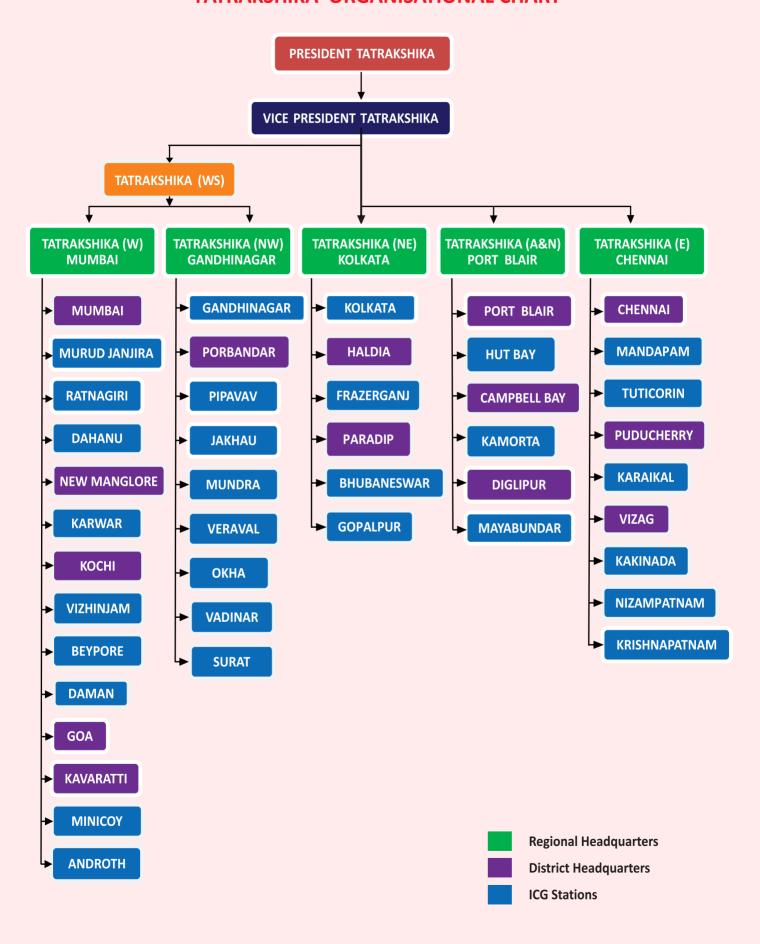


Explanation of Logo

The CGWWA (Coast Guard Wives' Welfare Association) has an emblem of its own, which was designed in 1996. The logo of Tatrakshika is embedded in the midst of blue, representing the vast skies, seas and oceans. Our logo too has adopted a tinge of the same blue, in a spirit of camaraderie with our men.

The CGWWA logo depicts the faces of three women; representing the multifaceted Tatrakshikas, who, while assuming different roles & responsibilities in society, work together cohesively to improve the quality of life within the Indian Coast Guard community.

TATRAKSHIKA ORGANISATIONAL CHART





The exemplary role played by our 'Tatrakshikas' with warmth, care and humility in their stride is outstanding, and a bedrock of support for our families. Their resolute commitment and vibrant support to the men and families of Coast Guard in particular and society in general, has been crucial for achievement of the organisational and national goals; our personnel derive their innate strength from this strong pillar of support.

The canvas of Coast Guard Wives Welfare Association (CGWWA) activities is wide and multifarious. Their contribution to women empowerment, skill development, humanitarian efforts and education are in tandem with the Hon'ble Prime Minister's vision of "Beti Bachao, Beti Padhao". I am happy to note that CGWWA is taking giant strides for realization of this goal.

The support system and positivity of CGWWA, especially at remote stations is truly inspiring. High motivation levels of our personnel in such stations coexists with the well-being of their spouses and families, which is so effectively being managed by CGWWA. The fact that such efforts are voluntary, speaks volumes about the commitment, dedication and enthusiasm of the ladies of CGWWA.

CGWWA has admirably kept pace with the expansion and growth of the Service and also retained the flexibility to evolve with the passage of time. In times to come, our Tatrakshikas will more than measure up to the challenges as hitherto and will continue to provide succor and serve as the supporting arm to Coast Guard families and the society.

My compliments to the editorial team of 'Urmi' for bringing out an informative, interesting and immensely readable book covering the entire range and array of readers. The publication truly is a reflection of CGWWA resolve and efficiency.

I wish CGWWA all the very best in all its efforts and unflinching support for success in all its noble and selfless endeavours.

(Rajendra Singh) Director General Indian Coast Guard

New Delhi 17 Oct 16

संदेश



'उर्मी' का प्रकाशन हमेशा ही रोमांचक प्रसंग रहा है और इस संदेश के माध्यम से सभी तटरक्षिकाओं से जुड़ते हुए मुझे अपार प्रसन्नता हो रही है। इस संगठन को इस ऊंचाई तक पहुंचाने में मेरे पूर्ववर्तियों का अत्यन्त योगदान रहा है। उनकी प्रतिबद्धता और दूरदर्शिता तटरक्षिका की यात्रा में इस संगठन को सक्रिय एवं ऊर्जावान बनाने में सदैव सहायक रही है।

विचारों की अभिव्यक्ति के सार्थक माध्यम के रूप में वार्षिक पत्रिका 'उर्मी' ने जो महत्वपूर्ण भूमिका अदा की है, वह अतुलनीय है। यह पत्रिका तटरक्षक संघ की गतिविधियों, उपलब्धियों एवं दृष्टिकोणों का वास्तविक प्रतिबंब होने के अलावा, यह तटरक्षक समुदाय के लिए एक प्रेरणा का स्रोत भी है। 'उर्मी' पत्रिका के इस अंक को प्रस्तुत करने और हमारे परिवारों की अभिव्यक्ति का माध्यम उपलब्ध कराने के रूप में इस पत्रिका के संपादक दल को उनके द्वारा किए गए अथक प्रयासों के लिए मेरी ओर से बहुत-बहुत बधाई।

में उपाध्यक्षा तटरक्षिका, अध्यक्षा (पश्चिमी समुद्री क्षेत्र) और सभी क्षेत्रों की अध्यक्षाओं का, उनके प्रफुल्लित, उत्साही एवं परिश्रमी स्वयंसेवकों के दल को धन्यवाद देती हूं, जो तटरक्षिका की कल्याणकारी गतिविधियों की सफलता के लिए सतत् प्रयासशील रहती हैं।

में, आप सभी को और आपके परिवारों के सुखमय, समृद्धशील जीवन एवं भावी सफल वर्ष की मंगलकामना करती हूं।

> (श्रीमती उर्मिला सिंह) अध्यक्षा, तटरक्षिका



URMI quintessentially reflects the dynamic face of Tatrakshika. It is with great pride and humility that I write down my first message as Vice President for our annual magazine.

I have always felt it as an honour to be part of CGWWA, a vibrant and multifarious organization, and have cherished seeing it growing & evolving over the years.

The role and responsibility of CGWWA has been constantly changing over the years. Our endeavour, therefore, has been to keep abreast with the changes in our society and tailor our welfare activities as per the growing needs of the community.

We have been working undauntedly towards women empowerment, welfare and community support, education, health care, social welfare and environmental conservation. Our constant efforts have ensured that CGWWA is responsive to both social as well as environmental issues. Let us continue our good work cohesively and contribute positively towards shaping not only our organization but our nation as well.

URMI not only exhibits the wide spectrum of activities undertaken throughout the year but is also a medium to showcase the literally skills of our fraternity.

Kudos to team URMI and the Sanchar teams in all Regions for their collated effort towards the magazine and weaving the tapestry of Tatrakshika so beautifully.

Jai Hind.

(Mrs Jyoti Murthy) Vice President Tatrakshika



I take immense pride and pleasure to convey my heartfelt greetings to all readers of URMI which is a time reflection of the spirit of CGWWA.

- I, as Tatrakshika President (WS) feel privileged to be part of this organisation which has been instrumental in instilling confidence, vibrancy and independence in our women.
- I, on behalf of all members of the Northwest and Western Region compliment the editorial team for their timeless effort in bringing out 2016 edition of URMI successfully.

I extend my best wishes to all the members of our CGWWA family.

Jai Hind!

(Mrs Jayanthi Natarajan)

Jayanth:

President Tatrakshika (Western Seaboard)



The CGWWA organisation has grown over the years and has contributed immensely in social activities, health care, education and welfare. The Tatrakshikas have now become active participant in all walks of life. The modern women are working in various capacities and in all professions.

There are newer heights to be scaled and challenges ahead which, I am very sure, all of us together will accomplish. The URMI has always been a source of inspiration for the CGWWA fraternity which collates interesting thoughts and true expressions. It gives us the glimpses of activities undertaken in the year gone by.

I complement and congratulate the Editorial team for their laudable efforts in putting together an absorbing and presentable edition of URMI.

Sunita Mauliyal)
(Mrs Sunita Nautiyal)
President Tatrakshika (NE)



Let me begin with the success story of "Women Power" at RIO 2016 where PS Sindhu and Sakshi Malik have made us all proud. Women of today are leading in every field, be it entrepreneurship, corporate heads of Fortune 500 companies or social, political and economical institutions.

The past one year of CGWWA has been a journey embraced with wonderful and rich experience where Tatrakshika's passion and motivation has honoured all social responsibilities and welfare activities with commitment and elan. Let us walk ahead into future with confidence and self respect to be an achiever while donning the mantle of home maker.

All compliments to the "URMI" editorial team for bringing out this informative edition on women power to Tatrakshika's and boost their morale high for overall development of the society.

Best wishes & warm regards.

(Mrs Vidya Sheoran)

President Tatrakshika(A&N)



It is indeed a privilege for me to pen down the message for URMI on behalf of CGWWA in the Western Region as the Indian Coast Guard enters into the 40th year of its existence.

It's been a delightful run, and I'd like to thank all ladies who have been with us all the time, those that came along for part of the voyage, and also those who joined us later and are still with us. The Western Region could not have achieved this without support of each and every member.

My heartiest felicitations to all the Tatrakshikas for their continued and tireless efforts in bringing the CGWWA to newer heights by their valuable suggestions and whole-hearted participation in all the activities of the Region and sincerely expect the same in future also.

URMI is a worthy magazine - one that adheres to the principles and guidelines of the Coast Guard fraternity, and reflects the vitality of this special community. Each edition of URMI has always been a platform for expressing, sharing and cherishing each other's thoughts and views. It also marks our growth, unfolds our imaginations, and gives strength in our quest to achieve our collective objective of community welfare and better education to our wards.

I congratulate the efforts of all the participants and editorial team for their efforts in bringing out this enriched issue of URMI with artistic contents and vibrant graphics.

I believe women are the real architects of the society and can achieve newer heights with dedication and hard work.

Let's work together to enable and empower Coast Guard families to live their best lives.

"You are strong, beautiful, compassionate much more than words could say! Today is yours, as any other day"

(Mrs Neela Pathania)
President Tatrakshika(West)



It gives me immense pleasure in posting my message for Urmi which is an excellent medium to connect the whole Coast Guard fraternity.

CGWWA is a wonderful treasure of the Coast Guard Organisation which keeps us all bound in a single strand, and supports us to scale new heights of success. It must be our vision to bring change, with our in-borne creativity and ideas for self and society at large.

This year has been full of activities and programmes. Tatrakshika (East) continues to remain vibrant and engaged in institutionalizing many welfare programmes towards the overall development of Coast Guard ladies and children. We have been able to contribute effectively towards various social causes within and outside CG family. Going by the adage "Charity begins at Home", this year the outreach activities within the CG fraternity will be one of the main focus areas of CGWWA (East).

I would like to compliment the efforts of the entire Tatrakshika family in keeping up the spirit of making lives of CG families more wholesome and enriching. I wish the annual edition of 'Urmi' all the very best.

(Mrs Nidhi Bargotra)

President Tatrakshika (East)

Nichi



In Mother Teresa's words "Not all of us can do great things, but we can do small things with great love". In total agreement, as I glanced upon earlier editions of Urmi, it was evident that our efforts are becoming meaningful. Over the years of churning, this publication has become synonymous to the pride that womenfolk earn all around the pristine white. The love and affection earned amongst our family and friends continues to be reflected here. This love is what we earned, as women in the society and as Tatrakshikas amidst the fraternity. Undoubtedly, Urmi has been unfaltering and gaining momentum with every unison she makes with waves of similar disposition. In this progressive move, we celebrate the aura of CGWWA, an amalgamation of talent and initiative. With head held high and spirits beckoning, I offer a salute to women and their indomitable spirit.

From the new found desk, a fresh responsibility drives my expressions as I post "Shubhkamanayen" to the new edition. In ensuring this, the misty aroma from the soil of Gujarat and the fragrant monsoon showers, also sprinkle their presence. May the aura multiply manifold as the publication traverses all along the coastal belt, rekindling every family associated with the Indian Coast Guard. It is a matter of eminence to keep the pace of unceasing flow with every edition, aiming at building a fanfaronade within and beyond. My contribution in such poetic cause is thus purely by choice.

We Tatrakshikas as women of strength are to provide able support by shaping the home front, guiding the children and also contributing voluntarily towards the society so that the man of the family could look after the interest of the nation with devout focus. May the good work reach places and reignite the flair of those and gauge the interest of readers connected through this publication.

Happy reading.

(Mrs Dipa Pal)
President Tatrakshika (North West)

From the Editor's Desk

Esteemed readers,

At the outset, accept our gratitude for sparing your valuable time in lacing this magazine with appreciative doses of enthusiastic and exciting inputs.

It is said, 'For every two minutes of glamour, there are eight hours of hard work'. Everything comes at a price. Glamour outrightly defies age and circumstances. Glamorous dreamers, the trailblazers, see their dreams with eyes wide open and pursue them with the three Ds of discipline, determination and dedication and the two Ps of passion and perseverence. We, the Tatrakshikas too are glamorous, in our own way. The multifarious activities of CGWWA being managed by us are good adjudicators to this fact and also the fact that we are pragmatic enough to face the blitz of challenging opportunities with sheer optimism.

Isn't it amazing that we all hail from diverse backgrounds and yet have developed bonds of trust and affection? We have learnt to handle disappointments and confront pressures by mutual caring and sharing. This healthy attitude is visibly reflected in "Urmi", the in-house communique of CGWWA.

Today, I occupy this honored seat with a broader smile and a heavier pride smelling a sense of exhilarating gratification, as we emerge stronger with our own President at the helm of Tatrakshika and with our own Director General as the distinguished head of Indian Coast Guard, ever since its inception, as it embarks powerfully into its fourth decade.

This year's 'Urmi' unfolds a record of laudable occurrences of the past year which will find you immersed in a world of various crayons, reflecting the mirror images of perplexingly creative geniuses. Feel our joys, the thrill of challenges, the concerns of our collective learnings, the wonders of creative talents and celebrations of the year, while journeying through the pages of 'Urmi'. We also find young talent being nurtured in the protective wings of the dignified men in uniform, waiting to soar into the sky. 'Urmi' is the culmination of our synergies.

The spirit of the team members and continued assistance and encouragement from the President, Tatrakshika, Smt. Urmila Singh and the Vice-President, Tatrakshika, Smt. Jyoti Murthy is awesome! Also, the support provided by men behind the pages is deeply revered with gratitude.

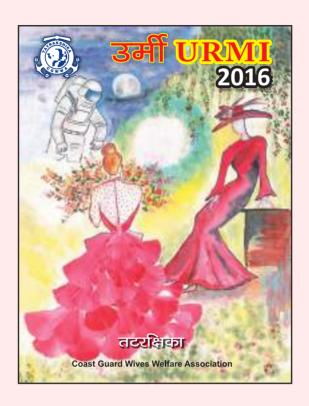
Beware! This gurgling 'Urmi' is going to sweep you off your feet with its tempting and wavy itinerary! However, neither desist nor resist. Just flow and enjoy in your own rhythm...



Editorial TEAM

Sharada Narasimha Sayali Vaidya Indu Sahni Anuradha Hebbar

URMI-2016



Cover page designed by Nutan Sharma RHQ (East), Chennai

THE FLIGHT OF COURAGE/HONSLON KI UDAAN

If today's woman has reached her zenith, be it in any sphere, it should be remembered that her passion, dreams and her intense courage have worked as the launch pad. For, very few women have godfathers to fall back on. Creative instincts have found new expression. She has carved a niche for herself and is bold enough to venture further on the strength of her lofty ideals and sheer self confidence and innate positivity.

Today's woman of fire, has ventured into earth, water, space and the sky.



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ANNUAL REPORT 2015 - 16

INTRODUCTION

CGWWA is an organization which knits the Coast Guard family together. It has become a phenomenal way to connect, where in ladies support each other and nurture their abilities so as to be self reliant.

The role of CGWWA is to keep the fabric of Tatrakshika family intact by strengthening the benevolent social bonding and enhancing the overall well being. The list of activities conducted in the year 2015-16 are listed below.



SURUCHI (Welfare)

"The true basis of morality is utility, that is, the endeavour so to rule our lives that we may serve and bless mankind", so said Annie Besant. It has been the constant endeavour of CGWWA to raise its level as far as adopting welfare measures are concerned. We fortify the men indirectly by empowering our women by imparting skills in various avenues that will help to enhance their earning capacity.

CGWWA (HEADQUARTERS)

The Suruchi team organized a workshop on 'Warli' paintings by Mrs. Savita Nandodkar.

A short course of one week on cushion cover making was held where three different types of cushion cover were taught. A short course on making different types of Kurtis, Churidaars and Patiyalas was also conducted.

The authentic recipe of Bihar's famous "Litti Chokha" was shared through a demonstration. Another demonstration on preparation of soups and smoothies using vegetables and fruits, Chocolate making, Summer Cool Drinks was also held.

A Candle making workshop was successfully conducted where in the tips for making beautiful candles of different types as floating ones, ice types and colorful candles of different designs were taught.

A two day workshop by Fevicryl company was organized. A senior demonstrator taught the ladies to make beautiful patterns using flat and round brushes in addition to dry brush stencil work and calligraphy strokes. 'Tie and dye' work and liquid embroidery were also taught.

A demonstration of Crystal Flower Making was held. A beautiful Terracotta Jewellery making demonstration was given by Mrs. Anandi Dinakaran in the month of Aug 2016. Tailoring classes and block printing classes have also begun.

CGWWA (NORTH EAST)

Mrs. Baidya conducted two days' workshop of Hand embroidery for CGWWA members. Varieties of pickle demonstration, Mehandi competition, painting competition, jewellery making competition was held.

On the occasion of Tatrakshika Day, Haldia Tatrakshikas, organized a picnic for all ladies in station to a nearby park.

A demonstration on facial and eye make-up was given by beauty experts from Oriflame.

On 08 Feb 16,CGKG school celebrated annual day at DHQ-7 premises. The Commander, Coast Guard District (Odisha) DIG Sanjeev Dewan graced the occasion as Chief Guest. The children displayed programme comprising of songs, dance and skit. The evening was filled with joy and pride.

A family get-together for ship's company along with CGWWA members at Gopalpur was organised. Various activities like games for ladies and children were organised. The children who excelled in academics were awarded. A debate competition was also organised for the children.

CGWWA (ANDAMAN & NICOBAR)

At Port Blair, a 'Thali' decoration competition was organized.

Demo on self defense, cake baking, samosa making, talent Hunt and bridal makeup competition were conducted. Other than these, Judo classes, beautician course, tailoring certified courses are being conducted.

CG Golf Cup as a part of CG Day celebration was conducted.

Mrs. Urmila Singh, President Tatrakshika was on her maiden visit to A&N islands. CGWWA Milan was organized. Theme for the event was "Colours of India" where ladies were dressed up aptly, depicting a perfect example of Unity in Diversity. President Tatrakshika unveiled the plaque for inauguration of CGWWA Centre at Diglipur.

At Campbell Bay, a picnic for kids was organized at 'B' Quary. Sand art competition was organized.

At Mayabunder, a family get together was organized on the occasion of Diwali. Families made beautiful rangolis and diyaas were lit to mark the festival of lights. It was followed by fireworks. Coast Guard ladies organized various games for the children and distributed prizes to boost the morale and confidence in the remotely located children at Mayabundar.

At Hutbay, Tatrakshika Day was celebrated with traditional cake cutting ceremony. The event was attended by representation of local NGOs, 'Butterflies' and 'ACAINI'. The representatives and members were thanked for their support and co-operation. CGWWA, Hut Bay played a pivotal role in the shaping up of the cultural evening organization by ICGS Hut Bay on 01 Feb 16 at ALHW Hall.

On the occasion of International Women's Day, Hut Bay organized a lecture cum interactive

program in association with St. Anthony Catholic Church with the women of little Andaman Island in St Anthony premises on 08 Mar 16. The event was attended by women from various villages of Hut bay and Netaji Nagar.

CGWWA (WEST)

CGWWA Mumbai organised various vocational / hobby classes for the benefit of CGWWA members. Classes on tailoring, grooming, mehndi and saree draping workshop were held at CGWWA Kendra. Odissi dance classes were organised for kids. Tuition Classes were conducted successfully throughout the year. A picnic to Lonavala was also conducted during the year.

A workshop on Ribbon Stitching was conducted where Ladies who were naive at stitching could also learn to decorate their Kurties, dupattas, pillow covers, bed sheets etc. with beautiful designs made out of embroidered ribbons. A demo on making dry flowers from waste of plants, fruits and corn husks was conducted. They were decoratively painted with fevicryl paints and glitter. A Puja Thali Decoration workshop through local entrepreneur was undertaken.

A workshop on "Paper quailing" was organized at Malenad Hall, Kankanadi. A demonstration on making of food items using Ragi was given at Kunjaithbail Welfare Center

A lecture on pay and pension of CG personnel was delivered to enlighten the CGWWA members about the various privileges extended to their spouse by the service. A Demonstration on artificial flower making was held at welfare centre. The comedy show by renowned comedian Mr. Deepak Raj was one of the main attractions of the event and enjoyed by one and all.

Lawn Tennis Court, CGRA was inaugurated by Mrs. Urmila Singh.

At DHQ-11, Goa, Taekwondo classes, Stitching classes, Beautician and personal grooming courses are being regularly conducted. An interactive workshop for safe using and saving of cooking gas by HP gas agency was organized. One day workshop on Aari work (Thread work) was organized.

CGWWA (EAST)

"When learning is purposeful, creativity blossoms and finally economy flourishes".

Long courses in tailoring, beauty, mehendi were organised which concluded with respective examination and award of certificate. Classes on household decorative items were organised for the ladies at Tuticorin.

Demonstartions on making lamp shades from woollen threads, wall hangings and pots made from coloured silk threads, candle stands by using old news papers, ready to use rangoli, flowers by using empty rolls of aluminium foil, methods of preservation of rice flour used for mouth-watering South-Indian recipes and instant snacks were organised for the benefit of ladies.

In Tuticorin, a demo on making cushion covers of various patters and shapes and sizes was given by a CGWAA member, Mrs. Pooja. Festivals like Navaratra and events like Children's Day were

SURUCHI

















SAKSHARTA















heartily celebrated. President CGWAA Tuticorin, Mrs. Renuka Raj also interacted with the members of CGWWA.

Competitions like mukti-decoration, Diya decoration, Salad decoration, Chutney making conducted to highlight the hidden culinary talent of the ladies at Mogappair Welfare Centre. Mehendi and Rangoli competitions were also conducted at Mandappam on the occasion of Diwali Mela.

Tatarakshika Day was celebrated as Sports Day at Meenambakkam. The event was conducted in a grand way with full participation, games, gifts and excitement all round.

Special Tatrakshika Milanwas organised to bid farewell to the outgoing President Mrs. Bimla Bisht and to welcome the new President, the First Lady of the Indian Coast Guard, Mrs. Urmila Singh.

CGWWA (NORTH WEST)

Tatrakhsika units in the region have been active in organizing various welfare activities for ladies and children of Coast Guard. All festivals such as Navratri, Diwali, Childrens day, Tatrakshika day and Christmas etc. have been celebrated by all units at North-West Region.

"Christmas Day Celebration" was organised on 23 Dec 15 at CGWWA centre Porbandar for children of CG play school, Porbandar

A cultural/talent hunt programme was conducted at Vadinar for wards of Coast Guard. Sweet making competition with Gram Flour (Besan), rakhi making competition, Jewellery making competition with Vegetables and grains was conducted.

Mrs Dipa Pal took over as President Tatrakshika (NW) on 29 Aug 16 from Mrs. Neela Pathania.

SAKSHARTA (Literacy)

To add an additional arm to our women and help them in keeping pace with advancement in various domains, Saksharta steps in to facilitate in bridging the gap. Children with admirable academic achievements too are encouraged for we truly believe that 99% of learning is only through encouragement.

CGWWA (HEADQUARTERS)

The team puts great efforts to educate ladies about the present world and modern day living. Activities conducted by SAKSHARTA in above mentioned period were:

In the month of Nov 2015, Children's Day was celebrated by screening the movie 'Singh is Bling' at Arkaja, wherein more than 80 children enjoyed the movie.

Later in the month, the team co-ordinated the presentation of Academics Recognition awards to children on 'Tatrakshika Day'. A specially designed trophy along with certificate of merit was presented to the meritorious CG wards of each station.

The ongoing spoken English classes concluded. A Hindi Essay competition was held.

CGWWA (NORTH EAST)

With a view to expand the horizons of CG Ladies and children residing in and around the area, a library was inaugurated at Welfare Centre, CGRA Maniktala on 01 Sep 2015. The library is well stocked and a wide variety of books and magazines are available for reading.

"Happiness can be found even in the darkest of time, if one only remembers to turn on the light". In today's stressful life, positive thinking is the only way which keeps a person happy. So, a team from Brahma Kumaris, Haldia gave lecture on positive thinking and meditation on 27 Oct 2015. An interesting question and answer session followed the lecture, which was knowledgeable and inspiring for all the ladies.

In order to enlighten on table manners, an expert Mr. Bhavesh from Hotel Empire was invited for demonstration on "How to layout a table". He also demonstrated the use of various cutlery and basic table manners.

CGWWA (ANDAMAN & NICOBAR)

DWWA Quiz Competition was organized on 16 Nov 15 at Port Blair. Children participated with great enthusiasm. Winners and finalists were awarded by Mrs. Rubu Chatterjee, President DWWA. 'Grandparents Day' was celebrated at the CGKG School,.

ICG conducted Inter school Quiz competition, 2016 at Anthropology Survey of India Auditorium on 25 Jan 16. A total of 16 teams comprising of 02 students in each team participated in the quiz.

To bestow awareness on Campbell Bay, a tour for CGWWA members was organized to a coconut factory. The staff there demonstrated the process of obtaining coconut powder from raw coconuts.

As part of the 39th anniversary of Coast Guard, District Headquarters No. 9, Diglipur, CGWWA organized a poem recitation competition for service personnel and civilian staff children at CGWWA Welfare Centre.

CGWWA, Hut Bay organized a lecture-cum-interactive session on the occasion of International Day of Girl Child for the adolescent girls of Little Andaman Island in association with 'Butterflies' (NGO), Hut Bay.

CGWWA (WEST)

The Saksharta Cell at Mumbai organized Felicitation Ceremony for meritorious children of Coast Guard fraternity on 14 Nov 15 at RHQ (W) premises. A computer course encompassing Basics of Windows, Word Processing, Internet, Web browsing and Email was organised. Tuition classes for children at CGWWA Kendra, Powai continued smoothly. An expert team of financial managers from AXIS bank were invited to TatrashikaVihar, Borivali for delivering a lecture covering topics viz. Internet Banking, Security of Credit and Debit Cards, Electronic Fund Clearing, Tablet / Mobile Banking,

One – Stop – Shop on Financial Management & Do's and Don'ts by clients. Informative and interactive lecture benefitted CGWWA members.

A demo cum class on road rules and basic knowledge about parts of car, checks and precautions to be taken while driving were taught as a follow up class for the ladies who have learnt driving from CGWWA, Daman through Seva Driving School. Regular tuition classes for students (06th to 12th class) for Science & Mathematics and other required subjects are being conducted at UMANG. A presentation on global warming through sandart was conducted. An investment programme was organised by Literacy committee wherein the leading stock brokers 'Sharekhan' briefed the ladies about share trading and investment in mutual funds. Literacy committee organised a lecture by Mr. Jay Bhat of Indus Bank on banking emphasizing on career in banks for the CG children and the facilities provided.

A lecture on Brain Power for children age group of 05 to 17 was conducted at welfare centre TRV Chincolna. Painting competition was organized by CGWWA.

A Workshop on (Best out of Waste) using newspaper and empty plastic bottles to make photo frames, lamp shades, pen stands and trays for children was organised at welfare centre.

CGWWA (EAST)

As truly the old saying goes, "If you educate a man, you educate an individual, but if you educate a woman. You educate the whole world".

Essay competition was conducted for the Tatrakshikas.

Workshop and Lectures were conducted on making paper bags for instilling respectful attitude towards the environment in addition to a talk on Vastu-shasta for the ladies.

Visakhapatnam organised a counselling session on "How to handle teenagers at home".

AT **Mandappam**, visit to Central Marine Fisheries Research Institute (CMFRI) was conducted for the members of CGWWA as an educational trip with children also as part of learners.

CGWWA (NORTH WEST)

All the ladies at Gandhinagar were apprised about Vastushashtra which is beneficial in bringing peace and harmony at home.

A lecture on basic banking literacy was delivered by the Staff of Bank of India.

A lecture on 'Saving and Investments for Better Future' was given by Mr Parvesh Nagar, Assistant Manager SBI Gandhinagar. Ladies were given information and tips on how to make savings and invest them wisely.

SANJEEVAN (Health)

'He who has health has hope and he who has hope, has everything', so goes a saying. To carry the weight of lofty goals, requires huge mental, physical and spiritual soundness. Activities of Sanjeevan as detailed below are pointers to Tatrakshika's passionate commitment to health of its members.

CGWWA (HEADQUARTERS)

Various aspects related to health are paid attention by the SANJEEVAN members. Activities performed were as below:-

A dental check up camp was organized at CGRA in Nov 2015, wherein a good strength of ladies took part and got benefitted. Doctors and volunteers of Sumitra hospital examined the ladies and children during during eye camp organized in Dec 2015.

The Cancer Detection Camp held in the month of Feb 2016 covered a variety of checkups by the Gynecologists, ENT specialists and also Papsmear test, Mammogram, blood pressure checkup and weight measurement.

In Apr 2016 a complete Heart checkup was successfully organized with good strength of members getting benefitted from it. This also covered ECG and Echo cardiology. This camp was also organized again for the benefit of ladies who had missed attending it.

A health lecture on "Healthy Back" covering lower back pains was held in July 16. The PMO, ICGS Delhi explained the facts with the help of a PPT presentation.

Yoga classes started in Aug 2016 at the welfare centre where in around 30 ladies have been regularly attending it.

CGWWA (NORTH EAST)

With a view to promote healthy living with emphasis on physical well-being, yoga classes for ladies commenced at Welfare Centre, CGRA Maniktala w.e.f. 01 Sep 2015.

Lt Cdr Vibhu Tiwari delivered a lecture on on drug abuse and illicit trafficking, PAP smear examination and regular breast self-examination.

A guest lecture on 'acupressure', blood sugar level check-up, blood donation, cancer detection camp was organised. To reap the maximum benefits of physical fitness, The stress management centre was inaugurated by President Tatrakshika on 17 Mar 16.

Tatrakshika, Paradip coordinated "World Anti- Obesity Day" on 26 Nov 15. Theme for the event was "Fight obesity to discover healthy life".

