

LITERARY CLUB IGNFA BRINGS YOU

# WOOD WORDS

## LOCKDOWN EDITION

MAY 2020

PLASTIC  
FREE IGNFA

**2018**

STORY  
BYTES

IT CELL  
IGNFA

UTTAM K  
SHARMA

KYC  
INITIATIVE

**2019**

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# KYC Initiative: United in Effort, Resounding in Result

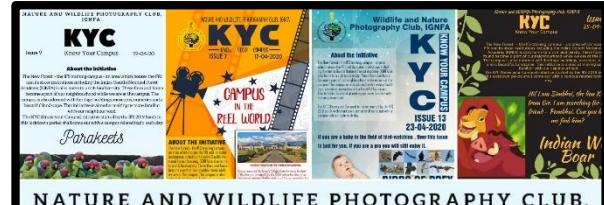
**Kasturi Sule, IFS (19) Batch, Nature and Wildlife Photography Club Secretary writes on the success of the new initiative of 'Know Your Campus' that has been a runaway hit in forester social circles**



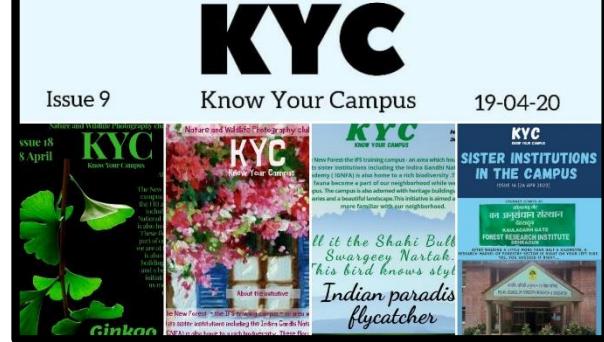
It all started when Sasikumar sir motivated us to walk an extra mile beyond routine and use the lockdown time productively. The batch thus decided to take up this initiative under the Nature and wildlife Photography Club of IGNFA. The inspiration to start this initiative is the FRI campus itself, which is a treasure of a rich natural diversity, heritage architecture, museums, botanical gardens and institutions promoting academic excellence in forestry and related fields.

In KYC we take up a specie either a bird, tree or a mammal found in our campus and write a detailed note about it. This serves the purpose of helping people identify the specie, remember its characteristics and also appreciate its ecological standing. The species of hornbills, the kingfishers, Semal or the Civet are often seen in the campus. With KYC, we aim to penetrate a deeper understanding about these common species so they can be better appreciated and conserved.

In addition, we take up diverse topics like the architecture of the FRI building, movies in the campus and the academic institutions present here. It thus gives an integrated picture of the FRI campus where we spent 16 months of our training.

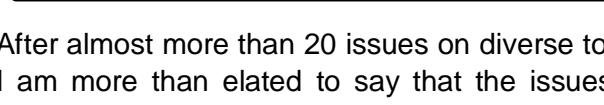


NATURE AND WILDLIFE PHOTOGRAPHY CLUB, IGNFA



Issue 9

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After almost more than 20 issues on diverse topics, I am more than elated to say that the issues are being liked not only by our batch and seniors but are being appreciated by faculty members, senior IFS officers even of PCCF levels, other institutions like WII, FRI, environmental groups and UPSC aspirants and nature lovers in general. There has been an appreciation for the content detailing, attractive designing and people friendly presentation.

As for our batch, I believe KYC has helped us create a niche by becoming the identity of our batch. I must say that the batch has been successful in rejuvenating minds that are stressed with the tough news coming during the lockdown and also in spreading awareness for biodiversity conservation by explaining the unique role played by each specie in the ecology.

Lastly and most importantly, KYC has greatly contributed to strengthening the batch unity. The fact that each issue has a unique contributor and the entire batch appreciates his/her effort expresses how each of us have owned up this group activity. Some of us learn by researching for a topic, some by designing for it and some by reading it with curiosity.

KYC is not a thing of me or you, but about us. The satisfaction it gives by doing this selflessly for the society and environment especially in these tough times is truly beyond expressing in words.

# PLASTIC FREE IGNFA REPORT RELEASE

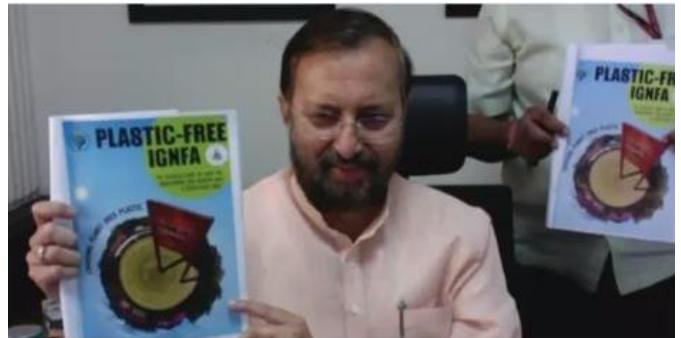
ANAND REDDY, IFS 18 Batch

अरण्यं ते पृथिवी स्पोनमस्तु (अथवेद) is the motto of Indian Forest Service. It says Forests or broadly nature is Earth's delight as it sustains and nourishes its inhabitants. But it is increasingly threatened by the abuse of plastic. Our Initiative is a small, but bold, step in the fight against this abuse.

**Briefly about the report:** This report is an institutional memory of our efforts. Within the report, we explained our methodology, challenges, initiatives and achievements. We drafted this report in such a way that it serves as ready reference material to transform any institution into plastic-free zone. We already received a call from the Joint Director, NACIN (Academy for IRS(C&E)) wanting to know about the Initiative to implement in their Academy.



**About the release:** The report was released by the Honourable Cabinet Minister Shri Prakash Javadekar on the occasion of 50th anniversary of Earth Day in an online web event. Minister congratulated each of the team members on bringing about a behavioral change. He envisaged Smart Campuses in the country that are self-sufficient in electricity, water recycling and cooking gas through effective waste management. The meeting saw attendance of Sh C K Mishra, IAS, Secretary, MoEFCC; Sh Sanjay Kumar, IFS, DG Forests and Special Secretary to Gol; Shri Omkar Singh, IFS, Director IGNFA and other officials.



