



# TATRAKSHIKA SANDESH



HEADQUARTERS  
JAN 2016

## From the Editor's Desk

Dear friends,

It is delightful to be back in the winter chill with the first issue of the 2016. This edition of the newsletter brings to you the admirable work by the Tatrakshika in last quarter of 2015 as we usher in New Year with fresh enthusiasm, optimism and sense of being upbeat. Tatrakshika at Delhi continues to make its own small but invaluable contributions by various activities to strengthen the benevolent social bonding and enhance the overall well-being of the families of CG personnel.

Tatrakshika also stands in solidarity with its sister organisations of Armed Forces, and pays homage to all our brave men who protect our land, our seas, and our airspace. The humble lines below, are tribute to our brave hearts of Siachin who recently ignited a billion Indian hearts. These valiant soldiers defy the frigid, unforgiving conditions at the world's most inhospitable and highest battlefield and consciously offer supreme sacrifice without a blink, to ensure the Tricolor stands unyielding.

*“When I was born,  
I looked up and saw my mother  
and the roof.  
My mother smiled and  
The roof was orange  
with the sole flickering bulb in our  
hut.*

*When I was young,  
I played around the temple corners,  
Under the shade of the  
banganapalli mango trees  
My childhood smelt of mangoes and  
Every twilight saw the palm trees  
Merge into an orange infinity  
every time I looked above.*

*Today,  
I looked up.*

*White.  
Cold, unforgiving white.  
My grave is white, above and  
below.*

*But the soldier in me still sees  
orange.  
I see the orange, strong unyielding.  
The orange of my Tricolour  
fluttering for Infinity.”*



## **Secretary's Report**

A committee meeting with co-ordinators chaired by Mrs Bimla Bisht, President Tatrakshika, was held on 09 Sep 15. The co-ordinators briefed the President about the activities planned for ensuing two months. The committee meeting was followed by Tatrakshika Milan. The highlights of Milan were demonstration on 'Marble Painting' and 'Tera Cotta Jewelry', a talk on life of Dr. A.P.J Abdul Kalam and a humorous skit.

Tatrakshika Day was celebrated on 29 Nov 15. Meritorious children were awarded during the function. The Welfare Committee presented a token of appreciation to all the ladies. Thereafter a movie show was organized for the ladies.

A committee meeting was held on 23 Dec 15 followed by Tatrakshika Milan. The highlights of the Milan were a lecture on 'Feng Shui' and a demonstration

on making articles out of waste newspapers.

## **Suraksha (Widow Cell)**

On the auspicious occasion of Diwali, sweets were distributed to all the ladies on 05 Nov 15. A lecture on general health awareness was conducted for the Suraksha ladies by Surg Lt Cdr Pratibha Chandra, PMO, at the CGHQ Tatrakshika office on 03 Dec 15. Another lecture cum demonstration was delivered on "Flu & its preventions".

On 30 Dec 15, Mrs. Bimla Bisht, President Tatrakshika along with Suraksha sub-committee members visited bereaved family of late Rosiama Lakher U/Nvk. The President Tatrakshika handed over the interim grant of Rs 5000/- to the wife of the deceased EP, Smt. Phenominao Lakher. The President also assured the family of full help from the Service and CGWWA.



## **Shristi (Environment)**

On 03 Nov 15, Shristi conducted a programme on natural care of skin & hair and workshop on “Reuse of the refuse” at Arkaja, Noida.

The workshop cum lecture was conducted by Dr Shefali Purohit who educated the ladies on skin care using the natural products. She explained the medicinal values of the plants and their use as natural remedies for the problems of skin and hair. This was followed by an interactive session with audience.

A powerpoint presentation on “Best out of waste” was delivered by Mrs Sheena Singh. The presentation highlighted the multiple uses of discarded and old items rendered useless at home.

This was followed with demonstration by Mrs. Sayali Vaidya and Mrs Soji Gupta showcasing various reused articles.

The programme ended by wishing all the Tatrakshikas a happy and an eco-friendly Diwali.

## **Sanskar (Education)**

With an aim to encourage the sense of compassion and inculcate the virtue of charity, children and teachers donated various daily use items like bathing soaps, toothpastes, toys and eatables etc to an orphanage at Noida.

