

FORCENET

E-ZINE

Magazine for military veterans in the corporate
January 2024, Volume VI, Issue 1



FINDING YOUR PURPOSE



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SCAN ME



FORCENET

From the Editor

Wishing All Readers, A Very Happy and Prosperous New Year r

- The Editorial Team

As veterans, the transition from military life to civilian pursuits is a defining moment—one filled with challenges, opportunities, and a quest for purpose beyond the uniform. Finding a job that aligns with your sense of purpose after the military isn't just about employment; it's about discovering a role that resonates deeply and serves the greater good of society. In this journey of rediscovery, veterans often seek careers that echo their commitment to service, embodying their values and skills to make a meaningful impact on the world around them.

This is what made us decide the theme for this month as **Finding Your Purpose**.

The transition from the structured, mission-driven environment of the military to civilian life can be daunting. However, it also presents a unique opportunity for veterans to leverage their experiences in new roles that resonate with their core values. This is an opportunity to take a pause, reset and start afresh – a chance which may never come back again in your life. While the path to finding purposeful employment may vary for each individual, it often stems from introspection, recognizing personal strengths, and identifying how they can contribute meaningfully to society beyond their military service.

The key to finding purposeful employment lies in understanding the intersection between personal passion, acquired skills, and societal needs. Entrepreneurship also stands as a viable path for veterans seeking to align their careers with their purpose. Starting a business not only enables veterans to channel their leadership and problem-solving abilities but also allows them to address societal needs through innovation and service-oriented ventures.

Ultimately, the journey to finding purpose after the military extends beyond securing a job; it's about discovering a vocation that aligns with one's values, while positively impacting society. It's a journey of self-discovery, resilience, and a testament to the unwavering commitment of veterans to continue serving their country in diverse and meaningful ways.

To all veterans embarking on this transformative journey, remember: your service doesn't end with your military tenure; it evolves into a new chapter of purpose-driven contributions to society. Your skills, values, and experiences are invaluable assets that can shape a brighter, more compassionate world—one meaningful career choice at a time.



With Purpose,

Capt Rajesh Nair
Editor, ForceNet E-Zine



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Lalit Panwar > Amit Batra

1 hr · 🌐

Hi Everyone.... attended the Amit Batra's webinar on Kids Coaching today and found it extremely useful and powerful session. Shall recommend parents of all kids from 1 yr to 18 yrs to attend and gain the useful insights right from foundation to communication. Great Job Amit....carry on the good work.



Rajiv Ghosh > Amit Batra

1 hr · 🌐

Attended a session on parenting by AB, it was quite insightful. Concepts like mentoring your child, setting rules, delegating responsibilities, respecting your child's opinion did invoke my interest and we will definitely implement the same in my daughter's upbringing. Loved the way he explained how right parenting creates an environment which will help the child grow in a positive direction. I highly recommend all parents to attend his webinar.

Contact us at (Whatsapp msg only)



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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 or clicking on them.

For ease of providing 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. Thus, the information and viewpoints presented in the articles do not represent those of Forces Network, and neither does Forces Network accept any duty or responsibility for them.

Online Feedback / Review

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Feedback on: Celebrating 16 years of FORCES NETWORK - Dec 2023

Celebrating 16 years of FORCENET e-zine for veterans in the corporate world is a remarkable achievement! The journey reflects incredible dedication, and the content resonates with the excellence of those involved. Here's to honoring the past and inspiring the future through your impactful storytelling. Congratulations on this significant milestone!

Additional Suggestions:

THE MEMBERSHIP PROCESS FOR THE NETWORK FOR SERVING PERSONNEL MAY BE MADE MORE PROMINENT SPECIALLY WHO ARE PLANNING OR ARE UNDER TRANSITION TO CORPORATE WORLD.

LT COL DHIRAJ BHIMWAL

Finding Purpose





Finding Your Purpose

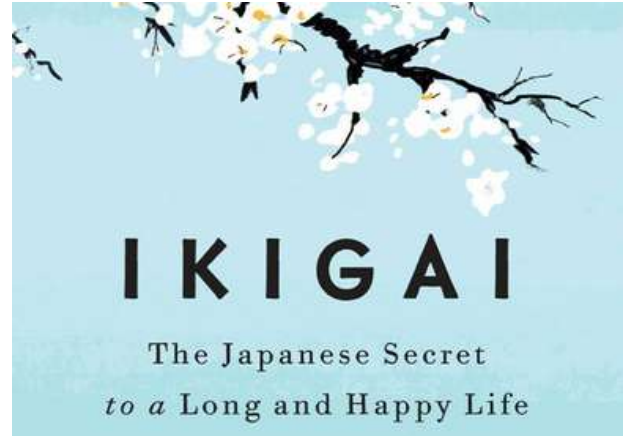
Theme Articles

Theme Article

Finding Your Purpose: Ikigai

BY SAJAN

Okinawa is the southernmost island amongst the five major islands of Japan. The uniqueness of Okinawa is that it is one of the five Blue Zones in the world where life expectancy is on an average above 100 years. What is the secret behind this long life has been beautifully brought out in the famous book written by Hector Garcia and Francesc Miralles called the IKIGAI.



Ikigai stands literally as **Reason for Being** and in other words **The Purpose of Life!** Ikigai, is a profound concept that serves as a compass in the pursuit of passion. It visualizes the convergence of four elements:

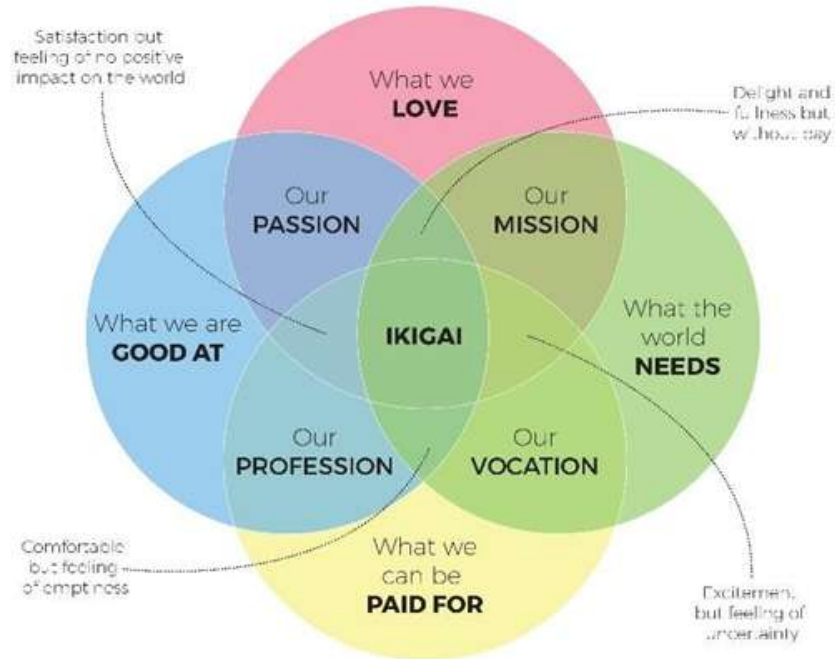
- what you love,
- what you are good at,
- what the world needs,
- what you can be paid for.

The sweet spot where these elements intersect is the key to discovering one's Ikigai. As a veteran who has transitioned to the realm of career counselling, the quest for purpose holds a significant place in my post- military life too as I guide transitioning officers and students from Class X onwards. Together we explore the multifaceted journey of finding one's passion, drawing insights from my own experiences, and shedding light on the concept of Ikigai, that intertwines purpose, passion, vocation, and profession.

Our military careers were a testament to dedication and discipline, but even within the uniform, I found moments of Ikigai when I was so passionate about what I was doing. I am sure each one of you would recall one posting / one task that you loved to do and got tremendous satisfaction from it. In fact, life in the uniform is all about Ikigai. Else one would not survive those long hours in field areas with minimal comforts.

IKIGAI

A Japanese concept meaning 'a reason for being'



Transitioning from the uniform to a career counsellor, I realized the importance of aligning one's personal and professional pursuits. While money is an important part of Ikigai it is not the only criteria which some of us may aspire. Sometimes, people going after money may find other aspects of life like relationships, health and purpose taking a backseat.

Purpose and Passion begins with a genuine love for something. Ask yourself: What activities make time fly? What brings you joy and fulfilment? While passion is essential, Skill (What you are good at) plays a crucial role. In the Forces, adaptability, leadership, and strategic thinking were skills we all honed. Recognize your strengths – what are you naturally good at? Your skills often hold the key to unlocking your true purpose.

True fulfilment comes when your purpose contributes positively to the need of the world. Reflect on the needs around you. Identify how your interests and skills can address those needs. In my case, transitioning to career counselling allowed me to guide individuals toward fulfilling and meaningful professions.

Practicality is vital. Aligning your purpose with a viable profession ensures sustainability. The intersection of what you love, what you are good at, what the world needs, and what you can be paid for is the sweet spot where passion becomes a purposeful career.

Marie Curie, the renowned physicist, and chemist found her Ikigai in her love for science and her exceptional aptitude for it. Her groundbreaking research on radioactivity not only fulfilled her passion but also addressed a crucial need in the world, paving the way for advancements in medical science.

Elon Musk, the visionary entrepreneur, exemplifies the convergence of passion and purpose. His love for technology, innovation, and sustainable solutions aligns with the world's need for cleaner energy and transportation. Musk's ventures, such as Tesla and SpaceX, not only showcase his skills but also contribute significantly to global progress.

In my own journey, the transition from a military officer to a career counsellor was not without challenges. However, aligning my love for guiding others with my skills and knowledge gained from the Armed forces allowed me to find my Ikigai. Helping individuals navigate their career paths became my new mission, and the satisfaction derived from this endeavour surpassed many other activities I had undertaken.

Discovering your purpose is a dynamic and evolving process. Ikigai serves as a powerful framework to guide this exploration, urging individuals to seek a harmonious balance between their internal desires and external contributions. As we navigate the intricate paths of life, remember that passion, when aligned with purpose, has the potential to create a fulfilling and impactful journey beyond the expected. Some of the members in Forces Network whose stories you read every month are true epitomes of Ikigai.

All I wish you in the new year is that you find your Ikigai and remain young as ever at heart because when your purpose becomes your career, you never go to work at all.
It's all fun.....every day.



Col Sajan is an experienced International Trainer, Consultant, and a certified Career Coach. Currently he is a Principal Career Consultant at Renergetics Consulting. Commissioned into the Corps of Army Air Defence in 1991, he is an alumnus of NDA, DSSC, and Army AD College. After a remarkable career of 22 years he stepped out to the world outside. He has been regularly guiding students and officers transitioning out, through Psychometric Assessments based Career Counseling. He also writes a popular blog www.sajanspeaks.com

You can connect with Col Sajan at www.renergetics.com/careercounselling or <https://in.linkedin.com/in/sajanmoideen>

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

Theme Article

THE HOBSON OF CHOICES

BY KIRSHNA RAJ

"No distance is too far, if you get what you want" - Chinese Proverb

One is reminded of 'Fa Hien', the Chinese traveler who came to India in the early 5th century C.E. during the reign of Chandragupta II and reached Patliputra in search of original scripted teachings of Mahayana Buddhism. He found a copy of Vinaya Pitaka- (*canonical collection of Theravada Buddhism*) and stayed for three years at Patliputra, learned Sanskrit, wrote out the Vinaya Pitaka which he carried back to China at the age of 77 and translated it into Han Chinese.

Can this be the story of every soldier who is committed in action in a second life in business realm? Youth, that is a storehouse of power and energy becomes a take-off platform to the yonder- therefore , the earlier the better - Agni veer or otherwise. A word of caution though, No Complacency, Nor Hubris.

For all of those who wish to soar like the **Icarus** should be clear not to have wings made of wax. Icarus of Greek mythology, son of *Daedalus the master craftsman*, flew with his father to escape the labyrinth of Crete using light leather and feather wing glued together with Beeswax. Son! He said, fly not too high lest they melt, and not too low on sea that moisture clogs the light structure. Rest is history- he flew too close to the sun and melting wings saw him plummet to tragedy. And into the Icarian Sea as known later in his honour.

Cut to the present day....For a soldier to second life there is a different agenda at hand. When the chips are down the leader in you has to rise. Remember Predator, the 1987 Alien Thriller? Like Major Dutch Schaefer preparing for taking on the 'PREDATOR' a soldier has to know his purpose in ways more than one. 'Arnold' aka Maj Dutch decided to take on the Alien instead of running away- running away would have been his ultimate nemesis. He had to go about preparing his explosive combo from *Nitrocellulose* NC grains in the UBGL cartridge, wrapping the explosive in broad yam leaves tightly- creating a grenade of sorts. Tying the packet at the front end of the arrow which was tipped with a detonating concoction temporarily blinding the Predator who was tuned to darkness and Infra-Red.

We all remember what he did-the creation of a massive trunk of tree 'killer' log tied and hoisted up with vines up the tree branch to create a trap that would be triggered by a relatively small releasing pressure. The twig acting from the base of a pit that primarily serves the purpose of a bait pan. Finally he went on to paint his face with the camouflage grease in the final act and coats his body with pure mud pack to avoid detection from the Predator's infrared heat sensors.

Given the purpose of Maj Dutch to eliminate the alien predator, what could be the purpose of a service officer in finding purpose outside the Olive Greens on lines of 'war fighting'?

To delve into this zone is like a religious quest, i.e. Yet again 'purpose' of life can be to achieve a sense of fulfillment or reach a position of authority, or reach a benchmark of financial table, or find a true profession or yet learn and innovate to self-esteem. Yet again for some it could be 'charting the unknown' or going beyond the shores could be the purpose.

Now the main catch is to be able to leave ones comfort zone and taste the challenges of working and getting work without the "suraksha kavach" of the Army Act.

