

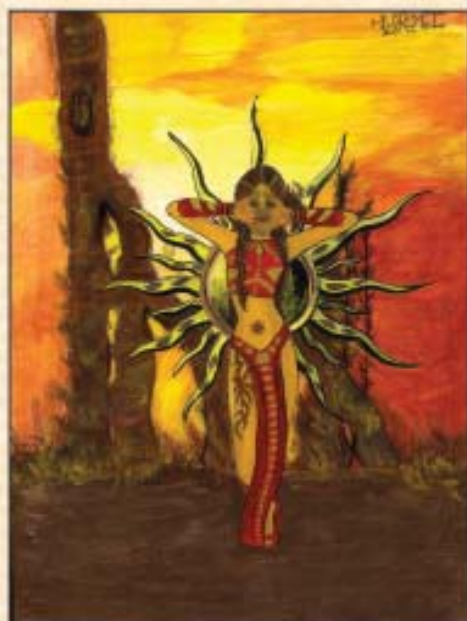


URMI

2010

Creating a World of Difference

Coast Guard Wives Welfare Association



Nivedita Pandey



B. Daimary



Simran Harbola



Simran Harbola



Dipa Pal



Nivedita Pandey

FRONT COVER

The Cover by Mrs Dipa Pal depicts women reaching out to meet the challenges of creating a better world through leadership, dedication and excellence. Thus the cover bears trees showing deep grounded roots depicting solidarity, alliance, strength, dynamism and vitality.

The courage to dream, the confidence to achieve and the motivation to surge ahead remains the value statements that have catapulted women to dizzying heights of success.



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

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



MESSAGE

The editorial team of "URMI" deserve the highest accolades for their extremely commendable effort in producing an informative and eminently readable magazine, which highlights important activities and achievements of the Coast Guard Wives Welfare Association (CGWWA).

It is heartening to note that during the preceding year, CGWWA has instituted many welfare programmes towards the overall development of our ladies and children. It would be only appropriate for me to acknowledge, with gratitude, the contribution of CGWWA in improving the quality of life of the families of our officers and men.

The Coast Guard family is a closely knit one, wherein every member contributes selflessly towards its well-being and continuous growth. It gives me immense pleasure to observe that CGWWA has been able to contribute effectively towards various social issues, as well as serve as an interactive platform of communication and community development.

I am certain that as part of the Coast Guard Community, CGWWA will continue to uphold the ideals of our organization, and serve as an important source of encouragement and support to all our families.

Jai Hind

*(Anil Chopra)
Vice Admiral
Director General
Indian Coast Guard*

*New Delhi
15 Nov 10*



श्रीमती रागिनी चोपड़ा
अध्यक्षा तटरक्षिका

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

तटरक्षिका कल्याण केन्द्र
तटरक्षक विहार

सेक्टर-23, नौएडा - 201 301 (उ०प्र०)
Coast Guard Wives Welfare Association
Kalyan Kendra (Tatrakshak Vihar)
Sector - 23, Noida - 201 301 (U.P.)



MESSAGE

Dear Ladies,

As our Coast Guard grows and expands, so will your roles, responsibilities and opportunities. As Tatrakshikas, you have a unique opportunity to participate, learn, develop and contribute meaningfully towards our community and their well being. This will give you immense satisfaction, similar to what we get in bringing up our own family.

Your working together as a team, with a positive attitude and sincerity will always stand the service in good stead, and draw the respect and admiration Tatrakshikas deserve. I am glad to state that from the smallest to the largest stations, I have observed this dedication and commitment.

The Editorial team has done a commendable job, and my compliments to them for bringing out the present Urmi, and in providing a platform for creativity, expression and discussion.

I have no doubt that as Tatrakshika evolves with time, its members will develop the self-reliance and confidence that is the hall-mark of a happy, harmonious and close-knit organisation, fully devoted to the community cause.

Ragini Chopra
(Mrs Ragini Chopra)
President Tatrakshika

New Delhi
26 Nov 10



श्रीमती उर्मिला सिंह
उपाध्यक्षा तटरक्षिका

Mrs Urmila Singh
Vice President Tatrakshika

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

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



संदेश

मुझे "उर्मि" के इस संस्करण के प्रस्तुतीकरण में, उपाध्यक्षा तटरक्षिका के रूप में नेतृत्व करते हुए अपार प्रसन्नता हो रही है। विगत वर्षों की भांति ही इस वर्ष भी पत्रिका को बहुत से महत्वपूर्ण विषयों एवं रोचक लेखों से संजोया गया है, जोकि पाठकों के लिए अत्यंत उपयोगी और प्रेरणादायक साबित होंगे।

"उर्मि" पत्रिका न केवल एक-दूसरे के विचारों और अभिमतों को संप्रेषित करती है, बल्कि सैनिक परिवारों के लिए प्रेरणा स्रोत बनने का भी प्रयास करती है। मुझे पूरा विश्वास है कि "उर्मि" का यह संस्करण अपने निहित उद्देश्य में पूर्णतः सफल होगा और हमारी तटरक्षिकाओं एवं उनके परिवारों की अभिरुचि का आइना बनेगा।

"उर्मि" के प्रकाशन से जुड़े संपादकीय दल तथा अन्य सभी सदस्यों को मेरी ओर से हार्दिक बधाई एवं शुभकामनाएं।

उर्मिला

(श्रीमती उर्मिला सिंह)

स्थान : नई दिल्ली

दिनांक : 24 नवम्बर 10



श्रीमती हरकिरण बसरा
अध्यक्षा तटरक्षिका (पश्चिम)

Mrs Harkiran Basra
President Tatrakshika (West)

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

Headquarters
Coast Guard Region (West)
Golfa Devi Temple Road
Worli Sea Face, Worli Colony PO
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MESSAGE

CGWWA provides a niche platform for the members to present their talent and try new ventures without any fear. Ladies accept challenges under every situation and face barriers to exist with determination in this persistently demanding world.

'Coming together' was marked as the formation of CGWWA, it progressed by 'keeping together' and now accomplished success by 'Working together'. Dear Tatrakshikas, let us keep up the team spirit and strive for excellence.

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

(Mrs Harkiran Basra)

Mumbai
23 Oct 2010



श्रीमती लक्ष्मी राजाशेखर
अध्यक्षा तटरक्षिका (पूर्व)

Mrs Lakshmi Rajasekhar
President Tatrakshika (East)

तटरक्षिका कल्याण केन्द्र (पूर्व)

मार्फत मुख्यालय

तटरक्षक क्षेत्र (पूर्व)

चेन्नई - 600 009

Coast Guard Wives Welfare Association (E)

C/O Headquarters

Coast Guard Region (East)

Chennai - 600 009



MESSAGE

It has been a privilege for me to hold the office of President CGWWA (EAST). I extend my warm greetings to all the members. CGWWA is a forum by which we as one family uphold our greatest treasure - dignity, integrity, sense of belonging and Women Empowerment. In this current world which is moving in a fast rate the demand changes from time to time and as Members we need to possess a positive attitude to be prepared in looking after the interest of our families and children through personal indulgence, affection and care.

The changing socio - economic environment helps us determine the interactional, behavioural and activity patterns we need to plan and implement. More and more women are working today, but this does not mean that they should dissociate themselves from CGWWA organizational obligations. As Coast Guard wives we are a fairly privileged lot. I feel we too owe a lot to this wonderful organization. A delicate balance must therefore be struck between home, career and organization.

I appreciate the tremendous effort and intense enthusiasm of all the contributors to bring out the URMI.

God Bless and Happiness Always,

With Best Wishes

Chennai
25 Oct 2010

(Mrs Lakshmi Rajasekhar)



श्रीमती इला शर्मा
अध्यक्षा तटरक्षिका (उत्तर पश्चिम)

Mrs Ila Sharma
President Tatrakshika (NW)



तटरक्षिका उत्तर पश्चिम
मार्फत मुख्यालय, तटरक्षक क्षेत्र (उ०प०)
पोस्ट बॉक्स नं० ९, सेक्टर - ११
गाँधीनगर - ३८२ ०११
Coast Guard Wives Welfare
Association (North West),
C/o Coast Guard Region (NW)
Post Box No. 9, Sector -11
Gandhinagar - 382 011

MESSAGE

It gives me immense pleasure posting my message for yet another edition of URMI. In my long and fruitful association with CGWWA, I have experienced that it is this close knit and symbiotic bond which gives us the strength to continue being pillars of support for each other and tide over difficult times. We over the years with our constructive activities, interactions and exposure to various aspects of life have become not only self sufficient but also exponentially big in many ways or the other. This growth must continue, so as to bring further positive changes for becoming more competent, independent and good companions for our family and associates.

I would like to wish all members of the association good health, uprosperity and happy times ,while also hope that each one of us actively participates and contributes in which ever small way one can . This contribution will nurture and pave way for even a fonder and friendlier association in times to come.

With warm regards and good luck for one and all.

I Sharma

(Ila Sharma)

Place : Gandhinagar

Date : 14 Sep 10



श्रीमती जयश्री पांडे
अध्यक्षा तटरक्षिका (अं० एवं नि०)

Mrs Jaishree Pande
President Tatrakshika (A&N)

तटरक्षिका कल्याण केन्द्र
मार्फत तटरक्षक क्षेत्रीय मुख्यालय
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Welfare Centre
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Post Box No. 716
Port Blair - 744 102



संदेश

"उर्मी" हमेशा से ही हम सभी तटरक्षक परिवारों को एक दूसरे - से जोड़ने का माध्यम रही है। जीवन के अनेकों अच्छे-बुरे अनुभव, व्यक्तिगत समस्याएँ और उनके समाधान, तटरक्षकों की चुनौतियों से भरपूर रोमांचक स्मृतियाँ तथा तटरक्षिकाओं का अपने परिवार के साथ हर कदम पर सहारा बनकर खड़े रहना - "उर्मी" के द्वारा ही प्रेरणा-स्रोत बनकर हम सबको खुशी और उत्साह देता है। आज भी हम "उर्मी" के जरिए एक ही माला में जुड़े हैं।

विकास के मार्ग में चलते हुए तटरक्षिकाओं के दृष्टिकोण में बदलाव आया है। आज वे सामाजिक व राष्ट्रीय चेतना को जागृत करने के लिए समर्पित हो रही हैं। उनके विचारों की आधुनिकता तथा सही दिशा ज्ञान कराने में "उर्मी" का योगदान सराहनीय है।

मैं सभी तटरक्षिकाओं और संपादकीय समूह को धन्यवाद व शुभकामनाएं देती हूँ।

Jaishree Pande

(श्रीमती जयश्री पांडे)

स्थान : पोर्ट ब्लेयर

दिनांक : नवम्बर 10



Editorial Team

Mrs Amita Madhukar, Mrs Sunita Nautiyal
Mrs Ritu Pathak, Mrs Archana Chamoli and Mrs Sushma Gupta

EDITORIAL

Dear Readers,

It has been a pleasure for the 'Sanchar team' to compile and present 'Urmi 2010'. The contribution from various regions for Urmi has been very encouraging indeed. Articles on the theme of the magazine "*women power*" made some interesting points. We are sure readers will find it very stimulating. It would not have been possible for the editorial team to bring out this issue of Urmi without the support of those who helped us from behind the scene in providing necessary support and secretarial assistance. We would also like to place on record our sincere thanks to President (CGWWA) Mrs. Ragini Chopra and Vice President (CGWWA) Mrs. Urmila Singh whose involvement and guidance at each stage has helped the editorial team in incorporating qualitative change to the subject matter. Our sponsors whose support has been important in completion of Urmi are also deservingly worthy of our special thanks.

This Annual magazine not only provides a platform for all of us to share our experiences and ideas but also acts as an inspiration for us as actions of our members even in the remotest corner of the country have helped in bringing smiles to the faces of the needy by virtue of our deeds. It is indeed the spirit of the service we provide to the needy community that define our (CGWWA Members) entire lives. We take pride in supporting our husbands and other families. We all have not only experienced all the worries and anxieties but also incredible pride that life provides being married to someone in uniform.

Mrs. Michelle Obama wife of US President while addressing the US Joint Armed Forces Officer's Wives has aptly described the role of the spouses of uniformed officers in following words:

"You all are truly leaders in your own right. And I don't know if you hear that enough but it's real. You are the vital link between your husbands and the troops they command, making sure their needs and those of their families are heard and met. You are often that mom away from home, the person that other military wives go for advice and support. And its' always amazing because you do all of this for other families even as your own families serve. For that alone, you all deserve this nation's unending gratitude."

We all perhaps share the above views. We wish you all happy reading and are looking forward to constructive feedback so that we can further improve upon our endeavours in future.

- Editorial Team



संपादिका की कलम से...

प्रिय पाठकगण,

‘उर्मी 2010’ के संकलन एवं प्रस्तुतिकरण में संचार टीम को अपार प्रसन्नता हो रही है। उर्मी के प्रकाशन के लिए विभिन्न क्षेत्रों का योगदान वस्तुतः बहुत ही उत्साहवर्धक रहा है। पत्रिका में “महिला शक्ति” विषयवस्तु पर लिए गये लेखों में कुछ रोचक विषय प्रस्तुत किए गये हैं। हम आश्चर्य हैं कि ये लेख पाठकों के लिए अत्यधिक प्रेरणाप्रद सिद्ध होंगे। संपादक दल के लिए उर्मी का प्रकाशन, अप्रत्यक्ष रूप से प्राप्त हुए आवश्यक समर्थन एवं लिपिकीय सहयोग के बिना संभव नहीं हो पाता। हम, तटरक्षिका अध्यक्षा, श्रीमती रागिनी चोपड़ा व उपाध्यक्षा श्रीमती उर्मिला सिंह के प्रति विशेष आभार व्यक्त करना चाहेंगे, जिनकी निजी भागीदारी एवं हर स्तर पर दिए गए मार्गदर्शन की बदौलत संपादकीय दल को, विषय-वस्तु में गुणात्मक परिवर्तन करने में सहायता मिली है। हमारे प्रायोजक भी विशेष रूप से धन्यवाद के पात्र हैं, जिनके महत्वपूर्ण सहयोग से उर्मी का प्रकाशन पूर्ण किया जा सका।

यह वार्षिक पत्रिका हमारे अनुभवों और विचारों के आदान-प्रदान के लिए एक मंच ही उपलब्ध नहीं कराती है, बल्कि हम सबके लिए एक प्रेरणास्रोत भी हैं। देश के सूदूर क्षेत्रों में तैनात हमारे सदस्यों ने अपने अच्छे कार्यों के बदौलत जरूरतमंदों के चेहरों पर मुस्कान लाने में महत्वपूर्ण सहयोग दिया है। वास्तव में, जरूरतमंद समुदाय के प्रति हमारी सेवा भावना हमारे (तटरक्षिका सदस्यों) समग्र जीवन को परिभाषित करती है। हम अपने पतियों तथा दूसरे परिवारों की सहायता करने में गर्व महसूस करती हैं। हम सबने अपनी परेशानियों और चिन्ताओं का ही अनुभव नहीं किया है, बल्कि किसी सैनिक के साथ दांपत्य सूत्र में बंध जाने का अविश्वनीय गौरव भी प्राप्त किया है।

अमेरिका के राष्ट्रपति की धर्मपत्नी श्रीमती मिशेल ओबामा ने, संयुक्त राष्ट्र के संयुक्त सशस्त्र बल के अफसरों की पत्नियों को संबोधित करते हुए, वर्दीधारी अफसरों की विवाहितों की भूमिका को निम्नलिखित शब्दों में परिभाषित किया है:

"वस्तुतः आप सभी अपने अधिकारों के निर्णयकर्ता हैं। मुझे मालूम नहीं कि आपने यह सुना है या नहीं पर यह सत्य है। आप अपने पतियों और उनके कमानाधीन सैन्य दलों के बीच की एक महत्वपूर्ण कड़ी हैं, जोकि उनकी तथा उनके परिवारों की आवश्यकताओं को समझने तथा उन्हें पूर्ण करने को सुनिश्चित करती है। आपने प्रायः देखा है कि माँ घर से बाहर जाती है, तो अन्य सैनिक परिवार सलाह और सहायता करने के लिए आ जाता है। यह हमेशा आश्चर्यजनक रहा है, क्योंकि आप अन्य परिवारों की सहायता उसी प्रकार करते हैं जैसे कि आपके खुद के परिवार की मदद की जा रही हो। इसलिए राष्ट्र आपके प्रति सदैव कृतज्ञ रहेगा।"

संभवतः हम सभी उपरोक्त विचारों से सहमत हैं। हम, आप सभी को सुखद पठन की शुभकामनाएं देते हैं तथा आपकी रचनात्मक प्रतिपुष्टि की अपेक्षा करते हैं, ताकि भविष्य में हम और बेहतर प्रयास कर सकें।

- संपादकीय दल

REPORTS

**THEME BASED ARTICLES -
PRISM OF LIFE THROUGH
EVES' EYES**

**GENERAL ARTICLES
AND POEMS**

लेख एवं कवितार्ये

CHILDREN'S CORNER

ANNUAL REPORT 2009 - 2010

INTRODUCTION

The year 2009-2010 has been as busy as ever for Tatrakshika. In it's endeavour to live upto the motto of 'Self Help', Tatrakshika continues to conduct various workshops and courses for it's members. These workshops and courses are aimed at making the ladies self reliant and independent, inculcating traits like confidence, self esteem and giving them a respectable social status. The cultural programmes are conducted round the year on various occasions, and different types of competitions be it cookery, embroidery, tailoring, writing etc. provide the ladies a platform to showcase their talents and boost their confidence.

SURUCHI (Welfare)

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

CGWWA (NORTH)

A talent show was put up by the children of officers and EPs on 16 Jan 10 in the auditorium at Sector 23, NOIDA.

Tailoring and embroidery classes for ladies were conducted by CGWWA at Kalyan Kendra. These ladies underwent examination on 23 Apr 10 conducted by M/s Singer India Ltd who awarded certificates to the qualified ladies. *Zardosee* classes which commenced in the month of Aug 10 have been completed for the first batch and classes for the second batch have commenced from first week of Nov 10.

A trained dance instructor has been conducting dance classes for ladies and children from 20 Mar 10 at Kamath Enclave and Tatrakshak Vihar, NOIDA.

A 10-day block printing course organized by NWWA was attended by two CGWWA ladies. A demo on the same was conducted on 03 Oct 10 by the ladies who underwent the course.

Cotton product bags, wall hangings and pouches were designed and manufactured by the Suruchi team. The items are displayed in Sanchita for sale.

Demonstration activities on following were also conducted :-

- Hand Embroidery
- Crochet
- Hairstyle
- Paper Bag Making
- Candle Making

CGWWA (WEST)

Courses in tailoring, beauty care, mehendi, fabric painting etc and demonstrations on lantern making, diya decoration, homemade facials, making of flowers, tie and dye, making of paper bags, free hand painting, making designer bangles, making ice cream, cakes and pickles, glass painting etc were conducted at Welfare Centre. Workshop on Warli painting (Tribal art of Maharashtra), ceramic painting and designer neck lines were also conducted. International Women's Day was celebrated at Powai welfare centre. CGWWA Mumbai added another feather in its cap by starting tea/coffee vending machine for the convenience of the ladies working in centre daily. Apart from morning classes; drawing, dance and tuition classes are conducted for children in the evening at the centre.

Activities at Kochi included talk by Brahmakumaris on time management, two weeks bakery classes by NWWA, a guest lecture by 'JRC securities limited' on share trading and a presentation on 'recruitment as a career option'. CGWWA Beypore organised a demonstration on handicrafts. CGWWA Daman organised stitching classes, sand painting classes and fevicryl painting classes which included 3D painting, Alpana, Kundan and Crackle painting. Stitching classes were also conducted for a week. Demonstration on making of 'Gur Papri' and preparation of 'Arbi' sweets were held at New Mangalore. Tailoring classes were also conducted. Demonstration on lantern making, paper bag making, Special Lucknawi sewaii, soft cushion making and folding dinner napkins were held at Goa.

CGWWA (EAST)

The activities connected with both the Welfare centres included stitching and fabric painting classes, demonstrations on Photo frame designing, Screen Printing on cloth using multi colours, Preparation of Healthy breakfast, Thali pede, vegetable sandwich, laddoo etc. by Tatrakshikas.

At Puducherry welfare activities included tailoring, jewellery making and making of cookery items. Demonstrations on making of handicrafts and homemade items were conducted at Mandapam and Kakinada. Welfare team of Tuticorin conducted drawing, painting, clay modelling/crayons painting classes, block printing, Leheria printing, making of soft toys and demonstration class for making articles of pot, paper and wood for wards of CG personnel. At Vishakhapatnam soft toy making and tailoring classes were conducted. The welfare activities at Paradip included numerous activities like fabric painting, patch work, making pot hangings, cushion cover, wall hangings using coloured clothes, mirror, glitter glue, fabric paints, jute mat making and stitching classes.

CGWWA (NORTH WEST)

Various courses such as tailoring, computer courses etc are running with AFWWA and Gujarat administration at minimal charges at Gandhi Nagar.

Coast Guard family has instituted a culture of welcoming all the new born babies with a suitable gift, expressing our token of love at CGWWA Gandhi Nagar.

At Porbandar, various classes like Dance, Yoga, skating, karate and drawing for children, tailoring and spoken English classes for ladies were successfully completed in 2009. This year activities at

Porbandar also included lectures on Alpha Mind Power Yoga, Civic Sense and Community Living and proper investment and Insurance schemes by Axis Bank and Max India Life. CGWWA Okha organised drawing classes for children and classes on Mud and Mirror work for ladies. Mehendi, dance, Yoga and patchwork classes were also conducted at Okha.

At Vadinar, a demonstration on hand made jewellery was conducted. Simple yoga exercises were also taught by Dr. Ashok Dey. CGWWA Jakhau organised a chutney competition, artwork classes and a demonstration for table etiquettes. Class on vegetable cutting and salad decoration were also held. Other activities at Jakhau included a demonstration on facial makeup, tips on utilising home made products and a demonstration on utilisation of waste items for various purposes under the theme 'Best out of waste'.

CGWWA (ANDAMAN & NICOBAR)

Various activities included demonstration on making tasty snacks, ceramic painting and conduct of painting classes for ladies. On the occasion of the visit of Mrs. Ragini Chopra, President Tatrakshika, a coffee morning was organized during which a lecture on "stress management during exams" was delivered. Courses with practical applications like tailoring and embroidery, computers, spoken English & self-grooming were also conducted. Tailoring and tuition classes were conducted during vacations. Short term courses for computers, tailoring and self grooming have commenced from July 2010. Embroidery classes and Rakhi making workshop were also conducted. A general awareness programme on financial management and investment opportunities was organised in collaboration with SBI. At Campbell Bay, a workshop on fabric painting was conducted. Ladies attended five day industrial training programme on food processing and preservation at Diglipur. Cooking classes were also held for the ladies.

SAKSHARTA (Education)

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

CGWWA (NORTH)

Meritorious students from classes VIII to XII were awarded certificates and trophies. On the occasion of International Literacy Day, a Hindi debate competition was organized for the ladies of CG personnel on 08 Sep 10. In the month of Apr 10, Spoken English classes conducted by Mrs Nitha Francis were successfully completed. Vedic Maths class demo was delivered by Mr. Paul to all the children and the classes commenced on 03 Oct 10 at Kalyan Kendra, NOIDA.

CGWWA (WEST)

Spoken English classes are conducted for ladies and children in the evening at welfare centre Powai. On the occasion of World literacy day, Mrs. Alka Gupta gave a very informative lecture on consumer rights. All teachers working in welfare centre were also felicitated.

SURUCHI



SAKSHARTA



CGWWA (EAST)

Tatrakshika (Chennai) has started a new wing "Literacy" to look after the welfare aspect in the field of literacy for members and their wards. As a first step, the committee with the help of Calligraphy Training Centre, T. Nagar has started 10 days Calligraphy Course for the children of 08 years and above. The first course has commenced at Ragamallika, Mogappair and further courses are being planned at Royapuram, Besant Nagar and CGAS (CH). All children will be given a course certificate on successful completion by the Calligraphy Training Centre.

