

# NAVY NEWS

ABC Certified

October 2017



## Change of Command Pakistan Navy



## CONFERMENT OF NISHAN-E-IMTIAZ (MILITARY)

The President of Pakistan has conferred upon Chief of the Naval Staff Admiral Zafar Mahmood Abbasi, Nishan-e-Imtiaz (Military), one of the highest Military honours of the country, during an impressive ceremony held at Aiwan-e-Sadr Islamabad.

The Military Award has been conferred upon the Naval

Chief in recognition of his long meritorious services, exceptionally commendable performance and inspirable devotion to duty. Admiral Zafar Mahmood Abbasi in all his professional pursuits has exhibited dynamic leadership skills coupled with immaculate moral strength, remarkable professional competence and high sense of responsibility. His exemplary conduct

instilled inspiration amongst subordinates and contributed profoundly in development of Pakistan Navy.

Federal Ministers, Chairman Joint Chiefs of Staff Committee, Chief of Army Staff, Chief of Air Staff, senior officers of the armed forces and high ranking officials attended the coveted investiture ceremony.



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# Change of Command - Pakistan Navy



“On Assuming Command of Pakistan Navy I thank Allah SWT for his countless blessings and pray to him to grant me wisdom and sagacity to shoulder this great responsibility. I am also grateful to the Government for reposing trust and confidence in me. I expect all officers and men to rededicate themselves to the Defence of Motherland with honesty of purpose, devotion to duty and above all faith in Allah SWT. Together we shall Insha Allah prove equal to the task and come up the expectations of the nation.

May Allah SWT be our protector and benefactor. AMEEN”

*The Naval Chief*

Admiral Zafar Mahmood Abbasi was sworn in as Chief of the Naval Staff during an impressive Change of Command Ceremony held at PNS ZAFAR Islamabad. The President of Pakistan appointed Admiral Zafar Mahmood Abbasi as Chief of the Naval Staff upon completion of tenure of service of Admiral Muhammad Zakaullah.

In the farewell address, the outgoing Naval Chief, Admiral Muhammad Zakaullah thanked Almighty Allah to have bestowed upon him the sacred onus of commanding Pakistan Navy for the defence of mother land. The Admiral acknowledged that there was no greater privilege and honour for him than to have been associated with such a noble profession and an array of dauntless, devoted and capable officers and men. The outgoing Naval Chief congratulated Admiral Zafar Mahmood Abbasi for assuming the command

of Pakistan Navy and expressed his heartiest felicitations

The Admiral added that when he took over the Command of Pakistan Navy three years ago, it was his ardent desire to command a multi-dimensional Naval Force, which maintains the highest level of operational preparedness, fully capable of defending the sea frontiers and safeguarding maritime interests in consonance with national security aspirations. He said that he stood affirmed that owing to strenuous hard-work of officers and men, Pakistan Navy has transformed into one of the most professional forces in the

world.

Admiral Muhammad Zakaullah impressed upon the fact that the contemporary complex and challenging security environment in the region entails that we must have coherent and lucid perception of the security calculus. Pakistan Armed Forces are an impregnable defence against all those elements which resort to nefarious designs against our country. While highlighting the socio-economic importance of CPEC and Gwadar port for the country, the outgoing Naval Chief underscored that viability and assured dividends of CPEC related projects will augment mutual cooperation with other regional countries besides ushering economic stability in the region.

Admiral Muhammad Zakaullah also said that while relinquishing the command of Pakistan Navy, he felt pride for having dedicated his life and services for an excellent force.



He thanked Govt of Pakistan for entrusting confidence and rendering support and cooperation in discharging his duties. The Admiral also expressed gratitude for Principal Staff Officers, NHQ staff, Field Commands and Navy civilians for extending steadfast support and arduous devotion.

On their arrival at the venue, the outgoing and newly appointed Naval Chiefs were presented with Guard of Honour. Later, Admiral Muhammad Zakauallah formally handed over the command of Pakistan Navy by presenting the traditional scroll to Admiral Zafar Mahmood Abbasi.

