

URMI

2009



Coast Guard Wives Welfare Association

Tatrakshika, our strength

They spread cheer and sunlight
and keep our hearth warm and bright,
There's place for everyone in their bosom,
their tireless efforts makes our kids blossom,
To reach out to the destitute and needy
their helping hands are ever so ready,
All this and more, I could speak of Tatrakshika
or, if you please, our very own Veronica!

AA Hebbar

Acknowledgement

Members of Sanchar Team extend sincere thanks to its members of Sanchar of various Regions without whose help the successful publication of Urmi(2009) would not have been possible.



Special Thanks

Tatrakshika Daman. Our CGWWA is like the hands which protect the small burning lamp from blowing during the storm. Here the eager open hands protect the soul of our Coast Guard family by supporting them to come out of the darkness and shows them new ray of light.

The eye represents the powerful sunlight which is the guiding force of our community and helps our small saplings grow through the thorns of life.

Jasleen Walia, Tatrakshika East. Here the lady represents the Tatrakshika who is escalating the new heights to explore the vast horizons.



वाइस एडमिरल अनिल चोपड़ा, ए वी एस एम
महानिदेशक भारतीय तटरक्षक

*Vice Admiral Anil Chopra , AVSM
Director General Indian Coast Guard
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तटरक्षक मुख्यालय
राष्ट्रीय स्टेडियम परिसर
नई दिल्ली - 110 001

*Coast Guard Headquarters
National Stadium Complex
New Delhi - 110 001*



MESSAGE

I am delighted to note the high quality of the URMI magazine, which speaks volumes of the effort and enthusiasm which goes into its formulation and publication.

I have been greatly heartened to observe the activities of the CGWWA, which is contributing considerably to the cohesion of our young, but exponentially growing Service. The achievements of CGWWA in undertaking various initiatives is indeed highly credible, and I am certain that it will continue to play a highly constructive role in years to come.

There is much talent and skill available in the community of the Coast Guard wives, and the Service indeed deeply appreciates the contribution being made by a large number of young wives in serving others, despite their busy schedule at home and at work.

I wish the CGWWA all success and growth in the future in the service of the Coast Guard community.

(Anil Chopra)
Vice Admiral
Director General
Indian Coast Guard

New Delhi
18 Nov 09



श्रीमती रागिनी चोपड़ा
अध्यक्षा तटरक्षिका

Mrs Ragini Chopra
President Tatrakshika
Tel (C) : 91-120-2411002

तटरक्षिका कल्याण केन्द्र

तटरक्षक विहार

सेक्टर-23, नौएडा - 201 301 (उ०प्र०)

Coast Guard Wives Welfare Association

Kalyan Kendra (Tatrakshak Vihar)

Sector - 23, Noida - 201 301 (U.P.)



MESSAGE

To see commitment, sincerity and genuine concern is always a pleasure and in my interaction with the ladies of Coast Guard Wives Welfare Association, I have found that they are not fazed by either their location or size of the community but instead have found myriad and innovative ways in which to engage and involve the families of our personnel.

It is important to change and evolve ourselves with time and trends. To be relevant, we must look for new and creative ways with which we can understand the needs and aspirations of our Coast Guards community and develop unique solutions to respond to their interests. I am confident that with the abundance of talent, ideas and enthusiasm, our young wives will come forward to utilise the platform of CGWWA and contribute wholeheartedly, with their time, effort and creativity. This will certainly enhance and enrich the lives of the Coast Guard fraternity and thereby achieve the objectives that CGWWA stands for.

My compliments to our editorial team who have worked tirelessly to bring out 'Urmi' which provides an excellent outlet to express the thoughts, ideas and literary talent of our ladies and their families.

Let us work together to make CGWWA contribute significantly towards promoting among our Tatrakshika members confidence and self reliance whilst it fosters bonds of harmony and unity.

(Mrs Ragini Chopra)
President Tatrakshika

New Delhi

Nov 09



श्रीमती उर्मिला सिंह
उप-अध्यक्षा तटरक्षिका

Mrs Urmila Singh
Vice President Tatrakshika

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

Coast Guard Wives Welfare Association
Kalyan Kendra (Tatrakshika Vihar)
Sector - 23, Noida - 201 301 (U.P.)



संदेश

'उर्मि' पत्रिका से मुझे बेहद लगाव है और उपाध्यक्षा के रूप में इसका संचालन करने में मुझे अपार प्रसन्नता हो रही है। वस्तुतः समय के साथ-साथ पत्रिका का विकास हुआ है तथा यह हमारी तटरक्षिकाओं के लिए एक मंच है जिसके द्वारा हम अपने प्रयासों को प्राप्त कर सकते हैं और उनको बाहरी लोगों के समक्ष प्रस्तुत कर सकते हैं।

मुझे विश्वास है कि प्रथम चरण में की गई शुरुआत ने एक ठोस बुनियाद रखी है और हमें उसे और मजबूत बनाए रखने की आवश्यकता है। यह उत्साहवर्द्धक है कि पत्रिका में प्रकाशन के लिए बड़ी तादाद में योगदान मिल रहा है। मैं पत्रिका के संपादकीय दल की, इस संस्करण का प्रकाशन करने के लिए, उनके प्रयासों की प्रशंसा करती हूँ।

आइए हम, "बहते जल की तरह" समाज के महान् कार्य और विशेषकर तटरक्षिका समुदाय के प्रति स्वयं को पुनः समर्पित करें।

हम भाग्यशाली हैं कि अपनी तटरक्षिका की गतिविधियों के दौरान हम एक-दूसरे के मित्र बनते हैं तथा अन्यो से परिचित होते हैं। यह सौहार्दपूर्ण वातावरण तथा अभिमतों एवं विचारों का पक्ष विनिमय हमें परम् उ चाँइयों पर पहुँचाएगा। मुझे यकीन है कि तटरक्षिका आगामी वर्षों में भी इसी तरह विकास और उन्नति करती रहेगी।

मेरी ओर से तटरक्षिका तथा उसके सभी सदस्यों को हार्दिक शुभकामनाएँ।

स्थान : नई दिल्ली
दिनांक : 11 नवम्बर 09

उर्मिला
(श्रीमती उर्मिला सिंह)



श्रीमती हरकिरण बसरा
अध्यक्षा तटरक्षिका (पश्चिम)

*Mrs Harkiran Basra
President Tatrakshika (West)*

मुख्यालय
तटरक्षक क्षेत्र (पश्चिम)
गोल्फदेवी मंदिर मार्ग
वर्ली सी फेस, वर्ली कॉलोनी डाकघर
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MESSAGE

It gives me immense pleasure to share my views about Tatrakshika through the medium of URMI. URMI acts as an interactive medium to exchange our views and imbibe good things from the experience of all stations. With the changed security scenario wherein our brave men spend more time at sea to provide safe and secure homeland for our countrymen, we in Tatrakshika have onerous responsibility to share and care for each other so as the family needs are well looked after.

Today it is an era of information technology. Everything happens over a click of mouse. With most of the ladies working, time for social interaction is always at premium. In the present IT savvy environment, role of CGWWA to keep fabric of Tatrakshika family intact becomes more critical.

I have always believed and advocated that 'Team Work' is the essence for success of CGWWA. It not only gives us strength to withstand the hardship of life but also provide strength to our men as they can be comfortable from the worries of home as 'We are there'. Let us continue to work as a team putting our selfless service to the community and becoming strong pillar of support to our better halves.

I take this opportunity to wish all ladies on the occasion of Tatrakshika Day and thank them for achieving excellence in providing a social persona to the service.

Mumbai
04 Nov 2009

(Mrs Harkiran Basra)



श्रीमती लक्ष्मी राजाशेखर
अध्यक्षा तटरक्षिका (पूर्व)

*Mrs Lakshmi Rajasekhar
President Tatrakshika (East)*

तटरक्षिका कल्याण केन्द्र (पूर्व)

मार्फत मुख्यालय

तटरक्षक क्षेत्र (पूर्व)

चेन्नई - 600 009

Coast Guard Wives Welfare Association (E)

C/O Headquarters

Coast Guard Region (East)

Chennai - 600 009



MESSAGE

It is a privilege and honour for me to take over as President CGWWA Eastern Region. Over the years, I have worked with the young and vibrant CGWWA in various capacities and seen the rapid growth of the organisation. All this can be achieved only by the sustained support and cooperation of one and all in the meeting our objectives.

I would like to place on record, my gratitude to all my predecessors whose visions and significant contributions have given CGWWA a prominent place. I wish to express my resolve for continuing all meaningful/relevant concepts and projects for the larger interest of our environment.

In the end, I call upon all CGWWA members to work collectively as a team. It is only as a team that we can bring about any meaningful improvements and worthwhile change.

I wish you all good luck and fruitful achievements in the days to come.

(Mrs Lakshmi Rajasekhar)

Chennai

29 Oct 2009



श्रीमती इला शर्मा
अध्यक्षा तटरक्षिका (उत्तर पश्चिम)

Mrs Ila Sharma
President Tatrakshika (NW)



तटरक्षिका उत्तर पश्चिम
मार्फत मुख्यालय, तटरक्षक क्षेत्र (उ०प०)
पोस्ट बॉक्स नं० ९, सेक्टर - ११
गाँधीनगर - ३८२ ०११

Coast Guard Wives Welfare
Association (North West),
C/o Coast Guard Region (NW)
Post Box No. 9, Sector - 11
Gandhinagar - 382 011

MESSAGE

I am pleased to note that CGWWA is publishing its annual journal 'Urmi' shortly. Coast Guard Wives Welfare Association is a wonderful treasure of the CG organization which keeps us all binded in a single strand giving emotional support to the officers and men. We are a great fraternity and it must be our vision to bring about change, with our in-borne creativity and ideas for self and people around us.

Life in CGWWA is like a book, each day is a new page, may our book be our best seller with adventure to tell, lessons to learn and tales of good deeds to remember. This foundation of love, support and patience should now move towards constructive evolution like professionalism, entrepreneurship, self sufficiency and independence. I am sure with the new approach we would be more supportive and add strength to face the future maintaining economical balance and walking in consonance with the changing scenario.

We must keep in mind that "The happiest person doesn't have the best of everything in life, perhaps we have to be just good in making the best of everything that life bring along." Wishing happiness always.

I wish the annual edition of "Urmi" the very best.

Isharma

(Ila Sharma)

Place : Gandhinagar

Date : 05 Nov 09



श्रीमती सुनीता नौटियाल
अध्यक्षा तटरक्षिका (अं० एवं नि०)

Mrs Sunita Nautiyal
President Tatrakshika (A&N)

तटरक्षिका कल्याण केन्द्र
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MESSAGE

'URMI' - what a phenomenal way to connect with the entire Coast Guard fraternity. I believe that as women we give so much of our heart and souls to the society that nature rewards us and replenishes us with positive energy. It is not often that one comes across a magazine that entertains uplifts and at other times moves the soul.

I would like to compliment all the contributors for making each one of us feel and respond in more ways than one through their stories. I congratulate the entire editorial team for their hard work and dedication. Let's continue to celebrate the magical female spirit.

Thanking you.

Sunita Nautiyal
(Mrs. Sunita Nautiyal)

Place : Port Blair
Date : 03 Nov 09



Editorial Team

Mrs. Anuradha Hebbar, Mrs. Jaishree Pande,
Mrs. Neelima Badola and Mrs. Archana Chamoli

EDITORIAL

It gives us immense pleasure to present the much anticipated fruit of labour; our annual Urmi magazine. While it is unfortunate that we would never be able to accommodate every single valuable contribution into the magazine, I always marvel at how Tatrakshika helps bond, us Coast Guard wives spread across widely dispersed locations, and how Urmi provides us an ideal opportunity to connect up and share our mutual thoughts.

Just as always, Tatrakshika continues to brim over with activities and programmes. To borrow on the slogan from President Obama's campaign, Tatrakshika firmly believes in "Yes, we can", while serving as the catalyst for transformation; leading our ladies on the path of steady progress towards confidence and self-reliance. Urmi merely provides a medium for its portrayal. Together with the mothers, our children continue to be nurtured and groomed at the few kindergartens that we run, with the kind and able support of volunteer members. Besides, we would fail in our duties, if we were not to be responsive to the needs of the families of deceased Coast Guard personnel.

Team Urmi is rather blessed to be privy to not only all these myriad self-help initiatives but also the most noblest of our portfolios, Sneha. As we poured over the various annual reports, it was indeed heartening to note our growing association with charitable institutions at each location. While we may continue to donate rations, essential items, old clothes, toys, and their likes to these chosen institutions, it is perhaps time for Urmi to propagate the voice for the lesser privileged in society as well.

The Urmi team is deeply grateful to Mrs Ragini Chopra for her guidance and constant support. We are thankful to all the sponsors without whom the Urmi would not have been complete.

Last but not the least we express our gratitude to all our contributors for sending in their articles, poems, anecdotes etc without which the magazine would not have been possible.

With this, we wish all of you happy reading. God Bless.



संपादिका की कलम से...

उर्मी के इस संस्करण को आपके समक्ष प्रस्तुत करते हुए हमें अत्यंत गौरव व हर्ष का अनुभव हो रहा है।

उर्मी केवल तटरक्षिकाओं की पत्रिका ही नहीं बल्कि एक-दूसरे की भावनाओं को समझने तथा उनसे जुड़ने का माध्यम भी है। साहित्य सामग्रियों द्वारा हमारी तटरक्षिकाएँ अपने विचारों और अनुभवों को उर्मी के माध्यम से एक-दूसरे तक पहुँचाती है और जिससे उनकी मासूमियत, संघर्ष, समझदारी और स्नेह हमारे दिलों को छू लेता है।

इस पत्रिका में प्रकाशित लेख व कविताओं से हमारा उद्देश्य मनोरंजन के साथ-साथ समाज की कुरीतियों और अंधविश्वास को हटाना, अपने व्यक्तित्व को संवारना तथा जीवन का सही दिशा में मार्गदर्शन करना है। हमें उम्मीद है कि इस संस्करण की कुछ रचनाएँ शायद आपकी आँखों में आँसू ले आयें या फिर आपके दिलों में गुदगुदी पैदा कर आपको अपने जीवन की झाँकी दिखाएंगी।

संचार ग्रुप के सभी सदस्यों के सराहनीय योगदान से हम उर्मी के इस स्वरूप को आपके समक्ष प्रस्तुत कर पाये हैं। इसके साथ ही तटरक्षिका की अध्यक्ष श्रीमती रागिनी चोपड़ा के दिल से आभारी हैं जिनकी प्रेरणा और सुझावों से हमें इस कार्य में सफलता मिली।

संचार समूह आप सभी का आभार प्रकट करता है जिन्होंने अपने विचारों व अनुभवों को रचना के रूप में भेजकर अपना महत्वपूर्ण योगदान दिया।

हम उन सभी Sponsors का आभार प्रकट करते हैं जिन्होंने अपने अमूल्य योगदान से उर्मी के प्रकाशन में सहयोग दिया। प्रत्यक्ष व अप्रत्यक्ष रूप से सहयोग करने वाले प्रत्येक सदस्य को हमारा हार्दिक धन्यवाद।

‘उर्मी’ के सफलता की ऊँचाइयों तक पहुँचने की शुभकामनाओं के साथ

संपादकीय समूह

REPORTS

ARTICLES

POEMS

ANECDOTES

लेख

कवितायें

ANNUAL REPORT 2008 - 2009

INTRODUCTION

The year 2008-09 has been full of activities and various programmes. We continue to propagate our motto of “Self-Help” by conducting various beneficial workshops and courses for our ladies which help in making them self-reliant, independent and confident. The cultural programmes conducted on various occasions provide our members a platform to showcase their talent.

SURUCHI (Welfare)

The aim of Suruchi is to bring about financial independence and confidence in ladies by teaching them various skills. Regular classes and demonstrations are conducted at our welfare centres.

CGWWA(N)

The course of nine months duration in tailoring and embroidery concluded at Noida welfare centre in Apr 09. M/s Singer India Limited conducted the exam and on conclusion of the course, awarded certificates for the successful candidates.

Dance classes for ladies were conducted.

A demonstration on baking buns and pizza base, making of wax diyas and fabric painting was given at the welfare centre.

A three days short course on candle making like Floating, Ice candles etc was conducted.

CGWWA(W)

Ladies were taught various asanas of Yoga through the classes that were conducted at the welfare centre.

Various demonstrations and workshops on candle making, tie and dye, batik, paper bag making, soft toys, lantern making etc. were conducted throughout the year.

CGWWA(E)

The welfare centre's at the Eastern region have been holding regular classes for stitching, embroidery, cooking / baking classes and fabric painting, Their Beauty Parlours are well stocked up and remain open five days a week.

A demonstration on ceramic work, making of “Genhu Halwa”, glass painting, bag making was organized. The centre has also been conducting yoga classes twice a week.

A lecture on swine flu was organized at the centre. Classes in dance and spoken English are also in progress at this centre.

A lecture was delivered on “**Role of Mother**” by Mrs. K Himabindu.

Dance and Drawing classes for children are being conducted through qualified teachers at Haldia. Dance Classes are also being conducted on a weekly basis for the ladies.

SURUCHI



HANDICRAFT



HANDICRAFT



SAKSHARTA



CGWWA(NW)

In Apr 09, mud, mirror and lapi work classes were conducted for member ladies at the welfare centre.

CGWWA(A&N)

A fun filled package was planned for the children who stayed behind in the summer vacations at Port Blair. A one month computer course was conducted at the welfare centre. From typing, MS Paint to giving power point presentations, the children of different age groups enjoyed the learning process.

SAKSHARTA (Education)

The mission of Saksharta is to encourage our ladies and children to inculcate a habit of reading. Every quarter Tatrakshika subscribes new books and magazines for ladies and children.

CGWWA(N)

The first and second level of UCMAS exams were conducted in Nov 08 and Mar 09 respectively. All participating children emerged successful in the exams.

A short course on calligraphy was organized for ladies and children. Computer classes for ladies are being conducted in Noida.

Northern and Western Region libraries are functioning well and are being stocked with new books from time to time.

CGWWA (W)

Spoken English classes are being conducted in Daman. Computer classes will be commencing very soon.

CGWWA (E)

Computer classes for ladies are being conducted in Chennai.

CGWWA (NW)

Judo, Karate and meditation classes were conducted for children.

SANJEEVAN (Health)

"Health is wealth", is the motto of Sanjeevan. Various camps, lectures and medical checkup are conducted on regular basis.

CGWWA(N)

A free dental check-up was organized for the children at Kalyan Kendra in Dec 08. They were given advice on oral hygiene by way of a 20 minutes animated documentary on dental care.

Tatrakshika Members also participated in a Blood Donation Camp and a Painting Competition was organized by ICGS Delhi on 09 Feb 09.

Lectures on H1N1, menopause, urinary tract infection, importance of a healthy and balanced

diet and hormonal imbalance were conducted at the welfare centre.

An 'Eye Camp' was organised in Kalyan Kendra, Sector 23, NOIDA. More than 150 members were benefited from this camp.

CGWWA(W)

A medical lecture on 'Adolescent health' was delivered by the Officer-in-charge Station Health Organisation in Feb 09.

A special lecture on Stress Management by the President of the 'SMILE' foundation, taught the ladies how to cope with daily problems and maintain good mental health.

A lecture on dental hygiene and mother-child dental care was delivered which was followed by a Dental Check-up camp.

Classes on hand Mudras to prevent ailments were conducted at the welfare centre .

On 10 Feb 09, a health programme was conducted for the school children by Glaxo Nutrition experts. Glaxo Nutrition packets were distributed to the school children.

Health talks on Life Style diseases, Family Planning, AIDS, and sexually transmitted diseases were delivered to the families on 02 Mar 09.

A lecture on 'Blood Pressure' was delivered by the health Co-ordinator.

CGWWA(E)

A lecture on pranic healing was organised on 08 Jul 09. The advantages of pranic healing as an alternative medicine were discussed and demonstrated. A lecture on Reiki and on alternative medicine viz. Gem, Colour therapy, Acupressure, etc. was conducted on 24 Aug 09 by a Reiki Grand Master.

The welfare centre hosted health talks on 'Heat Stroke' and 'Dental Hygiene'.

A blood donation camp was organised in association with the Red Cross Society and Government Hospital on 09 Jan 2009.

On the occasion of national pulse polio campaign, polio immunisation programme was held in the station on 01 Feb 2009. A booklet about different diseases like Malaria, Typhoid etc were distributed to the ladies for better awareness and prevention to keep away from such contagious diseases.

CGWWA(A&N)

A regular Homeo Clinic is being run with the support of a volunteer doctor providing relief to the residents of TRV and the neighbouring areas.

Health lecture on early detection of breast cancer and demonstrations on first aid were organized.

SURAKSHA (Widow Cell)

Suraksha works as a key link between families of deceased personnel and the Coast Guard to

SANJEEVAN



SURAKSHA



SANCHITA



enable them to get their dues in the shortest possible time by constant liaison with concerned authorities.

CGWWA(N)

Education Grant for the children of the deceased CG Personnel was handed over to their widows at Kalyan Kendra.

CGWWA(W)

In the year 2008, annual financial grant was given to eight children.

On 25 Jun 09, the widow of Late Ram Asra, U/Adh(RO) was offered condolences and handed over Rs. 5,000 from CGWWA fund as a one time grant. Also, a sponsorship to enable their daughter to undergo computer course was extended.

CGWWA(A&N)

A grant of Rs. 1,500 p.a. was awarded to the school going daughter of Mrs. Suma Singh, widow of a Coast Guard EP.

A monetary grant and household utility items were given to Mrs. Sabita Devi, widow of civilian driver Late Shri Kashi Ram.

SANCHITA (CGWWA Shop)

The CGWWA production unit under the title Sanchita perseveres to bring quality products at affordable price tags to its members. Sanchita also serves as a platform for ladies to come forward and showcase their talent in various fields like stitching, embroidery, painting etc as well as help them make a good earning using these skills.

CGWWA(N)

Sanchita was re-opened in Sep 09. The CGWWA stall put up at the Diwali Mela recorded a good sale of handmade and other items. It also won the best stall trophy awarded by ICGS Delhi. Designer jewellery, saree bags, bangle holders, purses with bead works, pouches with bead works and handbags were put up for sale in the Sanchita shop.

CGWWA (W)

Painted pots, designer jewellery, table cloth with embroidery on it and soft toys were put up for sale in Sanchita.

CGWWA (E)

Towels with embroidery on it, cushion covers, polythene bag holders and fridge covers were put up for sale in Sanchita.

CGWWA(A&N)

Items prepared in the "Sanchita" workshop were put up for sale and also supplied to the officer's mess.

SANSKAR (Coast Guard KG School)

Sanskar main aim is to light the lamp of knowledge and education by organizing various competition, camps and courses for the Coast Guard children.

CGWWA(N)

A number of activities and field trips were conducted for the students throughout the year. A routine medical check up of all the students of CGKG School was conducted.

World Earth's day was observed on 20 Apr 09 to create awareness about environment amongst children. World Book Day was observed on 23 Apr 09 in the school. Children brought their own story books to the school. Stories were read out for the children for a week.

Mother's Day was celebrated in the month of May. Children were taught to make greeting cards on the occasion of Mother's Day. Summer party was also organized for the children in the month of May. Computer classes for the teachers were conducted on 15 Jun 09.

Pool party, Sprout party and Pyjama party were organized for the children in the month of July. Parents' Day was celebrated on 31 Jul 09 in the school. Friendship Day, Independence Day, Rakhi and Janmashtami was also celebrated in the school. In the month of Aug, Mrs Maria Teresa Mehta, NWWA President visited the school and donated a cheque of Rs. 5000.00 for the CGKG school in Noida. On 19 Aug 09, Parsi New Year was celebrated in the school.

CGWWA(W)

A summer camp was organized for the children in May 09 in which they were trained in karate, western dance, yoga, rifle shooting and skating.

An essay writing and poster making competition on the topic 'Save Oil' was conducted on 30 Jan 2009 by Tatrakshika.

'Talent Day' was organised for children in Oct 08 to showcase their talent in drawing, origami, singing, dancing etc. A Project Day was conducted for the young children who were asked to innovate and come up with new ideas through various projects.

Children's Day was celebrated by CGKG School. Various competitions such as rhyme recitation for nursery class, memory test and story-telling were conducted.

SANSKAR



SRISHTI



CGWWA(E)

On the occasion of Children's Day, Tatrakshika organised a Healthy Baby Show for children below two years amongst other competitions.

A series of competitions viz., Hindi recitation, Rakhi making, English recitation etc were organised at the CG schools.

A yoga and karate camp was organized for the children . A three months course in drawing was also commenced for the children.

A Medical health camp and career counselling for XI & XII Students was carried out at Dum Dum Hindi Secondary High school, Airport Area.

CGWWA(A&N)

Sanidhya Sahu, S/o Comdt & Mrs. SK Sahu gave us a reason to rejoice by winning the National Child Award for Exceptional Achievement in Academics, Arts and Sports for 2008, awarded by the Ministry of Woman and Child Development.

An inter school quiz competition Mastermind was held to boost general awareness amongst children on national and international topics.

