



2008

# WRAN

*We Care*



Coast Guard Wives Welfare Association





वाइस एडमिरल आर एफ कोन्ट्रेक्टर, ए वी एस एम, एन एम  
महानिदेशक भारतीय तटरक्षक

तटरक्षक मुख्यालय  
राष्ट्रीय स्टेडियम परिसर  
नई दिल्ली - 110 001



### MESSAGE

*My heartiest congratulations to the editorial team for the successful second edition of the unified URMI magazine, which to my mind is representative of the collective views, opinions, sentiments and talents of the widely dispersed Coast Guard family.*

*The Coast Guard Wives Welfare Association has always worked closely as an integral part of the service to make life as constructive, comfortable and colourful as possible, for all ICG personnel and their families. With its motto of 'Self Help' and credo of community service, it has inspired countless young wives to serve others outside their own homes.*

*I extend my very best wishes to all the members of this sterling and committed organization. May CGWWA go from strength to strength and continue to inspire and serve the service and the nation.*

*"Jai Hind"*

(~~RF~~ Contractor)  
Vice Admiral  
Director General  
Indian Coast Guard

New Delhi  
20 Oct 2008



श्रीमती थ्रिटी आर कोन्ट्रेक्टर  
अध्यक्षा तटरक्षिका

तटरक्षिका कल्याण केन्द्र  
तटरक्षक विहार  
सैक्टर-23, नौएडा - 201 301 (उ० प्र०)



### MESSAGE

*Dear Ladies,*

*Even as you read this message, I would have crossed the threshold to a new life outside of the protective and secure environs of the Armed forces, which has been my family and home for over two and a half decades. I find it difficult to believe that 25 years have actually passed by from the time I became a Navy wife to this day when I leave as President Tatrakshika. The journey has been a happy, exciting, challenging and extremely satisfying one, where time was marked by events, transfers and other happenings, instead of dates on the calendar.*

*I consider myself singularly privileged to have had the opportunity of steering the Coast Guard Wives Welfare Association and assisting in its noble mission of ensuring the wellbeing of every Coast Guard family. CGWWA stands steady in its commitment to promote unity, harmony and self-reliance.*

*It was my very good fortune to have the wholehearted co-operation of all ladies who worked with me, and I thank them sincerely for their unstinting support.*

*Ladies, I convey my best wishes to you all and to your families. May you be successful in all your endeavors.*

*Good Bye and Good Luck.*

*Thrity Contractor*  
(Mrs Thrity Contractor)

New Delhi  
20 Oct 08



श्रीमती हरकिरण बसरा  
अध्यक्षा तटरक्षिका (पूर्व)

तटरक्षिका कल्याण केन्द्र (पूर्व)  
मार्फत मुख्यालय  
तटरक्षक क्षेत्र (पूर्व)  
चेन्नई - 600 009



### MESSAGE

*At the outset I would like to place on record my sincere appreciation to the TATRAKSHIKA fraternity for their valuable contribution. Teamwork allows common people to attain uncommon results. Towards this end CGWWA is the backbone of the service which instills a sense of **Camaraderie**, **Commitment** and **Togetherness** amongst all. It encourages self reliance, team work, dedication and acts as a morale booster for the ladies as well as their families. Such a situation brings back “**CHEER**” on the face of the ladies and gives them the desired impetus and confidence to take on the world ahead.*

*Let us rededicate ourselves for enriching our experiences/life, improve the knowledge gained through the CGWWA media to meet challenges and strive for achieving better milestones for the year to come.*

*On behalf of TATRAKSHIKA (East) I would like to compliment one and all for their valued contribution and extend warm greetings to all the members of TATRAKSHIKA and their families on the occasion of “**TATRAKSHIKA DAY**”.*

(Mrs Harkiran Basra)

Chennai  
10 Oct 2008



श्रीमती उर्मिला सिंह  
अध्यक्षा तटरक्षिका (पश्चिम)

मुख्यालय  
तटरक्षक क्षेत्र (पश्चिम)  
गोल्फ़देवी मंदिर मार्ग  
वर्ली सी फेस, वर्ली कॉलोनी डाकघर  
मुम्बई - 400 030



### MESSAGE

*It gives me immense pleasure to be a part of Western CGWWA fraternity. CGWWA is heterogeneous organisation for welfare and humanitarian activities mainly towards the families of CG combatants. It is a sincere and genuine endeavour of like-minded women with strength of purpose and clear-hearted zeal to deliver its best towards the noble cause.*

*URMI serves as an informatory platform for sharing our thoughts and ideas, which not only keep readers informed of the multifarious activities undertaken by CGWWA but also apprise them about the innumerable benefits given to its members.*

*I on behalf of Tatrakshika (West) extend my warm-hearted wishes to all the members of Tatrakshika for good health, happiness and prosperity on the occasion of festive season.*

*Urmila*

(Mrs Urmila Singh)

Mumbai  
10 Oct 2008



श्रीमती लक्ष्मी राजाशेखर  
उप-अध्यक्षा तटरक्षिका

तटरक्षिका कल्याण केन्द्र  
तटरक्षक विहार  
सैक्टर-23, नौएडा - 201 301 (उ० प्र०)



### MESSAGE

*Indeed it is a great pleasure to share my views through this issue of "Urmi". This magazine is a media through which we are able to reach out to all the Tatrakshika members. In this age of instant communication, it is imperative that we open new and ample avenues to the readers. The fact is that, this particular magazine though gives platform to our CGWWA members and their families to express themselves, but also to respond to the multi-faceted realities outside in this world.*

*"Urmi" is a fun fascinating and fanciful adventurous magazine into the realms of personal development. It also contains treasures of wisdom that can enrich and enhance the lifestyle, as well as, confidence of every person who reads this magazine. After 30 years of formation, the Indian Coast Guard has grown leaps and bounds, and so is the Tatrakshika.*

*I am of the firm opinion that all of us have special talents, which are just waiting to be engaged in a worthy pursuit. The Urmi is the reflector of the talents of our CGWWA members and their families. "Urmi" is also a set of wonderfully crafted; at the same time simple yet surprisingly full of potent ideas for enriching the lives of others.*

*Wishing the CGWWA members, their families and all the readers with success in their endeavours, happiness, prosperity and best of health. I also take this opportunity to wish all readers a very happy and rewarding New Year 2009.*

(Mrs Lakshmi Rajasekhar)

New Delhi

Date : 10 Oct 08



श्रीमती इला शर्मा  
अध्यक्षा तटरक्षिका (अं० एवं नि०)

तटरक्षिका कल्याण केन्द्र  
मार्फत तटरक्षक क्षेत्रीय मुख्यालय  
पोस्ट बॉक्स नं० 716  
पोर्ट ब्लेयर - 744 102



### MESSAGE

*With every new edition, we are able to share our common goals, ambitions and knowledge. My compliments to the core committee for their perseverance and tenacity in bringing out this magazine. I am confident this will grow from strength to strength and continue to hold its pre-eminent position as an outlet for journalist excellence amongst Coast Guard families.*

*“Let us go higher and higher”*

*I Sharma*  
(Mrs Ila Sharma)

*Port Blair  
10 Oct 2008*



## संपादक की कलम से...

‘उर्मी-2008’ के इस अंक का संकलन और संपादन करने में मुझे हार्दिक प्रसन्नता हो रही है।

आज ‘उर्मी’ एक ऐसी कड़ी बन गयी है जो हमारी दूर-दराज बिखरी हुई तटरक्षिकाओं को एक-दूसरे से जोड़ने का काम बहुत ही सफलता से कर रही है।

ऐसा अक्सर देखने में आया है कि पति जब परिवार से दूर रहते हैं तब भी वे आश्वस्त रहते हैं कि उनके पीछे उनका परिवार अकेला नहीं पूरा ‘तटरक्षिका परिवार’ उनके साथ है। यह हम तटरक्षिकाओं का ही योगदान है कि उनकी आत्मनिर्भरता, प्रेरणा और परिवार के प्रति समर्पण के कारण हमारे पति संघर्ष के क्षणों में भी सफलता के प्रति आशावादी रहते हैं।

ऐसे ही अनुभवों, जानकारीयों, भावनाओं और सुझावों को हमारी वार्षिक पत्रिका ‘उर्मी’ एक दूसरे तक पहुँचाती है। शायद कुछ मनोरंजक घटनाएं आपके दिल को छू जायें, हंसायें और यादें ताजा कर जायें।

‘उर्मी’ के इस अंक को प्रस्तुत करने में आप सभी का योगदान बहुत सराहनीय है। सम्पादकीय समूह के सभी सदस्य, आप सभी का आभार प्रकट करते हैं जिन्होंने ‘उर्मी’ के संकलन में सहयोग दिया है। हमें उम्मीद है कि आने वाले वर्षों में ‘उर्मी’ सफलता की ऊँचाईयों तक पहुँचेगी।

सीढ़ियाँ चढ़ प्रगति की तटरक्षिका,  
प्रेरणा का स्रोत बन गयी है।  
देख सकते हैं झलक अब ‘उर्मी’ में,  
तटरक्षिका का आज ये प्रतिबिंब बन गयी है।



संपादकीय समूह –  
श्रीमती जया पांडे  
श्रीमती शिरीन खान  
श्रीमती नीलिमा बडोला



# EDITORIAL

Urmi is the mirror which reflects the enthusiasm and talents of the multi faceted and vibrant Tatrakshikas.

Besides being a wonderful platform for sharing ideas, emotions and experiences, it promotes mutual understanding, co-operation and togetherness.

Urmi is the thread that connects all Coast Guard wives across the country, and weaves them into a colourful and strong fabric.

We thank all contributors for their informative, humorous and interesting articles & poems and look forward to more of the same for our next edition.

We also thank those who sent us beautiful and artistic cover page designs. They are illustrated on the inside of the back cover page.

We also thank the Regional Sanchar teams at Mumbai, Chennai and Port Blair for their efforts in collecting, sifting and compiling the articles and poems received from their respective regions.

Last but not the least, we sincerely thank our gracious sponsors for their valuable support to our cause.

Wish you all a happy reading.



## Editorial Board

Mrs. Jaya Pande, Mrs. Neelima Badola and Mrs. Shirin Khan

**REPORTS**

**ARTICLES**

**POEMS**

**ANEC-DOTE**

**लेख**

**कवितार्ये**

## **ANNUAL REPORT - NORTHERN REGION**

The year 2007-08 has been as busy as ever for CGWWA Northern Region. In our endeavour to stand firm by our motto of "Self Help", we continue our efforts to make our Tatrakshikas self reliant, independent and confident in all walks of life. In the year 2007-08, following centrally coordinated activities were conducted :-

- (a) On the occasion of Children's Day, trophies and certificates were awarded to the meritorious students for the academic year 2006-07. A movie was also screened thereafter.
- (b) Sports Day was organised on 29 Nov 07, on the occasion of Tatrakshika Day. A number of sports related activities were conducted, in which all members participated with great enthusiasm.
- (c) Annual General Body Meeting was held on 07 Jul 08. The highlights of the event were the Secretary's and Treasures' reports and the introduction of the new CGWWA Committee.
- (d) Teachers' Day was celebrated on 05 Sep 08 at Kalyan Kendra, Noida. All teachers of CG KG School, Noida and Welfare Centre were felicitated.
- (e) The Central Executive Committee meeting with the Regional CGWWA Presidents of all three regions was held on 25 Sep 08. The annual reports of the regions were reviewed and discussions on various agenda points was held.

The highlights of the various activities conducted during the preceding year are as follows:

### **SURUCHI**

A long course of 09 months duration in "tailoring and machine embroidery" was conducted at Kalyan Kendra, Noida. On successful completion of the course, the ladies were awarded certificates by M/s Singer India Ltd. In Nov 07, a special 03 months short course in tailoring was introduced. Every Thursday, a demonstration is held at Kalyan Kendra, Noida which is given by officers' and EPs' wives on an alternate basis. Children's Day was celebrated at Tatrakshak Vihar on 8th Nov 2008 by organising a Talent Show for all the children. President Tatrakshika, Mrs Thrity Contractor distributed Meritorious Awards. She also presented some books for the library.

### **SANCHAR**

Sanchar brings out three issues of the newsletter "**Tatrakshika Sandesh**" in a year. In Nov 07, the first centralised edition of the annual CGWWA magazine "**URMI**" was released.

### **SURAKSHA**

The Suraksha team is in regular touch with the widows of Coast Guard personnel. They were invited for various activities like Sports Day and Cancer Detection Camp during the preceding year. In Jul 08, Vice President Tatrakshika alongwith the Suraksha team, visited the widows and discussed



issues regarding their welfare. During the AGM-2008, an annual grant for the education of their children was presented to them.

### **SAKSHARTA**

A demonstration on mental arithmetic system was given by the regional co-ordinator of UCMAS. Thereafter UCMAS classes have been started weekly at Kalyan Kendra with a total of 12 children. Computer classes for children and ladies were conducted at Kalyan Kendra, Noida. Spoken English classes for ladies are also conducted twice weekly at Kalyan Kendra. International Literacy Day was celebrated on 08 Sep 08, during which Professor Neelima Asthana from Delhi University delivered a lecture on the importance of education for women, which was followed by a small entertainment programme.

### **SANSKAR**

Special yoga classes for teachers of CG KG School, and a general medical check-up for all the students were conducted in the month of Aug 08. A number of activities and field trips are conducted for the students throughout the year.

### **SANJEEVAN**

In Dec 07, a lecture on cancer awareness was delivered by Mrs. Jyotsna Govil from the Cancer Society Of India. A cancer detection camp was also held at Kalyan Kendra, Noida. In Mar 2008, health cards were made for all CGWWA members containing their medical history. Regular yoga classes for ladies were held at Kalyan Kendra, Noida. A lecture on obesity in children was delivered by Col. (Dr.) Deepti Sablok (retd). On 09 Nov 2008, a free Dental Check-up Camp was organised for children at Welfare Centre, Sector-23. Dr. Deepak Rai, Orthodontist and Dr.(Mrs.) Sheetal Rai, Dental Surgeon jointly conducted the Camp. The Camp commenced with talk by Dr. Rai regarding dental hygiene and screening of a twenty minutes animated documentary on dental care for children.

### **SNEHA**

Rations were donated in June 08 to Saraswati Balika Vidya Mandir at Noida, a school for the under privileged children .

### **LIBRARY**

The Libraries at both the Sectors-23 and 52, Noida are functioning well and are stocked with new books from time to time.

### **RELEASE OF BOOK**

On 26 September 2008, a book "In Tune with Pristine Whites" was released by Vice Admiral, RF Contractor, Director General, Indian Coast Guard.

## **ANNUAL REPORT - EASTERN REGION**

Tatrakshika is playing an active role while organising and conducting various welfare activities for the benefit of the Coast Guard fraternity. All efforts are made to give adequate exposure to the ladies and children so as to develop their personality.

The activities undertaken by Tatrakshika in Eastern Region from 30 Nov 07 till date are as follows.

### **CHENNAI**

Tatrakshika Day was celebrated as a day out with 200 members, various games and group activities were organised

Mrs Urmila Singh, President Tatrakshika (East) was given a warm farewell in Jan 08 in a special Tatrakshika meet jointly conducted at Royapuram.

A special committee meeting was organised on 04 Feb 08 for handing / taking over of Regional Presidents, where committee members were introduced to Mrs Harkiran Basra, President Tatrakshika (East).

President Tatrakshika (East) was given a warm welcome at a special Tatrakshika meet at Mogappair, where her interaction with enrolled personnel wives was a stepping stone towards greater bonding.

Annual General Body meeting was held on 09 Jul 08 at Mogappair. New CGWWA Committee was announced. Diploma certificates were given to ladies who successfully completed their course.

Tatrashika President Mrs Thrity Contractor visited Chennai on 17 - 18 Sep 08. She visited the welfare centre and CG KG School at Mogappair and had an interactive session with the ladies.

### **SURUCHI**

A long course in Tailoring and Embroidery was conducted at both the welfare centres. A short course on "Self Grooming" was also conducted at Mogappair. "Go Green Day" was celebrated by undertaking a tree plantation drive. Reference books for class X and XII were provided to libraries at Royapuram and Mogappair. Various demonstrations and workshop on candle making, blocking printing, tie and dye, hair style, home remedies on beauty tips, Baking classes, counselling for students etc., were conducted throughout the year.

### **SANCHITA**

Sanchita is actively involved in making hand made articles and gift items which, are sold at a very reasonable price. It is also source of earning for the ladies who are engaged in the workshop.

## **SNEHA**

CGWWA extended a helping hand to Kakum Karangal Orphanage and donated daily use items. A Coast Guard widow was given a number of utility items in Jan 08. Tatrakshika visited a fishing village in Jun 08 and donated adequate amount of rations. Food packets were distributed for children and a free medical camp was also organised for the villagers, in Sep 08. CGWWA extended a helping hand for the flood victims in Bihar by sending considerable relief material.

## **SANJEEVAN**

A cancer screening camp was conducted by Cancer Institute, Adyar at Mogappair, Royapuram and Air Station in Feb 08. The results of medical check up of (about 200) ladies who attended the camp were handed over to them and their health files were maintained. A health talk on 'Immunization' was delivered by Dr Soumya Rao Mayuri during Tatrakshika meet in Jul 08.

## **SURAKSHA**

On the sad demise of P/Nvk Satayveer Singh, and P/Nvk Suramanian a sum of Rs. 5000/- each were handed over as a grant from CGWWA to the bereaved families. Suraksha team met widows working with Coast Guard in Chennai and will be providing annual financial grant to their school going children.

## **SANSKAR**

A fancy dress competition was held to mark the Children's Day in Nov 07. Christmas party was organised with the theme 'Fruits'. Annual Sports Day, Craft Exhibition, Republic Day and Annual day were celebrated in both the schools. A workshop was conducted for the teachers by Mrs. Muralidharan in which she shared her Montessori experiences. English recitation competition was held in both the schools. Independence Day and Raksha Bandhan were celebrated. Kids made Rakhies for the event. A story telling competition gave a good platform to children to gain self confidence. Monthly meeting of school staff & management was organised to enhance effective functioning of the school to meet higher standards.

## **HALDIA**

Outreach activities were conducted for senior citizens, blind school children, maid servants and flood victims in the district. Hobby classes such as dance, cooking, fabric painting, computer, spoken English and karate were conducted for children and ladies by professional teachers. Children's Day was celebrated and a picnic was organised on Tatrakshika Day. Husbands' Nite was organised in Dec 07. A blood donation camp was held in July 08 to help the Thalassemia patients. Blood grouping/ cross matching & screening for diabetes were carried out with the help of Bio-Care Diagnostic Centre for CG Officers, EPs and their families in Jan 08. A healthy baby show was organised in Jan 08 and a health talk on special child care practices was delivered in Feb 08. DPT and DT vaccinations were also administered parallelly.



## **PARADIP**

Tatrakshika Day was celebrated with great enthusiasm. A lecture on Mother – child health & relationship was delivered by the guest speaker Dr Ranjita Patnaik. A lecture on 'small savings' was also given by ICICI executives a month later.

A picnic was organised in Dec 08 and painting competition was held for children. The District Medical Officer gave general health tips and distributed health files during the coffee morning held in Feb 08. Outreach activity included donating items to Jagannath School. Tatrakshika President (East) visited Paradip in Mar 08. She visited the CG Play School and welfare centre and provided valuable suggestions for improvement of Tatrakshika during her interaction with ladies.

## **VISHAKHAPATNAM**

'Children's Day' was celebrated with a Magic show followed by a movie for the children. A drawing competition was also held the same day **Makara Sankranti** was celebrated by distributing sweets and fruits to all ladies. Classes in making soft toys, health & diet, and stitching were conducted for ladies at the welfare centre.

A Health talk on common causes of ill-health, nutrition and diet was delivered in Feb 08 and ladies visited old age home at Sittamdhara and distributed fruits and ration to the inmates. President Tatrakshika (East) visited the station in Feb 08 and discussed all aspects of Tatrakshika activities and gave her valuable suggestions to the ladies. Card making competition and "Best out of Waste" was conducted for the ladies in March and July respectively. A sports competition for children was conducted on the eve of Independence Day.

## **KAKINADA**

First Anniversary celebration was held on 10 Nov 07. Various activities were conducted in picnic organised in Jan 08 which included sports activities etc. A cooking competition was conducted in Jan 08. Outreach activity was conducted in Feb 08, where study material was distributed amongst the children of the Deaf & Dumb School. Fancy dress competition was held for children during Independence Day celebration. President Tatrakshika (East) visited the station on 26 Feb 08 and interacted with all the ladies and suggested effective ways to improve their performance in various CGWWA activities.

