

# MILVEST

MANAGEMENT ESSENTIALS

# INSIGHTS

# COMMUNITY BUILDING



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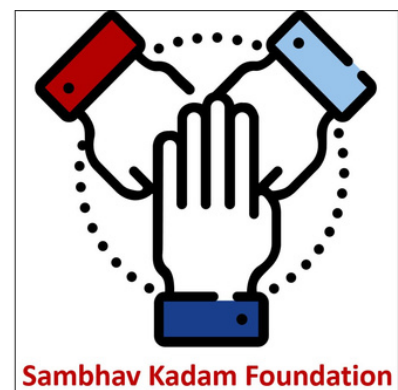
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We would like to extend our heartfelt gratitude to all the contributors for their hard work, dedication, and intellectual input that have made this magazine possible. Their efforts in researching, writing, and presenting these articles are commendable and greatly appreciated.

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**Thank you for your  
understanding and  
cooperation.**



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# EDITOR'S SPACE

Sandhya Singh Om



A Welcome to the Fifth Issue of MILVEST INSIGHTS! September 2024 at MILVEST was infused with theme of Community Building, This monthly periodical has now become a testament to the resilience of participants here, as it has improved its standards significantly from first issue to this one.

Something which was an initiative at a time has now become a habit. It is not only the growth in the standards, it has witnessed the 'culture of learning & excellence' grow. MILVEST proudly boasts of excellence, over-delivery of promises and innovative propositions. 'MILVEST Insights' was one such proposition for participants which has now grown from a bud to full blown flower. The present - day product is a combined effort of all participants who kept joining the team with a flair to write, create and express in innovative manner. Soon it also became an attraction for those who were sitting outside the game and watching it. Initially some of them may not have understood its spirit but as the game progressed, they felt the magnetic pull to be in the game. That's how more and more participants joined the team in their own capacities thereby building the 'community' stronger.

**This month's theme at MILVEST has been 'Community Building'.** The essence of it can be felt profoundly now by all the participants as they have walked some distance at MILVEST and experienced the impact of this extraordinary program being delivered for all the people from Military Community.

In this issue there is an essence of strongly pronounced impact of MILVEST culture along with stories of participants in various sections. Some of them could relate to their life stories with the concepts they studied in the Management classes. This is clearly evident in the articles like 'Accidental Entrepreneur' where a participant figured out her journey along with the Entrepreneurship Module delivered last month, the article on 'world heart Day' by a participant who related his personal journey with the concepts of Kaizen which is a technique in Lean Six Sigma (Operations Management), article on 'upskilling' and author's personal journey reflected in the featured articles. These expressions are colossal sources of inspiration for all the people in the society and especially relate to everyone from Military Community as we all at some point in time undergo similar circumstances, emotions and challenges.

We are also now sitting at the tip of the iceberg as this Management Essentials course as it is at the verge of completion. The energy amongst the participants is palpable and being expressed in several manners such as testimonials on social medias, focused- assignments, strategic research group discussions, event planning towards 'course closure industry-event' and 'convocation cum Campus immersion' at IIM Shillong, alumni learning groups, etc. The takeaways for participants have been unimaginable. To extend the benefits of this innovative program in the upcoming year to several others in the community, I take this opportunity to formally announce that 'Management Essentials Program - 2025' by MILVEST together with Dr APJ Abdul Kalam Centre for Policy Research & Analysis, Indian Institute of Management Shillong, has been cemented and planned to be inaugurated on 26 Jan 2025. Alongside Management Essentials 2025, a bouquet of multiple other supporting skilling initiatives will be declared soon, in coming weeks. With strong tenacity from the 'Spirit of MILVEST' & vision of Capt (IN) Vinay Singh (Retd.), Managing Director Sambhav Kadam Foundation & MILVEST, one can say that this is just the beginning of stronger, enabled and mightier MILVEST military community.

With utmost dedication and pride, here we present this magazine to all the readers for a terrific experience on your personal and professional journeys.

# NEWS & UPDATES

SEPTEMBER 2024

## Research Analysis on Johari Window

Immersive session & Research Analysis on Johari Window. Jointly conducted by Cdr Anish Thakur – Practicing HR in Qatar & Capt (IN) Vinay Singh (Retd.).

## Formation of MILVEST Research group

Formation of “MILVEST Strategic Research Group” for Focus group discussions and powerful engagements. Cooperation, Collaboration & Co-creation, done innovatively to implement research methodology to identify certain challenges and their causes. The group engaged into defining, designing and delivering a course on Digital Designing Essentials for in- house Development following this month’s theme on ‘Community Building’.

**5 Sep 2024** - Teacher’s Day celebration along with actionably learning with IIM Faculty

**8 Sep 2024** - Beginning of impactful and unending journey on LinkedIn along with distribution of Free LinkedIn Annual Premium License to several participants

**15 Sep 2024** - Powerful session on “Resume Building” and “Networking on LinkedIn”

**22 September** - Launch of a 6-sessions – curated in-house “Digital Designing Essentials” course to be conducted till Oct end.

**29 September** - Release of formal paper on ‘HR Seminar’ conducted at MILVEST in Aug 24 with an aim to extend the benefits of the HR Seminar with Business Leaders from 4 leading Corporates to more people in community

## SPECIAL ACTIVITY

“Participants Testimonials” to bring out the innovation and impactful learnings from Digital Designing & Effective Communication class. Participants come up with innovative ideas to participate enthusiastically and posted their professionally designed testimonials very confidently on LinkedIn, marking their contribution in line with this month’s theme ‘Community Building’.

Click to read -

[https://drive.google.com/file/d/167aC4zTDC6dleeoMMfML6k5tv37jbCS2/view?usp=drive\\_link](https://drive.google.com/file/d/167aC4zTDC6dleeoMMfML6k5tv37jbCS2/view?usp=drive_link)

## UPCOMING EVENTS OCTOBER 2024

**‘Digital Designing Essentials’** - Session on Effective use of LinkedIn. Distribution of Free LinkedIn Premium Annual Subscriptions (worth Rs 17,500/- each)

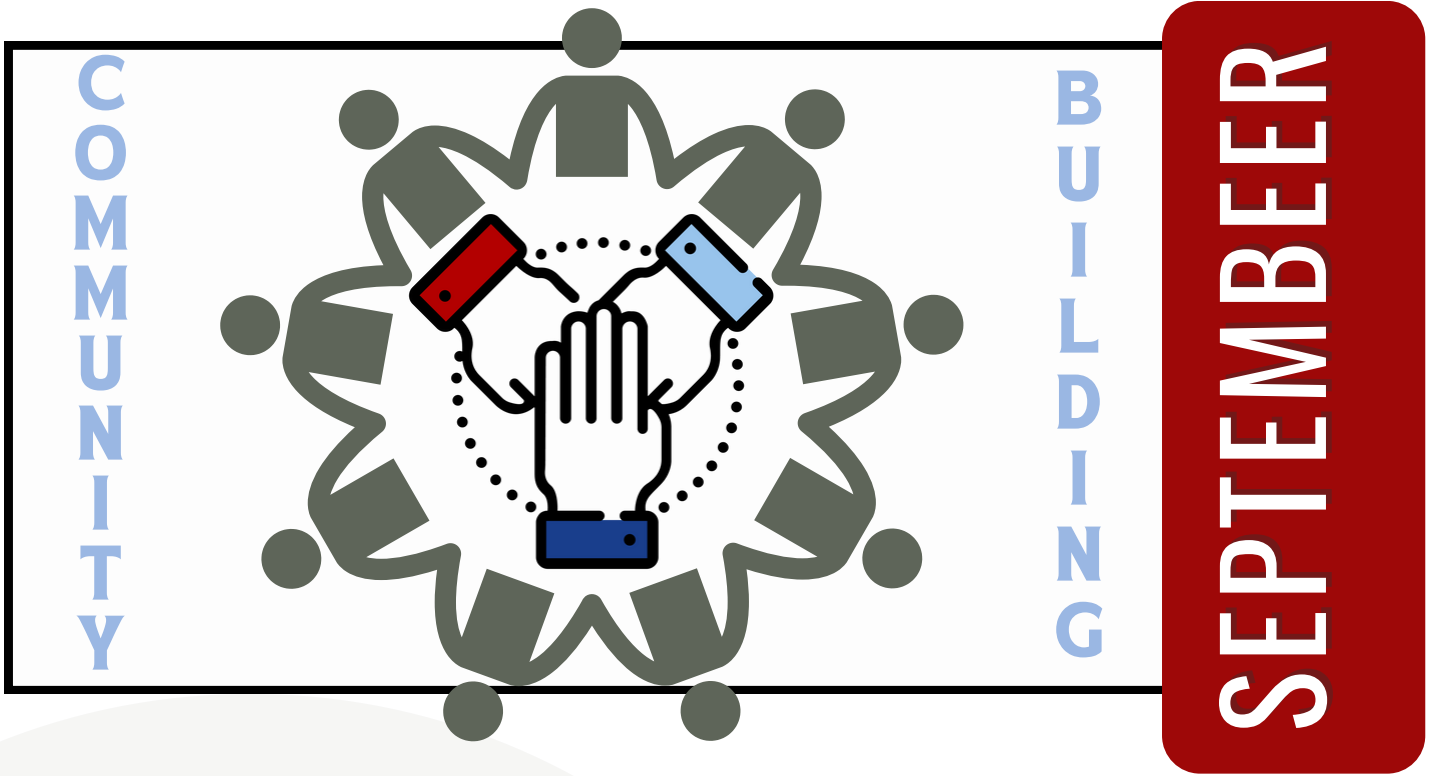
**Lean Six Sigma Course** - 19 Oct 2024

**Certified Scrum Master course** - 14 Oct 2024

**Launch of a Special Edition by Team MILVEST Insights** – “MILVEST Kosh” featuring all the events and activities accomplished throughout Management Essentials course (Jan 24 – Oct 24)

**Program on “Digital Enablement for Navy Spouses & Families”** with NWWA (Western Region) in Nov 2024

Completion of Entrepreneurship Pitch Deck Presentation Cum Module



# THIS MONTH'S KICK-OFFS

## In-House Course on Digital Designing

9am to 11:30 am  
22 Sep to 27 October 2024

**DIGITAL DESIGNING ESSENTIALS**

by in-house faculty at MILVEST

**Linked In ESSENTIALS**

supported by Social Impact team @ LinkedIn

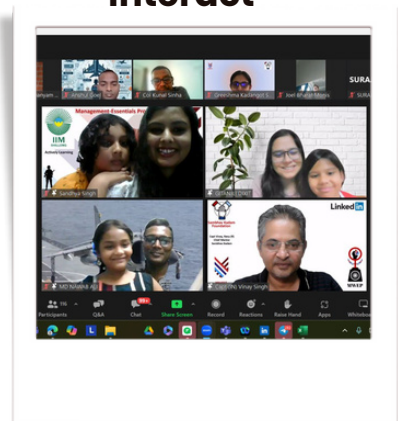
The Digital Designing Essentials course, where participants shape the curriculum and assignments through focus group collaboration with our In-House faculty - Ms. Deepika and Ms. Antra. Learn digital design fundamentals while actively contributing to your personalized learning experience.