Children and teachers celebrated Deepavali on 09 Nov 15 at CGKG with enthusiasm and joy. The school was decorated and children came dressed as characters from Ramayana. Beautiful Rangolis were made by teachers where as children painted and decorated diyas and lighted eco-friendly crackers.

In Nov, Children’s day and Guru Nanak Dev Jayanti were also celebrated in school.



Doha recitation competition was held on 27 Nov 15 wherein children were given an opportunity to pronounce, recite and explain the 'Dohas' of Sant Kabir Das.

A 'Tear & Paste' competition was conducted on 04 Dec 15. All Children participated and made colorful X-mass trees, bells and reindeers. Further, a 'Handwriting competition' was also held to encourage and improve hand writing skills, neatness and layout.

The school celebrated Annual Sports day on 22 Dec 15. Mrs. Bimla Bisht, President Tatrakshika was the Chief Guest. The event commenced with March past followed by drills, races, and Christmas Parade. Winners of various events and competitions conducted throughout the session were awarded prizes and certificates by the President. The school received pack of toys as token of appreciation from the President.

## **Sanjeevan (Health Activities)**

In Nov 15, a dental check-up camp was organized at CGRA, Noida. Around 70 CG personnel including ladies and children attended the camp.

In Dec 15, an eye check-up camp was organised at CGRA, Noida. Doctors and volunteers from Sumitra Hospital, Noida examined the patients. Around 70 persons including ladies visited the camp.

## **Library Wing**

A competition on festivals of India, with an aim to propagate general and social knowledge amongst children, was conducted at Library. The children delivered speeches on various festivals celebrated in India. Reading club sessions continued to be conducted in the Library on weekly basis.



## **Saksharta (Literacy)**

On 14 Nov, Children's day was celebrated by Saksharta Team. A Hindi movie 'Singh is Bling' was screened for children at Arkaja, Noida. More than 80 children viewed the movie.

On 29 Nov, Literacy Team coordinated presentation of Academics Recognition Awards to children on 'Tatrakshika Day'. A specially designed trophy along with certificate of merit was presented to the meritorious CG wards of each station.

## **Sneha (Outreach)**

On 30 Dec 15, Outreach team, along with President Tatrakshika and committee members visited Salam Balak Trust. The Trust houses around 30 children where they can live at their own wish. Various types of training are provided to children in different fields such as sports, music, mobile repairing, tourist guide, etc. Outreach Team

donated various grocery items like chocolates, snacks, toiletries, fruits and woolen jackets to the children. CGWWA ladies interacted with the children who impromptu sang songs, danced and acted. Outreach team thanked all CGWWA members for their kind donation.

## **Sanchita**

Sanchita organised a 'Pre Diwali Sale' on 03 Nov 15 at Kalyan Kendra. Various items like Kolkata sarees, dress materials, fancy jewelry, Tupperware items and hand made soaps were on display at the sale.

Sanchita is now stocked with educative and entertaining indoor games at discounted rates. New handmade coasters and trays are also readily available.



## **Suruchi (Welfare)**

Welfare team organised a workshop on 'Warli paintings' by Mrs. Savita Nandodkar during Dussera holidays. Ladies and Children participated enthusiastically and learnt basics of Warli painting.

In Nov 15, Welfare Team conducted a short course of one week duration on Cushion-Cover making, wherein ladies learnt making of three different types of cushion covers. A short course on making different Kurtis, Churidaars and semi-patyalas was also organized for Tatrakshikas.

The authentic recipe of Bihar and preparation of 'LITTI CHOKHA' was also demonstrated in the month of November. A demonstration on preparation of soups and smoothies using vegetables and fruits was also conducted.

Mrs Rashmi, the new beautician, has joined the beauty parlour.

## **Talent Show**

On 09 Dec 15, a talent show was organised at Arkaja, Noida by Talent Team members Mrs. Anita Trikha and Mrs. Sonali Parlikar. Mrs. Urmila Singh, Vice President Tatrakshika graced the occasion as Chief Guest. Around 90 children participated and performed brilliantly in the programme. The same show was again put up during the 'CG Troops Get Together' on 19 Dec 15 at JLN Stadium, New Delhi. The Director General Indian Coast Guard, Chief Guest of the occasion expressed his appreciation for all the participants and the Talent Team.

## **CEC Decision on Photographs**

The inclusion of photographs of various activities in Tatrakshika Sandesh has been discontinued in accordance with the decision taken by Central Executive Committee in Sep 2015.