## **MANDAPAM**

Diwali was celebrated with great enthusiasm. On Children's Day, Drawing and Rangoli competitions were held for the children. A Magic show was also organised. Mrs Urmila Singh, President Tatrakshika (East) visited the station in Dec 07. In Jan 08 '**Lohri**' was celebrated. Tatrakshikas visited an orphanage of physically challenged children in Jan 08. They distributed basic items of daily needs and interacted with them.

A pulse polio camp was organised in Feb 08. An eye camp was organised in collaboration with Shanker Nethralaya in Jul 08. Tatrakshika President (East) was welcomed in Feb 08 and the occasion was utilized to spread awareness of life saving source 'water'. The station has dedicated year 2008 to create awareness about global warming. Various competitions like making innovative handicrafts, essay writing, flower arrangement and solo dance for children were held. Classes on Yoga & meditation for ladies and Music (Keyboard) & dance for children are being conducted. Regional President Tatrakshika visited the station Aug 08 she was appraised about the various activities conducted by CGWWA at the station. Independence Day 08 was celebrated with great pomp and gaiety.

### **PUDUCHERRY**

A picnic was organised for ladies and children in Nov 07. Tatrakshika Day was celebrated with a cultural programme. President Tatrakshika (East) Mrs Urmila Singh visited the station in Dec 07 and visited an orphanage. Tatrakshika (East) President Mrs Harkiran Basra made her maiden visit in Feb 08 and interacted with the ladies. A Health talk was delivered by Medical Officer on common problems faced during monsoon in Mar 08. Independence Day was celebrated with full zeal and enthusiasm.

### **KOLKATTA**

Tatrakshika Day was celebrated and a picnic was organised for all ladies. A lecture on stress management was delivered for ladies and children. Regional president was welcomed in Mar 08. A visit to orphanage is planned in Sep 08.

### **TUTICORIN**

CGWWA Tuticorin organised "Plant A Sapling" campaign in Nov 07. All members took a pledge of "Each one - Plant one" to save the environment. Ladies visited an orphanage 'Joy to the world' in Jan 08. Tatrakshika Day was celebrated in Nov 07 and Husband's Nite in Dec 07. President Tatrakshika (East) Mrs Urmila Singh visited Tuticorin in Jan 08. New President Tatrakshika (East) visited the station in Mar 08, where she had an interactive session with ladies and suggested ways to improve upon some CGWWA activities. A visit to Tsunami Nagar was organised by the CGWWA ladies in Jul 08. Glass painting classes have been conducted for the ladies. Cooking, Computer, tailoring and crafts classes have been planned for the year ahead.

The period under review has been full of activities and kept ladies busy. In the coming year Tatrakshika is planning to consolidate welfare activities.

## **ANNUAL REPORT - WESTERN REGION**

The activities undertaken by CGWWA in the Western Region from Oct 2007 – Sep 2008 are as follows :

### **CGWWA ACTIVITIES AT MUMBAI**

Coffee mornings are organised every month for officer's wives and EP's wives alternately.

On 08<sup>th</sup> Nov 07, a Diwali Mela was organised. CGWWA had actively participated by putting up a stall. A Magic show was also arranged by Tatrakshika.

To Celebrate Tatrakshika Day, various sporting events were organised on 24 Nov 07.

A 'Talent Show' for children was organised in Dec 07.

A Special Committee meeting and Coffee morning were organised during the month of Jan 08 and Feb 08 respectively to bid farewell to outgoing CGWWA President (West) Mrs. Lakshmi Rajasekhar.

Coast Guard Nite was organised on 29 Jan 08. Meritorious students were awarded by President Tatrakshika (West).

A Special Committee meeting and a Coffee morning were organised in Feb 08, to welcome new CGWWA President (W) Mrs Urmila Singh.

A Workshop on 'Education Abroad' was conducted on 13 May 08 for the future educational prospects of the children.

Annual General Body Meeting was organised on 23 July 08. The new CGWWA Committee was announced and introduced by the Secretary. An Activity Report for the year 2007-08 was presented by the Welfare Co-ordinator and a brief on income and expenditure of both the funds was read by the Treasurer. President CGWWA (West) Mrs Urmila Singh welcomed all members and encouraged them to participate in the CGWWA activities. A lecture on 'Vaastu Shastra' was also organised.

A Special Coffee morning was organised in honour of President Tatrakshika Mrs. Thrity Contractor during her visit to Mumbai on 04 Sep 08. She interacted with all CGWWA members and presented educational CD's for CG KG School.

CGWWA ladies and children actively participated in 'International Coastal Clean Up Day' at Juhu, Girgaon Chowpatty and Dadar Beaches on 20 Sep 08.

### **SURUCHI (WELFARE)**

Various classes and courses like Zardosi, Tailoring, Beautician, Computer, Yoga, Dance etc were conducted at Welfare Centres of Powai and Borivali. Besides these classes various demonstration



were also given to make useful items/ dishes.

In view of 'Teach India Drive', Spoken English classes have also been started at the Welfare Centre in Powai.

### **SANSKAR (EDUCATION)**

During the academic session various cultural, educational & recreational activities were conducted for children of CGKG school like Children's Day, festivals (like Janamashtami, Diwali, Christmas etc.) rhymes carnival and various Hindi and English recitation competition.

In the month of Oct 07, CGWWA President Mrs Thrity Contractor visited CGKG School Borivali and gifted toys to the children.

A 'Medical checkup for children of both the CGKG schools was also organised in the month of Dec 07.

A school picnic to Parle Biscuit Factory was organised for CGKG children on 11 Jan 08.

'Republic Day' and Sports Day were celebrated at both CGKG schools. There was a colorful display of Tricolor and children presented Mass Drill and patriotic songs.

Annual Day of CGKG School was celebrated on 01 Mar 08. The Chief Guest for the function was Inspector General Rajendra Singh PTM, TM Commander Coast Guard Region (W). The children presented a wide variety of cultural programme.

Graduation Day was held at both CGKG School in Mar 08. A new Principal for CGKG school Mrs Shipra Sirivastava was appointed for the academic session 2008-09.

Regular PTA meetings are conducted every month. A special PTA meeting was conducted on 29 Aug 08, as an orientation for parents, where Headmistress and Education Co-ordinators were present to discuss various issues related to development of children.

'Teachers Day' was celebrated on 05 Sep 08 at CGKG school, Powai. On the occasion, Education Co-ordinator organised exciting games for the teachers.

### **SANJEEVAN (HEALTH)**

Health talks on numerous subjects are being conducted regularly during coffee mornings.

A talk on 'Naturopathy' and its effect on life was organised.

Medical camps by 'Eye' & 'Dental' specialist were conducted at Powai & Borivali.

CGWWA members took active participation for 'Blood Donation Camp' organised in association with Red Cross Society, Parsee General Hospital and INHS Asvini.

Health Files have been introduced in the Western Region for all the CGWWA members. The files have been given to all the married sailors to maintain the medical records of their families and are in the possession of the ladies.

A Cancer Detection Camp was organised on 09 Sep 08. Doctors from 'Cancer Patients Aid Association' examined the ladies. The screening programme involved check up by ENT Specialist, gynecological examination, surgical examination, routine blood test and a complete general check up. This golden opportunity was utilised by a good strength of CGWWA members.

### **SNEHA (OUTREACH)**

CGWWA outreach members extended a helping hand to underprivileged children of 'Bal Asha Trust', an orphanage.

As a part of CG Week Celebrations outreach members sailed on board ICGS Samar with 41 differently abled children.

President Tatrakshika (West) Mrs. Urmila Singh accompanied by the Outreach Co-ordinator and the CGWWA members visited 'Seva Sadan Society' Gamdevi Mumbai on 25 Aug 08. A sum of Rs. 2000/- was granted by President CGWWA (W) for donating daily use items. In addition good quantity of Clothes, Dry rations, Biscuits, Nutramul etc. were donated by all Tatrakshika members.

The Outreach members visited widow of Shri Joshi who was a civilian staff of BUVIK. The members donated items of daily use to Mrs. Joshi which were purchased from the donation collected from the CGWWA members during coffee mornings. In addition, ration items collected were also provided to her.

### **SURAKSHA (WIDOW CELL)**

It has been the endeavour of 'SURAKSHA' to assist the families of deceased CG Personnel to get their dues from the service in the shortest possible time by constant liaison with the concerned authorities. This year CGWWA (W) awarded scholarship to the school going children of deceased CG Personnel.

CGWWA members visited Smt. Bindu Devi w/o Late P/NVK Pradeep Kumar of ICGS Samar to enquire about the well being of the family. CGWWA members also rendered help by giving her household items, Ration, Groceries, Bed sheets & other furnishing items.

### **SANCHITA (PRODUCTION)**

Sanchita Co-ordinators are working to provide basic material to ladies to prepare handmade products that can be put up for sale. Sanchita encourages ladies to come forward to showcase their talent and skills in various fields like stitching, embroidery, painting etc.

## **LIBRARY**

The libraries continue to function at CORA Worli & Powai and TRV Borivali & Powai. Every quarter CGWWA adds a set of new books to these libraries.

Recently a CGWWA library has been established at CG Station Daman. President Tatrakshika(W) Mrs Urmila Singh presented 15 Books for the Library.

## **GOA**

On 27 Oct 07, Sports and Cultural Day was organised by CGWWA, as part of Children's Day Celebration.

On occasion of 'Tatrakshika Day', a picnic was organised by CGWWA. Ladies were taken to the 'Three Kings Church'.

A special coffee evening was organised on 25 Jan 08 to bid farewell to President Tatrakshika (W) Mrs Lakshmi Rajasekhar.

A combined coffee morning was organised on 29 Mar 08 to Welcome President Tatrakshika (W) Mrs Urmila Singh. Various entertainment programmes were presented by the CGWWA members.

Glass Painting classes were organised from 11 to 14 Aug 08 at Welfare Centre.

Independence Day was celebrated with great enthusiasm and sweets were distributed to the children.

Abacus classes were conducted during the month of Aug 08. Many children were benefited by it.

As an outreach activity, toiletry items were distributed to maids at Welfare Centre. A lecture on hygiene was also delivered.

## **KOCHI**

On the occasion of Tatrakshika Day, a blood donation camp was organised. Later on 01 Dec 07, a picnic was organised for all CGWWA members to Palm Fibre factory

A special coffee morning was organised to bid farewell to Mrs. Lakshmi Rajasekhar, President Tatrakshika (West).

On 01 Apr 08, a special coffee morning was organised to welcome Mrs Urmila Singh, President Tatrakshika (West).

On 03 Jul 08, a cancer detection camp for both breast and cervical cancer was organised in INHS Sanjivani by CGWWA.

## **BEYPORE**

CGWWA conducted an "on-the-spot painting competition" for school children at the station on 08 Feb 2008. The theme of the competition was 'Marine Life and Role of Coast Guard'.

A picnic to 'Waynad' for all CGWWA members was organised on 09 Feb 08. Boating and other entertainment activities made the event a memorable one.

## **KAVARATTI**

Since there are only two families based at ICGS Kavaratti, no welfare activities have been conducted in Kavaratti.

## **VIZHINJAM**

Tatrakshika Day was celebrated with various cultural activities on 25 Nov 07.

On 12 Jan 08, a picnic to 'Neyar Dam and Poovar' was organised for CGWWA members. On 20 Jan 08, CGWWA members participated in Air Force adventure Camp at KAPIL.

A Special Coffee morning was organised on 25 Jan 08 to bid farewell to President Tatrakshika (W) Mrs Lakshmi Rajasekhar.

CGWWA members participated at International Coastal Clean Up Day organised at Kovalam Beach Thiruvanthapuram.

A Health and Oral care camp was organised on 12 Feb 08 by MH Trivandrum.

A special coffee morning was organised on 31 Mar 08 to Welcome President Tatrakshika (W) Mrs. Urmila Singh.

An Educational trip to Space Museum, Vikram Sarabai Space Centre, Thumba was organised on 19 Jul 08 for CGWWA members and families.

## **DAMAN**

A Picnic for children was organised to Mira Sol Water Park on 07 Oct 07.

TRV and CGPS Casual labours were given ration, a pair of clothes and shoes on 04 Nov 07.

As a part of Independence Day celebration, a movie "Gandhi My Father" was screened for CGWWA members.

As a part of Tatrakshika Day celebrations, a picnic for ladies was organised at Mira Sol Water Park on 25 Nov 07.

A special coffee morning was organised on 28 Jan 08 to bid farewell to President Tatrakshika (W) Mrs. Lakshmi Rajasekhar.

A Cultural programme was organised on 03 May 08 to welcome President Tatrakshika (W) Mrs. Urmila Singh.

Beautician and stitching classes were conducted for the CGWWA members.

Health files for CGWWA members have been introduced.

### **PORBANDAR**

In the month of Oct 07 a tailoring centre was inaugurated at welfare centre with 04 sewing machines.

A picnic was organised to 'Jamwant Caves' for children of CG personnel as part of Children's Day Celebration.

On the Occasion of Tatrakshika Day various competitions were organised for the ladies. This was followed by prize distribution and 'Barakhana'.

The Outreach members visited 'Paramhans' Ashram and donated ration and clothes.

On 24 Dec 07, Boogie Woogie X'Mas party was organised for ladies and children at Welfare Centre.

A special coffee morning was organised on 30 Jan 08 to bid farewell to Mrs. Lakshmi Rajasekhar President Tatrakshika (w)

A 'Yoga Shivr' was held on 05 Mar 08 for a period of 05 days. The shivr was conducted by a Yoga Guru from Patanjali Yoga Samati.

'Independence Day' was celebrated with tiny tots of CG play school. A movie show was also screened for the children in the evening.

A 'Rajyoga' (meditation) Shivr was organised from 04 to 10 Feb 08.

A special coffee morning was organised on 03 Mar 08 to welcome Mrs. Urmila Singh President Tatrakshika (W).

A Dental Inspection camp for ladies and children was conducted by Medical Officer ex INS Valsura on 17 Apr 09.

On 20 Jul 08, a Walkathon was organised by CGWWA. All ladies, children & men participated in the event.



On 08 Aug 08 outreach members visited Vridh Ashram at Jamnagar. Various utility items were donated to the Ashram.

### **OKHA**

A lecture was given by Dr Pushpa on menstrual cycle on 24 Nov 08.

Tatrakshika Day was celebrated on 26 Nov 08. Many group games like Tambola and antakshari were organised for the ladies.

Nib Painting and Stain Glass Painting classes were conducted w.e.f. 24 Dec 07 for 15 days.

A special coffee morning was organised to bid farewell to Mrs Lakshmi Rajasekhar, President Tatrakshika (West).

On 05 Feb 08, outreach members donated blankets to casual laborers, security personnel and civilian mess staff personnel.

Dance classes for children were conducted at CGWWA community centre on 18 Feb 08.

Tatrakshika meet was organised on 02 Mar 08 to welcome Mrs Urmila Singh, President Tatrakshika (West).

### **VADINAR**

Outreach members visited 'Andhajan school' Jamnagar on 20 Dec 07 and donated biscuits, chocolates and clothes etc.

Republic Day was celebrated at CG School with CGWWA ladies in attendance. National flag and sweets were distributed to the children.

A Rajyoga (Meditation) shivir was organised at Family welfare centre from 04 to 10 Feb 08.

A special coffee morning was organised to welcome Mrs. Urmila Singh, President Tatrakshika (West)

A Dental Inspection of all ladies and children was conducted by Medical Officer (Dentist) ex INS Valsura on 17 Apr 08.

On 20 Jul 08, a walkathon from IOC colony to Nararabet was organised by CGWWA. All ladies, children and men participated in the event.

On 08 Aug 08, outreach members visited Vridh Ashram at Jamnagar. Various utility items were donated.

## **JAKHAU**

A special coffee morning was organised on 27 Nov 07 in honor of Mrs. Thrity Contractor President Tatrakshika.

A CGWWA coffee morning was hosted to bid farewell to outgoing President Tatrakshika (W) Mrs. Lakshmi Rajasekhar on 30 Jan 08. A cultural programme was also organised.

A CGWWA coffee morning and 'Barakhana' was organised to welcome President Tatrakshika(W) Mrs. Urmila Singh on 02 Mar 08.

Holi celebration was organised at Naliya for Ladies and children.

## **NEW MANGALORE**

District Medical Officer of DHQ-3 conducted health check up for the children of KG School on 08 Oct 07.

On the occasion of Children's Day, a magic show was organised for the children of KG school.

CGWWA members visited the old age home " ABHAYA ASHRAYA" and donated ration, clothes, fruits and sweets.

Farewell was bid to Mrs Lakshmi Rajasekhar President Tatrakshika (West) on 22 Jan 08. Cultural programme and demo on paper doll making was conducted.

President Tatrakshika (west) Mrs Urmila Singh was welcomed on 30 Mar 08. On her maiden visit, she also inaugurated the multipurpose sports ground at CGRA Kunjathbail.

Independence Day was celebrated at KG School, Kunjathbail. Fancy dress competition was organised and sweets were distributed to the children.

## **ANNUAL REPORT - A&N REGION**

Living is the exercise of certain learned skills, attitudes and abilities, that we have acquired and honed to a sharp and focused edge. Unlimited ambition for goal & unsatisfied zeal of determination for success makes one attain great heights. These lines exemplify the shining achievements of Tatrakshika (A&N).

With 382 families in Port Blair, 15 in Campbell Bay and 14 in Diglipur, Tatrakshika is growing in leaps & bounds by way of both strength and reputation.

A plethora of activities are organised annually which include :-

- (i) Essay writing competitions for children.
- (ii) Medical camps benefiting almost 200 families.
- (iii) Visit to Coast Guard ships by the inmates of orphanages.
- (iv) ANCOWWA Coffee evenings.
- (v) Tatrakshika Day celebrations.
- (vi) Annual General Body Meeting.
- (vii) Involvement of Tatrakshika in coastal clean up drive.

Activities organised regularly are :-

### **SURUCHI (WELFARE)**

Various long courses including self grooming, tailoring and embroidery are running successfully.

Short term courses include tie & dye, oil painting and spoken English & Hindi classes. The response has been highly encouraging and we have enrolled 30 ladies, as against a single digit last year. Programmes are organised regularly to deal with de-stressing. An eminent child Psychologist rendered her professional guidance & advice. In addition to this, various competitions are held time & again to bring out culinary talents of our ladies.

### **SAKSHARTA (LITERACY)**

Motivation is what, gets you started & will power is what, gets you going.

The IT boom including internet, palmtops, and encyclopedia within the reach of a click has enabled inquisitive seekers to update his/her knowledge within no time. Computer classes have always had a very positive response from the children of various age groups. Information was given by Director Postal Services Mrs. Madhumita Das regarding various postal schemes and UTI benefits. During the summer break various hobby classes were initiated by the ladies, which include first aid, spray painting,

glass & fabric painting. To develop our children into responsible citizens a trip was specially organised to Science Centre to develop their scientific aptitude. A scientific experiment kit was also dispatched to Campbell Bay.

### **SNEHA (OUTREACH)**

As a part of philanthropic activity, CGWWA is now sponsoring the tuition fee of Janaib Khan studying in Nursery in CGKG school. At the same time we have also extended a helping hand to the children of civilian boat driver Mr. Ganesh Bahadur and have sponsored their education. During Mrs Thrity Contractor's visit to Port Blair, CGWWA ladies organised a trip to Anganwadi for slum children of Wandoor. Some toys and books were donated to the creche. A lecture on eye care was also delivered by Dr. Sudha Nath. Visits to various orphanages like Seva Niketan is a regular feature of outreach where children are supplied with necessary materials like stationary for their exams.

### **SANJEEVANI (HEALTH)**

Health is wealth & CGWWA (A&N) region believes in the philosophy of spreading health awareness, not only among its ladies but also other welfare organisations. Talks, lectures, medical check ups & spreading health issues through posters are regularly conducted. Educating about family planning and gynaecological topics are dealt with great care and concern. A medical camp was conducted at Wandoor in October for free blood-sugar & hepatitis test and lecture was also delivered on the importance of improving our life style with regard to food habits and nutrition to live a healthy and long life. The entire previous year emphasis was given on mental & family health and it started with updating health files & health cards. A no. of workshops were conducted on family planning. 'Make a wish' scheme started with multiple disability centre for the whole year. Cancer screening & dental checkups are done regularly in association with DWWA and now we have started a homeopathic clinic from within our resources. A blood donation camp was also organised in the month of February.

