



# UDYTA

*New Beginnings New Horizons*



**SALSRC VII**  
**Annual Magazine 2022-23**



# *Contents*

03	From the Commandant's Desk
04	Foreword by HF RM
05	About SALSRC
06	Udita
07	The Team SALSRC
09	SALSRC – The Journey So Far
11	The Inaugural
13	Sessions
31	Project Studies
36	Valedictory Ceremony
39	Reflections
41	Testimonials



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**The only person who is  
educated is the one who  
has learned how to learn  
and change**

**Carl Rogers**





## From the Commandant's Desk

**Rear Admiral Sanjay Datt, VSM  
Commandant  
College of Defence Management  
Secunderabad - 500094**



I am delighted to bring out the second issue of 'Udita' – The 'Self Awareness, Life Skills and Responsible Citizenship' Course magazine, which essentially, is a chronicle of all the activities carried out during the course. I also take this opportunity to congratulate each one of the participants of SALSRC Course SI VII to, firstly, have chosen this path of learning to grow individually and professionally and secondly, for having successfully completed the course.

SALSRC Course has blossomed, over the years, into a well sought after initiative of the College of Defence Management that endeavours to empower spouses of Officers attending the Higher Defence Management Course and the Faculty, with the necessary knowledge and skill sets to shape the social environment in their respective areas of influence. Joint certification by the Dept of Business Administration, Osmania University adds value to the course.

The past two years of pandemic constrained CDM to conduct the course primarily on online mode. However, SALSRC SI VII was conducted exclusively in contact mode and the Vivekananda Convention Centre was witness to all the exciting moments of the course. The contact mode helped the course participants bring out their infectious excitement into the learning process, tapping from their best faculties.

I am also certain that the research and incubation of ideas that happened during the Project phase of the course would help the participants take up the cause further with fresh and bold initiatives that would make a difference. I am sanguine that the participant ladies are now adequately empowered to lead effectively and contribute significantly in all their future endeavours. I wish them all the very best.

**(Sanjay Datt)  
Rear Admiral  
Commandant**



## Foreword by Head of Faculty

**Air Cmde SS Rawat, VM**  
**Head**  
**Faculty of Resource Management**  
**College of Defence Management**  
**Secunderabad - 500094**



Spouses of Defence Officers are an essential and critical cog in the social ecosystem of military stations. Their contribution in multifarious areas including education, societal improvement, welfare and well-being of the families making up this multi-cultural society, is huge and vital.

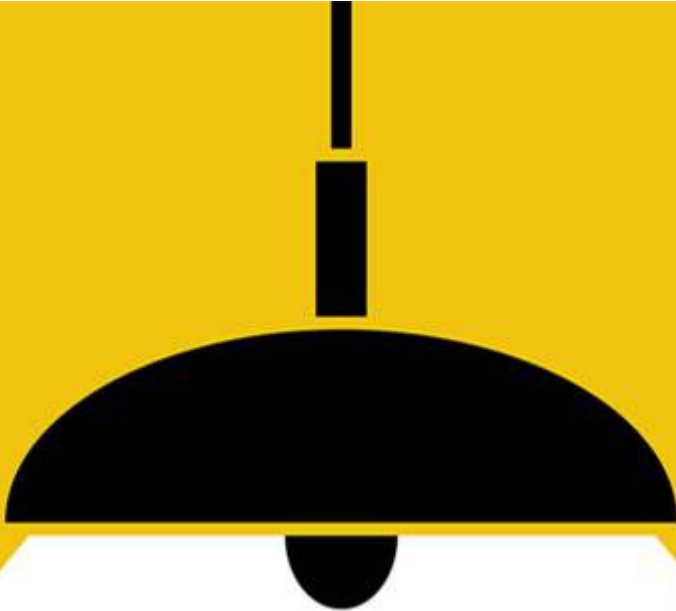
Many of these spouses are well qualified and experienced in various domains. While the SALSRC course has aimed to leverage these skills and experiences, they were also presented with opportunities to get exposed to social, life skills and entrepreneurship which would help enhance their perspectives and stand them in good stead.

I am glad that the participants of SALSRC SI VII exploited to the hilt and grabbed with both hands, the opportunities that came their way during the nine weeks of invigorating sessions that included classroom discussions, workshops and visits. Their enthusiasm was especially evident during the competitive, but healthy, presentations of the Project studies wherein the depth of research, modalities of presenting and communication skills were in abundant display. It was an excellent experience and I am sure that the participants have gained immensely from the course.

After a pandemic induced hiatus of offline conduct, it was especially challenging for the organising team to plan and put together all the sessions including various guest lectures and visits. I would like to place on record the contributions of the organising team including Mrs Sophia Rawat for her efforts as the Mentor for the course and Gp Capt KG Manoj for his efforts in meticulous planning and conduct of the course in co-ordination with Mrs Gagandeep Dhillon and Mrs Shivani Bajpai. I also take this opportunity to thank the Commandant and Mrs Teena Datt for their constant guidance and encouragement during the conduct of the course.

