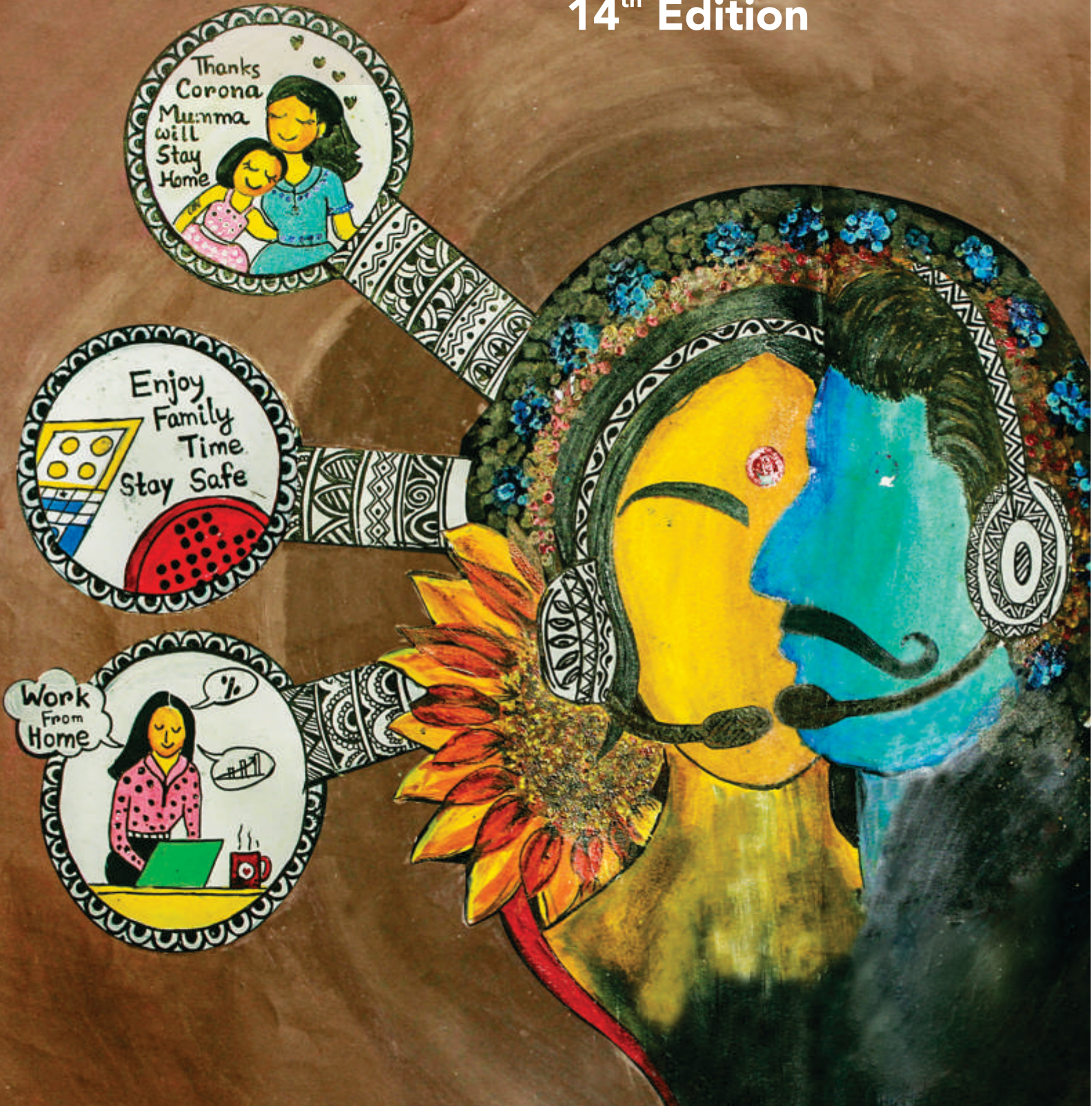




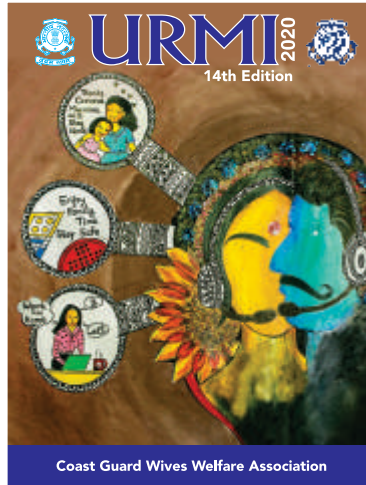
URMI 2020



14th Edition



Coast Guard Wives Welfare Association



TREASURED VIEWS

Man – Woman's face has been illustrated with red bindi depicting URMJ's "I"

Man and Woman when co-operate and understand each other completely and share their responsibilities then the family as a whole grows and progress happens.

'I' has been emphasised as finding our own Identity as a woman - -Be it a working woman, a homemaker, a good mother, a good wife , a great daughter but most importantly a good human being. As a woman, we play multiple roles and we can describe ourselves as amalgamation of all souls in one body.

In this fast paced and competitive life, we keep running after success, money and other materialistic things and by doing so our family, dreams, aspirations and small but important things that provide actual happiness are left far behind. The pandemic and lockdown has brought back these true happy moments of our life which really helped us to have greater bonding with our family members and our loved ones.

Madhubani design has been envisioned to give the cover page a traditional, festive look. Though we can't celebrate our festivals the way we used to but those times will always remain in our hearts as precious memories to cherish.



Design by,
Mrs. Sutrishna Modak
w/o Comdt(JG) Pratip Modak
CO, Rajtarang



**PRESIDENT
TATRAKSHIKA**



**VICE PRESIDENT
TATRAKSHIKA**



**TATRAKSHIKA PRESIDENT
WESTERN SEABOARD**



**TATRAKSHIKA PRESIDENT
EASTERN SEABOARD**



**REGIONAL PRESIDENT
TATRAKSHIKA (NW)**



**REGIONAL PRESIDENT
TATRAKSHIKA (E)**



**REGIONAL PRESIDENT
TATRAKSHIKA (A & N)**



**REGIONAL PRESIDENT
TATRAKSHIKA (W)**



**REGIONAL PRESIDENT
TATRAKSHIKA (NE)**

GOVERNING BODY



तटरक्षिका गीत

हम हैं, संग हैं, हम हैं ।
हम हैं, संग हैं, हम हैं ।
मिला कर चले जो कदम से कदम
भारत के जांबाज तटरक्षकों के संग
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग ।।
वो तटरक्षिका हैं हम,
तटरक्षकों के संग हैं हम
हरी –भरी धरा को अब,
मिल–जुल कर देंगे प्रगति का रंग
मिल–जुल कर देंगे प्रगति का रंग
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ।
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ।
ठाना है हमने, करेंगे नव निर्माण
करेंगे नव निर्माण
दिलाएंगे हर नारी को नई पहचान
विद्या की रोशनी से चमकाते जहां
स्वस्थ, स्वच्छ भारत का सपना पूरा हो यहां
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ।
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ।
बुलंद हौसलों से, उन्नति सुबहो शाम
उन्नति सुबहो शाम
सशक्त तटरक्षकों का फैलाएं पैगाम
जननी भी हम, संगिनी भी हैं हम
ममता भी हम, शक्ति भी हैं हम
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ।
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ।
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग ।
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग

DIRECTOR GENERAL INDIAN COAST GUARD



महानिदेशक भारतीय तट रक्षक

Director General

Indian Coast Guard

महानिदेशक के नटराजन, रा.त.प, त.प

DG K Natarajan, PTM, TM

FROM THE DESK OF DIRECTOR GENERAL

I am honoured to pen down my thoughts for the 14th edition of annual CGWWA publication "URMI".

Since inception of Coast Guard Wives Welfare Association, Tatrakshikas have been in the forefront of social cause in sync with the motto '**Self Help**' and every member has been voluntarily contributing time, talent and skills towards betterment of the quality of life within the Coast Guard community.

My compliments to the editorial team of "URMI" who could make the release of this edition possible during the global COVID-19 pandemic. They deserve the special mention for their impressive efforts in breeding and cultivating the theme of this edition - "**Basics of Living and Happiness**", something that we learned to value especially during the pandemic times.

I take this opportunity to place on record my sincere appreciation for the initiatives taken by CGWWA fraternity in making voluntary contribution towards the PM CARES fund and its efforts in spreading awareness to fight against pandemic. By such **Invaluable Innovative Initiatives**, Tatrakshikas have once again demonstrated their **Strength, Support** and **Sympathy** for the Coast Guard fraternity and society at large.

Jai Hind!



(DG K Natarajan)

PRESIDENT TATRAKSHIKA



MESSAGE

I feel humbled to share the 14th edition of URMI of our self-reliant organisation CGWWA. Through this edition our editorial team has highlighted the theme of the year namely “Basics of Living and Happiness”. I would like to acknowledge our team URMI, editorial board, contributors and readers for their constant support and efforts towards the making of this annual magazine even during the pandemic situation.

As the world is struggling with the pandemic condition and the effects has even reached our homes, we all are sailing in the same boat. Through this platform, I take this opportunity to extend my heartfelt empathy for the victims of the worst health crisis in a century. Let us not forget that our ladies have been on all fronts to fight the situation, and are balancing our family onuses during the prolonged quarantine period alongwith professional duties. Let us congratulate ourselves for sailing so far safely during this time. Amidst this situation, I urge our readers to focus towards creating, developing, planning a healthy living environment in order to achieve happiness around us. We must practice positive approach, boost self-confidence, build resilience, make ourselves available for those in need and stand together for our fraternity.

Through this forum, I thank Vice President Tatrakshika, both the Tatrakshika Presidents of seaboards and all the Regional Tatrakshika Presidents for contributing and bringing innovative ideas towards this edition. I extend my best wishes to all the members of CG family.

“Happiness is not something ready-made. It comes from your own actions.”
- Dalai Lama

Happy Reading!

A handwritten signature in cursive script that reads "Jayanthi".

Mrs Jayanthi Natarajan
President Tatrakshika

VICE PRESIDENT TATRAKSHIKA



MESSAGE

“Basics of Living and Happiness” is the very thing that has kept our family strong since inception.

It gives me immense pleasure as Vice President CGWWA to see this edition of URMI-2020 congregating this beautiful theme with the yearly souvenir of CGWWA. The wide spectrum of articles gives me a sense of pride as it reflects the creative potential our ladies possess.

I would like to congratulate the editorial team which has played integral role in bringing out this edition despite COVID-19 restrictions on meetings and get-togethers. Amidst the pandemic situation, the enthusiastic participation of all Tatrakshikas in CGWWA activities testifies its significant place in our lives.

I have been witness to the sincere efforts of our members, taking lead for strengthening and shaping CGWWA over years and “URMI” is one of the finest such efforts. I look forward to all of us coming together stronger and taking legacy of CGWWA to greater heights.

The disruption caused by the COVID-19 is around and I know many are anxious, worried and confused. All of us have a responsibility to follow medical advice and take precautions and also not to panic. Until, the spread of this pandemic is weakened or we get vaccinated, we must act together to slow down the spread of virus and look after each other.

“ Be strong now, because things will get better.
It might be stormy now, but won't rain forever”.

On behalf of entire Tatrakshika family, I wish all the members happiness, prosperity and good health.

Happy Tatrakshika Day, Jai Hind.

Mrs Chitra Chafekar

Vice-President Tatrakshika

PRESIDENT TATRAKSHIKA EASTERN SEABOARD



MESSAGE

The efforts of all Tatrakshikas for being resolute and persistent at the time of pandemic outbreak are indeed praiseworthy. I staunchly believe that it is “WE” who have come so far together as a team, it will be “WE” who will make a remarkable contribution to Coast Guard fraternity.

This year’s theme of URMI “Basics of Living and happiness” has truly brought out how simple and happy our life can be, though with restricted life style in present scenario. URMI is a reflection of all the phases experienced by the families of CG fraternity while continuously supporting their better halves, who are serving the nation whilst at sea. This platform has always kept motivation of all CGWWA members high while utilizing the added earnestness and enthusiasm of new members.

I am also delighted to highlight that CGWWA has always achieved its goal towards cooperative spirit and welfare of all. There is no field which is untouched by this organisation whether it is at family front, society or nation at large.

CGWWA’s initiative towards education, welfare and other fields has shown its valuable connectivity to the women of the organization and CG fraternity. It has cemented the bridge between the two so well that the outcome shall always be rewarding for mankind. I am certain that the CGWWA as an organisation is going to transcend exponentially while taking all along.

I rejoice and extend my heartfelt gratitude to the team ‘URMI’ and celebrate the occasion with grandeur for such a bouquet of splendid collection.

Best Wishes and Warm Regards.



Mrs Neela Pathania
President Tatrakshika
Eastern Seaboard

PRESIDENT TATRAKSHIKA WESTERN SEABOARD



MESSAGE

I am delighted and honoured to share my views through this vibrant edition of 'URMI' with this year's theme, "Basic of Living and Happiness".

Social developments, education, access and availability of technology have aided in culture development, however the basics of community and social living remain same ie, care, support and bonhomie just akin to a large joint family. This also supports the ideology of basic of living and happiness.

Over the years, we Tatrakshikas have stood to the demands of our husband's profession and way of life. We have not only taken care of frontiers of our home but also extended our support to the community. I must mention that we have continued with our good efforts and support towards our families and community despite prevailing COVID-19 situation.

The magazine 'URMI' is an obeisance to the enthusiastic endeavours and unassailable persona of Tatrakshikas. It is an essence of our thoughts, talents and cultural representatives.

I extend my appreciation to all those who have come forward and contributed towards this magazine, with special mention of the editorial team for bringing this fine edition of URMI.

Wishing everyone good health, happiness and blissful life.

A handwritten signature in blue ink, which appears to read "Nidhi".

Mrs Nidhi Bargotra
President Tatrakshika
Western Seaboard

PRESIDENT TATRAKSHIKA NORTH WEST



संदेश

“संगच्छध्वम् संवदध्वम् सं वो मनांसि जानताम्
सबको साथ लेकर चलें, सबकी सुनें और मिलकर सोचें।”

यह वेदवाक्य हमें प्रेरणा देता है कि हम मन, कर्म और वचन से अपने प्रयासों में सामूहिकता का संचार करें, क्योंकि सामूहिकता में शक्ति होती है और सामूहिकता से सबका विकास होता है।

आज हमारा देश कोरोना के कारण उत्पन्न विभिन्न संकटों से तो जूझ ही रहा है, सीमा पर उत्पन्न नई बाधाएँ भी किसी से छुपी नहीं हैं। ऐसे समय में सामूहिकता की सार्थकता कहीं अधिक बढ़ जाती है। भारत का प्रत्येक नागरिक अपने स्थान पर पूरी लगन, ईमानदारी और निष्ठा के साथ देश और समाज के प्रति अपने कर्तव्यों का निर्वाह कर रहा है, इसलिए मेरा यह पूर्ण विश्वास है कि हम शीघ्र ही सभी संकटों और बाधाओं को पार कर विश्व में अपना अलग स्थान स्थापित कर लेंगे।

सामूहिक प्रयासों की इसी शक्ति से भारतीय तटरक्षक के साथ-साथ तटरक्षिका संगठन ने भी पिछले वर्षों में पर्याप्त प्रगति की है। हमारी वार्षिक पत्रिका 'उर्मि' भी इसी सामूहिकता को दर्शाती है। 'उर्मि' हमें तटरक्षिका संगठन की विभिन्न गतिविधियों से तो अवगत कराती ही है, यह हम सबको जोड़ती भी है, अपनी प्रतिभा को निखारने और उसको प्रदर्शित करने का मंच प्रदान करती है। विभिन्न रोचक तथा ज्ञानवर्धक जानकारियों को एकत्र करके सुव्यवस्थित रूप से प्रकाशित करने के लिए 'उर्मि' का संपादक मंडल निश्चित ही बधायी का पात्र है।

शुभकामना सहित

राह लंबी विपुल बाधा, आगे मगर बढ़ती रहो।
सखी सबको साथ ले, ऊँचाइयाँ चढ़ती रहो

दीपा पाल
तटरक्षिका अध्यक्षा
उत्तर-पश्चिम

PRESIDENT TATRAKSHIKA EAST



MESSAGE

It is my distinct pleasure and great honour to be part of an esteemed Organisation 'CGWWA'. The organisation has always been committed to its motto of 'Self Help' and continues to be so even today.

The Annual Magazine Urmi has given a platform to portray the milestones achieved by CGWWA and the prolific creativity and ingenious imagination of not only the CGWWA members but also the entire Coast Guard fraternity. Urmi is the result of sheer hard work and dedication of so many members of the CGWWA family.

"Basics of Living and Happiness" as this year's Urmi's theme will enlighten every reader on to focus on long term happiness and positive approach to life. The COVID-19 pandemic has laid our lives bare and has forced us to appreciate our most essential needs and our highest values. It has revealed a vast sea of kindness and benevolence in our communities around the world and it's time to mobilise this goodness into our subconscious.

CGWWA has grown by manifold and contributed towards women empowerment, child education, widow welfare, health care, social welfare and environmental conservation. I express my deep gratitude to all the CGWWA Members who have nurtured this institution for decades and contributed selflessly in all facets of Coast Guard Community.

My hearty wishes to all ladies and their family members for peace, health, happiness and prosperity in future endeavours.

Priya Paramesh

Mrs Priya Paramesh
President Tatrakshika
East

PRESIDENT TATRAKSHIKA A & N



MESSAGE

Dear Readers,

“Greetings from Tatrakshikas of A&N region”

“Feminism isn’t about making women strong. Women are already strong, it’s about changing the way the world perceives that strength”. Coast Guard Wives Welfare Association has undoubtedly inspired women and filled them with a desire to achieve something worthwhile. Women make a family and they create a better world and through URMI the pillar of support of our CG families get a chance to showcase their talent and believe in themselves. As the ideas shared through URMI inspire every woman of this esteemed organisation.

CGWWA at A&N region has such inspirational women who selflessly volunteered by helping everyone to be engaged and creating the sense of belongingness amidst this COVID pandemic.

URMI-20 has come with a theme most relevant to the present scenario “Basics of Living and Happiness”, as the world is fighting this tough situation we need to cherish those moments that brings smile and value each and every person who make our lives better and worth living. I would like to extend my wishes to the editorial team of “URMI-20” for bringing out this edition and summarizing all the events. Happy Reading!!!



Mrs. Mohita Pathak

President Tatrakshika

Andaman & Nicobar Island

PRESIDENT TATRAKSHIKA WEST



MESSAGE

At the outset, I would like to extend my best wishes and greetings to all Tatrakshikas on the successful publication of 'Urmi-2020'. It is indeed a proud moment for me to be a part of this wonderful platform 'Urmi' which has enabled us to share our thoughts and stay connected. Our roles have become even more challenging and demanding in finding ways and means to keep our families safe and healthy during this Covid-19 Pandemic. Hence, the theme for this year has also been rightly set as "Basics of Living and Happiness". I am sure this edition will help us in enhancing our understanding towards basics of living and finding happiness in our day to day activities.

The role and responsibility of CGWWA has been changing with time. I am glad and overwhelmed that all Tatrakshika members are doing their best in helping each other coping with the changes and sharing their thoughts. I am confident that 'Urmi' will continue to give us a sense of belongingness, make us feel lively and enjoyable.

I sincerely acknowledge with gratitude the contribution of CGWWA for their role as a supporting pillar behind our warriors and continuously working in the direction of women empowerment, welfare, community support, health care, education and environment protection. My best compliment to the editorial team for bringing out an excellent edition which reflects true spirit of cohesiveness and innovation.

May the Almighty bless us all with good health, success and happiness in all our future endeavours.

Happy Reading. Jai hind.

A handwritten signature in blue ink that reads 'Badola'.

Mrs Neelima Badola
President Tatrakshika
West

PRESIDENT TATRAKSHIKA NORTH EAST



MESSAGE

"Strong women believe in self, reach the goals, NOTHING, NOBODY will ever hold her down. This is her time to SHINE".

It gives me immense pleasure in posting my message for the forthcoming edition of 'URMI', with the most relevant theme showcasing CGWWA activities **"Basis of Living and Happiness"** during such trying times.

It is the talent coupled with innovation and diligence of our vibrant Tatrakshikas that has kept our welfare activities pulsating and progressing in the larger interest of the organisation. As we rush along life's fast lane, there is no doubt that CGWWA members will excel in developing self-reliance and confidence which is the hallmark of harmonious and close-knit CG fraternity.

On behalf of the CGWWA Region North-East, let me also take the opportunity to convey very warm felicitations for the new edition of 'URMI', thereby complementing the editorial board for their undaunted efforts in bringing out this fine publication.

I also extend warm greetings on the occasion of **'Tatrakshika Day'** to all members and their families.

Wishing all 'Good Health'.

A handwritten signature in blue ink, reading 'Kavita Harbola'.

Mrs Kavita Harbola
Regional President
North East

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WE CARE FOR HUMANITY

Coast Guard Wives Welfare Association

COVID-19: CGWWA donates Rs. 1.5 lakh to PM Cares Fund

As you all are aware we always stand not only for our CG family but for the entire nation. Indian Coast Guard Wives Welfare Association (CGWWA) on Monday 30th Mar 20 contributed Rs 1.5 lakh to Prime Minister Cares Fund to further strengthen the government's efforts in tackling the pandemic COVID-19.

The CGWWA with its motto "Self Help" aims at empowering ICG women through varied educational and skill development programs including soft skills. CGWWA has also been extending their assistance to women & children from the underprivileged society through various schemes and has also been very actively extending assistance during natural disasters.



ACHIEVEMENTS

The CG Play school has got recognition as a registered Coast Guard Play School, Goa by the Director of Education Goa vide letter no. DE/PLG/Pre-Pry/Mor/Reg/2020/222 dated 23 Jun 2020.

मैं एक तटरक्षिका

एक नया अध्याय खोलती हूँ
अपने सुख की बातें बोलती हूँ
हाँ रहती हूँ कभी कभी अकेले
कभी कुछ हफ्ते कभी कुछ महीनें

कभी कभी साल भी गुजर जाता है
मेरा आत्मविश्वास थोड़ा और निखर जाता है
मेरे साथी पर है अनगिनित जिम्मेदारियाँ
नहीं होता हर वक्त वो सुनने को बच्चों की किलकारियाँ
मगर मैं बेचारी नहीं गर्विता हूँ
हाँ मैं तटरक्षिका हूँ

हर दिन देर से क्यों हो आते
छुट्टियों में शिमला क्यों नहीं ले जाते
इन उलाहनों से मेरा कोई वास्ता नहीं
मैं संगिनी हूँ अर्धांगिनी हूँ आश्रिता नहीं

अडिग हूँ निर्भय भी
रखती हूँ कोमल हृदय भी
घर के भीतर मैं अपनी गृहस्थी की अन्नपूर्णा
घर से बाहर नहीं मेरी उपलब्धियों की कोई तुलना
इच्छाओं महत्वाकांक्षाओं को पनपने देती हूँ
कर्तव्यों से उनका सामंजस्य बिठा लेती हूँ
खुशियों से समझौते नहीं करती दूँड लेती हूँ उन्हें
संस्कारों में बंध के भी मेरी उड़ान न रुके

कदम से कदम मिला के चलूँ अपने तटरक्षक के
न कमजोर पड़े वो कभी मुझे हरदम ध्यान रहे
मेरे संघर्ष मेरा कष्ट नहीं मेरा अभिमान है
तटरक्षिका कहलाना मेरे लिए सम्मान है
देश के गर्विले तटरक्षक की भार्या हूँ
हर्षित हूँ कि मैं गर्वित तटरक्षिका हूँ

प्रीति वाजपेयी

EDITORIAL TEAM





Presenting 14th Edition of Urmi ELUCIDATION



“Pleasure in the job puts perfection in the work” – Aristotle

Dear Readers,

This year when the times are at the worse, the world is fighting against a threat. The nature has given us an opportunity to change our lifestyle and nurture the inner happiness in us. This is a significant year, reminding us to be humane.

It gives a great pleasure and honour and a big privilege to bring out another edition of “Urmi”, which focuses mainly on **“Basics of Living and Happiness”**. For the past few years, people forgot to live a peaceful life because of their busy schedule. As a cyclic process, nature itself gave us an opportunity to enjoy the rhythm of life, experience all the happy moments in our life and be the person one wants to be.

In these difficult times, we have kept the spirits high. Eventhough we could not meet physically in a place the virtual support and motivation strengthened everyone. The CGWWA helped us to have bonding with each other. We were ever ready for meeting the requirements of each other.

The activities of CGWWA used to be conducted in the yester years could not have happened this year. But we are blessed to have plenty responses from all the regions in terms of articles, writeups, etc. We are extremely grateful for these responses received from all the regions, which helped us in shaping of this edition of “Urmi”.

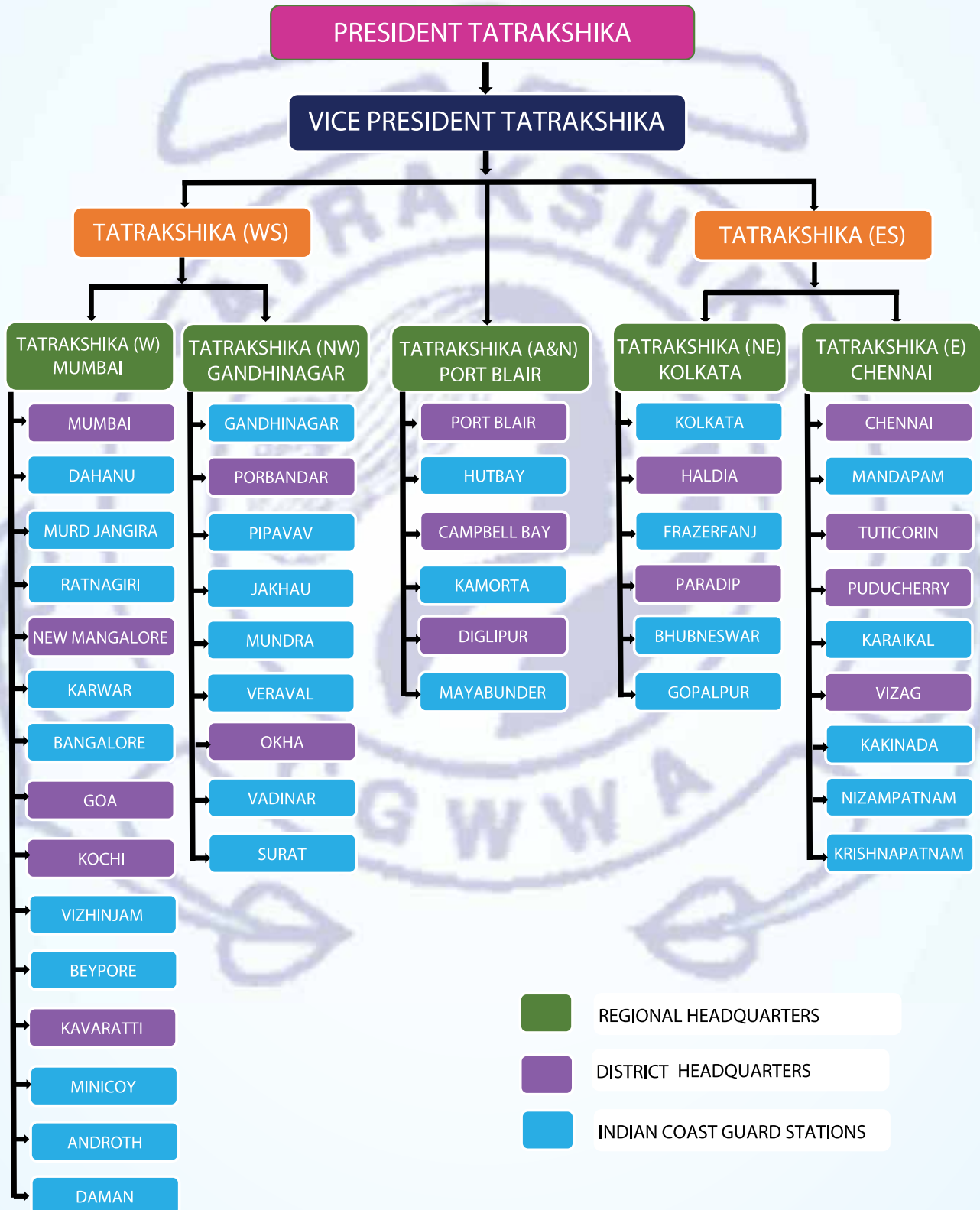
As editors, we express our earnest gratitude to Mrs. Jayanthi Natarajan, President Tatrakshika and Mrs. Chitra Chafekar, Vice President Tatrakshika for their valuable guidance and motivation provided for moulding this edition.

We hope that reading of this edition will be a joyful moment for our readers.

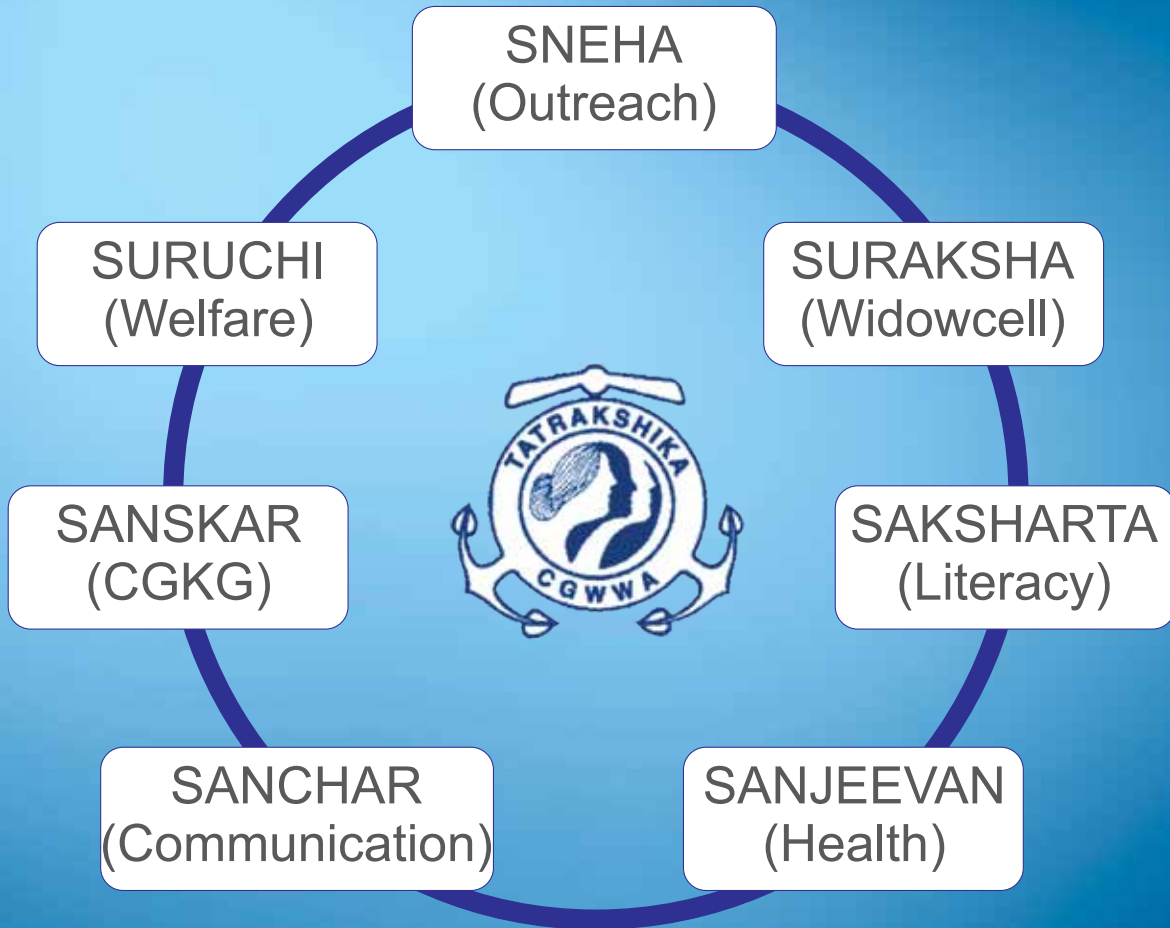
Be happy, stay safe.....

Deepika Bhatia
Indhu V
Amita Singh

TATRAKSHIKA ORGANIZATIONAL CHART



COAST GUARD WIVES WELFARE ASSOCIATION



ANNUAL ACTIVITIES OF CGWWA AT A GLANCE

CGWWA is an organization which knits the Coast Guard family together. It has become a phenomenal way to connect with each other irrespective of caste and creed and support each other to fly their wings. We learn we grow we share a strong bond through CGWWA activities. We not only assume different roles and responsibilities in the society but work together cohesively to improve the quality of life within the Indian Coast Guard fraternity.

CGWWA HEADQUARTERS (DELHI)

SL	PORTFOLIO	NAME
01	PRESIDENT	MRS. JAYANTHI NATARAJAN
02	VICE PRESIDENT	MRS. CHITRA CHAFEKAR
03	TREASURER	MRS. BEENA KURIAN
04	SECRETARY	MRS. MONIKA KATHURIA
05	WEB CO-ORDINATOR	MRS. ANITA SHARMA
06	SURUCHI	MRS. ANU SAINI
07		MRS. SUCHETA BANERJEE
08		MRS. REENA RAJAN
09	SANJEEVAN	MRS. GEETA CHAUHAN
10		MRS. SHIKSHA GAUTAM
11	SANSKAR	MRS. MANJARI SINGH
12		MRS. SUMEENA UPADHYA
13	SURAKSHA	MRS. AMAN DEEP KAUR
14		MRS. KAVITA YADAV
15	SANCHAR	MRS. DEEPIKA BHATIA
16		MRS. INDU RAJESH
17		MRS. AMITA SINGH
18	SAKSHARTA	MRS. GEETA NEGI
19		MRS. NEELAM BHAHUGUNA
20	SNEHA	MRS. VIJAYA NEGI
21		MRS. SHAGUFTA SYED

A special Tatrakshika Milan was organized by the Tatrakshika Delhi to bid farewell to the outgoing Vice President Mrs. Sunita Nautiyal on 30th December 2019 at Arkaja, Noida. The theme for the event was "Sanskriti Ki Ek Jhalak"

SURUCHI

This period witnessed a number of interesting demonstrations and workshops:

Garbha Classes were organized by Mrs. Vidya Raj in the month of October 2019. Self Grooming demonstration was given by Mrs Kamlesh. She showcased the party ready make-up. Different hairstyles for long and short hair were also demonstrated. They felt encouraged to usher the forthcoming festivities in their best look.

Diwali mela was organized on 19th October 2019 to depict the vibrance of festivity. Suruchi team enthusiastically set up stalls of decorative items and eatables respectively. Suruchi team accomplished their aim of encouraging in – house talent by keeping the decorative items like decoupage and bakery items made by our own tatrakshikas.

25th Tatrakshika day was celebrated by the ladies of CGHQ on 29th November 2019. The movie "Bala" was screened for the Tatrakshikas on this occasion at Arkaja, Noida. Urmi 2019 was also released on this occasion. Gifts were distributed to the ladies of the team welfare. Cake cutting ceremony marked the silver jubilee celebrations followed by lunch at the new CGWWA Community Hall which was inaugurated by President Tatrakshika at the welfare Center.

Various demos were conducted from time to time like Baking and Icing of Black forest Cake, moong dal khasta kachori, bajre ki tikki and laddoo at Arkaja, Kalyan Kendra. They shared very useful tips with the participants and distributed the printouts with recipe.

On 16th February 2020, CGWWA organized a

talent show during troops get together. Children performed enthusiastically and their participation were appreciated by one and all.

A demonstration of Palazzo Pant stitching was conducted on 20th February 2020. Mrs Anju demonstrated the cutting and stitching of a Palazzo and straight pant. They all appreciated and enthusiastically participated. Some ladies tried their hands on cutting their own Palazzo Pants.

Dr Sumeena Upadhyay conducted the lecture on Basic strengthening exercises for muscles to improve elasticity on 17th March. During the lecture, she demonstrated various exercises which can be undertaken easily at home for Pain relief and muscle strengthening. The event was well appreciated by the participants for its usefulness in day to day life.





SANJEEVAN

On 6th February 2020, a Health checkup camp on 'Bone Density' was organized for CG fraternity in association with Manas Hospital at Kalyan Kendra, Sector 23, Noida. President Tatrakshika graced the occasion at medical camp and 88 members attended the health checkup camp. Consultation with the General physician was coordinated. Weight, blood pressure and sugar tests were also carried out in addition to bone density test.



