



Reef Knot

July 2025

Kochi

Volume 9

*An Annual Publication from
Navy Foundation Kerala Chapter*



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Editorial

The year gone by has been exciting and educative. The Kerala Chapter of the Navy Foundation has been active in many spheres bringing in moments of joy be it get-togethers, excursions, tours/ trips, sports and entertainment, social work and outreach programmes.

The Reef Knot, as has been the practice, has continued to provide a platform for not only recording our activities for posterity but also encouraging veterans and their spouses, siblings and children to try their hand at chronicling their experiences, expectations and even expert views on matters of geo-political importance. While most of the articles in this volume have come from member veterans from Kerala, some are from veterans living outside of Kerala and yet some from abroad. This way I hope the Reef Knot gets to be progressively known in many places.

In an attempt to bring to light the literary prowess of some of us who have published works, we have portrayed a few examples. I am certain that there are many more out there whose contributions need to be recognised. Our endeavour is to bring out their efforts to our veteran community to not only encourage them but also to stimulate more of us to try our hands at such endeavours.

Balancing the economics of publishing the Reef Knot was made easier by the handsome financial contributions by Cmde Hemant Khatri (HSL), VAdm Sreekumar Nair AVSM, NM (Keltron), Cmde MR Ajay Kumar NM VSM (Marine Equipment Centre) Mr Sunil Anand (Ms Finishol) and Mr Mahesh Subramaniam (Sporrows Gears) through advertisements. Our sincere thanks to them. I would also like to express our thanks to Ms Veena Satish and Ms Ann Mary David for their permission to print those visually delightful paintings in this volume.

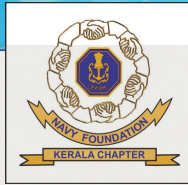
May I also request all our readers to pen and forward their opinion, suggestions and recommendations to navyfoundationkeralacharter@gmail.com on how to make this magazine more appealing in content and presentation. The next volume will sport a "Letters to the Editor" section too.

Last but not the least, my sincere thanks to the editorial team, particularly to Cdr AC David, for their painstaking effort in collating and editing this volume.

*God Bless all.
Shano Varuna.*

*RAdm Madhusudanan (Retd)
Editor-in-Chief*





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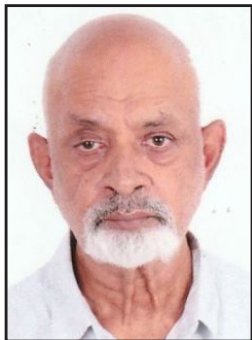
*RAdm S Madhusudanan
Cdr A C David
Ms Bindu Anand*





THE PRESIDENT'S PAGE

VAdm K N Sushil PVSM AVSM NM (Retd)



The Reef Knot is probably the most famous simple knot. If tied wrongly it becomes the Granny's Knot.....difficult to disentangle. The beauty of the reef knot is that it can reliably bind without causing any entanglements. Our annual publication, aptly named Reef Knot chronicles the activities of the NFKC and provides opportunities for members and their families to share anecdotes, stories, poetry, that may be serious, informative or humorous, and may evoke nostalgia of Naval life, as also allowing space to share talents.

The year gone by witnessed major events that have impacted world affairs profoundly, the state of violent peace that characterised the post cold war era seems to transition to actual wars, which the UN seems powerless to deal with. We seem to be in early stages of climate change.... scenes of natural calamities, storms havoc

caused by floods etc., being reported from various parts of the world, with disturbing regularity.

Nearer home there have been natural disasters, landslides, heavy rainfalls, human - wildlife confrontations, political disturbances, and social disharmony at many places. The Naval Veterans community, continued to function as a microcosm of bonhomie. The NFKC has assiduously endeavoured to be guided by these principles in all activities. The Chapter's activities bear testament to this.

The cowardly terrorist attack against innocent tourists in Phalgam touched us all profoundly. The Nation called upon the Indian Armed forces to formulate and execute a punitive response, calculated to show our resolve deterring such activities in the future. The actions of the Indian Armed forces in OP Sindoor did the nation proud. The powerful Naval deployment in the Arabian Sea, showed Pakistan that any adventurous escalation would be disastrous for them. We, the veterans could not but help feel our hearts swell with pride.

Coming back to our limited affairs, there have been some notable events in the year gone by that need mention.





We had the CNS visiting us and honouring our veterans' and honorary members. Our continued efforts to reach out to elder veterans has evoked a very pleasant response. We have interacted with the Army & Airforce veterans' organisation and intent to take that forward. Our direct interaction with the Zilla Sainik Welfare Board has had positive outcomes. We generated a handsome donation towards the Wayanad Relief Fund which was appreciated by the District Collector. In addition, our continued Outreach programmes has added handsomely to our

public image. Mention needs to be made of our generous contribution to the family of the late Raman Kutty of Naval Officers' Institute. All these need to be further enhanced.

Internally our regular gettogethers apart, we have had sports and entertainment, visits, tours and on the overall a good interactive year. We look forward to a wonderful and exciting year ahead full of enjoyable engagements and everlasting friendship.

Sha No Varuna.

GANDABERUNDA ON INSV KAUNDINYA INDIAN NAVY'S FIRST STITCHED SHIP

(Excerpt from reports in Social Media)



Behold Gandaberunda - the two-headed legacy that refuses to die!

The fierce royal emblem, was born around 450 CE, in the Kadamba dynasty, which ruled the Konkan and Karnataka coast.

Gandaberunda, eagle with two heads, reflected unstoppable might and was adopted by the Vijayanagara Empire too around the mid-1300s.

INSV Kaundinya (named after India's first known mariner), is Indian Navy's first stitched ship, built by M/s Hodi Innovations (OPC) Pvt Ltd, Goa. The ship was conceptualised by Sree Sanjiv Sanyal, realised into a project by Cdr Hemanth Kumar and funded by Ministry of Culture. Built by Indian Navy and artisans from Kerala namely shipwright Babu Shankaran and Parthemesh Dandekar.

The ship sports Gandaberunda on its sails as a blazing reminder that India's ancient spirit is not only alive, but flying tall on the high seas.





Modesty of Military Calling

VAdm Venkat Bharathan PVSM AVSM VSM (Retd)

Our

"Actions cannot describe,
Feelings cannot display,
Emotions cannot, express,

"To be remembered and forgotten the
essence of presence".
Salutations in Stillness of Silence

Wives and families endure more than
what we experience.

Tears are Pearls. Necklaces of
Nostalgia strung.
Remaining Unsung; the Temple
Bell not rung

This Sacred land in what we are;
in Spirit Mind Thought.

Our ilk in the marketplace
not ever bought.
A Calling more than a Career;
Rankless in Thought.

In Battles not by chance or choice.
the call of the Soil in buglers voice

Taught, tutored, and mentored to
serve the CAUSE.
Till the last breath, never a Pause.

Military Mortals; Immortal in Faith
Over Fate.

Subliminal moments of Ferocity
in Spate.
A belief: Fate is what happens, Faith in
What needs to happen.

Will Power over Wish Power,
Every moment of Each Hour.

Wellness of Being, the Wisdom of
Becoming.
Genesis of Humanness, ready
& forthcoming.

Fragrance of Spirituality, the passage
to Pilgrimage.
Eons of Customs - Traditions,
immortal Memories of all ages.

Grace of Divinity, Grit of Dignity,
Gift of Providence.
Our Self-HELP Line 24x7 is
Hope, Energy, Laughter & Prayer.

Providential Selection through Grace of Divinity. From the first to the last minute of 4 decades,; Mindful, Meaningful, Navy Teachings; Tutoring, Guiding, Gifting: Strictness of Grooming in upbringing, uplifting in understandable ubiquitous Humanness. Few Close shaves, forgiven often; Patronage of Nature - Floating on the sea, Flown in the Air, Walking on Earth. Pardoned by Many- Young- Old - the Bold; Fraternal Largesse - Spirit of the clan. Humanness in Togetherness of Elan. Anchored in the harbour of Indian Navy Motto

HOPE

("Hope- Energy -Laughter- Prayer")

*Gracious Graceful Adieu embroidered in Heart- Etched in Mind
Still Pondering on the puzzle within Sans Provenance & Pedigree;
Why & How - To Whom; is owed; Essence of my Presence;
Thathasthu*

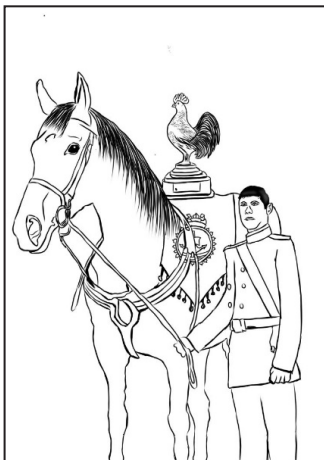
VAdm Venkat Bharathen PVSM AVSM VSM retired as the Vice Chief
of Naval Staff on 30 Nov 2006.





“MASCOT” ON AN AIRCRAFT CARRIER

RAdm K Mohanan AVSM (Retd)



Unbelievable, but true - it happened in 1976. Although I was an aviator I was among the few selected to undergo the Long Gunnery Course. Despite topping the course, I was assigned to a G-2 position on Vikrant. I objected

to the appointment, believing I deserved a G-1 post after my performance. However, the Personnel Branch reasoned that, as I was selected for the commissioning crew of the IL-38 aircraft in the Soviet Union in seven months, this was a temporary posting. That's the way of life in the Navy. After all, I was still a young Lieutenant.

My earlier stint onboard Vikrant was from 1969 to 1972, flying Alizé aircraft. I had the privilege of participating in the Indo-Pak War of 1971 as a pilot.

Lt Cdr AK Kapoor (affectionately called “Long Kapoor”) was my Gunnery Officer. The Captain, Capt MK Roy, was an Observer and my former squadron commander in INAS 310, popularly known as the Cobras. After joining the ship, I developed a good rapport with the Captain.

One day, the Captain called me to

his cabin and dropped a bombshell. He wanted a “Mascot” to be paraded on the flight deck of Vikrant during a ceremonial division for the Fleet Commander. His plan was audacious - he envisioned the Mascot as a trained dog, a bear, or even a horse.

I began my search. My first stop was the police department, requesting a trained dog. They flatly refused. Next, I approached the Gemini Circus, performing in South Bombay at the time. The manager initially seemed agreeable, but when he realized the Mascot would board a naval ship, he declined.

Left with no options, I kept searching. One evening, while strolling near the Bandstand, I spotted a horse - or was it a mule? - giving joyrides to children. It was white, tall, and upright but far from presentable, covered in mud and dung. Despite its condition, I felt it could fit the bill.

I approached the horse's owner, a poor man, and asked about his earnings. He explained that he made just enough to survive. I offered him a lump sum to lend the horse and its escort for three days. Thrilled by the offer, he readily agreed.

After securing formal security clearance, we brought the horse to the Captain for inspection. He approved but insisted it must be sparkling white. I assembled a working party armed with a giant packet of detergent. After a





thorough scrubbing in true naval style, the transformation was remarkable - the horse looked like a prince. The Captain was delighted.

Next came the challenge of getting the prince onboard. We planned to walk him up the gangway, through the hangar, onto the aircraft lift, and finally to the flight deck. Four sailors-two in front and two behind-attempted to coax him up the brow. Half the ship's company cheered the spectacle. However, the moment the horse saw water below, he panicked and bolted back.

After several failed attempts, someone suggested using the ship's crane and braces. This was dismissed due to security concerns. Finally, a tall sailor, a six-footer whose name I've forgotten, devised a plan. He requested six door curtains, used them to blindfold the horse, and successfully led him aboard via a broader gangway.

We conducted a rehearsal for the ceremonial division, with the Mascot leading the Guard in a smart march past.

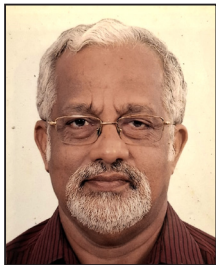
The six-foot sailor became the horse's official escort, donning a red sash and securing the Fleet Regatta Cock on the horse's back. The horse was housed in the hangar and well-cared for until the event.

On the big day, the Mascot was escorted to the flight deck by the sailor in his red sash, with the Regatta Cock perched on its back. The ceremonial division and march past were executed flawlessly, becoming the highlight of the day. The Fleet Commander expressed his delight at this rare and memorable spectacle. This was likely the first time a Mascot had ever been paraded on a naval ship.

As the Fleet Commander departed, the Mascot left an indelible mark-literally - on the flight deck by relieving himself, though not disrupting the event's sanctity.

Postscript

After the event's success, the Captain hugged me - a genuine gesture of appreciation this time!



Rear Admiral K Mohanan AVSM (Retd), has flown Alize and IL 38 aircraft. He has been EXO of Nilgiri and Captain of Kiltan, Deepak and Vikrant. He took part in the 1971 Indo Pak war flying Alize from the deck of Vikrant. A recipient of the Ati Vishishta Seva Medal from the President of India for his stellar role in production of a record number of aircraft for the International Fleet Review, he also led the IFR flypast. He was invited by the Bangladesh Govt as state guest for his contribution in the Bangladesh Independence War. He was also Captain of INS Hansa, the Naval Air Station at Goa. As Rear Admiral he held important assignments such as ACNS(Air), Flag Officer Naval Aviation, Flag Officer Commanding Goa Area, Chief Instructor (Navy) at DSSC Wellington and Director General Airforce Naval Housing Board. Having served Vikrant as Pilot, G2 and Captain his house after retirement is also called Vikrant.





INDIA'S "RARE EARTH" STORY: DORMANCY TO VIBRANCY

VAdm B Kannan PVSM AVSM VSM (Retd)

Rare Earths (RE) have made a recent entry to the Geological World. Painsstaking research of over 170 years has identified a family of 17 RE elements in the Earth's Crust. Based on their atomic structure, they were classified as either Light RE elements (LREEs-8 No.) or Heavy RE elements (HREEs-9 No.).

The RE elements possess extraordinary physical properties in magnetic strength, photo-luminescence, light weight and ability to withstand high temperatures. The HREEs are better than the LREEs in the above aspects. However the family of REEs have a chemical disadvantage of being prone to oxidation, when exposed to atmosphere.

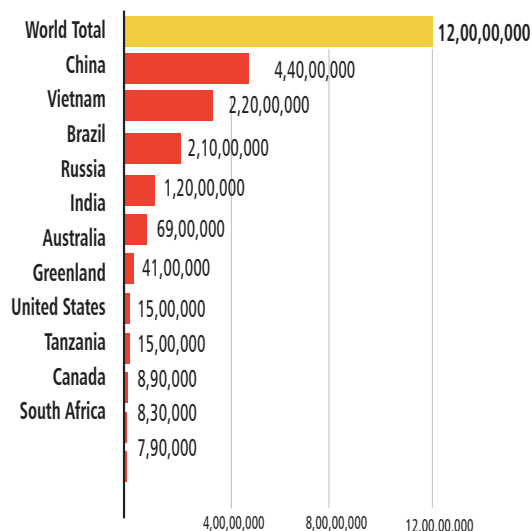
By mid 70s, the world realised that REEs are extremely suitable for applications in manufacture of Semiconductors, Electronic Equipment for Defence/ Aerospace, Healthcare equipment, Nuclear Plants and Satellites, Renewable Energy Devices like Solar panel, Wind Mills etc. In short, RE elements became a sought-after ingredient for new technologies. Our present challenges in Energy Transition, Green Mobility and Secure Communications are totally dependent on availability of REs.

As REs have become an efficiency

enabler for most of the new types of equipment after the 1980s, countries launched geological exploration searching for RE wealth. Those countries, which successfully identified huge sources (Eg. China) set up infrastructure for physical and chemical processing of the ores and have become major suppliers to the rest of the world. The Chart showing RE Oxide wealth (as of 2020) of various countries indicate China in Position 1 with 36 % reserves, while India is at Position 5 with 6% of global wealth of RE Oxides. Countries like Russia, Vietnam & Brazil have more resources than India, while

WORLD'S LARGEST RARE EARTH RESERVES

(in metric tones of Rare Earth Oxides as of 2020)



Source: US Geological Survey





Myanmar which gives ores to China is not even listed.

Indian Atomic Scientists, on becoming aware of the global developments on RE, got the Govt. to task Geological Society of India (GSI) to explore locations of RE wealth as well as to create a PSU for RE Mining and Refinement. The PSU, Indian Rare Earths Limited (IREL), was formed in 1950 and it functioned under the administrative and technical control of the Department of Atomic Energy, presumably to bring to early fruition India's ongoing search for Nuclear Fissile Minerals like Uranium, Thorium etc and not perhaps for the emerging RE sector.

