



Dear Readers,

Here again! Sanchar team is ready with the second edition of Tatrakshika Sandesh for the year enveloping all details of activities conducted by CGWWA CGHQ from January 2023 till April 2023.

Enjoy Reading!

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CGHQ
TATRAKSHIKA SANDESH
(JAN 23 – APR 23)

Editorial Desk



We people respond differently to age-old traditions that are passed down through different cultures. While some believe what their grandma believed, some just dismiss it all as superstition and others want to know why for everything. So, what is stopping us from knowing more about these age-old traditions without dismissing them right away or following them blindly? Let's try to decode the science behind them.

We never miss ringing the bell before entering the inner sanctum of a temple, where the main idol is placed. Sound produced by all the metals, used to make temple bells, creates harmony between our left and right brain. The vibrations that last for seven seconds, after ringing the bell, touches all the seven chakras in our body.

The universal answer for **Throwing coins into river** is that it brings good luck for our future. On the other hand, scientifically, in the ancient times, most of the currencies were made up of copper. Copper is recognized as a vital metal useful to human body. As the rivers were only source of water, it facilitated intake of sufficient copper as part of water.

Indian women wearing **Toe ring is not just for the sake of tradition**, but it has science behind it. Normally toe rings are worn on the second toe. A special nerve from the second toe connects to the uterus and passes to heart. It strengthens the uterus and keeps it healthy by regulating blood flow to it and menstrual cycle gets regularized. Also, as silver is the good conductor, it absorbs polar energies from the earth and passes it to body.

Besides lending colour to hand, **henna is a very powerful medicinal herb**. Henna is applied during weddings, festivals etc. Well, weddings are stressful and often the stress causes headaches and fevers. Thus, application of henna can prevent too much stress because of its cool feature and keeps the nerves from becoming tense.

When we sit on the floor to eat, we usually sit in the pose of Sukhasan. This pose helps in

improving digestion. So Sukhasan position brings the sense of calmness and it automatically triggers the signals to our brain to prepare the stomach for digestion.

The significance of **eating practice Start with Spice & End with Sweet** is that spicy things, activate the digestive juices and acids and ensure that the digestion process goes on smoothly and efficiently. Sweets or carbohydrates pull down the digestive process. Hence, sweets were always recommended to be taken as a last item.

Piercing the ears helps in the development of intellect, power of thinking, and decision-making faculties. It helps to reduce impertinent behaviour and the ear-channels become free from disorders. Ear piercing also helps in speech restraint.

Ancient Indian medical system sees the accumulation of toxic materials in the digestive system as the basic cause of many diseases. **By fasting, the digestive organs get rest** and all body mechanisms are cleansed. Earth and the gravitational force of the moon affects the fluid contents of the body which causes emotional imbalances in the body, making some people tense, irritable, and violent. Fasting acts as an antidote, for it lowers the acid content in the body which helps people to retain their sanity.

Our ancestors knew that **'Peepal'** is one of the very few trees (or probably the only tree) which produces oxygen even at night. So, in order to save this tree because of its unique property, they related it to God/religion to worship.

In a nut shell, the more chakras out of seven are activated, the more healing power and positive energy our body will gain. So, dear readers! Let's dig into our roots and ritual coz...

"A daily ritual is a way of saying, I'm voting for myself, I'm taking care of myself."

SECRETARY'S DESK

Mrs. Deepika Bhatia, Mrs. Suchi Bhatia

A Tatrakshika Milan with theme “Dil, Dosti & Pyaar” was organised at TRV, Noida to bid Farewell to Mrs. Neela Pathania, President Tatrakshika on **27 Jan 23**. The



array of entertainment program started with lamp lighting. President Tatrakshika's memorable journey was showcased by a presentation. A token of love was presented to her by Mrs. Dipa Pal, Vice President Tatrakshika. Mrs. Neela Pathania, addressed the gathering followed by interaction with Suraksha ladies and all Tatrakshikas.

A meeting was held in main conference room in CGHQ on **31 Jan 23** during which Mrs. Dipa Pal, Vice President Tatrakshika, took over as President Tatrakshika from Mrs. Neela Pathania, outgoing President Tatrakshika. On this special occasion, IG's wives and main committee members were also present. The ceremonial event was followed by interaction of Mrs. Dipa Pal, President Tatrakshika with committee members.