**(SS Rawat)**  
**Air Cmde**  
**HF RM**

# About SALSRC



Self Awareness and Life Skills  
towards Responsible Citizenship (SALSRC) course  
is a three-month certification course conducted  
at the College of Defence Management in collaboration  
with Osmania University, Hyderabad.

Designed for the spouses of officers attending  
the Higher Defence Management Course and the faculty,  
the outline of the course is based on the premise  
that spouses have a key influence on  
the environment of the Service fraternity.

The fluctuating societal dynamics have wrought  
a need for enhanced awareness and understanding  
of the aspects of finance, technology, law,  
management and entrepreneurship.  
The course caters to each of these requirements  
along with eye-opening visits to NGOs.

The course aims at broadening the scope of awareness of  
the ladies of the college and being  
a value-based addition to their resumes.



# उदिता

The eternal tree depicts the new age woman उदिता, who balances home, work and family and also finds time to explore herself to move towards self actualisation through the branches of Self Awareness & Life Skills, Empowerment and Social awareness. The tree rests on the strong foundation of 'गुनस' whose leaves embody 'ग्याना' and whose infinite roots spread as Karma in her area of influence while she moves to explore new vistas.



# THE TEAM SALSRC



**CHAIRPERSON**

**Mrs Teena Datt**  
**President CDM DWWA**



**MENTOR**

**Mrs Sophia Rawat**



**Air Cmde SS Rawat, VM**  
**HF RM**



**Gp Capt KG Manoj**  
**DS IC SALSRC**

## External Mentors





Shivani Bajpai  
**Course Coordinator**



V Sri Sayta Vani  
**Grub Coordinator**

**Editorial Team**



Noopur Dey & Roshni Menon



Rashmi Sharma, Priyanka Patil, Aditi Gupta

**Welcome Coordinators**



Rekha Nair, Shalyta Magon  
**Photography Coordinators**



Sujata Mohanty, Tasneem Badwaha  
**IT Coordinators**



Archana A, Rekha Nair, Fathima Tahseen Shanaz,  
Kumud Khulbe, Revathy Desikan, A Chanadana Priya  
**Transport Coordinators**



## SALSRC - The Journey So Far...



**1**  
**1<sup>st</sup> Course**  
**(25 Ladies)**  
**2016**



**2**  
**2<sup>nd</sup> Course**  
**(28 Ladies)**  
**2017**



**3**  
**3<sup>rd</sup> Course**  
**(35 Ladies)**  
**2018**





# 4

4<sup>th</sup> Course  
(47 Ladies)  
2019



# 5

5<sup>th</sup> Course  
(51 Ladies)  
2020



# 6

6<sup>th</sup> Course  
(63 Ladies)  
2021





# The Inauguration



On 16 Aug 22, SALSRC VII began with the traditional lighting of the lamp by Mrs Teena Datt, President DWWA and Mrs Sophia Rawat, Mentor. This was followed by inaugural addresses by Rear Admiral Sanjay Datt, VSM, Commandant CDM, and Prof P Venkataiah, Dean Faculty of Commerce and Business Management, Osmania University. The Commandant quoted Robert Frost's 'The Road Not Taken' while commending the participant ladies for having chosen to enrol in the course and travel on a path of self-awareness and knowledge. Prof P Venkataiah also spoke about how mindfulness was an important aspect of being a conscious human being and the course was a step closer to achieving it.







# The Inauguration



PRO, Hyderabad, Ministry of Defence  
@dprohyd

The 7th Self Awareness Life Skills & Responsible Citizens (SALSRC) course commenced at College of Defence Management, Sec'bad in coordination with Osmania University. The inaugural session was graced by Prof P Venkataiah, Dean Faculty of Commerce & Business Mgt, OU. #COM\_IDS



2:13 PM · Aug 17, 2022



PRO, Hyderabad, Ministry of Defence  
@dprohyd

The course subscribed by 45 ladies aims to enhance self awareness and life skills to empower them to discharge social responsibilities. #COM\_IDS @HQ\_IDS\_india



2:15 PM · Aug 17, 2022



## Time Management



**"Time is what we want the most and what we use the worst"**

On 19 Aug 2022, Capt (IN) Manish Deshpande, HoD Org Behaviour, CDM sought to demystify the concepts of Time Management and made the participants comfortable with the various theories and terms associated with Managing Time. He put forth the idea of life in four different quadrants and discussed Time Wasters and Time Thieves.

An interesting aspect of the session was the Time Management Matrix, a way of prioritising based on Urgency & Importance. At the end of the session, the technical terms lost their foreign-ness and the learnings could be encapsulated into the following distinct points: Plan & Schedule in advance, Delegate to an Able person, Act as per Plan & Priority and Learn the art of saying 'NO'.



## Self-Awareness

**'The most important conversations you'll ever have are the ones with yourselves'**

On 24 Aug 2022, Col Ajeesh Joseph from the Faculty of Strategic & Behavioural Sciences, CDM explained that the Awareness is the process of being aware of the consciousness within us. Self-exam leads to insights which develops the desire to change from where change happens and finally results in growth. It is also important that there is a congruence between self-image and ideal self.

