



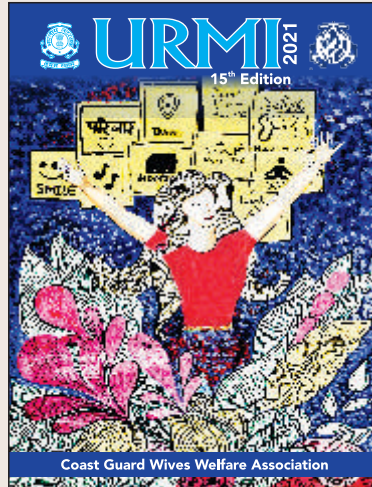
URMI 2021



15th Edition



Coast Guard Wives Welfare Association



Coast Guard Women in Times of Pandemic

**“A WOMEN IS THE FULL CIRCLE. WITHIN HER IS THE POWER TO CREATE,
NURTURE AND TRANSFORM”**

There was a time when Women were just in the kitchen and house keepers in the Indian society. Rearing children, cooking meals for the large joint family or at best in their spare time doing some tailoring or knitting, but all within the four walls of the house which was considered to be their only way of life. Women today is aspirational as well as ambitious even while taking care of her family. The recent pandemic has opened new vistas to both young and old. As one door closes, the other opens. Women quickly adjusted with the new normal while taking care of her children and husband and working from home. The situation must have created some stress at home but ethereal as she is, with always happy and smile, she remained firmly at the center of her family directing her life as well lives of others dependent on her. Her soul was solaced by the smile on the face of her family members. Her mental health was buoyant by some music, good food, yoga, healthy diet and maintaining a vigorous positive thought process/approach to life. The aforementioned describes each and every CGWWA women. The image depicts the independent and strong lady that each of us are.



Mrs. Charu Mishra
W/o Commandant Dheeraj Mishra

GOVERNING BODY



**PRESIDENT
TATRAKSHIKA**



**VICE PRESIDENT
TATRAKSHIKA**



**TATRAKSHIKA PRESIDENT
WESTERN SEABOARD**



**REGIONAL PRESIDENT
TATRAKSHIKA (W)**



**REGIONAL PRESIDENT
TATRAKSHIKA (E)**



**REGIONAL PRESIDENT
TATRAKSHIKA (NE)**



**REGIONAL PRESIDENT
TATRAKSHIKA (A&N)**



**REGIONAL PRESIDENT
TATRAKSHIKA (NW)**



तटरक्षिका गीत

हम हैं, संग हैं, हम हैं।
हम हैं, संग हैं, हम हैं।
मिला कर चले जो कदम से कदम
भारत के जांबाज तटरक्षकों के संग
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग ॥

वो तटरक्षिका हैं हम,
तटरक्षकों के संग हैं हम
हरी-भरी धरा को अब,
मिल-जुल कर देंगे प्रगति का रंग
मिल-जुल कर देंगे प्रगति का रंग
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ॥

तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ।
ठाना है हमने, करेंगे नव निर्माण
करेंगे नव निर्माण
दिलाएंगे हर नारी को नई पहचान
विद्या की रोशनी से चमकते जहां
स्वस्थ, स्वच्छ भारत का सपना पूरा हो यहां
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ।
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ।
बुलंद हौसलों से, उन्नति सुबहो शाम
उन्नति सुबहो शाम
सशक्त तटरक्षकों का फैलाएं पैगाम
जननी भी हम, संगिनी भी हैं हम
ममता भी हम, शक्ति भी हैं हम
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ।
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम ।
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग ॥

DIRECTOR GENERAL INDIAN COAST GUARD



महानिदेशक भारतीय तट रक्षक
Director General
Indian Coast Guard

महानिदेशक के नटराजन, प.वि.से.मे, रा.त.प, त.प
DG K Natarajan, PVSM, PTM, TM

FROM THE DESK OF DIRECTOR GENERAL

It is an honour to share my thoughts for the 15th edition of annual Coast Guard Wives Welfare Association Publication "URMI", more so importantly to convey my sincere gratitude to all vibrant Tatrakshikas and Coast Guard family for extending whole-hearted support to me and my wife since our taking over the helm on 01 Jul 2019.

Coast Guard Wives Welfare Association is a yeomen organization meticulously managed by Tatrakshikas, over the four decades, in addition to succeeding in their respective and arduous family responsibilities. Tatrakshikas' have always been in the vanguard of social interests in tune with the motto '**Self Help**' with the members voluntarily contributing time, talent and skills towards betterment of the quality of life within the Coast Guard community, as also extending help to the needy through various outreach and social activities.

I extend my compliments to the Sanchar Team and Editorial Board of "URMI" for their persistent efforts towards compilation, publication and release of this edition even during the global pandemic. The motivated team of URMI has rightly portrayed the Theme of the year - "**New Beginning of Lifestyle**" and I am sure most have learnt and practiced this knowingly or unknowingly during the pandemic times.

My earnest appreciation for the initiatives taken by CGWWA Teams namely: Suruchi, Saksharta, Sanjeevan, Sanskar, Sneha and Sanchar for their relentless efforts in keeping it together and propagating knowledge to fight against all odds during tough times, while maintaining balance at personal and organizational needs. Tatrakshikas' have always been the pillar for Men-in-Whites to discharge their duties with alacrity and elan'.

We owe to Tatrakshikas what we own.

Jai Hind!

DG K Natarajan
Director General

PRESIDENT TATRAKSHIKA



MESSAGE

It has been a privilege to be at the helm of affairs as President of CGWWA, and I am delighted to write my parting message in this 15th edition of Urmi. Before I sign off, I would like to pay tribute to and applaud the work of all of the beautiful women who have been involved with CGWWA over the years.

Having witnessed a pandemic of this magnitude that affected all of our lives in various ways, my heartfelt sympathies are with those who have lost loved ones. Despite the numerous hurdles, I am touched by the members who worked relentlessly to bring warmth and comfort in our community. I also want to thank Urmi's editorial team for their tireless efforts in producing this edition, which is titled "**New Beginning of Lifestyle.**" As we move forward, adapting to the new normal, I am confident that all of our members will continue to rise to the challenge. I hope all of you will always stand by the uniformed men smilingly, in a state of readiness and selflessness.

On the eve of my husband's retirement, I am overwhelmed with emotions and wish to convey my gratitude to the Indian Coast Guard and its entire fraternity for their love and support in making our journey so memorable. I thank you all and wish you good health, prosperity and success in all aspects of life.

Stay Safe! Stay Happy !

Happy Reading!

A handwritten signature in cursive script that reads 'Jayanthi'.

Mrs Jayanthi Natarajan

President Tatrakshika

VICE PRESIDENT TATRAKSHIKA



MESSAGE

Continuing journey of CGWWA, I extend my heartfelt gratitude to team URMI for the unwavering support and the efforts for beautifully penning down the journal year by year.

URMI, the new edition represents another captivating journey of CGWWA Journal 2021. I convey my enormous gratification to bring in notice the skills of our editorial team. The team has brought up a beautiful blend of involvements in variety of activities from all the regions working towards health, social welfare, education, orphanages along with different events. URMI magazine has always been a great podium to share thoughts and perspective on every facets of life.

CGWWA is the mainstay and known for their invisible support to service. The strength of CGWWA organisation is the voluntary contribution, involvement and immersion in our social community, welfare, outreach and empowerment programmes.

Theme "New beginning of life style" enlighten to live with more awareness towards health and happiness. The secret of change is to focus all of your energy on building the new. Lets cherish the coming time, being a reason for celebration and sharing happiness with friends, family and dear ones.

My best wishes to the CGWWA members who have contributed immensely during the pandemic.

Also, I would like to record my complements for rich efforts for placing the new edition of URMI 2021.

Have a blissful reading...

A handwritten signature in blue ink that reads "Neela Pathania".

Mrs Neela Pathania

Vice-President Tatrakshika

PRESIDENT TATRAKSHIKA WESTERN SEABOARD



MESSAGE

It gives me immense pride and pleasure as we move to the new addition of 'URMI' that shows our vision to the future of Tatrakshikas. The enthusiastic participation of ladies displays the eagerness to shoulder responsibility towards collective advancement of 'society'. CGWWA is the platform where ladies from diverse culture and background head towards a common goal as a team.

The Coast Guard Wives Welfare Association is magnanimously working towards women empowerment, social welfare, community enrichment, health care, education and environment protection through various activities. The organization also supports less privileged old age homes and orphanages. I am overwhelmed to see the progress of Tatrakshikas in all facets of life. I also acknowledge and appreciate the efforts of all CGWWA members of Western Seaboard for coming together in 'Swachh Bharat Abhiyaan' activities whilst adhering to COVID protocol amidst the pandemic.

'URMI' magazine is the platform for entire Coast Guard fraternity where they can share innovative ideas, creativity and experience to uphold the value system of our fine service. The life is the continuous learning process and by exploring and sharing new things, we encourage the progress of the self and society as a whole. The 'URMI' portrays the journey of Tatrakshikas and the way they work together with passion and devotion for the social causes.

I compliment and congratulate the editorial team and all Tatrakshikas for contribution towards URMI 2021. As the theme of the URMI 2021 is 'New beginning of Lifestyle' no matter how hard the past was, you can always begin again. "Everyday is chance to begin again. Don't focus on the failure of yesterday, start today with positive thoughts and expectations. I wish all the ladies of Tatrakshika happy reading and all the best for their future.

A handwritten signature in blue ink, which appears to read 'Nidhi'.

Mrs Nidhi Bargotra
President Tatrakshika
Western Seaboard

PRESIDENT TATRAKSHIKA WEST



MESSAGE

I am grateful to be a part of esteemed organization 'CGWWA' and pen down this message on behalf of all the ladies of Western Region. CGWWA has shown tremendous growth in contributing to women empowerment, welfare and child education in many ways.

URMI gives an opportunity to all of us to showcase talents, skills, creativity that are acquired through imagination and passion not only by CGWWA members but also the entire Coast Guard fraternity.

Last one year has been quite challenging, dealing with COVID-19 and its impact on our normal lifestyle was stressful and arduous. As the quote says '**When Going gets Tough, The Tough get Going**', CGWWA has been providing an unending support to various families thereby bringing considerable change in lives of many people even in hard times.

It is true- the crisis has taken its toll. However, the pandemic has its own pros and cons in itself. This phase helped us to appreciate spending quality time with family and maintaining bonds between generations, take up a new hobby or profession, learning small acts of gratitude and understanding importance of being creative with scarce resources etc. Therefore, lifestyle changes, learnings, interests, thoughts and skills acquired during this period are poured into this magazine covering this year's URMI themes 'New beginning of Lifestyle' and 'My Talent, My Profession'.

I appreciate the efforts put in the conduct of thoughtful activities for welfare of women, skill development, family counselling, healthcare etc through both online and offline modes that reflect the determination and concern for each other in CGWWA fraternity.

I extend my heartfelt greetings to all the helping hands with prosperity, happiness, good health.

Happy Reading!

Mrs. Priya Paramesh
President Tatrakshika
West

PRESIDENT TATRAKSHIKA NORTH EAST



MESSAGE

**"We do not need magic to change the world, we carry the power inside ourselves already,
we have power to imagine better"**

J.K. Rowling

It gives me immense pleasure in posting message for this edition of URMI – 2021, the most awaited annual souvenir.

CGWWA is a team which binds the ladies of the CG fraternity. We may be unequal in experience and talent but equal in commitment and enthusiasm and working together towards the betterment of society. It feels good to see that our team work and cohesiveness has indeed grown stronger with time.

On behalf of CGWWA Region (NE), I take this opportunity to congratulate the editorial team for coming up with an interesting and relevant theme "New Beginning of Lifestyle". Cheers for the artful spirit of compilation and successful accomplishment.

My heartiest greetings and best wishes on the occasion of Tatrakshika Day to all members and their families. Always remember...**Your inner strength is your outer foundation.** Applause for your meaningful contribution.

Beauty begins the moment you decide to be yourself.

Stay Healthy, Stay safe.

God Bless!!

A handwritten signature in blue ink that reads "M. Pathak". The signature is written in a cursive style and is positioned above the printed name.

Mrs Mohita Pathak
President Tatrakshika
North East

PRESIDENT TATRAKSHIKA EAST



MESSAGE

It's a matter of pride to be a part of this esteemed Organisation 'CGWWA' and my humble privilege and honour to pen down my thoughts for URMI 2021 edition. The organisation has successfully empowered ladies, helped our families in times of need, facilitated our children to achieve their potential and very importantly provide support to one and all when times are tough.

The Annual Magazine URMI has been a valuable opportunity for the Coast Guard community to share their thoughts, views and perspective on every facets of life. It's a classic portrayal of the richness and diversity of our lives encompassing the everyday essence and experiences.

"New beginning of Lifestyle" as this year's URMI's theme has portrayed the prodigious adaptability of humans being to fight with the ongoing COVID-19 Pandemic and proving the survival of the fittest philosophy. Ripples from the current situation have spread into the personal, social, economic and spiritual spheres and has changed the perspective of every individual towards life. It's imperative for each individual to do our part to tackle the complex problems that have emerged from the pandemic.

CGWWA comprises of extremely talented and committed members, who are working tirelessly to ensure that the organisation remains vibrant, responsive and deep rooted in its core values. Apart from serving the Tatrakshak community, CGWWA has extended its efforts towards the welfare of Local community as well.

I wish all members of CGWWA, the very best in all their future endeavours.

Jai Hind

A handwritten signature in black ink, which appears to read 'Badola'.

Mrs Neelima Badola
President Tatrakshika
East

PRESIDENT TATRAKSHIKA A & N



MESSAGE

"GIVE LIGHT AND PEOPLE WILL FIND THE WAY". Coast Guard Wives Welfare Association has irrefutably given a platform to ladies by inspiring them through its programmes and activities. There is no greater pillar of stability than a strong, free and educated women and there isn't a better inspiring role model than a man who respects and cherishes women and champions their leadership. URMI is a medium for CG families to showcase their flair and ability within themselves.

CGWWA at A&N region is indeed fortunate to have a team of talented and self-motivated ladies who contribute and utilise their valuable time for the betterment of our community.

I would like to extend my wishes to the editorial team of URMI-21 for bringing out this wonderful edition and summarise all the events. Happy reading!!!!

Savitaa DR

Mrs. Savitaa Rajaputharan
President Tatrakshika
Andaman & Nicobar Island

PRESIDENT TATRAKSHIKA NORTH WEST



MESSAGE

The year 2020-2021 has been remarkable in many ways. We have lived through the pandemic and emerged stronger and more connected than ever. Our lives and lifestyle have been impacted and changed forever, therefore the theme of URMI this year, New Beginning of Lifestyle is very apt and close to the new normal we live in.

Despite social distancing, Tatrakshikas have remained connected through various digital platforms. Activities and meetings have moved to online mode. As we move ahead there is greater need to remain connected to our past and maintain our practices and traditions. This annual edition of URMI magazine is a beautiful testimonial of Tatrakshikas continuing traditions while adapting to changing circumstances.

The resilience and the innovation exhibited by the ladies of the Coast Guard fraternity is indeed commendable. It is both reassuring and uplifting to see wholehearted participation and contribution towards CGWWA activities by the Tatrakshikas this past year. We have faced up to a crisis, worked through the problem and emerged stronger than ever I extend a heartfelt congratulation to the editorial teams who have worked hard to come out with the 2021 edition of URMI. A special mention to all the contributors who have made this edition possible. As we celebrate this Tatrakshika day I wish one and all abundant good health and happiness. Happy reading.

A handwritten signature in blue ink, reading "Kavita Harbola".

Mrs. Kavita Harbola
President Tatrakshika
North West

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EDITORIAL TEAM



“

CGWWA formally came into existence on 29th November 1994 and was registered as "Tatrakshika". The CGWWA emblem was designed in 1996 which depicts the face of three women representing the cohesiveness for working together to improve quality of life.

”



Presenting 15th Edition of Urmi ELUCIDATION



***“A team is more than a collection of people.
It is a process of give and take” – Barbara Glacel***

Dear Readers,

We have been facing the effect of contagion which brought life to a pause. It was a new experience for the present generation as such event unfolded almost after a century.

As we have expected, the humanity has great ability to turn around things and bounce back to the life. New practices were devised to come across the challenging time. Slowly life has come back to the pre-Corona period but with appropriate precautions.

It is another momentous occasion to bring out the next edition of ‘Urmi’ which focusses on the theme ‘New Beginning of Lifestyle’. It showcases our efforts for travelling in the path of new beginning.

‘Urmi’ provides platform to the people for displaying their talent, expressing emotions through articles and poems and also sharing the knowledge. There has been an overwhelming participation from all the regions which helped us in shaping this edition.

As editors, we express our sincere gratitude to Mrs. Jayanthi Natarajan, President Tatrakshika and Mrs. Neela Pathania Vice President Tatrakshika for their adept direction and encouragement for this edition of ‘Urmi’.

We also extend our deepest gratitude for all the contributions and looking forward for future support.

“A writer only begins a book. A reader finishes it” – Samuel Johnson

Happy reading.....

Deepika Bhatia
Indhu V
Amita Singh

GOVERNING BODY

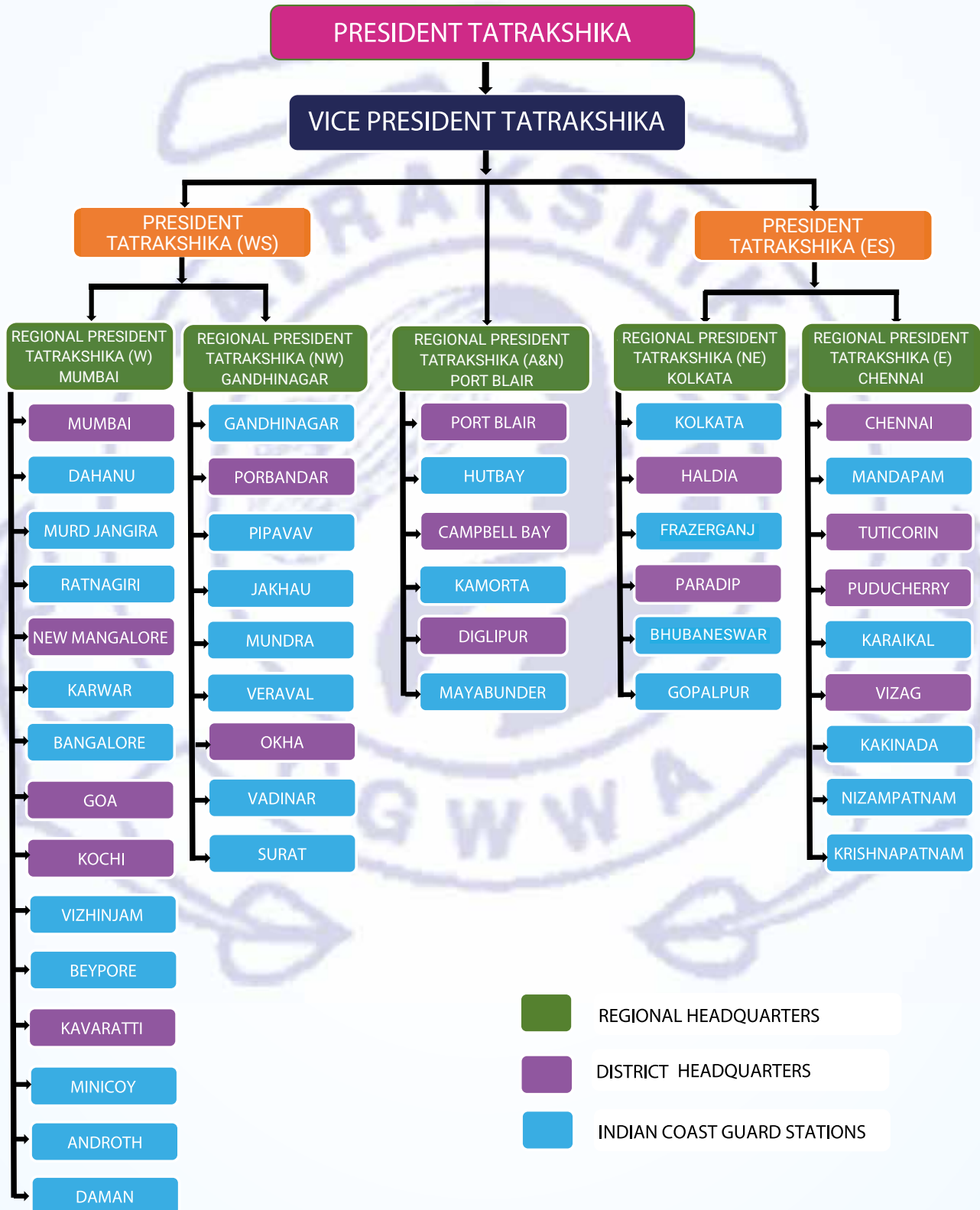


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Women's empowerment can be defined to promoting women's sense of self-worth, their ability to determine their own choices, and their right to influence social change for themselves and others.

