



MILITGIRI



On the path to reawakening (COVID – 19)

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ON THE COVER

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EDITORIAL

As the world endeavour to bridge the separation created between humanity and mother nature due to the recent pandemic, we must underline the conscious efforts taken to offset the long-term consequences of such separation, especially the environmental and ecological effects, threatening the health of the planet as we know it. The world now believes that we humans are opening our hearts and minds to nature in promising new ways. This pandemic has inspired a new appreciation for the outdoors. It has shown that the time spent in nature-walking in the woods, a stroll by the stream and even just looking out the window in greenery-positively impacts the physical and mental health in myriad ways.

As the Officers and Ladies of DSTSC, NTSC and TTC cherish their blissful stay in the lush green campus of MILIT, their creativity have been blossoming while they successfully adapted to the new normal. This edition is an earnest effort to provide wings to their creativity and artistic fervour, as they pen down their heartfelt experiences, emotions, journeys, struggle, successes and failures during the pandemic. We sincerely hope the readers will have an enjoyable time reading the experiences shared by the MILIT family.

KEY IS IN YOUR HAND

“Relationship gets stronger when both are willing to understand mistakes and forgive each other”

In today's time we are coping with a lot of things at once. Uncertainty of jobs, mental stress, emotional outburst etc. All of this is making us miserable and is causing problems in our daily lives and hence affecting our relationships-relationship with parents, spouses, children, neighbours, and everyone around. But here I would like to put a light on the relationship out of the bloodline, the husband wife bond as pandemic has strained marital ties and this has caused spike in separation all around the world. We must always remember every successful relationship is successful for the same exact reasons. The fact is we all face problems in relationships but how do we deal with the problems together is a game changing aspect. Since this relation has no prior ties or bond it becomes easy for a couple to realise that the partnership could be easily broken, which is a negative thought. Once negativity enters the alliance it's meant to take all the wrong turns. So how to fix problems?

Be together for the right reasons

Everything that makes a relationship “work” (and by work, I mean that it is happy and sustainable for both people involved) requires a genuine, deep-level admiration for each other. Without that mutual admiration, everything else will unravel. It's useful to point out that affection, itself, is neutral. It is something that can be both healthy or unhealthy, helpful, or harmful, depending on **why** and **how** you care about someone else and are cared by someone else. By itself, love is never enough to sustain a relationship.

Have realistic expectations about relationships

There will be days, or weeks, or maybe even longer when you aren't all devoted. You're even going to wake up some morning and think, “Ugh, you're still here....” That's normal! And more importantly, sticking it out is totally worth it, because that, too, will change. . In a day, or a

week, or maybe even longer, you'll look at that person and a giant wave of affection will inundate you, and you'll care about them so much you think your heart can't possibly hold it all and is going to burst. Because a love that's alive is also constantly evolving. It expands and contracts and mellows and deepens. It's not going to be the way it used to be, or the way it will be, and it shouldn't be. Love—that is, deep, abiding love that is impervious to emotional whims or fancy is a choice. It's a constant commitment to a person regardless of the present circumstances. It's a commitment to a person who you understand isn't going to always make you happy, nor should they! And a person who will need to rely on you at times, just as you will rely on them. That form of love is much harder. Primarily because it often doesn't feel very good. It's unglamorous. It's lots of early morning doctor's visits. It's cleaning up bodily fluids you'd rather not be cleaning up. It's dealing with another person's insecurities and fears and ideas, even when you don't want to. But this form of love is also far more satisfying and meaningful. And, at the end of the day, it brings true happiness, not just another series of highs.

The most important factor in a relationship is not communication, but respect

According to certain surveys, people who had been through strained relations always talked about communication being the most important part of making things work. Talk frequently. Talk openly. Talk about everything, even if it hurts. It was also noticed that the thing people with marriages going on twenty, thirty, or even forty years talked about most was **respect**.

Conflicts are ultimately unavoidable, and feelings will always be hurt. And the only thing that can cushion you both to the hard landing of human fallibility, is an unerring respect for one another, the fact that you hold each other in high esteem, believe in one another, often more than you each believe in yourselves and trust that your partner is doing his/her best with what they've got. Without that bedrock of respect underneath you, you will doubt each other's intentions. You will judge their choices and encroach on their independence. You will feel the need to hide things from one another for fear of criticism. And this is when the cracks in the edifice begin to appear.

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Talk openly about everything, especially the stuff that hurts

If something bothers you in the relationship, you must be willing to say it. Saying it builds trust and trust builds intimacy. It may hurt, but you still need to do it. No one else can fix your relationship for you. Nor should anyone else. No one must be ever get involved between two adults. There can be no secrets. Secrets divide you. Always.

A healthy relationship means two healthy individuals

A healthy and happy relationship requires two healthy and happy individuals. Keyword here: "individuals." That means two people with their own identities, their own interests and perspectives, and things they do by themselves, on their own time. A lot is made about "sacrifices" in a relationship. You are supposed to keep the relationship happy by consistently sacrificing yourself for your partner and their wants and needs. There is some truth to that. Every relationship requires each person to consciously choose to give something up at times. But the problem is when all the relationship's happiness is contingent on the other person and both people are in a constant state of sacrifice. Just read that again. A relationship based on sacrifices cannot be sustained and will eventually become damaging to both individuals in it.

Get good at fighting (discussions)

According to few famous psychologists, there are four characteristics of a couple that tend to lead to problems in relationships. They are:-

Criticizing your partner's character ("You're so stupid" vs "That thing you did was stupid")

Defensiveness (or basically, blame shifting, "I wouldn't have done that if you weren't late all the time")

Contempt (putting down your partner and making them feel inferior)

Withdrawing from an argument and ignoring your partner

The point here is we must know how to act and what to say to a person who at some point has a different viewpoint than yours. One must be open for discussion. Take your time to settle your mind but then **DISCUSS**.

Get good at forgiving

People in lasting and happy relationships have problems that never completely go away. The key here is not changing the other person, as the desire to change your partner is inherently disrespectful (to both them and you), but rather it's to simply abide by the difference, love them despite it, and when things get a little rough around the edges, to forgive them for it.

“Relationship gets stronger when both are willing to understand mistakes and forgive each other”

In nutshell it's advisable to communicate better, love deeper, fight often, and forgive easily. Little reminders like these, can be just the ticket to appreciating the relationships you have in your life and making the best & finding the joy in yours.

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MIND YOUR MIND !

“Covid's deadly second wave has sparked off a 'fearodemic'. People are afraid of dying, of losing their loved ones, of being alone, of losing their jobs - anxieties that add a new dimension of mental-health issues to the ongoing crisis.”

This was written on top of one of the article in a very famous magazine. We in this contemporary situation can say that it's absolutely true and each of us has experienced the same in the ongoing pandemic, maybe the degree of intensity varied in terms of various parts of life be it relations, job etc. Anxiety has hit a peak in a nation where, as per a 2019 report published by the Indian Council of Medical Research (ICMR) and the Public Health Foundation of India (PHFI), some 197.3 million people live with mental disorders. It has only been exacerbated by COVID'S deadlier second wave, which has claimed 114,860 lives in just a month between April 25 and May 25, compared with the seven months it took to reach 114,682 deaths in the previous wave. It is well known that pandemics pose a threat to mental health.

“Biology gives you brain. Life turns it into mind.” – Jeffrey Eugenides, Middlesex

Now, let's get our mind away from the COVID-19 facts and figures and plethora of so called analysis bombarded to us by the media and internet. Let us simply try to figure out what is our Mind and how it functions. Can we help it to perform better in this pandemic and improve



our mental health. It's well said that we ourselves are the sole creator of 'heaven' and 'hell' during our lifetime itself. These are not the imaginary 'places' beyond earth where we take rebirth after death. We create and experience such conditions in our lifetime only. When our sufferings are severe and continuous, we create 'hell' and when our life is full of joy and happiness, we make 'heaven' in our life. It all depends on how well or badly we manage our mind. The world out there is a human construct. We perceive and construct images and models of reality inside our mind. Our beliefs about the world around us, the thoughts, feelings and emotions and state of our mind all contribute to creating the reality inside the mind.

There is no objective or 'true' reality outside us. For each one of us we perceive the world in our own unique way. There is no 'true reality'. This is the reason, we all think and perceive the world in different ways. Hence, so much of conflicts and contradictions in our society. *We all live in our own self-created 'world'. It rarely comes to our mind that others may have altogether different versions of reality in their mind.*

What's mind? How thoughts are created in mind?

Having got the above concept in mind let us understand the technical aspect being in **DSTSC-04 course**. Since our brain is the most intricate structure in the universe, and brain scientists still have to unravel its intricacies, our mind is equally complex. Since the ancient times,

scientists as well as spiritual masters and sages have been trying hard to understand its functioning. Our brain has about 90 billion cells/neuron and each neuron may be connected to up to 10,000 other neurons, passing signals to each other via as many as 1,000 trillion connections. Mind is primarily an outcome of our brain. If something is wrong with our brain either structurally or functionally or both, it will be correspondingly reflected in our mind.

In a way, brain is our hardware, which produces, so called, the mind.

Now, having known the mind lets us see the three types of minds i.e. **Conscious mind Unconscious mind Subconscious mind.** First, we need to understand that our conscious mind is just a tip of the iceberg. The conscious mind consists of all of our thoughts, memories, feelings, and wishes of which we are aware at any given moment. In the present moment, we are aware of only the conscious part of the brain. Behind this mind for which are conscious and aware, there are two far more powerful parts of mind i.e. subconscious and unconscious mind. In fact, all the time, nearly half a million times more powerful the mind keeps on working incessantly and we are not aware of it.

So, the bulk of the mind is behind our conscious mind.

Most of the contents of the unconscious mind are repressed and may be unpleasant, such as feelings of pain, anxiety, or conflict. We are completely unaware of this part of mind. **The unconscious mind** which works behind our conscious mind **is a reservoir of feelings, thoughts, urges, and memories that are outside of our awareness.** Then comes our subconscious mind. The function of our subconscious mind is to store and retrieve data from memory banks.



All automatic functions like eating, breathing, driving and walking are programmed here. It stores our previous experiences, beliefs, memories, skills and habits. Because of this part of our mind, we work in automatic mode, without the intervention of the conscious mind. Another very powerful part of our mind. During our waking hours, more than 95% of our tasks are carried out not by conscious mind but by unconscious and subconscious mind.

Relating the Learning to our Life...

If I say that ***“We can never be perfectly happy and satisfied with life”*** will you agree with me or not? Let us try to figure it out. It's an inherent tendency to be restless and not to be satisfied with life's conditions. Poor people suffer for want of money and struggle for minimum required level of livelihood. Rich people suffer from boredom and feeling of restlessness because they may still be needing more pleasurable and material goods. Most of them feel they would be happy with more wealth and with more frequent and intense pleasurable activities. The result is that the majority of us are not fully satisfied and happy with life.

Worrying. Worrying is an inherent tendency of our mind as well as a constant problem for us. Worry refers to the thoughts and emotions of a negative nature, with fearful anticipation of a poor outcome. Most of us do have a number of concerns to worry about. As an emotion, it is experienced as anxiety or concern about a real or imagined fear or threat, often on personal matters such as health or workplace tensions or in courses like one we are undergoing at **MILIT**. Our brains are wired to worry first and think rationally later. It often becomes an automatic response to any perception of threat. Some of us will worry about virtually anything.

Managing the Situation

*Having reviewed the mind and its nature the question arises, **How to manage it?***

First and the foremost thing, which we must understand is that we have no control over the world around us. The people, their behaviour and actions, the political, social or the COVID-19 scenario in the country, and likewise, there is nothing we can control. Many of us, unnecessarily and wastefully, try to change others. If it's so, then we should not bother about these things in life. Then again the question arises what is to be done by us in this condition? There are no set answers to such questions as every human being in this universe is unique with unique thoughts and experiences but few methods that can be adopted for a healthy living and exercising control over the minds are listed below.

Few Methods that can be Included in our Lives

Be Stoic. The Roman philosopher, Epictetus, the founder of Stoicism, had very correctly, based on his experience

remarked that, "For good or for ill, life and nature are governed by laws that we can't change. The quicker we accept this, the more tranquil we can be". We must accept our limitations in controlling the external surroundings. The things which are beyond our control must not be the source of our worries. Similarly, we should remember that "whatever has happened, has happened, and things would have happened in any other way". There is no point in worrying about those matters. We should accept those things wholeheartedly. This simple philosophy, first, focuses on things over which we have control like our thoughts, behaviour and actions.



The unconscious mind which works behind our conscious mind is a reservoir of feelings, thoughts, urges, and memories that are outside of our awareness.

Second, accept the things where we have no control or things have already happened, why worry over them. If we adopt these two components of philosophy, our life will become far simpler and easier. When we resist what life is, we suffer. On the contrary, when we say yes to life, surrender to life, life moves with ease. If an accident happens, it has happened. Nothing will change now. Then why do we resist? Why do we react? We must remember the 3-word mantra: Learn, Accept and Move. Life flows like a river. So, flow with the water, the time and the life.

Avoid Worrying and Overthinking.

If we are regularly worrying about things that may go wrong, we are not permitting ourselves to focus on other more important things in life. We keep on worrying and suffering over things that may happen in future. What a waste of precious energy by almost all of us at one time or the other. Otherwise, we all end up overthinking, and keep on repeating the same set of thoughts in cycles. Hours and hours, we do nothing but keep on 'relishing' those repetitive thoughts. Those who worry very frequently, a time comes then they really love worrying.

Self-awareness and negative thoughts.

The first way, as explained above, to manage our thoughts is to start seeing things in a bigger perspective. By simply changing the way we see the outer world can make a huge impact on our thought process. We can limit the frequency and intensity of worrying. The second most powerful way to manage our thoughts is to be more 'aware and mindful'. The main problem with our mind is that we are totally identified with the thoughts. When we overthink or when we suffer from mental health problems, most of the time we are not aware. We fail to realize that it's the mind that's overthinking.

Conclusion

There are many ways and means to master our thoughts, control our minds. Many sages in ancient times had spent their entire lives trying to master this art. In today's world there are many gurus who preach the same and also this field has become an ever burgeoning business. However, not going into the details, the minor changes in our thoughts and actions would enable us to make the place we live into 'Heaven'. Mindfulness is the key to enhance self-awareness, conscious behaviour and mindful action in our life. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient. This would also help us to sail through the ongoing pandemic condition with ease.

Mind it !!!!

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E-WASTE: MONSTER UNDER SHADOW OF PANDEMIC

Introduction

With the advancement in the lifestyle and advent of modern technology the use of electronic appliances has increased manifold. India has the cheapest internet services made many appliances like smartphones and laptops an integral part of daily life irrespective of age or social status. These appliances have penetrated every aspect of our life and we never think, what happens with the waste of these appliances after they outlive their life. We could never fathom the amount of pollution we are carrying in our pockets, which when dumped in landfills generate a variety of toxicity for land, water, and living organisms. The cheap and affordable products with the increase in purchasing power of consumers, has led to decreased utility cycle of these products. Changing phones with every update of the model has become more of a compulsion and status symbol than a requirement, among the young generation.

E-waste is a rising problem given the volumes of e-waste being generated and the content of both toxic and valuable materials in them. The growth curve of E-waste has seen a steep rise under lockdown. People in recent months have bought more electrical appliances for online classes, work from home and medical equipment, etc.

A recent report by The Associated Chambers of Commerce of India (ASSOCHAM) has shown that the e-waste reserves of India are growing at a compounded annual growth rate of about 25 percent.

India has become the third-largest producer of e-waste and a dump yard for developed countries; therefore it is essential to address this problem before this monster creeps into our backyards.

What is E-Waste

Electronic waste is the name given to all electronic and electrical appliances which are at the end of their life. E-waste is a broad and growing range of electronic devices from large household equipment and consumer electronics to as small as memory chips that have been discarded by the users. In India, it is categorized into 21 types having two broad categories namely Information technology & communication equipment and Consumer electrical and electronics.

Challenges

Growing Demand for Electronic and Electric Appliances. Most of the e-waste generated in developed countries ends up in underdeveloped and developing countries, mostly through illegal routes. UN report in 2105 indicated that 90% of E-waste is traded or dumped through illegal routes involving criminals and drug mafias making it one of the most profitable businesses. As per the world economic forum, western Europe dumps the maximum of their waste to India via Central Asia. The E-waste generation in the EU per citizen is at an average of 17.1 Kg every year, thus producing approximately 1.3 million tonnes every quarter



Australia too is one of the major contributors to Indian dump yards.

Indian itself is ranked third in the latest report producing 3.4 million metric tonnes of e-waste per year. In India, there are around 500 million active smartphone users and in the first quarter of 2021, the smart phone shipment to India grew by 23 percent. By the end of 2020, India had 7.9 million active laptop users and with the lockdown in place and E-Edu gaining momentum, it is likely to grow many folds in years to come. India generated 31.9 percent more E-waste in the year 2020 than the year 2019, however, this data does not include the e-waste handled by the informal sector.

Handling and Management. E-waste handling is a highly complex process, requiring skilled persons, due to its composition of various chemicals and metals. Electronic waste includes various toxins and causes damage to the environment and risks to human health.

E-waste from mercury switches, cathode ray tubes (CRTs), capacitors, batteries, liquid crystal displays (LCDs), photocopier cartridges, printed circuit board assemblies, and electrolytes contains numerous toxic metals such as Lead, Mercury, Brominates Flame Retardants and Hexavalent Chromium, etc which require special equipment and plants to be extracted safely minimizing pollution.

