

# Tatrakshika Sandesh



DELHI HEADQUARTERS

DECEMBER 2021



**MESSAGE FROM**  
**MRS NEELA PATHANIA**  
**PRESIDENT TATRAKSHIKA**  
**CGWWA**



As we have stepped into New Year with lots of new hopes, wishes, desires and look forward for new goals, I am delighted to wish the CGWWA family a Very Happy & Prosperous New Year 2022. CGWWA is known for its generous contribution, Espirit-de-Corps and enthusiasm. It is incredible that every member voluntarily contributes her precious time, genius and skills for improving the way of life within the Coast Guard community.

CGWWA members have inherited the tradition of taking care of its community with compassion and dedication. Stepping forward let us pass on the torch of legacy by focusing on development & nurturing the natural talent through education, awareness, skill development and promoting self-employment.

Let us work towards overcoming the challenges on the way of creativity, urging all to attain a greater level of excellence and providing ample opportunities. This will lead us in evolving into a matured, confident, and responsible citizens. Continuous efforts through scholastic and other multi-talented activities will help us in providing platter of opportunities for all members which will surely encourage cooperation and entrepreneurship.

The concept of Tatrakshika should be to promote nurturing and empowerment of women by providing wide array of prospects and effort towards the overall upliftment of the community as independent and strong individuals. As a proud shoulder of Armed Force, CGWWA will remain a focal point for philanthropic activities with their inquisitiveness in supporting humanity.

I convey my best wishes to everyone for a very bright and rewarding New Year. I am optimistic that our team will continue their efforts with perseverance and dedication towards achieving our goals and emerge as a strong and vibrant philanthropic organization. Let us re-dedicate ourselves towards the service of our nation and humanity by providing a platform for those who care to work for the betterment of the community at large.

## FROM THE EDITOR'S DESK

Editors- Mrs. Deepika Bhatia  
Mrs. Amita Singh



**"IN ORDER TO BE SUCCESSFUL  
IN THE NEW YEAR, STAY  
FOCUSED, DEVELOP A POSITIVE  
ATTITUDE AND BE PASSIONATE  
WITH YOUR DREAMS" –  
BAMIGBOYE OLOROTIMI**

**"YOU CAN GET EXCITED ABOUT THE FUTURE.  
THE PAST WON'T MIND." – HILLARY DEPIANO.**

Time and tide wait for none. Despite the ongoing trouble times of the Covid 19 pandemic, time has moved on as we enter the new year. Here's to another year of joy, laughter and unforgettable memories. May you fill your New Year with new adventures, accomplishments and learnings.

The new year brings with it great enthusiasm and happiness, endless possibilities and hope motivating us to improve our life as a result of them. It inspires us to start new beginnings and make changes in our life. Let this inspiration lead us towards progression throughout the year. With the onset of the pandemic in 2020, this becomes all the more important.

Women, they say, are the embodiment of courage, flair and divinity. They can endure, adapt, sustain and survive the most arduous of conditions because of a spirited inner courage and naturally exuding charm. In CGWWA also we are constantly adapting and embracing the new changes that life throws at us especially during these testing times of pandemic. Most of our activities are now conducted virtually.

The New year brought with it gleam and cheer as we welcomed **Mrs. Neela Pathania** as our new **President Tatrakshika** who took over from Mrs. Jayanti Natarajan. A very warm welcome to you Ma'am. Under your helm CGWWA will achieve new heights and create Tatrakshikas bonding on next level.



## SECRETARY'S REPORT

**Mrs. Monika Kathuria**

On **27<sup>th</sup> Sep 21**, A committee meeting was held at CGOM Noida to welcome all committee members.

**President Tatrakshika Mrs. Jayanthi Natarajan** interacted with all members and discussed future activities.

On **01<sup>st</sup> Oct 21**, CGWWA Delhi organised get-together to welcome **Mrs. Neela Pathania**, Vice President Tatrakshika. It was attended by all the senior ladies and committee members followed by lunch.

On **11<sup>th</sup> Oct 21**, Central Executive Committee Meet - 2021 was organised in CGHQ Delhi chaired by **Mrs. Jayanthi Natarajan, President Tatrakshika**. Agenda points received from the regions were discussed with the **Regional Presidents** during the meet.