As we pass on the baton, here are few things we expect from the 2019 Batch:

1. The Nature Club secretary, from here on, shall play the central role in maintaining the status of plastic-free Academy. And all office bearers (Secretaries of various clubs) to fulfil their respective roles as listed out in the Standard Operating Procedure (Annexure A of the Initiative Report).
2. Establish Plastic-free IGNFA Committee, as envisaged in the SOP, to monitor the progress.
3. A small team of trainees can take up Case Study 2 (Report) as an optional project. Believe me, it is more challenging than it appears to be as it involves changing the mind set of people.
4. Ensure the two-bin system throughout the Academy.
5. Ensure that no PVC banners are used for Academy events. Fight against the inertia towards replacing them with cloth banners.
6. Involve the FRI students in all outdoor activities and eventually expand the plastic-free status to the entire FRI campus.



Special thanks to Sh Abhimanyu for helping us with the report design. Going by the enthusiasm, skill set and energy shown in the recent past, be it the KYC Initiative or the IGNFA Newsletter, I'm sure your batch shall leave a high watermark in the history of IGNFA. All the best!

# In the Eye of the Virus

**Chinta Chaitanya Kumar Reddy, IFS(P) 2019**  
writes on his motivation and experience in volunteering to work with the district administration of Anantapur in A.P in the Covid-19 fight



## A Routine Day in Life of Special Covid Officer

1. Overall monitoring of activities in containment zone. Ensure essential goods and services at door step.
2. Ensuring home isolation of all households in red zone by police patrolling and communication.
3. Medical surveillance of each household to find the symptoms of Covid.
4. Ensuring testing and sampling of probable contacts of positive cases
5. Grievance redressal of people in Red zone etc. along with it, attending review meetings with collector or state ministers.



## Experience of working with District Administration

We need to get the confidence of district collector. As we are All India service officers, we will be **treated as equals**. The decorum needs to be carried. Since it is a supportive role, there is **need to create our own space**. For instance, the DFO Mr Jagannath Singh IFS is district containment officer. He can command all the line departments with respect to red zones. Starting from declaration of red zone to ensuring 100 percent lockdown, testing, medical surveillance etc., the **range of activities** are administered for entire district. So there is need to create our own space and efficiently deliver the results. With humility and assertiveness, we can deliver efficiently. There is **need to develop interdependency** with other departments and district administration in this manner. This is good for

## Inspiration to Join the Fight

The same inspiration that lead us to pursue civil service as option. This is an emergency where each one of us come on board and fight. Each can do more and be more. I am doing what I can. My work experience of PMRDF in tribal development came in handy for me. By being in administration, we can steer it to be more empathetic and responsive to poor and needy.

## Interaction with People at Ground Level

I am working as special officer for containment zones where the door step **delivery of essential goods and services** is to be provided and **100 percent lockdown** is to be ensured with the help of police. I interact with the people and get to know their grievances. **Confidence building** is key to ensure community support. By **effective communication and grievance redressal** I am trying to ensure it. These areas are Muslim dominated and it is Ramzan season. Their special needs like providing dry fruits, meat is to be ensured. The **sensitivity of people** needs to be understood to keep them in good spirit. Overall the interaction with people is satisfactory, they are **quite understandable**, thanks to media.

forestry, environment and for our service as a whole in the long run.

### Dream of getting back to Normalcy

In order to win the fight, we need to understand our enemy. The novel corona is mutating each day. 100 percent eradication of corona is **not possible unless vaccines are developed**. So we need to live with the virus. Covid 19 is dangerous for people with comorbidity, less immunity. Keeping healthy and fit is one way to fight it. Of 42 positive cases in Hindupur, 36 cases do not have symptoms. Other 6 have mild fever, cough. There was no critical case in our district till now. 4 were dead, even before treatment all of them are comorbs and aged. We have also seen **early recovery of our seniors**. So, **panic is not at all required**. At the same time, we **need to be cautious**, as we can be vectors of corona.

We need to **increase our critical care** and tertiary health care to protect vulnerable. I hope government is doing all it can to increase capacity during lockdown. There will **not be any possibility of zero covid cases** in near future. So, to my understanding we need **to live with it**. This is by **life style changes**, more hygiene, healthy habits, social distancing. protective gears like masks and gloves, Sanitiser will become part of our life. Thus we will have **new normalcy for our academy life**, I hope this to go wrong.

### Release of Jungle Book Summer Edition and Souvenir Committee Report

N Ravisankar Sarma, IFS(P) 2019



The Director of IGNFA Sh. Omkar Singh IFS released the summer edition of the Jungle Book, the magazine of the academy brought out by the **literary club** on 29<sup>th</sup> April in an online event in presence of faculty and probationers of both batches. The Summer edition of magazine is **themed** on the debate on '**whether there is a need to revisit the ban on Green felling**' featuring a compelling article by **Uttam Kumar Sharma IFS**. The magazine also includes interviews with **Sudha Ramen IFS** who caught the eye of the nation with the successful revival of a lake and with **writer-conservationist Prerna Bindra** whose acclaimed book '**Vanishing**' had become a keen matter of discussion in forester-wildlife circles.

The magazine also details the many **novel initiatives of the 2018 batch** namely the Organic Garden, NICHE Platform, Plastic Free Initiative, Souvenirs of IGNFA etc. The **write ups on experiences of IFS training** by the probationers of 2019 batch whether it be the sighting of tiger, hearing the roar of a lion, morning walk in a bird paradise or the IMA attachment training ensure a pleasurable read and insight into the novel experience of the batch in their infant days of service life. The many sketches, paintings and beautiful photographs taken by probationers add great colour and vigour to the magazine.

The Director of IGNFA also released the **Souvenir Committee Report** on the initiatives of the 2018 Batch that noted the exponential rise in sale of Souvenirs conceptualized by the Souvenir Committee of IGNFA and marketed through the IGNFA Souvenir Shop that sells online at <https://www.ignfa.gov.in/souvenirshop>.