IREL/GSI had identified that the beach sands of Peninsular India had significant presence of Monazite, which had a further 2/3rd content of RE Oxides, 10 % of Thorium etc. However the RE Oxides needed to be physically segregated, chemically refined and then sealed to prevent any re-oxidation of the pure RE by atmosphere.

India's beach sands are estimated to have 12 million tons from which both Thorium and REs can be segregated and separately processed. However Thorium extraction, in which Department of Atomic Energy was deeply focused upon, encountered litigation about Radioactivity Hazards and Environmental Conservation in 1990s, which put constraints in the mining programmes of IREL. As a result, production of both RE and Thorium suffered in India.

By 1990's China had successfully established a monopoly in production and supply of REs. In the absence of any domestic capability, India, like many other countries depended upon China for RE components. Chinese Premier, Deng Xiaoping, had famously said in a public appearance in 1990s that "Middle East has Oil and China has Rare Earths." That was a forewarning of the Chinese strategy to establish a dominant position in international trade deals and to even flex their RE muscle, if required, in foreign relations.

In 2010 an unfortunate collision occurred between a Chinese trawler and a Japanese Coast Guard ship near Sankaku Islands. This led to Japan arresting the Captain and crew of the Chinese ship, causing a serious diplomatic dispute. As a consequence China cancelled RE exports to Japan. As Japanese industries expected to get adversely affected, Japan approached India to set up a RE refining plant at Vishakhapatnam, for refining Indian RE Oxides and exporting to Japan. The plant (Toyota Tsusho Corporation Ltd) has been functioning as a part of IREL since 2013.

Today IREL has 7 plants in Kerala /Tamil Nadu/ Andhra Pradesh/ Odisha producing REs like Neodymium, Praseodymium, Samarium etc., which are converted to suitable alloys for manufacturing strategic components.





Rare Earth Minerals (REO-Content 2023 - Data from “World Mining Data 2025”

Rank 2023	Rank 2022	Country	production 2023 metr.t	Share in %	Share cum %	Share HHI
1	(1)	China	255 000	66.18	66.18	4379.61
2	(4)	Myanmar	56 850	14.75	80.93	217.68
3	(2)	United States	41557	10.79	91.72	116.32
4	(3)	Australia	20 280	5.26	96.98	27.70
5	(5)	Madagascar	4 000	1.04	98.02	1.08
6	(6)	India	2 600	0.67	98.69	0.46
7	(7)	Russia	1 964	0.51	99.20	0.26
8	(8)	Brazil	1 280	0.33	99.54	0.11
9.	(9)	Vietnam	1100	0.29	99.82	0.08
10	(10)	Nigerea	390	0.10	99.92	0.01
11	(11)	Malasia	300	0.08	100.00	0.01
Total			385 321	100.00	HHI	4743

IREL’s annual production is around 2600 tons (Chart 2), which is about 50 % of our domestic requirements. The balance, especially those based on HREEs, are imported. India has been importing nearly 2300 tons of REs from over 10 countries, but over 70 % of quantity is from China. As this dependence on China may not be desirable for the growth of Indian economy, India tried to join the US led China Plus One strategy and the famous “Mineral Strategic Alliance“ of 11 countries in 2022, but was not successful. However India managed to sign a MoU with the US in 2024, which promises to assist in India accessing risk-free supply chains.

India’s domestic RE wealth is sizable at 6% of Global reserves, but it mostly contains only LREEs. Our imports are nearly 50 % by quantity, which need to be reduced. Towards this the Govt. has evolved a comprehensive policy in Apr 25 to launch fresh exploration by GSI , build new refining facilities, create a Centre of Excellence and adopt even PPP mode of Projects.

Apart from the above , Govt. need to re-strategise the RE sector in the following manner :

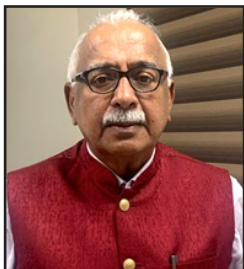
- Innovate to use LREE in more applications in lieu of imported HREE.
- Secure imports from less risky supply chains through carefully nurtured foreign relations.





After having been dormant for over 4 decades, it is expected that India's RE

sector would soon become vibrant and achieve self-reliance by 2035.



Vice Admiral B Kannan PVSM AVSM VSM (Retd) completed his BE in Electronic Engineering from the College of Engineering, Trivandrum in 1973, whence he joined the Indian Navy. Thereafter did M-Tech from IIT Mumbai and MBA from Jamanalal Bajaj Institute, Mumbai. He held many and varied appointments in the Indian Navy including Indigenisation, QA, DRDO projects, Programme Director of India's Nuclear Submarine Project for nearly 04 years, during which INS Arihant was launched. He retired in 2012 from the Apex post of "Chief of Materiel." After retirement he worked in the corporate sector as MD & CEO of L&T's Shipbuilding Company in Chennai for 05 years during the period 2015-2020. Presently he has settled down at Coimbatore. He is currently pursuing the study of techno-economic issues of the country and gives talks regularly, which are uploaded on his YouTube Channel titled "viceadmiralb.kannanretd9114".

INTERNATIONAL YOGA DAY



The International Yoga Day was celebrated on 21 Jun 2025 at INS Garuda led by Ms Aasaavari Soni, D/o Capt Sanjay Soni (Retd) for Officers and families of Southern Naval Command and for ECHS doctors and staff at ECHS PC, Kochi Office. The professional and thoughtful way the asanas were strung together at both the venues, with special consideration given to the proficiency, flexibility and age of the participants was hugely appreciated by one and all. The Commander in Chief was particularly thrilled to see the next gen conducting the event of this magnitude with such efficiency and confidence.





A 'ROCKING' RIDE ON THE DUNES

Ms Priyadarshini Rajkumar

The first morning of our Desert Safari, dawned cool and breezy in a breathtaking palette of crimson, magenta and blue. Huddled around the smouldering remains of the previous night's fire, we warmed our chilled hands with cups of hot tea, awaiting the arrival of our chosen vehicle for the day – the Camels!

While there was a definite air of excited expectation, there was also a flutter of anxious glances as the tinkling bells around their long necks announced the arrival of the camels. This was it. There was no turning back now. Our local guides- cum- camel handlers expertly got the camels to sit and helped us mount the massive animals, which we did awkwardly and with palpable trepidation. Through the entire operation the camels sat patiently, awaiting their next instructions. Once we were settled, two a piece, on these gentle giants, came the moment of The Great Rise. Camels have this rather disconcerting system of first raising their hindquarters followed by a brief pause and then heaving themselves up on their forelegs to complete the rise. The camels of course do it with utmost elegance and ease but the hapless individuals perched precariously atop have to deal with the violent forward and backward throws with their hearts in their mouths!

Well, that done, the entire group now triumphantly sat posing for photos, banner et al, trying to look as nonchalant as possible. The photo session completed,

the Desert Camel Safari began in earnest. As we trudged off into the unknown landscape, hanging onto our camels for dear life.....the term 'a rocking time' began to take on a new meaning. We rocked- sorry, rode, steadily through the stark landscape gradually finding the rhythm of our camels' gait.

From time to time our guides would point out the local fauna- spotted deer, black buck, fox, peacock all of who seemed to stop in their tracks to stare in amusement at this caravan of wonderstruck novices. The flora was sparse and scraggly, mainly just short trees and thorny scrub. But contrary to our expectations, the dunes were fairly well covered with these plants. About two hours into the safari we took a water break for both the camels and the humans! Fifteen minutes of stretching, wincing and trying to walk normally, and it was time to mount up again. By now we had developed a slightly more fond relationship with our respective camels, calling them by name and patting them on their bobbing heads!

On the next leg, we passed a few isolated hamlets clustered together and marveled at the starkness of their lifestyles. Watching young children running cheerfully to a distant school through the sands, we humbly acknowledged the privileged lives of our own children. A small temple with its bright red flags fluttering in the breeze added a dash of





brilliant colour to the monochromatic background.

Finding shade under a rare large tree, the caravan drew to a halt for a much needed lunch break. A tractor and a rickety old Jeep which had earlier overtaken us were the bearers of water and lunch. A large durrie was spread out and the food laid out in quick time and it was time to chow. An hour for stretching our sore limbs and a quick siesta in the warm sunshine and we were ready to rock again!

The return journey was shorter and

much easier considering that we had now a good deal of practice. On our way back to the campsite we rode through the picture-postcard sand dunes that we had all been looking forward to. As we crested the last dune, the campsite suddenly appeared before us, white tents welcoming our tired muscles enticingly. Dismounting at the entrance of our temporary home, we bid a fond farewell to the camels for whom the safari(ng) had probably been equally great! Amid loud cheering and back-slapping we walked happily back into the campsite. It had been a truly 'rocking' day!!



Priyadarshini Rajkumar. Army brat, Navy wife, middle school teacher, history buff, spiritual seeker...these few words sum up my life thus far. I remain a lifelong student of life, delighting in new things that I learn. My greatest joy are my two lovely children. I am constantly amazed and humbled by every new gem I keep discovering about my beautiful country. Currently, Raj and I are living a fun retired life in the age of reunions!



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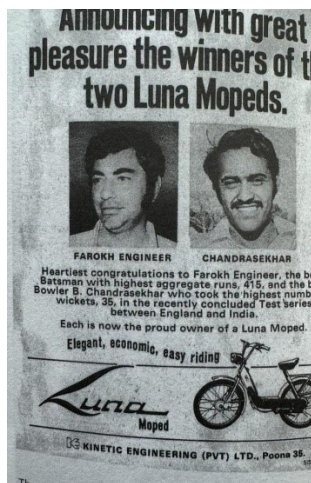
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FUNDING THE COMMAND STADIUM, COCHIN.

Cdr Jose Manjooran VSM.



The need for a sports stadium in the Naval Base, Cochin, was felt seriously during 1970s, specially being the biggest Training Base, of the Indian Navy, which was even catering for a large number of trainees from our friendly Foreign Navies. “Spirit was willing, but the pocket was empty”- the Southern Naval Command could not find official sources to fund the Stadium project.

It was during that time, the Government of Kerala had started Government Lottery officially to raise funds for the state Government and then on, all private lotteries were banned. Lt PA Abraham, of Oscar Batch, was the First Lt and Works Officer of INS Venduruthy, who was very resourceful having spent all his commissioned service in Cochin area as he used to introduce himself not belonging to Indian Navy; but belonging to ‘Cochin Navy’ instead. Also, he had some political connections and was enjoying good rapport with the officials of the State Government. As per his wise suggestion, it was decided by the Command to raise funds for the stadium, through a novel funding model, by conducting a special lottery. Lt Abraham was given the additional charge

of conducting the Lottery for the noble stadium cause. Sure enough, Lt Abraham managed the requisite permissions from the Government and the Lottery became a reality. Ticket price was one Rupee per ticket and the prizes were to be arranged through sponsorship from local business houses in kind. INCS played a major role in getting the costly prizes. Large quantity of tickets was printed and all officers, sailors’ trainees and Civilians were given lottery ticket books for the major fund-raising campaign: Yes, the Naval Lottery became the ‘talk of the town’ and yielded good results. A substantial amount was collected with which the first phase of the present stadium was built. The Stadium Foundation stone was laid by the Commander in Chief and the foundation marble slab still carries the name of Lt PA Abraham, the “king pin” of the successful project.

First prize of the “Naval Lottery”, as was known then, was a Luna Moped, just launched in India, by Kinetic Engineering, Poona, marketed by Blue Mount Automobiles at Banerji, Road Ernakulam. Incidentally then Indian Cricket Stalwarts were also gifted with Luna Mopeds by Kinetic Engineering for their stellar performances; Farook Engineer for scoring 415 runs aggregate and Chandrasekar for taking 35 wickets in the test series between England and India.

As luck would have it, the First Prize, Luna Moped, was won by Mr Pillai, the Civilian Superintendent of the Training





Co-ordinator's office, who had bought a full book of lottery tickets; but unfortunately, he did not know how to ride even a bicycle. I was the TC those days for few months, while waiting for taking over as the ADC to the Governor of Kerala. Pillai went to Lt Abraham to get money in lieu of Luna, but it was in-vain. At last, he came to me for help and I bought the Moped at the then market price , I think @ Rs. 2100.

Since I had a Jawa Bike already, the Moped became very handy for my wife, Grace, who had a ball of a time riding it even taking it to the next few out stations, when we were moved on transfer- very handy even in the inhospitable terrain of DSSC, Wellington.

"Necessity is the mother of innovative ideas!"

Long live Indian Navy !



Commander Jose Manjooran VSM, (Retd) An alumnus of Defence Staff College, Jose captained Four Indian Naval Ships including 322 SDB Squadron and 254K Div of Missile Squadron, during his 27 yrs of Indian Naval Service. In his second Innings; Jose built the then tallest building in Kerala and a 40 ft Luxury Yacht "Polaris" indigenously. A celebrated Lawn Tennis achiever of Services level, presently heads 'Destination USA' and 'SOLVE Technology', a Start Up.

LIST OF IMPORTANT NUMBERS

(All numbers are toll free)

Police Service	112, 100	HIV / Syphilis	1097
Fire Service	101	Child Abuse Help	1098
Ambulance Service	102	Anti Corruption	1031
Traffic Police	103	Rail Accident	1072
Disaster Management	108	Electricity Service	1912
CM Complaint Portal	181	Animal Service	1962
Child Line	1092	Railway Enquiry	139
Road Accident	1073	Farmer Call Centre	1551
CM Helpline	1076	Citizen Call Centre	155300
Crime Satire	1090	Blood Bank	9480044444
Women Helpline	1091	Cyber Crime	1930
Earthquake	1092		





REGULAR TRANSFERS

Ms Letha Sushil

Regular transfers were the main impediment to a naval wife taking up any career seriously. Working from home was not an option those days. She moved along with her husband...bag and baggage, every two or three years...and if by any chance the officer and family were lucky to stay in a place for more than the magic maximum of 3 years, he would face quizzical and or envious looks from the naval fraternity. The only career suitable for service wives was teaching in schools and Mrs. SS seriously took to that: Teaching.

The scene: A staff room in a popular Delhi school. Mrs. SS was about to start 'correction of notebooks' as it was her free period. Mrs. H walked in with a cheerful smile and a 'Hi'. A paper was pushed in front of Mrs. SS. It was the substitution list. She quietly signed the paper with an unhappy face cursing in her mind the teacher who had taken leave for enjoying her chitty kitty party.

Mrs. M had made the announcement in the staff room the day before - 'This time the kitty is in my place, so I won't be coming tomorrow.' Controlling an unhappy grunt, Mrs. SS had managed a crooked smile. The ever-curious Mrs. A couldn't help herself 'Aacha? How much is each contributing?' She asked. "Ten ladies, each contributing ten thousand," came the proud reply from Mrs. M. "That's

one lakh, a lot of money" thought Mrs. SS, the Naval wife.

Few weeks later, Mrs. SS walked into the staff room. Ten hushed cacophony of whispers reflected the whole gamut of emotions. From currently empathy and sympathy to plain gloating sarcasm was doing the rounds. Mrs. M's sobbing peaked frequently above the background.... and once in a while she blew her nose into a white tissue. Mrs. SS, dared not to ask her or anyone the question. "What happened?" The curious Mrs. A seemed to understand her situation and showed a lip movement "bad may" (later on). Mrs. SS' raised eyebrows and expression had betrayed her curiosity.

Later, in an almost empty staff room, Mrs. A told her the whole story, why Mrs. M was crying. "Aap ko patha nahi?" (You don't know?). She started with a surprised look. "At the chitty kitty party, she won the lot.... she put all the money in a polythene from "BIG BAZAAR" - All the one lakh rupees.... and left it on the table." "Someone stole it?" Mrs. SS asked. "No, no, no you listen, naa," Mrs. A stated, unhappy with the interruption. "There was a lot of leftover food after the party, and she put that in another "Big Bazaar" polythene. (Indian ladies are very fond of collecting plastic bags that one gets after heavy shopping. It was difficult to picture an Indian lady without a plastic





bag in her hand, whether in India or abroad and these bags are called by different names.... in different places. In Delhi they call 'polythene').

