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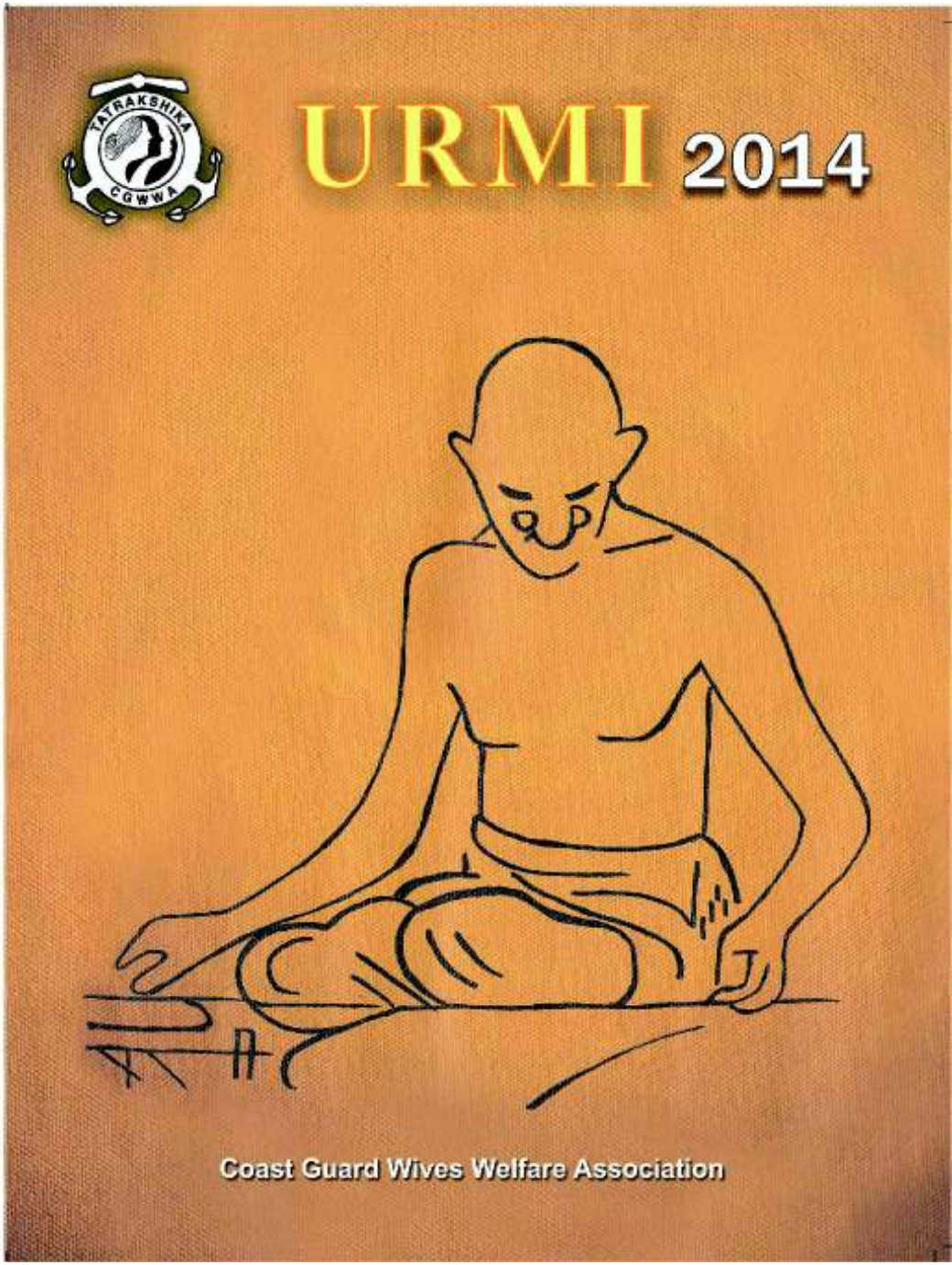

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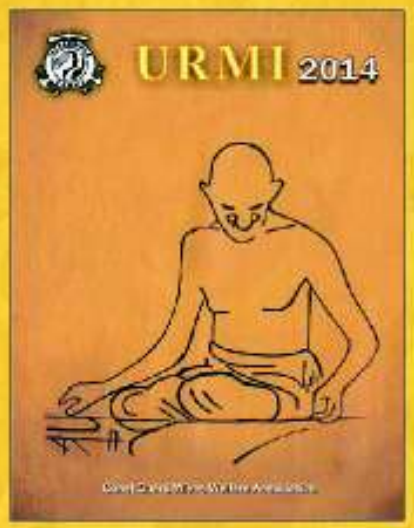
# URMI-2014




Cover page designed by

Mrs Kritika Khan

ICGS ABHINAV

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# MESSAGE

The Coast Guard Wives Welfare Association has over the years contributed immensely to the overall 'well being' quotient of the men in uniform, ably supporting the most valuable asset of our service. Not only has the Association nurtured the young generation by instilling 'education' of values, it has also provided a veritable multifaceted platform to showcase entrepreneurial and managerial skills of ladies.

I am extremely impressed by the multitudinous palette of activities undertaken by the Association, be it in the field of empowerment of women, skill development and education, in addition to the various philanthropic, humanitarian and socially relevant welfare tasks. It requires focused determination to conceptualize and embark on such endeavours and application of management practices to perform such activities effectively and efficiently. The drive and determination of our better halves in fulfilling the onerous responsibility of running an Association apart from hearth and home is indeed praiseworthy and commendable.

The growth of the CGWWA has kept pace with the rapid expansion of the Service, solely due to the resolve of its members who voluntarily contribute their time, talent and skills towards improving the quality of life within the Coast Guard community. My heartiest congratulations to the ladies of this venerable Association for developing and maintaining an institution which supports the Service by 'Sharing & Caring'.

I would also like to compliment the editorial team of 'URMI' for bringing out an informative and immensely readable publication for a broad spectrum of readers.

I wish the Coast Guard Wives Welfare Association all the very best and success in their future endeavours.

*"Vayam Rakshamah"*

(Anurag G Thapliyal)
Vice Admiral
Director General
Indian Coast Guard

New Delhi
13 Nov 2014

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# MESSAGE

Dear Ladies,

On the occasion of the publication of "URMI 2014", I would like to convey my sincere thanks and warm wishes to every member of the CGWWA fraternity.

Urmi is a reflection of the spirit of CGWWA; it keeps one updated with CGWWA activities from all regions and is a testimony to CGWWA's contribution to women empowerment and community development. Urmi is an excellent medium of expression that showcases the immense talent, experiences, achievements, activities, views, creativity and literary abilities of the entire Coast Guard family.

The demands on a Coast Guard wife are multifarious with many wives balancing a career and looking after the family, especially with the rapid growth of the Indian Coast Guard and commissioning of Coast Guard stations at remote locations.

I appreciate the honesty, sincerity and commitment of CGWWA members who voluntarily and generously contribute their time, talent and skills towards improving the quality of life within the Coast Guard community and also laud their participation in various social causes. The hallmarks of resilience, perseverance, energetic and enthusiastic collaborations of CGWWA members will ensure that CGWWA will grow from strength to strength in the future.

The annual Urmi magazine has been performing a stellar role as a mouth piece of CGWWA and it is always a pleasure to leaf through its varied and interesting contents. I extend my personal appreciation to the contributors of the magazine and my congratulations to the editorial team who worked hard to compile this excellent edition of Urmi 2014.

I thank Vice President CGWWA and CGWWA Presidents of all regions and the entire CGWWA fraternity for their support and hard work in contributing towards the success of CGWWA's welfare programmes. I am confident that your positive attitude, creativity and energy will motivate new members and be a shining example of the true spirit of community welfare and development.

I also take this opportunity to thank all the officers and staff of all units and establishments of the Indian Coast Guard for their support in all our endeavours.

I wish each one of you and your families happiness, good health, prosperity and successful year ahead.

(Mrs Rachna Thapliyal)
President Tatrakshika

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# संदेश

यह बड़े गौरव व हर्ष का विषय है कि 'तटरक्षिका' संगठन की कार्य रूपरेखा ने हमारे तटरक्षिका परिवार को बेहद लाभान्वित किया है। मैं हृदय से प्रत्येक तटरक्षिका का आभार व्यक्त करती हूँ और उन्हें शुभकामनाएँ देती हूँ, जिनके कारण से मेरा यह संबंध व अनुभव बहुत गौरवशाली और आनंदमयी रहा है।

विगत वर्षों की तरह इस वर्ष भी यह प्रयास है कि उन्हीं पत्रिका विचारों और अभिमतों को संप्रेषित करे व हर संस्करण की तरह यह संस्करण भी हमारे परिवारों के लिए प्रेरणादायी हो। यह पत्रिका सही मायनों में हमारी तटरक्षिकाओं के विचारों का दर्पण है।

मुझे संपूर्ण विश्वास है कि समयानुसार हमारे इस समुदाय का उत्तरोत्तर विकास होता रहेगा और हमारी तटरक्षिकाओं के लिए यह मंच बहुत कारगर सिद्ध होगा।

मैं, संपूर्ण संपादकीय दल जिनके अथक परिश्रम के फलस्वरूप यह संस्करण प्रकाशित हो रहा है, को हार्दिक शुभकामनाएँ व धन्यवाद देती हूँ।

उर्मिला

स्थान: नई दिल्ली
11 नवंबर, 2014

(श्रीमती उर्मिला सिंह)
उपाध्यक्षा, तटरक्षिका

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# MESSAGE

On the occasion of Tatrakshika Day, I express my sincere gratitude to the ladies who voluntarily work for the excellence of this organization.

CGWWA acts as a lifeline for the families of our brave men who without a second thought venture into choppy seas for security of our great nation. Exposure provided to the ladies through constructive activities, interaction and self development programmes contributes in confidence building and self reliance.

My heartiest congratulations to the editorial team and all those who have contributed articles for this magazine.

With best wishes.

Mumbai
05 Nov 14

(Mrs Harkiran Basra)
President Tatrakshika (West)

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# MESSAGE

*"I'm tough. I'm soft. I'm ambitious. I'm emotional.*
*But I know exactly what I want. Yes! I'm a Woman."*

Femininity is part of the God-given divinity within each of us. It is our incomparable power and influence to do good. *"Be proud of your womanhood. Enhance it. Use it to serve others"*. This Quote superbly crowns all the Tatrakshikas as we have chosen to live and dedicate our lives for betterment of everyone around us.

The Indian Coast Guard has witnessed an exponential growth in the recent years, thereby increasing the roles and responsibilities of each and every member. The Tatrakshika of today is performing dual responsibilities with perseverance and has proved to be a stellar support, to not just her family but the Coast Guard Wives Welfare Association also.

It is imperative that despite these commitments, Tatrakshika's own growth should continue unabated. CGWWA ensures that her abilities and aspirations are nurtured through plethora of activities and she gets a platform to express herself too! **Urmi** is one such canvas where everyone gets to paint her imagination freely. I must congratulate the Team of Urmi for expanding the horizon of writing as this year's edition comprises of vivid spectrum of topics, giving a wider prospect for projection of one's imagination and thoughtfulness. I pass on my good wishes to the entire participant's and editorial team for bringing out such an enriched and enlightening issue.

I also, take this opportunity to extend my warm greetings and best wishes on the occasion of Tatrakshika Day to all our members and their families.

At the end I would like to quote, that *your inner strength is your outer foundation*, so help yourself, help others, love & live, be clean, be calm and be happy! Always!

Ilsharma

(Mrs Ila Sharma)
President Tatrakshika (East)

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# MESSAGE

**"Strong woman believe in self, reach her goals, NOTHING & NOBODY will hold her down, this is HER time to shine!"**

URMI connotes 'A Wave' in Sanskrit and stands for Continuity. Drawing inspiration from the Word, CGWWA continuously touches on the Social Realm which is a vital element of an enriching Life.

The members of CGWWA face a daunting task of managing their families, independently at times, as they are associated with the Men at Sea. Since the genesis of the Indian Coast Guard, Tatrakshikas have been constantly and successfully conducting benevolent activities and torchbearer for the empowerment of the families.

On behalf of the entire fraternity of North East Region, I convey my very warm felicitations to CGWWA magazine 'URMI'. I also take this opportunity to compliment the editorial board for their undaunted efforts in artfully bringing out this edition of "URMI". I extend my warm greetings on the Occasion of **TATRAKSHIKA DAY** to all members and their families.

(MRS Jyoti Murthy)
President Tatrakshika (NE)

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# MESSAGE

It is a matter of great privilege and pride for me to write in this page for the first time. I have come after 24 years to head this region from where I started my life as a CG Officer's wife.

My journey as a member of the CGWWA fraternity since then has moulded me over the years. My sincere thanks to all my seniors for their guidance and support at every stage of my life.

I must admit that all that exposure and experience is only helping me today to run the region with ease.

I also take the opportunity to thank URMI for giving me a platform to pen my thoughts and express my feelings. May be this sharing might inspire some more young ladies to join this wonderful family of Tatrakshika.

Best wishes to One & All!

Jayanthi

(Mrs Jayanthi Natarajan)
President Tatrakshika (A&N)

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# MESSAGE

Associations such as ours constantly help members to get acquainted with each other and act as extended family all the time. The enthusiasm and active participation of the members have greatly contributed towards the positive transformation in the lives of the needy within our reach.

Urmi is one such publication that gives vent to our thoughts and experiences. Tatrakshika (NW) has undertaken various welfare activities and also reached out to civic society by serving them. Tatrakshika in tune with *Swachh Bharat Abhiyan* launched a drive to keep CGWWA Centre and residential areas clean.

I wish and make earnest appeal to all to encourage participation to bring meaningful improvement and change within and around. I wish all members fruitful interaction and achievements in the days to come. Let's celebrate our past and look for future.

I would like to take this opportunity to congratulate the editorial team for the hard work and dedication put by them in bringing out this edition of "URMI". I also extend to all our members and friends festive greetings and best wishes for the coming season.

(Mrs. Vidya Sheoran)
President Tatrakshika (North West)

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## Editorial Team

Nidhi Bargotra
Anuradha Hebbar
Amita Singh
Anjana Rana

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# Editorial

Dear readers,

Though we are based in different parts of the country, we connect to each other and convey our thoughts, feelings and experiences through Urmi. Woman is like a delicate flower and needs just the right weather to bloom and come in to her own. Our Coast Guard Wives Welfare Association gives our women the right opportunity to bloom through SURUCHI, SAKSHARTA, SANJEEVAN, SURAKSHA, SANCHITA, SANSKAR, SHRISHTI, SANCHAR & SNEHA.

As another year draws to a close, it is time to write a beautiful ending and turn over a new leaf. And numerous such leaflets create an extraordinary book. For it is the collective experiences of humankind that create history. Our memories, our feelings...what we went through, and what we learnt. As Ernest Hemmingway once said, "Properly narrated, a person's life story would make a great novel."

We all have at least one Pole Star in our life. A few of our participants have beautifully crafted their Pole Stars through flowing words and others have kept them in their kind hearts. We wish to dedicate this year's Urmi Edition to the Pole Stars in our lives, who have made us a capable human being.

This year, the themes were kept open, so as to invoke creativity to soar new heights. We received a good number of awesome submissions from all the Regions, each representing a multitude of opinions and reflections, shining and stunning like the million colours of a prism. The sheer talent and capability of our men, women and children is purely displayed in our magazine. It was a herculean task to accommodate all the articles. Though we made a good effort, a few articles had to be missed out due to space crunch. However, we would like to sincerely thank all of you, for your act of sharing your memories is noble and has made even a mundane task like editing, a richer and learning experience. So a big thankyou to all of you who contributed a leaflet from your experiences. This act of giving, makes all our lives richer and vibrant, and the act of writing makes Urmi a extravagant bonanza for readers and writers alike. As editors, we would like to convey our gratitude to Ms Rachna Thapliyal, Tatrakshika President and Ms Urmila Singh, Tatrakshika Vice President for their unconditional support and guidance, and all those who have whole heartedly contributed for the Urmi 2014 magazine.

Happy reading and have a wonderful year ahead.

The Editors

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**CGWWA acknowledges the fine contributions made by artists who forwarded following designs for cover page.**

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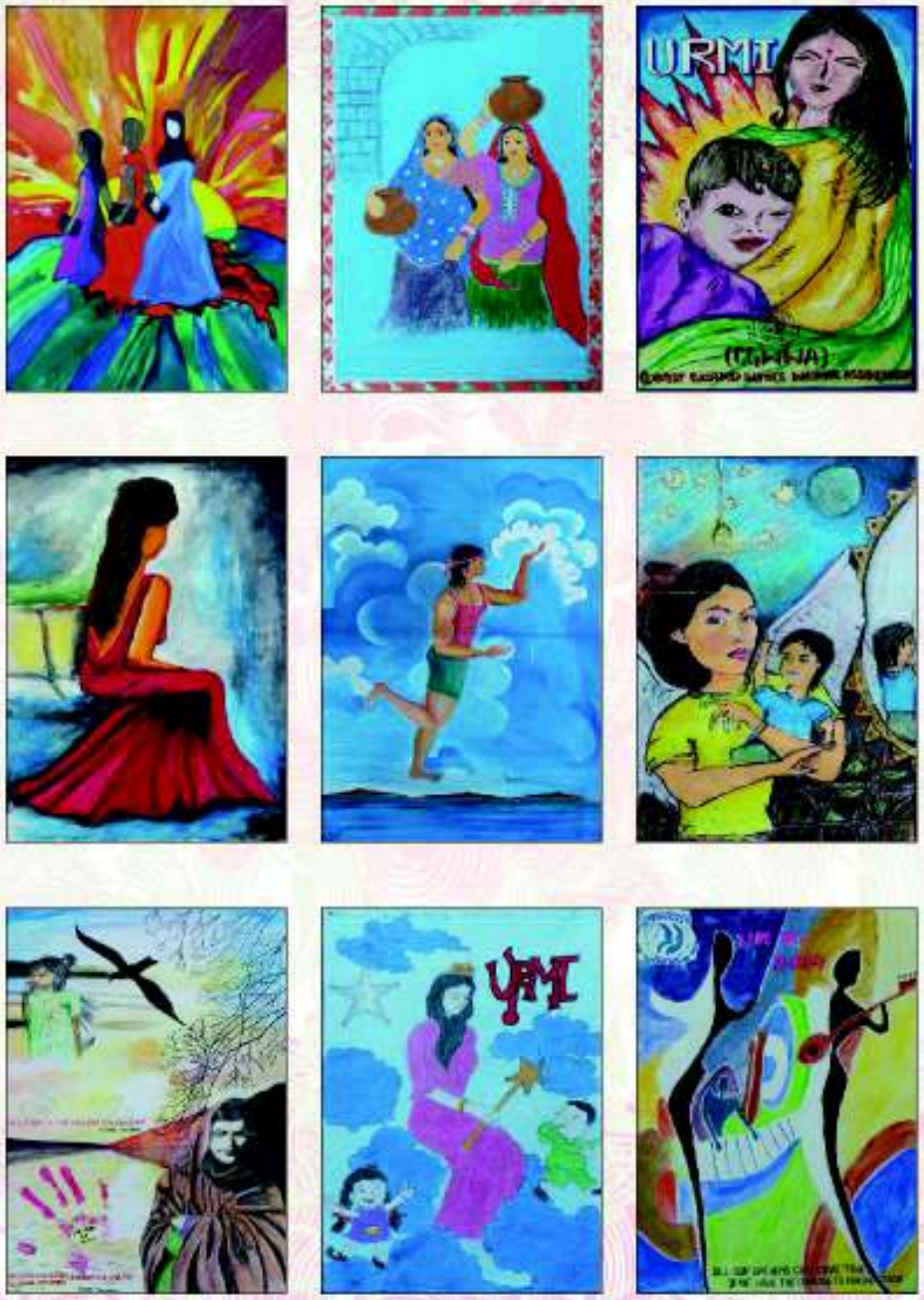

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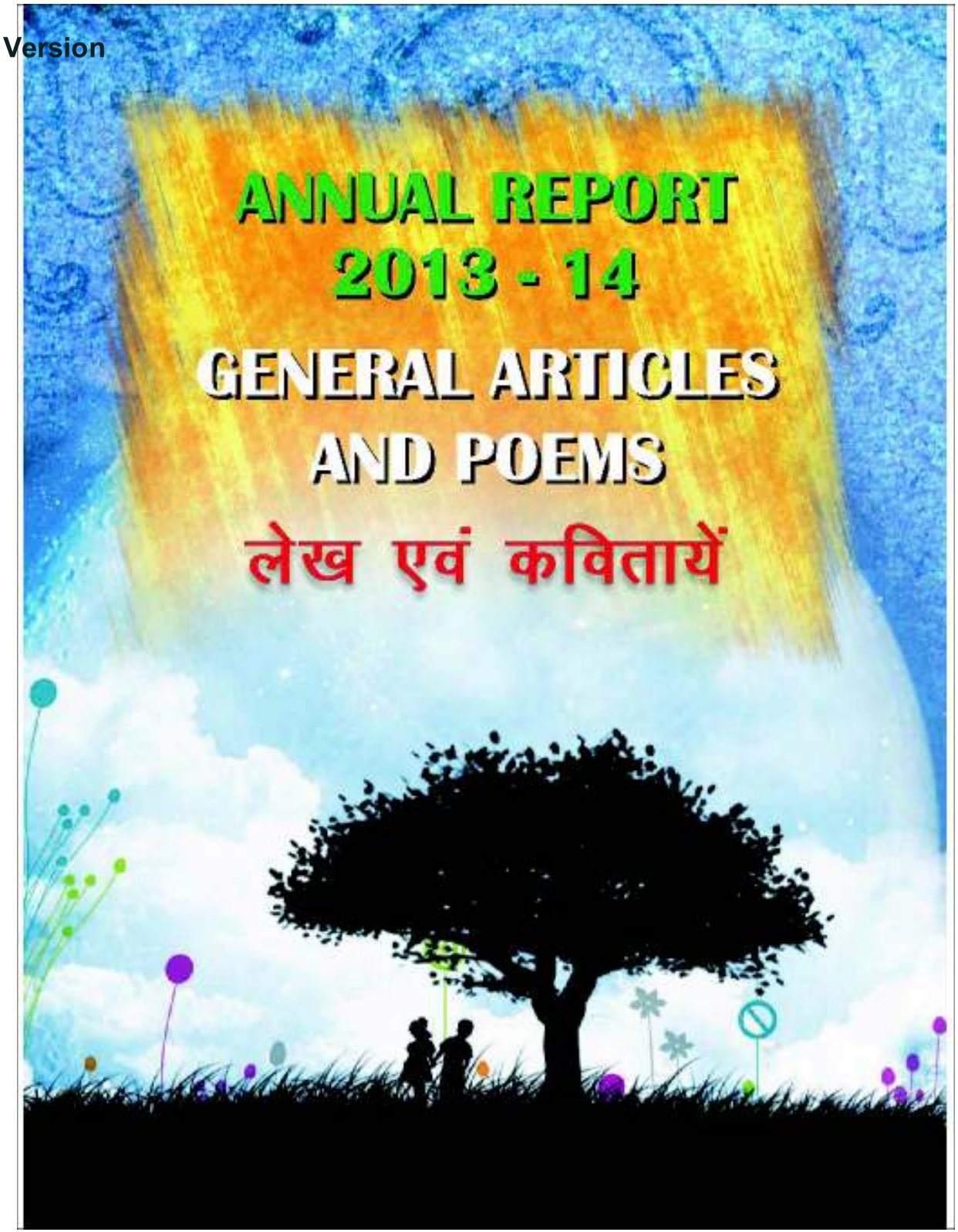

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# ANNUAL REPORT 2013 - 14

**INTRODUCTION**

Following diverse activities enriches life and adds meaning to daily routine. The year 2013-14 was filled with a variety of activities and captivating programmes. President Tatrakshika, Mrs Rachna Thapliyal, the guiding force behind all our triumphs, has been steering us in the right direction. By her guidance, various workshops and courses were accomplished, which proved favourable for ladies, thereby ensuring the propagation of our motto "Self help".

## SURUCHI (Welfare)

**Welfare is one of the primary concerns and several measures are taken to bring out the potential and hidden talents in the CGWWA members as well as develop the skills further, thus helping them to attain financial independence.**

**CGWWA (HEADQUARTERS)**

A long course of six months duration for tailoring and embroidery was conducted. On completion of regular classes, an examination was held in the month of Apr 14 to assess the level of skills acquired by the ladies. The successful ladies were awarded certificates by M/s Singer as an acknowledgement of their expertise.

A self grooming course was conducted for a period of three months at beauty parlour in the welfare centre. The parlour is run by a CGWWA member, who is also a trained beautician. The ladies learnt the art of facial, threading, waxing, pedicure, manicure, hair cutting, hair styling etc.

A short course on 'candle making' (wax & jelly) was conducted at the centre. Floating candles, decorative candles in jar and glasses were made.

During Durga Puja, special holiday classes were organized for all Coast Guard children. The kids learnt paper quelling and made cards, glass painting, sand painting and nib painting.

A short course on 'Lamasa Art' was conducted at the centre. It is the Spanish art of making soft clay which can be used for making flowers, bouquets, decorating mugs, vases, photo frames, bottles etc.

A short course on making 'Artificial Bonsai' was conducted in Kalyan Kendra. The ladies learnt the art of making bonsais of fruits like cherries, oranges, apple etc. The materials used for making bonsai were stockings, wires, cotton tapes, pots etc.

Short courses on making 'frill flowers, poth flowers and Madhubani Painting' were conducted at the welfare centre.

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A short course on 'Mud Painting' (a Gujarati art) was conducted at the Kendra. The ladies made/ decorated pots and wooden hangings using this art.

One day workshop on 'dessert making' was conducted by a trained professional from Noida at the welfare centre. During this workshop ladies learned to make different types of desserts such as Almonds panna cota with strawberry syrup, Cheese cake with blue berry topping, Chocolate mousse, Pineapple soufflé, Mocha syrup pudding etc.

A lecture on 'Gynaecological awareness' followed by demonstration on soya recipes was organized for Coast Guard ladies at Arkaja, Noida. A Demonstration on Soya recipes like soya milk, tofu, chilly tofu, soya kabab and halwa was also given. Around 50 ladies attended this demonstration.

During session 2013-14, SURUCHI team organized demonstration on different types of tasty recipes like Besan laddus, Murku, Gond laddus, Bengali Malpuas, Cocktail Samosa, Instant Jalebi etc.

'TRIED & TASTED' a spiral binding book made by SURUCHI team is kept in the library in Sector 52 & Sector 23, Noida.

**CGWWA (WEST)**

CGWWA Mumbai witnessed a plethora of events to showcase talent of the ladies and build the socially relevant skills. A workshop on self grooming was conducted by a professional beautician wherein demonstration on day and night make up, hair care, saree draping were the highlights. A talk on 'Internal and External Beauty' was also held to broaden the outlook of the members. Demonstrations on artificial flower making from stockings and tissue papers, decorative items from jute, old newspapers and plastic bottles, art of quilling and techniques of cutting necklines on salwar-suits and kurtas were a few notable skills propagated among the ladies. Classes on fabric painting, yoga inclusive of mudras, pranayam, suryanamasakar, yogic jogging, suksham vayaam, different type of asans, acupressure points and home remedies by Patanjali Yoga Samiti were conducted to usher in mental and physical well being. Courses on Mehendi and beauty parlour were conducted to enhance the marketable skills of the ladies.

ICGAS Daman conducted varied events for the ladies which included Yoga Camp under the aegis of Bramhamkumari, workshop on card making, dance classes to propagate Dandiya and Garbha and demonstration on Sand Painting. CGWWA members were also exposed to nuisances of Mughlai Cooking through practical demonstrations. Beautician and Mehendi courses remained regular fare at Daman which extended to conduct of 06 month beauty course. A demonstration on candle making and chocolate making also formed a part of CGWWA activities.

Murud Janjira also contributed its bit by conducting demonstrations on thread crafting and glass painting.

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Various workshops were conducted at Goa which garnered enthusiastic support and contribution of CGWWA ladies. Learning skills of Rangoli making and soft toys added colour and zest to everyday life. Shilpkar moulding classes were conducted for the children under the aegis of M/s Fevicryl which was augmented by card, coaster and purse making workshops. Western Dance classes are being conducted for children at TRV Chicolna. CGWWA contributed heavily for running of library and Beauty courses for ladies at Goa.

Yoga classes also formed a part of activities conducted at New Mangalore. Participation of the ladies was overwhelming in demonstrations of patch work/design on cushion covers and table cloths using ribbon embroidery, beauty tips on facial make-up including threading, pedicure, manicure, making of greeting cards, piping work and making of various kinds of folding bags.

**CGWWA (EAST)**

**Long courses** in tailoring were conducted at welfare centres wherein rep of M/s SINGER had taken classes and examination and on successful completion certificates were awarded to participants. Beautician course was also carried out at both the centres. Various **Shot courses** for self-grooming, personality development, jewellery making and empowerment to women are being undertaken at the welfare centres on a regular basis. Computer course, Carnatic Music, Western dance classes were organized.

**Demonstrations** were organized on Mehendi, Soft toys making, Velvet cushion making, Bead work, Cookery, Tiffin snacks, Baking, Designer stitching, Paper quilling, Designer jewellery, Kitchen gardening, Modak preparation and paper bags making. Lectures on healthy life style, knowledge development with emphasis on self-reliance and confidence building were organized. **Work shop** on "pamper yourself through yoga" and basic operation of computers were also a part of welfare activities. **Talk** on waste management was given enlightening the ladies about the practice of 'Reduce, Reuse and Recycle' that was followed by a quiz on environment. **Medical Lectures** were conducted on Bandaging Techniques, First Aid and Bone Density.

**Competitions** like Jewellery design, Homemade beauty tips, Best out of waste, Puja thali decoration, Cake baking, Mehendi and Hair styling, Greeting card making, Colourful bangle making, Rakhi & Jewellery making, Pongal sweet dish & Vegetable salad making, homemade cold drinks, Kids talent show were conducted and participants were suitably rewarded. On the occasion of Genesh Chaturthi, Art and Craft competition was conducted on the theme of Eco-Ganesha.

Regular Tuition Classes in Maths and Science, Karate classes and dance classes were conducted for children.

**Tatrakshika day** was celebrated with a picnic to Laxmi Temple, Vellore. About 125 ladies attended and enjoyed the day out. Welfare Kendra members were honoured for their contribution throughout the year.

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**Tatrakshika Milan** was organized on 17 Apr 14, wherein a beautiful blend of cultural programs and fashion show was appreciated by one and all. Demonstration on paper ornament / jewellery making was the highlight. President Tatrakshika (East) honoured the members for their contributions throughout the year and awarded certificates to the successful aspirants of various courses.

CGWWA hosted a visit onboard CG Ship Vishwast on 02 Aug for ladies of AWWA – OTA, as a part of collaboration exercise between two organisations working for common cause.

CGWWA AGM – 2014 was organised on 06 Aug where a lecture of osteoporosis was given educating the ladies about their well being, followed by felicitation of Kendra members & fun filled games.