## Words from Home

N Jeykumaran, IFS(P) 2019

The dailies smell of statistics. 23 thousand active cases, two ninety-three reported deaths and yes, the graphs-poor things trying hard to explain us that people are suffering. In such hard times humans have always sought solace in the letters of literature. Not because literature can explain or even fight off such pandemics. It is just that literature gives flesh and blood to these faceless humans, living and dead in these numbers.

But then, immediately one is tempted to quote from Gabriel García Márquez's 'Love in the time of Cholera' or Albert Camus's 'The Plague' to explain away the human condition in such times. We thought we will bring in the voices from our home.

Of course there is the challenge of translation. Something is lost in a translation, they say and true, it is. One cannot just swap one word for a "similar" word in another language just like one cannot swap one person in a relationship for another similar looking person. But still there is always something we gain in a translation. So we bring in Sukanta Bhattacharya's words for these times of turbulence.

Sukanta Bhattacharya, a poet from Bengal lived in a period of great political transition. Growing up during Second world war, he was a witness to the tortuous famines of 1943 and all its sufferings. Though he died at an age of 21, by then he had attained full poetic maturity just as John Keats did before he died.

### 'Hey Mahajiban' (O Great Life)

(Sukanya seeks for the **truth of existence** in place of a romanticized non-reality)

O Great Life! No more of this Poetry,  
Now bring the hard, harsh Prose,  
Let the poetic-tender-chime dissolve,  
And the strong hammer of prose strike today!  
(We) need not of the softness of Poetry  
Poetry, today I give you a break,  
In the regime of Hunger, the earth belongs to the  
prose:  
The Full Moon now is nothing but a scorched bread.

### 'Aitihosik' (Historic)

(Sukanya's whip on disunity in distress)

As a result of your chaos lacking unity  
Freedom's doors have been shut  
With your bewildered questioning eyes that  
tell of deprivation and confusion  
Each of you has looked up to the other;  
— Why was it so?

Then famine come one day  
Compelled by merciless hunger  
Everybody stood in the same line close to  
each other  
Upper and lower classes- Hindus and Muslims  
Breathing the same air.

Rice, sugar, coal, kerosene —  
For these rare commodities one must stand in a row  
But why don't you realize that freedom, too,  
is a rare and priceless commodity  
And for that, too, we need a long unbroken  
line of forty crores of people?

**-Sukanta Bhattacharya (Chharpatra, 1947)**

### Success Story of IT Team of IGNFA during Lockdown

**Uttam Kumar Sharma, IFS(MP:1999),  
Additional Professor, IGNFA**

COVID 19 has changed the way we work. It may not be permanent but we cannot rule it out either. Different academic institutions are struggling to come up with solutions for the students, so as not to disappoint them. Training institutions are particularly affected as field officers' training involves many field visits and hands-on learning which weren't possible in a lockdown. This called for new methods for imparting requisite training. For starters, even finding a substitute to class room lectures is a challenge. For evaluators, finding new evaluation methods is a challenge. IGNFA found itself in the midst of this challenge as early as second week of March 2020.

It was unfortunate and painful to all of us in IGNFA, to be labeled as introducers of COVID 19 to the State of Uttarakhand as 3 IFS trainees of IFS 2018 batch were tested positive after returning from their official Foreign Study Tour. Though all the Spain-returned and Finland-returned trainees were immediately put under quarantine in two separate hostels, the whole FRI campus was locked on 19<sup>th</sup> March 2020 following the first positive case. It meant nobody was allowed to go in or out of the campus. This entire episode led to very bad publicity to the National Academy in particular and IFS officers in general.

Tough times lay ahead. Academy was closed for regular training. IFS trainees of 2018 batch were under quarantine. Trainees of 2019 batch, who had joined the Academy only 3 months ago for their 16-month long training at IGNFA, could not return to campus after their one-week Holi term break due to nationwide lockdown. During initial days of lockdown, nobody was sure how things would move forward from here. On one hand Academy was struggling to come to terms with the Press and News media's false reports, against itself and the trainees;

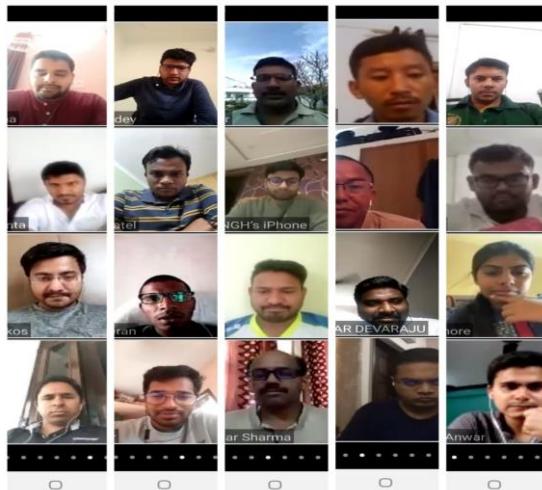
and on the other hand, the bigger concern was to restart training at the earliest. Counteracting negative false media reports proved counter-productive, it didn't deter the flow. It also put the Academy on the defensive, defending even the most frivolous and false allegations. After a lot of deliberation, Academy decided to focus its energy and resources on restarting the training than waste on countering media reports.

On training front, there were two immediate challenges: First, IFS 2018 batch was scheduled to pass out from the Academy after completion of their training on 30<sup>th</sup> April 2020, just one and half month away and second, IFS 2019 batch currently spread across the country, was unable to return to the Academy.

Talking about first challenge- 1) there were couple of courses which were to be started and completed before 15<sup>th</sup> April; 2) conducting regular exams for more than 6 subjects and special exams for more than 12 subjects; 3) conducting Final Viva Voce individually for each trainee. The second challenge was relatively easier, as trainees were needed to be brought to an online platform together, so their class room training could be continued online.

