ghee. Keep steaming and mix well. When the mixture becomes thick, remove from heat garnish with almonds and serve.

Mrs Kanu Oberoi
W/O Maj Virat Oberoi
LADY FINGERS IN CURD

Lady fingers 250gms
Onions 2 to 3 nos
Green Chillies slit length wise 2 to 3 nos
Curd 500 gms
Oil 50 ml
Coconut oil 1 ½ table spoon
Red chillies 5 nos
Curry leaves 2 sprigs
Turmeric Pdr ½ tablespoon
Musterd seeds ½ table spoon
Salt ½ table spoon or according to taste
Fenugreek 1/4th table spoon


Mrs Grace Koshy
W/o Cdr Criss Koshi
सेवा धार्मिक परमाणु
MADE BY CHILDREN OF ASHA SCHOOL, NDA KHADAKWASLA