SNEHA

The outreach programme was conducted on 17th March 2020 at the Desire Society (Orphanage), Sector 92, Noida, to extend our care and support towards HIV-affected orphaned young children.

Kids were very happy to find Team Sneha amongst themselves. Children were overjoyed to receive toys and games as gifts. They also happily accepted sweets and snacks. The children of the orphanage and the caretakers of the orphanage society expressed their sincere gratitude towards the CGWWA fraternity for their continuous love and support. The children while interacting with the team assured that they will work hard for their forthcoming examinations. The conduct of activity was undertaken under the able guidance of Tatrakshika President, Mrs. Jayanthi Natarajan. She encouraged the Team Sneha to continue with this noble deed.



SAKSHARTA

14 Tatrakshikas successfully completed NTT and PTT course. Classes were held at Arkaja, sector 23, Noida. CGWWA tied up these courses with the LAL BAHADUR SHASTRI, a government recognized institute.

Spoken English Classes for ladies and children were conducted at CGWWA welfare center, Noida.

The meritorious students of Delhi were awarded certificate and trophies of 2018-19 Academic Year

in Troops get together 2020. The certificates and trophies were awarded by President Tatrakshika, Mrs. Jayanthi Natarajan. The Nursery and Primary Teacher training courses for ladies commenced on 21st September 20 till April 21.



SANSKAAR

The Coast Guard Kindergarten, Noida aims to instill curiosity, holistic development and also to make children explore the world of nature through a multitude of activities conducted throughout the year.

On 19th December 2019, Christmas was celebrated in the CGKG with lot of fervour. Significance of the festival was told to the children through stories and carols. Teacher dressed up as Santa Claus gave away their Christmas treats.

Important festivals of the month like Sankranti, Republic Day and Baisakhi were celebrated in the special assembly. Significance of the festivals and related art activities were held. Pink Colour day was celebrated on 15th January 2020 to make the children acquainted with the colour. Handwriting performance was conducted on 17th January to improve the writing skills of children.

Annual Sports day was held on 24th February 2020 at Children's Park in Tatrakshak Vihar. "One Team One Dream" was the theme for the Sports Day. March past, flower drill, creative races, grand finale were the highlights.

On 6th March, Graduation Day function was held for the outgoing U.K.G students. Good luck badges and certificates were awarded for various performances held. From 17 to 19th March 2020, workshops were also held on various aspects of teaching and learning like communication skills, art and craft, indoor and outdoor games and activities to improve motor skills, memory power, concentration etc. The workshop was conducted by the in-house teachers and attended by all the teachers of school. Due to ongoing pandemic, classes were taken through whatsapp mode.



SURAKSHA

On the occasion of Diwali, president Tatrakshika distributed diwali sweets to all the ladies.

An educational grants of ₹ 3000/- was given to Master Bavisaya Pawar, S/o Mrs. Poonam on 6th December 2019.

SANCHITA

In the month of September, a two day sale was organized in the CGKG premises and the sale was a big hit.

Sanchita is closed permanently as on 30th June 20.

SANCHAR

Urmi 2019 was released on Tatrakshika Day 29 November 2019 and the theme was "Parenting in the changing world"

Sanchar team also released the Tatrakshika Sandesh on 10 July 2020.

CGWWA CGHQ ACTIVITIES



CGWWA NORTH WEST

SL	PORTFOLIO	NAME
01	PRESIDENT	MRS DIPAL PAL
02	VICE PRESIDENT	MRS ALKA MAKWANA
03	TREASURER	MRS SUJATA GAJRAJ
04	SECRETARY	MRS RIYA RANJAN
05	SURUCHI	MRS NEELAM CHAUHAN
06		MRS SANGEETA SHARMA
07		MRS ARPNA KADAM
08	SAKSHARTA	MRS SARASWATI ANBERSAN
09	SANJEEVAN	MRS ANJANA SATRUJEET
10	SNEHA	MRS DIVYA SHRIVASTAVA
11	SANCHAR	MRS RUCHI SINGH
12		MRS SHALINI AGGARWAL

DHQ - 1



MRS AMARDEEP CHAUHAN

ICGS VERAVAL



MRS RAJBALA CHAUHAN

ICGS PIPAVAV



MRS UNNATI PATEL

CGRPT (SURAT)



MRS SHUSHMA DEVI

DHQ-15



MRS ARCHANA SHARMA

ICGS JAKHAU



MRS MEGHA SAFAYA

ICGS VADINAR



MRS NISHI NIKHARIYA

ICGS MUNDRA



MRS SHUSHMA SHISHODIA

SURUCHI

GANDHINAGAR

On 14th Nov 19, Children's Day was celebrated by organizing a DJ evening for the children of Coast Guard. On 28th Nov 19, a visit of President Tatrakshika (WS), Mrs. Chitra Chafekar was there so a Milan with a theme "JHALAK GUJRAT NI" was organized. The event was followed by the cake cutting ceremony to mark the 25th anniversary of CGWWA with President Tatrakshika message being read. The event had corner decoration competition wherein best decorated corner was awarded.

Ladies picnic was organized to Tirupati Rushivan adventure park, Himmatnagar on 01st Dec. Due to the ongoing COVID 19 lockdowns, an online "KABHAAD SE JHUGAAD" (Best out of Waste) competition was conducted by the welfare team for all the Tatrakshikas and kids to promote stay at home and be creative in the month of April. With effect from 25 Mar 20 due to the COVID -19 scenario, no milans and gathering took place so farewell gifts were sent to the ladies of CG PERSONNEL on transfer and retirement from the service in the month of March, April, August and September.



PORBANDAR

A demo on home remedies related to skin problems was conducted. A Salad making and decoration competition was also organized to celebrate Tatrakshika day on 29th Nov 19.

On 25th Jan 20 to celebrate Republic Day, Sports Day for children and ladies was organized at CGAE football ground.



SURAT

On 07th Dec 19, to mark the International Coastal Cleanup Day and ongoing efforts of "Swachh Bharat Abhiyan", a Coastal Clean-up Drive was organized at Dumas Beach, Surat by CGWWA. Swachhata pakhwada was also organized. A visit to flower show at M/S L&T premises was arranged for the CGWWA team.



OKHA

Toran Making activity was arranged. CGWWA members organized Swachhah Seva programme in the month of Nov 19. A demo on "Embroidery Work" was conducted on 31st Jan 20 for all tatrakshikas.



MUNDRA

On 24th Dec 19, an activity based on Christmas theme was conducted by using disposable paper plate and colours for CG wards and CGWWA ladies.

On 08th Mar 20, Greeting card making competition and indoor amusement games were held in which all the members participated with great zeal and enthusiasm.



VADINAR

A Mehndi competition for CGWWA ladies was conducted in pollution response shed. Winners were awarded with amazing prizes. A demonstration was organized on Jewellery making and flower making with waste cloth.



JAKHAU

In the month of Oct, Kitchen garden competition was organised and Garba dance programme was also organized on Navratri in community hall.

On 06th Nov 19, a badminton match was conducted for the ladies for promoting physical fitness. The event was greatly enjoyed by the ladies. On 31st Dec 19, a lecture on Single Use Plastic was conducted to spread the awareness amongst the Coast Guard fraternity. On 30th Jan 20 "Cutting and tailoring classes" was conducted by Mrs. Kamlesh at CGWWA Centre CGRA Naliya. CGWWA members attended the class daily and learned the advance techniques of cutting and tailoring.



VERAVAL

On 13th Nov 19, Demo on mouth watering Chat and Suji Pitha was given by Mrs. Rinku. Aarti thali decoration competition was organised among CGWWA members. Christmas day also celebrated with full energy in CGWWA centre.



SANJEEVAN GANDHINAGAR

Bone Density test camp was organized at MI Room on 06th Nov 19.

Eye screening camp and lecture was organized on the special occasion of 43rd Coast guard raising day in collaboration with TEJ Eye Care Centre

on 11th Jan 20. A demonstration on CPR (FIRST AID) was conducted by surgeon Lt. Cdr. Narsimha Rao. The main objective was to create awareness among Tatrakshikas about the first aid (CPR) and AED on 23rd Jan 20.



PORBANDAR

On 30th Nov 19, Physiotherapy Camp was organised at DHQ-1 MI room by Physiotherapy Specialist Dr S K Sidharth and his team. An informative talk and demo on First Aid was organised. Information on Corona virus and measures to prevent it, were shared at the GWWA centre.



SURAT

A highly interactive and informative health lecture was conducted by Dr Gunjan Bala Sahni, MBBS, MD (OB-GYN) at Akruiti Bunglows. She elaborated on

how to identify the symptoms of various diseases like breast cancer, thyroid etc. Towards the end of the lecture, Tatrakshikas clarified their doubts and took counselling on their specific issues from Dr Sahni.



JAKHAU

A medical lecture was delivered by Station Medical Officer, Surg Lt Sri Harini Balla at community hall, CGRA and considering the importance of oral hygiene, a free Dental check up camp was organised at CGRA NALIYA.



VERAVAL

On 25th Jan, blood donation camp for CGWWA members was conducted with the assistance of medical officer. Health prep-talk was delivered on the importance of maintaining right Nutrition in the body on 30th Jan 20.



SNEHA

GANDHINAGAR

CGWWA (NW) team with President Tatrakshika (NW) visited 'Creches on wheel' (An initiative of NGO named Earth Kids) to celebrate Makar Sankranti on 14th Jan. Basic health checkup of kids was also done by the Coast Guard (NW) medical team.



PORBANDAR

Bed sheets and towels were distributed to appreciate the hard work of in house labours. Tatrakshikas visited Birla slum to reach out the needy community in the month of Nov.



OKHA

CGWWA members visited BIMRANA PREM SEVA SAMAJ to serve the community on 08th Feb.



PIPAVAV

On 08th Feb 20, to support the underprivileged community, an outreach activity was organized at Chatadia village RAJULA.

MUNDRA

An outreach activity was organized by members of CGWWA in nearby village to extend a helping hand in Nov 19.



SAKSHARTA

GANDHINAGAR

On 02nd Nov 19, Mrs. Anjana Shatrueet conducted a discourse on effective communication. Children visited Dandi Kutir. Same day evening President Tatrakshika (NW) presented certificates to awardees for sports and excellence in studies on State and National Level during Troops Get Together.

VADINAR

An outreach activity was conducted at Vadinar Village to help the under-privileged on new year eve.



JAKHAU

On 17th Nov 19 Blankets were distributed to children in the slum area of Naliya Village.

PORBANDAR

On 25th Feb 20, the Literacy committee organized a presentation for daily wage workers on the topic "Financial Awareness on Savings in Bank"



SANSKAR

PORBANDAR

At CGKG school, innovative and creative activities were conducted to expose the tiny tots to nature and world. All festivals celebrated with full participation of kids.

A 'Jhoola' was brought in CGKG school and named it 'SHRAVAN JHOOLA' to highlight the importance of monsoon and prosperity related to monsoon. Children also created a small 'Jhoola' of ice-cream sticks and celebrated the Shraavan month.

SURAT

An educational lecture on awareness of Multiple Intelligence was delivered by President, Tatrakshika (Surat). It conveyed that every child is unique and bestowed with some talent. Importance of discipline in one's life was also discussed during interactive session in the month of oct 19.

On 28th Jan 20, a Lecture on "Financial Planning" was held for CGWWA members.



OKHA

On 31st Jan , a talk on "Empowerment of women is a necessity for the development of a society, since it enhances both the quality and the quantity of human resources available for development." was organised.

VADINAR

Various festivals like Christmas, Makara Sankranti, Holi was celebrated at CGKG with fervour and fun.

Fancy dress and recitation Competition were organised for kids. They demonstrated their talent

in various categories.

On 26th Jan 20, Republic Day and Annual Sports Day was organized for children of CGKG. As a part of educational tour, children of CGKG visited various community helpers at Vadinar village.



“

We can not change the past, but we can start a new chapter with a happy ending

”

“

We mature with the damage, not with the years.

”

CGWWA ACTIVITIES NORTH WEST



CGWWA EAST

SL	PORTFOLIO	NAME
01	PRESIDENT	MRS. PRIYA PARAMESH
02	VICE PRESIDENT	MRS. SONALI PARLIKAR
03	TREASURER	MRS. ARCHANA SASHI KUMAR
04	SECRETARY	MRS. ARUNIMA SUMAL
05	SANCHAR	MRS SMRATI KAUSHIK
06	SANSKAR (MEENAMBAKKAM)	MRS. BHAVNA BOSE
07	SANSKAR (ROYAPURAM)	MRS. VIBHA ANGORE
08	SANSKAR (MOGGAPPAIR)	MRS. CHAITANYA SYAM
09	SURUCHI (MEENAMBAKKAM)	MRS. INDU SREE KUMAR
10	SURUCHI (MOGGAPPAIR)	MRS. SUNITHA K AJAY
11	SURUCHI (ROYAPURAM)	MRS. MALVIKA MOHAPATRA
12	SANJEEVAN	MRS. ARCHANA RAJVEER
13	SNEHA	MRS. SANGEETA SHARMA
14	SAKSHARTA	MRS SHILPI AGARWAL
15	SURAKSHA	MRS. PUSHPINDER KAUR

DHQ-16



MRS SAVITA SHARMA

ICGS MANDAPAM



MRS SAMEERA KHOSLA

DHQ-6



DR SONALI RANJAN

ICGS KRISHNAPATANAM



MRS. SRIJITA CHAKRAVARTHY

ICGS KAKINADA



MRS. ANAMIKA SINGH

ICGS NIZAMAPATTNAM



MRS. KRITI TAMTA

DHQ-13



MRS NEELAM U CHAUDHARY

ICGS KRAIKAL



MRS NAVEDA PANDEY

SURUCHI

CHENNAI

Various Demonstrations and Workshops were conducted from time to time to educate and empower our Tatrakshikas by imparting skills in various avenues.

A demo on how to make carry bag with cloth instead of plastic was given on 23rd Oct 19. A competition on Diya decoration was also conducted.

Ladies participated in a competition on 4th Nov titled "home decoration with waste materials" to emphasise upon eco-friendly living.

A demo on "Khaja", a traditional dish of Odissa was given on 07th Nov. An awareness talk on "how to do safe online transactions" was given on 15th Nov. followed by a competition on "best fashion designer" based on the theme transformation of old outfits in to new fashionable dresses. A demo on benefits and recipes with drumstick leaves was given followed by hairstyle making competition on 21st Nov.

A demo on making homemade chocolates & baking cakes without oven was conducted followed by a competition of bread based snacks on 17th Dec. A demo on baking eggless cakes was given followed by Christmas card making competition on 19th Dec 19.

A Lecture and educative interactive session with Dr. Prabha Ganapathy (Gynaecologist) was held on 21st Jan 20. Session covered menstrual hygiene, menopause related issues and new menstrual products available in the market. A demo on making Churma ladoo was given followed by a Rangoli competition on 23rd Jan and our tatrakshikas participated with full zeal. A demo on cake baking was given on 24th Jan and same day competition of kite making was also held.

On 12th Feb, a demo was given on making choco chips cookies. A jewellery making competition with aata and clay was organised to motivate ladies creativity on 18th Feb and same day demo was organised for fireless cooking.

An enlightening lecture by Mrs Usha Ramkumar (Skin Care Consultant) on 'Common skin problems, causes and cosmetic solution' was held to create more awareness amongst the ladies.



PUDUCHERY

A visit was organized for CGWWA members to Matri Mandir Auroville followed by cake cutting ceremony on 29th Nov to celebrate Tatrakshika day. On 22nd Feb, a visit to Mailam Temple was organized for all.





TUTICORIN

A demonstration of “Draping and Securing of silk sarees” was conducted at CGWWA welfare center on 18th Dec 19.



VISHAKAPATNAM

A demonstration on “Clay Moulding Art” was given by Mrs. Swati Akhilesh on decorating pots, canvas and making 3D paintings by using tissue paper on 30th Jan 20. A demonstration on “Silk Thread Jewellery Making” was given by Mrs. Nisha Pradeep on 3rd Feb 20.

The COVID-19 pandemic and nationwide lockdown had brought our life to a standstill, but to utilize time online activities/competitions were conducted for the ladies. A “Mask Making Competition” was organized for the ladies where they have given liberty of using household material without stepping out from their homes and make imaginative and innovative masks. The response from ladies had been overwhelming with a number of creative masks were made at home. The best masks were awarded prizes



SANJEEVAN

VISHAKAPATNAM

A blood donation and health checkup camp in association with Lions Club was conducted on 01st Dec. 20. During the camp, many CG personnel volunteered and donated blood.

On 03rd Feb 20, a presentation on Oral hygiene was delivered by a qualified dentist, Mrs Aanchal Kapatia. After the presentation a questionnaire session was conducted to clarify the doubts of attendees.



CHENNAI

A health lecture on ‘Osteoporosis’ was conducted. The symptoms, treatment and diet modifications were highlighted during the lecture on 27th Dec 19.



KRISHNAPATNAM

On 28th Dec., as a part of Coast Guard week celebration and with an aim to create awareness on personal hygiene, general hematology and nutrition, a Medical camp was organized wherein a total of 36 ladies including students of KSSPL attended the camp. Required blood/urine samples were collected and sent to CVR hospitals for further investigation.



MANDAPAM

CGWWA organized an Eye checkup camp for all ladies of CG fraternity on 14th Feb 20. For keeping all healthy and fit, general health check up camp also organized on 18th Feb in CG Complex.



SNEHA

TUTICORIN

CGWWA committee members visited Shri Vivekananda matriculation school, Tuticorin on 21st Oct 19. The Tatrakshika members interacted with the faculty and children of the school. A sum of Rs. 6,600 was donated towards annual tuition fee of one disable child from CGWWA Fund.



CHENNAI

Hygiene kits were distributed to the casual labourers working in the RHQ(E) and CGRA Meenambakkam. A brief talk on maintaining hygiene was also given on 21st Nov 19 and 8th Feb 20.





VISHAKAPATNAM

On 12th Feb., Sneha team visited Aradhana Children home. During the event, provisions were donated to the children and a drawing competition was also conducted to give the underprivileged children an opportunity to express their creativity and talent.



MANDAPAM

An Outreach programme was conducted on 10th Mar 20 at Multi Activity Centre. CG families and

civilian staff family members actively participated and distributed medicine kit to casual labourers.



SAKSHARTA

CHENNAI

A lecture on Postal saving schemes was given by Mrs. Jaya Laxmi (PRO India postal service) on 18th Dec 19.

On 8th Feb 20, a stress release therapy was organised for children from class VI-XII alongwith their mothers. This therapy was done by 02 young psychiatrics Ms. Naba and Ms. Sanjana working with Dr. GL Sampurna. They explained 04 exercises which covered concentration, focussing, anger management and to be affirmative in any situation. Total participation was 180 including children and mothers.





VISHAKAPATNAM

Lecture on “How to develop self-esteem and confidence in children” by a certified counsellor was given for the children. An interactive session with ladies was also conducted by the counsellor on 27th Dec 19.



PUDUCHERRY

A Visit for CGWWA members alongwith children to Veedur Dam was organized on 22nd Feb 20.



SANSKAR

CHENNAI

Various activities on colours, shapes and theme based were conducted in CGKG Royapuram, CGKG Mogappair and CGKG Meenambakkam in the academic year 2019-20. All the National and Religious festivals including Teachers Day and Children’s Day were celebrated in the schools with great enthusiasm. Apart from above, various other activities like means of road safety, health

checkup, Grand Parents Day, activity on sense organs, eco club activity and school picnic to Birla Planetarium were also conducted.



TUTICORIN

Activities like Annual Day, Teachers Day and All the National and Religious festivals were celebrated in the school with great enthusiasm.



PUDUCHERRY

CG School under the aegis of CGWWA, celebrated Annual Day celebration, Teachers Day and all the National and Religious festivals in the school with great enthusiasm in the academic year 2019-20.



MANDAPAM

The CGKG Student had a fun filled year wherein various events encompassing all the National and Religious festivals were celebrated in the school.

VISHAKAPATNAM

A talent and magic show was organized for the children as a part of children's day celebrations on 14 Nov 19. CG personnel wards showcased their talent and certificates were given to the winners.

As a result of the nationwide lockdown and closing of schools, a drawing competition was organized for the CG wards to keep their minds occupied. The competition was held in different categories of age groups viz. 5-8 yrs ,9-11 years and 12-15 yrs. The themes for the competition were "stay home sweet home", "Safety in COVID-19" and Environmental gain due to COVID-19" respectively . The best drawings were awarded prizes

SANCHAR

CHENNAI

A lecture on below mentioned topics were delivered by the Coast Guard Law Officer Dy Comdt Vaishali Sood on 18th Dec 19.

- Women's Property Rights in India
- Sexual Harassment at the Workplace
- NRI Marriages
- Consumer Protection Act
- Pay and Allowances in ICG



SURAKSHA

CHENNAI

A Suraksha member meeting was conducted on the occasion of Diwali. President and Vice President Tatrakshika (E) interacted with the ladies. The interaction concluded with the presentation of Panasonic Rice cooker and sweet packets for each member.

In order to impart knowledge about Do-it-yourself (DIY) projects, a demo on home grown nutrient rich micro greens and white cement pottery was conducted on 18th Feb 20.



VISHAKAPATNAM

A special meeting of all CGWWA Vizag Committee members was held to hand over the ex gratia payment on behalf of CGWWA to Mrs Asha Sharma, wife of Late Dinesh Kumar U/Adh. The cheque of Rs. 10000/- was handed over by Mrs Neela Pathania, President Tatrakshika, Eastern Seaboard. During the meeting, all ladies extended full support and help to the family of Mrs Asha Sharma.

CGWWA ACTIVITIES EAST



CGWWA A & N

SL	PORTFOLIO	NAME
01	PRESIDENT	MRS. MOHITA PATHAK
02	VICE PRESIDENT	MRS. JYOTI SINGH
03	SECRETARY	MRS. SHRADDHA CHAKRABORTY
04	TREASURER	MRS. GUNJAN THAPLIYAL
05	SURUCHI	MRS. SUNDEEP KAUR
06		MRS. SUNITA PANWAR
07		MRS. SWATI THAPLIYAL
08	SANJEEVAN	MRS. SUNILA BIJU
09		MRS. ANIL YADAV
10	SANSKAR	MRS. JYOTI SINGH
11	SNEHA	MRS. DEEPTI RANA
12		MRS. POONAM SINGH CHOUHAN
13	SANCHAR	MRS. ASHA YADAV
14		MRS. LAKSHMI RAJU
15	SAKSHARTA	MRS. BHAVNA PIPLANI
16		MRS. SUTRISHNA MODAK
17	SURAKSHA	MRS. ANUPAMA BHATTACHARYA

ICGS MAYABANDAR



MRS. NEHA SHARMA

DHQ - 9



MRS SUCHITA KOTAMBE

DHQ - 10



MRS HEMALI KUSHWAHA

ICGS KAMORTA



MRS TORA PAUL

ICGS HUT BAY



MRS RAJI SR

SURUCHI

A picnic was organized for the ladies on the occasion of Tatrashika Day on 29th Nov. All Tatrakshikas were very happy playing different games like Kho-Kho, Relay race and musical chair. Sandesh received from President was read and cake cutting was done during the event.

Tatrakshika Day was celebrated on 29th November

2019 at Pristine Resort, Diglipur. Various games and activities were carried out during the event and prizes were given to the winners.

Tatrakshika Day was celebrated at CGWWA Centre, Hut Bay with traditional cake cutting ceremony.

On the occasion of Christmas, a demo on baking cookies was given. On 11th January 2020 a plantation drive was organized at Port Blair. A

workshop by Brahma Kumari on “Happiness Beyond Dependency” was organized at CGWWA Centre on 21st January 20.

Training to ladies of CGWWA on beauty culture was imparted on 23rd Jan 20th. A workshop on bamboo handicraft was organized for the ladies of CGWWA fraternity in the month of Jan 20.

The troops get together was conducted in the month of February 2020. The children of Coast Guard fraternity displayed a splendid performance in the show. Their participation in the various age groups were highly appreciated by one and all.

A Debate competition on “Home Maker vs Working Women” was organized at CGWWA Centre on 14 February 2020. ABACUS classes were organized for the children of Coast Guard fraternity at CGWWA Center, Port Blair

During the Covid-19 pandemic, due to non-availability of essential face masks in these remote islands, the CGWWA fraternity stepped forward and stitched face masks for all the personnel and their families posted in Andaman and Nicobar Islands. The efforts by the CGWWA fraternity in facilitating the basic necessity to fight Corona Virus was highly appreciated.

To keep ladies and children occupied in this lockdown period, a competition was organized by our CGWWA team for school going children and ladies. From kindergarden to class V, the topic was – To Draw and color your favorite cartoon. From classes VI to X – Best Activity suggestions and for ladies – Creativity in best out of waste or DIY projects with short briefs.



SANJEEVAN

The health Checkup camp for ladies was organized by DWWA at INHS Dhanvantri from 18-20th September 2019. A lecture cum demo on cervical cancer and CPR was delivered by Surg. Lt Cdr. Nivedita Raj on 12th Dec 19.

A medical camp was organized at Burmanala, Port Blair on 25th January 20. On 27th Jan. a “Blood Donation Camp” was organized at Spectrum.

A seven days “Yoga Training Camp” was organized for ladies of Coast Guard from 05-13th February 2020 by lady trainer from Aayush Hospital, Port Blair. The camp was conducted at CGWWA Center.

A lecture on “Guidelines on general health and corona virus “ was conducted at welfare centre by Regional Medical Officer on 13th Mar 2020.





SNEHA

An outreach activity was conducted at Ramakrishna Mission on 30th August 2019. 26 children of different age groups between 6-16 years were present. CGWWA ladies along with CGWWA President Mrs. Mohita Pathak distributed stationery items for the new academic session and some grocery items were handed over to the management.

On 12th November 2019, kids of Ramakrishna Mission were taken to the local science museum. A 3D Movie on "The Turtles Life" was shown to the kids. Transport was provided from the mission to museum and back.



SAKSHARTA

On the occasion of "Hindi Pakhwada", an essay competition was organized for our CGWWA ladies on 17th Sep 2019. On the occasion of Children Day a quiz contest "Quiz O Mania" was organized for the children of classes 6th to 10th on 17th Oct 19.

A lecture was conducted on "Service etiquettes & personal grooming" on 27 February 2020.

A painting competition was conducted by ICGS Kamorta for the school children.



SANSKAR

As part of Sanskar, children have been involved in various creative activities and visit different organizations and places to expand the horizon of education. Christmas Day celebration was organized at CGKG school, Port Blair on 24th December 2019



On 28th February 20, on the occasion of Annual Day of CGKG School, Port Blair, a cultural program was organized by the children. Due to pandemic regular online classes are going on to ensure unhampered studies.



Editorial Members

All activities of CGWWA are being covered by CGWWA Sandesh. CGWWA A & N has been communication member of DWWA and has prepared DWWA newsletter and magazine.

MISCELLANEOUS

A Coffee evening was conducted on 20th August 2019 with the theme "Roadies". New ladies in the committee were welcomed and farewell was given to the outgoing ladies. DWWA badminton tournament was hosted by AWWA from 4th – 6th Sep 2019 at Brichgunj in which CGWWA scored the second position in Category II and third position in Category I.

A Coffee Evening was organized at 'Tanmay' on 09th Jan 2020. Theme for the event was "Love, Ishq & Dhokha" and dress as per the theme was Red .

ANCOWA coffee evening was hoisted by CGWWA on 18th Feb . The theme for the event was 'Shyam Mastani'. The event was commenced with cake cutting.



CGWWA A & N ACTIVITIES



CGWWA WEST

SL	PORTFOLIO	NAME
01	PRESIDENT	MRS. NEELIMA BADOLA
02	VICE PRESIDENT	MRS. SAYALI VAIDYA
03	TREASURER	MRS. SREELAXMI KRISHNA KUMAR
04	SECRETARY	MRS. SHOBHA DHYANI
05	SANSKAR	MRS. YOGITA RAVINDRA
06		MRS. NITA ANCHALWAR
07	SANJEEVAN	MRS. NUTAN SHARMA
08		MRS. LEEMA ASHISH
09	SURUCHI (POWAI)	MRS VINITA SINGH
10		MRS. PAYAL MEHROTRA
11		MRS. MANISHA GOKHALE
12		MRS ANITA MOURYA

SL	PORTFOLIO	NAME
13	SURUCHI (BORIVALI)	MRS GULVINDER
14		MRS. ASHVINI PHADKE
15	SANCHAR	MRS. SUCHARITHA SITARAM
16		MRS. MRINAL NEGI
17	SAKSHARTA	MRS. RADHA MURUGAN
18	SNEHA	MRS. SOMA DAS
19		MRS. SUMAN YADAV
20	SURAKSHA	MRS ANITA REDDY

ICGAS DAMAN



MRS. ARTI BHARATRIYA

ICGS DAHANU



MRS. SARITA B SINGH

ICGS MURUD JANJIRA



MRS. KIRON SINGH

ICGS RATNAGIRI



MRS SEEMA NAIR

DHQ - 11



MRS ITI NAUTIYAL

DHQ - 3



MRS MAHALAKSHMI VENKATESH

ICGS KARWAR



MRS. NEETU JOSHI

CGAOT (BENGALURU)



MRS. M SUSILA

DHQ - 4



MRS UPASANA DEWAN

ICGS BEYPORE



MRS NITHA FRANCIS

ICGS VIZHINJAM



DR. SIJU VARGHES

DHQ - 12



MRS ANANTHI DINAKARAN

ICGS ANDROTH



MRS DIVYA S NAIR

ICGS MINICOY



MRS LOVELY KANWAR

SURUCHI

MUMBAI

All welfare teams (Borivali, Powai and Antop Hill) conducted a number of interesting activities. In October, all teams were actively involved in hosting the CGWWA stall at Diwali mela held at RHQ (West). The CGWWA stall won the best stall award.

To add colour to the various festivals, in the month of Nov 19, a demonstrations of 'Sanskar Bharti Rangoli' and making beautiful bangles and earrings using silk threads, reusing newspaper to make different types of handmade utility articles like fancy paper bags, book marks and envelopes, were conducted. Nankatai and instant chocolate making was organized.

One-day workshop on 24th Dec 19 was organised for kids by Fevicryl Hobby Ideas. Kids learnt how to make cloth bags. They themselves cut, stitched and painted it beautifully with their imagination. They also made fridge magnets using 'Fevicryl Shilpkar'.

Two days' workshop on 03 and 04th Feb 20 was organized for ladies by Fevicryl Hobby Ideas. On the first day, ladies made jewellery sets with Fevicryl Shilpkar. On the second day, the Fevicryl team taught four types of tie n dye methods. Ladies really showed their creativity. Additionally, the team also taught making name plates on cardboard with M-seal. All materials were provided by Fevicryl.

A demonstration on different types of hair styles with the help of different extensions as well as how to do homemade facials was held which the ladies found useful.

During the crisis, Mrs Kirandeep Kaur W/o J Singh P/Adh ME CGPRT (W) prepared 300 masks voluntarily which were distributed free to local needy persons in Antop Hill, Mumbai.



GOA

A demonstration of home décor and utility items using newspaper quilling was conducted in the month of Aug 19. Beautician services were rendered by an in-house beautician at the beauty parlour CGWWA centre, TRV Chicolna. An exhibition cum sale of items, created during demo sessions, was organized by the Suruchi team at the Kalyan Kendra TRV Chicolna on 13th Sep 19. A movie was screened for children in the activity hall TRV Chicolna to celebrate Children's day. A demonstration of Kundan rangoli was also organized at TRV. A bakery demo was carried out by an in-house CGRA resident. Subsequently, a basic course in bakery was conducted for 10 days from 23rd Jan to 03th Feb 20. Looking at the enthusiasm of the ladies, an advanced course for a duration of 15 days was also conducted from 04th Feb 2020.





NEW MANGALORE

Karate classes were being conducted regularly at CGWWA Welfare centre at Kunjaithbail. Children also participated in various karate competitions conducted at Mangalore and also bagged various prizes.

Children's day was celebrated on 30th Nov 19 at CGKG School, Kunjathbail. Children between age group 05-14 years were invited for a fun filled evening with screening of 'Angry Birds-2' movie.

Various demonstrations on making healthy sweets and savouries were demonstrated at CGWWA welfare centre on 10th Jan 20.

Mrs Milesh Rawat W/o Subash Chand, Adh stitched 350 masks voluntarily with material supplied by CGDHQ3 (Mangalore). Those masks were distributed by DMO to needy personnel on 11th Mar 20.



KOCHI

Regular drawing classes, karate classes and tuition for primary classes and higher secondary were conducted for wards of ICG personnel at welfare centre till Mar 20.

Many ladies participated in 'Mehandi design' competition on the auspicious occasion of Karva Chauth on 17 Oct 19.

A demo on preparation of black forest cake and on 'Lippan art' were conducted at the welfare centre on 07th Feb 20. The sessions were interactive and interesting.

A competition on "Best out of Waste" was also conducted on 07th Feb 20, in which ladies who participated in the activity brought their exhibits to the welfare centre. Based on the material used, utility and presentation, winners were adjudged and small token of appreciation was given to encourage the participants.



DAMAN

Tuition classes for students from classes I-VIII standard, Kathak & Bollywood dance classes for all children and Zumba for ladies are regularly being conducted at Umang welfare centre. Services of 'Lavanya' Parlour have been facilitated at Welfare Centre. Regular Yoga is being practiced by ladies every morning at the welfare centre.

Stitching classes for Tatrakshika members five days per week were conducted in the month of Oct 19.

To welcome the festive season, a demonstration by Tatrakshika members on basic makeup tips, was conducted at the welfare centre on 11th Oct 19.

As part of Children's day celebration, classes on art & craft, envelope making, easy math tricks, pot making and bottle craft for children were conducted from 22nd Oct 19 to 07th Nov 19 by Tatrakshika members for a fortnight.

To celebrate the festive season of Makar Sankranti, a 'Sankranti Mela' was organized for ladies and children. CGWWA Daman ladies and children put up stalls of clothes, handicrafts items, games and food at the welfare Centre on 15th Jan 2020.

Short classes on 'New techniques make up tips' were organized at Umang welfare centre on 02 and 03rd Feb 20.

A demonstration was organized on preparation of different kinds of healthy sandwiches.



SANJEEVAN

MUMBAI

A free eye camp was conducted by CGWWA Mumbai Sanjeevan team in association with Doctors Eye Institute Pvt. Ltd. The camp was conducted at RHQ (W) Worli and at Powai on 30th Sep 19. The camp was conducted in a mobile van with the latest equipment. The objective was to screen for refractive errors, cataracts and rule out more serious disorders which are mostly asymptomatic at early stages like Glaucoma. 113 patients at RHQ (W), Worli and 107 patients at Powai were evaluated.

Pranic Healing workshop was proposed event by the Health committee in the month of April. However, it could not be held, due to lockdown.



MURUD JANJIRA

A medical lecture on stress management was organized for all CGWWA members. Along with it, blood test (CBC, RS and Thyroid) were carried out for volunteer members by a qualified pathology assistant in the station CGWWA centre on 28th Jan 2020.

RATNAGIRI

A lecture on "Nutrition and Yoga" was conducted by a representative of Ayush Department, District Hospital Ratnagiri at ICGS Ratnagiri. The Tatrakshikas were briefed on the benefits of Yoga and various types of nutrition. Importance of healthy living was conveyed to all the CGWWA

ladies and it was emphasized that physical activities and Yoga have paramount importance to healthy life. It was also brought to the attention of all about the importance of healthy diet.

A lecture on COVID-19 was conducted by Surg. Lt Santosh Kumar T on 09th Mar 2020. Tatrakshikas were briefed on COVID-19 pandemic, its symptoms and precautions to be undertaken to protect from the disease. Importance of social distancing and use of face mask were also conveyed. It was emphasized that sanitation at home is of paramount importance to contain the spread. This small lecture helped in strengthening the bond amongst CGWWA members.

DAHANU

A lecture on COVID-19 awareness and safety measures to be taken was conducted on 16th Mar 2020 by the CGWWA co-ordinator.

GOA

A mental health lecture on the causes, identification and prevention of depression was delivered by a practicing psychiatrist. The myths related to depression, its identification, need of awareness and support system were the highlights of this talk. Around 40 ladies attended this lecture. A lecture on stress management was delivered on 25th Feb 20, during Tatrakshika Milan. The medical advisories accentuated on important tips for parents to deal with anxiety related issues during exams.

NEW MANGALORE

Fitness Trainers conducted a workshop at welfare centre Kunjathbail on Zumba, Yoga, Circuit Training and Bollywood dance based exercises along with diet.