A committee meeting was organised for the farewell of Mrs. Viraj Sharma w/o IG D.R. Sharma and Mrs. Nirupama Padhi, Treasurer on **24 Feb 23** at ICGS Delhi wardroom. Meeting was chaired by Mrs. Dipa Pal, President Tatrakshika. All main coordinators attended this meeting. A token of love was given to the outgoing members for their hard work and dedication toward organisation.



Last Milan of the session 2022-23 was organised at Arkaja, Noida on **25 Apr 23** by the ladies of OPs and CS division. The theme of the Milan was “Sashakat Naari Sashakat Samaaj”. The programme started with Diya lighting by Mrs. Dipa Pal, President Tatrakshika followed by

Mrs. Mohita Pathak's welcome speech. Mrs. Noopur Singhal, an advocate by profession delivered a Power point Presentation on Women's rights. Advance healthcare foundation NGO presented a small musical skit to demonstrate Naari Shakti. After games and dance, raffle winners were given away the prizes by President Tatrakshika.

A committee meeting was held on **18 Apr 23**, where Mrs. Dipa Pal, President Tatrakshika interacted with all committee members. She appreciated all the activities conducted in the year and gave some valuable suggestions to run this organisation smoothly. Two committee members Mrs. Amita Singh and Mrs. Chanchal Dwivedi were bid farewell and given token of love by Mrs. Dipa Pal, President Tatrakshika.

SURUCHI

*Mrs. Sonali Ranjan,
Mrs. Lakshmi Raju, Mrs. Anamika Singh*



A demonstration on 'AFRICAN BATIK ART' was given by Mrs. Archana Shashi on **18 Jan 23** at Arkaja. She described the different artifacts which can be made with African Batik art through PPT.

A demo was given by Mrs. Reena Chauhan on Jewellery making in **Feb 23** at ARKAJA. Different type of earrings making using silk thread, quilling, stone, crystal was demonstrated by her. She also described how to make silk thread bangles.



A demo was organised on "variety of cushion cover with different designs" by Mrs. Nisha Saini on **19 Apr 23**.

Karate classes are going on smoothly in TRV as well as in Kamath Enclave. Beauty Parlour and Dance classes will resume post vacations in July. Beautician services can be availed on request.

SNEHA

Mrs. Richa Garg

On **11 Mar 23**, Sneha team along with senior ladies visited “**Saikripa**” an **NGO** for



underprivileged children to celebrate their 35th raising day as well as to mark International Women's Day with these children. President Tatrakshika Mrs. Dipa Pal graced the event and distributed chocolates, Maggie packets to them. Children presented a cultural program showcasing their talent.



An Outreach activity was conducted on **18 Apr 23** at TRV Noida. President Tatrakshika Mrs. Dipa Pal graced the event and distributed rice, sugar and essential items to 92 casual labours employed at Noida as a token of appreciation for their support and hard work. She expressed her gratitude and best wishes to them.

SAKSHARTA

Mrs. Archana Sashi Kumar
Mrs. Chanchal Dwivedi



Team Saksharta organized a PPT cum lecture on '**CYBER FRAUD- Be Aware When Online**' by Mrs. Ekta Sneh on **15 Feb 23**. The PPT was very informative and deliberated on how to identify online fraud.

Also, kinds of information not to be shared online at any cost was conveyed.

Saksharta co-ordinator Mrs. Archana Sashi Kumar presented a PPT cum lecture on '**Deep Sleep**' on **19 Apr 23**. The topic touched various aspects like different stages of sleep and importance of deep sleep as well as hindrances and solutions of good sleep.

Drawing classes would resume post vacations.

SANJEEVAN

Mrs. Geeta Negi, Mrs. Prita Bhatt

Sanjeevan team organised **second dose of vaccination against cervical cancer** on **16 Feb 23**. Total 42 girls were vaccinated.

A talk was organised on '**Sustainable menstruation and Hygiene**' by Mrs Nupur Aggarwal. She emphasized on sustainable hygiene and demonstrated menstrual products of the company '**pee safe**', which manufacturers biodegradable products. Some of these “pee safe” products are also kept in canteen for our Tatrakshikas welfare, so that they can utilise and aware others also about its benefits.



An informative lecture on “**Stress Management, Spinal Disorder and Wellness**” was delivered by Dr. Vandana Tyagi on **28 Apr 23** at Arkaja. She emphasised and insisted on Pranayama and Meditation. Demonstration was also given for asanas during the session.