The use of the self-concept scale and the Myers Briggs Test Indicator (MBTI) made the session stimulating and generated healthy conversation among the participants. The biggest insight from the session was that with time, some changes in a personality does happen but only when there is a deep desire to change from within.





## Positive Psychology & Reinventing Self

**'A joyful life is an individual creation that cannot be created from a recipe'**

**- Mihaly Csikszentmihalyi**

A two-day workshop on Positive Psychology & Re-inventing Self and Gratitude was conducted in collaboration with NGO Reach Beyond by Dr Jayashree Sanghani (co-founder and a renowned counsellor & social activist) and Dr Smita Sharma (a renowned psychologist) on 22nd and 23rd Aug 2022.

The sessions started with an introduction by Brig Jagjit Ahuja (Retd), the co-founder of the NGO. Dr Jayashree dwelt upon the fact that Positive Psychology focusses on the entire individual and is much more than just having a positive attitude. The concept of Neuroplasticity was explained by Dr Smitha Sharma who explained that the neural networks of the brain modify, change and adapt to changing situations. The concept of PERMA was also discussed in detail. The sessions on 23 Aug 2022 commenced with the concept of Gratitude and its importance as a part of Positive Psychology was brought out. This was edified with the help of performances by various teams of the participant ladies. The highlight of the session was the realisation that it is important to savour the moment and appreciate the small things around us.





## Individual Social Responsibility (ISR) towards Environment



### 'ISR - A powerful tool for social change'

On 01 Sep 2022, Shri P Raghuveer, IFS, Principal Chief Conservator of Forests (Retd), Govt of Telangana gave a spirited and passionate talk on an individual's responsibility towards the environment that he resides on. He underscored that the philanthropic behaviour of an individual is at the root of CSR simply because corporates comprises of individuals and hence, the culture of social responsibility it follows is determined by its individual members. The interesting and thought-provoking discourse looked at the concept of Biomimicry, literally translating to imitating the strategies seen in nature, as a method of solving environmental challenges encountered by human beings, with the belief that we can bring about sustainable changes. It views nature as a measure, a mentor and a model. He exhorted the participants, Let's all learn not to React but to Respond, mindfully.



## Perception

**'Your entire life is a Virtual Reality, because you are seeing it only the way it happens in our mind'**  
– SadhGuru

The quote by SadhGuru aptly sums up the basic idea of Perception and the importance of Perception in determination of individual behaviour was explained by Col Abhishek Arora of the Faculty of Strategic & Behavioural Sciences, CDM in his session on 02 Sep 2022. He brought out that the Perceptual process has stages like Receiving, Selecting, Organising, Interpreting and Reacting. The session helped change the participant's attitude towards negativity. The speaker also highlighted some of the perceptual errors and spoke in great detail, with the help of captivating figures, about the measures to develop perceptual skills.





## Emotional Intelligence

**'There is no separation of mind and emotions; emotions, thinking and learning are all linked'**  
**– Eric Jensen**

Emotional Intelligence helps us in managing our emotions well and improving interpersonal relationships that contribute to motivating others. The concept was covered in detail by Col Abhishek Arora Faculty of Strategic & Behavioural Sciences, CDM during his session of 05 Sep 2022. He brought out that the core emotions are anger, sadness, disgust, love, fear, surprise, enjoyment and shame. Emotions guide our behaviour, moves us to act and override thought. The session also helped learn the measures that can be taken to enhance emotional intelligence: Improve skills of Observation & Listening, Showing Empathy in Relationships, Finding Happiness in Bonding & Relationships, Understanding your feelings, Labelling your feelings, Taking more Responsibility for your feelings and Having a 'Self-talk' before taking a decision.



## Internet Security

**'For every lock, there is someone out there trying to pick it or break in.'** - David Bernstein

One single vulnerability is all that an attacker needs, emphasized Lt Col Ritu Dahiya, PhD (Retd), wife of Col SK Thakur (participant officer of HDMC-18), who made the audience aware of the importance of Internet Security in today's hi-tech world, during her session on 08 Sep 2022. Cyber threats like network intrusions, dissemination of viruses in computers, apps and links were discussed in detail. The participants were also made aware of various terminologies associated with networking. The speaker also gave an insight into social engineering, various malicious activities like phishing, smishing, vishing, baiting, tailgating, spams and their impact on networking security. She also spoke about the importance of the CIA triad, viz, Confidentiality, Integrity and Availability to ensure Information Security.





## Yoga and Meditation



**'Yoga is like music: the rhythm of the body, the melody of the mind and the harmony of the soul that creates the symphony of life'**

On 07 Sep 2022, Mrs Jyoti Karandikar and Mrs Aditi Gupte (participant of SALSRC-VII) conducted a session on 'Yoga & Meditation'. Mrs Jyoti and Mrs Aditi were disciples of Padma Vibhushan Shri BKS Iyengar (Late) for long and have been practicing Yoga for more than three decades. Yoga is the ultimate act of harmony between one's physical existence and spiritual conscience. The perfect synchronisation between the mind and the body is Yoga. More than a physical form of exercise, it is considered as a spiritual act that makes you aware of yourself. It improves social skills, emotional well-being, sensory, mental and physical health. Yoga can transform our lives by increasing our ability to handle stress, triggers and anxiety. It can be practised by anyone who has a keen interest to learn. It brings freedom in our expression and our thought patterns.