In the month of May 14, President Tatrakshika, Mrs Rachna Thapliyal visited Chennai & inaugurated CORONA – The Regional Library at RHQ(E). The inauguration was followed by a special coffee morning in which ladies show cased the session of the parliament & thereafter, Sandesh was released by President Tatrakshika.

Demo on Hair style and hair treatment tips were given. Sandwich making competition was conducted and demonstration was given to prepare tri-colour sweets. Rangoli making competition, best from waste and demo on hand bag were organised for the ladies. Childrens day was celebrated and Drawing/painting competition conducted in which more than 100 children participated. Mehandi competition and demo on tie and dye alongwith large scale Christmas day celebrations took place in the month of Dec 13. During the visit of President Tatrakshika East to Vizag in the month of Jan 14, Outreach activity was conducted with donation of Blankets, bed sheets were distributed to all casual labours and Security guards of DHQ-6.

A fabric painting workshop was conducted. Two demonstrations were given on making of gifts bags and greeting card with colourful strips on paper. A cooking competition was conducted on "Healthy Snacks" for the ladies. Demonstration was given on party hairstyle by a beautician, on cushion making, making of gift bags and greeting cards with colourful strips on paper. Farewell was given to the outgoing committee members. The ladies of ICGS Tuticorin were taught the art of making icecreams, by Mrs. Jansi Rajam from the Pearl City club, in Jun 2014.

CGWWA members visited Adventure zone, at Cheyyur road, Taluk Madhurantakam, Near Kalpakam, Chennai as part of family Picnic/Adventure activity. Various games/Adventure activities were organised for CGWWA members and children.

**CGWWA (NORTH EAST)**

On the occasion of Tatrakshika Day 2013; a picnic was orgainsed at Paradeep and Kolkata.

The members actively participated in the Pot Decorating, Salad and Sweet Making competitions. Cushion making, dance and stitching classes were conducted at Paradeep. The members at Haldia

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# SURUCHI

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# SAKSHARTA

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and Paradeep organised Diwali Mela and Handicrafts & Apparel exhibition respectively.

A special Tatrakshika Milan was organised on 26 Apr 14 to bid farewell to Mrs Jaya Pande, the outgoing President Tatrakshika (North East). A special Tatrakshika Milan was organised on 13 May 14 to welcome Mrs Jyoti Murthy, the incoming President Tatrakshika (North East).

A state of art 'Mayfair' beauty parlour was inaugurated by Mrs Jyoti Murthy, President Tatrakshia NE with the latest equipment including HAIR SPA on 06 Aug 14 at welfare centre CGRA, Kolkata. In addition, a six months grooming course for the members is being conducted at the parlour.

With the aim to encourage camaraderie amongst the members and to keep themselves healthy and fit a 'TATRAKSHIKA TENNIKOIT CHAMPIONSHIP' was conducted at CGRA, Kolkata from 16 -20 Aug 14. The spirit- de -corp amongst the participants was visible.

**CGWWA (ANDAMAN & NICOBAR)**

Self grooming courses commenced at CGWWA centre for a period of 06 months. A seminar on hair cutting and styling was arranged for the ladies at the CGWWA centre.

A guest lecture was organized by CGWWA (A&N) on banking procedures, saving schemes, insurance benefits and other bank products/services. The guest speaker Mr Prashant Shastri, branch head bank of India delivered the lecture.

CGWWA (A&N) conducted self defence classes for the ladies and children on 13 Dec 13 at welfare centre. Mr Raman Godbole Instructor from Karate association gave a demonstration on self defence techniques for the ladies and children.

**CGWWA (NORTH WEST)**

Tatrakhsika units in the Region have been active in organizing various welfare activities for ladies and children of Coast Guard. Children's Day was celebrated by organizing dance program of CG children at Porbandar. Trophies and certificates for 'Academic Excellence' were also distributed during the event. Vadinar unit also celebrated Children's day at CGKG by organizing games for kids and distribution of sweets among children.

Tatrakshika Day was celebrated by all units on 29 Nov 13 by organizing various activities. Dandia / Garbha dance classes were organised by Tatrakshika Okha ahead of Navratri festival. Also Dandiya Night was organized in which all the ladies participated with full enthusiasm according to Gujarati tradition. Vadinar unit also organized classes for 'Garba' dance ahead of Navratri festival.

With the aim to motivate members to follow healthy life style a Yoga Camp for five days was organized at Porbandar from 08 Nov to 12 Nov 13. A demonstration on 'Pizza and Burgers' was also organized by the unit. Vadinar unit organized Sweet Making Competition during the year.

A Demonstration of South Indian Dishes was conducted at Community Center Mundra by *Suruchi*

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wing of CGWWA, Mundra. Also a cultural evening was organised in coordination with ICGS Mundra on 05 Feb 14 with Officers, troops and families as a part of CG Day Celebrations activities. An entertainment programme by CG children was presented during the event.

Picnic for ladies and children were organisied by all units with the support of respective Stations during the year. Tatrakshika, Gandhinagar organized a picnic for CGWWA members to Amarnadh Dham at Gandhgram. A family picnic was organized by CGWWA Mundra on 23 Mar 14 at "Bediya Bet" near border area in Kutchh. CGWWA members also visited Bhuj and war memorial at Dharmshala BOP. Ladies were overwhelmed by visiting border fencing adjoining Pakistan near BSF BOPs. Tatrakshika (Surat) organized a picnic to Chokidani village ( Rajastani Hetitage village ) on the outskirts of the Surat city where various Rajasthan ethnic items were demonstrated. Vadinar unit organised picnic for CGWWA members to Ranjit Sagar dam park on 01 Dec 13. The picnic was full of entertainment which included various games like ball throwing, Tambola and musical ball game. A picnic was organized for members of CGWWA, Veraval to Junagadh zoo. All ladies participated with full josh and enthusiasm.

Mud painting classes were organized for the ladies of Mundra from 09 Sep to 25 Sep 2013. Warli Painting Classes, a traditional tribal painting of Maharashtra was organized by Tatrakshika, Okha on 14 Oct 13. Ladies participated and learnt basic technique of Warli art with great enthusiasm. A workshop on decorating the Diyas was organised at CGWWA center Okha. Ladies bought Diyas, which were all painted and decorated together with acrylic and poster colours for decoration. A special demonstration of mud painting was conducted at Vadinar unit by mud painting teacher on 24 Nov 13. Members participated in the event and portrayed their paintings during the event.

Tatrakshika, Surat organized demonstration on stitching of designer patterns on kurties & sarees and flower making using satin ribbon. Also, a competition was held among CGWWA members for making Ganesh idols out of house hold items.

CGWWA, Vadinar organized badminton tournament for members on 05 Feb 14. All members participated with great enthusiasm. Also the unit has organized heavy jewellary competition during the year.

## SAKSHARTA (Literacy)

**Saksharta as signified by the name, lights the lamp of knowledge through literacy and education among Coast Guard fraternity. Children and ladies are educated in the real sense of the word and their overall development is ensured.**

### CGWWA (HEADQUARTERS)

A lecture on Cyber Security, Railway e-ticket booking and banking, by Asst Comdt Preeti Udgiri was conducted in the month of Oct 13.

On 14 Nov 13, Saksharta team organized a Fancy Dress Competition on the occasion of Children

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Day at Arkaja, Noida. Around 130 children participated in the contest and the winning children were awarded.

On 29 Nov 13, on the occasion of Tatrakshika Day, certificates and trophies were awarded to students who scored 85% and more marks or got A1 & A2 grade.

In Jan 14, Saksharta team organized a lecture on "Time Management during Exams" with the help of an Education Expert.

In Aug 14, Saksharta team organized a "Quiz Competition" to celebrate Independence Day at Arkaja, Noida. Around 45 children from class VIII & XII participated in the contest and the winning team was awarded.

**CGWWA (WEST)**

Saksharta strived hard to provide updated knowledge to CGWWA members. Classes were conducted on operation of computers, software and internet. A short term course on spoken English was conducted for the benefit of the ladies. Talks on topics of Anger Management, Vastu, Feng Shui and Life Insurance by Maxlife were conducted to bring the members up to date to current issues.

Daman conducted a lecture by organisation Happy Thoughts which is involved in empowerment of women and societal upliftment for the past 10 years. The lecture benefitted CGWWA ladies and aided them to maintain a stress free environment. The lecture also encompassed teachers and students of CGPS. Lectures were also conducted on Adapting to Change and Psychological Changes in Children due to Family Crisis for bringing to speed the CGWWA ladies on aspects of fast changing social aspects. An educational trip for the ladies was organised at Dharampur wherein the CGWWA members were exposed to religious and cultural diversity of the nation through visitation of temples of various sects.

Lectures were conducted for the ladies of Murud wherein they were imparted knowledge on e-crimes and ways to be aware of the same. An educational trip was also organised to Supari Sangh at Murud. CGWWA at Ratnagiri organised an educational trip of the ladies to Marine Biological Research Centre at Bhagwati Bunder to get firsthand knowledge on aspects of fragility of marine environment. A lecture on Good Reading Habits and Importance of Reading Books were also conducted for CGWWA members for self development.

Ladies at New Mangalore were provided with an opportunity to explore banking wherein Vijay Bank was involved in explanation of various banking terminology and procedures to conduct banking transactions. Ladies were brought closer to nature by organising a visit to Pilikula Botanical Garden.

**CGWWA (EAST)**

Lectures were organised on Personality development at CGAS (CH) which was attended by more than 100 students and teachers. Career counselling for Students of Class IX to XII conducted

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by "Career launcher" at Umang Auditorium. Creative writing competitions were conducted at Welfare centres. Inter school Painting competition 2014 was conducted at CGAS Chennai wherein more than 250 children from over 30 schools participated and winners were awarded prizes by Smt Priyadarshini Govind, Director Kalakshetra.

An interactive workshop on "Banking" was conducted. A Quiz competition was held for the children. Karate classes have been arranged regularly for the kids at CGRA, Tuticorin.

Quiz competition and painting competition were organized for the kids in Mandapam.

**CGWWA (NORTH EAST)**

An interschool painting competition on 'Role of Coast Guard' was conducted at Kolkata on 23 Jan 14. The meritorious children of CG personnel from class VIII-XII were awarded certificates and trophy.

In sustained efforts towards honing the personality of the members, English communication classes and tuition classes were conducted at Kolkata and Paradeep with the aim to give our prodigy a better future.

To educate and spread awareness amongst the members, a workshop on 'Women Empowerment' was conducted by Dy Comdt Indu at Kolkata.

**CGWWA (ANDAMAN & NICOBAR)**

CGWWA (A&N) organized felicitation of meritorious children on 29th July 13. Twenty eight children were felicitated with certificates and gifts.

A workshop on basic computer knowledge, spoken English and tuition classes were conducted at CGWWA welfare centre.

**CGWWA (NORTH WEST)**

Tatrakshika units in the Region have organized different programs on educating and developing skills of CG ladies. Regular lectures on women empowerment, self help, personality development and grooming of children have been conducted by various units.

CGWWA, Gandhinagar organized one day meditation work shop for ladies on 14 Nov 13 to lead a stress free life. Porbandar unit organised Spoken English classes from 09 Dec to 14 Dec 13 and Judo Karate classes for one month from 15 Jan to 14 Feb 14. Also a lecture on 'Happy and Stress Free Life' was delivered by internationally acclaimed speaker Senior Brahma Kumari Shellu Behn on 11 Feb 2014.

Regular computer training classes were organized thrice a week by CGWWA, Mundra. Short term Spoken English classes were conducted by Porbandar and Vadinar units.

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Self defence programme for encouraging ladies to learn self defence techniques was organized by CGWWA, Mundra. Useful presentation on different ways & styles to save self with simple means like keys, pens etc when in danger was included in the programme.

Tailoring class for basic training on stitching was started at CGWWA centre, Vadinar. Ladies participated in training with keen interest.

## SANJEEVAN (Health)

**A healthy mind, a healthy spirit and a healthy body is the motto of Sanjeevan. Counseling sessions, meditation camps, yoga classes are conducted to keep up with the healthy spirit among the families.**

**CGWWA (HEADQUARTERS)**

In Oct 13, a free heart check up for the ladies was organized by the senior heart specialist & Gynaecologist of Metro heart care institute, Noida. During his check up, heart problem was detected in a lady who later underwent a successful operation. Blood pressure, ECG and blood sugar tests for approximately 120 people were also carried out.

In Feb 14, a cancer detection camp was organized at Kalyan Kendra, Noida for the ladies. Papsmear and Mammography test of around 70 ladies were conducted during the camp. This medical checkup was conducted by Sanjivan Mobile clinic of Medanta Hospital.

In Apr 14, a stress management programme by the 'Prajapati Brahmkumari Ishwariya Vishwa Vidyalaya' was organized for the ladies at Arkaja Sec-23, Noida. About 120 ladies participated in the programme.

In Jul 14, a Yoga Camp was organized at CGOM, Noida. The camp was co-ordinated by the volunteers of "Dhyan Foundation", who taught the participants about spiritual healing through Sanatan Kriya.The Yoga camp was conducted once again in Aug 14 which received a huge response.

On 03, 07 and 24 Aug 2014, Aerobics Camp for all the Coast Guard personnel and their families was organized at CGHQ by CGWWA. A fitness expert helps to conduct the classes. The aerobics camp was also conducted at CG Enclave, Sec-52 and Sec-23 Tatrakshak Vihar, Noida.

**CGWWA (WEST)**

Various medical camps and health check-ups were conducted for the ladies to promote and maintain physical well being. Notable among them were Anaemia Detection, Dental, Diabetes, Body Composition Analysis and Bone Mineral Density. Dietary and medical advice was also provided to the ladies. A medical lecture on prevention of seasonal diseases in monsoon was conducted for CGWWA ladies by local hospital Kalyani at Murud Janjira.

A breast and cervical cancer screening camp was held at Daman for CGWWA ladies under the

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aegis of Shrimad Rajchandra Mission Hospital, Dharampur at Family Centre Umang wherein 10 member team of doctors carried out the screening of the ladies. A lecture on benefits of power yoga alongwith a demonstration of the same was organised for the ladies at Daman. The ladies were also introduced to the importance of plants, home remedies and ayurveda in combating minor ailments.

Presentations and lectures on Life Style Diseases especially heart ailments, Obesity and Diabetes, Cervical and Breast Cancer, Asthma and Allergy were conducted at Family Welfare Centre Goa. A blood donation camp was organised by CGWWA ladies at Goa in collaboration with Goa Medical College. Cancer screening camp was also held in conjunction with INHS Jeevanthi for the ladies at Goa. A lecture on breast cancer was conducted at New Mangalore by DMO.

A dental screening camp was organised at New Mangalore under the aegis of Manipal College of Dental Science which was attended by all ladies and children. A lecture on breathing techniques and reduction of stress was conducted for the CGWWA ladies at Bangalore under the aegis of Art of Living Foundation.

Various lectures and talks were conducted at Kochi for CGWWA ladies to provide exposure to diseases and precautions notable among them being Osteoporosis, Breast Cancer and Self Examination. A workshop on Positive Attitude was conducted by Mrs Aradhana Mahlavat, a Reebok certified fitness instructor at Kochi. A special medical lecture was delivered by a specialist Gynaecologist from Kozhikode Medical College at Beypore. A multi speciality camp in association with NIMS Hospital and Precise Eye Care Hospital was organised at premises of ICGS Vizhinjam. The camp also included a lecture by Gastroentologist to spread awareness about dietary habits and management of lifestyle diseases. A lecture on anaemia was also undertaken at Vizhinjam by Station Medical Officer.

**CGWWA (EAST)**

Health talk on Glaucoma was arrange from Vasan Eye Care regarding causes, precautions and cares to be taken to prevent eye problems. Medical camp was organised by Vasan Eye and Dental Care for all children as well as the teaching staff for the CGKG schools. Health files are being maintained for all the members and the students of CGKG. General Health Check up camp was organised at CGKG Royapuram and Mogappair.

Breast & Cervical Cancer Screening Camp were organised. Dr. SG Ramanan, of Madras Cancer Care Foundation gave a presentation on various causes, precautions and treatment about Breast Cancer and Cervical Cancer. Breast and cervical Cancer camps follow up was conducted by Anderson diagnostic.

A lecture was arranged on human biography in connection with illness and Autism (slow learning) by Dr Prasanna, Neonatologist. She shared her experiences in treating and taking care of these special children. Health awareness camp on Bone density test/scanning and demonstration on basic first aid were conducted common ageing problems in women as well as immediate treatments in case of emergency.

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# SURUCHI

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# SAKSHARTA

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A Dental camp was organised at Vidhyanjali a school for special children on the occasion of Autism day in which a total of 34 special children were screened and advised.

Health lecture was conducted and First training was imparted to the ladies. Medical lecture was conducted on first aid on burns. Art of living classes was organized from 18 to 23 Aug 14 at ICGS Mandapam.

A lecture was delivered by Mrs. Kaushal Singh on Yoga and good mental health at Karaikal. A medical camp was organised for ladies and their families ladies along with children at Kakinada. Dr Poornima, gave a lecture on Immunization and Child care. A medical lecture was delivered by Station Medical Officer on precaution to be taken during pregnancy, care of Children.

**CGWWA (NORTH EAST)**

With the aim to serve the community a 'Blood Donation Camp', a 'Cervical Cancer Detection Camp', a talk on "Vaccinations for Children", a lecture on 'Life After Menopause' were delivered by the District Medical Officer Surg. Lt Cdr BB Satapathy. Yoga guru Manas Pradhan conducted a three months yoga course for CGWWA members at Paradeep.

On 03 Jan 14 a 'Health Check up' camp was organized and polio vaccine were administered at Haldia .

'An Eye check up' Camp was held on 21 Jul 14 at CGRA Kolkata. The optometrists from Titan Eye Care conducted free eye check up. Total 112 CG personnel and their families benefited from this programme.

**CGWWA (ANDAMAN & NICOBAR)**

Yoga classes for ladies and officers were held in the month of July and August 2013 respectively for a period of one month at welfare centre.

General health check up and cancer detection camp was organized at CG MI Room on 06 Sep 13.

Blood donation camp was organised by CGWWA (A&N) for all CG personnel and families on 08 Dec 2013 at CGISC .

**CGWWA (NORTH WEST)**

Lecture on Life sytle diseases and monsoon diseases were conducted by Tatrakshika Gandhinanagr. Also CGWWA members have actively participated in blood donation camp conducted during CG week celebrations in the month of Jan 2014.

A lecture on 'Healthy Eating Habits and Body Hygiene' was conducted at CGWWA center, Porbandar. Handouts on diet plan and body hygiene were distributed to the people who attended the lecture. A lecture cum presentation on 'Hepatitis-B' followed by Hepatitis-B immunization camp was conducted at Porbandar. Total 101 ladies and children got immunized during the camp.

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A detailed medical examination of Coast Guard Play School Children was organized by CGWWA, Porbandar. A medical report card was prepared and given to kids. Preventive and curative measures to be undertaken were also explained.

An immunisation check with healthy baby contest was conducted by Tatrakshika, Okha. A lecture on importance of immunisation, diet and care taking of the young one was delivered during the event. Also, the unit organised a health camp for children and ladies. Services of a leading gynecologist and a peadiatrician have been made available to the participants during the camp. Large turnout of ladies and children to consult the specialists was witnessed.

CGWWA, Surat organized a medical ccamp for CGWWA members. General examinations (Height ,Weight, BP, Built, Skin, Nails, Oral Cavities), Systematic examination (for RS, CVS, CNS etc), Complete Blood Count, ECG Test, Bio-Chemistry which includes Blood Sugar, Lipid Profile, Renal function test and miscellaneous test such as Uric Acid was conducted during the camp.

Also a dental camp was organized at Vadinar by dental team from INS Valsura. A lecture and a video show was displayed on dental health issue. Sanjeevan wing of CGWWA actively participated in organizing the camp.

## SURAKSHA (Widow Cell)

**This group takes an active interest in providing emotional, financial and moral support and help to rehabilitate the families of deceased personnel of the Coast Guard.**

### CGWWA (HEADQUARTERS)

On the occasion of Diwali in Oct 13, Suraksha team distributed sweets to the ladies.

On 29 Nov 2013 Tatrakshika Day was celebrated at Arkaja, Sector 23, Noida. President Tatrakshika discussed various issues related to the ladies and provided effective solution. During the Annual General Meeting in the month of July, President Tatrakshika distributed education grant for the academic session 2014-15 to the wards of deceased EPs. An amount of Rs. 34,500/- was distributed among 15 children including 05 college going students. The grants for out station children were sent separately by cheques. As a special case, due to death of both the parents, an educational grant was given to all the three dependent children of the deceased. In Aug 14, Suraksha team interacted with the ladies at CGHQ and enquired about their well being.

### CGWWA (WEST)

An interaction of the widows of the deceased Coast Guard Personnel of Maharashtra was held on 22 Jan 14 at CGWWA Office, RHQ(W) with the President Tatrakshika (W). Redressal of various problems being faced by the ladies on personal issues was undertaken during the interaction. Annual financial grant for a total of 09 wards of deceased Coast Guard personnel was distributed during AGM.

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**CGWWA (EAST)**

Annual scholarships were awarded to the ladies for the studies of their wards during AGM – 14. Regular meetings were conducted every quarter with ladies of deceased CG Personnel. President Tatrakshika (East) encouraged them to continue the motivated behaviour which they have shown towards their lives. President Tatrakshika (East) mentioned that their courage and self – help attitude and approach has given them a new vision. A warm gesture was extended by presenting Diwali sweets and new year gifts to Suraksha members.

**CGWWA (NORTH EAST)**

In its commitment for care and welfare of the families of deceased personnel ex-gratia grant from CGWWA Fund was given to Mrs Shilpa Londe w/o Late Comdt (JG) Londe, Mrs Rabika Sultana w/o Late MA Sheikh, POMA and Mrs Soma Gangulay w/o Late S Ganguly, Adh.

**CGWWA (ANDAMAN & NICOBAR)**

On 12 Aug 13 one time grant was handed over to Mrs Shanti W/o late A Kody P/Adh(Std).

## SANSKAR (Education)

**This branch of CGWWA looks after the blooming kids of Coast Guard community and ensures that they step on the right stones to success. Lot of efforts is taken to impart wholesome education at the tender age so that a firm foundation is laid to make them also good human beings.**

**CGWWA (HEADQUARTERS)**

The Coast Guard KG continues to gain prominence amongst the residents of NOIDA. The increase in the strength of children in the current year led to starting of additional LKG and Nursery sections each. The children who passed out from the School after UKG have got admissions in prominent schools like Amity School, Delhi Public School, Bal Bharati, Cambridge, etc.

The national events and various festivals were celebrated with enthusiastic participation by children. The children on Independence Day celebrations included flag hoisting ceremony and were being educated about the importance of this day followed by distribution of handmade flags and toffees.

The teachers and children welcomed spring season with fun and frolic and sung rhymes related to Spring season. The children enjoyed the fancy dress party organised to inculcate healthy daily morning habits amongst them. The children also had water activities organised in the school park. There were other educative celebrations also like Heritage Day, Mothers Day including drawing competition, Rhymes Olympiad competition and nature walk in the herbal garden at Coast Guard Complex.

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**CGWWA (WEST)**

CGKG in the year bygone laid due emphasis on overall development of students with extracurricular activities alongwith text book education. Various workshops for teachers were conducted to hone the teaching skills through puppets, dolls, stories and allied teaching aids. Children were exposed to financial transactions through shopping experiences and varied cultural and religious affairs of the country by organising visits to places of worship. Family ethos were inculcated through celebration of Grandparents Day at school by conducting card making and fancy dress competitions. Visits of children to aquarium were conducted to highlight preservation of animal kingdom. Sports Day, Annual Day, Picnic, Van Mahotasava, Poem Recitation and celebrations of various festivals were also organised to enhance competitive spirit, talent, cultural knowledge and social skills. Abacus classes have also been organised at Mumbai for development of mathematical abilities of children.

A get-together was organised by CGWWA ladies of Daman on Children's Day wherein children were involved in various games which enriched them and provided an opportunity to showcase their talent. A demonstration on midbrain activation for children under 13 years was also conducted under organization named 'Creative Currents' to expose parents to new developments in teaching skills.

A fancy dress and drawing competition was organised at TRV Chicolna by CGWWA Goa to celebrate Children Day. An educational tour was conducted by CGWWA Goa for the children at Times of India press. CGWWA ladies involved themselves in conduct of various beneficial activities for the children namely a lecture on Time and Stress Management before Exams, Taekwondo classes, coaching classes for secondary students, classes on card making, Warli painting, paper bag and gift bag making etc. An inter – school painting competition was also organised for the children on the occasion of CG Day celebrations. Western Dance classes were conducted for children at TRV Chicolna.

New Mangalore conducted varied activities and functions to strengthen the education level of children alongwith enhancing general awareness. Teacher's Day was celebrated at CGKG, Kunjathbail wherein the contribution of teachers was lauded. A cultural programme was presented by the children as a mark of respect for their teachers. Diwali celebration was also held in the school alongwith other festivals to spread cultural diversity of the nation. Children Day was celebrated at Malanad Hall which witnessed various competitions exposing the children to allied aspects of education namely essay writing, debate, poems etc. Annual Day of CGKG was held at Kunjathba Football Ground wherein the children showcased their talents through presentation of variety entertainment programme.

Children at Kochi were encouraged to showcase their talents on occasion of Children's Day wherein annual awards day was also conjoined to acknowledge meritorious students. New Year, Republic Day, Mother's Day and Friendship Day celebrations found prominent place in the curriculum of the Play school Kochi. Sports day was conducted at CGRA which was enthusiastically organised by CGWWA ladies of various units. A workshop on public speaking and inculcating reading habits was conducted for the children to help in overcoming stage fright and self development. Story / Essay writing competition for ladies and children was conducted at Kochi. CGWWA at Kochi provided

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opportunities to the children and ladies for various hobbies namely Abacus, Music and Classical Dance by conducting classes for same.

A drawing competition for school children was organised at CGWWA Centre, Beypore by CGWWA ladies to celebrate Coast Guard Day. The competition generated awareness about the service in the local schools.

CGWWA ladies at Kavaratti organised an inter-school painting competition at Kavaratti. The event highlighted the role played by Coast Guard and also spread awareness about environment.

**CGWWA (EAST)**

The orientation programme was conducted on which the parents were introduced to the aim, mission and teaching philosophy of CGKG. Councillor's Session with the parents towards addressing their concerns and enhancing amenities at CGKG as a part of Orientation Program for parents when the school reopened after summer vacations. A seven day workshop was conducted for teachers of CGKG on art of education through the method of Êurhythmy", a movement art in harmonious rhythm for early education.

To mark the occasion of the birth anniversary of Dr. Radha Krishnan, teachers day was celebrated. Visit to toy shop ĂNKUR" was organised. On Ganesh Chaturthi Children watched movie "MY FRIEND GANESHA. Hindi recitation competition was organised. A fashion show titled "Little Tots – 2013'was organised in Nov 2013. In order to provide hands on learning to the children, a clay modelling event was conducted and introduced with magic painting and many interesting craft work.

Money collected through Ărt With A Cause'was donated to a N.G.O group called "THE SANGAMAM GROUP" in the form of stationary items.

Various fun competitions were organised during the quarter including the Republic day celebrations and Annual Day Celebrations. ICGS Sarang organised an hour programme for the kids which includes puppet show, Magic show and ventriloquism show. Kids were taught to make kite with newspaper on organic sheets and the same were given to the kids for flying. During the Annual program various cultural programs were presented by the kids and they were suitably rewarded by the Regional Commander.

Innovative and Creative activities are conducted to expose the tiny tots to nature and world around them which included all national and religious festivals, Van Mahotsav, Environment workshop, Train the trainer, Fire evacuation drill, Safety mock drills, Art with a cause, Storytelling, Inter class / Inter house matches and Meet the Hero at regular basis. CGKG conducted Sports Day and Annual day / Annual Fest – 2014 as part of Annual activity. CGKG at Chennai are committed in their endeavour to improve teaching techniques and ambience to bolster the tiny tots for future challenges.

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The Annual Day of CGKG was celebrated 07 Mar 14 in a grand manner that gave a good publicity for the school outside CGRA too. Word-ladder and finger painting competitions were organized for the kids.

**CGWWA (NORTH EAST)**

Value based education is the essence of teaching/ activities at KG school at Paradip and Haldia. Children's Day, Christmas, Republic and Annual Day were celebrated with enthusiasm.

Storytelling & Poetry Recitation, visit to Marine Aquarium was organized to create awareness for nature amongst the children.

Regular PTA meetings were conducted to appraise the parents about the academic progress of their wards.

**CGWWA (ANDAMAN & NICOBAR)**

Independence day and Raksha Bandhan were celebrated on their respective days by CGKG.

To create awareness about disaster preparation, a mock drill was conducted on 22 Nov 13. The teachers, staff and children were demonstrated and educated about response and action during natural disasters.

Picnic for CG children was organized at Science Centre on the occasion of children's day.

**CGWWA (NORTH WEST)**

A visit to Amul mother diary plant at Ahmedabad was organized by CGWWA, Gandhinagar for ladies and children. The visit was an exciting experience for the children by getting enlightened on the process of paustarisation, process of ice cream making, deep freezing etc-.

CGWWA, Porbandar organized a competition on topic 'Kabir Ke Dohe' for children of 5 to 15 years. A lecture cum presentation was also conducted by the unit on 'Sensible use of Plastics'. CGWWA members were made aware on limiting use of plastics, threat to the environment due to plastic wastes and usages of paper bags and recycled products as an alternative to plastics.

Drawing classes and dance classes were been started at Mundra unit for encouraging and developing talents of CG children. The unit also organized a visit to Adani Wilmar for CGWWA members including children. The guided visit educated all about the functioning of the plant.

As part of CG Day Celebrations, units organized painting competitions in different stations. *Saksharata* members of CGWWA were active in conducting the events successfully. Gandhinanagr, Porbandar, Okha, Mundra, Vadinar and Surat units together with respective ICG stations organized painting competitions during Feb 2014.

Children of Coast Guard Play School at Porbandar celebrated Teachers' Day by presenting

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# SANJEEVAN

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# SURAKSHA

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cards to their teacher made by them. Story telling event was also conducted, to make the kids understand the importance of a teacher. A Health lecture was conducted for parents and children by CGWWA, Porbandar. The lecture was followed by an interactive question-answer session. A picnic onboard ICGS Vijit was organized for school kids on 14 Nov 2013.

A Workshop on Vedic Mathematics was conducted by CGWWA, Okha. Simple and basic techniques of solving sums in easy way with lesser time were taught to the children. A large number of children participated with great spirit & enjoyed the workshop.

To explore various talents among children, a talent hunt programme was conducted by the CGWWA, Vadinar. Children participated in the programme and showcased their best performance in singing, dancing, rhymes, and skit.