”

TATRAKSHIKA ORGANIZATIONAL CHART



COAST GUARD WIVES' WELFARE ASSOCIATION

Margaret Thatcher famously known as the 'Iron Lady' once said, "If you want something said, ask a man; if you want something done, ask a Woman".

Coast Guard Wives Welfare Association has grown from strength over the years and has evolved as a dynamic and strong organization inspiring women to achieve greater heights. The members of the CGWWA fraternity are motivating each other to create a progressive and productive environment.

Each member is working significantly towards betterment of our community despite their own commitments and responsibilities especially amidst COVID-19 pandemic.

SURUCHI (WELFARE)

Welfare is the bedrock of all activities and I quote – "A strong woman stands up for herself. A stronger woman stands up for everyone" Unquote. Keeping this in mind various activities were organized at our welfare centres throughout the year regularly to make Tatrakshikas even more strong. Every Woman's success should be an inspiration to another. We are strongest when we cheer each other on.

SAKSHARTA (LITERACY)

Behind every successful woman is a tribe of other successful women who has her back, keeping this in mind the CGWWA team conducted the events.

SANJEEVAN (HEALTH)

Maintaining good health is the key to success and brings positivity in life which in turn leads to longevity.

SNEHA (OUTREACH)

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has".

SANSKAR (CGKG)

Education has changed drastically with the distinctive rise of e-learning and teaching is undertaken on digital platforms. To light the lamp of knowledge CG schools have been the stepping stone in giving quality education through an interactive method.

SURAKSHA (WIDOWCELL)

When Women support each other, incredible things happen and we are happy when we help others become happy.

COAST GUARD WIVES WELFARE ASSOCIATION



ANNUAL ACTIVITIES OF CGWWA AT A GLANCE

Each time a Woman stands for herself, without knowing it possibly, without claiming it, she stands up for all women. So, let's celebrate each other's achievements and be committed towards this magnificent organization.

CGWWA HEADQUARTERS (DELHI)

SL	PORTFOLIO	NAME
1	PRESIDENT TATRAKSHIKA	MRS. JAYANTHI NATARAJAN
2	VICE PRESIDENT TATRAKSHIKA	MRS. NEELA PATHANIA
3	TREASURER	MRS. NIRUPAMA PADHI
4	SECRETARY	MRS. MONIKA KATHURIA
5	WEB CO-ORDINATOR	MRS. ANITA SHARMA
6	SURUCHI	MRS. ANURADHA SAINI
7	SANJEEVAN	MRS. GEETA CHAUHAN
8	SNEHA	MRS. RICHA GARG
9	SAKSHARTA	MRS. ARCHANA SASHI KUMAR
10	SANSKAR	MRS. SONALI RANJAN
11	SURAKSHA	MRS. AMAN DEEP KAUR
12	SANCHAR TEAM	MRS. DEEPIKA BHATIA
		MRS. INDU RAJESH
		MRS. AMITA SINGH



Central Executive Committee Meeting-2020 could not be held in view of outbreak of covid-19 pandemic. However, a formal meeting for mutual discussion on the points received for the CEC from different regions was held on 27th October 2021 at ICGS Delhi, Chaired by Mrs. Jayanthi Natarajan, President Tatrakshika.

The following activities were carried out to commemorate Tatrakshika Day: On 2nd Dec 2020, Tatrakshika Day was celebrated with limited ladies at Arkaja Kalyan Kendra, Noida. Cake cutting ceremony marked the celebration. Annual magazine Urmi-2020 was released on this occasion by President Tatrakshika Mrs. Jayanthi Natarajan. She inaugurated the community welfare centre, basketball court and badminton court. On this occasion of 26th Tatrakshika Raising day, pleasantries were distributed to all the Tatrakshikas.

On 24th March 2021, A picnic was organized for all the Tatrakshikas at Chokhi Haveli, Noida. Total 69 ladies attended the picnic and enjoyed a lot with friends. Ladies followed all the norms of the covid-19 pandemic.



On 29th May 2021, Mrs. Chitra Chafekar, the then Vice President Tatrakshika was presented CGWWA Crest and gift during official farewell function. Due to pandemic, formal function from CGWWA could not be conducted.



All the outgoing committee members were also given farewell gifts on their movement to new CG Units.

On 8th Oct 21, CGWWA Delhi welcomed Mrs. Neela Pathania Vice President Tatrakshika.



On 11th Oct 21, Central Executive Committee Meeting-2021 was organised which is chaired by Mrs. Jayanthi Natarajan, President Tatrakshika. Points received for the CEC from different regions was discussed at ICGS Delhi.





SANJEEVAN

On 27th February 2021, an online webinar was organized by Shatayu Charitable Foundation Ahmedabad, Gujarat to spread awareness on Organ donation.

CGWWA sanjeevan organized Eye check camp including general physician, BP and sugar investigations held on 18th Nov at Sec 23 Noida. All CG personnel and their family members have immensely benefited. About 82 personnel have undergone eye check up.



SNEHA

On 10th Nov 2020, the Vice President Mrs. Chitra Chafekar along with team Sneha visited

the Desire Society, Noida to extend our care and support towards HIV affected children. The team distributed jackets to the kids. Ladies interacted with children and staff to understand their requirements as well as challenges being faced by them on day-to-day basis.



On 9th November 21, Sneha team and other coordinators visited the Desire Society, Noida to express their love and care towards kids. The President Tatrakshika Mrs. Jayanthi Natarajan graced the event. They distributed essential things like slippers, woollen socks and woollen cap to all kids. Ration also given for daily pantry. Kids were so thrilled to meet all aunties and few of them showed their talents too. Fruits and refreshment were also distributed to kids with goody bags containing colours, drawing book etc.





SAKSHARTA

The meritorious students of Delhi were awarded certificates and trophies in the second week of January 2021. Due to the covid-19 pandemic, certificates and trophies were handed over to the parents.

On 16th January 2021, Career Counselling Programme was conducted online through M/s Sanjeevani Career Guidance Academy for class 10th and 12th students.

Meritorious award ceremony was conducted on 14th November 2021 by Saksharta Coordinator at Arkaja Noida. 21 meritorious students received mementos certificates and cash prizes by President Tatrakshika Mrs. Jayanthi Natarajan and Vice President Tatrakshika Mrs. Neela Pathania. President Tatrakshika addressed the students and parents as they sailed out the difficult time of pandemic with flying colours.



SURAKSHA

President Tatrakshika Mrs Jayanthi Natarajan, Vice President Tatrakshika Mrs Neela Pathania

met the Suraksha ladies at the CGWWA office in CGHQ on 26th October 2021. The President inquired about the well being of our ladies and their children. On the occasion of Diwali, President distributed Diwali Sweets to all the ladies. The Ladies expressed their sincere thanks to the President.



SANSKAR

The Coast Guard kindergarten, Noida aims to instil curiosity, holistic development in students and to make them explore the world of nature through a multitude of activities conducted throughout the year.

New academic session was started with the introduction of teachers and children through Google Meet. This year all the activities and academic classes were conducted regularly in an online mode. A Google Meet with parents and students was organized to share the kid's performance.

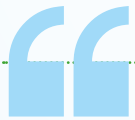
Various activities like Colour Day, World health day, World Heritage Day, Earth Day, Baisakhi, Vasant Panchami, Children's Day, Christmas, Deepawali, Lohri, Teachers Day and Makar Sankranti were celebrated enthusiastically.



General awareness programme, road safety week, rhymes Olympiad, talent show and many more activities were also conducted. All the National and regional festivals were celebrated with much enthusiasm.

SANCHAR

Urmi 2020 was released on 2nd Dec 20 and the theme was Basic of living and happiness. Sanchar team also released the Tatrakshika Sandesh (April edition) on 03th May 2021.



The Art of Navigation & Navigating was born in the river Sindh over 6000 years ago. The very word Navigation is derived from the Sanskrit word 'NAVGATIH'. The word navy is also derived from the Sanskrit word 'Nou'.



CGWWA CGHQ ACTIVITIES



CGWWA WEST

SL	PORTFOLIO	NAME
1	REGIONAL PRESIDENT	MRS. PRIYA PARAMESH
2	REGIONAL VICE PRESIDENT	MRS. SAYALI VAIDYA
3	TREASURER	MRS. SREELAXMI KRISHNA KUMAR
4	SECRETARY	MRS. MALEM CHANU
5	SURUCHI	MRS. GINCY ARUN
		MRS. SUMAN YADAV
6	SANJEEVAN	MRS. NUTAN SHARMA
		MRS. HONEY MONGA
7	SNEHA	MRS. GULWINDER
8	SAKSHARTA	MRS. LEEMA ASHISH
9	SANSKAR	MRS. YOGITA RAVINDRA
10	SURAKSHA	MRS. VIJAYA NEGI
11	SANCHAR	MRS. RUCHI SINGH

ICGAS DAMAN



MRS. ARTI BHARATRIYA

ICGS DAHANU



MRS. SARITA SINGH

ICGS MURUD JANJIRA



MRS. RICHA GAUTAMA
PURI

ICGS RATNAGIRI



MRS. KAWALJIT KAUR
SIDHU

DHQ - 3



MRS. MAHALAKSHMI
VENKATESH

ICGS KARWAR



MRS. SHINEY S.

CGOT BENGALURU



MRS. NISHA S. NAIR

DHQ-11



MRS. BHAVNA BOSE

DHQ-4



MRS. UPASANA DEWAN

ICGS VIZHINJAM



MRS. INDU SREEKUMAR

ICGS BEYPORE



MRS. NITHA FRANCIS

DHQ-12



MRS. ANANTHI
DINAKARAN

ICGS MINICOY



MRS. SNEHA SINGH

ICGS ANDROTH



MRS. DIVYA S. NAIR

SURUCHI

MUMBAI

Online Nutrition Classes: - On 02nd Sep 20, A session was conducted by Jasmine Chanan, an experienced clinical nutritionist. She gave interesting insights about lifestyle modifications for the overall well-being rather than following a very strict diet.

Online demo on chemical free terrace and balcony gardening: - A talk by agricultural experts Mrs. Kalpana Shekwat, Mrs. Nilima Kanth and Mrs. Nidhi Gupta of Sri Sri Ravi Shankar organization was held on 02nd Nov 20. The agricultural experts guided us on organic kitchen gardening and its benefits. They gave useful pointers on how to go about the same. The experts also highlighted the benefits of gardening on our daily health and lifestyle.

On the occasion of Tatrakshika day 29th Nov 20, all Tatrakshikas of Western Region were gifted by President Tatrakshika (West) and her team. Hand-made bags were distributed as gifts. Tatrakshika day wishes were sent via e-card to all CGWWA members. Further, hand-made bags were also distributed to all lady Officers and civilian staff by Inspector General AP Badola, COMCG (West) on behalf of RHQ (W).

Online recorded video lecture on Wi-Fi troubleshooting: - A recorded video lecture series was conducted on 05th Dec by Deputy Commandant NK Singh (ICGS Sangram). With the rise in online activity, it has become the need of an hour to be aware of the basics of Wi-Fi operation. The talk covered the vital components of a Wi-Fi system ranging from the router operation, to the importance of a modem, its placement and how one can ensure optimum signal strength for a hassle-free work environment.

In the month of Dec 20, a certificate of appreciation along with a gift was given to Mrs Kirandeep Kaur

W/o J Singh P/Adh (ME) CGPRT (W) for preparing 300 masks voluntarily that were distributed free to local needy persons in Antop Hill, Mumbai.

Online recorded video lecture on Cyber Security: - On 22nd Dec, A continuation of the recorded video lecture series was conducted by Deputy Commandant NK Singh (ICGS Sangram). The talk focused on the ill-effects of the online platform and instructions to keep in mind especially during online transactions. Also, risks of public internet, effects of online platforms on children's mental health when used in excess were demonstrated.

Online Video Demonstration for Making Handbags: - A pre-recorded video was uploaded on 20th Jan 21 demonstrating simple ways of making beautiful, useful and lovely handbags. The demonstration was done by an NGO Sri Satya Sai Gramin Seva Kendra.

Online Video Demonstration on Pedicure: - On 05th Feb, A video was uploaded depicting usage of simple home products to pamper yourself. A pedicure demonstration session was done by Mrs. Vishaka, using products easily available at home to do pedicures.

Online Tutorial Video on the Art of Makeup: - An online video tutorial was presented by Mrs. Shilpa on 09th Mar 21. She taught how to refine 'make-up' skills. It was an informative session containing important tips to look better. Also, basic products that one should keep in their make-up kits were also informed.

Online Session on 'Healing Yourself Naturally': - Mrs. Neelima Badola President Tatrakshika (West), a practitioner of naturopathy, aromatherapy, natural skincare and herbal therapist took an online session on 20th Apr especially for common health issues women face. She guided us on how natural healing is easily attainable through simple means and usage of ingredients handed to us by Mother Nature. She emphasized on the fact

that health is wealth. The following topics were covered by her during the session: -

- (a) Taking care of eyes
- (b) Haemoglobin enhancement
- (c) Essential vitamins and minerals for body
- (d) Food that strengthens tendons and ligaments
- (e) Menopause
- (f) Thyroid
- (g) Acidity, bloating and constipation issues
- (h) Detox water recipe
- (i) Importance of plants and flowers in our life

DHQ-11, GOA

A workshop on garnering awareness on 'Green Coast Guard' Initiative was successfully undertaken by Tatrakshika, Goa in a phased manner adhering to COVID-19 safety protocols. President Tatrakshika, Goa initiated the drive and encouraged Tatrakshikas to understand the science behind garbage segregation at home. The drive was conducted on 09, 11 and 13th Nov 2020 at Multipurpose Hall TRV, Chicolna wherein participants were apprised to adhere to the civic norms in ICG residential areas and about manure making from wet waste. The workshop focused on identification and segregation of waste into dry and wet categories, with an aim to reduce the carbon footprint of each household.

Keeping with the norm of social distancing all activities were restricted to e-interactions. In the month of March, videos on beauty and makeup tips circulated by CGWWA, HQ, Western Region were shared with the Tatrakshikas at Goa through social media. An informative video on maintenance of a first-aid kit at home is planned to be circulated soon for the benefit of the Tatrakshikas.

DHQ-3, NEW MANGALORE

A Troops get-together was organised at CGRA Kunjathbail premises on 03rd Jan 21. Certificates along with awards were presented to Meritorious students of CG personnel for the year 2018-19 and 2019-20 by CGWWA.

DHQ-4, KOCHI

Mementoes for ladies of all officers and EPs were distributed on 29th Nov 2020, Tatrakshika Day. The mementoes were handed over maintaining all COVID-19 protocols.

Online Session on Soap Making: - A demo on soap making was conducted online through video conferencing by Mrs. Shipra Mandal on 11th Nov 2020. She took a class on beginner's level soap making and taught how to make glycerine base soaps, lemon honey soap, De-tan soap and Ubtan soap from easily available ingredients.

Online Session on Do It Yourself (DIY): - On 11th Dec 2020, an online class was conducted by Fevicryl Art Teacher Mrs. Bhavina Jadi. She demonstrated various DIY (Do It Yourself) Ideas for Christmas Decorations viz Christmas wreaths, snow-man, stars, tree lights and hangings.

Quilling design and Jhumka making: - On 19th Feb 21, a welfare activity on "Quilling design and Jhumka making" was conducted by Mrs. Shipra Mandal. She taught making of different types of beautiful earrings, bangles and necklaces quilling with coloured 'resham' threads.

Mocktail Making: - In the summer, the sun shines with his full power. Everyone becomes tired and dehydrated. To get rid of this, the welfare team had conducted a demo on 'Mocktail making' on 19th Mar 21. Mrs. Priyanka and Mrs. Namita had prepared Mango, Ginger slush, Sunset mocktail and Strawberry crush. The drinks were refreshing and everyone tried preparing them at home.

DHQ-12, KAVARATTI



CGWWA Lakshadweep celebrated Onam on 31st Aug 20 at ICGS Kavaratti premises. On this occasion, various activities of children and CGWWA members were conducted.

All CGWWA members and ladies present in the station attended the function. Children actively participated in the event. Onam Sandhya was also prepared by CGWWA members.

Bottle art Workshop: - A Bottle art Workshop was conducted on 03 and 04th Nov 20 as part of a skill development programme for CGWWA members.



CGWWA Lakshadweep celebrated Children's Day on 14th Nov 20 at ICGS Kavaratti premises. On this occasion, a painting competition was conducted for children. All children actively participated in the event. Later, refreshments were distributed for ladies and children present in the event.



CGWWA Lakshadweep celebrated 29th Nov 20 to 01st Dec 20 as Tatrakshika Week. Tatrakshikas in station conducted various activities viz coastal cleanship on 29th Nov 20 at Kavaratti, Special Tree Plantation on 01st Dec 20 and a medical camp for CGWWA members & families as part of Tatrakshika week celebration. Followed by Cake cutting ceremony.

Cooking Workshop: - A Cooking Workshop was conducted on 07th Apr 21 as part of a skill development programme for CGWWA members.

DAMAN

Video demonstrations on COVID-19 awareness were circulated for information which included 'How to Sanitize Household Items'. In addition, three episodes of video on 'Making Hand Stitched Cloth Masks' were also demonstrated. A video on 'Making Fabric Softener', which is a better alternative, more environmentally friendly and economical was presented online.



The Welfare Committee shared three videos on 'Easy to Make and Healthy to Eat Recipes' that included preparation of 'Carrot Cake', 'Jaggery Pakora' and 'Gujiya Making'.

During the Christmas festival on Dec 20, the Welfare committee organized a 'Christmas Tree Craft Competition' through online mode for children. Also, an online 'Talent Hunt' for Tatrakshikas of Daman was conducted where-in ladies were provided an opportunity to make a short video describing the skill/ talent or any other achievements acquired during the lockdown period. On the occasion of 'Tatrakshika Day', gifts were distributed to all CGWWA members in recognition of their wonderful contribution to the fraternity.

BEYPORE

Milan for CGWWA Members of ICGS Beypore was conducted at Type IV parking area CGRA Kozhikode in strict adherence to COVID-19 protocol on 26th Mar 2021.

SANJEEVAN

MUMBAI

An online sharing of recipes on "Healthy Diet for Kids during Lockdown" period was taken by Mrs. Nutan Sharma, Health coordinator on 28th Oct 20. She shared recipes of Energy Bar (Protein Bar), Puffed Rice and Seed Energy Bar and Peanut Butter Dark Chocolate Bar, three most common

energy bars which can be made at home and are good sources of proteins and healthy fats for kids.

An Online session on "Managing PCOS/PCOD with Diet" was conducted for Tatrakshikas on 10th Jan 21. The session was undertaken by Ms. Jasmine Channa, an experienced Clinical Nutritionist. The session focused on conducting detailed nutrition consultations and creating personalized nutrition plans as per individual requirements and focused lifestyle modifications for overall well-being rather than strict diet plans.

In today's stressful times amidst COVID pandemic, Team Sanjeevan and Suruchi organised an online session on Heartfulness through Meditation and Relaxation. The session was conducted on 26th Feb 21 by Mrs. Sayali Vaidya, Vice President, CGWWA (West). The session demonstrated the journey from complexity of mind to simplicity of Heart and release of stress for overall well-being of ladies.

In the month of Sep 21, an online session for the ladies and children about 'The Ways to Take Care of Eyes in 5 Easy Steps' is planned. A few Yogic Kriya to improve eyesight and relax eyes will be taught. Further, Home remedies will also be shared as to how to reduce eye puffiness and dark circles, Do's and Don'ts, Diet and Exercises will be demonstrated.