CGWWA (ANDAMAN & NICOBAR)

Activities in Andaman & Nicobar included a 'master mind' annual quiz competition and an informative lecture on counselling and a tuition teacher helped the children prepare for the examinations.

SANJEEVAN (Health)

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

CGWWA (NORTH)

A free dental camp was organized at Kalyan Kendra on 23 Oct 09. The medical staff was from Sumitra hospital and the camp was supervised by the chief superintendent of the hospital. 78 ladies and children along with CG KG school children were given advice on oral hygiene and dental care. The children were also given free dental checkup card for availing facility at Sumitra hospital.

A free eye checkup camp was organized at Kalyan Kendra on 12 Oct 09. A team of Ophthalmologist from Sumitra hospital conducted the camp. 150 ladies and children along with CG KG school kids participated in the camp.

A camp on Rajyoga and stress relief was conducted in association with 'Brahma Kumari Ishwariya Vishwa Vidyalaya' on 15 Nov 09. Topic covered were stress relief, spirituality in our life and self awareness.

A lecture on Reiki for CG officers and families was conducted by renowned master, Mrs Sangita Gupta on 28 Nov 09. The topic was the nature of Reiki therapy. The lecture was followed by a 20 minutes session of meditation.

A talk on Breast Cancer awareness was organized on 21 Jan 10 at Kalyan Kendra, Sector 23, NOIDA by senior Radiologist Dr kanchan Verma from Kailash Hospital. The lecture was attended by 60 ladies and 20% discount coupon for mammography were distributed to all the participants who attended the lecture.

A lecture by Dr Jayshree Mukherjee, Psychiatrist for Moolchand Hospital was organized in Feb 10. The lecture was attended by many ladies and the topic covered included emphasizing study skill in children, adolescent problem and parent child communication.

A lecture on Stress Management programme was delivered by Dr Renu Verma on 22 Mar 10 at CGOM NOIDA. A large number of ladies attended the lecture.

A health camp for detection of kidney stones was organized in collaboration with RG stone New Delhi at Kalyan Kendra, sector 23, NOIDA on 25 Apr 10. 125 personnel attended the camp and underwent sonography for the detection of stone. The team consisted of Urologist and Radiologist.

A free health checkup camp was organized by *Sarv Saarthi* team on 22 Aug 10 at kalyan Kendra, Sector 23, NOIDA. The checkup included dental checks and diabetic test. An overwhelming response from families was observed during the camp.

A Cardio medical camp was organized on 05 Sep 10 at Kalyan Kendra, NOIDA by team of Escort Heart Institute, New Delhi. The facility included blood pressure test, ECG, ECHO and consultation with Cardiologist.

An eye checkup camp was organized on 22 Oct 10 at Kalyan Kendra, NOIDA by medical staff of Escort hospital. 87 personnel were checked by an eye specialist.

CGWWA (WEST)

To increase health awareness among the young mothers of children between 0-2 years of age, it was suggested that the record of all vaccinations administered from time to time be kept.

A health lecture on 'Stress in children' during exams and parenting was organised by health co-ordinator. The lecture was conducted by President NGO 'SMILE' foundation Mrs Anaxi Shah at building no. 19, Powai. Mrs Shah discussed with ladies on how to overcome the stress and different methods of coping with stress pertaining to mother and child relationship. She emphasised on the role of a mother as the best guide, philosopher and a friend to motivate his/her child and build a bridge for the child to achieve his/her goals.

An awareness programme on 'Healthy Motherhood and Healthy Childhood' was conducted on 13 Aug to coincide with Independence Day at community library Powai. The aim of the programme was to make the ladies aware of the issues related to motherhood and upbringing of the child in a healthy environment.

CGWWA Kochi organised a health check up camp on blood pressure and diabeteis. An eye health awareness and check up camp was organised for CGPS Daman by Primary Health Centre, Moti Daman on the request of CGWWA Daman. Activities at New Mangalore included a health check up camp for children of CGKG School by the DMO and dental check up camp of CG Personnel and families by a team of doctors from AJ Hospital.

CGWWA (EAST)

A host of activities on Health front with medical and dental camps for members of CG families at both the welfare centres were conducted. A special health check up camp by Doctors and para medical

SANJEEVAN



SANCHITA



staff of Global Hospitals & Health City were held for more than 200 family members.

The Tatrakshika health coordinator conducted health talk / lectures on H1N1, Gastroenterology, Oncology, Orthopedic, Cardiology and Nutrition. A training workshop on golden hour care and emergency medical response was held at Welfare Centres and approx. 400 ladies were benefitted by these programmes.

CGWWA Mandapam organised medical lecture on cervical cancer, polio vaccination programme for tiny tots and a lecture on stress management. A lecture on general hygiene and child care was organised by CGWWA Tuticorin. CGWWA Kakinada organised a lecture on child nutrition, balance diet and healthy living. A lecture on swine flu and monsoon related disease was organised by CGWWA Vishakhapatnam.

CGWWA (NORTH WEST)

Health files/cards of all the ladies are being maintained and updated periodically. A lecture on Swine flu followed by a demonstration on life saving techniques was rendered by Surg Lt Akhil Goel at Gandhinagar. A lecture followed by a slide show presentation on breast cancer was also rendered by Surg Lt Roma Rai. She also conducted self breast examination camp, wherein 20 ladies were examined and were taught how to undertake their own self examination. A health lecture on the theme 'Prevention of Gastrointestinal and Mosquito borne disease' was rendered by Surg Lt Roma Rai.

Activities at Porbander included a health quiz, several health lectures on topics like swine flu, oral cancer, 'Ayurveda in our daily life' and 'how to keep our joints healthy and active'. One year yoga classes for the ladies have also been started at Porbandar. CGWWA Surat organised a lecture on self breast examination and CGWWA Okha organised a lecture on breast cancer. CGWWA Vadinar organised a presentation by Surg. Cdr K Mazumdar, Oi/c Valsura Dental Centre on dental hygiene, followed by a free check-up for all members. CGWWA Jakhau organised a medical check-up for all family members of CG personnel by Station Medical Officer, Surg Lt Sarabjot Kaur and also an advisory lecture on health care during monsoon.

CGWWA (ANDAMAN & NICOBAR)

A blood donation camp and a lecture on "general health care and prevention of AIDS" was organized by CGWWA. A health talk on home remedies for common ailments was given during the visit of Regional CGWWA President (A&N), Mrs. Jaishree Pande. A lecture on 'dietary tips for better health for women and infants' was also delivered.

A lecture on epidermal fever was organized which covered the important aspects of diseases like chickengunia, malaria, dengue and their preventive measures. Yoga classes were conducted for the ladies at Diglipur. At Campbell Bay a medical lecture was organised by CGWWA.

SURAKSHA (Widow Cell)

Suraksha works as a key link between families of deceased personnel and the Coast Guard to enable them to get their dues in the shortest possible time by constant liaison with concerned authorities.

CGWWA (NORTH)

Suraksha co-ordinator is in regular touch with the widows of deceased CG personnel.

On 02 Feb 10, an interaction with widows of CG personnel was held at CGHQ, New Delhi. The main points of discussion in the meeting were issues concerning welfare.

An interaction with the widows of CG personnel was again held at CGHQ, New Delhi on 17 Aug 10. Issues pertaining to professional courses were discussed and ladies were encouraged to pursue further education for their betterment.

CGWWA (WEST)

CGWWA (Mumbai) awarded annual financial grant to the wards of deceased personnel after due verification formalities of the forms. The grant amount was disbursed by the President, Tatrakshika (West) to the ladies present in the station during AGM. For outstation ladies, scholarship amount has been dispatched by mail.

During the period Suraksha also disbursed an amount of Rs.5000 to Smt. Rita Dhake on sad demise of her husband PP Dhake, U/Nvk.

Suraksha team is always in touch with widows and guide them for education of their children.

CGWWA (EAST)

President Tatrakshika (East) 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 aside the setback faced. Annual fee for the wards of deceased personnel as grant for meeting educational expenses of children were distributed.

CGWWA (ANDAMAN & NICOBAR)

Mrs. Suma Singh, widow of a Coast Guard EP, was granted a sum of Rs. 2000/- for her daughter's education.

SANCHITA (CGWWA Shop)

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

CGWWA (NORTH)

Sanchita was inaugurated by President Tatrakshika on 14 Dec 09 at Kalyan Kendra premises, Sector 23, NOIDA. The workshop sold items like kurtis, table cloths, artificial jewellery sets, table napkins, dupattas and cotton sarees.

CGWWA (WEST)

Sanchita put up a stall during Diwali Mela and sold handmade diyas, lanterns etc, which was highly appreciated by all. CGWWA is regularly making utility items with help from EP's ladies especially with hand embroidery and fabric painting. Sale of such products are put up during coffee mornings/ gatherings.

CGWWA (EAST)

The Tatrakshika's remained very active in making Handicraft items viz. Hand embroidery on dupattas, towels, bag covers, fridge covers, cushion covers for dewan sets, designer napkins, lamp shades, Pen stands, Dinner Napkin, cocktail Napkins, Tray cover and table clothes. The workshop witnessed enthusiastic participation by the ladies in preparation and sale of these items at welfare centres. The items procured from other regions like Jute bags, Table runners and other house hold utility handicraft items were also in demand and liked by everyone.

CGWWA (NORTH WEST)

Sale of items like embroidered towels, book holders made of crochet, polythene holders, wall hangers etc were organised under Sanchita at Porbahdar.

Sanchita at Okha was launched on 02 Sep 10 and items like bandhni suits, bed sheets, cushion covers, imitation jewellery, blouse bags, sari bags and hand made napkins etc are available for sale.

CGWWA (ANDAMAN & NICOBAR)

In the month of July 2010, ceramic, oxidized and menakari work items were displayed in Sanchita shop. Welfare centre's workshop fabricated cushion covers, tray covers and coasters were kept in the shop for sale. There is an exponential increase in the sale of newly procured items.

SANSKAR (Coast Guard KG School)

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

CGWWA (NORTH)

Calligraphy classes and story telling by play and act method were conducted for teachers.

CG KG school celebrated its Annual Day on Mar 10 at 'Arkaja', Sector 23, NOIDA. President Tatrakshika graced the occasion. A well organised cultural programme was put up by the students

which was followed by the annual report presentation by the Principal.

A 'Book Week' was observed in the school during 19-23 Apr 10. Book mark making and story reading sessions were conducted during the period.

Miss Sandhya Behan conducted a three day workshop in the school for the teachers and children. She taught children about clay modelling, painting on the pots and making different shapes of animals on shells.

On 07 May 10, a lemonade party was conducted in the school. The theme was 'Summer'. Children came out in colourful cottons. The purpose of the party was to make them aware about how to beat the heat.

Compilation of new syllabus for all the CG KG school was completed successfully and the printouts of the same were dispatched to regions for promulgation.

An inspection by the Registration society for registering the school has been completed and certain queries as projected by the staff are being addressed for enrolling the school for registration.

CGWWA (WEST)

A large number of activities are conducted throughout the year to bring out the hidden talent of our children. All major national and religious festivals are celebrated with aim to teach the rich culture of our country. School trips to Tarapore aquarium and Borivali National Park were organized for CGKG Powai and Borivali respectively. Annual day and sports day were celebrated with great josh in both the schools.

Saplings were planted by teachers and children around the premises of the new school block "Puppet making" and "paper bag making" workshops were conducted for teachers.

CGWWA (EAST)

A talent hunt show for children was organised by Tatrakshika at welfare centres to promote and encourage participation amongst CG children. The event witnessed keen interest by more than 125 children who performed on the stage.

Coast Guard Kinder Garten, Royapuram & Mogappair celebrated Teacher's Day and held various competitions for children. The CGKG were involved in nurturing clean and good habits to the tiny tots. Children participated in Poem Recitation competition, Drawing competition, Fancy dress competition, Sports activities etc.

Tatrakshika organised a Quiz Competition and Painting competition for various schools at Chennai. During troops get together the CGWWA members coordinated and presented entertaining dance programme by children of Mogappair and Royapuram.

SANSKAR



SRISHTI



CGWWA Mandapam organised an essay competition for ladies with the topic 'Aurat Ko Bahar Naukri Karna Chahiye Ya Nhi' and 'Beti Ghar Ka Naam Ya Abhishaap'. Karate classes were organised for children by CGWWA Paradip and Tuticorin. CGWWA Vishakhapatnam organised painting and quiz competition for school children.

CGWWA (NORTH WEST)

CGWWA Gandhinagar conducted a Fevicyl workshop wherein fabric, glass and stencil painting were taught. A visit to Amul's Mother Dairy was also organised for Tatrakshika members.

CGWWA Porbandar organised a visit of children to Gangotri water and milk plant. Independence Day, Teachers Day, Children's Day and Christmas celebrations were organised for children by CGWWA Porbandar and CGWWA Vadinar at CG play schools.

CGWWA Jakhau organised a painting competition for children to commemorate Independence Day.

CGWWA (ANDAMAN & NICOBAR)

Various competitions like storytelling and Hindi recitation were held in CGKG. Vice Admiral DK Joshi, CNC (A&N) visited the school in November. Children's day was celebrated for a week with the theme "COLORS". Children took part in interschool competitions conducted by YMCA and won prizes. Fancy dress competition with the theme 'tribals of the world' was conducted in December.

Nutrition week was celebrated in January to make the children understand the importance of food and balanced diet. Annual Sports day was celebrated where 178 children participated in various sports and cultural events. Theme based coloring and recitation competition added flavour to school curriculum.

An in house workshop was conducted for teachers of CGKG. Plantation Day was celebrated and Mrs. Jaishree Pande, President Tatrakshika (A&N), alongwith students, planted saplings. Grandparents day was celebrated where the tiny tots performed for their grandparents. Games were also conducted for them. Health camp was conducted in CGKG and health cards were issued to the children.

SRISHTI (Environment)

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

CGWWA (NORTH)

A small herbal garden was set up at TRV, Sector 23, Noida on 09 Nov 09. A variety of medicinal plants were planted by President, Vice President, committee members and residents of TRV.

Tree plantation was carried out on CG land at sector 62, Noida on 16 Feb 10 by President and Vice President Tatrakshika. 12 sapling of tress were planted. The activity was carried out to encourage the practice of growing plants and enhancing awareness and love for the environment.

In Mar 10, Mr Ashish Jain, Director IPCA (Indian Pollution Control Association) was invited to deliver a lecture at Arkaja auditorium, Tatraksak Vihar. A half an hour documentary film was also screened, which showed various steps for saving the environment. Mr Ashish Jain also spoke about the importance of segregation of domestic waste material and how the same can be used thereafter.

Tree plantation activity was carried out at CGOM sector 24, Noida on 14 Jul 10 by President, Vice President Tatrakshika and Tatrakshikas. Saplings of Gulmohar, Amltas, Ashoka and Neem were planted.

Shramdan by children of Tatrakshika Vihar sector 23 was organized on 03 Oct 10. A good response and active participation by children was observed.

CGWWA (WEST)

As a part of the awareness campaign, members of Srishti visited residential area and educated ladies on how to maintain a clean and hygienic surrounding. A demonstration on making dustbin liners and bags out of news papers was conducted as part of an initiative to promote plastics free & green environment.

Abhoriculture landscaping was conducted by Mrs. Bakshi. Tatrakshika members joined hands for planting saplings at Powai as well as Palm Beach Road, Mumbai. Also, demonstration on making Eco friendly Ganpati Idol out of clay known as *Shadu* was given by Mrs. Ratna Sharma. CGWWA Daman planted trees in TRV as a part of 'Van Mahotsava 2010'.

CGWWA (EAST)

On "World Environment Day" Tatrakshikas actively participated in Tree plantation drive and planted saplings at CGRA and OTM premises. On completion, a lecture on importance of "Tree plantation" with useful tips on saving the environment for future generation was delivered at "Multi Activity Centre".

CGWWA (NORTH WEST)

At Gandhinagar CGWWA members planted 'Ashoka' plants at EP's in-living block as part of Environment Day celebrations. At Porbandar tree plantation programme was organized by CGWWA on 30 Jul 09 and 20 July 10 in CGRA wherein about 150 saplings were planted. CGWWA Vadinar alongwith children and CG Personnel planted more than 1000 saplings of different varieties in and around CG area.

CGWWA (ANDAMAN & NICOBAR)

A visit to Central Agricultural Research Institute (CARI), A&N was organized.

Interschool painting competition was organized to spread awareness regarding environmental

SURAKSHA



SANCHAR



SNEHA



issues confronting the world at large. Cashew saplings were also planted. Environment friendly workshop was conducted where the ladies were taught to make paper bags. A show on environment awareness was conducted by CGWWA, Diglipur during the visit of NWWA President.

DWWA coffee morning was conducted by CGWWA in which an exhaustive Power Point Presentation on "Say No to Plastic" was given. Plantation of fruit bearing trees was done by CGWWA, Campbell Bay.

SANCHAR (Communication)

The Sanchar teams of all regions work tirelessly throughout the year to bring out three editions of the quarterly news letter Sandesh, which gives an account of the general CGWWA activities conducted during the quarter in the respective regions. Poems, articles and short stories are also included in the newsletter along with illustrations and photographs of the concerned activities.

The annual magazine URMI is compiled by the Sanchar team of the Northern Region for which articles, stories, poems, photographs etc. are selected from all the regions by their respective Sanchar teams. The editorial team in the Northern Region selects, shortlists, edits and compiles the articles and photographs to finally bring out URMI.

In addition to this the Sanchar teams are also working towards compiling a cookery book which will contain recipes and tips on cooking, contributed by CGWWA members of all regions.

SNEHA (Outreach)

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

CGWWA (NORTH)

The Outreach team along with Vice President visited the Salaam Balak Trust at New Delhi on 25 Mar 10. The team donated ration and food items, along with clothes and stationary item to the trust.

The 'Salaam Balk Trust' was visited again on 14 Jul 10. The visit included interaction with children and stationery items were donated to the trust.

CGWWA (WEST)

Sneha's team visited the Old Age Home JJ Dharmshala and donated rations etc. As part of CG Day celebrations, Sneha team alongwith CG Personnel organised a trip for children from SMILE and Cancer Aid Association onboard ICGS Samrat.

A counselling session on pursuing a career in Coast Guard was organised for children of SMILE foundation by ICGS Vivek.

Drawing sheets were also donated to Blind School for making Braille sheets. Under privileged children were also given daily utility items by CGWWA.

The activities at Kochi included ration distribution to casual labourers, donation of Godrej steel Almirah to children of 'Raksha' a home for children with special needs and distribution of stationery items to the children of St Mary's convent, an orphanage for girls. The same was followed by a sumptuous 'Onam Sadya'. CGWWA Beypore had a wonderful time interacting with children of an orphanage at Vellimadukunnu, Kozhikode where they witnessed cultural programme by children. Sweet, provisions and clothes were distributed amongst the children. Wall clock, toiletries and rations were donated to old age home and pressure cooker and sweet packets were distributed among casual labourers and security guards by CGWWA Daman. CGWWA New Mangalore visited 'The Little Sister Of The Poor' old age home and Prashant Niwas Orphanage where they donated provisions and other utilities. CGWWA also visited Dharam Jyoti Social Centre, Vamanjoore, Mangalore and distributed provisions and fresh fruits to the poor families. Activities at Goa included distribution of stationery items to school going children of servant quarters and rations to casual labourers.

CGWWA (EAST)

Tatrakshika's extended their warmth in reaching the underprivileged in society and held wide spread Outreach activities in the region. The activities included visit to Orphanage and Old age home run by Saraswathi Ammal Charitable Trust Chennai and distributed clothes, eatables, computers collected from CG fraternity.

Tatrakshika celebrated Coast Guard Day with a noble activity and conducted a special "Day at Sea" for Spastic and especially abled children. The love and affection showered upon them by Tatrakshika fraternity has made their day a memorable one.

Another neglected and needy community received the embracing by Tatrakshika's was the children of casual labourers of various shores establishments at Chennai. The school bags and reading material were distributed and were made to realise the importance of education to their wards in building them as responsible citizen of country.

CGWWA Puducherry organised visit to an orphanage and extended their helping hand. Visit of President Tatrakshika(East) to Baby Sara Illam was also organised. As a special gesture towards casual labours, CGWWA Mandapam distributed dry provisions, clothes, household materials amongst them and served them meals. CGWWA Kakinada extended help and support to Vimukti children Home Pathshala at Sambamurthi Nagar, Kakinada by distributing mats, eatables and household items. At Vishakahapatnam Tatrakshika members donated dress material, rice, sugar, milk, oil etc to the old age home. Outreach activity at Paradip included donation of sports items for specially abled children of Jagruti School and umbrellas for casual labours. CGWWA Haldia donated medicines, bed sheets and other utility items to poor people of a nearby slum.

CGWWA (NORTH WEST)

CGWWA Gandhinagar members visited old age home and handed over religious books, biscuits, sweets, soaps and toothpaste to them. Later a fully automatic washing machine was presented and WCs was also changed from Indian style to western in the old age home. A visit to deaf and dumb school was also organised wherein note books and toiletries were handedover to the school. CGWWA Porbandar organised a visit to blind school where dry provisions and eatables were distributed. They also organised distribution of umbrellas to the Coast Guard Mess boys and house maids working in the enclave and rations, toiletries, bed sheets, towels etc to an old age home.

CGWWA Surat visited an orphanage home at Surat and organised a lunch for the children. Activities at Okha included distribution of old and used clothes to the ladies employed in CG enclave for construction, and Umbrellas and Caps to the casual labourers and catering staff working in CG enclave. CGWWA Vadinar organised visits to 'Vridh Ashram', Jamnagar and 'Dhar Primary School' for poor children. Various utility items like notebooks, pencil, erasers, chocolates etc were distributed.

CGWWA (ANDAMAN & NICOBAR)

A day long shramdhan was organised at the A&N Multiple Rehabilitation Centre that harbours children and adults suffering from various disabilities. CG families donated toys, clothes, books and sports items.

A sumptuous meal was provided to the inmates of Rehab Centre, on 01 Jan 2010. CGWWA member (Hut Bay) in association with NGO 'prayas' is rendering her services as councilor cum social servant to the less privileged. Fruits were distributed to the patients of Community Medical Centre, Diglipur.

Maid Servants Day was organized in the CGWWA centre. Rations were distributed to them. Study materials and stationary items were distributed to their children.

CGWWA AWARDS – 2010



Meritorious Award For Children

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

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

Congratulations to all our winners of this award.