To tackle both, a robust IT infrastructure to facilitate online meetings and online exams was required. IGNFA can boast of a healthy IT infrastructure within the Academy, but entire faculty and staff were locked out of the campus, in the IGNFA Residential Complex. With respect to IT wing of the Academy, officer in-charge, a faculty member, residing at one place and support-staff residing elsewhere, brought additional challenges. Despite the limitations, Academy decided to start online training and IT wing of IGNFA was given the responsibility to start it as soon as possible.

Barring few, all faculty members reside in IGNFA Residential Complex, and there was no broadband connection. Everyone was using mobile data as a source of Internet. Mobile Internet connectivity is sufficient for participating in an online meeting but not for hosting a lecture which includes having to share presentation and other documents. For an hour-long lecture, frequent loss of connection is another problem. As National Lockdown was imposed on 24<sup>th</sup> March 2020, getting a Broadband connection during lockdown period was also very difficult, if not impossible. But all these challenges did not deter IT wing's determination to fulfill its responsibility.

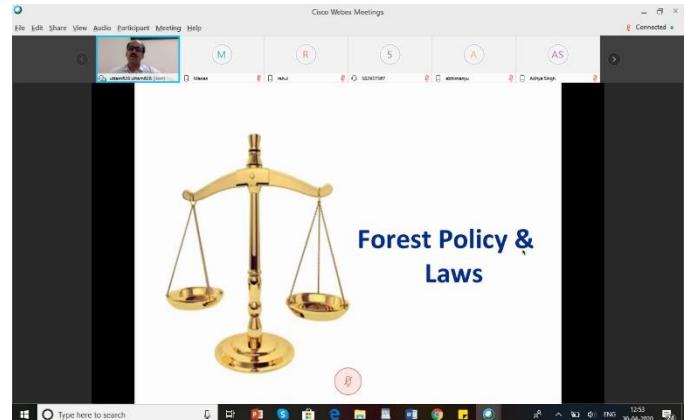


*Trial Online Class*

Within 6 days of the campus lockdown, first online lecture for IFS 2019 trainees was organized on 25<sup>th</sup> March 2020. The platform used was 'ZOOM Cloud Meetings'. Lecture duration was one hour. Mobile Internet connectivity was used to organize lectures. Result? There were issues of frequent disconnection, occasional stoppage of transmission and difficulty in sharing PPT and documents during the lecture. Though it was a paid subscription, there was issue of uninterrupted sessions, automatic disconnection within the hour etc. This continued for next three days. In between, efforts were going on to get OFC based Broadband connection from BSNL who is in the midst of laying OFC cable throughout the city before lockdown was announced. BSNL responded positively and assured that it would take all necessary measures possible during the lockdown period, to provide at least one OFC Broadband connection in the Residential Complex. In the meantime, GOI advised not to use ZOOM App

due to security concerns. So, our rendezvous with the online training hit a road block.

Following the dictum, 'when going gets tough, tough gets going', IT wing of IGNFA doubled its efforts to run the online training program. BSNL was pursued and finally IGNFA Residential Complex got its first OFC based Broadband connection on 30<sup>th</sup> March 2020. Soon followed the second connection. These two provided for a dedicated virtual classroom with OFC Broadband connection in Residential Complex. One problem resolved! For the second, search for alternate to ZOOM Cloud Meetings online platform ended in finding 'CISCO WebEx' online meeting and video conferencing app. Academy had experience of working with CISCO in laying out the IT infrastructure in Hostels only last year. CISCO was happy to contribute to our efforts by immediately providing requisite software and online platform 'CISCO WebEx'. From 6<sup>th</sup> April onwards, online lecture classes resumed with new Broadband connection and CISCO WebEx platform. They have been running smoothly since then for both the batches of IFS trainees.

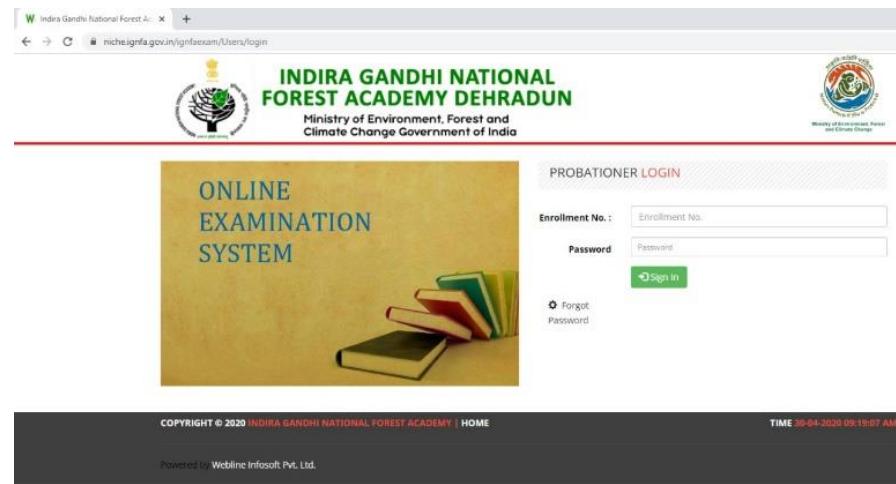


*Online Lecture Class on Cisco WebEx*

Next big challenge was to organize exams online for IFS 2018 trainees. As trainees and hostels were kept under quarantine, there was no way that exams could be conducted in conventional classroom fashion under faculty invigilation. The only possibility was online exam where each trainee would take the exam on her computer, all at the same time, and exam would close automatically after fixed duration. This challenge was resolved by hiring a software for online examination and then modifying it to suit our requirements. 'Webline', the service provider for maintaining IGNFA website helped in developing such software. Trainees were

given demonstration on the software use the day before the exam. Each trainee was given a user ID and login password. Trainees attempted online question papers with fixed duration as per the

schedule fixed by Controller of Examination. Answers were largely subjective, to be keyed in by examinees. Exams were successfully conducted online, using this software.



*Online Exam Portal of IGNFA*

After gaining sufficient experience in conducting numerous online classes and online meetings, conducting Final Viva Voce individually for each trainee of IFS 2018 batch was not a difficult task. Examiners at different places were joined together in virtual Boardroom where each trainee was also asked to join at fixed timings. Though the experience differed from real boardroom, it no way reduced the sanctity of Final Viva Voce of IFS training. It was a successful venture.