DHQ-11, GOA

As a part of continuous fight against COVID 19, a mass awareness activity was undertaken through a presentation that was circulated through WhatsApp to all the CGWWA ladies in Goa. The presentation not only highlighted ways to prevent CORONA infection but also highlighted the importance of getting vaccinated. Myths regarding the vaccination were busted during the event. Later a quiz competition was held followed by prize distribution.

DHQ-4, KOCHI

A health lecture was conducted online by Dr. Smita Khan on 27th Nov 2020. It was an interactive session on the topic "Depression in this Pandemic". Importance of physical activities and sleep in order to prevent depression due to altered daily routines, financial pressures and social isolation in this pandemic were explained.

A session on Spiritual Meditation and Yoga was organized on 14th Jan 21 by Mrs K Brida. Impact of meditation on mental health and experiencing real self along with joy and peace.

BEYPORE

A Medical camp was organised for CGWWA members at CGRA Kozhikode by District Vector Control Unit, Kozhikode for Filaria test. All CGWWA members of Beypore were tested negative.

DAMAN

A video on 'How to boost immunity during COVID-19 pandemic' was presented by the health committee and was circulated to all members through electronic means. Also, videos on 'Advantages and Myths of COVID Vaccination' and 'Safety from Corona during Winter' were prepared and shared with all the members on the occasion of Yoga Day of 2021, Health Committee, Damam organized an Online Yoga session on the topic 'Equip yourself for the COVID-19 era'.



On 09th Sep 21, an online session was organized on 'General Dental care and Common Issues' by Surg. Lt Cdr Gaurav Kumar with the help of Doctors from Vaidik Dental College, Daman.

RATNAGIRI

An Eye Camp was organised for all the CGWWA members and children in collaboration with INFIGO Eye Care Hospital.

SNEHA

MUMBAI

As the Civilian workers at CGWWA could not continue with their services in view of COVID-19 pandemic, as part of Outreach Activity, CGWWA helped them with a little financial contribution.

An Outreach Activity was organised for Shanti Avedna Sadan, Bandra, for Cancer Patients. In view of COVID-19 pandemic, CGWWA donated Detergent Powder Packets & Liquid Hand wash. CG personnel on behalf of CGWWA met the in-charge of Shanti Avedna Sadan and handed over the items.

An Outreach Activity was organised at Sir JJ Dharmsala (Old Age Home). CGWWA donated Hand Sanitizers and Masks.

RATNAGIRI

In Jan 2021, an Outreach activity was organised by ICGS Ratnagiri on the occasion of Tatrakshika

Day. All the CGWWA members of this station visited an orphanage named Meher at Ratnagiri and donated ration, sports items and other daily use items to the orphans.



DHQ-3, NEW MANGALORE

An Outreach activity was conducted by CGWWA, New Mangalore at Family Welfare Centre, Kunjathbail on 27th Feb 21. Gifts were handed over to the maintenance/ cleaning staff associated with CGKG School and CGRA society.



DHQ-4, KOCHI

Tatrakshikas of the unit visited an old age home and orphanage for outreach activity during the pandemic. Ladies visited the place and interacted with the inmates adhering to strict COVID protocol. A significant donation was also made to these institutions by virtue of ration and eatables as a goodwill gesture from CGWWA.

On 08th Dec 2020, an outreach activity was conducted by committee members of CGWWA, Kochi. The activity included distribution of essential commodities like groceries, toiletries and vegetables at Ashwasa Bhavan Orphanage, Fort Kochi. A registered organization named Calicut Palliative care society who provide palliative care to poor old people were called at CGRA and cash assistance was given to them.



DAMAN

On 25th Mar 2021, as a part of Outreach activity, bed sheets, grocery items and masks were distributed to daily wage labourers with due adherence to COVID-19 protocol.



SAKSHARTA

MUMBAI

An online quiz was conducted for children between classes VI to XII on the Indian freedom struggle movement in the month of January 21. A total of 27 children participated. All participants were awarded certificates of participation.

DHQ-11, GOA

An online poster and slogan making competition based on the theme "THE NEW NORMAL" was conducted by ICGS Goa on 10th Nov 2020 for children of three age groups viz; 08-10, 11-13 & 14-17. The participants submitted their entries in softcopies ensuring safe distancing norms. Under the SAKSHARTA initiative, entries were evaluated and the winners along with participants were awarded prizes.



On 19th Feb 2021, a felicitation ceremony was organized at the CGWWA centre to award and motivate the wards of Coast Guard personnel who have been excelling in academics and winning laurels in Sports. The event was followed by a pizza party for children.



DHQ-4, KOCHI

Indoor and Outdoor plants: - A demo on how to take care of your "Indoor and Outdoor plants" was conducted by Mrs. Ambika Pathak on 15th Feb 21. She shared some important tips about maintenance of different types of plants.

DAMAN

The Literacy committee shared a video on 'Children Educational Activities' which can be easily conducted at home. To make children aware of Hindi Matras, its correct application and pronunciation, the literacy committee prepared a video on 'Hindi Matra' and circulated it to all children. A video on 'Karak K Chinh', which focuses on the use of Karak and its types with identification, was also prepared and shared with all children.

A video on "Financial Literacy" with the aim to highlight financial literacy, budget planning, basics of banking, funds and savings was circulated to all CGWWA members through electronic means.

SANSKAR

MUMBAI

Teacher's Day was celebrated on 05th Sep 20. Students prepared hand-made cards for their teachers and posted pictures of the

same. Festivals like Dusshera and Diwali were celebrated on an online platform in the month of Oct and Nov 20. Students wore colourful dresses and made handmade craft items related to Diwali and posted the photos. Christmas was celebrated on 21st Dec 20 on an online platform though. Students posted photos related to the event.

Republic Day was celebrated on an online platform. Students prepared various types of hand-made crafts and posted them on WhatsApp groups. On 26th Jan 21, The Officer-in-Charge, CGKG, visited the school and hoisted the National Flag.

Extracurricular activities were undertaken by the students in the month of Feb 21 like in Nursery Class, Students made sunflowers and pasted it in their Drawing book. In LKG Class, Students made objects related to cleanliness with paper pasting. Students drew objects using shapes. In UKG Class, Students made objects with craft paper (Paper folding).

Result Day of the CGKG, Powai was celebrated on 15th Mar 21. The CGWWA Education Coordinator was the Chief Guest for the occasion and distributed Certificate, Medal, Progress Report, Collage, Chocolates, Transfer Certificate (UKG students only) to the students during the Result Day.

Red Day was celebrated on 23th Apr 21. In that student prepared various hand-made paintings/ items in red colour and posted pictures of the same. Mother's Day was celebrated on 30th Apr 21. Students made greeting cards for their mothers. They also posted photographs with their mothers.

DHQ-4, KOCHI

Annual Day Celebration of CG School was organized on 12th Feb 20 at CGWWA Kendra. Welcome dance and various programs were showcased by the children. Action song

competition was conducted and prizes were distributed to the winners.



BEYPORE

Trophies, certificates and cash awards were presented to meritorious wards of CG personnel by the President Tatrakshika, Beypore on 26th Mar 2021.

SURAKSHA

MUMBAI

RV Paswan, Adh (QA) 01569-S passed away at Mumbai on 03rd July 20. A cheque for Rs. 10,000/- (Rupees ten thousand only) was sent to his spouse, Mrs Urmila Devi for taking care of immediate financial requirements.

On the occasion of Diwali, sweets along with a packet of Diya's were distributed to the ladies under Suraksha on 13th Nov 20.

Further, owing to the ongoing COVID-19 pandemic, Scholarships were distributed through cheques to families of deceased personnel based in Mumbai

and outstation areas for the months of December, January and March.

DHQ-11, GOA

The Western Region witnessed the unfortunate demise of Tamil Selvan, Adh (CK) 02555-M from ICGS Sangram on 04th November 20. A cheque for ₹ 10,000/- (Rupees Ten Thousand Only) was given to his spouse Claramery.

The outstation scholarships to the children of deceased personnel from Mangalore and Goa were sent through DD in the month of Nov 20.

DHQ-3, NEW MANGALORE

The region witnessed the unfortunate demise of Nagraj S Rayar, E/F (09359-w) from New Mangalore on 18th January 21. A cheque of ₹ 10,000/- (Rupees Ten Thousand Only) was given to his spouse Mrs Surekha Amaresh for immediate financial requirements and as a one time grant.

DHQ-4, KOCHI

The region witnessed the unfortunate demise of Ajjin TP (P/Nvk) from CGAE Kochi on 19th Dec 20. A cheque for ₹ 10,000/- (Rupees Ten Thousand Only) to his spouse, Mrs Avani for immediate financial requirements.

ENTERTAINMENT

MUMBAI

Bharat ka Amrut Mahotsav: - An Online Competition for ladies and kids was conducted on the auspicious occasion of Bharat ka Amrut

Mahotsav (75th Independence Day). A speech competition on the topic 'Azadi ka Amrut Mahotsav' for children and a patriotic song competition for ladies were conducted on 14th Aug 21. Videos of speech and song were recorded by participants and evaluated by team Suruchi. Best entries were given recognition by CGWWA.

DHQ-11, GOA

To conclude the year gone by and welcome new CGWWA members, a coffee morning with the theme 'Floral Fiesta' was organised at CGOM Chicolna on 15th Mar 2021. All the ladies reverberated the theme draped in floral sarees. The event featured games and crowning of the 'Spring Queen'.

BEYPORE

Kayaking and water scooter activity was conducted for all Tatrakshika members and children in compliance with COVID protocol on 20th Mar 2021 at IC jetty in Station. 20 CGWWA members and children had participated.



Chail cricket ground in Chail, Himachal Pradesh is the highest cricket ground in the world at an altitude of 2,444 meters.



CGWWA WEST



CGWWA NORTH EAST

SL	PORTFOLIO	NAME
1	REGIONAL PRESIDENT TATRAKSHIKA	MRS. MOHITA PATHAK
3	TREASURER	MRS. SEEMA NAIR
4	SECRETARY	MRS. DEEPALI SEDAWAT
5	SURUCHI	MRS. ROMA SRIVASTAVA
6	SANJEEVAN	MRS. PRITI SAKSENA
7	SNEHA	MRS. REENA SINGH
8	SAKSHARTA	MRS. PRATIBHA THORAT
10	SURAKSHA	MRS. BALAKA DAS GUPTA
11	SANCHAR	MRS. RUPALI GILL

DHQ-7



MRS. VINITA SINGH

ICGAS BHUBNESHWAR



MRS. PRIYANKA BISHT

ICGS GOPALPUR



MRS. SUMANLATA SHARMA

DHQ-8



MRS. POONAM YADAV

ICGS FRAZER GANJ



MRS. KHUSHBOO A SURANI

SURUCHI

KOLKATA

Online Mehandi Competition: - On 25th Nov 20, as a part of Tatrakshika Day Celebration, keeping up with the directives issued on adhering COVID-19 protocol, a virtual Mehandi Competition was organized for Tatrakshikas at Kolkata. Ladies participated with full zeal and sent their entries through WhatsApp. Winners were selected by Mrs. Kavita Harbola, Regional President (NE) and suitably rewarded.

CGWWA fraternity celebrates Tatrakshika Raising Day on 29th Nov every year to commemorate the contribution of Tatrakshikas with the objective to encourage the spirit of cooperation and promote the welfare work of the ICG. On the occasion of 26th Tatrakshika Raising day, Regional President Tatrakshika (NE) presented a token of gratitude to all CGWWA members on 29th Nov 20 to appreciate their contribution astride with Coast Guard Service.

On 06th Apr 21, an activity on "Preparation of Wheat Cookies" was demonstrated by Mrs. Silpi Sohal from the welfare wing. The activity was conducted via digital platform and was attended by a good number of ladies. It was an interesting learning experience for all. The voluntary gesture was appreciated by all CGWWA members.



An online Tatrakshika milan was held on 11th Jun 21 to bid farewell to Mrs. Kavita Harbola, outgoing President Tatrakshika (North-East)

A special coffee morning with the theme "Monsoon Hues" was held on 28th Jul 2021 at Officer's Lounge, CGRHQ(NE) to welcome Mrs. Mohita Pathak, President Tatrakshika (NE). During the event Mrs. Mohita Pathak, President Tatrakshika (North East) was welcomed alongwith new members of committee.



An interaction with CGWWA ladies was held on 27th Aug 21 at Crystal deck, CGRHQ(NE).

Independence Day Celebrations: - The following competitions were conducted on digital platform on the eve of Independence Day:

Fancy Dress



Salad Decoration





A tree plantation drive was organized by CGWWA on the eve of 75th Independence Day at CGRA Manikthala on 14th Aug 21. CGWWA members of Kolkata actively participated.



DHQ-7, PARADIP

A virtual meeting was organized on 05th Sep 20 for the formation of a new committee by CGWWA members of Paradip. During the meeting, activities to be scheduled for the next quarter were discussed and decided.

On the occasion of 'Tatrakshika Day-2020' President Tatrakshika Paradip and all Tatrakshikas at Paradip celebrated virtual Tatrakshika Day due to Covid-19 pandemic on 29th Nov 20. On occasion of the day, a token of appreciation was distributed to all Tatrakshikas at Paradip.

Under the welfare portfolio, ladies of CGWWA Paradip showcased their artistic skills during the Virtual nail art competition on 04th Dec 20. In this competition all kinds of decoration were permitted without using nail extensions. In this competition, finely crafted nail paints were resplendent enough to be eye catchers. The participation was paramount and in totality splendid designs were received. Top three winners were judged and were suitably rewarded.

Tatrakshika Paradip has organized a small farewell party for the outgoing building in-charges on 15th Mar 21. Usually, Milan is organized for outgoing ladies but keeping in view the current situation a small party was organized only for 06 outgoing building in-charges. All these ladies have given their valuable contribution to CGWWA and were given a token of appreciation from CGWWA Paradip.

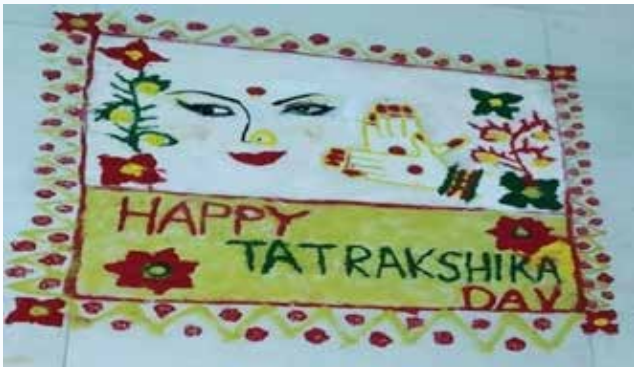
An online Drawing competition was conducted for the Annual Magazine cover page, URMI on 08th Aug 21, based on the theme 'New beginning of Lifestyle' for both ladies and children.

On 20th Sep 21, an Online 'Nail Art' Tutorial was conducted by Mrs. Radhika Sharma through a virtual platform which was appreciated by all.

CGAE (BSR)

A coffee morning was conducted at CGOM Bhubaneswar, during the inauguration of newly constructed Officers' Mess at CGRA on 14th Sep 2020.

To commemorate 26th raising day of CGWWA, a Rangoli competition was conducted for all ladies at Bhubaneswar on 28th Nov 2020.



A token of remembrance was distributed amongst all ladies at Bhubaneswar as a part of 26th raising day of Tatrakshika on 29th Nov 2020.

DHQ-8, HALDIA

As a part of Welfare activity 'Toran and Bandarbar' competition was held on 23th Nov 20 virtually and the winners were suitably rewarded. Coaster Making virtual demonstration hosted by Mrs. Devyani Rastogi was held on 15th Mar 21. The event saw huge participation.

A tree plantation drive was undertaken on 14th Aug 21 at Haldia by CGWWA ladies and children. A total of 50 plants/ saplings were planted at Vikram Enclave and Azad Hind Nagar. The ladies and children enthusiastically participated in the event and contributed to the welfare of the society.



As part of Hindi Pakhwada, CGWWA Haldia celebrated the event at CGKG on 13th Sep 21. A solo dance, group dance and a skit by the wards of CG personnel was organized and the participants were felicitated by Mrs. Poonam Yadav, President Tatrakshika (WB).

GOPALPUR

A token of remembrance was distributed amongst all ladies at Gopalpur as a part of Tatrakshika Day celebration on 29th Nov 2020. On the occasion of Independence Day various events with the theme 'Nation First, Always First' were conducted on 15th Aug 21. The events like Musical Chair, Single leg race and Chocolate race for ladies and children respectively were conducted.

SANJEEVAN

KOLKATA

On 12th Feb 21, an online interactive session on 'COVID-19 Pandemic Preventive' by Dr. Divender Kaur, was organized for all CGWWA members. Ladies of the fraternity participated in the online interactive session through Google App with full enthusiasm. During the interactive session all the queries of ladies were clarified by the doctor.

A healthy body, healthy mind and healthy life should be the motto of everyone. So as to maintain this motto, an online session on 'post COVID-19 stress management' was organized on 22nd Sep 21 for all Tatrakshikas. The session was conducted by Dr. Anjali Gupta, Clinical psychologist at Noor manzil, Lucknow. She spoke about the benefits of exercise and meditation in dealing with post COVID stress and clarified all the doubt of the participants.

On 24th Sep 21, a lecture on " Nutritional Garden" was delivered by Dr Prasenjit Kundu, an eminent scientist from Ramakrishna Mission, Vivekananda university, via virtual mode by members of the welfare wing. The lecture was very informative and Tatrakshika at Kolkata benefited immensely

with the information which was shared by the guest speaker on subject matter.

DHQ-7, PARADIP

A lecture on 'Lifestyle diseases vs Healthy lifestyle' was organized by the Sanjeevan wing of CGWWA Paradip, on 14th Sep 21 at CGKG school, CGRA. The lecture was conducted by Surg. Lt Cdr Sunil S Sahu, DMO following all the COVID-19 protocols followed by an interaction with the ladies for better understanding.

DHQ-8, HALDIA

As part of CGWWA Activity, a lecture on nutrition and parenting was conducted on 29th Dec 20, hosted by District Medical Officers through virtual mode.

SNEHA

KOLKATA

Outreach makes us reach the needy. On 30th Mar 21, the outreach activity of extending a token to the workforce was quite a heart-warming sight. As a part of noble gesture, Pressure Cookers were distributed among the casual labourers of Kolkata based units at CGRA Maniktala by CGWWA Committee Members.



The measure of any society is done by how it treats its women and girls. On 22nd Sep 21, Committee members at Kolkata visited 'All Bengal Women Union', an NGO registered under Govt of India, Ministry of Social Welfare and Justice. During the visit, Regional President and Committee members interacted with the ladies and girls of the NGO, donated ration for the inmates and Sanitary Napkins were distributed to the girls aged 13-20 years. Further the committee members sensitized the inmates about the child protection policy, right to survival, right to protection and right to participation.

DHQ-7, PARADIP

An outreach activity was organized by CGWWA Paradip, on 02nd Sep 21. Donations in kind were made to Nivedita Ashram (Orphanage cum old age home) which included Food items, medicines, and clothes in good condition. All the items were properly packed and handed over to their representative following the COVID-19 protocols.

DHQ-8, HALDIA

On 06th Feb 21, the CGWWA president and CGWWA committee members interacted with children and specially enabled residents of the Gandhi Ashram and distributed Grocery items.

SAKSHARTA

KOLKATA

On 23rd Dec 20, Tatrakshika (North-East) literacy team had organized an online Hindi reading competition on the topic "गैर कृषि विकास में महिलाओं को सहायता" for Tatrakshikas at Kolkata on a digital platform. All ladies participated with immense joy, enthusiasm and forwarded a video of reading through WhatsApp. The adjudged winners were suitably rewarded and a token of appreciation was given to all the participants.

The reality is that most of us communicate the same way that we grew up. That communication

style becomes our normal way of dealing with issues, our blueprint for communication.



It's what we know and pass on to our own children. We either become what we were in our childhood or we make a conscious choice to change it. Keeping in view the changing time on 20th Jan 21, an online interactive session on 'Parenting during Pandemic' was conducted by the literacy wing (NE), through 'Google Meet App'. The activity was coordinated by Mrs. Rupali Gill. The speaker for the session was Mrs. Laxmi Acharyulu. Ladies participated in the online interactive session enthusiastically and made the event a huge success. The initiative of an online interactive session was a good experience for all.