Ashutosh Kumar, S/o. PSE (ER) and Mrs Gandhi Ram made us proud by making it to the Indian Institute of Technology with an All India Rank of 645.

In addition to these activities the schools celebrate many festivals to make the children aware of the traditions followed by different communities.

SRISHTI (Environment)

Srishti works on the issues of nature and environment. Its main aim is to educate our Coast Guard family about the various pollution caused by the mankind and how to reduce the waste by reusing and recycling the waste.

CGWWA(N)

In Aug 09, outgoing NWWA President Mrs. Maria Teresa Mehta and President CGWWA Mrs. Ragini Chopra planted trees at CGOM Noida premises.

In Oct 09, each child of CG KG School planted a potted plant under individual names. The activity was carried out to encourage children to grow plants and inculcate awareness and love for nature.

CGWWA(W)

The Shristi members as well as school children and residents planted a number of saplings in TRV.

Tatrakshika Members actively participated in the International Coastal Clean-up Day held in Sep 09.

CGWWA(E)

A tree plantation programme was conducted with the onset of monsoon.

CGWWA(A&N)

We lent support to the noble cause, 'Save the Environment and Say No to Plastic' by banning plastic bags in and around the Tatrakshak Vihar. The drive is in coordination with the ANC. Bookmarks conveying importance of saving the environment were distributed during a walkathon conducted, with the aim to educate the masses.

SANCHAR (Communication)

The Sanchar team of all the regions brings out three editions of the quarterly newsletter, "Sandesh", which gives the internal view of the CGWWA activities. Poems, articles, stories and anecdotes are also added in the newsletter 'Sandesh'.

The annual magazine 'URMI' is released from the Northern Region for which the articles and photographs are collected from all the regions, selected by the respective Sanchar team. The editorial team selects, shortlists, edits and compiles the articles and photographs for the magazines.

SNEHA (Outreach)

CGWWA not only looks into the welfare of its members but also extends a helping hand to various other charitable institutions. During every outreach programme, rations, essential items, old clothes toys etc are donated to the institutions.

CGWWA(N)

An outreach programme was held on Childrens Day at Kamath Enclave, Sec – 52, Noida. Useful items like books, plates, pencils, geometry boxes, crayons and colouring books etc were distributed to 37 school going children. In the month of Mar 09, Vice President Tatrakshika and members of Sneha visited an orphanage at Sec – 22, Noida. 30 children of different age groups were distributed with toiletries and food hampers.

SANCHAR



SNEHA



TATRAKSHIKA PARIVAR



An outreach activity was carried out 25 Nov 09. Rations were collected and handed over to the parents of the deceased CG Bus driver Mr. Sonu.

CGWWA(W)

The 'SMILE' foundation at Mumbai has been adopted for a period of one year.

The 'Little Sisters of the Poor's Home' for the aged at Mumbai was visited by Tatrakshikas in April 09.

Tatrakshika members spent a day at Samvedhana, the home for HIV infected children at Mangalore in Dec 08. Various items of daily use including ration, biscuits, fruits, clothes, medicines etc., were handed over to the inmates during the visit. A similar contributions were made to Prashanth Nivas, an Orphanage and Abhaya Ashraya, an old age home.

Sneha team donated ration and other useful items to Raksha, a home for children with special needs at Mattanchery, Kochi.

Committee members interacted with the elderly people of the old age home, House of Providence at Kochi.

CGWWA(E)

Coast Guard ladies and children visited Anandanilayam Orphanage, Attukal Trivandrum on Tatrakshika Day. The children presented a cultural programme together with those from the orphanage. Anadanilayam Orphanage at Trivandrum was visited on the occasion of Independence Day. The outreach members distributed stationery items to wards of casual labourers serving at the various Coast Guard establishments.

On the occasion of Pongal, an important festival of Tamil Nadu, CGWWA conducted the outreach activity by providing provisions and domestic utility items to the poor people. The members of Tatrakshika paid a visit to C.S.I School and home for the mentally disabled, as part of CG Day activities.

CGWWA(A&N)

A special green drive was undertaken to beautify the A&N Rehab Centre that harbors mentally disabled children.

The outreach members visited "Shishukunj" (Institute for mentally challenged children). Ration, clothes and educational toys were distributed to the children.

CGWWA AWARDS – 2009



Meritorious Award For Children

We as parents always ensure that our children step on the right stones to success. When they perform well in their exams, we feel the pride and seem to glow.

Every year CGWWA sponsors this award to motivate our children to work hard and excel in whatever field they choose.

Congratulations to all our winner of this award

CGHQ, New Delhi



Monica Verma
D/O Hari Singh,
USE
X (90%)
KV Noida



A Anusha
D/O Comdt AA Reddy
XI (93.19%)
Sh Chetanya,
Viyaywada

North West Region



Deepak Yadav
S/O C Lal, P/Nvk
VIII (92.83%)
KV Porbandar



Pooja B Balukar
D/O GD Balukar,
P/Nvk
VIII (92.83%)
KV Jam Nagar

Western Region



Nitin Mishra
S/O Comdt
PK Mishra
VIII (92%)
KV Mumbai



Harita S Kumar
D/O PKS Kumar,
Adh
IX (96.50%)
KV Mumbai



Sanjika Sharma
D/O S Chander,
U/Adh
IX (90.60%)
KV Goa



Snehlata
D/O Chander Pal,
Adh
XII (88.20%)
KV Goa

Western Region



Sukhneet Kaur
D/O Dy Comdt
KS Sidhu
X (88.20%)
CG Public School
Daman



Bhaveen Kumar
S/O R Kumar, Adh
VIII (94.71%)
NCS, Kochi



Aadhira
D/O VSV Raghavan,
P/Adh
XII (88.40%)
KV Trichur

Eastern Region



Ankur Rai
S/O GK Rai,
Adh(RO)
VIII (96 %)
KV Chennai



Anup Bhat
S/O Comdt(JG) MK
Bhat
IX (97.40%)
KV Chennai



Pratyush Nalam
S/O Comdt NV Ramarao
X (97.20%)
PSBB Sr. Sec School
Chennai



Steffi Chini R
D/O Comdt
CF Moyon
X (94 %)
KV HVF Avadi



Kunal Kumar
S/O Comdt Vinod
Kumar
XI (85.80%)
KV Chennai



S Kavitha
D/O D Selvaraj,
P/Adh
XII (93%)
KV Chennai



Sarita Singh
D/O Dilbagh Singh,
Adh
VIII (94.80%)
KV Vizag



Sweta Tanwar
D/O Gora Singh,
P/Nvk
IX (91.60%)
KV Vizag

Eastern Region



Anjali Gautam
D/O HP Gautam,
U/Adh
X (94%)
KV Vizag



Aman Kumar
S/O SK Tiwari, USE
XI (96.40%)
KV Vizag



Rishu Kumari
D/O AK Satvarthi, P/Ytk
VIII (92%)
KV Haldia



Neha Kumari
D/O OP Kumar, Adh
IX (92%)
KV Haldia



Zafar Iqbal Khan
S/O KA Khan, Adh
X (93%)
KV Haldia



Sudhanshu Kr Gautam
S/O Gulab Chand, Adh
X (92.80%)
KV Kolkata



Manish Indal
S/O S Chand, P/Nvk
VIII (99%)
KV Mandapam



Sarita Yadav
D/O LC Yadav
VIII (98%)
KV Mandapam

Eastern Region



Nandini Priya
D/O R Nainar, Adh
VIII (92%)
SV Hindu Vidyalaya
Tuticorin

A & N Region



Priyanka
D/o Laxman Prasad,
Adh
VIII (95.2 %)
KV No. 2, Port Blair



Himanshu Sharma
S/o Sant Lal, Adh
X (96.20%)
KV NO. 2,
Port Blair



Rajdeep Singh,
S/o Tej Bir, Adh
XII (88.2%)
KV NO. 2,
Port Blair

THE FAT AND SLIM OF YOGA

When the going gets tough and you get out of shape, what do you do? You go to the yoga master hoping for a cure for all your ills. Believing yoga is a magic potion which will make your expanding girth shrink and make you the envy of the neighborhood overnight. Ok, so not everybody thinks like me. But then I am an optimist and have been trying to lose the baby fat for the last 17 odd years. By baby fat I mean, the pounds I gained when my babies were born. I have knocked on many a yoga teacher's door to get slim.

During my one such venture I had come across a yoga teacher whose stomach came into view five minutes before her as she was a dollop of a woman and she put the blue whale to shame. In my mind's eye I pictured her doing the surya namaskara and all I could see was, her rolling on the floor like a beach ball. Please don't get me wrong, for I am not a snob. But if you go to a beauty parlour & the beautician is a Martian beauty, then can you trust her to enhance your looks? Same is the case of a dress designer. If she herself is wearing outdated ill fitting clothes, can you in your wildest dreams imagine her stitching you a smart fitting outfit.

I am going off the track of yoga and weight loss. My quest for the perfect yoga teacher continued. One yoga master or Masterni was the epitome of flexibility. She opened the door to us doing sheershasan I looked at her feet and my gaze travelled down to her reddening face. She straightened up and invited us in. While we sat on the sofa, she squatted on the floor and twisted her body into a knot. Her feet were under her chin and her hands were lost somewhere in this intricate position. I looked at her in horror and she smiled a genteel and kind smile as if she had attained nirvana. I ran out screaming and have not dared to go in the vicinity of her house to date.

I was on the lookout for a normal yoga teacher. I joined one such class along with my friends. While the teacher and the students were fine, I realized to my horror that I was the freak. While the rest of the class does pachimothasan and touch their heads to their knees my head is repelled by my knees and refuses to go near them. When others do Gomukhasana and touch their hands behind their backs my hands refuse to meet.

When I sat for Kapalbhati and I closed my eyes I thought that a symphony of hisses was in progress. I pictured angry snakes all around me and I opened my eyes. While doing Bhramarasan I squeezed my eyes and ears so hard that I had to visit the eye specialist and E.N.T specialist.

My body is not flexible and I grunt and groan with pain every time I do yoga and then when I don't lose weight after a month I wonder if yoga is my cup of tea. I think not. Yoga is for fit people, who can twist and turn, breathe in and out, bend back and stretch without injuring themselves in the process.

The moral of the story is that yoga is for dedicated yogis, the slimmer the better, because only they can touch their toes and twist their bodies into unimaginable shapes. We fat people need to invent more frame friendly methods of losing weight. For example Sauna TV or weight reducing mattresses, until then, I remain fat and weighed down.



(from my sister-in-law's archive - who still strives to loose a few pounds)

- Mrs Jyoti Bakshi

MONSOON DREAM

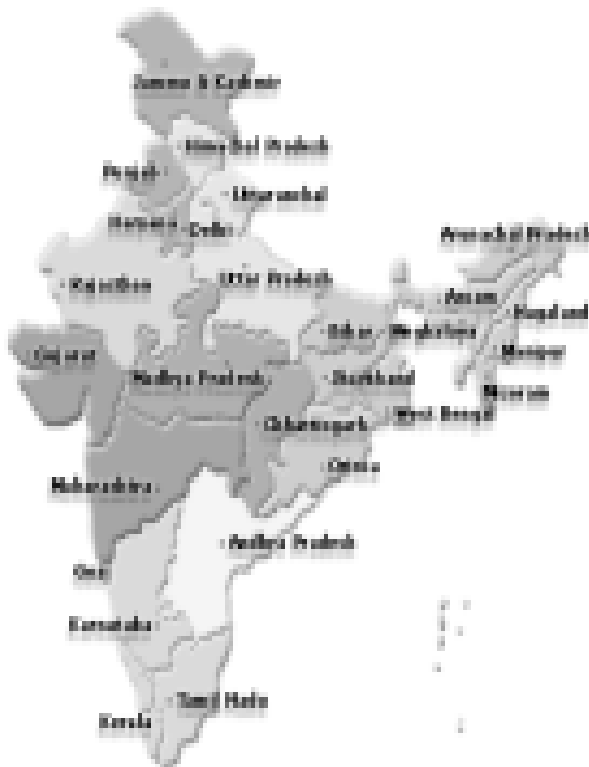
As the summer burns our thirsty soul
Rain arrives to make us cool
Drop after drop like strings of pearl
Rekindling the spirits of one and all

The nature all around is fresh and green
Days and nights turned into
a mystique queen
We from CGWWA Daman are here with our
theme

"Rain Drops" for you – A Monsoon Dream
Smt Shweta Devi
W/o P Kumar, U/Nvk



INDIA – THE BEST



Delhi for Majesty,
Kashmir for Beauty.
Mumbai for looking,
Madras for cooking.
Bengal for writing,
Punjab for fighting.
Gujarat for wealth,
Madhya Pradesh for health.
Kerala for Dance,
Karnataka for Romance.
Bihar for mines,
Himachal for pines.
Nagaland for hills,
Gujarat for mills.
Uttar Pradesh for patriotism,
Rajasthan for Heroism.
Maharashtra for learning,
Haryana for Hardworking.

That's why "EAST OR WEST INDIA IS THE BEST"

- DS Kaushal, Navik(QA)

MY EXPERIENCES WHEN I VISITED AN OLD AGE HOME

Parents are next to God. Their love and affection is priceless. Ignoring them and sending them to old age homes is a very big crime. I felt very bad when I went to an old age home to spend some time with them.

Parents take a lot of care at every step of our life. They think hundred times to take even small decisions of our life. They sacrifice even their little pleasures in their life to meet every necessity of us. And the gift we are giving to them at the time when we should take responsibility of them is old age homes.

Actually old age is said to be second child age in one's life. People who took very hard decisions and who stood very strong at difficult times also become very sensitive when they are not taken care of. But at that age they only want to spend their life with their children and play with their grand children and want to become a child again.

But people who are becoming very busy in today's life craving for more and more money not only neglect their parents but send them to old age homes thinking them to be a burden. Elders actually help us in guiding us by the experiences in their life and even teach our children good morals.

I could see the happiness in their faces when I visited an old age home. Each one had their own story. It is actually children's boon for getting a chance to serve and take care of parents at old age. We stand as an example to our children. Everyone must put a question to themselves how will they be treated by their children when we neglect our parents. So I request everyone to take care of parents



especially when they are old and when they require our loving hand. Just imagine the life of orphans who are never tendered or taken care of. Everyone who stays with their parents and takes care of them are really blessed and should thank God for having them. I will never bring such a situation to my parents . Let us all take a pledge on this very moment to never bring a situation to our parents to think that why they have given birth to such a child.

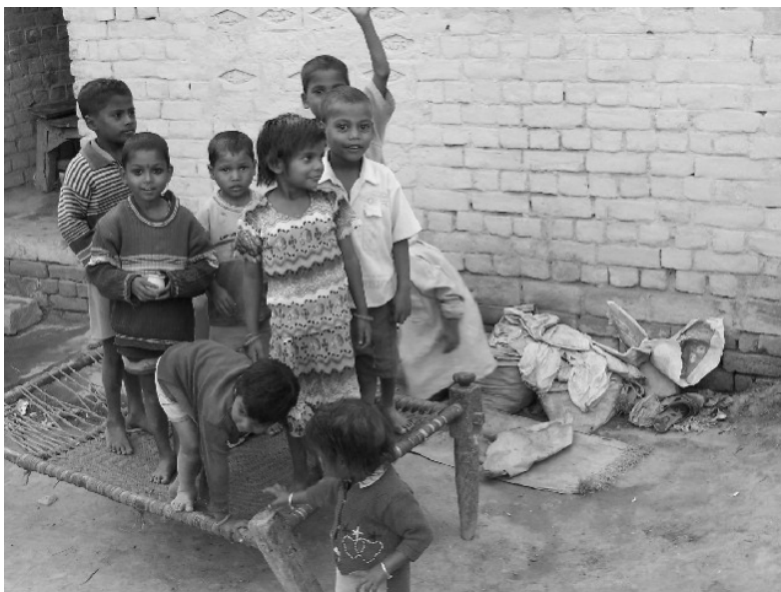
*Matru devo bhava!
pitru devo bhava!*

- M.L. Pavani
LDC

THE INNER VOICE

Today I pen down an incident, which has changed my perception of life forever. We had just moved to Tuticorin on permanent transfer. It was my mother in law's first death anniversary the next day, but my husband had to sail out for a month. It was a very sad day indeed for us, more so for my husband as he could not perform the rituals he really wished do. I decided to go to the nearby temple and offer prayers in memory of my mom-in-law. On the way to the temple, I was deep in thoughts & was reliving the days I had spent with the blessed soul. I call her so because she was bedridden for ten long years but till the last day we never heard a curse or a tantrum from her.

In fact, I think she started empathizing with the special people & felt that the greatest service to mankind was to care for the less fortunate ones. All of a sudden my car stopped & to my surprise, I found a rehab centre very next to the temple. As if mesmerized I was drawn towards it. I decided to step in. My gut feeling told me that "today I must spend a day caring and looking after those who are close to God's heart". Language was alien, yet it was not a problem. One of the sisters took me around the centre. There were children of all age group with separate section for boys and girls. Some of them had to struggle to move an inch, and for some of them their very existence was a big illusion. My heart went out to a ten month old baby girl who had found shelter here, only the previous day. She was fast asleep in a sister's arms. The irony of the situation was that her own mother had abandoned here as she was terminally ill. I was deeply moved by the patience & zeal of the people who were engaged in such selfless service to mankind. Each time I looked around I could see the children smile but more than that I think each one was telling me not to forget their tiny fragile world as soon as I was out of there. One boy caught hold of my finger & took me to a shelf where pictures of all religion were kept. It was then that I think I understood the sole purpose of my visit. I played with the angels for some time; shared food & delicacies with them but soon it was time for me to head home. That day I reached a conclusion that it is, we, who have chalked out boundaries on this planet for our greed & have unnecessarily, shed blood in the name of caste & creed.



All religions preach only one thing that is love, caring & sharing which is the greatest service to the almighty. I left the place with a heavy heart but a light step as finally my life had got a direction & my guiding light was none other than the blessed soul i.e., my mom-in-law. I silently thanked her & vowed to do my bit to serve mankind in whatever ways I can.

- Iti Nautiyal

WE, THE PIONEERS

We are here leaving everything behind
Bearing the pain of wounds
That none can find
There is a will to save the nation
To protect God's lovely creation



Here we have no family or friends
Neither fashions nor ultra modern trends
Holding our tears with a cheerful smile
We keep away sorrows at a mile

We have rifles in our hand, ripples in our heart
Discipline as breath, honesty as blood
Sacrifice our destiny, sovereignty our aim

We are the pioneers of sacred thought
Real proof of wars to be fought
We are trained to kill
Of duty to fulfil

We got a chance to serve our mother land
To keep its pride on a pivoted stand

- Sunil Kumar, Nvk(QA)

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SELF ESTEEM & EGO

1. Self esteem is a quiet awareness of your worth; ego is a loud presumption of your value. In any interaction with others, self esteem is a source of positive current while ego generates negativity.
2. Self Esteem is founded in your conviction that you are equal to the task in hand and in your belief your choices are morale. Ego is rooted in an ingrained fear of being found unequal to the task and lack of commitment.
3. Self Esteem creates in you a readiness to give credit to others who are due while ego generates in you a desire to get credit over other at any cost.
4. Hence quit ego and have self esteem.

- K Varun Sumbria, Asst Comdt.

UNIQUE AND DIFFERENT LOVE!

I was in a hurry to go to the college and was waiting for the bus. “Oh! My God! It’s 8.30, how can I reach the college? My lecture will start at 09.15. I was busy thinking, just then my bus arrived. I boarded and occupied a seat.

Lots of notebooks & books were with me. I received a call from my friend and I told her to wait for me on a particular spot. The conductor was already shouting for the place I had to get down. I collected my books, notebooks and mobile and got down. I didn’t at all notice that I had forgotten my purse. After that lecture I realised that I had left my purse in the bus. But it was too late! I was very upset. There were 500 Rupees in it and the most important thing was my two wheeler license.

I had forgotten this incident. After 3-4 days a courier came and when I opened that I saw my purse which was lost 3-4 days ago. I was so glad to see this and curiously read the senders name but there were just two words, “Stranger passenger”. I came to know that the person who was sitting beside me must have seen the purse and sent it to me honestly.

A very special day visited me one day My result was going to be announced! I was in B.Sc. final year. There was a lot of excitement in my mind! What would happen if I don’t secure good marks? Would I get marks as per my expectations? Oh, no! I should not think much, let’s see what happens!

I sat in the bus and was in time, so that I would not forget anything. Half the way was over when suddenly the bus stopped and all the passengers were told that the bus would not go ahead. As there was some problem, so all had to get down.

Again my tension increased. How could I reach my college in time? There was no bus seen faraway. Then a rickshaw came with a passenger so there was no chance to get a lift. What should I do? Suddenly I saw a car. I waved for a lift and luckily the car stopped. Then I told the gentleman (who was driving) my genuine problem. I requested him to give me a lift to my college? And he agreed.

Because of this kind help I reached in time and while getting down I said, “thank you so much for your timely help Mr——?” with a smile he said, “Stranger passenger!” I was so surprised at that and I gave him double thanks!

The result was about to be announced! On the notice board the number and names list was put up. Then the college prize distribution programme started. Our principal gave a short brief about student score and college position in city and then he introduced our Chief Guest who was the same person who had given me a lift!

First three toppers in every class would get prize from the chief guest. Again my joy knew no bounds when my name came in first position in my class and I got prize from the chief guest. I went to the stage and politely said, “Are you the same———!”

"Yes! yes! That stranger passenger! He said, and the love story began. Now he is my husband and just now we have completed 16 years of our marriage successfully!

- Mrs Sayali S. Vaidya
W/o DIG SK Vaidya

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MY PRAYER HAS BEEN ANSWERED

I asked for strength
And God gave me difficulties
To make me strong

I asked for wisdom
And God gave me problems to solve

I asked for property
And God gave me Brawn and Brain to work

I asked for courage
And God gave me dangers to overcome

I asked to love
And God gave me troubled people to help

I asked for favours
And God gave me opportunities
I received nothing I wanted
and everything I needed

MY PRAYER HAS BEEN ANSWERED

- Mrs. Pramila Dubey
W/o DK Dubey, ADH(RP)



MY MOTHER

You gave me life
You gave me hope
And you gave me courage
Your name as 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 revel force
But I could not save you
And I shall not see your face
Never more, never more, nevermore
Until we meet in heaven

- MK S Singh,Nvk(SA)



MY OUTREACH EXPERIENCE

“Outreach is a place that anyone and everyone can fall in love with and benefit from their experience, short or long term.”

As a proud CGWWA member, the opportunity accepted was offered for out reach activity. Sure to my taste and liking I accept with honour and pride. A social service to POOR AND THE NEEDY is what I was looking for. I was really interested in doing mission work and CGWWA was the association of a well knit family that gave me an opportunity that really answered all my questions. I loved how quick everyone was about getting back to me, and I loved being able to see exactly what I was signing up for.

A Surprise Trip

I happened to meet a physical education teacher of SPA School Rameshwaram who was introduced to me by my better half. The school is run by a trust where in the children's of poor fishermen communities are studying. Behind every successful man, there is a woman, but behind every successful woman there is man too. The thing I was most surprised about my trip was how involved I was able to get. Not only are you interacting with the kids here at the school, but you get to go out in and work with the community. I spent a good amount of time investing in children at the school and helping the community grow. It is great to know that the kids at the SPA get a direct impact from us.



I absolutely loved getting to go with the kids. On this particular day, each and every child was filled with excitement, joy, and energy. Like most other things, you could just see how excited they were in their eyes and how excited they were that we got to experience this day at the school with them. It was fun getting to hang out with the kids and play with them in a different environment. They were eagerly awaiting for some assistance which we could do in the form by providing school uniform for 25 primary class and 05 senior class children.

I had been fortunate to be an outreach member during various occasions in different places wherever my better half was posted and each time you meet different people who come through different place, each having different experience. Outreach activity gives you tons of time in the day to make what you want out of your time. With that said, there is always something that you could be doing: whether its playing with the kids, shooting some hoops, planning creative lessons or just hanging out with friends, there is never a dull moment. As for me, on completion of the distribution of school uniforms, interaction with the principal, teachers I did leave the school with heartfelt happiness. I left with such appreciation for the things I have done in the school. I left this place, just like I have heard so many other volunteers, with more than I came with. I have had my heart enlarged by caring for these people and my life is forever enriched by sharing the adventure that is called life with the most precious kids in the world.

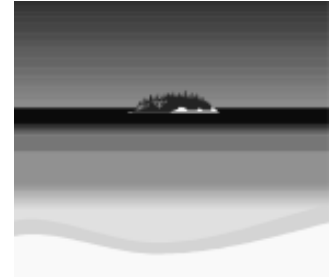
*- Mrs Mahalakshmi Venkatesh
W/o Commandant SB Venkatesh*

SEA

Sea is calm and serene,
Waves hitting the shore can be heard and seen,
Ups downs of waves are graceful,
We piercing through the waves is wonderful,

Sometimes overlapping waves are stronger than two elephants,
They can fell a giant faint,
Sea is far from being calm,
The waves grow ferocious and can harm,

To venture into the sea is dangerous,
But we do it as our willing pride profession,
Sea can swallow lives without sound,
Never had we allow this to happen with our 24x7 presence all around.