Mrs. A continued, "Poor thing na.... before the food got spoilt, she thought she would give it to the needy – so she drove to Connaught Place and handed over one of the polythenes to a needy person. She then kept the other polythene... safely in the locker in her bank." "Yesterday, Mrs. M got a call from the bank there was very bad smell emanating from her locker." Mrs. SS could visualise Mrs. M walking into the bank, then trepidation, anger and the feeling of sheer stupidity must have been

epiphanous. Mrs. SS always wondered what her interest was in keeping the money in the locker, which wouldn't fetch her any interest. Was she trying to hide it from her husband? Mrs. M sobbing, and the picture of some poor beggar's family celebrating, flashes now and then even now in Mrs. SS' head.

Mrs. M stopped having kitty parties or so we heard. My husband read me a news item the other day - a poor needy guy who sits near Hanuman Mandir in Connaught Place - it appears has a bank balance of about twenty lakhs. Mrs. M may, after all are not the only one who raised a stink in the bank.



Letha Sushil, known to friends as Sona, joined the Navy family in 1984 when she married the then Lieut Commander K N Sushil. As a young navy wife she zeroed in on education as a good alternative to just being a homemaker only, as many other young Naval wives do. With the advent of social media she took to writing humorous anecdotes that occurred from time to time in their daily lives. A compilation of such anecdotes titled "Sona's Tales" is available in Amazon. This anecdote is a continuation of her characteristic persistence with humour.





DWARKA DAYS NEVER TO BE FORGOTTEN

Capt George Abraham, NM IN(Retd)

It was in April 1999, that I reached Okha on being appointed as CO INS Dwarka, from Mumbai. After life in a metro for a couple of years, I felt I had reached no man's land, a place so far from civilization. However, what one least expects, happens. Okha turned out to be a beautiful place, where many an opportunity came by to give aid to the locals in times of emergencies, as well as doing challenging tasks during challenging times. This forward operating Base is a great asset for the Indian Navy. Surrounded by a vast area of dry land on one side and a calm and placid channel on the other side, any Officer or sailor posted here can never forget his tenure here. The friendly people of Okha and Surajkaradhi, are so welcoming! The colourful temple festivities and Dandiya Ras sessions by the locals are really a sight to witness. I remember many an evening at Mithapur trying to master the Dandiya steps.

Dwarkadeesh and Bet-Dwarka the holy shrines built in honour of Lord Krishna is a part of the char dham pilgrimage and is located close by. During the Kargil Operation the missile boats (RE's) moved to Okha in turn, for deployment. Dwarka provided all the logistic support that was required. We organized all the support required, including replenishment of rations, water and fuel before their next deployment.

During their return to harbour, we normally organized some entertainment for both the officers and sailors from these ships. Games were also conducted along with the Dwarka teams. The ships' company enjoyed these interactions with their counterparts and felt a sense of pride while fulfilling the task of manning the forward operating base.

During this period we also had the mobile missile Batteries moving to Okha from Mumbai. There was action all over the Base and coasts of Okha. We had a team of officers including the C-in C from Mumbai visiting us. The off duty officers and sailors manning the MMCB's were provided all necessary arrangements for their stay nearby. One major task for Dwarka was to have the channel leading to the Okha harbour lit at night for safe navigation of the ships. We ensured that fishing boats from the Okha port were rigged up with lights and anchored on





the sides of the channel to help the safe navigation of the ships at night, in and out of the harbour. This really helped the ships to safely cast off at night for deployment. This improvised arrangement was much appreciated by the command.

In the year 2000 on Republic Day, Divisions were in progress when all of a sudden the earth literally shook! The CO was addressing the ships' company when the earthquake struck and everyone was caught off guard. The quick thinking Executive Officer immediately broke off the Parade and all took shelter at safe places, coordinated by his team of sailors. Later assessment of the damages was carried out. Cracks were seen in many of the officers' and sailors' accommodation. Fortunately there was no loss of life and property. The local population suffered major loss of property. We in Dwarka gave a helping hand to the local population in Bet Dwarka. The ladies of INS Dwarka went across by boats to Bet Dwarka with rations and clothes. A team of sailors of the unit were also dispatched in order to provide assistance to the villagers, which

was much appreciated by them.

The Base has all facilities one expects in any Naval station viz, 100% accommodation for all officers and sailors, a Kendriya Vidhyalaya, KG School for the tiny tots, Shopping centre for all essential day to day requirements, a NWWA Kendra and even a petrol pump. The two cities viz, Porbander and Jamnagar are located a few hours' drive from here. The then Naval Officer in Charge, Gujarat Area, was stationed at Porbander. Weekly bus trips were arranged for the ships' company to visit Porbander and Jamnagar as standard practice. A large number of officers from the other services regularly stayed with us during their visit to Bet Dwarka temple. We had a good liaison with the temple authorities and they ensured that the devotees were taken care of. The staff of INS Dwarka was well respected by the locals. During the Navy week, a few Naval ships would be stationed here from the Western Naval Command for visits by the local population, so that they could get a firsthand feel of what a warship was





like. All arrangements for the locals and school children in and around Okha were arranged by Team Dwarka

Another memorable day during my tenure in Dwarka was the day when a major fire broke out in the Tata Chemical factory, located a few kilometers away from the Base. Assistance was sought by the Managing Director of TCL. Our team swung into action with all available firefighting equipment and the fire tender. We successfully managed to bring the fire under control with no loss of life. The

Managing Director TCL and his staff were extremely grateful to Team Dwarka for the timely help.

It was a blessing to have been posted here. There were civilian personnel with various unique talents, working at the base. One such person was a driver who would turn into a magician whenever an occasion required it. A great station for Naval personnel, a generally calm and peaceful place. The quietude grows on you. Long live INS Dwarka, Shau Nau Varuna!



Capt George Abraham, NM is an alumnus of the National Defence Academy 51st course and is a specialist in Gunnery and Missile Warfare. During a career span of 32 years, he was awarded the Nau Sena Medal as Commanding Officer of the forward operating Base INS Dwarka for his exceptional devotion to duty during the Kargil operations. He has also been a recipient of various commendations during his appointments ashore.

His afloat appointments include INS Kiltan, SSMO Rajput, INS Kadmatt as Gunnery Officer, SAMCO onboard INS Rana, Commanding Officer CGS Rajshree, ExO INS Beas and ExO INS Amba. His ashore appointments have been as Instructor PCT School, Training Co-ordinator Naval Academy INS Mandovi, Flotilla Gunnery Officer with FOMA, HQMNA, Staff Officer Gunnery HQWNC, CANAC, ExO INS Agnibahu, Commanding Officer INS Dwarka, ExO INS Venduruthy, ExO INS Angre followed by Military Staff to the President of India at Rashtrapati Bhavan from 2005 to 2010 until retirement.





THE WINDS OF WAR - A CADET RECALLS

VAdm KN Sushil PVSM VSM NM (Retd)

Cadet S, of the second integrated course, was assigned to INS Krishna, (commanded by the inimitable Cdr RAJ Anderson) for the last phase of cadet training. June 1971, the monsoon in full swing, was the best time for one to earn his sea-legs. As a bonus the ship was to take us on a “training cruise” to the east coast and back. Our training officer could hardly hold back a wicked smile as he addressed us. “The sea will be rough throughout our passage and back” he said, “but the Gulf of Mannar would be a memorable experience, if you survive”. Apart from the sheer misery of the rolling and pitching, which triggered some initial retching and puking, things were okay, considering the general enormity of the trials and tribulations of cadet life. Our collective prayers were answered; Gulf of Mannar was calmer than the Arabian sea.

A not so routine event occurred in Pondicherry. We had anchored on 13 Aug in Pondicherry and was required to stay there for Independence Day. The ship was open to visitors and cadets were assigned to conduct groups of visitors around the ship. Cadet N took two men to the ‘poop’ deck. Standing behind the chart table he, grandiosely told them “This is the missile control post”, then pointing to the funnel he said “that’s where the missile

comes out from”. Cadet N, pleased with himself that his bluff was convincing, accompanied them back to the gangway to see them off. One of the men turned around and said to cadet N “Sir, I am so very happy to see that this ship has these tremendous capabilities now.... It can fire a missile from the funnel. Really proud sir, I retired as the Chief ERA of this ship two years ago”. Cadet N looked as if his own missile had boomeranged.

We left Pondicherry on 17th Aug, homeward bound, stopping at Cochin and Goa. Gulf of Munnar didn’t scare us any longer and we were looking forward to harbor time and proceeding on liberty in Bombay. As Bombay floating light came into view the ship was ordered to turn around and join INS Brahmaputra and Tir to look for a submarine, reportedly sighted earlier on. Given the technology of those days, it was like a myopic man and two practically blind men looking for the proverbial needle in the haystack. After three days it was decided that there was no point in continuing and we were ordered back to harbor.

The newspapers and radio were a buzz with the happenings in East Pakistan and prophecies of an imminent war. The earlier futile search for the submarine





may have triggered some alarm bells in NHQ. Training exercises to familiarize personnel in recognizing and reporting sightings of the Snort, periscopes and other submarine masts was undertaken. In one such exercise, INS Krishna and INS Tir were stationed on either side of a F class Submarine on the surface. We had a very good look. The submarine then dived to periscope depth and raised her masts one by one. Both the ships' sonars were holding firm contact of the submarine and proudly reporting it. Once the show of masts was over the submarine dived to 30 Meters. As the Submarine disappeared INS Tir made a signal to Krishna "Contact lost. Request last known position of Submarine" Krishna response was "Your last unknown". Cadet S made his decision to volunteer for Submarine service then and there.

By the last week of November the DLTH (Days Left to Go Home) was tantalizingly close. We had been issued with Railway warrants to go home for the end of term break. Exams were over War had not broken out and our spirits were high. On first December we came back from liberty by 2030 hrs. The entire evening had been spent talking about holidays. At 0900 "Clear lower decks for ammunitioning" was sounded. Our enthusiasm about going on leave waned through the exhaustion of ammunitioning. That war was imminent, became a reality.

The next day, as if for confirmation all foreign cadets were disembarked. They did not want to disembark. One particular cadet, Saad Abdul Kader started crying and had to be carried down the gangway and all along he was calling out our names and shouting 'F,,,s the Pakistanis" There could have no better demonstration of secular comraderie! We sailed out on the 4th of Dec. We had forgotten all about leave. There was a challenge and adventure in the air. It would become long winded to recount all the exciting incidents of those unforgettable 14 days, but one or two stands out. Once we collided with a dhow and everybody on board except the cadets thought we had been torpedoed and rushed to the top clutching life jackets. On the dhow the poor fishermen were shouting " Hum Hindustani Hain Bachao". The boat wasn't too badly damaged and soon went on its way. On another occasion we were asked to join a Petya Class ship (the latest ASW asset) to search for Submarines off Diu. The Petya, dashing fired ASW rockets on some non-sub contacts and then we parted company. Next day we received a signal from NHq "Heavy explosions heard off Diu. Request investigate". We had a good laugh, and we couldn't help noticing Cdr. Anderson's impish chuckle.

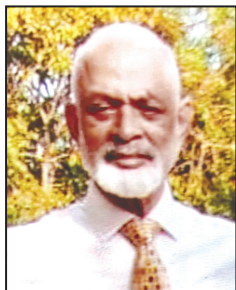
We returned harbor on 21st. and were finally sent on leave. We were required to travel in uniform. As we got





inside the VT station we found huge crowds in all platforms. We thought “Oh hell we wont get a place in the train. Soon people were trying to take our luggage, carrying us to the compartment.... Old, young, mothers, fathers, grand parents sons and daughters’, from all communities were there, expressing their

gratitude, showering us with blessings ... it was so touching that that experience was indelibly etched in our memories. We had been taught that the raison d’etre of the armed forces was to protect our way of life. I never fully understood what that really meant. The experience at the VT station was my moment of epiphany.



VAdm KN Sushil PVSM AVSM VSM was commissioned on 01 Jan 73 and retired on 31 May 2012. In the career span of 40 years, he commanded two sishumar class submarines and two front line destroyers. His staff appointments include PDOP, FOSM, ACNS submarines, and IGNS. He retired as FOCinC South.



In 1795, French cavalry charged across the frozen bay at Den Helder to capture a Dutch fleet trapped in ice. The French captured 14 warships and 850 cannons.

It remains the sole instance in history that a naval fleet was captured by a cavalry charge.





GRATITUDE - MY PERSPECTIVE NOT AI'S

Ms Ameeta Nair Sister of Capt G R Nair (Retd)

It wasn't until my sixties when I shifted my focus from comparing myself to others to introspection, that the true meaning of gratitude became clear to me.

In the relentless pursuit of life's milestones- marriage, children, education, career and more – I had a profound awakening. I realised I was perpetually petitioning the Almighty for favours while except for a few stray occasions the words "Thank you God" had been eerily absent in my prayers. Despite my devotion and daily rituals of lighting the lamp, it took me years to grasp the profound truth that every breath I take, every meal I savor and every night I spend under a roof is a testament to God's Immense Grace.

Upon reflection I realised that we overlook instilling gratitude in our children. In today's world where parents are striving to fulfil their children's every desire, it's easy for kids to miss the underlying truth that the privileges they enjoy are not entitlements but acts of Grace. "I didn't ask to be born, it's your duty to take care of me" Such entitlement driven words reveal a profound lack of awareness. They are spoken by those who haven't yet awakened to the Divine presence that sustains them.

Awakening the children to the Divine is indeed a parental duty. Ironically while

our parents ensured that we spent time in daily prayer, they often overlooked nurturing a deeper sense of gratitude to God – a vital aspect of spiritual growth. We must teach them to begin each day with gratitude. I am reminded of my school days in Good Shepherd Convent where the ritual of our Assembly began with the famous prayer... Father, we thank thee for the night and for the pleasant morning light... What was once a parroted phrase has now become a heartfelt expression of gratitude resonating deeply within me.

I have faced my own set of challenges in life, but they are dwarfed by the struggles of those who have endured far greater adversity – like children orphaned by tragedy, young lives forever changed by accidents or individuals overcoming disabilities with remarkable strength.

The key takeaway is this: let's raise our children to appreciate the gift of life, the love of family and friends and the simple joys of existence. By instilling gratitude, we can help them navigate life's challenges with strength and humility, recognising that every blessing whether big or small comes from a higher power. Let's empower them to face life with courage and kindness. Let's nurture a generation that values gratitude and compassion and in doing so makes the world a better place to live in.





By embracing gratitude, we will witness transformative shifts in our lives. Stress, frustration and negativity will diminish replaced by increased tolerance, better anger management

and enhanced resilience. A positive aura will engulf us. I can attest to its benefits - give it a try and you'll see the difference too.



"My life's highlight has been my illustrious teaching career, spanning over three decades. It began in 1985 and continues to thrive through online teaching. Beyond my professional life, I've cherished my roles as a sister, wife, mother, and grandmother, striving to excel in each. My husband has been a constant support in my career. My two brothers have always been my pillars of support, and my life revolves around my children, even as they navigate their 40s.

The joys of my life are my two affectionate grandchildren, our Dachshund Bruno and my daughter's cat Zara. My family remains at the core of my existence."

Mrs Ameeta Nair Sister of Capt G R Nair (Retd)

Bharat-Bhutan Sustainable Agriculture Award - 2025



Cdr E C Jacob (Retd), the Founder, Jaceeba Agro Research Centre, Palakkad was awarded the Bharat-Bhutan Sustainable Agriculture Award – 2025 at the Royal College of Bhutan, Thimphu, on 22 June 2025.

This recognition for farm-level sustainability initiatives at Jaceeba Agro Research Centre is a testament to the power of small, consistent steps towards regenerative agriculture and community resilience. May this award encourage us to continue to nurture the soil that feeds us, with humility and care.





LIAISON DUTIES WITH OUT TEARS!

Cdr S Gopalakrishnan, NM (Retd)

Year of our Lord 1970 to 1976 was very propitious for me in my career because of my selection as one of the crew in state of the art Seaking Squadron, training in the UK, exciting and memorable flying during 71 war, while squadron based near Santacruz, operating from a tent for fourteen days during night and day flying operations and to be with squadron mates and getting a chance as Staff Aviation Officer under two fine Senior Officers, then R Adm V A Kamath, and R Adm E C Kuruvila.

During CNS, Admiral Nanda's valedictory visit to Cochin in 1973, I was given the job as Liaison Officer. He had a packed program, Fleet Reception onboard INS Mysore, Inspections, Parades and visit to Thekkady.

