



उर्मि URMI

2018



तटरक्षिका

Coast Guard Wives Welfare Association

COAST GUARD WIVES WELFARE ASSOCIATION



CENTRAL EXECUTIVE COMMITTEE MEETING

NEW DELHI

24 SEPTEMBER 2018



MESSAGE



At the outset, I would like to extend my best wishes and greetings to each and every Tatrakshika on the publication of Urmi 2018. It is extremely heartening to note that Tatrakshika has always been a subject of respect and dignity and it is indeed a pleasure to see its expanding sphere of activities with each passing year. It is particularly noteworthy that CGWWA is wholeheartedly contributing towards various social development aspects, as well as serving as a significant interactive platform for women empowerment.

I acknowledge with gratitude the contribution of CGWWA in improving the quality of life of the families of our officers and men. I also express my gratitude to all the Coast Guard wives for the unprecedented support during natural calamities, including floods in Kerala.

On behalf of the Indian Coast Guard fraternity and on my personal behalf, my highest compliments to all CGWWA members for working continuously in the direction of women empowerment, welfare and community support, education, health care, social welfare and environment protection. While you continue with your good deeds with a spirit of dedication and cooperation, I would like to assure CGWWA of our unwavering support in all endeavours.

Urmi is the flagship publication of CGWWA and truly a reflection of its determination and efficiency. My compliments to Team Urmi for producing an excellent edition. The editorial team of Urmi has really done a commendable and admirable job in communicating issues of relevance across the service.

May the almighty bless the entire CGWWA fraternity with success in all its noble and selfless endeavours.

Jai Hind

A handwritten signature in red ink, likely of Rajendra Singh, the Director General of the Indian Coast Guard. The signature is stylized and written in a cursive manner.

(Rajendra Singh)
Director General
Indian Coast Guard

MESSAGE



On the occasion of the publication of “URMI 2018”, I would like to convey my warm wishes to all members of the CGWWA fraternity. The Coast Guard wife is the heart and soul of the Coast Guard family and her contribution is truly magnificent.

Personally, it has always been an honour for me to be a part of CGWWA and a pleasure to see it grow in strength and stature with passage of time. The vibrant and responsive community support system that we are recognized as today is purely because of our relentless efforts towards women empowerment, welfare, education, health care and even environmental conservation. Indeed, our consistent efforts have ensured that CGWWA is responsive to both social as well as environmental issues.

I am pleased to note that our good work is contributing positively to the well-being of our families, and our nation as well. I would urge that our strong bonds of support and self-reliance continue to be nurtured so as to give us enduring strength in addressing issues both, big and small and enable us to make the lives of our Coast Guard families even more wholesome and enriching.

Urmi is a reflection of the spirit of CGWWA. It keeps us updated with CGWWA activities and achievements and views of the larger Coast Guard family across the country. It is also a source of inspiration and motivation to the Coast Guard community. More importantly, it is an excellent avenue for expression and creativity for our families. I must compliment Team Urmi for producing such a wonderful edition of Urmi.

I would also take this opportunity to thank all the officers and staff of all units and establishments of the Indian Coast Guard for their support in all our endeavours.

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

(Mrs Urmila Singh)
President Tatrakshika

MESSAGE



With utmost humility I pen my message and I am honoured to be a member of this vibrant organization. The role and responsibility of CGWWA has been constantly changing with changing times. Our focus has, therefore, been to ensure that we keep pace with the changes and launch a wide range of projects, keeping in mind the growing needs of the community and changing concepts of welfare which includes enriching our immediate surroundings and nurturing women in Coast Guard.

The Coast Guard Wives Welfare Association works unstintingly towards women empowerment, welfare, community support, education, health care, social welfare and environmental conservation. We have ensured that our fraternity is sensitive to both social as well as environmental issues. It is my humble request that each and everyone work collectively as well as cohesively and contribute towards our common goal. Together, hand in hand we can achieve greater heights and realize the vision of our predecessors.

'Urmi' is synonymous with the Un-tired "Women Wave who drives their family towards success always.

Why 'Women Wisdom' as a theme? Women Wisdom is the driving force which nurtures and drive the entire family. A life full of transfers, changing, accommodation schools and long absences of husband can be made pleasant by the women's wisdom and sharing happiness in and around her which deserve accolade.

I, congratulate team Urmi and the editorial teams of all Regions for bringing out the essence so beautifully and for a collated effort towards the magazine. CGWWA is making a difference in its own way and I salute each and every member for their selfless service to the community and spreading happiness.

Happy Reading, Jai Hind...

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

(Mrs Jyoti Murthy)
Vice President Tatrakshika

MESSAGE



I would like to offer a word of thanks to our readers, our contributors, and our editorial board for their constant support and timeless efforts towards this edition of annual magazine URMI. Your sincere contribution has evolved this magazine over the years and more importantly, the work done by our fraternity has brought about some positive change in the society.

Women all over the world are redefining the way they are empowered with their multitasking talent and resolve to do things. I am sure same is the case with our CGWWA fraternity, who are balancing both professional and personal fronts of life through their consistent efforts.

I urge all the readers to amplify your voices, and be change-makers of economic and social values by practicing the theme of this edition "Women foster Entrepreneurial Alternatives". Remember, if you are trying to be normal, you will never know how incredible you can be. So try to be different, and explore new things, believe in self and stay happy always.

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

Happy Reading!

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

(Mrs Jayanthi Natarajan)
President Tatrakshika (Western Seaboard)

MESSAGE



CGWWA is aptly termed as the invisible hand of Indian Coast Guard that works relentlessly for the welfare of Coast Guard wives, children and their dependents. Apart from providing innumerable benefits to its members, it provides an excellent forum for meaningful and fruitful interactions for its large number of members.

CGWWA has been fulfilling its social obligations by ensuring the social empowerment and skill development of CG family, since its inception. In particular, the organization is geared to ensure the large wellbeing of the Coast Guard family while empowering the women, encouraging the environmental & health awareness in the society and strength of unity that nurtures the harmonious co-existence.

I would like to compliment the entire editorial team of “URMI” for the hard work and efforts put in, to kaleidoscope the myriad of feeling & experiences and making this edition a reality. This year's theme, 'Women wisdom foster entrepreneurial alternatives' encompasses the true spirit of today's focused, smart & strong women and displays the innovativeness and thoughtfulness of the editorial team.

Best wishes & Happy Reading.

Sunita Nautiyal

(Mrs Sunita Nautiyal)

President Tatrakshika (Eastern Seaboard)

MESSAGE



An idea of today is the vision of tomorrow. URMI is a unique tradition of creative endeavors and the magazine adequately shares the joy of community living, enthusiasm and talent, achievements and activities of the past year.

The challenges that a Coast Guard wife faces are tremendous and they have the vision and skill and are capable of converting their vision into action for the good of the society. The Tatrakshikas have become active participants in all walks of life and are working in various capacities and in all professions. This year's theme "Women Wisdom Foster Entrepreneurial Alternatives" also contributes towards the same. The creative and entrepreneurial potential of women is a latent source of economic growth. Women Wisdom is a strong force to reckon with. Now is the time for Women to venture into the Entrepreneurial world. They have a strong desire to do something positive and are continuously contributing values both in family and social lives. The CGWWA fraternity is working at its best for empowering the women and helping them towards becoming an entrepreneur.

Further, last couples of months were very challenging for the state of Kerala. We all saw that Kerala was devastated by the worst floods of the century in our region. As the saying goes "The greatest oak was once a little nut that held its ground", so our men held the ground tight and turned the disappointment into an opportunity to start over again. CGWWA proved their mettle during the relief activities.

URMI is the canvas to paint our vivid imagination and share rich experiences. The editorial team of Urmi 2018 has achieved a perfect balance in the matrix of our aspirations and endeavors.

Let's work together in empowering our Tatrakshikas. My best compliments and wishes to the editorial board and all the volunteers for bringing out this fine magazine.

"Embrace the inner entrepreneur in you and give it your best"

(Mrs Chitra Chafekar)
President Tatrakshika (West)

MESSAGE



I am privileged to have become a part of this incredible journey with this young North East Region. The CGWWA North East holds immense potential to be among the front runner of the Tatrakshika fraternity and I firmly believe that we can achieve great heights with this bond of togetherness.

One of the fundamental principal of this fraternity has been and shall always be to uphold the value system of this fine service and as we grow with influx of time this value system shall further strengthen in all spheres. A Tatrakshika's part in the system is equally of a contributor and beneficiary at the same time. An endeavour must always be to pro-actively involve the ladies for strengthening the social bond, playing the role of facilitator for their welfare, to realise their potential and boost their morale by continuous interaction.

CGWWA is a fountain head of many diverse activities and URMI is it's consolidated projection, high lightening the work and effort put in for various projects and activities across the year. This will surely allay the apprehensions in minds of many and convince that we are here to do good and to do good only. The satisfaction we derive from gratifying this much felt need for the Tatrakshika's commitment to the CGWWA in indescribable.

With all accolade, I wish URMI continues with the same enthusiasm in the times to come and contributions would extend from more Tatrakshikas who feel the same as we do.

Fraternally yours

A handwritten signature in blue ink, appearing to read 'Nidhi' with a stylized flourish at the end.

(Mrs Nidhi Bargotra)
President Tatrakshika (North East)

MESSAGE



Heartiest Greetings on "Tatrakshika Day" to all Tatrakshikas and their families. Coast Guard Wives Welfare Association is just not a part of Indian Coast Guard fraternity but beyond pen could ink down...

After 24 long years of its growth since 29 Nov 1994, CGWWA is in the process of creating a new paradigm in the scope and conduct of activities, to another level.

In recent times, CGWWA has paid special attention to the empowerment of women successfully. I convey personal appreciation to the efforts made by members who devoted their valuable time to CGWWA activities as each one of us can bring positive change in own's sphere. Cheers to the editorial team.

I have always believed that an empowered woman is powerful beyond description as a "TORCH BEARER OF CGWWA". I wish to see Coast Guard wives empowered in every possible way, as there is no tool for the development of the society more effective than the empowerment of the woman.

माँ हो या फिर नंदिनी, सखी या अर्धांगिनी
तटरक्षिका हर रूप में है, तटरक्षकों की संगिनी

May you all be blessed with success and happiness

Best Wishes !

(Mrs Dipa Pal)
President Tatrakshika (North West)

MESSAGE



I am proud and overwhelmed to share my views on this year's theme - "Mother Nurture - The Age old connection between women-environment." The women-environment relationship signifies the image of involvement of "mother nurture" in our Tatrakshikas which develops the sense of responsibility among us for maintaining good balance between our family and social lives.

A woman nurtures her living and working environment with love, care and efficiency. Good health of a woman is of supreme priority because **"Woman is a lifeline of all Humankind."** CGWWA being a vivacious and dynamic organisation is continuously involved in welfare activities where all its members channelise their efforts in unison, working towards a common goal for betterment of the society in general and Coast Guard families in particular.

Urmi brings out a sense of new beginning, innovative ideas and provides a new platform for our families and children to reveal their imagination, creativity and showcase their talent through rich experiences. I believe that women and earth are the productive elements in the ecosystem. Empowering women is the key to an Empowered world. As it is rightly said **"Prosperity vests in the progressive performance of the women."**

I would like to take this opportunity to thank all the Tatrakshikas for the successful conduct of welfare activities and congratulate the editor

A handwritten signature in blue ink that reads "Priya Paramesh".

(Mrs Priya Paramesh)
President Tatrakshika (East)

MESSAGE



Coast Guard Wives Welfare Association (CGWWA) is an integral part of service as wives are the pillar of support to the Coast Guard personnel in every day life and thus, they are a crucial component.

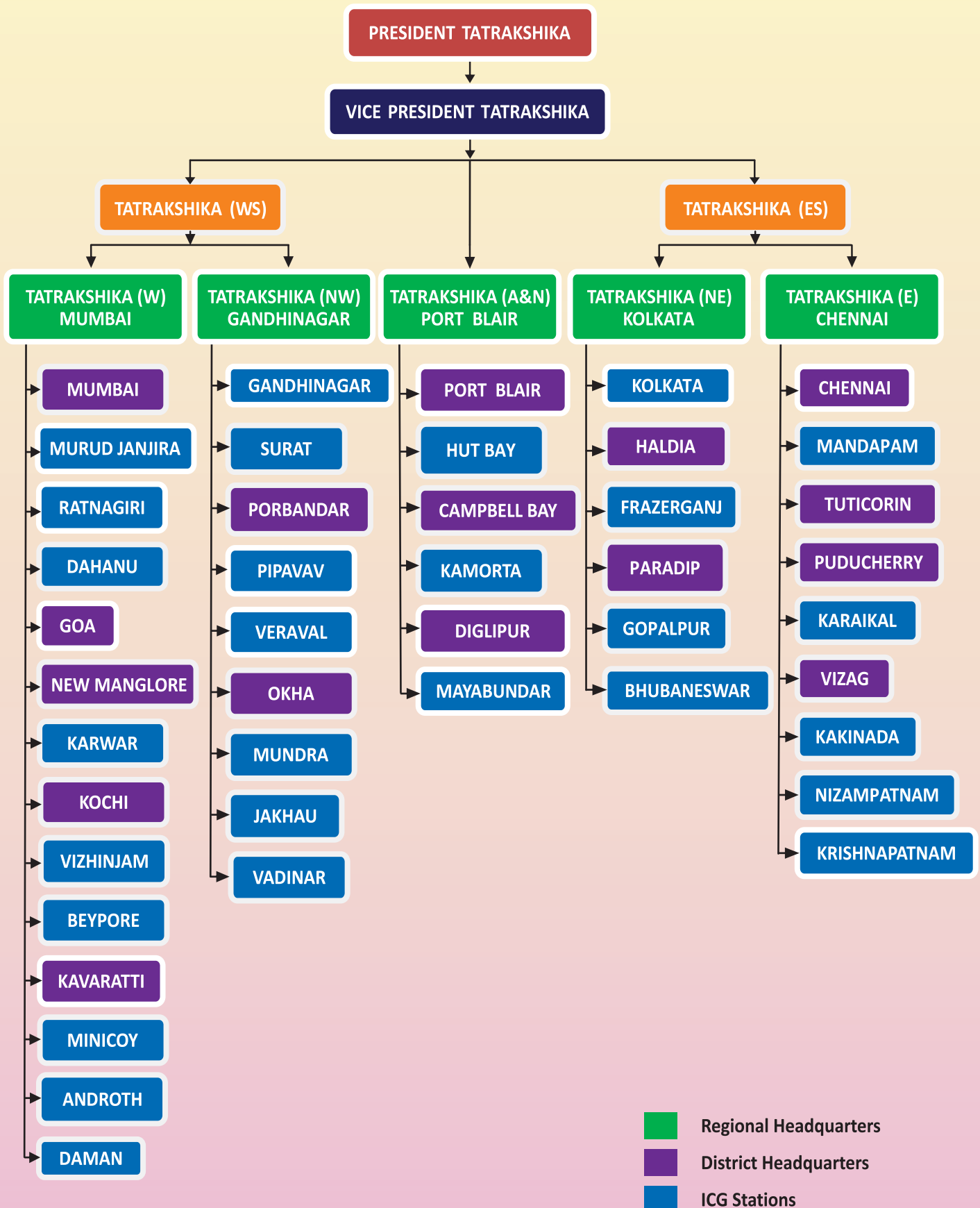
"URMI" is a medium which portrays the evolving women of CGWWA. It defines the journey of the Tatrakshikas where they have passionately taken all social responsibilities and welfare activities with high motivation and commitment. As our motto says "Self Help" CGWWA has been actively involved in undertaking various activities for overall development of ladies of CG fraternity. It is an honour to be a part of such an organisation which helps us to walk with head held high and confidence yet preserving the essence of being a homemaker. "URMI" helps to showcase this wonderful organisation in a creative way.

"URMI" has always given an opportunity for the CG personnel and children to share their ideas and views through articles and art. I take this opportunity to extend my heartiest congratulations to the "URMI" editorial team for bringing out this edition with an innovative theme "Women wisdom foster entrepreneurial alternatives". This edition will widen the horizon of the Tatrakshikas.

Best wishes and warm regards.

(Mrs Mohita Pathak)
President Tatrakshika(A&N)

TATRAKSHIKA ORGANISATIONAL CHART



GOVERNING BODY



PRESIDENT
TATRAKSHIKA



VICE-PRESIDENT
TATRAKSHIKA



TATRAKSHIKA
PRESIDENT (WS)



TATRAKSHIKA
PRESIDENT (ES)



REGIONAL PRESIDENT
TATRAKSHIKA (W)



REGIONAL PRESIDENT
TATRAKSHIKA (NW)



REGIONAL PRESIDENT
TATRAKSHIKA (A&N)

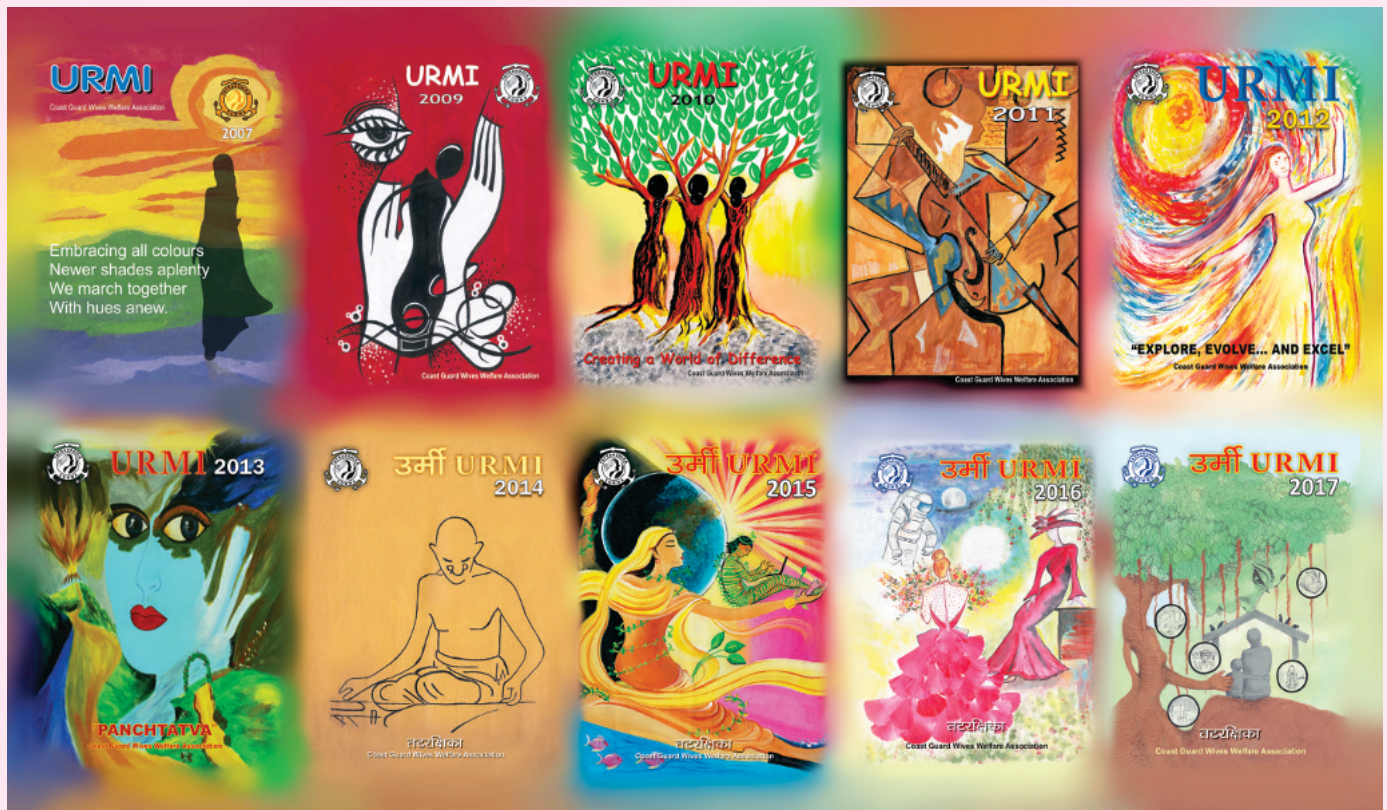


REGIONAL PRESIDENT
TATRAKSHIKA (NE)



REGIONAL PRESIDENT
TATRAKSHIKA (E)

URMI... AT A GLANCE

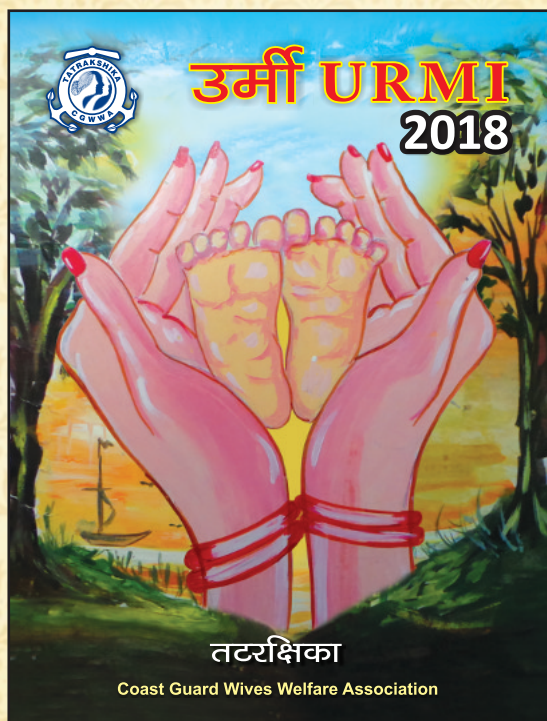


The word Urmi is of Sanskrit origin and used as name in Hindi speaking countries. URMI, means “Wave”, The way; Waves are inspiring not because they rise and fall, but because each time they fall... They never fail to rise again they keep moving forward and never standstill. The waves are like our life cycle, wherein it keeps moving despite all kinds of hurdles and reaches the destined place safely.

The publication of Urmi began in 1999, which was in-house published individually by all regions. Since the year 2007, it is a pan-organisation magazine, published centrally from Headquarters at Delhi, with articles contributed by all regions.

Interesting Fact: When there was a decision to start Newsletter and Magazine by the members, the proposed names for the newsletter and magazine were invited from all the regions. The suggested names were, Surabhi, Sangamitra, Kalanjili, Prathi Dhvani, Navrang, Sanskriti, Urmi, Samridhi, Chaya Darpan, Panorama and Innovator. After much debate and discussions, consensus emerged on the name URMI.

TREASURED VIEWS



Cover page designed by
Jai Gujjar
S/o Kishor Bhai Gujjar
Mali, CGAE (PBD)

“MOTHER NURTURE - THE AGE OLD CONNECTION BETWEEN WOMEN AND ENVIRONMENT”

Women have always played an essential role in the management of natural resources as she herself is nurturer inside out. She has profound traditional and contemporary knowledge of the natural world around her. Rural women tend to have a closer relationship with land and other natural resources which promotes a new culture of respectful use and preservation of natural resources and environment. Urban women have become increasingly responsible for protection of environment in the midst of multifold growth and development and staying vigilant to maintain sustainable development. Together they stand for a cause when ever felt threatened from external source.

ELUCIDATION

Dear Readers

Our society has become dynamic, new ideas keep cropping up every day specially related to female gender. Society is getting sensitized because women have starting standing strong. Standing tall with different postures against all odds and reshaping global economics, politics and society all together.

It gives me deep sense of pride to present before you another edition of URMI - 2018 which focuses mainly on **“Women foster Entrepreneurial Alternatives”**. It is becoming increasingly clear that women are and continue to be powerful drives of development. When men and women become more equal economies grow faster expanding the pool of human resource. Women are empowered with their multitasking talent that they are coming out with creative ideas and seeking out less conventional routes to top. Living life not in the bounds of time but flying free as creativity has endless scope or one can say necessity is mother of invention and mother to be economically independent.

The Cover design depicts the motto of CGWWA **“Mother Nurture”**- the age old connection between women and environment. Which not only depicts women as mother, wife, daughter, sister, their empowerment but a very special role as co-existence with nature and sustainable development at all fronts. Women tend to have smaller foot print, their production and consumption are often more resource efficient and profound traditional and contemporary knowledge of the natural world around them.

We are lucky to receive ample of response from all the regions and compiling the articles, write-ups, anecdotes and not to miss photographs of various activities was similar to a confluence of different ideas and experiences just like rivulets joining a river. We would like to sincerely thank each and everyone for contributing to success of Urmi.

As the editors, we would like to convey our sincere gratitude to Mrs Urmila Singh, President Tatrakshika and Mrs Jyoti Murthy, Vice President Tatrakshika for guiding and supporting us at all stages. When we are saying stages it's not only of publishing of this particular Urmi but for more than two decades growing up, grooming and gaining wisdom with their positive and motivating aura. Both of you will always stay in our heart and mind as guiding force to move forward.

We hope you will enjoy every page of the magazine, and relate very well to them.

Happy Reading and Stay Happy !!!



EDITORIAL TEAM

Indu Sahni
ANURADHA HEBBAR
SUCHARITHA KARRI
Rupali MANJEET Gill

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Meritorious
AWARDS

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MEGA EVENTS



NURSERY TEACHER'S TRAINING AND PRIMARY TEACHER'S TRAINING COURSES

With the changing requirements of world around, like last year CGWWA has continued to providing access to quality educational opportunities to empower its women and taking them together to fulfill their dream of being financially independent and standing tall in a crowd.



CGWWA tied up with Lal Bahadur Shastri Training Institute which is a government recognised university providing courses such as NTT and PTT, computer software, hardware networking and fashion designing etc at concessional rates. All those who did the course were felicitated with certificate which has a validity for any teaching assignment.

This year 12 ladies have successfully completed the NTT/ PTT course. CGWWA provided more than Rs. 60,000/- as ex gratia for payment of fees.

President and Vice President are personally involved and are trying to provide all possible support, help and guidance for imparting skills related to employability by all ways possible. Successful completion of previous year students has motivated more number of ladies to join this academic year.



REIKI

DIVINE HEALING POWER WORKSHOP



Calm mind brings inner strength and self-confidence.

Two days' workshop on 'Reiki' and mind power was conducted at Arkaja by the learned Reiki Guru Dr. N M Sharma and his team for the benefit of the all of us. This foundation conducts regular Myth – breaking and revolutionary workshops across the globe, with an objective of destroying blind beliefs, fears. Dr. Sharma couple have also successfully treated and cured many incurable diseases through Naturopathy.

CGWWA spent Rs. 75,000/- for conducting this noble workshop. Many of our Coast Guard Personals have taken the benefit of Dr. Sharma's knowledge and guidance.



CERVICAL CANCER AWARENESS AND VACCINATION CAMP

Good health is the first step towards empowerment.

Cervical cancer is cancer arising from the cervix. It is due to the abnormal growth of cells that have the ability to invade or spread to other parts of the body.

As a preventive measure, a cervical cancer awareness cum immunization camp for girls/ woman aged 13 to 26 years was organised by CGWWA Sanjeevani team under the able direction of President Tatrakshika Mrs Urmila Singh and Vice-President Tatrakshika Mrs Jyothi Murthy.



The vaccination camp was organised to administer dose of injection free of cost to the young girls and woman. CGWWA has spent nearly Rs. 1.5 lakh for this noble cause.

Moving on the footsteps, CGWWA Goa also organised detailed lecture and cervical cancer vaccination camp on 26th Aug in the supervision of Mrs Sonali Parlikar (President Tatrakshika Goa), Surg. Lt Ankit Surani and his medical team. Total 50 females were vaccinated with first dose most of them were young girls.

President Tatrakshika endeavor to expand this noble preventive measure to all the Coast Guard Regions and Stations for the benefit of our future generation.



SWACHH BHARAT ABHIYAN

YAMUNA CLEAN UP DRIVE



Towards ongoing efforts of 'Swachh Bharat Abhiyan' and Hon'ble Prime Minister's appeal for mass cleanliness and sanitation campaign Tatrakshika's conducted Massive Yamuna clean up drive at Geeta Ghat, Delhi. Delhi Tatrakshika's visited the banks of river Yamuna to spread the message - Swachhta Hi Sewa Hai... Tatrakshika's have also left no stone unturned in participating in this government initiative. About 1,000 Kgs of debris was collected.

At frequent intervals Tatrakshika's enthusiastically participate in the campaign and provide impetus towards a cleaner environment.



INTERNATIONAL COASTAL CLEANUP DAY

The Indian Coast Guard personnel under the aegis of Coast Guard Commander(Eastern Seaboard) organised a beach cleanup drive at Rushikonda Beach on 15 Sep 18 to commemorate 33rd International Coastal cleanup day as part of United Nations Environment Programme and “Swachhata hi Sewa” mission. Nearly 900 people including Coast Guard personnel including families, CISF personnel, Coastal Security Police, NCC Cadets, students from Gitam University, Andhra University and children from various including Coast Guard School Vizag actively participated in the event. A special sand sculpture by a local sand artist was put on for display for the participants spreading the message of importance of clean beaches. Tatrakshikas of Vizag actively participated in the event.

Additional Director General KR Nautiyal, PTM, TM, Commander Coast Guard (Eastern Seaboard) graced the occasion and encouraged the participants in the cleanup drive. Speaking on the occasion, Deputy Inspector General Navdeep Raj, Commander Coast Guard District No.6 (AP) emphasized on need for clean coasts, clean seas and clean environment for a clean nation, in lines with Gol Swachh Bharat drive.



INAUGURATION OF INFORMATION BROCHURE FOR FAMILIES OF CG PERSONNEL



The 2nd edition of “Information Brochure for families of CG Personnel” is an endeavor to provide easy and readily available information related to various benefits to CG Personnel and their families. The main purpose of this brochure is to provide glimpses of various benefits/ facilities extended through ECHS, CSD canteen, CGBA etc. This brochure will bring further awareness amongst CGWWA fraternity and strengthen our unique features of preparedness, sharing, caring and giving.



CELEBRATION OF WORLD HEART DAY

As a part of health activity of CGWWA Vishakapatnam, a health checkup for the members was conducted on 29 Sep. The event was inaugurated by Mrs Kavita Harbola and Mrs Renuka Raj. The camp facilitated the health checkup of 98 members from CGWWA Visakhapatnam. The health camp comprised of obesity checkup along with Blood pressure, ECG with analysis by consultant, blood check-ups were analysed in situation by respective medical specialist giving medical advice and subscription. The health check-up was spread headed by medical specialist viz: KIMS Shhelanagar - Dr. Narayana Raju DM Cardiology; Star pinnacle Hospital - Dr GV Reddy (Speaker) DM Radiology; Dr Lal Path Labs - Mr Rajashekar state in charge for Lal Path Labs. On completion of health checkup a small felicitation was organised by CGWWA members for the medical specialists where in the mementos were felicitated.



ACHIEVEMENT OF CARBON NEUTRAL STATUS

Coast Guard Wives Welfare Association (Tatrakshika) along with Indian Coast Guard took the lead in the capital and the regions in contributing mitigation measures against climate change. It actively supported the ICG initiative by planting more than 40 thousand trees and consequently became perhaps the first government organisation in the country to achieve the carbon neutral status. Carbon neutrality, or having a net zero carbon footprint, refers to achieving net zero carbon emission by balancing a measured amount of carbon release with an equivalent amount sequestered or offset, or buying enough carbon credits to make up the difference.

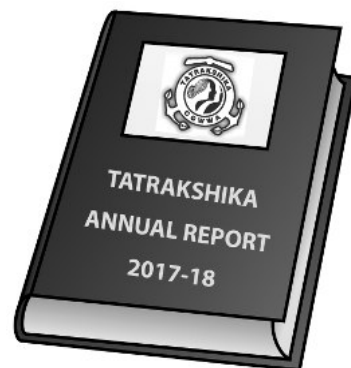
CGWWA have always been a back bone of ICG in the mission “Swachh Bharat Abhiyan”. Environmental welfare being on the priority list of President Tatrakshika, financial and motivational support is been given to all regions with extra foot forward to Kerala. Spreading the awareness of importance of Swachhta for the service, social and society at large, our Tatrakshikas are coming forward and volunteering at every Coast Guard Station, as Swachhta Brand Ambassador for cleanup drives.



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INTRODUCTION

CGWWA is a organisation that gives meaning to thousands of lives when they get into matrimony with young officers. Following diverse activities enriches life and adds meaning to daily routine. The year 2017-18 was filled with variety of activities to spread awareness to protect environment and live life in an eco-friendly way.



CENTRALLY CO-ORDINATED ACTIVITY

After many years Diwali Mela was conducted at CG Mess Lawns Sector 24 Noida on 3rd November. Each department displayed their food and game stall covering multifarious cuisines and fun filled games at reasonable rates. Sanchita stall displayed variety of useful items. Marathi food stall put up by Suruchi ladies was outstanding. Some women entrepreneurs had displayed their items and earned profit to their satisfaction. Best stalls were awarded and consolation prizes were given to others. Mela also included colorful cultural program variety shows and caricatures.

SURUCHI (Welfare)

Welfare is one of the primary concerns and several measures are taken to bring potential and hidden talents in the CGWWA members and giving them chance to develop them further, thus motivating to achieve financial independence.

CGWWA (HEADQUARTERS)

Welfare team has continued to excel in organizing various activities. Achar, Chutney dip making, and flower making using crape paper demo was given. In order to inculcate self defense among the Tatrakshikas, a class of self defense was undertaken by trained coach. 22 ladies and some children participated and benefited by the training.

During Tatraskhika day celebration many events were organized encompassing art, fashion, rangoli, liquid embroidery, nail art, pickle preparation and hair styling competition. To celebrate X'mas plum and cup cake making demo was given. Welfare team organised a lectures on "how to handle exam stress", "how to manage relationship" and demo on ice cream making was given. Amazing demo of quickly making of vanilla, brownie, chocolate, chilly chocolate and strawberry ice cream was given.

A lecture on effective communication between parents and children was conducted. Demonstration on various hair styles to give a little changed look at different occasions was given. Classes on various

different courses are continuing such as short course like Block Printing Course, yoga classes and long course like Beauty Parlour Course which also includes therapies for maintaining various body parts. Stitching Course for duration of 6 months, imparting basic knowledge of stitching patterns and practical of stitching blouse, suits, kurti are successfully running etc.

For over all development and to enrich their abilities Academic/ Soft Skill Development Classes are also being held in CGWWA Kendra. Ladies were enrolled in NTT-PTT, spoken English for ladies and children and tuition classes for children.

