



# URMI

## 2012

**“EXPLORE, EVOLVE... AND EXCEL”**

**Coast Guard Wives Welfare Association**





Years of

# PASSION COMMITMENT GRIT CONVICTION

- **Fuelling country's energy security:** Production has increased by over **14** hundred times
- **Putting India on world oil map:** Operations have spread from domestic to **15** countries worldwide
- **Creating wealth for the nation:** Paid back country's investment by over **16** hundred times

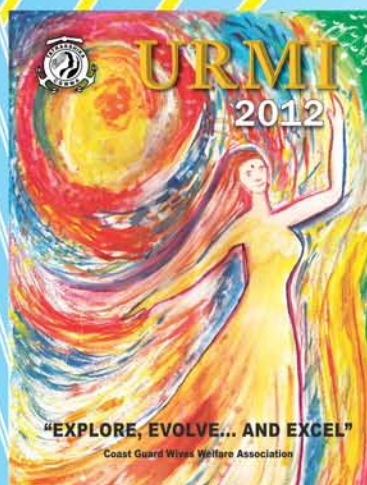
ONGC is striving 24x7 in remote and challenging locations to energize lives of billion-plus Indians



# URMI-2012



## COVER DESIGN - "MY ANGEL"



By

Rajendra Naidu Ronanki (05028-H), U/Nvk (RP)

ICGS Annie Besant

## "EXPLORE, EVOLVE AND EXCEL"

WITH THE PASSAGE OF TIME, TATRAKSHIKAS HAVE EXPLORED NEW POSSIBILITIES AND EVOLVED FROM WITHIN THROUGH THEIR EXPERIENCES, THEREBY ACHIEVING EXCELLENCE IN VARIOUS SPHERES OF LIFE.



**CGHQ  
(NEW DELHI)**





# MESSAGE



*T*he Coast Guard Wives Welfare Association (CGWWA) plays a vital role in fostering a close-knit Coast Guard community. In this age of increasingly nuclear families, CGWWA provides the much needed support to families while the men are away at sea for extended periods.

CGWWA has grown over the years and is today involved in multifarious activities which empower its members and thus contributing to the betterment of our society at large. They have also been making a difference to the lives of the less privileged in our society.

On the occasion of the 19<sup>th</sup> Tatrakshika Day, I express sincere gratitude of all hands of the Coast Guard to 'Team Tatrakshika'. In view of the growing maritime security challenges being faced by the nation, our ships and aircraft would be spending increasing time at sea. CGWWA, therefore, would play an even more vital role in providing the much needed back up to the families, so that the men at sea can focus on their primary work at hand.

I would like to wish CGWWA all success in their endeavours and may you continue to scale greater heights in the years ahead.

A handwritten signature in red ink, which appears to read 'MP Muralidharan'.

(MP Muralidharan)  
Vice Admiral  
Director General  
Indian Coast Guard

New Delhi  
20 Nov 2012



# MESSAGE



Dear Ladies

*I*t is an honour as well as a humbling experience to be at the helm of CGWWA. I feel privileged to reach out to each Tatrakshika through this edition of “Urmi”.

At the outset I would like to thank all my predecessors whose vision and foresight have shaped CGWWA into what it is today, a dynamic, vibrant and growing organization.

CGWWA has emerged as a forum for social interaction where women can express their views and ideas freely and nurture their abilities for empowerment. I convey my very warm felicitations to the entire CGWWA fraternity.

My compliments to our editorial team for their tireless efforts in bringing out “Urmi” which provides an excellent outlet to express the thoughts, ideas, literary talent of our ladies and their families.

Coast Guard is a growing organization with ever increasing responsibilities. We Tatrakshikas need to keep pace with this growth and expand our activities. I am confident that with the unstinted support of every Tatrakshika we will meet all the challenges in keeping with the changing social needs.

A handwritten signature in blue ink, consisting of a stylized 'J' followed by a horizontal line and a loop.

Mrs Jayasree Muralidharan  
President Tatrakshika



# संदेश



मैं 'उर्मी' के इस अंक के माध्यम से अपनी अनुभूतियों को व्यक्त करने में अत्यंत आनंद महसूस कर रही हूँ । रोचक पठनीय सामग्री के लघु संकलन के रूप में तटरक्षिका के क्रियाकलापों का चित्रण करती पत्रिका का क्रम-विकास सुगमता लिए हुए है और इसके लिए मैं संपादकीय दल को, वर्तमान अंक को प्रकाशित करने में उनके प्रयासों के लिए बधाई देना चाहूँगी ।

मुझे, तटरक्षिका की गतिविधियों में सदस्यों की अत्यधिक भागीदारी को देखते हुए खुशी हो रही है और यह तटरक्षिका न केवल अपने सदस्यों के कल्याणकारी कार्यों पर केंद्रित है बल्कि बृहत सामाजिक कल्याण कार्यों को भी प्रोत्साहित कर रही है । इस उद्देश्य को ध्यान में रखते हुए 'उर्मी' वास्तव में तटरक्षिका के उत्साह का चित्रण करती है तथा यह मनोहर एवं कल्पनाशील पत्रिका के रूप में प्रकट हुई है ।

मैं तटरक्षिका समुदाय के सभी सदस्यों को हार्दिक शुभकामनाएं देती हूँ और उनसे कल्याणकारी कार्यों में सतत् रूप से जुड़े रहने की अपेक्षा करती हूँ ।

उर्मिला

श्रीमती उर्मिला सिंह  
तटरक्षिका उपाध्यक्षा



# MESSAGE



*W*omen are embodiment of courage, flair and divinity. CGWWA is a team of ladies who though unequal in experience, talent or education; are equal in their commitment and work together to achieve goals of the organisation for betterment of the society. We have come along a long way and CGWWA is continuously evolving and adapting itself to the new world with everchanging scenario.

As we rush along life's fast lane, most of the time without our nearest and dearest ones; the CGWWA support mechanism is always around to lend a helping hand. This team work is really about managing relationships, strengthening bonds and reinforcing trust in the Coast Guard community.

*"Together we can make a difference"*

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

A handwritten signature in blue ink, appearing to read 'Harkiran Basra', with a long horizontal line extending from the end.

Mrs Harkiran Basra  
President Tatrakshika (West)



# MESSAGE



The life in Coast Guard has always been challenging and the new age security concerns have added more responsibilities to the men and officers of the service. New stations are being commissioned and new ships and aircrafts are joining the Coast Guard fleet. It is thus incumbent on our part to rededicate ourselves in strengthening the social fabric of the Coast Guard community.

I have no doubt that life of a *Tatrakshika* is even tougher than our men at sea. She juggles various responsibilities and performs role of father to children and son to parents during his absence. It is imperative that despite this burden on her shoulders, her own growth should continue unabated. It is necessary that her abilities and aspirations are nurtured and she gets a platform to express her beautiful emotions. The theme of URMI 2012, '*Explore-Evolve-Excel*' is in perfect harmony with our focus on '*Empowerment through Knowledge-Base Development*' of a Coast Guard wife aka *Tatrakshika*.

URMI is the canvas to paint our vivid imagination and share rich experiences. The editorial team of Urmi 2012 has achieved a perfect balance in the matrix of our aspirations and endeavours. I congratulate all those who have made rich contribution to the *Tatrakshika* and have enriched us with their contribution to this edition.

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

Mrs Ila Sharma  
President Tatrakshika (East)



# संदेश



**मु**झे बहुत गर्व है कि मैं तटरक्षिका का एक हिस्सा हूँ और उर्मी के नये अंक के माध्यम से संदेश भेजने में मुझे अपार प्रसन्नता हो रही है ।

समय के साथ-साथ हम सभी के जीवन में कुछ न कुछ बदलाव आते हैं और यही विभिन्न प्रकार के अनुभव हमारे विचारों में परिपक्वता लाते हैं, जिन्हें हम उर्मी के माध्यम से एक-दूसरे तक पहुँचाते हैं । उर्मी आज हम सबके बीच एक ऐसा अदृश्य बंधन बन गयी है जो अपनी सकारात्मक ऊर्जा से तटरक्षिकाओं का आत्म-विश्वास बढ़ाने में सफल रही है ।

मैं उर्मी के संपादकीय समूह व समस्त तटरक्षिकाओं को धन्यवाद व शुभकामनायें देती हूँ ।

जयश्री पांडे

श्रीमती जयश्री पांडे

अध्यक्षा तटरक्षिका (उत्तर-पूर्व)

# MESSAGE



*I*t gives me immense pleasure in posting my message for the new edition of Urmi showcasing CGWWA activities, with a dynamic theme, “Explore, Evolve and Excel”.

It is the talent coupled with innovation and diligence of our vibrant team that has kept our welfare activities pulsating and progressing in the larger interest of the Organization.

I have no doubt that, as CGWWA explores and evolves with time, its members will excel in developing self-reliance and confidence, which is the hallmark of a harmonious and close knit CG family.

We Tatrakshikas have always been working together to bring cheer to all members of the CG Fraternity and the socially weaker section of our society. Preservation of green environment around us is our priority and efforts must continue towards this noble cause.

I would like to compliment the editorial team for inspiring contents, which is indicative of creativity that we Tatrakshikas possess.



Mrs Jyoti Murthy  
President Tatrakshika (A&N)



# MESSAGE



*I* have been involved with the Tatrakshika for over 17 years since the early nineties through a variety of volunteer and welfare activities over the years to my time as President (North-West).

One would think that someone involved with Tatrakshika since its inception would no longer be surprised by the great things that happen in our association, but I am. The first-rate education at “Saksharta” we provide changes lives and is commendable. I watch our children and ladies accomplish substantial things. I learn about welfare activities our members conduct that drives innovation and makes our society a better place. I marvel at the leading-edge work we do in health care education and social services. I am proud of the contributions we make towards welfare of the underprivileged and beyond.

Urmi is one such vehicle where we share these stories, and ideas. I invite you to join me in learning about the wonderful things that happen in our “Tatrakshika” and to share with others. Together, we can ensure that “Tatrakshika” continues its important work in advancing the welfare activities. I thank each one for being part of our efforts.

I would like to take this opportunity to congratulate the editorial team for the hard work and dedication put by them in bringing out this edition of “URMI”. I also extend to all our members and friends festive greetings and best wishes for the coming season.

Mrs Santosh Yadav  
President Tatrakshika (North-West)

# COAST GUARD WIVES WELFARE ASSOCIATION







## EDITORIAL TEAM

SAJNA JANARDHANAN

RICHA GARG

ANURADHA HEBBAR

PRAGYA SRIVASTAVA



# Editorial

Dear Readers,

Urmi-2012 is the result of the unstinting efforts of the members of the Sanchar team. It has been both a challenging and an enjoyable experience.

The theme for the 2012 edition of the annual magazine is '**Explore, Evolve and Excel**'. We all know that, today, there are innumerable fields for us to explore. And we, the Tatrakshikas, have evolved a system wherein ladies constructively participate in welfare and social causes with a view to enhance the self reliance and self-confidence of others. Over a period of time we have come to excel in our chosen field and we never miss any opportunities that come our way to explore our skills.

We dedicate this issue of Urmi to those ladies who have made use of the opportunities in their daily lives to widen their horizons. Indeed, woman is the 'Shakti', the real power behind the success of any society. The immortal Indian values and culture lends a strong foundation for us to face the challenges of today as well as those that lie ahead. Today's woman is able to achieve much beyond the home. The challenge for the future is to eradicate those circumstances that pull down a woman's true potential.

Mankind has a profound capability for articulation of its ideas and exploration of the thoughts of others and literacy is a great enabler. The ability to read and write is a transformative skill that helps us to express our varied emotions in the form of poems, articles, memories, books, etc. Urmi is one such platform through which any one can convey or share their ideas and thoughts with a larger world.

Before concluding, the editorial team takes the opportunity to thank Mrs Jayasree Muralidharan, President Tatrakshika and Vice President Mrs Urmila Singh for their encouragement and support which have helped in shaping Urmi-2012.

We also extend our heartfelt thanks to all those who have contributed and look forward to their continued support in the future.

The editorial team also gratefully acknowledges the support extended by the Regional Presidents in bringing out this issue of the magazine.

Best Wishes and Happy Reading

- Editorial Team





# संपादकीय

प्रिय पाठकगण,

उर्मी-2012 पत्रिका संचार दल के सदस्यों के अथक परिश्रम का परिणाम है। यह एक चुनौतीपूर्ण और आनंददायक अनुभव रहा।

वर्ष 2012 के संस्करण के लिए इस वार्षिक पत्रिका की विषयवस्तु 'अन्वेषण, विस्तार, एवं विशिष्टता' है। हमलोग जानते हैं कि आज, हमारे लिए अन्वेषण हेतु असंख्य विषय हैं। हम, तटरक्षिकाओं ने एक प्रणाली को विकसित किया है, जिसमें महिलाएं, अन्य महिलाओं में आत्म-निर्भरता एवं आत्म-विश्वास की भावना बढ़ाने के उद्देश्य से कल्याणकारी एवं सामाजिक कार्यों में सकारात्मक रूप से भाग लेती हैं। कालांतर में हमने अपने चयनित विषय में उत्कृष्टता हासिल कर ली है और हमने अपने कौशलों की छानबीन करने का कोई मौका गंवाया नहीं है।

उर्मी का यह अंक हम उन महिलाओं को समर्पित करते हैं जिन्होंने अपने ज्ञान एवं अनुभव में अभिवृद्धि करने के लिए अपने दैनिक जीवन में मिले अवसरों का भरपूर उपयोग किया। वास्तव में, महिला एक 'शक्ति' है, जो किसी भी समाज की सफलता के पीछे एक वास्तविक सशक्त आधार है। विरप्रसिद्ध भारतीय मान्यताएं एवं संस्कृति, वर्तमान एवं भावी चुनौतियों का सामना करने के लिए हमें एक मजबूत आधार प्रदान करती हैं। आज की महिला अपने गृह कार्य के अलावा अन्य कार्यों में भी उपलब्धियां हासिल करने के लिए सक्षम है। महिला की वास्तविक अंतःशक्ति को कमजोर करने वाली परिस्थितियों को दूर करना ही भविष्य की चुनौती है।

मनुष्य के पास अपने विचारों को स्पष्ट रूप से व्यक्त करने एवं दूसरों के विचारों को परखने की गहन क्षमता है और इसमें साक्षरता एक महत्वपूर्ण समर्थकारी अंश है। पढ़ने और लिखने की योग्यता एक परिवर्तनशील कला है जो कविताओं, लेखों, स्मृतियों, पुस्तकों आदि के रूप में हमारी विविध भावनाओं को व्यक्त करने में सहायता करती हैं। उर्मी ऐसा ही एक मंच है जिसके द्वारा कोई भी अपने विचारों एवं अभिमतों का विस्तृत रूप से संप्रेषण अथवा सहभागिता कर सकता है।

उपसंहार से पूर्व, संपादकीय दल श्रीमती जयश्री मुरलीधरन, अध्यक्षा, तटरक्षिका एवं श्रीमती उर्मिला सिंह, उपाध्यक्षा को, उनके प्रोत्साहन एवं समर्थन के लिए धन्यवाद देता है जिनकी सहायता से उर्मी 2012 का प्रकाशन हो पाया है।

साथ ही, हम उन सभी सदस्यों को उनके महत्वपूर्ण योगदान के लिए हार्दिक धन्यवाद देते हैं और हम उनसे, हमारे भावी प्रयासों में समर्थन देने की अपेक्षा करते हैं।

संपादकीय दल पत्रिका के इस अंक को प्रकाशित करने में क्षेत्रीय अध्यक्षाओं द्वारा प्रदान किए गए समर्थन के लिए आभार व्यक्त करता है।

सुपाठन एवं शुभ कामनाओं के साथ।

- संपादकीय दल



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**लेख एवं कवितार्ये**

**CHILDREN'S CORNER**



# **ANNUAL REPORT 2011 - 12**

## **INTRODUCTION**

Variety is the spice of life and the year 2011-12 was also filled with a variety of activities and attractive programmes. Various workshops and courses arranged not only proved beneficial for our ladies but also endeavored to make them self-reliant, thereby ensuring the propagation of our motto 'Self Help'.

## **SURUCHI (Welfare)**

Welfare is one of the primary concerns and several measures are taken to bring out the potential and hidden talents in the CGWWA members as well as develop the skills further, thus helping them to attain financial independence.

### **CGWWA (HEADQUARTERS)**

Tatrakshika Day was celebrated at the welfare centre, Noida. President Tatrakshika, Mrs Jayasree Muralidharan was welcomed during Tatrakshika Milan. A demonstration on flower making was conducted during the occasion.

An awareness programme on domestic violence was organised by NGO, 'Maitree' at CGWWA Welfare Centre, Noida. A picnic for Tatrakshika ladies was organised to Akshardham, Swami Narayan Temple, New Delhi. A heritage walk to India Park, Mehrauli managed by Archeological Survey of India was organised for the ladies.

Talent show was put up by the wards of CG personnel to encourage their inborn talents. To inculcate the importance of sports in children, sports activities were arranged for different age groups of children and some sports activities were conducted for the ladies too.

Tailoring and embroidery classes are an ongoing programme and it is held in batches. Demonstration on various activities like pickle making, glass painting and nib painting were held on different occasions at the welfare centre. A short course for baking was held at Kalyan Kendra, Noida. Tatrakshika ladies got an opportunity to learn block printing in different fabrics at NWWA Centre, New Delhi. A three month course on self grooming was held at Kendra and many ladies benefitted with the self grooming programme. A dance class for children of CG personnel has also been started at welfare centre, Noida.

A demonstration on the art of making ethnic Gujarati snacks was held at CGWWA welfare centre, Noida. The highlight of the event was the making of instant dhokla's.

Mrs Madhulika Verma, the erstwhile President, NWWA visited CGHQ and interacted with

Tatrakshikas during which experiences were shared to enrich the knowledge and exposure of the ladies.

### **CGWWA (WEST)**

The courses on 'Self Grooming', 'Fabric painting' and 'Mehandi' were conducted at Welfare Centre, Mumbai. Demonstrations were carried out on making of sweets, sanskar-rangoli, candle making, rakhi making, gift wrapping, etc. A fabric painting competition was also held at the Welfare Centre, Powai.

Pot painting and cooking classes were conducted for ladies at New Mangalore. Demonstrations were organised on jewellery making, preparation of exotic dishes and desserts, cushion making, cutting and stitching of ladies' suits, skin care by using home made products, flower making and rakhi making for the ladies at Kochi. As part of the 'Onam' festivity, a drawing and painting competition was held for children of various age groups at DHQ-4 and floral decoration, 'Pookalam' competition was also organised for the ladies.

Various demonstrations were carried out under the aegis of CGWWA at Goa. A few note worthy amongst them are preparation of various delicacies by M/s Nestle India and making of diya and lanterns, workshop by M/s Fevicryl on painting techniques, etc.

Numerous Workshops were conducted for the ladies at Daman to hone their skills. These included utilization of Fevicryl colours, stencil painting, tie and dye, Warli painting and 'Shilpkar'. Mehandi classes comprising of basic, Arabic and designs for Dulhan started at Welfare Centre.

Painting and salad decoration competitions were conducted at Beypore. A week long beautician course for ladies was organised at CGWWA centre, Karwar. A 'Kheer(Payasam)' competition was held at Vizhinjam which tickled the culinary skills of the ladies.

### **CGWWA (EAST)**

Long courses in embroidery, tailoring, self grooming and short course in Mehndi design was conducted.

Competitions like 'best out of waste', hair styling, puja thali, cake baking etc were conducted. Demo's by experts on designer stitching, artificial flower making, jewellery designing, candle making, beauty tips, healthy & nutritious snacks etc were arranged. Special classes on 'baked dishes' using 'Microwave' by 'ASAN Memorial Institute of Hotel Management' and on 'Thai cooking' by M/s Nestle India was also organised. A workshop called 'Good Hostess' was organised which demonstrated style in salad arrangement, vegetable carving, table napkin folding, table setting and lot more.

Hobby classes like Western and Classical dances were conducted at welfare centers which culminated in 'Talent Hunt' competition. Karate classes also successfully completed with 08 children receiving Yellow belt and 06 children being awarded Orange belt.

Tailoring and beautician courses are conducted regularly at welfare centre. Exams are conducted and on completion certificates were awarded. Short-term courses on making of jute bag, wall hangings and Mehndi designs were conducted.

Tuition classes were conducted for children at CG Enclave, Vishakhapatnam. Spoken English classes were started in the welfare centre. Nine ladies took the course which included enactment of Small-skits, Letter writing etc and the course culminated with a test.

The course on 'Basics of Computers' was completed and exam conducted at Tuticorin. Short-term tailoring course is continuing. Dance classes and computer classes for kids were conducted at Mandapam. Demonstrations on cake baking, preparing variety of rice etc were organised at Puducherry. A demo on 'Maggam work', 'Design Transfer to Sarees and Sequence work' was worthfully held at Kakinada.

### **CGWWA (ANDAMAN & NICOBAR)**

As a part of hobby development, Suruchi conducted various vocational courses like stitching, Jhula making, best out of waste, rakhi making, etc. Workshops on block, ceramic & glass painting, embroidery, flower with corn leaves, mocktail, jewellery making and cushion making were conducted.

The other welfare activities include inauguration of Children Park at Campbell Bay, picnic to mud volcano at Diglipur and visit to coconut processing factory at Hut Bay. The Tatrakshikas at Hut Bay and Campbell Bay also organised painting competitions, which turned out to be huge success with participation of 150 children at Hut Bay and 120 at Campbell Bay.

### **CGWWA (NORTH EAST)**

A Beautician course was conducted at Haldia. Classes on grooming were arranged to bring out the trait in ladies for 'looking good with confidence'. Jewellery making classes on various types of jewellery designs and creations were organised. The year ended with grand fervor in the form of a jewellery making competition. Warli painting classes were conducted in which number of Ladies at Haldia got benefitted. A two months course in Mehendi classes were conducted by CGWWA, Paradip.

### **CGWWA (NORTH WEST)**

Tatrakshika Day was celebrated at Sabarmati Ashram, Porbander. Ladies were shown khadi-weaving and process of cloth-making. The Kalyan Kendra was inaugurated by the President (NW). A sports meet for the ladies consisting of lemon & spoon race, thread & needle race, etc. were organised. A Library for CGWWA was inaugurated with books gifted by CGRPT, Surat.

A Tatrakshika meet was organised at Okha in the honour of the new President, Tatrakshika. The welfare centre began Piano classes for children of the station. This is being conducted twice a week by a music teacher from DAV school.



## SURUCHI





## SAKSHARTA



Basic computer classes are being organised at the family welfare centre. 15 -20 ladies are taking part in this class.

The holy festival 'Janamashtami' followed by a traditional puja was celebrated at CGWWA centre at Vadinar. Tatrakshika organised Rangoli classes for children residing at Mundra. CGWWA members, Jakhau celebrated 'Holi' at CGRA Naliya, with their families.

Independence Day was celebrated wherein game and activities like needle & thread race, musical chairs, antakshari and singing competitions were organised for ladies.

## **SAKSHARTA (Literacy)**

**Saksharta as signified by the name, lights the lamp of knowledge through literacy and education among Coast Guard fraternity. Children and ladies are educated in the real sense of the word and their overall development is ensured.**

### **CGWWA (HEADQUARTERS)**

On the occasion of Literacy Day, i.e. Saksharta Diwas, a poem recitation competition was organised for the ladies at CGWWA centre, Noida. A painting & elocution competition was held and many children participated in the event.

Meritorious students in academics were awarded certificates and trophies. A basic computer course was organised at Kalyan Kendra under the guidance of Mr IK Sachedeva. Ladies were awarded certificates. Spoken English classes are being conducted successfully at the Kendra.

A workshop for career guidance for children was arranged at National Defence Institute of Management (NDIM), New Delhi.

NDIM developed special 'Quality Skills' Module for 3.5 hours for ladies and students of 9th to 12th standard of Coast Guard fraternity covering following topics :-

- Body Language/Etiquette
- Positive Attitude
- Building Winning Relationships
- Leadership Skills
- Effective use of time and energy
- Communication Skills

The module was offered free of cost to CGWWA, whereas the NDIM charge a fee of Rs. 500/- per module for others.