Safe Disposition. The disposition of e-waste is a very severe problem faced across the globe. If E-waste is

disposed of with other household waste then, it leads to toxic emissions and causes threats to vital components of the ecosystem. The usual practices of e-waste discarding practices such as landfilling and incineration also have a detrimental effect on the ecosystem. The land-filled e-waste releases contaminated leakages into the groundwater. Landfilling of burnt CRT e-waste releases Lead that eventually drained into groundwater and create water pollution problems to flora and fauna. A plastic component of the printed wiring board and other electronic appliances is highly flammable; on burning it releases Brominates Flame Retardants which can cause damage to human health and the environment. The unceremonious unrestrained recycling of e-waste and disposition leads to contamination of heavy metals into the soil, water, and plants that raise serious environmental and health concerns.

Health Hazards. The challenge of recycling e-waste is the safety concerns of underpaid labourers. Health hazards that originate from the recycling operations include disordering, dismantling, breaking, shredding, acid processing, and open burning which have a severe effect on handlers' health particularly if they are not properly equipped. People continue to risk their health by working without masks in poorly ventilated enclosed areas leads to the inhalation of dangerous and slow-poisoning chemicals. Due to lack of proper training and skills, crude and highly perilous techniques are practiced for the management of E-waste Most of these techniques

are associated with the reprocessing of e-waste from their household operations, thus exposing themselves along with their families to the polluted environment of hazardous toxins. Moreover, the draining of acid traces from the precious metals recovery operations into the neighbouring fields can cause long-term neurological, reproductive, excretory, or endocrine disorders or cancer.

Approach to E-waste Management Extended Producer Responsibility.

Extended Producer Responsibility (EPR) is being seen as a new paradigm in waste management. As per OECD EPR is an environmental policy approach that held the producer responsible for a product's life cycle, including its final disposal. Emphasizing on Polluter-pays Principle, an EPR policy shifts the responsibility away from the municipalities to include the costs of treatment and disposal into the pieces of the product, reflecting the environmental impacts of the product. Hence, the main aim of EPR is to encourage producers to prevent pollution and reduce resource and energy use in each stage of the product life cycle through changes in product design and process technology. The responsible management towards EPR can stimulate greater awareness throughout the company, improve corporate credibility and reputation, enhance business development opportunities and facilitate dialogue and partnership with key stakeholders. The ultimate goal of EPR is sustainable development through environmentally responsible product development and product recovery.

E-waste Recycling as Business Opportunity. The E-waste recycling business can be an attractive start-up idea under the present circumstances, though being exploited by some

entrepreneurs; however with growing demand it is still under-penetrated. The huge growth of consumer electronics has led to an ever-expanding surge of end-of-life electronics that must be recycled. Especially in countries like India where 95% of recycling is being done by the informal sector. It offers value in terms of scrap rare earth metals, recycled plastics, and spare parts. With the average life of many electronic products being 18 to 24 months and new start-ups are foraying in innovation and development of new products it seems to further expand the e-waste. Therefore e-waste management provides several opportunities like the establishment of collection centres, transportation, treatment, storage, recovery, and disposal of e-waste, at national and/or regional levels. Though, Regulatory authorities should have clear policies and provide facilities for the establishment of such businesses including the government support in terms of easy low-cost loans, etc. The government also has to encourage the NGOs and manufacturers for establishing e-waste collection, exchange, recycling facilities at district, state, and national levels thereby creating an efficient network of E-waste management.

Plugging the Gaps. The developed countries have been using underdeveloped nations as dumping yards. With India's young population and growing market, we have a huge appetite for the latest gadgets, thereby, making India one of the world's top e-waste producers. Thus, India has a dual challenge of managing domestic as well as illegally dumped waste from other nations. The laws are in place since the year 2011, mandating that only authorized dismantlers and recyclers collect the E-waste.

The E-waste (Management) Rules, 2016 was also enacted in 2017 bringing stricter provisions.

India generated more than 10 lakh tonnes of e-waste in 2019-20, against the e-waste dismantling capacity of 7.82 lakh tonnes.

Therefore India at present is in no position of taking loads from other nations. Thus Government needs a two-prong approach to increasing the capacity of E-waste management including regulating the informal sector and securing the sea route of E-waste smuggling to India.

Right to repair. Think tanks have recommended the formulation of clear law on right to repair so that more investment can be attracted towards this sector and ambiguity of standards is removed. Companies like Amazon and Flipkart give an option of refurbished articles on their apps that are economical yet laced with the latest technology. Following European Union, UK has introduced the right to repair Laws in July 21, extending the life of intended articles by 10 years. Thus proper implementation of such laws can unlock huge opportunities for the Indian consumers' section thereby encouraging recycling.

Conclusion

Considering the prevailing scenario, some of the short-term recommendations include the building of consumer awareness about and defining their roles in e-waste disposal through a regulatory framework and bringing bulk consumers under the legal framework through e-waste filing records, recognizing end life



range for all electronic products with industry consultation. However, in the long-term Governments across the globe need to promote more investment in finding eco-friendly ways of advanced recycling techniques.

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HEALTHCARE IN INDIA

India's health care sector provides a wide range of quality of care, from globally acclaimed hospitals to facilities that deliver care of unacceptably low quality. Efforts to improve the quality of care are particularly challenged by the lack of reliable data on quality and by technical difficulties in measuring quality. Ongoing efforts in the public and private sectors aim to improve the quality of data, develop better measures and understanding of the quality of care, and develop innovative solutions to long-standing challenges. The rapidly changing profile of diseases in India and rising chronic disease burden make it urgent for state and central governments to collaborate with researchers and agencies that implement programs to improve health care to further the quality agenda.

One of the striking features of India's health care sector is the range of quality in available services. India is home to global leaders in innovation and quality of health care such as the Narayana Hospitals, known for providing high-quality cardiovascular surgery at low cost, and the Aravind Eye Care System, whose hospitals provide a high volume of cataract surgery, as well as globally renowned medical teaching institutions such as the All India Institute of Medical Sciences (AIMS), in New Delhi. Simultaneously, many Indians—especially the poor—



receive unacceptably low-quality primary and hospital care. The rapidly growing burden of chronic diseases in India makes the low quality of care highly salient for health policy. The challenge of low quality in health care is not unique to India. Studies from a range of developed and developing countries have demonstrated widespread problems with providers who make little effort to ensure that patients receive high-quality care, geographic variations in the quality of health care services, and high levels of medical errors.

Efforts to improve the quality of health care services in low-resource settings, including India, have typically focused on structural constraints. Recent studies in low-income countries have documented low levels of provider knowledge, in both the public and the private sectors, and have found evidence of large gaps between providers' knowledge and the care provided, sometimes called "know-do gaps." In addition to providers' lack of capacity or knowledge in such settings, low quality of care could also be due to the lack of incentives in the health system or information problems in the health care market, combined with a lack of accountability among providers and poorly functioning governance systems in the health system. It is important to understand the process of delivering health care services and the factors that can





limit providers' effectiveness.

A cluster of articles in this issue of **Health Affairs** focuses on challenges related to the quality of health care in India. The cluster includes articles that describe challenges in using data from household surveys and hospital administrative records to measure the quality of care, examine a delivery model for high-quality surgical care, and evaluate a state-run ambulance service program designed to improve access to and use of care, as well as a Data Watch article on trends in state-level maternal and child health indicators. In addition to reviewing the state of research and evidence on the quality of health care in India, this article discusses critical challenges related to scaling up promising innovations and governance issues related to the quality of care.

Measurement of Quality

Efforts to improve the quality of health care in India and attempts to evaluate the impact of these efforts invariably face challenges because of the lack of reliable administrative data. Of the three categories of Avedis Donabedian's measures of the quality of health care (structure, process, and outcomes), structural measures have traditionally received the most attention in the form of government surveys of health facilities and record keeping to track the availability of resources such as numbers of hospital beds and personnel and quantities of supplies. Whether these resources can be used productively in delivering high-quality care to patients depends

on the process aspects of care, including the capacity of health-sector workers. Measuring the quality of the process of delivering health care and the resulting health outcomes is especially challenging, requiring methods and approaches that go beyond standard service statistics and facility surveys.

Research Methods

Recent studies in India and elsewhere that employed research methods such as observations of health care providers' performance, exit interviews of patients, vignette-based interviews of providers, and standardized patients who present unannounced to assess the experience of real patients demonstrate the potential of research methods to measure quality for a range of illnesses in primary care settings. However, these research methods of quality assessment have limitations. For example, measuring the quality of care in settings where providers are aware that they are being assessed (such as through methods of direct observation or patient exit interviews) could bias results because of the so-called Hawthorne effect, with providers changing their behaviour because they know that they are being observed or evaluated. Using standardized patients who are incognito can help circumvent concerns about differences in the composition of the patient populations of various providers, Hawthorne effects, and know-do gaps that would be limitations with other methods. The standard patient method

considered a gold standard for the measurement of quality. Furthermore, the research methods described above are often inadequate for quality measurement in hospitals, where the process of health care delivery is even more difficult to observe than it is in primary care settings. The limitations of the methods underscore the importance of high-quality administrative data for both policy makers and researchers trying to identify quality gaps or to evaluate the impact of efforts to improve quality.

Promising Efforts

There are several promising efforts to create new data sources to address this specific data gap in the direct measurement of the quality of care. For example, the Indian government's proposal to increase the frequency of the National Family Health Survey moving from a ten-year cycle to a three-year cycle holds the promise of generating more timely district-level data on the quality of health care and on health outcomes. While the availability of new administrative data from hospital records and new household surveys presents unique opportunities to understand issues related to the quality of care in India, the use of new data to measure that quality is also a challenge. Although India's National Accreditation Board of Hospitals and Healthcare Providers has developed recommendations for administrative data requirements, it has not been possible to analyse the quality of care nationally using hospital data,

because of a lack of availability of data from many hospitals. To address this major gap, the Government of India is considering a national-level initiative to measure hospital quality in a standardized manner.

Strategies to Improve Quality

A unique aspect of India's health care sector is the limited availability of formally trained health care providers—those with at least a Bachelor of Medicine and Bachelor of Surgery (MBBS) degree, the equivalent of an MD in the United States, in rural areas, which is partly due to the challenges of recruiting and retaining qualified staff in the public sector in such areas. As a result, most health care in rural areas of India, where 75 percent of the country's population lives, is delivered by providers who do not have formal medical training. Perhaps even more concerning is the fact that empirical studies have found that providers in such rural areas in India with formal medical training do not provide significantly higher-quality care compared to informal providers, which suggests that increasing the supply of formally trained providers alone might not solve the problem. An alternative strategy for improving the quality of care, in the interim, might be to increase the capacity of the existing supply of informal providers in rural areas by providing them with tools and incentives to deliver better care. However, empirical evidence on the impact of strategies to engage with informal-sector providers to improve the quality of care remains scarce.

Lessons Learned

These diverse experiences hold valuable lessons both for efforts to improve quality and for evidence-based policy. One key lesson is that improving the quality of care delivered by informal providers



who are already providing health services requires intensive efforts over a sustained period of time to change providers' practices. A second lesson is that the effectiveness of new approaches to improve the quality of care needs to be demonstrated empirically before they are scaled up. In a positive example of evidence-based policy, building on the success of the Liver Foundation's training program, the government of the state of West Bengal has recently approved a state-wide scaling-up of the training program, in which the government will conduct once-a-week training for seven thousand providers for a period of six months.

Efforts in The Formal Care Sector

In addition to improving the quality of care provided in rural areas by informal-sector providers, there are several major ongoing quality improvement efforts in both public and private institutions in the formal sector.

Public Sector

Several state governments in India have undertaken quality improvement initiatives (mostly focused on maternal and child health), combined with independent evaluations of the performance and impact of these initiatives.

Private Sector

Similarly, innovations in the formal private sector can make major contributions to improving the quality of health care. The experience of innovators such as the Aravind Eye Care System has several lessons for the management of health systems in the public and private sector. However, efficiency-enhancing strategies such as having paraprofessionals discuss surgical options with patients and not requiring surgeons to change gloves or operating gowns between patients are

not without peril. While they might have been implemented successfully in the highly controlled environment of the Aravind Eye Care System, expanding these methods broadly to other settings could pose significant risks to patients and patient satisfaction. Empirical evidence is critical for policy makers to decide whether models such as that used by the system can be replicated in other settings, applied to other health care services, or scaled up nationally to meet population health care needs in India. Given that the majority of health care in India is obtained not in the public sector but in the private sector, engaging with private providers is strategically important for health policy. While public-private partnerships in health care have received considerable attention, previous large-scale efforts have not yielded significant improvements in targeted health outcomes or out-of-pocket spending.

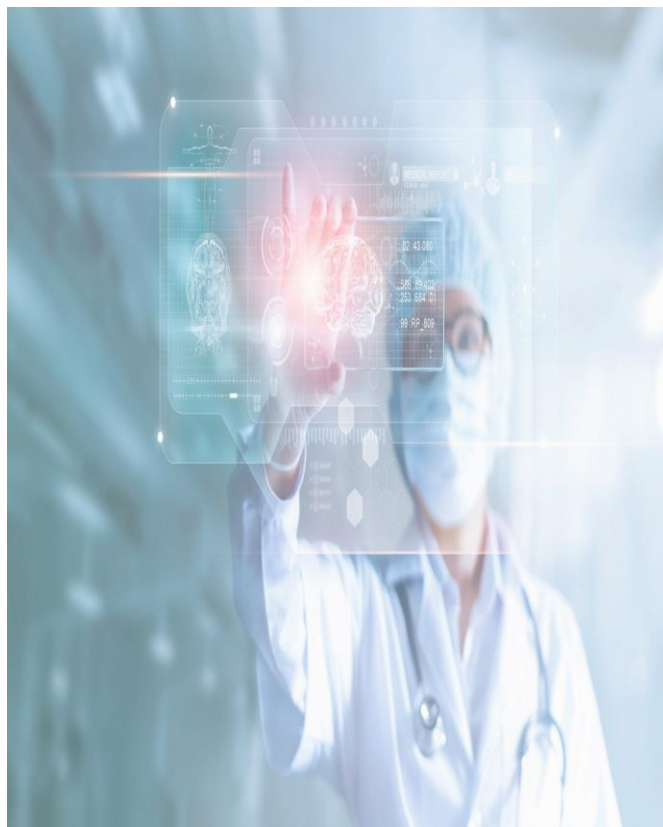


Moving Forward on Improving Health Care Quality

Given the measurement and data challenges that these articles address, it is important to note that even with improved data to clarify the problems and challenges in providing high-quality health care, the ability of national and state governments to take appropriate action to improve the quality of care is related to overall governance and accountability. In India's federalist structure, health is a matter of state jurisdiction. Although the central government has traditionally tried to influence health-sector priorities through policies and vertical programs, states are ultimately responsible for how their respective health systems function.

India's central government decided to increase the share of total tax revenue to be returned to individual states from 32 percent to 42 percent—an annual increase of approximately \$16 billion that states will have full autonomy in deciding how to allocate. However, major federally funded central programs such as the National Health Mission, an initiative to address the health needs of underserved and vulnerable population groups in India, witnessed reductions in federal commitments of funds, raising concerns that the health sector might be receiving fewer financial resources under the current administration than in the past.

Nonetheless, with increased autonomy as a result of the fiscal decentralization, state governments have the opportunity to respond to the needs of their respective populations and allocate resources as needed. Depending on states' ability and capacity to identify such needs and adequately address them with policy reforms, topics such as the quality of health care could receive timely attention. While multiple models of resource allocation and heterogeneity in state priorities are bound to emerge, we hope that policy makers and researchers in India will direct more attention to issues related to the quality of care in the health system.



Conclusion

Improving the quality of health care at the system level requires a focus on governance issues, including improving public-sector management, building institutional capacity, and promoting a culture of data-driven policies. Ideally, state and local governments and local health facilities would use data from administrative sources and household surveys for quality improvement efforts and for accountability in health care delivery. This use of evidence in making policy decisions would require institutional incentives and targeted capacity building in addition to investments in creating standardized and more reliable data sets. It is critical for governments, implementing agencies, and researchers working in India to collaborate on evidence-based approaches to improve the quality of health care and health outcomes.

OPPORTUNITY IN ADVERSITY – UNVIEL

Covid-19 entered our lives like a Tsunami and swept us off our feet. The Pandemic was not just a Pandora's box of troubles, but also a plethora of opportunities. As Adler said - "We determine ourselves by the meaning we give to situations, then changing or expanding the meaning opens new opportunities and our actions."

"The time when human race became almost mechanical and practical, the pandemic was a clock ticking emotions"

The essence of Adler's statement was profoundly experienced during the pandemic. When everything and every person on the planet was functioning on Autopilot, the crisis knocked with opportunities for self-growth and self-development. The shift from the said normal to the 'new normal' has been dramatic and equally amusing.

The time when human race became almost mechanical and practical, the pandemic was a clock ticking emotions. For over a decade a lot of organizations were focusing on tools, processes and practices to bring about the transformation and the only challenge to this was the human mindset – inflexible, owing to the autopilot mode.

The crisis has made people and organizations Emotionally Intelligent, evoking self-awareness, empathy and social awareness. 'HOPE' – that earlier seemed too philosophical became a state of mind that aided in staying optimistic and managing stress & anxiety.