Further to mark festival time demonstration on making Eco friendly Ganesha using clay was given. Sweets and namkeen competition was conducted. Mrs. Varsha Mishra, Food Inspector gave wonderful lecture on Nutrition and Self health specially mothers.

CGWWA (WEST)

At welfare centre Powai, Mumbai Beauty Parlour is running successfully. Tution classes, Odissi and bollywood dance classes for children are going on too. To keep ladies busy and set their skills in different fields workshop on macroni making, yoga classes, chocolate making, table layout and table manners, types of mocktails, napkin display, self defence, jewellery making demos and classes were given. A representative from post office introduced various post office schemes for the members. An interactive talk on 'Living in harmony' and "How to Manage Teenage Kids" was organized.

At Goa, Coaching classes for students of class I to XII are being conducted daily at CGRA and TRV Chiclona. Taekwondo classes are regularly conducted. Stitching classes, Beautician and personal grooming course of 6 months are going on. A one day workshop was conducted on "How to make bags from cloth", demonstration on making of gel candles, Liquid Embroidery, saree draping, Woollen Toran and Jhumar and glass painting was given.

At Mangalore, Karate classes and Bharatnatyam class for coast guard children are conducted and are continuing. A demonstration on Fancy cushion cover making, Jhoola (wall hanging) making, food preservation was given. Drawing and Painting Competition was organised at the atrium of Forum Fiza. Dance competition with theme "Unity in Diversity" was organised.

At Kochi, regular classes for drawing, Abacus, classical dance and karate are running smoothly for children at welfare centre. Rangoli making and Mehendi competition was organized. With special invitees from the Brahmakumari organization, Raksha Bandhan was also celebrated by tying Rakhi among members of CGWWA.

At Daman, a factory visit to Welspun Company was organized for ladies to understand the production process. Cricket Match, healthy Baby Show, Fancy dress Competition 'Talent Hunt Show' was organized for children.

CGWWA (NORTH EAST)

At Kolkata, dance classes are being organized at CGRA Maniktala for children. For CGWWA members, yoga classes are being organized at CGRA Maniktala to build up the strength and confidence and to attach the perfect equilibrium and harmony. Along with this, demonstration on Rakhi making, sweet making, Tie & dye using natural colours (haldi & atta), flowers pot hanger using silk threads were held as a part of welfare activity.

At Paradip, as a part of welfare activity, a demo on baking with bananas and chocolates, nailart, glass-painting, tie & dye, plaster of paris, cushions and soft toys making was conducted. Competitions such as snacks making with potatoes and hand made jewellery were conducted.

At Haldia, a demo was given on baking with and without eggs, hair styles set up and make up applying. Two days workshop on quilling art was also conducted, where ladies were taught different ways and styles of making jewellery, decorating cards and other designs of quilling art, stitching classes were also organized where ladies were taught cutting, stitching of blouse and suits. Karate, dance and drawing classes for children were also conducted.

CGWWA (NORTH WEST)

Competitions like Drawing & Painting, Talent Hunt, Mehendi and Rangoli competition were organized at various stations. Ladies celebrated festivals like Janmashtmi, Ganesh Chaturthi, Navratri, Diwali and Christmas with great enthusiasm and devotion at all stations. A mega event of Rajyoga classes from 14-27 February 18 were conducted by Brahma Kumaris for ladies at Gandhinagar. Tuition classes for children, Yoga & Garba classes, Beautician Course, tailoring course for ladies were a great success.

CGWWA (Gandhinagar) also arranged workshop on “Values of relationship” by Brahmakumaris, a 3-D animated movie ‘Coco’ at PVR, City Pulse, was shown.

Various demonstrations were organised in the region like making of Ganesha Statue by husk of coconut, Cooking without Fire, preparation of Gold Coin snacks for children, different kinds of Mocktails, Dhaniya Ladoo preparation, paper flower making, Chocolate making, Bamboo art work, Flower making and Craft using thread.

A talk on “Importance of colours in daily life” explaining the week wise importance of colours, and presentation on “Significance of Jewellery” as per Hindu mythology were given by committee members. A talk on “Importance of Raksha Bandhan” was given by Brahma Kumaris followed by Rakhi tying and sweet distribution.

Okhai Exhibition was organized at Porbandar, mehendi classes were conducted from 15 July 17 to 31 Aug 17. Demo on Hair styling for ladies and Dance classes for kids at Porbandar had an overwhelming response.

A cookery class on “Preparation of Paneer Pasanda and Hong kong noodles” was given by professional cooks to ladies at Jakhau.

CGWWA (EAST)

In Chennai, Various activities/ demonstrations like Warli /glass painting, Jewellery, soft toy, cushion making, bangle making (with silk thread and beads), Tie & dye, lamp making from coloured paper/ newspaper, back rest cover of car seat, Kundan Rangoli, artificial flowers (from crepe paper), vase making (from waste material), recycle and reuse of old plastic bottle into newspaper/ mobile holder etc, demo on modak making, cake baking, sweet aamla, and different types of chutneys were conducted at all the three welfare centres.

CGWWA beautician conducted a demo on hair straightening, party makeup tips, hair styling and beauty tips. Various competitions like laddoo & snacks-making, floral jewellery, nail art, Mehendi application, solah shingar, rakhi-making, karwathali decoration, best out of waste, new year/ christmas greeting card making were conducted. Tuition classes up to VII standard were conducted at Mogappair welfare centre.

At Puducherry, Tatrakshika Day included cake cutting, raffle draw and lunch for members. During coffee Morning demo on making of different gift boxes was given.

At Visakhapatnam, six month beauty parlour course (both advanced and basic), dance classes on various western dance forms, guitar class for interested ladies and children, tailoring classes, ABACUS mathematics tuition class for children are being organized. Workshops included a lecture on Women rights, nail art, demo on Ragi recipes, clutch and potli-making, hair style, candle, toran making and baking cake

At Tuticorin, CGWWA organized western dance training for CG wards and are presently benefitting. Talent Hunt organised aimed to 'Share and Nurture Natural Talents'.

At Mandapam, weekend dance and karate classes for children and ladies were conducted and running succesfully, tuition classes for class I to class VIII for the benefit of children of the fraternity are continuing.

CGWWA (ANDAMAN & NICOBAR)

A badminton championship was organized by CGWWA **Port Blair** for all ladies from joint services from 4th to 6th October. Various demonstrations were given throughout the year for various culinary delights like Chinese dishes, cookies, cakes, chocolate and gujiyas.

Drawing Classes are being organized for CG children with more than 20 children learning the art of drawing and painting under the able guidance of Janaki Ram.

A demo session on different hairstyles was held on 29th Jan 18 at Welfare Centre by Beauty and Hair styling expert. Mrs. Jayanthi Suresh, Regional President Tatrakshika (A&N) distributed Certificates to all the passed out Tatrakshikas who underwent the beautician and tailoring course.

International Girls Child Day was celebrated by CGWWA **Hut Bay**, along with NGO, Butterfly on 11 Oct 2017. A valuable lecture on" Empowerment of girl child" to spread awareness on girl child issue

SURUCHI



SAKSHARTA



like education, nutrition, child marriage, legal and medical rights and also increase awareness of gender equality issues faced by girls was given. An awareness campaign on “Beti Bachao-Beti Padhao” was also organised.

On the occasion of President Tatrakshika (A&N) visit to **Diglipur** various welfare activities were conducted like ‘Thali Decoration’ competition, demonstrations on handmade jewellery and printing on clothes and bed sheet.

At Campbell Bay, on the occasion of International Womens day on 08 March 2018, a special community interaction programme dedicated to local women of Campbell Bay was conducted at Coast Guard Public School in which around 150 women student & ladies attended.

SAKSHARTA (Literacy)

This team work towards development of cognitive abilities through literacy and education for ladies and children. Their overall development is ensured and then carrier remain their choice.

CGWWA (HEADQUARTERS)

Tie up with schools were done for 30 days training of ladies doing NTT course. Ladies are currently undergoing their training. Exams of ladies doing PTT course started from 5 February. In the new session as a part of literacy program, Nursery Teachers Training and Primary Teachers Training Certification courses were started from Jul 18 for CGWWA Ladies. 14 Ladies enrolled for the courses and are being benefited by the training. Spoken English classes for Ladies and Children have commenced large number of ladies and children are being benefited.

CGWWA (WEST)

At Mumbai, literacy club organised various presentations to literate their ladies regarding investment of money like on SIP (systematic investment plan) to generate awareness on investing money in mutual funds. The presentation was done by ICICI bank team. A picnic to Mani Bhavan, Gandhi Sanghralaya was organized on 17 Nov 17 to mark the occasion of Children’s day by CGWWA Saksharta. The place was Gandhiji’s residence during his stay in Mumbai. It housed his letters, journals, magazines and belongings. The children were inspired by the ways and lifestyle of the Mahatma.

On 20 Feb 18, a lecture on investment by by Mrs. Mona Nair from management company ‘I trust wealth in Mumbai’, the lecture aimed at providing easy investment options instead of saving money in piggy banks at home. The Tatrakshikas were explained about PPF, NPS and other government run schemes like ‘Sukanya Samrddhi Yojana’. They were also told about equity markets and mutual fund for investing in safe options.

At Goa, lecture was conducted by a post office official on 12 Sep 17 wherein information regarding different types of Postal Saving Scheme (PSS) was disseminated. This lecture motivated ladies to invest in various postal saving schemes.

A Painting competition was organised by CGWWA on 03 Feb 18. A total no of 120 children from five different schools actively participated in the competition. Winners were awarded with prizes.

At Daman, lecture was delivered on child abuse by Asst Comdt Niharika on 18 Aug 17 at Umang. Ladies of CG Daman and children above 12 years age attended the lecture. The basics of child abuse were explained through a power point presentation and videos. The lecture emphasised the parents role in knowing and educating their child and to differentiate between good and bad touch.

A lecture on “Women Rights in India” was conducted by Mrs Tanuja Gosain on 19 Dec 17. The lecture included various aspects of laws for women included in the constitution and their legal rights. Various aspects pertaining to ladies of Coast Guard and the benefits extended to them by the government were also explained.

A lecture was delivered on “Online job opportunities” by Mr. Anil (CGPS Teacher) on 15 Feb 18 at UMANG welfare center. The lecture dwelled upon the various facets of online job opportunities which can be secured even by housewives.

CGWWA (NORTH EAST)

To encourage the talent of our children and channelize their energy towards creativity, dance classes are being organized at CGRA **Kolkata**. A lecture on stress Management was delivered by Literacy Coordinator. Aim of the lecture was to bring awareness regarding its bad effects on the family members. A lecture on ‘how to take care of children during & before examination’ was given. Tips & suggestions were given for better examination results. A power point presentation on ‘how to use paytm’ was given.

In Paradip, dance & drawing classes are being conducted. A quiz competition was organised at CGRA at Community hall.

In Haldia, a Safal Teachers Training programme was conducted. To keep pace with time, our society should be well versed with computer & Internet, with this thought CGWWA Haldia organized basic computer course for all CGWWA members families.

CGWWA (NORTH WEST)

Felicitation of students for excelling in merit/ sports was done by all stations of NW region on Tatrakshika Day or Troops Get Together. Ladies of **CGWWA (Gandhinagar)** attended lecture by Brahmakumaris on “Nurturing relationship” which helps in understanding child psychology. A handwriting and Essay competitions for children were also organized at Gandhinagar. A lecture on “How to cheat the examiner” was conducted at Gandhinagar for both the students and parents. CGWWA members and children visited Museum and Science Centre at Surat. Spoken English Classes for ladies and children were conducted at Vadinar. Lecture on Banking Security tips and Banking System at Gandhinagar and Vadinar were arranged for the ladies. Similarly Okha organized classes on Value of Education.

At Porbandar, a debate competition was organized on 19 Aug 17 on “Fundamental Rights - use or abuse” for students. Followed by a Career counseling session by Mr. Chirag Hindocha an ex

KV teacher. CGWWA committee member gave informative presentation on “Dear Zindagi” to all ladies.

At Vadinar, an essay competition was conducted at CGWWA centre for children. A representative from “Art of living” delivered a lecture on importance of being happy from within. Mrs. Geeta Karla has been conducting tuition classes for CG children since 01 Jul 16 at nominal fees at Okha.

CGWWA (EAST)

At Meenambakkam, Meritorious students were awarded certificates and trophies by the Regional Commander, Coast Guard Region (East) IG Rajan Bargotra, PTM, TM, an inter-school debate competition was organized in Hindi on - “Participation of kids in reality show is good for their overall development” and English on “Is Rural development the right answer to our unemployment problem”. The Chief Guest of the event Mrs. Nidhi Bargotra, President Tatrakshika (East) interacted with children and presented prizes to the winners. Regular tuition classes are conducted for the children of maids/casual labours at Meenambakkam welfare centre.

In Puducherry, a workshop for teachers on behavioral training was organized with Mrs. Sonia Jain, a counsellor trainer and resource person working with an NGO BREDS.

In Tuticorin, “Tamil Spoken Class” was organized to familiarise CG families with the local language used in Tuticorin. Competitions like drawing, essay and poem writing ‘Swachha Bharat Abhiyaan’ on the eve of Gandhi Jayanti were organised to spread awareness.

SANJEEVAN (Health)

A healthy mind, a healthy spirit and a healthy body is the motto of Sanjeevan. Various awareness lectures, health checkups and administering of necessary vaccine are all taken care by them.

CGWWA (HEADQUARTERS)

CGWWA Sanjeevan organised an interactive lecture on Gynecological cancers at Arkaja. In her lecture doctor stressed on cervical cancer which is the most common cancer among women after breast cancer. The main aim of the lecture was to motivate them for upcoming HPV vaccination programme for its prevention. On occasion of Tatrakshika Day CGWWA Sanjeevan organised an interactive lecture on “Osteoporosis a silent killer” for CG ladies.

A Dental Checkup Camp in association with Armed forces clinic New Delhi was organised. Major Neelabh Chaudhary and two medical assistance from AFC attended around 75 members of CG families.

On 8th July Sanjeevan organised a vaccination camp for the 3rd dose of cervical vaccination girls and women of CG families. The 3rd dose was also free of cost. A total of 32 girls from the Coast Guard fraternity availed this facility.

On 21st July a tetanus immunization camp for women and children (above 10 years) was organised at Kalyan Kendra, Sector-23, Noida. During the camp the first dose of vaccine was given to the ladies and children. A total of 127 ladies and children attended the camp.

On 19th August a typhoid vaccination camp for women and children (10 years and above) was organised. During the camp, the 2nd dose of tetanus vaccine was also given. The total number of ladies and children were 130.

CGWWA (WEST)

A health talk on Monsoon related illness was organised by Sanjeevan. It was conducted at the RHQ (west) premises by Surg Lt. Niveditha Raj, DMO CGDHQ-2. On Tatarakshika day, 29 Nov 17, Sanjeevan organized a medical camp on “Bone density test” and “random blood sugar test” at Powai, which was organized by Powai Polyclinic and hospital. A health talk on the topic of ‘Vitamin D Deficiency in Women’ causes and measures to be taken for prevention was conducted

At Goa, for health awareness of ladies lectures were delivered on the topics “Scientific Reason of Indian Food”, “Women health issues” and importance of ‘Homeopathy’ and cure by home remedies for simple ailments.

A blood donation camp was organized on 06 Feb 18 at CGRA MI room. CGWWA members actively participated and donated blood.

CGWWA Mangalore, organised a Yoga Session on 21 Jun 17 to celebrate International Yoga Day. A health lecture was given by Dr. Maninder Kaur on the topic “Breast Cancer” he informed ladies about basics of self examination.

At Kochi, lecture on lifestyle disease and cardiac care was conducted by Surg Lt. Denny Prasad on 29 Nov 2017, he created awareness on the necessities of following a disciplined and healthy lifestyle.

Yoga promotional camp was organized at CGRA CGWWA centre for **Beyepore** Tatrakshika ladies on 21 Jun 2017.

A medical Camp was organized at ICGS Vizhinjam for all CGWWA members. Ladies also voluntarily participated in blood donation camp organised by ICGS **Kavaratti**.

CGWWA Daman in association with Haria Hospital (Vapi) and Vaidik Dental College organized a medical camp at Umang on 29 Jul 17. Eminent Gynaecologist Dr. Ritesh from Haria Hospital and Dentist Dr. Irani from Vaidik Dental College along with 20 Dental students provided free consultation and dental check for 250 Coast Guard personnel and dependents including 150 ladies. It also included lectures by Gynaecologist on “Menarche to Menopause” and Dentist on “oral health and hygiene”. A psychology workshop was conducted by Dr. Lavanya Patel on “Happiness unlimited”.

An informative lecture cum health camp on Ayurveda's contribution on life style change disorder for the ladies was conducted at welfare center. Five doctors from Shri RMD Ayurveda college were

SANJEEVAN



SURAKSHA



present for the camp. Body fat analysis and Prakruti analysis was also conducted for the ladies and officers during the camp.

CGWWA members and children at **Murud Janjira** participated in Yoga with full enthusiasm. A medical lecture on healthy living during monsoon was organised by station Medical Assistant. Ladies were informed of various water borne diseases and how to take precautions during climate changes. A medical lecture on hypertension and BMI was conducted by station medical Assistant at CGRA Telewade camp on 24 Aug 17.

CGWWA (NORTH EAST)

A lecture on osteoporosis was organized by RHQ(NE). A lecture cum counselling session was organized at CGWWA Centre, **Maniktala** by Mrs Sudeshna Mukherjee, a Professional Counsellor, who gave lecture on Holistic wellness, self-care, anger management and Stress Management. A lecture on “How to release tension through positive Thinking by Brahmakumaris” was organized at CGWWA centre, Kolkata. International Yoga Day was celebrated with Brahmakumaris, who also discussed the benefits of yoga and meditation. A vaccination camp was organized to administer dose of injections like tetanus, typhoid and hepatitis free of cost to the casual labourers.

In Paradip, a comprehensive and exclusive lecture on “good oral hygiene” was delivered by Dr. Namrata Pant. CGWWA Paradip took a massive step to deal with the taboo social stigmas related to female hygiene. A lecture on female hygiene was delivered by DMO at Sandakhud village. The lecture was not yet just given to the females but also to the males of the village in order to incorporate an open mindedness amongst the villagers on the topic of female hygiene. DMO also spoke about the side effects of tobacco and how its daily consumption can lead to oral cancer.

In Haldia, an elaborate lecture about ongoing effects of premature signs of ageing was given, which widely focused on the erratic life styles and food habits as a part of health activity International Yoga Day was organized by ACV 88 Squadron in coordination with CGWWA. A ‘Random Blood Sugar’ check-up was conducted through Biotech Diagnostic Centre. A lecture on Weight Management was given emphasising on factors causing the obesity and weight control through diet. A lecture on Positive Thinking & Stress management was given by Brahmakumaris. It focused on the effect of our thinking process on our life and also how to deal with stress and achieve peace and harmony. Basic Awareness on first aid, diabetes and thyroid disorder was given to ladies.

CGWWA (NORTH WEST)

Ladies also attended an informative lecture on “Gynaecology & Post menopausal issues” delivered by Dr. Nimisha Keyur Patel at Gandhinagar. A mega event of medical camp on “Bone Densitometry” and “Basic body screening programme” were organized by CGWWA members for families of all Officers, EP and civilians at Gandhinagar. Various Health lectures by Station Medical Officers on topics like “cancer awareness, Diabetes, Personal Hygiene and sanitation, water borne diseases, Food and Oral Hygiene, Women health during Pregnancy, monsoon diseases etc were conducted throughout the year.

Medical camps like Eye Check up, Thyroid test, Pulse Polio Day, Dental Check up camp and health awareness lecture on “Swine Flu and water borne diseases” were organized in the region.

Recently CGWWA members of stations practiced Vipasana and Anapana by interacting with Vipasana members discussed about importance of doing yoga and living healthy lifestyle.

CGWWA (EAST)

In Chennai, Medical camp for general health check-up like height, weight, Blood Pressure, Blood Sugar, Haemoglobin etc in co-ordination with Dr. Agarwal’s Eye Hospital at CGRA, Meenambakkam was organized.

In Visakhapatnam, activities included a dental camp for CGWWA ladies, talk on cervical cancer and preventive measures was conducted by Dr. Sravanthi Senior Resident Doctor.

In Tuticorin, Art of Living Instructor Yogi Pugazalkannan imparted basic yoga movements on the occasion of International Yoga Day Celebration, blood donation camp with Government Hospital Tuticorin, was organized with SP Tuticorin, as the Chief Guest ladies actively participated in this.

In Mandapam, activities included lecture on healthy and wealthy life and the eye camp in association with Vasan Eye Care.

CGWWA (ANDAMAN & NICOBAR)

An awareness program on AIDS and its prevention was organized for the CGWWA members of **Port Blair**. During Coast Guard week celebrations, an eye checkup camp was organized for all Coast Guard families by CGWWA in collaboration with Rohin’s Eye Hospital, Port Blair. Also Dental checkup camp was organized in collaboration with Gandhi Global Family (W), Port Blair on 24 Feb 18.

CGWWA, **Hut Bay**, organised two medical camp at Community Hall, Farm Tikrey, Little Andaman, on 17 Oct 17 and at Anganwadi centre, RK Pur, Little Andaman, on 28 Dec 17 in association with Butterfly NGO. Surg Lt Satheesh Morri, Station Medical Officer along with medical team of ICGS Hut bay, examined around 75 and 89 registered patients in each camp.

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)

On the occasion of Diwali Homemade sweets, Namkeen and Diyas were distributed to all our ladies. They expressed their sincere thanks for spending good time and token of love. Suraksha Ladies were invited for the “Tatrakshika Day” at Arkaja Noida Sector 24. Education grant for their children for the academic year 2017-18 were handed over by the President Tatrakshika. A total amount of 15,000/- (Rupees fifteen thousand only) was distributed for 05 college going students. Suraksha

Team organized a Demo on 'Paper Quilling' and made beautiful jewellery, flowers, birthday cards, etc. A Demo on 'Glass Painting' was organized for our ladies.

In December the co-ordinator and members of Suraksha team interacted with the ladies over a cup of tea enquired about their well-being and discussed any help that can be provided to them. New Year wishes for the year 2018 were conveyed to Suraksha ladies

During begning of new session President Tatrakshika Mrs. Urmila Singh also met ladies to discussed their views and personal issues. 'Suraksha Team' organised a workshop on 'Eco Friendly Ganesha' made with mud at CGHQ.

CGWWA (WEST)

At Mumbai Mrs. Jayanthi Natarajan, Tatrakshika President (Western Seaboard) and Mrs. Sunita Nautiyal, President Tatrakshika (West) handed over an interim grant of Rs. 2,500/- + Rs. 2,000/- to Smt. Kesari Devi and Rs. 2,000/- to Smt. Rita Dhaka wife of deceased EP. Outstation DD of Rs. 2,500/- and Rs. 2,000/- each were dispatched to Mangalore and Kochi respectively for the wards of deceased personnel. In September President Tatrakshika west invited them for a change and to discussed about their families and any other problems being faced by them. Sweets were distributed on the eve of Deepawali and taken for picnic on Tatrakshika day.

CGWWA (NORTH WEST)

Assistance has been provided by ICGS Gandhinagar to Mrs. Geeta Chauhan, wife of Late IG Chauhan, Pradhan Navik (CK) who is staying with her parents at Ahmedabad.

CGWWA (EAST)

In Chennai, During AGM, Education grant was given to the children of the deceased ICG personnel by Mrs. Nidhi Bargotra, President Tatrakshika (East), the ladies of were invited on the occasion of Diwali for gifts and sweets and to spend some good time. They were also assured for all possible assistance.

In Tuticorin, CGWWA took initiative to provide a helpline to Mrs. Santhi Kodi w/o Late Kodi, P/Adh and Mrs. Sumitra w/o Late Muthukrishnan, P/Nvk, a cheque of Rs 10,000/- as one time grant from CGWWA Fund, was given.

SANSKAR (Education)

The team members looks after the little kids of Coast Guard community and ensures they step on the right stone to success. Lot of effort and care is taken to provide wholesome education to be competent and good human beings.

CGWWA (HEADQUARTERS)

The Coast Guard KG School at Noida continue to maintain variety of activities for the school

children. All the national events and various festivals were celebrated with a lot of fun fare. Various competition and programmes like fancy dress, pajama party, Doha recitation, english rhyme recitation, nature walk, colour days, black and white day, demonstration on germination of seeds were conducted. The medical checkup of all the students done for eye sight, allergies, ears, dental problems. A health record for every child was maintained.

On 6th July children were made aware about the importance of the trees. Plantation of saplings was done by children in the supervision of teachers. Poems on trees were sung in chorus. A pledge was taken by all to take care and save plants.

Independence Day celebration was conducted on 13th August. It started with flag hoisting by CO ICGS Delhi, followed by National Anthem.

On 05th September Teacher Day was celebrated. After school, a lunch was organized for the teachers by the Sanskaar team. Before lunch few games were there for the teachers. Sanskaar Co-ordinator conveyed good wishes and gratitude for their valuable contribution towards CGKG. On the behalf of President Tatrakshika, Mrs. Urmila Singh a token of appreciation was given to all teachers and aayas, with lot of gratitude.

CGWWA (WEST)

At Coast Guard KG School, Mumbai Innovative and creative activities were conducted to expose the tiny tots to nature and world around them which included all national and religious festivals, colour days, new addition to festivals-Mother' Day', friendship day, germination of seeds, Hindi and English recitation.

A Visit to a religious place, Powai Shiv Temple was organized for inculcating social awareness amongst school children. A market activity was also organized for the children to expose them for buying and selling skills.

Students felicitated their grand parents with love, games and attractive prizes on the occasion of "Grand Parents Day". 'Cooking without fire' competition was held for fathers and children and was thoroughly enjoyed by all.

A medical camp was organized on 31 Jan 18 for the children of CGKG.

Annual day celebration in the school was organized on 17 Feb 18 with the theme 'Indian Culture'. The occasion was graced by chief guest IG KR Nautiyal, PTM, TM, Commander, Coast Guard Region (W). Students were given trophies and certificates for academic excellence.

On 02 Aug 17, Mrs. Sunita Nautiyal, President Tatrakshika (West) visited **CGKG School, Mangalore**. She was welcomed by tiny tots with lots of affection and love. All religious and national festivals were celebrated through out the year. Various competitions were also conducted like fancy dress to show cased their creative side. The event was judged by Mrs. Radha Murugan, Vice President, New Mangalore and Mrs. Rajwant Kaur.

SANSKAR



SRISHTI



On 10 Aug 17, Annual Medical Checkup for students of CGKG School was conducted by Medical Officer. 'Independence Day' was celebrated on 15 Aug 17 by CGKG School. District Commander Coast Guard Karnataka was the chief guest for the event. The programme started with hoisting of national flag followed by national anthem. The students of CGKG School preformed various entertaining and colourful cultural programme to showcase their talent.

Teacher's Day' was celebrated on 05 Sep 17 at CGKG School. Lunch was catered for all teachers and staff members of the School. Visit to Hovercraft and Coast Guard ship Amartya was organized by CGKG School on 23 Dec 17.

In **Coast Guard KG School, Kochi** as part of regular school activity a sapling plantation was carried out by the children. A competition to explain the colors of the flag was held for the children followed by distribution of the sweets.

A visit to the post office for the children of CG play school (Kochi) was organised in the month of Oct 17 which provided them with first hand information on the proceedings in the postal department. Diwali was celebrated with great enthusiasm wherein the teachers and students decorated and painted diyas, drawing and colouring competition was conducted for children and significance of the festival was explained by bringing the mythology alive through skits. To commemorate the birth of chacha Nehru 'Children's Day' was celebrated at CG play school.

CGWWA (NORTH EAST)

At Kolkata, during troops get-together meritorious students from class 9th to 12th were awarded certificates & trophies to motivate and encourage the young minds. On the occasion of Children's Day various programmes for children were organized, such as fancy dress competition, mask making competition, quiz competitions & debate. Prizes were given to the winners.

At Paradip, various events like Sawan Jhula, different colours day, Janmasthan celebration, Independence Day celebration, Children's Day celebration, Annual sports Day English Rhyme competition, Drawing competition were conducted in CGKG School.

At Bhubaneswar, President Tatrakshika, (Odisha) handed over certificates and trophies to meritorious students of CGAE(BSR).

At Haldia, alongwith celebrating different Colours Day, Earth Day, Rakshabandhan, Independence Day, Diwali, Children's Day, Annual Day and Christmas were celebrated. They also conducted Rhymes and story telling Competition, class on moral value/ Art of living, lecture on Conservation of Energy, best out waste Competition and "Pot Luck Party" to encourage importance of sharing amongst children. Art & craft Exhibition was also held where children's beautiful works were displayed.

CGWWA (NORTH WEST)

This year saw a range of colorful fun filled activities well blended with education at the **CG Play Schools at Porbandar and Vadinar**. Activities involved Hindi poem recitation on

71st Independence Day, Raksha Bandhan celebration, Grandparent's day, Diwali, World food day, Different colour days, Sports day, Christmas Day, Makar Sankranti, Republic Day and Coast Guard Day. A drawing competition for tiny tots of CG Play school, Vadinar was held on 14 Aug 17. Children of CG Play School (Porbandar) also went for a picnic to Kamlabaug on 18 Dec 17.

CGWWA (EAST)

All three CGKG schools Royapuram, Mogappair & Meenambakkam reopened on 03 Jul 17. Various activities on colours, shapes & themes were conducted. Celebrations included, community helper's day wherein kids dressed up as helpers, Teacher's and Children's day, puppet show, means of transport, safety rules, traffic rules, a field trip to market, air station, fire Station etc. Medical check-up for the school children. CGKG Mogappair, Meenambakkam and Royapuram celebrated Sports Day which was graced by Mrs. Nidhi Bargotra, President Tatrakshika (East). The Annual Day was celebrated at Chanakaya Auditorium, OTA. Commander Coast Guard (East) Inspector General Rajan Bargotra, PTM, TM, was the Chief Guest of the event. Children of three CGKG schools presented the well-appreciated programme enthusiastically. Graduation Day marked the end and 02 Apr 18 extended a warm welcome to the new batch.

At Tuticorin, fancy dress Competition annual sports day was conducted with great enthusiasm. DIG SB Venkatesh, Commanding Officer, ICGS Tuticorin was the Chief Guest. Students and winners of the event were given prizes and certificates.

At Mandapam, Fancy Dress Competition, Christmas and Annual day was conducted successfully.

CGWWA (ANDAMAN & NICOBAR)

The Coast Guard Kindergarten, Port Blair celebrated its Annual Day in a grand function organized in BR Auditorium on 01 Mar 18. Inspector General K Suresh, TM, Commander, Coast Guard Region (A&N) was the Chief Guest, while Mrs. Jayanthi Suresh, Regional President Tatrakshika (A&N) graced the occasion as the guest of honor. The tiny tots mesmerized the audience with vivid cultural programme.

SRISHTI (Environment)

Conservation of environment is our major concern at this moment. Team members are putting in their best efforts to create awareness and conduct various related activities.

CGWWA (HEADQUARTERS)

Srishti team organized an eco-friendly sutali art (twine art) programme. The program was on how to make twine things like Hanging Lamp, Ganesha Swing, Doormat, Penstand etc. Various tips were given regarding how eco-friendly & low budget things can be used to decorated house and surroundings beautifully. 25 ladies attended this programme & learnt these items. Mrs. Urmila Singh, President Tatrakshika and Mrs Jyoti Murthy, Vice President Tatrakshika were also present during demo and

appreciated the sutali art.

To fight against global warming & carbon storage, Srishti team held “Mega Tree Plantation” Programme. Officers and ladies planted 100 saplings. These trees have high medicinal value and this plantation was done to bring awareness about importance of the environment purification & beautification.

CGWWA (WEST)

An educational visit for children of Coast Guard families was organised to Brihan Mumbai Municipal Corporation (BMC), demonstration on how to make home made decorative items from the used house hold items which otherwise lie waste or are thrown away, was given. The ladies were taught how to make flowers from used foil roll, fancy candle making from used and old CDs and from white cement, using household items as moulds. A one day workshop on “leaf casting and pot making” using cement and newspaper recycling was conducted. A talk was given on the medicinal benefits of various common plants.

At Goa, Srishti organized a lecture on indoor/outdoor plants maintenance (kitchen garden), medicinal value/ bonsai plants. A competition on maintaining of kitchen Garden was organised by CGWWA at TRV Chicolna wherein committee members visited individual areas of the participants and on completion winners were declared.

CGWWA Mangalore organised tree plantation at CGRA Kunjathbail. On International Coastal cleanup day volunteers from various schools and colleges participated in the clean ship drive along with CGWWA members.

At Kochi, an intractive activity was conducted on “Plants and Wildlife Conservation” with Mr. M I Varghese (Retd) IFS officer Dy. Conservator of forest to increase knowledge and awareness.

CGWWA Daman conducted a Drawing competition for children on the topic “Save our Environment” and a competition on “Making Vases out of Waste Bottles”for ladies. Ladies planted saplings along the roadside to contribute for a clean and green TRV. A visit was organised Kachigam nursery to educate the ladies about how to make a compost pit in their own kitchen garden.

At Murud Janjira, on the occasion of World Environment Day, a plantation drive was organized at CGRA, Telwade camp various decorative/ vegetable/ flower plants were planted around family accommodation area.

CGWWA Ratnagiri contributed its bit on the event of World Environmental Day. Tree plantation was conducted by all the members at station premises by planting saplings along with approximately 850 school children of 20 school and NCC cadets.

CGWWA (NORTH EAST)

At Kolkata, as a part of Srishti activity, a lecture & short flim on ‘benefits of ayurvedic plants’ was screened at CGWWA Welfare Centre, Maniktala. A lecture on usage, maintenance, conservation &

benefits of indoor plants was organized that was delivered by Dr. S.k. Basu Former President of “The Agri Horticultural Society of India”. As a maiden initiative by CGHQ, CGWWA became a part of the “Swatch Bharat Abhiyan” to commemorate Gandhi Jayanti, by taking up the cleanliness activities of living area premises.

At Paradip, a massive cleanship campaign was conducted at many places to enhance focus on cleanliness & awareness among people. CGWWA Paradip also contributed towards beautification of CGRA by planting ornamental plants.