The session was invigorating and saw enthusiastic participation from the audience. The session culminated with an interactive session wherein the concept of Meditation was also discussed in detail.







## Personal Finance

**'Money, like emotions, is something you must control to keep your life on the right track'**  
- Natasha Munson

Financial goal settings are an important requirement for unexpected adverse events in life, said Gp Capt CB Narayanan Faculty of Resource Management, CDM during his session on Personal Finance on 08 Sep 2022. A delicate balance is to be maintained while dealing with hard earned money. The Time Value of Money is also an important consideration to ensure optimal utilisation of money. He also emphasised that Savings contribute to the overall economy. Savings help in creation of assets which in turn enhances financial growth. Various investment options were also discussed during the session but it is important to thoroughly understand the stock market before making any attempt at investments because every investment carries high and low risk factors that need to be analysed carefully.



## Communication

**'Communication is the lifeline of any relationship' – Elizabeth Bourgeret**

On 09 Sep 2022, a session on Communication was conducted by Col Rajeev Lohani of the Faculty of Strategic & Behavioural Sciences, CDM. The session focussed on the nuances of communication and how to establish effective communication in various situations. Communication is necessary for mutual exchange of views resulting in common understanding. It can be carried out in four different domains – verbal, non-verbal, vocal and non-vocal. As per Albert Mehrabian, 93% of human communication happens in non-verbal domain. His 7-38-55 communication model was also explained in great detail. Dimensions of various zones in the Intimacy Bubble was also discussed. Various Barriers to communication, methods of effective communication and the AEIOU concept pertaining to the framework put forth by Dr Rakesh Godhwani was also discussed during the interactive session.



## Entrepreneurship



**'Women are the largest untapped reservoir of talent in the world'**

**– Hillary Clinton**

Mrs Kavita B Rajesh, Treasurer of the Association of Lady Entrepreneurs of India (ALEAP) and the ex-President of the Hyderabad Management Association (HMA) spoke on the various avenues available for women entrepreneurs through ALEAP to help them establish their businesses, on 09 Sep 2022. ALEAP was established in 1993 to enable a suitable ecosystem for entrepreneurship. ALEAP offers online training programmes and webinars to bridge gaps to benefit prospective women entrepreneurs across India, SAARC and ASEAN nations. It has partnership with 230 companies, 19 supporting agencies, 19 collaborations and 18 corporate trainers. Mrs Kavita emphasised that Women Entrepreneurship is the key to economic growth and employment generation.



## Sustainability Management

**'There is no Planet B'**, thundered Mr Akshay Deshpande, Co-founder of Switchkeo during his lecture on Sustainability on 12 Sep 2022. He exclaimed that Sustainability refers to the capacity for the biosphere and human civilisation to exist together, forever. He lamented that the Earth Overshoot Day is being surpassed earlier with every passing year and informed that a year worth of resources were consumed by humans by 28th of July itself in 2022. He exhorted the participants to aim for a Circular Economy by adopting the re-cycling culture and switching to sustainable habits. The participants were shown a Bag of Wit and asked to guess the material used to make various products in the bag like carry bags, pencils, flex cloth, shirts etc to drive home the point that re-cycling of materials is very much possible. Avoid over-use of resources, ensure less waste generation, ensure proper waste disposal and recycle whatever is possible etc were the lessons learnt from the truly captivating session.





## Systems Approach to Resolving Problems

**"For every complex problem there is an answer that is clear, simple, and wrong"**  
– H. L. Mencken

The participants were exposed to a novel way of Resolving Problems by Gp Capt Yerra Harinath HoD Systems Analysis, CDM during his session on Systems Thinking on 12 Sep 2022. Systems Thinking is defined as a process which aims to define three objectives, namely, Analysis, Synthesis and Decision Making. Analysis is Understanding a System's dynamics, Synthesis is understanding a System's hierarchy and Decision making is developing solutions to the problems. Systems Thinking methodologies and System Dynamics were discussed using the Causal Loop Diagrams and Stock & Flow Diagrams. Donella Medows' 12 leverage points and the 7-Step methodology were also covered during the session.



## Woman Entrepreneurship

**"Follow your passion – and if you don't know what it is, realize that one reason for your existence on earth is to find it"**  
– Oprah Winfrey

On 14 Sep 2022, Dr Renuka Sagar, Director RBVRR Women's College, Hyderabad and Convenor of Hyderabad Management Association (HMA) spoke to the participants on Women Entrepreneurship in India. She exhorted the participants to put in lots of hard work since that is the key to success and talent alone can only do so much. She said 'Imagination will get you everywhere' and that 'Discipline is the bridge between goals and accomplishments'. The speaker explained in great deal, the type of Women entrepreneurs in India, viz, Affluent Entrepreneurs, Pull Factor Entrepreneurs, Push Factor Entrepreneurs, Self-employed Entrepreneurs and Rural Entrepreneurs. The participants took part in activities meant to understand the importance of team work in Entrepreneurship.