Northern Region



Shreya Roy
D/o DIG K Roy
VIII (95.17%)
The Lawrence School,
Lovedale, Ooty



Kavita Sharma
D/O OP Katara, Adh(RO)
VIII (90%)
KV-1, Nsb, Vizag (AP)



Deepali Verma
D/o AK Verma,
PSE
12th (92.4%)
KV, Noida

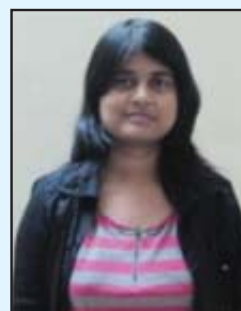
Western Region



Ketaki Vaidya
D/O DIG SK Vaidya
IX (94%)
KV Mumbai



Vinita Sangwan
D/O Nafe Singh
Adh (ME)
XI (87.00%)
KV Mumbai



Anupriya Khataavkar
D/O UM Khataavkar
U/Adh
XII (90.2%)
KV Mumbai



Paramjeet
S/O S Chand, Adh
VIII (96%)
KV Mumbai



Sonika Sharma
D/O AK Sharma, U/Adh
IX (94%)
KV Kochi



Supriya Kumari
D/O Anil Kumar, Adh
VIII (96.33%)
KV Kochi



Natasha P Paul
D/O Comdt VK Paul
XII (91%)
Avila Con M HSS
Velandipalayam

Eastern Region



Shivani Nath
D/O Comdt R Nath
VIII (97.2%)
KV, IIT Campus
Chennai



Devyani Nath
D/O Comdt R Nath
X (Grade : 10.0)
KV, IIT Campus
Chennai



SDS Sabharwal
S/O DIG JS Sabharwal
XII (96.4%)
KV, CLRI, Chennai



Saritha Singh
D/O Dilbag Singh, U/Adh
IX (96%)
KV-2, Nav Sena Bagh, Vizag



Anjali Gautam
D/O HP Gautam, P/Adh
XI (97.2%)
KV-1, Nav Sena Bagh, Vizag

North West Region



Twinkle
D/O Rajesh Kumar
Adh(RO)
VIII (95.33%)
KV Porbandar



Trisandhya Nayak
D/O BC Nayak
Adh (AE)
IX (90%)
KV Porbandar



Ashvin
S/O SD Sharma
U/Adh
X (96%)
KV GPRA Complex,
Chennai



Shiksha Saini
D/O D Singh
Adh
VIII (95.8%)
KV Okha Port,
Gujarat

A & N Region



Shivani Singh
D/O SK Singh, USE
VIII (95%)
KV-II, Port Blair



Manish Indal
S/O Subhash Chand, Adh
IX (Grade : 9.6)
KV-II, Port Blair



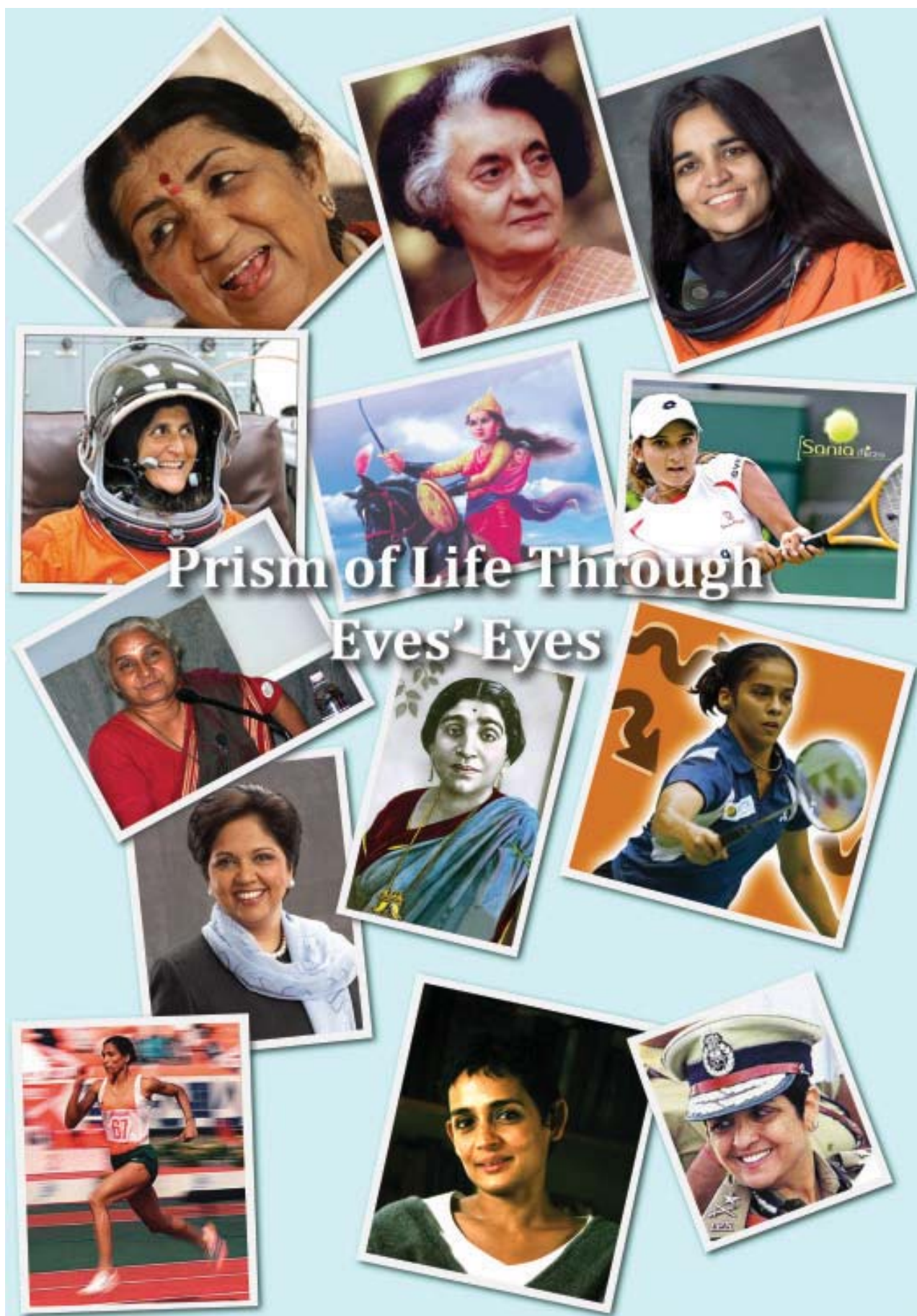
Gaurav Kumar
S/O Sajjan Kumar, Adh
X (Grade : 9.8)
Shiva Shiksha Sadan
Dev Nagar, Sonipat



Renu
D/O Satbir Singh, Adh
X (Grade : 9.8)
KV, CGS Colony,
Koliwada, Mumbai



A Rini Sharon
D/O Comdt SED Anand Kumar
XI (88.8%)
Carmel Senior Secondary School
Port Blair



WOMEN ADVANCEMENT AND SOCIAL EQUALITY

“ _ _ _ for when women are the advisers, the lords of creation don't take the advice till they have persuaded themselves that it is just what they intended to do. Then, they act upon it, and, if it succeeds, they give the weaker vessel half the credit of it. If it fails, they generously give herself the whole”.
- Louisa May Alcott

India today is at the cusp of a paradigm change in its growth and its position in the world. We (both men and women) must act decisively to capture this opportunity. We need to think big and scale up rapidly in each and every area, be it education, infrastructure, industry, financial services or equality of both genders. For around two centuries, social reformers and missionaries in India have endeavored to bring women out of confines in which centuries of traditions had kept them. According to the 2001 Census, the percentage of female literacy in the country is 54% up from 9% in 1951.

But we should not forget that history is a witness to the women who have in the past demonstrated unique leadership capabilities. Razia Sultana, Rani of Jhansi, Sarojini Naidu and Indira Gandhi are such examples of powerful women. Earlier, most women were able to demonstrate leadership qualities only on their home fronts, as in Indian society, man acted as the master of the scene and the decision of promoting equality has always been taken by him. God has gifted women with compassion, tender-heartedness, caring nature, concern for others. These are very positive signs which imply that women can be leaders. Though some women have shown their mettle, yet a large number of them have to sharpen their leadership qualities in various ways. In order to help women to be in the limelight, the status need to be alleviated. Therefore, equality for women is a prerequisite to transform a developing country into a developed society.

I would like to peep into the past when the stature of women was destroyed. They were treated as chattel in the early Roman society. In France, they were termed as half-soul creatures responsible for the destruction of society. The Chinese considered them as devil's soul. Japanese men preferred to live unmarried lives. Before the advent of Islam, Arabs buried their daughters alive considering them as a sign of disgrace. In this way, they deprived women of their due place. Most men view themselves as being the superior life-form in society. They justify this belief by saying that they are stronger and more capable; thus, making them more qualified for the more important roles in society. They place themselves on a higher pedestal and make women feel inferior to men in their incapability to excel educationally, politically, economically and domestically. But the truth is that women have advanced in all those areas.



In Shakespeare's works, many female characters are portrayed as being manipulated, if not controlled outright by the men in their lives as fathers, uncles, suitors, and husbands. Therefore, Shakespeare's works appear to send mixed signals regarding the notion of female upliftment. It has multiple interrelated and interdependent dimensions; economic, social, cultural and political. It can be understood in relation to resources, perceptions, relationships



and power. But what actually does women advancement mean? Women advancement generally has three components : firstly, women's sense of self worth; secondly, their right to have the power to control their own lives, both within and outside home; and lastly, their ability to influence the direction of social change to create a just social and economic order nationally, internationally and universally.

Educational attainment and economic participation are the key constituents in ensuring the advancement of women. Educational attainment is essential for women in all spheres of society, for without education of comparable quality and content given to boys and men, updated with existing knowledge and relevant to current needs, women will not be able to have access to well-paid formal sector jobs and advance with men. The economic growth of women is a vital element of strong economic growth in any country. Empowering women enhances their ability to influence changes and to create a better society.

Other than educational and economic advancement, changes in women's mobility and social interaction and changes in intra-household decision-making are necessary. Slight improvement in women's involvement in household decision-making in male-headed households, on such issues as credit, the disposal of household assets, children's education and family healthcare can work wonders. Traditionally, gender based divisions persisted in intra-household decision-making. Women basically decide on food preparation and men make the financial decisions. Women are one of the greatest assets in our society. They are equal to men in all aspects. Women are perfectionists in the power to create, nurture and transform. Today, women are emerging as leaders in a growing range of fields, be it aeronautics, medicine, space, engineering, law, politics, education, business...you just name it and they are there.

We are now witnessing a steady improvement in the enrolment of women in schools, colleges and even in professional institutes. In this decade, women are entering into the job market in increasing numbers. They are showing their skills even in non-traditional sectors like the police, defence, administration, media and research fields. Twenty-six laws have been enacted so far to protect women



from various crimes. The recent law on the 'protection of women against domestic violence' satisfies the long pending demand of the women activists. In the political field, reservation for women is a significant step forward towards their political empowerment. After thirty-three percent reservation for women in Parliament has become a reality, women's voice is being heard in the highest forum of democracy. But a lot of work has to be done as there is still a category of women (who consider themselves highly educated) that proudly accepts that they don't have digital literacy even though they own a computer, they cannot even operate bank accounts or make travel arrangements for family or handle hospital admissions even during emergencies. Even for a simple task like social visits or shopping generally they need the company of their husbands. Women in India feel proud to display that they are well protected and pampered by their husbands without realizing that they are making themselves helpless. Such women's economic literacy is so low that they cannot play any role in the family's decision

regarding budget, savings and investments. To such women, the national budget discussion is for men only and soap operas are for them. Such women suffer a lot if something untoward happens to their husbands. This type of extreme dependency is not good for the development of women. Women should remember that they are also rational, intelligent and thinking human beings. Dependant women are not empowered women. Advancement means to inspire women with courage to break free from the chains of limiting beliefs, patterns and societal or religious conditions that have traditionally kept women suppressed and unable to realize their true beauty and power.

Some qualities to be acquired by women to become truly empowered are awareness about risk prevailing at home, in work place, in travelling and staying outside home. They should have political, legal, economic and health awareness. They should have knowledge about support groups and positive attitudes towards life. They should get goals for future and strive to achieve them with courage. The best gift parents today can give to their daughters is education. If women choose to be ignorant then all the measures taken by the Government and women activists will go in vain. Even in twenty-fifth century, they will remain backward and will be paying a heavy price for their dependence, So, it is a wake-up call for women to awake from their deep slumber and understand the true meaning of their empowerment. In the end I would like to conclude with the following words, "Women as the motherhood of the nation should be strong, aware and alert".

*Mrs. Sunitha Singh
W/o M Singh, P/Adh*

THE FIRST WOMEN : INDIAN PERSPECTIVE

- | | |
|--|---------------------------------|
| 1. The first woman president of India | - Mrs Prathibha Patil |
| 2. The first woman Chief justice of the High Court | - Ms. Leila Seth |
| 3. The first woman judge of the High Court | - Anna Chandi |
| 4. The first woman judge of the Supreme Court | - Ms. Fatima Beevi |
| 5. The first woman to be crowned Miss. Universe | - Ms. Sushmitha Sen |
| 6. The first woman Chief Engineer | - Mrs P.T. Thresia |
| 7. The first President of Indian National Congress | - Dr Anne Besant |
| 8. The first woman Magistrate | - Mrs. Omena Kunjamma |
| 9. The first woman to Circumnavigate | - Ujwala Rai |
| 10. The first woman to be crowned Miss. India | - Reita Faria |
| 11. The first woman to win Nobel Prize | - Mother Theresa |
| 12. The first woman to be crowned Miss World | - Reita Faria |
| 13. The first woman DGP | - Kanchan Chowdhry Bhattacharya |
| 14. The first woman Advocate | - Cornelia Corabji |



*RC Behera
P/Nvk (WTR)*

“GUNNIKA” OUR DAUGHTER

1. **Gunnika’s first day to school**.....A tiny hand clutched me tight as we walked down to our destination. It was difficult to say who was more nervous – me or my young daughter who seemed unusually quiet on that day. As we entered the school gate I could feel that grip was getting tighter.
2. As she was led to classroom, she looked around and examined cautiously the grills enclosing the balcony all around. The grills certainly did seem unnecessary even to me. It was only later that we realised they were necessary for security reason and for keeping away anxious and prying parents who may add to the child’s misery, by constantly peeping in. We tend to feel as parents that our place should always be at our child’s side to make them comfortable and feel secure. I was beginning to learn how wrong we were. It is needless to say that Gunnika went in sobbing and that left me and my husband even more miserable. We started analysing the system rather critically – the system that involves a young child being sent to a play school. But I guess it was only our apprehension about seeing Gunnika so miserable that made us think like that.
3. **As days passed by**The following day got gradually better and a day came when Gunnika started looking forward to school. It was only later that we were told that it was her grand mother’s lap (who was also a teacher there) that was so comforting to her. The problem was that she wanted to be in her lap all the time. The “Lap Syndrome” also passed and Gunnika started opening up.
4. **A New School** ? She had hardly made some friends when, we were given marching order for another unit in another city. When I shared this with some of the parents, to my shock we realised that they were also looking for another school. They justified their stand by saying that admission into these schools would assure their child into prestigious school. They advised us also to do the same. The admission fever had alarmingly begun. We decided to wait while my husband moved on to his next unit.
5. **“The Sharing Day”** After few days something very interesting happened. On a particular day Gunnika was reluctant to carry “Veg Sandwich with Tomato Sauce” in her tiffin to school. She insisted that I should give her something else for school and that she would have “Sandwich and Sauce” before going to school. “Gunnika and sandwich with sauce” is inseparable. She smacks her lips with every bite. It is pleasure to see her enjoying it. We then found the



reason for her discomfort. On this day it happened to be “Sharing Day” . This meant she would have to share what she longed for most with everyone. I could see her dilemma. We decided not to make an issue out of it. Some days later she was very upset because another child had not shared something with her. We reminded her of how she had behaved regarding her “Sandwich and Sauce”. She kept quiet, we were pleasantly surprised when on another day she readily took along with her the “Sandwich and Sauce” on the sharing day. To this day she does remain possessive about things that are very dear to her. But the fact that she had been introduced at such an early age to the not-so-easy concept of sharing was a positive and a definite reason for us to let her continue where she was.

6. **Gunnika becomes more inquisitive**..... As she was growing there was a definite change for the better in Gunnika. Alongwith her emotional growth came a barrage of questions, some times difficult to answer. Once she was upset about the subject of death. To comfort her, we told her that after this life there is re-birth and so she should not worry. This seemed to satisfy her-or atleast we thought so. On the following day while crossing the road, I advised her how to be careful. She at once said “Don’t worry mamma if we die, we will get a rebirth” I was taken aback. We finally managed to convince her that even though we may be re-born, it was our responsibility to look after ourselves and our bodies in each life.



7. **Open House**..... Recently Gunnika went with us for her open house function at her school. We must admit that on the day of the open house both myself and my husband were nervous but not Gunnika. She was absolutely relaxed and this was very re-assuring for us. During interaction with class teacher, which was going quiet smoothly Gunnika was so far standing by our side, politely but firmly insisted that she wanted to sit down too. The teacher asked her to sit down with one of us. Gunnika said 'No' and insisted she should have a chair of her own. We were zapped and felt proud of the “Self respect and Pride” that had been instilled into my young daughter and while interaction I silently thanked everyone who was responsible for making Gunnika what she was to that day. Thank u teachers, my son also knocks at the doorsteps of your lovely school tomorrow.....

Rachna Ranjit Singh



BEING TATRAKSHIKA - THE BETTER HALF **IN INDIAN COAST GUARD**

She is emotion She is smile She cries when she is happy ... She puts on joy when life seems tough ... She cooks, cares, manages, teaches, takes the legacy forward. She is a woman! Nevertheless ... the most beautiful creation. I learnt that God worked six days doing overtime, and was still unable to finish the making of a woman. He found it difficult because he wanted to make her "Unique" with the amalgamation of the extremes which "men" are not.

As a Tatrakshika, the duty and responsibility gets strengthened. Most of us remain in a secluded environment before experiencing the "always in service" life of Indian Coast Guard. The term "sailing" has remained in our daily dictionary. But yes! No gain comes without pain. The abruptness and discipline of being in the Defence force back up has enabled me to fight fear and run my family with better and greater ability. As a couple "We" have learnt the importance of each other and became the pillars more than any routine job holder could do. Life isn't always a bed of roses here. True but we have learnt to celebrate life unusually. I hear couples complaining about losing the affinity, after 4th year of their marriage. But I believe with years we have grown young and supportive. There lies the charm of being a Tatrakshika !

Unlike other jobs, I agree that the work pressure, risk and uncertainty lies more here. We grudge not being able to celebrate many festivals together, we question our meager salary but with all this, the woman of the house becomes more calculative, adventurous and understanding on home front which truly enable the man to go and take more responsibility in his work sphere. Undoubtedly, if a Tatrakshika fails to perform her duties with ability, a Tatrakshak can never be able to give his best to the Service.

I whole heartedly believe that a woman stands strong behind the success of a man but the essence of success remains incomplete if the man fails to acknowledge it and allow it. Same way, I try to become a part of his success story but I will not fail to deny that it is he who encourages me with his faith and love.

"In our faith dwells our Love ...
In our love dwells the peace
With peace dwells bliss of home
With bliss we can acquire goodness,
Plenty and success.
The "Life" of our home."



Mrs. Manorama Routh Bagchi
W/o Bikash Bagchi
P/Nvk(ME)

EMA KEITHEL **(Mother's Market)**

Do you remember, who gifted first medal to India in the recently held Common Wealth Games, Delhi 2010. They were two Manipuri young women. Not only in sports, women like Mary Kom and others, the contribution and role of women in Manipur society is tremendous.

Khwairambandh Bazar (main market in Imphal founded by Khagemba Maharaj around in 1580 AD), popularly known as Ema Market (in Manipuri, mother's market) or Nupi Keithel (women's market) is located in the heart of Imphal city; this market is unique as all the sellers are women alone. It is said that this is the only market in the whole world which is run only by women. Gents are not allowed for trades.

Bilasini Devi's day begins early in the morning. She wakes up at 4 am, performs her household chores and then departs for Imphal, the capital city of the Northeastern state of Manipur by jeep. There she goes to Khwairambandh Bazaar where she sits in her little stall selling vegetables till late evening. She then goes home to prepare her family's meals and retire for the night. She has to work really hard as her fisherman husband's earnings are too meagre to support the six member family.

Mema Devi's (another woman) life is quite a comfortable one. She lives with her husband, two sons and daughters-in-law in a posh locality of Imphal. As in countless Manipuri households the daughters-in-law share the burden of almost every household duty between themselves, leaving Mema with loads of time on her hands. Rather than waste it at home the latter prefers to go to Khwairambandh Bazar at 10 every morning, and sits in her stall selling "phaneks" or the Sarongs worn by Manipuri women. She exchanges gossip with her friends, chews "kwa" or paan and is content with life.

These two women are only two instances of the hundreds of women sitting in Khwairambandh Bazar, popularly known as Ema Market (mother's market) or Nupi Keithel (women's market). Located in the heart of Imphal city, one gets almost everything the heart desires from fish and vegetables to exquisitely embroidered Manipuri shawls and beautiful crockery. A walk through this market is an experience in itself. The market is on the 'must see' list of every tourist who comes to Imphal.

Manipur boasts of strong woman power. The 'Nupi Lan' (Women's War) was a famous uprising of common, mostly unlettered Manipuri movement against the all-powerful British rule in 1939. A monument in the town square in Imphal commemorates this incident. Manipuri women are also called 'meira paibis' or torch bearers as they come out with flaming torches to protest against unlawful incidents. Women stand for panchayat elections, sit on councils and are also extremely hardworking within the home.

I recall a Manipuri anecdote regarding a colleague's visit to Ema Keithel (Mother's Market) and his shock at witnessing the slapping of a persistent and unruly bargainer by a woman stall-keeper. Manipuri women are the no-nonsense kind. But they are also very gentle with children and very religious. In Ema Keithel one may see women like Bilasini Devi who are there to make a living sitting

side by side with well-off women trying to kill boredom. Whatever the case, this is woman-power at its peak.

In a world, particularly a country like ours where dowry deaths, female foeticide, discrimination against women and other crimes against women seem to be on the rise, Ema Keithel (Mother's Market) of Manipur stands out like a beacon, a tower of female strength. May the power of women, the power of the Mother Goddess rise and many more Ema Keithels come in this world.

*Mrs Rita Devi
W/o Comdt. SM Singh, TM*

MOTHER

Eyes filled with the light of Love
A heart that is the purest
The sweetest sound I've ever heard
She's worth one hundred teachers.

The holiest thing alive
Who ran to help whenever I fell
Kissed my wound to make it well.

That strong deathless love within her heart
Is second to none
Am indebted to her first for my life
And now for making it worth.

The workmanship of God
The miracle of the world
The glory of angels
The top most wonder of this earth
Heaven is never where she's not
"Mother" A word that means the world to me.



M Bag, Nvk (RO)

NORTHERN REGION



NORTHERN REGION



MUTHULAKSHMI REDDY **FIRST WOMAN LEGISLATOR**

Muthulakshmi Reddy, the first woman legislator, was appointed to the Chennai Legislative Council in 1927. For her, this nomination marked the beginning of her life- long *effort* to “correct the balance” for women by removing social abuses and working for equality in moral standards. She was one of the women pioneers who stood for the cause of liberating India from the British. She was a woman activist and a social reformer too. Muthulakshmi had many firsts to her recognition. She was the first girl student to be admitted into a Men’s College, the first woman House Surgeon in the Government Maternity and Ophthalmic Hospital, the first woman legislator in British India, the first Chairperson of the State Social Welfare Advisory Board and the first woman Deputy President of the Legislative Council and the first Alderwoman of the Madras Corporation.

Early Life of Muthulakshmi Reddy

Muthulakshmi was born in the princely state of Pudukottah in 1886. *Her father was S. Narayanasami*, a Brahmin and the principal of Maharaja’s College. Her mother was Chandrammal, born to the Isai Velala caste, a caste whose women danced and sang in temples. S. Narayanasami broke with tradition and sent Muthulakshmi to school. The child’s enthusiasm for learning was so great that Muthulakshmi’s teachers decided to instruct her in subjects beyond those approved by her father. At the onset of puberty she was obliged to leave school, but tutoring continued at home. Chandrammal wanted to search for a bridegroom but Muthulakshmi had different aspirations. She expressed a need to be a different woman from the common lot. She pitied women for their subordination to men and inwardly rebelled whenever she heard people say that only boys needed education.

When Muthulakshmi passed the matriculation exam she applied for admission to Maharaja’s College but her application was not welcomed by the principal at the time or the parents of other students. Her gender was a factor and so was her background. The principal thought she might “demoralize” the male students. The somewhat enlightened Maharaja of Pudukottah ignored these objections, admitted her to the college, and gave her a scholarship. Her father suggested she become a school teacher but she had higher aspirations. She entered Madras Medical College, completed her studies in 1912, and became house surgeon in the Government Hospital for Women and Children in Chennai. She later married Dr. D. T. Sandara Reddy on the demand that he promised to “always respect me as an equal and never cross my wishes.” In 1914, when she was twenty-eight years of age, they married in accordance with the 1872 Native Marriage Act.