An interactive and informative lecture about 'Mutual Funds' was organized on 27th Aug 21. Mrs. Payal Dutta, relationship manager at SBI, Kolkata delivered a lecture on the benefits and types of Mutual Funds wherein investment can be done. Also, the benefits of SIPs were explained to Tatrakshikas and all their queries and doubts were cleared at the end of the session. The lecture proved beneficial for the Tatrakshikas by helping them to gain insight about financial planning and investment.

DHQ-7, PARADIP

Children of CG personnel at Paradip actively took part in making Santa Claus with a COVID message during the celebration of Christmas on 25th Dec 20. Santa Claus was made with cardboards, thermocol and other household material. The competition was divided in various groups for children of nursery to 12th std.



Songs Quiz Game was organized by Tatrakshika Paradip on 22nd Jan 21 through WhatsApp group of ladies. Ten picture clues of songs were posted one by one. Ladies responded in large numbers. First correct answers were chosen. Keeping in view the current situation, Tatrakshika Paradip is trying its best to continue online CGWWA activities and engage our ladies and children in a positive way. Prizes were distributed to the winners.

BHUBANESWAR

To commemorate 26th raising day of CGWWA, a Rangoli competition was conducted for all ladies at Bhubaneswar on 28th Nov 2020.

On the Occasion of the 75th Independence Day, a Drawing Competition was conducted for ladies and children in line with the theme "Nation first, always first". On completion, prizes were distributed amongst the winners.

DHQ-7, HALDIA

A write up on the impact of COVID-19 pandemic on the health of children was prepared by Mrs. Mukta Pahuja on 10th Apr 21 and was shared among all the CGWWA. It highlighted the difficulties faced by the children during the National Lockdown and how the parents can manage to cater for the health of their children at the time of limited resources.

SANSKAR

DHQ-7, PARADIP

Van Mahotsav was celebrated in CGKG school, Paradip on 30th Jul 21. The objective of the celebration was to create awareness regarding our nature among our tiny tots. A Seed Germination activity was also carried out for the same.

Yellow Day Celebration was carried out in CGKG school on 06th Aug 21. Children dressed in yellow colour attires to celebrate the day.

Independence Day was celebrated on 15th Aug 21. The event was commenced by a flag hoisting ceremony by Comdt. (JG) Usha Gaur, OIC (CGSD) followed by a low-key cultural program.

Raksha Bandhan celebration was in the form of Online Rakhi Making competition in CG KG school on 22nd Aug 21. The celebration was done to keep the students enlightened about the true spirit of Indian Festivals and traditions. Janmashtami celebration was carried out on 30th Aug 21. The students were dressed up as Radha and Krishna to mark the celebration.

Teachers Day was celebrated on 05th Sep 21, to mark the birth anniversary of Dr. S Radhakrishnan. Students prepared beautiful cards and also shared videos of their performances for their teachers. Gifts were later distributed to the teachers.

Ganesh Chaturthi was celebrated on 10th Sep 21. The students were told about the significance of the festival and the lighting of Diya's was done to mark the occasion.

DHQ-8, HALDIA

To make the children aware of the colours black and white and associated objects, students of CGKG Haldia, virtually celebrated Black and White Day on 01st Oct 20. Half yearly examination was conducted from 01st Oct to 19th Oct 20. The examination was conducted merging the first term and second term syllabus.

CGKG Haldia celebrated Durga puja virtually on 20th Oct 20. Parents were requested to share their ward's photo in traditional dress and asked them to do any kind of activities related to Durga puja. Diwali is the festival of lights which is celebrated across the country. CGKG celebrated Diwali virtually on 11th Nov 20. Teachers explained the importance of Diwali through videos and participated in Diya decoration activities along with students.

On the occasion of Children's Day, CGKG organized an online fancy dress competition on 13th Nov 20. Children dressed up in their colourful costumes and spoke a few sentences on the character that they depicted. CGKG Haldia, celebrated "World Earth Day" on 22nd Apr 21. Each student was virtually engaged in meaningful activities to show their love and respect for Mother Earth.

Red is one of the primary colours and also a colour of attraction. On 30th April 21, CGKG School Haldia, virtually celebrated Red Colour Day. Students were taught about the different fruits, vegetables and flowers that are present in nature which are red in colour. They celebrated Green Colour Day on 01st Jul 21 virtually with the students. Students were taught about the different green coloured fruits, vegetables and flowers that are present in nature.

On 09th Jul 21, CGKG Haldia celebrated Monsoon Day virtually. Teachers explained to the students about the rainy season and rainy wear like raincoat, gumboot, cap and also taught them about fruits, vegetables and flowers which grow in this season.

Inspector General M V Pathak, COMCG(NE) and Mrs Mohita Pathak, President Tatrakshika (NE) visited CGKG Haldia on 14th Jul 21 and took feedback on school progress followed by interaction with teachers and school staff. They also gave pep talk to all teachers to encourage them to continue with their good work.

Online story & rhymes reciting competition was organized on 20th Jul 21. All children performed very well and winners were awarded suitably. First term exam was conducted from 22 - 30th Jul 21 as per the first term syllabus. All the students appeared in the examination and they did well. The 75th Independence Day of India was celebrated on 15th Aug 21, by indulging students in flag making and were given lectures on patriotism.

ENTERTAINMENT

KOLKATA

On 27th Jan 21, as a part of CG week celebration 2021, an online essay competition for CG wards was conducted by Regional Headquarters (NE). The event was planned online to avoid mass gathering and ensure maximum participation during the COVID-19 pandemic. The participants were provided a link on their mobile phone through WhatsApp to register. Once registered, participants were given one hour to submit their essays online against the eligible category. The essays were judged on the merit of content and suitably awarded. The whole-hearted participation by the children for the event was a landmark to break the monotony of the pandemic which was much appreciated.

On the occasion of CG week celebration 2021, in line with the online essay competition, an online quiz competition was conducted by CGAE Kolkata. The participants registered themselves online and were provided with a questionnaire (GK). The level of difficulty of the questionnaire was based

on the category selected by the participant. The individual could see his/ her performance in the quiz immediately after the submission of the session. The winners were suitably rewarded.

As part of 'AZADI KA AMRUT MAHOTSAV' to commemorate India's 75th Anniversary of Independence, CGWWA members participated in a Tree Plantation Drive at CGRA, Paradip on 14th Aug 21. They conducted an online Fancy Dress competition for the Children of various age groups, based on the theme 'Nation first, Always First'. The winners were suitably rewarded.

DHQ-8, HALDIA



As part of Azadi Ka Amrut Mahotsav, a Walkathon was organized on 02nd Aug 21 at Haldia by CGWWA and CGDHQ-8. In this special initiative, efforts were made to spread the feelings of nationalism and to connect the general community with the occasion. The Walkathon started from Vikram Enclave and culminated at CGDHQ-8. The ladies and children participated and walked through the colonies at Haldia during the Walkathon and spread depicting Swachh Bharat Abhiyan, stopping use of plastic and National Unity to the common populace.

CGWWA NORTH EAST ACTIVITIES



CGWWA EAST

SL	PORTFOLIO	NAME
1	REGIONAL PRESIDENT TATRAKSHIKA	MRS. NEELIMA BADOLA
2	REGIONAL VICE PRESIDENT TATRAKSHIKA	MRS. SONALI PARLIKAR
3	TREASURER	MRS. ARCHANA SINGH
4	SECRETARY	MRS. DEEPTI BATRA
5	SURUCHI	
	MEENAMBAKKAM	MRS. SHIVANI RAWAT
	MEENAMBAKKAM	MRS. MADHU CHOUDHARY
	ROYAPURAM	MRS. MALVIKA MOHAPATRA
	MOGGAPPAIR	MRS. SUNITHA K AJAY
6	SANJEEVAN	DR. PRITI GANDHE
7	SNEHA	MRS. SUPRIYA MISHRA
8	SAKSHARTA	MRS. SHILPI AGARWAL
9	SANSKAR	
	MOGGAPPAIR	MRS. CHAITANYA SHYAM
	MEENAMBAKKAM	MRS. SHILPI SINHA
	ROYAPURAM	MRS. VIBHA ANGORE
10	SURAKSHA	MRS. NIMISHA SINHA
11	SANCHAR	MRS. EKTA SNEH RAMAN

ICGS MANDAPAM



MRS. RUBINA KHAN

DHQ- 16



MRS. SAVITA SHARMA

DHQ-13



MRS. NEELAM CHAUDHARY

ICGS KARAIKAL



MRS. ANAMIKA SHRIVASTAVA

DHQ-6



MRS. MRIDULA VIJAY

ICGS KAKINADA



MRS. GSR PHANI

ICGS KRISHNAPATNAM



MRS. SHRADDHA CHAKRABORTY

SURUCHI

Chennai

On the special occasion of Tatrakshika Day, token of love and appreciation was distributed among Tatrakshika members. Creative aspect of CGWWA members was explored via various activities like online photography on the topic "Covid -19: Ek Jhalak". While ladies at Meenambakkam, captured different faces of Covid and participated giving suitable captions, ladies of Mogappair and Roypuram participated in Pot Painting and 3D card making activity.



Visakhapatnam

Tatrakshika Day was observed to mark the importance of this day to all CGWWA members. Various competitions like 'Karwa Chauth Mehndi', Virtual Diya Making/Diya Decoration competition' and 'Hand Embroidery' competition were organized at regular intervals to keep spirits high and remain motivated amidst pandemic. On the occasion of International Women's Day,

virtual essay writing competition was conducted for all the ladies. Not letting children miss the fun, a virtual 'Talent show' was organized by CGWWA members, for age group of 05-10 years and 10-15 years.



Kakinada and CGS Krishnapatnam

The momentous occasion of Tatrakshika Day was marked by presenting Tatrakshikas with token of love and gratitude.

Puducherry

Tatrakshika Day was made even more special by cheering up Tatrakshika members of Puducherry and Karaikal by giving them gift hampers at their residences.

Tuticorin

On the occasion of Tatrakshika day, tokens of appreciation in the form of gifts were distributed to all the Tatrakshika members. An activity about familiarization with your surroundings was organized for CGWWA members, at CGRA Tuticorin. To break the monotony of daily chores, a competition was organized giving free hand to all the ladies to display their Art & Craft talent.



Mandapam

To appreciate the pillars of strength of our men, our Tatrakshika, tokens of love were distributed

on the occasion of Tatrakshika Day. The festivity continued with distribution of gifts to CG personnel wards on Christmas along with awareness on Covid limitations. CGWWA ladies also benefitted through online tailoring and baking classes conducted by fellow members. Ladies participated enthusiastically during Mehndi competition organized virtually.



SANJEEVAN

Chennai

An online Health lecture by Tamil Nadu State Health Authorities on the topic 'COVID-19 Vaccination' was conducted through video conference, on 10th Mar 21, to create awareness among the CGWWA members regarding the benefits of vaccination.



Mandapam

Health lecture was conducted, on 13th Feb 21, by Station Medical Officer, Surg Lt Cdr. Parasuraman on the topic 'Overweight and Obesity' for the CGWWA members via virtual medium.

SNEHA

Chennai

As a part of Sneha activity, gift packets were distributed to the casual labourers working at CGRA Meenambakkam, on 01st Mar 21.



Visakhapatnam

As part of outreach activity organised by CGWWA on 30th Dec 20, hand sanitisers, masks, liquid handwash, eatables, etc, were distributed to all the casual labours, at CGDHQ-6 premises.

Tuticorin

To appreciate and acknowledge the sincere and hard labour in keeping our surroundings clean and hygienic, Tatrakshika at Tuticorin organized an outreach activity on 11th Feb 2021, for the 20 personnel employed as Conservancy Staff, at CGRA.



Mandapam

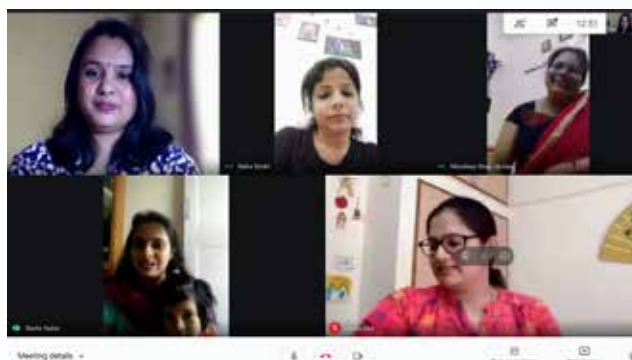
Outreach activity was organized for all the casual labourers, CGOM staff and canteen staff, on 12th Feb 21, at Station Library. Daily use house hold items were distributed to all the staff present during the event. Visit to Gilgal NGO trust for children & widowers was organized, on 28th December 2020, following all COVID-19 safety protocols.



SAKSHARTA

Chennai

An online interactive session with mothers of kindergarten students was organized by the literacy coordinator, on the topic 'Pros and Cons of online class due to Covid-19 pandemic'. It was healthy discussion benefitting all.



Mandapam

Online lecture on SOE (Statement of Entitlement) was conducted by Asst. Comdt. Nishi, on 10th Feb 21, for CGWWA member to create awareness about various incentives, debits and credits of their spouse salary statement. Online lecture on

'Evils of social media' was conducted by Asst. Comdt. Priyanka on 12th Feb 21 for CGWWA members to create awareness about malicious and fraudulent activities that take place on social media and its effect in personal life.



SURAKSHA

Chennai

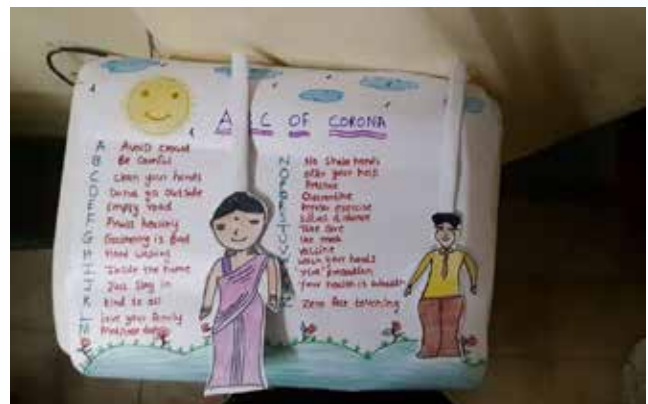
To make the festive occasion of Diwali even more special, gifts (kitchenware) and sweets were distributed to all Suraksha cell members.

SANSKAR

Chennai

All the three schools ensured uninterrupted teaching and learning process amidst pandemic regulations via online mode. Along with getting

in tandem with e-learning, teachers ensured that activities were conducted to break the monotony among students. All the three schools conducted various activities like recording and circulating information and precautions of COVID-19 by teachers. Also, various competitions for students to speak about hygiene during covid and innovative ideas to fight Covid were conducted for students. Overwhelming participation by CGKG students was witnessed, where each participant gave a commendable performance during the sessions.



The original colour of Red Fort in Delhi was white and red and its name was “Qila-I-Mubarak” which means the ‘The Blessed Fort’.



CGWWA EAST ACTIVITIES



CGWWA A & N

SL	PORTFOLIO	NAME
1	REGIONAL PRESIDENT TATRAKSHIKA	MRS. SAVVITAA RAJAPUTHARAN
2	REGIONAL VICE PRESIDENT TATRAKSHIKA	MRS. JYOTI SINGH
3	TREASURER	MRS. GUNJAN THAPLIYAL
4	SECRETARY	MRS. AGRIMA TRIPATHI
5	SURUCHI	MRS. PUSHPINDER KAUR
		MRS. SUTRISHNA MODAK
		MRS. SONIA RANA
		MRS. MONICA TOMAR
		MRS. ANIL YADAV
6	SANJEEVAN	MRS. SUCHARITHA SITARAM
		MRS. SHARANYA KEERTHI
7	SNEHA	MRS. GAYATRI M. KUMAR
		MRS. MAMTA LAISRAM
8	SAKSHARTA	MRS. DILMA MANOJ
		MRS. RIDHIKA MEHTA
9	SANSKAR	MRS. DEEPTHI REDDY
		MRS. RUTU KUMAR
10	SURAKSHA	MRS. GUNJAN THAPLIYAL
		MRS. SAJEDA ALI
11	SANCHAR	MRS. NISHA PRADEEP
		MRS. RICHA MISHRA
12	LIBRARY	MRS. PRIYA RAJAN
13	DWWA	MRS. BHAVNA PIPLANI
		MRS. SUPRIYA SAENA

ICGS HUT BAY



MRS. GEETA YADAV

DHQ -9



MRS. ARCHANA CHAMOLI

ICGS MAYABANDER



MRS. ASHA LOCHAN

DHQ-10



MRS. NEHA BORA

ICGS KAMORTA



MRS. NIRANJANA PARAB

SURUCHI

PORT BLAIR

A cake cutting ceremony was organized at a small scale to celebrate Tatrakshika Day on 29th Nov 20 following all the Government rules and COVID protocols.

December is the month of festivals and celebration. So, CGWWA, Port Blair decided to opt for a virtual platform to conduct following activities in the month of December.

Cake Baking Demo: - Christmas is incomplete without a cake but purchase from bakeries was not a safe option. So, CGWWA Port Blair pitched in and shared a demo on cake making for our ladies. To hone their skills and make their own customized cake.

Bake A Dish: As this pandemic has given us many Masters Chef's. So, we decided to challenge our ladies to present their choicest baked dish and win a reward. Top three ladies were given handsome rewards.

Beauty tips on face and hair care: - Salons and parlours were like a distant dream for our lovely ladies during this pandemic. So, CGWWA Port Blair decided to guide them about the ways through which they can pamper themselves by using home made products in the safety of their home.

Til Chikki Recipe: - Sankranti means dishes made up of til and Jaggery, if it is Chikki then it's like a cherry on the cake. Welfare team shared a video on the same so that ladies can make this festival extra sweet.

Lecture on Stress Management: -Board exams are famous for giving goose bumps to students and their parents. Exam period is a period of uncertainty and tension in the family. To address this issue, the welfare team shared a video talking

about various ways through which they can deal or minimize stress in the best possible way.

Demo on Composting of Kitchen waste: -90% of the garbage comes from the kitchen and handling it is a big concern. A demo was shared with the ladies to guide them about the ways through which they can compost their waste in home itself.



Relationship goals: - You love seeing each other happy and would do anything to see them smile. You protect each other and support each other. By putting each other's needs first, you remove the selfish aspect of a relationship, knowing that your needs are being cared for and met by each other. A beautiful video was shared by the welfare team covering these important aspects of relationship goals.

Visit of DWWA President (A&N): - President of Defence Wives Welfare Association (A&N) Mrs. Deepti Singh visited RHQ(A&N), CGOM Elanora on 25th Jun 21.

Although farewells are not always good because they are such occasions where we say goodbye to our near and dear ones. However as "Every new beginning comes from some other beginning end" it is but natural that people move on. With a heavy heart CGWWA Port Blair had bid farewell to two of its committee members.

Annual General Meeting (Milan) was conducted on 31st Jul 21 at CGWWA Centre. The theme for Milan was 'Manbhavan Saavan'. The program

started with a welcome dance performance presented by Mrs. Vidhya. There was also a presentation on 'Social etiquettes'.

Beauty parlour 'Lavanya' was started w.e.f 01st Aug 21 following all COVID-19 protocols. The parlour is being run by Mrs Kavita Akoliya.

A Tailoring course of three months has been organized for the ladies of this region commencing from 15th Aug 21 at the CGWWA Centre. The course is being conducted by Mrs Manju.

Warli painting workshop of four days was conducted by Mrs Sutrishna Modak from 17th Sep 21 at the CGWWA Centre. Warli is an Indian tribe in central Maharashtra. Warli painting is a style of tribal art created by these tribal people. Warli figures are almost like pictographs. It utilizes geometric shapes like circles, triangles and squares to convey stories.



With an endeavour to educate the ladies on digital/ social media platforms, a seminar on 'How to earn money through YouTube' was conducted on 17th Sep 21 by Mrs Monica Tomar at the CGWWA Centre.



An exhibition of Kurtis and jewellery was displayed at the CGWWA Centre on 17th Sep 21. A step-by-step instructional demo on festive makeup was conducted by Mrs. Agrima Tripathi in order to familiarise them on makeup aspects with the approaching festive season.



CAMPBELL BAY

President Tatrakshika (A&N) visited CGWWA Centre on 14th Jul 21 at CGDHQ-10 and interacted with the wives of all ranks of the station and expressed her satisfaction on the functioning of CGWWA, Campbell Bay. During discussion insights were given on how to remain strong and bold during the Pandemic scenario.