Later, Chief of the Naval Staff, Admiral Zafar Mahmood Abbasi laid floral wreath at Shuhada monument at Naval Headquarters and offered Fateha. Upon arrival at Naval Headquarters, a smartly turned out contingent clad in ceremonial dress presented him the Guard of Honour. ✕✕



# PN Communication and Electronic Warfare Proficiency Competitions - 2017



Prize Distribution Ceremony of PN Communication & Electronic Warfare Proficiency Competitions 2017 was held at SNOPs Auditorium PNS BAHADUR. A large number of Officers and CPOs/Sailors witnessed the ceremony. Rear Admiral Imran Ahmad, Commandant PNS JAUHAR graced the occasion as Chief Guest.

In 45<sup>th</sup> PN Communication Proficiency Competition 2017 a total of 117 competitors of 09 teams from various Commands participated. The competition consisted of 07 teams and 12 individual events.

23<sup>rd</sup> PN Electronic Warfare Proficiency Competition 2017 was conducted from 15 to 23 May 2017. A total of 53 competitors of 06 teams participated in the competition. EW proficiency consisted of 05 team and 11 individual events.

Director Signals in his welcome

address highlighted the importance of Communication and Electronic Warfare in Naval Warfare and in the battle field. He emphasized the fact that, in any future conflict the battle waged over electromagnetic spectrum will be pivotal to shape the outcome of war and it was important that Communication and EW practitioners are afforded an opportunity to gauge and hone their skills through intense competition and tests.

Chief Judges of both the competitions presented resume of EW and Communication competitions respectively.

On the Occasion, prizes were awarded to winners of Competitions in the individual and team event categories.

Runner Up Trophy for the Communication Proficiency 2017 went to DESRON-25 and combined team of HAIDER/KARACHI WIRELESS and BEAMER lifted the

Winner Trophy.

For EW Proficiency Competition 2017, DESRON-18 team was declared winner while DESRON-25 team received runner up trophy.

Speaking on the occasion, Commandant PNS JAUHAR highlighted the fact that our adversary is heavily investing in the fields of Communications and EW, hence it demands highest degree of readiness at our end both in terms of professionalism and technologies to use Electromagnetic spectrum to our benefit. He further added that indigenous development of Cypher Equipment and Software Defined Radios is a step in right direction. We need to further polish our skills to use new systems in best possible ways to accrue maximum benefit from growing technologies. He congratulated winning teams and individuals while appreciating enthusiasm of the participants. ❖❖

# 2<sup>nd</sup> PN International Nautical Competition

In order to promote water sports in Pakistan and with an aim to project soft image of the country at international level, Pakistan Navy conducted 2<sup>nd</sup> PN International Nautical competition at Karachi. A total of six teams comprising cadets and midshipmen from Naval Academies of China, Srilanka, Saudi Arabia, UAE and host Pakistan participated in the event. The three day long Competition encompassed variety

of water sports and seaman ship races in Karachi Harbour and PN Units.

Chinese Navy won the 2<sup>nd</sup> PN International Nautical Competition by scoring 4 Gold medals, whereas UAE remained runner up. Commander Karachi Rear Admiral Ather Mukhtar being the Chief of Guest of the closing ceremony distributed the trophies and prizes amongst the winners.

The competitions were conducted in various categories of swimming and Lifesaving races in Naval Physical Training and Sports Complex PNS KARSAZ as well as Seamanship race and sailing competitions at Karachi Harbour. The team of Chinese Naval Academy displayed marvelous performance throughout the event and stood overall winner of the competition. ❖❖

**Detailed results of the competition:**

Event	Gold	Silver	Bronze
Life Saving Race:	China	Sri Lanka	PNA
200m Individual Medley	Sri Lanka	China	PNA
100m Breast Stroke	China	Sri Lanka	UAE
100m Free Style Relay	China	Sri Lanka	UAE
4X100m Free Style Relay	China	Sri Lanka	UAE
Seamanship race	UAE	China	PNA
Sailing Race	KSA	UAE	China



Winning team of Chinese Naval Academy receiving trophy



# First ever workshop on National Security Challenges and Role of Senior Leadership

The premier workshop on 'National Security Challenges and Role of Senior Leadership' was organized by Training & Evaluation Branch, Naval Headquarters in collaboration with Department of Defence and Strategic Studies, Quaid-i-Azam University Islamabad.

