

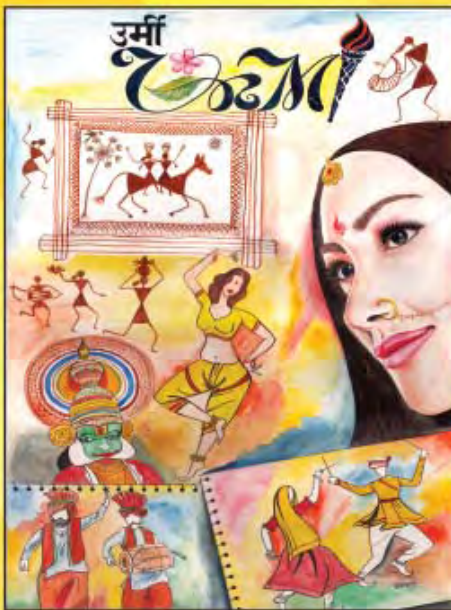


URMI

2011



Coast Guard Wives Welfare Association



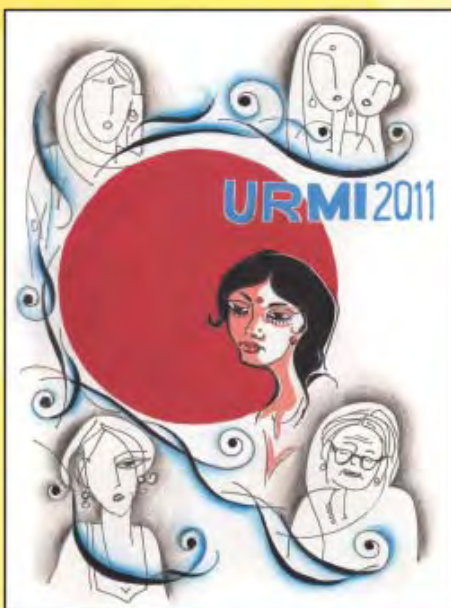
DD Sangole



Natasha Chaudhari



Megha Safaya



Srishti Saha



DD Sangole



Priyanka Chandra

FRONT COVER

The front cover by Tapas Dey, U/Nvk (AR) depicts the Indian Woman as an epitome of both courage and sensitivity. The woman with a veena-cum-dagger in the picture aptly depicts her as the flag bearer of Indian customs and traditions and also indicates her strength to protect the human values/ethos.



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

*Vice Admiral Anil Chopra , AVSM
Director General Indian Coast Guard
Tel. : 91-11-23382546
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तटरक्षक मुख्यालय
राष्ट्रीय स्टेडियम परिसर
नई दिल्ली - 110 001

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



MESSAGE

During the past three years, I have been extremely heartened to note that CGWWA has instituted many welfare programmes towards the overall development of our ladies and children. It has also contributed effectively towards various social issues, as well as served as an interactive platform for community development. For all this, CGWWA members deserve the highest accolades from the ICG fraternity.

I acknowledge with gratitude the contribution of CGWWA in improving the quality of life of the families of our officers and men. I am certain that CGWWA will continue to flourish, scaling new heights of success and setting examples for the entire ICG community.

The editorial team of "Urmi" has done a commendable and laudable job by communicating issues of relevance across the service.

In parting, I would like to convey my very best wishes and warm regards to the entire Tatrakshika Team.

Jai Hind

(Anil Chopra)
Vice Admiral
Director General
Indian Coast Guard

New Delhi
27 Oct 2011



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,

*It is indeed an honour and privilege to be at the helm of **Tatrakshika** and it gives me great pleasure to pen down this message to all **Tatrakshikas**.*

Your commitment, sincerity and genuine warmth has made CGWWA a forum for sharing, learning, caring and giving. Enjoy this unique togetherness and the opportunity it gives you to welcome the newer members of the fold as they step up to their new roles and challenges-it will enhance the spirit of well being of our families and will enrich you with the experience.

Nurture this bond of support, self reliance and it will give us the strength to address issues both small, large and enable us to make the lives of our Coast Guard families more wholesome and enriching.

I would like to complement the "Urmi Team" for their tireless efforts in bringing out this edition of "Urmi" - one more avenue for expression, creativity and ideas for our families.

I take this opportunity of wishing all Tatrakshikas and their families good health, happiness and contentment in the future.

(Mrs Ragini Chopra)
President Tatrakshika

New Delhi
28 Oct 2011



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.)



MESSAGE

It is indeed my pleasure to reach out to the CGWWA fraternity again. I am extremely delighted at the way the CGWWA has been functioning and trying to make a difference. My warm felicitations and sincere thanks to each member of the fraternity.

The editorial team has worked hard and done a commendable job in bringing about this edition of 'URMI'. I also thank the contributors who have helped make the effort such a success.

My good wishes to all of you and your families and wish you success in all your endeavours. I am sure that we will continue in the same spirit and work towards shaping the lives in and outside our homes.

Place: New Delhi
20 Oct 11

Urmila
(Mrs Urmila Singh)



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
Mumbai - 400 030

MESSAGE

*In today's fast pace of life, we are actually walking away from the rich culture and traditions of our country. The aptly selected theme of **Customs and Traditions** for URMI 2011 will enable the ladies to understand, relate and intertwine modernisation with traditions passed down over generations. It will also enlighten the children about the importance and scientific approach behind the origin of these customs.*

Every passing year is a reminiscence of how much each member has contributed towards improving relationships, educating people, extending helping hand to others and working together for the global cause of a greener environment. Thank you ladies for being the pillars of strength of this great organisation and continue the good work.

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

(Mrs Harkiran Basra)

Mumbai
19 Oct 2011



श्रीमती इला शर्मा
अध्यक्षा तटरक्षिका (पूर्व)

Mrs Ila Sharma
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 gives me immense pleasure to communicate through the present issue of URMI depicting the various activities of the Tatrakshika. I must express my gratitude to all those who have contributed articles for this interesting issue.

The locations of Coast Guard stations are widely dispersed, yet the spirit of Camaraderie and the will to excel is evident amongst the families and is indeed heart warming.

A lot has been achieved by the Tatrakshika particularly in augmenting the welfare of families of both the serving as well as personnel demised whilst in active service, enhancing quality of education in the Coast Guard schools and conservation of environment around Coast Guard residential areas. To make our residential areas free of plastics and to prevent its harmful effects, Bio-degradable bags are required to be utilized for our day to day activities.

The role of the Tatrakshika complements the role of their spouses and needs to be focused on issues related to protecting the environment and vigorously promoting such cause in pursuant to our policy "GO Green". In addition, let us strive hard not only to improve our own community, but also the lesser-privileged ones who live in close proximity.

Chennai
19 Oct 2011

I Sharma
(Mrs Ila Sharma)



श्रीमती जयश्री पांडे
अध्यक्षा तटरक्षिका (अं० एवं नि०)

Mrs Jaishree Pande
President Tatrakshika (A&N)

तटरक्षिका कल्याण केन्द्र
मार्फत तटरक्षक क्षेत्रीय मुख्यालय
पोस्ट बॉक्स नं० 716
पोर्ट ब्लेयर - 744 102

Welfare Centre
C/O CGRHQ (A&N)
Post Box No. 716
Port Blair - 744 102



संदेश

‘उर्मी’ के नये संस्करण के लिए संदेश भेजने में मुझे बहुत सुखद अनुभूति हो रही है । ‘तटरक्षिका’ के लिए इसका योगदान बहुत ही महत्वपूर्ण है ।

‘उर्मी’ हम सभी तटरक्षक परिवारों को जोड़ने का केवल माध्यम ही नहीं बल्कि उर्जा का एक ऐसा स्रोत भी है जो हम सभी में प्रवाहित होकर, हमें मानसिक व भावनात्मक स्तर पर विकसित करती है और हमारी सोच को विश्वास व दृढ़ता प्रदान करती है । इसके प्रवाह की शक्ति हमारे दृष्टिकोण को और नये युग के नवीन परिवेश के अनुसार हमें भी बदलाव की सही राह दिखा रही है ।

मुझे बहुत प्रसन्नता है कि ‘उर्मी’ का प्रत्येक संस्करण रोचकता और रचनात्मकता से भरपूर होता है । मैं ‘उर्मी’ के संपादकीय समूह और सभी तटरक्षिकाओं को धन्यवाद व शुभकामनायें देती हूँ ।

स्थान : पोर्ट ब्लेयर
दिनांक : 02 नवम्बर 2011

जयश्री पांडे
(श्रीमती जयश्री पांडे)



श्रीमती संतोष यादव
अध्यक्षा तटरक्षिका (उत्तर पश्चिम)

Mrs Santosh Yadav
President Tatrakshika (NW)



MESSAGE

“Great oaks from acorns grow” aptly describes the growth of CGWWA. While the men in white brave the high seas, or soar through skies, their families are assured of support and care from their own CGWWA. Over past 34 years Indian Coast Guard has grown in leaps and bounds so has CGWWA and its has emerged to stand steady in its commitment to promote unity, harmony and self-reliance.

*‘URMI’ serves as an excellent platform for **sharing our thoughts and ideas**, which not only keep readers informed of the multifarious activities undertaken by CGWWA but also apprise them about the innumerable benefits given to its members. This magazine is a media through which we are able to reach out to all the Tatrakshika members. It also contains treasures of wisdom that can enrich and enhance the lifestyle, as well as, confidence of every person who reads this magazine. On behalf of Tatrakshika (North-West) I would like to compliment one and all for their valued contribution and extend warm greetings to all the members of Tatrakshika and their families on the occasion of “Tatrakshika Day”.*

I take this opportunity to compliment the editorial committee for their perseverance and tenacity in bringing out this magazine.

Place : Gandhinagar

Date : 15 Sep 2011

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

Smt. Santosh Yadav



*Editorial Team
with
President and Vice President Tatrakshika*

EDITORIAL

Dear Readers,

‘Urmi’ – 2011 is in your hands. The Editorial team have immense pleasure in putting the material presented by various regions & units together to make it an interesting reading for you.

The chosen theme for **Urmi-2011** as suggested by the members was **“Traditions & Customs”** and we appropriately dedicate this issue of Urmi to the vibrant Indian culture which is a mosaic of centuries old traditions & customs.

Indian languages, religions, dances, music, architecture, food, clothes and customs differ from place to place within our country but nevertheless possess a commonality. India is the only country in the world to have so many religions, beliefs and faiths. The culture of India is an amalgamation of these diverse sub – cultures , spread all over Indian sub - continent and traditions that are several millennia old, reflecting **unity in diversity** in the true sense.

Staying in one part of this vast nation, does not give the feel of its rich heritage unless and until one is on the move. This aspect is well taken care in the Defence Services. The people in the forces come from varied backgrounds carrying with them the baggage of their customs, traditions, linguistics etc. However, the positive aspect of this stressful job is the offering of a strong bond between the families. The Forces too operate like a larger family, thus, enabling sharing and knowing of each-other’s traditions. From Lohri to Christmas, the year is filled with festivals offering multi-cuisine opportunities.

The services, in the true sense, respect all religions and at the same time promote secularism. These ‘Services’ can be termed as a mini country in itself harboring diverse customs and traditions and still standing united so it can be said undoubtedly that the services stand out as far as cultural unity is concerned.

Families play a significant role in the Indian culture. From an early age, children are reminded of their roles and places in the society. Several elements of India’s diverse culture have a profound impact on the right kind of upbringing of the children who imbibe and uphold rich social values. Of the parents, the mothers play a more important and crucial role in imparting the moral, ethical and social values to the children. Here comes the essence of our role as **‘Coast Guard wives’** and, therefore, it shall be our endeavour to make our children grow with the great sense of nationalism and patriotism wherein the traditions and customs is a way of our daily life.

Finally, we come to the acknowledgements. Urmi-2011 would not have come in this shape without the fine contributions from various quarters. We are thankful to all those who have contributed to annual edition of the Urmi. We place on records our sincere gratitude to Mrs Ragini Chopra, the President Tatrakshika and Mrs Urmila Singh, the Vice President, Tatrakshika for their assistance and valuable guidance in making of this edition a memorable and an enriching experience.

We Wish Everyone A Happy Reading

- Editorial Team

Mrs. Sunita Nautiyal, Mrs. Priya Paramesh,
Mrs. Sajna Janardhanan & Mrs. Amita Madhukar

संपादिका की कलम से...



प्रिय पाठकगण,

आपके पास 'उर्मी'-2011 का अंक है। पत्रिका को रोचक बनाने के लिए विभिन्न क्षेत्रों और यूनिटों द्वारा प्रस्तुत सामग्री को पत्रिका में शामिल करते हुए संपादकीय दल को अपार प्रसन्नता हो रही है।

उर्मी-2011 के लिए चुनी गई विषयवस्तु '**परंपराएं और रीति-रिवाज**' को सदस्यों द्वारा प्रस्तावित किया गया था तथा हम उर्मी के इस अंक को भारतीय संस्कृति, जोकि सदियों पुरानी परंपराओं एवं रीतिरिवाजों का एक संग्रह है, को समर्पित करते हैं।

हमारे देश में एक स्थान से दूसरे स्थान की भाषाएं, धर्म, नृत्य, संगीत, वास्तुकला, आहार, वस्त्र तथा रीतिरिवाज भिन्न हैं, किंतु इसके बावजूद भी यह एक जनसाधारणता को समेटे हुए है। विश्व में भारत ही एक ऐसा देश है जिसमें इतने धर्म, विश्वास और आस्था वाले लोग हैं। भारत की संस्कृति संपूर्ण भारतीय उपमहाद्वीप में फैली इन विविध उप-संस्कृतियों और परंपराओं का एक समामेलन है। ये संस्कृतियां और परंपराएं सदियों पुरानी हैं जो वास्तव में **विविधता में एकता** को प्रदर्शित करती हैं।

इस विशाल राष्ट्र के एक हिस्से में रहते हुए कोई इसकी समृद्ध विरासत का तब तक अनुभव नहीं कर सकता जब तक वह दूसरे स्थान का भ्रमण न करे। इस पहलू को रक्षा सेवाओं में भली-भांति देखा जाता है। बलों में कर्मी विभिन्न पृष्ठभूमियों से आते हैं जिनके रीतिरिवाज, परंपराएं, भाषाएं इत्यादि भिन्न-भिन्न होती हैं। हालांकि, तनावपूर्ण इस नौकरी का सकारात्मक पहलू परिवारों के बीच एक सशक्त बंधपत्र को प्रस्तावित करता है। इस प्रकार, बल भी एक विस्तृत परिवार की तरह संचालन करते हैं जिसमें एक-दूसरे की परंपराओं की जानकारी और सहभागिता होती है। लोहड़ी से क्रिसमस तक पूरे वर्ष के दौरान नाना प्रकार के पकवानों को समेटे हुए त्यौहार मनाने के अवसर मिलते हैं।

सही अर्थों में, सेवाएं सभी धर्मों का सम्मान करती हैं और साथ-साथ धर्मनिरपेक्षता की भावना को भी बढ़ावा देती हैं। इन 'सैन्य बलों' को विविध रीतिरिवाज और परंपराओं को लिए हुए एक छोटे देश के रूप में भी परिभाषित किया जा सकता है तथा जो निस्तब्ध रूप से संयुक्त है। इस प्रकार, जहां तक सांस्कृतिक एकता का संबंध है, यह निश्चित रूप से कहा जा सकता है कि सैन्य सेवाएं अपनी जगह इस पर कायम हैं।

भारतीय संस्कृति में परिवार महत्वपूर्ण भूमिका निभाते हैं। बचपन से ही बच्चों को समाज में उनके स्थान और दायित्वों से अवगत करा दिया जाता है। भारत की विविध संस्कृति के विभिन्न अंगभूत बच्चों, जो समृद्ध सामाजिक मूल्यों को संभालते और आत्मसात करते हैं, के पालन-पोषण के सही तरीके पर गहन प्रभाव डालते हैं। यहां, तटरक्षक पत्नियों के रूप में हमारे कार्य का सार आता है। इस प्रकार, हमारा यह प्रयास होना चाहिए कि हम अपने बच्चों का विकास राष्ट्रीयता और देशभक्ति की उच्च भावना के साथ करें, जिसमें परंपराएं और रीतिरिवाज हमारे दैनिक जीवन का एक हिस्सा बन जाए।

अंत में, आभार पर आते हैं। उर्मी-2011 का यह अंक विभिन्न तिमाहियों में प्राप्त परिष्कृत योगदानों के बिना संभव नहीं था। उर्मी के वार्षिक अंक के लिए सहयोग देने वाले सभी कर्मियों के आभारी हैं। हम, श्रीमती रागिनी चोपड़ा, अध्यक्ष तटरक्षिका तथा श्रीमती उर्मिला सिंह, उपाध्यक्षा तटरक्षिका को इस अंक को एक यादगार और एक समृद्धशील अनुभव बनाने में उनकी सहायता और मूल्यवान मार्गदर्शन के लिए सदभाव से कृतज्ञता व्यक्त करते हैं।

हम सभी को सुपाठन की शुभकामना देते हैं।

- संपादकीय दल

श्रीमती सुनीता नौटियाल, श्रीमती प्रिया परमेश
श्रीमती सजना जर्नादनन एवं श्रीमती अमिता मधुकर



REPORTS

**THEME BASED ARTICLES -
"Traditions & Customs"**

**GENERAL ARTICLES
AND POEMS**

लेख एवं कवितायें

CHILDREN'S CORNER

ANNUAL REPORT 2010 - 2011

INTRODUCTION

Tatrakshika continue to remain engaged in institutionalising many welfare programmes towards overall development of Coast Guard ladies and children. The year 2010-11 has been yet another busy year for the Tatrakshika. We have been able to contribute effectively towards various social issues. We have proven to be an effective interactive platform for communication and community development. The endeavors of Tatrakshika have led to improvement of skill levels of its members, which in the long run will make the ladies self-reliant and more confident.

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 (HEADQUARTERS)

Troops get-together was organised on 22 Jan 11. Active participation and overwhelming response from the children was observed during the occasion. Varieties of cultural programme were displayed by the young talents and the hard work exhibited by the kids was especially appreciated by the President Tatrakshika.

Tailoring and embroidery classes including singer sewing certificate course was successfully conducted. Ladies who underwent examination post completion of the course were awarded the qualification certificate from M/s Singer India Ltd on 07 May 11.

A trained instructor was appointed for conducting Karate classes for the children of Kamath Enclave, Sector 52 from 09 Feb 11 onwards. The classes are conducted thrice a week and 10 children are availing this facility.

A 10 days block printing classes was organised by CGWWA at Kalyan Kendra, Noida. Active participation was seen and finally 09 ladies successfully completed the course.

Beautician classes/training were conducted for the interested ladies at regular interval. Mehendi designs, hair styling and bridal make-up session were organised during the classes. On successful completion of the training, ladies were certified from Trendy cuts parlour, Noida.

08 days baking classes were conducted at Kalyan Kendra, Noida. Interested ladies were taught baking of cakes, biscuits and preparation of *Nans*.

Following Demonstration activities were conducted:

- Tie and Dye
- Candle making
- Make-up
- Block printing

Cotton bags, coasters, pouches, table mats and stitching of salwar suits were carried out by Suruchi team. The items were subsequently displayed in Sanchita for sale.

CGWWA (WEST)

Courses in Basic beauty care, Tailoring, Fabric Painting, Mehendi and Zardozi were conducted at Welfare Centre, Powai. Demonstrations on Block Printing, Free Hand Painting, Rakhi making, preparation of variety of Pickles and Chutneys, Muffin making, Paper craft etc were conducted on a regular basis. Workshop on “Make up and hair styling” and Pin tuck cushions were also conducted. Apart from morning classes, extra-curricular activities comprising of drawing, dance classes and academic tuition classes were conducted regularly for children in the evening at Welfare Centre to provide and ensure overall development and growth.

Fabric painting and dance classes have been started at welfare centre for the ladies. A demonstration on “Gift wrapping” was conducted by Mrs. Dazy Bahl on 20 Sep 11

CGWWA (EAST)

Regular long courses in **Stitching** and **Fabric painting** were conducted at the welfare centres. Practical examination was conducted in Mar 11 and certificates were awarded. ‘Singer Diploma Certificate’ in ‘Stitching Course’ was awarded by M/s **SINGER** to 05 ladies. Short courses in calligraphy was organised in Dec 10 and glass painting in the month of Mar 11. Presently stitching, embroidery, self grooming, tailoring and *mehendi* designing classes are run at the welfare centres with over 30 ladies attending various courses .

Various **demonstrations** like **preparation of channa-masala, bhelpuri etc.** by M/s Nestle in Nov 10, Tie and die demo in Jan 11, artificial flower making with organdi cloth in Jul 11 were held at the welfare centres. Soup and Rasmalai preparation demo in Aug 11, Microwave cooking and beauty tips demo in Sep 11 all were conducted to assist ladies **refine their skills**.

Competitions in ‘cooking’, *mehendi* designs, ‘creativity in best out of waste’ and hair styling demo were conducted to encourage ladies to take ‘A Step Ahead’ in their life.

Talent show for children was organised in Nov 10 and best talents in the categories of dance, skit and poem recitation were **selected to perform** in the ‘Troops Get Together’ function in Feb11.

Hobby classes for children have been rolled in the evening hours at the welfare centres. Western dance, classical dance and Karate classes are ongoing with over 40 children benefiting from it.

CGWWA (NORTH WEST)

On 19 Jan 11, Mrs. Santosh Yadav, the new President Tatrakshika (NW) attended the first meeting of Tatrakshika (NW) after taking over. The new regional president was accorded a warm welcome. The F&B department of Hotel 'Fortune Haveli' conducted a mocktail-making demo on the occasion.

On 20 July 11, AGM was held, wherein new committee was introduced and welfare co-ordinators were selected.

CGWWA (Andaman & Nicobar)

Teacher's day was celebrated on 05 Sep 10 to honour the teachers. A two month course on yoga was conducted for the wives of officers during the months of October and November 10. Various other activities like Saree draping competition, mehendi competition, tailoring competition and a lecture on principles of Vaastu Sastra was also arranged.

To commemorate Coast Guard Raising Day 2011, CGWWA organised a painting competition for children of different schools in Port Blair on 07 Jan 11. Above 150 children from 18 different schools participated in the competition.

Classes for Coast Guard ladies offering short term courses on computers, self grooming and tailoring for a duration of 3-6 months commenced at the CGWWA Kendra w.e.f 15 Jul 11.

The Annual General Body meeting was conducted on 14 Jul 11. A large no of Officers' & EP's ladies attended the meeting. A talk was rendered by Mrs. Preeti Bajpai on Weight loss and self grooming. During the occasion, education grant for children of widow's of CG EP were also given.

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 (HEADQUARTERS)

Handwriting competition for all CG children was organised at ARKAJA, Noida on 21 Nov 10. Overwhelming response was received and the winners were rewarded on completion of the event.

Hindi handwriting competition was organised for ladies of TRV, Sec-23, Noida at ARKAJA auditorium on 08 Jan 11. Winners were rewarded on completion of the event.

SURUCHI



SAKSHARTA



On the spot essay competition was organised for the children of Kamath Enclave on 30 Apr 11. Winners were adjudged based on the concept and ideas of the script.

An orientation programme on 'A changed pattern in CBSE curriculum' was organised for the parents at ARKAJA auditorium on 19 Aug 11. The programme was conducted by one of the teachers from KV, Noida, wherein she explained the new CBSE pattern and clarified the queries raised by the parents.

CGWWA (WEST)

Spoken English classes were conducted for ladies in the evening at Welfare Centre Powai. A debate competition was organised on topic 'House Wife Versus Working Women'. Workshop on how to drape saree in different styles and enhancing the confidence level was conducted by a professional Mrs. Kavya Jaswani. Writing competition on subject "An efficient housewife earns by saving" was conducted by Saksharta team and Mrs. Parminder Sharma was adjudged the winner.

A lecture on Bonding between Parents and Children was delivered by Mrs. Arpita Sonak. A lecture on Personality Development and grooming was also delivered for children above 12 years of age by Mrs. Anaxi Shah, President NGO 'SMILE'.

Literary Day was celebrated on 08 Sep 11 at welfare centre. A writing competition was held on this occasion on topic "Importance of Education in following Tradition & Customs". All the teachers working for CGWWA were felicitated on this day.

A lecture on "Time Management" was organised by Saksharta team for all Coast Guard Children aged 12 – 18 yrs on 07 Oct 11. Mrs. Arpita Sonak gave valuable tips to children for making proper time table so that the stress level is reduced and they can work more efficiently.

CGWWA (EAST)

A workshop called **Express English** was conducted on 07 Mar 11 with the objective to give exposure to the ladies in Spoken English and framing simple sentences, and letter writing.

A class followed by a **quiz on Hindi Idioms and Proverbs** was conducted on 26 Apr 11.

To bring-in **awareness** among the ladies with regard to **Coast Guard pay & allowances**, pension regulations, nomination forms, retirement and other benefits a presentation on this subject was organised at the welfare centres of Mugappair, Royapuram and Nunganallur in the month of Aug 11. As part of Hindi week celebrations a competition in story and paragraph writing was conducted at welfare centres on 22 and 23 Sep 11.

CGWWA (ANDAMAN & NICOBAR)

A counseling session was conducted on 30 Jan 11 for the children studying in X, XI and XII standards. Around 20 children participated. Various issues related to examination anxiety, nervousness, importance of good sleep and balanced diet were discussed.

SANJEEVAN (Health)

“Health is wealth”, is the motto of Sanjeevan. Various camps, lectures and medical check-up camps are conducted on regular basis.

CGWWA (HEADQUARTERS)

A lecture by Col BS Shama (Retd), Psychiatrist of Moolchand Hospital was organised on 28 Nov 10 at ARKAJA, Noida. The doctor discussed methods for enhancing study skills of children, parent child communication and child psychology.

A Mega health check-up camp at Kalyan Kendra was organised on 16 Dec 10 by Escorts Heart Institute, New Delhi. The camp included blood pressure test, ECG, ECHO and consultation with cardiologist. Officers, Enrolled Personnel and families availed this facility and were benefitted by the expert opinion.

A cancer detection camp for spouse of officers, EPs and domestic help of Kamath Enclave was organised on 25 Feb 11 at Kalyan Kendra, Noida.

A free eye check-up camp was organised at Kalyan Kendra on 22 Jul 11. A team of Ophthalmologists from Sumitra Hospital conducted the camp. 170 ladies and children alongwith CG KG school kids availed this facility.

A free health check-up camp for children and parents was organised by the team of Surbhi Hospital on 26 Jul 11 at CG KG school at Noida. The check-up included dental, pediatric and diabetic check. An overwhelming response was found during the camp.

A camp on ‘Rajyoga and Stress Relief’ was conducted in association with ‘Brahma Kumari Ishwariya Vishwa Vidyalaya’ on 27 Aug 11. Topics such as Stress relief, Spirituality and Self awareness were covered for the benefit of all participants.

Counseling session by Dr Renu Verma is conducted every Saturday for families and CG personnel.

CGWWA (WEST)

Meditation and Yoga classes for ladies were conducted by ‘Brahma Kumaris’ at Powai. A health lecture on “Breast and Cervical Cancer” was organised at Powai, wherein aspects of Cancer were

SANJEEVAN



SANCHITA



SANCHAR



explained as well as conduct of self examination of Breast Cancer was taught. Preventive health check-up programme for all ladies comprising of basic check-up for Thyroid, Anemia, Sugar, Blood Pressure and Obesity was conducted at three different places at Mumbai.

A health lecture on 'Immunity' was conducted by Dr Shefali Purohit where she explained and discussed the factors responsible towards increasing immunity/ body strength and how these help to fight against various ailments such as Stress, Anxiety, Excessive use of medicines, Devitalised food, Unnatural environment, Sedentary life style, etc.

Two day workshop on "How to tone up your body muscles" was conducted at welfare centre. Easy exercises with help of one litre water bottles were displayed by Mrs. Gayathri.

A health lecture on Pre-menstrual syndrome (PMS) was conducted by Dr Shefali Purohit. She explained the ladies about all physical and psychological changes. She also motivated the ladies for cancer screening test which will be conducted by INHS ASVINI.

CGWWA (EAST)

A lecture on 'Maintaining Good Relationship' and 'Keeping Healthy Mind' was delivered by **Bhramakumari s at welfare centre** in Oct 10. A **health talk** was given by Dr Sudha Nath on topics – H1N1, Hepatitis and cervical cancer during coffee morning in Dec 10. A **presentation** was given on **Osteoarthritis** in Jan 11 during the occasion of combined coffee morning. Over 130 ladies gained knowledge and awareness.

A **dental camp** was organised on 20 Feb 11 in association with Vasan Dental Care at welfare centre. A total of 55 CG personnel and families benefited from the camp.

A **presentation on Health problems in summer and remedial measures'** was conducted on 26 Apr 11. This was followed by a **health quiz** on the subjects covered. **Medical check-up** was carried out for children of CGKG school in July 11 and health cards were issued to all children. An **eye check up camp** was conducted in association with 'Vasan Eye' at the welfare centres of Mugappair, and Royapuram and Air station in July 11.