CGWWA (ANDAMAN & NICOBAR)

A lecture on benefit of yoga in day to day life followed by Yoga session was organized on

SANJEEVAN

















SURAKSHA











11 Oct 15 at CGWWA Welfare Centre. A total of 60 ladies attended the same. Guest speaker from 'Ayush' addressed the queries of the ladies.

The Coast Guard Region (A&N) in association with CGWWA conducted a Blood Donation Camp on 08 Dec 15 as a part of the 39th Coast Guard Raising Day.

ICG conducted Medical camp in collaboration with CGWWA at Namunaghar on 04 Jan 16. A team of 06 doctors including three specialists in Pediatric, Gynaec and Medicines from GB Pant Hospital took part in the medical camp.

Yog Guru Baba Ramdevji visited Port Blair On 07 Feb 16 and conducted a maiden yoga camp onboard Indian Coast Guard Ship Varad.

DHQ-10 is collaboration with CGWWA conducted health camp for around 250 people from the local areas including Ex-servicemen. The patients were screened for life style diseases such as hypertension and obesity. Medicines were issued and some of the cases were referred to Port Blair for further treatment. A short lecture on importance of exercise, healthy food habits and harmful effects of tobacco was given to the local people. A practical demonstration on common first aid techniques and CPR was also performed by the medical team.

CGWWA organized a medical camp at Hutbay at PHC Sub centre Harminder Bay village for the Nicobari tribal community. The camp was organized with the support of PHC Hutbay.

CGWWA (WEST)

A lecture along with PPT on 'Hygiene, Sanitation and Waste Management was delivered during Milan by Surg Cdr YT Rao highlighting the cleanliness required to be observed to maintain good health in living areas.

An interactive lecture on Obesity and its Complications, 'Basic Acupressure' was organised. A medical camp to check body mass index (BMI) and blood Pressure for Tatrakshika members was organized at Kalyan Kendra, Powai and TRV, Borivili. The event followed with a lecture on Lifestyle Diseases by Surg Lt Vivek Khandelwal. A health talk on the topic nutrition was organised wherein right nutritional chart for kids adults and elderly people was discussed in detail.

A lecture on 'Joint problems & prevention' and 'Lifestyle adoption', breast cancer, hypertension and diabetes, was conducted at UMANG wherein renowned orthopedic surgeon Dr. Vikas Jain from Arogyam, Vapi rendered the same. Blood test was also conducted.

A lecture for Health awareness was conducted wherein the ladies were told about the importance of day to day exercises required to keep body fit and healthy. A lecture was given by Dr. Nina Mahale, a renowned gynecologist and she enlightened ladies about various sexually transmitted diseases and told very important points about cancer, its detection and remedies.

CGWWA (EAST)

"Healthy mind is a sign of healthy body"

A medical camp on ENT was organised for our personnel and their families. Blood test, Sugar check and weight check was also a part of this medical camp. Besides check up, a lecture n preservation of heart diseases was given by a rep from MIOT hospital, Chennai. People were guided towards "Maintaing health at different stages of life".

At **Mandapam**, a lecture on general hygiene, oral hygiene was given by a dentists as well as the Gynaelogist.

CGWWA (NORTH WEST)

CGWWA Okha organised an eye camp and a lecture on "Happy Married Life'. Yoga camp was also held.

A health lecture on Diabetes and Hypertension was given by Dr. (Mrs.) Priti Gandhe at CGWWA Centre Porbandar.

Blood donation camp was organized at ICGS Vadinar.

A Medical lecture on "Monsoon related Diseases" was organized for Tatrakshika members of Veraval at Station conference hall. The lecture was delivered by Dr. Haryani, Medical Officer of Government Hospital, Veraval.

Interactive lecture/presentation was delivered by Surg Lt. MP Vineeth, Station Medical Officer of ICGS Mundra on "Dengue Flu" at Community Centre, Mundra. SMO highlighted the general awareness, symptoms of Dengue Flu and preventive measures.

A lecture on Nutritional Diet in Children's School Tiffin was conducted at CGWWA Welfare Centre by a renowned Dietician Dr Vivek Bhave at Gandhinagar.

SURAKSHA (Widow Cell)

How can we forget the contribution made by the deceased personnel of our organisation, Indian Coast Guard? Suraksha steps in to provide financial aid to the families of the deceased. We are in such service which has sensitized each one of us to the unpredictability of life and events. Suraksha offers all possible help to the widowed families.

CGWWA (HEADQUARTERS)

Suraksha works for the welfare of families of the deceased ICG EPs. Activities of Suraksha during the period Oct 2015 to 2016 are as follows:-

Auspicious occasion of Diwali was celebrated in Nov 2015 with the distribution of sweets among the ladies. A general health awareness lecture was given by the PMO, Surg Lt Cdr Pratibha Chandra

in the month of Dec 2015. There was a lecture cum demonstration held on "Flu and its Preventions".

The Tatrakshika President, along with Suraksha team visited the bereaved family of late R Lakher, U/Nvk in Dec 2015 and handed over an interim grant of Rs, 5000/- to the wife of the deceased EP.

In Feb 2016, Tatrakshika President, Mrs Urmila Singh as a gesture of goodwill, donated daily use ration items. Medical assistance was provided to the family members whenever in need.

A workshop on "Making useful Items from Paper" like shagun envelopes, photo frames and gift boxes was organized .

CGWWA (ANDAMAN & NICOBAR)

Regular interaction is being maintained with the NOK of Muthu Krishanan, U/Nvk, 03598-H who boarded AN-32 on 22 Jul 16 and is missing since then (Chennai to Port Blair) and necessary support is being extended by the CGWWA (A&N).

The Coast Guard fraternity deeply mourned the sad demise of Ujjawal Ghoshal, P/Nvk(STD), 03285-S. The bereaved family was visited and Vice President Tatrakshika Mrs. Radha Murugan (A&N) handed over ex-grant amount from CGWWA fund.

CGWWA (WEST)

A meeting was orginised with the widows of Western Region on 21st April 16. During the year the wards of two coast guard personnel's were given aid by CGWWA.

A picnic for members of CGWWA Karwar was organized for to Mahabaleshwar Temple and Om Beach, Gokarna on 31 Oct 2015 as part of Tatrakshika day celebrations. Ladies of CGWWA shared moments & happiness and spent quality time with each other and the children.

CGWWA (EAST)

A meeting along with the members of Suraksha was conducted which was headed by then President Tatrakshika (E). A small token of warm gesture was given to the ladies by the members. President Tatrakhsika motivated the ladies to become the pillar and strength of their families.

Quarterly interaction continues to help the families in the best possible ways.

SANSKAR (Education)

Real education is all about the ability to differentiate the right from the wrong. Major decisions in life are based on this basic trait in us. It needs no further re-emphasizing the fact that the route to true prosperity and progress is through education. Sanskar, arm of

Tatrakshika is imparting ethical and moral values along with letter knowledge to our angels at Coast Guard Schools all across India. We are strengthening our muscles by empowering our women too.

CGWWA (HEADQUARTERS)

To inculcate the values of charity and compassion, daily use items and eatables were donated by tiny tots to an orphanage at Noida.

An eco friendly Diwali was celebrated. Children came dressed as characters of Ramayana and also beautiful Rangoli designs were made and diyas were painted and decorated by teachers and children.

Clarity of diction and recitation were practiced by means of holding a Doha recitation competition. Tear & Paste competition and Handwriting competitions enhanced the creativity and neatness layout skills of children.

Annual Sports Day in the month of Dec 2015 commenced with March past and drills which were followed by innovative races and Christmas Parade. Prize distribution done for the entire academic year kept the children very excited. This was followed by a token of appreciation by the President in the form of a pack of toys.

Saraswati Vandana was recited and stories were told on the occasion of Basant Panchami in Feb 2016. Children participated enthusiastically in the Rhymes Olympiad competition.

Annual assessment was undertaken prior to conclusion of ongoing session in Feb 2016. During her maiden visit in Mar 2016, Tatrakshika President was given brief of various school activities. She appreciated the efforts put in by the teaching and non – teaching staff of school in its progress. During the Annual Day celebrations in Mar 2016 guests were thoroughly entertained by Rangoli, Bihu and Onam dance.

Performance of wards was discussed with parents during PTM after the Annual results were announced in Mar 2016.

Healthy food day was celebrated giving the advantages of healthy eating and ill effects of junk food in the month of Apr 2016.

Coming to the conclusion of the Report, one quote of Malala Yousaazai is worth mentioning-"I raise up my voice - not so I can shout but so that those without a voice can be heard. We cannot succeed when half of us are held back".

It is indeed true to say "To awaken the people, it is the woman who must be awakened. Once she is on the move, the family moves, the village moves, the nation moves".

CGWWA (NORTH EAST)

As part of CGWWA's continuous drive to encourage and recognize academic brilliance in students

SANSKAR

















SRISHTI

















of CG officers and personnel, Meritorious awards were given to 06 students during the conduct of 'Troops Get Together' on 29 Jan 16.

To create awareness about nature and its importance, children were taken for "Nature Walk". English Rhymes, Fancy dress competition was held.

CGWWA (ANDAMAN & NICOBAR)

CGKG School, Port Blair organized Independence Day celebrations on 26 Jan 16. Annual Sports Day of Coast Guard Kindergarten, Port Blair was celebrated on 29 Feb 16 in the Coast Guard Indoor Sports Complex. The function commenced with reading of the annual report by the Principal, Mrs. Vidya Uma Chandran. She highlighted various activities and milestones achieved by the school during the academic year 2015-16.

Mrs. Urmila Singh, President Tatrakshika on her maiden visit to A&N Island inaugurated the multi activity hall 'Eklavya' in CGKG School, Port Blair for benefit of the children on 25 Apr16.

To commemorate Swachh Bharat Abhiyan, Shramdaan was carried out at Coast Guard Public School, Campbell Bay in Jun 16. The program started with oath taking ceremony by the students, teachers and non teaching staff for a "Clean environment for a clean India".

An inter house essay competition was conducted. A total of 100 children participated in the event and the winners were awarded for the same by the CGWWA fraternity.

CGWWA, Hut Bay organized Inter School Quiz competition for school children of class IX to XII in Govt. Model Senior Secondary School. Christmas festival was celebrated with children and people of Harminder Bay village, Hutbay.

Coast Guard ladies organized various educational and fun games on account of Children's Day celebration. Tatrakshikas ladies distributed prizes to boost the morale and confidence level of them in this remotely located island. The children took part in the event with great interest and enthusiasm.

CGWWA (WEST)

Mumbai-CG KG school completed yet another successful year. Keeping in mind the all-round development of the child various competitions were held time to time. Picnic and medical checkup was also undertaken. Annual day celebration was held on 20 Feb 16.

On 26 Nov 15, a trip to Flair pens & plastic industry for children of class 3rd to 10th standard was organised where in the children witnessed the process of manufacturing of pens from its nib upto packaging.

Drawing competition was conducted as part of Children day celebration.

CGWWA (EAST)

"As we sow, so shall we reap"

CGKG Roypuram reopened on 01 Jul 16. Year was full of activities and learning. Activities like Red Day, Science club activities, festivals like Id-ul-fitr, Diwali, Independence Day, Grand- Parent's Day were the attractions and great learning moments for the tiny-tots. The kids were encouraged and taught to make Diwali cards which were posted to their grandparents on Diwali. An orientation programme was also conducted for the parents.

To encourage compassion towards animals, a puppet show on "Save animals" was also conducted. Christmas Party and Sports Day celebrations were also a major activity for the students. Annual Day was celebrated. Grand Graduation ceremony was organised for the outgoing students of UKG.

CGKG Tuticorin also celebrated a grand Sports Day. **CGKG Visakhapatnam** conducted Christmas celebration with lot of fun games and prizes for the winners.

CGWWA (NORTH WEST)

An essay competition was conducted for the children of ICG personnel.

A painting competition was organized by Porbandar. A total of 150 school children participated in the event. The station together with 'Tatrakshika' Mundra organized the event on 10 Feb 16 as a part of CG Day Celebrations. An appeal letter was sent to 07 renowned schools of Mundra and nominations were obtained for participation. The venue was DAV Adani Public School, Nana Kapaya at Mundra. 70 students of various age groups participated in the event with full josh and enthusiasm. Refreshments were served to all present at the venue.

A lecture on child welfare was organized by Tatrakshika Okha at MT shed. Asst Comdt Preeti Poswal gave a power point presentation concerning problems faced by Children and their parents. A documentary was showed on sexual abuse and awareness. Parents and children were present in maximum attendance.

Inter school drawing competition was organized by Tatrakshika Okha and Surat.

SRISHTI (Environment)

'Take care of the Earth and she will take care of you'. She is a mother to all of us and it is our bounden duty to keep her healthy. Srishti deals with environmental issues and ways to build new from the old. Co-existence is the key word. We move ahead with full awareness and in tandem with our Hon'ble P.M's campaign, 'Swachch Bharat Abhiyaan'.

CGWWA (HEADQUARTERS)

This arm of Tatrakshika contributes to creating a better tomorrow by putting a step forward to environmental awareness and related issues. Activities conducted were as below:-

SRISHTI team conducted a workshop/lecture on skin and hair case in Nov 2015. In this lecture

Mrs Shefali Purohit educated the ladies on skin care using natural products. Medicinal values of plants and their use as natural remedies for problems of skin and hair was explained. A PowerPoint presentation on "Best out of Waste" was delivered by Mrs. Sheena Singh, which covered multiple uses out of discarded and old items, rendered useless. A demonstration was given by Mrs. Vaidya and Mrs. Soji Gupta showcasing use of various reused articles.

In the month of Feb 2016 a competition to check the imaginative skills by recreating useful items from waste materials was held wherein ladies excelled in making items from newspapers and other things. Out of the best entries three were awarded for their cost effective innovations. Purse/Clutch making was demonstrated by Mrs. Archana Sashi Kumar, who used PVC cloth pieces to make simple but beautiful clutches.

CGWWA (NORTH EAST)

Coast Guard Region Headquarters (North East) in collaboration with Lions Club of Kolkata organised International Coastal Clean-up event on 20 Sep 2015 at Eco Tourism Park. About 130 school children from St. Thomas High School along with Coast Guard Fraternity also participated in the event.

On 15 Oct 2015, as part of environment activity, a lecture on 'Basic techniques of growing the Bonsai plant' was organised for the ladies, wherein ladies learnt the basic techniques of growing the bonsai plant. The demonstration was conducted by the gardener of CGOM who taught the ladies about soil composition, leaf trimming, trunk pruning, branch/trunk wiring to create the desired form of Bonsai plant.

A demo on "Paper bag" making was given. Environment day was celebrated at CGRA, Paradip wherein Mrs. Upasana Dewan, President Tatrakshika (Odisha) planted samplings for a clean & green environment.

CGWWA (ANDAMAN & NICOBAR)

As a part of Swachtta Pakhwada a presentation by representative of Port Blair Municipal Council (PBMC) was conducted at Coast Guard Indore Sports Complex with the aim of creating awareness on safe and environmental friendly disposal of daily household garbage. Cleaning of water purifiers and water tanks, spreading awareness on usage of garbage bins for disposing off the garbage were carried out for the CGWWA members to commemorate the Swatchh Bharat Abhiyan.

On the occasion of World Environment Day CGWWA members planted fruit and flower bearing saplings at residential area and CGDHQ-10 premises on 06 Jul 16.

All CGWWA members on 05 Jul 16 participated in the plantation drive of fruit and flowers bearing saplings at children's play ground, married accommodation area and general area of CGDHQ premises for **Clean and green** environment on the occasion of World Environment Day.

CGWWA (WEST)

CGWWA Mumbai -"Srishti" the environment cell organized screening of video titled 'Turn Kitchen Waste into Bio-Fertilizer'. A power point presentation regarding the importance of the three (R's) mainly Reduce, Reuse, Recycle out of waste was also screened. Usage of old plastic bottles as plant holders was demonstrated. Making a dress out of left over cloth was also shown. Promoting the concept of Do It Yourself (DIY) - Gift wrapping with floral decorations, Paper bags, office files, project files making out of old newspapers, left over charts, old shoe boxes, wool strings and ribbons was taught to the ladies.

SHRISTI committee organised a demonstration on medicinal plants, preparation of "bonsai" plants and their care, tips on pre-preparation of mud and fertilizers like rice and coconut husk prior planting in pots. A workshop on 'Abstract Stick Sculpture' for ladies & children by involving selection of proper twigs, arranging them into shape as per individual creative imagination upto polishing and painting them into as abstract art piecewas held. A field trip to an agricultural farm was organised where the ladies acquired knowledge about various medicinal plants and useful tips for maintaining a green garden.

Tree plantation was held at TRV Chicolna. Beach clean-up was conducted at Bogmallo Beach. CGWWA members attended the clean-up and took part. A Lecture by Agriculture Officer on Indoor and Outdoor plants maintenance was organised. A competition on maintaining of kitchen garden was organised by wherein Committee members visited participant's houses and on completion winners were adjudged and awarded.

CGWWA (EAST)

At Krishnapatnam, a tree plantation drive was carried by the Tatrakhsikas "Swachh Bharat Abhiyan" was carried on at Karaikal for spread of message "Clean India", awareness regarding disposal of waste was carried out at Karaikal.

CGWWA (NORTH WEST)

CGWWA (NW) always strives hard to inculcate eco friendly environment and to promote greenery in the surroundings. Regular tree plantation programs were initiated by Gandhinagar, Okha, Vadinar and Jakhau centers during the year.

A beautiful kitchen garden competition was organized at CG enclave. All the CGWWA members of Gandhinagar actively took part in tree plantation conducted on World Environment Day on 05 Jun 16.

SANCHITA (CGWWA Shop)

Many of our women are talented and the products made by them find their way to our shop managed by Sanchita. Also, Sanchita strives to bring to us popular products from all

SANCHITA

















SANCHAR













over India and affords them to us at very reasonable rates.

CGWWA (HEADQUARTERS)

This arm of Tatrakshika has been active in contributing to enhance the individuality of ladies and also adding to the management of their houses, making them more beautiful.

A pre Diwali sale in the month of Nov 2105 had on display, items like Kolkatta Sarees and dress materials, Fancy jewellery, handmade soaps and Tupperware items.

Educative and Indoor games have been procured for SANCHITA in Jan 2016. Handmade Coasters and trays are also available at reasonable prices.

In Feb 2016, sale of SANCHITA items was organized in the residential club house of Commonwealth Games Village. A few fast moving items added to the stock include Lunch boxes, Pencil boxes and stationary. Mud paintings have also been added.

CGWWA (ANDAMAN & NICOBAR)

Sanchita Shop displayed decorative collection at Diwali Mela at Port Blair on 10 Nov 15. Items included fancy, decorative, gift & handmade items etc. The CGWWA generated good profits from the sale.

Sanchita displayed its decorative collection at ANCOWA in 18 Apr 16. Items included designer dress material of Kutch work, sling pouches, kurtis etc.

CGWWA (WEST)

The tailoring classes conducted at Welfare Center are providing platform to talented members to stitch colourful 'Shopping Bags' for display and sale through 'Sanchita'.

CGWWA Daman had organised an exhibition cum sale for a day on 22nd Aug 2015 at UMANG. A total of 16 stalls were placed, most of which were installed and exhibited by lady entrepreneurs along with some branded household manufacturers. The aim of this exhibition was to motivate our ladies about the opportunities available vis-à-vis their skills and enable them to showcase their talents confidently.

CGWWA (EAST)

"It provides a platform for encouraging skilful tasks and in-house talent".

A beautiful display of items was put up at Diwali Mela at Meenambakkam. The items attracted a handsome sale on the occasion. Sanchita continues to provide opportunity of entrepreneurship to the ladies of CG fraternity.

CGWWA (NORTH WEST)

Sanchita has just started in Gandhinagar from Aug 16 onwards. We have procured few items such as beautiful hand purses and handmade folders for ladies.

SANCHAR (Communication)

'The way we communicate with others and with ourselves determines the quality of our lives', so goes a saying. The myriad activities that find our children and women joyously engaged for most part of the year get attention via Sanchar. Urmi and Tatrakshika newsletters present a panoramic canvas of activities of all arms of Tatrakshika. The joy is akin to a kaleidoscopic view.

CGWWA (HEADQUARTERS)

This is the communication wing of Tatrakshika. IT shares the achievements and activities of ladies and children through "Urmi" and quarterly 'Newsletters'/'Tatrakshika Sandesh'. Activities of SANCHAR are as listed below:

Urmi 2015 was released on the occasion of Troops Get – Together Day. The Tatarakshika Sandesh very promptly covers the activities of all the arms of Tatarakshika.

CGWWA (ANDAMAN & NICOBAR)

Theme-based Tatrakshika Sandesh which consists of compiled activity report of A&N region is being successfully published every quarter. Articles and cover photos by ladies and children of this region have been forwarded for publishing in Annual Magazine Urmi 2016.

CGWWA (EAST)

"Keeping a journal of what's going on in your life is a good way to help you distill what's important and what's not."

Sanchar connects, informs and shares the vast panorama of the CGWWA activities. Quarterly newsletter (Sandesh) and annual edition of "URMI" keeps the healthy connectivity on.

CGWWA (NORTH WEST)

Newsletters or Sandesh is being sent to CGHQ, quarterly. The region has also contributed articles for URMI. The cover designs were also sent to CGHQ for selection as per the prescribed format.

SNEHA (Outreach)

It is said that to wish someone good is just lukewarm charity, and to go out and do good is to please the divine. This arm of CGWWA reaches out to lend a helping hand to the lesser privileged classes of our society by providing financial and material help.

CGWWA (HEADQUARTERS)

This wing of Tatrakshika has been very efficiently spreading moral support and compassion along with lovely smiles in the lives of the less fortunate ones. Activities of SNEHA have been enlisted below:-

In Dec 2015, Tatrakshika President and Vice President along with committee members distributed

SNEHA

















blankets and food items to Coast Guard daily wages workers.

Later in the month SNEHA team alongwith Tatrakshika members visited "SALAM BALAK TRUST" where various types of training is provided to children in the field of Sports, Music, Mobile repairing, Tourist guide etc. Various grocery items and woollen clothes were distributed to the children who sang songs, danced and also showed different moves of acrobatics. The team visited family of Late R Lakher, U/Nvk(Mus) in Feb 2016 to lend them a helping hand. The Commanding Officer, ICGS Delhi added to the contribution with ration to suffice few months. SNEHA team alongwith members of committee visited 'Dharam Public School' in Aug 2016 and distributed stationery and eatables among the children.

CGWWA (NORTH EAST)

The casual labourers employed in the area were given bed sheets and steel glasses by President, Tatrakshika (NE) in appreciation of their hard work & diligence towards beautifying and maintenance of lawns and gardens at CGRA, Maniktala.

The Tatrakshika ladies of Bhubaneswar put forward their humble side by providing the basic necessities of food, clothing, medicines, toys and goodies to the under privileged kids of 'Daya' foundation orphanage.

CGWWA (ANDAMAN & NICOBAR)

CGWWA, (A&N) visited 'Sevaniketen', Dairy farm. CGWWA, apart from giving moral support, distributed food, daily routine articles and clothes.

Members of CGWWA, ICGS Mayabunder visited remotely located Karmatang IX Basti. The CGWWA members interacted and guided children and their guardians.

CGWWA (WEST)

Ration and night gowns along with biscuits were distributed to ladies at "Gurukul", an old age home in Belapur Navi Mumbai. Nineteen children of 'Aarushy' a self-supporting experimental school alongwith Sixteen attendants, visited CG ship ICGS Sankalp at Naval Dockyard Mumbai. A documentary on Coast Guard and interaction of children with CG personnel posted onboard ships were organized. Breakfast and packed lunch were served to children.

As a part of outreach activity, differently-abled children from Manovikas Vidyalaya, were invited to ICGAS Daman wherein they were made to have a glimpse of the flying operation and aircrafts. After the visit, the children were distributed track pants and shirts. Casual labourers working at CG Air Station were given trolley travel bags and ration

CGWWA members visited Home for Destitute, Tevara and Don Bosco Sneha Bhavan, Paluthuruthy. Contributions in the form of food articles, toiletries, medicines and clothes were made by the members. Visit of special school children along with staff of Snehalayam, Kakkanad was coordinated onboard ship ICGS Varuna and CGAE (Kochi). A total no of 50 children and 06 teachers visited the Ship and Air

Squadron. Refreshment was arranged during the occasion.

48 students from Asha Deep Special School were taken to 800 Squadron by CGWWA. They were shown around the Squadron. A magic show was held for their entertainment.

CGWWA (EAST)

"The smallest act of kindness is worth more than the grandest intention".

A visit to the Old age home was organised wherein a large number of grocery, items toiletries and blankets etc. were distributed. Help was also extended during the Chennai floods for the victims.

In order to encourage the gifted children, a visit to Balvihar, Kalpauk was organised wherein President Tatrakshika (E), Mrs. Ila Sharma spent a quality time with the kids. Gifts and stationery items were given to the children.

CGWWA (NORTH WEST)

Units under the region have been active in extending helping hand to needy through Sneha wing by organizing different activities.

Members of Tatrakshika, Gandhinagar visited old age home at Gandhinagar and distributed grocery items, eatables, and clothes to underprivileged inmates.

An Outreach Programme was organized by CGWWA Porbandar by visiting a nearby village. The aim of the visit was to spread awareness about education to female gender.

Tatrakshika Mundra organised an outreach programme at 'Mahila Kalyan Kendra', Bhuj with assistance of "Manav Jyot" trust at Bhuj.

Outreach activity of blanket distribution to the needy people was organized at Dwarkadish temple.



GOOD HEALTH OR JUNK

Why do I like junk food so much, I wonder! Is it actually so delicious that is makes us forget 'Maa ke haath ka khana' or is it just the hype around it that makes it such a hit among children and grown ups alike?

Junk foods do no good to our body and are rather completely unimportant to the body. They have no or very less nutritional value and irrespective of the way they are marketed, they are not healthy to consume. The only reason of their gaining popularity and increased trend of consumption is that they are ready to eat or easy to cook foods. Therefore, they are also known as fast foods. Also the ease of manufacturing and consumption makes junk food market spread its influence so rapidly. Many famous restaurants show their advertisements on TV to promote and popularize their food, introduce new offers and food items. They also distribute pamphlets with discounts and offers to attract people. Some also give false information about the nutritional values of the food items. There are advertisements in newspapers too. There are food magazines also which give details of emerging cuisines, junk joints etc. Increasing number of food based television shows also influence viewers.

People all over the world know that junk food is not healthy at all but still we see crowds at junk joints and restaurants and the reason for this is their marketing which leads to their popularity. The junk food market should be curbed and instead healthy foods should be promoted.

I myself had felt trapped in the vicious circle of junk food. Fortunately, I realized its harmful effect soon. Nowadays, healthy alternatives are emerging. They taste and look like junk food but have healthy ingredients in them. They are healthier and build up our body. I have started consuming these alternatives more than junk food. It is in our hands to decide whether to crave for junk food or for a healthy and happy life.



ORAL HYGIENE: A GUIDE TO SMILE YOUR WAY!

'Smile is a curve that sets everything straight'. Yet we all dread a visit to the dentist. Let's get to know some facts about oral hygiene and make our visits to the dentist more pleasant.

Oral hygiene is the practice of keeping our mouth & teeth clean. Good oral hygiene prevents dental problems such as dental caries, gingivitis and bad breath. Three most important steps to maintain good oral hygiene are:-

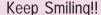
- 1. Brushing
- 2. Flossing
- 3. Use of mouth wash

Good practices:-

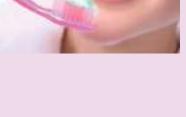
- 1. Brushing twice a day especially at night with a soft toothbrush.
- 2. Change toothbrush when the bristles becomes frayed.
- 3. Rinse with antibacterial mouthwash/chew sugar free gum after meal.
- 4. Eat healthy foods e.g. green tea, onions, and vegetables.
- 5. Teach children the right technique of brushing.
- 6. Visit dentist every 06 months for a preventive checkup.
- 7. Flossing help to remove food particles lodged between teeth.

Bad practices:-

- 1. Thumb sucking causes mal-alignment of teeth.
- 2. Using hard bristled tooth brush and applying ore pressure while brushing.
- 3. Using your teeth to open bottles.
- 4. Chewing tobacco.
- 5. Smoking causes staining of teeth.









- Dy Comdt Shweta Amit Vikram CGHQ

POWER BEHIND THE GUARD

You don't write when you have to say something, you write when have something to say... and today I have a lot to say....a lot about Indian Coast Guard, the three words which have the power to enthrall you with its adventurous pursuit.

Our transferable jobs, ship's life, aviation service, shore posting, prestigious courses, Temporary duties...all this inspires us to be stronger than yesterday & compared to how strong we are today, yesterday seems easier.

This spirit is not confined to the Coast Guard personnel, it extends to the families as well... Whenever you marry a Coast Guard employee, you marry Coast Guard too... and you are proud to accept all the challenges & tackle them with a smile. Going on similar lines, here I take you to a pacifying tale....sail on, to fall in love with Coast Guard yet again.

It was one of the most anticipated days of the year for her, a day brimming with moments that would be treasured as memories...a day to celebrate herself.

It was her birthday... N Rohan left no stone unturned to make Payal's day special. He drove her to the US club, the place that the Coast Guard families find their happiness in ... US club today was decorated with a tinge of her favorite colour... it was as if everything was painted red. The wall decals, the ceiling decorations, the lawn which looked more red than green now, was so inviting.

It was too much to digest at the moment... so many surprises that they couldn't fit into her range of sight. He hugged her, "Happy Birthday darling!"

Thousands of words she wanted to utter to thank him but she couldn't, because her wet eyes spoke all the unspoken words. All she could manage to say was, "I love you!" There on the lawn was her family, his family...she shared the moment with all her dear ones....she danced to romantic tunes with him. Everything was just perfect.

Suddenly his phone rang... He went aside, "Dy Comdt Rohan speaking, Sir". His expression while he was speaking was more than enough to warn her that something serious had happened & that the country needed him... She started drowning into a wave of sorrow but that was just for a few seconds for her heart could see the difference between his duty & his love for her... so what if he had to go, she would silently support him.

He came to her "Payal, there is a sail with dispatch action so I will have to go right now."

- "Yes, I understand" she said & hugged him.
- "Take care" she said.
- "Yes, I will, you don't worry. Just be with me." He replied.
- "I am always with you!"
- "I love you", he said.
- "I love you too."
- "Bye"
- "Bye bye"

Rohan went to the Commanding Officer's cabin who was instructing his crew about the emergency operation. He was calm as he did & that calmness was strong enough to gear up everyone for the operation.

"A report gave us information about a foreign ship which is suspected to trade drugs & smuggling goods. So we have to confront it as soon as possible. The smugglers are equipped with sharp weapons & can



switch to firing when we ask them for license... so be careful as you take each step".

It was a confidential meeting. He came to Rohan. Right now he wasn't Payal's husband, he was the pilot of Chetak, the helicopter which he had to fly in a few moments from the helipad in the ship.

"Rohan, your role is very important. Start from sortie. Keep monitoring them for any action that they might take to trap us. Keep your eyes open. All the best my boy!"

Rohan immediately started working on the instruction. The sky was clear... & the sea. It had to be cleared from the thorn that was threatening the safety of the Coast.

Rohan wasn't alone. He had one co-pilot & two sailors who were constantly monitoring the smugglers. The suspicion was correct. The ship, the goods, everything about to ship was illegal. When caught, the ship tried to hide but Rohan & his crew didn't allow them to do so.

The Commanding Officer drafted a plan to trap the ship with the help of Charlie boat, the hovercraft & the Chetak. It wasn't easy to catch hold of the smugglers. They responded violently. A smuggler aimed at Chetak & shot it. A sudden jerk; Rohan felt it, but he had no idea that one bullet was going to be the root of the tsunami of problems that he was soon going to face.