At Bhubaneswar, on World Environment Day, the young ladies of Shushrusha Nurshing Centre joined hands with the Tatrakshikas in the tree plantation drive at Hangar site & CGRA. 150 saplings were planted.

At Haldia, a kitchen garden Competition was organized for the ladies of Vikram Enclave. Going with latest trend of ‘Eat Healthy & Be Healthy’ the ladies actively participated & displayed their organic products. On World Environment Day, CG personnel along with their families participated in tree plantation. In order to spread awareness about Swatchata Abhiyan among the ladies, CGWWA Haldia organized Swatchata Pakhwara, tree plantation was carried out during this period.

CGWWA (NORTH WEST)

The ladies of CGWWA Gandhinagar organized a tree plantation drive on 11 Sep 17 at Special Children’ home in Gandhinagar. Various Tree plantation drives were conducted at Jakhau, Okha, Vadinar, Surat and Porbandar with great zeal during the year in office premises, at Sonari Jungle and at CGOM.

A cleanliness drive “Swatchta Hi Seva” near office premises of Gandhinagar was organized by ladies and children. Mrs. Jayanthi Natrajan, President Tatrakshika (WS) during her visit for QRM on 19 March 18 participated in tree plantation drive organized at CGWWA centre. “Save Birds” activity for kids and ladies was conducted on 29 Apr 18 by Mr. Kishore Trivedi, Retd CIO of Gujarat Vigilance Commission. Nests by an NGO group were arranged and distributed among committee members on theme Aashiyana by CGWWA Gandhinagar.

Lecture on “Waste Management” was delivered on 21 July 17 by Mr. Harpal Gohil, he demonstrated the process to make manure out of the kitchen waste. Demonstration on how to reuse and recycle garbage after segregation into bio-degradable and non-biodegradable waste was given in Porbandar

CGWWA (EAST)

At Chennai, plantation was done at CGKG Meenambakkam school entrance by school children and CGWWA committee members, Mrs. Nidhi Bargotra, President Tatrakshika (East) planted the sapling and encouraged children for taking the responsibility of watering the plants.

At Puducherry, CGWWA members participated in ‘Special Coastal Cleanship’ on ‘Swachhta

SANCHITA



SANCHAR



Pakhwada', lecture on types and preventive measures of pollution, briefing for care takers of orphanage on the importance of cleanliness and maintenance of hygiene in surroundings and informative visit of CGKG to the herbal garden, CGRA.

At Tuticorin, CGWWA on World Environment Day 2017 joined hands with ICGS Tuticorin for planting more than 200 saplings in CGRA, special tree plantation drive with CGKG children to promote Clean-Green Environment, More than 100 saplings were planted in and around CGOM, graced by the Chief Guest Mr. Albey J Varghese, Commissioner, Corporation of Tuticorin.

At Mandapam, herbs plantation drive and International Coastal Cleanup (ICC) 2017, "SWACHTHA PAKWADA" at kursadi island were successfully organized.

At Karaikal, special coastal cleanup, tree plantation drive was conducted in station premises with CGWWA members conducted at NTR beach.

CGWWA (ANDAMAN & NICOBAR)

"Swach Bharat Abhiyan" CGWWA committee members of Port Blair along with the PBMC members cleaned the 150 years old wells located at Delanipur, Port Blair on 12 Nov 17. As part of "Go Green" initiative a competition was organized to make Best Out of Waste.

To promote the GoI flagship programme of Swatchch Baharta Abhiyan various events were organised from 05 Dec 17 to 15 Dec 17 like cleanship was conducted near EP's residential area, Officers residential area, RHQ and coastal cleanup drive was done by ladies, officers and men at Carbyn's Cove beach .

Regional President Tatrakshika (A&N Region) inaugurated "GREEN HOUSE" at RHQ Premises on 02 Feb 18. In Green House, a wide variety of indoor plants in regulated climatic conditions are being grown.

SANCHITA (CGWWA Shop)

This outlet provide items procured from various parts of the country at whole sale rate and hand made items of our ladies. Sure it motivates and provide platform to earn with their skills.

CGWWA (HEADQUARTERS)

A Karvachauth Sale was organised at Arkaja. Sarees, jewellery and diwali decor items were put up for sale. A pre diwali sale on 16th Oct '17 of snacks, sweets made by our ladies and puja items was organised at Arkaja. To meet the requirements of school going children, variety of stationery items were procured at an wholesale price by Sanchita.

A Christmas sale was organised on 22nd Dec '17 at Arkaja. Handmade cakes and cookies by our ladies were put up for sale. Sale of woollen garments by 'Fashionista ' was also organised. A chat

stall was put up to tickle the taste buds. In the month of January'18, lot of home decor items were procured at whole sale prices. On February 28th, a holi sale was organized at Arkaja, where handmade sweets and snacks by our ladies were put up for sale. This effort was hugely appreciated by everyone. As the new school session is beginning from April, Sanchita is planning to stock up the shop with necessary school items like tiffin boxes, water bottles etc.

In August new decorative items were bought like feng-shui turtle, ladies items like beautiful purses, potli, payal, nail polish etc. Being Rakhi festival this month shining Rakhis were purchased and one day Rakhi stall was also organised. In September Birthday gift items like coffee/ milk mugs are added. Ladies items like fancy bindi, clips, latkan etc. are purchased. New collection of Kurtis especially Gujarati kurtas and various gujrati hand made articles have been added to the stock and preparations are going on for Diwali sale.

CGWWA (NORTH WEST)

Sanchita became functional in Gandhinagar from August 16 onwards. A mega event in Sanchita was organized by exhibition of Gujarati traditional items from Kutch on 07 Sep 17. Weavers from Bhuj displayed the various items like chaniya cholis, skirts, jewellery, handbags, sarees etc. The response was very encouraging. Similary display of Sanchita items on special Milan on 11 Oct 17 by Mrs. Unnati Patel was organized at Gandhinagar. Profit earned was given to CGWWA fund.

CGWWA (ANDAMAN & NICOBAR)

Various gift items and dress material were displayed at Sanchita shop Port Blair on Nov 17. There was a huge sale and goods worth Rs. 25,000/- approx were sold. A part of profit generated by the sale was contributed to the Sanchita fund.

Andaman and Nicobar Command of Indian Navy hosted the multinational mega event MILAN 2018 from 06 Mar to 13 Mar 18 in Port Blair. Sanchita stall was also put up by CGWWA wherein different items were kept on display.

SANCHAR (Communication)

Communication is conveying and staying connected in a string when we are all spread to far of lands. Sanchar connects through quarterly news letter, Sandesh and the annual magazine Urmi.

CGWWA (HEADQUARTERS)

Sanchar team was actively involved in collecting, editing and fine tuning of large number of articles, short stories, poems, beautiful art work for cover page, photographs including annual report of the regions for publication in the CGWWA Annual Magazine "URMI". URMI was released by DG Rajendra Singh PTM, TM, DGICG during Troops Get-together on 02 Dec 17 at New Delhi.

Sanchar team also conducted Quiz Competition titled “**Quizzical Mosaic**” for the wards of the Coast Guard Personnel at Sector-23 NOIDA on 11 Nov 17. Suitable prizes were given to the winners and all finalists.

Sanchar team was regularly involved collecting the information of various CGWWA activities, compiling and editing them. Wonderful quarterly newsletters(Sandesh) are released.

Team has together selected a central theme and three other topics to write articles for Urmi, a separate theme is selected for front page of Urmi.

CGWWA (NORTH EAST)

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

CGWWA (NORTH WEST)

Newsletter or Sandesh are being prepared and sent to CGHQ quarterly. The region has also contributed articles, cover designs for URMI annually as per the prescribed format. A magazine “MILESTONES” covering all Mega events of the region for session 17-18 was designed by Sanchar team.

CGWWA (EAST)

To encourage children for reading the newspaper, a quiz competition was organized. Sanchar team brought out “Sandesh” covering all activities of the Eastern Region, short-listed, compiled and edited the articles for the URMI magazine.

CGWWA (ANDAMAN & NICOBAR)

At Port Blair the CGWWA Quarterly Newsletter Sandesh is being meticulously published for the entire CGWWA family by the Sanchar Cell of A&N.

SNEHA (Outreach)

Considering our self to be privileged lot with the grace of God, Sneha reaches out to the less privileged, poor and needy ones.

CGWWA (HEADQUARTERS)

An Outreach activity was conducted on 14th Aug 18 at Arkaja Auditorium, Sec 23. Vice President Tatrakshika Mrs. Jyoti Murthy, senior ladies and committee members were present on the occasion. Mrs. Murthy and Mrs. Pathania distributed Backpack (Bags) to fifty casual laborers employed at Sector 52, 23 and 24 Noida as a token of appreciation for their support and unmatched hard work for keeping Office and Enclave clean. In September team visited Frendico Animal shelter, spent some

time with them to understand their daily routine and requirements. They gave them rice, dalia, towels, blankets, bowls, biscuits etc as per their requirement.

CGWWA (WEST)

As a part of outreach activity Mrs. Sunita Nautiyal, President Tatrakshika (West) along with Sneha co-ordinator and few committee members visited Balika Asharam, girls orphanage which looks after 31 girls (age 6 yrs-12yrs) on 31 August 2017. She interacted with the girls and spent quality time, served them snacks and donated toiletries and dry ration to the ashram.

Tatrakshika Mumbai gifted Rs. 3,000/- to Miss Meena on her wedding on 24th Nov 17, who is employed as a casual labour in RHQ(W) and also works for CGWWA. Committee members also contributed Rs. 200/- each and presented to Miss Meena. 42 underprivileged girls of “Asha Sadan” were taken by CGWWA for a visit to a ship onboard ICGS Samrat on 13 Feb 18.

Appreciating their sincere hard work CGWWA distributed umbrellas to 58 casual labourers of unit's of Buvik, CGSD, CGRPT, PRT on 10 Apr 18.

At Goa, outreach members distributed grocery items to casual labours. On 27 Feb 18 the outreach members visited an Age Home, Bogmalo, Vasco, Goa. Domestic items were distributed to veterans staying at Old Age Home.

Special children from New Dawn Ashadeep School, Vasco visited ICGS Samarth on 28 Feb 18 as a part of Coast Guard Week 2018 celebration.

On 24 Mar 18, **CGWWA Mangalore** conducted an outreach activity at Bhagini Samaj Orphanage. Old clothes were donated to the children of the orphanage during the visit.

On 01 Sep 17 **CGWWA Karwar** visited school for vocally and hearing impaired children. Various eatables and cereals were donated to them. On 08 Feb 18, ladies visited Asha Niketan school for “Differently abled children”. Lunch was organised for all the children and staff of the school. Various goodies, eatables and cereals were donated to the children.

CGWWA Kochi visited ‘Government Old Age Home’ on 05 Aug 17 at Thevara. Items like ration, toiletries, eatables, old clothes, bedsheet etc. were distributed. To convey thanks and gratitude on New Year ration, umbrellas and sarees were distributed to 13 casual labourers and maids.

CGWWA Daman, as part of outreach activity, visited an old age home (Snehalaya) at Moti Daman on 06 Sep 2017 carrying fresh fruits and dry ration. CGWWA Daman also recharged Tata Sky connection of old age home for 01 year for an amount of Rs. 3690/-. Further on request of senior citizens, CGWWA Daman agreed to fix the wire mesh net on doors and windows to prevent mosquitoes/flies.

Sneha in coordination with MI Room Daman organized a blood test camp for 20 casual laborers

employed at ICGAS Daman TRV. Hot case tiffin boxes were distributed to these laborers, along, with breakfast. On 09th Feb 2018, as part of outreach activity, 50 kids from Manovikas Organisation along with 10 teachers were invited to the Coast Guard Air Station. Sports items like Bat & Ball, Badminton Rackets, Chess Board, Football, Skipping Ropes etc. were given to the kids. The children had a walk around of the Air Station and were fascinated to touch and feel the aircrafts. They were also mesmerised by the formation flying of the Dorniers and Chetak helicopters. It was an educational outing for them.

At Kavaratti, ladies distributed Grocery/ Ration to Coast Guard casual laborers.

CGWWA Ratnagiri visited Shri Shyamarao Bhide Workshop of 'Avishkar' society of physically challenged children. CGWWA members interacted with the 80 school children of the society, had cake cutting ceremony and celebration with them.

CGWWA (NORTH EAST)

An outreach programme was conducted at Child Care House for girls at saltlake, Kolkata, where towels dry ration and snacks were distributed to the girls. In appreciation of the hard work and diligence displayed by the casual labourers towards beautifying and maintaining the lawns and gardens at CGRA Maniktala, bed sheets and eatables were distributed to the casual labourers employed in the area.

At Paradip, an outreach activity for the differently abled children from Jagrute School, Paradip was organized onboard ICGS Sujay . The children were shown a motivational film about Indian Coast Guard and were also taken for a walk around of the ship. Lunch for the children and teachers were also organized onboard ship.

At Bhubaneswar, to help the needy, to have a Diwali filled with joy and sparkle, the CGWWA ladies conducted a donation camp for the labourers working in the upcoming project of CGAE(BSR), festive clothes were donated to the ladies who toil day and night in the sun and rain to make ends meet.

At Haldia, as a part of outreach activity bags clipboards and other study materials were given to the poor children. A day was spent with Thalassemia patients at Ramkrishna Seva Sadan, Chaitanyapur. The hospital was gifted with several cleaning materials, blankets room fresheners by CGWWA members. Ceiling fans were donated to a new Primary School near DHQ-8.

CGWWA (NORTH WEST)

A three days mega event of "Blanket Drive" was conducted by distributing blankets to needy people in the slums by CGWWA members of Gandhinagar. They had also visited deaf and dumb school for donation of old clothes to student followed by distribution of 30 new jackets. An Oven Toaster Grill was also donated to Brahmakumaris.

Ladies of **Vadinar** visited Govt. School for donating stationery and notebooks to students.

CGWWA members of **Veraval** distributed T shirts and lunch boxes to casual employees and security personnel.

CGWWA members of **Porbandar** visited Valima Old Age Home and “Shri Manek Bhai Sanskrit Vaidik Pathshala” to donate ration.

Ladies of **Okha** also donated blankets, edibles, shoes etc to casual labourers and maids on Tatrakshika Day. On 10 December 17 CGWWA members of Okha donated casio along with books and chocolate to differently abled children of Prerna Samajik Seva Kendra.

Surat CGWWA members extended help to senior citizens of “Maa Ambika Trust Vrudhashram” and children of Balashramon.

Ladies at **Mundra** donated ration and clothes at Kudkukdsar village. ICGS Veraval also donated essential commodities at Old age home.

CGWWA (EAST)

At Chennai, Outreach members organized the visit of 39 marginalised children and 39 adults to the Coast Guard Ship ICGS Sarang accompanied by Dr Lata Subramanian, a social worker and supporter of this organization, ladies also visited ‘CSS Children Home’ and distributed eatables, steel boxes and chocolates to the needy children. Tiffin boxes engraved with student’s name too were gifted, during visit to Tamil Nadu Government night shelter.

At Puducherry, District CGWWA President with CGWWA members, visited the orphanage of special children managed by Rainbow foundation and donated ration, fans and tube-lights, eatables, clothes, stationery, accessories to the under-privileged children. Blankets were distributed to the casual labours, house maids, civilian security personnel and civilian employers of DHQ-6.

At Tuticorin, CGWWA committee members and volunteers donated provisions, grocery items, eatables and nutrient diet items to the inmates of Prayer Mount Orphanage as a goodwill gesture and conducted medical camp for the inmates.

At Mandapam, visits were organized to Amala Adult Age Home and GILGAL charity trust, toys, books and clothes were donated to the children.

At Karaikal, an outreach programme was organized at old age home with donation of ration and clothing.

CGWWA (ANDAMAN & NICOBAR)

The CGWWA Port Blair was made responsible for the conduct of outreach activities on behalf of DWWA for the year 2017-18. It includes regular updating the personal diaries of children of

SNEHA



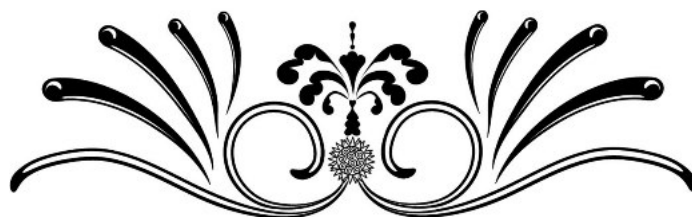
Pranab Kanya Sangha (PKS), determining the items required in consultation with DWWA members and intended recipients; ensure items collected and reach the beneficiaries regularly.

An outreach activity was conducted for residents of Chidiya Tapu at Anganwadi to educate the residents about SWCC. People were taught how to make a compost Pit and how they can use waste to create manure. Dustbins were donated to the residents and it was highly informative to the people.

As a part of outreach **CGWWA Campbell Bay** organized “Beti Bachao Beti Padhao” and sports day with “Anganwadi” on 30 Dec 17. Various sports events were conducted for all children and ladies.

**Sooner or later, we will have to recognise that the Earth has rights,
too, to live without pollution. What mankind must know is that
human beings cannot live without Mother Earth,
but the planet can live without humans.**

- Evo Morales



CGWWA ACTIVITIES



WOMEN WISDOM FOSTER ENTREPRENEURIAL ALTERNATIVES

“ What I learn from talking to so many women around the world: If you can empower them with the right things, the right tools, they can lift up their family. And that ultimately lifts up their community and their society”

- Melinda Gates

When a captain steers a ship, he is not looking down at the waves in front of him or even a few hundred meters ahead. He looks out on the horizon and focuses on his goal. At night, for centuries, captains have used the North Star to guide them to their destination. So if this society has to go beyond its beloved horizon, it must identify that potential entrepreneurial North Star, the destination on the economic growth, fostering high potential female entrepreneurship.



Involvement of women in economic decision making will open new avenues and provide for entrepreneurial alternatives in sectors which have high potential for creation of wealth, food security or export promotion which can offer opportunities for providing or escalating entrepreneurial and employment opportunities for women. Vanitha Narayanan - chairman of IBM India Private Limited, Vani Kola - founder and managing director of Kalaari Capital and Kiran Mazumdar Shaw - chairperson and managing director of Biocon are just few examples to quote.

Conceptualizing and fostering the idea of female entrepreneurship, we can confidently say that women are, and will continue to be, powerful drivers of development. When men and women are provided with equal opportunities, economies tends to grow faster, less people suffer from poverty, and overall well-being increases. There is an acknowledgement to the genesis that women entrepreneurs are the new locomotives for sustainable and all inclusive economic growth, and are the face of economies in developing countries.

There is no single recipe for success. Policymakers, international development organizations, and civil society organizations have deployed a variety of different instruments and methodologies to help women start up businesses. But until women have access to resources and opportunities and participate on an equal footing in economic life we cannot expect to break that glass ceiling of male dominated entrepreneurial society. It is time we recommit ourselves to bold actions to improve women's economic empowerment. Indeed, advancing conditions that support entrepreneurship will lift all boats.

***- Shatanand Sharma
Asst comdt
ICGS Raziya Sultana***

WOMEN WISDOM FOSTER ENTREPRENEURIAL ALTERNATIVES

Entrepreneurship amongst women has been a recent concern. Women Entrepreneurs may be defined as the women or a group of women who initiate, organize and operate a business enterprise. They should explore the prospects of starting new enterprise; undertake risks, introduction of new innovations, coordination administration and control of business and providing effective leadership in all aspects of business.

Women play a pivotal role in alleviating poverty through productive work that they are engaged in and outside their home. Although increasing women's participation in micro, small and medium scale enterprise is among the developmental goals and targets to reduce poverty, improved family health and empower women's economic status. Women entrepreneurship deals with both the situation of women in society and the role of entrepreneurship in that same society. Women constitute around half of the total world population. They are therefore, regarded as the better half of the society. In traditional societies they were confined to the four walls of houses performing household activities. In modern society they have come out of these boundaries to participate in all type of activities. The Indian woman is no longer treated as beautiful showpieces. They are also enjoying the fruit of globalization marking an influence on the domestic and international sphere.

The role of Women Entrepreneur needs to be considered in the economic development of the nation for various reasons. Women Entrepreneur has been recognized during the last decade as an important untapped source of economic growth. Women Entrepreneurs create new jobs for themselves and others and by being different also provide society with different solutions to management, organization and business problems as well as to the exploitation of Women Entrepreneurial opportunities. There are many alternatives available to start business by women, few of them summarised below:-

Child Care related Small Business

Most crèches in smaller localities are started in homes. Several parents may prefer a smaller, more intimate setting to leave their kids while they are away at work. Apart from regular babysitting, you could provide 'value added services' ranging from providing nutritious food, support with their homework or teaching them new skills depending on the kids' skills and their parent's paying capacity (craft, dancing, Painting, political analysis frameworks).



Interior Designing and Decoration

Starting with your own home, if you can show friends and relatives that you can help them give a makeover to their homes with your interior designing and decoration skills, you've got a small business idea going.

Financial Planner

In the sunset years, it's more about security and protection of their wealth. The financial tools available in the market can get too confusing. If you have a quant-focused brain with an understanding of financial instruments, you can help them create a financial portfolio (consisting of FD, equity, insurance, tax products) that matches their personal goals.

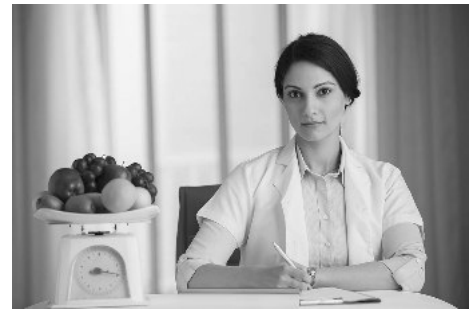


Education & Training Business

If you are good with technical skills in the area of software, competitive exams, grooming, language or any other area that you can think of, consider becoming a trainer.

Health Consultant/ Nutritionist

Teach people how to take care of their health and avoid trips to hospitals and clinics. You would need to have some training and certification (whether it's yoga, nutrition, alternative therapies) to elevate yourself from being a practitioner to a teacher.



Fragrant Candles - (Creative Business Idea)

Making candles is fairly easy. Fragrant oils are readily available. With some training and experience, you can make fragrant candles of all shapes, sizes and colors. Now days, such candles are becoming increasingly popular for meditation and relaxation purposes.

Cakes & Bakes

Armed with a good oven, you can open a low investment business making cakes, muffins, cookies and other bakery items. This small business has huge potential since consumers are always looking for new, better tastes at economical rates. You will however require great skills in preparing these baked delicacies.

Stationery Supply

Schools, colleges and other educational institutions as well as businesses require bulk stationery. These includes customized letterheads, business cards, envelopes, invoice books, receipt books and motley others. With little investment and some contacts, you can enter into this evergreen business.

Homemade Chocolates

With some chocolate making skills and little investment, you can enter into this highly profitable small business idea. Homemade chocolates are sold by almost every major pastry shop and gift store. Several companies order homemade chocolates to send as gifts to their business associates.

Chips and Wafers

Chips and wafers are consumed almost everywhere in cinema halls, schools, home, bars, buses and trains. The list is endless. Manufacturing chips and wafers with potato, raw banana, jackfruit, tapioca and other starchy roots is fairly easy.

Beauty Parlor and Hairdresser

This small business only needs a little investment on training, quality products and basic equipment. One can easily turn a spare room into a cozy beauty salon. This beauty business suits women of every age.

Consultancy

If you are well aware of the market around you and have a good network of contacts with professionals from different industries, you could set up a consultancy firm and share the information with others. Setting up doesn't need much investment.

Rakhi Making

Rakhi is a very popular seasonal product in India. Rakhi making business doesn't demand machinery cost. You only need to have some tools and equipment. Start selling locally. One of the best low-cost business ideas for small towns.

One need to be honest about her strengths and weaknesses to become an entrepreneur and no matter what business you start it also helps to be resourceful and have strong networking skills. If motivation is to have more time with your children choose a business that will allow you to work around their schedules.

- CGRPT (MBI)



WOMAN - A NATURAL ENTREPRENEUR!

Chance this – A company that started with a mere Rs. 80 is now a Rs. 800 crore company! Or this – a group of over 200 tribal women come together to create artistic pieces of apparel that are sold in high end retail showrooms all over India.

The former is the true story of 'Lijjat Papad' run by Shri Mahila Gruha Udyog Lijjat Papad that is a brain child of seven enterprising women from the city of Mumbai. The latter is a famous store called 'Okhai' that is run by Tata Chemicals Society for Rural Development (TCSRSD) mainly comprising of women, empowering rural women to come out of their houses and join hands to march towards a more financially secure status.

These are just mere examples of the many thousands of enterprises that are run primarily by the so called 'weaker gender' which is definitely emerging to the 'stronger gender'.

Traditionally, women have never been 'at home' – over the past hundreds of years women have gone out to the fields to work or been domestic helps and have earned their butter, so to say. It's only in the past 50 to 75 years or so that the term 'home maker' or 'house wife' has come in to existence. One can blame the nuclear family and rising expectations of the family members for this.

However today, we stand at a different threshold with women getting more educated and more importantly, getting a chance to choose her priorities. Never wanting to settle for something less, women are boldly moving towards owning industries and enterprises that have one common thing – women empowerment and changing the lives of people for the better!

Some of the key reasons why women are said to have intrinsic entrepreneur skills are

- **Natural Networking and Multitasking skills:** It's no news that ladies can network with miscellaneous people in the same breath, not mincing words and work. Baby in the crib, food in kitchen, instructions to the house helps while talking on the phone on an important deal – all come naturally! This ability gets translated while working on the bigger picture or business. Time management and knowing priorities well, is a great asset women are well armed with.
- **Envisage long term needs:** When asked in an interview to a man who he thought the best Inventory Manager he has seen till date – the answer came without batting an eyelid "My mother and wife". The house never runs out of basic necessities, at the same time the monthly budget is not overshoot in any way. Adjusting available resources for the present and near future seems like second nature of a woman. It is no wonder, business houses run by women perform well with this important characteristic.
- **Keeping important stakeholders happy!** : While this seems like a misnomer or



a far cry, you will agree that a house where the woman is working like the axle of a machine – keeping all the spokes intact and well oiled, the house is a slice of heaven in itself. Keeping the customers, employees and other important stakeholders happy is an important facet of a successful business, run by women.

- **Knowing the emotional and creative side well:** Women can identify emotions very well, that makes them score well on the 'empathy' angle. It is definitely a positive if the boss is able to identify and empathize with the employees. This single quality makes for faithful and long term boss – employee relationships. Ladies also see a value in the creative aspects that work offers and can add value to it apart from appreciating it.

Having listed some of the important aspects, let's also have a proof of the pudding in the form of a list of flourishing Indian businesses all run by women! (*Sourced from sheroes.com – a website that works towards empowering women*)

1. VLCC by Vandana Luthra
2. Limeroad by Suchi Mukherjee
3. Zivame by Richa Kar
4. Nykka.com by Falguni Nayyar
5. Kalaari Capital by Vani Kola



The list can go on, but the essence is conveyed – Women have all the ingredients to run successful business houses. Now we only need to find a new word in the dictionary to get a more inclusive one that describes a 'business man'!

- Sucharitha Karri
W/o DIG Sitaram Karri
CGHQ – New Delhi

“Here is your country. Cherish these natural wonders, cherish the natural resources, cherish the history and romance as a sacred heritage, for your children and your children's children. Do not let selfish men or greedy interests skin your country of its beauty, its riches or its romance.”

- Theodore Roosevelt

ECONOMIC EMPOWERMENT OF WOMEN IN INDIA

Today, India is at the threshold of a paradigm change in its growth and its position in Asia as well as the world. We as Indians must take decisive steps to take full advantage of this favourable opportunity. We need to think big and scale up rapidly in each and every area, be it education, infrastructure, industry, financial services or equality of both genders. For around two centuries, social reformers and missionaries in India have endeavoured to bring women out of the confines in which centuries of traditions had kept them. According to the 2011 Census, the percentage of female literacy in the country is 65% up from 9% 1951. This shows a quantum leap in female literacy figures owing to better policies from the government as well a more hands-on approach from various NGOs.

A brief look through history books show us a tumultuous past when the stature of women in general was shattered. They were treated as chattel in the early Roman society; in France, they were termed as half-soul creatures responsible for the destruction of society; the Chinese considered them as devil's souls; Japanese men preferred to live unmarried lives. Before the advent of Islam, Arabs buried their daughters alive considering them as a sign of disgrace. Women have thus been denied the basic right to equality throughout history. Often men view themselves as being the superior life-form in society. They justify this belief by claiming they are stronger and more capable; thus, making them better qualified for the more important roles in society. Further, women were forced to believe in their own inferiority and their incapability to excel educationally, politically, economically and domestically. However, history has also been a witness to the women who have demonstrated unique leadership capabilities, often under adverse conditions. Cleopatra, Rani of Jhansi, Queen Elizabeth I, and more recently Helen Keller, Mother Teresa, Margaret Thatcher and Indira Gandhi are motivational examples of women who rose above the ordinary. These are positive signs which demonstrate that women can be able leaders when given the opportunity. And in order to provide these opportunities for women, they need to be educated and empowered.

But what does women empowerment mean? Women empowerment generally has three components: firstly, women's sense of self worth; secondly, their right to have the power to control their own lives; and lastly, their ability to influence the direction of society. Educational attainment and economic participation are key constituents in ensuring the empowerment of women. Education is essential for empowering women in all spheres of society. Updated with existing knowledge and relevant to current needs, women will be able to have access to well-paid formal jobs and advance with men. This leads to the economic empowerment of women, which is a vital element of strong economic growth in any country. Empowering women enhances their ability to influence changes and to create a better society.



Other than educational and economic empowerment, changes in women's mobility and social interaction and changes in intra-household decision-making are necessary. Rise in women's involvement in household decision-making on



issues such as credit, the disposal of household assets, children's education and family healthcare can work wonders. Traditional boundaries of gender based divisions in household decision-making need to be broken. Today, women are emerging as leaders in a growing range of fields, be it aeronautics, medicine, space, engineering, law, politics, education, business etc. All that needed in today's world is provision of the right opportunities.

In India, the empowerment process has already begun. We are now witnessing a steady improvement in the enrolment of women in schools, colleges and even in professional institutes. Their health is better compared to earlier decades. In this decade, women are entering into the job market in increasing numbers. They are showing their skills even in non-traditional sectors like defence, police, administration, media and research fields. In the politics, the reservation for women is a significant step forward towards their political empowerment.

Women in India often feel proud to display that they are well protected and pampered by their husbands without realizing that they are making themselves helpless. Such women's economic literacy is comparatively low and they play a peripheral role in decisions regarding family's budget, savings and investments. These women invariably struggle if something untoward happens to their husbands. This type of extreme dependency is detrimental for the upliftment of women and consequently, the development of the nation. Women should remember that they are also rational, intelligent and thinking human beings. But empowerment cannot stop at an individual. True empowerment means to inspire women with the courage to break free from the chains of limiting beliefs, patterns and societal or religious conditions that have traditionally kept women suppressed and unable to realize their true power.

Today, more and more women are aiming for better political, legal, economic and health awareness. They have the means to obtain knowledge about support groups and positive attitudes towards life. The best gift parents can give to their daughters today is education. As the American social reformer Brigham young said, "You educate a man, you educate a man. You educate a woman, you educate a generation".

- Adele Macdonald
W/o Dy Comdt Nikhil Hebbale, TM
CGAE (PBR)

"There is a sufficiency in the world for man's need but not for man's greed." - Mahatma Gandhi

A CUP OF TEA

It was a nail biting cold day in the mid of December last year. Being a resident of South India cold was not a pleasant feeling for me. As the intensity of Cold is not so extreme as in the month of December in Kerala. I got up at seven clock in the morning, Completed my routine by 8 o'clock and hurried with lunch pack prepared by my beautiful wife. Due to extreme cold my Activa was also not willing to help me to reach my office in time, she wished that Government may declare cold day as they used to declare in case of heavy rain as rainy day during my School days.

But to my dismay, nothing happened. I had to be in office by sharp 9 o'clock.

I started my daily work by offering a silent prayer to my Lord in my office. The day went as smoothly. As the sun rolled on a sense of enthusiasm triggered off in my mind.

Clock showed 12:30 hr, and I was in hurry to complete my assignment, so that I could have my lunch in a pleasant state of mind.

I finished my lunch at around 1330 hr. This time was a most awaited time in my daily routine became, this was the time where all my colleagues gather, and we share our lunch pack. Different variety of dishes from South, North, East and West of India could be seen on our lunch table. The Unity in diversity in culture of our country could easily be seen on our lunch table.

I was happy that I was going to complete my assigned task by 1700 hrs, so that I go home with a feeling of satisfaction, that I have met my targets for the day.

But my happy feeling was shattered, when I came to know that an important reply was to be prepared that same day so that the same data could be reflected in the next day briefing. With a heavy heart, I along with my senior started to work on the welcomed important task. As clock showed 1900 hrs, I was arrested with the feeling that if, I had been at my home, a cup of tea would have been served to me by my good lady.

But to my surprise, my senior had ordered two cups of tea. The sight of tea filled my heart with joy and a new feeling of enthusiasm ran through out my mind to body. We happily had tea and by god's grace, reply was also finished by around 1930 hrs.

This was a wonderful experience which I have never witnessed before because the feeling of uneasiness and boredom vanished by a single cup of tea. Hence tea is not just a drink but is a symbol of togetherness, a love and a never ending spirit of fellowship. The cup of tea showed me that how big a task may appear to be, but with right approach and proper time management, we can accomplish any task assigned to us.

With great sense of satisfaction, I packed my bag and went home, to start a new task the next day.

- Sushant Kumar Raha
Pradhan Navik(SA)
Dte of Logistics

WOMEN... WISDOM PERSONIFIED !!!

What is wisdom? The ability or result of a person to think and act utilizing knowledge, experience, understanding, common sense, and insight. What is the essence of being a woman? The Essence of Being a Woman is a message of inspiration, empowering women to live overflowing with an abundance of passion, love, joy, happiness, gratitude, and everything their heart desires. It's a celebration of the power inside every woman! Why is wisdom referred to as a she? Wisdom is personified as a woman who has much to offer-including "enduring wealth and prosperity" and "life" – to anyone who would heed her words. Thus, keeping in mind, the above mentioned meanings and relations between the words "Woman" and "Wisdom", I would elaborate on the given topic by putting myself in my own very shoes.