A dental camp for Coast Guard personnel and families was organized at CGKG School Kunjathbail in coordination with CGWWA. A team of Doctors from AJ Hospital came to conduct this camp. A lecture on caring for teeth and gums,

maintaining oral hygiene was given with a power point presentation. 120 patients were screened during the camp. A card for further treatment was also provided.

An 'Eye Camp' in association with KMC Hospital Mangalore to commemorate International Women's Day was organised at AV Room at CGDHQ-3 on 06th Mar 2020. An informative lecture and testing was carried out by the specialist doctors. All the family members utilized this opportunity.

A medical lecture and presentation was conducted on COVID-19 by District Medical Officer on 11th Mar at family welfare centre. Pamphlets on COVID-19 information were distributed to all members and also placed at prominent places at office and CGRA premises.



KOCHI

A medical camp was conducted at CGWWA Welfare centre. Specialist doctors from Medical Trust Hospital offered their services. Ladies and children of CG personnel benefitted from the event. The services of gynaecologist, general physician, paediatrician, ENT specialist and ophthalmologist were made available. Various blood investigations were undertaken and free medicines were distributed.

BEYPORE

Eye check up camp and Jewellery show for CG families and children were conducted on 09th Nov 19 at welfare centre in association with M/s

Tanishq Jewellers, Calicut. Representatives of M/s Tanishq Jewellers showed various new designs in jewellery to the CG family and also shared information related to various gold/diamond harvest schemes and services. In addition to this the firm provided the following services

- (i) Free Eye check up for CG family and children.
- (ii) Free Gold Jewellery cleaning.
- (iii) Free Ear and Nose piercing.
- (iv) Free Spectacles cleaning and services.

A medical lecture on CoronaVirus (COVID-19) was conducted for all Tatrakshika members on 13th Mar at CGRA by the Station Medical Officer. During the event, precautions and preventive measures were briefed by the Medical Officer.

DAMAN

On the occasion of Tatrakshika Day, "Free Medical Camp" was organized by the health committee which included Haemoglobin test, BP and BMI check up by the service medical team.



SNEHA MUMBAI

On the occasion of Children's Day, a visit onboard ICGS Sankalp for street children associated with Salaam Baalak Trust NGO, on 12th Nov 19 at Charni Road was organized. 30 children along with 04 teachers visited the ship. It was a memorable experience for all of them.

GOA

An outreach activity was organized on 18th Oct 19 where utility items like buckets, mugs and mats were distributed to casual labourers working in TRV, CGRA and DHQ areas. Refreshments were also provided. In another outreach activity, stationery items and chocolates were distributed to the children of a 'Balwadi' after interaction.

NEW MANGALORE

An outreach activity was conducted on 20th Feb 2020 at family welfare centre. A kit was given to the cleaning staff associated with CGKG and CGRA society.

KOCHI

An outreach activity was organized on 21st Nov 19 at 'Sneha Bhawan' in Palluruythy. Sneha Bhawan is a shelter for children from poor broken families and also orphan children. There were around 35 inmates. Team outreach donated some stationeries and groceries to them. The 'Tatrakshikas also spent some quality time with the children.

DAMAN

With the view to help the needy, the Outreach Committee visited 'Khilta Bachpan' (a crèche for children of low income community). Tatrakshikas from Daman visited the place and donated some useful articles to the children like Milton water jug, plastic sheets, nappies, soft toys, toys, magic slates, clay, colouring books, stationery items etc.

Outreach Committee also organized 'Tree Plantation' at Govt. Primary school, Umarsadi on 11th Jan 2020. 50 ladies including children and their mothers participated in the event. 200 saplings were planted during the event followed by refreshment for all. As a token of appreciation, President CGWWA Damam handed over a memento to the School Principal.



SAKSHARTA

MUMBAI

To celebrate Children's day, a picnic at the National Film Museum was organized for Children of CG personnel on 17th Nov 19. The visit was largely intended to provide an opportunity for the children to understand the history of film making and the involvement of the technologies involved. A total of 115 children (above 10 years) participated in the picnic.

A seminar for ladies and children on cyber security and safe usage of cyber media was planned at Tunga, Powai on 08th Apr 20. The seminar was scheduled to be conducted in coordination with the cyber wing of Mumbai Police. However, due to the COVID-19 lockdown, the event had to be rescheduled.

GOA

A demo abacus class was conducted for children. An eight days Reader's Theatre Workshop was conducted during Dusshera vacation from 07-15th Oct 19. Story reading tips were shared with children to refine expression, fluency and confidence. A lecture on 'Time Management in Adolescents' was also organised. Tuition classes for school going children were conducted at CGRA Chicalim and TRV Chicolna. Taekwondo classes continued at TRV, Chicolna till the outbreak of pandemic was announced.

NEW MANGALORE

CGWWA New Mangalore organised an interactive session on systematic investment plan and other money saving options with high returns for ladies of Indian Coast Guard Mangalore by ICICI Bank at Welfare Centre Kunjathbail on 26th Feb 2020. All Tatrakshikas utilized this event at most for better financial management. A momento was distributed to all bank representatives. Post completion of the event a CGWWA Milan was conducted.

KOCHI

Literacy activity was held at CGWWA Centre, Mundamveli on 16th Oct 19. The Branch Manager and the Sales Executive of SBI Fort Kochi gave a valuable presentation on online banking. During the interactive session ladies learnt how to download the SBI app. They also learnt about important security tips for safe online banking like not to share bank account details, password and OTP.

DAMAN

On the eve of 150th Gandhi Jayanti on, a documentary film on 'Plastic Pollution and Waste management' was shown. Additionally, a quiz competition on 'Life of Gandhi' was conducted. Shramdaan by Tatrakshika members was organized.

A counselling session on 'Exam related stress management' by a professional counsellor was conducted. This was attended by students from 06th to 12th standard.

SANSKAR

MUMBAI

CGKG in Powai, was buzzing with activities by celebrating various festivals and interesting events.

Diwali, was celebrated on 25th Oct 19. The tiny tots came in colourful traditional dresses and brought handmade decorative Diwali items like toran, wall

hangings and diya lamps etc. The importance of Diwali was briefed to the students.

For Basant Panchami children were asked to come in yellow colour traditional dress. They offered prayer to Goddess Saraswati and were told about the importance of Saraswati Pooja.

Fancy dress competition was held on 06th Nov, in which the adorable kids turned out in their favourite National Hero's attires. Drawing competition brought out the creative side of the children in various hues. Republic Day, Sports Day were celebrated with great enthusiasm

Students along with Bureau Staff participated in Swachhta Pakhwada on 05th Dec 19. They were briefed about the importance of cleanliness.

Annual Day Celebration for CGKG Powai was conducted on 11th Jan 20 at Surabhi Auditorium, NCHC, Kanjurmarg. On this occasion, students presented a cultural programme and were awarded for their curricular and co-curricular activities.

Health check-up was conducted on 20th Jan for all, in which ENT, height, weight and other general health were checked.

School Picnic was organised on 04th Mar at Bachcha Party indoor playscape at Powai. It is an air conditioned soft play area with ball-pool, swings, trampoline and a moving screening area. Children had great fun.

A Bhelpuri party was organized for the children on 13th Mar. They were asked to come in party dresses. Teachers prepared Bhel from the ingredients brought by the children and distributed among them. Children enjoyed it a lot.

A class photograph was taken for each class at the end of the school session on 16th Mar 2020.

GOA

Coast Guard Play school is running with a happy strength of 26 students. Activity based learning

as being implemented akin to other Coast Guard schools. Rakhi, Independence day, Janmashtami, Onam and Children's Day celebrations were also undertaken. Children took part in Fancy dress during Children's Day celebration in school. A PTM was also conducted to enlighten the parents of new admissions about the ongoing rules and regulations of the school. The CG Play school regularly conducted enriching activities for the children viz making vibrant rainbow in January, a combined class activity on making Bhel Puri in February to develop the sensory/ taste skills. During March, the children were introduced to different spring flowers.

The CG Play school has got recognition as a registered Coast Guard Play School, Goa by the Director of Education Goa vide letter no. DE/PLG/Pre-Pry/Mor/Reg/2020/222 dated 23 Jun 2020.

NEW MANGALORE

CGKG in New Mangalore kept the spirits of the children high by celebrating all important festivals and days like Diwali, Children's Day, Republic Day etc.

Children day was made memorable by the fancy dress competition that was conducted on 14th Nov 19. This was followed by a 'March' to save the trees inside CGRA Kunjathbail.

A picnic for students was organised on 26th Jan 2020 to Pilikula Biological Park. The purpose of this picnic was to make the children understand the importance of taking care of the environment as it has a significant impact on the lives and welfare of animals.



KOCHI

Christmas celebrations were organized on 19th Dec 19 in CG play school. Santa Claus was the attraction of the day. The Christmas story was narrated for the tiny tots and Santa Claus distributed goodies to kids. Children thoroughly enjoyed the event.

Sports day was organized on 20th Jan 20 for children in CG playschool. The children actively took part in the event. Parents-teacher meeting was also conducted on the same day during which the performance of the children were discussed.

Flag hoisting was conducted on Republic Day in CGRA premises. Annual day celebration of CG play school was organized on 12th Feb at CGWWA Kendra. Welcome dance and various performances were showcased by the children. Action song competition was also conducted for the children. Winners were awarded accordingly.

SURAKSHA

MUMBAI

A lecture and audio visual presentation was organised on the benefits of health insurance extended by LIC on 25th Oct 19 in a multipurpose hall at RHQ (W). At the end of the event, sweets along with diya packets were distributed to the ladies by Suraksha cell on the occasion of Diwali.

The Western Region witnessed the unfortunate demise of Pawan Kumar, Adh (RO), ex ICGS Amartya at CGRA Kunjathbail, New Mangalore and Suresh Chand P/NVK (WTR) at Goa.

SANCHAR

The Sanchar team was actively involved in collecting the information of various CGWWA activities, compiling and editing them for the URMI magazine as well as for the six monthly newsletter. Sanchar teams from various stations in the Western Region have been actively sending all the required reports to the regional team on a regular basis

ENTERTAINMENT

MUMBAI

The entertainment team was actively involved in the colourful annual troops get together on 18th Jan 20. The theme of the event was 'Sreshth Bharat'. A total of 53 children participated in this commendable show.

DAMAN

During Annual Troops get together, Tatrakshikas trained children in the age of 04 years to 14 years for various entertainment shows, which was appreciated by all present there.



HAPPINESS is a Crazy Mathematics because it multiplies when you divide it.



CGWWA WEST ACTIVITIES



CGWWA NORTH EAST

SL	PORTFOLIO	NAME
01	PRESIDENT	MRS KAVITA HARBOLA
02	VICE PRESIDENT	MRS SAVITA NANDODKAR
03	TREASURER	MRS MADHU SHARMA
04	SECRETARY	MRS PRIYANKA ARYA
05	SURUCHI	MRS NIDHI SUNDRIYAL
06		MRS PRATIBHA THORAT
07	SANCHAR AND SAKSHARATA	MRS RUPALI GILL
08	SANJEEVAN	MRS PRITI SAKSENA
09	SNEHA	MRS MONIKA JHAJ

DHQ - 7



MRS SEEMA BHANOT

DHQ - 8



MRS MITALI DASH

ICGAS BHUBNESHWAR



MRS PRIYANKA BISHT

ICGS GOPAL PUR



MRS ARATI BEHERA

ICGS FREZARGANJ



MRS BALAKA DASGUPTA

CGWWA North East Region has been working diligently keeping the ABC of beliefs i.e., Awareness, Belongingness and Commitment as touchstone for each of its activities. Each task is executed with complete commitment to ensure maximum benefits to all concerned and to derive satisfaction through the sole aim of touching receptive hearts.

Each and every activity was conducted keeping in view the restriction posed by the COVID-19 pandemic. No activity was conducted after receiving the directives issued by the Headquarters in the month of June 2020. However, it will be our endeavor to conduct activities in the near future on the digital platform.

SURUCHI KOLKATA

A workshop on Bonsai plantation was organized at CGWWA Welfare Centre, Maniktala on 20th Nov 2019. Also 25th Tatrakshika Day was celebrated with full zeal on 29th Nov 2019.

A serene visit to Swaminarayan temple on 01st Dec was undertaken. A special Milan with theme "Floral" was held on 26th Dec on the maiden visit of Mrs. Neela Pathania, President Tatrakshika (ES) to Kolkata.

A workshop on "Fabric painting" was conducted at CGWWA Welfare Centre on 28th Jan 2020 by Mrs. Charu Mishra. A cultural programme coordinated by CGWWA (NE) was shaped by CG children and ladies for Troops Get Together at CGRA, Maniktala on 14th Feb. An interesting demonstration on preparation of Homemade chocolates was given by Mrs. Savita Nandodkar on 03rd Mar 2020



PARADIP

Tatrakshika Day full of fun and frolic was celebrated with theme of the occasion “Blue Color” on 29th Nov 2019. Same day the ladies of Tatrakshika Bhubaneswar organized an interaction on ‘Healthy lifestyle and coping with stress in today’s environment’ on 29th Nov.

During the visit of Regional President (NE) on 05 Dec, an interactive session to spread the awareness on AIDS was organized on the theme “Red and Black”. A day-out was organized for the ladies to Konark Sun temple and Chandrabhaga Beach on 19th Dec 2019.

A series of splendid performances were showcased by the children of CGRA during Troops Get Together organized on 09 Feb. The farewell/welcoming of incoming/Outgoing members was conducted by Tatrakshika Gopalpur on 26th Feb 2020.

A virtual farewell for outgoing members of the CGWWA family at Paradip was conducted on 27th Jul 2020.



HALDIA

Tatrakshika Haldia had set up an “Ice Cream and soft drink” stall at Diwali Mela on 23rd Oct. Tatrakshika Day was celebrated at Rajhans Sports Complex, Haldia, on 29th Nov 2019.

A demonstration on cushion making was given by Mrs Parineeta at welfare Centre on 18th Dec. “Saraswati Puja” was celebrated with full zeal. Same day demonstration on Key stand making was given by Mrs Kalpana Patil at welfare Centre on 19th Jan 2020.



SANJEEVAN

KOLKATA

A lecture on cancer awareness was delivered by Surg Lt Vijayaselvi, SMO, ICGS Kolkata on 26th Feb 2020.



PARADIP

A series of cervical cancer vaccination for female children of CG personnel of 09-19 years were organized on 17th Sep 2019 and 06th Feb 2020 respectively. A lecture about benefits of the vaccination was also delivered by Surg Lt SS Sahu.

An awareness lecture on COVID-19 by District Medical Officer was conducted, emphasizing various DOs and DON'Ts, in this pandemic phase on 14th Mar 2020.



HALDIA

A lecture on importance of nutrition for children was conducted by Surg Lt Swati Singh emphasising on correct nutritional requirements for growing children and the proportion of various components of diet thereby on 06th Dec 2019.

A lecture on reasons, care and precautions for lower back ache was conducted after observing a significant rise of lower back ache during COVID 19 pandemic. The lecture was conducted on 12th May 2020.

A lecture on general precautions in COVID 2019, to create awareness about the disease, its severity and course was conducted on 10th Jun 20.



SNEHA

PARADIP

An outreach activity was carried out to provide aid in terms of knowledge, food and clothing to the Nivedita Ashram situated in Dochakki, Paradip on 20th Feb 2020. When the CG ships were felicitating the COVID warriors at sea, Tatrakshika Paradip, distributed refreshment boxes at COVID hospital and Police Station, as gratitude for playing a pivotal role in fight against COVID-19 on 03rd May 2020.





HALDIA

A “Blood donation camp” was organized for Thalassemia patients in co-ordination with DHQ-8 and local authorities to raise awareness about the need for “safe blood” and to thank the donors for their voluntary lifesaving gifts of blood on 27th Dec 2019. As a part of outreach activity, a stall was prepared by Tatrakshika Haldia in FETE-2020 in co-ordination with Port Ladies Welfare Association at HDC complex on 22nd Jan 2020.



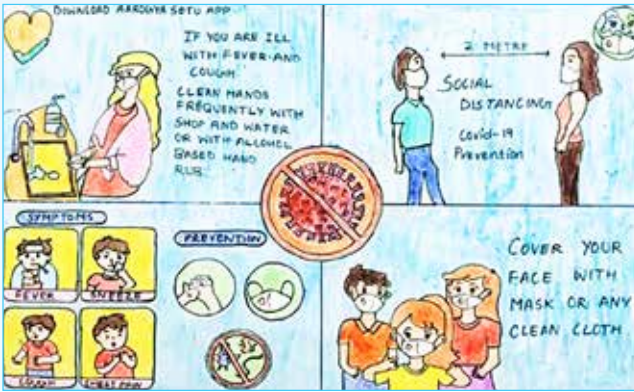
SAKSHARATA

KOLKATA

Effective and positive “Parenting” is the need of the hour. Keeping this in view, an interactive session on “Parenting”, by Mrs. Soumya Rao was organized for the benefit of ladies on 05th Dec 2019.

For a change in the lockdown period and to stimulate the creative skills of the children, an interesting awareness campaign by drawing/ painting on different topics related to the pandemic was conducted by Mrs. Rupali Manjeet Gill from 11th-13th May 2020.





PARADIP

Tatrakshika Paradip organized various competitions which included drawing, crafting, mask making and poem writing, wherein the participants had to work at home and showcase their skills over WhatsApp whilst adhering to the norms of Social Distancing in the month of Apr. An online drawing competition was held for the kids of CGRA. The theme of the drawing competition was "Break the Chain". Another competition "Best Out of the Waste" was also conducted in the month of May.



HALDIA

Considered a powerful exercise for weight loss, a demonstration on Zumba/aerobics was conducted at CGWWA welfare Centre, Haldia on 15th Nov 2019 by Mrs. Laxmi. Drawing and painting competition was conducted at welfare centre, in which children below 3 years participated in thumbs and palm painting. Art competition provided an opportunity for tiny tots to express their imagination on paper on 24th Nov 2019.



SANSKAR

HALDIA

A 'Pot luck Party' was conducted for tiny tots to develop sharing habits among them where

they share their lunch boxes with each other for spreading love and creates a strong bonding on 01st Oct 2019. Students actively participated and showcased their talent in front of audience in Annual Day celebration of CGKG School on 20th Dec 2019.

CGKG school teachers explained the tiny tots about good and bad touch through storytelling, picture demonstration and by playing video on Smart TV on 08th Jan 2020. As toys play a significant role in kids life, 'Toy Day' was celebrated in school where kids had brought their favourite toy to school on 10th Jan. We celebrated Grandparents' Day on 16th Jan 2020 wherein children displayed their love and gratitude towards their grandparents. School picnic was organized for kids in the garden area in front of the school where in children sang songs and performed dance on 24th Jan 2020. Saraswati Puja was celebrated by the students and staff of CGKG Haldia on 28th Jan 2020. School conducted Fancy Dress Competition on 31st Jan 20th, to develop confidence in the students and giving them an opportunity to get on the stage and speak in front of an audience.

As the sport plays a vital role in making a child physically and mentally strong, the Annual sports

day was enthusiastically conducted on 07th Feb 2020. Art and craft activity for enhancing children's creativity and thinking power even as to learn about new colours and shapes was conducted on 20th Feb 20.



Tomorrow is a blank page, just waiting to be filled with your dreams. All you have to do is be yourself and live the story of your own unique life. Be confident. And most of all be happy.



CGWWA NORTH EAST ACTIVITIES



To conclude...

Though the year started off smoothly, I have to conclude with a sad note that all activities were abruptly stopped because of this Pandemic and we just hope and pray things return to normalcy soon and we all get to see each other again. Till then

"Be Safe Be Happy".

EARN HAPPINESS 365

- One minute affirmation every hour.
- Every hour change your work.
- Do freely, full heartedly any self-interesting hobby.
- Always smile and be positive.
- Play with children and parents.
- Be gentle with yourself.
- Our capacity to draw happiness.
- The secret of happiness is freedom of thinking.
- Helping someone else is lifetime achievement.
- Dream bigger, do bigger.
- Clap sound is happiness.
- Regular meditation.



Mrs Kalpana Gupta
W/o Comdt(JG) KK Gupta

SMILE



From morning till the moon is high,
I search for something
Whole day whole my night,
The world is busy digging the planet,
What about the flowers and the sky?
In the search of more our greed is high,
I know I am part of we,
But you search for reasons to smile.

What is left with you will expire,
The circle of birth and death goes by,
While you search for reasons to live,
Wait till then let me smile.

Nature wants to live for you,
Sun wants to shines for you,
Rain wants to fall for you,
Clouds wants to change for you,
Moon is waiting with his moonlight,
This is beautiful than an artificial smile,
But while you search for reasons to live,
Wait till then let me smile.

Can we stop pretending,
And be what we are,
Can we stop being a human,

And be a human being,
Can we stop feeding,
And share what we have,
Can we stop to overthink,
And think what is air,
Ohh this looks so normal,
But while you search for reasons to live,
Wait till then let me smile.

You know living is simple,
let us make it complicated,
Why not start our self confusing,
Every day when we will come back home
Why not curse life rather than cherishing,
Think like people around you are using you,
No humanity left now lets not smile,
While you search for reasons to live,
Wait till then let me smile.

Kapil Pachauri
S/o Vijay Prakash
P/Adh. 00484-Z

QUARANTINE BLUES

"MARCH 25th: THE LOCKDOWN 'OFFICIALLY' BEGINS", this news came as a shocker to most households! It was of grave concern as to how, until now what was a muse for the new and innovative WhatsApp jokes, a source that emanated joy and mirth was threatening to be the very opposite, an 'icy hand' coaxing fear of misfortune off the common man. Be it "Oh my GOD! the virus has caught up to me" or "Why couldn't China keep the Virus for themselves, just like everything else!", each one thought of it as an obligation to throw in their views considering now they had a lot of time at their disposal also since words don't cost a hole in your pocket; what is vain is that the power they hold is often underestimated. Safe to say the virus was successful in wreaking havoc across the masses and feeding off of weak souls.

Moving on to the next phase, the phase of 'Acceptance'. Heavenly light shone on the working man and woman and the gift of rational thought was bestowed upon them as they came to the revelation that the quarantine warranted for a much-needed vacation. It was time to blow off a year's worth of pent up steam and take a chill pill! Dads finally got to actually rest during a holiday rather than worrying about where to take their family out, so they stuck to their self-proclaimed throne that is, 'the sofa' and called dibs on the TV much to the ire of the younger lads. But hey! the schools were shut temporarily so that's good news right? Oh yeah, TOTALLY! Liberation from the ever-growing burden of homework and all things intellectual, that too without having to declare war on the Education system. Casualties you ask? Nil! Zero! But much to my dismay our dear mothers were caught in the crossfire of this mayhem. Though like the rest of us they were within the safety of their homes, but we tend to overlook a crucial point here, their jurisdiction continues at home for working mothers and for the rest of them 'home' is essentially their workplace. An order is always necessary and now that the very

order in its entirety had become one big horrible mess there were repercussions, a big fall! Guess Newton was not wrong about gravity after all! It is mother that glues everyone together and sadly it is mother who was at the eye of this storm!

Now the impending storm must be abated, shouldn't it? Ah! What wonderful, though not very in the eyes of the keen observer, yet impactful measures were taken to lessen the blow! First came the 'WORK FROM HOME'! Had all the adults hooked, well... not really but did the job so shouldn't matter should it! If this wasn't soothing enough the next bomb that dropped shall do the job, gave all the little monsters a scar for life I assure you. Oh yes, 'ONLINE CLASSES' it is! Now the disasters that happened here are a tale for another day but it definitely instilled in kids a new found respect for SCHOOL. Mothers could now take a breather and appreciate, what was still a mess but a slightly better mess.

This quarantine made me look at life in a different light. It is not order and schedules that we need but it is the mess of a life we have, that we crave, mind you the right kind of mess though; but often fail to appreciate. The structured way of life gets boring and cumbersome from time to time and that is your mind sending you May day calls that it is indeed time to take a much needed, no let me word it right but a much 'deserving' break!

Remember, you are loved and your work is appreciated but it is time you showed yourself and your body some love and took care of yourself! It will not only make your world a happy place but your family's too, who essentially are the people who love and adore you the most, but a tiny detail that tends to be forgotten, only after YOU YOURSELF!

Sneha A S

D/o Comdt K Ajay
RHQ(E)

DO IT NOW



Some wise man has rightly said, it's never too late to start. So, irrespective of your age, weight and financial conditions you can make a new start and become the person you want to be. But one thing which everybody should keep in their mind is "time never stops". You have to work hard if you have time and hardest if you have lesser time. Somebody wants to achieve a fit body, somebody wants to increase their salary package and somebody wants to achieve a good professional position. But all of these things are possible only when you will give proper respect to time as beautifully quoted "time and tide waits for none".

The secret of becoming the person of your own will is "DO IT NOW". One is not supposed to be lacking in efforts, focus and intention while he/she is in process of achieving an aim. First understand the goal you want to achieve in long term and then divide it into short term goals. Your short term goals have to be time specific. You need to understand the hard work and focus you will be required to put in to achieve each of your short term goals. And make a proper plan by assigning no. of days to each short term goal. Before sleeping at night, make a list of task to be completed on the very next day. So every day when you will wake up you will have a list of task to be completed on that day. So the most basic thing in achieving a long term

goal or in becoming the person you want to be is "complete your daily task decided by you, before you sleep".

Change will never be visible in a day's efforts, so putting efforts continuously will surely give a result which would be visible to you. Never be afraid of doing hard work even though it is considerably taking longer duration of time because shortcuts can give you result for a while but it would never be as good as results obtained from hard work. Nobody invented an aero plane by taking a short cut and no body became the world's best swimmer by swimming with some shortcuts.

So if you have a goal, if you want to become a person of your own will, start going towards it today. Wake up early, start your day with a smile on your face, complete your tasks on time, make plans for the following day and sleep peacefully. Productive days don't happen by accident. The most successful people have a consistent morning routine, and they very rarely stray from it. One should never be stressed about their output but rather they should be focused more on giving input to whatever they are doing. So yes, take all required steps, live a life of dream chasing because it is rightly said "clock is ticking, be the person you want to be".

Asst. Comdt. Ujjwal
ICGS Atulya

FITNESS



Strength or resistance training challenges your muscles with a stronger-than-usual counterforce being a Coast Guard personnel we have to be fit and ready for any kind of emergency at ashore as well as sea. To be fit mentally and physically we have to do physical workout as well as we have to learn peace of mind technique to prevent stress.

I am currently posted at ICGS Kamrota. Here we have to face many issues such as poor network, no internet connectivity and no places to roam. Therefore our station conducts Yoga for peace of mind, consciousness and soul. Yoga is very important for day to day life. It covers Physical Health, mental health, Social health, Spiritual health and self-realization. We also do physical activity and sports like running, volleyball etc. Physical activity is an important determinant of both physical and psychological health.

Regular physical activity extracts beneficial effects on onset and progression of number chronic diseases. The same also has positive effect to Coast Guard office functioning. We do sports regularly. It creates a sense of friendliness/camaraderie among us and develop team spirit. It helps us to develop mental and physical toughness.



Vishal Raj
U/Nvk(P)
13200-Z

CORRIDOR OF UNCERTAINTY

Counting miles on the bed of the ocean,
Melancholies thy heart with fear,
Soothing memories so lively in the dark,
Question my conscience, you are moving near or far,
Broke through the winter of my life,
Hopes to garner and sustain thereby,
Seems the iron in blood is to turn to rust,
Better will break upholding eternal love and rust,
The might of the crest deepens the trough,
For this poet is truly in love,
Ready to shed every drop of blood,
But will die rather beholding thy love,
A Soldier, A Romance seeker, A Dreamer departing by,
For they will Always be Special to you living by.....

K Veeraswamy
Asst Comdt
U/T WKO
ICGS Sujay

GENUINE SMILES



Why are genuine smiles important in our day to day human life ?

Smiles can lights up a whole room or they can take the chills out of winter air. Those smiles are important because you remember them, and the feelings they gave you. They are important because they have helped you feel better.

Even a crooked smile, a warm smile, a happy smile, or even a wry smile are also worthy, from young to old all of the genuine smiles hold something for you and your society. We should discount the evil or malicious smiles that someone uses to mock the community and they are not what this quote is about.



Genuine smiles can help you smile back or at least help to lighten the stress, load your carry, lighten your spirits and brighten your normal day to day life. You are having a rough day and someone smiles at you in normal gesture, even if he is a stranger, you still feel little better. In my opinion, smiles are important.

Where can I apply this in my life?

In our day to day life, we usually interact with at least a few people where if we get a couple of more smiles each day, it would lift our spirit and we can feel better than the previous day. You have smiled at someone and watched then change, then you feel little better, more relaxed & less stressed.

So, a smile is something that make us feels good both in giving and in receiving. I try to do it with nearly everyone with whom I interact during the day.

Look through the metal list & see what you might be able to do to overcome some of these reasons. We can move forward one step at a time & slowly add the number of smiles we give each day.

The comparison between sunshine and smiles are inline where sunlight is the power for the plant which makes the flower & fruit whereas smiles are the power for people and it does them good to nurture a good feelings.

Sayan Dhali / Shashya Dhali

SS Dhali, PSE(ER)

CGRPT(Kol)



If you think you're too small to make a difference.... try sleeping with a mosquito in the room



BE A GOOD HUMAN BEING

I was travelling in a Delhi bus from my college to my home. With such great efforts from taking bus tickets to passing by the passengers, I managed to get a seat. I saw this school kid sitting next to me and he was smiling watching the pleasant weather outside. I was happy to see such a happy face. You know in today's world finding inner peace is something which everyone is in search of but as we grow the peace don't get the time from our schedule to fit in.

For several minutes till the time he didn't notice me sitting next to him. He was smiling and enjoying every bit of nature, from travelling with clouds to feeling the vibes of sweet winds. But as soon he realized my presence his smile vanished. He was scared and anxious, his smile was gone and he started rubbing his hands. This behavior of his was freaking me out, have I done something wrong? What happened to him suddenly? Trillions of questions started flooding in my mind. He was looking at everyone in the bus. By now the crowd was making him anxious, now I was somewhat able to sense what he was going through.

I tried communicating with him and said hi, hello but nothing worked than I held his hand and whispered in his ears look the sky is calling you, winds want to talk to you the trees are waving at you don't you want to answer. He looked outside seeing the bunch of clouds he smiled. I asked him not to turn and continue watching the sky, imagine that you are talking to them. So what is your name? Angad Singh, he replied. Angad, in which school do you study I asked. Army Public school he answered. What do you want to become Angad in the future? He answered he wanted to be a painter. Ohh! Very nice, do you love to paint me Angad? I asked him if he imagined that he was talking to clouds.

Yes, I always paint you but every time I try to fill

colours in you I see you black. I saw you thundering then I feel like you are also like the people around me. What kind of people are around you Angad I asked? The ones who just want to love themselves, who just think of them, when anyone wants to come close to them then they thunder and scare out of them, they just showers, there is no peace in them, all are fake, everyone here is smiling but there is no sense of happiness in it. Here people are jealous of each other and they just compare things in profits and loss.

Hmm, I see Angad; okay so answer my one question. When you see me am I the same every time? No, you keep changing your colour, sometimes you are blue, sometimes you are orange, sometimes you are black and sometimes you are red but I love the blue you the more peaceful one he answered. You are absolutely right, I am not always black and I don't thunder everywhere and even I keep changing colour but I am blue almost every time because that is actual me. Same is with the people you see around you, you will see that thing more that you focus on. If you focus on the negativity of everyone you will see the black me in them. If you see the softness, politeness in them then you will see the blue me in them. Every time everyone is not the same and the way you feel, things change and the most above matter is the time is ticking what you want to see and what you want to be.

If you want to paint the peace then whenever you take your brush to paint me don't have the black colour in your box, even if it's there don't give the importance to it. If you want to do what you love, you want to paint the blue then close your eyes, overshadow the black colour and paint me blue. It will be difficult in the beginning but as the black clouds go there is a shine that you will love. Now look at me child. He was in deep shadow. I know what he is going through. The black clouds are

going now and it's time to be what you want to be as the clock is ticking. See everyone is not the same as you think.

Time doesn't wait for anyone and we can't wait for him to change though. What you want to be, what you want to see, with whom you want to talk, how you want to look is all up to us and yes, you can paint the peace son I believe in you. So today you will do what you always want to and you will become what you want to be because time doesn't wait for anyone. He gave me a tight hug with a smile on his face and tears in his eyes said goodbye and was gone.

Clock is ticking, be the person you want to be and I am trying to be the person I always want to be a good "human being". Don't wait to lose something to achieve something just follow your soul and dreams, path will be difficult but above all you will enjoy it. Talk to people around you they don't want you but sometimes they just want your hand on their shoulder. You might be busy with your work, doing what you want to be. But above all be what god wants you actually to be "human being".

Kapil Pachauri
S/o Vijay Prakash
P/Adh. 00484-Z



LET'S BE HAPPY , LIFE WILL BE UNDER CONTROL



'I am giving away my Heart & Soul
As I know what is my goal
Life is all about being happy
Chasing dreams will make it messy'
'Time keeps on running we can't control
Let's chase happiness
As it brings everything under control'
In Hindi, its well said
"Jeevan hai Anmol"
Then why are we
Changing its " Bhugol"
Don't be harsh on your peers
As it will make them upset my dear
Take them together to make things in control
Otherwise, life will not be easy at all
Bring smile on their face,
Let's together win this race
Let's together win this race !

Asst Comdt Pulkit Sharma
(1580-P)
ICGS Sankalp

I AM THE CAPTAIN OF MY SOUL

'Invictus' a popular poem by the English author William Ernest Henley proclaims strength in the face of adversity. From this poem, the title of the article is borrowed as it tells a lot about our inner strength that has the power to change our destiny. The words of Invictus helped keep hope alive in Nelson Mandela during his imprisonment and it is having the same strength even today. One of the topics for the Urmi this year, "be the person you want to be", somehow reminded me of this poem, especially its last line, "I am the captain of my soul".

Yes, we are the captain of our soul and we have the power to take it where we would like to take it. When we are at the driving seat of our life, for reaching late to our goal or any accidents on the way, we and only we are responsible. That's why it is important how we see things that are coming to us. The way we see life and how we prepare ourselves to face the truths of life determines what our future will be. It's the by-product of our previous decisions and concepts we adopted, that today we are what we are.

We can't deny that we have to face fate, we have to accept what God has written for us in His 'karma book'. But we are open to choose how to accept the same, we have the power to choose our mood. It's not just in quotes that smile changes the world. Try it, one day you get up with a smile and smile over tea spilled over the bed, as you had decided whatever it maybe you will not spoil your mood and then see the outcome. Another day you start by screaming over your husband or child for spilling the tea in the morning on your bed and see how the whole day goes. I understand human reactions but I don't think it is that difficult if we decide to control our emotions in adversities for the better return later.

Yes, the power to bring out the best in us is with us only. It is up to us to accept the reality as if that's what is best for us or even that's what we wanted and go ahead. This keeps moving attitude without dithering with happenings around, gives the person

who chose to do so an edge over others. If we decide to accept what we have and choose to seek fulfillment from that, that's when we become the captain of our lifeboat, even the captain of our soul. This choice of ours may catapult us to greatness.

In your life, you may find people who are quite willing to drive your life if you let them. But it's up to you and only you, to decide if you would like to allow someone else to take control of your life or not. If that's your choice and later you are not going to regret it, then it's absolutely fine. Nobody should judge you for your choices. But do not dread taking your life's driver's seat, do not fear deciding for yourself if that's what you want, it is your own life. But at the same time understand that you must not disregard the feelings of your well wishers and loved ones. I am not saying that you should try to keep everybody happy while choosing for you, but yes you should give a thought to it if that is going to affect you later. Understand that, the same rule of 'I am the captain of my soul' is true for others too.

Yes, we are the architects of our life, is not just a saying it is having deep meaning in it. We have the power to draw the map of our lives by the way we live and the choices we make without letting the happening around us affect our perspectives. All of us are differently affected by the point of view of others and have variable emotional quotient. Make your choices and take decisions keeping the desired outcome in mind. Though, how much you can achieve, will differ, depending on how truthfully you are accepting outcomes of your decisions and choices.

So, ladies don't hesitate and put yourself in your life's driver's seat. Imagine your future that you want and adjust your attitude towards life. Be careful with your reactions and choices as that will edit what was written for you in your "karma book" earlier, for the life you want.