## Release of paper on HR Seminar



The HR Panel, in collaboration with the Strategic Group, came together to draft an in-house paper on the HR Seminar held on 18th August. The event featured industry speakers and valuable insights.

## Going beyond the participants - Families interact



The Management Essentials course has grown over time! Participants' families now join in, and children across the country are forming friendships through continuous sessions, fostering a broader community experience.

Click to read - [https://drive.google.com/file/d/167aC4zTDc6dleeoMMfML6k5tv37jbCS2/view?usp=drive\\_link](https://drive.google.com/file/d/167aC4zTDc6dleeoMMfML6k5tv37jbCS2/view?usp=drive_link)

# UPCOMING COURSES

## LEAN SIX SIGMA PROGRAMS (BY GRANT THORNTON)

in association with Grant Thornton Bharat – offered at specially discounted fee of Rs 7,500/- for MILVEST participants from 19th October 2024

**Dates: 19, 20, 26 & 27 October, 2024**

**Timings: 10:00 am - 5:00 pm**

The fees for MILVEST participants will be INR 7,500/- (On Final Checkout, All inclusive)

Payment Link: : <https://paytm.me/vr-V2JcE>

The fees for MILVEST participants will be INR 7,500/- (regular fees for the program is INR 19,470/-)  
The course is Open to all members of military Community to enroll

For more information or for any queries on Lean Six Sigma, Please reach out to Ms Rashi at +91 9773822901.

## CERTIFIED SCRUM MASTER – BATCH 16

The schedule includes both training and certification (from Scrum Alliance).

**Dates: 14,15,16 and 17 October 2024**

**Timings: 6:45 pm to 10:30 pm**

The fees for MILVEST participants will be INR 17,500/-  
(On Final Checkout, All inclusive)

Payment Link: : <https://exly.co/AJAmxF>

For Query or Support on Telegram Link: <https://t.me/OpenProjectDeepak/1759>

Training at MILVEST by Mr Sekhar, the senior-most Scrum Trainer in India  
Certificate from 'Scrum Alliance' (the largest global body on Scrum)





ITOR

the world's greenhouse gas emissions, air pollution from fertilizers, habitat loss, soil degradation. Under our current system, farmers use lights, ventilation, and modifying technologies to create an indoor environment to grow cannabis, which produces a lot of greenhouse emissions. Not on the precipice of a similar fate as industrial agriculture in Canada, it's time to see how we can shift marijuana cultivation to an environmentally friendly path.

In B.C., growers have already begun to voice their concerns about the large-scale production of pot, envisioning an alternative regulatory model, similar to craft breweries. I believe that consumers will appreciate an environmentally friendly product for a higher price. The fact that many British Columbians are willing to pay extra dollars for craft beer proves

**of the federal government with a large number of Shoppers Drug Mart outlets legalized marijuana. It's a big environmental win hit."**

- MADELYN DEKERF

is not economically viable. The craft-growery model will not only be environmentally sound, but

abandoned vessels.

Transport Canada has abandoned or derelict vessels in waters, undoubtedly an underwater. Each is, at least, an eyesore and a source of environmental contamination and navigational hazard.

The cost to remove an abandoned vessel ranges from small change to several hundred thousand dollars, depending on complexity. As many old boats near their life end, owners are tempted to dump unwanted vessels in public waters. As litterbugs on land found at the dawn of anti-litter laws, penalties for abandoning vessels are needed to discourage the practice.

But many government agencies are involved: Transport Canada, the Coast Guard, federal and provincial environmental agencies, and local governments. Overlapping agencies dilute responsibility, cause inefficiency and foster inaction.

At least M-40 carries some political and moral weight in calling on the government to do something.

The bad news is that motions have no binding legal effect. Furthermore, the wording of the motion is vague, without specific, measurable objectives. While M-40 calls upon the government to "take meaningful steps within six months," the provision is not clear

so it was not worked from a wide with Opposition Minister Lisa R...

The bill made not ideological; and was popular. I'm confident it would have passed. But Parliament rose soon after I tabled the bill and it died on the order paper.

In all my work in Parliament, including two successful Private Members Bills, I was amazed how hard it was to accomplish real progress, and how important it was to seize common ground along the way.

At its best, MPs seriously strive for common ground — they all voted for M-40. At its worst, our processes squander opportunities for progress. Instead of remedies to problems, we get measures to placate voters.

With so many lawmakers and stakeholders

**RUNNING SUPPORTS FOOD BANK**

Christine Suter from C2Skymultisport and Dave Clark from the Whistler Half Marathon would like to thank all of the walkers, runners, and volunteers who came out and participated in the Whistler Food Bank 5km fun run and walk in support of Whistler Community Services Society.

We raised \$1,000 and donated over 80lbs of food! Thanks to everyone for supporting our community!

Christine Suter Whistler

**RECYCLING CHANGES WILL CREATE DUMPING**

I recently took a mattress and \$15 to the Pemberton Transfer Station only to discover the SLRD no longer accepts mattresses, and

whatsoever fee they pay for whatever kind of traffic one is on route, so with gas, time and dumping fees, you are probably looking at \$50 to dispose of a mattress and, more importantly, guess what, our back country and logging roads will just become dumping grounds.

I guess then we can thank the bear counters at the SLRD for screwing up our environment!

Len Ritchie Pemberton

**KUDOS TO MUNI PARKS STAFF**

I'm rehabbing from knee-replacement surgery and I walk Emerald Forest and Lost Lake Park trails daily. We sometimes fail to appreciate what a wonderful system of well-planned and beautifully constructed trails we have in our backyard.

Kudos to the trail building crews, parks planners, and Muni Council(s) that have provided this fabulous amenity. I'm so fortunate and proud to live in Whistler!

Neil Collins Whistler

# FEATURED ARTICLES

Mrs Renu Rajaram

Wg Cdr Steffi Bathla (Retd)

# FROM LAB COATS TO MEDIA MAVERICKS: NAVIGATING MY PRESSURE COOKER JOURNEY

Growing up, I often felt like a carrot simmering in a pressure cooker. My parents, both esteemed professors at a professional college, had a way of turning life into an academic boot camp. "Excellence or bust" was their mantra. Report cards were treated like court rulings, with both sets of eyes glaring at them long before I could even sneak a peek. Each test felt like a trial, and every school term seemed like an eternity of trying to live up to their towering expectations.

When I finally survived the school system and thought I could take a breath, life threw a curveball. I joined the very same college for my post-graduation where my parents taught. If you thought a family dinner felt like an interrogation, try being under the academic microscope of your own flesh and blood! There were days I considered donning a disguise just to grab a cup of coffee in the college canteen without running into a faculty member who might report my caffeine addiction.

But hey, I powered through, driven by that intense desire to prove I wasn't just a product of parental pressure. My hard work eventually landed me a research associate post at Council of Scientific & Industrial Research (CSIR) Trivandrum—back when government jobs were rarer than a unicorn sighting. This was no ordinary job. Oh no, this was the academic equivalent of winning the lottery. On top of the prestige, it even allowed me to work towards my PhD. I had it all: some of the best guides and scientists in the country mentoring me, a stable government post, and a bright future mapped out. Life, I thought, was set.

**Enter Lieutenant RS.** In true cinematic fashion, this dashing Navy officer swept me off my feet—and off my career path, for that matter. Suddenly, I went from balancing beakers in a lab to balancing life on a naval base. Marriage brought with it new adventures, and before I knew it, I was a "Navy wife," thrust into a world of sailors, seas, and schedules that I couldn't keep up with.

Then came Mauritius. Ah, Mauritius—the tropical paradise that looks great on postcards but gets a little dull once you've soaked up all the sun, sand, and sea. My husband got posted there as a technical advisor to the Coast Guard, and I was faced with a life-altering decision: continue my research job or join him in the land of palm trees and rum punch. It wasn't easy to leave behind two years of research, but love (and island life) won out. I regret it sometimes, but you live, you learn—and, in my case, you learn golf.

Yes, golf. It turns out when you're on a remote island and your Navy officer husband is off on the blue waters, you've got a lot of time on your hands. I channelled my inner Tiger Woods and discovered a hidden talent for whacking balls. My technique? Aim for the ocean. It's surprisingly therapeutic.

Nearly four years in paradise flew by—well, most of it, anyway. By the time our son arrived, island life became a bit more chaotic, complete with whirlwind of diaper changes and toddler tantrums. We moved again, this time to Mumbai, and eventually to Wellington and then Delhi. Our daughter soon joined the party, and let me tell you, managing two kids while navigating Navy life was like juggling chainsaws—exciting, nerve-wracking, and slightly dangerous.