An Aviator can fly outside after the ATPL (Airlines Transport Pilot License) or CHPL (Commercial Helicopter Pilot License). An engineer officer can exercise project management options and foray into real estate, an EME officer or AF tech officer can switch zone with his B.Tech or M.Tech degree to organize operation in Automobiles Company and yet again a service officer can opt for the logistics zone...

The true challenges are faced by the GD soldiers, the infantry men, tankmen and Gunners. The Naval support staff, the air force admin and ATC officers. They have a major challenge in finding their footing in the Civvy Street.

Yet finding their purpose by breaking out of the military setting and safety net of the cantonments and AF/navy stations is the only way to be 'in sync' when they have to relinquish their uniforms and step into the largely unknown.

So let's start with empowerment as the first step. MBA, or a diploma in business administration, an essential fire safety or the OHC safety qualification like NEBOSH, or still special CFP/ CPP for the truly dedicated. These are some of the stepping stones to the HR 'Tick the Boxes' qualification indices. More the boxes ticked, the better your claim to a useful pay package. There are marks for the experience part as well. You are then subject to the company HR wanting to speak to your previous bosses; just to know that you are emotionally intelligent and did not throw away your previous job in a huff and stomp out of the company. A bad hire can be a nightmare at senior levels.

While the proof of civilization was the recovery of a fossilized regrown 'femur' bone; a statement often attributed to 'Dr. Margaret Mead' the famous British anthropologist. A regular/ repaired femur bone was the standing proof of the care given to an injured human by another long enough for him to recover while in a wild setting he wouldn't have survived; being at the mercy of the wild animals. The stretch of similar thought also lies in the other end of the spectrum i.e. throw yourself into the fire and if you come out cool you are the chosen one.

While finding your purpose, the Challenges are very many. The purpose of life sometimes lie in facing the challenge of the unknown.

- The challenge of the fact that those who are out for Jobs in civvy may not necessarily get ready support from ex soldiers. Charity begins at home when it comes to giving a corporate opening job.
- The challenge may be in being unable to exercise financial reach in opening up a business to franchise levels even if you have the talent.
- The challenge may be in knowing very well that you have to go through three iterations of jobs before you reach your dream salary and you do not have the age with you to stretch those three turnarounds.
- The challenge lies in realizing that the fifteen- twenty years in the business line your contemporaries outside have crossed VP levels while you are getting entry at DGM levels.

The purpose by itself at times is not as satisfying or endearing as the journey itself. Many times the quest for certain qualification such as HR or safety or NEBOSH or MBA or LLB etc. puts the scholar in a race against oneself and that is the moment that brings out the best in the warrior.

Is there something that one feels is below ones stature or dignity; then dignity of labor is laid to rest. If you are running a high end luxury car rental business and then come a time where your drivers have run aground and priority business customer is waiting at Hyatt, will you have the initiative courage and entrepreneurial spirit in you to drive up to Hyatt porch at Pali Hill and say 'Welcome sir' to the man in a business suit looking through you? That's entrepreneurial skill and perseverance.

The winding path in the business world is no 'sendero luminoso' nor is it a trekking trail. While there are rugged climbs there are also the cool mountain breeze as well as breathtaking views.

And then everyone may not make it, there would be some who have to cool it. Taking a cue from Thomas Gray's Elegy written in a county churchyard..

*"Many a gem of purest ray serene the dark unfathomed caves of ocean bear:
Many a flower is born to blush unseen and waste its sweetness on the desert air."*



Brig Krishna Raj commissioned in 1987 into the Artillery, he opted for Aviation and joined Army Aviation as a helicopter pilot. He flew for 12 years with 1500 hours of operational flying. He has operational experience in The Kargil War 1999. He commanded his Unit in CT Ops Kashmir and subsequently commanded two operational Brigades. While in service he took up LLB, UGC NET and HR qualifications. He participates in seminars and, writes for the Hyderabad Newspapers on contemporary Geopolitical issues. He is presently undertaking PhD research in the field related to Geopolitics. In Corporate sector he has worked in the field of Port and Shipping, At present he is in the Textile and flooring industry in V P level Administrative post.

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

Theme Article

THE PURPOSE

BY RAJESH NAIR

*“Your purpose in life is to find purpose and give your whole and soul to it”
- Gautam Buddha*

As military service members transition from the structured and purpose-driven environment of the army to civilian life, many face the challenge of finding a new sense of purpose. The journey to discovering purpose after service is a unique and personal one, but it is also a crucial aspect of a veteran's successful transition. Let's consider various steps and considerations that can help a veterans find their purpose beyond the uniform.

- **Reflecting on Values and Passions:**

- Begin by reflecting on the values and passions that fueled your commitment to the military. Consider the aspects of your service that brought you the most satisfaction and fulfillment.
- Identify personal values and interests that align with your experiences in the army. This self-reflection is an essential step in understanding what truly matters to you.

- **Networking and Community Engagement:**

- Forces Network tagline - **“The Network that works”** is on same fundamental to help defence veterans transition into the civilian world.
- Connect with fellow veterans who have successfully transitioned into civilian life. Seek mentorship from individuals who have navigated a similar path and can provide guidance based on their experiences.
- Attend networking events, both within the veteran community and in your chosen industry, to expand your professional connections.
- Explore opportunities to give back to your community. Many veterans find purpose in community service, leveraging their skills and experiences to make a positive impact.

- **Skills Translation:**

- Translate your military skills into civilian terms. Recognize the valuable skills you acquired during your service, such as leadership, teamwork, discipline, and problem-solving.
- Explore how these skills can be applied in civilian careers. Many organizations highly value the qualities instilled by military service, making veterans valuable assets in various industries.

- **Education and Training:**

- Consider further education or training to acquire new skills or enhance existing ones. Many veterans find purpose in pursuing academic or vocational training that aligns with their interests.

- Forces Network has undertaken a lot of skill development, including articles in the magazine which would help you to enhance your skills.
- Explore educational benefits available to veterans, such as the IIM, PMP etc. to support your transition into a new career path
- **Setting Realistic Goals:**
 - Establish short-term and long-term goals that align with your newfound purpose. Break down larger objectives into manageable steps to avoid feeling overwhelmed.
- **Embracing Adaptability:**
 - Adaptability is the key to any veteran, embrace it.
 - Recognize that the path to purpose may evolve over time. Stay open to new opportunities and be willing to adapt your goals based on changing circumstances.
 - Embrace the skills of adaptability and resilience developed in the military to navigate the challenges of civilian life.

Conclusion:

Finding purpose after military service is a deeply personal journey, and each veteran's path will be unique. By reflecting on values, translating skills, seeking education and mentorship, engaging with the community, setting realistic goals, and embracing adaptability, army veterans can discover a fulfilling and meaningful post-service life. Remember that the journey is ongoing, and with patience and perseverance, you can find purpose beyond the uniform.

Remember the path is not easy, but then we were never meant to follow the easy path. Every veteran chalks out his own purpose, a purpose which is for his own greater good and for the good of the community. Remember as a veteran you are known to show purpose to the world and hence having a purpose for self is the most important part when you transit from the smaller world of defence to the big civil world.



Capt Rajesh Nair 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 in the IT, ITES, Manufacturing and Service Sectors. He is currently working with a global Oil and Gas company as India Lead for Administration and is based out of Pune.

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Theme Article

TWELVE WAYS TO FIND A PURPOSE FOR YOURSELF

BY SHANTONU ROY

Introduction

It's a question as old as time: **"What is my purpose in life?"** As far back as the fourth century BC, Aristotle was pondering life's purpose and developing his theory of teleology, or the idea that everything in life has purpose. In today's fast-paced, technology-filled world where we are being pulled in many directions at once, finding the purpose of life seems more important than ever. Many people spend their lives reacting to situations instead of being proactive and figuring out the needs and values that drive them. Even when they think they know their purpose, they often mistake it with a short-term goal. Many others who are asking themselves this question truly want to find meaning – but they have no idea how to find purpose in life.

- **Why you're seeking the purpose of life**

We naturally only feel fulfilled when we're improving ourselves or our lives in some way. Everything in life is calling to us to grow. When we stop growing, we start feeling pain, fear and anxiety. We are then susceptible to envy as we look around and see what everyone else has that we don't. Instead of asking "What is my purpose in life?," we start coveting status, material goods and power. But all those things will ultimately leave you feeling empty. Goals, like buying a house or opening a business, yield a sense of achievement and are essential to living the life you desire. Purpose takes those goals to an even higher level. You'll remember it as long as you live: progress. Progress equals happiness. Achieving goals does not equal happiness." So if you're asking yourself, "What is my purpose?," what you're really asking for is progress – a true sense of fulfillment. And fulfillment isn't a luxury or leisure activity – it's a necessity.

- **The Two Things that keep you from finding your purpose:**

You might think there are many things that prevent people from finding their true purpose. They're comfortable where they are and don't want to rock the boat. They have it all – money, family, house – and are fooling themselves into thinking they're fulfilled. Or maybe they just don't have time. The truth is that there are only two things that prevent you from answering the question, "What is my purpose?"

- **Certainty:** The need for stability and predictability is one of our deepest human needs. Routines help us conserve mental energy, and staying in our comfort zones can keep us from feeling anxious and getting hurt – emotionally and physically. But it also prevents growth. It keeps us in unfulfilling jobs and unhealthy relationships. It prevents us from finding purpose.

- **Limiting beliefs:** The stories we tell ourselves about who we are can either hold us back or propel us toward fulfillment. Limiting beliefs – that we’re not good enough, that we don’t deserve to be happy – lead to limiting behaviors like fear of failure and self-sabotage. Believing that we have no limitations in life gives us the confidence to find our purpose. As Tony says, “We can change our lives. We can do, have, and be exactly what we wish.” Believe that and purpose will follow.”

- **Benefits of Knowing your Purpose**

Participants who did not have a strong sense of meaning in their lives were more than twice as likely to die prematurely as those who had figured out their purpose in life. Having a sense of purpose also reduced the incidence of cardiovascular events like heart attack and stroke. Achieving goals may not help you find the purpose of life, but knowing your purpose can help you achieve your goals. When you truly know your purpose, you’ll experience a sense of clarity like never before as you’re able to connect what you want to achieve to your ultimate fulfillment. You’ll feel passionate, driven and laser-focused. You’ll stop battling with the past and the future and start living in the present – and that’s the greatest gift you can give yourself.

- **How to find purpose in life**

There are many benefits of knowing your purpose – but how can you figure it out? It is a combination of the science of achievement and the art of fulfillment that creates the road to happiness and a life of meaning. To succeed in finding your purpose, you must master this balance.

- **Search Inward**

The questions “What is my purpose in life?” and “How can I be happy?” are actually the same and have the same answer. You can never truly understand how to find your purpose by listening to others’ opinions and seeking outside approval. The only thing holding you back is your own limiting beliefs. With each limiting belief you identify and replace with an empowering belief, you develop greater self-awareness. And when you’re in control of your emotions, you’re in control of your life.

- **Put Purpose before Goals**

If you focus only on achieving short-term goals, you will never find your true passion or learn how to find your purpose. The goals you work toward must always be based on finding your purpose. If they’re not, you’ll only feel a fleeting sense of accomplishment and will soon be seeking something more. You won’t be able to see that life is happening for you instead of to you.

When you set a goal, ask yourself: How will this help me feel more fulfilled? How does this relate back to my purpose? Use a journal or a system like A planning method to ensure you always keep your purpose top of mind.

- **Focus on what you have**

Developing an abundance mindset is like opening your eyes to life: You will see beauty and goodness all around you. With this new perspective, your purpose in life becomes much clearer. You question less and less how to find your purpose because you feel like you have more of the answers and that you are on the path to achieving meaningful goals. When we focus on what we have, fear disappears and abundance appears. You'll stop living in fear that you're wasting your life and begin to attract positivity and joy. Finding your purpose becomes an exciting journey, rather than a stressful goal.

- **Take Ownership of your Life**

True fulfillment comes from designing your own life. This is how you unlock the extraordinary. To find your purpose, you must decide what's truly right, and know it in your heart and soul. You must not let yourself be driven by fear or anxiety. A decision made from fear is always the wrong decision. It will not help you understand "What is my purpose?" but instead confuse the issue even more. To truly take ownership, you must stop playing the victim. Realize that every circumstance in your life is a result of your own decisions, not anyone else's. When you take responsibility for finding your purpose instead of blaming others, fulfillment follows.

- **Think about what brings you Joy**

Look back on your life and identify the times when you felt the most joy. Was it when you were connecting with your partner? Making a successful presentation at work? Creating art or helping others? When you discover what brings you joy, you usually discover where your passions lie. Your abilities are connected to that sense of joy, so examine them, too: Can you pick up a pencil and sketch a lifelike portrait? Do your friends tell you that you're a great listener? When you look closely at the activities or skills that come naturally and also bring you joy, you'll likely stumble upon passions that you can turn into a profitable career.

- **Develop your own life Vision Statement**

Before you can ask yourself "What is my purpose?" you first have to know what an ideal world looks like and how you fit into it. Creating a life vision statement involves identifying what life would look like if everyone were living up to their fullest potential. This will help you develop a roadmap to guide you in the proper direction.

- **Discover your True Needs**

When asking themselves “What is my purpose in life?”, some people don’t even know where to start. If you fall into this category, it helps to examine the Six Human Needs. Your top need – certainty, significance, variety, love/connection, growth or contribution – affects every decision you make. Lack of awareness about your own needs can leave you with a false sense of purpose – one that is actually based on others’ expectations. This is why you can reach the top of the career ladder, find the “perfect” partner or be in the best shape of your life, but still not feel happy. Fulfillment begins with your innermost needs.

