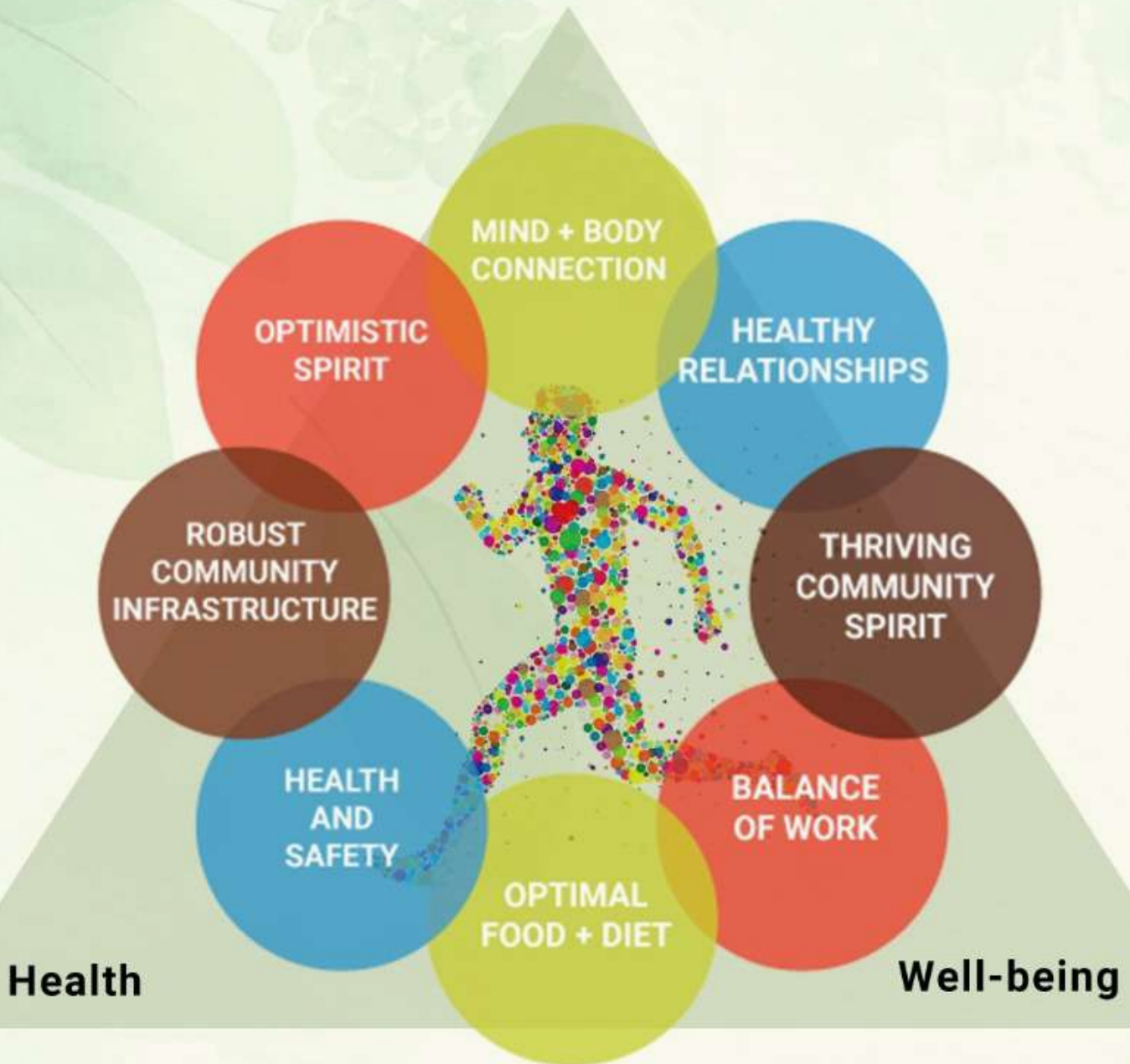


# FORCENET

E-ZINE

Magazine for military veterans in the corporate  
April 2022, Volume IV, Issue 04

## HOLISTIC LIVING



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FORCENET

# From the Editor

Dear Readers,

Summers have already crept in and lives are limping back to normalcy. To welcome the month of Indian New Year we have selected this month's theme as **Holistic Living**

A holistic view of life comes down to healthy choices, for your body and mind, and taking the time to focus on your health. Nature is made up of five elements space, air, fire, water and earth. The balance of these 5 elements is also the secret of the Nature being what Nature is!!! If we look at our own lives there are different facets which when in sync with each other create synergy, we call it Holistic Living.

The cover page describes **Mind and Body** which has the most powerful connection. If we have these two partners in sync with each other then sky is the limit for one's growth. We at Forces Network keep urging our members to update and upskill themselves which would help them get better synergy between the mind and body resulting in huge payoffs not just in one's career but family life as well.

**Community** was at the core of our earlier generations. We still feel nostalgic about our villages where the whole neighbourhood would gather in the evening in a sense of share and care and there would be laughter all around. A similar thought of community help and sharing is what promoted Forces Network community to be formed. **Work Life balance**, a concept which many corporates are now focusing upon, and the pandemic showed, ways to do the same. **Healthy Diet** once a necessity we have forsaken it for the modern fast food or ready-made meals. A healthy diet ensures your body gets the right amount of supplement's as required.

And the most important part of our lives is our **HUMAN SPIRIT** the Soul, which is indomitable and tremendously SUPREME amongst all. Optimistic, Positive and Pure Human Spirit is the only Instrument that we have which can unlock doors to Wisdom, Knowledge, Happiness, Joy, and Love. These are the same spirit which drives the members of Forces network in helping its members across the globe.

Have a HOLISTIC reading experience!!!

Until next time, cheers to Forces Network - the 'Network that works'!!!

Take care and stay safe,



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Capt. Rajesh Nair

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October, 2022	10 <sup>th</sup> to 21 <sup>st</sup>
November, 2022	14 <sup>th</sup> to 25 <sup>th</sup>
December, 2022	12 <sup>th</sup> to 23 <sup>rd</sup>
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August, 2022	01 <sup>st</sup> to 09 <sup>th</sup>	22 <sup>nd</sup> to 30 <sup>th</sup>
September, 2022	05 <sup>th</sup> to 13 <sup>th</sup>	19 <sup>th</sup> to 27 <sup>th</sup>
October, 2022	03 <sup>rd</sup> to 11 <sup>th</sup>	17 <sup>th</sup> to 25 <sup>th</sup>
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## **A NOTE FOR THE READERS**

This is an interactive e-magazine, with active links on many pages, including the advertisements, which can be used by just tapping/clicking on them.

For the ease of providing a feedback, such links have been provided at the end of the articles too.

**Disclaimer:** The opinions expressed within this e-magazine are the personal opinions of the authors and interviewees. The facts and opinions appearing in the articles thus do not reflect the views of Forces Network, and Forces Network does not assume any responsibility or liability for the same.



# To Editor

"Letters to Editor" are open letters written by readers to the editor with their views on the last edition's article or writing about their experience. Readers are motivated to write their thoughts and send it across to us.



## A Farewell Note



My dear friends and well-wishers,

As I am going to hang my uniform in a few days from now, my mind is flooded with numerous pleasant, delightful and close memories of my association with you all which has lasted for three and a half decades.

31st March 2022 is the culmination of a long, remarkable and indeed an enjoyable journey with the many prestigious and revered institutions, ships, and offices in the company of helpful, cooperative and understanding colleagues like you all. A journey, besides being dotted with several challenges and sacrifices, was equally worthy and enjoyable, the memories of which shall never be forgotten, neither will they ever fade away.

This exceptional voyage was definitely a smooth sail, but we all know that every sail has its particular ups and downs, hits and misses. However, what remains as the rosier part of my life is the nostalgia of wonderful days spent in your precious company. I consider myself to be lucky to have found wonderful friends, philosophers and guides in all of you. These glorious times and exceptional moments spent with you all form the most beautiful instances of my life and will remain always closely embedded in my heart.....