One can always discuss the pros and cons of conducting training online but extraordinary circumstances require extraordinary efforts. IGNFA has stood as an example to several others that in times of emergency, National Academies can quickly adapt and adopt innovative methods for continuation of training of officers without getting bogged down by pessimistic scenario. IGNFA thus became the first National Academy not only in organizing regular online lectures to all trainees staying on the campus or in their homes; but also in conducting online exams to avoid delay in completion of training. IT wing of IGNFA, though most of the times remains in the background, has shown commendable sense of duty and responsibility in the time of great crisis. Kudos to the whole IT team.

**NOTE:** IT team is led by Sh Uttam Kumar Sharma, IFS, Additional Professor, IGNFA. He is assisted by Sh Darshan Singh Negi, CRA, Staff in IT cell of IGNFA. The above challenging task was accomplished by this team of two with the full support of all senior officers.

1) **Sh Uttam Kumar Sharma**, a Mechanical Engineer from IIT Bombay, has a good understanding of IT related issues and for nearly a year has been the officer In-charge of IT wing in IGNFA.

2) **Sh Darshan Singh Negi**, CRA, handling IT wing at IGNFA, is a competent and dedicated person. He is the technical backbone of IT infrastructure at Academy. His efforts in the whole process of setting online lectures and exams are highly praiseworthy, to say the least. He has shown extra ordinary commitment to the cause, at times risking himself to be blamed for violation of Lockdown. His efforts need recognition at the highest level.

# How Kerala Forest Department led from the Front in Covid-19 Fight

N Ravisankar Sarma, IFS(P) 2019

We are indeed living in a deeply troubling time for humanity and times that are on the whole quite unfamiliar to the human kind. Governmental departments and healthcare systems are scrambling for solutions all over the world with invariably the limelight falling upon the doctors, healthcare workers, police and political leaders. **Kerala Forest department's** ground breaking work in mitigating Covid-19 shows to the world and our nation the **unique role of foresters** in ensuring **last mile reach of governance machinery** whether it be civil supplies, healthcare, procurement or even books.

The foremost pillar of action from KFD was **sensitization and awareness** among the tribal communities regarding the importance of **sanitization, use of masks and social distancing**. These are testing times for daily wage labourers and forest dwellers, their isolation from the world geographically and culturally greatly increasing their anxiety and vulnerability. The presence of a forester interacting with them in local language, assuring them of safety, providing essential items are incredibly reassuring and gives them the message of the caring hand of a state that says '**Together, we will overcome**'.

KFD during the lockdown period also gives us lessons on how forest department can become **facilitators of income generation** and support through their programme of '**Vanika**'. As a part of this programme, KFD **procures the forest produce** from the tribal community at a fixed price and sews up demand linkages through a **transparent digital platform**. This ensures that supply chain is maintained despite the lockdown and tribal communities continue to get **assured income** through a simple intervention of the forest department.

The lockdown period in the state has also been witness to the **remarkable inter-departmental coordination** featuring the forest department. KFD has astutely linked up with the health department in **screening patients with Covid symptoms**, availing ambulance services and passing on **community level health**



information about forest dwelling communities. Once again, the **pro-active character** of this outreach needs to be noted as the tribal communities **are often not health-seeking**, there is thus need of greater outreach which is where the department has played a crucial role.

Along with **providing free ration and supplying cooked food** through community kitchens, the KFD has aided in the state's goal of ensuring that no stomach goes hungry during this extraordinary period. Even the hunger for knowledge and letters is being met by the forest department through its unique initiative of '**Akshara Vandi**' (**Vehicle of letters**) which **distributes multi-disciplinary books** from libraries to children in tribal settlements nurturing inquisitiveness, readying them for competitive exams and keeping them informed.

The arm of compassion and welfare of the department is combined with robust surveillance and **intensified patrolling** to restrict inter-state and other movement along forested regions in order to ensure the success of '**Break the Chain**' movement of state and ensure **health of communities** living in protected areas.

The Kerala Forest Departments **multi-sectoral intervention** gives us lessons on how tribal communities in far flung regions of country can be taken into confidence through pro-active interventions during a crisis time reaping benefits of **public health, food security, income generation and most importantly public trust on state machinery**. Let us all hope this is the last pandemic we are witness to in our lives, but if not, we do know as foresters the path we can follow as shown by the Kerala Forest Department.

### **Son of Kabini**

**Ram Sundar M, IFS(P) 2019**

For Shiva Kumar every day starts with praying to the goddess of the Kabini. That particular day he insisted his daughter join with him. As it was Corona lockdown time she couldn't escape from her father saying she had homework to do. She ran to the back of her house to collect beautiful yellow flowers of Cassia fistula. With her father she dropped flowers into a small rivulet that passed through the Government quarters of watcher Shiva Kumar. They both then turned towards the Western Ghats with folded hands and thanked her for all - the mighty River, gorgeous Forest, beautiful wildlife and for his job to serve them all.

The routine of Shiva Kumar has started for that day. Though the tourist count has fallen down to zero due to Covid19 crisis, he with his Forest Guard Mahadev and his friend watcher Bomma continued to keep a vigil of their territorial area in Bandipur National Park.

On his way to his forest office, he noticed Mahesh was trying hard to shoo away a grey langur. Shiva Kumar pretended to chase it, the entire troop of langurs ran away with 'grrrrr' cries. Langurs know whom they can mess with: the watcher or poor guest house caretaker. "Hoy... Mahesh, why are you playing with them?" asked Shiva. "I'm not playing with them... No tourists to the guest house for long and they don't have anything to loot here and hence they're charging at me" replied Mahesh, in charge of Guest House. "Ooh... you both should be worried about that" laughed Shiva sarcastically. "Don't be jealous of the tips the guests give for my fabulous service" replied Mahesh with full anger.