Influences on Muthulakshmi Reddy

During her college years, Muthulakshmi met Sarojini Naidu and began to attend women’s meetings. She found women who shared her personal concerns and addressed them in terms of women’s rights. The two great personalities who influenced her life were Mahatma Gandhi and Dr. Annie Besant. They persuaded her to devote herself for the upliftment of women and children.

She worked for women's emancipation at a time when women were confined in the four walls of their room.

Reform Works of Muthulakshmi

She went to England for higher studies and she gave up her rewarding practice in medicine in response to a request from the Women's Indian Association (WTA) to enter the Madras Legislative Council. She was elected unanimously as its Deputy President. She led the agitation for municipal and legislative franchise for women. She was concerned about the orphans, especially girls. She arranged for them free boarding and lodging and started the Awai Home in Chennai.

Muthulakshmi was the author of numerous social reforms. Her book 'My Experience as a Legislator' records all her services in the Legislature. She passed a resolution to establish a special hospital for women and children. The then Government accepted her suggestion and opened a children's section in the maternity hospital. She recommended systematic medical inspection of students in all schools and colleges, run by municipalities as well as other local bodies. Kasturba Hospital at Triplicane is a monument to her efforts.

Muthulakshmi Reddy was the President of the All-India Women's Conference. She passed the Bill for the suppression of brothels and immoral trafficking in women and children. A home for rescued girls and women was opened through her efforts to provide shelter to women and girls rescued from brothels. Due to her efforts a hostel for Muslim girls was opened and scholarships were given for Harijan girls. She recommended to the Government that the minimum age for marriage be raised to at least 21 for boys and 16 for girls. Muthulakshmi also started the Cancer Relief fund. This has now developed into an all-India institution combining therapy and research on cancer and attracting patients from all over India. She became the first Chairperson of the State Social Welfare Board. Her work on the Hartog Education Committee, which incorporated a study of educational progress in India, is a great achievement. As a member of the Hartog Committee she travelled extensively and studied the progress of women's education throughout the country. She was the only woman member of the committee and brought about many improvements. She was also the editor of Roshini, an important journal of AIWC.

Muthulakshmi Reddy continued to fight for her cause till the end of her days and never let anything come in her way. Even at the age of 80, she was energetic and vibrant. Her human preoccupations took her away from politics and she stuck to her mission and Gandhian ways. She was awarded the Padma Bhushan by the President of India in 1956. Her two outstanding monumental gifts for humanity remain the Awai Home (for children) and the Cancer Institute.

*Babita Ahalawat
W/o SS Ahalawat*

RESERVATION IN POLITICS

It is impossible for a bird to fly only on one wing. In the same way the development of the country is impossible without contribution of women.

When our countrymen were struggling and fighting, the women folk also fought shoulders to shoulders and whole heartedly supported freedom fighters. During India's struggle for freedom, the position of women took a favourable turn. The role of women in the fight for freedom cannot be undermined.

Sarojini Naidu, Mira Ben, Sucheta Kriplani, Vijay Laxmi Pandit, Aruna Asif Ali, all played a very crucial and enthusiastic role in the struggle for attaining freedom. Women constitute approximately 50% population of the nation. If they are given the task for the development of the country they can make a wonder. It is observed that women are more dedicated and devoted to their duties and have much potential than men by nature. Many women have proved themselves dynamic, vibrant, sincere and perfect in many fields all over the world.

Supercop Kiran Bedi, Chandrika Kumartunga, Serimayo Bhandarnaike, Smt Indira Gandhi have proved themselves in all manner better than their male counter parts.

Can a society in which women are ignored make any progress? As above has been discussed that women are half of the total population. So if this half part remains undeveloped, stunted to growth, deficit of enjoyment of opportunities, which makes life full, it is impractical to expect such a society to progress and grow to its full potential.

In the direction of women empowerment, Sharda Act, and the following are some of the measures taken lately. A national plan of action for women has been formed in 1976. Then there is a Women Bureau, a national machinery for co-ordinating the implementation of welfare programmes.

In order to ensure special attention to women, a special department for women and child development was set up in 1985 under newly constituted ministry of Human Resources and Development. India observed the year 2001 as the year of Women Empowerment.

It was indeed an interesting and historical instant when the women reservation bill was tabled in the Rajya Sabha this year. Moreover, it was the 100th anniversary of International Women's day on Mar 8th. The bill has been introduced several times in the parliament and state assemblies but couldn't take the form of an act hitherto. The bill (108th amendment in constitution) ensures 33% reservation for women in parliament and state assemblies. The Congress chairperson Mrs Sonia Gandhi single-handedly brought the Left and the Right together. Almost all parties except RJD and SP supported the bill. The BSP chairperson Miss Mayawati putting in question the bill said it requires some amendment (reservation for SCs and STs). Although the bill was passed by Rajya Sabha but it got suspension in Lok Sabha. The bill to be transformed into an act has to go through many steps. The President

approved it finally. Out of 28 assemblies of the country 18 have to pass the bill. The congress itself with its allies covers 18 assemblies. The bill will become an act only when it gets at least two-third of total votes in Rajya sabha and Lok sabha individually.

It is not too late even now. Let us provide the women with the status they deserve, the status of equality and dignity, of respect and recognition.

- Ajay Kumar Pandey NVK (RP)

WOMAN

WHEN GOD DECIDED TO BEAUTIFY THE EARTH,
HE SENT A LIVING CREATURE WITH THE INTENTION OF THIS WORK.

A WOMAN...

AN EXCLUSIVE PIECE OF HUMANITY,
CATERED FOR EVERY EMOTION, TENDERNESS AND DIGNITY.
A RARE BLEND OF BEAUTY AND STRENGTH IN EVERY WALK OF LIFE ,
PLAYING THE ROLE OF A PERFECT, MOTHER, DAUGHTER, SISTER OR WIFE.
SHE POURED LOVE AND AFFECTION TO THE FULLEST QUANTITY,
NEVER DID SHE CARE MUCH FOR HER OWN ENTITY.

WHO WAS SHE?

THE DEAR GOD CONVENIENTLY FORGOT TO GIVE HER '**HER**' STATUS,
HIS POOR CREATURE STILL...
STRUGGLES TO SAVE SOUL IN THE FOETUS.

WHAT WOMEN'S DAY MEAN TO ME?

March 8th is celebrated as International Women's day all over the world. I am sure millions of women out there in our country do not know about it, and even if they know, do not really understand what it purports to signify.

I was curious to know about it and googled the facts and came to know that it symbolizes the political, social and economic achievements of women and this day many decades back women in the garment and the textile industry staged their first protest against the poor working conditions that existed in the work place. In certain other places it is celebrated as the first day of the spring season.

Of course, of late, it has taken on a different dimension and has become more like the Valentine's Day and an opportunity for men to show their love for their woman and splurge gifts on them. No wonder the media has left no stones unturned in cashing in on this opportunity by running special films, shows and programs on women. Interviews with alpha women or wives of celebrity husbands, models, film stars, divas etc ... Newspapers run special editions on the same lines with full page advertisements of businesses that cater to women's needs; be it clothes or jewellery or miracles of age defying creams and promises of doing away with wrinkles.

Articles celebrating womanhood and women who have risen above their limitations and shackles and created history also do appear in the media. However such achievements are personal and individualistic and therefore cannot be called as collective success. Ironically, we see very few women groups achieving success on a big scale. Of course women's representation in politics has gone headway but again questions on why women need reservations are worth considering. As we move ahead instead of gradually scaling down reservations we are creating new categories.

I have never stopped wondering how women are glorified in verse as symbols of love, patience, fortitude, motherhood ever forgiving, ever calm and resilient. I was constantly puzzled about it and often used to wonder whether a woman is always like that. As my circle of knowledge widened with the sharing of thoughts and opinions, I found to my relief that my sisterhood was also as puzzled as I am, each one of us thinking we are the odd person out. I am daughter, sister, cousin, friend, wife, daughter-in law, sister-in-law, a boss, a subordinate, a neighbor among our many dimensions. In all these dimensions there have been tender moments filled with love, patience, forgiveness, sacrifice and togetherness but there have been occasions I have exhibited qualities that cannot be called exactly womanly virtues. A little aggressive, a little brusque, mean, petty, selfish, angry and to my kid sometimes unforgiving for little mistakes too.

In our culture, Shiva, the God of destruction is called as ardhanari or a half woman. It is believed that every man has a woman in him and every woman has a man in her too. It is the percentage of domination that makes us what we are outside physically and sexually, a man or a woman.

For me women's day is not a celebration for women but a celebration for the woman in each of us whether a man or a woman. The woman in a man makes him a devoted son, a caring brother, a

loving husband and a great father to his children. It makes him a sensitive boss, a sincere boss, a sincere worker and an accommodative neighbor too.

So come on Ladies and Gentlemen let us all recognize this fact of nature and accept each other with grace and tolerance and celebrate the woman in us that makes this world a loving place to live in.

Mrs Viji Chandramouali
W/o Comdt P Chandramouali

THE DEFENCE OFFICER'S WIFE - An Enduring Species

The good lord was creating a model for armed forces wives and was into his sixth day overtime when an angel appeared. She said, "Lord, you seem to be having a lot of trouble with this one. What's wrong with the standard model 7" ?

The Lord replied, "Have you seen the species on the order 7? She has to be completely independent, possess the qualities of both father and mother, be a perfect hostess to four or forty at an hour's notice, run on tea or coffee, handle every emergency imaginable without a manual, be able to carry on cheerfully even if she is pregnant and suffering from fever, and she must be willing to move to a new location twenty times in 30 yrs. And, Oh !! she must have six pairs of hands."

The angel shook her head. "Six pairs of hands. No way."

The Lord continued, "Don't worry; we will make other armed forces wives help her. And we will give her an unusually strong heart so it can swell with pride in her husband's achievements, sustain the pain of separations, beat soundly when it is overworked and tired, and be large enough to say 'I understand' when she doesn't and say "I love you regardless."

"Lord," said the angel, touching his arm gently, "Go to bed and get some rest, you can finish this tomorrow."

"I can't stop now," said the Lord, " I am so close to creating something unique. Already this model heals herself when she is sick, can put up six unexpected guests for the weekend, wave goodbye to her husband from a pier, a runway or a rail station and understand why it's important that he leaves."

The angel circled the model of the armed forces wife, looked at it closely and sighed, "It looks fine, but it's too soft."

"She might look soft," replied the Lord, "But she has the strength of a lion. You would not believe what she can endure."

(Downloaded from Internet)

Madhavi Dikshit

THE STORY OF A DAUGHTER

When my father was diagnosed with Cancer in Jun 2010, little did I know that it was the beginning of a long dark phase of shock, pain and trauma in my life which would ultimately leave me numb. My parents lived in Dehra Dun, where treatment for cancer was not upto date. So my brother who lives in Bombay asked my father to go there for treatment, but my father opted to be treated at the Rajiv Gandhi Cancer Institute in Delhi where I would be near him. My family has a lot of confidence in me when it comes to dealing with doctors and hospitals because of my medical education. So my brother and mother were satisfied that dad was in good hands. On 21 Jun on our third visit to the hospital the oncologist gave us some good news. The cancer was in its most initial stage and only needed 4 weeks of radiation to be completely cured. Relieved, my father and I were returning from the hospital, when without warning dad collapsed at the metro station. I was all alone surrounded by strangers, trying to revive my father. The security guards (God bless them) at the station helped me take him to the hospital. We were in emergency in a good hospital within 20 mts, but to no avail. My father was no more. He had had a sudden cardiac arrest. I didn't know what to do. I was alone in a hospital, miles away from home with my father, who was joking and listening to music a short while ago, now lying lifeless on a stretcher in front of me. My cousin brother who had dropped us at the metro station, arrived shortly and called up my husband and relatives. Everyone was by my side within 30 mts. My only brother would only be able to reach us by midnight from Bombay. I have very vague memories of what followed. The journey to Dehra Dun, the grief of my mother and my brother, the rituals etc. My mom fell ill after seeing my father who had left her four days ago, hale and hearty, fit as a fiddle, come home in a mortuary van. Being a patient of rheumatoid arthritis and almost bed ridden, there was no question of leaving her alone in Dehra Dun, so it was decided that she would now live with my brother and his family in Bombay. Her doctors advised her not to undertake such a long journey in her condition. So we decided that she would stay with me in Noida until she was well enough to travel to Bombay. My brother and myself wound up our house in Dehra Dun within 10 days because no one would now live there. It was a very painful thing to do, to wind up an entire lifetime in 10 days and lock it up. It broke my mom to see the house locked which she and my father had built and nurtured so lovingly and where we had spent our childhood. But we had no option, we just could not leave mom alone. After we came to Noida, and my brother left for Bombay, began a long painful journey of mourning my father. My mom and I both pretended to be very brave, but privately we were both miserable. We cried in our respective rooms, and laughed in the presence of the other. Meanwhile, her physical condition was improving drastically as she was under the care of good rheumatologists. She started walking a little distance with the help of a walker. Finally I could see a silver lining to the cloud but it was not to be for long. On 23 Sep we got news that my mom's mother was in a coma. I decided I would take my mom to meet my grandmother, no matter what. You see, because of her inability to walk and non availability of lifts, my mom had to be carried up and down the steps, so it was a bit of a challenge to take her somewhere. On 24 Sep, we spent a full day with my grand mother, and I felt a great sense of achievement, when my mom said she was happy to have seen her mom. On 28 Sep, we got news that grand mother had passed away. Nature had dealt another blow to my mother. She was totally heartbroken. Among 7 siblings, she was the eldest and closest to my grandmother, often teased by her sisters as her "diamond spoon". Her grief knew no bounds. Now it become even

more difficult for me to even make her smile. My brother who had come to pay his last respects to my grandmother was happy to see mom improving physically. She too was happy to see him. He went back to Bombay on 03 Oct. At 03.00 AM on 05 Oct, my 08 years old son woke me up saying “mom, nani is calling you.” I was frightened, because mom never woke me up at odd hours to attend to her. I ran to her room, she was breathing heavily. She had a little cough and chest congestion for the last 2-3 days, so my husband immediately tried giving her steam, but she was very restless. She had no history of hypertension or heart disease. It never occurred to us that she too was having a cardiac arrest. All the same I ran and woke up my neighbors to help us carry mom down the steps to the car and rushed her to the hospital, all within 25 mts, but to no avail. She too, was no more. I just could not believe it and I forced the doctors to give her oxygen and revive her with electric shocks. The doctors had to show me her flat ECG to convince me that she was really no more. I was shocked to the hilt. My mother left us exactly a week after my grandmother and 3 months and 14 days after my dad. This was not fair. Where was God's justice? I had lost both my parents within three months. I had seen them slipping from my life as fast as sand slips through fingers. They who had supported me in all my decisions in life, who had helped me fight a serious illness in 2002, cried when I cried, laughed when I laughed, had succumbed to their fate. The very foundation of my being, my pillars of strength who always taught me to be strong and brave had collapsed without warning. I was inconsolable. I don't know how my husband handled me and the paper work that follows a sudden death at the same time. What followed was like somebody had pressed the rewind button. The same rituals and people coming and going, which somehow keeps you busy and away from crying your eyes out.

I never left my parents alone till their last journey when their ashes were dispersed in the Ganges. I was with my parents and my brother till that last journey. My brother and I stood on the banks of Ganga, hugging each other and crying, feeling orphaned. All the while there was a guilt in my heart that my parents had such confidence in me and I had failed them, that I was not able to help them in their last moments. Everyone told me I had been a very good and dutiful daughter and that I had done all that I could, yet I could not rid myself of the guilt. Then one day my friend Jaya called me and told me that I should be proud that I had been my parents' eldest son and not younger daughter. My father always told me that I was more of a son than a daughter. I realized that unknowingly and unintentionally, I had taken on the duties of a son and fulfilled them to the best of my capability for which I am grateful to my dearest husband. All this while he has been a rock in my life, holding me down and to my lovely children who have always co-operated so well. Heartbroken and shell shocked I continued with the mundane routine of daily life until one day I received this SMS from my brother and I quote “We love u a lot, take care of your health and please hold on to your emotions. I know it is easier said than done but you got to ensure that mom's n dad's souls rest in peace. That's only possible if they see you and me happy. U did the best for them. I owe my life to you for that. Love u sweetheart, take care of yourself and Suneel, the best man you could possibly get in life n your adorable kids. Any time of life, anything u need just know I stand by you forever for any and everything. Love u.” This message from my brother freed me of the guilt I had and also made me look up to him for support whenever I felt down and out. Although I had lost my parents, I still had him to fall back upon in difficult times. Today after writing my story I am almost at peace with myself. I have marked June 21 and Oct 05 of 2010 as the darkest days in my life. I fervently pray to God that there are no more darker days than these. Although

I still get bouts of anxiety and depression, I think I will overcome that soon, being the brave “son” my father always told me I was. Bit by bit with the help of my family and friends (God bless them) I am gathering my wits about me and hope to emerge a proud daughter who did her parents proud in life as well as in death. I hope to live by the values my parents gave me and make them feel proud and happy wherever they are. God Bless.

Ritu Pathak
W/o Comdt SK Pathak

METAMORPHOSIS - MY JOURNEY FROM A GIRL TO A LADY

I grimace as my three year old daughter tries to tell me something between mouthfuls even as I tell her to swallow first. I can hear Mrs D’Souza’s voice echo in my ear, “A lady never speaks with her mouthful; chew with your mouth closed; elbows off the table; sip do not gulp”. These and many other pearls of lady-like behavior were constantly on by Mrs D’Souza (Mrs D for short). Mrs D was an institution within an institution (Vidyodaya Girls Higher Secondary School Cheer)

Mrs D was my English teacher in class tenth In Vidyodaya Girls Higher Secondary School, Chennai. While junior classes had Moral Science classes, the higher secondary classes had ‘Finishing School’ classes. According to Mrs D, finishing school essentially completes the process of transforming a girl into an educated lady. Table etiquette and elocution were a part of this. Believe me, Mrs D spent hours teaching us, chatter boxes, how to speak. She believed, there was no need to raise our voices to be heard. Well chosen words with appropriate intonation is always sufficient, she used to say. Whenever somebody compliments me on my measured and enunciated speech, I send a silent word of thanks to Mrs. D

Not just elocution, writing was another aspect of Mrs. D’s classes. Not the regular writing, but social writing like invitations, thank you notes or regrets. This art sadly seems to be vanishing in today’s tweeting – emoticon SMS world]

She taught us how to be a good host and gracious guest. Bearing, she used to say, distinguishes a lady from a boor. I correct my posture even as I write this article. Crossing the legs was a strict no-no in her classes. Knees together, heel together, toes apart was the way to sit. No slouching and hands on the thighs. God save you if Mrs. D ever caught you running within the school premises. She would lecture you on the need to be always prepared and punctual. Even when in a hurry, she would insist on you taking long strides rather than run. Poise, to her was the very definition of being a lady. We could smile but not giggle, snuffle but not sob.

But sob we did, when we bade farewell to our beloved lady D, when on the 27th of June 2006, Mrs Sheila Lawrence D’Souza gracefully passed away in her sleep. Mrs D, you were one lady amongst women. Your students are grateful to have known you, for you transformed us from girls to ladies.

Mrs Radha Murugan

HOMEMAKER - ANY TAKER?

Rise early before the Lark
Humanity still asleep, oh! It's dark
The job's tough, says the maker
Being Homemaker - Any taker?

Mewling children, b'fast burns in the pan
Wish Almighty had made me a man
Jobs galore and hands two
Easy to say but hard to do!

Maid's on leave, scattered abode
Pick up what, where to put the load
School bus is hooting, child is where?
Being Homemaker - Are you there?

Early to bed and early to rise
Axioms for healthy, wealthy and wise
Idiot box blaring, 'POGO' & Shekhar
Early sleep? Absolutely no taker!

Gas, milk, grocery, sundry lists a lot
Management Gurus! give it a shot
Running a home is a tough business
Assets few, liabilities in excess!

Leadership in Uniform and in a Suit
handle a Home and I shall Salute.
Roll in a Tycoon, a Major and a Baker
Only then you become a Homemaker!

When the child smiles a toothless grin
soiled clothes and hands on chin.
Sweaty forehead and turbulent spin
Seems like a blessing in disguise.
Pains aside, I proclaim with pride
Thank Almighty, I am a homemaker!

Aradhana H Serawat

WESTERN REGION



WESTERN REGION



MEDITATION – THE ULTIMATE STRESS/TENSION BUSTER

In the contemporary world, tension and stress are the most commonly heard words in people's lives. These two words are even more common than inflation and price rise. The ill-effects of tension and stress are ever-increasing. It fills our body and mind with negativity. The fast paced lifestyle in the cities is leading to various disorders like eating disorder, sleep disorder etc. That is why it's our prime responsibility to fight back in order to build our nation and ensure its brighter future.

Meditation can be the ultimate answer to stress and tension. With meditation we have nothing to lose but stress, tension and negativity. Through the constant and dedicated practice of meditation, our nation can approach the path of humanity and harmony. Here are some procedures to practice meditation in between our busy schedules.

Before practicing meditation we need to ensure a quiet, calm, serene atmosphere, with soothing/relaxing music, if possible; Clothing needs to be loose and comfortable. Meditation can be practiced either by sitting or lying down, but less movement to prevent the concentration from breaking.

CONTROLLED BREATHING (FOR INSOMNIACS):

- Take four slow breaths.
- Give each a number (1-4), and repeat this step over and over again. The numbers simply keep you focused on your breath.
- If you are very comfortable, it can lull you to sleep.

It takes the focus away from such thoughts that hinder sleep.

2 MINUTE STRESS BUSTERS:

- Choose a comfortable chair, sit straight.
- Place your feet flat on the floor.
- Look downwards, not particularly at anything.
- Allow your eyelids to droop as down as possible, not closing it. Continue steps 3 and 4.
- Ensure regular and gentle breathing.
- Soften your focus and remain calm.
- If your eyes close, let them.
- Be in this state as long as you wish.
- End the session with 2/3 deep and slow breaths. These will energise your brain.



Meditation can be simple or complex depending on the way we look at it. It comes as a breath of fresh air in our stressed day to day life. It keeps us focused, provides a sense of well-being and most important of all – it enriches us with positive energy.

ARPAN SHAW, U/NVK (AL)

HUSBAND STORE

A store that says "New Husband" has just opened in the City, where women may go to choose a husband.

Among the instructions at the entrance is a description of how the store operates:

You may visit the store **ONLY ONCE!**

There are six floors and the value of the products increase as the shopper ascends the flight. The shopper may choose any items from a particular floor, or may choose to go up to the next floor, but you cannot go back down except to exit the building!

A woman goes in to check it out, considering purchasing a husband.

On the first floor the sign on the door reads:

Floor 1- These men have... Jobs.

She is intrigued, but continues to the second floor, where the sign reads:

Floor 2- These men have Jobs and Love Kids.

"That's nice", she thinks, "but I want more."

So she continues upward. The third floor sign reads:

Floor 3- These men have Jobs, Love Kids and are Extremely Good looking.

"Wow," she thinks, but feels compelled to keep going.

She goes to the fourth floor and the sign reads:

Floor 4- These men have Jobs, Love Kids, are Drop-Dead looking and help With Housework.

"Oh mercy me!" she exclaims, "I can hardly stand it!"

Still, she goes to the fifth floor and the sign reads:

Floor 5- These men have Jobs Love Kids, are Drop-Dead Gorgeous, Help with Housework, and have a strong Romantic Streak...

She is so tempted to stay, but she goes to the sixth floor, where the sign reads:

Floor 6- You are visitor 31,456,012 to this floor!

There are no men in this floor!!

This floor exists solely as proof that women are impossible to please...

Thank you for shopping at the Husband Store.



PLEASE NOTE:

To avoid gender bias charges, the store's owner opened a "New Wives" store just across the street. The first floor has wives that have money.

The second, Third, Fourth, Fifth and sixth floors have never been visited!!