As I watched my friends and colleagues climb the professional ladder, I couldn't shake the feeling that I was falling behind. After a few years of the domestic grind, I grew restless and wanted back into the workforce. The problem? Taking a break had left me with the professional equivalent of a blank slate. It wasn't going to be easy. My family, always supportive, nudged me toward my passions, and that's when I stumbled across an ad for an editor training program at India Today Group.





The editing course was...well, let's call it a necessary evil. It involved long commutes to Thompson Press in Noida and hours of learning styles, standard markup languages, and other editorial intricacies. It was the literary equivalent of going back to school and learning the alphabet again. But I pushed through, and soon enough, I found myself freelancing for Dalal Street Journal. Who knew a former researcher would end up editing stock market predictions? **Life has a funny way of handing you plot twists.**

Eventually, my editorial career started to blossom. My love for architecture, design, and lifestyle writing took root, and before I knew it, I landed my dream gig as an editor at Indian Architect and Builder. Suddenly, I was geeking out over building designs, attending fancy seminars, and interviewing some of the most renowned architects in the country. It was as if I had stumbled into the golden period of my career, and I couldn't have been happier.

Of course, challenges didn't stop just because I had my dream job. My husband was still sailing the seas, leaving me to juggle parenting and professional responsibilities. But I had an ace up my sleeve—my wonderful nannies, who practically became part of the family. And being in a secure navy environment certainly helped raise our kids with some level of sanity intact.

The editorial world shifted as digital media took over, and I quickly adapted. I joined Adfactors, a prominent PR agency, and helped launch a start-up design magazine. The digital world opened doors, allowing me to work seamlessly from anywhere—even as my family packed up and moved to different cities. Nine years flew by in the blink of an eye, but I wasn't done yet.

In 2015, I joined another start-up, this time focusing on architecture and design. It was exhilarating, launching a construction magazine for the Middle East as we expanded into Dubai. I never thought I'd be explaining the virtues of minimalist architecture to a desert crowd, but there I was, loving every moment of it.

Today, **it's been 22 years since I picked up my first editing gig.** My kids have grown, and I've transitioned back to full-time work. I look forward to each day, still learning, still growing, and still pushing the envelope in both architecture and editorial work.

And, as if life couldn't get more interesting, my husband suggested I join a **management course by Sambhav Kadam** this year. Initially, I was sceptical—how would I find the time? But **it turned out to be an eye-opener**, teaching me aspects of HR, logistics, operations, and more. It's never too late to pick up new skills, especially when you've been through the pressure cooker.

As I reflect on my journey, I realise that life's twists and turns can't extinguish passion, and as I look ahead, maybe brand management or a new start-up is on the horizon. Whatever it is, I'm ready. **Life in a pressure cooker has only sharpened my resolve.** So here I am, navigating a career that has taken twists and turns I never saw coming, but never extinguished my passion. With foresight and determination, nothing can stop you from achieving your dreams – even if you're stuck in a pressure cooker.

## About the Author

Mrs Renu Rajaram is the Vice President, Navy Welfare and Wellness Association (NWWA) (Western Region). She is the Editor-in-Chief, WFM Media and a proud Milvestian. She is a seasoned architectural journalist & editor with 23+ years of experience. Naval wife of 30+ years, mother of two young adults, navigated global relocations while building an illustrious career. Her journalistic beats span architecture, design, lifestyle & more. Leading WFM Media's digital & print platforms with passion & precision.

This featured article is very close to her heart as she writes about her life lessons. Many times military spouses are left behind in their career ladders, thinking and introspecting what they did in their lives searching for contentments. Her write up upholds and gives encouragement to those who are taking career breaks or enjoying parental responsibilities. She writes how the 'Management Essentials' course at MILVEST has changed her learning curves and encourages her to become a brand manager or open a start-up in near future.



# TRANSITIONING STORY OF WG CDR STEFFI BATHLA (RETD.): IT'S ALL ABOUT TRANSFORMATION!

## “ FROM UNIFORM TO CORPORATE SUIT: MY JOURNEY FROM THE FORCES TO A CORPORATE INTERNSHIP ”

We all have moments in life where we stand at a crossroads, uncertain yet excited about the future ahead. For me, that moment came when I retired from the Indian Air Force with a one month baby in my hands. After years of service filled with structure, camaraderie, and mission-critical responsibilities, I thought transitioning to civilian life would be a breeze. Let's take a break and rejoin after a year. Well, I quickly realized that while being a mother of two was an overwhelming experience, but being at home without a job was not my cup of tea ( I would rather prefer coffee over tea though.) The sooner I realised that I need a job, **it also lit a bulb in my mind that the post-military world had its own set of challenges.**

### **The Eight-Month Struggle: Searching for a New Purpose**

I spent the first eight months of my post-service life feeling adrift. The feeling of staying at home with no schedule on the calendar was making me restless day in and out. So, I dived into various online courses, sharpened my LinkedIn profile, networked with whoever would listen, and attended countless workshops on how to "successfully transition" to corporate life. While these efforts were helping, the process was slow, and I often found myself wondering if I was on the right path.

During this period, I faced a stark realization—**\*transitioning isn't a straightforward process\***. It's not like flipping a switch. The shift from the military mindset to a corporate one takes time, patience, and a willingness to embrace the unknown.

### **The Learning Phase: Building a New Skill Set**

Like many of you currently pursuing certifications, I explored a variety of courses. From project management to risk analysis, I found myself enrolling in any program that could bridge the gap between my military experience and the corporate skills I needed. I'll admit, at one point, I began to wonder if I was stockpiling certifications for a rainy day. However, each course I completed added another piece to the puzzle.

**\*\*knowledge and adaptability were my most important tools\*\***. Knowledge gained from various courses like **MILVEST management essentials** program weren't just lines to add to my resume—they were helping me grasp the inner workings of the corporate world. These skills might not come with the immediate adrenaline rush of military days, but they were equipping me for success in a different kind of battlefield.

### **A Surprising Opportunity: The Military Veteran Internship Program**

After months of job hunting, I stumbled across an opportunity that seemed tailor-made for people like me—a Military Veteran Internship Program with one of the consulting firms. The idea of becoming an intern after decades of leading operations initially felt strange. But after some reflection, I realized that this was my chance to get hands-on experience in the corporate world while having applied the leadership, project

management, and operational skills I had honed in the military and learning the theoretical part of these skills through MILVEST.

A week ago, I started my internship. So far, it's been a mix of excitement and learning curves. I'm still getting used to the corporate language and systems, but the transition feels smoother because I've armed myself with the right certifications and knowledge.

### **Military Skills: A Corporate Edge**

One thing I've quickly realized is that the skills I developed in the military have given me a unique edge. It's easy to think that the civilian world is one world in this galaxy and military is another world, but that's not entirely true. The ability to lead under pressure, communicate effectively, and adapt to rapidly changing scenarios—these are all critical in the corporate environment. The ability to stay calm, think critically, and act decisively is something that the corporate world values just as much as the military.



Another key advantage I've found is the ability to work in teams. Whether you're leading a military team or collaborating with colleagues on a corporate project, understanding group dynamics and knowing how to motivate people toward a common goal is a valuable asset.

### **Fueling Success: The Power of Family Support**

Behind every step of my transition from military life to the corporate world has been the unwavering support of my family. While military skills have given me a unique edge in my new career, it's the strength, encouragement, and understanding from my loved ones that truly fuels my journey. Whether it was my spouse taking on extra responsibilities at home or the smiles of my children giving me the courage to keep going, or sacrifice from my parents-in-law shifting to a new city leaving their comfort zone at an age where comfort is the only thing which is required, their presence has been my greatest motivation. No matter the challenges ahead, knowing that I have my family's support makes all the difference. Their constant support, their blessings, their love, and last but not the least their sacrifices have been, and will always be, my greatest source of strength throughout my career.

### **Embracing the Transition: A Humbling Experience**

Of course, there are moments where I feel completely out of my depth. Going from leading teams to being the "newbie" in the room is a humbling experience. But I've learned to embrace it. There's no shame in starting from scratch, especially when you're building something new.

I often remind myself that I've faced tougher challenges in the military. If I could lead teams through complex missions, I can certainly navigate the learning curve of corporate life. Every new task is an opportunity to learn, and every small victory—whether it's understanding a new process or contributing to a project—brings me one step closer to mastering this new environment.

Through it all, there have been plenty of moments where I've felt completely lost—like trying to make sense of corporate jargon or understanding new systems—but I've learned to laugh at myself. After all, if you take every misstep too seriously, you'll never enjoy the journey. I find myself reminding of all the military systems I had mastered over the years. If I could handle complex technical systems in the Air Force, surely I could handle a few corporate processes. This mindset keeps me going and helps me see the bigger picture.

### **The Road Ahead: Still Learning, Still Growing**

It's only been a week since I started my internship, but I'm already learning a great deal. I don't have it all figured out yet, and that's okay. What matters is that I'm taking steps in the right direction. The certifications, the skills, the military experiences—they're all coming together to shape my journey.

For those of you who are still working on your certifications, know this: **Every course you complete, every skill you gain, is a stepping stone.** The road from military to corporate life may feel long and uncertain, but every step forward is progress. Stay curious, keep learning, and don't be afraid to start from the beginning. The corporate world is just another mission, and like all missions, success comes with preparation, adaptability, and a willingness to learn.

So, here I am, just one week into this new chapter. The journey is far from over, but I know I'm on the right path. And if I can make this transition, so can you.

Let's keep pushing forward, one step at a time, because the best is yet to come.

This is the story of my journey from the armed forces to the corporate world—about how, after months of searching, learning, and adapting, I found myself as an intern at one of the corporate firms. I hope that by sharing my experiences, I can inspire those of you who are on a similar path, striving to translate the military skills into the corporate environment.