## **CGWWA (WEST)**

A workshop on the topic 'Importance of Time Management' was organised for children of class V-XII, which helped them to reduce the stress level. A debate competition on the topics 'How much freedom should be given to Children' and 'How Happy are we in today's life' were organised as a part of Literacy Day celebrations. Spoken English classes are being conducted in the evening at the welfare centre.

Lectures on 'Stress Management', 'Time Management', 'Uses of ATM', etc were conducted at New Mangalore. A visit to Silver Factory was organised for ladies at Karwar and a lecture was conducted on 'Effective Parenting'.

An educational tour for children was organised at Indian Council of Agricultural research, Old Goa and lectures on 'Good Parenting' and 'Women Empowerment' were also conducted. Ladies of Murud Janjira visited 'Koteshwari Devi' temple and 'Nawab Palace'.

The educational software of Azim Premji Foundation for Class I-VIII was introduced to the ladies of Daman. Lectures on 'Time Management', 'Stress Management' and 'Etiquettes' were delivered. A field trip to M/s Alok Industries Ltd, Silvassa was organised for ladies. A visit to Ganpatipule and Marleshwar Temple was organised for CGWWA members at Ratnagiri.

## **CGWWA (EAST)**

An interactive session on 'Social Communication' skills in English language, telephone etiquettes, formal letter writing, a talk on legal rights by Adv. Dr Mrs Geeta Madhavan covering topics like importance of reading a document, signature, importance of writing will, etc, and a talk on financial literacy were undertaken to educate and empower the ladies. A presentation on CG benefits like CGBA and pay and perks was also organised at welfare centres.

Inter-school quiz and painting competition were organised at Vishakhapatnam. The theme of Painting Competition was 'Indian Armed Forces'. Fancy dress, painting competition, quiz and educational visit was organised for CG children at Tuticorin.

An inter-school quiz competition and drawing competition was conducted at Mandapam during CG day celebrations. An educational tour to Devils Point Light House was also organised for the ladies. The CGWWA members of Puducherry visited the solar kitchen at Aureoville.

## **CGWWA (ANDAMAN & NICOBAR)**

Various classes like Computers, Vedic maths, Abacus, Subject tuitions from class I to X and classes for communication skills for the ladies have started at the welfare centre. All these classes are being conducted by the professionals from ISO certified institutions. Quiz competitions at Port Blair was one of the major attractions for the children and being organised periodically.

The meritorious CG Children were awarded for their academic excellence for the Year 2011-12.

## **CGWWA (NORTH EAST)**

Multi-faceted competitions/events on subjects like Drawing, Math, and Science and Dance were conducted for children at CGWWA Centre, Haldia. A workshop on parenting skill and women's role in day to day life as well as self-dependency were organised for the ladies. A lecture on savings and investments for ladies was delivered by ICICI bank representatives.

CGWWA Paradip organised a painting competition for school children in association with HDFC Bank.

An interactive session on relations and compatibility between husband and wife was conducted at Kolkata. A lecture on the importance of a healthy and strong bonding in the relationships was also held.

## **CGWWA (NORTH WEST)**

An awareness lecture on 'Property rights of Women' was delivered by RLO (NW). Various terms used in pay slips like GPF, CGBA, etc, were explained. The rank structure of EPs and SO's were also explained. The service oriented benefits and saving schemes offered by the service to its personnel were also explained in detail. Drawing and essay writing competitions were held with theme based topics.

CGRPT family members were taken to visit the newly commissioned PCV, ICGS Samudra Paharedar to understand the technology used in the latest ships of the Coast Guard. A visit to M/s Rameshwari Fishing Export Limited Company was organised at ICGS Veraval. Information about the food processing system was imparted to the ladies.

## **SANJEEVAN (Health)**

**A healthy mind, a healthy spirit and a healthy body is the motto of Sanjeevan. Counseling sessions, meditation camps, yoga classes are conducted to keep up with the healthy spirit among the families.**

## **CGWWA (HEADQUARTERS)**

A counseling session on preparation for exams for students of class VI to XII was conducted at Arkaja, Noida. A lecture was delivered by PMO, ICGS Delhi on the precautionary measures to be taken during the winter session. A gynaecology camp including papsmear test (free of cost) by specialist from Apollo Hospital was organised.

A stress relief centre with gym facility for CG families was inaugurated by President Tatrakshika, Mrs Jayasree Muralidharan. A medical camp consisting of the services of gynaecology, physician, dentist, and check up on blood pressure, weight, etc was organised by medical team from Sumitra

Hospital. A lecture on stress management was conducted by Brahma Kumari's.

A talk show on dengue fever and preventive measures was held at Arkaja, Noida. An eye checkup camp for CG families was also organised by CGWWA.

### **CGWWA (WEST)**

A special health check-up was conducted for ladies above 40 yrs which included BP, blood sugar fasting and postprandial (pp) cholesterol, lipid profile and ECG tests. A cancer screening programme was conducted at INHS Aswini.

A Dental Camp was organised by CGWWA in association with Colgate Palmolive Ltd and approximately 250 ladies and many children were the beneficiaries. An Anaemia Detection and Bone Mineral Density Camp was organised, in collaboration with Lions Club, Mumbai and Elder's Pharmaceutical Ltd. Iron tablets and leaflets about Anaemia awareness were distributed. Leaflets creating awareness about osteoporosis along with calcium tablets were distributed to all ladies who attended the camp. Sanjeevan Co-ordinator, Dr Shefali Purohit conducted lectures about lifestyle related diseases. She also delivered lectures on topics like Adolescent care, Healthy pregnancy and motherhood, Iron deficiency-signs and symptoms, Prevention during summer season and tips to lose weight.

A blood donation camp was organised at New Mangalore, in co-ordination with AJ Hospital. Paediatrician from INHS Patanjali had an interactive session with the ladies at Karwar and delivered a lecture on 'Personal Health Issues of Ladies'. An 'Oncological Care and Checks' was also conducted at Karwar by Surg Lt Jayamol.

Health talks on 'Diet and Exercise', 'Balanced Diet and Healthy Lifestyle', 'Precautions during Monsoon', etc, were organised for ladies at Kochi. A lecture along with demonstration of exercises for prevention of back ache, cervical, knee pain and frozen shoulder was given by a physiotherapist.

A dental and ophthalmic health camp was organised for the families in Daman. A health camp for casual labourers employed at TRV was also conducted by station doctors. A medical camp was organised at Vizinjham for the families wherein a general medical checkup along with blood sugar test, BP, etc. were conducted.

### **CGWWA (EAST)**

Health files have been introduced for all CGWWA members. Medical check-up for ladies in specialized hospitals at concessional rates has been worked out. Medical camps were organised during the year for 'Breast and Cervical Cancer Screening' and 'Diabetes'. Talks were conducted on topics like 'Ayurveda healing' by K-Ling, 'Stress Relieving' exercises by 'Art of Living', 'Spinal cord injuries', 'Lifestyle disorders' etc and meditation session by the Brahma Kumari's.

Health lectures on 'Methods of Contraception', 'Stages of growth of child' and Dengue fever-



# SANJEEVAN





## SURAKSHA



prevention and control' were organised at Mandapam.

### **CGWWA (ANDAMAN & NICOBAR)**

Various physical activities like Karate for small children at Port Blair & Hut Bay, Yoga classes for ladies at Port Blair & Diglipur were arranged. Lectures on, 'Healthy diet for a Healthy Life', 'Stress Management' by Brahma Kumaries, and 'How to keep cool and happy atmosphere at home according to Vaastu Shastra' were also conducted. Special presentation on breast and cervical cancer was arranged for the awareness of the Tatrakshikas. In addition to this, dental, and cancer screening camps for ladies and children were also conducted.

### **CGWWA ( NORTH EAST)**

Haldia conducted a one day Medical camp organised by CGWWA. The camp conducted lectures on various subjects such as Cervical Cancer, etc and was delivered to those in attendance. The Medical Camp for PAP was conducted for the detection of Cervical Cancer which turned out to be an educative and informative experience for the ladies.

CGWWA at Paradip also focused on health by conducting a lecture on the topic 'Healthy Life'. The event ended with a health talk on 'Friday Planning'.

### **CGWWA (NORTH WEST)**

A Sahaj yoga meditation camp was organised. This technique not only heals health and medical ailments, but helps to develop a stable and balanced mind. A health camp for reduction of intake of medicines and prevention of illness by adopting proper food and lifestyle habits was also organised.

At Okha, health awareness lecture was organised at CG Enclave. Surg Lt Neha Sharma PMO, INS Dwarka delivered a lecture on Obesity. A blood donation camp was organised in the station by CGWWA ladies of Vadinar. General health check-ups for the CGWWA members and wards of CG personnel, lectures on health care and nutrition and healthy dietary habits affecting general wellbeing, and talk on child care & nutrition were delivered by Surg Lt Gautam R Dhokia at Mundra. At Verval, a lecture on 'How to Treat Oneself through Alternative Medicines' were organised by CGWWA.

## **SURAKSHA (Widow Cell)**

**This group takes an active interest in providing emotional, financial and moral support and help to rehabilitate the families of deceased personnel of the Coast Guard.**

### **CGWWA (HEADQUARTERS)**

A Lecture on small saving schemes was delivered by an investment planner Mr Ankush Prasad. A number of post office savings policies & schemes under LIC were explained to ladies.



A counseling session for the wives of deceased CG personnel was organised by Suraksha at New Delhi Institute of Management. The ladies benefited from the session and looked forward for more such sessions. As a result, one more session, open to all, was held after a gap of six months. 15 children of the deceased CG personnel were given grant of ₹ 31,500/-. Out of this, ₹ 3000/- each was given to three children, doing graduation from Govt. colleges.

Suraksha co-ordinator handed over a sum of ₹ 5000/- as ex-gratia payment to the wife of Veera Ram, Adh(CK) who passed away this year.

### **CGWWA (WEST)**

Annual financial grant was awarded to the wards of deceased CG personnel by President Tatrakshika (West) during the Annual General Body Meeting. Three ladies were present on the occasion, whereas bank drafts for outstation lady beneficiaries were despatched to their respective places. CGWWA handed over a sum of ₹ 5,000/- as ex-gratia grant to the daughter of Amri Lal, P/Nvk who passed away this year.

### **CGWWA (EAST)**

The President Tatrakshika (East), Mrs Ila Sharma interacted with all the widows during quarterly meetings organised to look into their welfare. She appreciated the courage with which they are moving ahead in their life and assured them of continued support from CGWWA.

The Annual Scholarship cheques were presented for the school going children of deceased CG Personnel.

## **SANSKAR (Education)**

This branch of CGWWA looks after the blooming kids of Coast Guard community and ensures that they step on the right stones to success. Lot of efforts is taken to impart a wholesome education at the tender age so that a firm foundation is laid to make them also good human beings.

### **CGWWA (HEADQUARTERS)**

CG KG school at Noida organised Sports Day with colourful events. Children had a march past and various sports events for the toddlers were the highlight of the day. School celebrated its Annual Day with a variety of cultural activities. Children looked beautiful and performed excellently. Outstanding students were awarded prizes. The President, Mrs Jayasree Muralidharan visited CGKG school and gifted an electric Casio to the school. All national festivals were celebrated in the school. Grandparents' Day was observed in the school. During the occasion, a fancy dress competition was conducted for the children.

Mothers' Day was celebrated in the school to honour the mothers. A 'rain dance' was organised for the children during the summer month. A 'Rhyme Olympiad' and a clay modeling competition was held at school. A workshop for teachers were conducted by Jodogyam. CGKG children participated in the inter-school competition and bagged prizes in five categories.

Children celebrated Rakshabandhan in the school by tying Rakhis on each other. The Rakhis were made by themselves. Janmashtami was celebrated in the school. Independence Day was celebrated with full entertainment.

A nature walk and tree plantation was also organised at the School Park. An annual medical checkup was also conducted in the school and concerned issues were discussed with the parents of the wards. Mock interview for LKG and UKG children were conducted in the school to build up their confidence level.

### **CGWWA (WEST)**

CGKG, Mumbai celebrated various festivals. Republic Day was celebrated with a drawing competition on 'Patriotism'. Diwali celebration also brought out children's talent in making decorated diyas. Teachers Day, Janamashtami, Independence Day and Children's Day, etc were some of the important days celebrated in the school. Annual Day was conducted in Maritime Training Institute, Powai with variety of cultural activities like solo and group dance, aerobics, skits, etc. A school picnic was also organised at Nirvana Park, Powai.

Children's annual health check up camp was organised and conducted by DMO at Mumbai. A Craft Competition was held in the school. A Farewell party for UKG students and the first anniversary of CGKG was also conducted. Instant 'bhel' making was shown to the kids.

Republic Day was celebrated at CGKG, New Mangalore by hoisting the national flag and distribution of sweets. The Annual Day of the school was celebrated and the meritorious children were given away the prizes. Sports Day and Childrens' Day were celebrated at Kochi where a variety of competitive games and dance party was organised for the children.

### **CGWWA (EAST)**

The CGKG schools at Royapuram and Mogappair have been stepping towards success in giving quality education. The new school building of CGKG Mogappair was inaugurated by the then President Tatrakshika Mrs Ragini Chopra.

Apart from celebrating National Festivals like Diwali, Christmas, Independence Day, Republic Day, etc the teachers used innovative methods in imparting knowledge with activities like 'Art with a cause', Train the trainer, Storytelling, Dramatisation, Good touch & Bad touch, Safety mock drills, Nature walks, and Food fest.

The Children's Day was celebrated in CGKG school at Visakhapatnam. Christmas Day was celebrated by organizing sports for children. The major activities conducted for children of playschool at Tuticorin included a picnic to Roche Park, visit to Harbour nursery, Sapling plantations, a visit to church and Medical check-up.

### **CGWWA (ANDAMAN & NICOBAR)**

The CGKG Schools at Port Blair and CGPS at Campbell Bay have been managed in a professional manner. All school oriented activities like recitation, storytelling, drawing and other competitions were conducted. Other cultural and school events including Teachers' Day, Grandparents' Day, etc. were also conducted. The de-worming week was observed for school children with the help of GB Pant Hospital and CG MI Room at Port Blair. Also, as part of the preparedness for response to the natural disaster, Tsunami Drill was conducted by the CGPS Campbell Bay. The school picnic for the students was also organised. The school at Campbell Bay has been extended up to Class VIII in the current year.

### **CGWWA (NORTH EAST)**

Meritorious students for the year 2011 were awarded with Medals and certificates at Kolkata. The Foundation Stone for Kinder Garden was laid by Mrs Jaishree Pande, President Tatrashika (NE) at Azad Hind Nagar, Haldia.

Jingle Bells School at Paradip has achieved new heights with its Nursery Section and Play Section having a total strength of 74 children and 03 teaching staff.

### **CGWWA (NORTH WEST)**

An educational trip to Amul's Mother Dairy was organised. The visit provided information on process of converting raw milk into finished and processed by-products including packing and preservation. Tatrakshika members visited Calico Museum at Ahmedabad, one of the foremost textile museums in the world and an important Indian institution.

The CG Play school organised a programme to welcome Mrs Jayasree Muralidharan at Okha. Tiny tots performed a dance on 'VANDE MATRAM', dressed up as freedom fighters. At Vadinar, a puppet show was organised by CGWWA member for children of all age groups. Talent Hunt was organised with the aim of promoting a healthy competitive spirit among children of CG personnel. Children showcased their talent in dancing, singing, acting, etc.

Tatrakshika, Mundra organised the first ever inter-school drawing and painting competition for six schools.

## SANSKAR





## SRISHTI



## **SRISHTI (Environment)**

One of the primary concerns today is to create awareness on issues of nature and environment. Indoor and outdoor activities are conducted by Srishti team to bring awareness about the importance of preservation of nature.

### **CGWWA (HEADQUARTERS)**

A documentary film on environment was screened at Arkaja, Noida. The film was based on Natural Calamities, Pollution, & Endangered Species. A cartoon based documentary film was screened on noise & air pollution for CGKG Children. Various types of trees were planted at CGOM premises on the occasion of CG week celebration.

Tree plantation was organised and around thousands of saplings were planted in the premises of Coast Guard at Sector 62, Noida. This was widely covered in then locally published newspapers of Noida.

Demonstration on soil change in pots was conducted by explaining how frequently soil change is required and how manuring to be done.

### **CGWWA (WEST)**

A plantation drive was conducted wherein saplings were planted in front of the Welfare Centre, Mumbai. The drive took a step ahead during the monsoon season, under the slogan, 'Save Nature, Save Future'. A drawing competition on topic 'How to Save Our Environment' was also organised. Art forms, closer to nature, namely, 'Madhubani' and 'Sanji' were propagated by holding a workshop for ladies. Festivities related to 'Ganesh Chaturthi' was marked by making eco-friendly Ganesha idols by ladies and children of Mumbai, in order to save the marine life and related flora and fauna.

World Environment Day was marked in Karwar with mass plantation of saplings and declaration of a plastic free zone. A workshop on reuse of waste paper by making table mats, coasters and bookmarks was conducted at Kochi.

Tree plantation drive was conducted at TRV, Goa by CGWWA. The ladies of Daman have planted kitchen gardens in association with M/s Suzlon wherein different kinds of seeds were planted by the children and the ladies and 'Best Kitchen Garden' competition was also held at TRV. Tatrakshikas along with their families participated in the International Coastal Clean-up Day at Vizhinjam.

### **CGWWA (EAST)**

Tree plantation drive was carried out in the school premises where the children planted the saplings and were given the responsibility of taking care of it. A herbal garden was also set up at the CGKG schools. A special drive on 'Say No to Plastic' and Pollution Free Zone was undertaken. Tree shaped bookmarks has been distributed to all to create awareness on 'Save our Trees'.

## **CGWWA (ANDAMAN & NICOBAR)**

To commemorate the 63<sup>rd</sup> Vanamahotsava, 'Tree Plantation Drive', 'Save Environment Run' and 'Earth Day' were organised to spread awareness about the need for protection and perseverance of our environment. On this occasion, the children were educated on the role of trees and importance of forests in our eco-system.

To stress upon the 'Reuse' and 'Recycling' of biological waste, the Areca leaf plate making training programme' with the assistance of local help group Aval Vikatan was conducted at Port Blair. All Ladies and even small children tried their hands on the machine and made eye-catching plates.

## **CGWWA (NORTH EAST)**

Srishti Kolkata organised a tree plantation activity for the beautification of the area around the newly constructed Coast Guard Accommodation at Maniktala, Kolkata. Large number of trees were planted by the CGWWA members, Officers, EPs and their families.

## **CGWWA (NORTH WEST)**

A trip was organised to Indroda Park, Gandhinagar with the purpose of a nature walk as well as for bird-watching. Around 224 species of birds were found. The trip provided an insightful understanding of various species of birds.

CGWWA (NW) took a small step to spread awareness of 'Save the common Sparrow' from extinction. The event was jointly hosted by young journalists of Ahmedabad Mirror, wherein they donated nests to the personnel who attended with a catalogue mentioning the tips for looking after the sparrows.

## **SANCHITA (CGWWA Shop)**

The CGWWA shop Sanchita provides a stable outlet for items procured from various parts of the country. It also serves as a platform for ladies to showcase their natural skills and help them to make a good earning using their talents.

## **CGWWA (HEADQUARTERS)**

The shop has items like, Khurja potter, pouches, jewellery, showpieces, bottle, bags and other handmade items. Glassware items, dessert plates, glass bowls of different shapes were added to the collection for sale.

Dress materials like brocade, cotton silk and readymade kurtas are also displayed and kept for sale at a very reasonable price. Homemade Candles, handmade cards and paper bags are other attractions of sanchita. Ethnic items from various parts of our country is also available in the shop. Block print duppattas, kurtis and sarees are displayed and made available on demand. Jewelleries from various states is an exclusive collection seen in Sanchita.



## SANCHITA



## SANCHAR





## SNEHA



### **CGWWA (WEST)**

At Mumbai, in addition to 'Sanchita' stock, new items such as Bandhani suits and Rajasthani jewellery were added. Warli painting strips pasted on bags and envelopes made by CG children were also available.

Kurtis were displayed and sold at the Welfare Centre, Goa. Sanchita at Kochi, put up two stalls of handmade utility items on the occasion of Diwali Mela. New items such as Bandhani suits, Rajasthani jewellery were added to the Sanchita stock.

### **CGWWA (EAST)**

Sanchita is well stocked with articles like napkins, runners, bags, magazine holders, embroidered and painted towels, aprons, dry flowers etc. A new Sanchita counter has been introduced at CGOM, Chennai where items are put on display and sale.

### **CGWWA (ANDAMAN & NICOBAR)**

The CGWWA shop 'Sanchita' continues to be a major attraction for the CG fraternity. Ladies at Port Blair also have the opportunity to Make-n-Sell self-made creative items with their expected price tag.

### **CGWWA (NORTH EAST)**

At Haldia, a Sanchita counter has been inaugurated at the Unit Run Canteen. The old stock at Sanchita, Haldia was cleared and procurement of fresh stock is in progress.

## **SANCHAR (Communication)**

**Sanchar connects, informs and reports the vast panorama of CGWWA activities through quarterly news letter, Sandesh and the annual magazine Urmi.**

### **CGWWA (HEADQUARTERS)**

The annual magazine 'URMI' provides a platform for Tatrakshikas to explore their writing skills and express themselves. The annual activity reports of CGWWA from all RHQs and various articles received from the CG fraternity from all Regions are compiled and published in the URMI.

The Sanchar team had put their best efforts to bring out URMI-2011 in time. The President Tatrakshika, Mrs Jayasree Muralidharan released URMI-2011 on the Tatrakshika Day.

The theme for URMI-2012, '**Explore, Evolve & Excel**' was promulgated well in advance. The articles received from the Regions have been chosen and compiled. Theme based cover designs for the magazine were also received and the suitable one selected for the front cover of URMI. Thus, The latest product-yet another edition of Urmi, URMI-2012 has been brought out in a professional and coordinated manner giving a new look and an attractive layout.



The quarterly news letters, Sandesh were published regularly. Sandesh reflected all activities conducted during each quarter by various arms of CGWWA.

### **CGWWA (WEST)**

Theme based Tatrakshika Sandesh on 'Environment', 'Internet, Boon or Curse' and 'Inculcating Good Habits in the Next Generation' were successfully published in each quarter. The 'Sandesh' consisted of compiled activity report of the Western Region and articles contributed by CG fraternity as well.

As an encouragement to maximise contribution of original articles according to the theme of the forthcoming Urmi, an essay competition was held on the topics, 'Nari- kal aaj aur kal', 'Shoonya se shikhar tak ka safar', 'A walk towards self reliance - and experience' & 'Explore, Evolve and Excel'.

### **CGWWA (EAST)**

Creative writing competition, Communicative science workshop, and 'Art & Craft' workshop was organised for children. Quarterly newsletters were released and a number of articles and cover pages have been forwarded for Urmi.

### **CGWWA (ANDAMAN & NICOBAR)**

The Sanchar team has been working devotedly and tirelessly, throughout the year to bring the quarterly editions which gives an account of general CGWWA activities of the A&N Region.

### **CGWWA (NORTH EAST)**

Sanchar team overview every aspect of Sanchar in terms of editing, compiling and drafting of newsletters, articles and reports for Tatrakshika Sandesh.

### **CGWWA (NORTH WEST)**

A theme-based Tatrakshika Sandesh (NW) is published in October, December and April by the editorial team.

## **SNEHA (Outreach)**

Charity begins at home. Our charity wing Sneha reaches out to the society outside the Coast Guard community and provides solace to the less privileged, poor and needy ones.

### **CGWWA (HEADQUARTERS)**

CGWWA extended a helping hand to the patients and their attendants at AIIMS, New Delhi by distributing food and necessary items. Some international dailies appreciated the concern of CGWWA towards the needy personnel. Milton water bottles were distributed to the casual labourers of Welfare

centre, Noida, to prevent them from drinking likely contaminated water directly from the taps.

Stationery items like, note books pencils and food items were distributed to the children of less privileged and needy ones, who have been taken care of by ANAWA (Retired Army Navy Airforce Personnel Welfare Association) at Noida.