A famous author and thinker says: "Goodbyes are only for those who love with their eyes, because, for those who love with heart and soul, there is no such thing like separation" As human beings, we all have feelings and emotions - Though I am sure that by virtue of having been the greatest of friends, we will continue to be in touch throughout our lives, but, allow me to confess that you all will be terribly missed for the rest of my life, I look upon you as unfathomable sources of strength, josh, integrity and intellect for me.

The way I look at it, retirement is not about giving up, losing oneself, slowing down or even about feeling old. As a matter of fact, retirement is the harbinger of an entirely new lifestyle and is a continuous, relaxed holiday for the rest of our lives. It doesn't mean losing opportunities - it makes us far stronger and readily adaptable to accepting new ones and about being innovative, foregoing and indeed, adventurous. Retirement, therefore to me means having the leisurely time to do the things one couldn't do because of work. One must therefore enjoy time and passionately get into whatever one likes from the depth of the heart. Well, I know that the with kind of fine steel that we all are made, we are more enduring and none of us would ever like to vile away time doing nothing - that is just not the style in which we were brought up in the defense services.

Over the last several decades, we all have seen that the Indian Navy has graduated from good to better and from better to the best. I take this opportunity to congratulate and to wish best of luck to our leadership team and dear course mates, who are now posted at important positions and are destined to be at the helm of affairs in the near future. Their infusion into these responsible positions of will soon see our Indian Navy and other services get unprecedented boost and will show the way to achieve far greater heights.

Time goes by very fast - Every change ends something and every change brings in something new. As we all turn the leaf and open a fresh chapter, we look forward towards a life full of happiness and joy, and indeed with the blessings of the God Almighty who must keep us up and about - or, shall I say 'fighting fit', enjoying the best of health and a cordial relationship with our loved ones. At the beginning we all started with but a cheerful hello but are now having to bid farewell with a heavy heart. As Faujis we have all been subjected to and have cheerfully welcomed different situations during our careers. It is indeed that quality which is coming in handy now, and we sincerely feel that mingling with the new world will be just another day for us.

I was fortunate to rub shoulders with the best of colleagues and bosses on land, sea and in the air, where I served and commanded in the company of the best colleagues who always offered me a helping, cooperative hand. I convey my gratitude to all with whom I served and soldiered for the last 34 plus years. I feel elated and take this opportunity of convey the best of wishes to those who continue to serve, and aspire for them the most enjoyable, satisfying, successful and enjoyable times ahead.

I must thank my late father, mother, brother, sister, my wife and my adorable kids for all the support and sacrifice in my long journey.

God bless you all with good health and happiness always.

With regards and au revoir

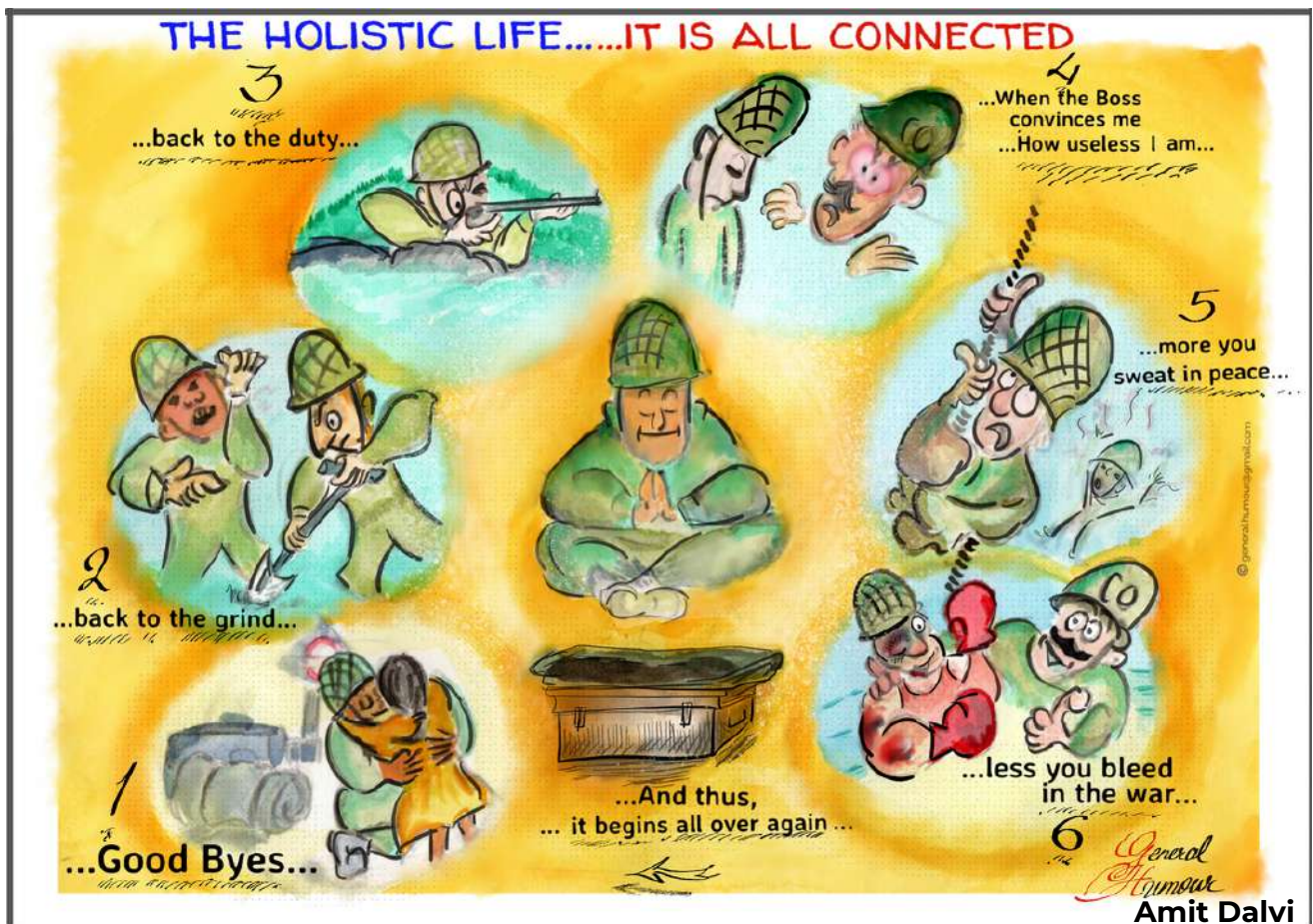
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Would like to have such articles published atleast once in a quarter

Feedback for : **Information Security: A Beginner's Guide (Feb2022)**

Lt Cdr B N Sandeep



# Women Power

Spouses/Daughters of Defence Officers as well as those who have donned the uniform, have immense potential as individuals. While many of them have already established themselves as successful independent entities, a very large number still has to recognise and exploit their inherent hidden capabilities and worth. In this series we plan to showcase the achievements of such women of the members of Forces Network who have carved a niche for themselves through hard work, grit and determination, so as to provide adequate motivation to the others.

## **IN INTERACTION WITH RAJESH NAIR**

**Ms. Reena Sabet Dahiya** was born in an Irani Baha'i family at Fujairah, UAE and later married to Capt Praveen Dahiya. She is a global citizen in her approach towards life as well as her work. Reena is a Bachelor in fine arts, with commercial arts and graphic designing as her forte. She's a voracious reader and has over 20 years of experience as a Graphic Designer. She is the Director Creatives at Doodleboxx Design & Communications. Reena has studied Sacred Geometry and is a certified practitioner. She's been artistically integrating the unique Sacred Geometry concepts in her designs and the results have been marvellous to say the least.



