

URMI

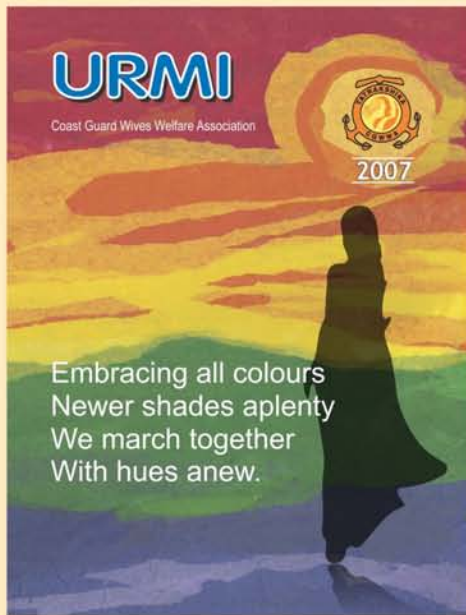
Coast Guard Wives Welfare Association



2007

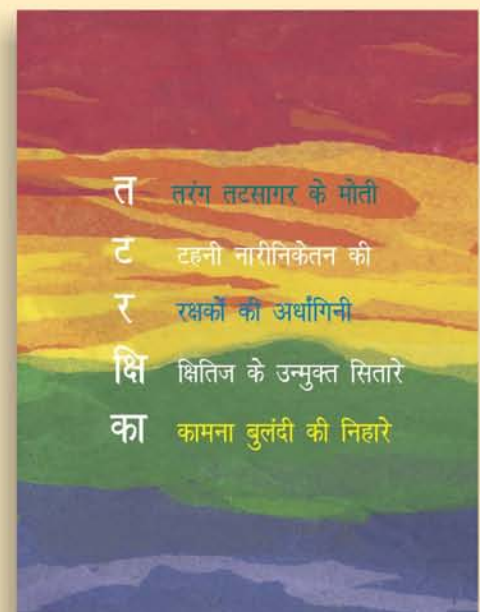
Embracing all colours
Newer shades aplenty
We march together
With hues anew.





Front page photo

“Woman is like the reed which bends to every breeze,
but breaks not in the tempest.”



Back page photo



Editorial

CGWWA is a true reflection of effervescence in an organisational setup, tireless in reaching out to all members and thus making "the difference". The vibrancy actually flows from the members' who are ready to accept all that life has to offer whilst being always eager to give much of themselves for others. We all are part of the small Coast Guard community and are sure to be touched by the helping hand of others in some place or the other. In order not to be deprived of this "Midas Touch" whilst being separated by miles, the URMI acts as the bridge.

The URMI as an in house annual journal has grown from strength to strength over the years and has kept readers across our regions informed about the multifarious activities undertaken by the Coast Guard Wives Welfare Association. The journal has been a wonderful platform for sharing thoughts and ideas through articles, anecdotes etc. that touch the hearts and minds of all. This acts as a catalyst to bring the cohesive, well-knit fraternity of Coast Guard personnel, spouses and their families even closer. Amalgamation of the efforts of all regions and CGHQ into one central publication of URMI will certainly enhance the readership value that such a journal deserves.

We had great pleasure in compiling the journal with active cooperation from Regional Sanchar teams and do hope that you enjoy this collage of the entire Coast Guard Fraternity! Finally we would like to thank all the sponsors for their contributions.

Wish you all Happy reading.



Editorial Board

Left to Right : Mrs Seema Yadav, Mrs Babli Chakraborty, Mrs Anjana Karsolia & Mrs Alka Gupta

ANNUAL REPORT - NORTHERN REGION

This year, the entire world witnessed the achievement of Sunita Williams, an astronaut of Indian origin who created a world record for staying the maximum time in space. Closer still, at home in India, we witnessed a notable achievement with the election of Smt. Pratibha Patil as the Hon'ble President of India. We propagate the motto of CGWWA "Self Help" by providing our members a platform of information, which in some way benefits all of them and also acts as a showcase of their hidden talent. CGWWA has always given its members an opportunity to work for the betterment of the community at large.

In the year 2006-07, CGWWA has undertaken the following welfare and development programmes :-

- (a) On the occasion of Children's Day, scholarships were awarded to the meritorious students for the academic year 2005-06. A movie was also screened thereafter.
- (b) A special coffee morning was organised on 29 Dec 2006 at Kalyan Kendra, Noida to celebrate 'Tatrakshika Day'. Former Tatrakshika Presidents and other members including widows were invited to grace the occasion. Mrs. Lalitha Kamath, released the annual Tatrakshika magazine "URMI - 2006".
- (c) CGWWA organised a ladies *picnic* to Gautam Buddha Park, Noida on 17 Jan 2007.
- (d) *Annual General Body Meeting* was held on 06 Jul 2007. The highlight of the meeting were the report of the Secretary and a brief on income and expenditure of both the funds by the Treasurer. The new CGWWA Committee was announced by the Secretary.
- (e) On 05 Sep 07, *Teachers' Day* was celebrated at Kalyan Kendra, Noida. All the teachers of Jingle Bells School and Welfare Center were felicitated.
- (f) *The Central Executive Committee Meeting* with the three Regional CGWWA Presidents, was held on 20 Sep 07 to review the annual report of the regions and discuss various agenda points.

The highlights of the salient aspects of various activities undertaken during the past one year are as follows:

SURUCHI (Welfare)

To impart vocational training to the ladies, Suruchi conducted *tailoring and machine embroidery classes* at Kalyan Kendra, Noida and ladies were awarded certificates by M/s Singer India on successful completion of the course. The *beauty parlour* has been functioning well. To enable learning new things, *practical cookery demonstrations* were conducted. Various *competitions* like 'Best out of Waste', 'Hair Style', 'Jewellery out of Waste' were organized during Tatrakshika meets. A *painting workshop* was held in association with Fevicryl Pidilite Company covering freehand fabric painting, tiles work, ceramic work, synthetic tie & die, fabric work with 3D linear and fabric glue, etching & fasting painting on mirror etc. During Dussehra vacations, a *special painting workshop* was

organized for the children. It received a good response. To keep the young children occupied during the evenings, Suruchi conducted *drawing classes* at Kalyan Kendra.

SANSKAR (Education)

The Jingle Bells School at Noida has upgraded all its facilities. The teachers attended workshops on '*Classroom Management and Language Development*'. A *counselling session* was conducted for parents. The number of *field trips* and educational visits as well as *hands on learning* through art and craft have been increased. A general *medical check-up* of all the students was conducted by the CG doctor in the month of August.

SANJEEVAN (Health)

A lady Gynaecologist has been appointed for the MI Room at Kalyan Kendra on regular basis to attend to the medical requirements of CGWWA members. *Lectures* on nutrition and on health related problems of ladies were delivered by the medical officer of ICGS Delhi and the lady gynaecologist respectively. Regular *Yoga classes* were held at Kalyan Kendra, Noida.

SAKSHARTA (Literacy)

A basic computer course was organized for children and ladies during the summer vacations and it received a good response. Regular computer classes for ladies are also in progress.

SURAKSHA (Widow Cell)

The Suraksha team continues to be in regular touch with widows of Coast Guard personnel. An Annual financial grant for the education of their children was given during AGM 2007.

SANCHAR (Communication)

SANCHAR brings out three news letters "Tatrakshika Sandesh" in a year. For the first time the annual magazine URMI is being published centrally. Last year "Urmi" raised a remarkable amount for CGWWA Welfare activities.

SNEHA (Outreach)

Sneha extended a helping hand to the under privileged children of Ankur School and distributed sweaters, notebooks and other essential items along with eatables this year. Saraswati Balika Vidya Mandir, Noida was handed over ration items and old clothes. The CG Enclave sweeper was also presented with various household items for the marriage of her daughter. Rations were also donated to a cancer hospice in the month of November.

LIBRARY AND GYMNASIUM

The libraries at both sectors are running successfully and are stocked with new books. The mini Gymnasium at Kamath Enclave is also functioning well.



ANNUAL REPORT - WESTERN REGION

Tatrakshika Mumbai comprises of 75 officers' and 375 EP's families staying at Worli, Powai, Borivali, Nepean Sea Road, and Antop Hill.

Coffee mornings are organized every month for officers' wives and EPs' wives alternately.

Husbands' Nite, picnic to Hanging Gardens, inter school drawing competition, talent show for children, etc were organised by Tatrakshika during the year.

Hand made items like aprons, bags, napkins, etc worth Rs 4500/- were sent to CGAS Daman for sale during CG Mela.

To promote interaction with ladies residing at Antop Hill, it was decided to conduct coffee morning at RHQ (W), Worli occasionally.

Agenda points for CGWWA annual executive meeting were discussed at the committee meeting held on 3rd Aug 07.

Demonstration on solar wood flower making and paper mache were given by Mrs. Siju Varghese and Mrs. Neelima Badola respectively.

Classes for painting, tailoring and embroidery, spoken English and Hindi, computer and beautician course are conducted in the welfare centre.

Two new classes LKG and UKG were added to CG Jingle Bell School at Borivali.

Meditation Classes by Brahma Kumaris were conducted for the benefit of the ladies.

CGWWA ladies visit MBA Foundation School for Mentally Challenged regularly and extends help to them. A physically challenged child of an enrolled personnel was helped in getting admission in MBA Foundation at Powai.

CGWWA ladies participated in coastal clean up at Juhu, Girgaon Chowpatty and Dadar Beaches in Sep 07.

A free eye camp for ladies and children was organised at Powai & Borivali (Mumbai).

As a helping hand, CGWWA has sponsored the education of a sweeper's son at Powai, Mumbai.

Ladies from CGWWA donated blood during Blood donation camp.

CGWWA members, along with children, availed the facility of free dental check up at Mumbai.

BEYPORE

CGWWA Beypore is functioning with 19 families. Following activities were organised :-

- (a) An On the Spot Painting Competition was organized for the school children. Topics were "Marine Life" and "The Role of Indian Coast Guard."
- (b) CGWWA members visited Girls Orphanage at Vellimadukunnu, Kozhikode and donated dry provisions and clothes.
- (c) Painting Competition was conducted by CGWWA members for the children.
- (d) Independence Day was celebrated by CGWWA.
- (e) First Aid classes were also conducted for members by Station LMA on burns, fracture, snakebites, bee bite etc.

KOCHI

CGWWA Kochi functions with 246 families here. Following activities were organised :-

- (a) A Glass painting course was organized.
- (b) On Tatrakshika Day, CGWWA members visited Sneha Bhavan and donated ration, clothes and chocolates to children.
- (c) Annual General Body Meeting was held and a lecture about gynaecological problems and precautions was also given apart from reading out reports.

VIZHINJAM

CGWWA Vizhinjam organization is functioning with 08 families. Following activities were held :-

- (a) Cultural programmes and fancy dress competition for children.
- (b) "Onam" and "Independence Day" celebration followed by a sumptuous meal.

KAVARATTI

CGWWA organization at Kavaratti has not yet been activated as no families are presently staying here.

JAKHAU

CGWWA Jakchau comprises of 12 CG families who celebrated Holi with Barakhana, a picnic to 'mata nu matha' & Independence Day followed by Barakhana with families.

VADINAR

CGWWA Vadinar is functioning effectively with 42 families. Following activities were held :-

- (a) CGWWA ladies from Vadinar visited Orphanage at Jamnagar, interacted with the school children and distributed gift packets, stationary, chocolates etc. Yoga exercises were performed by the children.
- (b) Painting classes for children and cultural programme for CGWWA members were organised.
- (c) Coast Guard Nite was organised and selected items from talent show were presented.
- (d) Independence Day with Deshbhakti Geet was celebrated in CG Play School. Tatrakshika celebrated Independence Day with barakhana.

OKHA

CGWWA Okha comprising of total 83 families organised the following :-

- (a) Children's Day and Christmas was celebrated with puppet show.
- (b) Rs.2500/- was given by CGWWA to 'Mahila Mandal Okha' as financial help to B.Ed. students.
- (c) A Pulse polio vaccination drive was undertaken with medical assistance from the Coast Guard for our families and children.
- (d) Yoga classes were conducted. A lecture on "Nutrition" was also organised.
- (e) Women's Day was celebrated, ceramic pot painting and drawing classes were started at CG Community room.
- (f) CGWWA ladies from Okha donated old clothes, eatables and useful items to slum dwellers working under Bauxite contractors at Okha.

PORBANDAR

There are 184 CG Families residing at Porbandar.

- (a) Tatrakshika Day and Christmas was celebrated at Jingle Bell play school, a visit to Andh Gurukul with CGWWA members was organised where they interacted with 40 boys and shared their experiences.
- (b) Sports day was organised at CGKG School. Children also celebrated Holi, Raksha Bandhan and Christmas etc.
- (c) Spiritual classes by Brahma Kumari were arranged. Interaction with Gynaecologist with CGWWA ladies. Western and classical dance classes, drawing classes and beauty workshop were organised.
- (d) Annual general body meeting was also organised by the CGWWA ladies.

DAMAN

CGWWA Daman is functioning with 150 CG families and their activities are elucidated below :-

- (a) Tatrakshika Day was celebrated and a picnic was organised on Children's day and a fancy dress competition was held at CGKG play school.
- (b) CGWWA members visited Dunetha Slums and distributed food packets among the children. They also visited old age home and treated the aged inmates to a lunch and presented them a wall clock.
- (c) CGWWA organised health lectures, Talent Nite and participated in a Walkathon (from Daman Jetty to Devka beach).
- (d) CGWWA had put up a stall at CG Mela.
- (e) A Demo therapy training on Sujok, Accupressure, Feng Shui Pyramid (Vaastu) and magnet therapy was also conducted. CGWWA also celebrated 'VANMAHOTSAV'.

GOA

CGWWA Goa is functioning with 125 CG families and their activities were as follows :-

- (a) Soft toy making classes and Children talent hunt were organised. Tatrakshika Day and Christmas were celebrated.
- (b) CGWWA actively participated in beach volleyball tournament and sports day games.
- (c) A talk on health and nutrition was given. Mehndi course was started at the recently inaugurated beauty parlour.

NEW MANGALORE

CGWWA New Mangalore is functioning with 100 CG families whose activities were :-

- (a) Eid, Diwali, Children's Day, Tatrakshika Raising Day and Independence Day were celebrated at CGKG School
- (b) Picnic to Pilikula Zoo and park was organised for CG school children.
- (c) Visit to Samvedana (home for HIV infected/affected children) was organised by CGWWA members. They donated books, cash, clothes and grocery items. A sum of Rs. 2000/- was spent from CGWWA Fund for inmates of the home.



ANNUAL REPORT - EASTERN REGION

The activities undertaken by CGWWA in the eastern region from 30 Nov 06 till date are as follows:

CGWWA ACTIVITIES AT CHENNAI

In Nov 06, a magic show was conducted for all Coast Guard children at OTA Auditorium on Children's Day. Gifts were given to the children. Scholarships were awarded to the meritorious children of classes V to XII.

A picnic was organized for all the ladies on the occasion of Tatrakshika Day. Urmi magazine was also released on that day.

Singer Diploma Certificates were awarded to five (05) ladies who successfully completed the tailoring course. Presently, stitching classes for 30 ladies and embroidery classes for 23 ladies are being conducted at Mogappair and Royapuram.