Yoga Day was celebrated by practicing Yoga by individual Tatrakshikas at their residences. The family members also participated in the event volitionally.

Tatrakshika Day was celebrated on 29th Nov 20 at CGWWA Centre, Campbell Bay by distributing gifts and sweets to CGWWA ladies while adhering to Covid protocols. Further, fruitful interaction was held between President Tatrakshika, Campbell Bay and CGWWA ladies regarding various matters giving special emphasis on skill development and utilization of time. Various outdoor games were organized at CGD HQ-10 premises like Jalebi race and Marble race for children and CGWWA ladies towards commemorating the occasion of Coast Guard Day on 01st Feb 21.

SANJEEVAN

PORT BLAIR

Dengue spread is the annual feature in the islands and it affects many people every year. It takes a toll on the health of a person, so to address this problem was very important. Team health organized a virtual lecture on preventive measures to be taken in this regard on Dec 20.

An Eye check-up camp was held on 26th Sep 21 at the Indoor Sports Complex. The camp was held mainly for the ladies, children and dependent parents. The camp was held in collaboration with Robin's Eye Hospital based in Port Blair. Dr. Rohindra Lall and his team conducted the camp. 93 people were screened during the camp. 23 people were advised to use spectacles to

enhance their vision which included 8 under the age of 25 years.



SNEHA

PORT BLAIR

Outreach is the activity of aiding any community that is in great need or might not otherwise have easy access to those services. An Outreach activity was conducted on 11th Mar 21 by CGWWA (A&N) for the Fishing community residing near Haddo area. The only source of income for these families is fishing which is often disrupted by frequent cyclones and storms. In order to help them survive, CGWWA Outreach team took a step forward. On the auspicious day of 'SHIVRATRI', the fishing community gathered at their temple, where CGWWA Outreach team collected various daily needs items like Dry ration, school supplements and clothes. It ensured that all the items reached every single-family present.

An Outreach activity was conducted on 24th Sep 21, by CGWWA (A&N) for Single mothers and Widow's from the Island. These ladies suffered a lot during the COVID-19 pandemic losing their husband and loved ones. Being the only earning members from their family, it was an uphill task

for these ladies to feed their family consisting of small kids and elderly. Hence, CGWWA decided to step in when approached by NGO Guru Kirasoi, who had been actively working towards the pandemic hit families. Under the guidance of Mrs. Savvitaa Rajaputharan, President, Tatrakshika (A&N), outreach team gracefully distributed ration kits which consisted of aata, rice, sugar, tea, masala, cornflakes, milk and other essential items.



SAKSHARTA

PORT BLAIR

Counselling on Career Guidance for senior students: – Knowledge is a powerful tool in today's world. By keeping this thought in mind, the literacy team shared a PDF on the various choices available to students after class 12 th.

A lecture on Personal Grooming as a Tool for Women Empowerment was organized at CGWWA Centre on 29th Aug 21 with an aim to enhance the confidence level of the wives of CG personnel and highlighted the importance of hygiene and personal grooming in day-to-day environment. Salient features covered during the seminar are as enumerated below: -

- (a) Presentation on aspects of hygiene, awareness towards hair, face and skin care, oral hygiene, hand and feet hygiene and nail care.
- (b) Personnel Grooming, awareness towards looking good, and social etiquettes were explained.

A lecture by the Director of Regional Centre, IGNOU, Dr. T R Satya Keerthi was organized for the ladies on 29th Sep 21 to familiarise with courses they can pursue for themselves through IGNOU.



SANSKAR

PORT BLAIR

Mahatma Gandhi has rightly said “Sanitation is more important than Independence”. To fulfil his vision of ‘Clean India’, the Government of India launched the “Swachh Bharat Movement”. To support the Swachh Bharat movement, on 02nd Oct 20 Headmistress and teaching staff of CGKG school cleaned the school premises thoroughly. The event started by paying tributes to our ‘Father of Nation’.

Diya decoration competition was conducted on 11th Nov 20. Hindi Recitation Competition was conducted on 15th Dec 20. Children were very enthusiastic while reciting the rhymes and many children used props for the competition.

In the month of Jan 21 drawing and colouring competitions were conducted online on different dates for each class. Nursery and LKG children were given a picture and were asked to colour it whereas, to nurture the imagination, UKG children were given the theme ‘Nature’ for drawing and colouring. An overwhelming response was witnessed.

English Recitation competition for Play group was conducted on 11th Jan 21. The teachers informed the parents to send video of the child while reciting the rhymes. Republic Day was

celebrated on 26th Jan 21. All the children took part in online activities conducted by the school like Dancing, Singing and Poem Recitation.

Calligraphy competition was conducted on 12th Feb 21 for UKG children. English sentences were given to the children in the online class group. Hindi Recitation competition for Play Group was conducted on 18th Feb 21.

Story Telling Competition was conducted on 24th Feb 21 for Nursery, LKG and UKG. Children telling stories starting with proper introduction of self and ending with Moral of the Story. All children participated with enthusiasm and many children used props related to the story.

Coast Guard Kindergarten celebrated Plantation Day on 05th Jul 21 in the school premises. English Recitation Competition was conducted on 02nd Aug 21. Coast Guard Kindergarten celebrated 75th Independence Day in school premises on 15th Aug 21. This day is celebrated with pomp and gaiety across the length and breadth of India. Various cultural programmes like dance, speech, fancy dress was performed virtually by our tiny tots. Students of Play Group and Nursery dressed themselves as Indian Freedom fighters.

Raksha Bandhan is a celebration of the undying bond between all brothers and sisters. Due to the pandemic, Rakhi making competition was conducted virtually on 18th Aug. Onam was celebrated in school virtually on 20th Aug 21. A beautiful rangoli was made with flowers and the duty teacher Mrs Anitha Nair lit the lamp. On this occasion students were informed about the festival by narrating Raja Mahabali's story. CGKG celebrated Shri Krishna Janmashtami virtually on 27th Aug 21. The Headmistress and the teachers assembled in the school premises for the celebration. Children were educated about this festival by narrating the story of Lord Krishna.



Theme of Teacher's Day 2021 was 'Quality and sustainable school learning'. To felicitate the teachers of CGKG, management had arranged for a surprise program in Nariyal Bagicha, Brichgunj.

Festivals build group cohesiveness, break the monotony of routine and give us a chance to re-energize our body, mind and spirit. With such belief CGKG celebrated Ganesh Chaturthi on 09th Sep 21 virtually. The celebration began with a slogan song followed by a skit performed by the UKG students. Classical dance performed by the tiny tots was breathtaking.



Co-relating with the directives of the Education Department of Andaman and Nicobar Islands, Health and Nutrition week was celebrated in CGKG School from 20th Sep 21 to 24th Sep 21. A wholesome Breakfast menu was sent to parents to follow during the week. An overwhelming response has been received from the parents.

Both children as well as parents were educated on the importance of Balanced Diet.

ENTERTAINMENT

PORT BLAIR

A Tree plantation drive was organised at the CGDHQ-14 on 14th August 2021 under the "Azadi ka Amrut Mahotsav" with the entire CG

family planting saplings and wishing for a better tomorrow.

DIGLIPUR

On 21st Jul 21, Mrs Savvitaa Rajaputharan, President Tatrakshika (A&N) visited Diglipur CGWWA Centre during their maiden visit to NGL. She appreciated ladies for their support and dedication towards service.



MAYABUNDER

On 23rd Jul 21, Mrs Savvitaa Rajaputharan, President Tatrakshika (A&N) visited Mayabunder CGWWA Centre and interacted with ladies

“

The town of Jaipur is home to the largest sundial in the world, which is a towering 27 meters (90 feet) tall! If that's not impressive enough, the sundial is constructed from beautiful polished stone to create a truly impressive work of architecture. The sundial has been listed as a UNESCO World Heritage Site.

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CGWWA A & N ACTIVITIES



CGWWA NORTH WEST

SL	PORTFOLIO	NAME
1	REGIONAL PRESIDENT TATRAKSHIKA	MRS. KAVITA HARBOLA
2	REGIONAL VICE PRESIDENT TATRAKSHIKA	MRS. SAVITA NANDODKAR
3	TREASURER	MRS. SUJATA KABODULA
4	SECRETARY	MRS. RIYA RANJAN
5	SURUCHI	MRS. NEELAM SINGH
		MRS. MANJUSHA MAHADIK
		MRS. SUCHITA KOTAMBE
6	SANJEEVAN	MRS. MEHAK BAHL
7	SNEHA	MRS. NIDHI AGGARWAL
		MRS. BIMLESH
8	SAKSHARTA	MRS. ANSHIKA BHARDWAJ
9	SURAKSHA	MRS. SUJATA KABODULA
11	SANCHAR	MRS. RADHA MURUGAN

DHQ-1



MRS. SHEELU VERGHESE

ICGS PIPAVAV



MRS. UNNATI PATEL

ICGS JAKHAU



MRS. MEGHA SAFAYA

ICGS MUNDRA



MRS. RASHMI SURESH

ICGS VERAVAL



MRS. BHUMIKA PANDEY

DHQ- 15



MRS. MADHU SHARMA

ICGS VADINAR



MRS. NISHI NIKHARIYA

CGRPT SURAT



MRS. SUSHMA SURESH

SURUCHI

GANDHINAGAR

Amidst the pandemic scare, Northwest region celebrated Tatrakshika Day on 29th November 2020 with utmost safety. Gifts were dispatched to all the stations and units of Northwest region and distributed amongst the Tatrakshikas at their respective units. The thoughtfulness of the gift was well appreciated. The message of Tatrakshika President was also shared with the ladies.

As one chapter ends, another begins. The spouse of superannuating service personnel, being their better half, has always stood by their husbands. As a token of appreciation farewell gifts to these ladies were sent to bid adieu on behalf of Regional President Tatrakshika NW as their husband were retiring from Coast Guard.

On 23rd December 2020, a dot painting demonstration was conducted online for the benefit of CGWWA members. Mrs. Aparna Kadam conducted the classes, and she explained the genesis of DOT painting and its importance. There was overwhelming online participation in the event.

A workshop on Madhubani painting was conducted online from 28th December 2020 to 01st January 2021. It was well organized in collaboration with the Inner wheel club of Porbandar. Mrs. Sharmila Sanjay Shah, the Director of Jayshma creations, was the leading artist behind this beautifully conducted workshop. All the instructions were posted on the WhatsApp group daily in the morning, and the task was given to the ladies. Mrs. Dipa Pal, Regional President Tatrakshika (NW), also took part in the workshop to motivate members.



On 13th January 2021, a demonstration on making Til ladoo, Peanut chikki was organised on the eve of Makar Sankranti by Mrs. Sangita Sharma.

On 11th August 2021, a competition for handmade Rakhi was conducted as Raksha Bandhan festival was just around the corner. Regional President Tatrakshika Mrs. Kavita Harbola appreciated the participant's efforts and awarded prize to the winners.



DHQ-1, PORBANDAR

On the occasion of Tatrakshika day all the members of CGWWA CGDHQ-1 and units under command were presented with a gift received from Regional headquarters.

A Beauty Parlour for ladies of Coast Guard Residential Area was inaugurated by Regional President Tatrakshika on 02nd January 21. A candle making class was organized on 09th January 2021 through Video Conference in view of COVID-19 restriction. A mask making class was organized on 28th July 2021 at welfare center and the video was shared to the members of CGWWA Porbandar.

VADINAR

Tatrakshika day was celebrated on 29th November 2020. Souvenir gifted by Regional President Tatrakshika was distributed among the ladies of the station.

A Thali decoration competition was organised at station auditorium on 13th August 2021. The theme of the event was 'SAVAN'. Station President Tatrakshika Vadinar, Mrs. Nishi Nikhariya, wished all ladies and inspired them to be strong, independent and be the spine of their family and society.



A lecture on making beauty care products with home-made items was given online by Mrs. Sonali Kale on 26th March 2021. A demonstration session on 'Best out of waste' was handled by Mrs. Sonali Kale for a group of ladies through the online platform, 'Google Meet' on 25th December

2020. A beautiful flower vase was made with waste cardboard box, sand and colours.

PIPAVAV

A handmade Rug making demonstration was conducted on 24th December 2020 in which a rug was created using basic materials like needle & thread, waste cloth, hot glue gun and a pair of scissors. A video was recorded for the same explaining the steps and use of the rug. Further, members tried it at their homes and found it useful.

On 22nd January 2021, Mrs. Priya Rai, gave a demonstration on making Bag and Envelope from old waste Newspaper. Emphasis was laid on use of paper bags in place of plastic bags, as plastic bags are highly dangerous for environment. A video was recorded and forwarded to CGWWA WhatsApp group. A good response was observed.



A demonstration on making artificial Gajra from tissue paper was conducted on 18th February 2021. On 15th March 2021, a demonstration was conducted on creating wall hanging. Best part of this was that it required only two items i.e., wool and ring, which are generally readily available and also cost effective. A video was recorded.

An online demonstration of bottle art was conducted on 06th Apr 2021. Advantage of this activity was that any type of bottle could be used. Different shades of colours could be used as required to make the bottle attractive. A video was recorded and shared with others.

JAKHAU

An online class on different types of embroideries was conducted by Mrs. Rashmi Pandey W/o PK Pandey USE (E), on 02nd February 2021. Video of the same was recorded and shared with Tatrakshikas of Jakhau.

SANJEEVAN

DHQ-1, PORBANDAR

An educational video on dental hygiene for children was shared on 17th January 2021. This video was made by Mrs Poonam Kumar and it was well received by the members.

OKHA

Yoga classes for ladies were conducted at multipurpose hall from 08th July 2021 to 18th July 2021 for one hour every day for 10 days following all covid 19 protocol and precautions.

VADINAR

An overview session on "Awareness on COVID-19 vaccination" was handled by Mrs. Nishi Nikhariya and Mrs. Abitha George for a group of ladies through the online platform, 'Google Meet' on 27th January 2021. Various aspects of uncertainty prevailing with vaccines were explained in layman terms by Mrs. Nikhariya.

On 19th February 2021, a Presentation and lecture on dental health, with general tips on dental care for kids, food, diet and hygiene etc were given online by Dr. Shreya Sharda to all the CGWWA members. On the occasion of International Yoga Day, a yoga session was organised for the CGWWA members on 21st June 2021. All personnel enthusiastically participated. The Yoga instructor praised the ladies for their Zeal. The use of yoga was well explained by Mrs Neha. Ladies and children participated in the event.

VERAVAL

As a part of health activity Tatrakshika Veraval

organized health lecture for all CGWWA members at Veraval on 13th October 2020. Special Yoga Class for CGWWA members was conducted at station premises on 21st January 2021.

PIPAVAV

A demonstration was conducted on 31st January 2021 on First Aid and CPR. First aid and CPR i.e., Cardiopulmonary Resuscitation, a lifesaving technique used to render assistance in emergencies such as heart attack or near drowning was explained. A video was recorded and forwarded to CGWWA WhatsApp group. A good response was observed.



JAKHAU

Medical lecture on "Breast Feeding" was delivered by Station Medical Officer Surg Lt Sri Harini Balla on 05th Sep 2020 at CGWWA center CGRA Naliya. CGWWA members actively participated in the event and discussed all the issues related to subject during the session and benefitted from it.

A lecture on "COVID -19 vaccine and bird FLU" was delivered by Station Medical Officer Surg. Lt Cdr Aditiya Arugulla on 31st Jan 2021 at CGWWA center. All CGWWA members participated in the event and interacted with SMO on the topic covered.

Interactive Presentation on backache and spine care was delivered by Mrs. Renu Malik on 09th August 2021 at welfare center and focused on various types of exercises pertaining to backache. Online Yoga class was conducted by Mrs. Neetu

Gupta W/o AK Gupta Ytk (SW), on 05th December 2020.

SNEHA

GANDHINAGAR

An outreach Activity was organized on 13th April 2021 by the members of Tatrakshika, wherein provisions and food articles were distributed to the casual labours employed in unit. The recipients expressed their gratitude for the warm gesture.



VADINAR

On 19 March 2021, CGWWA Vadinar organized annual outreach program for migrant labourers and rations were distributed to their family. The gesture was appreciated by the migrant labourers.



VERAVAL

An outreach Activity was organized by Tatrakshika Veraval for casual labourers on 12th Apr 21 with the distribution of Grocery items.



DHQ-1, PORBANDAR

An outreach activity was organized for construction labourers who were affected by COVID-19 lockdown by the CGWWA members on 24th March 2021. Ladies interacted with children and families. A hamper containing grocery items was distributed to the families

ICGS PIPAVAV

Annual Outreach activity was organized on 19th March 2021 at Chatadia Village, Rajula to aid under privileged families. During the event food grains and fresh provisions were distributed.

SAKSHARATHA

GANDHINAGAR

Online poem writing and painting competition was organized for the children of Coast Guard family on 15th February 2021 as part of Coast Guard Day celebration. The theme for the poem was 'patriotic', aimed to inculcate National pride among the children. Also painting competition with the theme Aatmanirbhar Bharat, aimed to make our children visualize and depict a self-reliant India on chart paper. There were overwhelming responses to the competition and the prizes were distributed at home adhering to the COVID-19 restrictions.

On 5th March 2021, an online essay competition was organized for the ladies. The participants were given four topics for the essay writing such as Usage of mobile, immunity building in present scenario (covid-19), maintenance of skin, eyes and hairs in the upcoming summer season and stress/pressure on women due to current pandemic situation. Many Tatrakshikas participated in the essay writing competition, and winners were awarded and appreciated.

DHQ-1, PORBANDAR

Mrs. Mandira Kaur made a video on importance of financial management on 04th March 2021 for ladies which were focused on the requirement of salaried families. Video was shared with CGWWA members through Google drive. A video on stress management considering the ongoing pandemic was created and shared on WhatsApp group on 22nd March 2021 by Mrs. Alka Singh.

SANSKAR

DHQ-1, PORBANDAR

Red day was celebrated virtually in CGKG on 30th Apr 21 wherein all students were dressed in red. Teachers introduced colour red to children in fun manner and asked them to draw and colour red fruits. Yellow day was celebrated virtually on 23rd Jul 21 and all students were dressed in yellow. Teachers introduced the colour yellow to students and asked them to draw and colour sunflower and yellow fruits. Green day was celebrated virtually on 06th Aug 21 and all students were dressed in green. Teachers introduced colour green to children and asked the students to draw green fruits and cut and paste green papers on fruits drawn.

Independence Day was virtually celebrated at CGKG Porbandar with zeal and enthusiasm. Children were asked to paint National flag. Teachers explained the importance of 75th Independence Day and tried to inculcate patriotic feel amongst the children.

On 20th Aug 21, Rakhi making activity was conducted virtually wherein students made Rakhi using various craft and waste materials and their cutting and pasting skills were monitored during the activity. Virtual Hindi Poem Recitation Competition was organized on 26th Aug 21 and students had prepared Hindi rhymes and recited the poems with action. Students were adjudged for 1st, 2nd and 3rd position.



VADINAR

On the festive occasion of Makara Sankranti, school children enjoyed by flying kites on 14th January 2020 and teachers told the students about Makara Sankranti festival. Republic Day was celebrated at CGKG on 26th January 2020

by hoisting national flag by Headmistress. School staff and children sung the National song with pride. Children enjoyed painting the national flag.

Recitation Competition for students of CGKG was conducted on 13th February 2020. Children of each class showed their talent in various categories and enjoyed the competition. To sensitise little toddlers of CGKG School Vadinar about rainy season, teachers of PRE-KG, LKG and UKG conducted an activity online on 04th September 2020, on rainy day. Children made rainbow with crayons in their scrap book during the online session.

The festival of Janmashtami was celebrated on 11th Aug 2020. The teachers of CGKG conducted online crown making activity and educated the children about the reason to celebrate the birthday of Lord Krishna. To explain the children of PRE-KG, LKG and UKG about the importance of sun, teachers of CGKG School conducted sun making activity with craft paper and match sticks online on 02nd January 2021. With this activity teachers taught the children the shape circle. On the occasion of Makara Sankranti festival, the teachers of CGKG school Vadinar conducted online activity of making kite with the craft paper

on 13th January 2021, through this activity children were sensitized the importance of this harvesting festival, which brings joy to our life.

