



Coast Guard Wives Welfare Association
North East Region

Mega Event Report 2018-2019



SWACHH BHARAT ABHIYAN AT KOLKATA

CGWA KOLKATA MEGA EVENT

SWACHH BHARAT ABHIYAN - "NO TO PLASTIC"

"So long as you do not take the broom and the bucket in your hands, you cannot make your towns and cities clean."



In order to commemorate "Swachh Bharat Abhiyan" with a theme "No to Plastic" the members of Tatrakshika Kolkata conducted a massive cleanliness campaign outside the premises of CGRA Manikatala on 02 Oct 18.

Banners and pamphlets depicting ill effects of plastic usage were prepared by Tatrakshika members in order to bring awareness amongst the masses. These pamphlets were distributed to commuters visiting Mani Square Mall, which is adjacent to CGRA, Manikatala. Also, people were briefed about importance of cleanliness and ill effects of usage of plastic. This campaign received overwhelming response from the public.

As a part of the Swachh Bharat Campaign, Tatrakshika members also visited nearby slum areas where approximately one hundred dwellers were explained the importance of cleanliness and demerits of plastic usage. They were enlightened about the benefits of throwing garbage in dustbins, and how this can help them in maintain a healthy environment, free from illness. Tatrakshika members also helped slum dwellers in cleaning up of their surrounding areas and made the area free from any garbage.

This event symbolised the existence of incredible ethos and co-ordination amongst the members of Tatrakshika Kolkata and their devotion towards national movement of "Swachh Bharat". The event was a great success. The same was highlighted by print media, an article covering the event was published in leading newspaper and twitted on social media.

It may be reiterated that "Swachha Bharat Abhiyan" is not a one-day mission rather it is a way of life and is to be made a legacy and passed on from generation to generation. Hence, members of Tatrakshikas visit adjacent localities regularly for ensuring implementation of Swachh Bharat Abhiyan which we were taught to the local populace during their earlier visits.

"One, who maintains cleanliness keeps away diseases" -Sam Veda



DEMONSTRATION ON MUSHROOM CULTIVATION AT CGRA MANIKTALA

MUSHROOM CULTIVATION

"From dead plant matter to nematodes to bacteria, never underestimate the cleverness of mushrooms to find new food!"--Paul Stamets

Nature is the repository of wealth. Its flora and fauna are the most bewitching. In the lap of nature high rising buildings, cacophony of city and city of joy called Kolkata wherein CGRA Manicktala engulfed with lush green ornamental trees and bloomed flowers; is growing larger and larger with each passing day.

Amidst such greenery campus, a maiden initiative was undertaken to cultivate a suitable vegetation which shall further beautify the environment and in turn reap dividend to residents with minimum investment. Thus with this sole objective, the idea came up and the attempt was made to focus in Mushroom cultivation with the guidance of President Tatrakshika (North East).

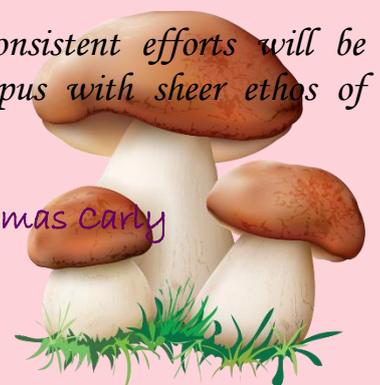
To accomplish this task in appropriate manner, the matter was pursued with Agriculture Department i.e "Vivekananda Shasya Shyamala Krishi Vigyan Kendra (KVK)", Arapanch, in 24 North Pargana District which is approximately 30 km far from CGRA, Manicktala. The Head of the Department (HoD) of University was approached by Mrs. Shakuntala Mishra (Environment Coordinator) by visiting their campus on 22 Sep 2018. Subsequent to their discussion, the HoD consented to assist Tatrakshika Kolkata and even agreed to send an expert Dr. Abhijeet Ghosal for guidance with all requisite materials on 12 Oct 18.

A grand meeting was arranged with the CGWWA members which was presided by President Tatrakshika (North East), Mrs. Nidhi Bargotra wherein Dr. Abhijeet Ghosal of Vivekananda Krishi Vigyan Kendra delivered a power point presentation on Mushroom plantation and demonstrated procedures and precautions to be kept in mind during its cultivation.

Thereafter the requisite materials such as mushroom spun, nylon ropes, straw, jute covers, plastic bags and water sprayer etc. were purchased. The initial preparation including tentage, rigging up the associated items were carried out ascertaining the correct procedures. Post sowing mushroom spun, regular water spraying was done as per prevailing weather in Kolkata. At length, within 03 months, the mushroom grew up and plantation added yet another feather in the crown of flowery environment in CGRA Manicktala. Subsequently the mushroom cultivation was carried out inside the premises of CGRA Manicktala and it became a great success.