Sports Day was organised for Tatrakshikas at Mogappair and Royapuram. Ladies and children of Eastern Region participated in cultural program during the Silver Jubilee Celebration of ICG Aviation at Daman in May 07 and bagged first and the third prizes. President Tatrakshika (East) felicitated 07 children for their outstanding achievement in the field of sports, education and literature, etc. In Aug 07, the Annual Regional Tatrakshika Milan was held at DHQ-5, Chennai. The Presidents of various District Headquarters and committee members of Chennai were present and discussed the agenda points. The meeting was presided over by the President Tatrakshika (East). The President Tatrakshika (Mrs Thrity Contractor) during her visit to Chennai on 03 Sep 07, inaugurated a beauty parlor at Royapuram complex. In Sep 07, another beauty parlor was inaugurated by President Tatrakshika (East) Mrs Urmila Singh at Mogappair.

During Oct 07, 165 CG children along with committee members and CGWWA Co-coordinators visited the Tank Factory at Avadi. Various tank exercises were demonstrated by the Army personnel. Lunch and gifts were given to all children to mark the children's day celebration.

SANCHITA

Different items like table cloth, cushion covers, diwan sets, fridge covers, table runners, night gowns, napkins were stitched by the tatrakshikas and sold at reasonable prices during the coffee mornings and in the welfare centre.

SANJEEVAN

During Jan 07, a medical camp was organised at Mogappair in which blood pressure, sugar levels, throat and ear infection, etc. were checked by a team of experienced doctors. A total of 250 ladies and children were examined. 14 ladies diagnosed for high blood pressure were referred for

specialised opinion. A Medical Camp was also organised at CGAS(CH) in Apr 07 for the families residing in Nanganallur area. 150 ladies and children were examined by the doctors.

In Jul 07 a Dental Camp was conducted in co-ordination with Adhi Parasakthi Hospital at Royapuram. 86 personnel and families were examined. The families were also apprised about the Dental Health Hygiene and the importance of healthy gums and teeth.

In Sep 07, a talk on Anaemia was delivered by Dr (Mrs.) Soumya Mayuri Rao at Royapuram. Health files of all tatrakshika members residing at Mogappair and Royapuram have also been prepared.

SNEHA

During Dec 06, President Tatrakshika (East) Mrs Urmila Singh along with committee members visited 'Nimmadhi', an orphanage and old age home. In Aug 07, CGWWA members visited Ammal Charitable Trust home for destitute and orphans. Rice, sugar, tea, coffee, hair oil, biscuits, detergents, etc. were donated. Biscuits, fruits and text books worth Rs. 2000/- were also distributed among the children.

SANSKAR

In Nov 06, a craft exhibition was held by the children in the Royapuram CG KG school. Prizes were distributed to the children in various categories. In Dec 06, Christmas was celebrated by the children and Annual Day function was held during Feb 07 in both the schools. Children presented a variety programme which was appreciated by all the parents. COMCG(E) gave away the prizes to the all-rounders and winners.

In Aug 07, Independence Day was celebrated in both the CG KG Schools at Royapuram and Mogappair. National flag was hoisted by officers followed by patriotic songs and distribution of sweets to the staff and children. A PTA meeting was also held during which the committee members were present to discuss various issues brought out by the parents. Emphasis was laid on rules & regulation of the school, discipline, cleanliness, diet planning etc. A work shop was conducted by Mrs Geetmala Murlidharan for the teachers of Royapuram school. The main topics covered were the group activities for children, painting, craft, paper folding, making of time table and record book of children. Health checkup was also organised in both the schools. Doctors advised the parents on healthy eating habits for their children.

Teacher's Day was celebrated during Sep 07. The President Tatrakshika, Mrs Thrity Contractor visited the CGKG school, Royapuram and felicitated the teachers to mark the Teachers Day. President Tatrakshika (East), Mrs Urmila Singh gave gifts to the teachers at Mogappair on Teacher's Day.

TUTICORIN

Christmas was celebrated at Jingle Bell Play School and gifts were given by Santa Clause. Children from an orphanage “Camman House” visited ICGS Aruna Asaf Ali in Jan 07. They were served meals on board. Ration and clothes were also donated to them. Republic day was celebrated at CGWWA welfare centre and a fancy dress competition was held on a patriotic theme. Tailoring and computer education classes are being organised on regular basis. Healthy baby show was conducted in Aug 07 and a lecture on child care was also delivered. CGWWA ladies visited an orphanage “Seva Ashram” in Aug 07. Ration, sweets and fruits were distributed to the children. In Sep 07, the President Mrs Thrity Contractor visited Tuticorin.

MANDAPAM

Mrs Urmila Singh, President Tatrakshika (East) visited CGS (MP) in Dec 06. A demonstration of different hair styles and beauty tips were given to the ladies. In Jan 07, Pongal was celebrated. New clothes and sarees were distributed to domestic helpers. A Sand Sculpture competition was conducted for children with the theme ‘Mera Bharat Mahan’ in Aug 07. Patriotic song competition was also held and the winners were awarded prizes. A demonstration on the utilisation of old uniforms was organised during Sep 07 and the items made out of waste were also displayed.

PONDICHERRY

A workshop on Jute Entrepreneurship was conducted by Jute Emporium in Apr 07. Four members of CGWWA underwent training. A training on manufacturing of Jewels was also undertaken in Jul 07.

KAKINADA

Tatrakshika Kakinada was activated in Jun 07. A lecture on health care was delivered in July. Independence Day was celebrated with families on 15 Aug 07.

VISAKHAPATNAM

Husband's Nite was conducted in Dec 06. On occasion of Makara Sankranti, new sarees and ration items were distributed to helpers at CG Enclave. An eye camp was also organised. Yoga, tailoring and sitara embroidery classes were conducted for the ladies. CGWWA members visited orphanage and old age home “Ashreya Charitable Trust”. Ration, sweets and fruits were distributed to the inmates.

PARADIP

Mrs Urmila Singh, President Tatrakshika (East) visited CGS Paradip in Jan 07. A picnic was organised for the ladies at Uday Math. Mrs Thrity Contractor, President Tatrakshika visited Paradip in

Feb 07. Handicrafts and toys are being made by the ladies at the workshop. School bags, biscuits and rations were distributed to the poor people at Sandhkud fishing village. Toy making and classical dance classes are being conducted for the children.

HALDIA

A Christmas party was organised by Tatrakshika in Dec 06. Skits, fashion show and Christmas Carols were presented by the children. Demonstration for vegetable and salad carving , classes on fabric painting and computer education were conducted. Spoken English classes for children of classes III and above have been started. A lecture on precautions and preventive measures during summer season by a doctor was also organised.

In Apr 07, Mrs Thrity Contractor visited Haldia. Various regional dances and songs were presented during the visit. A voluntary blood donation camp was organised in May 07 by 'Ram Krishna Seva Ashram' in association with CGWWA for children suffering from Thalassemia, a genetic disease. A total of 70 individuals, including 10 ladies, donated blood. A free eye camp was organised in Sep 07. 300 persons, including ladies and children, got their eyes checked. As a part of outreach activity, notebooks and stationary items were distributed to the maid servants and casual labours working in the residential area.

KOLKATA

Mrs Urmila Singh, President Tatrakshika (East) visited Kolkata during Dec 06. As a part of outreach activity, a visit to "St. Joseph Old Age Home" was organised in Dec 06. Ration, clothes and Medicines were distributed. CGWWA members also visited the Kolkata Blind School in March 07. Sweets & ration items were distributed to the children. Tatrakshika purchased items made by them as a mark of appreciation and encouragement for them. A medical lecture was delivered by Dr. Vaishala Mehta on common Gynaecological and Hygiene problems. Various events like drawing and painting competition, candle blowing and "How well you know your partner?" were organised for all tatrakshika members and families. Mrs Thrity Contractor, President Tatrakshika visited Kolkata in Apr 07. A cultural programme was organised.



ANNUAL REPORT - A & N REGION

The Coast Guard Wives Welfare Association (CGWWA) i.e., ***Tatrakshika*** of the Andaman and Nicobar Regional functions in Port Blair, Diglipur and Campbell Bay in close association with siblings of the Joint Command. Following are the major activities of the CGWWA during 2006 – 07 through its wings.

SURUCHI

The regular monthly Committee meetings are held at the welfare centre. The coffee evenings are held every month along with DWWA .

The following activities are conducted round the year for self development of ladies

- (a) Regular tailoring & embroidery
- (b) Oil painting, tie & dye and soft toy making
- (c) Beautician courses
- (d) Hindi & English Conversation classes

This year, the following events were conducted :

- (a) On 8, 9, 10 Jan 07, “Low calorie Microwave Cookery classes” were conducted which also included demonstration on handling of microwave.
- (b) A short skit on the social theme “Save the Girl Child” was presented by CGWWA on Doordarshan.
- (c) On 29 Jul 07 a lecture followed by interactive session on dealing with emotional stress in children was delivered by, a child psychologist Mrs. Neerja Thergaokar.
- (d) On 20 August 07, a Rakhi making competition was held for ladies.

SANCHITA

Sanchita took yet another significant step by opening a shop in the TRV Shopping Complex on 27 Aug 07. Various items from Chennai, Salur, Mumbai, Kolkata and New Delhi are made available to ladies. Sanchita has broadened its horizons as the products are open for sale to civilians also.

SANSKAR

During the past year the following activities were conducted for children with a focus on improving their self confidence so as to make them better citizens of tomorrow.

- (a) Tree plantation

- (b) Essay writing competition
- (c) Friendship Day
- (d) Onam and Rakhi celebration
- (e) English recitation
- (f) Karate classes thrice a week
- (g) Dance classes twice a week.
- (h) Inter-school essay competition
- (j) Daily computer classes

Various Activities Conducted in the JBCGKG School :

Inter school essay competition was held in the school. 13 students from various schools participated. Winners were given prizes.

On 'Plantation Day', Mrs. Ila Sharma, President Tatrakshika (A&N) was the chief guest. Each child brought one pot . About 95 plants were planted. Children were told about the importance of our environment.

'Independence Day' was celebrated in the school. The National Flag was hoisted by the Chairman and children presented patriotic songs.

On Raksha Bandhan, teachers applied tilak and tied rakhis on the wrists of the students. On the same day Onam was also celebrated. Rangoli was made with flowers and children were told why the festivals are celebrated.

English Recitation competition was held. About 20 students from each class participated. Such competitions are held to make the children confident and eliminate stage fright.

On the eve of Janmashtami the children participated in inter school competitions held in Chinmaya Mission and Vivekananda Kendriya Vidyalaya.

SAKSHARTA

A Career Counselling Mela "On The Right Track" was organised, where the Director IGNOU interacted with the parents and later informed about career options available to the children.

A visit of EPs ladies to the Head Post Office was organised to apprise them about various saving schemes, speed post, e-post, tax benefits etc.

Tailoring, Beauty Treatment and Machine Embroidery courses were conducted in the Welfare Centre.

A painting competition, poem recitation and a fancy dress competition were conducted for children to remove stage fright and encourage their self – confidence.

SNEHA

As part of its philanthropic activities, CGWWA regularly conducts activities in coordination with various Non Governmental Organisations. The activities range from sponsoring childrens' education to conducting educational lectures.

CGWWA is sponsoring the tuition fees of one poor child named Janiab Khan studying in Nursery class in the Jingle Bells Kindergarten for the academic session 2007–08.

CGWWA, along with CRY India, an NGO, undertook the task of distribution of rations to slum areas of Port Blair. 50 children up to age of one year were targeted and were provided with nutritious diet (Cerelac).

Children from the Multiple Rehabilitation Centre demonstrated their talents like singing, dancing, skit, etc on Doordharsan, Port Blair. This event was co-ordinated by CGWWA.

An awareness programme on “Personal Hygiene & Aids”. was conducted for domestic servants employed in CG Residential Area.

SRISHTI

CGWWA organised the Green India Drive on 08 Jul 07 under which massive drive for tree plantation was conducted in different areas in Coast Guard Enclave. The Best Courtyard competition was conducted in the month of Oct 07 in which the ladies participated enthusiastically.

SURAKSHA

CGWWA is also looking after the widows of the CG personnel by providing them annual monetary support for their school going children.

SANJEEVANI

CGWWA conducts regular health workshops and lectures. These include lecture on snake bite and elaborate demonstration on the actions to be taken as part of the first aid in case of snake bite. An exhaustive display of pictures and slides formed part of the lecture and the information imparted was appreciated by one and all. Besides this, lectures on general health, handling of children, AIDS and personal hygiene were also conducted during the year.

ASSOCIATION WITH DWWA

The association of CGWWA with the DWWA is very healthy in the region. Coffee evenings and coffee morning are conducted regularly. They are attended by the Coast Guard ladies also. The last coffee evening was conducted by the Coast Guard with the theme of Club Culture. The function was attended by all the ladies in large number.

DWWA conducted a self management workshop for EPs ladies. This workshop guided them about time management, stress management, health and house management and various other aspects of day to day life. The aim of this workshop was to make the EPs ladies self reliant.

As part of the DWWA Health Programme, the health member visits the Naval hospital 'DHANVANTRI' weekly and enquires about any requirement or any problems of the ladies admitted in the hospital. Special emphasis is laid on meeting and distributing gifts to the new born babies and their mothers. The young mothers are advised and guided on child care and child vaccination programme by the health member during these meetings.

The health card made for all the ladies of the region ensures maintenance of the complete record of health of all the members and can be utilised in case of any emergency.

A three day counselling workshop for senior ladies was conducted by DWWA which included the basics of counselling, counselling skills, stress related disorders and their management, domestic violence, early detection of psychological problems and prevention of suicide and alcoholism.

DHQ 9 & DHQ 10

The CGWWA organization is also active at Coast Guard District Headquarters -10, located at Campbell Bay and Coast Guard District Headquarters - 9, located at Diglipur.

At Diglipur CGWWA is running a beauty parlour at nominal rates for the civilian and service ladies. In addition, stitching and embroidery classes are also undertaken for EP's Ladies.

At Campbell Bay, besides conducting computer classes for children and embroidery classes for ladies, CGWWA is actively involved in day to day running of the Coast Guard Public School.



CGWWA AWARDS

It is said that nothing succeeds like success and indeed there is no greater reward than appreciation of ones well earned success. CGWWA applauds and congratulates all the young achievers of the Coast Guard fraternity, confident that they will one day touch the skies with glory.

