



Coast Guard Wives Welfare Association

President Tatrakshika with Vice President, President Tatrakshika (WS & ES) & Regional Presidents



MESSAGE



It gives me a feeling of gratitude to pen down my thoughts for this edition of 'Urmi'. The resolute fortitude with which our 'Tatrakshikas' have stood behind each of us with their affection, understanding, comfort and recognition has been the real 'strong back' which has kept us and our families, going all along. The momentous role played by them in the overall development has been truly commendable.

The plethora of activities undertaken by 'CGWWA' has ranged from education, humanitarian efforts, honing skills, empowerment and environment protection. I was enthused to note that 'Swachhta-Hi-Seva' campaign received keen participation from the members all across and we could provide a meaningful contribution to our society.

Despite the modern economic life and an urge for the 'Tatrakshikas' to leave the sphere of the family circle and work side by side for the enrichment of their monetary resources, they have been a man's helpmate, partner and comrade and have always stood by them in all their times both good and the difficult ones.

The voluntary support provided by CGWWA to its members and their families depict a natural bond between them. With time, this has further got deeply embedded and, will be here for perpetuity. The high levels of morale of our personnel has been a key to sustainable development.

CGWWA has marvellously kept pace and marched shoulder to shoulder in our journey of expansion in the service and with their resolve 'Tatrakshikas' have proven how they can evolve with each passing situation in which they come out with flying colours always. I firmly believe that with varying times and new encounters they would progress and continue to be our 'strong back' and provide succour to us and our families.

My compliments to the entire editorial team of 'Urmi' for collating the articles and bringing out an informative, interesting and immensely readable book covering the entire ingenuity and skills of our 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
15 Nov 17

MESSAGE



It gives me immense pride to share this edition of “URMI”. Over a period URMI has emerged as an interactive medium that magnificently showcases the thoughts and ideas of the CG fraternity. Urmi connects us to the vibrant & diverse CG fraternity across fifty different locations around the country, including remote stations.

The achievements of CGWWA are highly credible. It gives me a great sense of satisfaction to see the vast number of activities undertaken by our organisation for betterment of the CG fraternity and social cause.

I am overwhelmed to see wholehearted participation and contribution towards URMI. As another edition of Urmi is released, I would like to convey my compliments to the dynamic editorial team for their untiring efforts and dedication in carving out this fine edition.

I also take this opportunity to specially thank Vice-President Tatrakshika Mrs Jyoti Murthy, for her splendid contribution and motivation in the successful conduct of all welfare activities. I also thank the Seaboard and Regional Presidents for being a pillar of strength to their respective talented teams.

I extend warm wishes to all the ladies on the occasion of Tatrakshika Day and New Year.

A handwritten signature in blue ink that reads "Urmila" with a stylized flourish underneath.

(Mrs Urmila Singh)
President Tatrakshika

MESSAGE



It is my privilege and honour to yet again share my views across the Tatrakshika continuum through this effervescent medium of URMI.

I am proud to see each Tatrakshika blossoming, learning and growing; with evolving times. I am certain that Tatrakshikas will always put their best foot forward for social cause and continually improve the '**CG Happiness Factor**' by creating smiles and promoting mutual growth.

I am glad that the theme for URMI has been specifically chosen on Self & Health i.e – "**I'm my First Priority - Importance of Woman's Health to herself**".

It traces the magnificent woman who portrays diverse roles. The significance of good health has been beautifully conveyed as "**When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless and intelligence cannot be applied**". We Tatrakshikas have to do **balancing act** by juggling **between family and the social responsibilities**, as both are important and complementary to each other.

To make a special mention, the editorial team of 'URMI-17', deserves highest accolades for their extremely commendable effort in producing an informative and immensely useful magazine.

Enjoy, Learn & Evolve!!

Wishing you all 'Good Luck' and 'Happy Reading'...

A handwritten signature in blue ink, appearing to read 'Jyoti Murthy'.

(Mrs Jyoti Murthy)
Vice President Tatrakshika

MESSAGE



My deepest appreciation to the editorial team of the prestigious annual magazine URMI. Thank You for offering your valuable time in putting these articles and pictures of various regions together with such professionalism, dedication and passion.

The idea and success of this magazine is testimony of collective effort of all those who stepped forward so readily and generously, shared their creative thoughts and experience. This proves the talent and team spirit in our CG families.

I hope this edition of 2017 will bring as much pride and pleasure to all our Readers as much as I do each year.

Enjoy Reading.

A handwritten signature in blue ink that reads "Jayanthi".

(Mrs Jayanthi Natarajan)
President Tatrakshika (Western Seaboard)

MESSAGE



“URMI” means **“Wave”**, The way;

“Waves are inspiring, not because they rise and fall, but because each time they fall ... They never fail to rise again.”

In Similar way... **‘URMI’** Magazine is a platform to all Coast Guard fraternity for Jotting down their ideas and experience which will enlighten the Tatrakshikas/ Readers to improve their perspective, to rise in all sphere of life.

Kudos to the editorial team for choosing relevant theme and for all participants for their efforts to bring out this enriched edition of URMI connecting the whole Coast Guard fraternity. May we all continue to uphold & stand up for the right and just causes.

I wish each one of you and your families happiness, prosperity and a successful year ahead.

Sunita Nautiyal

(Mrs Sunita Nautiyal)
President Tatrakshika (West)

MESSAGE



It is my firm belief that strengthening of the social fiber is paramount for the success of any organization, especially in the 'Profession of Arms' where the men & women are faced with the possibility of making the supreme sacrifice.

CGWWA from the very beginning has been characterized by its voluntary nature and the quintessential value addition provided to the efforts of Indian Coast Guard in the areas of Community Welfare and Development, with particular emphasis on families. The CGWWA fraternity of the region has also taken initiative by taking active part in "Swachh Bharat".

Tatrakshika comprises women of diverse affiliations and backgrounds who join together to have a good time to explore them be it cooking, yoga, entertainment, community interactions, all working together to create and enhance out small community. The organization volunteers also visit the "lesser privileged in old age homes" and orphanages to support others in a variety of situations.

I would like to take this opportunity to congratulate the editorial team for the hard work and dedication put by them in bringing out this edition of "URMI". I also extend warm festive greetings and best wishes to all Tatrakshikas on the occasion of Tatrakshika Day.

A handwritten signature in blue ink, appearing to read 'विद्या' (Vidya) with a stylized flourish.

(Mrs Vidya Sheoron)
President Tatrakshika (NE)

MESSAGE



I am delighted and honored to share my thoughts for this year's powerful theme – “I am myself's first priority” for URMI which I feel is the essence of CGWWA that all Tatrakshikas should imbibe in themselves.

URMI is a small initiative to influence the lives of people through rich experiences, adventures of older ones to learn from and thoughts that trigger the mind. I believe that self-reliance, independence, will power and self-help are the main ingredients to make the roller coaster life of Tatrakshika a perfect one.

Each one of our lives can be a motivation for others and if we continue to learn from each other, we can enjoy the true essence and the beautiful side of being a Tatrakshika. We must accept that some days are just bad days. To know happiness, one should also experience sadness. So let's keep our fun spirits up, to spread the positive energy and enrich our souls with beautiful thoughts and inspiring incidents.

I wish all Tatrakshikas 'All the best' and would like to encourage them to always believe in themselves. Remember “You matter, your needs matter”. Make yourself your first priority and live your life the way you want to live it.

(Mrs Nidhi Bargotra)
President Tatrakshika (East)

MESSAGE



Time just flies like a butterfly, leaving behind fragrances and memories. As I sat pondering over the message for another sequel of URMI, nostalgia creeps in as every little detail assimilates importance at this hour. I often feel that the review needs to be compared from the preceding years. The term “progress” and innovativeness” are thus reflective to our readers.

A blessed community of able supportive ladies that I represent stays enlightened in me as I pen down yet another saga of women hood from the charismatic Gujarat. The place may appear limited on the map but I have witnessed progressive leap and enthusiasm in family values over the span. As the ladies take initiative in carving a better future for their your ones, I stay duty bound in assisting them to affirm a confident step of this caliber. May the spirits of all futuristic endeavors within the court of CGWWA ladies stays brightened with joy and happiness.

My best wishes to the Urmi editorial team.

A handwritten signature in blue ink, appearing to read 'Dipa Pal', with a horizontal line underneath.

(Mrs Dipa Pal)
President Tatrakshika (North West)

MESSAGE



Greetings from the Tatrakshikas of A&N islands. The beauty of this institution is displayed by the enthusiastic participation of ladies, who come from varied backgrounds and culture, yet work for a common goal and justify the true spirit of oneness through CGWWA.

Urmi has always provided a platform for the CGWWA families and children to exhibit their creative and innovative talent in terms of writing thoughtful articles, poetry, short stories, anecdotes, humour, innovative recipes etc. This magazine is like a thread running across all and binds us together. In sync with the Prime Minister vision of Beti Bachao Beti Padhao, we the Tatrakshikas must associate ourselves with the local populace, spread a word of knowledge and contribute towards empowering our young daughters of India.

I compliment and congratulate the editorial team of URMI 2017 on bringing out this issue with a thought of "I am my first Priority". I hope the sincere efforts of team URMI 2017 would enlighten our Tatrakshikas about the importance of their health to themselves and give them a mantra for happy and healthy living.

Best Wishes and happy reading!

Jai hind.

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

(Mrs Jayanthi Suresh)
President Tatrakshika(A&N)

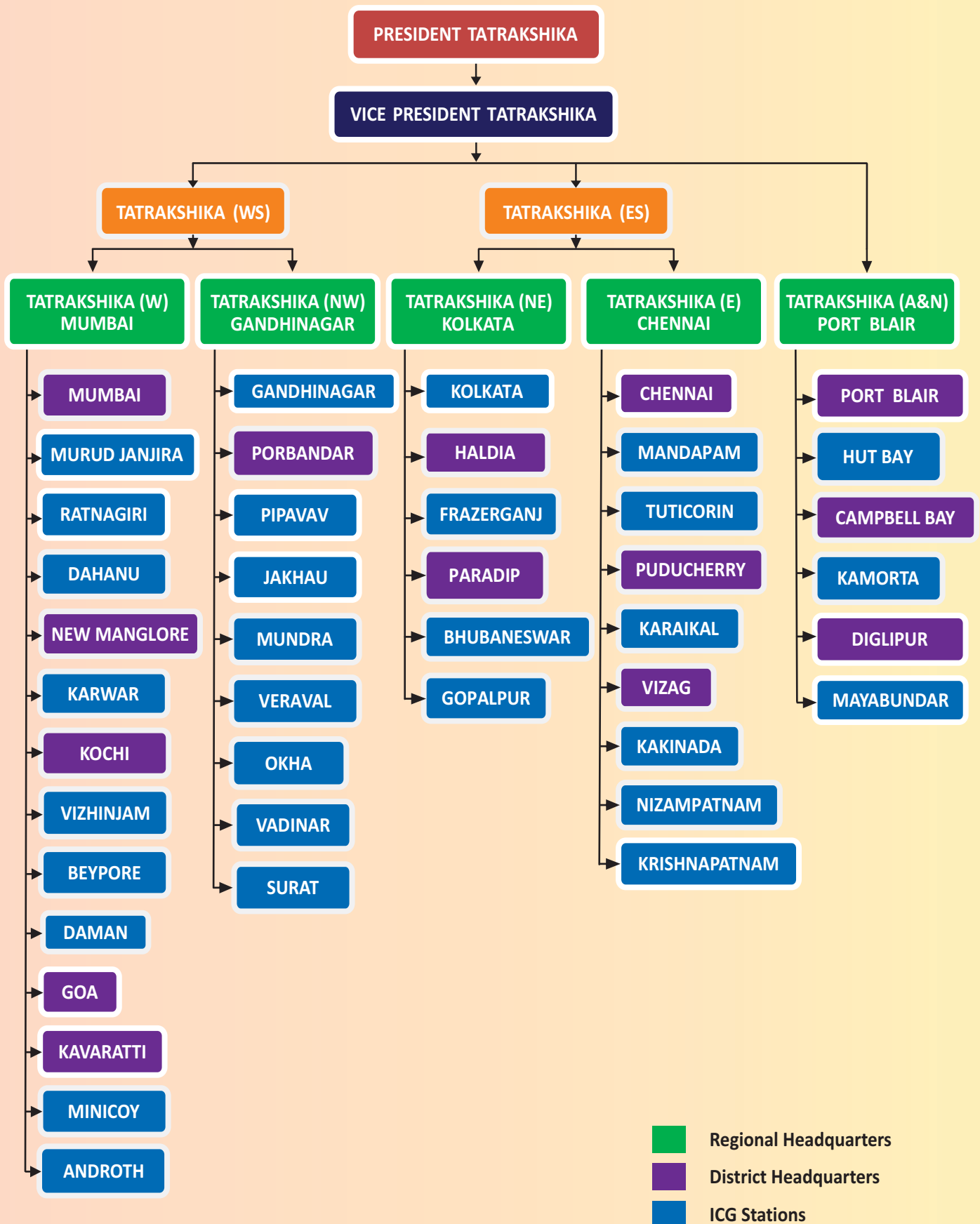


Explanation of Logo

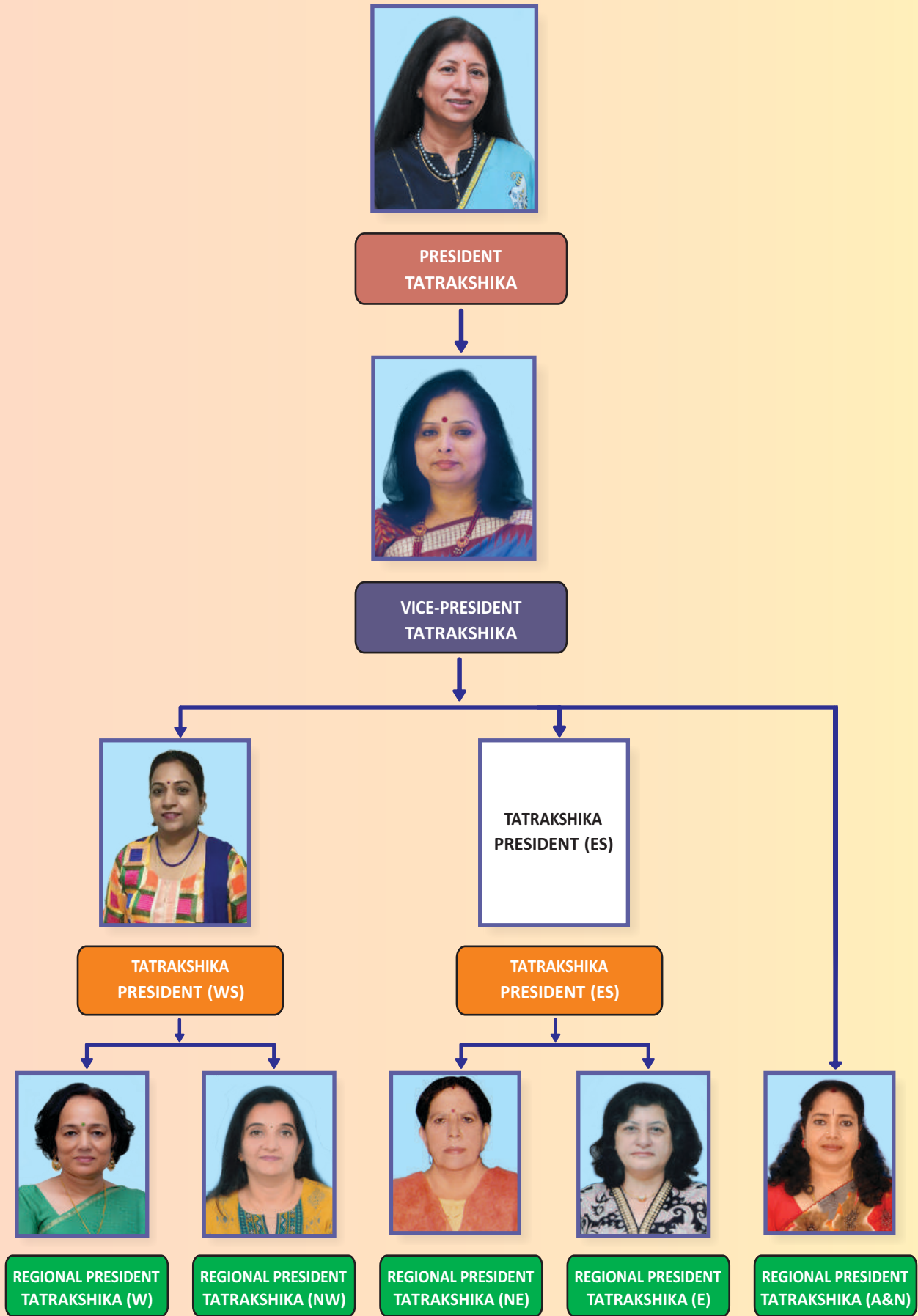
The CGWWA (Coast Guard Wives' Welfare Association) has an emblem of its own, which was designed in 1996. The logo of Tatrakshika is embedded in the midst of blue, representing the vast skies, seas and oceans. Our logo too has adopted a tinge of the same blue, in a spirit of camaraderie with our men.

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



TATRAKSHIKA ORGANISATIONAL CHART





Editspeak

Dear readers,

Warm festive greetings and loads of joyful wishes for the new year.

We are delighted beyond words at the downpour of contributions and are indeed grateful to each one of you. Urmi reflects the savvy work engaged in by our Tatrakshikas, ceaselessly through the year, led and guided by genius of the President Tatrakshika, **Mrs. Urmila Singh** and the Vice-President Tatrakshika, **Mrs. Jyoti Murthy**. Many colourful feathers have been added to the hats of Tatrakshikas. The glory and vibrant tint of these have been captured and are presented here via multi-colored pictures. As you flip through the pages of Urmi, many of you would revisit nostalgia and walk down the memory lane!

The cover design is the kaleidoscope of URMI - 2017 which focuses mainly on 'YOU' and 'YOUR HEALTH'. ***'The best ever investment you can make is your own health'***. Life is a sequence of panoramic spectacles, while traversing through which, we can generate as many vistas as our creativity can embolden us. Good health is indeed the perfect springboard for significant accomplishments in one's life.

This winter, bask in the warm sunshine and be proud of the triumphs that gaze at you with blithe. Rejoice and enjoy being a 'Healthy You'!

I pray for wonderful changes in your lives, ever sacrosanct and peaceful.



EDITORIAL TEAM

SHARADA NARASIMHA

INDU SAHNI

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URMI-2017



Cover page designed by
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SIMPLY WOMANHOOD

Green is the colour of life and Mother Earth. Mother Earth supports the life of living beings, and they all live in harmony. The blossomed tree depicts the healthy and contented life of a woman, which is her first priority. A woman nurtures her living and working environment with love, care and efficiency. Good health of a woman is of supreme priority as "Woman is A Lifeline of All Mankind".

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10... युगवाणी

11... पाक विधि

12... घरेलु नुस्खे



MILESTONE 2016-17

“Commendable achievement of the year”

With the changing requirements of today's world, CGWWA has taken another step to increase access to quality educational opportunities to empower its women and taking them together to fulfill their dream of being financially independent and standing tall in a crowd.

We are glad to inform that CGWWA has tied up with **Lal Bahadur Shastri Training Institute** which is a Government Recognised University which aims at serving the people of the country by making them competent and strong enough to face the running life of upcoming technologies. Courses available here provide Certificate and diploma in Professional and Technical education in Computer software, Hardware and Networking, Fashion Designing, Beauticians, Cutting and Tailoring, NTT, NPTT and English speaking at concessional charges, of that too more than half of the charges is being paid by CGWWA.

President and Vice President are personally involved and are trying to provide all possible support, help and guidance for imparting skills related to employability by all ways possible.

“Education is the most critical tool we have, to create the kind of world we want to see”



ANNUAL REPORT 2016 - 17

INTRODUCTION

CGWWA is an organisation that firmly believes in team work. It always works in a manner that is 'By the People' and 'for the People'. CGWWA involved itself in providing a stage for the ladies belonging to various strata of society to come together, learn from each other and provide amalgamation of culture for their own upliftment.



CONDUCT OF ACTIVITIES

The following activities were conducted at CGWWA Headquarters on regular basis:-

- (a) Coffee morning with officer's wives is organised bi-monthly.
- (b) Tatrakshika Milan is held every alternate month.
- (c) CGWWA committee meeting monthly with coordinators and quarterly with all members.
- (d) Welfare committee meeting is held with Vice President and welfare members.

CENTRALLY CO-ORDINATED ACTIVITIES

The following centrally co-ordinated activities were conducted:-

- (a) CEC meeting 2017 was held on 25 Sept 2017 at CGHQ.
- (b) Tatrakshika day was celebrated on 29 Nov 16. As a part of Tatrakshika week celebrations, sports activity such as Badminton, handball, kho-kho were conducted. The auspicious day started with ceremonial cake cutting by Tatrakshika President. Felicitation of the 'Yoga Guru' was conducted by the health co-coordinator. The welfare sub-committee members were given a token of appreciation for their hard work. Ladies who gave demo/ lecture more than three times in a year were also given a token of appreciation. All the tatrakshika's were also gifted with a token of love.
- (c) A talent show was conducted by the children of Indian Coast Guard on 03 Dec 2016.
- (d) Two-day workshop on 'Reiki' and mind power was conducted on 19 and 20 Aug 2017 at Arkaja by the learned Reiki Guru Dr. N.M Sharma.
- (e) "Swachh Bharat – Swachh Sagar Abhiyan" on the bank of River Yamuna was held on 16 Sep 17.

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)

Suruchi arm of Tatrakshika polishes the talents of the ladies and teaches them ways to be self-dependent. Activities conducted under Suruchi were as follows:-

A lecture on adolescence covering pubertal problems, child abuse, dealing with wrong addiction, performance pressure etc. was given by Mrs Preeti Bajpayee.

Sweets and snacks making competition using the ingredients jaggery and bread was held. Rangoli demonstration was given by Mrs Vibha Angore using beads, plastic sheets, sponge sheets etc.

Children sports day was held.

Counselling session for children of age group 12 years and above was held. Topics covered were internet addiction, consequences of child abuse, communication with parents and examination pressure.

A demonstration cum lecture was given by trained Karate Instructor Ishwar Gupta (Black belt 3) in Jan 2017 for the Tatrakshika's.

Workshop on bag making was conducted in Jan 2017 by Mrs Kiran.

A short term course on Block printing continued for Jan 2017.

6 month Beautician course started for the ladies from July 2017 onwards.

A demonstration on 'Jhatpat Cooking' was conducted by Mrs Sangeeta Sharma in welfare centre at Sec 23, Noida.

'Nail Art Workshop' was held in the month of Jul 2017 which was taken by Mrs Preeti Bajpayee in welfare centre, Sec 23, Noida

Liquid embroidery demonstration was conducted in Aug 2017 by Mrs Rashmi Patnaik.

A demonstration on Jewellery with Paper quilling was given by Mrs Vidya on Aug 2017.

Drawing classes for children have been started from Aug 2017 onwards at Kendra Sec 23, Noida.

A demo on chocolate making was conducted in Sep 2017 by Mrs Dazy Bahl.

CGWWA (WEST)

CGWWA Mumbai is conducting regular tailoring classes, Beautician classes, Oddissi dance, Yoga and Tuition classes at Powai.

Beauty parlor is also running efficiently. A demonstration on Paper Quilling was organized at Welfare Kendra Powai.

Make-up and Hair-style workshop was organised at Welfare center, Borivali.

A Lecture on Vastu Shastra and Ayurveda was organized. Demonstration on Marathi home cooked food was organized at Welfare center, Borivali.

A health lecture on 'Depression Let's Talk' was given by Surg. Commodore Sunil Goyal, HOD Psychiatrist department, INSH Ashvini.

Macrame Workshop was held at Kendra for 4 days.

At New Mangalore one day cooking class on Barfi making, demo on hair style and hair cutting and workshop on "Diwali Décors" was organized. Two days Chocolate making classes was conducted. Health lecture was given by Dr. Maninder Kaur on the topic "Breast Cancer".

At Goa, Taekwondo classes are regularly conducted for children above 5 years of age.

Beautician and personal grooming courses for 06 Months duration were conducted. Stitching classes for 03 months for five days a week was conducted.

Workshop on Rakhi making, Jewellery making, designer bindi making and Aari work (Thread work) was organized.

A three day workshop on "Block Printing" and a one day workshop on "**Chocolate making**" was conducted.

At Cochin, Talent show was organized by wards of CG personnel as a part of Troops Get Together-17.

A demo on Jhatpat Rangoli, Puja thali decoration using traditional colourful & permanent oil colors, 3D liners, Kundan, mirror and fancy threads was conducted.

Different styles of saree draping like Bengali saree, Gujarati, Fusion, party, in front style and twenty different styles was organized.

Mat making demo with the help of discarded bed sheets, sarees, dupattas etc. was organised.

An interactive class on Advantages of Internet was conducted.

A workshop on pottery, Baking class was organized, in which making of Choco-cake, biscuits, and Lasagna was demonstrated.

CGWWA (NORTH EAST)

Suruchi team organized a workshop on decorative cushion making and dress designing by Ms. Julie Jaswal.

The authentic recipe of the special dish of Bihar, 'LITTI CHOKHA' was shared through a demonstration. Other demonstrations like baking cake, Bengali sweets making and cooking '*Kachhi halidi ka halwa*' to boost our immunity were also held.

A demonstration on "RAKHI MAKING" was held in July 2017.

Competitions like rangoli, mehendi, greeting card making, pot decorations were conducted to highlight the hidden talents of the ladies.

A 10 days workshop on mud-painting and pottery classes was held at DHQ-7, Paradip.

Demonstration on fruit carving was given by P Brijmohan from ICGS Vajra to help ladies hone their culinary skills. A demonstration on 'Best out of Waste' was given by Mrs Suman Ramkumar.

At Haldia, one week glass painting classes were conducted by a professional, Mr Tanmay Maity. He taught the ladies various techniques to play with colours on the glass

Four cooking classes were conducted in Tatrakshika welfare center. Different Chinese cuisines were prepared and innovative techniques in cooking were demonstrated.

CGWWA (EAST)

With the motto 'Self Help', various courses and demos were organised at welfare centres throughout the region regularly. Demos on making candle stands from newspaper, fancy candles from gel, lamp shades from thread and balloon etc., innovative ways of transforming plastic bottles to flowers, fancy baskets, travel bags apart from innovative recipes demonstrated by Nestle. Competitions like chutney making, salad decoration pickle making, sandwich and sweet making were conducted to highlight the hidden culinary skills of ladies. Regular 'Milan's' were organised across the region. Tatrakshika Day brought cheer to the residents of Meenambakkam as the 'Welfare Centre' at CGRA Chennai was inaugurated by COMCG(E) IG Rajan Bargotra. Tatrakshika Day was celebrated with full participation of ladies with fun games and gifts. Ladies spent a day out at MGM Dizzie World.

At Vizag, along with six month beauty parlour course, demos and workshops were conducted on glass painting, bread pudding, quelling and screen painting etc... Competitions like diya-making and sweets making were the flavour of the festive season. Sports Day for ladies was organised on the occasion of Tatrakshika Day.

At Kakinada, designer cushion and bangle making demo was given and Rangoli competition was organised on the festive occasion of Diwali.

SURUCHI



SAKSHARTA



At Tuticorin, classes were conducted on making flower pot hangers, key holders, crystal jewellery, warli painting, fabric painting and soft toys. 'Special Milan' was organised to welcome **Tatrakshika President Mrs. Urmila Singh**.

At Mandapam, to encourage and inculcate various skills in ladies, Tatrakshika Milan were regularly conducted. 'Special Milan' was organised to welcome the **First Lady** of the Indian Coast Guard **Mrs. Urmila Singh**.

At Puducherry, A visit to Autryville and Sidhivinayak temple was organised for the ladies on the Tatrakshika Day

CGWWA (NORTH WEST)

Milan and coffee morning were conducted at all the stations as per the schedule.

Competitions like rakhi making, sweet making with main ingredients like gram flour, jewellery making using vegetables and grains, rangoli making were held at RHQ NW. There was a demo on preparation of momos and paper quilling for the ladies. Cooking classes on preparation of nutritional breakfast and tiffin were held at hotel Haveli. Children's day was celebrated with the screening of 3D movie, Dr. Strange. Tatrakshika day was celebrated as a sports day. A lecture on Yog prana vidya was conducted in the month of January 17.

At Okha, stitching, art and craft, mehndi classes were conducted. Rangoli competition was held. A demo on home decorative items was also conducted.

At Vadinar, ladies at Vadinar station celebrated Tatrakshika day, Christmas and sports day. A picnic to Ranjit Sagar dam and Lakhota Lake was organised.

At Surat, a picnic to chokhi Dhani was organised for CGWWA members and families in the month of February 17.

At Porbandar, Jewellery making, mud painting, wall hanging, vegetable carving, string painting classes were conducted. Children's day was celebrated as sports day.

At Veraval, children's day celebration and demo class on decorative items using ropes were conducted.

At Jakhau, visit to Bhujodi village famous for textiles and handicrafts in the month of Nov and visit to TERA village famous for Gujarati handicrafts was undertaken in the month of July'16.

CGWWA (ANDAMAN & NICOBAR)

Demonstrations on Quilling and Tera Cotta Jewellery: A demo on Quelling and Tera Cotta Jewellery was conducted at CGWWA Welfare centre in Sep 16. All the ladies participated in the event with full enthusiasm.

Tatrakshika Day (29 Nov 16): “Tatrakshika Day” was celebrated at CGWWA centre by all CGWWA members on 29 Nov 16. A guest lecture by Mrs Suman Kashyap, Range Officer Forest department on all type of flora and fauna in Great Nicobar Islands was organised.

DWWA Coffee Morning: DWWA Coffee Morning was hosted by the CGWWA (A&N) in Apr 17. Theme for the event was “Holi”. More than 250 ladies from the Joint Services Command came together and enjoyed the program. The event was graced by the DWWA President, Mrs Seema Verma.

ANCOWA Coffee Evening: The ANCOWA Coffee Evening is the most important event wherein officers’ wives from the joint services command come together, spend quality time & cherish the memories for future. Theme for the evening was “Fusion Masti”. The event was meticulously planned and conducted by the CGWWA members on 17 August 2017.

Lecture on service customs and traditions: It is essential that we advance with this changing world but at the same time not forget our customs and traditions. Therefore, a lecture was conducted by Comdt Kanchan Verma for the CGWWA ladies to enlighten them with the service cultures and courtesies of an officer lady or a Coast Guard wife is expected to reflect in all official functions.

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 aim of this wing of CGWWA is to educate ladies about the present world and modern-day living. The activities conducted by Saksharta during the period of review are:-

Spoken English classes for ladies/ children were running successfully in Welfare Centre Sec-23, Noida.

The literacy team conducted presentation of Academic recognition award to the children during sports day held in the month of Nov 2016 at Sec 23, Noida.

The English recitation competition was conducted at Arkaja in Sec 23, Noida. Children participated in categories.

NTT and PTT courses has been started for Tatrakshikas in the month of Jul 2017 at Lal Bahadur Sashtri Institute. The course fee is mainly supported by CGWWA.

CGWWA (WEST)

At Mumbai, computer course for a duration of 02 months was conducted for ladies at Borivali. A career guidance counselling was conducted for the students of class 10th to 12th. Regular Tuition

classes for children at CGWWA Kendra, Powai are being conducted smoothly. A presentation on SIP (systematic investment plan) was conducted for the ladies to generate awareness on investment in mutual funds. The presentation was given by ICICI bank team at the CGWWA center, Powai.

At Goa, Daily coaching classes for the students of Class I to XII are being conducted. Every Saturday and Sunday, drawing/ painting classes are conducted at TRV Chicolna for children. An interactive session with ARZ (*Anyay Rahit Zindagi*) an NGO was conducted in which talk on “**Child Abuse and Exploitation**” was discussed. The informative session helped in educating mothers on “**Child Abuse and How to Identify and go about the same.**” A one day workshop on “**paper bags and envelopes making**” for children was organised during the workshop. Children learnt how to make paper bags and envelopes from old Newspapers and magazines. Painting Competition was organised for children. A total no of 79 children from five schools participated in the competition.

A lecture on positive thinking was given and quiz was held prizes were distributed to the winners.

At Daman, lecture cum presentation was conducted on career counseling and counseling session on “Handling Peer Pressure and studies” delivered by Dr. Havanya Patel.

At Murud Janjira, basic Computer training classes for all Tatrakshika's of the station commenced at CGWWA center. IT Assistant is imparting a training twice a week for all ladies, covering basic operation of PC, trouble shooting and use of internet.

CGWWA (NORTH EAST)

To encourage the talent of children and channelize their energy towards creativity, dance and drawing classes are being arranged under the guidance of professional dance teacher Mrs. Suman and drawing teacher Mr Swapan in CGRA Manicktla.

Dance classes and drawing classes are conducted by Mrs Suresh at Paradip (DHQ-7) for the benefit of children to inculcate the same as one of the hobbies and also to improve their physical fitness.

A lecture on personal and good hygiene was conducted for ladies of Haldia in Feb 17.

CGWWA (EAST)

At Chennai, on Tatrakshika Day, meritorious students from class VIII to XII were awarded certificates and trophies and encouraged to excel by COMCG (E) IG Rajan Bargartra. Regular coaching classes and help classes for children of maids and casual labourers were conducted at CGRA Meenambakkam with emphasis on Spoken English and Mathematical Skills.