Three or four cars were assigned to me, one for the Admiral and his Flag, two or three for CNS entourage and one for me. I made it a point to recce every place, it's lay out, what side CNS should alight, where should other cars stop, park, traffic management et al.

After the fleet reception on board INS Mysore, CNS was invited for reception at the command mess. I was waiting near the vehicles assigned to me for CNS entourage. A senior Captain, Commanding Officer of a ship with his co commanding officers wanted to commandeer one of the cars for them to go to command mess to avoid walking all the way from naval jetty to command mess. Initially I was very polite and explained my inability to provide the

vehicle as I was strictly instructed by CSO that all arrangements should be smooth and punctual. The Commanding Officer threw his rank over me and opened the car door and sat on it and then asked his officers to get in. I then told him to get out of the car and I got in and proceeded to the command mess. That he was furious was very evident and I was sure there might be some repercussions.

Sure enough, next morning I got summons from CSO. When I went there I saw the same Captain sitting in front of CSO. I thought I had it, insubordination, disrespecting a senior officer blah, blah!

CSO was furious and shouted at me and warned I would be marched up in front of FOCSOUTH.

After a while CSO sent for me again and when I reported I noticed the complainant had left his office and the matter did not go up! He said I should have been more polite but what I have done is correct.

Itinerary of CNS also included a visit to Thekkady, a wild game sanctuary, a beautiful tourist spot in Kerala. I had already carried out a recce by helicopter and had made prior arrangements with Police to provide escorts through out CNS car trip.

CNS was very pleased with my forethought and congratulated me. The accommodation was at Edappalayam Palace in the midst of Periyar river, (an island) originally a palace frequented by erstwhile Travancore kings, now a





tourist attraction. Dalton crockery and silver cutlery! Icing on the cake was my recommended cocktail in the afternoon, Tender Coconut water with gin, that floored everybody.

Prior to departure from Cochin, Admiral Kamath handed over a bottle of Scotch Whiskey and cautioned for its judicious use!! When all excitement of CNS visit died down Admiral Kamath examined the Scotch bottle to check whether it was judiciously consumed! I leave that to your imagination.

Admiral Kohli - First Visit to Sothern Naval Area.

The die is cast and lo and behold, I was once again nominated as LO for Adm Kohli's visit to Sothern Naval area after his taking over as CNS. R Adm E C Kuruvila was the FOCSOUTH at that time. The itinerary included the usual parade and visits and calling on the Governor of Kerala, Sri. Viswanatathan, ICS, followed by:

- a) Reception by Brigade Commander.
- b) Visit to Padmanabha Swamy Temple.
- c) Visit to Vivekananda Rock memorial at Kanyakumari.

As a prelude to such visits I made customary recce to above places, met concerned officials in Government machinery and local Army Brigade for the smooth and hassle free program. Having concluded his programs at Cochin, CNS, FOCSOUTH, CNS entourage and I proceeded by a VIP aircraft to Thiruvananthapuram.

I had requested for an Army LO

for local arrangements at Thiruvananthapuram for CNS programs there. The entire Naval team would be put up at Raj Bhavan as State Guests. Baggage unloading, its transportation, etc was under supervision of Army LO.

Landed at Thiruvananthapuram, received by Mayor, Brigadier, Government representative and Army LO. Baggage was being loaded in the army vehicle / CNS, his wife, FOCSOUTH, Naval assistant, Flag LT and I got in allotted vehicles and started to proceed to Raj Bhavan. Then trouble started. Enroute there was a massive procession by one of the major political parties and there was road block. To avoid any further delay Police escort diverted our motorcade through another route to reach Raj Bhavan. We all reached, settled down and were preparing for attending Brigade reception. Alas, baggage still not arrived, no way to contact local Army LO who was not aware we reached our destination. Every one was upset and fuming, embarrassment of inability to attend Brigade reception at the appointed time by CNS, unthinkable!! R Adm E C Kuruvila was furious and grinding his teeth and I saw a bleak career ahead!

But God thought otherwise! Ultimately baggage arrived. Getting ready for attending reception. Flag Lieutenant of R Adm E C Kuruvila informed me that he had forgotten to pack a pair of black socks for him. That saved my day as I carried an extra pair which I gave to Adm. Kuruvila in person. He was so relieved and all sins forgotten! Subsequent programs went off without any problem. My wife





was at that time in Thiruvananthapuram, just after two months after her delivery of my second child. Mrs. Kohli wanted to have filter coffee which I got from my wife and she was immensely pleased. I also got dhotis to wear for CNS, Naval Assistant, Flag Lt and myself made them wear dhotis Kerala style and made darshan at Padmanabbha Swamy temple.

We all landed by chopper at Vivekananda rock memorial where the Admiral was duly received and honored.

On conclusion the CNS departed for New Delhi mighty pleased as I got a letter from the Naval assistant to that effect.

All is well, that ends well!



Commissioned on 12 Oct 1959, Cdr Gopalakrishnan specialized in Naval Aviation, and has served in 310 Squadron, took part in 1965 Indo-Pak war. Commissioning crew of Sea King 330 and IL 38 315 squadrons. Awarded NM for 1971 war efforts. Post retirement in 1981 served as DP Master of multi support vessels for 21 years. National Maritime Bravery Award winner. Married to Nitya, retired Principal Bhavans School. Now running a special school for intellectually and physically challenged children and youth in Kochi.

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M G S Sir

Capt Ramesh Babu IN (Retd)



Muthayil Govinda Sankara Narayanan (1933-2025) was an Indian Historian, Academic and Political commentator. He headed the Department of History at Calicut University from 1976 to 1990 and served as the Chairman of the Indian Council of Historical Research.

It was at a hotel lobby in Calicut, while on an official trip to the city in 2012, that I chanced upon “The City of Truth”. I picked up the book and read its fascinating content, every time I visited that hotel. Starting with a chapter on different historic walks, it contained a simple, straight forward and truthful description of the city’s history. Seeing my interest in it, the hotel manager gifted me the book, authored by Prof. MGS Narayanan.

Later, when I was positioned at Calicut on deputation, I carried the book and walked the historic trails that MGS charts. Such walks, often in the company of history lovers, architects and students, unfolded a glorious history of Calicut, right from the 12th century to the modern era.

It was so fascinating, that I yearned for more, making several visits to meet MGS Sir at his residence, which was a centre of learning, frequented by serious

researchers, students and enthusiasts who wished to know truthful history of Calicut and Kerala.

The celebrated but unpretentious historian had time for everyone, patiently listening to queries and giving detailed responses, often in the form of long narratives, backed by historical evidence.

He was very kind to me, giving me enough time on each visit, narrating the city’s history, as I took down notes, sipping tea that his caring wife served with much affection. MGS Sir gave me insightful inputs on Calicut’s history, highlighting the growth of a marshland to a mighty port and rich city state, steered by the Zamorin rulers with ready support from traders and mariners who came in their majestic ships from Arabia, Africa, Persia and China to carry away valuable goods like black pepper and ivory. He narrated how the Europeans followed them to discover a sea route, set up



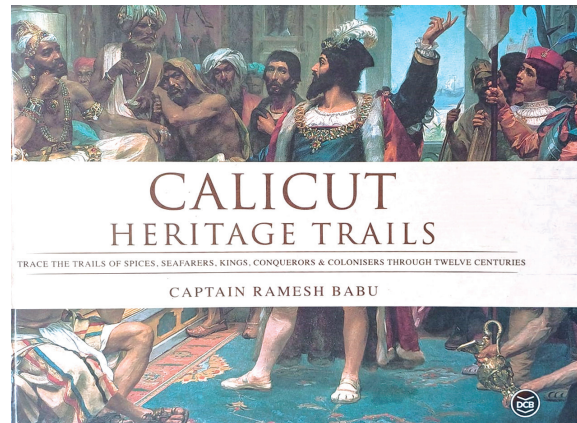


trade posts and disrupt fair trade. He also talked of how Zamorin's rule was ended by the invading Mysore Sultans, leading to the decline of the city. MGS Sir went on to bring out the cosmopolitan culture of Calicut, as traders from different parts of Indian subcontinent and the world settled down here to make the city their home. He substantiated the narrative with strong evidence, right from stone inscriptions to structures, still standing.

I would go looking for them, walking through the lanes and bylanes of the city, and get back to MGS Sir like an excited child to listen to more inputs. He would readily do so, pointing out more and more heritage structures and locations in the city that had long forgotten history. His narratives were always unbiased, apolitical, unsensational and authentic. It came like a flowing river, enriching my eager mind, as he narrated history like a story. It was like listening to my grandmother in my childhood, as she expanded Ramayana from simple stories to an entire epic through her bedtime stories.

MGS Sir gave me enough inputs to chart out several theme-based heritage trails in Calicut, making the city a heritage

destination for international tourists, casual visitors, architects, history enthusiasts and serious researchers. That caught the attention of a frontline publishing house, leading to a book titled 'Calicut Heritage Trails', with a foreword written by MGS Sir, who guided me as I wrote it and appreciated our efforts to elevate his city of truth into a heritage destination.



The legendary historian, who also played his role in social life, passed away on 26 April 2025, leaving behind a wealth of truthful and unbiased information on the history of Calicut and Kerala.

Our respectful salutes to you, dear MGS Sir.



After having served the Navy for almost 25 years followed by the Mazagon Dock at Mumbai for nearly 15, Capt Ramesh Babu now lives in Kerala, enjoying his pension and pleasures of farming, writing, reading, eating, sleeping and attending to needs of needy folks in his native village. He has no tall tales of glory from his past to make a rich CV, as almost all of them are like the one he narrates here. A prolific writer, historian and heritage enthusiast, he has published three books, "After you, Sir!", "Calicut -Heritage Trails" and "My Own Mazagon" all of which have been very well received in Naval and literary circles.





The Cobweb and the Queen of Laze

Priyadarshini Rajkumar



There is this cobweb in the corner of my living room
It isn't really that large or dark or even unseemly
Just a regular cobweb I could reach with a broom
It's been there for quite a while now
Right there in the corner, above the pelmet
I ought to get rid of it sometime, somehow

It bothers me, I do admit
For I know no decent home
Would ever see it fit
To cohabit with a lowly bug
That seems ever so pleased-
Snug as a bug in a rug

But there is a problem you see
I, lazy me, am the lady of the house
So the cobweb just hangs there mocking me
You hate me, it seems to jeer
But you love your beanbag more
And so my life is safe, it's clear!

I glare balefully at the offensive sight
But do note- I don't really get up
For there is effort involved for me to alight
From the cozy comfort of my beanbag
So I holler for my trusted help
But spiders, she screams, make me gag!

I cling to my seat, my target in my gaze
Refusing to give up in this battle of wills-
The Cobweb versus the Queen of Laze
My crafty mind soon finds the way
As I shuffle my beanbag to the right spot
I fix my sights on my hapless prey

This win is mine I loudly proclaim
As my extended broom sweeps it away
The cobweb says you silly dame
There are more of me and only one of thee
So take that stupid grin of your face
And shuffle your rear to the next web you see!



Priyadarshini Rajkumar. Army brat, Navy wife, middle school teacher, history buff, spiritual seeker...these few words sum up my life thus far. I remain a lifelong student of life, delighting in new things that I learn. My greatest joy are my two lovely children. I am constantly amazed and humbled by every new gem I keep discovering about my beautiful country. Currently, Raj and I are living a fun retired life in the age of reunions!





VISIT TO NAVAL ACADEMY EZHIMALA FOR THINQ 2024

Cdr Thomas Koshy (Retd)

It was indeed a feeling of great nostalgia to be at the Naval Academy Ezhimala. It seemed to be a home coming. Having had three tenures at the Naval Academy in the 70s, 80s, and 90s of the past century, it was a really a great flight of fantasy to be at the present Academy.

More than that the treatment I received was more or less that of a celebrity and that put me off, transporting me to my twenties, thirties and forties. The Commandant Vice Admiral Praveen Nair being from the first batch of 10+2 X (1986) when I happened to be the Registrar at the NAVAC (Mandovi). The respect and affection bestowed on me by the Commandant was so electrifying that the whole Academy showered their unlimited love and respect, which choked me with emotion. The Principal, Rear Admiral Ra babu, having had some past association with me also radiated the same sentiment.

Now you don't need more description of how the whole Academy would have

received my presence among them. Further, other Flag Officer, Commodore both of the staff as well as come from the command shared their warmth unlike on a social meeting.

The C-in-C seemed particular to make me and other veteran officer attended the event feel at home and also made us feel that we still are part of the dynamic Indian Navy.

Having given an opportunity to visit the Training and living facilities of the cadets, I was transported to a dream world which we envisaged in the early year of the century.

The quality of the men at the Helm of the Navy being so committed, professionally highly competent and possessing a human outlook surely made me happy and proud to be a veteran of such a service.

Jai Varuna, Jai Bharat



Commissioned in July 1972, had the privilege to serve the 'Cradle of the Indian Navy' (Naval Academy) three tenures. Held the appointments of Headmaster and Principal Sainik Schools. Other notable appointments were as PRO at SNC, PRO(Navy) Ministry of Defence, Delhi, and as Commanding Officer, of an NCC Unit. Took pre-mature retirement in 1977 while serving as the Principal of Naval Academy (Mandovi), Goa.





OF AUTHORS AND ARTISTS

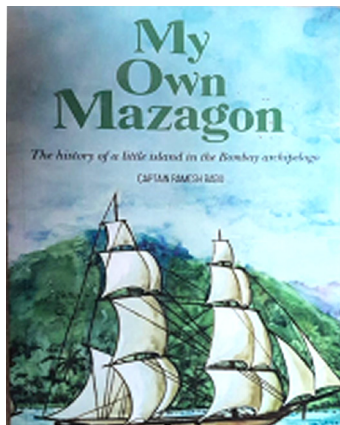
RAdm S Madhusudanan (Retd)

Members of the Naval Fraternity are endowed with a colourful spectrum of talents, which either remains dormant till after retirement or is hardly known to us. Some of these individuals blossom into authors some still find their interest in the fine arts. The trail our children set also remain away from general view. I decided to seek out such talented individuals and showcase their works so that we the veteran community come to know these hitherto uncovered capabilities.

I am borrowing words of the authors themselves to touch upon their publications. Lack of space precludes me from including greater details of each.

Capt Ramesh Babu IN (Retd)

Ramesh Babu took to writing early in life, regularly contributing short stories to his school magazine at the Kazhakkootam Sainik School. As an Engineer in the Navy, he wrote papers on technical subjects for publications like the Journal of Naval Engineers. His article on INS Mumbai, linking different parts of the ship with locales in the city of Mumbai, got wide publicity winning the appreciation of celebrated authors like Shobaa De.



He compiled his first book as an editor of a coffee table book on Mazagon Dock, when he shifted from the Navy to the Shipyard. This book, titled 'MDL - A Golden Voyage' was brought out in 2010 to mark the Golden Jubilee of the Shipyard. In 2017, he compiled a book for the Naval Dockyard, to mark the 200th anniversary of HMS Trincomalee, built at the Bombay Dock of the Yard by Indian master builders for the English East India Company. Titled 'HMS Trincomalee - the living legend', this book contains material dug out by Ramesh from historic records and inputs from a visit he made to the ship, still afloat at Hartlepool in UK.

His first book, 'After You Sir', in 2012 is an anthology of short stories, inspired by incidents from the eventful life at his Sainik School, was released by the then Kerala Chief Minister, Shri Oommen Chandy, as the school celebrated its golden jubilee.





Ramesh went on to publish historical accounts of Calicut (Calicut Heritage Trials) and Mazagon (My Own Mazagon) both of which have been highly acclaimed in literary circles. All his books are available on Amazon.

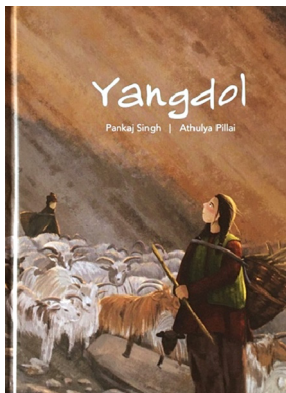
Ms Athulya Pillai

[D/o Surg Capt Anil Pillai (Retd)]

Athulya is an illustrator and storyteller, documenting people, places and creatures. Currently living, drawing and thinking in Bangalore. A lot of her work focuses on wildlife conservation, ecology, communication and documentation.

