



UTTAM RAKSHA

UNIVERSAL PERSONNEL SECURITY TRAINING AND ALLIED SERVICES

From Editor's Desk

We trust all our valued clients had a fabulous closing to announce at the end of the financial year and set ambitious targets for the incoming year. We wish all a wonderful performance during the current one.

We find ourselves in a challenging situation as a nation due to global conflicts and wars. The war in West Asia has affected every single country in the world because the conflicts there have adversely impacted energy / crude oil supplies. A superpower initiated one of the wars and has behaved as an international bully leading to cracks in alliances and groupings forged after the end of WWII. Dollar's dominance as reserve currency is being challenged. SWIFT is slowly being replaced by other systems and mechanisms for settlement of international financial transactions. The situation is really fluid and steering clear of consequences of conflicts has become a real challenge for individual national leaderships. These prolonged wars have no end in sight. Security situation is therefore worrisome.

We have included small notes on cybersecurity in this issue. In the final analysis, though, physical security matters in logical security.

--- Capt Aniruddha G Bagaitkar
(Retd.)



77th REPUBLIC DAY CELEBRATIONS

Republic Day 2026 marked the 77th anniversary of the Constitution of India coming into force on 26th January 1950, and was celebrated around the theme **"150 Years of Vande Mataram"** reflecting national unity and the sacrifices made for freedom.

The day celebrates India's sovereignty and democratic governance, further highlighting unity in diversity and cultural heritage. The auspicious day also reinforces principles of justice, equality and freedom.

On this day, as a part of 77th Republic Day celebrations, our Security Guards played a vital role in ensuring the safety and smooth functioning of

celebrations at all our client sites by maintaining order, controlling crowds and providing security at various locations, contributing significantly to the success of the events. Our Security Guards also participated in the parades and Flag hoisting ceremonies at all our client sites.



Introduction to Cyber Security

Cybersecurity is the practice of protecting systems, networks, and data from digital attacks. These attacks typically aim to access, change, or destroy sensitive information, extort money from users (via ransomware), or disrupt normal business operations.



Common Cyber Threats

Malware: Malicious software like viruses, worms, and spyware designed to damage or gain unauthorized access to a computer.

Phishing: Fraudulent messages (or emails that appear to be from reputable sources to steal sensitive data like login credentials or credit card numbers.

Ransomware: A type of malware that locks your data or device and demands payment to restore access.

Social Engineering: Tactics used to trick individuals into revealing confidential information or performing actions that compromise security.

Distributed Denial-of-Service:

Overloading a website or network with traffic to crash it and make it unavailable to legitimate users.

Essential Protection Practices

Strong Passwords: Use unique, complex passwords for every account.

Multi-Factor Authentication: Enable MFA to require multiple forms of identification before granting access, such as a password plus a code from your phone.

Regular Updates: Keep your software and operating systems updated to patch known security vulnerabilities.

Stay Informed: Be cautious with unexpected links or attachments, even if they appear to be from someone you know.

Understanding the latest Cyber Security Trends

Cyber threats are evolving at breakneck speed as adversaries become more sophisticated and the number of connected devices worldwide continues to rise. The new research reveals that more than 30000 vulnerabilities were disclosed last year, a 17% increase from previous figures, reflecting the steady rise in cyber risks. With remote work and cloud adoption increasing, endpoints and data flow become attractive targets. As a result it becomes crucial for us to learn about the top Cyber Security trends influencing threat landscape.

Cyber Security trends are patterns, techniques, and threat vectors that emerge in the digital landscape, driven by attacker innovation, technology advancement and global events. Organisations adopt defenses to these shifting cyber security trends, ensuring they will be ready to the next attack. In other words, it is imperative to anticipate cyber security trends to be able to protect data, users and critical operations. Therefore, keeping abreast with the latest cyber security trends is not just a recommendation but a necessity for corporate survival.