## SRISHTI (Environment)

**One of the primary concerns today is to create awareness on issues of nature and environment. Indoor and outdoor activities are conducted by Srishti team to bring awareness about the importance of preservation of nature.**

**CGWWA (HEADQUARTERS)**

The Srishti team organized a lecture on Bonsai (a small tree plant) in Nov 13. Bonsai, a Japanese art originated from the Chinese tradition of penjing and the miniature living landscapes of Vietnamese hon nonbo. Bonsai practice focuses on long-term cultivation and shaping of one or more small trees growing in a pot or container.

In the month of Dec 13, a documentary and lecture on "How to make paper from trees" was organized. The documentary projected how paper is one of the important by-product of trees. The lecture emphasized that paper should not be wasted and used judiciously to help save trees and maintain balance in our ecosystem. Importance of recycling waste paper was also highlighted.

In Jan 14, Shrishti coordinator with the help of the gardener took a noble initiative to enlarge and increase the variety of medicinal plants in our Herbal Garden at Sector 23, Noida. It was indeed a matter of satisfaction that a few of the medicinal plants from our garden were used for treatment of Swine Flu by the CG fraternity.

In Mar 14, Shrishti team organized a demonstration for the ladies on various methods of growing vegetables on pots. A specially trained gardener demonstrated growing of various vegetables in pot. This demonstration included growing of various types of vegetable seeds and procedure for replanting of the same. Gardener also demonstrated grafting of the plants for the benefits of the ladies.

In Apr 14, a competition on "Best out of waste" was organized. Ladies participated in large numbers and made utility bags, cushion covers, flower vase etc. from the waste plastic material & old clothes.

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In Jul 14, Tree plantation was conducted by the Shristi team at CG land in Sec-23, Noida. President Tatrakshika along with Shristi team, committee members and ladies planted saplings.

A talk on Herbal plants and their medicinal uses was conducted by Dr. Mrs Shefali Purohit on 19 Sep 14 at Arkaja. Plants like Aloevera, Sudarshan, Ashwagandha, Turmeric, Giloy, Amla, Neem, Tulsi, Mint etc have many types of medicinal uses and are available at Herbal Garden maintained at Sector 23.

To highlight the importance of environment and to avoid the use of plastic bag, an initiative was taken by Srishti team, by conducting a 'Workshop on Paper Bag' making on 31 Oct 14 at welfare centre.

**CGWWA (WEST)**

The propagation of protection and preservation of environment remained the core theme of Shrishti activities. Sanskar India Foundation was roped in for conduct of workshop on making of Paper Bags and Handmade Colour Papers which highlighted the recycling and reuse of the waste paper. Demonstrations on recycling of old clothes to create decorative items, use of coir in making wall hangings, footmats from old dupattas and home remedies were conducted for the members.

Daman created awareness about environment and provided food for thought to children on aspects of reducing wastage and recycling. A field trip for CGWWA ladies and children was organised to Devang Paper Mill, Vapi wherein the children had firsthand account of adage of Reduce, Reuse and Recycle. The interest of the ladies was generated in maintaining green environment through Kitchen Garden Contest.

Ladies of Murud Janjira were provided with tips for making decorative items from waste products by conducting a lecture and demonstration on the same. Ladies of Ratnagiri also carried out tree plantation drive in their premises.

A tree plantation drive was conducted by CGWWA at TRV Chicolna at Goa which yielded enthusiastic participation of all.

ICGS Karwar took a step further in maintaining environmental balance by planting saplings in Coast Guard area.

Kochi continued their endeavour towards generating awareness of environment and eco system by planting medicinal plants like Tulsi, Neem, Aloevera etc. at CGRA Rameshwaram. The ladies were made aware of the medicinal usage of and precautions to be taken for apt growth of the said plants. A lecture was organised on preservation of nature by saving snakes wherein Mrs Vidya Raju, a nature lover and avid snake catcher, was roped in to spread awareness about the importance of snakes in ecological system, identification of snakes, treatment of snake bite etc. A lecture on 'Waste

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Management and Clean Environment to Promote Healthy Lifestyle' was also conducted by professor from Centre for Biopolymer Science and Technology, Kochi which delved on day today waste management.

CGWWA at Beypore led the charge of coastal clean up at Pulimmotil beach during International Coastal Clean-up Day alongwith volunteers from NCC/NSS, local administration and NGOs.

**CGWWA (EAST)**

CGWWA (E) and NWWA collaborated to organise a lecture on organic farming, to discuss the advantages of organic farming, knowledge of growing plants, seeds, growing season etc. Nursery for organic and medicinal plants have been started at CGWWA centre, RHQ(E). November month was celebrated as "Say No To Plastic" and "Go Green". Children were encouraged to use paper bags. During Diwali Mela CGWWA stall used as well as encouraged others to use paper bags. Quiz competition was conducted on general environment topics at both the welfare centres. Lectures on Waste management and kitchen gardening were conducted and Quiz competition undertaken for the purpose of educating the ladies about the importance of our mother nature. A talk on waste management with focus on '*Reduce, Reuse & Recycle*' followed by quiz was conducted by senior Environment Education Officer of Tamil Nadu Govt.

Tree Plantation was organised on 15 Jan 14 inside station premises by Tatrakshika members with the aim of "Environment Green".

**CGWWA (NORTH EAST)**

An environment friendly activity "Making Dust Bin out of Scrap" and "Kitchen Garden – Vegetables and Fruits" competition were organized at Haldia.

In order to sensitise the children towards the need for protecting our environment, a 'Drawing cum Slogan writing' competition on environment was organised at Paradeep .

A tree plantation drive was conducted on 21 July at CGRA, Kolkata with an aim not only to beautify the premises but also to create an awareness of the importance of trees in our lives.

**CGWWA (ANDAMAN & NICOBAR)**

Van Mahotsav was celebrated in on 24 July 13.

A workshop was held on recycling of old paper by making paper bags in August.

Painting competition was held for children in January. Many schools participated and prizes/ certificates were given to them.

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**CGWWA (NORTH WEST)**

To inculcate eco friendly environment and to promote greenery in the surroundings, tree plantation programs were initiated by Gandhinagar, Porbandar, Okha, Vadinar and Jakhau centers during the year. Plantation was carried out at CGKG premises at Vadinar by CGWWA members and CGKG kids. Tree plantation was carried out by the CGWWA members in the premise of Inaz village, Veraval as part of the Srishti activities.

A lecture on topic "HERBS – A HOME MADE REMEDY" was conducted by CGWWA, Okha. The audience was made aware about importance of herbs which grow around us, their uses in our everyday life like mint, lemon grass, Tulsi and discussed various ways to plant, protect and make their maximum uses. Also, message to save the environment was conveyed to audience by demonstrating a skit by ladies of Tatarakshika Okha.

CGWWA, Vadinar organized two day's nature camp for CG children with Forest Department from 22 – 23 Jan 14 at Marine National Park Narara Bet. A drawing and painting competition was also conducted on marine life theme.

## SANCHITA (CGWWA Shop)

**The CGWWA shop Sanchita provides a stable outlet for items procured from various parts of the country. It also serves as a platform for ladies to showcase their natural skills and help them to make a good earning using their talents.**

**CGWWA (HEADQUARTERS)**

Sanchita is running successfully with goods available at attractive prices for sale. Items available at the shop have been made by Tatrakshika members themselves eg. block printed dupattas, embroidered handkerchiefs, bags, painted pots, purses, candles, shell made items and greeting cards. Sanchita has made available other items also like clutches, hair bands, ear rings, ladies purses, pencil pouches, soft toys, etc. CGWWA ladies are encouraged to make hand-made items for sale. Items made by the ladies have drawn good response due to their allure and originality.

**CGWWA (WEST)**

Sanchita continued their efforts to provide financial support to CGWWA by selling of varied eco-friendly and culturally affiliated goods. Jute bags, sari covers, envelops, coin pouches, towel, purse, paper bags etc. were sold at Mumbai. New stocks were added to provide variety of choices and attract more consumers. Sanchita at Daman contributed by selling handicraft items of various cultural regions to generate funds.

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# SANCHITA

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# SANCHAR

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**CGWWA (EAST)**

Sanchita East is focused on promoting Eco friendly products. Sanchita took a good start by setting up a stall at AGM-13 held at Royapuram. It sold out items like Rakhi, block printed sarees, hanky sets, lamasa jewelry etc made by the CGWWA ladies. It had also displayed some readymade items from Khurja, Odissa.

CGWWA stall was arranged at Diwali Mela in which handmade paintings, herbal products, Block print sarees. Table mats, table covers, cushion with handmade covers, Home-made chocolates, decorative diyas and candles were sold. Paper bags were used for increasing awareness about healthy environment. CGWWA stall was awarded the Best Stall.

CGWWA stall was arranged at Tatrakshika Milan showcasing various handmade products of CGWWA, in which the demonstration of paper quilling/ designed jewellery witnessed immediate sales of the same from the stall. The Art of making Jewellery with mere paper folding was incredibly beautiful and appreciated by all. Sanchita stall during AGM-14 showcased and sold various cloth-made items likes bags, pillow covers, cushion covers etc.

**CGWWA (ANDAMAN & NICOBAR)**

CGWWA had put up a Sanchita stall at Milan 14 in the month of February.

**CGWWA (NORTH WEST)**

A work shop on Embroidery and stitching was conducted at Kalyan Kendra, Gandhinagar from 23 Oct 13 to 30 Oct 13. The members participated actively in the workshop and products made by the participants like handkerchief, hand towel and towel were been sold through *Sanchita*.

Gujarat being the hub of handicrafts, Tatarakshika Okha added handicrafts items like pic work hand bags, pouches, dress materials, handmade diyas, eco – friendly artifacts and traditional Jewellary to new collection. Many of these items were prepared by CGWWA members and these items have been sold at reasonable price.

## SANCHAR (Communication)

**Sanchar connects, informs and reports the vast panorama of CGWWA activities through quarterly news letter, Sandesh and the annual magazine Urmi.**

**CGWWA (HEADQUARTERS)**

URMI 2013 was released on the occasion of Tatrakshika day by Mrs. Rachna Thapliyal, President Tatrakshika. On this day, as part of the Tatrakshika day celebration, cash prize of Rs. 2000/- was given to Smt. Ranjana Singh W/o LB Singh, P/Nvk(WTR) of ICGS Delhi by President, Tatrakshika for designing the cover page of Urmi 2013. Also, quarterly edition of newsletter 'Sandesh' was published on regular basis providing information about the various CGWWA activities.

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**CGWWA (WEST)**

Quarterly Sandeshs were published which covered varied themes namely Humour in Daily Life, If I Would be Somebody Else for a Day and Social Networking - a Boon or a Bane and included activity reports alongwith articles contributed by CGWWA ladies of Western Region.

**CGWWA (EAST)**

Educative and attractive issues of Sandesh were released quaterly. Winter vacation Camp was organised for children in the age group of 14 to 18 years in which western dance classes were conducted. Work shop on Yoga was conducted with an aim of understanding stress management and enhancing mental concentration.

**CGWWA (NORTH EAST)**

The Region has published quarterly news letter "Sandesh" which not only included reports on activity conducted in the Region but also included value based articles for benefitting the members in their day to day life.

The members also contributed thought provoking and interesting articles for the annual CGWWA magazine' URMI'

**CGWWA (ANDAMAN & NICOBAR)**

Other than contributing towards the annual CGWWA magazine Urmi, the Sanchar team brought out three editions of the quarterly newsletter (Sandesh).

**CGWWA (NORTH WEST)**

The Region has published Sandesh in the months of Sep 13, Jan 14 and Apr 14 besides contributing to Annual CGWWA magazine URMI.

## SNEHA (Outreach)

**Charity begins at home. Our charity wing Sneha reaches out to the society outside the Coast Guard community and provides solace to the less privileged, poor and needy ones.**

**CGWWA (HEADQUARTERS)**

In Dec 2013, all committee members, distributed blankets and foods items to Coast Guard daily wage earners and domestic servants at sector 23. In May 14, Outreach coordinator and Tatrakshika members visited Bal Bharti School, Noida and participated in Annual Day Function with children and distributed eatables like biscuits, Chocolates etc. to the children. CGWWA also extended a helping hand to the students of Ankur School Bal Bharti, Noida which is run by Army and Navy Wives Welfare Association (ANAWWA). 400 notebooks, 300 pencils, 300 erasers and eatables like biscuit packets

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were collected from CG families and distributed to the needy children in Aug 14. The children of the school recited poems for the ladies. The school management and teachers thanked CGWWA and wrote an appreciation letter to President Tatrakshika.

**CGWWA (WEST)**

CGWWA actively participated and rendered social service through Sneha. Visits were organised to old age homes for donation of clothes and allied daily use items. A visit of cancer patients and spastic children was organised onboard ICGS Samrat for providing them insight to Coast Guard activities. Bedsheets were distributed to 184 casual labourers of Coast Guard units at Mumbai.

Ladies at Daman organised a visit to Tata Wadi Blind School and interacted with the students and the staff. A lunch was held for the students of the school by CGWWA. The students were facilitated a visit to ICGAS Daman wherein they were exposed to the activities and operations undertaken by Coast Guard.

Special children were provided with a visit to the Squadron at Goa which provided them with opportunity to witness static aircraft. A magic show was also organised for the children alongwith refreshments.

Sneha team at New Mangalore organised visits to children home namely Samvedna and old age home namely Little Sisters of Poor wherein food items, clothes, toiletries items etc. were distributed to the needy personnel.

Ladies at Kochi visited a destitute home Karunalayam at Fort Kochi and St Thomas Oldage Home, Thevara. The ladies interacted with the inmates and shared their experiences. Assistance was provided to the establishments in the form of refreshments, clothes, toiletries, medicines etc.

**CGWWA (EAST)**

With a motive of encouraging the physically & mentally disabled young kids, an Outreach activity was organised onboard ICGS Sagar for special children of Vidhyanjali – Centre for Excellence wherein 30 special kids along with 32 caretakers visited the Coast Guard Ship. Magic show & entertainment program were organised and the visit concluded with surprise cake cutting followed by souvenirs to the kids & a donation of Rs. 5000.00 for their toys and education. A special grant of Rs. 10000 had been awarded to CGKG school teacher for treatment of her sister's son, diagnosed with cancer.

Members of CGWWA East offered vocational training to the specially abled kids of Vidhyanjali that included. Making of paper bags under therapeutic guidance of occupational therapist. The profit out of the sale of such items were given to these kids. CGWWA (East) volunteered to support the vocational training centre of "Vidhyanjali" known as "Kalpavriksha" with a view to make the kids financially stable with a vocation to suit their limited capabilities. Towards this a paper cup making machine was

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donated by the CG Family to the centre.

Tatarakshika members celebrated the month of Oct 13 (Navratri and Dushera) with an act of charity toward the children of an Orphanage in Visakhapatnam and donated ration, rice, cooker, stationary toiletries product and distributed sweets, snacks and fruit drinks. As a part of Outreach, CGWWA ladies visited Shanti Ashram, a school for deaf and dumb children at Vizag, and donated several items to the children in need.

As a part of Outreach, ladies visited an orphanage (Anbu Ashram) which housed 85 orphans. A small cultural event by the ladies and children of Coast Guard were put up for the entertainment of the orphan children followed by Donation of useful items.

As outreach programme, a visit to Orphanage at Thangachimadam was organised and grocery items, cloths etc were distributed. Another outreach activity was organised in which atta, rice and grocery items were distributed by CGWWA members to workers at various construction sites.

CGWWA members visited the Institute for Specially abled Children at Karaikal in Jan 14 and sweets/stationary items were also distributed for the children.

CGWWA members visited Amma Old Age Home Kakinada in Dec 13 and disturbed food items and cash money to inmates of old age home.

**CGWWA (NORTH EAST)**

With a concern for humanity, CGWWA (NE) generously distributed groceries, toiletries and utility items to the members of Dakshin Seva Asharam. Members at Paradeep distributed blankets to the casual labourers and domestic helps of Coast Guard Station. The members also interacted and spent some quality time with the children of the ashram.

**CGWWA (ANDAMAN & NICOBAR)**

In Outreach, daily use articles were distributed to the underprivileged. The members of Tatrakshika visited Seva Niketan as part of outreach activity and interacted with the inmates. The Tatrakshika distributed food and clothes to all the inmates.

**CGWWA (NORTH WEST)**

Members of Tatrakshika, Gandhinagar visited Old age home at Sector-6 and Blind school at Sector-16 as part of outreach activities and distributed grocery items, eatables, and clothes to underprivileged inmates.

Visit to the local village was organized by Tatrakshika, Porbandar. School going under privileged children were given a lecture on moral values by the CGWWA members and packets consisting eatables and sweets were distributed to them. *Sneha* members of Porbandar also visited Govt. Hospital

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# SNEHA

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at Porbandar and distributed eatables and toiletry items to 80 patients and 8 security guards. Also, the members extended helping hand to inmates of home for mentally challenged at Pagal Bapa Ashram.

*Sneha* members of Okha unit extended help to maids and casual labourers of the area by distributing around 120 blankets to needy people. Also the unit members visited OKHA MAHILA MANDAL, an organisation which looks after the needy, widows, old & disabled ladies .

Tatrakshika of Veraval visited old age home at Veraval and distributed grocery items, clothes and other daily commodities to the inmates. Tatrikshika of Surat distributed clothes & sweets to all Drivers of CGRPT(Surat).

*Sneha* members of Tatrakshika Jakhau visited Orphanage (St. Xavier high school) at Naliya. During the visit, CGWWA members interacted with physically challenged children, their parents and teachers and distributed grocery items, clothes and other daily commodities to the underprivileged children.

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## 'A HAPLESS SOUL'

Thekkali, a small town in Andhra Pradesh is 18 Kms away from my house. I travelled this distance everyday going through the agony of a bus ride followed by a tormenting train journey to reach my college.

It was a saturday when I was returning back home that I came across an old man wearing a tired worn out look. The bus was quite crowded and I felt like a hero as I managed a seat amongst the push and pull of the passengers fighting for a place to sit. People were being thrown mercilessly as the bus was speeding over the numerous potholes that shamelessly lined the entire road.

The old man was barely able to stand. He was staring at people with a sullen face. Seeing his state, I offered him my seat. Instead of a 'thank you', I got a silent look from him. The bus reached the railway station and one by one, all the passengers got down. My eyes were searching for the old man. He was still struggling to get down from the bus with a stick in one hand and a bundle in the other. I assisted him once again and enquired about his destination. A feeble 'train' was mumbled by the old lips, the hapless soul not knowing which train to board. I guided the old man to the train I was going to board for my home. It is then I noticed that he was limping. There was no doubt left in my mind that the old man needed assistance in his journey to wherever he was going. I provided the required support and we both headed in the same direction.

In order to make the otherwise boring journey slightly interesting, I initiated a conversation and got the old man into talking about his life and the years of experience he had accumulated. I realised he had lost his wife an year back. His only son and daughter- in-law were both unable to look after him due to their busy preoccupied life. As a result, they had sent him to an old age home separating him from his near and dear ones. This decision had sent the old man into a state of shock he would never find himself out of. He was helplessly trying to overcome the grief of being torn away from his loved ones. Life was not being kind to him towards the tag end of his long arduous journey. Every now and then he would wander off pondering over the thought of where he had gone wrong in life. He was not able to comprehend what more should have been done by him to have earned a peaceful contended few years of his life before it ended. Where had he gone wrong in bringing up his only child whom he had given the best years of his life. He had sacrificed his youth, his comfort and everything that was required to be sacrificed in order to give a comfortable life to his son.

I felt his pain, the agony he was going through. The station arrived and I got down. I looked back and found the old man standing with folded hands and "namaskaram" written on his quivering lips. There was gratitude in his eyes as if he was thanking me for spending a few precious moments in his journey that was soon going to end. The train pulled off leaving me wondering about the irony of life. Is there no difference between old clothes and old parents? Both are discarded when they wear out. And I saw the train disappearing in the horizon.

*- Asst Comdt Yarnagula*
*DHQ-4 (Kochi)*

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## "EVERYONE HAS A CHILD WITHIN"

Growing older is mandatory, but growing up is optional. One doesn't have any control on his age but yes definitely one can control his heart. Everyone has a child within, which somehow refuses to grow but the adult self puts many restrictions on the inner child. When we see a child our instant reaction is "How Sweet "We do not judge the child for colour, size, behaviour, small etc. The inner child tells to jump, play and dance around in the sun, rain and dirt but the adult self restricts from doing so.

The inner child is the fundamental part of our subconscious mind. Our earliest memories remain with us forever. Joy, intelligence, self-expression and all emotional experiences are all infused as early as the tender age of two. A two year old child's brain is capable of identifiing feelings and expressions so well that it knows when is the mother angry and he needs to go to daddy for a new toy and vice versa. When we are steaming mad at our child, the child tries to calm us down with love, hugs and kisses. This continues even when he becomes an adult and still knows how to manipulate people around him. This has not come to him all of a sudden. It's growing since his childhood and how does it happen. It's just because the child is always so curious- never rushes into judgement and accepts anything on face value but takes time with curiosity to learn more constantly, soaks in all details like a sponge through observation and attention rather than being pre-occupied or presumptive like an adult.

What the mind first tells us to do is directed by our inner child but is guided by the adult self later according to the situations. The inner child has pure innocence which is somehow buried deep within by the adult self with many negative feelings like ego, anger and revenge. The inner child forgives and forgets but the adult self holds on. The adult self keeps thinking about the unfulfilled dreams which his child has been seeing but forgets about the many dreams that can still be achieved.

The little child in us deserves to be cared, loved and nurtured. The little child has many dreams. But, most of the times, these needs are not fulfilled. The adult self is overburdened with responsibilities and is forced to ignore the inner child. Or rather, the only thing setting the adult self apart is not necessarily the responsibility but the fear - the fear of adding work, fear of failures, fear of being noticed by someone and the fear of being judged. The fear comes from lack of faith. It starts a conflict within. Feelings like frustrations and depressions develop and as a consequence, the adult self also becomes unhappy along with the inner child. The integration of the inner child with adult self is very much required which cannot be done by others.

Now, how does the desire of the inner child get fulfilled? There always is the GOD gifted brain in an individual no matter how old one gets. You cannot say that "I was a good painter when I was a child, now I am not that good". You, yourself are the parent to your inner child. You have to pick your inner child in your arms, hold it close and tell it that you love your child and you will take care of it and it is in safe hands and need not worry for anything. You will accept it as it is and give what it needs. You will fulfil his desires and his dreams and do the needful. Place the inner child in your heart because that is the place where it lives. Do not let the inner child freeze deep within in some corner. Care for it and listen to it. Be a good parent to your inner child. Listen to his needs, and treat it the way you had been treated with "Love and acceptance". A child doesn't know about GOD, his God is his parents. So when

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the parent gives unconditional love and faith to the child, the child in return will do every possible thing to please his parents. Once the inner child integrates with your adult self, there is wholeness and happiness.

*- Mrs.Sushma Vidyasagar*
*W/o Dy Comdt DS Vidyasagar*
*ICGS Subhdra Kumari Chauhan*

## CHASING LIBERTY

The role of working women has changed throughout the world due to economic conditions and social demands. This has resulted in a scenario in which working women have tremendous pressure to develop a career as robust as their male counterparts while sustaining active engagement in personal life. The ever-increasing work pressure is taking a toll on the working women leaving them with less time for themselves The increasing responsibilities on the personal front with the technological blessings like advanced mobile phones, notepads, etc. that keeps work life integrated with personal life also creates stress on personal and professional fronts in this knowledge age. This affects the person's physical, emotional and social well-being. Thus, achieving work life balance is a necessity for working women to have a good quality of life.

Women of the early centuries were mostly confined to their kitchens and those who were employed worked in factories, farms or shop works. Very few women had the access to higher education and they were forced to be at the mercy of their fathers' or husbands' attitudes towards women and work. The fast developing knowledge economy has given place for more number of women to be enlightened by higher education. Education has not only empowered them but also has given them robust careers. With brain power being the requisite skill in this knowledge era, rather than endurance or physical strength, the women workers seem to flood into every industry on par with men. But this has indeed become a tough challenge for women as they have to perform a lot of duties in home and office as well. As working women get married, they have additional responsibilities and when they become mothers, they have to manage the primary care of children and extended family and are thus, under greater pressure to continue on a career path. Working mothers of today fulfill family responsibilities and also try to remain fully involved in their careers coping up with the competing demands of their multiple roles. The caring responsibilities that working mothers have lays a heavy stress on them when it is combined with their professional duties. The attempt of working women to integrate, organize and balance the various problems and activities in their different roles simultaneously puts them under tremendous pressure. Chasing liberty isn't that easy after all.

New feminism is about pulling men into women's universe— as involved dads, equal partners at home and ambassadors for gender equality from the cabinet office to the boardroom. But reality is more nuanced. Women earn more doctorates, but less money. They are overtaking men in the work force, but still do most housework. Men have a lot to gain from the rise of women. The last frontier of women's liberation may well be men's liberation.

*- Asst Comdt Janey*
*DHQ-1*

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## GOOGLE: A WIFE'S BEST FRIEND

It may not appear as obvious as it probably is, but a certain level of comfort with technology can go a long way. One may browse through life's experiences in a matter of a click or share cherished memories with friends and loved ones living afar at the comfort of one's own home. It can also facilitate easy maneuverability. To say the least, technology has cushioned our lives with better communication, flexibility and the power of knowledge.

Why title the article "Google: A wife's best friend"? There is a bit of a humor and verity in the fact that many find a friend in the cyber giant Google. While CGWWA may be there for our welfare, Google is always there on the click of our mobile phones providing communication and knowledge when needed most. To begin with, think of it as a friend that tells us about the service even before our husbands enter it. Google makes it easy to know what ICG is and which all stations the service has where one is likely to be posted. As a matter of fact, few minutes of *googling* and we might even recognize a good station and where we would like to go to, putting his years of experience on the back foot. So it is safe to suffice that the combination of woman's will and the ambit of Google can craft wonders.

But in service, we may not be bogged down by the worry of the station, but of the facilities and safety that is extended to us. It can definitely be said that a safer, well-connected and resourceful station is everyone's craving; be it the gentlemen or us ladies. Wherever it is, Google is always of help. While as a family one has to accept long durations of sailing and husbands being away from home, Google is always a guiding light. Today's Smartphone can guide us with directions to and fro to any place. Equipped with in-built GPS, even while travelling we are aware of our location, the possible routes and with specific apps, and can also be aware of the fare. For a task that previously required some assistance, we can now independently and comfortably move around without it. Of course, safety does become a major factor in such travels as where safety of women is concerned, no two cities can be compared and individual opinion best serves.

Even while we become new to certain places given the rotational job of our husbands, technology enables us to make it easier to find shopping spots and locations of interest. So it may seem like a familiar place, thanks to Google. Just typing in your city in the search bar opens up thousands of avenues where one's queries get answered. Whether it be a beauty salon or a popular flea market, Google sees it all and knows it all. Besides, in today's world, you can share locations at the speed of light. For example, if one goes to a fixed shop for buying grocery, just add that location to favorites and then share it with your better half. Furthermore, technology now also enables us to not only save all the locations that we might have to go when required but also share it with other ladies as well. For those who are extra concerned, there are ways to share your current locations with each other, of course taking into account the right to privacy.

Then there is of course, the happy parts of life which are mostly, if not completely, regulated by, well, us. Which movie to watch or which restaurant to go to, might be the battles that rage in more

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homes than we think, but there is always a point to what we may have to say! Type in the name of the movie and get a review, maybe a preview too. Same goes for restaurants, the facts of the matter is that even before he is back from duty, one would have already discussed and decided the scheme of things to be, booked tickets, made reservations and all set to go out and enjoy the evening.

One may argue about this next point as being more or less important, but Google also facilitates necessary social interactions. Some of us working women may find it best option to maintain our social circles as well as stay connected through social media that again, Google facilitates. Sharing information and ideas here have become an eminent function and helps us keep in touch with everybody.

Thanks to the advent of World Wide Web and its resultant Google 'ability', one may be more aware, safe and share knowledge at the drop of a hat.

Life is already much simpler.

*- Mrs Deepshikha Venugopal*
*W/o Asst Comdt Ravi Venugopal*
*ICGS Subhadra Kumari Chauhan*

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## महत्वाकांक्षा

कहते है कि, हिम्मत करने वालों की हार नही होती
उन लोगों की नैया डर कर पार नहीं होती ।
देखिये नन्ही चीटी जब दाना ले कर चलती है
वह सौ बार चढ़ती और दीवारों पर फिसलती है ।
विश्वास अगर मन वज्र हो तो रगों में साहस होती है
क्योंकि कोशिश करने वालों की हार नहीं होती है ।

डुबकियाँ, नदियों, सागर में गोताखोर लगाता है
जा जा कर खाली हाथ लौटकर आता है ।
बढ़ता उत्साह दुना इसी हैरानी में
हाथ उसकी खाली हर बार नही जाती
क्योंकि हिम्मत करने वालों की हार नहीं होती ।

कहते हैं कि, असफलता एक चुनौती है, इसे स्वीकार्य करें
क्या कमी रह गयी देखो और सुधार करें ।
जब तक सफल न हो नींद चैन का त्यागो तुम
सफल होकर गौरव मन का आगे बढ़ाओ तुम ।

*- उमा शंकर शर्मा*
*अधिकारी (एम ई)*

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## MY ROUND TABLE

One day I was summoned by my Commanding Officer and was formally handed over the 'ticket'. It was my 'ticket' to an even more exciting life in the Navy. In an impressive manner the 'ticket' certified that I was now eligible to stand watches both ashore and afloat and was also fit for promotion to the rank of Lieutenant. But the road to the 'ticket' was not without its pitfalls and heartaches.

Towards the fag end of the subs courses, a combined appointment letter announced my appointment to an Offshore Patrol Vessel (OPV) for award of Watch Keeping Certificate (WKC). A large number of my course mates were moving to bigger ships. I was therefore a wee bit disappointed, firstly because my future ship was based in the Far Eastern Command and the course rumour was that the most exciting event of a day was the nine o'clock news on DD, and secondly, the ship allotted to me, an OPV, did not even remotely sound glamorous or justify the **'Join the Navy and see the world'** ads. However after a couple of break up parties, I came to the conclusion, and also managed to convince a few of the 'the chest out' variety' chaps, that , as an OPV is generally the first ship in any scene of action, it cannot be all the bad. I personally convinced myself that I would rather practically exploit all that I learnt till now and then slowly increase my tonnage.

Watch keeping time was a great experience. Everybody was a new day. I was welcomed with open arms. It soon seemed that without me the ship and its various systems would collapse. I substituted for almost everybody, the CO being the only exception. Life was a series of duties, watches, both watches, audit and ty duties, all of them rarely occurring independently. My initial apprehension of serving in a ship with no course mates around to share a drink with, soon vanished. Life was so busy that I surprisingly did not miss any of my old buddies. Everyday brought forth new lessons. One week into my watch keeping time, I was overwhelmed by the responsibilities. I was entrusted with and found that coping up was becoming difficult. It was then I remembered my father's habit of writing a diary. He used to jot down all that happened in a day and to all our questions, his singular answer was "the diary ensures that I do not make the same mistake twice". I also decided to jot down my day's events.