Dr. Ruchi Singh

W/O Comdt. V N Singh RHQ (NW)

MY EXPERIENCE

I am a mother of an eleven-year-old male child. We are posted in one of the remote Coast Guard stations in ICG. COVID-19 presented a very different situation for all the parents. It struck just after the conclusion of the annual exams 2020 in March this year. As a result, the vacations actually got extended. While many of my counterparts in mainland cities such as New Delhi, Kolkata etc., found it tough to handle the work from home routine of respective husbands and online classes of children at home, I faced a very different situation in the island due to remoteness. There were no online classes offered by schools here. Local friends of my son were either scattered in other islands or locked at home due to COVID-19.

I assumed the dual role of a teacher and a friend during the pandemic. The situation gave me an opportunity to break even from the monotonous and mechanical school routine but with added challenge of engaging the child qualitatively without much resources. With almost no internet penetration/hobby classes/friends of child here in the islands the following was ensured for the mental health of the child:-

(a) Engaging the child as my kitchen assistance. In the process I could teach him life skills such as basic cooking which is otherwise not possible in a normal routine. The child expressed great enthusiasm in learning culinary techniques, learning and creating his own dishes.

- (b) Playing indoor games such as ludo and chess. These seemingly bland games can be really fun especially when played with children and family members. As parents we were able to teach the child how to handle the sudden ups and downs that occur in our life akin to the game itself.
- (c) Watching children movies and animation together with family was a great experience which would give us a lasting memory of COVID-19. Also, I found that writing and reading books might be a great loneliness buster as I was doing the same myself. Very soon I made the child write his own daily diary.
- (d) Apart from studies of the next classes from books obtained in advance, the other activities I gave to my son was artwork and sketching, handicrafts, sea swimming. I also garnered the courage to send child alone for visiting one of his friends in other islands through ferry service. When this was not possible I ensured that he was talking with his friend on phone.

Mrs Tora Paul

W/o Comdt (JG) Jaydeep Paul

MOTHER NATURE

To see the World in a Grain of Sand, and Heaven in a Wild Flower, Hold Infinity in the palm of your hand and Eternity in an Hour

– William Blake

Hey friends, I am Mother Nature and I am at war with the World today, obviously with humanity. So, has been the case ever since the Industrial Revolution brought forthwith a sea change in the way you conducted your day-to-day activities and businesses.

Crusaders for environment have been advocating the cause for preserving the environment, which has turned now into saving the planet itself. However, there has not been appreciable change in Man's attitude towards me. Man has taken me for granted and has repeatedly abused, if one may say, literally, with scant regards to the resources that have been gifted to humanity by me rather than developed by you.

The pain has been felt at every turn of my existence on this planet. My friend, the River was free flowing and nothing could stop her from reaching every nook and corner. But alas, you built concrete dams and blocked her flow, and she inundates when stopped. My brother, the Forest, is bearing the brunt of your much-loved term "Development". He had been burnt to ashes, cut savagely and destroyed brutally to make way for concrete jungles.

Well, my great cousin, the tall Mountain, is still wondering, what's happening around him. He had a hearty laugh when he saw River view apartments and Lake view resorts. But now, Hill view hotels and Mountain resorts have dug into his flesh mercilessly and rendered him weak. As a result, he is unable to withstand even the mildest pouring of Lady Monsoon. He crumbles into landslides, when the lady monsoon showers her full fury. You are totally remorseless in your approach towards me. You have milked me dry by drilling holes into my heart and when I have bled....You termed it Oil and fight wars for it.

My offspring's, the Flora and Fauna have also had their share of misfortune in this Developing World. You require the beautiful one's, the flowers to adorn your courtyards and heartlessly chop down the tall Teaks and Oaks, to décor your drawing room. The canines and cats have been domesticated to remain your Home Guards and give you the so-called“Oh !!! She's so cute” feelings.

Oh, I have so much to tell you all, but I don't want to be seen like a complaint box. I tried to nudge you through floods, I tried to wake you up from your slumber through Earthquakes and Tsunamis, I tried to scare you through Hurricanes, Storms and Cyclones...Alas, all my warnings and hints fell on deaf ears.

You came up with makeshift solutions like, providing a Paracetamol for a fever and suppressing it....as you call it Allopathy, and never probed deep into your realms to try and find a permanent solution akin to an Ayurveda or Homoeopathy. Ha..Ha.. Ha, How do you come up with such humorous names?.

Nevertheless, here too, I pushed an idea into your minds where my protective shield was slowly depleting, the Ozone Layer. The numerous summits and protocols that were managed by you, gave me a sense of feeling that something positive will happen and I may continue my existence on this beautiful planet and shower my eternal love on you. But, it seems that those ideas were only empty vessels that made lots of noise and provided no relief to me.

I can very well understand that in this “so-called technology driven world” that you have created, patience as a virtue is fast diminishing as everything is expected to happen at a very fast

pace without delay. Your latest generation is a prime example, where everything is expected to be available at the snap of your fingers. And, Lo behold!... you have it at your doorstep. Then, why is this discrimination against me? Why is there a delay in saving my existence?

I have patience, even now, I am still like the older mankind, who waited patiently in a queue to get his share of food and offerings. But, my latest generation is also as impatient as yours. They too expect everything on the Fast Lane if not on the Expressway. One of my little one's existence came under threat; his abode was being destroyed. He lost his cool and thrust himself on you. He has literally created havoc, he can't be seen with your eyes, can't be heard by your ears or felt by touch but he has managed to get into your system and is generating turmoil within you. I have pleaded with him to stop this carnage, but he has plainly brushed aside my request saying that my love for you, mankind, is more than that for him...Oh my little one, it's not true, I need both of you for my existence, do understand.

However, even though the carnage that was unfolding, I started recovering. Surprised, I surveyed around the planet to see what's the cause for my recovery. What I found startled me. I could breathe fresh, as there was no air pollution. My friend, The River, who always turned up dirty, was sparkling fresh. There was growth, oh no, not the one you people brag about like GDP, economy etc. but blooming flowers, growing trees swaying to brother Wind.

Hey, I could spot my offspring's bang in the middle of a pathway, that you call a Road. What are they doing? They are peering at a house. It reminded me of the times, when you caught my kids and put them in cages at a place called Zoo or Zoological Parks and were happy to let everyone see and take pictures in one of your scientific invention called camera. You did not understand my pain then, but I do understand yours, when being caged and stifled of freedom. I always did, then and now too.

Well, it was payback time, wherein you stayed in your cages and the fauna had fun watching you with scant danger from you. Role reversal was happening.

But, how can I enjoy the plight of the one I love, be it mankind or flora and fauna? Sanity will prevail in times to come. The havoc created by my little one will vanish. But will you, mankind, understand and find a permanent solution. Or will this phase of viral havoc continue in different cycles.

The ground started shaking, my eyes were wide open, I sat upright, looked around and was unable to fathom what was happening. Was it all a dream? Or was it Mother Nature trying to wake me up from my deep slumber and urging me to find a solution both, to the carnage that has been wrecked upon mankind and the fate that has befallen upon Mother Nature?

Whatever may be the case, one thing was crystal clear to me. Sunshine is essential for every one's growth. A lightless dark world is a place where both, Nature and Mankind cannot Survive, Co-Exist and Grow. If humanity needs to keep their smiles going then flowers need to bloom in the sunshine, which reminds me of the famous lines rendered by Irish band Boyzone:

"Smile an everlasting smile, a smile could bring you near to me

Don't ever let me find you're gone, cause that would bring a tear to me

This world has lost its glory, let's start a brand new story now my love

Right now there'll be no other time and I can show you all my love"

Comdt Umesh K Iyer
745 Sqn (CG)
Port Blair

LEARN WITH TIME

Gone are the days of frantic rushing to dress-up the kids in uniform, packing their tiffins, checking to see if nails are trimmed, hair combed and shoes polishing before they go off to school. Gone are the days of running to catch the school bus or dropping your child on time to school. Gone are the days of leisurely tea after packing off your kids to school.

The post COVID outbreak days have turned the world of an average parent upside down, especially mothers. Now it is checking to see if the laptop is charged and ready, network and WiFi are up and running before the online classes start. Keeping an eye on the child to make sure he/she is really listening to the class and not chatting with their friends online!!!

To say that only parents are troubled won't be correct as the kids have also suffered a lot due to the lock-down and social distancing norms. They miss the carefree days of fun and games with their friends & neighbours, going to each other's homes, birthday parties and sharing food and toys.

Parents have caged their kids indoors due to their fear of the infectious disease, driving them to rely on TV and mobiles for entertainment. We parents also feel tempted to handover our phones in exchange for some quiet time. But as the COVID-19 pandemic extends for months and months with no cure in sight, parents must come to a realization that this cannot be a long term solution.

Though online classes have replaced the classroom teachings to some extent, it can only cover the academic side of schooling. But what we fail to see is that school is also a way of social learning for our children. It teaches them how to interact with others in the society, discipline and good etiquettes. They learn to share and care for others and to get along with peers. With the closure of schools their routines and time schedules have gone for a toss. They may also get a feeling of loneliness and detachment from the outside world



if we continue to let them play with the mobiles and tablets. Instead, we should take out more time to interact with our kids, encourage them to use their time productively. We must find new ways to engage kids which will help them rather than making mobile and TV addicts.

Like they say 'every cloud has a silver lining', although the dark clouds of the pandemic are looming over us, we must look for the silver lining in it. Use this time to know your child better, spend more quality time with them, inspire and motivate them to take up hobbies to improve themselves. Help them by getting involved in their daily lessons and studies. Try to set a fixed routine for the day – one for the week days and another for the weekends. If you are following an 'at home exercise routine', which by the way we all should, get them to join in too. Bring out the old board games – the 'Ludos', the 'Snakes n Ladders', carrom board and monopoly. Get them involved in the kitchen and other household chores. Let them assist you in cooking, try out new recipes that they might like.

Lastly, we must teach them how to live with the virus. How to safely meet with friends, to wear a mask when outside and sanitizing once back home, to maintain safe distance when outside and eating healthy to boost one's immunity. If they ever feel low or down about the whole situation, let them know that this time will also pass and things will get better for sure.

Mrs Aatira Ramesh

W/O Comdt(JG) Naveen Karunan

OUR ATTITUDE



This picture took me completely off guard when I saw it for the first time. Some of you may have seen it, but it's worth taking a look once more for it really speaks a thousand words or more!

This is a click by someone travelling on NH 8 during the outbreak of Covid – 19. Yes, you guessed it right they are casual labourers returning to their native place on foot. When the person who clicked this picture offered them biscuits, they naively denied saying they had enough!

When the lockdown was announced, most of us hoarded our kitchens like there is no tomorrow. Whatever was available we grabbed, stuffed our larders and shelves with food and more of it. And on the other side here is a family consisting of 6 people. The parents have no clue from where they will get the next meal, when will they get a stable source of income, whether their children will ever see the face of a decent school or not, where they will rest for the night and so many more questions which we feel are extremely important. Yet they refused to take something which was not needed as they felt they had enough!

Looking at their smiles and satisfaction (incidentally one of the bags they are carrying has the word 'Santushti' – meaning satisfaction and the other says 'Good time') I am sure they will have a great ride in this journey of life. If the saying 'God lies in the details' has any meaning – it's details like these that I find the ever elusive God living in!

The smiles and satisfaction on their faces made me think, what do we really need to be happy in life? Is it a good job – yes, is it a stable family – yes, is it loving family and friends – yes but what's the most important thing? This picture drove home the point for me – it is satisfaction, smile

and of course a great ATTITUDE!

Drawing parallels from the super hit movie 'Three Idiots' that taught us that we should do what we excel in and success will be ours, I think that if we have a great attitude and are satisfied with what we have, we have learnt how to live life in the deepest sense.



(Picture on Facebook by Vision Unlimited)

What's a great attitude one may ponder? According to the dictionary meaning (Cambridge) "it is a feeling or opinion about something or someone, or a way of behaving". Simply put it is the way we respond to any situation in life. The situation could be an incident, a person or just about anything that we deal with in everyday life. We have no control over the situation, but what we have surely control over is how we respond to it – our attitude.

Our attitude decides our direction in life and to train ourselves to have the correct attitude needs a lifetime if not more! I can conclude by saying that if basically we develop an attitude of gratitude we will be so much more satisfied in life that will bring happiness to our doorstep which in turn is the very basic need of living!

K. Sucharitha

W/O DIG K. Sitaram
ICGS Samudra Prahari

PREVENT PRESERVE AND PROGRESS SAFELY



The word “Pressure” has become a living word in this digitalised world. Everyone in office, house, street and playground is found under the word called “Pressure”.

Children at school feel the pressure of studies, competition and peer. At home couple feels the pressure of livelihood, lifestyle, neighbour, relatives and relationship. Office goers have pressure of deadlines, performances, promotions, increment & incentives and market competition. Elders feel pressure of loneliness; health, lack of company & maintenance of day-to-day routine work. Thus pressure is found in all age groups and all genders.

The word “Pressure” has been seen in different perspectives by different people. There is a set of population, who advocate that their efficiency is optimised under pressure and there is another set of population who get anxious with utterance of word called pressure and they cease to perform.

The word “Pressure” is required to be understood in more elaborate way so that we can draw certain strategies to deal with it, prevent it and make a safe progress from pressing circumstances.

- (i) Distraction: In this digitalised world, we have many means available to get distracted by. These distractions are so compulsive that, we forget to pay attention to important and mandatory things in life. The casual attitude towards vital things slowly gets built up into pressure as they are not completed on time.
- (ii) Competition: Competition amongst children for marks, competition amongst neighbours for flaunty life style, competition to earn more & spend more, invigorate the unending race after, unnecessary glittery worldly things

which takes away the inner peace of mind. The individual fails to come out of the whirlpool of competition & constantly suffers pressure.

- (iii) Compulsions: Compulsions to undertake various activities like on-line shopping; operating and updating personal activities on facebook & Instagram and keep looking for people’s response on those post, actually creates pressure on people which initially in not recognisable until unless one gets totally addicted to it. These compulsive activities are strong source of pressure in once life capable of disturbing the normal routine life.

We need to move ahead continuously improving our lives both mentally & physically. Therefore we need to weave our life, work out on strategies helpful in overcoming pressure in our day-to-day life. Some of the effective measures to counter pressure & move ahead in life are as under: -

- (a) Stop postponing matters
- (b) Deal with situation as it come
- (e) Stop overthinking as this does not solve the problem, but only occupies the mental faculties and create pressure.
- (f) Discuss the worries with elders at home, friends or else with professional counsellors.
- (g) Introspect your works and behaviour with people around you.
- (h) Pray & pay your gratitude to almighty god or supreme power or nature in which we survive.
- (j) Keep scientific approach towards problems. Look at them logically and analyse them for humane solutions.

- (k) Learn to have patience; as few things fruitify with time.
- (l) Negative and hurtful emotions are to be forgiven/ dropped and “move on in life” is the best solutions. Time and situation are on the roll, they change all the time. Thus, have faith and hope for better time in future.
- (m) Regular physical exercise to be made part of daily routine.
- (n) Meditate for 15-20 Minutes daily.

The pressure is a psychological situation and thus have to be seen through

scientific and logical perspective with humane touch. It has to be seen as chance to realize one’s hidden abilities and capabilities. We all know that a coal under pressure become diamond. Let us all metamorphosis our pressure into a strong personality by utilising our hidden strength and capabilities.

Commandant Usha Gaur
Officer-in-Charge
CGSD Paradip



BE THE BEST VERSION OF YOURSELF

Fathom the truth seldom understood
Change is constant I don’t mean to be rude
Regress or chose to evolve, don’t hold on as it’s bound to fall
Believe it you can’t re-live it, break that affectation wall

Be the drive you want to feel, be the change you want to see, it’s all fine
Take a moment to realize who ‘you’ want to be and how you dream to shine
Say it, believe it and repeat it a million times
Don’t wait for normal because it’s not worth a dime

Every moment is an opportunity, this is the reality
Stop resting on excuses and be known for congeniality
Accept and move ahead, then footprints of past easily wash away
Keeping head high, kicking inhibitions aside, build yourself for a new getaway

Flt Lt Ambica
W/O Asst Comdt PK Upmanyu
ICGS Rajshree

CORONA—GOOD OR BAD

Someone has correctly said that "If HEALTH is gone everything is gone" Health is wealth and nothing is supreme that what our health stands at the present moment. A healthy person (whether rich or poor) lives more happy and peaceful life than any rich person having a diseased body.

Pandemic is a widespread occurrence of an infectious disease over multiple countries or continents or even the whole world. It affects a major portion of the population. The word Pandemos, PAN means everyone and DEMOS means the population pandemic crosses international boundaries which affect people on a worldwide scale currently pandemic COVID-19 was declared a global pandemic by WHO corona virus was first identified in Wuhan, Hubei, China.

Most common Pandemic - Flu Pandemic:-

SPANISH flu caused by H1N1 virus 50 million deaths (1918-19)

ASIAN flu- H2N2 virus (1957-58)

HONG KONG flu – H3N2 (1968)

#AIDS & HIV

Environment impact :

Water Quality :

In Venice, the water in the canals cleared and experienced greater water flow and visibility of fishes.

The Venice mayor's office clarified that the increase in water clarity.

Air Quality :

The centre for research on energy and clean air reported that methods to contain the spread of

coronavirus, such as quarantines and travel bans, resulted in a 25% reduction of carbon emission in China.

NASA used an ozone monitoring instrument (OMI) to analyze and observe the ozone layer and pollutions such as NO2 aerosols and others.

Wildlife :

As people stayed at home due to lockdown and travel restrictions, same animals have been spotted in cities.

Rainer Froese has said the fish biomass will increase due to the sharp decline in fishing, and projected that in European waters, same fish such as herring could double their biomass.

Deforestation :

The disruption from the pandemic provided cover for illegal deforestation operations.

This was observed in Brazil, where satellite images showed deforestation of the Amazon rainforest surging by over 50% compared to baseline levels.

Social impact :

Educational impact :

The pandemic has affected educational systems worldwide, leading to the widespread closures of schools and universities.

According to data released by UNESCO on 25 Mar, School and university closures due to COVID -19 implemented nationwide in 165 countries.

Including localized closures, this affects over 1.5 Billion students worldwide, accounting for 87% of enrolled learners.

Psychological impact :

On 18 Mar 20 the WHO issued a report related to mental health and Psychosocial issues by addressing instructions and some social considerations during the COVID-19 outbreak.

Due to doubts either pets or other livestock may pass on coronavirus to humans, many people were reluctant to keep their pets fearing transmission, for instance in the Arab world, celebrities were urging people to keep and protect their pets.

The coronavirus pandemic has been followed by a concern for a potential spike in suicides, exacerbated by social isolation due to quarantine and social distancing guidelines, fear, and unemployment and financial factors.

Politics:

The pandemic has also impacted environment diplomacy and climate diplomacy, as the 2020 (UNC) United Nations Climate change conference was postponed to 2021. In response to the pandemic, its venue was converted to a field hospital.

The Public would see global warming as a lower priority issue than the pandemic, weakening the pressure on politicians and desire to restart the global economy.

Economy impact:

Global economy:

Due to the consumption slowdown in China, exports to the country have declined. So, this affects the economies of the countries that export goods to China.

Due to the fears, over the spread of COVID-19, tourism industry is facing huge losses.

Air travel demand has declined, and hence the aviation industry is negatively affected.

Indian economy:

14% of India's imports are China. Indian Industries depend on China for electronics, automobile components, pharmaceutical Ingredients etc. So, India is one of the most affected countries due to the corona virus outbreak in China.

Meat market in India has also been negatively affected.

The only +ve thing for India is decreased crude oil price.

Preventing and preparing to tackle the possible spread of corona virus within the country is a burden on the Indian economy, especially at the time of economic slowdown

COVID-19 has showed both positive and negative Impact on the environment, particularly in the most affected countries such as China, USA, Italy and Spain.

It is observed that there is a significant improvement in air quality, clean beaches and environmental noise pollution reduction.

As of now the economic damage by COVID-19 caused, is manageable, but with time the damage will increase. Hope the vaccine is developed soon to prevent further loss of lives and also the collapse of economies.

Miss Parvesh Kumari

LDC

LET'S BEGIN

Have we thought a circumstance like this would ever arrive in our lives where we would be left to combat through a pandemic situation with nothing but HOPE? Formerly, we have all been in a hectic but extravagant race, accompanied by a sophisticated blindfold; faultily envisioning that Science and Technology will nevertheless set a course towards the normal functionality of the world. Often chaos would set a pathway to comprehensions and it is obligatory that we gain courage in utilizing the seizure of humankind, to obtain self-realization and commence a new way of living than just existing.

Let's stop by to summon up the last few months, during the lockdown. The most common terminologies that would show up on our minds are Social distancing, Personal hygiene, taglines insisting that we Stay home. Most of us would also be able to revisit instances about people complaining, about the whole picture of not being able to lead a normal life. Having mentioned 'Normal life', it's high time we set a definition pertaining to what does it actually mean to be normal. It has to be admitted that we have all been so busy flowing alongside various meaningless influencing factors, that we haven't taken time on setting up straight terms for ethical living.

Nature's behaviour during the global commotion can be considered as an illustration of self-healing. As we were disregarding the destruction that we have been causing to our environment in the last few decades, this pandemic has aided the atmosphere in reconciling herself. A significant decline in travel, industrial operations preventing carbon and nitrogen oxide emissions, prevention of illegal deforestation/damage operations have all contributed to gaining better Air/Water qualities, also reduction of Seismic noise and conservation of Wildlife.

Likewise, despite the fact that there is enough negativity attempting to encapsulate our minds, we are on the other hand reminded to trust in the magic of beginnings, rather than falling victim to the puzzling psychological conflicts. There are renowned sayings to enforce impressions that every person should be willing to be a beginner, every new day. How beautiful it sounds to be able to realize there's always freedom to have new beginnings even during a pandemonium.

Let's begin to look back into our own past, so we will be able to recall our mistakes and not repeat them.

Let's begin to design the trail of our life rather than getting along the flow, so life will assist us in accomplishing contentment.

Let's begin to find happiness with the inner self, so we will not be disappointed by looking for it at unseemly places.

Let's begin to respect little things in our life, such as bringing up a smile on a loved one, so we will eradicate hatred.

Let's begin to spread compassion toward one other, so the entire world will gain an optimistic perspective.

Let's begin to give without expectations, so the whole art of living will gain restoration.

Let's begin to declutter materialistic ambitions, so we will get stronger to overcome unforeseen clutters.

Let's begin to love nature, so we will be loved back.

Mrs. Abitha George

W/o Asst Comdt George Paul C E

HOW AWARE YOU ARE



Shopping has evolved multi folds when compared to the past, there were times when the barter system used to be common amongst people and people exchanged services and goods for other

services and goods in return, the value of the bartering could be negotiated with the other party. Gradually coins were introduced which made shopping easier, slowly departmental stores were established. The internet changed the ways people shop, in the mid-1980's Tesco and Asda dabbled with home shopping services via computer but it was only, in the end, 1980s post introduction of the internet that widespread internet usage was possible for common people. Waiting till Saturday to shop is long gone with the E-shopping crawling its way to international rise. From booking flights and hotels to customizing gifts for loved ones, online shopping has made everyone's life remarkably smooth and hassle-free. Anything one needs is just a few finger taps away. If living in the lap of luxury was to be explained, nothing can fit seamlessly like online shopping. Between tapping on phones to sealing deals, a lot goes into the account for the preference and surging traffic on E-shopping platforms.

Once upon a time, shopkeepers were the best bet for product information and they assisted consumers in purchase, but after post introduction of the internet and online shopping, one can easily get the specific specifications and information about products including the cost of the product which helps the customer in choosing the product.

This is how online stores have mastered the math of consumer comfort and convenience. All it takes is the internet and a device. One can order things from any part of the globe to their doorstep with rock bottom effort. With products being available 24/7, the total control falls in the hands of the consumer as to when, where, and how to buy. Not to miss, the e-shopping websites are nothing less than a treasure casket of countless varieties and offers.

From fast fashion to automated gadgets, online stores have a huge variety and collection under changing trends and wants of the people. From kids to adults, there is something for everyone to buy online with the benefit of an inclusive price range. Hot sales and offers are a complete steal during festive shopping and special occasions. The cherry on the cake is the price comparing websites that help millions of people grab the best deals before opting for any service.

Online shopping is a sheer joy of shopping with no lines, cashiers, and parking. Doesn't it sound like heaven? Crowds are a big turnoff when it comes to shopping. With online shopping, chaos and waiting delays never arise. Instead of moving from one place to another, one can effortlessly choose from a wide range of products in a single frame. Plus, it's a great way to save fuel and time.

Nothing goes off the record when it comes to online shopping websites. From purchase date to payment history, a registered user can always come back to have the overview of purchases made at any point in time. The fabulous part is that buyers can track the products from warehouses to their doorstep with unrestricted data transparency.

It's a no-brainer that online stores have numerous payment modes that favour both domestic and international buyers. The refund/return policy, live support, and FAQs tackle all kinds of consumer issues and queries in a jiffy to yield the most gratifying shopping experience.

Online stores are helping hands for growing brands:-

It's hard to un-see how companies like Amazon, Apple, and Microsoft have evolved into a trillion-dollar company today by going online in the early '90s. This is because going online is going big. Online shopping helps brands grow organically by attracting buyers from all over the world. Estimating websites like Trivago, Pronto, Grab on, Google shopping, and, many more exist in dependence of E-stores. Small company manufacturers which don't opt for a physical store can now sell their products online. Digital apps like Paypal, Google Pay, or Paytm make enormous profits by supporting secured online transactions for customers. Furthermore, the booming success of gift and specialty shops can be credited solely to online shopping.

Online threats can be concealed by paying attention to a few details:

- (A) Prefer familiar sites with the social presence on platforms like Facebook and Instagram to ensure legitimacy.
- (B) The presence of SSL/TLS certificates and https connection is indicative of trustworthy sites.
- (C) Cross-verifying through Google's safe browsing transparency report can help rule out malware hosts.
- (D) Brand imitating websites and bogus URL's are a big no for browsing.

Lately, online shopping is one of the few industries that have proven it's worth and credibility in the pandemic by providing contactless delivery to millions of people in need. In the ongoing pandemic the need for the hour is a shopping experience which is contactless, ability to deliver at the doorstep and adhering to social distancing and at the same time high levels of customer satisfaction so, in a nutshell, online shopping is undoubtedly a boon. It's a place where one can get tired scrolling but never run out of options and joy.

Asst Comdt M Sriharsha

ICGS Meera Behn



*The strongest Action for a woman is to love herself,
be herself & Shine amongst those who
never believed she could*



STAY YOURSELF- STAY MOTIVATED

You can decide your behaviour and your thoughts in any given situation and that determine the results you get. It all starts with your thoughts, a motivated self. Sometimes it is really easy to get motivated, and you find yourself in a situation of excitement. Other times, it is nearly impossible to figure out how to motivate yourself and you're trapped in a death spiral of laziness.

Steven Pressfield, in his book 'The War of Art' defined motivation as "At some point, the pain of not doing it, becomes greater than the pain of doing it." In other words, at some point, it is easier to change than to stay the same. It is easier to feel awkward while making the sales call than to feel disappointed about your bank account. This, I think, is the essence of motivation. Every choice has a price, but when we are motivated, it is easier to bear the inconvenience of action than the pain of remaining the same. Sometimes we cross a mental threshold usually after weeks of procrastination and in the face of a deadline and it becomes more painful to not do the work than to actually do it. Motivation is sometimes mistaken for some other behavioural aspects like guidance, inspiration, or teaching. It's difficult to motivate people mostly we can give or get a boost, in the short-term.

We generally think that motivation often comes as a result of seeing a motivational video or reading an inspirational book. However, motivation is often the result of the action, not the cause of it. An active inspiration naturally produces momentum and that may be a result of our own thought process. We even think that concrete actions increase work motivation in a sustainable manner but it

is not true. Mostly same motivational factors are considered for each individual though, everybody is different and the needs vary from one individual to another. Even it may vary from one period to another for the same individual.

Many people struggle to find the motivation they need to achieve the goals they want as they are not understanding the real reason behind achieving that goal. They spend energy in the process of things not so important for them. If you want to make it easy to find motivation and get started, then it helps to automate the early stages of your behaviour.

The work of top creative's isn't dependent upon motivation or inspiration, but rather it follows a consistent pattern and routine. Here are some examples of how you can apply ritual and routine to get motivated:

- Exercise regularly: Hit the countryside road or gym as exercise releases endorphins the happiness hormone. That's why endorphin is also called runners hormone.
- Be more creative: Follow a creative habit before you start work.
- Start a stress-free day: Every morning have a five-minute morning meditation for a stress-free day.
- Sleep well: A planned routine before bed and sleep on time helps.

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NOW IS THE TIME AND TODAY IS THE DAY

“Procrastination” as per the oxford dictionary means “To delay doing something for a later time because you do not want to do it.” This single word is the biggest hurdle in the path of the Success of human beings. Without realizing, we postpone the plan for tomorrow that never comes. Whether you move or not, the clock is ticking, it does not stop for you.

We want to reduce weight, we have all the diet and exercise plan, we even buy the new gym T-shirt and expensive running shoes. But then it's raining today. I will start from tomorrow, today is Sunday. I will start on Monday. Monday, my in-laws are coming or my kids have exams I better prepare for them, exercise I will do in the evening. Evening unexpected guests came and I had to attend them. Party went on too long I couldn't get up in the morning..... so on and so forth.....

The clock keeps ticking and time keeps passing, we continue to gain weight, we continue to grow older and older every day. Time keeps changing, now the T-shirt you brought doesn't even fit you well. The knees have started paining and you can't even walk with those shoes on. Then we repent “I should have started earlier”, “I should have done it then”, But the time has already passed and it

moves only one-way. We just cannot rewind it.

So ladies, stop “Procrastinating”. “Now is the time and today is the day” leave everything else. Take a break, sit alone think of yourself. Go back in time and recollect what is it that you always wanted to do? What is your true identity? What is it that you enjoy doing the most? Don't delay, just jot it down in a piece of paper and prepare a plan.

Once you are clear in your mind as to, what kind of person you want to be? what is it that you want to achieve in your life? Then there should be no more delay. Just go for it. Once you start moving in the right direction then each day brings in new energy in your life. The hard work put in the pursuit of success is always rewarding and rejuvenating.

His Holiness Dalai Lama once said, “The biggest irony of humans is that they live their life as though they are never going to die and ultimately die as though they never lived.” So ladies, let's live to the fullest and be the person you want to be as now we know.....

“The clock is ticking”
Anjana Shatrujeet
W/o Comdt SJ Singh
CO,ICGS (GDN)



Be a strong woman. So your daughter will have a role model and your son will know what to look for in a woman when he's a man



ONLINE SHOPPING IS LIFE CHANGER



Today online shopping has become one of the most important part of our daily life. With every minute, we are purchasing or selling something online. Basically e-shopping is not today's concept, it is evolving from our

ancient time. In the ancient time there were other methods of shopping. In that time, they used to share things and took whatever they want called bartering. Local products were made available elsewhere through sea route and other modes of trade.

From ancient times to today the methods of shopping have improved and is very fast due to internet. Today we are in the stage of advance technology and e-marketing. We can purchase everything that we want from our home or wherever we are. Online shopping makes our life easy safe and comfortable. Everybody is able to purchase everything that he wants in affordable price also.

Today we are able to bring every little happiness and joy with the help of online shopping. Due to online shopping we are having medical facilities too. Online shopping gives us everything that we required in competitive and best quality of product. Because of this we are able to connect with best quality products of the world – With the help of online shopping we can improve our teaching quality too. We can purchase every types of books and teaching materials from the best sources of publication.

In this way we are able to make our life easy and luxurious with the help of online shopping. There are also some disadvantages of the online shopping and it also affect our small business and small category business. With positive thinking we should always focus on what we are achieving. That's why online shopping is like a boon for humankind.

Manoj Jadhao

U/Nvk(CK)

30321-Q



READY TO DIE



Sitting calm at shore,
Thinking about us and much more.

Remembering your charming smile,
And sipping old red wine.

The cracking sounds of broken waves,
Take me to the mountain caves.

My love for you is beyond your imagination,
Give me some time for the realisation.

The blowing breeze whispering in my mind,
You are a lady of different kind.

Always waiting for your 'Hei',
No wonders for the moment,
Yes I am ready to 'Die' .

Comdt(JG) Sachin Verma

ICGS Sujay

LAZY JACK IS THE NEED OF AN HOUR

It all started in Wuhan 'the Chicago of China' a place which was originally known for its roads, expressways and dozens of railways. Today it stands to be the most popular city for gifting the trending pandemic outbreak of the century. Apparently, it has succeeded in achieving what our education system has been attempting since independence. It has ensured that names Wuhan, China and quarantine reach every nook and corner including the slums of our country. The dragon country never imagined the type of popularity it stood to gain for its devilish approach of failing to report the pandemic before it went out of their hands. Meanwhile, the virus took giant strides embarking on a global expedition by hoping onto planes, railways and air vents through infected nostrils, the world health body was caught napping. The states around the globe responded with nationwide lockdowns and travel restrictions but the damage had already been done.

India was no different; the Govt. announced nationwide lockdown and the men in uniform sprang into action with heavy iron bound bamboo sticks and hawk eyes searching for any trace of human soul on streets. Nevertheless, lockdown didn't deter Indian DNA from roaming onto streets even if it meant returning back home bruised. Despite the efforts, the virus grew exponentially, threatening the world GDP, and the global markets plummeted to record new lows. Govt. stood helpless with no spinning wheel of economy and the plethora of mouths to feed, lifting lockdown and taking calculated risk was the sole option. If the truth be told, for developed countries lockdown is an itch, but for us, we bleed. Running out of options the norms were eased and lockdown was lifted arguably in a phased manner. Amid all the chaos, the people were getting conditioned to a new normal.

It has been six months and counting, since the

first reports of COVID-19 positive case in the country. Six months of adjusting and tweaking of daily routine has developed a sense of acceptance amongst local populace to share space with virus. Social media has garnered popularity and facebook, PUBG, instagram and whatsapp have made the most of the pandemic. Cinemas and bollywood have begun to embrace the change. Over the top media services (OTT) have come through as a boon for caged population. Gone are the days when dining at fancy restaurants and watching movies on weekends were a luxury. Today luxury is to lead an austere life without getting infected. Televisions are flooded with sanitizers and immunity boosting product advertisements, luring the vulnerable and worried sections of society. Face masks have become a part of body and are in fashion these days. It didn't take long for cloth manufacturing brands to come up with fancy masks coupled with work from home t-shirts emphasizing on new design and cuts, compromising the very basic purpose of it. The traditional Indian 'Namaste' was never as globalized as it is now; it has replaced the old fashioned business oriented Greek handshake. Go out once in a week has become a norm and sensible individuals seem to follow it. Thermal guns, PPE kits, sanitizers and immunity boosters have taken the market by storm. Sports have come to a halt. The sedentary lifestyle has replaced its dynamic version. There's an old saying, 'All work and no play, makes Jack a lazy boy'. Well, lazy Jack is the need of the hour. Work from home and quarantine have become household slogans. With full stop to progress of sports, there's another health issue which crops up: Obesity. Slight physical work means cosmopolitan protruded bellies and they come in package with blood pressure and hypertension, perfect ingredients for the most dreaded virus to affect.

Once in a century pandemic has exposed the lacunae in health care system of states. It has proved how much less we know about the vast pool of viral diseases. With the possibility of development of a potent vaccine far from horizon, survival of the fittest seems to be the only theory working. False claims of having manufactured a vaccine don't help the cause apart from enriching the already existing fat bank balance of claiming companies. The pandemic has had healthcare, economic and social impact on the intricate framework of Indian society. There have been challenges in diagnosis, quarantine and treatment of suspected and confirmed cases. The sheer numbers of patients have burdened doctors and medical staff. The medical shops akin to alcohol shops are getting overloaded, while persons with other diseases are being neglected. Travel restrictions have ensured disruption of supply chain of medicines

and sluggish manufacturing of commodities. Innovative ideas of converting railway coaches into quarantine beds are appreciated, but jumping out on streets banging utensils and burning diyas are certainly not. With no vaccine in sight there are two possible solutions: either no host is allowed to the virus to propagate or everybody gets infected and self developed immunity takes care of the rest. In the present scenario, and at haring pace of spread of pandemic, the latter seems more likely. The measures of social distancing have had some impact curtailing the spread however; the lack of local support has thrown the very notion of it out of the window.

Manmohan Singh
Asst Commandant
1406-S
ICGS C-435



SAILING ORDER

With hard work and dedication, we grew young,
The dream to dawn the whites we longed.

The uniforms we proudly wear,
The tricolor we serve from the sea and air.