- **Write out your Story**

Writing helps us organize our thoughts – and discover new ones we may not even know we had. It’s proven to help us reach goals, improve memory and decrease stress, which are all essential when you’re learning how to find your purpose. Putting your life in writing can reveal hidden meanings you may not see otherwise. Start with this exercise: What strengths do you have that helped you get through tough times? How have you helped others? And how have other people helped you? Write it all down and you’ll begin to see patterns that will help you find your purpose.

- **Take Time for Yourself**

“What is my purpose?” is a deep question that takes time and reflection to answer. When you spend all your time running from one commitment to another, you never have time to just sit quietly and reconnect with yourself. Make sure you schedule enough personal time to reduce the noise and demands of the outer world and focus on what you want. When you feel depleted searching for meaning in life, take a deep breath and center yourself. Take time for self-care, whether that’s a spa day or reading a book in the park. It’s by looking within that you’re able to identify your values – the beliefs you hold most dear as a guiding force in life. You won’t understand how to find your purpose without first taking a step back and relaxing.

- **Embrace Acceptance**

Part of finding your purpose is accepting your own limitations. Instead of getting frustrated with yourself, give yourself a break. Get to know yourself bit by bit, taking the role of observer. As you practice self-compassion while building self-awareness, you’re able to find the meaning you’re seeking. Self-compassion means being patient with yourself. Feeling lost in life can be a very disorienting feeling. You may feel frustrated, but be gentle with yourself. Everyone who has ever asked themselves “What is my purpose?” began from a place of uncertainty. Their hesitancy was what prompted them to dig deep and find greater meaning.

- **Find your Community**

Finding your purpose in life is often about discovering where you fit in. When we meet our “people,” we feel like we are home: relaxed and at ease, able to truly be ourselves. Your community can often help you discover how to find your purpose, or to live your purpose once you’ve found it. To find your community, follow your passions. Join a volunteer group. Take a class to develop a skill you enjoy. Seek out support online. Find others who enjoy the same music, books or plays. The saying “You are who your friends are” is true – and when you find the right community, it’s a good thing.

- **Be Flexible**

One of the hardest parts of learning how to find your purpose is letting go of old identities and interests that no longer serve us. Yet it’s something that must be done. Your purpose in life is also likely to grow and change as you grow and change. You must be willing to be flexible and to listen to your innermost wants and needs.

Conclusion

Finding your purpose is a lifelong journey. Being flexible lets you grow in integrity while being true to yourself. When you develop your core values and stop seeking external affirmation, you’ll find that the question of “What is my purpose in life?” is much easier to answer.



Col (Dr) Shantonu Roy is a techno-entrepreneur who is also an INDIAN ARMY VETERAN. Presently, he is using his “SECOND INNINGS FOR THE FIRST INNINGS FOR THE YOUTH AND THE SOCIETY”. He has a M Tech degree in Mechanical Engineering, a Masters in Business Administration and a Doctorate in Defence and Strategic Studies. He has authored books and written many papers in various journals of national and international repute. Also, he has a You Tube channel called FEARLESS LEADERS where he connects with the youth and a NGO called UMA DREAM FOUNDATION where he supports education for children of the underprivileged.

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Theme Article

‘FINDING YOUR PURPOSE’

BY VARUN DHAND

‘What is your purpose in life?’ It is very easy to ask this question but it’s not easy to find an answer to it. Unless one is Lord Buddha, this question usually doesn’t bother people till they complete their graduation. It is at this time when they start making opinions about things around them and their purpose in life. But again, not all acquire the wisdom to ponder on the very essence of life.

I started my career as a commissioned officer in the Indian Navy and served 11 years. Joining armed forces was my passion and it was not just a job but a way of life for me. Post few years of joining, when I matured in the service, I asked myself about my purpose in life. My conscience replied that it was my “dharma” is to fight for my motherland though I didn’t get the opportunity to fight. When I was on the verge of my young retirement age, I asked myself- ‘After spending 11 years in Navy and having learnt so much, when I was in a position to give back to forces- Why Navy just let me go off?’ I got an answer that my passion was overruled by nature of my recruitment rules in the Indian Navy and I had to leave the forces with a heavy heart.

My heart is still at an anchor for Indian Navy in waters of high seas!

My transition to the civvy street was a bumpy ride and acclimatizing oneself to the outside world is a great challenge. I changed three jobs in the quest of finding my purpose. While being into a job and not being stable at one location, there is no time to identify purpose and think and develop a vision. Though, I am getting some time in my present profile to work on my passion like upgrading skillset in professional life, reading and writing book reviews and running marathons as compared to the armed forces.



During this journey, I am enjoying the life, spending quality time with my family, making good friends and solving the puzzle to find my purpose for life. Over a period of two years, there is a paradigm shift in my thinking to polish my writing skills. Forces E-Zine Magazine has given me a platform to showcase my talent where my book reviews get published and lot of encouragement is given by Col. Iqbal and Capt. Rajesh Nair through Forces Network. As a result, there is a boost in my confidence and now I am finding a **purpose to aspire as a writer**. Can't say if life lands me in a different situation and help me find another purpose. I want to be an entrepreneur and feel committed to give back to the society. So, my entrepreneurial mindset might shape my purpose of life.



Lt Cdr Varun Kumar Dhand *retd* from Indian Navy with 11 years of service in Executive cadre. He had left Indian Navy in 2018. Presently, he is working as Deputy Manager (Security) in State Bank of India, Mumbai. He is passionate of reading books, running marathons, write and debate on different topics of national importance.

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Leisure

Find Purpose, Means Will Follow

In the journey of life, as the voyage unfolds,
Seek your purpose, let the story be told.
Through shadows and light, a quest to find,
The calling within, the purpose enshrined.

Embrace the whispers that stir in your soul,
Unravel the threads, let your purpose unroll.
In passion's embrace, where dreams take flight,
Discover the purpose that feels just right.

Through valleys of doubt and mountains of hope,
Find the essence that helps you to cope.
A purpose unique, a flame burning bright,
Igniting your path, a guiding light.

In the tapestry of life, weave your own strand,
For purpose is found in the heart's own command.
Chase not the echoes of others' decree,
Find your own purpose, let your spirit roam free.

Seek your purpose, a compass unseen,
In the vast expanse, where dreams convene.
Let passion guide, a North Star above,
And behold, the means, an outpouring of love.

Through the maze of choices, find your own lane,
Purpose discovered, like a gentle rain.
Means will follow, like rivers that flow,
Carving pathways, where your purpose will grow.

In the quiet whispers of your inner desire,
Lies the spark that sets your soul on fire.
As purpose blooms, so does the way,
Means align, like night turns to day.

Forge ahead with purpose, bold and clear,
Means will gather, drawing near.
For when purpose leads, with unwavering might,
Means follow faithfully, in the softest light.

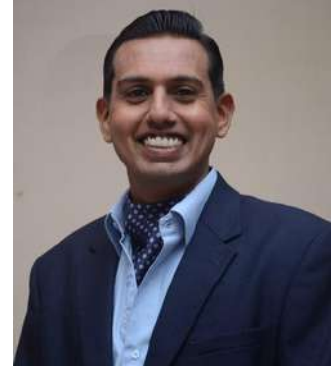
Discover purpose, let directions unfurl,
With clarity found, destiny will twirl
Seek your resolve, a path to borrow
Find your purpose and means will follow

Star of Forces Network

A Forces Network Star is a member of the Forces Network who has gone on to achieve glory in the his/her corporate/civilian avatar. The aim of this series is not just to celebrate our successes from the veteran community, which unfortunately we do not do enough, but also to inspire others. The ultimate goal is to set up a virtuous self-sustaining cycle of inspiration leading to more successes in turn inspiring many more.

IN INTERACTION WITH UDAY SHRIWAS

Capt Shankar Subramanian is an alumni of Officers Training Academy, Chennai and was commissioned into 41 Field Regiment (Kargil). Post his army tenure he moved to corporate and worked in different sub-functions of HR with two wonderful organizations i.e. TVS Motor and Kellogg. Currently he is the Head of HR with Alkegen, a US MNC manufacturing speciality fibre for multiple industrial applications. Born and brought up in Mumbai, he is married and blessed with one son. In his leisure time, he loves to read books and listen to music.



Uday: Please tell us something about your background before joining the Army, and your subsequent Army career?

Shankar: I was brought up in Dombivali East, Thane dist. Maharashtra. I did my schooling and college at Dombivali and am a B. Com graduate from the University of Mumbai. I remember having seen the serial 'Param Veer' about the Param Veer Chakra awardees when I was 4 years of age and ever since I cherished this dream about joining the Indian Army. I read a lot about the different entry schemes and even attempted the NDA exam after my HSC but did not get through. I then chose the NCC Special Entry Scheme so that I could join the Army directly without CDSE. I wanted to focus on higher studies, as a Plan B, just in case the Army does not work out. I was thus doing my LLB and CS (Company Secretary) course immediately after graduating. As I was already studying for two courses together, I did not want to spend further time studying for CDSE. I qualified under the NCC Special entry scheme to attend the SSB Interview directly.

After my 3rd year. of NCC, while I was sent for an SSB camp at OTS Kamptee by NCC. That was a boon for me. I not only got through on my first attempt, but I also summarized my learning in a 22-page booklet, that I still have with me to distribute to any Forces aspirant as a sort of social service. Some of them have successfully joined the forces. While I do not take full credit for this but am sure my booklet has helped them in at least some small way.

Training at OTA was hard, but two things prepared me for it. One was my prior training in NCC and the second was to learn swimming before entering OTA. I was in Kohima coy, SS-81 and I passed out and got commissioned into the Regt. Of Artillery, the 41 Field Regiment (Kargil). Mine is a very old unit raised from the princely state



Wreath-laying during our Platinum Jubilee Raising Day celebrations

forces of Bikaner, Gwalior, and Patiala. My unit fought in the Kargil War and was awarded the honour title (Kargil). My first 2IC, Late Brig AS Kasana (Then Lt. Col) was a VrC awardee.

I served in Kathua and Kaluchak in J&K and served in appointments such as Bty. Ldr, GPO, and Quartermaster. I volunteered for a hard field posting and was sent on ERE with in Sikkim. I had the privilege to serve as the Adjt. And Coy Cdr, Sp. coy under the command of Col UK Yadav, SC, SM** a highly decorated soldier and an excellent leader. I did my Para Basic course while being there. Throughout my tenure in the Army, I served in Modified field areas. I opted for release from the Army as I felt I needed to be available for my parents as and when they needed me.

Uday: Give us an understanding of your role and what you are presently engaged?

Shankar: I currently serve as the Head of HR for Alkegen India, leading HR Business partnering for the Manufacturing business and the Global Shared Services Centre. I am accountable for making my organization a safe, compliant, fair, and nurturing workplace for a workforce comprising of 250 regular and 400 contractual employees across 5 locations (3 factories and 2 offices) at the PAN India level.

Uday: How did you prepare yourself for the military-to-corporate transition?

Shankar: In the Army itself, I had made up my mind to equip myself with an additional qualification so that in case, I decide to opt for release, I should at least have more than just a Graduation degree. My mother worked in HR domain for over 3 decades with Air India. The kind of work she did for the betterment of people, inspired me a lot and I felt that this is the domain that I too will work in if I move to the corporate sector. Faujis are naturally adept at working with people. Hence, I chose to do my PGDBA in HR from Symbiosis Centre for Distance Learning (SCDL), Pune.

After release from the Army, I did my DGR resettlement course at IIM Indore and got placed through campus in the HR function (as desired) in TVS Motor Company Ltd. That marked the start of my career in the corporate world. I was conscious that I needed to keep upgrading my skills to not just compete against better-qualified people but also to be more effective in my work. I also believe that investment in self-improvement is the best form of investment. I have different certifications in behavioural assessment tools, statistical problem solving, and HR Management under my belt, almost all of them 100% self-funded. Most of them have immensely impacted my knowledge and work positively.

Uday: What were the challenges faced during your transition? How did you overcome the challenges?

Shankar: I am reminded of my quirky rejoinder to a question put to me during my interview with TVS Motor, “*What do you think you need to change while transitioning to the corporate?*” I answered that “*I must get used to listening to the word ‘No’*”. The interviewers had a hearty laugh.

Jokes apart, I was too straight jacketed initially but I gradually loosened up or probably “Civilized” (Pun intended). I had to forget my rank and all the prestige that goes with it and learned from those much younger or junior to me in the hierarchy. But I guess we do that in our YOs and other courses too. I had to learn to adapt to the different styles of leaders around me, present my work, seek approvals, and get things done in a manner agreeable to them. I may not have always been in sync with their approach, but I learned to work around and get things done.

It is this ability to get things done, which earned me a lot of respect among my peers, juniors, and superiors. That respect helped me get my way, later. There were also times when I took time to appreciate other’s perspectives be they superiors, peers or subordinates and when I felt that theirs was a better approach, I immediately aligned with the same. What matters is the overall good of the organization and not mine or other’s methods being the most appropriate one.

Uday: How has your experience in the corporate domain so far?

Shankar: It has been an excellent journey. I learned a lot of things and am confident of learning more. I think that I have been treated fairly in the corporate sector with learning opportunities galore. What matters a lot for career growth in the corporate is the ability to get things done while working amicably with people around oneself. Both are important and not mutually exclusive.

I have been fortunate to have worked with corporate leaders who have recognized my unique abilities and set me free to leverage my strengths with adequate guidance to do well in my work. This exposure to good organizations and leaders matters a lot more in the long term than just mere remuneration.

Uday: Academy Training teaches a lot, and it prepares us for our future life in uniform. What has been your biggest take away which has been really a big lesson even as you take up challenges in corporate life?

Shankar: Academy training taught me to 'take it on my chin' and not crib about minor issues here and there. When I face difficulties and discomfort, I tell myself that I have been through gruelling training many times more uncomfortable than the present. If I could do it then, I can do it now too. Just that the challenge has become more mental than physical.