Workplaces and academics going digital, made room for upskilling at the comfort of our homes. The uncertainty in jobs and projects, helped people in understanding the need of getting upskilled and evolve as a professional by assessing and analyzing the gaps in the skill sets and filling those voids. Highly competitive teams learnt to work remotely which strengthened the core value of collaborative working for higher productivity and efficiency.



The pandemic galvanized the Government to impose lockdown, which was another game changer. While there have been struggles in procuring the daily essentials, the flip side took us back to basics, relying on home remedies and DIY. The crisis has liberated creativity and unfreeze procrastination in all its vigor.

Family values also fortified during the lockdown as we could resonate with each other's belief systems. Being locked in houses the only way to stay connected with friends, relatives and colleagues was by having conversations, and it is noteworthy how the pandemic has rendered most people with the innate ability of being conversationally intelligent by not just choosing the right words while communicating but also, aligning the words with signals regulating trust, connection and fear.

Accepting the new normal has made us agile, flexible and most importantly resilient thereby leading to effective coping, attentional biases and substitutes for social support. It has evoked the awareness about what we as humans are capable of, has developed our strengths and helped in accessing aspects of ourselves that we did not know existed.

Roy T. Bennett has mentioned in his book "The light in the heart" – "Challenge and adversity are meant to help you know who you are. Storms hit your weakness but unlock your true strengths."

This holds true for the COVID-19 crisis as well, that has been a great aid in improving people's intelligence quotient (IQ), emotional quotient (EQ) and conversational intelligence quotient (C-IQ), thereby shaping the masses better for the global good.

Mrs Deepanshi Nandi
Wife of Maj Sudeep Majumdar
DSTSC (Army) - 04

TAKE TIME

Take time to be friendly
It is road to happiness.

Take time to love
It's a god gifted privilege.

Take time to read
It is foundation of wisdom.

Take time to laugh
It is the music of the soul.

Take time to give
Life is too short to be selfish.

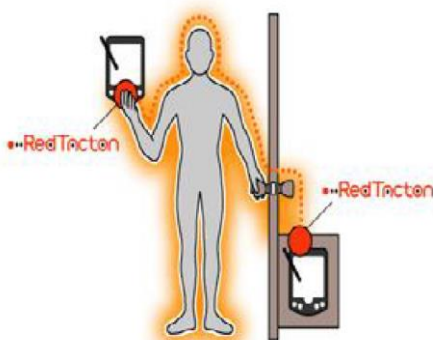
Take time of work
It will increase chances of your luck.

Maj Yogesh Pachangane
DSTSC (Army) - 04

RED TACTON: A FUTURE TECHNOLOGY

Imagine that you are able to transfer a high speed data using your body as medium of communication. Imagine you are transferring money or your play list just by shake of hands. Yes all this is possible through an emerging technology called Red Tacton. Red Tacton technology is an electronic future where information can be accessible whenever and wherever needed at our finger tips. Some of the communication equipment that is required to provide this immediate access to information will be incorporated into our attire. How will it be possible? Who will make it possible? Lets see.

This technology is developed by Nippon Telegraph and Telephone (NTT) cooperation of Japan. RED is an auspicious colour of Japan and TACTON means action triggered by touch. Let us now understand how it works?



How RED TACTON works ? Using a new super-sensitive photonic electric field sensor, Red Tacton can achieve duplex communication over

the human body at a maximum speed of 10 Mbps. The Red Tacton transmitter induces a weak electric field on the surface of the body. The Red Tacton receiver senses changes in the weak electric field on the surface of the body caused by the transmitter. Red Tacton relies upon

the principle that the optical properties of an electro-optic crystal can vary according to the changes of a weak electric field. Red Tacton detects changes in the optical properties of an electro-optic crystal using a laser and converts the result to an electrical signal in an optical receiver circuit. The transmitter sends data by inducing fluctuations in the minute electric field on the surface of the human body. Data is received using a photonic electric field sensor that combines an electro-optic crystal and a laser light to detect fluctuations in the minute electric field.

Applications

An Alarm. Red Tacton devices embedded medicine bottles transmit information on the medicines attributes. If the user touches the _



wrong medicine, an alarm will trigger on the terminal he is carrying. The alarm sounds only if the user actually touches the medicine bottle, reducing false alarms common with passive wireless ID tags, which can trigger simply by proximity.



An Alarm

Touch Advertising. When a consumer stands in front of an advertising panel and information matching his or her attributes is automatically displayed. By touching or standing in front of items, consumers can get more in-depth information.



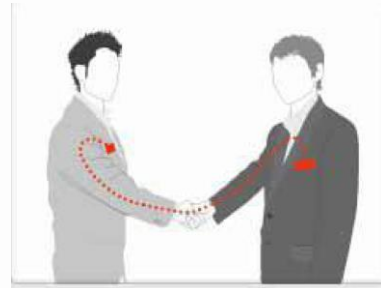
Touch Advertising

Touch Printing Operation can be done using Red Tacton devices.



Printing Application

Data Exchange can be done using a shake only.



Data Exchange

There is no end to the imagination of the Red Tacton technology that we can use. It can be used in many military applications also. So keep a watch at it and optimally utilize as and when it come in real use.

**Sqn Ldr Vivek Sharma
DSTSC (AF) – 04**



YOUR PLANET AND MINE, THE EARTH

Human beings are unique. We are different. What distinguishes us from the rest of the animal kingdom should have been the opposable thumb or the wisdom that has been bestowed upon us, but it turns out that our unequivocal competency at wiping out life from the planet has topped the list.

We wanted to be different from the rest of the species on Earth, we made a fire and then we invented the wheel and slowly we started to industrialize. We had foresight. As the superior beings we wanted to make this place more comfortable for us. We used our brains at the speed of light and behold, here we are today with comforts and luxuries beyond the imagination of someone who was here a couple of hundred years back.

The earth is 4.5 billion years old and we are merely 200,000 years old. The industrial revolution is just 250 years old and look around what our intelligence has done for this planet. In more ways than any other animal, humans have brought about change on Earth.

Almost 4.5 million lives lost due to Covid-19, the oceans are on the brink of a catastrophe, a giant ozone hole found, the mighty forests are burning, the glaciers are melting, the sea level is alarmingly increasing, plastic wrapper killed a baby seal; these are the headlines we wake up to, if we ignore the politics and

terrorism for a second. But aren't we the superior species, having the ability to think and change? Our ability to shape the world around us is what separates us from the other animals. At our core, we are dreamers, we are our only hope for saving ourselves and the diverse life on Earth.

We can choose a different path and emerge from the mess and chaos that we have created. Now, it is no longer the environment alone that we are putting in danger. Environmental degradation has a significant impact on human health as well. The last one and a half years has been nothing short of a nightmare for almost all of us. The pandemic has taken so many lives that it has become difficult to look at news without feeling a shudder down the spine. Who thought that the world would come to a standstill because of an organism that has a diameter of 0.1 μ m? However, it did happen. The past 20 months are straight out of a horror movie.



It is on us to take the onus for what happened and make every big and small change that we can to make sure that such catastrophic events don't happen in the future. Not just Covid-19, the contamination of the air, water, food and land has led to a number of health hazards, from pulmonary infections to neurological disorders, health and environment are very coherently related to one another. 1.7 million children under the age of 5 die each year because of environmental hazards. If statistics like this don't open our sleepy eyes, what will?

•

It is not only our health that we are jeopardising, we have unabashedly whacked the entire ocean's chemistry. The seas and oceans constitute around 70% of our planet, they affect the weather, help feed the world, and provide a living for millions. They also are home to most of the life on Earth, from microscopic algae to the blue whale, one of the largest animals on the planet. The harm we are causing to them is incomprehensible. The majority of the garbage that enters the ocean each year is plastic and they are here to stay. That is because unlike other trash, the single-use plastic bags, water bottles, drinking straws, and containers, among eight million metric tons of the plastic items we toss (instead of recycling), won't degrade on their own. Instead, they can persist in the environment even for a millennium, polluting our beaches, entangling marine life, and getting ingested by fish and seabirds. A few months back a dead whale was found with 8 kilograms of plastic bags in its stomach.

“The Earth is what we have all in common”

We in uniform are the torch bearers for all things right in our country. People look up to us, for we are the last pillar standing when every other instrument fails. We must take these issues in our stride and in our own micro environment implement the changes we wish to see in the world. If we all do the small things right, the bigger picture will automatically take care of itself. Now is the time that we make all the basic changes; let us all take a moment before we go to bed to remember that we have the capacity to reflect upon what is right and take measures to correct ourselves. Each one of us can start off by doing little things, like thinking through what is on our plate, refrain ourselves from using single-use plastics or carry a bottle of water instead of buying a plastic one every time we step out. Even our government should think about the issues of land-fills, create sustainable waste management models, and build self-sufficient model townships. By accepting the mistakes that we have made so far, we have an opportunity to do what is right and hopefully, we can search within ourselves for a way to save life on Earth. And we never know, probably this way, we could discover a part of ourselves that is not only moral and righteous, but also beautiful and distinctly human. After all, we are the smartest of all, isn't it?

Maj Prateek Chakravarty
DSTSC(Army) - 04

UNDER THE CLAWS OF THE *BLACK DOG*

“He has a thousand ideas a day, four of which are good”, comments made by a President of the USA on Prime Minister of UK. The president, in this case, is Franklin D Roosevelt and the flamboyant personality whom he described aptly in this short sentence is Winston Churchill. Mr. Churchill, the man single-handedly credited to have dealt Nazi with ‘an eye for an eye’ attitude which helped immensely in drawing curtains to the brutal six-year war. Winston Churchill is a celebrated politician worldwide more so in his country of United Kingdom. For decades, Winston Churchill avoided standing too close to the balconies and train platforms. He always knew that he was a victim of it. **He termed it the *Black Dog*.** The world knows it by another name, ***depression***.

Depression is a common mental disorder affecting more than 264 million people worldwide. Surely, we service personnel will be living in a fool's paradise if we consider ourselves out of that 264 million. The stressful conditions in which we are expected to deliver can easily lead one on the path of depression and if not identified by peers, superiors, or colleagues in time, it can lead to severe ramifications affecting the overall health and productivity of the organisations. So, this article is such an attempt to bring the topic of depression onto the living room discussions and dining table conversations.

Depression is characterized by persistent sadness and a lack of interest or pleasure in previously rewarding or enjoyable activities. It is accompanied by fatigue, loss of focus, severe despondency, and dejection. It can also disturb sleep and appetite; feelings of hopelessness, tiredness, and poor concentration are common phenomena in depressives. It is a leading cause of disability around the world and contributes greatly to the global burden of disease. The effects of depression can be long-lasting or recurrent and can dramatically affect a person's ability to function and live a rewarding life.

DEPRESSION VS SADNESS

There is a thin line between sadness and depression, even though the effects and consequences are way too many in the case of the latter. Sadness is a state of sorrow that ***lasts for a shorter duration***; however, depression on other hand ***affects the mindset and lasts for a longer duration***. Depression in severe cases can also lead to suicidal thoughts.

Depression today is one of the most common illnesses and sometimes can be moderate to severe depending on the intensity of its effects on different patients. In a few of the cases, depression has also had a chronic effect on patients. This like fever can occur in any age group. The causes of depression

include complex interactions between social, psychological, and biological factors. Studies have shown evidence of hereditary elements causing depression in a few of the patients. Few common notable life events such as childhood adversity, loss, and unemployment contribute to and may catalyse the development of depression.

Depression and associated mental disorders can have a profound effect on all aspects of life, including performance at school, productivity at work, relationships with family and friends, and the ability to participate in the community. Research also shows strong relationships between depression and physical health, including tuberculosis and cardiovascular disease.



Pictorial depiction of Depression

TYPES OF DEPRESSION

Depression as stated earlier can either be **minor** or **severe**. Cases like postpartum depression fall under the category of minor depression. Usually, depression is accompanied by symptoms such as loss of energy and focus, severe loss or gain in weight, insomnia, loss of appetite/overeating, feeling guilty/worthless. In the case of

severe depression, the symptoms are scarier with patients suffering from suicidal thoughts and hallucinations.

YES, IT IS COMMON AND OKAY TO HAVE DEPRESSION

Having read all this, if a reader feels this is all in mind and there is nothing like depression in the real world, I request them to take a deep breath and think again. If you still have uncleared doubts, let me take few names who achieved exceptionally in their chosen fields – Sir Isaac Newton, Abraham Lincoln, Robin Williams, Deepika Padukone, and of course, Winston Churchill. The common factor amongst all of these is the mighty black dog – depression. Even after achieving so much in their respective fields, these individuals continued to suffer at the hands of the black dog, and thus it is important to note that anyone can be affected by depression and it is perfectly normal to fall ill from depression (akin to falling ill for flu).



Even when a person says they are fine, they might not be

IS THERE A ROAD AHEAD?

Having seen all this, are we to hold our hands over our heads as if we have hit the end of the road? Absolutely, not. Handling depression is difficult, but not impossible. The symptoms can easily be noticed in near and dear ones and help can be sought in time. Various kinds of antidepressants exist that relieve the person from a state of unhappiness. Few modern Psychotherapy methods such as Cognitive Behavioural Therapy (CBT), Interpersonal Therapy (IPT), and Electroconvulsive Method (ECT) are known to have treated patients with severe depression.

IS DEPRESSIVE A MENTAL PATIENT?? WAY AHEAD FOR ALL OF US _

Depression, like fever, is a normal disease. This needs to be accepted first. It is okay for someone to come ahead and admit the illness. From a military organization point of view, we need to accept people forthcoming with these problems. Sympathizing with someone rather than showing pity is essential. Empathizing their situation rather than passing a judgemental look is the need of the hour. And as superiors, when we sit across the table from men serving under us, we need to listen to them rather than mere hearing.

Wg Cdr Kshitij Joshi
DSTSC (AF) - 04

WHO AM I?

Lost a lot in course of time,
don't know where to go and confine .
my questions still remain unanswered,
who am I n what am i to do .
my life is dark, with no spark.
every morn i wish to see the brightest
star upon the sky,
my fellows laugh at my petty state of
mind ,
which wishes to see the stars in the
day light,
I meant to be him in me
but everyone said misunderstandings
leads to de end.
what is the missing link in life
is it the baton o the knife .
my questions still remains
unanswered
who am I n wat am i to do
today I feel m estranged to be dead ,
the love n expectations as my debt
where do I find solace ,
when there is nothing empty n
everything looks in place .
y questions remains unanswered
who am I

Dr Nivedita Priyadarshini, PhD

Wife of Maj Satyajit Menon

DSTSC-04 (Army)

STORY OF THE INDIAN TOYS

Discovering Indian games and toys during pandemic

Play is the lens through which the child experiences their world and the world of others and toys bring joy' – Goldstein

Toys are the integral component of all childhood activities. They provide rich and stimulating experience to the growing children brain. As per Rabindranath Tagore, toys should be such which brings out the childhood and creativity of the child. During Pandemic when we all were locked inside our houses, many of us discovered various hobbies, got better time to interact with family members and even played games – especially which we used to play during our childhood. Our Indian games and toys not just some things but these represent vast cultural heritage of our country. Let me take you on the journey of discovering Indian games and toys once again which we can teach to our children and progress towards atmanirbhar bharat post pandemic.

India has a rich legacy in toy-making. Historically Indian toys date back to 5000 years. The excavated toys and dolls found in Harappa and Mohenjo-Daro included small carts, dancing woman, etc. India has a rich culture of storytelling through its toys, our ancestors had preserved this culture by making toys which show a perspective of life. The religious influence also led to a different set of toys depicting stories from epics like Ramayana and Mahabharata.

Toys have significant role to play in early childhood education for overall learning and development of Children, hence, same has been given special emphasis in National Education Policy which included learning while playing as part of curriculum. The world of Indian traditional toys has great significance which is mix of various cultures. Many Indian traditional toys have become basis of modern toys and games such as Ludo and Chess.

In North Indian states of J&K, Punjab, Himachal Pradesh and Uttarakhand wooden toys are traditionally made which include dolls, lattu, handheld drums, wheeled vehicles as well as wooden puzzles. State of Haryana have traditional clay toys to include dolls and puppets. In Rajasthan soft toys are more famous to include dolls which are manufactured in Chittorgarh and wooden toys are also made in Udaipur using wood dhoodia and flowering cactus. U.P has craftsman making traditional miniature utensils, birds, animal and dancing ensembles toys.



Toys made of wood in North Indian region

Western and Central Indian craftsman make toys made with terrycota, clay, cotton, bamboo, coir and even sea shells. Adivasi Gudia toy from M.P and wooden art toys from Chhattisgarh are quite famous till date. The toys from South India are quite unique, the traditional toys have been given unique nomenclature by each area. The famous toys are Kondapalli and Ettikopaka Toys which are made of soft wood and based on mythological theme, Nirmal toys from Telangana are wooden carved and artistically designed, Channapatna toys from Karnataka already got recognition from WTO which are primarily made from ivory and sandal wood. Similarly, Eastern India have traditional toys made of wood and include dolls, animals, birds with beautiful carvings and colours.



Famous Kodanpalli toy dolls from Andhra Pradesh

Indian traditional toys are always been eco friendly and durable when compared with modern plastic toys. However, the only thing which it lacks is modern development as children now a days are more inclined towards action figures rather than traditional dolls even barbie and hot wheels have taken back seat.

The story telling capabilities of children which was once boosted by traditional toys have been highly restricted now.

