

NCA-F HOUSE JOURNAL SOCIETY PRESENTS



'FROM WITHIN'

Newsletter



“From Within”

‘The story of 176 hearts that endures, evolves and unites everyday’

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From the

Director General's desk



The beautiful thing about learning is that nobody can take it away from you.

-B. B. King

“

Dear OTs,

As you embark on your journey of serving the nation, this Special Foundation Course seeks to give you a glimpse of the road ahead. You have had the occasion to hear from many great minds – senior officers, domain experts, academia, civil society, Padma awardees and inspiring achievers. It is now your time to carry forward their legacy of hard work and integrity, to justify the trust placed in you.

I am extremely happy that you are



MS. MADHAVI DAS
Director General

documenting your experiences through this newsletter, and congratulate you on this wonderful effort. It is up to you to make a conscious choice to learn and grow every single day, so let this newsletter be a reminder of not just your memories, but also of your learning and growth.

From the

Deputy Director General's desk

***Let Noble Thoughts Come To Us From
All Directions***

~Rigveda

“

'Let Noble Thoughts Come To Us From All Directions' - the motto of Special Foundation Course 2025 at National Communications Academy - Finance inspires Officer Trainees to be always receptive of fresh perspectives and new ideas. In this context, I am delighted to learn that the SFC 2025 House Journal Committee is launching their Newsletter "From Within"



Dr. Kamal Kapoor
Deputy Director General

This publication will serve as a beacon for creativity, knowledge, and inspiration, providing a platform for Officer Trainees to exchange ideas, share experiences, and showcase their talents. I extend my best wishes to the team and am confident that this journal will foster a culture of innovation and collaboration among the Officer Trainees.

From the

Course Coordinator's desk

Whatever comes ... it comes from within

Shailesh Bansal

“



Course Coordinator: Shailesh Bansal

I am excited to learn that House Journal Committee is coming up with the September-October issue of "From Within" Newsletter .

I am sure that this newsletter will be far more than just a collection of articles; it will be a vibrant space for SFC 2025 batch to unleash creativity, exchange ideas, and build memories that may one day turn into cherished trivia. I extend my heartfelt congratulations to the House Journal Team for their hard work and vision in creating this platform.

I am confident that "*From Within*" will ignite innovation, reveal hidden talents, and offer all of you thought-provoking and enjoyable reading. May this launch mark the beginning of many inspiring editions to come, filled with fresh perspectives and engaging stories that captivate every reader.



Eternal Karmayogi

Session By Radha Chauhan Ma'am (IAS Retd.)

At the start of the second week, Officer Trainees had the privilege of interacting with **Ms. Radha Chauhan, IAS (Retd.)**, who shared her rich tapestry of experiences gathered over a distinguished career — from serving as SDM in Uttar Pradesh, to steering the Digital India initiative in its formative years, and leading the digitisation of the Government e-Marketplace (GeM) portal.

True to her dynamic style, Ma'am began the session with demand-side prioritisation — inviting questions from the audience and weaving her insights around their curiosity. What followed was an inspiring, interactive journey through themes that resonate deeply with every aspiring civil servant — overcoming self-doubt, maintaining long-term motivation, tackling gender bias, and choosing between the “right” and the “more right.”

Her anecdotes brought the lessons alive — like how GeM became a tool of women's empowerment by enabling rural women in Jharkhand to access self-employment opportunities through digital platforms.

Her words lingered long after the session ended:

“Gender bias has declined in civil services, but cultural bias continues to persist; civil servants can counter it through community engagement.”

— Radha Ma'am IAS (Retd.)



When the Sky Was Never the Limit

On the 4th of October, the Tarang Hall at the National Communication Academy, Finance (NCAF) was lit not just by lights — but by inspiration itself. **Group Captain Shubhanshu Shukla**, one of the astronauts aboard Axiom Space Mission, graced the academy and left behind not just his words, but a trail of wonder.

As he spoke, time seemed to pause. He shared tales of zero gravity and infinite dreams, of gazing at Earth from afar — fragile, blue, and breathtaking — and of carrying the tricolour to the stars. But beyond the science and the spacecraft, it was his humility that truly soared. Between stories of the Axiom mission and reflections on discipline, courage, and teamwork, he reminded everyone that the real journey begins within.