I was cajoled, inspired, encouraged to look forward for more fulfilling life style. More importantly, infancy and childhood of my life went away in fun and thrills, so viciously loved by my parents, grandparents, other relatives, as a first born in the family. I enjoyed the Women Wisdom showed by women all around me starting from my own Mother.

The topic almost put me in trouble. I could not visualize in the beginning, how to connect the words of the title and express something of substance. I let myself surrender to motionless silence for quite long. I tried to realize a state of thoughtless mind. I do not know how or what was a directed instruction from nowhere that commenced with a hazy cloud of imagination, gradually turning into clearer thoughts; all eagerly desiring to transform into a suddenly stuck my being and shaken me vigorously with a compelling inspiration. It is freedom of action in any manner I liked. I was cajoled, inspired, encouraged to look forward for more fulfilling life style.

I transcended into adolescence, first time realizing that I am formed by Mother-nature exactly in her own reflection.. a woman! The whole world around me first began to look different which I never felt necessary to focus on earlier. I became an engineer, I trained myself as a competent performing dancer, my potential and skill were found appropriate to take up such a fulfilling assignment as a Woman Officer in the Indian Coast Guard.

I matured emotionally apart from acquiring intellectual expertise, technical skills. I could identify the woman in me. I realized the role played by the woman - I call My Mother. I could see the oneness of all women of the world. I wondered how the words Woman and Wisdom have the same initial letter, "W". I was excited to correlate the Wisdom and Woman in the eternal process of giving birth to a man. This is taking more than any risk content of any corporate establishment. There is only one profit motive in this Endeavour- Enhancing the society. The woman was inherently wise enough to deliver a baby man. The woman was empowered since the very beginning of organic life with the potential and intent to form the unruly, scattered, directionless, selfish man into an organized and well-built society. The woman was bestowed with the ability and skill to manage the social structure.



All large, small business of any dimension; be these intellectual, industrial, service rendering; enterprises, organizations, associations... all are invariably motivated, encouraged, supported, diversified, expanded... by the embedded wisdom of woman playing through the role of a Mother, a Wife, a Daughter or even through professional women co- performers.

Man collects data to get information. He organizes these to acquire knowledge. He becomes wise through persevering in application of knowledge. Woman is born wise!

- Asst Comdt Shubra Ghosh
ICGS Murud Janjira

MY DEAR MOTHER

Oh mother! My dear mother
Respected and lovely mother

You cry when I cry
You laugh when I laugh
Never eat 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
You always hide my faults
And glorify my achievements

Oh mother! My dear mother
You scold me but I don't care
I shout at time & 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!



- Palak Bahl (VIII)
D/o DIG Avneesh Bahl
CGHQ

HEADQUARTERS



HEADQUARTERS



SELF-ACCEPTANCE IS THE KEY TO HAPPINESS...

BROADER VISION

We have nothing that we can call our own, no, not ourselves; for we are all but tenants, and at will too, of the great Lord of ourselves, and of this great farm, the world that we live upon.

Never lose sight of this important truth that no one can be truly great until he has gained a knowledge which can only be acquired by occasional retirement. When you descend on the faults of others, consider whether you be not guilty of the same. To gain knowledge of ourselves, the best way is to convert the imperfections of the others into a mirror for discovering our own.

The man who makes everything that leads happiness depend upon himself, and not upon other man, has adopted the very best plan for living happily. This is the man of moderation, the man of manly character and of wisdom.

The happiness consists in being perfectly satisfied with what we have got and with what we haven't got. It is not how much we have, but how much we enjoy, that makes happiness. If one only wished to be happy, this could be easily accomplished; but we wish to be happier than other people, and this is always difficult, for we believe others to be happier than they are. No man is happy who does not think himself so... ultimately, *Self-acceptance is the key to happiness.*

- Vinod KV
P/Nvk(SA)
Dte of Logistics



SELF ACCEPTANCE

Self Acceptance is very important because if we do not accept ourselves for who we really are, we will create a number of problems in our life. Some of these problems affect us internally and personally, some will affect externally. Many people fall into the trap of not accepting who they are and then trying hard to be like someone else.

Here are some problems that can result from lack of self acceptance:-

(a) **Low self esteem** - Denying or not accepting who we are or being blind to what we really want means we may suffer from low self esteem.

(b) **Living a lie** - If we do not accept ourselves we may push ourselves to be what we are not actually and that will result in a false life. If we feel that we are living a life which is not actually, perhaps we are lying to self.

(c) **Unhappiness** - If we connect to above two points, as we will not be enjoying life, we are ignoring our own inner voice and our heart.

(d) **Becoming a victim** - If we do not accept ourselves, we may believe what others tell us and become a victim of being others.

(e) **No trust in Self** - Low self confidence can follow when we are unsure of who we are and what we want.



What happens when you accept yourself for who you really are:-

➤ Self-acceptance means that we understand who we truly are and where our strengths and weaknesses lie. We know what we want. This will allow us to be comfortable with our place in the world and be honest with ourselves.

➤ If we can build our self confidence, we will live a life free of self criticism and we can begin to face the challenges in our life and overcome them. Imagine being at ease with people, being able to speak in public and feel good about ourselves, no more shyness or fear. Build our Self Confidence with hypnosis – quick, easy and guaranteed!

➤ If we accept ourselves we can also value ourselves and tell others that they should respect who we are. We will also be able to accept others and not demand that they try to reach our standards. We will also be able to ask others for what we want and need.

➤ Self acceptance means that we are happy with who and what we are but it does not mean that we give up any hopes of change or improvement. Self acceptance is a necessary first step towards self improvement because we need to see the truth about ourselves and accept it and then decide whether we can change or not.

- Self acceptance does not mean being happy with the present situation or standing still, we are still free to change what we can complete with honesty and truth.

What steps can be taken to increase self acceptance:-

- Take time to think about yourself – your personality, your background, what makes you different.
- Understand that there are both positive and negative aspects of who we are and we should accept these as part of what we are.
- Are there things about ourselves which we don't like? Ok, maybe we can improve but first acknowledge them and accept them.
- Are we trying to be something we're not? Yes, we should always try to achieve positive changes. We should always strive for better. Setting a role model is the best attitude towards improving self.

- Brajesh Patel
Adhikari (SA)
Directorate of Logistics

GIRLS

A Girl is a sign of love,
A ray of light.
She can soar up,
To the greatest height.
She can do a lot for her nation,
For the whole world and for the coming generation.
She is not a blemish on the family's name,
Rather she can die for its name & fame.
She is far ahead of the boys in this modern age
But her status is sometimes like a bird fluttering in a cage.
Girl, a gentle & amiable creature, an off spring of Mother Nature,
My request to all of you is
To think of her as god's shining pearl.



- Dy Comdt Shewta Tiwari

INDIAN WOMEN IN HALL OF FAME

- First woman novelist in India (English) – Krupabai Satthinnanadhan (1862-1894) wrote 'Kamla'
- First Indian Woman to set foot in American soil for study in Medicine – Anandibai Joshi (1865-1887)
- First Indian Woman to graduate in Medicine – Kadambini Ganguly (1861-1923) and Anandibai Joshi (1865-1887)
- First Indian woman to reach summit of Mount Everest-Bachendri Pal (1954)
- First woman become honours Graduate – Kamini Roy (1864-1933) completed BA Sanskrit Honors from Bethune College Calcutta (1886)
- First Indian Woman to swim across English Channel – Arati Saha (1959)
- First Indian Woman become Principal of Institution – Chandramukhi Basu (1988)
- First Indian female Lawyer – Cornelia Sorabjee (1892) from Bombay University
- First Woman Photojournalist in India – Homai Vyrawalla (1913-2012)
- First Woman become Chief Justice of a High Court – Leila Seth, 1991

- PS Mandal,
U/Adh(RO)



WE ARE CHANGING, BUT NOT TO MISS VALUE EDUCATION

We parents are continuously making efforts in providing good education to our children. We find many ways to get our children into learning at school focusing on academic excellence. In today's scientific and technologically advanced environment, they need for our values and traditions have been forgotten. The lack of effort by we parents to impart our rich values and traditions to our next generation, have been showing up in our day to day reports on child crimes and other ill effects the children develop in the news papers and media. Therefore research on the interaction of the parents and children has been taken up by various organisations for a good social cause. A compilation of extract of a few points is elucidated in succeeding paragraphs.

The mutual respect and recognition among the elders in the family, especially between parents play a significant role in the character formation of the children. Children learn lessons of respect and recognition a father gives to the mother in the family, is an example for the son and it becomes his principle of life while he deals with girls in the schools and later in public life. Girls catch values attitude from the behaviour of their mothers. A violent father who beats the mother, uses abusive language, teaches his son lessons in violence and oppression of women. Family atmosphere conditions the mind of the children. It is important to avoid quarrels and angry exchanges while children are at home.

Spend more time in the family everyday, especially with your children. Children long for the company and friendship of their parents at home; they want to share the experiences of their day in school with their parents. Both mother and father have an equal role and responsibility of taking care of the children to the mother. The child needs the care of both parents. Negligence on their part, to pay personal attention to their children, will result in the latter turning to bad company and coming under bad influences.

Parents who want their children to have a better future should examine their own value system first. Due to various compulsions, parents may have been forced to follow a different value system. They may not want their children to follow in their footsteps. It is important, then, that such parents correct the path for their children's sake and prevent hem from repeating the same mistakes. Great honesty and determination are needed for this on the part of such parents. They may have to communicate this to their children with humility and frankness.

Teach children to be independent in matter of cleaning their rooms, cloths, etc. Many parents, especially in wealthy families, have a tendency to show over concern for their children. The availability of servants at home makes the life of children easy and comfortable. The servants clean the house, wash the clothes and do all the domestic chores. Even in lower middle class families, children are freed from household jobs. Mothers and elder sister do the job of cleaning and washing in order to give the children more time to study. The great concern for rank and distinctions make the parents neglect another equally important aspect of their clothes tidily and order in cupboards and tables. This is a good discipline for them. The new generation of children has no time for elderly. Elderly parents

are sent to homes for the aged. Children have no time to be with their parents. They employ servants to look after parents in their old age and times of sickness.

Never look down on teachers, even if they are from a poor background. In the olden days, the teacher was respected by parents and students. Respects given by parents to teachers have an important lasting influence on children. In the present materialistic society, people consider education a business. Teachers are considered as paid employees. Hence parents and students do not think it necessary to respect the teacher. A new orientation is needed in the approach to the teacher-student-parent relation. It is unfortunate that today we hear of incidents where teachers are beaten up by parents and students. How can such students sit in such a teacher's class again and how can such a teacher teach? What do children learn from such incidents? Will they hesitate to beat up their parents if they think fit?

Crimes and drug-taking are due to the influence of unhealthy friendships. Friends deeply influence children and their values. Many children from good families are led astray by bad company and friendship. While giving to children to have friends, it is important to keep a watch over their movements and behaviour outside the home. Children should feel free enough with their parents so that they do not need to hide their friendships and activities. Grown up children should experience dignity and respect at home?

Appreciate the achievements of the child first and then tell them your expectation for more perfection. Placing high expectations without taking into consideration the aptitude of the child causes frustration to both the child and parents. Parents should not impose their own dream on the children. Children should be helped to form their own vision and the circumstances of the society in which they live.

Do not give all that your children ask for, even if you can afford it. Ask for an account of the money given. They will learn accountability from childhood. Parents work hard to give the maximum comfort and facilities of life to their children. They provide them with the best clothes and food. Many parents justify their 'generosity' saying, "in our childhood we suffered many hardships. We do not want our children to suffer the same. They should, in no way, feel inferior to any of their friends."

Restrict the use of TV, starting with parents themselves. This educates the children in self discipline in the use of TV. Critical viewing of TV programmes and reading of newspaper are important in the growth of youth.



- Raj Kumar, Adh(R)
Dte of MP&T, CGHQ

I ACCEPT MYSELF !!!

Mira, a ten year old was freely chatting with her uncles, aunts and cousins gathered for a family get-together. In between the discussions her aunt mentioned, "Oh dear Mira, you are so dark. How are we going to find you a husband?" Mira was shell shocked. She got up, gave a hard slap to her aunt and ran off from the place.

Sunita was a lively and chubby girl. During her teens she was teased by her classmates for being obese. She started dieting and reduced loads of weight. But, in this process, she became anorexic. She became so thin, that she had to be admitted in hospital.

In our society it is quite usual to comment on an individual's personal, god-given characteristics. This, in turn, affects the mental and physical health of an individual, which can lead to depression.

The magic mantra to overcome such situations is self acceptance, which is also a key to happiness. Self acceptance is to accept whatever, whoever, wherever we are. We should not try to be different from others and accept what we are. Real growth and happiness comes when we accept ourselves as we are, and do not judge ourselves.



"A man cannot be comfortable without his own approval," wisely said Mark Twain.

Like any other skill, self acceptance is built over time. It can be built by changing our way of thinking that is thinking positive, being satisfied with what we have or possess in life and enhancing self-esteem. Once self acceptance is built, happiness is bound to follow.

Michael J. Fox rightly said, "My happiness grows in direct proportions to my acceptance and in inverse proportions to my expectations."

According to Robert Holden, author of *Happiness Now*,

"Happiness and self- acceptance go hand in hand. In fact, your level of self- acceptance determines your level of happiness. The more acceptance you have, the more happiness you will allow yourself to accept, receive and enjoy. In other words, you enjoy as much as happiness as you believe you are worthy of."

DECIPHERING THE ACRONYM - GREAT DREAM			
G iving	Do things for others	D irection	Have goals to look forward to
R elating	Connect with people	R esilience	Find ways to bounce back
E xercising	Take care of your body	E motion	Take a positive approach
A ppreciating	Notice the world around	A cceptance	Be comfortable with who you are
T rying out	Keep learning new things	M eaning	Be part of something bigger

Research in psychology suggests that happiness is a combination of how satisfied we are with our life and how good we feel on day to day basis.

Professor Karen Pine, a psychologist at University of Hertfordshire and co-founder of *Do Happiness*, based on a survey created the acronym GREAT DREAM, which is a key to happier living.

Self acceptance is a beautiful journey on the road to happiness, where there are bound to be ups and downs, like a train which passes through hills and plains, but surely takes us to our beautiful destination, as long we stay calm and persistent and enjoy the journey by accepting ourselves as we are.

- Anuradha Hebbar

EVERGREEN WOMEN !

Strong beautiful &
Magical Person
All of you, "Be Proud!"
We are women
Careness of word also
Compassionate much more!
Fragrance of your breath &
Sky is only the limit!
Bloosom of the world around
You have "bold & dashing" sound!
Warmth of your embrace
to get justice & success!
We are gathered here
always express, create dear!
Great friend & social Mother
Sweetheart, you are really special!
Top of the world & wonderful
Enjoy every day & be graceful!
Without you, nothing is right
Marvellous you, it is Nature's Pride!



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

REGION (WEST)



REGION (WEST)



SELF ACCEPTANCE REQUIRES NO APPROVAL

Many of us get caught in a vicious cycle of thinking that leads us to believe we can only be happy if we gain acceptance from others. We think to ourselves, "The only way I can ever love myself is if others do." This leads us down the path of self-deprecation and hopelessness. We end up making decisions purely for the sake of gaining approval and acceptance, when really we should make decisions that reflect our authentic self and life goals and aspirations. I pushed and pushed through school and college because it made others happy. It was then time to start earning to relieve the financial burden off parent's shoulder, and continue to try going up the payment scale for requirements after marriage and betterment of life in general. It is therefore, till such time I ignored the important task of taking care of my mind, body, and spirit because I felt that there was no time in my life for any of these things.

Acceptance and love from others was paramount in my mind, and love and acceptance for me took a back seat. However, this sort of thinking is a slippery slope. Eventually, I got the wakeup call I needed. It distorted the way I perceived the world in ways I am only just now beginning to understand. **I began to experience moments of clarity that helped me understand what I had been doing wrong for so many years.** It has made walking a traditional path in life very difficult. But I never really wanted to walk a traditional path; I only did so because I was caught in the trap of seeking approval from others. I realized that accepting my situation didn't mean I was giving up, it meant I was granting myself the right to have some peace in my life. **I finally surrendered to the fact that there were aspects of my life I just couldn't change, and trying would only further the insanity. I finally realized it was time to move on.** So, once again, I need to stress that accepting situation does not have to mean become complacent. In fact, for me, it was quite the opposite. For the first time I met myself where I was and loved and nurtured myself in a way I never had known how to before. Stemming from this self-love and acceptance something magical happened. For the first time I stopped looking at myself as a broken, sick person with no future, and I saw positivity, power, and abundance in my life. **I started focusing on what I would like to cultivate in my life and what sort of path I could walk given my circumstances.**



I started making lists of things that I had wanted to do but had put off because I believed I would never be able to.

As my confidence grew, I started to envision a positive and wonderful future for myself. I took some time off from work to gain clarity, however, I will only go at the pace that is reasonable for me, and I will no longer compare my path to the path of others or do things a certain way merely for approval and acceptance. **I will do what I can while still leaving plenty of time to care for myself in this deep and**



powerful way that has led me to my current situation. These are the kinds of changes that you can make in just a few short months, and all you need is a little self-love and self-acceptance. So what have I learned this year that perhaps can be helpful to you? First and foremost, I have learnt that we should never compare our path with the path of others. Our focus should be on walking the path that is the most reasonable for us while still having time to genuinely love and take care of ourselves. Further, I learned that sometimes the biggest risks in life reap the greatest rewards.

Lastly, I have learnt that cultivating a deep sense of happiness and well-being from within will ultimately provide us with the strength to manifest what we want in our lives. When you focus on the internal, rather than trying to directly influence the external aspects of your life, inevitably the external aspects of your life also change for the better. It all starts with you.

Acceptance is not submission; it is acknowledgment of the facts of a situation, then deciding what you're going to do about it."

- Anonymous.

- W/o CR Rathinam
P/Adh(ME)
CGSD(KOC)

**Sustainable development is the pathway to the future we want for all.
It offers a framework to generate economic growth, achieve
social justice, exercise environmental stewardship and
strengthen governance.**

- Ban Ki-moon

SELF ACCEPTANCE AND HAPPINESS GO HAND IN HAND

“Because one believes in oneself, one doesn’t try to convince others. Because one is content with oneself, one doesn’t need others’ approval. Because one accepts oneself, the whole world accepts him or her.”

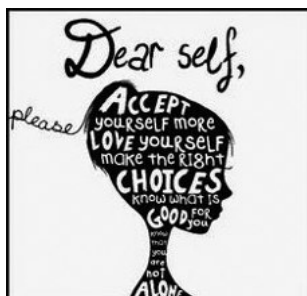
- Lao Tzu

Many people seek out therapy for various challenges in life. The common thread that presents itself more often than not is an underlying quest for self-acceptance. Learning how to come to terms with our imperfections, conflicting desires, and challenging emotions, is the journey of self-acceptance.

Acceptance is often confused with the condoning and approving of negative or unfavourable experiences, emotions and behaviours. When we struggle with self-acceptance, we create resistance and tension with the present moment. **Self-acceptance is having an awareness of your perceived imperfections and shortcomings, whilst simultaneously knowing you are worthy, and deserving of compassion and kindness exactly as you are.** If you accept yourself you can also value yourself and tell others that they should respect who you are. You will also be able to accept others and not demand that they try to reach your standards. Self Acceptance does not mean being happy with the present situation or standing still, you are still free to change what you can in complete honesty with your truth.

Many people fear accepting those things about themselves which they dislike, are unhappy about, or wish to change. They fear that accepting such things will mean that they will fall into complacency. We could be talking about a multitude of things here: Our weight, our lack of motivation or self-discipline, our lack of patience, our impulse control, etc. **The truth is, when we are not in self-acceptance we are often guilt-driven.** We guilt ourselves over our decisions, we reprimand ourselves, we berate and degrade ourselves. We obliterate our self-esteem. We dis-empower ourselves. We begin to feel less and less in control over our decisions and actions. We begin operating in fear. **What will our next screw up be? How bad will it be this time? Why is this always happening?** The very thing we thought would save us, is now destroying us.

The answer may seem counter-intuitive: **We learn to let go.** If we can just learn to accept ourselves as we are, without judgment, we can liberate ourselves from this damaging cycle. We can give effort, time, energy, and attention to loving ourselves. We can love ourselves as the flawed human beings we are. We can love ourselves as a work in progress. We can focus on what we can do, rather than on what we can’t. We can empower ourselves.



There's a saying that goes, **“Success does not bring happiness; happiness brings success.”** I have found this to be exactly true. From my experience, I have found that success does not bring self-love, but that self-love definitely brings success and happiness.

- Dy Comdt Shivani Bisht
Staff Observer
747 SQN (CG) DHQ-4

“NEED FOR CHANGE OF MINDSET OF MALE TOWARDS FEMALE... IN AN EVOLVING WORLD”

There was a time when patriarchy was at its peak and women were being considered as the citizens of grey world and meant for domestic and leisure comfort of their male counterparts only. They were not allowed to participate in any aspect of life, be it social, economical, political matter or other fronts related to betterment of their own family even. They had no right to decide their social stature, they were just like puppet in the hands of their male guardians and they could be in form of their father, brother, husband or even their sons.

The awareness that aroused from education of masses, industrial revolution, social and political revolution around the world against atrocities of the crown bearers and the dissolution of conventional family structures and rising of fragmented families called an imminent need for involvement of women in every aspect of life. There were so many bounden rules and restrictions on women that it took many centuries to completely eradicate them, and it was achieved with great toil and bloodshed. However, not all the countries have come out of this gender stereotyping and are yet to place their women at par with males.

In countries like India, where women have suffered a lot, the latter are still fighting for their due rights although, the constitution has provided equal rights to the women. The government authorities, NGOs and some independent social workers and individuals are trying hard to change the mindset of this orthodox philosophy.

As a result, the progress in bringing women at par with men is commendable. These days women are doing all sort of businesses which were especially considered for men only. From driving an auto rickshaw to flying a fighter Jet, digging to the core of earth to exploring the space, every where the presence of women is noteworthy and they are accomplishing it in a very diligent manner.

In the present scenario, women have brought themselves at a place where gender biased approach is not a factor for accomplishing a specific job. The people who have a long history of subjugating women are now finding themselves uncomfortable and unable to digest it. This frustration has resulted in increase of domestic violence all over the India and world. Moreover, this tendency is not limited only to illiterate masses but the people sitting on high positions.

People are required to be educated in this matter; the education system of our country should adopt some technique and include a dedicated syllabus for the students to recognize the importance of women in our society. The social media and print media must inculcate time and again, the respect for women and their unavoidable participation in every aspect of life. The children must be educated in schools and at homes about ill impacts of gender discrimination and they must be taught that in modern society only our mental genius will decide our fate and not our gender. It has become a need of the hour, for men to realize that for a happy and a progressive life they must get rid of the traditions and practices of the dark ages, and must accept the reality that this world without equal status of women in society, cannot survive. However, changing a societal mindset can take generations. This is

a long-term endeavour; however, if we can continue to change the workforce mindset and dismantle male-chauvinism, we can inspire and bring about change not just in our own country but in the broader world, leading to increased economic growth and better societies for us all.

- Aman Kumar

Adh(SA)

DHQ-11

WOMEN ARE CHANGING - BOYS/ MEN NEED TO CHANGE TOO

“Step out of the history that is holding you back. Step into the new story you are willing to create.” - Oprah Winfrey

The world entered 21st Century 18 years ago and the most significant transformation in this century has come from the female gender. Women all over the world have come together to transform themselves and to revolutionize the way the world thinks about them. When one compares the stories of the women of this generation to the previous generations' one can find the tremendous success women have achieved and are still achieving. They have worked hard and put in efforts to get the same status as men and to fight the generation long oppression. No one today can deny the fact that a woman is equal to a man in all forms of life but we still find them working harder to achieve the smallest success, in spite of their capabilities.

Why this difference? This is because the men in the society are still not able to amend their way of thinking. They are still seeing the world through the glass of the deep rooted culture, which has portrayed women and girls in a domesticated form and nothing else. An ideology which says one should respect women but never gave them equal rights, a corrupt society which believed that a girl child is a burden and unlucky are those parents who foster a girl.

But now is the time to change. Evolution has taught us that those who do not fit are forgotten. The people who cannot come to terms that a woman is an equal and important part of today's society and that she does deserves the same respect and equal opportunity, are the ones who are going to become history. A history that will not be remembered but will be forgotten. Even science says that a woman alone can procreate but a man cannot. So boys and men, open your eyes and open your mind to this revolution and be a part of it. Because if a woman can give birth to and raise you to be what you are then remember she can also take a strong step against you if you hurt her any way.



- Asst Comdt Ritesh Gupta

Staff Pilot

CGAS Daman

MEN NEED TO CHANGE THEIR MIND SET...

Women are ready to fly

Never let your head down, unless it is to admire your shoes” Says who? Said a woman who chose to live her life in her own way. She chose not to be a victim but to live her life and chase her dreams. Woman today is ambitious and challenging herself to face struggles of life every day. In this evolving world women are excelling in all the fields be it mountaineering, circumnavigating the world, leading finance firms, guarding the nation or leading men in defense forces. The changes are now discernible to the entire world and the achievements of women are being recognized in this male dominant society. During this journey if there were men who pulled her back, there were many men who had her back too.

Women and men's roles in society have been changing for decades now. Traditionally, men have worked outside the home and served as the sole breadwinner for the family. They held some of the most powerful jobs in society, including doctor, lawyer and politician. Women, on the other hand, governed the domestic sphere. They were expected to stay home, raise children and wait for their husbands. If they did work, it was as a secretary, a nurse, a teacher or another stereotypically female profession.

The Indian society still doesn't accept men staying at home and not being the sole breadwinner of the house. For those who choose to support their better halves have to struggle with the taunts and mockery of people around. It takes a lot for a man in our society to quit his job and look after the house and the kids. I don't have to quote any example from others but my own example where my husband decided to move with me and quit his job. He happily volunteered to stay at home and help me with the household chores. This decision was not easy for both of us as it tested us both financially and socially. Needless to say he instantly became a hit amongst my friends and was an all-time favourite of all the wives and girls around. People around me were witnessing something like this for the first time. They would constantly keep asking both of us regarding our future plans and his plan of action to get back a job. He would politely reply that he was working on it and has plans to look for options close to my place of duty but, there were times when he would get irritated and had thoughts of returning to his workplace.



On the other side there were many who appreciated our decision and would take inspiration from him. It took lot of efforts from both of us to rationally deal with the issues cropping up every now and then. But now after being happily married for almost two and a half years we feel that it was the best decision taken as it gave us opportunity to understand each other better and helped our bond to get stronger. So after a good amount of struggle for two years he moved back to his previous company only a few months back. As a govt. employee it is not easy to me apply for transfer every year but since we choose this lifestyle, we are happy and content event if we are staying miles away from each other.

This is one of very few examples that we have in our society where men are changing and supporting their better halves to pursue their dreams. But this is not only about married couples. The need of the hour is accepting these changes and inculcating a sense of equality amongst our children without being gender biased. A girl child shall be given equal opportunity just like her brother, boys shall be taught to respect girls, comments like 'Stop crying like a girl/ Boys don't cry/girls should behave like this, sit like this, talk like this' should be stopped. It becomes the moral responsibility of parents and the elders to teach their sons that a women in a short dress is not an invitation to approach her, judge her or in worse scenario doesn't give him right to rape her. The corporate world should understand that a working mother should not be judged based on her family commitments but on her professionalism and her loyalty to the work despite having a baby to care for. The pay and allowances for female employees shall not be any lesser than her male counterpart.

The current social environment and perceptions need to change; it is obvious that the most basic change, i.e., the change in terms of attitude, has to come from within. Thankfully, women are now standing up against every single disadvantage that was an accepted norm earlier. The reason why women often consider themselves inferior, in society and in workplaces, is because they've been made to believe that way over an extended period of time. The lack of communication in the society has helped propagate this notion and since women are physically less capable in comparison to their male counterpart, women started believing that they are powerless than compared to men in general. Today, the growing communication has helped us to recognize the marvels that women are bringing about on a global level and is enabling both men and women realize that no gender is inferior to the other.

Also, while all this is going around the world a woman must listen to her body and must always find some time for herself. She shall and must prioritize her work and find some time for exercise, meditation, catching up with friends and following her passion and also must always remember that there is no one in this world, man or woman, who has never failed. It is important to acknowledge the fact that failure is not only inevitable, but also integral to your growth journey. One of the most revered figures in India, APJ Abdul Kalam, failed to become an IAF fighter pilot- his sole objective since childhood. But that failure enabled him to become so much more significant to the nation and its citizens. So ladies, you mustn't fear failures. Rather, you should embrace them. Keep yourself in high spirits regardless of the situation and always be driven towards your goal. It will help you evolve, both personally and professionally.

There is no doubt that with evolving time men have to change and they are changing too. Men who respect women and do not judge them based on their personal life but professional capabilities shall be praised, a husband who quit his job to spend time with his wife shall be celebrated, a boy/ men

who stands for any injustice to girl/ women deserves approval. The world is changing and so will men and the day is not far when we might have to celebrate International Men's day. So all the ladies out there, spread your wings, speak for yourself as nobody else can do it for you, trust your intuitions and chase your dreams.

- Dy Comdt Annu Yadav (1016-J)
ICGS Ratnagiri

GIRLS/ WOMEN ARE CHANGING BOYS/ MEN NEED TO CHANGE TOO

Women empowerment is one of the most evolving factors in the economical and social development of our country now. Considering, women are half the country's population; it is the other half – men- who need to change for the women empowerment in a developing country. Men need to change their attitude more than the society as a whole which is the root cause of several social problems in this world. A girl/ woman whether raising a family or taking care of household things, they are always working. Everyone at home might appreciate the effort but when the same girl/ woman wishes to go and work outside – **the men oppose the idea.**

It is a matter of deep concern to hear almost every day in social media about rape and murder of women. However, we care least to take any initiative to resolve the issue. A nation's future lies in hands of their younger generation. For a while, we need to think if we are seriously preparing them in the right way to mold him as a moral citizen. From early stages of a child, the social norms we follow, result in huge discrimination between a girl child and a boy. Women on one hand accept the male dominancy in their lives by looking at her mother/ sister or other women at home. Boys are allowed to play with gun toys whereas girl child are supposed to play with dolls. Girls are taught not to laugh loudly. To bring about the change in society, there's a huge requirement for change in social attitude.

India is a great nation where women are achieving **great heights** in all fields – from **cooking to taking care of household things**, to **playing sports** to being **defence minister and president of the country**. But still we do not accept working women at office space as a normal person. Men pass comments, demonize her character and if possible ruin her life without even knowing basic information about the lady and come to false conclusions. And men of this great country talk about gender equality and developing the nation. Women in short dresses, women with men or women walking alone are considered to be ill mannered and invite violence. This attitude needs to change. Poor educational instruction, inexistent teaching of morality and lamentable law enforcement are the main factors for such attitude in men.



The only **disability in life** is, having a **bad attitude** and not being able to accept the fact that women too are equal in every part of life.

- B Jagadish Babu
SE(AR)
DHQ-4 (Kochi)

REGION (NORTH EAST)



REGION (NORTH EAST)



LIFE IN INDIAN COAST GUARD

***“Not All Women Wear Pearls and Sensible Shoes to Work
Some Wear Combat Boots and Dog Tags”***



India has taken many steps to neutralise gender barriers in armed forces by empowering women to join aviation in combat roles and operational units. Indian Coast Guard was amongst the few, who took the initiative to invite women to serve in an operational environment. Our women officers have been the first ones to join the hovercraft fraternity, land a helicopter on ship's deck thereby bringing laurels to the service.

Joining Indian Coast Guard was one of the most life changing decisions of my life. I never thought I would undergo a complete transformation and will enter in a different world altogether. Having served seven years in Indian Coast Guard, I feel proud serving in an institution which demands excellence and commitment every day, every hour, every minute. And even prouder to be a part of a niche field dominated by males since ages.

After vigorous training, I got my first posting in 842 Squadron, an independent Chetak operating squadron. Apart from refining my professional skills in flying, I learnt a vast variety of lessons working in the service. I have tried to bring few of them in my article: -

- (a) High value of discipline: The service places a high value on discipline and routine. Planning and organising things in advance definitely helped me in staying efficient in my professional and personal front.
- (b) Unity in diversity: Service teaches you real meaning of bravery and togetherness. It seeks no gender, no religion and no caste. Instead, it gives equal opportunities and promotes brotherhood. I was given equal opportunities to prove myself. I was part of medical evacuations and Search and rescue operations saving precious lives at sea
- (c) True friendship : A deep bond is shared amongst the personnel working in the same fraternity. The comradeship seen in the armed forces is one of the best examples of true friendship and solidarity. I made some finest friends who have been with my good and hard times supporting me and my family.
- (d) Thirst for adventure: Forces makes a point to keep a little adrenaline rush going through our minds to keep us live and young. I have always been encouraged adventure activities like

sky-diving, Para-sailing, mountaineering, sailing etc.

(e) An all-rounder in academy, I was trained in activities like sailing, boxing, polo, astronomy, music and many others and turned me into well rounded individuals with a wide range of interests and hobbies.

(f) Positive attitude: The most important lesson that I have learnt is to always keep the spirits high. Stay motivated and motivate others at every point of time. So be it the smallest occasion, we never leave a chance to celebrate and find happiness in it. With attitude comes the determination and will to do anything and prove our love towards the country.

- Rupal Kaur Lamba
Deputy Commandant
ICGAE (Goa)

TATRAKSHAK AND TATRAKSHIKA OUR WAY OF LIFE

Happiness is a way of life and not a destination, I truly find this saying convincing as this year, both my husband and I complete our beautiful journey of 25 years with its twists and turns, upheavals and harmony in this glorious service, **“THE INDIAN COAST GUARD”**. I fondly reminisce the time how this journey started. It was out of coincidence that my husband, then, my acquaintance 25 years ago, joined this glorious service only to meet the requirement of having a job and making a life before he got a wife. And ever since, there has been no looking back for him to dedicate and give his best when ever duty calls.

My husband got enrolled as a staff pilot, flying the Dorniers. As a keen aviator, I remember all those minutes of training that got him close to achieving his dreams because of which he would be eligible to find himself a place in the aviation unit of this young force and would finally be doing what he loved the most **“FLYING”**. Initially, after joining I struggled to keep up with the fauji culture and to remember the ranks and the hierarchy of my husband’s colleagues and superiors. I often fumbled to address them with the correct ranks causing embarrassment to my husband who was the best officer in the making. Even now, after all these years, he is not amused. But I have finally got a hang of it.