Traditional toys should be given significant space as part of the curriculum in the teaching to revive the tradition and enhance imagination of children which is highly restricted in the internet driven world. India also has rich tradition of board and strategy games which includes pachisi, jigsaw puzzles, Saz Loungh(Hopscotch), kite flying, Bongaram(lattu), Ganjifa(card game), archery, Godde(game of marbles) and many more the list is as vast as our country. These games are still played in every part of country with slight variation and may be given a local name. Indian games inculcated various abilities among children to include logical thinking, understanding, logical application, teamwork attitude, leadership skills, hence leading to overall development of children. These games can also be included as part of teaching curriculum.



Lets us not forget our legacy and heritage. We must give Indian toys and games adequate space at our homes and teach our children about Indian culture through same.

Mrs Ankita Sharma
Wife of Maj Kunal Sharma
DSTSC (Army)- 04

THE MYTHS ABOUT CONCEPT OF FITNESS IN WOMEN

My fitness journey started 19 years ago, when I was pursuing my undergraduate studies. Like any other teenager, my focus was not on fitness, it was on how I looked. My definition of 'looking good' was just being thin. I exercised like a maniac for hours a day- without any knowledge of exercise science, and my 'diet' was focused on starving myself.

It did yield results- I looked thin, but not athletic or fit. My lowest was 53kg. The next phase was where this unsustainable lifestyle was to blow up in my face. It was when I moved to the USA for my grad studies, and I became a tiny elephant within a span of 3 years- standing at 86kg- my heaviest.

The third phase started 8 years ago- when I started thinking about FITNESS and not only how I looked. I had always heard about the 'trance' one can go into while running. And when I tried running, I couldn't run for even 30 seconds! And that, was a wake up call. I needed to act. ASAP.

I started reading and learning about nutrition and exercising. I spent hours understanding how our body works, what's the science behind different diets, what kind physiological changes happen that make our bodies stronger and fitter when we exercise, and how different exercises (endurance and resistance training) affect us.

Eventually, I became a certified physique transformation expert- and with all that knowledge, the first project I undertook was myself.

From 86kg fat kid that could run 30 seconds, I became a strong woman who could run easy 21k, could leg press 200+kg without breaking a sweat, and had built a solid core that could stand a 10 MINUTE plank!

So today, I would share a few things with you, that I only wish- had I known earlier- at the start of my journey- would have saved me years of efforts and a lot of money. And these things are not only from my personal experience, but also have SOLID SCIENCE BACKING.

For weight loss, meal timing doesn't matter. If you are a healthy individual, you don't have any sugar or blood pressure issues, when you eat doesn't matter as what and how much you eat.

For weight loss, meal frequency doesn't matter:

If hypertrophy (gaining muscle) is NOT your goal, and all you want to do is lose fat, how many times you eat in a day (contrary to Dixit or Divekar diet- which are NOT backed by science- i.e. they don't have peer reviewed research to back themselves) ***DOES NOT AFFECT YOUR FAT LOSS.*** Whether you eat once or 10 times, if what and how much you eat (macro distribution and

total calorie intake) is kept the same, it won't make any difference in the amount of fat you lose in the end.

Lifting weights (resistance training) doesn't make women manly:

Because women's bodies react differently to the stimulus of resistance training, women don't/can't develop muscles like men can. When you see extremely shredded, muscle packed women posing on bodybuilding show stage, please understand, that kind of a body MOST OF THE TIME is a result of combination of SUPERHUMAN level of training and UNSUSTAINABLE kind of dieting with anabolic steroids. So it's HIGHLY unlikely you will look like that EVER how much so ever you lift.

But DEFINITELY, you will have a toned body, perky bottom, and a solid core.

Most of us have NEVER been eating enough protein:

A healthy individual needs approx 1.5 grams of protein per kg of body weight per day (both males and females). I.e. if you are a 60kg person, you need approximately 90g protein a day. To give you a perspective- 100g chicken breasts (raw) has approx 30g protein.

Most of the fitness equipments in gyms have a high margin of error (on the positive side) when those show you the amount of calories you burn:

What that means is, when the machine says you have burnt 600 calories, there's a VERY HIGH probability that you have burnt only half of it. And why this is important is- because based on that you make your dietary choices- and often that sabotages your weight loss progress.



Resistance training and endurance training are both important for overall health.

Dieting doesn't mean sacrificing good food and social life:

An expert who knows how macros affect body composition will help you build sustainable eating habits that will let you include your favourites in your daily diet- like a piece of dark chocolate post dinner or an evening drink that's your ritual.

With the tips above, I hope you all can embark on a learning and fitness journey that keeps giving all your life- buy giving you a longer, healthier, stronger, happier life and a more independent and mobile old age.

Mrs Rahi Manvendra Kachole
Wife of Lt Col Naresh Reddy
DSTSC (Army) - 04

OWLSOME STAFF COLLEGE WELLINGTON

Our motto *Yuddham Pragma*

The Owl perched on crossed swords against a maroon background with the motto Yuddham Pragma – (To War with Wisdom) is into existence since 1964 after fighting its battles tenaciously for sixteen long years. The Owl stays at Wellington in Tamil Nadu, India, and witnesses Defence Services Staff College which is one of the few institutions of its type in the world where training is imparted to aspiring Staff Officers of all the three Services - Army, Navy and Air Force, as also selected officers of the paramilitary and civil services, and officers from friendly foreign countries.

As we see through the eyes of the owl, Wellington is located in the Nilgiris District of Tamil Nadu, approximately 80 kms from Coimbatore and 14 kms from the famous hill resort town of Udhagamandalam (also called Ooty or Ootacamund). It is connected by road to Coimbatore via Mettupalayam, and to Bangalore via Ooty, Bandipur and Mysore. The rail link is in the form of a broad-gauge train from Coimbatore to Mettupalayam, and a meter gauge 'Hill Train' from Mettupalayam to Wellington. Wellington lies at an altitude of 1880 meters above mean sea level and is blessed with a mild and salubrious climate throughout the year.

Since the beginning of the Covid 19, the Owl has not seen many of the visitors to the college. To its astonishment on 23 Aug 21, it witnesses a group of energetic MILIT

officers approaching towards the college and smiling within itself thinking that what is awaiting for these energetic people.

We landed in the middle of **JOPPing** (Joint Operation Planning Process 2.0) which is known as the bible for the command planning team for visualisation of the commanders intent. Though the process is very scientific but the place is much more scenic, so there was always a tussle for who wins over whom. Looking at the energy level of the young officers of the Air Force faculty including DSSC student officer for exercise 'Vayusakti', the wartime planning process was introduced from 0830 hrs to 2030 hrs with few breaks in between which was one of the aims in the cradle of military leadership in Wellington, which was even evident in the 'BanarSena' or the monkeys of the college who waited till the locking of the syndicates in some hope. The exercise settings were so built-in order to give the flavour of jointness in true sense which inculcated the planning with the land forces and Naval forces.

The another aim of the college was to give Saturday and Sunday as rest days for complete rejuvenation, which was effectively utilised for local visits and see nature in its purest form. This led to exploring the new places in the conor, which is really the heaven on earth. So one fine morning along with two course

mates started exploring the nilgiris which was even unexplored by the local population over there. As we are calculating the weight of attack for all the enemy high value assets, it was a complete surprise when we saw a bunch of Gaur or Indian Bisons waiting in the middle of the **TanTea** garden and looking at us as if we have made a violation by entering their territory. Somehow, we managed to cross them and made a move forward for finding a cemetery which was **World War II** vintage with the help of the google through the atrocious routes. Finally we reached such a heritage place fully in abandoned condition and found the same was used in picturization of the song 'Bolna' in Kapoor and sons with the missing statue in the centre of the well. The song was indeed flashing in our minds as

"Tere liye aaya main tohTere sang jaana Dholna ve tere naal Jindri bitavaan" and the little fear was sneaking through our hearts and mind till the time we actually found the statue inside the well in lying position. But while we jumped the closed gates and were about to move towards back to the hotel we saw the enemy at the gate with a 1.5 ton alpha Gaur standing in front with ears wide open. We are about to run back and were really scared on meeting up with our friend Gaur, one of our course mate who has a passion for the wild life photography told us not to run as the animal will think us as a prey if we run. So, we started walking back with a lot of fear of attack from behind. Suddenly

the alternate path to the cemetery could save us and a rendezvous with alpha Bison was avoided. In continuation with the say 'work hard and party harder', the exercise took a change of phase from the planning phase to execution phase where the plan made by the forces were tested on table top for its efficacy and the exploration continued to reach its new heights. For the search of wild life we again reached the jungles of the Masinaguri forest and took safari for spotting the wild animals.



The entire evening went for the search but it seems that all the wild animals were also on weekend party other than various types of deer which could be spotted along the road side. Highly disappointed, we reached back the resort and had dinner and was on walk before bed through the perimeter where we saw some sparkling eyes outside the electric fence. The feeling of wild life near by again sneaked inside and we could see some Bison and wild dogs with commando torch lights. Continued on next day the trekking to the 'Kalahatti' water falls through the marshy rocks and bushes and was experiencing the famous say:

"Waterfalls wouldn't sound so melodious if there were no rocks in their way".

**Wg Cdr S Mukherjee
DSTSC (AF) - 04**

INDIA – “JUST A COUNTRY OR A COUNTER BALANCER BETWEEN US AND CHINA”

1. The massive rise of China on the global stage is presenting a direct challenge to American dominance in many areas such as economic, military, technology etc. To counterbalance China in Asia, India is the only major alternative in front of America. There are several important reasons for this; Large population of India, 7th largest country in the world in terms of area, 8th largest economy in the world (in terms of GDP), 3rd largest military power in the world. Long legacy of democratic values, a nuclear rich country, better space technology etc. This rise of China is not only challenging for America but is also becoming a matter of concern in terms of India's national interest. Apart from being a neighbouring country of India, China is also the largest trading partner. In such a situation, there is a double challenge before the Indian foreign policy.

First: - To what extent India should take its strategic relationship with America to maintain the balance of power in Asia.

Second: - How India should deal with the retaliatory action taken by China to neutralise this relationship.



2. **Key points-**

- Indo-Pacific Policy.
- 2+2 Dialogue.
- Galwan.
- US-Afghanistan Peace Agreement.

Open and Free Indo-Pacific

3. After the end of the Cold War, the W. Bush administration in America considered the rise of China as the first strategic challenge. In this sequence, trade wars between the two countries also emerged recently during the time of Donald Trump. The US is vigorously pursuing an "Open and free Indo-Pacific" policy to curb China's aggressive spread. Undoubtedly, this change in America's position is based on some facts and evidence which are as follows:-

4. China's aggressive expansion into the South China Sea, China and Russia's coming closer, North Korea's support by the communist Chinese government, the threat of Chinese expansion on Taiwan's autonomy, and trade surpluses favouring China in trade with the US which ultimately caused Trade deficit for USA and USA ending up with trade deal.

5. It is clear from the above description that China is presenting a big challenge to America. America's defence experts and security advisors believe that keeping in mind the economic size and military power of China, it is clear that America cannot compete with China alone. Keeping this fact in mind,

since the Bush administration, the US has focused its attention on an emerging power like India to develop a strong and non - challenging balance of power against China. In this sequence, America has given importance to India at the center of the open and free Indian Ocean policy. To further strengthen this link, America has also made many important strategic agreements with India in the last decade like-

- **LEMOA** (Logistics Exchange Memorandum of Agreement – 2016)
- **COMCASA** (Communication Compatibility and Security Agreement- Sep 2018)
- **BECA** (Basic Exchange and Cooperation Agreement for Geospatial Intelligence– 2020).

6. To further strengthen the diplomatic ties between the two countries, "2+2 Dialogue" (meeting together of Foreign Ministers and Defence Ministers) is being organized since 2018. Newly-elected US President Joe Biden has also pledged to take forward his Eastern Indo-Pacific policy.

7. There is no doubt some behavioural and structural factor due to which India and America have come together on a platform against China with each other. For America, India's peaceful rise, common democratic values, the principle of independence and co-existence, etc are some of the points due to which America places great trust in India. In fact, India's vast

territorial expansion, large population, large economy, strong military power, and India-China border dispute are some of the factors that make India a suitable balancing force against China in the eyes of America.

8. It is noteworthy that India-China relations have been of a fragile nature for centuries. The aggressive stance of the current Chinese President Xi -Jinping on the border has further increased India's security concerns. The **Doklam military conflict** of 2016, the bloody conflict of **Galvan Valley in 2020** confirms this. China's support to Pakistan against India, building a China-Pakistan-Russia nexus, China's "**string of pearls**" policy against India (China's encirclement of India in the oceanic region), **Belt and Road Initiative** (BRI) The expansion of **CPEC** (China Pakistan Economic Corridor) etc. facts are directly challenging the sovereignty of India. In such a situation, to protect its national interests, India does not want to leave any stone unturned to strengthen its relations with America, which is also natural.

9 The coming together of India and America seems natural, but America has also side-lined Indian interests before its national interests. For example, the Trump administration has removed India from its PTA (Preferred Trade Agreement) list, India's interests were not taken into account in the

"**peace agreement**" with Afghanistan. Under US pressure, India has closed its relationship with Iran. Oil imports have been significantly reduced, due to which India had to bear the brunt of **Chabahar port**. Thus it can be concluded that American national interests are being served more than India.

10. It is also natural that Beijing does not like this closeness of India-US. And China considers this nexus a threat to its national security. The newly created organization **QUAD** (members - India, Japan, Australia and America) has made China more alert. It is worth noting that QUAD has been developed so that the spread of China can be stopped in the Indo-Pacific region. China is making every effort to neutralize this nexus which sometimes becomes aggressive. Due to India-American proximity, China is still opposing **India's membership of NSG** (Nuclear Supplier Groups). China also opposes **permanent membership to India in the Security Council** (UNSC) of the United Nations (UNO).

11. **Recommendations:-**The Indian leadership has to understand that America needs India as much as India needs America. Therefore, India can bargain with America to some extent so that the distrust of India does not increase within the Chinese leadership because there is no alternative to the neighbour. To reduce the differences with China, India will have to work on a multipronged strategy.

To normalize relations, the diplomatic channel will have to be constantly encouraged, as well as the strategic preparedness will have to be kept at a high level.

12. The economies of both the countries are complementary to each other. One is a leader in manufacturing and the other is better in telecommunication (IT), which can be better benefited by both the countries. Both countries are members of regional organizations like **SCO**(Shanghai Cooperation Organization), **BRICS (Brazil, Russia, India, China and South Africa)** where both countries can better resolve their disputes through dialogue and diplomatic initiatives. At the same time, following a realistic policy, India will have to strengthen its military power and border security so that any misconduct of China can be given a befitting reply.

13. **Conclusion:** - The emerging world order no doubt accepts China as a superpower but the clash between US - China will imbalance the regional and economic peace. For the US, Asia is an important nerve, whereas for China it's a matter of challenging its emerging role in the international community. In a situation like this the country which will play an unavoidable role is India. The geographical location and the access to the sea not only bring her closer to its neighbours but also to the world community. The metal of India has already proven its strength time immemorial; the only change in strategy required is to use its Queen (Wajir) strategically and foresightedly.



Maj Pankaj Kumar Yadava

DSTSC(Army) -04

CREATIVITY - A KEY TO SUCCESS

'Willing to do the hard work of facing your inner fears and working through failure 'Creativity is the key.

Constrain yourself. Carefully designed constraints are one of your best tools for sparking creative thinking. Soccer players develop more elaborate skill sets when they play on a smaller field. Designers can use a 3 inch by a 5 inch canvas to create better large scale designs. The more we limit ourselves, the more resourceful we become.

Broaden your knowledge. One of the most successful creative strategies is to write about seemingly disparate topics and ideas. For example, one has to be creative when one uses 1980s baseball strategies or ancient word processing software or Zen Buddhism to describe our daily behaviors. In the words of psychologist Robert Epstein, "You'll do better in psychology and life if you broaden your knowledge."

Sleep longer. Sleep debt is cumulative and if you get 6 hours of sleep per night for two weeks straight, your mental and physical performance declines to the same level as if you had stayed awake for 48 hours straight. Like all cognitive functions, creative thinking is significantly impaired by sleep deprivation. Enjoy sunshine and nature. One study tested 56 backpackers with a variety of creative thinking questions before and after a 4-day backpacking trip. The researchers found that by the

end of the trip the backpackers had increased their creativity by 50 percent. Spending time in nature and increasing your exposure to sunlight can lead to higher levels of creativity.

Embrace positive thinking. Positive thinking can lead to significant improvements in creative thinking. Why? Positive psychology research has revealed that we tend to think more broadly when we are happy. Conversely, sadness and depression seems to lead to more restrictive and limited thinking.

Ship it. The honest truth is that creativity is just hard work. The single best thing you can do is choose a pace you can sustain and ship content on a consistent basis. Commit to the process and create on a schedule. The only way creativity becomes a reality is by shipping.

Creativity is a process, not an event. It's not just a eureka moment. You have to work through mental barriers and internal blocks. You have to commit to practicing your craft deliberately. And you have to stick with the process for years, perhaps even decades like Newton did, in order to see your creative genius blossom.

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CHALLENGES AND OPPORTUNITIES FOR INDIA IN THE POST-PANDEMIC GEOPOLITICAL LANDSCAPE

Introduction

1. The doctrine of non-alignment was framed with reference to the Cold War, seen to have ended with the fall of the Berlin Wall in 1989 and the dissolution of the Soviet Union in 1991. Today the COVID-19 pandemic is giving rise to a “new normal”, one of whose features – predating the pandemic but amplified by it – is likely to be an intensified geopolitical rivalry between the United States (US) and China.