A number of contemporary topics including 'Changing geo-political situation in the region and its impact on Pakistan', 'US policy of Asia rebalancing',

'Role of strategic leadership and media management' were deliberated threadbare. Highlight of the workshop was interactive sessions and simulation exercise conducted by the faculty on 'CPEC and Crisis Management' in which officers made presentations and rendered scenario based solutions to given challenges.

Certificate award ceremony was held on the last day of the workshop. Dr. Nasrullah Mirza, Head of Department of

Defence and Strategic Studies, Quaid-i-Azam University, Islamabad awarded certificates to the participating officers.

The workshop was attended by officers from Naval Headquarters, Islamabad. In addition, officers from Field Commands at Karachi and PN War College, Lahore also participated in the workshop through Teleconferencing. ☒☒



# PAKISTAN NAVY'S EXERCISE BURQ VII...

## Validates Combat Readiness and Defence of Creeks Area

Pakistan Navy conducted Exercise BURQ VII at Creeks area aiming to evaluate Pak Navy's operational plans for the defence of Creeks Area. It also included re-evaluation of Air Defence plans and combat readiness of Air Defence Battalion deployed in the Creeks area. Pak Marines and Special Service Group (Navy) were lead elements of the exercise.

Commander Coast, Rear Admiral Abdul Aleem also visited the forward posts of Pakistan Navy in creeks area to witness the tactical phase of Exercise. During the visit, the Commander Coast expressed

his satisfaction over high degree of professionalism and combat readiness displayed by the various segments of Pak Marines and Special Service Group (Navy) during the Exercise.

BURQ Series of Exercises are tactical level exercises conducted by Pakistan Navy Coastal Command to evaluate and enhance the defence of Creeks Area wherein Pak Marines and Special Service Group (Navy) participate. Assets of Pakistan Navy Fleet, Maritime Security Agency, and Pakistan Air Force also participate in the exercise. ❖❖





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# Maritime Security

## The Pakistan's Perspective

Capt Sohail Ahmed Azmie

Ever wondered waiting in a long queue to refuel your vehicle as how does this fuel come to your city and what would happen if it cannot be delivered for few days! Oil tankers, most of us know, transport petroleum from Karachi to all corners of Pakistan; but many of us might not know how does it end up in Karachi and what all it takes to ensure it gets there safely and securely. This area is related to what we call 'maritime security'. Much has been written and talked about the concept and, let me say the idea, of 'maritime security' but plenty remains to be figured out as to what 'exactly'

does it mean? Before we expound on the phrase, we should agree on the term 'security' that: it is a state of being free from threat or danger. The maritime security would then, in a very simple manner, mean: our seas, and the waters connected with the seas, remain free from those activities, which could threaten its use for economic, military and scientific purposes. Some of these 'activities' include: terrorism, piracy, armed robbery, human smuggling, drug trafficking, gun running, poaching, acts causing marine pollution, to name a few. Some call these activities as 'non-traditional'

threats and choose to assign those in the calculus of threats worth responding by the naval forces. It is important, nonetheless, to comprehend why sea and maritime security matter these days? Simple statistical facts would reveal the concerns that people of Pakistan should know. Our 95% trade is totally dependent on sea; imagine a scenario when this path is blocked, or for some reasons, cannot be used. Our industries, exports and imports would come to a grinding halt as goods' transportation to and from other countries via land and air routes is not just expensive, it

is extremely inconvenient, which involves highly complex diplomatic, political and military aspects. Over 15 million barrels of crude oil is shipped through right across our coast from the Gulf countries daily. In terms of percentage dependence on the Middle Eastern oil, out of total oil imports, the figures are: China 60%, United States 18%, India 59%, Japan 90% and Pakistan 99%. Apart from oil, 90% of world trade measured by weight and volume, and 80% by value is carried in seaborne commerce; and this trend appears to be steadily increasing with every year. This inseparable human dependence on sea would continue to grow and would necessitate measures to safeguard it from non-traditional threats. Our seas, the Indian Ocean in general and the Arabian Sea, in particular, would remain in the limelight owing due to massive dependence of oil from the Middle Eastern countries for rest of the world. Though there has not been significant manifestation of non-traditional threats in our seas, yet their emergence now or anytime in future cannot be ignored, which means the idea of maritime security should not escape our focus.