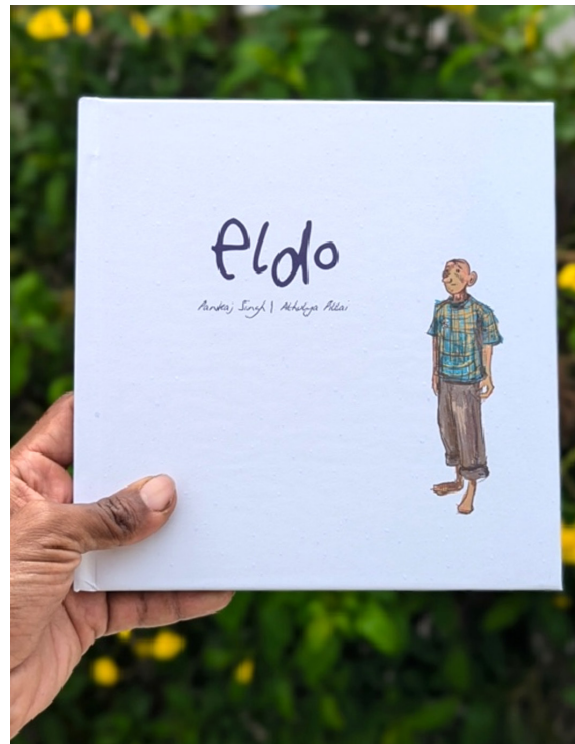
*“Without darkness,
there would be no dreaming.
Darkness is the canvas.
upon which we paint our dreams.
So, ask yourself,
how you could fear the place
where dreams are born.”*

These are, as per Athulya , her favourite lines from Eldo, a book her friend Pankaj and she published in 2025. Their journey in self-publishing began in 2021 with Yangdol.



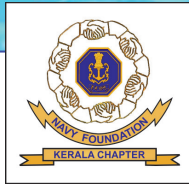
Yangdol -set in a remote Himalayan village in Ladakh, follows a young girl's lifelong yearning to see the elusive snow leopard, the 'Grey Ghost'. It is a lifetime of waiting in 2500 words. It is

70 years in 70 pages. It is finding its own story within the patient gaze of another. It is the towering Himalayas pressed into a 5mm spine.



Meanwhile Eldo, is two things at once - a visual essay on darkness and a story about a walk into a storm, in the dead of night. It asks: what does it mean to step out into the dark? Who do we become in the absence of light? What do we notice when our eyes and our senses adjust? An inquiry that explores our fading relationship with the night, and how our bodies, once intuitive instruments of perception, are growing distant from it. Eldo is a meditation on stillness, silence, and shadow- an invitation to reimagine darkness not as fearsome, but as full.

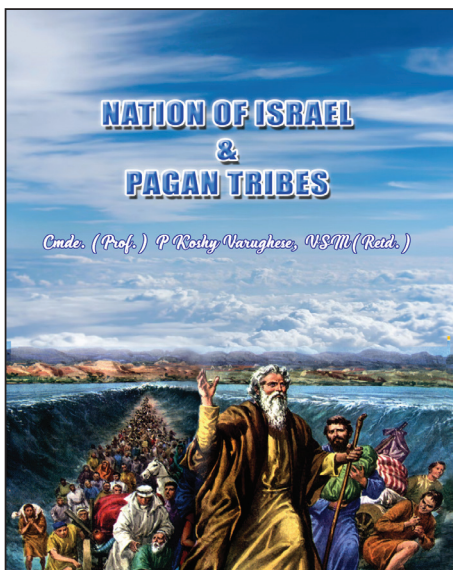




They are now working on their next book, *Listening to Trees*. It looks at our human relationship with trees: how we live alongside them, what we notice, what we forget, and how we might listen better.

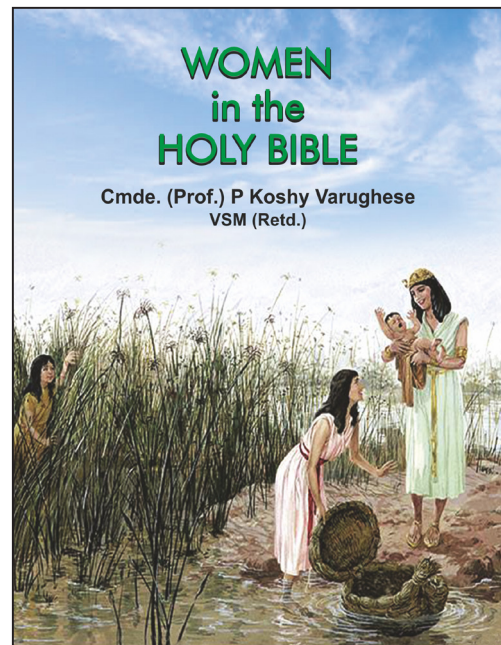
Cmde P Koshy Varughese, VSM (Retd)

Cmde Koshy Varughese has published a series of books in the recent past. “Puthenparampil Family History” and “Glimpses Through My Memories” in May 2023 both of which were meant for private circulation. The book titled “Nation Of Israel & Pagan Tribes” was released on 29th May 2024, while on-board ‘Voyager of the Seas’ at Chania (Souda) Port, Crete Island of Greece during the NFKC Mediterranean cruise. It gives a vivid narrative of the history of the ‘Nation of Israel’ in a chronological order along with details of all major tribes with whom the Israelites had interaction or



encounters during the course of history. The lineage of these tribes as well as their present status (if existing) are also detailed in this book.

The book titled “WOMEN in the HOLY BIBLE” was released in Kochi on 03 Jan 2025 and it elaborates the status of women during the entire spread



of existence of mankind, in a Biblical backdrop. A detailed portrait of all named and unnamed women in the Bible are given in the 2nd and 3rd chapters of this book. Biblical perspective of ‘eternity’ with reference to the status of women then, is touched upon in the last chapter.

The author has handed over a few copies of these books to NFKC office for distribution among veterans with a commitment to credit the entire sale proceeds to NFKC Welfare Fund.





Mrs Neena George

[Wife of RAdm A George NM (Retd)]

Neena, has produced a wonderful book on her tryst with infertility. To quote Dr Mohan S Kamath, Professor, CMC Vellore, "The book describes the tumultuous journey of the author who faced difficulty in achieving parenthood. She narrates her journey from the diagnosis of infertility, initial denial, prolonged treatment, moments of self-doubts, phases of hope and disappointments and finally the miracle". This book is not women centric and will be helpful for anyone going through a difficult phase in life.

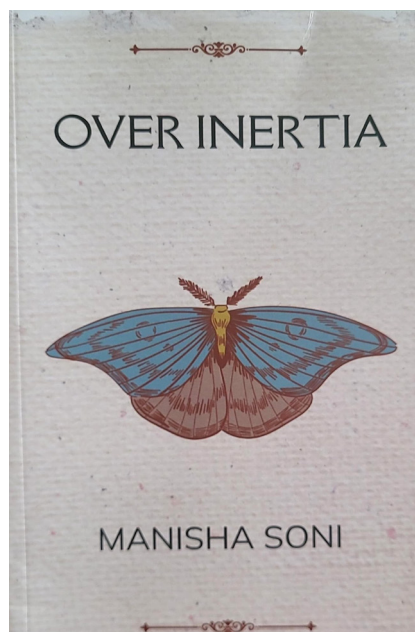
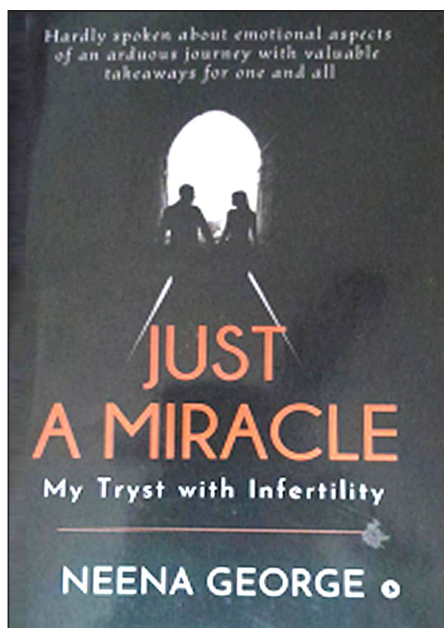
Neena George is a Life Coach and Corporate Trainer and is presently associated as a consultant with IITE Madras. She has been an active member of NWWA and has involved herself with

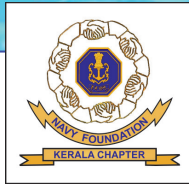
handling of issues pertaining to differently abled children as well as many other aspects of social integration within the naval community. This book is available on www.neenageorge.com

Mrs Manisha Soni

[Wife of Capt Sanjay Soni]

Manisha Soni is a freelancing yoga professional. Married to Captain Sanjay Soni, is now settled in Kochi. She has two children. As her husband's job needed him to spend extended times at sea, she chose to be a happy homemaker while raising both her children. At a particular low phase of life, she forayed into yoga on recommendation of a medical professional. Her interest in the field deepened and there was no looking back as she went on to equip herself with an MSc in yoga, a diploma in





physiotherapy and a certificate course in Garbha Sanskar.

She has over two decades of teaching experience in the field of yoga. She is a member of the Indian Yoga Association and International Yoga Organisation. Creative by nature, she experiments with different art forms at informal level. She has contributed to various magazines and newspapers from time to time. She is fond of weaving her way with words and this collection of her musings is an effort towards this. This book is available on Amazon and on <https://store.bookleafpub.com/products/9789369536092>

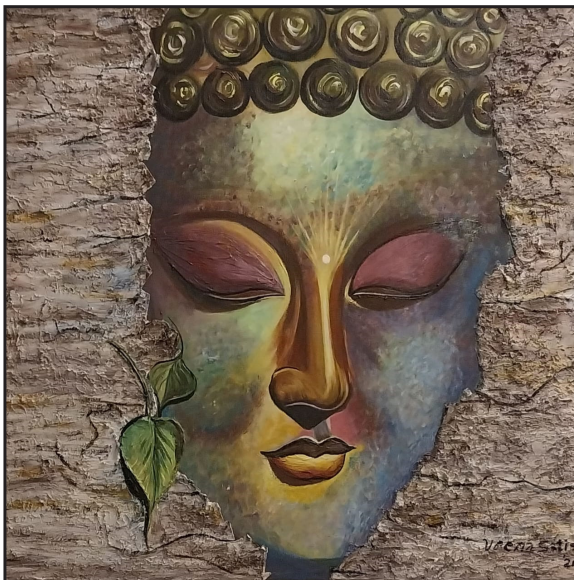
Mrs Veena Satish

[W/o Capt Satish Nair, IN (Retd)]

Mrs Veena Satish, is a versatile personality being actively involved in a phletora of activities which includes being



a wholesome and vociferous animal lover, a dedicated homemaker, an accomplished artist with many public exhibitions to her credit. She has been an inspiration to all who know her. Some of her artistic expressions are reproduced here.





Ms Ann Mary David

[D/o Cdr A C David (Retd)]

Ann Mary David is an alumna of the Navy Children School at Kochi and Mumbai. She enjoyed singing and dancing at school but disliked mathematics and felt intimidated by her math teachers. Post BBA and MBA in marketing, she worked for a short time in a multinational company prior to her marriage. She is currently settled in New Bridge, Ireland and is a proud full-time mother. As an amateur water colour painter, she pursued landscape painting as a hobby.

Her works, reproduced here, adorn the walls of her father's house in Kochi.



R Adm S Madhusudanan (Retd) served in the Indian Navy for 35 years as a Marine Engineer. Highlights of the eventful career include transition of Vikrant from Alize to Harrier; Conversion of HACC Admiral Gorshkov to INS Vikramaditya; MAST at Naval Dockyard Mumbai; Overseeing at Mazagon Docks, Devonport Dockyard UK and Sevmash Dockyard Sevrodvinsk , Russia; Instructor at INS Shivaji, Director Aircraft Carrier Projects and the First Admiral Superintendent Naval Ship Repair Yard , Kochi. Post retirement he has been associated with the defence manufacturing industry in various capacities as well as in many socially relevant organisations.





NOSTALGIA - VIRAAT'S ASSOCIATION WITH COCHIN SHIPYARD

Cmde Mani Krishnamurthy (Retd)

Wandering down memory lane, nostalgic thoughts came thick & fast. One wishes one had documented events as they happened- but, alas- there was neither the time nor the inclination then- so caught up in the maelstrom of shipyard activity in God's Own Country! Kerala is beautiful for a tourist, but, at times, can be challenging for the head of an industrial undertaking. Nine long years of my second innings, after 30 years as a commissioned officer in the Indian Navy, was a period of baptism by fire.

When people mention Viraat, to me the old Vikrant fondly comes to mind. Vikrant used to be the cynosure of the fleet before Viraat arrived on the scene. While in the Navy, I had the good fortune of serving on board Vikrant for over 20 months (April 83 to Jan 85) as Chief Engineer (Commander(E)). During this period the Harriers were inducted & the Alizes bid adieu. This stint gave me the wisdom to appreciate what it takes to keep the flatop floating & moving. Vikrant was big and could be handled by Naval Dockyard, Mumbai. Viraat was bigger and only Cochin Shipyard (CSL) could look after her.

Five decades is a long time for any ship operating in a harsh marine environment initially as Hermes with the

Royal Navy and later as Viraat in the Indian Navy (IN). Over two decades as the lead ship of the IN operating in tropical waters further takes its toll on the material state of the ship. Kudos to the men on board who kept her fighting fit!

Ships operating crews, however tend to forget the unheard & unsung people, not in uniform, who toiled selflessly. They have laboured all these years to bring her to pristine condition. I would be failing in my duty if I did not mention the valuable contributions, from 1991, during various refits. Kudos to the officers, supervisors & workers of Cochin Shipyard, who, ensured that Viraat always got the very best of attention.

During Viraat's sojourns at CSL (the author was there from 1996 to 2005), we had umpteen meetings/ reviews (wherein many pots of tea, samosas & cashew nuts were consumed); a large number of AV presentations were made (Project officers, Viraat, very good at that), and ofcourse there were numerous visits by flag officers.

I vividly & fondly cherish Admiral Madhvendra Singh's visit- like a true blue blooded gunnery officer he went all around the ship, with many of us in tow! He was impressed with the quantum & quality





of work & remarked, “Viraat appears smarter & fitter every time she comes out of CSL”.

As C&MD, I called on the then Chief of the Naval Staff, Admiral Arun Prakash (we were course mates in NDA) - what he said warmed the cockles of one’s heart. He had very fond memories of Viraat’s refit when in command of the carrier and more importantly he remembered (Late) Mr. A J Antony, the then Chief General Manager (Ship Repair). I was very fortunate to have had many discussions with Mr. Antony. It was always refreshing to talk to someone for whom ship repair was second nature. What he did not know about repairs was not worth knowing!

I think the kind of camaraderie that one finds in a composite yard like Cochin Shipyard, especially in relation with naval ships in general & Viraat in particular, is difficult to find elsewhere. There was never any difference of opinion between ship’s staff, Naval Dockyard (Mumbai) workmen & shipyard personnel - it was team work at its best!

I salute every member of the Cochin shipyard family who has contributed to ensure Viraat met all her commitments. We can proudly declare that all dates were met, all jobs (& more) done to the entire satisfaction of the Navy! Jai Hind.



Commodore Mani Krishna Murthy: An alumnus of NDA(1961-64), Naval College of Engineering(1965-68), DSSC,Wellington,(1977) and NDC(1992).. The Institute of Marine Engineers (Hyderabad Division) recognized his contribution in the fields of shipbuilding& ship repair and awarded him with the honorific ‘Eminent Marine Engineer’.His naval career spanning three decades, was filled with many challenges covering Project Management, Logistics, Technical Services & Dockyards. Sea tenures included INS Mysore during 71 operations, INS Brahmaputra & INS Vikrant.

From Feb 1996 to Feb 2005, he was on the Board of Cochin Shipyard Ltd., (CSL), initially as Director (Operations) and subsequently as C&MD. His contribution has been significant in ‘Turning Around’ this loss making PSU to profit-making, liquidating all loans, declaring dividend and most importantly going global, bagging 20 international ship-building orders. After superannuating from CSL, G of I appointed him as External Independent Director on the Boards of two PSUs, viz, MDL and Hindustan Copper.