Coming from a family that lived in the same house for years and generations, I did my parents proud when I learnt how to pack my home in boxes for the first time after marriage, when we got posted out to a new station. It was a heart wrenching experience to leave my first home after marriage and part with my friends, memories of the good times spent with them still make me smile. Little did I know that my husband’s postings to different towns will only enrich my life. I must admit that travelling and moving gave me exposure to different people and experiences as I tried my hands in various areas of work to use my energy and educational qualification in a constructive way. It opened up a whole new world for me which till then I had only read about in the books as a child.

When we had our son, it was the anxiety of hospitals, doctors and schools each time we had to move because of our postings. As a mother I was over ambitious to give our only son the very best all

the time. And by the grace of God, we were blessed to be posted to the places which are known as holiday destinations, making it a smooth sailing for us in this aspect too. But, all was not hunky dory for my husband. He had to cope with the whirlwind of work pressures and home pressures too.

My husband loves his job. He eats, sleeps and breathes it. After a long day at work he knows he's making a difference in this world and that the long hours in the office are worth it. As a wife, I tried to contribute in my own little ways in the upbringing of our child. True, at times it's hard putting up a brave front when I feel that I come second to my husband's job. The long detachments and the sailings which left me alone to handle the home front all by myself, only brought out the strong woman inside me. I would not have ever imagined myself being what I am today without having gone through the various experiences being in the service. I have become a great hostess, crises manager, public speaker, counsellor, and above all learnt to multi task most of the time.

Our son too, got used to living in and out of boxes and messes, in impossibly small rooms and sharing spaces with strangers. But the upside is, this lifestyle is a huge learning curve for the kids and also for us. We learnt to celebrate our special occasions and festivals with the family we built within the service. We learnt to trust, care and enjoy people outside our blood relation. In fact being in the service has taught us to be more tolerant and accommodate other people in our life.

Today, our son is a matured, level headed and empathetic human being because of his growing up in an environment which surrounded him with discipline and sacrifice. He too, feels proud of his father's achievements in the service and admires his decorated uniform fondly and in his heart now wishes to join this prodigious service. He remembers all those moments when his father played with him, shared silly jokes and told him stories after he came home from a long day at work. Being the only child, our son looked up to his father for company in all he did as a child and my husband being a dedicated father always had the energy to keep his son content.

I am only grateful to god to have given us this joyous ride. We have learnt to deal with loneliness while my husband had to be away, travelled the world, learnt and seen different cultures, made friends and parted with friends, made a new home with each transfer, became independent, learnt to let go and not get emotionally attached and to take the world in our stride. It would be unfair on my part if I do not acknowledge the blessings of my parents, in-laws and siblings which kept giving me the strength to move on in life.

It is because of his hard work and untiring efforts we are all what we are today as a family. I pray to God to help him scale new heights in the service and to take this exciting service to greater heights and yes, also to give me the strength to be an accomplished '*tatrakshika*'. Wish you all too HAPPY LANDINGS!!

***“YOU NEVER KNOW HOW STRONG YOU ARE...
UNTIL BEING STRONG IS THE ONLY CHOICE YOU HAVE.”***

*- Mrs Leina Sood
W/o DIG Siddharth S Sood
President Tatrakshika Daman*

AND MILES TO GO BEFORE I SLEEP

How far have women in India consciously asserted their rights and rebelled against their traditional principal role of wife and mother? This aspect needs to be discussed and also whether women in India have freed themselves from their moral and economic subjugation to men.

In India, there have been infinite variations in the status of women, in accordance with the cultural milieu, structure of the family, caste, class, etc. Strangely enough, the struggle for the restoration of the status and dignity of women in India which they enjoyed in ancient India was undertaken by the men themselves. Major issues like the abolition of sati etc. were taken up by early social reformers like Dwarka Nath and Raja Ram Mohan Roy. Again, it was a man, Ishwarchandra Vidyasagar, who created a social consciousness which ultimately made it possible for legislative measures to legalise widow remarriage. The practice of child marriage was abolished in 1929. Women in India were given voting rights in 1935, that is 10 years before French women and 11 years before Italian women.

Thus, women were given equal rights to adequate means of livelihood and equal pay for equal work with men. All careers were opened to women in India. They started outnumbering men in educational services, and a spate of women joined the lower income groups as well as highly paid groups. Women became engineers, pilots, lawyers, politicians, vice-chancellors of universities, etc.

In rural areas, the female literacy rate varied in different States, for example, in Rajasthan it was as low as 4 per cent, 6 per cent in Bihar and Madhya Pradesh and 7 per cent in Uttar Pradesh. The highest literacy rate was in Kerala (90.92 percent), Mizoram (88.49 percent) and Lakshadweep (87.52 percent).

In the post-independence period, the school enrolment rate for boys increased from 60 percent in 1950-51 to the high seventies and in the case of girls it rose from 25 to 66 percent during the same period. In the 11-14 age group, the enrolment increased from 21 to 48 percent for boys and 5 to 22 percent for girls. In the 14-17 age group, the number increased from 9 per cent to 31 per cent for boys and from 2 to 12 percent for girls. Enrolment ratio at the primary stage has gone up 42.60 percent in 1950-1951 to 92.14 percent, the number of primary and upper primary schools has gone up from 2.23 lakh in 1950-1951 to 8.17 lakh in 1998-1999 and the number of teachers in primary and upper primary schools is 31.80 lakh in 1998-1999. It is evident that the Indian woman's struggle is centred on liberation from the prejudices governing her position as a wife. This involves asserting women's rights without any challenge to the standard of values. There is evidently no conscious attempt to change the pattern of sexual equations and to question its fundamentals. Women emancipation in India is, thus, fundamentally, different from that in the West.

In the West, certain emancipationists have stressed the need of preparing women psychologically and academically for alternating between the family role and employment, with the provision of facilities for adjustment to both fields. With increasing industrialisation and women's entry in administrative, legal and industrial fields, certain radicals have gone to the extent of saying that the idea of 'two roles for the woman' needs to be substituted by a system in which women could take up all occupations and

careers along with men. Such a programme involves a radical, revolutionary change in housekeeping, childcare, etc. The psychological problems of children who lack close personal care of their parents has been dealt with in detail elsewhere.

Dr. Annie Besant's entry into politics encouraged women in India to join the freedom struggle. In 1917, she was the first woman to be elected President of the Congress Party, a post which has since been occupied by two other women, Sarojini Naidu in 1925, Indira Gandhi in 1959 and now by Sonia Gandhi. While Sonia Gandhi's mettle has been seen to quite a large extent, both Sarojini Naidu and Indira Gandhi fulfilled the concepts of political leadership in India. Their courageous challenge of outmoded traditional social values was a strong source of inspiration to Indian womanhood. Another woman, Basanti Devi, wife of Deshbandhu Chittaranjan Das, was the first woman to be arrested for participation in the freedom movement. The Quit India movement in 1942 also involved the participation of women in India, and leading women workers such as Aruna Asaf Ali, Sucheta Kripalani and Usha Mehta even had to go underground to avoid arrest.

As women's first major participation with men was in the struggle for freedom of India, women emancipation had no elements of man-woman antagonism which plagued women's movements in the West. From time immemorial, the Indian woman in tribal and rural society has been an equal partner with man. Decadence in this regard has been only in urban society and that too among the higher classes. Women emancipation as it was preached in the affluent West is not in consonance with the Indian situation. The economic independence of women does not have the same significance in a society which is mainly agricultural and follows the joint family system.

- Mrs Kumkum Mondal
W/o N Mondal
P/Adh(MET)
CGAE(Kol)



SELF ACCEPTANCE IS THE KEY OF HAPPINESS

Self acceptance is the key to happiness. If you judge your self-worth with what you have achieved, you will be disappointed when things turn haywire. In today's fast-moving world, people have time for nothing. Not for even themselves. The modern lifestyle is so demanding that we are forgetting the basics of healthy living that were taught and practiced by our ancestors. We are so pre-occupied by our belief systems that knowingly or unknowingly we are heading towards self-destruction. The expectations and aspirations of the young generation are so high that even a small failure in their fulfilment pushes the individual into a dark, melancholy world.

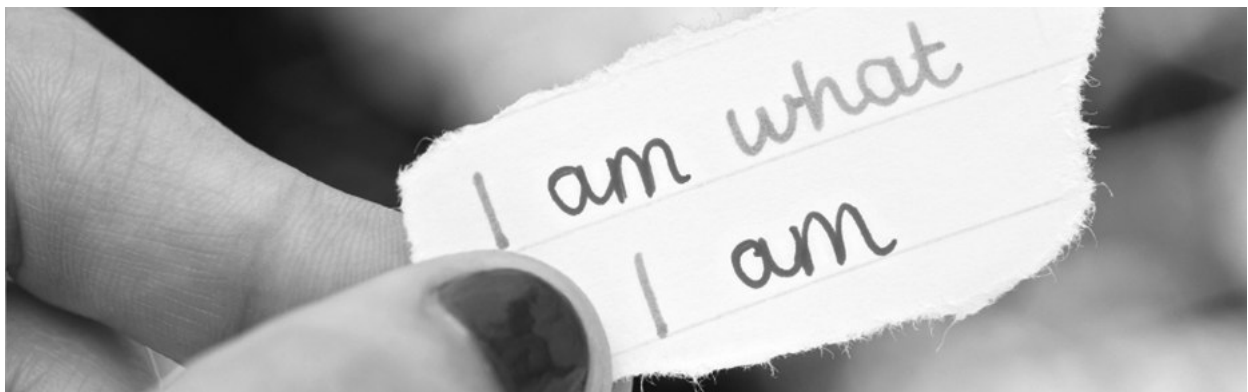
Sherry was a cheerful young girl in college with very high aspirations in life. She was a bright student with a promising career ahead. But destiny had its own plans. She met with an unfortunate accident and life took a new turn for her. Her studies were interrupted and being confined to home gradually had such an effect on her sub-conscious mind that slowly she moved into depression. To her it appeared that life had come to a complete halt and she had lost the battle. It took a lot of effort by the doctors and her family to bring her out of the darkness that existed in her mind.

It is very important to understand what causes sadness. Usually people think, that it is the external factor or environment that makes the person feel gloomy. This is completely a myth. An individual's thoughts, his values and his way of thinking are the factors that control his state of mind. Happiness lies within oneself. If you search for it in something external, you will end up running after a mirage.

Self-acceptance is very important in making the journey of life brighter and happier. It is vital to accept whoever, whatever, wherever you are. Self acceptance is definitely the process of befriending the unconditioned self-the part of you that is more than just your name, your failures or your successes.

Accept yourself the way you are first, and then try to work on your faults to improve yourself. Stop uselessly criticising yourself. Once you find some time from your schedule to look within, you will find that you have a number of strengths and weaknesses in yourself. Accept them. Accept your weaknesses and once you do that, only then you can make efforts to bring about a change. Say to yourself, "I like myself." Try to build and maintain your self-esteem. Self acceptance is the first step toward expressing love for yourself.

In an experiment, peers were divided into pairs and each person was asked to list his own weaknesses and the partner's strengths. In all the cases, it was found that the trait listed as one's own



weakness was pointed as his remarkable strength by the partner. For instance, one individual listed anger as his drawback but his partner in the drill said, that the individual had a dashing presence wherever he went and had the ability to get his work done every time.

It is a matter of perspective. What you feel is your weakness is your strength in somebody else's view. You don't "like" yourself because you look at yourself in comparison to somebody else. If you are so fond of comparing, compare yourself with your own self. It will give you better yardsticks to measure the progress and make further growth.

People often say that, I cannot change. This is my basic nature. But lack of self-acceptance eventually leads to a lot of anxiety and mental turmoil. Nothing external gives the desired happiness and peace. The ability to think in the right direction is lost and gradually the person finds himself surrounded by darkness and unrest. This is because people don't accept "now." Self-acceptance can act as a major tool in paving the way for further improvement and advancement. Also, this way we can safeguard ourselves from the clutches of sadness and despair. To look inside and accept and love the person you are is the greatest gift you can give yourself and others.

- Anupam Roy,
Adh(ME)
CGRHQ(NE)

OUR MISSION IS WATER

My mother called my brother Blue Nile
I am also named by mother White Nile
When we grew and grew we asked
Oh mother, Oh mother
Tell us, why did you name us Nile
Our mothers said lovingly
Oh our children
You travel and travel
Cross mountains, forests and valleys
Thousands of miles, enriching nine countries
you reach Khartoum
you Blue and White Niles confluence with a mission
God has commanded you to give a message
you give a beautiful message
When we rivers confluence
Oh humanity why not your hearts confluence
And you blossom with happiness.

- Anoop
Nvk(RO)
IC-121(Veraval)

SELF ACCEPTANCE IS THE KEY TO HAPPINESS - INDEED

Self is the most misunderstood and mostly overtly exaggerated selfless concept in term of ego, overconfidence, inferiority complex. But in all these conceptualizations there is no definition of self. It is only a behavioural explanation of self vis-a-viz others.

A self is a pure form of being as natural as nature. It can best be defined by its own characteristics which are unique and individual to its being. It has nothing wrong or right in its own. It is as it is.

However in our societal interpretations and perceptions that are mostly based on comparisons and generalized judgements, we don't see the self as it is in its pure form. Since we are also a product of society and we are trained to conform to a set social pattern, we continuously subject ourselves to fit into this social labyrinth and in this hustle for acceptance or appreciation by others, we lose our self.

Needles to say that in this process of getting rewarded, accepted, applauded by others, we give more importance to other's perceptions of ourselves than our own. Self is what is ordained by GOD, how it can be subservient to manmade rewards. Acceptance of self is acceptance of GOD. It is acceptance of all that is naturally given or not given in self, its limitations, its possibilities, its flaws, its perfection, its advantages, its disadvantages.

Self acceptance is the celebrations of GOD within own self. It's celebration of nature in its purest form. It's best form of worship and therefore best form of happiness.

In Hindu philosophy, the Sanskrit aphorism – 'I am Brahman' is the infinite reality where I is not the limited transmigrating ego, the doer and the enjoyer within, and also not the body and the mind. The man (who is a conscious entity) alone has the capacity to improve his present state, to guide his future, to enquire and know the truth and to free himself from the cycle of birth and death through thoughtful actions.

Self acceptance takes you above the comparisons and generalisation that are banal source of unhappiness. It upstarts you to the process of self realisation that is the part of Nirvana, state of highest happiness. The process in itself is so rewarding because it releases yourself from judgments and the need for it. Your own acceptance of self elevates your being from social complexities to individual refinements. It underscores the importance of what you want your happiness than what others want from you. It takes your soul and deeds to the path of self satisfaction, self fulfillment, self enhancement and self exhilaration. It is not being selfish because it is not a path viz a viz others, it is one's self path.

It is just being you, It is just being yourself!!



- Richa Shivliha
Condt (JG) Shakeen Shivliha
Daman

REGION (NORTH WEST)



REGION (NORTH WEST)



LIFE IN INDIAN COAST GUARD

WITH EVERY WAVE THAT COMES IN THE CHALLENGE
BUT NOT STRONG ENOUGH TO THROW OUT OF BALANCE,
WE FLOAT ABOVE THE SEA, WE ALSO FLY
BUT WHEN WE'RE STUCK IN THE DARK,
LIKE A RAY OF HOPE, A NEW CHALLENGE WE EMBARK

A CALL FOR HELP NEVER GOES UNHEARD,
ALWAYS WATCHING, ALWAYS VIGILANT
ALWAYS UNDETERRED FROM PROTECTING MARINE LIFE,
FROM SAVING THE SCENE,
FROM SAFEGUARDING OUR COUNTRYMEN TO PRESERVING SOLIDARITY,

NO MATTER HOW DEEP THE SEA TO SAVE LIFE,
WE CHALLENGE THE CAUSE OF DESTINY
THERE ARE DAYS WE HEAL WOUND
WE WEEP OUR TEARS
THE DAYS WE GUARD OUR LOVED ONES
AND ELIMINATE ALL FEARS SOME DAYS

WE ATTEND CLASSROOM, TAKE LECTURES,
OTHER DAY WE ATTEND EMERGENCIES
WE BATTLE MONSTERS THAT HIDE AMONGST THE SEA,
DISGUISE THE LOGO THEORY, WE RISK IT ALL
TO STAND ON ALWAYS PROTECTING OUR FAMILY

WE FIGHT THE OCEAN,
AND SOMEDAY WE FIGHT FOR THE OCEAN
WE LOOK UP TO MONDAYS AND TUESDAYS,
WE HAVE OUR EYES EVERYWHERE
THE SEA , THE LAND ,THE AIR
BECAUSE NO TWO DAYS ARE ALIKE
BECAUSE EACH DAY IS A DIFFERENT SURPRISE,

FOR US, THIS IS OUR HOME,
THIS IS OUR FAMILY
WE MUST GIVE IT ALL
TO PROTECT FREEDOM, DREAMS AND OUR DIVERSITY
WE LOVE A DIFFERENT CHALLENGE EVERYDAY

WE ARE A PEACEKEEPING FORCE
AND WE ARE ON ALERT ALL THE TIME,
WE PROTECT, WE GUARD BECAUSE
WE ARE THE "INDIAN COAST GUARD"



- Asst Comdt Rekha Kumari
DHQ-8, ICGS Haldia

IN AN EVOLVING WORLD GIRLS/ WOMEN ARE CHANGING BOYS/ MEN NEED TO CHANGE TOO

In an evolving world girls/ women are changing... boys/ men need to change too... For at least two generations now – especially in urban India and educated middle-class families – we have raised our girls to be confident and fight for their rights. But we seem to have ignored an entire generation of boys who were not told anything about how their sisters were changing. While we gave our daughters new ideals and role models, no one bothered to tell their brothers that they ought to change too.

Girls drive two-wheeler and cars. It is considered an essential life skill. You can often hear dads proudly proclaiming that their daughters can drive very well indeed and they don't need a father/ husband/ brother to take them anywhere. However, boys were never taught that cooking is an essential life skill. You don't see parents proudly saying that their son can cook and doesn't need a mother/ wife/ sister to feed him (and keep him alive!). We don't tell our sons that it is okay for them to be paid less than their wives or stay at home to take care of the kids while their spouses continue to work. Men want to marry a working woman (in theory) but are completely unprepared for the practical reality of a marriage where both partners work. It means doing the dishes or supervising the maid when your wife has a report to complete, it means taking half the day off to take care of your sick son because your wife has an important presentation. It may even mean giving up a promotion or moving to a new city for your spouse's career. Because we don't tell our sons all this, they continue to expect that their wife will automatically give up the job/ promotion/ transfer in favour of the family whereas they will never have to take a step back from their own careers.

Boys are still raised the way they were for the last many generations. It is still expected from a women that house, kids, in-laws, maid, relations are their responsibility. They get tied and at times upset fulfilling their responsibilities while the men don't know what they did wrong. After all, they 'allow' their wives to work, what more do they want.

The contribution of women to a society's smooth transition from preliterate to literate, from a relatively autonomous community to a member of a nation enmeshed in a world economy, has received too little attention from social scientists and policy makers. When the economy and political organization of a society change, families who can adjust to the new conditions will fare the best. Women world over are the primary caretakers of young children, they play an important role in facilitating, hindering, or living a balanced family and professional life along with the support of matured men.

The educated mothers who spend more time with their children than the fathers are carrying the major responsibility for encouraging the children to study. The women are aware that their comfort in old age depends in large part on the generosity of their children. If their children are equipped to get white collar jobs they will be better able later to care for their parents. It seems that mothers are more aware of the need to change their socialization techniques than the fathers. But knowingly or unknowingly men are following the footsteps of women to live a better family and professional life.

- Surendra Kumar
U/Adh(RP)
ICGS C-424

LIFE IN INDIAN COAST GUARD : THE JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP

The Indian coastline measures a 4,671 miles and my journey began with one single and the most important decision of my life two years ago when I decided to join the Indian Coast Guard. Being from a civil background, I knew very little about the life and ways of the Armed Forces. I had never stayed away from home and being the only daughter of my parents, I was always a pampered child so the day I reported in the Indian Naval Academy for training was one giant step towards transformation. During the first month of training, every single day seemed to be a burden as it became difficult to cope with the physical and mental stresses. But with passing time and disciplined routine everything started to fall into place. The opportunities that were given to women trainees were at par with male counterparts in all respects be it firing practices, swimming, sports, etc. There were times when I felt like giving up but there was an inner voice which always prompted me to finish what I had started, to prove to the world that a woman is capable of much more than what is expected of her. The training has imbibed values to my character that will last a lifetime.

Taking the last step, the *Antim Pag* during the passing out ceremony from academy was actually not the last step but the first one to start my beautiful journey to guard the 4,671 mile long coastline with the Indian Coast Guard. Post my initial phase of training, the Indian Coast Guard has given me ample opportunities to enhance and improve upon my knowledge as well as skill base, visit various parts of our *Incredible India* and at the same time make my country as well as my parents extremely proud of me. My dream of becoming an officer in the Indian Coast Guard has just begun but the journey to become a successful one still continues...

- Asst Comdt Saumya Mohan
ICGS Paradip



SELF ACCEPTANCE IS KEY TO HAPPINESS

As we all know that **Happiness is more than just a feeling**; it is something we can all practice on a daily basis. Self-acceptance is an individual satisfaction which is necessary for good mental and physical health. A sense of humour is a great way to develop self-acceptance. Pertinent to mention that maximum of us are living an unconscious life and we are not much aware of self-acceptance. Self-acceptance is not an automatic state. Many of us have trouble accepting ourselves exactly as we are. It is not so hard to accept the good parts of ourselves.

This is fairy tale emotional state of absolute happiness, where nothing really happens, and nothing even seems to happen, and nothing even seems to matter. It is state of feeling good all the time.

We should accept our flaws and failures. If we accept our self for who we are, we are more likely to make better choices in all areas of our life. Making good choices means that we will be better able to achieve other goals and develop other abilities. Accepting ourselves is a major thing. Whatever we are, we should first accept this. We are the best and no one can replace us. The physical structure, colour of body, intelligent quotient, Religion, Caste, Gender, status in society etc. are the factors which one should accept to live happy life.

The other most important aspects of self-acceptance is that it is unconditional. Very often we only love ourselves when we are doing well or when we accomplish a goal. But our attitude should always be positive. If our attitude is good for one and all then only our soul will be happy. As there is a saying too "A healthy mind stays in a healthy body". Thus overall health also improves with a happy soul. A positive emotion is essential to sustain happy life. So be happy in what you are and be happy in what you do. The way in which we do our 'karma' we should be ready to accept the result too in the same way.

Self-acceptance on other hand, teaches us that we should love ourselves till last extent. Even if we fail or make a mistake, we are still valuable. But we should accept that happily. This in turn allows our happiness to be unconditional as well. Our joy is not based on weather or not someone like us it is what we think about our self, who we are, not what we do.



Like any other skill, self-acceptance is something that we build up over time. We are all at different levels of self-acceptance and some of us might be able to learn it faster than others. There are many guided meditation practices that centre on the theme of self-acceptance.

Ways to make yourself happy by self-acceptance:

- Try to do at least one good thing every day.
- Listen to yourself.
- Try to forgive yourself and others too.
- Accept that you are sacred soul and no one can replace you.
- Implement meditation practices in daily life.
- Always be positive.

Self-acceptance can act as a major tool for further improvement and advancement. Also, this way we can safeguard ourselves from sadness and despair. To look inside and accept, love the person you are, is the greatest gift you can give yourself, your family. By this one can stay happily in society and lead happy life.

“Jai Hind, Vayam Rakshamah”

- Virender Kumar
Adhikari(SA)
CGSD(PDP)

IN AN EVOLVING WORLD GIRLS/ WOMEN ARE CHANGING BOYS - MEN ALSO NEED TO CHANGE

Women deserve the increased success they are getting. They've been oppressed for far too long. They're more motivated and effective than most men. And hopefully society will continue to allow them the increased equality they deserve. In India, gender equality is deep rooted in societal norms which give rise to discrimination against women. One of the studies on women's perception and attitude towards male dominance and controlling behaviour reveals that it is evident from social learning theory in male dominated society that women adopt and accept male dominance in their lives through learned social behaviour that they observed since childhood by looking at the same behaviour by their mother and other elder women at home. The under-representation of women at the top levels of almost every area of society, business, politics, government, public sector organisations, professional services, academia and the arts has garnered a huge amount of attention.

Nonetheless, women are achieving great heights in all the fields from driving to sports to being president of India. We are in the midst of the biggest cultural shift ever seen in the history. We can't ignore how the role of mother is important in shaping little boys. In as much as women the world over are the primary caretakers of young children, they play an important role in facilitating or hindering changes in family life.

Women change to fit well in their surroundings from ages and among all races. They socialized their small children, teaching them the language and traditions, including agricultural practices. At the same time, however, as wives, the women adjusted to the customs of their husbands. women traditionally have had the major responsibility being responsible for raising the children. Women have understood that the education is necessary for success in the competitive world. Schooling requires a major changes in the socialization of children.

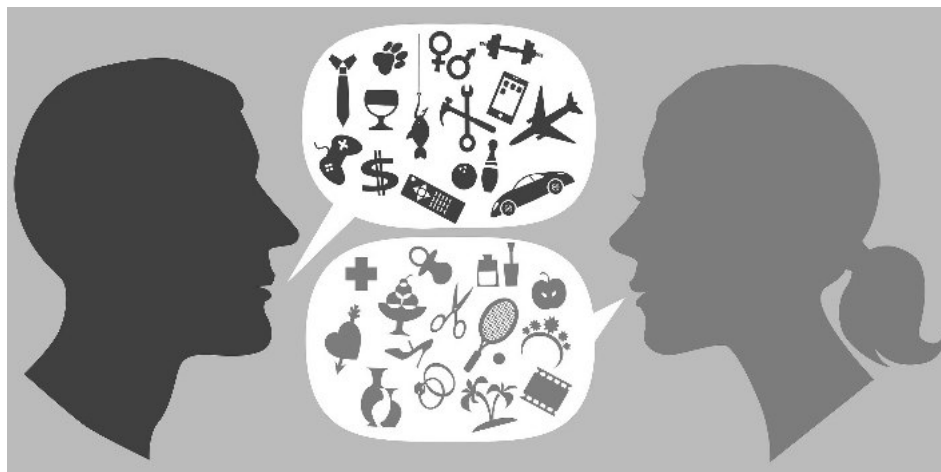
Today it is largely believed that most gender differences are attributed to differences in socialization, rather than genetic and biological factors. Interestingly, in several skills the differences between boys and girls have shrunk over the last two to three decades. This indicates that socialization and differential experiences play roles in gender differences. Even when gender differences are significant and consistent over time, we still do not fully understand why they exist. Different experiences and socialization are almost certainly involved, but biological factors may also have important effects.

Every child has a right to reach their full potential, and gender inequality prevents this by limiting what they can and can't do. Women have changed attitude of boys towards girls. Women have given equal opportunity to boys and girls in all spheres of life to hone the skills and compete with each other. The society is to recognize empowering women and achieving gender equality in the sustainable development.

Unless women are empowered and gender equality is achieved so that women can play their role in economic, social, political, and environmental areas, the country will not achieve sustainable development with the recognition of only men's participation in all these areas. The fact that women constitute half the entire population of the country makes empowering them to be an active part of all development initiatives in the country a compelling circumstance.

Women are putting their full effort to change the social scenario but the male should change to empower women and utilize all the potentials of women to shape and transform the society to neutralize the gender gap and bring about sustainable development.

- MS Pandi
U/Nvk(RO)
CGRHQ(NE)



YOU ARE OUR GOD

Thousands die. every day.

Thousands live every day,

But only for themselves.

Few like you soldier.

Live & die for others.

Leaving behind you is sobbing parents & brothers.

When you fought to save us,

We slept in happiness,

When we went to temples.

To pray for our lives.

You laid your life to save us.

For when we sat in front of God

And pray for our safety

You took bullets In your chest. Bravely for us.

That is when we realize. that you

Are our real god.

Who sacrificed his life.

To save ours.

I, soldier bow my head,

and lay my heart at your soul.



- M Chinna Babu
U/SE(ER), CGRPT(Kol)

BEING TATRAKSHIKA

It has been two and half years of journey as Tatrakshika. First of all the best thing of getting married to a Coast Guard Officer is the feeling of pride and honour. It feels like I am also serving India along with my husband “indirectly”. But it hardly matters whether it is “directly” or “indirectly”, it gives a feeling of being worthy. It does not matter that your worthiness is being noticed by others always or not and I always love myself for that.

There are days when my husband is not with me, specially when I needed him most, doing things alone and independently that I never thought of doing alone has become way of my life. I or for that matter any Defense Officer’s wife have their dependent cards, but I think we are more independent than being dependent on them. That’s why I think being Tatrakshika is big platform to find our worth. The environment and exposure we get and especially I being a small town girl, got the opportunity to meet new people from different parts of India. I learnt to be social and friendly even during my bad moods and gradually found myself in happiness. A part from household chores CGWWA is the good opportunity for ladies who usually do not come out of their house because their husbands are out for sailings, ty-duties etc. Many more things that can be shared on being “Tatrakshika” that is related to my every daily life.

With every passing day, I learn how to live and rejoice in any circumstance. Last but not the least I feel proud to be a Tatrakshika. It is a journey which is worth experiencing.

- Richa Joshi
W/o Dy Comdt Rahul Sinha
ICGS Vadinar



REGION (EAST)



REGION (EAST)



I BELONG TO INDIAN COAST GUARD

Indian Coast Guard, one of the youngest and fastest growing Defense forces of India, guarding 7517 km of coast line with 09 coastal states, 04 union territories and 1197 islands. In early 70's there was a tremendous increase in sea trade, exploration of resources establishment of various oil rigs along the coast and fishing business, which raised the necessity for protection of life and property at sea. It was on 07 Jan 1977 that the Cabinet approved the proposal and on 01 Feb 1977, the Indian Coast Guard came into being with fleet strength of 07 ships. Coast Guard Act 1978 was passed on 18 Aug 1978.

Indian Coast Guard is fourth largest Coast Guard in the world after US, Japan and Korea. Being a part of such a prestigious organization, it always makes me proud knowing that the white uniform and knowledge of sea leads to the discovery of the world. When I joined the Indian Coast Guard, it was a day my dream came true. During my recent experience from service, I have seen this organization consolidating and emerging as one of the leading maritime law enforcement organizations of our country. Today, located strategically all along the India Coast and among the pristine island of the Andaman & Nicobar group and the Lakshadweep, the Indian Coast Guard operates ships, hovercrafts, aircraft and helicopters, besides crafts and boats on a 24x7 basis. I couldn't have asked for more from life. In the Coast Guard, during my training till now, I have traversed international waters, visited foreign lands, explored various cultures and provided succor to the marooned during national disasters in India and elsewhere. The Coast Guard has not just provided me with quality life but also brought me face to face with a plethora of adventurous moments, that even to this I treasure each and every one of them.

Each day when I get dressed in my white uniform and see the mirror, the passion to serve the nation with pride is the foremost goal in my mind. Today, the organization I work for, the Indian Coast Guard is regarded one of the finest Coast Guards in the world. In a nut shell, the ICG has carved a niche for itself among the populace both at the national and international front. I must underline here that the Indian Coast Guard is not merely a source of employment, it is where you play the most important role of protecting the national interests of motherland in a dynamic environment with a dedicated and professional team of officers' and men who operate ships, hovercrafts and aircraft for safeguarding the country's maritime interests in the Indian Exclusive Economic Zone (EEZ).

The Indian Coast Guard is expanding like never before. It has dynamic and young people, men and women, who want the world on their plate, who breathe the spirit of adventure and for whom the word 'Action' is too trivial as they want more. Be it flying or sailing or even diving, there are too many career options to choose from, but as said before being a part of ICG in uniform makes us achieve the job satisfaction.

*- Asst Comdt Chandrakant Ashok T
ICGS Sarang*

A GLIMPSE FROM THE LIFE OF A TATRAKSHIKA...

I had been thinking of writing about the life of a sailor's wife after completing my 13 years of married life. We do talk about the hardships and the agony the sailor goes through being away from home for so many days. But suddenly I thought nobody understands that we faced the same and much more as we have to manage our family and kids all by ourselves and get worried about our husbands too.

A career in sea service requires people to be mentally and physically strong and stable. They need to be able to adapt to different environments and work cultures. The job is demanding no doubt and is not everyone's cup of tea... ohh the sea sickness gives me goose bumps.

The issue faced by *shippy's* wife are adjusting with the family if the man joins back ship soon after marriage (which is in almost 99% cases) she needs to understand the family and fit into that. This worsens when kids arrive. Even that is an experience in itself and adventurous one may be. Some of them go through the pregnancy all on their own. Handling the morning sickness, visit to the doctor and long wait there. They get emotional when they see the other ladies accompanied by their husbands. Some may have gone through the delivery before their husbands' arrival, as no one can predict the exact date. The new dad feels the same emotions but he may never express it.

She single handedly brings up the children. The child falls sick and needs more attention as he/ she misses his/ her dad. She tries to be a good mom at the same time fits in a bit of the father's shoes too. She handles the birthdays, the school admissions and many more. Being there for all PTMs, other school functions and activities. As the children grow up, she needs to match their energy too.

So, for the sailor who felt that life was quite tough for him, his better half deserves the same appreciation for her effort. Now its not about comparisons and who scores above the other but it is all about valuing each other and respecting the efforts. To the sailor who thinks that he does the toughest job on earth, please pause and look at the lady in your life who deals with all that ad more. To the lady who feels being married to a mariner is the toughest thing and that she is a *superwoman*, look at the things that the sailor does to make life comfortable and easier for you and supports you emotionally.

"Cheers to the brave men who choose careers at sea and the women in their lives who match them in every possible way"

- Shivani Walia
W/o Sachin Walia
Adhikari, ICGS C-432

"A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people. "

- Franklin D. Roosevelt

SACRIFICE OF MOTHER NATURE

Long, long ago in a big forest, there were many trees. Among the cluster of trees, there was a very tall pine tree. He was so tall that he could talk to the stars in the sky. He could easily gaze over the heads of the other trees.

