

## Courses

ACC (1) AFCAT (1) AIRMEN (2) CAPF (1) CDS EXAM (2) INET OFFICER (1) MNS (1) MOCK TEST (3) NDA EXAM (1) PC(SL) (1) SCO (1) SSB INTERVIEW (1) TERRITORIAL ARMY (1)

<p><b>HIGHEST RATED</b></p>  <p>617 PEOPLE ONLINE NOW</p> <p><b>CDS Exam Online Course 2021 – 2022</b></p> <p>★★★★★ 5 (80)</p> <p>₹ 4,999.00</p>	<p><b>BEST SELLER</b></p>  <p>997 PEOPLE ONLINE NOW</p> <p><b>CDS OTA Exam Online Course 2021 – 2022</b></p> <p>★★★★★ 5 (77)</p> <p>₹ 4,499.00</p>	<p><b>BEST SELLER</b></p>  <p>206 PEOPLE ONLINE NOW</p> <p><b>AFCAT Exam Online Course 2022</b></p> <p>★★★★★ 5 (64)</p> <p>₹ 4,999.00</p>	<p><b>HIGHEST RATED</b></p>  <p>561 PEOPLE ONLINE NOW</p> <p><b>NDA Exam Online Course 2021 – 2022</b></p> <p>★★★★★ 5 (72)</p> <p>₹ 4,999.00</p>	<p><b>HOT &amp; NEW</b></p>  <p>740 PEOPLE ONLINE NOW</p> <p><b>Territorial Army Exam Online Course 2021 – 2022</b></p> <p>★★★★★ 5 (53)</p> <p>₹ 4,999.00</p>	<p><b>HOT &amp; NEW</b></p>  <p>995 PEOPLE ONLINE NOW</p> <p><b>ACC Exam Online Course Army Cadet College 2021 – 2022</b></p> <p>★★★★★ 5 (53)</p> <p>₹ 6,999.00</p>
<p><b>HOT &amp; NEW</b></p>  <p>90 PEOPLE ONLINE NOW</p> <p><b>OIR Test and PPDT Online Course – Officers Intelligence Rating Test</b></p> <p>★★★★★ 5 (50)</p> <p>₹ 2,999.00</p>	<p><b>BEST SELLER</b></p>  <p>98 PEOPLE ONLINE NOW</p> <p><b>MNS Military Nursing Service Exam Online Course 2022</b></p> <p>★★★★★ 5 (44)</p> <p>₹ 4,999.00</p>	<p><b>HOT &amp; NEW</b></p>  <p>37 PEOPLE ONLINE NOW</p> <p><b>AFCAT Exam Online Mock Test Series</b></p> <p>★★★★★ 5 (65)</p> <p>₹ 299.00</p>	<p><b>BEST SELLER</b></p>  <p>36 PEOPLE ONLINE NOW</p> <p><b>CDS Exam Online Mock Test Series</b></p> <p>★★★★★ 5 (79)</p> <p>₹ 299.00</p>	<p><b>BEST SELLER</b></p>  <p>18 PEOPLE ONLINE NOW</p> <p><b>NDA Exam Online Mock Test Series</b></p> <p>★★★★★ 5 (72)</p> <p>₹ 299.00</p>	<p><b>HOT &amp; NEW</b></p>  <p>37 PEOPLE ONLINE NOW</p> <p><b>UPSC CAPF Assistant Commandant Online Course 2022</b></p> <p>★★★★★ 5 (46)</p> <p>₹ 4,999.00</p>



CITATION FOR NAO SENA MEDAL (GALLANTRY)  
CAPT PRASHANT HANDU



1. INS Kolkata, under the able leadership of Capt Prashant Handu, the Commanding Officer undertook Search and Rescue Operations during the cyclonic storm Tauktae, in the North Arabian Sea, in extremely challenging weather/sea conditions, resulting in saving of several lives.

2. On 17 May 21, in response to Cyclone *Tauktae*, the ship was ordered to sail with despatch to assist vessels in distress off the coast of Mumbai. **With Captain Prashant Handu at the helm, the ship casted off in extremely adverse weather, with winds gusting upto 60 knots and negligible visibility.** The ship was directed to render assistance to *MV Gal Constructor*, which had taken in water in her engine room and was in danger of sinking. With steadfast resolve and determination, the officer as the *On-Scene Commander*, followed the stricken ship into shallow and unfrequented waters, remaining poised to evacuate the crew, should the need arise. ***The officer convinced the Master of MV Gal Constructor not to abandon ship, which could have resulted in casualties in the rough sea conditions. Instead the ship was let to drift into shallower waters to run aground off Mahim. This innovative approach enabled all 137 crew of the ship to be safely airlifted.***

3. Kolkata was thereafter directed to ***augment the SAR effort for Barge P-305. Despite blinding sea spray, rain and Sea State 7/8,*** the officer displayed extraordinary leadership, professionalism and fortitude as he utilised all the resources at his disposal to search for survivors. Determined not to leave behind any fellow mariners, he also took the command decision to lower his ship's divers to facilitate recovery of mortal remains. He tirelessly spearheaded SAR efforts of *Kolkata* for the next two days, recovering five survivors and mortal remains of 18 deceased. In sea conditions that put his ship, men and machinery to the ultimate test, Captain Prashant Handu's stoic determination and courage was a beacon to his ship's crew.