### **SHRISTI (ENVIRONMENT)**

It is our duty to protect and enrich our environment. Making it clean is not an individual approach, but team work. We have to co-operate with the society to make the atmosphere clean & fresh for the coming generation. A coastal clean up drive was undertaken by CGWWA on 19 Sep 08 to make our beaches clean.

Environmental walkathon was conducted on CG day & the ladies participated with great zeal and enthusiasm. Lectures are delivered at regular intervals on medicinal value of plants and pamphlets are distributed. Environmental tips for clean & green surroundings were also promulgated for the benefits of the community.

## **ENTERTAINMENT**

Christmas was celebrated in TRV where Santa visited every block and distributed sweets to children. In the month of August, CGWWA (A&N) organised an educational magic trick show by the representatives of a NGO called Andaman Environment. Children were made aware of their environment, flora, fauna, animal life, tribal communities and the importance of safeguarding the environment of these islands. The NGO also presented books on environment for the library.

## **SANCHITA (CGWWA SHOP)**

Our shop at TRV shopping complex has given platform to ladies to show case their talents & encourage self confidence as well as earn money. Various items from Chennai, Salur, Mumbai, Kolkatta & New Delhi are also made available. Sanchita has broadened its horizon, as the products are also available to civilians.

## **SANCHAR (COMMUNICATION)**

The newsletter is published once on a quarterly basis highlighting the achievements of our ladies. Sanchar is also responsible for collection of articles for 'URMI' and 'DWEEP SANGAM'.

## **LIBRARY**

Libraries are as shrines, where all the relics of saints, full of virtue and that without delusion or imposture are preserved & reposed. The CGWWA has a well stocked library with selected qualitative books, each one of which stands on its own merit. It is our treasure of knowledge, information & entertainment.

## **SURAKSHA**

Mrs. Sabita Devi, widow of Late Shri Ganesh Bahadur, Engine Driver of Coast Guard has been given a job in the Coast Guard. The studies of the eldest daughter is sponsored by SBI and a grant is also given to one of her daughters to cater for her school fees. The Suraksha member regularly interacts with the widows to resolve their problems.

## **THE KIDS CORNER – JINGLE BELLS**

Today's children are tomorrow's pillars. The children of CGKG school are encouraged time and again for poetry, recitation, fancy dress competitions and tree plantations. Various festivals like Rakhi, Onam etc. are celebrated with enthusiasm. The CGWWA is closely associated with the school and gives full support to the budding stars of tomorrow.

## **CGWWA ACTIVITIES OF DIGLIPUR (DHQ-9) & CAMPBELL BAY (DHQ- 10)**

A medical lecture on Malaria and first aid was delivered by DMO. At the same time issues on children were also stressed. Basic computer training and general awareness regarding fire, fire extinguisher and how to fight fire are also conducted. Medical Camp for early detection of Breast Cancer was also conducted.



## CGWWA AWARDS – 2008

### Meritorious Award for Children

Children are the light of our life and when they do well in exams, we seem to glow. This award sponsored by CGWWA is a way of encouraging them to work hard and excel in whatever field they choose. Congrats! Keep it up!



### CGHQ, New Delhi

Sl.	Name	Daughter/Son of	Std	%	School
1	Shristi Rai	Comdt HK Rai	VIII	91.6	KV Noida
2.	A Rini Sharon	Comdt SED Anand Kumar	IX	92	KV Noida
3.	A Anusha	Comdt AA Reddy	X	93.8	KV Noida
4.	Anupama Singh	Comdt Udhal Singh	XI	89.8	KV Noida
5.	Bhagyashree Pande	DIG KC Pande	XII	89.2	Navy Children School, New Delhi

### Eastern Region

Sl.	Name	Daughter/Son of	Std	%	School
<b>Chennai</b>					
1	Nijin Raj	J Raju, U/Adh (R)	VIII	96.7	KV Anna Nagar
2.	Preetam Sharma	FC Sharma, Adh (ME)	IX	94.2	KV Anna Nagar
3.	Shahbaaz Deep Sabharwal	Commandant JS Sabharwal	X	96.4	KV Adyar
4.	Nidhi Parashar	Anoop Singh, P/N (CK)	XI	86	KV Meenambakkam
5.	Taranpreet Singh Vishakhapatnam	RP Singh, Adh (RO)	XI	86	KV DGQA
6.	Shweta Tanwar	Gora Singh, P/N (RP)	VIII	90.1	KV Nausenabagh
7.	Anjali Gautam	HP Gautam, U/Adh (SA)	IX	95	KV Nausenabagh
8.	Kiran Kumari	SK Tiwari, USE	X	97.6	KV CGS Colony, Mumbai

<b>Haldia</b>					
9.	Neha Kumari	OP Kumar, Adh (P)	VIII	88.1	KV IOC Haldia
10.	Keya Madhukar	Commandant, AK Madhukar	X	92.8	KV NSCB Midnapur Mandapam
11.	Mayank Mishra	VJ Mishra, USE	VIII	92.5	Akkalmadam (St. Anne's HSS)
<b>Mandapam</b>					
12.	G Hinduja	K Ganesan, U/Adh	IX	87.9	KV Mandapam
<b>Puducherry</b>					
13.	Akshay Saxena	Comdt (JG) Arun Saxena	IX	85.9	KV Puducherry

### Western Region

Sl.	Name	Daughter/Son of	Std	%	School
<b>Mumbai</b>					
1	Harita S Kumar	PSK Kumar, Adh (RO)	VIII	92.2	KV-IIT, Powai Mumbai
2.	Sonika	S Singh, Adh (RO)	IX	93.5	MSN High School, Dhanmahu Bhawari (Haryana)
<b>Daman</b>					
3.	Niharika Pandey	RB Pandey, Adh (AH)	VIII	92.5	CGPS, Daman
<b>Kochi</b>					
4.	Himanshu	Raj Kumar, U/Adh	VIII	90.6	KV, INS Dronacharya, Kochi
5.	Tuhin Sarkar	DK Sarkar, U/Adh (SE)	VIII	90.6	Navy Children School, Naval Base, Kochi
6.	Bhaskar Mandal	MS Mandal, SE	IX	89	KV-II, Naval Base, Kochi

7.	Jitendra Singh	JS Kushwaha, Adh	X	89	KV-II, Naval Base, Kochi
<b>Beypore</b>					
8.	Aswin Menon	MT Balasubramanian, P/Adh	XII	92	KV—1, East Hill , Kozhikode
<b>Goa</b>					
9.	Lovepreet	Jagjiwam Kumar, P/Nvk (ME)	IX	88.4	KV No. 1, Goa
<b>Okha</b>					
10.	Bheem Singh	BL Meena, Adh (QA)	VIII	90.5	KV, Okha

### A & N Region

Sl.	Name	Daughter/Son of	Std	%	School
1	Deepak Kumar	Gandhi Ram, PSE	VIII	93.08	KV-II, Port Blair
2.	Himanshu Sharma	Sant Lal Sharma, Adh (RO)	IX	91.6	KV-II, Port Blair
3.	Avinash Kumar	AK Pathak, P/Nvk (RO)	X	87.4	KV-I, Port Blair
4.	Ashutosh Kumar	Gandhi Ram, PSE	XI	86.02	KV-II, Port Blair

## THE RIGHT PATH

On this path, efforts never go waste and there is no failure. Even a little effort towards spiritual awareness will protect you from the greatest fear.

*Bhagwat Geeta*

On the spiritual path no efforts goes waste. We must make every effort to move forward even if it is little by little, even if every day we make mistakes. Some times we are so insensitive and preoccupied with ourselves that when we try to put others first we simply are not aware of their needs. Our mistakes begin to haunt us, but rather than sitting in a corner and crying over the day's errors, or developing a guilt complex, we should repeat the mantra and make sure that we do not repeat the same mistake the next day.

*- Arun Rai, Nvk (RP)*

## **GLOBAL WARMING – SPREAD THE WORD**

The planet is heating up – and fast. In recent years global warming has become a subject of great interest. With the development of technology there are known so many causes that can be debated for the cause of this warming and question arises how to respond best.

Here are a few things that you can do the help reduce global warming.

1. Choose an efficient vehicle. While buying your car, pick the least polluting, most efficient vehicle that meets your need.
2. Drive smart. Get your engine tuned up and keep your tires inflated – both help fuel efficiency.
3. Drive less. Whenever possible choose alternatives to driving (public transport, cycling, walking, car-pooling) and bundle your errands together so you will make fewer trips.
4. Buy energy efficient appliances. Use your consumer power when buying appliances by shopping for energy efficient models.
5. Replace your bulbs with compact fluorescent bulbs – A compact fluorescent bulbs lowers your energy bills, they last ten times long and will also keep half a ton of CO<sub>2</sub> out of the air.
6. Plant as many plants and trees in and around the area you stay.
7. Use recycled paper.
8. Adjust your thermostat.
9. Change the AC filter at regular intervals.
10. Take short showers and save water.
11. Buy the products locally and save a trip to the market.
12. Reduce the garbage.
13. Replace old appliances.
14. Unplug un-used electronics.
15. Air dry your clothes.
16. Buy organic food.
17. Bring cloth bags to market.
18. Turn off the computers when no in use.
19. Be a meat reducer (eat less meat).
20. Say NO to Plastic.

And most importantly spread awareness. As the saying goes that change begins at home. So start following it yourself and tell your friends about it. Spread the word, share the learning.

*- Aishwarya Raghuvanshi, Class X  
D/o DIG Raghuvanshi*

"Distance makes the heart grow fonder" ... goes an old saying. This is indeed true for those of us who put to sea. No wonder, a recent spell of hospitalization rekindled my innermost feelings...

## **FOREVER IN AWE**

Unfathomable is your sacred love  
That holds me steadfast in my vows  
Transcendental is your beauty  
That keeps me enchanted awfully pretty  
Ever so affectionate and spontaneously caring  
Oh dear, you are truly mesmerizing!

Profound be your respect for elders  
Not once in duties having faltered  
Such is your honesty of thought and deed  
To render itself worthy of emulation indeed  
Love's enduring embrace I seek of you  
So that I may imbibe a virtue or two!!

- Comdt AA Hebbar

.....

## **SOLDIER**

A man whose love for his country never fades;  
He who breathes and lives for his nation;  
A man of discipline, courage and energy  
A keeper of peace, law and justice  
He who never betrays and forsakes;  
A man with a cause to live and doth  
A baptist, a catholic, a hindu, a muslim, a sikh and a buddhist;  
A man of works and action  
A man of sacrifice without any second thoughts;  
Full of mercy to his brethren..  
Whose loyalty never wavers  
A man who fights for the betterment of his nation  
And dies with glory and pride.



- Karan Singh, P/Nvk(RO)



## GOD WANTED HER TO LIVE

It was a usual Delhi summer morning for Roma. A widow for the past 10 years, she had got into a routine that kept her busy throughout the day leaving little time to brood over the emptiness that lurked large in her life. Roma was childless. God had been unfair with her and she had accepted the bitter truth of life with a pinch of salt.

Jimmy nevertheless had been faithful to Roma all these years. A Labrador that Roma had bought, parting with a hefty amount from her meagre salary. Jimmy had turned out to be an affectionate companion.



The morning was pleasant with the sun yet to surface, cool breeze giving a tingling sensation to Roma and Jimmy and the familiar chirping of birds sounding like music to their ears. Roma was lost in thoughts during the morning walk when she suddenly felt a jerk. The collar around Jimmy's neck had tightened and it was pulling Roma towards the roadside. A thick growth of bushes lined the roadside. As Roma neared the place of Jimmy's interest, she saw a rustling movement in the bushes. Fearing a snake hiding there, she tried to pull Jimmy away from the scene, but Jimmy wouldn't budge and continued tugging at her. After a little tug of war, Roma gave up and went near the place.

Was she seeing things? She rubbed her eyes and once again looked down. There was no doubt in her mind now that she was actually seeing a newborn baby wrapped in a torn saree cloth lying on the ground surrounded by tall grass. Roma was both shocked and excited. Without wasting another minute, she picked up the little bundle and changed course towards the nearest hospital, Jimmy trotting excitedly at her heels. The hospital staff wasted no time in admitting the newborn and asked Roma to inform the police.

The Police arrived and did some documentation with the hospital staff after questioning Roma about the circumstances under which she had found the little one. In all this hustle bustle, Roma had completely forgotten to see whether the baby was a girl or a boy. The hospital staff informed her that it was a baby girl who had been abandoned just a few hours after birth. Although the police told the hospital staff to wait for someone to claim her, Roma knew in her heart that it was a futile exercise and nobody would turn up. After seven days of hospitalisation when there was still no sign of the baby's parents, Roma made up her mind to do something about it.

She volunteered to adopt this baby who was abandoned by her mother and left to nature's mercy in the dark hours of that fateful day. The police and the hospital authorities were glad that a child was saved from becoming an orphan.

A seven days old baby girl, enjoying the warmth of the arms of a woman who had neither given birth to her nor was related to her in any way, entered the home which was to be her own, till she was mature enough to venture out to face the harsh world outside. The little one would never know that she was an unwanted child just because God had decided that she be born as a girl. God had wanted her to live.

*- A true story by Dy Comdt Jyoti Dagar*

## YOU KNOW YOU'RE GETTING OLDER WHEN

Does your body have arthritis? Is your hair turning grey? Do the wrinkles on your aging face feel like they've come to stay?

These are just some signs that say, You're getting old.

Your grandchildren are getting older and their birthdays you forget, and you wish that you could subtract twenty years from a body that just wants to sit.

Does your body do one sit-up that stays with you all day? Half in the morning when you get up and the other half when you're in bed to stay. The clothes you had when younger you can suddenly no longer wear. You try to put them on anyway, but all they do is tear.

Your walk to the bathroom to brush your teeth and find that they're not there, your chest is going up and down and you have to try hard just to get some air.

You try to stick to a diet and your food intake goes down. But, when you get on the scale, it shows you've gained two pounds.

You decide to do some jogging, or, say twice around the block, you set the alarm to time your self and get beaten by the clock.

When you mention "Elvis" to someone and they say, "who's he?" You tell them about a famous singer and they say, "Was he on your family tree?"

You decide to look for your glasses, so you can read in bed. You look all over the house for them and find they're on top of your head.

When you remember to send a card, or a late one that says, I missed it.

Oh, dear.

Don't feel bad about growing older. We all have to do it someday. Even though old age is starting to catch up to you, don't let insulting birthday greetings get in your way.

- Mukesh Ray, U/Nvk (QA)



Life can only be understood backwards;  
but it must be lived forwards

## ALWAYS

The day you were born, the whole world was blessed.  
These thoughts in my mind to you I must confess.

The time has come for me to express my true feelings  
You are the center of my thoughts and the essence of my being.

What you have bought me I never thought I could procure  
The gift of comfort, with you I am secure.

For you have lifted me up from a life filled with sorrow  
And made me realize there is always a better tomorrow.

It amazes me how someone can make me feel this way  
I love you more and more with each passing day.

You brighten my days and lift my spirits  
I have felt this for so long and now want you to hear it.

So you may know the place you hold in my heart  
You are always with me even when we're apart.

I truly believe what we have is meant to be  
Just open your heart and soon you shall see.

What I am willing to do to keep a smile on your face  
Just know that I'm here and will be always.

- SM Reddy, P/Ytk

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## LITTLE THINGS IN LIFE

Too often we don't realize  
What we have until it is gone;  
Too often we wait too late to say  
"I am sorry – I was wrong".  
Sometimes it seems we hurt the ones  
We hold dearest to our hearts;  
And we allow foolish things  
To tear our lives apart.

Far too many times we let  
Unimportant things into our minds;

And then it's usually too late  
To see what made us blind.  
So be sure that you let people know  
How much they mean to you;  
Take that time to say the words  
Before your time is through.  
Be sure that you appreciate  
Everything you've got  
And be thankful for the  
Little things in life  
That mean a lot.

- Mrs P Sudha,  
W/O Dy Comdt PV Gopal

## HOPE IN DESPAIR

Early in the morning when I switched on the TV as usual, and was about to make myself comfortable on the chair, a shocking news clippings on the channel widened my eyes \_\_

"FLOOD WATER SWIPED 5 VILLAGES in EAST MIDNAPUR DIST, WEST BENGAL .....  
"ALL NETWORKS CUT OFF WITH 8 VILLAGES IN EAST MIDNAPUR DIST." ..... "BHAGNAPUR  
PANCHAYAT PEOPLE IN SPATE OF FLOOD " .....

This was 20<sup>th</sup> June 08 when all the TV News channels were flashing this breaking news. After seeing it. I prepared myself mentally as well as physically for a sortie of our hovercraft.

As I thought so, it happened the next date. On 21<sup>st</sup> June early in the morning, a relief team of personnel from DHQ-8, Hovercrafts and reps from the local administration were mustered at DHQ-8.

As the affected area was in shallow water, no Coast Guard Ship could reach there. So, the first rescue team with Gemini boat and relief material departed immediately. But unfortunately our relief team could not return by evening as they got totally engrossed in the rescue operation.

Now it was our long awaited turn to rush to the affected area for a helping hand. On 22<sup>nd</sup> June we sailed with some ration and fuel for the Gemini.

Inspite of being mentally strong, my eyes moistured on seeking the dreadful sight. Many villages submerged in the ocean. We tried our best to help those who were alive and could be seen. The rescue operation went on with no rest at all.

Finally our hovercraft departed on 24<sup>th</sup> June, along with the medical team towards the affected villages. As soon as we reached Mohammadpur, Paschimbarh and Saulipur, the people there got some hope to live on seeking us. They had saved themselves in different places like – on the trees, roof tops, bank of river, on bridges, and areas which were above the water level.

They had starved for 5 days but still had not left hope. We helped them reach dry places, gave them packed food items and provided medical aid to the sick and wounded. We reached the affected areas where no support had reached so far, and distributed all relief materials and medicines to the people.

Slowly and gradually the people became comfortable. I feel fortunate and proud to be a part of the Coast Guard, which gave me this opportunity to serve humanity and bring hope to people in despair.

- Manas Ranjan Dey  
U/Nvk (PRI)ICG

## **DO YOU THINK PARENTS ARE BECOMING MORE DEMANDING ?**

Parents are becoming more demanding. Educators and counsellors give tips to people on not to get pressurized or worried but what they should do is tackle the root problem of anxiety – parents.



### **BURDEN ON CHILDREN**

Nowadays, parents engage their children in tuition, karate, music, art, dance, swimming and many more classes. They want their children to be first in everything. These classes also help to develop their skills. But in this way, they are making the children get pressurized. The children don't get time to play with their friends or do some naughty pranks. Their whole childhood is ruined.

In this competitive world, pressures are brought about right from the time the child utters his/her word. How many times we have seen children asked by parents to perform, recite the new poem they have learnt or display their mathematical skills? Parents turn them into 'circus monkeys' performing for their self – glorification, not bothering that they want to be one or not obviously every parents want the other person to see how 'very intelligent their offspring is'.

Parents unknowingly burden the child with high expectations. They want their child to excel in all fields. They talk about the child's friend who went on scholarship to United States or the one who scored 95% without going to tuitions and comparisons go on and add nausea. They scold the child if he/she gets bad marks in only one subject. Nothing seems to make the parents happy. If the child scores 50% the reaction is "Not even a first class". If they get 70% then, "This is mediocre. You will not get into anywhere, with this kind of percentage," and if they score 80% then "Only if you get 90% then only you will get admission in some good college as cut offs are so high these days."

In some cases there is even sibling comparison – "Teachers never complain about your younger sister whereas I'm always summoned to school because of your bad marks." In casual conversation words like 'useless', 'hopeless' are bandied around to make the child feel miserable.

In the childhood fails to meet their expectation then, they first chastise them and then subject them to icy treatment. In extreme cases, they are even hit or canded. In some cases, freedoms to surf the net, play or watch T.V. are even taken away by parents some send them to tuition of a very strict tutor.

### **EFFECTS OF THE BURDEN ON CHILDREN**

This pressure put on by parents on children cause depression and frustration. Stressed out and negligent parents, abused and deprived childhood, growing up tension and demands for familial responsibilities put children under pressure.