At Vizag, lecture on-Mother, “A friend and guide” and “Nari Sashaktikaran” was given to highlight woman's role in the present day.

At Tuticorin, Library was renovated and keeping kids in view, new counter for reading newspaper on daily basis was introduced. A lecture on financial planning was given by ICICI bank personnel with explanation on savings and investments.

CGWWA (NORTH WEST)

Ladies of RHQ attended lectures on savings and investments for better future and on nomination and financial allowances of CG personnel. A lecture on how to deal with the exam stress for CG wards too was conducted. Felicitations of meritorious students was done by all stations of NW region on Tatrakshika day.

At Porbandar, lecture on literacy rate in India was conducted.

At Veraval, in the month of December, ladies were apprised about NGIS, change of nomination and other financial matters.

CGWWA (ANDAMAN & NICOBAR)

Inter School quiz competition: The CGWWA Hut Bay along with ICGS Hut Bay organised Inter School Quiz competition in Jan 17 for students of schools of Little Andaman Island at ICGS Hut Bay. A team of GMSS School students comprising of Miss P Kalaivani & Miss Reethu Mondal was adjudged as the winners.

Community Service Interaction of SBI Along With CGWWA: Mrs Shoba Mehar, Branch Manager SBI, Hut Bay, delivered the lecture on deposit schemes like RD (Recurring Deposits), FD (Fixed Deposits), Sukanya Samridhi Scheme and also told about insurance policies such as PAI (Pension Accidental Insurance), PMSBY (Pradhanmantri Suraksha Bima Yojana). She made the ladies aware about the technological frauds like asking about ATM pin over phone and suggested them to be alert about such phone calls.

Greeting Card Making Competition: Greeting card making competition for the Coast Guard kids was organized on the occasion of Christmas celebration. Topic provided was Christmas and New Year. Kids used their innovative ideas to bring out cards made of different varieties. Cards made by the children were given to all the ships of the Region on the occasion of New Year.

Visit to Agriculture department: CGWWA conducted a visit to agriculture department at Port Blair in Feb 17. Ladies were enlightened with various techniques for pickle making, preservation of food items, making sweets etc. Officer wives & welfare ladies gained good knowledge from the visit.

Visit to Coconut factory: At DHQ-10, Campbell Bay ladies visited the coconut factory and learnt to make handmade articles from the coconut shells. Training classes for the CGWWA ladies at Campbell Bay are planned to be conducted at the Welfare centre also in order to obtain maximum benefit.

Tailoring and beautician course: Beautician and tailoring courses of 6 months were conducted for ladies at Port Blair. Whole Hearted participation of the ladies was well appreciated by the then Regional Vice President Tatrakshika (A&N).

SANJEEVAN



SURAKSHA



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)

This arm of the CGWWA pay attention towards various aspects of health. Various activities conducted are as follows:-

An eye camp from Sumitra Hospital was organised at Arkaja, Sec 23, Noida. A large number of people turned up for the camp.

Yoga classes were running successfully at Sec 23 Noida. Certificates were awarded to 20 ladies on Tatrakshika Day by President Tatrakshika.

A lecture on Thyroid was given by Dr. Shefali Purohit on Tatrakhika Day.

Karate classes are running successfully at Sec 23 & 52 Noida.

Heart check-up camp was conducted in Jul 2017 in association with Metro Hospital, Noida at Sec 23, Noida. A large number of people turned up for the event.

CGWWA (WEST)

At Mumbai, a lecture on the women's health and dietary precautions was conducted at Borivali Kendra. A health lecture on 'life style disease and lower back pain' was organised at Welfare center, Powai. A health talk on the topic of Monsoon related illness was organised at the RHQ(West) premises. A medical lecture on hypertension and BMI as conducted at CGRA Tele wade Camp. Various preventive measures for controlling BP and strict adherence to BMI limit for healthy living was described to all ladies.

At New Mangalore, a health lecture was organized by a renowned Gynecologist about various sexually transmitted diseases and told very basics of breast cancer, its detection and treatments. Another health lecture was given on the topic "effects of menopause". Free Dental Checkup Camp was organised at Welfare Centre, CGRA Kankanady. Yoga Demo was conducted.

At Goa, Regular Diet advices were given at TRV Chicolnaonce every week. A lecture on the topic "**Awareness of mosquito borne diseases**" was delivered by Surg Lt Cdr MR Pawar. A Guest lecture on Physiotherapy was delivered by Dr. Shweta Varshney (Navy). A medical camp on "Bone Mineral Density" was organized. All committee members participated in International Yoga day on 21 Jun 17.

Dental Camp was coordinated by DHQ-4 and CGAE(Kochi) in association with Vasan Dental Care at CGWWA Welfare Centre. Station Medical Officer delivered a lecture on Dengue and Chikungunya. A Medical camp was also organized in coordination with Medical Trust Hospital, Kochi. A team of 5 doctors and assistants of Gynecologist, Eye specialist, Ear and Throat specialist undertook general checkup Blood checkup and General medicine. A total 120 people participated in the camp. 10 days Yoga workshop was conducted followed by yoga classes on daily basis.

At Daman, lecture on Safety while driving in day to day life was delivered by Surg Lt Sonam Kumari. A dental camp with the help of doctors of Vaidik Dental College was organised. The occasion was also graced by the presence of Padmashree award winner Dr. Vaishya from Vaidik Dental College. Bone density scanning camp and orthopedic consultation camp was organised.

At Ratanagiri, medical cum yoga camp on Diabetes was organized. A lecture on prevention of diabetes was given by Dr Ravinder Bhaskar Prabhookhot, District Ayush Officer. Yoga demonstration was also given by Yoga Guru Mrs Priyal Joshi for prevention of Diabetes.

CGWWA (NORTH EAST)

A lecture on medical case during natural disasters like “earthquake” was organized on 13th Jan 2017. SMO, ICGS (Kol) which appraised the CGWWA members about Do’s and Don’ts during earthquake.

As a part of CGWWA activities, two lectures were delivered by Mrs. Sudeshna Mukherjee, first on Holistic Health and wellness that emphasized on simple meditation techniques to focus on emotional balance. The second on Anger Management which was predominantly managing anger and making it work as a positive motion along with tips on how to deal with anger.

Volunteers from Paradip College, civilians and CG personnel have actively participated in a blood donation camp which was conducted at Paradip in association with District Blood Bank, Jagatsinghpur.

A comprehensive and exclusive lecture on the topic “Immunisation-an essential part of a new born life” was delivered by Surg Lt P Sai Nagavalli, District medical officer.

International Yoga Day was celebrated on 21st July 2017 at CGDHQ-8 Halida. Mr Kashinath Maity, a trained instructor from Patanjali Yoga Peeth was invited by CGWWA members, who taught the ladies 8 postures to perform the Yoga.

CGWWA (EAST)

This wing encourages the “Vision for Health” which is most important today. Following this, various medical camps and talks are conducted throughout the region in the entire Eastern Region. For instance, medical camp for eye checkup, bone density, BP, sugar and orthopedic consultation was organised at CGRA Meenambakkam, Chennai for ladies and children. A 10-day Yoga Camp was conducted with Patanjali Yogpeeth at Meenambakkam.

At Puducherry and Karaikal, a lecture on general hygiene and dental health was conducted with the help of the doctors.

At Vizag, lecture on dengue, osteoporosis, a dental and physiotherapy camp was organised to highlight the importance of good health.

At Tuticorin, regular yoga classes, a Lecture on symptoms and tests to be done for cervical cancer and interesting two-day workshop on Zumba the latest fitness dance forms was conducted.

At Mandapam, spreading awareness amongst the families to avoid panic if need arises, a mock drill on Tsunami was organised. Everyone was issued and taught the procedure of wearing the lifejacket. On visit, **President Tatrakshika, Mrs. Urmila Singh**, inaugurated the much needed family clinic at new CGRA.

CGWWA (NORTH WEST)

The ladies of CGWWA Gandhinagar attended a lecture on nutritional aspects in children's school tiffin. A detailed blood test camp was organized at Gandhinagar and Veraval. A medical camp on detection on breast and cervical cancer was also held.

At Surat, a medical camp on routine check-up of families was held.

Health lectures were held at stations at Porbandar, Mundra, Okha and Jakhau on oral hygiene, thyroid problems, cancer awareness and water borne diseases on UTI.

CGWWA (ANDAMAN & NICOBAR)

Medical Camp at ONGI-TIKREY, Little Andaman: The CGWWA Hut Bay organized a medical camp in collaboration with Butterfly, a Non-governmental organisation at Ongi Tikrey, Panchayat Community Hall, Little Andaman in January 17. Surg Lt Satheesh Morri, Station Medical Officer, ICGS Hut bay, examined around 135 registered patients. Every individual was screened for nutritional deficiencies and common diseases endemic to the area and medicines were distributed as per the ailments.

Medical Camp for Ladies: A Medical Camp was conducted by CGWWA (A&N) from 01 September to 09 September 16 at CGMI room, Port Blair. Around 80-90 ladies attended the Medical Camp which was graced by the Regional Vice President CGWWA (A&N). Important issues regarding health were also discussed during the camp. Ladies were educated on 'How to maintain health at different stages of life'.

Medical Lecture on Anaemia: A medical Lecture by MO CGAE(Pbr) was organized in August 17 to educate ladies on anaemia and its adversaries if not taken care on time. HB blood sampling was also undertaken for the families.

Power Yoga Classes for ladies: Everyday Power Yoga classes are in place for the CGWWA ladies. A good strength of ladies is gaining benefit from the sessions.

International Yoga Day: To commemorate the 3rd International Yoga Day, Yoga session and various activities were conducted wherein the CG families were enlightened on importance of yoga including its eternal benefits. At ICGS Hutbay, a doctor from Aayush Hospital, Port Blair demonstrated various yoga asanas especially emphasising on the ones that helps to recover from knee and joint pain.

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 were as follows:-

Sweets were distributed to all the ladies on the occasion of Diwali - 2016.

An education grant of total Rs 20,000/- was given to the children in the month of Nov 2016.

On sad demise of P/Adh Chandran and E/F Roop Ram, an amount of Rs 20,000/- (Rs 10,000/- each) was given by President Tatrakshika to the families.

A demo on 'Uses of old t-shirt and homemade clutches' was held in the month of Feb 2017 in the mini conference hall at CGHQ. The demo was presented by Mrs Archana Shashi Kumar.

A demo on Liquid embroidery demonstration was conducted by Mrs Rashmi Patnaik. The demo covered use of liquid fabric colours to make sarees, suit, etc more beautiful and eye-catching.

CGWWA (WEST)

At Mumbai Rs 10,000/- as a one time grant was given to Mrs Kaushlaya Singh, w/o Late D Singh, P/Adh (SA), of ex CGSD(MBI). Mrs Sunita Nautiyal, President Tatrakshika(West) interacted with widows of deceased CG personnel alongwith Suraksha coordinator at CGWWA office worli, she discussed about their families and any other problems being faced by them.

CGWWA (EAST)

President Tatrakshika(E) held regular meetings with widow cell and expressed concern about their well being. The widows were given guidance and support to maintain an optimistic outlook in life setting. Towards education of the ward, a token of warm gesture was presented by President Tatrakshika(E). Committee members also visited w/o late Cmdt D Rajshekhar at Chennai for paying homage and assuring all possible help from their end. President Tatrakshika(E) along with Suraksha co-ordinator, Mrs. Anju Sharma, attended the wedding programme of

SANSKAR



SRISHTI



Ms. Luganya, D/o late U/Nvk C. Sivakumar and presented an amount of Rs 8000/- as contributed by CGWWA Committee for a good cause.

CGWWA (NORTH WEST)

CGWWA, Okha has given Rs. 10,000/- each as demise grant to Mrs Rekha Yadav w/o Late KP Yadav, ADH and Mrs Shima Singha w/o Late NN Singha, ADH.

CGWWA (ANDAMAN & NICOBAR)

CGWWA plays a vital role in extending support to ladies and families of deceased personnel's of Coast Guard. Wife of Ujjawal Ghoshal, P/Nvk (Std) Smt Meenakshi is been well taken care by the CGWWA Suraksha. At present the lady is working as a Daily Rated Labour at RHQ (A&N).

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)

A good future of tomorrow depends on the strong foundation laid today in the form of education of children, an aspect very well taken care of by Sanskar.

Activities conducted were as follows:-

Along with the festivals like Dussehra, Besant Panchami, Holi, Raksha Bandhan, Ganesh Chaturthi, healthy food day, world Earth day, Red day and Republic day was celebrated with children of CGKG School.

Hand writing competition, Doha competition and storytelling competition was organised in the CG school, Noida.

To encourage physical activities, a sports event was conducted in Dec 2016. Different types of races like frog jump, butterfly race etc were organised.

Rhymes Olympiad was also conducted and children participated with full enthusiasm.

In the month of Mar 2017, CGKG School celebrated its Annual Day. The Chief Guest Commandant MS Rawat, Commanding Officer, ICGS Delhi distributed the certificates to best students and maximum attendance holders. Participation prize was given to each and every child.

During parent teacher meeting,a lecture was delivered by Sanskar coordinator Mrs Punam Kaul to the parents of outgoing UKG students. The lecture included content based on parental role in bringing up a well-balanced child.

CGWWA (WEST)

The Christmas Day was celebrated at CGKG School, Powai (Mumbai). Children actively participated in the event and Santa Claus distributed gifts to the children. Keeping in mind all round development of the child various competition were held time to time A Medical Health Camp was organised for the students at CGKG school, Powai Children were examined by the Medical Officer and Medication was prescribed for children as per their requirement.

At Kochi Story and Essay writing competition on Environment, importance of reading and advantages and disadvantages of internet for children of different classes was conducted. Calligraphy classes for children and ladies was organized. Painting competition with theme “**Protector of the Maritime Interests of the Nation**” was held.

CGWWA (NORTH EAST)

As part of CGWWA's continuous drive to encourage and recognize academic brilliance amongst the wards of CG personnel, “meritorious awards” were given to 09 students during the conduct of ‘Troops Get Together’.

On 14 November 2016, CGWWA organized a movie show ‘MS Dhoni - an untold story’ at Crystal Deck CGRHQ (NE) exclusively for children to celebrate the Children’s Day. Gifts and refreshments were also provided to children on this occasion.

Raksha Bandhan, Janmastami and Independence Day were celebrated at CGKG School Paradip in association with CGWWA members. Rakhi making was taught to children.

CGKG school, Haldia celebrated its Annual Day on 20 December 2016. The occasion was also graced by Mrs. Sunita Nautiyal, President Tatrakshika(NE).

Inter school Drawing Competition was conducted for the children of Haldia. Various schools from in and around Haldia participated and displayed their talents.

CGWWA (EAST)

“Academic year was full of activities like colour days, green day, science club etc., to light the lamp of knowledge. Annual day of both KG schools at Chennai was celebrated by the tiny tots with great zeal on the beautiful theme “RAINBOW”. **Mrs. Urmila Singh, President Tatrakshika**, the Chief Guest of the occasion also inaugurated CGKG School at Meenambakkam, followed by interaction and presentation of gifts to the children. Children’s day was celebrated with magic show at Mogappair and Meenambakkam which was enjoyed thoroughly by all. Goodie bags were distributed to all the children.

At Vizag, on the eve of Children's day essay/ poem writing competition was conducted in which 35 children from class VI to XII participated. Attractive prizes were awarded to the winners.

CGKG Tuticorin, had an eventful year with activities like teacher's day, fancy dress competitions, sports day and annual day etc... with a well organised cultural programme put up by tiny tots.

At Mandapam, a painting competition was organised for kids as a part of CG Week Celebration. Winners were given suitable prizes.

CGWWA (NORTH WEST)

At Vadinar, Drawing and painting competitions and annual sports day celebration was carried out at Vadinar, Veraval and Jakhau.

At Okha, 2 days art and craft classes for CG children were conducted.

At Surat, Diwali celebration was carried out in Surat with cultural programme of dance, skit and recitation competitions.

At Porbandar, Hindi poem recitation and rakhi making competition was conducted on Independence Day. Gandhi Jayanti was celebrated and children were dressed up as national leaders. Grandparent's day was celebrated in the month of October. Festivals, world food day, colour days, sports day etc were conducted in CG play school.

CGWWA (ANDAMAN & NICOBAR)

Republic Day: Republic Day in January 17 was celebrated in the school premises with lots of enthusiasm and fervour by the students and staff of CGKG. The Chairman hoisted the National flag followed by national song. The children participated in number of programs with high spirit and great enthusiasm.

Annual Day: Annual Day of Coast Guard Kindergarten, Port Blair was celebrated on 03 Mar 2017 in the Coast Guard Indoor Sports Complex. Deputy Inspector General VN Pillai, CSO (Tech), A&N Region was the Chief Guest for the Occasion. The function commenced with reading of the annual report by the Principal, Mrs. Vidya Umachandran, highlighting the various activities and milestones achieved by the school during the academic year. The event comprised of a colourful variety of performance by the budding talents from the school in the form of Ganesh Vandana, Malaysian Dance, Fusion dance, Indian semi-classical, Nepali dance and various other performances and musical choreographed fashion show. The Chief Guest appreciated the contribution of Principal and teachers in character building and personality development of the children. He also considered their role in society as a source of motivation and inspiration worth emulation by one and all.

Independence Day Celebration: Coast Guard Kindergarten celebrated 71st Independence Day in school premises on 15 August 2017. On this occasion school children teacher and staff paid homage to the heroes and freedom fighters of our country.

Tree Plantation: During the maiden visit of Regional President Tatrakshika to CGKG School a tree plantation was conducted in the school premises. The main aim was to educate the children about the importance of plants and trees in our day to day life.

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 PM's campaign, 'Swachh Bharat Abhiyaan'.

CGWWA (HEADQUARTERS)

This wing of Tatrakshika contributes to creating a better tomorrow by putting a step forward to environmental awareness. Various activities conducted are as follows:-

A demo on paper bags was conducted by Mrs Banita Kothari and Mrs Archana Chamoli.

A workshop on growing vegetable and fruits on your terrace' was conducted in the month of Jan 2017. Mr S Chellaiah, Dy. Director (Horticulture), New Delhi Municipal Corporation. He gave a presentation on how we can do organic gardening on our terrace ,balcony or ground.

Shristi team conducted 'Mega Tree Plantation' in Sec 62, Noida in the month of Jun 2017.

Shrishti team in association with Mr Ajay Mittal, CA a well-known international industrialist conducted a presentation on Thermocoal/ Styrofoam eco-friendly products.

CGWWA (WEST)

At Mumbai, walk with nature was organized at Keshav Shrushti on Tatrakshika Day. A demonstration was also given to ladies on Making of Solar Cooker at home, Maggi was cooked by ladies in Solar Cooker. Ladies were also shown variety of herbal and medicinal plants. A visit to BMC (Brihanmumbai Municipal Corporation) Office was organised for students of class VI and above. The students got an insight of the historic building and functioning of the corporation. A demonstrate on how to make homemade decorative items, how to make flowers from used foil roll, fancy candle making from used CDs was organized.

At Goa, workshop on "Best out of waste paper" using newspaper/old magazine to make lamp shades, pen stands and paper bags for ladies was organized. CGWWA members actively participated in the International Coastal clean-up day at Bogmalo Beach. A visit to Tropical Spice Plantation for CGWWA ladies was organised

At Kochi, tree Plantation programme was coordinated by ICGS Varuna and DHQ-4 at Coast Guard Residential Area by planting 20 herbal plants. A demonstration on "REUSE AND RECYCLE" of waste material was given. Tree plantation of ornamental plants was also organized

around play school. Environmental walkathon was conducted with a motto "GO GREEN". Banner competition was conducted with the title 'go green' amongst the Children

At Daman, demonstration on "Cooking with Green Wastes" was organized. Shrishti organized a visit to paper recycling factory near Vapi where ladies and children were briefed about the process of converting unused and waste cartons into usable ones. Tree plantation was organised. Shrishti coordinator conducted drawing competition (Topic - "Save our environment") for children and competition of "Making vases out of waste bottles" for ladies was organised.

At Lakshadweep, tree plantation of coconut and Christmas trees were organized at DHQ-12.

CGWWA (NORTH EAST)

As part of CGWWA activity a lecture and a short film on the subject "SAVE ENVIRONMENT" was screened at CGWWA Welfare Centre, Maniktala to have a greater psychological impact on the audience.

A lecture on usage, maintenance conservation and benefits of indoor plants was delivered by Dr. SK Basu, former president of AHSI. He delivered a lecture on types of indoor plants seen in different climatic conditions in India.

In order to generate a healthy competition amongst the CGWWA members on 21 Sep 2016, garden area inside Maniktala campus were divided amongst the group of ladies to cultivate choice of vegetable and showcase their gardening skills.

A painting competition for children was organized to commemorate the World Environment Day and bring awareness of conserving environment amongst children. The CGKG school children along with President Tatrakshika Paradip planted saplings as a small step towards conservation of the environment.

In order to utilise the available landscape in a productive way a kitchen garden competition was organised for the ladies of Vikram enclave. All ladies actively participated in displaying their organic produce like eggplant, green leaves, carrots, etc. Mango, the 'king of the fruits', is not just a delectable fruit, but a beneficial one as well. A lecture on the above topic was also delivered.

CGWWA (EAST)

President Tatrakshika(E) Mrs. Nidhi Bargotra inaugurated Srishti Vatika at CGRA Meenambakkam by planting medicinal herbs and plants.

At Royapuram centre, a demo on 'best out of waste' was organised. Members of Srishti taught to make decorative items like lamps etc., from paper, ropes, and bottles.

At Vizag, KG children of Euro kids visited the herbal garden at CGRA. As a part of green initiative, Tree Plantation was done by **President Tatrakshika Mrs. Urmila Singh**, at Vizag, Tuticorin and Mandapam.

At Tuticorin, a demo class on best out of waste was conducted at welfare centre.

At Krishnapatnam, tree plantation was done with the theme 'Go Green'.

CGWWA (NORTH WEST)

The ladies of CGWWA Gandhinagar took a nature walk around Puneet van famous for its Nakshatra garden. Lecture on horticulture for maintaining kitchen garden was conducted in the month of April. A demo on paper bags with the theme go green, say no to plastics was also conducted.

Coastal Clean-up was carried out in the month of September 17 at Porbandar.

CGWWA (ANDAMAN & NICOBAR)

World Environment Day: A clean and green environment is what we have borrowed from our children. It was encouraging that our ladies and children participated with zeal and enthusiasm.

Maiden Visit of Regional President Tatrakshika (A&N): During the maiden visit of to DHQ-9 at Diglipur and ICGS Hutbay, tree plantation was undertaken as a part of CGWWA environment activity.

Segregated Waste Collection Centre (SWCC): SWCC is a major project being undertaken. CG residents have been briefed about the SWCC concept and are segregating domestic waste as biodegradable, non-biodegradable and tetra pack waste.

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

CGWWA (HEADQUARTERS)

The main aim of this arm of Tatrakshika is to make our ladies enhance their inner qualities and bring it out so that they can know their strength. The following activities of Sanchita were carried out during the mentioned period:-

A pre-Diwali sale was held at the welfare centre. A large number of Diwali décor like floating candles, decorated diyas, torans, lanterns and many other gift items were put up for sale.

Holi sale was organised by Suruchi and sanchita team together in the month of March 2017 at Arkaja. The aim of the sale was to promote handmade food items and herbal Holi colours made by our CGWWA member.

As per interest of the ladies Sanchita team organised sale of sarees, suits, dress materials, handmaderakhis and homemade snacks in Aug 2017. The items were specially prepared by our ladies in welfare centre Sec-23, Noida.

SANCHITA



SANCHAR



CGWWA (NORTH WEST)

Sanchita shop which was inaugurated in August 16 is making good profit. Few items like beautiful hand purses, handmade folders, necklace and stone idols are displayed in the shop. These items are being kept at CGWWA centre and are being purchased by CGWWA members during AGM/ Milan as gifts to CGWWA ladies.

CGWWA (ANDAMAN & NICOBAR)

Sanchita Stall at CG Diwali Mela on 26 Oct 16: Sanchita displayed decorative collection at Diwali Mela at port Blair. Items included fancy decorative items, gifts, etc. The CGWWA generated good profit from the sale.

Sanchita Stall at ANC Diwali Mela on 29 Nov 16: Sanchita Stall was set up in Diwali Mela at Brichganj Nariyal Bagicha. The handicraft and workshop made items were placed on display. The stall witnessed a large number of visitors from all participating units and was well appreciated.

Sanchita Stall at DWWA Haat: DWWA Haat was conducted at ITF Ground in Port Blair. Coast Guard Shop Sanchita displayed kutchh Work dresses, jewellery and decorative items.

Sale of Phulkari Dress Material through Sanchita: Phulkari dress materials were displayed by Mrs Deepjyoti in coordination with sanchita incharge.

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)

Sanchar (Communication). This is the communication wing of Tatrakshika. It shares the achievement and activities of ladies and children through “Urmi” and quarterly ‘Newsletters/ Tatrakshika Sandesh’. Activities undertaken by Sanchar are as follows:-

Urmi 2016 was released on the occasion of Troops Get-Together day. The Tatrakshika Sandesh very promptly covers the activities of all the arms of Tatrakshika.

An open creative writing competition was held for all Tatrakshikas.

An inspirational informative true stories based on women entrepreneur’s was delivered to motivate the ladies.

CGWWA (WEST)

At Mumbai newsletter are being released timely.

CGWWA (NORTH EAST)

Newsletter or Sandesh is being sent to CGHQ quarterly. The region has also contributed articles for URMI.

CGWWA (EAST)

Sanchar team timely brings out the quarterly newsletter 'Sandesh' which gives an account of the general CGWWA activities during the quarter in the region. It also shortlists, compiles and forwards the articles to the Headquarters for the Annual Magazine "Urmi".

CGWWA (NORTH WEST)

Newsletter or Sandesh are being prepared and sent to CGHQ quarterly. The region has also contributed articles, cover designs for URMI annually as per the prescribed format.

CGWWA (ANDAMAN & NICOBAR)

Sandesh: The CGWWA Quarterly Newsletter Sandesh is being meticulously published for the entire CGWWA family by the Sanchar cell of A&N.

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 in the lives of less fortunate ones. The following are the activities of Sneha which were conducted during the year:-

Vice-President Tatrakshika along with the outreach team and committee members distributed sweets to all the helping hands in the Kendra on the occasion of CG Week celebrations 2017.

An amount of Rs 2000/- was also donated in cash to Mrs Pheomina Lakher, widow of late EP. Various useful items like grocery and toiletries were donated.

In the month of Aug 2017, President Tatrakshika along with Vice President and outreach team distributed T-shirts, sweets and utility pouches to a total number of 51 casual labourers of Tatrakshak Vihar Sec-23, 24 & Kamath Enclave, Sec-52, Noida.

SNEHA



CGWWA (WEST)

CGWWA Mumbai organised various activities during year 16-17. CGWWA committee members visited Old Age Home Sir JJ Dharmashala on "Tatrakshika Day". In order to appreciate and recognise the hard work of casual labours and security guards, Sneha cell distributed umbrellas to personnel employed with Coast Guard. President Tatrakshika (West) along with committee members visited Balika Ashram, which looks after girls (age 6 yrs-12 yrs). Visiting members interacted with the girls and served those snacks. The requirements of the ashram were checked in advance and accordingly CGWWA donated toiletries and dry ration to the ashram.

At New Mangalore, Outreach Team visited "Infant Mary Convent", Ulla. Good condition old clothes, ration and day to day useable items were given at old age home and convent school. In addition, stationary and notebooks were also distributed to children at Convent School. Rations and toiletries items were donated at for girls "Stella Mary's Convent", Mangalore.

At Karwar, outreach team visited Asha Niketan School for deaf. Various goodies, eatable, cereals and sports items were donated to children. A fashion show was also conducted by the children of Asha Niketan.

At Goa, grocery items were distributed to the casual labours. Fifty six special children from Asha Deep special School were brought to 800 Squadron they were taken around the squadron. A magic show was held for their entertainment.

At Kochi, CGWWA members visited Don Bosco Sneha Bhavan, Palluruthy and contribution in the form of food articles, toiletries, medicines and clothes were made by the members. CGWWA members visited old age home Kozhikode and presented utility gifts for their daily use including contributory grocery items from unit/ ships to orphanage. Visit to old age home Thevra was organised and as a gesture of love and affection, food items and refreshments were served. Casual labours working in CGRA were distributed daily need items like soaps, ration, clothes etc. Visit of specially abled children along with staff of Snehalayam, Kakkanad was conducted onboard ship ICGS Sarathi and CGAE. CGWWA Committee members visited Vathsalya Bhavan, Ernakulum school of underprivileged girls, toiletries and other daily need items were distributed.

At Daman, visit of under privileged children from Vadoli Municipal School to Coast Guard Air Station Daman was arranged. Security guards and casual labors working in TRV were given Jackets and ration. A morning with children of an Anganwadi at Dalwada was organised.

At Murud Janjira, CGWWA members visited the families of tribal students of Maharashtra and distributed stationery items and home cooked food.

CGWWA (NORTH EAST)

In order to provide a better livelihood to the at CPWD Qtrs Alipore under privileged children, an outreach activity was undertaken, where President Tatrakshika (NE) and committee members interacted with the children distributed study material to boost up their moral. The recipients were overwhelmed

by this kind of gesture of CGWWA members.

On 31 March 2017, an outreach programme was conducted at “Child Care Home for Girls” Sec-IV, Salt Lake Kolkata. During the visit, President Region(NE) and committee members interacted with girls and distributed sanitary napkins, towels, eatables and toiletry items.

At Paradip, outreach activities for the common cause of upliftment of community living was undertaken at Nivedita Ashram. A medical camp was conducted for the benefit of the 50 inmates.

On 10 October 2016, CGWWA members conducted a cloth donation camp for the labourers working in the upcoming projects of CGAE (BSR). Festive clothes were donated to the ladies who toil day and night in the sun and rain just to make ends meet.

An outreach activity was organized at Vikram Enclave, Haldia to distribute bed sheets to casual labourers.

An Outreach programme was also organized at Rajhans Complex. Bags, clipboards and refreshments were distributed to the needy children.

CGWWA (EAST)

As promised of all possible help in future by President Tatrakshika(E), a wheel chair was given to physically challenged child of late R.M. Krishnan, U/N a victim of tragic crash of AN-32.

Blankets were distributed to the marginalized people at RHQ(East).

At Puducherry and Tuticorin, a visit to orphanage was organised with distribution of sweets, ration and stationery items.

At Vizag, ration and sweets were distributed to the underprivileged children; blankets were distributed among casual labours, house maids, civil security, civilian employees and security guards.

At Mandapam, a visit to school of the specially challenged children was organised wherein ladies distributed the sweets, stationery items, chairs etc., a get together with fun filled activities was organised for the widows and children from a nearby NGO which lit up their faces.

At Karaikal, ladies visited and spent time with elderly of the old age home sapthaswaram.

CGWWA (NORTH WEST)

Ladies of CGWWA (Gandhinagar) visited Vrudhasharam at Magodi Chiloda, school of deaf and dumb children, special children (HIV effected) and distributed utility items.

CGWWA ladies of all stations of NW region visited Balashram, old age home and school for special children as part of outreach activities.

CGWWA (ANDAMAN & NICOBAR)

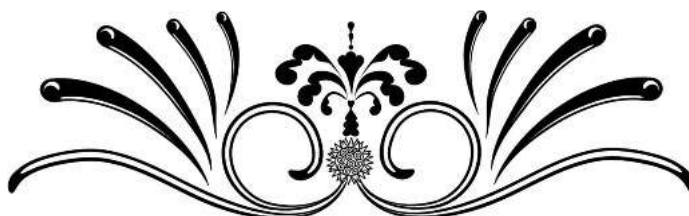
Medical Lecture followed by Dental Check-up: A Medical lecture and dental check-up was conducted at INHS Dhanwantri by Medical team in coordination with CGWWA (A&N). The doctors delivered lecture and free check-up to children of Pranab Kanya Kendra and informed them about basic hygiene and first aid.

Special Children visit on board ICGS Vishwast: A visit on board ICGS Vishwast for specially abled children was conducted in coordination with CGWWA (A&N) on February 17. Around 40 Children with teachers visited the ship. They had a walk around on the ship and were enthused with ship environment & equipment' son-board. Aim for the event was to accord opportunity to the children to see beyond day to day life.

Outreach at Mayabunder: The member of Tatrakshika, Mayabunder celebrate the "Tatrakshika Anniversary" on 29 November 16 at ICGS Mayabunder. To mark the occasion an outreach activity was organized with local Panchayat where CGWWA member distributed ration to poor and needy families of remotely located karmatang.

DWWA Outreach Activity: The CGWWA has been made responsible for the conduct of outreach activities on behalf of DWWA. It includes regularly updating the personal diaries of children of Pranab Kanya Sanga.

Conclusion: It would be incisive to end this report with a proverb that "If you uplift a man, you uplift a man. But if you uplift a woman you uplift a generation," who are really out of their shell and are moving in leaps and bounds towards achieving their goals.