THE EDGE OF THE STORM

Ann Mary David, D/o Cdr A C David (Retd)

The midday sun struggled against the dark storm clouds that loomed over the cliffside road. Below, the sea crashed angrily against the rocks, sending sprays of white foam into the air. Inside the car, an old, familiar melody played softly, a stark contrast to the tension that gripped Emma's heart.

Jack's knuckles were white as he gripped the steering wheel, his jaw set in a grim line. "Do you think we'll make it before the storm hits?", he asks, his voice tight.

Emma looked out at the clouds swallowing the sky. She glanced back at their daughter, Olivia, who was happily shaking her rattle, completely unaware of the danger outside. "We have to", Emma replied, but even she could hear the doubt in her voice.

The road twisted and turned, the cliff edge seeming to creep closer with every bend. Emma's heart raced with each turn, her mind flashing back to the days when they would drive this road without a care. "Remember when we used to travel here just for fun?" she asked, her voice trembling with the weight of memories.

Jack gave a strained smile. "Back when everything felt easy. When it was just the two of us."

Emma reached over, placing a hand on his arm, feeling the tension in his muscles. "It's different now, but it's better. We have Olivia, she's our everything."

Olivia's laughter filled the car, a sound so pure and bright, it brought tears to Emma's eyes. She wanted to bottle up that sound, to hold onto it forever, but the storm was closing in, and with it, a gnawing sense of dread.

"We're almost there", Jack said, more to convince himself than Emma, as the cliffside cottage finally came into view. Relief washed over them both, just as quickly, it was ripped away by a deep, ominous rumble that shook the ground beneath them.

The car lurched violently as the road began to crumble, chunks of earth sliding away, disappearing into the raging sea below. Jack's hands flew to the wheel, trying to keep them steady, but it was of no use. The landslide hit them with a force that knocked the breath from their lungs, shoving the car sideways, wedging it between the tumbling earth and the unforgiving cliffside.

"Hold on!" Jack yelled, his voice desperate as he reached for Emma. She clutched Olivia to her chest, the baby's cry mingling with the roar of the storm, the sound piercing through her heart.

Finally, the earth settled, leaving them trapped- pinned between the landslide and the edge of the world. The car's engine sputtered and died, plunging them into a silence so profound it felt like the world has stopped turning.





Emma's breath came in ragged gasps as she looked at Jack, her eyes wide with fear. "What do we do? We're stuck. Jack we're stuck!", she choked out, panic rising in her throat.

Jack reached out, his hand trembling as he took her's. "We'll find a way out," he whispered, though his voice was laced with fear. "We have to."

Olivia whimpered in Emma's arms, her tiny fingers clutching desperately at her mother's shirt. Emma stroked her daughter's soft hair, tears streaming down her face. "Shhh baby, it's okay. We're here, Mumma and Dadda are right here", she whispered, though she wasn't sure whom she was trying to comfort more - Olivia or herself.

Minutes felt like hours as they sat trapped in the car, the storm raging outside, battering the cliffs with a fury that seemed intent on breaking them. The car was wedged too tightly to open the doors, and the cliff's edge was too close to risk climbing out. They were stuck, helpless with no way out.

Jack tried the ignition again, but it was hopeless. "Damn it!" he cursed, slamming his hands on the dashboard. The frustration and fear in his voice broke something inside Emma, and she dissolved into tears, clutching their daughter as though she could protect her from the world falling apart around them.

"I'm so scared Jack", Emma sobbed, her voice raw with emotion. "I don't want to lose her. I don't want to lose us."

Jack pulled them close, his own tears finally breaking free. "We're not going to lose anything", he whispered fiercely. "We'll make it through this. We have to."

They huddled together, Olivia nestled between them, their only comfort the warmth of each other's bodies and the strength of their love. As the storm howled outside, shaking the car, they clung to hope that they would be found, that they would be saved.

But in that moment, all they had was each other, and the love that had carried them this far. As long as they held onto that, they could survive anything.

Inspiration



This story was born from the Wayanad landslides of 2024. My husband, daughter, and I had been planning to visit that very place, only for our trip to be unexpectedly cancelled-a twist that felt like a quiet miracle. In reflecting on this, I was drawn to explore how life often places us at the edge of things too vast to comprehend. Yet even in moments of fear or uncertainty, there is a gentle resilience within us, a hope that carries us forward. This story is a small tribute to that strength, and to the unseen forces that sometimes guide us when we least expect it.

Ann Mary David, D/o Cdr A C David (Retd)





മാതൃരാജ്യത്തിനു വേണ്ടിയുള്ള ആദ്യ സമർപ്പണം NCC സർവ്വീസ്

Lt Cdr PK Narayana Pillai (Retd)

ഞാൻ 1951-53 കാലഘട്ടത്തിൽ തിരുവില്ലാ ഹിന്ദു ഹൈസ്കൂളിലെ, ഹൈസ്കൂൾ വിഭാഗം (ആർമി) NCC യിൽ കേന്ദ്രമായി **Captain** ചന്ദ്ര ശേഖരൻ നായർ സാറിന്റെ കർശന ശിക്ഷണത്തിൽ പരിശീലനം നേടിയ ചില പ്രധാന വിഷയങ്ങൾ.

- നല്ല വ്യക്തിത്വ പരിപാലനം
- ഏതു സാഹചര്യത്തെയും നേരിടാൻ ഉള്ള മനഃസ്ഥാനിദ്ധ്യം, കഴിവ്, എല്ലാത്തിനും ഉപരിയെ
- നായകത്വം (Leadership)
- അനുസരണ
- പരസ്പര ബഹുമാനം
- യുദ്ധകാലങ്ങളിലും, സമാധാനകാലത്തും, വെള്ളപ്പൊക്കം, ഭൂകമ്പം, ദാരിദ്ര്യം മുതലായ പ്രകൃതിദുരന്തങ്ങൾ ഉണ്ടാകുമ്പോൾ അനുവർത്തിക്കേണ്ട കാര്യങ്ങൾ/ പ്രവർത്തനങ്ങൾ
- പൊതുജനങ്ങൾക്ക് പൗരധർമ്മത്തെപ്പറ്റിയുള്ള അറിവുകൾ നൽകുക.
- ആപത്ത്ഘട്ടങ്ങളിൽ ചെയ്യേണ്ട പ്രഥമ ചികിത്സാ രീതികൾ (First Aid)
- മിലിട്ടറി ട്രെയിനിംഗിലെ പരിശീലനങ്ങൾ

March Past, Gunmannery Drill, Weapon Training, Physical Exercise, Attending Military Camps at (തിരുവനന്തപുരം പാങ്ങോട് മിലിട്ടറി യൂണിറ്റിലെ ട്രെയിനിംഗ്)

● പലവിധത്തിലുള്ള പൊതുസേവന രീതികൾ

NCCയിലെ നല്ല കേന്ദ്രീകൃതമായ പുരസ്കാരവും, സർട്ടിഫിക്കറ്റുകളും എനിക്ക് ലഭിച്ചിട്ടുണ്ട്.

● സ്വയം പര്യാപ്തത

എല്ലാ വിധത്തിലും ഉള്ള സ്വയംപര്യാപ്തതയുടെ ആവശ്യകതയെപ്പറ്റി ഗാന്ധിജി ഓർമ്മിപ്പിക്കുമാറിരുന്നു.

SSLCക്ക് പഠിക്കുമ്പോൾ എനിക്കാവശ്യമായ സ്കൂൾ ഫീസും മറ്റും ദേശബന്ധം എന്ന ദിനപത്ര വിതരണത്തിലൂടെ ഞാൻ നേടിയിരുന്നു.

കൂടാതെ വീടിനടുത്തുള്ള അരയേക്കർ പുരയിടം പാട്ടത്തിന് എടുത്ത് അവിടെ കപ്പ, ചേമ്പ്, കിഴങ്ങ്, ചീര, വെണ്ട, വഴുതന, പടവലം മുതലായവ കൃഷി ചെയ്തും, വാഴയില, വാഴക്കുല, പാക്ക് (അടയ്ക്ക) എന്നിവ വിറ്റും പാൽക്കച്ചവടം നടത്തിയും വരുമാനം കണ്ടെത്തിയിരുന്നു.

നിയമാനുസൃതമായി നടത്തപ്പെട്ടിരുന്ന എല്ലാ തൊഴിലുകളോടും ഞാൻ സൗഹാർദ്ദപൂർവ്വമായിരുന്നു.

ഉച്ചനീചത്വം ഇല്ലാത്ത ജീവിതം, ജാതിമതഭേദമന്യേ ഏവരോടും ഉള്ള സൗഹാർദ്ദപൂർവ്വത എന്നിവ എപ്പോഴും ആഗ്രഹിച്ചു പെരുമാറുന്ന വ്യക്തിയാണ് ഞാൻ. എന്റെ വ്യക്തിത്വത്തെ, ആത്മാർത്ഥതയെ ചോദ്യം ചെയ്യുവാനുള്ള സാഹചര്യം ഒരിക്കലും ഞാൻ ഉണ്ടാക്കിയിട്ടില്ല. ഏറ്റെടുക്കുന്ന ജോലികൾ, പ്രവൃത്തികൾ തികഞ്ഞ കൃത്യനിഷ്ഠയോടെ ചെയ്തു തീർക്കാൻ ഞാൻ ശ്രമിച്ചു വിജയം നേടിയിട്ടുണ്ട്.





രാഷ്ട്ര ഭാഷ ഹിന്ദി

ഗുജറാത്തിൽ ജനിച്ചവളർന്ന് ഗുജറാത്തി മാതൃഭാഷയായിരുന്ന മഹാത്മാഗാന്ധി ദീർഘവീക്ഷണത്തോടെ ഭാരതീയരോട് ആവശ്യപ്പെട്ടത് രാജ്യപുരോഗതിക്ക് - ഐക്യത്തിന് ഹിന്ദി രാഷ്ട്രഭാഷയായി സ്വീകരിക്കണം എന്നായിരുന്നു.

ഞാൻ 1951, 52,53 കാലഘട്ടങ്ങളിൽ തിരുവല്ല, മതിൽഭാഗം വാര്യം പറമ്പിൽ ഗോപാലപ്പണിക്കർ എന്ന അദ്ധ്യാപകൻ നടത്തിയിരുന്ന ദക്ഷിണ ഭാരത ഹിന്ദിപ്രചാരസഭയുടെ സാധാണ ക്ലാസ്സുകളിൽ പഠിച്ച് പ്രാഥമിക മാധ്യമിക രാഷ്ട്രഭാഷ എന്നീ പരീക്ഷകളിൽ ഉന്നത് വിജയം നേടിയിരുന്നു.

എന്റെ ഭാവി ജീവിതത്തിൽ ഹിന്ദി പഠിച്ചത് പലവിധത്തിലും പ്രയോജനം നൽകിയിട്ടുണ്ട്.

SSLC യ്ക്കു ശേഷം ഞാൻ കോൺപൂരിൽ ഉള്ള J K (ജുഗ്ഗിലാൽ കമലാപത്) Cotton Mill ൽ ലേബറായും സൂപ്പർവൈസറായും ജോലി ചെയ്തിരുന്നു. ഹിന്ദിഭാഷ ഇവിടെ എനിക്ക് വളരെ സഹായകമായിരുന്നു.

ഇൻഡ്യൻ നേവിയിലെ ഓഫീസറന്മാർക്ക് ഹിന്ദിഭാഷാ പരീക്ഷ (Roman Hindi) നിർബന്ധം ആയിരുന്ന കാലത്ത് ഹിന്ദി പരീക്ഷയിൽ നിന്നും എന്തെ ഒഴിവാക്കിയിരുന്നു.



Lt Cdr PK Narayana Pillai was born on 13 June 1937. He has a total naval service of 46 years. Post commission as a logistics officer in 1968, he has served on INS Vikrant, Betwa, Mysore, Rajput. Talwar, Godavari and Cauvery. His shore appointments included logistics functions at the Western Naval Command / INS Angre, Southern Naval Command at INS Venduruthy/Shivaji, and Eastern Naval Command/ INS Circars.

On retirement, he settled down at Irumpanam, Tripunithura, Kochi. He took a very active role in the activities of NFKC as Convener Public Relations for about 8 years. In addition, he has been a practicing homeopath for well over 40 years, which he still does along with being member of a few service minded organisations at Kochi and outside.





Bali Tour : A Travel Diary

Capt Nebu Philip IN (Retd)

What happens when six enthusiastic couples and two spirited single officers embark on an adventure to the “Island of the Gods”? A travel story filled with breathtaking landscapes, cultural wonders, and memories that will last a lifetime! Bali, with its pristine beaches, lush rice terraces, and ancient temples, promised an experience like no other, and it certainly delivered!



Our journey began at Kochi International Airport on the night of 8th February 2025, as excitement buzzed in the air. Under the expert guidance of our Tour Coordinator from Thomas Cook, Mr. Vignesh Pillai, we navigated through check-in and immigration with ease, setting the stage for an unforgettable getaway. A transit flight through Bangkok gave us time to relax and anticipate the adventures ahead!

Day 1: Touchdown in Paradise (9 Feb 2025)

After crossing time zones and adjusting our watches, we arrived at Ngurah Rai International Airport, Bali, at 2:30 PM. The moment we stepped out, we were welcomed with fragrant flower garlands and cooling wet towels-our first taste of Balinese hospitality.



Cheers! A Birthday to Remember

Lunch at Bollywood Masalaz, Kuta, introduced us to the delicious fusion of Indian and Balinese flavours. Energized and eager, we checked into Ubud Wana Resort, nestled amidst lush greenery, offering the perfect sanctuary after our travels. The evening was one to remember, with a delightful dinner at Chowk Ubud, where we celebrated Mrs. Gita Pillai's birthday - a fantastic start to our Bali adventure!





Day 2: Kintamani's Majesty & Ubud's Charm (10 Feb 2025)

Our morning began with a scenic drive to Kintamani, home to stunning views of Mount Batur and Lake Batur. A rejuvenating soak at Toya Devasya Hot Spring washed away any lingering fatigue as we floated in the warm mineral-rich waters, laughing, sipping on refreshing drinks, and even holding impromptu swimming lessons!

On our way back, we made a brief stop at a coffee plantation, where we experienced the traditional coffee-making process firsthand. During a tasting session, we sampled a variety of flavours, including the renowned "Luwak Coffee."

A traditional Indonesian lunch at Batur Sari followed, though a mystical mist decided to keep the volcanic views a secret from us. The adventure continued in Ubud, where we strolled through its bustling market, soaking in the vibrant culture before ending the day with another exquisite dinner at Chowk Ubud.

Day 3: Roaring Encounters at Bali Zoo (11th February 2025)

After breakfast, we bid farewell to Ubud Wana Resort and made our way to Bali Zoo. The experience was nothing short of magical as we locked eyes with lions, tigers, and zebras, fed friendly deer and elephants, and marvelled at



Visit to Bali Zoo...

the intelligence of orangutans swinging through their enclosures.

A delicious Indian lunch at Royal Kitchen Sanur fuelled us for our transfer to Fairfield by Marriott Sunset Road, our next home away from home. A cozy dinner at Spice Kuta wrapped up the day as we settled in for another night in paradise.

Day 4: Gates of Heaven & Royal Tranquillity (12th February 2025)

Today's highlight was the famed Lempuyang Temple, often called the "Gates of Heaven", where Mount Agung provided a breathtaking backdrop for photographs. From there, we indulged in a flavourful Indonesian lunch at Tirta Ayu Restaurant, followed by a serene visit to Tirta Gangga, a royal water palace adorned with ponds, fountains, and intricate Balinese gardens. An evening of reminiscing over dinner at Spice Mantraa rounded out another beautiful day.





Day 5: Island Hopping to Nusa Penida (13th February 2025)

A pre-dawn wake-up call had us heading for our much-anticipated West Nusa Penida Island Tour. A bumpy yet exhilarating one-hour speedboat ride brought us to the mesmerizing island, where we explored Kelingking Beach, Broken Beach, Angel Billabong, and Crystal Bay - each a picture-perfect paradise with turquoise waters and dramatic cliffs. After a well-earned Balinese lunch, we returned to the mainland and capped off the day with dinner at Chaskaa Kuta, before falling into bed, exhausted yet exhilarated.



New Friend...Same Name!

Day 6: Culture, Shopping & A Magical Dinner Cruise (14th February 2025)

The day kicked off with a tour of Denpasar, featuring the Bajra Sandhi Monument, a tribute to Bali's rich history. After lunch at Spice Kuta, we indulged in some retail therapy at Krishna Oleh-Oleh, a popular



Bajra Sandhi Monument...