### **Rajesh: Please tell us about your background and what do you do?**

**Reena:** A true cosmopolitan, an amalgamation of cultures from Iran and India. My mom being an Indian and a lecturer in English honours and then became the principal of a college and Dad an Irani Bahai, an electronics engineer. I was born in Fujairah, UAE, I had an exposure to different art cultures from the childhood. I wanted to know more and one question which was always there was - how and why? To satiate these questions went on studying art at arts college, and did my studies in Applied / commercial arts. Studied branding and how to create designs which are functional and aesthetic at the same time.

Being a voracious reader I try to read books from all kinds of genres and widen the horizons.

Being a graphic designer, wanted to explore working for clients and developing their brand identities based on the knowledge and influences gathered from a mixed cultural upbringing. It's been more than 20 years that I have been working in the field of graphic designing, innovating & experimenting with colours, art and designs.



*My Pillars of strength - My Family*

**Rajesh: What is it that inspired you to embark on the journey in the world of branding and design?**

**Reena:** The truth is that it happened by fluke! As shared earlier, my mother was the principal of a govt college in Chandigarh for more than 13 years, so she knew nearly all the teachers, principals and lecturers teaching in Chandigarh. Also it can be a little daunting being judged always basis who your mother is and what she has achieved. Do good in your studies, oh she is the Principals daughter, fair bad in examinations , it becomes a sad thing, Haa!! Principals daughter is so dumb... so to avoid all this and enjoy my life as a normal college going child I wanted to go to such a college where they don't know my mom that much and her influence is lesser. Thus I went to arts college and gave the entrance examinations. It went pretty well I got the 10th rank in UT, out of a thousand odd children.

Being in the college was super but the turning point was when I understood the why and how of branding & art at the college. Imagine the power we have to make a brand, to influence people to like it and buy it, only based on the designs we develop. That was a great feeling and it would become stronger every time the designs were appreciated by people.

I remember during my second year we started studying about various artists and their work. I also developed my own particular way of design, it was less input maximum output. Basis that I won a few awards for designing posters. One of them was for Chandigarh and the other was on Aids. These little laurels gave me confidence and I stated following that. Now after 20 years the same thrill and excitement still happens when I get a new project for design and brand.

**Rajesh: We all have mentors and guides in our professional world and they are a great influence, could you please tell us about them from your life ?**

**Reena:** As they all say that parents are the first mentors as they help you realize who you are and what are you good at, so my mother was my first mentor, but here I am not discounting what my father has taught and done for me. Without the support of both I would not be who I am.

A few of my teachers and mentors whom I owe my success and whatever I am doing are Prof. Inderjeet Gupta - He was my teacher and guide at college, Mrs. Devika Ahulwalia - my favourite teacher in applied arts and my go to person, she was the one who taught me the nuances of the designing domain, Prof Abinash Das - God bless his soul, he was one of the teachers who was always there to reason and provide that needed stimuli and Dr. Tirthanker Bhattacharya - our theory teacher who was patient always and who was always available to furnish us with the why.

And the most, my husband Praveen, my biggest critique and support. His strong belief in me and my abilities, being never contended with one milestone and constant push to strive and achieve more has been a huge driving force all these years.



*My Husband, the Force behind Me*

**Rajesh: What's your biggest source(s) of inspiration?**

**Reena:** My biggest source of inspiration is and shall always be the nature. Colours, patterns, designs, forms, species, landscapes and the endless elements of nature. For us designers, we can find our inspiration from a child who is crying for a candy or a person who is struggling with so many things and still can smile. Quoting what i read somewhere that the faces which smile have the utmost sufferings to hide.... So having an attitude of gratitude, a conscious effort to recognize the positivity is something that I find my inspiration from.

Further study of sacred geometry has inspired me to not just believe in nature but keep getting inspired from how the nature and the world is evolving. I have also realised and learnt that nature has the solution to all our problems, no matter how big or trivial these are. I seek its solace for all my designing & branding solutions as well as personal.

**Rajesh: Army life must have had influence in your choices as you travelled and grew in personal and professional life, could you please tell us more about the Fauji aspect of your life journey?**

**Reena:** Army life did influence me to a great deal. As they say *"you can take the person out of the army but not the army out of the person"*.

Fauj has been one of our greatest teachers, both kind and passionate and sometimes ruthless. Each aspect beautifully fuses with the other and makes it the place it is. The biggest skills or learnings would be the interpersonal skills, time management and adaptation.

Our first posting as a couple was at Leh - Ladakh, we stayed there for nearly 6 months, then moved to Jodhpur. Imagine from the coldest desert to the hottest one. From small mess functions to full blown bada kahana and raising days. Time management and interpersonal skills were meant to be developed.



*The Olive Life*

**Rajesh: Most importantly, What is the best thing you love about Fauj?**

**Reena:** Fauj has been an awesome place to be. It did teach us to develop and nurture a small family unit comprising of so many different people, different ethnicities cultures and still being one. It was as kind as a loving mother or sometimes as strict as a parent who wants to discipline their wards. One thing was certain that no 2 days in Fauj were the same. Everyday a new learning a new lesson and a new revelation. Last but not the least it is not just an organization it's a way of life.

**Rajesh: Would you like to share the details of your work and your ventures?**

**Reena:** Hmm, one of my most important work is to play with colours, break the stereotypes in Graphic design and branding. In reverence to the concepts of sacred geometry, we enhance the branding of our clients, helping them balance and achieve a positive mindset towards their branding identity. From Logos to brochures, from standees to coffee table books, from stationary to social media designs we do it all. We help develop your brand from just a thought to a tangible reality.

I have assisted brands like Bacardi, Taj, Park Plaza, Cars24, Tenon, Peregrine, British High Commission and many more with their promotions and make strong market presence.

**Rajesh: Where do you work out of and whats your team composition like?**

**Reena:** My office is based out of Gurgaon itself, with our team comprising of more than 35 people. Team comprises of Designers (CDR/AI/Photoshop), Visualisers, Content Writers and market Analysts.



*Team Connect*

**Rajesh: How has been the journey so far and any stories of great remembrance and significance you wish to share with us?**

**Reena:** Well, there are many success stories and remembrances but I'd specifically want to share the story of a jeweller whose business transformed 360 degrees, only after we incorporated the magical elements of sacred geometry into their logo. Their logo was designed using the geometrical extracts from Shriyantra. The client was not only able to strongly establish his own belief in his brand but a strong sense of belongingness, positive meaning and driving force got added to it. In his own words, so many people who earlier wouldn't even oblige him with a meeting started looking forward to connect and synergise with him.

**Rajesh: You have had interesting interactions with some of the best visionaries, business heads and founders, what would you like to say about their way of life, their professional excellence ?**

**Reena:** One thing that stands apart about all these visionaries is the confidence and strong belief in themselves. Their drive, zeal and clarity of thoughts to break the "normal" and carve new path for the generations to follow is unique and unassailable. They don't just think out of the box but they break it and live free from prejudices and biases of people around and society at large. One such visionary and my mentor is Dr. Alka Pandey. She is an Art curator at the national Art gallery, Delhi and an author of numerous books. She has an in-depth knowledge of various art forms, interpretation and reflections to our society. Every interaction with visionaries like her is infectious and leads me to read and research more to be better and better.



*Every Meet is a Learning*



**Rajesh: You are an Entrepreneur and you are equally passionate about your spiritual pursuits thru sacred geometry , do you have to balance both or are they complementary ?**

**Reena:** Sacred geometry is certainly an aspect of creativity and designs. They balance themselves out on their own. Every entrepreneur is spiritual in some form or the other. Spirituality for a designer like me is about comprehending the branding musts and how sacred geometry can take us to the next level of brand sentience. Using the elements of sacred geometry in my designs is an experience of wakefulness in itself.

**Rajesh: Any other challenges you faced so far, on the way to establishing yourself and how you challenged those challenges? Was there any Turnaround event or moment in your life?**

**Reena:** In the services industry, it's all about being valued appropriately and opportune payments. Being a women entrepreneur is a boon and a bane at the same time and therefore I don't consider it much of a challenge. The real challenge for an artist businessperson is to strike the balance of art and money. Positioning yourself correctly, valuing your artwork / designs carefully and making sure that you are paid timely have been some of the challenges I have faced again and again and again.