सेवानिवृत्ति मधुर स्मृति श्रीमती गौरी सिन्हा बिस्वास

सेवा प्रारंभ :
22 मार्च 1982



सेवानिवृत्ति :
29 सितंबर 2017

आज विदाई की बेला में,
तुमको करते हैं नमन।
कभी ना सोचा था हमने,
यूं बिछड़ जाएंगे एक दिन।
आज वो पल भी आ गया है ये समां देखकर,
भीग गये हैं हमारे नयन।
आज विदाई की बेला में,
तुमको करते हैं नमन।

संसर्ग में जो आया तुम्हारे,
तोड़ न पाया वो प्रीत की डोरी।
अपने मधुर व्यवहार से,
आपने सबके दिल को किया है चोरी।
पैंतीस वर्ष संग साथ बिताये,
नहीं करी कभी कोई हठ जोरी।
मिलकर सब त्योहार मनाये,
दशहरा, दिवाली, ईद और होरी।
सेवांत अभी नहीं हुआ है,
जीवन की पुस्तक है आधी कोरी।
हर कोई जिससे प्रेरित हो,
ऐसी है हमारी ये मैडम 'गौरी'।

तटरक्षक मुख्यालय परिवार आपके एवं आपके परिवार के
स्वस्थ जीवन और उज्ज्वल भविष्य की मंगल कामना करता है।

मैं गौरी सिन्हा विश्वास, मुख्य प्रारूपकार, तटरक्षक मुख्यालय में लगभग 36 वर्षों का कार्यकाल पूरा कर आज सेवानिवृत्ति हो रही हूँ। इतना लम्बा समय कब पंख लगाकर मुझे यहाँ तक ले आया, पता ही नहीं चला। जब भी पीछे मुड़कर देखती हूँ तो बीतते समय और कार्यकाल के सफर की सभी स्मृतियाँ मस्तिष्क के अटक पर अंकित हो उठती हैं।

मुझे आज भी अच्छी तरह से याद है जब मार्च 1982 में मेरी नियुक्ति तटरक्षक में हुई थी, तब इसके स्वरूप को कोई नहीं जानता था परन्तु आज मात्र नाम लेने से ही लोग इसकी व्याख्या कर देते हैं। यह बात मुझे अति गर्वन्वित करती है। पूरे कार्यकाल में मुझे हर दिन कुछ नया सीखने का मौका मिला। मैं पहली महिला हूँ जिसे सेवानिवृत्ति की विदाई में तटरक्षक परिवार ने इतने मान, सम्मान से सतकार किया। मैं सभी प्रियजनों का प्यार और स्नेह देखकर विभोर हो गई। यह मेरी जिन्दगी के यादगार पल रहेगें।

आज सेवानिवृत्त होने के पश्चात भी, ऐसा प्रतीत होता है मानो मैं अब भी तटरक्षक परिवार की सदस्या हूँ। ऐसी सतुष्टि शायद ही कोई कही और महसूस कर पाएगा। मैं सहृदय तटरक्षक परिवार के उज्ज्वल भविष्य की कामना करती हूँ और प्रार्थना करती हूँ कि भारतीय तटरक्षक विश्व में प्रथम और सर्वोत्तम स्थान प्राप्त करें।

जय भारत, जय तटरक्षक, जय हिन्द।

(गौरी विश्वास सिन्हा)

ACTIVATION OF CHAKRAS THROUGH YOGA AND THEIR ROLE TOWARDS WELLNESS OF HUMAN BEINGS



What are chakras?

The chakra system is an ancient way of viewing the body. It is divided into seven zones, with each area having energy that must flow freely. When the chakras are balanced, the whole body works in harmony and we feel elevated, energized and whole.

The seven chakras are Muladhara (root) chakra. Svadhisthana(sacral) chakra. Manipura (solar plexus) chakra. Anahata(heart) chakra, Visuddhi (throat)chakra, Ajna(third eye) chakra, Sahasrara(crown) chakra. According to Buddhist/ Hindu teaching, all of the chakras should contribute to a human's well-being. Our instincts would join forces with our feelings and thinking. Some of our chakras are usually not open all the way (meaning, they operate just like when you were born), but some are over-active, or even near closed. If the chakras are not balanced, peace with the self cannot be achieved.

An Introduction to the seven chakras

<p><u>Root chakra</u></p> <p>Color: Red</p> <p>Element: Earth</p> <p>Location: Base of the spine, tailbone</p> <p>Related Body Functions: Elimination of waste and toxins, core balance, pelvic floor</p> <p>Purpose: Feeling of being grounded, safe and secure.</p>	<p><u>Sacral or pelvic chakra</u></p> <p>Color: Orange</p> <p>Element: Water</p> <p>Location: Two inches below the belly button in the lower abdomen</p> <p>Related Body Functions: Lower digestion and absorption, immune system, sexual organs</p> <p>Purpose: Feeling pleasurable, accepting, creative and abundant</p>
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<p><u>Solar plexus chakra</u></p> <p>Color: Yellow</p> <p>Element: Fire</p> <p>Location: Around the point where the ribs meet in the middle of your abdomen</p> <p>Related Body Functions: Upper digestion, stomach, diaphragm</p> <p>Purpose: Feeling confident and in control, inner self-worth</p>	<p><u>Heart chakra</u></p> <p>Color: Green</p> <p>Element: Air</p> <p>Location: Center of the chest, on the breast bone</p> <p>Related Body Functions: Breathing, cardiovascular function</p> <p>Purpose: Feeling loved and giving love, peace.</p>
<p><u>Throat chakra</u></p> <p>Color: Blue</p> <p>Element: Ether or space</p> <p>Location: In the throat in the Adam's apple area</p> <p>Related Body Functions: Taste, swallowing, speaking, jaw tightness</p> <p>Purpose: Being able to communicate and express, both inwardly and outwardly</p>	<p><u>Third eye chakra</u></p> <p>Color: Indigo (blue-violet)</p> <p>Element: Light</p> <p>Location: In the forehead, between the eyes</p> <p>Related Body Functions: Sight, decision-making, perception</p> <p>Purpose: Feeling able to understand life situations and perceive meaning</p>
<p>Crown chakra</p> <p>Color: Violet</p> <p>Element: Cosmic energy</p> <p>Location: On top of or just above the head</p> <p>Related Body Functions: Mental peace and connectedness</p> <p>Purpose: Feeling beautiful, connected and purposeful</p>	



- S Mahesh
U/Adh(P)
Dte.of Personnel

YOGA – A PATH TO WELLNESS

“Yoga is not just physical exercises, It's emotional integration, spiritual elevation, with the touch of a mystic element, which gives you a glimpse of something which is beyond all imagination.”

Sri Sri Ravi Shankar

1. In modern days every human being is full of stress and mental tension. People are not able to do physical exercise due to busy life which results many life style diseases among them. Such diseases can be controlled or decreased through Yoga. The beauty of yoga is that it can be practiced by anybody (child, man/woman of any age group) and anywhere, by own or with other yoga enthusiasts. Yoga maintains a balance between body, mind, and heart – which of course are fundamentally intertwined.

2. There are many types of yoga asanas (pose) which have a different name and includes standing postures, seated twists, backbends, arm balances, inversions and core holds. By practicing yoga anyone can maintain a healthier weight, become more flexible and improves muscle tone and strength. Body posture will greatly improve because of yoga asanas.

3. Some important benefits of Yoga are as follows:-

- (a) Lowers stress and improves your mood
- (b) Lowers the risk of injury
- (c) Lowers blood pressure
- (d) Improves self confidence
- (e) Improves stamina
- (f) Help to reduce weight
- (g) Removes laziness



4. Yoga is a complete science; it unites body, mind and spirit and also the universe. It brings peace and bliss to every individual. It also creates a significant difference in one's behavior, thoughts and attitude. Maintaining a yoga practice can be a great way to reduce stress, stay in shape and calm the mind. Daily practice of yoga increases our tranquility, sensitivity, intuition and awareness. Every individual must inculcate the habit of doing Yoga.



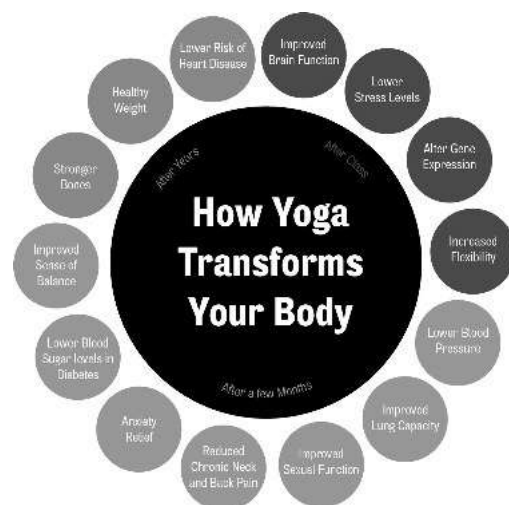
- Arjun Singh Shekhawat
S/o Jaiveer Singh Shekhawat
U/Adh(QA)
Dte of Personnel

BENEFITS OF YOGA

Yoga is a form of exercise that originated in ancient India and is practised widely across the world today. Yoga not only enhances your physical strength but also contributes largely towards your mental health and spiritual growth. Yoga not only keeps you fit but also has a lot of long term benefits when you make it an integral part of your lifestyle.

BENEFITS OF YOGA

1. **Better Posture:** Yoga helps in keeping the spine erect, enabling you to sit straight and not slouch. It also helps alleviate the stress on your spine, exerted through incorrect posture. Consistent practice of Yoga helps in keeping the **spine strong and prevents fatigue**.
2. **Improve Bones:** Many postures in yoga require you to lift your own weight which helps in making the bones stronger and helps ward off **osteoporosis**.
3. **Increased Blood Flow:** The inverted and twisting nature of yoga poses wring out the various blood from the internal organs and allow oxygenated blood to flow. This also boosts the **haemoglobin and red blood cells** count.
4. **Improve Heart:** When you practice yoga regularly, you get your heart into the aerobic range. This not only lowers the **risk of heart attack** but also relieves depression.
5. **Lower Blood Pressure:** The **Savasana** (Corpse pose) helps people with hypertension. This pose is said to have resulted in great improvement in people with **high blood pressure**.
6. **Improve Balance:** Yoga involves focusing on holding postures for extended period of time. This helps in improving your **body balance** and **developing muscle** tone.
7. **Relaxation and Sleeping Aid:** Yoga can help you relieve the **stress** of modern life and helps you **sleep deeper**. Yoga encourages you to relax and slow your breath and to focus on the present. It shifts your focus from sympathetic nervous system to parasympathetic nervous system. Restorative asanas and meditation also encourage a turning inward of the senses, which relaxes the **nervous system**.
8. **Improvement Lungs:** Yoga draws attention to your breathing pattern and makes you aware of breathing correctly which filters the air, warms it and humidifies it removing the pollen and the **dirt, supplying fresh oxygen into the lungs**.
9. **Reduce Digestive Problems:** Yoga like any other physical exercise can ease **constipation** and lower the risk of **colon cancer**. The movements that yoga involves, improve the transport of food and remove waste through the bowels. This helps in getting rid of the waste from the system more effectively.



10. **Eases your Pain:** Yoga can ease your pain and help people who suffer from arthritis, back pain and other chronic conditions. When you relieve pain, you're in a much better mood and are inclined to be more active.

"It is always good to lead a healthy life and stay active, but it is better to be prepared for any kind of medical emergency. Always ensure that your health is insured, it will not only help you but your family too".

- Nirmla Hasija
PS to PD(MP&T)

BENEFITS OF ASANAS

Yogasana are simple action for keeping the internal and external parts of the body in good health. No activity can be performed well so long as the internal and external parts of body are not in good health. The body and the mind are closely interrelated. Both should be fully taken care of.

In other of physical exercise, the internal organs of the body do not get proper exercise, while Yogasana gives sufficient exercise to the internal organs of the body.

Yogasana have a greater impact on the mind and the sense than other physical exercise with the result that Yogasana help to develop one's physical and mental powers to calm the mind and control the senses.



There is sufficient elimination of stool and other waste matter from the body through Yoga and hence the body has more resistance power to keep a disease away.

The body becomes flexible by Yogasana. The blood in the different blood vessels is purified through different Yogasana.

The power of contraction and expansion of lungs is increased by practicing Yoga and Pranayam. This results in the purification of blood to a great extent.

The body becomes flexible by Yogasana as it keeps the spinal cord flexible.

Diseases like constipation, gas-trouble, diabetes, blood pressure, hernia, headache, etc can be cured by practicing Yoga and Pranayamas.

One who performs Yoga looks younger in age and lives longer. Our ancient sages had adopted this system for thousands of years with the result that they enjoyed sound health for a longer time.

- Kavita Parmar
W/o DIG VK Parmar

CONTRADICTIONS AND CONFLICTS EVERYWHERE

Newton's Third law of motion says that "for every action there is equal and opposite reaction". After reading some proverbs, I saw the law is also applicable in their cases too; but, with some modifications.

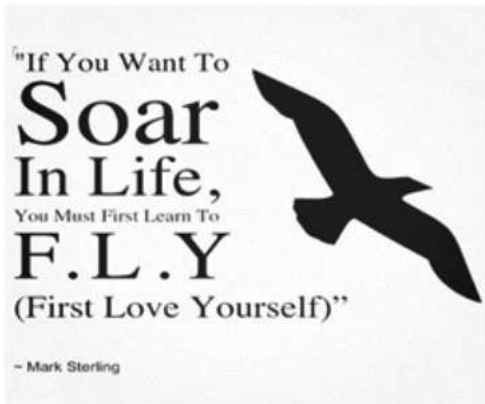
i.e, **Each proverb has an equal and opposite Proverb.** Have a look:

All good things come to those who wait	But	Time and tide wait for none
The pen is mightier than the sword	But	Actions speak louder than words
Wise men think alike	But	Fools seldom differ
Slow and steady wins the race	But	Time and tide wait for none
Look before you leap	But	Strike while the iron is hot
Do it well, or not at all	But	Half a loaf is better than none
Birds of same feather flock together	But	Opposite attracts
Don't cross your bridges before you come to them	But	Forewarned is forearmed
Doubt is the beginning of wisdom	But	Faith moves mountains
Great start makes great finishes	But	It isn't over till it's over
Practice makes a man perfect	But	All work and no play makes jack a dull boy
Silence is golden	But	The squeaky wheel gets the grease
You're never too old to learn	But	You can't teach an old dog a new trick
What's good for the goose is good the gander	But	One man's meat is another man's for poison
Too many cooks spoil the broth	But	Many hands make work light
Hold fast to the words of your ancestors	But	Wise men make proverbs and fools repeat them

DIVIDED
UNITED
DOUBT
FAITH
THOUGHTS
ACTIONS
HESITATE
LEAP
KNOWLEDGE
IGNORANCE

- Jobina Thomas
W/o TT Thomas, U/Adh(RP)
ICGS Rajdhwaj

ME FIRST, PLEASE



Sudha regained her consciousness and found herself facing the samaritan. She could recollect her just concluded meeting, her shopping list and all that she now wanted was to fly back to her own country. She could not understand her pale skin and weak limbs. "You just got out of a stroke", the do-gooder told her as if in answer to her dilemma. She was transitioning into her dream job and her career trajectory was indeed satisfying and exciting at the same time. Also, she was kept engaged in frequent official trips to nations all around and she dreamed to establish her own chain of weaving industries. Not to mention her slice of social obligations and her home. She had stuffed too much into her schedule to the extent that she overlooked the subtle signals of discomfort being released by her body and kept marching ahead with an air of absolute pride and authority. The sweat pour and the stroke were sweet revenge by her own body. The dazzle of notes does bring material comforts in one's life. However, money also possesses the ability to impede one's progress graph, if it becomes the main concern of the individual. Sudha learnt an unforgettable lesson that health is more important and craving for more money, comforts or achievements is insatiable and burns vehemently like fire; the more u offer into it, the higher and the brighter it rises. However, she was lucky to get a second go at life.

Most of us ladies, similarly, juggle with dual responsibilities at home and at work place. Additionally, when societal obligations pour on us, many a times, we just tend to crumble and deflect from our goals. Why do we place ourselves last? Why do we encumber our lives with dead wood of expectations from others?

Agreed, we all need challenges and there is nothing wrong with setting ambitious targets for ourselves, but we should not compromise on our health. Multi dimensional personalities can emerge only after paying a commensurate cost, which may, at times, be an irreparable damage to one's health. Not many Sudhas live to see another sunrise.

Our persistent feverishness, the urge to reach the apex at super lightning speed has reached its crescendo, but we are ill prepared to cope with the resultant stress. Any lady who attends to her daily set of fitness regime with commitment finds herself capable to live life in a way it should be; stress-free. I would lay more stress on mental health, which encompasses our emotional, psychological, spiritual and social well-being. If we deck our minds with right thoughts in the right proportion, then we tend to be cheerful and contented, most of the time. A healthy mental attitude reflects a high self-esteem, which in turn, propels productivity at all levels of one's life. It helps in coping with anxieties borne out of insecurities and uncertainties and also unhelpful people around us. A healthy mind is vital especially in the evening of our lives, long, long after we have hung our boots. A lady who exhibits



robust physical dynamism and sound mental health does not fall prey to widely prevalent lifestyle diseases and unwise comparisons, which mainly spring from malfunctioning of the mind.

As nourishers of home, we have to save our energy levels and for this, we have to learn to say no to people and situations that drain our energy and time and include only those activities that come naturally to us. Let us not waste time in trying to be what we are not. Wishlists may

be endless, but let us put ourselves on priority more so in view of high demanding and never-ending services at home, expectations from relatives, neighbours, bosses and colleagues not forgetting physical susceptibilities, mental vulnerabilities, hormonal imbalances, and gradual decaying of the body owing to age with resultant weakening of both body and mind. Remember the famous saying, **‘You can’t pour from an empty kettle’?**

Is there any person, howsoever dear, who is capable to take over our physical disease or mental pain? Is it then, not imperative that we give priority to our health first? Chasing big dreams pre-supposes super stamina levels. So, ladies, not as a fitness connoisseur, but for a wholesome routine, opt for those techniques, especially yoga, which undoubtedly would promote radiance at all levels of our existence.

A three-fold approach to keep our body, mind and soul in perfect lubrication may be adopted and our immune system will grin with glee. So, let us -

- Begin our day by moulding the body into apt physical exercises, brisk walking in light sunshine or better still opt for yogasans, which, when combined with scientific breathing, imparts therapeutic benefits. Join a group of like-minded individuals to sustain the new found passion. Eat when hungry, others can wait. Sleep an extra hour, if our body so demands.
- Train our mind to remain serene and calm through the day’s proceedings. This can be achieved by engaging in pranayam daily, wherein the breath helps to declutter the mind of unwanted, wasteful thoughts in a very subtle way. The mind can be trained and tamed only through the breath.



- Slip into contemplative silence. Go for spiritual retreats. Get into meditation, an inward trip that guarantees to replenish our energy levels, heal emotional wounds, enhance receptivity, help to remain centred amidst chaos, effectively manage time and leave us baby-like, absolutely natural and innocent. A mind infused with fresh energy born out of deep meditation becomes capable to overcome trifles and transfer a portion of the resultant calm to people around. Even when alone, we would enjoy our cup of tea!



Our ultimate aim is to be in ceaseless joy and all our projections are pointers to this fact. However, we mistake material stuff as harbingers of happiness, whereas the stark fact is just the opposite. A plethora of interpretations are available on what good health is all about. When you are full of vigor, cheerful and give your best, then you are in good health. Good health is not only the absence of any disease in the body, but is also the absence of anxieties, tensions, prejudices, fears, worries, insecurities, beliefs and concepts. It springs when we develop the ability to accept people and situations as they are and are in harmony with ourselves fundamentally. Let us will to be mentally strong, not be manipulated by persons around us, not become victims to negative emotions that dare to trap us in non-stop roller coaster rides and rejoice in the daily acts and duties that we undertake voluntarily. This is real liberation and this will only help to bring out the absolute gem in us. Commit to place ourselves first. We need to introduce small, incremental lifestyle changes to our routine. Even in the midst of increasingly busy lives, let's remain mindful of what goes into our gut, heart, mind and soul. This body is the living temple of God. Absolute changes aren't called for. Instead we would be more successful if we commit, in all humility, to modest measurable improvements in our daily living. We will surely then be in a position to give and serve then. After all, we cannot afford to become another Sudha.

As for myself, I don't feel abashed or embarrassed to shout with joy,

“Me first please, rest may kindly queue up”!!!

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

‘I, Me, Myself’

‘I, Me, Myself’ are the three most beautiful words in a world where everyone is trying to make you like everyone else, but you. Here comes the biggest challenge in the life being yourself. There are lots of people I admire and respect, but I don’t necessarily want to be like them. I’m happy being myself. Being comfortable with one’s own self is the most important thing.

All my life, whatever I’ve lived, I have observed that women take care of everyone else, putting others’ needs before their own. Generally, they are showered with praise for being so selfless. However, when I look back, these selfless women who do so much for others ignoring their own needs turn out to be unhappy and unfulfilled. They always say “Yes” when they actually want to say “No.”

When I started my life with my husband, initially I too did the same. I didn’t know how to assert myself without coming across as rude. But I was not satisfied by my way, I wanted a calm mind and contented soul.

I realised that the attitude towards life is a little thing that makes a big difference. If I do not like something I only need to change my attitude towards it. Positive thoughts act as catalyst and cause a chain reaction generating positive attitude.

Why do we have this mindset that if we put ourselves before others will show us as being selfish? If my husband simply gets up, has his tea, takes shower and gets ready for the day, is he being selfish? Can a daughter be termed selfish because she wants to have those black shoes to go with her new dress, to feel good about herself? Can the son be called selfish just because he takes time to go for practice for what interests him the most, away from his friends or family. Then how come, our needs make us selfish?

We deserve to do what we want. It may be eating a delicious cake alone, spending time with friends, exercising, pursuing our interests and above all feel attractive. Of course, balance is important but remember, we have just as much claim on these things as anyone else in our family. Unless we are happy we cannot keep others happy. As someone has rightly said, “You are the window through which you must see the world. So always keep it clean, without any negative thoughts. That is possible when we take out time to keep ourselves happy.



*- Ruchi Singh
W/o Comdt VN Singh
Coast Guard Air Station
(Chennai)*

COOKERY LESSONS AFTER MARRYING INTO THE COAST GUARD

My mom, who was quite particular about our studies and, of course, a cleanliness freak as well, never allowed us to enter the kitchen. When we were old enough to enter the kitchen, I and my sisters were allowed once in a blue moon, with many restrictions.

As such, I too was not very much interested in cooking, and learnt only a few chat dishes, as they were very easy to make. My loving dad was our guinea pig for all our cooking experiments.

When attending college, I was busy with practicals, theory and friends, and being busy, I totally avoided venturing into the kitchen, which I felt was a waste of time.

When I met my hubby for the first time, I shared my views about cooking and kitchen which he instantly agreed, and also supported. He assured me that I wouldn't have to waste my time cooking as he would buy me a microwave, wherein cooking will be fast and fascinating.

Soon after marriage, poor mom in law, who is an expert cook, tried to teach me few traditional dishes, but I always maintained an arms-length from the kitchen, keeping company with my hubby, visiting all the beautiful places in Mumbai.

Testing times awaited me when I joined my hubby at Goa, while his ship was undergoing emergency repairs. As the CG mess did not have room to accommodate us, we stayed at his batch mate's place who lovingly accommodated us at their sweet and lovely home, despite having a very small child to look after. They were Punjabi folks, and while I relished their mouth-watering dishes prepared by the lady of the house, they craved for south Indian dishes. However, on one occasion the child had to be taken to a Doctor, and I was requested to take over her kitchen, only for a day, and prepare some south Indian delicacies.

I hesitantly agreed, and was left wondering as to how I should go about preparing the expected south Indian dishes. I really wished that my mom or mother-in-law were around to help me out.

During the day, I visited the market and fetch some basic masalas. Back home, I tried my hand at making *sambhar* with the available ingredients. Ultimately, our poor host family who were very eager to relish a traditional sambhar, got to know of my *real* cooking expertise. I felt very awkward, and thought if only I had learnt some basic recipes, I wouldn't have had to face this day.

Anyway, the good lady of the house (my hubby's batch mate's wife) started teaching me Punjabi dishes, and that is how I learnt making paneer and rajma even before I had learnt how to make our traditional sambhars. Meanwhile, my dear friend also allowed me to try my hand at making *phulkas*, which initially came out in various shapes and sizes. She is my first guru, from whom I eventually learnt many a recipe,



free of cost, without having to join any cookery classes.

After my cooking experience in this so-to-say gurukul (we stayed nearly a month at their place), whenever I visited my mom or mother-in-law, I have always written down the recipes of the traditional south Indian dishes, and that is how I learnt to cook, and gain praises for cooking.

Of course, those were the days with no Google or internet, and a recipe was not just a click away, as it is today.

So, thank you my friend, for initiating me into the art and craft of cooking. I am indebted to you, forever...

- Anuradha Hebbar

BORN TO FLY

They tried with all might
But she was destined to see life's light
She was born against all odds
As someone wanted her more than someone who did not

She was feared to bring looms of darkness
Well all now what she hears are words filled with thankfulness

Her laughter sprinkled like magic,
Her dreams smelled of happiness,
Her eyes had the spark,
She was born to fly.

Dark and gloomy powers,
Of green, blue and black,
Together came to break her peace,
She looked at their rugged edges,
And they melted down to gold.

Together came to adorn her charm,
Knitted into the her dress,
Orange, Red, Golden

She laughed louder.
Her dreams were heard.
Fire ignited in her eyes.
She flew.



- Comdt Nupur Kulshrestha
Joint Director (Logistics)

INDIAN WOMEN - INDIAN AT HEART, GLOBAL IN ATTITUDE

Last week I saw a photograph of a lady with all the traditional utensils, sitting on the kitchen floor, making pickle at home for her family. She was none other than India's FIRST LADY Defence Minister Mrs. Nirmala Sitaraman! Not only was I taken aback seeing her simplicity but also made me realize that no matter how accomplished ladies are professionally, within the heart of hearts, most Indian ladies are a nurturers for their family first. Women from India are not only globetrotting to fulfil their professional needs but have also taken to space travels in the form of astronauts or even designing rockets. However, at the same time they are completely at ease changing nappies, attending to home chores – which certainly is no rocket science!

I have witnessed in many airport washrooms, women entering in traditional wear – saree or salwar kameez clad, replete with bangles and bindi and come out in a completely changed avatar, dressed in smart business suits – ready to take over the next role! What makes us so versatile, yet so grounded to our traditions? I believe, the answer lies in our upbringing and also the social fabric that allows us to wear various hats (or attires if you like), yet engraining deep within our psyche the 'Indian value system'.



Have you heard of Anandi Gopal Joshi? She was the very first Indian woman to go to USA for pursuing medicine way back in 1880! At that time she was already married. Due to the untimely death of her son she decided to pursue medicine to save other children in India. That she also had a premature death is another story, yet what is inspiring is the fact that she did study in USA without compromising on her religion (Hinduism) – though she got very lucrative offers to study in USA, if she agreed to change her religion. Mrs. Anandi was firm that she cannot convert her religion or change her value system to fulfil her desire for studying. Eventually, seeing her steadfastness, she did get admission and completed her studies in USA with her 'Indianness' left untouched.

As we witness scores of Indian women soar the skies or deep dive in the ocean, lead huge organisations from the front it is but obvious we have taken the term 'Global Desi' to the next level!

Cheers to all Global Desi Women, who are raising the bar with every passing minute in all areas of life.

- Mrs. Sucharitha Karri
W/o Comdt K Sitaram

ENIGMAA

Barely sixteen, sure honey loaded
Into the garland wedding amidst beats
Into unknown hands in unknown lands
Banking only on the past, as lighthouse.

Reared she her children, a rainbow
Lush and perfect hue to every eye
Sweetened in their untouched innocence
Embedded morals, ethically anchored.

Rugged years through, retained she
Her composure in heightened purity
Fully conscious of consciousness above
Laying benchmarks along miles traversed.

Dormant volcano in sudden eruption
Beyond all human discern and control
Shook with mighty fury, the impressionables
In ways even wildly unimaginable.

Catastrophic, changes indeed were
Splitting faith, all thrown out of gear
Beholding she with wonder and surrender
Wooden to all that lay in front of her.

Stood tall there she, in unhassled equanimity
Reposing trust, template of Higher values

Holding onto boundless soul wisdom
No endless analysis, no intellectual wrangling.

Years later, each to its nest
Fondly remember, blissful moments galore
Musical notes, simple delicacies, book reading
A part co-travels ceaselessly in each heart.

Radiant as the Sun with Jupiterian wisdom
Sound in Saturnine slog, Moony laughter
Perennial enthusiasm, fiery Mars-like
Mercurial mind beneath Venusian countenance!

Flawless restraint, soft, nectarine voice
Witty insight with quick silver repartees
Simply coy, captivating grace illimitable
Exuberant in sensibility, soul of the home.

Ingrained with unfathomable fortitude
Whose blissful presence, an angelic boon!
With much, much and really much more
That enigmatic magic is **'MY MOTHER'!**

Impossible to equate her love opulent
With any material, massive or tiny
I pay obeisance again and again, hence
With meek capitulation and joyful gratitude.

Hear my daily whispers of love, Maa!

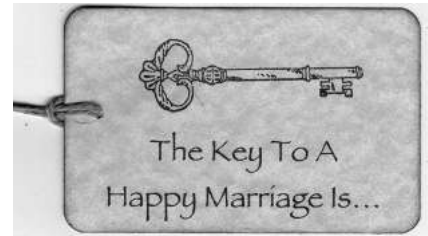


- Sharada Narasimha
W/o DIG NV Narasimha
PD(Logistics), CGHQ

COMMITMENT – THE PATHWAY TO SUCCESSFUL MARRIAGE

Marriage is one of the most important social institutions of human society, which binds two opposite sexes as husband and wife. Marriage varies from society to society according to customs and practices. God created marriage to last for a life-time. But today, many marriages have collapsed while some are struggling to survive. Marriage is supposed to bring joy to married couples, but it has become a source of worry to many. Marriage is the foundation of any society. There is no society that will function well, if marriages continue to fail.

A good marriage is a commitment between a man and a woman, and this commitment includes love, pleasure, tolerance and relaxation. Commitment is important because we act differently when we know that our futures are tied together. Commitment means promise to stay and work it through, not just for today but for each day. The two major stages of commitment are making the initial commitment and keeping the commitment.



"Till death do us part" can sound so romantic – but it can also sound deadly. Regardless of whether one marries in a secular or religious ceremony most couples still believe that they are making a permanent commitment. Many marriages could be revived if the commitment is strong. Research shows that after five years, three fifths of the formerly unhappy couples reported that they were very happy. Sometimes it is simply the commitment to each other that carries a couple through the harder times, counseling, effort, luck, and faith.

Love is a decision. It reminds couples that wonderful as the feeling of love may be, it is not sufficient for a marriage. At some point husband and wife need to decide to love – even when they don't feel like it. Acting on this decision by doing loving things for each other speaking kindly and respectfully, and deciding over and over to pay attention to the relationship love revives. Couples who understand the essence of making a permanent commitment realise that it's much more than just a decision. It's a commitment to do the daily work of keeping the commitment alive. It may mean turning off the TV or taking a night walk in order to listen to each other's concerns. These simple actions, and many more, are the objects of commitment. These are the actions that keep a marriage vibrant, interesting, and exciting.

The long term success of marriage is partly dependent on how both husband & wife show gratitude for each other.

Just be happy and content no matter what the circumstances are in your Life/Marriage. Part of the vows is for better or for worse, in sickness and in health, for richer or poorer, till death do us part. So that part in itself is telling you to just be happy, content, accepting, and always love each other. Things aren't always going to be perfect but the path you choose make all the difference in whether you'll have a successful marriage or a rocky one or one that cannot be revived.

"Always talk to each other, never about each other."

- My Mom, Payel Paramanick
W/o Debasish Paramanick, U/Adh(RO)
Dte of Personnel

HEADQUARTERS



HEADQUARTERS



DROPS MAKE THE OCEAN

The title of this article is based on the words of Lao Tzu, who said, "The journey of a thousand miles begins with one step."

This is true not only for a long journey, but also for a short one. The word journey not just mean trips but, but to goals, tasks, actions and everything that requires that you take the first step. If you wait for things to happen, probably, nothing would happen. You have to take the initiative and act. You need to take the first step, and then the other steps would follow.

- If you want to use creative visualization to achieve your goals and tasks, You need to start visualizing.
- If you want to change a certain habit, You have to take action.
- If you want to learn meditation and make it a part of your life, You need to learn to meditate and start meditating.
- If you need a job, You have to start looking for it.
- If you want to be rich, You have to start making plans and carry them out.
- If you want to stop smoking, you have to atleast leave it for one day.

Waiting, and doing nothing, do not create success, and do not help you achieve your goals, tasks or chores. You need to act. You need to move toward your goal and not wait for the right time, the right circumstances or the right mood. Often, laziness and inner resistance prevent you from taking the first step. Once you take one step in the direction of your goal, the second step would follow. However, you have to take the first one.

Once you make the first step, you gain confidence and your motivation to succeed would grow. It would then be easier to overcome laziness and inner resistance. It is pleasant to daydream, but to make your daydreams come true you have to start walking in their direction. You have to take action. You have to take the first step, and then the second, the third, and all the steps that separate you from your goal will automatically follow. This is valid for every goal, small or big, relating to your job, health, finance, self improvement or spirituality



Remember the words of Lao Tzu, "The journey of a thousand miles begins with one step", and act accordingly. Also, remember that not only a long journey begins with one step, the first step, but also a short one too

- Manoj Kumar
U/Adh(RP)
Dte. of Personnel

THE PERSON WHO INFLUENCED ME THE MOST

“True beauty is measured by the number of pearls within a person and not those around her neck.”