The academy also teaches one to be adaptable and resourceful while facing unsurmountable odds this has helped me in managing situations around me and work way around to be unencumbered by minor stuff to allow focus on big picture.

Uday: How important is it to understand your own expertise and then to work towards upskilling in that domain to have a Better Outing in corporate?

Shankar: This is of prime importance. A 'sine qua non' indeed. Firstly, one must make up one's mind to choose the right domain in the corporate sector to dedicate the rest of their career. This is a mix and match of their abilities, liking / natural inclination and the Fauji domain where they come from.

Once in the chosen field, one must constantly develop expertise. This is done by upgrading oneself with relevant knowledge, professional certifications and exposure to symposiums and conferences related to their body of knowledge.

One word of advice here, that I learnt the hard way, is to not pursue certifications just for the sake of it. Rather one must pursue knowledge and avenues of exposure that one can use in their current work. Mere certifications, without having the opportunity to use the learning lead to stagnation. If you do not use it, you lose it.

Uday: There must have been great lessons during this tremendous journey after hanging the spurs. Can you share a few from your experience?

Shankar: One of my most crucial roles was that of a Factory HR Manager, where I learnt the nuances of the art of Industrial Relations. My first meeting with the external Trade Union leader was a total mishap. During the negotiations, there were a few showdowns too.

However, with Win-Win solutions and some confidence-building measures, I was able to successfully close my first-ever CBA (Collective Bargaining Agreement) / LTS (Long Term Settlement) with a mutually agreeable wage increase. The icing on the cake was the VRS (Golden Handshake) which was linked with the sign-off in a manner beneficial to employees as well as the company.

The lessons that I learnt from this experience were:

- Not to be cowed down by showdowns
- Know how far your 'opponent' will go and how to preempt and mitigate the risks
- Appeal to the self-interests (What is in it for me?) of each key stakeholder
- The 'real' negotiation happens behind the scenes and not necessarily on the negotiation table
- Come up with a Win-Win solution
- Preparation, Preparation, Preparation

Uday: What are your future, and do you have any special Goals? And how are you preparing for achieving them?

Shankar: I read somewhere that a career has three parts, Learning, Earning and Giving. I am currently in the Earning phase, I plan to continue in similar roles for a decade more and then as I enter my Giving phase, I plan to consciously move to the NGO sector. I believe this is a form of social service. Many NGOs lack good HR policies and practices and by helping them with my expertise I am indirectly benefitting the needy whom they serve. Once that is done, God willing, I will pursue a teaching and consulting career so that others can benefit from my experience and knowledge.

Uday: The VUCA world is a huge learning experience for all of us. Could you please share how much the present world situation has impacted your professional world? And what are your insights and suggestions to our readers?

Shankar: I somehow have a very different view on this topic and think that terms such as VUCA, Gen Z, GenY etc. are overhyped. Each generation has its set of unique challenges. Some changes impact our work, but it gets balanced in some other way.

E.g., Trade Unions today are quite milder versions of themselves as compared to two decades ago. While this may make life a bit more comfortable for an IR (Industrial Relations) professional of today, there are other things like social media misuse that one must now deal with as a new challenge. This is something non-existent a decade ago. Thus, in the end, 'Nature / Providence' has a way of balancing things.

Uday: Do you have any other hobbies or interests, which you pursue passionately? And how?

Shankar: I love reading and listening to classical Carnatic music / Old Hindi songs. I am an avid reader, especially of non-fiction, self-improvement, management, leadership, and spirituality-related books.

A lot of my learning and maturing has happened due to my reading habit. I love to unwind with music (Carnatic, more so, as I had once been trained as a Carnatic music vocalist during my school days)



Alkegen HR Team

Uday: We all have had great mentors and coaches in our Lives? Would you like to talk about them from your Journey in Fauj and in Corporate?

Shankar: Like Guru Dattatreya said, one can have many Gurus from whom one learns. It can even be an inanimate thing. From my first CO, Col SK Sharma, I learnt what is it like to have a vision for the organization that you lead. He showed me that you need not be flamboyant to be an effective leader. From my last CO, Col UK Yadav, SC, SM**, I learnt what is the power of networking and making things happen just on phone calls. He used to do favours to secure benefits for the unit and its people and never for personal gain. He was a personification of the fictional character, Don Corleone, in Mario Puzo's 'Godfather'.

From my corporate bosses, at TVS there were quite many senior people like Dr V Kovaichelvan, Mr. Jason Samuel, Mr. D Vivek, Mr. P Nagrajanna from whom I have learnt a lot. At Kellogg, I can think of Messrs. Vinod Rai and GR Ranganatha during my Kellogg days, from whom I learnt the basics of Industrial Relations and Labour law compliance.

I also learnt from my subordinate, Mr Pramod Wadkar on day-to-day management in the field of Industrial Relations. Watching him work was a great learning.

Uday: Top 5 Qualities that you look for in a candidate whom you interview?

Shankar:

- Doing the right things, despite setbacks
- Achievement orientation / Drive
- Collaboration
- Emotional Intelligence
- Leadership ability (For People Manager roles only)

Uday: One question that you always ask any candidate you plan to hire?

Shankar: I usually ask this question towards the closing of any interview, "Is there anything that you wish to ask me?" This question gives me an insight into the maturity level of the candidate depending on the types of questions they ask and how well they have understood the role and researched the organization before the interview.

Uday: Your views on the role played by Family, Friends and Well-Wishers in the Transition and in future assignments?

Shankar: My family played a very important role in my career. Despite being the only child, my parents never stopped me from joining the Army, nor did they indirectly influence my decision to opt for release after my mandatory 5 years. tenure in the Army. My mother worked in the HR function and her work indirectly influenced me to join this wonderful domain in my corporate career.

My friends and family have held me in high esteem for my decision to join the Army. My family, friends, fellow officers, subordinates, bosses, and peers in the corporate have been my well-wishers throughout this journey. Some have contributed by mentoring, some by providing leads and job references and some (like my wife and son) by just being there for me when needed and putting up with my idiosyncrasies and long hours of work, at times. 😊



Capt Uday K Shriwas was commissioned into the Corps of Signals. Thereafter he has worked with Kingfisher Airlines, IFB Home Appliances, JK Cement, and Yes Bank Ltd. He enjoys working in the field of Marketing, Business Development, Strategy. He also has keen interest in the field of Personal Branding. He is presently working as Regional Head - Honour First (Defence Vertical) IDFC FIRST Bank

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ForceNetPreneur

In this series, we plan to showcase a few entrepreneurs who are members of the Forces Network and have achieved a reasonable degree of success in their business ventures. The aim being to celebrate their success as well as learn from them with a view to motivating more members of our community to take up entrepreneurship as a full-time vocation. Finally, we do need job creators in greater numbers than job seekers.

IN INTERACTION WITH IQBAL SINGH

Col Rajpal Singh Malik was commissioned into the Armoured corps in 1986. An alumina of Indian Military Academy 79 regular course, he has held numerous positions in Army post which he moved out in 2007. After moving out of Army Col Rajpal has worked in corporate for almost 10years before starting his Entrepreneur journey. U2CA consultant Pvt. Ltd is a unique concept which he is driving.



IQ: Tell us something about your background prior to joining the Armed Forces, and your subsequent Forces career?

Rajpal: I graduated out of SRCC, in Economic Hons. I completed my school education from St.Xaviers Delhi. It was here that I got a chance to participate in Musical Theatre under the Barry John and Yatric Theatre under Mrs. Joy Michael, the Icons of theatre.

I acted and sang on stage in my schooldays in Broadway musicals like Oliver, The Mikado, Jesus Christ Superstar, Evita, and such like. Very lucky to have been trained in acting and singing under these legends. My school life at Xaviers was extremely fulfilling due to my ability to sing, act and my excellence in the field of athletics & cricket.



IQ: What was the impetus for you to leave the uniformed service?

Rajpal: I wanted to experience and explore the world outside the Armed Forces, the world of entrepreneurship. I wanted to apply my learnings & knowledge and bring it to the corporate world.

IQ: You had a corporate career as an employee including stints abroad. Tell us a bit more about them?

Rajpal: While in India, I worked with Wipro, Cairn Energy, Arshiya International. While out of India, I had the privilege of working in the field of construction in Al Faraa in Dubai. Then my travels took me to West Africa, where I had the honour to work for one of the largest companies, ICS (Industries Chimiques Du Senegal) in Senegal.

It was really great to experience the Corporate culture in India, the Middle East and West Africa.

IQ: If I have to ask you about that moment when your heart said that it is time and I want to start my own venture, Please give us details about it ?

Rajpal: I was done with my 10 year stint in the corporate world, and I wanted to hang up my boots as far as working as an employee. I decided to work on my own terms, 22 years in the Army and 10 years in the corporate, 32 years is a long time to be part of the story, sold by someone else.

I wanted to write my own story, however difficult it may be, at least it will be my own. So, I decided to take the plunge.

IQ: Please tell us about your entrepreneurial venture? What was the vision behind starting your venture, and thereafter expanding it?

Rajpal: I am part of a consulting company, U2CA Consultants Pvt Ltd, U2CA is short form for Universe of Connecting & Collaborating Angels. Our mission is to be part of growth story for SMEs by using our existing network to build new connections, by creating a win win situation for all. As they say, we connect the dots, specially for the SME sector.





IQ: You have a passion for singing. How did you combine this with your business?

Rajpal: I co-created a brand The Wise Wizardz, where we are working on taking forward the young generation, who have a passion for music and singing. We give them a platform for exposure. We mentor them and connect them to people in the world of music.

IQ: What were the challenges faced in this entrepreneurial journey? And, how did you overcome those challenges?

Rajpal: As every entrepreneur faces challenges, so did I. It is difficult to accept that there is no pay check at the end of the month, and the same can be unnerving after 32 years, but you have to convince yourself, that you can make it and then make it happen, it is do or die.

IQ: Would you like to share the details of your venture , services offered and your strategy behind growing your company forward?

Rajpal: We assist by getting contracts for our clients across all verticals, and for small and large values. We assist in forming Joint Ventures and arrange mergers. We help in funding for growth and new projects. Additionally I am a co-founder in a Defence TECH Incubator, where we are assisting startups.

We also organise a networking event called **“The Thursday Thing”**, through which we are spreading the message of Entrepreneurship and collaboration.

IQ: What is your team like, and how did you build it?

Rajpal: We are three of us, two Colonels and one lady entrepreneur. Besides this, we have a team of 5 interns, who work with us for 6 months to a year.

IQ: How do you plan to tackle the challenges thrown at you in this ever changing dynamic world?

Rajpal: I wish I could say, by being ahead all the time, by for seeing challenges and trying to cater for them beforehand. But that isn't possible all the time, so from time to time one has to just reinvent the wheel.

IQ: How have you found your entrepreneurial journey so far? Could you please share those moments when it was really demanding and you dug deep and faced the situation?

Rajpal: Tough times is when the money runs out, often due to delay in receiving payments. It is quite disconcerting and very bitter and creates a feeling of extreme helplessness. But then all the training of the army days comes forward to rescue the situation.

IQ: What are your future plans going forward?

Rajpal: To expand the 3 lines of existing businesses and maybe add a few more. I am extremely interested in being part of various startups and manufacturing businesses.

IQ: So, what advice would you like to give to the fellow ForceNet members who want to take up entrepreneurship?

Rajpal: You need determination, resilience, a positive attitude and the ability to partner with those from the non-army background. And if things go wrong, they will, at times, not lose heart. That's most important.



Iqbal Singh is a former infantry officer who started his career with The Garhwal Rifles in Dec 1987. He took premature retirement from the Indian Army in 2008 as a Lt Col to pursue a career in the corporate in the technology industry. He is currently working in a senior role with a Big Tech company based at Gurgaon. Iqbal is also the Founder of Forces Network – the Network of the military veterans in the corporate.