Add to the non-traditional threats' matrix the traditional threat of India. There is always a likelihood of India abetting, aiding

or sustaining non-traditional elements of instability and chaos, the terrorists, to harm Pakistan's vital security interests. In modern warfare a military strategy that blends conventional warfare, irregular warfare and cyber warfare parlance the phenomenon of hybrid warfare which implies both conventional and non-traditional instruments of force and violence. More suited in the case when Pakistan and China's strategic partnership solidifies, India may restless to adopt any measure necessary to sabotage, jeopardize and compromise Sino-Pak joint strategic interests by supporting maritime terrorism through maritime military hybridization i.e. using maritime domain through conventional and unconventional means of combat. Changing geopolitical milieu also complicates the security environment for Pakistan.

*Though there has not been significant manifestation of non-traditional threats in our seas, yet their emergence now or anytime in future cannot be ignored, which means the idea of maritime security should not escape our focus.*

There is no question that strategic economic and, for that matter political interests, of many nations, intersect at sea, therefore, maritime security should be regarded as a 'shared concern' as far as the non-traditional threats are viewed as a 'common adversary'. In pursuance of this theorem of 'shared concern & common adversary', Pakistan Navy remains at the forefront of regional and global collaborative efforts of creating a secured maritime environment, where economic, scientific and commercial activities may go on unhindered and uninterrupted.

In these troubling times, Pakistan's economy cannot be left to insecure seas, therefore, entail awareness through information sharing and developing a common understanding and narrative towards countering terrorism, piracy, environmental and humanitarian disasters amongst the policy makers, academicians and senior civil bureaucrats. Taking a lead, Pakistan Navy took the maiden initiative and organized a two week Maritime Security Workshop (MARSEW 17) at Pakistan Navy War College, Lahore. The slogan for MARSEW 17 was chosen very appropriately i.e. secure seas – prosperous Pakistan. The Workshop was aimed at disseminating knowledge



of Maritime affairs to participants from politics, bureaucracy, civil and military dignitaries and media. The workshop was demarcated in two phases: study phase and sea phase. The main highlight of the former phase was a scholarly gathering of maritime experts who alluded to regional and international developments unraveling in the Indian Ocean and their likely impact on Pakistan's maritime environment. While the latter phase of MARSEW entailed visit to Karachi and Coastal Areas of Pakistan where the participants were apprised about the role, function and command structure of Pakistan Navy. Furthermore, participants were enlightened about the current developments at Gwadar and adjacent areas. This workshop was a clear demonstration of Pakistan Navy's commitment and efforts directed towards promoting maritime awareness. In addition, being sensitive to the significance of Arabian Sea as a vital conduit of world's energy, Pakistan Navy has played an effective, proactive and consistent role in its security, safety and usability by all concerned nations. Pakistan Navy joined the American led initiatives of Combined Task Forces (CTF)-150 (counter terrorism) and

CTF-151 (antipiracy). Pakistan Navy has contributed ships and aircraft in these global efforts, despite enormous fiscal and operational constraints. Pakistan Navy also joined the Indian Ocean and Western Pacific Naval Symposium for sharing and learning the imperatives of maritime security in the changing environment.