Once again it's time to pen down something for our own vibrant publication the “**Urmi**”. This time I shall pen down my thoughts on the subject, “*The person who influenced me the most*”. You all must be wondering about the same. Let me put all speculations to rest, and begin my article by posing certain questions before you all. *Has there ever been a person in your life who has inspired you the most? Has there ever been someone who has inspired you to pursue your dreams, to grow, to become a little better in some way or the other?*

Most of you will definitely have one or more such person as *Role Model* in your life, who has had the charismatic ability to influence you to be positive, remain steadfast in difficult times and move on... to achieve the desired goals in life. We do have our parents, teachers, political and military leaders as role models. The role played by such personalities cannot be downplayed. They become integral part of our erudition.

The influence of the role model is such that, it helps you to find your passion in life, it creates a meaning to your life and gives you a purpose in the world: it generates happiness. With this backdrop, let me share with you all that my role model who has influenced and inspired me the most is *Mrs. Urmila Singh*, our beloved *President Tatrakshika*. She is a guiding torch and constant source of encouragement not only for me and many tatrakshikas but for the society at large. She has made a deep impact on my persona ever since I first interacted with her about a decade ago.

My Mentor hails from the beautiful state “Uttarakhand” formally known as Uttaranchal. As this state is known for eternal beauty and natural wealth, my role model too has inner beauty and natural strength to tirelessly work for the noble cause. She is a woman of substance and a woman of positive influence. She carries a good sense of judgement in many areas of life. Her concern for grooming and upliftment of wards of CG personnel is very heartening. Her aura has motivated me to find my dream in life and pursue it vigorously come what may. She always conveys that we all have the ability to do whatever we want to; we just have to go and do it sincerely, victory will surely be ours.

My ideal always advocates “Live up to our Morals and Values” - Living by morals and values in life; inspires you, motivates you and energizes you for doing something significant in life. I have an immense liking towards the dressing sense of my role icon, she is always aptly dressed for the occasion. She has a strong inner beauty that makes her kind and gracious.

Another good quality of my role model is that she constantly encourages the ladies of the Coast Guard family to continually hunt for talents within and contribute towards family development. I will also not shy away from saying that, “God has made very few such human beings, and I am fortunate enough for having been associated with the one of the best creations of Almighty! Let me put my pen down by mentioning that her personality continuously reminds me “*Charm is deceitful and beauty is*

passing, but a woman who fears the Lord, shall be praised.” May Mrs Urmila Singh, continue to remain vibrant, gracious and inspire all of us as ever and forever. With all admiration for my icon, I now sign and convey my good wishes to all Urmi readers a very good luck.

*Mrs. Rupali Gill
W/o Comdt MS Gill*

GOLF - THE WAY OF MY LIFE

Let me share with you all that from the time when I was little, I loved the idea of playing something or the other. One year I tried Tennis, another I tackled Gymnastics... not only this? I have also been a winner in many other sports like Swimming, Equestrian, Basketball, etc., each year I would try something new ***unless I discovered the sport that sparkle a real passion within me.***

One day, my dad took me to a beautiful green in Port Blair maintained by army unit. I saw some golfer nicely dressed, playing this fine sport. It was a natural motivation. My father took me to driving range and taught me the basic and I stated practicing, although it was a bit disheartening in the beginning, as out of 100 balls, only 5% could go in a direction I intended at. But soon I could learn the basic tricks of the game and stated playing full course.

Now for me, golf is truly more than a game. This game has taught me many life skills and offered many incredible experiences. My parents have always been the force behind my small and big achievements. But during the learning of this game I could also find so many traits within myself which needed to be polished. Playing golf is ultimately the greatest decision I have made in my life. ***It has taught me - patience, acceptance, responsibility, and humility during all those hours on the course.*** It made me a better student, friend and the best take away is that it made me a better person. Golf has opened many doors in my life, and I cannot begin to realise how much better my life has become because of it. It teaches you to remain punctual, take on the challenges, cross the hurdles, remain calm in stressful situations, honest and continue to focus on your goals. Golf truly is a lifelong companion and way of my life, and I am grateful that with the support of my family I chose to embark on this extraordinary journey at the right age.



*- Aryan Gill
S/o Comdt MS Gill*

21th CENTURY WOMAN – POSITIVE OR NEGATIVE CHANGE



Truly said, “*Life is a journey not a race*”. The whole planet welcomed the new millennium with lots of hope and aspirations. Over a period of time with the advancement in lifestyle and exposure around us, the most attention grabbing change that has been felt and observed is in the woman. The course from a mere woman to the “*Woman of Substance*” has astonished the society. Traditionally, woman had four fold status-role as a daughter, wife, homemaker and mother. Thus, the woman, whose status and role traditionally was well defined and almost fixed in the society, has entered into certain new fields that were unknown to the woman’s sphere. They now actively participate in *Social, Economic, and Political* activities.

The woman of the present generation has generally received higher education than the woman of her preceding generation. The 21st Century woman looks elevated from the bondages of the past and she now stands on an enviable pedestal. Woman in the past was mostly found in the kitchen. Even modelling pictures in the 1970’s seemed to portray her as perfect in the kitchen and also the home as a place where she found their fulfilment. Increased awareness and education has inspired woman to come out of four walls of the home.

The significant positive changes of woman include her inclination towards social issues and efforts to improve her social status at large. The modern woman has started caring for her health, figure, cultural needs and interests, academic pursuits, religious activities recreational needs, etc. Woman as a *wife enjoys ideally a status almost equal to that of her husband and performs both social as well as biological functions*. The husband-wife relationship has become more equalitarian in character and much more companionable.

“*Every coin has two sides*”, where there are positive changes there are certain negative aspects as well. Twenty first Century female does not spend much time with her children. The economic impact of divorce on non working women is also often disastrous as alimony and child support are not always forthcoming. Children now have to live in constant depression and mental agony of staying with a single parent. There has been sky rocketing rate in divorces. Non-working women entered the labour market following divorce. There has also been an acute increase in child delinquency which can be debated to have been attributable to the grooming at home, where woman play a major role.

The moral and humility of the twenty first Century children is weaker as compared to those of the 19th and 20th Century. With the increase in technology, security, crime rate has become sophisticated

and “*unreasonable*”. Most children now enter into cyber crimes for making additional money for “boisterous” things. Research also shows that most of them are from families where parents prefer money then being with their children.

Concluding, it could be said that traditional status and role sets of woman is breaking up and new role-sets based on achievement, independence, equality are coming up. In times ahead when the woman probably would have achieved the pinnacle, she may come back to fulfil the family and mother roles to her best. But today we must congratulate every woman on earth for reshaping the world and promoting balance. We must remember, “***The only thing permanent is Change and Change must go on***” for the betterment of the society and women folk.

- Comdt Manjeet Singh Gill
Jt Director (Plans), CGHQ

A WOMAN

She made broken look beautiful
And strong look invincible
She walked with the universe
On her shoulders and made it
Look like a pair of wings.
Her heart is like a pocket
Stitched deep within her chest
Inside she stores her treasures
Some are broken, many blessed.
In her heart she has carried
Much joy & much sorrow
With sadness & gladness
She awaits each new tomorrow
In that heart, there were burdens
That seemed would never cease
Until one day, it grew sadder
It developed heart disease
Now the woman who possesses it
Has the one new heart's desire

To share with you the “Heart Truth”
To enlighten and inspire
“Be your own Advocate”
You will hear her confession,
“Don’t let anyone tell you,
“It’s just indigestion”
“you are a young, you are a woman,
What else could it be?”
That’s what she was told
And now-just look and see
She has a tiny treasure,
Placed there close to her heart
It’s a stent and it has given
Her life a fresh new start.
She’s a woman, she’s a mother
Sister, daughter and a wife
She’s also a best friend to
All the women in her life.

- Akanksha
Steno, Estb Section
RHQ (A&N)

ALL IT TAKES IS THE FIRST BOLD STEP

As Varsha received her “Award of Excellence” for her exceptional devotion to the betterment of society of community, She felt elated. Tears of satisfaction rolled down her cheeks. She was an ocean confined in a Coffee Mug & she had a galaxy of dreams confined in her pretty eyes.

She received the award with all its glory. Before she could speak about it all she did was to stare at it. The cash prize that came with it would act, as a key to funding thousands of future projects that she would be taking up for the upliftment of the society. It would be a source of motivation for a plethora of sensitive minds who wanted to channelize their efforts to bring a positive change in the world. She dedicated the award to her mother. She ran to her & hugged her. All these years of their struggle seemed to come to an end.

Being from a lower class family with five children, Varsha’s parents could hardly manage to feed their family well. Her mother was a cook & father was a driver. They would have to do overtime every now and then to manage their financial liabilities. Being the elder daughter, Varsha never realised when she gave in to all the household responsibilities. She had to sacrifice on her education to cut some costs of the family. It was one of the most difficult decisions of her life but she wanted to educate her sisters & give them a purpose to lead their lives. This seemed trivial when she thought about them.

To add to all the problems, her father would often return home drunk & release his frustrations by beating up his wife with whatever he would have in his hand. Some-times, her mother would be lucky to get beaten with a spoon and when he would resort to using a knife, her mother would hide under the bed until he fell asleep.

Varsha never understood why this physical abuse never angered her mother. She tried to sort this situation out by talking to her father when he was in his senses but it didn’t bring any change in him. Her father often forgot that he had a family that loved him. Before she could do anything else on this issue, her mother forced her to marry. After many years, her mother had wished for something. So just like the other responsibilities, she took this one to make her happy. She expected her husband to be supportive but destiny had it planned differently for her. Her husband traced her father’s path. Just two days after her marriage, he came home in an inebriated state & tried to hit her. This was beyond her tolerance. She stormed out of the house & decided that she had finally got the purpose of her life. She had to live & work for many such Varshas who were crying out for help. She wanted to reach somewhere today but home wasn’t her destination.

She approached a social worker who guided poor ladies & educated them about rights that the law gave them. Varsha knew that she had knocked the right door.

The community nurtured her interests & soon she started working in the very famous



Lijjat Papad Factory. She exceeded the company's expectations by contributing to an increase in the sales by suggesting a few regional advertising strategies. She also started visiting households where ladies were the prey of domestic violence & influenced them to make a living for themselves & fight for justice.

She had always followed the articles of Neelima Mishra in the newspaper. Every time she conducted sessions for the ladies, she would have the image of this great lady in her mind. That people could be so selfless & dedicate their entire lives to help others was something that amused her.

Her efforts soon gained recognition. She also commenced English speaking classes. Soon she could converse in fluent english. She didn't restrict herself to english. She kept adopting the vernacular medium wherever she went. She kept empowering ladies. Years passed by Her work crossed the borders & she started counselling people from various countries. She learnt Spanish, Chinese & whatever it took to convey the emotions of self reliance to the women.

One fine day, she was nominated for the Magsaysay award from her region. The award wasn't just an award for her. It was the victory of justice. It was a message for women like her mother who were silently suffering to raise their voice & awaken their self respect & dignity.

It was the fact that anyone who had the courage to raise their voice against the evil would ultimately complete the journey.

Varsha, as people described her, was a woman of Indian Values who had the will to unite people across the seas based on the purpose they had. That was her identity !

It's important to remember where we come from but its also important to go as far as we can go to be the change that we want to bring in the world. That's what it takes to be global in spirit.

Jai Hind !

- Mrs. Sayali Vaidya
W/o DIG SK Vaidya
CGHQ
New Delhi



VAASTU TIPS

As a wife of Coast Guard officer we migrate from one place to another on transfer. Packing, unpacking and setting up home are usual chores associated with every transfer. Here are a few vaastu tips to help you with interior decoration of your home to ensure peace, harmony and positive vibes.

- Keep all electrical/heat generating appliances in the SE corner of the room.
- Kitchen, toilets and prayer room (puja-room) next to one another.
- The kitchen should not be directly in front of the main door.
- Do not keep broken mirrors, watches and electrical gadgets which are either lying idle or out of order in the house.
- Mirrors, sinks, wash-basins and taps should preferably be along the NE wall.
- The safe should open towards the north or the east. So, keep it along south or the west.
- Avoid having garbage dump, street-light pole, or boulders in front of the main gate or door.
- The image of Gajalaxmi at the main door is considered auspicious.
- The north-east corner is the face house and should always be kept clean.
- While cleaning the floor with any disinfectant, a little sea salt should be added.
- Students should study facing the north or east.
- Do not keep or hang paintings depicting war, crime, violence, unrest, agony or distress.
- Grow a tulsi or basil plant in front of the house.
- Do not have any cactus in the house. Having it outside the boundary is good.
- Elderly people are always more comfortable in the South-West corner.
- Do not have a toilet or prayer room (puja room) under a staircase.



North West adobe of Air / Wind	North adobe of Kuber	North East ruled by Sadasiva
West adobe of Varuna	Bramhastan place of Brahma	East ruled by Indra
South West adobe of Putna	South adobe of Yama	South East habitat of Fire

- Mrs. Manyu
W/o Dy Comdt Mohit Kumar
Tech Officer, ICGS Abheek

CG 'WAY OF LIFE'

India, a country where millions of youth graduate every year and seek a successful career, finds difficult to even get a job everyone's expectations are to find a secure future, a job which gets then financial support, growth and future security as well. Indian Coast guard offer's youth challenging, and prosperous career.

A career which gives you uniform respect, service to nation, financial security growth in life and equally takes care of your family and future. Indian Coast Guard is a maritime service dedicated in securing our maritime borders and safeguarding our national interest.

A organisation that is also responsible for rescue operations in sea. An organisation which is said to participate in war with the navy when the time comes. A youth cannot get a better career than this. All the needs of a person are satisfied when working with this organization. "Vayam Raksham". "We protect" the motto of in Indian Coast Guard has it say's does so also.

Indian Coast Guard gives our families also a safe and secure life from medical facility, canteen facility, travel concession, and accommodations. Coast Guard offers its man and their families a happy and prosperous life. Coast Guard takes care of education of children's of officer's and sailors.

Various camps are organised by Indian coast guard every year i.e. blood donation camp, help camp, cross country, singing, dancing, cultural etc. People of coast guard have their own life their own.

It's a emerging service which offers youth a prosperous career and the rate at which it's expanding it is one of the largest coast guard of the world safe guarding, our maritime boundaries and protecting our national and maritime interest.

- Asst Comdt Mohd Danish





COMMITTEE MEMBERS





The collage consists of 15 photographs arranged in a grid-like fashion, showcasing the activities of the Coast Guard Wives Welfare Association. The photos include:

- Group photos of women in traditional Indian attire (sarees, lehengas) standing together for formal occasions.
- Women performing on stage, some in traditional dance costumes, during cultural events.
- Women participating in a tree plantation drive, holding saplings and standing in front of a banner that reads "TREE PLANTATION DRIVE" and "COAST GUARD WIVES WELFARE ASSOCIATION".
- Women in various social and cultural events, including a "TREK" event, a "COAST GUARD WIVES WELFARE ASSOCIATION" event, and a "TREK" event.
- Women in various social and cultural events, including a "TREK" event, a "COAST GUARD WIVES WELFARE ASSOCIATION" event, and a "TREK" event.

THE PHYSICAL SIDE OF STRESS AMONG WOMEN

Effects of stress on your emotional and physical health may be worse than you thought.

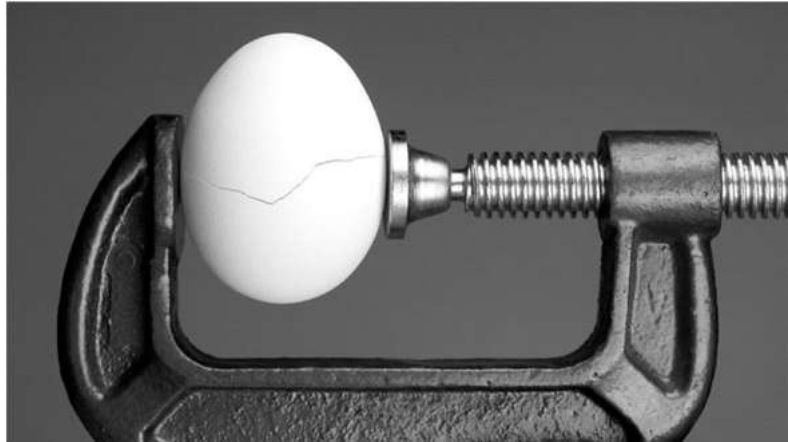
Women react differently to stress than men do.

HIGHLIGHTS:

Stress can take a toll on our health causing anything from eating disorders to *heart diseases*.

From 75 to 90 percent of primary care visits are for stress-related issues.

Lower your stress by finding time for both *exercise and relaxation* each day.



Although female sex hormones and brain chemistry offer some protection from stress, women are more deeply affected by the physical and emotional effects of stress than men.

Women's reactions to stress are rooted in their body chemistry. Men have higher androgen levels, while women have higher estrogen levels, says Paul J. Rosch, MD, FACP, president of the American Institute of Stress (AIS).

"Their brains are also wired differently," says Dr. Rosch, who is also a clinical professor of medicine and psychiatry at New York Medical College, and honorary vice president of the International Stress Management Association. "Women tend to react to stress differently than men. They don't respond with the fight or flight response — they're more apt to negotiate."

Stress: How Women Are Affected

The effects of the natural anti-stress hormone oxytocin, produced during childbirth, breastfeeding, and in both sexes during orgasm, are enhanced by estrogen and reduced by testosterone.

This helps women more than men, Rosch says. And nurturing activities boost oxytocin levels in women.

The catch-22 is that women need more oxytocin than men to maintain their emotional health. For example, Rosch explains, women are more negatively affected when they're not touched, and also feel more stress than men in relationships.

According to the American Academy of Family Physicians (AAFP), stress is an expression of the body's natural instinct to protect itself. While this may warn a woman of immediate danger, like a fast-approaching car, prolonged stress effects can negatively affect your physical and emotional health.

“Our stress response was exquisitely honed over millions of years as a protective mechanism,” said Rosch. “That was OK for our ancestors who ran into saber-toothed tigers. The tragedy is that today, it’s not that, but hundreds of things like getting stuck in traffic jams. Our bodies respond in the same unfortunate fashion, with hypertension, strokes, and ulcers.”

Stress Effects: The Physical Side

“Your stress may vary, but if you have stress with your work, your kids, your neighbors, and marriage all at once, that’s a big deal,” said Lori Heim, MD, president-elect of the AAFP and a hospitalist (a family physician who works only in a hospital) at Scotland Memorial Hospital in Laurinburg, N.C. “In women, I see this in changes in menstrual patterns — nothing else is going on except a huge increase in stress, and all of a sudden, they may be losing their hair or having menstrual irregularities, and everything points to stress as a factor.”

The AIS reports that some surveys show 75 to 90 percent of visits to primary care physicians are for stress-related complaints. According to the National Women’s Health Information Center, the effects of stress on women’s physical and emotional health can range from headaches to irritable bowel syndrome. Specific stress effects include:

- **Eating disorders.** Anorexia and bulimia are 10 times more common in women than in men, says Rosch, and this may have something to do with stress levels. Like depression, this illness has been linked to low levels of serotonin and is often treated with serotonin-boosting antidepressant drugs.
- **Stomach ailments.** Stress can make you reach for junk or comfort foods, or upset your stomach to the point that you feel like you can’t eat. Common stress-related stomach troubles include cramps, bloating, heartburn, and even irritable bowel syndrome (IBS). Depending on how you respond, these can lead to weight loss or weight gain.
- **Skin reactions.** Stress can lead to breakouts and even itchy rashes and hives in some people.
- **Emotional conditions.** From being in a blue or irritable mood to more serious mental issues like depression, your emotional health suffers when there’s stress in your life. Women are better than men at hiding some emotions like anger and aggressiveness because the parts of their brains responsible for these emotions are larger than men’s, but depression strikes women twice as often as men, says Rosch, adding, “The emotional effects of stress on women can range from postpartum depression after pregnancy to depression after menopause.”
- **Sleep problems.** Trouble falling or staying asleep is common in women affected by stress, and this is particularly counterproductive since a good night’s sleep can help ease stress.
- **Concentration difficulty.** Stress makes it hard to focus and be effective in your responsibilities at home or work, and that can compound your problems if your stress comes from your job to begin with.

- **Heart disease.** The stress of competing in today's job market has increased women's heart disease risk, Rosch says. Stress can negatively affect the entire cardiovascular system, and lead to high blood pressure, stroke, and heart attack.
- **Lowered immune response.** One of the more complicated physical reactions to stress is your body's lessened ability to fight off disease, whether it's a cold or a flare-up of a chronic condition.
- **Cancer.** Some studies have suggested a link between stress and the development of breast and ovarian cancer. In one study, researchers found that the risk of breast cancer was increased by 62 percent in women who had experienced more than one highly stressful life event, like divorce or the death of a spouse.

Stress Effects: Stress-Lowering Techniques

Research presented at the most recent Western Psychological Association meeting found that 25 percent of happiness hinges on how well you handle stress. And what was the most important stress management strategy? Planning - or anticipating what's going to stress you out - and having the tools in place to tamp down the tension. Here are some more tips for managing stress:

- **Improve your diet.** By eating well-balanced meals and skipping junk food, you can improve your physical well-being and, in turn, your emotional health.
- **Make time for exercise.** "We do know that exercise is a phenomenal way of dealing with stress and depression," said Dr. Heim. Research shows that getting active can lift your spirits and increase the release of endorphins, a natural chemical associated with mood.
- **Find fun ways to relax.** Connect with family and friends and people you enjoy being around. Rediscover favorite hobbies; recent studies link a resurgence in knitting and needlepoint to their stress-reducing effects. Other popular stress-busters include yoga, meditation, and tai chi.

Finally, if you feel overwhelmed by stress and its effects, talk to your doctor about ways to deal with it. You may learn new techniques for managing stress on your own, or you may find that therapy with a mental health professional will better help you to get it all under control.



- Compiled by
SK Mahanto, U/Adh (RO),
Record Section

MY SISTER – MY INSPIRATION

My family consists of five members my father, mother and two elder sister. The person who influenced me the most is my eldest sister.

I belong to a middle class family. She is eight years elder than me. She always treated me like her son and for me she is my second mother. I influenced by her not just because she is my sister but because the personality and attitude to dealing with the situation she has.

She has completed her high school at the age of 16. She was not the topper of the class but the always had a desire to fly high. In her childhood she had a dream to fly in the plane when rest of the kids used to play or think about toys. She completed her intermediate with PCM and also secured the second overall rank in the polytechnic examination. She wanted to do engineering, but our financial condition was not that good so she got admission in the diploma college on government seat. She was very good in academics there. After completing diploma, she thought to put her desire of doing engineering in front of my parents but as my elder sister has also completed intermediate and she also wanted to the B.Tech. She sacrificed her desire and took a job to help my parents financially.

She always motivates me for doing something in the life. She always shows me the way of living the life. When to do? What to do? How to do? These questions were always solved by given by her only to both me and my elder sister.

She always wanted to see me as a successful person. An even little salary she started saving for my further education. In my intermediate, she was the only person to guide about the future scope of the life in various fields. She always told me that if you want to do something in your life first make a proper aim and then start preparing for the same and very important thing always be needy with your plan B.



She worked very hard to complete her aim. She started with a very little salary, but she worked hard. She enhanced her skills professional as well as personal and finally got the good job in a MNC. Along with her job, she completed her engineering after facing so many odd because that journey she completed without any financially support of the family members.

Her dedication, hard work and attitude of chasing the aim and living it influenced me the most for completing my aim of becoming an 'Armed Force Officer'. She was the only one who had a belief on me that I can do this.

Now she is an Independent lady who is a senior engineer of Asia's No.2 EPC company. She got married in 2014 and living her life as she always wanted to. She still guides me and my elder sister as

a guardian. Whenever I feel very low she is the only inspiration for me. And yes she has completed her aim to fly in the sky by going all around the world by flight.

She always taught me one very important thing that “it’s never too late, never too late to start over again” and if one can do one work so can other also. But, the only requirement is proper planning and hard work.

- Asst Comdt Sashank Kumar

A DAY OUT AT SEA

Amongst the zenith touching waves of mighty salt water
The ear shearing winds of Arabian sea,
Stood tall cutting the waves
Like a might sword of a knight in shining armor a Coast guard ship,
True to its name and duty, vigil and strong amongst the high sea.
The heavens decides to open up showering the sea like thousand arrows.
Each drop crashing against the wind shield like a bullet.
Every Wave challenges the vigil soilder
But like a mighty giant foxel of ship
He cuts through the crashing waves pouring in
full of salt water.
Water which was once calm and blue but like of
mood the weather today it is black
As the wind swirls over the sea it takes water with it
Spraying it around like a heavy gust.
The vigilant soilder true to its blood guards the
borders.
Miles away millions of human lives sleeping under
the blanket of freedom provided by him.
The soilder often thinks is it worth it,
But then he takes a look at sky and sea challenging him,
He forgets his thoughts and like a brave soul cuts through the seas.
When his watch ends,
He takes his leave and hangs his boots
For he has served his purpose and lived the motto of his lufe ‘VAYAM RAKSHAMA’



- Asst Comdt Aarohan Sharma
SEO, ICGS Sangram

MAKE YOURSELF A PRIORITY

1. Growing up, I watched other women take care of everyone else. They put others' needs before their own, and they were praised for it. "Isn't it wonderful how selfless so and so is," I'd often hear. But these selfless women were doing so much for others that they often ignored their own needs, making them unhealthy, unhappy and unfulfilled. The great author George Bernard Shaw once wrote, *"Better keep yourself clean and bright; you are the window through which you must see the world."* We are responsible for what we see, which means that when one is feeling defeated internally, the world will reflect a similar sentiment.

2. So if a person's internal feeling is one of fulfillment, the way in which one sees the world will be positive. Only an individual can know exactly what he or she needs. To feel good in this world, it is compulsory to understand oneself; the responsibility should be no one else's. For years women in India didn't know what they needed or wanted for years and always put the needs of others before their own. They always said "yes" when they really wanted to say "no." They didn't know how to assert themselves without coming across as rude. The Indian woman needs to **make herself a priority and to do so** firstly she has to believe in herself to be worthy and understand that without meeting her own needs, she would never be the best daughter, friend, sister, aunt, employee or partner that a person could be.

3. It's important to surround ourselves with positivity viz laughing couples, beautiful landscapes, sumptuous food. The more goodness with which we immerse ourselves, the worthier we feel of having such fortune ourselves. In order to become the best versions of ourselves, to have lives filled with laughter and enjoyment, we must be kind to ourselves so that we are always learning and growing. A lot is said on how men should change to respect us women folk better. The stubborn, fragile and pampered Indian male ego is a tough nut to crack. The Indian man, has a long way to go before the Indian women can be proud of them. But in all this well-deserved male-bashing, I hope the ladies do not miss out on another set of changes required, on themselves. Yes, for all the talk of women being denied their proper place in society, ladies need to do some self-reflection too.

4. The first behaviour that needs to end is the constant desire to judge other women. Women are hard on themselves. They are harder on each other. Secondly, the faking needs to end. A common female trait is the relatively quick adaptation to feed male egos. Thirdly, standing up for your property rights. Plenty of Indian women give up their lawful property rights for their brothers, sons or husbands. You are not demonstrating your eternal selflessness when you give away your property. You are hurting your own kind. Fourthly, women need to become more ambitious and dream bigger. All young Indians – men and women, should have a fire in their belly. Perhaps the way the Indian society is structured, our women are not encouraged to be as ambitious as men. However, for their own sake and the nation's sake, all Indian youth must have ambitions and aspirations to do well and reach their maximum potential in life. Many Indian women have done much better than men. Use them as inspiration and work towards your dreams. Your success is what will finally make Indian men respect women. Play your part.

- Sireesha Vinaya Kumar
79 ACV Squadron,
ICGS Mandapam

PERSON WHO HAS INSPIRED ME THE MOST.

SAVITRIBAI PHULE

I am motivated by Savitribai Phule as she laid the founding stone for Women's education in India. Savitribai was the first female teacher of the first woman's school in India and also considered as the pioneer of modern Marathi poetry. In 1852 she opened a school for girls.

Savitribai Phule (1831-1897), is one of the supreme names who fought against the totalitarianism of caste, female atrocities and other social evils in India.

I have always wondered why "Teacher's day" is not celebrated on the birthday of Savitribai Phule, the lady who started the first ever school for women and the downtrodden. Mahatma Jotiba Phule and his wife Savitribai Phule were first among the people who declared war against social evil of Casteism and women suppression. The pioneering couple led mass movement of uniting oppressed class against casteist values and thinking.



Savitribai Phule worked as an equal partner in the mission of uplifting the poor and oppressed people. Though she was uneducated, she was encouraged, motivated by Mahatma Jotiba Phule to study. Later on, she became the first lady teacher of the school started by her husband. Life of Savitribai Phule as a teacher in the school at the time when orthodox people used to look down wasn't easy and many a times, they used to pelt stones and throw dung on her. The young couple faced severe opposition from almost all sections. Savitribai was subject to intense harassment everyday as she walked to the school. Stones, mud and dirt were flung at her as she passed. But Savitribai Phule faced everything peacefully and courageously.

When people were unwilling to offer water to thirsty untouchables, Savitribai Phule and Mahatma Jotiba Phule opened the well in their house for the use of untouchables. It was a challenge thrown at the casteists so that they change their mindset towards untouchables. But even after almost 200 years, dalit (untouchables) still strive for water rights.

They took initiative to give education for downtrodden, thinking accurately that education is necessary for the restoration of social and cultural values. Savitribai Phule started 'Mahila Seva Mandal' in 1852, which worked for raising women's consciousness about their human rights, dignity of life and other social issues. With grave persons she went on to organise a successful barbers' strike in Mumbai and Pune against the prevailing practice of shaving of windows' heads.

During the 1876 to 1898 famines, Savitribai Phule worked courageously with her husband and suggested many new ways to overcome difficult times. They started distributing free food at many locations. She died while she was nursing a plague-affected child - she got infected while serving the affected people.

Indian woman is not aware of the greatness of Savitribai Phule, who dared to pursue the noble profession of teaching in the 'Dark Age'. She dared to speak against the unpardonable boundaries imposed on the Indian women, for which today's woman should ever remain grateful.

- Kalpana
W/o Pritam Ramteke, U/Nvk(QA)
ICGS Krishnapatnam

A FIRST STEP – THE TOUGHEST ONE

"A journey of a thousand miles begins with a single step" this quote has always inspired me to reach for the impossible. I am naturally not a very outgoing person, but over the past few years, I have worked very hard to change that aspect of my personality which has led to many opportunities for personal achievement.

Waiting and doing nothing, will not create success and will not help you achieve your goals, tasks or everyday jobs. You need to act. You need to move towards your goal and not wait for the right time, the right circumstances or the right mood.

Often, laziness and inner resistance prevent you from taking the first step. Once you take one step in the direction of your goal, the second step would follow. However, you have to take the first one.

You need to start carrying out what you want or need to do, whether it is sweeping the floor, going to the store to buy milk or bread, learning a new language, finding a new job, starting a business or becoming a writer. The first step is always important.

Once you take the first step, you gain confidence and your motivation to succeed would grow. It would then be easier to overcome laziness and inner resistance.

It is nice to day dream, but to make your day dreams come true you have to start walking in that direction. You have to take action. You may plan and dream all you want about a long journey, but you have to begin somewhere. The first step is crucial; getting started. So put that foot forward and realise that this humble step will one day take you down the path to a destination that you want. So stop dreaming, start today, start now, start off with basic product or service and then keep chipping away at it and building it up till it becomes the big success you always dreamed of.



- Sunil Kumar Reddy
Nvk (ME)
ICGS Sarathi

THE PATHWAY TO SUCCESSFUL MARRIAGE

One day during the exile period of the Pandavas, the five brothers were resting in a shelter, when Lord Krishna and his wife Satyabhama arrived to pay them a visit. Draupadi requested Satyabhama to sit with her separately so that the two could chitchat.

While they chatted, Satyabhama asked Draupadi how she managed to keep all her five husbands happy all the time. Satyabhama was impressed by the way Draupadi managed her married life so well and asked her to share some tips with her.

This is when Draupadi told her the secrets of a happy married life. Find out these secrets revealed in this story.

For a happy married life, there should be no jealousy between the couples. One must remain committed to their partners and let go of all the ego.

Draupadi says that a woman must never try to control her husband. Some women take support of tantra-mantra and various other methods to know about their husbands' whereabouts. This is wrong and doing so can only break a marriage.

A smart woman knows her husband's family well. She understands everyone's needs. Those women who remain careless towards family's needs lose out on their married life.

According to Draupadi, for a happy marriage, a woman needs to know what company she is in. She should stay away from women with bad character. Friendship with such women can instill wrong thoughts resulting in a broken marriage.

In a family, both men and women should never insult one another. One must never run away from responsibilities either. According to Draupadi, if a man and a woman look after each other, their love increases and their marriage becomes stronger.

Few things that a woman should always avoid in a marriage are anger, ignorance and making unnecessary conversations with strangers. Women who do so, their image gets blotted in the society.

In a marriage, a husband must fulfill his wife's desires to keep her happy, but at the same time, women should not ask for unnecessary things. A man must always be protective towards his wife and ensure she is in the best of her health.



- Amit Kumar
P/Nvk(RO)
88 ACV Sqn Haldia

REGION (WEST)



REGION (WEST)



INITIAL STEP MAKES OUR JOURNEY SMOOTH

Take the first step...

What is it you want? Where do you want to go? Now you know where you are going, think about where you are now. What's the first thing that you need to do to get moving? If possible, do it today. Life is full of "if only" and "I couldn't because". Don't be someone full of regrets because of what you didn't do, be someone who is full of stories of what they have done. Keep taking steps... even if they feel like baby steps!