(Adopted)

*Abhish Mohan
Surg (75997-W)*

TIPS ON WEIGHT MANAGEMENT

- Dieting is a life time commitment and not done on crash basis.
- Calorie intake should be strictly between 1000-1500 calorie per day.
- One should exercise lightly, at least once or twice every day.
- Exercise may be done an hour or two hour after food.
- Exercise should be both aerobic and muscle forming.
- Weight management should be taken at the same time every week.
- Maintain meal time.
- All meal including breakfast should be taken.
- No snacks should be eaten in between.
- If hungry in between meals, drink plenty of water.
- Avoid eating sugar, soft drinks and cakes etc.
- Avoid eating animal fats such as red meat.
- Avoid too much dairy products like butter and cheese.
- Avoid fried and oily food.
- Avoid alcohol and smoking.
- Eat sufficient complex carbohydrates such as potatoes rice chapattis etc.
- Eat sufficient green vegetables and fruits for roughage.
- Preferably use a small plate and avoid second helpings.
- Enlist the support of your family and friends and remember that dieting is a life time commitment and not a sporadic activity.
- Eat a heavy breakfast, medium lunch and light dinner.



SK Mall, LMA, (155014-F)

CHOCOLATE

A group of graduates, well established in their careers, were talking at a reunion and decided to go and visit their old university professor, now retired.

During their visit, the conversation turned to complaints about stress in their work and lives. Offering his guests hot chocolate, the professor went into the kitchen and returned with a large pot of hot chocolate and an assortment of cups - porcelain, glass, crystal, some plain looking, some expensive, some exquisite - telling them to help themselves with the hot chocolate. When they all had a cup of hot chocolate in hand, the professor said: "Notice that all the nice looking; expensive cups were taken, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress.

The cup that you're drinking from adds nothing to the quality of the hot chocolate. In most cases it is just more expensive and in some cases even hides what we drink.

What all of you really wanted was hot chocolate, not the cup; but you consciously went for the best cups... And then you began eyeing each other's cups. Now consider this: Life is the hot chocolate; your job, money and position in society are the cups.

They are just tools to hold and contain life.

The cup you have does not define, nor change the quality of life you have.

Sometimes, by concentrating only on the cup, we fail to enjoy the hot chocolate God has provided us. God makes the hot chocolate, man chooses the cups. The happiest people don't have the best of everything. They just make the best of everything that they have.

Live simply. Love generously. Care deeply. Speak kindly. And enjoy your hot chocolate.

(Adopted)

RC DAS, Adhikari

GUESS!

This is an unusual day and so is this paragraph. How quickly can you find out what is so uncommon about it?

It looks so ordinary that you may think nothing is odd about it until you match it with most paragraphs this long. If you put your mind to it and study it, you will find out, but nobody may assist you. Do it without any coaching. Go to work and try your skill at figuring it out.

SOLUTION: The most common letter in the English language 'E' does not appear at all in the paragraph.

JP Kashyap, P/Nvk(AH)

GOLDEN RULES FOR PERFECT PARENTING

1. An ounce of praise is worth more than a tone of criticism.
2. Don't spoon feed knowledge to your child. Show him ways to find out for himself instead.
3. Appreciation is like a magic wand. It can inspire a child to do anything.
4. If you continuously focus on correcting your Childs fault he/she, is likely to grow up into a fault finder.
5. Cherish every gift your child gives you. A pebble can mean a world to him. He is giving you his whole world.
6. Your child reflects your emotions like a mirror. So ensure that you transfer the positive emotions of joy , serenity and happiness and not your tension, anger or anxiety.
7. Your child learns the most not when you teach but when you become what you want them to be.
8. If you want your child to be well in school then you yourself must develop a respect for learning.
9. If you bring up your child to know the price of everything, he/she may grow up without learning to know their value.
10. By losing temper or yelling at your child, you are showing behavior you want to discourage in your child.
11. Appreciate every creative effort of the child and laud his achievements, irrespective of their artistic merit. This will inspire him/her to keep trying.
12. Teach your children how to seek so that they can learn to find. Let them explore so that they can discover.
13. Nurture a child in the rich soil of traditional values. His strong roots will reap the sweetest fruits in life, without the fear of falling.
14. Praising a child's good behavior is far more effective than scolding him/her for behaving badly.
15. Do not tell children how to do things. Tell them what to do and let them find their own ingenious methods of doing it.



16. Always encourage original thinking . It will nurture leadership qualities in the child.
17. Teach your child about all the colours. But let him/her paint the canvas of his life on his/her own.
18. Give your child the gift of positive attitude. It will help him see light at the end of every tunnel in life.
19. Shielding your child from every upsetting situation will make him unfit to handle the reality of life.
20. Victory and defeat are both part of life. Encouraging your child to win is important. It is equally important to teach him/her how to accept defeat gracefully.

*Complied by Smrati Kaushik
w/o Comdt (JG) A Kaushik , ICG ACV-184 .C/o ICGS Okha*

DECIBEL WATCH

Do you know why we raise our voices when we are angry? When two persons are mad at each other, their minds/souls drift apart. In order to reach out to the distant minds, they naturally raise their voices.



On the contrary, when two people are in love, their minds/souls come closer. Even a gentle whisper suffices to communicate with each other.

So when our decibel level increases, we will know that our minds are drifting away and perhaps do something about it.....

Rani Anand

ADVENTURE AT ANDAMANS

At Andaman & Nicobar islands, life is an adventure trip. The islands project a world where we get a quiet time to ponder the eternal mystery of birds that chirp outside our homes. The sky beckons to admire its blue hues and roaring mood swings during the monsoon. Oh! What's that! flowers in the hills and the mighty waves caressing the heights so gently. The blue seas confirm their might but assure peace and tranquility. This place hums a song of peaceful coexistence of different cultures and people exhibit unity in diversity. When nature struck them, they understood its war song and abided by its howling rage. From rehabilitation to a cry to protect the environment, the natural habitat, the sea life and its whimpering flora and fauna just everything was taken care of.

We stayed in Port Blair for almost four years. We would go on excursions to the beautiful tourist spots around but after associating with the natives, we started to explore the beautiful destinations leisurely because we realized it is important to feel the touch of every place.

During our Puja holidays we geared up to travel around the adventurous remotes of North Andamans. One such place is Barah Tang, around 90 kms from Port Blair. We decided to hire a vehicle. The route to Barah Tang is just beautiful, with thick forest cover on both sides. It was like driving through a national park. Green had never looked so green before and a queer silence prevailed. Each one of us was trying to spot birds, parrots, wood peckers and then suddenly a deer leapt out of nowhere. My little one missed it as it simply vanished and then we saw another one. Now we entered the Jarawa inhabited area and it was time to move with the caravan escorted by the police. Straining our eyes and turning our necks just to get a glimpse of the tribes became an ordeal and then we spotted them. It was like going through the pages of ancient history. With spears in their hands and just a piece of cloth tied around their waist, it was definitely a sight to behold. But beware they are harmless yet turn hostile if you try to take photographs.

From Barah Tang we chose a dingy that would take us to the Barah Tang creek that harbours crocodiles in its natural habitats. It was so beautiful; the water was blue with the sunny stars sparkling on its surface making it look heavenly. With mangrove forests on both sides one could feel the overwhelming power of nature. A string of islands thickly covered with mangroves, the roots were like innumerable arms showing their might and the thick green kingdom they supported was stupendously magnificent. The mangrove forests are nature's gifts to control flood, trap silt, protect against storms and provide coastal protection barriers. On our way to the limestone caves our dingy driver had promised to show us his friend, a crocodile and there it was, absolutely magnificent, huge and real. Oh Boy! it was real indeed, at a distance of around 10 metres we saw the crawling freak. It looked at us but showed distrust. Its tummy was full thanks to our dingy lad who fed him every morning.



Then we proceeded to the limestone cave. Our boat was eased at the Nayadara creek and we stepped on a tiny jetty which was quite wobbly but good fun. One board announced “Crocodile Infested Waters”. And then another one greeted us, ‘Mangrove Canopy Walk’, a path 240 meters long and built in such a manner that even a single mangrove branch was not pruned during the construction. We trudged on and this time we were walking through a dense tropical forest. The only sign of population were the few paddy fields that were strewn here and there. At last the cave came into view, phew! We were enveloped in total darkness. It was time to switch on our heavy torches and what did we see? Just the majestic beauty of nature. Massive limestone stalactites hung like huge chandeliers glowing miraculously and stalagmites sprouted from the ground like stout pillars. Some of these formations looked like a lion’s paw and few reminded me of lord Ganesha. We were rendered speechless at the sight of this sparkling cave with water dripping constantly from the ceiling forcing us to look upwards and experience darkness without the night sky. Still in a daze we came out of the cave and squinted as the Sun confirmed its presence ... the rest of the journey was a jabber about the novice experience or a dream so true.

Mrs. Geeta Yadav

PARENTING TIPS

Dear Parents.

It is very important that today’s children are dealt with a lot of care. Here are some expert views on parenting. We find that most of the children who are successful are so, because they have happy homes.

Criticize the deed, never the doer, which is the child.

Hitting teaches your child to hit others.

Instill values in the child by being a role model

Love your child completely and unconditionally.

Do activities together as a family

Restrict television, videos and computer games.

Encourage sibling harmony by not comparing them.

Negotiating with your child is not a sign of weakness.



*Mrs. Anuradha Rana
W/o Comdt S K Rana*

HINDI MOVIES AND MY LIFE

I am an unabashed admirer of Hindi movies; all genre-love stories, comedies, tragedies, action flicks. Give me a Sunday routine, uninterrupted supply of tea and freshly made small eats and my dear wife alongside and I can watch movies all day.

When we were growing up, there was no 24 hour TV; only Doordarshan with its limited programmes for us. Hindi movies were the only entertainment we could muster apart from regular sports activities.

Movies played a very important role in our lives. My father was not a movie buff but never discouraged us to watch good movies. I still remember, the first movie which changed my perspective and made me a true blue admirer of beauty. It was the Kishore Kumar and Madhubala starrer *Chalti Ka Naam Gaadi*. Oh boy! Madhubala was so beautiful and I was stunned, star struck and smitten. It was my first infatuation and my God for next three days I was just in dreams and never knew what had happened to me. My dad was furious to see me walking like a zombie. It took me some time to recover and come to my senses. But this helped me to understand Keats' poem 'A Thing of Beauty' and the immortal line-A 'thing of beauty is joy forever' in the correct perspective.

There are a number of Hindi movies which played an active role in the formative years of my life. These include patriotic movies like Manoj Kumar's *Shaheed*, desperate love stories like *Pyasa* and *Devdas*, all out action thrillers like *Sholay*, *Yadon Ki Barat*, *Hum Kisi Se kam Nahi*, and comedies like *Padosan* and *Chalti Ki Naam Gaadi* etc. What I really liked in all these movies was the indomitable spirit of human beings, celebration of all facets of life and the songs.

The life line of Hindi movies is their songs and their presentation. Dev Anand's debonair style in every song reflects his flair for life and love. Dilip Kumar's rustic charm is amply displayed in *Naya Daur*, *Ram Aur Shyam* etc. Songs of *Mugale-e-Azam* were a class apart and show the grandeur of Mogul Kingdom and two lovers separated in class and doomed in love.

Dev Anand in *Tere Ghar Ke Samney* is desperately in love with Nutan and travels on a Vespa Scooter from Delhi to Shimla. But he doesn't know where lady love is? So he sings in the smokey evening of Shimla, the best song I could remember - *Too Kahaan yeh bataa, is Nashili shaam mein, maney na mera dil deevana*. Well! this is the reason I am just in love with hindi movies. When I watch Dev Anand wooing and falling in love with his heroines I really feel them falling in love.

There are certain movies which can alter the future of a country; their effect is so profound that they awaken the masses. T.S. Eliot the best poet of the twentieth century always propounded that every generation must awaken the society by a work of art. His poem *Waste Land* won him the Noble prize in literature in the early twentieth century. Hindi movies in the present era which really changed people, in my views, are - *Rang De Basanti*, *Tare Zameen Per*, *Dil Chahata Hai*. *Rang De Basanti* brought a new lease of life in our collective consciousness which was dimmed by the cynicism of present day India, dogged by corruption, in-action, and apathy for fellow Indians. After watching *Dil Chahata Hai*, I realized that nobody is perfect; friends must be accepted as they are. I cannot change them. Even



though they are imperfect, they are my friends.

For a Coast Guard officer, a substantial part of life is spent on board; away from families, sailing in treacherous and hostile terrain. Well, sea is not always bad; it is calm sometimes. But calm or not calm, Hindi movies always plays part in keeping us, the Coast Guard personnel, glued to TV sets and we forget the rolling and pitching and smile with the earthy humor of Govinda and dance with him. I really applaud the film Industry which has always kept us in good humor in the difficult situations whether at sea or in harbour. I salute the Hindi film industry and pray for its glory.

Commandant IS Chauhan

CAUSE AND EFFECT LAWS OF LIFE

Science teaches us that for every action there is an equal and opposite reaction. While we know this applies to the physical realm, we often forget that it also applies to the emotional realm. "The laws of life" contains 15 truths about cause effect relationships, each of them valuable for molding a better me – and a better you.

" The more generous we are, the more joyous we become
The more enthusiastic we are, the more valuable we become
The more interested we are, the more alive we become
The more caring we are, the more radiant we become
The more serving we are, the more prosperous we become
The more outgoing we are, the more helpful we become
The more persistent we are, the more successful we become
The more grateful we are, the more godly we become
The more forgiving we are, the more freer we become
The more prayerful we are, the more blessed we become
The more curious we are, the more creative we become
The more trusting we are, the more wiser we become
The more patient we are, the more responsive we become
The more considerate we are, the more peaceful we become
The more cheerful we are, the more attractive we become"

This great poem reminds us that we are each in charge of ourselves and points out specific ways we can become a better person – if we want to. It also tells us what the rewards will be for living in this way. "If we plant the seeds, we will reap the harvest".

*MC Johnson
P/Adhikari(RP)*

EASTERN REGION



EASTERN REGION



PERILS OF AN ANALYTICAL MIND

Mark Twain, a well known English author, was a revolutionist and an analytical critic. He had a good friend who was a priest and a renowned orator. His sermons were always greatly enjoyed and appreciated by his congregation. There used to be a mad rush for seats during his Sunday sermons. But this priest had one regret. His friend Mark Twain never came to listen to his sermons.

One fine day, Mark Twain sent word to his priest friend that he would be present in the church the following Sunday. The priest was elated and excited. He put in extra efforts and prepared the best sermon ever. On Sunday, Mark Twain entered the church and was ushered to the place of honour right at the front. The priest began his sermon with great enthusiasm. He delivered the most wonderful, eloquent, flawless sermon that people had ever heard. The audience was enthralled and spell bound.



At the end of the sermon, there was a standing ovation. The priest glanced at Mark Twain, hoping to see some sign of appreciation. But Mark Twain was unmoved, even indifferent. The priest was greatly disappointed.

On their way back home, the priest asked Mark Twain what he thought about his sermon. Mark Twain shrugged his shoulders and casually remarked “There was nothing new about the sermon. In fact, I know of a book which has each and every word of what you said”. The priest was aghast, for he had painstakingly prepared his own sermon. Mark Twain continued “If you wish to see that book, I would send it to you”

The priest could hardly wait to see the book. The book arrived promptly, and it was a DICTIONARY. True, every word of what the priest said was in that book.

Sometimes, we analyse and critically examine each and every word a person says. We even interpret their gestures and glances. Our analytical brains may rob life of its very essence and beauty. If we don't take a wholesome view or broader perspective, but sit down to analyse each and everything said or done, we will end up staring at a dull and drab dictionary

*Mrs.Rani Anand Kumar
W/o Comdt SED Anand Kumar*

LAUGHTER IS THE BEST MEDICINE: BUT HOW?

(a) Laughter has been shown to reduce levels of stress hormones, such as cortisol and adrenaline.

(b) Laughter increases health-enhancing hormones such as endorphins and neurotransmitters.

(c) Laughter increases antibody-producing cells and enhances the efficiency of T cells, which can result in a stronger immune system.

(d) Laughter exercises your body. When you laugh, you stretch the muscles throughout your face and body. Your pulse and blood pressure increases, along with the oxygen sent to your tissues. It boosts your heart rate in the same way that exercise does. In fact a small study was conducted at Vanderbilt University showing that ten to fifteen minutes of laughter burned fifty calories! So don't think, just laugh.

(e) Laughter can help generate positive emotions and manage negative emotions. A good laugh can help you face daunting challenges with renewed energy and vigor. It can help you manage the challenges of life and help you find the silver lining in many situations.



2. But how can you make yourself laugh, especially when it may seem like there is so much to cry about instead? Fortunately, laughter is contagious.

3. So surround yourself with whatever makes you smile. Listen to comedy shows; watch little kids giggling in the park; watch videos of people laughing online. Surround yourself with other people's joy and laughter-it will soon have you smiling and laughing, even in the midst of turmoil.

Mrs. Soma Mondal
W/o P K Mondal P/NVK

JOKES

A man receives a phone call from his doctor. The doctor says, "I have some good news and some bad news."

The man says, "OK, give me the good news first."

The doctor says, "The good news is, you have 24 hours to live."

The man replies, "Oh no! If that's the good news, then what's the bad news?"

The doctor says, "The bad news is, I forgot to call you yesterday."

Teacher: What are some products of the West Indies?

Student: I don't know.

Teacher: Of course, you do. Where do you get sugar from?

Student: We borrow it from our neighbour

Mrs. Itishree Parida
W/o SK Parida, SE (P)
ICGS Raziya Sultana

TIPS ON FEEDING YOUR NEW BORN **FEEDING SCHEDULE - NO BOTTLE FEEDS**

The joy of a new mother knows no bounds. However, alongwith love and care, it is very important to have an effective feeding schedule for the new born to ensure a healthy and hassle free first year for both mother and baby. So here are a few tips on how and what to feed a new born upto one year.

From birth to one month:-

Only breast milk should be given. No water on a hot day. If mother's feed is not sufficient, supplement it with buffalo milk. Dilute it with equal quantity of water and adequate sugar (1-1/2 teaspoon in 120 ml of the mixture). After this period gradually reduce water and give un-diluted milk by the age of 3 to 4 months. Feed your child on demand, including night feeds up to the age of 3 to 4 months. Quantity and timing should be left to the child's demand and desire. Report to the doctor if the child suddenly reduces milk intake or does not suck well.

After 5 months:-

Introduce fruit juice (Mosambi/Orange/Apple). The juice may be given at 4 pm in between two feeds. Start with 2-4 teaspoonfuls of juice gradually increase up to 2 to 3 ounces.

After 6 months:-

Give mixed vegetable soup and introduce tomato soup. It may be given at about 9 am in between two feeds. Start with 2-4 teaspoonfuls of soup and gradually increase upto 2-3 ounces. Banana can be added. Homemade cereals should be preferred to readymade cereals. One or two teaspoons are given twice a day in between two feeds around 9 a.m. & 7 p.m. Keep increasing every 3rd or 4th day to the amount accepted. Later one may also add such soft foods around 2 p.m. like Porridge- freshly prepared porridge from wheat, rice with milk and sugar. Tinned foods like Farex or Cerelac could be used if fresh preparation is not available. Boiled or half boiled egg can be added (yolk of the egg to start with.) Boil the egg in water for 3 minutes and then cool in running water. Commence with one teaspoon of the yellow portion. Gradually increase adding the white of the egg so that the baby may start eating the whole egg in about 4 weeks.

After 7 months:-

Mashed & well-cooked vegetables: Begin with 2 to 4 teaspoons and increase progressively (Dark green vegetables, carrots & pumpkins are preferable). Add ghee or butter or cooking oil after a week.

Introduce mashed fruits, mashed potatoes with curd, mutton soup, and chicken soup.





After 8 months:-

Introduce custard, sheera, idli with Yogurt (Dahi) or milk, biscuits, bread soaked in milk.

After 8 to 9 months:-

Introduce over-boiled rice with dal, bread or chapatti

soaked in milk, fried egg etc.

After 9 to 12 months:-

Minced Mutton, Boiled Fish etc., 1 year old child eats everything which we eat, but not too hard & not too spicy not too hot or too cold.

Dr. Priti Gandhe
W/o Dy Comdt RS Gandhe

THOUGHTS

Difficulties are not to make you weak
But to make you better than before

Habits are easy to make
But hard to break

If you fail once in your life
Then don't be afraid

But when you are ready to run
Show that you are the best

"Friendship is like an Onion
It has many layers, it adds taste
To your life but when you try to
Cut it then you will get tears only"



Mrs. Surekha
W/o DR Gaikwad, Adh(Wtr)

BRIDGING THE GAP

My Minoo aunty is old and fragile, but when it comes to playing with her grandson, she bubbles with as much energy as her little darling. She plays cricket, badminton, chase, snake and ladder and even car racing. The games or studies she knows, she patiently teaches him. When the time comes for computer games or games like stone- paper-scissor, her bundle of joy dons the role of her mentor. He is amused that his granny can't maneuver her car properly and with great patience he goes about teaching her. Minoo aunty barely finds time for her pooja. Her grandson loves wiping his face with her pallu as he finds it soft. When she asked him what he will do when she is no more, his innocent reply was that she should leave all her pallus behind so that he never falls short of them.

There is another grandma who doesn't know the 'c' of a computer but eagerly waits to chat with her grandson who is abroad. She looks cute wearing a set of headphones and blabbering in the mike with her toothless grin.

My neighbour Savita aunty was very religious. She fasted on most days of the week, visited the temple twice a day and maintained 'sowale' (practice of un-touch ability from bath till pooja). She couldn't tolerate-even her grandchildren touching her during this period. She was so busy in practice of her rigid rituals, that she had neither time nor patience to spare for the little ones. If her granddaughter tugged at her saree and asked her to play with her, aunty became mighty upset as she had to repeat her bath. Savita aunty is ailing now. None of her grand children have time for her. They are busy either in studies or with their own lives. They find all the customs and rituals idiotic and aunty constantly complains of the generation gap.



Aren't we responsible for the generation gap if it really exists? The world is changing so fast. Technology is advancing. If we maintain a healthy balance between old and new, then there won't be a gap to bridge. The young population of today loves reasoning. If I explain my customs with reasoning, they would not only understand them, but would follow them too. After all who is responsible to bridge this gap? With the next generation too young to take that responsibility, is it not the older generation who should build the bridge? The younger lot will surely learn the task of building bridges and the gap will not remain to be bridged.

Relations are like emotional bank accounts. If one deposited kindness, love and affection, then an occasional withdrawal in the form of anger or plain difference of opinion won't make one emotionally bankrupt. The generation gap is experienced by those, who never created the emotional treasure in the first place.

I have decided to follow the example of my Minoo aunty. What about you?

Mrs. Swati A Mohile

ATTITUDES SHAPE LIFE

Here are few highly influencing factors in life. If A B C D E F G H I J K L M N O P Q R S T U V W X Y Z are equal to 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 respectively

Then, $L+U+C+K=12+21+3+11=47\%$

$L+O+V+E=12+15+22+3=54\%$

$K+N+O+W+L+E+D+G+E=11+14+15+23+12+5+4+7+5=96\%$

$H+A+R+D+W+O+R+K=8+1+18+4+23+15+18+11=98\%$

$A+T+T+I+T+U+D+E=1+20+20+9+20+21+4+5=100\%$

Needless to say, it is our attitude that makes our life 100%. And in attitude, what matters most is how you see.

S K Pradhan YTK (AL)

A SLICE OF SPRING

The smell of flowers is in the air
that fill our world everywhere
Different colors like red and blue
orange pink and violets too
The different fruits and various trees
and all this beauty that we can see
All these scenes were brought from spring
and so much more the season brings
It brings us life and happiness
with a Love in Our Hearts we sometimes Miss.