### **About the Author:**

**Wg Cdr Steffi Bathla (Retd.)** is a leader with 14 years of proven experience in military operations and project management. She holds a Master of Technology with a specialization in Quality Management and is currently transitioning to the corporate sector. She is actively enhancing her expertise through the MILVEST program, which provides strategic insights into business operations, and through a Military Veterans Internship Program at Deloitte, where she is gaining hands-on experience in corporate practices and processes. This blend of leadership experience, technical skills, and ongoing professional development positions her as a valuable asset to any organization.

**Article By: Wg Cdr Steffi Bathla (Retd.)**

# SSOM

(SIMPLE SEEDHA OUTPERFORMING MEMBER)

## Scenario 1

QUALITY HAS NO CASTE, CREED OR CULTURE. IN GENERAL, A 5-STAR RESTAURANT WILL PROVIDE BETTER HYGIENE & IN GENERAL A DHABA MAY NOT BE SO SOPHISTICATED. BUT, THAT DOESN'T MEAN THAT DHABA WALA WILL NOT BE ABLE TO PRODUCE QUALITY.

True Sir, The quality lies within MILVEST Like a 5 Star restaurant and integrates us like a homely feeling of Dhaba



SIMILARLY, SIX SIGMA & LEAN TECHNIQUES ARE ALL APPLIED AT MILVEST.



MILVEST has become Naam, Namak, Nishaan for me. The classes are absolutely brilliant.



Hmm...No more Insights or tips should be given, now certain things should become like manners....like commenting on LinkedIn post.



Don't Forget to comment on LinkedIn

## Scenario 2

Seed of the concept was sown by SOM in previous sessions

(Agile strategy immediately comes in place; Idea handed over for development to a suitable person)

SO, YOU DO ONE THING...  
DESIGN A WIRE NETWORK  
AROUND PARTICIPANTS'  
ATTENDANCE PART,  
ASSIGNMENT PART, ETC  
ETC



YE HANUMAN JI KE  
AAGE CHALA  
GAYA...



AAP is  
Mahabharata me  
humare Krishna  
Hain...



Everyone takes a hearty Laughter!!!

## Scenario 3

Session at 2100 hrs in continuation...

Oct me aap logon se  
mulakaat nahi hogi to ,  
trying to close the  
session early so that  
there wont be  
withdrawal symptoms



Shubh shubh boliye Sir.  
Now the relationship is  
established. So, it will  
continue.





# SPIRIT OF MILVEST

Brings you some

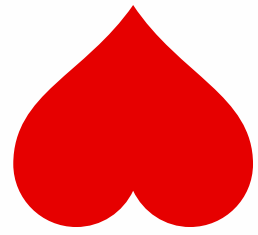
**STORIES** **LOVE**  
**SHATE**







love



STORIES

During our MILVEST program, something special unfolded. A passionate woman enrolled in the course and encouraged her close friend, despite his busy schedule, to join as well. While she actively contributed to discussions, he remained reserved, quietly following along.

When the Facility Management assessment arrived, it became a turning point. He reached out to her, asking for help with a simple message: “Aa jao Parth, mil kar ye duvidha ka hal karein.” Together, they devised a strategy, leveraging each other’s strengths to successfully complete the assignment.

Their collaboration blossomed, and they supported one another through the rest of the course. Not only did they both earn their certificates, but they also developed a strong partnership. What began as a professional endeavor grew into a meaningful alliance based on mutual respect, shared goals, and a commitment to growth. In the end, they both landed on the A2 list, symbolizing their success.

STORIES

I made an unannounced cold call after 7 years. The last time I spoke to him was in 2017, seeking advice on my elder daughter’s higher education. I had served with him only once back in 2006—that was the extent of our interaction.

When I called, he welcomed me without hesitation, listened patiently, asked a few pertinent questions, and requested the brochure for Project Deepak on WhatsApp. Just 10 minutes later, he called back, full of encouragement and praise for the initiative. What surprised me even more was that he had personally enrolled in the course.

In the following weeks, as I reached out to mid-level leaders to spread the word, many mentioned that they had already received a briefing from the Vice-Admiral himself. That’s leadership—leading by example and lending support where it truly matters.

***And with so many SOM love stories yet to unfold, this tale continues...***



# HATE STORIES

I hate MILVEST for making its courses so addictive that missing even 10 minutes feels like missing something monumental, despite having recorded sessions. The small, dedicated team seamlessly manages thousands of participants, so impressive that I almost want to create a case study on their efficiency.

But that's where my frustration turns into admiration. I found out about MILVEST only after my coursemates did, and now, for the first time since the academy, I'm fully awake in every class. The thrill of passing quizzes with flying colors makes me demand a treat, and even my little one asks, "Homework kiya kya?"—as if I'm a student again.

What started as frustration has grown into profound gratitude. Thank you, Capt (IN) Vinay Sir, for creating such an invaluable platform that equips us with crucial business knowledge and prepares us for the corporate world. The "hate" has truly transformed into appreciation.

I hate MILVEST for the way it's equipping all defense services personnel and their families with vital business world knowledge, making its classes incredibly addictive. Missing even 10 minutes feels like missing out on something big, even though we have access to recorded sessions. The way a small, dedicated backend team handles thousands of participants so seamlessly is remarkable—it makes me want to create a case study on Team MILVEST.

But that's where the "hate" turns into admiration. The frustration of missing out has transformed into a deep appreciation for the opportunity to grow and learn. The impact MILVEST is having on our lives is undeniable, pushing us to continuously engage and enhance our skills.

Thank you, Capt (IN) Vinay Sir, for creating such an invaluable platform that offers more than just knowledge—it's transforming how we view and prepare for the corporate world. What started as frustration has evolved into gratitude,

Team MILVEST Insights



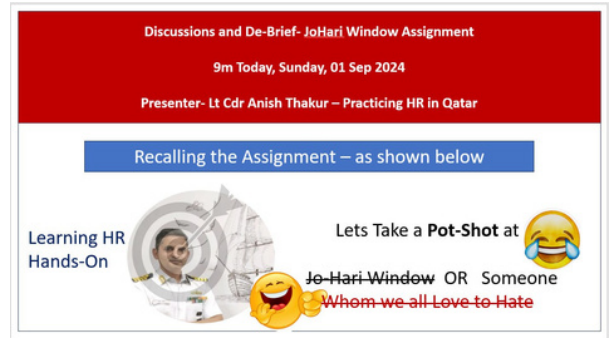
# COMMUNITY BUILDING



# SUBAH SAVERE SUNDAYS @ MILVEST

**SUNDAY SUBAH SAVERE @ MILVEST** is although an optional activity for all participants from Management Essentials (ME) Program, it has become the most important, inseparable and desirous part. Management Essentials without Sunday Subah Savere will be like a recipe left ungarished. It is these activities which keep bringing in stuff to people for hands-on experience, research and classroom sessions after identifying the gaps in a progressive manner.

Post completion of HR module, there was an assignment to provide hands – on experience of Johari Window. Later, the same exercise was presented in Sunday Subah Savere by a participant who is a practicing HR in the gulf. There were lessons derived from it in research and also brought in insights into methodology for conducting the exercise. It was conducted for the masses in the most innovative manner vis-a-vis the traditional method of conducting it for smaller groups.



**MILVEST Sundays**

**MILVEST**

**Subah Savere**

**Deepika Chaudhary**  
by in-house faculty at MILVEST

**Antara Paul**

**9am to 11:30 am**  
**22 Sep to 27 October 2024**

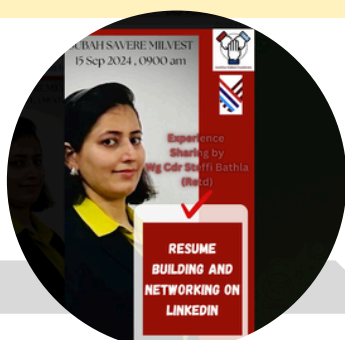
**DIGITAL DESIGNING ESSENTIALS**

**Linked In ESSENTIALS**  
supported by Social Impact team @ LinkedIn

The next activity which took shape for Sunday Subah Savere is a course on ‘Digital Designing Essentials’ and ‘LinkedIn for Professional growth’. This gap was identified in the last several months when many participants struggled to prepare posters or catchy presentations to be submitted as assignments. These assignments were in fact curated objectively to draw a value and the realization amongst the participants to gear up in order to be at par with the fast-paced world around. Nevertheless, whereas MILVEST finds participants from Military community to be technically challenged most of the times En masse, what is found in abundance at this place is – innovation, collaboration, cocreation, cooperation and community building weaved with quality & excellence.

These values, guided by ‘Spirit of MILVEST’, quickly reflected on MILVESTians’ behaviour and action. There was a formation of “Strategic Research Group” for focused discussions which produced a fantastic product – ‘a full-fledged, well-structure course on Digital Designing’. This came along with classes on usage of LinkedIn and understanding its features in detail for swift professional growth.

Participants through all the Sundays this month conducted professional sessions on topics like ‘Resume Building’, ‘LinkedIn Basics’, ‘LinkedIn Networking’, ‘LinkedIn Profile Building’, etc. There were also beautiful presentations before the launch of Digital Designing program for catching attention of the captive audience. These involvements, focused discussions, and quality output speaks volumes about the standards maintained and raised day by day at MILVEST. It has witnessed phenomenal growth in each participants’ skills and attitude.



This truly resonates with what MILVEST stands for – i.e. effecting “Transformation” of every individual to be better prepared to take on future challenges by raising & fulfilling own expectations with upskilling and enablement. Rightly said by Ernest Hemingway, an American novelist & journalist - “There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self.”

**Article By: Sandhya Singh Om**





# CLASSROOM NEWS



**SUNDAY SUBAH SAVERE**

Ye hai  
aam  
zindagi

**Outcomes**

- Lazy
- Sleepy
- Time Killing



Ye hai  
**MILVEST**  
zindagi

**Outcomes**

- Learning
- Skill Developing
- Innovating Ideas

# ACCIDENTAL ENTREPRENEUR: A JOURNEY TOWARDS SUSTAINABILITY



I am an accidental entrepreneur as I never envisioned entering the business world from a science background.