We all have those days where it feels like every step is painful, or there is something else to do, or it's just plain too difficult. It's the "don't wanna" cry of the tantumung two! Even if it's something really simple, take one step. Mark Forster talks about this when he says, "Just get the file out". It's only a small step, but it proves your intent. After all, after you've got the file out, it's not as difficult to do something with it, is it? Have any projects that seem to have been at a standstill? Just do one thing today to get on it. You probably already know what it is! Enjoy it...

I've got a quote on my fridge that reads, "Remember that happiness is a means of travel, not a destination". Get there – have fun on the journey. Enjoy it when you get there rather than moving straight to the next place, next goal, and next challenges. Rest a while and glory in the fabulousness of what you have achieved. Tell everyone!.. And then work out what steps you want to take next!

You've achieved it – what's next? There are always new opportunities coming our way. What opportunities are you spotting right now that you are excited about?

What's your first step for that?

- Tameshwar, P/Nvk(AE)
CGAE Port Blair



INDIAN COAST GUARD – QUIZ

Ques:1 When was Indian Coast Guard formed?

Ans: 01 Feb 1977

Ques:2 When was Coast Guard Headquarters, New Delhi established?

Ans: 19 Aug 1978

Ques:3 First ship ICGS Kuthar transferred from Navy to ICG?

Ans: 19 Aug 1978

Ques:4 First batch of CG Officer joined?

Ans: 07 Feb 1980

Ques:5 First IB Commissioned (C-01)?

Ans: 24 Sep 1980

Ques:6 First Chetak Squadron (800 Sqn CG)?

Ans: 22 May 1982



Ques:7 First Chetak inducted in service (CG 802)?

Ans: 22 May 1982

Ques:8 First ICG Ship visit onboard ICGS Kuthar (Sri Lanka)?

Ans: 09-17 Aug 1982

Ques:9 First OPV Commissioned (Vikram)?

Ans: 19 Dec 1983

Ques:10 First IPV Commissioned (K'Chennamma & Rani Jindan)?

Ans: 21 Oct 1983

Ques:11 First time CG Contingent participated in RD Parade?

Ans: 26 Jan 1983

Ques:12 Commissioning of First DHQ (Porbandar)?

Ans: 29 Dec 1985

Ques:13 First independent CG Station (Mandapam)?

Ans: 13 Jan 1986

Ques:14 First Dornier inducted in Service?

Ans: 07 Jul 1986

Ques:15 First Air Station Commissioned in CG (ICGS Daman)?

Ans: 29 Oct 1987

Ques:16 First Pollution Response Team (Mumbai)?

Ans: 15 Apr 1987

Ques:17 Silver Jubilee of Indian Coast Guard?

Ans: 01 Feb 2002

Ques:18 First FPV Commissioned (Annie Besant)?

Ans: 17 Dec 1991

Ques:19 First CG Ship Decommissioned (Rajhans)?

Ans: 01 Apr 1995

Ques:20 First AOPV commissioned (Samar)?

Ans: 14 Feb 1996

Ques:21 First Hovercraft commissioned (H-181)?

Ans: 18 Sep 2000

Ques:22 First ALH inducted into Service?

Ans: 18 Mar 2002

Ques:23 President's "Colours" to Indian Coast Guard?

Ans: 01 Dec 2002

Ques:24 First PCV commissioned (Samudra Prahari)?

Ans: 09 Oct 2010

Ques:25 First Harbour craft inducted into service (HC-547)?

Ans: 16 Jan 2016

Ques:26 First Auxiliary Barge inducted into service (Urja Sanjay)?

Ans: 27 Aug 2016



- Comdt Manjeet Singh Gill
Dte of Plans

THE PERSON I ADMIRE THE MOST – DR A.P.J. ABDUL KALAM

1. On a chilly winter evening walking on a sandy beach of Kanyakumari, a young boy walked with feet on ground and eyes dreaming to fly. He may not have qualified for a fighter pilot in Indian Air Force, but became the President of world's largest democracy and also became the First President to fly a fighter jet. He is A.P.J Abdul Kalam, a man of impeccable integrity, gave wings to fly, a ray of hope for ignorant, gave voice to voiceless.
2. A.P.J. Abdul Kalam is the pride of India, born on 15 Oct 1931. His childhood struggled with abject poverty and had done odd jobs for a single meal in a day. Kalam served as Chief Scientific Advisor to Prime Minister. He developed India into nuclear power which acted as deterrence. He gave the concept of "Strength Respects Strength" to the world. His work on India's nuclear weapons programme as a way to assert India's place as a future superpower.
3. Kalam's writings showed the future of mankind. His masterpieces include India 2020, Wings of fire, Ignited Minds, Mission India, Indomitable spirit, Inspiring thoughts, Target 3 Billion envisioned a developed India which is free from suffering and wings to fly.
4. He taught the qualities of a leader. Leaders should ignite the minds of others, humble themselves, inspire others and make them dream rather than making them believe in their own dreams. He travelled the unexplored path.
5. His thirst for knowledge, humility, compassion, simplicity, passion, vision and leadership made us dream big and think that nothing is impossible.
6. "Man needs difficulties in life, because they are necessary to enjoy success".

- Murali Dharan
Asst Comdt
DHQ-4



SHE

She is like a banyan tree,
That provides shelter to many.
Her branches are her hands;
And works like a wand.
Her body is as strong as a trunk,
And can bear pain,
Even knowing that she don't have any gain.
Her leaves are as abundant as her values,
That absorbs goodness for all the beings.
She is as humble as her hanging roots,
That always remains close to the earth.
She is a habitat for many,
And habit for a few.
She inhales what we exhale,
And still never complaints even for a while.
Always she care for others,
But seldom care about self.
It is time to remind her that,
Selfless live starts from loving oneself first,
Because roots has to be as strong as the torso,
And long as the branches.
She is none other than a Woman.

- Aleyamma Jacob
W/o TC Jacob, P/Adh
CGSD (Kochi)



MY MENTOR

The person who has influenced my life is my father because he is the one who knows me best and is also the one that I see the most and have known for a long time. He always stands by my side, and whenever I fall down, he encourages me to stand up by myself and on my own feet. My family is not a wealthy family. Therefore, my dad tries to save every single penny he earns from work to buy anything that I need, and he always encourages me to go to school because he knows that education will decide the future of the person. As a result, I admire him as a great person. He has influenced my life by teaching me the lessons and showing me to be a kind and helpful person and always teaches the difference between right and wrong behaviours.



My father taught me the most important lesson: how to be a man. I still remembered the day that my father sat next to me and said that “Hey son, the most important thing to always remember, “when you get anything don’t over react and when you didn’t get don’t think about it” and never lie to anyone and never lie to yourself”. After saying that, he slowly explained the value of honesty. He showed me that every bad situation in the world began with a lie. When a person steals something, he lies to the law, or when a husband cheats on his wife, he lies to his wife.

He taught me to consider everyone as a part of my family and taught me how to love people by sharing and giving. I believe that the biggest fantasy in life is to give someone something that he really needs and then watch his facial expression. When I was a kid, my dad and I used to go to a park near my house to play games. He always bought me some food while leaving that place. One day, on the way home, we saw a beggar who said that he had not eaten any thing for three days, and asked me for the food that my father bought for me. I immediately refused to give him the food that I had and kept going with my dad. Unexpectedly, my dad held my hand and stopped walking. He asked me why I didn’t want to give the food to the beggar. I answered that I was too hungry after playing games, but I saw that my dad did not feel good when he heard this answer. He looked straight into my eyes and said Dear one day, you will realize what hunger is. After taking food from me he gave the food to beggar, who expressed thanks to me by raising his hands.

After some years when I was in fourth standard one day during lunch break my lunch box fell on the floor and whole food was spoiled; I started weeping due to great hunger. After seeing me my class teacher asked me what the matter was. On hearing my reply, first she laughed and then gave me some food from her lunch box. After reaching home I narrated the event to my father, who then told me, “See, one day you had given your food to beggar, now the same has come back to you by God and this would be a lesson for you in future.”

I am really thankful for everything he taught me; He taught everything that life needs. Today, whatever I am, it is because of him only and whatever I will achieve in my life will be credited to him. I believe that my dad will always be with me even after his soul leaves his body; he will be there through his teachings that I believe are my duty to pass on to my children. He taught me everything about life; faith, and the long journey ahead, he is the greatest hero for me.

- R Kumar,
U/Adh, ICGS Minicoy

MAGICAL MILLET FOR YOUR HEALTH

More people are becoming increasingly health conscious and choose healthy food options. Millets are far more nutrient value than wheat and rice. They are tasty and easily available. Since they are under consumed we should make efforts to incorporate them in our daily menus in the form of rotis and other food preparations. You might have thought that millet was only used as an animal feed and a bird seed, but it is rapidly gaining popularity as a grain for human consumption, because it is gluten free and is highly nutritious. Millet is tiny, round, creamy like mashed potatoes or fluffy like rice, millet is a delicious grain that can accompany many types of food. Millet is available in markets throughout the year. Millet has been cultivated for centuries, primarily in Africa and India and is the staple part of diet for some people. The most popular type of millet is the pearl millet, which contains a whole range of nutrients and essential minerals and tastes good too. It is so easy to add millet to your diet, because it can be used in many recipes including smoothies, baking, soups and stews. So, if you thought millet was just a bird seed, here are some of the wonderful health benefits of millet.



Helps to protect against diabetes

Millet is a good source of magnesium which is known to increase the effectiveness of insulin in the body and help avoid diabetes. People who eat a diet rich in magnesium have upto 30% less chance of developing Type 2 diabetes.

Good source of energy

Millet is amazingly cheap source of nutrition and energy which is why it is so often eaten as a staple in poorer, developing countries. It has high starch content, provides energy and also good source of fibre and protein. The amino acids that are found in pearl millet are also much easier for the body to digest than those found in wheat.

It can be an aid to weight loss

Another great health benefits of millet is that adding it to your diet can also help you to lose weight. Because of high fibre, and protein content in the grain, millet will make you feel full and keep you feeling full for longer. It will also provide you with a steady source of energy, so you won't feel the need to eat snacks after you have eaten a meal that contains millet.

Prevents Anemia

Millet contains perfect combination of ingredients to combat iron deficiency in the body. It has iron, which is what



is needed to fight anemia, but also contains Vitamin C, which helps body to absorb the iron into the blood stream. Eating millet is said to be an even more effective remedy for anemia, than taking simple iron supplements.

Keeps the digestive system healthy

If you suffer from digestive problems and constipation, then adding millet to your diet will improve the digestive system too. Millet contains plenty of fibre, both soluble and insoluble, that will help the food move through your system properly.

Increases bone strength

Health benefits of millet also include stronger bones. Millet is one of the best natural sources of calcium as well as Vitamin D. Eating millet will strengthen the bones and the teeth, and will help prevent bone diseases, such as osteoporosis in later life. It is also great way in providing with extra calcium to children that they need, while their bones and teeth are growing.

Prevents premature ageing

One of the most amazing health benefits of millet is its ability to help stop premature ageing of the skin. Millet contains two powerful amino acids called Methionine and Lysine, both of which help to create collagen. Collagen is the substance that keeps skin firm, stops sagging of skin and helps stop wrinkles forming.

“Beware of what you eat; it becomes a part of you”

- Mrs. Neetu Bhushan
W/o Bibhuti Bhushan, Adh(WTR)
DHQ-3 (NML)



REGION (NORTH EAST)



REGION (NORTH EAST)



INDIAN COAST GUARD WAY OF LIFE: MY EXPERIENCE

A sailor in Indian coast guard is always vigilant, disciplined; spirited and full of zeal towards the profession as well being the guardian of the Indian coastal line. All these attributes become inherent in the sailor's day to day life. Let's traverse through the epigrammatic voyage of making of a Coast Guard sailor. See through my eyes how this journey becomes a lifestyle for a sailor. Through this piece of writing I am sharing my experience ever since I joined "Indian Coast Guard."

The Recruitment

Becoming a sailor is not a cakewalk. One has to go through a variety of challenges. The challenges comprise physical fitness, mental ability, courage and determination to be the chosen one. The recruiters pick the raw diamond which can be shaped to shine. After passing through the stringent selection process the journey of all recruits begin. Naval training centre INS Chilka located in the state of Odisha is the Alma mater of all Indian Coast Guard sailors.

The Training

At the training centre INS Chilka all the recruits get basic military training. All are trained to achieve perfection as swimmer, drill master, marksman, and perfect seamen to fight all odds in the sea. Training on all kinds of small arms is given in the scenario which is congruent to a real war. The famous dictum "First impression is the last impression" is must in a sailors life. In our training we learn how to carry this throughout our life. The training taught me how to present myself when I put on uniform. The most fearsome place in training center was Parade ground. The motto ("THE MORE YOU SWEAT IN PEACE, THE LESS YOU BLEED IN WAR") which I learned in parade ground. This motto pours courage in my soul whenever I remember it. Day by day I was becoming tough; rifle shooting, climbing a rope, crawling, and drill becomes a part of my life. I realized about my strength during training on occasional route marches I used to walk 25 miles. I have never sailed before in a sailing boat. In INS Chilka I was taught to sail in sail boat. After this, I enthusiastically took part in various sailing competitions held in Chilka lake. Apart from physical training, trainees get some time for recreational activities such as reading, sports, music and art & craft etc. During this recreational activity time I have improved my reading habit and I started reading news paper daily to keep myself updated with current affairs. Getting trained through mock drills was part of my training in INS Chilka. The training time flew very fast. A sailor does not just pass out from the training center, he earns it at the passing out parade. Me and my fellow sailors passed out from INS Chilka and took oath to serve the nation to the peril of our life, and will uphold Nation's honor at any cost. After completion of this basic training the sailors join various branches. According to their branches, the sailors are sent to professional schools to become competent to serve onboard any ship, Station Air squadrons or on any other platform.



The Ship Life

Men in White are known not only for maintaining uniform it also defines how suitably they are vigilant to protect the nation. We patrol the entire Indian coastal lines with courage and vigor. This I learned during my Ship tenure. Here I was trained to fight with the challenges at sea such as cyclones, rough seas, and



prolonged sailing etc. But what I learn here has become goal of my life “ONE SHOULD NEVER TAKE A SINGLE STEP BACK WHEN SITUATIONS ARE UNUSUAL.” The turbulence during the sailing made me mentally strong, hard working, courageous and active irrespective of sea states. One thought always keep me motivating “PEACEFUL SEAS CANNOT MAKE A SKILLED SAILOR”. A sailor’s life is full of learning, during sailing in ship I learnt emergency life saving techniques which were explained to all of us by experienced senior officers and sailors. My friendship with small arms is continued onboard. Here, I learnt that serving in Indian Coast Guard is not only protecting the coastal boundary but it also involves protection of merchant vessels and fishermen’s during distress; fight against to smuggling through seas and to furnish support to Indian Navy in case of war.

Life Ahead

Life in Indian Coast Guard is far different from what I was leading as a civilian. Here I have learnt to work within stipulated time and swiftly. Indian Coast Guard takes care of serving personnel and their families. And the Service provides all suitable facilities which are required to lead a satisfactory life. When I will get married, I view a comfortable life for my wife and children. I have faith that Coast Guard Women's Welfare Association will take care of her and help her to stretch her horizon of thinking and will help her to develop various skills. I look forward towards a bright career for my children. With all these attributes of service I believe I have scope for making my life stable, calm, satisfying and lively in near future.

- Banda Kumar Swami
UttamYantrik (Power)

MY MOM – THE IRON LADY

She is very thin but tall. She is outgoing and gets along on well with people. When I have difficulties, she is always beside me to get me disentangled from those situations. She has a positive outlook towards life. Therefore, she is the person whom I always turn to for advice whenever I am stuck. The person who has influenced my life is my mother because she is the one who always has encouraged me to reach my full potential.

My mother was never able to go to school like most children did because she was the oldest out of five children. While others were in class learning their lessons my mother was out in the farm, planting seeds or helping my grandmother with her younger siblings. As my mother became older the chances for her being able to go to school grew smaller. Therefore, she never got the opportunity to learn how to read and write in school formally, instead, she learnt it all on her own owing to her desire to study.

My mother did not know any English and moved to City knowing nothing but a few words, such as “yes” “no” and “sorry”. It’s beyond imagination to leave your life behind; your family, your home, your job; and moving to a new City! To a place you know little about and about to make it your new home, hoping somehow to make a living in a society of which Lingua Franca is unknown to you. That is the kind of courage my mom had. It took time and practice for my mother to learn enough English to get a stable job. My mother went on from being a school cafeteria lady to house help to housekeeping for hotels and now, finally she is having her own independent business.

My mother has always provided me and my siblings the best possible educational opportunities. She is the person who taught us to never give up and to always keep our head high. She has made me the person I am today. Without my mother I would have never had learned how to be a friend or how to be compassionate towards others.

- Suraj Khedkar
P/Nvk (RP)
05835-Q



COMMITMENT TO COMPLEMENT

One of the greatest stresses on a mariner's marriage is deployment, and when you're active orders are delivered to a mariner for deployment – the potential emotional tsunami can wash out a relationship.

Marriage definitely isn't easy. The culture we live in today relies on microwave mentalities-if a happy marriage isn't achieved in the time it takes to pop popcorn, then something is wrong, and it's time to look for a new one (or avoid it altogether). Strong marriages are like strong trees, they must start with the basics and be allowed time to grow. That's why it's so important to make your marriage a priority.

Start with commitment. Loving feelings can come and go, but commitment creates a bond that is hard to break. When both wholeheartedly agree, for better or for worse, to be there for the other no matter what, you are that much stronger to withstand the problems that will come. My wife has a friend whose husband joined the ship at Mumbai just before 26/11/2008 attack happened, her husband was deployed to western coast off Gujarat area for 24 days, she was restless with the feeling of “this isn't what I signed up for” as she tries to navigate the suddenly military life. Since she was committed to the marriage and because of that, she was able to get through the tough emotional flare-ups that will come and go. Deployment, thankfully, does not last forever.

Trust, trust, and more trust. When a couple is separated by time and distance, trust becomes an even greater tool in keeping you close – or splitting you apart. It means giving your spouse the benefit of doubt – and giving enough of your time, energy and attention so your spouse will never have a reason to doubt. My wife and I also have an “open door” policy on email, and social networking sites when she's away which means he has access to all of my usernames and passwords and I have access to her. It's a great way to stay accountable to one another.

Love covers a lot of flaws. It's so important to remember why you fell in love in the first place. Every anniversary make a point to remember what attracted each other and the things you love about each other today. The more you talk about what we've been through – the good and the bad – the more you are reminded of the love we share and the challenges one'll be able to weather in the future! Remember to keep the size of love greater than the size of expectations.

Communicate. Most women love to talk; men – not so much. But communication doesn't have to mean hours of talking alone. I read an article recently that pointed out that men when they're young, boys develop friendships with other boys by doing things together and after they've grown up, those men also want to demand their friendship with their wives. Of course, deployment prevents a lot of “shoulder to shoulder” time so it's important to develop these moments when you have them, and figure out creative ways of communicating when you are away.

The sea life can be tough. Marriage can be tough. But keeping your priorities in the right order will go a long way in keeping your marriage strong and able to withstand time, frustration, and even a deployment.

- NS Kureel,SE (R)
CGRPT Surat

MARRIAGE – A SOLEMN INSTITUTION

Marriage is regarded as a divine institution, the union of two persons, who commit themselves to spend their lives in a new relationship and solemnly agree to stay together until death. It is the most precious relationship that can be enormously fulfilling and exciting, if handled with care and respect. It is to be built painstakingly over the years.

Almost every marriage starts out as a huge celebration but all are not successful. After a few years relation is shattered and dreams broken. Nowadays, with the fast changing environment, modern times such cases have increased manifold. The question arises why??? The main reasons are ego, self-centeredness, lack of communication, expectations, desire to change the partner, comparisons etc.

Commitment & compliment are the two most important / vital ingredients to a successful marriage as they can mitigate all negativities in conjugal life.



Differences & arguments add spice to life but overdose become indigestible and bears catastrophic results. During heated arguments remember the time tested proverb “**If speech is silver, silence is gold**”. Certainly silence is preferable in such undesirable circumstances.

We have to shed our ego that often clouds our mind. It is every important to rise above the problems and show your intent to work them out. Small and sincere efforts would put it at ease and bring harmony to recurring insignificant fights. The challenge for married couple is to appreciate and adapt to his or her differences, love for who he or she is and not disparage for what he or she is not.

Affection and love should enhance with fleeting time. We have to be generous in praising and giving compliment which will not let bitterness and resentment grow towards each others. Enjoy each moment together but let there be space in togetherness.

To make marriage work, both partners have to be determined to be happy together, no matter the storm and the waves that may come up. Remember marriage is a living union, in which husband and wife are to be the companion and helpmate of the other. To make blissful conjugal life continuously invert in the relation by commitment and compliment.

I feel the married couple should always remember the lines of renowned poet Rahim “**Rahiman dhaga prem ka, mat toro chaatk jaaye / toote to phir na judey, judey to gaath pad jaaye**”.

- Mrs. Sushma Shishodia
W/o Commandant RKPS Shishodia
ICGS Okha

हाँ ! मैं मेरी प्राथमिकता हूँ ।

नारी - एक संपूर्ण परिवार की धुरी
नारी - स्वयं को भुला, घर-भर में खुशियाँ उड़ेलती
नारी - एक उन्नत समाज का आईना
नारी - कई चरित्रों को निभाती प्राणी
नारी - घर से दफ्तर, दफ्तर से घर तक घूमती चकरी
नारी - चहूँ दिशाओं में अपना डंका बजाती
नारी - कभी अपने ही खोल में सिमटती सी



नारी अनवरत चलता एक पहिया जो बिना रुके, बिना थके निरंतर घूमता रहा है, सबकी इच्छाएँ और आवश्यकताएँ पूरा करते हुए। अपना अस्तित्व कहाँ ? ? ? याद नहीं ।

परंतु देर से ही सही, आज स्वयं के लिए गहरी निद्रा से जागती नारी, अपना अस्तित्व खोजती नारी। आज गाहे-बगाहे, स्त्री यह अहसास कर रही है कि उसे स्वयं के बारे में भी जागरूक और संवेदनशील रहने की आवश्यकता है। जब समाज स्पंदनहीन सा हो जाता है, नहीं सोचता कि जो स्त्री नित्य प्रति सूर्योदय से पहले जागती है, दिन-भर दौड़ती हुई सभी की आवश्यकताओं की पूर्ति करती है और रात्री में सबके सोने के बाद बिस्तर में जाती है। सारे कर्तव्यों का निर्वाह करते-करते स्वयं को ही उपेक्षित कर जाती है। ऐसे में स्वयं के स्वस्थ जीवन के लिए कुछ क्षण निकालना तो अनिवार्य हो जाता है।

आज जरूरत है हर स्त्री को अपनी अच्छी सेहत के बारे में सोचने की, कुछ उपाय करने की और उचित निर्णय लेने की। क्योंकि वह आज तक स्वयं ही अपनी उपस्थिति को नगण्य करती आई है। आज समय है जागरूक होने का। स्त्री को अनेक कर्तव्यों का निर्वाह करना पड़ता है परंतु यह सब वह भली-भाँति और प्रसन्नचित होकर तभी कर सकती है जब स्वास्थ्य रूपी धन उसके पास हो।

एक सर्वे के अनुसार भारत में 75% महिलाओं में खून की कमी पाई जाती है। 30-40 वर्ष की आयु की 60% कामकाजी महिलाओं में थकान, नींद की कमी और चिड़चिड़ापन आदि की समस्या है। आज 20% महिलाओं में महावारी 40-41 वर्ष में ही स्थाई रूप से बंद हो रही है। घरेलू महिलाओं की तुलना में कामकाजी स्त्रियों में हृदय-रोग के मामले बढ़ रहे हैं। एक तिहाई महिलाएँ हड्डियों के रोग ऑस्टोपोरोसिस से पीड़ित हैं। 30% महिलाएँ केश पतन और समय से पहले सफेद बालों की समस्या से जूझ रही हैं। कारण यही है कि अनियमित आहार, पोषण की कमी और अतिरिक्त शारीरिक श्रम। काम के दबाव में कामकाजी स्त्री नियमित आहार को छोड़कर जंक फूड ले लेती है ।

आज की महिला विशेष है। वह गृह और बाह्य कार्यों की जिम्मेदारी एक साथ पूरी कर रही है अर्थात् कैरियर और परिवार के बीच बहुत अच्छी तरह संतुलन बनाए रखने का प्रयास करती है, परंतु इन सब के लिए अच्छे स्वास्थ्य और उचित पोषण का मिलना अति आवश्यक है। आज की भागदौड़ भरी जिन्दगी में अपने लिए समय निकालना बहुत जरूरी हो गया है।

स्त्री अपने जीवन में कई चरणों से गुजरती है। जैसे - किशोरावस्था, गर्भावस्था, स्तनपान और मेनोपॉज। ऐसे में आरम्भ से ही विशेष पोषण स्त्री के लिए अनिवार्य है। विभिन्न भूमिकाओं को निभाने के लिए अपने पोषण और शारीरिक श्रम पर ध्यान देना जरूरी है।

एक अच्छी सेहत के लिए चार आवश्यक स्तंभ हैं 'संतुलित आहार, नियमित व्यायाम, सकारात्मक सोच और 7-8 घंटे की निर्विघ्न गहरी निद्रा। एक स्वस्थ व्यक्ति होने के लिए अपने आहार में प्रोटीन, विटामिन्स और खनिज पदार्थों का पर्याप्त संतुलन होना चाहिए। अपने स्वास्थ्य को प्राथमिकता देकर नारी एक सुंदर एवं स्वस्थ परिवार एवं समाज की निर्माता बन सकती है क्योंकि निरोगी काया से बड़ा कोई और धन नहीं। स्वयं स्वस्थ रहें तथा परिवार को स्वस्थ रखें। सेहतमंद जीवन ही सभी खुशियों की नींव है।

जय हिंद

- संगीता बिष्ट, पत्नी श्री विरेन्द्र सिंह, पी ए
योजना एवं बजट निदेशालय, तटरक्षक मुख्यालय

बेटी बचाओ

मेरे होने का एहसास नहीं है,
वो दिन क्या खास नहीं है ?
जिस दिन मैं घर आई थी,
मम्मी तो मुस्कुराई थी,
पापा भी चहक उठे थे,
पर फिर क्यों दुनिया ने नहीं दी बधाई थी ?
लड़की हुई है ये सुनकर सब के मुँह उतर गए।
बधाई देने वालों के शब्द क्यों तानों में बदल गए ?
लड़कों हूँ मैं बोझ नहीं किस किसको समझा मैं।
लड़को से हूँ कम नहीं क्यों तुमको बतलाऊँ मैं ?
भूल गए हो तुम सब शायद, लड़की से है ये जग सारा।
तुम ना होते आज अगर माँ ने न होता तुमको 9 महीने कोख में पाला।
तो क्यों खुश नहीं होते हो तुम लड़की के होने पर ?
क्यों कुछ मासूमों को मार देते हो उन के होने पर ?
उनका क्या कसूर, उनको भेजा है इस जग में भगवान ने।
तुम कौन होते हो, ये फैसला करने वाले के हम रहेंगे या नहीं इस संसार में।
लड़की से ही तुम भी हो, लड़की से है ये जग सारा।



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प्रकृति के साथ सामंजस्य (In Harmony With Nature)

हम कह सकते हैं कि प्रकृति हमारी दुनियाँ है या हमारी दुनियाँ प्रकृति हैं। हम सबको प्रकृति के साथ एक सामंजस्य बनाये रखना चाहिए। प्रकृति के साथ रह कर, इसे समझना बहुत जरूरी है। आज के युग में जब तकनीक काफी हद तक आधुनिक हो गयी है, उसका हमारी प्रकृति से नाता टूट सा गया है हमें इसे जोड़े रखना है, क्योंकि इसके बिना हमारी जिंदगी अधूरी सी हो गयी है, यह प्रकृति ही है, जो बहुत खूबसूरत पर्यावरण से घिरी हुई है। हम इसे हर पल देख सकते हैं और इसका लुप्त उठा सकते हैं और इसके साथ रहकर हम जिंदगी के कई रहस्यों को भी सुलझा सकते हैं।

प्रकृति हमारे लिए सब कुछ करती है पर सवाल है, क्या हम इसके लिए कुछ कर रहे हैं? यहाँ तक कि प्रकृति द्वारा दी गई उसके सारे उपहार एवं साधन को हम अपने निजी स्वार्थों के लिए न-ट कर रहे हैं। हमें यह बात को सदैव याद रखना होगा।

प्रकृति के साधन वह नहीं हैं जो हमें हमारे पूर्वजों से विरासत में मिली है, वह है जो हमने अपने आने वाले पीढ़ी से उधार लिया है और हमें इसे वैसा ही वापिस करना होगा जैसा हमने उससे लिया है तो प्रकृति से एक ताल - मेल बनाकर उसे समझ कर, उसके साथ रहकर, उसे संवारा जाना चाहिए, और हमें उज्ज्वल भवि-य का निर्माण करना चाहिए। पेड़ पौधों से लेकर जानवरों तक सभी प्रकृति का एक भाग है। इसे अपना भी एक समझकर इसका ख्याल रखें, प्रकृति के साथ सामंजस्य बनाए रखें।

-बिभा राय

सहायक, जनशक्ति योजना एवं प्रशिक्षण

तटरक्षिका

तटरक्षिका क्या है सखियों
एक अनोखा बंधन है।
सामाजिक उत्थान के जरिए
मातृभूमि का वंदन है।

शब्द हमारे खिले कुसुम हैं,
भाव हमारे चंदन हैं।
उर्मी में तटरक्षिकाओं का,
सादर अभिनंदन है।

आज देखो हम सब में क्यों
हर्षोल्लास का स्पंदन है।
खुशियों के सब अश्व जुटे हैं
मुस्कानों का स्पंदन है।



-सरोज देवी

पत्नी राजीव कुमार,
प्र. अधिकारी (क्यू ए)
प्रदूषण अनुक्रिया दल (प.)