LIST OF AWARDEES

DELHI

<u>Sl.</u>	<u>Name</u>	<u>Class</u>	<u>%age</u>	<u>School</u>
1.	Rini Sharon	VIII	94.8	KV Chennai
2.	A Anusha	X	90.4	KV Noida
3.	Anupama Singh	X	94.6	KV Noida
4.	Shalaka Singh	XII	95.0	Amity International School Noida

WESTERN REGION

MUMBAI

1.	Rajni Pandey	VIII	96.0	KV Antop Hill, Mumbai
2.	Sonika	VIII	96.0	Mukul Siksha Niketan, Dhani, Mahu, Bhiwani
3.	Rajan Paney	IX	92.0	KV Antop Hill, Mumbai
4.	Aman Kumar	X	89.87	KV IIT Powai, Mumbai

VADINAR

1.	Benoy Benny	X	89.6	BMM Eng Med SR School,,Pothenpuram, Kottayam
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DAMAN

1.	Nikhil Yadav	X	89.6	CGPS Daman
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GOA

1.	Bablu Bharti	VIII	90.8	KV Vizag
2.	Anupriya	IX	93.2	KV2,104 Area, Vizag
3.	Sankalp Sharma	X	95.8	NCS Goa

MANGALORE

1.	Priyadharshini	VIII	86.0	KV Thirumangalam, Anna Nagar, Chennai
2.	Rohan Baadker	IX	88.0	KV 1, Panambur, Mangalore

3.	Padmaraj	X	85.44	Sri Narayana Guru English Medium School, Mulki, Mangalore
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KOCHI

1.	Kavita Yadav	VIII	91.2	KV 1 Colaba Mumbai
2.	Sheshav Yadav	IX	86.2	KV 1 Colaba Mumbai
3.	Aadhira	X	93.3	KV Meenaambakam, Chennai

BEYPORE

1.	Ashwin Menon	XI	88.1	KV 1, Calicut
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EASTERN REGION

CHENNAI

1.	Preetam Sharma	VIII	96.5	KV Chennai
2.	Julee Chaudhry	IX	89.6	KV Chennai
3.	Taran Preet	X	91.8	KV Chennai
4.	Heena Kausher	XII	90.6	KV IOC Haldia

HALDIA

1.	Zafar Iqbal	VIII	86.6	KV NO.1 Port Blair
2.	Keya Madhukar	IX	91.4	Visaka Valley Vizag

PONDICHERRY

1.	Akshay Sexena	VIII	91.2	KV IIT Campus, Chennai
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MANDAPAM

1.	G Balakeerathi	IX	85.4	KV Mandapam
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VIZAG

1.	Anjali	VIII	93.5	KV Chennai
2.	Shilpa	X	88.2	KV2 Port Blair
3.	Anju	XII	87.0	NPS, IIT Powai

A & N REGION

1.	Himanshu	VIII	94.26	KV 2 Port Blair
2.	Ashutosh Kumar	X	94.0	KV 1 Port Blair
3.	Hamsavalli	XII	89.0	Vivekanand Kendra Vidhyalaya, Port Blair

TÊTE À TÊTE

- **Mrs. Thrity Contractor, could you tell us about your introduction to the Armed Forces?**

I was introduced to the Armed Forces only after my marriage. Coming from a civilian background, without any idea about the Navy, I was at first totally overwhelmed with all the naval jargon, the customs, uniforms, ranks, not to forget the do's and don'ts, and other social expectations. In short I was totally "at sea". But with the help of friends who taught me the ropes, I soon settled down to life as a Lt. Cdr's wife.

- **What were your earlier experiences like?**

Well, life in the Navy was certainly very different and exciting. Every third day there was some event or the other. VIP visits, ships anniversaries, sporting events, welcomes, farewells and so on. There was never a dull moment. But behind this façade of fun and games, the work culture was serious and very professional. Perfection was the bottom line. There was no room for frivolity or "chalta hai". Things had to be just so, even on the home front. Trained as they are to face any challenges head on, our husbands expect us to do the same, ie, to tackle all tasks independently and rise to the occasion, whatever it may be, without any fuss.

I realized that for men in uniform, their duty and service took priority over family, and I too like others around me, took things in my stride and got used to managing home and family on my own.. Luckily, there was an excellent support system of friendly neighbors and we all helped each other.

- **What do you think are the strong points of life in the Services?**

There are many plus points to a Service life and I shall not dwell on the obvious issues of living in interesting places or our active social life, free medical facilities, comforts of cantonment living... etc. To my mind, the best thing about Service life is the strong bonding and the camaraderie that we share, living together as a family, despite our diverse faiths, cultural backgrounds and beliefs. In the Armed Forces, the word 'family' is not restricted to blood relatives or in-laws, but includes course mates, shipmates, colleagues in squadrons, regiments et al.

The other is the discipline and ethos of the Armed Forces that provides a safe, secure, clean and stimulating living environment which helps an individual realize his/her potential.

We also have the opportunity to interact with eminent personalities from all walks of life, as well as foreign dignitaries, artistes, statesmen and politicians.

Lastly, Service regulations with frequent transfers, constant adjustments to changing situations and environment, the rigors of managing home and family single handedly are all great challenges that we learn to overcome. When viewed in retrospect, it is these difficulties that have made us Service wives and our children confident, strong, capable, accommodating and broadminded.

- **How important are the wives welfare organizations in the Armed Forces scheme of things?**

All wives welfare organizations provide a vital link between the Service and families of the men. They provide a support system as well as a contact point for interaction and friendship between the ladies of all ranks, in a particular station. They also help them understand the ethos and compulsions of the Service, and appreciate their spouses better. This results in better working relations and morale for the men..

By conducting varied educational, cultural and vocational programmes, they empower the ladies, providing them with all the skills needed to be independent in case of untimely widowhood.

- **How do you see CGWWA in terms of its contribution to society?**

CGWWA's main contribution to society, would be mainly through its educational, vocational and outreach programmes. Our KG schools are much sought after in big cities and small towns alike. The Adult Literacy classes are open to all and have benefited many ladies outside the Coast Guard community. Long and short term vocational courses are used extensively by wives of civilian employees, who sell their handmade products through the Sanchita shops .Reaching out to help victims of natural calamities, conducting free medical camps in remote areas and supporting other social service organizations on a regular basis, form part of CGWWA's positive contribution to society.

- **What advice would you give to young wives who have just joined the Coast Guard family?**

I doubt if a new bride would want any more advice, but nevertheless I would tell her to savor everything that a Service life has to offer and enjoy the experience. Try and integrate into the system by keeping an open mind and a positive attitude. The wife holds an important position in service culture and a lot is expected from her. But she is also accorded great respect and treated with utmost courtesy. Respect Service rules without complaining or criticizing. Accept change cheerfully. Don't shy away from transfers and postings to unheard of places. Every place has its own charm and life in remote little towns can be interesting and memorable.

Stay together as a family. Long distance marriages are only half the fun. Giving up a well paying job is difficult, but different career options are always available, and luckily Service wives do have an edge over others in the job market. Avail of all the facilities provided, enhance your skills and develop your personality, but also remember to give back something in return, your loyalty and time.

Enlist as a volunteer with CGWWA and help out in whatever way you can. Social work is deeply satisfying and you will learn a lot, mainly about your own self, your talents and your strengths. You will also make friends who will guide, entertain and help you when your husband is away.

- **Do you feel your long association with NWWA and then with CGWWA have made a difference?**

Oh Yes! NWWA certainly made a big difference to my life. As a young wife, I would, along with my friends, attend coffee mornings for the fun of it. They were enjoyable and we always learned

something new. Much later, I joined the committee as the Treasurer. I learned not only how to maintain NWWA accounts, but also many things about the Navy, its structure and ethos.

Over the years, with subsequent transfers, I was coordinator for Welfare, Playschools, Widows, Health, Entertainment, and Communication. I also learnt how to organize events from coffee mornings to picnics and AGMs to Husbands Nite. My direct involvement in the organization helped to dispel earlier misconceptions, and I came to respect NWWA and all that it stood for. The wealth of experience, and the confidence I gained there helped me to take on the responsibilities of CGWWA, as President Tatrakshika.

● **What do you like best about CGWWA and the Indian Coast Guard?**

Being at the helm of affairs, both my husband and I have had the enviable opportunity to travel across the country and visit all the Coast Guard stations dotted across India's coastline. The diversity of our nation, in terms of landscape, climates, vegetation, people, languages, culture and so much more, has awakened in me a deep respect, understanding and love for this great country and its people. I feel very proud to be INDIAN.

- Interviewed by Editorial Team



Women are the books, the art, the academies, that
show, contain, and nourish all the world.

- Shakespeare

“Women are the poetry of the world in the same sense as the stars
are the poetry of heaven - clear, light-giving, harmonious, they are the
terrestrial planets that rule the destinies of mankind.”

- Hargrave

WHAT IS IN THY NAME?

Excited I felt, when a copy of URMI-06 was in my hand. Excitement stemmed from the fact that having a personal copy (for the first time) meant leisurely read without the compulsion of ‘**pass it on to the next**’ phenomena. Read I did, and enjoyed the fruit of sincere efforts of writers, compilers and editors. The year rolled by, I found myself ejected from the comfort zone of the readers to be a part of the responsible team of editors of **URMI**. Finding myself in a position like this compelled me to start from scratch and hence I began from **THE URMI - "What's in thy name?"**

URMI means wave. Hence a perfect co-relation between the guardians of seas and URMI is comparatively easy to be found. The energy of the relentless ocean waves crashing on the shore can be best understood by ‘Coast Guardians’. But my mind delved further - ‘Waves’ – aren’t they akin to the force of life which also constantly strives to surge ahead despite all odds? Yes, I feel the very core of life is a wave. The drama of smiles and tears, pain and pleasure, love and hatred, success and failure, honour and disgrace, creation and destruction and life and death are nothing but the crests and ebbs of the roller coaster ride that we all are so well versed with.

This undulating motion is what makes life go on. The remorseless regularity with which the daily chores confront us between the sunrise and sunset are also manifestation of the wavy character of our life cycle. More I allowed my thoughts to probe, the more I found myself entrenched in the belief that waves are the true reflection of life.

URMI – the waves –will only surge ahead relentlessly for ever.

- Mrs. Babli Chakraborty (Delhi)

LAUGHTER THE BEST MEDICINE

- A child asks his mother : How was my little brother born?
She answers : First came the head, then the little hands and then the little feet.
So the child says : And when did you put him together?
- His maths teacher saw that Davis was not paying attention in class. “Davis! what's two, four, twenty-eight and forty-four”? she asked.
“Pogo, MTV, HBO and the Cartoon Network”.

I, MONKEYS AND MY WIFE'S GOLD CHAIN

Life sometimes throws up strangest of coincidences. However geriatric, as a saying, this may sound with respect to the rhythm of the modern world that we have gotten so much used to, but, believe me, it is true. Therefore, I don't think we can allow this fact to lie in languishment for long because it keeps bouncing back, as if to prove a point. And then we, the circumspect, fact and logic infused intelligentsia, who had coolly forgotten its existence, get up and roar, "oh what a coincidence!" "I told you so". But once over, again the synchronized cacophony of a predictable life takes over. It is kind of weird, but one that is true, like all other weird things.

Pressed hard for being laconic & concise, let me hop on straight to the point. Let me narrate a **true story**. A little over a decade ago, just married and tamed from recklessness, post recital of a few incoherent and repetitive hymns of a disinterested looking priest, I decided to show off the nearby natural beauty to my wife. So one evening, a week or so after the avowal to swap celibacy for proliferation, both of us drooled out of my house on my father's Bajaj Chetak, attired formally, me in a shirt, coat and trousers and she in a sari and a few chains and other ornamental trinkets.

I remember, we had headed for a nearby place called the Silisehr Lake that is located close to my house on the outskirts of my hometown, Alwar. The lake is surrounded by a rather ambitious mountainous patch of the otherwise old and tired Aravali mountain range, seemingly in its last lap of life after beginning with a promising start at Mount Abu about 300 kilometers south. It was a more than a perfect spot for the just married couple. With a panoramic view of the lake from the hilltop located RTDC (Rajasthan Tourism Development Corporation) hotel terrace, and plenty of solitude pushing up together (the biting late December cold being only the secondary reason), we really enjoyed ourselves. Now, until here was rhythm. Then, at the end, while I was busy tilting the Bajaj Scooter in that signature sort of way just before kick-starting it, and my wife was trying to unwrap a chocolate that I had gifted earlier, a monkey suddenly appeared out of nowhere, perched momentarily on my wife's shoulder, snatched and vanished with the prized catch – the chocolate. Had it been any of those girls whom I flirted with earlier in life, I wouldn't have been so much annoyed for such an attack, but, come on, a monkey, of all things...? I found myself, funnily enough, muttering abuses and controlling my language at the same time, in front of my wife. Concern and anger revolted within me, until she intervened and said it was okay. Since all that we had lost was just a chocolate, we got over the shock soon enough. Anyway, the trouble began when we reached home and my wife quietly, and politely (things were different then) ushered me inside and declared that her gold necklace was missing from her neck.

It didn't take us long to realize that it might have fallen off somewhere on our way home. Damn these roads, I cursed before rushing back but couldn't find it. So we declared the news to my parents. My mother, being religious, was worried, as it spelled bad omen. I and my father were worried because the ladies of the house were worried. A couple of hours dragged on and while all of us were busy raising each other's morale by quoting Murphy's Law and blaming his just manufactured tribe to facilitate the innocuousness of the mishap, a mysterious telephone call from the RTDC Manager

raised our hopes. Another fifteen minutes later, a couple of gentlemen arrived at our house and returned the necklace after meeting us and establishing positive identification. We too identified them. We had crossed their car on our way back as they were throwing bananas and an army of monkeys were busy looting on the road. It was a usual spectacle that happened every Tuesday; it happens even today. For us they were God sent.

I still remember one of them – we had learnt just then that he was the largest gold jeweler in the town – saying that on his way, he had noticed a monkey coolly sitting on the side of the road with something shiny in its hand. Carefully, he bartered the item with a banana. The monkey hesitated only for a second, seeing clear cut profit. The item was my wife's necklace which apparently the monkey had snatched along with the chocolate. The RTDC Manager helped them with our contact details. Now, don't you think, there is a riot of coincidences here?

- Commandant Kulpreet Yadav (Delhi)



THE SILVER MOON

When the night falls
I look up to the sky
A shiny thing
Shines and glows
But to me it looks like a ball

At times it's a ball
Some time it's a boat
People call it a face
To me it shines and gazes

I ask my papa
I want the moon
He says study well
You will go there soon
It's a wonderful thought
I will grow up and become an astronaut



- Palakshi Nautiyal (East)

EMERALD ISLES

The Emerald isles, a veritable garden of Eden and a naturalist's dream.
Why only a naturalist?
If the sight of blue skies fills you with joy
If a blade of grass springing up in the fields, has the power to move you
If the simple things of nature have a message you understand
Rejoice, for your soul is alive.

Discovering this idyllic place, I found myself filled with a yearning to linger here
Where time stands still and beauty overwhelms.
The ocean cold, and wild the surf
Rushing in to overwhelm the beach
The wind stinging my cheeks
Enveloping me in joyous streaks

Topographically, tropical jungles alternate with vast stretches of virgin beaches. The
hills are fringed with coconut palms.
The coconut palm on a beach grew
Young winds feeding it with silver dew
It opens its fan like leaves to the light
And closes them beneath the kisses of the night

The flora and fauna of these islands is an endless feast for the eyes.
The tulip and the butterfly
Appear in gayer coats than I
Let me be dressed fine as I will
Flies, worms and flowers exceed me still

Snakes ,leeches , centipedes, crabs and the stark green lizard, on first sight startle the
wits out of you. But once when the beams of my car picked a glistening, slithering
snake on a rainy wet night in the middle of the road, devouring a frog; I just sat
transfixed awed by its terrible symmetry.
Did he who made the ivy make thee?