How I overcame these was by saying No to work where I realised that the client is either not able to comprehend / appreciate the value of my work or this company doesn't hold a good reputation in the market with its clients / vendors. I have experienced many of them coming back to me (sometime years later) as they learnt about the actual quintessence of branding and their yearning for the quality work.



*As a Women Entrepreneur*

Another huge challenge in my industry is about dealing with “Know-it-alls”. Most or almost all our clients come with strong personal prejudices of colours, shapes, sizes, fonts, themes, styles and designs with nil or minimal understanding of how that is going to fair with the industry needs, audience, market presence, competitors, reproduction of the artwork on various platforms and so much more. My turning point was the introduction of brand consultation services where I realised that more than designing, what matters is the awareness and understanding for brand owners about the intrinsic elements of nature in their brand, aligning their brand aspirations with the market needs and get the desired results.

**Rajesh: What are your plans for the future?**

**Reena:** Future plan has been and shall be, to help budding entrepreneurs and passionate leaders with the coveted visibility across the globe. My focus now is brand consultation along with the holistic branding solutions.

**Rajesh: Lessons learnt as the world transitions through one of the most challenging times?**

**Reena:** The most challenging lesson that we have learned during the last 2 years was and will remain, is to be visible, connect and network with people. Remember that your net worth is your network.

**Rajesh: What advice do you have, especially for family members from Fauj?**

**Reena:** We ourselves are the ones holding ourselves back, and we only create our personal prisons, our inhibitions and what we can excel in and our boundaries are limited by us only. I would just want you to change your perspective and not be limited with your own beliefs. Try something new!

**Rajesh: Tell us more about your family and being a entrepreneur, how do you manage your family time?**

**Reena:** We are a **Couplepreneur** and provide mutual support in managing our respective businesses. We prioritise our tasks on a day to day basis and balance things out. The best part is that both my children, my parents and my in-laws, all walk that extra mile to help me manage my business. Yes, it took them time to come terms with this unique and different way of life, which they had never experienced in their lifetime, considering we are the first generation of entrepreneurs in our families.



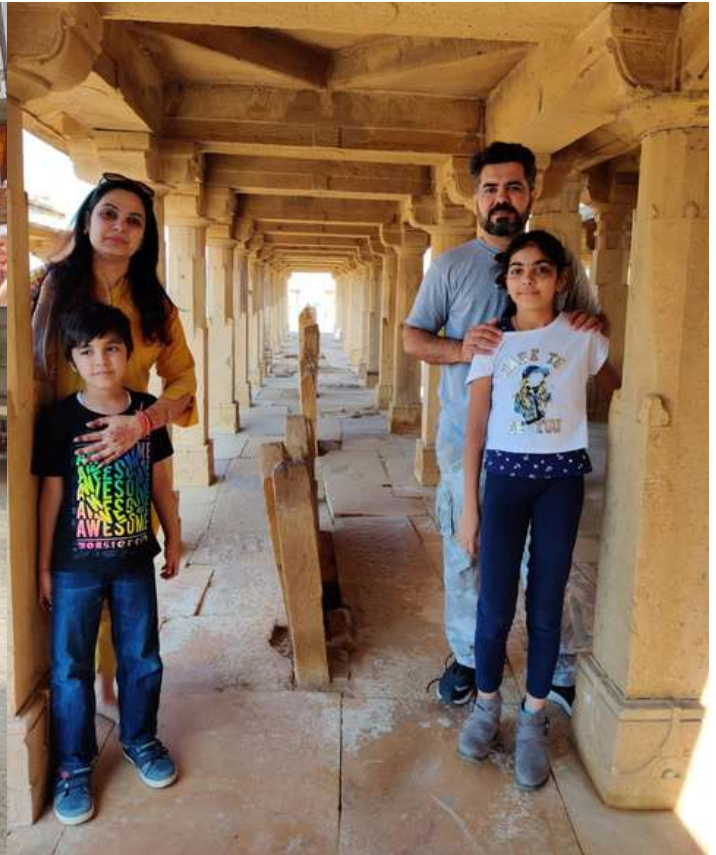
**DOODLEBOXX DESIGN & COMMUNICATION LLP**

**Rajesh: You are successful Entrepreneur , How's been this experience since you started?**

**Reena:** God has been kind really, connecting the good people who would guide and share their experiences. When I started the design studio back in 2008, drafting emails, and sharing the exact scope was an uphill task. Back then asking for the payments was super difficult, but with Praveen by my side things sure got streamlined. Processes came into place and now when I look back I can hardly recognise myself, I am sure a better version of myself. Thank you Praveen for this lovely transformation.



The Changed Me



Family Time



**Capt Rajesh Nair** prior to joining Army has worked as a computer server administrator and as a computer faculty for nearly four years. He is from the 75th Course, OTA, and was commissioned into 14 Maratha Light Infantry. Post Army service, he has worked in the field of administration for more than a decade, having worked with companies like Wipro, Mahindra Automobile, Tata Communications and Credence Global Solutions. He has done many a course including certification course in Facility Management, POSH, ISO etc. He is a certified POSH Trainer.

Please provide your invaluable opinion/feedback on this Interview, by clicking/tapping [HERE](#) - Editor

# Stars On The Horizon

Children of Defence Officers have the capability to excel in various fields, owing to their extensive exposure resulting from frequent transfers and change of stations. They possess very high adaptability skills, and immense potential as individuals. In this series we plan to showcase the achievements of such children of the members of Forces Network who are on the path to carve a niche for themselves through hard work, grit and determination, so as to provide adequate motivation to the others.

## **IN INTERACTION WITH ANSHIKA KUMAR**

**Sidhant Sirohi**, Son of Colonel Sanjive Sirohi, is a senior marketer and Founder of 'Ropan' nursery and online gardening store. He completed his Bachelor's in hospitality management from IHM Jaipur and acquired a Master's in Business Administration (Product Development and Buyer Behavior) from Cardiff Metropolitan University, UK. In the past, he has worked with several reputed brands like Fran Global, Franchise India Brands Limited, IBM, Bosch India, and ITC Hotels. Based out of Greater Noida, he currently works as the Cluster Marketing Consultant for Radisson Hotel Group and spearheads two ventures as a Founder and self-made entrepreneur for [Ropan.in](#) and [MMS Innovative](#) (an event management organization). He is an ardent animal lover and has a penchant for adventure, travel, and nature photography.



The germination of 'Ropan' has been an organic, albeit often whirlwind string of events. This green seed, I guess, was sown early on in life as I was brought up in the community of the Olive Greens. Growing up thus, my family always had access to sprawling gardens and greenery. Who can forget the overarching mango trees in our backyards that are characteristic of a happy childhood; or the crisply trimmed hedges in the Mess garden that contributed to the inclusive and joyful gatherings of the unit officers? From the verdure mountains of Arunachal to the fecund bushes of Kerela, each posting of my father reinforced to me the need for being one with my surroundings. Besides this, my all-consuming love for the Earth's most miraculous beings- animals (especially dogs)- kept me in touch with Mother Nature.

However, this was hardly the beginning of my voyage into the realm of green thumbs, for I was not always a plant purist. My professional route took its own standard course. After obtaining a Bachelor's degree in hospitality, and supplementing my education by earning an MBA, I took to full-time employment in dynamic marketing roles across a range of industries. The rigmarole of a desk job was often broken by my sweet escapes into the world of nature photography, wherein I switched my adventure

mode on to capture the magic around me on lens. Across bird sanctuaries and the nation's best-kept scenic secrets, I photographed the vivid diversity of India's flora and fauna. With this attraction constantly nudging the back of my head, I found myself researching the prospects of conserving natural beauty and delving into a more holistic proposition of humans cohabiting the world with diverse creatures.