We serve the country and make her proud,
Over the horizon, beneath the clouds.

In every port and near every shore,
Our mighty ships reach and roar.

Following winds and fair winds may grace our day,
Vayam Rakshamah are the words we pray.

BK Mansingh (1478-J)
Asst Commandant

ALL WILL BE FINE SOON



Pandemic is an Epidemics which spread worldwide and affect the large number of population. It means Pandemic is a bigger form of Epidemic. Till now world has faced so many Pandemics. Among them, there are five History's worst Pandemic listed below:

Plague of Justinian - Kills half of the population of the world in in 541 CE

Black Death - Arrived in the year 1347 and vanish the 200 millions lives in just four years.

The Great Plague of London- The plague repeated every 10 years from 1348

to1665 in which 40 outbreaks happened in just within 300 years. And each new plague Epidemic, 20 percent of the population of British was killed.

Small Pox - An European disease Small Pox was epidemic spread to Europe, Asia and Arabia for centuries. It was killing 3 people out of 10 infected and left others with deep scars on body especially on face.

Cholera - In the early to mid of 19th century Cholera has killed large population of the world.

Present Pandemic from COVID-19 is an unprecedented time in in the history of mankind. Countries are shutdown. People are maintaining social distance and working from home. During current Pandemic of COVID-19, life of the families of whole world changed. According to UNESCO, over 1.5 billion learners in 165 countries have been affected due to school closing. According to survey conducted by Indian Psychiatric Society has found 20 percent rise in mental illness. During the Pandemic and lockdown, declared by the Government to contain the disease from further spreading, people are bound to stay at home and children are also being kept inside the home. During situation of Pandemic parent's responsibility towards children increased to take care of them.

The following tips are fruitful to take care of children during Pandemic:-

Addressing children fears: Children got afraid due to numerous information received from various sources like TV news, News Paper and social media. They confused and get worried and causes mental illness. Being the parent we should suggest them that we are with you and we will take care during any eventuality. We should make them understand about right and wrong information.

Reply with honesty: Describe truth about disease. People are getting sick but also getting well by keeping themselves healthy and increasing the immunity. We should say like staying home and hand wash will help our family stay healthy. We should also tell them that our Government, doctor, security personnel are working day and night for fighting with Pandemics. Our scientists are also doing hard work for invention of Vaccine to fight with particular disease.

Practicing good habits and healthy routine:

Practicing good habit and following healthy routine by the children will also keep them away from disease. Being the parents we should make daily routine for them from getting up in morning till sleeping in the night like, refreshing, Yoga, breakfast, creative woks, study, lunch, evening indoor game, dinner and study before sleeping.

Social distancing not social isolation: During the lockdown in Pandemic children feel, isolated from their friends and they feel boring. We should always understand the feelings of children and suggest them to talk with their friends, grandparents and relatives and share their views and discuss their problems and feel concern about them.

Guidance to the children before leaving the house:

Before leaving your house for essential work tell your children in calm voice that you are going for essential work and how long you will be away from them. Also tell them when you will return and taking steps to be safe.

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LIVE LIFE HAPPILY



Different people have different meaning of life and happiness. The foundation for happiness is all about how you make sense of the world. There are 5 basics of happiness. Notice and Appreciate the Good in Each Day The first foundational way to be happy is to look for the good in every single day. People who look for the good in their daily lives are happier and accomplish more. Many people believe that their circumstances determine how they feel. If the events of the day are frustrating, disappointing or stressful, they assume it is inevitable to experience negative emotions—to not feel happy with life. But research has shown that the happiest people aren't happier because they have better life circumstances than others; they are happier because they have learned to look for and appreciate what is good about each day. Everyone has ways of thinking and acting that encourage misery. For example, you can stack up your stresses and expectations until you are crushed by them. You can complain about and wish away your day-to-day tasks, making your life seem dreary. Any number of things can make you irritated, burdened, or negative. By replacing those negative thinking habits with some of the positive ones listed below, you can intentionally choose to be happier.

Everyone chooses memories to construct a unique life story. Positive memories are those that make you the happiest and can have long-lasting effects in shaping your identity. Close your eyes and relive some of the memories you have identified as your best. Notice that when you relive positive memories, positive emotions naturally fill your mind. Once you have identified your positive memories, you can give them greater prominence in your life. Maybe you write them up and share them with friends and family. Maybe you display pictures or symbols that remind you of those experiences on the wall of your home or in your

wallet. Maybe you take pictures that remind you of great times and important people in your life. Maybe you make a scrapbook.

Many people drain themselves of happiness through worry and fear about the future. It doesn't help that we live in a culture of 24-hour news cycles that present us with an endless stream of issues to worry about. You might worry about decisions you face, the stability of your job, your personal shortcomings, your children's safety, your health, the direction the world is going ... the list can be endless. Frequent worry and fear about the future can limit the happiness you enjoy in the present. There are things you can do to manage your fears and worries about the future. You can begin by asking yourself if the amount of time you are investing in worry is appropriate and helpful. Problems do occur. You should be aware of those that impact you. You should take the appropriate steps to prevent or manage them. But many people invest a great deal of time and energy worrying about things that are unlikely to happen or are beyond their control. When you begin worrying about something that might happen in the future, ask yourself: "What is the chance that this will actually happen? Is this something I can do anything about in contrast to negativity, hope is energizing. How can you infuse hope into your thought process? Some people draw on religious faith. Some lean on friends. Create things to look forward to. Identify something that would bring you happiness and make it happen. This might be a major event such as a trip or starting a big project you would love to work on. Or it might be a small thing you could look forward to on a more regular basis. For example, you could plan to read a good book, schedule lunch with a friend, or arrange a weekend getaway.

Shailendra Mishra

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VZG CTK FLT

NATURE OF OUR FOREFATHERS

Nature of our forefathers being a rich land,
Glorious in the abundance of life and plentiful in gifts.
From forest clad mountains and jungles full of birds and beast,
To the splendid reefs that lined our shores.
Bringing everything in plenty to animal and man alike.
A land respected and cherished for thousands of years as 'mine'...

Till our father's were taught to think otherwise, big foot of modernity to trample and last.

Now what we inherit is but a shadow of a beautiful past.
Precious and pure which we might just preserve for posterity,,,

Yet all is not lost, we might just recover.
If we come together to take a firm stand.
A last chance to make people realize, to ponder and think of the price.

To give the children of tomorrow a chance to know...
The flight of the butterfly
The song of the birds
The gushing of the silver stream, the tinkling bell of the herds.
The rich variety of life and the gift of peace given to mankind.
Let us uphold this legacy, till our last breath we do find

S Samanta
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The woman I was yesterday, introduced me to the woman I am today, which makes me very excited about meeting the woman I will become tomorrow.



SUNSHINE FOR FLOWERS ARE SMILES TO HUMANITY



A woman is sitting with a pile of magazines under a tree beside the road under the 12noon sun, hoping for her first buyer of the day since the morning. A man comes to buy one with a smiling face. This smile sprouted a ray hope that would fill her with courage to spend the rest of the day. The sunshine is the core energy source of a happy flower. Similarly, a smile, available free does enrich the other person with great hope and courage. However, for some reason, we are so much involved in our daily lives, always tip-toed to meet daily targets, that we forget to spread smiles so often.

One person wakes up in the morning, makes his bed, takes a hurried bath, breakfast (as fast as a sip of tea and a bread roll in hand) and goes off to work. Having a miserable day explaining his reporting authority of his mistakes and scolding his subordinates for their improper work, he goes to have lunch. In the lunch the cook gets a piece of his mind for a pinch of extra salt in the food he serves. In the evening, he returns home to his very own bedroom he left as it was in the morning. However, he sees a smile sticker near his well-made bed. Looking at this, he smiles and gets half relieved. Then he realizes that he had this smile with him the whole day, he might have entered the room happily.

Over the years, this world has seen miracles happening around caused by a simple beautiful innocent smile. Mahatma Gandhi chose to use non-violence over violence to free India. This is the definite result of a courageous smile. The smile that people would have experienced when they first made their own salt after Dandi March. The smile of a father when he sees his son being rescued from the earthquake debris, encourages the rescue workers to continue this work of humanity. The smile with blessings one gets when he/she helps any deprived person with some necessities like food or clothes, etc.

The achievement smile after one fulfils his dream of becoming an IAS officer. The smile a child gets when he tops the class after getting failed in his previous tests, inspires a whole lot of aspirants. And after all, an innocent smile of an infant makes anyone cheerful with no reason. So, a flower might get water, well-nourished soil, fresh air, but without the very prime source of energy, that is sunshine, the flower cannot flourish by itself. Similarly, having a set of good family, good job, good earnings, good housing, but without a smile, life seems meaningless. Human would then be inhuman. And so, does the very humanity.

And so Joseph Addison says, "What sunshine is to flowers, smiles are to humanity."

Anoop Makwana

Asst Comdt

TIME NEVER WAITS FOR ANYONE



Imagine you have a bank account which gives you 86,400 every morning you wake up, but with few conditions and rules, that you can't keep the cash with you and whatever money you have not utilized by the end of

the day, the bank declares it as lost. We all have one such account i.e. time. There are 86,400 seconds given to us every day and how wisely we use it, and how we utilize it totally depends on us. which in turn decides our future.

Actions we perform in our life, have direct or indirect impact on our near and dear ones, the surroundings in which we live and many more. Every action has a cost attached to it. The cost might be in different forms, it may be in terms of time, money or efforts. The pandemic has caused a huge loss, but one thing it has given to us is time during the lockdown, the efficiency with which one could have utilized the time from morning till evening could be by exercising and doing yoga, doing official work, spending quality time with family, reading good personality development books, developing hobby which could have been a better way to utilize time.

Value of time could be different for different professional, everybody spends time in different activity, but what adds value to it is the purpose or the goal for which the effective utilization of time is being done. There are different professionals like teachers, scientists, bankers, industrialists, armed force personnel, mother at home and many more, they are all valuable human resource of our country and the best possible use of such resource in time bound manner will decide the future of our country.

As per economic survey 2018-19 demographic dividend of India's population is among the youngest, in an aging world with 62.5% of population in age group of 15-59 years. By 2022, median age in India will be 28 years. In comparison, it will be

37 year in China and USA and 45 years in Western Europe. Now, we have very limited time span of 50 to 60 years where we have to use such a large human resource potential, effectively and timely, which would become an asset to this country. For that to be done, timely prudent action on different sectors are required like improving educational system by use of technology & digital platforms. Information technology enabled services would change the traditional way of teaching. Timely healthcare services, economic reforms in different sectors, reforms in tourism, social sector, laws governing social media, pharmaceutical sectors, e-commerce, agriculture and all other developments in turn would make India prosper in timely manner by utilizing its potential to maximum.

Though time given to people may be same, but outcomes might differ due to different actions performed by different people in a given span of time. As we live on this beautiful earth, but it wouldn't be the same in near future as the time goes by. It is not only the human whose nature changes but also the nature of our planet too. Climate change and global warming too are cause of concern, and if everyone contributes their share in a sustainable model of growth, we can save Mother Earth as well.

Time in itself is such a broad concept that even words wouldn't suffice to describe it. It's different impact on human life and nature is beyond one's imagination. Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it you can never get it back. Time can't be bought, it can't be borrowed, and neither can it be stopped. One can save money for future but not time. One can only spend it and invest in a wise manner for a better future, where the fruits of all such efforts could be reaped by all.

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ONLINE SHOPPING IN REMOTE AREAS



The mode of online shopping is a boon. In ICG and other services many welfare measures pertaining to service conditions are available online such as the availability of our SOE.

Nowadays, we have many online shopping apps like Amazon, Flipkart, Myntra etc in our phones. These apps are very popular in India and profitable due to mass appeal and their reach to remote areas. When a specific product is to be purchased and we do not get in our area, we spend a lot of money in travelling to other places to get this product. However, due to online shopping we can get the product delivered to our home from these apps thereby saving money and precious time. These days the entire world is affected by COVID-19 which has become a pandemic. In these times online shopping has become very useful to us. The online apps are helping us keep the social distance and still get our items delivered to the safety of indoors.

Despite some drawbacks of online shopping too such as the compromise in quality in respect to the

item displayed is cryptographic. The quality cannot be ascertained visibly from the app and we have to trust on the provider of the item. Also, in rural areas where internet connectivity is not so good a lighter version app should be developed in low bandwidth quality so as to browse the app quickly for people to connect with online shopping or uploading/selling of local produce. This becomes a boon for local village people, making their life style easy, comfortable and technologically advanced.

Similarly, Indian Coast Guard self-help groups under CGWWA can sell their products from remote locations such as Jakhau/Campbell Bay in apps such as Amazon with due approval. Alternatively, CGWWA products can be sold in CG app Mitra or ICG Portal. So we should take initiative to create an ingenious app for online shopping. This app should include the feature for selling artefacts and designs made by any individual, who are not a part of ownership of a registered firm and give ample opportunity for their growth and development.

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Never let Success get to your head and never let failure get to your heart.



START A NEW CHAPTER

The world today as we speak has been severely impacted by the Pandemic and has affected our day to day life. Thousands of people have been smitten with the insufferable blowback that this curse has caused us. Since the virus being a new viral disease affecting us for the first time, the vaccine to impede its spread and the cure is yet to be introduced. In the mean while the emphasis lies on taking extensive precautions such as hygienic protocol, social distancing, donning of masks regularly. The virus is exponentially augmenting all around the world and has compelled even the most powerful nations to doubt their capabilities and contemplate. The outbreak has completely annihilated the world trade and disrupted the global movements.

The impact of COVID-19 in daily life are extensive and have far reaching consequences. They may be divided into the following categories however does not remain confined to it:-

Healthcare: One of the severely affected life supporting aid. The healthcare facilities have been overburdened with abundant cases and limited apparatus, patients other than COVID remained unattended and neglected, overload on healthcare professionals who are at high risk themselves, overloading of medical shops and disruption in medical supplies.

Economic: The backbone of any flourished/ flourishing nation has been strike down to a huge extent. Losses in national/global business, poor cash flow and significant slowing down in revenue growth.

Social: This remains to be the latent impact of COVID, which comprises of compromised service sectors, cancellations of large scale tournaments,

disruptions and restrictions in celebration of cultural and religious festivals, closure of places for entertainment such as pools, gyms, clubs and so on. Postponement of examinations, cancellation of recruitment drives, loss of jobs and many more. This is just a gist of havoc caused by the pandemic and has no ambit to the damage caused to each and every one of us, be it physically, emotionally, psychologically or mentally.

In these very unusual and difficult times, the primary concern should be to overcome the mental trauma causes and to safeguard one's mental health. Right Emotions, Right People, Right Thoughts and Right Path would help us to get over the negative thoughts hovering us. The human race has always been a survivor and has overcome such situations with great acceptance. The same has to be brought out within and should be use to our benefit to build a better present and even better future. There is no denial in the fact that we as a whole have been severely affected by the pandemic but on the contrary this situation has compelled us, simultaneously made us realize how differently isolated we had become, busy in our personal lives, digitally connected yet far distant. Unknown of the fact that the generation gap between us and our parents had multiplied enormously. The beautiful life offered to each and every one of us was being taken for granted and despite being thankful for what we have and strive to achieve more, we just despised of how less we have got. It's time we explore and enjoy each and every moment, give ourselves a chance and believe and accept ourselves the way we are and understand the basic difference between satisfaction and success.

"A Satisfied life is better than a successful one,

because our success is measured by others, whereas our satisfaction by our mind, heart and soul. – Buddha”

In the ongoing scenario the gyms and parks are closed however don't restrict yourself to perform Yoga and other exercises at home. The never ending race to achieve more and more has deprived us of our habits to keep ourselves fit. Remember all good thoughts are conceived while walking. It is mandatory to dedicate atleast 30 minutes from your 24 hours schedule towards the maintenance and upkeep of your body after all our body is our temple. Take an oath to workout, sweat out a bit everyday and you will feel the change. A fit personality automatically acquires confidence and agility. Post lockdown a new beginning should be succeeded by the preceded end of lethargy.

Stress and anxiety can affect eating habits and mostly catalyze over eating and intake of a non balanced diet. As we are spending more time indoors and are not exposed to any workout schedule, it becomes necessary to have a check at our meal. Utmost care has to be taken that overeating doesn't become unhealthy escapism. Such internal imbalance will result in augmented stress and anxiety and further depression. The times have passed wherein the markets used to be flooded with organic items of satisfactory quality. Today with the rise of demand due to population and the urge to generate profit, the quality check is degraded so as the products. It implies that we need to be very specific the choice of products we consume and transform to a healthy and nutrient oriented diet than the delicious junk foods. However, it is not necessary to complete cut off the street food from our diet, the sporadic craving may be catered but again on a regulated basis.

With the proliferation of social media, it has been observed that the personal touch with our loved

ones is lost. Therefore, it is imperative so as to maintain social connectivity with our near and dear ones. Habits such as non usage of mobile phones when with family should be encouraged. Having small talks and taking this opportunity to know more about each other's lives and opening up with our parents and siblings should be done more frequently. Calling our relatives and friends and reviving the lost connections with them is a way to go. Opening up with close ones works as stress buster and also helps other not to feel isolated. One must take the initiative to manage some time from their occupied schedule post lockdown to visit or plan get together with your loved ones. The digital mode of communication was devised with a plan to eliminate the hardship to connect with our friends and family but wasn't meant to take over the physical presence.

Start a new hobby, learn to play some instrument, learn a new language be it any from online classes or through youtube and various other internet platforms, learn to sketch or to cook. Make the leisure time productive to do something new. Instill this way of life and learn something new every day.

Certainly we can't change the past and alleviate ourselves by the aftermath of pandemic blow, but it is in our gut to accept it and face what is yet to come. We can either sit and do nothing and blame the course of nature or we rise from the ash like a phoenix and let ourselves be the master of our own fate. Take this end as the new beginning and let bygones be bygones. Accept all you have and explore all you can.

A Srivastav

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ICGS AADESH

WAKE UP TIME



The Speech of Swami Vivekananda, "Arise, Awake and do not stop until the goal is reached." If we do not stand to fulfill our dream, we in our eyes get neglected and discouraged.

There is a proverb, "Time And Tide Wait For None" which means that just like tide even time does not wait for anyone. So we should use time very wisely to reach to our ambition. Everyone has an ambition in his life. Life without ambition does not lead you to anywhere. But the clock is ticking all time in its own motion. So stand and start your walk towards your destination. The clock made by, 'Christiaan Huggens' is running wherever you are lying in bed and counting your last breath of life or you reached the highest peak of Mount Everest.

Lost Money can be recovered but once the time is gone it cannot be brought back.

Our future success or failure depends on our selves. In spite of the different views, the importance of our own choice of a profession, cannot be denied. To fulfill our dreams we need to accomplish all our task and be punctual. We should use every minute and every second wisely because time never shows pity to poor or salutes the rich. It gives one chance to all of us and we have to use it in the best possible way. We have to take it as an opportunity and make best out of it. So that we shall overcome all the difficulties. And finally the fruit of success after hard struggle beat all the sweetness of the world.

Ramkrishna Das

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FUN OF SHOPPING



Online Shopping is a form of electronic commerce which allows consumers to directly buy goods or services from a seller over the internet using a web browser. Online Shopping started as an easy shopping tool to youngsters

which later on boomed and expanded to horizons not limited to any age group, mainly because people find it convenient and easy rather than to bargain from shop and have the comfort of their home or office. One of the most exciting and well distinguished factor about online Shopping, particularly during a holiday, festive and big sale season, is it alleviates the need to wait in long lines or search from store to store for a particular item. Moreover, the availability of offers on shop during festive period and time bound selection on items increase way greater than normal traditional Shopping.

Traditional Shopping

The normal and long time way of shopping which before the internet world wide web was made available to any digitized app based platforms accessible to every individual on planet is our traditional way of shopping going to place near our homes or street walking and going on vacation and buying mementoes and artifacts , getting in store walking rack to rack , checking display and items with quality and you move on to the next display rack, and probably make another selection and do the same thing you did earlier. This is what traditional Shopping is about. Having the ability to physically choose and check out what an item or product is like, would look like, and what its features are. This is why still some people prefer the traditional type of Shopping over online Shopping because for one, it allows them to meticulously check out an item.

Online Shopping

Shopping has certainly gotten a new definition

since the arrival of the internet. The internet world wide web was made available to any digitized app based platforms accessible to every individual on planet and because of what the internet has to offer, that is, any person from any part of the world can either buy or sell their goods anywhere from anywhere part of the world. An individual does not have to worry about exchange of monetary paper because not just online banking is made available. The individuals are given the option to pay through different payment methods. These days, it is even easier to find the most difficult of all products, by easily typing in the product or item that you are looking for. The another worry that has taken away the fear of online shopping is the conjoining of individual firms or units under self disposal or based on contract to provide logistic support making sure that products would be available to any part of the world even if that part is a small pin or a full running condition vehicle. Another insight of online Shopping is the range of products both by quantity and merchandise retailers. The display of comparison in items and accessories along with the purchased good further increase the selection and beautification. The suggestion popped up during the online Shopping and meticulous comments of the user give a par selection to go for online Shopping.

The advantages of online Shopping are:-

Saving time and energy.

One can order the required items from online service which takes max five to ten minutes and get SMS and email confirmation from Shopping website. The tracking facility availability also helps individual to check the location of their package and save energy and time running to postal office to check for the delivery of items. Another is the feature of delivery at door step enables customers to receive the item at home. The online sites also save our personal detail that helps for faster checkout saving time in case if they would like to do offline Shopping which help in this way better.

Once people used to travel or fly here and there across India just for Shopping as per choice of items. Now, it is not required and everything is online available, just browse and order is away as far as a click of the items that are required to be purchased by the customer.

Saving money.

Some branded product or competitor product might be cheaper in a particular far location than ours which are not readily accessible to all except people in that area due to availability of quantity or manufacture location or availability of raw material to make a product but due to availability of online shopping medium we can do Shopping from any part of the place at anytime to save the cost when we compare the same product.

Comparison and Convenience.

One of the best parts from online Shopping is, we can compare the products, prices, the models, designs, different product specifications, the delivery time, the shipment charges like free or paid delivery etc. Also, we can buy any products at any time (24x7) and are not restricted by a holiday or non-availability of good at market retailer in our or any other area. Any other limitations like particular shop opening and closing time, time or asking that when a particular good will be available are all made obsolete.

Gifts from online Shopping.

The variety of features at online portal is one with the expression of surprise element, the feature has become so accessible to everyone that we just need the address and number of our closest ones, pay online and the bag full of surprises which may be one item or a goodie bag is delivered to that address and are the easiest way of gifting someone.

The dis-advantages of online Shopping are:-

Returning:-

Sometimes we might get items that mismatch or are defective or not what we ordered from Shopping website which can be returned if it is

having substantial proof. Moreover, as per online policy we can return the item thrice or as per terms and conditions and more than that then the individual is blacklisted even if they have no fault rather than the delivery agent or the firm which sent the wrong product. However, even after returning it takes time which includes our disappointment on not receiving the ordered item on time to use it and the excitement for that item diminishes.

Unable to see the product live and Delay due to shipment / arrival process.

It is true that the image or model showcasing the particular item with the description and feedback may be good but many times for sponsoring fake ratings and comments are put to make the sale increased and when we receive the item that we see online may or may not be as same as we imagine before receiving it handy.

Miscellaneous related to Indian Coast Guard:-

CGWWA Web store.

The time and accessibility of domain pages or ability to register our own page or a particular display page for a item webpage are so developing in these times and many indigenous start ups privately or governmental for marketing are being boosted up so a dedicated page or linked server for display and sale of items crafted by CGWWA can be digitalized online for sale that would act as a boost or morale growth and that fund can be contributed to governmental NGO and CGWWA expansion.

Remote Islands.

Be a boon or bane but online shopping is a feature not readily accessible to personnel at remote island due to low internet connectivity and delay in transportation medium so the firms should also work on making lite pages of web store or offline links of items that can be delivered or paid through a normal banking medium that are offline available.

V S Dogra
Asst Comdt

'Necessity is the mother of Invention'. The story of human evolution shows how we have always survived extraordinary circumstances resulting in the development of a smarter civilisation. While our history is filled with examples of how we have shown remarkable chutzpah in making the greatest of scientific discoveries and creative works, another such avenue for learning accessible to the general public is Digital Learning. It is a type of learning that goes hand in hand with technology and makes efficient use of it. It takes learning to people instead of people having to go in search of it. Digital learning is only meant to upgrade the current learning practice. During the novel Coronavirus, digital learning at home has been an invaluable expedient to enable children's learning to persist somehow. It's hard to imagine how everyone would have coped without the internet and other digital technologies if this pandemic had happened 20 years ago. Education is the key to personal advancement and the future of society. It unloads tons of opportunities and bridges the narrow gap of inequalities. The Covid-19 pandemic has led to the largest disruption in education. It has required many adjustments. With an increase in digital learning, the visibility of advancement in technology is very clear and growing at a fast pace. The schools are incorporating these technologies in their curriculum to provide the students with an astounding learning experience in an online learning environment. By engaging students in digital learning, their critical thinking skills get sharpened and it increases their efficiency and

productivity as well. Students develop a positive feeling of accomplishment from new skills acquired using digitalised learning that is giving them the confidence to learn even more new things. They may not even realise that they are learning since they are doing so through engaging methods such as peer education, reverse teaching, teamwork, gamification, concept maps, problem-solving etc. Digital learning is far more interactive and catchy than textbooks. It provides a better lexicon, wider perspective and keeps students engaged. This allows us to connect better with the learning materials. Today every child in the country has ingress to quality education through technology that eases out the process of learning. On one hand the lockdown and these demanding times have brought an immense amount of barriers to the learning process, but on the other hand, corona virus pandemic has also given rise to colossal opportunities. Our

Prime Minister Narendra Modi rightly said "Aapda ko avsar me badal do", ergo through digital learning apps many offices, knowledge workers have been working from home since months now. Learn-from-home technologies came forward as a solution to all these problems. They do not seek to replace great teachers but can be transformational in the hands of great teachers. The future of digital learning is not only exciting but also empowering.

Somaiya

D/o K Ahmed
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BENEFITS OF DIGITAL LEARNING IN INDIAN COAST GUARD



Digital learning is a global platform for learning and education in the present day. Through the digital platform we get and share skills and knowledge in regards to any subject. In Present

day digitization is in progress in Coast Guard at a very high pace. Coast Guard is developing many applications like Mitra, Chakra network, CG web portal, E-Saera etc for the benefit of service personnel. The following digital platforms are discussed for integrating digital learning into the ICG.

UTILISATION OF COAST GUARD V-SAT FACILITY:
By using V-sat network, we can plan service/management subjects online related to the current trends worldwide in progressive growth. It will help us to graduate progressively while utilising the V-Sat facility when it is fully functional and able to provide high bandwidth interface sufficient for online interaction. It is understood that full utilisation of V-Sat facility is important to develop our organisation in day to day office work. Also when we go outside, a lot of opportunities will be

justified due to our qualifications obtained through this interface facility.

FOREIGN LANGUAGE LEARNING: Through digital learning we can cover foreign language courses also. Knowledge of foreign languages can help us in tracking enemy/ friendly forces at sea. During operations we will understand their conversation and have the opportunities to interact with them. Such digital learning can be obtained from youtube and other google apps available in open internet sources. Also, if we are able to register for distance learning courses which provide online services, through which we can learn anything.

SAVING OF MAIN ASSETS: For development of any country education system is the backbone. In present conditions due to pandemic our education system is halted and depends on online services. Digitization becomes very useful to continue the studies by online classes. Digital learning is a time saving and money saving concept and very important factors for growth our country.

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U/Nvk (RO)

12040-R



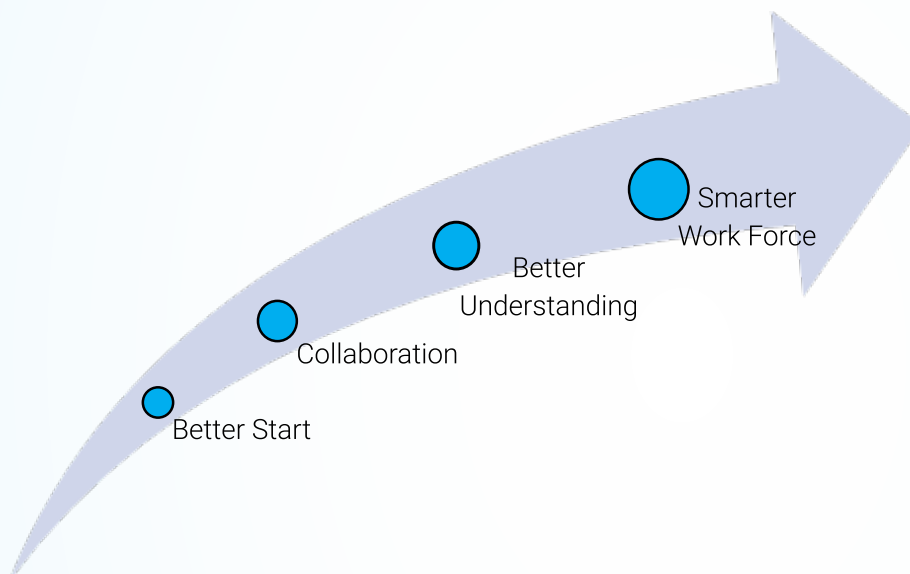
Strong women aren't simply born. They are made by the storms they walk through.



DIGITAL LEARNING: A STEP TO CREATE SMARTER CIVILIZATION

Digital learning is any type of learning that is accomplished by technology or by instructional practice that makes effective use of technology. It encompasses the application of a wide spectrum of practice including: blended and virtual learning, augmented reality, gamification, classroom technology, e-textbooks, learning analytics, learning objects and mobile learning. The current era of rapidly growing digital technology offers a

nuclear science, Technology has been changing around us at a rapid rate. It would have been an impossible task for us to keep ourselves aware of the technological changes, had there been no digital medium. Digital Learning repository are the fastest updated source of knowledge body with contributors from all over the world. One can self-educate himself/herself to improve his/her core skills and also build their technological understanding, gradually.



Digital learning is an innovative way to collaborate socially: Learning and collaboration goes hand in hand, discussing ideas generate new ideas which in turn adds to the body of knowledge. Podcasts, file sharing, discussion boards, and social media; digital learning gives you an excellent platform for knowledge sharing and collaboration.

perfect platform for learning and education. Easily accessible internet, learning software and various learning platforms have fueled the digital learning trends among all sphere of people and is not limited only to the student section of the society anymore. Digital learning has opened a whole new world to knowledge seekers where he can find out the most basic element of knowledge to the most complicated one. Following are some of the ways by which digital learning is transforming the society:

Digital learning helps you make use of downtime and improve motivation: 24x7 availability of digital learning sources has been helping student to effectively utilize their downtime, this has been very evident during the COVID-19 pandemic during which students from various background have picked up skill through digital learning be it painting, music, dance or even covering academics.

Digital learning keeps you abreast of technology:- From the age of steam to that of electricity, and

Digital learning helps us build a smarter workforce:- A smarter workforce means better understanding of the subject and task in hand. A study by Harvard has shown that participants of an online learning experiment were able to retain more information

and understood the concepts better than the one who used conventional way of learning. Having access to digital learning platforms have made our students more independent than ever before. They have stopped relying on mere classroom lectures and with virtual simulations and models, teachers are also able to teach better.

The benefits are clear at every level. Students need Digital learning to succeed in college and prepare for careers. Every country must cultivates its talent and raise its overall educational attainment in order to lead in the global economy. And the world needs these capabilities to solve critical problem through team work and international collaboration. With online learning platforms, students are being benefitted from a very young age. Reports from 2010 has shown a dramatic improvement in grasping ability of preschool kids and college students when using learning applications. These are just a few examples but

the positive impact of Digital learning is not limited only to these examples. By improving the skill sets, communication techniques, and the technological prowess of students or any individual willing to learn, digital learning is improving our society at breakneck speeds. What is clear, though is that education – deeper, broader and more universal- has a significant part to play in enabling humanity to succeed in next half century. We need to ensure that students everywhere are ready to take responsibility of their own future learning and careers and also ready to innovate with and for others. We need perhaps the first truly global generation; a generation of individual rooted in their own cultures but open to the world and confident of their ability to shape it.

Suryakant Butola

Assistant Commandant

1896-J

ICGS Ayush

BOATS



He was one hell of a sailor...
A Boatswain Mate all the way through crossed hooks on the sleeve of his
jumper,
The job real men chose to do,
In a storm with all hatches battened,
He was topside to see all was secure,
He double checked all of the tie downs,
Then again just to make sure,
You might say he had just one failing,
He really liked wearing his whites,
He was one sharp looking sailor,
On a liberty, and seeing the sights,
But at sea when we sailed into battle,
Dangers is what we all wore,
And if you were killed in the battle,
You'd never wear whites anymore.....

Angrej Singh

P/Adh(RP)

ICGS Apoorva

BE SAFE BE HAPPY



The word "Smile" is a very small one but its value is more precious than we expect. It can be defined as "immunity power" to reduce stress. When you smile, you are signalling that you are

open and friendly. Genuine smiles help you smile back, or at least help to lighten the load you carry, lighten your spirits, and brighten your day. Smiling can help to develop stronger paths in brain for positive thinking.

As we are aware about COVID-19 which is spreading fast, we are being restricted in our day-to-day works, movements etc. Especially, for children staying in one place (i.e inside home) not going outside for playing means bad effect for their health and growth. But to prevent spread of COVID-19 all protocols must be followed. As it can be seen that the progress of children has now been interrupted in education and co-curricular activities view all educational institutions are closed to prevent spread of COVID-19.

Parents, caregivers and educators have responded in finding new ways to keep children learning (e.g e-learning). But not all girls and boys have access to the internet, books or school supplies. And for

those who rely on school-based medium of study and those who belong to remote area like Kamrota where internet facility is less, are being cut off from online study relying on school books. As we know children are more vulnerable to virus, much protection has to be given to them. Also, some children are being cut off from society because they live in remote islands like Chowra, Teresa in Nancowry.

In conclusion it can be said that we have to be strong to fight against COVID-19. Daily yoga and exercises are to be adhered so that one can get his/ her stamina improved to struggle against this disease. A person can be happy when surroundings, houses are in hygienic conditions (including personal hygiene. We must prevent this pandemic from turning into a crisis for child protection. Government needs to account for the unique risks of girls and vulnerable children when planning for social distancing and other COVID-19 response measures. We must support children who may be temporarily separated from their parents due to illness. Stay home, stay safe, support the coronal warriors, follow all COVID-19 protocols and be happy.

SK Barik

U/Nvk(WTR)

12664-M



*Butterflies are like women.
We may look pretty and delicate, but baby
we can fly through a hurricane*



MY TIME A WIND CHIME



The hour glass
With its leaden sand
Cupped the hours to its errand
It slithered with its pace
Moving upside down
It was here, it was there
It wandered all around.

With creepy hours of sand
I added it two hands
Now I watched them glidding slowly
Let time not out stand.

My lure for time
Fixed my gaze to its every move
An hour, a minute, a second
I only approved.

Time pocketed in my hand
Went by my leisurely hours
Now I search it every where
Time says I was all yours.

Its odd hands still move up and down
Within the time peice cage

I wonder how it slipped out
With my constant gaze
As the years pass by
I still weave the darn
Silently time has swept away
Leaving me unalarmed

It's the torrent time
Phantoms up and laughs
Broken I sit and sigh
Run, gallop it shouts at me
Come let's give it a try.

Vanquished by the time now
I still believe in it
Armed with its two hands now
I gather bit by bit.
It's the time which is constant
It's serene and sublime
I follow it every moment now
It's my dangling wind chime.

Mrs Iti Nautiyal

“

*To be in your children's memories tomorrow,
you have to be in their lives today.*

”

(Dedicated to all seafarers)

OUR SAILING QUEST



Winds in my heart, fire in my heels
Tired of mountain boulders and peaks,
Holding a quench for sea edge and the ocean green
Where the gusty winds shouts at the Arabian Sea

Now is the day to set our sail
Moving away from the noisy day,
Eyeing the sun and the winds
And adjusting our sails towards the wind.

As we reach towards the ocean mouth
The view of sea link bring us to astound
Crossing our path on the ocean floor
Our keel has felt that path before
With the boundless thoughts and our free souls
We mariners were determine to reach our goal

Now the sudden change in the wind
Blustery winds and the rollers in,
Our little boat was sways upside down
And again brought bring to astound

The violent sea as dark as blackhole
Prevents us from achieving our goal
The only hope in our eyes,
Is to protect our boat and life's
Staring the moon and the shore
Holding our life on a lifebuoy rope

Hours and hours into the sea
Pray to the deity for help and plea
With the hope in heart ad our strong will
We survived the angry ocean winds

OHH yes, next day we again set our sail
With winds in heart, fire in our heels
Ready to unwind

Dy Comdt Sadhana Singh

DHQ 11

A TOUCH OF ILLUMINANCE



We saw the lights,
sparks of the magical nights.
Our eyes gleamed as
our hearts dreamed.