A Sugumaran P/Nvk(QA)

THINGS AN INDIAN DOES AFTER RETURNING FROM ABROAD

1. Tries to use a credit card in a road side hotel.
 2. Drinks and carries mineral water and always speaks of being health conscious.
 3. Sprays deo such so that he doesn't need to take bath.
 4. Sneezes and says 'Excuse me'
 5. Says "Hey" instead of "Hi"
 6. Says "Yogurt" instead of "Curd" Says "Cab" instead of "Taxi"
 7. Says "Candy" instead of "Chocolate"
 8. Says "Cookie" instead of "Biscuit"
 9. Says "Free Way" instead of "Highway"
 10. Says "got to go" instead of " Have to go"
 11. Says "Oh" instead of "Zero", (for 704, Says Seven Oh Four Instead of Seven Zero Four)
 12. Doesn't forget to crib about air pollution. Keeps cribbing every time he steps out.
 13. Says all the distance in Miles (Not in kilo meters), and count in millions.(Not in Lakhs)
 14. Tries to figure all the prices in Dollars as far as possible (but deep down the heart multiplies by 43 times).
 15. Tries to see the % of fat on the cover of milk packet.
 16. When need to say Z(zed), never says Z(zed),repeats "zee" several times. If the other person is unable to get, than says X, Y Zee (but never says Zed)
 17. Writes date as MM/DD/YYYY, on watching traditional DD/MM/YYYY, says "Oh! British Style!!
 18. Makes fun of Indian Standard Time and Indian Road Conditions.
 19. Even after 2 months, complains about "Jet Lag".
 20. Avoids eating more spicy (hot) stuff.
 21. Tries to drink "Diet Coke", instead of normal Coke.
 22. Tries to complain about any one thing in India as if he is experiencing it for the first time.
 23. Pronounces "schedule" as "skejule", and "module" as "mojule".
 24. Looks suspiciously towards hotel / Dhaba food.
 25. From the luggage bag, does not remove the stickers of Airways by which he traveled back to India, even after 4 months of arrival.
 26. Takes the cabin luggage bag to short visits in India, tries to roll the bag on Indian Roads.
- Ultimate one
27. Tries to begin Conversation with "In US ... "or" When I was in US ... "

“LET ME BE BORN”

Swayed in the arms of moon
and bathed in the gleam of stars
enjoyed every moment
along with heavenly powers .

As the fairy tale unfolds
very soon I was told
down there dwelt mother Earth
a place where human took birth.

I came to my would be mother
where I was to be born
happy she was to feel
A little baby corn

I jumped and pounced
and turned around
happy to be human born.
A fairy tale would come true
With happiness and love in Queue.

As the days passed by
I felt warmth around
I had an elder sister too
my happiness knew no bounds.

Moving with my pace of growth
I crossed few months more
whispers I could hear now
surprisingly they loathed.

Whispers grew Louder
and all I could hear
people condemned my birth
as again it was a girl
hallucinations sounded deep down pain
Kill her! Kill her! Kill her!

Through my mother's dream
I read her mind
Gentle sweet and loving
Pure beautiful and kind
In her dreams
She dreamt

A fearful wild attempt
Green gowns and white caps around
Knives and scissors made all Sound
WHAT Would they do
kill me through
The very fear choked me down.

With all the might
And utter pain
I peeped into her dreams again
With jaws and clenched fist
I heard her loud scream
Stop ! stop ! save her life
I want my daughter back alive.

In agony and Outrage
She cupped her hands around my cage
Mother mother I moved a bit
And gave her my message



A flower born to a flower
And a bird to bird
A sea shell to a pearl
Oh! Mother
Then why Nay for a girl to girl.

You welcomed Laxmi
Goddess of wealth
Then for courage
Why not Kali or Gauri
Feel pound for womanhood
There is nothing to be sorry

Make me your strength
and WIDEN up your arms
give me your blessings
and all your charms
this is no time

here to mourn
feel brave and let me be born.

I cry no more
I am ashamed
how brutally human
has played this game
deceiving womanhood every time
winner of such ruthless crime.

I mock upon
All and one
You want a son
to RUN generation
and condemn a girl child
hurry soon and save one
or you may loose mankind.

Iti Nautiyal



A PRICELESS GIFT

Friendship is a priceless gift
It can't be bought or sold,
Its value is far greater
Than a mountain of gold.
Gold is cold and lifeless
It can neither see nor hear,
And at the time of trouble
It is powerless to cheer.
It has no ears to listen

No heart to understand,
It cannot bring comfort
Nor lend a helping hand.
When you ask God for a gift
Thank him if he sends no diamond,
pearl or gold,
But a love of real friend
Is the only precious gift of God.

Shashi Kant Paul, Nvk (RP)

LOVE VS MARRIAGE

Love is holding hands in the street.

Marriage is holding arguments in the street.

Love is cuddling on a sofa.

Marriage is deciding on a sofa.

Love is talking about having children.

Marriage is talking about getting away from children.

Love is going to bed early.

Marriage is going to sleep early.

Love is a romantic drive.

Marriage is a tarmac drive.

Love is losing your appetite.

Marriage is losing your figure.

Love is sweet nothing in the ear.

Marriage is sweet nothing in the bank.

Love is a flickering flame.

Marriage is a flickering television.

Love is 1 drink and 2 straws.

Marriage is "Don't you think you've had enough!"

In short, Love is blind,

Marriage is an eye opener!!!



SK Panigrahi, U/Nvk

RECIPE FOR A COAST GUARD WIFE

1 Kg adaptability

1 1/2 cup of patience

1 1/4 cup of Tolerance

1 Tsp Courage

Dash of Adventure

Splash of Humor

Garnish alone by waiting till sailing completes.

Mix the ingredients with 2 tsp of elbow grease, leave alone for 6 months. Marinate with tears. sprinkle every so often with money. season with international spices, bake for 20 years or until done.

Serve with PRIDE !!!

Raghunath MD, P/NVK (STD)

UNDISGUISED

In trance was
Your beauty.....
It came true and
Tears hazed my eyes.....

Slashing the dark sky
A ray of love stirred
Every dainty leaf
Milky buds
Arising a mellowed
Sense of touch

Beyond the mountain ranges
Again beyond ranges
Flowers swing to the cold wind
Thumped by tender steps
Yet un flinched
Wilted grass swayed

Speechless stood I
Blinded
With fluttering eyes
Oblivious to the
Manifestation of the real God.

*Mrs. Pallavi Anil
W/o DIG T Anil Kumar*

THE BEAUTY OF WOMAN

The beauty of a woman
is not in the clothes she wears.
The figure that she carries,
Or the way she combs her hairs

The beauty of woman
Must be seen in her eyes
Because that is doorway to her heart
The place where love resides

The beauty of a woman
is not a facial mole
but true beauty in a woman
is reflected in her soul

it is caring that she lovingly gives
the passion that she shows
and the beauty of woman
with passing years only grows

you don't stop laughing because you grow old
you grow old because you stop laughing



Beena Suhesh

THE BEST THING TO GIVE

To Your enemy is forgiveness;
To an opponent is tolerance;
To a friend is your heart;
To your child, good example;
To your father, deference;
To your mother, conduct that will make her proud of you;
To yourself, respect;
To all men, clarity.

*Saksham Jamwal
S/o Comdt JS Jamwal*

LIFE

Life is a good garden,
Because good friends are the flowers,
Who spread the fragrance of life.

Life is a dream,
As you can't go far off,
Without a mind full of imagination

Life is money,
Because it is easily made then kept
Life is love,
As love grows in the garden of friendship,
It is only true adventure

Life is expectation,
As we want 12 months of fun,
52 weeks of gladness,
365 days of success
8760 hours of good health,
And above all 31536000 seconds of enjoyment

Life is a secret
Because we think our own thoughts
Live by our own standards
Create our own destiny

Life is uncertain
Success is not permanent
And failure is never final
Life is what our thoughts make it.

Dr. T Sunitha Devi
W/o WK Meetei, 744 Sqn(CG)

NEVER SAY.....?

Never say thanks to someone
Who really loves you;
Never say bye to someone
Who really needs you
Never blame a friend
Who really trusts you;
And never forget a friend
Who really thinks about you.

Chiranjeev Kumar
Uttam Navik(ME)

NORTH WEST REGION



NORTH WEST REGION



आईना

मैं अपने काम के लिये दूसरे शहरों में जाती रहती हूँ। दूसरे शहर में जाने के लिये रेल का सफर सबसे आराम दायक रहता है। इस बार दिल्ली जाते हुए मैं हमेशा की तरह रेल के आरामदायक एसी कम्पार्टमेंट में गई और आराम से खिड़की के पास बैठकर बाहर का नजारा देखने लगी। तभी मुझे एक जाना-पहचाना चेहरा केबिन के अंदर आता दिखाई दिया। उस चेहरे को देखकर मैं सकपका गई और सिर पर दुपट्टा लेकर बैठ गई। तभी बेयरा खाने के लिए पूछने आया। उस चेहरे ने खाने का आर्डर देने से पहले 'ब्लैक काफी' की माँग की। उसकी आवाज, और 'ब्लैक काफी' की माँग से मुझे विश्वास हो गया कि वो चेहरा नीना का था। मैंने बेयरे को आवाज दी। मेरी आवाज सुनकर नीना ने मेरी ओर देखा लेकिन वो मुझे पहचान नहीं पायी। ये देख कर मुझे बहुत अच्छा लगा। वो मुझे पहचानती भी कैसे। पिछले कुछ सालों में मेरा वजन बहुत बढ़ गया था और मेरी आँखों पर चश्मा भी लग गया था। मैं पिछली यादों में खो गई।

अब से दस साल पहले भी हम दोनों ने एक साथ ऐसे ही वातानुकूलित डिब्बे में सफर किया था। तब मैं कालेज में फाईनल के पेपर देकर छुट्टियों में घर जा रही थी। हम दोनों ने बहुत सारी बातें की थीं। नीना के पास एक बहुत ही प्यारी 'अलार्म घड़ी' थी। उसका अलार्म कोयल की सी मीठी आवाज में बजता था। मुझे वह घड़ी पहली नजर में भा गई थी। नीना के चाचा जी उसके लिए कनाडा से वह घड़ी लाए थे। आगे बताने से पहले मैं बताना चाहती हूँ कि मुझे अगर कोई भी चीज अच्छी लगती थी तो मैं उसे उठा लेती थी। मैं चोर नहीं थी। मुझे ये बीमारी थी। आज मुझे यह बताते हुये शर्म आ रही है। पर उस समय मैं अपने आपको रोक नहीं पाई थी। रात को नीना के सोते ही मैंने उसके बैग से घड़ी निकाली, अलार्म बंद किया और अपने बैग में छिपा दी। रात भर मैं सो नहीं पाई। सुबह पाँच बजे रेल दिल्ली पहुँचती थी। मैं जल्दी से उठ गई और तैयार होकर बैठ गई। जैसे ही रेल स्टेशन पर पहुँचने वाली थी, मैंने नीना को उठाया। वह हड़बड़ा कर उठी। जल्दी से अपना बैग बन्द कर दिया। घबराहट में वह यह भी भूल गयी कि उसकी घड़ी का अलार्म क्यों नहीं बजा। नीचे उतर कर हम लोग अपने-अपने रास्ते चले गए।

पिछले दस सालों से मैं उस घड़ी को अपने काम में लगा रही हूँ। अभी भी वह मेरे बैग में है। मेरी चोरी करने की आदत भी समय के साथ बहुत कम हो गई है। मुझे इस घड़ी को देखते ही अपने ऊपर ग्लानि होती थी। मैं हर सफर में नीना को ढूँढती थी। पर वो मुझे नहीं मिली। आज मिली तो मेरे अन्दर हिम्मत नहीं थी।

अचानक मेरा ध्यान टूटा। देखा, नीना मुझसे समय पूछ रही थी। उसके बाद वह थोड़ी-थोड़ी देर में समय पूछने लगी। मुझे खीझ होने लगी। मैंने कहा कि तुम खुद घड़ी क्यों नहीं पहनती हो। तो नीना ने बताया कि ऐसे ही एक सफर में एक चालाक लड़की ने उसकी सबसे प्यारी घड़ी चुरा ली थी। उसके बाद से उसने अलार्म घड़ी के रखने के साथ-साथ घड़ी पहनना भी छोड़ दिया था। वह बहुत दुखी नजर आ रही थी। मुझे अपने ऊपर बहुत शर्म आ रही थी। पर मैं कुछ बोली नहीं।

रात को सोते समय उसको थोड़ा ज्वर चढ़ आया। मैंने उसको दवाई दी और उसे सोने को कहा। मैं भी अपने बिस्तरे पर लेट गई। वह रात मेरी जिन्दगी में बहुत बड़ा बदलाव लाई थी। मैंने निश्चय किया था आगे

से किसी भी हालत में, मैं किसी की कोई भी चीज नहीं लूँगी। सोचते-सोचते पता नहीं कब मैं भी सो गई सुबह आँख खुली तो वह केबिन में नहीं थीं। मैंने जल्दी से अपने बैग से घड़ी निकाली और उसके बैग में रखने ही वाली थी कि अचानक नीना आ गई। मुझे उसका बैग खोलकर घड़ी रखते देख उसका मुँह खुला का खुला रह गया। मैंने हकलाते हुए उससे क्षमा माँगी और घड़ी उसे दे दी। उसने सिर्फ 'धन्यवाद' कहा और बैग बंद कर दिया। रेल रुकने पर नीना से नजरें चुराते हुए मैं नीचे उतर कर स्टेशन के बाहर चली गई। सारा दिन मैं अपने काम में व्यस्त रही। उसके बाद मैंने अपने चाचा की लड़की को फोन किया। उससे बात करते हुए मैंने नीना के बारे में बताया। सुनकर वह पहले तो बहुत हँसी, फिर बोली, 'नीना ने वह घड़ी मेरी चुराई थी, जो भैया 'कनाडा' से लाए थे।' नीना और अल्का स्कूल में एक साथ पढ़ते थे। नीना एक रईस खनदान की इकलौती लड़की थी। लेकिन उसको यह बीमारी थी कि अगर कोई वस्तु उसे अच्छी लगती थी तो वह अपने आपको रोक नहीं पाती थी, और उसे चुरा लेती थी। ये सब सुनते ही मैंने अलका को कहा कि मुझे किसी काम से जाना है, बाद में फोन करूँगी और फोन बंद कर दिया। भागी-भागी मैं अपने होटल के कमरे में पहुँची और अपना बैग देखा। मेरा कीमती फाउन्टेन पेन 'जो 2500 रु का था, तथा मेरा बेशकीमती कैमरा दोनों गायब थे। मैं धम से कुर्सी पर बैठ गई और सोचने लगी, कि मेरी जिन्दगी में परिवर्तन उस दिन आया था या अब आया है।

रश्मी सिंह
पत्नी कमांडेंट एस के सिंह
एम आर सी सी / पी आर टी

चरित्र

सत्य अभाव और अहिंसा की नींव पर खड़ा उदार चरित्र इतिहास बन जाता है। ऐसा चरित्र श्रद्धा अनुशासन समर्पण और संयम की मर्यादा में बंधा रहता है और संघर्ष के झंझावतों में किनारा तलाश नहीं करता, किसी भी प्रकार के मायाजाल में नहीं फँसता। इसका उद्देश्य तो आत्म विकास होता है, न केवल अपना अपितु सम्पूर्ण राष्ट्र और सकल विश्व का इसलिए ऐसा उत्तम चरित्र मोक्ष के लिये घनघोर अरण्य की कन्दराएं नहीं तलाशता, कोलाहल से नहीं कटता, समाज से किनारा नहीं करता और किसी समाधि में नहीं खोता अपितु शोषण, अत्याचार, हिंसा और पाखण्ड झूठ व दंभ की दुनिया में रहते हुए सच्चे धर्म की व्याख्या करता है तथा लोगों को इस पर चलने की प्रेरणा देता है, उनका नेतृत्व करता है ऐसा व्यक्ति कर्म योद्धा कहलाता है।

सतीश कुमार
उत्तम नाविक (क्यू. ए.)

दादी माँ

एक पिछड़ा सा गाँव है मानूर। इस गाँव की सुन्दरता आँखों को ही नहीं मन को भी मोह लेती हैं। इसी गाँव की एक छोटी सी झोपड़ी में रहती है, सावित्री देवी। गाँव के बच्चे उन्हें दादी माँ कह कर पुकारते हैं। दादी माँ अकेली ही रहती हैं। उनका एक पुत्र है जो शहर में रहता है, अपनी पत्नी और बेटे के साथ। दादी माँ काफी बूढ़ी हो चुकी हैं, उनकी कमर झुकी हुई है चेहरे में झुर्रियाँ, उनका दर्द और तकलीफ बयाँ करती हैं। उस गाँव में न सड़क की सुविधा है, न बिजली की। शाम ढलने से पहले ही दादी, घर का सारा काम निपटाकर झोपड़े का दरवाजा बन्द कर लेती है ताकि पास के जंगलों में रहने वाले जानवर घर में घुसकर परेशानी न खड़ी करें। अकेलापन उन्हें काटने को दौड़ता है। झोपड़े के अन्दर डिबरी जला कर उससे अपना काम करती रहती है।

किसी समय उनका भरा-पूरा परिवार था। पति की मृत्यु के उपरान्त बेटा भी काम की तलाश में शहर चला गया। अब बूढ़ी माँ को जरूरत की हर चीज लेने के लिए काफी दूर अपने लाठी के सहारे ही चलकर जाना पड़ता है। एक दिन अचानक बेटा, बहू और पोता उनसे मिलने आये और कहा कि 'माँ हमें कुछ दिनों के लिए शहर से बाहर जाना पड़ रहा है, इसलिए हमने ये फैसला किया है कि नन्दू (यानी पोते) को आपके पास छोड़कर जाएँ। माँ इस बात को खुशी-खुशी स्वीकार कर लेती है। कई वर्षों से अकेली रहने वाली दादी माँ सोचती है कि अब उनके अच्छे दिन आ गये हैं। यह सोचकर वह पोते को अपने पास रख लेती है कि जिन्दगी के एकाकीपन से अब उन्हें छुटकारा मिल जाएगा। पर नन्दू को दादी माँ का घर अच्छा नहीं लगता। उसे उस झोंपड़े में रहना पसन्द नहीं आता। वह दादी माँ से जिद्द करता है कि उसे शहर लेकर चले। पर वह बेचारी क्या करती। दादी माँ का खाना उसे पसन्द नहीं है क्योंकि उसे तो शहर के खाने की आदत पड़ गई थी। दादी माँ पोते को खुश करने के लिए अलग-अलग तरह के पकवान बनाती पर उसे अच्छा नहीं लगता। जैसे-जैसे दिन बीतते गये पोता और जिद्दी होता गया। बूढ़ी दादी उसे खुश करने की हर संभव कोशिश करती। लेकिन नन्दू कभी दादी माँ की लाठी दूर फेंक देता है तो कभी उसके मिट्टी के बर्तन तोड़ देता। एक दिन पोता जिद्द करता है कि उसे पतंग चाहिए जो शहर में मिलती है। दादी कहती है कि पतंग तो बहुत महंगी होगी। पर पोता नहीं मानता।



वह दादी को लेकर शहर की ओर जाता है। बूढ़ी माँ चल नहीं पाती हैं और रास्ते में रुक-रुक कर चलती है। नन्दू दौड़-दौड़ कर आगे निकल जाता है फिर कुछ दूर जाकर मुड़कर देखता है उसकी ऐसी हरकत देखकर दादी माँ मन ही मन खुश होती हैं। शहर पहुँच कर नन्दू पतंग और उसकी डोर खरीदता है। दादी माँ उसे पैसे देती है।

धीरे-धीरे नन्दू को दादी से प्यार हो जाता है। अब वह रोज शाम को दादी माँ से कहानी सुनता है। दादी माँ के साथ खेलना उसे बहुत अच्छा लगने लगा। समय बीतता गया अब नन्दू के माता-पिता के वापस आने का समय हो गया। नन्दू को अब दादी माँ को छोड़कर जाने का मन नहीं हो रहा है। नन्दू की माँ आती है और नन्दू को अपने साथ ले जाती है। जाते समय वह दादी माँ से वादा करता है कि वह फिर वापस आएगा। नन्दू को जाते हुए दादी माँ देखती रहती है। धीरे-धीरे नन्दू

आँखों से ओझल हो जाता हूँ। दादी माँ फिर अकेली हो जाती है। लेकिन आज दादी की आँखों में आशा की किरण है क्योंकि उनके प्यारे नन्दू ने उनसे मिलने का वादा जो किया है।

सेनी रवीचन्द्रन
पत्नी ए रविचन्द्रन
एम आर सी सी

मुंबई में आयोजित कवयित्री सम्मेलन की कुछ कविताएं

- हाँ, मैं बेटी हूँ
मैं कितनी न्यायी
सारे जग की राजदुलारी
सब कहते हैं प्यारी –प्यारी
फिर क्यों मुझको मारा जाता ?
- नारी आपके आंगन की तुलसी है
और जो आदमी
आंगन की तुलसी को जलाता है
उसका घर नरक हो जाता है ।
- यदि बेटी न होती, तो तुम्हारे
घर में, मासूम किलकारी न होती
तुम्हारी कलाई पर राखी न होती ,
बेटी के जन्म पर अपने नसीब
को न कोसिए, घर में बेटी के
जन्म पर दुर्गा की जय बोलिए ।

राजभाषा किरण से संकलित

मनीष पारेख
उच्च श्रेणी लिपिक
जिला मुख्या संख्या -1

मानवता

जरूरत पड़ने पर अपना कोई साथी नहीं होता
यह दुनिया है यहां कोई अपना नहीं होता ।
अगर होता इंसान को इंसान पर भरोसा
भाई-भाई के मकान का बँटवारा नहीं होता ।

वही पहुँच पाते हैं मंजिल पर अपनी
होता है जिनको भरोसा हिम्मत पर अपनी ।
कुछ ऐसे भी होते हैं लोग दुनिया में
जिनका सबकुछ लुटने पर भी गम नहीं होता ।

भरते ना जख्म किसी के कभी दुनिया में
वक्त अगर हर जख्म का मरहम नहीं होता ।
अपने को इंसान कहने का हक नहीं उसका
सर जिसका खुदा के दर पर नहीं होता ।

श्रीमती मीना सिंह
पत्नी एच न सिंह
उ/नाविक (क्यू. ए.)
भा त अवस्थान जखौ

सिखाने के और भी तरीके

ऐसे मत करो, वैसे मत करो, ये ठीक हैं, ये गलत है, समझाया, डाँटा और कभी मार भी दिया। बच्चे भी कम नहीं, कभी माना कभी नहीं। कुछ ने बहस की, विद्रोह किया, कुछ सयाने निकले और झूठ बोलकर शांति से काम चला लिया। नतीजा क्या। हमने बच्चे को काबू किया उसके मन को नहीं।

पंख में उड़ने की शक्ति आते ही हर बच्चा उड़ चला अपनी-अपनी दिशा में और कभी-कभी गलत दिशा में, क्यों। हमेशा सख्ती ठीक नहीं। बच्चा डर कर माँ-बाप की बात मानना सीख जाता है पर सही गलत में फर्क करना नहीं सीख पाता। सख्ती की अपनी अहमियत है, किन्तु सख्ती आखिरी हथियार है, पहला वार नहीं।



कभी बच्चे की मामूली सी जिद मान लेने से बच्चा एक बार में जिद्दी नहीं हो जायेगा पर उसकी बात कभी तो माननी पड़ेगी तभी तो उसका असर जानेगा और खुद भी बात मानना सीखेगा। यहाँ बात सही गलत की नहीं है, यहाँ बात अपनी मर्जी से ज्यादा दूसरे की इच्छा को मान देने की है, जो बच्चा तभी सीखेगा जब इस भावना को महसूस करेगा।

इसी तरह हर गलती पर सजा देनी जरूरी नहीं। छोटी-छोटी गलतियाँ माफ कर दें किन्तु साथ में ये एहसास दिलायें कि उससे गलती हुई है पर यह काम बिना सजा दिये प्यार से भी हो सकता है, बच्चा क्षमाशील तभी बनेगा जब उसने इस क्षमा को महसूस किया होगा अन्यथा वो यही सीखेगा कि किसी से भी गलती हो उसे दंड मिलना ही चाहिए।