**SIDHANT SIROHI PHOTOGRAPHY**

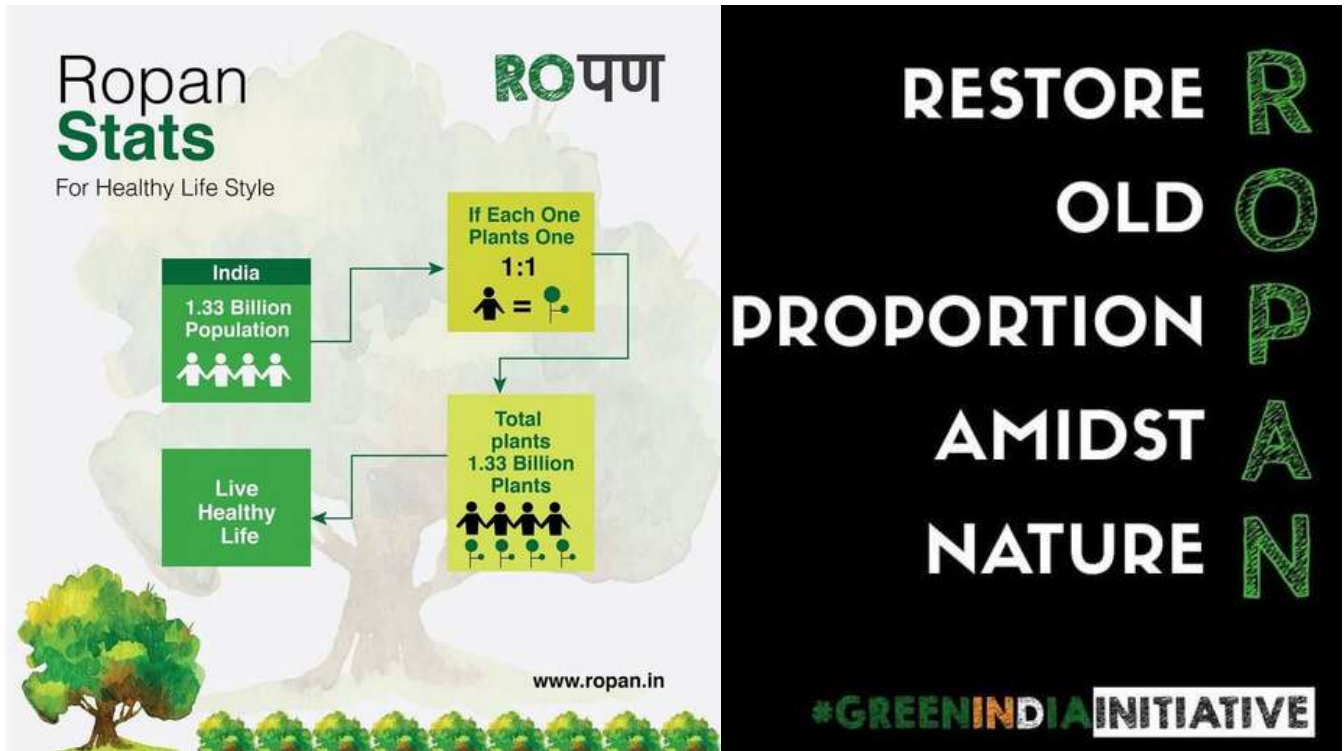


**SIDHANT SIROHI PHOTOGRAPHY**

*Photographing nature in its own element!*

Thus, around 2015, I ventured into the concept of online nurseries and 'plant therapy', which I realized was a sector that was relatively untapped. Apart from local, standalone nurseries and a few international apps that proclaimed plant care tips, there was no single brand across India that could offer an end-to-end solution for all plant lovers' needs.

An armchair gardener by 2016, I branched out to establish my own social venture—Ropan, with the aim of rejuvenating people around the world through a one-stop shop for all things horticultural. As the name suggests, the word “Ropan” in itself, stands for the act of “planting” in Hindi.



*The Ropan thought process; Nurture Green, Breathe Green*

This kick-started a one-man endeavor of sprouting a horticulture business that was not only focused on online retail of healthy plants and gardening-oriented services, but also about propagating awareness about holistic living, ‘greenifying’ India, and promoting environmental sustainability. In the years following its inception, Ropan grew to become a trusted online presence, branding itself under the umbrella of the #GreenIndiaInitiative; this promoted the simple art of living green, with a wide spectrum of herbage ranging from tropical to exotic and even bonsai. A growing team now, we at Ropan believe in providing a trusted platform (both online and offline) that caters to the demands and needs of plant-friends, from supplies to professional plan care guidance, and even organic farming.

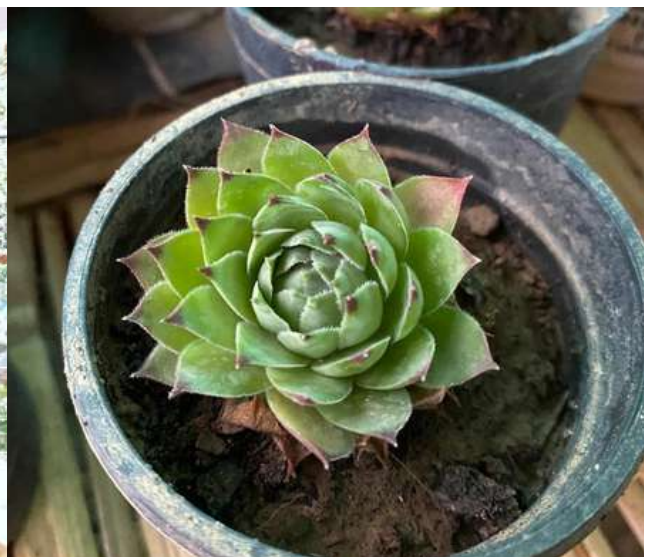


However, Ropan's success didn't solely stem from its focus on bringing about a balance in the ecological sphere, but also from its overarching outlook for providing a more formalized infrastructure for local gardeners. While we are all familiar with the 'maalis' working tirelessly to infuse our homes with lush foliage, there was earlier no structured approach in place to ensure their sustained employment, standardized wages, and deserving rewards for the farming and agricultural community. Consequently, an aligned trajectory in this vein governs the vision of Ropan, with the aim to enable self-sufficiency and sustainability of those within the community.



*Building our green sanctuary - #RopanCares*

This is also what led to the birth of two full-fledged nurseries in the Delhi NCR region over the past few years, under the brand of Ropan. In the recent past, we have successfully ventured into landscaping and establishing green architecture for corporations as well. Ultimately, I hope to enable franchise the brand and let the ethos of the organization seep deep into the regional soils of the entire country.



*Increasing the Reach*



*Connect to roots; building a Green India*

*Ropan gifting - corporates and events!*

What we really attempt to define, is a purely client-centric vision that is discerning of the personal involvement of the brand, as each plant parent takes on their journey with us. We aspire to connect to you and to build your faith in the Ropan user experience.



*A vision established. A long way ahead!*





*Dad to Snow Sirohi*

*The support system - Mom, Dad, and Didi!*

As I now look to the near future, I intend to offer a sanctuary in nature's lap, by sprouting a nursery-cafe for all visitors to enjoy artisanal snacks and beverages even as they ground themselves amidst our plants. Hopefully soon, we can invite organic vegetable and fruit farmers as well as local artisans who wish to sell handicrafts at the nursery, where they can find respect and value for their work. With the Ropan family ever growing, I ardently hope that wherever there are mini-nurseries to be created, balconies and roofs to be embellished, and gardens to be sprung, Ropan would ring as the one and only name to call out. In the meantime, come find us at or explore our endeavors through:-

[www.ropan.in](http://www.ropan.in) ; Instagram - [@Ropan.in](https://www.instagram.com/Ropan.in) ; Facebook - [Ropan.in](https://www.facebook.com/Ropan.in)

Ph No: +91-120-367-0808 | +91-7827-06-4226

Email: [sidhantsirohi@gmail.com](mailto:sidhantsirohi@gmail.com) | [support@ropan.in](mailto:support@ropan.in)

We would be happy to help.