On **26<sup>th</sup> Nov 21**, Tatrakshika picnic was organised in Sunder Nursery, Heritage Park, New Delhi to mark **Tatrakshika Day**. It was attended by 66 ladies. Urmi 2021 was also released during the event followed by cake cutting ceremony. Ladies participated in different games with full zeal and enthusiasm. Farewell was also given to Mrs. Jyoti Devanand on her transfer. Event was also marked to bid farewell to **Mrs. Jayanthi Natarajan, President Tatrakshika on retirement**. A token of

remembrance was given to her by **Mrs. Neela Pathania, Vice President Tatrakshika**. President Tatrakshika addressed ladies and appreciated their contribution and consistent support.

On **15<sup>th</sup> Dec**, A committee meeting was organised. Members interacted and discussed future activities with **Mrs. Neela Pathania, Vice President**. Farewell gift was given to Mrs. Indu Rajesh, Sanchar team member on transfer.

To bid farewell to President Tatrakshika, A special Coffee Morning was organised by ladies on **28<sup>th</sup> Dec 21**. It had fun filled games which were liked by one and all. A token of gratitude and love was presented to **Mrs. Jayanthi Natarajan, President Tatrakshika** by **Mrs. Neela Pathania, Vice President Tatrakshika**. A beautiful handmade card by CGKG tiny tots and a bouquet were presented to President Tatrakshika **Mrs. Jayanti Natarajan** by Sanskar coordinator Mrs. Sonali Ranjan on behalf of CGKG staff and kids on her retirement farewell. A memoir in the form of video was presented to thank Tatrakshika President for her rendered love, support and guidance. The event was followed by lunch in CGOM Noida.

On **29<sup>th</sup> Dec**, A get-together was organised in CGHQ conference hall with all the senior ladies and committee members to bid farewell to **Mrs. Jayanthi Natarajan, President Tatrakshika**. It was followed by lunch in NOMA, Kota House.

On **31<sup>st</sup> Dec 21**, Handing Taking over ceremony was held at CGHQ conference hall. It was attended by all the members. **Mrs. Neela Pathania** took over as **President Tatrakshika** from **Mrs. Jayanthi Natarajan**.

### **SANJEEVAN**

**Coordinator- Mrs. Geeta Chauhan**

CGWWA Sanjeevan organised Eye check-up camp in Tatrakshak Vihar, Noida on **18<sup>th</sup> Nov 21**. It also included routine medical check-up,

BP and sugar test. About 82 ladies and kids were benefitted through it. This camp was organised with the team of Manas Hospital, Noida. **Mrs.**



**Neela Pathania, Vice President Tatrakshika** graced the event and interacted with CG family members. Hospital staff were very supportive and encouraged kids to take care of their eyes specially who are attending online classes. They also advised them to be physically fit by doing indoor exercises. **Mrs. Pathania** personally thanked to Manas team for their support to CG fraternity.

### **SNEHA**

**Coordinator- Mrs. Richa Garg**



Sneha team and other coordinators visited the Desire Society, Noida to express their affection and care towards HIV infected kids on **09<sup>th</sup> Nov**. **Mrs.**

**Jayanthi Natarajan, President Tatrakshika** graced the event. According to their requirements, team distributed essential items such as slippers, woollen socks and woollen caps to all kids. Ration was also provided to their daily pantry. Ladies interacted with children and staff to understand their day-to-day challenges specially during lockdown period. Fruits and refreshments were also distributed to kids with goody bags containing colours, drawing book etc. As children learn dancing singing as their hobbies in activity classes so a few of them displayed their talents too.

### **SAKSHARTA**

**Coordinator- Mrs. Archana Shashi Kumar**

Meritorious Children Award Ceremony was conducted on **14<sup>th</sup> Nov 21** by Saksharta coordinator to mark children day in Tatrakshak Vihar, Noida.



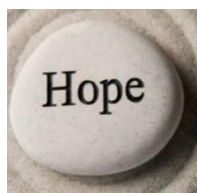


**Mrs. Jayanthi Natarajan, President and Mrs. Neela Pathania, Vice President Tatrakshika** felicitated children with mementos, certificates and cash prizes.