The Dugong or the Sea Cow is endemic to these waters. But alas it is an endangered
species now.
The corals abound in colourful hue
A riot of shades to the water anew
Plundered, scavenged; lights have dimmed
A losing battle to the two limbed

The play of colours in the ocean waters
Azure turquoise beige a prussian blue
It easily outwits a heavenly rainbow hue

The Ross island and the Cellular jail stand testimony to the horrors and grandeur of
the British times

Each one has a story to relate
Etched clearly on their slates
Two faces of man they expose
A paradox carved and froze

Sociologists intrigued by the tribals in here (Jarawas and Ongies) travel distances to
study their habits and habitats
There is pleasure in the pathless woods
Rapture on the lonely shore
A society where none should intrude
They are happy in their lore

The Barren island has violated its very character
It spews and spits golden flames
Don't you barren claim
Its alive o' very much so
As it shudders and heaves so

The islands 'Rock' now and then since the big Rock and Roll (Tsunami)
It sends a shudder up the spine
Stories, horror lament unfolds
The mighty terror left a hold
Life anew beats along
The indomitable spirit sings a song

Devoid of malls, skyscrapers and other artifice
Great things are done for the soul
When man and nature meets (God's art gallery).
Which is not possible when jostling in the streets

I like a wee child, lost in this wonderland
Where there is a sermon in every stone
Voice of angels in the twittering of birds
A song in the rippling water wave
A universal symphony indeed
Life exempt from public haunt
The ultimate succour for my soul

- Jugneeta Sudan (A&N)

MY PET

My excellent marks won me a bet
My father promised to buy me a pet



So, we went searching to kennels and cages
And found pets of all sizes and ages

Some were black and some were brown
Those not happy, wore a frown

The dogs were hot and the cats were cool
The parrots and Myenas could be taken to school

The kittens were cunning and gave me a shrug
The pups showed affection and asked for a hug

Since we had decided, the pet will be called Yuppy
Me and my dad bought home a puppy

- Rohan Raman, Class V

Ha! Ha!

Vijay : "My wife is ill. The doctor gave her an antibiotic".

Vivek : "My wife is sick too. Only her disease is excessive shopping. She needs an antibuyotic".

BLAME ME

If you think I'm pushing you to bring out your best-blame Me!

If you are resisting the changes you know, you must make-Blame Me!

If you don't want to meet some of the deadlines you are facing- Blame Me!

If you are afraid to take a risk because it might not work –Blame Me!

If you find yourself avoiding accountability –Blame Me!

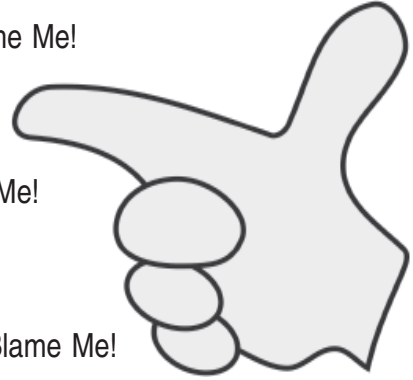
If you are usually late and miss needed information – Blame Me!

If you take the easy way and lose – Blame Me!

If you aren't prepared for an advancement and don't get it – Blame Me!

If you consistently devote most of your time to low priorities – Blame Me!

If you are too tired to meet your daily responsibilities – Blame Me!



Then, when all of the blame is transferred to me, you can ask yourself, “Why isn’t Roger making things better for me? Isn’t he strong enough, smart enough, or influential enough? If not-why no?”

Blame me if you want to. But please, when your life improves in the long term, take the credit yourself because only you could make it happen. As for me – my reward will come from helping you.

- Dy Comdt Arun Singh (A&N)

Say Cheese...

- A patient called his dentist for an appointment. “Sorry”, said the dentist. “I don't have time. I have 18 cavities to fill.” With that, he put down the phone, picked up his golf bag and left the clinic.
- A sign in a dentist's waiting room: “God gives us two sets of teeth. The third set has to be paid for”.

मेघ



चमक उठी बिजली बादल में, कड़क-कड़क कर शोर हुआ,
उड़ चला फिर मेघ, घुमड़ कर पानी चारों ओर हुआ।

हवा बह रही ठंडी-ठंडी, बूँदें तिरछी गिरती हैं,
पूर्व से जो छँटी घटाएं, पश्चिम जाकर गिरती हैं।

काला कंबल ओढ़े, वन में भीग रहा है चरवाहा,
गैया भीग रही हैं उसकी, भीग रहा है हलवाला।

मुन्नू का वह बना घरौंदा, टप-टप-टप-टप चूता है,
नाली में वह बहा जा रहा जाने, किसका जूता है।

नाच रहे हैं भरे खुशी से, मेढक टर्-पों बोल उठा,
एक साल के बाद आज फिर, चातक का मन डोल उठा।

मुन्नू, चुन्नू, मोहन, रघु सब पानी में हैं खेल रहे,
सब कागज की नाव बनाकर, धारा में हैं ढकेल रहे।

– आनंद मुदलियार (दिल्ली)

किस्सा भूगोल के प्रश्न का

हे प्रभू इस दास की इतनी विनती सुन लीजिए।
मार ठोकर, मार ठोकर नाव मेरी पार ही कर दीजिए ॥

क्या करूँ इतिहास के किस्से सताते हैं मुझे।
स्वप्न में भी ख्याल दिख जाते हैं मुझे ॥

भूगोल में एक प्रश्न था गोल है कैसे धरा।
मैंने भी लिख दिया प्रतिफल उत्तर यह खरा ॥

गोल है पूड़ी, कचौड़ी, रसगुल्ला जलेबी गोल है।
गोल है पापड़, रोटी भी हमारी गोल है ॥

इसलिए सुन लीजिए गुरु जी यह धरा भी गोल है।

झूम उठे गुरु जी इस अनोखे ज्ञान से।
उन्होंने कापी पर लिख दिया शान से ॥

ठीक है बेटा गोल है स्याही की दवात और चाक भी गोल है।
गोल है लेखनी हमारी और नम्बर भी तुम्हारा गोल है ॥



– के.पी.एस. तोमर (अं. एवं नि.)

HOME ALONE

No this is not the fourth sequel to the movie by the same name but my own edition.

Somehow I've always been excited at the prospect of being Home Alone. Something that turns the adrenalin on. The things that one can do when Home Alone.

Setting aside the frenetic week-end, let's just visualize a typical Monday morning in a woman's life. What a luxury! The man of the house has just left. (Shedding all his baggage, remember?) Kids are all off to school. You have the entire house to yourself. You first take in this luxurious feel, spending a few relaxed moments. And then you start your day. Your actual day, I mean. On your own terms, at your own pace. Wonderful na?

Step in, **Housewife**. Ever since realization has dawned, I've always wondered why so many of us, when queried 'Are you working?', promptly reply 'No, I'm a housewife.' On second thoughts, don't you agree that it's not only erroneous but quite crazy too? If only we were to remind ourselves of the near 24x7 multi-tasking that we could do when the situation demands, we would instead respond to such a query by emphasising, 'Yes, I'm a housewife.'

So now as the morning advances on this said Monday, the antiquated housewife makes room for the **homemaker**. She gets down to brass tacks, restoring her house into a home, dealing with all the nitty-gritties of keeping her home functional. She gets not only the rooms of her house but also the 'rooms' of the upper decks of her being in order. Meditation or yoga, prayer or introspection, call it what you will. It is your **Time Alone** that builds you up, edifies you. It is this invaluable space that helps prop you up as the pillar of strength, the waste disposal outlet, the boxing-pad, or whatever it is that your loved ones look out for. It is this space indeed that helps one in making a house a home. Isn't home where the heart is? Isn't home, not only where you live, but where they understand you?

Did I say I've always been excited at the prospect of being Home Alone? Well, not really. As the noon progresses the excitement wanes. One look at the clock and I'm excited at the prospect of being joined by loved ones in a couple of hours. So I need to get my act together. It's time now for the **Domestic Engineer** to take charge. Supper and strategies innumerable need to be 'designed', various plans are orchestrated.

Making the best of resources at hand, of time and energy; of moods and preferences arid of idiosyncrasies and limitations, one sets about to re-create the ambience for Home Sweet Home.

- Nita Abraham (Delhi)

MY VISIT TO HEAVEN

I dreamt that I went to Heaven and an angel was showing me around. We walked side- by-side inside a large work room filed with angels. My angel guide stopped in front of the first section and said, "This is the receiving section. Here, all petitions to God said in prayer are received".

I looked around in this area, and it was terribly busy with so many angels sorting out petitions written on voluminous paper sheets and scraps from people all over the world.

Then we moved down a long corridor until we reached the second section. The angel then said to me, "This is the packing and delivery section. Here the grace and blessings the people asked for are processed and delivered to the living persons who asked for them."

I noticed again how busy it was there. There were many angels working hard at that station, since so many blessing had been requested and were being packed for delivery to Earth.

Finally, at the farthest end of the long corridor, we stopped at the door of a very small station. To my great surprise, only one angel was seated there, idly doing nothing. 'This is the Acknowledgement Section' my angel friend quietly admitted to me. He seemed embarrassed.

How is it that there's no work going on here? I asked

"So sad" the angel sighed, "after people receive the blessing that they asked for, very few send back an acknowledgment. "How does one acknowledge God's blessings?" I asked, "Simple" the angel answered" just say, "Thank you, Lord" "What blessings should they acknowledge?" I asked.

"If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep... you are richer than 75% of this world's population. If you have money in the bank, in your wallet, and can spare change in a dish, you are among the top 8% of the world's wealthy."

"And if you woke up this morning with more health than illness... you are more blessed than the many who will not even survive this day".

"If you have never experienced fear in battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation.., you are ahead of 700 million people in the world."

"If you can attend a place of worship without the fear of harassment, arrest, torture or death... You are one of the blessed people in the world."

"If you can read this message, you just received a double blessing in that someone was thinking of you as very special and you are more blessed than two billion people in the world who cannot read at all."

"Have a good day, count your blessings, and remind everyone else how blessed we all are."

Attn: Acknowledge Dept: "Thank you, Lord, for giving me the ability to share this message and for giving me so many wonderful people to share it with"

- Rima Davis (West)

P'NJAAB AIRWAYS

Morning, Ladies and Gen'lemen. P'rajee aur Behnjee.

Sasri Akal.

On behalf of Captaan Balbir Singh 'Bobby' this is your Flight Supervisor Banta Singh "Bunty" welcoming to you on the P'njaab Airways flight no 9211(Nau Do Gyaraah) to Ludhiana.

We apologize for the two day delay in taking off, because the sun was not shining brightly in the fog. And we know the sun does not shine in the night. Landing in Ludhiana is not definite, but with good luck we can be landing directly in your V'llage. P Airways has excellent record for safety. In fact our safety standards are so high that even the fully trained tarrists and hijackers are afraid to fly with us. I am pleased to enounce that starting this year over 90% of our passengers' have reached to their destination. For the rest 10% the P'njaab airways staff has lots of experience for consoling the next of kin. Our hostess Bubbly Kaur will be happy to brief you on our out of court settlement policies. If engines are too noisy, on P'ssaingers requests, we can turn them off for comfort, but your flight will became late and you may become the late. Also for our religious P'ssaingers, we are the only airline who can help you to contact god at once. In case of sudden loss of cabin pressure, holy books will be quickly distributed. We regret that today's in flight movie will not be shown as we could not record it from the tally vision due to power cot. But we will be flying right next to air India, where their movie can be seen from the right side cabin windows. These windows have been opened for your viewing convenience. For Passengers on left side, we have put binoculars under the seat.

If Air India flight is again cancelled, then for your in flight Ent'tainment. Bubbly Kaur & Cuckoo Kaur will do the Bhangra with flight, stewards Pappu and Tappu.Oye, Balle Balle.

Your in flight Menu has a choice of Chicken Tikka Masala, Tandoori Fish, Dal Makhani, unlimited P'ronthas and Lassi. There is a half charge for red label whiskey served from black label bottles. Patiala pegs will be served only on Patiala flights. As per safety rules, smoking is not allowed on all P'njaab airways flights over P'njaab. Any smoke you see in the cabin is only the early warning system on the engines. Please do read the structions on the safety card in seat pocket in your backside. Life jackets are placed under your seats for emergency water landings on any of our 5 rivers. Do not use life jackets on the land. Kindly keep your seat in upright position for take off & landing. Also do not use force. Broken seats will not be replaced and you will be tied to the floor during take off and landing.

Please be seated first and then fasten your seatbelts. Do not call for steward or airhostess for a glass of water when plane is taking off. We are about to take-off. We wish you a pleasant flight. For air sickness problems we have echo friendly jute bags in the seat packets.

Thanks you once again for flying with P'njaab Airways

- Compiled by Harnek Singh (West)

A LESSON LEARNT

Sandy looked up with a worried frown. He searched his pocket, pulled out a few coins and disgustingly pushed them back again. Within two weeks he had finished his pocket money yet again. His father's warning echoed, "This time you will not get additional money." Sandy was never happy with his monthly allowance. His parents took care of all his needs, and gave him a fixed amount for eating out buying cassettes, ice cream and soda at the school canteen, but Sandy was always cribbing for more.

"You don't give me enough money to spend, see that meagre amount got over in just 17 days and believe me Dad I did not go overboard".

"But son, why do you eat out every day? Try relishing the nutritious lunch your mother packs for you."

"Don't be a miser dad; a burger costs just 10 rupees."

"And what about that soft drink, another 10 rupees? Your pocket money is over by the 15th of every month and ..."

Sandy left the room in a huff, banging the door behind him.

Mr. Kapoor, his father, was shocked at his son's unruly behavior. He turned to his wife with disbelief. "Sudha, did I say something nasty to Sandy, why did he behave like that?"

"I think his pocket money is enough, it is just that he is careless and extravagant. He needs to understand the value of money."

"Oh Sudha, I hope you don't have a sermon in mind, you saw the way he reacted."

"No nothing conventional, I'll wait for him to cool off and then discuss my plan in the evening."

Sudha always got her way with us but this time I had my misgivings. In the evening she breezed into the living room and announced that we ought to go out for dinner.

Sandy's gloomy face immediately brightened and within minutes we were heading towards the club.

A plan was devised for Sandy and he was to work for the extra money he demanded every month. Sudha explained, "You will have to help out in daily chores in order to gain points and for every ten points, you will get rupees fifty besides your regular pocket money and you can do anything with your earnings."

Sandy quickly exclaimed, "The American way? I don't mind Mom, Its cool, Tell me more."

"On weekends, you wash the car both inside out and get ten points which means fifty bucks straightaway."

Sandy started calculating, "A Pepsi, burger and French fries-I don't mind at all."

“For watering the plants or helping out at home you will get two points each and once you reach the total of ten you will get fifty rupees again. In short for the rest of the month you will have to earn for yourself. Do you think you can do it?”

“Great idea Mom, when do we set the ball rolling?”

“Tomorrow. Its Sunday, you may start work.”

Sunday morning Sandy was up and about. One hour of cleaning earned him rupees fifty. He was thrilled but tired. He slept after lunch and woke up to finish his home work just in time. The weekend passed quickly. Monday morning, he woke up to water the plants, before rushing off to school. For lunch he had a burger and a soft drink. Gosh! He was left with only twenty five rupees. For the rest of the week he could buy just a small bottle of Pepsi every day. He would have to settle with mamma’s nutritious recipes. It was difficult. But he had to prove himself. By Friday, he could just manage 15 points, meaning seventy five rupees.