The impact of the bullet cracked one of the sockets & the leakage of carbon monoxide commenced. The carbon monoxide in the air induced drowsiness in the fighters. To add fuel to this was the non-functionality of the engine. Too drowsy to react, Rohan found himself helpless...

'Dham'!, Chetak crashed into the sea... far away from the scene, 72 hours past the incident, Rohan opened his eyes...only to find himself on a lifebuoy... & surrounded by water, but not a drop to drink. That phrase was apt to describe his situation. It was a high tide day. As the gigantic waves tried to crush his upper body, the biodiversity of the sea, attacked the part of his body in water.

His injured jawline, combined by pain in every inch of his body, the drowsiness, the delirium were pushing him to death but the thought of Payal in his heart some how kept him alive. He had to live...

He was too weak to do anything but the sun rose spreading its rays of hope. A new life emerged him within the rising sun.

Rohan spotted far away, a fisherman's boat. The will to stay alive pumped him with energy to shout for help. Finally the fisherman heard his screams.

The fisherman sent a rope to him & helped him get on his boat. The boat sailed to Mumbai beach. The fisherman was aware of the incident which took place & informed Rohan that none else survived.

Whilst Rohan was stuck amidst the blue for many hours. Payal glued herself to prayers. She couldn't think of eating without him. Even a sip of water refused to go down her throat... she was just breathing, lifeless... and then the phone rang!

She picked up the phone. It was the Commanding Officer!

"Rohan"! that was all she could say.

"Yes, Payal, Rohan is safe. Get ready."

I am coming to pick you up & then we will head to the hospital to meet Rohan".

"Rohan is safe" ... Tears rolled down her eye. She thanked God. All the prayers paid off. She rushed to the dressing room, she was too weak to change, but she applied sindoor, the red coloured powder which gave her life a meaning, which allowed her to feel his existence.

As she did this, she smiled to herself... & heaved a sigh of relief... His safety was all she wanted. She reached the hospital with the Commanding Officer - Rohan was just being taken out of the operation theatre. All his injuries had been worked upon. Yes... he was critical but - the doctor assured her that with rest & proper care he would be fine. There was nothing to worry. All that his sub-conscious mind said was", Payal! Payal! Payal!

He was still unconscious. She touched his hand, felt his pulse beat. Tears of euphoria rolled down her cheeks. He slowly opened his eyes & held her hand.

"I am here Rohan, don't worry!"

He smiled... conveying to her, "Now, I will complete the remaining part of your birthday!", what better birthday gift could she get.

The Commanding Officer congratulated Rohan for the success of the operation & asked him to take care.

As I write this story, I wonder what every spouse of Coast Guard employee goes through, waking up to see the empty side of her bed, checking phone every second, waiting for that phone call or three word message. We miss our partners while they are guarding the Coast. Our love for them is stronger, stronger than anything else. We live & cherish every moment because we are never promised tomorrow. So, yes, its very easy to walk away but we choose to get up & stand strong next to the Guards of the Coast. The same way they stand strongly for our country. In a way "we Guard the Coast too"

"Jai Hind!"

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

HEADQUARTERS

















HEADQUARTERS

















WOMEN AND GLAMOUR ARE ETERNALLY INTERTWINED

When we hear the word, 'glamour', we immediately think of breathtaking style, attractive features, a million dollar smile, or may be gloss and glitz. According to me, glamour does have a direct relation, and a huge one at that, to grit, supreme self confidence, grace, passion or a magically commanding authority, which lends to the person a fascinating attraction that is truly irresistible. High levels of commitment, discipline and ethics is required, be it in the field of business, modelling, photography, space, ocean, theatre, music or dance. Glamour concerns a lot to an aura of magnetic positivity that a person possesses, the principled values stood for and the visions dreamt of passionately and the dare to see them happening. Remember, the scene where Rio Olympic silver medallist, shuttler

P V Sindhu, in all humility and rare dignity, went across to the sobbing Carolina Marin, gently hugged her and lifted her, showing a rare-to-find sportsman spirit? There and then, she stole countless hearts whose eyes shed tears of pride and this act of hers will forever remain etched in the minds of all spectators, in all countries, all across the globe.



Self-respecting, indomitable determination and empathy in ample measure is almost always a remarkable feature of glamorous people, which then, spreads all around vibrantly. Everybody knows Nita Ambani, a top business woman, who has never allowed herself to be shadowed by the richest man in India, who happens to be her husband. Who can forget the super danseuse, 80 years young, Vyjayanthimala Bali, who put many young artists to shame while performing at New Delhi recently? We all adore Sudha Murthy, the perfect combo of wisdom and compassion, who is going all the extra miles to give comfort to the needy and we can find many of the still-struggling-to-find-a-place artists in theatre and ramps truly glamorous.

At the grassroot level, we have Chhavi Rajawat, the first woman Sarpanch of a village at Jaipur, who has introduced rain water harvesting to the villagers. Following in her footsteps is Vasundhara Choudhary, who graces another village, Lilawali, again at Rajasthan, as its Sarpanch with a vision of imparting and improving education.



An integral part of today's social fabric where inequality is on the decline, the role of the seemingly weaker gender is no more restricted to the home boundaries. Glamour is mostly represented by the female gender, although personally, I feel that gender has nothing to do with any job well planned and meticulously executed. The picture of the self assured Arundhati Roy, the Booker prize winner and Mini Menon, a renowned name in the field of journalism who keeps us informed about

finance and business news comes to my mind, so do the pictures of classic, sensuous and divinely enigmatic enthrallers, Bharat Ratna awardees, the Nitingale of India, Lata Mangeshkar and M S Subbulakshmi. The name of Rukmini Devi Arundale, Founder of Kala Kshetra, today a deemed university under Kalakshetra Foundation at Chennai is remembered with awe as the gallant lady who was instrumental in getting the legislation of Prevention of Cruelty to Animals Act passed during her stint as member of the Rajya Sabha. What wars she braved!! These are some of those who are ever looked upon, ardently adored and emulated.



Women are innately blessed with charm that help to promote any idea, concept or fashion with more ease and grace. For that matter, when Hema Malini lends herself to patronize a certain company for drinking water, her glamour lends itself aesthetically to the product too. Magical treasure is struck. Voila!!

If I have to turn the clock backwards to pick women who have had the courage and exhibited the same, I see the role of Kunti, who tried to charm Karna to shift loyalty to Arjun with the only intention of preventing the catastrophic consequences of the Kurukshetra war. Ancient diplomacy!! Can then, Draupadi, the undisputed glamour queen of the Mahabaharat be left



behind? She was a mere pawn in the political hostility that flourished between the Pandavas and the Kauravas. An epitome of classic glamour, she turned to all the so-called chivalorous and virtuous men present for protection, when she was being openly rebuked and her dignity was at stake. These men, five of them her husbands, remained so blind, mute and meek onlookers that Divine grace had to be finally showered on her. That was the moment of beckoning for her. She decided to become the catalyst for the destruction of evil and ended by metamorphosing as the prime reason for the war between them. God had to use a woman, a glamorous one at that!! A sloka from the Bhagwad Gita comes to mind...

'YADA YADA HI DHARMASYA , GLANIR BHAVATI BHARATA, ABHYUTHANAM ADHARMASYA , TADATMANAM SRJAMYAHAM...'

In the world of glamour which is predominantly female oriented, we find women playing profound roles, be it in the medium of Television or high-end fashion ramps or the dazzling and dynamic world

of theatre and films. The glamour icons of Hindi Film world would be the likes of Madhubala, with her oozing potions of magic and style, the classy Jaya Bachchan in her meek and chirpy portrayals, or the latest glamour sensation with immense talent, Kangna Raut. The roles portrayed by these film heroines show how truly the role of the so-called weaker gender is increasing in significant measure. In the field of sports, PV Sindhu presented her master reflexes and fluidity on the court, almost taming her opponent and stunned the audience with her brilliant and mesmerizing strokes. Innumerable days of perseverance and discipline finally paid off. A legacy had been created! That is glamour- in- action.



If I have to talk of spiritual glamour, the names of Sarda Devi, the spiritual consort of Sri Ramkrishna Paramhansa and Mirabai, the divine epitome of righteous love and true renunciation flashes instantly. Mirabai, the saint, had voluntarily renounced all worldly attachments to remain fully soaked in benign bliss. This arena dictates paramount discipline, taming of senses, achieving of even-mindedness and practicing stern spiritual practices in testing conditions, for the ambrosia is reserved for a deserving few!

Recently, Laxmi, an acid attack survivor dared to walk at an International charity fashion show where only looks dominate. Can one imagine what agony she had to undergo, enduring pain in silence, day in and day out, deciding each passing day to come out of the trauma? The guts, the agony, the faith, the challenge, the rebukes, all highlight the mud she is made of. This is true glamour for me.

Even in the world of high-maintenance, low-returns modelling, the models whip and tame their taste buds to chisel their bodies to superfine standards. In an avenue where opportunity to fame knocks with a pre-announced short shelf life, these artists endure a lot to stay slim and fit.



This, then, is glamour for us. The spirit of fortitude, dignity, tenderness, compassion, scientific temper, sensibility, refinement, class, beauty, charisma and confidence. These women have visions, missions and all the courage and conviction to carry the weight of their goals and see them materializing, ultimately leaving behind substantial benefits of permanent nature to mankind and setting a role model for others to emulate. I also salute all mothers in general and Indian mothers, in particular, who are big achievers and whose silent contribution, over the years can just not be ignored.

Glamour and woman have been and are eternally intertwined, only with their contribution receiving all the attention that had been overshadowed by masculinity, till very recently. The woman leads, and left with no choice, glamour meekly entwines her!!!

 Smt. Sharada Narasimha W/o DIG NV Narasimha PD (Logistics), CGHQ

WE CAN BUY OUR OWN TIFFANY'S

Today a woman's stand in society is better than ever before. These women (belonging to the glamour world) are making a mark for themselves in the society as a messiah for all the little girls who dream bigger than their sizes. These women are strong, independent bread winners who are silently voicing feminism (a word filled with thunder). They are trying to make society better for their fellow gender mates. She's voicing her demands. She's not frightened anymore by the term "what people would think" and she wants every growing girl to realize that.

These glamorous women make us believe that we are our own person and can achieve whatever we set our mind & heart too that we have the strength to fight the social pariah.

She's at the helm of decision making. She's leading nations, companies, governments, financial institutions. Today a woman holds the highest power in both WORLD BANK AND IMF. These girls got an Olympic Medal for our nation. The banking sector is sprawling with women CEO's. Paramilitary forces are executing their very first batches of women in combat. Our female actresses have started earning more than their male counterparts.

Today the dynamics of being a woman has changed. She is earning on her own, living on her own, buying her own diamonds, flying on her own without any rope to harness her. We young girls don't see any other way of living. We see a future, where we are glamorous in our own way, in our own skin.

- Somya Sahni D/o DIG Sudhir Sahni CHGQ



A KISS THAT MEANT A LOT

My father worked seven days a week, and my mother was always cleaning, cooking and doing laundry. They both came from undemonstrative families with parents who never showed any affection and never told them they were loved. So, of course, this explains why they didn't know how to give affection or express it in words.

My life changed at age 12 when I stayed overnight at a friend's house. Her mother kissed us both goodnight and tucked us in. That did it. I was so moved by that loving gesture I couldn't sleep. I thought, "This is the way it is supposed to be." When I left, I was angry at my own parents for a while, but I couldn't hold it against Mom and Papa for the way they were.

This is what I did to reverse the process: I began kissing my mother so often that I got her to laugh about it. I married at 19 and had one child when I was 25. I kissed her until her little cheeks were red. When I talked to my mother on the telephone, I would say, "I love you, Mom." After a while, she finally said, "I love you too." I'd never heard her say that before.

After a few weeks, when I'd go to see Mom, she would say, "Where's my kiss?" When it was time for me to leave, she'd say, "I love you. You know that, don't you?" I cherish the many letters from her saying, "I love you."

I hope it's never too late to change, and I promise you, it works.

- Mrs. Payel Paramanick W/o Debasish Paramanick Adh (RO)



A PLACE FOR ME

It is a lovely early morning, I need an island in the sea,

> Away from you Away from me,

Beyond the world that we live in....
Under skies of shining stars,

Away from light & Noisy cars.....

Above the egos and the stress,

Beyond the world of which we made a mess,

A place for me, a place for you.....

An earth that's green, a sky that's blue,

A place for me A place for you, An open sky & light blue sea,
Above the waves,
Above the winds,
Above the world,
That we live in.....

Just above the trees & birds,
And above the world below,
A place I can't describe in words.....
I need an island in the sea,

Away from me Away from you....

- Dy Comdt Shweta Amit Vikram CGHQ



SILENCE

Universally acknowledged the victor In the silent recesses of our subconscious, Yet undermine not, in solemn ignorance The irrepressible, dormant power of silence!

Blossoms a rose bud to a beauty unmatched in fragrance! A tiny seed is inherently a might tree! A larva is a colourful feast to eyes! All in silence!

An egg to a li'l being in womb, It learns by mere two senses As adult, picks up thoughts from the ether, All in silence!

Lines of heart spring forth
As do soul-stirring notes,
Hands on art, minds on ideas-magic are created!
All in silence!

Now day and now night Swift movement of seasons too; Splashes of changes all over! All in silence!

Time the unvanquished tyrant, moves on As do depart our loved ones On onward journey, gifting a permanent echoing silence, All in silence!

Each to his own battle, strictly Unravel his intricate karmic bonds; Knotty enough to elicit the right choice, All in silence!

The nature, nay the entire cosmos Reverberate to the original sound, Join in this universal 'Joie de vivre' All in silence!

Silence conveys where verbose fails, Prayers are repeatedly answered in silence, O! man success is all yours; Just attune to the eternal force of silence, silently



 Smt. Sharada Narasimha W/o DIG NV Narasimha PD (Logistics), CGHQ

TESTIMONIALS TO CGWWA

...acts as a lifeline for the families

...contributes to confidence building and self-reliance

...nurtures abilities and aspirations

...imperative that Tatrakshika's own growth should continue unabated "Great oaks from acorns grow, "aptly describes the growth of the Coast Guard ...Urmi is a canvas where one gets to paint her imagination freely

...Urmi is a tribute to the resplendent sprit of CGWWA

...continuously touches on the social realm which is a vital element of an enriching life

...forum for sharing, learning, caring, and giving
...forum by which we as one family, uphold our greatest treasure-dignity,
Integrity, sense of belonging, and women empowerment
...support system which enables our husbands to answer the toughest call of duty with
equanimity

...unique opportunity to participate, learns, develop, and contribute meaningfully towards our community and their well-being

 \ldots a niche platform to present talent and try new ventures without any fear

...contributes considerably to the cohesion of our...growing service

...phenomenal way to connect with the entire Coast Guard fraternity

...support mechanism [which] is always around to lend a helping hand

- DIG AA Hebbar CHGQ



WOMAN, YOU ARE FESTIVAL!

Gods, lamps, rituals and light Clothes, food, prayers and sweet Bringing new hope and joy Something old there says bye

Festivals are not outside take a journey now inside We clean our home, wear new dress Invoke gods for all goodness

Thousand reasons don't we have To rejoice with life and self? How blessed is womanhood! Words don't say enough good.

Take a broom to begin with clean rooms of house within

Health is wealth all we know How really rich are we now? Money is life, don't we think? How much peace does it buy?

Jealousy is feminine, The whole world thinks Thoughts are medicine Let's make it sink

Curious being we truly are
We discuss things, not people
Kindness suit that we wear



Empowered hearts never take Any backward steps to escape No is a no, Spade is a spade Life is light, just be glad

Fashion is not what we cover It's a journey within to discover Modern thoughts take some time The world is slow to proclaim

Swinging life goes to and fro Joys and tears, come and go Life is simple, be easy Open the doors, feel breezy

Clean is your house, from within Feel the peace with a wide grin

Light up the home with a smile Darkness goes away a mile It's human to err or nod Life is not that much flawed

Bye Bye ignorance, never be back Hello dear knowledge, give me a hug Coming to senses, one fine day A new celebration on its way

Woman, you are a festival Take pride in your self

Celebrate your self Celebrate yourself, your beauty Festival is you, make merry duly

Mrs. Jayshree Vijay (Kiddy)
 W/o Comdt (JG) V Vijay

INTERNET DETOX

Technology is a boon to the society, if utilized wisely and judiciously. One such technology which came in being into last century is the Internet which has revolutionized the world. It has brought two people from two distant places on the earth together for networking and sharing ideas. Earlier one was required to have a PC or laptop to access the internet due to which the usage in our country was limited and the services were also not up to the mark. However, with the advent of 21st century, globalization, availability to latest technology and affordability of smart phones have made internet accessible to common people. Online shopping, Social Networking, Online Banking, Bill payment and online reservations are the few things which a person can do on the go on his smart phone.

As far as India is concerned, the growth of the internet is still much slower and quality is much inferior to some contries like South Korea which are inferior to India in terms of internet access. There are some other countries which are inferior to India in terms of GDP like Myanmar and Maldives but superior in terms of access to Internet. India has a lot of scope for improvement but at the same time India has to be well prepared for the ill effects of access to superior technology.

It has been observed that Internet is affecting people just like alcohol/tobacco dependency syndrome. The people have confined their world to Internet. It has also been observed that members of the same family staying under the same roof are so busy on Internet over their smart phones that they do not have time for each other. This ill effect of Internet is growing at faster pace than the technology itself. This dependency on Internet is not only affecting relations but also affecting the health of the people.

People in South Korea and other developed countries like Great Britain have resorted to Net detoxication camps to get rid of this habit. The event management companies are organizing these kinds of rehabilitation camps where the parents are enrolling their wards. The person who enrolls in these camps is not allowed to keep his mobile, there is no access to computer, internet or television to him/her for 01-02 months. These person are asked to mingle with other person in the camp, make friends and carry out team activities assigned to them on daily basis.

People who have successfully completed these camps have revealed that prior to enrolling for the camp, they could not have imagined their lives without Internet but after completion of the camp they have realized that Internet is not everything.



Therefore, it is concluded that technology is a boon for the human race but one should not be addicted to it. Further, relations, friends and health should be give due importance over everything else.

- Commandant (JG) D Pandey ICGS Rajshree

SLEEP - RESTORATIVE OF TIRED BODY AND MIND

Sleep is one of nature's greatest inventions and blessings of life. It is a periodic rest of the body which is absolutely essential for its efficient functioning. It has been called "most cheering restorative of tired bodies." Sleep is the indispensable condition to the recuperation of energy. We go to bed fatigued and get up refreshed. Sleep repairs the wear and tear of the body and mind incurred during waking hours. Nothing is so restorative to the nerves as sound and uninterrupted sleep. Sleep is thus a vital element in a total way of life. It is a basic need in man's mental as well as physical life.

During sleep temperature is from 10 to 15 per cent below the basal level. The mechanism regulating the body temperature is less sensitive than in the waking state and are depressed by 0.5 to 1.0 degree F. The rate of heartbeat is reduced by 10 to 30 beats per minute and a decline in blood pressure of about 20 mm occurs in quiet, restful sleep. The urine volume is considerably reduced, but its concentration in solids is increased. The tone of all the skeletal muscles is lessened. The eyes are usually rolled upward and the pupils constricted. Loss of sleep exerts seriously detrimental effects upon the nervous system.

<u>Sleep versus rest</u>. For correct living, it is essential to differentiate between sleep and rest. At rest the body is disturbed by all exterior noises. But in sleep it is screened from them by partial loss of consciousness and also by what is called "dream protection." One useful purpose of the dream is to convert outside noises that might awake the sleeping person, into fantasies that do not disturb him. During rest the limbs are normal, but in sleep they swell. Blood flows from the brain, distends the arteries, and makes the limbs bigger. In sleep more muscles are relaxed than in rest, though the sleeping person changes his position about 35 times in one night, without knowing it. Many organs which work during rest suspend their activities in sleep. Thus the recouping value of sleep is much more than that of rest or simple lying down.

<u>Duration</u>. Another mystery about sleep is that no two persons need the same amount of sleep. Women sleep from 45 minutes to one hour more than men. The amount of sleep required varies at different ages as follows:-

(a) New Born: 18 to 20 hours

(b) Growing children :10 to 12 hours

(c) Adults: 6 to 9 hours

(d) Aged persons : 5 to 7 hours

The depth of ordinary restful sleep fluctuates throughout the sleep. In most adults, sleep deepens through the first hour, after which it lightens rather sharply and then more gradually until morning or until the usual time of wakening. In growing children, however, sleep deepens a second time for a little while. Two hours before and two hours after midnight is the most valuable for sleep of all the twenty-four hours of the day. In these four hours, mental and physical vigour are at their lowest ebb and sleep is soundest and most natural.

<u>Sleeping positions</u>. There are many theories about good and bad sleeping positions. Practically everyone changes positions several times during sleep. Hence how one starts out is of no consequence. It is a good thing we do turn about in our beds. If we did not, we would awake in the morning stiff, having maintained the same position all night. For proper sleep, however, one should not sleep on one's back but on the side with one or both



legs brought well up and the head and the shoulder slightly forward. The sleeping place should be well ventilated, with balanced temperature and free from noises. The bed should be neither too hard nor too soft, but comfortable. The pillow should not be too hard or too high. The bed clothes should be loose-fitting and light colored. Another important rule is not to have heavy food shortly before bed time.

- RK Rajan Adh ICGS C-146

TENSION - THE HEAT WITHIN

The moment you are in tension You will lose your attention Then you are in total confusion And there enters a feeling of irritation This may spoil your relations Ultimately you won't get cooperation Things get into complication And you may have to exercise caution Along with a lot of meditation Why not try understanding the situation And come up with solution Many problems will be solved by discussion This will work out better in your profession Don't think this a free suggestion It is only that cure is not better than prevention If you understand my intention You will never came again and enter the zone of tension



- Ritesh Kumar Nvk (Wtr) ICGS Arnvesh

FOUR WAYS OF LEARNING

Learning is a continuous process. We begin to learn from our childhood and continue to learn throughout our lives. Learning takes place generally in any of the following four ways:









Being Told

Trial and Error

Imitation

Thinking

<u>Being Told.</u> Learning takes place by receiving direct instruction, either orally, or in writing. Following are some examples of learning situations of Being Told: -

- (a) A learner learns to fill up a leave application form, on being told.
- (b) A learner learns to wear his peak cap correctly on being told.
- (c) A learner learns to use a telephone by following written / verbal instructions.

When one analyses the process of Learning by 'Being Told', the following points emerge: -

- (i) The LEARNER has little or no information on the subject, must want to learn the information, and accept the teacher/guide/coach as a provider of it.
- (ii) The teacher/guide/coach must know the information, be able to communicate it effectively and be trustworthy to the LEARNER.
- (iii) An instructional session must be created which gives the LEARNER, the opportunity to learn.

(This requires preparation, effective presentation, and a sufficient amount of time for learning to take place.)

<u>Trial & Error.</u> Learning takes place by trying for oneself. It is useful in learning skills. LEARNERs learn by attempting to do something. If they do it correctly, they feel happy and do it again. LEARNERs get motivated to repeat their performance and learning takes place. Even if they attempt to do something and fail, they learn from their failure.

Following are some examples of learning by 'Trial &Error':

- (a) Learning to assemble a small electrical circuit.
- (b) Learning to write a computer program.
- (c) Learning to hit the bull of target using a pistol.
- (c) Learning to surf on a 'Wind Surfing Board'.

When one analyses the process of Learning by 'Trial & Error', the following points emerge: -

- (i) Trial and error learning situations should be so designed that the LEARNER has a good chance of making successful attempts, leading to positive reinforcement.
- (ii) Learning events leading to probable failure should usually be avoided. Frequent errors lead to a lowering of confidence and develop reluctance to attempt further trial and error.
- (iii) However, the learning situation should cater for one or two failure attempts. This would allow the LEARNER to learn from what went wrong.
- (iv) The LEARNER should feel a sense of security. He or she should feel confident that if the attempt results in failure, it would lead to nothing other than friendly advice.

<u>Imitation.</u> In imitation, learning takes place by copying the actions of another learner, usually an instructor or a skilled learner.

Following are some examples of learning by imitation:-

- (a) Learning of correct method of driving.
- (b) Learning of correct method of pulling abo
- (c) A baby learning to eat with a spoon by observing others.

Learning situations by way of Imitation must be created keeping the following points in mind: -

- (a) A good model performance should be available so that the LEARNER can imitate it.
- (b) The learning event should permit accurate and complete observation by the LEARNER.
- (c) As far as possible, LEARNERs should not be exposed to bad models. If this cannot be avoided, then efforts must be made for positive learning from bad examples and the results of bad performance should be brought out.
- (d) Trying to change the work behaviour of one member of a group is almost bound to end in failure. It is usually far more effective to train the whole group together.

<u>Thinking.</u> Learning can take place when a LEARNER is encouraged to think about a situation or experience and reflect the same in learning terms. Learning takes place by organizing one's thoughts about a topic or problem to arrive at an explanation or solution.

Some of the examples of Learning by Thinking are as follows:-

- (a) Solution to complex problems in mathematics or science.
- (b) Learning to solve tactical problems/exercises.
- (c) Learning to solve analytical problems.

Following are the factors to be taken into account for creating learning situations by thinking: -

- (a) The maturity and experience of the LEARNERs, relative to the thinking required.
- (b) The teacher/guide/coach should adopt an advisory, counseling role.

- (c) The teacher/guide/coach must encourage LEARNER-centered learning and avoid imposing learneral solutions to the problems posed by the situation. teacher/guide/coach
- (d) The more complex the situation, the less likely it is for there to be a simple, definitive answer.
- (e) Thinking is a very learneral activity and the time needed to reach a solution to a problem will vary considerably within a group of LEARNERs.
- (f) If there is a straight forward, definitive, solution to a problem it is usually far more appropriate simply to tell the LEARNERs.

- B Singh U/Adh ICGS C-146

TECHNOLOGY - BOON OR BANE

Technology today is an integral part of life. Rapid advancements in the field has increased the pace of life, effectively coordinating reality with imagination. In other words we virtually move with our thoughts and as we look ahead, today's technology becomes out dated tomorrow. Technology innovations have ensured maximum customer satisfaction in a demanding market environment. Rapid changes in marketing strategies through technological innovations have caused traditional markets to face business crisis as their overheads exceed income. High rentals have to be compensated by them through unrealistic pricing. Consumers accessing bank account, railway, air, bus and even movie bookings have long since overtaken human intervention.

The move today is towards paperless functioning and reduction of cash transactions cutting of costs, preventing tax evasion and ensuring financial safety. Public examinations for schools, universities and even job offers are conducted and evaluated online with early announcement of result. Public and private departments, financial institutions and business enterprises have turned tech savvy. Even security forces, intelligence agencies and the local police access computers for investigations and data processing. However, while all the above technological achievements deserve accolades and reflect on our scientific capabilities, we forget the loss of human touch. How often do we socially interact? A generation ago people met to exchange pleasantries and shared views. Life move at a slower pace but more qualitatively. Today, people meet and chat over internet with total strangers whom they are never likely to meet in person. Family interactions, as had been known earlier, are no longer in vogue at the traditional dining room at home but characterized by distant correspondence across the globe



with visitors proving to be more of a nuisance than a welcome presence under such circumstances.

The mobile phone in the pocket today is as important as the shirt on the body. In the absence of the mobile phone, life appears insecure. They are not mere instruments for conversation but also gadgets

for photography, tapping of conversation and storage of information both at home and office. This may also be an intrusion of privacy and a hindrance of exchange of confidential information whether at home or office. It may also prove to be a security hazard. Some institutions today prohibit the use of a mobile phones within their premises for such reasons. The loss of misplacement of a mobile phone create a panic which was absent yesterday when the brain took care of storage of memory and timely delivery of output without SIM cards.

Technology has thus, combined innovation with tension. A debit card or credit card may prove handy for a commercial transaction but careless handling may work to the detriment of the card holder. Export hackers may read through the magnetic strip of your ARM card or even in the case of lesser mortals misuse a recorded or disclosed PIN. The loss of a credit card may pose even greater problems for



the card holder as unlimited transactions are put through on a lost card by fraudsters. A Failure to close the transaction may also leak out information at an ATM outlet to the detriment of the account holder. Technology works both ways as intelligent criminals circumvent loopholes in safety of transaction which necessitates technologists to continuously stay on their toes. Today invigilators at school, collage and board examinations also have to prevent use of electronic gadgets for unfair means.

I however do not wish to be called a pessimist but I am only being realistic. Technological development and innovation are welcome to modern society but there are always two sides to a coin. Roads may be smooth but accidents do take place. So please permit me to listen to the music on my mobile for time being and mentally relax before I attend to it.

- Asst Comdt Sonam Pradhan ICGS Rajshree



REGION (NORTH EAST)

















REGION (NORTH EAST)















COAST GUARD - 'A WAY OF LIFE'

Life in Coast Guard is engaging, challenging and adventurous as sometimes we are on ship or posted in establishments. From saving human lives at sea and assisting fishermen in peril, to apprehending poachers and preserving marine biodiversity, job satisfaction comes easy to a member of the coast guard. Each day at sea is filled with promise, and each mission is different in an inimitable way. In the past three decades the organisation has expanded, consolidated and emerged as one of the leading law enforcement agencies of our country. Moreover, Indian Coast Guard is regarded as one of the finest Coast Guards of the world. In a nutshell, it has carved a niche for itself both at the national and international forum.

The Coast Guard not just provides us with a quality life, but also brings us face to face with a plethora of adventurous moments, each of which can be a treasure for the rest of our lives. The service is all about facing situations, whether performing search and rescue, encountering pirates or going on humanitarian missions. We have to rise up to difficult challenges and battle with life and death - all this amidst great expectations. Life in the Coast Guard is also about rising above individual aspirations, forgetting differences and working as a team towards a common goal. It calls for great leadership skills and fosters the spirit of camaraderie which shall stand in good stead in any walk of life. We get posted to various places - islands, bays and remote coastal towns. We come in contact with a wide diversity of flora and fauna, heritage, cuisines, people and cultures that provide lateral education to our children and families. Such a kind of living makes us truly cosmopolitan. As time passes, the distinction of race, caste and creed disappears and we assume truly homogeneous identities. In a country like India with its diversities, we get to see National Integration at its best.

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



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

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

- Ratheesh, U/Nvk DHQ-4, Kochi

ABSORBING KNOWLEDGE/WISDOM FROM THE COAST GUARD WAY OF LIFE

1. The value of discipline in day to day life.

The Indian Coast Guard places a really high value on discipline and the importance of routine. Planning things out and doing them at the same time everyday not only helps them stay on schedule, it actually makes them more efficient at what they do.

2. That practicing "Unity in Diversity" isn't a big deal at all.

Bravery has no religion, caste or colour. The Indian Coast Guard is shining examples of equal opportunity and brotherhood.

3. The real meaning of friendship.

A lot has been said about the deep bond soldiers share with each other. The kind of camaraderie one sees in the Coast Guard is something we all should try to emulate in our lives.

4. To always have a thirst for adventure.

The forces have always encouraged adventure activities like sky-diving, para-sailing, camps, bike rally etc. A little adrenaline every now and then will keep you young.

5. To strive for a well rounded personality.

In Coast Guard Training Centre and other Defence training institutions, young officers in training are encouraged to choose from a whole host of activities like sailing, boxing, polo, astronomy, music and many others. The point is to turn them into well rounded individuals with a wide range of interests and hobbies.

6. The determination to achieve your goals.

One thing that truly makes mariners stand apart is their ability to achieve their goals, even fighting against incredible odds. Indian Coast Guard is a force which is awaited by challenges in day to day operations.