## Developing the Emotional Quotient

**'We are editors of our lives, so let your movie be a good one'**

Mrs Jyotsna Bharadwaj, Founder Director of Envision India Eduservices conducted truly enriching sessions on Emotional skills, Emotional Quotient, Communication & Relationship Management and Understanding Life Positions on 13 Sep 2022 through online mode.

The first session was dedicated to understanding emotional skills and their relevance in the current scenario, how to nurture emotional quotient and helping others develop their EQ and managing emotions for better personal and professional relationships. The speaker also discussed the importance of EQ for leadership and community roles, creating nurturing environments at home and the Iceberg Concept. The session included interactive activities and self-awareness exercises for the participants.

In the second session, she spoke on EQ, Communication and relationship management - Building bridges and breaking walls, the Stroke theory, 'Hierarchy of Needs, Understanding Life positions and how they are created through our communication and Creating I'm OK, You're OK life positions for self and others towards responsible citizenship.



## Understanding Personal Finance

### 'Financial Planning-A road to a peaceful life'

On 16 Sep 2022, the participants were treated to a Personal financial blitzkrieg by Shri Rishi Mehra, Adjunct Faculty at the Arun Jaitley National Institute of Financial Management, Faridabad. He said that the requirements, expectations and dreams of each person are different and hence, customised financial solutions based on individual needs should be worked out. However, he cautioned that key decisions must be taken under the guidance of experts and one should not fall for unsolicited advice from agents / quacks.

He further exhorted the participants to anticipate risks and cater for surplus resources as well as put shock absorbing mechanisms in place while charting out financial plans. Financial discipline is key to a good and meaningful life and ignorance in finance can prove lethal. The participants thoroughly enjoyed the three-hour session and probed the speaker with questions that were answered to their entire satisfaction.





## Legal Aspects concerning Women



**'There is no tool more effective than the empowerment of women for the development of a country'**  
- Kofi Annan

On 20 Sep 2022, Dr Adhara Deshpande, Associate Professor of Law at the BR Ambedkar College of Law, Nagpur University addressed the participants online to make them aware of the basic tenets of law with emphasis on various legal aspects concerning women. She said that malpractices, prejudices, concocted acts under the name of traditions etc lead to criminal acts against women. However, she informed the participants that it is important to know that stringent laws have come up to curb such crimes against women with punitive and compensatory damages. She spoke on the landmark judgements leading to laws enacted after the Nirbhaya case, Shayara Bano (Triple Talaak) case, Lt Col Nitisha (PC for women officers) case etc



## Big Data Analysis-Relevance from Home to Hemisphere

**'Data is the new science; big data holds all the answers' – Pat Gelsinger**

Technology should open your mind, not overwhelm you. On 20 Sep 2022, Col Vikas Vashishta, HoD ICT, CDM addressed the participants and remarked that Technology is a boon to mankind provided it is used wisely and for the right purpose, else, the same big data can consume us and enslave mankind in no time. He spoke on the types of Big Data, the process of integrating, managing and analysing data and gave insights into how leveraging big data through Data Analytics is transforming the world. Nevertheless, his caption Artificial intelligence is no match for natural stupidity left a slight glimmer of hope that the machines have a long time to go before it enslaves mankind.







## Cyber Security and Social Media

**'Cyber Security is everyone's responsibility' – Window Snyder**

Col Amit Vats, HoD IS, CDM addressed the participants on Cyber Security and Social Media on 21 Sep 2022. He spoke at length about malwares, Viruses, Worms, Trojans, Logic Bombs, Ransomware, Adware, Spywares and the DOs & DONTs for ensuring cyber security. He also spoke about the Information Technology Act, 2000 and its various provisions. He gave basic insights into the levels of system security, viz, security, functionality and usability settings and the need to strike a balance between these three components and optimise. He, however, cautioned that cyber security is only as safe and effective as the weakest link in the entire chain of data communication.



## Conflict Management

**'For good ideas and true innovation, you need human interaction, conflict, argument, debate'**  
- Margaret Heffernan

On 21 Sep 2022, Col Rajeev Lohani from the Faculty of Strategic & Behavioural Sciences, CDM exposed the ladies to the nuances of managing conflicts, which aims at enhancing learning and group outcomes to increase effectiveness in an organisation. He exhorted the military wives to understand group dynamics since they deal with it all the time and since they face many challenges associated with the rank and assignment of their husbands. The speaker underscored that a group takes time to become effective and conflicts may arise at any point. He informed the participants that as a good leader, the idea is not to try eliminating conflict but to use it constructively to bring out the best in a group.



## Corporate Social Responsibility and Community Development



**'To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity'**  
- Douglas Adams

Dr Sunayana Swain from the Tata Institute of Social Sciences, Hyderabad interacted with the participants online on 26 Sep 2022 and spoke on CSR and Community Development in the Indian context. She spoke at length on the underlying philosophy of CSR and the philanthropic works being undertaken by Tata's, Mahindra's etc. She exhorted the participants to make the change from being solely participatory to being contributory in the CSR milieu. It was also important to note the phenomenon of Social Irresponsibility and the measure taken by the Govt to curb such practices. She also intimated that armed with the knowledge, the participants should make efforts to be the link between communities and corporates for developmental progress.