My observations soon veered around to how the CO, the XO and the EO handled the men. Each had his own distinctive style. The XO, an aviator who on more than one occasion told the wardroom that this was probably his first and last sea time, was a no nonsense person. He believed in taking personal charge of all events and managing them to the finest detail. The EO on the other hand was seemingly content to let his men

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do the tasks assigned to them. He made known publicly his trust and confidence in their competence and had an hands off approach. The CO operated in an altogether different style. He was the typical lord and master. He wanted the officers and the men to project problems only if they had solutions to them. He then discussed the solution and decided on one course of action. Thereafter he waited for feedbacks and completion reports. I was confused. I could find no similarity in the three styles of man management so whenever opportunities came by, and there were plenty of them, I alternated between the styles and managed to stay afloat.

The idyllic state of affairs was shattered when soon after receiving my ticket I got my marching orders. I was now sure that the Navy had it in for me. I was appointed to an even smaller ship. The only glad tiding was that my next ship was a poor cousin of the present one. It was a Seaward Defence Boat (SDB). One afternoon I just packed my bags and walked across a few gangways to an entirely new environment. I was ill prepared for the surprises in store. The Captain's Temporary Memorandum (CTM) promulgating my arrival was impressive and was about half a page long. Other than the CO and the XO, I was everyone onboard. I had barely settled down to my new life when the XO got his long course and left on leave and transfer. The new CTM was even more impressive. Now I was everyone onboard except the Commanding Officer. From attending 'Both Watches', I started taking 'Both Watches'. I was badgered for decisions every hour of the day. Things were getting hot. I was yearning for my past, as just six months back 'eggs to order' was the only momentous decision I had to make on a daily basis!

Life definitely seemed unfair. There I was, suddenly on the hot seat. Till then I used to pass the buck up and wait for the decision. Now I realized what exactly Harry Truman meant when he said 'the buck stops here'. For me it definitely did stop. It only took couple of false starts and misses for the Commanding Officers to soundly tick me off. He was a taskmaster who persisted in addressing me only as XO. I decided to get myself on track. As the first step, I went back to my father's advice and read through my jottings in the diary. One evening after a couple of sobering whisky-sodas I realized that my biggest challenges was managing my men and leading them in various tasks. I neither had the seniority nor the experiences to adopt any one of the three styles that I had seen till now. So I decided to experiment.

I called for the Service Documents (SDs) of all my senior sailors. There were a total of nine of them. Reading the SDs was enlightening. To a man, all my senior sailors had served in the Navy longer and had more sea experience. All of them were fathers twice over. I decided to exploit their skill, knowledge and experience to advantage. From the next day I changed tack. Whenever I was approached with a problem I started asking for the recommended and accepted solution. I got into the

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habit of spending more and more time on the 'truck space'. An electrical problem was discussed with the Bosun's mate and the MCERA, and a seaman problem was similarly addressed by ERA and EAP. Common ground was soon found and the differences were ironed out. I was no longer surprised when during the course of one watch, I got to see three different Quartermasters, all because each wanted to watch a particular TV programme and was prepared to close up at other time. Things soon settled down. Rank based hierarchy was soon replaced by respect for each other's professional knowledge. Common tasks like paint ship, picnics and games were organised with ease. I reinforced the josh by having regular meetings with the senior sailors. At these meetings, which more often than not was just all heads getting together at one place, like the galley or the gangway, I just put forth the future plans and tasks and plans of action and solutions emerged from my team. I personally evolved from being a young confused XO to a confident facilitator. The effect of this group leadership was evident all around in the happy and cheerful faces of the men and the way in which my CO addressed me. From XO, I slowly became No 1 and them after a month I was only addressed by my first name.

The system definitely did not believe in letting me strike roots so there I was, on the move once again. I was off for my long course I was granted a fortnight leave because my CO was convinced that I should get married before the long course. His conviction was based on the logic that for five years after long course I will have little time even for my own self so it is best to devote at least one year to wife and books.

One day at home, I was recounting to my father all my experiences as Number 1 of a small ship. In between my spiced up recounting of events my father managed to get me to stop and told me that my method of management was not new at all. In fact, he said, it was about 300 years old. In between my vehement protests, he got it across that my method of management and leadership was just a minor reflection of how King Arthur managed his Knights by having them sir at a round table. Nobody was more important than the other. There was no head position, everybody got to see everybody else and everyone got to air his views and opinion. The result was all round satisfaction and progress. Everyone felt important and wanted. The anecdote took me by surprise. History does repeat itself and notwithstanding the repetition I decided to pen down my experience.

After all I had found my own round table and had used it to advantage and have been using till date.

*Lt Cdr KC Arunbabu is an alumni of Naval Academy (60 NAC) and is presently appointed on deputation to Coast Guard as Commanding Officer ICGS Rajkiran.*

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## BE LIKE THE FLAG

Life at sea, also at times means keeping life at bay. That is the covenant a sailor signs with the seas. That is the rhyme of a mariner, of an officer. You can give in to emotions but also cannot. You want to shout at times, and also be silent. To roaring laugh and also cry but better not. That is what makes him up. For him, the charter of duties is just the preamble, discipline a way of life and important words like nostalgia and longing just words from the thesaurus.

They are the flag bearers, and their resemblance with the flag is innate. You step out sometime and go to foxle, and look at the flag. It's not just a piece of cloth fluttering in the wind because its tied there, but it's staying there, steadfast and untiring, giving many a reason to wake up in the morning, to work, to build up things and also to destroy, to fight, to win.

I saw it today, it was raining and the flag was soaked to the skin, clinging to itself, shrinking and imploding within while reasons can be many but still it was trying, against all odds to catch the wind and to unshackle and flutter with vigor because much depends on it, its fluttering. Likewise you find an officer always exemplary, virtuous, often giving more than humanly capable. Caring for the men under his command and for the ship.

And in the evening they take it off the staff. But a flag without the staff is still a flag. When it is folded after sunset and kept, waiting for the next sunrise, it still holds its Integrity and respect and is seen with admiration. And this flag represents his alter ego.Who is never off duty, always vigilant and forever concerned, for the ship, for the men,for his family and never for the self.

The colours in the flag also represents different sides of him. Different emotions and responsibilities, both personal and professional, amalgamated and bound in close harmony. We need to be like the flag, and shine. For the flag receives salutes, and so do us, and it's an honour and a huge responsibility at the same time.

*- Amit Kumar Unariya*
*Asst Comdt*
*ICGS SamudraPrahari*

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## मां-बाप

फूल कभी दो बार नहीं खिलते
जन्म कभी दो बार नही मिलते
मिलने को तो हजारो लोग मिल जाते है लेकिन
हजारों गलतियाँ माफ करने वाले मां-बाप नही मिलते...!!।

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## THE CHANCE TO SING MY OWN SONG

All my life I crooned
As you and society thrust it's tunes
On me.
But with bravado in my heart,
I sung my own song, today
with the poise of a lark.

"don't wear this"
"don't do that"
"don't let life steal a kiss"
Live the way, tradition demands.

Others before yourself,
Ethos, a treacherous elf
taught.
Despite your dexterity,
In your own web of lies,
My love, you were caught.

Today the winds long to play
with my hair.
Today, touch me not
Society, beware.

For today, I shall be that girl who dances on her own.
Today I shall mute society's cacophony.
And as I sing my own song
life and I will dance to a sterling symphony.

*- Ms Nilanjana*
*D/O DIG Rajan Bargotra*

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## लहरें

समुद्र की हँसी लहरों के कामिल हुकमराह हैं हम
वतन के जर्रे-जर्रे से मोहब्बत हम को है ए दोस्त।
समुद्र की ये लहरें हमसे हैं टकराती
फिर वापिस हमें देख वापिस मुड़ जातीं।
जिंदगी से है प्यार जिनको
वो समुद्र की लहरों से डरते हैं।
हमें है प्यार वतन से इसलिए ये लहरें भी हमसे डरती हैं।

*- अनिल कुमार*
*प्रधान नाविक (संचारक)*
*भा.त.र. पोत सी-136*

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# HEADQUARTERS

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# HEADQUARTERS

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## THE EYES OF A LOVER

Behold the eyes of a lover
Never miss a chance to gaze
those wonderful rare eyes.
Fall, fall deeply into the depth
See the traces vanish
Traces of selfishness vanish
from the corners of their eyes,
When those eyes see you
And fall, fall deeply
into the abyss of love.

The eyes of a lover are kind
Those devious eyes compel them into sharing
the world with you.
Into relinquishing it to you.
Selling the world to their lovers,
Paying for the very thing they trade.
Above the jurisdiction of the mind,
Yet the eyes of a lover are kind.

The eyes of a lover are forgiving
Take a 1000 ablutions in the ganges,
Yet none can match their prowess.
Like the winds of dawn that
make life new born.
Like the first monsoon
that scents the earth
washes the leaves,
Reaching the modest corners of trees;
Those forgiving eyes reach my
darkest crevices.
They come everyday, cleanse my soul
And leave me fragrant on the inside,
Washing my linen of sins,
As if it were their own.

The eyes of a lover are gentle,
Unassuming, laughing, and rolling.
Mischievous like a child,
Or pious like a sage
Possessing the gentleness of either.
Have you ever seen
such an ample spectrum of gentleness?

Don't be deceived,
The eyes of a lover are also strong.
If known for their largess
Know them also for their prowess.
For you, and the weight of your being
And your universe,
Stands for a lifetime as an unyielding edifice
In their eyes.

Valiant acts of abnegation
Unbridled and unconditional devotion
Should you ever find such eyes,
Look , stare , gaze.
Prism like,
The eyes of a lover are found to
have boundless hues
Shining with the brilliance
of a thousand suns.

The eyes of a lover belong to many
Friends, sometimes dogs
Husbands and wives
Family, fathers and mothers.
Maybe mother-in-law.
But should you find yourself such a pair,
Never let go, beware.

Look, stare, gaze.
For when the eyes of a lover
watch you fall asleep every night,
You are for a few hours
the richest royal
and they, your knight.

*- Ms Nilanjana*
*D/O DIG Rajan Bargotra*

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## MY VISIT TO ORPHANAGE WITH MY FAMILY

It was 30 Jun 2010, when my wife planned to celebrate my elder son's 14th birth day. So I planned to visit a good restaurant to celebrate the occasion. However, I was surprised to hear, out of the box suggestion from my children to celebrate the birthday. They all were of the view that hotel food will be unhygienic and it will be a sheer wastage of money. Therefore they decided that whatever money we are going to spend on birthday celebration, can be utilised for the noble cause. Therefore, we decided to visit orphanage and celebrate the birthday with them.

I was very happy to hear these words from children of the new generation. I had the telephone number of Bagmalo Orphanage and called the manager to celebrate the birthday of my kid with the children and old men. The manager gave his consent instantly. At about 1730 hrs, I reached there with my family with juices and biscuits. We were very happy to be there. We found many aged people who were living there inspite of having children. My children eagerly asked them why they are living here, despite having their own children with good earning. After listening to their stories, my children decided to celebrate their happy moments of life with them every year. Since then Bagmalo Goa Orphanage has become part of my family. My elder son is now pursuing engineering and younger son is in class 12th.

Later, I came to know that this beautiful idea of visiting Orphanage came to my young children's mind when they saw CGWWA members collecting items for donating to a orphanage like this. My heartiest congratulations to CGWWA for conducting various events which inspires young generation. JAI HIND.

*- JP Maurya*
*Asst Comdt*
*ICGS Agrim*

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# COAST GUARD - 'A WAY OF LIFE'

The sea, once it casts its spell,
holds one in its net of wonders forever.

*- Jacques Yves Cousteau*

Life onboard a Coast Guard ship is engaging, challenging and adventurous. From saving human lives at sea and assisting fishermen in peril, to apprehending poachers and preserving marine biodiversity, job satisfaction comes easy to a member of the Coast Guard. Each day at sea is filled with promise, and each mission is different in an inimitable way.

In the past three decades, the organisation has expanded, consolidated and emerged as one of the leading law enforcement agencies of our country. Moreover, Indian Coast Guard is regarded as one of the finest Coast Guards of the world. In a nutshell, it has carved a niche for itself both at the national and international forum.

The Coast Guard not just provides us with a quality life, but also brings us face to face with a plethora of adventurous moments, each of which can be a treasure for the rest of our lives. The service is all about facing situations, whether performing search and rescue, encountering pirates or going on humanitarian missions. We have to rise up to difficult challenges and battle with life and death- all this amidst great expectations. Life in the Coast Guard is also about rising above individual aspirations, forgetting differences and working as a team towards a common goal. It calls for great leadership skills and fosters the spirit of camaraderie which shall stand in good stead in any walk of life.

We get posted to various places- islands, bays and remote coastal towns. We come in contact with a wide diversity of flora and fauna, heritage, cuisines, people and cultures that provide lateral education to our children and families. Such a kind of living makes us truly cosmopolitan. As time lapses, the distinction of race, caste and creed disappears and we assume truly homogeneous identities. In a country like India with its diversities, we get to see National Integration at its best.

"Our home is where the Coast Guard wants us to be." While we get posted in interesting and remote places, we encounter great opportunities to travel. The Indian Navy's motto- "Join the Navy and see the World" also holds good for the Indian Coast Guard. Today, as the world is shrinking, the Coast Guard personnel are constantly touring foreign countries for exposure and exercises apart from the education imparted in the form of various courses undertaken by our officers and men.

Serving in the Coast Guard is indeed a "Way of Life" and it is one of the few noble professions a person can aspire for. It is a matter of pride and honour to be a part of this esteemed organisation. It gives us an opportunity to live a wholesome life. As quoted by the famous American psychologist and philosopher, William James,

"We are like islands in the sea,
separate on the surface.....but connected in the deep."

*- A Sandeep*
*Asst Comdt*
*DHQ-4 (Kochi)*

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## VALUE THE ELDERS

*"Blessed are those who have the old with them"* goes an old saying.

Ageing is a multidimensional process of physical, psychological and social change. A phase where more love, care, concern and help is required. If ageing is part of our cyclic process, then, why should there be any fuss about this phase of life? Nowadays, the entry into Old Age home is outnumbering the capacity of the home, indicating the change in the thought process amongst youngsters and morality with no gratitude in deeds. *"Love your parents. We are so busy growing up; we often forget they are also growing old"*

In this modern world, man is busy racing and pacing with his own endeavours hardly finding time to engage with his or her parents. Isn't it our duty to take care of our priceless parents? Parents are focal points of our lives. The points are used to draw several lines, shapes, dimensions in our spheres of life. Without these points there would be no firm structure. When these points fade away, how can we rub off these points for new? *"They didn't leave you when you were young, so, don't leave them when they are old."*

If your parents attain old age, do not repulse them or look at them as a burden, but speak to them a gracious word; be cool, humble and kind to them. Be considerate to your parents. Let's love our elders who have been torch lights of guidance and steering the wheel of safety all their lives for us.

*"Love your parents and treat them with loving care, For you will know their value when you see their empty chair."*

*- Mrs Sumitha Satish*
*w/o DIG Satish Kumar*
*CGAE (Kol)*

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## FOOD BORNE DISEASE AND THEIR PREVENTION

❖ Microbial contamination is one of the causes of the food borne diseases. Such diseases occur due to :-

- Consumption of pathogens, the disease producing bacteria which are present in food or
- Consumption of food containing bacterial toxins
- Both these causes illness in humans, which can easily be prevented if simple do's and don'ts, personal hygiene, food handling and storage are followed.
  - ✓ The main causes of food borne illness are :-
    - Lack of sanitation and hygiene
    - Insufficient cooking
    - Improper storage
- Food borne infection may be due to bacterial infection such as typhoid fever, dysentery, and cholera.
- Food borne typhoid, dysentery and other diseases ordinarily occur on a small scale. The greater epidemics are water borne and to a lesser extent milk borne.
- Food Poisoning – Food borne intoxication, more commonly known as food poisoning is caused by eating food in which bacterial toxins have been produced which on consumption by the host can poison him. The symptoms of food borne intoxication poisoning and botulism are such types.
  - ✓ Symptoms of food poisoning
    - Abdominal pain
    - Diarrhea
    - Nausea and vomiting and general discomfort
    - Headache
    - Tiredness
    - Dehydration
- Individuals prone to such illnesses are the very young and elderly. Most adults may tolerate the minor discomfort and intestinal upset due to food poisoning.
- Bacteria grow in all kinds of foods, in which presence or even absence of oxygen, in dry and wet foods, in acidic or alkaline foods, and at very widely varying temperature. However, under certain conditions, the growth of bacteria is optimum. If such conditions are provided, a very rapid growth in their number is observed. The time factor varies for different bacteria under different conditions. They can adopt and grow in new environment within four hours. For these

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reasons, food should not be left at room temperature for more than four hours. It is not safe to eat stale cooked rice even after reheating because it may contain bacillus cereus, a dangerous bacteria.

- Most severe form of food poisoning is Botulism, it is as lethal as cobra venom. The disease is transmitted primarily by eating inadequately cooked home canned meat and non-acid vegetable(Beans, asparagus, corn and peas)
- It is important to remember that botulism- infected foods do not necessarily taste or smell spoiled

❖ Besides bacteria and their toxins, there are a number of agents which may cause disease.

- Parasites include worms and amoebas which are founds in animals. These parasites live in the host and also reproduce them. It is therefore, necessary to cook flesh food thoroughly before consuming them.
- Virus mainly causes the upper respiratory tract infection. Acute viral hepatitis, an inflammatory disease of the liver is also caused by a virus. It may be carried through food or water supplies.
- Fungi such as mucor, aspergillus and ergot are the most common contaminant of bread and cereals grains and if consumed, cause various toxic reactions in the body.

**SAFE FOOD PREPARATION PRACTICE**

❖ In order to avoid food poisoning, personal hygiene is very important. The hands of the food handlers must be very clean whenever food is handled. Use of hot water and soap in ample quantities ensures that the hands washed with these are clean.

- A person who is ill should not handle food. Hair should be tied and contact of the hands with hair, mouth and nose should be avoided.
- Disposable tissues or a clean handkerchief should be used to cover nose or mouth while sneezing or coughing. Food should be served using clean serving spoons not with hands.
- Kitchen equipment, utensils and appliances should be thoroughly cleaned before contact with any food.
- As for as possible cooked food should not be allowed to stand for more than two to three hours at room temperature (25 degree C)
- Cooked food should be covered, rapidly cooled and then transferred to a refrigerator.
- Slow cooling permits entry and growth of bacteria. To cool foods rapidly for storage, a shallow pan, cold running water or ice bath can be used. Food should be quickly cooked to 7 deg C (45 deg F) and stored in the fridge. When leftovers are being used, they should be heated until all parts reach a temperature of 74 deg C (165 deg F). Such leftovers should not be

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cooled and served but should be served hot.

- Any stuffing which go into the preparation of pies, samosas, kachori should be cooked separately and stuffed just before preparation.
- Gravies and broths are quite susceptible to bacterial contamination, especially as leftovers. Such food should be placed in the refrigerator as soon as possible. They should be reheated and boiled for several minutes before consumption.
- Any preparation containing eggs, meat, fish and poultry should be frozen and thawed, and heated thoroughly before consumption.
- Milk products should not be stored for more than two to three days in the refrigerator, unless they are sugar-coated or dipped in heavy sugar syrup. Even then the storage period should not exceed a week

*- Dr Shefali Purohit*

## महिला सुरक्षा

आज के विकसित समाज एवं वैज्ञानिक युग में जहाँ मानव एक तरफ अत्याधुनिक विकास कर रहा है दूसरी तरफ यदि हम महिलाओ की तरफ विचार करें तो मानव अस्तित्व के तंत्र चरमराने लगते हैं। आदिकाल से ही महिलाओं को समाज में विशेष सम्मान प्रदान है। पुराणों में सही लिखा गया है कि "यत्र नारी पुज्यते रमन्ते तत्र देवता" अर्थात् जहाँ नारी की पूजा होती है वहाँ देवता निवास करते है। आज के विकसित एवं वैज्ञानिक युग में मानव अत्यधिक तरक्की कर रहा है लेकिन नारी का समाज में स्थान एवं सम्मान गिरता जा रहा है। आज की नारी को चाहिए कि विकसित एवं परंपरागत विचारों में ऐसा सामंजस्य स्थापित करें कि उसकी प्रतिष्ठा बनी रहे। आज समाज में भी नारी की प्रतिष्ठा को नुकसान पहुँचाने वाले के लिये कठोर नियम एवं कानून बनाने चाहिए जिससे कि नारी के सम्मान को ठेस पहुँचाने वालों को कड़ी सजा मिले। माता-पिता को चाहिए कि वे अपने बेटों को ऐसे संस्कार दे कि वे नारी का सम्मान करे उसका तिरस्कार न करे। समाज में सभी नागरिकों को, नारी सम्मान के प्रति सजग रहना चाहिए तथा ऐसे अवसरों को बढ़ावा देना चाहिये जिससे नारी का आत्म-विश्वास बढ़े, उसे इस काबिल बनाया जाए कि समय आने पर वह आत्म-रक्षा कर सके और छेड़खानी करने वाले सिरफिरों की अक्ल ठिकाने लगा सके। हमें अपनी बेटियों को और मजबूत बनाने की जरूरत है। अब समय आ गया है जब हमे अपनी बेटियों को पढ़ा-लिखा कर इस काबिल बनाना है कि वे अपने पैरों पर खड़ी हो जाएं, वे अपना रोजगार स्वयं चुने और अपने सभी अधिकारों के प्रति सजग हों ।

*- पत्नी रविन्द्र सिंह*
*प्रधान नाविक (लेखक)*
*ज.श.यो.प्र. निदेशालय*

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# बीवी चालीसा

I

बीवी सेवा सच्ची सेवा
जो करे वो खाये मेवा
जो बीवी के पाँव दबाये
बस बैकुठ परम पद पावै
जो बीवी की करे गुलामी
ना आये कोई परेशानी
जो बीवी की धोवे साड़ी
उसकी किस्मत जग से न्यारी
भूत पिशाच निकट नही आवै
जो बीवी के कीर्तन गावे
हाथ जोड़कर कीजिये पत्नी जी का ध्यान
घर में खुशहाली रहे, हो जाए कल्याण
घरवाली को नमन कर माला लेकर हाथ
मुख से पत्नी-वंदना बोलो मेरे साथ

II

जय पत्नी देवी कल्यानी
माया तेरी ना पहचानी
डर से थर-थर कांपे सारे
नहीं चरित्र तुम्हारा कोई जाना
नर क्या ईश्वर ना पहचाना
अपरम्पार तुम्हारी माया
कोई इसका पार न पाया
लगो देखने में तुम गुड़िया
हो लेकिन आफत की पुड़िया
हे मेरे बच्चों की माता
तुम हो मेरी भाग्य विधाता
है बेलन हथियार तुम्हारा
जब चाहा सिर पर दे मारा
ऐसी तेरी निकले बोली
जैसे हो बन्दूक की गोली

III

हम तुमसे डरते है ऐसे
चोर पुलिस से डरता जैसे
ऐसा है आतंक तुम्हारा
बिच्छु जैसा डंक तुम्हारा
करे पति जो पत्नी सेवा
मिलती उसको सच्ची सेवा
पत्नी वन्दना जो कोई गावे
जीवन में कोई कष्ट न पावे
प्रभु दीक्षित कर पत्नी-वंदन
पत्नी का कर लो अभिनंदन
बंधु पत्नी मुख-कमल-गुण अवगुण की खान
मिले नही बिन आपके पतियों को सम्मान
बोलो पत्नी रानी की जय !

*- अशोक डोभाल*
*अधिकारी*
*ज.श.यो.प्र. निदेशालय*

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## प्रत्येक लाईन गहराई से पढ़ें

- गरीब दूर तक चलता है...खाना खाने के लिए ।
- अमीर मीलों चलता है...खाना पचाने के लिए ।
- किसी के पास खाने के लिए...एक वक्त की रोटी नही है।
- किसी के पास खाने के लिए...वक्त नही है।
- कोई लाचार है...इसलिए बीमार है।
- कोई बीमार है...इसलिए लाचार है।
- कोई अपनों के लिए...अपनों को छोड़ देते है।
- ये दुनिया भी कितनी निराली है। कभी वक्त मिले तो सोचना ।
- कभी छोटी सी चोट लगने पर रोते थे...आज दिल टूट जाने पर भी संभल जाते है।
- पहले हम दोस्तों के साथ रहते थे...आज दोस्तों की यादों में रहते हैं।
- पहले लड़ना मनाना रोज का काम था...आज एक बार लड़ते है, तो रिश्ते खो जाते है।
- सच में जिंदगी ने बहुत कुछ सीखा दिया, जाने कब हमको इतना बड़ा बना दिया।

जिंदगी बहुत कम है, प्यार से जियो...

*- अमित कुमार*
*अवर श्रेणी लिपिक*
*ज.श.यो.प्र. निदेशालय*

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## संकल्प की शक्ति

लंदन की एक बस्ती में एक अनाथ लड़का रहता था। वह अखबार बेचकर अपना गुजारा करता था। इसके बाद उसे एक जिल्दसाज की दुकान पर जिल्द चढ़ाने का काम मिल गया। उसे पढ़ने का बहुत शौक था। वह पुस्तकों पर जिल्द चढ़ाते समय उनकी महत्वपूर्ण जानकारियों को ध्यान से पढ़ता था। एक दिन उसकी नजर विद्युत संबंधी एक लेख पर पड़ी। वह लेख उसे बहुत मनोरंजक लगा। वह उससे बहुत प्रभावित हुआ। उसने दुकान के मालिक से पुस्तक मांग ली और रात भर में उस लेख के साथ ही पूरी पुस्तक पढ़ डाली। इससे विद्युत संबंधी प्रयोग में उसकी जिज्ञासा बढ़ती गई और धीरे-धीरे वह प्रयोग और परीक्षण के लिए विद्युत संबंधी छोटी-मोटी चीजें जुटाने भी लगा।

एक ग्राहक तो उससे बहुत ही प्रभावित हुआ। उसने तय कर लिया कि वह उसे आगे बढ़ने में हर संभव मदद करेगा। वह दिन भर अपने कामों में लगा रहता, रात को अध्ययन करता। वह दिन-रात सोच में लगा रहता था। आगे चलकर वह माईकल फैराडे के नाम से मशहूर हुआ। संकल्प की राह बहुत कठिन है, लेकिन इसका परिणाम बहुत अच्छा निकलता है।

*– नवदीप यादव*
*पिता – अशोक कुमार, प्रधान अधिकारी*

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## जीवन पर अधिकार है मेरा

जीवन पर अधिकार है मेरा
फिर भी जीना मुश्किल है मेरा
जो पैदा हो जाऊं, तो पछताऊं
ये कैसा न्याय है ईश्वर तेरा...
हर पल याद दिलाया जाता है मुझे
बेटा नहीं बेटी हूँ मैं,
तो क्या इंसान नहीं गुलाम हूँ मैं ?
क्या रहना होगा मुझे भी बेड़ियों में, जंजीरों में... ?

प्रति वर्ष पूजा जाता है हमें नवरात्रों में
मैं कहना चाहती हूँ ये...
भगवान नहीं इंसान हूं मैं
पूजा नहीं सम्मान चाहती हूँ मैं
चढ़ावा नहीं प्यार चाहती हूँ मैं
मैं भी जीना चाहती हूँ आजादी से
ज्यादा नहीं केवल आम आदमी के
अधिकार चाहती हूँ मैं...

मैं भी भाईयों की तरह पढ़ना चाहूँगी
मैं भी सखियों संग खेलना चाहूँगी
मैं भी चाहूँगी डॉक्टर, इंजीनियर बनना
पापा मैं भी आपका नाम रोशन करना चाहूँगी...

कहते है लोग चली जाएगी ये अपने घर
फिर क्या ख्याल रख पाएगी आपका जिंदगी भर
केवल इतना कहना चाहूँगी, माँ बाबूजी
सारी जिंदगी आप दोनों का साथ निभाऊंगी...
आप दोनों का साथ निभाऊंगी...

*- मंजु जोशी*
*आशुलिपिक 'घ'*
*ज.श.यो.प्र. निदेशालय*

## आज के दोहे

नयी सदी से मिल रही, दर्द भरी सौगात,
बेटा कहता बाप से, है तेरी क्या औकात।।
अब तो अपना खून भी करने लगा कमाल,
बोझ समझ माँ–बाप को घर से रहा निकाल।।
पानी आँखों का मरा, मरी शर्म और लाज,
कहे बहू अब सास से घर में है मेरा राज।।
भाई भी करता नहीं भाई पर विश्वास,
बहन पराई हो गयी, साली खासमखास।।
मंदिर में पूजा करे, घर में करे कलेश,
बापू तो बोझा लगे, पत्थर लगे गणेश।।
बचे कहाँ अब शेष हैं, दया धरम ईमान,
पत्थर के भगवान हैं, पत्थर दिल इंसान।।
पत्थर के भगवान पे लगते छप्पन भोग,
मर जाते फुटपाथ पर भूखे प्यासे लोग।।
फैला है पाखंड, है अंधकार सब ओर,
पापी करते जागरण मचा–मचा कर शोर।।
पहन मुखौटा धरम का, दिन भर करते पाप,
भंडारे करते फिरे घर में भूखे माँ–बाप।।

*- सुजीत कुमार*
*अधिकारी (आर ओ)*
*आसूचना निदेशालय*

## दोहे

डरते हैं आग से कही जल न जायें
डरते हैं ख्वाब से कही टूट न जायें
पर सबसे जयादा डरते आप से
कहीं आप हमें भूल ना जायें

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## ईश्वर और सिपाही

सब इनको पूजते हैं
मुसीबत में ढूँढते हैं

जब सब कुछ ठीक-ठाक हो जाता है ।
भगवान को नजर अंदाज और
सिपाही को भुला दिया जाता है ।।

और पूछा जाता है कि

नॉन प्रोडक्टिव सेना को बजट इतना क्यों ?
भगवान के प्रति सजग इतना क्यों ?
नॉन प्रोडक्टिव सेना का प्रोडक्शन
तब समझ आता है ।
भगवान के प्रति प्रेम भाव
तब उमड़ आता है ।।

जब खतरे में होती है,
प्रोडक्शन भगवान की ।
याद आती है उनको,
सेना के जवान की ।।

भगवान के घर श्रद्धा से नहीं,
पिक्निक मनाने जाओगे ।
प्रकृति से खिलवाड़ कर,
प्रदूषण तुम फैलाओगे ।।

तब ...