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Moment In Time

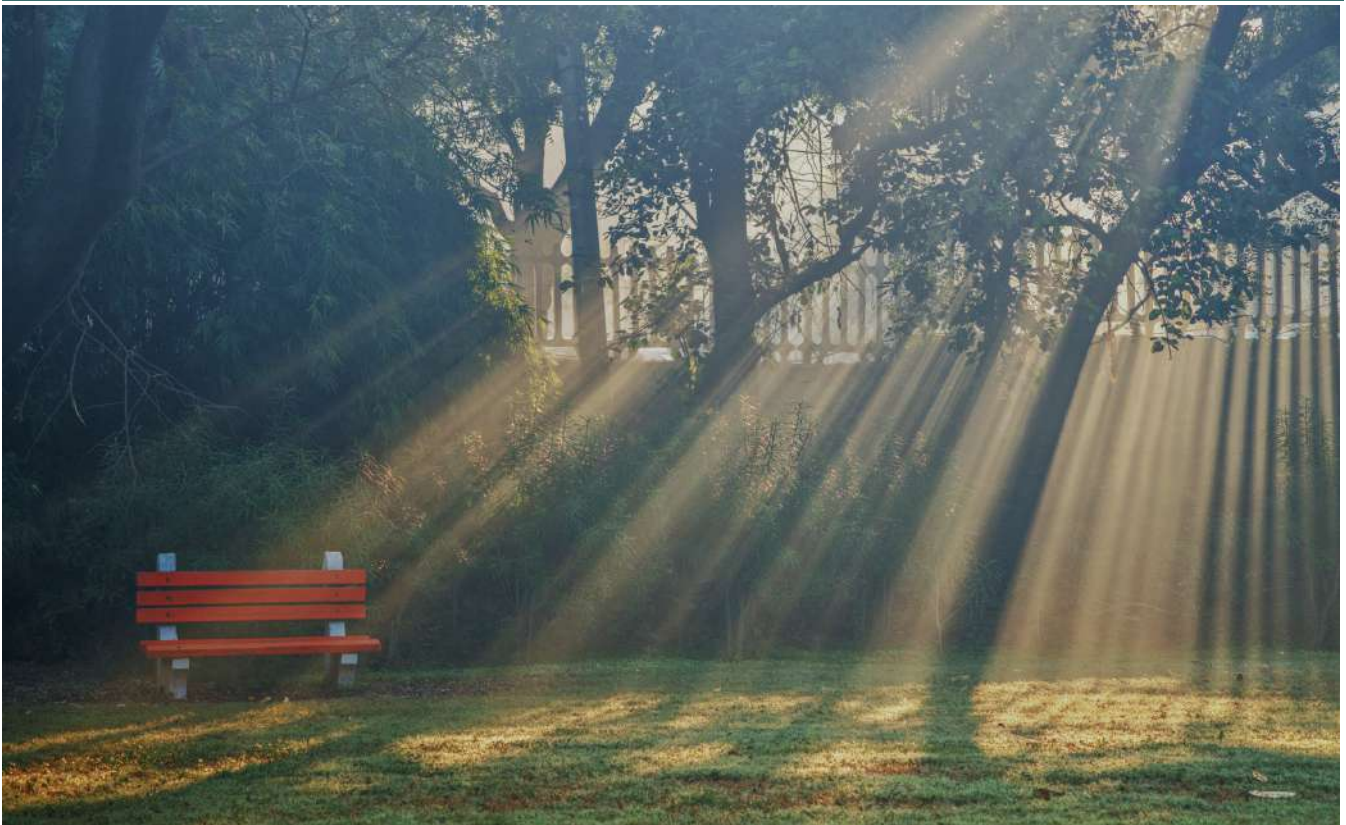
This photography section, "Moment in Time" provides an outlet for the creative side of our esteemed members. The rules for submission are as follows:

1. Forces Network members, spouses and their wards can submit images for publication.
2. No nudity or porn.
3. No mention of Mil establishments, unit identity, tac numbers or tail numbers.
4. It's a photography section, so no images of various get-togethers and social functions will be published.
5. The longer side of image should be 2048 pixels.
6. Maximum of five images will be published every month. The images must be submitted by the 20th of every month.
7. Mention your Instagram ID.
8. **While submitting, the following details should be submitted along with the suitable Title:**
 - a. Aperture
 - b. Shutter speed
 - c. ISO
 - d. Camera used
 - e. Lens
 - f. Focal length.
 - g. In the case of a mobile click, the same may be mentioned.

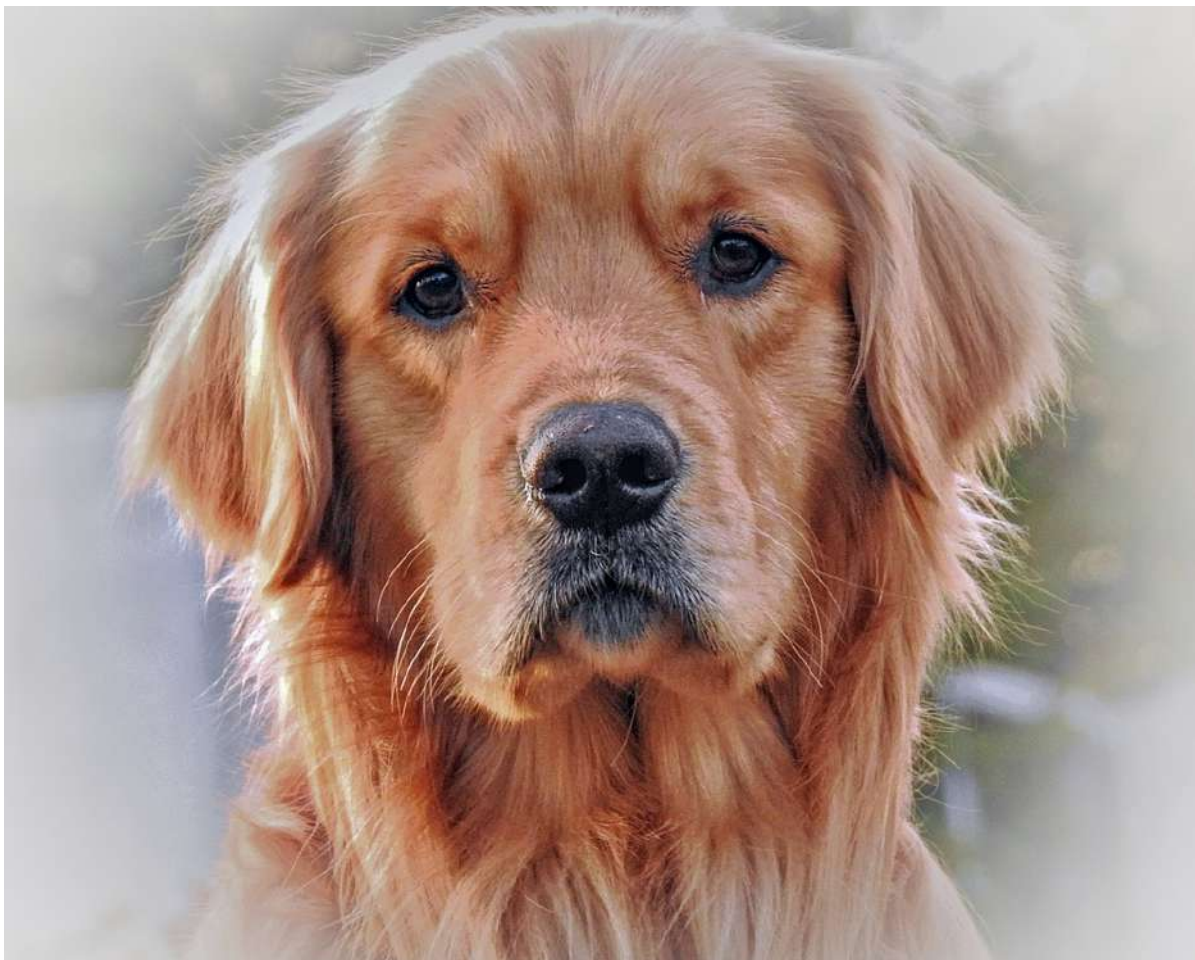
All Photos may please be sent to forcesnetworkz@gmail.com by 20th of every month.



Goa - Samsung mobile galaxy note 20
By Lt Col Pankaj Jaswal



A dawn named 'hope'- Sony a6400 Aperture - 4.3, SS - 1/125, ISO - 125, FL - 70mm
By Col Prashant Kakkar



Neo, the neighbourhood dog - Nikon Coolpix P900, Aperture - 2.9, SS - 1/125, ISO - 400, FL - 350mm
By Col Prashant Kakkar



Norbulingka Institute - Nikon Coolpix P900 Aperture -3.5, SS - 1/160, ISO - 3200, FL - 18mm
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Orange Lily - Nikon Coolpix P900 Aperture -2.9, SS - 1/500, ISO - 100, FL - 85mm
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Author of the Month

Capt. (Dr.) Sukhwinder Kaur

IN INTERACTION WITH RAJESH NAIR

Capt (Dr) Sukhwinder Kaur is the 80th Woman Officer from Army Ordnance Corps, she is daughter and sister of Infantry (Maratha) Officers. Her army tenure is followed by 24 years of Leadership roles in Corporate Real Estate and Facility Management, She is a Ph.D in Busines Laws from Pune University, a mother of a chef son, a collegiate daughter and an adorable persian cat. She is a micro-influencer on linkedIn, Instagram, an active Youtuber, posting videos and stories inspired from daily life, All these milestones are first in her family.



Rajesh: Please tell a little bit about yourself, your background, your education and your army career

Sukhwinder: I was born in a village in Punjab, having agricultural roots but raised under the strict discipline of an Army officer father and equally stern mother, the eldest of 04 siblings.

Primary schooling was from convent schools and then shifted to Kendriya Vidyalaya in middle school. An active cultural enthusiast with an outstanding academic record and a born leader, having served my school as Vice Head Girl and winning the award for "Honesty and Integrity", a prize specially instituted that year, by the Pricipal. Completed B.com, MCM and then M.Com. NET and Ph.D from Ness Wadia College, Pune University, Pune.



Memories from the Past

Joined the Indian Army Ordnance Corps after MCM as the 80th Woman Officer and served with Pride for 5 years. The most memorable experiences in those 5 years were the Research Paper on “Reorganization of Nodal Depots”, Cycling expedition from Pithoragarh to Delhi in 7 days, first promotion from 2Lt to Lt. and



Driving the Tank Vijayanta in Akhnoor! That’s why those memories are shared in pictures. They were symbolic of pride, adventure, endurance and finding my identity.

Rajesh: How did you get into writing, what was the trigger?

Sukhwinder: Writing has been a part of my life since early childhood, starting with journalling in the 5th class. It is a form of expression that gives me great joy. I would write more on life happening to me and around me than fiction or abstract subjects.

Then I began to participate in elocution, debates in middle school and write poems. My first poem was published in 1984, The Telegraph, a newspaper in Calcutta. My class teacher and English subject teacher in class 11th, Ms. Usha Iyer, encouraged me to write and included me in the editorial team of the school magazine. There was no stopping thereafter. I was writing, publishing in newspapers and college magazines, being on the Ness Wadia College magazine Editorial board. Even when I started working, I continued to express myself on paper. Much later, the shift to digital media happened with LinkedIn, a Blog on the internet and then YouTube.

Rajesh: Many congratulations on the publishing of your First book “Morphing into a Leader” How did you decide to write this book and is there a backstory to this?

Sukhwinder: Being the eldest of four siblings, I realised very early on in life that I could make people do things as I thought should be done. So, whether it was leading my siblings and friends in mischief, or students in school as head girl, or a contingent on a march against drugs or as an officer of Indian Army or a corporate leader; Leadership has been a favourite subject and leading has been a role I have played the most in my life.

Naturally then, I decided to pen down the various incidents, people, circumstances that taught me important lessons in Effective Leadership.

As a precursor to the book, I launched my own channel on YouTube, in 2020, where I would post short stories from everyday life, to inspire. The encouraging response to my videos and my posts on LinkedIn on leadership tips and the blog posts on my Wordpress blog, gave me the confidence to write and publish my maiden attempt at authoring!

As the name suggests, it’s a journey of gradually “Morphing” into a leader... that spans the 30 years of my career.



Rajesh: Whats your current role and how did you find time to write?

Sukhwinder: Currently, I am Vice President Strategic Programs at Citi Corp, based at Pune. Having been in leadership roles from a single facility to Pan India, I have gathered insights and knowledge on workplace experience, employee engagement and cultures at the workplace. These insights are extremely useful in my current role to impact workplace experience and drive strategic programs to build a culture of Innovation. I make time to write almost daily, journalling either early morning or after work, during the “me-time” that I guard and give myself religiously. The day I need to make a video, I start my day 30 minutes early! Making time is something I have learnt over the years by identifying time thieves and blocking them out! This is also the subject of a story in my book.



Rajesh: What is it that you wish to share with the larger world through that book/ what is the purpose of the book? How did you find your purpose?

Sukhwinder: Very early on, I had understood that a manager is not necessarily a leader and a leader is not necessarily your manager. I wanted to be the Charismatic, inspiring leader. Over the years, I have read a whole lot of books on Leadership, from military, corporate, academic, spiritual, social and other fields by famous and not so famous authors. Most of the time, the books left me with a lot of jargon and theory. I would not find the answers in a language I could relate to, i.e. the language of action, of doing and telling, because I am a completely “hands-on” learner. I found very little help in books.

That was how I found my purpose to write this book, *Morphing into a Leader*.

Here I am, presenting this book as a compilation of my experiences of “doing and telling” the important lessons in Leadership that have defined my leadership abilities. Each story is something I lived through and learnt from in the diverse roles I have played in my career trajectory.

The purpose of the book is to be useful for anyone open to learning and wanting to improve their skills at leading people, teams and becoming a “people’s champion”. Incidentally, that was also the award conferred on me by my old organization CBRE, in 2018.

Rajesh: What is your message to all those people who plan to write a book but never really take up the effort to do so?

Sukhwinder: My only message is there is no time better than NOW. If it is to be, it is up to you! So take the first step and the destination will be one step closer! There would be enough of reasons to procrastinate or hesitate. Find one reason to take that first step. That’s all it takes.

Rajesh: Tell us about your family and your hobbies?

Sukhwinder: I am a second generation Fauji. My father retired from Kali Panchwin (2nd Maratha Light Infantry). My younger brother is commanding an Infantry Brigade in Assam (he is from Jangi Paltan, 1st Maratha LI). My younger sister is an HR honcho in the IT industry. My youngest brother is in corporate security.

I am a proud mother of two. My son is a chef and has just completed an MBA in Marketing, wanting to gain wholistic knowledge of Business operations in addition to kitchen. He is working in Mumbai. My daughter is in class 12th and a keen writer herself, having a literary blog. (a pic below). We have an adorable persian cat too!

Apart from work and home responsibilities, I enjoy travel, especially road trips in my SUV. (a pic below)

I love tinkering in my terrace garden and do a lot of recycling “best out of waste” DIY at home.

I also enjoy helping out Transitioning Veterans looking to step into civvy street, by giving talks on various platforms, as a way of showing gratitude to the Organization that shaped my personality and helped me find myself. Recently I conducted a 2-hours talk with the IIM Bangalore second batch of Military Veterans on this transition and busted some myths.



Rajesh: What are your future plans regarding writing?

Sukhwinder: Currently, I would like to invest in ensuring my book reaches as many people as possible and am confident it will make a positive impact on their lives. Maybe, I will write a second book on the lessons from my personal life and the various struggles that shaped me as a Woman. It is still in conceptual stage. However, my YouTube videos and posts will continue week after week. My channel is called : **Inspo vibes with sk**

Rajesh: How can our readers keen to pick up a copy of your book do so?