- Asst Comdt Anshuman Raturi

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IN SEARCH OF INSPIRATION

In the simplest of places
Most unassuming
In the look on a baby's face,
Innocent and trusting.

In the most complex of all minds
The mind of a woman
A sea of secrets;
The most sensitive of its kind.

On the lightest of mountains
Snowy, bare, uninviting
In a man helping his brother
At the cost of his own life

On the faces of new lovers,
Dreamy, dizzy with excitement
Each vowing a silent promise
Of endless love to each other.

At the waters edge on a beach
Where a little boy sits playing in the sand
And looking with longing, but throwing
Every party shelled creature back into the sea.

In search of inspiration
To better one's life
But rarely do we start from
Where it really counts INSIDE

- Dr (Mrs) Shikha Jain

CGWWA – TIME TO REDEFINE ITSELF

1. Now having been a part of the Coast Guard family since the last seventeen years, I guess I have some experience to be able to pen down thoughts which occur to me being a member of CGWWA i.e. Coast Guard Wives Welfare Association or “Tatrakshika”.
2. As the name suggests, the primary objective of CGWWA is to look after its own family members, keep them united together through healthy interactions, as well as, harness self-help skills, that is “Welfare” of our ladies and children and community at large.
3. There is no doubt about the positive intentions of the founders and promoters of CGWWA. It is a wonderful forum which brings out the spirit of the nation, i.e. ‘unity in diversity’ by bringing together people from different arenas of life onto a common platform.
4. However, with the rapid changes in society over the last two decades, I feel that CGWWA needs to introspect and redefine its role and objectives.
5. Today’s Tatrakshikas are comparatively more literate and aware of the nuances of the service, society and life in general. They would like to spend their time judiciously and in activities that would empower them personally, socially and of course economically. Many of our families prefer to have working woman. We need to understand the changing needs and desires of today’s women.
6. The following are some suggestions which could be looked into –
 - (a) Associating with professional institutions and offering training courses like NTT (Nursery Teachers Training), Spoken English, Fashion Designing and so on.
 - (b) Offering certified courses in personality development, child development, health management, home management etc.
 - (c) Many of our families would like to provide extra-curricular activities to their children but are not able to afford them. For example, mental development and brain training. CGWWA can facilitate such children through funds and/ or sponsors.
7. I understand that such things are easier said than done. However, a positive mind-bend, strong commitment and willingness to discharge finances can be a starting point.
8. CGWWA has sufficient funds. We could utilize these for the betterment of our people. Gone are the days when women loved sitting together chatting and embroidering. Today’s women would like to chat online. CGWWA could utilize it’s funds to purchase computers, offer computer training and provide online facilities at it’s welfare centres.
9. In life, different people have different tastes and talents. Maybe, we could form clubs, such as

dramatics and entertainment, creative activities, social welfare and so on. Ladies could then belong to where they want to.

10. Fundamentally, and to conclude, what I am trying to say is that we need to make CGWWA a larger and more powerful forum, so that, more members would like to participate voluntarily and actively instead of perforce or for fear of their husband's career.

Thank you for reading this article. Any feedback is welcome at iraloshali@rediffmail.com.

- Ira Loshali
W/o DIG BK Loshali

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AFTER MARRIAGE

Q. Why do women live longer than men?

Ans. Shopping never causes heart attacks, but paying the bill does

Q. Man: Is there a way to have a long life?

Ans. Doctor : Get married.

Q. Man: Will it help?

Ans. Doctor: No, But the thought of long life will never come.



Q. Why do couples hold hands during their wedding?

Ans. It's a formality just like two boxers shaking hands before the fight begins.

"Man wants three qualities in wives: economist in kitchen, artist in home and devil in bed. But they get artist in kitchen, devil in home and economist in bed".

"They say that marriage makes a man dizzy. It's true. As soon as I got a wife, I lost my balance at the bank."

Q. Wife: Darling today is our anniversary, what should we do?

Ans. Husband: Let us stand in silence for two minutes.

- Mrs DK Singhal,PSE(P)

DON'T BE TENSE

The moment you are in tension
You will lose your attention
Then you are in total confusion
And you will feel irritation
This may spoil your personal relation
Ultimately, you won't get co-operation
And get things into complication
Then your BP may raise caution
And you may take medication
Why not think about the solution
Many problems will be solved by discussion
Which will work out better in your profession?
Don't think it is my free suggestion
It is only for your prevention
If you understand my intention
You will never come again into tension!!!



- B N Rao,Nvk (RO)

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THE BEST PART OF FAMILY DINNER – A SHARING EXPERIENCE

1. In a challenging world, family belonging provides a safe heaven for parents and children alike. Family dinners not only satisfy our physical and emotional needs, but also offer a time and place to consciously teach our children the value of caring for others.

1. Sharing family dinners sets the stage for us to value our family relationships, rather than take them for granted. Consistently having dinner together as a family also keeps us in touch, allowing us to trouble-shoot problems in daily living, as well as keeping us abreast of our family members activities and life experience. It is in the family group that we develop an ability to discuss, to express our opinions, to be ourselves and allow others to be themselves. We feel less alone in the world when we know there are people who love and care about us, no matter what we are going through.



3. The function of a family is to nurture the growth and development of each of its members. The overall “spirit” in a family is like the soil in a garden. Soil rich in needed elements supports growth, while earth anemic in necessary nutrients curtails blossom.

- Commandant SB
Venkatesh

IT'S UP TO YOU

One song can spark a moment,
One flower can wake the dream.
One tree can start a forest,
One bird can herald spring.

One smile begins a friendship,
One handclasp lifts a soul.
One star can guide a ship at sea,
One word can frame the goal.

One vote can change a nation,
One sunbeam lights a room,
One candle wipes out darkness
One laugh will conquer gloom.

One step must start each journey,
One word must start each prayer.
One hope will raise our spirits,
One touch can show you care.
One voice can speak with wisdom,
One heart can know what's true,
One life can make the difference,

You see, IT'S UP TO YOU!



-P Kumar, P/Nvk

PHOENIX

A city that gave a million dreams
Rich and poor, living in its arms
Always have we revered, in its wealth
It is Mumbai, Mumbai the best.

A November night,
when merry were the men
From the dark emerged, few demon
Dastardly havoc, brought
the merchants of death
Shrill shrieks, the nation heard
with bated breadth.
Bullets were sprayed,
that never knew any religion

The streets red,
with blood spewed upon
Standing in witness was a city's icon
Lay in shambles, but still to reckon

Fought bravely, the brave men
Laid their lives, to save the nation
A silent minute and I pay tribute
For you are the heroes and I salute.

The rough and toughs,
we have weathered
Like a phoenix, we still emerged
We still live to give a fight
For, this is India the best.



- S Mahesh, U/NVK

NORTHERN REGION



NORTHERN REGION



DEALING WITH MENTAL, PHYSICAL AND SPIRITUAL HEALTH

1 Dealing with Mental health Mental health can be enhanced by bringing good thoughts in our mind, by developing good qualities, by consulting good Guru's. They teach us good qualities about life and help our mind to be free from any tension. They also teach us good moral values. Avoid the bad thoughts coming into your mind. Mental health can be disturbed by more depression and disturbance of your mind. Mentally sadness can affect your brain so do not take stress on your mind. Be mentally free from all the problems. "A healthy mind leads you to a bright future". I believe that mental health can be lured by neglecting all your problems. There are certain medicines to cure. Mental health problems like stress but the self cure is the best one. Do not get prone to such problems as they affect us very much. Our mental beauty is the best than the outer one. If our mind is happy everything seems to be good and beautiful and life seems to be enjoyable. If the mind is not happy the life will be horrible and become a hell and it will lead you to hypertension. So always be mentally healthy.

2 Dealing with Physical health Physical health can be improved by doing exercises daily like jogging and other PT exercises. Yoga can also be done to cure and get rid of many diseases. Proper diet should be taken for good health, a dentist should be consulted every 06 months and tooth brush be changed frequently. Trim your nails, take fruit juices and drink plenty of water every day. Your height should be proportionate to your weight. You should not be under weight or overweight which will lead to body weakness and overweight will lead to fatigue and obesity. If you have any disease consult a doctor.

3 Dealing with Spiritual health Spiritual health is something related to your soul. The happiness of your mind or sadness is reflected on a persons face. The happiness of your mind brings beauty on your face. Spiritual health can also be improved by praying to the God. Keep full faith in God, as praying to God is also Spiritualism. God is the only almighty in the world who cares for us and whom all the people fear. Spiritualism leads to the happiness of your mind as I said before healthy mind leads you to a healthy future.

"So be physically, mentally and spiritually healthy. This would lead you to a happy and prosperous life"

"Take Care".

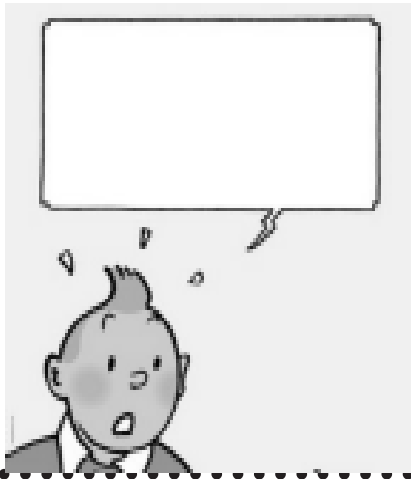
- Mansi Sharma



IMPORTANCE OF WORDS

There is an old Chinese saying that you control the words before they leave you, thereafter. This highlights the damage a spoken word is capable of doing, if uttered in haste and without much thought. In service or anywhere else this can do in calculable harm, particularly when it concerns criticism of another person or an event held somewhere or of an established practice. To say something impulsively or to only impress and to then get easily 'shot down' erodes ones credibility and stature immensely. This is one ground, which if once lost cannot be retrieved easily.

'Words, words, words'—they mean a lot. Choosing your words carefully go a long way to create a happy and healthy environment in the unit, station or establishment. It must not be forgotten that all have their strength and weaknesses and it is better to appreciate their strengths rather than quibble over their weaknesses. We no doubt live in the modern word of information but we do need to hang on to some old- word habits like honesty, truthfulness and yes, politeness.



Careful choice of words coupled with a warm and friendly presence helps to spread happiness wherever a person goes. This will help in achieving much, besides earning for oneself a great deal of respect, affection and goodwill and engendering greater belongingness.

- N Sudesh, NVK(RP)

MY EARTH

She is greater than God,
She is greater than Mother,
She is the best
I worship her, my first mother.

Mother gives birth,
But she cares till death,
Mother feeds milk for life,
But she gives water, food & shelter,
Three essential things of life.

Mother gets angry when I disobey her,
But she always lets me to feel dearer,
Providing food & shelter.

When I came to earth
she embraced me,
Since birth to death she cares for me.
I praise her and worship her,
She is the greatest and
greatest for me.



- SK Panigrahi, NVK (RP)

WHAT'S THE MATTER WITH YOUTH, TODAY?

A Youth speaks ...

The youth were having a cultural meet with dance, music, art and other cultural programs at their college. Many of the student participants from various colleges looked forward to attending and participating in the cultural events.

The program started with a mind-blowing laser show about a half hour worth. They had a welcome-dance, dance competition- solo and group, music competition and poem-recitation events. The organizers had short feature readers. The microphone wasn't working well and the audience couldn't hear the poets too well. Then the open mike started, the youngsters(18-21) talked on the cell phones, to each other, got up to get food, ordered cool drinks, discussed food choices so that made it that much harder to hear the poets.



I was a silent spectator of those ongoing scenes. I loved to listen to the poets and it was not possible. I guess I missed many good poems and poets. One of the hosts asked me if I wanted to read my work. Yes, I was one of the participants in there. I loved to read my poem, but I declined. I didn't want to get up there and feel like I was reading to the wall. A deflating moment that I never want to read again. I was sure my poetry was not bad. It was the audience that was bad. They didn't deserve to be read to. The mentality of the youth should be corrected or disbanded. Most of those youth were sheltered and had not experienced the real value of opportunity given and pain of opportunity missed. The only good thing was they had their whole life ahead of them. And yes, youth is the season of hope!



- K Jayshree
W/o Asst Comdt V Vijay

REACHING OUT TO OUR TEAM

One day, a little mouse living on a farm, spied the farmer and his wife opening a package. He was aghast to discover that the package contained, not food, but a mouse trap. The mouse ran to the farmyard warning everyone – “There is a mouse trap in the house, there is a mouse trap in the house!”

The chicken raised his head and exclaimed, “Mr Mouse, I can tell you this trap is a grave concern to you, but it has no consequence to me and I cannot be bothered with it.”

The mouse turned to the pig.....

“I am very sorry Mr Mouse, but the trap is no concern of mine either.”

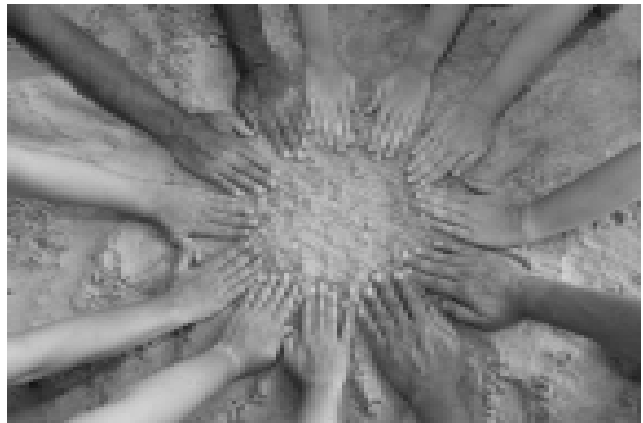
The mouse then turned to the bull.....

“Sounds like you have a problem Mr Mouse, but not one that concerns me.”

Dejected that no one would help him or was concerned about his dilemma, he knew he had to face the trap on his own.

That night the sound of a trap catching its prey was heard throughout the house. The farmer's wife rushed to see what was caught. In the darkness she could not see that it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife.

The wife caught a bad fever and the farmer knew that the best way to treat a fever was with chicken soup. He took his hatchet to the farmyard to get the soup's main ingredient. The wife got sicker, and friends visited her round the clock. The farmer had to feed them, so he butchered the pig. The farmer's wife got worse and died. So many friends and family came to her funeral that the farmer had to slaughter the bull to feed them all.



So the next time we hear that one of our teammates is facing a problem and we think it does not concern or affect us, let us remember this:

WHEN ANYONE OF OUR TEAM MEMBERS IS IN TROUBLE, WE ARE ALL AT RISK!

(Adapted from Manipuri Folk story)

- Dy Comdt L Zou

THE ART OF MEDITATION

There are four elements basic to most traditional meditation. These elements are :

- a quiet place to meditate,
- a comfortable or poised posture,
- an object for attention –awareness to dwell upon,
- a passive attitude

A quiet place: the best environment for the practice of meditation is conducive to lying down or sitting in a quiet place with minimum distractions.

A Comfortable or Poised Posture:

Assuming a certain posture has been central to many meditation techniques. Classic postures, integral to hatha yoga, are given in the yoga sutras of patanjali which codify ancient yogic healing practices.

A sitting posture is better for meditation than lying down. Major characteristic of prescribed meditation postures in many traditions is that the spine is kept straight. The spine is put back into a structurally sound line and the weight of the body distributed around it in a balanced pattern in which gravity, not muscular tension, is the primary influence. It is possible, although it has not been conclusively proven, that this postural realignment affects the state of mind.

An object to dwell upon:

In yoga the object the attention dwells on is often a mantra, usually a Sanskrit word or syllable. In Buddhism, the focus for attention is the mediators own breathing. Both mantra meditation and awareness of breathing fulfill all the elements required for meditating for relaxation.

Some meditation methods involve looking at objects with open eyes, but in others, the objects close their eyes, which make relaxation easier to induce. Instructors in transcendental meditation make much of each person being given a mantra that suits his or her nervous system, but there does not appear to be any scientific support for this. Any technique used with any sound or phrase or prayer or mantra has been found to bring forth the same physiologic changes noted during transcendental meditation.

A Passive Attitude or Poised Awareness:

This last element of meditation for relaxation is said to be the most essential. It is sometimes called poised awareness or attention awareness because in it relaxation and alertness are in perfect balance.

A passive attitude means that distractions from environmental sounds, skin tingles etc. And the inevitable intrusion into the mind of thoughts and images are viewed casually and detachedly. Let

them come and go, of no more consequence than small clouds passing across an expanse of sky. But each time you become aware that your attention has slipped away from the object of meditation, bring your attention and awareness back to the meditation object.

Simple Meditation:

This meditation process is good to induce 9 relaxation responses. Plan to make meditation a regular part of your daily routine. Set aside 10 to 20 minutes each day at the same time, if possible. Before breakfast is a good time.



1. Choose a quiet spot where you will not be disturbed by other people or by the telephone. Sit quietly in a comfortable position.
2. Eliminate distractions and interruptions during the period you will be meditating.
3. Commit yourself to a specific length of time and try to stick to it.
4. Pick a focus word or short phrase that's firmly rooted in your personal belief system. A non-religious person might choose a neutral word like one, peace, or love.
5. Close your eyes. This makes it easy to concentrate.
6. Breathe slowly and naturally, repeating your focus word or phrase silently as you exhale.
7. Assume a passive attitude. Don't worry about how well you are doing. When other thoughts come to mind, gently return to the repetition.
8. Continue for 10 to 20 minutes. You may open your eyes to check the time, but don't use an alarm. After you finish: sit quietly for a minute or so, at first with your eyes closed and later with your eyes open. Don't stand for one or two minutes.
9. Plan for a session once or twice a day.

*- Dr (Mrs.) Shefali Purohit
W/o Comdt M Purohit*

HEALTHY MOTHER & HAPPY CHILD

Year 2008 was declared as year of mother & child health in India for a Healthy Mother and Happy Child, we need to recognize the health problems of a woman during pregnancy and make efforts to manage them properly.

A pregnant woman should be motivated to get the regular health check up done, at least ten times throughout the pregnancy. She should take the medicines properly as prescribed to her by the doctor. She should be aware of her blood group so as to prevent complication during pregnancy and delivery. High risk groups should be given special attention. Anaemia during pregnancy is one of the major factors responsible for maternal mortality. Also, those with hypertension (high blood pressure), low blood pressure, and diabetes, cardiac or thyroid disease should regularly consult the doctor during pregnancy.



A female should go for regular breast examination after delivery. On breast self examination, if a lump is found, doctor should be consulted immediately. Other problems like pain and swelling of breast, pus or blood discharge from nipples, abscess or cyst formation can occur during lactation. For a confirmatory diagnosis and to rule out malignancy (i.e. cancer), further investigations like FNAC (Fine Needle Aspiration Cytology) and mammography are advised.

- Dr. Sheetal P. Anoop,
W/o Dy Comdt PN Anoop

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A CRY FROM A BLEEDING HEART

As I was very hungry and looking around for food, my eyes caught the glance of delicious greens and tempting vegetables. Before giving a second thought and even before my next blink, I quickly took in my mouth.

But oh! what's that ?? Something sharp started to cleave at my gums, but I couldn't pull it out. Know why? Because I have hooves and not hands - "**I AM A COW**" not a man.

As I was starving and had no option, I swallowed the shards. But Ash! ooh! that was the beginning of unbearable pain in my stomach. It all started because of the broken glass, cans and plastic pieces from the garbage dump which I had eaten..... Everyday hundreds of my fellow beings die due to this.

So it's an appeal and humble request to all you humans to **STOP USING PLASTICS** for lining your dustbins. Instead, use eco-friendly things, as we are also friendly to you. Show your care, as we also care. And of course, don't forget to dump; your vegetable peels, glass and empty cheese tins too. And remember the slogan - We care for you

Thank you.



Yours faithfully,
A Domestic friend.

SUCCESS

Life's expectations in us are so high
They oft make us live or lie;-
Stories are told, excuses unfold
For future, that's not ours to hold.



Is success a rank, money or status?
Or is it measured by humility or kindness?
Is it something tangible and bold,
For which ourselves and other we mould.

Idealistic youth, earlier, made me think,
While dishonesty and the scrupulous made me shrink;
Till along life path, I trod a while
Seeing, honest idealism, lying every mile.

So, I stopped by one, who smiled at me
And asked of him- "What become of thee?"

With peace writ large on his beaten face, said he,
"This is success to me, to me!"
On probing further he sat and explained,
"About Success or failure, don't be so pained,
Cause Success is very elusive-I'm told,
And few can for more than a second, it hold"

True success is beyond money, status or rank,
It cannot be measured to be totally frank,
In terms as crude and mundane as these,
For success shows a new face to each who sees.

One finds it in rank, another in money,
One finds it in peace, another funny;
I found it in a job well done
While from myself- I didn't need to run.

I made no compromise with myself: myself
Nor begged favours, nor any help;
So, though no money, nor status have I
Truly free contented I'll die.

- (SP Kumar), Nvk (SA)

POINTS TO REMEMBER

- | | | |
|----------------------------|---|---------------------------|
| The best day | - | Today |
| The greatest need | - | Common Sense |
| The greatest sin | - | Lie |
| The easiest thing | - | Finding Fault with Others |
| The meanest feeling | - | Jealousy |
| The greatest trouble maker | - | Talking too much |
| The best thing to do | - | Forgive |
| The best friends | - | Who care for you |

- Sangeetha Singh,
W/o Ajay Kumar, P/Nvk

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SALUTE

Being an "Indian"
Salute your mother who gives you birth
Salute your country
which gives you protection and
Salute to many freedom fighters
who gives you "Independence".

Start the 'Day' with "truth".
Pass the 'Day' with "truth".
End the 'Day' with "truth".

- DA Naidu, Nvk

MYTH OF RECESSION

This story is about a man who once upon a time was selling Hot Dogs by the roadside. He was illiterate, so he never read newspapers. He was hard of hearing. So, he never listened to the radio.

His eyes were weak, so he never watched television. But enthusiastically, he sold lots of hot dogs.

He was smart enough to offer some attractive schemes to increase his sales. His sales and profit went up.

He ordered more and more raw material and buns and use to sell more.

He recruited few more supporting staff to serve more customers. He started offering home deliveries. Eventually he got himself a bigger and better stove. As his business was growing, the son, who had recently graduated from college, joined his father. Then, something strange happened.

The son asked, "Dad, aren't you aware of the great recession that is coming our way?". The father replied, "No, but tell me about it." The son said, "The International situation is terrible. The domestic situation is even worse; we should be prepared for the coming bad times. The man thought that since his son had been to college, read the papers, listened to the radio and watched TV He ought to know and his advice should not be taken lightly. So the next day onwards, the father cut down his raw material, order and buns took down the colorful signboard, removed all the special schemes he was offering to the customers and was no longer as enthusiastic.

He reduced his staff strength by giving day offs very soon, fewer and fewer people bothered to stop at his hot dog stand. And his sales started coming down rapidly, same is the profit.



The father said to his son, "Son, you were right; we are in the middle of a recession and crisis. I am glad you warned me ahead of time". Moral of the story: It's all in your MIND! And we actually FUEL. This recession is much more than we think.

- Anjali Mazumder
W/o JN Mazumder

DELHI AND THE SATELLITE TOWNS – A HARMONIOUS DAILY INTOXICATION

Harmony and intoxication might as well sound like a wronged irony for you, but living in the city I truly love, I allow my senses to see it another way. Like when you say, the drink was stiff, but well rounded. So, the kick was well received. Anyway to make it simpler, let me hop on to the point straight from here. I am talking about the happy marriage of Delhi with the satellite towns that make Delhi a NCR.

If Delhi arrests you with Lutyen's never-easy-to-understand labyrinthine roads shooting obediently off beautiful, landscaped and flowering roundabouts, the NCR with its skyscrapers, order (okay, chaos is being taken care off!) and glitzy malls set amidst planned beautiful colonies set your spirit free. To compare the satellite towns with the British made and Mughal sprawled amalgamation of Delhi therefore makes for a curious experience.

Let us try to see it in a little more detail. While Delhi offers calm and solace in a friendly environment of monumental relics hideously seeking attention among varietals of trees and flowering shrubs, the extravagantly opulent infrastructure of the satellite towns offers entertainment and business which the modern-lifestyle-infused soul seeks. And for someone like me, who has to drive everyday from Indirapuram in Ghaziabad to the office at India gate circle, it is transcendental bliss. Having dined at a plush restaurant with my family over the weekend in NCR, the drive across the Yamuna, alongside old fort beckoning an early morning welcome on Bhairon Singh marg, and the flowering trees bowing to greet the satellite town dwellers like me from the east with a smile on the Mathura road, the transition is both relaxing and soothing on the soul.

Delhi, at least most of which I frequent, seldom hurries me up, but strangely, I still complete my tasks on time. And when I am done, to catch a breath, the wondering peacocks surrounded by peahens set the clock backwards. Still later, finished early, the sunset over India Gate is awe-inspiring. It's like history going down the horizons after a lazy, unhurried day with the Rajpath gently rising away on the Raisina hill, bisecting with pride the north and the south blocks in the distance blurred in haze and finally merging with the Rastrapati Bhawan.