Stress causes them to a subject of shyness, social phobia, emotional disabilities, aggressive behaviour and lack of interest in enjoyable activities. Stress causes fear and anxiety which adversely affects the child's development at further levels. Scolding given by people causes the child to become discouraged.



Stress causes them to choose things like, drugs, sex, smoking and drinking to feel normal.

The high pressure world of an Indian child is depicted in Aamir Khan's latest movie – 'Taare Zameen Par'.

### **WHY PARENTS ARE DEMANDING MORE ?**

It seems to be an inescapable and vicious cycle. If the children don't score good marks, then the parents believe that it is the reflection of their parenting skills. They think so as, they invest money, time and effort to make them study and the end result is nothing to boast about.

Parents always think for the child's betterment. To resist in this competitive world, children should be very good in some or the other thing. To polish their hidden talents, parents send them to various hobby classes.

Some parents who could not learn new things like, swimming, dancing, music, art, karate and many more. In their childhood do not want their children to regret for the same when they grow up. So they send them in all the various classes.

### **WHAT CAN HELP ?**

Parents should encourage children to try out new things and learn new things.

Counseling of the parents should be done so that they come to know about their child better.

Parents and children should sit and talk and take decisions together about the child's life and both of them should put forward their views.

Parents should understand that every child can't become doctor and engineers. Every child has their own talents.

They must be first in their class during their childhood, but they can't expect the same from their children. Every child has their own capacity to flourish, some bloom early and some bloom later. They must understand that "The horse that reaches the finishing point pecks up speed in the last few laps."

They should not scold the children on silly matters. The atmosphere at home must be very supportive & encouraging.

They should understand that learning takes time, effort and practice.

At the last, they should not nag if the children is above average.

*- Tatrakshika Sandesh  
Andaman & Nicobar Region*

## THE TEENAGER'S DIARY

"Rules are meant to be broken", this was my mantra as a teenager. I studied throughout in a girl's convent and there were rules to govern each and every aspect of our life. From the length of the skirt to the contents of our tiffin, every thing was just imposed on us but we still managed to break free. My hair looked spiked. Always tall for my age, I spelt trouble with a capital T.

Birds of a feather flock together. We were a group of five like – minded girls, always on the look out for fun but at other's expense. Absolutely notorious and fearless, we were popularly known as the Devil's incarnate. The nuns failed to reform us because of the difference in ideology. They were after "hymns" and we were for ever thinking about "him", yes our very own George Michael, the great American singer who was our Indian Idol and his popular number, "Last Christmas, I gave you my heart ....." was nothing less than a hymn for us.

But our favourite victim was the geography teacher, a spinster, whom we called Miss Patiala from Sunderbans, who was a big bore. I still remember, while turning a blind eye to the Principal's customary rounds, my friends and I decided to engrave a message for our successors. It read, "Geography Period: this desk is dedicated in the memory of those students who died while waiting for the bell to ring". For special effects we poured blue – black ink over it to make it like an epitaph. What followed turned out to be a solemn affair for us. We were summoned to the Principal's office and were caned for the mischievous act.

The aftermath of caning i.e. the pins and needle sensation stayed with us for the rest of the day. But the worst was yet to come. Our parents were asked to call on the Principal the next morning. The meeting was obviously unpleasant because my mother refused to speak to me. Later my father called me to his study. I wanted to die till normalcy got restored but then things were not in my hands. I sat in front of Dad but to my surprise, his face broke into a smile when he told me "Lessons are learnt the hard way. Better luck next time."

- Geeta Yadav

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## MY MOTHER

You gave me life  
You gave me hope  
And you gave me courage  
Your name was Angel  
The angel from heaven  
And He needed you too

So selfishly tried to keep you here  
While the cancer ate away your organs  
Like an unstoppable rebel force  
But I couldn't save you  
And I shall see your face  
Nevermore, nevermore, nevermore  
Until we meet in heaven

- D Rana, P/Nvk (RP)

## HOME TIPS

- To keep earthworms and insects out of the house during monsoon, burn a few neem leaves and keep them in a vessel on the floor during sunset.
- Mix spirit and milk in equal quantities, and wipe paint or ball pen stains from foam leather, like sofas, purses etc with ease.
- Peel and cut potatoes and boil them in water to which a little vinegar is added. They will be done in no time and will retain the texture as well.
- Stop nose bleed by putting a few drops of pomegranate juice into your nostrils.
- To dust proof your television screen, wipe it with a fabric softener. It will eliminate static cling and dust will not adhere to the screen.
- If you are suffering from urinary infection, drink a glass of water with a pinch of cardamom powder twice a day for a month.
- To prevent insects in a rice bin, place one onion cut into two pieces in the rice bin.
- To prevent sugar becoming moist during monsoon season, place a few cloves in the sugar pot.
- To maintain crispiness of Namkeen (salty snacks), keep salt wrapped in paper and place it in the storage bin where Namkeen has been kept.

- Mrs Sandhya G Pawar, ACSO Bureau of Naviks

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## LINGO PROBLEM

LME Sharma and LSA George Kutty were batchies. Sharma was married and Kutty was inliving. After some time Kutty also got married and brought his wife to Mumbai. The Sharma family invited the Kutty couple for dinner on one weekend. While they were all dining, Mrs Sharma, from North India, said in her characteristic way,

“Oye tum log sharmana mat han. Araam se khao, apna hee ghar samjho”.

After a few days the Kutty couple invited the Sharma family for a reciprocal dinner. Whilst they were all dining, Mrs Kutty wanted to say something to the guests as Mrs Sharma had done. She tried to recollect the words of Mrs Sharma and quickly said, “Khao-khao sharam to hai naheen”

*Forwarded by*

*- Commander ND Dhami*

*JD (Medical), CGHQ*

## DEFINITIONS BY A WISECRACK!

- Engagement** - When two living creatures are on the verge of a merge.
- Wallet** - A device that permits you to lose all valuables at the same time.
- Dentist** - A fellow who *bore*s you to tears.
- Ink** - *Fluid* for thought.
- Wiseman** - A man who seldom blows his *knows*.
- Auditor** - A man who finds faults with others and still gets paid for the same.
- Allowance** - What you pay your children to live with you.
- Wife** - (W)orry (I)nvited (F)or (E)ver.
- Married Life** - A chewing gum, tasteless yet you cannot throw it away nor swallow.
- Modern Wife** - A wife who knows what her husband's favourite dishes are and the restaurants that serves them.
- Speed of Communication** - Telegraph, Telephone, Televisions and Tel(l) a woman.
- Atomic Bomb** - Invention to end all inventions.
- Turtle** - Reptile living in a mobile home.

- Bal Kishan, P/Nvk (RP)

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## IN SEARCH OF A FRIEND

My Friend,

Should Be My Hope  
When I Am Down  
Should Be My Shelter  
At Times Of Storms  
Should Be My Smile  
When I Am Sad  
Should Be My Concentration  
When I Am At Work  
Should Be My Ladder  
When I Fall



Should Be My Chain  
When I Am Mad  
Should Be My Guide  
When I Am Lost  
Should Be My Life  
When I Die  
And Should Walk Hand In hand,  
Side By Side  
Thus, I Ask My Self  
"Will I Get Such A Friend?"

- A Kundu, U/Nvk (ME)

# STRESS MANAGEMENT

Any interference that disturbs a person's healthy and physical well being is stress.

1. **Effect** : When under stress, the body increases production of hormones like adrenaline and cortisol that produce marked changes in heart rate, blood pressure levels, metabolism and physical activity. In the long term, these are dangerous to a person's health.

2. **Physical signs** : Some physical symptoms of stress can be life threatening. These include high blood pressure and heart disease. Less life threatening signs are insomnia, constant fatigue, headache, skin rashes, digestive disorder, ulcers, breathlessness and cramps.

3. **Managing stress** :

- (a) Become aware of your stress.
- (b) Recognize what you can change.
- (c) Reduce the intensity of your emotional reaction to stress.
- (d) Moderate your physical reaction to stress.
- (e) Build your physical reserves.
- (f) Exercise four times a week.
- (g) Eat a well balanced, nutritious diet.
- (h) Avoid nicotine, excessive caffeine and other stimulants.
- (i) Mix leisure with work, take a break when you can.
- (j) Get enough sleep, be consistent with your sleep schedule.
- s(k) A messy work area aggravates stress. Keep your surroundings clean and tidy.



4. **Stress Relief Technique**

- (a) Take time out for five minutes every hour, Try to shut down and think of nothing but a perfect situation such as a dream holiday.
- (b) Practice deep breathing technique. Inhale slowly while counting to five, hold your breath for five seconds, then breathe out slowly. Repeat 10 times when feeling stressed.
- (c) Stretch the muscles of your neck and shoulder. Keep your shoulders level and try to touch each shoulder with your ear. Look right up at ceiling, then down at the floor and then rotate shoulder in wide circle. Repeat five times.
- (d) Open and close your jaw widely since stress often causes tension in the jaws.
- (e) A regular prayer schedule is credited to be a great stress reliever.
- (f) studies have shown that those who share their worries, handle stress better.

## MY FEAR

Once I was walking on the country side  
In the scorching heat.  
Saw I, the trees, but without their leaves  
Birds were around, not on trees  
Or in the sky, but on ground, for they had no feathers.  
Snow was not on the mountains I saw.  
The rivers once I learned swimming were dry  
Oh, how can I quench my thirst ?  
And where are the beautiful fishes  
Once I used to watch sitting on the banks ?  
The tides all missing in the ocean  
But the sea was already sitting on my lovely beaches.  
I find everyone struggling to breath  
And I find sign boards selling Oxygen in PET bottles.  
Cancer seems to be free for all  
With all chimneys fuming with fury.  
The beautiful flowers were not around.  
As the plants are too weak to sustain the ultra violet assault.  
Am I standing in a Jurassic Era ?  
Because I see Dinosaur Cells growing all around.  
Oh, God where am I, where are my dear ones, I cried  
Sudden comes my mother's voice asking me to get up.  
Thank God, it was only an early morning dream  
But, will it be my future, as wise says  
Global warming is all about these.  
But we don't say we can't do anything  
To keep it just an early morning dream

- Sandra S Kurian, Class VII  
D/o Commandant S Kurian

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## SANTA AND BANTA

- Santa - "Banta, tell me where does the sun go at night ?"  
Banta - "It does not go any where, the only reason we can't see it at night is, because it is dark"
- While going for morning walk, Banta saw that some one had written the following on the wall of his house :  
"Padhne wala gadha" Banta wiped the wall and wrote  
"Likhne wala gadha"

## CONFUSION CONFOUNDED

"Every thing is Greek to me" as the saying goes but how about Chinese, Japanese etc. Its confusion confounded when two people are at crossroads and God help the world if they both belong to the most powerful nation of the world. The scene is the Oval office where George W. Bush is meeting with Condoleezza Rice.

George - Condi! Nice to see you. What's happening?

Condi - Sir, I have the report here about the new leader in China

George - Great. Lay it on me.

Condi - Hu is the new leader of China.

George - That's what I want to know.

Condi - That's what I am telling you.

George - That's what I am asking you. Who is the new leader of China?

Condi - Yes.

George - I mean the fellows name.

Condi - Hu

George - The guy in China.

Condi - Hu

George - The new leader of China.

Condi - Hu

George - The Chinaman!

Condi - Hu is leading China.

George - Now whaddya asking me for?

Condi - I am telling you Hu is leading China.

George - Well, I am asking you. Who is leading China?

Condi - That's the man's name

George - That's who's name

Condi - Yes

George - Will you or will you not tell me the name of the new leader of China?

Condi - Yes, Sir

George - Yasser? Yasser Arafat is in China? I thought he was in the Middle East.

Condi - That's correct.

George - Then who is in china?

Condi - Yes, Sir

George - Yasser is in China?

Condi - No, Sir

George - Then who is?

Condi - Yes, Sir

George - Yasser?

Condi - No, Sir

George - Look, Condi. I need to know the name of the new leader of China. Get me the Secretary-general of the UN on the phone.

Condi - Kofi?

George - No, thanks

Condi - You want kofi?

George - No

Condi - You don't want kofi

George - No, but now that you mention it, I could use a glass of milk, and then get me the U.N.

Condi - Yes, Sir

George - Not Yasser! The guy at the U.N.

Condi - Kofi?

George - Milk ! will you please make the call.

Condi - And call who?

George - Who is the guy in U.N.

Condi - Hu is the guy in China.

George - Will you stay out of China?

Condi - Yes, sir

George - And stay out of the Middle East ! Just get me the guy at the U.N.

Condi - Kofi

George - All right! with cream and two sugars. Now get on the phone (condi picks up the phone)

Condi - Rice, here

George - Rice? Good idea. And a couple of egg rolls, too. May be we should send some to the guy in China, and the Middle East can you get Chinese food in the Middle East.

- Forwarded by Shirin Khan



## WHY EDUCATION IS NECESSARY FOR WOMEN

I have heard some people telling their daughters who have not done well in examinations: "Oh, you are girl, it doesn't matter."

Or telling their sons who do not study : "You are a boy, and so you must study hard".

Why is this so? Do we really believe that girls need not be educated? Are marriage and housework the only aims for women?

Girls are as, if not more intelligent than boys. By denying them education, their brain-power is being wasted. Women too, can handle jobs efficiently. It is wrong to think that they have no place other than the hearth and home.

An educated mother will bring up her children much better than an illiterate one. An educated woman can get a job and look after her family in difficult times. She can supplement the income of the family. She will also be able to look after her child's health more intelligently.

We have to rid ourselves of old fashioned ideas. Countries like England, Israel, Sri Lanka, Pakistan, Bangladesh and even India have had women Prime Ministers. Surely this is proof enough that women can be great leaders as well.

**If you educate a boy you educate an individual, but when you educate a girl, you educate a family.**



- Mrs Kshitija Umesh Pujare,  
W/o UN Pujare, U/Adh (RO)

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## MARVELLOUS ANSWER

A mechanic was removing the cylinder heads from a motor car when he spotted the famous heart surgeon in his shop, who was standing off to the side, waiting for the service manager to come and take a look at his car.

The mechanic shouted across the garage, Hello Doctor, please come over here a minute.

The mechanic strengthened up, wiped his hands on a rag and asked argumentatively. "So doctor, look at this. I also open hearts, take valves out, grind them, put in new parts, and when I finish this will work as a new one. So how come you get the big money, when you and me are basically doing the same work?

The doctor leaned over and whispered to the mechanic...

**He said "Try to do it while the engine is running".**

- Vinod Kumar, U/Nvk(SA)

## INSPIRATIONAL THOUGHT

We can make and break our habits  
Habits can be learned and unlearned.  
It is not a quick fix. It involves a process and a tremendous commitment  
Those of us who watched the first men  
Walk on the moon were transfixed and superlatives  
Such as "incredible" and "fantastic" were somehow inadequate  
The astronauts literally had to break out of  
The tremendous gravity pulls of  
The earth to reach the moon. More energy  
Was used to reach the moon. More energy was used in the first few minutes  
Of the take off, than was used to travel half a million miles.  
Habits, too, have tremendous gravity pull. Breaking  
Them involves more than a little will-power  
And some minor changes in our lives.  
But once we break out of the gravity pull, our  
Freedom takes us on a whole new dimension  
**We can always change for the better!**

- CR Jaswal, U/Adhikari (S)

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## INCOMPLETE

A drawing is incomplete, Without colours	Saying a speech is incomplete Without feelings.
Nature is incomplete, Without tree and flowers.	Suffering is incomplete, Without pains.
A Prayer is incomplete Without devotion	Life is incomplete Without sorrow and happiness
Learning is incomplete Without knowing its significance	Friendship is incomplete, Without understanding

- Ashu Ranga, Class-IX  
D/o Sanjay Kumar

## HOW I BECAME MRS GOA

"One is never too young or too old to achieve his or her dreams" so I thought as I entered into a beauty pageant with whatever beauty left after 15 year of marriage, but then I realized or was told that this pageant was different. It was not only about beauty but rather about one's overall experience of being a wife, a mother and all that a woman undergoes after tying the knot. It was for the excitement, self confidence, the incentive to get in to shape, to learn more about fellow contestants and basically to have fun and enjoy doing something different, that I entered the contest.

To be very honest, to win a beauty pageant was a far-fetched dream, still, I thought of giving it a try. But when I looked into the mirror, the images of those anorexic bodies, sashaying down the ramp in the Miss India pageant, flooded my mind and I wondered what I was doing? But when I went for my first selection round, I realized that there was no particular criteria to become Mrs. Goa. I could see all types of women. Some were very good, very thin, newly married, very young, middle aged (like me) in all types of shapes and sizes, but what the organizers were looking for was the overall personality, and self confidence, in addition to beauty. I was among those who made to the final 30. Maybe it was my far fetched dream but who knows!

The talent round was next, wherein we were supposed to perform in front of the judges, to showcase our talent. It could be anything from acting, singing, dancing or whatever one was good at. So naturally, I performed a dance which my daughter taught me. I did three dance numbers which were a parody of old and new songs. My performance was liked by the judges, thanks to my daughter and my brief training with the Shaimak Davar Institute. These marks were to be added to our final rounds tally.

Then the D-day arrived. My daughter was also performing with her troupe consisting of Coast Guard Officers' daughters. So I was busy till they got their act together. Somehow, I managed to go to the beauty parlour and had a facial done. When I heard that other contestants had spent exorbitant amounts of money on facials and spa treatments, whatever little glow I had from the NOFRA beauty parlour simply vanished.

There were three rounds. The first was a 'Saree' round in which we were to introduce ourselves and take a catwalk on a 25 metres ramp. Our clothes were sponsored by organizers so that headache was taken care off. I was among 15 ladies who were selected for the second round which was a 'Western outfit' round. It was chaos back stage and to my horror, my dress was missing. I was dumbfounded. Eventually I went on the ramp wearing my own trousers and somebody's shirt, but again, I was selected for the final ten. For the next round, we were provided with beautiful jewellery sets and lovely black evening gowns. I managed to squeeze myself into one. So far so good. Now came the challenge of the question round. Each contestant selected her own judge (in the Miss India Contest style) and the question round began. I must have given a satisfactory answer for I found myself selected for the final round too. By this time, my self confidence and overall morale were reasonably elevated. I knew it would be difficult but not impossible.



We were asked to write out our answers to this one common question: "If given a choice of choosing a boy child or girl child at the time of birth, which child would you prefer and why?"

We had only one minute in which to write the answer and then had to read it aloud. I knew what I wanted to say but couldn't find the words. My mind froze for a second but the head took over, words poured out of my pen on to the paper. "I would prefer to have a girl child because I am a woman and think women possess the qualities that man cannot possess and I want my girl to create a new life which would be the epitome of love like me". There was a loud applause when I read it out. The other contestants also answered very well.

Finally, after what seemed like eternity, the chief guest came on to the stage to announce the final three winners. I was hoping to be either second or first runner up. However my name was not called out. My heart sank. I thought I had lost it. The suspense was unbearable. Suddenly someone announced "No. 17". "Oh my God!" I could scarcely believe my own ears. Yes! That was me!

I was feeling like a queen. It was not a beauty pageant but a celebration of womanhood and for me it was a lifetime achievement.

- Sonali Parlikar

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## LAUGHTER MASALA

### BANTA & SANTA

- Banta was hired by a foreign tourist for driving him around Delhi and Agra in his taxi. On seeing Taj Mahal, the foreigner asked Banta, "How much time did it take to build this ?"  
Banta, "15 years"  
Foreigner, "15 years ? we could have built it in 5 years".



Banta then drove around the Red Fort .

- On seeing the Red Fort , the foreigner asked Banta, " How much time did it take to build this ?"  
Banta, "10 years"  
Foreigner, "10 years? we could have built it in three years."



While returning to Delhi by evening Banta passed through Qutub Minar.

- Foreigner, "What is this ? and how much time did it take to be built ?"  
Banta, "Just a minute sir, I will have to look because it wasn't there when we left Delhi for Agra this morning."

- Banta was sitting in his drawing room wearing kachcha, vest, shoes and tie.  
His wife, " You look almost dressed up ?"  
Banta, "Thinking, some one may drop-in."  
Wife, "But why not to be dressed-up fully?"  
Banta, "Sometimes no one drops-in"

Forwarded by  
Commander ND Dhami,  
JD (Medical), CGHQ

## THE CHAMP

He has a featherweight build, but what this 15-year-old lacked in strength and speed, he made up for in attitude. Jason never missed a practice, even though he rarely got playing time, and then only in the fourth quarter when our team outdistanced the opponent by at least three touchdowns. Even so, number 37 never so much as frowned, let alone complain, and always put forth his best effort – even if it amounted to very little.