The officer trainees listened — awestruck, wide-eyed, and inspired — as he said with a quiet smile, *“The sky was never the limit.”* It wasn’t just a line; it was a revelation.

When the talk ended, he didn’t walk away like a celebrity — he stayed back like a mentor. From selfies to group photos with all four houses, Group Captain Shukla turned Tarang Hall into a constellation of shared joy and aspiration.

For the OTs, it was a once-in-a-lifetime moment — to meet someone who had literally been beyond the sky yet remained so grounded. As he left, one couldn’t help but feel that the universe had just whispered a gentle reminder:

Dream higher, stay humble, and remember — even the stars look up to those who dare.



Whispers of the Aravalis

A Trek
Beyond Trails



On the 27th and 28th of September, the **NCAF Officer Trainees' carnival found its way to the foothills of the timeless Aravalis** — embarking on the first trekking adventure of the Foundation Course. Serving as a precursor to the upcoming Himalayan study tour, the experience was as thrilling as it was testing.

Like the mighty boulders of the Aravalis themselves, our OTs encountered a spectrum of emotions — from exhilaration to exhaustion — yet never lost their footing in spirit. Through every steep climb and tricky descent, one thing remained constant: the unshakable spirit of cooperation, camaraderie, and trust. Whenever one faltered, others paused, encouraged, and lent a helping hand. Together, we kept moving — one step, one laugh, one memory at a time.

The trek didn't just test our endurance; it strengthened our bonds and deepened our compassion for each other's vulnerabilities. Amidst the ancient hills, we were reminded of the fleeting yet beautiful nature of human life — urging us to live fully, responsibly, and in harmony with the planet we serve.

We would also like to extend our heartfelt note of gratitude to the Youth Hostel Association of India, whose guidance made every trail safer, every view brighter, and every moment unforgettable.

Swachhta Hi Seva

The Spirit of
Shramdaan



On 2nd October, the campus of the National Communication Academy, Finance (NCAF) came alive with the spirit of Swachhta Hi Seva. What began as a simple cleanliness drive soon turned into a heart-warming celebration of Shramdaan — the joy of giving our time and effort for the common good.

Armed with brooms, gloves, and a shared sense of purpose, the Officer Trainees set out to clean and beautify every corner of the campus. The four houses, led by their spirited leaders and faculty mentors, turned the task into teamwork at its best. There was laughter, friendly competition, and above all, a shared pride in doing something that truly mattered.

As the morning sun reflected off the freshly cleaned pathways, we were reminded of Gandhiji's timeless words — “**Cleanliness is next to Godliness.**” The moment became even more special when our Director General Ma'am appreciated the *Swachhta Karmis*, whose quiet dedication keeps NCAF shining every day. That day, as we pledged to make India a Swachhta Champion, we didn't just clean the campus — we cleansed a part of ourselves too. Here's to a cleaner, healthier, and ever-evolving Viksit Bharat!

Fête and Garba Night

A Celebration of Colours, Culture, and Camaraderie

As the golden hues of October settled over the National Communication Academy, Finance (NCAF), the campus came alive with rhythm, laughter, and sparkle for its much-awaited Fête and Garba Night on the 2nd of October. What began as an evening of celebration soon bloomed into a carnival of creativity, culture, and camaraderie — a night where tradition met togetherness.

The Fête unfolded like a burst of joy — each house bringing its imagination to life through themed stalls and quirky games. Inspired by the Ramayana, House Karuna crafted an impressive ten-headed Ravana from recycled materials, while House Dhairya spun Gandhiji's ideals around a handmade charkha.



Adding to the fun were crowd favourites like “**Rose and Tell**” and “**Confession Corner**,” where OTs shared anonymous confessions and secret admirations — capturing the playful spirit of friendship and love that ran through the evening.

Laughter echoed across the campus as Officer Trainees and faculty members joined in the merriment. A heartwarming highlight was watching our Director General Ma'am enthusiastically participate in the games, revealing a competitive streak that lit up every face around her.





The night closed with tired feet but soaring spirits. House Dhairya emerged victorious, earning ₹12,000 in the Fête competition, followed by House Ahimsa as runner-up. But beyond the scoreboard, everyone walked away with a shared glow — of laughter, love, and light.