CGWWA (NORTH WEST)

On 15 Dec 10, a demonstration on methods of tying various types of bandages was given by the medical assistants. Importance of first aid was emphasised upon. A quiz on the first aid methods was organised for the ladies & gifts distributed.

On 02 Feb 11, a motivational talk regarding blood donation was organised to clear the doubts & misconceptions of the ladies.

On 20 Jul 11, a health lecture on prevention of diseases caused during monsoon was given by RMO, Surg Lt Cdr. Marak Pertin. It was followed by health quiz for the ladies.

On 29 & 30 Aug 11, a general health-screening camp was organised, where 'Health booklets' were distributed to the ladies. Two incidental hypertension cases were successfully identified.

CGWWA (ANDAMAN & NICOBAR)

A dental and general health check-up camp for all Coast Guard families was conducted on 09 & 10 Sep 10.

A lecture on 'Skin and hair problems' was given by Dr Santhosh Rath from Pathanjali on 20 Jan 11

The lecture on 'Healthy life style' was given by Surg Capt SK Sinha. Director (Medical), Coast Guard Headquarters, New Delhi on 07 Mar 11.

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 (HEADQUARTERS)

The co-ordinator is in regular touch with the widows of deceased CG personnel. On the eve of Diwali, sweets were distributed to the wives of deceased CG personnel. On 12 Jul 11, an interaction with the wives of deceased CG personnel in the presence of Vice President Tatrakshika was held at CGHQ, New Delhi. Issues related to welfare were discussed during the meeting. Educational Grant was given to the children of CG deceased personnel during AGM by President Tatrakshika. A counseling session was organised for the wives of deceased CG personnel at family welfare centre in sec-23, Noida. Ladies were educated and counseled on the matters meriting their wards future prospects.

CGWWA (WEST)

Suraksha Mumbai disbursed an amount of ₹ 5,000/- as ex-gratia amount to Mrs. Nanny Suresh, W/o late R Suresh, Pradhan Sahayak Engineer of ICGS Samudra Prahari.

Annual financial grant from CGWWA was awarded to the wards of the deceased CG personnel by President Tatrakshika(West) during Annual General Body Meeting. Two ladies were present on this occasion. Bank drafts for 07 outstation ladies were despatched to their respective places.

CGWWA (EAST)

Regular interaction is maintained with the widows and necessary support extended by the region. A meeting was conducted with the widows in Feb 11 to discuss their welfare. The Coast Guard fraternity deeply mourned on the sad demise of Rajendran, E/F of CGAS, Chennai on 23 Jul 11. The bereaved family was visited and handed over a sum of ₹ 5000/- as ex-gratia grant from CGWWA funds. On 29 Jul 11 'Annual Fee' grant cheques were handed over to the widows.

SANCHITA (CGWWA Shop)

The CGWWA production unit under the title Sanchita endeavours 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, arts and craft work etc as well as help them make a good earning using these skills.

CGWWA (HEADQUARTERS)

Items like table clothes, artificial jewellery sets, table napkins, dupattas, refrigerator covers, coasters, table mats etc prepared by the CGWWA members were made available for sale through Sanchita Shop.

CGWWA (WEST)

In continuation of the creative work, new items such as table runners, bed runners, table covers, cushion covers, dinner/cocktail napkins, hand painted/embroidered towels were prepared. Other than this, ready made products from Gujarat and Nashik were also kept in Sanchita for sale. Products of Warli painting (tribal art of Maharashtra) were put up in the exhibition through NGO.

Sanchita has received an overwhelming response with numerous orders from its rapidly increasing clientele. Sanchita prepared set of table cover and napkins for 842 Sqn (CG) and CG KG School also. Sanchita continues funding CGWWA through the production of different handmade items.

CGWWA (EAST)

Sanchita team prepared hand embroidered and fabric painted towels and runners. It has recently added to its shelves wine bottle covers, aroma candles, potpourris, incense sticks, roller perfumes, jute bags, and glass stirrers.

CGWWA (ANDAMAN & NICOBAR)

'Candle workshop' was conducted in the month of Oct 10. Beautiful handmade items like bags, curtains, shoe-bags, dinner mats, napkins, paper bags, table mats, and dining table covers are made and put up for sale in Sanchita.

SANSKAR (Coast Guard KG School)

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

CGWWA (HEADQUARTERS)

'Grandparents Day' was celebrated for the first time in CG KG School. A small cultural programme with fashion show and games were also organised for the grandparents. Sweets and decorated *diyas* were distributed as part of Diwali celebrations.

Children's Day was celebrated in school on 12 Nov 10, on this occasion Srishti team presented X'Mas tree to the school.

To encourage participation of the young ones, Sports Day was organised on 19 Nov 10 for school children. March-past, aerobics and various race items were the main attractions of the event. An active participation was seen from the kids.

Magic show for kids was organised on 30 Nov 10 at ARKAJA auditorium, which was thoroughly enjoyed by the kids.

Colouring competition, X'Mas party, Church visit and baking an X'Mas cake were the main events organised in Dec 10.

A mock session covering interviews/counseling for parents was conducted by Dr Renu Verma in Jan 11. The month also witnessed Republic day celebrations.

Awareness on Coast Guard activities was imparted through an audio-visual programme at CG KG School. Further, the children celebrated Basant Panchami and visited Noida stadium for flower show, where they participated in the painting competition, in which one of the Coast Guard children bagged third prize. Rhyme Olympiad was also conducted in Feb 11.

Recitation of rhymes with an act was conducted on 04 Mar 11 at the school. Maximum participation and enthusiasm was seen among the kids. The children exhibited their hidden talents and expressed their favourite rhyme through an act. Annual day was celebrated during Mar 11 and academic certificates were handed over to the deserving students.

'Baisakhi' was celebrated at the CG KG school on 13 Apr 11. A cultural programme was put up by the students on the occasion. The children also observed World Earth day and book week in the month of Apr 11.

New school building was inaugurated by President Tatrakshika, Mrs Ragini Chopra on 15 Apr 11.

The 'Significance and presence of mother in a child's life' was celebrated as 'Mothers' day' on 08 May 11. A lemonade party for the children was organised on 12 May 11 prior closure of the school for summer vacation.

A Post summer vacation, medical check-up camp for the children was organised by Dr Deepti Sablok. The camp, organised once in a year, includes general health check-up for all the children.

A splash pool party was organised on 22 Jul 11 for children. An artificial pool was created at CGOM, Noida where children enjoyed their day, playing in the water. Various games also formed part of the event.

Sawan Jhula and Mehendi was celebrated on 05 Aug 11 at CG KG school. Swings in the school premises were decorated and Mehendi were applied on the children hands. The fun filled event was enjoyed by the children.

President Tatrakshika, Mrs Ragini Chopra was accorded a warm welcome by the teachers and students during her visit to the CG KG School. President walked around the school and interacted with the kids. She distributed chocolates to the children. A review meeting by the co-ordinator on the school progress was also held during the President's visit.

A number of activities and field trips were conducted for the students all through the year. All major, national and religious festivals were celebrated in the school to educate the children on India's tradition and customs.

CGWWA (WEST)

A large number of activities are conducted throughout the year to bring out the hidden talents of the children. All major national and religious festival are celebrated with an aim to enlighten the kids about the rich culture of the country. School picnic was organised to National park at Borivali.

Medical check-up for all school children was done by DMO/ DHQ-2, Mumbai. Annual sports day was celebrated on 19 Feb 11 with pomp and show. New school building was inaugurated by Commander Coast Guard Region (West) on 31 Mar 11 and Sangole, P/NVK was given certificate of appreciation for transforming the walls of school with his fabulous paintings and artwork. Graduation ceremony was organised for UKG Students on the same day. The new session of school started in new school building. New syllabus has been introduced.

School celebrated 'Animal Welfare Day'. To mark this day, a small exhibition was organised, during which the projects made by children with help of teachers were displayed.

CGWWA (EAST)

Schools celebrated **children s day** in Nov 10 with the conduct of **Fancy Dress Competition, Sports day and craft exhibitions** were organised in the month of Jan 11. **Republic Day** was celebrated with patriotic and cheerful fervor at schools. **Annual day** was celebrated in Feb 11 and schools closed for summer vacations in Mar 11.

To guide and help the school's to find new horizons in education and to ensure all round development in children, an **orientation programme for parents** was conducted on 17 Apr 11.

To encourage children to start their academic year on a bright note, after the long summer vacation, they were **greeted by Mickey Mouse and Bunny rabbits** on 27 Jun 11.

In the month of July 11, **Nature walk** was conducted for children to help them identify the parts of plants and different colours of butterflies. **Vanmahotsav** was celebrated to make kids understand the importance of jungles and tress. In the month of Aug 11 children learned to identify colours and green vegetables by celebrating **Red Day and Green Day** . Friendship day was also celebrated by children tying friendship bands. On **Rakshabandan**, children were taught to make hand made rakhis using naturally available materials. **Independence Day** was celebrated with patriotic fervour with children waving flags made by them as part of their craft activity. A **Magic Show** was also organised for children by ICGS Vikram.

In Sep 11, the schools celebrated Teacher's Day. A card making competition was held for the children and gifts were given to teachers. Blue day was celebrated in schools in Sep 11 with children wearing blue bands, clips and hankies etc. Onam was celebrated with beautiful rangolis. A talk on nutritious food and hygeine was held for children. A sandwich party was organised for kids and they were also taught how to make the sandwich. PTA meet was held in both schools on 30 Sep.

CGWWA (NORTH WEST)

A very special "*Tatrakshika Milan*" was organised on 12 Nov 10 to celebrate the maiden visit of Mrs. Ragini Chopra, President Tatrakshika, to Gandhinagar. During this Milan, an informative lecture on the history of step wells & its importance was delivered.

On 24 Nov 10, all ladies were taken to witness the unique 'Sanskar Activity' at Calico Museum of Textiles, run as a part of the Sarabhai foundation. The visit to this unique treasure trove of exquisite textiles, was an enriching and educative experience for the ladies.

On 11 Dec 10, Tatrakshika (NW) ladies, led by Mrs. Ila Sharma, regional President Tatrakshika, participated in a heritage walk organised by the municipal corporation of Ahmedabad. The walk offered an insight into the amazing architectural structures located in the old city.

SANSKAR



SRISHTI



On 28 Feb 11, as a part of an environmental initiative, all ladies planted various indoor potted plants at Sec 13, with the objective of later relocating some of them to CGOM, Sec 9, Gandhinagar.

An educative and unique visit was organised for ladies on 28 Aug 11 to learn about one of the oldest traditions of sari weaving existing in the local area-Patan. *Ladies had a - first hand* glimpse at the breathtaking sarees being woven and the art of tie & dye. About 120 kms from Gandhinagar, the place was also home to historical places like '*Rani Ki Vav*' and *Sabastraling Sarovar*.

CGWWA (ANDAMAN & NICOBAR)

An educational trip to 'Science centre' was organised by CGWWA and the little scholars were exposed to various scientific instruments and inventions which were explained to them in simple language by their teachers.

On 02 Dec 10, CG KG School celebrated its annual function titled "LAPAZO". Scintillating Rajasthani, Gypsy, Bengali and Spanish dances were performed by the children. Various plays and skits were enacted by the children on national integration.

To mark the 'Van Mahotsav', 'Plantation Day' was celebrated on 29 Jul 11. President, CGWWA (A&N) and Committee members along with students planted saplings in the school campus.

SRISHTI (Environment)

Srishti works on the issues of nature and environment. It's main objective is to educate the Coast Guard family about the various types of pollution caused by the mankind and how to reduce it by preventive and proactive measures.

CGWWA (HEADQUARTERS)

A lecture on environment and usage of herbal plants was delivered in Dec 10 at ARKAJA auditorium by Srishti team.

Tree plantation was carried out during the inauguration ceremony of CG KG school on 15 Apr 11 by President and Vice President Tatrakshika. The activity was carried out to encourage the sense of green living and also inculcate awareness and concern for the environment.

Tree plantation activity was carried out at TRV, Sector 23, Noida in Jul 11 by Srishti team. The saplings of Ashoka and Neem trees were planted.

Under the aegis of Srishti, large number of saplings were arranged from the local nurseries and same were planted at various parts of accommodation area in TRV and Kamath Enclave at Noida.

CGWWA (WEST)

As part of children's Day celebration, Srishti team organised a workshop on **Re-cycling and re-use of paper** by 'Sanskar India Foundation'. A demonstration on 'how to make paper bags' was conducted which provided awareness and insight on its environmental benefits and related aspects. A drawing competition themed **3Rs** i.e **'Recycle, Reuse and Reduce'** to save environment was also organised.

In order to make Coast Guard colonies clean and make residents aware of their surroundings, Srishti team alongwith MES staff co-ordinated the cleaning of debris and removal of construction material from TRV and CORA Powai. Soil beds were created for further plantation and residents were requested to maintain cleanliness around their respective accommodation and surrounding areas. Placards with Hindi slogans on saving the environment were put up at all areas.

Independence Day was celebrated with environment awareness campaign and a step ahead was taken by undertaking plantation activity towards beautification of the buildings. Bougainville was planted in such a manner that eventually it covers the entire boundary wall of the building, thereby providing a greener and aesthetic look.

On the occasion of Ganesh Chaturthi, a workshop on Eco-friendly Ganesha was organised on 31 Aug 11. The immersion of large idols made of artificial materials such as Plaster of Paris and Chemical colours pollutes the water of sea and lakes, affecting the marine life and related flora and fauna. Special invitee Mrs Chaitali Gupta took keen interest to teach the technique of making Eco-friendly Ganesha idols using only natural materials including special type of clay. The workshop received an overwhelming response from kids and parents.

CGWWA (EAST)

An inter school **painting competition** with the theme 'Save our Environment' was conducted by the Tatrakshika in Feb 11 as part of Coast Guard day celebrations. More than 200 children from 20 schools participated in the event. A **plantation programme** was organised in Apr 11 in the new school premises of Mugappair.

On 05 Jun 11 '**World Environment Day**' was celebrated by planting saplings. To set in impetus to use of bio-degradable plastics, a talk was delivered on the theme **Say No to Plastics** by Mr. TS Shanker, MD of 'Bio Tec Bags' on 29 Jul 11. Implementation of bio-degradable plastic in units is under consideration. In Sep 11, a plantation drive was undertaken in CGRA at Royapuram and about 100 saplings were planted.

SURAKSHA



SNEHA



CGWWA (ANDAMAN & NICOBAR)

An informative powerpoint presentation on “Say No To Plastic” was organised on 20 Sep 10 which emphasized on the usage of bio-degradable products and recycled paper. A workshop was conducted on 27 Dec 10 and the ladies were taught to make paper bags from old newspapers or any waste paper. The importance of avoiding plastic bags was also stressed upon.

‘Green Thumb’ competition was held for the ladies of CG Enclave. They were given time duration of 45 days, within which they had to grow a kitchen garden in their backyard. A myriad of vegetables and lush greens like palak, pudina and coriander leaves adorned the backyard of many ladies. Two best gardens were selected and suitably rewarded.

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 alongwith illustrations and photographs of the concerned activities.

CGWWA (HEADQUARTERS)

URMI-2010 was released on 15 Dec 10 by President Tatrakshika. The magazine highlighted the activities and contribution made by the participating CGWWA members of entire CG fraternity.

Other than the Annual CGWWA magazine URMI, the Sanchar team brought out three editions of the quarterly newsletter - Sandesh.

‘The Kitchen Diaries’ a community recipe book and delightful compilation of the regional, ethnic, personalized and well tried ideas for home cooking was released on 19 Feb 11 by President Tatrakshika.

On the spot story writing competition was organised for children between 10-15 years of age on 21 Aug 11 at ARKAJA, Noida. 55 children participated in the competition and the winners were rewarded with prizes.

CGWWA (WEST)

Theme - based Tatrakshika Sandesh which consists of compiled activity report of entire Western Region as well as articles from CG fraternity have been successfully published every quarter.

To receive good quality hand written articles according to the theme of forth coming Urmi, a writing competition was conducted on the following topics:-

- The Great Indian Woman - Balancing Traditions and Customs with her Ultra-modern Life.

- Traditions and customs - Backbone of Society.
- Hiding beneath the age old customs and traditions - Rural Women.
- The Scientific Approach to origin of Traditions and Customs.

CGWWA (EAST)

Tatrakshika Sandesh is being promulgated every quarter. Articles for publication in forthcoming 'Urmi' magazine have also been sent from the Regions.

CGWWA (NORTH WEST)

The quarterly news Letter, Tatrakshika Sandesh is regularly promulgated. Contribution from the Region have been sent for publication in next edition of 'Urmi'.

CGWWA (ANDAMAN & NICOBAR)

Tatrakshika Sandesh is promulgated on quarterly basis. Articles received from the personnel and families have been forwarded for publication in annual publication of 'Urmi'.

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 (HEADQUARTERS)

Outreach team visited Salaam Balak Trust, New Delhi in Nov 10. The team donated sufficient amount of ration/food items and winter clothing to the trust.

Medicines were collected by Sneha team from all CG Personnel and were kept at MI room, Sec-23 Noida. The medicines were later given to the needy, under the supervision of service doctor.

The team under the guidance of the Vice President distributed sundry items to the domestic help of Kamath Enclave, Noida on 16 Mar 11.

The team collected partially used note books from Coast Guard children and usable pages were bound into notebooks and subsequently distributed to the needy children.

CGWWA (WEST)

CGWWA Committee members visited “Seva Sadan Society”, an orphanage for under-privileged girl children. A workshop was organised for girls in co-ordination with counselor from “Proctor & Gamble Pvt. Ltd”, in which the physiological changes in the body and other health related aspect were shown through a documentary film. Tatrakshika also donated provisions, clothes and other utility items to the orphanage.

With a new approach to showcase talent and yield knowledge, outreach team with the help of Mrs. Savita Nandodkar conducted a Warli painting workshop for under-privileged ladies of the NGO “Smile”. This initiative was taken keeping in mind the objective to make these ladies independent so that they could earn their livelihood. As part of CG Day celebration, day at sea was organised on board ICGS Samrat for under-privileged children from Dharavi Slums Municipal School.

In order to keep children away from the ill-effects of TV and Computers, and also to utilise their time more creatively, Sneha team organised ‘**Summer Activity**’ for school going children during vacations. A workshop on Warli was organised. Children good at artwork painted Warli on paper bags, envelopes, bookmarks, tag cards and earned money through sale of these products to NGOs. Sneha team donated old clothes and eatables to families of Worli slum.

To help casual labourers working for Coast Guard, Sneha team distributed bedsheets to all casual labourers on occasion of Ganesh Chaurthi. A total of 68 employees (including school, welfare centre and residential areas) were helped by CGWWA.

CGWWA (EAST)

CGWWA members organised a visit on 28 Dec 10 to ‘**Udavum Karangal**’ - a home for 2000 orphans, aged & spastic people in Chennai. Provisions were distributed to the inmates. Again the members visited children’s ward of **Cancer Institute Adyar**, Chennai in Mar. The members had comforting interactions with the inmates, donated bedsheets and biscuits. **Pathway School**, - an orphanage for mentally retarded at Chennai, providing full care and education to over 100 children with special needs was visited on 17 Aug 11. As a token of love, stationery items and snacks were distributed to the childrens there.

CGWWA (NORTH WEST)

On 01 Dec 10, all Committee members visited the Samarpan School at Sector-28, Gandhinagar. After interaction with the children, toys and stationery items were gifted to them.

On 25 Feb 11, a painting competition was organised for ‘Deaf and Dumb’ children of Samarpan School as part of CG Week celebrations. Winners were gifted with book - prizes.

On 25 Aug 11, all the ladies visited 'Child Haven International (India) Orphanage' at Gandhinagar. The ladies interacted with 50 children (20 girls and 30 boys) housed in two different locations. The children performed dance, recited poems and prayers for all present. Refreshments were provided to all the children, and at the end of the visit, 02 bicycles, dry rations and clothes contributed by CG families, were presented to the Orphanage.

CGWWA (ANDAMAN & NICOBAR)

CGWWA reached out to the under-privileged children and the orphans at "Seva Niketan" and Multi Rehabilitation Centre during the months of Nov 10, Feb 11 and Aug 11 during which clothes and ration collected from Coast Guard families were distributed. Distribution of ration and clothes to domestic servants of TRV were undertaken by CGWWA. Ladies of Tatrakshika alongwith DWWA visited Rehabilitation Centre and donated food and clothes.

Traditions & Customs



SCIENTIFIC APPROACH

FROM WOMEN S PERSPECTIVE

It is Sunday morning and as every Sunday allows us to be, we all got up late. After finishing my routines, I open and my front door to adorn my foyer with a new rangoli, as it is my custom to do so, day after day, month after month, year after year. As I bend down to clean the space, draw the lines to join the dots, I realize that this few minutes of activity dedicated with focus and concentration, exercises my whole body as I go around, stretching my arms, lower back, ankles, stomach the entire works alongwith my mind expanding its imaginative skills. My day has begun, though late by almost 3 hours as the best time for this exercise is between 4.30-6.00 as popularly known as deva gana or Brahma muhurtham [Story is that all the devas or angels are there in the sky waiting to bless all those who wake up at that time]. Now science says that ozone is at its best during that time and if it is in a scientific magazine, we accept it. If elders say so, we shrug it off.

I immediately take a bath because I generally do not enter the kitchen before that. My friends make fun of me that I am an old-fashioned dame in modern attire. As far as my memory goes, the elders of my family have been observing this ritual. I remember my mother used to enter the kitchen with the towel draped around her head and the first thing she used to do is light the lamp and prostrate before God and as she proceeded with the kitchen work, she continued with reciting her prayers. Now, as I follow the procedure, I do it more scientifically as I am aware that kitchen is the place of sustainability, a place where food is cooked and served for the entire family. In our traditional system, food, by itself is medicine that can heal and nourish our body and mind. I remember many occasions when it has been so whether it is a cold or fever, stomachache or headache, items from the kitchen have healed me. This differs from place to place because of the climate, geographical conditions and many other factors. In Indian traditions, there is a whole science about the fuel, the combinations, the methods of preparation, the way of serving food, etc. Food prepared with pure body and devoted mind can be divine and delicious; we would have observed that bhog offered to God is very tasty. Have we ever wondered why?



In recent times, Pre-menstrual syndrome or menopausal symptoms are a cause of worry and the topic of conversation when women gather. The field of gynecology is a growing business these days because statistics say that every six women out of 10 suffer from some problems associated with the reproductive tract. Did our grandmothers or mothers have such problems to such an extent to talk in public forums? Apart from the quality of food, life styles, there was a system where women could rest during their monthly cycles. Simple food usually made out of urad dhal, khichidi, cooked rice soaked in water with onions were given. [all these strengthen the hip muscles and are cooling agents] To force

this practice, God was brought into the picture because fear is one key to make many things happen. Later, it became taboo and women felt treated as outcasts, and as rituals lost its meaning somewhere we started to living life the normal way during those days too. Result is irritations, palpitations, depression, migraines, irregular periods are the norms and considered fashionable. Pregnancy and Post delivery customs were also extensive in our Indian traditions. Does anyone know and wonder about the 'Why?' behind it?

I would like to talk about the symbols of marriage life, marriage rings, anklets, toe rings, bangles that adorn women. According to science, more precisely, acupressure, the ring finger, the toe in which we put our toe rings are nerve joints, the subtle body again associated with our reproductive tracts. The bangles on the wrist and the anklets are associated with lower part of the digestive systems and pressure points to activate the fertility points. So, wearing particular metals, helped to exercise continued pressure on these points, ensuring good health of these organs. That is why even men wore certain basic ornaments those days. Nowadays they are at least wearing their marriage rings.

Most of the Indian traditions, customs, and festivals are on the lunar cycles and the seasons. Whether it is Karva Chauth, Budha Pournima or Ramzan, the lunar cycles are behind it. Now science says that moon has a great influence on the earth we live on and on the emotional and mental well-being of the people living in it. If we remember, the elders had a host of stories to tell on what happened to people on Amavasya or Pournima. Insane people became a little more insane, sick people becoming sicker, etc...About seasonal festivals, it is a way of acknowledging the nature that helped in the process of sustenance and reaffirm our bonding with the mother earth and the sky above, the panchatathva or the five elements. In fact, if we refer all ancient cultures around the world, fire, water, air, animals, trees, ether and plants are integrated into the way of life by worship, rituals and customs.. Now the entire world is talking about all these things in the forms of environment and sustainability laws and regulations.

The art of story-telling is a ritual and customs followed during satsangs and festivals. These mythological fables subtly told helped us to identify the cause and effects of actions. In a capsule, we reap what we sow and again, the majority is unable to make conscious choices and the fear was instilled that God shall punish us for the bad deeds to make us a little beware of our actions. However, little are we aware that our own actions come back to us punishing us, rewarding us accordingly; the action we do is what elders

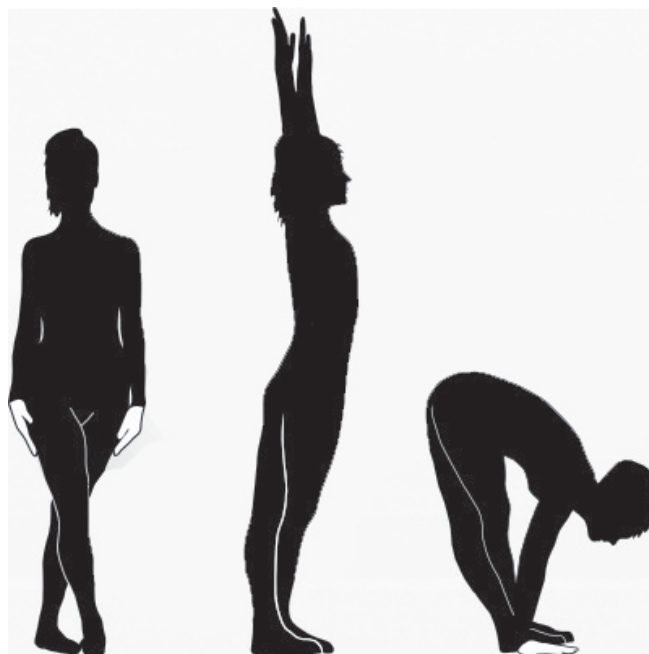
termed as Godly? Nevertheless, we also see that bad people really get good deals or good people who get bad deals; hence, past lifes actions or Karma as popularly known, is a concept explored extensively for many thousands of years in Indian traditions. Now, this same concept is called as



‘Regression therapy’ and is repackaged by western cultures and discussed, portrayed in Indian televisions. What an irony!

In our country, the field of education was much ahead beyond its time. The custom of Guru-Shishya parampara gave teachers the highest regard in society and considered as secondary parents, Even a prince of the kingdom got the same treatment as a peasant. Parents never interfered with the methods adopted by the teachers. Students learnt from practical way of life and books, scriptures too were an essential part of the curriculum. This custom is what we call in modern times as the Boarding schools though sadly to say, in most cases, the purpose is lost somewhere down the sands of time.

Whether it is yoga, pranayama, herbs, mantras, chakras, yagna or even self-help books, these old and ancient techniques of living life come back to us in a different package and at a costlier price tag. If we go to the ritual of any Indian tradition of recitation of verses, you can find that there is a big science behind it. They are of a specific meter and pronounced with certain intonations having vibrations that can influence our emotional, mental and physical well-being. In current times, popularly known as affirmations or the power of positive thinking, such books sell like hot cakes. India has suffered a lot because of invasions, foreign rule, that somewhere down the line, our minds and hearts are still slaves of this rule. We lack



self-esteem, become defensive and want to impress the peer group that we are in tune with the current times. What we forget is that a tree cannot survive without roots and ours run deep. Ours is the oldest civilizations, our children's history books have a long story to say!

Right from morning to night, from birth to death, India is traditions and customs based. Our Indian tradition, customs are a way of life and encourage the person to look within, if understood in the right concept. That is what has helped us to bond with each other, keep the structure of society a little intact in these times of commercialization, and downfall in ethical values, and let us be sane in these insane times. Like a Phoenix, we keep rising from the ashes of the past, secular, patient and tolerant. Instead of brushing our traditions off, if we look at it deeply and try to understand it and then make a conscious choice to accept or reject it, we would leave this planet a little enriched than even before. Our incredible India follows the principle of 'ATITHI DEVO BHAVA', the most important tradition and custom of our ancient country. Finally, if this article sets you on a thinking process, I have another wonderful reason to smile. Thank you so much!

- Mrs Viji Chandramouli

INDIAN TRADITIONS AND CUSTOMS - DO YOU KNOW?

One of the first things that strike anyone who comes across an Indian is the fact that we carry our customs and traditions wherever we are. No matter how “modern” any Indian appears, at the core of most lies the fact that we have some basic values and traditions that come packaged with us.