On Saturday morning, he groaned when he saw the car. It required washing.

“How could Dad do this to me?” he mumbled to himself. “I have my home work and project work too.”

But Sunday evening he was a rich lad, with 175 rupees in his pocket.

“Sandy, what will you do with this money, why don’t you take us out for a movie?”

At this Sandy exclaimed, “Mom this is my hard earned money. I can’t dole it out like that. I’ll think about it next week.”

That night Sandy couldn’t help thinking. Yes, he had learnt the value of money because he realized that it was so hard to earn. He now decided to spend his pocket money judiciously. Next morning, he left his hard earned money at home and happily munched at the delicious burger which his Mom had prepared with a dash of love.

- Geeta Yadav (West)

☆ ☆ ☆

MORNING THOUGHT

Start your day with good thoughts ...

If you want something you never had, do something you have never done.

Don’t go the way life takes you.

Take life the way you want to go.

And remember you are born to live and

Not living because you are born.



- Master Abhishek Singh (West)

TRUTH ABOUT FEELINGS, LOVE & EGO

Once upon a time there was an island, where all the feelings lived together
One day there was a storm in the sea and the island was about to sink
Every feeling was scared but Love made a boat to escape
Every feeling boarded the boat. One feeling was left out
Love got down to see who it was
It was EGO

Love tried and tried but ego wouldn't move. Also the water was rising
Every one asked love to leave him and come into the boat, but love was made to love
At last all the feelings escape and Love died along with ego on the island
Love died because of Ego

The reason that ego and love are not compatible comes down to this:
You cannot take your ego into the unknown, where love wants to lead
If you follow love, your life will become uncertain, and the ego craves certainty.
"If you create any open space within yourself, love will fill it"



- Bhupendra Singh (A&N)



WHY DO WE LIGHT A LAMP

Everyday we light a lamp before the Lord-before dawn and dusk.
All the auspicious functions commence by lighting a lamp. Every
generation questions this practice and asks why we light a lamp.

All of us believe that there is some divine power in this world. Light
symbolizes knowledge. Light is the illuminator of knowledge. Knowledge
removes ignorance as light dispels darkness. So we light a lamp and
bow to knowledge which is the greatest wealth.



- Mrs. Chitra Chafekar (West)

गर्भ से बच्ची करे पुकार

चाहे गर्भपात करवा दो, चाहे मेरा गला दबा दो,
हे मानव मुझे इतना बता दो, कि मेरा कसूर क्या है?
आँखे भी मेरी खुल न पाई, तन बदन ने न ली अंगड़ाई,
मुझे मारने की तैयारी, क्यों हो रही है मेरे भाई?
माँ बाप का मुझे प्यार न देना, चाहे कोई उपकार न देना।
बस इतनी विनती है तुझसे, जन्म से पहले मुझे मार न देना।
बनकर सपना मैं आऊँगी, मुझ पर मैं वारी जाऊँगी,
एक दिन ऐसा आएगा, नाम तुम्हारा मैं चमकाऊँगी



— श्रीमती अनीता (पूर्व)



नारी

नारी है दर्पण और प्रेम संसार की रचयिता
युग नारी कहलाती
गंगा सी पावन और सुचिता कहलाती।
नारी हँसाती है तो करती भी है रोने पर मजबूर
स्वयं हर गम पीकर दूसरों के दुखों को करती दूर।
नारी को दोषी कहने वालों।
अस्मिता पर शक न करो।
स्वयं शिव ने दुर्गा को पूजा,
नारी समान नहीं कोई दूजा,
सुख मिले या दुख मिले
हर कदम साथ दिया,
इसकी ममता भरी छाँव में,
सबने है विश्राम किया।
इसका है हम सब पर कर्ज
सम्मान करना हम सबका है फर्ज।



— कल्पना शर्मा (पश्चिम)

A PLENTIOUS LIFE

Friendship is a reason I welcome
To explore, an abundant reservoir within
And become a living person's pride
Aren't the rules simple to abide?

Let's talk a tale
And share time a while
Follow a trail of best moment
To ride a firm bonded scent.

More we travel together like this
On the wings of time
It will guide us through sorrow
As the pains of one another we borrow.

Let's shun the lonely season
And don't wait for any reason
To capture sunshine everyday
And keep darkness at a firm bay.

Like an early morning dew
In life, let's balance the hue
And without elements of prejudice
Giving I-me-mine a sure miss.

- Mrs. Seema Yadav (Delhi)

JOKES

- Teacher : Which is the longest word in the English language?
Student : Sir, Answer is 'Smile'. Because there is a 'mile' in the word
- Teacher : Which is the most famous war in history?
Student : Sir, my mother one shouldn't discuss home matters outside.
- Owner : Ramu, bring me a mirror, I want to see my face.
(Ramu went and came back without a mirror)
- Owner : Why did you not bring the mirror?
Ramu : Sir, there were many mirrors but I did not find your face in a single mirror.



- SK Singh (East)

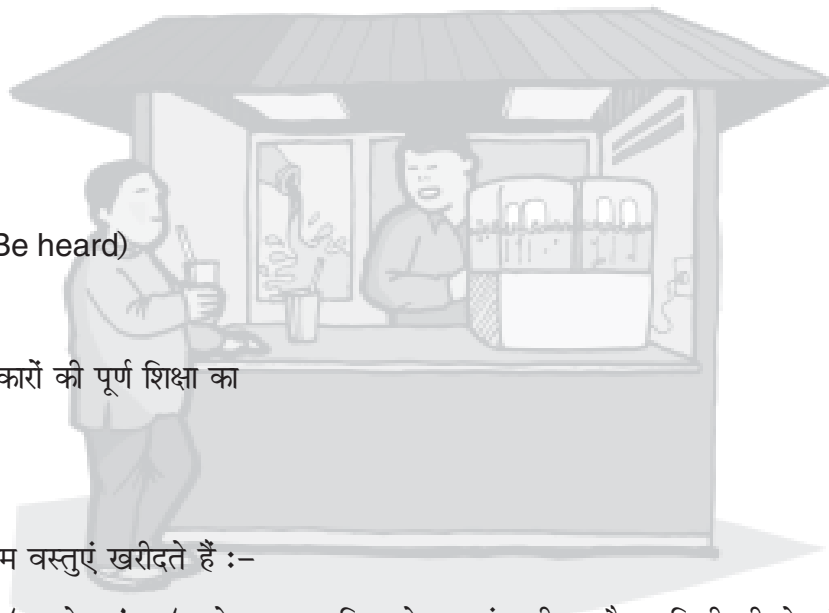
उपभोक्ता संरक्षण अधिनियम – 1986

CONSUMER PROTECTION ACT - 1986

1. उपभोक्ता संरक्षण अधिनियम – 1986 क्यों?

उपभोक्ता संरक्षण अधिनियम इसीलिए बनाया गया क्योंकि हर उपभोक्ता को अधिकार है :-

- (क) सुरक्षा का
- (ख) जानकारी का
- (ग) चयन करने का
- (घ) अपना पक्ष सुने जाने का (Be heard)
- (ङ) निवारण का
- (च) और उपभोक्ताओं के अधिकारों की पूर्ण शिक्षा का



2. उपभोक्ता कौन होता है?

हम सभी उपभोक्ता हैं, क्योंकि हम वस्तुएं खरीदते हैं :-

इस अधिनियम के अंतर्गत 'उपभोक्ता' – 'प्रत्येक वह व्यक्ति जो वस्तुएं खरीदता है या किसी की सेवाएं किराए पर लेता है अर्थात जब हम किसी वस्तु को खरीदने तथा सेवाओं (किसी भी तरह की) के लिए भुगतान करते हैं या करने का वचन देते हैं तो हम उपभोक्ता बन जाते हैं । बिना भुगतान किए सेवाएं इस परिभाषा में नहीं आती'।

3. शिकायत कौन दर्ज करा सकता है?

- (क) कोई भी उपभोक्ता
- (ख) कोई भी पंजीकृत स्वैच्छिक उपभोक्ता संस्थान
- (ग) केन्द्रीय सरकार या राज्य सरकार या केन्द्र शासित प्रदेश
- (घ) दो या दो से अधिक उपभोक्ता (यदि शिकायत एक ही हो तो)

4. कब शिकायत दर्ज कराई जानी चाहिए?

इस अधिनियम के अंतर्गत, निम्नलिखित परिस्थितियों में, कोई भी शिकायत केवल लिखित में दर्ज होनी चाहिए:-

- (क) यदि आपको कोई नुकसान या हानि हुई है (Loss or Damage) जोकि दुकानदार के गलत तरीके का इस्तेमाल करने के कारण हुई है।
- (ख) यदि खरीदी गई वस्तुओं में किसी भी प्रकार का दोष हो।

(ग) जो भी सेवाएं ली गई हो उनमें कमी हो। (Suffer from deficiencies)

(घ) यदि आप से दी गई वस्तुओं का कीमत, यह जानते हुए भी कि कीमत गलत है, अधिकतम खुदरा मूल्य (MRP) से ज्यादा ली गई हो।

5. शिकायत कहां दर्ज कराएं?

(क) जिला फोरम – यदि खरीदी गई वस्तुओं की कीमत या सेवाओं पर मांगा गया हर्जाना 5 लाख रुपए से कम हो।

(ख) राज्य कमीशन – यदि वस्तुओं या सेवाओं की कीमत या हर्जाना 5 लाख रुपये से ज्यादा पर 20 लाख रुपये से कम हो।

(ग) राष्ट्रीय कमीशन – 20 लाख रुपये से ज्यादा।

जिला फोरम प्रत्येक जिला मुख्यालयों में होती है जबकि राज्य कमीशन प्रत्येक राज्य की राजधानी में होता है। राष्ट्रीय कमीशन अभी दिल्ली में कार्यरत है। इस संबंध में 5th Floor, A Wing, Janpath Bhawan, New Delhi से भी पता किया जा सकता है।

6. शिकायत कैसे दर्ज करें?

(क) उपभोक्ता संरक्षण अधिनियम के अंतर्गत शिकायत दर्ज कराने के लिए फ्रीस नहीं देनी होती न ही स्टैम्प पेपर की आवश्यकता होती है। शिकायत को डाक के द्वारा भी भेजा जा सकता है या स्वयं शिकायत कार्यालय में जाकर अथवा शिकायत अपने किसी विश्वास पात्र के हाथों भी करवा सकते हैं।

(ख) शिकायत मिलने पर फोरम/कमीशन 3 महीने के अंतर्गत (अर्थात् विपक्षी पार्टी को नोटिस दिस जाने के 3 महीने के अंदर) निश्चित कर लेता है। यदि शिकायत में किसी वस्तु की गुणवत्ता (क्वालिटी) की जांच करने की आवश्यकता होती है तो उसे प्रयोगशाला/लेबोरेटरी में भेज दिया जाता। ऐसी शिकायत का निर्णय लेने में 5 महीने तक लग सकते हैं।

(ग) शिकायत की 3-5 कापियां की आवश्यकता होती है ताकि सभी संबंधित विपक्षी को मिलें।

7. शिकायत में क्या जानकारी दी जानी चाहिए?

किसी भी शिकायत को दर्ज कराने के लिए निम्नलिखित बातों का होना आवश्यक है :-

(क) शिकायतकर्ता का नाम व पूरा पता।

(ख) विपक्षी पार्टी अथवा पार्टियों का, जैसा जरूरी हो, का नाम व पता।

(ग) वस्तु खरादने का तारीख/सेवाएं कब ली गई इस संबंध में जानकारी।

(घ) कितनी कीमत/फ्रीस दी गई।

(ङ) वस्तुओं की संख्या/वजन/सर्विस किस प्रकार की थी।

(च) क्या शिकायत का आधार दुकानदार या विक्रेता द्वारा गलत तरीके का अपनाएं जाने से संबंधित है/वस्तुओं में दोष है/सेवाओं में कमी थी या कीमत ज्यादा ली गई थी, की पूर्ण जानकारी दें।

(छ) बिल की कापी/वाउचर/रसीद आदि अवश्य लगाएं। इस संबंध में यदि कोई पत्रचार किया गया हो तो अवश्य जानकारी दें या अन्य कोई सबूत हो तो साथ लगाएं।

(ज) अंत में ये लिखें कि आप न्यायालय से क्या चाहते हैं। क्या वस्तु बदल दी जाए या दोष को दूर कर दिया जाए या मुआवजा (Compensation) दिया जाए आदि स्पष्ट करें।

8. **राहत :-** शिकायत सुनने या कार्यवाही पूरी होने के बाद फोरम/कमीशन इस प्रकार के दिशनिर्देश या फैसला दे सकता है :-

- (क) वस्तु या वस्तुओं में जो कमी है (Defects) है उसे दूर करने का आदेश।
- (ख) खराब वस्तुओं को बदलने के लिए आदेश दे सकते हैं।
- (ग) जो कीमत दी गई हो उसे वापस करने के लिए कह सकते हैं।
- (घ) मुआवजा देने के लिए कह सकते हैं बशर्ते कि उपभोक्ता को कोई चोट या नुकसान पहुँचा हो।

9. **अपील :-**

- (क) जिला फोरम के फैसले के विरुद्ध अपील 30 दिन के अंदर राज्य कमीशन में।
- (ख) राज्य कमीशन के फैसले के विरुद्ध अपील 30 दिन के अंदर राष्ट्रीय कमीशन में।
- (ग) और राष्ट्रीय कमीशन के फैसले के विरुद्ध अपील 30 दिनों के अंदर सर्वोच्च न्यायालय में।
- (घ) अपील दाखिल करने के लिए भी कोई फीस नहीं देनी होती।
- (ङ) अपील दायर करने की विधि वही होती है जैसे शिकायत दर्ज की जाती है। केवल इसके साथ प्रत्येक जिला या राज्य या राष्ट्रीय कमीशन के आदेश की प्रतियां लगाना आवश्यक है।

यह उपभोक्ता संरक्षण अधिनियम 1986 का एक संक्षिप्त और सरल रूप है जो आपके सामने इसलिए प्रस्तुत किया गया है ताकि सभी पाठक इससे जानकारी प्राप्त कर सकें तथा इसका लाभ उठा सकें। इसलिए मेरा आग्रह है 'जागो ग्राहक जागो'। अधिक जानकारी प्राप्त करने के लिए संपर्क करें :-

National Consumer Helpline No. is 1800-11-4000

(Between 9.30 A.M. to 5.30 P.M.)

Official Website is www.core.nice.in

– अलका गुप्ता (दिल्ली)

TO OUR BETTER HALVES

I had developed a misconception about myself that after 20 years of grinding in the Navy I am now in a position to just pick up the pen and write a few lines on almost any subject connected to affairs maritime. My confidence was shattered when the opportunity came to write for this **our own magazine**, I must admit that my pen moved frantically over the paper for about an hour without writing a single letter; when in that very moment of disgust and disappointment with self that my better half appeared from the kitchen and our **usual conversation**, that by any standards cannot be termed intellectual, began. By the time we finished our **brief exchange of views** I had received the inspiration to write - **just the right thing for the right patrons** - Dear ladies with due apologies, we men have the following to say...