I am a homeopath, but I chose to stay at home to spend quality time with my children and raise them into beautiful, ideal human beings as a gift to the world. Only a mother can bestow such precious, invaluable gifts.

As one of my hobbies is reading, I was reading an article in June 2013 when the headline, "Silent Killers Inside Your House," caught my attention. Shocked by such a headline, I began reading. Until then, I was a very proud mother, believing I was providing a completely safe and healthy environment for my family. As a homemaker, I felt it was my duty to ensure a healthy environment for my loved ones, as every member trusted me to provide a completely safe space.

I used to regularly disinfect my home with commercial cleaners. However, an article I read revealed that these toxic chemical cleaners are harming our health. I discovered that our indoor environments are 80% more polluted than outdoor environments due to the use of these toxic chemicals, such as Lizol, Harpic, and Colin fresheners.

These cleaners contain harmful substances like sodium laureates, phosphates, hydrochloric acid, ammonia, sulfuric acid, and many other carcinogenic chemicals that can cause stress, anxiety, headaches, depression, and asthma. I had never considered this before. After reading the article, I completely stopped using these toxic cleaners, prioritizing health above all else.

I experimented with alternative cleaning agents like salt, vinegar, and lemon juice, but I was never satisfied with the results. I began searching for better options. As the Hindi proverb says, "If you search, even God can be found."

Eventually, I found a YouTube video about liquid Bioenzymes. They are completely non-toxic and can be made at home using used peels, jaggery, and water. This convenient method inspired me to embark on a journey toward a sustainable lifestyle.

Bioenzymes, nature's biological catalysts, are powerful cleaning tools that break down organic compounds. Unlike harmful chemicals, they are safe for children, pets, and the environment.

Just as saliva uses enzymes to initiate digestion, cleaning enzymes effectively break down organic proteins found in urine, feces, vomit, drool, dirt, and food. This process not only cleans but also prevents the growth of odour-causing bacteria.

Bioenzyme cleaning products are becoming increasingly popular due to their effectiveness and eco-friendliness. They can be used for a variety of cleaning tasks, such as eliminating unpleasant odours, cleaning up after pets, deodorizing areas where toxic trainers have been used, freshening up pet beds, removing grime and bacteria from shower heads, preventing streaks on mirrors, eliminating water marks, and cleaning sinks, drains, overflows, and stains.

I borrowed two empty Pepsi bottles from my neighbor (as soft drinks, Maida, refined oil, and bakery items were already banned in my home). I was eager to see the results of the liquid but had to wait three months for it to prepare.

After 90 days, I strained the wonder liquid and used it as a floor cleaner. To my surprise, the floor was incredibly clean, and I could clearly see the difference compared to using regular cleaners. When I used commercial cleaners, fine dust would still be on the floor even after cleaning twice or thrice. However, with the bioenzyme liquid, I could feel the clean floors, and small ants, cockroaches, and mosquitoes began to disappear.

My philosophy is always "live and let live," and this wonder liquid followed suit, keeping pests at bay without killing them. I was delighted and started using it on my dishes, and the results were equally impressive. My utensils shined like never before, and my hands became soft. Previously, when I used regular dishwasher bars, my hands would become very rough.

I also tried the bioenzyme liquid on my plants. Living on the second floor, I had a terrace garden where I grew vegetables, fruits, and flowers. While I was always happy to see even one vegetable, they would often fall after a few days due to nutrient deficiency.

I repurposed the Bioenzyme-based water that I had used for cleaning the floors and washing clothes, and watered my plants with it, and lo and behold - my plants started thriving. I began to harvest karela, tomatoes, and other vegetables in abundance, compared to the one or two tomatoes and chilies I used to get before using Bioenzymes.

Surprised? The water we use for regular cleaning, such as floor cleaning, dishwashing, and clothes washing, eventually flows out of our homes and pollutes rivers, ponds, or land. Volatile compounds also contribute to air pollution, which enters our bodies through the air, water, and food we consume. This is why we often fall ill.

Recognizing the urgent need, I decided to prepare and distribute them to those interested. I believe it is our duty and responsibility to leave a cleaner, greener, healthier world behind for future generations, just as we received it from our ancestors who led sustainable lifestyles despite having limited education.

I started collecting used bottles discarded on the roadside, washing them, and filling it up with Bioenzymes and started gifting to the guests and visitors. Initially, people were hesitant, but after witnessing the results, they began urging me to sell the bioenzymes.

I embarked on my entrepreneurial journey in August 2022, encouraged by a few loyal customers who prioritized health. To learn more, I travelled to Thailand with like-minded individuals and met the founder of bioenzymes, Dr. Rosukon. She is a visionary who has made a valuable contribution to the world. After witnessing her work in Thailand, I became even more determined to promote bioenzymes and educate people about their benefits and uses.

I started visiting schools and organizations to raise awareness about the harmful effects of chemicals on us and the environment. Many people began making and using bio enzymes, and I am proud to share that the **Air Force School in Kanpur has switched completely to using Bio Enzymes** for their daily cleaning needs. There were plenty challenges in this journey. The scientific backing behind Bioenzymes was often questioned. Without a background in the science of Enzymes, I did more research and did my best to clear doubts. And even if all their questions were answered, doubts remained. And I am still fighting this challenge.

I started visiting schools and organizations to raise awareness about the harmful effects of chemicals on us and the environment. Many people began making and using bio-enzymes, and I am proud to share that the Air Force School in Kanpur has switched completely to using Bio-enzymes for their daily cleaning needs. There were plenty challenges in this journey. The scientific backing behind Bio-enzymes was often questioned. Without a background in the science of Enzymes, I did more research and did my best to clear doubts. And even if all their questions were answered, doubts remained. And I am still fighting this challenge.

I joined MILVEST to further improve my skills needed to take my vision forward and fight my battles better. With the help of Capt. Vinay and the mentors we received, in a short time I have improved to levels that would otherwise be hard without MILVET's support.

I am now a proud mother who can confidently say that I am providing a completely healthy environment for my family by using bio enzymes for everything. Along with which, I guide and help other to do the same and to adopt a sustainable lifestyle, promoting health for themselves and their loved ones, and contributing to the healing of Mother Earth.

**Article By: Vidyarani S.**





# OVERCOMING ADVERSITY: FROM HEART ATTACK TO ULTRAMARATHONS THROUGH KAIZEN AND WILLPOWER



Ten years ago, I faced a life-altering moment while running a cross-country race: I suffered a heart attack. At the age of just 30, such an incident could have easily ended my life. Instead, it became the beginning of a journey that has since seen me not only recover but also push my physical limits further than ever before. Today, I regularly run ultramarathons of 75 kilometers, multiple times a year. This transformation was made possible through a combination of kaizen—a Japanese philosophy of continuous improvement—and sheer willpower.

## The Wake-Up Call

The heart attack was a stark reminder of my own vulnerability. It forced me to re-evaluate my lifestyle, my goals, and my approach to health and fitness. While the initial recovery was tough, it was the subsequent journey to ultramarathons that proved to be the real test. I knew that if I was going to come back stronger, I needed a new strategy—one that prioritized gradual, sustainable improvement and unwavering commitment.



## Embracing Kaizen: The Power of Small Steps

Kaizen, a Japanese term meaning "change for the better," became the cornerstone of my recovery. Rather than making drastic changes that might lead to quick burnout or another health scare, I focused on making small, incremental improvements every day. This approach was not just about physical training; it extended to my diet, mental health, and overall lifestyle.

- **Physical Training:** I started with short, manageable walks, gradually increasing both distance and intensity. Each day, I aimed to do just a little bit more than the day before—whether that was an extra kilometer or a slight increase in pace. Over time, these small steps accumulated, leading to significant gains in endurance and strength.
- **Diet and Nutrition:** I applied kaizen to my eating habits as well, making small, sustainable changes to my diet. I focused on incorporating more whole foods, reducing processed foods, and balancing my meals to support my training and recovery.
- **Mental Resilience:** Perhaps the most crucial application of kaizen was in building mental toughness. I practiced mindfulness and meditation, learning to stay present and focused, especially during long runs. I developed the mental discipline to push through pain and fatigue, knowing that each step forward was a step closer to my goals.



## The Role of Willpower

While kaizen provided the framework for continuous improvement, willpower was the fuel that kept me moving forward. There were countless moments of doubt, discomfort, and even fear. Running ultramarathons is as much a mental challenge as it is a physical one. It requires the will to keep going when your body is screaming at you to stop.

- **Overcoming Fear and Doubt:** The memory of my heart attack was a constant presence, especially during those early days of training. I had to confront the fear of pushing too hard and risking another health scare. It was my willpower that helped me face these fears head-on, reminding me that I was no longer the person who had suffered that heart attack—I was someone who had overcome it.
- **Pushing Through Pain:** Ultramarathons are grueling, testing the limits of endurance and pain tolerance. There were times when every muscle in my body ached, when my lungs burned, and my legs felt like lead. In those moments, it was sheer willpower that drove me to keep moving forward, one step at a time.
- **Commitment to the Goal:** My goal was not just to run ultramarathons but to prove to myself that I could come back stronger than ever. This goal kept me motivated, even on the toughest days. It reminded me of why I was doing this—why I was pushing myself beyond what seemed possible.