### **CGWWA (WEST)**

During the CG Week Celebrations, a 'Day at Sea' for 72 special children from Mona Remedial Education Centre was organised onboard ICGS Sankalp. Stationary items were distributed to the children of casual labourers of shore units of Mumbai by the members of 'Sneha'. CGWWA members visited Vatsalya Foundation, Mahalakshmi, Mumbai along with 'Pidilite Hobby Ideas' group, and organised a demonstration for the children to learn the art of making lanterns. 'Sneha' team also donated provisions along with snacks and juices for children.

The ladies from New Mangalore visited Cheshire Home, Kankanady for differently abled persons. The ladies spent quality time with them and extended a helping hand to them by donating various provisions and items.

Sneha teams of Kochi and Goa donated provisions and clothes to casual labourers working with the Coast Guard. As part of outreach activity, a visit to Snehalaya, an old age home was organised along with a medical checkup for the inmates by Surg Lt Mayuri Gedam at Daman. 'ASHA' a shelter for the children of casual labourers of TRV was also inaugurated at Daman. An outreach programme was organised at Vizhinjam to visit the 'Abhaya Orphanage' situated in Trivandrum.

### **CGWWA (EAST)**

Tatrakshika members visited 'Netrodaya' a school for visually challenged, 'Vishranti' a home for the aged and destitute women and 'Kaakkum Karangal Old age Home'. Donations of cash, provisions and utilities were made. A special entertainment programme for underprivileged children was organised onboard Coast Guard Ship Sagar which was attended by about 350 children from various orphanages.

As part of outreach activity, CGWWA members of Vishakhapatnam visited 'Ratna Kutir' a Child Care Home and 'Jamia Gulshan E Fatima Education Society'. Donations of ration, cash and utilities were made at both the places.

ICGS Mandapam conducted an outreach activity by distributing clothes and food to the families of fishermen. In yet another activity, ration and clothes were also given to the poor.

The members of Puducherry alongwith Regional Tatrakshika President (E) visited 'Baby Sarah Home' and donated sweets and notebooks. The ladies of CGWWA, Kakinada also stretched their helping hands to the aged people in Ashram 'Sravana'. A medical lecture on 'De-worming and Nutrition' and 'Screening for Anaemia' for women by the Station Medical Officer of Tuticorin was held during the year.

Lectures on 'Prevention and Modes of spread of HIV', Symptoms of Psychological Diseases and Steps to relieve Stress' were also conducted at Kakinada.

## **CGWWA (ANDAMAN & NICOBAR)**

In the beginning of academic year 2012, stationery items were distributed to the children of maid servants. On the occasion of Raksha Bandhan, rakhis were tied and sweets were distributed amongst the children of 'Sevaniketan' at Port Blair. Distribution of ration to the needy was also conducted at remote locations in Hut Bay.

## **CGWWA (NORTH EAST)**

Various utility items were distributed to the in-mates of Gandhi Ashram by CGWWA ladies of Haldia. The Regional President, Tatrakshika visited Mother Teresa's Home at Kolkata and a generous donation in the form of shirts and blankets were distributed to the inmates. A visit to the Nivedita Anantha Ashram and donation of clothes and other utility items to children were made along with the medical team of DHQ-7. CGWWA ladies also distributed blankets to civilian staff and casual labourers employed at CGOM, Haldia. President Tatrakshika (NE) alongwith members of CGWWA (NE) visited Ramakrishna Mission Blind School at Haldia.

A visit to Jagruti School for the specially abled children was organised at Paradip wherein CGWWA members distributed stationery items and study material.

Members of Tatrakshika (NE) visited 'Nirmal Hriday' at Kalighat, Kolkata and donated Rations, Clothes and toiletry items to the severely ill old citizens in order to extend a helping hand to these people.

## **CGWWA (NORTH WEST)**

Tatrakshika ladies visited 'Pragji Bapa Ashram' of Porbandar and donated two gas stoves, dry rations and other eatables.

Tatrakshika, Okha helped 'Prerana Seva Kendra' an NGO at Bhimrana for building a school for training the differently-abled children. Tatarakshika, Mundra distributed blankets to helpers of Samudra Township at Mundra .

As part of CG week celebration, CGWWA members of Jakhau visited the Orphanage at St. Xavier high school, Naliya and interacted with the differently-abled children, their parents and teachers. They extended a helping hand by distributing ration and other commodities.





# Explore, Evolve AND Excel

EXPLORE



THE WORLD IS CHANGING

BE READY TO EVOLVE

**EXCELLENCE**

It's not an act, it's a habit.



# Dream of a Distant Star

Playing in the backyard of my village house, I always used to gaze at the big birds flying by and say that one day I'll be flying them... little did I know what it meant as a kid but somehow I still remember those lines from my childhood!! I belong to a middle class family, born in a village and spent my teenage in a small city of Haryana. Maybe from the background I belong to, as a girl I had too big of a dream to touch the skies!! But my parents always told me that starting point of all achievements is desire and the dreams that you see are meant to be fulfilled which can only happen if you work towards it and that is how I am here today.



My journey in Coast Guard started when I had just turned 20 and that was the take off point for my flying career!! I am a Commercial Pilot Licence (CPL) holder and have flown various fixed wing aircrafts in the States for my qualification, serving in Coast Guard has not only given me an opportunity for fulfilling my dreams but also to explore my flying skills, that is flying choppers!!

04 Feb 12... According to people it was an iconic day in the history of Indian Coast Guard as my counterpart & I flew from a ship and became the first women pilots to acquire Deck Landing Qualification, which means qualified to fly solo from the deck of a sailing ship! It may sound easy but think about landing or flying a helicopter off a helipad that is in continuous motion, rolling, pitching, yawing and heaving in every possible direction - but for me it was kind of a dream come true..!!

When I was inducted into Coast Guard, I never realised that there is so much in store for me and that I too will someday fly off a ship ... but it happened and that wouldn't have had been possible without the support of service and all the people associated with it... without their encouragement and belief in me. I am glad that they chose us to be the lucky ones!!



I believe there is no beginning or end to one's dreams and hopes and so is to mine. I wish to make my dreams a reality, practice more by exploring and excelling in each flight – *Each one better than the previous one.*

Asst Comdt Bhawana Rana  
841 SQN(CG),  
CGAS Daman

# *Look Beyond the Boundaries!*

## **Introduction**

I am a traveler on this earth trying to learn from my experiences. "Explore, Evolve and Excel" is an adaptation of life that human beings adopt knowingly or unknowingly. The true adaptation comes when a person explores the world around him and evolves positively. Explore is an act of searching for purpose of discovery of resources and information. Evolve is an adaptation for development catered in the society, situation and surroundings. Excellence is achieved when a person gets best appreciated result, i.e positive evolution.

## **Explore, Evolve and Excel**

Right from childhood till death, a person explores the world around him to get new ideas, learn new things and adopt a life style for positive evolution to achieve excellence.



A child explores anything and everything that he can feed from nearby surroundings. Hence, Society around him is his basic harvest and hence society plays the lead role towards his transformation. The evolution in life that a person adapts must forever be positive. Every person gets his personality from his years of maturity and experience through phases of life. It must forever be taken in positive sense.

A man is best known by the choices he makes. He need to constantly update himself and his living conditions by exploring the world around him. He must forever have thrust for positive development, integrity of his thoughts and actions. He thus can achieve excellence in life. An example is narrated through a small story of a thief having two sons. Elder son grew up as his father and thus tried to earn quick money through unfair means. One day his neighbour asked him as to why he does it? He replies, "my father did so, what else can you expect from me?" The neighbour then asked the younger brother who was entirely different from his elder brother and exhibited good character and was hard working. The younger brother replied, "I always saw father and my elder brother doing so and hence, I vowed that I will not be like them and thus decided to work, excel in my life and earn respect in society.

Man is a social animal and only if he evolves positively by exploring the world around him, he achieves excellence thereby gaining respect in the society. Hence, it also depends on how he takes things and evolves himself in and around the society and achieves excellence. Excellence is thus a long-term goal with pre-determination and integrity.



Raju was a village boy and everyone around him was a farmer. Soon they were plagued by drought and everyone was devastated. However, Raju decided to explore beyond the limited means in the village and decided to go to a nearby town, enrolled for higher studies and soon became an established person. The success however did not take him to 'cloud 9' but he decided to do something for his village brethren. He helped his village people by working closely with the water resources department and got latest technology of water harvesting in the village which helped the generations to come!

### Conclusion

'Explore, evolve and Excel' is a terminology that one needs to get updated and learn new things in everyday life. It is the adaptation that one makes in life that helps them to get excellence by positive evolution and exploring only positive thoughts and actions.



Asst Comdt Pritam Ghosh  
ICGS Samudra Prahari

## **EXPLORE, EVOLVE & EXCEL**

*The qualities required to explore, evolve and excel are the 6 Ps*

- *Passion*
- *Patience*
- *Piety*
- *Perfection*
- *Promptness*
- *Punctuality*

## HEADQUARTERS





## HEADQUARTERS





# “EXPLORE, EVOLVE AND EXCEL”

The Swirl In The Centre With The Tatrakshika Logo

Signifies

The Evolution of Womanhood

The dark blue colour in the background

signifies

The immense knowledge and potential existing  
in the universe

The bright rays emerging from the centre

signifies

The urge of every women to Explore this  
immense knowledge

in order to Excel in all walks of life

thereby

Spreading the true spirit of womanhood

*Mrs Archana Sashi Kumar  
W/o Comdt T Sashi Kumar  
ICGS Vishwast*

# *“Explore, Evolve, Excel”...*

## *The Mantra for a Long Journey*

‘Explore, Evolve, Excel’, the title itself very clearly signifies that the more you explore, the more you evolve, the more easily you excel. But if you actually sit and give your mind some time to absorb the ‘in-depth’ meaning of these three words, you will realize that they contain a million tonnes of wisdom and these three words (in fact ‘just’ three words) can transform your life to such extremity that you can actually relate this transition to know the so called huge difference between the ground and the sky, black and white and even good and best.

The desire to achieve excellence is the in-thing these days. And maybe in the upcoming years, it will be no less than a trend. The increasing competition in every walk of life and the desire to be a step higher than above the rest, is the main reason why everyone runs behind excellence. But hey! It does not promise to be achieved so easily (bet you’ve heard this before). Like you can’t reach the



third floor of a building by simply flying up (unless you are thinking of contradicting my statement by picturing a sci-fi scene of having a jet pack on your back or something weird like that ) there are certain steps to be followed to achieve excellence. the first named EXPLORE, the second EVOLVE, and bravo! You’ve achieved it!! Umm... I’d like to burst that big thought bubble of yours for a while please.

OK. So let’s get started. “Explore”. The first word of the excellence hymn or chant. Exploring something, new fields, new places, new opportunities, new places etc. will naturally give you more information about it (and maybe some “breaking news” too). And that’s how you’ll get to crack about how to put forth your actions. Your plans will accordingly and rightly be implemented, to ascend towards the next step, hence taking you a step closer to your dream.(u-hooo...).

The next giant leap is ‘evolving’. Once you have explored what you want to, a desired change is to be brought in yourselves and in some cases that may automatically happen. But yes, 3 things are to be kept in mind. First, evolving according to the present situation, second, evolving to be the wanted change of the past and third, evolving to be what you want to be in future. And this may have to be done simultaneously, which may not be an easy task. But that is where your strength, presence of mind, courage, endurance, and perseverance are tested. And that’s the moment when some of you may realize that you DO possess these wonderful qualities within yourself. This not only makes you realize what a superstar you are in yourself, but it also raises your self esteem (good news, this may make your task a bit easier). So these are the dimensions of the second step.

Now, the third step. Actually, the third step is the first position on the rostrum itself. “Excellence”.

Now it's totally up to you how you perceive this. To some, it may be spiritual excellence, to some academic excellence, to some excellence in sports and to some like me, it will be such a wonderful news that it may be a while before they realize what they have actually excelled in.



But I'd like to give you this small advice too that when you achieve excellence, do not let it get into your head because it may turn out to be a drawback for you later and speaking a bit on the spiritual side, it may drain out all the happiness from your mind, heart , body and soul. And the excellence that others achieve may hurt your ego, hence lowering your self confidence or intimidating you to get into wrong practices.

So guys! what are you all waiting for?? Just three words and one small advice can change your entire life. So go for it! Because you have everything you want, to achieve what you want to. I would like to end my article now with this wonderful quote that I happened to see somewhere recently and believe me, this could be your mantra for this journey.

*“Excellence can be obtained only if you...  
care more than others think is wise  
risk more than others think is safe  
dream more than others think is practical  
expect more than others think is possible”*

ALL THE BEST!

Mrs Simran Harbola  
D/o DIG AK Harbola  
CGDHQ-2, Mumbai



## Explore, Evolve and Excel - Contribution of Coast Guard Families towards National Security

We the common people of India have a common ambition that is to strive to "Excel" in life.

Betterment of life is possible only "if there is a will" and sure "there is a way" to achieve it. There is no family, society or a country which develops without any positive efforts or initiative. Life in general cannot be explained without the family and children. Here women play a vital role either as a **mother, daughter** or as a **wife**.

Though we understand the importance about role of a women in society who are anyway not less than men, there are many constraints for women to excel in life and the fundamental one is "freedom". There are innumerable laws enforced by the Government to help the women but they do not reap the benefits due to ignorance and lack of knowledge. Women have been blessed with a unique quality which she can experience and explore when she is allowed to think and act freely, thereby helping her to excel in various fields.

The children in the society are future of our nation, therefore to build this nation children should be provided with proper guidance on education, social values & culture. If a child has a special quality in a particular field, the parents should encourage the child and are required to be provided with necessary support and grow him/her in a favourable and healthy environment. Besides it, also the parents should have the responsibility for identifying his/her unique quality and choose his/her career where she/he can excel. It is a moment of pride, bliss and utmost satisfaction for the parents when their children excel in their chosen field. These cumulative achievements of various families results in upgradation of a society and thereby of the nation.



India is a country where people live in a different province and also speak in different languages. Each and every positive contribution by the society has an effect on development of this nation as a whole. Therefore a better family – a better nation. The contribution towards society from a family will only come, when family have a healthy and an open atmosphere to explore.

We are the family belonging to a fine dynamic service i.e. 'Indian Coast Guard' wherein we get the opportunity to see the culture of all parts of India and we share the culture with each other. Being a family of Coast Guard personnel we are adapting ourselves in to this organisation which works for a noble cause i.e. 'national security'.

Although there are many constraints faced by the families of Coast Guard personnel, it makes me proud thinking my family is contributing towards this service which has a dynamic way of functioning.

Apart from that, all families should have an intention towards upgradation of life which is a prime requirement, this initiative comes only from a happy and healthy family.

Every family may have an aim to excel but some time situation and time do not permit them to fulfil. In that case, it will be better to be proactive in utilisation of available opportunities for betterment.

Finally, its all about excelling in life and to get there , the best tool we have is to be optimistic!

*Moumita Bandyopadhyay*  
*W/o D Bandyopadhyay U/Adh(AH)*  
*ICGS Ratnagiri*

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## *Wings of Angels*

Just like any hot summer day, 30<sup>th</sup> April 2012, was no different. It started with the usual hustle and bustle to reach the morning briefing on time and also reach the breakfast table before its too late...

Little did I know what this day had in store for me.

Asst Comdt Akshi as pilot in command and self as co-pilot created history in maritime reconnaissance (MR) by flying an operational sortie, the first ever lady crew in Indian Coast Guard to do so.



I was indeed elated at the prospect of flying that day.

The entire sortie went uneventful, just like any other MR sortie where we would be searching for poachers. It was during the return leg where our grit, determination, knowledge, skill and crew co-ordination was put to test. We encountered spells of rain enroute to base with clouding and low visibility. However, we managed to fly past the obstacles and land back safely where our Commanding Officer, Comdt Sunil Kumar was waiting for us at the dispersal to congratulate us! A very warm gesture indeed.

There are no words that can describe how happy and proud my parents had been hearing this news. Afterall, being the daughter of a Guinness World Record holder, Mrs Leema Patel (mother) in 1986, by being the first lady to cycle upto Khardung-La, which is the highest motorable road in the world. I can say with pride, the history of firsts is hereby continued in our family once again.

I heartily thank the Indian Coast Guard to have given me this amazing opportunity and cementing the fact that our country is progressing hand in hand with other nations in terms of excellence of women in defence services.

*Asst Comdt Reema Patel*  
*Staff Pilot, 745 Sqn (PB)*

# *A Date With Robert Frost*

## *Based On The Theme 'Explore! Evolve! Excel!'*

A student of mine, undergoing a long distance post graduate finance course wanted me to help her with her English paper too. Though not a teacher by choice and English not being my subject of specialization, hesitatingly I jumped into the fray with the spirit of helping a fellow being in distress, who had her entire education till then in the vernacular medium.

As days passed, I slowly started realizing I was learning a lot myself and also came face to face with the fact that I was not only helping my student as I claimed to be but was also helping myself a great deal in appreciating the finer nuances of the English language and the exposure to English literature. That was the moment I set on the path of my self- discovery

Slowly, I came to understand that the above principle I stumbled upon when I taught my student applied to everything in life. I could see that whatever we give, do, share or otherwise comes back to us manifold and all these contribute in a subtle way in enriching or degrading our personality and aura. I understood action or inaction has its consequences; positive or negative.

On one of these days I happened to read and interpret for my student the very famous poem of Robert frost 'THE ROAD NOT TAKEN' whose last lines are so often quoted in advertisements, motivational PPTs, by speakers and orators. It is as follows

'Two roads diverged into a wood and  
I took the one less travelled by  
And that has made all the difference'

These last lines if read alone has a different meaning –choosing a different path or be different, being exclusive, etc and if the entire poem is read in totality, the impact is entirely different. I would encourage the readers of this article to read the poem too. The poem in essence is about the predicament of the human nature to make choices. Having made a different choice, the beauty of the poem lies in the fact that the poem is silent about what the difference is like, 'In the end was the person happy or sad' 'Did the choice make the person a success or failure?' 'Was the choice the poet made really different as he thought so in the beginning?'

I could relate the above to our day to day life





also. Many of us believe in destiny or fate because many things that happen to us or others whether it is success or failure, fortune or misfortune, luck or tragedy cannot be explained. But if we have to speak about our response to such situations or handling people in our life, personally or professionally, we have the absolute freedom of choice. So, to be sincere or casual, to smile or to frown, to care or to ignore, to be friendly or antagonize, to be content or be greedy, to love or hate, to respect or disrespect, to allow spite or be kind, to empathize or pretend to do so, to act or be silent, to be ethical or otherwise, to empower or enslave or to lead or follow we have to understand that the composite of these choices made consciously or unconsciously by us is going to decide the outcome of our life, though initially life might fool us into thinking we are impacting other people's lives. I understood we have the power to make conscious choices, if we want to have a fair say on the outcomes of our life.

I also found in the course of time that habits also have a great impact on our quality of life. Old habits do die hard. My son loves books and I love encouraging his interest. There are some books which he has outgrown but wouldn't part with. One of such books is titled 'Good Habits of everyday life' that depicts pictorially and in words the good habits and also the bad habits to enable the child to understand the contrast and beautifully explaining the values and habits to be inculcated in children in their various aspects as they grow up. I remember I bought it in the Chennai trade fair when he was three and now he is twelve and he still reads it.. A few days ago I got a shock of my life. It was late night and I was on the computer doing some work and my son was reading this particular book.. He was in all splits of laughter and I asked him why as I knew there was nothing in that book that could make a person laugh so much; He read a few sentences that are associated with bad habits substituting my name and believe me it was the day of destiny sent slap for me. I was taken aback not only because he had observed a lot more than I thought but because there were a few things he told which I myself didn't know that I had these undesirable traits in me. I found to my dismay, my habits have become me and I could not differentiate it, but to others it was so obvious. I understood that very moment, though books might inspire them, motivating them to think, and even if we spend a fortune on it, the most interesting book our children are reading is us-'their parents and loved ones'. I decided on that day that I would get rid of my negative traits that block my potential to explore the possibilities that are open to me not only for the sake of myself but also for my child who looks up to me to emulate. The role of habits in our life and how it can make or break us dawned on me with great force.

On another day, I had to make my student familiar with the use of metaphors in the English usage. I explained that the poem of Robert frost 'The road not taken' was also a metaphorical poem and to make her understand better, I referred to an anecdote called 'IF THE MAN IS RIGHT, HIS WORLD IS ALSO RIGHT' and asked her to read it and explain me.. The story goes like this... A wife left the responsibility of taking care of their young son to the husband for a few hours as she had to go out on an important errand. The busy father



discovered that he was unable to tackle his naughty child, hit upon an idea when he saw a picture of the world in a magazine. He tore the paper into pieces and told his son to solve the puzzle congratulating himself on his innovative idea to keep his hyperactive child well occupied for a few hours. To his dismay, the child came back in no time with the solved puzzle. When asked, the child replied that behind the picture of the world there was a picture advertisement of a man in a suit. So he assembled the pieces corresponding to the man and when he turned the puzzle over, the picture of the world was also in place.

My student herself elaborated that it is a metaphor to let us know that we need not understand the world and its problems. What we have to do is just understand ourselves where we stand and the corrections we aspire within ourselves to be a better person today than what we were yesterday. If we are in place, the world around us will also perfectly fall into place. She further explained that it is very important to begin from oneself and to take responsibility for our choices, actions and habits and not spending our energy in finding lame excuses to blame the world around us. That day, I felt that I succeeded as a teacher and she, a student. I was so happy to know later that she had scored a distinction in her exams.

To summarize, the following are what I found very important to explore, understand and evolve if we have to excel in any avenue in our lives :-

- Whatever we do unto others we do to ourselves, every action or inaction has a consequence
- Whatever life blesses us with; we have all the freedom of choice to respond to situations and people and the choices we make today impacts our tomorrows.
- Whatever negative habits we have, we have to break the habit pattern; we might have to put considerable energy into it.
- Whatever we do or act, we have to remember our children are observing and learning from us. We have to be a conscious [aware and beware] parent. Never forget their innocence helps them to see through us. By aiming to groom them, let us not guide them into a life of pretense and artificiality.
- Whatever we aspire to become in life, we have to begin with our self and also believe that we have been designed for greater possibilities and take full responsibility for our choices, habits and actions.
- Blessings are one secret ingredient which we must bow down to receive from God, elders, well wishers and whosoever matter to us. And this is possible by prayers, good actions and deeds.



I remember a few Kabir dohas that I am sure many among us know by heart

*Aisee Vani Boliye, Mun Ka Aapa Khoye  
Apna Tan Sheetal Kare, Auran Ko Sukh Hoye*

**Translation**

Speak such words, sans ego's ploy  
Body remains cool and composed, giving the listener joy

*Kaal Kare So Aaj Kar, Aaj Kare So Ub  
Pal Mein Pralaya Hoyegi, Bahuri Karoge Kub*

**Translation**

Tomorrows work do today, today's work now  
if the moment is lost, the work be done how?



*Dukh Mein Simran Sab Kare, Sukh Mein Kare Na Koye  
Jo Sukh Mein Simran Kare, Tau Dukh Kahe Ko Hoye*

**Translation**

In anguish everyone prays to Him, in joy does none  
To One who prays in happiness, how sorrow can come?

So let us dear friends begin this wonderful journey called life with ourselves. Let our action be conscious with pleasant words and expressions and may we value every second of our life and other's too. Then, there is absolute certainty that we would evolve into better persons and whatever we do and wherever we go we will experience it makes a positive difference to us and therefore to others in such a way, when we smile and touch life, it smiles and touches us back like a clear image of a Belgian glass. A new dawn shall usher us to the doors of excellence that will open for us with a thundering applause like for the lead characters Jack and Rose in the closing scenes of the film 'TITANIC'. And by the way, I just gave an example of the usage of 'SIMILIE'. "Now! This is too much!" I can hear you all murmuring so!

So, Let me stop being a self advocated teacher and start being a student of life for a change.  
I am working on it .....are you?

Thank you all for a patient reading.

*Viji Chandramouli  
W/o Comdt P Chandramouli  
ICGAS Daman*



# Explore, Evolve & Excel Towards Success and Fulfillment in Life

A natural trait of humans is to be constantly developing, growing and moving toward a balanced and mature way of being. Our personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature, and to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules make no room for unconditional love.



The first step towards happiness is to know yourself and to fulfil your private goals. For that you'll have to '**Explore**' yourself, build self-awareness, discover new things, and develop spiritually, all leading towards the fulfilment of your private goals.