It may be reiterated that in forthcoming season, the consistent efforts will be maintained to grow mushrooms of other varieties inside the campus with sheer ethos of CGWWA "Yes, We Can Do It".

"Nature alone is antique, and the oldest art a mushroom". --Thomas Carly





INTERACTION WITH SCHOOL STUDENTS AT KOLKATA

LITERACY ACTIVITY OF CGWWA



The Indian Coast Guard completes 42 glorious years of its service to the nation. In this journey we have strived to keep and live up to the traditions and commitment of Armed forces and Mariners alike. While celebrating this progression the role of the Coast Guard Wives Welfare Association has also been instrumental to contribute towards the growth of the service.

The CGWWA conducts itself in various capacities and one of which is activities in the direction of literacy. Literacy programs cater for encouragement of wards of Coast Guard personal in academic, sports and extra-curricular fields, on their personal development etc by organising classes, seminars scholarships programs etc.

During the CG Week activities emphasis is laid on going to different schools to educate the children about the service and make a career in the only Marine Armed force of the country. This year, in a similar approach Don Bosco Park Circus Kolkata was visited as part of Literacy Program during the CG Week celebrations. Don Bosco, is a Boys school has its branches not only in India but abroad also, in Kolkata there are two institutions and both are considered to be one of Kolkata's most prestigious educational institutions in the city. The Principal Rev Father Bikash Mandal was approached who was kind enough and keen to have given consent to give a presentation about Indian Coast Guard. The program was conducted on 18 Dec 2018 at the school auditorium. The attendees were student of class VIII to XII and the auditorium was packed to its full capacity.

The presentation was given by Asst Comdt Abhishiek Yadav. The officer held the student by inculcating an interest in an hour-long presentation with slides and their description in manner which kept the student engrossed. The presentation gave description from inception of the service in 1978, its role on the vast coast line of the country. The Maritime boundaries and reserves, impetus on the value of the reserves we have in our sea and oceans, a sea farers life and adventure as a mariner and most importantly, the pride one has in donning the white uniform to ensure Safer Sea, Safer Lives and Safer. The audience was made to understand that the vigil was not only on waters but also through the skies to keep check on intrusion in our territorial area, to check the foreign vessel carrying activities in our waters, the enormous wealth that the seas and oceans have for the benefit and growth of the country, aid to marines and safe guard life at sea, we also protect maritime environment, ecology and rare species as the prime task entrusted.

The Principal Father Bikash Mandal was present all throughout the presentation along with other member of his faculty. The President Tatrakshika (NE) Mrs. Nidhi Bagotra was also present with other committee members CGWWA and a gesture and tradition of the service Rev Father Bikash Mandal was facilitated after the events.



SWACHHTA ABHIYAAN AT PARADIP

CGWWA PARADIP MEGA EVENT

SWACHHTA ABHIYAN AT PARADIP SEA BEACH



Cleanliness has much importance in everyone's life. It is vital for a healthy body, mind and spirit. Every individual is taught the importance of cleanliness right from their childhood, especially at school. Teachers adopt various methods to teach students this important lesson by asking them to write speech on importance of cleanliness. Just like food, water, oxygen and other things are important for our existence, similarly cleanliness is also crucial for our healthy physical and mental makeup.

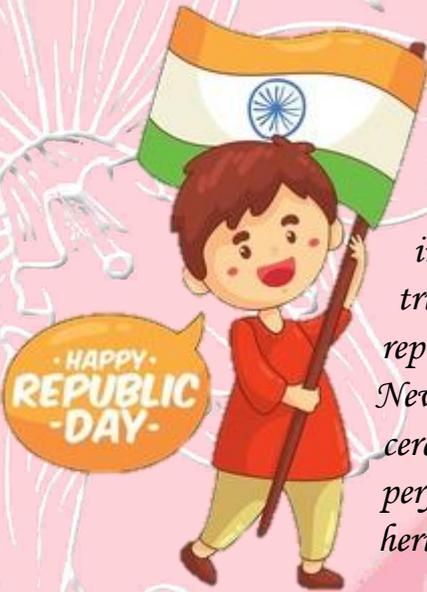
To accelerate the efforts to achieve universal sanitation coverage and to put focus on sanitation, the Prime Minister of India launched the Swachh Bharat Mission on 2nd October, 2014. The Mission Coordinator was given to be Secretary, Ministry of Drinking Water and Sanitation which aims to achieve Swachh Bharat by 2019, as a fitting tribute to the 150th Birth Anniversary of Mahatma Gandhi, which in rural areas shall mean improving the levels of cleanliness in rural areas through Solid and Liquid Waste Management activities and making Gram Panchayats Open Defecation Free, clean and sanitised. The core objectives of the Swachh Bharat Mission are to bring about an improvement in the general quality of life in the rural areas, by promoting cleanliness, hygiene and eliminating open defecation and to accelerate sanitation coverage in rural areas.