2. India too, is experiencing the tremors triggered by shifting geopolitical tectonic plates consequent to China’s dramatic rise: armed forces are mobilised across both sides of the Line of Actual Control (LAC), and customary manoeuvres along a disputed border led, for the first time since 1975, to fatal clashes in Galwan valley in the summer of 2020 and a continuing standoff since.

Towards a Post-Covid “New Normal”: Beijing’s High-Risk Strategy

3. The COVID-19 pandemic in the past year-and-a-half has ushered in a “new normal” that deviates sharply from half-a-century of rapprochement in US-China relations. The first meeting that the Biden administration had with Chinese officials rapidly turned into a sparring match, with US Secretary of State Antony Blinken and Yang Jiechi, Director of China’s Central Foreign Affairs Commission, publicly rebuking each other. President Joe Biden has ordered an enquiry into the origins of SARS-CoV-2, the virus that causes COVID-19, amidst speculation that it could have come from a laboratory in Wuhan.

4. To be sure, the West and China are not about to economically “decouple”; the Chinese economy is too vast and too enmeshed globally, including with India, for a decoupling to be either desirable or possible for the West or for India. The perceived imperative is to reduce dependency on China-based supply chains in strategically sensitive areas, and to restructure the security-open markets matrix with greater emphasis on security and stronger defences against China’s weaponization of trade—this will play a critical role in the “new normal.”

5. The “new normal” is evident on the LAC as well, where more than 50,000 troops remain mobilised on each side in the eastern Ladakh sector, and there is little sign of restoration of the pre-Summer 2020 status quo.^[2] Chinese tactics along the LAC have been seen to mirror those it adopts to assert territorial and maritime claims in the South and East China Seas – a version of salami slicing, or aggressive actions below the threshold of war that expand territory under its control.

6. Following Beijing’s strategy of “Kill the chicken and scare the monkey”, it is a high-risk one, as it could end up accomplishing precisely the opposite of its objective and push India closer to the US and its allies. China does have advantages over India: it is five times wealthier, has a far more modernised military, has managed the pandemic more effectively, and is in a different league as a tech power as well as the world’s ‘manufacturing hub’. At the same time, the current geopolitical conjuncture presents India with certain unique opportunities.

7. Just as China shifted the balance of the Cold War with its rapprochement with the United States – coming soon after the bitterness of the Korean war & Mao's rejection of Soviet "revisionism" through "peaceful coexistence" with the West – India too, can benefit from the coming era of heightened geopolitical competition. It can tilt towards the West and craft its own rise through linkages with Western technology, capital, markets, and security arrangements such as the Quad. A growing India will help the West in balancing Chinese power, and such a grand strategic bargain would have the additional advantage that it would not require such a drastic reorientation of postures that the US-China rapprochement did.

Favourable Winds for New Delhi

8. The unfolding post-pandemic world will offer New Delhi plenty of opportunity. In order to seize them, New Delhi must be competitive, not just in an economic but also in a geopolitical sense. This implies, as S. Jaishankar has indicated, "taking risks" rather than being overly cautious. New Delhi throwing its weight behind the Quad is a step in the right direction, although by itself, participating in a few naval exercises is going to accomplish little. New Delhi can be open to more plurilateral arng and overcome its fear of castigations from China with a more pronounced tilt to the West.

9. If New Delhi is to think bigger, it can get into a closer relationship with NATO without necessarily becoming a full alliance partner, but cooperating on missions where it too has an interest. Moreover, if the "new normal" is about the interpenetration of economic and security issues, India can take an active role in

shaping an alliance of "techno-democracies", and thereby benefit from technology transfers. It must also participate in free-trade arrangements with friendly nations and blocs – such as the European Union, the United Kingdom, and the US – which will require it to forego its current turn towards protectionism and build economic competitiveness instead.

10. While New Delhi looks at external factors constraining it – such as Beijing's actions on the LAC or backing of Pakistan's grey-zone tactics – it must also pay attention to internal factors that could be more easily addressed. There is also a democracy deficit to address. Not only does this impose reputational and soft power costs – it is hard to insist on a rules-based order internationally if that is loosely observed at home . As former Indian diplomat Shivshankar Menon has argued: "Today there is no distinction between internal and external ... they are all a part of what kind of India we want to build."

11. From New Delhi's perspective, global geopolitical winds are fair at the moment, with the end of half-a-century of US-China rapprochement that placed it in the shadow. But the ship of state has sprung many leaks which must be repaired if New Delhi is to ride the favourable winds. It could just turn the pressure it faces from Beijing to its favour, as such pressure serves to focus its energies, activates the antibodies within its system, and "grow by leveraging the international system" as Jaishankar puts it.

Maj Nikhil Maurya
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VOICE OF THE GODFATHER OF THE JUNGLE

Any jungle without me loses its charm. Any jungle without me means that the forest lacks in its wealth. Any jungle without me makes the people lose their wish to visit the place. Any jungle without me shall be considered as not a true forest in nature. Any jungle without me is not diverse Native vegetation. Do you know who I am?

I am the Godfather of the jungle. I reside in a large part of the South Asiatic Sub-Continent. I have my cousins living far away from me in Africa. I am present nowhere else just for the fact that not every place is blessed with my presence. I have been the idol of so many countries along the south of my continent. I am the national animal of Taiwan. According to the Ashoka pillar the nation is guarded by lions from the north, bulls from the west, horses from the south and by me from the east. Do you know who I am?

I guarded my masters with all my strength. I fought so valiantly and bravely that my participation has even turned the course of wars at many instances. There has been no match for me in Ancient wars. I am considered a pride from the past as even in the Ancient myth the King of gods acquired me in white color. Do you know who I am?

I defend myself with two ivory tusks that demolish anything and everything ahead of me. My legs are so massive that anything beneath my foot could be crushed at the very instant. My trunk is so strong that it breaks anything ahead of me and could lift heavy objects. My skin is not in white as mentioned in the Myths of King of gods, but it is in grey. It

is so strong that it could not be penetrated that easily. Do you know who I am?

I am the Elephant.

Am I really treated as royally as I really deserve by you humans? Absolutely not !!!!! Your race is a disgrace to the earth. Your race is selfish and you don't allow any other to live in peace. You destroyed my home. You destroyed my food and now you started destroying me. I still don't understand many things and I want you to clarify for me. You have destroyed my home. I have nowhere left to live. You have destroyed my food. I have nothing left to eat. You caused all the water in the forest to vanish. I have left nothing to drink. Now you started killing me. Why do you kill me? I still wonder what pride you would obtain in possessing my tusks. You people consider shooting me with your rifle is the only thing that kills me. Definitely not!!!! You are killing me in loads of ways.

First of all you destroy my vegetation. You destroy my home, food and water. What am I supposed to do without all these? Secondly you imprison me for your nasty reasons such as temple festivals and marriage ceremonies and so many other stuff. The worst part is that you call me a mad elephant when I try to break free and run away. If I am mad when I try to break free and run away or I enter your place then I could call you mad all along. You enter my place and destroy it and that makes you mad too. It is the reason why I entered your place. Next of all, who are you to imprison me? I wish that humans understand that the world is not just their place to live and destroy.



I would like you to know my habits and what activities of yours are making my life hard. The primary reason would be invading my corridor. I travel a lot. It is because I eat 30 kg of solid food a day and drink 70 liters of water a day. I travel because I do not clean up the forest by eating and dry the lakes or rivers by drinking. So I travel a usual route of 300 km back to back all my life. What am I supposed to do if you build up hotels, roads and all sorts of infrastructure just for you and ignore us? Now lately an announcement has been made in the meetings of clowns that a railway track is to be built through Sathyamangalam forests which is the prime corridor not just for me but 2500 of my clan. The speeding trains have already destroyed 20 of my brothers in Uttaranchal state. Why don't you learn from your mistakes? Do spare my life at least now. As 277 bridges have to be built, 138 curves created and 61 tunnels dug up, the number of men and machinery that will move into the elephant habitat will be huge. If you move your population into my home, where would I go then? Do you want my clan to be wiped out from your speeding trains?

This is my plea to you. Please do not build the rails through myThis is my plea to you. Please do not build the rails through my home. I don't want my brothers or sisters or kids to get killed in these. What more do I ask you? Just not to destroy my habitat and disturb my life. Is it a sin? Do hear me for now at least. Your plans are ambitious, but not at the cost of my life. My final word to you is just this: "Save my clan by stopping this Railway project".

Mrs Nagajothi
Wife of Maj K Amrithraj, SM
DSTSC(Army)-04

THE JUDGEMENTAL WINDOW

- Judging others has good and bad sides. When we make choices based on observing and evaluating other people, we are using an important skill. When we judge people from a negative perspective, we are doing it to make ourselves feel better and as a result the judgement is likely to be harmful to both of us. Nevertheless, we as human being have the tendency of forming an opinion about others while we completely ignore the aspect that by doing this we are defining someone based on our experience, our philosophy, our limited knowledge & most importantly based on our own set of principles which may itself be questionable.
- One fine day, one of my peers while making a remark on the other says that he is very judgemental. Though I could not understand what he exactly meant to say but there was another thought in my mind that hasn't he himself has become judgemental by passing on such a remark? If we really introspect ourselves then we would realise that we jump to conclusion at faster rate & get involved in issues way too soon similar to valence electrons tending to complete their octet. In many cases one being patient seeks to understand the problem first; eventually discovers that there is very little he or she has to correct others rather than correcting himself or herself. Many issues have a way of working themselves out without the need of anybody's extra help. Though its very difficult to change one's opinion but this story might help. So here it goes...
- A young couple moves into a new neighbourhood. The next morning, while they are eating breakfast, the young woman sees her neighbour hang the wash outside. That laundry is not very clean, she said, she doesn't know how to wash correctly. Perhaps she needs better laundry soap. Her husband looked on but remained silent. Every time her neighbour would hang her wash to dry, the young woman would make the same comments. About one month later, the woman was surprised to see a nice clean wash on the line and said to her husband: "Look! She has learned how to wash correctly. I wonder who taught her this." The husband said: "I got up early this morning and cleaned our windows!"
- And so it is with life: "What we see when watching others depends on the purity of the window through which we look. Before we give any criticism, it might be a good idea to check our state of mind and ask ourselves if we are ready to see the good rather than to be looking for something in the person we are about to judge." Many of the things aren't the way they look. Things are manipulated, de-shaped before they actually appear. Thumb rule is to be patient, take your time, understand things first than to react. Seek to understand first that's what is expected out of a leader.

MAJ AJEET KUMAR YADAV

DSTSC (Army) - 04

Do Fitness Trackers Lead to Better Fitness?

- Despite surge of activity trackers and fitness bands in market there is actually little evidence that shows they can improve your health. Although it would be easy to blame trackers themselves I think there is more to this issue than simply inaccurate data. Aesthetically flashy and geeky looking wristbands that promise to measure your heart rate, steps, sleep, calories burned, VO2 Max, SPO2 and even stress levels can be seen on everyone these days. And yet general fitness levels remain unchanged and cardiovascular diseases remain on the rise. How can that be?
 - Many fitness researchers and coaches believe that there is a disconnect between wearable "fitness tracker" market and how people are using them (or rather not using them). In a nutshell recording all that data doesn't necessarily lead to behaviour changes which in end is the real goal.
 - One perplexing study among many studies was published in September 2016 called 'Effect of Wearable Technology Combined with a Lifestyle Intervention on Long-term Weight Loss'. It showed that people who didn't use fitness trackers at all actually lost more fat (8 lbs on average) than their smartwatch wielding friends. Despite this and other evidence years later the fitness tracker industry is even bigger with more options to choose from and it shows no signs of slowing down. So what is the missing link?
- If you can't measure it - you can't improve it.**
- A business guru named Peter Drucker is often quoted as saying "If you can't measure it, you can't improve it." I am sure you have heard that quote somewhere at conference or read it on an inspirational poster on Pinterest. It is a good quote, and for the most part, I agree with it. Like any good sound bite it's catchy, motivational, and seems logical. But also as with many good sound bites it is missing the meat of the message.
 - Surely if Mr. Drucker weren't aiming for a pithy quote he would have gone on to say something like **"but once you measure it, you must put a plan in place to improve it."** And that is where I believe the biggest issue with the fitness tracker craze begins. We have a dizzying array of ways to measure our movement and exercise in different colours and styles to match our outfits but most of them provide little to no actual help or advice on ways to use those measurements.
 - **Do Fitness Trackers Help?**
 - The study concluded that adding a wearable fitness device to a basic fitness and nutrition program resulted in less weight (fat) loss over two years. In the study as mentioned earlier all 471 participants were placed on a low-calorie diet, given a fitness plan to increase their activity and had group-counselling sessions. After six months of that the researchers added telephone counselling sessions, text message prompts to get them moving and some additional study materials. At that same time some participants were told to start self-monitoring and self-reporting their diet and physical activity. Other participants (the "enhanced intervention" group) were given a wearable fitness tracker and the device's accompanying website to monitor their diet and physical activity. So the only difference between the two groups plans was that one group self-reported and the other used a fancy device. Sounds like a no-brainer for the fancy device group to succeed, right? And yet, the study concluded that adding a wearable fitness device to a slightly basic fitness and nutrition program resulted in less weight loss over two years. And the researchers wrote that "Devices that monitor and provide feedback on physical activity may not offer an advantage over standard behavioural weight loss approaches." This helps explain why in 2017 statistics show that one-third of people stop using fitness trackers within six months of buying them, and about half of all purchasers will

- Eventually abandon their device altogether. It's clear that they aren't doing their job. But what exactly is their intended job?

- **What Are Fitness Trackers Good For**

- Many athletes rely on wearing some type of tracker so that they can check up and track their workout or training sessions. For example if I am a coach and a runner I am coaching does not use a tracker and I tell him/her to go out and perform 3 x 800-meter repeats in Heart Rate Zone 4 sure I can trust her to nail the workout and proceed as planned. But if she is wearing a fitness tracker and I can see that her pace dropped significantly since the last time we did a workout of a similar distance in that same Heart Rate Zone I have some important information to work from. I can then make educated guesses about her recovery state, general health and fitness level. I can also take some time to study deeper into her mood, nutrition or even hydration state. The data is a wonderful stepping off point for me to analyse in detail.

- **Do You Need a Coach?**

- Now sure this could sound like a big advertisement but it doesn't have to be that complicated. It is possible for anyone to build a fitness plan and stick to it. And this may come as a surprise to you but it doesn't have to involve a device at all. Gasp! It is true. We have been an active and fit species for a very long time now. Heck, the ancient Greeks managed to invent the Olympics without a Fitbit strapped to their toga. So how do we do this?

- **How to Use Fitness Trackers Correctly**

- Since we have them we may as well use them, right? And by "use them," I mean use them correctly. So here are my tips to use your Fitbit, Garmin, Apple Watch, Polar, Suunto, MisFit, Moov, LG, Huawei, Withings, Samsung, or TomTom to create some real change in your fitness and wellness.

- **Do some research on the biometric data points you plan to collect.** You will be a lot more successful if you educate yourself. Simply knowing your heart rate, hours of sleep, or calorie burn rate isn't enough you have to know what those numbers mean and what they indicate.

- **Spend some time finding out what your baseline is.** Before you jump into a training program downloaded from internet or youtube, find out where you are at right now by simply going about your daily life and tracking it. If you are only walking ~5,500 steps per day now, don't immediately aim for 15,000. It is important to first know your current fitness level so you can avoid the Too Much, Too Soon trap and end up injured or sick.

- **Set a specific and quantified goal.** Not just "get in shape," "become leaner," "gain muscle mass" or "move more." Get specific with your fitness goals. Goals like: Be able to cycle to work three times per week, or be able to run 10kms in less than 55 minutes, or simply to add a serving of vegetables to your lunch and walk for 15 minutes after dinner. Find a goal that means something to you, and it will be easier to stay on course.

- **Lay out a plan to reach that goal.** Increasing distance or duration by 10% per week is a great place to start, but you can also do some research online and reference some other training programs to draw inspiration. Look at where you are and where you want to be and map out a plan to get there.

- **Monitor your data like a coach.** Use your intuition (and your gut) to interpret the numbers. If your heart rate is going up, but your pace is going down, it's probably time for a rest day (or two). If your speed or distance isn't getting any better, can you pinpoint what is going wrong or try approaching your training from another angle? Having that data means you can experiment on yourself and see the results of those experiments reflected in hard numbers.

- **Don't be afraid to readjust your plan based on the data.** You have the data, so use it to inform your plan in real time.

If things are going well and you feel great, try accelerating the curve. If you are tired and your numbers are dropping, perhaps you need to sketch out a new plan. I write my plans week by week so I can see the data before I lock in my cycling workouts. This is a perfect way to use those devices for the power of good.

• A Coach on Your Wrist?

■ Things are coming along, but we don't quite have a coach on our wrist quite yet. In the past couple years a few of the devices have started giving more "advice," but in my experience, it isn't quite there yet. I routinely ignore my Garmin's assertions that I need to take nine hours to recover from a workout that left me destroyed and obviously deserves at least 24 to 48 hours recovery. I also find motivate others off a ledge when their device predicts that based on their most recent workouts they should be able to run a marathon a full half-hour faster than their last personal record. As much as we want to believe it that magnitude of improvement is rarely ever true.