One day, late in the evening, the pine tree saw a little girl approaching him. The pine tree could see her only because of his height. She was in tears. The pine tree bent as he could and asked the weeping girl, "What is the matter, why are you crying?" The little girl, still sobbing, replied, "I was gathering flowers for the Christmas garland and I have lost my way." The pine tree said to the little girl, "It is late in the evening, it will not be possible for you to return to your house, which is at the other end of the forest. Sleep for the night in this place." The pine tree pointed out to an open cave like under him. The little girl was frightened of wild animals.

The girl quickly crept into the cave place. The pine tree was happy and pleased with himself. He stood stiff like a soldier guarding the place. He was pleased with himself for doing his duty. After some time, the pine tree heard the wolves coming that way. "The hungry wolves would find the girl and devour her up. I must do something quickly," he said to himself. The sounds became louder and louder as the wolves were coming nearer.

The pine tree earnestly called out to his friend, the North Wind, "please, North Wind help me, blow me down."



The North wind replied, "Don't be silly, I will not blow you down. Why should I ruin my friend?" On hearing this, the pine tree got annoyed simply because of the wastage of precious time. He said in angry tone, "Stop that nonsense. Do as I tell you." The North Wind began to blow and the pine tree fell with a loud thud at the mouth of the cave – like place the passage to cave was thereby blocked, making it impossible for the wolves to enter. The little girl was thus saved from the hungry wolves.

- Shri Krishan
P/Adhikari
ICGS Hutbay

BENEFITS OF GREEN GRAM POWDER – A NATURAL BODY CLEANSER THAT DOES WONDERS FOR YOUR SKIN

Green gram powder is enriched with vitamin A and C that help in giving a healthy glow to the skin. It is mostly used as a substitute for regular soaps and is a natural and gentle body cleanser that does not cause any irritation to the skin. It is also used to remove oil from the body after any Ayurvedic spa or massage.

Other benefits of Green Gram Powder:

- Removes sun tan
- Helps restore moisture
- Brightens skin
- Removes facial hair
- Prevents acne

It is best used as a body wrap during a bath and then is to be scrubbed off for best results. For the body wrap, what you will need is:

- Rose water
- Green Gram Powder
- Mixing bowl

Make a paste of the powder and rose water depending on your usage. It should be thick enough to stick onto your body.

Initially the paste will be watery as the powder tends to settle below, but when you mix it, you will get the desired consistency. Apply this mixture all over your body instead of soap and leave on for two minutes. You can also apply this on your face at the same time.

While washing off make sure you wash it off in a scrubbing motion, this will help in exfoliating your skin. Once you are done, you will be left with soft, smooth and glowing skin.

Do try this out as it is ideal for the summer and is cooling for the skin. While using during winter, make sure to apply a moisturizer as it may tend to dry out skin. In case you are not able to find green gram powder, you can prepare it at home as well by following these simple steps :

- Take green gram (whole) in a vessel and dry it in the sun until crisp. If you need to make the powder faster, you can also dry it by roasting it in a pan. (Till it becomes crisp. Please be careful not to burn it).
- Grind it in a mixer to make a fine powder.



- Store the powder in an airtight container. You may also refrigerate it for a long term use.

Important Note: This powder will get spoilt easily if the green gram is not dried till crisp.

- Mrs Anita Corera
W/o Dy Comdt Mark Arun Corera

LITTLE GIRLS... INNOCENT EMPOWERMENT

Little girls are the nicest things that happen to people. They are born with a little bit of angel-shine about them and though it wears thin sometimes, there is always enough left to lasso your heart - even when they are sitting in the mud, or crying temperamental tears, or parading up the street in mother's best clothes. A little girl can be sweeter (and stubborn) often than anyone else in the world. She can jitter around, and stomp, and make funny noises that frazzle your nerves, yet just when you open your mouth, she stands there demure with that special look in her eyes. Girls are available in different colours yet Mother Nature always manages to select your favourite colour when you place an order. They disprove the law of supply and demand - there are million of girls yet each is as precious as rubies.

God borrows from many creatures to make a little girl. He uses the song of a bird, the squeal of a pig, the stubbornness of a mule, the antics of a monkey, the curiosity of a cat, the speed of a gazelle, the slyness of a fox, the softness of a kitten and to top it all, He adds the mysterious mind of a woman.

Who else can cause you more grief, joy, irritation, satisfaction, embarrassment and genuine delight than the combination of Eve, Salome and Florence Nightingale?

Yes, she is a nerve-wrecking nuisance, just a noisy bundle of mischief. But when your dreams tumble down and the world is a mess - when it seems you are pretty much of a fool after all - she can make you a king when she climbs on your knee and whispers, "I love you best of all!"



THROW OUT NEGATIVE EMOTIONS

THE FOOD WE EAT, HAS TO BE DIGESTED AND
THEN THROWN OUT OF BODY IN 24 HOURS,
ELSE WE WILL FALL ILL

THE WATER WE DRINK, GETS IN OUR BODY AND
IS THROWN OUT IN 4 HOURS,
ELSE WE WILL FALL ILL

THE AIR WE BREATHE, HAS TO BE THROWN
OUT IN 01 MINUTE,
ELSE WE WILL DIE.

WHAT ABOUT NEGATIVE EMOTIONS LIKE HATRED,
ANGER, JEALOUSY AND INSECURITY?
WE HOLD IN OUR BODY FOR DAYS,
MONTHS AND YEARS.

IF THESE NEGATIVE EMOTIONS ARE
NOT THROWN OUT REGULARLY IT PROPS
UP INTO PSYCHO-SOMATIC DISEASES

AND

PRAYERS ARE SAFEST WAY TO DISSOLVE THESE EMOTIONS

- Virender Singh
U/Nvk(RP)
ICGS Port Blair



SELF-ACCEPTANCE IS KEY TO HAPPINESS

We all say that we have accepted ourselves and our lives the way they are but actually, we don't. Self-acceptance is very important in making the journey of life brighter and happier. It is vital to accept whoever, whatever, wherever you are. Self acceptance is definitely the process of befriending the unconditioned self—the part of you that is more than just your name, your failures or your successes.

Accept your weaknesses and once you do that, only then you can make efforts to bring about a change. Say to yourself, "I like myself." Try to build and maintain your self-esteem. Self acceptance is the first step toward expressing love for your own self.

Accept yourself the way you are first, and then try to work on your faults to improve yourself. Stop uselessly criticising yourself. Once you find some time from your schedule to look within, you will find that you have a number of strengths and weaknesses in yourself. Accept them.

It is a matter of perspective. What you feel is your weakness is your strength in somebody else's view. You don't "like" yourself because you look at yourself in comparison to somebody else. If you are so fond of comparing, compare yourself with your own self. It will give you better yardsticks to measure the progress and make further growth.

People often say that, I cannot change. This is my basic nature. But lack of self-acceptance eventually leads to a lot of anxiety and mental turmoil. Nothing external gives the desired happiness and peace. The ability to think in the right direction is lost and gradually he person finds himself surrounded by darkness and unrest. This is because people don't accept "now." A man cannot be comfortable without his own approval.



Self-acceptance can act as a major tool in paving the way for further improvement and advancement. Also, this way we can safeguard ourselves from the clutches of sadness and despair. To look inside and accept and love the person you are is the greatest gift you can give yourself and others. When we love ourselves, we are content being alone because we like who we are. Self-love includes loving acceptance of all that we include the shadowy parts of ourselves. When we are filled with self-loathing and insecurities, we fear to be alone because we don't have a clue who we are. We fear what we don't know.

We try to find out how our life can become happier. When we start to recognize the truth of our talents, gifts, and strengths are revealed, we feel more confident and start accepting our self. When we accept ourselves the way we are we become comfortable being authentic. We no longer have to pretend to be something or someone to feel good when we are authentic. We don't have to change with the wind or the situation because we know who we are and love ourselves as we are. There is nothing more powerful than being able to walk into a room full of people and be you. When we love ourselves, we aren't afraid that others won't like us. We aren't concerned what others think of us either when we accept ourselves as we are.

"Is life really about the 'money', the 'cash', who has the biggest gold chain or who drives the shiniest or fastest car, who sells the most albums or who has the most respect?" said Aristotle. Today

happiness is viewed in many different ways. Everyone defines happiness according to their personal perspectives. Each individual describes their inner feelings in a way that you can't compare with another. Happiness originally and logically means the inner state of well being or a pleasurable or satisfying experience. It enables you to profit from your highest: thoughts, wisdom, intelligence, common sense, emotions, health, and spiritual values in your life. What makes you happy and what makes me happy are different things. Whatever it is that gives you warm fuzzes is determined by you, and only you. This difference is what makes the world interesting.



- Rakesh Kumar
U/Nvk(QA)
CGDHQ-9, Diglipur

IN AN EVOLVING WORLD GIRLS... BOYS !!!

For at least two generations now – especially in urban India and educated middle-class families – we have raised our girls to be confident and fight for their rights. But we seem to have ignored an entire generation of boys who were not told anything about how their sisters were changing. While we gave our daughters new ideals and role models, no one bothered to tell their brothers that they ought to change too!

Girls drive two-wheelers and cars. It is considered an essential life skill. You can often hear dads proudly proclaiming that their daughters can drive very well indeed and they don't need a father/husband/brother to take them anywhere.

However, boys were never taught that cooking is an essential life skill. You don't see parents proudly saying that their son can cook and doesn't need a mother/wife/sister to feed him (and keep him alive!). We don't tell our sons that it is okay for them to be paid less than their wives or stay at home to take care of the kids while their spouses continue to work.

Men want to marry a working woman in theory but are completely unprepared for the practical reality of a marriage where both partners work. It means doing the dishes or supervising the maid when your wife has a report to complete, it means taking half the day off to take care of your sick son because your wife has an important presentation. It may even mean giving up a promotion or moving to a new city for your spouse's career.

Because we don't tell our sons all this, they continue to expect that their wife will automatically give up the job/promotion/transfer in favour of the family whereas they will never have to take a step back from their own careers. Boys are still raised the way they were for the last many generations. Women are upset that dinner – and the house, kids, in-laws, maid – is still their responsibility while the men don't know what they did wrong. After all, they allow their wives to work, what more do they want?

“Let us not only empower women, but also prepare men to set their expectations right”.

- Anonymous

REGION (A&N)



REGION (A&N)



HAPPINESS... EXTERNAL OR INTERNAL TRAIT

Self –acceptance is not the same as self-esteem. While self- esteem focuses on how valuable you see yourself as, self – acceptance takes a slightly different route. Self –acceptance can be defined as” an acceptance of yourself as you are warts and all.

Self- acceptance is that it is unconditional, very often we only love ourselves when we are doing well or when we accomplish a goal. Self-acceptance on the other hand teaches us that we should love ourselves no matter what. Even if we fail or make a mistake, we are still valuable. This in turn allows our happiness to be unconditional as well. Our joy is not based on whether or not someone likes us. It is based on who we are, not what we do or how people perceive us.

When we are young children, we are introduced to the concept of “living happily ever after”. This is a fairy-tale emotional state of absolute happiness, where nothing really happens, and nothing even seems to matter. It is a state of feeling good all the time. In fairy tales, this feeling is usually found in fulfilling marriages, royal castles, singing birds and laughing children. In real life, an even-keeled mood is more psychologically healthy than a mood in which you frequently achieve great heights of happiness. Furthermore, when you ask people what makes their lives worth living, they rarely mention their mood. They are more likely to talk about what they find meaningful, such as their work or relationships.

Giving too much importance to upcoming events and future possessions, they rely on them to make their lives better, while studies and statistics clearly show that we usually “overestimate the intensity and duration of our emotional reactions”, a newly bought computer, car or house, will very quickly lose its magic and fail in making its possessor happier.

This position only comforted my personal point of view. I see the notion of happiness as independent from any kind of belonging or social status. Indeed, every day, millions of married people long for their lost freedom, while others envy these same people who have succeeded in their relationships and found their significant other. The same way will the person who just purchased a highly expensive car will soon begin to notice its imperfections and dream of a better, stronger and faster engine. Therefore, the belief that satisfying desires will lead to happiness is a false one, and can only cause greed and insatiability. So if happiness is a “lasting” state of well being, shouldn’t it be inherent of something more durable in human nature, and depend less on external incentives.

- KK Hariom
P/Nvk(SA)
CGDHQ-9, Diglipur

Thank God men cannot fly, and lay waste the sky as well as the earth.

- Henry David Thoreau

प्यारी और स्वयंपूर्ण तटरक्षिका !

हर एक की सुनो!
और हर एक से सीखो! क्योंकि हर कोई
सब कुछ नहीं जानता!
लेकिन हर एक
कुछ ना कुछ
जरूर जानता है!

मेरी ये खूबसूरत जिंदगी अच्छी सेहत, रिश्तो में प्यार बच्चों की और बेहतरीन परवरिश में गुजरती रही। वक्त चलता रहा अपनी रफ्तार से ... नए हौसले, नई जरूरतों के साथ मैं आगे बढ़ती रही। पिछले 24 साल जिंदगी को मुकम्मल बनाने की चाहत के साथ मैं आगे बढ़ती रही। जैसे रिश्तो में प्यार की सहजता अब आई है वैसे ही एक तटरक्षिका बनने की सहजता भी मैंने पाई है। CGWWA की तरफ से आया हुआ हैप्पी एनिवर्सरी का कार्ड हाथ में आया तो मैं सोचने लगी 29th नवंबर को जब मेरी शादी हुई तब ऑटोमेटिकली मैं एक पत्नी के साथ साथ तटरक्षिका भी बन गई। हर साल CGWWA का यह ग्रीटिंग मुझे अपने पत्नी और तटरक्षिका दोनों होने का एहसास दिलाता है। मुझे बहुत आश्चर्य होता है कि 24 साल कैसे गुजर गए? इस 29th नवंबर को CGWWA 24वीं सालगिरह मनाएगा। मुझे याद है जब मैं पहली बार कॉफी मॉर्निंग गई थी। नई नवेली दुल्हन, उत्सुकता के साथ मुंबई के RHQ में गई थी मैं। क्या है यह CGWWA! कौन से गेम्स कॉफी मॉर्निंग में होंगे? क्या बोलना है वहाँ? मैं बोल पाऊंगी कि नहीं? इतने सारे सवाल मेरे मन में थे। मुझे अच्छी तरह से याद है 'B' लेटर से शुरू होने वाले भारत राज्य की राजधानियों के ज्यादा से ज्यादा नाम लिखने का गेम था, जिसमें मुझे पहला प्राइज मिला था। हमारी प्रेसिडेंट ने मेरी बहुत प्यार से पूछताछ की और मुझे बधाई दी! अब मैं साच्च्यती हुं CGWWA ने मुझे कितना कुछ सिखाया? तब की न्यूली मैरिड मैं और आज की परिपूर्ण मैं बहोत फर्क है। CGWWA जैसा एक महत्वपूर्ण प्लेटफार्म मुझे मिला। हमारा यह छोटा सा organisation है लेकिन इसमें सागर जैसा गहरा प्यार है। हम सब एक दूसरे को जानते हैं, पहचानते हैं। अपने अच्छे व्यवहार और गुणों को जानकर अपनी अपनी पहचान बनाते हैं। भारतीय तटरक्षक परिवार में जुड़े रहना CGWWA की वजह से और आसान हो गया है। सेल्फ हेल्प यानी स्वयंपूर्ण बनना ये हमारा लक्ष्य CGWWA बखूबी निभाती है। Annual General Body Meeting में CGWWA के सुरुचि, साक्षरता, संजीवन, सुरक्षा, संचिता, संस्कार, स्नेहा, सृष्टि और संचार के बारे में हमें जानकारी मिली थी। 3 स्त्रियों का चेहरा ऐसा हमारा तटरक्षिका का emblem हमें साथ रहने का और क्वालिटी लाइफ इम्प्रूव (तटरक्षिका परिवार में) करने का संदेश देती है। खुद को साबित करना, प्रगति करना और स्वयंपूर्ण बनना तो हमारी तटरक्षिका सीख ही लेती है। तटरक्षिका मिलन में कई बहनों ने अपनी कला को सबके सामने पेश किया।

हर जगह की उनकी अपनी संस्कृति दिल को छू गई। फैशन शो में तो मैंने सारे जहां से अच्छा हिंदुस्तान देखा। तटरक्षिका एक जिम्मेदार और आत्मविश्वास भरी नारी बनने के साथ साथ अपने परिवार की और इसके अलावा निराधार, वंचित, बच्चे, महिलाएं और जेष्ठ नागरिकों की मदद करना भी जानती है। मुझे याद है चेन्नई

में हमारी कवा टीम ने एड्स पीड़ित 15 साल तक के बच्चों को आर्थिक मदद और राशन की मदद की थी। कभी निराधार महिला, कभी अंध व्यक्तियों को और कभी जेष्ठ नागरिकों को मदद करना और उनसे मिलकर उन्हें चार प्यार भरे शब्द बोलने से जितनी खुशी उन्हें मिलती है उससे कई ज्यादा खुशी हमारी टीम को समाधान प्राप्त करने की मिलती थी। CGWWA तटरक्षिका को स्वास्थ्यपूर्ण देखना चाहती है इसलिए हमेशा अनेक हेल्थ कैंप लगाकर तटरक्षिका को और को बच्चों को अपनी सेहत अच्छी रखने में मदद मिलती है। नारी की संपूर्ण प्रगति का ख्याल रखना, उन्हें स्वतंत्र और स्वयंपूर्ण बनाने का महत्वपूर्ण काम मैंने कवा के माध्यम से होते हुए देखा है। अच्छी लीडरशिप के कई उदाहरण हमारी 'सीनियर लेडीज' है जो बड़े ही प्यार और स्नेह से हमें मार्गदर्शन करती है। सहेलियों! मेरी दोस्ती कितनी सारी तटरक्षिकाओं से कवा के माध्यम से ही हुई है। साथ में काम करते करते कब हमे एक-दूसरे से लगाव हो गया पता ही नहीं चला। कवा सही तरीके से बढ़कर एक उत्साह भरा अनेकता में एकता लाने का बेहतरीन काम करता है। हमारी पर्सनैलिटी डिवेलप करने का, बच्चों के विकास को पूरा करने का, त्योहारों में खुशियां लाने का बेहतरीन काम यह प्लेटफार्म करता है। जो सांघिक शक्ति के साथ हमें जोड़ते हुए प्रतिभा कौशल कला और संस्कृति के साथ पर्यावरण के हित में झलकर स्वास्थ्य को स्वस्थ रखने का महत्वपूर्ण काम करता आ रहा है! CGWWA ने हर तटरक्षिका को स्वयंपूर्ण और आत्मनिर्भर बनाया है।

Communication is the life line of every relationship!

When you stop communicating, you start losing your valuable relationship! So always connect and do creative work!

Thank you!

— श्रीमती सयाली वैद्य
पत्नी — उपमहानिदेशक एस के वैद्य
तटरक्षक मुख्यालय



विश्वास : एक लोक कथा

एक परम भक्त भुवन था, उसे प्रभु की लीला पर पूरा भरोसा था। वह मानता था कि उसकी भक्ति से भगवान प्रसन्न है और मुसीबत आने पर या जरूरत पड़ने पर वह अवश्य उसकी मदद करेंगे।

बरसात के दिनों की बात थी। एक गाँव से दूसरे गाँव जाने के लिये भुवन को एक छोटी-सी नदी पार करनी थी, पानी गहरा नहीं था पर बरसात की वजह से बहाव तेज था।

भुवन ने प्रभु का नाम ले कर नदी में पहला कदम रखा ही था कि पीछे से एक साईकिल सवार ने आवाज दी, सवार ने कहा कि भईया पानी का बहाव तेज़ है, तुम मेरी साईकिल पर सवार हो जाओ, मैं तुम्हें नदी पार करवा देता हूँ। भुवन ने यह कहते हुए उसे टाल दिया कि वह केवल प्रभु की मदद लेगा। दूसरा कदम रखा ही था कि पीछे से एक घुड़सवार ने आकर उसे रोका, बोला कि बहाव ज्यादा तेज़ है आओ मैं तुम्हें नदी पार करा दूँ। भुवन ने उसे भी टाल दिया और आगे बढ़ गया। नदी के बीच भुवन पहुँचा ही था कि उसका पैर फिसल गया और वह गिर पड़ा। तेज़ बहाव के कारण वह निकल नहीं पाया और डूब कर उसकी मौत हो गई।

प्रभु के दरबार में जब वह पहुँचा तो वह बहुत नाराज़ था। नाराज़ भुवन ने प्रभु से शिकायत की, हे भगवान! मैंने इतने बरसों आपकी भक्ति की और मेरी इतने बरसों की साधना का यही फल मिलना था। जब मैं डूब रहा था और मुझे मदद की जरूरत थी तो आप मुझे बचाने के लिये भी नहीं आये और मैं डूब गया।

भगवान बोले - अरे मूर्ख, मैंने दो बार आकर तुझे मदद देने की कोशिश की पर तू तो अकड़ दिखा रहा था। ऐसी भक्ति का क्या फायदा जिसमें व्यक्ति में नम्रता ना हों, जिसमें अपना अच्छा-बुरा समझने की बुद्धि ही ना हो।

सारांश - भगवान भी अपना भरोसा उसी पर दिखाते हैं जो जीते जागते इन्सानों पर भरोसा करना सीख लेता है।



- मनोज कुमार
प्रधान अधिकारी (क्यू ए)
भा.त.पो. शौर्य

बहुत जरूरी

बहुत जरूरी होती शिक्षा,
सारे अवगुण धोती शिक्षा

चाहे जितना पढ़ लें हम पर,
कभी न पूरी होती शिक्षा

शिक्षा पाकर ही बनते हैं,
नेता, अफसर, शिक्षक

वैज्ञानिक, यंत्री, व्यापारी,
या साधारण रक्षक

कर्तव्यों का बोध कराती,
अधिकारों का ज्ञान

शिक्षा से ही मिल सकता है
सर्वोपरि सम्मान

बुद्धिहीन को बुद्धि देती
अज्ञानी को ज्ञान

शिक्षा से बन सकता है,
भारत देश महान



- अभिनन्दन वर्मा
उत्तम नाविक (आर ओ)
भा.त. अवस्तान निज़ामपटनम

उर्मि

मुझे उड़ने की उमंग भरी है उर्मि ने
उर्मि की ताकत से हमने पाई है रौनक जीवन में ।

न झिझक कहीं न थकान कहीं
न रोक कहीं न टोक कहीं
सरिता सी उज्ज्वल धारा मेरी
शितलता पहुंचाती उर्मि ने

मुझे उड़ने की उमंग भरी है उर्मि ने
उर्मि की ताकत से हमने पाई है रौनक जीवन में ।

मैं सीता बन, मैं सावित्री
मैं ममता की आँचल हूँ
रानी लक्ष्मी बाई बन, उर्मि की मैं पहचान हूँ

मुझे उड़ने की उमंग भरी है उर्मि ने
उर्मि की ताकत से हमने पाई है रौनक जीवन में ।

हर युग में अर्धनारेश्वर बन
युगों को जीत दिलायुंगी
यह प्रण प्रतिज्ञा है मेरी

मुझे उड़ने की उमंग भरी है उर्मि ने
उर्मि की ताकत से हमने पाई है रौनक जीवन में ।

- रागिनी श्रीवास्तव
पत्नी - ऐं के श्रीवास्तव
प्रधान अधिकारी
संक्रिय कक्ष



उर्मि URMI

अपेक्षा

दुनिया में करोड़ो इंसान हैं, फिर भी
तुम्हारा जन्म हुआ है क्योंकि...
भगवान तुमसे कोई अपेक्षा करता है,
जो करोड़ो लोगों से पूरी होने की आशंका है !
इसलिए खुद को कम न समझ,
तुम बहुत मूल्यवान हो !
तुम उड़ना सीखो !
तुम खुशी मनाओ !!
तुम अपने बारे में सौँचो !
घरबार सँभालती हो, अभी आपको सँभालो !!



तुम्हारे अंदर एक प्यारी लडकी छुपी है,
उसकी सराहना कर !
उसे भी कभी कभार गलती करना अच्छा लगता है,
तो गलती कर,
कोई फर्क नहीं पड़ता !
लेकिन जिंदगी जीने में जो खुशी मिलती है, उसे ढूँढो !
हर कदम पर वो खुशी मिलेगी !
सिर्फ उस लडकी को साथ ले !
सहेलियाँ बनाओ !
खुद को एक्सप्रेस कर !!

ज्यादा नहीं लेकिन दिनभर में एक घंटा खुद के लिए सँभालके रख !
और इस एक घंटे में तुम्हें जो अच्छा लगे, वो कर !!

कभी कभी मन की बात कह डाल,
लेकिन किसी को बुरा मत बोल !

तुम जैसी हो, वैसे ही स्वयं को सँभालो !
लोग क्या कहेंगे, लोगों को कैसा लगेगा, ये फिजूल बातें छोड़ दो !!
तुम लोगों को अच्छी नहीं लगती, तो वह उनका प्रॉब्लेम है !
तुम्हारा नहीं !

लोगों ने तुम्हें अच्छा कहना चाहिए, इसलिए दिनरात मेहनत करने की जरूरत नहीं !!
सबको खुश रखने के लिए तुम्हारा जन्म नहीं हुआ है...

तुम्हारे पास जो अच्छा है, उसे दुनिया को देकर आनंद प्राप्त करने के लिए तुम्हारा जन्म हुआ है...

‘डू युवर बेस्ट’ यह टायटल सुनने में अच्छा लगता है, लेकिन इसलिए लोगों के रिपोर्ट की अपेक्षा मत करो !

तुम कोई इम्तिहान नहीं दे रही हो, यह याद रखना !

इसलिए हर बार ‘टॉप ऑफ द क्लास बनने की जरूरत नहीं है !

इस दुनिया में सुपरमॉम या आयडियल वुमन है ही नहीं !

और यदि तुम ये टायटल्स पाने की जिद में हो, तो तुम्हारे लिए एक ही गिफ्ट है, और वहा है... स्ट्रेस, स्ट्रेस और सिर्फ स्ट्रेस...

सो चिल्ल ! रिलक्स !!

दुसरों से अपनी तुलना करना, बराबरी करना छोड़

ईश्वर ने बनायी सर्वश्रेष्ठ रचना हो तुम !!

पर नहीं है, लेकिन आसमान में उड़ने के सपने जरूर देखो !

ओढ़े नहीं ज्यादा रिश्ते, जो हैं उन्हें दिल से निभाओ !

जिदंगी कम है, उसे खुशी से जियो।

जिदंगी ऐसे जियो कि, मौत भी कहें...

‘और जी ले, मैं बाद में आता हूँ...!!

डर डर के रोज ही जी ती हो, थोड़ी खुली साँस ले !

दोस्त सहेलीयां इकट्ठा कर और जिदंगी का मजा ले !!

चौखट में रहकर बोरीयत तो होगी !

चार लोगों में घुलमिल जायगी, तो मुश्किलें आसान होगी !!

जो बुरा हुआ, उसे भूल जा !

गानों की महफिल में अपना दुखड़ा मत सुना !!

मुश्किलें तो आती रहेगी, डरना मत !

डटकर सामना कर, झुकना मत !!

जी भर के हँसना, यही असली टॉनिक है !

टेन्शन कम हुआ, तो जिदंगी आसान है !!

मनचाहा बोलना चाहती हो, तो

मनचाहा सुनने की ताकत रखो ।।



चाँद जैसा मत बन कि, हर कोई घुरता रहें !
सुरज जैसे बन ताकि घुरने से पहले सबकी नजर झुक जाए !!

हर पल खुश रहना सीख, क्योंकि परेशान होने से
कल की मुश्किल दूर नहीं होती, बल्कि...
आज का सुकून भी चला जाता है !

कभी कभी डाफ्ट को मार गोली और कुछ चटपटासा चख ले !
बढ़ गया वजन थोड़ा, कुल फर्क नहीं पड़ता !!

बातें कर, जोक सुना, जी भर के हंस !
आधी रोटी ज्यादा खा ले, कहना मत बस !!
कम मार्क मिलें बच्चों को कभी, तो कर अनदेखा-अनसुना !
हो गया झगड़ा पत्नी के साथ, तो होने दे !
'उमर हो गयी है, अब क्या रखा है' बंद कर ऐसी बातें करना !
उमर बढ़ रही है, तो बढ़ने दें !!
बहोत किया है तुमने सब के लिए, अब समय निकाल अपने लिए !

तुम्हारी हँसी देखकर सारा घर खिल उठेगा !
तुम, खुश, तो घर खुश !!
रोते रहने से बिगड़ा मुक्कदर नहीं बनता !
एक हार से कोई फकीर और एक जीत से कोई सिकंदर नहीं बनता !!

दुनिया को जीतने का हौसला रख...
क्योंकि हौसला है, तो जिदंगी कही पर भी शुरू हो सकती है !

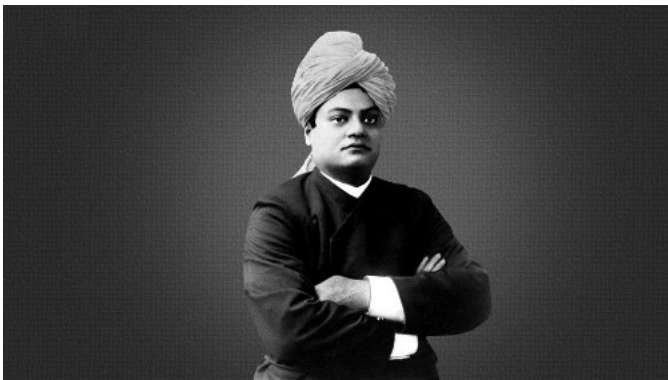
जिदंगी की सिनेमा को वन्स मोअर नहीं होता...
यहाँ मनचाहा सीन डाउनलोड नहीं होता...
और अनचाहा सीन डिलीट नहीं होता...
क्योंकि यह रिऑलिटी शो भी नहीं है
और यह सिनेमा बार बार नहां बल्कि एक बार ही आएगा !!

इसलिए सुन मेरी बात !
खुली साँस लें और जी भर के जी ले अपनी जिंदगी !!

- भूपेन्द्र
अवर श्रेणी लिपिक
संभारिकी निदेशालय

स्वामी विवेकानंद के अनमोल विचार

1. उठो जागो और तब तक नहीं रुको जब तक लक्ष्य ना प्राप्त हो जाये।
2. उठो मेरे शेरों इस भ्रम को मिटा दो कि तुम निर्बल हो, तुम एक अमर आत्मा हो, स्वच्छंद जीव हो, सनातन हो, तुम तत्व हो, ना ही शरीर हो, तत्व तुम्हारा सेवक है तुम तत्व के सेवक नहीं हों।
3. ब्रह्मण्ड की सारी शक्तियां पहले से हमारी हैं, वो हमीं हैं जो अपनी आँखो पर हाथ रख लेते हैं और फिर रोते हैं कि कितना अन्धकार है।
4. जिस तरह से विभिन्न श्रोतों से उत्पन्न धाराएँ अपना जल समुद्र में मिला देती हैं, उसी प्रकार मनुष्य द्वारा चुना हर मार्ग, चाहे अच्छा हो या बुरा भगवान तक जाता है।
5. कभी मत सोचिये कि आत्मा के लिए कुछ असंभव है, ऐसा सोचना बड़ा विधर्म है अगर कोई पाप है, तो वो यही है ये कहना कि तुम निर्बल हो या अन्य निर्बल हैं।
6. हम वे हैं जो हमें हमारी सोच ने बनाया है, इसलिए इस बात का ध्यान रखिये कि आप क्या सोचते हैं. शब्द गौण हैं विचार रहते हैं, वे दूर तक यात्रा करते हैं।
7. बाहरी स्वभाव केवल अंदरूनी स्वभाव का बड़ा रूप है।
8. एक विचार लो, उस विचार को अपना जीवन बना लो उसके बारे में सोचो उसके सपने देखो, उस विचार को जियो, अपने मस्तिष्क, मांसपेशियों नसों, शरीर के हर हिस्से को उस विचार में डुब जाने दो, और बाकी सभी विचार को किनारे रख दो, यही सफल होने का तरीका है।
9. हम जो बोते हैं वो काटते हैं , हम स्वयं अपने भाग्य के विधाता हैं हवा बह रही है वो जहाज जिनके पाल खुलें हैं, इससे टकाराते हैं, और अपनी दिशा में आगे बढ़ते हैं, पर जिनके पाल बंधे हैं हवा को नहीं पकड़ पाते, क्या यह हवा की गलती है ? ... हम खुद अपना भाग्य बनाते हैं।
10. जो तुम सोचते हो वो हो जाओगे यदि तुम खुद को कामजोर सोचते हो, तुम कमजोर हो जाओगे, अगर खुद को ताकतवर सोचते हो, तुम ताकतवर हो जाओगे।



- राजेश भोगता

अ.श्रे.लि.

प्रधान निदेशालय (पोत अधिग्रहण)

पर्यावरण की गाथा

जिस देश में गंगा बहती है
सूर्य को देवता मानते हम
पर्यावरण को पुजते हम
भारत को माता मानते हम
वहाँ क्यों है लोग बदल रहे
कर रहे गंगा को गंद, और पर्यावरण को कर रहे खत्म।
फैला रहे है Plastic जगह जगह
काट रहे है पौधे पल पल
Development के नाम पर हो रहे है दयाहीन हम
जागो लोगों और करे Sustainable development,
जहाँ हम रहे पौधों के संग संग।
गंगा, यमुना को करे स्वस्थ स्थल
पेड़ पौधों को लगायें गले हम
Plastic को करे ban हम
Ecofriendly जिसे करे इस्तेमाल हम।
और Reuse, Recycle को अपनाए हम।
क्यों न हम फिर से ऐसा देश बनायें,
जहाँ डाल डाल पर हो सोने की चिड़िया और नदियों में हो स्वच्छ जल।



- अनुराधा हेब्बार

एक सैनिक की कलम से

घर जाता हूँ तो मेरा ही बेग मुझे चिढ़ाता है,
मेहमान हूँ अब ये पल पल मुझे बताता है...
माँ कहती है , सामान बेग मे फोर्न डालो,
हर बार तुम्हारा कुछ ना कुछ छुट जाता है...

घर पहुँचने से पहले ही लोटने की टिकट,
वक्त परिदे सा उड़ जाता है,
उँगलियों पे लेकर जाता हूँ गिनती के दिन,
फिसलते हुए जाने का दिन पास आता है...

अब कब होगा आना सबका पूछना,
ये उदास सवाल भीतर तक बिखराता है...
घर के दरवाजे से निकलने तक,
बेग मे कुछ ना कुछ भरते जाता हूँ...