To inculcate the concept of shape into the little children, the teachers conducted shape activity on digital platform on 14th February 2021. Children made various shapes by using craft of different colours. On 15th August 2021, Independence Day was celebrated online by school teachers and students. Teachers sang the national anthem and patriotic poem. The students enjoyed online activity of making National Flag using seeds and grains. Headmistress delivered short speech about the supreme sacrifice of the great martyrs who gave their lives for the sake of our freedom.

SURAKSHA

On 01st November 2020, a sum of ₹ 10,000/- (Rupees Ten Thousand only) by cheque was handed over to Mrs Mansi Grover W/o Late TR Grover PSE(R).

On 07th June 2021, a sum of ₹ 10,000/- (Rupees Ten Thousand only) by cheque was handed over to Mrs Krishna Devi W/o Late Ram Niwas P/Adh (ME).



Loktak Lake is the largest freshwater lake in northeast India. It is also home to unique floating islands called "Phumdis", which are made of vegetation, soil, and organic matter, that have been thickened into a solid form.



CGWWA NORTH WEST ACTIVITIES





To conclude.....

Going through challenging things can teach you a lot and they also make you appreciate the times that are not so challenging. This is an uncertain time for all, but alongside supporting efforts against the pandemic, CGWWA has taken proactive measures to weather the storm. It's abundantly clear that optimism is a crucial factor in how people are choosing to navigate the crisis. Therefore, CGWWA as an institution has a significant role to play in fostering this optimism.

“

The Indian government has prohibited anyone from going within three miles of North Sentinel Island, home of the Sentinelese people. It is now considered one of the last places untouched by the outside world.

”

NATURE, A THERAPEUTIC PARTNER



I am mirrored into shells of hopes,
And everything from here is through an eye of a hole,
Yes, it seems the world outside is beautiful.
I can feel the sound of someone chirping,
Seeing shedding leaves is my new healing,
I can see the winding dust flying in,
And the sun is dim but it is still beautiful,
Yes, I am mirrored into shells of hopes,
And everything from here is through an eye of a hole,
Do You know air has a fragrance?
Do You know there is sound in silence?
Have you ever seen a butterfly crawling?
You know mountains never stopped rivers from falling,
You know black colour doesn't even have its own identity,
You know looking through a hole is a feeling,
You know why am I in here and crying,
You know I am mirrored into shells of hopes,
And everything from here is through an eye of a hole.
Nature is a therapy and I am seeing it,
But the sad part is you being there and not feeling it,
Even the air you breathe in is not listening to it,
The human went heavy on me but not superior it,
I am waiting for the moon as the sun is welcoming it,
Yes, stars too have a job to do but still I am waving to it,
You know I am mirrored into shells of hopes,
And everything from here is through the eye of a hole,
It seems the world is beautiful,
And Today Yes through your eyes I am feeling it.

Kapil Pachauri
S/o Vijay Prakash
P/Adh.

MOM AND KIDS



Those were the days when I used to literally drag my kids back to our house after their playtime. But now, the whole scenario has changed. Now, I have to drag them out of the house (thanks to the new era of online gaming) so that they can socialize and give themselves a tinge of health tonic by exercising and playing.

Online classes were a boon to all, since sending children to school in COVID pandemic time was risky. However, easy access to gadgets has made children find their school and neighbourhood friends through online games. Kids nowadays think what is the requirement of going outside to play when they can meet their friends online and play interesting and challenging games in it.

Once upon a time, I used to be always worried about them not gaining weight, but now I am looking for ways through which I can make them reduce weight (Never ever dreamt of doing this in my life). Anyways, somehow, I have managed to convince them to be physically active. Home stay (especially for kids) has changed a whole lot of their lifestyle and point of view. It's always better for the kids to understand the value of physical activities for their own wellbeing.

Health is wealth – an old one – but old is gold

Mrs. Anuradha Menon

W/o Comdt Sivaprasad S

ICGS Sajag



THE CLOSEST RELATIVES

Human beings prefer to remain social and feel secure when living together than being isolated and aloof. The binding with other personnel will depend on the amount of the psychological security provided by them in times of need. Since time immemorial, few approved relations have existed i.e., blood relationships. In our society these are the strongest. Despite many indifferences in thought process and ideologies, somewhere 'the connect' will keep all the relatives together for occasions of celebrations and sufferings.

Being married to service personnel, we are bound to shift to new places, interact with new people from different regions and religions as well. Additionally, we spend 85% of our service life away from our blood relatives. Here comes the importance of keeping cordial and healthy relationships with our next-door neighbours. Due to the nature of work when our spouses are afloat on prolonged duty, our cordial relationships with our neighbours will provide a huge sense of courage and comfort. They help overcome many fears, insecurities and boredom.

Good relationships with neighbours also provide an opportunity for our children to know about their customs and culture. This will help them in their overall grooming in respecting various people, religions and their respective beliefs and culture.

Mrs. Deepthi

W/o Comdt VV Reddy

CGAE (PBR)/745 Sqn

THE INNER VOICE

Today I pen down an incident, which has changed my perception of life forever. We had just moved to Tuticorin on permanent transfer. It was my mother in law's first death anniversary the next day, but my husband had to sail out for a month. It was a very sad day indeed for us, more so for my husband as he could not perform the rituals he really wished to. I decided to go to the nearby temple and offer prayers in memory of my mom in law. On the way to the temple, I was deep in thoughts & was reliving the days I had spent with the blessed soul. I called her so because she was bedridden for ten long years but till the last day, we never heard a curse or a tantrum from her.

In fact, I think she started empathizing with the special people & felt that the greatest service to mankind was to care for the less fortunate ones. All of a sudden, my car stopped & to my surprise, I found a rehab centre very next to the temple and decided to go there. My gut feeling told me that "today I must spend a day caring & looking after those who are closest to God's heart."

Language was alien yet, was not a problem. One of the sisters took me around the centre. There were children of all age groups with separate sections for boys and girls. Some of them had to struggle to even move an inch, and for some of them their very existence was a big illusion. My heart went out to a ten-month-old baby girl who had found shelter here, only yesterday. She was fast asleep

in a sister's arms. The irony of the situation was that her own mother had abandoned her as she was terminally ill. I was deeply moved by the patience & zeal of the people who were engaged in such selfless service to mankind. Each time I looked around I could see the children smile but more than that I think each one was telling me not to forget their tiny, fragile world as soon as I was out of there. One boy caught hold of my finger & took me to a shelf where pictures of all religions were kept. It was then; I think I understood the sole purpose of my visit. I played with the angels for some time, shared food & delicacies with them but soon it was time for me to head home. That day I reached a conclusion that it is we, who have chalked out boundaries on this planet for our greed & have unnecessarily shed blood in the name of caste & creed.

All religions preach only one thing that is love, caring & sharing which is the greatest service to the almighty. I left the place with a heavy heart but a light step as finally my life had got a direction and my guiding light was none other than the blessed soul i.e., my mom in law. I silently thanked her & vowed to do my bit to serve mankind in whatever ways I can.

Mrs. Umesh Kumar
U/Nvk (RO)
ICGS Annie Besant

A lake in Maharashtra called the Lonar lake was made due to a meteor crash.

DREAM COMES TRUE



Every individual has various memories throughout their life. These memories can be good, bad, pleasant or magnificent. However, every individual has that one particular moment of their life which he/she will always cherish as long as they live. This memory has a special place in their heart and has emotional significance. I too have one such memory which I will never forget. It has been one of the favourite moments of my life, the day I got selected for Indian Coast Guard.

Seeking a fulfilling career after completing college is a critical phase in the life of first-generation students. However, in the current world when seeking a normal job is a huge task, getting an opportunity to serve in the defence forces was a dream come true for me. Nonetheless, the mentality of students, expectation of loved ones and the beliefs of the community are pivotal contributors to this monumental phase of an individual's life. I was not so different from other youngsters in this regard. Despite completing my masters, I was not satisfied with my career and always had the smouldering spark inside me for joining the defence forces.

Although the idea of wearing a uniform and serving the country always kept me thrilled, I was more awed with the idea of joining a service which will always be full of thrill and excitement. A service

which will provide me a chance to visit places within our country and abroad. At that stage of my career, I came across the notification of joining Indian Coast Guard for the position of Assistant Commandant and immediately pounced on it. As a part of the selection program, I had to appear for the pre-selection board (PSB). I chose Chennai for my PSB center. Oblivious to the selection procedure I reached the center to appear for the board.

Upon reaching the center, as I saw a crowd of 800 candidates, I felt my chances slipping away. However, after completing two rounds of exam, a round of group discussion and 11 hours of arduous waiting, I was among the five candidates selected for the final selection board (FSB) which was supposed to happen in Delhi.

The level of my excitement and happiness was uncontainable and I was desperately waiting for the administrative formalities to get over. As the formalities got over, I immediately called my mother and gave her the news.

I still remember how happy she was after receiving the news. There are not enough words to explain that particular moment. It gave me a certain sense of achievement. I still cherish that memory and it always brings a smile to my face.

Krishna Kant
Assistant Commandant
ICGS SAJAG



The village of Shani Shingnapur is famous for not having a single lock or door in every house. No crime has been recorded in the village for the last 400 years.



COACHING CLASSES IS THAT NECESSARY FOR BOARD EXAMS??



Are coaching classes being in-avoidable to score good in board exams? That too during pandemic? These questions have not let me sleep for months when my daughter enters 10thstd this year. All possible external inputs and my daughter's intention always confused me more. But my better half is clear in his mindset that we are preparing for us out of service and all possible avoidable expenditures "may be" short closed. Being his better half for more than fifteen years, I can understand his "May be " means "must". Adding essence to his mindset all coaching centres are charging exorbitant prices. Once you surf for the details of coaching centres, only God knows how they take out your details? And will start calling you again and again and make you believe that, without them, your child could not succeed.

My daughter who comes within the first five ranks in her school was tense and confused because many of her school friends joined one or more online coaching centres and she terribly kept on insisting that I join any of the online classes. She also initially justified that during this pandemic it is important for the online coaching centres, as she is not attending the school and online classes offered by the school are for very less time and her doubts are not cleared by teachers view paucity of time.

Now the ball is in my court. If I were to suggest an online class, no doubt my better half would consider it favourable but my mind swings heavily between the financial condition, my husband's planning and daughter. So, keeping my doubts and emotions apart, I undertook a deep survey on the subject through various platforms available online and tuition centres available near our residence. I found both advantages and disadvantages of coaching classes and they are as below: -

Advantages of tuitions & Coaching Classes: -

- Appropriate Guidance
- Specific Subjects covered if required by student
- Special techniques for cracking the questions in less time.

Disadvantages of tuitions & Coaching classes: -

- Increased education expenses / Financial Burden.
- Time management between school work and other coaching classes.
- Unavailability of personalization by school teachers in online classes.

So, on one fine Sunday morning, I planned to have a discussion with my husband and he suggested including our both daughters (the younger one is at 4th Std now) in the discussion so that we could understand each other's issues briefly. So, I prepared the Noodles and Veg Manchurian (The family pasand) and called for the discussion. While we started our conversation, Myself and my husband were astonished because our daughters are more mature than what we thought. My elder daughter has undertaken her own survey and not giving room to discussion, starts narrating her views. Following are my daughter's words, and it will be good, if we read the words what she told exactly: -

Appa, Amma, I can understand, Coaching classes and private tuition are merely like a lubricant in a vehicle and easily available around me. But it's "me" the vehicle to work hard whatever lubrication is provided. But we should also admit that coaching centres have mastered the art of cracking the exam and hence they charge exorbitantly for what they researched and find out shortcuts to crack the exam. But I can do my level best to excel in my examinations provided with following support from you: -

- (a) Provide a good wi-fi internet connection as most of the study materials are available in YouTube. All coaching centres' demo videos on all subjects are available online and I swear, the demo videos are better than the live classes. With the mobile data, it took a lot of time for processing and hence I lost interest.
- (b) If possible, provide me with a standard Laptop or desktop, so that it will be easy for me to read and avoid stress on my eyes.
- (c) Provide me some books which I need from time to time (other than school books viz Verbal & Reasoning practice books, Mathematics Formulae play cards etc.

Since the requirement of the child was reasonable, myself and my husband have no overlooks and the other day we installed a new Airtel Wi-fi with unlimited data @ Rs.499 per month plan. Within a month we bought a new Laptop that too below Rs. 40,000. We are also lucky enough to get the latest books from ex-students through OLX that too costing only one quarter of the original price.

With all our efforts, we are trying our level best to improve the habit of "self-study" with affordable materials that we have. The performance of the child is improving day by day. She works hard daily apart from her daily school online classes. And one day or the other, the hard work will pay better.

Now it's time to conclude. I can firmly say a big NO to the Coaching Classes till our child is willing to work hard with honesty. In addition, constant guidance from school teachers and background support from parents will add flavour to the dreams of the child. The one thing the most needed is "Unconditional support for children without any expectation" because we have to make a good human for the family / society not a trained professional who frequently fails in personal life.

Mrs S Sharmila Devi
W/o M D Vijaya Kumar
Adhikari CGSD (Mumbai)



NATURE

The azure sky, the blue seas, the soothing breeze
Heals all the sorrows with every ease
The high peaks and snow-covered trees
Fills the heart with such blissful peace
The lush green prairies and open fields
Courting to all our needs
The vast desert and silky sand
The true symbols of strength and brawn
The burning sun and the pulling moon

Oh! What energy boons
Mankind must nurture mother earth as a gardener
For her to be our motherly therapeutic partner
NURTURE EARTH AND SAVE NATURE
For a healthy and a prosperous future

Mrs. Sakshi Gautam
W/o Dy Comdt Utkarsh Gautam
79 ACV SQN

INSIDE OUT



A Sunny Saturday afternoon, on a dusty road near the old school, a balloon seller was on his daily routine to connect the ends of his life for survival. One by one, he was blowing balloons of different colours with heavy breath and arranging them for the best view for the children. Suddenly, he felt a pull on his shirt from the back. He turned around and saw a little kid with curious eyes standing behind him. He went on his knees and asked the kid about which colour balloon he wanted. But the kid was not the customer. Instead, he was a seeker.

"Do black balloons also rise in the air like the red, blue, and yellow ones?" asked the kid. The question struck the right chord, and the balloon seller was surprised. He took a deep breath before answering a life-changing question.

"It's not the colour of the balloon which pushes it in the air. What's inside the balloon decides its fate."

Life is not a destination, it's a journey. Despite being a social animal, every human has to live it individually. It's not the peripherals that decides the milestones of this journey, instead the fuel used.

Praseon Kumar Tiwari
Deputy Commandant
Commanding Officer
ICGS C-445



PRIDE OF THE NATION



One's mother is waiting near the door,
waiting for his son to come home
One's father is reading a newspaper,
looking for a news regarding his son
One's sister is packing a rakhi,
a plain and simple one
because that's all her brother is allowed to wear
One's wife tells their kids to be brave,
brave like their father and those who lost their life,
fighting the enemies.
Those who are going to the border to
protect their country,
Those who are going to pay back
the debt of our beloved country
They pay, they pay back
by concurring the enemy land,
by getting gold in the Olympics sky
by securing the nations with the surgical strike
Be brave
Brave like them
Who shine in the sky,
They are the reason we sleep safe and sound

Sara Singh
D/o Comdt Sandeep Singh

BAS EK PAL

When I got married to the Officer in uniform, I landed up in Port Blair where he was posted on board ship. I felt that it was difficult for me to continue my profession of architecture and hence decided to defer my decision to pursue my job till we shift to the mainland on posting. But destiny had something else for me. We reached the mainland as my husband was selected to undergo a course, but the next destination was unknown. So, the architect in me was put to hibernation again. As life progressed, we were blessed with a child and I decided to enjoy each and every moment of my motherhood. After a few years, another child came into our lives. Hence, I decided to forego the idea of working again and applied all my architecture skills into my home. Meanwhile, I got opportunities to work for CGWWA and started enjoying it, especially the outreach activities.

After about 15 years, I got an opportunity to work with the National Institute of Blinds, Worli, which was next door to our house. It was easier for me to work for a social cause while looking after my kids and their studies as well as my in-laws. I started assisting in the file work of the school and assisting the Vice President who himself was a 75-year-old blind gentleman. I started learning about the life of a physically challenged person and day to day difficulties they face. But I realized that they had a lot to offer and one can learn a lot from them. They had special mobile which worked totally on voice mode (now every smartphone has that feature but I am talking about 2009).

I learnt about how they study and how their books work for them. The institute has various facilities such as a craft room where they use to make candles, bags, gift items and sweet savoury items. One day, I was helping in sorting the audio CD's which were actually talking books, especially for those who wanted to pursue some professional courses. These talking books were recorded by volunteers in Hindi, Marathi, and English languages at the centre itself which had a recording centre of its own. It was a new thing for me to realise how talking books are prepared. I was given an opportunity to offer my voice for recording. However, I had to qualify a sample test recording. I appeared in the most difficult test, for me at least, to record mathematics in Hindi. After two days, I got a call and I was asked to offer my voice for recording the talking books. My life changed thereafter. I started recording mathematics and Hindi books for B.Ed courses and started enjoying it.

One day while coming back from the market, I encountered a few blind people asking for a way to the Blind school. Since it was next to our building, I helped them and started escorting them. While walking and talking, I came to know they are B.Ed students and going for classes. One of them told me that my voice resembled their audiobook. He said that the math recording in Hindi was too good. I asked them the name of the recorder (a common part of human curiosity) and they told me my name. Then I revealed that the person was me. Everyone shook hands with me and praised my work. I realised that I really earned more than that what I could have done by pursuing my career as an architect. Though I could not pursue doing the recordings further due to the postings of my husband, I look forward to keep working for a social cause that can be pursued at every place. Such work really gives you immense pleasure which cannot be described in words.

Deepika Bhatia
W/o DIG Manoj Bhatia

ONE EVENING



The sky looks like a frozen dome of blue,
the clouds moving ever so slowly,
you'd miss it if you didn't pay attention
the sun's shining bright in the sky,
it is on the verge to start its setting phase,
I can feel the orange pouring out into redness,
the breeze is light and gentle,
the trees around sway as the wind makes its way through the branches,
the branches speak,
I could hear their swishing in the silent atmosphere,
I see a sparrow land on the thin wire above the wall,
it moves its head as if mad at the wind,
the sun slowly seeps towards the horizon,
I stare towards the setting sun,
hoping I could stay here forever,
I wonder when will the next time like this arrive,
"Soon enough, nature never ceases to amaze."
the sun meets the horizon,
like two lovers holding hands after days of parting,
the sparrow's silhouette feeling like the darkness in my soul,
a darkness that is surrounded by light,
and on times like these, you can see it,
the sparrow moves around, so does the sun
I see the horizon hugging the sun in its vast embrace
the sun hugs back tighter, disappearing little by little
the sparrow takes off,
the last bit of the sun leaks away,
I stare at the blood-red sky,
it is awfully still,
I don't doubt that the sun will rise again,
I know it'll be just as pretty.

Krish Tundwal

S/o Comdt Suresh Kumar
CGRPT Surat

SOCIAL BEHAVIOUR

Social behaviour has a unique impact on the evolution of homo sapiens. Language, empathy and social interactions being the main factors which are considered to assess human behavioural patterns. Legitimate definition of social behaviour is "it is the interaction between two or more organisms of the same species.

Family is not a different set, rather a subset of society. The behaviour pattern executed by people in the workplace, educational institutions and other public places is just the mirror reflection of what they learn in their homes. But in the millennials this pattern took a round turn and reversed its path. They are more interested in learning things outside their homes, and make their parents believe that it is right, which is not in most of the cases. "Discipline is an unnatural behaviour, which we have to uphold because we live in a society". I believe discipline is not learnt in any merry-go-round arenas; whereas it should be put into their heads in a strict and organized environment so that they showcase it legitimately in merry-go-round arenas.

Habits and behavioural patterns are picked up during the childhood phase and with age they fine tune it. For example, first we should learn alphabets then grammar. In the next step we learn to write sentences. Then in the next phase we study literature and, in the days, to come we write our own poem to our loved ones. In the same way I believe seeds of behaviour are sown at homes. Lockdown has got us back to home, fetched us ample time to live with family showed us red light to stop and look into ourselves so that when green light comes we don't merely ride rather we launch ourselves, gave us time to set up garden and enjoy the first bloom, yes we realized our parents are getting old and they need more care and attention, rivers are clean the NCR's particulate matter level decreased, people learnt alcohol not only gets us high rather a cleansing agent too, few came out of problems, few solved it and few corralled it deep down and embraced death. "Until you value yourself, you won't value your time, until you value your time, you will not do anything with it".