रौद्र रूपी केदार को
तुम समझ न पाओगे ।
और सेना के वीर जवानों के,
हौसले पर मर मिट जाओगे ।।

*- श्रीमती नीलू झा*
*पत्नी आर के झा*
*अधिकारी (लेखक)*
*प्रशासन निदेशालय*

## घर कितने हैं मुझे यह बता ?

घर कितने है मुझे यह बता, मकान बहुत हैं ।
इंसानियत कितनों में है, इंसान बहुत है ।।
मुझे दोस्तों की कभी जरुरत नहीं रही ।
दुश्मन मेरे रहे, मुझ पे मेहरबान बहुत हैं ।।
दुनिया की रौनकों पे ना जा झूठ, धोखा है ।
बीमार, भूखे, नंगे, बेजुबान बहुत हैं ।।
कितना भी लूटो धन, कभी पूरे नहीं होंगे ।
निश्चित है उम्र हरेक की, अरमान बहुत हैं ।।
कैसे दूं बेटे-बेटी को बाइक मोबाइल, कोचिंग ।
हर घर में बाप सोचकर परेशान बहुत हैं ।।
युवा बेटी-बेटों मत करो नित नई दोस्ती ।
मानो न मानो, दुनिया में बेईमान बहुत हैं।।
मैं शुक्रिया करूँ तेरा तो कहाँ तक करूं ।
मैंने सर झुकाया कम, तेरे एहसान बहुत हैं ।।

*- श्रीमती ज्योत्सना दास*
*पत्नी श्री बी पी दास*
*अनु.अधि, ज.यो.निदेशालय*

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## साईबर संसार मे प्रेम

सार्वजनिक रूप से अपनी भावनाओं को अभिव्यक्त करना रोमांचक तो होता है, लेकिन इसमें झिझक भी होती है । प्राइवेट ब्लॉक और फेसबुक पर ग्रुप के लिए विशेष पोस्ट जैसे विकल्प बगैर संकोच के, कुछ भी पोस्ट करने की आजादी देते हैं, क्योंकि यहाँ आपके लिखे को केवल वहीं पढ़ सकते हैं, जिन्हें आप अनुमति देते हैं । यहां आप जीवन साथी के साथ खुलकर संवाद कर सकते हैं और उन बातों को भी लिखकर बता सकते हैं जिन्हें कह नहीं पाते । इसके लिए आपको ब्लॉग बनाना होगा (जो कि ईमेल में साईन-इन करने जैसा आसान है) । मिसाल के लिए वर्डप्रेस पर जब आप ब्लॉक बनाना शुरू करेंगे तो आपको 'साईट विजीबिल्टी' के तीन विकल्प मिलेंगे । इसमें एक विकल्प होगा "प्राइवेट, मुझे और मैं जिसे चुनूं उसे ही दिखे ।" आप जिसे भी चुनेंगे, उसे ईमेल पर आमंत्रण मिलेगा और इस साईट पर अकाउंट बनाना पड़ेगा । यदि आप चाहें तो सदस्यों की सूची अपने जीवन साथी तक भी सीमित रख सकते हैं । आप ब्लॉक का मॉडरेटर अपने साथ किसी अन्य को भी बना सकते हैं, ताकि वह भी ब्लॉग पर पोस्ट कर सके । ऐसे ही फेसबुक पर भी आप अपनी फ्रेंडस लिस्ट में से चुनिंदा लोगों (या सिर्फ जीवन साथी) को एक ग्रुप में डाल सकते है, फिर आप उस ग्रुप के सदस्यों को ही नजर आने वाली पोस्ट भी कर सकेंगे । इस तरह आप अपने दिल की बात खुलकर कह सकेंगे और वे भी आपको खुलकर प्रतिक्रिया दे सकेंगे ।

*- सुरेश कुमार*
*उत्तम अधिकारी*

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## आँसू भरी जिंदगी

हमने इस मोड़ पे मुड़के देखा,
हमने उस मोड़ पर भी मुड़के देखा ।
हर तमन्नाओं को उजागर किया
पर सच्चाई को ही हकीकत में बदलते देखा ।
अश्कों के बदले मिल तो जाती हैं हमें खुशियाँ
खुशियों की महफिल में भी अश्कों को बहते देखा ।
कितनी ऊँची दिखाओगे हस्ती की बुलन्दी यारों
जमीं तो जमीं है, मैंने आसमाँ को झुकते देखा ।
दौलत ही दुनिया नहीं, दौलत ही नहीं है जिंदगी
अमीरी की चौखट से भी जनाजों को उठते देखा ।
कितना सुकून देता है फूलों को भी, मैंने चुभते देखा ।
लड़खड़ा जाते हैं हम, तो जिंदगी की ठोकर से ही
कितने इंसानों को मैंने पल-पल मौत से लड़ते देखा ।

*- उमा शंकर शर्मा*
*अधिकारी (एम ई)*

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## "MIND- BODY-SOUL."

First thing I noticed today's 'there's a lot that is good in your life', don't take it for granted. Don't get so focused on the struggles that you miss the gift of today. A wise woman once taught me torturing one's body that is the gift for life is torturing the presence of the maker within. Where is GOD? He is not in temples, churches or mosques but he dwells in your heart, in your soul. If you keep trusting the GOD outside and do not trust the GOD within you then you cannot achieve success. If you give pain to your soul then you cannot make the God happy. And how does the soul gets satisfied by doing things which you love. When the soul is happy, the mind is happy and hence your body is happy.

The vice versa is also true at times. A sick or diseased body will give an unhappy mind and soul. So the integration of mind, body and soul is what is required for a healthy living which comes from discipline, moderation and non-indulgence. So my philosophy turned out to be "Live like you are dying"- :pack in as much action to make each moment count" According to me, one should not count calories, or steps, or inches, or many other things that feed to statistics but count the blessings that you have in your life.

Coming out of the Easter season and into Ramadan or Sravan- prolonged fasting seems to be a common occurrence for the faithful irrespective of the Religion practiced. Can you imagine your child fasting for fulfillment of his demands or desires? Will you as a parent encourage that? No, because you love your child and you can't see your child hungry and also you know well as aparent whether your child's demands are justified or not. If you consider the GOD as your parent then even he doesn't like to see his child hungry and knows best when to give what, to his children.

Recently one of my good friends tried to experiment on her, based on what she sees around constantly. Instead of 3 meals a day, she decided to switch to a single meal a day in order to show some support to those who do it as obsession from time-to-time. She did that for 8 consecutive days. Outcome, she did not lose any pounds or inches. The saggy belly remained as it is because there was no toning or firming exercise and no muscle activity either. But the time she resumed her previous disciplined routine, she realized that her joints were actually deprived of the steady fuel. We can't fuel a car beyond the tank capacity and neither can we run empty without a tow.

Our bodies have all the monitors as well. We wake up with no alarms, the mind tracks the need. We feel our sugar levels going down when to eat. We feel the burn when the digestive juices are acting our bodies. In most cases, the mind rules but there are few where the body being the vehicle takes precedence and calls for maintenance. After all, a healthy body is key to hosting a healthy mind and a healthy and happy soul. No body means no mind and no mind means no soul. The synergy between the three is critical for health, happiness and wisdom.

Develop healthy habits and learn the value of Mind-Body-Soul relation so that we do not abuse one, at the cost of the other. Learn to value each and every little gift that Maker has given us till he decides the time for us to leave them behind.

*- Mrs Sushma Vidyasagar*
*W/o Dy Comdt DS Vidyasagar*
*ICGS SK Chauhan*

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## WHY SMILE ?

There can be three ways to answer this question. From aesthetic point of view, from psychological point of view and from physiological point of view. Let me start with the aesthetic point of view. Well, the first thing that crosses our mind when we see someone smiling is that the person must be happy. This very well illustrates the fact that smiling is invariably related to happiness. Whatever we do, personally or professionally, our ultimate aim is to achieve happiness. Some of us think money as a source of happiness, some power; some seek happiness in their loved ones, etc. What most of us fail to realize is that if we make something or someone as a source of happiness, we are bound to get unhappy at some times. This is simply because we are depending on some external source for our inner happiness. Happiness is the state of mind. If we are happy inside, happy with ourselves, we will be happy outside. A smile on face only bring that positive feeling to us but also to other around us. Laughter is contagious, and so is the positive energy associated with it.

**The happiest of people don't necessarily have the best of everything they just make the most of everything that come along their way.**

Coming to psychological point of view, we often take life too seriously. Irrelevant and small issues make us worried, stressed and unhappy. In this unavoidable busy life we do not have time even for ourselves. Loads of competition, never ending desire for something more, constant pressure to look good, etc. can actually play havoc with our brain. May be it's time to think....think a little more deeply about ourselves and our life. Being imperfect is being human. We should try to be a little lenient towards ourselves. We should be more accepting as to who we are. Making a priority list does help but only if it actually comprises of what we really want from life. Life is beautiful and we should try to cherish each and every movement of feeling good no matter how small it is.

**In hopes of reaching the moon men fail to see the flowers that blossom at their feet.**

We need to remember that life is not a race but a journey in which we will be having many experiences, some good and some not that good. So let us smile and be easy on ourselves.

**Smile more. Don't take life too seriously... See the funny side of whatever happens.**

*- Richard Wiseman*

Most of us are aware about the ill-effects of stress on our body. But do we really know the magnitude of this destruction? May be we have underestimated the effect of stress hormones. Whenever we perceive threat, physical or psychological; our body responds by releasing stress hormones. These hormones mainly include adrenaline and cortisol. Prolonged exposure to these hormones due to repeated episodes of stress can cause serious damage to the body. Chronic stress makes the body prone to anxiety, depression, high blood pressure, diabetes, cardiovascular diseases

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and even the process of ageing. We would definitely not want to look older than our age,right? So why not relax, cheer up, smile and give ourselves a chance to lead this beautiful life a better way! The smiling way !!!

**"Count your age by not years. Count your life by smiles, not tears."**

*- John Lennon*

*- Mrs. Amrit Mann*
*W/o Asst Comdt SS Mann*
*ICGS Daman*

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## AMBITION WITHOUT HOPE IS A BIRD WITHOUT WINGS

*They say a person needs just three things to be truly happy in this world:*

Someone to love,
Something to do,
something to hope for...

*- Tom Bodett*

This quote illustrates the importance of purpose and hope in one's life. If one is not hopeful in life he or she cannot be truly happy. Most of us are ambitious, constantly wanting something, something more in life. Life is not always the bed of roses and to achieve something we need to put efforts, try again and again. Road to success can be rough, having obstacles here and there. It may then happen that at some point of time we may just give up either because we might be too exhausted by just trying or fed up with the failures. Here is when hope comes to the forefront, the one thing which sails us through these demanding situations. Being hopeful gives us power to hold on to our goals and ambition with faith and optimism. Being hopeful is good in both professional as well as personal aspects. In the times of distress, hope is that one thing that acts as a great driving force to help us come out of the stressed circumstances. Focus, hard work and discipline are very important roles when it comes to achieving something in life, but being hopeful and belief in oneself hold paramount position in the process. Not only in education and career but also in personal life, hope proves to be a great mentor. There are times in life when a person may feel low but hope brings that comforting thought that the bad phase would be over and the good phase may come soon. Hope brings light, it brings direction, the energy to move on in life. Like there is a quote:

Hope is the thing with feathers
That perches in the soul
And sings the tune without words
And never stops at all.

*- Emily Dickinson*

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Hope may not be only good for mind but also for the body. Both mental and physical health are important for well-being of an individual. If one is balanced and hopeful in mind, the body physiology also works in harmony. With a sound mind and a strong body we can take the challenges of life more confidently and thereby solve our problems in a more effective manner. This quality would make us better equipped to realise our dreams, goals and our ambitions. Being hopeful has a lot to do with optimistic attitude towards life and helps a person go long way.

Not the Night but dreams change
Not destination but ways change
Have zeal to win because,
Luck may or may not
Change
But times change.

*- Mrs Amit Mann*
*W/o Asst Comdt S S Mann*
*ICGAS Daman*

## IARC: FACTS AND FINIDING ON CANCER

* Cancer Expert says radio-frequency and electromagnetic waves that come out of a cellphone are as dangerous as a cup of coffee. This is because the international Agency for research on cancer (IARC) lists both coffee and cellphones under group 2B. It regards both as possibly causing cancers. Other items in the IARC's Group 2B of possibly causing cancers include vegetable pickles, talcum powder, polystyrene foam cups, automobile exhaust and common medications like valium.

* The international Agency for Research on Cancer, a WHO body, did not declare that cellphone causes cancers. It did not find any strong evidence to link cancer with the use of cellphones. But newspapers and TV channels reported that the IARC studies had linked cancer to cellphones. In fact, IARC has not conducted any study on its own.

* IARC is now busy preparing a monograph on the proceedings of its working committee consisting of 30 scientists from 14 nations. The full report will be ready next year. Whether the full reports links cellphone to cancer and upgrade RF-EMF (Radiofrequency-electromagnetic frequency) from the "possible carcinogen" to the "carcinogen" category is to be seen. However, IARC's preliminary summary published in the lancet Oncology, journal says there is no proper scientific evidence that use of cellphones causes cancer of the brain.

*- Rajesh Kumar*
*Adh (QA)*
*ICGS Vigraha*

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## BE POSITIVE

It's one thing to wax eloquent on positivety, but quite another to be a positive person at heart. Despite believing to have a positive outlook, we invariably weigh the cons first, consider several times before sparing a compliment and broadcast only the odds when someone counts on us for advice. And worst thing is, we prefer needless sarcasm for humour, manage a wry smile when something is genuinely funny, and believe deep down that is actually half empty. Unlike dogs, we may not be born eternal optimists, but positivety is something that can be imbibed even if a tad forcibly such as trying to tweak our sense of humour, the way we react to a situation, by being more pleasant and believing others too have a mind, and by smiling every time somebody says 'thank you'. While positivity is state of mind, the answer lies in our perspective. Some basic ideas can be used on how to be a positive person.

First thing first, to become a positive person, one must have a strong desire to be positive and the desire will come only if you are convinced that becoming a positive person will enhance quality of life. Positivity is like an aura, and you know, once you are a positive person, people start trusting you, random people become polite to you. But at the same time, it's important to be realistic and not becoming a saint. Becoming a positive person doesn't mean that you can never have any negative emotion or encounter any negative situation, it's the overall attitude that matters. Mentally, you should always be calculating a way out of a difficult situation, come what may. Experiment ! Be a keen observer. Use everyday observations and see how you can manage things in a more positive way. Remember your ability to trust other person also reflects your genuineness. Along with that try to make positive words a part of your speech and live the movement. Look around when something is amusing, laugh when something is funny, congratulate when someone's got something new, give others chance to narrate their story and connect to it. Spend time with good and positive people. Remember, happiness and sadness are both contagious, Indulge in good activities, don't sit idle and brood. Go for a run, share jokes, talk, laugh. Take it easy. Make every moment light.

Everyday life is bound to give you shocks. Be prepared to minimise impact and shrug if off. For instance, you may get too hassled everyday while driving to work, or finding out something at work, or dealing with certain people. When you accept the fact that certain things can't be changed, you'll be more at ease with yourself. And with others too.

Say "Thank God". Thank God, thank your parents, friends and thank yourself for all the hard work you did for everything you achieved. "Saying thank you frequently makes you humble and a humble person is seldom cynical." In tough times, just remember this Robert H. Schuller quote- "Tough situations don't last long, tough men do!"

*- Saurabh Saraswat*
*Asst Comdt*
*ICGS Samudra Prahari*

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## INTEGRATING MIND, BODY AND SOUL FOR MENTAL, PHYSICAL AND SPIRITUAL HEALTH

We are holistic beings living in a holistic world. Comprised of mind, body and spirit, these three aspects of our being are interconnected as part of the same whole.

A useful way of thinking about these three aspects of us as part of a unified whole is the integration of head, hand and heart. When we can align what we think with what we do and feel, we are the most powerful. Saint Francis said, "When you work with your hands, you are a laborer. When you work with your hands and your head, you are a craftsman. If you work with your hands, your head, your heart and your soul, you are an artist."

Artists are continually engaged in creative expression. So when we use our head, hands and heart in an integrated fashion, we can live and lead more creatively. In our work and personal lives, the goals we should pursue in depth, not only for ourselves but also for those we lead and serve, are the ones that allow us to integrate our head, hand and heart.

In the scientific community and among the general public, a growing awareness exists of the mind/body connection. It is pretty well accepted that what we think and feel, affects our body. The thoughts we formulate in our minds and the emotions we have, affect our physical health and how well our bodies function.

The reverse is also true. Our physical health affects the way we think and feel. We know that exercising our bodies produces chemicals that affect our feelings and mental clarity. In the imagery being used, heart is a placeholder for spirit. Our spirit guides us through our feelings and intuition and provides us with an internal sense of right and wrong—like an internal moral compass.

A network connects our mind, body and spirit. Each component affects the other two. Our mind affects our body and spirit. Our body affects our mind and spirit. Our spirit affects our mind and body. If we change our thinking, our actions and feelings will be affected. If we change what we do (our actions), our thinking and feelings will be affected. If we change our feelings, our thinking and actions will be affected.

Depending on your age, you may remember a circle dance called the Hokey Pokey in which everyone stands around in a circle and at different stages of the dance you are asked to put different parts of your body in the circle: left hand, right hand, left foot, right foot, left shoulder, right shoulder, head and finally your whole body. The goal is to get your whole self in the circle and "shake it all about."

In terms of mind, body, spirit integration, when we get all three in the circle, we are functioning holistically. Our mind is in the circle when we have an intention as to what we want to do. Our body is in the circle when we act with skill to carry out our intention. It encompasses how we go about achieving our intention.

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Our Spirit is in the circle when it tells us whether what we are doing is right by looking at why we are doing it and letting us know if our motivation is aligned with our internal moral compass. When all three are brought to bear, our power increases, our wisdom increases and our effectiveness as leaders increases

*- Rupesh Singh,*
*Steno-C*
*Coast Guard Air Store Depot (Goa)*

## PROUD TO BE A TATRAKSHIKA

Being a wife of a Coast Guard officer has taught me to be a strong woman, dependent and more understandable of things. Being married to a soldier is a big challenge that neither everyone could handle or manage nor understand it. Once you are in this lifestyle, there is no turning back, no such thing as time off from each other. But just stick by his side and support his career. Lovely nights catch up with you, doing everything on your own is pretty much the wife's tale of a soldier's developments; 3 AM phone calls make up for weeks and months without knowing anything. Yes it is really tough if you ask me. But I'm proud to be a soldier's wife or Tatrakshika. I respect everyone who supports our heroes and shores, but I always have to correct people about this... Glad someone put it in writing; hopefully a photographic memory will help them get it right.

### TATRAKSHIKA

I am not weak
I am not helpless
I don't need your pity
I am strong
I am courageous
I am proud.

Being a Coast Guard officer's wife is not a sacrifice but a privilege, a honour. I am proud of my officer husband for doing what he does unselfishly and with faith. I am fortunate enough to live, walk and breathe among the bravest of heroes. I can handle any problem because I am Tatrakshika (Coast Guard officer's wife). There is no better feeling than knowing you are married to hero or solider. No matter how many miles apart from my husband or how many weeks and months we spend without each other.

I am a coastie wife and it is the world's hardest job but I chose it, just as my husband has made the decision to defend our country.

All these are the moments that make me feel proud to be wife of soldier or Tatrakshika.

*- Nisha*
*W/o Asst Comdt Yougendra Singh Rana*
*ICGS Samrat*

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## "AMBITION WITHOUT HOPE IS A BIRD WITHOUT WINGS..."

Everybody around us has ambitions in their life, but some of them only make it to reality. It is just because of the factor called "***Hope***". All the successful personnel around us had a determination towards their ambition and a great strength of hope in their life. Hope in our life for our dreams leads to determination needed for any success.

"***Nothing Can Be Done Without Hope***": - These are Maxwell's famous words about hope. Hope is the positive thought, makes you believe that, you can achieve your dreams, when you think you can't do it.The secret of getting ahead is getting started. The secret of getting started is breaking our complex over-whelming tasks into small manageable tasks and then starting the first one-***This is the mantra of hope.***

Hope gives us self-confidence and if someone achieves confidence in the direction of his dreams and endeavors to live the life which he has imagined, he will surely meet with success unexpectedly in common hours. Hope makes us believe that mistakes in our life are the portals of success. In order to succeed we must first believe that, we can attain our goals and if we don't succeed, we come back no matter what happened the day before.

As one of the famous Philosopher Albert Schweitzer told *"his knowledge is pessimistic and his willingness and hope is optimistic"* our hope must be also constant. Hope is the strength by which a shattered world can even emerge into the light. Hope is the faith that holds its hand in the dark towards the lights of success in our life.

*"Hope..., hope is a flower,*
*It is like a spreading rainbow,*
*Radiates, cares our dreams*
*And always acts as our best friend."*

*- Sneha S Chandran,*
*Class- XI*
*D/O NPJ Chandran*
*P/Adhikari (RO)*
*ICGS Beypore*

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# REGION (EAST)

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## REGION (EAST)

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## POLE STAR OF MY LIFE

Every person would have a role model in life. A role model is somebody whom we look up to, respect and aspire to be like. It could be somebody at home, or anywhere whom you have met or seen at some part of your life. Their good qualities would make you want to be like them. My role model is my father.

My father is somebody whom I look up to for inspiration. I always wonder how he manages the entire task together and so wonderfully gets everything done on time and neatly. He is a working man and still manages the house so very well.

He does his office work and gets back home on time, makes lovely and delicious food every day, does all the household chores and makes sure that all payments are also done on time. He gets up early in the morning, goes for his morning jog, does a bit of yoga and then cooks up a great breakfast. He then goes to work and carries out all his commitments dedicatedly.

Coming back home in the evening, he ensures he spends time with the family, prepares dinner, and fills us with stories from the day. He also takes time to pursue his hobbies, which mainly include reading and listening to music.

Apart from all these, he spends time with his friends whenever he can and spares some time for social causes too. He makes sure that everybody's needs are met to the best of his abilities and that no one is left un-attended. Sometimes I wonder if he gets 30 hours each day!

I look up to him and wish to be like him. A very strong as well as kind man with lots of morals and values and limitless positive energy, his presence inspires confidence in people around him. His greatest attitude in my opinion is "Hope for the best, be prepared for the worst", and that's is something I have personally imbibed and try to live by too. Having a father like him is a blessing and I wish I too could be like him one day and pass onto my children the understanding of how valuable one could be in life.

*- Nikhil Hebbale*
*Asst Comdt*
*842 Sqn (CG)*

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## AMBITION WITHOUT HOPE IS A BIRD WITHOUT WINGS

Ambition is a free bird which can soar very high and sometimes surpass the boundaries of our own imagination. But, all ambitions need a power to be propelled towards the actual goal. Hope gives us energy to start the journey towards our dreams. For every ambition, there is a need to realize that nothing is "impossible". It is this realization we call HOPE.

'Hope' is a trust we bestow upon ourselves. It is a faith which keeps us going even in turbulent waters and rough weather. A sailor sets out to sail with an ambition to complete the mission assigned. At the same time, he hopes that the mighty ocean will be merciful and he can safely return with his ship after accomplishing the task at hand.

Commander AbhilashTomy, the Dornier recce pilot of the Indian Navy, showed the entire world how high ambitions coupled with high hopes can make history. On 6th April 2013, he wrote a new chapter in India's rich maritime history by becoming the first Indian to circumnavigate the Earth on his sail boat INSV Mhadei, solo, nonstop and unassisted. However, it was not just smooth sailing for him during this historic voyage. He encountered extremely rough seas and gusty winds at numerous instances during the voyage, which could have broken the spirit of many a seafarer. But he did not lose hope even once, and it was this hope that propelled him to pursue his ambition and create maritime history.

'Hope' changes intangible dreams into achievable goals. All parents hope that their children reach the stars of success. As time passes, these children grow up with their own set of ideas, aims and capabilities. Again, it is hope which keeps the faith of parents alive as well as encourages the young ones to fulfil their ambitions.

Abraham Lincoln had very aptly said "always bear in mind that your own resolution to succeed is more important than any other one thing". Those who only aspire are dreamers but those who feel that they can get what they aspire for are the real achievers. Without hope, astronauts would not have even dreamt of keeping foot on outer space, neither would the divers have dared to delve into deep seas.

There are a number of examples in this world of people who had high ambition and above all, they had a hope which always kept them striving for their goal. One such famous personality is Walt Disney of Walt Disney and Mickey Mouse fame. His first animation company went bankrupt. He was fired by a news editor on the ground of lack of imagination. It is said that he was turned down 302 times before he got financing for creating Disney World, and the rest as they say is history. It must have been hope alone which did not let him break down or give up and finally enabled him to succeeded in his ambition.

Hope helps us in being persistent. Winston Churchill, Nobel laureate and universally regarded one of the foremost leaders of the twentieth century, faced several setbacks in his early days. But he kept his hope alive and therefore, inspite of facing many years of political failures, he finally achieved his ambition and became the Prime Minister at the ageof 62. His hope never let him give up.

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There is a saying that 'If you keep your goals ahead of you each day, they are sure to turn into reality'. This saying emphasizes the importance of keeping our hope alive because hope is the most important vehicle in fulfilling our ambitions.

Ambition is a vision. Hope gives wings to our visions. Nothing is impossible for a person with hope and motivation. Hope helps us start the journey towards our goal without looking back. Just like the famous story of a spider which tries to climb a rock many times and fails but the eighth time it succeeds.We too should never give up hope. It is the only thing that keeps our ambitions alive.

Hope is the last thing that we lose and if there is no hope, there is no life. It is like a bird with clipped wings which can only dream of the clouds but does not have the wings to soar high.

*- Nidhi Thakur*
*W/o Lt Cdr Rahul Gautam*
*CO ICGS Achook*

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## PARENTS – POLE STARS OF MY LIFE

We come in the world and open our eyes. When we don't understand things when our life is like a colourless white paper. Parents take the brush of teaching and fill the colours of life. They take care of each and every minute thing to give the best to their children. Even when we don't know a way out and are lost in the world we expect our parents to tell us the right path. They take the effort, they take the pain to put the child in the right path. So, here is an effort to describe my pole stars of life:-

Life begins,
a baby is born.
Without the taste of life,
like a sweet corn.

Parents save the one,
even when the world is torn.
From every possible danger,
from every possible storm.

They guide the child,
hold the hand in every norm.
Filling the colours of life,
like filling the details in form.

When the child is lost,
the only light which reform.
We recognize the sound of faith,
even when all around mourn.

They pray for our best,
Even when we scorn.
Parents are the guiding light,
The light which comes in every form.

*- Gurpreet Singh*
*Asst Comdt*
*CGTC Kochi*

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# प्रदूषण

'कैसे दूर हो ये समस्या, हम सबको सोचना है।
कल नहीं, आज नहीं, अभी इसका हल खोजना है।'

महाकवि कालिदास के विषय में एक किंवदंती है कि वे बचपन में बड़े मूर्ख थे। किसी राजकुमारी से असंतुष्ट राजा का एक मंत्री उस राजकुमारी कि शादी किसी बड़े मूर्ख से करना चाह रहा था। एक दिन जब उसने देखा कि एक व्यक्ति पेड़ की उसी शाखा को कुल्हाड़ी से काट रहा है, जिस पर वह बैठा है तो उसे अपने उद्देश्य में सफलता मिलती हुई प्रतीत हुई और उसने कालिदास के सम्मुख राजकुमारी के साथ विवाह करने का प्रस्ताव रख दिया। कथा में कितना सत्यांश है, कौन जाने, किंतु यह सच है कि आज का मनुष्य कालिदास की भांति आचरण अवश्य कर रहा है। वह भी उसी डाल को काट रहा है जिस पर वह बैठा है। उसे भी आशा है कि कोई दिल-जला वैभव और सम्पन्नता की राजकुमारी के हाथ की वरमाला उसके गले में डाल देगा। बाद में राजकुमारी की ताड़ना से कालिदास के तो अंतः-चक्षु खुल गये और उन्होंने उत्कृष्ट कोटि की काव्य रचना में सफलता प्राप्त की, किन्तु आज से मनुष्य के तो चर्म-चक्षु भी अभी तक बंद हैं। अंतः चक्षुओं के खुलने की बात कौन करे ? प्रकृति के विभिन्न उपकरण-वायु, अज, मिट्टी, आकाश उस वृक्ष की शाखाएं है, जिन पर वह बैठा कुल्हाड़ी चला रहा है।

पर्यावरण प्रदूषण एक बहुचर्चित विषय बन गया है। यह वस्तुतः विश्वव्यापी समस्या का रूप धारण कर चुका है। पर्यावरण दो शब्दों से मिलकर बना है परि+आवरण। हमारे चारों ओर प्रकृति तथा मानव-निर्मित जो भी जीवंत और निर्जीव वस्तुएं हैं, वे सब मिलकर पर्यावरण बनाती है। इस प्रकार मिट्टी, पानी, हवा, पेड़-पौधे, जीव-जन्तु आदि सभी कुछ पर्यावरण के अंग हैं और सभी के आपसी तालमेल के उचित मात्रा में होने को पर्यावरण कहते हैं।

वायुमंडल, पेड़-पौधे, नदियाँ, तालाब, पर्वत, समुद्र, पशु-पक्षी, जलचर और थलचर आदि सभी मिलकर एक पर्यावरण का निर्माण करते हैं। यह संतुलित पर्यावरण मनुष्य के जीवन का आधार है, इस सृष्टि के अस्तित्व का कारण है। मौसम बनते-बिगड़ते है, वर्षा होती है, ठंड पड़ती है, धूप निकलती है, फूल खिलते हैं, सागर में ज्वार-भाटा आते हैं, पर्वतों पर बर्फ गिरती है। मैदान में हरियाली छिटकती है। सब कुछ एक संतुलन के अंतर्गत होता है। आज वही संतुलन गड़बड़ाने लगा है। औद्योगिक विकास तथा भौतिक समृद्धि प्राप्त करने के उद्देश्य से आजकल मानव समाज अनेक प्रकार से इस संतुलन को समाप्त कर रहा है। अकेले वायुमंडल में बढ़ रहे प्रदूषण के कारण आगामी शताब्दी तक प्रकृति में अनेक प्रदूषणकारी प्रभावों की संभावनाएं व्यक्त की जा रही हैं। कारखानों से निकलने वाली कार्बन डाईऑक्साइड, सल्फर डाईऑक्साइड आदि गैसे तथा विभिन्न प्रकार के वाहनों से निकलने वाला धुआँ वायु प्रदूषण के प्रमुख कारण हैं। इस प्रदूषण के कारण अनेक रोग फैल रहे है, लोगों के स्वास्थ्य पर प्रतिकूल प्रभाव पड़ रहा है। वायु प्रदूषण से दमा, सिरदर्द, खांसी, तपेदिक, रक्तचाप और हृदय रोगों के होने की संभावना बढ़ जाती है। अब स्थिति ऐसी आ गई है कि यदि मनुष्य अब भी नहीं चेता तो शीघ्र ही प्राणदायी वायु ही प्राणघातक बन जाएगी। वास्तव में विश्व-प्रदूषण विनाश के इतना निकट पहुँच गया है कि यदि स्थिति को संभाला नहीं गया तो वह विनाश, परमाणु विनाश से भी अधिक भयंकर सिद्ध होगा।

आखिर क्यों बढ़ता जा रहा है प्रदूषण ? यदि उन कारणों पर विचार करें जिनसे प्रदूषण में नित्य-प्रति दिन वृद्धि हो रहा है तो मूलरूप से दो कारण इसके पीछे नजर आते हैं। एक तो जनसंख्या का निरंतर बढ़ना और दूसरे मनुष्य की पर्यावरण के प्रति लापरवाही।

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स्वच्छ पर्यावरण स्वस्थ जीवन का आधार है पर्यावरण प्रदूषण ने हमारे अस्तित्व को खतरे में डाल दिया है। हमारा सारा जीवन पर्यावरण-प्रदूषण के कारण संकट में पड़ गया है। अत: पर्यावरण की सुरक्षा करना हम सभी का पवित्र धर्म है। पर्यावरण के संतुलित रहने पर हमारा जीवन सुरक्षित नहीं रह सकेगा।

'यदि ऐसे ही बढ़ता रहा प्रदूषण,
यदि ऐसे ही होता रहा पर्यावरण का हनन
एक दिन वो आएगा,
मनुष्य जाति का विनाश हो जाएगा
इसलिए हे मनुष्य, अपने चक्षु खोल,
निवारण कर इस बवंडर का।'

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*भा.त.र.अ.विद्युतजल*

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## माँ का ममत्व

एक सौदागर राजा के महल में दो गायों को लेकर आया, दोनों ही स्वस्थ, सुंदर व दिखने में लगभग एक जैसी थी। सौदागर ने राजा से कहा 'महाराज-ये गायें माँ-बेटी हैं परंतु मुझे यह नहीं पता की माँ कौन है व बेटी कौन-क्योंकि दोनों में खास अंतर नहीं है। मैंने अनेक जगह पर लोगों से यह पूछा किंतु कोई भी इन दोनों में माँ-बेटी की पहचान नहीं कर पाया-बाद में मुझे किसी ने यह कहा कि आपका बुजुर्ग मंत्री बेहद कुशाग्र बुद्धि का है और यहाँ पर मुझे अवश्य मेरे प्रश्न का उत्तर मिल जाएगा इसलिए मैं यहाँ पर चला आया कृपया मेरी समस्या का समाधान किया जाए।' यह सुनकर सभी दरबारी, मंत्री की ओर देखने लगे-मंत्री अपने स्थान से उठकर गायों की तरफ गया। उसने दोनों का बारीकी से निरीक्षण किया किंतु वह भी नहीं पहचान पाया कि वास्तव में कौन माँ है और कौन बेटी'... ?