Indeed, it was a night not just of festivity, but of connection — a radiant reminder that joy multiplies when celebrated together



OT's corner

Soulful scribbles



Poetic reflection of lesson learnt in NCAF

In the pursuit of our identity
We realized the life's sanctity
It's our existence with dignity
So never give into your anxiety
And cling onto your creativity
Start seeking the truths of eternity
By adorning the wisdom of antiquity
Instilling hopes for vibrant posterity
Flexing our muscles for modernity
Let's welcome life of social parity
Filled with the spirit of humanity
Through constitutional clarity.

Karan Ayappa C R

रंगों सा जीवन

हरे रंग सा जीवन, बीजों से प्रस्फुटित होता यौवन - जीवन सुंदर
होगा हरे रंग सा।
नीले रंग सा जीवन, अपार संभावनाओं का अम्बर - जीवन सुंदर
होगा नीले रंग सा।
पीले रंग सा जीवन, अंधेरो से निकल होता रोशन - जीवन सुंदर
होगा पीले रंग सा।
लाल रंग सा जीवन, ज्वाला सा तेज़ दौड़ने वाला - जीवन सुंदर
होगा लाल रंग सा।
सफेद रंग सा जीवन, रंगों की अभिलाषा में होता आतुर - जीवन
सुंदर होगा सफेद रंग सा।
काले रंग सा जीवन, शांति की डगर से होता गुज़र - जीवन सुंदर
होगा काले रंग सा।
रंगों को पाता जीवन, रंगों को देता जीवन - जीवन सुंदर होगा कई
रंगों सा।

-वैभव सिंह

Middle Class

If lucky— a sleeperseat,
If not— an unreserved one.
Squeezing out the last bit of toothpaste,
Using soap as shampoo when it runs out.
Alife that runs on budget,
Dreams that sing songs of scarcity.
Rent as a routine,
Owning a house— the ultimate delight.
Endless are their longings,
Dreams, the only thing in abundance.
Even tears run dry
When counting their worries.
And in the end, one truth remains—
Their only inherited home is called
“Middle Class.

SURESH KUMAR

कर्मयोगी

हम कहते हैं — हम सरकारी कर्मचारी हैं।
वो कहते हैं — काम कम, ज़्यादा चोरी चकारी हैं।
कुछ ने कहा — इन्हीं ने ही देश की दुर्दशा सँवारी है,
पर इनके कंधों पर आशाओं का बोझ भारी है।

किसी ने कहा — संतरा नहीं, सेब हो तुम।
तो कोई बोला — अरे भई “सेफ” हो तुम।

तरंग हॉल में बैठ कर भाषण सम्मिलित करते हो तुम,
सब जानते हैं, दिमाग में क्या-क्या खेल रचरे हो तुम।

वो कहते हैं — हम NCA-F का शिष्टाचार संभाले हैं।
वो क्या जाने, कितने 'मेमो' हमारे हवाले हैं?

पर फिर भी करुणा और धैर्य के मिश्रित मसाले हैं।
सत्य और अहिंसा की जलती सुडौल मशाले हैं।

पढ़ाई कर-कर कमर झुक आयी हूँ,
लगता है बहुत समय के बाद, हमारी बारी आई हूँ।
इस लौह के ढाँचे में कभी न आई काई हैं
क्योंकि सबके ऊपर हमारी भारत माई है।

सबके मन में है कुछ कर दिखाने का सुरूर,
शंका हो तो किसी से भी पूछो — करेंगे जी हुजूर।

इसके लिए जन्म उपरांत स्थिति नहीं किसी का कुसूर,
आपकी हर समस्या का हल निकालने की कोशिश करेंगे जरूर।

अरे देखो इन्हें, यही हैं पर्दे के पीछे के जोगी,
अपने परिवार, सुख, चैन की त्यागी, आपके सहयोगी।
हाँ वही, जिन्होंने सेवा भाव की डोर संभाली होगी।
अब की बार इन्हें सिर्फ “कर्मचारी” न कहना — कहना कर्मयोगी।

आयुषी ठाकुर

एक नया अध्याय

जो तुम्हारे मन का ना हो,
वो ईश्वर का सन्देश है...