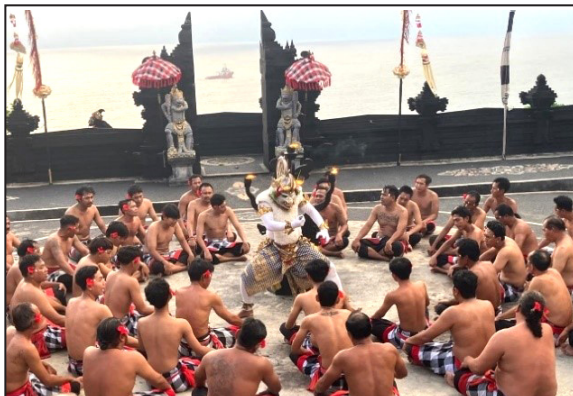
Our Boat for Dinner Cruise...

souvenir haven. The grand finale? A spectacular Phinisi Dinner Cruise at Benoa Harbour, where we dined under the stars while enjoying live performances and fun games. The evening, filled with music, laughter, and breathtaking ocean views, was nothing short of magical.

Day 7: Swings, Temples & Sunset Spectacles (15th February 2025)

The morning's adventure took us to Bali Swing Pioneer, where we soared high above the lush jungles on various swings and sky beds, capturing some Instagram-worthy moments.





An Act on Ramayana . . .

In the afternoon, we visited the stunning Uluwatu Temple, perched on a cliff overlooking the endless Indian Ocean. Just as the sun dipped below the horizon, we were captivated by the Kecak Dance Performance, an entrancing cultural spectacle that left us in awe. Our farewell dinner at Indian Talks Restaurant was the perfect way to wrap up an extraordinary journey.

Day 8: A Bittersweet Goodbye (16 Feb 2025)

The final morning was a leisurely one, filled with reflections and last-minute packing. Before heading to the airport, we gathered for a heartfelt birthday

celebration for Capt. Nebu, bringing our journey full circle from where we began—with another joyous occasion. As our flight took off, each of us carried home a suitcase packed with souvenirs and a heart overflowing with memories.

Final Thoughts

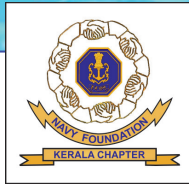
Bali wasn't just a trip; it was an experience that touched our souls. From thrilling adventures to serene landscapes, cultural wonders to moments of pure relaxation, every day unfolded like a beautifully written story. Most importantly, this journey strengthened friendships, deepened bonds, and created a treasure trove of memories that we will cherish forever.

'With deep sorrow, we bid farewell to Mrs. Gita Pillai, who left for her heavenly abode on 20th March 2025. She was truly the heart and soul of our group—a live wire in every activity, radiating warmth, enthusiasm, and joy. Her endearing nature touched each of us in unique and lasting ways. May the Almighty grant her eternal peace and give strength to her loved ones'.



Capt Nebu Philip joined the Indian Navy on 06 Aug 1990 and retired from service on superannuation on 31 May 2024. During his career spanning 34 years he has served at Naval Dockyard Mumbai and Naval Ship Repair Yard, Kochi. He was the SNCO at Warship Overseeing Team, Kaliningrad, Russia. The officer was involved with construction of INS Vikrant in the capacities of Project manager at Warship Design Bureau, Delhi, Senior Trials Officer at Carrier Acceptance & Trials Team, Kochi and as Dy WPS





THE YEAR GONE BY

Cdr A C David (Retd)

AGM 2024

The Annual General Meeting (AGM) of the Chapter was held on 04 August 2024 at the Southern Naval Command Officers' Mess, Kochi. The meeting, chaired by President VAdm M P Muralidharan, AVSM & Bar NM, saw the participation of 152 attendees, including members, spouses, and honorary members. The Honorary Secretary, Cdr AC David (Retd) presented the annual report. The Flag Officer Commanding in Chief, VAdm V Srinivas, AVSM, NM, graced the occasion and presented a cheque to the Chapter.

New Office Bearers (2024-25) The Management Committee elected during the AGM is as follows: -

- a) President: Vice Admiral KN Sushil
PVSM AVSM NM
- b) Vice President : R Adm
S Madhusudanan
- c) Secretary : Cdr AC David
- d) Treasurer : Capt KV
Radhakrishnan
VSM





- e) Chairman, : Cdr PM Unikrishnan Outreach
- f) Chairman, : Cdr VN Sharma Entertainment
- g) Webmaster : Cdr N Jayakrishnan Nair

Refurbished NFKC Website. A new, mobile-friendly NFKC website was developed and inaugurated, thanks to the efforts of Mrs. Sabitha Jayakrishnan, who volunteered her expertise to redesign the site.

Pain and Palliative Care Presentation. Surg Cdr Sudha Devi (Retd) delivered an interesting and informative presentation on pain and palliative care during the Meeting.



Felicitations: Mrs. Sabitha Jayakrishnan, the spouse of Cdr Jayakrishnan Nair, was recognized for her contribution to designing the new NFKC website under a new domain and server “Pro Bono”.



Release of NFKC Magazine: The NFKC magazine “Reef Knot” was released by President V Adm. M P Muralidharan. The Editorial Board consists of RAdm S Madhusudanan, Chief Editor, and Co-Editors Cdr AC David and Mrs Bindu Balakrishnan.



Birthday Greetings

The Chapter used to send postal birthday greeting cards to individual members. This has transitioned to





greeting members through WhatsApp, a change that has been well-received by members.

Independence Day 2024

The 78th Independence Day was celebrated at the NFKC office. The national flag was hoisted by V Adm. MP Muralidharan, AVSM & BAR, NM., with the National Anthem being sung by 60 members including ladies. This was followed by a trek and breakfast at Birdies.

Onam Celebrations 24

The Chapter celebrated Onam on 29 Sep 2024 at NOI with participation of a large gathering of members. The event was honoured by the presence of the Commander-in-Chief, the First Lady, Flag Officers, and other Serving Officers from



SNC. Guests were greeted by Mahabali and welcomed by a beautiful Pookalam displayed at the entrance. The cultural program began with observance of a minute silence in memory of the victims of the Wayanad landslide. This was followed by a felicitation ceremony, where three octogenarians were honoured.





Despite being organized at short notice, the in-house cultural program was expertly choreographed, meticulously planned, and executed with limited resources. The event kicked off with a Thiruvathira dance by the ladies, followed by a group song performed by both ladies and gentlemen. A duet song was also featured, building anticipation for the grand finale-Vallam Kali. Each performance heightened the excitement, leading up to the spectacular conclusion. The audience remained captivated throughout, with rounds of applause following each performance. After the customary photo session with the participants, the Commander-in-Chief, guests and members enjoyed a delicious Onam Sadya.

Honouring Elderly Veterans

The Chapter takes great pride in honouring Octogenarians and Nonagenarians at social gatherings and through homevisits. The Management Committee has visited 27 homes (24 Members and 3 Hon. Members) from Kannur in the North to Thiruvananthapuram in the South. The visits were warmly received, with positive and encouraging feedback from all veterans.





Family Day at Sea 2024.

As part of the Navy Week celebrations an exhilarating Family Day at Sea was organized by the Command on 2nd and 3rd Nov 2024, setting sail on the majestic INS Jamuna and INS Tir. A select group of 20 veterans and their families embarked on this maritime adventure, rekindling memories of their youthful days serving at

sea. The Navy showcased a thrilling array of manoeuvres and exercises, captivating the audience with a running commentary in English, Hindi, and Malayalam. The sea was serenely calm, allowing everyone, especially the ladies, to fully bask in the joy of sailing. It was a day filled with excitement, nostalgia, and a renewed sense of connection with the naval legacy.

Navy Week 2024

NFKC members participated in Navy Week activities, including the Band Concert, Ops Demo, and the 'At Home' function at Navy House on 03-04 December 2024.

Lunch Hosted by CinC.

On 14 Dec 2024, the Commander in Chief hosted 150 members including spouses and Honorary Members for a lunch at the SNCO Mess. The occasion was utilised for felicitation of following Octogenarians Veterans.

- a) R Adm BR Menon, VSM
- b) Cmde AC Avarachan, AVSM
- c) Cdr PJ George
- d) Cdr C Soman
- e) Cdr PG Valsa Kumar

The Commander in Chief, VAdm V Srinivas, AVSM, VSM, interacted with the veterans and expressed gratitude for their dedication and selfless service to the nation. Addressing the gathering he updated the veterans on various operational and training achievements of the Command. He appreciated the tireless





efforts of Kerala Chapter in fostering camaraderie and solidarity in supporting fellow Veterans and addressing critical concerns benefitting the community. V Adm KN Sushil, PVSM, AVSM, NM, the President NF Kerala Chapter, expressed his gratitude for the unstinted support extended by SNC.

9th Armed Forces Veterans Day 2024

The 9th Armed Forces Veterans Day was observed on Tuesday, January 14, 2025, with the traditional wreath-laying ceremony at the War Memorial, Naval Base Kochi. Veterans from the Army, Navy, Air Force and Coast Guard participated in this solemn occasion. Vice Admiral KN Sushil, PVSM, AVSM, NM, represented the Navy Foundation Kerala Chapter and paid floral tribute on behalf of the Chapter



which was represented by 15 senior Veterans at the event.

Interaction with Zilla Sainik Welfare Officer

On 10 Jan 2025, an interaction was held with Lt Col Reethamma, the ZSWO of Ernakulam. During the event, she shared valuable insights into the welfare activities undertaken by her organization to support veterans and their families. The President, NFKC presented a cheque of

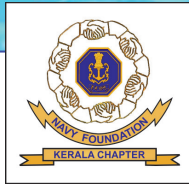


the contributions received from members towards the Armed Forces Flag Day to her.

76th Republic Day Celebration.

On January 26, 2025, the 76th Republic Day was celebrated with great enthusiasm and pride by NFKC. Vice Admiral KN Sushil, PVSM, AVSM, NM, the





President of NFKC, initiated the ceremony with the unfurling of the National Flag at 0800 hours. This solemn act was followed by the singing of the National Anthem, fostering a sense of national honour and unity among the members.

Following the flag- unfurling ceremony, participants embarked on a refreshing walk through the picturesque and serene environment of Katari Bagh a delightful photographic session, allowing members to capture the essence of the day.

The celebrations concluded with a warm gathering over High Tea at the Naval Officers' Institute. Members engaged in conversations and camaraderie, marking the day with joy and togetherness, thus emphasizing the spirit of community and national pride.

Anubhavi Lunch

On 01 Feb 2025, the President of NWWA Southern Region hosted a lunch at SNC Officers Mess for the wives of NFKC members. It was a fun-filled, entertaining afternoon. The Casino theme was so aptly chosen which showcased the creative dressing skills of the ladies. Mrs Letha Sushil was crowned the Anubhavi Queen.



Foreign Trip 2025- Bali Tour

The overseas trip of 2025 was to Bali from 09 to 16 Feb 25. Six couples and two single officers enjoyed a blend of culture, relaxation, and adventure for eight days in Bali . The detailed report on the tour is available elsewhere in this magazine.





Temple at Lempuyang, Bali ...

NFKC Scholarship Award- 2024-25

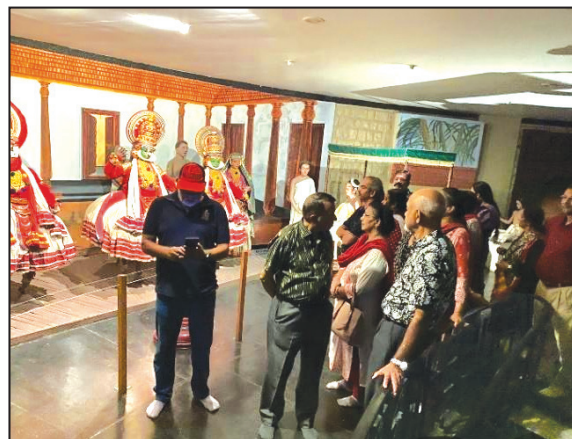
The distribution of scholarships to students of Government Girls High & Secondary School, and SRV School, Ernakulam. A total of five scholarships were awarded on 05 Feb 2025. The students were felicitated in the presence of their proud parents, whose joy and appreciation were evident. The happiness on the faces of both students and parents was truly heartwarming.



In his address, the President extended his best wishes to the students for their upcoming Annual Examinations. He encouraged them to consider a career in the Indian Navy, highlighting the numerous opportunities available for young women in the armed forces.

Museum Visit and Day Picnic

A visit to Kerala Museum and picnic at Norhomes took place on Sunday, 16 Feb 2025. Eighteen participants embarked on an early morning journey, converging at the Kerala Museum for an informative tour.





The group then proceeded to Norhomes, where thirteen NFKC members greeted them with traditional hospitality. In alignment with Valentine's Week, events adopted a Valentine theme, encouraging attendees to don red, black, or white attire. Various themed games were conducted, including Find Your Valentine Partner and a best-dressed Valentine couple competition, both of which garnered full participation and enthusiasm. A birthday celebration ensued with cake cutting and singing.

The post-lunch itinerary included a visit to the Art of Living Ashram, nature walk along the Periyar River, and a game of pickleball. Evening games continued by the swimming pool, incorporating red heart-shaped balloons and engaging competitions such as Run... Valentine...

Run!, and Kiss Me Valentine! A tombola game and a singing session by talented members further enhanced the entertainment.

Donation for Wayanad Rehabilitation.

On 15 Mar 2025, Vice President, RAdm S Madhusudanan, along with the Treasurer, Capt. KV Radhakrishnan, and



the Secretary, Cdr AC David, embarked on a meaningful visit to the Collectorate. The mission was to deliver the contributions from NFKC members towards the Wayanad Rehabilitation Fund. With a sense of pride and solidarity, a cheque for Rs. 1,10,501/- was handed over to Shri NSK Umesh, the Ernakulam Collector. A copy of the "Reef Knot" and an Indian Naval Desk Calendar were presented to the Collector. The Collector was deeply touched by the Veterans' generous gesture and expressed his profound gratitude.

Outreach Activity in 2025

The NFKC team visited two charitable institutions, namely the Cottolengo Brothers Home for the Differently Abled





and the Nanma Palliative Care Centre in Kadungallur, Aluva on 19 Mar 25. A set of medical equipment and consumables



to support these organizations were presented to them.

During their visit to the Cottolengo Brothers Home, the team donated a sewing machine, enhancing vocational training efforts. They also observed the residents' skill development in tailoring and cooking. At Nanma Palliative Care Centre, two recliner beds, three walkers, and various medical supplies, for use of bedridden and elderly patients were donated. Both institutions expressed their heartfelt gratitude for the support. Overall, the visit reaffirmed NFKC's belief in community service and these contributions positively impacted the remarkable efforts of these organizations.

Financial Assistance to the Family of Mr Raman Kutty.

Mr. Raman Kutty, commonly known as Babu, served as Civilian Bearer of NOI for over three decades. He fell seriously ill and required treatment at Amritanandamayi Hospital. The financial burden of the treatment placed the family in a challenging financial situation. This led Mr. Kutty to seek premature retirement to secure his retirement benefits, which were used to cover his medical expenses and partly fund his son's employment. Unfortunately, Babu succumbed to his illness and passed away on May 9, 2025, leaving his family in a difficult financial state.

Members of NFKC came together to provide financial support to Mr. Raman Kutty's family. There was a significant





response, resulting in the collection of Rs. Four Lakhs through member contributions. The Management Committee, presented a cheque of Rs. 4,00,000/- to Mrs. Raman Kutty on 13 May 2025.

CNS Interaction with Naval Veterans

On 25 Mar 25, the Chief of the Naval Staff and President of the Navy Welfare and Wellness Association (NWWA) engaged with Naval Veterans and their spouses during a dinner event at the Naval Officers' Institute (NOI) in Kochi. The gathering saw the participation of around 110 veterans, their spouses, and honorary members along with serving Officers and their spouses from the Command.

Highlights of the evening were:-

- Presentation of the traditional Kerala 'Ponnada' to Mrs. Nalina Menon and Mrs. Sherly Varghese by the President NWWA.
- Maj Gen M Kesavan and Cdr Idicula Jose, were honoured with Octogenarian Crests and 'Ponnada' by the CNS





- Presentation of the Chapters annual publication 'Reef Knot' to the CNS by Vice President RAdm S Madhusudanan.