NEW ASSOCIATIONS / COLLABORATIONS

Team Universal proudly announces new associations with the following clients in the last quarter:-

- TATA Motors Ltd, Pimpri, Pune RO.
- Vesvesvaraya Industrial & Technological Museum, Kalaburgi, Kolhapur RO.
- Rathod Gold & Diamond Pvt Ltd, Kolhapur, Kolhapur RO.
- International Centre for Genetic Engineering and Biotechnology. New Delhi, Delhi RO
- Western Railway, Ahmedabad, Gujarat RO



गर्मियों में रखे अपनी सेहत का खयाल

लू के दौरान क्या करें

1. फल और सलाद जैसे हल्के खाद्य पदार्थ खाएं जो पचाने में आसान हों।
2. पर्याप्त पानी पियें।
3. ढीले, हल्के, हल्के रंग के और सूती कपड़े पहनें।
4. चश्मा/छाता /टोपी /जूते/चप्पल घर से बाहर जाते समय पहने।
5. यात्रा के दौरान पानी की बोतल अपने साथ रखें।
6. ठण्डे पानी से स्नान करें।
7. बाहरी गतिविधियों के दौरान छोटे-छोटे ब्रेक लें और ब्रेक की आवृत्ति बढ़ाएँ।

हीट स्ट्रोक के लिए प्राथमिक उपचार

1. लू से पीड़ित बालक / बालिका को तुरंत घर में छाया में लाना चाहिए
2. संवेदनशील बने और उनके कपड़े ढीले करें।
3. नल के पानी की गीली पट्टिया शरीर पर रखनी चाहिए।
4. यदि उलटी हो तोह उन्हें एक करवट कर दे ताकि उनका दम न घुटे
5. वेंटिलेशन के लिए पंखे का प्रयोग करें।
6. उन्हें पंखे के निचे तकिया रखकर लेटने को कहें।
7. अगर जाग रहें हो तोह बार बार साफ़ और ठण्डे पानी की घूंट पीते रहें।



8. अगर बेहोश हैं तोह उन्हें कुछ भी खिलाने या पिलाने की कोशिश न करें।

लू से बचें - क्या करें

1. बाहर जाने से पहले खूब पानी पिए।
2. सूती, ढीले और आरामदायक कपड़े पहनें।
3. भटपूर ताज़ा भोजन करने के बाद ही घरसे निकले।
4. धूप में बाहर निकलते समय अपना सर ढक लें।
5. टोपी / कपड़ा / छाता का प्रयोग करें।
6. पानी, छाछ, ओ आर एस पानी का घोल या शीतल पेय जैसे लस्सी, नींबू पानी आदि लें।

लू से बचें - जो नहीं करना है

1. खाली पेट धूप में ना निकले।
2. ज्यादा देर तक धूप में न रहें।
3. मसालेदार, चटपटा और बासी भोजन ना करें।
4. पानी हमेशा अपने साथ रखें, शरीर में पानी की कमी ना होने दें।
5. यदि आपको बुखार है, तो थंडी पट्टी लगाएं, कूलर, या एयर कंडीशनर से सीधे धूप में न जाएं।

VETERAN ACHIEVERS AWARD

On the occasion of Army Day 15 Jan 2026, Colonel Giridhar Dhondiram Kole, Sena Medal (Retd), Our Director, was honoured with the prestigious Veterans Achievers Award by Lieutenant General Dhiraj Seth, PVSM, AVSM, General Officer Commanding-in-Chief, Southern Command at a ceremony held at Head Quarters Southern Command, Pune.

This award is a true recognition of Colonel Kole's unwavering commitment, selfless service, and dedicated contribution to society —particularly towards the welfare and empowerment of ex-servicemen of the Indian Armed Forces. Through his continued efforts, he has also played a vital role in motivating young students and their parents to consider a proud and honourable career as officers in the Indian Armed Forces.

The honour reflects his lifelong belief that a soldier never truly retires—he continues to serve the nation in every possible way.



WE WELCOME

Mr. Vivekanand Patil, Field Officer, Kolhapur RO
Mr. Vishwajeet Tiwale, Accts Asst, HO
Mr. Nilam Kamble, Receptionist, HO



WE WELCOME

Mr. Awadhesh Shaw, Field Officer, Kolkata Br
Mr. Raghu Bansh K Singh, Hr & Admin Asst,
Kolkata Br

Editorial Board :-

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