■ On the other hand, the 24/7 tracking software in my Garmin Fenix 5 has been doing a very nice job of ramping up my goal steps-per-day based on the previous days average. It is also good at then dropping that goal back down when I forget to wear the device for a few days in a row and it presumes that I have been hitting the couch. So, things are coming along but we don't quite have a coach on our wrist (or in our pocket) just yet. Seize the opportunity at this time when these devices are rampant and use it to educate yourself and unleash the athlete you know you have hidden inside you.

Maj Vijet Kurtkoti
DSTSC (Army) -04

करुणा आपदा

अनंत बेरुखी सर्द हवाओं के थमने के बाद आखिर बसंत से दीदार हुआ, नव वर्ष पुष्प सृजित हुए। नव जीवन के इस पुनः अवतरण में मालूम करो कौन है जो सफर में पीछे छूट गये। त्रासदी की भयावहता में कई सिसकियां हैं, जो दबकर रह गईं कौन है जो इन मजलूमों के हमदर्द बने जब आग की जद में पूरा कस्बा आ गया हो। कौन पोछे करुणा में डूबे माताओं के आंसू जब चित्कार मची हो हर एक परिवारों में। उनसे बड़े अभागे कौन हैं जो अंतिम सम्मान पा न सके, उन तैरती अधजली लाशों के वजहों को है कोई जो ढूँढ सके। आओ मिल बैठ कारण ढूँढे आपदा के आखिर किस हद तक नुकसान पहुंचाया गया प्रकृति को। पश्चाताप की ज्वाला में जलकर मिल नव आरंभ करें, अति लोभ लालच त्याग कर आवश्यकता को अंगीकार करें।।

Mrs Minu

Wife of Maj Abhishek Kumar
DSTSC(Army) - 04

IT'S NEVER TOO EASY

It's Never Too Easy....

It's never too easy to be with a Soldier..

It's never too easy to hold that hand once and let it go over and over again..

It's never too easy to wait for him in the shelter when he goes out there and braces the storm..

It's never too easy to hold onto that single hope in your heart..

It's never too easy when a creepy thought in your head makes its way through your heart..

It's never too easy to maintain your smile in front of your family when your heart inconsolably weeps inside..

It's never too easy to wait for that single call, wide awake, be it 2 or 3 just to know that he is safe..

It's never too easy to celebrate every special day without him by your side..

It's never too easy to know that he feels exactly the same way..

It's never too easy to see some news and being thankful to God that it was not him..

It's never too easy to connect to someone's loss and feel guilty to be happy at times..

It's never too easy to make your kids understand why their father can't be there for their birthdays, annual days, sports days..

It's never too easy to see your parents glued to TV sets when something happens out there..

It's never too easy to stop yourself from getting weak in the knees while seeing him after months & months of separation..

It's never too easy to watch him taking out his things from a suitcase in his own home..

It's never too easy to make yourself aware of the ready to go Shoes on your doorstep..

It's never too easy to bid that goodbye, give that final kiss not knowing when you will hold him again..

It's never too easy to be married to a Soldier..

Oh and yes my dear friend,

It's never too easy to enjoy those perks, facilities, parties and home at exotic places when you have to barter a piece of your Soul for that....!!!

Mrs Swati Kulkarni

Wife of Maj Milind Kulkarni

DSTSC (Army) - 04

THE WAY AHEAD OF CORONA

*Masking, sanitizing is now the new normal
Whether its casual, professional or anything formal
Coping up with 2 gaj ki doori mask h jaruri
Came across billions of lockdown stories*

*Empty roads and crowd too small
No trace of life outside, none at all*

*Every visitor as an unwelcomed virus we see
When can we really be free?*

*Now I desire for the days when I went off to work ,
bcz working from home is now a dream of a jerk*

*What could be the real time remedy?
Ask each citizen*

*Let us wait for the dawn of new era
Where we can start our new para....*

THE CROSSWORDS OF FAUJI LIFE

- The famous game of solving crosswords might just be a good time killer for many but for a fauji it becomes life. No, we certainly do not arrange letters to form meaningful words in given black and white boxes, but, we make these boxes and try to accommodate our entire lives in it . Still wondering what our black boxes are? They are none other than our very own black trunks with letters in white inscribed beautifully over them just like name, class, section and sometimes roll numbers mentioned over out book covers.
- The inseparable part of a fauji and a fauji wife, these boxes are true saviours. What would have happened to our entire house otherwise. Oh yes! surprisingly we have moving houses as they say 'home is a feeling '. So basically, our feelings travel across the country in our beloved trunks.
- Wait for the orders for move to come and first thing we do is to count how many more boxes we need. I would like to highlight that the climb rather jumps higher every time. How beautifully we add things to our houses since wherever we go first thing we do is to start discovering patent of the place and then the avidity to keep adding things never goes away till we are ready to stroll again. How can we resist? The different types of beautiful Sarees from parts of our country, the Crockery, the Glassware, the Handlooms, the Furniture and everything that exists in even the smallest part of the country. We cannot get over the beauty, we must take everything from everywhere, that's how we have reminiscence of the places right??
- Well ironically our crosswords are never truly enough to accommodate our add ons. So, every time that we prepare to move we require more of black boxes around than the additions that we have done to our home.
- And just like us our boxes are very high maintenance, treated with so much care, painted in black again to bring back their shine, giving them sunbaths and skillfully putting our identity over them.
- Biggest struggle is to decide what category to pack in which box. One for sarees or may be two, few for crockery, for handloom we need few others, some are required for the shoes too. Oh certainly husband doesn't want to give away his books and there is one needed for the husband too. Also, soon our kids also get to one of these assets too.
- Almost every two to three years our crosswords suffer separations, they drift away from one place to another as the man of the house proceeds on field posting, locations where he cannot take family along. As we move away in different directions our black boxes get scattered too.
- Some accompany the husband while maximum remain with the woman on the thrones of the house and here her struggles begins again, only this time alone.

- How we count each moment to see those boxes reunite with us is beyond what can be put into words. Move to field comes with additional challenges, some crosswords remain unopened as we don't need it till we go to a peace station again .
- Thankfully, our crosswords are a little flexible as they don't mind getting decorated with beautiful covers and some cushions and arranged as seating alongside our sofas. However, the delayed opening of these boxes definitely worries us when it's time to open them again, since we never know what we have left unattended inside.
- Our puzzles don't always move with joy of togetherness or sadness of separation, some of them come home as a mark of devastating news. The last ones, the ones that lose their owners in action, the ones that come back with just tricolour, the ones that are handed over to the grief stricken family with the proud memory of the sun of their lives. These occupy the most sparkling corner of the heart since they carry the story of someone's life, of everything boxed inside
- The perfect companion to a fauji and his family these crosswords never disappoint. They travel far distant locations with us, they shield our houses, they protect the best collected from lengths and breadths of our country, they endure our shady stores and they carry some soil from every home that we ever had and every corner of the country we ever went. They might take good amount of our lives to solve but we still love to shuffle them to join our moving home.

Mrs Shruti Gairola

Wife of Maj Anshuman Gairola

DSTSC (Army) -04

आज़ादी की सुबह



भोर वह एक नयी थी,
आज़ाद किरणों ने रंगीली कलियाँ खिलाई थी,
उन्मुक्त पवन ने तमाम गलियाँ महकाई थी,
बगीचे में चहकते उन बच्चों को क्या पता था,
कितनी कुर्बानियों बाद ये सुहानी सुबह आयी थी।

प्रफुल्लित चेहरे और साफ़ सुथरे कपड़ों के पीछे
बदन पर छपे ये दाग कुछ और ही बयां करते थे,
कहने को तो वो मिटटी के आम इंसान ही थे,
पर इस उज्ज्वल प्रभात की आशा रखे,
लहू, पसीना निश्चित ही बहा दिया करते थे।

वो जीवित तो तब भी थे, ज़िम्मेदारियाँ भी इतनी ही थी,
पर जज़्बा वो अलग था, जूनून एक नया था।
रात के अंधेरों की मोहताज संगीन महफिले थी,
इन्ही जोशीली सभाओं में मस्त थी योजनाएँ और चिंतन,
धरती अपनी, ये देश अपना ! फिर क्यों सहें ये बंधन।

ज़ादी तो दिला दी उन वीर सेनानियों ने,
देशवासियों ! अब बारी हमारी तुम्हारी है,
दूर भगाना है गरीबी, भेदभाव और हिंसा को,
प्यार और भाईचारे से उन्नति की राह दिखानी है।
प्यारे बच्चों हँसते चहकते रहो, अभी पूरी दुनिया
सवारनी है।

Sqn Ldr Ravinder Kumar
DSTSC(AF)-04

राह बनाता चल।।

साहस तेरा रंग लाएगा, पथ की ठोकर ठुकराता चल।

मर्यादा की परवाह ना कर, चल राही राह बनाता चल।।

रोंकें तपते अंगार तुझे, या नरसिंही हुंकार तुझे।

बाधाओं का हो चक्रव्यूह, बन अभिमन्यु तू भेद उसे।

स्वच्छंद गगन पर अरुठा ध्वज, अब निर्भय हो फरहाता चल।

मर्यादा की परवाह ना कर, चल राही राह बनाता चल।।

गम के बादल तो छाएंगे, तेरी आशा के अम्बर पर।

सब यूँही कहर बरसाएंगे, पर रुक मत जाना तू डरकर।

जो दे काँटे तुझे, देकर फूल उसे, सब की छाती पर छाता चल।

मर्यादा की परवाह ना कर, चल राही राह बनाता चल।।

जब जीर्ठा हो चलें युग युगंत, हो छाईं लाशें दिग दिगन्त।

पीड़ा का ना हो कोई अंत, इस अनल में जल तू दीपक बन।

अपने प्रकाश की गरिमा से, तू सबके घर चमकाता चल।

मर्यादा की परवाह ना कर, चल राही राह बनाता चल।

साहस तेरा रंग लाएगा, पथ की ठोकर ठुकराता चल।।

Maj Sayan Mitra

DSTSC(Army) -04

CHEF'S CORNER

HYDERABADI CHICKEN DUM BIRYANI

Ingredients For Hyderabad Biryani Masala

Bay leaves 2, Cinnamon stick 2, Cardamom 6, Black cardamom 1 (Small), Star anise 2, Cloves 8 Nutmeg 1/4-piece, Peppercorn 1 Tsp, Fennel seeds 1/2 Tsp, Cumin seeds 1/2 Tsp.

For Chicken Marination

Chicken 750 Grams, Ginger & Garlic Paste 3 Tbsp, Salt Chilli powder 2 Tsp, Turmeric powder 1/2 Tsp, Coriander powder 1 Tsp, Ground Biryani masala, Lemon Juice 2 Tbsp (From 1 1/2 lemon), Mint & Coriander Leaves (Chopped) 1 Cup, Green chillies 4-6, Fried Onion 4 (Use half and save remaining for later), Ghee 2 Tbsp, Curd or Yogurt 1 Cup.

For Rice Cooking

Basmati Rice 3 Cups Water, Bay leaves 2 Cinnamon stick, 2 Star anise, 1 Cardamom, 3 Cloves, Salt, Shajeera 1/2 Tsp, Oil 3 Tbsp.

For Hyderabad Dum Biryani

Fried onion, Saffron milk 1/4 cup, Mint & Coriander leaves (Chopped), Ghee 2 Tsp.

Process

- ❖ Marinate chicken and cover with plastic wrap and leave for at least 4 hrs.
- ❖ Wash basmati rice and soak it in water for 30 minutes. Boil water in a pan and add all ingredients. Add the rice and cook it approx till 70% (Rice is hard but breaks with finger).
- ❖ Prepare a Biryani pot by pouring marinated chicken, add the first rice layer, add fried onions and saffron milk. Add a second layer of rice, pour 2-3 spoons of water from the rice pot, crushed onions, saffron milk, 1 Tsp ghee.
- ❖ Cover the top with aluminum foil, cover the lid, cook on old tawa for 10 minutes on high flame and another 30 minutes on low flame, rest for 10 mins. Garnish with mint and coriander leaves and serve with Curd raita.



Lt Col SK Mohanty
Army Faculty

HAKUNA MATATA - AN AFRICAN MEMOIR

I have been a wildlife lover since my childhood and correspondingly an Africa fanatic. Nat Geo was my channel of choice and till my matriculation, seriously thought studying geography would land me a career there. But like most bengali children, my fate was ordained at birth – “engineer or doctor” and engineer I became as my elder sister chose to become a doctor. Yet the “Farhan Qureshi” never died in me and I picked wildlife photography as hobby. Obviously, I visited the beautiful South African country of Namibia too. But then Air Force and almighty intervened, I got a posting and the rest is history. Below is a small adieu, to the wonderful country, the land of my dreams, which I had penned on return. Also, “Etosha” – the protagonist below is a national park in Namibia, one of the largest in the World and most beautiful too.

It has been close to 40 days since I left Namibia and finally I could muster enough coherence to pen a few lines for Etosha in all my limited literary capacity. We met for the first time 04 years 3 months and 15 days back on the very first day of my maiden African trip. It was supposed to be the first and last time we met. It was supposed to be the last time I visit Namibia. It was also supposed to be a fleeting glimpse of your ethereal beauty. But won't life be very boring if everything happened as "it was supposed to be"? Hence providence sprung a pleasant surprise and fate brought me back to my dreamland a year later on a 2-year assignment which would ultimately extend to 27 months.

After all it's not for nothing that Paulo Coelho said "When you really want something, all the universe conspires in helping you achieve it".

Hence "our" love at first sight translated into a romantic sojourn lasting over 04 years, 08 trips and 22 nights. 22 days of pure bliss it was and 22 nights of nature's lullabies. But that's another story, the present one is about my very last visit and how she bade me goodbye. Also, how I knew it was not a one-sided romance?

In a world ravaged by pandemic, travel is uncertain at best. So my return from Namibia was not only doubtful but fraught with extreme disquietude. Cancellation of flights, suspension of routes, requirement of negative test report were just a few of the precarious predicaments casting a spell of fickleness on my return plans. Further the fact that my stay had already been extended once before, also weighed in. However, beyond all these uncertainties, Etosha gave me a farewell like no other and also signalled the end of my Namibian sojourn, 20 days before I actually left. Just like my very first evening in the park 4 yrs back, I was gifted with the rarest of Etosha's gifts on my very last evening, a sighting of a beautiful leopard at Goas.

All regulars at the park would vouch that leopard sightings are the most special and rare at the park. This was only the second time I was seeing one in 04 years. Incidentally, my Etosha leopard sightings have happened only on my very first and last day at the park over a gap of 4 years.

Hence, I took this as my farewell gift from Etosha, a way for her to bid goodbye obviously not to mention that I got some of my best leopard photos in those 30 secs. Who says nature does not speak back? it does to people who know how to hear her. That was not all, I was presented with another leopard sighting an hour later, my second in a day, Etosha was indeed returning my love and I could not be happier. My visit ended with a few more unique events and Etosha went all out to make my final goodbye a memorable one. Lions walking on the road at midday to give me unobstructed head on shots, huge elephant herd accompanying me till the main gate were not just special sightings but an unspoken adieu. Our silent exchanges caused the loudest elation of gratitude in my heart.

Last but not the least, as the saying goes you may leave Africa, but Africa never leaves you. So, every time I think about Etosha my Garmin tells me that my heart does skip a bit. Also, not to forget the fact that as part of my job assignment, I was involved in keeping the park safe from poachers so may be when the last rhino left the lighted up waterhole at our camp after having his fill at midnight, he did blink an eye at me to say thank you. Or was it my imagination as I stood alone beneath the starry skies one last time?

A few photos and short poem by Bridgett Dore sums up the essence of my memories Africa. And Africa smiled a little when you left.

“You cannot leave Africa,” Africa said.

“It is always with you,

There inside your head.

Our rivers run In currents In the swirl

Of your thumbprints;

So, Africa smiled a little when you left.

“We are in you,” Africa said.

“You have not left us, Yet.”



Wg Cdr Joydeep Chandra
DSTSC (AF) -04



INVALUABLE WORLDLY THINGS, ITS TIME TO WAKEUP...

I woke up one fine Sunday Morning, having dreamt early morning at 4 AM. I was in the biggest Mall in Pune looking to buy a pair of Trouser and a Necktie for the formal dress Days.

As I walked in, I noticed a Shirt with a price tag of Rs 10,000 .Next to the sweater were a pair of Jeans for Rs.15000/-. The socks were Rs.12,000/- and Tie for astonishing Rs 16,000 /-.

I went looking for a salesperson and found one in the watch Dept.

He was showing a man a Rs. 225/- Rolex watch. I looked in the glass case and there was a 4-carat diamond ring also on sales for Rs.195/-

Shocked, I asked the salesperson "How could a Rolex watch sell for Rs.225/- ?, and a cheap pair of socks sell for Rs. 12,000/-"?

He said, "Someone slid into the store last night and changed the price tag on everything ".

"Everyone is confused; people are acting like they have lost their sense of value". "They are willing to pay lots of money for things of little value, and very little money for things of great value"

"Its like they don't know what is really valuable and what's not " . I hope we get the price tags back-on right soon, I really pity, seeing people paying way too much for things of little value"

I woke up startled & confused and thinking since then....

Maybe our life is like this dream.

Maybe someone slid into our lives and changed the price on everything

Maybe they marked up the value of competition, position, titles, fame , promotion, show-off , money and power !

...And put a huge discount on the value of Happiness, Family, Relationships, Peace of mind, Contentment, Love, Knowledge, Kindness, Friendships...

Maybe We are all living this dream... I hope..... we wake up, well in-time.