Total 21 meritorious students received the awards. President addressed students and parents and congratulated them as they sailed out the difficult time of pandemic with flying colours.

### **SURAKSHA**

**Coordinator- Mrs. Amandeep Azad**



On **26<sup>th</sup> Oct 21**, President and Vice President Tatrakshika met the Suraksha ladies at the CGWWA office in CGHQ.

They interacted and inquired about the well-being of ladies and their family. On the occasion of Diwali, President distributed sweets to all the ladies.

### **SANSKAR**

**Coordinator- Mrs. Sonali Ranjan**

**July**

**National Doctor Day**

Someone's Hope, someone's Hero.



To mark and celebrate our saviour CGKG, Noida celebrated National Doctor's Day on **01<sup>st</sup> July 21**. They were shown video highlighting contributions of the medical fraternity to the society.

**Yellow Day.**

Yellow, the colour of sunshine is hope and happiness. The motive of celebrating this day was to make the kids aware of the colour yellow, its significance and to develop the fine motor skills and cognitive skills in the students. The video was

made and posted with fun filled introduction concerning the colour yellow on **07<sup>th</sup> July**.

**Paper Bag Day.**

Paper Bag Day is celebrated on **12<sup>th</sup> July** globally every year, a video was recorded by the teachers explaining the procedure to make paper bags. Children made beautiful paper bags using waste newspapers and sent their responses to their teachers.



**Eid-AI-Adha**

Children were made aware of the festival through video that acquaint them with the significance, history and stories of the festival. Children participated in activities related to Eid on **20<sup>th</sup> July**.

**World Nature Conservation Day**



"Conserve Nature, Conserve Future". A video was posted on **28<sup>th</sup> July** with an objective to increase awareness about the best practices to conserve our

natural resources for future. Activities like tree making and poem recitation were done.

**Tigers Day**

On **29<sup>th</sup> July**, to give a glimpse of the biggest of cat species "The Tiger", teachers posted a story video and documentary that introduces children to some unique facts about tigers like their hunting strategies, stripes on the body. Activities like Tiger Mask Making was the part of awareness.

**August**

**Monsoon Celebration**

To acknowledge this blessed gift of God, teachers posted WhatsApp melodious rhymes videos and creative activities done e.g.: Brush impression



on Raincoat (Nur), Cloud and Raindrops (LKG) and Boat and Cloud (UKG).

### Green Colour Day

On **05<sup>th</sup> Aug**, Kindergarten students were taught to identify and recognize fruits, vegetables, leaves, trees etc via videos, rhymes, visuals and activities e.g.: Leaf impression (Nur), brush impression on Capsicum (LKG) and spray impression on Leaf (UKG).

### Independence Day

Teachers prepared a video describing our National Flag in an elaborate way, rhymes and the National Anthem sung by teachers. Various other activities



e.g.: Flag Colouring using ladyfinger impression (Nur), crayon colouring (LKG) and Peacock colouring by fingertip impression (UKG). Channelising the creativity of students through WhatsApp, video Act and Play Performance was held according to topic.

### Parsi New Year

Teachers presented a video to exhibit importance and significance of the festival among our little ones on **16<sup>th</sup> Aug**.

### Onam Festival

On **20<sup>th</sup> Aug**, Teachers came to school dressed in traditional best to add the festivity. They had set up an attractive floral decoration in the main entrance of school. Rangoli colouring activity was shared online using different colours and impression.

### National Sports Day

The National Sports Day also known as Rashtriya Khel Diwas was celebrated on **27<sup>th</sup> Aug**. On this day the little ones had fun while indulging in different activities like Hockey Stick making (Nursery), Basketball Colouring using Ladyfinger impression (LKG) and Freehand drawing of Sports Equipment.

### Krishan Janmashtami

On **30<sup>th</sup> Aug**, the video presentation by teachers depicted the varied images of the life of lord Krishna.



The pictures sent by children dressed in attire of Krishna and Radhika reflected the touch of love towards festival.

### September

#### Blue Colour Day

As a part of the activity little ones of Nursery made a blue Whale through cotton dabbing, UKG used crayon colouring in it and LKG children got engaged with blue Jeans using ladyfinger impression on **01<sup>st</sup> Sept**.