Darkness joined us
dressed in colors,
danced with us
till the spark faded
and a dense smoke invaded.

We shed tears of suffocation,
our hearts burnt from emptiness.
Our souls were shivering
with emotions left numb.

Then a neon magic
came through the dark
entered our bodies
brightened our hearts.
whispered softly
'have faith, stay awake
it will take a while
to get back your clear sky'

Neharika Thakur

D/o PC Thakur
Pradhan Adhikari (QA)
No. 02598-L
CGTC Kochi

“

*In the end I am the only one who can give my
children a happy mother who loves life.*

”

HAPPINESS IS A JOURNEY



“Happiness” I think it is the best topic for any debate because there is no perfect definition for it. For some, it is an emotion and for others, it’s just a feeling. Nowadays, a lot of research is going on.

What is happiness? How can

we lead a happy life? What are the things that can make you happy? To be honest, I don’t think we will ever be able to find the answers to these questions.

Someone quoted “happiness is a journey, not a destination” when I first read it, I was not able to understand it. Let me share a story with you maybe, that will help you understand what he was trying to say. In a town lived a very ambitious family. All the members of the family were so busy earning for their luxurious life that they even forget that they have a life. While their neighbors are the exact opposite of them leading a very simple life not that luxurious. Their belief was in living together, Sunday picnics, having lunch and dinner together, giving each other time.

Hope it’s not hard to guess which one of them was a happy family? Obviously the one who was living the life together, enjoying each and every moment of it. This is what we all do today, we make

ourselves so busy in giving our family everything that we forget that what they all need is US. This makes us concur that work-life balance is the most important thing. If all study and no play can make Jack a dull boy then all work and no fun can also make you a boring and irritable person. In short, do make your life better but don’t forget to live it, that will eventually make you feel better about it.

We all have converted our lives into races and measure happiness from the success of a person but success can never be a parameter of happiness, it can only be measured in terms of satisfaction. A clerk working in the company can be happier than the CEO or any other high officials of the company if he enjoys what he does. Winning a race to a destination you never wanted to reach might give you success but you can still be happy if you reach last to a destination you always wanted to reach because then you will be able to enjoy each phase of your journey So maybe we can conclude it like this “Do what you want to do, not what others are doing or want you to do” Praise yourself.

There can be different perceptions of different people about how to lead a happy life. Some of them will prioritize family, for some money will be important, some will ask you to focus on yourself, your inner peace and it will continue on. But only you can find what makes you really happy by

observing even the tiniest moments of your life which we generally avoid while chasing the bigger ones.

One more thing that disappoints everyone is perfection.

What is perfection? How can one define perfection? How can we achieve perfection? But perfection is also just a state of mind, even the word perfection does not have a perfect definition, it changes from person to person. What seems perfect to you might be imperfect for others. So accept your imperfections and work for being better than the previous day. Self-satisfaction is an important aspect of being happy.

Accept yourself with all your positive and negative qualities, all perfections and imperfections. Good or bad you are the one, no one can be you. Instead of waiting to go to a particular place, why not start

Explore as many new things (hobbies, places, food, people etc) as possible. Engage in different activities and enjoy even the smallest moments of your life. And you will see that your life has turned into a never-ending adventure. Happiness is conceptualized as an enduring state of mind that consists of the capacity to experience pleasure in daily life as well as the ability to engage one's life and the lives of others. Happiness, perfection, self-satisfaction, freedom & creativity. They all have the same meaning for different persons but not the same definition. They are just a state of mind and we all know our brain functions differently for each of us. Our life has many meaningful things, and there are many people who are interested to be happy. Every one expresses his personal condition in a different way that you should not compare with another. Happiness is always present within us.



admiring the beauty of other places too that we can visit on a regular basis, start experimenting with our clothes, maybe we can find something much better than our favorite dress. Instead of ordering the same dish every time? Why not try something new every time you visit a new place?

Like Vidya Balan said in one of her films, "Movies work because of only three things, entertainment, entertainment & entertainment." **Same is with life; it's all about the three E's, Explore, Engage and Enjoy.**

"Happiness in life" everything I said in this article is like a few drops in the ocean. If I continue writing about it, I think even after writing a whole book, I will not be able to talk about all the aspects of it completely. It's a vast topic to talk about. But if anyone will ask me to summarize it in one line my words will be, "to be happy, just be you".

PS Rathore

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OPPORTUNITY FOR PERSONAL GROWTH



The COVID-19 pandemic has created havoc in each individual's life all over the world. No nation, religion, race, ethnicity, age group, gender has been pardoned from the devastation of the SARS-CoV-2, the virus that

causes COVID-19 disease which has increased the mortality of human beings like never before. What makes the situation worse? Even after more than seven months post discovery of the virus there is no vaccine available. In this testing times many industries are struggling to exist due to the overall economic emergency faced view limited and regulated travel both overseas and within the country. This has adversely affected aviation, tourism and hospitality dependent sectors directly and many other dependent sectors indirectly which in turn has led to many people losing their jobs.

I want to acknowledge that using the COVID-19 crisis as an opportunity for personal growth is, in many ways, a luxury that many people don't have available to them. For example, the elderly, the infirm, and the immune compromised are faced with a crisis that is truly life-threatening. For those who lost their jobs and are unable to support their families, the crisis is catastrophic. This article is not intended to minimize the seriousness of the consequences many people are facing but to have a positive outlook even when things may not be encouraging.

Back in March this year when the lockdown had started all over the country, the situation in other parts of the world was cataclysmic. It was suddenly very difficult to come to terms with that stepping out of your home to do your everyday job may be potentially life-threatening. During this many were stuck unemployed and unable to head back to their home as the repercussion of the initial total lockdowns.

As the saying goes 'time heals everything', everyone started to come to terms with the 'new-normal'. I personally utilized this time to build a

better bond with my immediate family as well as all the distant one's. This captivity has made me realize how beautifully one may create positive vibes around oneself. It all comes to you, what do you see yourself achieving at the end of this lockdown? Even if takes many more months to get accustomed to the new normal.

I had made a list of short term and long term goals at the beginning when it all started. Already the existing situation demanded to stay fit and a have good immune system. This coupled with my enthusiasm to achieve my ideal weight made me start a slow and steady workout routine and follow a healthier diet. In addition I started practicing yoga more regularly and could focus in other issues more minutely. Since eating out was not possible I could

stick to the diet without any distractions. At present almost after five months since the first lockdown started I have neared down to my goal of achieving my target.

I was able to utilize this time to connect better with my friends, family and old acquaintances. I saw many incorporating their old hobbies which could be easily undertaken from the confinement of home. Some took up painting and started making beautiful pieces on canvas; others tried to learn an instrument while few redecorated their own space and found immense joy in it. Apart from hobbies many had taken up online classes to hone up their skills nearing perfection.

In all, it is the overall perspective of the individual that matters. It is upto the individual how he wants to remember the year 2020. I would like to remember it as the year I tried and achieved targets that I always wanted even when things were difficult.

Dy Comdt Pratik Sarkar
1118-P
Staff Pilot
CGAE Bhubaneswar

IGNORING THE ONES WHO MATTER

POWER OF CREATION



One fine evening, a gentleman with his wife,
while enjoying his meal got a surprise.

A waiter with pride and a smile on his face,
came near the couple, and asked your grace.

Were you the pilot who survived the crash,
that 5 years back burnt the plane into ash.

To his surprise, the gentleman replied,
how could you know, and yes I survived.

I packed your parachute that very day,
replied the waiter in husky way.

The gentleman thanking from within
didn't know where to start.
Giving a little smile on his face,
he felt extremely heavy at heart.

The very climax of this incident made him realize,
the ones he had been ignoring believing a false lie.

Fact that he was self-made forced him to ignore,
someone's efforts of packing the parachute, while he
snore.

The day you decide to start,
drags all the energy from your heart.

No number in Greek or Roman,
shall turn into a bad omen.

At first prevails the fear of losing,
thought to reconsider the path you're choosing.

Might be you're wrong might be you're right,
the fear inside, shall not stop the fight.

When you realize the power of skill,
a ray of hope that will keep you alive.
In every situation and every strive,
creation is everything what matters still.

It's a matter of time till people realize
the power of creation is what they've to recognize.

For what may come and what may go,
Creation will win back and creation will sow.

Pranav Painuly

Asst Comdt

1420-C

ICGS C-434

BASICS OF LIVING AND HAPPINESS



Almost everyone desires for success in life and the happiness it brings along with it. Different people have their own way of defining happiness. For some it might be visiting a new destination

and for few it might be buying a car or any other thing for that matter. But what is common in defining happiness? Success is what is common. Happiness is achieving a goal. Everyone in this world seeks for happiness in life, yet rarely do they find it. In this fast transforming world, it is easy for one to lose focus and derail from their quest to happiness. It is always necessary that one always understands the nuances of life and systematically approaches the greater good. The attributes that I feel are basic to living and happiness are health, aspiration and optimism. There are many other details which revolve around these basic attributes that contribute towards leading a happy life.

Health according to me is the primary aspect of life one has to be concerned about. When I say health it means both physical and mental health. Good health provides positivity in life to aspire for the greater good and achieve the goal. Health is a crucial factor in one's approach to a goal as it can be the make or break factor. Health is the foundation of any soul that can lead to success. Starting from healthy diet to taking adequate rest to picking up an activity to maintain physical fitness all contribute to good health and mind.

Second would be to aspire to set up goals and achieve them. Every goal has to be a mode of inspiration for an individual that would make him/her continuously improve in all facets of life. One goal must be superseded by another because it

gives purpose to life. And a methodical approach to every goal would make it easier to achieve it and always be a learning experience that one could improve upon.

The pathway to happiness will never be a smooth one. There will always be hurdles and setbacks. But at such times one has to realise that challenging times do not last longer and an optimistic view towards the situation would make the much needed difference. Optimism is one attribute that could be life changing during tough times and would help maintain the focus towards the goal. Not only will it help the individual but it will also inspire others around to focus and inch towards their goals.

Life is a continuous learning process. One should never stop learning. Change is the only constant and improvisation is what fuels the desired change. And improvisation comes from continuous learning. By being inquisitive one is always on the path for discovering new things and increasing the knowledge base.

Life is not just about birth and death, living the life to the fullest is achievement in itself. One has to aspire and inspire others to do the right things at all times during the span of life. There might be turbulent phases in life but they are not there to last longer. Optimism in life would go a long way. It is important to understand that the essence of all the attributes that contribute to living a happy life concludes to only one thing and that is Live and let Live.

Asst Comdt Neshan D K S
ICGS Samudra Prahari

अध्यक्षा तटरक्षिका की कलम से



मैं हमारे आत्मनिर्भर संगठन तटरक्षिका की उर्मी पत्रिका के 14वें संस्करण को साझा करने में खुशी महसूस कर रही हूँ। इस संस्करण के माध्यम से हमारे संपादन मंडल ने इस वर्ष के विषय "जीवनयापन के मूल मंत्र एवं खुशी" पर प्रकाश डाला है। मैं हमारे उर्मी दल, संपादन मंडल, रचनाकारों एवं पाठकों को बधाई देना चाहती हूँ जिन्होंने महामारी की इस विकट स्थिति के दौरान भी इस वार्षिक पत्रिका को तैयार करने में अपना निरंतर सहयोग एवं प्रयास किए हैं।

विश्व महामारी से संघर्ष कर रहा है और हमारे जीवन भी उससे प्रभावित हो रहा है, अतः हम सब समान विकट स्थिति से जूझ रहे हैं। इस मंच के माध्यम से, मैं सदी के सबसे बुरे स्वास्थ्य संबंधी संकट के पीड़ितों के प्रति हार्दिक समानुभूति व्यक्त करती हूँ। हमें यह नहीं भूलना चाहिए कि हमारी महिलाएं विकट स्थिति का सभी मोर्चों में सामना करने के लिए पूरी तरह सशक्त हैं और पेशेवराना कर्तव्यों के साथ-साथ लंबे समय तक चली संगरोध अवधि के दौरान अपनी पारिवारिक जिम्मेदारियों के साथ संतुलन बना रही हैं। हम सब इस भयावह समय के दौरान, अब तक स्वयं को सुरक्षित रखने के लिए बधाई के पात्र हैं। इस स्थिति के दौरान, मैं अपनी पाठकों से आग्रह करती हूँ कि वे स्वस्थ जीवन परिवेश का निर्माण, विकास एवं व्यवस्था करने के प्रति अपना ध्यान केंद्रित करें ताकि हमारे चारों ओर खुशी का वातावरण रहे। हमें सकारात्मक दृष्टिकोण अपनाना है; आत्मविश्वास बढ़ाना है; विकट स्थिति का सामना करना है; जरूरतमंदों की सदैव सहायता करनी है और अपने साथियों का साथ देना है।

इस मंच के माध्यम से, मैं उपाध्यक्षा तटरक्षिका, दोनों सीबोर्ड की अध्यक्षा तटरक्षिका और सभी क्षेत्रीय मुख्यालयों की अध्यक्षा तटरक्षिका का इस संस्करण में अपना योगदान देने एवं नवीनतम विचारों से सुसज्जित करने के लिए अपना आभार प्रकट करती हूँ। मैं तटरक्षक परिवार के सभी सदस्यों को अपनी शुभकामनाएं देती हूँ।

"खुशी तत्काल प्राप्त नहीं होती। यह हमारे नित्य कर्मों से मिलती है" – दलाई लामा पढ़िए एवं आनंद लीजिए।

Jayanti

जयंती नटराजन
अध्यक्षा, तटरक्षिका

ये वक्त भी गुजर जाएगा

जिस वक्त हताशा हो, निराशा हो
दिखाई न दे रही कोई आशा हो
न टूटना तू, बिखर जाएगा
बस खुद से ये कहना.....ये वक्त भी गुजर जाएगा

कठिनाईयाँ होंगी बहुत मुकाम पाने में
कुछ वक्त तो लगेगा नाम बनाने में
संघर्ष कर, तू निखर जाएगा
बस खुद से ये कहना.....ये वक्त भी गुजर जाएगा

जिस पल सिर्फ खुशियाँ तेरे पास होगी
हर तरफ जब तेरी ही बात होगी
न गुजरना हदों से, तू पछताएगा
बस खुद से ये कहना.....ये वक्त भी गुजर जाएगा

आशीष रंजन

नाविक (संचार), 14215-म

भा.त.पो राजश्री



संदेश

तट तट की रक्षा करता ।
पोतो की संख्या बारी बारी ॥

धन्य है उन जवानों का मोल ।
अब तो भारतीय तट रक्षक की जय जय बोल ॥
गगनचुम्बी आकाश बीच धरती के सहारे ।
बैठे थे गर्दिश में साहिल बीच किनारे ॥

सच बड़ी ही होती है बड़ो की कहानी ।
वाह रे उर्मि तेरी अदा है निराली ॥

माँगा नहीं स्नेह मुँह खोल ।
अब तो भारतीय तट रक्षक की जय जय बोल ॥

लहरें जिनकी लाल शिखाएं ।
उगल रही समंदर लपट दिशाएं ॥

फिर भी हिम्मत कभी ना डोल ।
अब तो भारतीय तट रक्षक की जय जय बोल ॥

जवान बेचारा चकाचौंध का मारा ।
क्या जाने इतिहास बेचारा ॥

सखी है तट रक्षक की महिमा समंदर की भूगोल खगोल
अब तो भारतीय तट रक्षक की जय जय बोल ॥

शमशेर सिंह मलिक

प्रधान नाविक (क्यु ए)

मत्स्य एवम तोपची विभाग

भारतीय तट रक्षक क्षेत्र (उ. प)

कोरोना काल में बेरोजगारी

नदी में डुबते हुए आदमी ने
पुल पर चलते हुए आदमी को देखकर
आवाज लगाई.....
बचाओ, बचाओ, बचाओ.....

पुल पर चलते हुए आदमी ने,
डुबते हुए आदमी को देखकर..
नीचे रस्सी गिराई, और कहा.....
ऊपर आ जाओ।

डुबता हुआ आदमी, रस्सी पकड़ नहीं पा रहा था।
और चिल्ला रहा था
कहता है.....
मैं मरना नहीं चाहता, बडी महंगी है जिंदगी
कल ही तो Escort Company में मेरी नई-नई
नौकरी लगी है

इतना सुनते ही पुल पर चलते आदमी ने
अपनी रस्सी वापस खींच ली
और उसे मरता देखकर अपनी आँखें मीच ली
फिर वह दौड़ता-दौड़ता Escort Company आया
और मैनेजर को आकर सारा हाल सुनाया

अभी-अभी आपकी कंपनी का एक आदमी
नदी में डूबकर मर गया है

और इस तरह आपकी कंपनी में
एक जगह खाली कर गया है
लीजिए मेरी डिग्रीयां संभालें,
कोरोना काल में बेरोजगार हूँ कृपया अपना लें

सुनकर मैनेजर मुस्कुराया और दोहराया
भैया आप ने थोड़ी देर कर दी
और हमने वह जगह फिलहाल भर दी है
इस नौकरी पर हमने उस आदमी को लगाया है
जो मरने वाले को नदी में धक्का देकर
आपसे पहले यहाँ आया है
सुनकर व्यक्ति को पसीना आ गया.....
पछतावे के भाव से घबरा गया
देख ये मैनेजर को दया आई और समझाया
घबराओ नहीं ये भौतिक वाद की देन है
और जो इसे नहीं जानता वही व्यक्ति बेचैन है

बहुत लम्बे तजुर्बे से यह कटु सत्य लाया हूँ
क्योंकि मैं भी एक सीनियर को
धक्का देकर ही यहाँ तक आया हूँ

पत्नी, ललित कुमार,
अधिकारी

भारतीय तटरक्षक अवस्थान गांधीनगर

जीवन एक कहानी

तू सोच रहा क्या रे मन । जीवन तो एक कहानी है ॥
सुख दुख के दो पतवारों पर चल रही नाव जिंदगानी है ।
मांझी बन नभ के दो तारे, चल रहा चाल मनमानी है ।
एक खींचता शांत अंबु पर, दूजा लहरों पर जाता है ।
आदर्शों से प्रेरित होकर, तैरना तुझको भवसागर है ।
दिशा भ्रांति में पड़कर रे मन, खोना नहीं ठौर-ठिकाणी है ।
तू सोच रहा क्या रे मन । जीवन तो एक कहानी है ॥

कभी तेज भँवर आएंगे हीं उससे तुझको बचना ही है ।
तेज धार पर चलकर तुझको, आँधी से बचना ही है ।
सभी जलीय जीवों से टलकर, मीन मगर से बचना ही है ।
सागर मे चलकर नित दिन, एक दिन तुझको थकना ही है ।
काट कीट काठ खाएँगे जब, छिद्रों से नित भरता पानी तब ।
मगर हिम्मत मत हारो तुम, जीवन की यही कहानी है ।
तू सोच रहा क्या रे मन । जीवन तो एक कहानी है ॥

जहाँ हानि है वहीं लाभ है, जहाँ हार वहाँ जीत ।
जहाँ जीवन है वहीं मरण है, जहाँ शत्रु वहाँ मीत ।
जहाँ दुख है वहीं सुख भी है, जहाँ बैर वहाँ प्रीत ।
सेलिंग, वर्कप, इन्सपेक्शन से, तुमको नहीं घबराना है ।
यश-अपयश, उत्थान-पतन के, डर से नहीं घबराना है ।
विरह आज है, मिलन भी होगा, जग का यही तराना है ।
तू सोच रहा क्या रे मन । जीवन तो एक कहानी है ॥

गौरव सिंह
प्रधान नाविक
तटरक्षक पोत
शूर

महामारी के दौरान पोषण सलाह



कोरोना की इस महामारी के दौर में अपनेआप को सुरक्षित रखते हुए हमारी महिलाओं को अपने व अपने परिवार के सदस्यों के शरीर को चुस्तदुरुस्त रखने के लिए उचित पोषण व संतुलित आहार लेना बहुत जरूरी है। इस से आप में मजबूत प्रतिरक्षा प्रणाली बनती है और आप को सेहतमंद रखती है। इस वजह से आप को गंभीर बीमारियों व संक्रामक रोगों से पीड़ित होने का कम जोखिम होता है। इसलिए आप को अपने शरीर को आवश्यक प्रोटीन, कार्बोज, वसा, विटामिन, खनिज, आहार फाइबर और प्रति ओक्सिकारक (एंटीओक्सीडेंट) प्राप्त करने के लिए रोजाना कई तरह के ताजा और मौसमी खाद्य पदार्थों का सेवन करना चाहिए।

इसके अलावा खूब पानी पीए जिस से शरीर में उचित पोषण और पानी की उचित मात्रा बनी रहे। चीनी, वसा और नमक का इस्तेमाल कम करने से ज्यादा वजन, मोटापा, हृदय रोग, स्ट्रोक, मधुमेह और कुछ प्रकार के कैंसर होने का खतरा कम रहता है। अच्छे पोषण के लिए इन सावधानियों को ध्यान में रखें:-

शीतल पेय, सोडा व अन्य बाजारू पेय के सेवन को न ले जैसे पैकेट वाले फलों के रस, सुगंधित दूध या दही आदि। ताजा व मौसमी फलों व सब्जियों का सेवन ज्यादा अच्छा है। ताजा फलों व सब्जियों, दाल, बिन्स और साबुत अनाज का उपयोग करें।

सब्जियों को ज्यादा न पकाए वरना जरूरी विटामिन नष्ट हो जायेंगे।

जहाँ तक मुमकिन हो, कम वसा वाले खाद्य पदार्थ का सेवन करें।

औद्योगिक रूप से उत्पादित ट्रांस वसा सामग्रियों से बचे जैसे प्रोसेस्ड फूड, फास्ट फूड, स्नैक फूड, तला हुआ भोजन, पिज्जा, कुकीज, बिस्किट आदि।

किसी प्रकार की बाहरी खाद्य सामग्री खाने से बचे।

इस दौरान बाहरी दुसरे लोगो से संपर्क न करें और घर पर अलग-अलग तरीके के पौष्टिक पकवान बना कर खाए।

सुबह चाय के स्थान पर तुलसी, गिलोय, सहजन व हरश्रृंगार की पत्तियां डाल कर काढ़ा बना लें। उसमें अपने स्वादानुसार गुड, नींबू, सेंधा नमक मिलाए या फीकी चाय पीने की आदत डालें, यह आप के शरीर के अम्लता को कम करेगी, आप को अपनेआप में फर्क नजर आने लगेगा।

खड़ी मूंग, चना, मूंगफली, गेहूं आदि को भिगो कर अंकुरित कर लें और उस में लहसुन, प्याज, अदरक, गाजर, खीरा, टमाटर, मिर्च वगैरह काट कर नमक, नींबू मिला कर पौष्टिक नाश्ता खाएं व खिलाएं।

जितना ज्यादा अंकुरण होगा उतना ही ज्यादा पोषण मिलेगा, आप इसे कच्चा भी खा सकते हैं व प्याज, टमाटर व अन्य सब्जियां डाल कर हल्का-सा पका कर सब को खिला सकते हैं। बच्चे भी इसे चाव से खा सकते हैं।

इस तरह से आप लॉकडाउन में घरों के अन्दर सुरक्षित रह कर सरकार द्वारा जारी दिशानिर्देशों, सुझाव और सामाजिक दूरी का पालन करते हुए व घर के हर सदस्य के पोषण का ध्यान रखते हुए अलग-अलग पौष्टिकता से भरपूर व्यंजन बना कर सेहतमंद रहें।

श्रीमती ममता एस शेंडे
पत्नी एस आर शेंडे
प्रधान अधिकारी, 03766
सीजीआरपीटी (चेन्नई)

देश का सैनिक

मैं हूँ इस देश का सैनिक
शौर्यम दक्षम युद्ध, बलिदान परम धर्म ॥

भौतिक काया मेरी, पहुँचा गाँव मेरी।
देखो दोस्त आया, अपना धर्म निभा आया ॥
कहना सुनना था बहुत, फिर कभी मेरे दोस्त ॥

मैं हूँ इस देश का सैनिक
शौर्यम दक्षम युद्ध, बलिदान परम धर्म ॥

भौतिक काया मेरी, पहुँचा गाँव मेरी।
कहती बहना मेरी, लेकर राखी तेरी ॥
आजा मेरे भैया, राखी बांध कलाईयां ॥

मैं हूँ इस देश का सैनिक
शौर्यम दक्षम युद्ध, बलिदान परम धर्म ॥

भौतिक काया मेरी, पहुँचा गाँव मेरी।
मेरी आंखे ढूँढे तुझे, एक बार देखने माँ ॥
तिरंगा में लिपटा बेटा आया, एक बार देखने माँ ॥

एक योद्धा माँ एक योद्धा मैं।
देखने की ना तुझ में हिम्मत, ना मुझ में माँ ॥

मैं हूँ इस देश का सैनिक
शौर्यम दक्षम युद्ध, बलिदान परम धर्म ॥

एस संतोष कुमार
वैल्डर
बी एम यू चेन्नै

कोरोना रोक थाम के उपाय

रहिमन घर से जब चलो, राखियों मास्क लगाए।
ना जाने किस रूप में, कहाँ कोरोना मिल जाए ॥

कबीरा काढा पीजीयों, काली मिर्च मिलाय।
रात दूध हल्दी पियो, सुबह पीजीयों चाय ॥

छोटा-सा सिनीटाइजर तुलसी रखिए जेब।
ना काहू से मांगियों ना काहू को देब ॥

बिस्तर पर लेटे रहें सुबह शाम दिन रात।
एक तो रोग भयंकर बाहर भीड़ अपार ॥

सूरदास घर पर रहो है सबसे यह बेस्ट।
ज्वर जुकाम सर्दी लगे तो तुरंत करालो टेस्ट ॥

एम एस दुबे
प्रधान अधिकारी (क्यू ए)
कार्य कौशल दल (पूर्व)
विशाखापट्टणम

जीवन सागर



बड़ा गहरा जीवन सागर है,
कोई नाप न सका गहराई ।
लम्बा डगर है, कठिन सफर है,
जीवन की लगती यही सच्चाई ।
एक उलझन सुलझ पाती नहीं,
दूसरी की, पीछा करती परछाई ।
बड़ा गहरा

काँटे चुभते जब पाँव में सफर में,
तब हर बात समझ में आती रे भाई ।
जो भी जैसा करता वैसा ही वह पाता,
आज नहीं तो कल, चुकाता पाई-पाई ।
साथ सभी का छूट जाता है अंत में,
काम आती है किसी को अपनी अच्छाई ।
बड़ा गहरा.....

जान न सका कोई, रहस्य जीवन का,
लेकिन जग से हो गई, उसकी बिदाई ।
आना-जाना यहाँ लगा रहता सदा,
किसके साथ जाती है उसकी कमाई ?
सच्चाई जो समझता, कुछ नेकी करता,
ओढ़ता नहीं तन पर, बुराई की रजाई ।
बड़ा गहरा

डोर जीवन की उतनी कमजोर भी नहीं है,
पहले खुद ही गिरा, कभी खोदी जिसने खाई ।
जीवन एक ज्योति है, प्रभु का अनमोल मोती है,
कर सके तो, करें जीवन में किसी की भलाई ।
वो क्या जाने जीवन की गहराई को यहाँ ?
जो काटता रहा चांदी और चाटता रहा मलाई ।
बड़ा गहरा

जितेन्द्र कुमार सिंह

उत्तम नाविक (एम ई)

11828 एम

भा.त.पो रजिया सुल्ताना

मुस्कान



मुस्कान एक ऐसी शक्ति है, जिसे बहुत ही छोटी कहा गया है और कम महत्व या मूल्य दिया जाता है। लेकिन फिर भी मुस्कुराहट समझ से परे है क्योंकि मुस्कान इतनी अच्छी होती है। जिस तरह धूप फूल बनने में शक्ति की तरह काम करती है ठीक उसी तरह मुस्कान भी मानव में ऊर्जा की तरह होती है। जबकि इसको छोटी-सी कहा गया है, लेकिन ये मन को खुश कर देती है। मेरे लिए तो ये एक अच्छा एहसास है।

हम अभी कुछ मुस्कान के बारे में जिक्र करते हैं जो हर मायने में महत्व रखती हैं। जैसे की खुश मुस्कान, टेढ़ी या तिरछी मुस्कान, गरम मुस्कान और इसी तरह सभी वास्तविक मुस्कान हर किसी के लिए महत्व रखती हैं। लेकिन कुछ मुस्कान जिनको मैं दूर ही रखूँगा जो नकली या बनावटी होती हैं या किसी की तकलीफ पर होती हैं।

आप सभी ने छोटे बच्चों की मुस्कान तो देखी ही है, वो मुस्कान कितनी वास्तविक और प्राकृतिक होती है और अगर आप कभी कितनी भी परेशानी में हों या आपका मन बहुत ही थका हुआ हो लेकिन फिर भी उस छोटी सी मुस्कान से आपका मन हल्का हो सकता है। इसलिए मेरी राय में मुस्कान महत्वपूर्ण है क्योंकि मुस्कुराहट से आपका मन तो खुश रहता ही है और इससे दूसरों का मन भी खुश हो सकता है।

आपने अक्सर सुना होगा या देखा भी होगा कि कुछ लोग आपको मुस्कुराते हुए मिले होंगे और तब आपने क्या महसूस किया? मैंने तो हमेशा मुझमें भी मुस्कान पायी, उस मुस्कुराते इंसान को देखने के बाद।

“मैं भी चल दिया हँसता हुआ,

मिला जब कोई शक्स मुस्कुराता हुआ।”

शायद आपने भी ऐसा ही महसूस किया होगा, कुछ आराम-सा और तनाव भी कम महसूस किया होगा।

“अगर मन को खुश कर जाए,

तो एक छोटी मुस्कान अच्छी है।”

ये एक ऐसी चीज है जो देने या प्राप्त करने में अच्छा लगता है। हमने कभी-भी किसी अजनबी को मुस्कुराहट जरूर दी होगी, याद कीजिये? यदि नहीं! तो करके देखिये, आप दोनों की जिंदगी को बेहतर बनाने में मदद कर सकते हैं।

क्या आपको याद है कि आप कब किसी अजनबी से मुस्कुरा के मिले थे? मुझे उम्मीद है, आपने ऐसा कई बार किया होगा। अगर याद नहीं, तो क्यूँ ना आज से ही आप मुस्कान को आपके जीवन का अहम हिस्सा बनाएं।

“मेरे जीवन का एक हिस्सा-सा हो गया,

ये मुस्कान चीज ही ऐसी है कि जीना आसान हो गया।”

मैं इसे शायद हर किसी से बाँटने की कोशिश करता हूँ जिनसे भी दिन में मेरी बातचीत होती है।

क्या आपने कभी महसूस किया है कि आप कितनी मुस्कान रखते हैं या आप उतनी मुस्कुराहट नहीं लेते जितनी आपको चाहिए? मुझे नहीं लगता कि मुस्कुराहट के लिए किसी शर्म की आवश्यकता है या किसी डर की कि आपसे कोई बातचीत

शुरू कर सकता है। हर वक्त आप गुस्से में भी नहीं रह सकते हैं। ये सभी सिर्फ ना-मुस्कुराने के बहाने हैं। आपको वास्तविक कारणों को जानने की कोशिश करनी चाहिए।

आपको नकारात्मक सोच या विचारों को मन से निकाल के सकारात्मक चीजों को भरना चाहिए। इसमें आप सबसे पहले एक छोटी सी मुस्कान को शामिल कीजिये। “जरूर कीजिये”

“जिंदगी जीनी अब मुझे आसान हो गयी,
मुस्कुराहट जैसे मेरी पहचान हो गयी।
अब मुस्कुरा के मिलता हूँ मैं हर किसी से,
मेरी खुशियों की, ‘मुस्कान’ जैसे इक दुकान हो गयी।”

पवन सिंह राणा
उत्तम नाविक (एएच)
13287-वाई



मुट्टी भर ख्वाब



आंखों में ख्वाबों को लेकर
भर कर मुट्टी में आशाएं,
दिल में फिर से जज़्बात जगे
मन में थे स्मृति से छाये।

मन फिर से हुआ तीव्र विचलित
कुछ बातों को दोहराने को,
सज गई एक दुनिया छोटी
फिर विश्व पटल पर छाने को।

थम गया समय का चक्र यहां
सच ख्वाबों को कर जाने को,
हाथों में फिर से कलम उठी
इतिहास नया रच जाने को।

दीपांजली मिश्रा
‘आशुलिपिक’

सपना आजादी का



घुटन है,
बंदिश है,
और चुभन भी है,
पर क्यों...?

क्यों आज तुम्हें चार दीवारें कैद-सी लग रही है ?
क्यों आज तुम्हें खुला आसमान कम पड़ रहा है ?

घुटन है,
बंदिश है,
और चुभन भी है,
पर क्यों...?

क्यों आज तुम्हें वक्त ज्यादा और नींद कम पड़ रही है?
क्यों आज तुम्हें सबकुछ होते हुए भी कुछ कम पड़ रहा है?

बाहर के बंदिशों से तो आजाद हो जाओगे,
पर अंदर जो बेड़ियां लगी है उसका क्या ?

घुटन है,
बंदिश है,
और चुभन भी है ,
पर क्यों...?

के रामतियाल
प्रधान अधिकारी (एम ई)
सेवा संख्या-02718-एच
तटरक्षक प्रशिक्षण
केंद्र, कोची

महामारी कोरोना!



मास्क हमारा नया है गहना!
देशवासियों पहनना पहनना!
आँख नाक मुँह को ढकना !
इसी मास्क से रोको कोरोना!

आया है बैठ के फ्लाईट से!
जबरदस्त है इसका घूमना!
वो सडकों पर चला बेफिक्र !
हमारा बस घर मे बंद रहना!

न ही स्कूल, नौकरी, ना बाजार
लॉकडाऊन में सब कुछ घर से!
खरीदारी भी ऑनलाईन से!
चली गयी आजादी मन से!

लेकिन घर पर रहने से!
आत्मपरीक्षण हुआ अपार!
अपनों को जाना मैने अब!
मिला मुझे वो खोया प्यार!
मिला मुझे वो खोया प्यार!
धन्यवाद!

कवयित्री-सायली वैद्य
W/O डिआईजी एस के वैदय
सीजीएसडी (एमबी)
मुंबई पश्चिम

'कोरोना काल और ससुराल'



कोरोना काल में जब पहुंच गया ससुराल
बहुत ही अजीब-सा था वहां का हाल
घर की घंटी बजाते ही सास दौड़ी आई !
देख जमाई को आज, मजबूरी में मुस्काई !!

बोली थोड़ी देर गेट पर आप ठहर जाओ !
वाश बेशन पर सैनिटाइजर से हाथ धो आओ !!
पढ़े-लिखे प्रधान अधिकारी दामाद हो आप
फिर भी चेहरे पर आप ने मास्क नहीं लगाया?

घर पर ही रहना था कप्तान ने नहीं समझाया ??
खैर आ ही गए हो तो दरवाजे पर जूते दो उतार !
पैर धोकर आ जाओ चाय रखी है तैयार !!
मन में उठा क्रोध पर कुछ कह नहीं पाया !

लगा जैसे मैं जमाई नहीं,
कोई नया नाविक सारथी शिप में हूँ आया !!
इज्जत तो सारी आज कोरोना ने हर ली !
बाकी की कसर सासू माँ ने पूरी कर ली !!

फिर बे-आबरू हो कदम साली की ओर बढ़ाया !
वहां से भी नकारात्मक-सा उत्तर आया !!
वो बोली सामाजिक दूरी को समझ नहीं पाये ?
हमारे इतनी पास क्यों जीजा जी चले आए ??

दूर से ही करती हूँ आज आप को नमस्ते !
छोटे साले ने भी दूर से हाथ हिलाया, हंसते-हंसते !!
फिर ससुर जी की मधुर आवाज दी सुनाई !
कवारंटान करना रे, बाहर से आया है जमाई !!