May be COVID Pandemic was an awakening call by nature

Then I thought to myself, at least now we are at an institute, where there is importance for Knowledge and Quality Time.

Neither before in tenures nor after... are we going to get such a wonderful time in our Uniform with quality family and friends time while we acquire right balance of epitome of Technical and Tactical Knowledge.

Dear students at this prestigious institute,
Let's All Make Best of the Time in MILIT...



Maj Jilu Jacob
DSTSC(Army) -04

RULES & PRINCIPLES: UNDERSTANDING IT IN INDIAN CONTEXT AND APPLICABILITY TO MEN IN UNIFORM



RULES SHOULD NOT CONTAIN LIFE, BUT LIFE SHOULD CONTAIN RULES

Applicability to Men In Uniform

- “*Narada* was bestowed with the power to travel in space and time. One day, he decided to pay a visit to *Ayodhya*, the city of the ‘*Rule-following Lord Ram*’, and *Vrindavan*, the village of the ‘*Rule-breaking Lord Krishna*’. At *Ayodhya*, he told the story of *Krishna*; the residents did not appreciate the rakish, mischievous cowherd at all. He is not serious at all, they said. He then went to *Vrindavan* and told the story of *Ram*; the residents disregarded the righteousness. How can he leave Goddess *Sita* merely for sake of being upright, they said?”
- This leads the thought pondering for a quest to unleash the dichotomy of who is right: *Ram* or *Krishna*” synonymous to ‘*Rules or No Rules.*’”

Rules and Principles

‘*Principles*’ and ‘*Rules*’ are often misunderstood for being adopted as guiding parameters by virtue of dichotomy based on ethical righteousness. This translucent perspective may lead to varied perceptions and generate ambiguity.

While discussing rules and principles, often they are conceived as recent developments. However, history has evidence of theirs being in existence since time immemorial. After the life originated and evolution was on its way, at some point in time there would have emerged certain principles which were based on but not restricted to nature, life, mutual existence. Further down the lane, to uphold those principles certain rules were framed. The Principles and Rules needs to be understood in totality prior to commencing the analysis and culminating to a verdict.

There are three constants in life- change, choice & principles. Stephen Covey

‘*Principles*’ are essentially the fundamental ideas that govern an individual’s thoughts initially and subsequently, his behaviour. The principle states a reason that argues in a unilateral direction; however, it does not prescribe a particular decision as principles have less specificity and may lead to conflict of thoughts. Commanders at all levels and decision-makers must assign weight to principles to resolve such conflicts.

'Rules' on the other hand, must be complied with because it is assigned and agreed within a community/ organisation. They are applicable in "all or nothing fashion" i.e., either the rule is valid, in which case the answer it supplies must be accepted, or it is not, in which case it contributes nothing to the decision. Thus, rules prescribe relatively specific acts with absolute transparency .

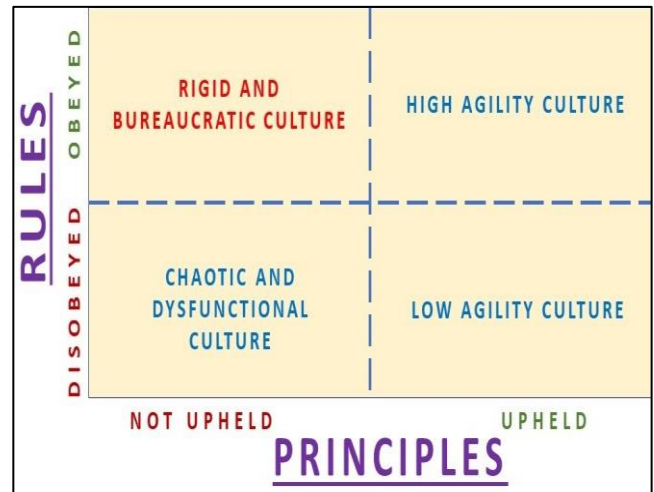
Interrelation Between Principles and Rules

Although both determine the way an individual acts and therefore influence decisions, but they vary fundamentally. The rules are imposed in an extrinsic manner and must be obeyed to avert incurring any kind of penalty (a punishment, a fine, etc.) whereas principles are internal, and forces to act what is veracious under any condition.

The relationship of "Principle to Rule" is akin to what "Plan is to Blueprint", the latter being an exhaustive arrangement of the former. As the complexity increases, 'certainty' progressively moves from being positively associated with the specificity of the act mandated by rules to negative association with rule specificity. What is required to be understood, is principles are exhaustive and may vary in comprehension with different individuals whereas rules are easy derivations of the principles. In addition to this fundamental variation, the principles are the source with an aim whereas rules are somewhat the most accepted approach to that principle. Rules provide an easy guideline which when followed religiously will honour the principle. Rules may differ from place and time, but the principle will have a certain stability in a wider environment.

For assimilation, we may consider an instance of the road traffic for both motor vehicles and pedestrians. Principles are no loss of life, smooth traffic flow and optimise time management. Subsequently, traffic rules are introduced to achieve these principles by amplifying

them as clear set of instructions. At the same time, the rules of an 'expressway' will be different than the rules of the 'hectic city street', however, upholding the same set of principles.



As mentioned earlier, the rules and principles pre-existed since time immemorial. When the society evolved, there were principles of coexistence and rules based on nature, what we call as 'Sat Yuga' guided by no violation of principles by following the rules. As per mythology, the principle is nothing but 'Dharma'. Dharma should not be taken as a religion but righteousness. All those laws and statues are given the name of dharma which holds society and the individual i.e. which keep him on the right track and defend him. In this, it is dharma which is the binding fabric of moral system.

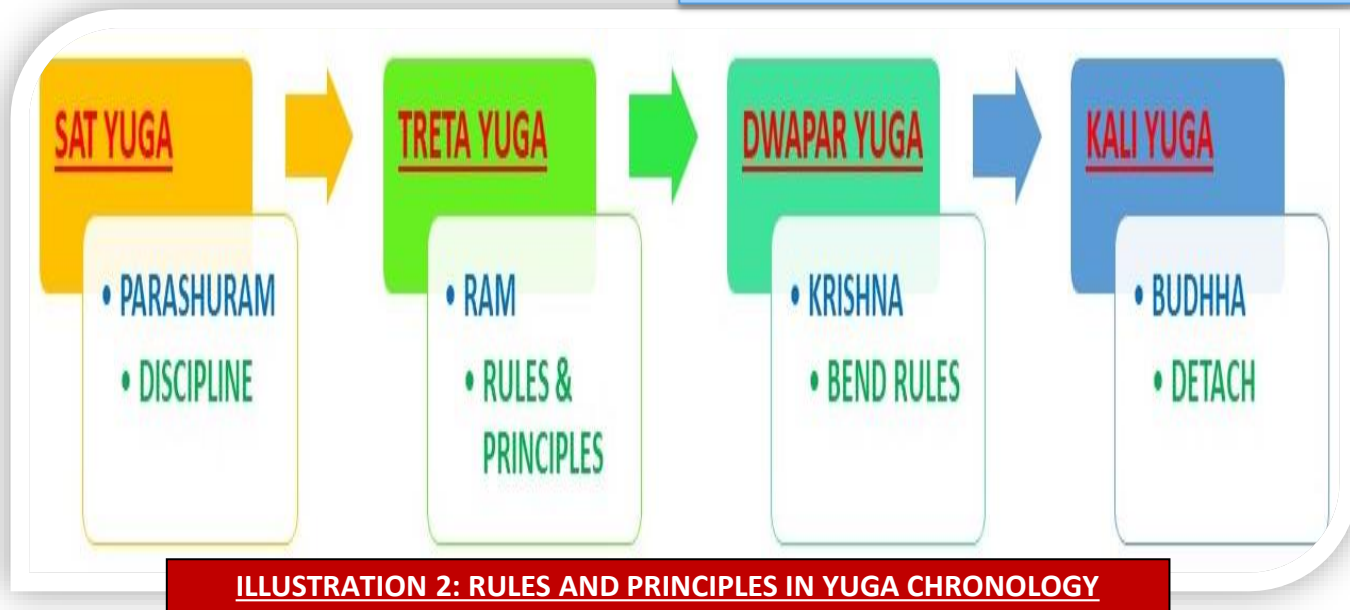
Subsequently, in 'Treta Yuga', conflict evolved between Lord Ram- who followed rules as well as principles and Ravana-who disregarded both. Ram was upholding 'Dharma' or 'principles' yet staunch follower of rules. Rules were in evolving stage in society and he led by example and thereby earning coveted title of 'Maryada Purushottam Ram'. Later in the 'Dwapar Yuga', the rules became rigid and the principle or dharma lost in sights subsequently dissolved. In context of Mahabharata, where on one side Duryodhana, upheld all the rules but in doing so disregarded all the principles.

On the other side, we see Krishna who manipulated the rules to his understanding to uphold principle or dharma.

- So, what is the difference between Ram and Krishna i.e. the Rules and Principles? One context demands the upright rule-following Ram and the other mandates to be the lovable rule-breaking Krishna. Both seemingly appear similar but quintessentially differ. Both are upholding social order, dharma; one by keeping the rules and the other by breaking/manipulating them.

These statements are substantiated by incidents which can be observed around us and few are as enumerated below:

- People break rules. Often being in a senior position (it is always relative) is an excuse to break rules.
- The idea that rules are made to be broken.
- Nobody sees me so I can bend/ break rules.
- 'My life, my way' syndrome.
- I can't do anything, rules say so.
- I know what you say is right but I am just following the rules.



So, it concludes that the principles are greater entity & rules are subset of the same defined in specific terms.

Relevance In Present Context

As military officers, we emphasise thorough read of Military History, Weapon Technology, Tactics, Operational arts, and so on. The discussion on the rules and principles seemingly appears to be out of context but it is indeed the bedrock of application of knowledge and strategy in practical domain.

In the present context, we seek people who seek compliance and disregard upon people who differ.

So, the question that presents itself is: Should we endeavor to become Ram and follow the rules or should we become Krishna and break/ manipulate the rules.

Applicability To Military Officers

- The dichotomy between rules and principles is an integral part of the life of every one of us. Whether we are deployed in Counter Insurgency operations, peace time locations or non-fighting formation, conventional conflict or tenantry staff appointments and commanders at all levels, we all indeed face this conflict.
- There is an increasing tendency of breaking rules and questioning the order. There is always a battle within us for being Ram and Krishna.

- ❑ We all want to be Krishna and want others to be like Ram, without really understanding what it means to be either. But being Ram or Krishna is not about whether rules are upheld or broken; it is about the ‘reason’ or ‘jus cogens’, why these are orchestrated.
- ❑ So, we need to focus on the principle driving the rules. Be it an Operational domain or mundane situation, we must sincerely endeavour to understand the ‘principle’ in true essence of its derivative i.e. ‘rule’. However, it may seem easier in initial comprehension but it’s execution in entirety is indeed challenging and needs persistent determination. The correct understanding of the principle will bring the best out of oneself; and an erroneous assimilation may even lead to disaster. Therefore, to achieve desired results mandates execution with surgical precision with persistence.

Rules play a pivotal role when the principles appear to be translucent. Sometimes commanders prefer to regulate all aspects of work rather than creating a culture based on certain values. Rules are easy to impose, but the costs of managing them are high. Principles must be built and set by example. Commanders at all levels must understand that working under rules is a source of stress. Working under principles is natural and requires no or little effort.

ENACTMENT COMMENSURATE TO PREVAILING SITUATION

When the type of action to be regulated is simple, stable, and doesn’t involve high stakes, *rules tend to regulate with greater certainty* than principles. This situation generally presents itself to lower levels of leadership. When the type of action is complex, changing, and involve high stakes *principle tends to regulate with greater certainty* than rules.

Characteristics	Principles-Based	Rules-Based
View of Quality System	Integrated & Systemic	Standalone & Ad-hoc
Focus	Improvement	Compliance
Feedback	Formative	Summative
Improvement Objective	Continuous & Contextualisation	Static & Standardisation
Reference	Framework & Non-Prescriptive	Standards & Prescriptive
Assessors	Skilled Peers	Technical Experts
Assessment Climate	Mutual Respect & Trust	Fearful and Suspicious
Motivation for Assessment	Intrinsic	Extrinsic
Methodology	Assessment or Evaluation	Audit

Adapted from source: “Principles-based accreditation: the way forward?” by Lindsay H Heywood

ILLUSTRATION 3: EVALUATION OF PRINCIPLE VS RULE BASED CULTURE

When we as an organisation have firmly established trusted principles, then it’s not necessary to create comprehensive rules. Troops and subordinate commanders can act with substantial freedom because they know that their behavior and their decisions will always meet certain standards.

In fact, in such situations, binding principle backing non-binding rules tend to regulate with greater certainty than principle alone.

Implementation of rule vs principle theory in complex military environment will require an elaborate knowledge of the operational situation and possible actions with their consequences.



and
always

It may not be simple as it will include numerous intangibles cloud of rule vs principle will be there and commander present should take a wise decision. As a general guideline, at junior or tactical levels following the rules will automatically lead to adherence to principles in most of situations and violations must be weighed against the stakes and if necessary, deviations to uphold the principle should be taken. For mid or operational levels, understand the principle and assimilate the rules and act in a manner that even if a rule is required to be broken/bend the principle is upheld. For senior or strategic levels, principles should be the guiding beacon. Staff officers at all levels should translate principles accepted and dictated by commanders to come down to certain rules which may be promulgated to lower formations. Staff officers may also help subordinate commanders to understand the higher commander's directions and clarify the broad spectrum, not restricted to rules, where they may operate with significant freedom.

Conclusion

All ranks of Indian Army must devote attention to these aspects. Familiarisation to elementary principles and rules must be carried out as a bedrock during training at Pre-commissioning training academies and Regimental Centres. By virtue of being an evolving process, adequate emphasis needs to be laid with due deliberation to enhance awareness of the principles, values, and standards that govern our life and work within the organisation and society as a whole. These set of values and principles must percolate down to section,

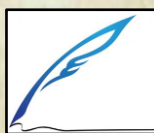
platoon, company, battalion and formation.

If we intend to create something worthwhile then it must dwell upon the principles and crystallise as rules. However, simplified but not rigid rules will be a virtuous step in requisite direction.

In deciding who is right Ram or Krishna, we must understand that both Ram and Krishna are situational, and the guiding factor should be Lord Vishnu who upholds the Dharma sometimes by following rules as Ram and also by breaking rules as Krishna at times. The battle within should be settled by following Dharma or the principles as they are supreme and must be imbibed in a soldier to impart an ethically right decision based on varying situations posed in current scenario.

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THE MAN IN THE GLASS

When you get what you want in your struggle
And the whole world talks of you one day
Just go to the mirror and look at yourself
And see what the man in the glass has to say

For it isn't your father, mother or wife
Whose judgement upon you must pass
The fellow whose verdict counts the most
Is the one staring at you from the glass

He's the fellow to please, and not the rest
For he is with you, right up to the end
And the most difficult man to please
Is the man in the glass, your best ever friend

Many people might say you are wonderful
And others may call you a great guy
But the man in the glass says, you are a bum
If you can't look him straight in the eye

You may fool the whole world down the pathway
And get pats on the back as you pass
But your final reward will be heartaches and tears
If you have cheated him, the man in the Glass.....



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COVID DIGITAL SURGE: INADVERTENTLY WE BECAME TECH SAVVY

- The COVID-19 pandemic has led to an inevitable surge in the use of digital technologies due to the social distancing norms and nationwide lockdowns. People and organizations all over the world have had to adjust to new ways of work and life.
- An increase in digitalization is leading in firms and educational institutions to shift to work-from-home (WFH). Blockchain technology has become important and will entail research on design and regulations. Gig workers and the gig economy had increased in scale, raising questions of work allocation, collaboration, motivation, and aspects of work overload and presenteeism. Workplace monitoring and technostress issues has become prominent with an increase in digital presence. Online fraud is on the grow, along with research on managing security. The regulation of the internet, a key resource, will be crucial post-pandemic. Further, the issues of net neutrality and zero-rating plans will merit scrutiny. Digital money, too, assumes importance in crisis situations. Aspects of surveillance and privacy gain importance with increased digital usage.
- Within two months into the pandemic around 200 countries and territories in the world were affected by COVID-19. This included most urban clusters and even rural regions. With the spread of the pandemic, almost all regions have implemented lockdowns, shutting down activities that require human gathering and interactions - including colleges, schools, malls, temples, offices, airports, and railway stations. The lockdown has resulted in most people taking to the internet and internet-based services to communicate, interact, and continue with their job responsibilities from home.

Internet services have seen rises in usage from 40 % to 100 %, compared to pre-lockdown levels. Video-conferencing services like Zoom, Webex etc have seen a ten times increase in usage. Cities like Bangalore have seen a 100 % increase in internet traffic.

The New Normal

- The lockdowns across countries have entailed a rise in the use of information systems and networks, with massive changes in usage patterns and usage behaviour. Employees are adjusting to new "normals" - with meetings going completely online, office work shifting to the home, with new emerging patterns of work. These changes have come across most organizations, whether in business, society, or government. The changes have also come suddenly, with barely any time for organizations and people to plan for, prepare and implement new setups and arrangements; they have had to adjust, try, experiment, and find ways that did not exist before. It is in this context that we see the use of information systems to continue in the same vein for some time in the foreseeable future as during the lockdown.
- As the use of video- and audio-conferencing tools increases significantly, organizations had ramped up their technology infrastructure to account for the surge. This has lead to increased investment in bandwidth expansion, network equipment, and software that leverages cloud services. With employees becoming acclimatized to the idea of work-from-home (WFH), meeting and transacting online, firms will shift to WFH as a norm rather than as an exception.