On the similar lines, massive clean ship campaign was conducted by CGWWA Paradip towards focus on cleanliness and awareness among people of rural villages at Paradip. Tatrakshika members of Paradip made all efforts and endeavours in order to contribute for this noble cause. These efforts of CGWWA Paradip inspired all Officers and men also to participate in the cleanliness drive. A special cleanliness drive was conducted in small villages situated near Paradip sea beach. Debris like plastics bottles, polythene bags were removed. Also importance about sanitation were taught to the local populates. Thereafter, the Paradip beach was cleaned by all Tatrakshika members this indeed was a very challenging & tedious job. But the untiring effort of the members of Tatrakshika Paradip was a great success.



REPUBLIC DAY CELEBRATION CGKG STUDENTS AT PARADIP

PARTICIPATION OF CGKG STUDENTS AT JAYDEV SADAN (26 JAN 19)



26th January is celebrated as the Republic Day of India. It was the day the Constitution of India, prepared by drafting committee headed by Dr. BR Ambedkar, came into force and replaced the existing Government of India Act, 1935. The Constitution was formed taking into consideration the ethnic communities, multiple religions, and regional tribes. Thus, completing the journey of becoming a sovereign democratic republic. The main Republic Day celebration is held in the national capital, New Delhi, at the Rajpath before the President of India. On this day, ceremonious parades take place at the throughout the country which are performed as a tribute to India; its unity in diversity and rich cultural heritage.

The 70th Republic Day was celebrated in CGKG School, Paradip with full zeal and enthusiasm. Comdt SK Mishra, Superintendent, CGRPT Paradip graced the occasion as Chief Guest along with Mrs. Alka Makwana, President Tatrakshika (Odisha) & Mrs. SK Mishra. A cultural event comprising of various group dances on patriotic songs, group singing etc. were organised by Paradip Port Trust at Jaydev Sadan. All tots of CGKG Paradip participated in the programme. This participation inculcated a spirit of patriotism in the children. This event lead a deep impression about the role of a nation plays in the children mind. The performances very spell bounded. The best dance group was awarded with prize and was appreciated by all the spectators.





BLOOD DONATION CAMP AT HALDIA

CGWA HALDIA MEGA EVENT

BLOOD DONATION CAMP ORGANISED (12 SEP 18)

Blood donation is a major concern to the society as donated blood is lifesaving for individuals who need it. Blood is scarce. There is a shortage to active blood donors to meet the need of increased blood demand. Blood donation as a therapeutic exercise. Globally, approximately 80 million units of blood are donated each year. One of the biggest challenges to blood safety particularly is accessing safe and adequate quantities of blood and blood products. Safe supply of blood and blood components is essential, to enable a wide range of critical care procedures to be carried out in hospitals.

Good knowledge about blood donation practices is not transforming in donating blood. Interactive awareness on blood donation should be organized to create awareness and opportunities for blood donation. Blood donation could be therefore recommended that voluntary blood donations as often as possible may be therapeutically beneficial to the donors in terms of thrombotic complications and efficient blood flow mechanisms. This is also a plus for blood donation campaigns.

A "Blood donation Camp" was organized for Thalassemia patients in Co-ordination with District Headquarters No.-08 and local Authorities to raise awareness of the need for "Safe Blood" and to thank the donors for their voluntary lifesaving gifts of blood.





COASTAL CLEAN UP DAY AT HALDIA

INTERNATIONAL COASTAL CLEAN UP DAY CELEBRATION (15 SEP 18)

Every year thousands of tons of garbage winds up in the oceans, with 60% of that being composed of plastic material. Plastics especially last a very long time in the ocean, and are in such abundance that there are 46,000 individual pieces of plastic litter for every square mile of ocean. Plastics are very hazardous to marine life, killing more than a million birds and over 100,000 seals, turtles, and whales, and an immense number of fish in our ocean. Coastal Cleanup Day encourages us to get out to our beaches and help to limit this problem by cleaning up the garbage that has washed up on shore, and that left by visitors every day.

Coastal Cleanup Day was established by the Ocean Conservancy, an organization that work to help protect the ocean from the challenges it faces every year. They serve as a voice for the ocean, speaking of the issues that aren't often represented through social networking, publicized updates, and challenges like asking your waitress to skip the straw for your drink, Efforts like that work towards a trash free ocean.

International Coastal Cleanup Day was organized at Nandigram village with the Moto "Swachh Sagar Abhiyan" by all members of Tatrakshika Haldia. The entire river bank along the where in Tree Plantation along with Coastal cleanup was done with villagers and school students. Recycle jute Bags were distributed to children and awareness lecture was given to the participants.