As women, it is the untold responsibility of each one of us to live these values and traditions so that the family imbibes them automatically. As time rolls by, it is evident that many of these traditions are dying out due to the constant race against time, yet we need to invest time and interest in carrying forth some of the beautiful traditions ahead to avoid them from getting extinct. Being in service does not necessarily give you the “ideal” conditions for lot of practices, but once it is a part of you, there is no worry of packing and transporting them! They are engrained in you already!

One must be reminded that no matter what the religion is, the basic understanding is that we are not human beings on a spiritual journey but actually are spiritual beings on a human journey! Hence in any religion the effort is always to remind ourselves of our true nature. The customs and traditions prescribed in any religion are nothing but gentle reminders on this human journey that our goal is to reach the God.

Given below are some of the most common traditions followed in many Indian homes and why they are followed.

(a) Greeting with a Namaste.

(i) Indians greet each other with *namaste*. The two palms are placed together in front of the chest and the head bows whilst saying the word *namaste*. This greeting is for all – people younger than us, of our own age, those older than us, even strangers to us.

(ii) *Namaste* could be just a casual or formal greeting, a cultural convention or an act of worship. However there is much more to it than meets the eye. In Sanskrit *namah* + *te* = *namaste*. It means – I bow to you – my greetings, salutations or prostration to you. The real meeting between people is the meeting of their minds. When we greet another, we do so with *namaste*, which means, “May our minds meet,” indicated by the folded palms placed before the chest. The bowing down of the head is a gracious form of extending friendship in love and humility.

(iii) The spiritual meaning is even deeper. The life force, the divinity, the Self or the Lord in me is the same in all. Recognizing this oneness with the meeting of the palms, we salute with head bowed the Divinity in the person we meet.



(b) **Touching elders feet / Prostrating before elders.**

(i) Indians prostrate before their parents, elders, teachers and noble souls by touching their feet. The elder in turn blesses us by placing his or her hands on or over our heads. Prostration is done daily, when we meet elders and particularly on important occasions like the beginning of a new task, birthdays, marriages, festivals etc.

(ii) The flow of anything is always from a higher plane to a lower plane. When one prostrates, the positive energy from the elders flows down to the youngsters in the form of blessings. Words also have an important effect in creating the right vibrations; hence the heartfelt encouraging words from the elders do have a lasting impact on the youngsters.

(iii) Good wishes springing from a heart full of love, divinity and nobility have a tremendous strength. When we prostrate with humility and respect, we invoke the good wishes and blessings of elders which flow in the form of positive energy to envelop us.



(c) **Lighting of lamp.**

(i) In almost every Indian home a lamp is lit daily before the altar of the Lord. All auspicious functions commence with the lighting of the lamp, which symbolises knowledge and eradication of darkness, ignorance, etc.

(ii) The Lord is the “Knowledge Principle” who is the source, the enlivener and the illuminator of all knowledge. Hence light is worshiped as the Lord himself. Knowledge removes ignorance just as light removes darkness. Also knowledge is a lasting inner wealth by which all outer achievement can be accomplished. Hence we light the lamp to bow down to knowledge as the greatest of all forms of wealth. Why not light a bulb or tube light? That too would remove darkness. But the traditional oil lamp has a spiritual significance to add. The oil or ghee in the lamp symbolises our *vaasanas* or negative tendencies and the wick, the ego. When lit by spiritual knowledge, the *vaasanas* get slowly exhausted and the ego too finally perishes. The flame of a lamp always burns upwards. Similarly we should acquire such knowledge as to take us towards higher ideals.



(d) Offering Food to God before eating / Food Prayers.

(i) It is not an uncommon sight to see people praying or offering food to God before partaking the same. This has many reasons and equally many results! Firstly, we thank God for filling our plate with food. Everyone works hard for this very basic necessity - to have atleast 2 good square meals per day. The number of malnutrition children and adults around the world are so alarming that it is imperative we thank the Lord in gratitude for the filling our plates and stomachs.

(ii) Secondly, when we pray we are sending positive vibrations to the food. It has been scientifically proven that the internal structure of the food items change when they receive good vibes through prayers. Thus the prayers not charge our food and make them more nutritious but also remove any negative vibes that were contained in them due to the mood of the cook or the place where it was cooked. So the next time, you are angry while cooking make sure your family says a food prayer to remove the anger element from the otherwise delicious food!

(iii) The more significant and spiritual aspect of praying stems from the fact that God resides in each one of us and when we pray before eating, we are actually offering the food to the inner God.

(e) Applying Vermillion / Kumkum / Tilak on the Forehead.

(i) The vermillion covers the spot between the eyebrows, which is the seat of memory and thinking. It is known as the Ajna Chakra / Third Eye Chakra in the language of Yoga. The *tilak* is applied with the prayer – “May I remember the Lord. May this pious feeling pervade all my activities. May I be righteous in my deeds.” Even when we temporarily forget this prayerful attitude, the mark on the forehead of another reminds us of our resolve. The tilak is thus a blessing of the Lord and a protection against wrong tendencies and forces.



(ii) Scientifically, the entire body emanates energy in the form of electromagnetic waves – the forehead and the subtle spot between the eyebrows especially so. That is why worry generates heat and causes a headache. Also the dot where vermillion is applied, two nerves cross each other causing more heat to be generated which is cooled by the vermillion and prevents energy loss. Using plastic reusable



“Sticker Bindis” or “Tiklis” is not very beneficial; it is just an object of external decoration!

I am sure you are convinced that each one of our simple traditions have behind them a wealth of reasoning! So the next time someone asks your **Tell me why?** you can confidently explain and say **This is why!**

- Mrs K Sucharitha

WHY IS LIGHTING THE LAMP IMPORTANT AT ALL RELIGIOUS CEREMONIES?

In India, there is a tradition of lighting a lamp at the beginning of a religious, social or cultural ceremony in the belief that the presence of Agni (fire) ensures success. Fire is one of the five elements that form the human body. Fire is also a transformed form of Surya. For this reason, before praying and making offerings to Gods and Goddesses it is customary to focus the energy by lighting a lamp.

Furthermore, a flame is symbolic of wisdom, through which the darkness of ignorance is dispelled. Offerings of the flame are equated with ones made to God. In places of worship, lamps are for “Aarti” to ask the supreme spirit to dispel the darkness in our mind and light it with knowledge and wisdom. We seek to be led from darkness to light, from death to immortality.

In the Rig-Veda, 7/4/4, it is said that:

अयं कविरकविषु प्रचेता मर्त्येष्वग्निर्मृतो नि धायि ।
स मा नो अत्र जुहुरः सहस्वः सदा त्वे सुमनसः स्याम ॥



O God in the form of light! You reside as a poet in one who is not a poet and as the celestial nectar in death. O God in the form of light! May you never give us unhappiness. May we be happy always.

A lamp teaches one to be upright, rise upwards and dispel darkness. The flame destroys sin and enemies. It ensures good health, purity, happiness and long life.

It is believed that lamps should be lit in odd numbers. An even number neutralizes and wastes energy. If the flame of the lamp points north, it promotes health and contentment. When it points east it promotes long life. West invites sorrow and south causes loss.

During continuous reading of the *Ramayana*, the lamp is lit for 24 hours and during *Navratri* it is lit for nine days. In many temples, lamps are lit continuously as an offering to God in the belief that as long as lamp is lit, God continues to be present. One's desires are soon fulfilled. It is kept lit until one's purpose is not fulfilled. It is considered inauspicious if it blows out by itself. Therefore, one should resolve to keep lamp continuously lit only after due consideration.

Amongst Sikhs during the continuous reading of the *Guru Granth Sahib* that takes 48 hours, a lamp is lit continuously.

The Badrinath temple situated deep in the Himalayas at a height of over 10,000 feet above sea level is covered with snow for more than six months in the year. Every year when it is closed before the onset of severe winter, the *Akhand Jyoti* (continuous lamp) is filled with ghee to last more than six months. When the temple gates are re-opened at the onset of summer, people gather from faraway places to witness and offer prayers to the *Akhand Jyoti*.

- Mrs Savita Sharma

HEADQUARTERS



HEADQUARTERS



THE SCIENTIFIC APPROACH BEHIND ORIGIN OF VARIOUS CUSTOMS AND TRADITIONS

Tradition can be opinion, belief, custom or knowledge handed down from ancestors to posterity. Equivalently it may be a doctrine supposed to have divine authority, an unwritten law of ancient wisdom propagated by word of mouth, whereas the so-called modern Science is systematic and formulated knowledge. We are too young to question these customs and traditions early in our childhood days. But as we grow up, we tend to start questioning most of the routine customs and traditions that we are asked to follow. “Necessity is mother of Invention”, Nothing could have become a tradition or custom without having significance. Since traditions were followed without paying attention to the logic/science behind, its importance and faith have diminished over the years. Indian cultural traditions and customs are eco-friendly, empowered family values that strengthen individuals. I strongly believe that there is a science behind every ritual that is followed over a period of many ages. The modern world and the pseudo modern people may laugh at as they were not aware about that science. Some of the rituals which have convinced me are presented here :

1. Joining both palms together to greet othersf

Scientific Reason. While greeting others, we join both the hands together. Joining both hands ensures joining the tips of all the fingers together; which are denoted to the pressure points of eyes, ears, and mind. Pressing them together is said to activate the pressure points. This helps us to remember the person for a long time.



2. Applying Tilak on the foreheadf

Scientific Reason. The tilak is applied on the spot between the brows which is considered the seat of latent wisdom and mental concentration. This spot present in between the eyebrows is said to have the nerve connection to the brain. And putting tilak in this spot regularly would stimulate this spot and helps us to have good concentration and mental concentration.

3. Tying Mango and Neem Leaves to the doors on auspicious daysf

Scientific Reason. On auspicious days and on special occasions, all of us gather at one place alongwith our relatives and friends. Photosynthesis is a process where in plants take in carbon-di-oxide and give out oxygen. This process helps in circulation of oxygen and in turn keeps the room temperature at an optimum level. Mango leaves and neem leaves are very effective in the photosynthesis process comparative to other plants. Neem leaves sanitize the bacteria too. In order to keep the temperature cool and to circulate air, we tie mango leaves and neem leaves to all the doors.



4. **Women Staying away from rituals during menstrual cycle.f**

Scientific Reason. This is probably one of the most misinterpreted customs that prevails in many traditional families. During menstruation women undergo both physical and emotional changes and may not be ready for rituals that required concentration and strength for execution. Women in the ancient times used to do a lot work that required a ritual to be completed. This custom was to ensure that women under menstruation are given rest during rituals. Over a period of time this has been misinterpreted by many that women under menstruation are to stay away from rituals since it brings ill effects to the ritual.

5. **The tradition of making fresh bread (rotis) is a glorious Indian tradition which ensures physical activity and fresh food and whole grain intake.**

6. **Home made remedies provided many health benefits. For example, the tradition of consuming a broth of cinnamon, cardamom, nutmeg, tulsi etc in cough and cold strengthened the immune system and so did the tradition of consumption of banapsha in Himachal and other states. The tradition of making many of the sweets with jaggery(gur) rather than sugar also provided greater health benefits when compared to refined sugar. The tradition of consumption of tulsi leaves everyday again provided many anti-oxidants, vitamins and macronutrients and other health benefits.**

7. **It is said to have Peepal and Banyan trees in vicinity of house and worship them.**

Scientific Reason The four trees –Peepal, Gooler, Banyan, and Pakad are called to be the storehouse of Sun's rays. The wood of these trees is considered very auspicious for Havans in Indian scriptures. Peepal tree has been given the prime importance among all these trees and worshipped even today. The reason is right from the root to its leaves; the tree contains the medicinal values and cures many diseases. **Peepal tree can uptake CO₂ during the night as well because of their ability to perform a type of photosynthesis called Crassulacean Acid Metabolism (CAM).**



I am sure there will be many similar findings from Abhimanyu Effect (in womb) to Medicinal Use of Turmeric and so on.. Waiting to be scientifically diagnosed and proven by western scientists though followed in Indian Homes since ages. Many of our customs are designed to be simple but powerful reminders or pointers of profound philosophical truths. The answer is not discarding the rituals but understanding the science.

- Mrs Giteshwari Gujar

WHAT MARITAL VOWS DO THE HUSBAND AND WIFE TAKE IN A HINDU MARRIAGE?

After the marriage ceremony is concluded, the bride and groom are told about their duties and responsibilities in married life. To affirm their faith in building a lasting marital bond, both partners make separate vows. These vows direct the couple to a positive path of action. They help in promoting marital happiness for a lifetime. The priest reads the vows one by one and the individual accepts them by saying, "I agree to do so", after each vow.

Vows by the husband

- I will consider my wife to be the better half. I will look after her just as I look after myself.
- I accepting her as in-charge of the home, I shall plan things in consultation with her.
- I will never express dissatisfaction about any shortcomings in my wife. If there are any, I will explain them to her lovingly. I will support her in overcoming them.
- I will always have faith in my wife. I will never look at another woman with wrong intent, nor have an illicit relationship.
- I will be affectionate and treat my wife like a friend.
- I will bring home all my income to my wife. The household expenses will be incurred with her consent. I will always make an effort to ensure her comfort and happiness.
- I will not find fault or criticize my wife before others. We will sort out our differences and mistakes in privacy by ourselves.
- I will have a courteous and tolerant attitude towards my wife. I will always follow a compromising policy.
- If my wife is unwell, or is unable to fulfil some responsibility, or through some misunderstanding behaves wrongly, I will not withdraw support or refuse to fulfill my responsibilities towards her.
- I will always do my best to encourage my wife to find self-fulfilment. I will always conduct myself in a kind and loving manner towards her.

Vows by the wife

- I will merge my personality with that of my husband, and truly become the better half. We will begin a new life together.
- I will always treat my husband's relatives with courtesy, respect and generosity, and spare no efforts to keep them happy and content.
- I will work hard to perform the household work and support my husband. I will never be lazy.
- With complete faith in my husband, I will live just as he desires. I will always be faithful to him.
- I will always speak pleasantly, be service-minded, and have an attitude of contentment. I will never sulk, grumble or be jealous.
- I will be frugal in running my home, and will avoid wastefulness.
- I will never be indifferent towards my husband and will treat him like God. I will never insult or abandon him.



- If there are any differences with my husband, I will resolve them peacefully and never present them in a derogatory manner.
- I will always keep my husband content with humility and service.
- Even if my husband is indifferent towards me, without any consideration I will faithfully fulfil my responsibilities.

- Mrs Savita Sharma

INDIAN FESTIVALS - CELEBRATION OF DIVERSITY

Little kids with simple questions often, compel us into pondering over the profound truth. On *Janmashtami* Day, as I was making the *Rangoli* and the footprint mark of Krishnaji in front of our home, our daughter Prakalya with the curiosity of a four year old asked me, what I was doing. When I explained that, I was inviting the lord into our house, she promptly asked why the aunty next door was not doing so. Now, I had to explain to her that just as each child's birthday party is celebrated differently, so too, Krishnaji's birthday is celebrated differently by each family.

This led me into thinking how, there are several festivals celebrated across India yet, the style of celebration differs widely reflecting the enormous diversity of our country. The first day of *Chaitra* month is New Year for most of India; in south its *Vishu* and in north its *Baisaki*. *Vishu* or *Chitra Vishu* celebration begins with *Kanikanal* (to see) in the morning. The young ones in the family are guided by the elders in the morning to a specially decorated altar where, a huge mirror draped in silk cloth is kept. Upon the mirror gold ornaments are placed, and cereals, pulses, fruits, vegetables and spices are placed in front of the mirror. The idea is to wake up to plenty and prosperity on the new year.

Another pair of festival though celebrated on the same day, but in a completely different style is *Raksha Bandan* and *Aavani Avittam*. The former needs no explanation so, directly to the latter. The name of the festival is literally the *Thithi* or the day (i.e., in the month of *Aavani* on the day the sun crosses the star constellation of *Avittam*). On this day, all men initiated into the sacred thread renew their vows. They recite the *Gayatri Mantra* 108 times, praying for knowledge. What is done the next day is even more interesting; its called *Kamokarushu Japa*. The mantra chanted during this ceremony literally means, "O lord, the sins that I have committed were done out of ignorance or out of desire; they were not done willfully". Quite a confession of repentance. While the thread plays a significant role in both festivals the significance is very different indeed.

Navratri is celebrated with *pooja pandals* in the north and *golu/kolu* in the south, a unique tradition of arranging idols and figurines of gods and goddesses in a steps-like fashion. On the top two steps are placed figurines of Gods and Goddesses, on the next few rungs are kept images of saints and spiritual/social leaders. On the bottom few steps are kept figurines and replicas of animals and birds fruits and vegetables.



It is remarkable how much we are similar, yet so different. Our festivals are common our celebration different, our culture different our heritage same.

- Mrs Radha Murugan

GENERAL ARTICLES AND POEMS



A GIRL NAMED JYOTSNA

[1981-2011]

The morning chores were almost over. Sending off my husband and son, I returned to the kitchen to finish the remaining errands. As usual, I tore off the sheet on the daily calendar, the ritual I follow almost every day to shed my yesterdays to welcome the present day. September was only a week away and I realized it was almost 20 days since Jyotsna Eesh Piplani passed away after giving birth to a beautiful baby girl on August 3, 2011 at around 3.30 pm in INHS Aswini, Mumbai. Medical records say that she died of a rare obstetric emergency called as Amniotic Fluid Embolism resulting in multi organ failure.



It is raining heavily and as the raindrops splattered on my windowpane rhythmically, my thoughts flew back to the day, I first met Jyotsna. It was a Saturday morning and there was a scheduled meeting with the squadron's EP wives at the Kendra. I was standing outside in conversation with someone when a car pulled up and stopped next to me and out came this young couple in all smiles and courtesy. They introduced themselves and after a brief chat Eesh left us and, we both proceeded towards the Kendra. I could not help notice her beauty and elegance in her beautiful bandini salwar suit with the lac bangles symbolizing her newly married status and her positive demeanor. To put it short, I took a liking for her in an instant. Human nature is like that, I suppose these subtleties have its own rhyme and reason. After the meeting, we again chatted for some more time and got to know a little more about each other before parting on our ways. If I had to ask myself a few questions like how much I knew her, how often we met, were we close, etc., I would like to take it one at a time.

I can only say, there is always much to know but what little I know of her is a sensible, intelligent young lady, cooperative, courteous charming with a keen interest to groom herself to be a defence officer's wife to such an extent, she had photocopied the 'In tune with the pristine whites' and read every page of it. She loved life, had a keen appreciation for nature dreamed for the future backed by well thought out plans, deeply spiritual and loved her husband dearly [I came to know they were in love from junior college for eight years before getting married on November 27, 2009]. I also knew that she played a great part in Eesh joining the Coast Guard as she was the one who brought the application form to him. She was clear in her thoughts and action and never backed out from responsibility and graceful in owning up her mistakes.

If I were to ask myself how often we met, I can say that it can be counted on the fingers repeated twice, including the official get-together and parties. But if you ask me about the quality of these meetings it was fun and filled with lots of laughter.

To the question whether we were close, we were not at all. She trusted me enough to confide in

me her concerns, say no to things that were not possible from her side with the confidence that I would understand and take suggestions or advice where it was required. Neither of us was intrusive. Even our phone conversations were to the point but still when we kept down the receiver, I am sure, not one of us had raised eyebrows, frowns or creased foreheads.

It was this young couple who would always call up and enquire when someone was not well, quietly lending a helping hand, letting them know they can be counted on in case of need or assistance particularly when husbands are away on temporary duty or embarkations.

The last I met her was on July 27 at a friend's birthday get-together. She brought along her mother-in-law who had come to see her bahu before she left for her delivery to Mumbai the next day. She looked beautiful and sparkling as if the happiness was spreading around her like an aura. It was late night and as we got into our respective vehicles, I took her aside, wished her all the best for a safe delivery and requested Eesh to SMS me on the baby's arrival. Her reply still echoes in my ears, "Why SMS? We both will call you?"

When the news of her being critical reached us, it was the evening of August 2, 2011. She had delivered the baby girl by caesarean section that morning. Waves of panic shook all of us here and we all prayed and meditated for her recovery. However, God let go off all our hands on August 3, 2011 at around 3.30 pm when she passed away after putting on a brave fight. She had seen her daughter only once and kissed her.

God's ways are mysterious, they say! However, I am sure he cannot answer the many questions we have in our hearts, which is what my ignorant mind thinks!

Many of us rushed to Mumbai to be with the family in that sad moment, but on seeing the elders of the family, the mother who has lost her youngest daughter or the father-in-law who has lost his only daughter-in-law or the young husband whose entire life lays ahead him, we were lost for words. Unable to cry till then, numbed by the events that have happened I held on to the baby as long as I could as I watched it suckle all her fingers and crying for her mother, I felt the first tears trickle down my cheeks. I could not see her body and it seemed like she wanted that picture of the smiling young newlywed bride to be in our mental frame always. Oh Jyotsna! Where are you? You had promised you would call me. Come back to your baby named as Mahi [meaning-mother earth]. She and Eesh need you. All our hearts cry out! Will time and tide heal this loss of the family?

I am aware that as days pass by we all shall go on about our daily lives with the pain slowly receding into a dull ache in the recess of our hearts. Something has changed in me and I shall never be the same again. Life is ephemeral and each day is a present from the almighty. That is why it is present, Spencer Johnson says in his book.

I realize almost 2 hours have gone by. I have to take bath and light the lamp and say a little prayer of healing for the bereaved ones. Will you all join me?

- Mrs Viji Chandramouli

WHO IS THE BOSS?

I have been wearing various shades and versions of whites since the time I joined the Naval Wing of the NCC at school. This was as early as 1983, and since then I am used to being bossed around by many beings of varied despotic tendencies dressed always in angelic whites. By the way, I have always wondered why the Navy/CG (or in general the sea farers) chose whites over all other colours which would have been better in camouflaging the grime that is congenital in a sailor's life. Nonetheless, wearing whites wasn't an impediment for many demonic incarnations to unleash their versions of Armageddon - the cloak of evil more often than not worn on me by virtue of being the junior and therefore vanquished almost routinely. It is not to say that reversal of roles has never happened or I haven't worn such violently patrician robes; I have also got such chances and have also raised a few storms on hapless juniors. But my complain is that such instances of fortune have been few and far between that the overwhelming majority of my career wearing whites has been about living with the mortal fear of the boss.

After the NCC, I chose the Navy to wear whites (my mother always said that great men learned from others mistakes and the lesser mortals learned from their own, but pitifully I was neither great and proved nor be even a lesser mortal!). Surviving innumerable onslaughts from the brotherhood called seniors through these years and until 2000, I thought I had seen it all ... and then I got married! I quickly realised that bosses need not be in whites, need not have the institutional approval nor required the umbrella of Navy Act / Orders for bossing around. Wild goose chases in the domestic front, which we are so routinely employed in the Navy / CG, does not need to have the threat of violence and curtailment of liberties. A twitch of an eye brow or a smile laden with mysterious promises ranging from satisfaction of gastronomical to other nether regions of the body would launch one into a frenzy of activity!



After all, all forms of tormentors dressed in whites are bound by limiting parameters such as:-

- OLQ (admitted, some may not subscribe to such vain notions).
- The need to go home themselves and hence has only a limited time to bear upon you.
- Transfers - yours or your tormentor's (which none can predict though some can influence).
- Perhaps the greatest limitation and the most maligned truth - that the Senior always depends on the Junior to get his work done and rarely the other way.

Compare these severely restraining factors of your boss in whites to the sheer impunity in battery that your boss at home enjoys:-

- As the old saying goes everything is fair in love and war (a combination of love and war in other words is called marriage).
- You are the one who has to come home and your wife is in no hurry to leave anywhere.
- Transfers... don't even think about it – the best you can hope is sailing or temporary duty. You are permanently posted to your home.
- Now to the bitter truth – in this scenario you depend on your wife always and every time, because only she knows where your missing pair of socks is. You are at her mercy for all needs sundry to the greatest physiological urges. And if at all she depends on you for anything it is given that it is not dependency but a right!

If you thought you could take recourse to law for a restraining order, just ask any lawyer and he will tell you that the IPC was written by a woman for the woman to become the woe of men.

Many years after you and your boss have abused each other and then readily sang the jolly good fellow and will be nostalgic about 'those-were-the-days' you will still be the husband – dutiful, obedient and so pathetically dependent! So here's my piece of wisdom, realise who the real boss is – it is the lady of the house and not the pretenders in whites at offices or ships.

- Cdr J Anoop Kumar

BUILDING THE RIGHT ATTITUDE

- **Begin** with your general appearance. Be presentable as it creates self- confidence.
- **Never** lose self-control even in anger. Maintain decorum and do not become rude or abusive.
- **Maintain** a calm disposition as it generates power of understanding.
- **Develop** clarity in your thoughts.
- **Use** encouraging words like thanks and sorry.
- **Abstain** from commanding your juniors. Be firm and assertive, not aggressive.
- **Politeness** and humility are the virtues that create a comfort zone to carve better relations.
- **Think** about finding solutions and not fuming over problems.
- **Always** maintain eye contact during a conversation.
- **Smile** creates a comfort zone and automatically draws people towards you. Always wear a smile.



- CR Jaswal, P/Adh (SA)

A BASHFUL REPLY TO THE NORMS

“Hi Sayali! How are you?”

“Oh, what a pleasant surprise! Come in.” I was greeted by two of my college friends Ruby & Shilpa in the morning. Each one equipped with a high degree of potential. The former was the principal of an international school and latter was lecturer in one of the best colleges in the city.

Ruby possessed a modern attitude towards rituals & customs. She could just not imagine of approving irrational & orthodox thoughts set by the society. She always debated to convince everyone that most of the customs & traditional planks could be traced to the means of fooling the innocent minds. Crystal gazers, Godmen, Priests, quacks, astrologers etc. were people whom she always criticized for taking advantage of the public’s trust in spirituality.

Ruby was endowed with qualities of beauty, love, strength, tolerance & creativity which permitted her independent, bond-free way of living. Shilpa’s nature was contrasting to that of Ruby. She was a traditional woman. According tolerance & respect for all religions & faith was the hallmark of Indian Civilisation. The way of Indian life with typical thinking, heritage, customs & tradition were identical so India was a politically, culturally, geographically & socially united entity.

Both of my friends were like the two poles of earth but they respected each other’s opinion and adjusted with each other. Whenever they would get in dilemma of what was right & wrong, I would be the ultimate authority to judge the argument.

We all shared very close friendship... we were like reflections of each other, a guide and ever-ready advisor & director of each others life.

Today also I understand that I would be judge again. I could make out from their faces. I asked them, “What’s the matter?”

Ruby said, “See, we have got one topic on ‘Tradition & customs : Women’s perspective’ and I am against it. At the same time Shilpa says, I am in favour of it. Now you tell me who is right?” She further added, “Tradition & customs are part of our valuable culture & how can she ignore this? It is this deep sense of duty & obligation that gives meaning to our democracy & also ensures its glorious future.

As soon as Shilpa finished her, talk, Ruby excitedly came to me & said, “See Indian women are intelligent, hardworking, courageous & compassionate. With these qualities of head & hearts they are quite competent in breaking all the



bondage that binds them in traditional subordination & superstitions.

Post independence & 50% reservation for women there has been great improvement in the achievements of Indian women & they have all the rights to fetch privileges enjoyed by the males.

Now the ball was in my court. I had heard out the thoughts & realized that both of them were equally determined to explain their views, but were unable to find the exact way for it. This was really a challenging task & an emotional impulse for me.

For a while I remained silent but then placed my opinion & began to explain them, “Shilpa & Ruby; both of you stand correct at your positions & living styles but integrate your thinking to that of an Indian. Our only hope is in sanity, balance & cultivation of scientific outlook & temper.”



“Hence the need of the hour is to produce more objectivity and emphasize on rationalistic approach to various aspects including those which are inexplicable. We need not give up our principles, ideas, imagination & emotions to become a living robot but we must learn to be alert & vigilant so as to not allow these to dictate our faculties of logical reasoning. As a social being we belong to a highly civilized, cultured, advanced community. It is just because of willing obedience to certain regulations & code of conduct that we can adjust ourselves in this social world.”

“Instead of an overpopulated self centered world dominated by narrow parochial and self seeking politics, we should make an attempt to build a brave new world endowed with peace, prosperity, hope, dynamism & health.”

“In India, modernity & tradition, urban & rural, religion & security, spirituality & temporality, peaks & valleys seem to embrace each other in counterbalance. There are many fairs and festivities observed & enjoyed by all communities & caste in common.”

“We the women of India, should help ourselves by bearing an optimistic approach to the acceptance of customs & traditions & be a legend in proving that Old is Gold but, backward things fold”.

While finishing my talk I realized that Ruby & Shilpa were quite convinced with my opinion. They also confessed that neither for, nor against was correct for the debate. These extreme ways would simply aggravate the complexity & ambiguity of our thinking set up. In nutshell, a balanced & natural attitude can invite a bright future for Indian women.

- Mrs Sayali Vaidya

A HOUSE ON FIRE

Winter was drawing to a close. Markets were abounding with peas at the cheapest rates. Like any other, we were also tempted and bought plenty. Blessed with no maid, my husband and I sat one Sunday morning with me chatting monotonously as usual separating the pods, packing in the freezer bags for future use.