## Inclusive & Sustainable Development in India

**Sustainable development is the pathway to the future we want for all - Ban Ki-moon**

Dr Suparana Katyayani from the School of Livelihood and Development, TISS Hyderabad interacted with the participants online on 26 Sep 2022 on Inclusive and Sustainable Development in India. She underscored that women and children in India are the most vulnerable and under-represented. She saw Inclusive and Sustainable Industrial Development (ISID) as the primary source of income generation and allows for rapid and sustained increase in living standards for all people besides providing technological solutions to environmentally sound industrialisation. She belaboured on the need to focus on ensuring adequate representation for the weaker sections of the society as they are the ones most vulnerable to disasters and environmental issues. As change makers, she exhorted the participants to contribute to this noble cause for an inclusive and developed society.



## Creativity

**'One resists the invasion of armies; one does not resist the invasion of ideas'**

**-Victor Hugo**

On 27 Sep 2022, Capt (IN) Manish Deshpande, HoD Org Behaviour, CDM toyed with the creative abilities of the participants with a stimulating session on Creativity. He said, "The ability to transcend traditional ideas and to visualise, foresee and generate new ideas" is Creativity. He wanted the participants to look at situations differently and seek multiple alternatives to break away from the shackles by identifying 'blocks', re-examining boundaries & assumptions, not killing new ideas by saying they won't work and rejecting the 'either-or' alternatives.



## Women's Mental Health

**'You are the one person in this world you must never give up on'** – Lili Reinhart

Mrs Madhavi Adimulam and Mrs Ishika Singh, renowned psychologists of 'Ananya' addressed the participants online on 27 Sep 2022, on the importance of Mental health in women. Mental stress, both short term and long term, post-partum depression, anxiety etc formed part of the discussion. The speakers elaborated on the different types of stressors like psychological, social and environmental leading to physical, emotional, environmental and behavioural symptoms. The speakers stressed that women, especially mothers, feel burdened to give up their careers for their homes and children and feel guilty when their children don't live up to expectations. The session ended with a piece of advice to the participants, 'Tell yourself. My child's failure is not my failure'





## Image Management



**'Style is a way to say who you are without having to speak' - Rachel Zoe**

On 30 Sep 2022, Mrs Gurpreet Kaur, an accomplished Image Consultant & author and wife of Capt (IN) Dalbir Singh of the Faculty of Resources Management, CDM epitomised this statement by Rachel Zoe and impressed upon the participants that a well-managed image showcases one's identity in the best light and forms the basis of an authentic personal brand. A first impression is the event when one person first encounters another person and forms a lasting mental image of that person. An image of a person is the overall impression that is given to the world and hence, is important. The speaker went on to add that good communication skills are a vital part of one's personal image and the personal image showcases a person from three different angles, appearance, communication and digital presence. The session was stimulating and left a lasting impression on the participants.



## Stress Management

**'It's not stress that kills us, it's our reaction to it' -Hans Selye**

The 9 week-long SALSRC course had to offer this session on Stress Management as the last academic session of its pedagogy. Focussing on how leadership is often a cause of stress, Gp Capt Vishwas Jamkar from the Faculty of Strategic & Behavioural Sciences, CDM brought out the onerous responsibility of a military wife and the need to be the leader of an informal group of ladies with multiple tasks to be achieved. The speaker mentioned that the leader of a team faces many challenges like decision making, conflict resolution or achieving results quickly, leading to stress. He talked about the Ventilation fallacy or giving vent to emotions as a good way to reduce stress in a controlled way. The session ended with stimulating discussions on different ways to manage and reduce stress.



## Visit to EPTRI

**'Solutions to one problem must be solutions for all' – Ban Ki-moon**

Environment Protection Training and Research Institute (EPTRI) is an autonomous institute established in 1992 under the Govt of Telangana and a premier training institute for Govt of India with the main objective to provide training, consultancy, applied research services and advocacy in the area of environment protection to industries, regulatory bodies, government organisations and NGOs.

It was a great opportunity for the participants to visit the famed institute wherein they were addressed by Smt Vani Prasad, IAS, DG EPTRI as well as by environmental scientists, Dr Rajeshwar and Smt Leelavathi. The DG spoke about the Prime Minister's LiFE (Lifestyle for Environment) initiative while the scientists spoke on Climate change, waste management issues etc. The participants were also given practical demonstrations on recycling and were exhorted to make conscious efforts to adopt Circular Economy. The visit to EPTRI greatly enhanced understanding on socially responsible waste management.





## Visit to Ashray Akruti

**"It does not matter how slowly you go as long as you do not stop" - Confucius**

Ashray Akruti is one of the foremost NGOs in Hyderabad in the field of disability. The organisation has a proven track record of over two decades in giving children and youth with disabilities a chance at preparing themselves for the real world and providing them with the confidence to lead a life of dignity.

