

THE FC HOUSE

SPECIAL FOUNDATION COURSE 2022



FC HOUSE Newsletter

Encapsulating Memories of
Special Foundation Course 2022

In This Issue

As They Said It

Drishyam

Through the Lens

Stylus

The FC Experience

Hindi Poetry

Club's Page

Know Your Batch mates

Read. Watch. Travel.

By House Journal
Society

Prachi Singhal, IRPS

Charu, IAAS

Pramod Tiwari, IRTS

Prashant Sagar, IRS(IT)

P. Nidhinraj, IPS



The Special Foundation Course 2022 began on a high note and with enthusiasm. There were 212 Officer Trainees from 17 services coming together to engage in experiential learning. In the process, indelible memories have been created. The House Journal Society captures these moments, so that in the future, we may reminisce of this canvas of magical moments.

We are grateful to Shri Harpreet Singh, IAS (Director General), Smt Divya Parmar (Course Director) and all other members of MCR HRD Institute for their relentless support and guidance. We hope that the following pages enable all to relive the precious times of the Special Foundation Course 2022.

House Journal Society

AS THEY SAID IT

MEMORABLE
QUOTES FROM
GUEST SPEAKERS



*"Conquer your
Own Everest"*

Shri Atul Karwal,
Director of
National Police
Academy

*"Inspiring people to
be fit is more
important than
chasing medals"*

Shri P Gopichand,
Badminton Player
and Padma
Bhushan Awardee

*"Jhadu Chhodo,
Kalam Pakado"*

Shri Bezwada
Wilson, Social
Activist and
Magsaysay Awardee

*"We win some, we lose some... but
its all part of the game."*

Miss P V Sindhu, Badminton Player
and Padma Bhushan Awardee and
Olympic medalist



DRISHYAM

REMINISCING ON THE TIMES



Inaugural
Function

Republic
Day

Hyderabad
Darshan

Shooting
Event

THROUGH THE LENS

CAPTURED MOMENTS



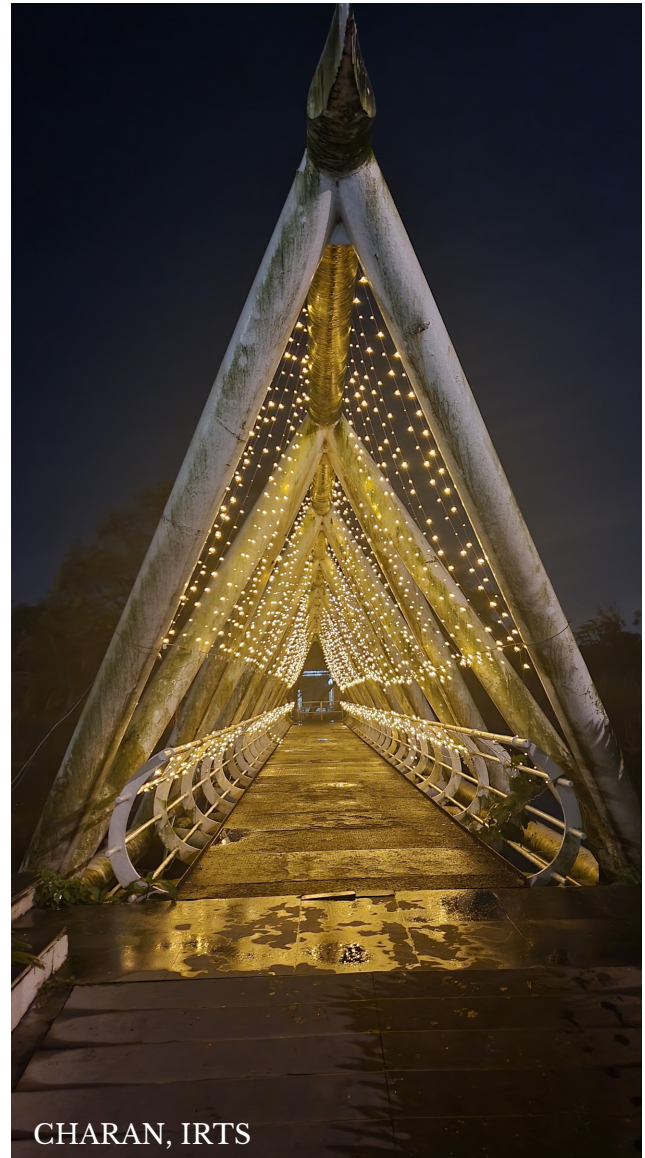
NIDHINRAJ, IPS



KASTURI, IFS



BALAMURUGAN, IFS



CHARAN, IRTS

பாதையை அடைத்துவிட்டேன்
சாவியையும் ஒளித்து வைத்தேன்
இனி ஒரு முறை
என் வாழ்க்கையில்
வந்துவிடக் கூடாது என்று.
பட்டாம்பூச்சிகள் வரவில்லை
நிலவொளியும் கசிந்து நின்றது.
மலைத்துளிகளின் தாளங்களும்
தேன்சிட்டின் ரீங்காரமும்
வெளியிலே நின்றன.
என்ன செய்வது?
அது ஒரு நறுமணம்!
பரவி ஊடுருவி
உள்ளே வந்துவிடுகிறது.
அதே பாதை சென்று
அன்பென்ற மலர் செடிகளை
களைகளென புடுங்கி எறிந்தேன்.
மீண்டும் பூத்து நின்றது
அடுத்த பருவத்தில்.
நுகர்ந்து, பிரிந்தபின்
மீண்டும் வருந்துவதும் தான்
இயற்கையா?