- ☞ Let us ogle. We're going to look anyway; it's genetic.
- ☞ We don't know what day it is. We never will. Mark anniversaries on the calendar.
- ☞ If you think you're fat, you probably are. Don't ask us we refuse to start another debate. Yes and No are perfectly acceptable answers to almost every question.
- ☞ Anything we said six months ago is inadmissible in an argument. All comments become null and void after 7 days.
- ☞ Come to us with a problem only if you want help solving it. That's what we do.
- ☞ If something we said can be interpreted in two ways, and one of the ways makes you unhappy, we meant the other one.
- ☞ Sympathy is what your girlfriends are for.
- ☞ All good habits in our kids is because of us.
- ☞ A headache that lasts for 17 months is a problem. See a doctor.
- ☞ Our marriage anniversary is our event that in no way suggests that you only get the gift.
- ☞ You can either tell us to do something or tell us how to do something but not both.
- ☞ We guys own just three pairs of shoes. What makes you think we'd be any good at choosing which pair, out of thirty, would look good with your dress?
- ☞ Whenever possible, please say whatever you have to say during commercials.
- ☞ If it itches, it will be scratched.
- ☞ Crying is blackmail.
- ☞ Beer is as exciting for us as handbags are for you.
- ☞ When we have to go somewhere, absolutely anything you wear is fine. Really!
- ☞ If we ask what's wrong and you say "nothing", we will act like; nothing is wrong. We know you're lying, but It is just not worth the hassle.
- ☞ We are the Indian Idols in our bathrooms and we need no Anu Malik to certify this.
- ☞ Shopping is not a sport, and no, we're never going to think of it that way.
- ☞ Believe us our mothers are good souls.
- ☞ OK ! You don't mention SRK's six pack abs and we won't talk of Aishwarya at her age.
- ☞ We all men share the opinion Ekta Kapoor agar mil jaye to... dhishum dhishum.
- ☞ Ask for what you want. Let's be clear on this one: Subtle hints don't work. Strong hints don't work. Really obvious hints don't work. Just say it !
- ☞ Why do you ask "how was the food" only the day you also know it was good?

- Commander Raman Arora (Delhi)

हिन्दी बोलना हमारी ड्यूटी है

लेडीज और जेन्टलमेन

इन्दिया हमारी कन्ट्री है।



इसलिए हिन्दी बोलना हमारी ड्यूटी है
लेकिन हिन्दी लैंग्वेज की किस्मत ही फूटी है।

आजकल की यंग जनरेशन

जब भी माउथ खोलती है

केवल इंगलिश ही बोलती है।

तब हर सिर शर्म से झुक जाता है,

और हार्ट डीप वेदना में डूब जाता है।

ये वैरी राँग है, इनकी रियलटी केवल ढोंग है।

हमे अपनी डेली लाइफ में हिन्दी को लाना है।

इसे वर्ल्ड में फैलाना है।

— सुरभि कापड़िया (पश्चिम)



चुटकुला

हम भी खड़े थे नेतागिरी के इण्टरव्यू की क्यू में,
जब हमारा नम्बर आया तो सामने से प्रश्न उठाया,
कि क्या आपने कभी एक अंधे भिखारी के कटोरे
में से पांच पैसे डालकर दस पैसे उठाए हैं?
हमने कहा जी नहीं, वो बोले क्या नेतागिरी निभाओगे?
एक अंधे भिखारी को तो बेवकूफ नहीं बना सके,
सौ करोड़ दो आँख वालों को क्या बेवकूफ बनाओगे।



— अखिल यादव (पूर्व)

MAN IN THE MIRROR

When you get things as per your heart's desire
And your life is a story of success
Go to mirror and to the reflections enquire
If he will, you honestly assess

For it isn't society, friends or even wife
Whose judgment upon you must pass;
The fellow whose verdict counts most in your life
Is the one staring back from the glass

Many may think you're a straight shooting chum
And call you a wonderful guy,
But the man in the mirror will call you a bum
If you can't look him in the eye.

He has seen you in times worst and best
And is your partner till the very end
You'd have passed the most difficult test
If the man in the mirror is your friend

You may fool all, as you move on in years,
And acquire more stars, stripes and brass;
But your final reward will be heartaches and tears,
If you have cheated the man in the glass.

- Compiled by Comdt VK Paul (Delhi)

"Tis beauty, that doth oft make women proud; 'tis virtue, that doth
make them most admired; 'tis modesty, that makes them seem divine"

- Shakespeare

भारतीय समाज में नारी का स्थान

यह कौन नहीं जानता है कि संसार के समस्त प्राणियों में मनुष्य की श्रेष्ठता सर्वोपरि है। वह अपनी बुद्धि के कारण ही अन्य प्राणियों में महान है, अन्यथा शारीरिक आकृति और बल में क्या हाथी, ऊँट और शेर आदि पशु उससे बढ़कर नहीं हैं? मगर उनमें मनुष्य के बराबर बुद्धि नहीं है। इस मनुष्य जाति के दो रूप हैं – नर और नारी। नर-नारी जीवन रूपी गाड़ी के दो पहियों के समान हैं अगर इनमें से एक भी अलग हो जाए तो यह जीवन रूपी गाड़ी रुक जाएगी। अतः मौलिक रूप से स्त्री और पुरुष समान हैं। परन्तु भारतीय समाज में स्त्री की स्थिति में परिवर्तन आते रहे हैं जो निम्न प्रकार हैं :-

- (1) प्राचीन काल में नारी का स्थान : प्राचीन काल में नारी को गौरवपूर्ण स्थान प्राप्त था। महात्मा मनु ने मनुस्मृति में कहा है “यत्र नारी यास्तु पूज्यन्ते, रमन्ते तत्र देवता”। अर्थात् जहाँ नारियों की पूजा होती है वहाँ देवता निवास करते हैं। सीता, पार्वती व लक्ष्मी आज भी स्त्रीत्व व पवित्रता के लिए जानी व पूजी जाती हैं।
- (2) वैदिक काल में नारी का स्थान : भारत में आर्यों के आगमन के बाद वेदों की रचना हुई। वेदों में अनेक नारियों का नाम सम्मान के साथ लिखा हुआ है जिनमें अपाला, घेषा, लोपा, मुद्र व गार्गी आदि विदुषी नारियाँ प्रमुख हैं।
- (3) क्रान्ति काल में नारी का स्थान : क्रान्ति युग में नारी की स्थिति में परिवर्तन होना प्रारम्भ हो गया। हिन्दू धर्म में ‘संस्कार व्यवस्था’ का उदय हुआ जिसमें नारी को दोगले दर्जे का नागरिक माना गया। पहले नारी को अपना वर चुनने की आजादी थी परन्तु अब पिता द्वारा चुने गए वर को ‘कन्या दान’ करने की प्रथा प्रचलन में आ गयी। अब नारी को अकेले घर से बाहर जाने पर पाबन्दी लगा दी गयी और महात्मा वेद व्यास द्वारा लिखित पंक्तियों को अमल में लाया गया।

‘पिता रक्षति कोमारे, भर्ता रक्षति यौवने। रक्षन्ति सथाविरे पुत्रा, न स्त्री स्वतन्त्रमर्हती’ अर्थात् पिता स्त्री की कोमार्ग में रक्षा करता है, पति यौवन में व पुत्र वृद्धावस्था में स्त्री की रक्षा करता है तथा स्त्री स्वतंत्रता के योग्य नहीं है।

- (4) मध्यकाल में नारी का स्थान : अब तक के भारतीय इतिहास में नारी की स्थिति इतनी निम्न नहीं हुई जितनी कि मध्यकाल में हुई। मुस्लिम आक्रमणकारियों से नारी के स्त्रीत्व को बचाना एक चुनौतीपूर्ण कार्य हो गया। नारी की पवित्रता को बचाने के लिए हिन्दू धर्म में ‘पर्दा प्रथा’ तथा ‘बाल विवाह’ जैसी कुप्रथाएं शुरू हो गयीं। राजपूत नारियों ने अपने सतीत्व की रक्षा के लिए अपने शरीर को अग्नि में भस्म कर डाला, जिसे जौहर व्रत के नाम से जाना गया। यही जौहर व्रत धीरे-धीरे सती प्रथा में परिवर्तित हो गया।

- (5) ब्रिटिश काल में नारी का स्थान : ब्रिटिश काल में नारी की स्थिति में सुधार हुआ। बाल विवाह, पर्दा प्रथा व सती प्रथा के विरुद्ध कानून बनाए गए। अनेक साहित्यकारों ने अपने साहित्य के माध्यम से जनता में जागृति फैलाई। मुंशी प्रेमचन्द ने अपने नाटक गोदान में लिखा ‘मुक्त करो नारी को, चिर वेदना नारी को’ ब्रिटिश काल की नारियों को हम आज भी नहीं भुला सकते जिनमें कस्तूरबा गाँधी, लक्ष्मीबाई, ऐनी बेसेंट, मदर टेरेसा, अमृता प्रीतम व सरोजिनी नायडू हैं।

(6) आधुनिक युग में नारी का स्थान : आज भारतीय समाज में नारी पुरुष के साथ कंधे से कंधा मिलाकर चल रही है। आज की नारी समाज के प्रत्येक क्षेत्र में अग्रसर है। आज महादेवी वर्मा, अरुंधती राय, बछेन्द्री पाल, आरती साहा, पी टी ऊषा, अंजु बॉबी जार्ज, फातिमाबीबी, कल्पना चावला, सुनीता विलियम्स, किरन बेदी, इंदिरा गाँधी आदि को संसार में सभी जानते हैं। हमें गर्व होना चाहिए कि हमारे देश की प्रथम नागरिक श्रीमती प्रतिभा पाटिल भी एक महिला हैं।

– श्रीमती आदेश (पूर्व)



भारत में प्रथम महिलाएँ

1.	भारत में प्रथम महिला प्रधानमंत्री	–	इंदिरा गाँधी
2.	प्रथम महिला आइ.पी.एस.	–	किरण बेदी
3.	एवरेस्ट पर जाने वाली महिला	–	बछेन्द्री पाल
4.	नोबेल पुरस्कार विजेता	–	मदर टेरेसा
5.	इंग्लिश चैनल पार करने वाली	–	आरती साहा
6.	भारत रत्न से सम्मानित महिला	–	इंदिरा गाँधी
7.	विश्व सुंदरी खिताब पाने वाली	–	कुमारी रीता फारिया
8.	प्रथम महिला ट्रेन चालक	–	ममता पाटिल
9.	प्रथम महिला आई. ए. एस.	–	सुचेता कृपलानी
10.	प्रथम महिला मुख्य मंत्री	–	अन्ना जॉर्ज
11.	प्रथम महिला राष्ट्रपति	–	प्रतिभा पाटिल



– पंकज कपूर (पश्चिम)

BELIEVE IN YOURSELF

There may be days when you get up in the morning and things aren't the way you had hoped they would be.

That's when you have to tell yourself that things will get better.

There are times when people disappointed you and let you down.

But those are the times when you must remind yourself to trust your own judgment and opinion, to keep your life focused on believing in yourself.

There will be challenges to face and choices to make in your life, and it is up to you to accept them!

Constantly keep yourself headed in the right direction. It may not be easy at times, but in those times of struggle you will find a stronger sense of who you are.

So when the days come that are filled with frustration and unexpected responsibilities, remember yourself and all you want your life to be. Because the challenges and changes will only help you to find the goals that you know are meant to come true for you. **Keep believing in yourself.**

- Comdt AP Badola (West)

Men often become what they believe themselves to be.

If I believe that I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I did not have it in the beginning.

- Mahatma Gandhi

लड़की माँ-बाप का सहारा

भारतवर्ष देखा जाए तो पुरुष प्रधान देश है, यह हक हमारी संस्कृति से जुड़ा हुआ है। समाजिक व्यवस्था में मानव अपने दायरे, अनुशासन यानि सामाजिक बंधनों से जुड़े हैं, जो समाज के माध्यम से हमारे जीवन को सफल बनाते हैं। “मनुष्य एक सामाजिक प्राणी है”। बिना समाज के जीवित नहीं रह सकता। चाहे वह शहर में हो या गाँव में, वहाँ के रीति-रिवाज अर्थात वहाँ के बनाए गए अनुशासन के दायरे में ही रहकर पनपता है या जीवनयापन करता है।

हमारी संस्कृति के अनुसार लड़की को वैसे ही पराये घर जाना होता है। दूसरे के घर में जाकर, उसे अपना कर अपनी अलग जिन्दगी संवारनी होती है। माता-पिता लाड़-प्यार से पाल कर, अपने सीने पर पत्थर रखकर, उसे डोली में बिठाकर विदा कर देते हैं। ऐसी बेटियाँ जो अपने सुख-दुख दूसरे के संग बाँटना शुरू कर देती हैं, उनकी खुशी को अपना सुख-दुख समझती हैं, अपने माँ-बाप को पीछे छोड़ देती हैं, उनसे क्या उम्मीद रख सकते हैं? जिन्हें अपने परिवार से ही फुरसत नहीं मिलती है। वह क्या माँ-बाप का सहारा बन सकती हैं? मुझे नहीं लगता। मैं यह मानती हूँ कि एक क्षण के लिए तो बेटी अपने माँ-बाप के दुख में सुख प्रदान करती है पर वह सारी जिन्दगी ऐसा नहीं कर सकती। क्योंकि अपनी जिन्दगी में वह एक दूसरे की अपेक्षा, अपने परिवार और बच्चों को देखती है।

आज इक्कीसवीं सदी चल रही है, लोग बदल रहे हैं, इलैक्ट्रॉनिक एवं कम्प्यूटर युग में प्रवेश कर चुके हैं। समाज के तौर-तरीके भी बदल रहे हैं पर कोई भी ऐसे माँ-बाप नहीं हैं जो अपनी बेटियों के सहारे पर हों। आजकल बेटी तो क्या, बेटों से भी सहारे की उम्मीद नहीं रखते। जगह-जगह वृद्धाश्रम खोले जा रहे हैं। पहले समाज में कम से कम इतना तो शिष्टाचार था कि बेटा माँ-बाप का सहारा बनता था। आज समाज से यह शिष्टाचार भी खत्म होता जा रहा है। पुत्र अपने माँ-बाप को पीछे छोड़ अपनी पत्नी के साथ अलग घर बसाकर जीवनयापन करते हैं। पुत्र, जिन्हें समाज में मान्यता मिली है, जिस पर माँ कभी भी अपने दुख का साया नहीं पड़ने देती, उससे उम्मीद लगाये रहती है कि बुढ़ापे का सहारा बनेगा। जब उसकी ऐसी हालत है तो क्या लड़की, जोकि समाज के रीति-रिवाज के अनुसार परायी है ही, वह उनका सहारा बन सकती है?