One day he didn't come to practice. When he did not show up on the second day, as his concerned coach, I telephoned his home to check on him. The out-of-town relative I spoke with, informed me that his father has passed away and the family was making general arrangements.

Two weeks later, my faithful no. 37 was again in the lineup, ready for practice. Only three days of practice remained before our next game. This was an important game because it was against our most fierce opponent and late in the season, and we only had a one-game lead on them. This was a critical game at a pivotal point in the season.

When the big day rolled around, my top players were ready to bolt on to the field. All the familiar faces were there but one – the boy. But suddenly, he appeared at my side and with a totally uncharacteristic look and manner said, I am going to be a starter today. I'm ready now. "He left no room for refusal or argument. When the game began, he was in position on the field. The regular starter whom he replaced sat awestruck on the bench.

He played like a first-stringer that day. He was in every respect equal if not better than the best player on the team. He ran fast, found every open hole in the line, and jumped up after every tackle as if he had never been hit. By the third quarter he had run for three touchdowns in the last seconds of the fourth quarter.

As he ran off the field with his teammates, he received a volley of body slaps and body slams against the backdrop of thunderous applause from the crowd. Despite all the adulation, he managed to maintain his characteristic humble, low-key manner. Puzzled by his sudden transformation, I approached him and said. "you played an extraordinary game today. By the second touchdown, I had to wipe my eyes and pinch myself. But by the time the clock ran out in the fourth quarter, my curiosity got the best of me. What happened to you?"



He, hesitating at first, said, "Well, coach, as you know, my father recently died. When my dad was alive he was blind, so he couldn't see my play. But now he has gone to heaven, this is the first time he has been able to see me play. I wanted to make him proud"

- Forwarded by  
Neha Pandey

## COMPULSORILY MARRIED

Let me introduce you to these guys, the fun-filled four. The ever-exuberant Rhody, always the life of any gathering; the subtle-witted Roy, with his keen sense of humour, the ever-smiling Abby with his congenial disposition and the oh-so-cool Paddy, with his nothing-can-shake-me look. They were large-hearted all of them and they lived life king-size.

Each morning at 8, they boarded their bus, Mulund to Malad. Each morning at 8, as they boarded their chartered bus, they shed all else. Hoards and hoards of baggage.

Of nagging wives and leaking pipes,

Of cranky kids and paper bills,

Of elusive DTH transmissions and prickly power cuts

And of the tantalizing, playing-hard-to-get net connectivity.

They simply dropped it all and onward ho they went.

Hell-bent on making a day of it, they indulged in some rollicking fun. What with all their roaring laughter, guffaws and rib-ticking asides (always in good taste) whoever said work was drudgery? Their approach to their work being just what it should, they did submit reverentially to authority. And, work got transformed into a rhapsodic ensemble!

In the evening, at 5 sharp, as they alighted from their chartered bus, with them they brought home an aura of joy and fulfillment and of all that's good and nice, that aura which would be replenished 8 to 5 the following day. And then the next, and the next...

Major challenges of life were all well wrapped up, far from the probing eye, sealed within the confines of their own hearts, and the keys in the safe custody of the Almighty.

Yes, their effervescent enthusiasm was infectious and had a ripple-effect impact on those around. Their sanguine temperaments having the potential to sweep aside tendencies if any, that were phlegmatic, choleric or melancholic. Oh yeah! Rhody, Roy, Abby and Paddy were men with a mission. Men sent to planet Earth to be carriers of peace and joy. Congress buddies! These men were compulsorily married not only to their respective spouses but also to their buoyant spirits; to their serenity and good cheer. And to harmonious living.

One fails to fathom, why in the world is the instantaneous celebrity status of idols bestowed on just about anybody these days. For, ain't it the matrix of one's everyday experiences, so intricately and ingeniously woven into one's persona that makes one a hero?

These 4, for sure are my heroes. How about you?

- Nita Abraham



## I HOPE SHE IS FINE...

Sona and Mona. That was how we named them. They were two tiny kittens, who seemed to have appeared suddenly. For us children, it was love at first sight. We were all playing when someone heard the faint 'mew' 'mew'. At first we didn't notice, and then we saw them hidden behind a few flower pots. They were so small that they could sit in an adults chappals. We felt a sense of pity for them as their mother seemed to have abandoned them. So we gave them two slices of bread. Then we all started playing again. The next morning I saw them again. They seemed to be waiting for me. I told my mother about them. She told me to give them food. From then on, we fed them everyday. In the beginning they were scared of us, but slowly and gradually they became our friends. I even got scolded on a few occasions for spending so much time with Sona and Mona. But I really liked them.

One day, after a heavy rain, they vanished somewhere. I was very sad and upset. But the next day they were back. Unfortunately, one of them (Mona) couldn't open her left eye and didn't even eat anything. In 2 or 3 days she became so weak that she couldn't even walk. One day when I came back from the park after playing, I got to know that she was no more. My father told me that those who are loved by God are called by Him early. I felt very sad, but was relieved that Sona was still fit and fine. From then on we took special care of her. One day she went to the adjacent colony and some kids started ill-treating her. My sister and I scolded them and brought her back. By now, even my parents, who are not very fond of pets (they are scared of dogs) had taken a liking, for Sona. But one day she vanished again and has still not come back. Now it is 25 days that she has been away. Now I have lost hope. I don't know where is she. But I hope (and wish) she is fine.



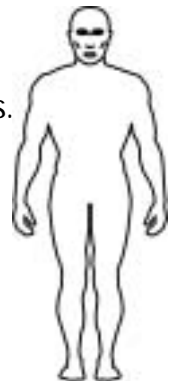
- Anushka Madhukar, D/o Comdt AK Madhukar

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## FASCINATING FACTS

**Our Body.** Our body can easily be called a "Walking godown". It functions better than a computer which costs nearly a lakh of rupees. Here are some interesting facts about it :

1. About seven bar soaps can be manufactured from the fat contained in a human body weighing nearly 65 kg.
2. Using the carbon present in the body, about 9000 pencils can be made.
3. Phosphorus present in the human body is sufficient for about 2200 match sticks.
4. A two inch rail can be manufactured from the iron present in the body.
5. A 25 watt bulb will glow for a few minutes using electric current in the body.
6. The volume of water in a healthy person is about 46 litres.
7. In about 70 years the heart beats about 270 crore times.
8. Nearly 20 years of normal human life is spent in sleeping.



- Forwarded by Radhey Shyam, U/Adh

## ANGER IS A WIND THAT BLOWS AWAY THE MIND

It's so, true. When one is angry, this wind becomes a hurricane, tornado or even a Tsunami that blows away everything that comes in its way. Surging ahead, the storm destroys everything in its path. Anger is more violent than fire. Lovingly built over years, relationships like homes, are blown away. Partnership like huge trees, are instantly uprooted and thrown up in the sky. The mind stops thinking and acts impulsively. This instant, unplanned and knee jerk reaction creates unimagined havoc. Anger is a negative emotion. So many heart failures means so much anger has been repressed in the heart, so much hatred that the heart is poisoned.

So, what is the root cause of this anger? How can it be tamed and controlled? Firstly, it is the result of instant reaction and not considered response. "But there is no time to consider the response," argues the mind. True, but this happens only if you let the mind take over yourself from the person who is getting angry by telling yourself, I am getting angry now. I should not act at once but wait and consider the options before I speak...?

Now you are in control over your mind. Again getting the upper hand on your mind is easier said than done. Instead of resorting to drinking a glass of cold water or counting up to ten, you need more durable solutions because you will forget these little devices to control your mind at the time anger is welling up unchecked inside you. Meditation the only solution to transform anger into gentleness.

Through meditation, anger slowly disappears, and its energy rejuvenates you. If you suffer from great anger you have great potential for gentleness. Anger simply shows that you have great energy. A man without anger is impotent, he has no energy. A man who cannot be angry cannot be gentle either. Then you do not react, you respond, and that untamed wind becomes a cool breeze. Once a student came to a Master and said, "Master I have an ungovernable temper how can I cure it? Show me this temper," said the Master, "It sounds fascinating." "I have not got it right now." Said the student. "So I can't bring it to you, protested the student. "it arises unexpectedly, and I would surely lose it before I got to you." "In that case," said Master. "It cannot be part of your true nature. If it were, you could show it to me at any time. When you were born you did not have it, and your parents did not give it to you, so it must come into you from the outside. I suggest that whenever it gets into you, you beat yourself with a stick until the temper can't stand it, and runs away."



- Niraj Kumar, U/Nvk

**What do you have in common with your husband?  
"We married on the same day."**

**What is the thinnest book in the world?  
What Men know about Women.**



## THE MATHEMATICAL PARLIAMENT

Political parties win by fractions  
Leading to multiple confusions.  
Problems keep getting added.  
Moral values getting subtracted.  
Our political system stands divided.  
Divider and dividend keep on fighting.  
While the remainder benefits.  
In the elections. quotient is undecided  
No one really bothers about the identities  
Once again our leaders will  
Travel through their constituency  
Wasting only time energy and money  
Sadly now politics has just been  
Reduced to mathematical equations

- K Arun Kumar, U/Nvk (QA)

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## TOGETHERNESS



Coming together  
Is a beginning  
Keeping together  
Is progress  
Working together  
Is success  
SO,  
Win together  
Lose together  
Play together  
Stay together

- A Siddharth, Noida

Keep the school clean .....stay home!

Be quiet in the classroom, respect the fact that others sleep!

## LEARN TO LOVE

It hurts to love someone and  
not be loved in return,  
but what is more painful is to  
love someone and  
never find the courage to let  
that person know how you feel.

Maybe God wants  
us to meet a few  
wrong people  
before meeting the  
right one so that  
when we finally  
meet the right person,  
we will know how to  
be grateful for that gift.

The best kind of friend is the  
kind  
you can sit on a park and  
swing with,  
never say a word, and then  
walk away feeling  
like it was the best conversation  
you've ever had.

Giving someone all  
Your love is never an  
Assurance  
that they'll love you  
back !

Don't expect love in  
Return;  
Just wait for it to grow  
in their heart  
but if it doesn't, be  
content it grew in yours.

Love comes  
to those who still hope although  
they've been disappointed;  
to those who still believe  
although they've been  
betrayed;  
need to love those who still  
love although they've been  
hurt before.

May you have  
enough happiness to  
make you sweet,  
enough trials to  
make you strong,  
enough sorrow to  
keep you human,  
enough hope to  
make you happy and  
enough money to  
buy me gifts.

- AM Wilson, Adhikari

*Every man has three characters -  
that which he exhibits,  
that which he has and  
that which he thinks he has.*

## MY FAVOURITE TOON BOOK

Reading toon book is my hobby,  
My favorite toon book is Noddy.  
Noddy is a toon Character,  
With lots of fun factor.  
Mr. Plod is a policeman,  
He keeps an eye as watchman.  
A friend to Noddy is Tessie bear,  
A hat and a tiny frock she wears.  
Miss Pink Cat is an ice cream vendor,

She is loving sweet and tender.  
Martha monkey is a mischievous one,  
He teases Noddy with lots of fun  
Sly and Gobbo, the two thieves,  
Day and night a plot they weave.  
But finally they are caught by Mr. Plod.  
It's a wonderful Toyland,  
Do read the book of Noddy land.

- Palakshi Nautiyal, Class – V  
D/o Comdt H Nautiyal

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## EXPERIENCE IS MY SCHOOL

Adversity is my teacher.  
Beauty is my ornament.  
Conscience is my guide.  
Difficulty is my stimulant.  
Faith is my foundation.  
Introspection is my inspiration.  
Joy is my medicine.  
Knowledge is my wealth.  
Love is my law.

Nature is my companion.  
Obstacle is my lesson.  
Quality is my style.  
Respect is my attitude.  
Tolerance is my strength.  
Understanding is my shelter.  
Virtue is my prayer.  
Wisdom is my blessing.

- SK Behera, YTK

The heart of the fool, is in his mouth,  
but the mouth of the wise man, is in his heart.

## YO! GIRL !!!

You were my first born  
I had waited for you so long  
The doc said "Congrats !  
You are going to be a mom!"  
My eyes brimmed, in my heart  
There was a storm,  
of emotions, love, awe, tenderness  
all vied inside me  
The wait is too long oh! When  
Is it gonna be!  
I cherished every moment of those  
Nine months,  
You were just a tiny flutter  
but you were my strength  
Then you were born..... a perfect  
Little princess with lots of hair  
The eyes so brown, the skin so fair.  
You held my heart in the palm  
Of your little hand.  
You still do so, I know you  
Very well understand.  
And now you are sixteen and a rebel!  
I too have been there and I can foretell,  
The conflict the confusion that  
rules your world today,



You push and you pull and  
try to break away  
The bonds only get stronger  
The more you stretch them,  
They'll always be there for you  
Till you need them.  
I'll let you go I promise 'cause  
I know you want to fly.  
Do have a little patience  
and let me try,  
To contain my confusion, to  
control my fear,  
To restrain my love, to  
refrain my tears.  
I have to cut the cord  
and it pains me,  
I'll do it in time just trust me  
Till then lets have fun  
Let's enjoy  
Let's go shopping let's go buy.  
The latest in fashion  
The latest in jewellery  
Let's make the best of our  
time together  
Let's make some happy  
Memories

- Shirin Khan

Silence is one great art of  
conversation.

## O ! MATH'S !!

History, Civics, Geography or Science  
are all fine,  
But Math is one that boggles  
my mind.  
I tried aerobics, I tried yoga  
But I'm still not sure. Yeh  
Problem mujh se hoga ?  
I turned to my friend who got  
100%  
But he himself is not sure  
How it happened !!  
1 to 10 would have sufficed  
O! Why do we have cost  
and selling price.  
Triangles, Rectangles and Parallelogram  
are building blocks,  
They hit you so hard, you are  
left in a shock,

Rational or irrational the numbers  
Make me crazy,  
My mom thinks I'm not trying hard  
My dad thinks I'm  
plain lazy  
I know son's age cannot be  
more than his fathers  
I tried, I tried but I have still  
not found the answer.  
Straight or square what's  
the difference,  
Games and sports, that's my  
Preference.  
For this assignment I  
am going to get a zero  
My girl friends are gonna  
dump me  
Alas!! I was their Hero

- Aamir Khan, VIII C

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## AT INDO-PAK WAR

Once in the Indo Pakistan War, Pakistan was fighting fiercely and capturing everything in sight. A Sikh camp called Gurudwara Hideout was crucial to defend from the Pakistanis as it contained all the defence secrets. The Pakistani forces surrounded the base and the Sikhs had thought that they had lost the battle but, suddenly out of the bushes jumps Capt. Hari Singh wearing Maachar Dani (Mosquito Net). He pulls out AK 47 rifle and fires like mad. The Pakistanis run off quickly. The next day Hari Singh gets a medal. His friends ask him "Yaar tu maachar daani kyon pehenke gaya tha?". Singh replies "Maachar dani itni patli hote hain ke agar maachar nahin ghus sakte, goli kahan se ghusseghi?" In the following war, Hari Singh retires and his son Gani Singh (No Assumption Please!) joins the Army. Pakistanis are again rounding the Gurudwara Hideout. The Sikhs again think they've lost the war but out of the bushes erupts Gani Singh. Wearing nothing he tries to shoo away the Pakistanis like his father did but instead gets shot. In the hospital his friends tell him "aare yaar, tere bap mei to itini akal thi ki vo maachar Danni pehin ke gaya tha, aur tu nanga hee chala gaya?" Gani Singh replies, "aare yaar main to odomos lagake gaya tha"

- Abhishek Dubay  
S/O BK Dubey, Adh(RP)

## FOOTPRINTS



One night a man had a dream.  
He dreamed he was walking along the beach with the LORD.  
Across the sky flashed scenes from his life.  
For each scene, he noticed two sets of footprints in the sand:  
one belonging to him, and the other to the LORD.

When the last scene of his life flashed before him,  
he looked back at the footprints in the sand.  
He noticed that many times along the path of his life  
there was only one set of footprints.

He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the LORD about it:  
"LORD, you said that once I decided to follow you,  
you'd walk with me all the way.  
But I have noticed that during the most troublesome times in my life  
there is only one set of footprints.  
I don't understand why when I needed you most you would leave me."

The LORD replied:  
"My son, My precious child, I love you and I would never leave you.  
During your times of trial and suffering,  
when you see only one set of footprints, it was then that I carried you."

*- Forwarded by Balakrishnan Sekhar*



## A BETTER INDIA

A Country Where There Is Unity,  
A Country Where There Is No Enmity.  
A Country Where People Always Share,  
A Country Where People Love And Care.  
A Country Where People Serve The Needy,  
A Country Where People Are Not Greedy.  
A Country Where People Reach Out To Others,  
A Country Where People Live Like Sisters And Brothers.  
Yes, That Can Be India !

*- Ankita Sinha, VI A  
D/O Comdt SK Sinha*

## MY WORLD

"My world is around my parents, my brother, my toys and my small pillow which I hug and sleep in the night." \_\_\_\_ These are the words said by my 8 years old son.

I often wonder what will happen when he grows big and stops pronouncing words wrongly

Till the time I had one son, I was calm, happy and full of patience. Then came our second son (who is 8 years now) in our lives. Initially we became quite busy physically but were stable mentally. We enjoyed his each development.

Days passed and finally both my sons grew little older than tiny - tots. I had enjoyed each and every moment of my elder son, but for the younger one I could hardly spare time.

I always pointed out their mischief and would stop them for that uff ! Stop it !! you'll break your head, you'll hurt yourself etc.

Some where in the corner of my heart I used to like their screams and mischief but did not have the courage to smile at them and encourage them. Finally a day came when someone professionally qualified convinced me to enjoy the age of my kids.

It was when I had gone to a child specialist for my younger son's check-up as he had fever. she asked him to take out tongue, he refused. She asked him to lie down, he climbed the bed like a monkey with his shoes on his feet and lied down with his eyes closed tightly. She asked him to weigh himself, he started jumping up and down on the weighing machine to check how much weight his one leg has and how much it would be together.

I saw the Doctor smiling and watching him carefully head - to - toe. I felt very embarrassed and could not stop myself from pulling him and saying \_\_\_\_ "Stop it ! Otherwise you'll be shot out injection right into your bums". The Doctor could not see all this and she politely explained me-"See I've observed your child and come to the conclusion that he's an absolutely normal child with lot of energy. Please don't stop his activities. Specially not here in my room. Enjoy their age, their stupidity, you'll miss these things. And do you know something, they'll grow faster when you start enjoying them because good time flies".

How right she was. I always wonder how life would be when they grow-up and I'll be left alone with my so called house work which now I think is more important than my kids. How painful it would be to part with them for the sake of their studies.

I'm really thankful to that doctor who has introduced me to my children and their world. Now a days I'm enjoying their mischief and secretly their leave which they take from school.

This article is specially for all the mothers out there to make them realise how important your child's age is to you. Let them spill, spoil, throw, experiment and scream. They are children, not

adults. When they grow, you'll find silence eating you in your own house. Things not moving from anywhere. Just remaining as it is. Don't you think its boring? I think so. So, Lets be in their wonderful dreamy world and say \_\_\_\_ "Its our world".

KHO NA JAYE YEH KAHIN.....

*Mrs. Neelima Badola*

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## **GRAND MOTHER SHOPPING**

I am eleven year old of and very naughty but good in games, whenever get a prize my parents just pat my back but my grandparents are thrilled. I Talk too much so my grandparents get pleased and they talk and laugh with me all the time.

My grandfather is strict but my grandmother is a sport and as busy as bee. I just above my grandparents.

Usually Daddy drops me at the bus stop. One day to my surprise I saw a huge crowd in front of our neighbors flat. Later my friends told me that Kaka, Kaki were murdered by their servants in their flats.

Next day when I went to dada dadi's house I told the whole incident to my dadi she became very agitated because another incident like this one had happened in her neighborhood too.

I became frightened and asked dadi "why do thieves kill old people, what wrong did they do to others? Dadi was silent. After or while dadi declared that she was going shopping she picked up her bag get hold of the maid deposited. She returned soon with several bags. Dada was curious to see what was in the bags. Dadi opened the bags and displayed her shopping. She had bought, pants, shirts, tye, shoes and a hair dye for Dada. Dada was stunned "whats all these for? He inquired "I \_\_\_\_ use them I wear only Kurta Pyjama & sandals"

Dadi replied "leave that dress of old age, wear the dresses of young age. I too have bought salwar suits and "hair colour for myself". Are you in your senses? Dada asked surprisingly.