हर एक लम्बी गाथा का,
प्रथम अध्याय विशेष है।

एन.सी.ए.एफ. का प्रांगण है, प्रशिक्षकों का समर्पण है,
कर्मयोगी की तपस्या में,
यहाँ पहला पदार्पण है।

परिवार से दूर, एक नया परिवार बसाने को,
देश की सेवा में अपना कर्तव्य निभाने को!

प्रशिक्षण की पूरी करने प्यास, सोचा गया इक नया उपाय,
कुछ इस तरह लिखा गया एस.एफ.सी. का प्रथम
अध्याय।

लम्बा अभी ये मार्ग है, पर अटल यह संकल्प है,
प्रशिक्षण की नई परिभाषा का, एस.एफ.सी. नया विकल्प
है।

जय जय जय — विजय हो हर प्रशिक्षु यहाँ,
सफलता से पूर्ण हो यह सुनहरा कारवाँ,
हो सभी उत्तीर्ण और श्रेष्ठतम हर क्षेत्र में,
तो नई ऊँचाइयाँ पाएगा ये हिन्दुस्तान...

जय हिन्द! जय भारत! 

अमित नेगी

Story Section

1. A pleasant aberration

Author: **Rakshit Paurwal**

Short fiction

After spending what seems like an eternity, I finally decide to go for the evening run. I tie my shoelaces in a jiffy and hurry down the stairs, trying to make up for lost time. Leaping across the concrete carpet of my apartment complex,.....

To read further : [Click](#)

2. The dream that I borrowed

Author: **Muhammed Swalah**

I chose teaching after my graduation, motivated by the idea of being a change maker by working as a teacher in an underprivileged community school. Within the four walls of NIT Calicut, the world looked simpler and easier to change. After my training, I was assigned as a class teacher in a 4th Standard class at a government school in Chennai.

To read further : [Click](#)

Art Section



Mandala Art

Created by : Anuj Pant

Movie recommendation

Meiyazhagan

(Recommended by ANANDKUMAR)

The movie is an absolute magic and an amazing experience. It portrays themes of love, emotions and family values. It is directed by '96' filmmaker C. Prem Kumar . The natural acting by Karthi and Aravind swamy is heartwarming. This film is a beautiful, poignant, and joyous celebration of life, love, and relationships I suggest this movie for those seeking to explore their good old nostalgia and the lost connections.

Recommendation : Director Edgar Wright

By Soumya Sharma

The best thing about his movies are its comedy timing, the jumpcuts/edits which itself has comedic timing. These movies are a must watch for british comedy and his unique directorial style

Movie Recommendation: ***Shaun of the Dead, Hot Fuzz, Scott Pilgrim vs the World***

PT – surely not 'From Within'

Puffy eyes, tight muscles, endless yawning and an urge to dose off on that comfortable yoga mat - PT at 6.15 am felt like a crime against humanity.

After years of preparing for the UPSC CSE, where long sedentary hours of study had become a routine, the mental gymnastics triggered by Laxmikant and Spectrum were the closest we were to any physical activity. At SFC, waking up at dawn to run, stretch, and drill under the watchful eyes of SSB *Ustaad* felt harsh. Our body protested and our mind resisted. 'Bend Position' felt like a death sentence and no wonder as soon as SSB *Ustaad* turned around and we were out of his sight, we gave up on the drill. We realised why writing GS 4 answers on 'Integrity' was much easier than practicing it!

But as the days passed, the nerdy students of UPSC gradually transitioned to Officer Trainees. Something began to change. The stiffness gave way to flexibility, the breathlessness turned into stamina, and the initial dislike slowly transformed into a sense of accomplishment.

After all, when was the last time we experienced the sounds of birds, the blissful sight of bright orange Sun and the morning breeze and not to mention the flying airplanes over our heads.

In mentor sessions, a lot of OTs expressed that this SFC has ushered in a 'balanced life'. Undoubtedly, PT sessions have not only improved our physical strength but also instilled discipline, resilience, and balance.

It is worth absorbing what **Sukhbir ustaad** from SSB says in Hindi, "**Ground ka Dard Ground me hi jayega**", which means that the muscle pain developed during PT will only be relieved by consistent PT Only.