आज समाज और संविधान में बहुत परिवर्तन हुए हैं। बहुत सारे अधिकार लड़की को दिए गए हैं। जहाँ वे बाहर नहीं निकलती थी, आज कंधे से कंधा मिलाकर काम कर रही हैं। पर ऐसा संविधान कहीं नहीं बना है कि लड़की माँ-बाप का सहारा बनेगी। आज पिता की संपत्ति में भी लड़की का अधिकार है ऐसा संविधान ने नियम बनाया है, पर सहारा बने ऐसी कहीं चर्चा नहीं है। क्या कोई समाज लड़की को माँ बनने से रोक सकता है? नहीं। बच्चे को जन्म जब भी देगी तो एक स्त्री ही। इसी प्रकार हमारे समाज



में जो रीति-रिवाज चले आ रहे हैं उसके अनुसार लड़की माँ-बाप की चाहे कितनी सेवा करे समाज इसे स्वीकार नहीं करता।

समाज में माँ का स्थान सर्वोपरि है। वह अपने आप में सक्षम है। दुर्गा सप्तशती में कहा गया है-“कुपुत्रो ज्योति क्राचिदपि माता कुमाता न भवति”। स्वर्गीय श्रीमती इन्दिरा गाँधी देश की प्रधानमंत्री, माँ-बाप की इकलौती संतान थीं। उन्होंने भी देश और समाज के लिए बहुत सारे काम किए थे। ऐसा उदहारण आज भी देखने को मिल रहा है जैसे कल्पना चावला पहली भारतीय नारी बनीं जो अंतरिक्ष में गयीं। और अब सुनीता विलियम्स ने भी अपना नाम गिनीस बुक ऑफ वर्ल्ड रिकार्ड में दर्ज करा लिया है। अब अन्त में यही कहूँगी कि लड़की औरत, बेटी, बहन, माँ के साथ-साथ माँ-बाप का सहारा बन सकती है।

— सोहबा खानम (अं. एवं नि.)



EASY v/s DIFFICULT

Easy is to get a place in someone's address book.

Difficult is to get a place in someone's heart.

Easy is to judge the mistake of others

Difficult is to recognize our own mistake

Easy is to talk without thinking

Difficult is to refrain the tongue

Easy is to set rule

Difficult is to follow them

Easy is to dream every night

Difficult is to realise your dreams

Easy is to say we Love

Difficult is to show it every day

Easy is to receive

Difficult is to give.

- Smt Reeta Devi (East)

WINNERS VERSUS LOSERS

The winner is always part of the answer,
The loser is always part of the problem.

The winner always has a program,
The loser always has an excuse.

The winner says, "Let me do it for you",
The loser says, "That is not my job".

The winner sees an answer for every problem,
The loser sees a problem for every answer.

The winner says, "It may be difficult but it is possible,"
The loser says, "It may be possible but it is too difficult".

When a winner makes a mistake, he says, "I was wrong",
When a loser makes a mistake, he says, "It wasn't my fault".

A winner makes commitments,
A loser makes promises.

Winners have dreams,
Losers have schemes.

Winners says, "I must do something"
Losers say, "Something must be done."

Winners are a part of the team,
Losers are apart from the team.

Winners see the gain,
Losers see the pain.

Winners see possibilities,
Losers see problems.

Winners believe in win-win,
Losers' believe for them to win someone has to lose.

Winners see the potential,
Losers see the past.

Winners are like a thermostat,
Losers are like thermometers.



Winners choose what they say,
Losers say what they choose.

Winners use hard arguments but soft words,
Losers use soft arguments but hard words.

Winners stand firm on values but compromise on petty things,
Losers stand firm on petty things but compromise on values.

Winners follow the philosophy of empathy," don't do to others what you would not
Want them to do to you".

Losers follow the philosophy," do it to others before they do it to you".

Winners make it happen,
Losers let it happen.

Winners plan and prepare to win,
The key word is preparation.

- Comdt AS Chauhan (West)



WINNER

A little girl, the 20th of 22 children was born prematurely and her survival was doubtful. When she was four years old, she contracted double pneumonia and scarlet fever, which left her with a paralyzed left leg. At age 9 she removed the metal leg brace she had been dependent on and began to walk without it. By 13 years of age, she had developed a rhythmic walk, which doctors said was a miracle. That same year she decided to become a runner. She entered a race and came in last. For the next four years every race she ran in, she came last. Everyone told her to quit but she kept on running, one day she actually won a race and then another. From then on she won every race she entered. Eventually this little girl "**Wilma Rudolph**" went in to win three Olympic gold medals.



"A winner is not one who never fails, but one who never quits"

- B Prasad (West)

WONDERFUL VISIT TO A&N ISLANDS

It is said, that the number of islands here are 572,
And all the surrounding seas are turquoise blue
Every person coming to these islands
Wonder struck, enjoys it in absolute silence.

It is difficult to reach this island, which throws out lava at a force of powerful cannon.

Yes, I am talking about the Island of Barren.

A person who sees the Cellular Jail, on the island main
Thinks that the British were insane.

If you are on your way to the island of the North here, just to buy a paddock wood table,
Well forget it and see the unique & interesting tribal
If you plan your trip to Nicobar and want to reach there real quick
Just pack your bag and take a ship

If you are going towards the Nicobar Islands & want to stop on the way
I would recommend Hut bay

If you see the tribes here called Nicobaries, you won't believe your eyes
They are comparatively civilized

If you want to see some turtles that are rare
Go to Campbell Bay and see the Leather Back turtles that are found there.
Go to Indira Point, beyond this if you see,
All you will see is sea, sea and more sea.

- S Lakra (A&N)

Joke

"It is your Golden Wedding Anniversary soon. What are you going to give your wife?"

"As I remember, I took her to the Bahamas for our silver wedding anniversary. Maybe I should go and fetch her back."

SIMPLE TIPS TO IMPROVE YOUR STUDY SKILLS

There are certain principles which help us to improve our skills and habits of learning. They are simple, yet we tend to ignore them.

Allot time and list your tasks

Plan and list your study/work in advance and priorities them according to importance and urgency. Be realistic about time and the plan.

Have a clear purpose

Keep the benefits in mind as a motivating factor. It helps you to decide what and how to learn and to focus with an aim.

Create a congenial environment

Choose a place conducive to study and which has a pleasant atmosphere with good facilities. The desk and other furniture should be convenient and comfortable to work/study. Arrange the material for easy access at any point of time.

Method of study

Choose your best study time either morning or evening, which is called your 'prime time'. Keep the study modules to manageable size by breaking into smaller pieces. Take breaks. In addition to short breaks, introduce variety so that the mind gets refreshed.

Keep to the schedule and follow the plan

Complete the projects in the order planned. File the material for easy access for future reference/retrieval.

Key study skills

- (i) Pay attention and concentrate to absorb the essentials.
- (ii) Relate new knowledge to what you already know.
- (iii) Repeat, review and practice
- (iv) Learn by doing where necessary
- (v) Sometime writing is a better solution than reading.



- Prashanth Sira (West)

Just for Laugh

Did you hear about the Pepsi executive who got fired?
Yes, he tested positive for Coke.

JUST FOR LAUGH

Muthu & the interviewer

Interviewer: what is your birth date?

Muthu: 13 October

Interviewer: which year

Muthu... Every year



Muthu and his manager

The Manager asked Muthu at an interview..

Can you spell a word that has more than 100 letters in it?

Muthu replied "p-o-s-t-b-o-x"

Muthu & his experiment

Muthu was experimenting with a cockroach. First he cut off one of its leg and told it to walk. The cockroach walked. Then he cut off its second leg and told the same. The cockroach walked. Then he cut off the third leg and the cockroach did the same. At last he cut off its fourth leg and ordered it to walk. But the cockroach didn't walk. Muthu exclaimed, "I have discovered that if we cut a cockroach's four legs, it becomes deaf."

Muthu & the driver

When Muthu was traveling with his wife in a motorized tricycle, the driver adjusted the mirror. Muthu shouted "Are you trying to see my wife? Come sit back here and I will drive."

Muthu goes to a hotel

In a hotel, Muthu went to wash his hands in the washbasin. There he started washing the basin. Seeing this, the Manager asked what was he doing. Muthu pointed towards the sign board which said "Washbasin."

Muthu & the interviewer- final part

Interviewer : Just imagine that you are on the 20th floor in a building, it catches fire. How will you escape? Muthu: "it is simple.... I will just stop my imagination..."



- Rohit Davis (West)

THE TRUE SENTINELS OF THE SEA

O! The Indian Coast Guard
True Sentinels of the Sea
Heigh Ho! the watery Blue Patrol
The watchful ones, who know not sleep
The alert ones who know not rest!
The careful ones who know not how to slip
Their quick and wide open eyes
They follow the movement of each stir
That is unknown 'n' each wave that is new
Who roll over the chest of the sea
Skimming on the tides, which roll or pitch
They ride over them with great ease!

O! the Indian Coast Guard!
True Sentinels of the sea
Heigh Ho! the watery Blue Patrol
Their kingdom is the boundless ocean
Their passion is to ensure protection
Nature's preservation is their obsession
Their minds work tirelessly to prevent
The hands, which defile their territory
Which has jewel like Islands, the glossy sea
The pearly marine life with harvests of the deep
The rainbow of coral fields in glittering light
They guard this precious treasure trove!

O! the Indian Coast Guard!
You are the Sentinels of the Sea
Heigh Ho! the watery Blue Patrol
None can hold back such a worthy patrol
Which has an expansive, unlimited role
They float and glide and get airborne
With their eyesight, as keen as an eagles.
They keep a tight vigil till far and wide
Their wings are strong with stamina matchless
Gliding over the land and sea, dauntless
From coast to coast to salvage the troubled
The Heroes who rarely, retire for rest

O! the Indian Coast Guard!
The veritable Sentinels of the Sea
Heigh Ho! the watery Blue Patrol

- Renu Narayan (Delhi)

WONDERFUL LIFE

Hailing from a small township of Meerut, I used to often see nomadic tribes pitch their portable dwellings in an open ground not far from our house; in a particular month round the year. These nomads on their various modes of conveyance would then wander away towards greener pastures to explore newer places and newer heights; tugging along their belongings both material as well as those with life.

“What life! What adventure!” I would think then. Of course those were the days when I lived in the world of fantasies. You guessed it right, I was not married, then. Someone up there must have heard me loud and clear and must have said “Tathaastu”. So here I am, a modern day, unconventional, ever adjusting, fun loving and an adventurous nomadic tribe.

The posting signal is out, and there starts the adventure. There is euphoric atmosphere and you start planning and executing the adventure. Initially you strip your house of its jewellery and the last of all its clothing, barely covering its dignity with a few borrowed strips of clothing so that this house which you called home for a few years does not lie exposed to every prying eye. Anyway days go by, one by one, boxes start getting filled locked with your precious belongings which you had so carefully collected from exotic places. These are the same things that you had bought either with consent or at times without the consent of your partner. Some of these are quite inexpensive but priceless in your eyes. Now they are all carefully piled in one corner of a room. They all are numbered and listed. Finally the day arrives; suddenly men scamper everywhere in the house and mercilessly dump all your prized possessions in a truck. Within no time you see little parts of yourself being carried in the truck. Before you get time to recoil from the shock, helpers vanish as soon as they had appeared and so does the loaded truck. You are left in the empty house wondering what happened so fast.

Now you are left with a feeling which is beyond words listed in the dictionary. It is a mixture of exhaustion from the activity of packing, a funny feeling in the tummy from all the parties from dear friends, a worried feeling about how the stuff will reach the destination and finally a definitely nostalgic feeling. Every home that you made from houses allotted to you was your own for that period of time. You felt like a beautician; you had a bride whom you wanted to decorate with utmost care and perfection. You gave that house a new identity; your identity. This house was like a good friend who has seen all the good times but also there were times when she also saw some rough patches and a few tears from your eyes, good friend that she was, she never uttered this to anybody. Not even the next family that she would be friend to.

So everyplace has been a milestone in our lives. Something that you will always cherish has taken place in that particular abode. Now I think back. “Did I dream of this?” I mutter to myself as I prepare to leave for the new destination. Like a nomad, bag, baggage et al. As soon as I reach the new place I see new gleeful faces greeting me. And with renewed zeal and enthusiasm I set course accessorizing a new maiden of bricks and stone. After I have finished my job I sit back satisfactorily and look around and say to myself “What life! What adventure!” Don’t you feel the same?

- Ms Madhulika Raman (Delhi)

THE BLITZKRIEG

Since time immemorial we have been listening to stories of heroism, which subsumes acts of courage under fire. There are instances in real life that test our determination, conviction and the power to overcome pain so that we achieve a certain goal. These goals are the ones, achievement of which at times becomes paramount for the Izzat and Shaan of any organization. The Indian Armed Forces are no different, as one finds himself in the line of fire every now and then. More so in the Indian Coast Guard; for, not only is the Coast Guard responsible for safeguarding the Indian Maritime interests, but her charter of duties include apprehension of poachers and smugglers as well.

The Indian Coast Guard is a multi dimensional force with ever vigilant maritime and air components. It gives solace and succour to fishermen and merchantmen in distress and also has an iron fist whilst dealing with poachers and pirates. The Indian Coast Guard operates a formidable array of machines behind which are able men trained to be the best in the world in performance and professionalism. The machines include Advanced Offshore Patrol Vessels, Offshore Patrol Vessels, Fast Patrol Vessels, Inshore Patrol Vessels to name a few. Even as I write this article I shudder to think about the ferociousness of the men who operate these machines at sea. This is the story of a Fast Patrol Vessel ICGS Bhikhaiji Cama and her crew who made difficult things look like a cakewalk. This is the story of apprehension of Fishing Vessel Phorwali off North Andamans carrying illegal migrants from one of the neighbouring countries.

ICGS Bhikaiji Cama sailed with dispatch on 22 May 2007 from Port Blair to investigate the presence of fishing trawlers near Invisible Bank, 60 miles east south east of Port Blair. The sea was rough and she experienced heavy rolling and pitching. Despite all odds, the ship continued to proceed towards the position as indicated by intelligence reports. She reached the position at 2000 hrs on 22 May 07. No trawler or dinghy was found in and around the position. On radar at 0315 hrs the next day, the ship sighted a vessel. The fishing vessel upon seeing the Coast Guard ship approaching started moving in a south westerly direction.

ICGS Bhikaiji Cama subsequently increased speed and closed in on the fishing vessel and directed it to stop. On investigation, the boarding crew found onboard the fishing vessel approximately 2000kgs of sea cucumbers, which are a prohibited species under the Wildlife Protection Act. A total of 31 illegal immigrants were found onboard. The boat was escorted back to Port Blair by the ship's boarding team. The ship along with FV Phorwali entered harbour on 24 May 07.

These and many other instances are indicative of the determination and commitment towards duty not only of the ship and her crew but the organization as a whole. This article is a salutation to the Indian Coast Guard, a gallant force in the reckoning.

- Asst Comdt J Paul (A&N)

BEING A COAST GUARD SPOUSE MEANS

- You remember milestones by location, not year.
- The tourist destinations are your second home.
- Many conversations start with, “when we lived in ...”
- You have friends scattered from Okha to Diglipur.
- Terms like wardroom, parties on board and jolly good fellow ring fond memories.
- Your driver’s licence is from Porbander, your licence plates are from Chennai and you are living in Port Blair.
- Collection of artefacts presents a kaleidoscope of the entire nation.
- You have more books in boxes than on the bookshelves.
- You have no problem moving every few years with kids, elderly parents, and a pet in a minivan.
- Your spouse has been home for a while and is getting on your nerves. You look at your watch and say, “isn’t it time for you to get underway again?”
- Your refrigerator has at least four stickers from packers and movers companies on it.
- Your three-year-old child looks at you and says, “I don’t like being here anymore. Can we move?”
- Your children believe that Santa Claus comes by ship, boat or helicopter – not by sledge.
- You too have got your “Sea Legs” during “Families Day at Sea”
- Seeing the remotest corners of the country which only one percent of Indian population can dream to see.
- Joys and sorrows are taken in stride by you like waves of the ocean.
- Your kitchen is a galley.
- Your contributions as better halves count.