## The Transformation

Today, I am not just a survivor of a heart attack; I am an ultramarathon runner. The journey from that hospital bed to crossing the finish line of multiple 75-kilometer races has been a testament to the power of kaizen and willpower. It has taught me that no matter how daunting a challenge may seem, we have the ability to overcome it, one small step at a time. **My story is a reminder that it's never too late to start over, to improve, and to push beyond our perceived limits. If I can do it, so can you.**

**Article By: Lokesh Nath Mishra**

# UPSKILLING JOURNEY: FROM LEARNING TO APPLICATION



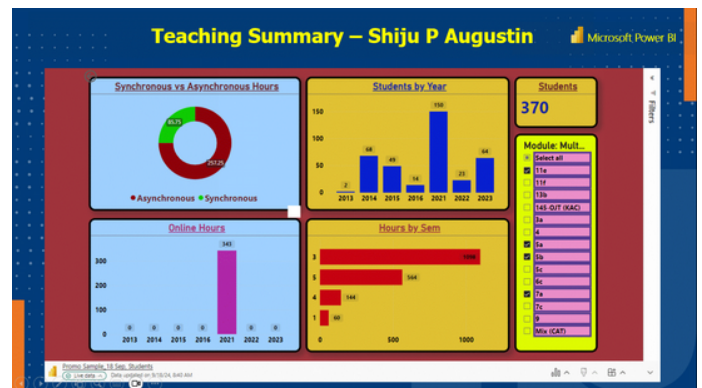
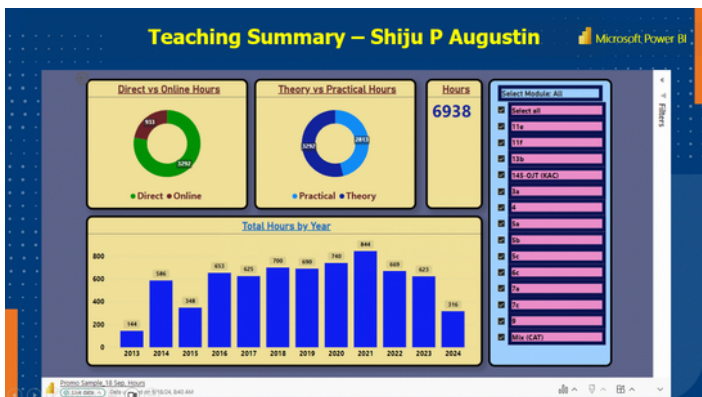
In today’s era of online learning, professionals at all levels are actively seeking courses to upskill and stay competitive. I was also on the lookout for courses and discovered MILVEST earlier this year. I enrolled in several courses as part of their flagship program, Project Deepak.



Initially, the startup felt a bit challenging, but as time went on, it became increasingly engaging, and the learning experience with the cohort truly flourished. I began applying the skills I learned in my MS Excel course from the International Management Institute, Bhubaneswar, to my daily job functions with great effectiveness. This motivated me to continue my learning journey with Power BI and Management Essentials courses from IIM Shillong. Despite the challenge of managing my time while being in different time zones, I found it rewarding.

I’d like to highlight how invaluable the Power BI course has been for transforming my 10 years of training career data into meaningful dashboards. I was able to present this information to the University Council in an interactive, live PowerPoint presentation. This not only made the presentation impressive but also helped me earn a career incentive.

I am extremely grateful to the MILVEST team, with Captain Vinay Singh at the helm, as well as to the supportive community and dedicated educators. Their efforts are truly transforming the lives of the military community, including serving members, veterans, and their families.



Article By: Shiju P Augustin

# Career in Cybersecurity - Transition to Corporate Environment for Military



The CISSP (Certified Information Systems Security Professional) is a globally recognized certification for information security professionals. It validates your ability to effectively design, implement, and manage a best-in-class cybersecurity program.

Preparing for the CISSP exam involves a multi-faceted approach due to the depth and breadth of the material covered. Here's a structured plan that helped me to prepare effectively:

## 1. Understand the Exam Format and Domains

### CISSP Exam Overview:

- Format:** Computer-based test
- Number of Questions:** 100-150 (with a mix of multiple choice and advanced innovative questions)
- Duration:** 3 hours
- Passing Score:** 700 out of 1000

### Domains Covered:

- Security and Risk Management
- Asset Security
- Security Architecture and Engineering
- Communication and Network Security
- Identity and Access Management (IAM)
- Security Assessment and Testing
- Security Operations
- Software Development Security

## 2. Study Materials

### Official Resources:

- (ISC)2 Official CISSP Study Guide
- CISSP Official (ISC)2 Practice Tests

### Practice Exams:

- Practice tests from various providers (e.g., Boson, Transcender)
- Online CISSP forums and practice questions
- Prabh Nair's YouTube videos

## 3. Create a Study Plan

### Set Goals:

- Assess your current knowledge and identify weak areas.
- Create a timeline based on your schedule (e.g., 3-6 months).

### Practice Questions:

- Regularly practice with sample questions to test your understanding.
- Review explanations for both correct and incorrect answers.

## 4. Join Study Groups and Forums

- Join online forums or local study groups (e.g., Reddit's /r/CISSP or (ISC)2's community).
- Participate in discussions and clarify doubts.

## 5. Practical Experience

- Apply theoretical knowledge to real-world scenarios if possible.
- Hands-on experience with security tools and concepts can be invaluable.

## 6. Review and Revise

- Regularly review your notes and key concepts.
- Focus on weak areas and revisit them often.

## 7. Exam Strategy

- Familiarize yourself with the exam interface and question format.
- Read each question carefully during the exam and manage your time wisely.

Article By: Alok Thakur

# NAVIGATING LIFE WITH CHANAKYA: PRACTICAL LESSONS FOR EVERYDAY SUCCESS

In a rapidly changing world, the wisdom of ancient thinkers remains remarkably relevant. Chanakya, a philosopher, strategist, and political advisor from ancient India, offered profound insights that can guide us in our personal and professional lives. His teachings emphasize strategic thinking, self-discipline, and the importance of integrity, among other principles.

This article explores Chanakya's timeless lessons and illustrates how we can apply them to navigate the complexities of modern life, enhancing our ability to succeed and thrive in various circumstances.

## 1. Strategic Thinking:

**Lesson: Always plan ahead.**

Example: Before starting a new project at work, create a detailed plan that outlines milestones and potential challenges, allowing for adjustments along the way.

## 3. Knowledge is Power:

**Lesson: Continuously seek knowledge.**

Example: Take online courses or attend workshops to keep your skills relevant in a fast-changing job market.

## 2. Self-Discipline:

**Lesson: Cultivate self-control.**

Example: Set a specific time for studying or exercising each day and stick to it, even when motivation wanes.

## 4. Networking:

**Lesson: Build strong relationships.**

Example: Attend industry conferences or local meetups to connect with peers, fostering relationships that can lead to job opportunities or collaborations.





## 5. Adaptability:

**Lesson: Be flexible to change.**

Example: If your company undergoes restructuring, embrace new roles or responsibilities with a positive attitude instead of resisting change.

## 7. Perseverance:

**Lesson: Don't give up easily.**

Example: If you're working on a challenging project that faces setbacks, stay committed and look for solutions rather than abandoning it.

## 9. Economy of Resources:

**Lesson: Use resources wisely.**

Example: Create a budget to track your spending, ensuring you save for future goals and avoid unnecessary expenses.

## 6. Integrity:

**Lesson: Uphold honesty.**

Example: If you make a mistake at work, own up to it instead of covering it up, which builds trust with your colleagues.

## 8. Emotional Intelligence:

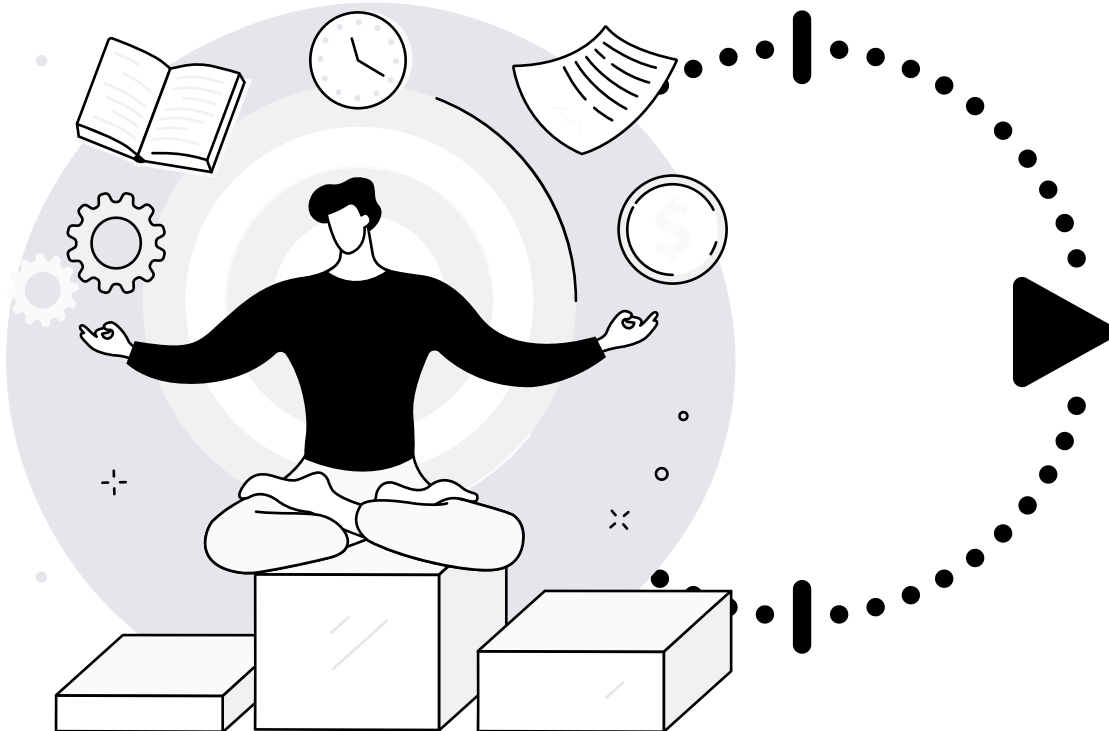
**Lesson: Understand and manage emotions.**

Example: During a heated discussion, take a moment to breathe and listen actively instead of reacting impulsively, fostering better communication.

## 10. Be Observant:

**Lesson: Learn from observation.**

Example: Watch how successful leaders handle challenges and adapt their strategies in your own leadership style.