An exotic, riotous and extravagant interplay of seasonal blooms, perennial greens intermixed with numerous climbers in the so called lungs that are interspersed in the city, and a wide variety of pecking, flapping and flying birds that are dependent on these bursting spurts of volcanic nature all around, makes for the most inspiring and calming dazzle of flora, fauna and avifauna. It is like a timeless jungle adapting to the evolving need of the human civilization – perfected to a blend that sustains each other. Well, almost... Whether or not flyways and new roads should eat away the forest bit and ruin this equilibrium is off course in the hands of the experts though I often wonder if they are experts enough. But I am sure they must be, because all this has survived far too long, and will survive the future too – a reason for us NCR dwellers to celebrate and enjoy. Until then I am sure the epileptic fascination for Delhi will continue to dominate the senses of the satellite dwellers and keep them intoxicatingly hydrated. Join me folks!

- Commandant Kulpreet Yadav

WESTERN REGION



WESTERN REGION

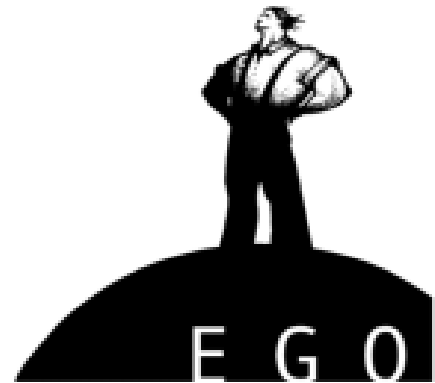


EGO

Full Name - "Extra-ordinary Gussa Organ"

Location - Found nearly in all Homosapiens. Some have big, some small, some very little and some non-at-all. Big or small it has devastating effect when provoked consciously or unconsciously so 'Beware'

Composition - It is a combination of diverse feelings. First and foremost is pride (that goes before a fall) followed by an uncontrolled anger and a desire to tear someone apart (if you are weak hearted or weak kneed? Run! before the beast is unleashed). Anger is followed by revenge (just or unjust does not make much difference). Ego does not forgive or forget so 'Be careful'.



Different varieties of Ego:-

1. **Big Ego** - Like an elephant it is huge and heavy when pricked it roars, stomps, trumpets and crush its tormentors to smithies.

Advice - Avoid

2. **Not so big Ego** - It's like a dog. Its bark is worst than its bite. No needs to avoid but be save you are out of range when it turns mad.

Advice - Tolerate

3. **Small Ego** - It's like a tortoise scared of getting its ego hart it hides away in a shell. Has little confidence and is very shy.

Advice - Don't stomp on it.

4. **Zero Ego** - It's like a little puppy. Loving, joyful and excited, thinks the world is one happy place. Gets kicked but does not loose trust, kicked a second time it is shocked, kicked a third time it whines and crawls away home to lick its wound. But is back again to be friends.

Advice - Be gentle. He is the only hope for a bright and happy future. The rest are going to turn sour, bitter and rotten and may have to be replaced.

Conclusion - Too big and ego is bad, but too little is equally worse. A little backbone and self respect to stand up to an egoist is most important.

"So shake up and shape up".

- Shirin Khan, CGHQ

GRANT FOR SPECIAL CHILDREN

Coast Guard provides financial assistance as Grants for spastic and physically impaired children. Parents of spastics/mentally retarded/physically impaired children studying upto Graduation Level are eligible for 100% reimbursement of expenses towards the following given elements.

- (a) Tuition fees paid by the parents for studies in special schools catering for such children (Application should be submitted with original tuition fees receipt)
- (b) Purchase of special equipments and its repairs (Original bills to be forwarded with the application)
- (c) Conveyance charges to and from the Special Educational Institute (Transport receipt/bus cards to be attached with the application)
- (d) Hostel charges (Institute's bill to be attached with application).

The above original receipts should be duly authenticated by the Head of the Institutes for the Initial and Subsequent claims.

The initial claim should be submitted with medical document certified by the concerned Hospital or authorised medical attendant.

The subsequent claim should consist of progress certificate and photo copy of the original medical documents. The reimbursement may be claimed half yearly or yearly.

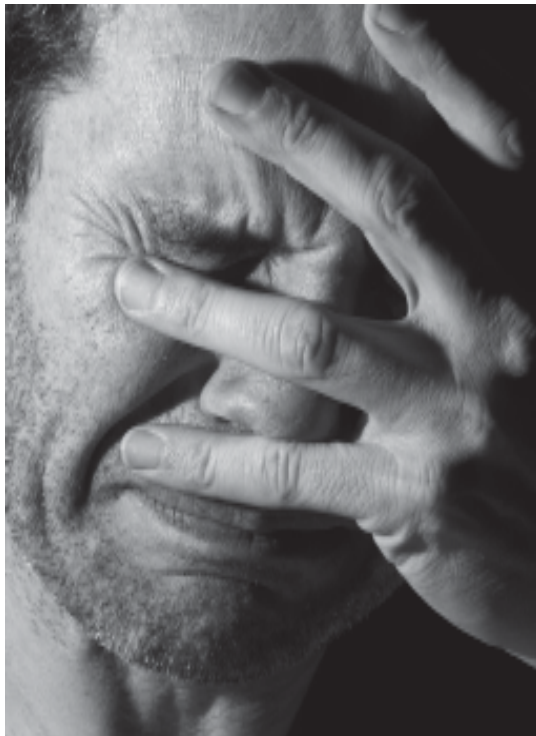
NOTE : This grant would not be given in case the handicapped/impaired child is studying in normal or general education institute. In those case, reimbursement of tuition fee would be admissible @ Rs. 100.00 p.m as per Government of India, Ministry of Defence letter No. 21017/197 - Estt (Allowances dated 12 Jun 1998)



SOCIETY AND INDIVIDUAL

The question which comes first society or the individual is the same as what come first the hen or the egg. As soon as we are born the world get to work on us and transforms us from merely biological units into social units. Thus every individual is moulded by the society he/she is born in at every stage of human development and progress. The language which the individual speaks is not a language but an individual inheritance social acquisition from the group in which he grows up. Both language and environment help to determine the character of his /her thoughts. The earliest ideas that an individual forms come from others. The individual apart from society would be both speechless and mindless. As example of a child who grows up in jungle, adopted by a wolf mother is known to have learnt to communicate like the wolves and followed their norms, eating, walking and behavior. To imagine an individual independent of a society is impossible.

Suicide is the only perfectly free act open to an individual man, every other act involves in one way or another membership of the society. However, the isolation of an individual from his society, a state especially inductive to emotional disturbance and suicide. Even suicide is an act by no means independent of social conditions. Attention of individual from society leads individual to commit suicide. Society and individual are responsible. It is commonly said by anthropologist that primitive man is less individual and more comparatively moulded by society. Individualism is a byproduct of modern society. However the development of an individual goes hand in hand, and conditions each other. An individual cannot progress without the progress of his group evolution and development of individual and society has to go hand in hand and condition each other . To conclude civilized man, and the primitive man is moulded by society just as effectively as society is moulded by him — you can no more have the egg without the hen, neither can you have the hen without the egg.



- Mrs Vijaya Walia

जीवन की धारा को रोकते ये धारावाहिक

ये क्या हो रहा है मेरे साथ ? मैं ऐसी तो कभी न थी। कभी न सोचा था कि मैं अपनी उन समस्त खूबियों को टेलीविजन पर दिखाए जाने वाले धारावाहिकों की खातिर इस कदर भुला दूँगी। आज हालात ये है कि मेरा अंतर्मन स्वयं से प्रश्न करता है कि किस राह पर चल पड़ी हूँ ? जिसकी कोई मंजिल ही नहीं। क्या हासिल होगा मुझे इन बेमतलब घिसे-पिटे फालतू से धारावाहिकों को देखकर ?

कौन कहता है कि नशा सिर्फ मादक पदार्थों के सेवन से ही होता है। नशा कई प्रकार का होता है जैसे प्यार का नशा, दौलत का नशा, शोहरत का नशा और भी अनेक प्रकार के नशे हैं। लेकिन एक और भी नशा है और ये नशा है दूरदर्शन पर धारावाहिक देखने का जो दिन-ब-दिन मुझे अपनी गिरफ्त में जकड़ता ही जा रहा है। आज धारावाहिक देखने का नशा मुझ पर इस कदर हावी है कि मैं अपनी खुद की पहचान तक खोती जा रही हूँ। पहले जब



मैं धारावाहिक देखने की इतनी शौकीन नहीं थी तब मेरा दिमाग कुछ न कुछ नया काम करने के बारे में ही सोचता था। सिलाई, कढ़ाई, बुनाई, पैंटिंग, लेख लिखना, कविताएँ लिखना क्या कुछ नहीं करती थी। और वो सब करते हुए मुझे एक अलग ही आत्मिक सुख मिलता था, साथ ही साथ दूसरों से जो प्रशंसा मिलती थी वो अलग। अपने पसंदीदा कार्यों के साथ मेरा प्रत्येक दिन नए जोश और उत्साह के साथ व्यतीत होता था। घर, परिवार, रिश्तेदार तथा पड़ोसी सभी के साथ अच्छा खुशनुमा समय व्यतीत होता था। एक-दूसरे के सुख-दुःख में सदैव तत्पर रहती थी। आज हालत यह है कि बाहर की बात छोड़ो अपने पति और बच्चों को भी वो समय नहीं दे पाती जो उन्हें मिलना चाहिए, बाकी दिनचर्या के कार्य करते वक्त भी ध्यान उन्हीं धारावाहिकों की अगली आने वाली कड़ियों (एपिसोड) पर रहता है कि अब आगे क्या होगा ? यह सब जानते हुए भी कि वो सब एक पात्र की मात्र भूमिका भर निभा रहे हैं, अपने को सदैव उनके बीच खड़ा पाती हूँ। मेरा सुख-दुःख धारावाहिक के पात्रों के साथ ही बँध सा गया है।

आज मेरी सुषुप्त चेतना जागृत हुई है और अब समझ में आ रहा है कि हृदय से ज्यादा समय तक धारावाहिक देखने से मैंने जो अपना पारिवारिक, सामाजिक और आत्मिक सुख खोया है उसे वापिस पाने के लिए मुझे अपनी दिनचर्या को एक नई समय-सारिणी में बांधना होगा। मन पर काबू रख अपनी इस नई पसंद को एक सीमित दायरे में रखना होगा। अपने उन समस्त पुराने क्रिया-कलापों को फिर से पुनर्जीवित करना होगा जो मेरे और मेरे परिवार तथा सभी के हितकर थे।

क्या आपको नहीं लगता कि उपरोक्त सभी बातों में आपको अपनी हालत भी बिल्कुल मेरी जैसी ही नजर आ रही है, यह सिर्फ मेरी ही व्यथा की कथा नहीं है अपितु यह लगभग हर घर की कहानी है। अधिकतर बहनें ऐसी ही पीड़ा से पीड़ित हैं। तो क्यों न आज हम सब मिलकर यह दृढ़ निश्चय कर लें कि दूरदर्शन पर हम धारावाहिक देखेंगे जरूर, लेकिन उसी हृदय तक जहाँ तक हमारा परिवार समाज और स्वयं का व्यक्तित्व कुप्रभावित न हो पाएँ।

धन्यवाद

- रजनी, धर्मपत्नी स.समादेशक जी सिंह

मेरी माँ



हाँ! मैंने अपनी माँ को बूढ़ी होते हुए देखा है,
सपाट चेहरे पर लकीरों को उभरते हुए देखा है,
आँखों की चमक को धूमिल होते हुए देखा है,
जीने की चाह को कम होते हुए देखा है,
हाँ! मैंने अपनी माँ को बूढ़ी होते हुए देखा है।

उनका वजूद कम होते हुए देखा है,
उनके अधिकारों को सीमित होते देखा है,
अपनों को पराया सा महसूस होते देखा है,
प्यार पाने के लिए उनको तरसता हुआ देखा है,
हाँ! मैंने अपनी माँ को बूढ़ी होते हुए देखा है।

आज स्वयं मैं भी उसी राह पर खड़ी हूँ,
कहानी वही है पर पात्र बदल से गए हैं,
कभी माँ का चेहरा अपना ही चेहरा लगता है,
कभी अपना चेहरा माँ का चेहरा सा लगता है,
हाँ! मैंने अपनी माँ को बूढ़ी होते हुए देखा है।

- उर्मिला

तीन अधिकारी

तीन अधिकारी मैंने देखे।
कमान, कार्यपालक, और डंडा अधिकारी।

कमान बोले संभल जाओ।
कार्यपालक बोले कार्य करो।
डंडा अधिकारी बोले अनुशासन में रहो।

पर नाविक रोक न पाये।
अनुशासन तोड़कर दौड़ लगाए।
डंडा अधिकारी से जा टकराए।
जी.सी.बी. छुट्टी सब गँवाए।

- लाल बाबू साहनी
अधिकारी (आर ओ)

चाह

आगे बढ़ने की चाह है, नहीं मिलती कोई राह है
मन में बस इक आह है, आगे बढ़ने की चाह है।

दूर क्षितिज पर, किसी दिशा में, आती है नजर,
इक आस किरण
मेघों के पट से निकल-निकल, आभास कराती है
हर क्षण।

इक लक्ष्य का जो उस पार है, सब का जीवन
आधार है
पाने की उसको चाह है, नहीं मिलती कोई राह है।

- गजराज सिंह
प्र. नाविक, 01422-एम

सिद्धान्त

आज-कल जिन्दगी की रफ्तार इतनी तेज हो गई है और सभी लोग इस अंधी दौड़ में दौड़े चले जा रहे हैं। लगता है कि आदर्श सिद्धान्त जैसे शब्द शायद दुनियाँ से कहीं खो गए हैं। लेकिन ऐसा नहीं है, आज भी इस दुनियाँ में कुछ ऐसे लोग हैं जिनकी वजह से सिद्धान्त जैसे शब्द विलुप्त नहीं हुए हैं।

ऐसी ही एक घटना मेरे साथ घटी जब हम मुम्बई में रह रहे थे। मुझे एक दिन पर्वई से दादर जाना था। मैं बस स्टॉप पर खड़ी बस का इंतजार कर रही थी। बस आई, पर उसमें बहुत भीड़ थी। एक बार तो सोचा कि दूसरी बस से चली जाऊँगी पर मुझे दादर जल्दी पहुँचना था, सो बस में किसी तरह से चढ़ गई। बस में भीड़ इतनी थी कि उस में बैठने की जगह तो दूर, ठीक से पैर रखने की जगह भी नहीं थी। सफर बहुत लंबा व कठिन लग रहा था। बस जैसे-जैसे आगे बढ़ रही थी, भीड़ भी कुछ कम हो रही थी और आखिर हमें बैठने के लिए सीट मिल गई। इत्मीनान से बैठकर मैंने कंडक्टर को टिकट के पैसे दिये और दादर स्टेशन का इंतजार करने लगी।

बस एक स्टेशन पर रूकी, उस स्टॉप से एक बुजुर्ग सज्जन चढ़े और उन्होंने कंडक्टर से दो टिकट लिए। सभी यात्री हैरान थे कि स्टेशन से वे बुजुर्ग अकेले ही चढ़े पर उन्होंने दो टिकट क्यों खरीदे?

कौतुहलवश हमारे पास वाली सीट पर बैठे एक सज्जन ने उनसे पूछ ही लिया, 'बाबूजी आप तो बस में अकेले ही चढ़े पर आपने दो टिकट क्यों खरीदी?'

पहले तो उन्होंने कुछ नहीं कहा, उन्हें यूँ ही टाल दिया पर उनके बहुत पूछने पर उन्होंने बताया कि कुछ महीने पहले वे इसी बस में सफर करने को चढ़े, बस में बहुत भीड़ थी उन्होंने बस के अंदर जाकर टिकट लेने की बहुत कोशिश की, परन्तु बस में ज्यादा भीड़ होने की वजह से वे कंडक्टर तक नहीं पहुँच सके और उनकी मंजिल आ गई। उनके बहुत चाहने पर भी वे टिकट न ले सके और बिना टिकट लिए बस से उतर गए।

यह बात उन्हें तब से परेशान कर रही थी, पर आज वह समय आ गया उन्हें आज वही बस मिली है और उन्हें उसी स्टेशन तक जाना है इसलिए उन्होंने अपने पिछले सफर का टिकट लेकर आज अपने मन का बोझ हल्का कर लिया।

हम सभी यात्री स्तब्ध होकर उनकी बात सुन रहे थे कि अगला स्टॉप आ गया, उन्होंने सीट से अपना बैग उठाया और स्टॉप पर नीचे उतर कर अपनी मंजिल की तरफ बढ़ गए।

यह घटना मेरे जीवन की ऐसी घटना है जो आज भी मेरे दिलो दिमाग में छाई रहती है और मुझे याद दिलाती है, उसी वाक्य की कि अगर 'हम सभी यह प्रण कर लें कि हम इन्सानियत के सिद्धान्तों पर कायम रहेंगे तो यह पृथ्वी और भी सुन्दर जगह होगी हम सब के जीवन-यापन के लिए।'

- शाहिन

कर तो सभी सकते हैं!

अमेरिका के खोजकर्ता कोलम्बस से पूछा गया कि आपने अमेरिका की खोज क्यों की? ये तो कोई और भी कर सकता था। कोलम्बस ने कहा, "मैं मान लूँगा कि अमेरिका की खोज कोई भी कर सकता था यदि कोई भी व्यक्ति अंडे को सीधा खड़ा कर दें।" काफी लोगों ने प्रयत्न किया पर अंडा सीधा खड़ा नहीं हुआ। तब कोलम्बस ने अंडे के नीचे छेद करके उसे एक आधार देकर खड़ा कर दिया। बाद में लोगों ने कहा कि यह तो कोई भी कर सकता है और वाकई लोगों ने कर दिखाया। तब कोलम्बस ने कहा, "कर तो सभी सकते हैं पर करता कोई नहीं।"

इसलिए, दोस्तों हम भी बहुत कुछ कर सकते हैं। जरूरत है करने की चाह और हौसले की।
जय हिन्द।

श्रीमती संतोष
धर्मपत्नी श्री सुरेश चंद्र

.....

तटरक्षक

हम तटरक्षक तट के रक्षक भारत के नौजवान हैं,
कितना प्यारा देश हमारा अपना हिन्दुस्तान है।

चार दिशा में बसा हुआ है भारत देश मेरा
तीन दिशाओं में डाल दिया है तटरक्षक ने डेरा
भारत माँ की रक्षा करना है अपना ईमान
हम तटरक्षक तट के रक्षक ...

देश के खातिर डटे हुए हैं फौजी सभी किनारों पर
हमें गश्त करनी होगी काले धन के गद्दारों पर
देश के खातिर मरने वाले होते वीर महान् है
हम तटरक्षक तट के रक्षक...

एक दिन जब तटरक्षक पूरा विकसित हो जाएगा
देश की बढ़ती ताकत से दुश्मन भी घबराएगा
देश की खातिर दे देंगे हम प्राणों का बलिदान
हम तटरक्षक तट के रक्षक...



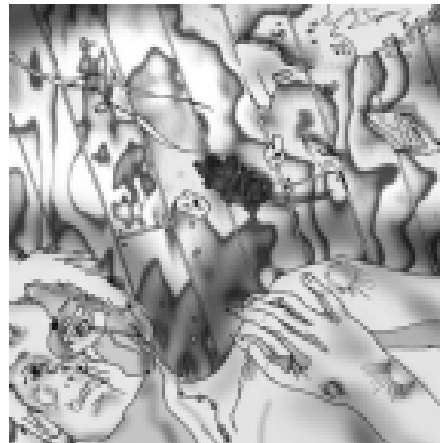
अर्जुन सिंह
नाविक (आर ओ)

घरेलू हिंसा निषेध कानून

Protection of women from Domestic Violence Act 2005

हार कर जीवन खत्म करना बुजदिली है। प्रताड़ना का डटकर सामना कीजिए, कानून और महिला आयोग आपके साथ है।

कुछ अरसा पहले दक्षिणी दिल्ली की एक महिला सरोज ने पंखे से लटक कर आत्महत्या कर ली। उस के विवाह को मात्र एक वर्ष हुआ था। उसके पिता ने इस विवाह में खूब दान दहेज दिया था। सरोज ने आत्महत्या से पहले नोट में लिखा था कि उसे अपने पति से कोई शिकायत नहीं है उसकी सास और जेठानी ने मिलकर उसका जीना दूभर कर दिया था। वह इस प्रताड़ना को और नहीं सह सकती थी इसलिए आत्महत्या कर ली।



आए दिन अखबार में इस तरह की खबरें छपती रहती है। जब एक युवती शादी होने पर माता-पिता का घर छोड़ कर ससुराल जाती है तो सभी यह उम्मीद करते हैं कि उसे वहाँ भरपूर प्यार मिलेगा, अपनापन मिलेगा पर कुछ ही दिनों में कितनी महिलाओं का ये सपना टूट जाता है जब सास, ननद, पति और देवर छोटी-छोटी बातों का बतंगड़ बना कर उसे ताने उलाहने देते हैं और प्रताड़ित करते हैं।

घरेलू हिंसा निषेध कानून

13 सितम्बर 2005 को राष्ट्रपति की संस्तुति से इस विधेयक को पास किया गया बाद में महिला आयोग के इसे जल्द लागू कराने के अथक प्रयासों के कारण इसे नवम्बर 2006 में लागू कर दिया गया। इस कानून के तहत विवाहिता महिलाओं को ही नहीं, बिना विवाह के साथ रह रही महिलाओं को भी साथी पुरुष की हिंसा से सुरक्षा प्रदान की गई है। आरम्भ में इसके तहत पति व साथी रहे पुरुष और उसके रिश्तेदारों के हाथों हिंसा से बचाने की बात थी लेकिन बाद में पति के परिवार वालों जैसे उसकी माँ, बहन या अन्य महिला रिश्तेदारों को भी इसी कानून के तहत संरक्षण देने का फैसला लिया गया। महिला के आर्थिक और वित्तीय संसाधनों तथा जरूरतों को पूरा न करना भी घरेलू हिंसा के दायरे में आएगा। इस कानून का सबसे महत्वपूर्ण प्रावधान यह है कि जिस घर में महिला रह रही है वही उसका घर है, उसे वहाँ से निकाला नहीं जा सकता।

इस कानून में पीड़ित महिला की मदद के लिए एक संरक्षण अधिकारी और गैर सरकारी संगठन की नियुक्ति का भी प्रावधान है जो पीड़ित महिला की मेडिकल जाँच, कानूनी सहायता, सुरक्षा और छत मुहैया कराने जैसे काम देखेंगे।

EASTERN REGION



EASTERN REGION



इन अपराधों को इंडियन पेनल कोड की धारा 32,33,33ए में वर्णित किया गया है। इन में से अधिकतर ऐसे अपराध सूचीबद्ध हैं जो कि गैर जमानती है। मात्र पीड़िता के बयान के आधार पर न्यायालय अपराधी को उक्त धारा के अंतर्गत सजा दे सकता है।

घरेलू हिंसा निषेध कानून महिलाओं की सुरक्षा के लिए बनाया गया है। अगर आप अपने परिवार वालों की हिंसा का शिकार है तो इस समस्या का हल आत्महत्या बिल्कुल नहीं है। आप अपने परिवार वालों व विश्वासपात्र मित्रों की सहायता से पुलिस में रिपोर्ट लिखवा सकती हैं। ये संगठन पीड़ित महिलाओं को उनकी शिकायत मिलते ही उन्हें उनके अधिकारों व संरक्षण से नियमों व कानूनों की जानकारी प्रदान करते हैं, उन्हें विभिन्न प्रकार की सहायता व संबल प्रदान करते हैं लेकिन पहली आवाज आपको ही उठानी है इसके लिए अधिकारों को जानना बहुत आवश्यक है।

क्या है कानून

" घरेलू हिंसा निषेध कानून के तहत घर में रह रही किसी भी महिला के स्वास्थ्य को अनदेखा करना, सुरक्षा प्रदान न करना, उसके जीवन और शरीर को नुकसान या चोट पहुँचाना, शारीरिक व मानसिक कष्ट देना अथवा ऐसा करने की मंशा रखना, यौन उत्पीड़न करना, उसकी गरिमा एवं प्रतिष्ठा को ठेस पहुँचाना, गाली गलौच करना, रौब जमाना, बच्चा या पुत्र ना होने पर ताना मारना, अपमानित या तलाक देने की धमकी देना आदि घरेलू हिंसा के दायरे में आएँगे, जो कि कानूनन अपराध है। जिसके लिए अपराधी को 1 साल की कैद या 20 हजार रुपये का जुर्माना अथवा दोनों हो सकते हैं।"

- अलका गुप्ता

तटरक्षक के जवान

हम बड़े चले, हम नहीं रुके।
हम तटरक्षक के जवान हैं ।।
हर कदम बड़े पीछे न हटें।
मंजिल तो हमारी महान् है ।।

तूफान में पलने वाले हैं ।
लहरों से खेलने वाले हैं ।।
दुश्मन से नहीं हम डरते हैं ।
शोलों से जूझने वाले हैं ।।

हर कहर सहें तट पर रहें ।
सीमा तो हमारी शान है ।
हम बड़े चले, हम नहीं रुकें ।
हम तटरक्षक के जवान हैं ।।



- प्रवीन यादव, उ नाविक

नसीहत

यूँ मिले कि मुलाकात न हो सकी ।
सूरज डूबा पर रात न हो सकी ॥
उनकी खामोश निगाहें हर बात कह गई ।
और हमें शिकायत थी कि बात न हो सकी ॥
चाहत है लेकिन हकीकत नहीं है ।
आजकल किसी को किसी से मुहब्बत नहीं है ॥
जो तुम्हें भुला दे तुम उसे भुला दो ।
इससे बेहतर कोई नसीहत नहीं है ॥

- एस एस सिसोदिया

नाविक (आर ओ)

'हर आदमी परेशान है'

किराये के मकान से, राशन की दुकान से।
हर आदमी परेशान है।
घर में लगे टीवी से, फैशन वाली बीवी से।
फिल्मी अभिनेता से, सड़क छाप नेता से।
मुंबई के गुंडों से, पुलिस के डंडों से।
ससुराल में सालों से, जेब कट दलालों से।
बढ़ती मंहगाई से, बच्चों की पढ़ाई से।
हर आदमी परेशान है।

- एक के प्रसाद प्र.