REGION (EAST)



REGION (EAST)



जानिए कैसे पड़े 12 महीनों के नाम

हर साल में 12 महीने होते हैं और इन सभी महीनों के नाम हमें बचपन से याद करवाए जाते हैं। लेकिन इन सभी महीनों के यह नाम कैसे पड़े या इन्हें किसने सबसे पहली बार इनके नाम से पुकारा या इनका नामकरण किया यह हम में से बहुत कम लोग जानते हैं। तो चलिये हम आपको बताते हैं की महीनों के नाम कैसे पड़े।

जनवरी (January)– जनवरी महीने का नाम दरवाजो और गेट के यूनानी देवता - **जेनस (Janus)** के नाम पर है। जेनस जो बाद में जाकर जेनुअरी (January) बना जिसे हिन्दी में जनवरी कहा जाता है। यूनानी मान्यता के अनुसार उनके देवता जेनस के दो चेहरे हैं। एक चेहरे से वह पीछे तो दूसरे चेहरे से वह आगे की ओर देखते हैं। इसी तरह जनवरी महीना भी एक ओर पिछले साल की ओर तो एक ओर दूसरे साल की तरफ देखता है।

फरवरी (February)– फरवरी महीने का नाम फेब्रुआ लिया नाम की उस अवधि के नाम पर पड़ा जिस दौरान अपने पापों के प्रायश्चित के लिए पुराने जमाने में यूनानी लोग देवताओं को चड़ावा दिया करते थे।

मार्च (March)– मार्च का नाम रोमन युद्ध के देवता - **मार्स** के नाम पर पड़ा। रोमन वर्ष की शुरुआत इसी महीने से होती है।

अप्रैल (April)– अप्रैल की उत्पत्ति 'एस्पेरायर' शब्द से हुई जिसका लेटिन में अर्थ है 'कलियों का खुलना'। प्राचीन रोम में इसी महीने में कलियां खिलकर फूल बनती थीं अर्थात् बसंत ऋतु का आगमन होता था इसलिए शुरुआत में इस महीने का नाम एप्रिलिस रखा गया जिसे बाद में जाकर अप्रैल बन गया।

मई (May)– मई शब्द की उत्पत्ति पौधों के वर्धन की देवी 'मायया' के नाम पर हुई।

जून (June)– नाम की उत्पत्ति रोम के सबसे बड़े देवता जीयस और उनकी पत्नी जूनो के नाम पर हुई है। इन्हीं देवी के नाम पर जून (June) का नामकरण हुआ।

जुलाई (July)– जुलाई शब्द Roman Senate (रोमन सीनेट) द्वारा **जूलियस सीजर (Julius Caesar)** के सम्मान के लिए रखा गया क्योंकि इसी महीने उनका जन्म और मृत्यु हुई थी। इसलिए इस महीने का नाम जुलाई (July) कर दिया गया।



अगस्त (August)– अगस्त महीने का नाम जूलियस सीजर के भतीजे आगस्टन सीजर के नाम पर रखा गया।

सितम्बर (September)– सितम्बर महीने का नाम 'सात' के लेटिन शब्द 'सेप्टम' के नाम पर पड़ा। रोम में September को सैप्टेंबर कहा जाता था।

अक्टूबर (October)– अक्टूबर महीने का नाम लेटिन शब्द के पर्याय 'आक्ट' के नाम पर रखा गया जिस का मतलब 8 होता है।

नवम्बर (November)– नवम्बर महीने का नाम लेटिन शब्द के पर्याय 'नोवेम्बर' के नाम पर रखा गया जिसका मतलब 9 होता है।

दिसम्बर (December)– दिसम्बर महीने का नाम लेटिन शब्द के पर्यायडेसेम (decem) के नाम पर रखा गया जिसका मतलब होता है 'दस'

- गजेन्द्र सिंह शेखावत
प्रधान अधिकारी (भंडार)
प्रशासन निदेशालय

जंगल

राम बैठा के मंदिर में,
बातें वो धरम की करते हैं।
ये भेद भाव की दंगल है,
बिना राम के मन ये खंडर हैं।

इस शहर से बेहतर जंगल है,
यहाँ रिश्ते नाते बंजर हैं।
नकाब लगा शराफत का,
यहाँ जिम्मेदारियाँ कंकर हैं।

जो देख सके ना आँखों में,
क्या ग्रंथ पोथियाँ पढ़ लेगा।
पानी के अंदर रह के भी,
मन मछली जैसे तडपेगा।

अकड़ - अकड़ के चलते हैं,
जैसे सब कुछ इनके दम पर हैं।
पर जिसका भी मन समतल है,
हाँ, उसी के मन में शंकर हैं।

ये महल नहीं बस खंडर है,
जहाँ आग झूठ की जलती है।
यहाँ टुकड़ों में जिन्दगी चलती है
इस शहर से बेहतर जंगल है।

- दिनेश कुमार
प्रधान अधिकारी (आर)
प्रधान निदेशालय (पोत अधिग्रहण)

योग से कैसे रहे निरोग

हम संसार की दौड़ भाग में इतना आगे निकल चुके हैं कि हम सब यह सब भूल चुके हैं कि हमारे आस-पास प्रकृति सुंदरता का वातावरण भी है जो हमारे जीवन के लिए कितना महत्वपूर्ण है। हम अपने आप इतना अडवांस बना चुके हैं कि प्रकृति द्वारा दी गई वस्तुओं तथा पंतजलि द्वारा दी गई जड़ी बूटियां भी हैं। तथा उनसे मिलने वाले लाभों का कोई फायदा नहीं ले पा रहे हैं। लेकिन आज भी जिंदगी की भाग दौड़ में भी लोगों ने योग से मिल रहे लाभ को अपने जीवन में अपना रहे हैं। वह योग की पद्धति को अपनाकर अपने शारीरिक तथा मानसिक तनाव से छुटकारा पा लेते हैं। इसलिए हमारे जीवन में योग की महत्वपूर्ण भूमिका रही है।

योग प्रचीन काल योग है जीवन योग धर्म, आस्था और अंधविश्वास से परे है। योग रोग एक सीधा विज्ञान है। प्रायोगिक विज्ञान है। योग जीवन जीने की कला। योग एक पूर्ण चिकित्सा पद्धति है। एक पूर्ण मार्ग है। राजपथ दर्श असल धर्म लोगों को खूँटे से बाँधता है और सभी तरह सभी तरह में खूँटों से मुक्ति का मार्ग बताता है। - ओशो जैसे बाहरी जीवन की दुनिया में मांडस्टीन का नाम सवौपरि है। वैसे ही भीतरी विज्ञान की दुनिया में मांडस्टीन है। पंतजली जैसे पर्वतो में हिमालय श्रेष्ठ है। वैसे ही समस्त दर्शनो विधियो नीतियो, नियमो धर्मो और व्यवस्थाओ में योग श्रेष्ठ है। वास्तव में योग वह क्रिया है। जो शरीर के अंगों की गतिविधियो और सांसो का नियंत्रित करता है। यह शरीर और मन, दोनों को प्रकृति से जोड़कर आन्तरिक और बाहरी ताकत को बढ़ावा देता है। यह केवल शारीरिक क्रिया नहीं है। क्योंकि यह एक मनुष्य को मानसिक भावनात्मक और आत्मिक विचारो पर नियंत्रण करने के लिए योग्य बनाता है। इसका अभ्यास लोगो द्वारा किसी भी आयु में किया जाता है। जैसे - बचपन किशोरावास्थ, वयस्क या वृद्धावस्था इसके लिए नियंत्रण सांस के साथ सुरक्षित, धामे और नियंत्रण शारीरिक गतिविधियों की आवश्यकता होती है। योग और इसके लाभों के बारे में दुनिया भर के लोगो को जागरूक करने के लिए वार्षिक रूप से अंतराष्ट्रीय योग दिवस या विश्व योग दिवस कार्यक्रम का आयोजन किया जाता है। योग का हमारे जीवन में बहुत महत्व है। योग शरीर और मस्तिष्क को एक साथ सन्तुलित करके प्रकृति से जुड़ने का सबसे सुरक्षित माध्यम है। यह व्यायाम का एक प्रकार है जिसमें शरीर के संतुलन और आधार सांस की क्रिया के साथ ही शारीरिक आकृति को नियंत्रित करना आवश्यक है।

यह शरीर के मस्तिष्क को ध्यान से जोड़ता है और जिसके माध्यम से शरीर को आराम मिलता है। यह शरीर और मस्तिष्क के ऊपर नियंत्रण रखने के साथ ही तनाव और चिन्ता को कम करके शरीर और मस्तिष्क के अच्छे स्वास्थ्य को प्राप्त करने में मदद करता है।

योग सारे संसार भर में अपनाया जा रहा है। यह किया पिछले कुल सालो से हमारे देश के प्रधानमंत्री जी नरेन्द्र मोदी जी द्वारा मंत्रालय तथा स्कूलो में 21 जून के



दिन अलग-अलग शहरो तथा गाँवो देश विदेश मे बड़ी तेजी से बढ़ रहा है। इस योग शिविर मे दुनिया भर के लोग तथा योग संस्था शामिल हो रही है। हम इस क्रिया को अपने जीवन की दिनचर्या मे धीरे-धीरे अपना रहे है। पिछले कुछ सालो से भारतीय तटरक्षक के अपर निदेशक तथा उप निदेशक द्वारा यह योग प्रक्रिया की जा रही। लोगो को जागरूक किया जा रहा की योग से कैसे बने निरोग तटरक्षक की मोहिम को हम सब शत मस्तक नमन करते हैं यह योग क्रिया बहुत सराहनीय है कि हमें हमारे ओफिसरो तथा अधिकारियो द्वारा योग क्रिया मे जुडने का यह एक मौका प्रदान हुआ है। हमे जीवन की भाग-दौड वाली जिदंगी में भी अपने शरीर के लिए योग अपनाना चाहिए क्योंकि जीवन मे योग से हम अपने शरीर तथा मस्तिष्क को दृढ़ तथा बलवान बना सकते है। यदि हमारा शरीर निरोग होगा जब तो हम अपने शरीर तथा परिवार और देश तथा तटों की रक्षा कर सकेगें इसलिए हमें अपने जीवन मे योग को अपनाना अवश्यक है। आज मनुष्य संतोष और आनन्द की तलाश मे इधर-उधर भटक रहा है। शांति का अहसास महसूस करने के लिए उतावला हो रहा है। वह अपने जीवन बगिया के आस-पास से स्वार्थ क्रोध, कटुता, ईर्ष्या, घृणा आदि के कांटो को दूर कर देना चाहता है। उसे अपने जीवन रुपो उद्यान मे सुगंध लेनी है। उसे उस मार्ग की तलाश है जो उसे शरीर से दृढ़ और बलवान बनाये बुहिय से प्रकार और प्ररुषार्थी बनाये, भौतिक लक्ष्यो की पूर्ति करते हुऐ उसे आत्मवान बनाये नियंत्रित रूप से ऐसा मार्ग है इसे भारत के एक महर्षि पंतजली ने योग दर्शन का नाम दिया योग दर्शन एक मानवतावादी सार्वभौग संपूर्ण जीवन दर्शन है। यह संस्कृति का मूल मंत्र है। अगर हम अपने जीवन मे योग-सा नियमित योग करते है। तो हमारा शरीर योग की तरह निरोग बनता है। यह बात पंतजली मे बाबा रामदेव ने कही है। उनका मानना है कि रोज करेगा योग तो शरीर रहेगा निरोग।

जय हिंद

- जितेन्द्र कुमार
कार्मिक निदेशालय
तटरक्षक मुख्यालय

तटरक्षक का जीवन : अविस्मरणीय यादगार

तट के हम रखवाले,
सफेद और नीली वर्दी वाले,
हमेशा समुन्द्र मे तैनात रहने वाले,
जलीय जीवों का करे सम्मान,
तटरक्षक के वीर जवान।

दूसरों की जान बचाते,
देश की शान बढ़ाते,
मछुआरों को उचित मार्ग दिखाते,
तस्करी को दूर भगाते,
तटरक्षक के वीर कहलाते।



जल प्रदूषण रोकते,
सागर संपत्ति संभालते,
समुद्री तूफानों का परवाह न करते,
शांति का संदेश फैलाते,
तटरक्षक के जवान कहलाते ।

- रुनी सिंह
पत्नी - राकेश कुमार सिंह
उत्तम नाविक (आर ओ)

अनुभव - एक अद्भुत यात्रा का

आज से 28 वर्ष पहले मैंने अपनी इस यात्रा के लिए पहला कदम रखा था। आज मैं अपने इस सफर को पूरा कर, वापिस अपनी दुनिया में जा रही हूँ- बहुत सारी अविस्मरणीय यादों के साथ।

जब इस तटरक्षक परिवार की सदस्य बनी उस समय दिल और दिमाग से बचपन था। सागर की लहरों जैसा उतार-चढ़ाव था। थोड़ी जिद, अभिमान, थोड़ा जोश, लोगों के लिए ढेर सारा प्यार कभी कुछ सीखने की उत्सुकता तो कभी औरों को अपना हुनर दिखाने की सनक - छुह ऐसा ही था जिंदगी जीने का नजरिया। लेकिन जैसे एक family का माहौल होता है - थोड़ी freedom और थोड़ा Restriction। इसी के साथ मैं भी इस तटरक्षक परिवार में बड़ी होती गयी और समय के साथ - साथ मेरे व्यक्तित्व में भी बदलाव आने लगा।

Transfer में कैसे packing करनी चाहिये मैंने यही Coast Guard की जिंदगी में आकार ही सीखा। जाने से कुछ दिन पहले ही kitchen pack हो जाता था तो अड़ौसी-पड़ौसी, batchmate और मित्रगण सभी packing में भी help करते

और साथ ही साथ lunch और dinner के लिए भी बुलाते थे। शुरू-शुरू में की हुई बेवकूफ़ियों ने मुझे कई बार अच्छा सबक सिखाया। बात उन दिनों की है जब न तो रैंक का ज्ञान था और नही designation का। हमारा transfer Port Blair हुआ था। पहली बार गये थे, नई जगह थी। हम लोग transit accommodation में रह रहे थे जहां पर केवल एक bed और gas stove के अलावा कुछ भी नहीं था। एक दिन बाद



ही Mess में party थी। मैं पहली बार किसी बड़ी party में जा रही थी। खूब चहल-पहल थी, बहुत अच्छा लगा रहा था। थोड़ी देर बाद अचानक लोग चुपचाप सावधान से होकर खड़े हो गये। पता लगा COMCG आग ये हैं। Uniform में सभी officers एक से लग रहे थे इसलिए मैं उन्हें देख नहीं पायी। खैर, धीरे-धीरे फिर बातचीत और हँसने-खिलखिलाने का सिलसिला शुरू हो गया। लोग बीच-बीच में मेरे पास भी आते और मुझसे पूछते कि -कोई परेशानी तो नहीं? किसी चीज की जरूरत हो तो बताइयेगा। मुझे बहुत अच्छा लग रहा था। थोड़ी देर बाद dinner करके सब लोग जाने के इंतजार में थे। पता लगा कि पहले COMCG जायेंगे। इसी बीच मैंने अपने husband से एक officer की तरफ इशारा करके पूछा कि वो कौन है? बाकी सब लोग तो

बहुत young है बस एक वो ही थोड़ा अधिक उम्र के लग रहे हैं। उन्होंने कहा किये COMCG है। मैंने कहा- अच्छाये ... COMCG है। ये तो बहुत अच्छे हैं। इन्होंने तो मुझसे पूछा 'आप transit accommodation में आराम से तो रह रही है ना?' मैंने उनसे कहा कि परेशानियाँ तो बहुत हैं। पर office के लोग भी अजीब हैं 'कोई पूछने तक नहीं आया कि क्या चीज की जरूरत है। और मैंने उन्हें एक-एक करके सारी problems गिनवादी। ये सुनकर मेरे Husband और उनके साथ खड़े कई लोग एक दम चुप हो गये। फिर एक officer धीरे कहा 'मैडम, एक-दो दिन में आपका सामान पहुँचने वाला है। उसे unpack मत करिएगा। हो सकता है कि आपका transfer भी-आ जाए। ओह ! वो एक हफ्ता कैसे बीता, याद नहीं करना चाहती।' Transfer तोन ही आया पर senior officers में कितना बड़प्पन और समझदारी होती है ये जरूर समझ में आ गया-क्योंकि उस transit accommodation में हमें जो-जो परेशानिया थीं वो सब ठीक कर दी गयी। ये मेरे जीवन की एक बड़ी सीख थी।

एक बार हम Navy Mess night में जा रहे थे। घबराहट ऐसी कि गले से आवाज भी ठीक से नहीं निकाल रही थी। ऐसा लग रहा था जैसे कोई बच्चा पहली बार Board exam देने जा रहा हो। जब Mess में पहुँचे तो देखा कि मेरे जैसे बहुत से लोग Board exam देने आये हैं। Confidence अपने आप आ गया।

ऐसी बहुत सी घटनाएँ हुईं जिनसे कुछ चटपटे, सुखद और व्यवहारिक अनुभव हुए। हाँ, कुछ कूट अनुभवभी हुए लेकिन उन पर ध्यान न देने में ही समझदारी है।

Juniors से प्यार और seniors से व्यावहारिकता की सीख पाते हुये जाने कब समय पंख लगाकर उड़ गया, पता ही नहीं चला।

आज एक मिला-जुला भाव मेरे मन में है। एक तो इन यादों की अचल संपत्ति अर्जित कर सफलता-पूर्वक इस यात्रा का पूरा होना और दूसरा, अपनी इस अनोखी अद्भुत दुनिया के सभी साथी जो हमारे हर दुख-सुख के साथ रहे उन से दूरी बढ़ने का अहसास।

इस पूरी यात्रा में मैंने इस तटरक्षक परिवार से बहुत कुछ पाया है और साथ ही इसे अपना बहुत कुछ समर्पित किया है। ये अनुभव मैंने लिखा जरूर है किन्तु ये अहसास मुझसे पहले जो गये उनका भी है और शायद जो कल जायेंगे, उनका भी होगा।

मेरा ये लेख जब आप पढ़ेंगे तब तक मेरा ये सुंदर, सुहाना, याद गार सफर-आप के प्यार और भगवान की कृपा से पूरा हो चुका होगा। इसी के माध्यम से मैं आप सभी को, आपके सुखद भविष्य को शुभकामना देती हूँ।

Happy Journey

- श्रीमती जयश्री पांडे

‘धरा है ये माँ हमारी’

धरा है ये माँ हमारी,
पवन, जल, वन - उपवन,
प्रकृति है इसकी सारी,
मोहित करती सबका मन,
सुन्दरता इसकी न्यारी,
धरा है ये माँ हमारी।

चिड़ियों की चहक, फूलों की महक,
झरनों का संगीत नदियों की लहक,
कोयल की तान भंवरोँ का गान,
महकती पृथ्वी सारी धरा है ये माँ हमारी।

ओ स्वार्थी मानव तूने सब भुला डाला,
कल जिस पेड़ पर झूला तू, आज उसे ही काट डाला,
जिन नदियों को नमन करता था तू,
उन्हें ही तूने गंदगी से पार डाला,
तहस-नहस कर दी बगिया सारी,
ऐसी तो नहीं थी धरा हमारी।

चिमनियों से निकलता काला घुआँ,
घोलता जाता है हवा में जहर,

चारों ओर प्लास्टिक का कचरा,
हर तरफ है इसका कहर,
अमृत सी पावन गंगा को विषैला
बना दिया,
भगीरथी की निर्मल वसुधा का क्या हाल
बना दिया,
मानव तू कब जगेगा,
जब नष्ट होगी पृथ्वी सारी,
फिर कहता है धरा माँ है हमारी।

उठ ले संकल्प, कर तैयारी,
एक पेड़ कटे तो लगा पूरी क्यारी,
पुनः निर्माण और पुनः उपयोग को
अपनाने की है अब बारी,
फिर देख बनेगी सुन्दर बगिया हमारी,
हाँ फिर कहना गर्व से,
धरा माँ है हमारी,
धरा माँ है हमारी।

-शैली गोगिया,
सहायक समादेशक



वाह! वाह! ये तेरी दुनिया

वाह-वाह ये तेरी दुनिया
वाह-वाह बनाने वाले।
कांटों की झाड़ियों से गुलशन बनाने वाले।

तू अगर कहीं जो मिलता, मैं तुझे आड़े हाथ लेती,
फिर तुझी से पूछ लेती,
दुनिया बनाने वाले, इसको चलाने वाले,
मेरा वजूद क्या है,
वाह-वाह ये तेरी दुनिया,
वाह-वाह बनाने वाले।
कांटों की झाड़ियों से गुलशन बनाने वाले।

रिश्तों का मोह बना,
कर्माँ का व्यूह चलाया
हो गयी खता कहीं जो, फिर हमसे क्यों गिला है।
वाह-वाह ये तेरी दुनिया
वाह-वाह बनाने वाले
कांटों की झाड़ियों से गुलशन बनाने वाले।

बंदे बनाये तेरे,
हम गलतियों के पुतले
जो कमद ये डगमगाये
क्यों ना गले लगाया
वाह- वाह ये तेरी दुनिया
वाह- वाह बनाने वाले
कांटों की झाड़ियों से गुलशन बनाने वाले।

- शैली गोगिया
सहायक समादेशक

महिला शक्ति

महिला शक्ति को पहचानो तुम,
महिलाओं की मर्यादा को जानो तुम,
महिला ही हर खुशी है जीवन की,
इस सत्य बात को जानो तुम।

महिला देश विकास की मुख्यधारा धारा,
सशक्त महिला का सपना हमारा है,
हर महिला शिक्षित होगी अब इस देश में,
महिला भी नाम रोशन करेगी विदेश में,
महिला शक्ति...

अब बन्द करो महिलाओं पर अत्याचार,
महिला विकास पर करो विचार,
अब दहेज के लिए ना महिला सतायी जायेगी,
हर महिला अपनी आवाज खुद उठायेगी,
महिला शक्ति...

महिला सुरक्षा का कानून बनाओ इस देश में,
सुरक्षित रहें महिलाये हर परिवेश में,
निर्भया की तरह कहीं ना होगा दोबारा,
महिला सशक्तिकरण हो लक्ष्य हमारा।

- निशा वर्मा, पत्नी भगत सिंह वर्मा
उत्तम नाविक (आर पी)
भारतीय तटरक्षक पोत समुद्र पहेरेदार



REGION (NORTH WEST)



REGION (NORTH WEST)



तुम फौजी की बीबी हो...

तुम्हें नाज होना चाहिये,
तुम फौजी की बीबी हो !!
सेना मे सरहद पर,
हमने टकराया तलवारों से !
फौलादी सीना अड़ा दिया,
गोली की बौछारों पे !!
हँसकर लांघ गये रास्ते,
जब मौत खड़ी थी सामने !
मौत को भी मात दे दी
कहा आना बाद मे !!
दिल में आग होना चाहिये !
तुम्हें नाज होना चाहिये,
तुम फौजी की बीबी हो !!
मेरा कौमये मुल्क मेरा,
जब-जब कुर्बानी देता है !
तुम तिलक बना सिन्दूर का,
मेरे माथे पे लगाकर भेजा है !!
चट्टानो सा हौसला,

तुम हिम्मत भरती सांसों मे !
जन्नत की ये जिन्दगी,
काटी तुमने वीरानो मे !!
तेरे सर पे ताज होना चाहिये !
तुम्हें नाज होना चाहिये,
तुम फौजी की बीबी हो !!
लोग अमर हुये धरा मे,
होठों से अमृत पाने पर !
हम फौजी यहाँ अमर हुये,
सीने मे गोली खाने पर !!
तुम्हें कसम लेनी होगी,
तुम आँसू नहीं बहाओगी !
'जय हिन्द' का नारा देती,
मेरे मैय्यत पर आओगी !!
आज नहीं रोना चाहिये !
तुम्हें नाज होना चाहिये !
तुम फौजी की बीबी हो !!

- सुमित्रा शर्मा

पत्नी नवीन कुमार, प्र.यांत्रिक



नारी शिक्षा

कहा गया है जंहा स्त्रियों की पूजा होती है वंहा देवता निवास करते हैं। प्राचीनकाल से ही नारी को 'गृहदेवी' या 'गृहलक्ष्मी' कहा जाता है। प्राचीन समय में नारी शिक्षा पर विशेष बल दिया जाता था। परन्तु मध्यकाल में स्त्रियों की स्थिति दयनीय हो गयी। उसका जीवन घर की चार दीवारी तक सीमित हो गया। नारी को परदे में रहने के लिए विवश किया गया। स्त्री-पुरुष जीवन-रूपी रथ के दो पहिये हैं, इसलिए पुरुष के साथ साथ स्त्री का भी शिक्षित होना जरूरी है।



विश्व की प्रगति शिक्षा के बल पर ही चरम सीमा तक पहुँच सकी है। विश्व संघर्ष को जीतने के लिए चरित्र-शस्त्र की आवयशकता पडती है। यदि नारी जाती अशिक्षित हो, तो वह अपने जीवन को विश्व की गति के अनुकूल बनाने में सदा असमर्थ रही है। यदि वह शिक्षित हो जाए तो उसका पारिवारिक जीवन स्वर्गमय हो सकता है और उसके बाद देश, समाज और राष्ट्र की प्रगति में वह पुरुषों के साथ कन्धे-से-कन्धा मिलाकर चलने में समर्थ हो सकती है। भारतीय समाज में शिक्षित माता गुरु से भी बढ़कर मानी जाती है, क्योंकि वह अपने पुत्र को महान से महान बना सकती है।

आज स्वयं नारी समाज के सामने घर-परिवार, परिवेश-समाज, रीती-नीतियों तथा परम्पराओं के नाम पर जो अनेक तरह की समस्याएँ उपस्थित हैं उनका निराकरण नारी-समाज हर प्रकार की शिक्षा के धन से सम्पन्न हो कर ही कर सकती है। इन्हीं सब बुराइयों को दूर करने के लिए नारी शिक्षा अत्यन्त आवश्यक है। सुशिक्षा के द्वारा नारी जाति समाज में फैली कुरीतियों वे कुप्रथाओं को मिटाकर अपने ऊपर लगे लांछनों का सहज ही निराकरण कर सकती है।



- नरेश कुमार

नाविक (आरपी)

भारतीय तटरक्षक पोत अनग

तटरक्षिका

जीवन के इस संघर्ष में,
हमने बाधी तटरक्षकों में डोर है,
हम तटरक्षिकाओं की बात ही कुछ और है।

हर दो साल नए ट्रांसफर तो,
उसमें बच्चों की पढ़ाई का जोर है,
हम तटरक्षिकाओं की बात ही कुछ और है।

हर नई बदली पर पूरा घर संभाले हम,
तब भी पतिदेव बोले कि हम कामचोर हैं,
हम तटरक्षिकाओं की बात ही कुछ और है।

बदलियां भी ऐसी की कहीं बार शांत दिग्लीपुर,
तो कहीं मुम्बई के ट्रैफिक का शोर है,
हम तटरक्षिकाओं की बात ही कुछ और है।

CGWWA पार्टीस और सोशल इवनिंग,
का सिलसिला चलता रहें क्योंकि,
यह दिल मांगे More है,
हम तटरक्षिकाओं की बात ही कुछ और है।

भारत के हर प्रात से आई हम,
पर CGWWA ने बांधी हम सबकी डोर है,
हम तटरक्षिकाओं की बात ही कुछ और है।



- श्रीमती ममता सिंह
पत्नी - उप समादेशक रवि कुमार
88 ए सी वी स्कवाँ (हल्दिया)

योग का मानव जीवन में महत्व

योग की उत्पत्ति प्राचीनकाल में योगियों द्वारा भारत में हुई थी। योग एक प्राचीन कला है जिसकी उत्पत्ति भारत में लगभग 6000 साल पूर्व हुई थी। यह शरीर के विभिन्न भागों को एक साथ लाकर शरीर मस्तिष्क और आत्मा को संतुलित करने का एक अभ्यास है। पहले समय में योग का अभ्यास ध्यान की क्रिया के साथ किया जाता था। योग जीवन के कठिन समय स्कूल मित्र परिवार और पड़ोसियों के दबाव को कम करने में मदद करता है। योग के माध्यम से एक व्यक्ति दूसरे के द्वारा दी जाने वाली समस्याओं और तनाव को कम कर सकता है। यह शरीर मस्तिष्क और प्रकृति के बीच में आसानी से संपर्क स्थापित कराता है। योग सभी के जीवन में बहुत महत्वपूर्ण है क्योंकि यह शरीर और मस्तिष्क के संबंधों में संतुलन बनाने में मदद करता है। यह व्यायाम का प्रकार है जो नियमित अभ्यास के माध्यम से शारीरिक और मानसिक अनुशासन सीखने में मदद करता है। योग वह ईलाज है जो प्रतिदिन नियमित रूप से इसका अभ्यास करे तो यह बीमारियों से धीरे-धीरे छुटकारा पाने में मदद करता है। यह हमारे आंतरिक शरीर में कुछ सकारात्मक सुधार और बदलाव लाता है और शरीर के अंगों की गतिविधियाँ और सासों को प्रकृति से जोड़कर आंतरिक और बाहरी ताकत को बढ़ावा देता है। यह केवल शारीरिक क्रिया नहीं है क्योंकि यह एक मनुष्य को मानसिक भावनात्मक और आत्मिक विचारों पर नियंत्रण करने के योग्य बनाता है। इसका अभ्यास लोगों के द्वारा किसी भी आयु में किया जा सकता है। और इसका अभ्यास सभी आयु के लोग कर सकते हैं। जैसे- बचपन किशोरावस्था वयस्क या बृद्धावस्था सभी आयु के लोग कर सकते हैं।

बाबा रामदेव जी का कहना कितना सही है। जो रोज करें योग उसे नहीं होगा कोई रोग।

योग ना केवल शारीरिक क्रियाओं को सही करता है बल्कि, आपके अध्यात्मिक विकास में भी सहायक सिद्ध होता है। जिसके चलते हम किसी भी बात पर अपना ध्यान केन्द्रित करना सीख जाते हैं। इस समय हमारे साँस लेने की प्रक्रिया भी सही हो जाती है।

आधुनिक युग में योग का महत्व और भी बढ़ गया है। क्योंकि, हमारी व्यस्तता और भागदौड़ भरी ज़िंदगी ने हमें रोगों से घेर दिया है। आज मधुमेह, रक्तचाप, सिरदर्द, थकान, छोटी उमर में बालों का पकना, झड़ना, गंजापन आदि जैसे आम रोग देखे जा रहे हैं।

अत्याधिक प्रदूषण, तनाव अधिक से अधिक धन कमाने की चिंता आदि ने इंसान को रोगग्रस्त बनाकर छोड़ दिया है। आज युवा कम मेहनत में ज्यादा पाने की होड़ में अविवेक बन बैठे हैं और इसी के चलते उन्हें कम उमर में ही तनाव ग्रस्तता झेलनी पड़ रही है। हर व्यक्ति आगे बढ़ना चाहता है और ऊँचाइयों को छूना चाहता है। और बड़ा आदमी बनना चाहता है यह सब पाने के लिए उसे आंतरिक ऊर्जा चाहिए और इसका एक ही सशक्त माध्यम है योग। योग के माध्यम से शरीर मन बुद्धि और आत्मा के सामूहिक विकास के प्रयास किये जाते हैं। इसका लक्ष्य शरीर और मन को प्रशिक्षण देना होता है।

नाम - राजेंद्र प्रताप

पदनाम - हिन्दी आशुलिपिक

भारतीय तटरक्षक अवस्थान मायाबन्दर

मेरा मन

चला मन चला फिर
कहाँ उड़ चला तू,

ऊँची उड़ान लेकर फिर,
कहाँ निकल चला तू,

कभी पक्षी बन चला तू,
कभी मछली बन तैरता चला तू,

मंजिल अभी दूर थी तेरी,
तभी आसमां को अपना बना चला तू,
समुंदर की गोद में मेरे मन चला तू ।

अंधेरों ने रोका बहुत तुझे,
फिर भी चाँदनी से निकाल चला तू,

अपने आप को उजाला कर भी,
संकटों से पर चला तू,
ए मेरे मन चाहता क्या ले तू,
शायद माँ की सुरक्षा को निकल चला तू।

- हरीश
उत्तम नाविक,
तटरक्षक जिला मुख्यालय सं-9



सेवा

माँ बाप से बढ़ कर जग मे कोई दूजा नहीं सहारा ।
जिसने तुझे जन्म दिया दिल उसका नहीं दुखाना ।।

पहले तो माँ ने तुमको नौ महीने कोख मे पाला ।
सीने का खून पिलाया तू जब जब बंदे रोया ।

बड़ा कर्ज है तुम पे माँ का, तेरा कर्म है कर्ज चुकाना ।
जिसने तुझे जन्म दिया दिल उसका नहीं दुखाना ।।

दिन रात तुझे तेरी माँ ने बाहों मे अरे झुलाया ।
खुद गीले मे माँ सोयी, सूखे पे तुझे सुलाया ।।

तू कोई भी दुख दे कर, न माँ को कभी रुलाना ।
जिसने तुझे जन्म दिया दिल उसका नहीं दुखाना ।।

माँ बाप की शरण से बढ़ कर कोई धर्म नहीं है दूजा ।
सारे तीर्थ छोड़ के बंदे माँ बाप की पूजा ।।

इस जन्म मरण से तुमको अगर है मुक्ति पाना ।
जिसने तुझे जन्म दिया दिल उसका नहीं दुखाना ।।

- एच सिंह
प्रधान अधिकारी (आर ओ)
तटरक्षक पोत विश्वस्त

एक नाविक की कलम से

लोग डूबते हैं तो समंदर को दोष देते हैं
मंजिल न मिले तो मुकद्दर को दोष देते हैं ।
खुद तो संभलकर चल नहीं सकते
जब ठेस लगती है, तो पत्थर को दोष देते हैं ।

गम ने हँसने न दिया, जमाने ने रोने न दिया
इस उलझन ने चैन से जीने न दिया ।
थक के जब सितारों में पनाह ली
नींद आई तो तेरी यादों ने सोने न दिया ।

वो लम्हे कुछ अजीब होंगे
दुनिया में हम सब से खुशनसीब होंगे ।
दूर से जब इतना याद करते हैं, आपको,
क्या होगा जब आप हमारे करीब होंगे ।

फिर से वो सपना सजाने चला हूँ,
उम्मीदों के सहारे दिल लगाने चला हूँ ।
पता है, अंजाम बुरा ही होगा मेरा,
फिर भी किसी को अपना बनाने चला हूँ ।

- शैलेन्द्र कुमार
प्रधान नाविक (स्टीवर्ड)
भारतीय तटरक्षक अवस्थान अन्द्रोथ



सौंदर्य टिप्स (BEAUTY TIPS)

रूसी/ Dandruff

- (i) दो चम्मच मेथी दाना रात को पानी में भिगो दें। सुबह उसका पानी निकालकर पीसें, फिर उस में नारियल का तेल व ताज़ा दही मिला लें। उसको सिर पर 45 मिनट तक लगाकर रखें, उसके बाद शैंपू करें।
- (ii) नीम की पत्तियाँ लें, उसमें थोड़ा पानी मिलाएँ, पीसकर छान लें। उसमें नारियल का तेल मिलाकर सिर पर लगाएँ व एक घंटे के लगाए रखें और शैंपू करें।

फेसपैक (सूखी त्वचा के लिए)/ FacePack (fordryskin)

- (i) एक चम्मच ताज़ा मलाई लें, उसमें एक चुटकी बेसन मिलाकर 10 मिनट तक के लिए चेहरे पर लगाएँ। उसके बाद सादे पानी से धो लें।
- (ii) शहद, नींबू व खाने के तेल का घोल बनाएँ। उसको चेहरे पर लगाएँ व 10 मिनट के लगाए रखें व पानी से धो लें।

फेसपैक (तेल युक्त/स्निग्धत्व चाके लिए)/ Face Pack(for oily skin)

- (i) मसूड़/ मसूर की दाल को सूखा दरदरा (बारीक से थोड़ा मोटा) पीस लें। उसको दही के साथ मिला (mix) करके चेहरे पर लगाएँ व सूखने के बाद ठंडे पानी से धोएँ।
- (ii) अंगूरों का पल्प (गूदा), नींबू व अंडे का सफेदभाग (eggwhite) का घोल (mixture) बना लें। इसे 20 मिनट तक चेहरे पर लगाकर रखें व चेहरे को गुनगुने पानी से धोएँ।
- (iii) एक नींबू को काट लें। इसे चेहरे पर हल्का रगड़ें, इसके बाद 20 मिनट के लिए लगाए रखें व सूखने के बाद चेहरा ठंडे पानी से धोएँ।

फेसपैक (सामान्य त्वचा के लिए)/

Face Pack (for Normal skin)

- (i) शहद व नींबू के रस का घोल तैयार करें। उसको 20 मिनट के लिए चेहरे पर लगाएँ और फिर धो लें।
- (ii) खीरे का रस/ जूस व दूध को मिलाकर (mix) चेहरे पर लगाएँ। इससे चेहरे पर निखार आएगा (glow) और चेहरा चमकेगा।



गोरेपन के लिए/ Natural Bleach

- (i) टमाटर व आलू दोनों को पीस/मसलकर (crush) करके इसका रस निकालें व चेहरे पर लगाएँ, 30 मिनट के बाद सादे पानी से धो लें।



मुँहासों के लिए

- (i) नीम की पत्तियाँ, चन्दन पाउडर व मुलतानी मिट्टी में गुलाब जल मिलाकर घोल तैयार करें। इसे चेहरे पर लगाएँ, सूखने के बाद धो लें।
- (iii) धृत कुमारी गुआरपट्टा (Aloe vera) का जैल/ रस निकालकर चेहरे पर लगाएँ। इसे दिन में कम से कम तीन बार चेहरे पर लगाएँ।

होंठ/ (Lips)

होंठों पर शुद्ध घी, हल्का गर्म करके लगाएँ। इस से होंठ फटते हैं नहीं। व उनका रंग भी बरकरार रहता है।

एड़ी/ Heel

मोम को धीमी आँच पर गर्म करें। उसमें नारियल का तेल व जैतून तेल (Olive Oil) मिलाकर जितना गर्म आपस हन कर सकें उतना गर्म करके उसे एड़ी पर लगाएँ। फटी एड़ियों की शिकायत दूर हो जाएगी एवं एड़ियाँ मुलायम हो जाएँगी।

नाखून/ Nail

नारियल के तेल से नाखूनों पर मसाज (मालिश) करें फिर धीमी आँच पर मोम को गर्म करें। इसे अपने नाखूनों पर डालें, तब तक लगा रहने दें जब तक वो नाखूनों पर टिक सके। इससे फफूँदी संक्रमण (fungal infection), नाखूनों का टूटना व नाखूनों का पीलापन दूर होता है।

त्वचा का काला पड़ना/झुलसना/ Skin Tanning

मक्के/ मकई/ मक्की का आटा, शहद, नींबू का रस, नमक, दूध का पाउडर (Drymilk)/ सूखे दूध को ताज़े दूध में मिलाकर घोल बनाएँ व शरीर पर 20 मिनट के लिए लगाकर रखें। उसके बाद में मसाज करें व धोएँ।

अच्छी नींद के लिए

रात को सोते समय अपने हाथों व पैरों पर नारियल के तेल से मसाज/ मालिश करें। इससे पूरे दिन की थकावट दूर हो जाती है व अच्छी नींद भी आती है।

- श्रीमती हनी मोंगा
पत्नी समादेशक आर एस मोंगा
जिला मुख्यालय संख्या -3

REGION (A&N)



REGION (A&N)



संयोग

आए थे बड़े शौक से तेरे चमन में।
न सोचा था राहों में कांटे लगेंगे ?