நறுமணம்
by: Ramsundar, IFS



Republic Day 2022

It was the evening of Republic Day and MCR HRDI was into new colours. Everyone was excited to witness this new celebration. A cultural program was organised, in the esteemed presence of Shri Ram Krishna Rao, IAS and Shri Rajat Kumar, IAS as the Chief Guests.

The program revolved around regional art, dance and folk culture of Telangana. Firstly, there was Perini Natyam, which was a combination of Lasyam and Tandav styles, performed on the stage under the guidance of Shri Perini Prakash Ji. It was a wonderful presentation which aroused a sense of pride and honour in our own culture.

The next event was Oggudolu, which is a traditional tribal dance of Telengana. It was performed by Kuntasadaiah Oggudolu Team, led by Shri Pushalu and Shri Rajkumar. It literally mesmerized the audience to an another level. Subsequently, there was Fusion Dance of Shiva, performed on the stage by Dr. Vyshnavie Sainath, with much energy and passion!

Lastly, there was dance performance of Bonala Kolatam, folk dance of Telangana. It is usually performed by women. The audience gave a standing ovation. It was a mind refreshing event. The Officers Trainees witnessed the glory of the regional culture.

BY: RAKESH, IRTS

THE FC EXPERIENCE

BY MARIA SHINE A, IFS

One knows the Special Foundation Course to be comprising of officers hailing from different services posted across the length and breadth of India. As soon as I landed, the MCR HRD counter at the airport was giving a glimpse of this diversity. Officers with huge luggage, speaking different languages, and then the customary salutations, I knew that I was up for an exciting journey.

The Godavari hostel welcomed us to cherish her well-furnished rooms. A first stroll through the academy along her curvy roads and the Vivekananda lawns perched on a hillock were a sight to behold. By now, I had made some friends and many faces became familiar, thereby inadvertently becoming a part of many WhatsApp groups.

The first two weeks were a dampener, thanks to Covid and the quarantine restrictions. However, the Officer's Mess didn't disappoint and was serving some delicious food. The Hyderabad cuisine, especially the biryani simply delighted our taste buds.

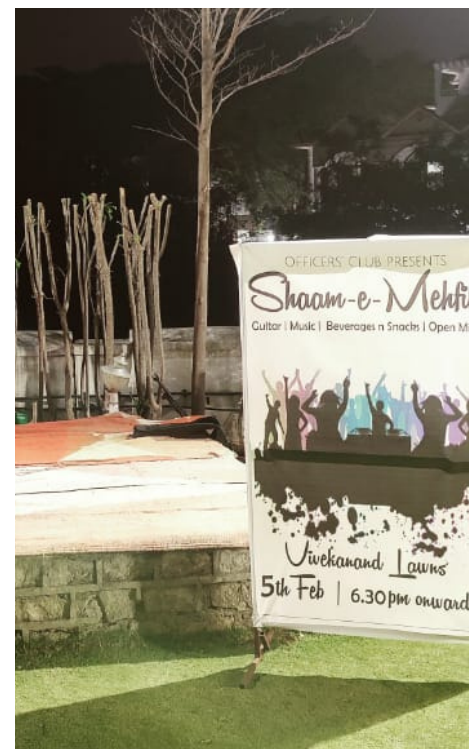
After completion of the joining formalities, the physical classroom sessions had finally begun. It was indeed refreshing to be back in the classrooms (at least for the initial few days!). After listening to a few lectures, I was relieved that it was not the typical college classroom sessions. The faculties were the best in the business and we had the absolute freedom to speak our minds. But, the morning PT, though inevitable was a back-breaking arduous task.

One thing that was an outcome of this entire course was, I was getting to meet people across services and gradually building esprit de corps. Besides, group activities like making an economic policy paper had me exposed to the different perspectives and the thought process behind problem solving approach of my fellow batch mates.

The elections for the different clubs showcased the wonderful campaigns of different contestants, while simultaneously

reminding me to be guarded against factionalism. The extra-curricular activity module again was an eye-opener and am learning the traits to be a good photographer. The Hyderabad Darshan and trek were probably the highlights of the FC so far.

It has been a memorable one month of the Special Foundation course and indeed, time well spent. Down the memory lane, if I were to look back and reminiscence, the FC days would definitely be pleasant.