7. How to be selfless.

The Indian Coast Guard is an organization which has its motto "We Protect". "The safety, honor, and welfare of your country comes first, always and every time. The honor, comfort and safety of the man you command come next. Your own ease, comfort & safety comes last, always and every time."

8. To believe in your team and in your organization.

When you believe in something, it becomes easier to give it you all. The members of the Indian Coast Guard are characterized by a steadfast belief in their cause and untied by the love for their country.

9. To understand what patriotism actually means.

There is a difference between being patriotic and being jingoistic. Many people think that being patriotic simply means hating Pakistan or China. But the people who serve in the forces didn't join because of hate. They joined because of love; love for their own country and save human life whenever there is any distress at sea.

10. To always have a positive attitude.

The men who protect our borders have this knack of being really hard to de-motivate. They tend to see the best in the worst situations. Even when the chips are down, they never leave a chance to celebrate.

- Asst Comdt Dhanesh. R

AMBITION WITHOUT HOPE IS A BIRD WITHOUT WINGS

Every one in this world has an aim in one's life, but it can't be achieved if one doesn't have hope and that's why it is said that "Ambition Without Hope Is A Bird Without Wings". Without ambition, it doesn't matter how smart you are - as it is the driving force that makes our intelligence actually useful. Ambition is equivalent to happiness and we can achieve our aim with combination of hard work and our abilities.

In today's world, the majority of us, strongly believes that achieving aim in life is purely guaranteed only through an impressive formal education. In other words, having a degree from an educational institution bestowed on a person, would mean that this person would most likely be successful when compared to someone else who either refused to or did not have the possibility to follow such commonly used path. Achieving success, as Robin Williams once implied, knows that you've contributed a verse to this life which goes on for generations even after you die. In other words, to me, it does not matter which path one takes, as long as that person has contributed something meaningful to society that can be said to be his legacy. As a result, that person, to me, would be considered to be one of the few to achieve true success.

Ambition gives us the strength of direction in life. My aim in life was to become a defence officer to render valuable service to our country. My second aim in life is to represent India in Olympics and I still have hope that I will achieve it. I have achieved my first aim and I am proud of it and soon I will be



achieving my second goal. Ambition is the drive that pushes someone forward and if they stumble, and fall, the energy to pick oneself back up and then be more determined than ever what they are after. There are different types of ambition and the ways they can be applied are abundant. It's just never losing hope in achieving in what you are after.

- Asst Comdt Kanchan DHQ-4, Kochi

IMPORTANCE OF DISCIPLINE

First of all, what do we mean by "Discipline"? I would say that discipline means "Controlling one's behavior" why would one want to control one's behavior? The reasons are obvious. We live in this world with many other people, each one unique and different. In order to live together harmoniously we must have some sort of etiquettes guiding our social behavior. Without these, we would differ so much that there would be chaos and we would not be able to live together at all.

However, too much discipline can become inhibitive to the point that our creative energy does not fine any outlet. This can cause more problem than solving some. It cannot be denied that discipline is of utmost importance in school. Unfortunately, discipline enforced blindly often does more harm than good (for example: is that of our uniform. White shoes are compulsory, but what harm does a stripe of red and blue on the side of the shoe do. I have seen shoes being confiscated for exhibiting these "offensive" stripes. To me, the stripes actually make the shoes more attractive. To the school authorities the stripes cause gamers pain. They are being neurotic this confiscation of shoes is abuse of power, of discipline pushed to extremes. No wonder there are some of us who despise the school)

By far, the most important disciplinary factor at home is love and care shown by members of the family for one another discard the need for other forms of discipline. Love and care also bring the family together, reducing all types of disharmony to zero. A family devoid of love is doomed to break up. Sooner or later no amount of disciplinary action can prevent it.

It would be nice if school shows some genuine love and care alongwith discipline. I am not saying that there is none. We could do this more. However, it is not so easy because the school has so many people, this is the difficulty. Someday, may be we would reach some kind of mutual understating on this matter. Till then we will have to do with our present rules and regulations. How so ever undesirable they may be sometimes, they are for our better.

- Upendra Nayak Nvk CGAE(PBR)



IMPORTANCE OF AROMA OIL ON OUR DAILY LIFE

Aroma oils also called essential oils have been used for thousands of years in various cultures for medicinal and health purposes. Essential oils' uses range from aromatherapy, household cleaning products personal beauty care and natural medicine treatments.

The particles in essential oils come from distilling or extracting the different parts of plants, including the flowers, leaves, bark, root and peels.

Aromas enhance physical and psychological well-being. Aromas affect nervous system, promote brain functions. Main benefits of aromatherapy are pain relief, mood altering and increased cognitive function. We can use aromatherapy as a complementary therapy. Aroma oils can be used by three methods:-

- 1. Aerial diffusion
- 2. Topical Application (applied on skin)
- 3. Direct inhalation

Each essential oil is complex, pleasant and unique scent activates the system, the brain centre of emotion and memory differently. Essential oils can be your key to a more fulfilling and balanced emotional life.



Some special effects:-

Lemon grass oil:- relieves stress, enhances once mood and helps in relaxation - Used in deodorants, skin care products. Its clean and calming aroma helps relieving stress and is very refreshing.

Citronella oil:- Insect repellent, antifungal, it prevents cold, fever and headache, relieves joint pain. It is antiseptic and used in many house hold products.

Rosemary oil:- This oil is taken from plants of mint for aromatherapy. It has ability to heal whole body especially delicate organs like liver, heart and brain. It is also used to treat indigestion. It improves memory, helps in learning and brings peaceful sleep. Adding 2-3 drops of rosemary oil in bathing water helps prevents urinary tract infections. Good for growth of good shiny hair.

Fennel oil:- It is supportive to healthy and digestive system. It energizes and balances. It is especially useful for the feeding of well-being during menstrual cycle. Very good for stomach ache.

Vertive oil or Khus:- It has an earthy anti-inflammatory (relieves swelling). It is the coolest of all. It soothes nerves and elevates once mood. Very good to fight scorching heat (summer).

Lavender oil:- Used in skin care products, soaps, deodorants. It is both stimulating as well as calming. A drop of lavender oil on pillow or bed sheets helps to induce restful sleep. It is antiseptic also.

Rose oil:- It is anti-depressant, laxative, nerve soothing, antiviral and antiseptic.



Mrs. Supriya Saxena
 W/o Dy Comdt RK Saxena
 841 SQN (CG) Daman

SOCIAL MEDIA

Most of the countries across the world call Media as the fourth pillar of democracy. Many of the emotions of the democratic nation are expressed through media. In today's world this pillar is supported by the social media to a great extent, which is supported mainly by Technology for the general public that may not be able to access the main stream media as easily. Social media has become a means of expression for almost all issues existent in the society today.

Social media in general includes all the means of mass communication that are used by the public in general to interact with the rest of the society. Whether it be the more popular tools of social media such as Twitter, Face book and Google+ or be it the private forums which enable people with a common concern to interact with each other, social media is playing a great role in integrating the world as we know it.

The importance of social media can't be denied in the world where everyone is interested in becoming popular. Being a celebrity is no more localized to a few people in movies, sports or politics. Social media has given birth to a new category of celebrities called the social media celebrities. The people with unique talent or knowledge are no more in need of a major break so as to able to make the public listen to them. If you have the talent and social media on your side, any talent that is worthwhile can easily find its worth. One such example is of a toddler and her mother who recorded themselves singing a song form a Disney movie while in their car. The video did not only become viral on social media, it also made them celebrities overnight with over 4 million views in a few days. Given the degree of popularity that the common people can earn via social media, it is no surprise that the movie stars are leaving no stones unturned in using the same for connecting with their fans.

Another manner in which social media has greatly contributed in making our world a better place is by raising issues of social importance. So whether it is the breast cancer awareness campaign or the video of Alia Bhatt talking about girls' safety gone viral. Through the social media, the general public has started to talk about the issues that earlier made them uncomfortable or were never talked about. In this manner, social media has helped the society take a big step towards reality.



- Asst Comdt Ashutosh



WOMEN SHAPERS OF MODERN SOCIETY

Women's freedom:

Women have risen to great positions in various key sectors making a significant contribution to the global economy. More and more women are looking at newer opportunities to exhibit their abilities. However, in spite of the evident progress of women, there is a lot to be done for the uplift and emancipation of women. The startling and glaring incidents of women being dehumanized show that they still need to see the light of day.

Significance of women in society:

Women do play a very vital role in the society. A family, who educates their girls, educates the next generation. Girls mature into women who for the most part oversee learning in the home and at school. When girls do not receive a well-rounded education, they

cannot impart the same to their offspring. It is a simple, yet a profound truth. Woman of today needs to get her own identity because identity is the key for all human beings. It is imperative that a woman knows her strengths as well as her weaknesses so that she may be the best team member working cooperatively with all around her whether she is playing a game "at home" or "away".

Challenges tackling ability:

Women have always and will always be "working women". Women nurture on the home front as they have done throughout time, but now women are stepping outside of the home to contribute in corporate, educational, social service, medical, financial, and a varying and endless list of career paths. Women have played important role in the society. So many women have impacted today's society for the better. There is an endless list where many unsung women in various parts of our nation have changed lives and shaped destinies giving new direction to so many in the country. However, women have always had a challenging task to be in the forefront in a number of male-dominated sectors. Even though certain societal norms may not always be able to accommodate women in leadership, they have created opportunities for themselves to serve in the least likely places. Women definitely bring to the fore different skill sets as leaders with their multi-tasking, tremendous networking abilities.

Inspiration of women against society:

The highest priority for our country to grow during this time is to cling to the rich value system and ensure human dignity all through. India has such depth of diversity and every citizen has to uphold and support the aspirations of women that they live with dignity and reach their rightful place in society. Being a woman translates into hard work, determination and, quite naturally, comes with a calling from above to invest a lifetime into encouraging all those with whom a woman comes in contact. The woman is the foundation of the family and of society itself. Women today need to have faith in themselves and believe in their own God-given abilities and accept one's unique skills and talents learn to own them, and to use them fearlessly and contribute to the world. We have confidence in Isaiah, "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

- S Suresh, USE(ER) ICGS C-420

RELEVANCE AND ROLE OF FEMALE GENDER IN TODAYS GLAMOUR BIZ

<u>Introduction</u>. Our Indian sub-continent is gradually emerging as a powerful land since women began playing significant role for the development of the nation. Role of woman in modern India can be called as phenomenal. The transition of woman from the past to present is worth mentioning. Woman who once considered being the masters in the art of home making are now considered to be the forces that shape a country.

"The hand that rocks the cradle rules the world." - Albert Einstein

<u>Practical Status Of Indian Woman</u>. There was a time when women were just kitchen keepers and housekeepers in the Indian society. Gradually women began to get educated, even highly educated and a stage came when some of them came out on the social and political field to rub shoulder with the men folk in these fields. The freedom struggle of India was the opening up of the new horizon for womanhood in India. In modern India, women have adorned high offices including that of the President, Prime minister, Speaker of the Loksabha, etc.

"Let the women reach the sky which is the limit!"

The Changing Scenario. In those days women faced many social problems like Dowry, Child

Marriages, Death during Childbirth, Sati and many social problems but nowadays the status of women in India has been subject to many great changes over the past few millennia. The year 1995, was declared as the International Year for Women throughout the world. The women were made aware of their status and



place in society. Women are now no longer in slumber. They are awake and moving fast.

"The extension of women's rights is the basic principle of all social progress."

- Charles Fourier

<u>Performance of Women</u>. There is no arena, which remained unconquered by Indian women. The most important name in the category of women politicians of recent times is Mrs. Indira Gandhi. Kiran Majumdar Shaw is the richest Indian woman. Some of the notable and outstanding women who set examples for others are Mother Teresa, Kalpana Chawla, Kiran Bedi, Sarojini Naidu, etc. Indian women have mastered anything and everything which a woman can dream of. But she still has to go a long way to achieve equal status in the minds of Indian men.

"History looks different when the contributions of women are included."

- National Women's History Project

Role of Women in Modern India. The status of women in modern India is a sort of a paradox. The modern Indian women have honed their skills and jumped into a battlefield of life fighting against social restrictions, emotional ties, religious boundaries and cultural clutches. She can now be seen working on par with men in every field. As compared with past women in modern times have achieved a lot but in reality they have to still travel a long way. Their path is full of roadblocks. The women have left the

secured domain of their home and are now in the battlefield of life, fully armored with their talent. They must avail themselves of the educational opportunities provided and learn to empower themselves.

"Educate a man and you educate an individual. Educate a woman and you educate a family."
- A.Cripps

<u>Conclusion</u>. Development of our country depends on the empowerment of women. A man and a woman are like two wheels of a cart. The cart can move fast and safely too, when both of them pull it in the same direction and with equal strength. Hence no developing country or society can afford to ignore the role of women, if they are to progress.

"You can tell the condition of a nation by looking at the status of women"

- Jawaharlal Nehru.

- Sumshith MS Nvk (RO) ICGS IC -123

I AM A WOMAN

Yeah, I am an endangered species,
On this earth,
Because I am murdered,
Before my birth.

The whole country is discussing About my empowerment But I am not safe Even in my apartment.

Woman's court are being made,
To give me justice,
But from my childhood I am taught
To live with injustice.

Laws are being reformed

For my safety

But the real need is to reform

This male dominated society.



- Sandeep Kumar U/Nvk (AH)

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

Firstly I would like to tell what does body, mind and soul means. The body is the physical aspect of the human being. It consists of roughly 50 trillion cells which organize to form tissue, nerves, bones, and organs. The body expresses itself in the language of matter, atoms, particles, and molecules. The mind is the mental/emotional aspect of the human being. The mind processes thoughts and ideas as well as feelings and emotions. The mind is consciousness, memory, and imagination. The soul is a non-physical aspect of the human being. It is our personal and individuated expression of the divine or spirit. The soul is that part of us that have meaning and seeks answers to the great questions: Who am I? Why am I here? What is my purpose? The soul is eternal and communicates in the language of creative expression such as music, art, and poetry. The spirit is the vital force within all things. Spirit may be called God or Creator. It can also be called the Quantum field, the field, or the unmanifest. It is the indescribable organizing principle of the universe and its language is pure energy. The mind, body, soul are the components that, collectively, comprise and define our species. If we are sick or suffering, we must work holistically to completely heal. If we do not, we are missing the connection and in all likelihood will never reach our potential for wellness and vitality. If we do not consider the whole human being, we will most likely work to alleviate symptoms of a problem and never address the root cause.

When we talk about the human body, most of us refer to the physical form that we see in front of us. However, in reality, every person is made up of four bodies, all of which interrelate to one another and coexist in harmony. A disruption or imbalance between these bodies can lead to a number of health problems. Thus, it is necessary to understand how one body relates to another and how they can all be kept in perfect balance to live a healthy and happy life.

You can maintain a peaceful connection between the different aspects of your mind, body, emotions, and spirit, with the help of several easy practices. Few easy ways of balancing your life are:

Yoga – Involving strengthening and breathing exercises, yoga is a great way to find inner calm and balance between the four bodies.

Diet – A good diet is not only necessary for a healthy physical body. Sufficient intake of nutrition is necessary for the proper functioning of your mental capabilities as well.

Positive Thinking – Negative thoughts and feelings channel through your body, causing harmful effects. The power of positive thinking and its miraculous effects on the body cannot be ignored.

Herbal Remedies – What better way to find harmony than within nature itself? Herbal products can help you in staying calm and fit, allowing you to connect with you inner soul.

Meditation – get in touch with your spirit with the help of meditative techniques. They will help you in understanding your mental and spiritual body in a better way to provide positive effects.

Exercise – It is ideal to exercise every day as it can help in keeping the physical body healthy and fit.

- Vijay Kumar, U/Nvk, DHQ-4, Kochi

A SAILOR'S LIFE

"A silent sea shows its vastness", same is the life of its traveler i.e. a Sailor." In comparison a Sailor might be equivalent to a Constable in State Police, but his vast experience which he have seen during his sea life makes his job unique from other. People spend millions to get just a short experience of sea and its scenery, to see the marine life but discovering this silent truth of sea is our duty. "What a life time adventure for people is a daily routine for us."

A sailor has no home. The whole ocean is his home because a large part of his life he spends as sailing, anchoring etc. Except a sailor nobody has ever seen a glowing sky at night. Because due to pollution in cities we are not able to see all stars but the sky over ocean is pollution free, all the twinkling stars covers the black blanket of the sky.

Sea life gives a sailor the opportunity to introspect himself. The city life is full of noise and anxiety but a sailor attains peace from the silent sea. He takes lessons from the sea which has dual personality



one which is totally silent and flat but the other one is rough sea. Nobody can ever imagine such a vast change in character. A sailor sacrifices his family life to get the unique sea experience.

- SC Gaware Nvk (QA) ICGS Rani Abbakka

MY JOURNEY IN INDIAN COAST GUARD AS CIVILIAN STAFF

In our life, each and everyday is an experience of a new journey. It is an opportunity for progressing growth. I have been travelling so far intellectually with pleasure and learning lot many things in my career from the environment of Indian Coast Guard.

I started my career as a painter in 1999. Now, I have been elevated to the level of Store Keeper and further growth in my career is very bright.

When I was also one among the crowd, I have observed all day to day activities in the system of store management being followed here in the Coast Guard Store Depot, Chennai. That time, I used to think that if became a Store Keeper I would give my best as per knowledge gained from my civil studies Logistics Supply Chain Management (LSCM).

From that moment only, I started my studies in the area of logistics and supply chain management. I have earned so much of awesome knowledge in the field of LSCM, which is growing and progressing now, would be well established in the world by the year 2020.

Store management is an art of work with the objective of providing support to operational ship & units for offering uninterrupted services/functions.

My dreams came true now recently. It was not by accident or incidence, whereas, this is the result of well executed plan with the support of my entire team of Officers & Staff of CGSD Chennai.

Now, I have confidence to give my best service and to become an empowered career oriented woman in my life.

- Mrs. P Lakshmi Store Keeper

ON WOMAN

May God be praised for woman?

That gives up all her mind

A man may find in no man

A friendship of her kind,

That covers all he has brought

As with her flesh and bone,

Nor quarrels with a thought

Because it is not her own.

Though pedantry denies,
It's plain the Bible means
That Salomon grew wise
While talking with his queens;
Yet never could, although
They say he counted grass,
Count all the praises due
When Sheba was his lass,
When she the iron wrought, or
When from the smithy fire
It shuddered in the water:
Harshness of their desire
That made them stretch and yawn,
Pleasure that comes with sleep,
Shudder that made them one.

What else he give or keep God grant me_(no, not here)



- SP Yadav P/Nvk (R) ICGS Arnvesh

AMBITION WITHOUT HOPE IS A BIRD WITHOUT WINGS

"We should not give up and we should not allow the problem to defeat us":

Dr. APJ Abdul Kalam

Ambition without hope is not an impact effect on desire result or goal, for what we plan and execute. It is very important that ambition should be a fixed goal. We should not change the goal, only change the plan to achieve the same and for that, hope is paramount to get the desired result. "Nothing can stop the man with the right mental attitude from achieving his goal."

Ambition is the driving force that makes our **intelligence** actually useful. An ambition is an eager, and sometimes an inordinate desire for preferment, honor, superiority, power or attainment over something or someone else. To obtain object or goal that is immensely desired. It comes from the Middle English word "ambition" meaning an excessive desire for power, money or wealth. Ambition is something that everyone, no matter their age or cultural background, has instinctively. Through ambitious undertakings we can set goals and find ourselves and our god-given talents. Ambition can be a driving force for success, or in some cases a road to failure.

Hope helps us to live happy lives. We may not notice it, but hope is very important and truly matters. Without hope, life would be miserable. Without hope you would lead a boring, miserable life.

Hope is what leads you to interact with the world. Hope of succeeding is what leads you to go to college and get a job. How could one live without hope? In the darkness of life's hole, you are trapped in your own fear and worries unless you have hope. It is a refuge from fear and terror, a shield that blocks your fear or thought of unlikely odds as though it was a ray of light coming from never-ending darkness. Hope is an optimistic attitude of mind that is based on an expectation of positive outcomes related to events and circumstances in one's life or the world at large. Hope was defined as the perceived capability to derive pathways to desired goals, and motivate oneself via agency thinking to use those pathways. "To succeed in your mission, you must have single-minded devotion to your goal" and "without your involvement you can't succeed. With your involvement, you can't fail"

A person without any ambition is like a boat without rudder. There's no way he can reach the shore in spite of all his efforts and capabilities as he lacks the driving force needed to get him to his destiny. Different people have different ambitions. Some aim to become teachers, soldiers, artists, politicians, doctors, engineers etc. Some try to amass wealth and some run after the name and fame. There are others who aim to serve humanity. Whatever the ambition they hold, it makes them

independent of circumstances. They move ahead facing all the odds and difficulties that hinder their progress. Obstacles in the way will not lead them astray. Aspiring for great things in life is human tendency. The youth of today wants to scale the greater heights of success, if we dream for the stars; we will at least reach the moon. The greatest genius of the world can do nothing without that aspiration and will become as helpless and worthless as a bird whose wings have been cut



down to cease his ability to soar in the sky. "A man's worth is no greater than the worth of his ambitions."

There are many people not only in India but also in this world, especially the youth of underdeveloped countries, whose IQ level is better than many known achievers of the society, but they are nobody in the eyes of the society just because they lack right direction to channelize their intelligence and energy. They are actually aimless without any particular ambition to achieve and so their all talents are being wasted as they exist like birds without wings, which can never fly anywhere. One's motive is one's aim in life and a noble aim is the essence of life.

There is nothing that can stop us from achieving what we want in life. Our only obstacle is ourselves, and the extent of our ability to differentiate between a worthwhile and self-destructive goal. If you can imagine it, you can achieve it. If you can dream it, you can become it. Don't steal a vehicle, but use your own, and no matter what road you take, you will end up where you wanted to be.

- Raju Mukhopadhyay, Adhikari (RP) MRCC Mumbai

GREEN HOUSE EFFECT

Gone are the days when earth looked Green, full of bushes, trees and bees. the wind so pure, fresh and cool, with the flowers changing hues.

Now there is dust and smoke, for people to cough and choke.

So it is time we woke, and these conditions we should revoke.

Such things going unstopped, the sea will rip, tear and roar like a hungry leopard and flood mother earth causing pain and death.

So let's join hands to save mother earth, from all dust, trash and dirt. to make the earth a better place, and give mother earth comfort and solace.



- AK Gupta, Nvk (QA) ICGS Rani Avantibai

A PARADIGM SHIFT

"A woman is the full circle. Within her is the power to create, nurture and transform."

It was in the small port town of Paradip that I first interacted with the wives of CG personnel at close quarters. As I got to know them better I realized that most of them were extremely talented and knew how to manage their lives quite well. They were jacks of all trades and masters of some. These women knew what they wanted, understood that their lives with husbands being in the Coast Guard was a lonely one. The responsibilities were huge, from children to elderly being looked after, limited education for most of them being a mild handicap and of course the adjustments that come with each transfer pushing them to their limits. It's probably these factors that make them unite as one and also encourage them to learn various trades like tailoring, embroidery and jewellery making, which not only help in enhancing their creativity and self confidence but also can meet their incidental expenses if required.

I felt I had a lot to learn from them and was surprised when ladies approached me for spoken English classes. Wondering whether I would measure up to their expectations, I started my classes and was pleasantly surprised to have an enrolment of about 15 ladies. As classes progressed, I came to understand that my 'students' were more enthusiastic than a bunch of students of class 9 and 10, I had taught in school. They had a great zest for learning, playing games, activities and strictly followed the rules of speaking in 'English only' inside the classroom. Equally infectious



was their seriousness in preparing for tests and comparing marks. I found a group which wanted to relive or rather live the days that they had missed out when they were young and all it needed was a little bit of encouragement from my side. A child like curiosity and the will to learn lead my 'students' in staging a small English skit for CGWWA Milan.

It's been years since then, and I haven't had an opportunity to interact much with the ladies due to being posted at larger stations. However an invite for articles for Urmi from a range of topics kindled my interest, especially the one on 'the need to shift in focus of tatrakshika for serving its members better in the backdrop of changing cultural and educational standards of society'. It also came to my notice on discussing with friends that there were not too many takers for regular tailoring and beautician courses. What could be the reason?

I am sure every woman out there wants to get some more out of life. Learning different trades is



good but mastered only by a select few, so isn't it time that we explore other options which could give our tatrakshikas a better sense of self appreciation and self confidence to live their life with self-worth, respect and dignity?

Having experienced personally the spark for learning and the enthusiasm, to move out of mundane household chores, among these ladies I'm sure a little bit of innovation can revolutionise their lives.

CGWWA has been most supportive towards the cause

for woman empowerment in every field but probably there is a further need to focus more on self defense, health and fitness in today's scenario.



While art and culture are timeless, today's woman needs to defend herself from the atrocities of society and what better than introducing self defense courses for our women. It is extremely important to sensitize the women on the rising number of crimes around us and the need to learn self defense not only for themselves but also for their near and dear ones. A thought goes "The best protection any woman can have...is courage."

Another aspect which presents a challenge to each one of us is health. Most women are on their own when it comes to providing healthcare to children and looking after the elderly. Conducting first aid training camps with complete hands on training to attend to emergencies like fractures, burns, electric shocks and in some cases even heart attacks

can have a huge impact on the self confidence of individuals. These life skills can make a world of difference to our community. Bu giving these women the confidence that they can make a difference to someone's life by knowing the right way of doing things goes a long way in enhancing their self esteem.

Activities such as yoga and meditation are already a part of our system. Including team games, sports (indoor and outdoor) could also bring out a lot of hidden talent and pent up energy ensuring that our ladies are healthier and fitter. Team sports help develop friendship and improve relationships, they also help us appreciate different abilities of our team members and lead to an overall improvement in social interaction skills. Providing an infrastructure and sports equipment to encourage ladies to indulge in sports on a regular basis will help promote health, fitness and team spirit. Team activities (including walkathons) and sports can be conducted on a regular basis to lend exposure to women to learn new sports.

Our former president (late) Dr. Abdul Kalam said, "Where there is righteousness in the heart, there is beauty in the character. When there is beauty in the character, there is harmony in the home. When there is harmony in the home, there is order in the nation. When there is order in the nation, there is peace in the world."

To make the nation healthy happy and prosperous, we need to begin from our homes. Healthy, happy and righteous women are the backbones of their families. If the women in the families are happy and well informed, it will filter down to other members of the family. Healthy living coupled with courses on health and nutrition, personality development, and career counseling, can lend a complete makeover to the lives of our women.

There are numerous possibilities to enhance the lives of women around us, but for a beginning, promoting health and fitness as an absolute necessity should be a priority towards a healthy and happy Coast Guard community.

- Mrs. Annie Deepak W/o Comdt KR Deepak Kumar

REGION (A&N)

















REGION (A&N)

















AMBITION WITHOUT HOPE IS LIKE A BIRD WITHOUT WINGS

Many individuals are not satisfied with their position in life. I, for one, am not. I'd like to be more economically secure. I'd like to be more influential. I'd love to have a "bully pulpit," a platform through which I could share my thoughts and speak to a large number of people.

I'd like these things. I don't have them. I don't know that I ever will. But I aspire to them. My ambitions are directed towards these ends. And these ambitions provide me hope. Ambition without hope is like a bird without wings. So, for me, I believe this lack of satisfaction is healthy. I continue to aspire. I continue to believe that I'm growing and taking positive actions to lead me along.

While some look at successful people with envy, that envy may in some ways be misdirected. It doesn't take much effort to find examples of successful people who are miserable. Alcoholism, drug abuse, divorce and even mental disease seem all too often to go hand in hand with success.

Why does this phenomenon exist? Why do individuals who seem to have everything struggle so? Why do they seem to lose focus and purpose in the midst of, what looking in from the outside, appears to be success?

The reason is, or the reasons are, of course, never simple. However, one reason for many is that **they have lost the hope that resides within their ambition**. They have achieved their goal(s), and thus find themselves without directional purpose.

It is a bit like climbing a mountain. You dream about it. You plot your course, carefully choosing which face you will climb. You map out the particular trails you will use. You undertake all the preparations that will ultimately help you make it to the top.

After reaching the summit and making it back down safely, some are satisfied with their achievement and go on with their lives. Others choose another mountain and start all over again. Some, however, having achieved their goal, find themselves aimless. They reached their objective and find themselves with nothing to work toward.

For every Howard Hughes, there is someone like Donald Trump. Hughes was consumed by his success, spending the last part of his life as a drug-ridden recluse. Trump has made millions, gone broke and made millions again and again. He continues to have ambition. With his narcissistically fuelled ambition, he continues to have hope. Another hotel, airline, casino, office building, cheesy reality show and now the Presidency.

Without focus and a healthy self-awareness, the time spent while in route to your goals can be brutal. Individuals who are driven can be very critical of themselves along the way. I know I am. Periods of optimism can be interrupted with bouts of doubt and self-deprecation.

Sometimes you can go through long periods of time with no apparent signs of progress and, unfortunately for many, periods wherein your success reverses direction. It's difficult to remind yourself during these times that both progress and failure can take the form of character



development. Goals can lead to a direction in life. A direction in life can lead to purpose. And ambition along with its close hope can drive positive activity and small victories along the way to your primary objective.

A person with hope is a person with a healthy attitude toward life. Hope gives you something to live for. So don't lose your ambition. If you never achieve your ultimate objectives in life, continue to work toward them. Establish objectives between where you are and where you want to be so you can celebrate the successes along the way.

And if you do achieve your "ultimate objective" take time to celebrate and savor the success. Then come up with another one.

Jagbir Singh P/Nvk(RO)

RELEVENCE AND ROLE OF FEMALE IN TODAYS GLAMOUR BIZ

The centrality of gender equality, women's empowerment and the realization of women's rights in achieving sustainable development has been increasingly recognized in recent decades. Linking gender equality and sustainable development is important for several reasons.

First, it is a moral and ethical imperative to achieving gender equality and realizing the human rights, dignity and capabilities of diverse groups of women.

Second, it is critical to redress the disproportionate impact of economic, social and environmental shocks and stresses on women and girls, which undermine the enjoyment of their human rights and their vital roles in sustaining their families and communities.

Third and most significantly, it is important to build up women's agency and capabilities to create better synergies between gender equality and sustainable development outcomes. Women's knowledge, agency and collective action are central to finding, demonstrating and building more economically, socially and environmentally sustainable pathways to manage local landscapes, adapt to climate change, produce and access food, and secure sustainable water, sanitation and emergency services.

Today the female develop themselves more as the world population developed. They maintain



step to step to develop themselves in every field like media, industry, social and business. Chanda kochar, Sushmita Sen, Anurudhati Bhattacharya and many more female gives a role model for the next generation. Today the world salutes the female gender and accepts them.

- Nehal Das U/Nvk (P) ICGS Abhinav

URMI

Urmi, as they say
Taking things in my unique way
For which the world may sway
But I remain calm all my stay
Urmi, as they say

Literal meaning an ocean 'wave' Sometime gentle but may roar up brave

Giving unconditional love and support Basic foundation to hold the fort

Some may understand some may not We are bringing togetherness with a reef knot

Binding moral and ethics in every yarn That's the motto to live up with elan

Giving shoulder and matching the pace Certainly living with unflinching grace

Undertaking activities of humanity touch Enjoying every moment very much

Attending destitute with a mind of care Healthy lifestyle pattern we do share

With qualities as wide as ocean
We have attached our every emotion
To stand tall in all situation
Besides our spouse for a great nation

Urmi, as they say
Taking things in my unique way
For which the world may sway
But I remain calm all my stay
Urmi, as they say

TATRACSHIK

- Mrs. Manu Kharayat W/o Commandant (JG) RR Kharayat ICG ACV H-185

VICTIMS OF TECHNOLOGICAL ABUSE

Tonight I missed a shot with nostalgia because of myself.