न समझा था दामन में कांटे लगेंगे,
संच बड़ी ही होती है बड़ों की कहानी
वाह रे विश्वस्त तेरी अदा है निराली।

सज धज कर निकलती है
कितनी लगती है सुहानी।

लिखते हैं प्रधान अधिकारी एम कटोच ।
जज़्बात की वो जुबानी
वाह रे विश्वस्त तेरी अदा है निराली ?

पलना में झुलाती है, तूफानों से बचाती है।
लाल के जज़्बात को सीने से लगाती है ?

साहिल की गर्दिश में करती है मनमानी।
वाह रे विश्वस्त तेरी अदा है निराली।

- एम कटोच
प्रधान अधिकारी
भारतीय तटरक्षक पोत विश्वस्त



अस्सी के बाद उपन्यासों में चित्रित नौकरिपेशा नारी का दाम्पत्य जीवन : एक अनुशीलन

भारत की पारिवारिक व्यवस्था पितृसत्तात्मक होने के कारण पूरे अधिकार पुरुष को सौंपे गये हैं। आर्थिक और पारिवारिक जिम्मेदारियों की दृष्टि से स्त्री की तुलना में परिवार में पुरुष के कर्तव्य अधिक हैं। पत्नी को पति की अर्धांगिनी कहने के बावजूद इन दोनों की भागीदारी को आधा-आधा मानने के कारण पुरुष की अर्धांगिनी के रूप में पत्नी को हैसियत मिली है। लेकिन पारिवारिक जीवन और उसकी जिम्मेदारियों को निभाते समय स्त्री और पुरुष की भौतिक, मानसिक और आत्मिक योग्यता के आधार पर गार्हस्थ जीवन में उसके स्तर को निर्धारित किया गया है। दम्पति के रूप में दोनों को एक दूसरे के विचारों को समझने, एक दूसरे का अनुसरण करने और परस्पर भौतिक और आत्मीय संबंधों से जीवन बिताते हुए दाम्पत्य जीवन को सुखमय बनाने की व्यवस्था की गयी है। वैवाहिक स्तर पर पति-पत्नी के जीवन में उनकी संतान के आने के बाद दोनों की जिम्मेदारियों को उनकी योग्यता और क्षमता के आधार पर बाँटा गया है। इस संदर्भ में नारी की तुलना में पुरुष को ही अधिक जिम्मेदारियाँ दी गयी हैं। जिनमें आर्थिक, सामाजिक, धार्मिक प्रमुख हैं। नारी के लिए संतान को जन्म देना, उनका लालन-पालन करना, घर के सदस्यों की देखभाल करने संबंधी जिम्मेदारियाँ निर्धारित की गयी हैं। इस दृष्टि से देखा जाय तो पुरुष की आर्थिक और सामाजिक जिम्मेदारियाँ स्त्री की तुलना में अधिक हैं।



कालान्तर में भारतीय समाज में सामाजिक व पारिवारिक जीवन में पुरुष का आधिपत्य बढ़ता आया है। एकाधिपत्य की भावना जागृत होकर पूरे परिवार का कर्ता-धर्ता स्वयं को मानने लगा है। परिणामतः आधुनिक युग के बदलते परिवेश में ये मानसिक भावनाएँ ही मनोविज्ञान का अंग बन गयी हैं। अहम्, अधिकार की भावना, सर्वत्र 'मैं' की भावना मजबूत हो गयी है। परिणामस्वरूप पुरुष स्त्री पर सर्व प्रकार के हकों को जताते आया है। स्त्री की बाल्यावस्था से लेकर उसकी, मृत्युपर्यंत पुरुष के ही संरक्षण में रहने का भी नियम बनाया गया है। पुरुष स्वयं अपने स्वभाव से अवगत है। स्त्री के संरक्षण का पूरा भार अपने ऊपर लेकर एक ओर उसकी रक्षा करने का बीड़ा उठाता है तो दूसरी ओर उसके हक और अधिकारों पर मानसिक कुंठाओं से ग्रस्त होकर लांछन भी लगाता रहता है। पुरुष की जिम्मेदारियाँ उसके हक में बदल गयी हैं। आज के संदर्भों में उसकी इस मानसिकता के कारण दाम्पत्य और पारिवारिक जीवन में आत्मीय संबंध खत्म होकर निरंकुशता का व्यवहार बढ़ता जा रहा है। पुरुष में विकसित इस मानसिकता के कारण नारी अपने जीवन के सही अर्थ नहीं दे पा रही है।

इसी पृष्ठभूमि में आधुनिक युग में नारी अस्मिता की पहचान से संबंधित अनेक आंदोलन हो रहे हैं। पुरुष की इस मानसिकता के विरोध में आधुनिक नारियाँ आवाज उठा रही हैं। दम्पति के बीच पारस्परिक आत्मीय संबंध खत्म होते जा रहे हैं। उसकी मानसिकता रुढ़ हो गयी है। इस प्रकार के वातावरण में दाम्पत्य



जीवन में अक्सर पत्नी के अविश्वास की भावन जताने की मानसिकता भी पुरुष में विकसित हुई है। वह अपने अहम् और अधिकार को पालते हुए पत्नी और बच्चों पर अंकुश लगाने की प्रवृत्ति को विकसित कर रहा है। इसके कारण पत्नी का शारीरिक, मानसिक और आर्थिक शोषण करना ही नहीं, उसके प्रति अत्याचार आदि करने से भी वह नहीं चूक रहा है। अपनी पुरुष मानसिकता के कारण वह मूल्यविहीन जीवन जीने के लिए नहीं हिचक रहा है। इस प्रकार की प्रवृत्ति और स्वभाव से दाम्पत्य जीवन प्रभावित हो रहा है।

दूसरी ओर आधुनिक नारी के स्वभाव व चिंतन में आये परिवर्तन के कारण उसमें भी अहम्, स्वेच्छारिता जैसी मानसिकता विकसित हो रही है उसके कारण दाम्पत्य जीवन ही नहीं अपितु वैवाहिक जीवन भी नकारात्मक रूप से प्रभावित हो रहा है। आधुनिक युग में नारी पढ़ी-लिखी होकर अपने पैरों पर खड़े होने की क्षमता को हासिल कर रही है। वह आर्थिक रूप से स्वावलंबी होकर एक ओर परिवार को संचालित कर रही है तो दूसरी ओर चंद स्त्रियों में मानसिक कुंठाएँ जागृत होने के कारण वे विपरीत दिशा में जा रही हैं। इसी तथ्य पर प्रकाश डालते हुए हिंदी लेखिका कानन झींगन लिखती हैं कि *‘शिक्षित और कामकाजी महिलाओं का एक वर्ग ऐसी भी है जो अपनी स्वतंत्रता के चलते दंभी हो जाता है। परिवार की समरसता के लिए आवश्यक शील, विनय और संवेदना से वे दूर हो जाती हैं। आत्मकेन्द्रित ये स्त्रियाँ अपने अधिकारों के प्रति सजग होती हैं परंतु कर्तव्यों की ओर से आंख मूंद लेती हैं। इनमें नारीवाद अपने कट्टर रूप में दिखाई पड़ता है।’* इस तरह देखा जाय तो असफल दाम्पत्य जीवन के लिए आधुनिक युग में स्त्री व पुरुष का सम्भावित नजर आता है। इस प्रकार आधुनिक युगीन स्त्री-पुरुष के दाम्पत्य जीवन में उत्पन्न होने वाली समस्याओं और उसके परिणामों को अस्सी के बाद के उपन्यासकारों ने गंभीरतापूर्वक चित्रित किया है।

पुरुष का हमेशा से यह स्वभाव रहा है कि पूरे परिवार पर उसका अधिकार हो। जब तक परिवार की स्थितियाँ उसके अधीन रहती हैं तब तक वह स्वयं खुश रहता है और परिवार के सदस्यों को भी खुश रखता है। जब इसके विपरीत स्थितियाँ उभर कर आने लगती हैं तब पुरुष का सहजात गुण उभर कर आने लगता है। ‘शाल्मली’ उपन्यास का नरेश इसी कोटि का पात्र है। विवाह के बाद पत्नी के साथ आत्मीय संबंध स्थापित करता है। पत्नी को आगे की पढ़ाई और नौकरी के लिए प्रोत्साहन देता रहता है। लेकिन जब पत्नी अफसर बन जाती है और उससे भी उन्नत पद पर काम करने लगती है तो धीरे-धीरे उसके मन में कुंठाएँ जगह लेने लगती हैं। ऐसी स्थिति में उसके सहज स्वभाव पर कुंठा हावी होने लगती है। परिणामतः वह पत्नी शाल्मली पर अधिकार जताना, नौकरी को छोड़ने के लिए दबाव डालना आदि प्रतिक्रियाएँ व्यक्त करने लगता है। सुचारु रूप से चलने वाले दाम्पत्य जीवन में पत्नी के बढ़ते हुए आर्थिक और समाजगत प्राबल्य के कारण दाम्पत्य जीवन में समस्या पैदा होती है। उसकी कुंठा और पत्नी को अपने अधीन रखने की मानसिकता उसके इस विचार में व्यक्त होती है जिसके कारण उनका दाम्पत्य जीवन विघटन के कगार पर पहुँचता है कि *‘नरेश भी क्या करे ? हर दिन एक अनजाना भय उसे दबोचने लगा था कि शाल्मली का बढ़ता कद उसके अपने व्यक्तित्व से उंचा उठता जा रहा है, उस पर छाता जा रहा है। यदि उसने शाल्मली लगाम थामकर नहीं रखी, तो यह घोड़ी उसके अस्तबल में नहीं रह पाएगी।’*

इस उपन्यास के नरेश की मानसिक कुण्ठा दिन ब दिन बढ़ती है। इसी कुण्ठा की प्रतिक्रिया के रूप में पत्नी से बदला लेने की और असमर्थता की भावना से वह पियक्कड़ ही नहीं बनता बल्कि, परायी स्त्रियों को भी घर में लाता है। ये सब जानते हुए भी शाल्मली एक साधारण नारी की तरह पति में परिवर्तन लाने की कई कोशिशें करती है फिर भी अन्त तक असफल ही रह जाती है। अपने जीवन की इस विडम्बना को अपनी तकदीर मानकर जीवन को आगे बढ़ाने के लिए ठान लेती है। पत्नी के रूप में उसकी मानसिकता से यह स्पष्ट होता है कि वह दाम्पत्य जीवन नहीं जी रही अपितु ढो रही है। इस प्रकार आत्मीय संबंधों के अभाव में गुजरने वाला दाम्पत्य जीवन दोनों पति-पत्नी के लिए एक विडम्बना बनकर रह जाता है। फिर भी शाल्मली यह सोचती है कि 'यदि अपना लड़का यह करता, तो मां का क्या कर्तव्य होता ? ममता के नाम पर वह हर अनुचित बात को सहती, उसे दोषी समझकर भी गले लगाती, मगर चूंकि नरेश किसी और का बेटा है, इसलिए वह ऐसा नहीं कर सकता, आखिर क्यों ?'

जहाँ 'शाल्मली' उपन्यास में शाल्मली सूझ-बूझ और समझदारी से दाम्पत्य जीवन को विघटित होने से बचा लेती है वहीं दूसरी तरफ 'विजन' उपन्यास गी डॉ० आभा अपने दाम्पत्य जीवन को टूटने से नहीं बचा पाती है। डॉ० मुकुल चाहता है कि उसकी पत्नी डॉ० आभा उसके साथ लड़कों के छात्रावास में रहे तथा अपने सास-ससुर की सेवा भी करे। डॉ० मुकुल अपनी पत्नी से काफी मिन्नतें भी करता है। डॉ० आभा उसकी बात मानने के लिए तैयार नहीं होती दूसरी तरफ वह चाहती है कि डॉ० मुकुल उसके माता-पिता के घर पर रहे। दोनों के अहम् की आपसी टकराहट से दाम्पत्य जीवन में दरार पैदा होती है। वह अपने पति डॉ० मुकुल से कही है 'यू कैन डू हाट एवर यू थिंक, बट आय एम नॉट युअर सीता, अण्डरस्टैंड । (तुम जो सोचते हो कर सकते हो, लेकिन मैं तुम्हारी सीता नहीं, समझे)।' इस प्रकार पढ़ी-लिखी होने के बावजूद असहनशीलता, समझदारी का अभाव और अहम् की टकराहट के कारण उनका दाम्पत्य जीवन विघटित हो जाता है।



वैचारिक मतभेद, ईर्ष्या, असहयोग, संवेदनहीनता, यौन अतृप्ति के कारण भी दाम्पत्य जीवन में अनेक समस्याएँ आती हैं। आधुनिक नारी शिक्षिता होने के कारण हर चीज को बखूबी समझने में सक्षम हो गयी है। इसलिए हर विषय में अच्छी तरह से सोच समझ कर निर्णय लेने की शक्ति उसने हासिल की है। यही कारण है कि पति से भी सलाह मशविरा करते हुए वह पारिवारिक विषयों में कंधे से कंधा मिलाकर आगे बढ़ना चाहती है लेकिन सदियों से पनपती आ रही पुरुष की अहम्रजन्य मानसिकता नारी



के समभागत्व को स्वीकार करने के लिए तैयार नहीं होती है। इस मानसिकता के कारण हर बात में पत्नी को टोकते रहना उसकी आदत सी बन गयी। यदि पत्नी का कहा हुआ सही हो तो भी वह उसे कतई स्वीकार नहीं करता। पति के इस प्रकार के व्यवहार से पत्नी के मन में पति की आत्मीय निकटता का भाव कम होता जाता है। ये दुरियाँ कालांतर में अहं की टकराहट का कारण बनती हैं। नासिरा शर्मा के 'शाल्मली' उपन्यास में दम्पति के



बीच की इन दूरियों का चित्रण किया गया है। जब शाल्मली नरेश से देश में बढ़ती महँगाई और गरीबों पर उसके प्रभाव के बारे में बातचीत करना चाहती है तब नरेश चिढ़कर बोलता है 'प्लीज, बोर मत करो! जरा भी मन नहीं है इन दार्शनिक बातों के सुनने का। बहुत मीठी झपकी आ रही है।' हर बात प टोकने वाले पति नरेश के प्रति शाल्मली के मन में अलगावपन बढ़ने लगता है। वह मानसिक रूप से पीड़ाग्रस्त होती है। यही दूरियाँ जीवन के

अन्त तक बढ़कर जीवन ही दुखमय स्थिति में समाप्त हो जाता है। पति के अहम्रजन्य मानसिकता और सामंजस्य के अभाव के कारण दाम्पत्य जीवन में नीरसता पैदा होती है।

नारी की सहनशीलता को उसके सबसे महत्वपूर्ण गुण के रूप में स्वीकारा गया है। उसकी तुलना धरती से की गयी है लेकिन आधुनिक संदर्भ में इसका विपरीत अर्थ लिया जा रहा है। नारी की सहनशीलता को उसपर लादे गये शोषण के रूप में माना जा रहा है लेकिन यथार्थ जीवन में दुनिया के हर व्यक्ति को चाहे स्त्री हो या पुरुष किसी न किसी संदर्भ में सहनशील बनना पड़ता है। सहनशीलता को व्यक्ति की कमजोरी मान रहा है। यही कारण है कि परिवार के संबंध और समाज के संबंध टूटते हुए दिखाई दे रहे हैं। अन्य संबंधों की तुलना में दाम्पत्य संबंध अत्यंत नाजुक हैं। इसमें पति-पत्नी दोनों को सहनशील होकर रहना पड़ता है और एक-दूसरे की कमियों और कमजोरियों को स्वीकार करते हुए समायोजन के साथ जीना अत्यंत आवश्यक हो जाता है। इसके अभाव में दाम्पत्य जीवन के संबंध विघटित होने की संभावना बढ़ जाती है। आज की नौकरीपेशा नारी आधुनिकता बोध से अधिक प्रभावित है। जिस प्रकार कार्यक्षेत्र में जिम्मेदारियों का बँटवारा होता है वैसे ही बँटवारे की अपेक्षा वह पारिवारिक कार्य में भी करने लगती है। पति के इसके समर्थन में ना होने के कारण दोनों के बीच में मनमुटाव होने लगते हैं। यही मानसिकता धीरे-धीरे बढ़कर दोनों के मन में एक-दूसरे के प्रति वितृष्णा जागृत कर देती है। आज की नौकरीपेशा नारी की इस मानसिकता के कारण दाम्पत्य जीवन के सम्बन्धों में समाप्त होते जा रहे मिठास को ममता कालिया ने 'एक पत्नी के नोट्स' में चित्रित किया है। इस उपन्यास का पति संदीप अपनी पत्नी कविता से एक आर्दश गृहिणी के रूप की अपेक्षा करता है



परन्तु पत्नी कविता का यह कथन पति में उदास भावना को जागृत करता है कि 'नहीं कर सकती मैं सुपरवाइज, इससे तो अच्छा है काम से छुट्टी लेकर मैं ही लग जाऊँ रसोई में। लेक्चरर की जगह बावर्ची बन जाऊँ।' भारतीय संस्कृति में पितृसत्तात्मक व्यवस्था होने के कारण पति, पत्नी की कमाई पर अपना पूर्ण अधिकार समझता है। वह चाहता है कि पत्नी अपनी पूरी तनखाह उसके हाथ में रखे। ऐसी स्थिति में अपने मायकेवालों की चाहते हुए भी मदद न कर पाने की स्थिति में वह तड़पती रहती है और उसे पति के सामने गिड़गिड़ाना पड़ता है। यह स्थिति एक पढ़ी-लिखी स्वाभिमानी आर्थिक रूप से आत्मनिर्भर नारी के लिए बड़ी अपमान-जनक होती है। रजनीगुप्त के उपन्यास 'कहीं कुछ और' की रचना अपने भाई रितेश की पढ़ाई के लिए उसकी आर्थिक मदद करना चाहती है परन्तु पति रजत को यह बात पसंद नहीं आती

है और इस तरह रचना के दाम्पत्य जीवन में समस्याएँ पैदा हो जाती हैं। वह सोचती है कि लगभग बारह हजार रु. महीने कमाकर रजत के हाथों में देनेवाली, मुझसे भाई के लिए मात्र तीन सौ देने के लिए रजत का ऐसा रवैया खासा तकलीफदेह होता। सच बताएँ तो मेरा स्वाभिमान वे तीन सौ देने के लिए भी मुझे रोकता लेकिन रीतेश की मजबूरी देख मैंने अपने स्वाभिमान के उस फल को बेरहमी से कुचला।’

नौकरीपेशा नारी का जीवन दो नावों पर सवार होने वाले व्यक्ति की तरह है। उसे परिवार और दफ्तर दोनों स्थानों पर संतुलन और सामंजस्य बनाकर रखना पड़ता है। उसके एक दिन में भी चौबीस घण्टे ही होते हैं। उन्हीं के बीच में उसे पति, बच्चे, घर-परिवार और ऑफिस की तमाम जिम्मेदारियों को सम्भालना पड़ता है। दफ्तर में काम की अधिकता से जब वह घर देरी से पहुँचती है और घरेलू कर्तव्यों को पूर्ण रूप से नहीं निभा पाती है तो उसके सामने परेशानियों का ढेर लग जाता है। ऐसे में पति अगर सहयोग करे तो उसकी समस्याएँ कुछ कम हो सकती हैं, परन्तु चन्द पति, पत्नी की मदद करने की अपेक्षा ताना कसते हैं। मेहरुनिसा परवेज़ के ‘एक पलाश’ उपन्यास का जमशेद पत्नी का शोषण करता है। पत्नी तहमीना बुखार के कारण सुबह उठ नहीं पाती है और बेटे की स्कूल बस छूट जाती है। बेटे को स्कूल छोड़कर पत्नी की मदद करने की जगह वह पत्नी को फटकार लगाते हु कहता है ‘तुम रोज थककर आओगी, आफिस की बातों को लेकर तुम्हारे दिमाग में टेन्शन रहेगा, रात को तुम्हें नींद देर से आयेगी, सुबह तुम देर से उठोगी और इसी तरह रोज मिनी बस छूट जाया करेगी।’

ईर्ष्या एक मानवीय संवेग है। कम या अधिक मात्रा में यह भावना प्रत्येक मानव के हृद्दय में पायी जाती है। पति-पत्नी के संबंधों में आमतौर पर ईर्ष्या के लिए स्थान नहीं होता है। दोनों का अपना निश्चित कार्यक्षेत्र और विभाजन होता है किन्तु आज नौकरीपेशा नारी अर्थोपार्जन करके पुरुष के अधिकार क्षेत्र में प्रवेश करने लगी है। जब वह घर के बाहर निकलकर कमाने जाती है तब उसका कार्यक्षेत्र भी लगभग उसके पति के जैसा हो जाता है। अगर नौकरीपेशा नारी पति से अधिक कुशाग्र बुद्धि, उच्च पदासीन, अधिक कमानेवाली या अधिक लोकप्रिय हो तो पति के मन में उसके प्रति ईर्ष्या का भाव पैदा हो जाता है। वह किसी न किसी रूप में पत्नी को नीचा दिखाने की कोशिश करता है। उसके व्यक्तित्व पर प्रहार करता है। उसकी उपलब्धियों को महत्वहीन ठहराता रहता है। पत्नी की उपलब्धियों से परेशान ऐसे ही एक ईर्ष्यालु पति का चित्रण प्रभा खेतान ने अपने उपन्यास ‘छिन्नमस्ता’ में किया है। फिलिप प्रिया की तारीफ करता है तो पति नरेन्द्र को यह सहन नहीं होता और वह तिलमिलाकर प्रिया से कहता है ‘उहँ, एक लाख का आर्डर क्या मिल गया, रानी जी नाच रही हैं। यहाँ हम साले करोड़ों कमाकर भी वहीं के वहीं हैं।’

दाम्पत्य जीवन की सफलता पति-पत्नी के सामंजस्य और सहयोग पर निर्भर करती है। नौकरीपेशा पत्नी के संदर्भ में तो यह बात और भी ज़रूरी हो जाती है कि पति-पत्नी एक दूसरे से सहयोग करते हुए अपने कर्तव्य और जिम्मेदारियों को पूरी निष्ठा से निभायें। समय की कमी के कारण नौकरीपेशा नारी पति की ज़रूरतों और इच्छाओं का उतना ध्यान नहीं दे पाती है जितना की उससे अपेक्षित है। ऐसे में यह पति की जिम्मेदारी है कि वह पत्नी की विवशताओं को



समझें और समझ-बूझ के साथ तालमेल बैठते हुए अपना गृहस्थ जीवन सुखमय तरीके से जीये। परन्तु कई बार पति-पत्नी के बीच समय की कमी और तालमेल के अभाव के कारण समस्याएँ पैदा हो जाती हैं। नासिरा शर्मा के 'शाल्मली' उपन्यास में शाल्मली की समस्या इसी प्रकार की है। शाल्मली और नरेश दोनों एक दूसरे के साथ समय नहीं बिता पाते हैं। जब नरेश को फुरसत मिलती है तब शाल्मली व्यस्त हो जाती है। जब शाल्मली के पास समय होता है तब नरेश व्यस्त हो जाता है। इसी विडम्बना का चित्रण करते हुए नासिरा शर्मा लिखती हैं 'आज ही नहीं, कई बार शाल्मली ऑफिस से जल्दी लौट आती है, इस आशा में कि दोनों साथ साथ चाय पीयेंगे, मगर होता उसका उल्टा है। जब वह घर जल्दी लौटती है और जब वह थकी-हारी देर से घर लौटती है, तो नरेश को मुँह फुलाए बैठा देखती है।'

नौकरीपेशा नारी जब ऊँचे प्रशासनिक पद पर पहुँच कर कार्य करती है तो उसके लिए कई जिम्मेदारियों का पालन पूरी निष्ठा से करना अनिवार्य हो जाता है। अपने कर्तव्य पालन में उसे ऑफिस में देर तक बैठना पड़ता है। शंकालु पति से यह सहा नहीं जाता और उसके चरित्र पर शक करने लगता है। शंकालु पति से परेशान नौकरीपेशा नारी कृति की समस्याओं का चित्रण रजनी गुप्त ने 'एक न एक दिन' उपन्यास में किया है। कृति के पति चौहान साहब पत्नी के देर से घर आने पर डाँटते हुए उससे कहते हैं कि 'कहाँ थी अब तक ? कौन-सी मिटिंग ? किस जगह ? देर रात की बैठकों में जाने से साफ-साफ मना क्यों नहीं कर देती ? ऐ, सुन रही हो ? गैर मर्दों से गप्पे हाँकने की क्या ज़रूरत है ? नारी स्वतंत्रता का बेवजा इस्तेमाल करती हो। परकटी औरतों के दिमाग का फितूर है ये। जानती हो-नारी स्वतंत्रता का मतलब ? बड़ी आसानी से ऐश काटने वाली चारागाह बन जाती हैं ये स्वच्छंद औरतें-समझी कुछ ?'

पितृसत्तात्मक व्यवस्था में परम्परागत दाम्पत्य जीवन का तात्पर्य है: वैयक्तिक इच्छा-अनिच्छाएँ एक दूसरे की इच्छा-अनिच्छाओं में तबदील होना। इस में दो की भावना समाप्त होकर एक की भावना का अनुभव होता है। लेकिन आधुनिक आत्मकेन्द्रित मानसिकता के कारण दम्पति द्वैत की भावना से जीते हैं और उनमें अद्वैत की भावना का लोप हो गया है। परिणाम स्वरूप अपसी तालमेल का अभाव का चित्रण प्रभा खेतान ने 'छिन्नमस्ता' उपन्यास में किया है। इस उपन्यास का पति नरेन्द्र चाहता है कि उसकी पत्नी उसकी इच्छा के अनुसार सज-धज कर तैयार हो, परन्तु प्रिया कितनी भी कोशिश करे पति की इच्छाओं के अनुरूप अपने आप को तैयार नहीं कर पाती है। अपने व्यक्तित्व और रूप पर आक्षेप झेलते हुए प्रिया पति की ज़्यादतियों के बारे में इस प्रकार सोचती है कि 'पहले एक घण्टा तैयार होने में, फिर डरते-डरते पतिदेव के सामने, जो कुछ न कुछ खामी निकाले बिना नहीं मानते। सारे रास्ते झकझक-शऊर नहीं... सलीका नहीं... गहने क्यों नहीं पहने ? यह कार्टियर-वाली घड़ी का क्या आचार डालोगी ? मोटी होती जा रही हो।'

पति का यह दायित्व है कि वह अपनी पत्नी की अस्मिता और इज्जत का ख्याल रखे। विवाह के समय वह यह प्रतिज्ञा करता है कि वह मन, वचन और कर्म से अपनी पत्नी की जीवन भर रक्षा करेगा। आधुनिक युग के मूल्यविहीन परिवेश में चन्द पुरुष इन प्रतिज्ञाओं को भूलकर अपनी खूबसूरत पत्नी का इस्तेमाल नौकरी (जीवन) में तरक्की मानसिकता से विवश नौकरीपेशा नारी का चित्रण रजनीगुप्त ने 'येआम रास्ता नहीं' उपन्यास में किया है। इस उपन्यास का पुंज अपनी पत्नी मृदु को डाँटते हुए कहता है 'जब मैंने तुमसे कहा था कि दिल्ली जाकर मंत्री से मिल लो, मेरी खातिर मेरी अच्छी पोस्टिंग के लिए कुछ क्यों नहीं कहती, तब तो साली करेगी नहीं, अब आचार डालूँ क्या तेरी सुन्दरता का ? किसके वास्ते इतनी सजती है तू ? बोल न ?'

दाम्पत्य जीवन में पति-पत्नी की एक-दूसरे से कुछ अपेक्षाएँ होती हैं। जब जीवन साथी उन अपेक्षाओं पर खरा नहीं उतरता तो उन इच्छाओं और जरूरतों की पूर्ति के लिए वह किसी और की तलाश करने लगता है। नौकरीपेशा नारी के संदर्भ में ऐसी स्थितियाँ पैदा होने की संभावनाएँ अधिक होती हैं। समय का अभाव, विचारों में भिन्नता के कारण जब वह पति की जायज़, नाजायज़ जरूरतों को पूरा नहीं कर पाती है तब पति उसका विकल्प बाहर ढूँढ़ने लगता है। इस प्रकार की स्थिति एक स्वाभिमानी स्त्री के लिए बड़ी अपमान जनक होती है। रजनीगुप्त के 'कहीं कुछ और' उपन्यास की रचना ऐसी ही समस्या को झेलती है। रचना का पति रजत अपने ही पड़ोसी की पुत्री नेहा से अवैध संबंध स्थापित कर लेता है। यह स्थिति तब थी जबकि रचना और रजत ने परिवार से विद्रोह करके प्रेम विवाह किया था। अपने आप में ही घुटती रचना की मनोदशा का चित्रण लेखिका ने इस प्रकार किया है 'मेरी महरी तो गाहे-ब-गाहे अपने मर्दुआ की बुराई करके अपने दुखते मन का गुबार निकाल लेती है लेकिन मैं किससे कहूँ अपना दुख ? मेरे द्वारा चुने गये साथी का दुखड़ा किससे शेयर करूँ ?'

पति-पत्नी के संबंध बड़े संवेदनशील होते हैं। दाम्पत्य जीवन एक आजीवन रहने वाला बंधन है जिसमें पति-पत्नी दोनों को ही अपने कर्तव्य और भूमिकाएँ समान रूप से निभागी होती हैं। यदि इनसे बचना चाहते हैं तो दाम्पत्य जीवन में स्वाभाविक रूप से समस्याएँ पैदा हो जाती हैं। बदलते परिवेश में जहाँ नौकरीपेशा नारी नयी भूमिकाओं को अपना रही है वहीं सामाजिक परंपराएँ और पुरुषवादी मानसिकता उसे परंपरागत भूमिकाओं से जोड़े रखना चाहती हैं। ऐसे में नये और पुराने के बीच में टकराव होना स्वाभाविक है और इस स्थिति में अहम् अविश्वास, कुंठा, ईर्ष्या, असहयोग, सामंजस्य का अभाव, मूल्यविहीनता, अवैध संबंध जैसी समस्याएँ दाम्पत्य जीवन में पैदा होने लगती हैं।

इस प्रकार अस्सी के बाद के हिन्दी उपन्यासों में चित्रित नौकरीपेशा नारी की दाम्पत्य जीवन में होने वाली समस्याओं के अध्ययन से यह स्पष्ट होता है कि दोनों के आपसी सामंजस्य का अभाव, आत्मकेन्द्रित मानसिकता के कारण समस्याएँ उत्पन्न हो रही हैं। यदि दम्पति दाम्पत्य जीवन को सुखमय बनाना चाहते हैं तो वे दैत की भावना से मुक्त होकर अद्वैत की भावना से जिए तथा भौतिकता के स्थान पर आत्मीय भावनाओं को प्रमुखता दें तो समस्याओं का समाधान हो सकता है। इसके लिए आवश्यक है कि पति और पत्नी दोनों आत्मविश्लेषण कर कमियों को दूर करें जिससे आपसी तालमेल बैठ जायेगा तथा सुखमय दाम्पत्य व पारिवारिक जीवन जीने में वे सफल हो जायेंगे।



- विनीता सिंह,
पी.एच.डी शोधार्थी, हिन्दी विभाग
मद्रास विश्वविद्यालय, मरीना कैम्पस,
चैन्नई - 600005



KALEIDOSCOPE

First Quarter First Edition (Jul to Sep 2017)

Dear Friends,

It is said that 'A well-read child is a successful child'. Reading for pleasure is even more important than a child's home background, in determining academic and social success, that shouldn't come as a surprise. Children who read and write regularly and for fun open up new worlds. They embark on journeys, they step into other people's shoes and walk around in them, as one truly great writer has put up. They empathise with people from different backgrounds, different countries and find it easier to understand and even change the world around them. Maybe most importantly, they embark on the most epic voyage of all, the one that takes them deep into their own identity and imagination.