अब मंत्री बड़ी दुविधा में फँस गया, उसने सौदागर से एक दिन की मोहलत मांगी। घर आने पर वह बेहद परेशान रहा-उसकी पत्नी इस बात को समझ गई। उसने जब मंत्री से परेशानी का कारण पूछा तो उसने सौदागर की बात बता दी। यह सुनकर पत्नी मुस्कुराते हुए बोली 'अरे! बस इतनी सी बात है' यह तो मैं भी बता सकती हूँ। अगले दिन मंत्री अपनी पत्नी को वहीं ले गया जहाँ गायें बंधी थीं। मंत्री की पत्नी ने दोनों गायों के आगे अच्छा भोजन रखा- कुछ ही देर बाद उसने माँ व बेटी में अंतर बता दिया-लोग चकित रह गये। मंत्री की पत्नी बोली 'पहली गाय जल्दी-जल्दी खाने के बाद दूसरी गाय के भोजन में मुंह मारने लगी और दूसरी वाली गाय ने अपना भोजन छोड़ दिया, ऐसा केवल एक माँ ही कर सकती है।

माँ ही बच्चे के लिए भूखी रह सकती है-माँ में ही त्याग, करुणा, वात्सल्य, ममत्व के गुण विद्यमान होते हैं।

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## सभ्य होने का अर्थ

सभ्यता क्या है? उसकी पहचान क्या है। इन बातों पर मैं अक्सर विचार किया करता था।

लोगों के मुख से जो सुनता था और नैतिक शिक्षा की पुस्तकों में जो बातें लिखी होती थीं, मैं उनसे न जाने क्यों सहमत नहीं हो पाता था। दरअसल, मुझे स्कूल में बताया गया था कि सभ्यता के लिए मनुष्य को 'टिप-टाप' दिखना चाहिए। उसके नाखून कटे हों, कपड़े बिल्कुल साफ सुथरे होने चाहिए। लेकिन मैं इससे कभी सहमत नहीं हो पाया।

कई बार खेल के दौरान मेरी कमीज गंदी हो जाती, तो शिक्षक कहते कि इतने गंदे कपड़े पहने हो, सभ्यता बिल्कुल नहीं है। एक दिन मैंने शिक्षक से पूछ ही लिया कि जीवन के लिए किस तरह की सभ्यता आवश्यक है। अगर कोई गरीब है, उसके कपड़े फटे हुए हैं, तो क्या वह सभ्य नहीं है? मेरे ये प्रश्न सुनकर उन्होंने मुझे बड़े प्रेम से समझाया, बोले-देखो, कपड़े फटे हों तो कोई बात नहीं, किंतु वे धुले हुए साफ-सुथरे और इस्तरी किए हुए होने चाहिए। शिक्षक की यह बात भी मेरे गले नहीं उतरी। मैं सोचने लगा, यह कैसी सभ्यता? जिसके पास खाने को भी पैसे न हों, वह ढे कपड़े सिलवाकर, धुलवाकर और इस्तरी करवाकर कैसे पहन सकता है? अगर वह ऐसा नहीं कर सकता तो क्या वह असभ्य हो जाएगा?

अपनी किताबों में भी मुझे सभ्य होने की पहचान लिखी हुई मिली। घर के बड़े लोग भी कहते-सभ्य लोग ऐसा नहीं करते, वैसा नहीं करते। इस तरह की हिदायतें सुनने को मिलती। लेकिन एक दिन मेरे जीवन में एक घटना घट गयी, जब मैंने सभ्यता का अर्थ तो जाना ही, जीवन की मेरी दिशा ही बदल गई।

एक दिन जब मैं समाचार-पत्र पढ़ रहा था, तो मेरी दृष्टि एक छोटे से समाचार पर टिक गई। उसमें यह लिखा था कि किस तरह एक महिला का प्रसव सड़क पर हुआ और किसी भी व्यक्ति ने उस महिला की सहायता नहीं की। मैं यह समाचार पढ़कर आश्चर्यचकित हो गया कि सभ्यता की चादर ओढ़े ये समाज इतना निष्ठुर कैसे हो सकता है? मेरे मन में यह विचार आया कि उस समय सभ्य लोग कहाँ थे, जिन्होंने धुले हुए इस्तरी किए हुए कपड़े पहने थे? कदाचित वे अपने कपड़े गंदे होने के डर के सहायता नहीं कर सके होंगे। शायद उनकी वह सभ्यता आड़े आ गई होगी। उस समाचार का मुझ पर इतना अधिक प्रभाव पड़ा कि मैंने यह निश्चय किया कि जब भी किसी की सहायता करने का अवसर मिलेगा, मैं तत्परता से पहुंच जाऊँगा और मैं कभी इस बात की चिंता नहीं करूंगा कि मेरे कपड़े गंदे हो जाएंगे एवं मुझ पर असभ्य होने का लांछन लग जाएगा। क्योंकि अब मैं समझ गया हूँ कि सभ्य होने का अर्थ संवेदनशील होना है।

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# सिसकियाँ

माँ, विदा हो रही है तेरी बिटिया,
बिन सगे, साथी, बाजे, बारात के।
नम हैं आँखें सभी की, मगर
जानती हूँ, खुशी से नहीं।
सफेद जोड़े में, तेरी यह गुड़िया,
बुत सी पड़ी है, सबके बीच।
जिस्म और रूह के घाव समेटे,
अनसुनी सिसकियाँ दिल में छुपाए।

क्या गुनाह था मेरा, माँ तू बता
बिटिया थी इस पर हमें नाज था।
कोख से निकलते ही, वह जमाना
पैनी नजरों से आहत करे।
बेदर्दी से रौंद दिया था दरिंदों ने,
भीड़िया ने बार-बार नंगा किया।
लड़ाई मेरी, अधिकार के लिए।
मात्र नाखूनों में खाल छोड़ गई।
मुझे जीना था माँ, खुली हवा में जीना था,
तेरे, बाबा के, भाई के, सहेलियों के,
पति के, बच्चों के, पोतों के साथ।
क्यों मसल दिया मेरे सपनों को ?

माँ, तुम ना रोना, तुझे
परेशान करेगा ये जमाना।
बाबा से कहना, अश्कों को रोके,
मेरी हिफाजत मुमकिन न थी।
राखी बिन भाई की कलाई,
सूनी ही रह जाएगी इस बार।
सखियाँ मेरी सौएँगी फूटकर
जो देखते ही रह जाऊँगी मैं।
आखिर में एक मौन प्रार्थना शेष है,
न कहना कभी कोख देखकर तुम,
'बिटिया आना नहीं था यहाँ'

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*कनिष्ठ हिंदी अनुवादक,*
*जिला मुख्यालय सं.4 कोच्चि*

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## वो मंजिल मुझे मिलेगी जरूर

आसमानों से आगे और क्षितिज से दूर
तो मंजिल मुझे मिलेगी जरूर
रवों की होगी रजामंदी उसमें
और किस्मत को होगी कबूल
तो मंजिल मुझे मिलेगी जरूर

सामने है समंदर पर कश्ती है बहुत दूर
लहरों की गुजारिश है संग खेलना है जरूर
जगने दे डर थोड़ा, होने दे थोड़ी भूल
दौलतों से लड़ना है तो हिम्मत भी दिखानी होगी जरूर
तो मंजिल मुझे मिलेगी जरूर

बचपन से सुनी थी एक कहानी मशहूर
जो रखता है धीरज वह जाता है दूर
फूल तो मुरझाकर हो जाता है चूर
पर वे खुशबू उसकी हो जाती है मशहूर
उस फूल सी कोमल और खुशबू से भरपूर
तो मंजिल मुझे मिलेगी जरूर

पानी की खोज में गड्ढा खोद रहा मजदूर
मिट्टी के ढेलों से पता पूछ रहा मजदूर
जो मिल जाएगा पानी तो जी जाएगा मजदूर
वर्ना अपनी कब्र तो खोद रहा है मजदूर
उस पानी से बेशकीमती और कश्ती सी निष्ठुर
तो मंजिल मुझे मिलेगी जरूर

*- हरि ओम राय*
*नाविक (सी.के.)*
*आईसीजी सावित्रीबाईफुले*

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## बूढ़े माँ बाबू

बूढ़े माँ बाबू जी खातिर दो रोटी के लाले हैं,
उनके घर में मैंने देखा रसियन कुत्ते पाले हैं।

आज नही तहजीब नजर आती बहुओं में बेटो में,
माँ बाबू जी बोझ लगे, पर घर में साली साले हैं।

बूढ़ी माँ की पीड़ा सुनकर बेटा खीझ उठा अम्मा,
लेटो बाहर के कमरे में मेहमाँ आने वाले हैं।

बाबू जी का टूटा चश्मा बनवाना वो भूल गया,
लेकिन बीवी खातिर आते घर में रोज रिसाले हैं।

अपनी-अपनी खुशियाँ लेकर बेटे दूर विदेश गये,
घर में झींगुर की आवाजें या मकड़ी के जाले हैं।

बेटे की बाबूगिरी पर अपना सब कुछ बेच दिया,
उस बूढ़े को भुला बेटा, मुश्किल जिसे निवाले हैं।

आज 'बक्शी' ने पूछा बेटा छाव हमारी भूल गये,
देखो तो कम से कम दिल पर, मेरे कितने छाले हैं।

*- संजय कुमार भारद्वाज*
*प्रधान नाविक (ए.ई.)*
*842 वायुजत्था*

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## SMILE PLEASE

A smile says success.
A smile says well done.
A smile says I'm happy.
A smile says satisfaction.
A smile says understanding.
A smile says something.
A smile says thank you.
A smile says agreed.
A smile says caring.
Smile please every day.

*- Harpal Singh*
*U/Adh(S)*
*ICGS Varuna*

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# वो मेरे साथ थी

सन 2013 मे चिल्का की बात थी
जब मैं भर्ती हुआ तब की पहली मुलाकात थी
जब वह मेरे साथ थी।

उसकी लम्बाई 4 फीट थी, बनावट भी खास थी
जब मैंने जीने मरने की कसम खाई थी
तब भी वह मेरे साथ थी।

बचपन से ही उस से मिलने की आस थी
मेरी ड्यूटी की पहली रात थी
फिर भी मुझे उससे मिलने की आस थी
तब भी वो साथ थी।

रात की तन्हाई में अकेला था
दुश्मन के ऊपर नजर लगाये बैठा था
मैं भी अकेला था, वह भी अकेली थी
शायद यही हमारे जीवन की मुस्कान था
तब भी वो मेरे साथ थी।
यूं ना बिछड़ेंगे हम जब तक मौत ना गले लग जाए

यही हम दोनों की आस थी
मैं उसे चाहता था वो भी मुझे चाहती थी
शायद पिछले जन्म की भूली बिसरी मुलाकात थी
तब भी वो मेरे साथ थी।

मुझे मेरी जीवन संगिनी से यही आस थी
फिर से अगले जन्म में मिलने की दरकार थी
खासियत उसमें यह बड़ी थी
दुश्मन को देखते ही वह उस पर टूट पड़ती थी
तब भी वो मेरे साथ थी।

अब आप पूछें, वो कौन थी
तह मेरी प्यारी सी INSAS थी
मजे की बात तो यह थी कि
कविता लिखते वक्त भी वह मेरे साथ थी।

*- कृष्ण कुमार*
*नायिक (आर ओ)*
*भा.त.पोत सुभद्रा कुमारी चौहान*

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# मुस्कान

इसे पाने वाले अमीर हो जाते हैं,
पर इसे देने वाले का भी कुछ नहीं घटता।
इसे देने में एक पैसा नहीं लगता।
पर इससे लाखों बनाये जा सकते हैं,
इसे देने में एक क्षण लगता है।
पर कई बार इसे पाने वाला इसे सदियों तक नहीं भूलता।
कोई भी इतना अमीर नहीं जो इसे पाने की ख्वाहिश नहीं करता,
और कोई इतना गरीब भी नहीं जो इसे दे न सके।
यह थके हुए के लिये विश्राम की स्थिति है,
हारे हुए के लिए आशा की किरण।
उदासीनों के लिए जीवन की तरंग,
और रोगियों के लिए उत्तम औषधि।
न ही यह खरीदी जा सकती,
न ही यह उधार में ली जा सकती।
न ही किसी से भीख में ली जा सकती,
और न ही चुराई जा सकती।
क्योंकि जब तक इसे देने वाला इसे खुद दिल से न दे,
तब तक यह किसी काम की नहीं।
अगर जिंदगी की भागम-भाग में किसी ने आप को यह नहीं दी,
तब तक यह किसी काम की नहीं।
अगर जिंदगी की भागम-भाग में किसी ने आप को यह नहीं दी
तो क्या मैं आपसे उसके लिये माँग सकता हूँ ।
क्योंकि इसकी सबसे ज्यादा जरूरत उसको भी है, जो इसको दे नहीं सकता।

*- महिमा उपाध्याय*
*सुपुत्री विनय कु उपाध्याय*
*सहायक कमांडेंट*
*भा.त.रि.पो. कस्तूरबा गाँधी*

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## समाज में घटती सामाजिकता

समाज में सामाजिकता क्यों घट रही है? इस पर विचार किया जाना चाहिए। दिन प्रतिदिन इसका स्तर गिरता ही जा रहा है। समाज अगर हम सबसे मिलकर बनता है तो इसका मतलब है कि सामाजिकता भी हम सभी से जुड़ी है। इसका दोष हम दूसरों पर नहीं लगा सकते। कभी सोचिए इस समाज के लिए हम क्या कर रहे हैं। अगर कभी रास्ते पर किसी का एक्सीडेंट हो जाता है तो हम गाड़ी रोक कर देखते तो हैं कि क्या हुआ, लेकिन उसकी मदद के लिए कितना आगे आते हैं। क्या हमने कभी सोचा की थोड़ी सी सहायता उसके पूरे परिवार को एक नया जीवन दे सकती है।

लेकिन ऐसा कभी नहीं होता, क्योंकि हम बिना मतलब किसी उलझन में फंसना नहीं चाहते। अगर सब लोग इसी तरह सोचते रहेंगे तो सामाजिकता का स्तर दिन प्रतिदिन गिरता ही जाएगा। बीते साल में दिल्ली में निर्भया के साथ जो हुआ इस समाज को शोभा देता था क्या? अनेक लोगों ने उसे सड़क पर रोते बिलखते देखा। पर कोई भी उसकी मदद के लिये आगे नहीं आया। हम लोग जब तक इस कुरीति को दूर नहीं करेंगे तब तक हम इस समाज के लिये कुछ भी नहीं कर सकते।

अब समय आ गया है कि हम सब मिलजुल कर अपने समाज के लिए कुछ करें और इसकी शुरूआत हमको अपने घर से करनी होगी।

अपने बच्चों को अपने संस्कारों और समाज की विभिन्न प्रकार की जानकारियाँ दें। अपने आसपास के लोगों के साथ मिलजुल कर अपनी सोसाइटी में कुछ ओसे कार्यक्रम करें जिससे सभी लोगों को समाज में सामाजिकता के स्तर को बढ़ाया जा सके। समाज में सामाजिकता को बढ़ने के लिए सबसे सरल रास्ता है शिक्षा। शिक्षा एक ऐसा दीपक है जो गहरे अंधेरे में रोशनी का काम कर सकता है। कहा जाता है

If a man studies he studies for self but if a woman studies she studies for whole family.

हम औरतों में ही ऐसी शक्ति है जो इस समाज में इस घटती सामाजिकता के स्तर के उपर ला सकती है।

*- नीरू*
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*842 वायुजत्था (त.र.)*

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# मन में छिपा बचपन

बचपन इस जिंदगी के सफर का सबसे खूबसूरत पड़ाव है। इस पड़ाव का प्रभाव इतना गहरा है कि मन के किसी कोने में ये आज भी छुपा हुआ है। इस संसार में शायद कोई ऐसा इंसान हो जो इसे फिर से जीना नही चाहता हो। आज भी जब बच्चों को खेलता देखती हूं तो मन करता है। मैं भी उन सबके साथ खेलूं और जीतने पर वैसे ही जश्न मनाऊँ, बारिश में नाव चलाऊँ, बारिश में भीग भीग कर मजा लूँ।

'बचपन रे बचपन कहाँ खो गये हो तुम।
यादों में छुपकर बैठ गये हो तुम'
कौन सा रास्ता है वो जिस पर चलकर।
फिर से पहुँच जाऊँ पास तेरे'
वो आँगन का झूला, माँ का दुलार।
वो पापा की ऊँगली और दादा का प्यार
तेरी तलाश आज भी है जानती हूँ
तुम यही हो इस मन की परछाई के
पीछे छिपे बैठे हो तुम
बचपन रे बचपन कहाँ खो गये तुम
इसीलिए, तो जब मैं अपनी बेटी को झूला झुलाती
तुम तब आ जाते हो और झूला झूलने
को मजबूर कर जाते हो। वो गांव के
मेले, वो गुब्बारे नीले पीले देखकर आज भी
उनके उड़ाने का मन करता है। बचपन का
हर खेल किसी को खेलता देख आज भी मन
मचल जाता है। शायद आज भी बचपन मन में
बसा है। बचपन बसंत में आये पेड़ों के पत्तों
की तरह होता है जो पतझड़ तक ही रहता है।
वैसा ही बचपन के साथ है। इसका साथ भी
तब तक ही रहता है, पर मन के कोने में
ये आज भी छुपा बैठा है इस खुशियों के
मेला में मन इतना कुछ पा कर भी न
जाने क्या ढूंढता रहता है। सच है।
बचपन के आँगन का साथ कभी नहीं छूटता है
आज मन के कोने में छुपा है बचपन।

- नीरू
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# INTEGRATING MIND, BODY, SOUL FOR MENTAL, PHYSICAL AND SPIRITUAL HEALTH

World leaders, Heads of the developed countries, Great economists shout all the time through various News channels, "India is Poor". This rhetoric is repeated like a mantra and has pierced into the bone marrow of our nation, making us believe that actually we are poor in all respects. Unfortunately, this smoke covers the richness of the invaluable spiritual wealth we have inherited from our ancient Rishis and Saints. The pivot of that spiritual treasure is surprisingly not all our natural endowments, but the individual, the human body and mind. Our seers have dissected the body, mentally explored the mind and discovered the consciousness. By combining the energy of the mind with the individual consciousness they linked to the cosmic consciousness and came to the conclusion that the ability to concentrate the mind is the key to physical, mental and spiritual progress. In their spiritual journey they came across many Siddhis but they didn't contended themselves and marched ahead, ignoring these temptations only to realize that "Aham Bramhasmi" or I am Bramha, the Creater. Integrating body, mind and soul through scientific techniques led to that perfect state of human consciousness. Through practice (sadhana) the individual realizes that the universe is the manifestation of his soul. He is not different from others. So the upnishads say, "वसुधैव कुटुम्बकम" the world is one family.

In the 21st century, technology has empowered the common man like never before. The internet, mobile phone, social networking sites etc are working in tandem towards the concept of "वसुधैव कुटुम्बकम", a global village. At this turning point in history again the focus is on the individual, but with some differences. Now the focus is more on the intellect, emphasising on material comforts. The mind and heart are not catching up. The dichotomy is visible both at the individual as well as societal level. An ever swinging and dissipated mind is causing dreaded diseases like hypertension, diabetes, cancer AIDS etc. At social level, we see broken families, general unhappiness, agony, cruelty, callousness and religious fanaticism. As equitable distribution of knowledge is facilitated by technology, wisdom is shrinking. Social networking has become profitable business, neighbors are estranged. Hence integrating mind, body and soul for mental, physical and spiritual development is the need of the hour.

## शरीर मा द्यं खलु धर्म साधनम

First take care of your body, then persue your goal. The importance of a healthy body is never undermined in our culture. The human body is the wonder machine created by the lord. Scientists believe it has already evolved fully. But its potential is vastly unutilised. A human body is essential to spiritual enlightenment. In no other forms (तीयर्क यानि) self -realization is possible. Human beings are different from others in that humans are aware of their existence. Human body is very special. Our ancesters understood its value and discovered many yogic and tantric practices not only to keep the body fit but also to perfectly align the body mind and soul. Good nutritious food, moderate exercise and a few good habits are enough for ideal physical development. But a healthy body with a fragmented mind is no good. So the key word is mind.

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## IT IS ALL IN THE MIND

Mind is the subtle body. All knowledge depends on the calmness of the mind. To quote Swami Vivekananda" the infinite library of the universe is in your own mind. The external world is simply the suggestion, the ocassion, which sets you to study your own mind. The falling of an apple gave the suggestion to Newton, and he studied his own mind, the world got the law of gravitation. "The same mind which causes distraction, dissipation, turmoil, insecurity, hatred, anger, panic can also create courage, stability, confidence, security and calmness within a person. The quality of mind determines the happiness or despair. It is absolutely incorrect to blame external objects/persons like home, car, spouse, boss, children as the reason of unhappiness. Rather it is the frittering mind that is responsible for one's unhappiness. In the modern world, as economic progress is taking place, the mind is also being distracted by a no. of objects and activities. So man has become the slave of his own mind. It has become more difficult to concentrate on a single idea or thought. Modern man has become the victim of ever restless mind while pretending to enjoy more freedom. It is worthwhile to remember saint Kabir "मैं तो उन संतो की दास जिन्होंने मन मार लिया", I bow only before that saint who has conquered his mind. Swami Vivekananda also conforms this, "The very essence of education is concentration of mind". All sucess in any line of work is the result of this. High achievements in art, music, etc., are the result of concentration. "So nothing useful can be achieved by an untrained mind. Our scriptures, The Vedas, The Tantras are filled with innumerable techniques to control the mind. These methods are scientific, they do not prescribe forcible subjugation of mind. Swami Satyananda of Bihar school of Yoga says "Befriend your mind, don't oppose or suppress. "Through the practice of Dharana one can overcome the negative qualities of mind like separation, sorrow, and affliction, positive qualities of mind like unity, happiness, bliss bloom. A person experiences more harmonised out look. Even genetic defects can be altered and corrected through Dharana. Millions of people suffer worldwide from metabolic diseases like Arthritis, heart failure etc. Medicine does not provide any permanent cure. We have the power to correct all of our genetic and metabolic disorder through Dharana. It is in the scriptures. Just no one has ever taught us. Imagine, how much welfare it would do to the mankind, how much resources will be saved, how much productivity will increase in general. If half of the human minds are trained and transformed through the various techniques of Yoga and Tantra, the world will be relieved of terrorism, crimes against women and children, and corruption. Peace, harmony and brotherhood will prevail throughout.

## THOUGHT

One more important aspect of mind is thought. I can not resist quoting Swami Vivekananda, "If you have to think, think good thoughts, great thoughts. What we think we become". Thought is an expression of mind, it is the seed of speech and action. Every thought has size, shape, color, smell, weight and quantum. They keep on moving, connecting, affecting influencing others on the unconscious plane. Our ancestors had this knowledge, that's why they proclaimed, "आ नो भद्राः क्रतवो सन्तु बिस्वत" Let all noble thoughts come to us from all over the world. How simple a solution! What a great pragmatic idea to bring harmony. Alas! today hardly anyone thinks well of others. Our polluted thoughts are manifested in a corrupt and turbulent world. It is foolish to expect healthy trees from infected seeds. If everybody tries to

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dispel negative thoughts and nourishes noble thoughts, the world will become paradise

**WHO WILL INTEGRATE?**

A mother, then the family are primarily responsible to build the thought process. The next stage should be managed by educational institutions. Redefining the curriculum and entrusting persons of integrity, at the primary and secondary level will do the trick. Thrust should be given to mind control. Now-a-days parents are not conscious of their responsibility, they fulfill all the demands of the child out of sheer emotion, support his/her undesirable habits. In future, they expect the child to be prudent and compassionate. Educational institutions have long ceased to produce better human beings. They have become minting presses. Their emphasis is on immediate result. They contribute little to the long run welfare of the society. Developing an education system that integrates physical growth, concentration of mind and also incorporates modern technology is the need of the century. To conclude, to sustain the peace and prosperity of the nation as well as of the world, at individual level integration of a fit body and a disciplined mind with pure thoughts is of paramount importance.

*- Mrs Kumudini Mishra*
*Tatrakshika*
*CGRPT Chennai*

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## BE MY GUIDE FOREVER

Whenever I am without you,
My heart slows down and there is no doubt,
I need you every second to keep my heart running
Without you I will be lost,

Amazing and beautiful you,
The love we have is so true.
You are my princess, my treasure, my fiery flame.
Your smile, beauty and your soul cannot be tamed,

You are my sunshine, you are my star,
Without you I can't go far,
Without you on my side, I have no courage to ride,
On this solitary journey what we call life,

So I say again my sunshine, my star
Please "BE MY GUIDE FOREVER".

*- Ravinder Singh*
*Nvk (RP)*
*ICGS Rani Abbakka*

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## MY HUSBAND.... A TRUE PERVADE OF MARINE

My husband.....
He never minds
And ever dare of
The troughs & crests
Of the deep blue sea
For the given deployment .....!

He pervade
Nevertheless
The hails & the tribulations
Tears and laughter's
Never minding through
To meet the complement.....!!

However,
I & our wards feel lonely
When he is away for the deployment
we are busy in daily routine
though, nothing gonna give
my husband's supplement.....!!!

All the way
We are proud & happy
As he never fails for
Attentive enough towards us
Happy enough we, as being part of
All his exigent commitment.....!!!!

*- Mrs Sujata Khadanga*
*W/o Asst Comdt SK Khadanga*

## हिंदी बनाम् अंग्रेजी

हिंदी माता को करें, काका कवि डंडौत
बूढ़ी दादी संस्कृत, भाषा का स्रोत।
भाषा का स्रोत कि 'बरह बहुएँ' जिसकी
आँख मिला पाए उससे, हिम्मत है किसकी?

ईर्ष्या करके ब्रिटेन ने एक दासी भेजी
सब बहुओं के सिर पर चढ़ बैठी अंग्रेजी।
शोरे चिट्टे चुलबुले, अंश प्रत्यंश प्रत्येक
मालिक लट्टू हो गया, नाक नक्श को देख।

नाक नक्श को देख, डिग गई नीयत उसकी
स्वामी को समझाए, भला हिम्मत है किसकी?
अंग्रेजी पटरानी बनकर थिरक रही है,
संस्कृत, हिंदी दासी बनकर सिसक रही है।
परिचित है इस तथ्य से, सभी वर्ग अपवर्ग
सास बहू में मेल हो घर बन जाए स्वर्ग।

घर बन जाए स्वर्ग सास की करें हिमायत,
प्रशस्त करें अवरुद्ध, भला किसकी है ताकत?
किंतु फिदा दासी पर है, गृह स्वामी जब तक
इस घर से वह नहीं निकल सकती तब तक।

*- सुभाष चन्द्र यादव*
*उत्तम नाविक (ए.ई)*

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## GETTING IN SHAPE

Stay in **S.H.A.P.E**. Each letter of course stands for an element that is vital in order to stay marketable.

**S**kills. Today all workers have a responsibility to keep their skills up to date. If you are waiting for someone else to pay for your training you may wait yourself into obsolescence. If you are in business, someone else will take away your business if you let your skills stagnate. If you work for someone else, your employer may find that another employee who has more advanced skills can do your job better or faster.

**H**ealth. It is something you may take for granted but you need to be proactive about your health. Proper diet, enough sleep, and exercise all help you to have the energy you need to do your job. Often work we just don't have time to exercise or have a well-balanced meal. Thus we must always priorities our work. One can't be good to others unless he is good to himself.

**A**ttitude. How do you approach a problem or something new? If you believe you can't do something, you won't be able to. It is so much easier to work with people who were proactive and saw lots of possibilities rather than the ones who had a negative attitude and whined about their problems. People with positive attitudes attract success.

**P**ersistence. Life has its ups and downs. Everyone will have the experience of trying something that doesn't work out as planned. What do you do when this happens? Do you quit or do you use the failure to learn and grow? Thomas Alva Edison said, "Results! Why, man, I have gotten a lot of results. I know several thousand things that won't work." Rather than being upset by failure regard it as just one more data point on the road to success.

**E**nthusiasm. What is it that keeps you working at your job, business or job search? Somewhere in your mind you must have a vision of what you want to achieve that really excites you. Having enthusiasm for the end state (your vision) will get you through the toughest days.

Take action!

1. Identify the area that you would like to improve.
2. What is one step you could take to improve yourself in that area?
3. What are your challenges?
4. What steps can you take to overcome those challenges?
5. Take the step and start again.

*- Shirin Chandran*
*Asst Commandant*

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# REGION (A&N)

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## REGION (A&N)

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## WHOM TO REPORT IN CASE OF DOMESTIC GAS LEAKAGE DURING OFF WORKING HOURS

Many of us would be calling our Domestic Gas supplier in case of gas leakage. Do you know, to whom you should report in case the leakage happens to be on **non working hours or holidays?**

**1800-425-247-247** is the toll free helpline number of Indian Oil Corporation's emergency service cell that will handle calls pertaining to liquefied petroleum gas (LPG) leak after office hours, Sundays and on holidays. On receiving call authorised, qualified mechanic would be directed to attend the defect.