'**Evolve**', try out new stuff, 'challenging yourself' opens up a whole world of opportunities. In addition to the acquisition of new skills, discovering about something new is what is all about evolving yourself. Make an effort to discover your own personal market, instead of doing what everyone else is doing.

Following are some areas you can explore and try your mettle :-

- An important new trait is to utilize your charm. Not everyone has great social expertise, but these might assist you to improve all other aspects of your personal life.
- Hunt for searching material that inspires you and encourages you to definitely be your most effective self. A religious text or perhaps a book of inspirational quotes could hold what you are seeking. No matter what you select to assist, raise your awareness of the happier state of mind, it could be an useful anchor that could refer to yet again and again.



- Pinpoint precisely what is blocking your improvement . This can be a difficult task for most men and women. But, you can't correct the issue when you don't understand what is wrong. If you succeed in removing some obstacles, you may discover the path to the future is quite a bit clearer.
- When you find yourself working on your individual improvement, you must realize you deserve being the top it is possible to be. Think that you are worthy of all the fantastic elements that life had to offer. In the end of your day, you may really feel satisfied that you have given it your all, and you also may have nothing to regret.
- Your willpower can help you discover far more positive things in the life. Your attitude towards others will have an impact on what happens to you. This means you are wise to only wish excellent things upon others. By having positive emotional energy, you'll be significantly less likely to be pulled down by negative feelings.
- It is usually helpful to concentrate on one individual improvement at a time. You might want to improve multiple aspects of yourself, but trying to keep a narrow focus makes it easier to define and realize your goals.

Lots of individuals like to strengthen some aspect of themselves, but aren't sure where to get started on. While a good result is only likely to be achieved by you putting in the best effort towards 'excellence'.

*VS Kumar, PSE,  
BMU (CH)*



## STORY OF AN EAGLE ...

When I was an eaglet, my best friend was a baby crow. We used to enjoy hanging out in the sunny terrains with the gentle breeze caressing our feathers. We were excited to discover that by flapping our wings, we could be airborne. But we could fly only short distances as we got tired because of continuous flapping. We would often look up into the sky and sigh, wishing to fly away into the horizon and to reach greater heights...

One morning, as we were lazing around, a gush of strong wind hit us head on. The baby crow folded its feathers and ran for shelter beckoning me to follow. But I was experiencing something new. I wanted to **explore** more of the strong current that excited my very being. Venturing deep into warm air patterns, I started to experiment.

I spread my wings and positioned my tail feathers instinctively.... I was feeling strangely light. It was such a heady feeling. The warning cries of my friend could no longer hold me back. I was already experiencing the magic. The warm winds circled higher and higher carrying me with it. I was soaring effortlessly to great heights. "Strange! I'm not feeling tired anymore", I said to myself. Life became a series of experiments, exploring different thermal currents, tilting my feathers at the right angle so that I can just ride on the wings of the winds.

As I grew up, I **evolved** into strong and mighty bird with magnificent wings. I soared majestically with the wind and glided effortlessly over land and water.

In the course of life, I met many like minded friends. I became more skilful maneuvering my strong body in the vast blue sky. I **excelled** in swooping down the air at incredible speeds. One of my favourite sports is locking claws with a friend and spiralling down thousands of feet.

At times as I glide lazily, I look down on the tiny speck of a crow flying over the trees...my friend of yester years. If only it had dared to explore the strong winds, instead of shelter, it would have evolved and excelled, the way I have. Perhaps it was not meant to be.

*Opportunities meet us head on, very often in our lives-  
Sometimes gently knocking, sometimes in stormy disguise.  
Run for cover into your comfort zone,  
Blissfully unaware of the life that is beyond.  
Or  
Explore...and soar.  
I'm glad I did.*



*Mrs Rani Anand  
W/o Comdt SED Anand Kumar  
ICGS Tuticorin*

## REGION (WEST)





## REGION (WEST)



# EXPLORE, EVOLVE AND EXCEL

The cycle called “**LIFE**” revolves under two main events, viz; **BIRTH** and **DEATH**. Immortality has not yet been bestowed upon humans. The intermediate period is the one termed “**LIFE**”. This is the period where Humans, as the scholars, Pundits, intellectuals say, and as the topic say **Explore, Evolve and Excel**. Every Parent would like their children to Excel in all aspects of Life, stating with Academics, Profession, Family-life etc. However, all the plans may not materialize for the unfortunate ones or sometimes may always do so for the more fortunate people.

The succeeding paragraphs narrate in brief how things have materialized for my only son, Ashwin, presently a student of Class VI in Coast Guard Public School, Daman.

The year was 2006, we had moved to Kochi in April, on transfer from Chennai and just about settled down in Jal Vayu Vihar. Ashwin was a naughty Five year old admitted to Upper Kindergarten School. One fine day, a gentleman with civilian looks, burly, rotund and in the mid-thirties enquired about Ashwin. My husband, then Deputy Commandant in rank, was surprised and went about in his usual way of questioning him or rather interrogate him as they do to investigate suspect ships at sea. The gentleman’s answer was even more surprising when he said that he was his friend. He introduced himself and sowed the seeds of glamour industry in our minds to **Explore**. After much persuasion we accepted his offer for a photo-shoot.

A whole lot of water had flown under the bridge without any result when suddenly loomed ICC Cricket World Cup 2007 and Cricketer Sreesanth came out with an album where Ashwin got a minor opportunity. India was out of the World Cup before the album released. This was the window which saw Advertisement offers for Funkschool, Nestle, LG, Oldenburger milk (Maldivian Ad) etc. Out of the blue came a movie offer in Malayalam and since there was no looking back. Ashwin **Evolved**, as a child artiste, and has done 05 Malayalam films, 01 Tamil film, Television Serial and numerous Ad’s.

The experience of the film industry further helped in his growth as a child artiste. The strenuous shooting schedules and backlog of school studies were detrimental factors but that also propelled him to **Excel** in academics and school activities. The icing on the cake was when he was adjudged “**Best Child Artist (Boy) – 2012**” by Kerala Film Critics for his role of a neglected child. Whether he will continue acting or choose any other profession? If he stays the course, will he **explore** new themes and roles as an actor? Will he **Excel** in his profession and finally will he **Evolve** as a good human being are things which cannot be foreseen or foretold. However, as is evident, it is again a cycle in life between the **BEGINNING** and the **END**. As a parent, our role is to ensure that the child does not lose his childhood, remains humble in his attitude, and learns his academic and moral lessons well. The ultimate aim should be to **Excel as a human being**.

Swetha Iyer  
W/o Comdt UK Iyer  
Dornier Training Flight, Daman

# Explore, Evolve and Excel

I had a vision,

A vision which turned into thoughts,  
Which in turn, turned into mission?

But I was a bit caught.

And so I explored,

And the mission became tougher,  
I faced many difficulties as I travelled up the road,  
It was so hard, it made me suffer.

This led to my evolution.

An evolution which changed me entirely, made me different.  
And now it was the time for a revolution,  
It was easy to give up but I didn't.

I fought for mine and all my precious lady's rights,  
At last we succeeded.

We did have our butts' and might's

But in the end a lady and her allies excelled  
We are everywhere, anywhere you can see,

From politics to the military,

There is nothing a lady can't be,

We've been important and will be in mankind's history.



*Digaant Garg  
Class -IX  
S/o DIG Mukul Garg*

# Exploring A “FATHER – DAUGHTER” RELATION

*I can remember your tiny smile  
Holding you close to me all the while  
Now you're a woman, no longer a child  
I can hardly believe  
How the years are so fleeting*



*Daddy's Girl*



*And now that it's time to give you away  
So beautiful on your Wedding Day  
There's only one thing that I can say  
In my heart,  
It's my darling and I*

A glass broke.... I say Ooh! He says - Oh! And she says “sorry”

To me it's a glass out of a set of 12, pieces to pick up, floor to clean and obviously, a lesson to teach, to make her a disciplined and obedient child.

To him, it's a challenge to cheer her up, see to it that she is not hurt and 'move on', play and have fun Great! But why do we see it so differently? Situation is same; do I love my daughter any lesser? Answer is-a big 'NO', then why do I feel differently.

I indeed am a blessed mother and a proud wife, I love to see the way the two of them share a beautiful relation. I admire to be a gentle part of their relationship. I wish to be like him. I look into her eyes, she stares at me and yells; 'papa, I love you!' To me, it's a great feeling, for, she can see him through me.

Difficult to explore, yet easy to observe and feel. So, I left exploring long time back and enjoy sharing what they have in between them, for, she indeed is the princess of our world.

*Mrs Sushma Gupta  
W/o Comdt Satish Gupta  
CGHQ*



# My Experience as First Lady Pilot Crew in Cockpit

It was one of those north indian winters when I was preparing for my forthcoming annual exams when I first saw one of the aircraft from Karnal Flying Club over my head soar into the blue sky and faded into the white cloud. I kept watching the flight till I could and sat thinking for a while. Suddenly it struck to me that it was my eureka movement for what I wanted to do when I grew up – fly high into the sky with the freedom of a bird.

I went back to my father and told him, I think I found my 'lakshya'. From there on it was a dream and the dream culminated into my first maiden flight with only lady cockpit crew on 30 Apr 12 when I flew as first pilot with Asst Comdt Reema as my copilot from Port Blair for a maritime reconnaissance sortie.

The day was certainly special because I was told that it will be first of its kind in the Indian Coast Guard history-two lady pilots flying together a maritime surveillance sortie in a Dornier. I had a feeling of excitement and lot of expectations from us, a bit of nervousness was also there but the professionalism and good preparation of flight faded away the nervousness.

I prepared for the sortie like any other sortie, did the preflight briefing and sat in the crew room amidst all the hype around. In a few minutes I went to the aircraft, did my preflight checks and strapped up in the cockpit, started in the engine and then taxied the aircraft towards the runway. The weather also appeared favourable to undertake the mission. After all clearances from the ATC we took off and flew over the Bay of Bengal. After successful accomplishment of the mission it was time to bring back the bird to its nest.

On our return the weather had started deteriorating. It had started raining over and around Port Blair and the visibility was also depleting. But with the professional knowledge and experience we could negotiate with weather and landed safely. The mission was thus completed like any other mission. On our landing ATC congratulated us for making the maiden history in Indian Coast Guard and also appreciated our approach and landing in marginal weather.

After that what happened was certainly unexpected and surprising to say the least. There was a rousing welcome with garlands followed by a small tea party and flurry of congratulations and cheers from colleagues. That is something I will cherish all my life. Moments are unforgettable and that will motivate me to touch the day with pride and glory.



In the end, I can say, yes dreams come true, you just have to see them with open eyes.

Jai hind

*Asst Comdt Akshi  
745 Sqn  
Port Blair*

# GENERAL ARTICLES AND POEMS



## GROWING ROOTS AND WINGS

*We all face problems in the growing up stage. But we need to remember that there is a solution to every problem.*

Mr Shouri asked his daughter, "What is your problem Sunaina? Why are you so upset?"

To this an angry Mrs Shouri said, "Sunaina wants her way. She does not want to listen to me."

Sunaina reacted, "No, it is not like that. You don't understand me any more."

Mr Shouri was really troubled with the mother-daughter arguments. Whom should he support? He decided to support his daughter as Sunaina looked upset. He was sure his wife would understand. But Sunaina needed a listener. He asked her, "Now tell me your problem."

Sunaina started off with her complaints, "Oh Dad! Life is so difficult. I am facing some problems at school. I am troubled."

Mr Shouri asked, "Tell me your problem my dear. "

Sunaina became tearful, "Our home is nice, comfortable and cozy. Mamma and you are perfect role models. You give me such good values. There is no conflict at home."

"Then what is the problem," asked Sunaina's father.

Sunaina replied, "But school is another place where I spend so much of time. Girls and boys of my age group are different. They visit each other and go for movies. Their parents allow them. My friends dress up differently. I look out of place ... so outdated. I know I'll not be comfortable but at least I'll look like them. Please let me try to be a little like them. I understand that they are from a different environment and family background."

Mr Shouri thought for a while and said, "Listen to me...there is no difference between you and your friends. We don't give you freedom to be alone and independent.... that's all. This is because your safety is important to us... we understand you and trust you but you are too young to be on your own. It is neither a boy nor a girl story...both are equally unsafe. Why do you think the government has an age for everything? From voting, driving, alcohol intake to marriage; every thing is linked to the right age. You are too young."

Mr Shourie continued, "As far as clothes are concerned I feel you want a change just to be like others. But then you also say that you'll not be comfortable. Don't you think it is like being some one else. We ask you to 'be yourself'. Why do you want to fit in somewhere you don't belong? If you are uncomfortable your self then do you think your clothes and copying their style will make you feel better. It's like being in another person's cloak. When we ask you to be 'yourself' then we give you real freedom... It means feel free to be what you are and not what others feel you ought to be."

Think over my views. Tomorrow it's a holiday, we'll meet again.

Mr Shouri couldn't sleep much. He was worried about his daughter. The boy on the cycle tinkled to announce the arrival of the newspaper. Mr Shouri realized that the night had gone.



To his surprise his wife was up and the aroma of green tea leaves filled his nostrils. Mr Shouri picked up the newspaper and unknowingly headed for the edit page. The Speaking Tree, a regular column caught his eye. It questioned him, "Are you a carrot, an egg or a coffee bean?" He read on and smiled towards his wife. Then he asked her; "Do we have a carrot, an egg and coffee beans? She looked at him with worry and said, "What is wrong with you? Why are you talking like that? Are you fine? Did Sunaina hurt you with her words"?

"No, Sunaina cannot hurt anyone but herself right now. She is going through a bad phase but I have a solution. My dear, do you mind chopping a carrot...and listen, boil some water in three containers. I'll wake up Sunaina."

Within a second Sunaina was in the kitchen looking nice and comfortable. Mr Shouri said, "I am not a chef but I want to share something with you. See the carrots are hard, the egg is delicate and the coffee beans don't have much to say for themselves...they appear just brown.

"Let's put them to the boiling water to see what happens. The carrots are soft, eggs have become stiff and hard and the coffee beans are showing true colour and taste better. I just wanted to see how all three would react at 100 degree temperature. So the problem for all three was hot water at 100 degree centigrade but all of them behaved differently. The carrots looked so weak and shaky, the egg had hardened itself and the coffee tasted strong. It was enriched on boiling.

"What are you my child?

- A carrot that could not tolerate the hardship.
- Or the egg that became hard inside
- or the coffee bean that despite the hardships gave away its true flavor and tasted better and better.

Sunaina smiled and answered, "Dad I am a coffee bean. I'll face the problems. I'll enrich myself when faced with a problem to grow up wiser and smarter."

Mrs Shouri smiled and said, "No dear, such situations will give you roots and wings too. When you agree to learn you become rooted in values and when you dare to differ from peers you get strong wings to help you fly. Both are equally important."

*Geeta Yadav  
W/o Comdt DP Yadav  
CGDHQ-4, Kochi*



## *Supporting our Spouses and Shaping our Family*

It is learned and noticed from the research telecasted through National Geographical channel; how an infant inside womb of a mother start learning things, activities from mother's each and every actions / reactions and learns most speciality manners and behaviour from seven months. The research revealed to produce that pregnant women's activities severely affect the infants developments and latter its career also. During pregnancy if a woman is happy and cheerful then infant will also be cheerful and if she is in stress then infant will also be in stress throughout its career. Conclusively, it shows that an infant learn too many things from a mother before coming out into the world.



A child needs the enduring irrational involvement of family members especially parents (mostly mother) in care of and in joint activities with that child. All the settings that help make us human, the family provides the most important developmental conditions: the love and care that a child needs to thrive. A healthy child and future adult is one who has such devoted people actively engaged in his life for example the **Mother (Woman)**. She loves the child unconditionally, spends time with the little one, is always interested in what the child does and wants to do.

Other setups, such as school, colleges or day care are important to a child's development, but nothing can replace this basic unit of our social system; the family is the most human, the most powerful and by far the most economical system known for making and keeping human being human. Mother supports her children in each and every work / problem and gives solutions also. Hence, Mother may be narrated as first **teacher** for children.

We, being members of Coast Guard Wives Welfare Association (CGWWA) – have a lot of challenges and role to support our better halves who are a part of this vibrant and fine service. They discharge their duties for making this nation safer and secure. As the service is a sea-going, our spouses are away from home for days together due to sailing, courses and other service commitments. We have to shoulder a lot of challenges, viz looking after family members, aged parents, young children, day to day works, housekeeping, education and most important commitment i.e. development of our children and building their career. These challenges are entrusted on our shoulders when our spouse is away from home and it requires our whole hearted involvement to handle these favourable



or worse situations and to tackle the problems with confidence. When we prove ourselves in handling medical, educational, social and environmental requirements of family members in a justified way, then our better half can work with zeal, enthusiasm so as to fulfil the motto of Coast Guard "**VAYAM RAKSHAM**".

*Mrs Shraddha,  
W/o BL Kashi, P/NVK  
ICGS Ratnagiri*

## *An Account Of Life*

Monica married Hitesh this day. At the end of the wedding party, Monica's mother gave her a newly opened bank saving account passbook with Rs 1000 as deposit.

Mother: Monica, take this passbook. Keep it as record of your marriage life. When something happy and memorable happens in your life, put some money in. Write down what it's about next to it. The more memorable the event is, the more money you can put in. I've done the first one for you today. When you look back after years, you know how much happiness you have had.

Monica shared it with Hitesh when they got home. They both thought it was a great idea and were anxious to know when the second deposit can be made.

This was what they did after sometime:- 7 Feb Rs 100, first birthday celebration for Hitesh after marriage- 1 Mar Rs 300 salary raise for Monica-20 Mar Rs 2000 Monica got pregnant - 1 Jun Rs 1000, Hitesh got promoted....and so on....



However after years, they started fighting and arguing for trivial issues. They didn't talk much. Each felt that they have married wrong person.....no more love. One day Monica called her mother and told her the entire story and said that she can't take any more and wanted to get the divorce from him.

Mother: 'Sure, girl, that's no big deal. Just do whatever you want if you really can't stand anymore. But before that do one thing, spend the entire money that you have deposited in the savings account, that I have given you on the day of your wedding.' Monica thought it is true. So she went to the bank, waited at the queue with the plan to cancel the account.

While she was waiting, she took a look on the passbook, and looked, and looked. Then the memory of all the previous joy and happiness just came up in her mind. She was filled with tears. She went home without withdrawing and cancelling the account.

When she was at home she handed over the account to Hitesh, and asked him to spend the entire money before getting the divorce. The next day, Hitesh gave the passbook back to Monica. She found a new deposit of Rs 5000 and the line next to it recorded as ' this is the day I noticed that how much I have loved you all these years. How much happiness you have brought to me.

They hugged and cried and put back the passbook in the safe. Do you know how much money

they had saved when they retire? I didn't ask . I believe the money did not matter any more after they had gone all good years in their life.

*"When you fall, in any way, don't see the place where you fell, instead see the place from where you have slipped.*

"Life is about correcting the mistakes."

Compiled by  
Asst Comdt Kedar Singh Bohra  
ICGS Samar

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## *Words of Wisdom*

The best Day	-	Today
The best part of One's Religion	-	Gentleness and Cheerfulness
The greatest negative feeling	-	jealousy
The greatest need	-	Common sense
The most expensive indulgence	-	Hate
The greatest trouble maker	-	Talking too much
The worst bankrupt	-	The soul that has lost it's Enthusiasm
The cheapest, stupidest and easiest thing to do	-	finding faults of others.

Manoj Luintel  
P/Nvk (Radio), 03351-S  
ICGS H-182



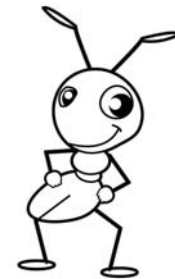
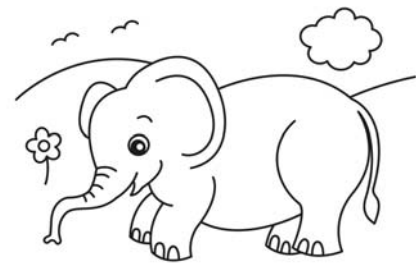
## Interesting Unknown Facts

- Coca-Cola was originally green.
- The most common name in the world is Mohammed.
- The name of all the continents end with the same letter that they start with.
- The strongest muscle in the body is the tongue.
- There are two credit cards for every person in the United States.
- TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
- Women blink nearly twice as much as men!
- You can't kill yourself by holding your breath.
- It is impossible to lick your elbow.
- People say "Bless you" when you sneeze because when you sneeze, your heart stops for a millisecond.
- It is physically impossible for pigs to look up into the sky
- The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.
- $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
- Question - This is the only food that doesn't spoil. What is this? Ans. - Honey
- A crocodile cannot stick its tongue out.
- A snail can sleep for three years.
- All polar bears are left handed.
- Butterflies taste with their feet.





- Elephants are the only animals that can't jump.
- Rats multiply so quickly that in 18 months, two rats could have over million descendants.
- The electric chair was invented by a dentist.
- The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet.
- The ant always falls over on its right side when intoxicated.
- The cigarette lighter was invented before the match.
- And finally, 99% of people who read this will try to lick their elbow



*Compiled by  
Mrs Shraddha Chakraborty  
W/o Dy Commandant Abhik Chakraborty  
ICGS Lakshmi Bai*

## LifeLine

Truth is the lifeline of relation ship

Hope is the lifeline of love

Character is the lifeline of destiny

Persistence is the lifeline of survival

Wisdom is the lifeline of knowledge.

*RK Suman  
SE (ER)  
ICGS Sarojini Naidu*

## REGION (EAST)





## REGION (EAST)



# Attitude

*"Never leave till tomorrow which we can do today"*

"Attitude" is the most important word in the world of language. It applies to every sphere of life, including one's personal and professional life. Can an executive be a good executive without a 'good' attitude? Can a student be a good student without a good attitude? Can a parent, teacher, salesman, employer, employee be good in their roles without a 'good attitude'? The foundation of success regardless of our chosen field is attitude. If attitude is such a critical factor in success, shouldn't we examine our attitude toward life and ask how our attitude will affect our goals? Our attitude determines how we look at a setback. To a positive thinker, it can be a stepping stone to success. To a negative thinker, it can be a stumbling block. Great organizations are not measured by wages and working conditions, they are measured by **feeling attitudes** and **relationship**.

There are primarily three factors that determine our attitude. They are: (a) Environment; (b) Experience; (c) Education. At the same time we should not forget that it is very easy to point out others fault very easily, but before dare to do so, we should think that in this process we pointed our self also for correction; it is the one of the basic of positive attitude. Person with positive attitudes have certain personality traits that are easy to recognize. They are **caring, confident, patient** and **humble**. They have high expectations of themselves and others. They anticipate positive outcomes. A person with a positive attitude is like a fruit of all seasons. He is always welcome. The effect of positive attitude which increases productivity, fosters teamwork, solves problems, improves quality, makes for congenial atmosphere, breeds loyalty, increases profits, reduces stress and makes for pleasing personality. And the same time due to negative attitude have a hard time keeping friendships, jobs, marriage and relationships. Their attitude leads to bitterness, resentment, a purposeless life, ill health and high stress level for themselves and others too. They also pass on their negative behavior to others around them and to future generations. The negative people will always love to criticize. So if we want to build and maintain a positive attitude, and get into the habit of living in the present with a 'do it now' attitude, we have to leave the saddest words in life, they are :

'It might have been'

'I should have'

'I could have'

'I wish I had'

'If only I had given a little extra'.



We should respect the word " value", because it is correlated with the individual attitude. So, "Value has a value only if it's value is valued"

*Raju Mukhopadhyay*  
*P/Nvk (RP)*



# A Soldier's Love Story

One day, a young guy and a young girl fell in love.

But the guy came from a poor family. The girl's parents weren't too happy. So the young man decided not only to court the girl, but to court her parents as well. In time, the parents saw that he was a good man and was worthy of their daughter's hand. But there was another problem: The man was a soldier. Soon, war broke out and he was being sent overseas for a year. The week before he left, the man knelt on his knee and asked his lady love, "Will you marry me?"

She wiped a tear, said yes, and they were engaged. They agreed that when he got back in one year, they would get married.



But tragedy struck. A few days after he left, the girl had a major vehicular accident. It was a head-on collision.

When she woke up in the hospital, she saw her father and mother crying. Immediately, she knew there was something wrong.