नाविक

बदलते रिश्ते (बीती बातें)

जब से दुनियादार हुए।
हम कितने अय्यार हुए ॥
बचपन से जो भाई थे ।
अब बस हिस्सेदार हुए ॥
खुले - खुले सांझे आंगन ।
सिमटे और दीवार हुए ॥
मिलना जुलना कभी कभी ।
रिश्ते भी त्योहार हुए ।
बाबा कुछ दिन ठहरेंगे ।
आखिर रिश्तेदार हुए ॥
कौन मनाए रूठे को ।
सब के सब खुद्दार हुए ॥
बसते थे जो आखों में ।
सपने बेघर - बार हुए ॥
सदिया बीत गई अब तो ।
मन - वीणा झंकार हुए ॥

- हुकुम सिंह, उ नाविक (एस ए)

समय

आज जब मैं अपने बीते हुए समय के बारे में सोचती हूँ तो एक ज्योर्तिपुंज में अनेक यादें परिलक्षित होने लगती हैं। सबसे पहले नन्हें मृग शावक की तरह कुलांचे भरता बचपन बरबस ही आँखों में समाता चला जाता है। मम्मी पापा की पहली संतान होने से लाडली बेटी तो थी, दादी-दादाजी, नानी-नानाजी की पहली पोती थी। भरे-पूरे परिवार के बीच मेरा बचपन कैसा बीता, ये स्मृतियों की अटूट धरोहर है।

बचपन की खुशियाँ आँचल में समेटे न जाने कब स्कूल की दहलीज पर खड़ी हो गई। एल.के.जी., यू.के.जी. की सीढ़ियाँ चढ़ते-चढ़ते स्कूल, फिर कॉलेज में पहुँच गई। कॉलेज की वे सहेलियाँ, लड़कियों का झुण्ड, टीचर्स का गरिमामय अनुशासन, शब्दों की वाक्पटुता, स्नेह भरा संतुलित व्यवहार आज भी भुलाये नहीं भूलता। आज भी आँखों के आगे लेक्चर देती शिक्षिकाएँ, ब्लेक बोर्ड पर लिखे शब्द मानस पर दस्तक देने लगते हैं।

बचपन बीता यौवन की दहलीज पर शिक्षा के साथ भविष्य और कैरियर बनाने का भाव मन में आने लगा। सोचा अध्यापिक या किसी कॉलेज की प्रवक्ता बनूँ लेकिन नियती को कुछ और ही मंजूर था। सात फेरों के पवित्र बंधन में बंधकर नये परिवेश, नई पारिवारिक पृष्ठभूमि में आ पहुँची। पति के तटस्थक बल में होने के कारण घर से दूर एक नई दुनियाँ मिली। नये संबंध मिले, अपनी एक नई पहचान बनायी।

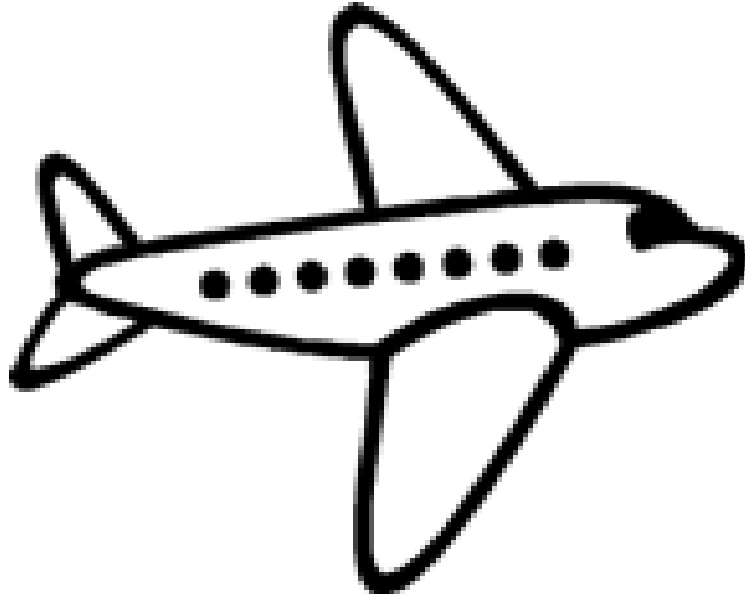


कुछ समय बीतते ही मेरी बेटी ने मातृत्व का सुख दिया। मेरी बेटी भी परिवार की पहली संतान थी। मम्मी कहती थी कि यह तुम पर गई है। मैं उसमें अपना बचपन ढूँढने की कोशिश करती। नन्ही सी गुड़िया हमारी लाडली ... अब बड़ी हो गई है, स्कूल जाने लगी है। कुछ समय बाद वह भी अपने कैरियर के बारे में सोचेगी। हमारी सोच व आज के बच्चों की सोच में काफी अंतर आ गया है। हमारे समय में लड़कियों के कार्यक्षेत्र बहुत सीमित थे। परन्तु आज लड़का हो या लड़की सभी के लिए हर क्षेत्र बराबर है।

आकाश विस्तृत है और आशायें सीमाहीन....

- अर्चना चमोली

वायुयान



खुले नभ में उड़ता देखा,
बच्चों ने एक वायुयान।
खुश होकर नाचे सारे,
एकटक देख बिना हटाए ध्यान।।

पीछे खड़े हम सोच रहे थे,
बच्चों की इस छोटी सी खुशी के पीछे,
कितना परिश्रम व कितने लोग हैं बसते।
एक उड़ान के लिए कई टेक्निशियन,
के घंटों की मेहनत व दिमाग लगते।।

एक उड़ान के लिए कई टेक्निशियन
के सालों की शिक्षा।

इसी एक उड़ान के लिए टेक्निशियन का,
लंबे समय परिवार से दूर रहना
और इसी एक उड़ान के लिए टेक्निशियन का,
खुद को और खुद की जरूरतों को भूल जाना।

खुले नभ में उड़ता देखा,
बच्चों ने एक वायुयान।
खुश होकर नाचे सारे,
एकटक देख बिना हटाए ध्यान

- पी ए कुमार, उत्तम नाविक

इन्टरकास्ट - मैरिज

मुंबई शहर में दो परिवार रहते थे- सुधा का परिवार व मालती का परिवार। सुधा व मालती दोनों बचपन की सहेलियाँ थीं। दोनों की दोस्ती बहुत गहरी थी। उनकी किस्मत ने भी उन दोनों की इस दोस्ती को बरकरार रखते हुए शादी के बाद दोनों को मुंबई में पड़ोसी बना दिया। दोनों फिर मिलकर बेहद खुश थे। सुधा के दो बच्चे थे- अनिल व साधना। दोनों ही पढ़-लिखकर अच्छे पदों पर आसीन थे। अनिल बैंक में नौकरी करता था। उसके साथ ही उसकी एक दोस्त गुरप्रीत भी काम करती थी। दोनों का रिश्ता दोस्ती से उ पर था। दोनों एक-दूसरे को बहुत पसंद करते थे। परन्तु वहाँ सुधा अनिल के लिए किसी अच्छी लड़की की तलाश कर रही थी। एक दिन अनिल को बैंक से छुट्टी करवाकर सुधा एक लड़की दिखाने ले गई। सुधा को लड़की बहुत पसन्द आई और वो उसकी तारीफें करती नहीं थकी। लड़की उन्हीं के कुल की थी। बेहद संस्कारी, बड़ों की इज्जत करने वाली, सबका सम्मान करने वाली तथा सर्वगुणसम्पन्न थी। अनिल सुधा को सब सच बताना चाहता था पर वह कुछ सुनने को तैयार ही नहीं थी। वो तो बस अपनी जिद मनवाना चाहती थी। सुधा ने अपनी बात मनवा तो ली पर अनिल के ज़हन में तो कोई और ही बसा था। एक दिन मौका देखकर अनिल ने सब घरवालों को अपने दिल की बात बता दी। सभी उसकी बात से सहमत थे। केवल सुधा नहीं मानी। उसका मानना था कि दूसरे कुल की लड़की उनके रीति-रिवाजों को ना ही समझ सकेगी और ना ही उन्हें निभा सकेगी। अनिल समझा-समझाकर थक गया पर सुधा टस से मस नहीं हुई। अनिल का दिल टूट गया। एक तरफ अनिल का दिल टूटा तो दूसरी तरफ मालती के इकलौते बेटे समीर की शादी उन्हीं की बिरादरी की एक लड़की से तय हो गई थी। उसकी ओर से शादी के निमंत्रण पर सुधा ने हामी भी भर दी थी। समीर की शादी के दिन ही अनिल भी बिना बताये गुरप्रीत के साथ कोर्ट में शादी करके आया जिससे सुधा के मन को बहुत ठेस पहुँची। गुरप्रीत का स्वागत भी साधना ने किया। समीर की शादी भी खूब धूम-धाम ने हुई। दोनों बहुएँ अपने-अपने घर में घुलने-मिलने की कोशिश करने लगीं। गुरप्रीत हर बात पर सुधा की राय लेती पर मालती की बहू अपने से उपर किसी को नहीं समझती थी।

एक साल बाद दोनों की शादी की सालगिराह पर दोनों ने मिलकर एक बड़ी पार्टी करने की योजना बनाई। दोनों बहुओं को देखकर लोग दंग रह गए। गुरप्रीत हर रीति-रिवाजों को निभाकर सबका आदर करके सबके मन में बस गई। मालती की बहू न किसी रिवाज को मानती थी और न ही बड़ों का आदर करती थी। वह गुरप्रीत से बिल्कुल अलग थी। गुरप्रीत का व्यवहार देख सुधा को भी अपनी गलती का एहसास हुआ और उसने गुरप्रीत को अपनी बेटा मान लिया। उन्होंने मालती व उसकी बहू को भी समझाया।

अंत में सुधा को भी समझ में आया कि यह जरूरी नहीं कि अलग बिरादरी की लड़की हमारे रीति-रिवाजों व संस्कारों को संभालकर न रख पाये।

- मीनाक्षी लटवाल

अहंकार

आज कल प्रायः देखा जाता है कि लोग एक-दूसरे की बातें सुनना नहीं चाहते। अपने अहंकार से भरे वे अपने को ही श्रेष्ठ समझते हैं। जो व्यक्ति जितना अहंकारी होता है उतना ही बड़ा माना जाता है। अहंकारी मनुष्यता से दूर हो जाता है। जो व्यक्ति अहंकारी है उन्हें यह सुझाव देना चाहिए कि अब तक तो तुम अहंकारग्रस्त थे, अब नम्र बनकर देखो, फिर दोनों की तुलना कर जिन्दगी में जो सही हो उसे अपनाकर देखो।

जितने भी महापुरुष हुए हैं वे अहंकार के नहीं नम्रता के कारण महान् बने हैं। अहंकार मनुष्य को नीचे गिराता है। नम्रता उसे देवता बनाती है।

नम्रता तीन बातों से पता चलती है।

1. प्रत्येक से मीठे वचन बोलो।
2. क्रोध के समय शांत रहो।
3. किसी को दंड देना हो तो अपने मन को कोमल रखो। अतः हमें जीवन में अहंकार को त्यागकर नम्रता को अपनाना चाहिए। इससे हमें सुख-शांति मिलती है। नम्रता का व्यवहार करके देखिए, नम्रता का महत्व ज्ञात हो जाएगा।



- श्रीमती संतोष,
पत्नी श्री सुरेश चन्द्र

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भटकता चला गया

मैं रेत के महल सा बिखरता चला।
फिर भी तलाशे मंजिल भटकता चला गया।।
मानी नहीं है हार खाकर शिकस्त भी।
ख्वाबों के खाली खेत को तराशता चला गया।।
होता है कामयाब अक्सर वही इन्सा।
जो गर्दिशों के दौरां, गुजरता चला गया।।
मिलता है उतना ही, बस किस्मत में हो जितना।
इस तर्क में जहाँ को झुठलाता चला गया।।
खाकर के ठोकरों को जो संभले न आदमी।
ज़ाहिर है वो नादान है कि गिरता चला गया।।

- जय शंकर प्रसाद
उत्तम नाविक (आर पी)

बेटियाँ

क्या-क्या न सितम हंसके सहती हैं बेटियाँ,
फिर भी न शिकायत, न शिकवा, न शेखियाँ।
बातें हो बताने की छिपाती सी बेटियाँ,
सहमी सी बेटियाँ, सिहरी-सी बेटियाँ।



जननी जनक को जान से ज्यादा लगे प्यारी,
हर जर्रे पर जुगनु-सी चमकती लगे न्यारी।
पर उम्र के हर मोड़ पर दमकती सी बेटियाँ,
नाजूक सी बेटियाँ, लजाती सी बेटियाँ।

उमंगों का ज्वार रोज उठता है यूँ दिल में,
हर बार एक टीस-सी उठती है यूँ दिल में।
फिर भी नीरव नदी के पानी सी बेटियाँ,
पनीली सी बेटियाँ, हठीली सी बेटियाँ।

हर हाल में सब खुश रहे अपने या पराए,
बचपन की यादों के धुँधले न हो साए।
इस द्वार से उस द्वार निभाती सी बेटियाँ।
सलोनी सी बेटियाँ, सयानी सी बेटियाँ।

दुल्हन बन संवर के जाती पराए घर,
बाबुल के द्वार को छोड़ अपनाती पराया घर।
मंझधार की धार में, पतवार बेटियाँ,
एक सहारा बेटियाँ, एक इशारा बेटियाँ।

हर रोज देते घाव नए रिश्ते ओर नाते,
हजार करो जख्म भुलाए नहीं जाते।
जहन्नुम के अंधेरों में उजाले सी बेटियाँ,
शरद किरन-सी बेटियाँ, नव सृजन-की बेटियाँ।

- प्रशांत कुमार
उत्तम नाविक

NORTH WEST REGION



NORTH WEST REGION



मेरा Coast Guard में अनुभव

आज मैं आपको कुछ ऐसी बातें बताना चाहता हूँ जो कि तटरक्षक पोत समर के हर जवान को पता है और वे सभी इस स्थिति से गुजर चुके हैं। बात एक शाम की है। हम सारे दोस्त बाहर घूमने गए, सब कुछ ठीक-ठाक चल रहा था। लोग उसी रफ्तार से दौड़ रहे थे। हम लोग मरीन ड्राइव व गेटव ऑफ इण्डिया के आस-पास घूम रहे थे कि शाम हो गई। हमने रात का भोजन किया और जहाज की तरफ चल पड़े। जैसे ही टाईगर गेट पहुँचे तो State II लग चुकी थी। पूरा नेवल बेस अन्धेरे में डूब चुका था, और इस पर हम हैरान थे कि यह अचानक State II. तभी गेट पर एक सरदार जी (DSC) के जवान ड्यूटी पर थे। हमने अपना पहचान-पत्र दिखाया और पूछा- 'की होया' तो उसने बताया होटल ताज पर कुछ आतंकवादियों ने हमला कर दिया है और वहाँ सेना और उनके बीच घमासान लड़ाई जारी है। हम जहाज पर पहुँचे तो सारे जवान टी.वी. देख रहे थे। हमने उसमें कुछ ऐसी तस्वीरें जिनको देखकर एक पत्थर दिल को भी पसीना आ जाए। नेवल बेस में हर जगह सुरक्षा बढ़ा दी गई और इसी तरह कशमकश में रात बीत गई और सुबह अचानक हमारे जहाज का सेलिंग ऑर्डर आ गया कि हमें 10:30 पूर्वाह्न में सेलिंग करनी है और हमें यह भी पता चला कि वह दस आतंकवादी समुद्र के रास्ते से आए थे और यह बात हर किसी से यानी नेवी और कोस्ट गार्ड को गले नहीं उतर रही थी। सुबह 10:30 बजे जहाज की रस्सियाँ खुल गई और हम ओखा, पोरबन्दर की तरफ रवाना हो गये। जहाज में पानी और तेल कम था। यह देखते हुए भी सेलिंग ऑर्डर आते ही हम सेल कर गए। फिर तीन बजे समुद्र में clear lower deck मारा और सारे जवान एक-एक करके हैलो डेक पर कतार बना के खड़े हुए और फिर जहाज के कार्यकारी अधिकारी और कप्तान ने हमें इस अचानक हुई सेलिंग का मतलब बताया और हमें 24 घंटे सतर्क रहने को कहा। यह सुनकर सभी जवानों के रोंगटे खड़े हो गए। मतलब आज हमें सर्विस में आने के बाद पहली बार ऐसी परिस्थिति का सामना करना पड़ा जो कि प्रतिकूल थी पर हम अपने इरादे पर अटल थे। मुझे ऐसा लग रहा था कि मैं आज देश के लिए कुछ कर रहा हूँ। जहाज पर पीने का पानी कम था। सबका नहाना और दाढ़ी बनाना माफ हो गया। उस दिन के बाद हमारा हर दिन समुद्र में बोर्डिंग करते हुए गुजरता। हमने न जाने कितनी मछलीमार किशतियों की बोर्डिंग कर दी। हम इतना व्यस्त थे कि खाने पीने का पता नहीं चलता था। लेकिन दिल में एक तरह का जोश था कि हम देश के लिए कुछ कर रहे हैं। हममें उस दिन वो जज्बा था शायद जो बॉर्डर पर पहरा दे रहे जवानों में होता है। इतना काम करने के बाद किसी तरह की शिकन किसी के भी माथे पर नहीं थी और न ही थकावट। यह मेरा कोस्ट गार्ड में आने के बाद पहला अनुभव था जो कि काफी जोशीला था। बस अंत में यही कहूँगा:-

एक अजब सी पहेली है जिन्दगी,
सबके साथ होते हुए भी अकेली है जिन्दगी,
कभी तो खुशियों का फरमान है जिन्दगी,
तो कभी गमों से भरा तूफान है जिन्दगी,
जिन्दगी को छोड़कर सबको एक दिन जाना पड़ेगा,
सब पूछते हैं मुझसे क्या है जिन्दगी,
मेरी मानो तो यारो बेवफा है जिन्दगी ।।

- आर के शर्मा नाविक आर (05639-एस)

पश्चाताप

पत्र पढ़ते ही सुधीर के पैर अचानक लड़खड़ाने लगे। शरीर की ताकत न जाने कहाँ खो गई। वह वहीं पेड़ के नीचे बैठ गया। फिर से पत्र पढ़ने की कोशिश की लेकिन नम आँखों से अक्षर धुँधले नजर आये। आँखें पोंछ कर उसने फिर से पत्र पढ़ा।

प्रिय बेटे,

भगवान् तुम्हें सदा सुखी रखे। तुम्हारे परिवार में खुशहाली रहे। पता नहीं यह पत्र तुम्हें मिलेगा भी या नहीं। यदि मिल भी गया तो मेरे जाने के बाद ही मिलेगा।

मैं बहुत खुशनसीब हूँ कि भगवान् ने मुझे तुम जैसा होशियार और सुन्दर पुत्र दिया। मैंने तुम्हें सदा ही खुश रखने की कोशिश की किन्तु रख नहीं पायी, यही मेरा दुर्भाग्य है। जब तुम छोटे से थे कभी भी मुझसे एक पल के लिए भी अलग नहीं होते थे। जितनी देर तुम विद्यालय में पढ़ते थे, मैं बाहर बैठी रहती थी। क्या मालूम तुम्हें किस चीज़ की जरूरत पड़ जाए। लेकिन जब तुम दस वर्ष के हुए और तुम्हारे पिता हमें छोड़कर चले गए तो घर चलाने का भार मुझ पर आ गया और मैं मजदूरी करने लगी। तुम तो सदा ही पढ़ाई में अब्बल आते थे। दसवीं कक्षा में तो आस-पास के गाँवों के बच्चों में तुम्हारे ही सबसे अच्छे अंक थे। सब ने कहा तुम्हें शहर पढ़ने के लिए भेज दूँ पर मेरे पास पैसा नहीं था। गाँव के साहूकार ने हमारा छोटा सा घर गिरवी रखकर तुम्हें दो साल तक पैसा भेजने की बात की। तो मैंने तुम्हें शहर भेज दिया। कभी-कभी मैं तुमसे मिलने आती थी। शुरू में तो तुम मुझे देखकर खुश होते थे पर बाद में तुम्हें अपने दोस्तों के सामने मुझसे मिलने में शर्म आती थी। एक बार तुमने मुझसे कह ही दिया- "माँ, अब तू मुझसे मिलने मत आया कर। तेरी एक आँख खराब है ना इसलिए। मेरे दोस्त तुझे देखकर मेरी मजाक उड़ाते हैं। मुझे बहुत शर्म आती है।" उस दिन के बाद से मैं कभी शहर नहीं गई। एक-दो बार तो तू गाँव आया पर फिर धीरे-धीरे तूने गाँव आना भी बंद कर दिया। सुना है अब तो तू बहुत बड़ा डॉक्टर बन गया है और तेरे दो बेटे भी हैं। जरूर तेरे जैसे ही सुन्दर होंगे। काश मैं उन्हें देख पाती। अब तो दूसरी आँख से कुछ दिखाई नहीं देता। एक आँख तो पहले से ही नहीं थी। जब तू दो साल का था पेड़ से गिरने पर तेरी एक आँख में काँटा घुस गया था। हमने शहर के डॉक्टर को दिखाया तो उसने कहा कि तुझे उस आँख से कभी दिखाई नहीं देगा तब मैंने अपनी एक आँख तुझे देकर तुझे फिर से दोनों आँखों से देखने लायक बना दिया। मैं तो एक आँख जाने के बाद भी भगवान् का शुक्रिया अदा कर



रही थी कि अपने बेटे के किसी काम आ सकी। पर, अब मेरी दूसरी आँख भी खराब हो गई है। इसलिए काम-काज नहीं कर पाती हूँ। उम्र अधिक होने से चलना-फिरना कठिन होता जा रहा है। शायद अधिक दिन ना जी पाऊँ। इसलिए आज स्कूल मास्टर जी को बुलाकर पत्र लिखवा रही हूँ उन्होंने ही शहर से तेरा पता लाकर दिया। मालूम नहीं कि तुझे यह पत्र मिलेगा कि नहीं। पर भगवान् से यही प्रार्थना है कि तुझे, तेरी पत्नी व बच्चों को लंबी आयु दे और संसार की सभी खुशियाँ दे।

- तेरी माँ।

पत्र पढ़ते-पढ़ते सुधीर रो रहा था। आज तक जिस माँ की उसे याद नहीं आई उसके जाने के बाद आज आँसू कहाँ से आ गए। उसने तो सदा ही माँ को एक असहाय, कानी, बदसूरत और धिनौनी समझा। माँ का ये रूप भी हो सकता है ऐसा तो स्वप्न में भी नहीं सोचा। हे भगवान् तूने मुझे क्यों इस धरती पर जन्म दिया। मैं तो इस पर बोझ हूँ। इसका कर्जदार हूँ। अपनी माँ का कर्जदार हूँ। कितने भी जन्म क्यों न ले लूँ इस कर्ज को कभी उतार नहीं सकूँगा। काश मैं माँ को समझने में इतनी देर न लगाता। माँ तू तो माँ से भी महान् हो गई, पर मैं बेटा तो क्या इंसान भी न बन सका।

- जयश्री पांडे

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इन्सानियत

मुसीबत पड़ने पर अपना कोई हमदम नहीं होता।
यह दुनियाँ है यहाँ कोई शरीके गम नहीं होता।।

पहुँच पाते वही मंजिल पे अपनी एक दिन आखिर।
भरोसा हिम्मत पर जिनको कभी भी कम नहीं होता।।

कुछ ऐसे दरियादिल भी लोग होते हैं जमाने में।
जिन्हें सब कुछ लुटाने में जरा भी गम नहीं होता।।