The phrase of 'maritime security' may find its meaning clearer in some parts of the world, where military and political leadership work together knowing it to be a crucial ingredient of overall national security. In Pakistan, however, there is a pervasive maritime oblivion – which urgently requires to be addressed. Some aspects of this oblivion are: sea blindness, land-locked thinking and agrarian mindset, which has cumulatively kept the masses gaze away from sea and its importance. Through such measures as MARSEW – an effort is being made to pay a bit more attention to maritime domain, which is fast transforming to be a national security arena in times to come. The sooner we understand its value, the better will Pakistan find itself prepared to face the challenges of economy and security that originate from the seas. ❖❖

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# 4<sup>th</sup> Generation Warfare



Brig (R) Raashid Wali Janjua

*Pakistan has been selected as the target of fourth-generation warfare by its neighbours due to unresolved conflicts and a strategic divergence of interests. Alliance politics in South Asia and the Indian quest for hegemony and competition with China are the driving forces of this conflict which has been fuelled by external state actors that see strategic value in stirring managed chaos in Pakistan and Afghanistan.*



Is Pakistan in the throes of fourth-generation warfare? In order to answer this question and to understand the nature of that warfare one needs to trace its history.

The term was first coined by a team of US military analysts led by William S Lind in a Marine Corps Gazette article titled, 'The Changing Face of War: Into the Fourth Generation'. In simple terms, fourth-generation warfare means warfare sans state monopoly. It is a war where the chief protagonists in the conflict equation are not two states but non-state actors challenging the writ of a state.

Ontologically, it is an asymmetric war that is different from conventional warfare in its choice of tactics, objectives, and means of waging wars. The violent non-state actors form the 'beaux sabreurs' of the asymmetric warfare waged in parallel and employ social, economic, and psychological stratagems to impose disorder on the typical state order. The weaker and softer the state, the more puissant will be the response of these grisly practitioners of fourth-generation warfare.

Thomas Hammes in his book 'The Sling and the Stone' and Martin Van Creveld in 'The Changing Face of War' have described the denouement of a new act of war that brings the curtain down on the Clausewitz's conventional notions of war and strategy. Martin Van Creveld further elucidates the concept with apt examples spanning the Battle of Marne in WWI to the Iraq War. According to him, fourth-generation warfare has upended the existing war paradigm that relied on a trinity of the government, people and the army.

Clausewitz believes that war was the continuation of politics by other means. Violent non-state actors have upended this paradigm by practising violent politics through means other than conventional wars, thereby severing a link that existed between reason, chance, and passion since the Peace of Westphalia in 1648. Fourth-generation warfare targets the passion part of the trinity by wooing people who now become willing accomplices of the "non-Trinitarian warriors", the present-day terrorists.

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Some ingenues of the art of war fail to distinguish between insurgencies and fourth-generation wars. The clear distinction between the first-generation war which involved column and line battle formation contests with smooth bore muskets and the second generation war which showcased linear tactics of fire and movements with rigid formations supported by indirect artillery fire is essential to understand the evolution of warfare into the third and, subsequently, fourth wave of war form.

The horrors of trench warfare and meat grinder tactics of

unimaginative WWI generals resulted in infiltration tactics and the strategy of indirect approach as evidenced by the tactics of German storm troopers towards the concluding phase of the Great War and by the blitzkrieg tactics of the German panzers Battle of France during WWII. Third-generation warfare reached its apogee with the manoeuvre warfare demonstrated through advanced mechanised armies in the two Iraq wars where firepower, communications and mobility complemented each other to defeat weaker adversaries.

In all three war forms, the identification and attack of the enemy forces' centre of gravity inspired the selection of war objectives. However, in fourth-generation warfare, the centre of gravity lay diffused in a political ideology, inspiring non-uniformed warriors who employed terrorism, propaganda, religion, and public grievances to wage political wars against the state's security institutions.

Pakistan has been selected as the target of fourth-generation warfare by its neighbours due to unresolved conflicts and a strategic divergence of interests. Alliance politics in South Asia and the Indian quest for hegemony and competition with China are the driving forces of this conflict which has been fuelled by external state actors that see strategic value in stirring managed chaos in Pakistan and Afghanistan.

A world power scared of another rising world power, a regional surrogate willing to play its part in service of the patron, the gulf monarchies viewing the rise of a commercial competitor with trepidation, and two Islamic neighbours failing to rise above their



narrow interests – all this makes for an interesting witches' brew in our neck of the woods.