चाय हाथ में थी, पर नहीं जा रही थी गटकी !
चाय खत्म होते ही, लगाना चाह रहा था धुडकी !!
जो काम सरकार लॉकडाउन में नहीं कर पाई !
ससुरालवाले ने एक ही दिन में थी समझाई

सुनील कुमार प्रसाद
प्रधान अधिकारी
भारतीय तट रक्षक पोत सारथी कोच्ची

सोशल मीडिया : “राष्ट्रभक्ति”



चरित्र निर्माण करना हो तो सोशल मीडिया द्वारा शिक्षा हो ।
भारत महान राष्ट्र की गणना हो तो सोशल मीडिया दीक्षा हो ॥

शारीरिक मानसिक रूप से अध्यात्म का भाव हो तो सोशल मीडिया शिक्षा हो ।
कर्तव्य ज्ञान की स्वयं ज्योति का प्रकाशमय हो तो सोशल मीडिया शिक्षा हो ॥

मर्यादाहीन, अहंकारी वैसी शिक्षा का तामस हो तो फिर सोशल मीडिया शिक्षा हो ।
चरित्रहीन, छलप्रपंच के अविरल जाल का मातम हो तो फिर सोशल मीडिया शिक्षा हो ॥

राष्ट्रभक्ति का पाठ पढ़ाये जीवन में हरपल तो सोशल मीडिया शिक्षा हो ।
सेवा, दया, सद्भावना को जो हरदम बढ़ावा दे तो ही सोशल मीडिया शिक्षा हो ॥

सम्पूर्ण विकास की ज्योति जलाए जीवन में तो सोशल मीडिया शिक्षा हो ।
सामाजिक व्यवहार दर्शाये हर पल प्राणी में तो सोशल मीडिया शिक्षा हो ॥

अज्ञानता के प्रकाश को जो दूर भगाये तभी सोशल मीडिया शिक्षा हो ।
जाति धर्म समुदाय से ऊपर उठाए जीवन में तो सोशल मीडिया शिक्षा हो ॥

उमा शंकर शर्मा

प्रधान अधिकारी (एम ई)

03226- एम

भारतीय तटरक्षक पोत सरोजिनी नायडू

जगा दो आज मेरा देश

हे परमात्मा, जगा दो आज मेरा देश
हो सबका कुछ ऐसा वेश
स्वतंत्र जहाँ विचार हो,
खुशियों का संचार हो
सब कर्म प्रधान हो,
संस्कार जहाँ पर शान हो
पर न कोई अभिमान हो ।

नारी का सम्मान हो,
व जन-जन का कल्याण हो
उठे कदम तो राह बने,
संकल्प से सब खिले-खिले
हौसले बुलंद हो
राग-द्वेष सब बंद हो ।

हार जो सकते नहीं
सेनानी हम बने वही ।
विश्व एक परिवार हो
सुमति जहाँ पर ढाल हो
हार कर भी जीत हो,
जीवन का यह संगीत हो
जगा दो आज मेरा देश
हो सबका कुछ ऐसा वेश ।

शैलेश कुमार शर्मा

उत्तम नाविक (आर ओ)

व्यक्तिगत नम्बर 13115-ड

भा. त. अ. जखौ

नयी शुरुआत

मच रहा कोहराम, फैली धुंध चारों ओर है
सुनसान सड़कों पर हो रहा कैसा ये शोर है
भूख, गरीबी, लाचारी में क्या भला रही कमी
जो अब छाया धरा पे आपदा का जोर है

पर हार मान लें यूँ ही, मरहूम ऐसे हम नहीं
हमे धराशायी कर दे, महामारी में दम नहीं
सबको उठ खड़ा होना है, लड़ने परिस्थिति से
खुद को पहचानना है, कोई किसी से कम नहीं

जो मिले मौका भुना लो, कल की फिक्र न करो
सिर्फ हों खुशहाल बातें, दुख का जिक्र न करो
उठो करो शुरुआत नयी, नये-नये लो फैसले
वक्त को मुट्ठी में कर लो, अब भला क्यूँ डरो

अगला सवेरा, रोशनी से ऐसे जगमगाएगा
अटल है जिसका हौसला, वो न डगमगाएगा
मुकाम, सपने, ख्वाब जितने देखे सारे पूरे होंगे
जीत की डगर पे पंथी, बढ़ता ही जाएगा

सहायक समादेशक पी के उपमन्थु,
1370-म भा.त.पो राजश्री



नारी शक्ति



नारी सिर्फ उपभोग की वस्तु है ।
ऐसे विचार कभी कबूल मत करना ।
नारी को अबला समझने की कभी भूल मत करना ।
नारी अम्बर है कोई शीशे की दीवार नहीं ।
नारी खुद में शक्ति है किसी की मोहताज नहीं ।
संघर्षों से टकराना उसको भी आता है ।
हर मुश्किल से गुजर जाना उसको भी आता है ।
प्यार से देखोगे तो बहार नजर आयेगी ।
नफरत से तोड़ोगे तो दीवार नजर आयेगी ।

एके राम
उत्तम नाविक
आइ सी जी एस अनमोल

कोरोना काल

आ ही गए हो तो नजरें भी चुरा सकते नहीं,
हाथ जोड़कर करते हैं स्वागत,
हाथ हम मिला सकते नहीं,
परम्परा है अतिथियों का सत्कार करने की,
इसलिए नजरें तुमसे चुरा सकते नहीं,
हाथ जोड़कर करते हैं स्वागत,
हाथ हम मिला सकते नहीं।

तेरे आने से देश में मायूसी-सी छाई है,
जैसे एक आंधी, काली घटा घेर लायी है,
फिर भी नहीं डरेंगे तुमसे,
क्योंकि चिकित्सा पद्धति सबसे पहले भारत में
ही आयी है,
निपटने का तुझसे हर सम्भव प्रयास जारी है,
तुमने तो फैला लिया अपना कहर,
अब निपटने की आयी तुम्हारी बारी है।

निकाल फेकेंगे तुझको इस देश की जड़ों से हम,
जैसे तुम कभी यहां आये ही न थे,
डॉक्टर की मेहनत से बेफिक्र हो जाएगा
यहां का हर एक नागरिक,
जैसे वो इससे कभी घबराए ही न थे।

डॉक्टर की मेहनत, समर्पण, और उनके इस जूजबे को मैं
दिल से सलाम करता हूं,
कोई कितना भी कर ले अपमानित आपको,
पर मैं इस दुख की घड़ी में आपकी मेहनत को शत्-शत्
प्रणाम करता हूं,

मेरे देश में आ कर तूने ए वाइरस नजरें जो गढ़ा दी,
यहां तो पहले से ही थी लोगो में नजदीकियां बहुत कम,
तूने तो आ कर दूरियाँ और बढ़ा दी,
डरने लगा है आदमी, आदमी को गले लगाने से,
इससे ज्यादा बुरा दृश्य इन आंखों के लिए और क्या
होगा,
भगाएंगे तुझको यहां से ऐसे जैसे न तू यहां था न यहां
होगा।

जो जहां है वही रुक गया है, ना कोई कही आ रहा है ना
जा रहा है,
तेरी वजह से कितना परेशान-सा हो रहा है,
कितनो की जिंदगी छीन ली है तूने,
कितनो के घर उजाड़े है तूने,
चहल-पहल रहती थी जहां चारों ओर,
सब ठिकाने तेरे कहर से हो गए हैं सूने- सूने,
हे ईश्वर हे अल्लाह इस दुख की घड़ी से बचा दुनिया
को,
जैसे निवारण करता है कष्टों का वैसे ही निपटा दे इस
महामारी को,
हर जनमानस की प्रतिरक्षा की शक्ति बढ़ा देना तू,
वाइरस के हमले से पहले,
वाइरस को ही मिटा देना तू।

राणाप्रताप
नाविक (RP)

खरीदारी के नये माध्यम

आजकल जमाना बदल रहा है जमाने में बहुत सारी चीजों में बदलाव हो रहा है। आजकल हम देखें तो इंटरनेट के जरिये हमारी बहुत सहायता हुई है। इंटरनेट आजकल की दुनिया का ऐसा माध्यम है जिसके जरिये हम घर बैठे ही बहुत कुछ कर सकते हैं और ऑनलाइन शॉपिंग भी हम इंटरनेट के जरिये ही अपने घर या ऑफिस से कर सकते हैं।

इंटरनेट के जरिये कोई भी सामान खरीदने के लिए ऑर्डर देना ऑनलाइन शॉपिंग कहलाता है। पुराने जमाने में जहां हम सिर्फ दुकानों से खरीदारी करते थे। कपड़े, जूते, चप्पल और घरेलू सामग्री हम दुकानों से ही खरीद पाते थे लेकिन बदलते जमाने के साथ आजकल ऑनलाइन शॉपिंग उपलब्ध है हम ऑनलाइन के जरिये ये सभी सामग्री इंटरनेट के जरिये खरीद सकते हैं। इंटरनेट एक ऐसा माध्यम है जिसने ऑनलाइन शॉपिंग को बहुत बढ़ावा दिया है। आज इंटरनेट पर ऑनलाइन शॉपिंग के लिए बहुत सारे वैबसाइट उपलब्ध हैं जिनके जरिये हम शॉपिंग कर सकते हैं। इन वैबसाइट में flipkart, snapdeal, amazon इत्यादि वैबसाइट उपलब्ध हैं। ऑनलाइन शॉपिंग वास्तव में हर किसी के लिए फायदेमंद हो सकती है। आजकल लोग बाजार में शॉपिंग करने से ज्यादा घर बैठे इंटरनेट के जरिये शॉपिंग करना बहुत पसंद करते हैं। हम घर बैठे ही कम्प्यूटर या लैपटॉप या मोबाइल पर किसी प्रॉडक्ट के बारे में अच्छी जानकारी ले सकते हैं उनका फोटो देख सकते हैं और ऑर्डर दे सकते हैं।

अगर आप ऑनलाइन शॉपिंग करना चाहते हैं तो सबसे पहले आपको पता होना चाहिए कि आप किस प्रकार का प्रॉडक्ट की ऑनलाइन शॉपिंग करना चाहते हैं उसी प्रकार से गूगल पे भी सर्च कर लें और फिर जो पसंद आए उसको सिलैक्ट कर सकते हैं और पेमेंट विकल्प सिलैक्ट कर अपना ऑर्डर कन्फर्म कर सकते हैं। पर ऑनलाइन शॉपिंग के कुछ फायदे हैं तो कुछ नुकसान भी हैं जिनके ऊपर हम विश्लेषण करेंगे।

ऑनलाइन शॉपिंग के फायदे – ऑनलाइन शॉपिंग करने की वजह से सबसे पहले समय बचता है। आज हम देखें तो आदमी के पास बिलकुल भी समय नहीं होता है। हर एक आदमी जैसे कमाने में व्यस्त है और उसके पास घूम के बाजार में शॉपिंग करने का फुर्सत नहीं होती। वो अपने काम को बाधित न करते हुए फॅमिली की सभी जरूरत घर या ऑफिस में बैठे

ऑनलाइन ऑर्डर कर पूरी कर सकता है और अपना समय बचा सकता है।

ऑनलाइन शॉपिंग से बहुत सी चीजों में अच्छी छूट भी मिल जाती है। इसी तरह आप जब क्रेडिट कार्ड से भुगतान करते हैं तो आपको अच्छा डिस्काउंट मिल जाता है। ऑनलाइन शॉपिंग से बहुत सारी चीजे हमें सस्ते दामों में मिल जाती हैं।

आप ऑनलाइन माध्यम पर एक ही तरह की अलग अलग सामग्री देख सकते हैं और पसंद आने पर ऑर्डर कर सकते हैं लेकिन वही बाजार में इस तरह के अलग अलग सामग्री बहुत ही ज्यादा ढूँढने पर ही मिल पाती है।

बाजार में हम जब खरीदारी करते हैं तो देखते हैं कि वस्तु की एक ही कीमत नहीं होती है। हमें अगर पता नहीं है कि ये वस्तु कितने की होगी तो दुकानदार हमें वही वस्तु महंगे दामों में बेच सकते हैं पर वहीं ऑनलाइन शॉपिंग में लगभग एक जैसी ही कीमत होती है और इसलिए हम आसानी से अच्छी कीमत में ऑर्डर करके वो चीज खरीद सकते हैं।

ऑनलाइन शॉपिंग के नुकसान – ऑनलाइन शॉपिंग के काफी फायदे हैं तो नुकसान भी हैं। ज्यादातर हमें ऑनलाइन शॉपिंग करते समय ही पैसे चुकाने पड़ते हैं और कभी-कभी हमारे साथ धोखा भी हो सकता है जिस वजह से हमें परेशानी उठानी पड़ सकती है।

ऑनलाइन शॉपिंग के जरिये हम सामान की वैबसाइट पर केवल जानकारी और फोटो देख सकते हैं उसको छु नहीं सकते जिससे जब सामान की डिलीवरी होती है तो धोखा हो सकता है।

कई बार हम जब ऑनलाइन शॉपिंग करते हैं तो शॉपिंग के बाद हमें फोन कॉल भी आते हैं जो की धोखा होते हैं और वो ऑनलाइन शॉपिंग वैबसाइट का नाम लेकर और इनाम का झांसा देकर हमसे हमारे अकाउंट की जानकारी मांग सकते हैं और अकाउंट में पैसे जमा करने को कहते हैं और बहुत लोग बेफकूफ बन भी जाते हैं इसलिए हमें ऑनलाइन शॉपिंग सोच समझ कर ही करनी चाहिए।

सुमित आरों
प्रधान यांत्रिक

लॉकडाउन

आज कुदरत का तमाचा जब गालों पे पड़ा,
तब अपनी हैसियत समझ में आई,
आज कोरोना वायरस के लॉकडाउन में
घर बैठे-बैठे चीख पड़ी तन्हाई ॥

बस धरे रह गये सारे फसाद
सारे मन मुटाव, सारी शिकवाई
आज शाम खिडकी से बाहर झाँका
बस धूल ही भागती नजर आई ॥

रोज की भागदौड़ में जीवन का
मतलब ही कहीं भुला बैठे थे...
आज कुछ अवकाश मिला,
तो रिश्तों की अहमियत समझ में आई ॥

खाली बैठे कुछ लाइनें गुनगुनाई
जो सुनी थी कभी पर आज थीं बिसराई,
मां से बातें करते-करते
जाने कब शाम ढल आई?

मन तो प्रसन्न था जीवन में,
शांति की लहर थी दौड़ आई,
पर मन के किसी कोने से
वेदना की शूल-सी उभर आई

न्यूज चैनल्स में मृत्यु के आँकड़े देख
एक वेदनापूर्ण उदासीनता थी छाई

क्या फायदा अपनों से संघर्ष का?
किसे बख्शाती सुनें, कुदरत की रुसवाई?

बस भाई-चारे का तो सहारा मिला,
जब सामने कोरोना रुपी मौत नजर आई
सब डरकर घर में सिमटे थे,
मगर आई जरूर 'काम वाली' बाई।

यह न कहना कि भूख के लाले पड़े थे।
आजीवन परिश्रम कर इतनी तो की होगी उसने कमाई
धन्यवाद देना था क्योंकि आता रहा दूधवाला भाई
जनता कर्फ्यू के अंत में तभी तो मिलकर तालियां बजाई
लॉकडाउन तो है भले,
घर में ही इसे काट लेना
सतर्कता और दूरियां ही,
जीवन का आधार हैं बन आई

यह बुरा समय भी कट जाएगा...
कोरोना का आतंक भी ठंडा पड़ जाएगा
Think positive and stay healthy!

कुमारी गौरी स्वरूप
सुपुत्री समादेशक
(क.व.) राजेंद्र स्वरूप
भा.त.अ.गांधीनगर



जिस दिन आपने अपनी जिन्दगी को खुलकर
जी लिया वही दिन आपका है, बाकि तो सिर्फ
कैलेंडर की तारीख है।



फूलों के लिए धूप मानवता की मुस्कान है



फूलों सी मुस्कान मानवता की पहचान है।
चारों दिशाओं में खुशबू बिखेरती है।

यह एक अच्छी भावना है सभी को भाती है।
यह मानवता भरी मुस्कान एक चमक है।
इसे बेचा नहीं जा सकता।

मानवता की मुस्कान अपने अच्छे रूप में
धूप में खिली फूल की तरह होती है।
मानवता की मुस्कान सोने और चाँदी की तरह
मूल्यवान होती है।
लेकिन इसे खरीदा नहीं जा सकता।

मानवता भरी मुस्कान
भगवान की मूर्ति की तरह होती है।
जो मन को समृद्ध करती है।

आनन्द प्रकाश केरकेड़ा

सी एस ओ (लोग)

तटरक्षक सामान भंडार, पारदीप



क्या

जन्म – मृत्यु क्या है ?
जीवन की सच्चाई है !
दुख – सुख क्या है ?
जीवन की दो परिस्थियाँ है !

क्रोध– ईर्ष्या, प्रेम क्या है ?
जीवन मे उठे विकार है !
सच और झूठ क्या है ?
यह इंसान की पहचान है !

मोक्ष क्या है ?
हमारा लक्ष्य है !
संघर्ष क्या है ?
हमारा जीवन है !

विनम्रता क्या है ?
हमारी सादगी है !

उलझन क्या है ?
हमारे विनाश का कारण है !

अमीरी और गरीबी क्या है ?
यह हमारे काम का परिणाम है !
परिश्रम और आलस्य क्या है ?
परिश्रम हमारा मित्र है और आलस्य शत्रु है !

दिखावा क्या है ?
जीवन का सबसे बड़ा धोखा है !
जीवन क्या है ?
समर्पण है !

अमन कुमार

उत्तम नाविक

आतंकवादी कोरोना



बंद हुआ दुनिया का सुख-चैन से सोना
और शुरू हुआ है जोर-जोर से रोना ।

क्योंकि पीछे पड़ गया एक अत्यंत बौना
भयानक बाहुबली नन्हा-मुन्ना कोरोना ॥

कोरोना बाबू घुस रहा चोरी-चोरी हर देश में
बंद कर डाला लोगों का आना-जाना विदेश में ॥

हाथ मिलाना दूर हुआ, दूर से करो राम-राम
वरना मिट्ट को कोरोना कर देगा तुम्हारा राम नाम ॥

कर देगा राम नाम अतः बच के रहना जरूरी
लेयर का मास्क पहनने में ही दिखाओ बहादुरी ॥

क्योंकि चाइना का यह माल घूम रहा गली बाजार ।
इस बार खूब घिस-घिस चल रहा बस यही समाचार ॥

भूल से कोई ना कहना चाइना माल है बेकार ।
वरना कोरोना दे जादू की झप्पी कर देगा उपचार ॥

कोरोना के बेशुमार प्यार से देश देश परेशान ।
दूढ़ रहे कोरोना जी को ठिकाने लगाने का समाधान ॥

समाधान अभी सिर्फ बचाव करने पर ध्यान ।
कोरोना अनुसंधान कर रहा विश्व का विज्ञान ॥

विश्व का विज्ञान फेल मुसीबत में आजादी व आबादी ।
दोनों को ठिकाने लगा के दम लेगा कोरोना आतंकवादी ॥

अमित कुमार

उत्तम नाविक

ICGS Samudra Paheredar

“

कागज की कश्ती में,
सवार है हम.....
फिर भी कल के लिये, परेशान है हम.....

”

कुछ सकारात्मक पंक्तियां

संकट आया है विश्व पर...
आया है तो चला भी जाएगा ॥
वैसे.. किसे पता था कि
चलती-फिरती सड़कों पर
पशु-पक्षी आ जाएंगे..

चिड़ियों की चहचहाहट
पूरे दिन सुनाई पड़ेगी..
उन्हें भी पता चला कि
यह संसार उनका भी है ॥

किसे पता था कि युद्ध
होगा मगर अस्त्र-शस्त्र
धरे-के-धरे रह जाएंगे..

सख्त समझी जाने वाली पुलिस
और आम पेशावर समझे जाने वाले
डॉक्टर मोर्चे पर आ जाएंगे..

उन्हें भी ये पता चलेगा कि
सम्मान के लायक वे भी हैं ॥

शायद इंसानियत भूल
बैठे थे इंसान..
तभी तो ईश्वर लाया
ऐसा तूफान..

अब कभी नहीं भूलेगा
इंसानियत इंसान ॥
जल्द ठीक होंगे हालात..

अगर देंगे सब साथ..
बस कुछ ही दिनों की है बात..
थोड़ा हंस लो परिवार के साथ ॥

कनिष्का चौधरी

D/o विकास कुमार, उत्तम अधिकारी
तट रक्षक पोत सी-432

बरसते बादल

नभ से धरती पर चली हूँ मैं
उसे हरा भरा करने को मैं
जीव के जीवन को मैं
नए रंग से रंगने को मैं
नभ से धरती पर चली हूँ मैं
जीव के आशा को मैं
उसे अभिलाषा में बदलने को मैं
नभ से धरती पर चली हूँ मैं
किसी की प्यास बुझाने को मैं
किसी की स्वास जगाने को मैं
नभ से धरती पर चली हूँ मैं
धरती से टकराने को मैं
कई रूप लेने को मैं

नभ से धरती पर चली हूँ मैं
कृषक के फसलों को मैं
उसका हर्षोल्लास को मैं
नभ से धरती पर चली हूँ मैं
ना किसी धर्म को मैं
ना किसी जात को मैं
सब की प्यास बुझाने को मैं
नभ से धरती पर चली हूँ मैं
उसे हरा भरा करने को मैं

एस के सिंह
अधिकारी
बी एम यू (चेन्नै)

खुशी- जीवन का मुलाधार



मनुष्य है इस प्रकृति का प्राणी अनोखा,
अपने स्वार्थ के लिए प्रकृति को देता धोखा।

खुशी पाना हो तो करना होगा प्रकृति से प्यार,
वरना कोरोना जैसे महामारी से लड़ना होगा बारम्बार।

जीवन में खुशी तभी होगी साकार,
जब मनुष्य खुशी के वितरण के लिए होगा तैयार।

जीवन में खुशी का है महत्व अहम,
यदि खुशी हो तो बहुमुखी विकास होगा चरम।

प्रधोगिकी की दुनिया में खुशी हो रही है गायब,
मनुष्य चाहकर भी खुशी के लिए हो रहा है तलब।

आज कल जीवन में संतुष्टि का है अभाव,
प्रकृति से इतना पाकर भी कर रहे हैं प्रकृति को घाव।

खुशी पाने के लिए जरूरी है मन की शान्ति,
यह तभी संभव है जब होगी खुद में संतुष्टि।

जाती, धर्म, भेदभाव को करना होगा बहिष्कार,
प्रेम, सद्भावना एवं भाईचारा को देना होगा अत्याधिक अधिकार।

आज की दुनिया में खुश रहना बन गया है कठिन,
फिर भी नहीं होता मनुष्य को यकीन।

जीवन में खुशियां भरो करारा
क्योंकि जिन्दगी नहीं मिलेगी दोबारा।

सहायक समादेशक सुरेन्द्र लाकरा
मुख्यालय जिला संख्या -6 (आंध्र प्रदेश)

“

अगर तुम उस वक्त मुस्कुरा सकते हो जब
तुम पूरी तरह टूट चुके हो तो यकीन कर लो कि
दुनिया में तम्हें कभी कोई तोड़ नहीं सकता..!!

”

मानव -प्रकृति और कोरोना

जब भूल गया मानव प्रकृति का आदर भाव,
मन में आया चौबीसों घंटा पैसा कमाने का भाव,
तब संहार करने को जीवन का हुआ कोरोना जैसे महा विनाश
का आविर्भाव। समस्त ब्रह्मांड में आज तक के वैज्ञानिक
शोध के अनुसार हमारी धरती/पृथ्वी के अतिरिक्त अन्य
किसी भी ग्रह पर जीवन संभव नहीं है। आदिकाल से पृथ्वी
पर किस प्रकार जीव-जन्तु, वनस्पति तथा मानव जीवन
विकसित हुआ इस बात का उल्लेख विस्तृत रूप से करना
यहां अनिवार्य नहीं है क्योंकि हम सभी इस सारी प्रक्रिया से
अनभिज्ञ नहीं हैं। धरती पर जीव, वनस्पति और मानव की
उत्पत्ति से लेकर विकसित होने की लम्बी यात्रा में जो तत्व
या शक्ति सहायक सिद्ध हुईं उसे प्रकृति, ईश्वर, कुदरत
या अल्लाह, चाहे जो भी नाम से हम पुकारते रहे, लेकिन
उसकी सत्ता को कभी-भी इंसान द्वारा नकारा नहीं गया।
ऋषि-मुनियों, गुरुओं तथा पीरों-फकीरों की तपःस्थली
रही महान भारत देश की पावन धरती को ही नहीं अपितु
इस धरती पर जीवनदायिनी के रूप में बहती गंगा, यमुना
इत्यादि समस्त नदियों को भी इस देश की महान संस्कृति
ने माँ का सम्बोधन दिया। किसी न किसी रूप में प्रकृति की
पूजा हमारी धार्मिक और सामाजिक जीवन पद्धति का अंग
रही है। अलग-अलग संस्कृतियों, सीमाओं और राष्ट्रों के
बावजूद सम्पूर्ण मानव जाति प्रकृति की सार्वभौमिक सत्ता
को स्वीकार करती रही है। यँ तो प्रकृति की सभी रचनाएं
श्रेष्ठ हैं, तथापि प्रकृति ने उसकी मानव रूपी इस उत्तम
रचना को अपने अनूठे गुण- प्रेम, दया, धर्म, शील, त्याग
और इंसानियत उपहारस्वरूप प्रदान करते हुए स्वयं ही इसे
अपनी सर्वोत्तम रचना घोषित किया।

समय की धारा के साथ बहते-बहते तथा प्रकृति-प्रदत्त
संसाधनों का मर्यादोचित उपयोग करते करते मानव,
वैज्ञानिक दृष्टिकोण से जीवन के हर पहलू को देखने लगा
और धीरे-धीरे मनुष्य के दृष्टिकोण में व्यापक बदलाव
आया।

प्रकृति के प्रति आदर भाव, अहंकार में परिवर्तित होता
गया। वैज्ञानिक उन्नति ही मानव जीवन का आधार बनकर

रह गई। पाश्चात्य तथा अन्य संस्कृतियों की तो बात ही
क्या करना, हम तो हमारी अपनी संस्कृति से भी बहुत दूर
हो गए हैं। हमारे जीवन, हमारी धारणाएं, सब संवेदनशून्य
होती जा रही हैं।

जिस समाज में नारी को प्रकृति रूप में पूजनीय माना गया,
जिस धरती को माँ कह कर पूजा जाता था, जिन नदियों
को जीवन - दायिनी कह कर माँ समान आदर दिया जाता
था, जल-स्रोतों को स्वच्छ रखने के जिस उत्तरदायित्व
का समाज निर्वहन करता था, जहां पीपल-बड़ जैसे वृक्ष
लगाने को परोपकार कहा जाता था, जहां घर में पहली
रोटी गाय, कुत्ते और कौए के लिए होती थी, जहां खेत में
एक कोने की फसल पक्षियों और पशुओं के लिए छोड़ी
जाती थी और किसान उस कोने की फसल पर अपना
अधिकार त्याग देता था, जहां घर में आये पहले अनाज में
से एक हिस्सा देवी-देवताओं के नाम पर दान के लिए रख
दिया जाता था, वह मर्यादा, हमारी सोच के वैज्ञानिकीकरण
(स्वार्थ - परायणता) के चलते अब समाज में दिखाई
नहीं देती। ऊंचे उठने, आधुनिक दिखने और सम्पन्नता
की दौड़ ने इंसान को इतना स्वार्थी व लालची बना
दिया कि वह सर्वप्रथम प्रकृति-प्रदत्त संसाधनों पर अपना
एकाधिकार सिद्ध करने के लिए किसी भी सीमा तक जाने
को तैयार हो गया। उच्छ्रंखल मानव सब कुछ भूल गया
है और यह कहना गलत ना होगा कि वह, प्रकृति प्रदत्त
मानव वेश में, वैज्ञानिक रूप से उन्नति करते-करते आज
भस्मासुर जैसा आत्मघाती अथवा विश्व-विध्वंसक दानव
बन बैठा है।

विकास और धन की लालसा में 24 घंटे मानव ने जब खुद
को मशीन बना दिया और बस एक दौड़ चाहे किसी के भी
सर पर पांव रखकर आगे बढ़ने की अंधी दौड़ में शामिल
होने के लिए सारे नियमों को भूल गया तो जीवन के उस
पल में इस महा विनाशकारी कोरोना ने ऐसा रूप लिया है
धरती, नदियों एवम जलस्रोतों, पर्वतों और सागरों के
अमर्यादित दोहन के साथ-साथ चंद्रमा की सतह पर भी
पानी की खोज में बड़े बड़े रश्चकेट टकरा कर सुराख
करने की सोच को विकृति ही कहा जा सकता है। इसके

साथ साथ मानव ने सुंदर धरा, नदियों,सागरों तथा अन्य जलस्रोतों को भी प्रदूषित कर के प्रकृति का रूप स्वयं ही बिगाड़ा है।

प्रकृति ने, मनुष्य की उच्छ्रंखलता और अमर्यादित आचरण को, माँ होने के नाते लंबे समय से निःस्वास चुपचाप सहा है। लेकिन इन्सान जब अपनी सीमा का निर्लज्जतापूर्वक बारम्बार उल्लंघन करने पर उतारू हो गया, तब अंततः प्रकृति ने भी मानव को हल्का-सा सबक सिखाने के लिए काली रूप धारण कर लिया। अपने ही द्वारा वैज्ञानिक रूप से उत्पन्न मृत्यु रूपी विषाणु से त्रस्त एवं भयाक्रांत वही मानव, जो कुछ दिन पूर्व तक अपने धन-बल और बुद्धि के आधार पर, संसार की प्रत्येक वस्तु अथवा पदार्थ पर अपना एकाधिकार चाहता था, आज अपने घर के भीतर भी किसी वस्तु को छूने-मात्र से घबरा रहा है। दूसरे शब्दों में कहूँ तो भस्मासुर अपने आप से भी घबरा रहा है और यह भय उस पर इस कदर हावी है कि उसे चारों ओर हर शह में मृत्यु का ही जलवा दिखाई दे रहा है और आज सारा विश्व अपने घरों में बैठकर कोरोना जैसी महा विनाशकारी वायरस से विश्व को बचाने के लिए लड़ रहा है।

ऐसा प्रतीत हो रहा है कि अब समय आ चुका है और यदि हम इस धरा पर दीर्घकाल तक मानव-जीवन

की कामना रखते हैं तथा स्वच्छ एवं खुले वातावरण में सांस लेते हुए निर्भीकता से विचरण करने चाहते हैं तो सम्पूर्ण मानवजाति को पूरी सजगता, ईमानदारी, निष्ठा एवं उत्तरदायित्व के साथ, प्रकृति के प्रति मानव द्वारा किए गए खिलवाड़ रूपी कुकर्मों के लिए जहां एक ओर क्षमायाचना करनी होगी, वहीं दूसरी ओर विज्ञान जनित महामारियों से उत्पन्न मृत्युरूपी भय से विमुक्त भविष्य को ध्यान में रखते हुए पूर्ण निष्ठा से यह शपथ भी लेनी होगी कि हम मानव इस धरा को सुंदर, प्रदूषण-रहित बनाने, प्राकृतिक संसाधनों के उचित रख-रखाव में, व्यक्तिगतरूप से अपने उत्तरदायित्व को समझते हुए, सहयोग करने तथा प्रकृति का स्थान सदैव विज्ञान से ऊंचा एवं पूज्य समझेंगे। इसी में सम्पूर्ण विश्व तथा मानवता का शुभ निहित है। इति सत्यम्, इति शिवम्, इति सुंदरम्। आज जिस प्रकार विश्व कोरोना से लड़ने के लिए एकजुट हुआ है अगर हम मानवतावादी दृष्टिकोण की स्थापना के लिए, जीवन को लक्षित करें तो हम आने वाली कई महामारी से लड़ सकते हैं।

जय हिंद

सुरेंद्र सिंह डोगरा

सहायक समादेशक

तटरक्षक वायु अवास्थान चेन्नई

“

“गृहिणी”

बड़ा ही मामूली सा शब्द है पर इसका अर्थ बहुत खास है। सारा घर जिसका ऋणी वही है “गृहिणी”

”

लम्हे



जिंदगी के इस मोड़ पर खड़े वह लोग
कुछ तेरे भी है कुछ मेरे भी है,
जिंदगी की आस लगाए,
पल में रुलाते पल में मुस्कुराते वह लम्हे,
कुछ तेरे भी है कुछ मेरे भी है।

अपनों के लिए अपनों से दूर हूँ,
फर्ज के लिए मजबूर हूँ,
किसके लिए जियूँ मैं ?
या इंसानियत पे हो जाऊँ न्योछावर,
गर्दिश— ए—हालात, अपनों से ऐसे रिश्ते
कुछ तेरे भी है कुछ मेरे भी है

पल में रुलाते पल में मुस्कुराते वह लम्हे,
कुछ तेरे भी है कुछ मेरे भी है।

दिन—रात मेरा सड़कों पर पहरा है,
जीवन मानो इस लम्हे पर ठहरा है,
आंख बिछाए बच्चा राह ताक रहा है,
मन ही मन क्यों अनदेखा डर झाँक रहा है,
घर की ओर चलते कदमों के कारवाँ ,
कुछ तेरे भी है कुछ मेरे भी है।

पल में रुलाते पल में मुस्कुराते वह लम्हे,
कुछ तेरे भी है कुछ मेरे भी है।

रुक मत अभी थक मत अभी,
कोशिशों पर तेरी आस लगाए सभी,
आया समय है कुछ कर गुजरने का,
जीवन से जीवन की जंग जीतने का,
मुश्किल जंग जीतने के अरमान,
कुछ तेरे भी है कुछ मेरे भी हैं।

पल में रुलाते पल में मुस्कुराते वह लम्हे,
कुछ तेरे भी है कुछ मेरे भी है।

उम्मीद मत हार रे बंदे,
चलता जा, चलता जा, चलता जा,
बस चलता ही जा तू,
चट्टानों से लोहा मोल लेने के बुलंद हौसले
कुछ तेरे भी है कुछ मेरे भी है,

पल में रुलाते पल में मुस्कुराते वह लम्हे,
कुछ तेरे भी है कुछ मेरे भी है।

स्वप्नील आर सनान्से
नाविक (एमई), 05378—वाई

जैसे धूप फूलों के लिए है, वैसे मुस्कुराहट मानवता के लिए है



मुस्कुराहट मानवता के लिए ऐसे है, जैसे उन फूलों के लिए धूप जरूरी है, जो उनको धूप में पनपने में सहायता करते है। एक मुस्कुराहट वो काम कर सकती है, जो बड़े से बड़ा हथियार भी नहीं कर सकता। इसीलिए इंसान को

अपने काम मुस्कुरा कर और खुश हो कर करने चाहिए जिससे सफलता के अवसर ज्यादा रहते है और अगर विफलता भी हाथ लगे तो नए सिरे से तैयारी करने का जोश बना रहता है। ये लेख मुस्कुराहट की ताकत के बारे में है। ये इतनी अच्छी है कि समझ से परे है फिर भी मेरी पूरी कोशिश रहेगी कि मैं अपना अनुभव सांझा करके किसी हद तक इसको समझा सकूँ।

रोज सवेरे जब मैं दफ्तर आता हूँ तो सबको मुस्कुरा कर सुप्रभात की कामना करता हूँ, फिर अपना काम शुरू करता हूँ, जिससे मेरा आधा काम हो जाता है, क्योंकि मुस्कुराहट आपके सारे दर्द और परेशानियाँ छुपा लेती है तथा सकारात्मक ऊर्जा का प्रवाह करती है। इससे सामने वाले इंसान पर सकारात्मक असर पड़ता है और दफ्तर में माहौल अच्छा बना रहता है। शाम को काम के बाद जब घर जाता हूँ तो मेरे एक साल के नन्हें बेटे की मुस्कुराहट मेरे सारी थकावट दूर कर देती है। अपने परिवार की मुस्कुराहट हमें जमाने में जीने का हौसला देती है और ये एहसास दिलाती है कि अगर हमारा परिवार खुश है तो हम भी खुश हैं और अगर वही परिवार आपका स्वागत मुस्कुरा कर ना करे तो घर में भी विपरीत माहौल बना रहेगा। इसलिए मुस्कुराहट सुखी विवाहित जीवन की मुख्य कुंजी है।

मैं जब कर्मागारी द्वीप में तैनात हुआ तो पाया कि यहाँ लोगों, खास करके बच्चे जो की अपनी मुस्कुराहट से किसी का भी दिल जीत सकते है, की मुस्कुराहट पर कुछ ग्रहण लगे हुये है, जैसे की मिर्गी, मलेरिया, फाइलेरिया और कोरोना महामारी आदि बीमारियों। इन सभी बीमारियों के इलाज