## ADVERTORIAL - From Hum Fauji

### The Hum Fauji Initiatives Money Talk



# Sometimes doing nothing could be the best strategy!

In cricket, we have often seen the batsmen do just nothing so many times - leaving the deadly bouncers untouched and stay safe. On the contrary, those who try to 'do something' with such bouncers often end up with unpalatable results!

Not taking an action can also be a well-considered action. Even in investing, choosing to do nothing many-a times can turn out to be the wisest course an investor can take.

From time to time, stock markets go through periods of uncertainty. This could be due some bad economic news, a political crisis, something affecting a particular industry or sector, changes in government policy or a war, as of now. The sharp falls that are experienced at such times are understandably unsettling for investors. They can even tempt some to suddenly change their long-term plan by selling their investments in a hurry, only to regret later.

In a crisis situation, whether it is the current Covid-19, financial crisis of 2007-08 or the dotcom bust of 2000 where the markets had

drastically fallen, it was very hard to stay quiet and have patience. Stressful times like these can provoke an instinctive reflex action that prompts most of us to flee. The one who fled in the past did not earn the future lucrative returns and missed the opportunity of best recoveries in the market that had a significant impact on meeting long-term goals and creating wealth.

Taking the example of Sensex where it touched a low of around 9,000 points during 2008 financial crisis and is at 55-60,000 points now - an absolute recovery of 630% in 14 years. The same Sensex in Mar 2020 had dropped to about 26,000 points and has given absolute returns of 220% in 24 months. The ones who reacted emotionally and exited failed to grab these opportunities. Remember, bear markets are painful but bull markets have been more powerful.

This phenomenon is not restricted to stock markets only, though it is more dramatic with stocks.

Coming to the Debt or fixed income markets.

Prevailing low interest rate scenario has given a temptation to some anxious investors to get out of them but the fact is that interest rate cycle changes. In fact, the cycle is at the cusp of reversal right now. While your bank FDs will remain at the interest rate that got fixed when you bought them, the debt mutual fund rates will creep up as the interest rates rise. This is in addition to their huge benefit of long-term taxation after the process of indexation— if you hold them for anything more than 3 years, due to the process of indexation, you could slash your taxes by up to 80% vis a vis bank FDs! Please remember that the prevailing low interest rates are actions by Govts around the world to support the COVID impacted economy. Ongoing vaccination throughout the world, effective control over new COVID cases and improving economy has already given impetus to all central banks to increase the interest rates and it will soon be visible to all of us in the coming months.



"Don't just do something," Clemons says. "Stand there."

Hence, the debt fund investors will soon start getting good returns. Ultimately, anxious investors who fled will be left with nothing more than regret of taking hurried action due to events which are actually temporary in nature.

History shows that sharp falls in stock markets tend to be concentrated to short periods of time. Similarly, the biggest gains are often clustered together, and it is quite common for a big fall to be followed by large gains (or vice versa). While most markets will experience periods of short-term volatility, over the long-term they generally maintain a steady, upwards path.

The most important thing on the to-do list is simple and straight: Stop checking on your

investments frequently, continue with the investments irrespective of short term volatilities and thus gain from rupee-cost averaging.


Lastly, a professional's advice of "no action" and "required actions" both need to be equally respected.

Remember this ad?



“कभी कुछ ना करके भी देखो.  
Eat 5 star. Do nothing” This tagline of 5-star chocolate is quite relevant to investing too!!

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# Tech Corner

## Tactics, Techniques and Procedures (TTPs) to crack CISSP Certification Exam

BY JAI BEDI



Certified Information  
Systems Security Professional

### About the CISSP certification exam

Certified Information Systems Security Professional (CISSP) is an advanced and one of the most renowned cybersecurity certifications created by the International Information Systems Security Certification Consortium, also known as (ISC)<sup>2</sup>. As per (ISC)<sup>2</sup> website, the CISSP validates an information security professional's deep technical and managerial knowledge and experience to effectively design, engineer, and manage the overall security posture of an organization.

This is also one of the most common certifications you will see as one of the requirements for mid/senior level roles in the cybersecurity industry. This certification covers eight prominent domains in the field of cybersecurity ranging from governance, risk management to the technical topics.

### Introduction

In this article, I have penned down my exam preparation strategy and experiences, which I hope the readers will find useful. As they say, there is no substitute for hardwork, however putting the efforts in the right direction can help in achieving the goals in a limited timeframe and can be a deal maker or breaker for many. The aim of this article is to share my experiences in preparing for the CISSP exam, which may help the readers in fine tuning or aligning their exam preparation strategy.



## Resources used

There are a plethora of good resources available for preparation of the CISSP exam. However, I would highly recommend sticking only to the official resources mentioned at the website of (ISC)<sup>2</sup>. The reason behind this recommendation is that a lot of concepts are very nuanced and the meaning changes with the resources that you are referring to. There is nothing wrong with different interpretations and points of view but the candidate must know the official version. So even if you refer to other resources, I would recommend coming back finally to the official resources to understand the (ISC)<sup>2</sup> version of the concept. I used following resources for the exam preparation:

- Mike Chappel videos on CISSP available on LinkedIn
- Official (ISC)<sup>2</sup> CISSP CBK Reference, Sixth Edition
- (ISC)<sup>2</sup> CISSP Certified Information Systems Security Professional Official Study Guide, 9th Edition
- (ISC)<sup>2</sup> CISSP Certified Information Systems Security Professional Official Practice Tests, 3rd Edition
- Official CISSP Study and Practice Tests App

## The Exam Preparation Strategy

Well everyone has his own methodology to prepare for the exam. I will recommend a baseline based on my experiences which can be scoped and tailored to suit the individuals preference and style.

You can start with watching Mike Chappel's videos on CISSP on LinkedIn. I used notion, so to make the notes while watching these videos. I took help of video transcripts and the video screenshots for making the notes. Highlighting or color coding the important keywords and the important concepts can help tremendously in revising the concepts later. Watching the videos and making notes would cover around 60% syllabus for each domain.



After watching videos from each domain, I would recommend attempting around 25-50 questions from the respective domain. You can use the official CISSP App for attempting these questions. This exercise will help in consolidating the concepts covered in each of the domains, and help fill in the knowledge gaps. The basic idea is to cover all the domains as fast as possible by watching all the videos and making notes. Thereafter, you can attempt the practice questions from the official CISSP App to fill in the remaining knowledge gap.

The official CISSP App is a wonderful resource and aids in learning and exam preparation by giving the proficiency score for each of the respective domains and also the cumulative proficiency score. This will help you in deciding as to when you are ready for the exam. The thumb rule is to consistently score around 80% and more in the practice exams to have sufficient confidence in passing the exam.

## The number of hours and practice questions

Based on my experience, I would recommend spending around 15 hours for each domain which includes watching videos, making notes and reading from official study guides, with a total of around 120-150h for all domains combined. This does not include the time spent on attempting the practice questions.

A proficiency score of 80% or more in the CISSP app for all the domains should make you confident of passing the exam. If you are not using the CISSP app, then I would recommend attempting not less than 2500 questions from the CISSP Official Study Guide and CISSP Official Practice Tests book.

### **Booking the exam**

Register an account with Pearson Vue by visiting the official site. Schedule the exam by selecting an examination center and after making necessary payments. It is recommended to book the exam minimum two months in advance. My exam dates got changed as there was a public holiday declared on the day on which I had originally scheduled the exam. So, be open to last minute contingencies.

### **Reporting at exam center**

Make sure that you take along two identity proofs each having a signature. The Pearson exam centers are professionally managed and there is no need to carry any writing material for the exam. All the writing materials are provided by them.

### **The exam experience**

You have to accept the Non-Disclosure Agreement, so I cannot share anything specific to the exam, but will share what is already in the open domain. It is an adaptive exam, this means how you answer the first few questions is very important. It will adjust the difficulty level accordingly and will determine how many questions are thrown at you before the adaptive engine decides whether you make it to the cut. I found the difficulty level like a damped sine wave which reduced to manageable levels towards the latter half. Of course this cannot be generalized being an adaptive test and will vary for each individual.