I've become such a slave to my phone that the flashing colours in the sky could not, would not bother me.

Everything except for the device shining in my palms was blocked out like a voice I didn't want to hear in the first place, Except I DID want to hear it.

I want know about everything that is happening around me without burying my face so deeply into Google to find the answers I'm searching for.

Nothing ever happens to me because I'm too busy in the comfort of my own home, upon my own couch, on my own phone worrying about the next Facebook status and whether or not it will be entertaining or in need of a dose of an opinion that is my own.

I recognize that I have my own personal "cell"-mate that will follow me wherever I go as long as I don't forget it on my kitchen counter.

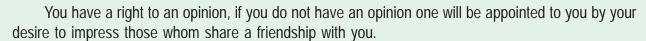
I am shackled to my cell phone.

It takes me in handcuffs daily, arresting me at my own free will.

A policeman of such small character, yet so many brains. And I already know my rights.

I already know my rights because I've researched them enough times with my mobile text book to have them memorized.

You have the right to post a status, anything you say can and will be taken out of context.



I am a servant to technology.

It's as though it is a part of my anatomy.

If it's not one item of electronics it's another and it has my full undivided attention.

As connected as we are, we have all become disconnected. No one talks anymore.

Word of mouth has become word of texting.

Important pieces of information are shared via the internet because it's easier to get it out there all at once instead of saying it multiple times.

I sadly succumb to every chime I am beckoned with as it demands I answer whomever has interrupted the surfing and scrolling and sharing and liking and commenting and posting...

I put my phone down in disbelief.

Now tell me, "What's on your mind?"

- KEM Mariyappan, Nvk(QA) IC-115(Beypore)



ALWAYS BE HAPPY

Whether we feel happy or unhappy is totally dependent upon each one of us. In a similar way, we cannot make others happy, as this choice is left to every individual. You can find joy in big as well as small things in life.

Only if we are joyful and happy, we can set a good example for the people, we come in contact, or our friends and families. The secret of feeling good is to feel good by a conscious effort. The better you feel, the more you get out of your life. If we want to be happy, contented and self –fulfilled, we must practice the same, like a surgeon, who attains excellence in his or her chosen field, only by practice and constantly doing the same procedure again and again.

Our happiness does not depend upon our possessions or the position we enjoy in our life. It depends upon how we think of ourselves and our life. Happiness lies in our thinking, working and living harmoniously with our values. It lies in convincing ourselves that we should expect the best out of everything, with a positive attitude.

The advantage of positive thinking is that a positive thinker will put behind failures and move to better and higher goals. On the contrary, a negative thinker will keep on imagining failures and why a thing cannot be done .This choice, as to how we will spend our lives, is available to each one of us.

SN Joshi, U/Adh, ICG DHQ-1

THE SILVER MOON

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

At time it's a ball Sometime it's a boat People call it a task To me it shines and gazes

I ask my papa
I want the moon
He ways study well
You will go there soon
It's a wonderful thought
I will grow up and became a navigator



- Shubham Kumar S/o - Manoj Kumar U/Adh, ICGS Jakhau

Na Tum Jano Na Hum!

Kyo Chalti ha pawan?

Because of uneven heating of polar & equatorial regions.

Kyon jhume hai gagan?

Because of earth's revolution.

Kyon machalta ha mann?

Because of excessive perspiration.

Na Tum Jano Na Hum

But you have all the reasons

Kyo aati ha bahar?

Because of change in seasons.

Kyo tutta hai karar?

Because of mind tension.

Kyo hota ha pyar?

Because of opposite charge attraction.

Na Tum Jano Na Hum

Kyon jhume har disha?

Because of poor sense of direction.

Kyon hota ha nasha?

Because of drug addiction.

Kyon aata ha mazza?

Because of knowledge explosion.

Na tum jano na hum.

But science give us all the information.

Science student, being an intellectual one would have not asked such silly questions.



- Pankaj Nvk (Wtr)

DOSA FOR WOMEN

INGREDIENTS

½ cup urad dal (split black lentils)

1 tsp fenugreek (methi) seeds

½ cup bajra (black millet) flour

½ cup jowar (white millet) flour

½ cup ragi (nachni/red millet) flour

½ cup whole wheat flour (gehun ka atta)

Salt to taste 3 tsp oil for cooking

PREPARATION



- 2. Drain well and blend in a mixer till smooth using approx. ¾ cup of water.
- 3. Transfer the mixture into a deep bowl, add the bajra flour, jowar flour, nachni flour, whole wheat flour, salt and approx. 1^{3/4} cups of water and mix very well using a whisk. Cover with a lid and keep aside to ferment overnight.
- 4. Next day, mix very well again.
- 5. Heat a non-stick tava (griddle), sprinkle a little water on the tava (griddle) and wipe it off gently using a muslin cloth.
- 6. Pour a ladleful of the batter on it and spread it in a circular motion to make a 200 mm. (8") diameter thin circle.
- 7. Smear ¼ tsp of oil over it and along the edges and cook on a medium flame till the dosa turns brown in colour and crisp from both the sides.
- 8. Fold over to make a semi-circle or a roll.
- 9. Repeat with the remaining batter to make more dosas.
- 10. Serve immediately with sambhar.



- B Sridhar USE (R) ICGS Kakinada

40 GLORIOUS YEARS OF TATRAKSHIKA

"A small Body of Determined Spirits fixed by unquenchable faith in their mission can alter the cause of History"

Mahatma Gandhi

Congratulations to all CGWWA members on accomplishing 40 successful years of functioning. It definitely makes each one of us proud and happy to see effective team spirit among our members and conveners of various committees. It is indeed an unforgettable pleasure for a mother to see her child growing from a new-born to an adult. A similar experience is felt on seeing this young and beautiful wing of the youngest Defence Services (CG) become what it is today.

As I sit to write about it on completion of its fourth decade, I feel it should be rightly called 40 years young, because in our present times, fruition starts at the helm of 40.

"Great Oaks from acorns grow", aptly describes the growth of the Coast Guard Wives Welfare Association (CGWWA), from an informal group of ladies to what it is today. The seeds of CGWWA were sown in Delhi in 1977 with the formation of interim Coast Guard within the Navy. However, it formally came into existence on 29 November, 1994 when it was registered as "Tatrakshika" and promulgated a constitution of its own. Since then CGWWA has grown into a multi-role organisation rendering yeoman service to its members. CGWWA supplements the efforts of the Indian Coast Guard in the areas of community welfare and development, particularly with regard to the families.

While the men in white brave the high seas, soar through the skies or prowl the dark silent depths of the ocean, their families are assured of support and care from CGWWA. Being a voluntary organization CGWWA follows an 'open door' policy for active participation by members, at any stage, in any of its programmes. It is an organisation set up, run and managed by the wives of Coast Guard Personnel.

The motto of CGWWA is 'Self Help' which is very appropriate in present times, wherein we need to determine our destiny through our own efforts. Every member voluntarily contributes her time, talent and skills towards improving the quality of life within the Coast Guard community. The Coast Guard extends the needed encouragement and support for programmes as it lays a great emphasis in the well-being of the families. This organization operates on an all India basis and is headed by the wife of the Director General, Indian Coast Guard based at New Delhi. The wives of the Regional Commanders coordinate CGWWA activities within the respective Commands and are designated as Regional Presidents. The range of programmes of the Association covers most areas of concern for the woman of today, from home and children to jobs and careers. There is no conflict between women who have opted for professional work and those who have stayed at 'home'- each one has a very vital role to play in all aspects of life of the community and society.

History:

Let us peep into the history of how it grew from a humble beginning initiated by Mrs Kaka Sharma, the wife of First Commander Coast Guard (west) at Mumbai began with conducting welfare meetings at her residence. Despite distances to commute with people staying at different places in Mumbai suburbs, there was an unstringing will and determination to do something for our own community and society in general. This informal setup gradually began to expand covering the other two regions, Chennai and Port Blair which were also established along with the establishment of the Indian Coast Guard. Taking cue from similar organisations, functioning in Army, Air Force and particularly the Indian Navy, the organisation started taking its shape. It was now being controlled from the Central Headquarters at New Delhi. It was in 1994, during the tenure of Mrs Kohli, the then President Tatrakshika, that the organisation got registered. With consecutive change of command, the stewardship of CGWWA experienced different hands. Achievement was heartily welcomed when Mrs Kamala Singh in March 2001 took over as the next President Tatrakshika, as the first CG lady to be at the helm of affairs followed by Mrs Sushila Paleri, the next CG lady in Feb 2006. With the growth of service, two more regions, Gandhinagar and Kolkata were established in 2009 and 2012 respectively. This also added two more Regional Presidents to the CG fraternity. The description of CGWWA logo which was designed in 1996, showing three faces of women representing the initial three regions was changed to "Cohesiveness for working together to improve the quality of life in Indian Coast Guard".

Initially the treasurer, the editor and welfare members including President Tatrakshika made the body of the organisation. With passing time and considering the needs of the changing society, more wings were added to CGWWA. Today, in its full fledged state it includes the secretary, the editor, the Treasurer, Suruchi, Saksharta, Sanjeevani, Sneha, Suraksha, Srishti and Sanchar respectively. Under able leadership CGWWA has done tremendous work. Each wing has its own objectives in the larger interest of CG fraternity.

To keep the connect amongst the CGWWA community, quarterly newsletters (Tatrakshika Sandesh) are published and exchanged between the various regions in order to share and implement the best practices adopted by various regions.

Realising the need to canvas the vivid imagination and share such experience on a common platform, "URMI", The Tatrakshika magazine which was initially published independently in East and West regions, was centralized in 2007 and is now published annually on the occasion of Tatrakshika Day.

The Golden Era of Tatrakshika began in Feb 2016, When Mrs. Urmila Singh assumed the charge of President Tatrakshika. She initiated and brought the further advancement in the organisational approach as well as functioning of CGWWA. She provided the needed steadying hand, consolidating the repaid progress. She is a tireless and inspirational leader of CGWWA. During her stewardship the Regions (Commands) experience greater autonomy and CGWWA units are set free to devise their own programmes to suit local needs within the extensive CGWWA Charter. The essence of CGWWA Charter is to further the interests of the Coast Guard Family. Presently under the aegis of

Mrs Urmila Singh, the President, it is moving further and benefitting the Coast Guard community as well as rendering helpful approach to the civil community at large. Ever since its existence, CGWWA has assiduously worked to support a wide array of philanthropic causes.

The strength of the Coast Guard comes from its personnel and the strength of the personnel lies in their community ethos. Further, the strength of the Coast Guard community comes from the CG family and the strength of the Coast Guard Family comes from the wife of a coast guardian. She keeps home and hearth together when the husband is away attending to demanding professional requirement s on the frontline and strength to lend a helping hand to others in the community that needs it. The Coast Guard Wives Welfare Association has always stood up to the challenges of times in proving their mettle for improving quality of life and welfare of community at large.

With compassion, courage and conviction, this unique service of the nation has been truly able to contribute to the people, be it in moments of delight or despair. It has taken upon the responsibility of creating an environment of excellence with exclusivity. The Coast Guard Wives Welfare Association works perseverently to be at par with the demands of a changing society. For instance, it actively conducts the activities and events related to current issues like "Swacch Bharat", "Save Environment", "Beti bachao, Beti padhao". It is committed to strive even further and create even bigger milestones in the future.

- Mrs. Rupali Gill W/o Comdt MS Gill ICGS Sagar, Chennai



ऐ मेरी नाकाम जिंदगी

यूं ही बैठा तन्हा अकेला होकर मायूस इस संसार में कर रहा था मैं बातें अपनी नाकाम जिंदगी से कि ऐ मेरी नाकाम जिंदगी तूने मुझे दिया क्या है जो भी चाहा पाना उसे छीन लिया तूने जिस राह पर थी पानी मंजिल मुझे उस राह में ठोकर ही दिये तूने एक खुशी को तरसता रहा मगर गम ही गम बरसता रहा ऐ मेरी नाकाम जिंदगी तभी मेरी जिंदगी मेरे सामने आ गयी और बोली ऐ मेरी राह के मुसाफिर तू क्यों होता है मुझ पे नाराज इतना पहले ये बता कि तूने मेरे लिये किया क्या है कि काँटों पे तू चला नहीं और फूलों की है चाहत तुझे कि गिर कर तू कभी संभला नहीं और मंजिल पाने की है चाह तुझे कि तपती धूप का एहसास नहीं और चाहिए सुख की छांव तुझे और जाते-जाते मेरी जिंदगी मुझसे बोली 'कि खुद की नाकामियों को नाकाम जिंदगी का नाम न दे, कि पहले कर खुद पे भरोसा कि मंजिल को है पाना तुझे, जो अगर फिर भी न मिले मंजिल तुझे, तो नाकाम जिंदगी का मुझे नाम दे, मुझे नाम दे'।।





- मनोज कुमार यादव ड्राफ्टसमैन-।।। तकनीकी सेवाएँ निदेशालय तटरक्षक मुख्यालय

ओल्ड ऐज होम: ओल्ड मदर

मैं, आप लोगों के साथ एक बेहद मार्मिक, लोगों की आंखें खोलने वाली बात शेयर कर रहा हूं। एक रात एक ऐसा वाकिया हुआ, जिसने मेरी जिंदगी के कई पहलुओं को छू लिया। शाम के करीब 7 बजे होंगे, मोबाइल बजा। उठाया तो उधर से रोने की आवाज आई और मैंने शांत कराया और पूछा कि भाभी जी आखिर हुआ क्या ? उधर से आवाज आई-आप कहां हैं और कितनी देर में आ सकते हैं ? मैंने कहा आप परेशानी बताइये। और 'भाई साहब कहां हैं ? माताजी किधर हैं ?' आखिर हुआ क्या ? उधर से केवल एक रट थी कि आप आ जाइये। मैंने आश्वासन दिया कि कम से कम एक घंटा लगेगा। जैसे-तैसे पूरी घबड़ाहट में पहुंचा। देखा तो भाई साहब (हमारे मित्र जो वकील हैं) सामने बैठे हुए हैं। भाभी जी रोना-चीखना कर रही हैं। 12 साल का बेटा भी परेशान है। 8 साल की बेटी भी कुछ नहीं कह पा रही है। मैंने भाई साहब से पूछा कि आखिर क्या बात है। भाई साहब कोई जवाब नहीं दे रहे थे, फिर भाभी जी ने कहा ये देखिए तलाक के पेपर, ये कोर्ट से तैयार कराके लाये हैं। मुझे तलाक देना चाहते हैं। मैंने पूछा- ये कैसे हो सकता है, इतनी अच्छी फैमिली है, दो बच्चे हैं, सब कुछ सेटल्ड है। प्रथम दृष्टि में मुझे लगा ये मजाक है, लेकिन मैंने बच्चों से पूछा दादी किधर हैं, बच्चों ने बताया पापा ने उन्हें 3 दिन पहले नोएडा के वृद्धाश्रम में शिफट कर दिया है। मैंने घर के नौकर से कहा मुझे और भाई साहब को चाय पिलाओ, कुछ देर में चाय आयी। भाई साहब को बहुत कोशिशें की पिलाने की, लेकिन उन्होंने नहीं पी और कुछ ही देर में वो एक मासूम बच्चे की तरह फूट-फूट कर रोने लगे। बोले मैंने 3 दिन से कुछ भी नहीं खाया है। मैं अपनी 61 साल की माँ को कुछ लोगों के हवाले करके आया हूँ। पिछले साल से मेरे घर में उनके लिए इतनी मूसीबतें हो गईं कि पत्नी (भाभी जी) ने कसम खा ली कि मैं माँ जी का ध्यान नहीं रख सकती। ना तो ये उनसे बात करती थी और ना ही मेरे बच्चे बात करते थे। रोज मेरे कोर्ट से आने के बाद मां खूब रोती थी। नौकर तक भी अपनी मनमानी से व्यवहार

करते थे। माँ ने 10 दिन पहले बोल दिया 'बेटा तू मुझे ओल्ड ऐज होम में शिफ्ट कर दे। मैंने बहुत कोशिशें की पूरी फैमिली को समझाने की, लेकिन किसी ने माँ से सीधे मुँह बात नहीं की।

जब मैं 2 साल का था तब पापा की मृत्यु हो गई थी। दूसरों के घरों में काम करके मुझे पढ़ाया। मुझे इस काबिल बनाया कि आज मैं वकील हूँ। लोग बताते हैं माँ कभी दूसरों के घरों में काम करते वक्त



भी मुझे अकेला नहीं छोड़ती थी। उस माँ को मैं ओल्ड ऐज होम में शिफ्ट करके आया हूँ। पिछले 3 दिनों से मैं अपनी माँ के एक-एक दु:ख को याद करके तड़प रहा हूँ, जो उसने केवल मेरे लिए उठाये। मुझे आज भी याद है जब मैं दसवीं की परीक्षा में अपीयर होने वाला था। माँ मेरे साथ रात-रात भर बैठी रहती। एक बार माँ को बहुत फीवर हुआ मैं तभी स्कूल से आया था। उसका शरीर गर्म था। तप रहा था। मैंने कहा माँ तुझे फीवर है। हँसते हुए बोली, अभी खाना बना रही थी इसलिए शरीर थोड़ा गर्म है और कुछ नहीं बस। लोगों से उधार माँग कर मुझे दिल्ली विश्वविद्यालय से एलएलबी तक पढ़ाया। मुझे ट्यूशन तक नहीं पढ़ाने देती थीं कि कहीं मेरा टाइम खराब ना हो जाए। कहते-कहते रोने लगे और बोले- जब ऐसी माँ के हम नहीं हो सके तो हम अपनी बीबी और बच्चों के क्या होंगे। हम जिनके शरीर के टुकड़े हैं। आज हम उनको ऐसे लोगों के

हवाले कर आये, जो उनकी आदत, उनकी बीमारी, उनके बारे में कुछ भी नहीं जानते। जब मैं ऐसी माँ के लिए कुछ नहीं कर सकता तो मैं किसी और के लिए भला क्या कर सकता हूँ। आजादी अगर इतनी प्यारी है और माँ इतनी बोझ लग रही है, तो मैं पूरी आजादी देना चाहता हूँ। जब मैं बिना बाप के पल गया तो ये बच्चे भी पल जाएँगे, इसीलिए मैं तलाक देना चाहता हूं। सारी प्रॉपर्टी इन लोगों के हवाले करके उस ओल्ड ऐज होम में रहूँगा। कम से कम मैं माँ के



साथ रह तो सकता हूँ और अगर इतना सब कुछ करके माँ आश्रम में रहने के लिए मजबूर है, तो एक दिन मुझे भी आखिर जाना ही पड़ेगा। माँ के साथ रहते-रहते आदत भी हो जायेगी। माँ की तरह तकलीफ तो नहीं होगी। जितना बोलते उससे भी ज्यादा रो रहे थे। बातें करते-करते रात के 12:30 हो गये। मैंने भाभी जी के चेहरे को देखा। उनके भाव भी प्रायश्चित और ग्लानि से भरे हुए थे। भैंने ड्राईवर से कहा अभी हम लोग नोएडा जाएँगे। भाभी जी और बच्चे हम सारे लोग नोएडा पहुँचे। बहुत ज्यादा रिक्वेस्ट करने पर गेट खुला। भाई साहब ने उस गेटकीपर के पैर पकड़ लिए, बोले मेरी माँ हैं, मैं उसको लेने आया हं। चौकीदार ने कहा क्या करते हो साहब। भाई साहब ने कहा मैं वकील हूं। उस चौकीदार ने कहा-'जहाँ सारे सबूत सामने हैं तब तो आप अपनी माँ को न्याय नहीं दिला पाये, औरों को क्या न्याय दिलाते होंगे साहब।' इतना कहकर हम लोगों को वहीं रोककर वह अन्दर चला गया। अन्दर से एक महिला आई, जो वार्डन थी। उसने बड़े कातर शब्दों में कहा-'2 बजे रात को आप लोग ले जाके कहीं मार दें, तो मैं अपने ईश्वर को क्या जवाब दूंगी ?' 'मैंने सिस्टर से कहा आप विश्वास करिये, ये लोग बहुत बड़े पश्चाताप में जी रहे हैं।' अंत में किसी तरह उनके कमरे में ले गई। कमरे में जो दृश्या था, उसको कहने की स्थिति में मैं नहीं हूँ। केवल एक फोटो जिसमें पूरी फैमिली है और वो भी माँ जी के बगल में, जैसे किसी बच्चे को सुला रखा है। मुझे देखा तो उनको लगा कि बात न खुल जाए, लेकिन जब मैंने कहा हम लोग आप को लेने आये हैं, तो पूरी फैमिली एक-दूसरे को पकड़कर रोने लगी। आसपास के कमरों में और भी बुजुर्ग थे। सब लोग जागकर बाहर तक ही आ गए। उनकी भी आँखें नम थीं। कुछ समय के बाद चलने की तैयारी हुई। पूरे आश्रम के लोग बाहर तक आये। किसी तरह हम लोग आश्रम के लोगों को छोड़ पाये। सब लोग इस आशा से देख रहे थे कि शायद उनको भी कोई लेने आए। रास्ते भर बच्चे और भाभी जी तो शांत रहे, लेकिन भाई साहब और माताजी एक-दूसरे की भावनाओं को अपने पुराने रिश्ते पर बिठा रहे थे। घर आते-आते करीब 3:45 हो गया। भाभी जी भी अपनी खुशी की चाबी कहाँ है ये समझ गई थीं। मैं भी चल दिया लेकिन रास्ते भर वो सारी बातें और दृश्य घूमते रहे माँ केवल माँ है। अपने माता-पिता को मरने से पहले ना मारें...

> - मुदित सक्सेना स्टैनोग्राफर 'डी' तकनीकी सेवाएँ निदेशालय तटरक्षक मुख्यालय

भारतीय तटरक्षक

भारतीय तटरक्षक। समुद्र की लहरों पर चलता आसमान में वो लहराता सदा वयम् रक्षामः यह गाता तटरक्षक से यही है नाता।

भारतीय तटरक्षक

अपने समुद्री तट के यही है रक्षक सदैव तत्पर.



रक्षा करने पानी और आकाश के सैनिक सफेद वर्दी सर पे टोपी कंधों पर पट्टियाँ सुनहरी नजर कड़ी और सीना ताने सागर के हैं ये रखवाले।

> - श्रीमती सायली एस वैद्य पत्नी-उपमहानिरीक्षक एस के वैद्य

हमारी सोच

हर चीज को देखने का दो नज़िरया होता है, पहला यह कि दुनिया में कुछ भी चमत्कार नहीं है और दूसरा यह है कि दुनिया में हर चीज चमत्कार है। लेकिन चमत्कार पर यकीन करें तो हम सब में हमेशा एक आशा जिंदा रहती है कि कोई शिक्त कभी विपरीत पिरिस्थितियों में मदद करने के लिए अवश्य आयेगी। यहाँ चमत्कार का मतलब यह नहीं है कि भोजन थाली से उड़ेगा और हमारे मुंह तक पहुंच जायेगा बिल्क चमत्कार का मतलब यह है कि अपने लिए कुछ अच्छे की उम्मीद रखना । किसी काम में सफल होने के लिए आवश्यक है कि सफलता पाने के प्रति एक सकारात्मक उम्मीद जरूरी है। वैज्ञानिकों ने भी यह सिद्ध कर दिया है कि हमारी सफलता बहुत कुछ हमारी सोच पर निर्भर करती है। जब कोई किसी काम को निराशावादी नज़िर से शुरू करता है तो उसके लिए वह पूरे मन से काम नहीं कर पाता और कोई भी काम पूरे मन से नहीं करने पर सफलता की संभावना उतनी ही कम हो जाती है। वास्तव में हम अपने लिए जो सोचते हैं, वहीं हमें दिखाई देता है। हम अपने लिए जो महसूस करते हैं वहीं हमारे चेहरे पर दिखता है। जब तक कलाकार अपने अंदर एक सुंदर मूर्ति की कल्पना न करें तब तक वह खूबसूरत मूर्ति का निर्माण नहीं कर सकता है। लेकिन वह कलाकार मूर्ति बनाने से पहले यह सोच ले कि उससे कुछ भी अच्छा नहीं बन सकता तो मूर्ति का बनाना असंभव सा हो जाता है। अतः हमें जीवन में बेहतर करने के लिए अच्छी और सकारात्मक सोच को विकसित करना चाहिए। किसी व्यक्ति की जिंदादिली उसकी सोच पर निर्भर करती है।

- राजेश भोगता अवर श्रेणी लिपिक पोत अधिग्रहण निदेशालय तटरक्षक मुख्यालय

डिप्रेशन को दावत दे रही, सोशल नेटवर्किंग साइट्स

मोबाइल फोन और इंटरनेट की दुनिया ने आज हमारे लाइफ स्टाईल को बदल कर रख दिया है। एक ओर इन संसाधनों से दुनिया में क्रांति सी आ गयी है तो दूसरी ओर हम अपने को हर तरफ से मोबाइल, इंटरनेट से धिरे हुए पाते हैं। सोशल नेटवर्किंग साइट्स ने तो मानो हमें पूरी तरह से अपने वश में कर लिया हो। रास्ते में चलते-चलते भी लोगों की अंगुलियां मोबाइल फोन पर ही रहती हैं।

कुछ यूं कह लीजिए कि इस मोबाइल फोन, फेसबुक और इंटरनेट पर एक अलग ही दुनिया है। ऐसे लोगों की दुनिया जिनसे हम कभी मिले भी नहीं होते, दुनिया के किसी भी कोने में रहने वाला आदमी भी हमारा दोस्त बन जाता है, जबकि हमको अपने वास्तविक दुनिया के बारे में कुछ खबर नहीं होती है। हमारे पास इतना भी समय नहीं होता है कि हम अपने आस-पास में रहने वाले लोगों के बारे में, उनके सुख-दुख के बारे में जान सकें। हम इन सबके आदी हो रहे हैं। हमारे जीवन में एक अकेलापन है, जो धीरे-धीरे हमारे अंदर डिप्रेशन को पैदा कर रहा है। शुरूआत में हमको इसका पता नहीं चलता लेकिन जब बाद में खुद को परेशानियों से घिरे पाते हैं, तब ये फेसबुक, व्हाट्सअप, ट्विटर के दोस्त काम नहीं आते, ये डिप्रेशन हमें सजा की तरह लगने लगता है।

आज का दृश्य ये है कि युवा वर्ग में खुद को बिंदास, हाईप्रोफाइल दिखाने की होड़ मची है। हर किसी के अंदर खुद को दूसरों से अलग दिखाने की एक आग भड़क रही है। भले ही फेसबुक, व्हाट्सअप, टि्वटर पर दोस्तों के नाम पर हमारी एक लंबी लिस्ट क्यों न हो, लेकिन असल जिंदगी में अकेलापन और डिप्रेशन फैला हुआ है। जब तक हमारे फेसबुक स्टेटस को अच्छे-खासे लाइक्स या सकारात्मक कमेंट नहीं मिलते तब तक हमको शांति नहीं मिलती और अगर एक भी लाइक नहीं मिलता या नेगेटिव कमेंट मिलता है तो हम निराश होने लगते हैं। डिप्रेस होने लगते हैं। हम ये सोचने लगते हैं, यह जीवन हमारे लिए महत्वपूर्ण नहीं रह गया है।

अब बस... जागरूक होने की जरूरत है।



- डी वी प्रकाश पीएसई (एसडब्ल्यू) पोत अधिग्रहण निदेशालय तटरक्षक मुख्यालय



मार्गदर्शन

मुझसे नहीं होगा। 'नहीं आप बिल्कुल कर सकती हैं, कोशिश तो कीजिए।

'ऊफ फिर गलती हो गयी '। रुआंसा स्वर। 'हार नहीं मानने का, मुझे पूरा विश्वास है आप कर सकती हैं।' 'एक विश्वास भरा स्वर अरे ये क्या हो गया.....' उलझन भरी आवाज।

'कुछ नहीं हुआ, बस आप ऐसे कीजिए।' प्रोत्साहित करता स्वर।

'अरे ये मैंने खुद कर लिया, यकीन नहीं होता।' एक चहक। 'मुझे मालूम था आप सब कर सकती हैं।' संतोष भरी आवाज।

'बेटा तुमने तो मुझे स्मार्ट बना दिया।' माँ ने कहा।

'अब ये स्मार्टफोन रखो। अपने वेतन से मैंने तुम्हारे लिये लिया है।'



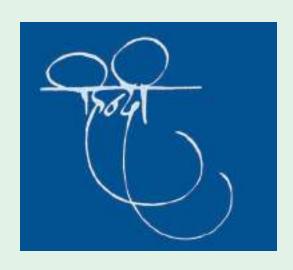
रूचिका माँ के गले में हाथ डालते हुए बोली। कभी माँ ने इन शब्दों से बेटी का होसला बढ़ाया था। आज बेटी माँ को नई तकनीक सिखा उसके हौसले में दम भर रही है।

> - दिनेश कुमार उत्तम अधिकारी निदेशालय पोत अधिग्रहण तटरक्षक मुख्यालय

राजभाषा हिंदी

भारत की राजभाषा सुंदर, सरल-सी हिंदी सुंदर, सरल-सी हिंदी शब्द हैं इसके ऐसे मीठी भरी चाशनी में, डूबे रसगुल्ले जैसे खट्टी-मीठी चटक, चमकती अपनी हिंदी जैसे सुंदर नारी के मुख पर लाल चमकती बिंदी भारत की राजभाषा सुंदर, सरल-सी हिंदी।

अंग्रेजी भाषा में अक्सर अंकल, आंट, ग्रेट है फादर हिंदी भाषा ज्ञान कराती, ज्ञान कराती, भान कराती दादा-दादी, नाना-नानी, चाचा-चाची, मामा-मामी रिश्तों की पहचान कराती, अपनी प्यारी हिंदी भारत की राजभाषा सुंदर, सरल-सी हिंदी



- धर्में द्र कुमार, सहायक प्रधान निदेशालय (योजना एवं बजट) तटरक्षक मुख्यालय

REGION (EAST)

















REGION (EAST)

















जीवन में खेलों का महत्व

स्वस्थ शरीर में ही स्वस्थ मन का निवास होता है.....