न होता भाई-भाई के मकानों का यह बँटवारा।
अगर इंसान अपने भाई से नाआसना नहीं होता।।

गमों के ज़ख्म का भरना कभी नहीं होता।
खुदा के रहम से गर, वक्त का मरहम नहीं होता।।

उसे हक ही नहीं है अपने को इंसान कहने का।
खुदा के दर पे जिस मगरूर का सर खम नहीं होता।।

- रुक्मणी त्यागी

पत्नी श्री जितेन्द्र कुमार

नारी

नारी हूँ मैं अबला नहीं,
स्वरूप मेरा बदला नहीं।
अब भी हूँ ममता की मूरत,
अब भी हूँ लक्ष्मी की सूरत।
अब भी धरती सी सहनशील हूँ,
शीतल जल की मैं एक झील हूँ।



पर ऐ मानव। भूल ना जाना,
भूल के ना तू मुझे सताना।
अब भी हूँ झाँसी की रानी,
दोहरा सकती वही कहानी।
खुद दुश्मन से बच सकती हूँ,
मैं इतिहास फिर रच सकती हूँ।

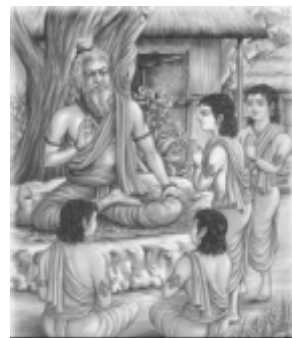
मैं कोमल भी फूलों जैसी,
और सख्त भी शूलों जैसी।
प्यार अगर दोगे तुम मुझको,
तो मैं जीवन महका दूँगी।
और अगर ललकारा तुमने,
तो शूल सी चुभ जाऊँगी।

ऐसा नहीं हूँ कुछ भी जग में,
जो नारी ना कर पाए।
जो ठान ले मन में अपने,
हर कीमत पर कर जाए।
ऐ मानव तू कैसे भूला जिसने तुझको जन्मा हैं,
वो भी तो एक नारी हैं कहता जिसको तू माँ हैं।

- श्रीमती आशा
पत्नी अशोक कुमार

शिक्षा और संस्कार

संस्कार, इस शब्द स्वयं में कितनी मान्यताएँ, कितना ज्ञान और कितने आदर समेटे हुए हैं, यह व्यक्त करना उसी तरह होगा जैसे 'सागर के जल का विवरण देना'। युगों से प्रत्येक प्राणी अपने पूर्वजों से जीवन के अतिरिक्त जो अत्यंत महत्वपूर्ण धरोहर प्राप्त करता है वह संस्कार ही है।



लेकिन हम इस बात को भी नकार नहीं सकते कि आज मनुष्य को संसार में सबसे बुद्धिमान और सुसंस्कृत प्राणी बनने में शिक्षा का सर्वाधिक योगदान है, इसलिए अब प्रश्न यह उठता है कि शिक्षा और संस्कार में कौन ज्यादा महत्वपूर्ण है।

एक मनुष्य कई रूपों का प्रतिनिधित्व करता है। एक परिवार के सदस्य की तरह, एक विद्यार्थी की तरह और एक नागरिक की तरह। लेकिन वह कितना सफल है यह निर्भर करता है शिक्षा और संस्कारों पर। कोई भी मनुष्य चाहे वह विद्यार्थी हो या अन्य किसी क्षेत्र का व्यक्ति, उसे सम्मान, प्रगति तभी प्राप्त होती है यदि उसमें अच्छे संस्कार हैं, वह शिक्षित है।

यहाँ मैं एक साधारण सा उदाहरण देना चाहूँगी। कोई भी बच्चा अगर वह अच्छे स्कूल में पढ़ता है लेकिन बड़ों का आदर नहीं करता, किसी के साथ प्रेम से नहीं रहता, तो सब यही सोचते हैं कि परिवार से अच्छे संस्कार नहीं मिले।

जिस तरह अच्छे संस्कारों का होना इतना महत्वपूर्ण है उसी तरह से शिक्षा का भी मनुष्य के जीवन में उतना ही महत्व है। शिक्षा, एक विद्यार्थी के मानसिक स्तर को बढ़ाती है उसे नई-नई जानकारीयों प्रदान करती है, लेकिन संस्कार उसे गुरुसेवा और नम्रता जैसे गुण प्रदान करते हैं।

शिक्षा एक परिवार को मानसिक व आर्थिक दृष्टि से मजबूत बनाती है, जबकि संस्कार उसे सदस्यों के साथ प्यार से रहना सिखाते हैं। सफल पारिवारिक संबंध अच्छे संस्कारों की ही देन है।

शिक्षा ज्ञान प्रदान करती है और संस्कार उसके उपयोग से एक चरित्र का निर्माण करते हैं। पश्चिमी देशों ने शिक्षा के क्षेत्र में कितनी उन्नति की है लेकिन फिर भी भारतीय संस्कृति सम्पूर्ण विश्व में लोकप्रिय है क्यों ? भारत में कितने विदेशी आए और यहीं के होकर रह गए, क्या इसका कारण यह नहीं कि भारत में शिक्षा से ज्यादा, अच्छे संस्कारों को महत्व दिया जाता है।

शिक्षा एक सैनिक को प्रशिक्षित कर सकती है लेकिन उसमें देश प्रेम और त्याग की भावना तो अच्छे संस्कारों से ही उत्पन्न होती है।

अंत में हम यह कह सकते हैं कि शिक्षा और संस्कार एक-दूसरे के बिना अपूर्ण हैं। संस्कार एक विशाल लहर की तरह है जो अपने साथ अच्छा-बुरा सब कुछ बहा ले जाती है, और जब उस पर शिक्षा रूपी बांध बंध जाता है, तब उसका सम्पूर्ण और लाभप्रद उपयोग संभव होता है।

- अरुणा अगरवाल

धर्मपत्नी, समादेशक एम. अगरवाल

तमन्ना

तमन्ना है ये जमीन पर वतन की,
जो है धूल बिखरी ले सर पे चढ़ाऊँ ,
वतन के लिए जो रतन लुट चुके हैं,
मैं कर याद उनको नये गीत गाऊँ ।

गुलामी की कालिख थी पहले से धो ली।
वे दामन थे खुद मौत थी उनकी चोली।
थी हँस-हँस के सीने पे ली झेल गोली,
शहीदों ने थी खून से खेली होली।।
खिले गुल जो उनकी महक को लुटाऊँ ।

कहाँ आज शेखर की जोश-ए-जवानी,
भगतसिंह की सर-फरोशी कहाँ है ?
कहाँ आज नेहरू के निर्माण की धुन,
अहिंसा के गाँधी की मंजिल कहाँ है ?
कलम भव्य-भावों के मुरझा गये हैं,
मैं भौरों को मकरंद कैसे पिलाऊँ ?

तू उठ ओ वतन तुझको क्या हो गया है ?
खुमारी है क्यों नींद में सो गया है ?
यूँ लगता है रीता है बीता सब कुछ,
पूरब में सब कुछ पश्चिम का हो गया है।
क्या गोविंद गौतम व गाँधी के आदर्श
तेरे नहीं है जो तुझको सिखाऊँ ?
वतन के लिए जो रतन लुट चुके हैं
मैं कर याद उनको नये गीत गाऊँ ।

- भगवान साहू
उत्तम अधिकारी

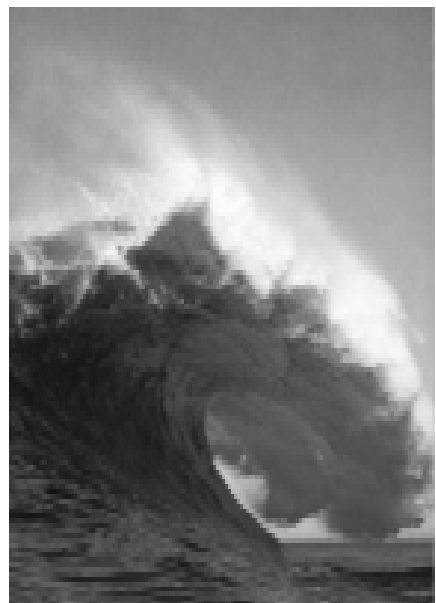
सुनामी का असर

जिस सागर से था प्रेम हमें
अब उस सागर से है खौफ हमें,
सोचा न था हमने कभी
वो सागर कर गया पल भर में ऐसा,
ये और कुछ नहीं बस सुनामी का असर है।।

बेघर हुए कितने अपने,
न ठौर न ठिकाना।
उपजाऊ थी जो जमीन हमारी,
मुश्किल हुआ उसमें कुछ भी उपजाना।।
ये और कुछ नहीं बस सुनामी का असर है।।

खुशहाली थी द्वीप में हमारी,
हरियाली भी थी इसमें।
ना रही खुशहाली, इसमें ना रही हरियाली
फैली चारों तरफ तबाही ही तबाही।।
ये और कुछ नहीं बस सुनामी का असर है।।

- अरुण कुमार
नाविक (क्यू)



आँसू (काव्याक्ष)

अब करुणा कालित हृदय में, अब निकल रागिनी बजती।
क्यों हाहाकार स्वरों में, वेदना असीम गरजती।।

मानस सागर के तट पर, क्यों लोल लहर की घातें।
कल-कल ध्वनि से है कहती, कुछ विस्मृत सी बातें।।

जीवन की जटिल समस्या, है बढ़ी जटा सी कैसी।
उड़ती है धूल हृदय में, जो घनीभूत पीड़ा थी।।

मस्तक में स्मृति सी छा जाती, दुर्दिन में आँसू बनकर।
वह फिर से बरस जाती, मेरे क्रन्दन में बसकर।।

रो -रोकर, सिसक -सिसक कर कहता मैं करुणा कहानी।
तुम सुमन नोचते जाते कहते जानी पहचानी।।

बिजली माला पहने फिर, मुस्कराता था आँगन में।
हाँ, कौन बरस जाता था रस बूँद हमारे मन में।।

गौरव था नीचे आये, प्रियतम मिलने को मेरे।
मैं झूठला उठा अकिंचन, देखे ज्यों स्वर्ण सवेरे।।

- मिलाप चन्द्र उत्तम अधिकारी (केयू ए)

तू मेरा नन्हा लाडला

पल-पल देखें मेरी आँखें तू मेरा नन्हा लाडला
तेरे हर एक शब्द पर मेरे कान लगे हैं
तेरे छोटे हाथ करेंगे एक दिन पूरा मेरा हर सपना
तू मेरा नन्हा लाडला...

सपनों में भी मेरा मन करे तुझ पर आशीषों की वर्षा
सबसे बुद्धिमान बने तू सबका तू आदर्श हो
कथनी-करनी एक हो सबका प्यारा सबसे न्यारा
तू मेरा नन्हा लाडला...

तेरी विश्वास भरी ये नन्हीं आँखें भाव विभोर कर देती हैं।
तेरे नन्हे-नन्हे पग चलना चाहे मेरे ही पदचिह्नों पर
करे विश्वास तू मुझ पर जग में सबसे ज्यादा
तू मेरा नन्हा लाडला...

- श्रीमती किरन, पत्नी श्री जितेन्द्र कुमार

ANDAMAN & NICOBAR REGION



ANDAMAN & NICOBAR REGION



आतंकवाद

आतंकवाद से सावधान ! ये आतंकी है नहीं इंसान,
इन हैवानों से सावधान ! इनका नहीं है दीन-ईमान,
आओ करें, इसका निदान ! जो हो गए है नादान,
सावधान ! सावधान ! आतंकवाद से सावधान ...

सब मजहब है एक समान, ईसाई, सिख, हिन्दू हो मुसलमान,
सबकी शिक्षा एक समान, सबका एक ही मान सम्मान,
हो मसीह, गुरु साहब, राम या फिर रहमान,
सावधान ! सावधान ! आतंकवाद से सावधान ...

उठो, जागो ऐ मेरे वतन, कुचल दो आतंक के इस नाग का फन।
बाँधकर अपने सिर पर कफन, इस आतंकवाद को करो दफन।।
हिंसा नहीं है किसी समस्या का समाधान, डंटकर करो इसका निदान।
सावधान ! सावधान ! आतंकवाद से सावधान ...

बंद करो, खून की होली, गोली नहीं है किसी की पहचान।
मज़हब अलग है तो क्या, खून तो सबका है समान।।
अब उठो, फैंक दो, बरबादी का सामान।
जिससे अपने वतन का बढ़े सम्मान।।
सावधान ! सावधान ! आतंकवाद से सावधान ...



- विनोद कुमार तिवारी, उत्तम नाविक (रेडियो)

.....

स्वस्थ रहने के लिये खायें

- हरी, पीली व नारंगी पत्तेदार सब्जियाँ एवं
- कम से कम एक फल प्रति दिन अवश्य खायें।
- रोजाना खाने से पहले सूप पीयें ।
- भोजन में दही अवश्य लें (सिर्फ सुबह या दोपहर)
- माँसाहारी बहनें मछली का प्रयोग अवश्य करें।
- अकुंरित (sprouted) दाल खायें।
- क्रीम निकला हुआ दूध का सेवन करें।
- शहद का प्रयोग सुबह - सुबह करना काफी लाभप्रद है।



- तुल्सी राम, प्र नाविक

एक अनुभव

आज हम भले ही सांस्कृतिक आस्थाओं की बात करें, परन्तु हमारी परम्पराओं का बेशक अवमूल्यन हुआ है। हमारी आस्थाओं का लगातार क्षरण हो रहा है, हम बौद्धिक दासता स्वीकार करते जा रहे हैं। पाश्चात्य संस्कृति हमारे ऊपर हावी होती जा रही है। हम आधुनिकता के झूठे प्रतिमान अपनाते जा रहे हैं। प्रतिष्ठा की अंधी प्रतिस्पर्द्धा में हम अपनी मौलिकता खोते जा रहे हैं। जीवन का हर पहलू नकल एवं दिखावे से सरोबार होते जा रहे है। खान-पान से लेकर रहन-सहन और पहनावे से लेकर हमारी सोच तक सभी पाश्चात्य संस्कृति के चपेट में आते जा रहे हैं। पीजा और बर्गर, कोल्ड ड्रिंक्स तथा चिप्स हमारी अटूट जरूरत बन गई है। नई पीढ़ी तो शायद यह सब पाकर फूले नहीं समा रही है। एक ओर जहाँ समाज का एक विशेष वर्ग चकाचौंध की चादर में छिपता जा रहा है, वहीं मध्यम वर्ग उसकी नकल के लिए एक योग्य अवसर का वेसब्री से इंतजार कर रहा है। जरा सोचिए, कहाँ रुकेगी यह दौड़, आखिर इस अंधी दौड़ में हम क्या खो और क्या पा रहे हैं? क्या हमारी मर्यादाएँ टूट नहीं रही? क्या हमारा नैतिक मापदंड ढीला नहीं पड़ रहा? क्या विकास के विराट उद्देश्य से हम पीछे नहीं हट रहे? अगर सच पूछा जाए तो सबसे बड़ी चीज जो आज हम खो रहे हैं वह है मानव मूल्य।

इन्ही उधेड़बुन से भरा जब मैं वहाँ पहुँचा तो ऐसे लगा जैसे मेरे हजारों सवालों का जवाब मिल गया हो। वहाँ न कोई छोटा था न कोई बड़ा। न कोई मूर्ख था न कोई विद्वान। अलबत्ता अगर कुछ था तो वह थी असीम शांति एवं मानव मूल्य। सबकी उँचाई एक समान थी, किसी का कोई ओहदा नहीं था। सभी एक ही पाठ पढ़ रहे थे - मानव मूल्य का यह संसार था ब्रह्मा कुमारी ईश्वरीय विश्वविद्यालय वांगुर। ऐसा लग रहा था जैसे मेरी भटकती जिन्दगी में एक नया अध्याय जुड़ गया हो। मैं प्रकाशमान हो चुका था। मेरे अंदर एक अदभुत ज्योति का आभास हो रहा था। कृतज्ञता से मेरी आँखें नम हो चुकी थीं। यह एक अनोखा अनुभव था मेरे जीवन का।

- महेश प्रसाद यादव

अधिकारी

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समय का महत्व

एक साल का महत्व जानना है तो उस विद्यार्थी से पूछो जो इस साल फेल हुआ है। महीने का महत्व जानना है तो उस माँ से पूछो जिसकी कोख में बच्चा पल रहा है। एक दिन का महत्व जानना है तो उस मजदूर से पूछो जो मेहनत करके एक दिन की रोटी के लायक पैसे कमाता है। एक सेकेण्ड का महत्व जानना है तो उस धावक से पूछो जिसने कि जान लगाने के बाद भी दूसरा स्थान हासिल किया हो।

- कुसुम शुक्ला पत्नी श्री एस एन शुक्ला

छोटी-छोटी बातों से सुंदर व्यक्तित्व

1. बैठने का तरीका भी व्यक्तित्व को प्रभावित करता है । न अधिक झुक कर बैठें न अधिक तन कर बैठें । कहीं भी जाये तो सीधे बैठें या हल्की सी टेक लगाकर बैठें ।
2. खड़े होते समय शरीर को ढीला न छोड़ें, पैर सीधे व पास-पास रखें ।
3. चाल संतुलित रखें । न बहुत जल्दी-जल्दी कदम रखें और न ही बहुत धीरे-धीरे चलें । मध्यम गति से छोटे-छोटे कदम रखते हुए चलें । पैरों को पटकते हुए कभी न चलें । शरीर का वजन सामान्य रूप से पैरों के पंजों पर डालें ।
4. बातचीत का तरीका भी व्यक्तित्व को प्रभावित करता है । अच्छा वक्ता होना एक गुण है, परन्तु बातचीत में स्वयं ही न बोलते रहें दूसरों को भी बोलने का अवसर दें । हमेशा धीमी और सधी हुई आवाज में बात करें ।
5. वक्ता होने के साथ-साथ श्रोता भी बनें । दूसरों की बात को ध्यान देकर सुनें और उनकी भावनाओं की कद्र करें ।
6. मित्रों के बीच बैठ कर नाक, कान, दांत न कुरेदें, न ही नाखून कुतरें और न ही टांगे हिलायें ।
7. हँसमुख बनिए क्योंकि हँसमुख लोग सबको अच्छे लगते हैं । परन्तु कभी दूसरों का उपहास न करें ।
8. दूसरों के गुणों, अच्छे कार्यों, अच्छी पसंद की प्रशंसा करें । अपने अवगुणों को त्यागने का प्रयत्न करें व गुणों को निखारने की कोशिश करें ।
9. हमेशा चेहरे पर मधुर मुस्कान बनाये रखें । थोड़ा सा प्रयत्न करने पर ऐसा करने में सफल हो जाएंगे ।
10. किसी कार्य में असफल रहने पर निराश न हों, न ही भाग्य को कोसे । दोबारा प्रयास कीजिए, सफलता अवश्य मिलेगी ।
11. निराशा, क्रोध व चिंता व्यक्तित्व के विकास में बाधक हैं । इनको अपने व्यक्तित्व पर हावी न होने दें ।
12. शारीरिक व मानसिक क्षमता को बढ़ायें । इसके लिए संतुलित व पौष्टिक भोजन लें, हल्का व्यायाम करें, समय से सोयें व समय से उठें ।



-बिमलेश अटिल
पत्नी श्री रवि किरण

संबल

अपने दीपक खुद बनो तुम,
किसी से कुछ आशा मत रखो,
खुद ही पर आशा और विश्वास रखो
यही तो जरूरतें हैं तुम्हारी

अपना संबल आप बनो तुम,
इनको लेकर साथ चलो तुम,
जब साथ छोड़ देंगे सभी,
मुँह मोड़ लेंगे सभी,

अँधेरे में छोड़ देंगे,
तुम्हारा नाजुक दिल तोड़ देंगे,
तब कौन देगा सहारा
तुम केवल इतना करना,
जीवनपथ पर आशा के साथ,

दुनियाँ में मेहनत के साथ,
बस यों ही जीना,
अंधकार में प्रकाश लाना है,
यही तुम्हारा संबल है।

- राजीव भूषण सिन्हा उत्तम नाविक (आर पी)

फर्क

तुझे ले जा रहे थे।
मुझे भी ले जा रहे थे।
तेरे साथ लोग थे।
मेरे साथ भी लोग थे

तुझ पर फूल बरस रहे थे।
मुझ पर भी फूल बरस रहे थे।
तेरे साथ आए लोग रो रहे थे।
मेरे साथ आए लोग भी रो रहे थे।

हम दोनों के नसीब विचित्र थे।
एक दूसरे के बराबर विरुद्ध थे।

फर्क सिर्फ इतना था कि
तू ससुराल जा रही थी,
मैं श्मसान जा रहा था।

- राजवीर सिंह
नाविक (एम ई)

आह्वान देशभक्त का

कोई मशाल जला लो बहुत अंधेरा है,
यहाँ तन्हाइयों का डेरा है,
उठो उम्मीद के चिराग रोशन कर लो
देश पर आतंकवादियों का डेरा है।

गए वो लोग जो उँचाईयों को छूते थे
वतनपरस्तों की दुनियाँ में अपनी पहचान बनाओ
हम देशभक्त नाविकों से ही नया सवेरा है।

बहुत करीब है मंजिल यदि हम एक साथ चलें
जीत अपनी ही होगी यही हमारा नारा है।

- पी.के. प्रजापति, नाविक (आर ओ)

ये चाँद

शहर बहुत पीछे छूटा
सारी रात साथ चले
कुछ यादे और ये चाँद।

अनजानी सी राहो पर
तन्हा फुर्सत के सफर
साथ रहे जी भर के मिले
कुछ यादे और ये चाँद।

थकी पलको में एक पल
लगा सब हुआ ओझल
झुरमुट से तभी बाहर निकले
कुछ यादे ओर ये चाँद।

बहलाया भी समझाया भी
कसमे दी और डाटा कभी
मन के दरवाजे से टले
कुछ यादे और ये चाँद।



- उमेश चन्द्र उपाध्याय
उत्तम नाविक (आर ओ)

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सच्ची प्रार्थना

एक गाड़ीवान ने यहूदी धर्माचार्य रबी बर्डिक्टेव के पास जाकर पूछा - 'महाराज, मैं एक गाँव से दूसरे गाँव गाड़ी हाँका करता हूँ। ये मेरा पेशा मुझे पसन्द नहीं, क्योंकि मैं भगवान् की प्रार्थना के लिए सेनेगाँग, यानी प्रार्थना घर जाने को नियमित समय नहीं दे पाता। मुझे अब यह पेशा छोड़ देना चाहिए, किन्तु इसके अलावा मुझे कोई और रास्ता सूझ नहीं रहा है।'

इस बात को सुनकर रबी ने पूछा- 'क्या गाड़ी चलाते समय तुम्हारी गरीब बूढ़े यात्रियों से कभी भेंट होती है?' उसने जवाब दिया- 'जी हाँ, मुझे गरीब, दीन-दुःखी यात्री मिलते हैं। क्या तुम उन्हें कभी मुफ्त सवारी का अवसर देते हो?' गाड़ीवान ने हाँ कहा। रबी ने कहा- 'तब तुम इस पेशे को हरगिज़ मत छोड़ो।' तुम गरीब लोगों को एक जगह से दूसरी जगह छोड़कर जो पुण्य कर रहे हो वह पुण्य सेनेगाँग (प्रार्थना घर) में प्रार्थना करने से नहीं मिलेगा। क्योंकि दीन-दुखियों की सेवा ही भगवान् की सच्ची प्रार्थना है।

- गजराज सिंह, उ. नाविक (क्यू ए)

नज़ाकत

किबला कोई कुरान की आयत तो देखिए,
हम कर सके खुदा से शिकायत तो देखिए।

बरसात हो या धूप हो, पाबन्दियाँ नहीं,
बेछत की हवादार इमारत को देखिए।

मैदान-ए-जंग जिसने तहलका मचा दिया,
उस सर कटे खबीस की जुर्रत तो देखिए।

मेहमां को लूट कर कहें खादिम हैं आपके
मेहमान नवाज़ी की जरा हद तो देखिए।

ये रोशनी को धूप में निकले हैं खोजने,
इन अक्ल के अंधों की हिमाक़त तो देखिए।

ज़ख्मी किया निगाह ने, जुल्फों ने जान ली,
जो कत्ल हुए उनकी शहादत तो देखिए।

फुँकार से जब साँप की वो बीन बज उठी,
सोये हुए सपेरे की हालत तो देखिए।

अर्थी इधर उठी उधर खिड़की ज़रा खुली,
उस नाज़नीन की नज़रें इनायत तो देखिए।

मुँह से शरन का नाम लिया होंठ जल गए,
जलने का ये अन्दाज़े नज़ाक़त तो देखिए।

—डी बी बी शरण, उ. अधिकारी

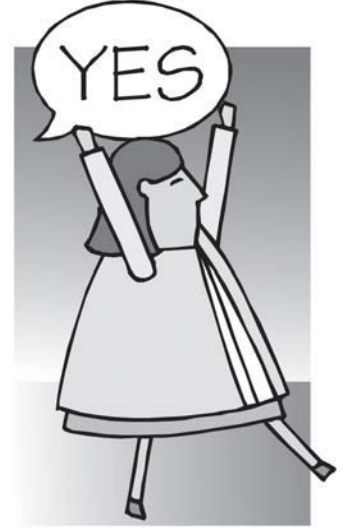


सकारात्मक चिंतन

जिस प्रकार एक मूर्तिकार अपनी सोच से पत्थर के टुकड़े को एक आकृति प्रदान कर उसे उत्कृष्ट मूर्ति बनाता है उसी प्रकार हम सभी भी अपनी अच्छी सोच और अच्छे विचारों से अपने भविष्य को सफल बनाते हैं। जिन्दगी की सफलता और असफलता का कारण भी अधिकतर हमारी अपनी सोच ही रहती है। कहाकवि कालीदास जी ने रामायण में लिखा है कि -