She later found out that she suffered brain injury. The part of her brain that controlled her face muscles was damaged. Her once lovely face was now disfigured. She cried as she saw herself in the mirror. "Yesterday, I was beautiful. Today, I'm a monster." Her body was also covered with so many ugly wounds. Right there and then, she decided to release her fiancé from their promise. She knew he wouldn't want her anymore. She would forget about him and never see him again.

For one year, the soldier wrote many letters-but she wouldn't answer. He phoned her many times but she wouldn't return the calls.

But after one year, the mother walked into her room and announced, "He's back from the war."

The girl shouted, "No! Please don't tell him about me. Don't tell him I'm here!"

The mother said, "He's getting married," and handed her a wedding invitation.

The girl's heart sank. She knew she still loved him-but she had to forget him now.

With great sadness, she opened the wedding invitation.

And then she saw her name on it!

Confused, she asked, "What is this?"

That was when the young man entered her room with a bouquet of flowers. He knelt beside her and asked, "Will you marry me?"

The girl covered her face with her hands and said, "I'm ugly!"

The man said, "Without your permission, your mother sent me your photos. When I saw your photos, I realized that nothing was changed. You're still the person I fell in love. You're still as beautiful as ever. Because I love you!"

*PM Manohar  
P/Ytk(ER)*

# Difference between Traditional and Modern Families in India

Women need to wake early to prepare breakfast for everyone in their families. On the other hand, we don't see this event a lot in modern families. Women can wake up at the same time with their husbands and don't prepare anything.

This is one example that shows the difference between traditional families and modern families in our country. I think there are a lot of differences, but I'm going to contrast only three big differences, which are size, head of family and discipline.

One important difference is size of family. Size of traditional families are larger than modern families. Normally they have more than ten people in their families, whereas modern families have only three to four people. Traditional families always live with their relatives and have a lot of children, which is the reason why they are big families. Another reason is their work. Traditional families are farmers. Members of families can work at their farms, therefore, they don't hire workers. They can save a lot of money.



In contrast, modern families don't need anyone to help their work because they work in the office. They only have one or two children and don't live with their relatives. I think this difference affects modern families because they will not know their relatives, as traditional families do. They only meet them on special occasions, such as birthdays, weddings and New Year.

For example, children aren't used to meeting their grandparents because they only see them a few times per year. They will not respect them as much as they should have. I think it will become an aggressive problem in our societies because they don't know how to esteem or sympathise older people. Children won't obey or help them when they grow up. For instance, teenager don't obey their teachers, as they should be or they won't give seats to old people when they see them in public places.

Another difference between traditional families and modern families is head of family. Men are always head of traditional families. Women usually take care of children at home, whereas men work outside. Women and children must listen and follow whenever men tell them. Men have the power to order members of their families to do everything, even if they don't like to do. For example, fathers can choose husbands for their daughters. It is not a good idea for women and children always need to believe their command, so now they're changed to modern families, where the lady of the house also calls the shots as powerful as the husbands.

*P Neel Kamal, P/Nvk  
CGHQ*

# ***How to Be Confident in Life***

*The seven ways to be confident in life :-*

1. **Frame your own life function declaration.** When you give yourself time to think and come up with a declaration that sums up your life function, you will be empowered. Find your essence, what you are made to do. In times of doubt all you will need to do is glance at your life function declaration, and the road ahead would be clearer.
2. **Enrich yourself with development lessons.** Knowledge is a lifelong process. The more you invest in it, the better it is. Education opens up your mind and brings the unattainable closer to you. Control over what you do would only come once you have a thorough understanding over it, and development lessons act as a great aid.
3. **Be proactive.** Risk taking can go both ways but you will never know what you are capable of unless you give it a shot. If starting a new business venture is your plan, then go for it. If travelling is what you desire, then do so. Recognise that something that you have been wanting to do for long, and take steps towards your objective proactively.
4. **Socialise.** Be a part of a network, form a group, participate in a team event. We as human are social animals, and have a deep sense of companionship and company. Being part of a group makes you feel like you belong to something much bigger than your individual self. This sense of belonging infuses you with confidence, as you would have others to support you in your various ventures.
5. **Stand up for yourself and what you believe in.** We should always be open to criticism as it helps in personal improvement. This does not mean we let others boss us around and stop us from being what we are meant to be. If you truly believe in your ideals and dreams, you need to defend them when you are absolutely sure of something, then take the responsibility of standing up for it. Trace the negative vibes and embrace positivism.
6. **Help the Needy.** Nothing please us like pleasing others. Service to mankind is just not service to God, but it is also service to self. Appreciation and gratitude from the needy will give you a sense of fulfilment and boost your confidence. When you help someone, you go out of your confidence. When you help someone, you go out of your comfort zone. This proves integral for an increase self esteem.
7. **Plan and achieve.** An aimless arrow is useless and dangerous for self and others. You need to set your target and work towards them, making small term goals are the first step to greatness. If your small plans are achieved, then the bigger plans will take care of themselves. Nothing speaks confidence than the joy of achieving something.



*Shippa Ralhi  
W/o Comdt GS Ralhi  
ICGS Kolkata*

# *Women Of Substance*

Indian history is full of famous women. At the same time, repression of womenfolk has also been a fact of Indian life for centuries. The situation has improved significantly since Independence but we still have miles to go. A grim reminder is the fact that though female foeticide has come down drastically, it has still not been fully eradicated from our country. At this moment let us remember some of our contemporaries who have excelled in different walks of life. A few women who have made us proud by great achievements in their respective fields of activity are:-

**Saina Nehwal**: A sensation in Indian Badminton who won a Bronze medal in women's singles badminton at the London Olympics.

**Mary Kom**: A five time world boxing champion who won a bronze medal at the London Olympics in the 51 Kg category.

**Sunita Williams**: An American astronaut of Indian origin who holds the record for the longest spaceflight by a woman.

**Kiran Bedi**: The first lady IPS officer of India; presently campaigning for implementation of the Lok Pal Bill.

**Arundhati Roy**: Writes of the famous book "The God of Small Things" for which she won the coveted Man Booker Prize in 1997.

**Pratibha Patil**: First woman President of India who served our country from 2007-12.

**Meira Kumar**: Former diplomat and presently the first lady Speaker of the Indian Parliament (Lok Sabha).

**Medha Patkar**: Torchbearer of Narmada Bachao Aandolan, a civil rights activist.

**Aishwarya Rai**: A mesmerizing Bollywood actress who made India proud by winning the Miss World title in 1994.

*Sajna Janardhanan*  
*W/o DIG K Janardhanan*  
*CGHQ*





# Never Shy

*Do not shy of giving help,  
Unasked, to who so ever in distress.*

*Do not shy of learning things,  
You are not aware of.*

*Do not shy of subordinating  
your interest, Motive and ambition,  
to the larger interest and ambition  
of the people and Nation.*

*Do not shy of asking questions,  
In order to learn a thing better.*

*Do not shy of laying down your life  
For preserving unity, integrity  
And freedom of your country.*



*Mrs Leela D Luintel  
W/o Manoj Luintel, P/Nvk(R)  
ICGS H-182*

# My Dear Mother

Oh mother! My dear mother  
Respected and lovely mother  
You cry when I cry  
You laugh when I laugh  
Never it when I don't  
Never sleep till I do

Oh mother! My dear mother  
You praise me when I do well  
You love me when I do wrong  
Always hide my faults  
And glorify my achievements

Oh mother! My dear mother  
You scold me but I don't care  
I shout at times and you cry  
That is the quality of my mother

I share everything with you



You share only your happiness  
You never let me know  
Your sorrow and misery  
Oh mother! My dear mother.

*DR Garg, Adh (QA)*  
*CGSD Paradip*

# PARENTING - NOT A BIG DEAL !!

In today's competitive world, all of us want our young children to become successful in every sphere of their lives. Besides holistic and balanced education, there are many areas we need to look into in order to develop our dear children to become all rounded achiever, so that they can face any challenge or social pressure in their future. If they are not guided properly, it is very hard for them to stay positive in long run. The parents play a very significant role in moulding their child in such a way that in any circumstances your child feels positive and comfortable. Being a parent you are required to put yourself in your child's shoes to empower them.

First thing you need to start developing self esteem in your child. Seriously speaking, parents play a very important role in laying a solid foundation for their children's sense of self worth. You need to assist them to develop the "I can" mentality. In order to foster positive self esteem the following methods can be tried :-

- Always try to see your child's real activities to assist them to achieve success. These activities may be challenging but not too difficult.
- You must try to provide opportunities to your kids to express their feelings and ideas.
- It is always advisable to offer some very useful fun based activities to the children to practice their skills.
- Never forget to praise your child when he or she shows any improvement.

Secondly, you need to respect your children and they need to realize that they are respected for thinking positively about themselves. What can parents do? Parents are advised to allow their young children to make certain decisions while explaining the reasons. Young kids must be included in conversation and have their views taken seriously. By doing so, you can actually empower your child in a consistent manner.

Thirdly, always keep in mind that TRUST is the foundation of all relationships so always trust your child and let him /her know that they will have your full support. You must communicate clearly with your child that it is not a big deal if they make mistake. Mistakes are actually good learning opportunities.



Last but not the least, please bear in mind three key points when you empower your beloved children, i.e. you guide them but don't direct them, you coach them but don't instruct them, you ask them but don't tell them.

*Mrs Nirupama Agnihotri  
W/o Col. Piyush Agnihotri  
HQ, Coast Guard Region (NW)*

# Responsibilities of Woman as a Mother

Motherhood is one of the most beautiful experiences that a woman can have in her entire life and it can also be one of the most stressful! After all, there are so many different things and responsibilities that women have to take care. They are :-

1. **Life of a woman in motherhood** - The life of a woman is multi-faceted. Unlike men, women have to handle different aspects of life. There are women issues that they need to attend to, such as their spouse, family, career, business, education, health and fitness and raising kids. Women are blessed with the power that enables them to handle numerous women affairs at the same time.
2. **Different roles of a woman** - A mother is usually the foundation that a home is built upon. Her primary role is often seen as providing a home firstly for her husband, in which to build a nest and start a family and secondly to provide the safe and secure environment in which her children can grow and flourish, develop their personalities and talents and then move out into the world where they proceed to blossom into being their own person.
3. **Mother's responsibilities towards her children** - A mother is everything for children. The relationship is built on unconditional love and care. Because being a mother is to support your children all the way even if they choose to take the road you don't want them to. Mothers play a responsible role in children's education, health and complete well being.
4. **Mother as teacher for children** - Motherhood is probably the most important role for you to realize your responsibilities towards your children. Mothers are always willing to contribute towards better parenting. They work hard to educate their children themselves. From the very childhood, mothers ensure the development of sense of morality. They teach them to show respect to aged, avoid telling lies, not to extend harms to others, do not take things of others without their knowledge, etc.
5. **Mother's role when children fall sick** - The child's life is mostly dependent on the mother especially during infancy and childhood. The mother's role is to protect the child from sickness and while the child is sick the mother takes good care of the child so that the infant feels better and soon gets back to normal health.



6. **Good nutrition for children** - A mother's responsibility in today's world of fast foods, packaged and processed snacks, and sugar laden soft drinks, teaching the children about healthy eating habits can be a real challenge. The foundation for teaching kids about good nutrition should be laid when they are babies. So, mothers should provide a balanced, nutritious and healthy food to their kids that will help them to grow faster and also stay healthy.

*PR Bharti, SE(ER)*

*ICGS C-63*



# Women - Our Pride

Real power of men are women

This is fact and always proven

Women are behind men's every success

Continuing the work even in stress

Difficult to do child care

Which men can do rare

Women have more strength of patience

Doing all the work with sense

The responsibility of women is not limited in any area

As we are proud that a woman is President of India

Today, we need to prevent gender discrimination in society

Because sans women is incomplete our family

*RS Sarate, Adh*

*ICGS C-152*



## LIVE HAPPY... ALL ALONG

Trials and tribulations  
Tears and laughters  
Are life's song.....

Troughs and crests  
Ups and downs  
Are part among.....

We.....pervade  
Into the deep sea  
On the other horizon.....

We guard, we protect  
And my wish will come true  
We live happy all life long .....

*Mrs Kiran Rawat*  
*W/o SK Rawat, U/Adh(WTR)*  
*CGHQ*

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## *Beauty*

Beauty is in blooming flowers, Try to find it.....	Beauty is in drumming downpour, Try to know it .....
Beauty is in ferocious animals, Try to realize it.....	Beauty is in our intelligent brain, Try to improve it.....
Beauty is in twittering birds, Try to feel it.....	Beauty is in friendship, Try to multiply it.....
Beauty is in useful trees, Try to recognize it .....	Beauty is in ourselves, Try to discover it.....

*Abhishek Rai*  
*Nvk(WTR)*

# The Road To Success

"There are no shortcuts to any place worth going"- Beverly Sills.

The popular notion of success in today's world has more to do with material possessions than spiritual wealth. The world, which neatly categorises people into winners and losers, has little time and patience for failure. Indeed, as the Russian proverb puts it, **"Success has many fathers, while failure is an orphan"**.

The just concluded commonwealth games bring into sharp focus this dichotomy. While the entire nation rejoiced with the victorious athletes, one cannot help but wonder if we would be as unwavering in our support in the absence of medals. The notion of failure is irrevocably intertwined with that of success. It is failure that impacts true meaning of success to an individual. Ask Ivan Lendl, who came tantalizingly close to winning the Wimbledon so many times without ever doing so. He would probably echo Emily Dickinson's famous lines:

**Don't aim for success if you want it; just do what you love and believe in, and it will come naturally.**

Success is counted sweetest by those who never succeed. To comprehend a nectar requires sorest need.

So what is this elusive entity called Success? Who or what constitutes it? Success, like beauty, is purely subjective and lies in the eye of beholder, so to speak. True success involves having extravagant impossible dreams and the gumption to follow them through. It lies in relentless hard work and the willingness to try endlessly in the face of failure. It requires humility and the willingness to learn from one's mistake; and still having the enthusiasm to go on. It involves embracing life, in all its shade, unconditionally and comprehending joy in the smallest of things.

True success comes with realization that it is not just about how far you have got but it is the distance you have travelled from where you started that count.

Thomas Charles Saxe effectively sums it up when he says:

"My life hasn't been that spectacular.... Except for all the spectacular things that has happened in my life"



*Mrs Nirupama Agnihotri  
W/o Col Piyush Agnihotri  
HQ, Coast Guard Region (NW)*

## REGION (NE)





## REGION (NE)



# *Story of a Soldier*

A story is told about a soldier who was finally coming home after having fought in war. He called his parents from war field. "Mom and Dad, I'm coming home, but I've a favor to ask. I have a friend I'd like to bring home with me. "Sure," they replied, "we'd love to meet him."

"There's something you should know," the son continued, "he was hurt pretty badly in the fighting. He stepped on a land mine and lost an arm and a leg. He has nowhere else to go, and I want him to come and live with us."

"I'm sorry to hear that, son. Maybe we can help him find somewhere to live."

"No, Mom and Dad, I want him to live with us."

"Son," said the father, "you don't know what you're asking. Someone with such a handicap would be a terrible burden on us. We have our own lives to live, and we can't let something like this interfere with our lives. I think you should just come home and forget about this guy. He'll find a way to live on his own."

At that point, the son hung up the phone. The parents heard nothing more from him. A few days later, however, they received a call from the San Francisco police. Their son had died after falling from a building, they were told. The police believed it was suicide.

The grief-stricken parents flew to San Francisco and were taken to the city morgue to identify the body of their son. They recognized him, but to their horror they also discovered something they didn't know, their son had only one arm and one leg.

**Moral:** The parents in this story are like many of us. We find it easy to love those who are good-looking or fun to have around, but we don't like people who inconvenience us or make us feel uncomfortable. We would rather stay away from people who aren't as healthy, beautiful, or smart as we are. Thankfully, there's someone who won't treat us that way. Someone who loves us with an unconditional love that welcomes us into the forever family, regardless of how messed up we are.

Tonight, before you tuck yourself in for the night, pray God to give you the strength you need to accept people as they are, and to help us all to have more understanding of those who are different from us!



*Mrs. Sarita Yadav  
W/o N Yadav, P/Nvk  
ICGS C-149*

# Value of Discipline in our life

Discipline plays an important role in our life.

It is the golden key to greatness in life.

Life without discipline is of no worth.

It is necessary in all walks of life.

Our success and progress in life depend on it.

It stands for self control.

It controls and guards our life.

It is well said "no discipline no progress".

Discipline should be everywhere; at home, school,college,above all in defence forces.

It seems to be rather unpleasant but it's fruits are very sweet

It saves us from doing wrong things.

We need the discipline for success of our democracy

It should be guiding principle of our life.

It is the life blood for the progress of society

and above all for our country.

*D Mohan, Navik(RO)  
ICGS Sagar*



# *Rules of Life*

Today is better  
Than yesterday  
Tomorrow will be  
Better than today

Life laughs at you when you are unhappy  
Life smiles at you when you are happy  
Life salutes you when you make others happy



If a problem can be solved, no need to worry about it.  
If problem cannot be solved what is the use of worrying

Changing the face can change nothing but facing  
The change can change everything

Be bold when you loose and be calm when you win  
Express your emotion with face not with words  
Successes is not only rising high, but also  
Falling down with confidence & courage

*SK Singh, P/Nvk (SA)*  
*ICGS Chennai*

"In life, God does not give you the people you want, instead he gives you the people you need... to teach you, to love you and to make you exactly the way you should be"



## ***SPIRIT OF THE OCEAN***

Spirit of the ocean,  
Bring my love back to me.  
He is upon a ship,  
That is sailing in your sea.

He left to join you,  
So many months ago  
I have been so patient  
Now he is on his way home.

Ocean so great,  
I will be there.  
As your waves so big,  
Push his ship to the pier.

As my loved one departed,  
Comes home from your sea.  
We give thanks to you,  
So that this may be.

Thank you for keeping him safe  
During his time upon the ship.  
I know you will be with him.  
While I sit here alone.



Now when my love returning home,  
From a long trip with you.  
He will be in my arms,  
To hug and kiss me real soon.

So remember I hate you,  
For taking him away.  
But love you all the same,  
For returning him some day.

*Ravinder Singh, Nvk(RP)*  
*ICGS Rani Abbaka*

# WHAT ARE THE CAUSES OF STRESS IN WOMEN

In today's society, there is a lot of pressure on women to be good mothers, have successful careers outside the home, be perfect wives and take care of household chores. According to the Cleveland Clinic, 70 percent of married women with children work outside of the home. With the decline in the economy, it's even more critical that many families have two sources of income to survive. Overwhelming stress can cause mental health issues such as depression and anxiety disorders.

## **Balancing Act**

Many women are trying to take on the role of caretaker, housekeeper, taxi/cab driver for their children and dedicated employee which all require a tough balancing act. Some women who work outside of the home feel guilty about spending time away from their children and family which can lead to stress. Some women also feel the effects of stress due to a financial burden placed on them to pay the mortgage, the utilities, the grocery bill and more. Women who try to balance all of these roles probably spend less time on themselves, because they don't want to appear selfish. Without time spent on reducing stress, women become more stressed.

## **Powerlessness**

Lack of power can become a daily stressor for women. According to the Cleveland Clinic, women are less likely to feel that they have the power to change their situation. Some women feel stuck in the lives they are leading and don't know how to change them. For example, some women aren't happy in their marriages, but they know that if they leave, they won't be able to financially support themselves. This is one reason that some women stay in abusive relationships.

## **Hormones**

Throughout life, women experience extreme hormonal changes and imbalances. Women experience menstrual cycles, hormonal changes while pregnant and menopause. Many times these hormonal imbalances cause mood swings and other unpleasant side effects which increase level of stress.

## **Significant Life Events**

Significant life events are a major cause of stress. According to Helpguide.org, a nonprofit health resource, the No.1 cause of stress is the death of a spouse. Because women live longer than men, they are more likely to experience stress as a result of being widowed. Marriage is listed as the No.7 cause. Also, women experience stress



during happy events such as planning a wedding and having a baby.

### **Daily Stressors**

Depending on how a woman copes with stress, daily stressors may be a noteworthy cause of stress. Daily stressors include such annoyances as receiving an unexpected bill in the mail, locking your keys in your car, popping a tire, a child throwing a temper tantrum, getting into an argument with a spouse etc. Some women learn to cope in healthy ways with these daily stressors through meditating, taking a bubble bath or practicing yoga. Keeping the stress under control is essential for a happy and healthy living.

*T Hymaramadevi  
W/o TV Chalam, Adh (AE)  
Vizag Chetak Flight*

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## *Change Your Life*

When you change your thinking  
You can change your beliefs  
When you can change your beliefs  
You can change your expectations  
When you can change your expectations  
You can change your attitude  
When you can change your attitude  
You can change your behaviour  
When you can change your behaviour  
You can change your performance  
When you can change your performance  
You can change your life



*Sharad Kumar, P/Nvk (RO)  
ICGS Jakhau*

# *Happiness in the Mind*

The 92 year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock with her hair fashionably combed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when she was told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. I love it she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. Mrs Jones, you haven't seen the room.... That doesn't have anything to do with it; she replied. Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged... It's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away....just for this time in my life. Old age is like a bank account: you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my Memory Bank. I am still depositing. Don't be selfish & share whatever you have. Be respectful and considerate.

Remember the five simple rules to be happy :-

1. Free your heart from hatred
2. Free your mind from worries
3. Live simply
4. Give more
5. Expect less

*K Uday Kiran, Adh (ME)*  
*CGWO*





# **CHANGE YOUR WORLD**

You cannot change the world,  
But you can present the world with one improved person –  
Yourself

You can go to work on yourself to make yourself  
Into the kind of person you admire and respect.  
You can become a role model and set a standard for others.

You can control and discipline yourself to resist acting  
Or speaking in a negative way  
Toward anyone for any reason.

You can insist upon always doing things the loving way,  
Rather than the hurtful way.

By doing these things each day,  
You can continue your journey

Toward becoming an exceptional human being.



*Asst Comdt Anup Kumar Yadav*

## REGION (A&N)





## REGION (A&N)



# The Present - Less Generation

Communication	-	Wire-less
Phones	-	Cord-less
Cooking	-	Fire-less
Food	-	Fat-less
Sweet	-	Sugar-less
Labour	-	Effort-less
Relations	-	Fruit-less
Attitude	-	Care-less
Politics	-	Shame-less
Education	-	Job-less
Mistakes	-	Count-less
Arguments	-	Base-less
Salaries	-	Worth-less
Protests	-	Use-less



*Reena Singh  
W/o Comdt(JG) S Rajan  
ICGS Vajra*



# *Salute Coast Guard Officers*

Salute – The true son of motherland  
In safeguarding the country, life he spends

Immaculately dressed in white  
Always vigilant & ready to fight  
Like mountain stand strong & tall  
Never fails to attend nation's call.

Salute – The true son of motherland  
In safeguarding the country, life he spends

Soother & comforts all in pain  
Thinks of nation not of personal gain  
Works to countrymen happily sleep  
Promise and vows always he keeps

Salute – The true son of motherland  
In safeguarding the country, life he spends



*Mrs Sushma Shishodia  
W/o Comdt(JG) RKPS Shishodia  
CGDHQ-10  
Campbell Bay*

## *Song of the Rain*

I am dotted silver threads dropped from heaven by the Gods.  
Nature then takes me, to adorn her fields and valleys.

I am beautiful pearls,  
Plucked from the crown of God

When I cry the hills laugh;  
When I humble myself the flowers rejoice;  
When I bow, all things are elated.

The field and the cloud are lovers  
And between them I am a messenger of mercy.  
I quench the thirst of one;  
I cure the ailment of the other.

The voice of thunder declares my arrival;  
The rainbow announces my departure.

I am like earthly life,

I emerge from the heart of the sea  
Soar with the breeze.

When I see a field in need,  
I descend and embrace the flowers and the trees in a million little ways.

I touch gently at the windows with my soft fingers,  
And my announcement is a welcome song all can hear  
But only the sensitive can understand.

I am the sigh of the sea;  
The laughter of the field;  
The tears of heaven.



*Asst Comdt Shyam Kishor  
ICGS Durgabai Deshmukh*

## ***IT IS A WOMEN'S WORLD***

If a girl laughs

she is a jolly good fellow

But if a boy laughs

he is mannerless.