"Okay, Mahadev sir asked you to come to office for some file works as you don't have work for now here" said Shiva. Unwillingly, Mahesh joined Shiva

The dusty road led to the red painted office of the small team of foresters. Bright full bloomed Butea monosperma stood beside the building giving elaborate shade for them to work outdoors as they stood odd red in a jungle of green.

Watcher Bomma entered the office with a tip off "Sir... There is confirmed news from locals that few people are fishing in Kabini dam backwaters". Guard Mahadev calls Shiva to join with the team and do the file work later. "What to do with him?" Shiva points towards Mahesh.

"We can reach the banks of the river by jeep but to reach the other side where they are fishing we need to go in a canoe. Mahesh is good at rowing canoe, better take him with us" said Mahadev without waiting for a reply. He then informs the range office about the case.

They reached the banks of Kabini dam backwaters. When someone visits this place for the first time they won't believe Kabini is a river, but appreciate it as a sea. If you consider Kabini as a young girl, she is an adorable kid in Kerala, a mature and calm old woman at Tamilnadu after marrying Cauvery. But she is a glamorous mesmeric adult only in Karnataka. She holds two enchanting forests Bandipur and Nagerhole in each of her hands.

Mahadev and his small team started moving in a canoe and spotted their uninvited guests- the illegal fishermen from a long distance, they didn't notice them coming. "With their skills of throwing nets, I guess they are trained fishermen and not poachers" said Bomma. With giggles Mahesh questions, "Do you know the cost of fishes in the market? It is tripled after lockdown, poachers may use this as a chance to make money". "This is what fishing in troubled waters means" Shiva cuddles. "Whomsoever it may be, fishing here is illegal and we should first arrest them and then interrogate them" said Mahadev causing the team to settle with their guesses.

As the canoe approached them the team spotted at least ten to twelve persons engaged in fishing activities. The illegal fishing team got alerted as the forest department staff were approaching them. But strangely they didn't run away but directed their coracle towards them.

Guard Mahadev realized that it would be disadvantageous for the team to encounter them in water. As culprits were approaching them with their coracles, Mahadev shot upwards with his rifle. Those at the other side of the bank ran away and those approaching them in coracles jumped out of it into the water. Bomma heaved a great sigh of relief thinking danger was averted, but he was wrong. The culprits jumped out of the coracle, approached the canoe of the Mahadev team and turned it down.

Mahadev and Bomma reached the bank by swimming. When Bomma suggested they chase the culprits, Mahadev insisted to help the drowning comrades. Shiva Kumar and Mahesh were yet to get out of the water. Mahesh got into the strong current of water and struggled to move. He was drowning slowly. Shiva Kumar swam towards him and rescued him out of the current after a long battle. Shiva Kumar was a good swimmer and he took that heroic risk reposing trust in his goddess Kabini. Mahesh escaped the current and swam towards the bank, Shiva Kumar trailing behind him. But on his way back Shiva Kumar got entangled in the fishing nets used by the miscreants. Though he tried hard to get out, he failed miserably and drowned in the river.

Few weeks later, Sudha, a three-year-old girl stretched hard to pluck the flowers of Cassia fistula and ran towards the rivulet praying, "Dear Kabini maa, give back my father to me".

\*\*\*\*\*

This story is a fictionalized account of a real life incident in which *Two foresters got drowned in the backwaters of Kabini dam while preventing fishermen fishing there illegally on April 26, 2020.* Two foresters got information that a fishing net had been cast in the Kabini river dam and went to the spot in a canoe.

When the foresters were removing the net, fishermen came in 10 or 12 coracles and tried to attack the two. One of the foresters fired in the air and somehow lost balance and both the men fell off the canoe. They landed in the waters and one of the foresters got entangled in the net and died.

## A Simple Recipe to Blow away your lockdown Blues

Monica Kishore, IFS(P) 2019

**PANCAKES**  
RECIPE BY MONICA

**Ingredients**

1 cup wheat flour	2 tbspn sugar
1 cup milk	2 tspn baking powder
3 tbspn melted butter	a pinch of salt
1 egg	

**Directions**

Crack an egg in a bowl and add sugar to it. Beat the egg till it is fluffy and white. Add milk and melted butter to this and whisk again. Add flour, salt and baking powder and mix the batter without any lumps. Meanwhile, heat a pan and pour a ladle full of batter over it. Do not spread it like a dosa. Cook on low to medium heat, till bubbles appear on top. Turn it over for a few seconds. Transfer the pancake to a plate and repeat the same with the remaining batter. Stack the pancakes and season it with honey or chocolate syrup.

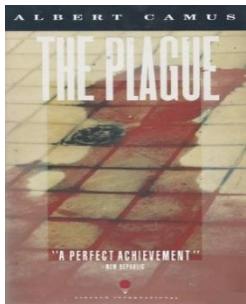
## 3 Books to Read this Lockdown Period



Vipasha Parul, IFS(P) 2019

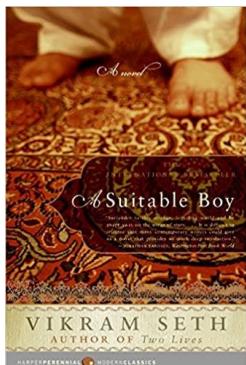
I happen to be an avid lover of fiction (suits the circumstances we are facing as I get a chance to be transported; I travel in my mind). These books mentioned below need not be picked up only by book worms (I say this as a compliment), but also those who feel that book reading is not for them as the English is easy, straight forward and impactful. So without much ado here is a list of my top three this month:

**Number 1: The Plague, Author: Albert Camus**



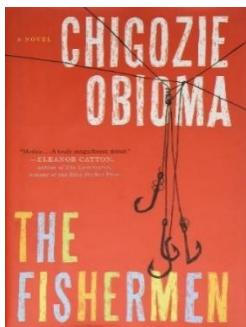
I can't even begin to tell you how much this book has done for me to accept the current changes happening around us. The Plague is set in a place called Oran (Northern Algeria then under the French rule) and how the city (a quintessential one with all its ordinary hullabaloo) gets infested with the disease. The denial of the people, the rate of rise of infection, the helplessness of the administration, the never ending lockdown, the separation with the world, and the acute loss of lives, it all happened in front of my eyes (figuratively of course). This book well equipped me to accept these times of Corona and as a result nothing that is happening around shocks me anymore. With a lot of hope (also from the book) I can say that it is bound to end where normalcy will be restored but people will have learnt their lesson. For those searching for answers and strength to get through this lock down should definitely pick this book up.