Sukhwinder: My book is available on Amazon in hard cover as well as on Kindle as an e-book. You can type the name of the book in search on Amazon or you could click the link below:

Hard copy: https://www.amazon.in/dp/9357769404?ref=myi_title_dp

Kindle e-book: <https://www.amazon.in/dp/BOCPC6WK92>



Capt Rajesh Nair 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 in the IT, ITES, Manufacturing and Service Sectors. He is currently working with a global Oil and Gas company as India Lead for Administration and is based out of Pune. He is also the Editor of the E-Zine Magazine.

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Knowledge Bytes

HOW MASS COMMUNICATION AND JOURNALISM COURSE IS A GREAT OPTION

BY *DHIRAJ BHIMWAL*

BRIDGING WORLDS: A SOLDIER'S JOURNEY INTO WORLD OF MASS COMMUNICATION AND JOURNALISM

In a world that is constantly evolving, the pursuit of higher education stands as a beacon for individuals seeking personal growth and professional enrichment. For an armed forces officer nearing 25 years of service, or for that matter at any stage of his/her service career the decision to embark on an educational journey can be a transformative experience, opening doors to new horizons and fostering self-growth in unique ways.

Why Peruse Higher Education

One might question the necessity of higher education at this stage in life, especially for someone with a notable and stable career in the armed forces. However, the benefits of academic pursuit extend far beyond the confines of a classroom.

Firstly, engaging in higher education provides a platform for intellectual rejuvenation. The dynamic nature of academic challenges can reignite the flames of curiosity and passion, offering a refreshing break from the routine of military life. This intellectual stimulation not only keeps the mind sharp but also instills a sense of purpose and accomplishment.

Critical thinking is the lifeblood of both military strategy and academic pursuit. For a seasoned armed forces officer, the analytical skills honed in the field find resonance in the classroom. The ability to dissect complex problems, analyze information, and make informed decisions is a hallmark of military training and is equally valuable in academic endeavors. Higher education, therefore, becomes a natural extension of the strategic mindset cultivated in years of military service. Furthermore, the pursuit of knowledge at an advanced age showcases a commitment to lifelong learning and adaptability. These are qualities that can significa-

ntly enhance an officer's effectiveness in the military and in civilian life post-retirement. As technology and global dynamics continue to evolve, the ability to adapt becomes a cornerstone of success, and higher education provides a structured avenue for acquiring the necessary skills and knowledge.

Also, beyond the academic sphere, the social aspect of higher education plays a pivotal role in personal growth. Interacting with diverse peers, sharing experiences, and engaging in meaningful discussions contribute to a broader understanding of the world. This exposure fosters empathy, tolerance, and cultural awareness—qualities that are increasingly valuable in our interconnected global society.

In conclusion, pursuing higher education at any age is not just about acquiring a degree; it is a transformative journey towards self-growth and empowerment. The amalgamation of intellectual stimulation, critical thinking enhancement, adaptability, and social engagement makes higher education a catalyst for a richer, more fulfilling life for a seasoned armed forces officer ready to embrace the next chapter of personal and professional development.

In mid of year 2022, I found myself on the cusp of a new chapter. As my tenure at Pune was going to culminate in 2023 a thought came to my mind to avail the opportunity of pursuing higher studies as part of Study Leave as granted by the organization. Initially, I was in two frames of mind, whether this effort will be of any utility for me or this will a futile. But then above-mentioned factors gave me a purpose.

Next question was about selecting the city, what better place than Pune: Oxford of the East and since I was here for the last two years the city seemed familiar but the ensuing most significant challenge was selection of course. After a lot of deliberations and discussions with peers, friends, and family I homed on to pursuing Masters in Mass Communication and Journalism. As a serving Army officer, my decision to embark on a journey towards a Masters in Mass Communication and Journalism is not just a professional pivot but a testament to the transformative power of effective communication. Here, I share my motivations, aspirations, and the potential benefits of this unique transition.

In the spectrum of military service, where duty, leadership and discipline converge, my journey as a serving Army officer with 24 years of service was about to take a surprising turn. The utility of communication, beyond the tactical realm, led me to the decision to pursue a Masters in Mass Communication and Journalism. This transition is not just for a shift in my career path; it is a profound exploration of how the skills honed in the military can be wielded in the day-to-day life as an individual playing different professional and personal roles. Join me on this odyssey as I unveil the motivations, choices, and potential benefits that echo through both my personal and professional spheres.

Why Mass Communication and Journalism?

In the military, communication is the lifeline that sustains operations and forges connections. Yet, I yearned to refine this skill beyond the tactical sphere. Opting for a Mass Communication and Journalism course is not merely a shift; it is an evolution. This decision was rooted in a desire to amplify the stories, the voices often overshadowed in the tumult of conflict, as someone whose life has been deeply entrenched in the intricacies of military way of life for almost two and half decades, the swivel towards Mass Communication and Journalism might seem like an unlikely one. However, it is rooted in a profound belief in the power of stories and the need for a bridge between the military world and the public.



Potential Benefits which I envisaged before opting and starting the course:

- 1. Diverse Perspectives:** A military background brings a unique perspective to journalism, enriching narratives with firsthand experiences and a deep understanding of the nuances of conflict.
- 2. Crisis Communication Skills:** The ability to stay composed amidst chaos is a hallmark of military training. This skillset seamlessly translates into effective crisis communication, a vital aspect of journalism in a dynamic world.
- 3. Building Bridges:** Through journalism, I intended to build bridges between the military and civilian communities, fostering understanding, and breaking down stereotypes. It was about dismantling barriers and forging connections through words.

But having now donned the uniform of a student for last one and half year and having finished my three semesters, I take the liberty to quote:

"In the Army, I learned the language of orders and instructions; in mass communication and journalism, I seek to master the art of storytelling, translating experiences into narratives that resonate."

In essence, the relationship between communication and leadership is symbiotic – effective communication is the vehicle through which leaders convey their vision, build relationships, and guide their teams towards success. Effective communication is integral to leadership, serving as a cornerstone for successful interactions within a team or organization. Leaders who excel in communication often inspire trust, foster collaboration, and navigate challenges more adeptly. In the dynamic landscape of the 21st century, where information flows ceaselessly through various channels, the role of mass communication

and journalism has become increasingly pivotal. Beyond the allure of becoming a journalist, the decision to study mass communication holds profound benefits for individuals at different stages of life—whether they are professionals seeking to enhance their skill set, or common individuals aspiring for personal enrichment.



UNLOCKING POTENTIAL: THE TRANSFORMATIVE POWER OF STUDYING MASS COMMUNICATION AND JOURNALISM:

I will try to explain the benefits of studying Mass Communication and Journalism from both the perspectives, The point of view of an individual, he or she may be in corporate world or may be a student. Then I will bring out definite benefits of the course for serving Armed forces personnel.

Utility of studying Mass Communication and Journalism for an Individual

1. Navigating the Information Age: In an era characterized by an information overload, the ability to navigate and comprehend complex data is a skill of unparalleled importance. Studying mass communication and journalism equips individuals with the tools to sift through vast amounts of information, discerning fact from fiction. This skill is not only beneficial for those in media-related professions but is equally advantageous for professionals in any field, where staying informed is integral to success.

2. Professional Advancement and Adaptability: For professionals already entrenched in their careers, the decision to study mass communication is a strategic move. The multidisciplinary nature of these programs ensures the acquisition of skills that extend beyond traditional journalism. From mastering the art of storytelling to understanding digital media trends, Public Relations, individuals enhance their adaptability, making them valuable assets in an ever-evolving job market.

3. Building a Diverse Skill Set: The realm of mass communication encompasses more than just writing articles or reporting news. Students delve into graphic design, video production, digital marketing, and multimedia storytelling. This diverse skill set not only enriches the professional toolkit but also opens doors to various career trajectories. The ability to seamlessly navigate different communication platforms including Blogs, Podcasts becomes a competitive advantage in today's interconnected world.

4. Cultivating Critical Thinking and Analytical Skills: Journalism is not just about reporting events; it is about critically analysing and interpreting them. Mass communication programs foster critical thinking skills, teaching students to question, evaluate, and synthesize information effectively. These analytical skills are invaluable, not only in professional settings but also in personal decision-making, contributing to a well-rounded and informed perspective on the world.

5. Global Awareness and Cultural Competence: The interconnectedness of our world demands a global perspective. Mass communication and journalism courses expose students to diverse cultures, global issues, and international media landscapes. This heightened awareness is crucial for professionals engaged in international business and diplomacy. However, it also enriches the lives of common individuals, fostering a broader understanding of the world around them.

6. Personal Empowerment through Media Literacy: Beyond the professional realm, studying mass communication empowers individuals to be discerning consumers of information. Media literacy is a cornerstone of these programs, enabling individuals to critically evaluate news sources, identify biases, and navigate the complexities of the media landscape. This empowerment is not just a professional asset but a personal one, contributing to an individual's ability to engage in informed discussions and make well-founded decisions including advertisements and social media algorithms.

7. Storytelling as a Universal Skill: At its essence, mass communication and journalism are about storytelling. The power to craft a compelling narrative is a universal skill with applications far beyond newsrooms. Whether conveying ideas persuasively in a corporate boardroom or sharing personal experiences with a broader audience, storytelling is a skill that transcends professions and resonates with the human experience.

8. Fostering Civic Engagement: Journalism plays a vital role in democracy by holding institutions accountable and facilitating informed public discourse. Studying mass communication instils a sense of responsibility toward civic engagement. Whether reporting on local issues or contributing to social justice movements, individuals educated in mass communication become active participants in shaping a society that reflects their values.

A Wise Investment in Personal and Professional Growth In conclusion, the decision to study mass communication and journalism as an individual is a transformative investment. It is a journey that not only enhances professional opportunities but also enriches personal perspectives and abilities. As the information age continues to unfold, the skills acquired through these programs become increasingly vital. Whether you are a seasoned professional or an individual seeking personal growth, the study of mass communication is a pathway to unlocking your full potential in a world where effective communication is paramount.

Benefits for a Serving Armed Forces Officers

1. As a Force Multiplier for Armed Forces: A professional mass communication course can significantly benefit armed forces officers by enhancing their communication skills, fostering effective leadership, and ensuring successful information dissemination in today's dynamic and interconnected world. Communication lies at the core of effective leadership, and armed forces officers can greatly benefit from honing their communication abilities through a specialized mass communication course. As military operations often involve complex and rapidly evolving situations, officers equipped with advanced communication skills can convey orders clearly, ensuring seamless execution of strategic plans. The course can teach officers to craft messages that are concise, precise, and easily comprehensible, vital attributes in high-stakes military scenarios.

2. Power and Reach of Social Media: Moreover, mass communication training enables officers to leverage various media channels to disseminate information strategically. In the age of digital communication, understanding how to use social media, press releases, and other platforms effectively can be a force multiplier for armed forces. Learning to navigate the media landscape ensures that officers can control narratives, manage public perceptions, and counter misinformation during critical situations. The recent Hamas - Israel conflict and its narratives as available from different perspectives is an example of the same.



3. International Deployments: I quote Marshall McLuhan, who gave the famous theory of "The medium is the message," armed forces officers can learn how the choice of communication channels influences the reception of information. This awareness can be invaluable in crafting messages that resonate with diverse audiences, both within the military and among civilians. A nuanced understanding of mass communication can aid armed forces in tailoring their messages to be culturally sensitive, fostering positive relationships with local populations during international deployments.

4. Crisis Communication Skills: Furthermore, a mass communication course equips armed forces officers with crisis communication skills. The recent episode of negative media attention drawn due to tweet relating to applicability of benefits to a Agniveer sepoy in northern sector is a good lesson in this regard.

In times of conflict or emergencies, maintaining public trust and minimizing panic are paramount. Through simulated exercises and case studies, officers can learn to communicate effectively under pressure, providing reassurance while conveying critical information. As stated by Warren



Buffett, "It takes 20 years to build a reputation and five minutes to ruin it." Armed forces officers, through mass communication training, can safeguard the reputation of their units and the organization.

5. Media Literacy: In addition to crisis communication, the course can instill media literacy, enabling officers to critically analyze information sources. This skill is crucial in an era where misinformation and propaganda can spread rapidly. Armed forces officers, well-versed in media literacy, can discern credible sources, make informed decisions, and counter disinformation campaigns effectively which can be of great assistance in not only an active field area but in peace time locations where military news or action are always under watch of headline hungry media, they can make a mountain out of molehill for content.

To summarize, a professional mass communication course is indispensable for armed forces officers. It empowers them with enhanced communication skills, the ability to navigate diverse media landscapes, and crisis communication expertise. By investing in such training, military leaders can ensure that their officers are well-prepared to lead effectively, maintain public trust, and navigate the complexities of modern warfare. In armed forces leadership, communication is a critical factor that influences the effectiveness and success of operations. Clear and precise communication is vital for coordination, decision-making, and maintaining discipline within a military unit.

Conclusion:

As I embark on this academic odyssey, I carry with me the ethos of service, a commitment to truth, and a passion for storytelling. The intersection of military discipline and journalistic integrity is where I find my purpose – to communicate not just for a mission, but for a broader understanding, forging connections that transcend the battlefield. In this journey from barracks to bylines, I find myself at the crossroads of duty and dialogue. Pursuing a Mass Communication and Journalism Masters as a serving Army officer is not just about a change in profession; it is a commitment to breaking down barriers, fostering understanding, and becoming a storyteller of shared humanity. As the ink dries on this new chapter, I invite you to join me on a journey where the uniform transforms into words, and the battlefield becomes a canvas for narratives that transcend boundaries.



LT COL DHIRAJ BHIMWAL is a serving Army officer, commissioned from Officers Training Academy Chennai in Regt of Artillery in Mar 1999. Having served the nation in various sectors and roles the officer is presently on study leave pursuing a Master's degree in Journalism and Mass Communication from Pune University.