Article By: Ashish Patwal

# THE TEACHER'S GIFT AT MILVEST

A teacher's gift is not in gold,  
But in the stories yet untold—  
Of lives they shape, of courage sparked,  
Of military minds embarked.  
With every lesson, every call,  
You give us more than wisdom's hall.  
You plant the seeds of strength anew,  
And guide us toward the skies we pursue.  
With steadfast care and steady hands,  
You help us navigate life's demands.  
Through each challenge, you inspire,  
With every step, we rise higher.  
Your gift is one that won't depart,  
It lives within each soldier's heart.  
For all you've done in every way,  
**We honor you this Teacher's Day.**



Poem By: Aman



# हिन्दी की आत्मकथा

संस्कृत है मेरी जननी,  
भाषाएँ अन्य है मेरी भगिनी।  
निसृत हुई हूँ लेकर संस्कार,  
मैंने दिये सुदृढ़ विचार।  
ऐसी हूँ मैं राष्ट्रभाषा,  
हिंदी हूँ मैं सुदृढ़ भाषा।

प्राचीन काल का खान पान,  
और उसका चाल- चलन,  
रीति रिवाज और संस्कार,  
सिखलाती मैं ज्ञान अपार।

जैसा बोलें लिखें वही,  
होगी भाषा शुद्ध तभी।  
कारण यही मेरे विस्तार का,  
विश्व बना पटल मेरे विचार का।

प्रति वर्ष मनाते सब मेरा दिवस,  
किंतु क्यों?  
क्यों ना मनायें मुझे प्रति दिवस?

माँ स्वरूप है मेरा रूप,  
सभी हैं प्रतिबिम्ब मेरे,  
और मैं प्रतिबिम्ब सभी की।

आओ प्रण ले गर्व से भाषा हिन्दी ही बोलेंगे,  
साथ ले अन्य भाषाओं को,  
परचम मेरा चतुर्दिक फहराएंगे।

कवयित्री- श्रुति कपूर





# BUILDERS OF THE MODERN AGE

In every spark, in every wire,  
Engineers ignite the fire.  
From every code, in every beam,  
They build the world we dare to dream.

From water's flow to cities bright,  
They bring the dark into the light.  
The unseen minds that shape the land,  
They build the future with steady hand.

With every problem, every test,  
Engineers rise, giving their best.  
A tribute to their endless quest—  
To build, to grow, to manifest.

On Engineers' Day, we give our cheer,  
For those who make the future clear.  
With gratitude, we celebrate,  
The ones who innovate, create.

**Poem By: Aman**



# YOU ARE YOUR BEST TEACHER: THE JOURNEY OF self awareness

Article by: Wahidullah Mohammad

In the journey of life, we are constantly surrounded by people who influence us—family, friends, teachers, mentors, and colleagues. While all of them play significant roles as guides and mentors, offering advice, support, and guidance, there is one undeniable truth: the only true teacher in your life is you. No one knows you better than you know yourself. Understanding your strengths, weaknesses, motivations, and aspirations is a deeply personal experience. This realization is both empowering and enlightening.

You are the best teacher for yourself because no one else can fully grasp the nuances of your experiences, emotions, thoughts, and desires. Only you can answer the fundamental questions about your life: What motivates you? When do you feel most inspired? Where do you find meaning? Why do you pursue certain paths? How do you navigate challenges? These questions form the essence of self-awareness, and the more you understand and embrace this, the better you become at being your own teacher. In this article, we explore the idea that self-awareness, growth, and personal development are deeply rooted in self-teaching.

## **The Power of Self-Knowledge**

The ancient Greek philosopher Socrates famously said, "Know thyself." This simple yet profound statement holds the key to self-mastery. Self-knowledge is the foundation upon which personal growth and development are built. It is the compass that guides our decisions, behaviors, and actions. When you understand who you are at your core—your values, beliefs, and principles—you gain clarity about what you want from life and how to achieve it.

Self-awareness allows you to identify your strengths and weaknesses. It gives you the ability to acknowledge your talents and skills while recognizing the areas where you need to improve. This honest assessment of yourself is crucial because it enables you to work on becoming the best version of yourself. Without self-awareness, you risk falling into the trap of living according to other people's expectations rather than your own.

As your own teacher, you have the unique advantage of being the only one who can truly answer the "what" questions of your life. What makes you happy? What challenges you? What are your passions and interests? These questions can only be answered through deep introspection and reflection. The more you engage in this process, the clearer your sense of purpose becomes.

## **Your Strengths and Weaknesses: A Balanced View**

Understanding your strengths and weaknesses is central to being your best teacher. Strengths are often easy to recognize because they come naturally to us. These are the abilities or traits that we excel in, that make us feel confident and competent.

Whether it's problem-solving, creativity, empathy, or leadership, identifying these strengths allows us to leverage them in different areas of our life.

Weaknesses, on the other hand, are more difficult to confront. Admitting that we have flaws can be uncomfortable, but it is a necessary step toward personal growth. As your own teacher, it's important to approach your weaknesses with a mindset of improvement rather than judgment. A weakness is not a failure; it is an opportunity to learn and grow.

For instance, if you struggle with public speaking, you can recognize this as an area that requires practice and development. Rather than avoiding situations that require public speaking, you can seek out opportunities to improve. Over time, what was once a weakness can become a strength, or at the very least, a manageable aspect of your life.

This balanced view of strengths and weaknesses is something that no one else can teach you better than yourself. Others may point out certain traits or abilities, but only you can fully understand how these aspects of your personality affect your life.

### **The Role of Mentors and Guides**

While you are the best teacher for yourself, it's important to acknowledge the valuable role that mentors and guides play in your life. Mentors provide wisdom, experience, and perspective that can help you navigate challenges and make informed decisions. However, mentors can only offer guidance based on their own experiences and insights. They cannot live your life for you, nor can they fully understand the complexity of your inner world.

Mentors are like maps—useful tools that can show you potential paths, but ultimately, you are the one who must walk the path. You decide which direction to take and how to overcome the obstacles you encounter along the way. Mentors can offer advice, but they cannot teach you how to be you. That is a lesson only you can learn through experience.

In the same way, friends and family can provide support and encouragement, but they cannot teach you how to understand your own thoughts and feelings. They may offer well-intentioned advice, but it is up to you to decide whether that advice aligns with your personal goals and values. The final responsibility always lies with you.

### **Answering the “Why” and “How” of Your Life**

One of the most profound aspects of being your own teacher is the ability to answer the “why” and “how” questions of your life. Why do you pursue certain goals? Why do certain things matter to you? These are questions that can only be answered through self reflection and introspection. Understanding your motivations and desires is crucial to living a fulfilled and meaningful life.

For example, if you find yourself pursuing a career that doesn't bring you joy, you might ask yourself why you continue on that path. Is it because of societal expectations, financial security, or a fear of failure? By answering these questions honestly, you can begin to make changes that align more closely with your true passions and values.

Similarly, the “how” questions are about strategy and action. How do you achieve your goals? How do you overcome challenges? How do you maintain balance in your life? These are practical questions that require you to be resourceful and adaptable. As your own teacher, you learn to experiment with different approaches, assess what works, and make adjustments as needed.

### **Embracing the Journey of Self-Teaching**

Being your best teacher is not about having all the answers from the beginning. It's about embracing the journey of continuous learning and growth. Life is dynamic, and so are you. Your goals, values, and priorities will evolve over time, and as your own teacher, you must be willing to adapt and change.

This journey requires patience, self-compassion, and resilience. There will be times when you make mistakes, encounter setbacks, or feel uncertain. In these moments, it's important to remember that every experience is an opportunity to learn. Mistakes are not failures; they are lessons that teach you more about yourself.

### **Conclusion**

**You are the best teacher for yourself because no one else can fully understand your unique experiences, emotions, and aspirations. While mentors, guides, and loved ones can offer valuable support and advice, the responsibility for your growth and development ultimately lies with you. By embracing self-awareness, understanding your strengths and weaknesses, and answering the fundamental questions of your life, you can take control of your personal journey and become the best version of yourself.**

# MODULE OVERVIEW : OPERATIONS MANAGEMENT

Module 7 of the Management Essentials program by MILVEST, focusing on Operations Management, delivered a rich learning experience through a series of comprehensive sessions conducted by esteemed professors. The module began on August 20, 2024, with an introductory session by Prof. Krantiditya, offering insights into the core aspects of operations management—designing, overseeing, and controlling production processes for efficient goods and service delivery.

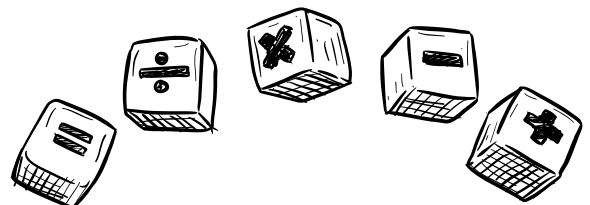
The subsequent sessions explored various essential topics. Prof. Sanjita Jaipuria's class on Forecasting (Aug 22) highlighted the importance of predicting future trends in operations and emphasized methods like time series analysis and regression models for improved decision-making. On August 27, Prof. Vinay Surendra Yadav discussed "Inventory Control and Supply Chain Management," delving into strategies for optimizing inventory and ensuring smooth supply chain operations.

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Prof. Kailash Choudhary covered "Six Sigma" and "Lean Management" in sessions held on August 29 and September 3, showcasing how these methodologies help businesses enhance quality, reduce costs, and minimize waste. This was followed by Prof. Pradeep Rathore's discussion on Maintenance Management (Sep 5), which emphasized preventive and predictive maintenance to maximize asset lifespan and operational efficiency.

The penultimate session on "PERT and CPM" by Prof. Achyanta Sarmah (Sep 10) equipped participants with essential project management tools for effective planning and resource optimization. The module concluded with Prof. Rathore's session on "Project Risk Management" (Sep 12), where participants learned to identify, assess, and mitigate risks in complex projects.