The thousand pound guerilla in our geopolitical room at the moment is none other than CPEC – a flagship project of the Chinese quest for its rightful place in global trade and commerce. Pakistan's alacrity to embrace CPEC, though born of economic necessity, is being construed as a threat by external state actors who have directly or indirectly started fishing in our troubled waters. In order to parry the fourth-generation attacks, Pakistan has to therefore contend with a realisation that the implacable wave of disorder will remain fully supported by these external state actors. A home truth also needs to be candidly driven home that the internal weaknesses which invite external abetment need to be addressed with celerity.

Having identified the malaise, we now come towards some solutions. Since this war is about the use of ideological narratives – whether religious or secular to justify violent acts of terror against state institutions as well as defenceless civilians, the first attack should be made on the terrorists' narrative and its fountainheads. In our case, if there are political and economic grievances, they should

be addressed clearly by separating the genuinely aggrieved from the miscreant elements who are dancing to the tune of foreign masters. If the narrative is distorted, sectarianism should also be attacked with full force.

If the roots of the violent narrative are traced to the religious seminaries, the state should muster enough gumption to call upon these hatcheries of terrorism. It is time we stopped hoodwinking ourselves by molycoddling sectarianism and the madressah system.

On the external front, we need to aggressively court India and the US to impress upon them the futility of a strategic showdown with China. Diplomacy should be our first line of defence to woo Afghanistan as well as India so as to starve the sources of nourishment for our fourth-generation warriors. The British handling of the troubles in Northern Ireland tells us that armies are kept for counter-insurgencies, the police have been strengthened as a lead agency for counter terrorism and the criminal justice system is modified for the speedy prosecution of terrorists if the fourth-generation war is to be won. ❖❖

A world power scared of another rising world power, a regional surrogate willing to play its part in service of the patron, the gulf monarchies viewing the rise of a commercial competitor with trepidation, and two Islamic neighbours failing to rise above their narrow interests – all this makes for an interesting witches' brew in our neck of the woods. The thousand pound guerilla in our geopolitical room at the moment is none other than **CPEC** – a flagship project of the Chinese quest for its rightful place in global trade and commerce. Pakistan's alacrity to embrace **CPEC**.



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# WHY ME?

Abu Afnan

Once a king was traveling through a river on his royal barge along with his ministers, courtiers and slaves. One of the slaves, started crying and yelling after seeing gusty waves of the river. Every one onboard tried to stop him from shouting and outcry, including the king himself, but in vain. One wise minister took permission from the king to stop him. Once granted, he took that slave by the hair and threw him into river. Now the uproars of the slave had no bounds with the agony of death by drowning. After a couple of moments, the minister ordered the other slaves to recover him; which was done. To everyone's surprise, now the slave sat in a corner quiet and calm and contented. The king asked the minister about the philosophy behind it. The minister replied, my lord! he (the slave) first time saw the stormy waves of a river and thought it as calamity and trouble. And when he was thrown into the river, he came to know that sitting in a boat is a blessing whereas getting inside the blustery waves is a real misfortune and tragedy.

In our life also, the same thing happens; many undesirable situations occur in our life; which apparently seem calamities but actually are not. We have to identify and differentiate between real troubles and look-like-troubles. Life is like a painting comprised many colours; the colour palette of life includes all colours of spectrum – from gloomy grey to sanguine red. "LIFE" is handed over to each individual of the planet earth in the form of a Package, comprising many sweet things as well as bitter ones. Every human being, Prophets, scholars, philosophers, great kings, tyrants, heinous criminals – all have a bag of adversities and privileges. However, it has always been an agonizing questing of a sufferer, when he faces any undesirable situation or trouble "Why Me?" These tragedies or troubles range from perpetual ailment of self or a family member, having a special or handicapped kid, sore relations with spouse, rebellious teenagers, childhood full of deprivation to financial issues, dictator boss and other life complexes.

Albert Einstein once observed, "The significant problems we face cannot be solved at the same level of thinking we were at when we created them." As we look around us and within us and recognize the problems, we must begin to realize that first we have to change our way to see the problem; and to change the way is very difficult task and in itself a problem.