ध्यान रहे बच्चे को सिर्फ एक अच्छा बच्चा ही नहीं साथ ही साथ आगे चलकर एक अच्छा इन्सान भी बनना है, जिसके चरित्र निर्माण की जिम्मेदारी माँ-बाप की होती है।

कृपया ये तालिका ध्यान से पढ़ें—

बच्चे के साथ व्यवहार

- 1 सबके बीच बच्चे को डांटना
- 2 बच्चे की कोई बात न मानना उसकी हर बात काट देना
- 3 हर छोटी-बड़ी बात के लिए सजा देना ,कभी माफी नहीं देना
- 4 हर वक्त टोकते रहना,कभी तारीफ या सराहना न करना
- 5 बच्चे को मारना

बच्चे भविष्य की धरोहर हैं
इन्हें संभाल कर रखें।



चरित्र निर्माण पर असर

आत्मसम्मान में कमी
जिद्दी ,आक्रमक
निर्मम,असंवेदनशील
आलोचनात्मक,चिड़चिड़ापन
असंवेदनशील ,आक्रमक

प्रीति बाजपेयी
समादेशकर एस एस एन
बाजपेयी की पत्नी

सत्य को विधिवत आरक्षण दिए जाने का प्रस्ताव बहुमत से खारिज: विरोधियों ने मिठाई बांट कर एक दूसरे को बधाई दी।

{ सत्य फिर अकेला }

आज सदन के इतिहास में पहली बार एक प्रस्ताव लाया जा रहा था। यह जानते हुए कि प्रस्तावक के अलावा कुछ एक परोक्ष रूप से उसके पक्ष में, किन्तु लगभग सभी उसके विरुद्ध थे। भय व्याप्त हो चुका था कि यदि उसे आरक्षण मिल गया तो वह और अधिक शक्तिशाली हो जायेगा। उनका ध्येय था कि आज ऐसा माहौल बना दिया जाए कि प्रस्तावक प्रस्ताव पेश करने से पूर्व ही स्वयं अपना प्रस्ताव वापस ले ले और अपनी मूर्खता मान कर प्रलय तक अपने आप को कोसता रहे तथा पश्चाताप का मौका तक न मिले। फिर क्या था? अपना वजूद खाक होने की संभावना मात्र से 'वे' व्याकुल हो, विभिन्न नारो, चुटकियों—से सदन की कार्यवाही को बाधित करने के उपक्रम में लग गए।

सभापति ने अंतर्वेदना प्रकट करते हुए सदन को संबोधित किया, 'मेरी राय में आप लोग प्रस्तावक को प्रस्ताव प्रस्तुत करने दे। सदन के सदस्यों को संयम से काम लेना चाहिए। किसी सदस्य द्वारा प्रस्ताव लाया जाना उसका अपना मौलिक अधिकार है। सभी को उसके इस मौलिक अधिकार का सम्मान करना चाहिए। आप सभी से निवेदन है कि कृपया शांति बनाए रखें'।



सदन में स्तब्धता छा गई।

'प्रस्तावक को अपना प्रस्ताव रखने की अनुमति प्रदान की जाती है', सभापति ने घोषणा की।

'माननीय सभापति महोदय एवं सदन के सदस्यों! कृपया विधिवत मुझे आरक्षण दें। मैं भी समाज में गर्व से खड़ा हो सकूँ। मैं कमजोर पड़ता जा रहा हूँ। मेरा अस्तित्व संकट में है।'

प्रस्तावक के समर्थन में कुछेक स्वर उभरे, शेम—शेम। अब विपक्ष ने एक बार फिर सदन की कार्यवाही को शोर—शराबे से बाधित किया। तभी ठीक पीछे से उर्नीदी—सी आवाज में एक प्रश्न उछाला गया, 'ये है कौन ?'

'मैं सत्य हूँ श्री मान् मेरी कोई वंशावली नहीं है। मैं संख्या में मात्र एक हूँ अतः आज समाज में अपनी बात रखने के लिए मुझे भी उचित प्रतिशत आरक्षण चाहिए। मैं देखता हूँ कि लगभग सर्वत्र आज प्रत्येक सभा—स्थल, विभिन्न मार्गों, चौराहों, घर—परिवार, मोहल्लों, विभिन्न संगठनों, संस्थानों यहाँ तक कि संपूर्ण विश्व स्तर के धर्म—स्थलों पर भी झूठ की उपस्थिति दर्ज है। मुझे सहज रूप में बोलने का अवसर तक नहीं मिल पाता। मेरे स्वर को उच्च आवृत्ति वाले स्वरों के बोझ तले दबा दिया जाता है। कृपया मुझ बेबस को आरक्षण दें।'

सभापति, जो सदन में वरिष्ठतम थे, ने अपने जीवन के अनुभव तथा व्यावहारिक ज्ञान को राजनीतिक भाषा का रूप देकर, उसकी प्रार्थना खारिज कर दी।

“मि. सत्य — जैसा कि सर्वविदित है, समाज में जो अल्प संख्यक कमजोर हैं उन्हें आरक्षण का सहारा दिया जाना न्याय संगत प्रतीत होता है। अतः आरक्षण की व्यवस्था चलन में है, किन्तु सत्य को आरक्षण मिले इस मुद्दे पर कोई पक्ष सहमत नहीं है। ऐसा मेरा निजी तौर पर मानना है कि यह सृष्टि के जन्म से ही शाश्वत प्रति-स्थापित सत्य है कि तुम सत्य हो। हजारों लाखों या असंख्य झूठ भी एकता का परिचय देते हुए कहीं खड़े हों तो तुम्हारे आगमन की सूचना मात्र से उन्हें पसीना छूटना शुरू हो जाता है। तुम्हारी उपस्थिति उनके बनाए महलों तथा इरादों को नेस्तनाबूंद कर देती हैं तराजू के दूसरे पलड़े में तुम से ऊपर खड़े असंख्य झूठ भी अस्तित्व खो बैठते हैं। लिहाजा मेरी राय में तुम्हारे प्रस्ताव को सदन में चर्चा एवं मतदान के लिए रखे जाने का कोई औचित्य नजर नहीं आता।”

दूसरे दिन समाचार पत्रों के मुख्य पृष्ठ के शीर्ष पर छापा था—“ सत्य को विधिवत आरक्षण दिए जाने का प्रस्ताव बहुमत से खारिज, विरोधियों ने मिठाई बांट कर एक दूसरे को बधाई दी। सत्य फिर अकेला।”

एस एस चौहान
प्रधान अधिकारी, 00150-एस

ऑफिस और घर में कैसे बिठाएं तालमेल

महिलाओं से यह उम्मीद बढ़ जाती है कि वह ऑफिस और घर के काम की जिम्मेदारी आराम से संभाल सकती है। अपनी जिम्मेदारी को सही तरह से निभाने के लिए यदि महिलाएं घरेलू काम की भी एक योजना बनाकर चलें, तो उनकी मुश्किलें एकदम आसान हो जाएगी :-

- हर काम का वक्त निश्चित करें और उसके अनुसार ही चलें । समय की पाबंदी बहुत जरूरी हैं
- हर काम की प्राथमिकता तय कीजिए।
- पूरे दिन के कार्यक्रम की रूपरेखा बनाइए।
- किसी भी कार्य की तैयारी पहने से ही कर लें।
- किसी भी कार्य को टाले नहीं तुरंत खत्म कर दें।
- संभव हो तो दो कार्यों को साथ में करने की कोशिश करें।
- अगर किसी की सहायता की जरूरत हो तो अवश्य लें।

इन सब बातों का यह मतलब नहीं है कि आप सारा दिन घर के कामों में ही लगी रहे। अपने लिए भी वक्त निकालिए और उस वक्त का उपयोग अपनी पसंद के कार्यों में करें।

“राजभाषा किरण से संकलित

निलेश मानसाता
सहायक

शिक्षा?

आज का मानव अशांत व क्लान्त है। शरीर के आधार पर बुद्धि से कुछ स्वीकार करने को तैयार नहीं होता। मनमानी करने पर खेद भी अनुभव नहीं करता। जिस धरातल पर जी रहा है उसे अच्छे से नहीं जानता है व स्वरूप भी नहीं जानता। उसे यह भी मालूम नहीं कि प्रकृति शरीर को कैसे चलाती है, उसका योगदान क्या है।

शरीर के अन्दर रहने वाली अदृश्य शक्तियाँ, मन, बुद्धि कैसे शरीर को चलाती हैं। शरीर का उपयोग इसकी भाषा, शक्ति, अभिव्यक्ति क्या है? आधि—व्याधि व समाधि का शरीर से क्या संबंध है? कामना कैसे पैदा होती है? आत्मा क्या है? यह शरीर को कैसे नियंत्रित करती है? गुरुकुल शिक्षा इसी जीवन स्वरूप पर आधारित होती थी।

आज बच्चों को कारखानों के उत्पाद के रूप में पढ़कर तैयार किया जा रहा है। यांत्रिक शिक्षा पाकर नौकरी पाने की होड़ लगी है। नौकरी माँगने वाली शिक्षा और उसने भी व्यापार रूप धारण कर लिया है। रेल के डिब्बों की तरह सारे बच्चे एक जैसे तैयार हो रहे हैं। भाषा का केवल अक्षर ज्ञान ही दिया जा रहा है। यह भाषा ज्ञान ग्रहण का केवल माध्यम है। स्कूलों के नाम पर कारखाने खड़े किये जा रहे हैं। इससे ग्रामीण सेवाएँ एक—एक करके टप्प हो रही हैं। बच्चे अपना पैतृक कारोबार भी नहीं संभाल पाते क्योंकि उनके दिमाग में अन्य सपनों का भ्रम डाल दिया जाता है। अन्त में वे सपने टूट जाते हैं। अतः उसे शिक्षा इस प्रकार दी जानी चाहिए थी कि वह औपचारिक शिक्षा के साथ—साथ पैतृक कार्य में भी पारंगत हो सके। भाग्य से नौकरी भी न मिले तो पैतृक कार्य अच्छी तरह कर सके।

श्रीमती शालू देओल

पत्नी धर्मन्द्र कुमार

प्रधान नाविक, 03659—एस

भा त अ जखौ



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ANDAMAN & NICOBAR REGION



एक महान नारी एवं सिकन्दर महान

विश्व विजय हेतु निकला सिकन्दर एक बार ऐसे ग्राम में पहुँचा जहाँ के सभी आदमियों को या तो मार दिया गया या बाकी बचे हुए अपनी पत्नियों, बच्चों एवं घर बार को छोड़कर भाग गये। उस ग्राम में केवल निहत्थी स्त्रियों के सिवाय कोई नहीं था। सिकन्दर सोच में पड़ गया कि इन महिलाओं से युद्ध कैसे किया जाये। उसी समय उसे बहुत जोर की भूख लगी थी। उसने उन महिलाओं को कहा, “मुझे भूख लगी है, मुझे भोजन दो”। कुछ महिलाओं ने कपड़े से ढकी थालियाँ सिकन्दर के सामने रख दी। जब उसने कपड़ा हटाया तो देखा कि थालियों में स्वर्ण ही स्वर्ण है। भूख से परेशान सिकन्दर ने कहा, “यह सोना कैसे खाया जा सकता है मुझे खाने के लिए भोजन दो”। एक महिला ने उत्तर दिया, “यदि सोना नहीं खाया जा सकता और केवल खाने से ही पेट भरता है तो क्या तुम्हारे देश में खाना नहीं था, जो तुम दूसरे देशों को लुटने के लिए निकल पड़े हो और दूसरे की रोटियाँ छीनते हो”। सिकन्दर तुरन्त ही वहाँ से लौट गया और उसने उस नगर के द्वार पर यह शिलालेख लिखाया। “अज्ञानी सिकन्दर को इस नगर की एक महान नारी ने बहुत बड़ा और अच्छा सबक सिखा दिया है”।

एम आर शर्मा

उ.अधि.

भा.त.र. प्रशिक्षण केन्द्र कोची

सेवारत नारी के अधिकार

—संविधान के अनुच्छेद 31 के अनुसार नारी को समान कार्य, समान वेतन का अधिकार है।

—समान वेतन अधिनियम 1970 ई का उद्देश्य सेवारत नारियों को पुरुषों के समान बराबर का अधिकार देना है।

—प्रसव के दौरान नारी को प्रसूति सुविधा अधिनियम 1961 ई के अनुसार केंद्र सरकार द्वारा घोषित नई संशोधित छुट्टी देना मान्य है।

—धारा 60 के तहत किसी भी नारी से रात्रि 7 बजे से सुबह 6 बजे तक कार्य नहीं लिया जा सकता और न ही इस कारण किसी को नौकरी से निकाला जा सकता है।

राजभाषा किरण से संकलित

देवेंद्र सिंह

कनिष्ठ अनुवादक

जिला मुख्या संख्या-9

नारी शक्ति

“यत्र नार्यास्तु पूजयन्ते रमन्ते तत्र देवता” अर्थात् जहाँ नारी का सम्मान होता है, वहाँ देवता निवास करते हैं। सरल अर्थों में कहा जाए तो नारी खुशहाली, समृद्धि, उन्नति और शांति का दूसरा नाम है। वैसे तो संसार के अधिकांश समाज पुरुष प्रधान है। भगवान ने सभी को एक समान बनाकर दुनिया में भेजा है वह किसी को बलवान या किसी को कमजोर बनाकर दुनिया में नहीं भेजता। नारी कोमल जरूर है पर कमजोर नहीं। अगर ताकत से मतलब है तो निस्संदेह नारी में पुरुष से कम पशुता है। अगर इसका मतलब नैतिक शिक्षा से है तो अवश्य ही पुरुष की अपेक्षा स्त्री कहीं अधिक शक्तिशाली है। अगर अहिंसा ध्यान मंत्र है तो कहना होगा कि इस देश का भविष्य नारियों के हाथों में है, एक प्रसिद्ध लेखक ने कहा है "Next to God we are indebted to women first life itself, than making it worth living" यह कहना कि हर कामयाब पुरुष के पीछे एक स्त्री बिल्कुल सही है। औरत ने उसे साबित भी किया है। नारी कुल जनसंख्या का आधा भाग होती है। बेटी, बहन, पुत्री और माँ के रूप में नारी का महत्व प्राचीन काल से रहा है। पत्नी के रूप में वह परिवार का संचालन करती है तो माँ के रूप में वह सृष्टि है। नारी को पुरुष की अर्धांगिनी कहा गया है। इसके बिना पुरुष अधूरा है। पुरुष चाहे कितना भी दृढ़ निश्चय, बुद्धिमान क्यों न हों, जीवन के हर मोड़ पर उसे एक औरत ने आगे बढ़ने का हौसला दिया है, निराशा के बादलों को हटा कर जीवन का एक सकारात्मक दृष्टिकोण दिखाया है। प्रेरणा दी है—कभी माँ बन कर, कभी बहन बन कर, कभी जीवन संगिनी बन कर, तो कभी जगत जननी अंबा के रूप में परंतु यहाँ अतिशयोक्ति होगी यदि यह न कहा जाए कि औरत की सफलता के पीछे भी कहीं किसी पुरुष का भी हाथ होता है, कभी पिता, कभी भाई तो कभी पति के रूप में। इसलिए कहा जा सकता है कि दोनों ही जीवन रूपी गाड़ी के दो पहिये हैं। दोनों एक दूसरे के पूरक हैं। दोनों यदि एक दूसरे का सम्मान करें तो समाज के लिए एक आदर्श स्थापित कर सकते हैं। आखिर परिवार ही तो समाज की सबसे छोटी इकाई कहलाती है।



रीता शर्मा
पत्नी मनोज कुमार
दर्जा—प्रधान नाविक
जिला मुख्या नव मंगलूर

टूटता हुआ संयुक्त परिवार

आज ममता की आँखों में थकान महसूस हो रही थी। उसका चेहरा सूखा और मुरझाया हुआ था। बेबसी और पराजय साफ दिखाई दे रही थी। पीछे से आवाज आई “ममता यह लो, तुम्हारे लिए चाय लेकर आया हूँ, यह उसके पति बृजमोहन की आवाज थी। ममता उठकर खड़ी हो गयी। ‘अरे आप क्यों परेशान हुए। मैं खुद बना लेती। “आज कुछ करने का मन नहीं हो रहा”, ममता ने कहा। जानता हूँ गौरव और आशीष तुमसे अलग रहने चले गये न, इसलिए। ममता ने आँखें बंद कर सिर को सोफे में टिका दिया। ममता की आँखों में सारा बीता हुआ दृश्य साफ-साफ घूमने लगा। घड़ी में 8 :30 बजा है। ममता ने दादी माँ और बाबूजी के लिए चाय का प्याला तैयार कर दिया। पति के लिए टिफिन, पोता और पोती के लिए नाश्ता बनाकर टेबल में रख दिया। बड़ी बहू ने आकर माँको गुस्से में डॉट लगायी। ‘क्या माँजी, अब तक बच्चों को स्कूल के लिए तैयार भी नहीं किया। आप से कुछ नहीं होता। न काम की, न काज की। सब मुझे ही करना पड़ता है। ममता कुछ न कह सकी और अपने दूसरे काम में व्यस्त हो गयी। इतने में छोटी बहू सुनीता ने कहा माँजी आपने आशीष (ममता का दूसरा बेटा) के कपड़े जो प्रेस किये थे, वो मिल नहीं रहे। आप ढंग से काम क्यों नहीं करतीं। ममता ने कहा बहू मैंने तुम्हारी अलमारी में रखे थे। बहू ने गुस्से में आकर कहा – ‘आपका नहीं, हमारा ही कसूर है, हमें आपके साथ रहना ही नहीं चाहिए। आज ही मैं आशीष से बात करती हूँ। हम अपना अलग इंतजाम कर लेंगे।’ ममता के लिए यह सब रोज की कहानी थी। कभी बड़ी बहू का ताना कभी छोटी बहू के कड़वे शब्द सुनने की तो आदत सी हो गयी थी। लेकिन आज तो गौरव और आशीष और उसकी बहूओं ने फैसला ही कर लिया। अब हम साथ नहीं रह सकते। ममता से भी यह रोज का कलह बर्दाश्त नहीं होता था। बड़ी बहू का देर रात आफिस से आना, आकर खरी खेटी सुनाना, यह सब सोचकर ममता ने भी बहू और बेटों के अलग हो जाने की बात पर आपत्ति नहीं जताई। लेकिन मन में एक सवाल जरूर बार-बार परेशान कर रहा था। ‘मैं। गलत कहाँ थी?’ ममता तो अपने सास, ससुर और बहू-बेटों, पोतों सबका ख्याल रखती थी। फिर क्यों हमारा हँसता-खेलता भरा-पूरा परिवार टूट गया? क्यों? उधर बड़ी बहू गौरी और छोटी बहू सुनीता का भी यही सवाल? हमने समय-समय पर माँजी, बाबूजी का ध्यान रखा, जितना हो सकता था उतना किया? फिर भी हमारी तो कोई कीमत ही नहीं, माँजी के लिए अभी पिछली दीपावली में ही गौरव ने साड़ी दी थी लेकिन माँजी हैं कि उनका मुँह लटका ही रहता है। अचानक किसी ने हिलाकर ममता को जगाया। सो गयी थी। क्या? ममता ने देखा बृजमोहन सामने खड़े थे। ममता के सामने आज बहुत कुछ बदल गया था।



आज यह समस्या हर संयुक्त परिवार की है। जहाँ हर किसी को यही लगता है कि वो गलत नहीं है और समझौता पर जिन्दगी नहीं चलती। आज संयुक्त परिवार लुप्त होते जा रहे हैं। रिश्ते टूटते जा रहे हैं। संयुक्त परिवार बिखर रहा है। दादी, पोते और माँ – बेटों के प्यार की परिभाषा बदल रही है। इसके लिए कौन जिम्मेदार है? हम, आप या आज की हमारी बदली हुई मानसिकता, जरा सोचिये।

प्रतिभा बाजपेयी

यू सी बाजपेयी

तटरक्षक क्षेत्रीय मुख्यालय (अं एवं नि)

मेरी चाह

नहीं चाहिए मुझे हर वो मंजिल
खड़ी हो जो बेबसी पर किसी के ।
है, छोटा आशियाना ही कबूल मुझे,
जहां अपने होने का अहसास तो हो मुझे ॥

नहीं जाना मुझे हर उस महफिल में,
चेहरों पर लगे हों मुखौटें जहां ।
है, छोटा अंगना ही कबूल मुझे,
जहां सुकून का अहसास तो हो मुझे ॥

नहीं चाहिए मुझे हर वो संस्कार,
बंधन हो जिसमें बेड़ियों का ।
है , छोटा परिवर्तन कबूल मुझे,
जहां मुक्ति का अहसास तो हो मुझे ॥

विचलित होते इस मन को,
अहसास जरूर कराती हूँ ।
ना जाना उस डगर से तुम,
हो चोट का भय जहां, तुम्हें ॥

छोड़ आना उस धूल को वहीं पर तुम,
जिस धूल में हो, कर्ज के बोझ का सितम ।
कर्ज की धूल, साथ में लाना न तुम,
नहीं तो, बोझ से मिट जाओगे तुम ॥

तटरक्षक मुख्यालय
श्रीमती उर्मिला सिंह

हिंदी की पहचान

हिंदी है पहचान हमारी,
हिंदी ही है शान हमारी,
हिंदी का अंदाज निराला,
हिंदी का है राज निराला

बोलने में यह सरल है,
समझाने में पूर्ण सफल है,
लिखने का असान तरीका,
लिपि भी इसकी बड़ी सरल है

हिंदी है अब जान हमारी,
हिंदी है पहचान हमारी

आजादी के बाद आज भी
मिली न उसको जगह उसी की
जिस शिखर पर होना था इसको
अँग्रेजी का राज आज भी

जनता है परेशान हमारी
हिंदी है पहचान हमारी

हिंदी पखवाड़ा मनाएँ
अँग्रेजी छोड़ हिंदी अपनाएँ,
कार्यालय में हिंदी कार्य बढ़ाएँ
कर्तव्य अपना पूरा निभाएँ

बढ़ेगी इससे शान हमारी
हिंदी है पहचान हमारी

मोहम्मद रईस
प्रधान नाविक
03758-एस
भा. त. पो. वाड़ीनार

पुष्पांजलि

जब शिशु था तब सूरजमुखी की भाँति
तकता था तुम्हारी ओर, हर पल, हर क्षण
कि तुम सूरज बन, अपनी ममता की
ऊष्मा से रौशन करोगी, जीवन मेरा।

आया यौवन, तो बन गुलाब
छा गयी हो तुम मेरे दिन में, मेरी आत्मा में
और अपने प्यार की खुशबू से
महका दिया है, तुमने जीवन मेरा।

जब सरसों के फूल की भाँति
आयी कठिनाईयाँ कई, इस जीवन में
तुमने थामे रखी, मेरी जिंदगी की डोर
और मैं बढ़ता गया, चढ़ता गया,
ठीक किसी कमल की तरह।

तुमने सूरज का ताप, काँटों की चुभन
कठिनाईयों का दलदल
सब बस स्वयं ही सहा है
हूँ नतमस्तक तुम्हारी प्रेरणा
तुम्हारे प्यार के विभिन्न रंगों के समक्ष
पर क्या करूँ, हूँ स्वार्थी तो
अब गुजारिश है बस इतनी।

कि जीवन के अंतिम पड़ाव पर,
जो साथ न हो कोई अगर
उस मरुभूमि में,
तुम बन फूल कैक्टस का
बस मेरा साथ निभा जाना

और तुम्हारे प्यार रूपी पुष्पांजलि
मुझे हमेशा जिंदा रखेगी
बस ये उम्मीद जगा जाना
बस ये उम्मीद जगा जाना