The spring break was about to begin and both my parents and in-laws were insisting that my son and I should visit them. We too missed them a lot and a sudden plan took both of us to Chennai leaving behind my husband with his office work et al. As wifely nature demanded, more out of care and some out of guilt at leaving him to fend for himself, I made a variety of batters and stored it in the fridge for his use.

Our holidays went on with a whirlwind tour of visits to temples, near & dear ones and as it was almost getting over, we were all pleasantly surprised when my husband landed in Chennai en-route temporary duty for 3 days to another place. He however was reaching back home before me and confirmed that all precautions like safe keep of keys, disconnection of all electrical appliances except the fridge [which was SOP right from the time we got married] as it contained my precious peas and a host of other things, has been duly taken care.

On the said return date, my husband reached back home at around midnight [because of the connecting trains] to find himself taken aback by the state of things. Our home was looking like the 'Om Shanthi Om' bhooth bungalow except for the fact I did not end up as a ghost there like Deepika Padukone. Jokes apart, the entire house was covered from ceiling to the floor, walls including furnishings, with a thick layer of black soot and cobwebs hanging on in all and sundry.

Initially, he thought the gas cylinder had burst but then he recalled he had disconnected that also. He cautiously tiptoed inside opening all doors and windows and switched on the kitchen lights.



At the same time, the circuit breaker realized its duty like, the police arrival in the last scene of Indian movies and the house went pitch black. Not knowing what to do at that unearthly hour, leaving the house open, he climbed downstairs and wandered around in the apartment block, his mind filled with so many questions.

At the stroke of dawn, the fact came into picture that there has been a sudden surge of high voltage

current and the V-Guard stabilizer had exploded with its parts lying in different corners. The fridge had burned out on one side and as my husband recalls it was tilting to one side in an awkward and comical angle. On a closer note, he realized that it was not actually comical, but rather serious when a host of electrical appliances like blender, warmer, alongwith the corrugated box filled with all my goodies mostly Tupperware, Lock & Lock and other containers were lying in semi molten form, thus solving the mystery of the black soot and the cobwebs. As an afterthought, our loyal fridge of 12 years, knowing it had no option but to tilt tilted in the [right!] direction because to the left there was a shelf filled with around 3 kilos of cooking oils. On the other hand, if it had felt a sudden attraction to the gas cylinder right opposite to it and decided to have a cozy gossip, the conversation would have been neither quiet nor cozy. There would have been fireworks. Incidentally, not a single neighbour was aware of the happenings until our arrival. We don't blame them because all our noses have been sensitized to all sort of aromas, chemicals, effluents, burnt plastic, leaking gas from industries that flaunt all environmental laws and regulations. If it had happened in my neighbour's house, I too would not have the least bit of doubt.

Anyway, continuing with my narration, the first thing my husband did was disposing the fridge off to kapadiwala bidding a sad goodbye, as it was the first possession we acquired after our marriage. Cleaning the floor thus making it pliable to walk was the next step. He then employed people to whitewash the entire house after informing the house owner who till today has not made a single phone call nor paid a visit to check the status of his house which I have to admit even now exasperates and puzzles me. The funny part is that our owner is in the business of Industrial explosives. "Usually, these people set explosives in other people places on request, Isn't it? Now it has happened in their own house; they requested themselves or what?" I remark in one of my spiteful moments. My husband grins and tells, "True! But remember they don't live here and he has enough confidence that the house cannot be in better hands! Why don't you think positively?"



Coming back to the point, in the background, unaware about these events [as my husband felt it would make me anxious and worried with no purpose], I joyfully travelled back home with a lot of extra baggage filled with things shopped or gifted to me. As pre planned, our Coast Guard friends met me in the connecting train at Mumbai Central and we all travelled together. They did not breathe a word as was requested by my better half and I chatted away to glory feeling excited to be back. I still remember the moment when I saw him standing at the lobby and walking out to open the car door as my heart filled with the happiness thinking he must have really missed both of us.

When I entered my home, I really do not know what expression I really held, but my husband



is sure that my mouth was wide open for a long time. I felt confused at first sight and thought my husband is surprising me with his transfer orders but as my eyes comprehended and focused, the magnitude of what had happened to my home in my absence made me shell shocked. Armed with enough packed food in my baggage, we sat in the balcony having our food as my husband told the entire story. The bedroom was barely functional and all of us mentally exhausted slept soundly.

The next day was our son's birthday and we were at a loss as to how to make it happen. Our friends from the Coast Guard family made it a very special occasion, each in their own way and for us the parents, it shall ever remain close to our hearts. Not only this, many of them came with home cooked food to cater to our immediate needs, as our kitchen was not yet operational and had sleepovers in their houses too as they opened their doors with warmth and

understanding.

The white wash of the house and cleaning of the tiles was getting over and as a coincidence, my son went on a ten-day karate training camp. Free from the concern for his health as he was dust allergic, we put on our oldest clothes, tore old cotton bed sheets and went around the entire house washing, cleaning, wiping and in many cases discarding the belongings we had gathered over the years of togetherness. To ease out the monotony of the work we constantly pulled each other's legs on many things over which we laughed and had fun.

This two weeks we spent together in bringing back our home to shape is one of the best times of our married life. Beautiful in untold ways, as we started to work with a synergy, we also began our journey to look together at things and life in a different perspective, also counting our blessings and thanking God for protecting us from things that could have made it worse.

As we look back in monetary terms, we laugh it off saying we spent quite a lot to have those 5 kgs of peas and other inconsequent things. For us, nothing matters anymore except the precious and lovely time God gifted us though he set our house on fire. In the process, our house looks more beautiful with lesser clutter and homely than ever before. Maybe that is exactly what he wanted. Come over friends! Let us have a chat over a cup of Filter Coffee!

- Mrs Viji Chandramouli

REGION (WEST)



REGION (WEST)



THE LOVE OF GRANDPARENTS

Each year, September 9 is celebrated as Grandparent's day and what more an occasion do we need to talk about them. I also wanted to weave into this article the topic "Unity in Diversity". I want to look at this term from the perception of family, the foundation of the social pyramid and our Indian culture. Not all fingers of our own hand are the same. So are the different members of the family. As sensible adults, I would like to explore the relationships of grandparents and grandchildren, what we can do within our home that can make a world of difference to each one of us.

Many among us, if we look back to our childhood can see the role grandparents played in our upbringing. Today as we stand as individuals, however life with its exposure good or bad has shaped us to be, we cannot deny that in many ways, we stay grounded to our culture, beliefs and traditions than those who have not had the opportunity of being with the grandparents. Exceptions are there always but it is so in every situation.

Grandparents are the magic potion that God created to offer instant relief from aches and pains, hurt and tears and the endless nagging and expectations of parents.

It is the universal truth that there is no generation gap between grandparents and grandchildren. Strict parents who themselves could not tolerate even a small little mistake of their children and beat them black and blue cannot take it if their grandchildren are scolded leave alone be punished. The heated dialogues that happen between the elders are always a treat to watch with the mischief-maker having the last laugh. Really, how safe and secure the child feels sensing the underlying love and possessiveness felt by the elders! I, myself have been a culprit many a times and now it is the turn of my son to watch the show. Each child learns these essential life skills as it grows up.

For many, losing a grand parent because of their demise when they were little children is really a great loss as they miss out a great part of education learnt from stories, anecdotes, memories told in a simple way. Such a loss is sad but unavoidable. However, there is a different kind of loss, which a grandchild can face because of the hapless and selfish attitude of the parents who feel that they



lose their independence and privacy prefer nuclear homes though staying in the same locality or city. Instances of grand parents sent to old age homes when they seemingly lose their utility or purpose is becoming common nowadays. The tears on the wrinkled faces are a misery but the loss is

immeasurable for a grandchild though this realization dawns a little too late. Life's equations are always funny. It is always our loss if we play spoilsport and deny the bonding between the grandparents and the grandchildren.

Only a blessed few knows what it means to have a lovable relationship with them. Blessed with wonderful grandparents, I lost both my paternal and maternal grandfathers very early in my life. Both my Dadi and Nani played their own roles in our upbringing. My Dadi was the head of the family and my mother never contested this position. Right from plaiting my hair to packing my tiffin boxes, it was a privilege which my grandmother was unwilling to share with anyone else. The story times were something we waited for, willing to do any errands that were pre-conditions to be part of the story listening group. Laughter, extending our creativity and imaginations, subtly enhancing logical and analytical thinking, making us understand the connection between cause and effect through mythology, real life incidents were the indirect intentions behind these sessions. Even yesteryear films were told in such a way that we felt we have seen the film in our mental screen. Such was the wisdom of the old lady who had only her primary schooling to her credit.

Fun was only a part of it. When it came to the rigors of grooming and education there was no escape. There were clear set timings for everything. We all had to come back into the house before sunset and the diya lit for the evening prayers. There was a proper ritual with aarthi and chanting of prayers. What was ritualistic then is what now gives me that inner strength and I always feel connected with a higher power. They were very particular about how we dressed up and crassly type of dressing was a strict no-no. Even today, I feel it holds good for me though there is nobody to question my wisdom or intelligence.



I also remember my mother, always in the background, non-intrusive and until now, she never has uttered a single word of badmouthing or ill will against the elders of the family. It was not that the saas-bahu was gaga about each other. Each had their own misgivings about the other. However, children were never the pawns used by either of them. Moreover, with years rolling by, I saw their relationship turn beautiful and understanding in its own way.

Today, as I stand at the crossroads of my life, as a daughter-in-law, wife or mother, I can happily say that my upbringing and the values I learnt in the lap of my grandmothers is helping me to strike a balance between silence and words, action and inaction and finally right and wrong.

My grandmothers died before my marriage and I really miss them. My son is lucky to have had

the opportunity to stay the first five years of his life with his grandparents though later as we moved further north, they are unwilling to accompany us. Vacations are times when we run back to them and whenever their health permits they come over and stay with us for a couple of months. I remember the advice my mother gave me on the day I got married," If you hear any harsh words, take it as a blessing! They are elders. Always remember that your patience shall bear fruit, your time too shall come. If your grandmothers were here today, they would have told you the same".



I falter many times because of my innate short temperedness but I always rise up once more and try to make today better than yesterday wanting to make my grandmothers smile happily with a twinkle up in the sky. This is one of the stories my granny told us to help us deal with death of loved ones. I will tell you that some other time, another day, another place...

If you believe the whole world is against you, you are the victim; Life will answer back, "The corrections shall always begin from you!" That is how life works. Our family ties are something we cannot wish away. It is always a package deal from God himself. It is only in our hands to make it the best package deal we can ever have, so let us enrich our family and begin or continue the concept of Unity in Diversity at our home... sweet home! Because like charity, unity too begins from home... for that matter if I come to think deeply almost everything we want the world to be, begins from home.

- Mrs Viji Chandramouli

LONGING FOR MY OWN LAND

On one Saturday evening, I put myself into my sofa with an intention for the evening movie. Since one more “Onam”, the national festival of Kerala peeps through, all local channels are showing their future programme for the onam season and most of them consists of “**Thiruvattirakali**”¹. Thinking about onam, my mind started to fly back to college days. Hails from a Christian family and a Christian dominated village I was not that much used to cultural activities like Thiruvattirakali & Kathakali for which Kerala is famous for. During my school days, I was mainly aware of **Chavittu Natakam**² & **Margam Kali**³ which are of Christian origin. Although I saw one or two Thiruvattirakali during school anniversaries, I never put my mind on them. But as I reached my college I understood that the dances which were kept by me as the most famous were not in the status. Moreover, even the Christian community itself had put aside their own events.



The new knowledge compelled me to know about other dance items. The first cultural event in the college was during onam season. Most of the competitions were in traditional Thiruvattirakali that too in traditional dress of Kerala, Settu Sari (Kasavu Sari). I have to join one of the groups that participated in the event. The other members taught me the steps & procedures of the dance. Although my team could not win any prize, my confidence level to participate in the dance item

increased. Thereafter I tried to take part in most of the cultural events that included traditional Thiruvattirakali. After my college days I joined one of the educational institutions in Uttar Pradesh as a LP School teacher where the management is more lenient to traditional dresses and dances. During the onam season, our team of staff and students presented Thiruvattirakali in traditional dress of Kerala.

After my marriage, I left the school and conditions compelled me to shorten my world to my family, now here at Andamans. But even now whenever I saw any onam programme my mind flies back to the golden days and my legs put steps of the famous Traditional **Thiruvattirakali**.

Post Script:

1. **Thiruvattirakali:** A type of group dance, famous in Kerala. It is mainly associated with Onam the festival of harvest.
2. **Chavittu Natakam:** A type of Drama in which the artists bang on play field with their leg rhythmically during the dialogue.
3. **Margam Kali:** A type of group dance existing mainly in Christian community, which sung about the war heroes / saints.

- Mrs Jobina Thomas

MONEY IS YOURS BUT RESOURCES BELONG TO THE SOCIETY

Germany is a highly industrialized country. It produces top brands like Benz, BMW, and Siemens etc. The nuclear reactor pump is made in a small town in this country.

In such a country, many will think its people lead a luxurious life. It was my impression before my study trip. When I arrived at Hamburg, my colleagues who work in Hamburg arranged a welcome party for me in a restaurant.

As we walked into the restaurant, we noticed that a lot of tables were empty. There was a table where a young couple was having their meal. There were only two dishes and two cans of beer on the table. I wondered if such a simple meal could be romantic, and whether the girl would leave this stingy guy.

There were a few old ladies on another table. When a dish is served, the waiter would distribute the food for them, and they would finish every bit of the food on their plates. We did not pay much attention to them, as we were looking forward to the dishes we ordered. As we were hungry, our local colleague ordered more food for us.

The restaurant fell quiet; the food came quite fast. Since there were other activities arranged for us, we did not spend much time dining. When we left, there was still about one third of the unconsumed food on the table. When we were leaving the restaurant, we heard someone calling us. The old ladies in the restaurant were talking about us to the restaurant owner. When they spoke to us in English, we understood that they were unhappy about us wasting so much food. We immediately developed a dislike for these busy-bodies.

"We paid for our food, it is none of your business how much food we left behind," my colleague Guy told the old ladies. The women were furious, one of them immediately took her hand phone out and made a call to someone. After a while, a man in uniform claiming to be an officer from the Social Security organisation arrived.

Upon knowing what the dispute was, he issued a 50 Mark fine. We all kept quiet. Guy took out a 50 Mark note and repeatedly apologized to the officer.

The officer told us in a stern voice, **order what you can consume, money is yours but resources belong to the society. There are many others in the world who are facing shortage of resources. You have no reason to waste resourcesf.**

Our faces turned red. We all agreed with him in our hearts.

The mindset of people of this rich country put all of us to shame. **We really need to reflect on this.** We are from a country which is not very rich in resources. To save face, we order large quantities and also waste food when we give others a treat. **This taught us a lesson to think seriously about changing our bad habits.** My colleague xeroxed the ticket of fine charged, and gave a copy to each of us as a souvenir. All of us kept it and pasted on our wall to remind us that we shall never be wasteful.



- Mrs Archna Sharma

WHEN PARENTS ARE OLD, GIVE THEM A LOT OF TIME AND LOVE

Women have the responsibility of guiding their parents into a healthy, financially stable and dignified old age – without losing their sanity. There is a lot of frustration in this task. Your parents are not going to do what you think is best for them. But you have to step back and remember that they have the right to make decisions and even mistakes. There is a difference between helping your parent and becoming their parent. Your job is not to control your parents' lives but to allow them to maintain as much control as possible. What do we do with our parents? The answer is with us. Older adults are guardians of the world's vital memories. They should be appreciated and respected. But they are a neglected resource. An old person represents wisdom and the promise of living a full life – the worst curse is to make him or her feel worthless. One of the best ways to prepare for the future is to learn about the past from those who were there. We have all learnt in our schools, "We have to take care of our parents". So let's do it. It is our duty. The fact is that we have to take care of our old parents – whether we like it or not is immaterial. So, it is better that we do it gracefully. When our children will see us doing it, believe me, when we grow older, they will take care of us.

How to take care of the health of the older people: We need to treat them more aggressively. I have heard many physicians telling their junior colleagues, "Do not do too much for him, he is very old." Old age is like a second childhood. With a less effective immune system it is important to vaccinate an older person against diseases.

Role of social support :- Economic development and the widespread migration of young adults are disrupting the traditional support for old people. Children are leaving their home countries and getting jobs in foreign lands. So the old are left to care for themselves. An older person's social

environment can have a marked impact on his or her personality. The social isolation that often exists among older people can dramatically influence mental attitudes and behaviour. These days, about most of them widowed. The financial status of the elderly is also not good. They usually have very little money for recreational activities. They even have to cut corners in dealing with their medical bills. This poverty and isolation often leads to clinical depression and other problems. So, let us don't leave things to fate, but be together in taking a conscious decision that we would discharge the essential duty of taking care of our parents in all sincerity and gratitude.

Let's give them a hand as they need the most.

- US Sharma, U/Nvk(ME)



TEACHING TO WIN AT MATH

TEACH THE RIGHT WAY TO HOMEWORK

Doing your homework can be frustrating or rewarding. Most students jump right into their homework, become frustrated and stop studying. These students usually go directly to the math problems and start working them without any preparation. When they get stuck on one problem, they flip to the back of the text for the answer. Then, they either try to work the problem backward, to understand the problem steps, or they just copy down the answer. Other students go to the solution guide and just copy the steps. After getting stuck several times, these students will inevitably quit doing their homework assignment. Their homework becomes a frustrating experience, and they may even quit doing their work altogether.

To improve the homework and succeed in learning, try to teach kids to follow the following 10 steps:

10 Steps to Doing Your Homework

Step 1 - *Review the textbook material that relates to the homework.* A proper review will increase the chances of successfully completing your homework. If you get stuck on a problem, you will have a better chance of remembering the location of similar problems. If you do not review prior to doing your homework, you could get stuck and not know where to find help in the textbook.

Remember: To be successful in learning the material and in completing homework assignments, you must first review your textbook.

Step 2 - *Review your lecture notes that relate to the homework.* If you could not understand the explanation of the textbook on how to complete the homework assignment, then review your notes.

Remember: Reviewing your notes will give you a better idea about how to complete your homework assignment.

Step 3 - *Do your homework as neatly as possible.*

Doing your homework neatly has several benefits. When approaching your instructor about problems with your homework, he or she will be able to understand your previous attempts to solve the problem. The instructor will easily locate the mistakes and show you how to correct the steps without having to decipher your handwriting. Another benefit is that, when you review for midterm or final exams, you can quickly re-learn the homework material without having to decipher your own writing.

Remember: Neatly prepared homework can help you now and in the future.



Step 4 - When doing your homework, write down every step of the problem. Even if you can do the step in your head, write it down anyway. This will increase the amount of homework time, but you are overlearning how to solve problems, which improves your memory. Doing every step is an easy way to memorize and understand the material. Another advantage is that when you rework the problems you did wrong, it is easy to review each step to find the mistake.

Remember: In the long run, doing every step of the homework will save you time and frustration.

Step 5 - Understand the reasons for each problem step and check your answers. Do not get into the bad habit of memorizing how to do problems without knowing the reasons for each step. Many students are smart enough to memorize procedures required to complete a set of homework problems. However, when similar homework problems are presented on a test, the student cannot solve the problems. To avoid this dilemma, keep reminding yourself about the rules, laws, or properties used to solve problems.

Example: Problem $2(a+5) = 0$. What property allows you to change the equation to $2a + 10 = 0$? Answer: The distributive property.

Once you know the correct reason for going from one step to another in solving a math problem, you can answer any problem requiring that property. Students who simply memorize how to do problems instead of understanding the reasons for correctly working steps will eventually fail their math course.

How to Check Your Answers

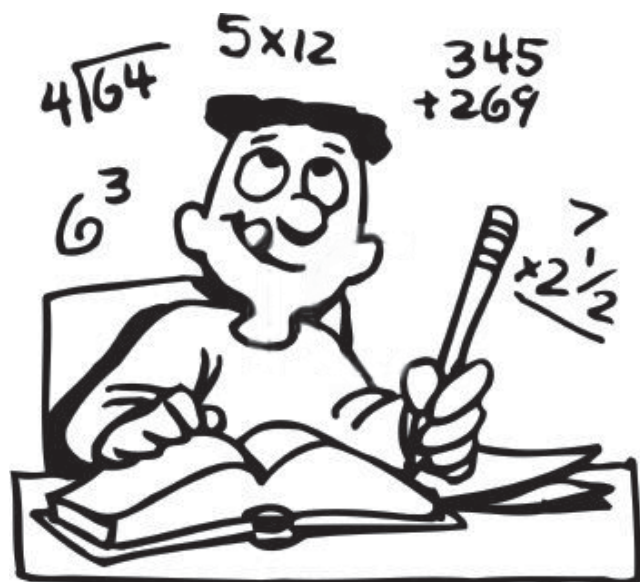
Checking your homework answers should be part of your homework duties. Checking your answers can improve your learning and help you prepare for tests.

Check the answers of the problems for which you do not have the solutions. This may be the even-numbered or odd-numbered problems or the problems not answered in the solutions manual.

First, check your answer by estimating the correct answer.

Example: If you are multiplying 2.234 by 5.102 the answer should be a little over 10. Remember that 2 times 5 is 10.

You can also check your answers by substituting the answer back into the equation or doing the opposite function required to the question. The more answers you check, the faster you will become. This is very important because increasing your answer checking speed can help you catch more careless errors on future tests.



Step 6 - *If you do not understand how to do a problem refer to the following points:*

- Point 1 - Review the textbook material that relates to the problem.
- Point 2 - Review the lecture notes that relate to the problem.
- Point 3 - Review any similar problems, diagrams, examples or rules that explain the misunderstood material.
- Point 4 - Refer to another math textbook, solutions guide, math computer programme software or video tape to obtain a better understanding of the material.
- Point 5 - Call your study buddy.
- Point 6 - Skip the problem and contact your tutor or math instructor as soon as possible for help.

Step 7 - *Always finish your homework by successfully completing problems.* Even if you get stuck, go back and successfully complete previous problems before quitting. You want to end your homework assignment with feelings of success.

Step 8 - *After finishing your homework assignment, recall to yourself or write down the most important learned concepts.* Recalling this information will increase your ability to learn these new concepts.

Step 9 - *Prepare note cards containing hard-to-remember problems or concepts.* Note cards are an excellent way to review material for a test.

Step 10 - *Falling behind in math homework is academic suicide.* Math is a sequential learning process. If you fall behind, it is difficult to catch up because each topic builds on the next. It would be like going to English class without learning the last set of vocabulary words. The teacher would be talking to you using the new vocabulary, but you would not understand what was being said.

Do Not Fall Behind

To keep up with your homework, it is necessary to complete the homework every school day and even on weekends. Doing your homework half an hour each day for two days in a row is better than one hour every other day.

If you have to get behind in one of your courses, make sure it is not math. Fall behind in a course that does not have a sequential learning process, such as Geography or History. After using the 10 Steps to Doing Your Homework, you may be able to combine two steps into one. Find your best combination of homework steps and use them.

Remember: Falling behind in maths homework is the fastest way to fail the course.

- Mrs Sushma Gupta

WHAT COULD BE DONE TO IMPROVE THE LIVES OF THE ELDERLY?

For many elderly people the latter part of their lives is not a time to relax and enjoy retirement, but rather a difficult and unhappy period, owing to financial worries, failing health and loneliness. As life expectancy increases, the average person lives well beyond the age of retirement. As a result, the elderly make up an ever-increasing percentage of society, which makes it more important than ever for a real effort to be made in improving the lives of senior citizens.

One way to deal with the situation would be to ensure that the elderly have enough money on which to live. Obviously, when a person stops working, they still require a source of income to cover their basic needs such as food and accommodation. A clear solution to the problem is for the government to make sure that the pension is adequate for these needs. Furthermore, free financial advice should be made available to retired people so that the stress of worrying about money could be reduced as much as possible.

Steps should also be taken to overcome problems the elderly face as a result of deteriorating health due to old age, and inadequate health-care provisions. Again, the responsibility should fall on the government to provide access to the best health care available, which may necessitate paying for residential homes where the elderly can have round-the-clock nursing, or, at the very least, providing medication free of charge to all people over a certain age. As a result, old people would enjoy not only better health, but also peace of mind from the knowledge that they need not fear falling ill and being unable to pay for the treatment.



The lives of old people could also be improved if attempts were made to address the problem of social isolation which so many of them face. If we organised trips for the elderly to community centres, visits from social workers or free bus passes to allow pensioners greater mobility, the effect would be to alleviate the problem of loneliness which marks the lives of so many old people living alone and far from their families.

One final suggestion, which would help enormously, is to change the attitude of the community towards its older members, who are all too often seen as a burden on society and dismissed as having little to do with modern life. We need to be taught from an early age to respect the views of old people, and appreciate their broader experience of life. This would help society as a whole, and encourage appreciation of the role that old people can still play today.

To sum up, there are several measures which could be taken to improve the lives of old people. If the government and individuals alike were to help, it would make retirement and old age a time to look forward to, rather than dreadful.

- Comdt A Banerjee

EXQUISITE UPBRINGING

Ten little fingers, ten little toes, a cute little face and a button little nose.

Having a baby is like having a piece of your heart walking outside your body. It comes with a bundle of joy and immense responsibilities. Getting to statistical facts babies can recapture sounds, much before they are born, especially mother's and father's voices.



“Oh ! The baby looks just like his father” perhaps, the most commonly heard statement. Its not just a statement, it's a genetic trick that nature plays to make it easier for the father to recognize the baby when there were no genetic tests. Moving on further, after the child's birth to the toddler years let us talk about how undoubtedly these little compact mirrors are all out to totally ape us. That puts us in a position where we must have correct conduct and undying patience with our little angels. We totally need to control the tantrum trumpets but also allow the child to express himself or herself with ease. Bedtime stories and fairytales aren't just an age old practice but an excellent way to connect to your child's psyche. Nurturing the child expressively is a combination of conscious hygiene habits, teaching them how to express themselves clearly without crying or throwing an uncalled for tantrum and understanding that you will always be agreed with.



There is a thin line between being friendly and being friends. We as parents ought to be friendly but ain't needed to be friends, because that's when we'll lose track and they'll forget respectfulness. In the end, having a baby isn't just it, but following these ten steps of exquisite upbringing will result in happy parenting.

- (1) Applaud their achievements.
- (2) Check their mistakes tactfully.
- (3) Enhance their thinking and learning abilities.
- (4) Make prayers a ritual.



- (6) Explain to them their curiosities patiently.



- (5) Listen to them with all your attention, I mean 'ALL' your attention.
- (7) Love them by not just saying it but also showing it.
- (8) Play their games with your morals added to them.
- (9) Bring them to realize what gratitude is.
- (10) Enjoy parenthood because being able to create is God's greatness to mankind but to nurture it with utmost sincerity is an accomplishment and gratitude in its true sense to the Almighty.

Wishing all parents a whole lot of joy and a very happy parenting to You!

- Mrs Natasha Chaudhari

REGION (EAST)



REGION (EAST)



PONGAL

Pongal is a festival widely celebrated in south India, particularly in the state of Tamil Nadu. 'Ponga' literally means 'boil'. So, 'Pongal' connotes 'spillover' or that which is 'overflowing'. It's also the name of the special sweet dish cooked on Pongal. Pongal continues for the first four days of the 'Thai' month which falls in January every year. Each day of the four-day festival has its own name and distinct style of celebrations as enumerated below:-

Day 1: Bhogi Pongal

Bhogi Pongal is the day for the family, for domestic activities and of being together with the members of the house. This day is celebrated in the honour of Lord Indra, "the ruler of clouds and provider of rains". On the day of Pongal a huge bonfire is lit



at dawn in front of the house and all old and useless items are set ablaze, symbolizing the beginning of a new year. The bonfire burns through the night as young people beat little drums and dance around it. The remains of bonfire is cleared and the floor is decorated with "Kolam", designs drawn with the paste of newly harvested rice with outlines of red mud, pumpkin flowers are set into cow-dung balls and embedded with the design. Fresh harvest of rice, turmeric and sugar cane is brought from the field and placed over the "Kolam" for worship and then the rice is used for the preparation of 'Pongal' following day.

Day 2: Surya Pongal

The second day is dedicated to Lord Surya, 'the Sun God', who is offered boiled milk and sugar cane jaggery. A plank is placed on the ground, a large image of the sun is sketched on it and "kolam" designs are drawn around it. This icon of the Sun God is worshipped for divine benediction as the new month of 'Thai' begins.

Day 3: Mattu Pongal

This third day is meant for the cattle ('mattu') – the milk-giver and plough-puller. Farmers give a good bath to their cattles, their horns are polished, painted and covered with metal caps and garlands are put around their necks. The pongal that has been offered to God, is then given to the cattle before they



are taken to races and bull-fight – an integral part of the event. Festivity, fun, frolic and revelry ensue.