With all that happening around the globe, I was here making a regular 9 pm call to my mother and when I passed the quartermaster table he said "sir kalka sailing order aagaye hai".

Ram Prabhu J

Assistant Commandant

“

Instead of the typical four-season cycle most countries recognize, hindu calendar follows a six-season recognizing spring, summer, monsoon, autumn, prewinter, and winter.

”

DIL WITHOUT BILL



Paradise has never been a 'place' for me, it mostly represents a memory that is frozen in time, always getting that smile in the heart. While there are many memories that do brighten up my face and warm up the soul there are a few that are truly etched in memory!

It was the time of my life where I had taken a 'break' from regular career and was volunteering in the IT centre of an NGO. There was a proposal of conducting a heart camp for little kids which sounded like the need of the hour. As many of you may be aware, many small kids especially till the age of 10 to 12 have a heart condition where they have a hole in the heart making normal life extremely difficult.

In no time, we were preparing for conducting the mega camp and like it or not I became the 'eye' of the storm. All coordination between patients, the conducting hospital our own NGO was being handled by me. Sometimes I feared that I myself will develop some 'heart condition' as it was an extremely stressful time.

All the hard work paid off as the camp was a huge success. Children from so many places all over Maharashtra came and benefitted from the initial examination. It was beyond the normal divisions of caste, creed and color. Over 150 kids were given dates for the free surgery to be conducted in Gujarat. That night I slept with a deep satisfaction never experienced in any of the "jobs" done in so many years.

The most touching part of the entire experience was when unknown people (mostly parents) started calling me months later, from remote parts of Maharashtra to thank me for the efforts as their child was successfully operated and was leading a 'normal life'! Given the huge amount of money required for such complicated operations in regular hospitals, getting this done free of charge was beyond their imagination. Many of them could not even afford a single square meal for the entire family every day. I consider this as something worthwhile done in this life time. I am grateful to the Universe for making me instrumental in pouring life in to the little buds that now have bloomed in to wonderful flowers. They just echo the words "Work for a cause and not for applause".

K. Sucharitha
W/o DIG Sitaram



The board game 'snakes and ladders' originally came from ancient India. The game was known back then as Moksha Pat or Moksha Patamu. It's believed that it was played as early as 2nd century BC



HEALTHY DIET FOR BETTER IMMUNITY

The simplest and the most direct relationship between food and immunity is that of protein.

Without sufficient protein, the immune response is compromised and the potential for infection and inflammation increases. The immune system relies on protein-based protectors such as antibodies, lymphocytes (such as T-cells), leukocytes and a host of helper cells and compounds. But carbohydrates and lipids also have their places.

Obesity, a form of malnutrition, is a risk factor for a variety of chronic diseases, including cardiovascular disease, Cancer and Type-II diabetes. One mechanism that links these diseases is inflammation. While malnutrition leads to suppression of the immune system, excess caloric intake leads to obesity, increasing susceptibility to inflammation. And obesity leads to chronic long-term inflammation. The excess accumulation of body fat - adipose tissue- is key to this destructive metabolic state.

More than merely a store of energy, adipose tissue is a dynamic group of cells involved in the regulation of a variety of processes both physiological and pathological, including immunity and inflammation. Adipose tissue frees into circulation chemicals that control food intake, energy balance, insulin action, lipid and glucose metabolism and even the growth and distribution of blood vessels needed to accommodate the increase in tissue.

Fatty acids omega-6 and omega-3 are precursors of compounds called eicosanoids that play an important role in immune response. Omega-3 produces eicosanoids that reduce bio markers

of inflammation: C-reactive protein (CRP), interleukin-6 (IL-6) and tumour necrosis factor-alpha. Trans-fatty acids create an increase of these markers. Some studies show increased intake of fruits and vegetables is associated with decrease in CRP.

Vitamin C is important to the immune system. Some studies show high levels of plasma vitamin C associated with low levels of CRP in obese subjects. In some studies, supplementation with vitamin C reduced CRP levels in plasma. In the women's health study, higher magnesium (Mg) intake also was associated with lower plasma levels of CRP, IL-6, TNF-alpha. This effect appeared to be independent of the fruit's vegetables and high fibre foods that tend to be rich in magnesium. Other essential nutrients that function in antioxidant activity, such as vitamin E, zinc and selenium, may also aid in immune function.

Antioxidants like flavonoids are found in fruits and vegetables, as well as herbs, chocolate, tea and dark coloured berries. Phytoestrogens, found in beans and many seeds, are known anti-inflammatory agents. Probiotics, "friendly" bacteria known to be beneficial for a healthy gastrointestinal tract. Intestinal health is a key component of immune defense. The relationship between diet and immunity is highly complex, as is the relationship between obesity and immunity.

"GOOD AND HEALTHY BALANCE DIET LEADS TO BETTER IMMUNITY"

Surg.Lt. Abhishek Mishra
DMO (CGDHQ-10)

POWER FOOD

The following healthy foods are better for bust up of immunity:

Blueberries: Blueberries have antioxidant properties that may boost the immune system. Blueberries contain a type of flavonoid called anthocyanin, which has antioxidant properties that can help boost a person's immune system.

Dark chocolate: Dark chocolate contains an antioxidant called theobromine Trusted Source, which may help to boost the immune system by protecting the body's cells from free radicals. Despite its potential benefits, dark chocolate is high in calories and saturated fat, so it is important to eat it in moderation.

Turmeric: Turmeric is a yellow spice that use in cooking. It is also present in some alternative medicines. Consuming turmeric may improve a person's immune response.

Ginger: People use ginger in a variety of dishes and desserts, as well as in teas. Ginger has anti-inflammatory and antioxidative properties and is

likely to offer health benefits.

Garlic: Garlic is a common home remedy for the prevention of colds and other illness. Taking garlic supplements reduced the risk of getting a cold.

Green Tea: Green tea contains only a small amount of caffeine, so people can enjoy it as an alternative to black tea or coffee. Drinking it may also strengthen the immune system.

Almonds: Almonds are another excellent source of vitamin E. They also contain manganese, magnesium, and fibre. A small handful or a quarter of a cup of almonds is a healthful snack that may benefit the immune system.

Oranges or Kiwifruit (kiwis): Oranges and kiwis are an excellent source of vitamin C, which is the vitamin that many people turn to when they feel a cold developing.

Manmohan Singh

Assistant Commandant

ICGS C-435

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The world's first university was established in Takshila in 700 BC. More than 10500 students from all over the world studied more than 60 subjects. The University of Nalanda built in the 4th century was one of the greatest achievements of ancient India in the field of education.

”

LIVE LIFE KING SIZE

My dear friends out there,
Here I am to wail.
I expect that the words of mine,
Would be facsimile of your own thoughts and nothing.
We mustn't forget that there are people beside us,
But never think why they are so and not me?
Because even a squirrel can question a mountain,
And make us analyse the way we should be.
Don't let your ears to all the souls,
But never avoid words of one who is right.
Because right advices usher out only from,
One who is concerned and not from a hypocrite.
Many may think you weak in many respects,
Never mind, you haven't lost your life altogether,
Because you', as all others, have got some power,
Which would carry you to zenith once you gather.
Never follow any one assuming he is great,
And put yourself tight under his right shoe.
Because he is he and you are you,
And who can be the king of this world who ever knew?
Never brood too long for a failure,
And put yourself into the grave.
Because there is always a tide after an ebb,
So, rise to defeat the defeat and pose as 'THE BRAVE'.
Always have an un-shattered aim at the bull's eyes,
fire at them every time and 'LIVE LIFE KING SIZE'.

Sanjiv Kumar Singh

NVK (RP)

ICGS VIJIT

PASSING OUT PARADE



My Most defining moment is our batch's passing out parade held on 25th May 2019. This is the date that marks a significant milestone in my life journey, the transformation from a civilian into a soldier. I waved

my final goodbye to civilian life and bid farewell to my family members at the parade ground. Two years have passed since then in a blink of an eye.

It was on 25th May 2019, Friday at approximately 07:00 a.m. that my fellow course mates and myself donned one of the most beautiful ceremonial uniforms and when you wear this uniform; you wear it with great pride. We were standing at the end of the parade ground in a formation waiting for the music to begin playing. We were to march past the stands filled with our family members and friends. I can remember us standing there anticipating the piercing sounds from the drums. I can still recall the smell of the starch on our freshly pressed uniforms and the distant cheering of the spectators as I watched my course mates containing their emotions. Crying had never been my part, but at that moment I remember my eyes becoming moist. It was the day that we passed the basic training and stepped into a new life.

As the music began to play, the crowd became silent. We could see merciless drill Ustad at the end of the parade ground. He still had that robotic expression, and he still showed no emotion. This is the man who tormented us for over 24 weeks, and this was the man that tried almost everything to break us physically, mentally and emotionally. This was the man who made us want to quit and go home. This was the man who made us question our self-worth. This was the man who showed us our limits; he showed us what we could achieve and what we are capable of.

When our parents put on those stripes the feeling was out of this world. My dream of wearing a uniform and being photographed with my dad both donning the uniform finally came true.

This day was memorable for me because it was the first time in my life that I felt as if I accomplished something. Not only because I became a soldier, but a strong person. My aim has been to find myself, or to do something that would help others. On that day I felt like I did both. This day was the beginning of a wonderful journey.

Rahul Roy

Assistant Commandant
ICGS Shoor

Chenab Bridge is the highest rail bridge in the world. The jaw-dropping bridge spanning the Chenab River in Jammu is 1,178 feet above the water

AN EVENING IN WINTER

It was in March of 2017 that I got transferred to CGHQ Ops Directorate at Delhi. I was very excited in anticipation, to see the capital city of India and also experience the famed winter season in Delhi and its ice-cold ambience about which I'd only heard from my peers hailing from North India.

Every place, each individual is a teacher and they bestow us with lessons and life experiences. During my three-year tenure at Delhi, the capital city 'Indraprastha' taught me oodles of things in my life. The lifestyle in the capital city is entirely different from any state in India. At the outset, when I got off at Nizamuddin Railway Station I observed a sea of people, and I hailing from a not so busy town, wondered how such large numbers of people juxtaposed themselves in such a noisy and crowded place. People and vehicles were moving in arbitrary directions like floats in a streaming river. But within a few days I also became a part of that busy river.

I was eagerly looking forward to the winter season, with shorter days and longer nights. It was really a new experience to see daylight end by 1600 and fog roll over the beautiful busy city. I saw people on the roads burning woods and paper seeking warmth. Not many people preferred going outside in winter, and I, hailing from a place with a tropical climate, used to venture out for personal commitments only in the evening to experience the chills of Delhi. It was more convenient to me than the hot summer.

On one such cold winter evening, I was at Karol Bagh market with my friends. The picture of Delhi from the metro train was an overwhelming sight. The winter had given a magic touch to the capital city. The market was filled with warm-coloured woollen cloths, caps and gloves. Mouth-watering

foods, beverages and sweets also made the market a bustling place, attracting locals and tourists alike. With every passing hour, I could feel the chills and cold breeze piercing through my jacket and skin. Without further delay, we quickly got done with our respective shopping and were in a hurry to return home. As I rushed through the flight of stairs at Karol Bagh metro railway station, I saw a little girl sitting on the frozen floor, wearing scanty and torn clothing. The crowd and the busy world around continued to go on without noticing her, which amazed me. She was too small and the difficult weather and poverty didn't seem to affect her. With a beaming smile, innocence and playfulness, she seemed to be the happiest child in the world- despite not having enough and the torn outfit on that chilling night. I was overwhelmed and wondered how she could bear the piercing cold. Being a father to daughter, nearly the same age as the child, a lot of thoughts surged into my mind. Quickly I returned to the market to buy a thick full sleeve winter cloth from the very first shop in the market. I put the thermals into a carry bag and returned to the place where I saw her with the group. Fortunately, the group was still there, in the same place with the same feeling on her face. She was not listening to anyone but was immersed in herself. I offered her the polythene bag as I sought her attention while she was surprised and looked at me. She put her hand inside the bag and at the moment she realized that it was a full thermal for her, I saw thousands of stars glittering over her eyes. She looked at me, smiled and embraced the cloth onto her chest while I noticed tears of joy in her mother's-tired faint eyes. Her happiness knew no bounds and jumped in thrill looking at me without blinking her eyes. Her smiling face is an everlasting picture I will carry with me for the rest of my life.

Seeing her pleasure and gratitude towards me, I realized how a little gesture could mean the world and go a long way, to the less fortunate and under-privileged. On that day I realized that Almighty is present in everywhere and in everyone, and I believe, along with my upbringing, it is that invisible force that guided me in noticing the little child amongst the bustling marketplace, as Sant Kabeer Das said “कस्तूरीकुण्डली बसै मृग ढूँढै बन माहि। ऐसे घटी माहिर राम हैं दुनिया देखै नाँहि।” When I shared

this story with my family my daughter told me “Chachu (Dad) I will give you some of my clothes. Please give it to her”. From that day onwards till I got transferred in Aug 2020, I used to carry some clothes in my bag whenever I went outside for people in need and offered it to the needy.

S Liju
Adhikari (RP)
ICGS Abhiraj

TIME IS THE WISEST COUNSELLOR



It was a usually calm day. I was doing my daily work. Then I heard the announcement of our Honourable Prime Minister that there will be a nation-wide lockdown from that day onwards. Like everyone I also assumed it will be for some days or weeks, but months have passed and no ease was given. I was experiencing the real pandemic!

Thankfully no one in my family got Positive from Corona virus but the number of cases and further the numbers of deaths were increasing exponentially globally which feared everyone. Time lapsed considerably; the rage of pandemic continued but now with the hope of a vaccine. Lockdown was eased and the world tried to get on path slowly.

But the pandemic changed the way of living and thinking. It gave some lessons to everyone. Rich people realized money isn't everything and powerful people bow down to the power of nature. The pandemic was not differentiating anyone on

the basis of wealth, gender, religion, caste or state. People understood the true value of being human and helped each other as a mankind. The pandemic actually helped the environment to nourish again, but the loss of lives in return is disastrous.

Peace! Is what I think we can take as a lesson from this pandemic positively. 'Internationalism', the term coined by Gurudev Rabindranath Tagore about a century ago, is required to be implemented now. Countries around the world have come out to support each other in the pandemic area to continue it further. The joy of being on the top is for a moment but the value of living together is priceless.

It says that 'Time is the wisest counsellor of all'. It has taught us life. We have to learn and change ourselves. Otherwise, who knows the Corona virus is just one among them!?

Mrs Ashwini N Harke
W/o Koral Amit Adiling
Ytk (ER)
ICGS Sujay

IMPACT OF LOCKDOWN ON SOCIAL BEHAVIOUR

“No man is an island; no man stands alone “

Human beings were designed to live, survive and thrive in a community setting. From immortal days we huddled in groups. Even nomads were known to travel in community, they moved from village to village with their people – can be related to modern day families.

The year 2019-2021 brought with it two distinct challenges:

1. Our survival through this pandemic.
2. Our ability to stay social in times we had to live distant lives.

I remember, as a child my father told me stories about how 10-15 members of a family lived together under one roof. Yes, there were challenges but this was the only way known to habitats. The ‘Joint family’ was the only set-up known to us in India years ago.

Slowly people had to move out for business and trade. They eventually started taking their immediate family with them and families of three generations broke into families of two generations. We soon graduated to an independent family set up where parents and kids lived under one roof and everyone else was termed ‘relatives.

To understand this gradual change lets picture our parents, us, and our children. My parents can stay in a house full of guests and feel at home with ease while I prefer checking into a hotel when I visit my relatives from other towns. The thought of sharing a room with cousins I don’t know well irks me and I am not equipped to acclimatize so easily with them. My nephew is way ahead, he doesn’t remember the name of his second cousins and does not visit relatives.

Then came the year of Covid. Suddenly our

immediate families were no more family, we visited each other, not lived with each other. The times of lockdown not only restricted us from having a social circle, it also held us back from continuing to build our relationships with our own family. Covid took most of us into an inward journey, a journey where we have intimate conversation with ourselves, we explored our own characteristics, our likes, dislikes, faced our fears and some unfortunately gave into them.

While it was great to know who we truly are, this entire experience pushed us away from the real world. We went digital. We now find it easier to speak to people on a computer screen and text rather than call. We avoided social gatherings like never before, covid provided a great cover. We stuck to limited friends and shut ourselves from the rest of the world.

Most of us went through this journey. Left in the bar all alone. I am sure I will finish my meal without making a conversation with anyone else there. We probably have forgotten how to start a conversation and don’t feel the need for the same either. It is more comfortable to eat a meal alone staring at your phone than to walk up to an absolute stranger and start a new friendship.

We lost lives to covid, we lost our economy to covid, we lost love, but most of all we lost our ability to be a community! The very essence we humans were born with, the one characteristic of being a social animal that was in our genes from days of our evolution is lost! But still there is an ENDLESS HOPE rather than a HOPELESS END.

WE ARE ISLANDS!

Saurabh Behar
Assistant Commandant
ICGS Vajra

MODERN DAY LIFESTYLE AND WEIGHT ISSUES

During this COVID-19 pandemic, I realized that a lot of people in India who were hospitalized, required a ventilator or died from COVID-19 were overweight. The sheer effect of this pandemic has forced us to pay attention to our physical weight and dietary habits.

Physical weight can be controlled by defining a suitable diet. A diet policy which leads to increase in weight should not be defined as a healthy diet. If someone is gaining weight more than the defined limit, his diet should not be termed as a healthy diet. Being overweight is related to medical risks such as diabetes, high blood pressure, cardiac disease etc. This is now a well-known fact that the best defence against any disease including COVID -19 is our own immunity system that depends on our diet policy.

We believe that many high calorie foods such as Ghee, Honey, pure milk, fresh fruit, fruit juice, Paneer etc are healthy diets. Our previous generations were farmers who were doing laborious work every day and did not have so many amenities. Today we sit in the air-conditioned offices drinking tea and eating samosa while working on a computer. We travel by car/ bike no matter how close the destination may be. People doing such a type of work cannot have the same diet that was being consumed by our forefathers as farmers.

Although no food is healthy beyond a point, we have to relate the caloric value of our meals to

our physical work. We must not consume higher calories than we burn in our daily activities.

Another reason for getting overweight is that we are eating packed foods heavily. We should differentiate between a product and a healthy diet. The packed foods item prepared many days back causes weight gains as well as makes us more vulnerable to various diseases. We should not eat everything that comes out of a packet kept for months. If we look back towards our culture, we find that it is full of many traditions and customs which include fasting. Fasting might look ordinary but has several health benefits. This helps in weight loss, speeds up metabolism and increases longevity. It helps to decrease the levels of inflammation that leads to the development of many chronic diseases. Hence, the healthy diet policy should include at least one fasting day in a week wherein one must consume a good quantity of water and abstain from food. Those who are already suffering from diseases can also practice a modified kind of fasting post consultation with their doctor.

At last, it may be concluded that we must ensure the quality and quantity of food along with fasting and thus we may improve our immune system and remain safe from various diseases including COVID -19.

Shashi Kant Shreya
Adh (P)
Dte of pers



In addition to being well known as the holiest city in India, Varanasi is also known as the birth-place of Ayurveda and Yoga and their ancient healing systems.



PROFESSOR PANDEMIC



As someone once said "When times get tough, people understand the importance of what they have." One and a half years have passed since the pandemic struck. During this difficult time, we have witnessed a variety of experiences from the suffering of our loved ones or the society as a whole. Apparently, Morgan Housel stated that "Some lessons must be experienced before they can be understood." And the pandemic taught our generation so many lessons that will never be forgotten and which should be passed on. Firstly, I realised that we put our values in the wrong things. The pandemic made me rethink my values and beliefs as it is very important to reflect upon your values regularly.

Before the pandemic, work was the highest priority for the majority of people. During the pandemic, everything was closed, and everyone was left locked up in their homes, which meant we had more time to spend with our families. Our loved ones got some meaningful time with us while we got our heads out of laptops. After the epidemic started spreading and so many deaths were reported, it made us realize that family meant more than just visiting or spending time, it meant loving each other. Not only was it about love, but it was about letting them know that there's someone watching out for them. A family is all about providing spiritual security. I realize that we need to reject work-cantered cultures. Like an automobile needs petrol, diesel, or a battery in order to run, a human being needs these loving relationships in order to function.