SRISHTI

Mrs. Amita Singh, Mrs. Arunimal Sumal



Srishti team organised a **talk on medicinal and herbal plants** on **18 Jan 23** at Arkaja and also demonstrated how to make

herbal soap and liquid handwash. After talk and Demo, a walk around of herbal garden at Kalyan kendra was also organised for the ladies.



On **31 Mar 23**, Sh. Rakesh Khatri popularly known as the **Nest Man of India** was invited for a workshop on **how to protect the birds and how to make nests** for them.



Sh. Rakesh Khatri has been giving thousands of birds a place to live by constructing homes for them out of sustainable materials. He started this noble act from the age of 7 and has received several accolades, in addition to getting a place in Limca Book of World Record India twice.

A talk & demonstration on **"Environmental and Health Benefits" of cultivating millets**, the super food of the year 2023,

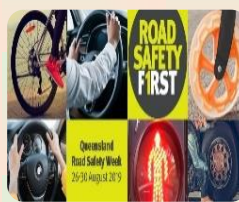


was conducted on **02 May 23** at Arkaja. Post the informative presentation, recipes to make vegetable soup and crispy dosas using millets was demonstrated by Mrs. Arunima Sumal. Ladies enjoyed homemade millets idlis and granule bars.



Little kids were back to school on **10 Jan 23** after winter break.

To help children identify colours, special assembly named **Pink, Purple & Grey** and



Rainbow Day was held in Jan and Feb 23. To make the students aware of traffic rules and safety measures **"Road Safety Week"** was celebrated.

Handwriting Performance activity was also held during the week.

The significance of the **festivals- Lohri, Makar Sankranti & Pongal** on **13 Jan 23** and **Basant Panchami** on **25 Jan 23** was discussed and celebrated in assembly. Kids enjoyed Kite making during festival celebration.

On **74th Republic Day** a plethora of activities were organised with immense patriotic fervour and zeal where kids were sensitised about the National Bravery Awards.



On **27 Jan 23**, President Tatrakshika Mrs. Neela Pathania paid a Farewell Visit to school and spent prolific time with little kids.



To solemnize Martyr's Day on **30 Jan 23**, teachers discussed and shared the video of importance and value of the day.

Rhymes Olympiad was conducted on **06 Feb 23**, to help children repeat difficult groups of sounds with the aim of improving their speech, intonation, correct pronunciation, memory, confidence and their oratory skills.

On **06 Mar 23**, to sensitize about **Holi festival** a short video on Story of Prahalad and Holika Dahan was shown to the students.



Annual Day with Theme- **"Mera School"** was celebrated on **21 Mar 23**, with great pomp and fervour.

24 Mar 23 was a memorable day for kids, teachers and parents as **Result Declaration and final PTM** was conducted that day. Parents were given individual feedback about their Ward's

performance, strengths and area of improvement.

A **phonics workshop** was held on **22 Apr 23** which was in continuation to previously held phonics workshop. It was conducted by Mrs. Smitha Menon, a master trainer of phonics training.

Mother's Day was celebrated on **04 May 23**. It was attended by approximately 80 mothers in number. They had a great time participating in games and activities designed for them which was followed by refreshment.

SANCHAR

Mrs. Dipti Rajneesh, Mrs. Ekta Sneh

The **winners** of CGWWA Annual magazine '**URMI**' Mrs. Uma Rani Samanta W/O Mritunjoy Samanta, P/Adh (RO) for **front cover page** and Mrs Kumudini Patra W/O BC Patra PSE (AE) for **back cover page designs** were awarded with prize money cheques of amount Rs. 2000 each.

"Among the things you can give and still keep are your word, a smile and a grateful heart."



Brain Teasers

What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see? "What is it?"

The more you take, the more you leave behind. "What am I?"

What is full of holes but still holds water?

What gets wet while drying?

I'm light as a feather, yet the strongest person can't hold me for five minutes. What am I?

Until I'm measured, I'm not known. Yet you miss me, when I have flown. What am I?

What can you never eat at breakfast?

What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?

What comes once in a minute, twice in a moment, but never in a thousand years?

A die (dice), Footsteps, A sponge, A towel, Your breath, Time, Lunch & Dinner, Letter "M"