यह एक पुरानी कहावत है जो आज के समय के अनुसार एकदम खरी उतरती है। अपने चारों ओर यदि हम नजर दौड़ाएं तो देखेंगे कि भाग-दौड़ में हम इतना व्यस्त हैं कि अपना संतुलन खो बैठे हैं। न तो खाने का समय है, न खेलने का। बस, एक-दूसरे की होड़ में सम्मोहित हो चले जा रहे हैं।

यह स्थिति भयावह भविष्य की ओर संकेत करती है। हमें उससे बाहर निकलने की आवश्यकता है। तरीका सिर्फ एक ही है-मन और तन का संतुलित विकास। शुरूआत तन से करनी पड़ेगी क्योंकि जो तन स्वस्थ नहीं होता मन का भी कुछ नहीं कर सकते। शरीर को स्वस्थ रखने के लिए व्यायाम बहुत जरूरी है। लेकिन इससे एक समस्या है कि कुछ समय के बाद इसमें एक उबाऊपन-सा आ जाता है। इसलिए बचपन से ही खेलकूद में बढ़-चढ़कर हिस्सा लें। इसमें एक नयापन है। हर रोज बहुत-सी ऐसी बातें सीखने को मिलती हैं जो जीवन में बहुत कुछ सिखाती हैं। जैसे अच्छी प्रतिस्पर्धा की भावना, मेहनत, मिल-जुलकर चलना, कमजोरों की मदद करना, रणनीति बनाकर चलना, हार को हँसकर स्वीकार करना, जीत को विनम्रता से ग्रहण करना और जीवन भर स्वस्थ रहने की कला सीखना।

खेलना हमारे लिए केवल कहने मात्र तक ही सीमित नहीं होना चाहिए। यद्यपि, सभी तरह के स्कूली पाठ्यक्रमों का एक अहम् और आवश्यक हिस्सा होना भी जरूरी है। इसका महत्व भी उतना ही रखना चाहिए जितना गणित, विज्ञान अथवा किसी भाषा का होता है।

इसे लाने के लिए हम सबमें एक मानसिक बदलाव की आवश्यकता है एक नई विचारधारा की आवश्यकता है। यह एक चुनौती से कम नहीं। परंतु यदि हमारे शिक्षक और शिक्षा प्रणाली इस चुनौती को समझे, वे इसका पालन करें तो यह संभव भी है।



- धीरेंद्र यादव उत्तम अधिकारी पोत अधिग्रहण निदेशालय तटरक्षक मुख्यालय तड़प-तड़प कर भारत माता, हम से आज ये कहती है।
यहां रही सोने की चिड़िया, आज कहाँ वो रहती है।
धम-धम करते बम सारे, हम पर आज क्यों हँसते हैं।
फूट आ गयी काम हमारी, इसलिए ये फटते हैं।
तड़प उठी ये भारत माता, जब कोई बम हो फूटा।
गिरी झोंपड़ी या गिरा महल, इस माँ का दिल भी टूटा।
भारत माता का आँचल, मत लाल करो तुम खून से।
मानवता से प्यार करो, नहीं खून से और जुनून से।
बस इतना कहना है मुझे, दुनिया के ठेकेदारों से।
जीवन से तुम करो प्यार, मत करो प्यार हथियारों से।
मत करो प्यार हथियारों से....।

- धर्में द्र कुमार सहायक प्रधान निदेशालय (योजना एवं बजट) तटरक्षक मुख्यालय

धीरे-धीरे

सख्त सा आसमाँ पिघल रहा है धीरे-धीरे फिज़ाओं का रुख बदल रहा है धीरे-धीरे गमों का बादल भी बरस रहा है धीरे-धीरे तन से दम ये निकल रहा है धीरे-धीरे धरती से अंबर छिटक रहा है धीरे-धीरे दर्द का सागर उबल रहा है धीरे-धीरे वक्त आज करवट ले रहा है धीरे-धीरे चेहरों से पर्दा सरक रहा है धीरे-धीरे

रिश्तों का दामन फिसल रहा है धीरे-धीरे आँखें हो जाती हैं सजल धीरे-धीरे क्या गम से सुकूं है ये बिछड़न धीरे-धीरे बाबरा मन अंजान बस्ती भटक रहा धीरे-धीरे मुकाम देगी कभी ये भटकन धीरे-धीरे टूटते जा रहे अब सारे धरम धीरे-धीरे मौला मेरे दे फिर से जनम धीरे-धीरे।

> - श्रीमती संगीता बिष्ट पत्नी-श्री विरेंद्र सिंह, पी.ए. प्रधान निदेशालय (योजना एवं बजट) तटरक्षक मुख्यालय

एक विचार

राम-राम जपते हो बंदे, राम का मतलब क्या जानो तुम।
राम-राम......
बच्चा एक बिलखता देखा, राह में ठोकर मारे हो तुम।
राम-राम......
वो जाति-पाति को माने नाहि, झूठे बेर शबरी के खाए, फिर काहे दुत्कारे हो तुम।
राम-राम......
विमाता की इच्छा पर राज भी त्यागा, फिर जननी को बेघर क्यूं करते हो तुम।
राम-राम.....
सब कुछ छोड़ के वन को गए थे, पाई-पाई क्यूं संभाले हो तुम।
राम-राम.....
शिला को भी वह इंसान बनाते, फिर पत्थर क्यूं बन जाते हो तुम।
राम-राम.....
सत् की राह में कुटुम्ब गँवाया, मोह माया में क्यूं जकड़े हो तुम।
राम-राम......

- श्रीमती संगीता बिष्ट पत्नी - श्री विरेंद्र सिंह, पी.ए. प्रधान निदेशालय (योजना एवं बजट) तटरक्षक मुख्यालय



राम-राम जपते हो बंदे, राम का मतलब क्या जानो तुम।

महँगाई की मार

कमरा तो एक ही है, कैसे चले गुजारा बीबी गई थी मायके, लौटी नहीं दोबारा कहते हैं लोग मुझको, शादीशुदा कुँवारा रहने को घर नहीं है, सारा जहाँ हमारा।

महँगाई बढ़ रही है, मेरे सर पे चढ़ रही है चीजों के भाव सुनकर, तबीयत बिगड़ रही है कैसे खरीदूं मेवे, मैं खुद हुआ छुआरा रहने को घर नहीं है, सारा जहाँ हमारा।

शुभचिंतकों मुझे तुम नकली सूरा पिला दो महँगाई मुफलिसी से, मुक्ति तुरंत दिला दो भूकंप जी पधारो, अपनी कला दिखाओ भाड़े हैं जिनके ज्यादा, वह घर सभी गिराओ इक झटका मारने में, क्या जाएगा तुम्हारा रहने को घर नहीं, सारा जहाँ हमारा।

जिसने भी सत्य बोला, उसको मिली न रोटी कपड़े उतर गए सब, उसे लग गई लँगोटी वह ठंड से मरा है, दीवार के सहारे ऊपर लिखे हुए थे, दो वाक्य प्यारे-प्यारे

सारे जहाँ से अच्छा, हिन्दोस्तां हमारा हम बुलबुले हैं इसकी, यह गुलशितां हमारा रहने को घर नहीं है, सारा जहाँ हमारा।

> - सुभाष चन्द यादव प्रधान नाविक (एमई)



नारी

नारी तुम माँ भी हो, माँ जायी भी, प्रियसी और हरजाई भी। पलभर में बन जाती हो तुम, अपनी भी और पल भर में परायी भी।

श्रद्धा नव और पुरातन की, मानव मन का विश्वास हो तुम। करुणा-प्रेम का सागर हो तुम, अभिलाषा का आकाश हो तुम।

तुम ही नव रिंम प्रातः की, सिंदूरी किरण शाम की हो। तुम रुक्मणी वंशी वाले कृष्ण की, तुम जनकनंदिनी सीते राम की।

तुम निश्चल माँ की ममता हो, वैथित हृदय का संबल हो। तुम हारे हुए का सहारा हो, तुम विजयी वीर का बल हो।

पर अब न व्यर्थ गवाओं जीवन को, बनकर पुरुषों का साया तुम। सारी सृष्टि पर छा जाओ, बनकर वृक्ष की छाया तुम।



- विनय कुमार अधिकारी (फोटो) तटरक्षक मुख्यालय

में नारी

जब नारी में शक्ति सारी फिर क्यों नारी है बेचारी नारी का जो करे अपमान जान उसे नर पशु समान

हर आँगन की शोभा नारी उससे ही बसे दुनिया सारी राजाओं की भी जो माता क्यों हीन उसे समझा जाता अबला नहीं नारी, है सबला करती रहती जो सबका भला



नारी को जो शक्ति मानो सुख मिले बात सच्ची जानो क्यों नारी पर ही सब बंधन वह मानती नहीं व्यक्तिगत धन सुता बहू कभी माँ बनकर सबके ही सुख-दुख को सहकर अपने सब फर्ज निभाती है तभी तो नारी कहलाती है।

- श्रेया बाजपेई पुत्री - यू सी बाजपेई अधिकारी (एम ई)भारतीय तटरक्षक अवस्थान कोलकाता

कौन हूँ मैं?

घनघोर घटा और रात अंधेरी। घर में है न बिजली और न है दिया बाती। इंद्र के वज्र ने सब किया है ध्वस्त। डुबा दिया सब धरती को मूसलाधार बौछारों ने।।

फिर भी मैं एकाग्र हूँ। सज़ग और सबल हूँ। संतानों का धैर्य और विश्वास हूँ। शक्ति और आशा, मैं पति का अभिमान हूँ।।

> पति विरह से मैं न घबराती। न मुझको कोई डर सताता। संकट मेरे न पथ विचलाते, मैं ब्याहता हूँ तटरक्षक जवान की तटरक्षिका मेरा नाम कहलाता।। 'स्वयं रक्षामः'

> > - अंजना शत्रुजीत

अर्थ जीवन का?

जीवन है एक रेलगाड़ी, जो ना समझा वो है अनाड़ी, स्टेशन आते-जाते हैं, मुसाफिर मिलते-बिछुड़ते हैं। कुछ हाथ पकड़कर चलते हैं, कुछ साथ छोड़ जाते हैं। मंजिल पहुंचा जो वो है खिलाड़ी, जो ना समझा वो है अनाड़ी।।

जीवन है एक कहानी, बिखर गया वो जिसने ना मानी, किस्से तो बनते रहते हैं, तजुर्बे मिलते रहते हैं। कुछ ठोकर देकर जाते हैं, कुछ खुद ही सिखाकर जाते हैं। खुश होकर दो कुछ कुर्बानी, बिखर गया वो जिसने ना मानी।।

जीवन है एक पहेली, जिंदगी भर हर किसी ने खेली, सुलझाने की बहुत की कोशिशें, पर खत्म न हुई कभी ये गर्दिशें। धूप में झेली बहुत ही बारिशें, पर तोड़ ना पाया कभी ये बंदिशें। सुख-चैन की खोज में सारी जिंदगी उड़ा डाली, आखिर खाली ही रही मेरी झोली।।

जीवन है एक संघर्ष, जहाँ दिन-रात का है उत्कर्ष, कभी नीचे गिर जाते हैं, कभी आसमान छूं लेते हैं। फिर भी ऊठ खड़े होते हैं, शिकायत ना कभी करते हैं। जिंदगी कम हो रही हर वर्ष, जहाँ दिन-रात का है उत्कर्ष।।

रुको ना कभी, झुको ना कभी, साथ देने कोई ना आयेगा कभी, राहों पर चलना है अकेले, अभी तो बहुत दूर है मंजिलें। सुख-दुख के यहाँ लगे रहेंगे मेले, हर पल को मेरे दोस्त तू खुलकर जी ले। कल क्या किसी ने देखा है कभी, लम्हां जो बिता लौटेगा ना कभी।

> - स्वप्निल आर सनान्से नाविक (एमई) तटरक्षक मुख्यालय (उत्तर-पूर्व), कोलकाता



पैसे की खातिर

एक दिन तितली बैठ फूल पर सोच रही थी जैसे। तभी वहाँ से निकला बालक लेकर हाथ में पैसे।।

> बोला-तितली दी बतलाओं मिले खुशी भी कैसे। तुम्हें तुम्हारे पास नहीं हैं मेरे जैसे पैसे।।

तितली बोली सुन हे भैया कभी ना सुख दे पैसे। वही जगत में दुखी बहुत है पल्ले जिनके पैसे।।

> देखों नभ में बिन पैसों के उड़ते पंछी सारे। खिले हुए हैं फूल बाग में वन में पौधे प्यारे।।

दुखी इन्हें पाकर है कोई बिन पैसों के मारे। भला वहीं जो मिले न पैसे के धन-धन भाता हमारे।।

> सोचा उसने सच पैसे के खातिर होते रगड़े। इन्हीं के खातिर बढ़ते हैं जीवन के सब रगड़े।।



- सुहानी पुत्री - विनय कुमार प्रधान नाविक (क्यू०ए०) वायु उपदान वाहन एच-186

चंदा मामा

चंदा मामा, चंदा मामा तुम कितने प्यारे लगते हो। हमें सुलाकर नींद चैन की सारी रात तुम जगते हो।।

> टहल लगाते नील गगन में अनिगनत तारों के साथ। थपकी देकर हमें सुलाते। फैलाकर किरणों के हाथ।।

तेरी सूरत सबको भाती तेरी रोशनी कितनी ठंडी। आस-पास में जगमग तारे हीरों की लगती है मंडी।।

> कभी धरा पर तुम तो आओ संग तेरे हम सब खेलेंगे। तेरे अंदर की शीतलता अपने अंदर हम भर लेंगे।।



- आदित्य राज पुत्री - विनय कुमार प्रधान नाविक (क्यू०ए०) वायु उपदान वाहन एच-186

नारी

यदि स्वर्ग कहीं है पृथ्वी पर, तो वह नारी उर के भीतर, दल पर दल खोल हृदय के अस्तर जब बिठलाती प्रसन्न होकर वह अमर प्रणय के शतदल पर।

मादकता जग में कहीं अगर, वह नारी अधरों में सुखकर, क्षण में प्राणों की पीड़ा हर, नव जीवन का दे सकती वर व अधरों पर धर मदिराधर। यदि कहीं नरक है इस भू पर, तो वह भी नारी के अंदर, वासनावर्त में डाल प्रखर वह अंध गर्त में चिर दुस्तर नर को ढकेल सकती सत्वर।



- प्रियंका ठाकुर पत्नी शिव कुमार ठाकुर उत्तम नाविक (आर पी)

जीवन की आपाधापी में कब वक्त मिला

जीवन की आपाधापी में कब वक्त मिला कुछ देर कहीं पर बैठ कभी यह सोच सकूँ जो किया, कहा, माना उसमें क्या बुरा भला।

जिस दिन मेरी चेतना जगी मैंने देखा मैं खड़ा हुआ हूँ इस दुनिया के मेले में, हर एक यहाँ पर एक भुलाने में भूला हर एक लगा है अपनी अपनी दे-ले में कुछ देर रहा हक्का-बक्का, भौचक्का सा, आ गया कहाँ, क्या करूँ, यहाँ जाऊँ, किधर जाऊँ, फिर एक तरफ से आया ही तो धक्का सा मैंने भी बहना शुरू किया उस रेले में, क्या बाहर की ठेला-पेली ही कुछ कम थी, जो भीतर भी भावों को ऊहापोह मचा, जो किया, उसी को करने की मजबूरी थी, जो कहा, वही मन के अंदर से उबल चला,

जीवन की आपाधापी में कब वक्त मिला कुछ देर कहीं पर बैठ कभी यह सोच सकूँ जो किया, कहा, माना उसमें क्या बुरा भला।

मेला जितना भड़कीला रंग-रंगीला था, मानस के अंदर उतनी ही कमजोरी थी, जितना ज्यादा संचित करने की ख्वाहिश थी, उतनी ही छोटी अपने कर की झोरी थी, जितनी ही बिरमे रहने की थी अभिलाषा, उतना ही रेले तेज ढकेले जाते थे, क्रय-विक्रय तो ठण्डे दिल से हो सकता है, यह तो भागा-भागी की छीना-छोरी थी अब मुझसे पूछा जाता है क्या बतलाऊँ क्या मान अिंकंचन बिखराता पथ पर आया, वह कौन रतन अनमोल मिला ऐसा मुझको जिस पर अपना मन प्राण न्यौछावर कर आया, यह थी तकदीरी बात मुझे गुण-दोष न दो जिसको समझा था सोना, वह मिट्टी निकली जिसको समझा था आँसू, वह मोती निकला।

जीवन की आपाधापी में कब वक्त मिला कुछ देर कहीं पर बैठ कभी यह सोच सकूँ जो किया, कहा, माना उसमें क्या बुरा भला।

मैं कितना ही भूलूं, भटकूं या भरमाउँ, है एक कहीं मंजिल जो मुझे बुलाती है, कितने ही मेरे पाँच पड़े ऊँचे-नीचे, प्रतिपल वह मेरे पास चली ही आती है, मुझ पर विधि का आभार बहुत-सी बातों का। पर मैं कृतज्ञ उसका इस पर सबसे ज्यादा-नभ ओले बरसाए, धरती शोले उगले, अनवरत समय की चक्की चलती जाती है, मैं जहाँ खड़ा था कल उस थल पर आज हूँ वहीं, कल इसी जगह पर पाना मुझको मुश्किल है, ले मापदंड जिसको परिवर्तित कर देतीं केवल छूकर ही देश-काल की सीमाएँ जग दे मुझ पर फैसला इसे जैसा भाए लेकिन मैं तो बेरोक सफर में जीवन में इस एक और पहलू से होकर निकल चला।

जीवन की आपाधापी में कब वक्त मिला कुछ देर कहीं पर बैठ कभी यह सोच सकूँ जो किया, कहा, माना उसमें क्या बुरा भला।

> - सुषमा प्रसाद पत्नी सुनील कुमार प्रसाद उत्तम अधिकारी

योग अपनाओ रोग भगाओ

योग से हर रोग दूर होता है, बुढ़ापा एवं मोटापा दूर होता है। मन में अच्छे विचार आते है, अपने पराये के भाव मिट जाते है।

> समरसता विचार में आती है, समभाव व्यवहार बन जाती है। काम, क्रोध, लोभ, मोह, सब दूर हो जाते हैं। मानव जीवन आपके सार्थक, बन जाते हैं।

जवानी में बाल झड़ने से डरते हैं। बुढ़ापे में डाई लगानी नहीं पड़ती है। दवा का खर्चा भी, बचाता है योग। इंजेक्सन का डर, दूर भगाता है योग।

> लुप्त से सब विचार लुप्त मन हो जायेंगे, निराशा अभिलाषा के फर्क मिट जाते है । अद्भूत अकल्पनीय अविश्वसनीय परिवर्तन, समाज में आयेगा । अपना गौरवान्वित इतिहास, पुनः लौट आएगा ।

आओ मिलकर योग अपनायें, रोग मुक्त भारत बनायें ।



- चिराग कुमार झा उत्तम नाविक (कुक) तटरक्षक पोत सी-414

सपनों का संसार

वृक्ष हमारा जीवन दाता है सदियों से इससे नाता है

एक-एक वृक्ष हम लगाएं सुंदर ये संसार बनाएं

आओ मिलकर वृक्ष लगाएं धरती को हम स्वर्ग बनाएं

पर्यावरण को हम शुद्ध बनाएं जीवन में हम खुशहाली लायें

कटे एक हम तीन लगाएं भावना ऐसी हम मन में लायें

आओ मिलकर वृक्ष लगाएं धरती को हम स्वर्ग बनाएं

> - मनोज कुमार, उत्तम अधिकारी तटरक्षक वायु परिक्षेत्र (पोर्ट ब्लेयर)



बरगद का पेड

एक बरगद का पेड़ था गाँव के बीच में, चारों तरफ सीमेंट से बना एक सर्किल जिसके फर्श की चिकनाई उसकी उम्र बताती थी दिनभर छाँव में लोग बैता करते थे ताश की बाजी लगाते हुए तो कुछ बुजुर्ग चिलम फूंकते हुए अक्सर उस सीमेंट के गट्टे पर नज़र आते । मानो परिवार हो कोई, आखिर आजकल कौन सुनता है घर में बुजुर्ग मिल बैठकर पुराने दिन जीते थे वह 'तीन कटिंग बाकी चार फुल' पास ही चाय की दुकान की ओर आवाज़ लगाते थे एकता और भाईचारे की एक मिसाल की तरह था वो पेड यही नहीं ... शाम ढले वही पेड सैकड़ो पंछियो का घर हुआ करता था ... सूरज ढलते ही पंछियो की चहल-पहल बढ़ जाती तरह तरह की चहचहाहट कानो में संगीत की तरह घुलती...

सूरज ढलते ही पंछियो की चहल-पहल बढ़ जाती तरह तरह की चहचहाहट कानो में संगीत की तरह घुलती...

हवा के झों के में पत्तों की आवाज दिल में सुकून भर देती... सुना है गाँव में तरक्की हो रही है कोई पक्की सड़क बन रही है वहाँ से बीच में आ रहा वो पेड कल उसे गिरा दिया... गिरा दिया वो भाईचारा वो प्रेम... जो चाय की चुसकियों में तो कभी हंसी के ठहाकों में सुनाई पड़ता था... साथ ही गिरा दिया सैकडो पंछियो का आसरा जो शाम को घर लौटने वाले थे... भीड देखी मैंने ढलती शाम को । मूर्छित पड़े उस पेड़ के चारों ओर आज भी शोर था पंछियों का... कुछ उसकी टहनियों पर बैठकर उसे फिर से जगा रहे थे कुछ दूर बैठ आँसू बहा रहे थे। कुछ के लिए वो पेड़ था... और कुछ के लिए दुनिया।

> - समादेशक (जेजी) तरुणदत पाण्डेय तटरक्षक पोत राजश्री

कामकाजी तथा घरेलू महिलाओं को बराबर सम्मान

बहुधा हम देखते हैं कि किसी महिला का समाज में परिचय देते समय यह भी उल्लेख किया जाता है कि वह कामकाजी है या घरेलू। घरेलू महिला का अर्थ होता है जो घर में रहकर पित और बच्चों की देखभाल करे और कामकाजी महिला वह है जो घर से बाहर भी कुछ निश्चित घंटे कार्य करती है। बाहर निकलकर काम करने वाली या फिर कहा जाये कामकाजी महिलाओं को समाज में कुछ अधिक आदर से देखा जाता है और घरेलू मानी जाने वाली महिलाओं के मन में कहीं न कहीं इस बात के प्रति रोष भी होता। यहाँ स्वाभाविक रूप से एक प्रश्न उठता है कि क्या घरेलू महिला कामकाजी नहीं होती है?

घर में रहने वाली महिलाओं के लिए माना जाता है कि उनके पास काफी समय होता है। घर का काम कुछ ही घंटों में समाप्त कर शेष समय में वे आराम कर सकती हैं या अपना मनोरंजन कर सकती हैं, लेकिन व्यवहारिक रूप से ऐसा संभव नहीं हो पाता है। घर पर रहने वाली महिलाओं से परिवारीजनों की कुछ अधिक ही अपेक्षाएं रहती हैं, चाहे वे पित और बच्चे हों या फिर अन्य ससुरालीजन हों। परिवार के सभी सदस्यों की यही सोच होती है कि सारा दिन घर पर रहकर क्या हमारे लिए कुछ भी समय नहीं निकाला जा सकता है? लेकिन नौकरी करने वाली महिलाओं को एक निश्चित समय पर घर से निकलना होता है, इसलिए घर के सदस्य ही नहीं, बिल्क नौकर भी उनके समय अनुसार काम करने का प्रयास करते हैं। मेल-जोल वाले अन्य लोग तथा पड़ोसी भी किसी अवसर पर उनकी गैर मौजूदगी का बुरा नहीं मानते। इस तरह की कुछ सहूलियतें मिल जाने से वे अपने समय का बेहतर उपयोग कर पाती हैं।

अधिकतर गृहिणियों पर बच्चों की देखभाल और उनकी पढ़ाई का, घर की पूरी व्यवस्था संभालने का तथा माता-पिता की चिकित्सा तथा देखभाल का इतना अधिक भार हो जाता है कि उन्हें अपनी मूलभूत दैनिक जरूरतों के लिए भी पर्याप्त अवकाश नहीं मिल पाता है। समाज के बहुत से घरों में ये देखा जा सकता है कि एक गृहिणी के पास छोटे-बड़े कामों का इतना अधिक बोझ हो जाता है कि पूरा दिन भी उसके लिए कम पड़ जाता है। घर के सभी सदस्य अपने-अपने कार्यों में व्यस्त रहते हैं और गृहिणी अपनी पीड़ा या अकेलापन किसी के साथ बॉट भी नहीं पाती है। घर वालों के उदासीन और उपेक्षापूर्ण रवैये के कारण ऐसे में कभी-कभी महिलाएं अवसाद और चिड़चिड़ेपन का शिकार भी हो जाती हैं। समाजशास्त्र में स्नातकोत्तर तथा एक एन.जी.ओ. की प्रबंधक कमलजीत कौर का मानना है कि घर पर रहने वाली महिलाएं सप्ताह के सातों दिन और दिन के चौबीसों घंटे कार्य करती हैं और किसी भी मायने में बाहर निकलने वाली महिलाओं से कम महनत नहीं करतीं।

घर से बाहर निकलकर काम करने वाली महिलाओं पर भी कुछ कम दबाव नहीं होता। जहाँ घरेलू महिलाएं अपने तरीके से घर को चलाकर तथा पल-पल बढ़ते अपने बच्चों को देखकर संतोष और सुख अनुभव कर सकती हैं वही कामकाजी महिलाएं चाहकर भी ऐसा नहीं कर पाती हैं। अपने कार्यस्थल पर संतोषजनक नतीजे देने के साथ ही उसे पारिवारिक जिम्मेदारियों को भी बेहतर तरीके से निभाना होता है। एक औरत के मन में स्वाभाविक



रूप से अपने परिवार के प्रति प्रेम और जिम्मेदारी की भावना होती है, लेकिन समाज और परिवार दोनों ही बाहर निकलकर काम करने वाली कामकाजी महिलाओं को उतना जिम्मेदार नहीं समझते। अपनी ममता और कर्तव्य भावना को समाज के सामने प्रमाणित करने के लिए उसे अपनी पूरी शक्ति झोंक देनी पड़ती है साथ ही महिलाओं के वेतन का उपयोग करते हुए परिवार यह जताना नहीं भूलता कि ये सब वे अपनी खुशी और आजादी के लिए कर रही हैं और इसके साथ उन्हें अपनी घरेलू जिम्मेदारियाँ निभानी ही हैं। अधिक तनाव और श्रम के कारण कभी-कभी अनेक प्रकार की शारीरिक और मानसिक परेशानियाँ भी उन्हें घर लेती हैं।

घर पर रहने वाली महिलाएं हों या बाहर काम करने वालीं, दोनों को ही अपने-अपने तरीके से पारिवारिक दायित्वों का निर्वहन करना होता है। जहाँ घरेलू महिला अपने श्रम द्वारा परिवारीजनों को सुख देती है और उनकी उन्नित में योगदान देती है वहीं कामकाजी महिला आर्थिक सहयोग देकर पारिवारिक उन्नित में अपना योगदान देती है। समाज के चहुं मुखी विकास के लिए दोनों का ही अपना अलग महत्व है। माननीय सुप्रीम कोर्ट ने भी पिछले दिनों एक वक्तव्य में घरेलू महिलाओं को भी कामगार मानकर मासिक वेतन दिए जाने की वकालत की है। अन्य किसी के समझने से पहले स्वयं घरेलू महिलाओं को कामकाजी महिलाओं का और कामकाजी महिलाओं को घरेलू महिलाओं का आदर करना सीखना होगा।

- देवेन्द्र कुमार प्रधान नाविक (आर) डीएचक्यू-4, कोच्ची

जीने की राह

मैं चलना चाहूं थामे वर्तमान की बाहें अतीत खड़ा हो जाता है रोककर राहें अपने 'आज' को 'कल' से कैसे छुड़ाऊं कहो, तुम्हें मैं कैसे भुलाऊं

मैं तो जैसे भूल ही गयी थी गुनगुनाना तुमने सिखलाया दर्द में भी मुस्कुराना गमे जुदाई से तेरी कैसे आंख चुराऊं कहो, तुम्हें मैं कैसे भुलाऊं

वैसे तो साथ थे हम कुछ पल मगर ऐसे लगा जैसे जी ली मैंने सारी उमर मन-मंदिर में दुजी मूर्ति कैसे सजाऊं कहो, तुम्हें मैं कैसे भुलाऊं मन खिंचता जाता है भावना की ओर बुद्धि बांधना चाहती है कर्तव्य की डोर अंतस की यह कश्मकश कैसे मिटाऊं कहो, तुम्हें मैं कैसे भुलाऊं

मैं पड़ी थी राह में बनके पगधूल तुमने बना दिया मुझे मांग का सिंदूर कंधों से तेरा ये ऋृणभार कैसे उताऊं कहो, तुम्हें मैं कैसे भुलाऊं



- रोशन लाल चक्रवर्ती स्टैनोग्राफर 'डी' पोत अधिग्रहण निदेशालय तटरक्षक मुख्यालय

आयुर्वेद उपचार

आयुर्वेद ने बड़ी से बड़ी बीमारी का इलाज जड़ी-बूटियों से किया है। आज आपको कुछ ऐसी चीजों के बारे में बताने जा रहे हैं, जिनके इस्तेमाल से आप डॉक्टर की फीस, घरेलू उपचार से बचा सकते हैं। सात बीमारियों की एक दवा- लहसुन, हल्दी और लौंग में अद्भुत मेडिसिन के गुण हैं। लहसुन के तीन टुकड़े दो चम्मच हल्दी और तीन लौंग को मिलाकर और मिश्रण को गुनगुने पानी या दूध के साथ रोजाना रात को सोने से पहले लेने से आप कई बीमारियों से बच सकते हैं।

- 1. <u>डायबिटीज का इलाज.</u> इस मिश्रण से आपके शरीर का शुगर का स्तर भी कम होता है और टाइप 1 डायबिटीज में आपको असर दिखाई देगा।
- 2. **साइनस ठीक करे.** लौंग, लहसुन और हल्दी के मिश्रण से साइनस का इंफेक्शन कम हो जाता है, क्यों कि यह बलगम के जमाव को हटाकर आपके नाक के रास्ते को खोल देता है।
- 3. <u>गैसट्रायटिस को कम करता है.</u> यह मिश्रण पेट में बनने वाले एसिड को बेअसर करता है और गैसट्रायटिस, पेट का फूलना और पेट दर्द से फायदा मिलता है।
- 4. <u>वजन कम करने में मदद करता है.</u> इस मिश्रण को लगातार लेने से, व्यायाम और खान-पान में नियंत्रण की मदद से आप वजन कम कर सकते हैं और स्वस्थ रह सकते हैं।
- 5. **एलर्जी कम करता है.** यह मिश्रण प्राकृतिक एंटीबायोटिक का काम करता है और इससे कई तरह की एलर्जी जैसे त्वचा की एलर्जी और स्वास्थ्य संबंधी एलर्जी से बचाव संभव है।
- 6. **शरीर के अंदर के इंफेक्शन को ठीक करता है.** इस मिश्रण में एंटी इंफ्लामेटरी गुण होते हैं। इसलिए यह इंफेक्शन और शरीर के अंदर के सूजन और जलन को कम करता है।
- 7. **कोलेस्ट्रॉल के स्तर को कम करता है.** इस मिश्रण से आपकी आर्टरी में जमा फैट घुल जाती है, जिससे कोलेस्टॉल का स्तर कम हो जाता है।



- गुरविन्दर सिंह अधिकारी वायुयान विभाग क्षेत्रीय मुख्यालय (पश्चिम)

REGION (WEST)

















REGION (WEST)

















आशाहीन लक्ष्य अर्थात् पक्षी बिना पंख नहीं

उम्मीद अर्थात् सकारात्मक सोच निश्चय ही इस दुनिया का सबसे बड़ा धन है। सकारात्मक उम्मीद ही इस दुनिया और सृष्टि की नियति है अर्थात् उम्मीद के बिना सम्पूर्ण ब्रह्मांड और कायनात के बारे में सोचना भी एक कोरी कल्पना मात्र है। हम अपने जीवन में किसी भी कार्य की शुरूआत अगर सकारात्मक उम्मीद के साथ कराते हैं तो परिणाम सकारात्मक होने की संभावना रहती है। वही अगर हमारा कार्य उम्मीद विहीन है तो परिणाम भी निरर्थक आता है। उम्मीद हमारे जीवन का वह बीज है जो अगर दृढ़ और सच्चा हो तो उससे उत्पन्न होने वाला वृक्ष भी उतना ही मजबूत और फलदायक होता है। पंडित श्री राम शर्मा आचार्य ने लिखा है,

'कुछ भी नहीं असंभव होता जब सत्कर्म किए जाते हैं। सत्कर्मों को साहस के जब गति मय चरण दिये जाते हैं।'

उम्मीद ही वह धन है जिसने इस दुनिया और इस पर जन-जीवन को करोड़ों वर्षों से पनपने दिया है। धर्म से लेकर विज्ञान तथा दुनिया का हर सिद्धांत भी उम्मीद के बिना अधूरा है। आज मौजूद जितनी भी जीवों की प्रजातियां इस दुनिया में मौजूद हैं, सबने हजारों वर्षों से इस प्रकृति और वातावरण से अपने अस्तित्व के लिए लगातार संघर्ष किया है। यही कारण है कि वे आज तक फल-फूल रही हैं। वही जिन प्रजातियों ने संघर्ष नहीं किया उनका तो अस्तित्व ही समाप्त हो गया। उम्मीद के बिना संघर्ष असंभव है। अतः संघर्ष की घ्राण शक्ति उम्मीद ही है। चाहे वो भगवान श्री राम, श्रीकृष्ण, ईसा, मुहम्मद, बुद्ध, महावीर या गुरुनानक हो सभी ने अपने लक्ष्य के प्रति एकाग्र रहते हुए हर परिस्थिति में इस मानवता के अस्तित्व की सुरक्षा हेतु कभी भी हार न मानते हुए सत्कर्म किए। यही कारण है कि संसार एक नए इतिहास का गवाह बना। अगर इन महापुरुषों ने कठिन परिस्थिति आने पर उम्मीद छोड़ दी होती तो इन्हें कोई भी याद नहीं रखता, न ही कोई इनके रास्ते पर चलता। महर्षि वेदव्यास ने कहा है.