Day 4: Kanum Pongal

The fourth and final day marks the Kanum Pongal, when birds are worshipped; girls prepare colored balls of cooked rice and keep them in the open for birds and flies to eat. On this day sisters also pray for their brothers' happiness.

- Mrs N Kavitha

IMPORTANCE OF BLOOD DONATION

Blood, is a liquid connective tissue which provides the fluid medium for various processes. It carries out the important task of transporting the respiratory gases and providing oxygen to every part of the body.

Thus it is very important for the human body. The body of an average human being contains of 4-6 litres of blood. Blood also plays a major role in the defence mechanism of the body and protects the body from infection and also maintains the body temperature as we are warm blooded animals.

A loss of more than 30 percent of the total blood of the body could be fatal. Such a loss can occur during major accidents, during delivery of a baby, abortion or even surgical operations. Thus, when a person is in need of blood, then this need is fulfilled by some other healthy person.

This process is called blood donation. The person giving blood is called blood donor and the one accepting it is called recipient. Blood donation helps save the life of a person and it can bring back a person from the jaws of death. Many blood banks are also established to save lives by blood transfusions.

To donate blood, the blood group of the donor and recipient should be the same. There are 4 types of blood groups: A, B, AB and O. These blood groups have the respective antigens on Red Blood Corpuscles (RBC) and the opposite antibody in plasma. If the antigen of the donor and the antibody in the receiver is the same, it causes clotting of blood and the person may die.

Thus it is really important to check the compatibility of blood groups before transfusion. Also, blood group AB has no antibody in plasma hence it can accept blood from any blood group and hence it is called the universal acceptor and the blood group O has got no antigens on RBC and so it can donate blood to all the blood groups. Hence it is called the universal donor.

Helping save life of fellow beings is the duty of all individuals on earth. Hence, donating of blood is an important moral and social responsibility of every citizen.



- Comdt A Banerjee

LAKSHADWEEP AND MINICOY ISLANDS

DO YOU WANT TO REACH HERE?

The Coast Guard District Headquarters No.12 established under the command and control of Coast Guard Regional Headquarters (West) to enhance the Coastal Security of L&M islands, was commissioned by the Hon'ble Defence Minister Shri AK Antony on 24 Dec 10.

LAKSHADWEEP ISLAND: - The enchanting coral islands in the Arabian Sea, constituting the smallest Union Territory in India, were called as Laccadive, Minicoy and Aminidivi Islands till recently, though they were popularly known as Lakshadweep. Lakshadweep is 200-400 kms away from the Malabar Coast. The Islands are irregularly scattered in the Arabian Sea between 08° and 12°.30 N 71° and 74° E. There are a total of 36 islands and a number of sunken banks, open reefs and sand banks. The geographical area of Lakshadweep is 32 Sq.kms.

PRE-HISTORY OF ~ LAKSHADWEEP ISLAND

Although theories on the formation of the Islands are abound, the most accepted one is attributed to **Sir Charles Darwin**, the renowned evolutionist. He opined that the base of the Islands below the reef is a volcanic layer over which corals settled and turned into atolls, over a period of time. The atolls consisting of the Islands and lagoon are in various stages of development. The smaller lagoons are virtually filled with sediments. The larger ones are deeper in the range of 10-16 metres.



The spectacular Island group is believed to have been discovered by shipwrecked sailors during the reign of **Cheraman Perumal**, the legendary king of Kerala In the 4th century AD. Before moving into the hands of the British, **Tippu Sultan** held sway in the Islands after defeating rulers of **Arackal**.

The Union Territory was formed in 1956 and it was named Lakshadweep in 1973. All the Islands now constitute One District of Administration with four Tehsils. Kavaratti is the Capital of Lakshadweep group of Islands. The Administration Headquarters is situated here. Out of 36 Islands and Islets only 10 are inhabited and the Islands are surrounded by natural coral reefs and shallow water lagoons.

LANGUAGES, MANNERS AND CUSTOMS

A dialect of Malayalam is spoken in the inhabited Islands. In Minicoy, Mahl is the language used. There is very little difference in the customs and the manners of the people despite a few cultural

differences. Marriage are arranged by parents except in Minicoy where courting is prevalent. Arranged marriages are common and the negotiations originate in the Bride's family. Rice is the staple food of the people. In general, the people are non-vegetarians. Coconut is widely used. The manner of dressing of the people is simple and similar to the Muslims of the Malabar Coast. The dress code of Minicoyans is distinct from the other Islanders. Jeans and trousers are popular here.

FOLK ARTS

Kolkali and Parichakali are the two popular folk art form in the Territory. In Minicoy the most popular dance is 'LAVA'. For marriage, "OPANA" is a common feature, a song sung by a lead singer and followed by a group of women alongwith a subtle dance. Picnics are a common leisure activity in Minicoy. The most widely celebrated festivals are Idulfitr, Bakrid, Milad-un-Nabi and Muharram.

INDUSTRY AND OCCUPATION

The majority of the people depend on coconut and fish for occupation. The traditional industry revolves around Tuna (fish), coir, vinegar and copra making. The boat building industry though has suffered, the traditional skill still exist. The people of Kavaratti have considerable skills as stone masons and carpenters. Coir based industries are also one of the oldest areas of activity. Minicoy is an important centre for tuna fishing and tuna canning factory is located here.

STATUS OF WOMEN

Women of the Territory enjoy a higher social status and economic freedom than their counterparts elsewhere in the country. The matrilineal route of inheritance through the female keep the women folk independent. Divorce is accepted and re-marriage is encouraged. The predominance of women in every walk of life is noteworthy feature in Minicoy, especially.

INHABITED ISLANDS

Kavaratti :- It is the headquarters of the UT Administration since 1964. The beautiful calm Lagoons form an ideal spot for water sports. Swimming and basking on warm sandy beaches a common scene. Marine life exhibits can be seen at the new Marine Acqarium which has excellent collection of specimens.

Minicoy :- It is the second largest Island. Minicoy is southern most Island in Lakshadweep, crescent shaped and has one of the largest lagoons. The islanders are employed as seamen in ocean-going vessels the world over. Mahl is the spoken language. Minicoy is an important centre for Tuna fishing.

Androth :- Androth is the nearest Island to the mainland. It is largest Island in Lakshadweep. It was the first Island to embrace Islam.



Agatti :- Agatti is the most westerly Island of Lakshadweep. It lies on the eastern arc of the coral shoal and is about 06 Km in length and about 1000 mtrs wide at the broadest point. There is a large and beautiful lagoon on the western side of the Island which is ideal for fishing. Coral growths and multi coloured coral fishes are abound in this lagoon.

Kadmat :- It has a very large lagoon on the western side with abundant coral growth. Long sandy beaches and excellent water sport facilities are the stellar attraction here.

Kalpeni :- It is known for its scenic beauty and the small islets called Tilakkam and Pitti and an uninhabited Island on the north called cheriyam. A huge shallow lagoons encloses all of them.

Amini :- Talented craftsmen living here are famous for making walking sticks with tortoise shells and coconut shells. It is also famous for stone engravers and has a rich tradition of folk songs. The island got its name from the Arabic word “Amin” meaning “faithful”.

Kiltan :- The Island is only 3 kms long. On the northern and southern ends of the Island there is a high storm beach. The island is thick in flora and is fertile.

Chetlat :- Chetlat is the northern most inhabited Island. Coir twisting is the main occupation of the people here. Manufacture of mats and weaving of coconut leaves are spare time industries here. The Island is suffered a great deal at the hands of the Portuguese in the 16th centaury.

Bangaram :- A Beautiful and breathtaking island in the Lakshadweep, Bangaram is an un-inhabitant Island. It is surrounded by a shallow lagoon enclosed by coral reef. It has been ranked among the best getaways of the world. Here the sun, sand and surf in harmony hold the visitor spellbound. It offers utmost privacy and unpolluted comfort with crystal clear water.

Bitra :- Bitra Island is the smallest inhabited island in the territory. Till 1835, Bitra was the breeding ground for a number of seabirds, a favourite haunt of Kiltan and Chetlat people. There is Small shrine of Malik Mulla, an old Arab saint who is said to have been buried here. The shrine is a place of pilgrimage for the people of other Islanders. Surprisingly the first permanent settler at Bitra was a woman from Chetlat who with her son set up permanent house around 1945.

HOW CAN YOU REACH HERE...?

The Lakshadweep group of Islands is well connected both by Air and Sea. For more tips, one may contact me.

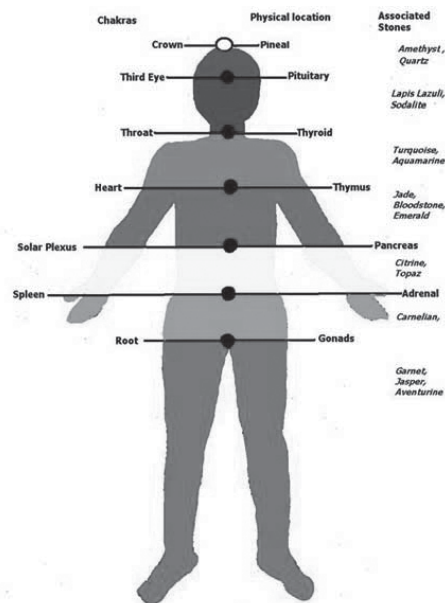
- Asst Comdt Keshav Dutt

SAY YES TO COLOURS

When I was young, often heard people telling about their fascination for bright colours and their hesitation to wear them because of old age as it do not go well with their personality. In college I had a liking for dull and pale colours which attracted cynical remarks about my obsession and a thespian advise used to be - wear bright colours. However, I could not help them much as dull and pale were my favourite colours. After some time, I obtained master degree in 'Reiki a life force' and read about colour therapy. Suddenly I realized the importance of the colours and came to know that it was in fact a therapy to cure many ailments and key to success in life. Thus, motivated by this modern science, I started wearing bright colours, which changed my entire attitude towards life.

The different colours have different meaning, which provide remedy and energy to our life. We feel psychologically contended and full of energy. There are seven Chakras in our body namely; Root, Sacral, Solarplexes, Heart, Throat, Third Eye and Crown Chakra. The colour which charge and energise these chakras are Red, Orange, Yellow, Green, Blue, Purple and White respectively. We can energise our Chakras by wearing these colours. The effect of colours in our health and life are as follows:-

- For keeping our legs and feet problem away and always healthy – Red
- Gynaec problem - Orange
- Stomach & Digestion - Yellow
- Pancreas - Brown
- Heart - Green
- Throat - Blue
- To make our thoughts crystal clear and healthy - Purple
- Head - White
- For success in life - Yellow
- For continuous happiness in life - Pink



The above colours are full of life which can fill your life with health, success and happiness. Age should not be hindrance in wearing these colours as these colours are key to your good health. There is no side effect or bad impact because of over use of these colours. These colours ensure continuous happiness and positive energy not only in our life but everyone around us. So friends, go and wear bright colours to spread happiness in your life and around you as “**what goes, comes around**” .

- Mrs Rani G Singh

ARDHANGINI

Marriage is the coming together of complementary opposites for pleasure, progeny and self-fulfillment. Hinduism regards man and woman as the two halves of the eternal being. As per all religions, woman is not a commodity but a respectable human being, a life partner. She is ardhangini (half body). An associate in the fulfillment of human and divine goals. They are joint owners of the household and share work in terms of their biological, psychological and individual dharma.

Being equal halves of one essence, husband and wife are parents in joy and sorrow and in the fulfillment of the four fold aim of life-i.e dharma (ethical perfection), artha (material advancement) kama (pleasure) and moksha (liberation). Neither is superior to the other as each has different natural functions to perform and social obligation to fulfill. Each partner is expected to shed their individual identities and become one at physical and mental levels so that they can transform their material relationship into a spiritual one.

There are many examples of Hindu woman who as life partners made great sacrifices, underwent trials and tribulations and proved true to the concept of being ardhangini. Gandhari covered her eyes with a strip of cloth as her husband Dhritrashtra was blind. Sita accompanied Rama to the forest during the days of his exile. Savitri confronted Yama, the god of death and saved the life of her husband. Sati Anasuya turned the Hindu trinity of Gods into children, Kalidasa and Tulasidas became men of learning due to their wives. Countless Hindu women participated alongwith their husbands in India's struggle for independence.

Although the concept of ardhangini has suffered erosion in the present days, women are abused, disgraced, chastised without reason or divorced in ordinary circumstances where as all religions lay emphasis on harmony and understanding between husband and wife which is essential for family peace and prosperity. So the highest duty of the husband is to safeguard his wife to care

for her needs and necessities, and to keep her happy. At the same time the wife is expected to be pious and chaste, sincere & faithful, gentle, suave, suited & sweet tongued to discharge her responsibilities towards the husband.



- Amit Kumar, Nvk (wtr)

PHULKARI - TRADITIONAL EMBROIDERY OF PUNJAB

Phulkari, an embroidery technique from the Punjab, literally means '*flower working*'. The word '*Phulkari*' is made of two words "Phul" and "kari", wherein "Phul" means flower and "kari" means technique, thus forming technique of making flowers. Phulkari, a traditional embroidery art, is well known for its colourful designs and colours. The dresses using this technique are called '*Phulkaris*' and worn by Punjabi women on special occasions and ceremonies.

Since olden days, a majority of women practiced this art form in villages, they creatively enhanced designs adding various colours. In recent times, the art among younger women and girls is dying, but they still admire their '*Phulkaris*' and wear them on special events.

The areas like Hazara and Chakwal are well known for *Phulkari* work. The main characteristics of Phulkari embroidery are the use of darn stitch on the wrong side of a coarse cotton cloth with coloured silken thread. Punjabi women created innumerable alluring and interesting

designs and patterns by their skilful manipulation of the darn stitch. The base khaddar cloth used in

Western Punjab is finer from those of Central Punjab. Black/Blue colours are not preferred in Western Punjab, whereas white is not used in East Punjab. In West Punjab, 2 or 3 pieces of cloth are first folded and joined together, whereas in East Punjab, they are joined together first and then embroidered. Ornaments are also stitched/embedded as part of the design and sometimes, even a special thread made of gold can also be combined with silk threads.



- Mrs Anuradha Singh

REGION (NW)



REGION (NW)



SELF - CONFIDENCE

There was a young boy in school, he learned a lesson in self confidence which he never forgot.

He was called upon to recite in front of the class. He had hardly begun when the teacher interrupted with an emphatic, "No!" He started over and again the teacher thundered, "No!"

Humiliated, the boy sat down.

The next boy rose to recite and had just begun when the teacher shouted, "No!"

This student, however, kept on with the recitation until he completed it. As he sat down, the teacher said, "Very good!"

The first boy was irritated. "I recited just as he did," he complained to the teacher. But the instructor replied, "It is not enough to know your lesson; you must be sure. "

When you allowed me to stop you, it meant that you were uncertain. If all the world says, 'No!', it is your business to say, 'Yes!' and prove it.

The world will say, "No!" in a thousand ways.

"No! You can't do that."

"No! You are wrong."

"No! You are too old."

"No! You are too young."

"No! You are too weak."

"No! It will never work."

"No! You don't have the education."

"No! You don't have the background."

"No! You don't have the money."

"No! It can't be done."

And each "No!" you hear has the potential to erode your confidence bit by bit until you quit all together.

Though the world says, "No!" to you today, you will determine to say,

"YES!" and prove it.



- Mrs Suman Lagwal

MOMENTS

A loud cry and I was out
From my mother's big pouch
Where she bore me for nine months
Without knowing a daughter or a son

A relief she breathed high
For the pain was utmost cry
Eagerly she looked for me
Joyed were her eyes to see
Where was I and how was I



Her face was full of question marks
Was I pretty, fair or dark?
Or was I born with a scar
Finally, she turned around
As if something great she found
With all the love and all the lulls
She picked up her cute little girl

Hence I was in her arms
From where I got all the charms
She blessed and nursed me with full care
Taught me to love and to share

My childhood was a pretty fun
Play, walk and a little run
Sleeping and eating was all day's work
Oh fun were the days without jerks

And as my childhood passed by
Adolescence came with love and shy
Turning over to sweet teens
Wearing shirts, minis and jeans
Looking myself into the mirror
Admiring and adoring without an error

A simple pimple made me sigh
Crying and roaring mountains high
Wondering over calculations
Facing the cycle of mensurations
Every step to the growing age

Was love, affection and outrage
And then I threw all the teens
And joined the twentieth dustbin

Blooming in the month of May
It was an age of wonder and gay
Falling in love and dying in pain
Sweating the summers and loving the rain
Being myself in wonderland
Falling in love for any young man

For being young and restless
It was strain and mental stress
And as the future portrayed
Works plans could not be moulded
Finally, I was searched a groom
Nicely shaved and well perfumed
Solemnly and solely we confessed
To love each other and share our best

Then jingled the marriage bells
Blooming the spring and filling the well
Passion and love all was for one
Now with him I cared for none

When blessed with a baby now
I think of my parents and wonder how
How wonderful this life is
Remembering we have no time to miss

If all my days were back again
I would see childhood for bargain
Hugged in my parents arms
Free from nightmare devils harm
But as I have life to go
And in this world of pomp and show
I look up to my little one
And feels myself while her life runs

- Mrs Iti Nautiyal

TIME, THE NEGLIGIBLE BUT MOST VALUABLE

To realize the value of one year

Ask the student who has failed the exam.

To realize the value of one week

Ask an editor of weekly news paper.

To realize the value of one day

Ask a daily wage labourer, who has six kids to feed.

To realize the value of the hour

Ask the lover waiting to meet.

To realize the value of one minute

Ask the person who has missed the train.

To realize the value of one millisecond

Ask a person who has won a silver medal in Olympics.

So realize the value of time and do your job in time.



- Bindeshwar Kumar, U/Ytk

GREEN HOUSE EFFECT

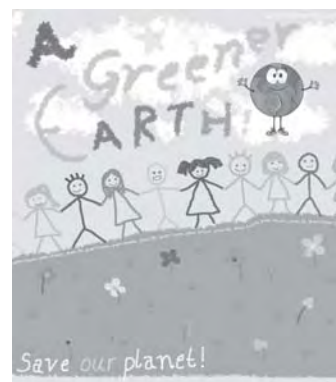
Gone are the days when earth looked Green,
full of bushes, trees and bees.

The wind so pure, fresh and cool,
with the flowers changing hues.

Now there is dust and smoke,
for people to cough and choke.
So it is time we woke,
and these conditions we should revoke.

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

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



- HS Yadav, Nvk(QA)

EXPECTATIONS OF A DOCTOR **FROM A FEMALE PATIENT**

The doctor-patient relationship involves a lot of ethical issues, care and understanding of the patient and her environment as a whole to diagnose the patients illness and for further treatment.

The doctor expects a patient to talk about the illness pertaining to health and should be specific and not beat round the bush explaining all her family problems and her problems with her job unless physician specially asks for.



If a physician is enquiring about your menstrual cycle, like its duration or the amount bleeding or about sexual history or any extra marital relationship, do not feel offended, it's a part of enquiry pertaining to gynaecological problems for its diagnosis and further management.

For pregnant lady, don't be too cautious and ask for scan every now and then. There is a protocol and is followed accordingly and please stick on to the treatment given.

For newly married couple, consult your physician before planning a child, because folic acid tablets should be started before you conceive to prevent some deformities in child.

For young girls, please do not skip your meals to lose weight because by skipping meals you will be missing lots of minerals and vitamins which will reduce your immunity and make you susceptible to diseases like anaemia and other ineffective diseases. Rather follow regular diet with exercises which will bring a balance between calories consumed and used.



- Surg. Lt. Chandran R

JUST FOR A WHILE...

Life was running fast
When I wanted it slow
I saw it passing by
I never let it go

I ran across a hundred mile
Then rested for a while
The pulse of heart was beating fast
And so was count of life

When I sought to grab it
I came near to its end
When I thought to give it up
Life said let's be friends

The heart began its journey
As soon the life was in
The race was at its full pace
As who would lose or win

Hence they were hand in hand
They shared all there lessons
They thought the things were already done
Yet each day was a mission

Life began its journey
With thorny bushes and streams
There heart blossomed with blooming flowers
Blooming here within

There goes the life all about
Spinning till its last
Here lies the heart underneath
Being memory of the past

Who ends first or leaves last
Still a mystery unfolds
Many men with their heart desire
Yet none got its hold

- Mrs Iti Nautiyal

COLLEGE DAYS!!!

Those were the days,
When we could build
Castle in the air
Life seen all bright & fair.

When we could fly
Without wings,
All day with friends
Could dance & sing.



When fashion, outing & actors
Were the main attractions?
Parents & teachers fail to,
Understand our action.

Gone are those days,
But in the memory are,
As luminous as the sun rays,
Those were the days.

- Mrs. Sushma Shishodia

THE WISE WAY - PARADOXICAL COMMANDMENTS

People are often unreasonable, Illogical and self centered	- Forgive them any way
If you are kind, people may accuse You of selfish, ulterior motives	- Be kind any way
If you are successful, you will win Some false friends and some true enemies	- Succeed anyway
If you are honest and frank people may Cheat you	- Be honest anyway
What you spend years building, someone May destroy overnight	- Build anyway
If you find serenity and happiness others May be jealous	- Be happy anyway
The good you do today people will often Forget tomorrow	- Do good any way
Give the world the best you have and It may never be enough	- Give the world the best you have got anyway
You see, in the final analysis it is all Between you and God	- It was never between you and them anyway
<i>- Asst Commandant AK Pandey</i>	

MOTIVATIONS

1. The key to realizing a dawn is to focus not on success but significance and then even the small steps and little victories along your path will take on greater meaning.
2. Learn from the past and live the present with wisdom to experience the dawn of a bright future.
3. Life is neither a game nor a melody but it is a never ending battle that man has to fight.
4. No one can make you feel inferior without your consent.
5. What are we? Created by God, with a touch of uniqueness and originality, our accomplishments with our capabilities.
6. We can be best by using our capabilities to the best. We should consider ourselves unique and special and use our talent instead for wishing the talent of others.
7. The supreme secret of success in life is the attitude we take towards ourselves. The stronger we believe about our capabilities, the higher the level of our performances would be.
8. The toughest thing about success is that you have to keep going to be succesful.
9. Worries do not have solutions, worrying about things you can not control, create bio-chemical reactions that affect the nervous system, the heart and also cause psychological disorders.
10. To be of my team, you should be the Best and to be the Best, you should have the character.

- Amalendu Dhar, USE

TRUE FRIENDS

A friend is more than someone who wipes,
your tears when you are sad,
She is more than the person you call, when
someone makes you incredibly mad
A true friend does not have to be a person
You spend time with every weekend,
Or someone around the bend

A friend can be a person with whom
You shared a single moment
But you felt it like it was just for
You they were sent
Friendship does not always have to
Build up over years
It's like love sometimes just appears

So always remember that
Each person you meet
Has the potential to be someone
special interesting and neat
Try not to judge those who
Don't seem your type
Because their personality
May fit yours just right



- Mrs Vani Prasad



True Friends

WE SALUTE YOU, LADY !

We all bow in front of you,
Our lives are graceful due to you!
Since the time you have been here,
Feel, we all-true happiness!

In your childhood, you were a,
Pretty angel, full of cheer!
Rainbow, flowers, rhymes and dolls –
All were precious friends of your's.

When you had gone to the schools,
You were sincere to teachers.
Fame you earned to your parents,
That was treasure in barrens.

As a Goddess in a dome,
You have entered in our home.
Like a light that ever glows,
You have kept our lives in flow.

All the support you rendered,
In the midst of troubles,
Was the key of our wellness.
Thank you ! Thanks a lot ! Goddess!

You are full of dignity!
You shine in your purity!
We all bow in front of you,
Our lives are divine-due to you!

- MS Tomar, P/Nvk (RO)

GO AHEAD! DEAR!

“Go ahead! Go ahead! Go ahead! Dear,
Fight the war, with pride, with no fear!
In the hills, in deserts, in the woods those roar,
In the sea, in the coast, fight against terror!

Fix the mind with hands all the way you proceed,
In the mind, in the soul, victory – that’s the need!
All nights and the days of the war – be alert,
Fix the flag-tri-colour- in the peak of heights!

All the pain you suffer, is the crown of yours,
In melee, we believe, brave heart is yours!
Go ahead! Go ahead! Go ahead! Dear,
Victory! Victory! That’s the goal we deserve!”



- K Pradeep, LMA

COAST GUARD WIFE S PRAYER

Dear Lord, give me greatness of heart to see,
the difference between duty and his love for me.

Give me a task to do each day,
to help pass the time while he is away;

Give me the understanding, so that I may know,
That when duty calls, he must go;

And, Dear Lord, when he goes out to sea,
Please bring him home safely to me.

- RK Kashyap, Nvk

MY ODE

Blasts, Mayhem, Depravity, Strife

What’s become of this darned life
this I bear

Yet wear a smile

Thanks to sparkling uniform and wife

- Rajan



लेख एवं कवितायें



आधुनिकता और परंपरा में सामंजस्य स्थापित करती आज की भारतीय नारी

आज के विकसित समाज एवं वैज्ञानिक युग में हमारा देश आज बुलंदियों को छू रहा है दूसरी तरफ हमारे समाज की अभिन्न अंग भारतीय नारी भी इस आधुनिकता की रंग में रंगी नजर आती है ।

संसार की सभी पौराणिक संस्कृतियों में हमारे देश की संस्कृति का एक अनोखा, उत्कृष्ट स्थान हैं, जिसमें की नारी का एक विशेष स्थान है । आज कोई भी देश तब तक सफल नहीं हो सकता है जब तक उसके समाज के दोनों पक्ष पुरुष एवं नारी समानता से इसमें योगदान नहीं करते । हमारा देश में नारी को सदियों पहले से बहुत सम्मान दिया जाता हो जो कि आज भी कायम है । देश के विकास में नारी का विशेष स्थान है ।

रीति रिवाज जो कि हमारी संस्कृति से ऐसे मिले हुए हैं कि इनके बिना संस्कृति बेरंग दिखाई पड़ती है । परन्तु ये भी सच है कि आज के वैज्ञानिक युग में भारतीय नारी केवल रीति रिवाजों के नाम पर अपने मिथ्या आडंबरों एवं कुरीतियों तक ही सीमित नहीं है । परंपरा एवं रीति रिवाज सही में हमारे समाज का आधार है, आज का शिक्षित नारी वर्ग इस बात को भली भांति जानती है और इन रीति रिवाजों एवं आधुनिकता में सामंजस्य स्थापित करने में निपुण है । इसी तरह ही संस्कृति को भी सम्मान मिल रहा है एवं आधुनिकता, परिवर्तन भी सुयोजित ढंग से हो रहा है और रीति रिवाज सही दिशा में आगे पीढ़ी पर पीढ़ी बढ़ते जा रहे हैं ।



परम्परा भी हमारी संस्कृति का एक अत्यंत अभिन्न अंग है क्योंकि इनसे ही सभी को पूर्वजों, से कुछ सीखने को मिलता है । लेकिन परम्परा केवल मिथ्या आडंबर एवं कुरीतियों से भरा नहीं होना चाहिये, आज की नारी को चाहिये कि केवल कुरीतियों को परम्परा के नाम पर न ग्रहण करे बल्कि इस संदर्भ में ग्रहण करे कि संस्कृति को जीवित रखा जाये और आधुनिकता एवं परम्पराओं में सामंजस्य स्थापित करे जिससे कि दोनों ओर से तालमेल बना रहे ।

अतः परम्परा एवं रीति रिवाज स्वयं में जैसे संस्कृति के आभूषण हैं और नारी को इनका सम्मान करते हुये, आधुनिकता, परम्परा एवं रीति रिवाज को जीवित रखते हुये सामंजस्य स्थापित करना है जिससे संस्कृति एवं नारी प्रफुल्लित होती रहे और हमारा देश की धरोहर हमारा संस्कृति भी जीवित रह सके ।

- श्रीमती डी. सिंह



परम्परा और रीति-रिवाज : नारी के दृष्टिकोण में

हमारा देश भारत विभिन्न जाति-जनजाति से भरपूर एक विशाल साम्राज्य है। भारत में विभिन्न धर्म के लोग रहते हैं। हम सभी अपने-अपने धर्म के अनुसार अपनी - अपनी परम्परा और रीति-रिवाजों से बंधे हुए हैं। इस परम्परा और रिवाज का प्रभाव सदियों से चला आ रहा है। ये परम्परायें सबकी अलग अलग होती हैं। इनके जरिए एक परिवार समाजिकता के बंधन में सदियों से बंधा हुआ है।