"Of-course, I am look around us what is happening. We should not look old, weak and frail. There is no place for weak and old people in our new set up of society. Dada nodded understandingly but his eyes glistened with tears

*Shahida Bilgrani*  
*Mother of Shirin Khan*



## नशा

बहुत समय पहले की बात है । हमारे गांव में एक परिवार रहता था । यह परिवार हर प्रकार से खुशहाल एवं संपन्न था । परिवार में माता-पिता के अलावा एक बेटा और बेटी थे। पति ने कभी भी अपनी पत्नी एवं बच्चों को किसी चीज की कमी महसूस नहीं होने दी । वह इतनी ईमानदारी और लगन से काम करता था कि दिन-प्रतिदिन उसकी तरक्की होती चली गई । लेकिन घर में जब तरक्की के साथ-साथ पैसा आया, तो वह अपनी सही राह से भटक गया । अब वह जुआ खेलने लगा ।

शुरुआत के दिनों में तो वह जीतता गया, किन्तु जब हार की बारी आई तो हारता ही चला गया । इस हार के सिलसिले ने उसे आर्थिक तंगी के अंधेरे कुएं में ढकेल दिया । अब, उसे चिंता सताने लगी कि अब उसका क्या होगा ? कहते हैं कि 'चिंता चिंता के समान होती है जिसमें इंसान का सुख-चैन स्वाहा हो जाता है।' यही हाल उसका हुआ और वह अब जुआ के साथ-साथ शराब पीने लगा । अब उसे शराब के नशे ने इस तरह जकड़ लिया कि उसमें डूबता ही चला गया । पहले-पहले तो ऑफिस से छुट्टी के बाद जाता था, शराब पीने । परन्तु आदत इतनी खराब हो गई कि अब जब भी उसे मौका मिलता दो घूंट लगाने से परहेज नहीं करता । नशे में इस तरह डूबा रहने लगा कि अपने पत्नी और बच्चों की भी उसे परवाह नहीं रही । अब तो उसने ऑफिस जाना भी बंद कर दिया । नौबत यहां तक आ गई कि पत्नी और बच्चों को दो जून की रोटी के भी लाले पड़ने लगे । इससे तंग आकर पत्नी ने नौकरी करने का फैसला किया ताकि बच्चों की पढ़ाई-लिखाई हो सके । इस तरह पत्नी और बच्चे भी उससे अलग रहने लगे ।

लेकिन पति की नशाखोरी, पत्नी को यहां अलग भी चैन से नहीं रहने देती थी । पैसों की तंगी के कारण अब वह पत्नी के पास भी पैसे मांगने अक्सर आने लगा । पत्नी के इंकार करने पर उसे भिन्न-भिन्न प्रकार से प्रताड़ित करता । शराब की बुरी लत ने उसे बीमार कर दिया । वे बच्चे जो कभी उसपर जान न्योछावर करते थे वे अब उससे नफरत करने लगे । वह अपने ही परिवार से दूर हो गया था । आस-पड़ोस वाले जो उसके संपन्नता के दिनों में आगे-पीछे घूमते थे, उन्होंने भी मुँह मोड़ लिया । अब उसकी जिन्दगी नरक के समान बनकर रह गई थी। रह रहकर उसे अपने पुराने दिन याद आते । एक वो दिन था जब वह अपने पत्नी और बच्चों के साथ खुशहाल जीवन जी रहा था और आज ये वक्त है कि अपना कहने को उसके पास कोई भी नहीं है ।

तभी उसके दिल के किसी कोने में सो रहे इंसान ने आवाज दी – “मेरे दोस्त, कभी भी नशे की आदतों का इस कदर शिकारी मत होना कि सब कुछ खो दो, अपना कहने को कुछ तुम्हारे पास रहे ही नहीं ।’ चलो अब तौबा करो इस नशे से और अपने जीवन को संवार कर एक नई सुबह लाओ जिसमें खुशियाँ और सिर्फ खुशियाँ हो।”

‘चलो जागो, उठो और एक नशा-मुक्त संसार बसाओ’

– श्रीमति मीनाक्षी लटवाल  
पत्नी डी एस लटवाल, अधि०

(‘on the spot story competition - 2008’ में प्रथम पुरुस्कार प्राप्त कहानी)

## समय के पंख

समय कितनी जल्दी बीत रहा है, इस बात का अहसास हमें बच्चों में बदलाव देखकर होता है । पिछले 17 सालों में शायद मेरी ये आदत ही बन गयी थी – कि अपनी बेटी को सुबह जगाने से लेकर रात के वक्त सोने की याद दिलाना, चाहे वह सुने या न सुने । मुझे लगता था अगर मैं उसे समय पर नहीं उठाऊंगी तो वह सोयी रहेगी और उसे स्कूल जाने में देर हो जायेगी । जब तक वह छोटी थी, तब तक तो सब कुछ ठीक था लेकिन नवीं कक्षा में आते-आते वो अपने हिसाब से सोती या उठती थी । रात को देर से सोयेगी तो सुबह थोड़ी देरी से उठेगी । ऐसे में जब मैं उसे जबरदस्ती उठाती तो उसे गुस्सा आता था ।

खाने –पीने की बातों में भी अक्सर ऐसा ही होता । मैं तो लाड़-प्यार जताकर थोड़ी-थोड़ी देर में उसे कुछ न कुछ खाने-पीने को देती रहती – कभी फल, दूध, जूस या फिर उसकी पसंद की कुछ और चीजें । पर जैसे-जैसे वो बड़ी होती गयी, उसे यह सब पसंद नहीं आता । कहती जब मेरा मन होगा तो ले लूंगी ।

जब कभी वह टीवी देखती या सहेलियों से फोन पर ज्यादा देर बात करती तो मैं उससे वक्त बरबाद करने को मना करती । पढ़ाई पर जोर देती । बस ! उसका तो मूड खराब हो जाता ।

बचपन में जो लड़की फटाफट मेरी बातें माना करती थी वही 14-15 साल की होते-होते मेरा विरोध करने लगी । बारहवीं कक्षा में आते-आते उस पर पढ़ाई का बोझ बढ़ गया और इसी के साथ ही बढ़ा, मेरी चुलबुली, हंसी-मजाक करने वाली लड़की का चिड़चिड़ापन और मेरे प्रति नाराजगी । उसे शायद लगता था कि मैं उसे प्यार ही नहीं करती, हर वक्त टोकती रहती हूँ ।

कभी-कभी उसके व्यवहार से मैं अपने को बहुत आहत महसूस करती । लेकिन फिर उसके भविष्य के बारे में सोचती और इसलिए जब मुझे लगता ये पढ़ाई का वक्त है तो मैं पढ़ने को कहती, मुझे लगता कि उसे घूमने जाना चाहिए तो मैं उसे घूमने जाने को कहती । मतलब ये कि मैं पूरी तरह से उसे अपने अनुसार ही चलाना चाहती थी ।

एक दिन मैं और मेरी दो-तीन सहेलियां साथ बैठे हुए थे । हम सभी के बच्चे लगभग बराबर उम्र के थे । उन सभी को अपने बच्चों से वही शिकायतें थीं जो मुझे मेरी बेटी से थीं । किसी –किसी के बच्चे तो गुस्से में भला-बुरा भी कह देते थे । समझ में नहीं आ रहा था कि क्या करें । उस दिन मैं बहुत उदास रही । बेटी स्कूल से आयी तो मैंने चुपचाप खाना लगा दिया । फिर अपने को घर के कामों में व्यस्त कर दिया । उसको किसी भी बात में रोका-टोका नहीं ।

रात को खाना खाने के बाद उसने मुझसे पूछा – “माँ, आज आप उदास क्यों हैं ? मुझसे कुछ कहती क्यों नहीं ?” मैंने कहा – ‘तुम शायद यह सोचती हो कि मैं तुम्हें प्यार नहीं करती और इसलिए हर बात में टोकती हूँ । जब तुम ज्यादा टीवी देखती हो, या फिर फोन पर देर तक बातें करती हो तो मुझे लगता है कि तुम्हारा समय बरबाद हो रहा है । यदि पढ़ोगी तो किसी अच्छे कम्पीटीशन में निकल जाओगी और जीवन भर सुखी रहोगी । लेकिन तुम मेरी भावनायें समझ ही नहीं पाती हो या फिर शायद मेरा समझाने का तरीका ठीक नहीं ।’



मेरी बातों से शायद उसके नाजुक मन पर असर पड़ा । वह बोली – “माँ, मैं जानती हूँ आप मुझसे बहुत प्यार करती हैं पर स्कूल की पढ़ाई, कम्पीटीशन की तैयारियाँ – समय कम और तनाव ज्यादा । यह खीझ और गुस्सा और लोगों के सामने तो निकाल नहीं सकती । एक आप ही हैं जो मेरी हर गलती सहन कर लेती हैं फिर भी मेरे भले के लिए ही सोचती हैं । मैं चाहती हूँ कि अपने छोटे-छोटे फैसले मैं स्वयं ही लूँ । अगर मुझे बाहर जाना पड़ेगा तो वहाँ मुझे कौन याद दिलायेगा कि पढ़ने का समय हो गया, कौन मुझे सुबह उठायेगा ? और आप भी यहाँ केवल चिन्ता ही करती रह जाओगी । इसलिए अब आप मुझ पर विश्वास करना शुरू करें और जब भी कभी आपको लगे कि मैं गलत कर रही हूँ तो मुझे जरूर टोंकें । आपकी सलाह की मुझे हर कदम पर जरूरत है ।”

उसकी धैर्य के साथ कही गयी इन बातों ने अचानक ही मेरी आंखें खोल दीं । सचमुच 18 साल की लड़की को आज सरकार भी स्वयं निर्णय लेने के लिए बालिग घोषित कर देती है तो मैं अपनी बेटी को आज भी छोटी और नादान क्यों समझती हूँ ? बस उसी दिन से मैंने उसे छोटी-छोटी बातों में टोकना छोड़ दिया क्योंकि मुझे लगने लगा है वह समझदार हो गयी है और अब सही-गलत का निर्णय स्वयं लेना चाहती है ।

अब हमारे बीच कोई विरोध नहीं होता । जब कभी उसे जरूरी लगता है तो वह मुझसे सलाह जरूर लेती है । मेरी 18 साल की प्यारी बेटी आज मेरी सहेली और सलाहकार बन गयी है ।

– श्रीमती जया पाण्डे

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### तीन बातें

### अनुभव – सूत्र

समय, मौत और ग्राहक

– किसी का इंतजार नहीं करते ।

सबसे अच्छा दिन – आज

माता, पिता और यौवन

– जीवन में एक बार मिलते हैं ।

सबसे सही समय – अभी

तीर कमान से, बात जुबान से, प्राण शरीर से

– निकल कर वापिस नहीं लौटते ।

सबसे बड़ा शत्रु – आलस्य

कर्ज, फर्ज और मर्ज

– इनके प्रति लापरवाही ठीक नहीं ।

सबसे बड़ी भूल – समय की बर्बादी

माता, पिता और गुरु

– इनका सदा सम्मान करें ।

सबसे बुरी भावना – ईर्ष्या

ईश्वर, उद्योग और विद्या

– इनमें मन लगाने से उन्नति होती है ।

सबसे सरल कार्य – दूसरों की गलतियाँ निकालना

मन, वचन और कर्म

– इन्हें पवित्र रखना चाहिए ।

सबसे बड़ा दिवालिया – उत्साह-हीन व्यक्ति

## अंडमान-निकोबार की वसुंधरा के प्रति

नंदन कानन की सुरभि से पूर्ण,  
चंदनपुष्प पारिजात सी तुम हो ।  
अनछुई लताओं सी खिली उत्तुंग की ओर,  
छुई मुई की कोमल वलय गात सी तुम हो ।

बसंत की मादकता से परिपूर्ण,  
मंजरीरससिक्त नव किसलय पांत सी तुम हो ।  
शुभ्रता से रंजित पूर्णिमा की चाँदनी में,  
नींद से बोझिल-प्रिय-मोहक रात सी तुम हो ।

नीलारोहित श्रांत अंबर से उतरी,  
उष्णोष्ण धरा पर प्रथम वृष्टि आघात-सी तुम हो ।  
निर्बाध समुद्र की उन्मुक्त लहरों पर,  
उदित स्वर्ण-रवितम प्रभात सी तुम हो ।

वन प्रांतों में बसे विशिष्ट वनवासियों के,  
प्रकृति संग बंधी अटूट-साथ सी तुम हो ।  
मुख्यभूमि से आये एक नव-पथिक के लिए,  
प्रकृति प्रणय की अमूल्य सौगात सी तुम हो ।

— बिनय कुमार, उत्तम नाविक, एपी

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## प्रतिष्ठा पे कमीशन की

आने से पहले जिसकी, मची खूब हलचल,  
आने के बाद उसके, सब दामों में हो फेर-बदल ।  
रहती थी लोगों में सिर्फ इसी बात की टेंशन,  
क्या बढ़ोतरी होगी उसमें मेशन ।

है ऐसा यह एकलौता पे कमीशन  
जिस में लगा था सरकारी कर्मियों का मन ।  
इससे कुछ दिन के लिए राजा हम बन जाते हैं,  
लिस्ट दुनिया भर के सामानों के बन जाते हैं,

खूब मुंगेरी के सपने आँखों में बस जाते हैं ।  
लेकिन कुछ सालों-महीनों बाद,  
फिर वापस अपनी औकात में,  
पहले जैसी प्रजा हम बन जाते हैं ।

इससे सेलरी और पेंशन तो लोगों की बढ़ती है,  
साथ ही महंगाई भी आसमान चढ़ती है ।  
जितना ज्यादा रुपया-पैसा हाथ में आता है,  
वह सब महंगाई निगल जाती है ।

होता है इससे किसी को नफा,  
तो कोई होता है इससे खफा ।  
किसी को होता है इससे नुकसान  
तो किसी की बढ़ती है शोहरत और शान ।

सुकून से कोई इसे पाकर सोता है,  
तो कोई परेशानी उठाकर अब रोता है ।  
पे कमीशन जब भी आता है,  
हलचल लोगों में मचा जाता है ।

बनता-बिगड़ता, मिलता-निकलता कुछ नहीं,  
मामला और माहौल जैसा पहले था,  
सब-कुछ वैसा ही रह जाता है,  
और मूल्य पैसों का कम कर जाता है ।

— श्रीमती सोएबा खान

पत्नी एम एस खान, प्रधान अधिकारी

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## मजेदार तथ्य

पढ़ाई — जल्दी नींद आने की दवा ।

चिंता — मोटापा कम करने की दवा ।

दामाद — कलयुग की सबसे महंगी वस्तु ।

बहू — रुपये देने की मशीन ।

दहेज — सास बहु का मधुर संबंध ।

जेल — बिना पैसे का होटल ।

— मनीषा यादव

## **कन्या भ्रूण हत्या – एक अभिशाप**

10 अगस्त 1971 को टर्मिनेशन आफ प्रेगनेंसी बिल को राष्ट्रपति द्वारा मंजूरी मिल गई थी । इसके पश्चात् इसमें 2 बार संशोधन किया जा चुका है । इस एक्ट के अनुसार एक गर्भवती महिला निम्न हालात में गर्भपात करा सकती है –

- (i) यदि गर्भवती महिला के जीवन को खतरा हो ।
- (ii) यदि गर्भवती महिला के शारीरिक स्वास्थ्य को बहुत अधिक हानि होने की संभावना हो ।
- (iii) यदि गर्भवती महिला के मानसिक स्वास्थ्य को बहुत अधिक नुकसान होने की संभावना है ।
- (iv) यदि बलात्कार के कारण किसी कन्या या महिला को गर्भ ठहर गया हो ।
- (v) यदि गर्भ में पल रहे शिशु के अंदर ऐसा कोई शारीरिक या मानसिक विकृति हो गई है जो उसे शारीरिक विकलांग बना सकती है ।

गर्भ समापन से पहले गर्भवती महिला की लिखित सहमति आवश्यक हो जाती है । इस कानून के अंतर्गत 20 सप्ताह तक के भ्रूण का समापन करने की छूट दी गई है । 16 सप्ताह पूर्व होने पर ही सोनोग्राफी से भ्रूण के लिंग का पता चल जाता है इसलिए दम्पतियों ने भ्रूण परीक्षण कराना शुरू कर दिया है ताकि कन्या भ्रूण के होने पर उससे समय रहते ही छुटकारा पाया जा सके । जिससे मानवीय मूल्यों का हनन होता है । एक कन्या भ्रूण को केवल इसलिए मार दिया जाता है क्योंकि वो परिवार पर बोझ और बेटा सहारा समझा जाता है ।

जनसंख्या की वृद्धि को रोकने के उद्देश्य से गर्भ समापन एक्ट को लाया गया था । परन्तु यह मानवीयता का नाश करने वाला नियम कहलाने लगा । गर्भाधान के प्रति मानवीय संवेदनाएं ही समाप्त हो गई हैं और कन्या भ्रूण हत्याएं लगातार बढ़ती जा रही हैं । अवैध रूप से सोनोग्राफी का कार्य करने वाले गर्भस्थ शिशु के लिंग को बताने के लिए कुछ रुपयों की खातिर आसानी से माता पिता को बता देते हैं लेकिन इसमें कोई गारन्टी नहीं होती है कि बताया गया लिंग सही ही होगा । कभी-कभी ये जाँच बहुत महंगी भी साबित होती है ।

सरकार व सामाजिक संस्थाएं परेशान हैं कि उनके राज्य में पुरुषों और महिलाओं का अनुपात तेजी से बिगड़ रहा है । और एक समय ऐसा आ जाएगा जब पुरुषों को जीवन भर कुंवारा ही रहना पड़ेगा । इसलिए हमें गर्भवती महिला को गर्भ समापन की इजाजत तब तक नहीं देनी चाहिए जब तक जरूरी ना हो ।

सरकार चाहे कितने भी कड़े कानून बनाले या सजा का प्रावधान करे, जब तक कि इस सामाजिक कुरीति को रोकने का उपाय नहीं होगा, तब तक लोग कन्या भ्रूण हत्या करते रहेंगे । इसके लिए आवश्यकता है समाज में जागरूकता लाने की व सामाजिक चेतना को बढ़ावा देने की ।

**क्योंकि ‘लड़कियाँ अभिशाप नहीं अपितु इस सृष्टि की जननी है’ ।**

– अलका गुप्ता

## दादा-दादी, नाना-नानी अकेले क्यों हैं?

आजकल के दौर में एक नया ही चलन चल रहा है कि 'हम दो हमारा एक' लेकिन पहले ऐसा नहीं था। पहले बच्चे को भगवान की देन माना जाता था। फिर 'हम दो हमारे दो' का जमाना आया। अंत में तो 'हम दो हमारा एक'। अब जब एक ही बच्चा है तो उसकी देखभाल भी अलग तरीके से होगी। अच्छा स्कूल, अच्छा कॉलेज, अच्छी परवरिश के लिए चाहे उसे अपने परिवार से दूर ही क्यों ना रहना पड़े। बच्चे को अपने माता-पिता को छोड़कर बाकी रिश्तेदारों से इतना लगाव नहीं रह जाता। लेकिन कहते हैं ना 'असल से सूद ज्यादा प्यारा होता है'। दादा-दादी हो या नाना-नानी वे अपने पोते-पोतियों के प्यार के लिए तरस जाते हैं। आजकल पति-पत्नी दोनों नौकरी वाले हैं तो वे घर से दूर होते चले जाते हैं।