INTRODUCING THE PILLARS OF OUR COMMUNITY: THE FOUR HOUSES

‘ Their vision and aspirations through the lens of the leaders’

HOUSE SATYA



House Satya embodies the unshakable strength of truth that anchors the universe. Its flag — a radiant tree whose roots spell “सत्य” — symbolizes how unseen truth nourishes life, fostering trust, justice, and harmony.



**Captain
CHAKKA SNEHITH**

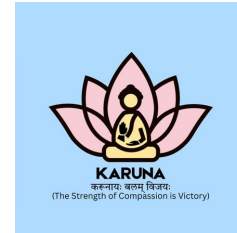


**VC
SAURAV DHAKANE**

Inspired by the Indian ethos of Ritam, the cosmic order, our colors reflect the awakening of mind, heart, and spirit through integrity.

Guided by our motto, we believe truth is not merely spoken but lived — in transparency, courage, and purpose. Like the Banyan’s roots, we stand grounded in ethics and resilience, nurturing lifelong camaraderie and building the foundation of a just and enlightened nation.

HOUSE KARUNA



House Karuna is a haven of compassionate courage, where kindness becomes strength and empathy fuels action. For every member, Karuna means standing firm through support, sincerity, and selflessness.



**Captain
ANKITA PATIL**



**VC
SANJAY RAJ MEENA**

Rooted in the spirit of *Nishkam Karmayog*, we give our best without desire for reward. We thrive on teamwork, togetherness, and tireless effort, embodying unity of purpose and purity of intent.

With a shared conscience and collaborative spirit, House Karuna celebrates the quiet power of empathy in leadership. Together, we stand hand in hand — proving that true strength lies not in dominance, but in compassion that uplifts all.

INTRODUCING THE PILLARS OF OUR COMMUNITY: THE FOUR HOUSES

‘ their vision and aspirations through the lens of the leaders’

HOUSE DHAIRYA



House Dhairya embodies quiet strength, patience, and perseverance — the grace to rebuild when things go wrong and the calm focus to work steadily when they don't.



**Captain
KARTIK KANSAL**



**VC
SKOKA PRIYATHAM MANOHAR**

During the Fête, this spirit came alive when our decoration was twice lost — first mistaken for waste and later ruined by rain. Yet, undeterred, members rebuilt everything with composure and teamwork, blowing balloons and crafting décor minutes before the event began.

While others played their games, Dhairya rebuilt with purpose. In those moments, we proved that Dhairya is more than a name — it is our way of meeting every challenge with calm resilience.

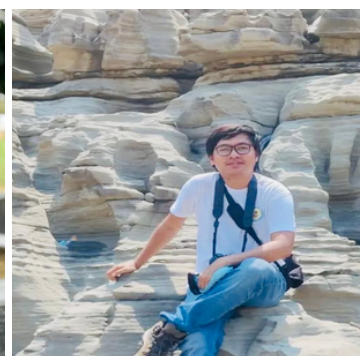
HOUSE AHIMSA



House Ahimsa represents India's unity in diversity — from the hills of Arunachal to the plains of the Ganga and the Western Ghats of Tamil Nadu.



**Captain
SHIVANI TIWARI**



**VC
KENNETH CHAKMA**

Rooted in non-violence and harmony, its flag draws inspiration from Eri silk, the “Ahimsa silk,” symbolizing coexistence with nature and sustainable living — echoing One Earth, One Family, One Future. Guided by the motto “Ahimsa Sarvabhootani Anukampa” — compassion for all beings — House Ahimsa stands for strategic peace, inclusivity, and resilience.

We aim to nurture civil servants who blend competitiveness with cooperation, upholding gender parity, collaboration, and compassion as pillars of national progress

Club Activities



Taruvan

Grow, Gather, Bloom.



The 'fruits of our labour' would not be 'alienated, comrade. We are Taruvan - the Gardening Club'.

Gardening was touted as the most laid-back club of all. However, on the contrary 'Taruvan' - the gardening club turned out to be wonderfully intricate, nuanced and laborious. Visit their nursery behind Academic block and appreciate the green shoots of Rabi waving you *hello!*

Pratibimba

Treasuring Moments For Life



Pratibimba : Perfect Snapshots for our wall frames , giving much needed impetus to the budding and aspiring 'Farhans' in every OT who may have had to give up on their passion while pursuing their Civil Services dreams. Talk of privileges then Pratibimba members have an exclusive privilege to flout the "No Gadget Zone Policy"!