‘जाकी रही भावना जैसी, प्रभु मूरत देखी तिन तैसी।’ अर्थात् इंसान अपने दिल में जैसी भावना रखता है उसे उसी के अनुरूप सब नजर आता है। इसलिए हमें चाहिए कि हम अपने विचारों को शुद्ध रखें। शुद्ध विचारों से ही हमारी अच्छी बुद्धि का निर्माण होता है और अच्छी बुद्धि से ही हमारी पहचान बनती है। इंसान का अच्छा-बुरा भविष्य उसके अपने हाथ में होता है, इंसान की जैसी अपनी सोच होती है उसी के अनुसार उसकी प्रवृत्ति बन जाती है।

हर इंसान की सोच के दो पहलू होते हैं। एक सकारात्मक दूसरा नकारात्मक। एक ही प्रकार की सोच बार-बार दिमाग में आने से इंसान की प्रवृत्ति भी उसी तरह की बन जाती है। आजकल लोगों की सोच नकारात्मक अधिक होती जा रही है। यही कारण है कि आज लूटमार, हत्या तथा बलात्कार जैसी घिनौनी आपराधिक घटनाओं में वृद्धि हुई है। नकारात्मक सोच आपके अंदर घृणा, क्रोध, ईर्ष्या और दुश्मनी जैसी बुरी प्रवृत्तियों को बढ़ावा देती है और उनका बुरा प्रभाव आपकी सेहत पर ही नहीं बल्कि जीवन में भी किसी न किसी रूप में होता ही है साथ ही बढ़ी हुई व्याकुलता के कारण मानसिक रोग एवं उच्च रक्तचाप जैसी बीमारियों के शिकार भी हो जाते हैं। अतः कहना होगा कि बुरी सोच का नतीजा हर हाल में बुरा ही होता है।



नकारात्मक सोच का दूसरा पहलू सकारात्मक सोच रखने वाले लोग हमेशा अपने इर्द-गिर्द हँसी खुशी का माहौल बनाए रखते हैं। वो अपनी अच्छी सोच के चलते बुराई में भी अच्छाई खोज निकालते हैं तथा अपनी छोटी-बड़ी समस्याओं का समाधान शान्ति के साथ सरलता से कर लेते हैं। अच्छी सोच के रहते इंसान के दिल और दिमाग में जो सुख और शान्ति के भाव प्रवाहित होते हैं उनके कारण हृदय रोग और उच्च रक्तचाप जैसी बीमारियों की संभावना बहुत कम हो जाती है। अच्छे सोच-विचार वाले लोग हमेशा खुश रहते हैं और कम बीमार पड़ते हैं। आपने देखा होगा कि कुछ लोग बीमार न होते हुए भी हमेशा बीमार और उदास दिखाई देते हैं, जिसका कारण भी उनकी उदासीन सोच ही रहती है। बुरे विचार और बुरी भावनाओं के कारण शरीर की कार्यक्षमता क्षीण होती है, जबकि अच्छे विचार हमेशा आपकी कार्यक्षमता को बढ़ाते हैं। अतः हमें अपने विचारों के परिवर्तित करने की जरूरत है। बुरे विचारों की जगह अच्छे विचारों को जागृत करना होगा। आपका शुद्ध विचार और शुद्ध दिमाग आपकी हर नेक चाह पूरी कर सकता है। शुद्ध विचार ही अच्छे चरित्र का निर्माण करते हैं।

अब प्रश्न यह उठता है कि हम अपने विचारों को शुद्ध कैसे रखें ? हमें अपने विचारों को नियंत्रण में रखने के लिए अपनी दिनचर्या में साँस वाले व्यायाम करने चाहिए। जैसे- प्राणायाम। ये व्यायाम अपनी साँसों को नियंत्रित कर हमारे विचारों को भी नियंत्रित रखेंगे, साथ ही महापुरुषों और गुरु-ज्ञानियों द्वारा लिखे गए लेखों को समय-समय पर अध्ययन करते रहने से भी हमारे विचारों को शुद्धता मिलती है। अंत में यही कहना चाहूँगी कि आप अपने शुद्ध विचारों के साथ खुश रहिए, आपके चारों ओर का वातावरण अपने आप खुशनुमा हो जाएगा।

- रजनी, धर्मपत्नी स. समादेशक जी सिंह

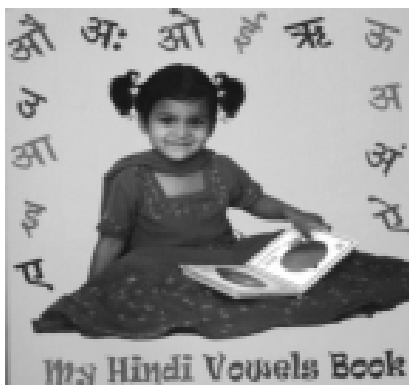
हिन्दी की शान निराली

यूँ तो हर भाषा है प्यारी, पर हिन्दी की शान निराली है
पढ़ने लिखने में ही नहीं बोलने और सुनने में भी प्यारी है
जो अलंकार हिन्दी में हैं अंग्रेजी वैसी कहाँ है, लोगों।
यूँ तो हर भाषा है प्यारी

यूँ ना पराया समझो, हिन्दी को अपना के देखो, लोगों।
जो अपनापन हिन्दी में हैं, अंग्रेजी में वैसा कहाँ है, लोगों।
जो सहजता और सरलता हिन्दी में है, अंग्रेजी में वैसा कहाँ है लोगों
यूँ तो हर भाषा है प्यारी

जो इससे प्रीत लगाता है वो अपना काम बनाता है।
बीच में चाहे आए मुसीबतें, पर अंत में सफलता पाता है।
जो चमत्कार हिन्दी में है, अंग्रेजी में वैसा कहाँ है लोगों
यूँ तो हर भाषा है प्यारी

यूँ न दूर भागों हिन्दी से, देश की शान है हिन्दी
जितनी मिठास नमस्कार में है, Good morning में कहाँ है लोगों।
जो गर्व हमें हिन्दी से है, अंग्रेजी में वैसा कहाँ है लोगों।
यूँ तो हर भाषा है प्यारी



- ज्ञानी लाल प्रधान नाविक (आर ओ)



तटरक्षिका

अगर आप संगिनी हैं एक तटरक्षक की

तटरक्षक बल में कार्यरत् किसी जवान की

तो आप स्वतः ही सदस्या हैं तटरक्षिका की (CGWWA) ।

अगर आप हुनर रखती हैं किसी कला का या कुछ सीखना चाहती हैं...

तो सीखिए और सिखाइए अपनी कला की खुशबू को सुरुचि में (Welfare) ।

अगर आप हस्तकला या शिल्पकला या किसी भी कला में दक्षता रखती हैं

तो अपनी कला को कुछ और संवारिए संचिता में (Work-shop) ।

आप प्रेम करती हैं प्रकृति से...

तो अभिसिंचयन करें प्रकृति का अपने प्रेम से सृष्टि में (Enviorment) ।

अगर आप कुछ समय बाँटना चाहती है,

तो बाँटिए अपने समय को उनके साथ जिन्हें आपके समय व स्नेह की आवश्यकता है (Out reach) ।

अगर आप समझती हैं कि आप अपनी लेखनी से कुछ कर सकती हैं

तो जुड़िए हमारी संचार की टीम से (Communication) ।

अपनी संवेदनाओं, हुनर व समय को यूँ न गवाँओ

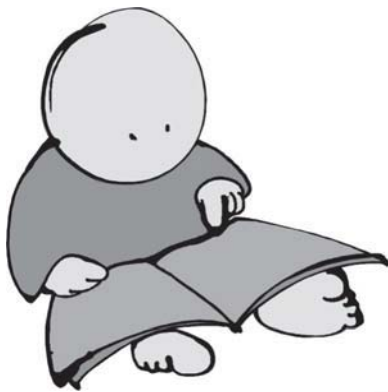
आओ... तटरक्षिका कमेटी से जुड़ जाओ

ENTERTAINMENT

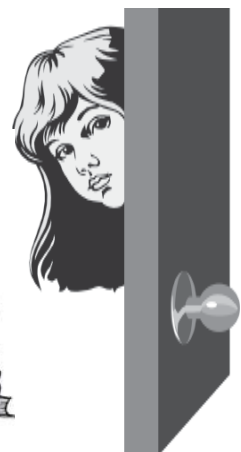


CHILDREN'S ACTIVITIES





Children's Corner



“AN ADVENTURE WITH THE SEA”

Surprises marked my visit to Andaman and Nicobar Islands, where I saw the beautiful so clean and transparent sea – BAY OF BENGAL.

This happened when I was six years old. One day I was playing in the beach all alone, suddenly I heard the voice.

“ Hello, will you be my Friend.”

I would not understand where the voice was coming . I saw everywhere and found the sea talking. It was unbelievable. I replied, “ Oh! Sure, let’s be friends!”

I was very glad and excited. Then the sea started playing with me. I introduced myself to the sea and I asked, “what is your name ?”

The sea proudly told me, “ BAY OF BENGAL ”

Then I curiously asked about its functions. The sea told me about the water cycle. I also came to know many other things. I was very happy to gain so much of knowledge. One day, while I was playing with the sea, it revealed me one of its secrets said, “ Do you know tomorrow is my marriage anniversary !” “ What ?” marriage anniversary of the sea?” I asked surprisingly “ Yes, we water sources like a sea and river marry with each other. I have married with river ‘Krishna!’ explained the sea. But I was astonished.

That night,

I was thinking, “What should I gift to the sea on his marriage anniversary? “ After thinking a lot, I decided to ask my parents.They advised me, “ Ketaki, at present there is a lot of air and water pollution. Deforestation also is taking place so promise the sea that you will try to decrease such threats.” I was satisfied. The next day, when the sea woke up I was the first person to wish him a happy marriage anniversary. They thanked me I said that I was having a present for both of them. River Krishna asked, “What is it?” “A promise!” I replied. “I promise you both that from today I will not waste or pollute water. I will plant more treesand try to decrease air pollution. I promise to share this awareness with my friends, relatives and the uneducated. The sea jumped with joy and revere Krishna said “ Ketki, thank you so much for giving us such as unique gifts.”

“My pleasure.” I confidently replied.

I was overjoyed with the satisfaction of having pledged something very good, Sweet movement filled every day but finally my vacation had ended. It was the last day and then I had to return back to Chennai. I was very sad. The sea asked.



“What happened my friend?”

I replied, “dear sea, now I have to go back to Chennai I will miss you a lot.”

“Why you are getting worried? Don’t you know, I am present in Chennai also?”

“What? Are you so huge?” I wondered . I felt happy.

We said bye to each other. I came to Chennai.

After a week, I insisted my father to take me to marina beach. He took me there. The sea and me were longing to meet each other. Then the sea said, “Ketaki” you have done so much for me I wish to gift you something .” the sea brought before me a pearl and gave it to me. My father appreciated me. My mother made a necklace for me with that pearl. Whenever I touch my necklace I always remember my friend. I will never forget this lovely sweet movement of my life. This event will remain close to my heart for ever.

- Ketaki S. Vaidya

D/o SK Vaidya

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MY EXPERIENCE WITH THE US COAST GUARD

In the month of February 2009, the US Coast Guard Ship Boutwell entered the waters of Kochi to interact with the Indian Coast Guard. I went to visit “Boutwell” along with my friends. The US Coast Guard Ship was very very different from our Indian Coast Guard Ships. We were welcomed by few American Uncle. After that one uncle called Severson took us around the ship. We were very excited when we saw their Torpidos and Missiles. Their Helicopter was also very huge and orange in colour. The pilot uncle unlocked it and showed us inside the Helicopter. Then we went to the Wardroom. Four uncles were watching Television and strong smell of Coffee was coming. We were offered snacks by the people there and as my Daddy’s phone call had come we had to return back soon. So we thanked everybody and returned back. The next day we went to see a Basket Ball match of Indian Coast Guard Vs US Coast Guard, and Guess who won? We won the match. I am so proud to be a part of an Indian Coast Guard family.

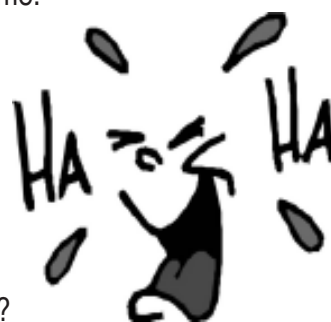


- Utsav Loshali, Class IV

S/o DIG BK Loshali

LAUGH IT OFF

1. Customer : This tea is awful. It tastes like dishwater.
Water : Sorry about that Sir, but could you tell me how do you know what dishwater tastes like?
2. Sonali : OK, you tell me, who can go into a lion's den and come out alive ?
Rupali : A lioness.
3. Customer : What are the charges in your saloon ?
Barber : Fifteen rupees a hair cut and ten rupees a shave.
Customer : Good, give me a shave on the head.
4. Chintoo : I was good today - I didn't throw the peanut shells out of the bus window.
Pintoo : What did you do with them ?
Chintoo : I dropped them in the coat pocket of the man next to me.
5. Gopal : Can you write with your left hand ?
Govind : No, and I can't write with my right hand either.
Gopal : Then how do you write ?
Govind : With a pen.
6. Preeti : What is the different between an ant and an elephant ?
Shruti : Well.... an ant can climb on an elephant but an elephant can't climb on an ant.
7. Teacher : What is the best time to pluck the fruit from a tree ?
Naveen : When the gardener isn't looking.
8. Teacher : Suppose you have three guavas and you eat one of them. How many guavas will you hen have?
Neeta : Three.
Teacher : How is that ?
Neeta : Two outside, one in my stomach.
9. Teacher : Parul, correct this sentence; "It was me that spilt the ink."
Parul : (Thought for a moment) and said; Ma'am it wasn't me that spilt the ink.



BOMBAY BLASTS

The whole India was red,
Jawans of the great Indian Army were dead,
The tragedy, the disaster we can't forget,
Atleast for the young blood shed

People were crying and wanted revenge,
The Government gave them money to bring
their loss to an end,
Many had to go on the path to die,
The whole India was supporting Mumbai!

Many were living but more were late,
Unforgettable was the year 2008,
We can't go back in time to get those great
souls back,
But we should praise their track,
Of prosperity and peace,
We shouldn't forget what they did for our
country - "ATLEAST".....

- Sherry Jain
D/o Comdt (JG) Akshay Jain

MY TWIN SISTER

I have a twin sister.
Who is a little faster? I love her so,
But she gives me a blow.
She is very thin
With a dimpled chin
She's got naughty eyes.
And she makes me cry.
But east or west,
Of course, she's the best

- Tiny Jose

GOD CAN DO EVERYTHING

While everything around me
Is ever-changing, ever-dying
There is underlying all that change,
A living power that is changeless,
Holds all together, that creates,
Dissolves and re-creates,
That informing power or spirit is God.

In the midst of death life persists,
In the midst of untruth, truth persists,
In the midst of darkness, light persists,

Hence, I gather that God is life, truth, light
He is love.
He is Supreme.
I know that I can do nothing
God can do everything.
Oh God, make me your fit instrument
And use me as you will.

- Ansh,
S/o R Thakur,Adh,



VISIT TO MY VILLAGE

It was 7'O clock in the morning, when our car started off towards Chandigarh. It was Ispur where we went. It was my paternal grandpa's village. On the way we came across many well known places like Rock Garden. We saw Sutlej River also. It was fun to wash our hands and faces in this cold water. We visited resorts on the way and suddenly it began to rain. It looked like God had left the shower open. We were almost on the border of Punjab when our tyre got punctured. Somehow, we came to Ispur. Their ways of welcoming were very much different.



We were given sweets to eat. Every time before eating, we had to do pooja. Once, someone brought me khus to drink. It was unbelievable to think that it was made from natural herbs. Usually, I ate omelets in breakfast, but here I had to go along with the tradition. We could not eat egg on Tuesdays, Thursday and Saturdays. We had to wake up at 0600 hrs for pooja everyday. So, according to my routine, I had to set my alarm at 0400 hrs in the morning. It was January and I enjoyed playing there in chilling cold airs. My grandpa also taught me to ride a horse but it was too much for me. My village, according was the Greenest village. It had no pollution. On our journey back home, we visited the Bakra Nangal Dam. I think living in the village, I would be much happier. And I think it has become a routine every two months for me to go there.

- Palaksh Pathak

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MOTHER MEANS?

- M - Million things she does for me.
- O - Optimism that she possesses.
- T - Tears she sheds for me.
- H - Heart that cares for me.
- E - Embedded with Kindness.
- R - Removes thorns from my heart.

- Aditya Pal

S/o Asit Pal, P/Nvk

BADMINTON FACTS

1. It was created by **British** and popular among Asian countries.
2. **147** countries are members of the International Badminton Federation.
3. A badminton player can cover more than **2 km** in just one match! (*For comparison, that's like jogging at a moderate speed for around 30 minutes*)
4. The best shuttles are made of feathers from the **left wing of a goose**.
5. **16 feathers** are used to make a shuttle.
6. The biggest shuttle in the world located at the lawns of the Kansas City Museum. It's 48 times larger than the real thing, with the height of 18 feet and weighing 2500 kg.
7. The Thomas Cup, the men's world team championships, has been won by only three countries since it began in 1948 - **Malaysia, Indonesia and China**.
8. Once known as battledore and shuttlecock, the game as we know it today took its name from **Badminton House in Gloucestershire**, England home of the Duke of Beaufort.
9. Badminton's first debut in the Olympics was in **1992** Barcelona.
10. Chinese and Indonesians have won an incredible **70%** of all IBF events.

Source. A collection from Web pages

*- Ms Priyanka Venkatesh
D/o Comdt SB Venkatesh*

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THE CALENDAR

The Roman calendar began with March. September was the seventh month. November was the ninth month. The calendar had only ten months.

It was Numa Pompilius, the second king of ancient Rome (about 700-600 BC) who added the first two months, January and February.

Indians counted the day from sunrise to sunrise and divided a day into eight parts (PRAHAR) Twelve noon was the end of second PRAHAR (DU+PRAHAR, Hindi)

*- PM Datta
S/o PS Prasad, USE*

SHARING HAPPINESS

Simran was unhappy, “I don’t want to celebrate my Birthday either in an Orphanage or an old age home”. She said to her father grumbling. Father said “Listen Simran, the happiness you will realise here will be much more than those funky parties. Simran and her father were visiting an Orphanage and an old age home. After returning from both the places, Simran felt satisfied. What made her satisfied must be a curiosity for you. The curiosity will be opened by Simran. Now listen what Simran wants to share.

Hello ! I’am Simran and I would like to share my experience on my visit to the orphanage and an old age home.

When I reached the orphanage I was surprised to see so many children of various ages, the youngest was 03 years tiny tot and the eldest was of my age i.e. 12 years. Well it was an orphanage after all. And I was the centre of attraction out there. All the children were looking at me curiously. I got nervous and asked my father “Is there something odd in me?” My father said “Yes, you are odd among them as you are wearing nice clothes and have parents to look after them, they don’t have good food to eat or good clothes to wear. Government and some NGO’s have given shelter to these children as they have no one to look after them. “You are a lucky child to have parents like us” . My father brought goodies and a big cake for the children in the orphanage on the eve of my birthday. The children were very happy as they had not seen such a birthday like that in their life. I was feeling proud for I gave some happiness to the unprivileged children. I said to my father “Really father it was wonderful playing with those children and they are so nice”. Father said “Our journey has not ended dear, now we have to go to an old age home”. I thought, what it would be like there. As we reached there all the old people were happy to see a small and cute child. Once these old people also used to live with their children. I asked my father “why are these old people all living together”? Father said “dear they are all old people, some young people of these days find burden to keep their old parents with them, they forget what their parents had done for them, some have no one to look after.

My father had brought clothes for everyone out there. He told me to distribute them. While I was distributing they were giving me blessings. I now thought it is better to celebrate birthday and anniversaries out in an orphanage and an old age home. But when we celebrate our birthdays in hotels, we invite all privileged children. Now onwards I have decided to celebrate my birthdays in old age homes and orphanages.



Well friends what about you. Where will you celebrate your next Birthday. Hope you will celebrate in an orphanage and old age home and contribute your bit towards the marginalised people.

- Akanksha Sethy
D/o Comdt G Sethy

Did you Know?

1. The safety pin was invented by — Walter Hunt
2. The Fountain pen was invented by — Lewis Waterman
3. The ceiling fan was invented by — John & James
4. The stethoscope was invented by — Rene Hyacith Leannee
5. Joseph Priestly discovered that rubber could erase pencil marks.
6. Lift was invented by — Elisha Otis
7. Light bulb was invented by — Thomas Alva Edison
8. Bicycle was invented by — Kirkpatrick Macmillan
9. Aeroplane was invented by — Wright Brothers (Orville and Wilbur)

- Aditya Pal,
S/o Asit Pai, P/Nvk

FUN SHORTCUTS



MULTIPLICATION BY ELEVEN

To multiply a two –digit number by 11, simply add the two digits together and insert the result in between.

Eg: -	(i)	63×11	(ii)	71×11	(iii)	52×11
		$6+3=9$		$7 + 1 = 8$		$5+2=7$
		Ans =693		Ans = 781		Ans =572

In the examples given above, the two-digits add upto less than 9. What if the two digits add upto more than 9?

When the result is two-digit number, insert the unit's digit of the result between the digits and carry the one to the first digit of the answer.

Eg: -	(i)	28×11	Insert 0 between 2 and 8 to get 208 and carry the 1 to the first digit, 2, to give an answer of 308.
		$2+8=10$	
	(ii)	88×11	We insert 6 between 8 and 8 and carry 1 to the first digit of the number. Ans = 968.
		$8+8=16$	

- PM Datta,
S/o PS Prasad USE

BRAIN DAMAGING HABITS

1. **No Breakfast**

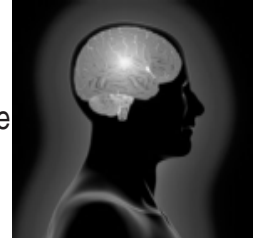
People who do not take breakfast are going to have a lower blood sugar level. This leads to an insufficient supply of nutrients to the brain causing brain degeneration.

2. **Overeating**

It causes hardening of the brain arteries, leading to a decrease in mental power.

3. **Smoking**

It causes multiple brain shrinkage and may lead to Alzheimer's disease



4. **High Sugar Consumption**

Too much sugar will interrupt the absorption of proteins and nutrients causing malnutrition and may interfere with brain development.

5. **Air Pollution**

The brain is the largest oxygen consumer in our body. Inhaling polluted air decreases the supply of oxygen to the brain, bringing about a decrease in brain efficiency.

6. **Sleep Deprivation**

Sleep allows our brain to rest. Long term deprivation from sleep will accelerate the death of brain cells.

7. **Head Covered while sleeping**

Sleeping with the head covered will increase the concentration of CO₂ (Carbon dioxide) and decrease the concentration of O₂ (Oxygen) that may lead to the braindamaging effects.

8. **Working of brain during illness**

Working hard or studying during sickness may lead to a decrease in effectiveness of the brain as well as damage the brain.

9. **Lacking in stimulating thoughts**

Thinking is the best way to train our brain, lacking in brain stimulation thoughts may cause brain shrinkage.

10. **Talking rarely**

Intellectual conversations will promote the efficiency of the brain.

- Bharti Yadav
D/o KK Yadav, Adh

DID YOU KNOW?

Before stamps came into use, it was costly to receive a letter. More often than not, the postage had to be paid by the receiver. Many people sent their message in code written outside the cover of letter so that the receiver did not have to open it and therefore, did not have to pay for it.

The first postage stamp of the world, the 'Penny Black' was issued in Great Britain on 6th May. 1840.

The first postage stamps for general use all over India were issued on 1st July, 1854. The stamps were denominations of half anna, one anna, two annas and four annas portrayed queen Victoria of England.

Till 1926, Indian stamps were printed in London. Then it became the responsibility of the Indian Security Press, Nasik.

- PM Datta, Std-IX,
S/o PS Prasad USE

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SMALLY AND BANTOO

Once upon a time there was a small girl. Her name was Smally. She was very sweet. Smally loved dogs and wanted a small puppy. Her pop brought a little black puppy for her. Smally was very happy. She tied a red ribbon around the puppy's neck and named him Bantoo.