मेरे घर के पास एक ब्राह्मण परिवार रहता था उनका एक ही बेटा था इसलिए उन्होंने उसे अच्छी शिक्षा दे कर डाक्टर बना दिया। बेटे को डाक्टर बनाने में उन्होंने अपना सब कुछ न्यौछावर कर दिया। जितनी जमापूंजी थी सारी खर्च कर दी। माता-पिता ने बेटे की खुशी को अपनी खुशी मानते हुए बेटे की शादी एक बड़े घर की बेटि से कर दी। शादी के बाद बेटा-बहू दोनों शहर चले गये। अब माता-पिता जब भी गांव से शहर बच्चों से मिलने जाते तो बहू का मूड खराब हो जाता। उन्होंने सोचा अगर बहू को बच्चा हो जाये तो हमें वहाँ रहने का मौका मिल जायेगा। कुछ महिनो बाद बहू ने एक बेटे को जन्म दिया। वे लोग खुश हो गये लेकिन उनकी खुशी मिट्टी में मिल गई क्योंकि बहू अपनी सास को बच्चे के पास ना तो जाने देती, ना ही उसे गोद में उठाने देती। बहू तो माँ बन गई लेकिन वे दादा-दादी ना बन सके। बहू कहती 'आप मेरे बच्चे को भी गंवार बना देंगी। बहू को इतना तो मालूम होना चाहिए कि उसी मां-बाप ने उसके पति की परवरिश गांव में रहकर की है जो आज डॉक्टर बनके उसके सामने खड़ा है। दादा-दादी पोते को एक नजर देखने को तरस जाते। उन्हें दुखी देखकर पूरा गांव दुखी हो जाता। बेटे के भविष्य को चमकाने के लिए उन्होंने सब कुछ दे दिया था। अब इस उम्र में उन्हें अपना जीवन जीने के लिए फिर से मेहनत करनी पड़ रही है। आज वे कहते हैं कि काश हमारे बेटा नहीं, बेटि होती कम से कम वो हमारा ध्यान तो रखती उसके बच्चे हमें नाना-नानी कहते हमें उनको प्यार करने का मौका तो मिलता। आज हम इस तरह अकेले ना होते। बेटा-बहू तो गांव आते नहीं तो वे पोते को कहां भेजते। सुना है पोता अब विदेश पढ़ने चला गया है जो थोड़ी बहुत आस थी वो भी टूटती नजर आने लगी। हमारे गांव में अब सभी के मन में ये सवाल उठते हैं 'क्या हम भी अपने बच्चों को हमारे माता-पिता से दूर रखकर गलत तो नहीं कर रहे। इसलिए हमें सोचना चाहिए कि इन्सान को इस उम्र में एक न एक की जरूरत होती है। अगर हम बच्चों को दादा-दादी से अलग करेंगे तो यही सब कल हमारे साथ भी हो सकता है। हमारे बच्चे भी हमें अकेला छोड़ सकते हैं। यह घटना हम सबके लिए एक सबक बन गयी है।



— श्रीमती सोमा सेठ  
पत्नी गौतम सेठ, अधि०  
आई सी जी एस दिल्ली

(तटरक्षिका 'on the spot story competition' लेख प्रतियोगिता में द्वितीय पुरुस्कार प्राप्त कहानी)

## थोड़ी आजादी, फिर बरबादी



बचपन में सब बच्चे मन-मौजी होते हैं,  
हर वक्त खेल-कूद में डूबे रहते हैं ।  
सब दुख, बोझ, परेशानियों से परे होते हैं,  
और सुख, चैन, खुशियों से घिरे होते हैं,  
एकदम आजाद, खुश, बिंदास रहते हैं ।



जैसे-जैसे बच्चे बड़े होते हैं,  
पढ़ाई-लिखाई से भिड़ जाते हैं ।  
किताबों में दिल लगाकर डूब जाते हैं ।  
थोड़ी खुशी, थोड़ी मायूसी में होते हैं,  
फिर भी बीई/बीएससी/बीए पढ़ते हैं ।



पढ़ाई खत्म होने के बाद नौकरी ढूँढ़ते हैं,  
डिग्री, सर्टिफिकेट हाथ में लिए घूमते हैं ।  
जगह-जगह इंटरव्यू और इम्तिहान देते हैं,  
कड़ी मेहनत करके सफल होते हैं,  
तब जाकर किसी के पति-लायक वह बनते हैं ।



जब उसकी शादी हो जाए, तो वह बरबाद हो जाता है ।  
साग-सब्जी से राशन तक जुटाना पड़ता है,  
जान-माल बीवी-बच्चों पर लुटाना पड़ता है,  
जिम्मेदारी का बोझ जिंदगी भर उठाना पड़ता है ।  
माँ और बीवी का झगड़ा सुलझाते-सुलझाते,  
बुढ़ापा सिर पर आ धमकता है ।

बुढ़ापे में अपने बच्चों के सहारे जीते हैं,  
जो रूखी-सूखी मिलें, वही खाते-पीते हैं ।  
उनके ही बेटे-बेटी उन्हें बोझ समझते हैं,  
कैदियों की तरह घर में पड़े रहते हैं ।  
घुट-घुट कर बाकी जिन्दगी वह जीते हैं,  
बस, अपने मरने का इंतजार करते हैं ।



इसलिए कहता हूँ कि बस,  
बचपन में हमें आजादी होती है ।  
क्योंकि उसके बाद तो,  
शुरू हमारी बरबादी होती है ।

— मोहम्मद इरफान खान  
पुत्र एम एस खान, प्रधान अधिकारी

## संस्कृति

मंदिर के चबूतरे पर पंडित जी प्रवचन कर रहे थे कि “भक्तों, भूख लगना ‘प्रकृति’ है । भूखों को न खिलाना ‘विकृति’ है और भूखों को खिलाना ही ‘संस्कृति’ है” ।”

प्रवचन समाप्त हुआ । पंडित जी पकवान की थाली लिए मंदिर में भोग लगाने जैसे ही चले, तभी पीछे से एक भूखे, कमजोर बच्चे ने उन्हें आवाज दी – ‘पंडितजी ! जोरों की भूख लगी है, खाने को कुछ मिलेगा ?’

‘राम-राम’ भगवान का भोग देखते ही भूख लग गई । चल हट ! भोग लगाने का समय हो गया है । यह कहते हुए पंडित जी ने मंदिर के दरवाजे बंद कर दिये । दूर खड़ा उनका एक भक्त जो यह सब देख रहा था सोचने लगा – यह प्रकृति, विकृति या संस्कृति में से किसका रूप है ।

– श्रीमती जया पाण्डे

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## बिखराव

गुरु नानकदेव जी एक गाँव में गये । वहाँ के निवासी बहुत ही समझदार और मेहनती थे । चलते समय नानकजी ने उन्हें आशीर्वाद दिया – ‘उजड़ जाओ’ । फिर वे दूसरे गाँव में गये तो वहाँ के लोगों ने उनका तिरस्कार किया, कटु वचन बोले और लड़ने झगड़ने पर उतारू हो गये । चलते समय नानकजी ने उन्हें आशीर्वाद दिया – ‘सदा साथ रहो’ ।

साथ में चल रहे शिष्यों को बड़ा आश्चर्य हुआ । उन्होंने नानकजी से पूछा, “आपने ऐसा उल्टा आशीर्वाद क्यों दिया ?” नानकजी ने कहा – “सज्जन लोग उजड़ेंगे तो बिखर कर जहाँ भी जायेंगे, सज्जनता ही फैलायेंगे किन्तु दुर्जन सर्वत्र अशांति उत्पन्न न करें इसलिए उनके एक ही जगह बने रहने में समाज की भलाई है।”

– श्रीमती जया पाण्डे

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## राष्ट्रभाषा

किसी भी देश की समझी जाने वाली तथा अधिक बोली जाने वाली भाषा ही उस देश की राष्ट्रभाषा होती है । राष्ट्रभाषा, राष्ट्र का दर्पण व उसकी आत्मा होती है जो उसे शक्तिशाली तथा गौरवान्वित बना देती है । राष्ट्र भाषा वही है, जिसका अपने देश की संस्कृति से गहरा रिश्ता है । राष्ट्र भाषा के लिए यह आवश्यक है कि देश की बहुसंख्यक जनता उसे समझे, बोले तथा अन्य प्रान्तीय भाषाओं से भी तालमेल रखे । अतः यह स्पष्ट हो जाता है कि हमारे देश में केवल हिन्दी ही एक ऐसी भाषा है जो राष्ट्र भाषा कहलाने के लायक है ।

– श्रीमती मुन्नी देवी

पत्नी आर डी एस यादव प्रधान नाविक



## लम्बी उम्र की दवा

1. गोलू रोज स्कूल से लौटता, तो मुर्गा बन जाता ।  
एक दिन मां ने डांटा – ‘यह क्या गंदी आदत सीख ली है तुमने। रोज स्कूल से आकर ऐसी हरकत करते हो ?’  
गोलू ने बड़ी ही मासूमियत से कहा – “मां, आपने ही तो कहा था कि जो काम स्कूल में करवाया जाए, उसे घर आकर जरूर दोहराया करो”
2. बेटा : पिताजी, हिमालय कहां है ?  
पिताजी : जाओ, जाकर मां से पूछो, वह न जाने हर चीज़ कहां रख देती है ।
3. टीचर : बच्चों, बताओ अक्ल बड़ी या भैंस ?  
चिंटू : मैडम, पहले दोनों की जन्मतिथि बताइए ।
4. टीचर : दर्जन से तुम क्या समझते हो ?  
छात्र : दर्जन, दरजी की पत्नी होती है ।
5. एक व्यक्ति ने कौन बनेगा करोड़पति प्रतियोगिता में भाग लिया ।  
अमिताभ बच्चन : आपके पिताजी का नाम क्या है ?  
खिलाड़ी : ऑप्शन तो दीजिए ।
6. एक बार एक रेल बड़ी तेज़ी से दौड़ रही थी । अचानक रेल खेत में दौड़ने लगी ।  
गार्ड (ड्राइवर से): तुमने रेल खेत में क्यों दौड़ा दी ?  
ड्राइवर : एक व्यक्ति रेल के सामने आ गया ।  
गार्ड : तो फिर उसे कुचल क्यों नहीं दिया ?  
ड्राइवर : वही तो करने जा रहा था लेकिन वह खेत की ओर भाग गया, इसलिए मैंने रेल को खेत में दौड़ा दिया ।
7. एक पागल (दूसरे पागल से) : मैं टॉर्च जलाता हूं तू उसकी रोशनी को पकड़कर चन्द्रमा पर चले जाना ।  
दूसरा पागल : मुझे पागल समझता है, कहीं तूने टार्च बीच में ही बंद कर दी तो मैं गिर जाऊंगा ।
8. अमन (विवेक से) : यार हमारे वैज्ञानिक चांद पर तो जा चुके हैं परन्तु सूरज पर क्यों नहीं गए ।  
विवेक : अरे पागल, अगर सूरज पर जाएंगे तो वे लोग जल नहीं जाएंगे ।  
अमन : अरे बुद्धू मैं दिन में जाने की बात नहीं कर रहा हूं मैं तो रात में जाने की बात कर रहा हूं ।
9. मोहन (सोहन से) : हम दोनों एक दूसरे से प्रश्न पूछते हैं, जो जवाब नहीं दे पाएगा वह दूसरे को 10 रुपये देगा ।  
सोहन : मोहन, तुम ज्यादा पढ़े लिखे हो, तुम 20 रुपये देना ।  
मोहन : ठीक है ।  
सोहन : उस जानवर का नाम बताओ जिसकी 3 पूंछ, 4 आंखें और 14 पैर हैं ?  
मोहन : मैं नहीं जानता, यह लो 20 रुपए और तुम उस जानवर का नाम बताओ ।  
सोहन : मैं नहीं जानता, लो 10 रुपए ।



10. पहला मूर्ख दोस्त : दोस्त, तुम्हारा पेपर कैसा हुआ ?  
 दूसरा मूर्ख दोस्त : मैं खाली कॉपी देकर आ गया ।  
 पहला मूर्ख : मैं भी तो खाली कॉपी देकर आ गया ।  
 दूसरा मूर्ख : कहीं टीचर ये न समझ ले कि हम दोनों ने नकल की है ।
11. दो चोर आपस में बातें कर रहे थे।  
 पहला : एक बार मैं चोरी करके सिर पर पैर रखकर भागा तो पुलिस ने मुझे पकड़ लिया ।  
 दूसरा : अरे बेवकूफ तुझे ज़मीन पर पैर रखकर भागना चाहिए था ।

### हास्य विनोद

मालिक ने नौकर को निर्देश दिया — घर का काम करना । सुबह—शाम दिन—रात, जो भी काम हो मुझसे पूछकर करना । उसी रात नौकर ने मालिक को गहरी नींद से जगाया और अत्यंत आवश्यक आदेश के लिए अपना सिर झुकाया और बोला मैंने सोचा, आपको गहरी नींद से तुरंत जगा दूं । आप आदेश दें तो जो बिल्ली दूध पी रही है, उसे भगा दूं ।

### विजयी तिरंगा

आज हमारा विजयी तिरंगा, दिलों में जोश भराता है,  
 भारत माता की बीती कहानी, हमको याद दिलाता है ।  
 लन्दन से जब गोरे आए, भारत में करने व्यापार,  
 सोने की चिड़िया भारत है, जमा बैठे अपना अधिकार ।  
 आठवें अवतार थे गांधी, गोरो को पहचाना है,  
 ठान लिया अब बापू ने, गोरो को यहां से भगाना है ।  
 पहन लंगोटी, हाथ में डण्डा, गांधी की पहचान हुई,  
 उमड़ पड़ी फिर सारी जनता, वीरों ने कुर्बानी दी ।  
 आज हमारा प्यारा तिरंगा, खुशियों से लहराता है,  
 भारत मां की बीती कहानी, हमको याद दिलाता है ।

— श्रीमती सावित्री बडोला, माताजी कमांडेंट एपी बडोला

### ज्ञान

ये संसार दुःख सागर है ।  
 सुनले राही ज्ञान ।  
 आज नहीं तो कल जाना है,  
 ये तू जरूरी जान ।  
 मानव तन में जन्म मिला है,  
 भज ले हरि को नाम ।  
 अन्त समय की पूंजी है ये,  
 आयेंगे तेरे काम ।

— श्रीमती सावित्री बडोला, माताजी कमांडेंट एपी बडोला

## आपके अच्छे स्वास्थ्य के लिए

### गुणकारी हल्दी

1. आयुर्वेद के अनुसार हल्दी शरीर को साफ करती है केवल बाहर से ही नहीं बल्कि भीतर से भी। साथ ही रूप को तो निखारती ही है व जिगर के अन्दर जमा होने वाले विषाक्त पदार्थों को भी हटाती है अर्थात् जिगर को डीटाक्सीफाई करती है। शरीर में वसा कोलेस्ट्रॉल की मात्रा को नियंत्रित करने में भी सहायक होती है।
2. इसमें एंटी आक्सीडेंट (anti oxidant) के गुण भी होते हैं। इस तरह यह हृदय रोग में भी लाभदायक होती है।
3. दूध में मिलाकर हल्दी पीने से दर्द में आराम मिलता है। उसके अतिरिक्त निरन्तर प्रयोग से अनार्तव, ग्रसनीशोध, मधुमेह, गठिया, रक्तहीनता, मानसिक आघात इत्यादि में आराम मिलता है।
4. जिनके पित्त में पत्थरी है, उन्हें हल्दी का उपयोग अधिक नहीं करना चाहिए।
5. गर्भावस्था में हल्दी का अधिक उपयोग कठिनाई उत्पन्न कर सकता है।
6. पीलिया के रोगी को भी हल्दी नुकसान पहुँचा सकती है।
7. जिन लोगों के पेट या आंत में घाव (ULCER) हो उन्हें भी हल्दी के अधिक उपयोग से बचना चाहिए।



### अदरक के फायदें

1. अदरक पेट की बीमारियों को ठीक करने के लिए अति उत्तम है। कब्ज के दौरान अदरक का रस गरम पानी के साथ फायदा करता है।
2. गर्भावस्था के दौरान अदरक उल्टी रोकने में लाभदायक है और जी मिचलाने पर अदरक का रस लाभदायक सिद्ध होता है।
3. गठिया के बीमार अदरक के रस के नियमित सेवन से राहत पा सकते हैं।

### धनियाँ के फायदे

धनियाँ में लौह धातु एवं मैगनिशियम काफी मात्रा में होता है एवम इसके पत्ते खून साफ करने एवं हीमोग्लोबीन बढ़ाने के काम आते हैं।

- सतनाम त्यागी, प्र०/ना०

## भारत इंडिया हो गया

अंग्रेज चले गए पर  
अंग्रेजी का भूत नहीं गया  
न जाने भारतवासियों को,  
ये आज क्या हो गया ?

माताजी को प्रणाम, हेलो मदर हो गया ।  
बस यारों अब तो  
छोटा- बड़ा भाई भी  
हेलो बदर हो गया ॥

माता-पिता आज जाने कहाँ, खो गए  
चाची -चाचा, बुआ-फुफा  
सब बैन हो गए,  
आजकल तो सारे  
अंकल-आंटी के फैन हो गए ॥

सच कहते हो यारों  
अब तो अखबार  
भी मीडिया हो गया ।  
आज अपना भारत भी इंडिया हो गया ॥

भारत में मित्र नहीं,  
फ्रेंड हो गए ।  
पति बेचारे पतिदेव से  
हसबैंड हो गए ॥

- गुलशन कुमार

पुत्र सुरेश प्रसाद, प.ना. इ एम ई.ट

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### माँ

माँ जगत की जननी है।  
सब दुखों की हरणी है।  
माता जीवन देती है।  
दुख क्लेश हर लेती है।  
स्वयं माँ दुख सह कर भी,  
बच्चों को सुख देती है।  
क्योंकि माता जननी है।  
दया माँ का गहना है।  
सारे जग का कहना है।  
माँ का ऋण नहीं चुकता है।  
इस पावन रिश्ते पर सबका सिर झुकता है।

- सृष्टि बिष्ट  
पुत्री डी स बिष्ट

### बिक रहा है

यह जहाँ नहीं मुझे एक बाजार दिख रहा है,  
सरेआम जहाँ लोगों का सम्मान बिक रहा है।  
‘ओसामा’ एक जीता जागता इंसान है लेकिन,  
यह इंसान नहीं, इंसान के रूप में हैवान दिख रहा है।  
सर झुका कर हम खड़े हैं, लग रही हैं बोलियाँ,  
आज अपना वजूद सरेआम बिक रहा है।  
ऐ हमवतन। अपने वतन पर आँच न आने पाए,  
आज धर्म के नाम पर ईमान बिक रहा है।

- गणेश दत्त  
पुत्र के दत्त

## जम्बो



जब लेना हो विकेटों का पहरा,  
तब आता हैं, आशीष नेहरा।  
जब रखनी हो देश की शान,  
तब आता है, जहिर खान।  
जब उड़ानी हो विरोधों की धज्जी,  
तो आता है हमारा भज्जी।  
जब करना हो साइमंडस के गुस्से का अंत,  
तब आता है एस श्रीसंत।  
जब दांव पे हो देश की आन,  
तब बोलिंग करे इरफान पठान।  
जब करनी हो अनहोनी को होनी,  
तब छक्का मारे एम एस धोनी।  
जब करना हो जीत का वादा,  
तब क्रीज पर आए सौरव दादा।  
जब बनाना हो कीर्तिमान का कीर्तिमान,  
तब आता है सचिन महान।

- सुभाष चन्द  
प्रधान नाविक पावर

## नया जमाना-नई परिभाषाएँ

1. आज का इंसान,  
भीतर से कटपीस, बाहर से थान ।
2. आज की नारी,  
विवाह से पूर्व तलाक की तैयारी ।
3. आज का नेता,  
जनता में डबल रोल करने वाला ।
4. आज का अफसर,  
सीट पर कभी-कभी मीटिंग में अक्सर ।
5. आज का टीचर,  
कांपते हुए, निडरता पर दे लेक्चर ।
6. आज का स्टूडेंट,  
कापी ब्लैक, अंक सेंट परसेंट ।
7. आज का यार,  
मन का चोर, तन का थानेदार ।

- प्रीतम पचहरा  
उत्तम नाविक (कुक्)

## तट रक्षक

डूबने वालों को पार लगाता,  
भटको को राह दिखाता हैं ।  
तट की रक्षा करता है वो,  
तटरक्षक कहलाता है ॥

देश का दुश्मन पार न उतरे,  
तट से मार भगाता हैं ।  
दिन रात जाग देश सेवा में,  
अपने जीवन को बिताता है ॥

कभी गंभीर आपदा पडने,  
पर जो आगे आता है ।  
अपनी जान जोखिम में डाल,  
दूजों की जान बचाता है ॥

मित्र देश के वासी जब,  
त्रुटि से सीमा में आते हैं ।  
उनको सुरक्षित घर पहुँचा,  
उनका आशीष भी पाता है ॥

अपना परिवार पीछे छोड़,  
हँसकर सेलिंग पर जाता है ।  
तट की रक्षा करता है वो,  
तट रक्षक कहलाता है ॥

- याचना तिवारी  
पत्नी ए के तिवारी

## ‘हियुम्स इन यूनिफार्म’

ये जो यूनिफार्म है  
ये कोस्ट गार्ड की शान हैं।  
कभी आकाश में उड़ते सफेद बगुले,  
कभी खुद ही आसमान है।

नम्बर वन, नंबर टू,  
नम्बर टैन या टैन एज कहूँ,  
ये कोस्ट गार्ड है सर्विस कोई,  
या कपड़ों की दूकान है।  
सुबह उठे, बीवी से झगड़ा  
पीटी ड्रेस मांगी, दी एट एज पकड़ा,  
कितनी बार तुझे समझाया,  
हर यूनिफार्म का नाम रटाया,  
फिर ढाक के वही तीन पात,  
माँगू हलवा, खिलाए भात ।

श्रीमति जी ने टाँगी साड़ी  
मेरी तेज हो गई नाडी।  
बोली दहेज की लिस्ट थमाई,  
शादी से पहले एलिजिबिलीटी क्यों नहीं बताई ?  
गणित की डायरी चेक कराते,  
तभी किसी को वरमाला पहनाते ।

करते करते याद तुम्हारी  
नम्बर वन और नम्बर टू  
भूल गई हूँ गिनती तक मैं  
एट के बाद बस टैन कहूँ ।



रोज डरावने सपने आते,  
फटे हाथ, साबुन घिसाते,  
ढेर यूनिफार्म मैं धोती हूँ।  
तुम वार्शिंग मशीन क्यों नहीं लाते ?