PHOTO SOURCE: GOOGLE OPEN SOURCE

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Knowledge Bytes

CRAFTING A PROFESSIONAL RESUME WITH OPENAI CHATGPT: A STEP-BY-STEP GUIDE

BY ARUN SINGH

When transitioning from active service to the corporate job market, individuals often encounter challenges in presenting their diverse skill sets and experiences in a compelling manner. A strategic approach involves creating multiple versions of a Resume tailored to specific roles, ensuring each application appears tailored to the desired position. Customization according to the job description is critical, as hiring managers seek specific skills listed in the Resume.

By harnessing the power of Artificial Intelligence, individuals can streamline the Resume creation process. Here's a step-by-step guide to crafting a professional Resume with OpenAI ChatGPT:

Shuru se prambh karte hain.

- **Familiarize Yourself with Resume Structure:**

Begin by studying sample Resumes available on professional networks and the internet. Key sections include Headlines (Name, Mobile No, Email ID, LinkedIn profile link), Summary, Professional Skills, Education, Awards and Achievements, and Work Experience.

- **Detail Professional Experience:**

Outline all your projects, operations, and achievements year-wise to facilitate the writing of work experience. Provide detailed information, including budget management, team size, and external stakeholder interactions.

- **Utilize ChatGPT for Key Soft Skills:**

Log in to: <https://chat.openai.com/> and write a prompt (the prompt is nothing but writing an instruction in simple English in the chat section) – “Take out key soft skills from my professional journey – [paste what you have written as suggested in para 2 above]” this will give key skills you have demonstrated in your work experience. These Key skills will make

part of the **“Professional Skills”** of a resume. The section on Skills is very important for customization and tailoring of a resume to align it with different job descriptions.

- **Generate Professional Experience with ChatGPT:**

Use ChatGPT to transform the information gathered in step 2 into a well-structured **“work experience”** section. This involves writing a prompt that guides ChatGPT to organize your experience effectively.

The prompt in ChatGPT for this is to be written is: **“Write Work Experience in my Resume as per the details given below - [paste what you have written as suggested in para 2 above]”** - The result will make part of the Work Experience section.

- **Craft Professional Summary and Objective:**

Create a prompt in ChatGPT to generate a concise professional summary and objective for your Resume. Later, you can modify the objective statement to align with specific job descriptions.

The prompt in ChatGPT is to be written as - **“Write Professional Summary and Objective for my Resume in 5 lines”**. Result will make section of Summary.

At later stage, you can change objective statement (within Summary Heading). Provide prompt to ChatGPT, such as: **“Write an objective statement that highlights my passion for digital marketing and my desire to contribute innovative strategies to a dynamic team.”**

- **List Degrees and Certifications:**

Document all your degrees and certifications with the year and institute details. Use ChatGPT to generate content for the **“Qualifications”** and **“Certifications”** sections.

Prompt in ChatGPT - **“Write My Degrees and Certifications for my Resume”**. This will make content for Qualifications and certifications.

- **Incorporate Awards and Achievements (Optional):**

If applicable, list 3-5 awards and achievements, and use ChatGPT to convert them into professional language for your Resume. Ask ChatGPT to “*write these awards and achievements in professional language for my Resume*”.

Tailoring and Review:

After generating the initial draft, review and refine the content to align with your preferences and the specific job you are targeting.

Now:

Templates:

You may find a suitable template for your Resume. These can be taken from any resume you obtained from your network or websites like - <https://www.myperfectResume.com/>

And:

Resume Formatting Tips for **ATS Compatibility:**

To ensure your Resume is ATS-compatible, consider the following tips:

- **Use a Simple Format:**
 - Stick to a clean, simple layout without complex designs or graphics.
 - Avoid using images, charts, and graphs.
- **Standard Fonts:**
 - Use standard, easy-to-read fonts like Arial, Calibri, or Times New Roman.
 - Keep font size between 10 and 12 points.
- **Standard Section Headings:**
 - Organize your Resume into standard sections such as "Summary," "Experience," "Education," and "Skills."
- **Keywords:**
 - Incorporate relevant keywords from the job description naturally into your Resume.
 - Use industry-specific terms and phrases.
- **File Format:**
 - Submit your Resume in a format that is compatible with ATS, such as .docx or .pdf.
 - Avoid using special characters or symbols in the file name.

- **No Headers or Footers:**

- ATS may have difficulty reading information placed in headers or footers, so it's better to include important details in the body of the document.

- **Use Standard Section Titles:**

Stick to traditional section titles such as "Work Experience" instead of creative alternatives like "Professional Journey." (*Using prefixes and suffixes like Ranks and decoration can misguide ATS. Instead of that cover it in the Summary section*)

- **Avoid Text Boxes:**

- ATS may not be able to read text contained within text boxes, so it's best to avoid them.

- **Include Relevant Information:**

- Ensure that your Resume includes relevant details such as job titles, dates of employment, and key achievements.

- **Tailor Your Resume:**

- Customize your Resume for each application by emphasizing skills and experiences that align with the specific job description.

- **Spell Out Acronyms:**

- Spell out acronyms on the first mention, followed by the acronym in parentheses, to ensure the ATS recognizes both.

***Websites like - <https://www.myp perfectResume.com/> provide sample formats that are ATS-compatible.*

Remember that while optimizing your Resume for ATS is important, it's equally crucial to create a compelling and well-written document that will capture the attention of human recruiters once it passes through the initial screening.

Main sab kar sakta hun

Now, shortlist some Job Descriptions. You will find that you would want to go for 3-4 different types of roles e.g. Project Manager / Delivery Manager / Operation Excellence / Professional Services and Customer Support.

You may make 3-4 different Resumes for yourself for specific to each role from this first master draft.

You would need to write down “Key Skillset for [Role]”. Give a prompt to ChatGPT – *What are the Key Skills set for a Project Manager in the IT Infrastructure field?*

Use this list and write another prompt in ChatGPT – *Use these skill sets [write the list extracted from the above result] and write updated Work Experience for my Resume. Old Work Experience is given as [paste old work experience].*

Lage Raho

Next time you find a relevant job in the job portal (LinkedIn / Naukri.com), use the following prompt in ChatGPT and customize your RESUME accordingly –

- *Take out the key skills in the following Job Description – [Paste the job description]*
- *Update my following Experience by using and highlighting the skills [paste all the skills – results from the previous prompt] – [paste Experience]*
- *Customise summary in Resume to accommodate the skills [paste all the skills] and my objective is to become [Write Job Role] – [paste Summary from your master Resume]*
- Update the section of “Skills”. Add these skills and remove others that are not applicable or relevant.

Cover letter to rah gaya:

You may write a Cover Letter with the help of ChatGPT. *Write a prompt: “Write a cover letter for the [Role] in [name of organization] highlighting key skills [list skills you observed in JD] for my following resume- [paste your resume]”.*

Copy and paste the result into a Word file and draft it properly.

Ye bhi padh lete hain:

- ChatGPT yields improved results when provided with well-crafted prompts. Experiment with various prompts throughout your interaction to enhance the overall. The paid version gives a slightly better result.

- There isn't a flawless or universally ideal Applicant Tracking System (ATS). Organizations employ various ATS platforms, and these systems may exhibit slight variations in their behaviour. Consequently, a resume that you deemed ATS-compatible and tested for compatibility in one tool may not achieve a perfect match when assessed using a different testing tool.
- Keep your LinkedIn Profile updated. If you have different experiences and you want to fit into different roles, do not explicitly write the objective (role you want to play) in the LinkedIn About section. Keep it open. Also, in the "Experience" section, do not write all the details. Details like experience, and achievement which can be commonly beneficial for all roles can be written.
- If you are applying in the company's job portal. Create your profile once properly and feed all the details. You can use your ATC- ATC-compatible resume, however you may need to correct some content.
- Keep yourself updated. Keep learning new relevant skills. Keep doing self-branding on LinkedIn. Maintain and grow relations with all. Keep doing networking. Leave your ego aside and let people appreciate your personality, behaviour, and all the good officers' qualities.

..... ***O teri. Maza aa gaya.***

Sqn Ldr Arun Singh (Retd.)

44 SSC, AE(L)

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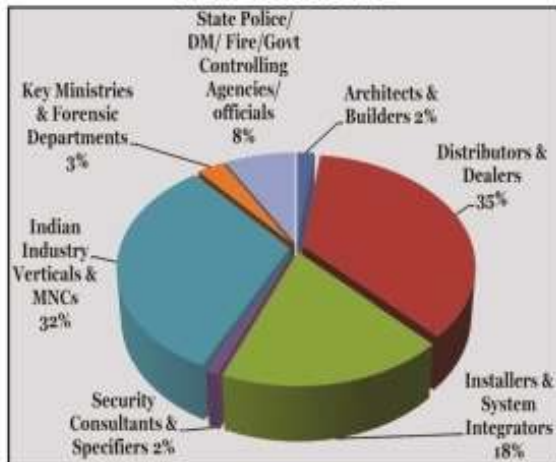
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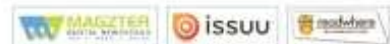
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Book Review

THE KAUTILYA ARTHASHASTRA

BY DR RP KANGLE

Background:

'Arthashastra' primarily means the science of dealing with state affairs in the internal as well as external sphere, or in other words, it is the science of statecraft, politics and administrations.

'The Arthashastra' is essentially a handbook of guiding text on statecraft, economic policy, and military strategies for erstwhile Kings. Written by **Kautilya** (*also known as Chanakya*) in the Second Century AD, the book covers all aspects of governance in detail. It is the oldest and most exhaustive treatise on statecraft and issues of diplomacy, foreign policy, war, peace, int, security, and political economy. Some historians have compared the Kautilya's Arthashastra to the works of Machiavelli in 'Prince,' however, Arthashastra has not been as widely researched, popular or taught as many other theorists.

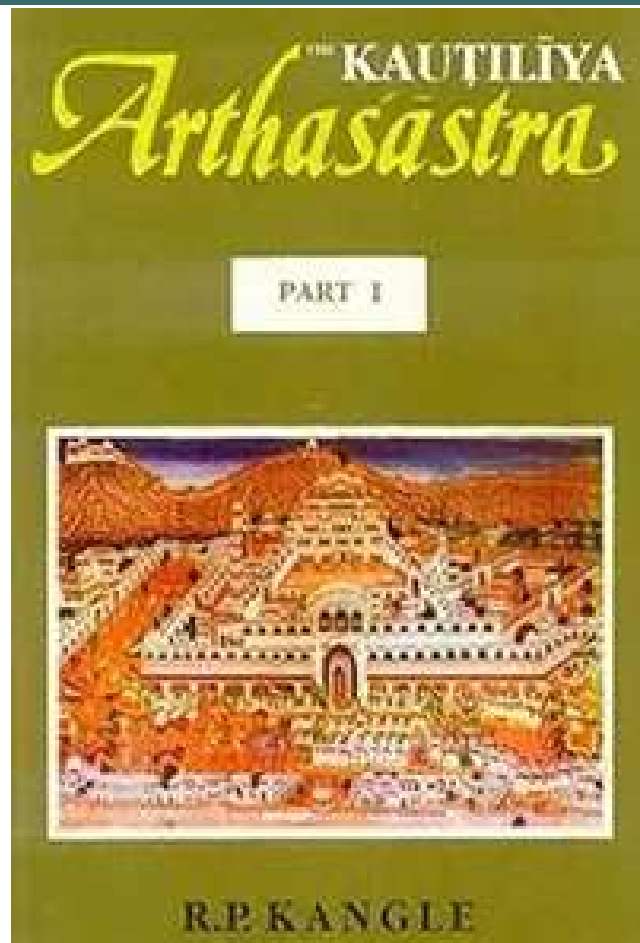
Construct & Framework

'The Kautilya Arthashastra' by Dr. RP Kangle is in three volumes with a total of 1203 pages including diagrams, maps, notes and appces. Published by Motilal Banarsidass in english language the book is available in hardcover binding. It is essentially a translation and rearrangement of the original text written by Kautilya along with inputs taken from earlier translations by Dr. R Shamasastri, who originally translated the text. The author has kept the text simple and modern avoiding intricate constructions and archaisms, making it easier to understand.

The author begins with an intro to the Arthashastra and its origin, mentioning in detail about Kautilya. The author mentions about the ideal Kautilyan state and society, including the classes in varana system, the life, occupation, and economy of the ideal state.

In Part-II and III, the author describes the State, its constituent elements and the King. He mentions about various adversities and calamities in a state and existing vices as they are the causes for personal calamities. He lists out the qualities of a wise king (Rajarishi), his responsibilities and duties towards his subjects.

The author mentions about the prerequisites of an ideal state incl the land, rules for society and infrastructure development keeping in view the security and defensibility in Part- IV of the book. He subsequently lays emphasis on the councillors and ministers of the state, discussing in detail about their duties and responsibilities.



In Part-V and VI, the author talks about the various economic aspects including occupation, industries and trade as brought out by Kautilya in the Arthashastra. He discusses about the treasury and sources of revenue including the tax system. The author then covers the system of budget, accounting and auditing procedures existing in those times. He subsequently describes the regulations relating to general principles of civil service establishment, financial discipline, embezzlement etc. He very clearly gives out the responsibilities of each apt and the principles of salary fixation. He subsequently refers to the financial misbehavior by civil servants and the scales of punishments.

The next section covers the various dept of the Govt and their heads, qualifications required for the appointment, their responsibility, and punishments in case of any lapses in performing their duties.

Author, in Part-VIII, talks about the Kautilyan legal sys for Law and Justice. Kautilya lays down four bases of justice - Dharma, Evidence, Custom/ Traditions and Royal Edicts. He mentions the responsibilities of judges and magistrates. He mentions about the procedures related to civil cases and discusses in details the laws related to marital life, property, financial issues, trade, labour & employment, criminal investigations, defamation & assault, theft & robbery, sexual offences. He then talks about the punishments for the offences and covers prisons, lock-ups and welfare of prisoners. In the end, kautilya mentions about the Penal system and principles of the Penal Code.