#### Teachers' Day

Amidst the pandemic, the teachers and staff of CGKG Noida, worked very hard to fulfill the demands of the audio-visual learning. The afternoon was made amazing with sumptuous



lunch and token of love to all teachers on behalf of **President Tatrakshika**. Students participated and paid their respect to their teachers by making beautiful and colourful Handprinted Vase.

#### Literacy Day

On **08<sup>th</sup> Sep**, the students of CGKG Noida, learnt the significance and relevance of literacy through Video Presentation. Students participated in craft activities and recited poems promoting the importance of education.

#### Ganesh Chaturthi



Ganeshji had sweet tooth and he loved modaks, thus Nursery kids coloured his favourite modak using tissue paper crush, LKG and UKG made Paper craft

activity in their scrap book on **10<sup>th</sup> Sep**.

### **Hindi Diwas**

To mark the importance of country's most widely spoken language, CGKG, Noida celebrated Hindi Diwas on **14<sup>th</sup> Sep**. Doha Recitation activity was organized to create and educate the students.

### **English Rhyme Performance**

The English Rhyme Recitation activity was held for all classes on **17<sup>th</sup> Sep**. The little learners were encouraged to recite one English Rhyme of their choice with actions and props.

### **Newspaper Craft Day**

Teachers prepared and posted a newspaper crafts video for kids with step-by-step instructions on **20<sup>th</sup> Sep**. Children participated and posted their craft activities with enthusiasm.

### **First Assessment 2021-22.**

Dt: 27/09/21 to 01/10/21

Assessments were conducted in a very easy and swift way to find our student's strengths and to figure out which areas required to be supported.

### **October**

#### **Gandhi Jayanti**

A video was posted in class groups to enhance knowledge about significance of the day and rhyme on "Gandhi ji ke bander teen" for kids. For skill development, class Nursery enjoyed making Gandhi ji ka Chashma with the help of old bangles and broom sticks.

#### **Orange Colour Day**

The classroom board was beautifully decorated with orange-coloured objects to shoot a video reinforcing the concept of orange and to add more fun they encouraged children to search orange-coloured objects in their homes on **06<sup>th</sup> Oct**.

#### **Dussehra Activity**

On **11<sup>th</sup> Oct**, teachers took the opportunity in Google meet to impart some Navratri and

Dussehra information for kids to appreciate the importance of the festival. The students got engaged with fun filled activity.

### **Good Touch Bad Touch Awareness Program**

As a strong step towards making our children safe, a visual educational awareness program was conducted on this topic of, '**Good Touch Bad Touch**' on **21<sup>st</sup> Oct 21**. The video presentation describing our little ones to recognize, safeguard and protect themselves against such dangers from an early age.

### **Colouring Performance**

Colouring Performance was organized on **25<sup>th</sup> Oct** for our little ones on Sparrow (Nursery), My Beautiful Planet (LKG) and Water Conservation (UKG).

### **Show and Tell Performance**

"**SHOW AND TELL**" performance were organized on **29<sup>th</sup> Oct** for our tiny tots on the theme of **Fruits and Vegetables** where kids had to show their respective fruit or vegetable and narrate a few lines about their fruits or vegetables nutritive value, colour, taste, and many more.

### **November**

#### **Diwali Celebration**



To make the students understand the importance of Diwali, teacher posted a video related to festival. All the students enjoyed craft activities like

Kandil making (Nursery), Paper Roll Candle (LKG) and Rocket making (UKG). Rhymes and songs videos are part of skills development.

#### **Black and White Colour Day**

Coast Guard Kindergarten celebrated black and white day through WhatsApp classes and Google meet on **08<sup>th</sup> Nov**. Teachers prepared a video dressed in the combination of the two significant colours. Children participated in the

craft work activities which develops their fine motor skills.

### Autumn Season

Teachers made efforts decorating school entrance with the help of the fallen leaves and made a video including all relevant information. Songs Autumn is here and craft activities like Fall Leaf was Included as a part of kindergarten education on **10<sup>th</sup> Nov 21**.