'उद्यमेन ही सिध्यंती कार्याणी न मनोरथै:। न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगा:।।'

परिश्रम से ही कार्यों की सिद्धि होती है, मन की इच्छाओं से नहीं, जिस प्रकार सोए हुए सिंह के मुख में मृगा प्रवेश नहीं करती।

उम्मीद की अनोखी कहानी— महान अमरीकी उपन्यासकार मार्क ट्वेन ने कहा है उन्नीसवीं सदी दुनिया सिर्फ दो लोगों के लिए याद रखेगी पहला हेलन केलर और दूसरा नेपोलियन बोनापार्ट।

हेलन एडम्स केलर-एक अमेरिकी लेखक, राजनीतिक कार्यकर्ता और आचार्य थीं। वह कला-रनातक की उपाधि



अर्जित करने वाली पहली बिधर और दृष्टिहीन थीं। वो जन्म के तीसरे वर्ष में अंधी, गूंगी और बहरी हो गईं लेकिन उन्होंने अपनी उम्मीद नहीं छोड़ी और उन्होंने अपने दम पर लड़ाकू विमान भी उड़ाया। उसने अपनी दृढ़ शक्ति इतनी मजबूत कर ली थी कि वो हवाओं के स्पंदन मात्र से प्रकृति के क्रियाकलाप को महसूस कर सकती थीं। उन्होंने मन की आँखों से दुनिया देखी और पूरी दुनिया में अपने महान कार्यों से विकलांगों के लिए सबसे बड़ी आवाज बनें। उन्होंने दुनिया के विभिन्न देशों की यात्राएं की और अनेकों जगह व्याख्यान दिया।

नेपोलियन बोनापार्ट- वह अपनी छोटी सी टुकड़ी के साथ थका-मादा आल्पस के पहाड़ के नीचे खड़ा था। वहीं एक छोटी सी झोंपड़ी में एक बुढ़िया के पास पानी पीने गया।

बुढ़िया, 'बेटा तुम किस उद्देश्य से यहाँ आए हो ?'

नेपोलियन, 'माँ मैं अपने साम्राज्य को दुश्मनों से मुक्त करने जा रहा हूँ।'

बुढ़िया, 'पर बेटा सामने तो आल्पस का बहुत ऊँचा पहाड़ है और इस दुनिया के इतिहास में कोई भी इन शिखरों को पार नहीं कर पाया है, जिसने भी ऐसा दुस्साहस किया वो बेमौत मारा गया। अतः तुम यह विचार त्याग दो और वापस चले जाओ।'

नेपोलियन, 'माँ अगर मैं इस ऊँचे पर्वत को पार कर अपनी मातृभूमि की सुरक्षा कर पाया तो संपूर्ण संसार मेरी बहादुरी की प्रशंसा करेगा वही अगर मैं इस साहिसक कार्य करते समय मर जाऊँगा तो कम से कम तुम तो मेरी प्रशंसा करोगी ही।'

बुढ़िया उस वीर सेनानायक को देखती ही रह गयी। नेपोलियन अपनी सेना के बीच गया और बोला, 'मित्रों आल्पस है ही नहीं। ये तो एक छोटा सा टीला मात्र है।' फिर देखते ही देखते वो सारी सेना सहित आल्पस के दुर्गम शिखरों को पार कर गया और अपने साम्राज्य को आजाद करा लिया। जिस प्रकार शरीर के लिए प्राण आवश्यक हैं उसी प्रकार जीवन की हर गतिविधि के लिए उम्मीद आवश्यक है। अतः हमें उम्मीद कभी नहीं छोड़नी चाहिए।



- अवनेंद्र गुप्ता नाविक (तोपची) भा.त.अ. कावारत्ती

तटरक्षिका

वैसे तो हर महिला होती है गुणों की खान, किसी भी चीज में चाहे तो डाल देती जान, बेकार की वस्तु को भी उपयोगी बनाकर के, सबसे अलग बना लेती है अपनी पहचान।।

हर सफल व्यक्ति के पीछे होता इनका हाथ, आज दुनिया के हर क्षेत्र में है पुरुषों के साथ, माँ, बहन, बेटी-बहू के फर्ज को बखूबी निभाकर बुलंदियों को छूकर के ही लेती सांस।

कोई महिला बिछड़ न जाये दुनिया के इस मेले में, कोई महिला छूट न जाये गृहस्थी के झमेले में, सबका हाथ पकड़कर साथ चले बनाकर एक झुंड, ऐसा काम तटरक्षिका ने किया तटरक्षक के घेरे में।।

तरह-तरह के पाठ्यक्रम कर स्वावलंबी बनाती उन्हें, हर घरेलू कामकाज से रूबरू करवाती उन्हें, आंतरिक प्रतिस्पर्धा करवाकर आत्मविश्वास दिलाती उन्हें, मेडिकल, बैंकिंग और अन्य लेक्चर से नई राह दिखाती उन्हें।। यह तटरक्षिका! यह तटरक्षिका! यह तटरक्षिका!

TATRAR SHIKA REST.

- पत्नी संजय कुमार प्रधान नाविक (आर ओ) आर ओ एस (गोवा)

वास्तु

घर एक मंदिर होता है। इस मंदिर में आने पर हमें सुकून मिलता है। मन को शांति मिलती है। यह तभी होगा जब आप वास्तु संबंधित कुछ बातों को दरिकनार न करते हुए इन्हें आजमाएंगे। वास्तु संबंधित ये बातें छोटी-छोटी होती हैं लेकिन काम बड़े करती हैं। कुछ वास्तु टिप्स भी आजमाएं और घर में खुशियां और समृद्धि का प्रवेश पाएं।

- (क) घर के मुख्य द्वार पर कभी भी कोई भारी चीज न लटकाएं। इससे काम में रुकावट आती है।
- (ख) घर में साफ-सफाई, कलर, पॉलिश आदि सब ठीक से रखें। इससे घर में सकारात्मक ऊर्जा आती है।
- (ग) घर की खिड़कियों एवं दरवाजों पर पर्दे खिले हुए रंगों वाले लगाएं। आप यहाँ गुलाबी, हल्का नीला, हरा आदि सकारात्मक रंगों का उपयोग कर सकते हैं।
- (घ) घर में कभी भी एक सीध में दरवाजे नहीं होने चाहिए।
- (ड़) घर में खिड़कियां सम संख्या में होनी चाहिए। सम संख्या यानी 4,6,8,12,16,18 आदि। लेकिन ध्यान रखें सम संख्या में शून्य नहीं आना चाहिए जैसे- 10,20,30,40। नया घर बनवाते या खरीदते समय हमें कई बातों का ध्यान रखना चाहिए। ये बातें न होने पर आपके पारिवारिक जीवन, स्वास्थ्य पर नकारात्मक प्रभाव भी पड़ सकता है।
- (च) किसी असफल व्यक्ति का मकान न खरीदें।
- (छ) सबसे ऊपर की मंजिल का फ्लैट कभी न खरीदें।
- (ज) घर में सूर्य का प्रकाश व प्राकृतिक हवा अवश्य आनी चाहिए।
- (झ) घर के मुख्य द्वार को सड़क से थोड़ा हटकर बनवाना चाहिए।
- (ज्ञ) यदि घर में दो दरवाजे हों, तो दोनों को एक साथ नहीं खोलना चाहिए।
- (ट) (वी) आकार का मकान भी नहीं खरीदना चाहिए। ऐसा मकान हमेशा रोगों का कारण होता है।
- (ठ) घर के बाहर छोटी बाउण्ड्री वॉल अवश्य बनवाएं। यदि हो सके तो हरी झाडियों की बाउण्ड्री वॉल जरूर बनवाएं। ऐसा करने पर नकारात्मक शक्तियां सीधे घर में प्रवेश नहीं करती हैं।
- (ड) यदि मकान (टी) जंक्शन पर हो तो नकारात्मक शक्तियां जरूर काम करेंगी। यहाँ कभी भी कोई दुर्घटना हो सकती है। इस तरह की स्थिति से बचें। इन 13 उपायों को आजमाकर अपनी जिंदगी को खुशनुमा बनाया जा सकता है।

घर की नींव रखने से पहले इन बातों का रखें ध्यान

कारावास, अस्पताल व श्मशान के आसपास का मकान नहीं खरीदना चाहिए। आड़ा-तिरछा, बेतरतीब, अनेक कोनों वाला मकान कभी नहीं खरीदना चाहिए।

> - रिंकू राना उत्तम नाविक (आर पी)

समाज-सेवा

ऐसी मान्यता है कि मनुष्य योनि अनेक जन्मों के उपरांत कठिनाइयों से प्राप्त होती है। मान्यता चाहे जो भी हो, परंतु यह सत्य है कि समस्त प्राणियों में मनुष्य ही श्रेष्ठ है। इस पृथ्वी पर जन्म लेने वाले समस्त प्राणियों की तुलना में मनुष्य को अधिक विकसित मस्तिष्क प्राप्त है जिससे वह उचित-अनुचित का विचार करने में सक्षम होता है।

पृथ्वी पर अन्य प्राणी पेट की भूख शांत करने के लिए परस्पर युद्ध करते रहते हैं और उन्हें एक-दूसरे के दु:खों की कतई चिंता नहीं होती। परंतु मनुष्य एक सामाजिक प्राणी है। मनुष्य समूह में परस्पर मिल-जुलकर रहता है और समाज का अस्तित्व बनाए रखने के लिए मनुष्य को एक-दूसरे के सुख-दु:ख में भागीदार बनना पड़ता है।

अपने परिवार का भरण-पोषण, उसकी सहायता तो जीव-जंतु, पशु-पक्षी भी करते हैं परंतु मनुष्य ऐसा प्राणी है, जो संपूर्ण समाज के उत्थान के लिए प्रत्येक पीड़ित व्यक्ति की सहायता का प्रयत्न करता है। किसी भी पीड़ित व्यक्ति की नि:स्वार्थ भावना से सहायता करना ही समाज-सेवा है।

वस्तुतः कोई भी समाज तभी खुशहाल रह सकता है जब उसका प्रत्येक व्यक्ति दुःखों से बचा रहे। किसी भी समाज में यदि चंद लोग सुविधा-संपन्न हों और शेष कष्टमय जीवन व्यतीत कर रहे हों, तो ऐसा समाज उन्नित नहीं कर सकता।

पीड़ित लोगों के कष्टों का दुष्प्रभाव स्पष्टतः संपूर्ण समाज पर पड़ता है। समाज के चार संपन्न लोगों को आस-पड़ोस में यदि कष्टों में रोते-बिलखते लोग दिखाई देंगे, तो उनके मन-मस्तिष्क पर भी इसका बुरा प्रभाव पड़ेगा। चाहे उनके मन में पीड़ित लोगों की सहायता करने की भावना उत्पन्न न हो, परंतु पीड़ित लोगों के दु:खों से उनका मन अशान्त अवश्य होगा।

किसी भी समाज में व्याप्त रोग अथवा कष्ट का दुष्प्रभाव समाज के संपूर्ण वातावरण को दूषित करता है और समाज की खुशहाली में अवरोध उत्पन्न करता है। समाज के जागरूक व्यक्तियों को संपूर्ण समाज के हित में ही अपना हित दृष्टिगोचर होता है। मनुष्य की विवशता है कि वह अकेला जीवन व्यतीत नहीं कर सकता।

जीवन-पथ पर प्रत्येक व्यक्ति को लोगों के सहयोग की आवश्यकता पड़ती है। एक-दूसरे के सहयोग

से ही मनुष्य उन्नित करता है। परंतु स्वार्थी प्रवृत्ति के लोग केवल अपने हित की चिंता करते हैं। उनके हृदय में संपूर्ण समाज के उत्थान की भावना उत्पन्न नहीं होती। ऐसे व्यक्ति समाज की सेवा के अयोग्य होते हैं। समाज में उनका कोई योगदान नहीं होता। समाज सेवा के लिए त्याग एवं परोपकार की भावना का होना आवश्यक है। ऋषि-मुनियों के हमारे देश में मानव-समाज को आरम्भ से ही परोपकार का संदेश दिया जाता



रहा है। वास्तव में परोपकार ही समाज-सेवा है।

किसी भी पीड़ित व्यक्ति की सहायता करने से वह सक्षम बनता है और उसमें समाज के उत्थान में अपना योगदान देने की योग्यता उत्पन्न इस प्रकार समाज शीघ्र उन्नित करता है। वास्तव में रोगग्रस्त, अभावग्रस्त, अशिक्षित लोगों का समूह उन्नित करने के अयोग्य होता है।

समाज में ऐसे लोग अधिक हों तो समाज लगता है। रोगी का रोग दूर करके, अभावग्रस्त को अभाव से लड़ने के योग्य बनाकर, अशिक्षित को शिक्षित ही उन्हें समाज एवं राष्ट्र का योग्य नागरिक बनाया जा सकता है। नि:स्वार्थ भावना से समाज के हित के लिए किए गए कार्य ही समाज की सच्ची सेवा होती है।

सभ्य, सुशिक्षित के पथ पर अग्रसर समाज को देखकर ही वास्तव में हम सबको सुख-शांति का अनुभव प्राप्त हो सकता है। इस पृथ्वी पर जन्म लेने वाले अन्य जीव-जन्तुओं और मनुष्य में यही अंतर है। अन्य जीव-जन्तु केवल अपने भरण-पोषण के लिए परिश्रम करते हैं और निश्चित आयु के उपरान्त समाप्त हो जाते हैं। अपने समाज के लिए उनका कोई योगदान नहीं होता। परन्तु सामाजिक प्राणी होने के कारण मनुष्य समाज के उत्थान के लिए भी कार्य करता है। मनुष्य के सेवा-कार्य उसे युगों तक जीवित बनाए रखते हैं। कोई भी विकसित समाज सदा समाज-सेवकों का ऋणी रहता है।

- सचिन यादव क्लास - आठवीं, पुत्र - जे सिंह अधिकारी (आरपी) राजतरंग

माँ

बेसन की सौंधी रोटी पर खट्टी चटनी जैसी माँ याद आती है चौकी, बासन चिमटा फूँकनी जैसी माँ।

बात की खुली खाट के ऊपर हर आहट पर कान धरे आधी सोई आधी जागी हकीम पहरी जैसी माँ।

बीबी, बेटी, बहन-पड़ोसन थोड़ी-थोड़ी सी सबमें



दिन भर एक रस्सी के ऊपर चलती नटनी जैसी माँ

फटे-पुराने एक एलबम में चंचल लड़की जैसी माँ याद आती है चौका, बासन चिमटा फूंकनी जैसी माँ।

बेसन की सौंधी रोटी पर खट्टी चटनी जैसी माँ।

> - एस अंजलि) पुत्री - एस राजेश राव उत्तम अधिकारी

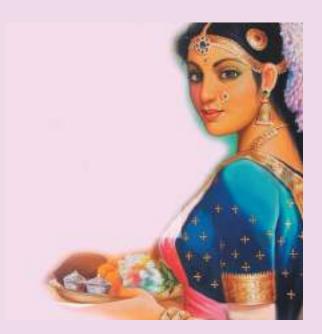
वो सोलह श्रृंगार तुम्हारा

आज भी याद है वो दिन जब, तुम सोलह श्रृंगार करती थीं, आँखों के रास्ते चलकर, सीधे मेरे दिल में उतरती थीं। बिंदिया तुम्हारे माथे की, चाँद को भी शर्मिंदा करती थी, माँग में सिंदूर की लकीर, मेरे होने की गवाही देती थी। माँग टीका भी ललाट पे झूमकर, मेरे दिल की धड़कन बढ़ाता था, काजल तुम्हारी आँखों का, खूबसूरती में चार चाँद लगाता था।

गले का सुंदर हार, दूर से ही चमकता था, कानों में कर्ण-फूल, बालों के बीच झलकता था। मेहंदी तेरे हाथों की, मेरे प्यार में रंग रंगी थी, चूडियाँ तेरी कलाई में, कई रंगों से सजी थीं। नाक पे छोटी सी नथनी, मेरे होश उड़ा देती थी, उंगलियों की अंगूठियाँ, मेरा चैन चुरा लेती थीं। ऊफ! तेरी कमर पे कमरबंद, क्या दिलकश नजारा था,

बाजू पे बाजूबंद ने, मुझे दीवाना कर डाला था। तुम जब चलती थीं, तुम्हारे पायल बोल उठते थे, बिछुए तेरे पैर में, मेरी नजरों में अटकते थे।

शादी का जोड़ा पहन, एकदम परी जैसी दिखती थी, तेरी इत्र की खुशबू, मुझे मदहोश बना दिया करती थी। एक बार फिर कभी, वहीं सोलह श्रृंगार कर आना प्रिये, तेरे उसी दीदार को, तड़प रहा है ये दीवाना प्रिये।



- देवेंद्र यादव अधिकारी (राइटर) भारतीय तटरक्षक पोत रानी अवंतीबाई

तटरक्षक बल

तटरक्षक बल कहलाते हैं। सागर के तट पर रहते हैं।।

> सारा सागर है अयन जिसका सागर के साथ अयन जिसका।। लहरों के साथ मचलते हैं संकट का चरण नगहते हैं।

तटरक्षक बल कहलाते हैं। सागर के तट पर रहते हैं।।

> जलचर, थलचर, नभचरवासी सबके कामों में आते हैं। नीले सागर में रहते हैं सागर का मान बढ़ाते हैं।

श्वेत अश्व कहलाते हैं श्वेतांबर धारण करते हैं तिरंगे की शान बढ़ाते हैं। भारत का मान बढ़ाते हैं।।

तटरक्षक बल कहलाते हैं। सागर के तट पर रहते हैं।।

> शूर, समर्थ, संग्राम, समर, विग्रह, विक्रम, विवेक, वरुण, विजया, वज्र, वराह, अरुण, सबके सब हैं, विख्यात तरुण।।

हॉवरक्राफ्ट, चेतक विमान, दिल्ली से लेकर अंडमान। कार्यक्षेत्र अलबत्ता है मुंबई, मद्रास, कलकत्ता है।

तटरक्षक बल कहलाते हैं। सागर के तट पर रहते हैं।

> - श्रीमती संगीता यादव पत्नी - महेश कुमार प्रधान नाविक, भा.त.पो. शूर



तू युद्ध कर

माना हालात प्रतिकूल हैं, रास्तों पर बिछे शूल हैं रिश्तों पे जम गई धूल है पर तू खुद अपना अवरोध न बन तू उठ... खुद अपनी राह बना...

माना सूरज अंधेरे में खो गया है... पर रात अभी हुई नहीं, यह तो प्रभात की बेला है तेरे संग है उम्मीदें, किसने कहा तू अकेला है तू खुद अपना विहान बन, तू खुद अपना विधान बन...

सत्य की जीत ही तेरा लक्ष्य हो अपने मन का धीरज, तू कभी न खो रण छोड़ने वाले होते हैं कायर।

तू तो परमवीर है, तू युद्ध कर, तू युद्ध कर... इस युद्ध भूमि पर, तू अपनी विजयगाथा लिख जीतकर के ये जंग, तू बन जा वीर अमिट तू खुद सर्व समर्थ है, वीरता से जीने का ही कुछ अर्थ है तू युद्ध कर, बस युद्ध कर...

> - श्रीमती मुकेश कुमारी पत्नी - सतीश कुमार अधिकारी



फूलों सा हँ सता है जीवन

तीखे शूलों की डाली पर फूलों सा हँसता है जीवन। कभी शीत का मृदु आतप है, कभी ग्रीष्म की दाहक ज्वाला। कभी निरभ्र गगन है नीला, कभी घिरी श्यामल घन-माला। सुख-दुख के बसंत-पतझर में खिलता- मुरझाता है जीवन।

तीखे शूलों की डाली पर फूलों सा हँसता है जीवन। आशा और निराशा की चल लहरें जिसमे लहराती हैं। कभी- कभी संघर्षों के भी तूफानी दृश्य दिखा जाती है। विरह मिलन के फूलों वाली, उस सरिता सा बहता जीवन।

तीखे शूलों की डाली पर फूलों सा हँसता है जीवन। कभी पिकीसा भर मस्ती में, मन विभोर होकर गाता है। और कभी बुलबुल सा निशि में, राग व्यथा को दोहराता है। अश्रु-ह्यष के तिमिर-विभा की धूप-छाँह सा मधुमय जीवन। तीखे शूलों की डाली पर फूलों सा हँसता है जीवन।



- विजय कुमार प्रधान नाविक (एम ई)

भारतीय तटरक्षक की बात ही कुछ और है

आसमान में तारे, तो बहुत हैं, परंतु ध्रुव तारे की बात कुछ और है। चमन में फूल तो बहुत हैं, परंतु कमल की बात कुछ और है। भारत में अजूबे, तो बहुत हैं, परंतु सावन की बात ही कुछ और है। दुनिया में पत्थर तो बहुत हैं, परंतु हीरे की बात ही कुछ और है। भारत में सेना तो बहुत हैं, परंतु तटरक्षक बल की बात ही कुछ और है।



- सी जी विजीलाल प्रधान नाविक आई सी जी एस गांधीनगर

औरतें अजीब होती हैं।

लोग सच कहते हैं-औरतें अजीब होती हैं... रात भर सोतीं नहीं, पूरा थोड़ा-थोड़ा जागती रहती हैं नींद की स्याही में उंगलियां डुबोकर दिन की बही लिखतीं, टटोलती रहती हैं दरवाजों की कुंडियां बच्चों की चादर, पित का मन। और जब जागतीं सुबह तो पूरा नहीं जागतीं,नींद में ही भागती हैं सच में, औरतें बेहद अजीब होती हैं।



हवा की तरह घूमतीं, घर बाहर... टिफिन में रोज नयी रखतीं कविताएं गमलों में रोज बो देती आशाएं पुराने अजीब से गाने गुनगुनातीं और चल देतीं फिर एक नये दिन के मुकाबिल पहनकर फिर वही सीमायें खुद से दूर होकर ही सबके करीब होती हैं सच में, औरतें सच में अजीब होती हैं।

कभी कोई ख्वाब पूरा नहीं देखतीं, बीच में ही छोड़कर देखने लगती हैं चुल्हे पर चढ़ा दूध... कभी कोई काम पूरा नहीं करतीं, बीच में ही छोड़कर ढूंढने लगती हैं बच्चों के मोजे, पेंसिल, किताब बचपन में खोई गुडिया, जवानी में खोए पलाश, मायके में छूट गयी स्टापू की गोटी, छिपन-छिपाई के ठिकाने वो छोटी बहन छिप के कहीं रोती... सहेलियों से लिए दिये चुकाए हिसाब बच्चों के मोजे, पेंसिल-किताब खोलती बंद करती खिड़कियाँ क्या कर रही हो? सो गयीं क्या? खाती रहती झिड़कियाँ न शौक से जीती हैं, न ठीक से मरती हैं, कोई काम ढंग से नहीं करती हैं। सच में, औरतें बेहद अजीब होती हैं।

कितनी बार देखी है... मेकअप लगाये, चेहरे के नील छिपाए वो कांस्टेबल लड़की, वो ब्यूटीशियन, वो भाभी, वो दीदी...

चप्पल के टूटे स्ट्रैप को साड़ी के फॉल से छिपाती वो अनुशासन प्रिय टीचर और कभी दिख ही जाती है कॉरीडोर में, जल्दी-जल्दी चलती, नाखूनों से सूखा आटा झाड़ते, सुबह जल्दी में नहाई अस्पताल आई वो लेडी डॉक्टर दिन अक्सर गुजरता है शहादत में, रात फिर से सलीब होती है... सच है, औरतें बेहद अजीब होती हैं।

सूखे मौसम में बारिशों को याद कर के रोती हैं, उम्र भर हथेलियों में तितलियां संजोती हैं और जब एक दिन बूंदे सचमुच बरस जाती हैं, हवाएं सचमुच गुनगुनाती हैं फिजाएं सचमुच खिलखिलाती हैं तो ये सूखे कपड़ों, कचार, पापड़, बच्चों और सब दुनिया को भीगने से बचाने को दौड़ जाती हैं... सच है, औरतें बेहद अजीब होती हैं।

WOMEN OFFICERS DON OPERATIONAL ROLE

In the modern world, there are no domains of work that women haven't delved into. Many a male dominated work place has crumbled under the power of the women - her spirit and energy.

The Indian Coast Guard stands out as one of the first services in India to have realized "women empowerment" through the induction of women officers for sea appointment. Four women officers were recently trained for operating Air Cushion Vehicle, or Hovercraft as they are commonly known, and appointed onboard these craft. The sea appointment comes in addition to their presence in the aviation branch, where they have for long, been undertaking independent sorties.

The Coast Guard commenced induction of women officers in the General Duty and Aviation cadre nearly two decades ago, in 1997. At 125 officers to date, women officers constitute about 10% of the total strength of officers, a proportion that exceeds in comparison to other armed forces.

The women officers in the Coast Guard are employed at par with their male counterparts and shoulder equal responsibilities. Just as male officers, they too are posted at remote locations like Jakhau in Gujarat and Diglipur and Campbell Bay in the A&N Islands, etc.

The deployment of women officers in operations is a giant leap taken by the Indian Coast Guard towards empowerment of women in consonance with the government's policy. These women officers are all excited about operational roles at sea and all set to carry out coastal reconnaissance, landing operations, and law enforcement at sea, besides search and rescue operations at short notice.



First Batch of ICG women officers onboard ACV

"BECAUSE I AM AMBITIOUS"



It all started in 1997 when Indian Coast Guard decided to commence the induction of women officers who now contribute to about 10% of the total strength of ICG.

These female faces of Indian Coast Guard have been marching shoulder to shoulder with male officers, be it the combat roles including pilots, observers or manning remote operating stations or logistics management to play a vital role in the coastal security mechanism.

In these pages of Urmi, we feel proud to present Commandant Priyanka who is a lady officer in Indian Coast Guard. She was interviewed by Mrs. Sayali Vaidya (in Sep 2016).

Question 1 - Hi Priyanka, what motivated you to join Indian Coast Guard?

<u>Answer</u> - Since my childhood, I had the passion of wearing uniform. My rode model was Smt. Kiran Bedi. For me, uniform represents pride, discipline and self respect& it bestows an authority to do something extraordinary for the nation.

<u>Question 2</u> - You had joined Indian Coast Guard in 1999. It has been almost 17 years in service. How do you feel about services?

<u>Answer</u> - When I joined Indian Coast Guard, there were only 13 lady officers in service. However, today, we have 120 of them. Earlier the charter of duties for women officers was restricted to logistics & administrative branch but today, women officers are going in operational billets, are being deployed on-board Hovercrafts, are taking on the role of Pilots and Observers on aircrafts.

Today we have reached to the rank of Commandant & share responsibilities that are at par with our male counterparts.

<u>Question 3</u> - Priyanka, it was the notion that defence service is the exclusive domain of men and women in service was unheard of. So, did you experience any difficulty in handling male staff under you?

<u>Answer</u> - Well, I had never experienced any difficulty in handling my men. Rather they are more respectful towards us, as service has ingrained in them self discipline& respect towards women.

In fact, I am proud to say many of my EPs & Civilians brought their daughter to me to guide them in getting into ICG. This shows that they visualize their daughters to become like us. This gives us a lot of satisfaction that our country is gradually accepting women in defence services.

Question 4 - What message would you like to give out to our new generation?

<u>Answer</u> - I would like to tell the present generation that there are no shortcuts in life. One has to work hard to make his/her own place. No free lunches are offered.

The service has achieved yet another milestone by employing women officers onboard afloat platform towards which the first batch of women officers are presently undergoing training on ICG Hovercraft.

<u>Sayali</u> - Thank you Priyanka and all the best for all your future endeavours.

Priyanka - My pleasure mam and thanks for your good wishes!





CREATIVE INSPIRATION

Today the ladies of Tatrakshika are making their presence felt in every walk of life, be it welfare, outreach or even penning down a book.

Mrs. Archana Sashi Kumar has been in the field of teaching since last 12 years. From her experience of teaching, she has penned down a science text book "The science Hub-3" for the students of Class II. It was indeed a humbling experience which she shared with us & wrote this book of knowledge for the young, budding & curious minds.

This book not only encompasses loads of pictures to enhance the imagination of the kids but also has a short story at the beginning of each lesson to kindle their thoughts & give it insight into the lesson that they are about to read & learn. Added to their each lesson has some 'Science Tips' & 'Science Facts'.

The teacher's manual assists the teacher & guides them to develop each lesson in a gradual & student friendly manner. This book is being used by many reputed school of Delhi & other states.

The book has simple language and is colourful with attractive pictures, easy activities and experiments. Each lesson imparts important values, life skills, picture based questions & some fun activities too. The book also ignites the young minds through High order Thinking (HOTS) question.

The book has been accepted by Lady Irwin School Defence Colony, Okhla Public School Jamia Nagar and one school in Uttam Nagar, Delhi.

We, the family of Tatrakshika, wish Mrs. Archana Sashi Kumar all the very best in all her future endeavours.

A FEAT ACHIEVED

Ms Priyanka Venkatesh of Class XII Chettinad Vidyashram RA Puram, daughter of DIG Babu Venkatesh was part of the contingent from Madras Boat Club (representing India) who had participated in the Asian Rowing Championship 2016 held at Singapore from 25 Jul 16 – 31 Jul 16. The event was hosted by Singapore Rowing Association.



The event was conducted under the aegis of Asian Rowing Federation which was established in 1982.

Ms Priyanka Venkatesh, a budding rower is undergoing strenuous training and a fit regime at MBC. She secured First Position in the Finals B held on the 30 Jul 16. India secured First Position followed by Srilanka in 2nd Position and Pakistan in the 3rd Position. This event witnessed participation by 16 teams being represented by India, Pakistan, Srilanka, Singapore, Indonesia and Malaysia.

Ms Priyanka Venkatesh to her credit had won One Gold Medal, Three Silver and One Bronze Medal in the National events held in India. She also participated in Chinna International Regatta held in Dec 2013 at Karachi, Pakistan wherein she secured First Position in Double Scull Event and Eights Scull event. She had represented India in the Junior Asians Games held at Taiwan in Sep 2014, where in India Secured IVth position.

YOUNG ACHIEVER PRIYANSHU, SON OF SUSHIL KUMAR, PSE(ER)

In today's world a balance between studies and extra curricular activities gives you a perfect 10. Wards of ICG are giving phenomenal performances in studies as well as sports. Priyanshu is one amongst them. He is a budding footballer and computer programmer.