In Part-IX of the book, author lays emphasis on the Covert Ops as discussed in detail by Kautilya in The Arthashastra. The author states that Kautilya believed creation of a secret service with spies, secret agents and assassins was a task of high priority for the king. These were employed not only for expansion by conquest but also for internal security. He mentions about the types of covert agents and their emp incl use of magic and occult, to achieve a specific objective.

Part-X of the book covers the aspects of Foreign Policy incl the basic principles as brought out by Kautilya. He lists out the various types of kings based on their relationship with the conqueror and mentions about the circle of states. He differentiates between the types of allies and enemy and discusses six methods of foreign policy and when to use them. He then mentions about treaties and campaigns discussing the various factors affecting the outcomes of a war including the allies.

The last part, discusses about Defence and War. Kautilya begins by mentioning of an ideal army, factors affecting the functioning of Army, types of troops and their organisational structure. He subsequently speaks about the various defence officials and their duties. He discusses about the four wings of the army, modes of fighting, battle and camping grounds, layout of base camp and route upto battle field. Kautilya mentions about open & deceptive battles, preperation for battle, various battle arrays and formations, Kaultilya then discusses about various modes of attack and siege. Kautilya also visualised the importance of psychological warfare for weakening the enemy. Kaultilya mentions about the peaceful rule of the acquired territory.

Key Aspects & Findings

The central idea of Kautilya's doctrine, as enunciated in the Arthashastra, was the prosperity of King and country, and the King's quest for victory against rival neighboring states. Kautilya identified seven factors of power, which reinforced a King's ability to defeat his enemy's. These were the qualities of the King, his ministers, his provinces, his city, his treasury, his Army, and his allies.

The Arthashastra is a manual of instructions on the administration of a state and ways to meet the challenges to it. Kautilya was a consummate political realist and often gives the impression of being amoral. He viewed the state as a seven-limbed organism which grows in war and whose purpose is to destroy its enemy and extend territory under its control by all means. In essence, the Arthashastra is vociferous in the use of power by a political state in the attainment of its objectives.

Arthashastra deals with the many facets of governmental administration and pays special attention to war, preparation for it, and it's execution. The king is at the central point of this political structure and Kautilya's exhortation to him is to be on guard at all times. Machiavelli's 'Prince' is often compared to Kautilya's Arthashastra, with which it shares many philosophical and practical views. In its spirit of real politics, the Arthashastra deals with a system of politics or principles based on a practical rather than moral or ideological considerations.

Kautilya lived in a period of constant warfare and realized the importance of studying war as an important aspect of statecraft. Both major Indian epics, Mahabharata and Ramayana deal with wars and treat rivalries as natural and normal. However, it is the Arthashastra which forms the foundation of intrinsic Indian strategic thought.

Military Lessons

Military strategy & Warcraft cannot be viewed in isolation, they are a part of overall statecraft. Diplomacy is an essential component of war. Wars are not fought in isolation but are an extension and integral part of state policy. Military strategy is the manoeuvring of military forces to support the political assertions and demands.

In an increasingly complex world, the mission of armed forces is correspondingly more diverse and complex. In times of peace and tension, the armed forces are a powerful instrument of nation's foreign policy. In times of crisis and conflict, they are the foremost expression of nation's will and intent. Modern warfare encompasses military, political, economic, and diplomatic aspects.

The most important factor in planning and decision-making for conducting a military campaign is power, which includes an analysis of the military and economic strength of the adversary. However, power is only a means and not the end. All factors which affect the outcome of a war must be studied in great details before embarking on a mission. Key factors in modern warfare give serious impetus to calculation and consideration of time i.e. preparation time, warning time, reaction time, decision cycle time etc. Kautilya regarded the period before the actual fighting began as critical to the outcome. Detailed planning is essential for achieving success. (Russia - Ukraine and Israel - Hamas conflict is a perfect example of the same)

Kautilya believed that offensive action is based on defensive power. Internal security formed an equally important aspect of a nation's policy as did its foreign policy.

Kautilya laid down various types of allies and enemies and the ways to deal with each type of ally or adversary. The strategy for achieving a desired objective varies with different types of states and their relationships with neighboring states. A different strategy is to be employed for dealing with a different type of enemy.

Kautilya believed that for ensured success application of 'Neeti' (strategy) to Dharmyuddha (righteous/ethical war) is essential. He realized the importance of unconventional means of warfare and emphasized on covert activities, deception and psychological warfare to achieve the higher objectives. The use of all means – Saam, Daam, Dand, Bheda, to assert a nation's policy is amply justified by Kautilya in the Arthashastra.

Kautilya discusses an ideal leader in great detail by the means of 'King'. He gives out the leadership qualities expected in a great king, his duties and responsibilities towards his subjects. He highlights that a leader should have self-discipline and intellect. He should have control over his senses and his conduct should be just, unbiased and impartial.

He should be kind but firm and should know his subordinates well. He must be prepared to lead from the front and must keep his subjects motivated by taking care of their need and welfare.

Relevance in Present Context

Kautilya laid huge emphasis in carrying out a dispassionate and rational appreciation of all factors before moving out for a campaign. The factors included analysis of own and enemy's capabilities, force ratios, geography, timing, seasonal variations, mobilization schedule, internal security, payoffs, material losses versus strategic gains, appreciated risks etc. The same find relevance in modern day operations and strategic planning as well.

An analysis of most insurgencies in the world shows that Kautilya was accurate in his belief that the greatest cause of insurgencies was societal discontent and advocated that the state should attach great importance to well-being of the people.

Kautilya proposed the use of four instruments of state power - Conciliation (Diplomatic), Dissension (Informational), Force (Military) and Gifts (Economic), which are the instruments used by states even today called as DIME.

The Arthashastra is a testimony to the constant and unchanging nature of war. Studies of military history show certain features of conflict and warfare constantly recurring; that relationships between types of action and success often remain the same; that certain circumstances and moments have time and again, proved decisive. The past being a prologue underscores the relevance and significance of studies of military history such as propagated by the Arthashastra.

'Project UDBHAV'

On 21 Oct 2023 Hon'ble Raksha Mantri Shri Rajnath Singh launched 'Project UDBHAV', during the inauguration of the Indian Military Heritage Festival, Delhi in presence of General Manoj Pande, Chief of the Army Staff, Air Chief Marshal VR Chaudhari, Chief of Air Staff, Vice Admiral SJ Singh, Vice Chief of Naval Staff, Lieutenant General JP Mathew, Chief of Integrated Defence Staff, Major General BK Sharma (Retired), Director General United Services Institution of India and other dignitaries.

Udbhav', which translates to 'origin' or 'genesis', acknowledges the vintage scriptures and writings of our Nation, that span centuries in the past and contain profound knowledge that can benefit modern military strategies.



Project UDBHAV aims to effectively integrate this ancient wisdom with modern military pedagogy through interdisciplinary research, workshops and leadership seminars. It will facilitate emergence of previously under-explored thoughts and theories related to strategic thinking, statecraft and warfare, foster deeper understanding and contribute to enriching military training curriculum.

Project UDBHAV is an attempt to bridge the gap and sustain this knowledge creation, of Indian heritage, in terms of grand strategy, strategic thinking and discussions on statecraft. As part of Project UDBHAV, a series of events and workshops, will dwell on various facets of our strategic culture and culminate in January 2024, with a publication, to document and institutionalize such knowledge.

Lessons for Corporate World

Kautilya's "Arthashastra" provides several lessons applicable to the corporate world. Some key insights include:

- 1. Strategy and Planning:** The importance of meticulous planning and strategic thinking in achieving organizational goals.
- 2. Leadership and Governance:** Emphasis on effective leadership, governance, and the need for competent administrators to ensure smooth functioning.
- 3. Economic Management:** Insights into economic principles, resource management, and the significance of financial prudence for long-term sustainability.
- 4. Ethics and Morality:** Addressing ethical considerations, emphasizing the need for integrity, honesty, and ethical conduct in business practices.
- 5. Adaptability:** Recognizing the significance of adapting to changing circumstances and being flexible in strategies to overcome challenges.



6. Security and Risk Management: Understanding the importance of risk assessment, security, and contingency planning for safeguarding the organization's interests.

7. Employee Welfare: Acknowledging the well-being of employees and fostering a conducive work environment as crucial factors for organizational success.

8. Diplomacy and Networking: Emphasizing the value of building alliances, networking, and effective communication for organizational growth and influence.

Applying these principles from the "Arthashastra" can contribute to a more holistic and resilient corporate strategy.



LT COL DHIRAJ BHIMWAL is a serving Army officer, commissioned from Officers Training Academy Chennai in Regt of Artillery in Mar 1999. Having served the nation in various sectors and roles the officer is presently on study leave pursuing a Master's degree in Journalism and Mass Communication from Pune University.

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

Members Achievement

Thrilled to Welcome a Visionary Leader:

International SOS has appointed CT Sadanandan (CTS) as the Senior Advisor for the Indian Subcontinent. In this pivotal role, Mr. Sadanandan will leverage his extensive experience to address complex challenges in travel risk management, Workplace safety, business continuity, Organisation resilience, threat intelligence and duty of care.



Exemplary Leadership Background: As an industry acknowledged thought leader, CTS brings in a wealth of experience of close to four decades in varied roles and responsibilities across diverse industries, the most recent as the Vice President and Head of Corporate Services, BCM & CSR at Tata Communications. During his tenure, he played a crucial role in establishing a robust Business Continuity Management (BCM) framework globally, navigating unprecedented challenges posed by the COVID-19 pandemic. His leadership was instrumental in ensuring business continuity across 30+ countries, earning recognition at both the group and industry levels. He is also credited with the conceptualization and successful implementation of a Global Emergency Response framework for the organization under the duty of care approach. CTS has acquired extensive experience in crisis management during a decade long stint with the Indian Army, in the early part of his career wherein he was part of the peace keeping mission in Sri Lanka and with elite National Security Guard (Black Cat Commandos)

A visionary in Business Continuity: Post his tenure at Tata Communications, Mr Sadanandan founded his firm, C2S, with a mission to share his expertise in capability and competency building through people, process, and technology interventions in workplace services, business continuity, and Corporate Social Responsibility domains.

Thrilled to welcome a visionary leader: **Neeraj Balani, Managing Director, International SOS, Indian Subcontinent**, expressed his excitement, stating, ***"CTS is among the best in the Business continuity industry. His widespread knowledge of people, processes, and technology to drive business continuity, coupled with extensive leadership experience, will aid in better assisting clients for a stronger future. We're thrilled to add him to our roster of excellent experts."***

A commitment to excellence: Maj CT Sadanandan is a member of Forces Network and has featured in the E-Zine as Star of Forces Network and also as the author of month. "International SOS is known for providing the most high-quality health and security care to its clients.

Leisure

Love Letter To My Wheel Chair

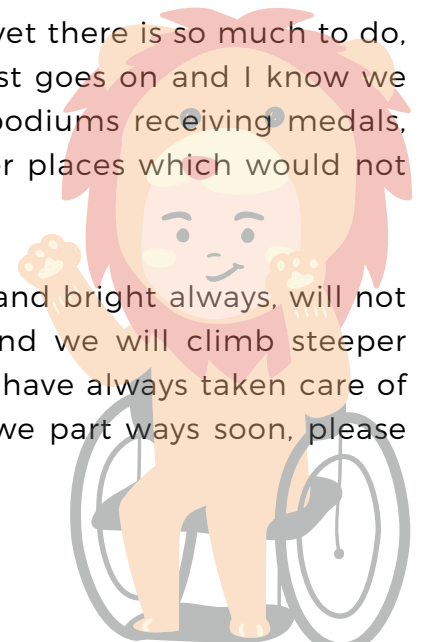
My dearest Wheelchair, Let's get done first with the formalities, hope you are holding the fort well and you are mechanically serviceable with all your nuts and bolts tight and wheels not worn off as, I, the man using you is one hell of a crazy man who never lets you rest even for a bit. You entered my life on 9th Nov 2013 to be precise but I was shy initially and physically incapable to have met you in person for good about a month after that. Let's be honest, you did not treat me very well in the beginning. Your aura was so charismatic that I would faint within 20 mins of being with you but you still held me firm on your reclining back.

There were so many times my dear when you made me fall on bumps and potholes may be due to some anger or frustration. Ours is a relation which resembles the typical arranged marriage set up of Indian society where two individuals are just supposed to spend their lives together without an iota of affection or knowledge about each other. They are supposed to look after each other forever till the eternity or the seven births whichever is earlier, lol.

There were times when you were very difficult to be with or to move around but we unlearned a lot and learnt a lot of good things about each other. I just can't appreciate you enough for the makeover you have undergone over the course of past nine years from being a grumpy old hospital chair to a sleek, sexy, understanding active wheelchair without whom it's difficult to live my day. It took me eons to accept you and I together but when I did so my world turned around. We compliment each other so well just like two lovers who are fresh in their affair and do not hesitate to show off in front of the prying eyes of this world. From being hesitant to go out with you, now I love being out with you and staring back at people ogling at us. What have we not achieved together in the life, so many things are done and yet there is so much to do, so many roads, mountains, beaches and multiplexes, the list goes on and I know we will make it happen sooner than later. We have been on podiums receiving medals, been on top of the Great wall of China and countless other places which would not have been possible for my paralysed body.

I promise my dear wheelchair, that I will keep you shining and bright always, will not let people touch you or ask stupid questions about us and we will climb steeper heights one day! All this I feel obliged to do for you as you have always taken care of me so well! Wish you well my partner in crime and hope we part ways soon, please don't make this relationship a permanent one.

Your other half Sahil, Pune





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