The participants were given an exhaustive tour of the facilities at the NGO and were able to interact with the students while classes were in progress. It was interesting to see the various teaching methods adopted at the school with a mix of verbal and non-verbal communication. The participants were overwhelmed to see the selfless dedication and services offered by the employees at the NGO to improve the lives of children.





## Visit to Akshaya Patra Foundation

**“No child in India shall be deprived of education because of hunger”- Vision of the Akshaya Patra Foundation**

From its humble beginnings in the year 2000, Akshaya Patra is now the world's largest (not-for-profit run) Mid-Day Meal Programme serving wholesome food every school day to over 2 million children from 22,367 schools across 15 states & 2 Union territories of India. Akshaya Patra aims to eliminate malnutrition and support the right to education of children of low socio-economic backgrounds. The Foundation provides nutritious and well-balanced, satwik meals to such children studying in Govt schools and Govt-aided schools.

Dedication to its Vision was seen in every step of the processes starting from food preparation to food delivery. The visit to the Akshaya Patra kitchen, on the outskirts of Hyderabad on 29 Sep 2022, proved to be an eye-opener, undoubtedly illuminating and left the participants visibly over-whelmed.



## Project Studies



The Project Studies module of SALSRC is designed for the participants to gain a better understanding of the objectives of the course by critically applying the concepts learnt and bringing in their combined experiences during the course, to an issue faced by the society / organisation / nation.

The over arching theme for the Projects for SALSRC VII was based on the United Nation's framework of Champions of Change. Within this framework, six project themes, based on the themes adopted for International Women's Day over the years, were carefully selected. The participants were free to choose any of these Project themes and research on a topic, best describing the selected theme. The six themes for the Project studies allotted for SALSRC VII are as follows: -



The efforts put in by the participants culminated in the form of six different project studies and were presented to the a team of eminent judges who evaluated them.





## Project Studies: Some Glimpses





## Project Themes

### Theme - Each For Equal Title - Equal Distribution of Domestic and Care Work

#### Group - I

Mrs Pooja Mahajan  
 Mrs Archana A  
 Mrs Priyanka Patil (Lead)  
 Mrs Pavita Bobbili  
 Mrs V Srivani  
 Mrs Ambika Sharma



### Theme - Choose to Challenge Title - Choose to Challenge Stereotypes

#### Group - II

Mrs Sukanya Yadav  
 Mrs Anisha sharma (Lead)  
 Mrs Ekta Bhadula  
 Mrs Aditi Gupte  
 Mrs Sujata Mohanty  
 Mrs Shweta Singh  
 Mrs Rohini Samyal  
 Mrs Priya Rao



## Project Themes

### Project Theme - Balance for Better Project Title - Work Life Balance for Military Spouses

#### Group - III

Mrs Rashmi Sharma  
Mrs Ravneet Nath  
Mrs Amrita Dabral  
Mrs Pradnya Bhagwat  
Mrs Amrit Jain  
Maj Priya Bedekar (Retd) EE  
Mrs Hema Thomas



### Theme - Press For Progress Title - Towards Greener Earth: Climate Change And Regenerating The Planet



#### Group - IV

Dr Kumud Khulbe  
Mrs T.Tahseen Fatima  
Mrs Priyanka Singh Kumar  
Mrs Noopur Dey (Lead)  
Mrs Tasneem Bhardwaj  
Mrs Richa Shastri  
Mrs Neelam D Batra  
Mrs Anuradha Kumar

## Project Themes



### Theme - Pledge for Parity Title - Gender Parity, Parity for Queer, Parity for Differently - Abled

#### Group - V

Sqn Ldr (Mrs) Padmaja  
Raghavan (Retd) (Lead)  
Mrs Pratiksha Juneja  
Mrs Revathy Desikan  
Mrs Neoline Moses  
Mrs Rekha Nair  
Mrs Gangandeep Dhillon



### Theme - Break the Bias Title - Un-gendering the Upbringing



#### Group - VI

Mrs Deepika Upreti  
Mrs Roshni Menon  
Mrs Shalyta Magon (Lead)  
Mrs Purnima S  
Mrs Deepika Katal  
Mrs Vishwamitra Mahapatra  
Mrs Shivani Bajpai



## Valedictory Ceremony

The Valedictory ceremony was held on 29 Nov 2022 and commenced with a talk on Cultivating Multiple Intelligence in the 21st century by Dr Anjum Babukhan, Director Glendale Academy, Hyderabad. The Guest of Honour is the Author of ABCs of Brain Compatible Learning and TEDx Speaker and is an award winning educationist, empowering trainer and lifelong learner.



## Award of Book Prizes



Group I

Group IV

Group V

## Winners of the Best 3 Projects



Group II

Group III

Group VI

## The Next Best Projects



## Award of Certificate & Brooch







# Valedictory Ceremony

## Release of Udita Cover





## LESS IS MORE



Clothing in general has a very complex supply chain.

Producing clothes uses a lot of natural resources and creates a big magnitude of greenhouse emission.