The CNS in his address underscored the Indian Navy's present stature to the dedication and efforts put in by our Veterans over the years which proved to be the firm foundation on which the Navy now existed.

Sporting Activities by NFKC Members

Members have taken active part in various sporting events organised by the Command and by the Chapter. Highlights are as given in the following paragraphs.

Kochi Navy Marathon 2024. The marathon held on 15 Dec 2024, saw participation from many veterans and their families.



SNC Officer's Friendly Cricket Match.

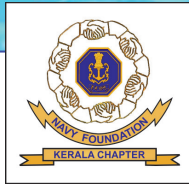
A cricket match between Veterans and Serving Officers was held on 25 Jan 2025. The Veterans put on display impressive performances, including an opening partnership of 69 runs by Capt Sanjay Soni and Capt P. Suresh, and a boundary on the first ball by Cdr Valsa Kumar, the eldest Veteran, (81 years). The event concluded with a cheerful lunch at NEPTA.



International Women's Day Sports Meet.

International Women's Day was celebrated on 08 Mar 2025, by conducting a sports meet. Various sporting activities like Pickleball, Archery, Dart Board, and Basketball were conducted with impressive performance by spouses/





ladies of NFKC. This was followed by presentations by the President to winners and participants.



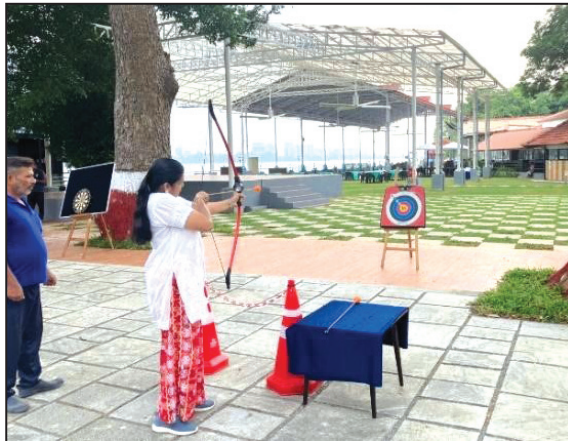
Achievement by Members in Golf Tournaments.

(a) Cdr S Balasai

i. Winner of the prestigious Golden Jubilee Palm Tree Trophy-2024 Annual Tournament on held by KGA at Bangalore on 21 Sep 2024.

ii. Winner of two trophies (Silver category and Max Par) in the Drona Cup conducted by INS Dronacharya at Naval Golf Club on 11 Nov 2024.

iii. Winner of the Southern India Golfing Addicts doubles at Mysore Golf Club on 17 Nov 2024





(b) ASY Cup. The ASY Cup was held over three sessions on 12 -13 Apr 2025, with 87 golfers participating. Six members of NFKC won prizes, showcasing outstanding performances:

i. Capt Sanjay Soni – Winner in Gold Category and Best Gross



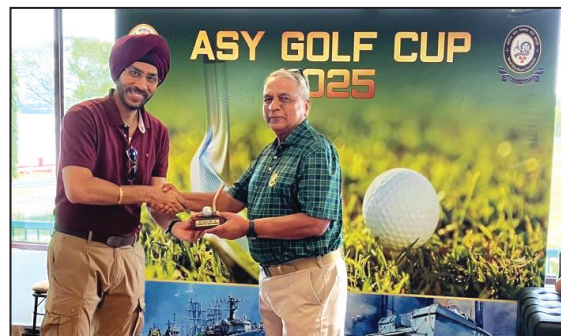
ii. Capt Nebu Philip - Runners-up in Gold Category

iii. Cmde RR Ayyar - Runners-up in Silver Category

iv. Cmde MR Ajay Kumar - Runners-up in Senior Citizen Category

v. Cmde KS Subramanian - Winner in Straightest Drive

vi. Cdr JT Mundakel - Winner in Max Par



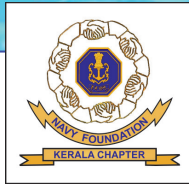
Introduction of New NFKC Name Tallies.

During the last AGM, a proposal was put forward to have all members and spouses wear standardized name tallies during various gatherings. These name tallies, which are elegant and functional, have been introduced contributing to the overall decorum of the Chapter's events.



Cdr AC David joined the Indian Navy on 28 Jun 1976 and earned his commission on 01 April 1992 as a Special Duty (Radio) Officer. In his long illustrious service, he served with distinction as Electrical Officer at RS (Thane), ALO at INS Dronacharya, Electrical Officer Signal School, Electrical Officer COMNETCEN (Mumbai) and finally retired on 16 April 2015 as Oic TS Goa. At present he the Honorary Secretary of NF Kerala Chapter.





Welcome to the Fold

A new beginning is a new hope and we at NFKC heartily welcome our new members, whose particulars will soon find a place in the NFKC Directory.

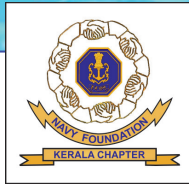
S No	P No	Name	Place & District
1	43532K	Lt Cdr Saneesh Chappady	Mamba, Kannur
2	41488R	Capt Sobers Abraham & Mrs Manju Annee Koruthu	Panampilly Nagar, Kochi
3	05407N	Lt Cdr Aju Das & Mrs Neena P	North Paravur, Ernakulam
4	41236T	RAdm Meparambath Nirmal Menon VSM & Mrs Chitra Menon	Vaduthala, Kochi
5	76538Z	Surg Lt Cdr Jishnu Raj & Dr. Soorya V	Kottarakkara, Kollam
6	51157R	Capt Manoj Anand & Mrs Jaya K Anand	Elamkulam, Kochi
7	00779W	Cmde Kandathil Paul Mathew & Mrs Anita Elizabeth Mathew	Poopara, Idukki
8	85119A	Cdr MK Muraleedharan & Mrs Sunila M Nair	Kadavanthara, Kochi
9	50215Z	Cdr K Shamsuddin & Mrs Resiya Beevi MM	Vennala, Kochi
10	41552K	RAdm Cyril Thomas AVSM VSM & Dr.Gladys Cyril	Desom Bridge, Aluva
11	53102K	Lt Cdr Varun Raj & Mrs Greeshma U	Kannakulamgara Koorkkenchery, Thrisur
12	40985Y	Capt B Ramesh Babu & Mrs Sudha Ramesh	Kunnamthanam, Tiruvalla
13	70187R	Cmde V Ravindra Nathan, VSM & Mrs Valsala Nathan	Kadavanthra, Kochi
14	41192T	R Adm Satyanarayana Alamanda, VSM & Mrs Neeraja Alamanda	Thevara Frerry Road, Kochi
15	41595H	Cmde Ramesh Madhava Santh Menon & Mrs Deepa Menon	Poonkunnam, Trissur
16	83186H	Cdr Thazhath Veetil Krishnan TV & Mrs Komalavally Krishna	Tharekkad, Palakkad
17	04961Z	Cdr George Abraham Athrasseril	Alangod, Aluva





S No	P No	Name	Place & District
18	41414Y	Capt Madhu Thayil Pannian & Mrs Simi Madhu	Kadavanthra, Ernakulan
19	52228Z	Lt Vijay Kumar Nair	Muppathadam, Ernakulam
20	41204W	R Adm George & Mrs Neena George	Panangad, Kochi
21	76483Z	Surg Lt Cdr S Shiyas Mohamed & Mrs Neha Aslam	Chinnakada, Kollam
22	03638T	Capt T Ranjith Sundaran & Mrs Kumkum Shastry Menon	Marine Drive, Ernakulam
23	03967R	Capt A Anandakrishnan & Mrs Latha Anand	Kadavanthara, Kochi
24	51219F	Cmde Jestine Xavier Mathew & Mrs Divya Jestine	Ravipuram, Ernakulam
25	53103N	Lt Cdr Nimesh C & Mrs Nithul Krishna V B	Kanattukara, Trissur
26	51285F	Capt Mukundan Nalini Rajiv & Jayasree Rajiv	Thykoodam, Kochi
27	05579B	Capt Omanakuttan S & Mrs Krishna S Laxmi	Thevara, Kochi
28	84642T	Cdr Pradeep Vijayan & Mrs Suma Pradeep	Thevara, Kochi
29	04383K	Capt Sunil Kumar & Mrs Geethu P Madhavan	Kazhakootam, TVM
30	84640N	Cdr S Anil Kumar & Mrs Vineetha Vijayanadh Kurup	Manampoor, TVM
31	02470N	V Adm G Ashok Kumar PVSM AVSM VSM & Geetha Ashok	Manakkunnam, Kochi
32	07034K	Cdr At Arms Jiju Joy Mathew & Nisha George	Vadavaathoor, Kottayam
33	43671-A	Lt Cdr Darsitha Babu & AR Vishnu NP	Ulikkal, Kannur
34	03065R	Cdr Krishnan Padmadas & Mrs Vijaya Padmadas	Kadavanthra, Kochi
35	41523W	R Adm Bimal Kumar Madhavan Nair & Mrs Preethi Paliath Thampi	Thirumala, Thiruvananthapuram





In Remembrance...

As we celebrate another year, we honour our retired naval officers and their devoted wives for their service and support. These veterans demonstrated courage, leadership, and dedication throughout their careers, leaving a lasting legacy. Their ladies faced the challenges of military life with strength and resilience, providing vital support at home.

Today, we pay tribute to those we lost in the past year, offering our respect and gratitude. Their contributions will remain forever remembered. Rest in peace...





Dr Grace Verghese
W/o (Late) Cdr PM Verghese
(11 Jul 1934
to 25 Oct 2025)

Dr Grace Verghese, born in Chengannur, Kerala, studied at Holy Cross in Trichy, Tamil Nadu. She married Lt PM Verghese in 1950 and dedicated her life to homemaking. Always positive and meticulous, she managed her home with care. After spending several years in the US with her children she returned to Kayamkulam, where she enjoyed rural life. Mrs. Verghese passed away peacefully at the age of 90 years.



Mrs Rachel Ammini John
W/o (Late) Lt Cdr WC John
(27 Apr 1931
to 03 Dec 2024)

Mrs Rachel John (Ammini) was born in Ayroor, Kerala, on 27 April 1931. Although she completed teacher's training, she did not pursue the profession. She married Lt Cdr WC John in 1952 and spent 30 years as a Naval Officer's wife in various parts of India. After retirement, they settled in Mallapally, where she cared for her in-laws. Widowed in 2009, she moved to Bangalore to live with her daughter. She is survived by her son, Mr John Chacko (Roy) and her daughter, Ms Sarah Abraham.



Mrs Mayma Robin
W/o Cmde APA Robin
(31 May 1949
to 30 Sep 2024)

Mrs Mayma Robin, beloved wife of Cmde. APA Robin, a devoted mother, wife, and friend, born in Kochi on 31 May 1949, she lived a rich and fulfilling life marked by love, and unwavering dedication to her family and the Naval Community. Mrs. Mayma Robin completed her education in Kochi and Trivandrum, graduating from University College, Trivandrum. She married Cmde. APA Robin on 27th December 1978 and initially pursued a career in teaching. Later, she became actively involved in the Naval Wives Welfare Association (NWWA), coordinating various activities. She was the proud mother of two daughters, Anjana and Anupama.



Mrs Gita Pillai
W/o Capt AS Pillai
(09 Feb 1956
to 20 Mar 25)

Born on 09 Feb 1956, Ms Gita Pillai was a dedicated and cherished teacher, serving in various schools during Capt A S Pillai's postings. Her longest tenure was at The Choice School, Kochi (2001-2016). Before that, she taught at Naval Public School, Mumbai. Mrs. Gita Pillai, who left for her heavenly abode on 20th March 2025 was truly the heart and soul of the NFKC. She was a live





wire in every activity, radiating warmth, enthusiasm, and joy. Her endearing nature touched each of us in unique and lasting ways. She is survived by her husband, Capt. A. S. Pillai (Retd), son Mr. Vineeth Pillai, and daughter Ms Srividya Pillai.



Dr Geeta Shyam Prakash
W/o Cdr Shyam Prakash
(13 Oct 1956
to 25 Jun 2025)

Dr Geeta Shyam Prakash, a post graduate in Sociology and an experienced homeopathic doctor, practised for 35 years while balancing family life. A joyful person who loved to mix with people and travel a lot. An enthusiastic traveller, she visited 22 countries. She is survived by her husband, Cdr NSS Prakash (Retd), and two children, Deepu S Prakash and Deepti S Prakash.



LT KP Job
(28 Dec 1926
to 30 Aug 2024)

Lt KP Job, Kerala's oldest war veteran and communicator, served in both the Royal Indian Navy and Indian Navy. He served on board INS Konkan, Rajputana, Rana, Vikrant, Mysore Brahmaputra and Trisul. Participated in Indo - China War 1961-62, Goa operations 1964, Indo-Pak War 1965 and 1971. A chronic bachelor, he lived alone in Kumbalangi, Kochi, maintaining his farmland and fishponds;

spending his time looking after local charitable society engaged in social service activities and periodically conducting quiz programme for schools and institutions in his village Kumbalangi.



Cdr Prem Kumar Krishnan
(24 Aug 1959
to 02 Sep 2024)

Cdr Premkumar served for nearly three decades and was commissioned on 01 Jan 1983, making notable contributions, especially in Works and Projects. As Works Officer at the Naval VLF Base, Kattabomman, he was recognized for his courage and unique ability to climb the facility's tall masts. He was also a talented painter, with several of his works displayed in Navy Wardrooms and the US Club in Mumbai. At Venduruthy, he led key projects, including designing the LMG post at Naval Base Kochi from his own sketch. Cdr Prem Kumar is survived by his wife, Mrs. Sreelatha Prem Kumar, and two daughters, Mrs. Indu and Major Parvathi, both married to Indian Army officers.



Lt Cdr K Gopalakrishnan
(02 Feb 1951
to 07 Sep 2024)

Lt Cdr K Gopalakrishnan was commissioned into the Indian Navy on 01 October 1986 and served with distinction until his retirement on 28 Feb 2007. Throughout his





career, he held the position of Regulating Officer at INSS Vikrant, Hamla, ND(V), Garuda, Satavahana, Kattabomman, and Dronacharya. While at INS Hamla, he also served as an instructor, where he trained numerous young Officers undergoing Post Promotion Courses.

Lt Cdr K Gopalakrishnan is survived by his wife, Mrs Rajamma and daughter, Lt Col Renjini.



Cdr MKA Fazal
(20 Nov 1954
to 30 Sep 2024)

Cdr MKA Fazal, from the 46th NDA batch, was commissioned on 01 Jul 1976 and retired on 31 Jan 2000 after serving and commanding several submarines, notably INS Chakra, Sindhuraj, Sindhughosh, and Sindudhvaj. Cdr Fazal battled cancer for 18 months, receiving treatment at CMC Vellore and various hospitals in Kerala. He is survived by his wife, Mrs. Zafia, and son, Samir, who were with him during his final hour.



Cdr K Vasudeva Panicker
(18 May
to 24 Nov 24)

Cdr K Vasudeva Panicker retired after about 36+ years of distinguished service. During his commissioned service he served

in various establishments of the Indian Navy. A few of the units he served in are INS Valsura, DINT, NSRY(K), INS Rajali, and finally retired from NCC Trivandrum. He is survived by his wife, Mrs. Vanajam Panicker and two daughters, Ms Sangeeta Nirmal and Ms Soumya Mukesh.



Cdr BS Pillai VSM
(06 Oct 1949
to 04 Jul 2025)

Cdr BS Pillai VSM had a glorious career in the Air Engineering branch and served for almost 38 years. Cdr Pillai, joined the Indian Navy in 1969, beginning his career in Naval Aviation (Air Technical Branch). He served with INAS 310 and INAS 300, looking after Alize and Seahawk aircraft, and was later sent to Russia for the induction of IL 38 and subsequently, TU 142 aircraft.

Commissioned as an Air Engineer Officer in 1979, he contributed significantly at BMF Goa, instructed at NIAT, and played a crucial role in setting up maintenance for new aircraft at Goa and INS Rajali. Recognised for his service, he received the VSM. After retiring in 2004, he joined HAL Helicopter Division, providing ALH operational support at INS Garuda until 2008. He is survived by his wife, Mrs. P Shobana and son Prof. Dipin S Pillai and two daughters, Ms Dhanya and Ms Divya.





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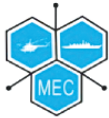


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