### Children's Day

Children participated in activities like Rose making using red colour paper, tear and paste (Nur), Colouring Children's Day sheet and Rose Making (LKG) and Colouring Chacha Nehru and Spiral Rose Making in their Google meet class (UKG).



### Guru Nanak Jayanti

Children were enlightened about the significant festival of Sikh religion through WhatsApp classes. Children participated in colouring activities on **18<sup>th</sup> Nov 21**.

### Community Helpers Week

Teachers discussed and shared different types of community helpers' videos showing how their role is important and helpful to our community from **22<sup>nd</sup> Nov to 26<sup>th</sup> Nov 21**. It was an educational week for our learners.

### Fancy Dress Performance

Theme: Community Helpers

Students from all the three classes eagerly participated in Fancy dress on **29<sup>th</sup> Nov**. They portrayed their favourite character as a doctors /soldiers/ teachers/ farmer etc. and spoke few lines with confidence.

### December

#### Winter Day

The Winter Day was held on **01<sup>st</sup> Dec** to welcome the winter season. To have a little bit

of fun with the theme of winter - Snowman making with paper rolls (Nursery), Cap and Mittens colouring (LKG) and Winter Scene Colouring (UKG) was done by students.



### Revision Week

Teachers provided easy and simple worksheets on different topics to help the student progress in terms of their learning in first week of Dec.

### Second Assessment (LKG & UKG) 2021-22

The child-friendly assessment worksheets were given on **06<sup>th</sup> Dec to 10<sup>th</sup> Dec** with simple questions as per syllabus and schedule given in advance.

### Brown Colour Day

They were encouraged to wear and look for brown objects in and around their home on **13<sup>th</sup> Dec**. Children also enjoyed the day by songs and doing activities related to the colour brown.

### Tearing & Pasting Performance

#### Theme: Christmas

Tearing & Pasting Performance was organized for our little stars on **15<sup>th</sup> Dec**. The objective was to develop Fine Motor Skills



especially the pincer grip, to enhance their aesthetic sense.

### Christmas Carol Singing

The teachers presented a video based on the birth of Jesus Christ on **17<sup>th</sup> Dec**. The significance of the festival was brought to the students through a story. A virtual Church tour and Christmas decorations was recorded to show our little ones.

### Parents Teachers Interaction

The main objective of the meeting was to create a common platform where teachers and



parents come together to discuss student's performance and devise ways to enrich their learning experience on **17<sup>th</sup> Dec.**

### School Inspection

Annual Inspection of CGKG, Noida was held by DIG D S Saini, TM, Principal Director (Adm.) on **22<sup>nd</sup> Dec.** The team visited the school premises. They appreciated the efforts of teachers and staff.

### SANCHAR

Coordinator- Mrs. Deepika Bhatia  
Mrs. Amita Singh

Sanchar Team Delhi has a privilege to go through plethora of articles, photographs and reports received from different regions. Thanks to each and everyone. Urmi 2021 was released on **26<sup>th</sup> Nov** in Tatrakshika Picnic. The topic of Urmi 21 was "New Beginning of Lifestyles".



Wish you all a very happy **73rd** Republic Day. A national holiday signifying national pride, patriotism and fervour is celebrated with full cheer. Let us remember the golden heritage of our country and feel proud to be a part of India. **Happy Republic Day 2022.** Looking forward to meeting you all and conducting all activities in person rather than

virtually. Hope the world becomes pandemic free soon. Have a wonderful Year surrounded by your loved ones.



*New  
Gertrude*

*Beginnings  
B. McClain*

*It's only the beginning now  
...a pathway yet unknown  
At times the sound of other steps  
...sometimes we walk alone*

*The best beginnings of our lives  
May sometimes end in sorrow  
But even on our darkest days  
The sun will shine tomorrow.*

*So, we must do our very best  
Whatever life may bring  
And look beyond the winter chill  
To smell the breath of spring.*

*Into each life will always come  
A time to start a new  
A new beginning for each heart  
As fresh as morning dew.*

*Although the cares of life are great  
And hands are bowed so low  
The storms of life will leave behind  
The wonder of a rainbow.*

*The years will never take away  
Our chance to start anew  
It's only the beginning now  
So dreams can still come true.*