If a girl talks,

she is witty.

But if a boy talks,

he is chatter box

If a girl loves silence,

she is serious.

If a girl wears unique dress,

it is high fashion.

But if a boy wears unique dress,

he is a joker.

If girl move together,

they are in company,

But if boy move together,

they become a gang!!



*Madan Sharma, P/Nvk(QA)  
CGDHQ-9  
Diglipur*

## **HONOUR AND PRIDE**

Honour is what that remains,  
not the one that can be washed like stains.  
Pride is what is felt inside,  
the one who carries it beside.  
Helping should be in the nature,  
should not be changed from one to other creature.  
Lion is the one who roars and smiles,  
the one who goes on even after hundred miles.  
So my fellow individuals,  
have all these qualities and serve with honour and pride.

*Asst Comdt Gurpreet Singh  
ICGS Bhikaiji Cama*

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## **SEVEN SECRETS OF SUCCESS**

What are the seven secrets of success?  
I found the answer in my room  
Roof said - Aim high  
Fan said - Be cool  
Clock said - Time is precious  
Mirror said - Reflect before you act  
Window said - Explore the world  
Calender said - Be up-to-date  
Door said - Push hard to achieve your goals

*Reena Singh  
W/o Comdt (JG) S Rajan  
ICGS Vajra*



# ***LIFE***

Life is a Search,

Life is a pilgrimage

Life is peace and panic

Life is fear and anxiety

Calmness and conflict,

Tears and compassion,

Worry and calm

Tragedy and wounds

Sorrow and cheer,

Honest and terrific

Humorous and holy

Life is laughter and sadness

"God invites us for a life of service, not a life of survival"

*Mrs Eudora Hansdak*

*CGHQ*

"If you educate a man you educate a person, but if you  
educate a woman you educate a family"

# लेख एवं कवितार्ये



## जय भारतीय तटरक्षक महान

सुनो देश वासियों हम हैं भारत की संतान ।

भारत हमारा देश महान ।

इस भूमि का कर्ज चुकाने निकले हैं कुछ वीर जवान ।

आँख बने इस देश की वो कहलाये तटरक्षक महान ।

अब दुश्मन की खैर नहीं तैनात हैं समुद्री शेर जवान ।

पर इतनी बात समझ लो मेरी है ये नहीं राह आसान ।

क्योंकि मिट्टी तो मागें है पानी, पर पानी मांगे खून का पानी ।

इस पानी की प्यास बुझाने निकलें हैं, हमारे वीर जवान ।

दुश्मन के हर मनसूबों को कर देंगे वो बेनकाब ।

जय-जय-जय भारत की सेना,

जय भारतीय तटरक्षक महान ।

सचिन सिंह

इलैक्ट्रिकल फ़िटर

पोत.म.र.संगठन, पोरबंदर, गुजरात



## नारी शक्ति

नारी है पावन, सुद्रढ कोमल,  
प्रेम त्याग की मूरत, ईश्वर का प्रतिबिम्ब ।  
परिस्थितियों में जकड़ी, अत्याचार भी सहती,  
परिवार और समाज की खातिर उफ़ तक न करती,  
कमजोर नहीं शक्ती का भंडार है,

जब भी मौका मिला इंदिरा, प्रतिभा बन सम्भाला देश का भार,  
कल्पना बन गई क्षितिज के पार,  
किरण बेदी और उषा बन मिलाया आदमी के कंधे से कंधा,  
इनकी शक्ति और बल को देख कांप उठा हर बंदा ।

बन लक्ष्मी अंग्रेजों को चटाई धूल,  
तभी तो आज तक संसार इन्हें नहीं पाया भूल ।  
समय की पुकार उसे शक्ति दो सम्मान दो,

ना करो मजबूर बनने को काली,  
नही भूलो इस दुनिया रुपी बगीचे की वही है माली ।

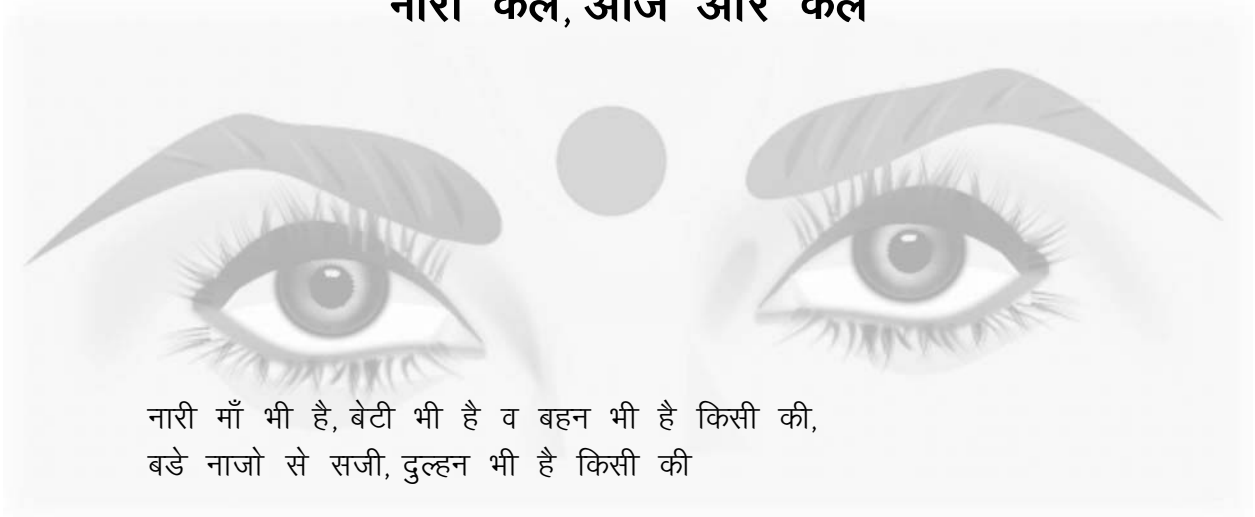
आओ मिल कर प्रण करें समझें और समझाए,  
लड़की एक वरदान है नहीं है अभिशाप,  
भ्रूण हत्या से बढकर नहीं है कोई पाप ।



अखिलेश कुमार, नाविक  
भारतीय तटरक्षक अवस्थान वेरावल



## नारी कल, आज और कल



नारी माँ भी है, बेटी भी है व बहन भी है किसी की,  
बड़े नाजो से सजी, दुल्हन भी है किसी की

नारी को कोई पूजता है, कोई चाहता, कोई आदर से है पुकारता,  
तो कोई कोसता, कोई तोड़ता, कोई अपशब्दों से है प्रताड़ता

नारी को मूरत बनाकर, कोई घर में अपने जोड़ता,  
कोई नारी को चन्द पल भोग कर, उसकी इज्जत नोचता

बरसों पुरानी नारी को, अपना घर छोड़ने की रीत है,  
पर कभी सोचा क्यों नारी के हिस्से में ही बिरहा का गीत है

नारी सदा बाप से सहमी सी, भाई से डरती रहती है,  
वह पीया के सन्ग खामोश सी, सुसराल में दबती रहती है

नारी बच्चों को चाव से पालती, लेकिन सारे अपने शोक टालती,  
देखो वो दुखों से दबकर चटक गई, जो कभी खुशी की डाल थी

नारी कभी कुछ नहीं कहती है, सारा सब कुछ खुद ही सहती है,  
हे नारी तुममें भी जान है, तुम्हारी भी एक पहचान है

नारी है तो जग है यह जान लो, यह बड़ी कीमती है तुम मान लो  
नारी बिन सब व्यर्थ है, अगर नारी है तो सबका अर्थ है

जिसने यह दुनिया सवारी है, वह औरत है, वह एक नारी है  
इसलिए हे नारी तुम्हें सलाम है, सत सत 'प्रणाम' है

जसबीर सिंह, प्र/अधिकारी,  
सी जी ए आई एस (मुंबई)

## समन्दर

जब शान्त होता है,  
ठहरा पानी सा लगता है ।  
कशती भी चीर देती है, सीने को  
मस्ती में खेलती है उसकी हस्ती की ।

थोड़ी से मस्ती उसकी,  
मिटा देती है हस्ती कशती की ।  
तपता हुआ आग का गोला,  
सुबह – सुबह चीर कर निकलता है सीना ।

मानों जला देगा, सुखा देगा,  
मिटा देगा हस्ती उसकी ।  
लेकिन अफसोस, डुब जाता है,  
गहराइयों में शाम होते – होते

शान्त है, गम्भीर है, विशाल है,  
समा लेता है, सबके दुख – दर्द को ।  
देता है सबको वरदान,  
प्रकृती का वरदान स्वरूप जो है ।

सूर्य कान्त मौर्य  
उ.स. इन्जीनियर  
भा.त.र.पो. सागर

## हास्य कविता

काल पढ़े सो आज पढ़  
आज पढ़े सो अब  
फीस डबल होने लगी  
फिर पढ़ेगा कब ।

हिन्दी पढ़-पढ़ जुग गया  
सर्विस मिली न कोई  
आधी अधूरी इंगलिश पढ़  
तुरन्त नौकरी होय ।

मास्टर कुर्सी बैठकर  
सबकी कॉपी लेत  
जैसा जिसका काम है वैसे नम्बर देत

पहली घंटी बज गई  
आने में हुई देर  
गैट आउट सुन चुप रहे  
देख समय का फेर



अजित पाल  
प्रधान नाविक (एम ई)  
प्रदूषण अनुक्रिया दल(अ व नि)

## बच्चों में टेलीविजन का प्रभाव

टेलीविजन आज की दुनिया में एक आवश्यक बुराई बन गई है। यह एक अप्रिहया घरेलु वस्तु बन गया है। अगर आप एक बच्चा हो तो आप के लिये टेलीविजन से दूरी कतिरिस्कर करना बड़ा मुश्किल होगा, साधारतया काफी लोगो के घर में 24 घण्टो टेलीविजन चलता रहता है चाहे कोई देख रहा हो या नहीं। कुछ घरों में माता-पिता दाई के विकल्प के रूप में केअर-गिवर टेलीविजन का सहारा लेते हैं, इसके वावजूद कुछ माता-पिता तो आपने बच्चों को वीडिओ-गेम इत्यादि देते हैं क्योंकि उनका मानना होता है कि उनका बच्चा साथ खेलकर बुद्धिमान होगा। कि टी.वी. और वीडिओ संचालित संस्कृति बच्चों पर बुरा प्रभाव डालती है और स्मार्ट होने से बच्चों को रोकती है :-

**टी.वी. का बुरा प्रभाव :-** (1) टी.वी. 2 वर्ष से कम आयु के बच्चों के लिये कोई शैक्षिक लाभ प्रदान नहीं करता है वही इसका बुरा प्रभाव यह है कि यह अन्य लोगो से मिलने, बातचीत करने और खेल की तरह अन्य गतिविधिया करने से समय चुराता है जो उसका भावी दिमाग को विकसित करता है।

(2) टी.वी. देखने से बच्चों का दिमाग सुन्न हो जाता है यह दिमागी कसरत करने से रोकता है बच्चा विश्लेषणात्मक और अपनी जिज्ञासा करना छोड़ देता है।

(3) टी.वी. देखने से बच्चों को पढ़ने तथा लेखन कला को विकसित करने के लिये समय नहीं मिलता है, ऐसा बहुत बार देखा गया है कि जो बच्चे टी.वी. पर कार्टून और टी.वी. देखते उनका शैक्षिक कमजोर होता है साथ ही ऐसे बच्चे पुस्तक कम पढ़ते हैं।

(4) जो बच्चे ज्यादा टी.वी. देखते हैं वो शिक्षक के प्रति ध्यान नहीं दे पाते हैं क्योंकि वो टी.वी के आदि हो गए होते हैं।

(5) जो बच्चे ज्यादा टी.वी. देखते अपने गृहकार्यों पर ज्यादा ध्यान नहीं देते हैं क्योंकि वो अपने वर्ग में सतर्क नहीं रहते हैं जिससे उनका परिणाम शून्य के तरफ जाता है।

(6) टी.वी. देखने से बच्चों में यह सब सकारात्मक तरीके से दिखाया जाता है जैसे शराब-पीना, सिगरेट-पीना, मार-पिट्टाई इत्यादि।

(7) टी.वी. के माध्यम से बहुत सारा सौन्दर्य उत्पादो एवं शारीरिक सुन्दरता विज्ञापनों के माध्यम से दिखाया जाता है जिससे पढाई से बच्चों का ध्यान स्थानान्तरण हो जाता है जिससे उनका समग्र द्रष्टीकोण सौन्दर्यता के तरफ चला जाता है वही जो बच्चे उपरोक्त चीज अपने में नहीं पाते हैं जीवन के प्रति उदासीन हो जाते हैं।



**टी.वी. का अच्छा प्रभाव :** – टेलीविजन आधुनिक विज्ञान के चमत्कार के रूप में माना जाता है आज जानकारी प्राप्त करने के कई स्रोत हैं पर टी.वी. उन सभी स्रोतों में सबसे शक्तिशाली बन गया है इसके माध्यम से दुनिया के विभिन्न भागों में घट रही विभिन्न घटनाओं को आसानी से फोटो के साथ देख व सुन सकते हैं। टी.वी. आधुनिक समाज में एक महत्वपूर्ण भूमिका निभाता है कई कार्यक्रम तो उपग्रहों के माध्यम से प्रसारित हो रहे



हैं रन्नीन टी.वी. के शुरुवात से तो यह और प्रभावी बना दिया है, व्यापार, समुदाय, किसानों, शिक्षकों, छात्रों को संक्षेप में और समाज के हर वर्ग इस माध्यम से लाभ प्राप्त करता है बहुत मूल्यावान शैक्षिक कार्यक्रम का सीधा प्रसारण लगभग हर दिन है, स्कूली बच्चों के लिये बहुत उपयोगी है, स्क्रीन शिक्षा छोटे बच्चों के लिये बहुत उपयोगी है यह खुलासा किया गया है कि टी.वी. के माध्यम से किसी भी विषय को सिखाया जा सकता है, टी.वी. पर देखकर बच्चों को दुनिया भर के संगीत की विभिन्न शैलियों का ज्ञान होता है। टी.वी. पर दिखाया गया शैक्षिक कार्यक्रम बच्चे इसे स्कूली शिक्षा के पूरक के रूप में इस्तेमाल करते हैं। अध्ययन सिखाता है कि जो बच्चे शैक्षिक एवं अहिंसक टी.वी. कार्यक्रम देखते हैं पढ़ने में चालाक होते हैं और गणित में भी तेज होते हैं साथ ही बच्चे कार्टून देखते हैं मानसिक सन्तुलन में रहते हैं।

एस पी गोन्ड, उत्तम नाविक  
भारतीय तटरक्षक पोत सी-147

## चुटकुले

एक आदमी था उसे अंग्रेजी बोलने का शौक था । पर मुश्किल ये था कि उसे ज्यादा अंग्रेजी नहीं आती थी । एक बार सरदार अपनी बीवी, बेटे और बेटी के साथ एक बड़ी सी पार्टी में पहुँचा । उसने देखा सब आपस में अंग्रेजी में बात कर रहे थे । वह बड़ा खुश हुआ कि आज अंग्रेजी में बात करने का अच्छा मौका मिला है । वो एक आदमी के पास गया और बोला -

“ हाय आई एम आदमी !!!

सी इज़ माई वाईफ (बीवी को दिखाकर)

ही इज़ माई किड (बेटे को दिखाकर)

एन्ड सी इज़ माई किडनी (बेटी को दिखाकर)”



अंजली सिंह

कक्षा-VII

सुपुत्री एस के सिंह, अधिकारी

भा त र पोत रानी अब्बक्का



## नारी कल आज और कल

नारी नर की शक्ति है। नारी सृष्टि का ही रूप है, जिसमें सभी शक्तियाँ समाहित हैं। पुरुष और नारी समाज रूपी गाड़ी के दो पहिए की तरह होते हैं। नारी घर की रोशनी है! उसके बीना घर अंधकार पूर्ण होता है। प्राचीन काल में नारियाँ की स्थिति बड़ी दयनीय थी। अधिकांश घरों की नारियाँ खेतिहर, मजदूरिन या घरेलु नौकरानी के रूप में कार्य करती थी। प्राचीन काल में नारियों को घर की चारदीवारी के अन्दर ही सारी जिन्दगी गुजारनी पड़ती थी। आदिकाल से ही नारियों को पुरुषों की इच्छा की दासी बनकर रहना पड़ता था। तब तक की नारियाँ सुबह से शाम तक घर के अन्दर ही कार्यरत रहती थी। सामांती प्रवृत्ति के पुरुष सदा-सदा से नारियों को प्रताड़ित करते थे। प्राचीन काल से नारियाँ मर्दों के कठोर व्यवहार से सतायी जाती हैं। उन्हें किसी तरह की आजादी नहीं थी। नारियाँ पुरुषों की सेवा करना ही अपना धर्म समझती थी। शिक्षा की कमी थी। पुरुषों ने नारियों को दासी और सेविका के अलावा और कुछ नहीं समझा। जहाँ तक उन्हें आर्थिक अधिकार मिलने की बात है, वह कभी नहीं दिया इन पुरुषों ने। नारी ममता की देवी होती है। नारी तो आदिशक्ति है। वे घर की रानी हैं। असीम धैर्य और सहिष्णुता की प्रतिमूर्ति होती हैं। घर की सुव्यवस्था के लिए वे त्याग करती हैं। फिर भी प्राचीन काल में पुरुष वर्ग नारी समाज को उपर उठने नहीं दिया। बिते हुए कल की नारी चार गज की साड़ी पहने, एक गज की आँचल में अपना चेहरा छुपाए तथा बुरके में सीमटें हुए नजर आती थी। युग बदलता है, तो मानसिकता में भी स्वभावतः परिवर्तन होने लगता है। सभ्यता के विकास के साथ-साथ समाज में भी काफी परिवर्तन होते जा रहा है। इस परिपेक्ष्य में सबसे ज्यादा नारी में काफी बदलाव आया है। पाश्चात्य सभ्यता ने आज की नारी को बहुत हद तक प्रभावित किया है। आज की नारी की गरिमा एवं वेशभूषा यहाँ तक की रहन-सहन में आये दिन परिवर्तन होते जा रहे हैं। नारी का स्वरूप साड़ी और उसके लम्बे बाल में कितना सुन्दर प्रतीत होत था, परन्तु आज की नारी लम्बे बाल के स्थान पर छोटे-छोटे बाल एवं साड़ी के स्थान पर मिनी ड्रेस जैसे पैंट एवं शर्ट को अपनाकर या ऐसा कहे कि बिल्कुल मर्दों की तरह ड्रेस धारण कर लिया है। होठों पर लिपस्टिक, उंची एँडी की जुतिया या जुते, चुड़ियों की जगह घड़ी, चेहरे पर पाउडर एवं क्रीम की लेप चढ़ाकर आज की नारी शहर बाजारों में मर्दों के हाथ में हाथ डालकर एवं वैनिटी बैग लेकर घुमती हैं। जो नारी पैदल चलते हुए मर्दों से शर्माती थी, वही नारी आज हवाई जहाज और कार स्वयं चलाती हैं। वही नारी आज मोटरसाइकल और साइकल पर सवारी करती हुई नजर आती हैं। समाज में नारी ने अपना हक जबरदस्ती पुरुषों से छीन लिया है। आज हर क्षेत्र में नारी ने अपना स्थान बना लिया है। राजनीति हो या प्रशासन सेना हो या पुलिस प्रशासन, टाइपिस्ट हो या पी.ए. मंत्री हो या प्रधानमंत्री, डॉक्टर हो या वकील, डायरेक्टर हो या निर्देशक हो या अदाकारा, खेल जगत में हो या आसमान जगत में सभी क्षेत्रों में आज की नारी ने अपना सिक्का जमा लिया है। ये किसी भी मायने में पुरुषों से कम नहीं हैं। समान अधिकार समान वेतन अब सब कुछ मर्दों के समकक्ष हैं। आज की नारी ने अपनी क्षमता एवं अपनी योग्यता की परिचय दिया है। ऊँचें से ऊँचे पद पर आज की नारी आसीन है। राष्ट्रपति का पद हो या प्रधानमंत्री का पद कहाँ नहीं हैं वे। विजय लक्ष्मी पंडित ने संयुक्त राष्ट्र संघ के अध्यक्ष के रूप में एवं कल्पना चावला अन्तरिक्ष की दुनिया में जाकर, सानिया मिर्जा, पीटी ऊषा, सानिया नेहवाल आदी नारियाँ ने खेल जगत में अपना जलवा बिखेरकर अपनी योग्यता का परिचय काफी सफलता पूर्वक दिया है। आज की नारी हर



तरह से अग्रणी बन गई है। विश्व में आज की नारी ने हर तरह की चुनौती को स्वीकारा है। आज की नारी के असली और नकली दोनों ही रूप उभरकर सामने आये हैं। आज की नारी को जीता-जागता उदाहरण किरण बेदी हैं। इसी तरह नारी प्रगतिशील रही तो कल पुरुषों को कोसों दूर पीछे छोड़ देगी। आज तो कम से कम कंधे से कंधे मिलाकर चल तो रही है। चार गज की साडी में लिपटी तथा बुरके में सिमटी कल की नारी आज मिनी ड्रेस तथा पैंट शर्ट अपना ली है। लेकिन पता नहीं वही नारी कल कैसा वेश भुषा अपनाएगी ये तो आनेवाला वक्त ही बताएगा। जिस नारी को पुष्प के समान कोमल समझा जाता था तथा जो अव्याचार को भी सहन कर लेती थी वही नारी कल बज्र के भी कठोर तथा अव्याचार के सामने दुर्गा बनकर खड़ी नजर आएगी।

नागेन्द्र प्रसाद यादव

अधिकारी (जि आई)

भा.त.र. संकल्प

## दुश्मनी छोड़ दो

दोस्तों दुश्मनी छोड़ दो  
ये जो नफरत की दीवार है तोड़ दो  
दोस्तों.....

प्यार सीखो लगा लो गले प्यार को  
खत्म कर दो हमेशा के तकरार को  
टूटे रिश्ते जो हैं जोड़ दो  
दोस्तों.....

आदमी में अगर आदमीयत नहीं  
जानवर से भी बदतर है वो बदयकी  
उसके रिश्ते से मुँह मोड़ लो।  
दोस्तों.....



बैर करने का मतलब बुराई से है  
अपने भगवान से बेवफाई का है  
बैर की राह को छोड़ दो।  
दोस्तों.....