जहाँ देखो यूनिफार्म तुम्हारी,  
भर गई सारी अलमारी।  
बच्चों के कपड़े मैले कुचले,  
नहीं मिलेंगे एक भी भले।  
और मेरी साड़ियों का ये हाल,  
कोई बनी हैं पर्दा,  
कोई सजाए हाल ।

सुना मुझे वो खरी खोटी,  
चल पड़ी मायके अकेली।  
यूनिफार्म क्या मांगी मैंने,  
सर अपने मुसीबत ले ली।

ऐ मेरे प्यारे भाइयों,  
समझता हूँ आपके इमोशन।  
जानता हूँ मेरी ही नहीं,

हर नाविक की है यही कन्डीशन।  
हर नाविक की है यही कन्डीशन ।

- आशो, पत्नी अशोक कुमार  
उत्तम नाविक (आर ओ)

### आओ पढ़े पढ़ाएँ

आओ पढ़े पढ़ाएँ  
दूसरों को शिक्षित बनाएँ ।  
हम सब पढ़ लिखकर आगे बढ़ जाएँ  
आओ पढ़े पढ़ाएँ  
देश को आगे बढ़ाएँ  
आओ पढ़े पढ़ाएँ ।

- मास्टर विशाल यादव  
पुत्र मन्नु यादव, पी ओ एम ए

### कविता

नारी शक्ति, नारी भक्ति, नारी सृष्टि, नारी दृष्टि  
आँगन की तुलसी है नारी, पूजा की कलसी है नारी  
नेह, प्यार, शर्म है नारी,  
बेटी, पत्नी, माँ है नारी,  
नारी के इस विविध रूप को आँगन में खिल जाने दो।  
खूशबू को फैलाने दो। कलियों को मुस्काने दो।।

- श्रीमती आरती भटारिया  
पत्नी समादेशक भटारिया

## प्रदूषण

हर तरफ है प्रदूषण का बोलबाला,  
आज हमें धरती को है बचाना।  
प्रकृति संतुलन खो रही है,  
आज संतुलन को है बनाना।  
पेड़ पौधे ही जीवन है हम सबके,  
यह कब समझ पाएगा मानव,  
जब हरियाली खो जाए।  
तब ये पृथ्वी मरुस्थल नजर आए।  
तो शपथ लेता है आज मानव,  
कि प्रकृति वह बचाएगा,  
फिर से अपनी पृथ्वी पर,  
हरियाली खोज लाएगा।



- प्रीति सिंह  
पुत्री वी एस सिंह  
प्रधान नाविक

## माँ मुझे नाविक बना दो

माँ मुझे नाविक बना दो  
तट रक्षक बल में भर्ती करवा दो  
माँ मुझे नाविक बना दो  
आज सुनना चाहता हूँ मैं, न परियों की कहानी,  
आज मुझसे मत कहो माँ, एक राजा एक रानी,  
समुद्र की वीर गाथा, तूफान मुझमें जगा दो,  
माँ मुझे नाविक बना दो, माँ मुझे नाविक बना दो।  
मछुवारों की मदद करना, अपना कर्तव्य रहे,  
समुद्र को प्रदूषण से बचाना, अपना धर्म रहे,  
समुद्री तस्करो व दुश्मनों को, जड़ से मिटा दूंगा,  
माँ मुझे नाविक बना दो, माँ मुझे नाविक बना दो।  
जो उठाये भूल कर भी, आंख मेरे देश पर,  
जो उठाये आंख, मेरी जहाज और नौकाओं पर,  
मैं उड़ा दूँ शीश उसका, बड़ा कौशल सिखा दो,  
माँ मुझे नाविक बना दो, माँ मुझे नाविक बना दो।

- निरंज नेगी, पुत्र रवींद्र सिंह नेगी  
प्रधान नाविक

## भारत की आजादी

भारत की आजादी, बासठवें साल में पहुंच रही है,  
लडखडाती अर्थ व्यवस्था, महंगाई आसमां छू रही है।

देश की इस दुर्दशा का जिम्मेदार कौन है ?  
सवाल यह उठ खड़ा है, सारे नेता क्यों मौन है ?

बापू के सपनों का, क्या भारत बन पायेगा?  
क्या भारतमाता का स्वर्णिम युग वापस आयेगा?

चारों ओर फैल रहा है, आतंक का साया,  
जनमानस एक होंगे, तभी होगा इसका सफाया।

प्यार की भाषा चुने हम, दूसरों का ख्याल करें,  
आबादी नियंत्रित कर, देश को खुशहाल करे।

यदि ऐसा कर पाये हम, तो राम राज्य आ जायेगा।  
भारत वर्ष फिर से सोने की चिड़िया कहलायेगा।



- ओ पी कटारो, प्रधान नाविक (आर ओ)

## नया वेतन आयोग

श्रीमान जी के प्रदीप्त चेहरे को देख,  
विस्मित हो मैंने सोचा, ये कैसा संयोग,  
थोड़ा घूमे, टहले, थोड़ा छटपटाए,  
बेचैनी छुप न रही थी छुपाए,  
बेताबी मे पास आकर थोड़ा मुस्कराए,  
बोले बन रहा है धन का योग,  
बैठा है नया वेतन आयोग।।

भीषण मँहगाई से, सभी है आहत,  
वेतन बढ़ने से, कुछ मिलेगी राहत,  
पूरी होगी सबकी चाहत,  
कमजोर पड़ेगी हर विपत्ति और आफत,  
धन संपत्ति की बढ़ी है ताकत,  
कर सकेंगे अब सुख भोग,  
बैठा है नया वेतन आयोग।।

जल्द लागू हो, आयोग की सिफारिश,  
हर केन्द्रीय कर्मी व परिवार की ख्वाहिश,  
सावन के महीने में फिर होगी,  
रिमझिम के साथ सुख आनंद की बारिश,  
देर हो चुकी अब दुरूस्त तो होगी,  
आस लगाए है हर वेतन भोगी,  
तोहफा कुछ ऐसा मिले,  
गदगद हों सब लोग,  
बैठा है नया वेतन आयोग।।



- नुतन सिंह

धर्मपत्नी मुकेश कुमार सिंह

उत्तम नाविक संचार बेतार प्रशिक्षक

## माँ

जरा गौर से देखिए तो आपको माँ और फूल में कोई अंतर नजर नहीं आएगा ।  
अगर दुनिया आँख है, तो माँ उसकी रोशनी है  
अगर दुनिया फूल है तो माँ उसकी खुशबू है ।  
कठोर से कठोर दिल को भी माँ की गीली आँखों से मोम किया जा सकता है ।  
माँ ममता की देवी है ।  
बिना लालच के प्यार मिलता है तो केवल माँ से  
माँ ईश्वर का दिया पहला उपहार है ।  
माँ के कदमों में स्वर्ग है ।  
माँ की दुआ दुनिया की हर वस्तु से अधिक ताकतवर है  
भाई मुँह फेर सकता है, दोस्त बेवफाई कर सकता है, पिता की मोहब्बत में कमी आ सकती है,  
मगर माँ का प्यार कभी कम नहीं हो सकता,  
सुनो दोस्तो करनजीत सिंह का यह कहना,  
माँ से प्यार करना कभी नफरत मत करना,  
प्यारी है माँ इसको प्यार तुम करना ।





## गाँव में जीवन शहर से बेहतर

भारतवर्ष, जहाँ आज भी 60% से ज्यादा जनसंख्या गाँवों में ही निवास करती है, के किसी भी व्यक्ति को गाँवों का परिचय देना मूर्खता होगी। कोई, चाहे कहीं भी, किसी भी पद पर आसीन है, वह कहीं न कहीं, किसी एक गाँव से जुड़ा ही हुआ है।

गाँव में ही भारतवर्ष की आत्मा बसती है। भारतदर्शन के इच्छुक किसी व्यक्ति का मंतव्य तब तक पूर्ण नहीं होता जब तक वह गाँव के दर्शन न कर ले। यह सच है कि आज भारत प्रगति के पथ पर अग्रसर है, आज शहरीकरण का बोल-बाला है परंतु आज भी भारतीय गाँवों की महिमा अनोखी है। उत्तर से दक्षिण, पूरब से पश्चिम पूरे भारतवर्ष में हर जगह बस गाँव ही गाँव हैं।

भारत को संस्कृति धन्य देश कहा जाता है, परंतु इस संस्कृति का उद्गम कहाँ हैं? आज शहरों में एकल परिवार का चलन जोरों पर है। एकल परिवार के दंश को झेल रहे शहरवासी आज भी जब गाँव की तरफ देखते हैं तो संयुक्त परिवार की परंपरा उन्हें आकर्षित करती है।

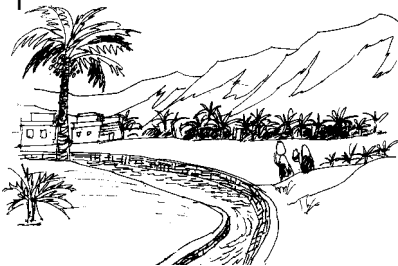
हमारे गाँव ही हमारे अन्न भंडार हैं। भारतवर्ष, जो कि एक कृषि प्रधान देश है, की सारी अन्न संपदा गाँवों में ही है।

आज हर तरफ जहाँ छल, द्वेष आदि का बोलबाला है, ग्रामीण लोगों का सहज भोलापन उनका निर्मल मन हमें खुद पर पछताने के लिए मजबूर करता है कि हमने आखिर शहर में बस कर क्या पाया ?

गाँवों में आज भी हमें शुद्ध हवा मिलती है। प्रदूषण के प्रकोप से दूर गाँव में हम स्वस्थ हवा में सांस ले सकते हैं। गाँव के शुद्ध तथा पौष्टिक आहार की अपनी ही बात है।

पूरा गाँव एक परिवार की तरह रहता है। सभी एक दूसरे के सुख-दुख में साथ रहते हैं। गाँवों की इस महत्ता को समझते हुए भारत सरकार ने अनेक ग्राम सुधार कार्यक्रमों को प्रायोजित किया है। जिसमें शिक्षा, स्वास्थ्य आदि के स्तर को उपर उठाना प्रमुख है। गाँवों में आजकल स्वास्थ्य केंद्र, परिवार नियोजन केंद्र आदि खोले जा रहे हैं ताकि स्वास्थ्य संबंधी छोटी मोटी परेशानियों का इलाज गाँव में ही संभव हो सके।

सभी गाँवों में मिडिल क्लास तक के स्कूलों का निर्माण भी जारी है जिससे गाँव के सभी बच्चों को शिक्षा का समान अवसर मिला है। इस दिशा में भारत सरकार द्वारा चलाया जा रहा ऑगनबाड़ी कार्यक्रम भी सराहनीय है।



अतः गाँव ही भारत का असली चेहरा है। गाँव भारत की आत्मा है जिनके बिना भारत का कोई अस्तित्व नहीं।

— श्रीमती सरोज तिवारी

(‘On the spot - वाद विवाद प्रतियोगिता 2008 में प्रथम पुरुस्कार प्राप्त’)

## शहरी जीवन गाँव से अच्छा

शहर गाँव का ही बदला हुआ रूप है जो आज हमारे देश को विकास की ओर ले जा रहा है । यह बदलाव जरूरी है, वरना हमें भी पिछड़े देशों की सूची में गिना जाएगा । यदि विकास जरूरी है तो इसके लिए शिक्षा का होना भी बहुत जरूरी है । शहर में अनेक बड़े-बड़े स्कूल और कॉलेज हैं जहां हम अपने बच्चों को अच्छी शिक्षा प्रदान कर सकते हैं । शहरों में बिजली पानी की चिंता करने की भी कोई जरूरत नहीं है । यहाँ पानी तो साफ-सुथरा मिल ही जाता है । पानी साफ मिलेगा तो स्वास्थ्य भी ठीक रहेगा, हमें बीमारियां नहीं घेरेंगी और अगर किसी वजह से हम बीमार पड़ भी गए तो शहरों में अस्पतालों की कमी नहीं है जहाँ अच्छे से अच्छा और जल्दी से जल्दी इलाज हो जाता है । बिजली भी शहरों में हर वक्त उपलब्ध होती है । बिजली है तो हम टेलीविजन वगैरह देख सकते हैं जो हमें देश-विदेश की खबरें और ज्ञानवर्धक बातें बताता है । अब बात आती है संस्कारों की तो जरूरी नहीं कि जो लोग शहरों में रहते हैं वे संस्कारी नहीं । अपने बच्चों को अच्छे संस्कार देना माता-पिता पर निर्भर करता है, शहर या गाँव पर नहीं ।

— मीनाक्षी लटवाल

(‘On the spot - वाद विवाद प्रतियोगिता 2008 में द्वितीय पुरुस्कार प्राप्त’)

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## विचारों का परिणाम

एक वरिष्ठ राजमिस्त्री, जो शीघ्र ही सेवानिवृत्त होना चाहता था, अपने ठेकेदार के पास गया। उसने ठेकेदार से कहा कि अब वह सेवानिवृत्त होकर बाकी का जीवन अपने परिवार के साथ खुशहाल जिन्दगी जीना चाहता है। ठेकेदार अपने एक अच्छे राजमिस्त्री के व्यवसाय छोड़ने की बात से दुखी हुआ पर उसने राजमिस्त्री से आग्रह किया कि वह काम छोड़ने से पहले उसके लिए एक और ::घर बना दे। राजमिस्त्री इस बात से सहमत हो गया, पर उसने दिल से कार्य नहीं किया और घटिया निर्माण सामग्री का प्रयोग किया। यह उसके सम्पूर्ण कैरियर का सबसे दुर्भाग्यपूर्ण अंत था ।

राजमिस्त्री ने जब घर बनाकर कार्य समाप्त किया तब ठेकेदार ने कार्य का निरीक्षण किया और उसने मुख्यद्वार की चाबी राजमिस्त्री को सौंपते हुए कहा कि यह घर मैं आपको उपहारस्वरूप दे रहा हूँ। राजमिस्त्री आश्चर्यचकित होकर अपनी सोच पर शर्मिन्दा था। यदि उसे सिर्फ इतना पता होता कि वह अपना घर बना रहा है तो वह उस घर को प्रत्येक दृष्टिकोण से आकर्षक व मजबूत बनाता।

संदेश

फरवरी-2008

## हाइपर-एक्टिव बच्चों के साथ कैसा व्यवहार करें ?

### माता-पिता के लिए सलाह

कई बार ये देखा गया है कि बहुत से माता-पिता अपने बच्चों की आदतों से परेशान रहते हैं। उनकी यह शिकायतें होती हैं कि-उनका बच्चा कहना नहीं मानता, चीजें उठाकर फेंकता है, बहुत चंचल है, दूसरे बच्चों को भी तंग करता है, उसका मन स्थिर नहीं रहता वगैरह-वगैरह और इस कारण वह बच्चों को डाँटते या मारते भी हैं। बचपन में बच्चों का शैतानी करना बहुत ही साधारण बात है किन्तु कभी-कभी बच्चों का असमान्य व्यवहार उनके हाइपर-एक्टिव होने के कारण भी होता है, जो कि बच्चों में कई कारणों से हो सकता है। ये वंशानुगत, खान-पान की अनियमितता अथवा माँ की गर्भावस्था के दौरान पैदा हुये किसी अन्य कारण से भी हो सकता है।

यदि माता-पिता बच्चों के व्यवहार में कोई भी असमान्यता देखें तो उसे अनदेखा न करें और डॉक्टरों से सलाह लें। यह देखा गया है कि छोटी उम्र में ही यदि इलाज कराया जाय, या डाक्टरों से सलाह ली जाये तो इस तरह के बच्चों का सही तरीके से पालन-पोषण किया जा सकता है। हाइपर-एक्टिव बच्चों के माता-पिता निम्नलिखित सुझावों पर ध्यान देंगे तो अपने बच्चों का सही रूप से पालन-पोषण कर सकेंगे।

1. अपने बच्चों को जैसा है वैसा स्वीकार करें। यथार्थवादी अपेक्षाएँ करें।
2. बच्चे पर चिढ़चिढ़ाना, बात-बात पर टोकना, चिल्लाना, बहस न करें। माता-पिता को उम्र के अनुसार गलती तथा अवज्ञा में अन्तर मालूम होना चाहिए।
3. बच्चे की दैनिकचर्या बनायें तथा दृढ़ता से पालन करें
4. बच्चे को छोटे-छोटे काम दें तथा पूरा करने पर पुरस्कृत करें।
5. बच्चे को थकायें नहीं, पूरा आराम दें।
6. घातक और महत्वपूर्ण उपकरणों से बच्चों को दूर रखें।
7. बच्चों को सोने के लिए शांत वातावरण प्रदान करें।
8. सोने से पहले उत्तेजनापूर्ण टी.वी. प्रोग्राम न देखने तथा खेलने न दें।
9. बच्चे को अच्छे आचरण की शिक्षा दें तथा ऐसा करने के लिए प्रेरित करें।
10. बच्चे में क्रियाशीलता तथा सकारात्मक सोच को उभारने के लिए उसे अवसर प्रदान करें।
11. बच्चों को प्यार दें पर उनके सुधार में ढील न दें।
12. बच्चे के अध्यापकों के संपर्क में रहें।
13. बच्चे के गलत व्यवहार तथा गलतियों को नजरअंदाज न करें बल्कि उसे उसी समय पर ठीक करें, पर छोटी-छोटी बातों को नजरअंदाज भी करें।
14. बच्चों को कृत्रिम रंग, स्वाद तथा प्रिजरवेटिव युक्त पदार्थों का सेवन न करायें।
15. अगर बच्चों का व्यवहार असहनीय हो जाये तो एक्सपर्ट की सलाह लें।

- डॉ. शैफाली पुरोहित





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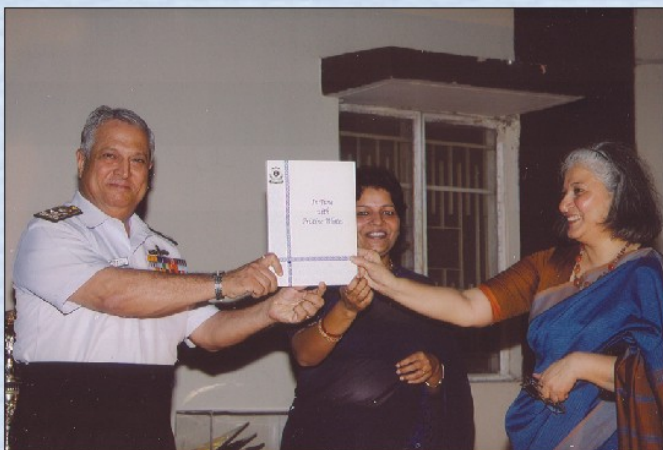
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