CLUB'S PAGE

INITIATIVES BY SOCIETIES



OFFICER'S CLUB

Officer's Club belongs to all Officer Trainees. The main objective of this Club is to build camaraderie among all civil servants. Officer's Club celebrated Republic Day splendidly, with enthusiastic participation in the India Quiz. Together with other clubs, a beautiful cultural night was organised. Officers Club has raised important issues related to sports equipment, ECM activities and Covid protocols. Recently, the club conducted a musical night "Shaam-e-Mehfil" which was made grand by inclusion of guitarists, having an open mic event and karaoke. The club aspires to build beautiful memories in the Special Foundation Course 2022.

SOCIAL SERVICES CLUB

We all have imagined ourselves as the ones who will be the torch bearers of change in society. In line with this idea to make a difference, Social Services Club organised an event called Sandesh on 73rd Republic day celebrations, where officer trainees have written letters to our Jawans posted in Drass, Ladakh. They have expressed their sense of gratitude towards our Jawans fighting all odds and keeping us safe. Someone rightly said that the best way to find yourself is to lose yourself for the service of others.

FILM AND FINE ARTS SOCIETY

Foundation course is the launching pad for inter-service camaraderie and what better than the activities undertaken by the club with continuous, shared involvement of officer trainees like 'Know Your State' themed Republic Day celebration, an eventful Hyderabad Darshan, screening of movies, and ever enthusiastic practice sessions for the cultural festival. We're helping create memories and friendships that will be cherished forever.



NATURE LOVERS AND ADVENTURE SPORTS CLUB

It is said that the attitude of adventure is a key to building a strong personality. The club organized seed ball making activity called 'Harela'. The key purpose of this activity was to spread awareness on mass afforestation using an innovative and cost-friendly method. Director General Sir also graced the occasion by planting the 'Batch Tree', *Ficus religiosa* - the first in MCR HRD Institute.

The Officer Trainees have also participated in the Rifle and Pistol shooting activity after concluding a short trek at Telangana State Police Academy (TSPA). The officers were divided into 4 groups and taken on different routes within the forests. This activity was a test of endurance for officers as trekking within thorny bushes and over stones required mental and physical fitness both. However, this activity also provided some wonderful opportunities to build camaraderie among officers while they 'walked the talk' among themselves and clicked enumerable pictures en route. The support from the administration and enthusiasm of the officer trainees in all these activities allows everyone to be more adventurous.

MESSY AFFAIR

From early morning tea to bedtime milk, the mess is one of the most important factors in making this programme memorable.

From day one, the committee has tried to do the best that we could in the given circumstances. At times, Whatsapp becomes the fierce battleground where differing palates and razor-sharp opinions that are a source of amazing entertainment. Finding the balance between what we want and what the caterer can offer sometimes feels like negotiating a multi-billion dollar deal.

But one thing is for sure, Mess Committee's work is never-ending. From what officers eat to where to get the laundry done, mess includes all. One thing that helps us is that everyone wants to change it for the good. Officers do keep us on our toes.

In training, you can either *"hate the mess or love it, but you can't ignore it."* Hopefully, as time passes by, the mess fiasco would lessen and we will be able to give something or the other to everyone. Kudos for your daily blessings and love over Whatsapp, we will try to do the best we can.

*This OT from Delhi
loves trekking and
went to Antarctica
after clearing
UPSC
examinations.*

*"Hi, whoever is smoking anywhere near
room XYZ, please PM me. My room is
slowly becoming a gas chamber every
day and I am not sure which side
ventilation I should open. I am sure we
can work some way out."*

*"Guys stop
deleting messages.
I want to follow the full drama."*

*The Doctor
posted in Goa,
who has a
palindromic
name.*

*The OT who audits
all the classes,
including PT.*

*The 2020 Officer
Trainee, who you
may find in Kasauli
on your next visit.*

KNOW YOUR BATCH MATES

READ. WATCH. TRAVEL.

RECOMMENDATIONS FOR US, BY US

BOOKSHELF

- Portraits of Power by N.K.Singh
- No Good Men Among the Living by Anand Gopal
- Peace, Poverty and Betrayal - A New History of British India by Roderick Matthews
- Pakistan's Inter-Services Intelligence Directorate by Own L. Sirrs
- Digital Minimalism by Cal Newport



WATCH OUT!

- **Mrinal Murali** (Malayalam): A tailor gains special powers after being struck by lightning. He must take down an unexpected foe if he is to become the superhero his hometown needs.
- **Squid Game** (TV Series, South Korean): Hundreds of cash-strapped contestants accept an invitation to compete in children's games for a tempting prize, but the stakes are deadly.
- **Nayak** (Bengali): A matinee idol Arindam Mukherjee is going by train to collect an acting award. On the train, he meets Aditi, a journalist, with whom he shares his past experiences.
- **Mandela** (Tamil): In a small village, two political parties compete in the local elections and are ready to win at any cost. In a twist of fate, the single deciding vote comes down to a small-time barber.
- **Roy** (Tv Series, Netflix) From a satire to a psychological thriller, four short stories from filmmaker Satyajit Ray are adapted for the screen.

CAFES TO VISIT

- Link
- Nimrah
- Concu
- Sofrehh
- Churrolto
- Van Lavino
- Coffee Cup
- The Gallery Cafe