आलम' गोरखपुरी  
पिता मोहम्मद रिजवान, उत्तम अधिकारी  
तटरक्षक मुख्यालय

## मैं क्या बनना चाहती हूँ ?

मैं दशवीं कक्षा की छात्रा हूँ । जब भी कोई बड़े लोग मुझसे मिलते हैं तो एक ही प्रश्न पूछते हैं, तुम क्या बनाना चाहती हो ? यहाँ तक की मेरे माता-पिता तथा मित्रगण भी यही प्रश्न दोहराते हैं । अब तक मेरे मित्रगण, माता-पिता और बड़े लोगों को मुझमें क्या दिखाई देता है, मेरी समझ से दूर है ।

मैं तो सिर्फ और सिर्फ वही बनाना चाहती हूँ जो मेरे विद्यालय शिक्षकगण द्वारा बार-बार पढ़ाया जाता रहा है । मैं क्यूँ एक हृद में सिमट कर, लेबल बनकर रह जाऊँ, जबकि मेरी पुस्तकें मुझे असीम संभावनाएं प्रदान करती हैं । इसलिए, इस प्रश्न का उत्तर मैं इस प्रकार प्रस्तुत करना चाहती हूँ, ताकि समान विचारधारा वाले लोग इससे प्रेरणा ग्रहण कर सकें ।

मैं सूर्य बनाना चाहती हूँ, जो सोते को जागृत कर सके । प्रभावित तो कोई भी कर लेता है किन्तु मैं संसार को प्रकाशित करना चाहती हूँ ।

मैं मेघ बनाना चाहती हूँ जिससे सूखी धरती की प्यास बुझाकर किसानों को खुशी दे सकूँ । जो निमंत्रण दे दे एक छोटे बच्चे को जो निष्कपट अपना तन भिगो सके, जो संकेत कर दे एक मयूर को थिरक कर अपनी हृदय साम्राज्ञी को आकर्षित करने का । जो शकुन्तला का संदेश दुष्यन्त तक पहुँचा दे ।

मैं नदी का प्रवाह बनाना चाहती हूँ जिसे कुछ नहीं चाहिए होता, वो शुरू होती है बस इसी ध्येय के साथ कि वो अपने मूल में मिल जाये, रास्ते में जो मिले उसे पावन करता जाए, जो कुछ मिले उसे समर्पित करते जाए, अपने तटों पर बिना किसी की उपेक्षा के, बिना किसी कीर्ति की अपेक्षा के, जिसे कोई रोक न सके, कोई काट न सके ।

मैं चुम्बक बनाना चाहती हूँ जो अपनी ओर आकर्षित कर सके । जो बिसरे पथिक को सही दिशा दिखा दे, उसे अपनी मंजिल से मिला दे । मैं जिहवा बनाना चाहती हूँ जो दाँतों के बीच में सिकुड़ कर रहती है, यदि गलती से दाँतों के बीच पकड़ी गयी तो जल्द से जल्द हटकर यथा स्थान स्थापित हो जाती है किन्तु जब दाँतों के बीच कुछ फंस जाता है तो वह प्रयासरत हो जाती उसे निकालने के लिए ।

मैं मानव शरीर के साथ संसार में आयी हूँ इसलिए सच्चे अर्थ में मानव बनाना चाहती हूँ । विवेकानन्द तो सब बनाना चाहते हैं, मैं रामकृष्ण बनाना चाहती हूँ ताकि मैं भारत माँ के पुत्र रूपी अनेक नरेन्द्रों को विवेकानन्द बना सकने में समर्थ हो सकूँ ।



विशाखा मिश्रा  
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## REGION (NW)





## REGION (NW)



## उर्मी जगत

उर्मी एकमात्र है माध्यम खबर बताती साल की ।  
इसके अंदर सब कुछ रहता, कोस्टगार्ड के हाल भी ॥

स्वाभिमान गौरव को बढ़ाया, अज्ञानता को दूर भगाया ।  
पढ़ते-पढ़ते इस उर्मी को, सारी बातें समझ में आया ॥  
सिलना, बुनना, पढ़ना, लिखना, ये है सब उर्मी की देन ।  
अनपढ़ भी सिखकर उर्मी से, खेलें कम्प्यूटर पे गेम ॥  
आस लगाये रहते हैं हम, आने वाले साल की ।  
इसके अंदर सब कुछ रहता, कोस्टगार्ड के हाल भी ॥

शुरू हुई यात्रा दिल्ली से, छापी सभी पांच क्षेत्रों में ।  
सबके दिल को भाने वाली, लोगों को हर्षाने वाली ॥  
ज्ञान का दिया जलाने वाली, भाई चारा बनाने वाली ।  
रिश्तों को कायम रखने वाली, इस बगिया की तू है माली ॥  
तुझको पढ़ने से कट जाती, दुखों की गठरी साल की ।  
इसके अंदर सब कुछ रहता, कोस्टगार्ड के हाल भी ॥

डी के दुबे  
अधिकारी (आर पी), कैम्पबैल बे



## जीवन संगीत

जीवन अपने आप में आनंद नहीं, उसे आनंद तक ले जाने के लिए पुरुषार्थ करना पड़ता है। जीवन को संगीत चाहिए और सत संगति ही, संगीत को उत्पन्न करती है। जिसने सत्य को अपना मार्गदर्शक चुन लिया है, उसका जीवन उद्धान में खिले हुए उन फूलों के समान है, जिसकी सुरभि जीवन को आनंद की ओर ले जाती है।

प्रेम की सुरभि वात्सल्य के पुष्प से प्रस्फुटित होकर चारों ओर उड़ रही है। यह भूमंडल सत संगति के लिए प्यासा है। व्यक्तित्व की उँ चाइयाँ प्रेम के उसी संगीत के लिए यदी प्यास से भर जाए तो यह फूलों का उद्धान धृणा पार प्रेम की सुगंध से, क्रोध के पार करुणा के कोष से भर सकता है। विपरीत इसके व्यक्तित्व की निचाइयाँ व्यक्ति के सौंदर्य को नष्ट कर सकती है।

आशावादी एवं निराशावादी व्यक्ति में केवल इतना ही अंतर है कि निराशावादी व्यक्ति जब फूलों के पास जाता है, तो सोचता है कि परमात्मा कितना निष्ठुर है कि फूल एक और कांटे हज़ार देता है और आशावादी व्यक्ति जब फूल पौधों के पास से गुज़रता है, तो सोचता है की परमात्मा तूँ कितना दयालु है कि हज़ारो कांटों के बीच भी फूल खिला देता है। प्रकृति चारों ओर सौंदर्य से अभिभूत है, लेकिन हमारी दृष्टि कांटे, सूखे पत्तों, घांस – फूस देखने में अभ्यस्त है।

वह तो कोई भौरा ही है, जो कि फूलों के रसपान की कला को जानता है। जौहरी ही हीरे की परख कर सकता है। अज्ञानी के लिए हीरे कंकड़ की भांती हैं और उसका ऐसा ही जीवन है। जीवन में सीधा कोई रस नहीं होता। रस पैदा लरना पड़ता है। जीवन में संगीत पैदा किये बिना, जीवन मात्र एक आयु है। धन्य हैं वे लोग, जो जीवन में संगीत उत्पन्न करने की क्षमता रखते हैं। हमें भी इस जीवन को संगीतमय बनाने की चेष्टा करनी चाहिए।

तरनजीत सिंह

उ.स. इन्जीनियर (ई आर)



## एक भी आँसू ना कर बेकार

एक भी आँसू ना कर बेकार  
जाने कब समंदर मांगने आ जाए !

पास प्यासे के कुआँ आता नहीं है  
यह कहावत, अमरवाणी नहीं है  
और जिस के पास देने को न कुछ भी  
एक भी ऐसा यहाँ प्राणी नहीं है

कर स्वयं हर गीत का त्रंगार  
जाने देवता को कौन सा भा जाय!

चोट खाकर टूटते हैं सिर्फ दर्पण  
किन्तु आकृतियाँ कभी टूटी नहीं है  
आदमी से रूठ जाता है सभी कुछ  
पर समस्यायें कभी रूठी नहीं है

हर छलकते आँसू को कर प्यार  
जाने आत्मा को कौन नहला जाय!

व्यर्थ है करना खुशामद रास्तों की  
काम अपने पाँव ही आते सफर में  
वह न ईश्वर के उठाए भी उठेगा  
जो स्वयं गिर जाए अपनी नजर में

हर लहर का कर प्रणय स्वीकार  
जाने कौन तट के पास पहुँच जाए !

श्वेता सिंह  
पत्नी अवधेश कुमार  
प्रधान नाविक (एम ई)  
तटरक्षक मरम्मत एवं निर्माण दल (चेन्नई)

## प्रकृति माँ

हवा न होती दुनिया में तो  
हमें ऑक्सिजन देता कौन ?  
जल न होता दुनिया में तो  
हमारी प्यास बुझाता कौन ?

घरती न होती दुनिया में तो  
हमारा भार उठाता कौन ?  
वृक्ष न होते दुनिया में तो  
हरियाली फैलाता कौन ?

फूल न होते दुनिया में तो  
सुगंध हम सबको देता कौन ?  
माँ, बाप न होते दुनिया में तो  
इतना प्यार हमें देता कौन ?

दोस्त न होते दुनिया में तो  
दुख में मन बहलाता कौन ?  
इन्सान न होते दुनिया में तो  
सृष्टि को पूरा करता कौन ?

भगवान न होते दुनिया में तो  
सृष्टि को यह सब देता कौन ?

अशोक कुमार  
उत्तम अधिकारी





## "शहीद की माँ को प्रणाम"

कर गयी पैदा तुझे उस कोख का एहसान है  
सैनिकों के रक्त से आबाद यह पूरा हिन्दुस्तान है

तिलक किया मस्तक चूमा बोली ये लो कफन तुम्हारा है  
मैं माँ हूँ बाद में, पहले बेटा वतन हिन्दुस्तान तुम्हारा है

धन्य है मैया तुम्हारी भेंट बलिदान में  
झुक गया है देश उसके दूध के सम्मान में

दे दिया है लाल जिसने पुत्र मोह छोड़कर  
चाहता हूँ आंसुओं से पांव को पखार दूं  
ए शहीद की माँ आ तेरी मैं आरती उतर लूं

उमा शंकर शर्मा  
अधिकारी (एम ई)  
तटरक्षक मुख्यालय



*Children's*

*Corner*



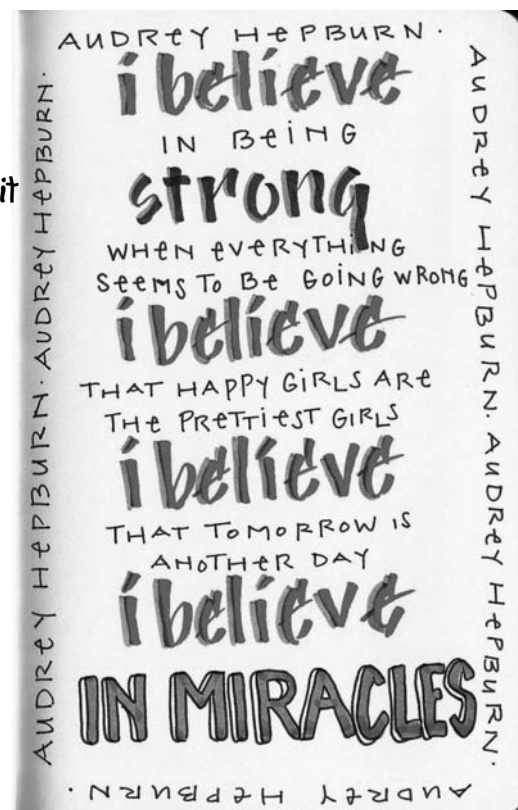
# I Believe

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.



Miss Bhavika,  
Class - IX  
D/O R Singh U/Adh (QA)  
ICGS Bhikaji Cama

# JOKES

Santa : I have recently changed my job. I have thousand people working under me.

Banta : That's a great news. By the way where are you working?

Santa : I am working on the top floor of the 100 storied building.

\*\*\*\*\*

Judge : Why did you loot the same shop again and again?

Thief : Sir, B'coz "Thank you, visit again" was written on it.

\*\*\*\*\*

Father : What did you learn in school today ?

Son : How to write

Father : What did you write ?

Son : I don't know, they haven't taught us how to read!

\*\*\*\*\*



*Ekamvir Singh,  
Class- VII  
S/o Comdt HP Singh  
RHQ (A&N), Port Blair*



## HOW POOR WE ARE ?

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live.

They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return trip, the father asked his son, "How was the trip"?

"It was great, Dad

Did you see how poor people live? the father asked.

"Oh yeah, said the son

"So, tell me, what did you learn from the trip? asked father.

The son answered:

"I saw that we have one dog and they had four.

We have a pool that reaches to the middle of our garden and they have a creek that has no end.

We have imported lanterns in our garden and they have the stars in night.

We have a small piece of land to live on and they have fields that go beyond our sight.

We have servants who serve us, but they serve others.

We buy our food, but they grow theirs.

The boy's father was speechless.

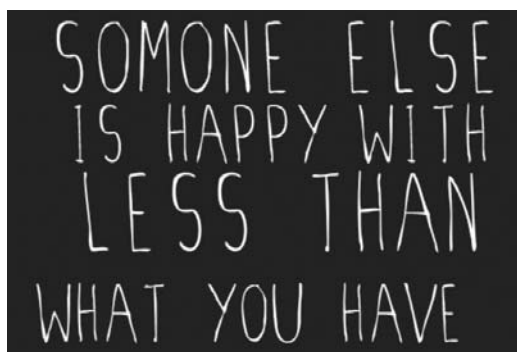
Then his son added, "Thanks Dad for showing me how poor we are.

Isn't this perspective a wonderful thing?

Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have.

Appreciate every single thing you have, especially your friends!

"Life is too short and friends are too few."



*Neeraj Bharti*  
*S/o Madan Sharma, P/Nvk(QA)*  
*CGDHQ-9*  
*Diglipur*

# I AM PROUD TO BE AN INDIAN

India is a great country with many religions.

It has rich natural resources and lengthy frontier with vast region.

North has the Himalayas and south with the Hindu ocean,

Bay of Bengal in the east and the west has the sea Arabian.

It's being administered with language wise partition.

All are leading peaceful life with national integration.

Enemy's conspiracy is impossible with the unity of the nation.

Festivals are celebrated here with memorable function.

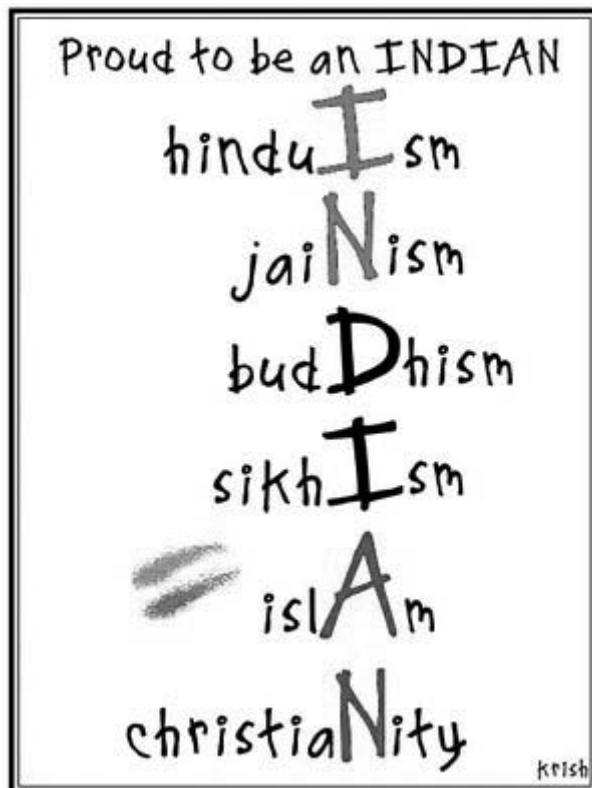
People help each other in time of affliction.

So my India is great also I am proud to be an Indian.

*Vinay Kumar Jangra*

*Class - XII*

*S/o JK Jangra, P/Adh*



## *Brain Openers*

When a drop of water falls in a lake  
It has no identity but when it falls on a  
Rose petal, It shines like a pearl. So  
Choice is important. Choose the better  
Place where you can shine.

The mind of friends are the line of a  
Railway track..  
They may not meet  
They may not cross  
But they always go a long way together.

Never reject any day in your life because  
A good day gives you happiness and  
Bad day gives you experience. Both are essential for life. So live your life  
Every day with a smile.

Learn to give thousand chances to your enemy  
To become your well-wisher but  
Never even give one chance to your  
Well-wisher to become your enemy.

Live with no excuses and love with no  
Regrets. When life gives you a hundred  
Reasons to cry, show life that you have  
Thousand reasons to smile.

*Meenakshi Yadav*  
*D/o Ashok Kumar, U/Adh (RO)*

## *A Memorable Experience*

It was an exciting moment when my papa announced that he was planning to take me, mamma and grandma to Dubai for the new year of 2012. He silently worked towards that and when things fell in place he declared the programme. We were scheduled to leave India for Dubai on the eve of 'X' Mas. It was unbelievable that we would be taking off for a different country altogether.

I was so excited and thrilled that I would be going to see a country other than my own. I had heard from many of my friends and relatives that Dubai is a major hub for shopping and trade amongst many countries of the world. My maternal uncle was staying there and so he made the necessary arrangements for us. In fact, papa told that he did everything from arranging visas to planning all the activities there.

Finally we started our journey on 'X' Mas eve. I believe it was one of the most wonderful experiences I have had in my life. It was a great opportunity gifted to me by Santa Claus to explore another world ! Really, there are no words to describe the city of Dubai other than 'A paradise on Earth'.

It was amazing to see the desert converted into a beautiful garden with lawns, flowers and fountains.

The most attractive thing about the city is its cleanliness. The streets, corridors of buildings, every place were kept so neat and tidy. Proper maintenance, aesthetics and utmost cleanliness was a high priority there. It was really admirable.

The movement of vehicles on the road was also very orderly. All vehicles maintained a certain speed and distance from each other. And, even in traffic jams, it was apparent that the people were very disciplined and none of them were in a hurry or in a race. This is unimaginable in our country as we are all in hurry, always and all the time.

Following of the queue system, giving preference to the elders, warmth and affection in conduct and behavior by the people were very touching and unforgettable.

We have to learn and imbibe many things from them. This visit gave me a chance to think about our country and our people. I think our people need to change their approach and whole mindset if India is to forge ahead. As a little girl I have started following certain things that I noticed there. I shared my experience and observations with my friends and together we decided on some changes in our approach for the betterment of our society. After all, 'Charity begins at home', and I am sure, we children can influence our parents and in turn society at large.





Exploring different cities and countries helps us to understand that certain essential development is required for our country. That way I am grateful to my parents for giving me the opportunity to visit a modern country in my early childhood and making it an unforgettable experience of my life.

Progress of a country lies in the hands of the youth of that country. I wish there are enough programmes and schemes for schools to send teams of children who excel in various fields of academics, sports, etc abroad to see the development levels in different countries. I am sure that these children will act as ambassadors for the growth and development of our country in the right direction. I, for one, promise that I will work hard for the prosperity of my country, and also take other children alongwith me.

*Shreya Janardhanan*

*Class V*

*D/o DIG K Janardhanan, CGHQ*

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## **MY FATHER**

My father guards the coasts  
He is in the Coast Guard  
Making proud the service name  
He is good player in the game

He is a great person by nature  
He does not worry about future  
My father a good man  
Also humble and intelligent man

What is there to fear  
When he is near  
He is heroic in his deeds  
Always there for my needs

He is an angel sent by God  
To take out everything odd  
With him nearby there can be no sadness  
He is the source of my happiness

In this world with life of cat's nine  
Father I am proud you are mine

*Ashwin Iyer*

*Class-VI*

*S/o Comdt UK Iyer*

*CGAS Daman*

## CHILDREN'S CORNER





## CHILDREN'S CORNER



# ***We Have Each Other, We Have No One***

"Darkness falls, away with the sun  
We have each other, we have no one.

Hate and greed and lust and sin  
A lifetime spent wanting to win.  
You don't get me, I don't get you  
You hate me, I don't want you.  
Highs and lows and peaks and falls  
Tired of running into cold, hard walls.

Still I don't stop, continue to run  
We have each other, we have no one.

I need you with me all the time  
Tell me please, is that a crime?  
A hug, a kiss, a friendly smile  
But all I get are lemons and lime.  
Why do we fight, why do we shout?

Humanity is dying, never-ending drought.  
Love and care, a little concern  
We have each other, we have no one.

Complain and crib, all the time  
Stay shut for a minute, be a mime.  
Questions and problems, doubts and queries  
Swiftly and silently, time flies.  
Think, consider, be the answer  
Live strong, kill the cancer.

What's happened has happened, what's done is done  
We have each other we have no one."



*Akshay Singh Ralhi*  
*S/o Commandant GS Ralhi*  
*ICGS Kolkata*



# *With Great Power Comes Great Responsibility*

We have always heard the proverb that, "hard work is the key to success". But it is important to know what success actually means.

Success is that fruit which is not seasonal, but it is that slice which everyone wants to have forever.

The meaning of success may differ from person to person. For some it may mean earning all the luxuries of life, and for some it may mean experiencing eternal happiness.

Though the meaning of success differs from person to person but the root to hit the destination is only one, and that is "hard work"

The magical three steps of gaining the so called 'success'.....

The passion to excel can ignite in a person who has a desire to achieve. In order to hit the final destination we shouldn't look at things around us merely as wrappers but should see the content inside it and must start exploring. When we start exploring we get an intention to evolve or develop the surroundings, and that is the exact quality needed to succeed or excel.

But it is notable that sometime success and achievement makes us forget our moral values and bring within us a sense of over confidence. It is then, when we should remember this quote....

**"Whenever you think you have reached the end, it's time to start again...."**

*Sneha Pathak  
D/o SK Pathak, Adh(RO)  
ICGS Subhadra Kumari Chauhan*



# DREAM ON... DREAM HIGH!!

A million things come gushing through us... Some to stay, while some flicker. And yet some have always been with us and yet elude us... Why is that so? Now that I have realized it, I keep wondering why does this happen? We ponder about some, we don't care about some, some affect us more than anything, some make us happy. All these thoughts, well they make our brain do a lot of lot of work and tire it. Wouldn't it be easier to live without any of this, I wonder. Imagine living without a worry, not an expectation, not a dream, not a memory, not a desire and not even a thought from the past. Wouldn't that be something??! Wouldn't that make us relaxed and at peace? I now realize why people go in search of their soul and yet some in search of oblivion. It's charm is definitely luring. And I finally understand when some one says 'I have done everything that I wanted to.. Achieved every goal that I have set for myself, it is now time for me to take some time out and do what I lost in the process!' Michael Phelps recently said so. To those of who do not recognise him, he is a swimming prodigy. Him saying this after winning 18 Olympic golds and 30 glorious years in his swimming career is acceptable. I am 21 years of age, and as my dad says "I got my whole life ahead of me!" So is it acceptable if I or people of my age desire to break free from all the thoughts that put their minds into turmoil??

Well, according to me it is not. The devils in our mind will tire us. The thoughts will only keep multiplying. But these are the fundamental entities that make up our life, make up who we are. And if we think of them as disturbing, they will disturb us throughout our life.. And if we decide to over power them and go beyond them then we have done something with our life and have a chance at achieving what we set out for ourselves.

So now that all that is settled, it comes down to this. Why am I writing this? As everything in this world has a purpose this must have too. Well it does. Today's generation, as advanced and tech savvy it may seem, it is not inspired. They do not have a goal for themselves. Lost in the rat race of today's world, they do not have focus or determination. As our ex-President, Dr A P J Abdul Kalam rightly said- 'dream high and dream big!' I want our generation which happens to be the future of our nation to dream high and set high goals for themselves. Because fiercely determined, there is nothing that can stop them. And we defence kids, well we definitely have an edge over others!!!

So.. good luck guys!! Make your dreams come true!!



*Sruthi Poduval  
D/o DIG S Chandran  
CGDHQ-4, Kochi*

## **“Strange Footprints”**

One fine day, I alongwith my father went out for a walk in the nearby jungle area. It had rained heavily on the previous day and therefore the ground was still wet and slippery.

As we walked along, we saw some strange footprints. I was very curious to know about these footprints and insisted my father to know more about it. We thus decided to follow it. The strange footprints led us to a burrow, and it was amazing to see cute little rabbits inside it. The footprints were probably of the mother rabbit.

It was an unforgettable and pleasant experience for me to see the baby rabbits playing around the mother rabbit in the natural habitat of the jungle. It was the curiosity and the investigative sense of mind helped us to identify the strange footprints to be as that of a rabbit. This small experience gave me a great feel of accomplishment.

If one is inquisitive and willing to explore the strange and unknown things, it is sure that he would definitely gain experience and knowledge in life.