Bantoo was not a friendly puppy. One day Smally pulled its tail and Bantoo got angry. Bantoo crawled under the bed every time Smally came near him. Then the next day Smally pulled him out from his hiding place and Bantoo bit her.

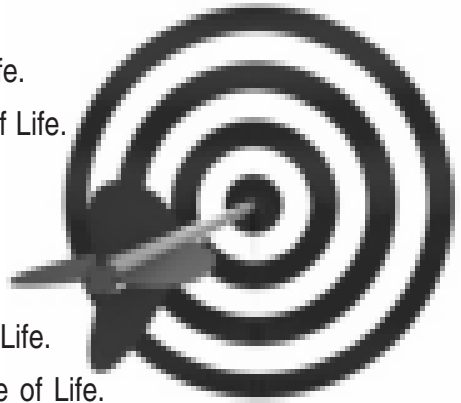
Smally cried and cried. Then pop told her a trick. She wiped her tears and brought one bone for the puppy. Bantoo saw the bone and came to her wagging its tail. Both became best friends.

Moral of the story: We should treat animals kindly and not trouble them.

-Tanya Yadav
D/o Comdt DP Yadav

“GOAL OF LIFE”

Wondering around wonders of world is not the aim of Life.
Living in standard flat, society, custom, is not the fame of Life.
Buying costly costumes, goods is not the aim of Life.
Earning wealth, honour, dignity is not the claim of Life.
Studying IIT, Engineering, PhD etc is not the aim of Life.
Born only to earn and enjoy is not the sensual game of Life.
Terrorism, Adulation, Obscenity is the Dangerous shame of Life.
Famine, Adulteration and Exploitation, is the major lame of Life.
Justification, Honesty and Dedication, is the noble fame of Life.
Studying worthful and truthful Education is the only flame of Life.
Donating Alms and Devoting Prayers, is the only vast claim of Life.
Be Courageous, wise and Creative, is the wanted frame of Life.
Serving with wisdom and helping others, is the greatest aim of Life.
Performing Humanity with health, wealth is the supreme name of Life.
Born to Live, Struggle and then die, is the natural game of Life.



- Md. Kamran Khan,
S/o MS Khan, Pradhan Adhikari

.....

THE FAMILY SONG

Everybody needs a family,
Everybody needs a family,

Family means only love,
Family means only care,
Everybody needs a family,
Oh! Everybody needs a family,

Family means sharing happiness,
Family means sharing Sadness,

Everybody needs a family,
Everybody needs a family,

Family means holding hands,
Family means shaking hands,
Everybody needs a family,
La La la
Hmm.....

- Tanya Yadav
D/o Comdt DP Yadav



CONFESSION OF A KIDS

Little Bobby came into the kitchen where his mother was making dinner. His birthday was coming up and he thought this was a good time to tell his mother what he wanted.

“Mom, I want a bike for my birthday.”

Little Bobby was a bit of a troublemaker. He had gotten into trouble at school and at home. Bobby’s mother asked him if he thought he deserved to get a bike for his birthday. Little Bobby, of course, thought he did. Bobby’s mother wanted Bobby to reflect on his behavior over the last year.

“Go to your room, Bobby, and think about how you have behaved this year. Then write a letter to God and tell him why you deserve a bike for your birthday.”

Little Bobby stomped up the steps to his room and sat down to write God a letter.

Letter 1

Dear God,

I have been a very good boy this year and I would like a bike for my birthday. I want a red one.

Your friend,

Bobby

Bobby knew that this wasn’t true. He had not been a very good boy this year, so he tore up the letter and started over.

Letter 2

Dear God,

This is your friend Bobby. I have been a good boy this year and I would like a red bike for my birthday. Thank you.

Your friend,

Bobby

Bobby knew that this wasn’t true either. So, he tore up the letter and started again.

Letter 3

Dear God,

I have been an OK boy this year. I still would really like a bike for my birthday.

Bobby

Bobby knew he could not send this letter to God either. So, Bobby wrote a fourth letter.

Letter 4

God,

I know I haven't been a good boy this year. I am very sorry. I will be a good boy if you just send me a bike for my birthday.

Please! Thank you,

Bobby

Bobby knew, even if it was true, this letter was not going to get him a bike. Now, Bobby was very upset. He went downstairs and told his mom that he wanted to go to church. Bobby's mother thought her plan had worked, as Bobby looked very sad.

"Just be home in time for dinner", Bobby's mother told him.

Bobby walked down the street to the church on the corner. Little Bobby went into the church and up to the altar. He looked around to see if anyone was there. Bobby bent down and picked up a statue of the Mary. He slipped the statue under his shirt and ran out of the church, down the street, into the house, and up to his room. He shut the door to his room and sat down with a piece of paper and a pen.

Bobby began to write his letter to God.

Letter 5

God,

I'VE KIDNAPPED YOUR MAMA. IF YOU WANT TO SEE HER AGAIN, SEND ME THE BIKE!!!!!!



DISASTER BY RAIN

Once my friend along with her family was going to her village in the state of Orissa. The journey was during monsoon season. She took a train for going there. She fully enjoyed the train journey, as everything was looking lush green outside the window with rain pouring heavily. After reaching the nearest railway station, then she took an auto rickshaw till her village. She was just on the way that she saw they are moving ahead towards a traffic jam



ahead. This made her surprise that a jam on a village road! On going further ahead, they saw that her rickshaw was passing a big pot-hole just near her. She was again shocked! She again thought “Why is there a pig pot-hole nearby? Is there some construction going on”? A couple of minutes later she saw many trees fallen down. She also saw trucks near picking up trees. Again she was surprised, she thought “Now why are the trees fallen down”? Getting too many surprise and shocks on her way, she got tired and slept. It was like just seconds before she closed her eyes and was awoken by her father. She knew that her village had come and they had to get off the auto. As soon as she stepped out, she was stunned; totally thinking what she saw was not true. She saw a total disaster in her own village. She saw “Many houses broken, people crying” There were many policemen that helped them to cheer up. They were supplying food and shelter to those who were now (according to me) homeless. She felt a little comfortable when she saw members of her family were safe. But on the other hand, she was sad for those who were now homeless.

I prayed to God to help the people and not let the mother earth spread her anger on the innocent people.

- Shatakshi Chamoli, Class VII C

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THE WOUNDED DOG

One day I saw a dog scratching all over his body. It had developed some wounds because of scratching. I could see pain in his eyes. It hurt me and tears rolled down my eyes. It was making a deep low sound. I asked my papa to call the Veterinary Doctor. When my Papa called up the Doctor, he said call after sometime. We felt helpless as we couldn't relieve the dog's pain. I was very sad that day.

After a few days I saw the dog playing with the other dogs, it made me happy. And I understood that God was the great Doctor who helped the little dog to recover on its own.

- Shantanu Hebbar,
S/o Commandant AA Hebbar

जरा हँसिये

- रामू - यहाँ से रेलवे स्टेशन जाने में कितनी देर लगती है ?
श्यामू - वैसे तो आधा घंटा लगता है पर मेरे कुत्ते ने देख लिया तो 10 मिनट में पहुँच जाओगे।

* * *

- जेलर - (कैदी से) तुम्हारी आखिरी इच्छा क्या है ?
कैदी - मुझे आम बहुत अच्छा लगता है, वह खाने की इच्छा है।
जेलर - लेकिन यह तो शीत ऋतु है, आम के लिए बहुत समय है, उसके लिए बहुत इन्तजार करना पड़ेगा।
कैदी - वह भी कर लूँगा।

* * *

- डॉक्टर - क्या बात है ?
मरीज - डॉक्टर साहब मुझे कुत्ते ने काट लिया है।
डॉक्टर - तुम्हें मालूम नहीं है कि मैं शाम सात बजे के बाद किसी मरीज को नहीं देखता।
मरीज - मालूम है, लेकिन यह बात कुत्ते को नहीं मालूम थी।

* * *

- पड़ोसन - मैंने कहा क्या कर रही हो बहन ?
दूसरी पड़ोसन - झाड़ू लगा रही हूँ।
पड़ोसन - यहीं आकर लगा लो कुछ गपशप भी हो जाएगी।

* * *

- राम - मैंने शपथ ली है कि आज के बाद मैं कभी झूठ नहीं बोलूँगा ?
मोहन - राधा की माँ तुम्हें बुला रही है।
राम - उनसे कह दो कि मैं घर पर नहीं हूँ।
मोहन - लेकिन तुमने तो अभी कभी झूठ न बोलने की शपथ ली है।
राम - हाँ... हाँ... ठीक है ! शपथ तो मैंने ली है तुमने नहीं।



- शताक्षी चमोली
पुत्री कमांडेंट विनोद चमोली

परिश्रम का फल मीठा

एक बार हमारे शहर में लॉयन्स क्लब ने एक मैराथन रेस का आयोजन किया। क्लब ने रेस में जीतने वाले प्रतियोगी को एक हजार रुपये इनाम देने की भी घोषणा की।

उस दिन से मेरे विद्यालय में मेरे कई साथी प्रतियोगिता जीतने के लिए अभ्यास में जुट गए। विद्यालय में मेरे कुछ ऐसे भी साथी थे जिन्हें अपने आप में बहुत घमण्ड था। वे सोचते थे कि वे रेस में बहुत अच्छे हैं, उन्हें रेस में कोई हरा नहीं सकता। वे हमारे उन साथियों पर हँसते थे जो लगन के साथ प्रतियोगिता को जीतने का अभ्यास कर रहे थे।

लगन के साथ अभ्यास करने वालों में मेरा एक मित्र भी था जो इस प्रतियोगिता को बहुत गंभीरता से ले रहा था। उसका नाम था हाकिम। वह बहुत गरीब लड़का था। उसके माता-पिता का देहान्त हो चुका था, व उसका लालन-पालन उसकी दादी करती थी। दादी बहुत परिश्रम करती और हाकिम की पढ़ाई में कोई कमी न आने देती। अब दादी थोड़ी बूढ़ी हो गई थी और उनकी आँखें भी कमजोर हो गई थी। जब से हाकिम ने इस प्रतियोगिता के बारे में सुना, उसने अपने आप से यह प्रण कर लिया कि वह हर हाल में यह प्रतियोगिता जीत कर ही रहेगा और इनाम के पैसों से अपनी दादी का ईलाज करवाएगा।

आखिर प्रतियोगिता का दिन आ ही गया। हाकिम ने माँ सरस्वती का ध्यान कर प्रतियोगिता में भाग लिया, रेस शुरू हुई। घमण्ड में चूर मेरा साथी सबसे आगे था। उसे विश्वास था कि प्रतियोगिता का इनाम तो उसे ही मिलेगा। दूसरे स्थान पर हाकिम भी रेस जीतने के लिए अपना पूरा जोर लगा रहा था। तभी अचानक से उस घमण्डी साथी का पैर मुड़ गया और वह जमीन पर गिर पड़ा तथा जोर से रोने लगा। हाकिम जो अब पहले नम्बर पर दौड़ रहा था, उसने पीछे मुड़कर देखा और उस साथी को सहारा देकर मैदान के किनारे ले गया। लेकिन अपने साथी की मदद करने की वजह से वह रेस में पिछड़ गया, जिसका उसे बहुत दुःख हुआ क्योंकि आज उसका रेस जीतने के लिए दस दिन तक किया गया कठिन परिश्रम बेकार हो गया था।



जब पुरस्कार बाँटने का समय आया तो वह मायूस होकर घर जाने लगा। तृतीय व द्वितीय पुरस्कार पाने वाले प्रतियोगियों के नामों की घोषणा हो रही थी कि अचानक उसे पैर चलते-चलते रुक गये, क्योंकि प्रथम पुरस्कार पाने वाले प्रतियोगी का नाम हाकिम लिया जा रहा था। हाकिम अपना नाम सुन कर दौड़कर स्टेज पर गया। क्लब के अध्यक्ष ने बताया कि हाकिम ही प्रतियोगिता के प्रथम इनाम का हकदार है क्योंकि उसने अपने रेस की परवाह किए बिना अपने मित्र की मदद की।

हाकिम पुरस्कार पाकर बहुत खुश था क्योंकि अब वह इनाम के पैसों से अपनी दादी का ईलाज करवा सकता था।

-अभिषेक मौर्य,
कक्षा-7 (सी)



भारत माँ के रखवाले

भारत माँ के बच्चे हैं, हम भोले-भाले,
पूर्व हो या पश्चिम, गोरे हो या काले।
सारा भारत है, अपनी धुन का मतवाला,
भारत माँ के बच्चे हैं हम, भारत माँ के रखवाले।

- सोनू यादव,
सुपुत्र श्री गजराज सिंह

अगर चाहते हैं तो

बोलना चाहते हैं तो
सच और मीठा बोलिए।
लेना चाहते हैं तो सिर्फ,
आशीर्वाद लीजिए।
देना चाहते हैं तो नीची,
निगाहें करके दीजिए,
जीतना चाहते हैं तो अपनी,
तृष्णाओं को जीतिए।
मारना चाहते हैं तो बुरी,
आदतों को मारिए।

- सुधांशु मुमार,
पुत्र - गुलाबचन्द

आलेख भैया

मेरे सबसे प्यारे भैया, आलेख भैया। उम्र 24 वर्ष, लम्बाई 5'11", साफ दिल और आर्मी कैप्टन। जब भी वे मुझसे मिलते उनके पास मेरे लिए कुछ तो जरूर होता। हमारा पूरा परिवार, यानी की दादू, दादी, छोटे दादू, छोटी दादी, चाचू, चाची, मेरे मम्मी, पापा, मेरा छोटा भाई और मैं। सब एक ही घर में रहते। वैसे तो आलेख भैया मेरे चाचू हैं पर मैं उन्हें अक्सर भैया कहकर ही बुलाता। घर में मुझे डांटने वाले बहुत हैं मगर बचाने वाले सिर्फ आलेख भैया। वे भारतीय सेना के सबसे जवान कैप्टन और दिखने में किसी हीरो से कम नहीं। सदी हो या गर्मी उनकी दिनचर्या में कोई बदलाव नहीं आता। सुबह चार बजे उठकर दौड़ना, फुटबाल खेलना उसके बाद नहाकर पूजा करते और फिर अपने कार्य के लिए ऑफिस चले जाते। फिर कुछ ऐसा हुआ, जो हम सब को सन्न छोड़ गया, भैया के पापा यानी कि छोटे दादू नहीं रहे। भैया एक महीने तक गुमसुम तथा परेशान रहे। फिर धीरे-धीरे समय के साथ सब-कुछ ठीक सा हो गया।

मेरे स्कूल में मार्च पास्ट की प्रतियोगिता थी। भैया ने मुझे जमकर ट्रेनिंग दी और मेरी टीम स्कूल प्रतियोगिता में विजयी रही। भैया नहीं होते तो ये सब-कुछ न होता। घंटों बिताए हमने, मेरे मार्च पास्ट की तैयारी करने में। मेरे गृहकार्य, प्रोजेक्ट आदि में वे मेरी मदद करते। फुटबाल तथा क्रिकेट उनके संग खेलना तो बस क्या कहना सब को अपने साथ बाँधकर रखते। सब कुछ सामान्य चल रहा था कि पता चला एक दिन पड़ोसी देश ने हमला बोल दिया। मेरी अर्द्धवार्षिक परीक्षा चल रही थी। पढ़ न सका। फिर कुछ हफ्तों बाद सेना मुख्यालय से एक फोन आया। फोन मैंने सुना। मेरी आँखों से आँसू रुकने का नाम नहीं ले रहे थे। किसी ने पूछा, "बेटा क्या हुआ", तो मेरे जवाब देने से पहले ही टी.वी. पर हैडलाइन्स आई कि भारतीय सेना के जाँबाज कैप्टन "आलेख" जीत के साथ अपनी शहादत छोड़ गए। फोन को काँपते हाथों से रखते हुए मैं यही सोचता रहा कि क्या आलेख भैया सच में नहीं रहे ?

- पलाक्ष पाठक, कक्षा-7



Tough Question



Humorous Answers



BADAPARDA.COM

YOUNUS

Roll no - 420

Q1 Explain digestive system ?

ans Its a process that start with right hand & ends with left .

Q2 What is the chemical formula for water ?

ans h,i,j,k,l,m,n,o (h to o).

Q3 Till when second world war was fought ?

ans from page no 26 to page no 43 .

Q4 Who was Bhagat Singh?

ans Ajay Davegan, Bobby Deol, Manoj Kumar ,etc

Q5 Who was Adlof Hitler ?

ans this person.



0
10

$$c = a + b + d$$

$$c = (\pi \cdot 8 \cdot (2 \cdot 10^3) + 3\alpha + 2 \cdot 3 \ln 11)^{\frac{1}{2}}$$

$$c = (\pi \cdot 8 \cdot \log \frac{1}{2 \cdot 8} + 3\alpha + 6 \ln 11)^{\frac{1}{2}}$$

$$c = \left[\int_{x_1}^{x_2} \sum_{i=1}^n \alpha_i dx + \frac{3[(3+7x)^2 + 6 \cdot 3\pi]}{(5+y)(8+z)+1} + 6 \ln 11 \right]^{\frac{1}{2}}$$

$$c = \left[\int_{x_1}^{x_2} \sum_{i=1}^{i=10} \frac{(3+7x)^2 + 6 \cdot 3\pi}{(5+y)(8+z)+1} dx + \frac{3[(3+7)^2 + 6 \cdot 3\pi]}{(5+y)(8+z)+1} + 6 \ln 11 \right]^{\frac{1}{2}}$$

$$c = \left[\int_{x_1}^{x_2} \sum_{i=1}^{i=10} \frac{(3+7x)^2 + (\beta - 180^\circ) + 3\pi}{(5+y)(8+z)+1} dx + \frac{3[(3+7x)^2 + (\beta - 180^\circ) + 3\pi]}{(5+y)(8+z)+1} + 6 \ln 11 \right]^{\frac{1}{2}}$$

$$c = \left[\int_{x_1}^{x_2} \sum_{i=1}^{i=10} \frac{\sqrt{3+7x} + (\beta - 180^\circ) + 3\pi}{\frac{(5+y)(8+z) + \log 8}{10 \cdot 2 - 6\pi - 1}} dx + \frac{3[\sqrt{3+7x} + (\beta - 180^\circ) + 3\pi]}{\frac{(5+y)(8+z) + \log 8}{10 \cdot 2 - 6\pi - 1}} + 6 \ln 11 \right]^{\frac{1}{2}}$$

$$c = \sqrt{\left[\int_{x_1}^{x_2} \sum_{i=1}^{i=10} \alpha_i dx + \frac{3[\sqrt{3+7x} + (\beta - 180^\circ) + 3\pi]}{\frac{(5+y)(8+z) + \log 8}{10 \cdot 2 - 6\pi - 1}} + 6 \ln 11 \right]^{\frac{1}{2}}}$$

$$c = \sqrt{\left[\int_{x_1}^{x_2} \sum_{i=1}^{i=10} \alpha_i dx + \frac{3[\sqrt{3+7x} + (\beta - 180^\circ) + 3\pi]}{\frac{(5+y)(8+z) + \log 8}{10 \cdot 2 - 6\pi - 1}} + 6 \ln 11 \right]^{\frac{1}{2}}}$$

$$c = \sqrt{\left[\int_{x_1}^{x_2} \sum_{i=1}^{i=10} \alpha_i dx + \frac{3[\sqrt{3+7x} + (\beta - 180^\circ) + 3\pi]}{\frac{(5+y)(8+z) + \log 8}{10 \cdot 2 - 6\pi - 1}} + 6 \ln 11 \right]^{\frac{1}{2}}}$$

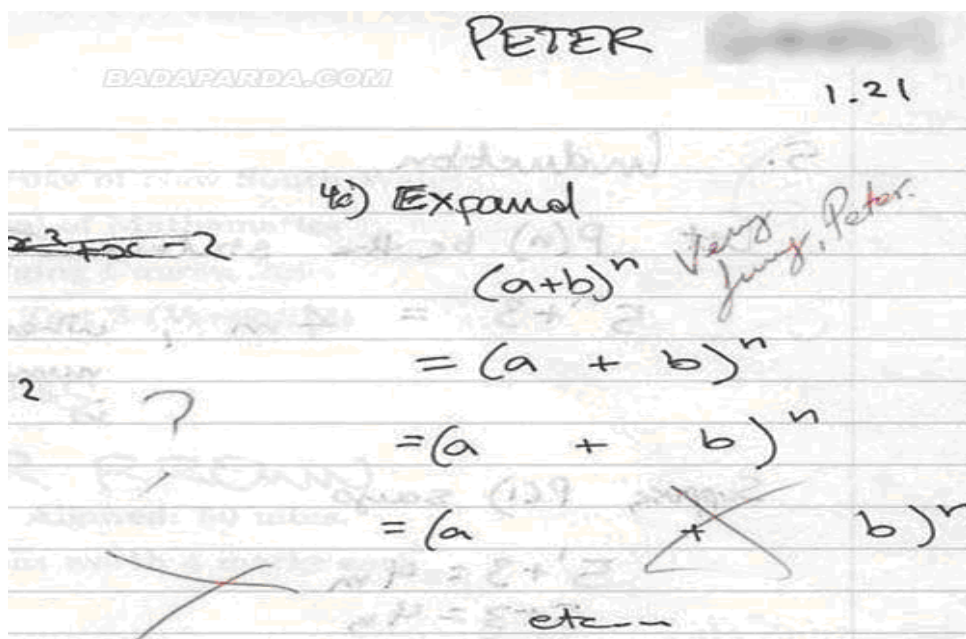


Solving equation by one Blondie:

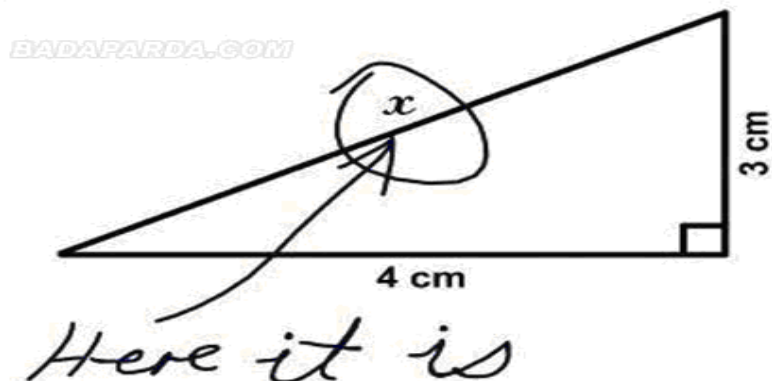
$$\frac{1}{n} \sin x = ?$$

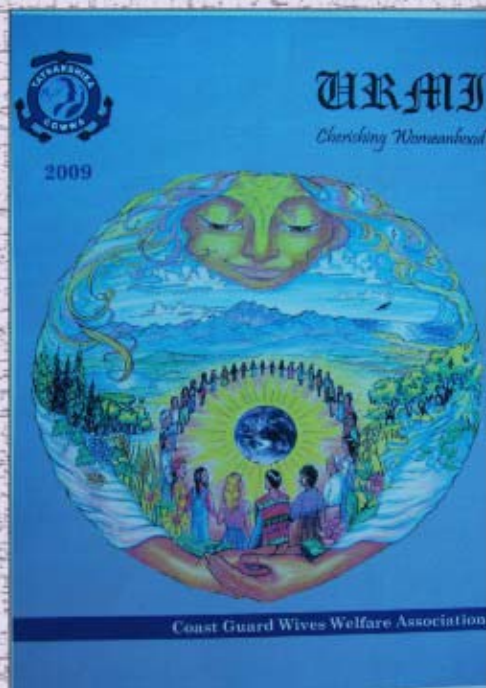
$$\frac{1}{x} \sin x =$$

six = 6



3. Find x.





JASLEEN WALIA



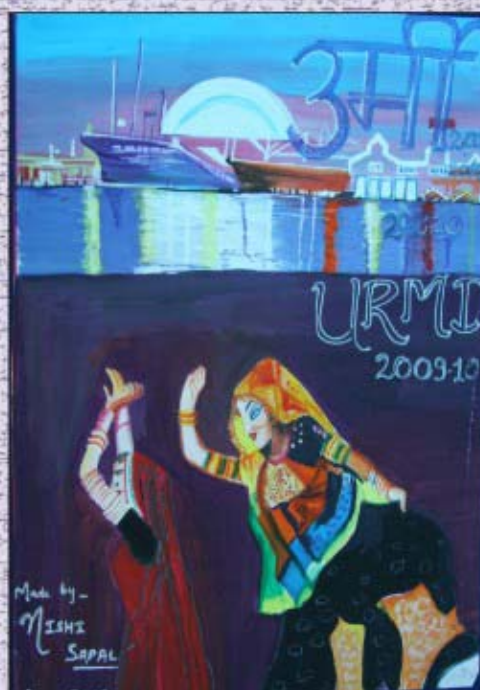
CGRSD, PORT BLAIR



CGWWA, DAMAN



NISHI SAPAL



NISHI SAPAL



NEELIMA BADOLA