Throughout the program, MILVESTians displayed remarkable engagement, asking insightful questions and collaborating during breakout sessions. The professors' dynamic teaching approaches, incorporating visual aids, polls, and real-world case studies, ensured that the learning experience was both interactive and practical.



By mastering key components like forecasting, inventory control, supply chain management, Six Sigma, lean management, and project risk management, participants were equipped with the tools to improve business processes, ensure efficient service delivery, and navigate operational challenges. This knowledge, invaluable to both military families and professionals, enhances employability and fosters a mindset of continuous improvement. Special thanks to the dedicated professors and enthusiastic participants for making this module a success and for contributing to the collective growth and learning of the **MILVEST community**.

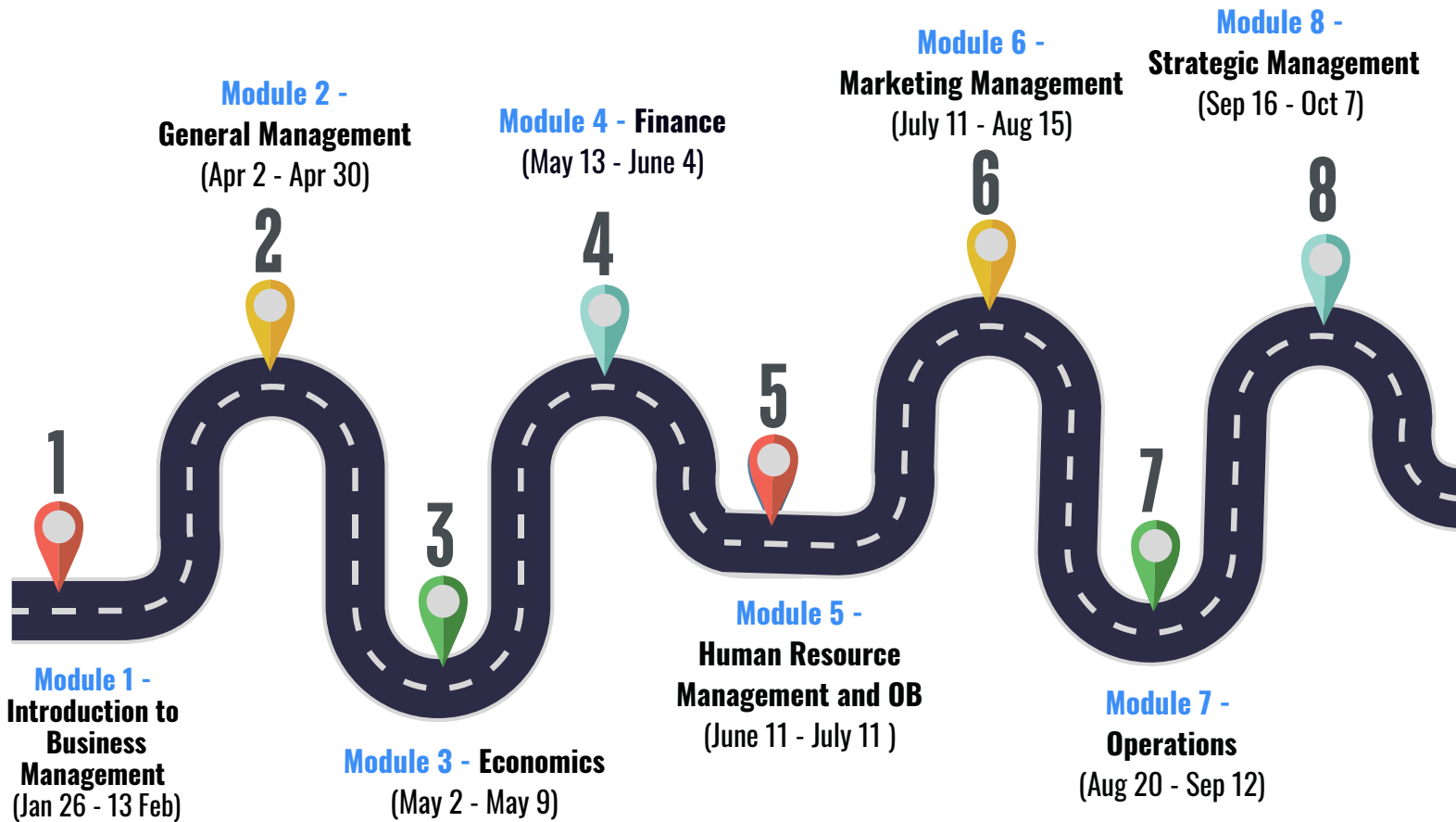


Article By :  
Rahul Vaswan & Sri Lakshmi





# JOURNEY WITH MILVEST AND IIM SHILLONG



## Topics Covered

- Process of Strategic Management
- Function of Strategic Management
- Strategy & Competitive Advantage

## Upcoming Topics

- Value Creation
- Business Model
- Corporate Governance
- SWOC Analysis

**FUNZONC**

FUNZONC

**FUNZONC**

FUNZONC

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**FUNZONC**



# JOHARI WINDOW - KNOW YOUR PARTICIPANTS

A fun activity was organized after the regular class, featuring our participants, Ms. Kanishka and Ms. Gitanjali. Everyone joined in to share their thoughts, fostering a positive community-building experience.



- RG: Gitanjali : Highly committed. Inspirational.
- GIRISH Shaurya to Everyone: Dynamic Dynamites!!!
- g: Dynamic Dynamites!!!
- Rohit Gupta to Everyone: Kanishka : Backbone. Relentlessly working behind the curtains
- RG: Kanishka : Backbone. Relentlessly working behind the curtains
- Joel Bharat Monis to Everyone: Kanishka is a natural leader and was the trendsetter for the Milvest Insights. Totally inspirational. She put the stiffness on the backbone of Insights which other took a lead from. Great example to follow. Gitanjali brings orderliness and clear thought behind how she puts a thing forward and explains anything. Also her questions reflect clarity of her thought.
- JB: Kanishka is a natural leader and was the trendsetter for the Milvest Insights. Totally inspirational. She put the stiffness on the backbone of Insights which other took a lead from. Great example to follow. Gitanjali brings orderliness and clear thought behind how she puts a thing forward and explains anything. Also her questions reflect clarity of her thought.



## THE ANSWERS TO ALL YOUR QUIZ!

Find clarity and solutions by diving into the quizzes available on the below shared link.

“MILVEST Insights Monthly Magazine”

<https://www.sambhavkadam.org/quiz-ques-sesn-49-to56-insights-30sep24/>

### Session 49: Six Sigma

1	B
2	A
3	B
4	B
5	D
6	C
7	B
8	B
9	A
10	C

### Session 50: Lean Management

1	B
2	C
3	C
4	C
5	A
6	C
7	C
8	A
9	C
10	B

### Session 51- Maintenance Management

1	C
2	C
3	B
4	B
5	C
6	C
7	B
8	B
9	A
10	C



**Session 52:  
PERT And CPM**

1	B
2	C
3	B
4	D
5	C
6	A
7	B
8	A
9	C
10	D

**Session 53: Project  
Risk Management**

1	B
2	B
3	C
4	B
5	B
6	C
7	B
8	A
9	C
10	C

**Session 56: Strategy  
and Competitive  
Advantage**

1	C
2	D
3	B
4	B
5	B
6	C
7	B
8	C
9	B
10	B



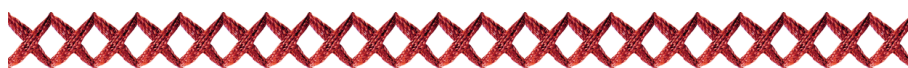
**WHY WORRY  
WHEN**



**IS HERE!**



SPIRIT OF MILVEST



**HERE ARE THE QUIZ ANSWERS.**

SAB MILEGA SAHI TIME PE... **HAPPY NOW!**





SPIRIT OF MILVEST  
**EDITORIAL BOARD**



Kanishka



Shruti Kapoor



Sandhya Singh



Suraj PS Salaria



Sandip Wable



Deepika Chaudhary



Saurabh S.





# EDITORIAL BOARD

## CONGRATULATION ON SUPERANNUATION FROM SERVICE TO OUR EDITORIAL BOARD MEMBER



### Mr. Rishikesh Soni

Col Rishikesh Soni is an alumnus of National Defence Academy, Khadakwasla and got commissioned in Army Service Corps on 12Jun 1993. After completing 31+ years of service to Nation the Officer is superannuating on 30 Sep 2024. Col Rishikesh has served in many challenging appointments in J&K and NE. He has served in Command and Staff Appointments in operational areas and high-pressure peace stations. He is qualified in several Army and Civil courses including PG in Defence & Strategic Studies. The officer enrolled in the Management Essentials Course by MILVEST in Feb 2024 for transition to civil career. Since then he has completed three courses from MILVEST namely Facilities Management, Lean Six Sigma Green Belt, and Entrepreneurship Course. He is an active member of the Editorial board of MILVEST Magazine. He was also part of organizing team of the HR Seminar. He finds MILVEST courses a noble initiative by Capt Vinay Singh (IN) Retd for entire military family. MILVEST Family congratulates him for his service to the nation and wishes him all the best for future endeavours.

We greatly appreciate your overwhelming response and contribution during the launch. Your time and efforts are invaluable to us.

**THANK  
YOU!**



Reach out to us @ <https://forms.gle/UQqH32BzuYSmeuYY9>



Thank you for 2274 Impressions, 162 likes, 50 exclusive comments, and 25 heartwarming reposts on the [LinkedIn Sambhav Kadam Foundation Page](#) for the launch of Milvest Insights Volume 1, Issue 5, September 2024



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Rights of Admission in the course are reserved, & also subject to eligibility norms



We look forward to your continued participation and contribution in the near future. We hope you enjoyed reading this issue and that future editions will bring even more joy to the MILVEST family!