Raganjali

Echoes of Elegance



With a mission of making 100% singers, the Music Club has set its actions in motion. Each session begins with an exploration of the singing sensations of the Music Club. On the way, some lost their taal and raag and have become part of a "special care" group, while others, who successfully navigated the musical challenges, are putting in their best to maintain consistency with early morning riyaz.

Mudra

Express, Energize, Evolve.



‘Mudra’ sessions are a blend of fun and discipline—stretching, syncing, slipping, and sometimes forgetting steps—but always with unstoppable enthusiasm. One dancer moves too fast, another forgets the beat, someone adds their own ‘creative’ step, and yet everyone ends up smiling, moving, and belonging.

At Mudra, we don’t just dance—we live the rhythm, feel the joy, and create waves of happiness together.

Rangrekha

Imparting Colours to Creativity



Through Rangrekha - the Painting Club aims to create, not just the change makers and leaders but also the story tellers. Coming days will unleash the *Picassos, Leonardos* and *Amrita Sher-Gils*, eagerly waiting to come out on drawing sheets.

आओ सखी, चुगली करे : Sips, Slips and Stories



From the unheard and unseen corridors of whispers,
we bring you the juiciest of stories...

“The PT Wake-up Chronicles”

Word in the corridor is that an OT’s cozy morning dream came to an abrupt end when the faculty decided to play alarm clock. A gentle knock turned into a stern reminder that PT doesn’t stand for *Personal Time*. Pajamas were swapped for parade shoes in record speed, and witnesses say the sprint from bed to ground could easily qualify for the next athletics meet. Moral of the story — in SFC, even dreams have reporting time!

“Extra Reading: Extra Trouble!”

Turns out, flaunting an ‘*extra reading habit*’ isn’t as scholarly as it sounds — especially when a few OTs had to justify their “literary pursuits” before DDG sir himself. The novels were gripping, no doubt — just not part of the syllabus! Let’s just say, the plot twist came a little too soon... and right in the middle of the lecture!

“Mess Mayhem: Stirred, Not Served!”

In a plot twist worthy of a reality show, the mess committee—already grilled over food quality—found itself in the direct line of fire again. Whispers ranged from calling a third-party audit to staging a full-blown coup. And leading the rebellion? An OT who’s still waiting for travel allowance reimbursement from the previous job — clearly, patience isn’t on the menu anymore!

“Operation: Group Spy?”

In other news, an OT is under “*friendly surveillance*” after being spotted in almost every SFC WhatsApp group — except the one he actually belongs to. Rumour has it he has access to more intel than the admin itself! Whether he’s a social butterfly or an undercover surveillance officer... the jury (and the screenshots) are still out!

PS: THERE ARE NO POINTS FOR GUESSING!

CORNER OF GRATITUDE



In this corner of our newsletter, we would like to extend our heartfelt gratitude to the security staff of National Communications Academy - Finance (NCA-F). For the smooth conduct of sessions and hassle-free conduct of sports, the security team of NCA-F ensures that the OTs never face any inconvenience. These silent actors behind the screen often work tirelessly amidst chaos to make things happen. To convey our gratitude, we talked to **Brajesh Kumar Ji**, who generally performs day duty outside Sports Complex. He very politely acknowledged the increased responsibility after the commencement of SFC. The biggest challenge for their team is to ensure that no unauthorised entity gets access to premises to create nuisance. Increased vigil in the evening due to the bustling sports complex also adds to their enhanced responsibility. Amidst scorching sun, rains, or dust, they stand with their beaming smile, performing their mandate.

Brajesh Ji, wearing his lively smile, recalled how their team was sensitised about dealing with Group A Officer's Trainees. His honesty and utmost comfort while talking to us was reflective of their team's commitment to perform their duty with agility, responsibility, seamlessly integrating themselves to the NCA-F family.

In the first edition of our Newsletter, let us warmly acknowledge their contribution in ensuring a safe and hassle-free campus.



The House Journal Society



Eternal Gratitude : Ms. Taruni Pandey, ACAO

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