जिस घर की सीढ़ियां भी मुझे पहचानती थी,
घर के कमरे के चप्पे चप्पे मे बसता था मैं,
लाइट्स, फन के स्विच भूल हाथ डगमगाता है...
पास पड़ोस जहां बच्चा बच्चा था वाकिफ,
बड़े बुजुर्ग बेटा कब आया पूछने चले आते हैं...

कब तक रहोगे पूछ अनजाने में वो,
घाव एक और गहरा कर जाते हैं...
ट्रेन में माँ के हाथों की बनी रोटियाँ,
खाने को मन डगमगाता है...

लोटते वक्त वजनी हो गया मेरा बेग,
सीट के नीचे पड़ा खुद उदास हो जाता है...
तू एक मेहमान है अब ये पल पल मुझे बताता है,
मेरा घर मुझे ही वाकई बहुत याद आता है

- अशोक, नाविक
भा.त.र. अवस्थान कमोरता

सकारात्मक सोच की ताकत

एक बार एक जूता व्यवसायी ने कुछ नयी दुकाने खोलने की सोची। इसके लिए उसने अपने दो सहायक बुलाये, जिनमें एक का नाम मोहन था और दूसरे का नाम सुरेश था। सेठजी ने उनको एक नयी जगह के मुआयने के लिये भेजा। वहाँ पर जाते ही मोहन ने सेठजी को फोन किया और बताया कि सेठजी ! यहाँ पर तो व्यवसाय नामुमकिन है, क्योंकि यहाँ कोई जूता तो पहनता ही नहीं है, हम जूता बेचेंगे किसे ? सेठ बहुत परेशान हुए और मोहन को वापिस बुला लिया। दो दिन बाद सुरेश का फोन आया और उसने जो बताया वह सुनकर सेठजी के चेहरे की मुस्कान गहरी हो गई। सुरेश ने बताया कि सेठजी ! यहाँ कोई जूता नहीं पहनता, पहले हम जूता पहनना सिखायेंगे फिर उन्हें बेचेंगे। इस तरह से यह पूरा मार्केट अपना हो जायेगा। बाद में सेठजी ने सुरेश को उस नये जगह का प्रमुख बना दिया।

इस कहानी से यह सीख मिलती है कि व्यक्ति की सोच सकारात्मक होनी चाहिये। दुनिया में कोई ऐसी समस्या नहीं जिसका की कोई हल ना हो।



— विपिन कुमार, आशुलिपिक हिंदी
भा.त.क्षे.(उ.प.), गांधीनगर

तकदीर

पानी से तस्वीर कहां बनती है ।
ख्वावों से तकदीर कहां बनती है ?

किसी भी रिश्ते को दिल से निभाओ ।
ये जिंदगी फिर वापस कहां मिलती है ?

कौन किससे चाह कर दूर होता है ।
हर कोई अपने हालातो से मजबूर होता है ?

हम तो बस इतना जानते हैं ।
हर रिश्ता मोती और हर दोस्त कोहिनूर होता है ?

— अनिल कुमार
प्रधान नाविक (आर ओ)
भा. त. र. पोत विश्वस्त

भारतीय तटरक्षक में जीवन

मैं आज अपने आप को बहुत खुशनुमा समझ रहा हूँ कि मैं उर्मि 2018 के लिए आर्टिकल लिख रहा हूँ और वो भी ऐसे विषय पर जो कि हमने अपने 6-7 वर्ष में अनुभव किया है।

मैं ये तो नहीं कह सकता कि हमारा जीवन भारतीय तटरक्षक में आने से पूर्ण रूप से बदल गया, परंतु जो हमने भारतीय तटरक्षक में शामिल होने से लेकर आज तक अनुभव किया है वो किसी महाविद्यालय की शिक्षा से कम नहीं। हम दिन प्रतिदिन कुछ न कुछ सीख ही रहे हैं, मैं कह सकता हूँ कि आज तक कोई ऐसा दिन नहीं हुआ कि हमने कुछ नहीं सीखा हो।

हाँ चूँकि यह एक महाविद्यालय है, तो यहाँ बहुत कुछ अच्छाइयाँ हैं तो कुछ

बुराइयाँ (कमी) भी हैं। अगर अच्छाइयों को बढ़ाया जाए और कमियों को दूर किया जाए तो हमारा भारतीय तटरक्षक पूरे विश्व में पहले स्थान पर आ सकता है और अपने सारे मिशन पूरा करने के साथ ही शिखर से भी ऊपर बादलों में पहुँच सकता है।

वैसे तो हमारा विषय भारतीय तटरक्षक में जीवन से है तो हम इसी विषय पर ध्यान देंगे, बाकी तो हमारा भारतीय तटरक्षक बहुत ही कुशलता से अपना काम कर ही रहा है। भारतीय तटरक्षक में प्रशिक्षण का हमारे जीवन में वो पहला दिन था जब हमें एक कतार में कैसे बैठना, एक साथ मिल-जुलकर कैसे खाना खाना, एक साथ लंबी कतारों में कैसे सोना और एक साथ अपने कार्य को किस तरह से पूरा करना बताया गया था। उसी दिन से हमारे जीवन के कार्य की शुरुआत हो चुकी थी, उसके बाद हम विभिन्न विद्यालयों से होते हुए भारतीय तटरक्षक के महाविद्यालय तक पहुँच गए।

भारतीय तटरक्षक में जीवन बहुत ही खुशनुमा है। अगर हम छोटी छोटी परेशानियों को किनारे रखकर देखें तो भारतीय तटरक्षक में जो जीवन का अनुभव जो मैं बयां कर सकता हूँ वो शायद ही कोई कर पाए। यहाँ कार्यालयों में सुख-सुविधाओं की कमी नहीं है। कार्य करने के लिए उचित कार्यप्रणाली से लेकर, विश्राम करने के लिए उचित विश्रामालय भी हैं। यहाँ एक अच्छा माहौल है, लोगों के विचार भी अच्छे हैं, समानता का अधिकार है, एक अच्छी इज्जत की ज़िंदगी है, हर पद की गरिमा और प्रभुता है, उचित तनखाह है, ये तो हो गई कार्यालय की बात। अब मैं आपको बताता हूँ कि अन्य सुविधाएँ जैसे उचित चिकित्सा केंद्र हैं, उचित पीने का साफ जल है और एक स्वस्थ वातावरण है जो हमें स्वर्ग से कम नहीं लगता।



और इन सबमें सबसे अच्छी बात यह है कि हमें समय-समय पर हर कार्य के बारे में और हमारी हर जरूरतों के बारे में भी समझाया जाता है और हमारे लिए जो भारत सरकार ने सुविधाएँ दी हैं वो भी बताया जाता है।

इसके अलावा हमारे परिवार यानि बीवी-बच्चों के

लिए भी अच्छा वातावरण, अच्छी सुविधाओं के साथ मकान और बच्चों के खेलने के लिए अच्छे मैदान हैं। कुल मिलाकर कहें तो हम और हमारा जीवन अति सुंदर और कार्यशील हैं जिससे ऐसा लगता है कि छोटी से छोटी समस्या भी हम आसानी से हल कर देते हैं।

भारतीय तटरक्षक के बारे में ये मेरे विचार थे। हमारा भारतीय तटरक्षक का जीवन बहुत ही अच्छा है और आशा है कि मैं और हम सब मिलजुल कर हमारे भारतीय तटरक्षक को आगे ले जाएँ और एक अच्छा वातावरण बनाए रखें।

- विनोद, प्रधान यांत्रिक (ए. ई.)

दमण

स्व-स्वीकृति और प्रसन्नता

जब दूसरों को समझाना मुश्किल हो जाए

वहाँ खुद को समझाना बेहतर होता है।

ऊपर लिखी पंक्तियाँ हमें बहुत कुछ समझा देती हैं। खुद को जानना और उसे मानना हमारी ज़िंदगी को एक बेहतर आयाम देता है इसलिए सबसे पहले हमें यह जानना जरूरी है कि स्व-स्वीकृति क्या है ?

स्व-स्वीकृति का मतलब खुद को स्वीकार करना तो है, साथ में अपने आचरण में बदलाव लाना भी बेहद जरूरी है। यदि आप कोई भी महत्वपूर्ण (इंपोर्टेंट) फैसला लेना चाहते हैं तो सबसे पहले आपका दिमाग इस निर्णय की अनुमति देता है कि ये कार्य किया जाए या नहीं, इस काम को करने की आप के पास कितना सामर्थ्य है। यदि आप का मन इसे स्वीकार नहीं करता तो शुरू हो जाता है आंतरिक-मानसिक युद्ध, नकारात्मक (नेगेटिव) विचार व बहानेबाजी। ऊपर लिखी बातें हमें बताती हैं कि इस कार्य को खुद की स्व-स्वीकृति नहीं मिली और कार्य शुरू होने से पहले ही समाप्त हो गया।

खुद को स्वीकार करना ही हमारी सफलता की पहली सीढ़ी है। हम ये सब जानते हैं, फिर क्या कारण है स्व-स्वीकृति की कमी का ? कुछ कारण ये भी हो सकते हैं -

- (1) हमारी कमजोरी
- (2) हमारी मजबूरी
- (3) हमारा व्यवहार (बिहेवियर)
- (4) हमारा अहम (हमारी ईगो)
- (5) हमारी जीवनशैली
- (6) हमारी मानसिकता

किसी ने बहुत खूब कहा है - सकारात्मक रहना है तो खुद से प्यार करो, क्योंकि आपका असली

सौन्दर्य आपके अंदर ही से आएगा।

ऊपर लिखे कारण से ये तो जाहिर हो गया कि स्व-स्वीकृति ना होने से हम अपने लक्ष्य को प्राप्त नहीं कर सकते इसलिए हमारे जीवन में खुशी के बदले निराशा ही आएगी। यदि स्व-स्वीकृति को पाना है तो हमें ऊपर लिखे कारणों को इस तरह से परिवर्तित करना होगा:-

<u>कारण</u>	<u>परिवर्तन</u>
(1) हमारी कमजोरी	हमारी ताकत
(2) हमारी मजबूरी	हमारी संपन्नता
(3) हमारा नकारात्मक व्यवहार (नेगेटिव बिहेवियर)	हमारा सकारात्मक व्यवहार (पॉज़िटिव बिहेवियर)
(4) हमारा अहम (हमारी ईगो)	हमारा लक्ष्य
(5) हमारी जीवनशैली	हमारी संतुलित जीवनशैली
(6) हमारी तंग मानसिकता	हमारी खुशहाल मानसिकता

सो स्व - स्वीकृति का अर्थ कह सकते हैं कि अपने व्यवहार (बिहेवियर) का ज्ञान होना, खुद को अपने असली रूप में स्वीकार करना, साथ ही अपनी उ पर लिखी कमजोरियों का समाधान करना व आगे बढ़ते रहने का संकल्प करना है। आप दिल से बोलने लगेंगे और आप प्रसन्नता से हर फैसले को सफलता का जामा पहनाते हुए चलेंगे। स्व - स्वीकृति से मिली सफलता से आपका मनोबल बढ़ेगा, आपको अपने निर्णय (डिसीज़न) पर स्वाभिमान होगा, साथ ही आपकी प्रसन्नता से आपके परिवार व समाज में भी खुशी होगी।

अभी ना पूछो हमसे मंज़िल कब मिलेगी

अभी तो मेरी स्व - स्वीकृति ने इरादा किया है

हारे थे कभी, पर अब ना हारेंगे कभी

ये किसी और से नहीं खुद से किया वादा है



- श्रीमती मीना कुमारी
पत्नी कृष्ण कुमार
प्रधान अधिकारी
भा. त. र. पो. सारथी



KALEIDOSCOPE

Dear friends,

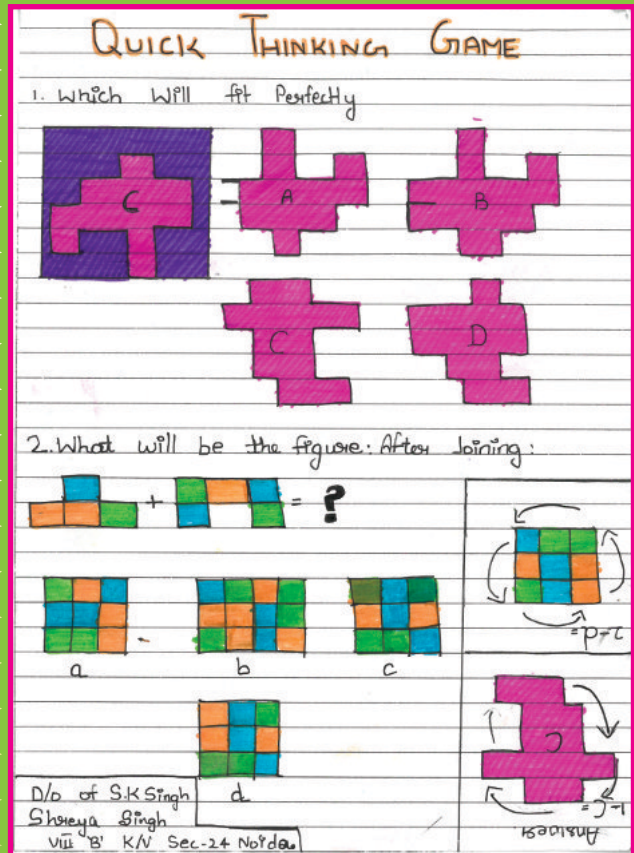
"Books are your best friend". They make you wise, knowledgeable and aware, most importantly they play a vital role in your thought process. It's like food for thought, more you read more you feed your intellect. Your thought process along with your awareness and wisdom makes you a better person. It helps you to grow with sense of kindness, humanity and intellect.

This news letter is a platform to express your thoughts, wisdom feelings and your sensitivity towards the world in a creative form, paint them, write them and let your thought process play with colours and words. Express yourself freely. This is the platform to grow and communicate with the world through your words and colours.

STORY OF COMMUNICATION

Communication is the mode of expressing our feelings to others. In the ancient time human didn't know how to speak, so they made different expressions and sounds to understand, to communicate, like clapping, shouting, etc. When they thought they cannot do like this every time then they thought they should make verbal languages which can be understood by all and then they created verbal languages. A man is social animal and loves to interact with fellow human beings. Along with the basic necessities of like food, shelter and clothing equally important are needed to communicate with others.

Name: Shreya Singh
Class: VIII-B
School : KV Sec - 24,
NOIDA



CANDLE

Have you seen a candle
Burning day and night
Dying, melting leaving no memories
Just spreading light.

Till the last minute of her death
It tries to do her best.
Her melting brings her no name
No glory, no fame.
Still it glows and shine.
Oh candle! You are so divine.

Name: Kritika
Class : VI-E
Age : 11 years

MY TEACHER

Teacher is the maker
of the human nature
If I am a book
She is the writer
If I am a flower
She is a gardener
If I am a pot
She is the potter
Because I am her student
She is my Teacher.

Name: Vedika Kapoor
Class : VI
Age: 10 years

A NEW DAY

The rays of hope & the sunlight
Makes over day bright
The chirping birds & the dancing winds,
Wakes us up and calms our minds.
It's a new morning, it's a new day.
Start your day in a brand new way.
Always try to spread joyfulness.
May your day be full of happiness!

Name: Vedika Kapoor
Class : VI
Age : 10 years

चुटकुले

- 1) टीचर : एक साल में कितनी रात्री होती है ?
छात्र : जी 10 रात्री।
टीचर : 10 कैसे ?
छात्र : 9 नवरात्री और 10 शिवरात्री।

- 2) ताऊ : मास्टर से मेरा छोरा पढ़ाई में कैसे है ?
मास्टर : बस यू समझ ले आर्यभट्ट ने ज़ीरो की
खोज इसके खातिर ही की थी।

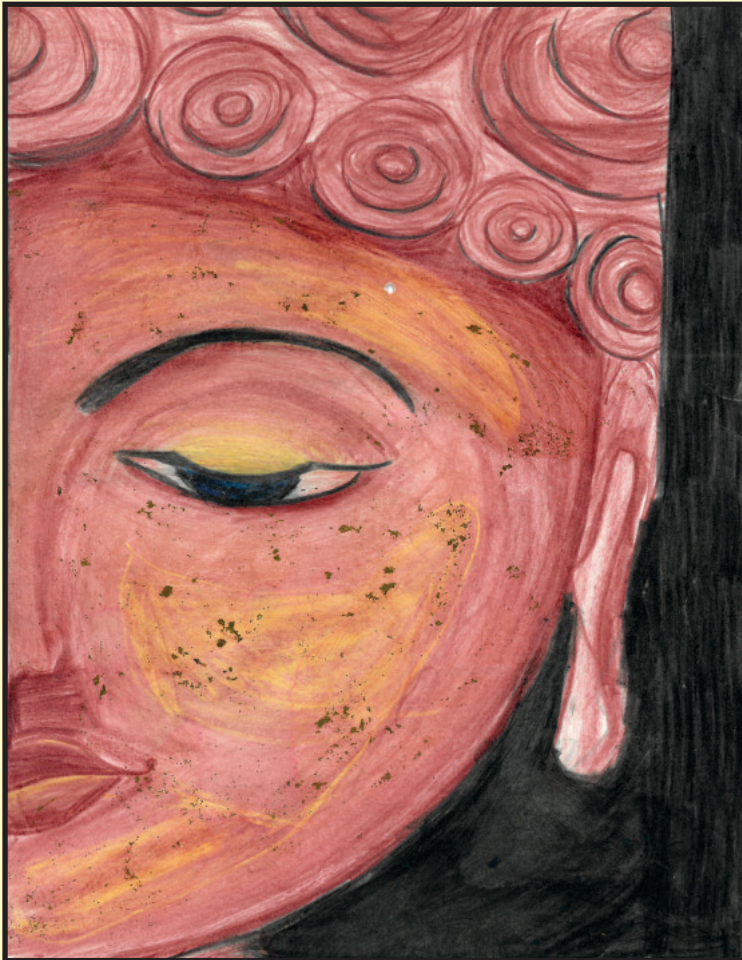
नाम - वेदिका
कक्षा - छट्ठी ए
उम्र - 10 साल



MY FATHER IS MY HERO...

My father is my real hero. He is the most special person in my life. He works in Indian Coast Guard. Most of the time he is busy in his work still he tries his best to keep us happy. He works hard to earn money for the family. He fulfils our family wishes. Whenever, we are sad he brings smile on our faces. My father is my best friend too. I love my father a lot. He inspires us to achieve success and be a good human being.

Name: Kritika
Class : VI-E
Age : 10 years



Name: Sanu Class : VIII

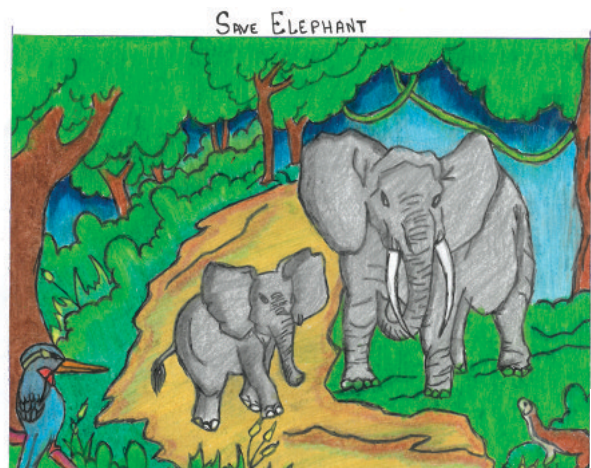
झण्डा

देखो बच्चों झण्डा प्यारा,
तीन रंगों का मेल है सारा,
सदा रहे यह झण्डा ऊँचा,
आकाश को रहे सदा ये छूता,
सदा करो तुम इसका मान,
कभी न करना इसका अपमान,
झण्डा है देश की शान
बना रहे यह सदा महान!

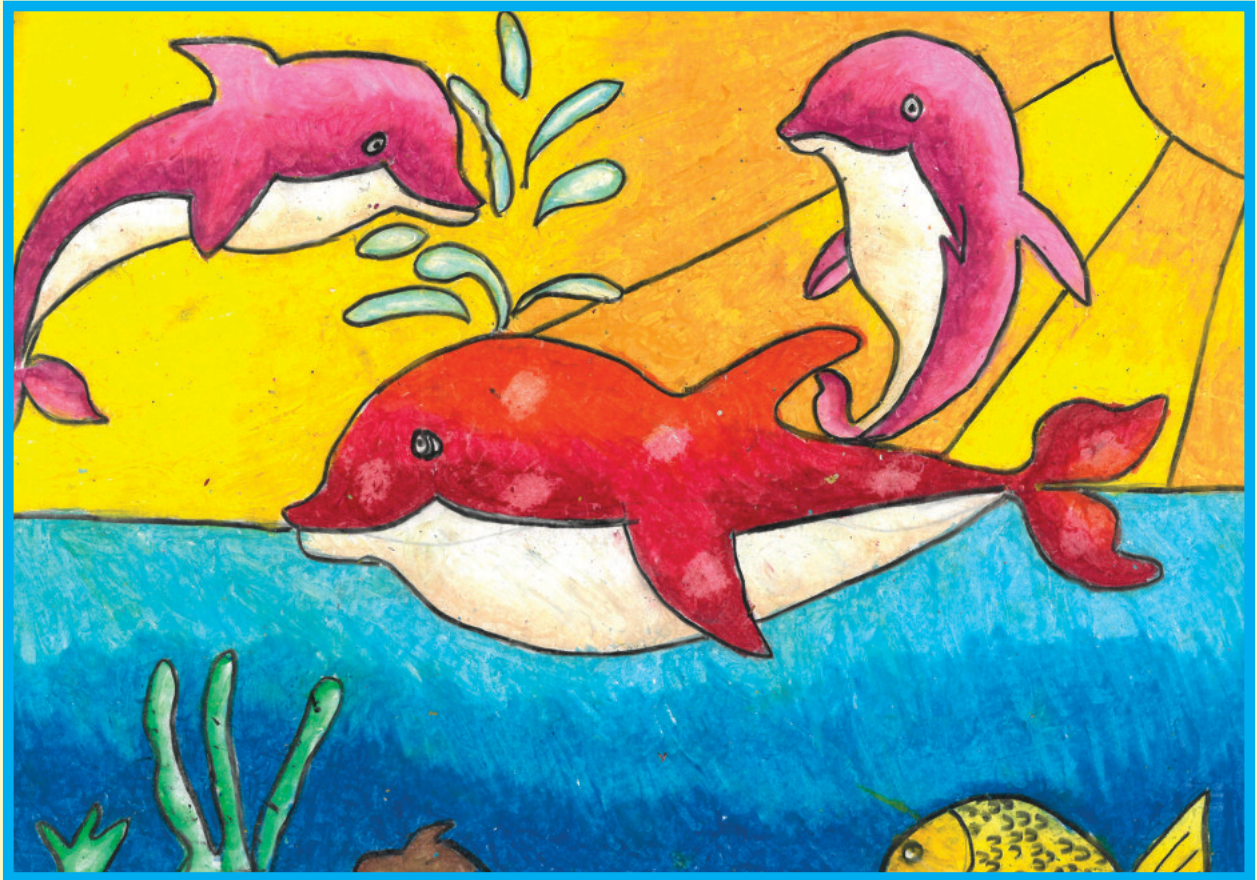
नाम - वेदिका
कक्षा - छट्टी ए
उम्र - 10 साल



Name: Shreya Singh Class : VIII-B



Name: Pavan Class : IX



Name: Shreya Singh Class : VIII-B



Name: Sanu Class : VIII

आत्म-स्वीकृति ही सफलता की कुंजी है

जीवन में सफलता के नियम (रूल्स ऑफ़ लाइफ़) आत्मविश्वास या आत्म-स्वीकृति(सेल्फ़ एक्सेप्टेंस) :-

आत्मविश्वास से आशय 'स्वयं पर विश्वास एवं नियंत्रण' (बिलीव इन योरसेल्फ़) से है। दोस्तों हमारे जीवन में आत्मविश्वास का होना उतना ही आवश्यक है जितना किसी फूल (फ्लावर) में खुशबू (सुगंध) का होना, आत्मविश्वास के बगैर हमारी जिंदगी एक जिन्दा लाश के समान हो जाती है। कोई भी व्यक्ति कितना भी प्रतिभाशाली क्यों न हो वह आत्मविश्वास के बिना कुछ नहीं कर सकता। आत्मविश्वास ही सफलता की नींव है, आत्मविश्वास की कमी के कारण व्यक्ति अपने द्वारा किये गए कार्य पर संदेह करता है। आत्मविश्वास उसी व्यक्ति के पास होता है जो स्वयं से संतुष्ट होता है एवं जिसके पास दृढ़ निश्चय, कठिन मेहनत व लगन, साहस, वचनबद्धता आदि संस्कारों की सम्पत्ति होती है।



आत्म-स्वीकृति कैसे बढ़ाएं :- (हाउ टु इम्प्रूवसेल्फ़ एक्सेप्टेंस)

स्वयं पर विश्वास रखें लक्ष्य बनाएं एवं उन्हें पूरा करने के लिए वचनबद्ध रहें। जब आप अपने द्वारा बनाए गए लक्ष्य (गोल्स) को पूरा करते हैं तो यह आपके आत्मविश्वास (सेल्फ़ कॉन्फिडेंस) को कई गुना बढ़ा देता है।

खुश रहें (बी हैप्पी), खुद को प्रेरित करें (मोटिवेट योरसेल्फ़), असफलता (फेलियर) से दुखी न होकर उससे सीख लें क्योंकि 'एक्सपीरियंस हमेशाकार्य करने से ही आता है'

सकारात्मक सोचें (थिंक पॉजिटिव) , विनम्र रहें एवं दिन की शुरुआत किसी अच्छे कार्य से करें (स्टार्टिंग द डे विथ ए पॉजिटिव एटीट्यूड)।

इस दुनिया में नामुमकिन कुछ भी नहीं है 'नथिंग इस इम्पॉसिबल इन दिस वर्ल्ड' :- आत्मविश्वास का सबसे बड़ा दुश्मन किसी भी कार्य को करने में असफल होने का 'डर' (फियर ऑफ़ फेलियर) है एवं डर को हटाना है तो वह कार्य अवश्य करें जिससे आपको डर लगता है। डर के आगे जीत है।

सच बोलें, ईमानदार रहें, धूम्रपान न करें, प्रकृति से जुड़ें, अच्छे (गुड) कार्य करें ,

जरूरतमंद की मदद करें (बी हेल्पफुल) क्योंकि ऐसे कार्य आपको सकारात्मक शक्ति (पॉजिटिव पावर) देते हैं वही दूसरी ओर गलत कार्य एवं बुरी आदतें हमारे आत्मविश्वास को गिरा देती हैं।

वह कार्य करें जिसमें आपकी रुचि हो एवं कोशिश करें कि अपने करियर को उसी दिशा में आगे ले जाएं जिसमें आपकी रुचि हो।

वर्तमान में जिएं (लिव इन प्रेजेंट) , सकारात्मक सोचें (थिंक पॉजिटिव), अच्छे मित्र बनाएं, बच्चों से दोस्ती करें, आत्मचिंतन करें।

- कुलदीप कुमार

उत्तम नाविक (आर.ओ.)

तटरक्षक वायु निरीक्षण सेवा (मुंबई)

स्वयं में आनंद के अंगीकरण की अनुभूति

विवेचना

इस संसार में आज की भाग-दौड़ भरी ज़िंदगी से तनावग्रस्त प्रत्येक मानव खुशियों की तलाश में विभिन्न प्रकार के साधनों जैसे कि टेलीविजन, सिनेमा, थिएटर, खेल आदि का सहारा लेता है, परंतु वह फिर भी कुछ देर तक के लिए ही अथवा अस्थायी शांति ही प्राप्त कर पाता है पर थोड़ी देर बाद वही चिड़चिड़ापन ज़िंदगी में आ जाता है। आज विज्ञान ने बहुत प्रगति कर ली है। हम सहस्त्रों कोस दूर बैठे हुए भी सगे संबंधियों, मित्रगणों, परिवारजनों से दृश्यमान चलचित्रों के माध्यम से बात कर सकते हैं। सहस्त्रों कोस की दूरी भी चंद घंटों में हवाई यात्रा से की जा सकती है। वर्तमान में रहने के लिए झोंपड़ी से ईंट पत्थर के घर, पैदल यात्रा की जगह मोटर गाड़ी आदि सुख सुविधाएं उपलब्ध हो गई हैं। फिर भी मानव दुखी और चिंतित है। बड़े-बड़े शहरों में तो एक ही घर में रहकर भी परिवारजनों को एक साथ बैठकर वार्तालाप करने, मिलकर उत्सव मनाने का भी समय नहीं मिल पाता है। मनुष्य सबसे आगे बढ़ने की दौड़ में घर, अपने पड़ोसी के घर, मौहल्ले और मेरे अंदर क्या हो रहा है इस बारे में भी जान नहीं पाता है। मानव के पास केवल चिंता, डर, पीड़ा, अभाव, दुख और संबंधों का अभाव ही है।

कारण

इंसान आज एक मकान तो बनाता है पर उसे परिवार वाले मिलकर घर नहीं बना पाते हैं। इंसान की अधिकता की इच्छापूर्ति न होने पर वो लगातार बोझिल होकर, न थमने वाली दौड़ में लगातार दौड़ ही रहा है। वह जो उसके पास है उससे खुश न होकर, जो उसके पास नहीं है उसके लिए केवल प्रयत्नशील है। ज़िंदगी में परिवार से ज्यादा महत्व पदार्थों का है। आदमी पदार्थ जैसा होना चाहता है आदमी जैसा नहीं। जीवन एक मशीन जैसा हो गया है। क्या यही ज़िंदगी है? क्या यही आनंद की प्राप्ति है? इसी कारण से संबंध टूट जाते हैं और फिर ये ही विवाद का कारण बन जाते हैं, तत्पश्चात् ये ही कलह-उत्पत्ति का कारण बन मानव को अपनों से तोड़कर अकेला कर देते हैं। फिर मानव इस दुख से बचने और क्षणिक खुशी हेतु मदिरा, मादक पदार्थों का सेवन, व्यभिचार और अन्य अवांछित कृत्यों का सहारा लेता है जो केवल दुख ही देता है और कुछ नहीं।

फिर पुरुषों के इन कृत्यों से दुखी नारी पाखण्डियों के झांसे में आकर गृहस्थ के नाश का कारण बनती है क्योंकि आज की दुखी नारी पाखण्डियों की ओर तथा पुरुष नशे अथवा व्यभिचार की ओर भागते हैं। दुखी और सुख के इच्छुक (सुख की इच्छा रखने वाले) लोग अपने विवेक की आँख फोड़कर भागने की प्रतिस्पर्धा में पक्का भागते हैं।

सुखी होना हर कोई चाहता है पर सुखी रहने के सूत्र को कोई जानना नहीं चाहता है क्योंकि इसमें अपने विवेक को जगाना पड़ता है, स्वयं की बुद्धि का इस्तेमाल करना पड़ता है, मगर मन से हारा मानव केवल उस समय अंधविश्वास का सहारा लेता है। चाहे वह कितना भी पढ़ा-लिखा और किसी भी वर्ग का क्यों न हो?