It is said that none of the questions in the CISSP exam are repeated. I found this maxim to be true. So, do not expect any of the practice questions to appear in the exam. Also, I would not recommend cramming any data or facts for the exam.

Read all the questions and available options carefully. Don't rush, take time. In case of any ambiguity in understanding, re-read the question and the available options. It should be amply clear as to what is being asked. Most of the time the BEST applicable option is to be selected. Some of the questions will have multiple conditions to be satisfied. Make sure that the option you are choosing is satisfying all the conditions and not just one of the given conditions.

**Please provide your invaluable opinion/feedback on this Article, by clicking/tapping [HERE](#) - Author**

# Olive Green Realty

## Housing Destinations for Armed Forces Officers

### NCR - National Capital Region - MMR - Mumbai Metropolitan Region

Good employment options are a plus.  
On the flip side is the high real estate prices and stifling air pollution and very dense traffic.

**Score :**

Superannuation 5 / 10, PMR 8 / 10.

### Chandigarh Tri city

The newer settlements of Zirakpur, New Chandigarh provide good modern housing projects.

What doesn't work in favour of Chandigarh is small presence of corporates.

**Score :**

Superannuation 9/10, PMR 5/10.

### Pune - Bengaluru - Hyderabad

With plenty of employment options, the cities of Pune / Bangalore / Hyderabad have one of the finest housing options.  
Cons are real estate price and chaotic traffic.

**Score :**

Superannuation 6/10, PMR 8 / 10

### Pune - Bengaluru - Hyderabad

With plenty of employment options, the cities of Pune / Bangalore / Hyderabad have one of the finest housing options.

Cons are real estate price and chaotic traffic.

**Score :**

Superannuation 6/10, PMR 8 / 10

### Jaipur - Lucknow - Ahmedabad

The property options available are a good value for money and hence Officers can have a pick of their choice.

The job opportunities are not too aspirational but existent

**Score :**

Superannuation 8/10, PMR 6/10.

### Dehradun - Bhopal - Indore (MHOW)

The most favoured destinations for those seeking the small city charm, with all modern facilities when the time comes to finally hang boots.

The biggest disadvantage being lack of adequate job opportunities.

**Score :**

Superannuation 9/10, PMR 4/10

### **The following are Olive Green Consultants recommendations:**

- 1) For Officers wishing to proceed on PMR now or in near future, the Top 05 cities for ,viable housing options should be looked at in NCR, Bangalore, Pune, Hyderabad and Ahmedabad.
- 2) For Officers wanting to settle post retirement in a quiet Cantonment with peace, quiet, alongside access to civil facilities of modern times the Top 08 cities are Dehradun, Bhopal, Chandigarh Tri-City, Jaipur, Mhow (Indore), Goa and Siliguri.
- 3) For those who will use the property 10+ years hence, it is advised that they invest / buy bigger homes in the outskirts. The outskirts will grow over the next decade and then the Officer will not feel constrained for space. Additionally the options available would be more from the view point of being able to find the right fit of vastu, floor choice etc.

**Capt Vipul Choudhary,**  
7840080900 / 9873162134  
[vchoudhary@olivegreenrealty.com](mailto:vchoudhary@olivegreenrealty.com)



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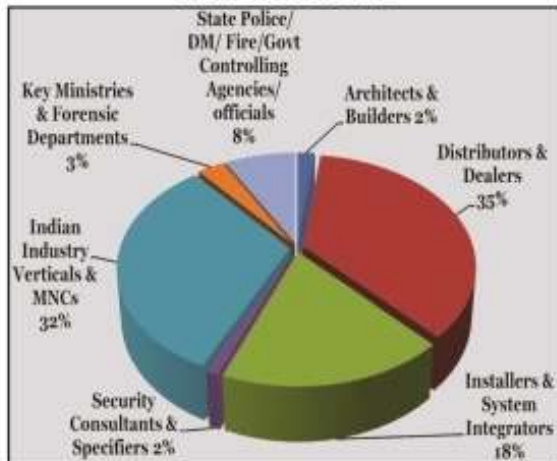
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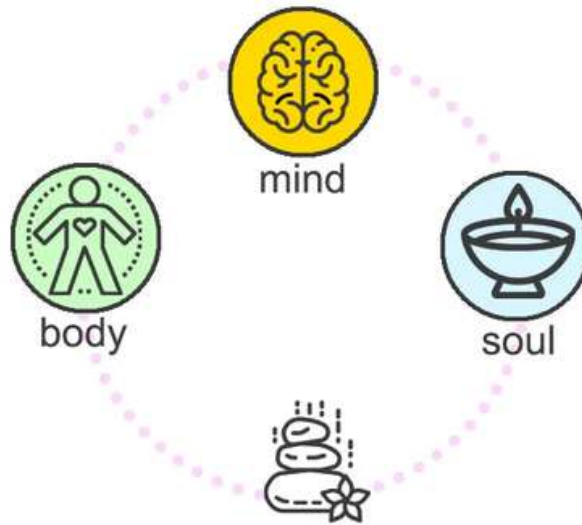


**Reach us at:**

**info@securitylinkindia.com; editor@securitylinkindia.com**

# Leisure Rejuvenation

BY PUNYASLOAKA PANDA



We live lives that are often so disconnected from ourselves disoriented from the environment we live that we forget to breathe. A life so fast, so rushed, and so focused on the external worlds that we forget that a whole world lives inside us that needs to be cherished. Most of us continue with our lives knowing but ignoring that something doesn't feel quite right whether it be mental, physical,

emotional, we all have ailments, we all have pain and we all are some or other way suffering (big & small). So many of us are compromising our lives, living in ways that don't feel fully us. But we very often don't have the time, resources, or knowledge to address what is really going on, or even to understand that they are all connected.

In ancient India, holistic living was a way of life. People intrinsically understood the balance of nature, the ways of the Cosmos and how the elements affected not just their physical health, but their mental well-being. It was understood that if they achieved harmony within, they would be at peace with their surroundings. In the run for progress, our world changed as did we; but deep within us we have always understood and defended the beliefs and principles of our ancestors. To seek harmony, to balance each other again, to be one with their surroundings. Indians have been known to 'retreat' to the peace and quiet of the mountains... to the stillness of the hills and the natural flow of the rivers.



We live lives that are often so disconnected from ourselves disoriented from the environment we live that we forget to breathe. A life so fast, so rushed, and so focused on the external worlds that we forget that a whole world lives inside us that needs to be cherished. Most of us continue with our lives knowing but ignoring that something doesn't feel quite right whether it be mental, physical,

**‘सत्त्वमात्मा शरीरं च त्रयमेतन्त्रिदण्डत् /  
लोकस्तिष्ठति संयोगात्तत्र सर्वं प्रतिष्ठितम् //  
स पुमांश्चेतनं तच्च तच्चाधिकरणं स्मृतम् /  
वेदस्यास्य, तदर्थं हि वेदोअयं सम्प्रकाशितः //**

*...Chapter 1, Sholka 46, Charaka Samhita Sutrasthana*

Tridanda(Three Poles): Satva (The Mind), Shareera (The Body) and Atma (The Soul) are the Tripods of life. The world is sustained by their combination; They constitute the basis for everything.

There are three parts of our life to nourish – mind, body, and soul. Holistic living acknowledges that all three parts of our wellbeing and all are symbiotic, each affects the other. For example, if we aren't getting enough sleep (body) because we are anxious (mind), we may withdraw from our friends and family (soul). They all work together, and they all affect each other.