4. The successful and bold execution of Search and Rescue Operations, in extreme weather conditions, highlights the unparalleled bravery, bold decision-making, presence of mind and risk-taking ability of the officer. His actions are in keeping with the naval ethos of '*Duty, Honour and Courage*'. For his exemplary leadership and resolute valour, which resulted in safe evacuation of the crew of *MV Gal Constructor*, recovery of five survivors and 18 mortal remains, he is awarded the **Nao Sena Medal (Gallantry).**

**CITATION FOR NAO SENA MEDAL (GALLANTRY)**  
**CDR DHANUSH MENON**



Cdr Dhanush Menon was deputed to Belagavi, Karnataka as the Naval Detachment Commander wef 08 Aug 19 for 'Op Varsha Raha'. Based on the information of two aged men being stranded atop a tree in the village of Haloli, one AU 704 (ALH) was airborne at 0730 h on 09 Aug 19. The information was however partial with an indicative area for search and a tin shed as an identifying feature somewhere near the tree. As Captain of the Aircraft, the officer undertook the highly challenging SAR mission on 09 Aug 19, **in low visibility, torrential rain and amidst dangerous obstructions**. The rescue site was completely inundated and in dangerous proximity (5 metres) to a high power transmission line and its pylons. **The survivors had been stranded bereft of food and water for three days and were so exhausted that they were in no position to even approach the rescue basket by themselves.** With turbulent river obviating chances of rescue by boat, **air rescue was the only option to save the elders from the jaws of almost certain death.** A standard rescue procedure with hover into wind would entail the tail rotor into high tension cables and out of sight of pilot. **Rescue could be affected only by a cross wind hover which heavily degraded helicopter controllability and power margins.** Isolated passing showers that rendered almost **nil visibility and gusting winds of 25 knots only compounded the problems.** With lives at stake, the Officer commenced rescue **displaying selflessness and extra ordinary courage in face of clear and absolute danger.** Standard hover height of 175 ft in gusting cross winds resulted in uncontrollable swing in the rescue basket rendering winching impossible. The Officer **took the extremely dangerous decision to reduce hover height to 125 ft displaying courage and exceptional skill to maintain the aircraft at hover for 25 minutes only 15 feet clear of the hazardous obstructions and saving the lives of two souls in distress.** Lowering the rescue basket at the tight spot (between the dangers of transmission tower, roof of the shed and the tree) called for exemplary situation awareness and alacrity for a precise rescue. For his selfless actions in dire circumstances, Cdr Dhanush Menon (05556 A) is awarded the **Nao Sena Medal (Gallantry)**.

**CITATION FOR NAO SENA MEDAL (GALLANTRY)**  
**CDR BIPIN PANIKAR**



1. Cdr Bipin Panikar First Pilot and the Captain of Seaking 42 B helicopter **displayed exceptional bravery, courage and unmatched professional competence whilst undertaking a daring and successful rescue of 03 survivors of barge P305** in the aftermath of Cyclone Tauktae in extremely hazardous weather conditions, marginal visibility conditions, high swell with wind speed of the order of 45-50 kts.
2. On 18 May 21 post passage of devastating cyclone Tauktae close to Maharashtra coast, the Western Naval Command was tasked with immediate Search and Rescue of personnel overboard from barge P 305 in Arabian Sea 60 to 70 Nm away from Mumbai. Cdr Bipin Panikar **displayed phenomenal grit and purpose as he prepared the plan for rescue of the survivors with attention to detail on the previous night.** The officer displayed immense professional competence as he **meticulously calculated the fuelling requirement to ensure maximum time on task which proved to be a matter of life and death for rescuing the final survivor from the area.**
3. As 2i/C of the squadron, the officer lead by personal example and **volunteered to be the first responder and undertook the maiden helicopter launch towards air rescue effort in adverse weather conditions on fringes of helicopter operating limits.** Upon take off the officer braved numerous bad weather systems developing close to Mumbai and undertook a thorough briefing of his crew and delegation of responsibility to ensure **optimal utilisation of available men and material resources. With winds around 45-50 kts and reduced margin of power available to the helicopter resulting in difficulty in hovering, the officer exhibited tremendous flying skills and unmatched resilience in winching up two survivors in the area.** He also spotted another survivor by the time he finished battling weather and winching up two survivors. While the operation was underway, the officer was quick to realize that they are **running low on endurance** and would face head winds to the tune of 45 -50 kts while returning back to base. **The officer decided to push the envelope of men and machine and take a calculated operational risk despite being low on endurance in order to save yet another life and staying true to the commitment of no man left behind.** Keeping immense faith in himself and the helicopter, the officer successfully winched up the third survivor and shaped his way back to the base upon reaching the endurance limit of the helicopter, but not before relaying the exact position of survivors in the area to the ship nearby resulting in their expeditious recovery.
4. As the first pilot and Captain of Aircraft the exceptional courage, bravery and fortitude displayed by Commander Bipin G Panikar in the face of extremely dangerous, hazardous and unforgiving weather conditions resulted in the successful rescue of **three lives of sunken Barge P 305.** For utmost exceptional courage, fortitude, skill and display of valour during the search and rescue operation of survivors of sunken barge P305, Cdr Bipin Panikar (42711 W) **is awarded the Nao Sena Medal (Gallantry).**