हमारे घरपरिवार व समाज में एकता बनी रहे इसीलिए परम्परा और रीति-रिवाज को बनाया गया है। इस विषय में पुरुषों से ज्यादा महिलाओं का योगदान रहा है। क्योंकि पुरुषों का काम होता है धन कमाना और औरतों का काम होता है एक परिवार को चलाना, घर के कामों में ध्यान देना। एक औरत ही है जो अपने बच्चों से लेकर घर के सभी लोगों का ख्याल रखती है, सबका खान-पान का ध्यान रखती है। एक लड़की मायके को छोड़कर जब ससुराल जाती है, नयी उम्मीद, नयी उमंग के साथ उसका जीवन प्रारम्भ होता है। ससुराल की नयी परम्परा और रिवाज को अपना मानकर मरते दम तक निभाती है। पुराने जमाने की औरतें सिर्फ घर-दिवारों के अंदर में रहकर ही सभी काम निपटाती थीं। औरत बाहरी दुनिया में काम करती तो उसको बदनामी की दर्द सहन पड़ता था। उसे बुरी नजर से देखा जाता था। स्कूल जाना भी एक जमाने में औरतों के लिए सही नहीं माना जाता था। लेकिन नयी परम्परा व रीति-रिवाज के साथ साथ दुनिया भी बदलती है। एक दिन ये जमाना भी आया कि औरतों को स्कूल जाने का मौका मिला। नारी की जिंदगी में धीरे धीरे बदलाव आने लगे। वो अपने पैरों पर खड़ी होने लगी सामाजिक व आर्थिक तौर पर औरत आदमी के साथ साथ काम करने लगी। घर के काम के साथ साथ औरत बाहर का काम भी करनी लगी। औरत खुद कमाने लगी। औरत एक मायने में स्वाधीन होने लगी।



पुरानी जमाने में, औरतें अपनी परम्परा और रीतिरिवाज सही हो या गलत उसे सहन करती थीं। पर वक्त के बदलने के साथ साथ वो अन्याय के खिलाफ भी आवाज उठाने लगीं। एक औरत ही है जो अपने घर, समाज व देश को आगे बढ़ाने में अहम भूमिका निभा सकती है। हर बच्चा अपनी माँ से ही परम्परा और रीतिरिवाज का पाठ शुरूवाती तौर पर लेता है। एक औलाद का तरक्की माने एक माँ की सफलता और एक माँ की सफलता एक औरत की सफलता।



अपना घरेलू काम काज के साथ साथ परम्परा का ज्ञान बच्चों को देना बहुत ही जरूरी है। इस ज्ञान के साथ दूसरों की परम्परा को आदर करने का शिक्षा देना भी उतना ही जरूरी है। दूसरों की अच्छी परम्परा को अपनों में शामिल करना चाहिए।

अंत में, हमारे समाज और परम्परा में नारी का क्या महत्व है, इस वक्तव्य से जाहिर होता है :-

‘यत्र नारी पूज्यन्ते रमन्ते तत्र देवता’

अर्थात् जहाँ नारी की पूजा होती है वहाँ देवता निवास करते हैं।

- लेकी बदरलोड़



ग्राम्य जीवन में प्रचलित प्रथाएँ और उनमें उलझी महिलाएँ

हमें ईश्वर ने जन्म दिया है, कि हम उद्देश्य पूर्ण जीवन में सत्कर्म करें सब के लिए उपयोगी बनें और स्वयं भी प्रसन्न रहें । सभी को पूर्ण अधिकारी है कि वह जैसा चाहें, वैसा बनें, पर जीवन सफल उसी का माना जाता है जिसमें वो केवल अपना ही नहीं, वरना अपने देश, देशवासियों और सहवासियों के लिए कुछ भी कर सकें ।

लेकिन क्या आपको लगता है ग्रामीण इलाकों में रहने वाली महिलाएँ ऐसा कर पायी है ।

कई लोग कहते हैं कि यह सब विधाता का खेल है । लेकिन मैं कहूँगी कि यह सब मानव जाति के वजह से ही हो रहा है । ग्रामीण इलाकों में अभी भी हम महिलाओं को कुछ प्रथाओं में बंध जीना पड़ रहा है । ग्रामीण महिलाओं का घर से बाहर नहीं निकलने दिया जाता है सिर्फ घरेलू कार्य करने की ही इजाजत होती है । यह सब इसलिए क्यों कि शिक्षा का स्तर वहाँ अच्छा नहीं है । औरत घर पर खाना बनाना और बच्चों की देखरेख करती रहें तो उनका घर में अच्छा सम्मान है । औरत यदि घर से बाहर निकल कर कुछ काम करके हाथ बँटाना चाहे तो उसे रोक दिया जाता है यह कहकर कि तुम औरत हा ग्रामीण लोग भी तरह-तरह की बाते करने लगते हैं ।

कई जगहो पर तो औरत अपने सिर से पल्लू भी नहीं हटा सकती हैं, उन्हें हमेशा पर्दे में रहना पड़ता है । देश में क्या हो रहा है उन्हें कुछ पता ही नहीं चलता है ।

उन्हे घर से बाहर निकलने का मौका भी तभी मिलता है जब वो अपने घर जाए या कोई त्यौहार, विवाह या कहीं पति के साथ जाना हो ।

औरत को अबला कहा जाता है । उन्हे कमजोर प्राणी माना जाता है । उन्हें हमेशा उलाहनों का सामना करना पड़ता है । हमेशा उनको अपने से बड़ो से खुलकर बात करने की इजाजत नहीं होती है । यदि उन्होंने कुछ जबाब देने का साहस किया जो उनकी शामत आ गयी । उसे तरह-तरह की आपत्तिजनक टिप्पणियों का भी सामना करना पड़ता है ।

हमारे ग्रामीण समाज में यदि किसी औरत का पति मर जाता है उसे विधवा कहा जाता है और उसे सफेद साड़ी पहना दिया जाता है । उसे किसी भी अच्छे अवसर से वंचित कर दिया जाता है । क्योंकि उसे अशुभ समझा जाता है ।

लेकिन हमे यह नहीं भूलना चाहिए कि सभी लोग एक ही मिट्टी से बने है ऐसा नहीं कुछ लोग सोने या लोहे से बने है । सभी को जीने का समान अधिकार होना चाहिए ।

अंत मे मैं सिर्फ यह कह सकती हूँ कि आने वाले समय में एक नयी दुनिया खड़ी हो जाए जहाँ हम सब एक हो । ईश्वर ने हमें अच्छाई का रास्ता दिखाया है । इन कुरीतियों से पर्दा उठाकर ग्रामीण महिलाएँ भी आधुनिक महिलायों के साथ कदम मिलाकर चल सके ।

- रेनू सिंह



आधुनिकता और परम्परा में सामंजस्य स्थापित करती आज की भारतीय नारी

इस विषय पर विस्तार से चर्चा करने से पहले मैं आप सभी को भारतीय नारी के बारे में कुछ मूल बातें बताना चाहूँगी ।

प्राचीन काल से ही भारतीय नारी समाज के हर क्षेत्र में अपना बहुमूल्य योगदान देती आयी है, चाहे वो देवी दुर्गा के रूप में हो या एक पारंपरिक भारतीय नारी के रूप में । दुर्गा ने महिषासुर का संहार किया था जो नारी शक्ति का एहसास दिलाता है और साथ में यह भी बतलाता है कि नारी कितनी शक्तिशाली है । यशोदा के रूप में नारी एक सुशिक्षित एवं स्नेहमयी माँ के ममता के रूप में झलकती है । सीता जहाँ महल छोड़कर राम के साथ वनवासी रहती है, जो पत्नी धर्म एवं त्याग की परीभाषा बतलाता है । वहीं द्रौपदी का जीवन सामंजस्य एवं सहिष्णुता का मिसाल है । मीराबाई प्रेम एवं विश्वास की परिभाषा है तो लक्ष्मीबाई वीरता की अर्थात् नारी के अनेकों रूप हैं जैसे-देवी, दुर्गा, माँ, बेटी, पत्नी, बहन इत्यादि ।

इस विषय को यदि विश्व पटल पर रखकर देखा जाये तो भारतीय नारी सबसे शक्तिशाली एवं आधुनिकता और परम्परा में सामंजस्य बिठाकर चलने वाली है ।

२१ वी सदी में रहते हुए भी आधुनिकता को उतना ही अपनाया जिससे भारतीय परंपरा को कोई नुकसान न पहुँचे । आज की भारतीय नारी जहाँ हवाई जहाज उड़ाते हुए भी अपनी पारंपरिक दायित्व जैसे माँ, पत्नी इत्यादि के धर्म निभाना नहीं भूलती, वहाँ विदेशों में इसका अभाव है ।



भारतीय नारी, जो सृष्टि की एक अनमोल देन है, परम्पराओं को जीवित रखने में सक्षम है, इसलिए कहा गया है :-

‘जननी जन्मभूमिश्च स्वर्गादपि गरियसी’ अर्थात् माँ एवं जन्मभूमि स्वर्ग से भी महान है ।

हमारा देश अनेकों रीति रिवाजों का देश है । परंपरायें मूल रूप से सामाजिक बंधन एवं सौहार्द को मजबूत बनाये रखने के लिए बनायी जाती हैं । धीरे-धीरे परम्परायें बंधन एवं कुर्रिवियों में बदलते गये, जिसका फायदा समाज के कुछ खास लोगों को मिलता गया । नारी को चार दीवारी में बंद करके रखा जाने लगा, शिक्षा से अलग रखा गया जिसके कारण नारी बंधनों एवं कुर्रितियों का शिकार हो, भोग विलास एवं वंश बढ़ाने की मशीन बनकर रह गई ।

फिर एक बदलाव की क्रांति आई और नारी को अपनी शक्ति का फिर से एहसास हुआ । समाज के हर क्षेत्र में अपना योगदान देकर ये साबित कर दिया कि नारी अबला नहीं है ।

नारी के शक्ति का एहसास से पुरुष प्रधान समाज के सोच में बदलाव आया और नारी को समाज में बराबरी का दर्जा मिला ।

आज समाज के हर क्षेत्र में नारी अपनी उपस्थिति दिखा चुकी है, चाहे वो लाल किला हो या लड़ाई का मैदान, जैविक विज्ञान हो या अंतरिक्ष विज्ञान, चिकित्सक हो या अन्वेषक, कार्यकारी हो या सिपाही, कार्पोरेट हो या जम्बोजेट ।

इन विषम परिस्थिति में आधुनिकता एवं परम्परा, रीति रिवाजों के बीच तालमेल रखते हुए भी परिवारिक बंधनों को कायम रखती है ।

आधुनिकता एवं परंपरा दोनों के बीच सामंजस्य स्थापित रखना भारतीय नारी को पहचान बन चुका है । भारतीय परंपरा हमेशा तुलनात्मक एवं वैज्ञानिक तथ्यों पर आधारित रहा है जिसे निभाने में भारतीय नारी सबसे आगे है, इनके बिना कोई भी त्योहार फीका है, इसलिए हम गर्व से कह सकते हैं :-

‘नारी तुम श्रद्धा हो विश्वास रजत नभ तल में, पियूष श्रोत सी बहा करो तुम जीवन के समतल में ।’

- जया मिश्रा

उपवास व उनका आधार

दिन प्रतिदिन के जीवन में ना जाने कितने ही लोग उपवास रखते हैं। महिलाओं के साथ-साथ पुरुष भी इनकी उपयोगिताओं को मानते हैं लेकिन उपवास रखने के पीछे के कारण को शायद ही कुछ लोग जानते हैं क्योंकि इसकी कभी आवश्यकता ही नहीं समझी जाती। दादी-नानी के द्वारा किए जाने वाले व्रत या उपवास हम करते रहते हैं।

सप्ताह का प्रत्येक दिन किसी ना किसी देवता से सम्बन्धित है जिनका अपना एक वाहन, जो पशु या पक्षी के रूप में होता है और हर देवी या देवताओं को कुछ खास वस्तुओं के पत्ते, फूल, फल भी चढ़ाए जाते हैं जिनके बिना हमारी पूजा अधूरी होती है। कई प्रकार के अनाज भी इसी श्रेणी में आते हैं। ये सभी वही चीजें हैं जो प्रकृति से हमें मिलती हैं यानि मनुष्य को पेड़-पौधे, जीव जन्तु व ईश्वर सभी मिलकर यही प्रेरणा देते हैं की प्रकृति से प्रेम ही ईश्वर की साधना है। उपवास के दिन सुबह उठकर नहाना, पूजा-पाठ करना सारे दिन बिना भोजन के रहना, हमें धैर्यवान बनने की प्रेरणा देता ताकि हम जीवन की कठिनाइयों से ना घबराएं। देवी देवताओं के प्रति श्रद्धा प्रकट करने का व्रत या उपवास एक तरीका है।

सावन के महीने में प्रत्येक सोमवार को व्रत किया जाता है। भादो मास में भी जैन धर्म के अनुयायी उपवास रखते हैं, इसी मास में ही महीने भर चलने वाले मुस्लिमानों के रोजे भी आते हैं। अगर हम देखें ये सभी-चार्तुमास में आते हैं। चार्तुमास यानि वर्ष के चार महीने जिसमें हमारा पाचन तंत्र कमजोर रहता है और वर्षा ऋतु में पेट से सम्बन्धित रोग ज्यादा होते हैं इसलिए कम से कम खाना, हल्का व सुपाच्य भोजन करना ही श्रेयसकर होता है। उपवास के बहाने हम अपने स्वास्थ्य को ठीक रख पाते हैं साथ ही ईश्वर की आराधना को अधिक समय देकर पूरा कर पाते हैं। हिन्दू धर्म में इन्हीं चार महीनों में कोई भी शुभ कार्य नहीं किया जाता, जैसे - विवाह, गृह प्रवेश इत्यादि क्योंकि भोजन जल्दी दूषित हो जाता है और दूषित पानी के कारण पेट के रोग ज्यादा बढ़ते हैं इसलिए वर्षा ऋतु में हल्का भोजन लिया जाता है।



अश्विन मास के कृष्ण पक्ष से पूर्वजों के लिए किए जाने वाले श्राद्ध शुरु हो जाते हैं ये भी पितरों को याद करने के साथ-साथ किसी भी शुभ कार्य के लिए उचित नहीं माने जाते। कोई उत्सव या खुशी नहीं मनाई जाती है। पितरों को याद करने तथा अपनी गलतियों या परम्परा को ना निभा पाने के लिए क्षमा प्रार्थना की जाती है। पितरों का तर्पण भी इसी में किया जाता है।

अश्विन मास के शुक्ल पक्ष से नवरात्रों का आरम्भ होता है घट-स्थापना के साथ तक नौ दिनों तक चलने वाले नवरात्री व्रत भी शुरु हो जाते हैं जिसमें अन्न ना लेकर केवल फलाहार किया जाता है। साथ ही शरद ऋतु की भी धीरे-धीरे शुरुआत होने लगती है, दिन छोटे होने लगते हैं, वातावरण में बदलाव आने लगता है। पूजा पाठ के साथ-साथ शुभ कार्य भी आरम्भ हो जाते हैं, नयी फसल, नई सब्जियां, नए फलों का आगमन भी शुरु हो जाता है जो की नौ दिन तक चलने वाले उपवासों में उपयोग में लाए जाते हैं।

अन्त में हम यह कह सकते हैं की हर उपवास हमें ईश्वर और प्रकृति के ओर पास ले जाता है क्योंकि ये प्रकृति, जीव जन्तु सभी ईश्वर के द्वारा बनाए गए हैं जिनके बिना हमारा कोई आधार ही नहीं है।

- अलका गुप्ता

REGION (A&N)



REGION (A&N)



प्रेरक प्रसंग

उस समय भारत में चन्द्रगुप्त मौर्य का शासन स्थापित हो चुका था। कौटिल्य उनके प्रधान अमात्य थे। शासन के वे ही सर्वेसर्वा थे। किंतु सत्ता के चकाचौंध से दूर चाणक्य की अपनी कुटिया स्थापित थी। जीवन में सादगी विचारों में उन्नतशीलता उनके जीवन में प्रतिदिन प्रतिबिम्बित हो रही थी। उन दिनों विदेशी यात्री फाहयान भारत की यात्रा पर था। उसकी इच्छा भारत के प्रधानमंत्री या प्रधान अमात्य से मिलने की थी। पूछते हुए वे चाणक्य की कुटिया में पहुँचे। देखा कि चाणक्य राजकीय कार्य करने में तल्लीन थे एवं उनके पास दो दीपक रखे हुए थे। एक जल रहा था एवं दूसरा बुझा हुआ था। फाहयान को देखकर चाणक्य ने उन्हें बैठाया तथा दूसरे वाले दीपक को जलाकर पहला वाला बुझा दिया। फाहयान इस घटना को कौतुहलपूर्वक



देख रहे थे। औपचारिक बातचीत समाप्त होने के बाद फाहयान ने उक्त घटना की चर्चा की एवं कारण जानना चाहा। चाणक्य ने बताया कि पहले जब मैं राजकीय कार्य कर रहा था तो उसके लिए राज्य द्वारा उपलब्ध कराये गये दीपक का उपयोग कर रहा था। परन्तु आपसे व्यक्तिगत भेंट हेतु मेरे व्यक्तिगत खर्च से जल रहे दीपक का उपयोग किया गया। यह उत्तर सुनकर फाहयान का चाणक्य के प्रति श्रद्धा से सिर झुक गया और उन्हें इस बात का ज्ञान हो गया कि भारत क्यों महान है। धन्य है ऐसी व्यक्तिगत शुचिता जो उच्च पद पर रहते हुए कायम थी।



- पवन कुमार सेठ, अवर श्रेणी लिपिक

स्वास्तिक का महत्व



स्वास्तिक को मांगलिक चिन्हों में सबसे प्रमुख स्थान प्राप्त है। ऐसा माना जाता है कि इसमें शक्ति प्ररेणा और सौंदर्य का सम्मिश्रण है। ऋग्वेद के अनुसार स्वास्तिक सूर्य का प्रतीक है और सूर्य समस्त दैवीय शक्तियों का केंद्र है। सूर्य जीवन दाता है। स्वास्तिक को सूर्य की प्रतिमा मानते हुए उसकी अराधना कर सूर्य की समस्त विशेषताओं को दर्शाने का उपक्रम किया जाता है। स्वास्तिक की चार भुजाएं चार दिशाएं भी मानी गई हैं।

- हरेन्द्र कुमार, उत्तम सहायक इंजीनियर

परम्पराओं का तथ्यात्मक आधार

इस विषय पर कुछ लिखने या कहने से पूर्व रीति रिवाज परम्परा और शिक्षा के परस्पर सम्बन्ध को जान लेना आवश्यक है। रीति रिवाज और परम्परा हमारे पूर्वजों द्वारा स्थापित वे प्रक्रियाएँ और व्यवस्थाएँ हैं जो समकालिन समाज को प्रत्यक्ष या परोक्ष निकट या दूरगामी लाभ पहचाने के लिए बनाई गई थी। यह बहुत ही दुर्भाग्यपूर्ण रहा कि हमने समय के साथ इन रीति रिवाजों, रुढ़िवादिता और आण्डम्बरों में बदल दिया। उदाहरण स्वरूप दहेज प्रथा, दहेज का अर्थ उन उपहारों से है जो नव वर वधु के सम्बन्धी विवाह के अवसर पर देते हैं। वधु के घरवाले गृहस्थी के समान और वर के घरवाले नववधु का घर का सदस्य बनाते हुए उसका मान करते हैं दहेज वह सहायता है जो नव वर-वधु की तत्कालिन आवश्यकताएँ हैं जो उन्हें गृहस्थी चलाने के लिए सहायक होती है लेकिन यह रीति कुरीति बन गई जब दहेज एक माँग बन और दहेज दिखावे और प्रतिष्ठा का प्रतीक बन गया। आज भी कई महिलाएँ दहेज की शिकार होती हैं। हमारे रीति-रिवाज परम्पराएँ हमारी पहचान का प्रतीक हैं। हमारे तीज-त्यौहारों के कारण आधुनिक जीवन में खुशी प्राप्त करते हैं और परिवार से जुड़े रहते हैं। रीति रिवाजों और परम्पराओं के तर्क एवं महत्वता को समझने एवं इसके वास्तविक स्वरूप को बनाए रखने के लिए शिक्षा का महत्व है। अशिक्षा के कारण रीति कब कुरीति बन जाती है। इसका अनुमान नहीं लगाया जा सकता। हाल ही में समग्राम विवाह करने के लिए खाप पंचायत का विवाहितों पर अत्याचार इसका उदाहरण है। हमारे पूर्वजों ने समगौत्र एवं समग्राम विवाह को इसलिए प्रतिबंधित किया क्योंकि एक समान गुणों समान भौगोलिक प्रतिस्थितियों के कारण विभिन्नता नहीं आती जो विकास की प्रमुख कसौटी है। उदाहरण स्वरूप यदि किसी क्षेत्र में सामान्य रूप से कम कद के लोग पाए जाते हैं, यदि उनके विवाह सम्बन्ध उसी क्षेत्र तक सीमित रहे तो वहाँ सदैव कम कद के लोगों के विवाह सम्बन्ध लम्बे लोगों के साथ होंगे और एक मध्यम कद वाली पीढ़ी जन्म लेगी। लेकिन इक तार्किक रिवाज को अशिक्षा के कारण लोगों ने कट्टरपन में परिवर्तित कर दिया अंत में हमें अपने रीति रिवाजों और परम्पराओं के सही स्वरूप को अपनाना है और शिक्षा को सर्वव्यापी बनाकर साक्षरता को बढ़ाना है। अगर हमारे जीवन में शिक्षा का महत्व रहेगा तभी हमारे रीति-रिवाज परम्पराओं सही रूप ले सकते हैं। अगर शिक्षा का विकास नहीं रहा तो यही रीति-रिवाज और परम्पराओं एक कुरूप ले सकते हैं। इसलिए शिक्षा हमारे जीवन में बहुत महत्वपूर्ण है। शिक्षा के दायरे में रहकर ही हम रीति-रिवाज व परम्पराओं को रुढ़िवादिता से बचाया जा सकता है। औप वह सुरक्षित भी रह सकते हैं। हम एक सामाजिक प्राणी हैं इस समाज में रहते हमें रीति-रिवाज और परम्पराओं का पालन करना चाहिए और शिक्षा को आगे बढ़ाते हुए रीति-रिवाजों और परम्पराओं का सुरक्षित रखना चाहिए।

- अर्चना त्यागी

भारतीय नारी की पुकार

कितनी मणिया लुट गयी ?

कि तना मेरा वैभव अवशेष !

तू ध्यान मग्न ही रहा इधर

वीरान हुआ प्यारा स्वदेश

किन द्रौपदियाके के बाल खुले ?

किन किन कलियों का अन्त हुआ ?

कह हृदय खोल चितौर ! यहाँ

कितने दिन ज्वाला बसन्त हुआ ?

तू पूछ अवध से राम कहाँ ?

वृन्दा बोलो धनश्याम कहाँ ?

ओ मगध ! कहाँ मेरे अशोक ?

वह चन्द्रगुप्त बलराम कहाँ ?

री रूपिलवस्तु ! कह बुधदेव

के वे मंगल उपदेश कहाँ ?

तिब्बल, ईरान, आपान, चीन

तक गये हुए संदेश कहाँ ?

पुछे सिसकता कण से हिमपति

तेरा वह राजस्थान कहा ?

वन वन स्वतंत्रता दीप लिये

फिरनेवाला बलवान कहाँ ?

कह दे शंकर से आज करे

वे प्रलय नृत्य फिरएक बार

सारे भारत में गुंज उठे

हर हर बम का फिर महोच्चार !

- महेंद्र चौधरी, उ नाविक

‘आज की नारी’

यही आज की नारी है

Jeans tight, shirt white

Jewellery पहने very light

बम्सों में Silk saree है

यही आज की नारी है

Time कम है, काम बहुत है

Busy ये मेरी जान बहुत है

But shopping की तैयारी है

यही आज की नारी है

बिन यान चाँद पर पहुँचे ये

पति की पगार दबोचे ये

अच्छो - अच्छो पर भारी है

यही आज की नारी है

Full-Time maid है घर में

इसको दर्द है सर में

But ‘Kity’ की लाचारी है

यही आज की नारी है

Discount कहाँ और Sale कहाँ है

Serial में किसका ‘male’ कहाँ है

दुनिया की जानकारी है

यही आज की नारी है

मन्दिर नहीं, Parlour का पता मालूम है

भीतर से चामुंडा, चेहरे से मासूम है

बस समझो एक कटारी है

यही आज की नारी है

Figure की चिंता रहती है

Power yoga ये करती है

Dieting का सफर जारी है

यही आज की नारी है

Charity एक बहना है

New dress दिखाना है

हर कोई जिस पर वारी है

यही आज की नारी है

Office, secretary, bank, library

Credit card ‘n’ date of expiry

हर चीज की पहरेदारी है

यही आज की नारी है

Diamond चाहीए, Gold नहीं

गर पति पर इसका hold नहीं

समझो किस्मत की मारी है

यही आज की नारी है

पल में खुश और पल में खफा

अशकों में दे सबको बहा

ये नागिन इच्छाधारी है

यही आज की नारी है

पूजा पाठ ये करती है

‘करवा चोथ’ भी रखती है

जैसी भी है तुम्हारी है

यही आज की नारी है यही आज की नारी है

- डॉ प्रतिभा सिंह



हमारे रीति - रिवाज एवं परम्पराएँ

हिन्दू रिवाज एवं परम्पराएँ हमारी वो धरोहर हैं जो कि बरसों (प्राचीन काल) से चली आ रही हैं ।

हमारे देश में अलग - अलग राज्यों में अलग - अलग परम्पराएँ एवं रीति - रिवाज देखने को मिलेंगे लेकिन कुछ ऐसे त्यौहार एवं परम्पराएँ हैं जो कि सारा देश मिलकर साथ मनाता हैं, जो हमारे देश को एक साथ जोड़ देती हैं । कुछ ऐसे त्यौहार हैं जो कि हमें एकता और भाईचारे का पाठ पढ़ाते हैं जैसे होली, दिपावली, रक्षाबंधन और स्वतंत्रता दिवस एवं गणतंत्र दिवस ।

जहाँ हमारे देश में अच्छी परम्पराएँ एवं अच्छे रीति रिवाज हैं वहाँ पर कुछ बुरी प्रथाएँ भी हैं । जिन्हे समाज से मिटाना हमारा हर हिन्दुस्तानी का सर्वप्रथम फर्ज है । जैसे कि दहेज प्रथा, लड़कियों को ना पढ़ाने की प्रथा, बाल विवाह जैसी कुरितियाँ आज भी हमारे देश के कई हिस्सों में देखने को मिल जाएगी ।

आज भी जहाँ एक ओर दक्षिण में लड़कियों को ज्यादा माना जाता है वही दूसरी ओर उत्तर में लड़कों से ही वंश चलने की परम्परा मानी जाती है । आज भी लड़कियों को परायाधन समझा जाता है । मेरा मानता है लड़कियों को इतना काबिल बनाओ कि वो कहीं भी रहकर अपने माँ - बाप का सहारा बन सकें ।

हमारा सर्वप्रथम कर्तव्य यही है कि हम अपनी आने वाली पीढ़ी को, अपने बच्चों को अपने त्यौहारों अपने रीति - रिवाजों का महत्व समझाएं उन्हें मनाने की सही रीत बताएं । उन्हें समझाएं श्रवण कुमार कौन था ? श्री राम चन्द्र जी को मर्यादा पुरुषोत्तम क्यों कहा जाता है ? और होली हमें क्या संदेश देती है ? तथा रक्षाबन्धन पर भाई अपनी बहन की राखी के बदले जो वचन देता है वो ये होना चाहिए कि हम अपनी बहन के हर सुख में दुख में साथ देंगे वो अगर पढ़ना चाहे तो हम उसे पढ़ाएंगे हम उसका साथ उसके हर अच्छे काम में देंगे । हम उसे इतना काबिल बनाने की कोशिश करेंगे की उसे किसी की रक्षा की आवश्यकता न पड़े ।

आज हमारे देश को आवश्यकता है कि हम अपनी बुरी प्रथाओं में बदलाव लाएं और जितनी भी बुरी प्रथा या रीति - रिवाज हमारे देश में हैं । उनको जड़ से खत्म करें और आने वाली पीढ़ी को अच्छे रीति - रिवाज एवं परम्पराओं से अवगत कराएं । तभी हमारे भारत देश में भ्रष्टाचार का अन्त हो पाएगा तभी शुरुवात होगी नए भारत की एक स्वच्छ भारत की ।

- अनुराधा भाटी



कुंठित नैतिकता

बदल गया अब आदमी, बदले उसके काम ।
दिन में सौ बार, बदले अपना नाम ॥

बची नहीं सदभावना, बचा नहीं अब प्यार ।
नैतिकता कुंठित हुई, मानवता बीमार ॥

आज चतुर्दिक हो रही, मानवता की हार ।
दानवता की जय कहे, गांव शहर, अखबार ॥



युग ऐसा अब आ गया, बिगड़ गया माहौल ।
सड़को पर जन घूमते, हाथ लिए पिस्तौल ॥

दानवता के सामने, मानवता लाचार ।
कैसी है यह वेबसी, कैसा यह व्यापार ॥

बड़बोली की भीड़ में, खड़ा है संत चुपचाप ।
सहमत है हर बात पर, कह कर माई - बाप ॥

चलना दूभर हो गया, सड़को पर है आज ।
मनमानी होने लगी, आया जंगल राज ॥

दहशत कुछ बढ़ी, घटे हास परिहास ।
अर्थहीन सी जिन्दगी, आए कुछ ना रास ॥

भ्रष्टाचारी घुमते हैं, यहाँ - वहाँ निःशक ।
सज्जन दुबके फिर रहे, ऐसा है आंतक ॥

बनफूलों की आजकल, फीकी पड़ी सुगंध ।
सँसों में घुलने लगी, अब बारुदी गंध ॥

नैतिकता के सामने अनैतिकता हुई बुलंद ॥

- देवेन्द्र यादव, प्रधान नाविक



दहेज प्रथा - एक सामाजिक कुरीति

इस विषय पर मैं चार पंक्तियाँ लिखना चाहूँगी :

किसी का नूर जल रहा होगा,
कोई मजबूर जल रहा होगा

धुँआँ आसमान में उठता है,

कोई सिंदूर जल रहा होगा

क्यों नहीं कोई विरोध करता इसका ?