Shareera (The Body), The body part of holistic living is usually the easiest to understand because it's physical. We can easily see and measure the effects of nourishing our body. Nourishing the body in a holistic way involves a lot of elements. We must understand that to take care of this physical body, we need to take the right food in the right quantity. The more we nourish our body, the better it functions, of course we also know that moving our body is important. But when taking a holistic approach to nourishing the physical body, we also have taken into consideration things like sleep patterns, our connection with nature, the types of products we use in and on our bodies, and the health of each body system.

Our body is a temple, and we should always take care of it. It's a very powerful contraption. We need to always try ways and means to tap into hidden powers of our body and use them to your advantage. In holistic living, we should focus on wellness – living in a state of good health. To live in a healthy state rather than fix problems as they occur.

*Atma* (The Soul) nourishment and nurturing can be a little harder, especially if we are still figuring out where we fit into the world. But that's okay and better, nourishing our soul can help us get closer to that understanding.

Nourishing our soul can mean spirituality, but it's also so much more. Spiritual well-being is related to our level of self-awareness, clarity about the purpose of our life and a connection with something larger than ourselves. It is about knowing who we are, what our place in this universe is, and the extent of our inter connectedness with the universe. Soul is the part of us that is eternal and connects us with everything else;



spiritual growth is fodder for the soul. Spiritual development dictates gaining clarity on the purpose of our life and committing to that purpose provides strength to our soul in its own eternal journey. As the soul gets nourished, its energy reverberates in our physical, mental, and emotional state as well. On the one hand, it fills us with peace and calm; on the other, it inspires our mind and body towards meaningful action

There are times when we all feel lost and wonder what has gone wrong, where we took a wrong turn or where have we faltered? Times when it seems as though nothing good will ever again come our way, or that the bad events just won't stop appearing. It might start to look as though nothing is in our control, a feeling of powerlessness can take over and grab hold if we are not careful. Rather than waiting to get into the quicksand of depression, it's important to start adopting healthy habits, we need to nourish our soul, mind, and body. Not only it can pull us out of the hard situations, nourishing our soul daily will help us make every day a bit easier for ourselves.

We have been speaking all about nourishing the Atma (Soul) and many of us may be looking at the ways and means to achieve the same. Thanks, to our biased thinking the word itself may feel quite difficult or nauseated or may feel quite tough, but it's not so, it's quite easy; it's like a river flow. We just missed it or forgot or haven't seen it for long time.

Just sit and breathe, we have enough breathless times in a day, 02 min to only breathe with consciousness releases the poison, it calms the mind and helps us focus, feel less stressed, and relaxes our muscles. The best of the scientific journals speaks of the same. We knew this we have seen this but just missed it.

Slowing down is a great way to nourish the soul, we have enough of fire fights; next flight, next meeting, next assignment towards the next goal, slowing down will rejuvenate the soul. The problem is we don't have an app to slow us down 😊. The society and the environment have conditioned our thoughts and neurons to keep moving and moving fast irrespective of its nature (Positive or Negative). A 10 min talk after office hours on a roadside café (tappi) under a tree with an old friend will surely slow you down to take the next tube to home but will always rejuvenate you for the entire evening, a better chat with family and better time with kids and a better sleep. A small walk with soulmate or parents in the morning have lot of things to rejuvenate for a wonderful day. We need to get out of the thought; "something is missing" and get into a way of life which makes us happy.

*Satva* (The Mind) is literally bombarded every second with information, we need to stop and think how the information we absorb all day long influences us. How does following the news, reading books, listening to podcasts, browsing the net (with the repeated portals), and playing video games make us feel? And how does this mental input impact our thought patterns, brain chemistry and following physiological reactions?



Going analogous occasionally is a quite a proven way. It's easy to carry every functionality one needs in one pocket-sized gadget. But old-school habits like handwriting, reading paper books, reading out an old poem loudly and listening to favorite song instead of simultaneously liking photos on Instagram all have significant benefits for our brain. Instead of being anxious of being left out on the updates of world affairs, we can just pull out the newspaper and start reading it; same way as we did

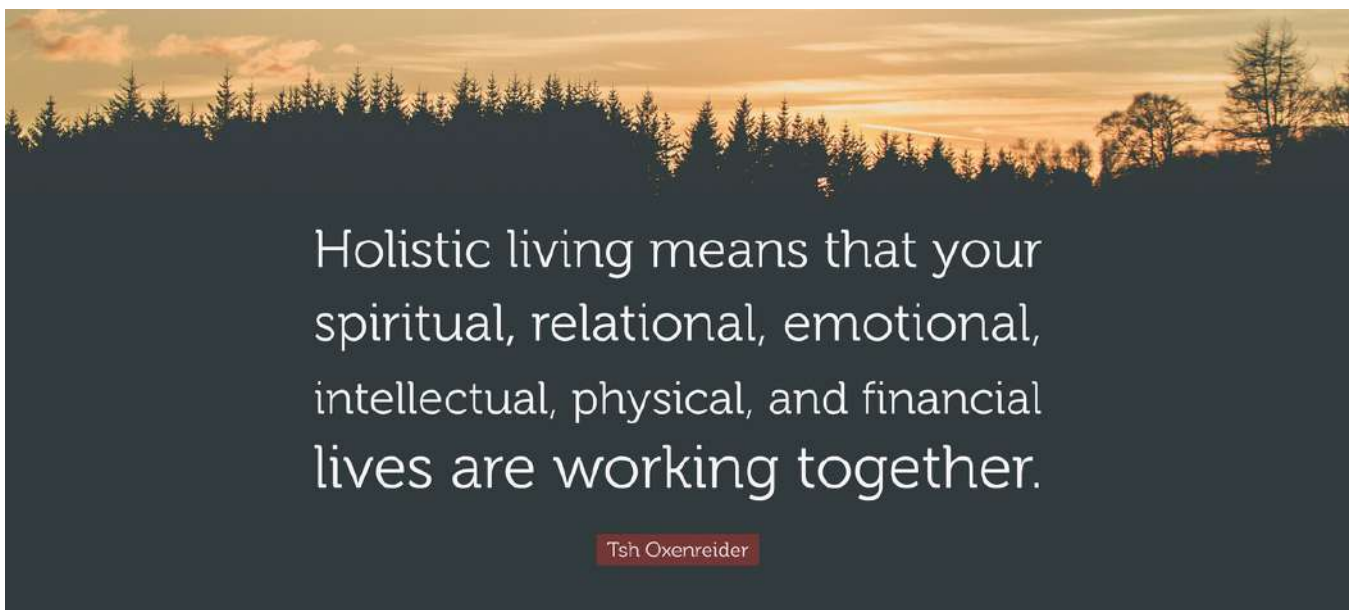
when our parents asked us to do the first time. Its proven theory that periodic breaks from news channel and reading a newspaper improves mental calm. When was the last time we saw our own writings and the pattern of the alphabets, a small effort to improve our writings will always get a great smile and clam our mind? Ikigai: The secret Japanese lifestyle to living healthy; greatly speaks about contributing time towards daily chores. Breaking away from the usual task or routine and getting involved in some daily chore/ gardening / game (rather than a television) is a great way to nourish the mind.

A holistic lifestyle might mean different things to different people. There is no one “right” way to live a holistic lifestyle. But at its core, holistic living is caring for your entire self, Tridanda: Satva (The Mind), Shareera (The Body) and Atma (The Soul).



**Capt Punyasloka Panda** is an ex-Infantry Officer and was commissioned into 8 Garhwal Rifles. Post his Indian Army tenure he has worked with many renowned companies, predominantly in the field of Crisis Management & Business Continuity. Presently he is working with Accenture Solutions, based out of NCR. He is a CPP and ICRA certified ISO22301 Lead Auditor.

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# Pune



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**Standing Row:** Capt Uday Shriwas; Maj Anil Chandel; Capt SK Bhan; Lt Col KS Pitre; Capt Gaurav Dubey; Capt Rajesh Nair; Capt Shyam; Col Mayank Gautam; Flt Lt Mihir Kumar; Flt Lt Prashant Sinha; Wg Cdr N Maran; Capt Ambarish Purohit; Lt Col Alok Das

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