This service for leakage from cylinder is totally free of cost. However, if the leakage is observed from the cooking range / gas tube due to deterioration a minimum amount of Rs. 70/- will be collected in addition to the cost of material used on giving a cash memo.

*- Mrs Sharmila Vijayakumar*
*W/o MD Vijayakumar*
*P/NVK (P),*
*BMU (CHN)*

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## पत्थर की ख्वाहिश

मुझको पत्थर ही रहने दो,
मुझे शक्ति न दो किसी मस्जिद, मंदिर और गुरुद्वारों की।
सिर्फ हटा दो बीच राह से,
कहीं ठोकर न बन जाऊँ, थके हुए राही बेचारे की।
तोड़-तोड़ कर, रेत बनाकर, लेप लगाना उस कब्र पर।
जिसमें सोया हो राष्ट्र प्रहरी, और प्रहरी मुझे ना देना।
अगर बनाना है कुछ चाहो, एक घरौंदा चुनवा दो।
भर दो उसमें बेघर बच्चे, जात मजहब मिटवा दो।
ना मैं चाहता पूजो मुझको, न ढोल नगाड़े सुन पाता।
एक तमन्ना अंतिम मेरी, बेघर के घर हो जाता।

*- राम धर्मेंद्र*
*नाविक*
*भा.त.पो. वरुण*

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## OLIVE RIDLEY TURTLE – A PERFECT NAVIGATOR

The Olive Ridley turtles travel from the Pacific Ocean nearly half a way across the globe to Gahirmatha beach in Kendrapara. The long and clockwork precise journey of the Olive Ridleys across the sea has been a topic of great curiosity since long. The exact science behind this amazing annual winter ritual of the turtles intrigued researchers all these days.

The American biologists couple Kenneth Lohmann and Catherine Lohmann – both biologists in the North Carolina University in America – claims to have cracked the riddle of the Ridleys.

The turtles, which traverse about 2,000 nautical miles from their original habitat to Gahirmatha and nearby coasts to lay eggs, always come back to the same location where they had been the earlier years. The research couple attributes this unfailing instinct to the earth's magnetic field and an element of pre-programming in the turtles. The scientists had demonstrated that the turtles can determine the inclination (the dip or deviation from the magnetic field of the earth).

According to Kenneth, the intensity of the magnetic field forms grids like the ore made by latitudes and longitudes on a map. Therefore any point on the earth is marked by both magnetic intensity and inclination. Since sea turtles can make out both these features and must be mentally creating a magnetic map and using it to find their way.

Kenneth explained it this way. Wind driven circulation is divided into large gyres that stretch across entire oceans. Subtropical gyres are those which extend from the equatorial current system to maximum latitude of 50 degree. And in this case, the subtropical gyre found in this area is the Gulf Stream. Two magnetic fields were chosen, one that corresponded to a point off the Gahirmatha beach on the western side of the gyre and the other to the gyre's eastern edge. The biologists devised a small circular pool fitted with an electric coil to simulate a magnetic field.

When about three day old turtle hatchlings were placed in the pool and exposed to the field corresponding to the gyre's western side, the turtles swan eastwards. They paddled off towards west when the magnetic field was changed. Both these movements were made by the turtles in an effort to stay within the gyre. Any aberration and the turtles would move fatally into the waters north of the gyre.

Lohmann's feel that there is an element of pre-programming in the turtles. Even the new born turtles are

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programmed to swim in a particular direction. The test on the hatchlings reveals that the magnetic features of the nesting ground are imprinted on the brain of the younger ones. Subsequently, it develops into a broader magnetic map. The sea turtles reach the beach and return with the help of this map.

*- Sunil Kumar*
*Nvk (RP), 11939-P*
*ICGS Raziya Sultana*

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## BEWITCHED BY HARRY POTTER!

Oh! Harry Potter, the spell you cast on me,
Anywhere I look only magic I see!
A flick of a wand
And a lotus bloomed in a pond!
The utterance of a spell
Lumos!
and a dark room could be lit, without any fuss.
Oh! Harry Potter, what have you done to my mind,
Everywhere I see only magic I find!
Wish someone would come and take me
To *Hogwarts School of Witchcraft*
*And Wizardry,*
There I would learn *Defence Against the Dark Arts,*
And with my magical skills win everyone's hearts.
But Alas!
When I close the book and look around,
there's nothing magical to be found.
The magical spell cast upon me is withered
or I did rather say shattered!
The world seems so bland,
If only I had a wand in my hand...

*- Atiriya Singh*
*D/o DIG Alankar Singh*
*CGRPT(Kol)*

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## FIFA FEVER

Football a mere eight letter word that was followed so passionately by about 80 billion people the world during the recent FIFA World Cup. All the conversations at home, offices, school and colleges seemed to be centred around football. Least did I realise that I was staying in Kolkata where football is not just a game but a religion for Bengalis. The craziness for the game became more prominen when my school exams were postponed on account of FIFA semifinal and final matches.

## WE ARE ONE

The euphoria engulfed my home too. My mother who rather abstained from football mania was also bitten by the FIFA bug. She purchased the jersey of my brothers favourite team ; "Germany" and instructed him to don it while watching the team in action. As far as my brother is concerned he secretly watched all the midnight matches, unnoticed by my father. I, his confidant, would be told the match's result as soon as I woke up. For him there are only two times of the year that really matter. One is the football season itself and the other is the waiting for the football season.

The World Cup ended with the Germans being victorious. The one positive aspect of the game was the universal appeal and love for the game and its players. Around the world each one of us had a hero and a team we admired, whether our country participtaed in the game or not yet we cheered for some team. The World Cup united the world and it's official song "We Are One " signified this spirit. However one thought still lingers in my mind, why can't we feel the same fervor towards other issues that our mankind is facing. If we are able to generate the same world appeal for all core issues we will be able to make this world a better place to live in.

*- Atriya Singh*
*D/o DIG Alankar Singh*
*CGRPT(Kol)*

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## WISDOM OF A CGWWA MEMBER

A verse from our ancient scriptures rightly describes "Yartra naryastu pujyante ramante tatra devataha" Where women are worshiped and honoured, there the Gods rejoice and where they are not honoured, all works become fruitless.

This world belongs to woman and it has been made more beautiful by women. It can never be denied or altered that women alone are blessed with the power to create life. A CG Wife not just a regular spouse but wears her rank silently in the background of her husband. The Coast Guard is not just a career but indeed a life style. There is.no way around getting acquainted to the Coast Guard life and not being aware of their customs, organization and life at sea.

The wives of CG personnel are always unique. They look live, independent, happy and always sport a smile on their faces but behind the veil of happiness and laughter, all is not always, simple and easy. A Coast Guard person's wife life is not known until you lived it. You may think you know but you do not until you actually lived. Sometimes, it is easy, great and party times, however other times, it is depressing and lonely but CGWWA taught us what community life is all about. We go shopping together and most importantly, we are there for each other even if one of us has to rush to hospital in the middle of the night. We also share golden moments together like birthdays and marriage anniversaries. The motto of Tatrakshika is "self Help" where we learn to contribute our time, talent and skills towards improving the quality of family and community life.

To be a successful CG wife, you need to know how to be both mother and father to your kids, pay the bills starting from electricity to telephone in time, balancing the cheque book, socialize with friends and be a responsible member of society. In fact, it is a tougher job being CG officer's wife than be an officer in Coast Guard.

Being a Coast Guard wife, you are expected to support your husband always and not to blame him for his job and erratic schedules. CGWWA teaches you to adopt frequent changes of houses, transfers free change of schools for children and uncertainties of all kind. CGWWA creates easy environment and builds capability of adjusting to all kinds of circumstances. It only brings out the best in the members in times of family requirements and during long deployments. The members - socialise even in new places with a smile on their faces.

*- Swagatika Jena*
*W/o Dy Comdt PK Jena*

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## गंगाजल वाले कलश

गंगाजल वाले कलश नहीं हो तुम
हाँ महासिंधु होंगे खारे जल के।

ये अधर हमारे रेगिस्तानी हैं।
पर रामानुज जैसे अभिमानी हैं।
ओ क्रुद्ध परशुधर तुमसे ही हमको
सारी भूलें स्वीकार करानी हैं।
गंभीर नहीं तुम नीली झीलों से
आधे जल वाली गागर से छलके

कंधों पर यात्रा हमें नहीं वरनी।
अपनी क्षमता से वैतरणी तरनी।
वंचित रहना स्वीकार हमें लेकिन
भिक्षा के यश से गोद नहीं भरनी।
तुम कल्पमेघ तो हमको नहीं लगे
गर्जन वाले बस बादल हो हलके।

तुम आयोजक आंधी तुफानों के।
हम सहज सरल नाविक जलयानों के।
हर भँवर फँसी पीढ़ी दोहरायेगी
आख्यान हमारे ही अभियानों के।
जब जब भी जलते अधरों पर साये
मायावी ओस कणों से तुम ढलके।

हाँ महासिंधु होंगे खारे जल के।

*- रिकू देवी*
*पत्नी चरण सिंह*
*उत्तम नाविक*

## लड़की

क्या लड़की कोई अभिशाप है ?
क्या लड़की हिना पाप है ?
जाने क्यों लड़की के नाम से डरते हैं लोग ?
जाने क्यों लड़की होने पर खुशी मनाते हैं लोग ?
क्या कोई मुझे इसका कारण बताएगा ?
क्या कोई अपनी इंसानियत का परिचय कराएगा ?
क्या लड़की बिन आपका नाम आगे चल पाएगा ?
कौन सा वह काम जो लड़की कर नहीं सकती ?
क्या लड़की आपके जीवन में खुशियों के रंग नहीं भर सकती है ?
क्या वह स्कूल जाती नहीं ?
क्या वह नाम कमाती नहीं ?
अरे इंसानों इंसानियत समझ जाओ।
मत लड़की तथा लड़के में भेद बताओ।
अरे अभिशाप नहीं वरदान है लड़की।
ईश्वर का अवतार है लड़की।
उसे मत सताओ उसे मत सताओ।
घर बने स्वर्ग जिससे, वह नाम है लड़की।
शक्ति में सबसे प्रधान है लड़की।

*- तकनीकी अनुभाग*
*जिला मुख्यालय सं.-6 (आ.प्र.)*

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# कामकाजी महिलाओं के बच्चों की समस्या

आधुनिक जीवन शैली एवं भारतीय समाज की जीवनोपयोगी आवश्यकताओं से इतर आवश्यकताओं एवं विलासितापूर्ण जीवन की ओर अग्रसर होने की वजह से परिवार की परिभाषा एवं संस्कार दोनों ही बदल रहे हैं। पहले परिवार का एक मुखिया होता था जो अधिकांश मामलों में आर्थिक सर्जक के रूप में भी जाना जाता था या फिर परिवार का वो व्यक्ति जो कि धनोपार्जन की अधिक क्षमता रखता था परोक्ष रूप से मुखिया के रूप में जाना जाता था। कालांतर में परिवार टूटते गए तथा संयुक्त परिवारों की जगह एकल परिवार या छोटे-छोटे परिवारों ने ले ली जिसमें पति-पत्नि एवं उनके बच्चे ही होते हैं। वर्तमान सामाजिक व्यवस्था में महंगाई की मार तथा स्त्री समानता के रूप में स्त्रियों की उच्च शिक्षा ने स्त्रियों की परिवार की समृद्धि में योगदान देने की लालसा पैदा कर उन्हें चारदीवारी से बाहर निकलने को विवश कर दिया है। वर्तमान दौर की बढ़ती आवश्यकताओं एवं बेरोजगारी तथा महंगाई की वजह से यह आज की जरूरत है कि परिवार रूपी रथ के दोनों पहिए आर्थिक समृद्धि में भागीदार बनें। इस संस्कृति ने जहां पुराने मिथकों जैसे स्त्री अबला है या स्त्री की शारीरिक संरचनाओं की वजह से कोई सीमा है एवं वह उन कामों को जिसमें कि पुरुष जाति ही सक्षम है को कोई महिला नहीं कर सकती जैसे कई मिथकों को तोड़ते हुए आज यह साबित कर दिया है कि आज स्त्री किसी भी क्षेत्र में किसी से पीछे नहीं है। लेकिन यह तो तस्वीर का एक पहलू भर है इसका दूसरा पहलू कुछ भयावहता लिए हुए है जिसे शायद हम लोग या हमारा समाज चुप-चाप अनदेखा कर रहा है। वह पहलू किसी और से नहीं बल्कि इन कामकाजी महिलाओं चाहे वह ईंट-पत्थर ढोने वाली मजदूरिन हो या घर-घर जाकर बर्तन मांजने वाली महरी जिसके पीछे उनके जीवन की जद्दोजहद जुड़ी हुई है या फिर कार्यालयों में उंचे ओहदों पर कार्य करने वाले महिला जिसने उच्च शिक्षा हासिल की है तथा बराबरी के अधिकार एवं अपनी स्टेटस सिम्बल को बनाए रखने वाली महिला हो चाहे वह कोई भी स्त्री हो उसका दूसरा रूप जो कि माँ का है वह उस रूप या उस दायित्व के साथ पूर्ण न्याय नहीं कर पा रही है फिर चाहे वह उसकी मजबूरी हो या कुछ और। लेकिन इस दशा में यदि कोई सबसे अधिक आहत हो रहा है तो वे हैं ऐसी महिलाओं के बच्चे जिन्हें प्राकृतिक रूप से अपनी मां का सान्निध्य चाहिए था परंतु बेचारे पालना-घर या फिर किसी कार्यालय के प्लेविंग रूम में रहने को विवश है आखिर इसमें इन मासूमों का क्या दोष है? इनके मूलभूत अधिकारों से वंचित करने का दोषी कौन है? क्या इसका जवाब किसी के पास है? इन मासूमों के मुँह में अप्राकृतिक डिब्बा-बंद दूध डाला जा रहा है। जिससे कालांतर में इन्हें विभिन्न पोषण संबंधी समस्याओं का सामना करना पड़ रहा है। यही नहीं इनसे कुछ बड़े बच्चों को ही लिजिए जिनका नाश्ता किसी नुक्कड़ पर और भोजन की पूर्ति बर्गर या पेटीज के द्वारा हो रही है। जिससे संभ्रांत परिवारों तक के बच्चों की आदतें खराब हो रही हैं तथा यह कम उम्र में ही मोटापे एवं चर्बी जनित विभिन्न रोगों के शिकार हो रहे हैं। यह समाज और साथ ही इस देश के भविष्य के साथ खिलवाड़ करने जैसा है।

मैं यह नहीं कहता कि महिलाएं कामकाजी ना बनें लेकिन साथ ही उन मासूमों पर भी ध्यान दें जो उनकी पहली जिम्मेदारी है। कुछ सरकारी संस्थानों में तो सरकार मेटर्निटी लीव के साथ-साथ कुछ अन्य सुविधाएं भी दे रही हैं लेकिन यह तो दो साल तक के बच्चे के पालन-पोषण तक ठीक है। इसके बाद जो संस्कार व पोषण की जरूरत है उसके लिए भी क्या सरकार ही व्यवस्था करेगी?

मेरा सभी से आग्रह है कि ऐसी कामकाजी महिलाओं के बच्चों की समस्याओं पर ध्यान देना बहुत जरूरी है। तथा इन महिलाओं का यह प्रथम कर्तव्य बनता है कि बच्चा क्या खा रहा है? कैसी संगत में रह रहा है इसका पता

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रखें। उनकी समस्याओं को समझें तथा उन्हें बाल-सुलभ मानवीय जरूरतों यथा ममता-मोह, लाड़-दुलार, डांट-फटकार इत्यादि सभी समयानुसार दें जिससे कि वे अपने आप को एकाकी महसूस ना करें। नहीं तो उनके भीतर नकारात्मकता को प्रवेश करने का मौका मिल जाएगा। जिसकी परिणति ऐसे बच्चों की अपेक्षा स्वरूप जिद्दी होकर अपराध जगत में प्रवेश करने से लेकर निराशा के गर्त में डूबकर आत्महत्या जैसे सामाजिक अभिशाप पर जाकर पूर्ण होती है। जो कि इस देश के सुनहरे भविष्य के लिए भी खतरनाक है।

निष्कर्षतः आप सभी से आग्रह है कि चुप-चाप पैर पसारते इस गंभीर समस्या पर चिंतन एवं मनन हेतु कुछ समय दीजिए तथा इस समस्या के निवारण हेतु यथासंभव प्रयास करें।

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## तस्वीर बन गई

रोते-रोते चेहरे पर लकीर बन गई,
जो ना था मेरी किस्मत में वो मेरी तकदीर बन गई।
यूं ही घुमा रहा था रेत पर उंगलियाँ
न जाने कब उसकी तस्वीर बन गई।

मैं जब भी तेज चलता हूँ, नजारे छूट जाते हैं।
कोई जब रूप गढ़ता है तो सायें टूट जाते हैं,
मैं हँसता हूं तो आकर लोग कंधा थपथपाते हैं,
मैं रोता हूं अक्सर लोग मुझसे रूठ जाते हैं।

नजर ने नजर को देखा, तो नजर ने नजर से कहा,
ओ नजर इस नजर को उस नजर से ना देख।
कि नजर को नजर की नजर लग जाए।

माना कि आपकी जिंदगी में अनेकों नाम आएंगे,
मगर जब जमाना साथ छोड़ देगा तो,
बस हम काम आएंगे।

## रिश्ते

आज मैंने नारी समाज से पूछा
आप में ये बगावत की चिंगारी क्यूं ?
अबला नारी चिल्लाकर बोली
ये रिश्ते भी क्या रिश्ते हैं
भर्राए गले, गालों तक आँसू लुढ़काएँ
नारी चित्कारमयी आवाज में बोली
यही वो रिश्ते हैं जिन्होंने समाज-सम्मुख
नाक कटाकर,कटुता भरे वचनों से
नारी को समाज में घुमाया था
माँ ने जबरदस्ती गर्भपात कराया था
जो दूसरी जाति के लड़के से ब्याह रचाया था
पुलिस भी मिली थी इस नरसंहार अत्याचार में।

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## माँ

शब्द हैं थोड़े उनके आगे...
कैसे उन्हें पिरोऊँ मैं ?
'माँ' की ममता सोच कर देखूं तो...
बिन आँसू के रोउं मैं।

जिसने ये संसार बनाया,
उनके स्नेह से मन हर्षाया,
उनकी गोद में सर रखकर...
बिन नींदों के सोऊँ मैं।

शब्द हैं थोड़े उनके आगे...
कैसे उन्हें पिरोऊँ मैं ?

'माँ' का प्यार है ऐसा निराला,
दुश्मन का सर भी है झुका डाला,
ऐसी 'माँ' का लाल बनकर,
बिन हीरे के दमकू मैं।

शब्द हैं थोड़े उनके आगे...
कैसे उन्हें पिरोऊँ मैं ?

जीवन पथ की कठिन डगरिया,
पार हुई पकड़ 'माँ' की उंगलियाँ,
डूब जाऊँ तो भी नहीं है गम अब...
बिन पतवार की नईया खेमे में।

शब्द हैं थोड़े उनके आगे...
कैसे उन्हें पिरोऊँ मैं ?

'माँ' की भक्ति में हैं चारों धाम,
तन-मन में बसा हो जब उनका नाम,
प्राणों के निकलते हुए न हो दर्द,
बिन मौत के साँसों को रोकूँ मैं।

शब्द हैं थोड़े उनके आगे...
कैसे उन्हें पिरोऊँ मैं ?

*- पी एम रफी*
*प्रधान नाविक*
*बी एम यू (चेन्नई)*

## धीर वीर हिन्द के

शक्ति के प्रचण्ड रूप, भक्ति के अटल छत्र
कीर्तिमान नवजवान, तुम आर्य हो डरो नहीं।
तोड़ तोड़ चीर चीर, विपुल विपुल शत्रु वृनद
आघात दे मात करो, अरि वार से डरो नहीं।।
पक्षशाल भव्य राष्ट्र के, तुम अरि मात कर रहो।
धीर वीर हिन्द के, तुम लक्ष्य प्राप्त कर रहो।।
ध्वजा एक हाथ में, फिर शस्त्र हो साथ में
रुको न तुम एक पल, चाहे सामने पहाड़ हो।

जो भरे नारों से, गूँज जाय संसार पुनः
सर्दी गर्मी बारिश में भी, सिंह की दहाड़ हो।।
पराक्रमी आर्यावर्तियों, तुम सीमा पार कर रहो।
धीर वीर हिन्द के, तुम लक्ष्य प्राप्त कर रहो।।
वर्तमान नवजवान तुम, मार्ग अपना प्रशस्त कर
विघ्नों को लांघ कर, शत्रु को पहचान लो।
विचलित हो न राह से, ना दाहिने ना बाहिने

लक्ष्य सबका एक होकर, अड़े रहो बढ़े चलो।।
पुनीत मातृभूमि का, तुम सम्मान कर रहो।।
धीर वीर हिन्द के, तुम लक्ष्य प्राप्त कर रहो।।
याद करो गोरों के, निर्मम अत्याचार वो
दाबक जिसका एक है, शहीद कुर्बानियाँ।
मृत्यु की शैय्या पर, चढ़ जाओ बार बार तुम
बन जाओ भरतभूमि की, अमिट ये निशानियाँ।।
सर्वसंपन्न राष्ट्र पुत्रों। 'गज' उत्साहित कर रहो।
धीर वीर हिन्द के, तुम लक्ष्य प्राप्त कर रहो।।

*- उप महानिरीक्षक अलंकार सिंह*
*तटरक्षक मरम्मत एवं उत्पादन दल (कोल)*

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## एक अच्छे लीडर के गुण

Vision (दूरदर्शिता) : अगर पहली leadership quality की बात करूं तो यह खूबी मैंने ज्यादातर leaders में पाई हैं कि उनमें आँखों में सपने हमेशा ही clear होते हैं और यही सपने उन्हें दूसरों से अलग बनाते हैं। सिर्फ यही नहीं एक clear strategic planning भी उनके पास देखने को मिलती है।

Courage (साहस) : साहस का मतलब है जो risk लेने का हौसला रखता हो। वह जानते हुए भी कि उसका कदम उसको गिरा भी सकता है क्योंकि एक leader जानता है कि कोई भी बिजनेस या जीवन सुरक्षित नहीं है उसको आगे बढ़ाना ही मकसद होना चाहिए। 'रुके हुए पानी से अक्सर बदबू आने लगती है, लेकिन बहता हुआ पानी ही अपनी सही मंजिल यानी समुद्र तक पहुंच पाता है'।

Integrity (ईमानदारी) : यदि आप सच्चे हैं तो आप ईमानदार रह सकते हैं। यही एक leader की भूमिका होती है कि वो अपने साथ काम करने वाले लोगों का विश्वास सच बोलकर जीते और transparency बनाये रखने में मदद करे।

Humility (विनम्रता): यदि आप अपने आपको एक बेहतरीन leader बनना चाहते हैं इसका मतलब यह नहीं कि आप हर किसी से सख्ती और बुरे तरीके से बात करें। अक्सर देखा गया है विनम्र लोग ही ज्यादा self confident या stress management में अच्छे होते हैं।

इसका मतलब अगर आप एक कंपनी में एक बेहतरीन manager या team leader बनना चाहते हैं तो आपकी qualities of a good manager और qualities of a good team leader में ये एक महत्वपूर्ण quality अपनानी होगी।

अगर आप कहीं पर गलत हैं तो मानिये आप गलत हैं और अगर किसी का answer आपके पास नहीं है तो आप उन्हें कोई दूसरा विकल्प दे सकते हैं या कुछ देर बाद उनको search कर answer देने के लिए कह सकते हैं। और सबसे महत्वपूर्ण क्योंकि मैं भी एक कंपनी में team leader की पोस्ट पर हूँ तो मैं यह कहना चाहूँगा किसी के भी काम का credit उसको जरूर दें। यह चीज आपको एक cheap team leader से हटकर बेहतरीन team leader बनाएगी।

Strategic Planning (रणनीतिक योजना) : अगर आप अपनी कंपनियाँ जानते हैं तो आप अपनी industry और market के बारे में पूरी खबर भी रखते होंगे। अगर आपको अपनी कंपनी को अपने competitors से आगे रखना है तो याद रखिये आपको future को भाँपना पड़ेगा। आपको पता होना चाहिए की अगले तीन महीने, छह महीने या एक साल में आपकी industry growth किस तरफ जाएगी।

Focus (ध्यान लगाना) : आम लोगों की सबसे बड़ी दिक्कत यह होती है कि वो problems के ऊपर अपना ध्यान ज्यादा रखते हैं बजाए solutions की तरफ देखने के लेकिन एक लीडर ध्यान रखता है अपनी कंपनी की जरूरतों पर, परिणाम पर जो कि पूरे किए जाएंगे उसके द्वारा या उसके साथियों द्वारा; वो अपनी और अपने लोगों की ताकत का इस्तेमाल करने की ओर ध्यान देते हैं।

Cooperation (सहयोग): आपकी असली योग्यता अपने साथ काम कर रहे लोगों से काम करवाने की होती है। अगर आप देखें तो quqlities of a bad leader या good leader में फर्क पाएंगे जहाँ पर एक bad team

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leader अपने सहयोगियों में फर्क रखता है और वही एक बेहतरीन leader अपनी team को साथ काम करने की प्रेरणा देता है।

इसका मतलब यह नहीं कि आप अपने टीम के बढ़िया लोगों को परख कर उनके काम को appreciate ही न करें। यहाँ पर भी एक देखने वाली बात यह है कि आप अपनी team में बेहतरीन लोगों को जहाँ आगे बढ़ने का मौका दें, कमजोर को सुधरने का। लेकिन किसी को नीचा दिखाकर आप एक बेहतरीन काम नहीं करवा सकते।

एक 80/20 का नियम वहाँ भी apply होता है कि 20 प्रतिशत लोग ही 80 प्रतिशत काम को सँभालने और बढ़ाने लायक होते हैं। आपको उनके साथ अच्छे काम के संबंध स्थापित करने होंगे और वही लोग आपके काम को आगे तक लेकर जाएंगे।

*- आर सी रावत*
*प्रधान नाविक*
*भा त पो विग्रह*

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## आशा के बिना अभिलाषा करना बिना पंख के पक्षी के समान हैं।

सभी के पास कोई ना कोई लक्ष्य जरूर होता है, बिना लक्ष्य के कोई कदम नहीं हो सकता है। इस दुनिया में बिना लक्ष्य के कोई महान व्यक्ति नहीं बना, कोई पक्षी बिना पंख के उड़ नहीं सकता उसी प्रकार कोई मनुष्य अपने जीवन में बिना लक्ष्य के कोई कदम सफल नहीं कर सकता और बिना उमंग के कोई लक्ष्य हासिल नहीं हो सकता है। लक्ष्य हमारे जीवन का सही रास्ता बताता है। हम अपने छात्र जीवन में कोई न कोई लक्ष्य लेकर पढ़ाई करते हैं। तभी छात्र के सपने साकार होते हैं। सभी छात्र अपने जीवन में डॉक्टर, इंजीनियर, वकील बनने का लक्ष्य रखते हैं। तो एक न एक दिन वो अपने लक्ष्य को हासिल कर लेते हैं। मनुष्य ने अपने जीवन में लक्ष्य रखा की हम भी आकाश में उड़ेंगे तो हवाई जहाज बनाया और आसमान में उड़ान भरी। कोलम्बस नामक नाविक ने भारत की खोज की। उसने लक्ष्य रखा था कि मैं अपने जीवन में पानी के रास्ते किसी न किसी देश की खोज करूंगा तो वह अपने लक्ष्य में सफल हुआ। ऐडीसन नामक वैज्ञानिक ने लक्ष्य रखा मैं बल्ब का आविष्कार करूंगा और उसने बल्ब का आविष्कार किया। आज सारी दुनया उसी के उजाले में रहती है। हम अपने जीवन में उत्साह, उमंग, साहस, और तन-मन से एक लक्ष्य रखकर कोई काम करें तो वह काम अवश्य ही सफल होगा। हमारा जीवन एक सागर के समान है, इसमें बहुत मोती हैं और जो मनुष्य जितना चाहे मोती निकाल ले अर्थात् जितनी मेहनत करके अपने जीवन में सफल हो जाए। अत: लक्ष्य ही जीवन है, और अपने जीवन में लक्ष्य अवश्य रखने चाहिए।

*- नाविक (आर पी)*
*भा.त.र. रजिया सुल्ताना*
*पारादीप*

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## चौथा बंदर

एक बार कुछ पत्रकार और फोटोग्राफर गाँधी जी के आश्रम में पहुंचे। वहाँ उन्होंने देखा कि गांधी जी के तीन बंदर हैं। एक आँख बंद किए है, दूसरा कान बंद किए है, तीसरा मुंह बंद किए है। एक बुराई नही देखता, दूसरा बुराई नही सुनता और तीसरा बुराई नहीं बोलता। पत्रकारों को कहानी मिली, फोटोग्राफरों ने तस्वीरें ली और आश्रम से चले गए।

उनके जाने के बाद गाँधी जी का चौथा बंदर आश्रम में आया। वह पास के गाँव में भाषण देने गया था। वह बुराई देखता था, बुराई सुनता था और बोलता था। उसे जब पता चला कि आश्रम में पत्रकार आए थे, फोटोग्राफर आए थे, तो वह बड़ा दुखी हुआ और दौड़ता हुआ गाँधी जी के पास पहुंचा।

सुना बापू, वहाँ पत्रकार और फोटोग्राफर आए थे। बड़ी तस्वीरें ली गईं। आपने मुझे खबर भी न की। यह मेरे साथ बड़ा अन्याय किया है बापू।

गाँधी जी ने चरखा चलाते हुए कहा, 'जरा देश को आजाद होने दे बेटे। फिर तेरी ही खबर छपेगी, तेरी ही फोटो छपेंगी। इन तीनों बंदरों के जीवन में तो यह अवसर एक बार ही आया है। तेरे जीवन में तो यह रोज-रोज आएगा।'

दुर्भाग्य से आज इन्हीं चौथे बंदरों का जमाना है।

*- संजय कुमार यादव*
*उत्तम नाविक (रेडियो)*
*भा.त.पो. सी-426*

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## AMBITION WITHOUT HOPE IS A BIRD WITHOUT WINGS

"Life's too short to feel and think at the same time. If you want to achieve something, go and get it otherwise it would not become yours "

We all dream of achieving our dreams day and night ,but if the term "little hope " is lost by us ,the whole dream takes a down road. Dreaming is a part of our life but if we start seeing are dreams as something not achievable, it's of no point. Today our world has immense amount of competition prevailing but the ones who succeed are the ones who dream with a belief, with confidence that they would attain what they want. A bird is lost of itself without its wings; similarly human ambitions are also lost of themselves without hope and urge of desperateness. It's the same as eating food without salt, which is the main element without which there's no taste. Similarly ambition is a mixture whose one of the most important elements is hope. Hence, we people should start believing in ourselves and the universe cause if we want to achieve something the whole universe helps us to do so.!!