This is being adopted by many firms which have the digital infrastructure in place to handle the required load and bandwidth.

- Education is another domain in which there a dramatic shift to the online mode of transacting. Since the beginning of the lockdown, schools, colleges, and universities around the world have shifted their classes to video conferencing platforms like Zoom and Google Meet. Along with these synchronous modes of teaching, asynchronous platforms like edX and Coursera have also seen an increase in enrolments. Some institutions are now shifting entirely to the online mode for the forthcoming academic year. Digital transformation technologies such as Cloud, Internet-of-Things (IoT), Blockchain (BC), Artificial Intelligence (AI), and Machine Learning (ML), constitute a bulk of the of what is being adopted by organizations as part of their transformation effort. Blockchain (BC) technology presents an opportunity to create secure and trusted information control mechanisms. As education and healthcare services witness a shift to the digital domain, BCs enable a way to secure and authenticate certificates, health records, medical records, and prescriptions.

The Digital Stress & Economy

- The gig economy is driven by online platforms that hire workers on an ad hoc, short-contract, and mostly informal basis. Well-known examples of these include Uber and Airbnb globally and Ola and Swiggy in India. These platforms have grown immensely since the wide availability of smartphones from 2010 onwards. During the lockdown, workers employed by these platforms have suffered heavily, as the demand for their services, taxi rides, rentals, or skill work, has disappeared. Further, since these workers had no guaranteed salaries, their incomes dropped dramatically.

In the post-pandemic scenario, there is likely to be, in the short term, a slow return of gig economy workers, as manufacturing and service firms return to their old activities.

However, we anticipate that in the longer term as the threat of infection and spread recedes, the gig economy will thrive. This will also be driven by the WFH culture.

- Another aspect of digital use by large sections of the working population is that of constant workplace monitoring and being on-the-job continuously. Those working from home using video conferencing technology find themselves under intense scrutiny and all interactions are “hyper-focused”. Digital technology makes it easier for bosses and managers to call and locate subordinates at any time, knowing that they can be reached at all times. Though there is anecdotal early evidence that this has led to an increase in productivity, it has also led to increased technostress where employees must learn new technologies, be available for work at almost all times, stay with digital devices all the time, and cope with multi-tasking. Post-pandemic, it is likely that workers' organizations will demand no-digital hours, where they will find refuge from the constant work pressure. Research may address the concerns of work equity, balance, and managing stress.
- Along with the surge in the use of digital technologies, we are now witnessing a rise in online fraud, scams, intrusions, and security breaches. The pandemic has created a scenario of insecurity that is inviting fraudsters to exploit the crisis situation by extracting money or information or by creating vulnerabilities.

Many users are beginning to rely on digital resources extensively, some for the first time, and are becoming targets for fraud and scams. Organizations and governments are aware of this threat and are taking countermeasures – for instance, some governments took a strong stand against Zoom sessions for education, forcing the platform provider to upgrade security. It is likely that these scams and frauds will increase in intensity after the pandemic. Organizations will implement massive security arrangements, along with extensive information campaigns by government departments. Security innovations and firms that offer security services will rise. Research will likely focus on managing security, assess the causes of breaches, and the economic and social loss from them.

- Digital payments and digital currencies are likely to have a key role in the post-pandemic situation. As digital payments are contact-less they will be encouraged by governments, and will likely see a surge. This will also be boosted by the gig economy and WFH situations. There are two distinct phenomena related to digital money that has aided the fight during the pandemic. First, banknotes and coins were suspected to be carrying the virus and digital payment was preferred to the 'dirty money'. Online delivery services were encouraging customers to make payments through digital payment systems like a credit/debit card or mobile payments, with mandates by the government in several parts of India. This resulted in a surge in digital payment usage, which will lead to work on the diffusion of digital payment technology. Second, during the lockdown, there was a loss of jobs, and governments provided aid through payment apps and digital payment modes. These are a convenient mode of fund transfer from donors to recipients, as seen in previous crisis relief cases as well.

Internet : The Winner

- Information technology, and particularly the internet, will remain central to the post-pandemic scenario, where innovations will drive the surge in use. A key aspect of this surge will be the management and regulation of the internet itself. Though the internet is a global resource and no one country can control its protocols and features, its local access and availability remain an in-country issue. During the pandemic too some countries have restricted access to the internet, for certain reasons.

The regulation of the internet will become crucial after the pandemic as it will remain a policy tool for governments. They can intercede on aspects of monitoring, bandwidth control, surveillance, intermediary liability, and e-commerce.

- Heavy use of the internet during the pandemic, for various purposes, has raised people's data requirements. With a significant digital divide in societies, this surge in the Internet data requirement has revived the discussion on zero-rating plans. Zero-rating plans enable firms to let users access data from their sites and services, without having to bear data charges. Usually, this is not strictly permitted as it violates the basic principles of net neutrality, where internet traffic has to have the same priority and cost.
- India, for instance, had an exemplary record of regulating zero-rating plans. Although the government did not permit the implementation of such plans, in the aftermath of the pandemic, the telecom regulatory authority of India (TRAI) decided to allow waiving charges for data and voice for certain websites. The list primarily consisted of the sites related to COVID-19 - such as the World Health Organisation and India's Ministry of Health and Family Welfare.

- The list also included some private players. The principal aim was to allow people, across all socio-economic levels, access COVID-19 related information.
- In current times, when the productivity of people depends significantly on the internet, its shutdown can be extremely detrimental to societies. However, internet shutdowns are not uncommon even in times like these. The internet was shut down in Kashmir, since August 5th, 2019 and continued till May 2020, making it the longest ever imposed in a democracy. Basic internet services, such as filing for driving licenses, were accessed by locals using the Internet Express, which is a train that shuttles Kashmiris to the nearest town where they can get online.

The Kashmir Chamber of Commerce estimates 140 Crore Rupees in losses owing to the internet shutdown.

- Issues of surveillance and privacy are gaining prominence with digital usage during lockdowns, as governments rely on digital means to monitor the spread of the pandemic. As many governments have started using apps on smartphones to monitor infected persons and trace their contacts, civil society organizations have raised privacy and state surveillance concerns. Post-pandemic, these measures of monitoring populations for epidemiological reasons with digital means are likely to continue and become prevalent. Though the concerns of privacy and surveillance are valid and have to be addressed, these digital platforms are the most reliable and efficient way of tracking disease spread.
- "Surveillance is a distinctive product of the modern world" and today we are living in a surveillance society where any internet-based activity using a mobile phone or other electronic gadgets can be monitored and accessed in unfathomable ways.

Covid-19 has introduced a new application of surveillance for tracking citizens with the symptoms of the virus. This includes the Covid-19 tracker in China, the Aarogya Setu app for tracking infectious citizens in India, and contact tracking apps in the United States. While these technologies are innovations for fighting the global pandemic today, the issue of government surveillance on citizens has evolved repeatedly. Closely related to surveillance is the issue of privacy that mobile apps, including Covid-19 trackers, often tend to threaten users' personal information. For example, online classes during the pandemic lockdowns have suffered issues of 'intrusion of privacy' as students and teachers are on camera in the private spaces of their homes. It would be interesting to examine the different privacy concerns of users while adapting both Covid-19 tracking apps, and online classroom applications. The risks involved in the breach of privacy by these two technologies are unlike.

Digital World : The New Research

There are many key factors for research and its implications for daily practice, outlined what we see as some key trends and research issues that need to be examined urgently. They will have substantial consequences in the future.

- While deploying security technologies like the blockchain, it will be important to understand the implications of smart contracts, their integration in workflows, and their effectiveness in complex resource-constrained settings, as in India. Further, understanding the implications of secure and non-erasable technologies like blockchains will become relevant for regulation.
- Many research issues arise with regard to work-from-home and gig work, which include aspects of trust, measurement of performance, communication effectiveness, and collaboration.

- It can be expected that the dark side of virtual work and gig work, will raise questions of stress, presenteeism, work overload, surveillance, and monitoring. New and severe forms of digital surveillance will have to be understood and their implications gauged.
- Though much work has been done in understanding the parameters and impact of the digital divide, it will be important to understand how those without access suffer more from the consequences of the pandemic when the world survives on digital communications and operations.
- Management of the internet within country is important, and aspects of enhancing networks include regulating zero-rating plans cautiously, seeing their implications for welfare, and how they can enhance access.
- Internet shutdowns during and after a pandemic lead to severe difficulties for citizens, who have come to depend on these services. Research has to examine the direct, second-order, and third-order impacts of these shutdown measures.
- Research on digital payments and their impact in crisis situations, for providing aid and subsidies to affected populations, and for disaster management.
- Surveillance issues about the extent of data collection by contact tracing apps are important areas of research. Issues of persistence and elimination of data, the expanse of data collection, sharing of data between apps, and the multiple trade-offs involved.

Implications for Practice

- ✓ Design of secure technologies, like blockchain-based applications, for the surge in online education and healthcare activities.
- ✓ Policy for regulating digital infrastructure needed for increased digital transformation.
- ✓ Design of technologies for managing secure online interactions – for education, healthcare, payments.
- ✓ Design of apps for contract tracing and disease surveillance that balances privacy versus public health.
- ✓ Managers will have to understand resistance to technology and ways to manage change, both among employees as well as customers.
- ✓ Given the significant role which the internet is about to play in times to come, Internet intermediaries will work with government and civil society to address privacy and surveillance issues for better adoption of technology.

We understand that a pandemic can have severe consequences, including changing the political contour of the world, destroying empires, and creating nations. For the Covid-19 pandemic, we envisage a dramatic shift in digital usage with impacts on all aspects of work and life. How this change plays out remains largely dependent on our responses to and shaping of the emerging trends.



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REVERSE AGEING

Ask most people if they'd like to live for a long time, and they'll say yes - but only if they can stay healthy. It's not an unrealistic fear, but what if you were in your 90s and had the energy and stamina of someone who is decades younger? What if you could still play a decent round of tennis? And what if it's not inevitable that your hair turns gray, your skin wrinkles, and your eyesight dims?

Don't think aging itself is bad - just its disheartening effects: frailty, immobility, a cascade of illnesses such as cancer and Alzheimer's disease.

Beauty, is not about chasing some sort of youthful ideal but about health and vibrancy: glowing skin, shiny hair, and a flexible, strong body.

Aging, is the equivalent of a scratched CD - the music is still there in our DNA, but our cells no longer read it. "The good news is that if the music remains, we should be able to polish the scratches away and get cells to work like they were young

Aging doesn't have to be that way.

There are genes that control how long we live.

Lifespan is 80% lifestyle, 20% genetics.



**REVERSE
AGING**



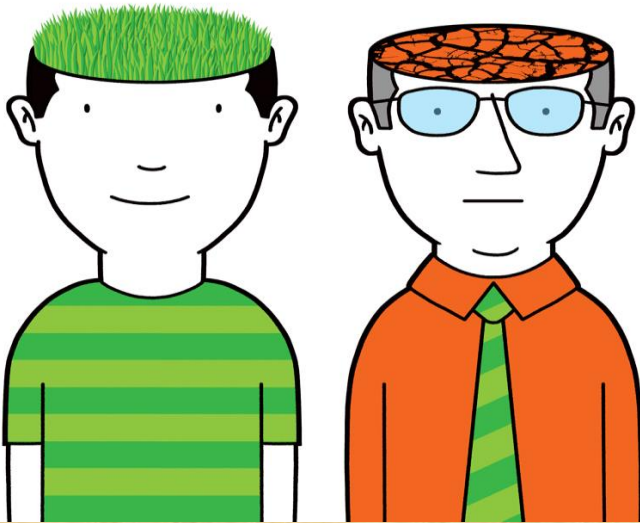
You can manipulate the genes that impact your lifespan both at a personal and lifestyle level. There's a clock in your body that can be reset. Aging can be reversed.

The information for your body to be young again still exists. The instructions are still in your cells.



If you live old enough, you're probably going to get cancer, because that's what eventually happens right? Something in your body is inevitably going to go wrong - whether it be your lungs, your bones, or your heart. Along with old age comes a motherload of other problems

But what we actually do to lower our Inner Age?



What we don't realize that we aren't leading a very healthy lifestyle. I thought that just by watching my fat content, I thought that not eating desserts was sufficient. And probably – actually I'm quite sure, I would still be oblivious to my biological age and that I was cutting a decade off of my potential lifespan.

There is no reason to accept ageing as inevitable, if a pill or a vaccine is not developed in the next 30 years to fight ageing, something must have gone terribly wrong.



Ageing is going to happen... We are not going to live forever... But can we try to live another 5 or 10 or 20 years longer, healthily? Absolutely... There is no law that says that we couldn't live longer. It was important to declare ageing as a disease so that governments change laws to treat it with medicines and more funds are accessible for scientific work.

It is possible a medicine against ageing was already among us. We just need to have more evidence that they actually work the way we are hoping. How to slow the process of ageing: don't eat three regular meals; exercise; lift some weights; use biomarker feedback; sleep well and reduce stress; and eat plants that have been stressed.

You may not want to skip breakfast, you may want to skip lunch or dinner... it's different for every individual. If you are young, this is probably not for you. Middle-aged people whose metabolism has slowed down should consider skipping meals strategically. Now the question of whether a vegetarian diet was better or a non-vegetarian regimen, "You do want your diet to look like what a rabbit might eat more than a lion."



Often, we think that we have reached our maximum life span as a society... that is not true... Over the 20th Century and continuing to today, there is a very linear and predictable increase in human longevity. Every time people have said that we have reached the maximum, we blow through that glass ceiling and we keep adding years to life. But they are not all healthy years.

We tend not to die as much as we used to from cardiac reasons, but the brain still ages at the normal rate and we don't do much about it... Our approach is to treat the entire body with medicines and lifestyles that will keep every part of the body healthier and more youthful. Around the age of 30, ageing starts to kick in.

We actually have in-built repair mechanisms that typically do a pretty cool job of keeping us young. But they can be brought to life and activated to keep us younger and healthier for longer. And we've all known people who seem to be immune to smoking and to aging; these are the people that through good genetics have very powerful defense mechanisms in their bodies. Whereas for almost all of us, our bodies are fairly complacent and it gets worse if we are sedentary and we don't eat the right foods in the right amounts.



First of all, don't smoke. We've all heard this before – cigarettes will kill you – but with the rise of smoking alternatives, such as vaping, this warning is still very applicable. The chemicals we put in our lungs have a significant effect on our body chemistry and health. Smoking damages cellular DNA and accelerates the aging process – it's undeniable.

Second, don't eat too much. And that doesn't just apply to the "unhealthy foods" – it applies to food in general. A healthy amount of intermittent fasting. Skipping a meal a day is okay, even if you're an athlete. Stop eating when you're about 60 or 70% full. We're conditioned to eat the food in front of us at a young age –

– who else was encouraged to have a "clean plate" as a kid? But fasting can help turn on those longevity genes.

Third is High Intensity Interval Training. In these moments of extreme physical stress and mental toughness, the body becomes hypoxic, which is another word for "lacking oxygen." When you're out of breath, your blood is flowing, nourishing your body, and those longevity genes are turned on. We need to be in survival mode to fight back against aging, but the truth is, we spend our whole lives trying to reduce adversity. It's ironic that a passive, comfortable life actually reduces our lifespan, but it's true. Get out there and break a sweat.

Fourth is the type of food you eat. Eat plant-based foods, and also healthy amounts of monounsaturated fats – like olive oil and avocados. These fatty acids are great for your body and some contain polyphenols, which are molecules that plants make when they're stressed. Eating "stressed food" actually activates those longevity genes. Red wine is another example – it's full of polyphenols and one in particular called "resveratrol". It activates those longevity pathways really well.

And lastly, get a good night's sleep. The body has to restore itself overnight, and if you skip sleep, you are pushing yourself closer and closer into old age. Take a nap every once and while. It's amazing what it will do for your health.

It's not too late to start making changes in your lifestyle. We all have longevity genes just waiting to be tapped into

MAJ PRADEEP BAGHEL

DSTSC-04 (ARMY)



IMPORTANT EVENTS



INAUGURAL CEREMONY OF DSTSC -04



AIR FORCE DAY 2021



BADMINTON FINALS



CYCLING HIKE OF DSTSC- 04



HEALTH RUN OF MPCTC-68



YOGA DAY



**GUEST LECTURE BY
DR SHRINIVASRAO SOHONI**



**VALEDICTORY CEREMONY OF
NTSC - 39**



**VISIT OF VICE ADMIRAL
ATUL JAIN, CISC**



VISIT OF SRI LANKAN OFFICERS



**VISIT OF AIR MARSHAL SP WAGLE
VM, DCIDS (DOT), HQ IDS**



**VISIT OF REAR ADMIRAL
SANJAY MISRA VSM, DGNAI**



IMPORTANT EVENTS



**COMDT MILIT HANDING OVER
MEMENTO TO CDS**



**CDS INTERACTING WITH TRI-
SERVICES OFFRS OF DSTSC-04**



**INSPECTION OF MILIT TRAINING
COMPLEX BY THE CDS**



**INSPECTION OF TECH AREA BY THE
CDS**



**MRS RAWAT INTERACTING WITH
LADIES OF DSTSC STUDENT OFFRS**



**SOCIAL INTERACTION WITH LADIES
AT MILIT OFFRS' MESS**



Joydeep Chandra