विजय नेगी
पत्नी समादेशक के नेगी

बना कर देखिए

ना बना सके जो बात
वो बना कर देखिए,
रूठे हों जो दोस्त,
उन्हें मना कर देखिए।
जब ठान ही लोगे तो मुश्किल
नहीं कुछ भी।
संकल्पों को फौलाद
बना कर देखिए।

रोशन हो जायेगें
बुझे चहरे भी एक दिन,
लेकिन किसी का गम,
जरा अपना कर तो देखिए।
क्या रखा है इन धर्म जाति
के फंदों में,
मानव के मन के तारों को मिलाकर देखिए।

तुमसे खुदा जुदा नहीं,
इतनी सी बात है,
सोई जो आत्मा
वो जगा कर देखिए,
ना बन सके जो बात
वो बना कर देखिए।

पी एम कुरुप
अधिकारी

नया मोड़

कर कठिन परिश्रम
जीवन में नव अध्याय जोड़ दो।
जकड़े हों यदि आलस से
इस बंधन को तोड़ दो।

गर आती है बाधा कोई
डरना उससे छोड़ दो
चाहते हो यदि सफलता
बाधा का पथ तुम मोड़ दो।

जीवन है सुख-दुःख का संगम
स्वयं को इससे जोड़ दो
सुख-दुःख को जान एक समान
जीवन को नव मोड़ दो।

रुही अहमद

*पत्नी —इन्तेखाब अहमद, अधिकारी; आर ओ
सामुद्रिक बचाव समन्वय केन्द्र,
पोर्ट ब्लेयर*

वृक्ष

पेड़ों को ना काटो,
काटोगे तो तड़पोगे,
हर चीज के लिए तरसोगे।

वृक्ष ही हैं जीवन का मूल,
देते हैं हमें फल और फूल।

ये देते हैं प्राण वायु,
जिससे बढ़ती है हमारी आयु।

ये ही देते पक्षियों को बसेरा,
जिनके चहकने से होता है सवेरा।

वृक्ष ही हैं महान,
देते हैं हमें जीवन दान।

पेड़ हैं अनमोल चीज,
इन्हें ना काटो, इन्हें उगाओ,

धरती को अपना स्वर्ग बनाओ।

अमरजीत यादव

प्रधान नाविक, 04258-एच

जीना

जीने को तो
सब जी लेते हैं।
पर जीना,
उसका कहलाता है।
अपने जाने के बाद,
भी जो।
पद चिन्हों छोड़ता जाता है।

कीमत

कीमत पानी की नहीं प्यास की होती है,
कीमत इंसान की नहीं उसके विचारों की होती है
रिश्ते तो कई हैं इस दुनिया में पर कीमत
रिश्तों की नहीं उसमें रखे विश्वास की होती है।

*तटरक्षक मुख्यालय
श्रीमती उर्मिला सिंह
उपाध्यक्षा 'तटरक्षिका'*

ये मेरी आवाज है

आओ ढूँढ़ें उन वीर जवानों को साथ जो अपना साथ छोड़ गए,
कुछ लोगों ने रास्ते बदलें और कुछ रास्ते छोड़ गए।

अलग-अलग काफिले बनाकर घूम रहे हैं वीर जवान,
कभी किसी से नाता जोड़ा कभी कोई घर छोड़ गए।

बंद द्वार पर दस्तक देते-देते हम तो हार गए,
शायद पीछे के दरवाजे से निकले वो घर छोड़ गए।

कितना ही चीखो चिल्लाओं पीछे बंद सलाखों के,
सबके सब हमदर्द तुम्हारे तुम्हें अकेला छोड़ गए।

सपनों को आवाज न दो बेचारे थक कर सोए हैं,
जाने कब झकझोर जगा दें जो कल थे मुँह मोड़ गए।

होंठों पर पहरे बिठला लो भीगी नजरें कह देंगी,
किसने दीप जलाए किसके सूरज बादल ओढ़ गए।

आओ ढूँढ़ें उन वीर जवानों को साथ जो अपना छोड़ गए,
कुछ लोगों ने रास्ते बदले और कुछ रास्ते छोड़ गए।

सुशील कुमार सिंह
प्रधान नाविक

क्यों होता है ये आतंकवाद ?

बच्चे यतीम हो जाते हैं,
औरतें विधवा हो जाती हैं,
घर बन जाते हैं खंडहर,
और तन्हाई रह जाती है उनके अंदर,
बच्चों-बच्चों के हाथ में थमा दी जाती है एके-47,
और कह दिया जाता है कि एक-एक का मिटा दो निशां।
उन बच्चों के लिए होता है ये
मौत का खेल।
मजहब और जिहाद की बातें भर दी जाती है इनके अंदर
और बना देते हैं ये सुसाइड बॉम्बर।
क्यों ? कभी किसी ने सोचा है कि क्या है ये जिहाद,
या क्यों होता है ये आतंकवाद ?

श्रीमती दीपा पाल
पत्नी डीआईजी राकेश पाल

26 नवंबर का वह बुधवार

बुधवार 26 नवंबर, मनहूस दिवस है बनकर आया।
गोलियों की आवाज व धमाकों ने मुम्बई को दहलाया।
सैंकड़ों निर्दोषों और मासूमों का खून बहाया।
बहुतों को अपाहिज व बहुतों को मौत की नींद सुलाया
अत्याचारियों को जरा भी तरस नहीं आया।

ऐ लश्कर व जैश—ए—मोहम्मद तू इंसानियत पर है काला धब्बा।
पड़ोसी देश ने तेरी मति को एकदम से हर लिया।
मानवता का खून बहाने का तूने फैसला कर लिया।।
किन मानवता के दुश्मनों ने मिलकर ये षड्यंत्र बनाया।
26 नवंबर बुधवार मनहूस दिवस बनकर आया।

आम आदमी व समाज अब भी जागरूक नहीं हो पाया।
कॉमनवैलथ में भ्रष्टाचार की नई कड़ी जोड़ लाया।
ऊपर से इस मंहगाई न मानो रिकार्ड तोड़ डाला।
26 नवम्बर बुधवार मनहूस दिवस बनकर है आया।

श्रीमती शालू देओल

पत्नी धर्मेन्द्र कुमार

प्र/नाविक (क्यु. ए.), भा त अवस्थान जखौ

समय

समय का सूर्य मुस्कुराया है,
वो धरा के पास आया है
आओ पास बैठ कर मुस्कुरा लें
कुछ मधुर गीत गा लें।
समय के साथ ये तीव्र हो जाएगा
ऊष्मा हमें जलाएगी
जिंदगी मुसीबत बन जाएगी
आओ इससे पहले हम
जीने के लिए कुछ यादें बना लें
आओ पास बैठें मुस्कुरा लें
कुछ मधुर गीत गा लें

डॉ निमिषा सिन्हा

भारतीय तटरक्षक स्टेशन वाड़ीनार

आवाज

ये मेरी आवाज आई है कहाँ से
मैं तो उठा भी न हूँ यहाँ से।
यहाँ मैं और तुम और सन्नाटा
और बाहर नगाड़ों का शोर
दीवार से टकरा कर
लौट आई है
मेरे ही कानों में गूँज बनकर
ये गुंजर आई है कहाँ से
मैं तो उठा भी न हूँ यहाँ से।

देवव्रत बांगड़

एल एम ए

भा.त. स्टे. वाड़ीनार

बेटी बचाओ

मातृत्व की कोख में पली एक कली थी।

अपने जीवन अंश को खोजने वह चली थी ।

सूरज की किरणों को महसूस करने की लालसा थी उसको ।

खुली हवा में सांस लेने की तमन्ना थी उसको ।

माँ के गर्भ में लीन थी वो ।

दुनिया की नजरों में अभी तक विलीन थी वो ।

पर, जिस दिन से उसने जन्म लिया।

सबकी आखों में दर्द दिया ।

क्योंकि वो लड़की है । क्या यही उसने पाप किया ?

प्यार, ममता का उसने सिर्फ नाम सुना ।

और उसने सम्पूर्ण जीवन में सिर्फ तिरस्कार सहा ।

काश । आज कल के माता-पिता लड़कियों को समझ पाते ।

उनकी जिंदगी में दो फूल खुशी के खिल जाते ।

बेटियां भी सपनों को पूरा कर दिखा सकती हैं ।

वे आप सभी को, बेटी नहीं, बेटा बनकर दिखा सकती हैं ।

श्रीकृष्ण, उत्तम अधिकारी

01325 –क्यू , आई सीजीआई पोरबंदर

मीठा बोलो

एक लड़का था। उसका नाम चिंटू था उसकी माँ ने कहा 'आप पहले दिन स्कूल जा रहे हो। अपनी टीचर से मीठा-मीठा बोलना।' टीचर ने उससे, उसके पापा का नाम पूछा, उसने कहा-उसके पापा का नाम है-'रसगुल्ला'। माता का नाम -'जलेबी', और मेरा खुद का नाम-'गुलाब जामुन'। टीचर ने पूछा तुम यह सब क्यों बोल रहे हो। बच्चे ने कहा मेरी मम्मी ने कहा था मीठा-मीठा बोलना।

श्रेया बाजपेई,

ए टोसी बाजपेई

तटस्थक क्षेत्र (अ एवं नि)

एक पत्र माँ के नाम

प्यारी माँ,
लोग कहते थे, जब तुम
मेरी उम्र की थीं
मेरी तरह दिखती थीं
वहीं हंसी, वहीं मुद्राएं
वही हाव-भाव
वहीं अल्हड़ता
मैं गर्व से कहती
आखिर प्रतिफल हूँ अपनी माँ का
कच्चे आंगन में रोपी हुई
एक बेल चमेली की।

माँ, मुझे आना पड़ा
अपने विस्तार समेट कर
एक पराए-अजनबी आंगन में
जिसके संगेमरमरी फर्श पर
स्वयं को फिर से रोपना
आसान न था
मगर मुझसे जुड़ी है,
कस्तूरी-सा महकता
तुम्हारा नाल बंध अब तक
जिसकी महक जोड़े रखती है
तुम्हारे कच्चे आंगन से अब तक



तुम्हें ये जानकर खुशी होगी
इस नाल बंध से आ जुड़ी है
एक और बेल चमेली की
मैं चाहती हूँ, अपने नर्म हाथों से
इसे रोप लूँ, जन्म दूँ बेटी को
अपने खीजते हैं
देते हैं सलाह गर्भपात की
हंसते हैं पराए
करते हैं बात वंश बेल की।

मगर माँ,
कैसे कर दूँ उपेक्षित
अपनी नाभि से आती महक
कस्तूरी की
जो मिली है मुझे विरासत में तुमसे

मैं चाहती हूँ,
तुमसे-मुझतक जुड़ा
ये नाल बंध, आगे भी
महकता रहे यूँ ही
मैं ने तय कर लिया है
मैं इसे जन्म दूँगी
रोपूँगी अपने भी आंगन में
एक बेल चमेली की

मेहबूबबी,
पत्नी एल शमशुल्लाह,
उत्तम अधिकारी

Children's Corner



WOMAN : A YOUNG GIRL'S PERSPECTIVE

Earth who takes all the pains

Given by human is a woman,

Mother, who gives birth to child,

Is a woman.

River, which cool down the

Thirst of travellers is a woman.

Sister, who covers all the mistakes

Made by her brother is a woman.

Girl who trusts a person from the

Core of her heart is a woman

Wife, for whom her husband is

Everything in life is a woman

Daughter who can't hear wrong

About her parents is a woman.

Mother Teresa, Laxmi Bai,

Indira Gandhi were also a woman.

As we all know that sacrifices,

Sensitivity and softness are the meaning

Of a woman,

That is why, behind every

Successful man there is a woman.

*Aparna
D/O MP Yadav Adh (AL)*

The Great Fall

It was afternoon, me and my friend Vibhu were returning from school. On the way home, something caused a fight between us and he ran after me. In an effort to hide from him, I ran up to the first floor and climbed the ledge outside the flat near the staircase. I looked down and saw that about 9 feet below was the ground floor, awaiting my arrival. Scared, I held my breath and prayed for my dear life. When at last he found me, he threatened me to come down else he'll throw my bag at me. I thought that if he threw the bag I would lose my balance and fall down to the ground floor, so I started to go back hurriedly. But alas! The ground floor really was waiting for me and I slipped and went for the great fall. I tried to catch hold of the telephone wires, but all in vain. I was ready, but only mentally. Luckily I fell on my hunches among the flower pots kept there but the height was too much and I got a shock to my back. My friend, who was watching all the drama from above, ran and called my mom screaming "Aunty Palaksh 1st floor se gir gaya". My mother came running down (she ran so fast it was a miracle she herself did not tumble down the steps) asking what happened... although unhurt I was trembling like a leaf. I had got the fright of my life. My mother was relieved because I was unhurt and angry because I had climbed the ledge... meanwhile Vibhu was acting as if to scold me "why did you do this". **'Mann kara ki jakar use ek thappad lagaun'** ... but the pain in my back was unbearable. That day was November 7, 2009 ... It was my cousin's and my best friend's birthday and he had invited me for his birthday party, but I could not go because of the unbearable pain in my back which turned out to be a muscle pull. By missing my best friend's birthday party I realized I should have found another place to hide instead of climbing the ledge where I would be easily visible. It was a lesson learnt the hard way. My mom said that I should be thankful to God for giving me a second life so I would celebrate November 07 as my second birthday instead.

Palaksh Pathak
S/o Comdt S K Pathak

LOOK OUTSIDE

Look outside, see the trees,
Watch the flowers in the breeze!
Things wont be like this in a year or two
If polluting is all we do,
Seize the night
Seize the day,
Things wont always be this way
Thousands of people are dying
In the night you hear children crying

Lets stop the war
Our people are sore
The world can't help itself
Who cares about your wealth
Help me to help you
Show the world what you can do

Rushaan Ahmed Siddiqui
S/o nadeem Siddiqui, ADH(WTR)

Dream World

I was the hero in my dream world. My dream house was studded with diamonds and rubies. It was my birthday and a crowd was waiting for me at the gate. They were holding banners in which it was written "Messi, we all love you", then I realized that my name was Lionel Messi and I was the highest paid footballer (29.6 billion dollar per month). And I was the richest man in the world.

Shakira sang happy Birthday for me and later I wanted to go for fishing in the Great Barrier Reef of Australia. I reached the airport in Audi R8, my favourite car. I took a chartered flight to Australia and then went to the Great Barrier Reef by cruise. I was fishing the whole day. When I caught a big fish, it splashed water all over me and I woke up. My dream came to an end. But, I decided I'll become a successful man and create my own 'dream world'.

Akash Kumar Singh, VIII A

MY LITTLE SISTER

"Although it was strange
My life evolved a change
After a hell lot of patience
And a gap of generation

My sister stepped in my life
Oh! God I was blessed thrice
Curled in my mothers' arm
She opened her eyes wide

A sweet smile she gave for a while
But often she cried
To me it was a blessing true
And love and lull to sing

I showered all my love and care
All these years could bring
She looked like a little fairy
And we named her GAURI

My sister is a toddler now
And her life a little wonder
I love and care for her all day long
She is cute and tender

With arms right and arms left
She waves me off to school
A broad smile welcomes me back
This is all days rule

Her language is a known one
Just with her signs she is done
To play with her all day long
Is now only my fun

God fill me with love and kindness
I will shower all on her
Love, care fun or fight
We are sisters for ever"

By Palakshi Nautiyal Class VII

CHILDREN'S CORNER



CHILDREN'S CORNER



SEA

Water water everywhere
In the middle of the sea
Hanging no where

The water seems endless
As the loneliness
The sun is setting
To rise the next day

As I see deep inside
I find millions of
Beautiful creatures down there
I keep every thing aside and
dive into gleaming blue water

I see corals
hiding some morals
I see beautiful fishes
swimming with ewishes
I see some shells
lying on the sea bed
catching every eye on them!

I kept swimming till the Horizon
As the see ends.

*Digaant Garg
S/o Comdt M Garg*



PLASTIC SEPTIC

Plastic ! Plastic ! Everywhere,
A septic spreading here and there.
Its non-biodegradable
A fact well understandable
Oh man! The bad creature
Don't let it ruin nature
Use more and more paper
And save your life from this danger
Plastic a landmark of evolution,
A product of scientific revolution.
But isn't there a solution?
By using our well developed wit,
We must bid farewell to it
Burry the whole lot in a giant pit,
Make our Mother Earth healthy & fit.
Because a world without plastic
Would certainly be fantastic!

*Sneha Pal, VI B (APS)
D/o DIG Rakesh Pal*

GRANDMAS

Grandnas are for stories
About things of long ago
Grandmas are for caring
About all things we know...

Grandmas are for rocking us
And singing us to sleep
Grandmas are for giving us
Nice memories to keep....

Grandmas are for knowing
All the things we're dreaming of...
Grandmas are our friends

But, most important of all
Grandmas are for love...

*Somya Sahani
D/o DIG Sudhir Sahani*

गीत

तटरक्षक के जवान सदा चले सीना तान
इन्हें रोकने न पायें कोई आँधी और तुफान
समुद्र में तैरे नदियाँ चीरे गगन को डाले फाँद
मुश्किल से मुश्किल मंजिल को ये समझें आसान

तटरक्षक के जवान सदा चले सीना तान
इन्हें रोकने न पायें कोई आँधी और तुफान
सागर सागर पहुँचायें अपनी सुरक्षा गार्ड
अपनी जान से प्यारी समझें हर मछुआरों की जान

तटरक्षक के जवान सदा चले सीना तान
इन्हें रोकने न पायें कोई आँधी और तुफान

मोहित चौहान

सुपुत्र श्री मोतीलाल, नायक

मीठी वाणी का जादू

मीठी वाणी में ऐसा जादू
सब में प्रीत जगाती है ।
झगड़ा, टंटा, बैर भुलाकर
स्नेह —सुधा बरसाती है ।
मीठी वाणी में ऐसा जादू
जग में सबसे आदर पाते
रुपया पैसा चुक जाता है
यह हरदम साथ निभाती है ।
अपने गुण से दूर देश में
सबको मीत बनाती है ।
नया जोश वे पाते हैं
मीठी वाणी में ऐसा जादू
सब उसके पास आते हैं ।

सोमया सहानी

सुपुत्री उपमानिरीक्षक सुधीर सहानी

रावण न जलाओ ...

हर साल यूँ लकड़ी के
रावण को जलाने से क्या होगा ?
केवल रूपयों की बरबादी और
पर्यावरण का नाश होगा ।
जहाँ कितने ही लोग
भूख और बीमारी से मर रहे हैं,
वहीं लाखों रूपयें सिर्फ
एक पापी को जलाने में लग रहे हैं ।
अगर जलाना ही है तो,
मन के रावण को जलाइए,
धन को नहीं तो कम से कम
पर्यावरण को तो बचाईए ।
वरना आने वाले वक्त में
आप खुद को रावण की जगह पाएँगे ।
रावण तो महापापी कहलाया
सोचिए आप क्या कहलाएँगे ?
अतः आपसे निवेदन है कि
जो मर गया उसे माफ करें,
बस अपने हृदय और
मन का मैल साफ करें ।

स्नेहल पाल

VI बी (एपीएस)

पुत्री डीआईजी राकेश पाल



सच्चा मित्र

एक गाँव में विकास नाम का एक लड़का रहता था। जब वो दो साल का था तो उसके पिताजी का देहांत हो गया। अब वो अपनी माँ के साथ अकेला रहता था। उसकी माँ गाँव के मुखिया के घर में काम किया करती थी। वो मुखिया बड़ा क्रूर था। वह उसकी माँ को बहुत कम पैसा देता था जिससे उनका जीवन कष्टमय बीत रहा था। अब वह 7 वर्ष का हो गया था। उसको विद्यालय जाने का बचपन से ही शौक था। पर उसके पास उतने रुपये नहीं थे। वह अक्सर इस बात से परेशान होकर रोने लगता था। वह पढ़ना चाहता था पर गरीबी के कारण नहीं पढ़ पा रहा था। वह बुरे लोगों की संगति में रहने लगा और दिन-ब-दिन बिगड़ता चला गया। उसकी माँ बीमार रहने लगी। वह शराब, तैबाकू आदि गलत चीजें खाने लगा। वह रोज बाजार में जाकर पान वाले की दुकान पर खड़ा हो जाता था और पान खाने लगता, पान खत्म हो जाता तो वो दूसरा पान माँग लेता था। विकास की इन हरकतों को एक लड़का रोज देखता था जिसका नाम मनीष था। वो अच्छे परिवार का था। उसे विकास का पान, तैबाकू इत्यादि खाना पसंद नहीं था। एक दिन वो विकास के पास गया और कहा 'दोस्त' तुम यह सब पान तैबाकू वगैरह खाना छोड़ दो। पर विकास नहीं माना। पर मनीष ने फिर भी उससे दोस्ती कर ली। एक दिन मनीष विकास के घर गया। उसके घर की आर्थिक स्थिति काफी खराब थी। जब मनीष ने देखा कि विकास की माँ बीमार हैं और दर्द के मारे रो रही हैं तो यह सब मनीष से देखा नहीं गया और उसकी आँखों में आँसू आ गए। मनीष ने विकास से कहा 'मैं तुम्हारी माँ को अस्पताल लेकर जा रहा हूँ।' वो उसकी माँ को अस्पताल लेकर गया और वहाँ उनको भर्ती करवा दिया। उनके इलाज के सारे पैसे मनीष के मम्मी-पापा ने दिये। अगले दिन मनीष ने विकास से कहा, 'तुम मेरे साथ मेरे स्कूल चलो।' विकास बोला 'मैं नहीं जा सकता मेरे पास एक फूटी कौड़ी भी नहीं है और तुम स्कूल जाने की बात करते हो।' मनीष ने उससे कहा 'मेरे पापा तुम्हारी फीस दे देंगे।' यह बात विकास को अच्छी नहीं लगी और कहा मैं तुम पर बोझ बनकर नहीं रहना चाहता। मनीष ने कहा ठीक है। जब तुम्हारी माँ ठीक हो जाएगी तो वो मेरी माँ के कामों में हाथ बटा देंगी और तुम्हारी माँ को उनके काम के बदले पैसे मिलेंगे। विकास ने हाँ कर दी और अपनी माँ का आशीर्वाद लेने चला गया। उसने अब अपनी सारी गंदी आदतें छोड़ दी और मनीष के साथ उसके स्कूल जाने लगा। अब विकास, मनीष की दोस्ती और उसके सही मार्गदर्शन के कारण अच्छा इंसान बन गया और दोनों दोस्त अपनी-अपनी कक्षा में प्रथम भी आए। विकास आगे चलकर अपनी मेहनत के बल पर डाक्टर बन गया। ये कहानी दर्शाती है कि जो दोस्त मुसीबत के समय में हमारी मदद करता है वो ही हमारा सच्चा मित्र होता है।

ललितेश शर्मा

पुत्री एल कुमार, प्र. नाविक



CRICKET IN EXAMINATION HALL

Examination hall	-	Cricket field
Examinee	-	Batsman
Examiner	-	Bowler
Invigilator	-	Umpire
Question paper	-	Ball
Pen	-	Bat
Hard questions	-	Pace balls
Good answer	-	4 runs
All question attempt	-	6 runs
Mark sheet	-	Board score
First in class	-	Man of the match
First Division	-	All rounder
Failure	-	lost the match
Paper cancelled	-	Stumped out
Distinction	-	Hattrick
Question out of course	-	Wide ball
Examination over	-	Match over

Kshitij

Son of MP Yadav Adh (AL)

JOKES

Teacher and Student Joke:

The teacher to a student:

Conjugate the verb

“to walk” in simple present.

The student:

I walk. You walk...

The teacher interrupts him:

Quicker please.

The student:

I run. You run...

Johny & Father Joke:

Johny: Why are all those people running?

Father: They are running a race to get a cup.

Johny: Who will get the cup?

Father: The person who wins.

Johny: Then why are all the others running.

Master Soumen Mallick

S/o SK Mallick, ADH (QA)

ICGS Raziya Sultana