उपाय

हर इंसान प्रतिदिन जीवनयापन हेतु काम करता है। शरीर के साथ वो मन को भी लगातार लगाए रखता है। वो कभी भी ये नहीं सोचता है कि तन के लिए अच्छा भोजन, कपड़ा, विटामिन्स, इत्र और नींद तो ले



ली पर मन को कोई भोजन, खुराक, आराम तो नहीं दिया । मन का भोजन क्या है ? मन का भोजन हैं- अच्छे विचार, अच्छा साहित्य, अच्छी संगत, सत्य की संगति आदि । सारे दिन में आधा घंटा चिंतन और स्वाध्याय करें । चिंतन और स्वाध्याय से आप जान सकते हैं कि अगर आपने कुछ बुरा बोला और बुरा किया है तो आप उससे माफी मांग सकते हैं । अपनी कमियों को दूर करके अपनी अच्छाई को बढ़ा सकते हैं । बुरे विचारों के उद्गम को रोक सकते हैं । जब तक शरीर के अलावा भी अन्य कुछ है ये बात नहीं समझेंगे तब तक स्वयं में आनंद की अनुभूति कभी अनुभव नहीं होगी । दैनिक कार्यों में जब तक चिंतन और स्वाध्याय न होगा जीवन में सूनापन

और अभावग्रस्तता खलेगी ।

अपने आसपास के हर मानव को सम्मान देना, बच्चों को प्यार से समझना और उनकी वांछनीय जरूरतों की पूर्ति करना, नारी की वांछनीय जरूरतों की पूर्ति करना, अपने पास के साधनों से संतुष्टि प्राप्त करना , अपने हर निजी साधन का सुनियोजित तरीके से इस्तेमाल करना और उसकी परख करना है, परिवार को समय देना और किसी अन्य के परिवार अथवा व्यक्ति को दुख न देना । हर मानव की आवश्यकताएं और जरूरतें अलग-अलग हैं इसलिए इनकी परिभाषा हर किसी के लिए अलग-अलग है, परंतु सार इस प्रकार है कि जीवन जीने के लिए पवित्रता, लालच में फँसकर कभी भी बिना हक की कमाई न करना एवं अस्तेय (चोरी न करना), मानव और प्रकृति से प्रेम और उनकी सहायता करना, ध्यान से बुद्धि और विवेक जागरण, अपनी वृत्तियों पर नियंत्रण, कार्यों को करने से पहले उनका आंकलन करना कि ये उचित है या अनुचित है, अपनी जिम्मेदारियों को निभाना, अपनी गलतियों से सीखना और उन्हें स्वीकार करना आवश्यक है ।

निष्कर्ष

आनंद कहीं बाहर खोजने की जरूरत नहीं है । आनंद तो हमारे अंदर है और जीवन जीने की एक कला है । आनंद का अनुभव हर समय है परंतु खुशी केवल थोड़े समय के लिए या अस्थायी है । खुशी कई बार गलत कार्यों से भी मिल सकती है जैसे कि अगर किसी से मेरा बैर है और उसका कोई काम मेरे पास आ गया तो मैं उसे उलझा कर रख देता हूँ जिससे उसे मानसिक और आर्थिक समस्या का सामना करना पड़े, क्या पता उसके परिवार की समस्या और भी बढ़ जाए ? यह क्षणिक खुशी मेरा चित्त, मेरे कर्म खराब करने में समर्थ है । इससे ही मेरे संस्कार भी प्रभावित होंगे ।

स्वयं में आनंद के अंगीकरण की अनुभूति तब तक नहीं हो सकती जब तक स्वयं को शरीर से अलग नहीं मान लेंगे क्योंकि शरीर, मन, संस्कार सब अलग-अलग हैं परंतु एक साथ रहते हैं । स्वयं में आनंद है । इसे पाने के लिए प्रतिदिन समय-समय पर चित्त की वासनाओं को अवरोधित करना पड़ेगा और चित्त को उचित कर्मों के लिए प्रेरित करना होगा ।

- अनिल कुमार
प्रधान नाविक (संचार)
त.र. अवरस्थान बेपुर

मुझे गर्व है भारतीय तटरक्षक पर

इस धरती के अखंड जल पर
है जिसके तेज का प्रमाण।
वीरों की उस कर्मभूमि को
है सत् सत् सत् मेरा प्रणाम।
वीरगाथा वो नदियां सारी
हैं जिनकी लहरें करती व्याख्यान
मैं एक सैनिक हूं भारत का
है भारतीय तटरक्षक इसकी शान ॥

जब अपना अभिमान लिए
मानवता पर अपमान लिए
पथ भूल चुका था गाजी
तब भारत की शान बनकर
दुश्मन की छाती पर चढ़कर
जो मार गया था बागी,
तटरक्षक की आन है,
जो है भारत का पूत
सशस्त्र सम्राट अडिग भारतीय तटरक्षक
जो है निर्भय जो है निडर।
मुझे गर्व है इस तटरक्षक पर।
मुझे गर्व है भारतीय तटरक्षक पर ॥

- सतेंद्र कुमार
नाविक (आर पी)
जिला मुख्यालय -4



हम भारत के हैं तटरक्षक

सूर्य उगने से हम जाग जाते
नित काम में हम लग जाते
बाँध कफन निज शिशों पे
हम आए हैं घर को तज करके
सँभल के रहना तू ए भक्षक
हम भारत के हैं तटरक्षक

रहें गतिमान जलधि में जलयान जहाँ
हरदम खड़े हम सीना तान वहाँ
'HANDS CALL' से 'PIPEDOWN' तक
वतन के लिए हैं नतमस्तक
सँभल के रहना तू ए भक्षक
हम भारत के हैं तटरक्षक

लहू से तिरंगे का है मान बढ़ाना
आज भारत माँ के लिए कुछ है कर जाना
कर रहे हैं तुझे खबरदार
हम शूर, प्रहरी और पहरेदार
सँभल के रहना तू ए भक्षक
हम भारत के हैं तटरक्षक

ताकत हमारी
और साथ हैं मात-पिता व संतानें
हम माने इनको अपनी दुनिया
इस बात पे सब सीना तानें
सँभल के रहना तू ए भक्षक
हम भारत के हैं तटरक्षक



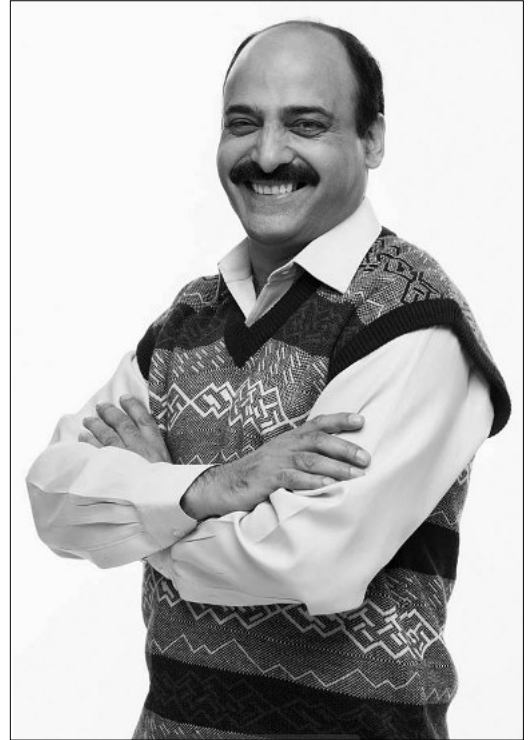
- विश्वजीत
उत्तम नाविक (आर पी)

‘खुश हूँ’

जिंदगी है छोटी, हर पल में खुश हूँ
काम में खुश हूँ, आराम में खुश हूँ
आज पनीर नहीं, दाल में ही खुश हूँ
आज गाड़ी नहीं, पैदल ही खुश हूँ ।।

आज कोई नाराज है, उसके इस अंदाज से ही खुश हूँ
जिसको देख नहीं सकता, उसकी आवाज से ही खुश हूँ
जिसको पा नहीं सकता, उसको सोच कर ही खुश हूँ
बीता हुआ कल जा चुका है, उसकी मीठी याद में ही खुश हूँ
आने वाला कल का पता नहीं, इंतजार में ही खुश हूँ ।।

हँसता हुआ बीत रहा है पल, आज मैं ही खुश हूँ
जिंदगी है छोटी, हर पल में खुश हूँ
अगर दिल को छुआ, तो जवाब देना
वरना बिना जवाब के ही खुश हूँ ।।



- धर्मेन्द्र कुमार, अवर श्रेणी लिपिक
गोपनीय प्रतिवेदन शाखा, नाविक ब्यूरो

सतत् प्रयास/ अनवरत प्रयास

खुशियों को हर कोई बाँट लेता है
पर किसी के गम को बांटना आसान नहीं होता।
किसी जरूरतमंद की मदद करना इंसानियत है
ये किसी पर कोई एहसान नहीं होता।।

परिदे भी लौट आते हैं आखिर में अपने बसेरे की ओर
पर कई इंसान ऐसे भी हैं जिनका कोई मकान नहीं होता।
एक बच्चा सड़क के किनारे बैठ कुछ सोच रहा था
क्या गरीब बच्चों के दिल में कोई अरमान नहीं होता।।

ये बात सच है के हर एक का अपना अपना नसीब है
पर क्या कमजोर लोगों को देख मन कभी शर्मिदा नहीं होता।
आज के दौर में गरीबी से बड़ी कोई सजा नहीं
काश ऐसा हो के गरीबी का ही कोई नाम-निशान नहीं होता।।



— विपिन कुमार, आशुलिपिक हिंदी
भा.त.क्षे.(उ.प.), गांधीनगर



अपना गुरुर

तजुर्बे के मुताबिक खुद को ढाल लेती हूँ,
कोई प्यार जताए तो खुद को संभाल लेती हूँ।
नहीं करती थप्पड़ के बाद, दूसरा गाल आगे,
खंजर खींचे कोई, तो तलवार निकाल लेती हूँ।
वक्त था सांप का तस्सवुर डरा देता था,
अब एक-आध मैं आस्तीन में पाल लेती हूँ।
मुझे फाँसने की कहीं साजिश तो नहीं,
हर मुस्कान ठीक से जाँच पड़ताल लेती हूँ।
बहुत जला चुकी उंगलियाँ, मैंने पराई आग में,
अब झगड़े में कोई बुलाए, तो टाल देती हूँ।
सहेज के रखा था दिल, जब शीशे का था,
पत्थर का हो चुका अब, मजे से उछाल लेती हूँ।
तजुर्बे के मुताबिक खुद को ढाल लेती हूँ।।



- सरोज यादव
पत्नी हौशिला यादव
उत्तम नाविक (ए.ई.), दमण

भंवर में सही

भँवर में सही कश्ती को मोड़कर तो देखो
बारिश में पैर जमीं पे गड़ाकर तो देखो
कुछ भी है मुमकिन अगर ठान लें हम सब
हाँथ समानता की ओर बढ़ाकर तो देखो
भेदभाव खत्मकर अब अपनी बेटी को
शिक्षा के शिखर पर चढ़ाकर तो देखो
हुनर है इनमे दुनियाँ को बदलने का
बेटियों को बेटों-सा पढ़ाकर तो देखो
हैं इनमे सुनीता और कल्पना-सी उड़ान
इनके पंखो को फड़ फड़ाकर तो देखो।।



— एन एस एस रेड्डी
अधिकारी
भारतीय तटरक्षक अवस्थान जखाऊ

CGWWA acknowledges the fine contributions made by artists who forwarded following designs for cover page



Prerana Sarkar
D/o RP Sarkar, PSE(SW)
CGRPT (PDP)



Mini Ravi Kumar
D/o R Ravi Kumar, P/Adh (RP)
CGRHQ (NE)



S/o Anupam Roy, Adh (ME)
CGRHQ (NE)



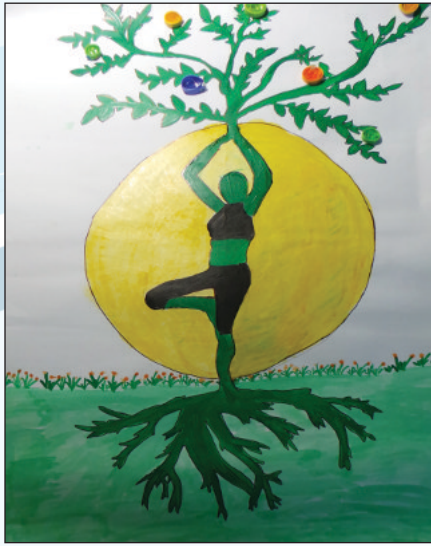
S/o Anupam Roy, Adh (ME)
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BUVIK



Chhaya Tundwal
D/o Comdt Suresh Kumar
Dte of Ship Acquisition, CGHQ



Akaanksha
D/o Manoj Kumar, U/Nvk(AL)
700 SQN (CG)



Asst Comdt Nishant Kranti
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ICGS Daman



Sebin Bony
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Miss Bharti
D/o P Singh, U/Adh(QA)
ICGS Rajdhwaj



AK Rai, Navik (QA)
ICGS Ratnagiri

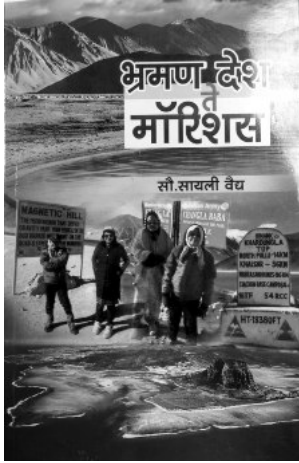


Rahul AR, Navik (RP)
ICGS Raziya Sultana

CREATIVE INSPIRATION

Mrs. Sayali Vaidya W/o DIG SK Vaidya

Today ladies of Tatrakshika are making their presence felt in every walk of life, be it welfare, outreach or even penning down a book. Mrs. Sayali Vaidya has been in the field of writing since last many years. Her two books (in Marathi), one is Travel book and another is Poem book, were released on 18 August 2018 at Sahitya Akademi, New Delhi. Dr Narendra Jadhav, famous economist and Member of Parliament was the chief guest. Also Air Marshal (Retired) Ajit Bhonsle, AVSM, VSM, Member UPSC, Dr Dnyaneshwar Mulay, IFS Secretary (CPV & OIA), Ministry of External Affairs, Dr. Aruna Limaye Sharma, IAS, Secretary Ministry of Steel and Dr. Priyanka Prakash, Bollywood actress and chairman Nisha foundation were present for the book release function.



besides being remarkable repository of key information on people and places of interest.

Darval is a poem book. In that book she has written large number of various kind of poems which are Mrs Sayali Vaidya's flow of self emotions on the paper with which a common person can very well relate to. It's her great achievement and we feel proud that she is one among us.



We, the family of Tatrakshika, wish Mrs. Sayali Vaidya all the very best in all her future endeavours.

OUR YOUNG ACHIEVER

Aditya Pattanaik S/o Comdt SNM Pattanaik

Aditya Pattanaik son of Commandant SNM Pattanaik and Reshmi Pattanaik, a class 8 student of Kendriya Vidyalaya, Sector -24, NOIDA have brought laurels to his school by winning the bronze medal in Archery at the 49th KVS National games held at Bhubaneswar during Jul 2018. He got this medal in 50m FITA round in Recurve Archery event. The young archer has been pursuing the game since 2016 and it is a great achievement by him.



Aditya you have made us proud!!! We all Tatrakshikas wish you may achieve higher laurels in your future endeavors. All the best dear!!!

Gayatri Manish Kumar

W/o Commandant Manish Kumar

My root hails from Uttarakhand but I was born and raised in Delhi. I have completed my graduation in B.Com(Hons) from Delhi University. Being brought up in a culturally and musically inclined family, I also had great interest in writing from the time I can remember. I started with writing for school plays, debate, magazine, etc.

I worked with Wipro for three years until marriage to a Coast Guard officer and having kids early on changed my priority. But writing was always part of me and I actively started writing for newsletters in Okha as Editor. Being part of CGWWA helped me nurture my dream of writing, as I wrote skits for CGWWA Milans. Soon I found myself delivering motivational speech for exercises (while we were posted in Mumbai) and doing honours as Master of Ceremony where I fulfilled my passion for writing by penning my own script. I always enjoyed good humour and wit, and noticed how my one-liners never failed to earn good laugh. That's when I decided to make it a proper career.



Fortunately, my both sisters are part of the TV industry; it helped me to meet the right people. I started assisting Mr Raghubir Shekhavata renowned Senior TV writer for hit shows like Baalika Badhu, Diya aur Baati, Bhutu and presently writing Kasauti Zindagi Ki fame. Under his guidance, I started my fledgling career as Assistant Dialogue writer for **MAY I COME IN MADAM** on **Life Ok** channel. I wrote the storylines for **MAY I COME IN MADAM** (Life Ok Channel) & **KAAL BHAIRAV** (on &TV) which was a thriller. I also wrote a few episodes of **Bhabhiji Ghar Pe Hain** as an Assistant story writer.

Presently, I am writing **JIJAJI CHHAT PER HAI** on **SAB TV** as **Assistant Dialogue and Co-Story writer**. On 28 Oct 2018, **JIJAJI CHHAT PER HAI** has been awarded by **Indian Telly**

Award (ITA) 2018 in the category of **Best dialogue for Comedy**. This is my first ever award.

So far, I am the only woman writer in TV industry in the comedy segment. I am trying to balance between my family and my passion. I realise that it's never too late to pursue your passion while enjoying life in Coast Guard family and CGWWA.

GRACE & GLAMOUR

This year, I have undergone a special experience which I would like to share with you all through this platform. Being in armed forces and representing my country in uniform, I had always wondered, what it would be to take part in a beauty pageant and I always wanted to experience this side of life too.

It was this curiosity that brought me to the door step of “Mrs India Queen of Substance 2018” contest.

Before the final pageant there were a series of task which each finalist had to perform. The first one was to introduce yourself in a short and crisp video lasting not more than a minute. This contest is not just a beauty pageant but its purpose is also to make people more aware and responsible towards society. That is why as a task all contestants were required to show their compassion and their



responsibility towards society in a way they wish to. I choose to visit an Orphanage for visually challenged children in my locality. Spending a day with them made me learn so many new things and the most important of them was that we in our fast life forget to be happy.

After getting such an opportunity the next task was how much far you can spread this message of social responsibility and bring about a change in society. So I started a fund raiser for specially abled children and women's aid. With my effort I was able to connect a large number of people with this campaign. In my this endeavour my service also showed full support as much of the contribution was from my service officers and they even took the message further ahead.

The final pageant was held at ITC welcome Hotel, Dwarka, New Delhi from 11th to 13th April. These three days were also very exciting and at the same time were grilling and demanding as there were a series of competition rounds lined up each day which included Business Interview round, Talent round, Fitness round and a surprise General awareness and IQ written test. Being in service again helped me a lot as I was up to date on most of the topics. In the talent round I performed a ribbon dance which was appreciated by all. There was a fitness round in which we did yoga asanas and also showcased our fitness on the ramp. I practiced hoola hoop around the waist through you tube for 15 days before the contest and performed it in this round while walking the the ramp showcasing the fitness, versatility and talent of the people in Armed forces. It was the eye catcher of the entire round.

The grand finale was on 13th April 18, which was attended by the family members. For me it was even more special as Coast Guard HQs Fraternity also attended the event which boosted my motivation level. The grand finale started with a introduction walk by all the finalists on the theme song of Mrs India. It was followed by a traditional round in which I displayed the national bird and the national flag in a traditional outfit.

The culmination of the finale was with a question answer round , in which I was asked a very interesting question that " if I become God for a minute what I would like to do ?". To which I answered that I would like to remove corruption from the mindset of people which would itself become a solution for most of the problems that we are facing today. Along with me all the contestants also participated with high spirits and the competition was quite challenging. Finally came the moment of result and with the grace of god I was crowned as Mrs India Face of North.

I believe that this journey of Mrs India has made me a better person and one thing is for sure, that this journey would not have been possible if I would not have had the support of my service. I ensured that my participation in this event did not affect my work and other responsibilities. To achieve that I practiced hard for competition after my working hours. For me to accomplish this, required a great amount of understanding and support from my superiors and for that I would like to thank everyone. I also feel satisfied that I was able to portray my service in the most befitting manner to the world outside. That there is no richer possession than your efforts being recognised and for that I would like to specially convey my gratitude to President Tatrakshika and the Tatrakshikas for acknowledging my accomplishment and also giving me this platform to share my story.

Meritorious Awardees for Academic Excellence 2017-18

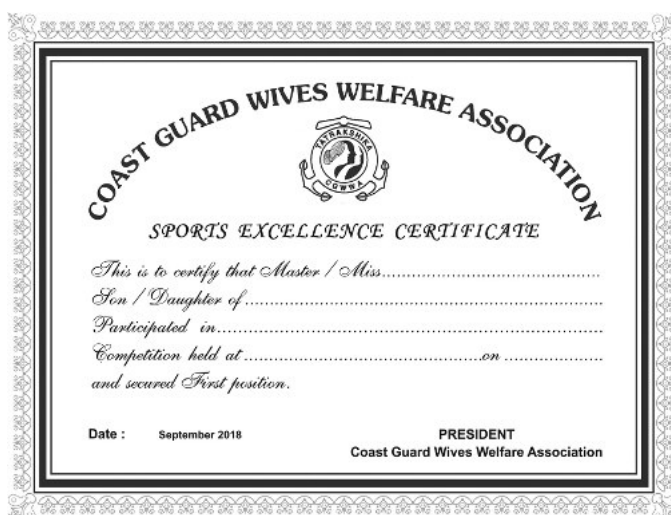
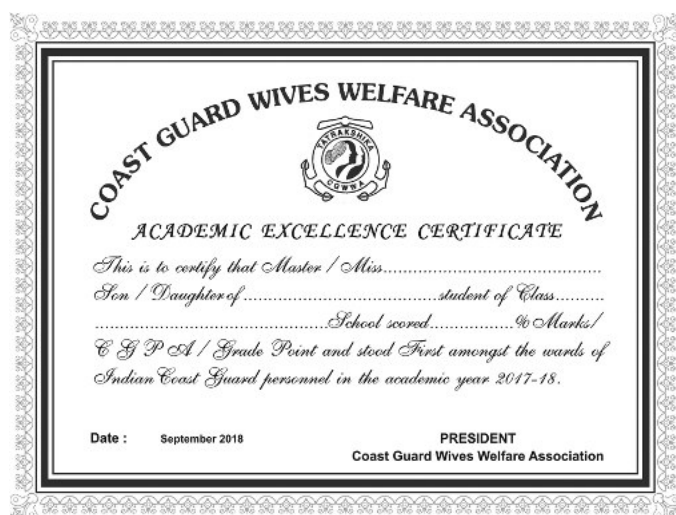
Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
<u>COAST GUARD HEADQUARTERS, NEW DELHI</u>				Amisha Kaushal	Harnek Singh, P/Adh	XII	CGASD Goa
Harsh Kumar Jha	Sanjay Kumar, P/Adh	VIII	D(Adm)/CGBA	Sumedha Rana	Dilbag Rana, P/Adh	VIII	ICGS Kochi
Rahul Jaswal	Anand Kumar, Adh	VIII	D(Pers)/JD(EP)	Deepak Parimanik	Gundicha Parimanik, Adh	VIII	ICGS Kochi
Ankita Yadav	Vikram Singh, U/Adh	VIII	D(Infra)/ICGAP	Meenakshi Ramesh	Asst Comdt MV Ramesh	VIII	ICGS Samar
Prince Sharma	Chhabil Chand, P/Adh	VIII	D(TS)	Sebin Bony	Asst Comdt KV Bonymon	VIII	ICGS Sarathi
Muskan Yadav	Ishwar Singh, P/Nvk	VIII	DG Sectt.	Prapti Biswas	Probir Biswas, U/Adh	VIII	ICGS Kochi
Jyoti Rana	Narender Rana, P/Adh	IX	D(Int & ASNC)	Ritesh Pradhan	RK Pradhan, USE	IX	747 SQN(CG)
Anupama Yadav	Ravinder Kumar, P/Nvk	IX	ICGS(D)/CGOM	Sagar Mankoti	Ishwar Singh, Adh	IX	Kochi Chetak Flight
Aarti Rana	Narender Rana, P/Adh	X	D(Int & ASNC)	Anwesha Halder	Asit Kumar Halder, PSE	IX	ICGS Kochi
Anushka Dharan	Comdt Ravindra Kumar	X	D(Pers)/JD(EP)	Mayank Gupta	SK Gupta, P/Adh	IX	ICGS Samar
Yash Kumar	Ravinder Kumar, P/Nvk	X	ICGS(D)/CGOM	Nishant Dwivedi	SS Dwivedi, Adh	IX	ICGS Samar
Om Tripathi	AN Tripathi, P/Adh	XI	ICGS(D)	Niswa Biswas	Nitya Ranjan Biswas, Adh	IX	ICGS Samar
Nitin Sharma	Sanjay Sharma, P/Adh	XII	D(Pers)	Varada Menon	Dy Comdt KS Unnikrishnan	IX	CGRPT Kochi
Komal	Sneh Kumar Yadav, P/Adh	XII	D(AM)	Aditya Deepak Kumar	DIG KR Deepak Kumar	X	CGTC Kochi
Manya Sahni	DIG Sudhir Sahni,	XII	D(Mat) PD(Material)	Navya Sharma	Comdt Neeraj Sharma	X	747 SQN(CG) Kochi
<u>RHQ (WEST), MUMBAI</u>				Ria Satish	DIG Satish Kumar	X	CGAE Kochi
Ananya Singh	Ajeet Kumr Singh, Adh	VIII	BUVIK	Ashish Sonker	AK Sonker, P/Nvk	X	747 SQN(CG) Kochi
Aditya Pal	Asit Pal, P/Adh	X	ICGS Samudra Prahari	A B Akhila	MJ Anand, P/Adh	X	ICGS Samar
Vivegapriya K	Kannabiran, P/Adh	X	BUVIK	Piyush Mishra	Comdt Rajeev Mishra	X	CGRPT Kochi
Srenath SB	S Balasubramanian, U/Adh	X	ICGS Sangram	Neharika Thakur	PC Thakur, P/Adh	X	ICGS Sarathi
Omesh Shukla	Dy Comdt JP Shukla	X	ICGS Vijit	Francis Martin	Matrine Joseph, Adh	XI	747 SQN(CG)
Ogrima Mukherjee	Capt S Mukherjee	X	842 SQN(CG)	Prabhat Rao	Tribhuvan, U/Adh	XI	ICGS Kochi
Sakshi	Karan Singh, P/Adh	X	CGRDRT(MBI)	A Shrikant	M Arvasu, PSE	XII	ICGS Samar
Esha Sharma	SK Sharma, P/Adh	X	ICGS Sankalp	Akshyata Kirtania	Amal Kirtania, Adh	XII	ICGS Sarathi
Sachin Yadav	Ramsharan Yadav, P/Adh	XII	ICGS Samudra Prahari	Rheva Francis	Comdt Francis Paul	VIII	ICGS Beypore
Rohit Pal	Asst Comdt Rajes Pal	XII	ICGAS Daman	S Akhilesh	G Suresh, PSE	X	ICGS Vizhinjam
Ayshee Dhar	Amalendu Dhar, TM, PSE	VIII	ICGAE(Goa)	Komal Bharti	Mahesh Kumar, Adh	VIII	ICGS Amartya
Saransh Tyagi	Anjul Kumar, U/Adh	IX	ICGS Goa	Aditi Naithani	Durga Prasad, PSE	X	ICGS K' Gandhi
Tanisha Agrawal	DIG Pankaj Agrawal	IX	ICGS Samarth	Nikita Singh	Indal Singh, PSE	XI	ICGS Vikram
Nikhil Chauhan	DS Chauhan, P/Adh	IX	ICGS Samarth	Atul Kumar Maurya	Ajay Prakash Maurya, P/Nvk	XII	74 ACV SQN
Arjun KR	KP Ramachandran, P/Adh	X	CGRPT Goa	Rashmi Priya	LK Hariom, U/Adh	XII	ICGS(NML)
Shivam Bhushan	Comdt Shashi Bhushan	X	CGAIS Goa	Aarav Giri	Comdt N Giri	VIII	CGAOT(BGL)
Ayush Yadav	Gajraj Yadav, U/Adh	XII	CGRPT Goa	Atreyee Mohesh	Trilokesh Mohesh, P/Adh	XII	CGAOT (BGL)

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
<u>RHQ (NORTH EAST), KOLKATA</u>				Alugolu Jyothsna	AN Rao, U/Adh	XI	ICGS Samudra Paheredar
Anishka Sarkar	S Sarkar, U/Adh	VIII	ICGS(KOL)	Nishit Mishra	DIG PK Mishra	XI	ICGS Samudra Paheredar
Sujay Karmakar	S Karmakar, P/Adh	IX	CGRHQ(NE)	BVS Chinmayee	BVJ Kumar, PSE	XI	CGWO, Vizag
Pallavi	Doulappa, PSE	IX	CGRHQ(NE)	Rajat Sharma	Sanjay Kumar, P/Adh	XII	ICGS Atulya
Chakraborty Soumodeep	S Chakraborty, P/Adh	X	CGRHQ(NE)	Tarana	Md Nasiruddin, P/Adh	XII	ICGS Samudra Paheredar
Rituparna Halder	RK Halder, PSE	X	CGRHQ(NE)	Yugesh Priyan	E Manikandan, PSE	VIII	CGAIS(CHN)
<u>RHQ (NORTH WEST), GANDHINAGAR</u>				Anusree P	Ramesan P, P/Adh	VIII	CGRHQ(E)
Shreya Kabodula	Comdt GS Kabodula	IX	CGRHQ(NW)	Anish Chhikkara	Dalbir Singh, Adh	IX	744 SQN(CG)
Sahil Grover	TR Grover, USE	X	CGRHQ(NW)	Vishal Kumar Yadav	Janardan Singh Yadav, PSE	IX	744 SQN(CG)
Chehak Chand	Tarachand, P/Adh	IX	ICGAE(PBD)	Agamjeet Singh	Comdt Ranbir Singh	X	CGRPT (CHN)
Gloria Geejo	Antony Geejo PP, P/Adh	XI	ICGAE(PBD)	Gladwin I	SI Raj, P/Adh	X	ICGS Sarang
Khushboo Yadav	Ratan Singh Yadav, P/Adh	XI	ICGAE(PBD)	Ankita Tekur	DIG T Sashi Kumar	X	CGRHQ(E)
Atharv Singh	Dy Comdt RK Singh	XII	850 SQN(CG)	Vaibhav Vasudev	DK Mishra, P/Adh	X	ICGS Sagar
<u>RHQ (EAST), CHENNAI</u>				Milna C Francis	CO Francis, P/Adh	XI	CGRHQ(E)
Hemanth Kumar Behera	MK Behera, P/Adh	VIII	Vizag Chetak Flight	Akriti Bharti	Vimal Kishore, P/Adh	XI	CGRHQ(E)
Aayushi Pal	PK Pal, Adh	VIII	CGWO, Vizag	Anisha Singhal	DK Singhal, PSE	XI	CGRHQ(E)
Asmi Khan	DIG Anwar Khan	VIII	CGWO, Vizag	Sachin Kumar	Jeetendra Kumar, Adh	XII	MRCC(CHN)
Anjali	Rakesh Kumar, U/Adh	VIII	ICGS Shaunak	Bhumesh Sharma	Ravi Kumar Sharma, P/Nvk	XII	CGRHQ(E)
Vutukuri Vinay Mohan	Asst Comdt VVNVV Prasad	IX	ICGS Samudra Paheredar	Ananya Sajwan	Comdt TS Sajwan	XII	CGRHQ(E)
Anjali Maurya	Surya Kant Maurya, PSE	IX	ICGS Vighraha	Sadurthika G	Ganesan R, P/Adh	VIII	ICGS Mandapam
Abhishek Sharma	Sanjay Kumar, P/Adh	IX	ICGS Atulya	Jitavari VA	Dy Comdt Veeramani U	VIII	ICGS Karaikal
B V Aditya Kumar	BVJ Kumar, PSE	IX	CGWO Vizag	AS Aiswarya	Comdt K Ajay	VIII	ICGS Puducherry
Akanksha	PC Gupta, P/Adh	IX	ICGS Samudra Paheredar	Sneha AS	Comdt K Ajay	XI	ICGS Puducherry
Abhinav Kumar	Mahesh Chandra, PSE	IX	ICGS Rani Rashmoni	Nishant Kumar Bhardwaj	Sunil Kumar, P/Adh	XII	ICGS Puducherry
Sanskaar Shrivastava	DIG Bibhuti Ranjan	X	ICGS Shaunak	<u>RHQ (ANDAMAN & NICOBAR), PORT BLAIR</u>			
Rahul Kumar	AK Satyarthi, PSE	X	ICGS Atulya	Sreenidhi N	Sreekantan G, P/Adh	VIII	ICGS Rajveer
A Divya Lalitha	ASRK Prasad, Adh	XI	Vizag Chetak Flight	Anish Sharma	Pawan Kumar, U/Adh	VIII	ICGS Port Blair
				Harshini A	Anand J, P/Adh	X	CGAE(PBR)
				Sanskriti Chaudhary	Asst Comdt Yashpal	XI	ICGS Vishwast
				Yash Balkrishna Paste	Dy Comdt BD Paste	XII	ICGS Vishwast
				Urvashi	Shamsher Singh, P/Adh	XII	ICGS Vijit
				Veeranjan Chamoli	DIG Vinod Chamoli	XII	CGRHQ(A&N)
				Akanksha Tomar	APS Tomar, P/Adh	XII	ICGS(PBR)

Best In Sports/ Extra Curricular Activities
(State/ National Level) 2017-18

Name	Daughter/Son of	STD	Present Unit	Sports/ Championship	Position
RHQ(WEST)	Kuldeep Kumar, U/Nvk	VIII	CGAIS(MBI)	Judo(U-14)/ KVS Regional Sports Meet - 2017	First
Hiten					
Sampada Mishra	SK Mishra, U/Adh	XI	DHQ-4	Handball (U-19)/ Ernakulam Regional Level Sports Competition 2017-18	First
Harsh Singh	VK Singh, U/Adh	VIII	DHQ-4	Kabaddi (U-14) Boys/ Ernakulam Cluster Level Sports Competition 2017-18	First
				Kabaddi (U-14) Boys/ Ernakulam Regional Level Sports Competition 2017-18	Second
Sabrina Hehar	Comdt Gulwinder Singh	IX	75 ACV SQN	Female Brown Belt 12 to 14 Yrs./ 35th Budokan Karate-Do India National Karate Championship - 2017	Second
Ayush Raghav	SK Raghav, P/Adh	IX	800 SQN (CG)	1000 meter relay Race/ 50th State Level Athletic Championship 2017	Third
Eshwar Siddharth	MS Rao, PSE		CGRPT (Goa)	Shot Put (U-14)/ 50th State Level Athletic Championship 2017	Second
Ujjwal Bhatia	S Chand, P/Nvk	X	ICGS Goa	Rope Skipping Speed 30 Sec (U-17)/ KVS Regional Sports Meet - 2017	First
				Rope Skipping (U-17) Team Free Style/ KVS Regional Sports Meet - 2017	First
				Rope Skipping (U-17) Speed Relay/ KVS Regional Sports Meet - 2017	First
				Rope Skipping Speed Sprint 30 Sec, Speed Relay Single Rope Team Free Style (U-17), 48th KVS National Sports Meet (Boys) - 2017	Third in all events
				Rope Skipping Speed 30 Sec (U-17) Boys/ Goa State Level Rope Skipping Championship	First
				Rope Skipping Speed Relay 4X30 Sec (U-17) Boys - Goa State Level Rope Skipping Championship	First
RHQ(NE)	DM Bhatnagar, U/Adh	VIII	ICGS Kolkata	Karate Kata Category/ 3rd International Open Karate Championship 2017	Third
Devanshu Bhatnagar					
Chinni Prem Mudit	Dy Comdt CR Babu		700 SQN (CG)	(i) Air Rifle Peep Sight Youth Men IND (ii) Air Rifle Peep Sight Junior Men IND/ District Level Shooting Championship 2017	First & Second
RHQ(NW)	Comdt Sumit Pant	III	ROC, (GDN)	Karate Yellow to Bronze Belt (U-8)/ Gujarat State Wado-Kai-Karate Championship 2017	Second
Shashwat S Pant					

Name	Daughter/Son of	STD	Present Unit	Sports/ Championship	Position
Samridhi Srivastava	Purushotam Kumar, Adh	VI	ICGAE(PBD)	Handball (U-14) / District Level Handball Championship - 2017	First
RHQ(E)	Comdt AKS Panwar		ICGS Nizam-patnam	Yatching 600 Mtrs /Inter University Yatching Championship	First
Abhimanyu Panwar					
Aashish Kumar	SN Prasad, Adh	VIII	CGAIS (CHN)	Football (U-14)/ KVS Regional Sports Meet - 2017 Football (U-14)/ KVS Cluster level Games - 2017	First First
RHQ(A & N)	KC Das, PSE	XI	CGAE(PBR)	Football (U-19)/ KVS Regional Sports Meet - 2017	First
C Nitin Rohit					



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Kalyan Kendra, Tatrakshak Vihar, Sector-23, Noida (UP) - 201 301
Tel. : 0120-2411002, Telefax : 011-23382497 E-mail : tatrakshika@gmail.com
Website : CGWWA sub-link is available at www.indiancoastguard.gov.in



CGWWA ACTIVITIES