But where do we start? It is said that young mind grasp and express well. This newsletter is a small step towards this magnificent goal. Let our children have no boundaries of expression and allow them to open their wings and take a dive in free sky, express their thoughts in this platform and find a means to explore the writer within and grow in an all round manner.

Suditi Sinha *Go Green*
event-A

The first breathe of Freedom.

*The sun rises from the horizon,
I draw in fresh breathe.
The fresh air, so fresh
it fills me with new energy*

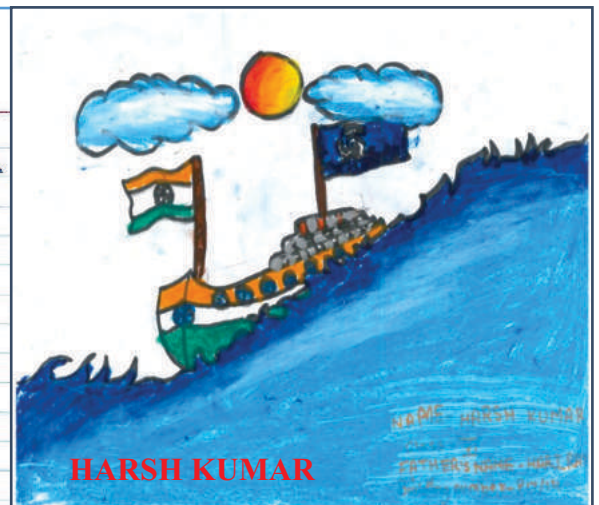
*Rejoice! Today is the day of freedom
Bring joy! Today is the faithful day
Today is Diwali, Tomorrow is Holi,
Each day is a festive day.*

*Years of joy trickle down my cheeks
Thousands of unnamed heroes have died
To bring this eternal peace.
This overwhelming joy overpowers me.*

*Today India has united
and today our Motherland is free!
We redefine power today!
We take our revenge!*

*My friends feel the ecstasy
And fill up with new energy
Because as this battle ends, other battle begins
And draw in freedom's first breathe!*

SUDITI SINHA



EARTH DAY

PRAGYA

Our Earth is special,
There is just one.
It gives us water, soil and sun,
People and animals share the land.
Let us all lend a helping hand!!
You can save water,
and plant a tree.
Make a better home for you and me.
Recycle things, don't throw away.
Make everyday an EARTH DAY!!!

"Education is not solely about earning a great living. It means living a great life"

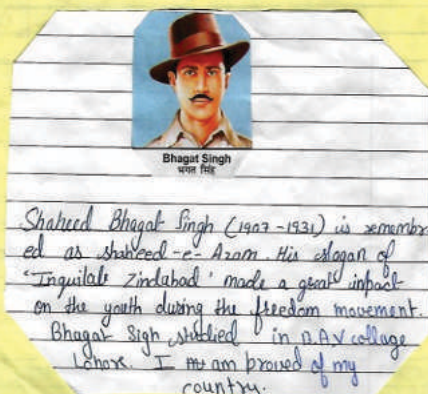
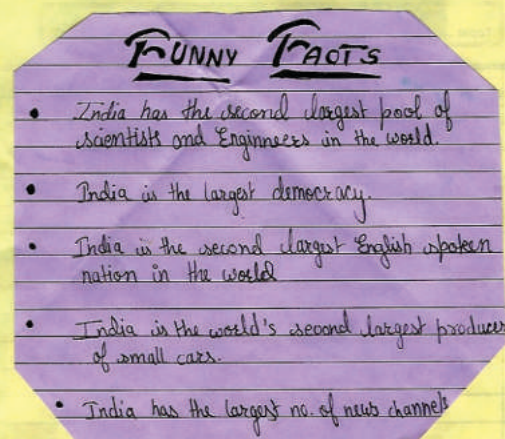


Importance of colours of our national flag

The Indian National Flag is the symbol of land and people of India. Our national Flag is a tricolour panel made up of three rectangular panels of equal widths. The top of the panel is India saffron and at the bottom Indian green .the middle panel is white, bearing at its centre the design of Asoka chakra in navy blue colour with 24 equally spaced spokes. The ashok chakra is visible on both sides of the Flag in thecentre of the white panel. Our National Flag is rectangular in shape and ratio of the length to the height and width is 3:2.

DR. S. Radhakrishnan explained about our National Flag. The saffron colour denotes renunciation. The white colour in the middle is light the path of truth. The green shows our relation to the soil and our relation to the plant life here on which all other lives depends. The Asoka wheel is the wheel of law of dharma. There is life in movement. India must move go forward. We are Indians and we should salute and cherish our Flag.

AKANSHA KUMARI



"Education gives you wings to fly"


MOON MISSION

Apollo 11, the first manned lunar landing mission, safely returned on July 24, 1969. After a 4 day voyage mission.

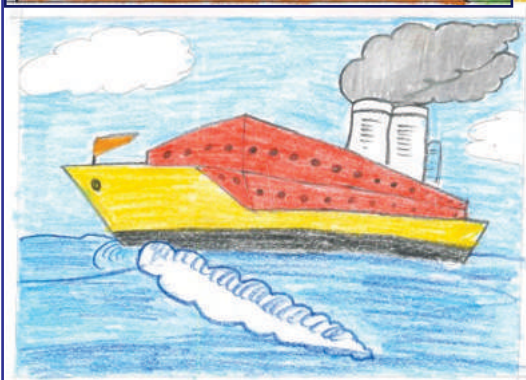
SOME FASCINATING FACTS

The Saturn V rocket that propelled crew to the moon still remains the tallest and the heaviest spaceship ever built. 3 men left the earth, but only mission commander Neil Armstrong and lunar module pilot Edwin Aldrin walked on the moon. Among several items left on the moon were medallions bearing the name of the astronauts who perished in Apollo 1 on the launch pad and 2 cosmonauts who died in an accident.

Yashashavini

Letter to My Father of Nation	
<div><p>NEWSPAPER</p><p>बाबा राम रहीम की सुनवाई गई 20 साल की सजा</p><p>पुटकुला</p><p>जज-(चोर से) तुम्हें एक ही दुकान में तीन बार चोरी क्यों की?</p><p>चोर-एक बार तो सूट खरीदने गया था, और बाकी दो में उसका कलर बदलने।</p><p>Kids World</p><p>KASHISH YADAV</p></div>	<p>Dear Mahatma Gandhi Jee,</p> <p>If you don't mind acknowledge my respectful Namaskar. I am writing this letter to tell you know that you have always inspired me. Whenever I read about you, it always made me meet you at least once in my life. Belonging to such a simple family and having such a simple life you still gave preference to the studies and acquired the best education possible. You are my role model. When it comes to simple living and thinking even with the simple life style you had. You are a great leader and you are someone who lived a very selfless life. I also came to know that you were a good writer as well which inspires me to be versatile. Above all the biggest amazing trait of yours which I never forgot to mention is that you brought change in the world without any violent activities which is just remarkable. Even after you left this world you inspires many people. Today in a world of so many advancements I still wish to become like you. I hope and wish you were here with us so that you could teach us more of your beliefs to us. And wish that god rest your soul.</p> <p>Yours sincerely, Akanksha Kumari</p>

"Education is the ability to listen to almost anything without losing your temper"



"Education is the most powerful weapon, which you can use to change the world"



**TEAM
LIBRARY**

YOUNG ACHIEVERS

YASHVI SINGH d/o DIG YK SINGH

Yashvi Singh, an alumni of prestigious National Institute of Technology, Tiruchirappalli (**NIT Trichy**), has done her BTech in Metallurgical and Material Engineering (MME). She has been recipient of **Gold Medal** in her discipline and winner of **President Medal** for securing overall highest CGPA 9.91 among student of all disciplines of 2013-2014 batch.

Yashvi did her schooling from Padma Sheshadri Bala Bhavan (PSBB) Sr. Secondary school, Chennai and was awarded the **distinguished all-rounder student prize** for consecutive four years (9th - 12th). She has secured **CGPA 10** in her Secondary Board Examination 2010 - 11 and **95.4%** in the 12th Board examination.



During her BTech studies, she did her **Research Assistant Internship** at **IIT Madras; Indian Institute of Science (IISc) Bangalore and Purdue University, USA**. She has been recipient of many prestigious awards and scholarships at national level for her excellence in academics. Yashvi has displayed her prowess equally at extra curriculum activities i.e. sports & fine arts in her school and college. **She was also awarded High Distinction** by the

Royal Australian Chemical Institute for the **Australian** National Chemistry Quiz.

Awarded **Senior UN Information Test Certificate** by the United Schools Organization of India at the 53rd Annual All India UN Information Test.

Awarded **High Distinction** in the **ASSET** (Assessment of Scholastic Skills through educational Testing) **Examination**. Been a consistent performer at all levels she won various accolades and awards of appreciation.

Yashvi is presently pursuing her **Masters in Material Science and Engineering** at esteemed institution **Stanford University, USA**.

All the best dear!!! You have made us proud!!!

We wish her lots of good wishes for her future endeavors.

Young sportsman –Venkatesh

S/o DIG NV Narasimha, TM

We live in a generation of a stiff, neck-to-neck competition. In the middle of the rat race, our budding youngster Venkatesh Nanduri has caught the eye of achieving a special feat.

Held at Rajeev Gandhi Higher Secondary School, Bhopal from 15th-18th Nov, 2016, Venkatesh bagged the third prize (Bronze medal) in the Swimming competition (25 meters Freestyle) in the All India Central Board of Secondary Education Inter-School Tournament, in the Low Ability category, despite of the fact that he is a child with Special Education Needs.



The prestigious tournament is also supported & recognised by the Ministry of Youth Affairs & Sports, Govt. of India. Venkatesh was lauded for his superb effort and for his well deserved podium finish.

Apart from swimming, Venkatesh has also won Gold medal in the Inter School Skating Championship in Delhi NCR. He is eager and enthusiastic to tread further.

DGICG ENCOURAGING YOUNG WARDS OF ICG

Bhuvanyu Walia, son of Comdt Sanjiv and Smt Vijaya Walia, a student of 9th standard at the Frank Anthony Public School, New Delhi started learning Taekwondo at the very young age of eight years and with his perseverance and passion for the sport, soon enough earned his black belt.



As a black belt, Bhuvanyu participated in the Commonwealth Taekwondo Championship at Montreal, Canada from 27th September to 2nd October 2017 and won a bronze medal, making his parents and country proud. About 1,200 players from more than 90 countries participated in the championship. The Indian contingent consisted of 50 players from various states across the country.



DG Rajendra Singh, PTM, TM, DGICG presented Bhuvanyu with a cheque of Ten Thousand rupees as a token of appreciation for winning the bronze medal and encouragement for the budding sportsman.

Interestingly, Bhuvanyu who is fond of painting is a topper in academics too. He is indeed a role model for all of us.

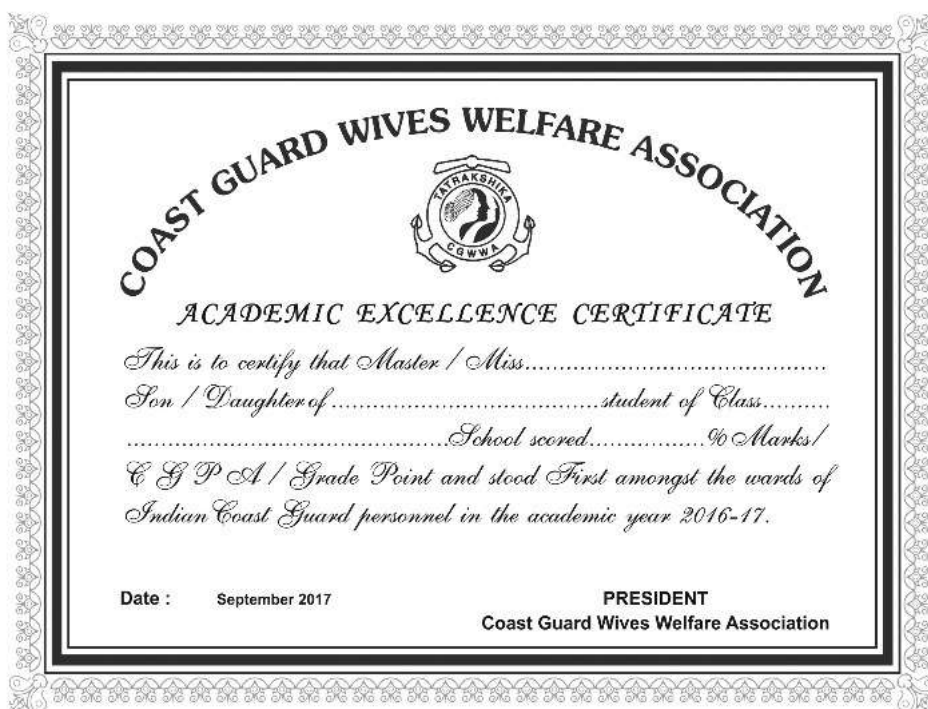
Meritorious Awardees for Academic Excellence 2016-17

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
<u>COAST GUARD HEADQUARTERS, NEW DELHI</u>				Akash Prasad	BB Prasad, P/Adh	IX	ICGS Dahanu
Jyoti Rana	Narendra Rana, P/Adh	VIII	CGHQ	Rishabh Ahuja	Comdt HK Ahuja	IX	ICGAS Daman
Aman	Raj Kumar, Adh	IX	CGHQ	Rahul Chopra	Comdt Sundeep Chopra	X	ICGAS Daman
Atirya Singh	DIG Alankar Singh	X	CGHQ	Ankit Srivastava	Comdt M Srivastava	X	ICGAS Daman
Apoorva Bhatia	DIG Manoj Bhatia	X	CGHQ	Manisha Das	Barun Das, Adh	XII	ICGAS Daman
Swasti Mishra	Comdt Siddharth Mishra	X	CGHQ	Nikhil Chauhan	DS Chauhan, U/Adh	VIII	ICGS Goa
Om Tripathi	AN Tripathi, P/Adh	X	ICGS(D)	Shikha	Pradeep Kumar, Adh	VIII	ICGS C-148
Koustabh Das	Subrata Das, U/Adh	X	CGHQ	Nikhil Dubey	VK Dubey, Adh	VIII	ICGS C-410
Hardik Raj	Comdt Jagdish Raj	X	CGHQ	Aditya Kumar Deepak	DIG KR Deepak Kumar	IX	ICGS Samarth
Varsha	Anup Singh Nagal, U/Adh	X	CGHQ	Shreya Satapathy	Comdt AK Satapathy	IX	ICGS Goa
Himansu	Sudhir Kumar, P/Nvk	X	CGHQ	Akash Vishwakarma	SRP Bhagwat, U/Adh	X	ICGS Samarth
Krishan	Raj Kumar, Adh	XI	CGHQ	Mayank Gupta	SK Gupta, U/Adh	VIII	ICGS Samar
Chhaya Tundwal	Comdt Suresh Kumar	XII	CGHQ	Anwesha Halder	AK Halder, PSE	VIII	DHQ-4
Pratyuj Pratap Singh	Shivendra Singh, P/Adh	XII	ICGS(D)	Anupama Yadhav	Ravinder Kumar, P/Nvk	VIII	ICGS Sarathi
Harish Prasad	Jagdish Prasad, U/Adh	XII	CGHQ	Debangshika Das	Barun Kumar Das, P/Nvk	VIII	ICGS C-404
Divyansh Tiwari	Hargovind Tiwari, USE	XII	CGHQ	Nishant Dwivedi	SS Dwivedi, Adh	VIII	ICGS Aryaman
<u>RHQ (WEST), MUMBAI</u>				Sagar Mankoti	Ishwar Singh, Adh	VIII	Kochi CTK Flight
Anita Singh	D Singh, Adh	VIII	ICGS Sangram	GG Indharagit	SG Krishnan, U/Adh	VIII	Kochi CTK Flight
Shruthi Ojha	DC Ojha, PSE	VIII	CGSD(MBI)	AB Akhila	MJ Anand, P/Adh	IX	ICGS Samar
Rahul Anil Nair	DIG Anil Kumar Parayil	X	RHQ(W)	Yash Kumar	Ravinder Kumar, P/Nvk	IX	ICGS Sarathi
Avnish Pathak	DN Pathak, P/Adh	X	RHQ(W)	Navya Sharma	Comdt Neeraj Sharma	IX	747 Sqn Kochi
Ankit Ojha	DC Ojha, PSE	X	CGSD(MBI)	Sanskaar Shrivastava	DIG B Ranjan	IX	CGTC(K)
Chiya Belwal	Dy Comdt MK Sharma	X	DHQ-2	Animesh Kumar Goswami	AK Goswami, P/Adh	X	ICGS Samar
Ashish Karki	B Singh, U/Adh	X	DHQ-2	Spandan Tiwari	VN Tiwari, U/Adh	X	ICGS Sagar
Mansi	R Kumar, Adh	XII	CGSD(MBI)	Anna Alisha Tomy	Asst. Comdt CV Tomy	X	NOIC, Kerala
Aastik	RS Solanki, P/Adh	XII	ICGS Samudra Prahari	Francis Martin	Matrine Joseph, Adh	X	NAQAS Venduruthy
				Nandita Susan Cherian	Asst Comdt Shaju Cherian	X	ICGS Sarathi
				Shakshi Sharan	DBB Sharan, P/Adh	X	ICGS Varuna

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
K Hizana	Dy Comdt K Yoosaf Ali	X	ICGAP Azheekal	<u>RHQ (NORTH EAST), KOLKATA</u>			
Arti Bhatia	K Kumar, U/Adh	X	Kochi CTK Flight	Sujay Karmakar	S Karmakar, P/Adh	VIII	CGRHQ(NE)
S Devipriya	CP Shibu, P/Adh	X	CGAE Kochi	Soumya Singh	MK Singh, P/Nvk	VIII	ICGS(KOL)
Sagar Paul	D Polachan, P/Adh	X	DHQ-4	Sarthak Padhi	DIG MK Padhi	X	CGRHQ(NE)
Bhavya Girish	Asst Comdt R Girish Kumar	X	ICGS Aryaman	Rimi Roy	Amal Roy, U/Adh	X	CGRHQ(NE)
Tamseel Ahmad	I Ahmad, U/Adh	X	Signal School	Meher Bedi	DIG RS Bedi	XII	CGAE(KOL)
Kishan Kumar Singh	KK Singh, U/Adh	X	ICG AB Urja Shrota	Sourav Maitra	PK Maitra, P/Adh	VIII	ICGS FRAZERGANJ
Siddharth Jena	DIG Sanatan Jena	XII	ICGS Samar	Rajeev Kumar Padhiari	Bhagaban Padhiari, U/Adh	X	CGAE(BSR)
Rahul Bhatotia	Moti Lal, U/Adh	XII	DHQ-4	Sakshee Kumari	Manoj Kumar, Adh	X	CGAE(BSR)
Malavika Ramesh	Asst. Comdt MV Ramesh	XII	ICGS Samar	<u>RHQ (EAST), CHENNAI</u>			
Abhinav Kumar Goswami	AK Goswami, P/Adh	XII	ICGS Samar	Swarnima Patel	Ram Bilas, P/Nvk	VIII	ICGS Shaurya
Sahil Singh	BK Singh, P/Adh	XII	ICGS Bepore	Priyanshi Bhati	SC Bhati, Adh	VIII	RHQ(E)
Neeraj Bharti	Madan Sharma, U/Adh	X	ICGS Vizhinjam	Arnab Sheoran	H Kumar, PSE	VIII	ROC(E)
Rita Baben	Dy Comdt George Baby	XII	ICGS Vizhinjam	Siiya Sanjay Ware	SS Ware, U/Adh	VIII	ROC(E)
Anindita Jana	A Jana, Adh	X	ICGS New Mangalore	Anurag Haldar	Barun Kumar Haldar, P/Nvk	VIII	ICGS Shaurya
Sanjana Rawat	Subhash Chand, Adh	X	ICGS Kasturba Gandhi	Shivam Singh	Sunil Kumar Singh, P/Adh	VIII	RHQ(E)
Ashwin U Iyer	Comdt Umesh K Iyer	X	ICGS Shoor	Anjali Maurya	SK Maurya, PSE	VIII	ICGS Sagar
M Devendra Sai Krishna	MV Prakash, PSE	X	ICGS Shoor	Shreya Maity	Uma Shankar Maity, PSE	VIII	PRT(East)
Nikita Singh	Indal Singh, PSE	X	ICGS Shoor	Anish Chhikkara	Dalbir Singh, Adh	VIII	744 SQN (CG)
Chhaya Sharma	Ashok Kumar, P/Adh	X	ICGS Kavaratti	Vishal Kumar Yadav	JS Yadav, PSE	VIII	848 SQN (CG)
				Aditya Kadian	Anand Kadian, Adh	VIII	ICGS Shaurya
				Koushik Ganesh	M Kasiraman, PSE	IX	744 SQN (CG)
				Ruchi Kashyap	JP Kashyap, Adh	X	CGAS Chennai
				Prabhat Rao	Tribhuvan, U/Adh	X	DHQ-5
				Akriti Bharti	Vimal Kishore, P/Adh	X	MRCC Chennai
				Gaurav Lamba	Ashok Kumar, P/Adh	X	CGSD Chennai

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
Akash Sheoran	H Kumar, PSE	X	ROC(E)	Dudekula Hassain	DP Balaiah, USE	X	CGRPT (Vizag)
Kajol Shahu	RK Shahu, P/Adh	X	ICGS Shaurya	Ankita	AK Anal, U/Adh	X	ICGS Shaunak
Himani Rawat	JS Rawat, U/Adh	X	BMU Chennai	Abhijit Nath	AK Nath, P/Adh	X	Vizag Chetak Flight
Shashank Rana	Mahendra Singh, U/Adh	X	ICGS Shaurya	Prachi Nandi	P Nandi, P/Adh	X	ICGS Shaunak
Shifa Ozair	Ozair Alam, P/Adh	X	BMU Chennai	Tarannum	MD Nasiruddin, P/Adh	X	ICGS Samudra Paheredar
Simran Rai	Manoj Kumar, P/Nvk	X	744 SQN(CG)	Nishit Mishra	DIG PK Mishra	X	ICGS Samudra Paheredar
Deekshika Tomar	Inder Singh, Adh	X	848 SQN(CG)	Tarana	MD Nasiruddin, P/Adh	XI	ICGS Samudra Paheredar
Deepti Dixit	H Sharma, P/Adh	X	HC-548	D Shriya Santoshi	DVG Rao, U/Adh	XII	Vizag Chetak Flight
Garima Jakhar	Rohtas, Adh	X	ICGS Sagar	Shubham Maurya	SK Maurya, PSE	XII	ICGS Vighraha
Kallepuram Sanjana	Srinivas, U/Adh	X	848 SQN(CG)	V Bindu Bhargavi	VVN VV Prasad, P/Adh	XII	CGAS Chennai
Anisha Singhal	DK Singhal, PSE	X	DHQ-5	Sneha A S	Comdt K Ajay	X	ICGS Puducherry
Sachin Kumar	J Kumar, Adh	XI	MRCC Chennai	Nishant Kumar Bhardwaj	SK Bhardwaj, U/Adh	XI	ICGS Puducherry
Yash B Paste	Dy Comdt BD Paste	XI	RHQ(E)	<u>RHQ (NORTH WEST), GANDHINAGAR</u>			
Ridhi Kathuria	Comdt A Kathuria	XII	CGAIS (CHN)	Payoshni Mankoti	Comdt Suresh Mankoti	VIII	ICGS(GDN)
Tanay Dwivedi	Comdt RP Dwivedi	XII	RHQ(E)	Rachit Mankoti	Comdt Suresh Mankoti	X	ICGS(GDN)
Pratibha Rao	Tribhuwan, U/Adh	XII	DHQ-5	Mekha Binu	R Binu, P/Adh	X	ICGS(GDN)
Akanksha Tyagi	S Tyagi, PSE	XII	Varad Cell	Tanu Swami	OP Swami, U/Adh	X	ICGS(GDN)
Tusshar Sarkar	DK Sarkar, P/Adh	XII	ICGAS(CHN)	Sneha Vandana Soy	John Soy, P/Adh	X	ICGS(GDN)
Shivangi Serawat	DIG HS Serawat	VIII	HQs CGC(ES)	Anirudh S Kumar	C Sunil Kumar, P/Adh	X	CGAE(PBD)
Akanksha Gupta	PC Gupta, P/Adh	VIII	ICGS Samudra Paheredar	Abhishek Sharma	Parvesh Kumar Sharma, PSE	X	SRMO(PBD)
Abhishek Sharma	Sanjay Kumar, U/Adh	VIII	ICGS Atulya	Taniya	BS Karel, P/Adh	XII	ROS(PBD)
Abhinav Kumar	Mahesh Chandra, PSE	VIII	CGRPT(VZG) for yard 11159				
K Arthi Sreya	KVSS Apparao, PSE	IX	Vizag Chetak Flight				
A Divya Lalitha	ASK Prasad, Adh(AH)	X	HQs CGC(ES)				
Ishika Gupta	Comdt(JG) KK Gupta	X	ICGS Samudra Paheredar				

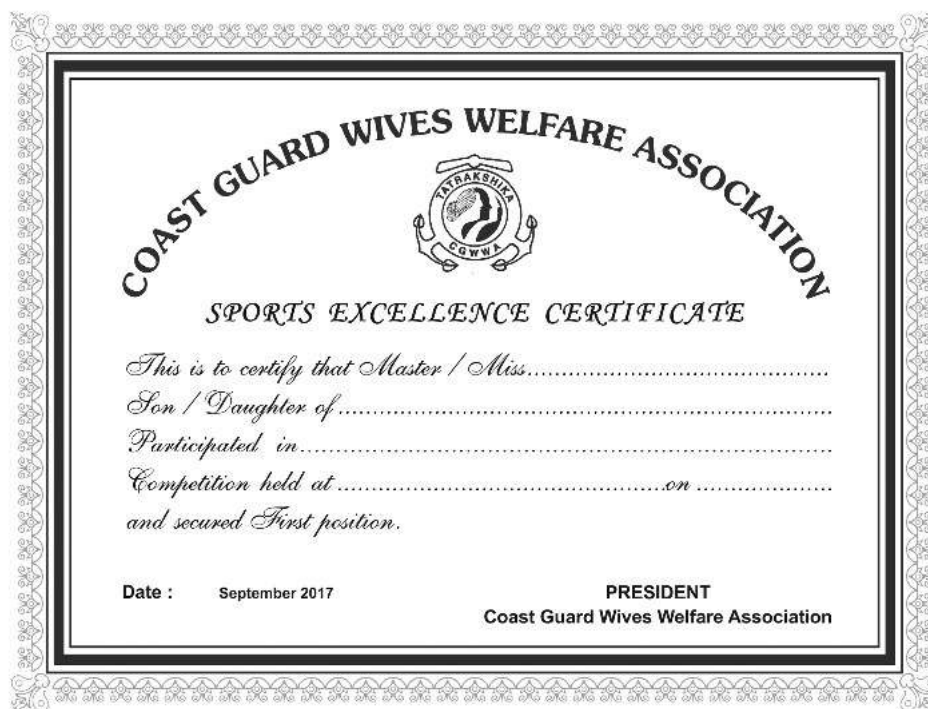
Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
<u>RHQ (ANDAMAN & NICOBAR), PORT BLAIR</u>							
Tanishka Verma	DIG Pankaj Verma	VIII	RHQ(A&N)	Nikita Yadav	Shri Krishan	X	ICGS Hutbay
Rishija Bharti	NK Singh, NK/MT	VIII	ICGS PBR	Krity Yadav	KK Yadav, Adh	X	CGAE(PBR)
Megha Kaushik	D Singh, U/Adh	VIII	ICGS PBR	Vaibhav Kumar Upadhayay	Rajesh Kumar, PSE	X	CGAE(PBR)
Sudeepta Priyadarshini	D Moharana, Adh	IX	CGAE(PBR)	C Nitin Rohit	KC Dhas, PSE	X	CGAE(PBR)
Somaiya	K Ahmed, P/Adh	IX	ICGS D'bai Deshmukh	Alka Sharma	AK Sharma, U/Adh	X	ICGS Aruna Asaf Ali
Namya Mehrotra	Comdt Ashish Mehrotra	X	ICGS Vishwast	Shantanu Rana	Ajay Kumar, U/Adh	X	ICGS PBR
Sanskрати Chaudhary	Asst Comdt Yashpal Chaudhary	X	ICGS Vishwast	Diptisree Panda	Dharmaraj Panda, P/Adh	X	RHQ(A&N)
C Suharini	CV Subbaiah, USE	X	RHQ(A&N)	Moumi Das	MR Das, U/Adh	X	CGAE(PBR)
				Akansha Tomar	APS Tomar, P/Adh	XI	ICGS (PBR)
				Kargil Mishra	VJ Mishra, PSE	XII	PRT(A&N)



Best In Sports/ Extra Curricular Activities
(State/ National Level) 2016-17

Name	Daughter/Son of	STD	Present Unit	Sports/ Championship	Position
RHQ(WEST) Ritika Jha	SK Jha, Adh	X	ICGS Samudra Prahari	Exhibits Competition National Integration Camp cum SS Exhibition 2016-17	Third
Urvashi Singh	Comdt Vijay Singh	X	ICGS Samar	Swimming 50 mtr free Style (Girls, U-19) KVS Regional Sports Competition 2016-17 Swimming 100 mtr free Style (Girls, U-19) KVS Regional Sports Competition 2016-17	Second Second
Shakshi Sharan	DBB Sharan, P/Adh	X	ICGS Varuna	Handball (Girls, U-19) KVS Regional Sports Competition 2016-17	First
Ankit Bhatia	K Kumar, U/Adh	XI	Kochi Chetak Flight	Kabaddi (Boys, U-19) KVS Regional Sports Competition 2016-17	Third
Vaishalee Mondal	BK Mondal, P/Adh	IX	CGAIS(Goa)	Rope Skipping Double (Girls, U- 19) KVS Regional Sports Meet-2016 Rope Skipping Speed Relay (Girls, U- 19) KVS Regional Sports Meet-2016 Rope Skipping 45-75 Sec Double Dutch Single Free Style(Girls, U-19) KVS National Sports Meet-2016 Rope Skipping 45-75 Sec Team Free Style (Girls, U-19) KVS National Sports Meet-2016 Double Dutch pair free style (Girls, U-17) National Rope Skipping Championship 2016-17 Single Rope Team free style (Girls, U-17) National Rope Skipping Championship 2016-17 National Rope Skipping Championship 2016-17 Double Dutch Single Free Style (Girls, U-17)	First First First First First First Second Second
RHQ(NE) Honey Singh	J Rajesh Singh,USE	B.Tech 2 nd Year	ICGS(KOL)	Kick Boxing EC (Boys, U-15-18, 48 Kg Weight) Wako India Cadet & Junior National Kick Boxing Championship 2016-17	First
RHQ(E) A Ritupama	A/C A Sujeth	VIII	ICGS Rajatarang	Kho-Kho (Girls, U-14) KVS Reional Sports Meet 2016-17	First
Saurav Shukla	SN Shukla, U/Adh	XII	848 SQN(CG)	Judo (Boys, U-19) Individual KVS Reional Sports Meet 2016-17	First
Ashish Dixit	H Sharma, P/Adh		HC-549	Basket Ball (Boys, U-14) KVS Regional Sports Meet 2016-17	Third
Himanshi Singh	RB Singh, P/Adh		DHQ-6	Hockey (Girls, U-19) KVS Regional Sports Meet 2016-17	First

Name	Daughter/Son of	STD	Present Unit	Sports/ Championship	Position
Priyanka Babu Venkatesh	DIG Babu Venkatesh	XII	ICGS Tuticorin	Asian Rowing Cup II - 2016	First
Abhimanyu Panwar	Comdt AKS Panwar	MBA	ICGS Nizampatnam	Fleet Race Laser Stanadard 14 th Langkawi International Regetta Perdana & ASAF Sailing Cup -2017	First
RHQ(A & N) Sanskriti	Asst Comdt Yashpal	X	ICGS Vishwast	Badminton Single / Double (Girls, U-17) National Sports Day 2016 by department of Sports & Youth Affairs A&N Administration	First



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