*Shreya Janardhanan*

*Class - V*

*D/o DIG K Janardanan*

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### **TRY**

IF YOU CANNOT COME FIRST

TRY NOT TO COME LAST

IF NOBODY IS WITH YOU

TRY TO TAKE SOME BODY

IF NO BODY TRUST YOU

BE CONFIDENT OF YOURSELF

IF YOU CANNOT RISE UP

TRY NOT TO FALL DOWN

IF YOUR TALENTS ARE NOT THE BEST

TRY NOT TO BE THE WORST



*Sukanya K Mahach*

*D/o Satyapal U/Adh(GI)*

*ICGS Vishwast*

## मैं खुश हूँ क्योंकि मैं लड़की हूँ

मैं खुश हूँ क्योंकि मैं लड़की हूँ, जीवन हूँ, श्रद्धा हूँ, सम्मान हूँ, विश्वास हूँ, निर्माण हूँ और ये सभी मेरे रास्ते से होकर गुजरते हैं। बिना मेरे ये सब अधूरे हैं। मैं मानव जीवन की मुख्य धारा में स्थित हूँ। मैं घर, समाज, राज्य, राष्ट्र और अन्तर्राष्ट्रीय क्षेत्रों के निर्माण में महत्वपूर्ण अनेक भूमिका निभा रही हूँ। मैं विज्ञान, कला, शिक्षा और राजनीति के क्षेत्रों में अनेक भूमिकाएँ निभा रही हूँ। परिवार को जोड़ने में एक कड़ी और वंश परम्परा को निरन्तर आगे बढ़ा रही हूँ। बिना मेरे सांस्कृतिक, धार्मिक, आर्थिक विरासत को कायम रखना असम्भव है, क्योंकि मैं मूक रहकर भी बहुत कुछ बोलती हूँ। और कई-कई भाषाओं का विकास कर रही हूँ।

मैं मातृभाषा के नाम से जानी जाती हूँ। ममता के क्षेत्र में तो मैं अद्वितीय हूँ। मैं खेलों में अपना कौशल दिखा रही हूँ। मैं अंतरिक्ष में, पहाड़ों पर अपना झंडा बुलन्द कर रही हूँ। मैं इतिहास लिख रही हूँ। राष्ट्रपति बनकर, स्पीकर बनकर, प्रधानमंत्री बनकर, खिलाड़ी बनकर, श्रमिक किसान बनकर, वैज्ञानिक बनकर, गृहणी बनकर आज मैं सब जगह मौजूद हूँ।

और मैं बहुत खुश हूँ, क्योंकि मैं लड़की हूँ।

मीनाक्षी

कक्षा-XII

सुपुत्री ए के सिंह

प्र०/अधिकारी

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## वर्षा रानी

चमचम चमचम बिजली चमके

रिमझिम रिमझिम बादल बरसे

गरज गरज कर करते शोर

छाई काली घटा घनघोर।

प्यारी घरती की प्यास बुझाने

आई वर्षा हमें भिगाने



मैं तो हूँ इसकी दीवानी

सबसे प्यारी वर्षा रानी ।।

श्वेता कुमारी

कक्षा-VI

पुत्री उमा शंकर शर्मा

तटरक्षक मुख्यालय



## हार नहीं होती

लहरों से डरकर नौका पार नहीं होती,  
कोशिश करने वालों कि हार नहीं होती ।

असफलता एक चुनौती है, स्वीकार करो,  
क्या कमी रह गई, देखो और सुधार करो ।

जब तक न सफल हो, नींद चैन लागो तुम,  
संघर्षों का मैदान छोड़ मत भागों तुम ।

कुछ किए बिना ही जय सामार नहीं होती,  
कोशिश करने वालों की हार नहीं होती ।

नन्हीं चींटी जब दाना लेकर चलती है,  
चढ़ती दीवारों पर सौ बार फिसलती है ।

मन का विश्वास रगों में साहस भरता है,  
चढ़ना गिरना, गिरकर चढ़ना न अखरता है ।

कोशिश करने वालों की हार नहीं होती ।



वैभव, कक्षा – V  
पुत्र, डी. के मिश्र (अधिकारी)  
तटरक्षक सामान  
भंडार (मुंबई)

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## जिंदगी के आँसू

इस मोड़ पे मुड़के देखा, उस मोड़ पर पे मुड़के देखा  
कितनी तमन्नाओं को हकीकत में बदलते देखा ।

अशकों के बदले मिल तो जाती हैं उन्हे खुशियाँ  
खुशियों की महफिल में भी अशकों को बहते देखा ।

कितनी उँची दिखाओगे हस्ती की बुलन्दी यारों  
जमीं तो जमीं है, मैंने आसमाँ को झुकते देखा ।

दौलत ही दुनिया नहीं, दौलत ही नहीं है जिंदगी  
अमीरी की चौखट से भी जनाजों को उठते देखा ।

कितना सुकून देता है फूलों को भी, मैंने चुभते देखा ।  
लड़खड़ा जाते हैं हम, तो जिंदगी की ठोकर से ही  
कितने इंसानों को मैंने पल-पल मौत से लड़ते देखा ।

मीनाक्षी  
कक्षा-XII  
सुपुत्री ए के सिंह  
प्र०/अधिकारी

## *Meritorious Award Winners in Academic Excellence 2011-12*

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
<b><u>CGHQ, New Delhi</u></b>							
Vaishali Pundir	Satish Kumar, U/Adh	VIII	ICGS Delhi	Ketaki S Vaidya	DIG SK Vaidya	XI	CGSD(MB)
Suman Kumari	Dinesh Kumar Ram, U/Adh	VIII	ICGS Delhi	Neha Kumari	OP Kumar, Adh	XII	ICGS Samudra Prahari
Shivangi Yadav	Ramsharan Yadav Adh(RO)	IX	ICGS Delhi	Vishnu R Nair	TK Rajeev, P/Adh	XII	BUVIK
Shatakshi Chamoli	Comdt Vinod Chamoli	IX	ICGS Delhi	Vikash Kumar Chaudhary	G Singh P/Nvk (SA)	XII	RHQ(W)
Chanchal Kumari	Rishi Kumar, Adh(CK)	X	ICGS Delhi	Shalin Dahiya	K Chander, U/Adh(QA)	X	ICGS Dahanu
Shivangi Shrivastav	DIG Arun Shrivastav	X	ICGS Delhi	Kartik	Karan Singh Adh(RO)	X	750 SQN (CG)
Alex Varghese	CV Tomy, P/Adh,	X	ICGS Delhi	Sumit Kumar Sharma	K Kumar Adh(RO)	X	CGAS Daman
Shreya Roy	DIG K Roy	X	ICGS Delhi	Niharika Pandey	RB Pandey, Adh	XII	841 SQN (CG)
Kavita	OP Katara, Adh	X	ICGS Delhi	Monika Tundwal	Comdt (JG) Suresh Kumar	VIII	CGRPT (Goa)
Subia	K Ahmed, U/Adh(ME)	X	ICGS Delhi	Prabdeep	Jaggiwan Singh Adh(ME)	VIII	CGRPT (Goa)
Monika Yadav	BS Yadav, Adh(RP)	X	ICGS Delhi	M Balasaran	C Murugan PSE(AR)	VIII	CGASD(Goa)
Ranu Rathore	JS Rathore, P/ADH	XII	ICGS Delhi	Chhaya Tundwal	Comdt (JG) Suresh Kumar	VIII	CGRPT (Goa)
<b><u>RHQ(W), Mumbai</u></b>				Abhishek Maurya	JP Maurya, Adh	IX	ICGAE(Goa)
Ankush Sharma	AK Sharma, U(ADH) (RP)	VIII	MRCC Mumbai	Paramjeet	Subhash Chand, Adh (P)	X	DHQ-11
Milind	Pramod Kumar Adh(RP)	VIII	MRCC Mumbai	Dipawita Ghosh	M Ghosh Adk(CK)	X	DHQ-11
Keya Parida	P K Parida, Adh(AE)	VIII	CGAIS (MB)	Supriya Kumari	Anil Kumar, Adh(QA)	X	ICGAE (Goa)
Ayushi Satdev	PM Satdev U/Adh	VIII	Sangram	Abhay R Nandodkar	DIG R Nandodkar	X	CGRPT (Goa)
Sanyukta	Comdt (JG) KK Sawant	VIII	CGSD(MB)	Abhimanyu Maurya	JP Maurya, Adh	X	ICGAE(Goa)
Priya Pacharane	SN Pacharane, U/Adh	VIII	BUVIK	Tuhin Sarkar	DK Sarkar, P/ADH(SE)	XII	CGASD(Goa)
Aishwarya EM	Comdt (JG) BK Mathew	VIII	PRT(W)	Karishma Singh	BB Singh P/Adh (QA)	XII	DHQ-11
Priya Bhagoriya	Anand Prakash, P/Adh	VIII	PRT(W)	Rachana Kumari	Subhash Chand Adh(P)	XII	DHQ-11
Kumari Kushi	SC Singh, P/NVK(SA)	VIII	Samrat	Hemanshu Bhardwaj	SK Bhardwaj, Adh(GI)	VIII	ICGS Varuna
Shubham Bhatia	Comdt Manoj Bhatia	IX	DHQ-2	Arushoday Singh	Comdt Alankar Singh	IX	ICGS Samar
Meghna Priya	S Kant, Adh(RO)	IX	MRCC Mumbai	Gopika Gopinathan	P Gopinathan P/Adh(R)	X	ICGS Varuna
Kapil Pachauri	Vijay Prakash, P/Adh	IX	RHQ(W)	PDS Sabharwal	DIG JS Sabharwal	X	ICGS Samar
Shreyangi Prasad	Comdt RV Prasad	IX	RHQ(W)	Akash Tanwar	P Kumar Adh(ME)	X	ICGS Lakshmbai
Akash Kumar	Manoj Kumar, PSE(AL)	IX	842 SQN(CG)	Satyajit Manna	SG Manna, Adh(RP)	X	ICGS Varuna
Simran Harbola	DIG AK Harbola	X	DHQ-2	Sonia Bhukal	RK Bhukal, U/Adh	X	ICGS Varuna
Deepanshu Surania	Shripal Singh, PSE(P)	X	RHQ(W)	Nitin Mishra	Comdt PK Mishra	XI	CGSD(K)
Atharva M Kavitkar	MS Kavitkar P/Adh (AE)	X	842 SQN(CG)	Anju S Nair	PK Shaji, Adh(P)	VIII	ICGS C -150
Kajal Raghav	Praveen Kumar P/Nvk(AH)	X	842 SQN(CG)	Manju Mol TR	TK Rajappan, Adh(ME)	X	ICGS Vizhinjam
Tarun Kumar Sharma	A Kumar, Adh (RO)	X	ICGS Samrat	Sneha	NPJ Chandran, U/Adh(RO)	VIII	ICGS Bypore
Asmita Kothari	Comdt BS Kothari	X	ICGS Samudra Prahari				
Aniket Khatavkar	UM Khatavkar P/Adh(ME)	XI	PRT(W)				

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
Haritha S Kumar	Asst Comdt PKS Kumar	XII	ICGS Androth	Swati Rana	Ashok Kumar, U/Adh(AR)	X	CGAS(CH)
Gaurav Kumar	AK Anal, Adh(R)	VIII	ICGS New Mangalore	Rupal Barman	Bijoy Barman, PSE (P)	X	RHQ(E)
Monisha Tarkar	Asst Comdt Gulab Singh Tarkar	VIII	ICGS Annie Besant	K Abhishek	KA Kanakaraju, USE(ER)	X	CGSD(CH)
Vinay Malik	SK Malik U/Adh(RP)	VIII	ICGS Kasturba Gandhi	Sanjay Yadav	Tara Chand, UADH(QA)	X	ICGS(CH)
Dishanu Rai	GK Rai, U/Adh (RO)	IX	ICGS New Mangalore	Abhishek Yadav	NN Yadav, U/Adh(ME)	X	PRT(E)
Amit Kumar Yadav	Gajraj Yadav, Adh(P)	IX	ICGS New Mangalore	S Yogamathi	K Srinivasan, Adh (WTR)	X	ICGS(CH)
Krithika Upadhya	S Upadhya, U/Adh	X	ICGS New Mangalore	Ankita Rani	Azad Singh, U/Adh(WTR)	XI	RHQ(E)
Sanskriti Tarkar	Asst Comdt Gulab Singh Tarkar	X	ICGS Annie Besant	Swarna Tyagi	DIG SC Tyagi	XI	CGSD(CH)
Priya B Balurkar	BD Balurkar, Adh	X	ICGS Annie Besant	Siddhartha Padhi	DIG MK Padhi	XI	BMU(CH)
Pujare Dharti Umesh	UN Pujare, P/ADH	X	ICGS Ratnagiri	Nishu Kumari Singh	Santosh Kumar, Adh(AH)	XI	CGAS(CH)
Abhishek Yadav	Subhash Yadav, P/NVK	XII	CGS Ratnagiri	Satya Priya N	P Nagarajan, Adh(RP)	XII	CGAS(CH)
<b><u>RHQ (E), CHENNAI</u></b>				Kavitha SJ	P Srinivasan, P/Adh	XII	ICGS Vishwast
Sabni Sharma	Som Prakash, Adh(CK)	VIII	ICGS(CH)	Sonali Mishra	Comdt SK Mishra	XII	BMU(CH)
C Richards Britto	KC Dhas, PSE (AR),	VIII	CGAIS(CH)	Hasha Shree A	P Arumugam, Adh(R)	XII	BMU(CH)
Dasari Muni Sandhya	D Subramanyam, Adh	VIII	CGAS(CH)	Uma Devi A	P Akilan, P/Adh	XII	MRCC(CH)
Sukriti Santra	S Santra, Adh(PRI)	IX	MRCC(CH)	Vishnu Krun A	R Anand, P/Nvk(AL)	XII	ICGS(CH)
Himanshu Kumar	Santosh Kumar Adh(AH)	IX	CGAS(CH)	Mayank Mishra	VJ Mishra, PSE	XII	ICGS Vishwast
Vinkal Dahiya	Dharma Dass Adh(STD)	IX	ICGS(CH)	Bhim Singh	BL Meena U/Adh(QA)	XII	8RHQ(E)
Sharmistha Sardar	PK Sardar U/Adh (RP)	IX	ICGS Sarang	Anirudh Kaushik	Sanjay Kumar, Adh (QA)	VIII	ICGS S/Pahredar
Purnendu Shekhar	RL Mahto U/Adh(QA)	IX	RHQ(E)	Pravesh Saini	D Singh, Adh	VIII	DHQ 6
Komal Rani	Ashok Kumar U/Adh(GI)	IX	CGSD(CH)	P Sai Kirti	PS RAO, U/Adh(AE)	VIII	VC FLIGHT
Dhanish Dinesh Dhavgaye	Comdt DH Dhavgaye	IX	RHQ(E)	A Siddarth	DIG AA Reddy	VIII	CGRPT(V)
Aruna Devi A	P Akilan, P/Adh	X	MRCC(CH)	Tejush Singh	Comdt JS Randhaawaa	VIII	ICGS Vizag
Vikita Mishra	VJ Mishra, PSE	X	ICGS Vishwast	S Raghul Jyothi	N Sunderesan, PSE	VIII	BMU(CH)
Sandra S Kurian	DIG S Kurian	X	RHQ(E)	Chetna Singh	Jasvir Singh, Adh	IX	ICGS Priyadarshini
S Siva Raman	S Sankar, Adh(P)	X	RHQ(E)	Ankit Kumar	MK Dubey, Adh(ME)	IX	DHQ-6
Shweta Singh	Rajpal Singh, PSE(P)	X	RHQ(E)	Ruhi Rai	Comdt R Rai	IX	CGWO(V)
Ashish Choudhary	SK Choudhary P/Nvk(SA)	X	CGAS(CH)	Aakaash Thakur	Kuldeep Singh, U/Adh(RP)	X	CGRPS(V)
Raagavi B	A Balaji, U/Adh(WTR)	X	CGAS(CH)	Saurabh Vashisth	Comdt(JG) SK Vashisth	X	CGWO(V)
Jayashree M	B Muralitharan, USE(ER)	X	PRT(E)	Akash Yadav	AS Yadav, Adh(QA)	X	ICGS Vajra
Prashant Tiwari	RK Tiwari, PSE(R)	X	BMU(CH)	Shiksha Saini	D Singh, Adh	X	DHQ-6
Aayush Dewan	DIG Sanjeev Dewan	X	ICGS Sarang	Sambit Kumar Jena	DIG S Jena	X	CGWO(V)
Kavita Singh	NL Singh, Adh(CK)	X	CGS(CH)	Kajal Chauhan	B Singh, Adh (RP)	X	ICGS Vajra
				Maddi Geethanjali	MJ Reddy, Adh(CK)	X	ICGS Vigraha
				Kuljeet Kaur	Vikram Singh, UAdh(ME)	X	DHQ-6
				P Manju Datta	PS Prasad, PSE(R)	XI	ICGS Vajra
				Bhupendra Singh Chauhan	B Singh, Adh(RP)	XI	ICGS Vajra

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
Maddi Kiran Kumar Reddy	MJ Reddy, Adh(CK)	XII	ICGS Vigraha	Shweta Dubey	MS Dubey, Adh(QA)	IX	RHQ(A&N)
Shruti Rani Barman	SK Barman, Adh(R)	XI	ICGS Vajra	Manisha Yadav	SB Singh, Adh (RP)	IX	ICGS Aruna Asaf Ali
Shafna K Shaju	KK Shaju, USE(P)	XII	ICGS Vajra	Keerthana Madhu	KD Madhu, Adh	IX	ICGS Varad
R Ramya	NR Kumar, U/Adh(RP)	X	ICGS(PCY)	Shivani Singh	SK Singh, PSE (AL)	X	CGAE(PB)
Bhargavilakshmi V	PV Nathan, Adh(QA)	X	ICGS(PCY)	Sanket Kumar	RK Singh, Adh (P)	X	RSD(PB)
Deepti Teotia	S Chandra , U/Adh	XII	ICGS(PCY)	Tamanna	Ramesh Kumar U/Adh	X	RHQ (A&N)
<b><u>RHQ(NE), KOLKATA</u></b>				Shehnaaz Parveen	DIG MA Warsi	X	RHQ(A&N)
Riya Biswas	Animesh Biswas, Adh	VIII	ICGS Kolkata	Manish Indal	Subhash Chand Adh(QA)	XI	CGAE (PB)
MD Azharuddin	MD Nasiruddin, Adh	IX	700 SQN(CG)	Shrey Sanjay Ware	SS Ware, Adh	XI	RHQ (A&N)
Neelanjana Gayen	BN Gayen, Adh	IX	700 SQN(CG)	Renu	Satbir Singh, U/Adh	XII	ICGS Bhikaiji Cama
Sandhya Rai	SK Rai, Adh	X	RHQ (NE)	<b><u>RHQ(NW), GANDHINAGAR</u></b>			
Shivani Nath	Comdt Rajendra Nath	X	RHQ (NE)	Parvat Yadav	DK Yadav Adh(Wtr)	VIII	RHQ(NW)
Sahitya Banerjee	T Banerjee, U/Adh	X	700 SQN(CG)	Rajat Kumar	Rajesh Kumar, P/Adh	IX	RHQ (NW)
Ritvij Saxena	DIG Navdeep Raj	X	RHQ (NE)	Sachin Kumar Sharma	DK Sharma, Adh(SA)	IX	RHQ(NW)
Kapil Sonia	A Kumar, Nvk(ME)	X	ICGS Kolkata	Yamini Saini	Raj Kumar, PSE (P)	X	RHQ(NW)
Devyani Nath	Comdt Rajendra Nath	XII	RHQ (NE)	Arza Naga	Comdt AVW Rao	XI	RHQ(NW)
Saahil Singh	Dilbag Singh, U/Adh	VIII	ICGS Paradip	Jyotirmayi Pranavi			
Koushtav Chakrabarty	Dhananjay Chakrabarty, P/Adh	X	CGSD (PDP)	Harsha Arza	Comdt AVW Rao	XII	RHQ(NW)
12.Sarita Singh	Dilbag Singh, U/Adh	XI	ICGS Paradip	Prapti Trivedi	Comdt Devansh Trivedi	VIII	DHQ No. 1 Porbandar
Pankaj Sharma	SK Sharma, Adh	X	INS Chilka	K Ritesh	KR Babu P/Nvk(AL)	VIII	DHQ No. 1 Porbandar
Arnab Jena	A Jena, P/Nvk(CK)	IX	ICGS H-182	Manish Kumar	Shri Kishan, U/Adh(QA)	VIII	DHQ No. 1 Porbandar
<b><u>RHQ(A&amp;N), PORT BLAIR</u></b>				Neha Singh	BK Singh , Adh(QA)	IX	DHQ No. 1 Porbandar
Tannu Shandilya	J Kumar, Adh(ME)	VIII	ICGS Aruna Asaf Ali	Rajal Makwana	DIG R Makwana	X	DHQ No. 1 Porbandar
Virendra Kumar Yadav	RN Yadav, Adh	VIII	ICGS Akka Devi	Subham Jha	GK Jha, P/Adh (SE)	X	DHQ No. 1 Porbandar
Swathi Dixit	H Sharma, Adh	VIII	RHQ(A&N)	K Rishikesh	KR Babu P/Nvk(AL)	X	DHQ No. 1 Porbandar
Priyanka Kumari	Vijay Kumar, USE(AL)	VIII	CGAE(PB)	Megha Bhatt	PS Bhatt , Adh (AE)	X	DHQ No. 1 Porbandar
Himanshu Singh	SK Singh, PSE(AL)	VIII	CGAE(PB)	Nilanjana Bargotra	DIG Rajan Bargotra	XII	DHQ No. 1 Porbandar
D Prathiba	PRD Balan, Adh	VIII	CGS (PB)	Ravi Singh Mann	JS Mann, U Adh(QA)	XII	DHQ No. 1 Porbandar
Bhavika Panchal	R Singh, U/Adh	VIII	ICGS Bhikaiji Cama	Jyoti Kumari Singh	DK Singh, U/Adh	VIII	ICGS Jakhau
K Dharshini	R Kannan, U/Adh	VIII	CGS (PB)	Nikhilesh Kumar	Ram Kumar, NK/MT	X	ICGS Jakhau
Rahul Yadav	SB Singh, Adh (RP)	VIII	ICGS Aruna Asaf Ali	N Karan	R Nainar, U/Adh(RP)	VIII	ICGS Veraval
Sachin	V Bhusan, Adh	VIII	RHQ(A&N)	Nandhini Priya	R Nainar, U/Adh (RP)	XI	ICGS Veraval
Sanjay Kumar Rath	BK Rath, P/Adh	IX	RHQ(A&N)	Somya Sahni	DIG S Sahni	VIII	CGPRT, Surat
M Varshinee	P Murali, U/Adh	IX	MRCC(PB)	George Sebastian	Asst Comdt George Baby	IX	ICGS Okha
Rinku	Satbir Singh, U/Adh	IX	ICGS Bhikaiji Cama				
Vincky Nagar	VN Nagar, Adh (AR)	IX	CGAE(PB)				
Hitesh Kumar Dhindhwal	SK Dhindhwal, Adh (RO)	IX	RHQ(A&N)				





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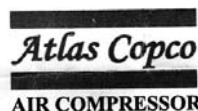
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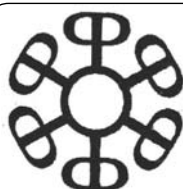
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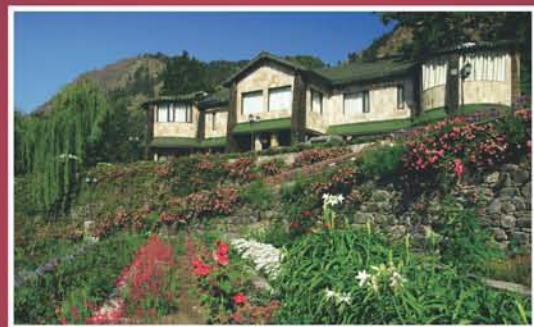
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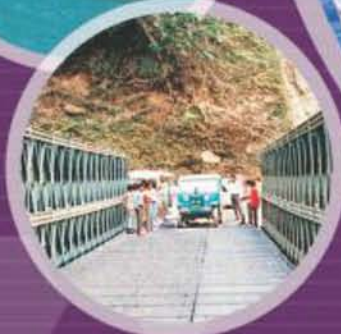




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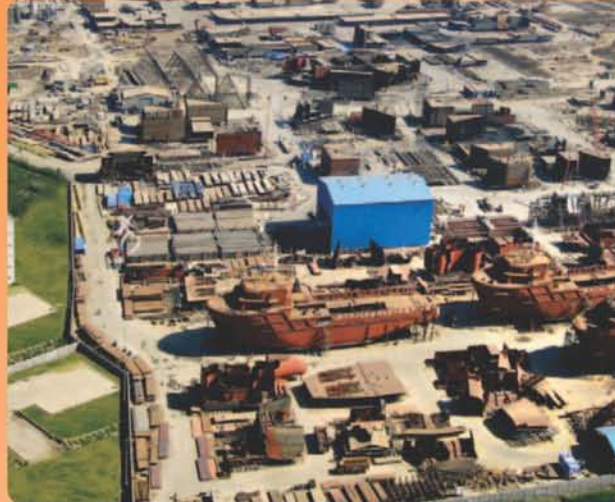
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