The paradigm of change lies within us because if we want to have a happy marriage, we need to be the kind of person who generates positive energy and sidesteps negative energy rather than empowering it. If we want to have a more pleasant, cooperative teenager, we must be a more understanding, empathic, consistent, loving parent. If we want to have more freedom, more latitude in our job, we must be a more responsible, a more helpful and a more contributing employee. If we want to be trusted, we need to be trustworthy. Understanding of self, precedes understanding the problem. As C.S Lewis said, "When a man is getting better

he understands more and more clearly the evil that is still left in him. When a man is getting worse he understands his own badness less and less. A moderately bad man knows he is not very good: a thoroughly bad man thinks he is all right. Good people know about both good and evil: bad people do not know about either."

Scholars and philosophers have delved for decades to reach to the causes of calamities and problems. Generally speaking, in our life, the problems we face fall in one of three areas:

- Direct Problems (problems involving our own behavior)
- Indirect Problem (problems involving other people's behavior)
- No Control Problems (problems we can do nothing about, such as our past or situational realities)

Direct problems are those problems which occur due to our own behaviour, past actions or inactions and unwise choices. Between stimulus (what happens to us) and response (how we respond to a situation) there is always a space which is called Freedom of Choice. This freedom of choice determine our present and future. This power of choice means that we are not a product of how other people treat us but we are creation of our own choices. Suppose, if you slept late yesterday and woke up late and could not reach to officer on time and missed a very important meeting, your boss will be furious to you. You may have exchange of harsh words with him, and you will also carry the bitterness of that feeling at home and very likely, you will have a quarrel with your spouse on a trivial matter and also mar the quality time with your kids. Who is responsible for this undesirable OODA loop? Definitely you. Again, if you do not spare 15 minutes daily for exercise of your choice, at annual medical checkup you come

to know the various maladies appearing in your medical reports, to who you will make responsible! These Direct Problems can be solved by changing our own behaviour, habits and making wise choices.

Indirect Problems occur due to the behaviour or habits of others but who are related to us. We can help other to change their behaviour. We may have awful boss, rebellious teens and non-cooperative spouse. However, by wise exercise of our freedom of choice, we may change unpleasant circumstances at home and work and can profoundly influence our boss or spouse for good, or at least insulate ourselves from obsessing or being emotionally taken over by others' weaknesses.

No control problems involve taking the responsibility to change the line on the bottom on our face -- to smile, to genuinely and peacefully accept these problems and learn to live with them, even though we don't like them. In this way, we do

*If we want to have a happy marriage, we need to be the kind of person who generates positive energy and sidesteps negative energy rather than empowering it.*

*If we want to have a more pleasant, cooperative teenager, we must be a more understanding, empathic, consistent, loving parent. If we want to have more freedom, more latitude in our job, we must be a more responsible, a more helpful and a more contributing employee.*

*If we want to be trusted, we need to be trust worthy. Understanding of self, precedes understanding the problem.*



not empower these problems to control us. Whether a problem is direct, indirect, or no control, we have in our hands the first step to the solution, that is freedom to choose between stimulus (what happens to us) and response (how do we react).

We must differentiate blessings from problems; be grateful for our blessings, and try our best to

overcome the problems which we can by changing our behaviour and learn to live by those we have no capacity to change. Stephen R Covey has beautifully observed, "I believe that there are parts to human nature that cannot be reached by either legislation or education, but require the power of God to deal with. I believe that as human beings, we cannot make ourselves perfect. To the

degree to which we align ourselves with correct principles, divine endowments will be released within our nature enabling us to fulfill the measure of our creation". In the words of Teilhard de Chardin, "We are not human beings having a spiritual experience. We are spiritual beings having a human experience."

**At the end, may I invite you to read a beautiful poem "IF" by Rudyard Kipling to align our response in the face of adversities:**

If you can keep your head when all about you,  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;  
If you can think—and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build them up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And—which is more—you'll be a Man.

⊗ ⊗ ⊗ ⊗

**Rudyard Kipling**