**CITATION FOR NAO SENA MEDAL (GALLANTRY)**  
**CAPTAIN SUNIL S KORTI**



Captain Sunil S Korti, Commanding Officer of *IN* Submarine, displayed exceptional act of rare courage and valour contributing immensely to furthering national security for which he is awarded the '**Nao Sena Medal (Gallantry)**'.





**CITATION FOR NAO SENA MEDAL (GALLANTRY)**  
**LT CDR RAJ KRISHNA MANU**



1. Lt Cdr RK Manu as the ASWO/ Diving Officer of INS Kochi, displayed extraordinary leadership skills and courage with complete disregard to his personal safety during the Search and Rescue operations undertaken by the ship, during Cyclone Tauktae, resulting in saving of 125 lives. Through personal example, the officer led his team of men during the rescue mission for 36 hrs at a stretch, under extremely adverse weather conditions.

2. The ship was deployed for rendering assistance to a sunken barge P 305 with over 250 personnel onboard about 40 Nm off Mumbai. On arrival in the area weather conditions with wind speeds over 50 kns, swells height of above 10 mtrs and Sea State 7/8 precluded any kind of boat/Gemini or diving operations. Throwing of life rafts and lifebuoys also proved ineffective due to intense current and strong winds that swept the devices away. Under such conditions the officer displayed outstanding composure and presence of mind in recommending innovative use of scramble nets, jumping ladders, lifebuoys and lifelines for the rescue operations. During the course of this rescue, the officer, observing that many survivors too weak to climb the nets, unilaterally and without thought to his own safety repeatedly lowered himself over the side onto the net and assisted survivors to climb onboard. In this manner the officer was singly responsible for 10 lives being saved. Further faced with continuing flagging spirit of survivors being recovered, the officer led his small team to contribute every sinew of energy to physically haul up the scramble nets with survivors clung onto it with their residual strength. Through such untiring efforts, over 36 hrs, the officer saved over 30 lives and was singularly responsible for the high overall number of lives saved by the ship.

3. For this act of bravery in the face of most challenging conditions, displaying courageous and bold leadership in saving lives of personnel at sea, the officer is awarded the Nausena Medal (Gallantry).

**CITATION FOR NAO SENNA MEDAL (GALLANTRY)**  
**PRAHLAD, MCA (FD) II**



1. Prahlad, MCA (FD) II borne in the Marine Commando Flight at INS Shikra, **displayed unprecedented bravery and valor in saving a total of 28 lives of which 03 survivors were on the verge of drowning in open sea** in extremely hostile and perilous weather, 80 nautical miles off Mumbai. At about 0630 hrs on 18 May 21, Sea King 515 was launched from INS Shikra to undertake Search and Rescue operations for survivors of Accommodation Work Barge P-305, who had sunk post sustaining heavy damages due to Cyclone Tauktae. Prahlad, MCA (FD) II, No. 120312-N **unflinchingly, volunteered for the mission as Free Diver of Sea King Bravo aircraft SK 515 with the unswerving focus to save the lives of the stranded crew members.**

2. On arrival at the scene of action, the crew sighted a barely conscious survivor who was adrift desperate to be rescued. The aircraft was promptly recovered to hover in extremely demanding conditions under accurate and prompt conning by the sailor. He then was lowered down into the treacherous sea for picking up of the survivor by Double Lift method. Realising the precarious state of the survivor, the Free Diver decided to swim to the survivor to affect a successful rescue. With total disregard to own safety and braving the unrelenting seas, the diver successfully winched up the survivor. He went on to rescue two more survivors who were adrift in the area nearby. **Another distress call was received at 1400 hrs on 18 May 21 to rescue personnel from a barge which had run aground 46 nm north of Mumbai** Prahlad, MCA (FD) II, came forward and volunteered yet again despite severe fatigue and successfully rescued 25 survivors from the barge.