बैठ कर सिर्फ देखती है दुनिया सारी

दहेज ना मिलने पर,

एक मासूम जलती है बेचारी

क्यों सब करते हैं इतने अत्याचार

एक नारी पर

और तू क्यों हँसने देती है उनको,

तेरी लाचारी पर

माना कि जुल्म करना मना है,

पर जुल्म सहना उससे भी बड़ा गुनाह है

तू खुद अपनी आवाज उठा समाज में,

सब के मन में विरोध कि ज्वाला भडका

मनुष्य कि बनाई प्रथा पर,

हम क्यों विश्वास करें ?

हर एक नारी जलती है,

किसी न किसी रूप में, दहेज की आग में,

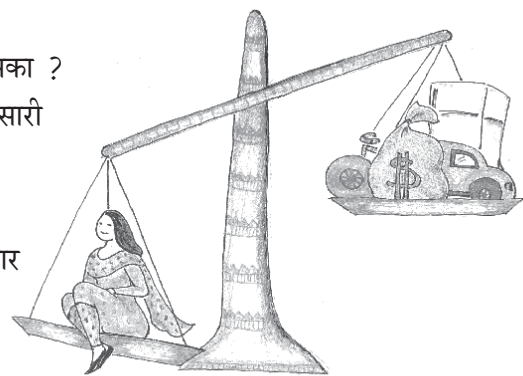
आओ हम सब मिलकर इसका विनाश करें

समाज की कोख में,

दहेज के दानव को ना पाले ना पलने दे

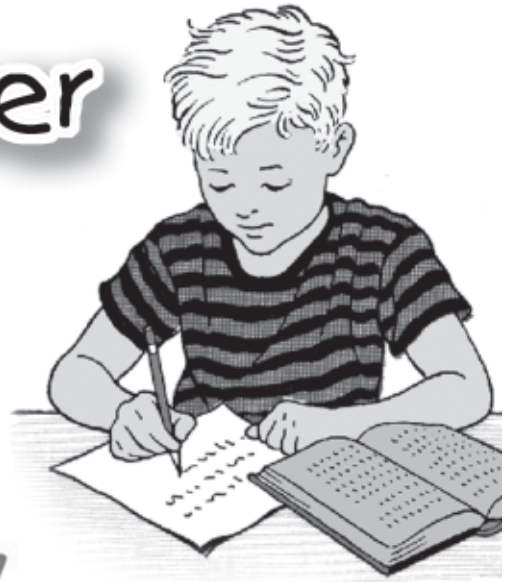
फिर कोई नारी इसकी ज्वाला में मजबूर हो के ना जले

आओ ऐसा प्रयास करे



- श्रीमती कमलेश

Children's Corner



OBITUARY IS MORE THAN A CUSTOMARY ACT

Preface:

I did not wish to write this, but an obituary for a woman who was somebody's mother, which I saw today in the newspaper, motivated me to write this. And also the fact, that this was the first mother's day I spent away from my mom.

Whatever I have written is true to my feelings and thinking, and is also something I have observed for quite some time. It also has a part of my real life experience and that which is flashed on the news channels.

The obituaries very often, reflect upon the thinking and working of our civilization, which includes our present and 'modern' world. By highlighting the word modern, I wish to draw your attention to how our earthly, mortal and very human thoughts seep into, and pollute, feelings as chaste as love, and also successfully taint remembrances of dead people to whom the-still human, beings, may have professed their love to when living, breathing, remembering and loving...and how big and bad things in the world corrupt our thinking...to understand better what I am trying to say, read on...

Obituary

When I pick-up the newspaper every morning, the first thing I do is turn over to the page where the obituaries are printed. And I replayed this action of mine, this morning on mother's day. This action of mine, might seem to you as absurd and something to be corrected, but let me tell you: I am as addicted to this particular column of the newspaper as, is an anxious Indian mother to the matrimonial column-for she looks for a fancy advertisement, and can think of nothing but to find an 'eligible' match for her son; someone who is from a reputed family, with a 'clean' family history, and with ample jewels to deck her fat neck and limbs. However, I doubt if I can apply the same for the obituary, for it is a different subject all together. Fancy advertisements, fail to amuse me.

There are obituaries of people who have been dead for long, and some, who have been dead for only a few hours. There are some with pictures, and some without. I believe the newspaper takes extra money for printing a photograph along. But that is irrelevant. Mostly I see obituaries of old people, who have been resting (or trying to rest!) in peace for almost a decade. I often feel like thanking their family members, and friends, on the dead person's behalf: for there is nothing



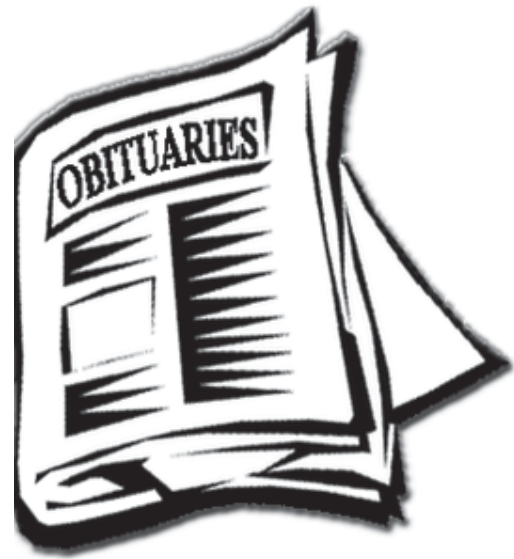
more touching than to know, that your living family, wants the world to realize, that someone as wonderful as yourself, existed; and that your memories, still plague your loved ones minds, long after you could no longer be a part of them.

There are some with fancy boxes, and even fancier margins, but who are they trying to impress? The dead man? Definitely not! Or does it mean that with a fancier-margined obituary, the dead man's family loves him more, than a poorer dead man's, whose family could only afford a 3 x 3 inch space?

Sometimes, I feel that those who opt for such fancy obituaries are only trying to protect their social standing: "What will Mrs. Mehta say if we, the Kulkarnis, do not print a coloured obituary for papa? She'll find a reason to pick on me again!"

Or,

"That wart on papa's nose looks hideous! We need to have that photo-shopped before it goes for print. And I am thinking about fixing that nose and having papa's hair color changed to black. And the eyes! How can I forget, we must have that edited to blue! After all, I am Ms. XYZ, pretty and flawless, wanted by all, and papa needs to fit my image!"



And my poor reader must be thinking on the same lines as I am, "Isn't it the child who tries, living up to her parent's good name?"

Then there are my favourites: those which venture beyond the clichéd phrases such as- 'fondly remembered' or 'always in our hearts'. Those which are thoughtful and put meaning into remembering someone. I like the ones that have a small rhyme or a short description of the person (who is now dear to God) attached. It lets me know something about them, making them familiar. It also helps me gauge the kind of ties he/she shared with their family and how 'fondly' are they actually remembered.

But the ones that stir me and my soul, and fruitfully manage to make me read the other pages of the newspaper (so as to distract myself) are the ones about children, long-dead or only recently dead. Parents form the centre of a child's universe; at least I can hold that true for myself. And vice-versa, do children form the warm and radiating sun to their parent's universe that spreads its balmy rays, dripping with love and hopes, to an adult's otherwise grey and dark solar system. The pain of separation is unbearable, especially if someone takes away somebody, that you love MORE dearly than what you love MOST dearly.

I can feel the irregular throbbing of a parent's broken heart seep into my hands from the paper below me, and then images start running through my mind: of the revolted expression on the parents'

face, when he first observes the serene yet closed eyes of his child, and realizes that they are those that will remain shut forever; when she sees the dreadful yet permanent pallor that plague her child's once pink cheeks, which blushed a beautiful red when kissed; when he and she both grasp, that the crooked smile they both absolutely adored, and woke up to see each day, was taken away from them, forever...

Only two obituaries are published a year, of those I have met in person. One is published in January and the other, in the second week of May. The one published in January is of my friend's, who was my age and died in a car accident when 14, and was only 2 weeks away from his 15th birthday. I still remember the crystal clear image that comes to my mind: a silent tear running down my math's tutor's wrinkled face, as he said, "He expired."

The one published in the 2nd week of May, is that of my mother's. Years ago, I gave her a red kurti as a mother's day gift, a day before the actual event. She was leaving for the airport when I gave it to her. She wore it that instant. I was overjoyed when she wore that red kurti, and also outdid Sushmita Sen in her beauty; but never the less, I teasingly asked her if she wore it only to please me. She laughed, "Why, I want everyone to ask me who gave me this wonderful present, so that I can proudly tell them that today is mother's day, and the best daughter in the world, gave it to me!" That was the last time I saw the smile that wrinkled her little nose; the smile that made my little heart skip a beat.

My mother always said that once your heart breaks, it would grow back crooked, if there was nobody to look after it. A broken heart is like a baby vine, which needs a support to grow big and loving, so that it can bear the most beautiful flowers, with the most beautiful scents and colors in the world.

I believe that the man responsible for her death, in the carefully planned and executed, airplane explosion, embodied a crooked heart within himself. Maybe some girl broke his heart because he had no money, and so did he decide to earn money the quick and wrong way. Maybe somebody told him that he would have enough money to feed his family, if he enrolled himself in the course that was responsible for her death. Maybe somebody brainwashed him and gave him the wrong names and reasons for his own family's end, who ironically died in a similar way. I shall never know the reason as to what motivated him to commit a crime so cruel, but I am sure of one thing: that his heart grew crooked.

When my mother was loading her baggage in the taxi, I said to her the same golden words which she said to me every time I stepped out into the big bad world, "Suspicious people, suspicious objects." She only smiled and waved me a good bye, promising she would be back soon, as her car drove away. I know one thing for sure: she did not pay heed to the golden advice, and this was the reason, why I was holding the newspaper in my hand, and was reading her obituary today.

- Nilanjana Bargar

I DIDN T DRINK AND DRIVE, SO WHY AM I THE ONE TO DIE?

I went to a party Mom,
I remembered what you said.
You told me not to drink, Mom,
So I drank soda instead.

I really felt proud inside, Mom,
The way you said I would.
I didn t drink and drive, Mom,
Even though the others said I should.

I know I did the right thing, Mom,
I know you are always right.
Now the party is finally ending, Mom,
As everyone is driving out of sight.

As I got into my car, Mom,
I knew I d get home in one piece.
Because of the way you raised me,
So responsible and sweet.

I started to drive away, Mom,
But as I pulled out into the road,
The other car didn t see me, Mom,
And hit me like a load.

As I lay there on the pavement, Mom,
I hear the policeman say,
The other guy is drunk,f Mom,
And now I m the one who will pay.

I m lying here dying, Mom....
I wish you d get here soon.
How could this happen to me, Mom?
My life just burst like a balloon.

There is blood all around me, Mom,
And most of it is mine.
I hear the medic say, Mom,
I ll die in a short time.

I ust wanted to tell you, Mom,
I swear I didn t drink.
It was the others, Mom.
The others didn t think.

He was probably at the same party as I.
The only difference is, he drank
And I will die.

Why do people drink, Mom?
It can ruin your whole life.
I m feeling sharp pains now.
Pains just like a knife.

The guy who hit me is walking, Mom,
And I don t think it s fair.
I m lying here dying
And all he can do is stare.

Tell my brother not to cry, Mom.
Tell Daddy to be brave.
And when I go to heaven, Mom,
Put GOOD BOY on my grave.

Someone should have told him, Mom,
Not to drink and drive.
If only they had told him, Mom,
I would still be alive.

My breath is getting shorter, Mom.
I m becoming very scared.
Please don t cry for me, Mom.
When I needed you, you were always there.

I have one last question, Mom.
Before I say good bye.
I didn t drink and drive,
So why am I the one to die, Mom!

– Anju Kushwaha

QUITTING IS NOT A TRADITION FOR ME

Today my journey, begins
As I bid farewell, to my kith and kin.
Determined not to fail, I set sail to charter my own course,
Facing problems with formidable force.
“It is not going to be easy”, they say.
And I know whatever may come,
I will not quit.



Being a school dropout is not a pleasant thing to be.
But I know one thing for sure:
My future is dependant upon me.
My teacher said,
“You know you are dense in the brain, and say unintelligible things,
I pray, tell me Albert (Einstein), are you insane?
When your fellow mates, are on the threshold of laying a new foundation,
Why then do you want to ruin your chances?”

But I was determined,
And could never be influenced
To accept that mugging up facts was education.
I wanted to learn, I wanted to see, understand and feel change.
Not have someone spoon-feed me a lie.
I wanted to find answers myself for every how and every why,
That fuelled my curiosity day after day,
Which eventually prompted me to quit, only to start again.



Life after quitting school was not any easier,
I sat out the doldrums of patience and hope.
Never permitting myself to resign,
But, learning how to cope.
And I never quit.

Project after project, and months after months
I slogged day in and day out.
But I still never quit.

Many a times, I was pushed to the threshold of quitting.
But by staying put, and not crossing over that formidable limit,
I realized my inner self, and satiated my thirst for knowledge.
And that has made all the difference.

- Nilanjana Bargartra

A CHILD S LOVE

While a man was polishing his new car, his 4 yr old son picked stone & scratched lines on the side of the car. In anger, the man took the child's hand & hit many times, not realizing he was using an iron wrench.

At the hospital, the child lost all his fingers due to multiple fractures. When the child saw his father... with painful eyes he asked 'Dad, when will my fingers grow back?'

Man was so hurt and speechless, he went back to car and kicked it a lot of times.

Devastated by his own actions... sitting in front of that car he looked at the scratches, child had written 'LOVE YOU DAD'.

The next day that man committed suicide...

Anger and Love have NO LIMIT - choose the latter to have a beautiful & lovely life...

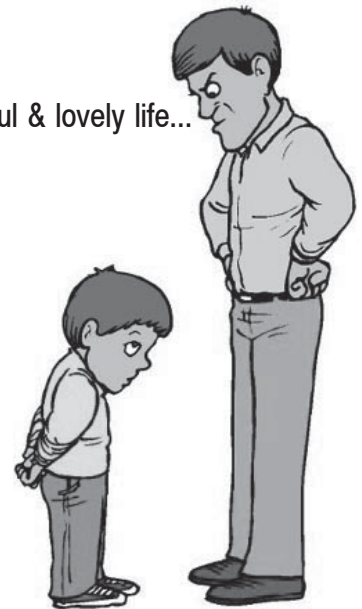
THINGS are meant to be USED and PEOPLE are to be LOVED,

...but the problem of today's world is that...

People are used &

Things are loved!!!

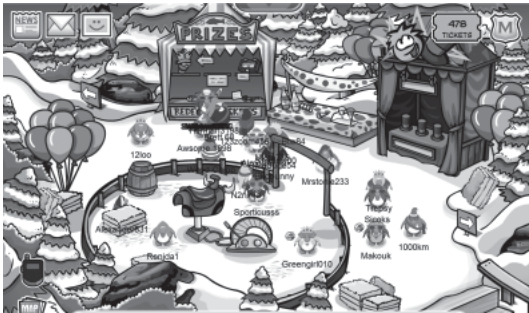
- Rishabh Kumar



FUN & FAIR

Oh! Now we are happy,
As happy as can be,
For We're driving home
To a wonderful tea!
Bark, little Bumpy,
Smile, Tessie Bear.
Oh, wasn't it FUN
To go to the FAIR!

- Hritika Pandey



MIGHTY WHITE !!

White is Bright

Bright is Right

Right is Might

Might is White

- Miss Shreya Janardhanan



तीन बातें

तीन चीजें कभी छोटी न समझें

तीन चीजें किसी की प्रतीक्षा नहीं करती

तीन चीजें भाई को भाई का दुश्मन बना देती हैं

तीन चीजें असल उद्देश्य से रोकती हैं

तीन चीजें कोई नहीं चुरा सकता

तीन व्यक्ति वक्त पर पहचाने जाते हैं

तीन चीजें निकल कर वापस नहीं आती

- शत्रु, कर्जा, बीमारी

- समय, मृत्यु, ग्राहक

- जर, जोरु, जमीन

- बदचलनी, गुस्सा, लालच

- हुनर, चरित्र, विद्या

- स्त्री, भाई और दोस्त

- तीर कमान से, बात जुबान से,
प्राण शरीर से

- आकाश शौराण

CHILDREN'S CORNER



CHILDREN'S CORNER



I BELIEVE

I believe in my dreams
I will never lose hope
I believe in my ambition
So with competition I can cope

I believe in my talent
And will make best of it
I believe in my future
For which I will work bit by bit

I believe in my ability
I will make my own name
I believe I can do it
So I can win life game

I believe in my strength
I believe in my vision
I trust my instinct
To succeed in my vision.

- Lovepreet

HARMONY

All our lives we are students,
The teacher is the environment!
The world is our school,
Which lays down the rules!

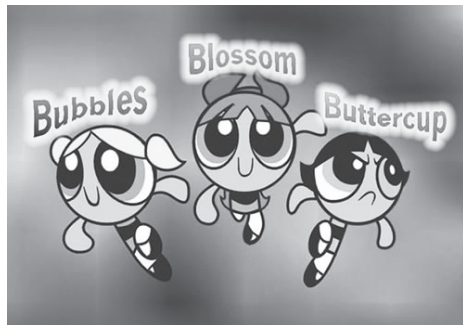
In exams we've to appear
Where God is the supervisor!
Problems we face are the questions
While the answers lie in our reactions!

One gets promoted by being positive,
But fails when he is negative!
So work hard and be courageous,
So that you may be victorious!

- Swani Tyagi

MY FAVOURITE TV SERIAL

My favourite TV serial is Powerpuff Girls. I like it the most as it is adventurous and good for kids. There are three girls in the serial whose names are- Blossom, Bubbles and Buttercup who fight against thieves and monsters. The main enemies of these girls are Dr. Jojo Mojo, who invents some robots. They have magical powers also. They live with their father in their house. They have a cute telephone with a smiling face, which tells them when there is a danger for the people living in the city. My favourite character is Blossoms as she has beautiful long hair and icy powers, if she blows air from her mouth ice comes out, she has some sequences also in her dress and she wears a red bow on her head. It comes everyday at morning 06:00 a.m. to 06:30 a.m. on the channel cartoon network (C.N.). Please watch this serial, it is very interesting.



We can also play games of this cartoon at www.cartoonnetworkindia.com. There are some games of the episodes also. There are many favourite episodes of mine. Bubbles, Buttercup and Blossom are very brave girls. This cartoon tells us that boys are not only the best but girls are more and more good. So I tell especially to the girls to watch this serial and tell the boys we are no less than them.

- Sneha AS

रीति रिवाज और उनका आधार

हिन्दू धर्म की संस्कृति संस्कारों पर ही आधारित है हमारे ऋषि-मुनियों ने मानव जीवन को पवित्र एवं मर्यादित बनाने के लिए संस्कारों का आविष्कार किया धार्मिक ही नहीं वैज्ञानिक दृष्टि से भी इन संस्कारों का हमारे जीवन में विशेष महत्व है भारतीय संस्कृति की महानता में इन संस्कारों का महती योगदान है।

प्राचीन काल में हमारा प्रत्येक कार्य संस्कार से आरंभ होता था। उस समय संस्कारों की संख्या भी लगभग चालीस थी समयानुसार संशोधित होकर संस्कारों की संख्या निर्धारित होती गई हमारे धर्मशास्त्रों में भी मुख्य रूप से सोलह संस्कारों की व्याख्या की गई है इनमें पहला गर्भाधान संस्कार और मृत्यु के उपरांत अंत्येष्टि अंतिम संस्कार है गर्भाधान के बाद पुंसवन, सीमन्तोन्नयन, जातकर्म नामकरण ये सभी संस्कार नवजात का नईवी जगत से संबंध स्थापना के लिए किये जाते हैं।

विभिन्न धर्मग्रंथों में संस्कारों के क्रम में थोड़ा-बहुत अन्तर हैं, लेकिन प्रचलित संस्कारों के क्रम में गर्भाधान, पुंसवन, सीमन्तोन्नयन, जातकर्म, नामकरण, निष्क्रमण अन्नप्राशन, चुडा कर्म, विद्यारभ, कर्णवेश, यज्ञोपवीत, वेदारंभ, केशांत समावर्तन, विवाह तथा अन्तेष्टि ही मान्य है।

इन्हीं संस्कारों के कारण भारतीय संस्कृति अद्वितीय है हालांकि हाल के कुछ वर्षों में आपाधापी की जिंदगी और अतिव्यस्तता के कारण सनातन धर्मावलम्बी अब इन मूल्यों को भूलाने लगे हैं और इनके परिणाम भी आर्थिक गिरावट, संवेदहीनता, असामाजिकता और गुरूजनों की अवज्ञा या अनुशासनीयता के रूप में हमारे सामने आने लगे हैं।

समय के अनुसार बदलाव जरूरी है लेकिन हमारे मनीषियों द्वारा स्थापित मूलभूत सिद्धांतों को नकारना कभी श्रेयस्कर नहीं होगा।

- निक्ता चौहान

पोली बैग-ना ना भैया

टक बक टक बक ता ता थय्या
पोली बैग को ना ना भैया !
टक बक टक बक ता ता थय्या
पोली बैग को ना ना भैया !

लेकिन क्यों ?

पोली बैग जो खाएगी
तो गाय मर जायेगी
मम्मी दूध हमारे घर में कहाँ से फिर लाएगी
गलियों में पानी होगा जब गटर बंद हो जायेंगे
हम छोटे छोटे बच्चे कैसे स्कूल को जायेंगे ? !



और क्या होगा ?

खेतों के नन्हे पौधे भी सांस नहीं ले पायेंगे
सब्जी महंगी हो जायेगी फल थोड़े से आयेंगे !

सारे बच्चे मिल कर

हम छोटे बच्चों की मानो थैला ले कर जाओ
या बाज़ार से कागज़ के थैले में सौदा लाओ

भैया पोली बैग नहीं कागज़ का थैला देना
अपनी धरती साफ़ रखेंगे मिल कर ! बोलो ! है ना !
बोलो, पोली बैग-ना ना भैया !

- प्रियांशी गौतम

परम्परा रीति रिवाज और उनका आधार

‘रीति-रिवाज समाज व धर्म के अनुसार निश्चित किए गए वे नियम हैं जो मनुष्य को एक सामाजिक प्राणी बनाने में सहायता करते हैं’ मनुष्य को न केवल अनुशासित करते हैं बल्कि सांस्कृतिक धरोहर के रूप में अपने पूर्वजों व परिवार से मिलाते हैं सदियों से चली आ रही परम्पराएँ धीरे-धीरे रीति-रिवाज बन जाते हैं एक पीढ़ी से दुसरी पीढ़ी तक पहुँचते-पहुँचते कभी-कभी इनमें परिवर्तन आ जाता है एक पुराने वृक्ष को जड़ से उखाड़ने में वक्त लगता ही है क्योंकि इनका आधार, हमारा परिवार, धर्म और संस्कार होते हैं।

कुछ कारण राजनीतिक भी होते हैं जैसे पर्दाप्रथा, बाल विवाह इत्यादि, आक्रमण कारियों के अत्याचार से बचने के लिए लोग स्त्रियों को घुंघट में रखते थे, उन्हें अकेले जाने की मनाही थी और बचपन में ही विवाह कर दिया जाता था।

कुछ रीति-रिवाज पारिवारिक होते हैं जो केवल विशेष परिवार तक सीमित होते हैं जैसे एक भाई की मृत्यु होने पर स्त्री का विवाह दूसरे भाई से कर देना ये आवश्यक नहीं कि पूरा समाज या जाति उसे माने कुछ रीति रिवाज धार्मिक होते हैं जिन्हें लगभग उस धर्म से जुड़े सभी लोग उसे मानते हैं जैसे दीपवली हिंदुओं द्वारा पूजा करना या मुसलमानों द्वारा नमाज पढ़ना कुछ का आधार जाति विशेष पर निर्भर होता है जैसे जैन समाज में सुर्यास्त से पहले भोजन ग्रहण करना होता है कुछ का आधार समाज होता है। भारतीय परम्परा और सांस्कृतिक के अनुसाथी सदैव अपने से बड़े-बुजुर्गों की इज्जत करते आए हैं फिर चाहे वह किसी भी धर्म जाति का हो।

चरण स्पर्श करना, उन्हें पहले स्थान देना, उनके लिए जगह देना आदि आदर सूचक रिवाज सभी अपनाते हैं, ये रीति रिवाज हमारे लोग के लिए होते हाथ पर कभी-कभी समय बदलने के साथ-साथ ये बंधन बन जाते हैं। व्यक्ति के विकास में जो रीति-रिवाज बाधक हो उन्हें नई पीढ़ी तोड़ देती है आजकल अंतर्जातीय विवाह, प्रेम विवाह स्त्रियों का कामकाजी होना इसी का परिणाम है सदियों की दास्ता से मुक्त होने के लिए कभी-कभी ये बन्धन रीति-रिवाज छोड़ने पड़ते हैं।

भारत ऐसा देश है जहाँ आधुनिकता, प्राचीनता के एकसारा दर्शन होते हैं घरों में मंदिर के साथ-साथ कंप्यूटर के लिए एक छोटा सा स्थान आज के चलन में है हमारे रीति रिवाजों का आचार ५००० साल पुरानी सभ्यता याद इस पर नया रंग चढ़ा दिया जाए तो और सुंदर लगेंगे।

- अतुल कुमार यादव

इन्सानियत

मुसिबत पड़ने पर अपना कोई हम दम नहीं होता।
यह दुनिया है यहां कोई शरीर के गम नहीं होता ॥
पहुँच पाते वही मंजिल पर अपनी एक दिन आखिर।
भरोसा हिम्मत पर जिनको कभी भी कम नहीं होता ॥
कुछ ऐसे दरियादिल भी लोग होते हैं जमाने में।
जिन्हें सब कुछ लुटाने से जरा भी गम नहीं होता ॥
न होता भाई के मकानो का यह बंटवारा।
अगर इंसान अपने भाई से नाआसना नहीं होता ॥
गमो के जख्म का भरना कभी नहीं होता।
महाराज की दया, वक्त का महरम नहीं होता ॥
उसे हक ही नहीं है अपने को इंसान कहने का।
महाराज के दर पे जिस मगरूर का सर झुका नहीं होता ॥

- प्रियंका सिंह

बेटी बचाओ

पापा की परी हूँ मैं।
लाड प्यार में रही हूँ मैं।
मैं हूँ माँ की आँखों का तारा
दुनिया में जिसे बेटी सह पुकारा ॥
आज तो बेटी ही है सबकुछ,
बेटी है सब के लिये तुच्छ ॥

घर में रौनक मुझसे ही है,
फिर भी बेटी को दे न कुछ ॥
आज आप सबको बस यही है कहना,
बेटी को अपनाकर सम्मान करते रहना ॥
बेटी है परिवार का अनमोल रतन
बचाव करो प्यार से जतन ॥



- खुशबु सहरावत

CULTURAL SHIFT

It was one fine morning when my father informed me about his transfer to Chennai, previously known as Madras. This news came as an unpleasant surprise to me and not even in my wildest dream did I imagine that our new abode would be Chennai. Though his transfer was expected, I did not think that we would be javelined to the southern flanks of Indian peninsula. My first and foremost concern was that I had to start everything from square one, making new friends, getting used to the alien place and making a spot in the unfamiliar learning terrain 'My New School'.

Leaving this vibrant, lively, magnificent and truly a cosmopolitan city of Mumbai was kind of unnerving, not an easy one. Not much before I could overcome my obsession with Mumbai, I landed up in Chennai. Chennai is the birthplace of many great minds, luminaries and illustrious personalities like Late Sh CV Raman, Dr APJ Abdul Kalam, Sarvapalli Dr Radhakrishnan and many more stalwarts of equal fame if not more. At the start, it seemed to be a mammoth and humongous task to adapt to these completely new surroundings. Having taken few baby steps forward, it appeared to ease out a bit and then turned into sometimes interesting as also worth picking up the momentum. Slowly, it started to feel a welcome and a change for good.

"Change is hard because people overestimate the value of what they have—and underestimate the value of what they may gain by giving that up."