The clothing industry is responsible for 10% of global carbon emissions and nearly 20% of waste water. In fact according to the UN reports it is more than Aviation and shipping combined.

While most consumer goods face the similar issues, WHAT makes the fashion industry particularly problematic is the frenetic pace of change it NOT ONLY UNDERGOES BUT Encourages....

It is requested to not fall in the trap of fast fashion or I may say the disposal fashion. Now a days clothes that are made in such a way that they are not meant to be worn more than 7 times, the quality of production and resources consumed compared to the utility is alarming.

Keep in mind “Less is more”, indulge in only what you need.

Encourage timeless designs over fads. Choose quality over quantity. Invest in clothes that last longer, love it and care for it. If it is stained or torn.. sew it, mend it. Re-love it.

Influenced by the fast fashion and trends, don't forget that our roots run deep. Never forget the pride in inheriting the sarees that our mothers wear, they are still impeccable.

Please understand every garment or a cloth has a life span, don't discard it prematurely. Clothes in good condition need to be donated or sold if no longer used.

As a society, we need to find common ground where we can come together and shift our priorities to mother earth and in its preservation. It is certainly not a climate problem; it is a people problem.

Every little action counts and adds up for a better world. It is time to make the small changes in our lifestyles and soon we will be able to reverse the damages done to mother earth. A much healthier planet is the legacy that we can leave for the future generations.

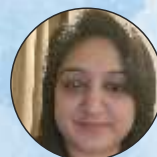


Noopur Dey



## ***A place called Home***

My small town heart longs for my quaint lil haven,  
Where values run deep and words are not brazen.  
Where big heart beat for joys ,oh! so small,  
Like catching a snowflake before on the ground it falls.  
Where our race is in the meadow so green and shiny,  
The rat race of the big world makes me feel so tiny.  
Where life is peaceful, serene and calm,  
And each day is not a slave to the alarm.  
Where chirpy birds fill the air with joy,  
And my tender heart is not to be played with as a toy.  
Lead me on.. lead me there  
Where I don't feel so desolate, lost and alone,  
Lead me to back to my quaint lil' place called home



**Priyanka Singh Kumar**

## ***Pick Up a Book Today***

A reader lives a thousand lives before he dies . . . The man who never reads lives only one.” said George R.R. Martin. I cannot think of anything that encapsulates the joys of reading better than this.

When you open a book, you find people and places. When you open a book, you can be anything and anyone you want to. A book gives the reader an experience which the digital world can never offer-the ability to delve into its pages and live in it. Lost in its world, the reader gets to use imagination to construct surroundings and faces and anything else being talked about. With the advent of visual media, this is what we are in danger of losing-the art of imagination.

Our access to books today is unparalleled. We can read books on our phones, computers, tablets, or just listen to them. We can even buy books online but in spite of this easy access, people who read are fast becoming a rarity these days. Libraries stacked with dusty tomes hardly cause sighs of pleasure any more. With technology at our fingertips and instant satiety the watchword of the day, is it any wonder that books are seen as ancient relics of the past? We have the chance to add so much good to our lives simply by reading. Yet it is something that we have to continually choose to do in this age of other forms of entertainment and information.

So, let's put down our phones, close our computers and open a real book. Remember the joy of flipping through actual pages and getting lost in the story. because reading is not only for pleasure but can also be a great way to turn away from negativity, stress and the constant electronic salvos of today.

Here's to happy reading!!



**Mrs Roshni Menon**



# Testimonials

“

SALSRC is best LONG-TERM investment for a lady during HDMC. The course is short but effective and offers brilliant opportunities to learn, connect and work together as a team.

Mrs Shalyta Magon



“

I found the sessions absolutely valuable. I have learnt so much in all the sessions and they were very knowledgeable and full of powerful content. I would recommend to others also.

Mrs Deepika Katal



“

Holistic learning experience on self-awareness, social and environmental responsibilities.

Mrs Rekha Nair



“

The course was a well-rounded experience, stimulating and enjoyable at the same time.

Mrs Roshni Menon



“

Enjoyed the path of exploring self and in the journey recognized inner peace and happiness. The pleasure accrued from being a responsible citizen is eternal, which guides us away from crowd.

Mrs Purnima S



“

I found SALRSC a very interesting, insightful and methodical course. We had very good interaction including peer learning and mentoring.

Mrs Gagandeep Dhillon



“

A deep, insightful, structured, introspective curriculum directed towards self; the course is indeed a thorough value addition.

Mrs Sri Vani



“

The course is a true experience which is enriching in knowledge, extremely insightful and a true learning through reflection.

Mrs Shivani Bajpai



“

The hallmark of SALSRC is being inclusive with our surroundings and society

Mrs Archana Krishnan



“

An enriching journey of empowerment in its true sense

Sqn Ldr Padmaja Raghavan (Retd)



“

A meaningful and engaging journey

Mrs Priyanka Patil



“

SALSRC has given a new dimension to my thoughts, perspective and being

Mrs Aditi Gupte



“

A course that has enabled better and truer living through Self awareness

Mrs Revathy Desikan



“

Really insightful and focused approach to incredible topics

Mrs Noopur Dey





# Memories







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