में समस्याएं इसलिए भी हैं क्योंकि कर्मागारी में सिर्फ एक छोटा स्वास्थ्य केंद्र ही है जो की उच्च स्तर की सुविधाओं से वंचित है। इसके आस-पास के द्वीपों पर भी यही स्थिति है, जिससे की अधिकतर मौकों पर यहाँ लोगो का इलाज सही समय पर नहीं हो पाता। इलाज में देरी का एक कारण ये भी है कि कर्मागारी से पोर्ट ब्लेयर या मेन लैंड जाने के लिए या तो परिवहन की कमी रहती है या एक निश्चित समय पर ही उपलब्ध होते है।

मनोरंजन के सीमित साधन एवं इंटरनेट की अनुपलब्धता भी कर्मागारी के लोगो के लिए जीवन कठिन और तनावपूर्ण बनाता है। आज के युग में जहां भारत दुनिया की उभरती हुई शक्ति के रूप में जाना जाता है वही कर्मागारी जैसे द्वीपों में कनेक्टिविटी की हालत बहुत दयनीय बनी हुई है। जिसका एक उदाहरण अभी हाल ही में फैली कोरोना महामारी में देखने को मिला, जब पूरे देश में स्कूल के बच्चे घर में बैठ कर ऑनलाइन कक्षा में अपनी शिक्षा ग्रहण कर रहे हैं, वहीं कर्मागारी में इंटरनेट ना होने की वजह से बच्चे अपनी कक्षा में भाग नहीं ले पा रहे और अपनी बुनयादी शिक्षा से वंचित रह रहे है, जिसका प्रभाव उनके आगामी जीवन पर पड़ सकता है। सरकार द्वारा समय पर उचित कदम उठाए जाने से ही इनकी परेशानियों का हल निकाला जा सकता है और इनके जीवन को मुस्कुराने की नयी वजह मिल सकती है।

अंत में यही कहना चाहता हूँ कि जब भी मौका मिले खुल कर मुस्कुराइए क्योंकि जीवन में परेशानियों और कर्तव्यों का बोझ इंसान को असली खुशी का एहसास कराने से रोकता है और दिन प्रतिदिन आपको तनाव में धकेलता है परन्तु आप शायद मुस्कुरा कर उस मंजिल तक पहुँच सकते हैं जहाँ पहुँचने के लिए आप काम कर रहे हैं।

गौरव कुमार

उत्तम नाविक (आर पी)

11602-टी

ऑनलाइन शिक्षा

कोरोना संकट के दौर में शैक्षणिक संस्थानों के आगे जो चुनौती है उसमें ऑनलाइन शिक्षा एक स्वाभाविक विकल्प है। ऐसे समय में विद्यार्थियों से जुड़ना समय की जरूरत है। लेकिन इस व्यवस्था को कक्षाओं में आमने-सामने दी जाने वाली गुणवत्ता पूर्ण शिक्षा का विकल्प बताना भारत के भविष्य के लिए अन्यायपूर्ण है।

भारत में स्कूल जाने वाले करीब 26 करोड़ छात्र हैं। जाहिर है ऑनलाइन क्लासेज के लिए शहरों के, स्कूलों के नए अकाडमिक सेशन शुरू हो गया है। जबकि आर्थिक रूप से कमजोर और ग्रामीण इलाकों में रहने वाले छात्र इस मामले में कहीं पीछे छुट रहे हैं।

लॉकडाउन के दौरान हर राज्य में डिजिटल माध्यम से क्लासेज लगाना एक चर्चा का विषय है। यह एक माध्यम है जिसके जरिये बच्चों तक शिक्षा उपलब्ध कराने की कोशिश की जा रही है लेकिन इसमें कुछ चुनौतियाँ भी हैं। हर किसी के पास स्मार्ट फोन, लेपटॉप, इनटरनेट की सुविधा नहीं है।

शिक्षा लोगों के जीवन का महत्वपूर्ण हिस्सा है। अच्छी शिक्षा प्राप्त करना हर देश के नागरिक का अधिकार है। शिक्षित व्यक्ति अच्छी शिक्षा के माध्यम से अपने कैरियर का निर्माण करता है।

ऑनलाइन शिक्षा का एक ऐसा माध्यम है जहाँ शिक्षक दूर से और दुनिया के किसी भी कोने से इनटरनेट के माध्यम से जुड़ सकता है।

ई-शिक्षा के विभिन्न रूप हैं जिसमें वेब आधारित लर्निंग, मोबाइल आधारित लर्निंग, कम्प्यूटर आधारित लर्निंग और वर्चुअल आधारित क्लासरूम शामिल है। सिनक्रोनस शैक्षिक व्यवस्था के माध्यम से एक ही समय में शिक्षक और विद्यार्थी एक ही समय में विभिन्न स्थानों से शैक्षिक संवाद करते हैं इसी कारण इसे रिअल टाइम लर्निंग भी

कहा जाता है। असिनक्रोनस व्यवस्था में शैक्षिक संवाद करने का कोई विकल्प नहीं है। इस व्यवस्था में पाठ्यक्रम से संबंधित जानकारी पहले से ही उपलब्ध होती है। इस तरह की ई-शैक्षिक व्यवस्था का लाभ यह है कि विद्यार्थी जब चाहे तब शिक्षा ग्रहण कर सकता है।

ई-शिक्षा इलेक्ट्रॉनिक्स और सुचना प्रौद्योगिकी मंत्रालयों द्वारा शैक्षणिक उपकरणों और संचार माध्यमों का उपयोग करते हुए शिक्षा प्रदान करने के लिए पहचाने जाने वाले प्रमुख क्षेत्रों में से एक है। वस्तुतः अभी भारत में ई-शिक्षा अपने शैशवावस्था में है। ई-शिक्षा को बढ़ावा देने के लिए सरकार ने विभिन्न ई-लर्निंग कार्यक्रमों का समर्थन किया है, इलेक्ट्रॉनिक्स और सुचना प्रौद्योगिकी मंत्रालय इसे बढ़ावा देने के लिये सक्रिय रूप से उपकरण और तकनीक विकसित करने पर बल दे रहा है।

वर्ष 2025 तक भारत में इनटरनेट उपयोगकर्ता की संख्या 900 मिलियन तक पहुंचने की उम्मीद है। भारत में ई-शिक्षा के क्षेत्र में एक विशाल बाजार तैयार होने की संभावना है। वर्चुअल लेब, इ-यंत्र, राष्ट्रीय डिजिटल लाइब्रेरी, स्पोकेन ट्यूटोरियल आदि एप्स तथा प्रोजेक्ट इस दिशा में मील का पत्थर साबित हो रहे हैं।

शिक्षा अपने मूल में समाजीकरण की एक प्रक्रिया है, जब-जब समाज का स्वरूप बदला शिक्षा का स्वरूप में भी परिवर्तन की बात हुई। आज कोरोना संकट के दौर में ऑनलाइन शिक्षा के जरिये शिक्षा के स्वरूप में बदलाव का प्रस्ताव नीति निर्धारकों के द्वारा पुरजोर तरीके से रखा जा रहा है।

ऑनलाइन शिक्षा मात्र तकनीक नहीं सामाजीकरण की नई प्रक्रिया है जिसके जरिये सरकार और नीति निर्धारकों की नीति व नियत को समझा जा सकता है।



MERITORIOUS AWARDEES FOR ACADEMIC EXCELLANCE 2019-20



Name	Daughter/Son of	Class	School Name	Unit
CGHQ, NEW DELHI				
Garv Yadav	Comdt Ravindra Yadav	VIII	NCS, Port Blair	P&B
Pariyanshu Singh	Ranbir Singh, P/Adh	IX	KV Vikaspuri	Pers
Armaan Samal	PK Samal, P/Adh	IX	KV Vikaspuri	Pers
Siddharth D Nair	DIG G Devanand, TM	X	NCS, Mumbai	Mat
Muskan Yadav	Ishwar Singh, Adh	X	KV-2, Delhi Cantt	ADG Sectt.
Arjun Kulshrestha	DIG Nupur Kulshrestha	X	DPS, RKPuram	SAG
Sara Yadav	SK Yadav, Adh	X	KV, Naini	FM
Anushka Dharan	DIG Ravindra Kumar	XII	Vishwa Bharati Pub School	Pers
Aarti Rana	Narender Kumar, P/Adh	XII	KV, Gole Market	Int & ASNC
RHQ (NORTH WEST)				
Utkarsh Bajpai	Umesh Chandra Bajpai Adh (ME)	IX	Shivani Public School Lucknow	CGRHQ (NW)
Anshika	RKYadav, Adh	IX	KV Porbandar	850 SQN
Krish Tundwal	Comdt Suresh Kumar	IX	KV-1 Mangaluru	CGRPT Surat
Bhumi Awasthi	VK Sharma, P/Adh (RP)	IX	KV-1 Jamnagar	ICGS Vadinar
Dhruvil Mehta	Vimal Kumar Mehta, U/Adh (P)	IX	SGS Higher Secondary School Bhavnagar	CGRPT Pipava
Samridhi Shrivastava	Purshotam Kumar, U/Adh	VIII	NCS Porbandar	746 SQN
Labhansh Gautam	Satya Prakash Gautam, PSE(P)	X	KV School Gandhinagar	CGRHQ (NW)
Varsha S	K Ajit Kumar, U/Adh	X	KV Porbandar	850 SQN
Yash Rawat	Manu Singh, U/Adh (SA)	X	KV IIT Powai Mumbai	ICGS Mundra
Ronen Ranjan	Comdt Rajeev Ranjan	X	Army School Colaba Mumbai	CGRHQ (NW)
S Sakthi Saravana	S Sankar, P/Adh	XII	KV Anna Nagar Chennai	CGSD (PBD)
CGES AND RHQ (E)				
Vishal Gupta	AK Gupta PSE	VIII	Prestige International School, Mangaluru	ICGS Shaurya
Smruti Ranjan Sahoo	D Sahoo, PSE	VIII	KV No. 2 Nausena Bagh, Vizag	CGRPT Vizag
Anant Prem Joshi	Comdt MK Joshi	X	Arsha Vidya Mandir, Guindy, Chennai	ICGAS Chennai
Lakshay Balyan	Pradeep Kumar, Adh	X	APS Chennai	ICGAS Chennai
Abhishek Sharma	Sanjay Kumar, P/Adh	XI	KV No 1 Nausena Baugh, Vizag	CGWT(East)
Ankita Tekur	DIG T Sashi Kumar	XII	Sri Sankara Sr. Sec. School Adyar, Chennai	RHQ(E)

Name	Daughter/Son of	Class	School Name	Unit
Pratyush Nandi	Pradyot Nandi P/Adh	IX	Narayana Group of School, Vizag	CGWT (East)
Padala Surya Narayana Reddy	PG Reddy, SE(R)	IX	NCS, SVN Colony, Vizag	HQ CGES
Ajay Kumar	Raj Kamal, P/Nvk	IX	KV No. 02, Nausena Bagh, Vizag	ICGS Veera
Vasundhara	Anupam Singh, Adh	IX	KV-2, Nausena Baugh, Vizag	ICGSAtulya
Anjali	Rakesh Kumar, U/Adh	X	KV No. 1 Nausena Bagh, Vizag	CGDQH-6
Anusree P	Remesan P, P/Adh(ME)	X	KV, Keltron Nagar Kannur	RHQ(E)
Aiswarya AS	Comdt K Ajay	X	KV, Ashok Nagar	RHQ(E)
Pratyush Kumar Jena	Comdt (JG) Pradeep Kumar Jena	X	Maharishi Vidya Mandir, Chetpet, Chennai	CGRPT Chennai
TanishqaDey	Comdt(JG) SurojitDey	X	KV, Ashok Nagar	ROC(CHN)
M Yugesh Priyan	E Manikandan, PSE	X	KV AFS, Avadi	CGAIS Chennai
Harshit Singh	Binod Kumar Singh, P/Nvk	X	Army Public School, Chennai	ICGAS Chennai
Sandeep Moharana	D Moharana, Adh	X	KV, DGQA Chennai	RHQ(E)
Aakash Kumar Yadav	JSYadav, PSE(AE)	X	KV DGQA, Chennai	744 Sqn(CG)
Pranav Paramesh	IG Paramesh Sivamani, PTM, TM	X	PS Senior Sec. School Mylapore, Chennai	RHQ(E)
Arunava Mukherjee	Manab Mukherjee, P/Adh	X	KV DGQA, Chennai	HC-548 / ICGS Chennai
Thakur Akshay Anand	DIG P Thakur	XI	FIITJEE	ICGS Vizag
Anjali Maurya	SK Maurya, PSE	XI	Sri Vasavi Junior College, Vizag	CGWT(East)
Anjli	Raj Kamal P/Nvk	XII	KV No. 2 Nausena Bagh, Vizag	ICGS Veera
Vaibhav Vasudev	Asst Comdt DK Mishra	XII	KV Ashok Nagar, Chennai	ICGS Vaibhav
Nellore Venkata Sai Charan	Nellore Kiran Kumar P/Adh	XII	Sasi Junior College Velivenu, AP	ICGS C-430, Kakinada
Agamjeet Singh	Comdt Ranbir Singh	XII	KV, DGQA Chennai	RHQ(E)
Sudeepta Priyadarshini	D Moharana, Adh	XII	KV, DGQA Chennai	RHQ(E)
Mansi Singh	Surender Singh, U/Adh	XII	KV,P-III, Greater Noida, UP	ROS (CHN)
Shruti Devi	Sanjay Kumar P/Adh	XII	KV Meenambakkam, Chennai	ICGS Abheek
Shauvik Walia	Comdt Vikash Walia	XII	NCS, Sri Vijay Nagar, Vizag	CGWT (East)
Somaiya	K Ahmed, P/Adh	XII	APS Chennai	CGSD Chennai
N Neha	N Pramod Kumar, PSE	XII	KV DGQA, Chennai	ICGS Sarang

Name	Daughter/Son of	Class	School Name	Unit
Subhasya Sangaru	Asst Comdt Sangaru Yadava Rao	IX	Sri Chaitanya School Vizag	ICGSVizag
Gunjan Yadav	Chanderjeet Singh, P/Nvk	IX	KV No. 01,Nausena Bagh, Vizag	C-451
Shreshth Tiwari	SK Tiwari, PSE(ER)	IX	KV-2, Nausena Baugh, Vizag	ICGS Atulya
Hemanth Kumar Behera	MK Behera, P/Adh	X	Sri Chaitanya School Vizag	Vizag Ctk Flt
Aayushi Pal	Pankaj K Pal, Adh(ME)	X	KV-2, Nausena Baugh, Vizag	ICGSShaunak
Vishal Kumar	RK Singh, P/ Adh(ME)	X	KV-2, Nausena Baugh, Vizag	ICGS Shaunak
Jessica Francis	J Francis, Adh	X	NCS Sri Vijay Nagar, Vizag	Vizag Ctk Flt
Pratyasha Paul	Pradip Paul, Adh	X	Navy Children School, Sri Vijay Nagar, Vizag	Vizag Ctk Flt
Anjali Rawat	Ajit Pal, P/Nvk	X	KV No. 2 Nausena Bagh, Vizag	CGDHQ-6
Ayushi Dubey	Deepak Dubey, U/Adh	XI	The Presidential School, Vizag	HQ CGES
Padala Akhil Reddy	PG Reddy, SE(R)	XII	Sri Venkateswara Jr. College, Vizag	HQ CGES
Rahul Kumar	AK Satyarthi PSE	XII	KV No. 1 Nausena Bagh, Vizag	CGRPS Vizag
Sanskaar Shrivastava	DIG B Ranjan	XII	FIITJEE (Vizag)	ICGS Vizag
Manisha Kumari Dolai	Khetra Dolai, P/ Adh, TM	XII	Vishwabharati High School, Andra Pradesh	ICGS Veera
RHQ (A AND N)				
Ashish Kumar Verma	Birendra Kumar Verma, U/Adh	VIII	KV 2 Minnie Bay Port Blair	Vishwast
Mouma Das	MR Das, P/Adh	IX	KV 2 Minnie Bay Port Blair	CGAE
Tamanna Gautam	Pawan Kumar, P/ Adh,	IX	KV 2 Minnie Bay Port Blair	Rajtarang
T Varshaa M Diamond	PM Diamond, P/ Adh	IX	KV 2 Minnie Bay Port Blair	RHQ(A&N)
Kanika Saini	Sanjay Saini, Adh	VIII	KV 2 Minnie Bay Port Blair	RHQ(A&N)
Shakshi Thakur	PK Thakur, U/Adh	VIII	NCS Port Blair	CGAE
Vanshika	Dy Comdt Naresh Kumar	X	KV 2 Minnie Bay Port Blair	Rajshree
Sreenidhi N	G Sreekantan, P/ Adh	X	KV 2 Minnie Bay Port Blair	CGRSD
Sujay Karmakar	S Karmakar, P/Adh	XI	KV 1, Port Blair	RHQ (A&N)
Arjit Kumar Tripathi	AK Tripathi, P/Adh	XII	KV 2 Minnie Bay Port Blair	MRCC
Nikita Sharma	Brahm Dutt, P/Adh	XII	KV 2 Minnie Bay Port Blair	Vishwast
Harshini A	J Anand, P/Adh	XII	Shrishti Vidyashram Vellore	CGAE
RHQ (WEST)				
Mokshita Rana	Puran Bahadur, P/ Adh 02499-L	VIII	KV, Bhandup	Buvik
Sounita Das	AK Das, P/Adh, 02765-P	IX	KV Koliwada	RHQ (W)

Name	Daughter/Son of	Class	School Name	Unit
Rashi Kaithwas	Rajesh Kaithwas, Adh, 03936-W	IX	Coast Guard Public School, Daman	Dor, Trg, Flight
Ketan Suman	Sohan Kumar Suman Adh 032201-Z	IX	KV1Panambur	ICGS Varaha
Anisha Rani	Asst Comdt SR Kumar (1386-X)	IX	KV 1 Calicut	ICGS Beypore
Palak Bahl	DIG Avneesh Bahl	IX	NCS Goa	CGASD (Goa)
Rimpy Karki	Bhagirath Singh, P/ Adh, 03221-W	IX	KV, Koliwada	CGSD(MBI)
Shreya Krishna	DIG V Krishna Kumar	IX	NCS Mumbai	ICGS Sankalp
Komal Chourasia	AK Chourasia, Adh, 02531-H	IX	KV Koliwada	RHQ (W)
Kalepu Lohith	KVK Rao, PSE(R), 07331-Q	IX	KV, Bhandup, Mumbai	ICGS Samrat
A Ajmal Rahman	A Ashraf Ali, P/Adh	IX	KV Koliwada	73 ACV SQN
Lokesh Yadav	Indal Pal, Adh, 04615-R	IX	KV1Panambur	ICGS Amartya
Varsha Chaudhary	HC Chaudhary, U/ Adh 04598-Z	IX	KV INS Dronacharya	ICGS Aryaman
Moni Kumari	J Kumar, U/Adh, 04428-R	IX	KV DGQA Chennai	ICGS Sagar
Pratiti Ghosh	PKGhosh, P/Adh 02991-Y	VIII	KV 1 NB, Kochi	ND School
Jyoti Yadav	S Yadav, Adh, 04472-R	VIII	KV Meenabakkam Chennai	ICGS Sagar
Shristi Rathor	Ashok Singh, Adh, 04401-H	VIII	KV Koliwada	ICGS Sangram
Damini Rajput	RP Singh, Adh	VIII	SRK International School, Aligarh	ICGSSKC
Sweta Sen	Gouranga Sen, P/Adh	VIII	KV Koliwada / Antop Hill	ROS (MBI)
Adithi Deepak	DIG KR Deepak Kumar, 0434-D	VIII	KV Ernakulam, Kadavantara	CGTC Kochi
Nidhi Gupta	SK Gupta, P/Adh, 02929-M	VIII	KV 1 NB, Kochi	CGRPT(KOC)
Aswin S Gupta	S/o Comdt Saailesh Gupta (0429-X)	VIII	KV Kavaratti	ICGS Kochi
Riya Kumari	D Kumar, P/Nvk, 03293-P	VIII	KV INS Dronacharya	CGAE(KOC)
Shreya Ajith	KRA Kumar, P/Adh, 03046-Y	VIII	NCS, Kochi	ICGS Kochi
R Prasanna Priya	R Rajagopal, SE, 07449-L	X	KV, Bhandup	RHQ (W)
Anamika HA	MV Ajay Kumar, P/ Adh 02665-M	X	KV Trivandrum	ICGAS Daman
Komal Bharti	Mahesh Kumar, Adh, 04206-P	X	KV1Panambur	ICGS Amartya
Rheva Francis	Comdt Francis Paul (0354-D)	X	Bhararatiya Vidya Bhavan SCH Chevayur Calicut KL	ICGS Beypore
Meenakshi Ramesh	MV Ramesh TM, 1521-E	X	KV 1 NB, Kochi	ICGS Vizhinjam
Keerthana Dhanish	D Danish, P/Adh	X	CGPS Daman	CGASD (Goa)
Devi Nandana PS	V Sunil Kumar PSE, 07396-P	X	KV School, ONGC, Panvel	CGRPT (MBI)
Daksh Rathore	Ashok Singh, Adh, 04401-H	X	KV Koliwada	ICGS Sangram
Kanishka Khairwal	Dharmbir P/Adh, 030702-R	X	KV, Island Ground, Chennai	Buvik

Name	Daughter/Son of	Class	School Name	Unit
Subhavi Dikshit	DIG Kalpit Dikshit	X	SC DAV School, Noida	RHQ (W)
Sabrina Hehar	Comdt Gulwinder Singh	X	St. Therasa's School Mangaluru	RHQ (W)
Ayush Kumar	B Kumar, USE, 08001-P	X	KV1Panambur	ICGS C-448
Anmol Singh	Comdt Balbir Singh, 0488-V	X	Army Public school Nadambakkam Chennai	ICGS (NML)
Isheta Singh	Inder Singh, PSE, 07644-Y	X	KV1 Panambur	75 ACV Sqn
Ankit Kumar	Ami Chand, P/Adh, 02787-P	X	KV1Panambur	CGDHQ-3
Diya V Gopal	B Vinugopal, PSE, 07441-Q	X	NCS, Kochi	NIAT
Prisha Singh	ComdtArun Singh, 0555-L	X	Army Public School Noida	ICGS Sarathi
LBT hanushree	L Balamurugan P/ Adh, 00473-Z	X	KV 2 NB, Kochi	ICGS Kochi
Kajol	Gulvir Singh, P/Nvk, 05150-L	X	KV-1 Calicut	ICGS Beypore
Sumedha Rana	Dilbag Rana, P/ Adh, 02552-Z	X	KV INS Dronacharya	ICGS Kochi
Sebin Bony	D/C KV Bonymon 4253-P	X	KV 2 NB, Kochi	ICGS Sarathi
Prapti Biswas	Probir Biswas, P/ Adh, 03495-T	X	KV 2 NB, Kochi	ICGS Kochi
Saksham Sikarwar	Comdt (JG) BS Sikarwar, 4153-M	X	NCS, Kochi	747 Sqn (CG)
Urshita Yadav	MK Yadav, Adh, 04208-R	X	KV INS Dronacharya	ICGS Aryaman
Deepak Parimanik	G Parimanik U/ Adh, 03602-Q	X	KV 1 NB Kochi	ICGSSarathi
Keerthana Rao	D/C AR Ravi 5175-L	X	KV INS Dronacharya	CGRPT Kochi
Ayshee Dhar	A Dhar TM, PSE	X	KV-I Goa	800 SQN (CG)
Aarav Giri	Comdt NM Giri	X	Vydehi School of Excellence Bangalore	DHQ-11
Ankita Chaudhary	Jaivir Singh, Adh, 03887-P	X	KV-II Goa	ICGS Apoorva
Abhijeet Singh	AK Singh SE, 07951-W	X	KV-1, Vasco, Goa	DHQ-11
Shruti Ojha	DC Ojha, PSE, 07226-L	XI	DPS, Palm Beach Marg, VI Mumbai	CGSD(MBI)
Anjali Ajith	Ajit Kumar P/Adh 02468-P	XII	Holy Family Higher Secondary School, (Cherthala, Kerla)	Buvik
Sakshi	Karan Simgh, P/ Adh, 01856-T	XII	Coast Guard Public School, Daman	ICGAS Daman
Yashvi Yadav	Comdt Umed Singh, 0538-V	XII	NCS Kochi	ICGS Vikram
Aditya Deepak Kumar	DIG KR Deepak Kumar, 0434-D	XII	KV Ernakulam, Kadavantara	CGTC Kochi
Ashly Thomas	T Philip, P/Adh, 02669-S	XII	NCS Goa	CGAIS Goa
Pal Aditya Asit	Asit Pal, P/Adh, 03056-W	XII	Pace Junior Science College, Powai	CGRPT (MBI)

Name	Daughter/Son of	Class	School Name	Unit
Rohit KA	DIG KL Arun	XII	Christu Jayanthi Kakknad Cochin (KL)	ICGS Ratnagiri
Aditi Naithani	Durga Prasad, P/ Adh, 02502-Q	XII	KV1Panambur	ICGS (NML)
Arpit Pal	Raj Kumar, P/Nvk, 03729-Z	XII	KV1Panambur	ICGS Amartya
Ashish Sonker	AK Sonker, P/Nvk, 02838-Z	XII	KV INS Dronacharya	CGAE(KOC)
S Akhilesh	G Suresh, PSE, 07444-T	XII	Sarvodaya Central Vidyalaya Nalachira Trivendrum	Kochi Ctk Fit
Sagar Mankoti	Ishwar Singh, U/ Adh, 03368-L	XII	KV 2 NB, Kochi	Kochi Ctk Fit
Ashwin A	Pradeep Kumar, PSE, 07312-T	XII	Navajeevan Bethany Vidhyalaya, Trivandrum	NIAT
Piyush Mishra	Comdt Rajeev Mishra, 5060-X	XII	Saraswathi Vidhyaniketan Public School, Kochi	CGSD(Kochi)
Shruti Mankoti	Ishwar Singh, U/ Adh 03368-L	XII	KV 2 NB, Kochi	Kochi Ctk Fit
AB Akhila	MJ Anand, P/Adh, 02672-Y	XII	KV INS Dronacharya	CGSD (Kochi)
Navya Sharma	Comdt Neeraj Sharma, 0335-L	XII	NCS, Kochi	747 Sqn (CG)
Ria Satish	DIG Satish Kumar, TM 0308-X	XII	KV 2 NB, Kochi	CGAE(KOC)
Sahnaj Khatun	MD Fakhruddin, Adh, 03747-S	XII	KV 2 NB, Kochi	ICGS Kochi
Himanshi	Yudvir, Adh, 03649-T	XII	KV-1 Vasco, Goa	CGAIS Goa
RHQ (NORTH EAST)				
Twinkle Marathe	RS Marathe, PSE(AL), 07418-P	VIII	KV 1, Salt Lake, Kolkata	700 SQN(CG)
Debarati Bag	ComdtPintu Bag (0563-D)	VIII	Army Public School, Barrackpore	ICGSVarad
Janavi Toppo	HC Toppo, U/ Adh(AP), 03331-W	IX	St. Michael's School, Ranchi	CGRHQ(NE)
Sylonee Nayak	AsstComdt AK Nayak (1514-P)	IX	KV-2, Bhubaneswar	CGAE(BSR)
Ayushmaan Parmar	Comdt(JG) VKParmar (0507-C)	X	Vishwa Bharti Public School, Sector 28, Noida	ICGS Kolkata
Dev Pratap Singh	Diwakar Singh, Adh(ME),04000-S	X	Dr.KKR's Gowtham Int. School, Vijayawada	ICGS C-425
Soumodeep Chakraborty	Sadhan Chakraborty, P/ Adh(RP), 00778-T	XII	St. Patrick's Higher Secondary School, Asansol	CGRHQ(NE)
Arjun KR	KP Ramachandran, P/Adh(ME), 00478-Q	XII	Navy Children School, Kochi	ICGSParadip
Koushik Ganesh	M Kasiraman, PSE(AR), 07376-R	XII	Kendriya Vidyalaya, Chennai	CGAE(BSR)
Janak Dahiya	Manoj Kumar, Adh(QA), 03260-P	XII	Sant Gyaneshwar Model School, Alipur, Delhi- 38	700 SQN(CG)
Rishi Sarkar	Ram Prasad Sarkar, PSE(SW), 07497-R	XII	Satish Chandra Memorial School, Chakdaha, Nadia (WB)	CGRPT, Paradip



BEST IN SPORTS / EXTRA CURRICULAR ACTIVITIES (DISTRICT / STATE / NATIONAL LEVEL) 2019-20



Name	Daughter/Son of	Class / School	Sports / Championship	Held on	Held at	Position	Unit
CGHQ, NEW DELHI							
Shashwath Mishra	SK Mishra, U/Adh	VIII	Kabaddi (11-14 Yrs Group, Boys)	24 Aug 19	KV Kanjikode	First	D(Pers)
RHQ (NORTH WEST)							
Pranet Singh	Comdt Shatrujeet Singh	XI/ KV Sangathan	National youth parliament competition	22 & 23 Aug 19	Vadora	First	ICGS Gandhinagar
Utkarsh Bajpai	Umesh Chandra Bajpai, Adh(ME)	X/Shivani Public School Lucknow	Quiz Competition	05 Oct 19	Lucknow	First	CGRHQ(NW)
Labhansh Gautam	Satya Prakash Gautam, PSE(P)	XI/KV School Gandhinagar	SOFIGK Olympaid	26 Sep 19	Gandhinagar	Second	CGRHQ(NW)
CGES AND RHQ(E)							
Tanishqa Dey	Comdt(JG) Surojit Dey	X/ KV, Ashok Nagar	Bharat Scout & Guides	24 Jul 19	KV Sangathan	Raja Puraskar	ROC(CHN)
Shauvik Walia	Comdt Vikas Walia	XII/ NCS Sri Vijay Nagar, Vizag	Annual Training Camp –I (Army Wing)	02-12 May 20	Vizag	"B" certificate	CGWT (East)
RHQ(WEST)							
Sabrina Hehar	Comdt Gulwinder Singh	X	Karate, National Karate Championship 2019	08-10 Nov 19	Father Muller Indoor Stadium, Mangaluru	First	RHQ (W)
Manudev Chillar	Satendra Kumar, P/NVK	XII	Discuss Throw	26 Apr 19	KV Army Area, Pune	First	ICGS SKC
Prachita Saini	Sunil Kumar, U/Adh, 04257-Z	KV IIT, Mumbai	KV Regional Sports Meet (Swimming Champion Ship)	26 Apr 19	KV No 2, AFS Pune	First	Buvik
Pari	B Singh, NVK	I	Taek-wondo	13-15 Sep 19	PJN Multipurpose Indoor Stadium, Margoa, Goa	Gold	DHQ-11
Ayush Raghav	A/C SK Raghava	XII/KV-I Vasco	4X400m relay	27 Apr 19	KV Army Area Pune	Third	CGASD(Goa)
Sachin Malik	Dalbir Singh, Adh	B Com IInd Yrs/ MES College	27 th Junior National Tennis Ball Cricket	05 Oct 19	Divisional sports complex Nagpur	Second	CGASD (Goa)
Harsh Singh	VK Singh U/Adh03477-H	KV INS Dronacharya	Regional Level Kabaddi (U-14 boys)	2019-20	KV Kanjikode	First	
RHQ (NORTH EAST)							
Twinkle Marathe	RS Marathe, PSE(AL), 07418-P	VIII/ KV No. 1, Salt Lake	Kho-KhoU14 Girls (Regional Sports Meet)	10 Apr 19	KV Barrackpore (AFS)	First	700 SQN(CG)
Priya	HC Toppo, U/Adh(AP), 03331-W	X/ St.Michael's School, Ranchi	National Colouring Competition-2019	05 Oct 19	St. Micheal School, Ranchi	First	CGRHQ(NE)
Rishikesh Marathe	RS Marathe, PSE(AL), 07418-P	X/ KV No.1, Salt Lake	Group Song National (KVS Rashtriya Ekta Parv)	19 Jul 19	KV No. 2, Kanchrapara, Kolkata	Second	700 SQN(CG)

CREATIVE INSPIRATION



" Art is your emotions flowing in a river of imagination" Devin.

Tatrakshikas are always ahead expressing themselves through different forms of creativity. Mr. Sayali Vaidya has been in the field of writing since many years. Writing is her craft and she hopes to share her perspective with the world through her writings.

Recently she published 5 books on 18th November 2019 at Sahitya Academy, New Delhi. Dr. Dyaneshwar Mulay IFS Former Secretary MEA and member of NHRC was the Chief Guest. Shri Omkareshwar Pandey (senior editor and writer), Shri Anant Bagaitkar (Chief of Bureau Sakal and President, Press Club of India) Dr. MK Pandey (Retired Government Officer and Writer) were also present for the book release function.

(1) **Manogat (Hindi Travel Book)** - It is great source of information on rich culture and cuisines from a different places of India and Mauritius.

(2) **Majhe SwapnaSthan (My Dreamland)** - It is a Marathi Travel book that takes you to three countries (Germany, Austria and Switzerland). This book talks about the climatic condition, way of living, culture, history and geography of these places and you will enjoy reading.

(3) **Maze Paryatan (My Tourism)** - Mrs. Sayali visited a few places in the north-east and penned a few heartwarming memories which connect with anyone who loves to travel and explore new culture.

(4) and (5) **Chote Chote Pakshi and Mithu Mithu Popat** - These are two poetry books for kids which take you to the innocent world of kids.

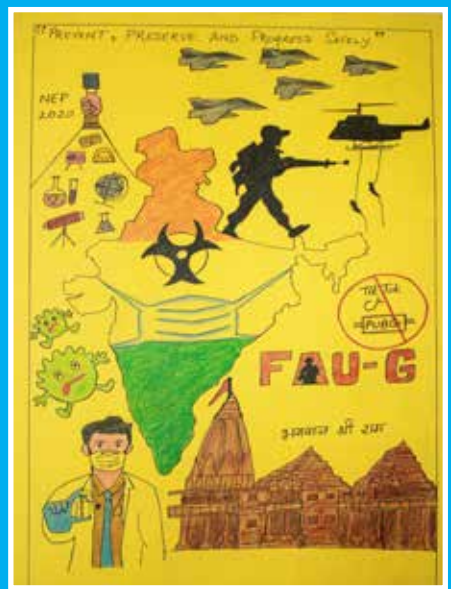
Mrs. Sayali is currently the author of eight books.

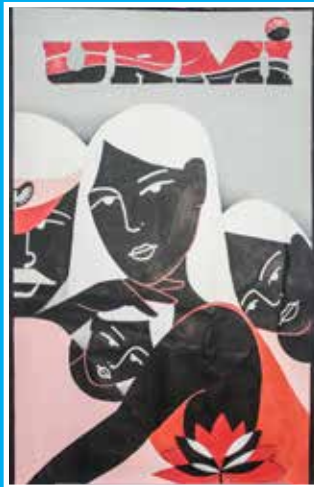
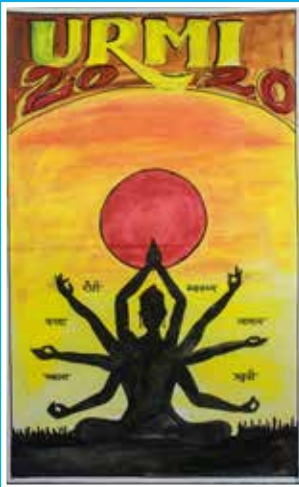
We, the family of the Tarakshikas, wish Mrs. Sayali Vaidya all the very best in all her future endeavours.



Mrs. Sayali Vaidya
W/o DIG SK Vaidya
CGSD (MB), Mumabi









DESCRIPTION

Remain positive and do the things that makes you happy. The shining days are just a moment away. Social distancing should be the policy for all during these difficult times. All non – essential travel whether local or outstation, should be avoided. Online shopping and digital learning have helped us in meeting our requirements without any break and helped us to continue our education as normal. During this pandemic time , it is our duty to help the needy and old person for meeting their basic necessity. We hope that all the good things are at an arms distance away. Yellow rays describe as hope that all will be fine soon and we will celebrate life as earlier. Good wishes for a bright future.



Design by,
Mrs. Sutrishna Modak
w/o Comdt(JG) Pratip Modak
CO, Rajtarang

Lockdown

How to solve the HUNGER

??

$$A^2 - B^2 = (A+B)(A-B)$$

Understood Students ???

How to solve the Equation

??



COVID +ve

Help with Basic Necessity