Priyanshu participated in football competition in Khel Mahakumbh, a mega annual sports event organized by Government of Gujarat in Feb 2016. He and his team stood 3rd in the entire tournament out of the 65 teams that participated in this event. He received a cash prize of Rs. 5000/- by Gujarat Government, a bronze medal and certificate for achieving this feat.



Google adsense has registered his creation www.sarcasmite.in and declared him a young successful programmer.

We give him a perfect 10 for his achievements and wish him loads of good wishes for his future endeavors.





ACT OF EXCEPTIONAL BRAVERY AT SEA RECOGNISED BY IMO

In recognition of his strong commitment and will towards safeguarding the marine environment and protecting human lives at sea, BM Das, U/Nvk (05666-H), was awarded the International Maritime Organisation (IMO) certificate of commendation for exceptional bravery at sea. This commendation is extremely prestigious as it is awarded to chosen mariners amongst all the seafarers in the world. The act of valor was performed against all the elements of nature with great sense of professionalism.

On 24 Jun 15, tasking of helicopter was necessitated by ICGAS Daman for Search and Rescue with first light of morning, for rescue of 14 crew stranded onboard MV Coastal Pride which was listing and subsequently sank in prevalent rough sea and weather condition. BM Das, U/Nvk was nominated as free diver for the mission

Analyzing the urgency, BM Das, U/Nvk immediately prepared all the necessary SAR equipment and rushed to the SAR helicopter alongwith other crew for the rescue mission of saving 14 stranded crew members from the sinking motor vessel. Weather further deteriorated en-route and visibility dropped to less than 500 m due to rain. The aircraft reached over MV Coastal Pride at 0800 hrs which was listed to port with her port cargo deck awashed. The ship was rolling heavily due to rough sea state and very strong winds. All 14 crew members were standing on the starboard bridge wing and were waving for help. Without wasting any time, BM Das, U/Nvk immediately prepared himself for getting winched down on the deck of the distressed ship.

After getting winched down BM Das, U/Nvk swiftly gathered all survivors to safe position and made one of the crew to wear rescue strop and signaled the winched operator to immediately winch him up and subsequently helped other two crew to get winched up in the same fashion. As the aircraft proceeded to nearby safe landing area for dropping three survivors, BM Das, U/Nvk briefed the ship's crew to move to starboard cargo deck so as to ease the winching up operations and also advised the crew to be ready to abandon the ship in the case it topples. In that dangerous condition, using his presence of mind, he quickly lowered the ships life raft so that in case of any eventuality the ship's crew can safely board the life raft. As the aircraft again arrived overhead, BM Das, U/Nvk again quickly helped other three survivors to get winched up. In the meanwhile he kept on boosting the moral of the ship's crew who were in trepidation. As the aircraft left for the dropping the survivors, he

sensed that the ship can topple at any movement and safely helped the crew to abandon the ship and board the life raft.

After ensuring that all the crew have safely abandoned the ship, he was about to evacuate himself but suddenly a strong swell of sea water toppled the ship towards the port side and washed away BM Das, U/Nvk into the sea. Using his training and willpower, the sailor kept himself clear of the ship and swam across the heavy sea to board a floating Gemini. He then rowed the Gemini towards survivors despite strong opposite currents and gusty winds. In the meanwhile the aircraft arrived overhead again and BM Das, U/Nvk helped survivors to get winched up safely. The aircraft with the help of BM Das, U/Nvk winched up all the survivors. He himself was the last person to be winched up. BM Das, U/Nvk thereafter stayed with the rescued personnel at Umargaon beach till the arrival of the emergency and first aid services.

Living up to the finest tradition of the mariners BM Das, U/Nvk has displayed exemplary bravery, devotion to duty decisiveness and concern for the humanity which resulted in saving 14 precious lives at sea in such rigorous conditions without caring for his own life and safety. His sound judgment, presence of mind, courage and perseverance helped in a accomplishing the mission in tune with Coast Guard motto "We Protect" and brought laurels to the service.

BM Das, U/Nvk will be receiving his certificate of commendation at IMO Headquarters in London in a ceremony scheduled in Nov 16.

YOUNG ACHIEVER V VARUN SRIRAM

Name: V. Varun Sriram D.O.B: 30-08-2013 D.O.E: 01-04-2016 Class: Pre.KG

In the presence of an adjudicator from India Book of Records, on 26 December 2015, the young kid, Varun Sriram recalled 52 shapes and sizes in **one minute** at Chennai. This was his first major achievement. We feel proud that Varun Sriram is a student of Coast Guard Kindergarten School at Chennai.



Varun Sriram is a rare amazing whiz kid with very innovative and gifted skill to show 672 items like geo-metrical and non-geometrical shapes and sizes, things and colours, famous leaders, all Tamil and English alphabets, Solar Planets. important movements around the world, all Indian States and Union territories with Capitals, Months, Week days, Vegetables and Fruits, Countries and their currency, English alphabets, names of all vehicle etc. This achievement has been entered in Inter-National Genius Book of Records.

All the Best, Varun. You are indeed doing all of us proud!

REGION (NORTH WEST)

















REGION (NORTH WEST)

















Meritorious Awardees for Academic Excellence 2015-16

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit	
COAST GUARD	HEADQUARTERS	NEW	DELHI	RHQ (NORTH E	AST), KOLKATA			
Aarti Rana	Narender Kumar,	VIII	CGHQ	Rituparna Haldar	RK Haldar, PSE	VIII	RHQ(NE)	
A	U/Adh	1/111	00110	Aditi Singh	DIG Rajveer Singh	Χ	RHQ(NE)	
Aman Shreyasi Das	Raj Kumar, Adh Shyamal Kanti Das,	VIII	CGHQ CGHQ	Sabita Rani Marandi	Binju Marandi, U/Adh	VIII	ICGS Raziya Sultana	
	P/Adh			Aman Rana	Sardar Singh, U/Adh	VIII	CGSD(PDP)	
Kushboo Kumari	Pramod Kumar, U/Adh	VIII	ICGS Delhi	Sakshee Kumari	Manoj Kumar, Adh	IX	CGAE(BSR)	
Nishit Mishra	DIG Praveen Kumar	IX	CGHQ	Saurabh Kumar	KJ Bahadur, P/Nvk	IX	ICGS C-426	
·	Mishra			Harsh Kumar Choudhary	PK Choudhary, Adh	IX	ICGS C-426	
Apoorva Bhatia	Comdt Manoj Bhatia	IX	CGHQ	Aditya Pal	Asit Pal, U/Adh	VIII	ICGS Haldia	
Om Tripathi	AN Tripathi, P/Adh	IX	ICGS Delhi	Swati Anwesha Minj	Manu Minj, U/Adh	VIII	ACV H-186	
Umesh Kumar	Radhey Shyam, P/Nvk	IX	CGHQ	Siddharth Jena	DIG Sanatan Jena	XI	ICGS Haldia	
Atiriya Singh	DIG Alankar Singh	IX	CGHQ	Arpit Pal	Raj Kumar, P/Nvk	VIII	700 SQN(C0	
Swasti Mishra	Comdt Siddharth	IX	CGHQ	Aryan Raj	Dy Comdt RP Jaiswal	IX	700 SQN(CC	
Achno Dohl	Mishra	IV	CCHO	Ayushee	Deepak Kumar, Adh	Χ	700 SQN(CC	
Ashna Bahl	Comdt Avneesh Bahl	IX	CGHQ CGHQ		I & NICODAD) DO	от ві	ΛID	
Varsha	Anup Singh Nagal, Adh	IX	ССПО	RHQ (ANDAWAI	N & NICOBAR), PORT BLAIR			
Koustabh Das	Subrata Das, U/Adh	IX	CGHQ	Hement Kumar	Comdt (JG) AK Bhama	VIII	RHQ(A&N)	
Subham Kumar	Sujit Kumar,Adh	IX	CGHQ	Bhama	I/ Abmod D/Adb			
Rakshita Trikha	DIG Sanjiv Trikha, TM	Χ	CGHQ	Somaiya	K Ahmed, P/Adh	VIII	ICGS D'bai Deshmukh	
Veeranjan Chamoli	Comdt Vinod Chamoli	Χ	CGHQ	Nikita Sharma	Brahm Dutt, U/Adh	VIII	CGRPT(PBR	
Ramya J	V Jaya Kumar, PSE	Χ	CGHQ	Sarthak Sikarwar	D/Comdt BS Sikarwar	VIII	CGAE(PBR)	
Jyotika Bhadra	JK Bhadra, Adh	Χ	CGHQ	Sudeepta Priyadarshini	D Maharana, U/Adh	VIII	CGAE(PBR)	
Akshyata Kirtania	Amal Kirtania, Adh	Χ	ICGS Delhi	C Suharini	CV Subbaiah, USE	IX	RHQ(A&N)	
Manya Sahni	DIG Sudhir Sahni	Χ	CGHQ	Nikita Singh	Indal Singh, PSE	IX	RHQ(A&N)	
Krishan	Raj Kumar, Adh	Χ	CGHQ	Sukhvinder Singh	Sher Singh, Adh	IX	JOC(ANC)	
Abhishek Kumar	Satyavan Singh Yadav, P/Nvk	Χ	ICGS Delhi	Sanskrati Chaudhary	Yash Pal, Adh	IX	MRCC(PBR)	
Ashish Jarial	Satish Kumar, U/Adh	X	CGHQ	Vikas Hansdak	Santosh Hansdak, P/Adh	IX	RHQ(A&N)	
Shikha Shukla	Shankar Nath Shukla, U/Adh	Χ	CGAOT (Kanpur)	Shruti Kumari	SK Rai, U/Adh	IX	CGRSD(PBF	
Pooja Rana	Narender Kumar,	ΧI	CGHQ	Krity Yadav	KK Yadav, Adh	IX	CGAE(PBR)	
r ooja Nana	U/Adh	Al	i CGHQ	Aishani Majumdar	C Majumdar, P/Adh	Χ	RHQ(A&N)	
Somya Sahni	DIG Sudhir Sahni	XII	CGHQ	Akansha Tomar	APS Tomar, P/Adh	Χ	ICGS PBR	
				Urvashi	Shamsher Singh, U/Adh	Χ	CGRSD(PBF	

Name	Daughter/ Son of	Class	Present Unit		Daughter/ Son of	Class	Present Unit
K Charishma Rao	KVK Rao, PSE	Χ	RHQ(A&N)	Naina Saxena	DIG SK Bharatriya	Χ	RHQ(W)
S Dheeraj Kumar	R Sasi Kumar, PSE	Χ	CGAE(PBR)	Prakriti Singh	Gurdev Singh, P/Adh	Χ	CGSD(MBI)
Rohan Sharma	AK Sharma, U/Adh	Χ	ICGS Aruna	Mansi	Rajesh Kumar, Adh	ΧI	CGSD(MBI)
			Asaf Ali	Suvigya Saxena	Comdt Aditya Kumar	XI	DHQ-2
Parag Rajesh Wakode	RN Wakode, U/Adh	Χ	RHQ(A&N)	Aastik	RS Solanki, U/Adh	XI	INS Hamla
Hita Chandana	Satish Balu, U/Adh	Χ	RHQ(A&N)	Prabhdeep	Jagjiwan Singh U/Adh	XII	ICGS SK Chauhan
Siddhant Sagwal	MK Sagwal, P/Ytk	Χ	RHQ((A&N)	Digaant Garg	DIG Mukul Garg	XII	ICGS
Preyasi Roy	Prasenjit Roy, U/Adh	Χ	ICGS Vishwast	Rahul Chopra	Comdt S Chopra	IX	Sankalp ICGAS
Nandini Choudhary	Dy Comdt PS Panwar	Χ	CGAE(PBR)	Кани Спорга	Comul 3 Chopia	IV	Daman
Rahul	BB Prasad, U/Adh	Χ	RHQ(A&N)	Nilima Tyagi	Jitendra Tyagi,	IX	ICGAS
Ritu Waliya	Jay Prakash, U/Adh	Χ	ICGS PBR		P/Nvk		Daman
Sharad Guru Mishra	VJ Mishra, PSE	Χ	PRT(A&N)	Shashwat Gupta	Vinay Gupta, PSE	IX	ICGAS Daman
Kargil Mishra	VJ Mishra, PSE	XI	PRT(A&N)	Chandrima Biswas	Prasenjit Biswas,	Χ	ICGAS
Anshul Sharma	RK Sharma, PSE	XII	CGAE(PBR)		P/Adh		Daman
Tannu Shandilya	J Kumar, U/Adh	XII	ICGS PBR	Keya Parida	PK Parida, U/Adh	XII	ICGAS Daman
Hina	Liyakat Ali, U/Adh	XII	CGAE(PBR)	Akash Prasad	BB Prasad, P/Adh	VIII	ICGS Dahanu
Nikita Sharma	Satyajeet Sharma, U/Adh	XII	RHQ(A&N)	Avnish Pathak	DN Pathak, U/Adh	IX	ICGS Dahanu
Neha	Chand Singh, U/Adh	Χ	ICGS Raj	Aditi Naithani	Durga Prasad, U/Adh	VIII	ICGS
Naha Dadd	10 D-4: 11/44b	V	Kamal	Tarun Yadav		VIII	Kasturba Gandhi ICGS H-196
Neha Parki	JC Parki, U/Adh	X	DHQ-10	Tatuit Yauav	Netrapal Yadav, U/Adh	VIII	ICGS H-190
Shruti Mishra	DK Mishra, P/Adh	Χ	ICGS Maya Bunder	Maneet	Comdt RS Monga	VIII	DHQ-3
Nikita Yadav	Shri Krishan, U/Adh	IX	ICGS Hutbay	Sneha A.S.	Comdt K Ajay	IX	DHQ-3
RHQ (WEST), M	UMBAI			Shashank Rana	Mahendra Singh, U/Adh	IX	ICGS Savitribai Phule
Shruti Upadhyay	UC Upadhyay, Adh	VIII	RHQ(W)	Anindita Jana	Achintya Jana, Adh	IX	ICGS Savitribai Phule
Pratham Solanki	Vinod Kumar, U/Adh	VIII	CGRPS(MBI)	Akanksha	Rajnesh, Adh	IX	DHQ-3
Anjali Ajith	G Ajith Kumar, U/Adh	VIII	ICGS H-194	Bhavna Sharma	Gopal Sharma,	Χ	ICGS Shoor
Fiza Kausher Ansari	MD Iliyas, P/Adh	IX	RHQ(W)		U/Adh		
Ritika Jha	Suman Kumar Jha, Adh		ICGS Samudra Prahari	Atul Kumar Maurya	AP Maurya, P/Nvk(P)	Χ	ICGS Amartya
Chiya Belwal	Dy Comdt MK Sharma		DHQ-2	Aayushi Singh	Comdt SS Singh	Χ	ICGS Shoor
Rahul Anil Nair	DIG Anil Kumar	IX	ICGS	Nikita Yadav	Sandeep Kumar, Adh	Χ	ICGS H-196
			Sangram	Onam Pandey	Rakesh KR Pandey, U/Adh	Χ	ICGS Amartya
BVS Chinmayee	BVJ Kumar, USE	IX	ICGS H-192	Navya Sharma	Comdt Neeraj Sharma	VIII	747 SQN
Athira S	S Sathish, U/Adh	Χ	ROC (MBI)	ivavya Silalilia	Comul Neeraj Sharilla	VIII	(CG)
Aditya Sharma	Comdt Rajeev Sharma	Χ	ICGS Achook	Sanskaar Shrivastava	DIG B Ranjan	VIII	CGTC Kochi

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
Bhavya Grish	Asst Comdt R Girish Kumar	IX	ICGS Varuna	Priyancy Gautam	Yadvendra Gautam, PSE	X	ICGS Samarth
Shakshi Sharan	DBB Sharan, P/Adh	IX	ICGS Varuna	Ayush Yadav	Gajraj Yadav, Adh	Χ	ICGS Amal
Francis Martin	M Joseph, Adh	IX	NAQAS (Kochi)	Neha Shodai	Rajendra Kumar, P/Nvk	Χ	ICGS Apoorva
Tamseel Ahmad	I Ahmad, U/Adh	IX	CGAE Kochi	Priyanka Sharma	AK Sharma, U/Adh	Χ	ICGS C-140
Ashwin U Iyer	Comdt Umesh K Iyer	IX	CGAE Kochi	Arjun Badola	DIG AP Badola	Χ	ICGS Samarth
Animesh Kumar	AK Goswami, P/Adh	IX	ICGS Samar	Vikas Kumar	Om Prakash, U/Adh	Χ	DHQ-11
Goswami				Pratik	Sanjay Kumar, P/Nvk	Χ	DHQ-11
Sampada Mishra	SK Mishra, Adh	IX	ICGS Kochi	K Avinash	KM Rao, PSE	Χ	CGRPT Goa
S Devipriya	CP Shibu, U/Adh	IX	CGAE Kochi	Shruti Mukherjee	Comdt Partho	XI	CGAE Goa
Nandita Susan Cherian	Shaju Cherian, U/Adh	IX	ND School, Kochi	Pallavi	Mukherjee Rajindra Kumar, P/Adh	XII	CGASD(Goa)
Saheli Chanda	AK Chanda, U/Adh	IX	CGAE Kochi	Sagar Bhardwaj	Ajit Bhardwaj, Adh	XII	ICGS Goa
Harisankar D	TSD Babu, P/Adh	Χ	ICGS Kochi	Chhaya Sharma	Ashok Kumar, U/Adh	IX	ICGS Kavaratti
Madhumita G	Giribabu R, PSE	Χ	CGAE Kochi	Yogeshwar Singh	Vivek Singh, U/Adh	IX	ICGS C- 406
Rohit Pal	Rajesh Pal, U/Adh	Χ	ICGS Kochi	S Dhivyaa Sri	N Sivalingam, P/Adh	X	ICGS Kavaratti
Yesh Rajawat	BS Rajawat, Adh	Χ	ICGS Varuna	Shivangi Thakur	Dy Comdt Surinder	Χ	ICGS Kavaratti
Yatan Sharma	MK Sharma, Adh	Χ	ICGS Varuna	Ginrang. mana	Singh		1000
Ishan Ghosh	S Ghosh, U/Adh	XI	ICGS Varuna	Karthika Anil	Anil Kumar, P/Nvk	Χ	ICGS Kavaratti
Manisha Martin	M Joseph, Adh	XII	NAQAS	Chhaya Tundwal	Comdt Suresh Kumar	XI	ICGS Kavaratti
			(Kochi)	Rhea Francis	Comdt Francis Paul	XII	ICGS Kavaratti
Milind Yadav	Pramod Kumar, U/Adh	XII	ND School, Kochi	Monica Tundwal	Comdt Suresh Kumar	XII	ICGS Kavaratti
Pravesh Saini	D Singh, U/Adh	XII	CGAE Kochi	RHQ (EAST), CI	HENNAI		
M Tulasi Lavanya	MS Rao, PSE	IX	ICGS Vizhinjam	Shrutidevi	Sanjay Kumar, U/Adh	VIII	RHQ(E)
K Dharshini	R Kannan, P/Adh	XII	ICGS	Ashtik Kumar	B Kumar, Adh	VIII	744 SQN(CG)
			Vizhinjam	CV Gayathri Das	CV Tulasidassan, U/Adl		ICGS Chennai
Shreya Satapathy	Comdt AK Satapathy	VIII	ICGS Samarth	Unni Krishnan	VV Dineshan, P/Adh	VIII	BMU(CHN)
Anjali	Raj Kamal Panchal, P/Nvk	VIII	ICGS Samarth	Praveena C	N Chellappa, P/Adh	IX	CGAS Chennai
Vaishalee Mondal	BK Mondal, P/Adh	VIII	CGAIS Goa	Kajol Shahu	RK Shahu, U/Adh	IX	RHQ(E)
Himanshi	Yudhvir, P/Nvk	VIII	CGAIS Goa	Sagar Paul	D Polachan, U/Adh	IX	RHQ(E)
Rahul Hansdah	P Hansdah, U/Adh	VIII	DHQ-11	Akriti Bharati	V Kishore, U/Adh	IX	RHQ(E)
Janak Dahiya	Manoj Kumar, Adh	VIII	CGAE (Goa)	Prabhat Rao	Tribhuwan, U/Adh	IX	CGS Chennai
A Divya Lalitha	ASK Prasad, P/Nvk	IX	CGAE(Goa)	Ashish Karki	B Singh, U/Adh	IX	ICGS Rajtarang
Akash Vishwakarma	SRB Pravesh, U/Adh	IX	CGRPT(Goa)	Shayam Sunder	M Ravichandran, Adh	IX	CGAS Chennai
Abhijit Nath	AK Nath, P/Adh	IX	CGAE(Goa)	Deekshika Tomar	Inder Singh, Adh	IX	848 SQN CG
Komal	SK Yadav, U/Adh	X	CGAE Goa	Ruchi Kashyap	JP Kashyap, Adh	IX	CGAS Chennai
Shiwangi Yadav	Pritam Singh, Adh	X	ICGS Apoorva	Ankit Ojha	DC Ojha, PSE	IX	RHQ(E)
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Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
Simran Rai	M Kumar, P/Nvk	IX	744 SQN(CG)	Kriti Dhaulakhandi	Comdt R Dhaulakhandi	Χ	DHQ-5
Garima Jakhar	Rohtas, Adh	IX	ICGS Sagar	Shalini Yadav	RK Yadav, U/Adh	Χ	744 SQN(CG)
Gaurav Lamba	Ashok Kumar Lamba,	IX	ICGS Abheek	Harsh Rajkamal	Comdt R Rajkamal	Χ	CGAS Chennai
	U/Adh			Shailesh Yadav	DP Yadav, PSE	Χ	BMU(CHN)
Rahul Ranga	Sanjay Kumar, U/Adh	IX	CGAS Chennai	Poonam Kumari Singh	KR Singh, P/Adh	Χ	CGAS Chennai
Nitin Rohit C	KC Dhas, PSE	IX	CGAIS Chennai	Yyashwanthan S	B Srinivasan, Adh	Χ	CGAS Chennai
Kishan Kumar Singh	KK Singh, U/Adh	IX	CGS Chennai	Shubham Maurya	SK Maurya, PSE	XI	CGAS Chennai
Akash Sheoran	H Kumar, PSE	IX	RHQ(E)	Ridhi Kathuria	Comdt A Kathuria	XI	CGAIS(CHN)
Deepti Dixit	H Sharma, P/Adh	IX	ICGS Sarang	Tanay Dwivedi	Comdt RP Dwivedi	XI	CGSMA (CHN)
Shifa Ozair	Ozair Alam, P/Adh	IX	BMU(CHN)	Akanksha Tyagi	Sandeep Tyagi, USE	ΧI	ICGS Varad
K Bhavani Venkata	Comdt K Murali	Χ	RHQ(E)	Pratibha Rao	Tribhuwan, U/Adh	ΧI	CGS Chennai
Karthik	D. C	V	DUO(E)	A Siddharth	DIG AA Reddy	XII	BMU(CHN)
Yash Balkrishna Paste		X	RHQ(E)	Richards Britto C	KC Dhas, PSE	XII	CGAIS(CHN)
Nikunj Kumar	Comdt(JG) N Kumar	X	BMU(CHN)	Sandeep Yadav	LC Yadav, P/Adh	XII	BMU (CHN)
Shakti Singh Tanwar	Ashok Kumar Tanwar, P/Adh	Χ	RHQ(E)	Tottempudi Sri Sanath		XII	ICGS Chennai
Manasha Priyadarshini	i T Pradhan, P/Adh	Χ	ICGS Sarang	H Jayakrishnan	KK Hari, PSE	XII	744 SQN(CG)
PAthira	Remesan P, P/Adh	Χ	RHQ(E)	Tanvi Sharma	MR Sharma, P/Adh	XII	BMU(CHN)
Gurneet Kaur	Pakher Singh, U/Adh	Χ	PRT(E)	MD Fariduddin	MD Burhanuddin, P/Adh	XII	CGSD(CHN)
Nishant Kumar Bhardwaj	Sunil Kumar Bhardwaj, U/Adh	Χ	RHQ(E)	Pritpal Singh	J Singh, P/Adh	XII	BMU(CHN)
Komal Priya	Surya Kant, U/Adh	Χ	ICGS Anagh	Anusree Dineshan	VV Dineshan, P/Adh	XII	BMU (CHN)
Neha Yadav	Karan Singh, U/Adh	X	ICGS Rani Abakka	Sherya Singh	DP Singh, PSE	VIII	ICGS Samudra Paharedar
Himanshu Rawat	JS Rawat, U/Adh	Χ	ICGS Sagar	Aditya Deepak Kumar	Comdt KR Deepak Kumar	VIII	ICGS Vigraha
Nupur Jaswal	D Paul, Adh	X	CGAIS Chennai	K Arthi Sreya	KVSS Appa Rao, PSE	VIII	Vizag Chetak Flight
Sachin Kumar	J Kumar, Adh	Χ	MRCC	Aishwarya Negi	DIG Kailash Negi	VIII	CGWO, Vizag
DI 1.01	D// 01		Chennai	Shivansh Sharma	Vinod Kumar, P/Adh	VIII	ICGS Vigraha
Bhumesh Sharma	RK Sharma, P/Nvk	X	CGAS Chennai	Isha Sihmar	Sanjay Kumar, U/Adh	VIII	ICGS Visakhapatnam
Sachin Yadav	Ramsharan Yadav, U/Adh	X	RHQ(E)	Ankita	AK Anal, U/Adh	IX	ICGS Samudra Paharedar
E Harika	S Ekamram, E/F-II	Χ	ICGS Chennai	Ishika Gupta	Dy Comdt KK Gupta	IX	CGWO
Milna C Francis	CO Francis, U/Adh	Χ	RHQ(E)	S.ina Capta	2, comacini cupia	.,,	Visakhapatnam
Diksha Parashar	D Kumar, U/Adh	Χ	RHQ(E)	Sneha Vandana Soy	John Soy, P/Adh	IX	Vizag Chetak
Sandhyarani Hasda	B Hasda, P/Nvk	Х	CGAS Chennai	Matha Devendra	MV Prakash, PSE	IX	Flight CGRPT
AR Quamil Mohamad	Dy Comdt M Abusali	Χ	744 SQN(CG)	Sai Krishna			Visakhapatnam
Niket Kumar Singh	MK Singh, Adh	Χ	RHQ(E)	Rajeev Kumar Padhiari	B Padhiari, U/Adh	IX	Vizag Chetak Flight

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
Yashasvi Negi	DIG Kailash Negi	X	CGWO Visakhapatnam	Yugal Bharadwaj	Comdt Ashu Bharadwaj	Χ	ICGS(GDN)
Sandhya Bhardwaj	HC Bhardwaj, P/Adh	Χ	CGWO	Atharv Singh	Dy Comdt RK Singh	Χ	ICGS(GDN)
D 1 101	0 1 1/4 11/4 11	V	Visakhapatnam	Aviral Saxena	Comdt(JG) AK Saxena	Χ	ICGS(GDN)
Rajat Sharma	Sanjay Kumar, U/Adh	X	ICGS Vigraha	Lalit Bhatotia	Naresh Kumar, P/Adh	Χ	ICGS(GDN)
Tarana	MD Nasiruddin, U/Adh	Х	ICGS Samudra	Prapti Trivedi	Comdt D Trivedi	XII	ICGS(GDN)
Paharedar	Pulakhandam Sai Kirti	P Srinivas Rao, P/Adh	XII	ICGS(GDN)			
Vishal Rathee	Ram Mehar, U/Adh	Χ	ICGS Visakhapatnam	Atreyee Mohesh	T Mohesh, U/Adh	Χ	CGAE(PBD)
Mansi Thakur	Opinder Singh, U/Adh	Х	ICGS Samudra	Sharma Shivam Rajvir Bhai	RV Sharma, U/Adh	XII	ICGS Veraval
			Paharedar	Atish Kumar	AK Gupta, Adh	VIII	ICGS C-63
Rajat Bhaskar	JL Ram, PSE	X	ICGS Samudra Paharedar	Upasana Singh	N Singh, Adh	X	ICGS Vadinar
Pamarthi Lasya	Dy Comdt PVS Rao	XI	CGWO Visakhapatnam				
D Shriya Santoshi	DVG Rao, U/Adh	XI	Vizag Chetak Flight				
Gaurav Kumar	AK Anal, U/Adh	XII	ICGS Samudra Paharedar				
Rahul Singh	R Kumar, Adh	XII	ICGS Visakhapatnam				
Hemanshu Bhardwaj	Sunil Kumar Bhardwaj, U/Adh	XII	DHQ-13			6)
S Neha	SS Kumar, P/Adh	VIII	ICGS Nizampatnam			/	
Vutukuri Bindu Bhargavi	VVNVV Prasad, U/Adh	XI	ICGS Nizampatnam				
Vaibhav Parashar	Comdt RK Sharma	Χ	ICGS Kakinada	C)	
Spandan Tiwari	VN Tiwari, U/Adh	IX	ICGS H-195				
RHQ (NORTH W	/est), gandhinac	SAR					
Mansi Singh	S Singh, U/Adh	VIII	ICGS(GDN)				
Soumodeep Chakraborty	S Chakraborty, P/Adh	VIII	ICGS(GDN)				
Prachi Nandi	P Nandi, U/Adh	IX	ICGS(GDN)	4			
Tanu Swami	OP Swami, P/Adh	IX	ICGS(GDN)				
Yugam Bharadwaj	Comdt Ashu Bharadwaj	Χ	ICGS(GDN)				

Best In Sports/Extra Curricular Activities (State/National Level) 2015-16

Name	Daughter/Son of	STD	Present Unit	Sports/ Championship	Position
Shristi Bisht	DS Bisht, PSE		RHQ(W)	Lawn Tennis (U-17)/ KVS Regional Sports Meet 2015	First
				Lawn Tennis (U-17)/ KVS National Sports Meet 2015	Third
				Lawn Tennis (U-17)/ Maharashtra State Lawn Tennis Championship	First
Urvashi Singh	Comdt Vijay Singh	IX	ICGS Samar	Swimmimg 50 mtr free Style (U-12)/ KV Regional Meet 2015	Third
Yesh Rajawat	BS Rajawat, Adh	Х	ICGS Varuna	Cricket/ KVS National Sports Meet 2015	First
Vaishalee Mondal	BK Mondal, P/Adh	VIII	CGAIS(Goa)	Speed Relay 4x30 sec (U-17) Rope skipping/ State Level Rope Skipping Championship	First
				Speed Endurance (U-17) Rope Skipping/ State Level Rope Skipping championship	Third
				Speed 30 Sec (U-17)/ Rope Skipping/ KVS Regional Sports Meet 2015	Second
				Endurance 3 Min (U-17) Rope Skipping/ KVS Regional Sports Meet 2015	First
				Double under (U-17) Rope Skipping / KVS Regional Sports Meet 2015	First
				Double Dutch Free Style (U-17) Rope Skipping/ KVS National Sports Meet 2015	Second
Priyanci Gautam	Yadvendra Gautam, PSE	Х	ICGS Samarth	Hammer Throw (U-17)/ KVS Regional Sports Meet 2015	Second
Priyanka V	DIG SB Venkatesh	XII	ICGS Vaibhav	Challenger Women Single Scull – Rowing/ National Rowing Championship	Second
Himanshu Singh	Dharmpal Singh	XII	ICGS Aruna Asaf Ali	Badminton (U-19) / National Sports Day 2015	First
Mohan Sharma	AK Sharma, U/Adh	XII	ICGS Aruna Asaf Ali	Cross Country/ National Sports Day 2015	Third
Aditi Tomar	BS Tomar, P/Nvk	III	700 Sqn(CG)	Individual Kumite (U-10-11)/ Bal Bhavan National Karate Championship 2016	First

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