- *Compilation of Thoughts*

स्थानान्तरण में विघटित पारिवारिक जीवन

हमारे परिवारों की सबसे बड़ी चुनौती स्थानान्तरण के दौरान होती है, जबकि वृद्ध माता-पिता की देखभाल व बच्चों की शिक्षा से दूर आपके जीवन साथी को पृथक जीवन बिताना पड़ता है। इन परिस्थितियों में कई बार हमें अपनी संपूर्ण व्यवस्था स्वयं ही करनी पड़ती है क्योंकि बहुत सी छोटी जगहों पर हमारी सैन्य इकाई इतनी बड़ी नहीं होती है कि हमें पर्याप्त आवासीय और कैंटीन सुविधाएं उपलब्ध हों। प्रत्येक नियुक्ति स्थल हमारे स्वयं के अनुभवों के आधार पर या तो एक अविस्मरणीय सुखद अवसर होता है या फिर एक कैद की सजा की तरह। स्थानान्तरण के दौरान सबसे बेहतर होगा यदि आप मित्र बनाएं, नई जगहों की जानकारी एकत्रित करें और वहाँ की पारंपरिक संस्कृति व रीति-रिवाज को समझें। स्थानान्तरण में आप भौगोलिक रूप से भले ही अपने परिवार से दूर हों, पर निम्नलिखित तथ्यों पर ध्यान देने से आपकी समस्याओं के निराकरण में मदद मिल सकती है।

- सुनिश्चित करें कि आपका परिवार आपके पृथक रहने का कारण अच्छी तरह समझ रहा है।
- परिवार के प्रत्येक सदस्य को इस बारे में विचार-विमर्श करना चाहिए।
- जाने का कार्यक्रम तय करें और इस बीच पड़ने वाले जन्म दिन, वर्षगांठ और छुट्टियों की एक सूची तैयार कर लें। इसकी एक प्रति अपने जीवन साथी को भी प्रेषित करें।
- सुनिश्चित करें कि वित्तीय मामलों पर बातचीत हो चुकी है। यह निर्णय हो चुका है कि बिलों का भुगतान कैसे होगा और क्या आपके दूर रहने वाले जीवन साथी के लिए एक नियमित निर्धारित रकम होनी चाहिए?
- जाँच करे कि सभी पहचान पत्र वैध एवं आवश्यकतानुसार प्रासंगिक हैं।
- सुनिश्चित करें कि आपके जीवन साथी के पास पर्याप्त कागज, लिफाफे, व डाक टिकट हैं। परिवार के सदस्यों से सप्ताह में कम से कम सप्ताह में एक बार अवश्य संवाद बनाएं, खासकर बच्चों से। यदि सुलभ हो तो छोटे बच्चों के लिए पत्राचार में प्रयुक्त कागज व लिफाफे का रंग निर्धारित करें व बड़ों से पत्राचार में दूसरा रंग प्रयोग करें।
- यदि संभव हो तो प्रत्येक सप्ताह परिवार के हर एक सदस्य से पारस्परिक विचार-विमर्श हेतु समय निकालें, समस्याओं पर बातें करें व रहन-सहन की चर्चा करें। आप यह सब दूरभाष, मोबाइल, अथवा ई-मेल द्वारा कर सकते हैं।
- दोनों ही स्थानों के लिए एक-एक पारिवारिक डायरी बना कर रखें और उसमें दैनिक आवश्यक बातें/तथ्यों को नोट करें। यह आपके जीवन साथी को भावनात्मक रूप से आपके करीब रखने में मददगार होगी।

- अपने पृथक पारिवारिक सदस्य को कम से कम सप्ताह में एक बार संदेश भेजें। कुछ सुंदर व आकर्षक पोस्टकार्ड, नोट कार्ड खरीदें। बच्चों की चित्रकारी, रिकार्डेड संदेश/कविता आदि भेजें।
- नजदीकी मित्रों व पारिवारिक संबंधों का विस्तार करें।
- अन्य पृथक्कृत परिवारों और उनके जीवन साथियों से सम्पर्क करें तथा एक सहायता समूह बनाइये।
- छुट्टियों को अन्य पृथक्कृत परिवारों के साथ मनाइये।
- आत्म विकास के लिए भी कुछ समय निकालिए।
- अपना वजन घटाइए या आवश्यकतानुसार बढ़ाइए। इसके लिए आप हेल्थ क्लब/योग कक्षाओं में सदस्यता ले सकते हैं।
- कुछ नया सीखिए और अपनी शैक्षिक योग्यताओं को भी बढ़ाइए।
- उन पुस्तकों को पढ़िए, जिसके लिए आपको कभी समय ही नहीं मिला।
- अपनी योग्यतानुसार किसी स्वयं सेवी संगठन से जुड़कर जरूरतमंदों के लिए कुछ करिए जिससे आपको आत्म संतुष्टि मिलेगी।
- अपनी स्वस्थ दिनचर्या बनाइए, माह में कम से कम एक बार पैडीक्योर व मैनीक्योर लीजिए।
- एक पूर्णतः नवीनीकृत संपर्क नंबरों वाली डायरी बनाइए जिसमें ड्यूटी अधिकारी व आपके पड़ोसियों तथा मित्रों का नम्बर हो, जोकि किसी आपातकालीन स्थिति में मददगार हों।
- विश्वास करिए कि ये मुश्किल भरे दिन जाने वाले हैं और आप इन दिनों का पूर्ण रूप से सदुपयोग करें।

– जे.पी. पांडे (दिल्ली)



THE AVIATORS OF KAMATH ENCLAVE

My ultimate refuge is my garden swing where I can laze the whole daylong and even ruminate over philosophical meanderings! One day this serenity of the greenery and peace of the clear sky was crudely interrupted by a vicious drone. Yes it was the diabolic squadron of mosquitoes! The love and care with which I raised my garden had obviously gone down the drain. The inexhaustible squadrons of mossies were just everywhere. Their attack was understandable because I believe it was they who lived all over the colony and it was us who were in fact encroaching in their space! What a vendetta!

Nonetheless, a proper defensive action in coordination with Indian Foreign Policy towards treacherous infiltrators of our air space was on its way! Mossies had pervaded my garden, my bedroom and even my psyche! I talked, dreamt of and spoke only about mossies. Such an attitude was declared as neurosis by my husband but there was no respite for me. All kinds of ammunition was accessed for defeating this enemy in the air. This included smoke bombs, i.e. coils which in turn made me acutely asthmatic. The liquid gas chemical weapon, which ensured “All-out” only to the human kind! The traps of myriad types, namely mosquito nets, mats, repellant — creams, oils of all obnoxious kinds were used. The entire family entered the house through the garden side door, in a manner, which might have appeared to anyone, as of a thief trying to get in through a very narrow opening without making any noise. Walks in the garden were discontinued straightaway so that the squadron should feel that the house has been abandoned and go to another address in the colony. Alas, the enemies superiority was established when we found the family members' delicate skins pocked red all over once a year. Mossies had sneaked in through the kitchen exhaust vent! This was intolerable and the tempers in the house flew high with desperation. The entire modern world offensive, surface to sky appeared ineffective and antiquated! New and clever methods had to be discovered for I just could not bear to hear the sarcastic note in their drone!

One day my husband revealed that the CORA had bought a weapon of mass destruction for eliminating these air enemies. The prospects of my relaxing on my garden swing, with a novel, suddenly appeared like a dream about to come true! My enquiries were many and even before my husband could talk, I enquired, whether it was a giant semicircular mosquito net to cover the entire Kamath Enclave! The intended sarcasm could not escape my husband's ears and I got a stringent look from him. The unique idea was dumped into the trash dump just outside the colony! Finally an ACK, ACK was procured. Jokes apart, this machine was meant for making poisonous clouds of gas to choke the mossies. Much hullabaloo and excitement was generated amongst the kids of the domestic helps who watched the entire process curiously and scampered like little mice behind the man who wielded the weapon! Everyone awaited the announcement of the war with baited breath!

A sharp siren like noise came from the machine. Intermittent clouds of smoke were coughed out by it. The highly confident man behind the machine said ‘Shuhshuh’ with theatrical overtones gesticulated with pride and waved the spouts long nozzle, It meant that the Mossy squadrons were

going to see their Judgment Day! I don't think it was a very difficult task to deaden the already deafened mosquitoes. They frantically flew in their swarms and appeared to be flying backwards! Their retreat appeared real then but make believe later when we heard the familiar music a couple of hours after the chemical attack. The man behind the machine justified this failure by saying that the Kamath Enclave houses had a lot of crevasses where the enemy had apparently taken shelter! The residents however, choked and coughed while the enemy squadrons watched from their hideout, the suffering of humanity with much delight. Very soon they resurfaced and attacked with a vengeance! The colony population just allowed themselves to get bitten and bitten and bitten! Their resignation to fate brought tears to my eyes.

The familiar drone, now, sounds as if the mossy squadron is having the last laugh. Who says that the humans have a supreme intelligence? Hark, we have a challenger here! As for me, I have become an insomniac, a somnambulist and suffer with a deep paranoia. All this psychological jargon defeats my definition! I walk around the house with a fly swatter, (the electronic one) and keep clapping my hands in the middle of the night killing them in close combat perhaps. My family members have obviously written me off for my "Mossy Squadrons Phobia".

- Mrs Renu Narayan (Delhi)



People who claim that they don't let little things bother them, have obviously never ever slept in a room with a single mosquito.

Joke

A drill sergeant had just chewed out one of his cadets and as he was walking away, he turned to the cadet and said "I guess when I die, you'll dance on my grave".

"Oh no Sir!" said the cadet. "Not me. I promised myself that when I got out of the army, I'd never ever stand in another line".

MY FIRST SHAKE DOWN ROUTINE...

It was the onset of winter of 97 and as usual the college was full of enthusiastic faces ready to hit the ramp with their exotic smiles and vibrant attire. It was this time of the year when I got my appointment letter and was ordered to join the Naval Academy, Goa for the Orientation course. There was this heaviness on my heart for missing college ramp but the very feeling of the beaches of Goa shivered my soul. Oh! What a job training, that too in Goa (a soon to be shattered phrase...)

The journey to Goa commenced from Delhi as the only weekly train to Belgaun commenced its journey from here. Luck again stuck and soon a gang of like minded boys and girls going to the Academy with a rosy dream of masti in Goa was formed on the station itself. Though, all of us were in different bogies we managed to place ourselves comfortably in one location so that the journey could be made more exciting. We discussed our colleges, our subjects for Post Graduation, our future plans and of course how we were going to enjoy the forthcoming five months on the beaches of Goa. Some one wanted the feni, some the clubs and there were some like me who just wanted to hit the beach.

As we closed our destination our young hearts mingled so well as if we were friends of a lifetime and our plans to **Go Goa** caught strength abound. The journey by a hired Tata Sumo from Belgaun to Goa (Naval Academy) further brought our plans closer to reality. The beautiful Ghats and the youth in us made everything look so perfect. It was decided that we all would hit the beaches as soon as we reached Goa, but as God would have wanted, an opinion prevailed that first we should go to the Academy, freshen up and as it would be livelier, hit the beaches on **Sunday**, which happened to be the next day.

The Journey to Naval Academy, Verem seemed to be too short and within hours a team of young, charging and day dreaming (as I would now refer to it) Assistant Commandants reached the reception of INS Mandovi. The place wore a deserted look, **only one person standing behind a podium?** (Definitely as I know now, it was the quartermaster). We struggled to find a soul to help us know if we were in the right place (unaware that they were preparing for the GRAND welcome. Suddenly, we saw a gentleman in uniform standing in 'Savdhan' in front of another who seemed to be a Lt Cdr, as far as my NCC knowledge could steer me. There was some heated argument going on and probably to put up a sample in front of us, went louder on our sight. We tried to ignore it and started to alight our luggage from the carrier of the taxi. This was definitely not appreciated by the officer and then came the explosive **DHAP**... that shook us and our fragile dreams of visiting Goa. I don't know how hard it felt by the victim but it definitely gave us an intuitive feeling of what was to follow. We quietly stood and waited for our turn to get some attention, which was soon accorded by the virtue of young ladies accompanying us.

The next few hours (that was all we could get before being isolated from the ladies, thanks to **gender sanitization**) our discussions drifted from the lovely beaches to survival skills in Academy. The **Sunday** never came, what came across were live demonstrations and opportunities to be subjects of so many DHAPS... to come. The first demonstration was clearly a Pre Training Shake down for us to remember throughout our lives.

Commandant A Mehrotra (Delhi)

हम वैमानिक तटरक्षक के

हम वैमानिक तटरक्षक के, “वयम् रक्षामः” हमारा नारा है।

माँ के आँचल से चरणों तक, रक्षा का भार हमारा है।

कच्छ की खाड़ी हो या बंगाल की, डरता हमसे हर कोई।

चाहे दुश्मन हो या तस्कर, या हो कोई देश-द्रोही।

इस देश में बसने वालों को, यही तटरक्षक प्यारा है।

माँ के आँचल से चरणों तक, रक्षा का भार हमारा है

सम्पदा से भरे सागर की, संजो कर रखेंगे हर पाई

प्रदूषण रहित वरूण को करने की, कसम हमने खाई।

जो भी हमसे टकराया, वो हर कदम पर हारा है।

माँ के आँचल से चरणों तक, रक्षा का भार हमारा है

जग सोता है हम उड़ते हैं, सतर्क प्रहरी बन कर।

शांति हो या समर, वैमानिक रहता है सदा तत्पर।

इन तटों की रक्षा करना, यही कर्म हमारा है।

माँ के आँचल से चरणों तक, रक्षा का भार हमारा है।

तटरक्षक के चेतक ने, हर कदम पर मान बढ़ाया है।

डॉर्नियर की नजरों से, कोई तस्कर न बच पाया है।

नौ, थल, वायुसेना से कदम मिला कर, बढ़ना फर्ज हमारा है।

माँ के आँचल से चरणों तक, रक्षा का भार हमारा है।

तस्कर हो या लश्कर, उनके पोतों को ढूँढ दिखाया है।

अब हर घुसपैठिया, तटरक्षक के विमानों से घबराया है।

मचलती लहरों ही सागर में, प्रेरणा स्रोत हमारा है।

माँ के आँचल से चरणों तक, रक्षा का भार हमारा है।

सागर में डूबतों का तटरक्षक एक सहारा है।

माँ के आँचल से चरणों तक, रक्षा का भार हमारा है।

हम वैमानिक तटरक्षक के, “वयम् रक्षामः” हमारा नारा है।

माँ के आँचल से चरणों तक, रक्षा का भार हमारा है।



– समादेशक देवराज शर्मा (दिल्ली)

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त तरंग तटसागर के मोती
ट टहनी नारीनिकेतन की
र रक्षकों की अर्धांगिनी
क्ष क्षितिज के उन्मुक्त सितारे
का कामना बुलंदी की निहारे