**Number 2: A Suitable Boy, Author: Vikram Seth**



This book is going to be adapted into a tv series by the same name (will be aired on Netflix) directed by Mira Nair, with actors such as Tabu, Ishan Khattar among others in the lead role. The book describes the socio political times of 1950 India (particularly UP, erstwhile United Provinces, Delhi and Calcutta) and provides a vivid glimpse into the problems and pleasures of that era. A mother trying everything in her capacity to find a "suitable boy" for her youngest daughter, a high profile minister trying to keep a balance between his ideals and demand of populism, a young reputed man falling head over heels in love with a famous courtesan, here simple plots are entwined into each other with such delicacy that you come out with a taste of having lived at that time. Seasoned well with the issues of caste, communalism, urban haughtiness and human condescension, give this book a try if you want good Dolby experience.

**Number 3: The Fishermen, Author: Chigozie Obioma**



'The Fishermen' was one of the entries to Man Bookers Prize 2015, for the simple reason that it is able to weave mystic, mystery and mythic into a beautiful Nigerian tapestry. It is a gripping story of 4 inseparable brothers Ikenna(15 yrs), Bojo(14 years), Obembe(10yrs), Ben(8 yrs). The author's narration of how their beautiful bond tears up shred by shred after an encounter with a mad man who foretells Ikenna's death at the hands of his own younger brothers is like witnessing an all-consuming Nigerian folklore. It is almost surreal what the fear of death can do to innocence, love, brotherhood and of course sanity. For those who like to experience an ethereal bewitchment that might clench your heart, you should definitely pick this book up.

I really hope this motivates you to pick a book and share a part of my experience!!

Happy reading people!!

While working out is a great way to maintain fitness and tone muscles, adding yoga to your daily routine makes your regime complete by involving internal organ health too!

### Names in given order

1. Vajrasana (a meditation pose)
2. Uttānāsana (forward bending)
3. Bhujangasana (Cobra pose)
4. Adho-Mukha-Śvānāsana (Dog)
5. Paścimottānāsana
6. Ushtrasana (Camel pose)
7. Ūrdhva Dhanurāsana (Wheel pose)
8. Halāsana (Plough Pose)
9. Śavāsana (Corpse pose)

For more serious ones, stage wise range of asanas are given [here](#)



# 9 Asanas from Hatha Yoga

- Swetha Boddu, IFS 2018

### Benefits:

- ✓ Stimulates internal organs
- ✓ Boosts Immunity
- ✓ Stress relieving
- ✓ Increases flexibility
- ✓ Tones muscles
- ✓ Fights lethargy
- ✓ Keeps NCDs at bay

7



### CAUTION

- ❖ Read in detail for any contraindications before attempting
- ❖ If you are a beginner, increase steadily
- ❖ Advisable to do backward bending asana after forward one & vice versa

1



2



3



4



5



# Food Joy

-N Jeykumaran, IFS(P) 2019



There is widespread confusion in matters of nutrition these days. Partly because we know less and partly because, confusion helps. As one journalist rightly remarked: "We fully appreciate public confusion. We're in the explanation business, and if the answers to the questions we explore got too simple, we'd be out of work". In the middle of these confusing sounds, words of Michael Pollan, the author of 'Omnivore's Dilemma' is sane. "Nutrition science is young. It is today, approximately where surgery was in the year 1650 - very promising, and very interesting to watch, but are you ready to let them operate on you? I think I'll wait". He sees nutrition more clearly than most of us do.

So this section is simply an effort to give you the words to navigate in this strange world of nutrition.

## Alkalinize your system

When we are away from home, we eat a lot of processed foods. These days even homes are not immune from these culinary pleasures. We are not here in the business of mentoring taste buds, so let's deal with this present world we have. Nutritional literature has established the fact that processed foods are of acid forming nature once they are inside human body. Even the dairy and meat products belong to this acid-forming category.

But our bodies are evolved to function normally in the slightly basic pH range of 7.35-7.45. These processed foods, however, combined with dairy and meat tilts this balance into the acidic territory.

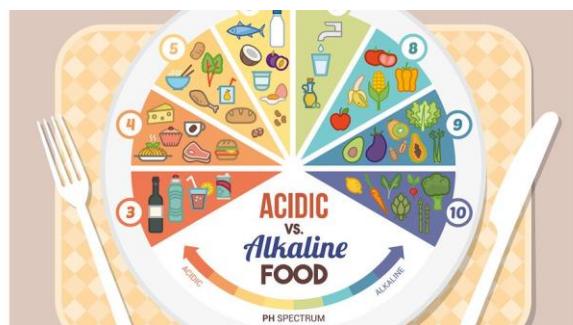
As a result, the body gets into its defensive mode. In order to counteract these high acid loads in the diet, the body begins to look for buffering substances.

The body starts using calcium and phosphorus from bones to buffer acid loads which over a period might lead to Osteoporosis (fragile bones) often recognized in back and knee pains.

Glutamine found in skeletal muscles is another buffer. To neutralize the excess of dietary acids, Glutamine is leached from muscle, which can lead to muscle loss.

Body also has a tendency to remove excess acid from the body and store them in fat cells. More the acid in one's diet, the fatter cells required for storage space. In other words, an acidic diet and environment promotes an increase in body fat while working to erode muscle mass.

This is the concern we have to deal with. And the beginnings are simple, As Elementary Chemistry would say, alkalinize the system to deal with the acid.