— James Belasco & Ralph Stayer

Chennai and Mumbai are worlds apart and even though Mumbai may offer a great deal in many aspects, Chennai has nothing less to present to its dwellers and as a matter of fact offers plentiful of opportunities in every conceivable field of human development. It is a great city in its own unique way. Here, every morning is beautiful as one gets to experience the soothing sound of early morning prayers and tinkling bells and fragrance of mystique sticks. People look fresh, contented and happy with vibuthi spot on their forehead which also has its pertinent significance and relevance in people's life in this part of our great nation. It is supposed to be made up of herbs which prevent water retention in the body.

Chennai has an ineffable and overwhelming essence about it being a 'city with difference' when compared with other 'Metros'. To substantiate this view in brief, here the people are extremely warm, genuine, kind and more importantly grounded in reality. I for one, consider lucky to be in a place where education, traditions, culture and learning is given topmost priority towards developing talent in the young minds. It is not uncommon to see some foreigners donning the Indian attire and trying in every possible manner and way to blend into the local traditions of this beautiful city. Unlike Mumbai, Chennai usually experiences rain in the month of October and November which is known as winter monsoon or North East Monsoon being on the East Coast of the Indian peninsula. Even after staying for a considerable span of time in Mumbai, my Marathi knowledge is unimpressive least to say, but my little foray into the day to day life of Chennai tells me that one would be missing a lot if one not to

learn another great Indian language known as 'Tamil'. I am truly looking forward to watch Tamil Movies and savour good Tamil Music apart from connecting with my Teachers and school friends far more closely.

Although my journey of transformation from being a Mumbaikar to being a Chennai-ite continues- I am sure whatever happens, happens for good and surely for a reason.

- Miss Swarna Tyagi

MY TRIP TO COLOMBO

I was very excited when my parents thought of a trip to Colombo. On 06th Sep 11, we boarded the Sri Lankan Airlines and reached Colombo late night at 11'O clock. I was very sleepy by that time even though I was equally thrilled that we are going to stay at Taj Samudra.

Our balcony was facing the Indian Ocean and I enjoyed sitting in the balcony to enjoy the beauty of the sea. Next day morning my father had official work. So I utilized the opportunity to walk around the hotel and clicklot of photographs. The swimming pool was so tempting that I jumped into it. Myself and my mother went around the city and did window shopping at the House of fashions and Odell. We went to an Indian restaurant and had food.

Early next morning we had our breakfast and after that we took a taxi to Kandy. On the way we went to Pinawala Elephant Orphanage. It was a beautiful sight to see the elephants bathing and playing in the river. The young ones were a treat to the eyes and their mothers always followed them wherever they went. We clicked many photographs with the herd of elephants. After that we went to the orphanage where I fed a baby elephant. Its hair was so thick and thorny and I rubbed its back softly. The babyelephant became very friendly with me and it used its trunk to cuddle me. The next stop was the Royal Botanical Garden at Kandy. It was a beautiful sight and I especially loved the bamboo collection and the trees that existed during the pre-historic times. Even though I would have opted to spend more time at the gardens my father wanted us to hurry to see the Buddha's temple where Lord Buddha's tooth relic is kept. It was a very huge temple and I saw lot of Buddhists monks there. We returned back to Colombo the same night.

Next day morning we had our breakfast and we had a full day left at Colombo and my father too was free. So we headed straight to the philatelic bureau to buy stamps. From there we went to 'Laksala' the Sri Lankan Handicraft emporium and we bought some small memoirs. In the evening we went to a small beach facing our hotel which was lined with lots of bunkers which were used once. Next day we returned back to Delhi. I will remember the fond memories of the trip forever.

- Pranav Paramesh



CGWWA AWARDS ~ 2011

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.

The list of winners this time is here. Congratulations to all who have won the awards!!

CGHQ

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
1	Vinita Sangwan	Nafe Singh, U/Adh(ME)	XII	93.2	KV Antop Hill Mumbai	CGHQ
2	Sanjika Sharma	Assst Comdt Suresh Chander	XI	87.4	KV No. 2, Goa	CGHQ
3	Ritika Singh	Surender Singh, Adh(RP)	X	10	Ram-Eesh International School Greater Noida (UP)	CGHQ
4	Deepak Yadav	Chiranji Lal, Adh(RO)	X	10	KV Sadiq Nagar, New Delhi	CGHQ
5	Himanshu Verma	DK Verma, Adh(RO)	X	9.4	KV, Sec-24, Noida	CGHQ
6	Mansi Sharma	RL Sharma, Adh(STD)	X	9.4	KV No.2, Kochi	CGHQ
7	Twinkle	Rajesh Kumar, Adh(RO)	IX	87	KV, Porbandar	CGHQ
8	Shivangi Yadav	RS Yadav, Adh(RO)	VIII	96	KV, Porbandar	CGHQ

WEST REGION

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
1	Pratyush Nalam	Comdt NV Rama Rao	XII	95.0	Visakha Junior College, Vizag	MRCC(MB)
2	Sejal Singh	SS Singh, Adh(RO)	XII	87.8	KV, Bhandup, Mumbai	RHQ(W)
3	Haritha S	A/C PKS Kumar	XI	91.6	KV Powai, Mumbai	ICGS Sangram
4	Divyanshu Patel	Krishan Kumar, CPO	X	10	Army School, Bareilly	RHQ(W)
5	Sonika Sharma	AK Sharma, U/Adh	X	10	KV No. 2, Kochi	MRCC(MB)
6	Bittu Goswami	SC Singh, P/Nvk	X	10	KV Anna Nagar, Chennai	RHQ(W)
7	Rishu Kumari	AK Satyarthi, SE(ER)	X	10	KV, Haldia	ICGS Amrit Kaur
8	Ketaki S Vaidya	DIG SK Vaidya	X	10	KV No.2, Colaba, Mumbai	CGSD(MB)
9	Sankalp Sharma	DIG Bisham Sharma	X	9.8	KV Bhandup, Mumbai	DHQ-2
10	Aathira V	CV Nair, P/Adh	X	93	Bethlahem Matric & Karungal Higher Secondary School	BUVIK
11	Upadhyay Aman Radheshyam	RS Upadhyay, Adh(QA)	X	92.1	HFC High School & Jr. College, Thane	ICGS Vivek
12	Priti Singh	SK Singh, Adh(RO)	X	9.6	KV, Powai, Mumbai	RHQ(W)
13	Stuti Mishra	DIG SB Mishra	X	9.6	NCS New Delhi	ICGS Sangram

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
14	Rinkoo Singh	JR Singh, SE	X	9.6	KV No. 1 New Mangalore	ICGS Sangram
15	Rahul Bhagoria	Anand Prakash, Adh(P)	X	9.6	KV Bhandup, Mumbai	CGRPT(W)
16	Himanhsu K Sharma	A Kumar, Adh(RO)	X	9.4	KV Koliwada, Mumbal	CGSD(MB)
17	Gurab Kaur Virk	Comdt JBS Virk	X	9.2	KV, IIT, Chennai	CGRPT(W)
18	Akash Kumar Rai	AK Rai, Adh	X	9	KV Koliwada, Mumbal	ICGS Sangram
19	Shalin	K Chander, Adh	IX	9.8	KV Powai, Mumbai	ICGS Sangram
20	Deppanshu Surania	Shripal Singh, PSE(P)	IX	9.2	KV Ambernath	RHQ(W)
21	Tarun K Sharma	A Kumar, Adh(RO)	IX	9.2	KV Koliwada, Mumbal	CGSD(MB)
22	Kapil Pachauri	Vijay Prakash, U/Adh	VIII	9.8	KV Koliwada, Mumbal	RHQ(W)
23	Shreyagi Prasad	Comdt RV Prasad	VIII	9.8	KV, Powai, Mumbai	RHQ(W)
24	Meghna Priya	S Kant, Adh(RO)	VIII	9.8	KV Powai, Mumbai	CGSD(MB)
25	Shubam Bhatia	Comdt Manoj Bhatia	VIII	9.6	KV Koliwada, Mumbal	RHQ(W)
26	Navneet Kumar Rai	AK Rai, Adh	VIII	9.5	KV Koliwada, Mumbal	ICGS Sangram

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
27	Vishakha	DK Mishra, Adjh(RO)	VIII	9.3	KV, Sec-24, Noilda	ICGS Samrat
28	Akash Kumar	Manoj Kumar, USE(AL)	VIII	9.1	KV Cossipore	842 SQN, Mumbai
29	Rajat Singh	M Sing, Adh(QA)	VIII	9.1	KV Koliwada, Mumbal	CGRPT(W)
30	Pooja Goswami	SG Goswami, U/Adh	XII	86.8	KV No. 2, Goa	ICGAE(Goa)
31	Tuhin Sarkar	SK Sarkar, P/Adh(SE)	XI	86.6	NCS Goa	CGASD(Goa)
32	Bhaveen Kumar	Ravinder Kumar, Adh	X	10	NCS Goa	ICGAE(Goa)
33	Rakesh Kumar	HS Birda, Adh	X	9.2	KV No.2, Goa	ICGAE(Goa)
34	Pramjeet	Subash Chand, Adh(P)	IX	9.8	KV-2 Vasco-da-Gama, Goa	ICGS Goa
35	Prasad Karthik Inzaamam	Comdt Ganesh Prasad	IX	9.1	NCS, Kochi	CGRPT(Goa)
36	Abhishek Maurya	JP Maurya, Adh	VIII	9.8	KV No. 1 , Goa	ICGAE(Goa)
37	Niharika Pandey	RB Pandey, Adh(AH)	XI	81.8	Coast Guard Public School Daman	841 SQN
38	Sumeet Mishra	H Mishra, U/Adh	X	9.4	Coast Guard Public School Daman	750 SQN Daman
39	Kartik Nimghania	Karan Singh, Adh	IX	9.4	KV, RK Puram, New Delhi	750 SQN Daman
40	Harleen Kaur	Comdt JS Chadha	VIII	10	Coast Guard Public School Daman	ICGAS Daman

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
41	Jayant Ahuja	Comdt HK Ahuja	VIII	9.8	Coast Guard Public School Daman	ICGAS Daman
42	Saurav Sharma	Asst Comdt Shyam Sunder	VIII	9.6	Sainik School Kahakootam Kerala	ICGAS Daman
43	Sumitha S Poduval	DIG TKS Chandran	XII	89.8	NCS Kochi	DHQ-4
44	Deepak Kumar	Gandhi Ram, PSE	XI	93.4	KV No. 2, Kochi	ICGS Varuna
45	Nitin Mishra	Comdt PK Mishra	X	10	NCS Kochi	CGTC(K)
46	Anchu S Kumar	GS Kumar, U/Adh	X	92	Mount Carmel MS Arumanai	ICGS(VZM)
47	Priya Malik	Suirender Singh, U/Adh	X	9.2	KV No. 2, Kochi	ICGS Varuna
48	Mayank Kumar Shishodia	Durgesh Kumar P/Adh(R)	IX	10	KV No. 1, Kochi	CGRPT(K)
49	PDS Sabharwal	DIG JS Sabharwal	IX	9.6	KV C.L.R.I Chennai	ICGS Samar
50	Supriya Kumari	Amnil Kumar, Adh(QA)	IX	9.4	KV No.2, Kochi	ICGS Samar
51	Akash Tanwar	P Kumar, Adh	IX	9.2	KV No. 1, Kochi	ICGS Lakshmi Bai
52	Komal Rani	Ashok Kumar, U/Adh	VIII	93.3	KV No. 2, Kochi	CGTC(K)
53	Ankur Rai	GK Rai, U/Adh	X	10	KV Chennai	DHQ-3
54	Vyshali Lasitha	Vinodan, P/Adh	X	9.6	Coast Guard Public School Daman	DHQ-3
55	Vikram Singh Yadav	S Kumar, Adh	X	9.2	KV Kochi	DHQ-3

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
56	Dishanu Rai	GK Rai, U/Adh	VIII	10	KV Chennai	DHQ-3
57	Partha Pratim	PR Soren, Adh	VIII	9.8	KV, Jamnagar	DHQ-3 Ratnagiri
58	Aniket Udaykumar Khatavkar	UM Khatavkar U/Adh(ME)	IX	9.0	KV Powai, Mumbai	ICGS Ratnagiri
59	Abhijeet Jeevan	Gopinath Jeevan Adh(ME)	VIII	9.5	KV Powai, Mumbai	ICGS Karwar
60	Suyash V Maktedar	Comdt(JG) MV Kumar	X	9.2	KV Powai, Mumbai	ICGS Murud Janjira

EAST REGION

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
1	Sharmishta Sardar	PK Sardar, U/Adh(RP)	VIII	10	KV Anna Nagar, Chennai	RHQ(E)
2	Nikita P	Asst Comdt PVS Rao	VIII	10	KV Anna Nagar, Chennai	ICGS Sarang
3	Himanshu Kumar	Santosh Kumar Adh(AH)	VIII	10	KV Minabakkam, Chennai	ICGS Sagar
4	Sukritia Santra	Satyaban Santra P/Nvk(RP)	VIII	9.8	KV Ashok Nagar, Cheenai	MRCC Chennai
5	Seekha Tanwar	Gora Singh, Adh(RP)	VIII	9.6	KV Ashok Nagar, Cheenai	RHQ(E)
6	Neeraj Singh Kadayan	JN Singh, P/Adh(RO)	VIII	9.3	KV Anna Nagar, Chennai	RHQ(E)
7	Shweta Yadav	Sri Kishan, Adh(RP)	VIII	9.3	KV Gandhi Nagar	RHQ(E)
8	Nishant Kumar Sen	VK Sen, Adh(CK)	VIII	9.1	KV Island Grounds, Chennai	ICGS Chennai
9	Bipasha Brama	V Brahma, Adh(SA)	VIII	10	KV Mandapam	ICGS Mandapam
10	Athira PM	V Rajeev, PSE	VIII	9.8	KV No. 1 Kozhikode	ICGS Mandapam
11	Ritu Sharma	Ram Kishan, Adh(P)	VIII	9.3	KV Mandapam	ICGS Mandapam / ICGS H-183
12	Alok Kumar	SK Ram, Adh(AH)	VIII	9.3	KV No.2 Visakhapatnma	Vizag CTK FLT
13	Harish Rawat	RC Rawat, P/Nvk(QA)	VIII	87.2	KV Mandapam	ICGS Vighraha Vizag
14	Harish Soren	SC Soren, U/Adh(CK)	VIII	9.0	KV No. 2 Visakhapatnam	Vizag CTK FLT

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
15	Rushi Rai	Comdt Rakesh Rai	VIII	9.0	NCS Visakhapatnam	CGWO(V)
16	Neelanjana Gayen	BN Gayen, Adh(QA)	VIII	9.1	KV Cossipore	CGAE(WB)
17	Shivani Nath	Comdt R Nath	IX	10	KV,IIT,Chennai	RHQ(E)
18	Yamin Saini	Raj Kumar, PSE(P)	IX	9.8	KV Anna Nagar, Chennai	RHQ(E)
19	Gopika Gopinathan	P Gopinathan, P/Adh	IX	9.8	KV Anna Nagar, Chennai	RHQ(E)
20	S Siva Raman	S Sankar, Adh(P)	IX	9.8	KV Anna Nagar, Chennai	RHQ(E)
21	Kapil Soni	Ashok Kumar, Nvk(ME)	IX	91.9	Bharathi Vidhyalaya, Chennai	CGSD (Chennai)
22	Prashant Tiwari	RK Tiwari, USE	IX	9.6	KV Island Grounds, Chennai	BMU (Chennai)
23	Ayush Dewan	DIG S Dewan	IX	9.6	KV, CLRI, Chennai	ICGS Sarang
24	Abhishek Yadav	NN Yadav, U/Adh(ME)	IX	9.4	KV No. 1, Kochi	PRT(E)
25	Komal Malik	Ram Niwas, P/Nvk	IX	9.2	KV Island Grounds, Chennai	ICGS Sarang
26	Soumya	DK Mishra, P/Adh(RP)	IX	9.0	KV, INA Colony New Delhi	ICGS Sarang
27	Shruti Rani Barman	SK Barman, Adh(R)	IX	9.6	KV Mandapam	ICGS C-146, Mandapam
28	Saurabh Vashisth	Comdt (JG) SK Vashisth	IX	9.8	NCS Visakhapatnam	CGWO Vizag
29	M Geetanjali	MJ Reddy, Adh	IX	89.5	SFS High School, Visakhapatna	ICGS Priyadarshini
30	Shiksha Saini	D Singh, Adh(CK)	IX	9.4	KV Port, Okha	Vigraha, Vizag

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
31	Akash Thakur	K Singh, U/Adh	IX	9.2	KV NO.1 Visakhapatnam	CGWO, Vizg
32	Akash Yadav	AS Yadav, Adh(QA)	IX	9.2	NCS Visakhapatnam	DHQ-6
33	Soumyabrata Das	Subrata Das U/Adh(WTR)	IX	9.2	KV Paradip	DHQ-8, Haldia
34	Koushtav Chakrabarthy	D Chakarbarthy, P/Adh(P)	IX	9.6	KV Paradip	DHQ-7, Paradip
35	Siddartha Sekhar Padhi	DIG MK Padhi	X	10	ST John's English School & Junior College, Chennai	BMU (Chennai)
36	Yashvi Singh	DIG YK Singh	X	10	PSBBSS Secondary School, Chennai	CGAS, Chennai
37	Vibhav Mishra	Shivbhushan Mishra Adh(QA)	X	10	KV DGQA, Chennai	744 SQN (CG)
38	Ankita Rani	Azad Singh U/Adh(WTR)	X	10	KV Meenambakkam Chennai	CGAS Chennai
39	Pooja Singh	V Singh, Adh(RO)	X	10	KV No. 1 Visakhapatnam	RHQ(E)
40	Nishu Kumari Singh	Santosh Kumar Adh(AH)	X	10	KV Meenambakkam Chennai	Sagar
41	Samiksha Choudhary	Dy Comdt MK Choudhary	X	9.6	KV Bangalore	CGAOT(B)
42	Yashasvi Chaturvedi	G Chaturvedi U/Adh(ME)	X	9.6	KV Anna Nagar, Chennai	ICGS Vishwast
43	Deepak Yadav	Jai Prakash, Adh(QA)	X	9.6	KV Anna Nagar, Chennai	ICGS Sagar
44	Ram Bhuvanesh S	S Srinivas, PSE	X	98.80	Little Flower Matriculation Higher Secondary School, Thirunelveli	ICGS Vikram

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
45	Khushbu Chauhan	V Kumar, U/Adh(AR)	X	9.4	KV DGQA, Chennai	RHQ(E)
46	Anju Chauhan	V Kumar, U/Adh(RP)	X	9.4	KV DGQA, Chennai	RHQ(E)
47	Swarna Suresh Tyagi	DIG SC Tyagi	X	88.2	Villa Thersa High School, Mumbai	CGSD (Chennai)
48	I Maria	R Immanuel P/Adh(QA)	X	9.2	KV DGQA, Chennai	ICGS Sarang
49	Sudharsan V	VV Nathan, PSE(ER)	X	87.2	Schwartz HSS Ramnathpuram	ICGS Vishwast
50	Anjali Chauhan	JS Chauhan, Adh(RP)	X	9.0	KV, DGQA, Chennai	ICGS Vishwast
51	Priya Yadav	Krishna Kumar, Adh	X	9.0	KV Anna Nagar, Chennai	ICGS Vishwast
52	Sandeep Ravindra	DIG RD Shedbalkar	X	9.0	KV CLRI, Chennai	RHQ(E)
53	Reshma S	MS Rajan, U/Adh(QA)	X	92.4	Dathi Girls Highr Seondary School, Nagarcoil(TN)	ICGS Tuticorin
54	Leana John	AJR Selvam U/Adh(RO)	X	87.4	Victoria G HSS Tuticorin	ICGS Mandapam
55	BS Chauhan	B Sing, Adh(RP)	X	10	KV NO.1 Visakhapatnam	JOC(Vizag)
56	P Sai Krishna	PS Rao, U/Adh(ME)	X	9.8	Coast Guard Public School, Daman	Vizag CTK FLT
57	Deepak Chopra	AK Chopra, U/Adh(R)	X	9.6	KV No.1 Visakhapatnam	ICGS Vajra
58	Vikas Singh Rana	M Rana, U/Adh(RP)	X	9.4	KV No.2 Visakhapatnma	ICGS Vajra

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
59	Manisha Rajput	KC Rajput, P/Adh(RO)	X	9.2	KV, NAD, Visakhapatnma	ICGS Vighraha Vizag
60	Manisha Priyadarshini Pradhan	T Pradhan, U/Adh(RO)	X	9.2	KV No.2 Visakhapatnma	ICGS Vighraha Vizag
61	Sarita Yadav	LC Yadav, U/Adh(P)	X	9.2	KV Mandpam	ICGS Vajra
62	Paruchuru Manju Data	PR Prasad, PSE(R)	X	9.0	KV NO.1 Visakhapatnam	ICGS Vajra
63	Ankita Halder	BK Halder, Adh(ME)	X	9.6	KV Haldia	H-186/DHQ-8
64	Dipshi i Kumar	Suresh Prasad Adh(ME)	X	9.2	KV Haldia	H-182/DHQ-8
65	Rewati Kaushik	Subodh Kumar Adh(ME)	X	9.0	KV Haldia	ICGS Sucheta Kriplani/ Haldia
66	Sarita Singh	Dilbagh Singh U/Adh(WTR)	X	10	KV No. 2 Visakhapatnam	DHQ-7, Paradip
67	Atul Keshari	CP Keshari, U/Nvk(STD)	X	9.6	KV Ashok Nagar, Chennai	CGAE Kolkatta
68	Shweta Tanwar	Gora Singh, Adh(RP)	XI	87.4	KV Ashok Nagar, Chennai	RHQ(E)
69	Maddi Kiram Kumar Reddy	MJ Reddy, Adh(RP)	XI	92.9	NRI College, Visakhapatnma	ICGS Priyadarshini
70	Arijit Karmakar	S Karmakar, P/Adh	XI	90.2	Sri Chaitanya Vidya Niketan	Visakha-patnam CGWO(V)
71	Satya Priya	P Nagarajan, Adh(RP)	XI	88.2	KV No.2 Visakhapatnma	DHQ-06
72	Anjali Gautam	HP Gautam, P/Adh(SA)	XII	93.4	KV No. 1 Visakhapatnam	ICGS Sarang

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
73	G Hinduja	K Ganesan, P/Adh(RO)	XII	88.8	KV Anna Nagar, Chennai	BMU (Chennai)
74	A Rini Sharon	Comdt SED Anand Kumar	XII	96.2	Carmel Sr. Secondary School, Port Blair (A&N)	ICGS Tuticorin
75	Mary Hanna Priyadarshini	SJ Christopher, U/Adh(ME)	XII	92.0	St Joseph's AI GHSS Trichy	ICGS Veera
76	Vivek Kumar	MP Yadav, Adh(R)	XII	87.8	KV Anna Nagar, Chennai	C-138 Mandapam
77	Jasleen Kaur Walia	Comdt HS Walia	XII	85.6	Chettinad Vidyashram, Chennai	ICGS Vighraha Vizag
78	Bhaskar Mandal	MS Mandal, USE(ER)	XII	91.8	KV No.2, Kochi	H-182 Haldia

NORTH-WEST REGION

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
1	Arza Pranavi	Comdt AVW Rao	X	9.6	KV No. 1, Gandhi Nagar	RHQ(NW)
2	Sachin Kumar	D Kumar, Adh(SA)	VIII	9.6	KV, Gandhi Nagar	RHQ(NW)
3	Rajat Kumar P/Adh(P)	Rajesh Kumar	VIII	9.3	KV Noida	RHQ(NW)
4	Manish Yadav	SB Singh, Adh(RP)	VIII	9.2	KV Gandhi Nagar	RHQ(NW)
5	Sherry Pande	Comdt GS Pande	X	10	NCS Goa	DHQ No. 1
6	Shivansh Kaul	DIG NK Kaul	X	9.8	KV New Delhi	DHQ No. 1
7	Manita Dangi	Vijay Prakash Dangi P/Adh(RO)	X	9.6	KV Rohtak	DHQ No. 1
8	Trisandhya	BC Nayak, Adh(AE)	X	9.2	KV Porbandar	DHQ No. 1
9	Megha Bhatt	PS Bhatt, Adh(AE)	IX	87.4	KV No.1, Kolkatta	DHQ No. 1
10	Rajal R Makwana	DIG Rajesh Makwana	IX	86.53	Birlsagar Secondary School, Porbandar	DHQ No. 1
11	Neha Singh	BK Singh, Adh(QA)	VIII	95.5	KV Porbandar	DHQ No. 1
12	Bhumika L Sharma	Comdt LH Sharma	VIII	92.16	Birlsagar Secondary School, Porbandar	DHQ No. 1
13	Vinay Kumar	Ashok Kumar, Adh(P)	VIII	89.66	KV Porbandar	DHQ No. 1
14	Shubham Ranae	Joginder Singh Adh(QA)	VIII	88.5	KV Porbandar	DHQ No. 1
15	N Nandini Priya	R Nainar, U/Adh(RP)	X	9.4	Sakthi Vinayankar Hindu Vidyalaya, Tuticorin	ICGS Veraval
16	Alisha Pannu	PS Pannu, Adh(RO)	X	9.8	KV No. 1, AFS Halwara Punjab	ICGS Mundra

A&N REGION

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
1	Vinkal Dahiya	Dharam Das, Adh	VIII	10	KV No. 2 Port Blair	RHQ(A&N)
2	Sanjay Kumar Rath	BK Rath, U/Adh	VIII	10	KV Island Ground Chennai	RHQ (A&N)
3	Himanshi Burman	Sukhvir Singh, Adh	VIII	9.8	C.F. Andrews School Agra	RHQ(A&N)
4	Vincky Nagar	VN Nagar, Adh	VIII	9.8	NCS Goa	RHQ(A&N)
5	M Varshinee	P Murali, U/Adh	VIII	9.6	KV No. 2 Port Blair	RHQ(A&N)
6	Rinku	S Singh, U/Adh	VIII	9.5	KV No. 2 Port Blair	RHQ(A&N)
7	Hitesh Kumar Panwar	H Sing, Adh	VIII	9.3	KV No. 2 Port Blair	RHQ(A&N)
8	Abhishek Singh	OP Singh, P/Nvk	VIII	9.1	KV Mandapam	RHQ(A&N)
9	Dhanish Dhavgaye	Comdt DH Dhavgaye	VIII	9.1	KV No. 2 Port Blair	RHQ(A&N)
10	Ayush Kumar	AK Srivastava, Adh	VIII	9.0	KV Okha Port Gujarat	RHQ(A&N)
11	Shweta Dubey	MS Dubey, Adh	VIII	9.0	KV No. 2 Port Blair	RHQ(A&N)
12	Shivani Singh	SK Singh, USE	IX	9.8	KV No. 2 Port Blair	RHQ(A&N)
13	Simran Harbola	DIG AK Harbola	IX	9.8	NCS Port Blair	RHQ(A&N)
14	K Madhu Shri	R Kannan, Adh	X	96.4	S.B.O.A. Matric Higher Secondary School, Chennai	RHQ(A&N)
15	Manish Indal	Subash Chand, Adh	X	10	KV No. 2 Port Blair	RHQ(A&N)
16	Shrey Sanjay Ware	SS Ware, Adh	X	10	KV No. 2 Port Blair	RHQ(A&N)

Sl.	Name	Daughter/Son of	STD	%	School	Present Unit
17	Yogendra Singh Panchal	R Singh, Adh	X	10	KV No. 1 Port Blair	RHQ(A&N)
18	Priyanaka Mathura	L Prasad, Adh	X	10	KV No.2 Port Blair	RHQ(A&N)
19	Rahul Raje Pal	Mani Ram, P/Nvk	X	9.8	KV-1, New Mangalore	RHQ(A&N)
20	Anjali Dixit	H Sharma, Adh	X	9.6	KV No. 1 Port Blair	RHQ(A&N)
21	S Arul Mozhi	Comdt N Somasundaram	X	89.8	St. Joseph GHSS Punduchery	RHQ(A&N)
22	Kshitiji	MP Yadav, U/Adh	X	9.4	KV Kolkata	RHQ(A&N)
23	Prince Gupta	Tulis Ram, Adh	X	9.2	KV Chennai	RHQ(A&N)
24	Vivek Singh Burman	Sukhvir Singh, Adh	X	9.2	Delhi Public School, Agra	RHQ(A&N)
25	Awanish Raj	AK Srivastava, U/Adh	XII	95.2	Modern Sr. Sec. School Chennai	RHQ(A&N)
26	Preetam Sharma	FC Sharma, U/Adh	XII	93.6	KV Anna Nagar Chennai	RHQ(A&N)
27	Lovepreet	J Singh, Adh	XII	87.8	KV No. 2 Port Blair	RHQ(A&N)
28	Adil Warsi	DIG MA Warsi	XII	87.2	KV, Powai, Mumbai	RHQ(A&N)

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