3. The exceptional bravery, initiative and nerve displayed by Prahlad, MCA(FD) II, No. 120312-N, to rescue 28 personnel including 03 lives from open sea in extremely adverse weather conditions merits recognition and he is awarded the **Naosena Medal (Gallantry)**.

**SARVOTTAM JEEVAN RAKSHA PADAK**  
**RAMAVTAR GODARA, COM I (EW), (POSTHUMOUS)**



1. Ramavtar Godara, COM I (EW), whilst returning from leave, was travelling by bus from his village Nojala Ki Dhani to Ladnun in Nagaur district, Rajasthan on 10 Aug 20. Enroute the bus stopped at Genada, when screams of someone calling for help was heard by the passengers. The sailor along with some fellow passengers alighted the bus and rushed towards the direction from where the scream was heard.

2. The sailor noticed a person drowning in a water reservoir. Without any regard to his personal safety, he jumped instantaneously into the reservoir to rescue the drowning person. His act of courage and indomitable bravery in attempting to rescue an unknown individual in danger, disregarding his personal safety, speaks volumes of the moral integrity and physical bravery of the sailor. During the extraordinary feat, the sailor made the supreme sacrifice, thereby setting a shining example of the finest ethos of courage and service before self of Indian Naval personnel. The incident highlighted the boldness, valour and selflessness of the sailor, which is in keeping with the finest traditions of the Indian Navy. The sailor displayed conspicuous bravery and took a swift decision to jump into the reservoir in order to rescue the drowning person. For his extreme courage, fearlessness and heroic spirit, Ramavtar Godara, COM I (EW) is awarded the **Sarvottam Jeevan Raksha Padak, posthumously.**



**SSB Crack**  
**EXAMS**



**CNS TROPHY FOR BEST GREEN PRACTICES 2021 (INDUSTRIAL)**  
**INS EKSILA**

1. INS Eksila, a premier technical establishment of the Indian Navy undertakes overhaul of Marine Gas Turbines and Gas Turbine Generators fitted onboard Indian Naval ships. The Unit has a total land area of 100 acres and is always aiming at incorporating new processes/ methods to conserve its environment.

2. Maintaining a clean & green environment is always a challenge. Added to this are the effluents generated during the Gas Turbine overhaul process. To overcome such challenges, planned & systematic plantation drives and regular & focused nurturing of plants/ trees has ensured a well-maintained green canopy, which helps in reducing the air pollutants to a large extent. Further, a well maintained Effluent Treatment Plant certified by the Andhra Pradesh Pollution Control Board ensures that the Unit does not contribute at all to sub-surface/ water pollution. In addition, segregation and disposal of bio-degradable and non-bio-degradable wastes is undertaken on a daily basis. Also, effective use of 'Wood Shredder-cum-Grinder Machine' and 'Compost Pits' has ensured generation of organic manure in-house for the numerous gardens maintained by the Unit. Use of 'Atmospheric Water Generators' and drip irrigation system are further initiatives that have ensured significant savings in water consumption, in addition to ensuring Zero leakage from overhead water tanks through innovative installation of flow regulating valves ahead of the float valves.

3. Towards energy conservation, various measures such as fitment of LED lights in all office spaces, street/ perimeter lights, as well as usage of solar water heaters has been undertaken. Recycling of empty wooden spare boxes for making furniture utilized in offices and Sailors' Institute is again a noteworthy initiative of the Unit. Declaration of the Unit as a 'No Plastic Zone' and strict adherence to 'No Vehicle Day' throughout the year through encouraging use of bicycles/ e-cycles and e-carts are again unique initiatives that have helped in maintaining a healthy & pollution free Unit within an industrial belt.













**CNS TROPHY FOR BEST GREEN PRACTICES 2021 NON-INDUSTRIAL**  
**INS HAMLA**

1. INS Hamla has continued to focus on its primary role to provide quality training to officers and sailors in the field of Logistics, Management, General Administration, Catering and Hospitality Services and Information Technology at different levels to meet the needs of a multidimensional Navy.
  
2. The role of Hamla towards Environment Conservation Roadmap has been exceptional, with the creation of Mumbai's largest Miyawaki plantation having more than 25000 trees of 60 different species, installation of 350 KW Roof Top Solar Plant and undertaking the maiden Carbon Footprint Audit, numerous beach cleanship, shramdaan and plantation drives. For all the efforts put in by the unit, INS Hamla is awarded the CNS Trophy for Best Green practices in the non-industrial category.



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