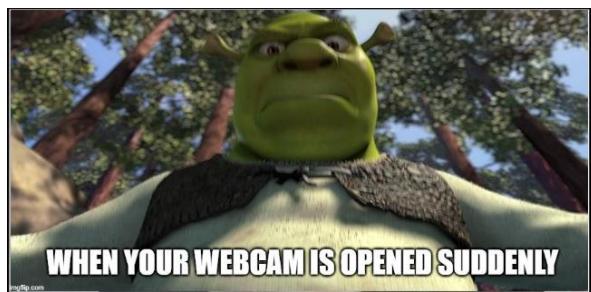
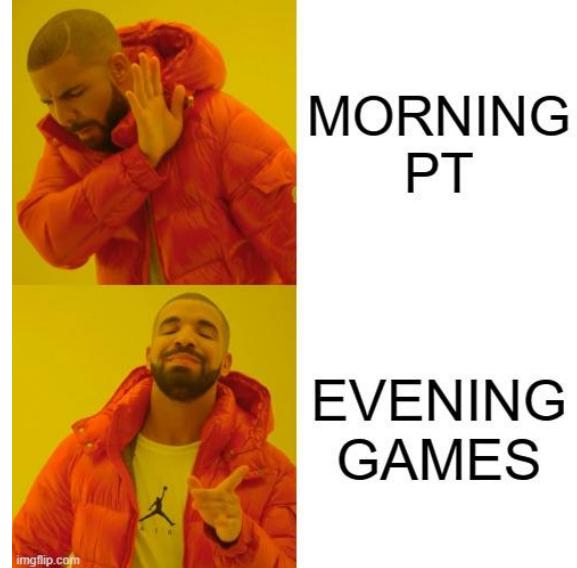
## Habits

Citrus fruits despite their citric acid content are alkaline forming once they enter the body system. So immediately after we wake up from bed or before having our breakfast, at home or away, nurture the habit of drinking a glass of water with a juice of lemon. This alkalinizes the body, kick starts the metabolism and gears you for the outside world.

Complex food rules are bad for happiness. So focus on habits-simple everyday habits!

## LOCKDOWN LAUGHS

Agrim Saini & Prashant Tomar, IFS (P) 2019



## Know Your Probationer Series

### Vipasha Parul & Anurag Tiwari, IFS(P) 2019

When he says “blood is thicker than water, but friendship is thicker than blood”, you know you have met someone, whom if befriended will not hesitate even once to put himself before you in the most diabolical situations. If he is sharing his holy water with you, then you are almost there. :)

How often do we see him near the shoe polishing machine in a day?! (rhetorical question of course!) for every compulsive habit of his, he will eloquently explain the reason behind it. (Well, he will eloquently explain a lot of things, that you might need a dictionary around you #Tharoor). So, back in the boarding school days (Dow Hill, Kurseong, he is a very proud alumni), one of his professors made him stand out and appreciated how ‘sharply’ dressed he was in his uniform. This bit stuck with him, and since then he truly believes that “you have to look your part”.

He is an engineer by qualification (NIT Durgapur) but a ‘political scientist’ at heart. The conversations with him come with an insightful political acumen, something he owes to his experience at Prime Minister’s Rural Development Fellowship (PMRDF).

He takes literature pretty seriously. He often finds meaning to his life, its pleasures and problems in books. In an epiphany, he had realized the meaning of the saying, “We study humanities as a subject because it makes us human”. Thus, in a general conversation with him, you will find quotes from Premchand to Tolstoy, Thoreau to Emerson flying all around accompanied by their relevance. And his wordsmithery with Hindi catches even the most eloquent of the eyeballs (his ‘vote of thanks’ masterpiece during West India Tour might ring a bell).



He also shares a vivid taste in movies, if he really likes some, he stored it in his eidetic memory. Some conversation landed on Gangs of Wasseypur one day, and we had a hearty laugh (so much so that our jaws started hurting) as he went on narrating rib tickling scenes with utmost minutia.

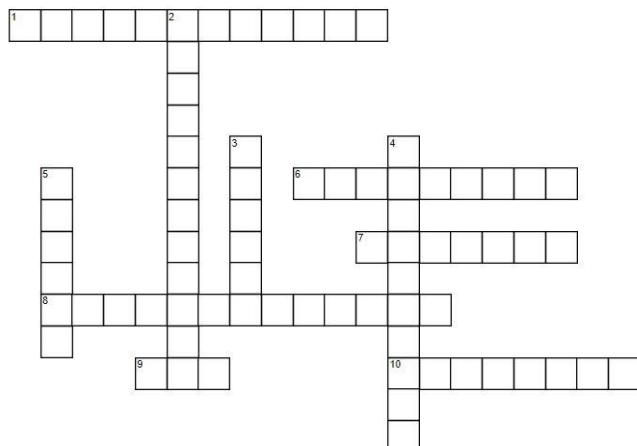
He pretty much goes by the principle ‘First we eat, then we do everything else’. And you could see him rushing from the mess because he is caught up what he loves doing the most - enjoying a sumptuous meal. This, according to him, is the reason behind his fitness and showmanship on the sports field. We all give it to him!

All hail the Lord Commander of our Mess and the Master of Grain, Dwijaa Pratim Sen!

# WOODWORDS CROSSWORD

Life at IGNFA

N Ravisankar Sarma



## ACROSS

- 1 \_\_\_ was not built in a day (12)  
6 Saddled between trees, the lawn and camaraderie of everyday, a monkeys jump away from both an abode of God and tomorrows guardians of our nation (9)  
7 An uninvited guest, fortunately unseen, yet as the signs tell us- 'beware' (7)  
8 Our shelter from the untimely rain where the remnants of victory and loss flutter in the wind in different colours (13)  
9 A \_\_\_ a day keeps the batch engaged, the world informed and the campus known (3)  
10 On the wall of your home, when drinking a cup of tea, by the steering wheel and on your attire for the day, they evoke memories of the academy and the glory of the service (8)

## DOWN

2. Behind a squeaky door lies this place that yearns not for obligatory signatures but natural desire for knowledge (12)  
3 Under this 'tree' we congregate to gain the knowledge of our science (6)  
4 A winter night that made everyone an artist and all the campus a stage (10)  
5 A remnant of pride and a memorable gift blended in a mix of blue, green, yellow and red punctuated by a pin (6)

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