"A bird sitting on a tree is never afraid of the branch breaking, because her trust is not on the branch but on its own wings. Always believe in yourself and your ambitions"

*- Somya Sahni*
*D/o DIG Sudhir Sahni*
*CGRPT, Surat*

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# दान की महिमा

एक बहुत ही धनवान आदमी था। जितना अधिक वह संपत्ति वाला था उतना ही अधिक वह कंजूस और कृपण था। एक दिन एक ऋषि उसके घर में आये, उस समय वह भोजन कर रहा था।

ऋषि ने आवाज लगाई बेटा एक रोटी मुझे भी दे दो मैं भी भूखा हूँ। आदमी चिल्लाया-जाओ यहाँ से कहीं रोटी नहीं मिलेगी। वह काम से बाहर चला गया। वापस शाम को जब आया तो देखा वह ऋषि वहीं बैठा है। पूरी रात ऋषि वहीं बैठा रहा लेकिन उस कृपण आदमी ने उसे एक रोटी नहीं दी।

दूसरे दिन आदमी ने उस ऋषि को बोला लो एक रोटी और जाओ यहाँ से, ऋषि ने कहा नहीं अब मुझे एक रोटी नहीं चाहिए अब मुझे दो रोटी चाहिए। वो आदमी बोला तो दो रोटी तो नहीं मिलेगी यहीं बैठा रहा, वह गुस्से से अपने कक्ष से बाहर चला गया, वापस आकर देखा ऋषि अपनी जगह से हिला भी नहीं, वो ऋषि काफी कमजोर और शिथिल हो रहा था।

उस आदमी ने सोचा अगर इसे यहाँ कुछ हो गया तो मैं फँस जाऊँगा। वह घबरा कर ऋषि से बोला 'ठीक ये लो दो रोटी और हटो यहाँ से'। ऋषि बोला नहीं अब मुझे दो रोटी नहीं चाहिए तुम मेरे लिए एक कुंआ बनवाओ। आदमी गुस्से से चिल्लाया मैं तेरे लिए कुंआ बनवाऊँगा।

मुझे पागल समझ रखा है। वह अन्दर चला गया। अब ऋषि की हालत बहुत बिगड़ रही थी। वह आदमी परेशान होकर बोला 'ठीक है मैं तुम्हारे लिए कुंआ बनवाऊँगा, अब तुम जाओ यहाँ से। ऋषि बोला 'नहीं अब मुझे एक नहीं दो कुएं चाहिए'। आदमी कुछ बोलने ही वाला था कि चुप हो गया। उसने सोचा अगर कुछ भी मैं बोला यह उसको दो गुना कर देगा।

उसने बोला 'ठीक है तुम्हारे लिए दो कुएं बनाऊँगा आप जाओ यहाँ से। ऋषि ने बोला ठीक है मैं जाता हूँ लेकिन याद रखना मेरे कुएं का पानी तुम्हारे कुएं के पानी से कम नहीं होना चाहिए। मैं वापस आकर देखूँगा।'

उस कंजूस आदमी ने दो कुएं बनवाए और अपने कुएं का पानी सभी को पीने देता लेकिन ऋषि के कुएं का पानी के हाथ भी नहीं लगाने देता था। उसने ऋषि के कुएं को ऊपर से ढक दिया। कुछ दिन बाद वो ऋषि लौट कर आया, आदमी ने बोला आइए मैं आपको आप के कुंए का पानी दिखाता हूँ। लेकिन ऋषि के कुएं का पानी सूख चुका था।

ऋषि ने उसे समझाया मैं तुम्हें कब से यही बताने की कोशिश कर रहा था, जिस कुएं का पानी सभी ने इस्तेमाल किया वो अभी भी भरा है। मेरे कुएं का पानी तुमने किसी को छूने भी नहीं दिया लेकिन वो कुआँ सूख गया। इसी प्रकार तुम्हारे धन का अच्छे कामों से उपयोग नहीं करोगे तो तुम्हारा धन अनुपयोगी सिद्ध होगा। आदमी ने ऋषि से क्षमा माँगी और अपना धन अच्छे कामों में व्यय करने लगा।

*- श्रेया बाजपेयी*
*कक्षा-दस*
*पुत्री - यू सी बाजपेयी, अधिकारी*
*भा.त.स्टे. कोलकाता*

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## आयुर्वेदिक दोहे

जहाँ कहीं भी आपको, काँटा कोई लग जाए।
दूधी पीस लगाइये, काँटा बाहर आये।।

मिश्री कत्था तनिक सा, चुसे मुहँ मे डाल।
मुहँ में छाले हों अगर, दूर होय तत्काल।।

पौदीना और इलायची, लीजै दो-दो भाग।
खाये उसे उबाल कर, उल्टी को आराम।।

छिलका लेय इलायची, दो या तीन ग्राम।
सिर दर्द मुहँ सुजना, लगा होय आराम।।

अंडी पत्ता वृंत पर, चुना तनिक मिलाए।
बार-बार तिल पर घिसे, तिल बाहर जावै।।

गाजर का रस पीजिये, आवश्यकतानुसार।
सभी जगह उपलब्ध यह, दूर करे अतिसार।।

खट्टा दामिड़ रस, दही, गाजर शाक पत्राए।
दूर करेगा अर्श को, जो भी इसको खाए।।

रस अनार की कली का, नाक बूँद दो डाल।
खून बगहे जो नाक से, बंद होय तत्काल।।

भून मुनक्का शुद्ध घी, सैंधा नमक मिलाए।
चक्कर आना बंद हों, जो भी इसको खाए।।

मूली की शाखों का रस, ले निकाल सौ ग्राम।
तीन बार दिन में पियें, पथरी से आराम।।

*- ए पी चौधरी*
*एस.ई.*
*पत्नी कमांडेंट आलोक पाण्डे*
*तटरक्षक मरम्मत एवं उत्पादन दल (कॉल.)*

## औरत की महानता

देह मेरी
हल्दी तुम्हारे नाम की।

हथेली मेरी
मेहंदी तुम्हारे नाम की।

सिर मेरा
चुनरी तुम्हारे नाम की।

मांग मेरी
सिंदूर तुम्हारे नाम का।

कलाई मेरी
चूड़ियां तुम्हारे नाम की।

उंगलियां मेरी
बिछुए तुम्हारे नाम के।

बड़ों की चरण-वंदना मैं करूं
और 'सदा सुहागन' का आशीष तुम्हारे नाम का।

और तो और
करवाचौथ/बड़गावस के व्रत भी
तुम्हारे नाम के।

यहाँ तक कि
कोख मेरी/खून मेरा/दूध मेरा और बच्चा?
बच्चा तुम्हारे नाम का।

घर के दरवाजे पर लगी
नेम प्लेट तुम्हारे नाम की।

और तो और
मेरे अपने नाम के आगे
लिखा गोत्र भी मेरा नहीं
तुम्हारे नाम का।

सब कुछ तो तुम्हारे नाम का।
विनम्रता से पूछती हूँ?
आखिर तुम्हारे पास
क्या है मेरे नाम का?

*- सरोज यादव*
*पत्नी हौशिला यादव, उत्तम नाविक (ए ई)*
*700 हवाई जत्था*

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# Meritorious Awardees for Academic Excellence 2013-14

| Name | Daughter/ Son of | Class | Present Unit |
|---|---|---|---|
| **CGHQ, New Delhi** | | | |
| Sonshi Mishra | Comdt BK Mishra | VIII | CGHQ |
| Sachin Yadav | Ramsharan Yadav, Adh | VIII | CGHQ |
| Shailesh Vashisth | Comdt(JG) SK Vashisth | VIII | CGHQ |
| Jyotika Bhadra | JK Bhadra, Adh | VIII | CGHQ |
| Mohima Dutta | Comdt Yogesh Dutta | IX | CGHQ |
| Anushree Dineshan | VV Dineshan P/Adh | X | CGHQ |
| Digvant Garg | DIG Mukul Garg | X | CGHQ |
| Deepak Kumar Yadav | Krishan Kumar, U/Adh | X | CGHQ |
| Chetna Siwach | Jaswir Singh, Adh | XI | CGHQ |
| Shivangi Yadav | Ramsharan Yadav, Adh | XI | CGHQ |
| Saurabh Vashisth | Comdt(JG) SK Vashisth | XII | CGHQ |
| Dhruv Sharma | Comdt RL Sharma | XII | CGHQ |
| Nikhileshwar Singh Pathania | Ashok Singh, P/Adh | XII | CGHQ |
| **RHQ(W), Mumbai** | | | |
| Pankti Mishra | Comdt(JG) PK Mishra | VIII | RHQ(W) |
| Athira S | S Sathish, U/Adh | VIII | ROC (MB) |
| Payal | MK Barik, Adh | VIII | BUVIK |
| Negi Yashasvi | DIG Kailash Negi | VIII | ICGS Samudra Prahari |
| Parag Wakode | RN Wakode, Adh | VIII | CGRPT(MB) |
| SR Sidharth | NPS Kumar, P/Adh | VIII | BUVIK |
| Abhishek Yadav | SS Yadav, P/Nvk | VIII | RHQ(W) |
| Naina Saxena | DIG SK Bharatriya | VIII | IOGS Samrat |
| Shrey Anchalwar | Comdt(JG) Sanjay Anchalwar | IX | IOGS Mumbai |
| Mansi | Rajesh Kumar, Adh | IX | CGSD(MB) |
| Sharala Kumari | AK Newpane, Adh | IX | PRT(W) |
| Ayushi P Satdev | PM Satdev, P/Adh | X | ICGS Sangram |
| Akshit Raghav | Praveen Kumar, P/Nvk | X | RHQ(W) |
| Nikita Gautam | SP Gautam, PSE | X | ICGS Sangram |
| Puneet Chaudhary | N Bahadur, USE | X | DHQ-2 |
| Abhijeet D Tomar | DP Tomar, P/Adh | X | RHQ(W) |

| Name | Daughter/ Son of | Class | Present Unit |
|---|---|---|---|
| Shreya Singh | SK Singh, P/Nvk | X | ICGS Kamla Devi |
| Akshay Kumar Antwal | Anchal Kumar, Adh | X | DHQ-2 |
| Tarun Kumar Sharma | Ashok Kumar, U/Adh | XII | DHQ-2 |
| Simran Harbola | DIG AK Harbola | XII | ICGS Sangram |
| Deepansu Suraria | Asst comdt Shripal Singh | XII | ICGS Sankalp |
| Twinkle | Rajesh Kumar, Adh | XII | CGSD(MB) |
| Aishani Majumdar | C Majumdar, P/Adh | VIII | CGAS Daman |
| Madhumita | Giri Babu, PSE | VIII | CGAS Daman |
| K Bhavani Venkata Karthik | Comdt K Murali | VIII | CGAS Daman |
| Diksha Parashar | D Parashar, Adh | VIII | CGAS Daman |
| Hritik Singh | K Singh, PSE | VIII | CGAS Daman |
| Pradnya K Jadav | KS Jadav, Adh | VIII | CGAS Daman |
| Pragya Kushwaha | RN Kushwaha, P/Nvk | VIII | 750 SQN(CG) |
| Manisha Das | Barun Das, P/Nvk | IX | 750 SQN(CG) |
| Jalaj Gaur | Comdt R Gaur | IX | CGAS Daman |
| Gagenjot Kaur | Harvinder Singh, P/Adh | X | 841 SQN(CG) |
| Kartik | Karan Singh, U/Adh | XII | 750 SQN(CG) |
| Mohinee Singh | Santosh Kumar, U/Adh | XII | 841 SQN(CG) |
| Komal Yadav | SK Yadav, U/Adh | VIII | CGAE GOA |
| Tusher Sarkar | DK Sarkar, P/Adh | IX | CGASD(GOA) |
| Diksha Cheuhan | Rakesh Kumar, Adh | IX | 800 SQN(CG) |
| Priyadharshini S | T Somasundaram, PSE | X | CGASD(GOA) |
| Prabhdeep | Jagjiwan Singh, U/Adh | X | ICGS GOA |
| Pallavi | R Kumar, P/Adh | X | CGASD(GOA) |
| Jyotsana Kaunia | Baldev Kumar, U/Adh | X | SQN(CG) |
| Shweta Gautam Soni | Asst Comdt Gautam Soni | XI | CGAIS(GOA) |
| Abhay R Nandodkar | DIG RH Nandodkar | XII | CGPRT(GOA) |
| Supriya Kumari | Anil Kumar, U/Adh | XII | 800 SQN(CG) |
| Karthika Anil | Anil Kumar, P/Nvk | VIII | CGS Kavaratti |
| Rhea Francis | Comdt Francis Paul | X | ICGS Androth |
| Sukanya | Omvir Singh, Adh | X | CGS Kavaratti |
| A Shrikant | M Arva Vasu, PSE | VIII | ICGS Varuna |
| Sachin Kumar | J Kumar, P/Nvk | VIII | ICGS Kochi |
| Mina Francis | CO Francis, U/Adh | VIII | ICGS Samar |

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| Name | Daughter/ Son of | Class | Present Unit |
|---|---|---|---|
| Nishant Kumar | Sunil Kumar Bhardwaj, U/Adh | VIII | CGTC (K) |
| Swaroop Sunil | D Sunil, P/Adh | VIII | CGTC (K) |
| Aparna Gopan | Gopakumar, P/Nvk | VIII | IOGS Kochi |
| Aparna TS | DIG TP Sadanandan | IX | CGRPT(K) |
| Chhaya Tundwal | Comdt(JG) Suresh Kumar | IX | IOGS Samar |
| Malavika Ramesh | MV Ramesh, U/Adh | IX | CGRPT(K) |
| Anagha Ajith | M Ajith, P/Adh | IX | CGSO(K) |
| Athira Ramachandran | Rama Chandran, P/Adh | IX | CGAE Kochi |
| Monica Tundwal | Comdt(JG) Suresh Kumar | X | IOGS Samar |
| Hemanshu Bhardwaj | Sunil Kumar Bhardwaj, U/Adh | X | CGTC (K) |
| HD Pranamika Nair | PCH Kumar, U/Adh | X | IOGS Kochi |
| Sabni Sharma | Som Prakash, Adh | X | IOGS Varuna |
| Anjali Krishna | MK Krishnan, Adh | X | CGTC (K) |
| Varun Anil Nair | DIG Anil Kumar Parayil | X | CGAE Kochi |
| N Karan | R Nainar, P/Adh | X | IOGS Kochi |
| Nithin Bhatotia | B Prakash Bhatotia, P/Adh | XII | CGTC (K) |
| Alex Varghese | Asst Comdt CV Tomy | XII | IOGS Samar |
| Akash Tanwar | Parmod Kumar Tanwar, Adh | XII | CGSO(K) |
| Anju S Nair | PK Shaji, Adh | X | ICGS Vizhinjam |
| Manjumol TR | TK Rajappan, EF | XII | ICGS Vizhinjam |
| Sneha | NPJ Chandran, P/Adh | X | IOGS Beypore |
| Anju J | Anil Kumar, Adh | X | CGS Beypore |
| S Sruthy | K Ramakrishnan, P/Nvk | IX | IOGS Beypore |
| Siddarth Shetty | Durga Prasad Shetty, EF | VIII | ICGS Kanwar |
| Ishan Ghosh | S Ghosh, Adh | IX | ICGS Kanwar |
| Ayush Yadav | Gajraj Yadav, Adh | VIII | DHQ-3 |
| Sangam Singh | SK Singh, P/Nvk | IX | DHQ-3 |
| Monisha Tarkar | Dy Comdt Gulab Singh Tarkar | X | DHQ-3 |
| Dishanu Rai | GK Rai, P/Adh | XI | DHQ-3 |
| Krithika Upadhya | S Upadhaya, U/Adh | XII | DHQ-3 |
| Deepak Singh | RB Singh, U/Adh | X | ICGS Minicoy |
| Jeevan P Nair | GP Kumar, P/Adh | X | ICGS Ratnagiri |
| Sumit Kumar Sharma | K Kumar, Adh | XI | ICGS Ratnagiri |

| Name | Daughter/ Son of | Class | Present Unit |
|---|---|---|---|
| **RHQ (E), CHENNAI** | | | |
| Komal Priya | Surya Kant, U/Adh | VIII | BMU(CHN) |
| Shruthi Mishra | DK Mishra, P/Adh | VIII | RHQ(E) |
| Veeranjan Chamoli | Comdt Vinod Chamoli | VIII | RHQ(E) |
| J Ramya | V Jaya Kumar, PSE | VIII | ROC(CHN) |
| Sakthi Singh | Ashok Kumar Tanwar, P/Adh | VIII | ICGS Sarang |
| Saloni Singh | NL Singh, U/Adh | VIII | ICGS Sarang |
| Nikunj Kumar | Comdt(JG) N Kumar | VIII | BMU(CHN) |
| Nikita Lamba | MK Lamba, P/Nvk | VIII | CGAS(CHN) |
| Dhivyaa Sri S | N Sivalingam, U/Adh | VIII | CGAS(CHN) |
| Nupur Jaswal | D Paul, Adh | VIII | CGAIS(CHN) |
| Poonam Singh | KR Singh, U/Adh | VIII | ICGS Raj Kamal |
| Himansu Rawat | JS Rawat, Adh | VIII | CGSO(CHN) |
| Preeti Dangi | Anand Singh, U/Adh | VIII | RHQ(E) |
| Kargil Mishra | VJ Mishra, PSE | IX | BMU(CHN) |
| Saranya Pradeep | MT Pradeep, P/Adh | IX | MRCC(CHN) |
| Pratibha Rao | Tribhuwan, Adh | IX | BMU(CHN) |
| Abhinav Kumar Goswami | AK Goswami, U/Adh | IX | BMU(CHN) |
| Shubham Maurya | Suryakant Maurya, PSE | IX | BMU(CHN) |
| Bibhudyuti Nayak | BC Nayak, U/Adh | IX | 744 SCN(CG) |
| Pamarthi Lasya | Asst Comdt PV Srinivasa Rao | IX | ICGS Rani D'Vati |
| Preeti Gupta | SK Gupta, Adh | IX | ICG Rani Abbakka |
| Ridhi Kathuria | Comdt A Kathuria | IX | ICGS Vishwast |
| Shrey Tyagi | R Tyagi, PSE | IX | CGAIS(CH) |
| Swati Singh | Vivek Singh, U/Adh | IX | RHQ(E) |
| Ayush Pandey | Dy Comdt AK Pandey | IX | RHQ(E) |
| Tamanna Dahiya | RK Dahiya, Adh | IX | BMU(CHN) |
| M Yuva Reeshma | E Manikandan, PSE | IX | 744 SCN(CG) |
| Neha Joshi | N Joshi, Adh | IX | Rajkamal |
| Akansha Tyagi | Sandeep Tyagi USE | IX | ICGS Sagar |
| Preeti Yadav | R Kumar Yadav, U/Adh | IX | CGSO(CHN) |
| Divya Kant Meena | PL Meena, U/Adh | IX | ICGS Sarang |
| C Richards Britto | KC Dhas, PSE | X | CGAIS(CHN) |
| MD Fariduddin | MD Burhanuddin, P/Adh | X | CGSO(CHN) |

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| Name | Daughter/ Son of | Class | Present Unit |
|---|---|---|---|
| Rahul Singh | R Kumar, Adh | X | ICGS Rajkamal |
| Lavanya L | RL Narayanan, PSE | X | ROC(CHN) |
| Lakshmi Priya L | RL Narayanan, PSE | X | ROC(CHN) |
| Nikhita Singh | N Singh, P/Nvk | X | 848 SQN (CG) |
| Manish Pathak | ON Pathak, U/Adh | X | CGAS(CHN) |
| Pritpal Singh | J Singh, U/Adh | X | MRCC (CHN) |
| Akash Varghese | Comdt VK Varghese | X | MRCC (CHN) |
| Manisha Martin | Martine Joseph, Adh | X | 744 SQN (CG) |
| H Jayakrishnan | KK Hari, PSE | X | 744 SQN (CG) |
| Rudraksh Chandra Mukut | Subodh Kumar, P/Adh | X | BMU(CHN) |
| Vaishali Pundir | S Kumar, P/Adh | X | ICGS Sarang |
| Prerna Lathoriya | Chandrabhan L, P/Nvk | X | PRT(E) |
| Tanvi Sharma | MR Sharma, P/Adh | X | BMU(CHN) |
| Priti Kumari | SK Singh, Adh | X | DHQ-5 |
| Tanmoy Bain | N Bain, U/Adh | X | PRT(E) |
| Navratna Singh Rathore | Asst Comdt Narpat Singh | XI | RHQ(E) |
| M Varshinee | P Murali, U/Adh | XI | MRCC (CHN) |
| Meghna Priya | Surya Kant, U/Adh | XI | BMU(CHN) |
| Aruna Devi A | P Akilan, P/Adh | XII | ROC(CHN) |
| Raagavi B | Asst Comdt A Balaji | XII | DHQ-5 |
| Vikita Mishra | VJ Mishra, PSE | XII | BMU(CHN) |
| Shweta Singh | RP Singh, PSE | XII | PRT(E) |
| Sandra S Kurian | DIG S Kurian | XII | BMU(CHN) |
| Jayashree M | B Muralitharan, USE | XII | CGRPS (CHN) |
| S Siva Raman | S Sankar, U/Adh | XII | RHQ(E) |
| Ritvij Saxena | DIG Navdeep Raj | XII | RHQ(E) |
| Kavita Singh | NL Singh, U/Adh | XII | ICGS Sarang |
| Abhishek K | KA Kanakranju, USE | XII | CGSD(CHN) |
| Priya B Balurkar | Balaji D Balurkar, Adh | XII | ICGS Sagar |
| Shivani Singh | SK Singh, Adh | XII | 848 SQN (CG) |
| Vipuna Kumari | NK Yadav, U/Adh | XII | PRT(E) |
| Vishal Singh | JP Singh, Adh | XII | CGAS(CHN) |
| Sandhya Baradwaj | HC Baradwaj, U/Adh | VIII | ICGS Rajveer |
| Lalit Batola | Naresh Kumar, P/Adh | VIII | ICGS Samudra Paheredar |
| Bhavya Rao | PM Rao, U/Adh | VIII | DHQ-6 |
| Siddharth Jena | DIG S Jena | IX | ICGS Samudra Paheredar |
| K Ochashree | KMA Rao, P/Nvk | IX | ICGS Rani Avantibai |
| Divyansh Tiwari | HG Tiwari, USE | IX | CGRPT(V) |
| Aniruch Kaushik | Sanjay Kumar, U/Adh | X | ICGS Samudra Paheredar |
| Polakhandam Sai Kirit | P Srinivas Rao, P/Adh | X | VZG CTK RT |
| A Siddharth | DIG AA Reddy | X | CGRPT(V) |
| Gaurav Kumar | AK Anal, Adh | X | CGWO Vizag |
| Vinay Malik | SK Malik, P/Adh | X | ICGS Vizag |
| Rohit Mankotia | Nirmal Singh, P/Adh | X | DHQ-6 |
| Sandeep Yadav | LC Yadav, P/Adh | X | ICGS Samudra Paheredar |
| Surichi Tiwari | SK Tiwari, U/Adh | X | DHQ-6 |
| Rahul Tejaswi | Comdt Aloke Kumar | XI | DHQ-6 |
| Kriti Dhaulakhandi | Comdt R Dhaulakhandi | VIII | CGS(TUT) |
| Vignesh R | KR Kumar U/Adh | X | ICGS Vaibhav |
| Bhargavilakshmi V | PN Nathan, U/Adh | XII | ICGS Vaibhav |
| Tasna | MD Nasiruddin, U/Adh | VIII | CGS(KND) |
| Vaibhav Parashar | Comdt RK Sharma | VIII | CGS(KND) |
| Vutukuri Bindu Bhargavi | VVNVV Prasad, U/Adh | IX | ICGS Rajdhawaj |
| Kishore I | SI Raj, Adh | X | ICGS Rajdhawaj |
| Ankit Kumar Dubey | MK Dubey, Adh | XI | CGS(KND) |
| Maddi Geethanjali | MJ Reddy, U/Adh | XII | CGS(KND) |
| Rashmi Priya | LK Hariom, P/Nvk | VIII | CGS(MP) |
| Pratik Kumar | Sanjay Kumar, P/Nvk | VIII | CGS(MP) |
| Rajeshwari J | M Jagannathan, U/Adh | XII | CGS(MP) |

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| Name | Daughter/ Son of | Class | Present Unit |
|---|---|---|---|
| Jyoti Kumari Singh | DK Singh, P/Adh | X | CGS (KKL) |
| Kumari Khushi | SC Singh, Adh | X | CGS (KPM) |
| Suraj U Singh | UE Singh, Adh | XII | CGS (KPM) |
| **RHQ(NE), KOLKATA** | | | |
| Sweta Yadav | Ramesh Yadav, Adh | VIII | 700 SQN (CG) |
| Manasha Priyadarshini P | T Pradhan, P/Adh | VIII | 700 SQN (CG) |
| Shreya Bajpai | UC Bajpai, Adh | IX | ICGS Kolkata |
| Riya Biswas | A Biswas, Adh | X | ICGS Kolkata |
| Megha Sharma | Comdt Arvind Sharma | XII | ICGS Kolkata |
| Sandhya Rai | SK Rai, Adh | XII | RHQ(NE) |
| Smriti Panjiyara | R Panjiyara, Adh | VIII | ACV H-193 |
| Subhrangshu Paul | SK Paul, U/Adh | IX | ICGS Sucheta Kriplani |
| Snehlata Kumari | SK Prasad, Adh | VIII | CGAE(BSR) |
| **RHQ(A&N), PORT BLAIR** | | | |
| Deeraj Kumar S | R Sasi Kumar, PSE | VIII | CGAE(PBR) |
| K Charishma Rao | KVK Rao, PSE | VIII | RHQ(A&N) |
| Adhya Sharma | Comdt Rajeev Sharma | VIII | RHQ(A&N) |
| Vinay Nagar | VN Nagar, U/Adh | VIII | CGAE(PBR) |
| Yesh Rajawat | BS Rajawat, Adh | VIII | RHQ(A&N) |
| Gaurangi | Dy Comdt DD Sharma | IX | CGAE(PBR) |
| Himanshu Singh | SK Singh, PSE | X | CGAE(PBR) |
| Anshul Sharma | RK Sharma, PSE | X | CGAE(PBR) |
| Dharshini K | R Kannan, U/Adh | X | DHQ-14 |
| Tannu Shandilya | Jitendra Kumar, U/Adh | X | DHQ-14 |
| Kumari Priyanka Thakur | Vijay Kumar, USE | X | CGAE(PBR) |
| Nikita Sharma | Satyajeet Sharma, U/Adh | X | ICGS Bhikhaji Cama |
| Surina | Ramesh Kumar, Adh | X | CGAE(PBR) |
| Farheen | K Ahmed, U/Adh | X | RSD(PBR) |
| Hina | Liyakat Ali, U/Adh | X | CGAE(PBR) |
| Himanshu Kumar | Santosh Kumar, U/Adh | XII | CGAE(PBR) |

| Name | Daughter/ Son of | Class | Present Unit |
|---|---|---|---|
| Rinku | Satbir Singh, P/Adh | XII | ICGS Durgabai Deshmukh |
| Gitanjali Sharma | L Kumar, Adh | XII | RHQ(A&N) |
| Shivani Singh | SK Singh, PSE | XII | CGAE(PBR) |
| Pooja Sharma | K Sharma, U/Adh | XII | ICGS Bhikaji Cama |
| Aastik | RS Solanki, U/Adh | IX | DHQ-9 |
| Suman Kumari | Dinesh Kumar U/Adh | X | DHQ-10 |
| **RHQ(NW), GANDHINAGAR** | | | |
| Athrav Singh | Dy Comdt RK Singh | VIII | RHQ(NW) |
| Vishal Yadav | RS Yadav, P/Nvk | VIII | ICGS Gandhinagar |
| Pratyuj | S Singh, P/Adh | IX | RHQ(NW) |
| Vikas Yadav | RS Yadav, P/Nvk | IX | ICGS Gandhinagar |
| Prapti Trivedi | Comdt D Trivedi | X | RHQ(NW) |
| Revathy Ramesh | NR Babu, USE | X | RHQ(NW) |
| Parvat Yadav | Devendar Kumar Yadav U/Adh | X | RHQ(NW) |
| Sharma Shivam Bhai | RV Sharma, Adh | X | ICGS Rajvir Gandhinagar |
| Mayank Kumar Sisodiya | D Kumar, P/Adh | XII | RHQ(NW) |
| Siddhant Angore | Comdt JK Angore | VIII | ICGS Vijit |
| Yugal A Bharadwaj | Comdt Ashu Bharadwaj | VIII | 746 SQN (CG) |
| Yugam A Bharadwaj | Comdt Ashu Bharadwaj | VIII | 746 SQN (CG) |
| Raja I Makwana | DIG Rajesh Makwana | XII | CGAE Porbandar |
| Bhavana Sharma | Gopal Sharma, Adh | VIII | ICGS C-152 |
| Upasana Singh | Narendra Singh, Adh | VIII | ICGS Vadinar |
| P Athira | Remeshan P, P/Adh | VIII | ICGS Veraval |
| Rita E Baben | Dy Comdt George Baby | IX | ICGS Meera Behn |
| Sahni Manya Sudhir | DIG Sudhir Sahni | VIII | CGRPT Surat |
| Somya Sahni | DIG Sudhir Sahni | X | CGRPT Surat |
| Aviral Atul Saxena | Comdt JG) AK Saxena | VIII | ICGS Pipavav |

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# Best In Sports/Extra Curricular Activities (State/National Level) 2013-14

| Name | Daughter/Son of | STD | Present Unit | Sports/ Championship | Position |
|---|---|---|---|---|---|
| **RHQ (West)** | | | | | |
| Deepak Singh | RB Singh, U/Adh | X | ICGS Minicoy | Hockey U-19 Regional Sports Meet 2013 | Second |
| Parag R Wakode | RN Wakode, Adh | VIII | CGRPT(MB) | Judo U-14 Regional Sports Meet 2013 | Third |
| **RHQ (A&N)** | | | | | |
| Priyanka V | DIG SB Venkatesh | X | RHQ(A&N) | 16th Sub Junior Girls Scull Rowing Championship | Second |
| **RHQ (North West)** | | | | | |
| Vikas Yadav | RS Yadav, P/Nvk | IX | RHQ(NW) | Tae-Kwon-Do Championship ( U-17) Regional Sports Meet 2013 | First |
| Vishal Yadav | RS Yadav, P/Nvk | VIII | RHQ(NW) | Volley Ball Championship (U-14) Regional Sports Meet 2013 | First |
| Manisha Sharma | PR Sharma, U/Adh | XII | RHQ(NW) | Judo Championship (U-19) Regional Sports Meet 2013 | First |
| Pooja Sharma | PR Sharma, U/Adh | IX | RHQ(NW) | Judo Championship (U-17) Regional Sports Meet 2013 | First |

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