The value of Love and Compassion in our lives has diminished greatly in the 21st century. Compassion and love had become alien concepts. We realized the importance of loving others and the community when the pandemic struck. People stepped up to help, providing their time and

resources for the benefit of society as a whole. Everyone knew that love and compassion will help us cope with these terrifying circumstances. The most important thing in life is to learn how to give out love and let it in. The one thing that everyone should remember is "Love always wins."

"How to keep a peaceful mind in these dreadful situations?", was the question everyone struggled with. As I was seeking answers, I came across meditation, something that I found very useful in all situations. Meditation brought peace to the mind and showed that living in the present moment is the key element. You have to find what's good and true in your life as it is now. Looking back into the past or looking into the future will only provide anxiety and stress because they are something that you can't control but the present, the now is something that you can control and can accept.

"You can't wait until life isn't hard anymore, before you decide to be happy."

- Jane Marczewski, Singer

As I saw people struggling with their finances, the economy going down, the stock market getting crashed, people losing their jobs and struggling to meet their basic needs, I realized that being financially stable was essential. Prepare for such unfortunate events that can occur in life. "Save money" is something you should always remember. We live in such an unpredictable world, and money gives us some control over our time and our lives. It won't make you vulnerable or keep you on the edge of things.

After all, we learned that the world will never stop for anyone, it doesn't care what happens to you, your problems are yours to deal with on your own. Every day will go on just as it did yesterday or the day before.

Chhaya Tundwal

D/o Comdt Suresh Kumar
CGRPT Surat

LIFE IN THE TIMES OF PANDEMIC

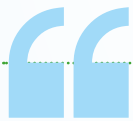


Life came to a silent pause,
Covid – 19 Pandemic is the real cause
Fear of virus has put us down,
To conquer we created a lockdown.
Humans has laid a light so peaceful,
Dreaming that we haven't done anything harmful
Pandemic teaches us many lessons
Live life with joy and innovations
Life was always fast paced as we never shutdown
Until everything stopped when pandemic come to our town
We learn to live life with minimum requirements
Should follow the protocols of government
We come to know the real relations
Pandemic creates the worst disaster among nations
Now all is quiet and there's peace all around
We have looked in our heart and kindness we found
Don't give up hope as the end of pandemic is in sight
If we all stick together, we will win the fight

Lalit Saini

NVK(WTR)

ICGS Savitribaiphule



Located in the Himalayas at about 16,470 feet, the glacial Lake Roopkund has become famous for the human skeletons found in the lake and surrounding areas. It is thought that the skeletons are the remains of people from the 9th century who perished during a severe hail storm.



NATURE A GREEN ELIXIR

One day, I got a sapling of an Aloe Vera
From someone who is very close to me
From someone whom I respect and regard the most.
I was obliged to plant it,
As a matter of reciprocation of the kind gesture
I planted it and the story began.
Was it just a plant for me?
Things changed over a period of time
It became my soul mate, my companion
My ray of hope,
During the stressful moments, the sight of it gave me an ultimate relaxation
During the moments of solitude, it gave me an ultimate companionship.
Early morning, I used to run to water it, even before my morning tea,
I quenched its needs before mine
The smile of its leaves with the chirpings of birds
It's a perfect blend for a good day start
Though, it didn't have branches or leaves
It comforted my mind with a cooling breeze.
I was concerned even when I was away
Instructed maid to take care of the million-dollar plant
Was I scared?
If it dies, will it turn out to be a breach of trust?
"No" (mind says) "May be" (heart whispers)
It taught me,
The wordless language of a plant
Not just a plant, the green world
The essence of nature too
To love the green wonders,
To stand and stare at the green lives daily
Thanks to the one who has given it
I treasure the tranquil moments spend with it,
I cherish the communication done with it,
with Unspoken words....
Who in the world will understand "what an Aloe Vera means to me??"

Chetan Pant
Assistant Commandant
ICGS Ankit

PRECAUTIONS WHILE USING SOCIAL PLATFORM

Social networking is a method of communication with people through online platforms such as Facebook, LinkedIn, Twitter, WhatsApp, etc. In today's world when everyone is extremely busy in their lives and couldn't take out time to meet their loved ones, social networks provide an excellent platform to stay connected with friends, family, relatives, etc.

With all the benefits which social networking offers, it is easy to overlook the risks that are involved. Risks include stalking, bullying, identity theft, hacking etc. Also, users fall prey to impersonators who can cause damage to their reputation. To make best use of social platform one must take following precautions:

Be Cautious While Sharing: Never share personal, banking and important details on social platforms. No social media platform provides absolute protection against cybercrime. If such details are leaked online it may lead to crimes ranging from financial loss to identity theft.

Adjust Privacy Settings: Nearly all social media platforms have pre-set security settings which is often not enough to prevent a cybercrime. Users must adjust their privacy settings to the highest standard to protect their details from being misused.

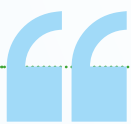
Limit Details About Work and Family: This is especially important for users serving in the defence forces or intelligence agency of a country. Criminals with malign intent can use this information and it may even lead to a national security crisis.

Verify Who You are Connecting With: Youngsters these days blindly accept or send friendship requests to strangers without personally knowing them. It is a dangerous practice and leads to some serious crimes.

Control the Outflow of Information: When a user joins a social media platform, the platform asks the user to accept certain terms and policies. Usually, all users blindly accept the terms and conditions without even checking how and which all details are used. Users must be aware of the details used.

In the present pandemic, social media platform is an excellent innovation of humankind to stay in touch with near and dear. However, Cybercrimes are very common these days and apprehension of criminals is even more difficult. Thus, it's individual responsibility to think prior to uploading or sharing any information.

Krishna Kant
Assistant Commandant
ICGS SAJAG



Shakuntala Devi from Bengaluru city in India earned a mention in the 1982 Guinness Book of World Records when she multiplied two, thirteen digit numbers and gave the correct answer in 28 seconds. The genius mental calculator was aptly nicknamed, 'the human calculator'.



IMPORTANCE OF GOOD NEIGHBOURHOOD

Neighbourhood is a chain system for all relations and junction of all religions. People are very lucky to have good neighbours in their community who take part in their day-to-day activities. Owners in my particular area of the building belong to different languages and we all like each other.

There is a tendency of many people to not mix-up with their neighbours and they do not interact with people much, such as introverted types of people. When I was working in NOIDA, my wife didn't know Hindi and I stayed in a rented house where they spoke only Hindi. They often try to talk with my wife but she feels shy all the time but a few months later they become best friends and she always spends time with them. It was fun, and helped to build a sense of community.

It is peaceful to live among neighbours that like and respect each other, especially when they're living in proximity. Good neighbours watch out and look after each other and their belongings when they are out of station for a long duration. Living in a proactive neighbourhood increases our family's safety, as multiple sets of eyes and ears awaited to promote criminal activity. It is convenient to have close friends i.e., neighbours with whom we share our thoughts and problems to reduce the stress level. There are two types of stress i.e. mental stress and another one is physical stress. Although we can overcome physical stress through relaxing or planning a trip to outstation, relief from mental stress can only be possible

with sharing the thoughts to our closest one i.e., neighbour plays the role when you are serving or staying out from the native place.

Good neighbours also join you in social activities such as gardening, cleanliness as motto of Swachh Bharat, festivals of different cultures. Neighbourhood provides togetherness and understanding between people of different languages, religions, culture etc. Also, kids can play within a safe environment and it is fun to see each other's homes. As we know that the neighbours are as good as closest relatives of family needs and requirements, especially where the kids are concerned. Neighbours can be helpful for emergency childcare and generally keeping a lookout for safety.

Neighbours are also the source of good advice and are conveniently located when you need some guidance. Your neighbourhood connections can be a positive for your career. Your neighbours have friends and family of their own and can be instrumental in helping you promote your business or find the contacts you need for successful business connections. Many times, in business it truly is who you know. In an emergency, neighbourhoods are only the first source to help out, sometimes they become relatives, sometimes friends, sometimes good advisers and always they are the best part in our life.

Pankaj

“

Damro is the base to the longest hanging bridge (1000 feet) in Arunachal Pradesh.

”

अध्यक्षा तटरक्षिका की कलम से



तटरक्षिका की अध्यक्षा के रूप में कार्यों का संचालन करना मेरे लिए सौभाग्य की बात है और उर्मी के 15वें संस्करण में अपना विदाई संदेश लिखते हुए, मुझे प्रसन्नता हो रही है। विदा लेने से पूर्व, मैं उन सभी शोभायमान महिलाओं के कार्यों का सम्मान और उनकी सराहना करना चाहती हूँ, जो वर्षों से तटरक्षिका से जुड़ी हुई हैं।

इस वैश्विक महामारी की त्रासदी के बाद, जिसके कारण हम सभी का जीवन विभिन्न तरीकों से प्रभावित हुआ है, मेरी हार्दिक संवेदना उन लोगों के साथ है, जिन्होंने अपने प्रियजनों को खो दिया है। अनेकों बाधाओं के बावजूद, मैं उन सदस्यों से प्रभावित हूँ जिन्होंने हमारे समुदाय में स्नेह बनाने और सुविधाएं प्रदान करने के लिए लगातार प्रयास किए हैं। मैं उर्मी के संपादक दल का इस संस्करण के निर्माण में, जिसका शीर्षक "जीवन शैली की नई शुरुआत" है, उनके अथक प्रयासों का भी धन्यवाद देना चाहती हूँ। जैसे-जैसे हम नए सामान्य जनजीवन को अपनाते हुए अग्रसर होंगे, मुझे विश्वास है कि हमारे सभी सदस्य चुनौतियों का निर्भीक रूप से सामना करते रहेंगे। मुझे आशा है कि आप सभी हमेशा तत्परता और निःस्वार्थ भाव से मुस्कुराते हुए, वर्दीधारी कार्मिकों के साथ रहेंगे।

अपने पति की सेवानिवृत्ति के अवसर पर, मैं भावनाओं से अभिभूत हूँ और हमारी यात्रा को इतना अविस्मरणीय बनाने में आपके प्यार और सहयोग के लिए भारतीय तटरक्षक बल और इसके संपूर्ण परिवार का आभार व्यक्त करना चाहती हूँ। मैं सभी का धन्यवाद करती हूँ और जीवन के हर पड़ाव में सभी के अच्छे स्वास्थ्य, समृद्धि और सफलता की कामना करती हूँ।

सुरक्षित रहें, प्रसन्न रहें

शुभकामनाओं के साथ.....

Jayanti

श्रीमती जयंती नटराजन
अध्यक्षा तटरक्षिका

हाँ, मैं सबसे ज्यादा खुश खुद के साथ हूँ।।



मैं खुद में खुद की तलाश हूँ,
सब में सब के हिस्से का हिस्सेदार हूँ,
भीड़ भी हूँ और जिंदगी की आस भी हूँ,
सच्च कहूँ तो दुनिया से कुछ अलग हूँ,
हाँ मैं सबसे ज्यादा खुश खुद के साथ हूँ।।
ऐसा नहीं कि जो सब ने किया उससे अंजान हूँ,
फिक्र तो सब की होती है,
पर खुद के कंधों का सरताज हूँ,
साँसे तो सब के हिस्से की हैं,
पर अपनी धड़कन का मैं मोहताज हूँ,
सच्च कहूँ तो दुनिया से कुछ अलग हूँ,
हाँ मैं सबसे ज्यादा खुश खुद के साथ हूँ।।
चिड़ियों को देख मुस्कुराता भी हूँ,
हाँ अकेले बारिश में नहाता भी हूँ,
आम के बाग से आम चुराता भी हूँ,
मैं तुम्हारी भी जिन्दगी का हिस्सेदार हूँ,
हस्ता भी हूँ रोता भी हूँ अकेले गाता भी हूँ,
किसी की अधूरी कहानी का किरदार भी हूँ,
पर सच्च कहूँ तो दुनिया से कुछ अलग हूँ,
हाँ मैं सबसे ज्यादा खुश खुद के साथ हूँ।।
सबके साथ गिरता भी हूँ,
पर खुद की तरफ़ आता पहला हाथ भी हूँ,
हवा के साथ बहता इश्क़ भी हूँ,
शीशे में खड़ी अपनी परछाई के साथ भी हूँ,
मैं उम्मीद भी हूँ, मैं तुम्हारी पुकार भी हूँ,
सब में सब के हिस्से का हिस्सेदार भी हूँ,
भीड़ भी हूँ और जिंदगी की आस भी हूँ,
सच्च कहूँ तो दुनिया से कुछ अलग हूँ,
हाँ मैं सबसे ज्यादा खुश खुद के साथ हूँ।।

कपिल पचौरी
S/o विजय प्रकाश

नन्ही वर्षा



लॉकडाउन का असर!

वर्षा एक सर्वसामान्य जीवन जीनेवाली भोली भाली, मेहनत मजदूरी करके गुजारा करनेवाली और कक्षा 10वीं में पढ़ने वाली लड़की थी।

एक मंदिर के पिछवाड़े में छोटी सी जगह थी वहां पर मंदिर के ट्रस्टी जो भले इंसान थे उन्होंने उसको मंदिर की सफाई करने के बदले में रहने के लिए जगह दी थी।

अपनी बीमार मां के साथ वो वहां रहती थी। उसके पिताजी मुंबई एयरपोर्ट में सफाई का काम करते थे तब सब कुछ ठीक था लेकिन उनको कोरोना हो गया और वे चल बसे।

उसके बाद वर्षा को बड़ी मुश्किल से मंदिर का सफाई वाला काम और रहने के लिए घर मिला था। बस दुख तो इस बात का था कि पिताजी के जाने का झटका मां को इतना ज्यादा लग गया कि उन्होंने बस बिस्तर ही पकड़ लिया।

वर्षा सारा घर का काम, मां की देखभाल, मंदिर की सफाई करके रात को मंदिर के बाहर जो लाइट थी वहां पर लाइट के नीचे बैठकर वह पढ़ाई करती थी।

एक दिन जब मैं देर से उस रास्ते से गुजर रही थी तब मैंने देखा वह लड़की मास्क लगाकर दिल से पढ़ाई कर रही हैं।

मैं उसे देख कर उससे मिलने चली गई।

उसकी मेहनत देखकर मुझे बड़ा ही अच्छा लगा।

कुछ खाने की चीजें मैंने उसे दी। मैंने उससे पूछा, “बेटा क्या नाम है तुम्हारा?”

“वर्षा” वह पढ़ाई करते-करते बोली।

“क्या करती हो तुम? घर में कौन-कौन है?” मैंने शाबाशी देते हुए उसे पूछा।

“दीदी बड़े मुश्किल दौर से गुजर रही हूं।

इस कोरोना महामारी ने तो बस जीवन ही बदल दिया है।

कोरोना होने की वजह से पिताजी चल बसे और उस झटके से माँ ने बिस्तर पकड़ लिया।

काम मिलना और घर मिलना दोनों मुश्किल हो गया था।

बहुत ढूँढने के बाद और कई दिन भूखे रहने के बाद यह मंदिर में सफाई करने का काम और सोने जितनी जगह मिली है। भगवान का प्रसाद कोई दे देता है तो हमारी भूख मिटती है।

कभी-कभी कुछ नहीं मिलता तो भगवान आप जैसे लोगों को भेज देते हैं।

आज सुबह से कुछ नहीं खाया था। आपका बहुत-बहुत शुक्रिया ऐसा कह कर वर्षा ने आधा खाना खुद खाया और आधा मां को खिलाने के लिए चली गई।

मैं उसकी बातें सुनकर सोचती ही रह गई।

2020 में फ्लाइट में बैठकर (पैसेंजर के माध्यम से) कोरोना हमारे भारत देश में आया और कितना उधम मचाया उसने! लोगों का बाहर निकलना, एक-दूसरे से मिलना मुश्किल हो गया।

कितने मजदूर मुश्किल में फंस गए। कितनों की जान गई, बेसहारा हो गये, कुछ चलकर गये, कुछ मुसीबतों का सामना करते-करते थक गये। अपने गांव जाना उनके लिए कितना कठिन हो गया।

कितने लोगों का कारोबार अचानक बंद हो गया।

बार्बर शॉप, ब्यूटी पार्लर, होटल, मॉल, थिएटर्स, ट्रेवल टूर्सवाले सब का धंधा चौपट हो गया और जो रोज कुछ कमाकर अपना पेट भरने वाले थे उनका तो एकदम बुरा हाल था।

वर्षा जैसे आम ज़िंदगी जीने वालों का तो हाल ही न पूछो। यह सोचकर ही मेरी आंखों में पानी आ गया।

मैंने सोच लिया था कि अब मैं जब भी इस रास्ते से जाऊंगी वर्षा को जो भी जरूरत है देने की कोशिश करूंगी। एक दो बार मैंने उसको जरूरत की चीजें और खाना दिया भी।

वर्षा से मानो मुझे इतना ज्यादा लगाव हो गया था!

इतनी छोटी सी बच्ची लेकिन इतने मुश्किल समय में

भी उसकी सकारात्मक सोच और आगे पढ़ने की, बढ़ने की तमन्ना मेरे दिल को छू गई।

अचानक लॉकडाउन सख्त हो गया अब तो बाहर जाना भी मना था।

सब्जी के काम के अलावा मैं बाहर नहीं जा पायी।

ऐसे ही दो तीन महीने तो मैं घर में ही थी।

बार-बार मेरे मन में वर्षा का ही ख्याल आ रहा था।

ना जाने वो कैसी होगी और अब मंदिर बंद हो जाने से कैसे जी रही होगी?

तीन चार महीने बाद जैसे लॉकडाउन के नियम थोड़े कम सख्त किए गए, तो मैं उस मंदिर के पास भागी लेकिन अब मंदिर में ताला लगा था और बाहर वाली लाइट भी बंद थी।

सूना-सूना लग रहा था वहां, उस प्यारी बच्ची के बगैर, सोचती ही रह गई मैं, लेकिन कुछ कर नहीं पाई।

कुछ दिन ऐसे ही गुजरे और फिर एक दिन एक कपड़े की शॉप में मैं जा रही थी, तब अचानक बाहर के बरामदे में मेरी नजर वर्षा पर पड़ी।

खुशी से पागल होकर मैं वर्षा के पास गई।

उसके बारे में पूछा।

उसे मैंने कुछ पैसे दिए।

मां के बारे में पूछा।

तब वह कहने लगी, क्या कहे दीदी, लॉकडाउन सख्त हो गया, मंदिर बंद हो गया। तो बाहर का लाइट भी बंद हो गया और ट्रस्टी साहब ने हमें घर खाली करने को बोला।

फिर मां को लेकर रास्ते पर ही आ गई मैं!

थोड़े दिनों में मां को कोरोना हो गया और वह चल बसी।

फिर मैंने काम ढूंढना शुरू किया।

बिना खाए किए बस काम की तलाश में भटकती रहती थी। एक दुकानदार को दया आई और उसने मुझे इस बरामदे में सोने की इजाजत दी।

दिनभर दुकान में सफाई करती रहती हूँ और यह मास्क बनाकर उनको देती हूँ लेकिन दीदी मेरे मार्क्स

बड़े अच्छे आए हैं।

“यह देखो मेरी मार्कशीट!” ऐसा कहकर उसने अपना मार्कशीट मुझे दिखाया।

अव्वल नंबर से पास हुई थी वो!

मैंने उसकी तारीफ की और आगे पढ़ने के लिए कहा।

तो वह खुशी से कहते-कहते फिर सोच में पड़ गई।

कहने लगी, “मैं पढ़ना तो चाहती हूँ।

मां ने मरते समय यही कहा था कि चाहे कितनी भी मुश्किलें आए लेकिन तुम पढ़ाई मत छोड़ना।

मेरी प्रगति देखकर मेरे शिक्षकों ने मुझे स्कॉलरशिप देकर आगे पढ़ने की फीस भी भर दी। लेकिन.....”

मैंने उसको पूछा, “लेकिन क्या वर्षा?”

दीदी अब तो स्कूल, कॉलेज ऑनलाइन हो रहा है और मेरे पास कोई मोबाइल नहीं है। नाराज होकर वह बोल रही थी। आज भगवान से मैंने मोबाइल मांगा है मंदिर जाकर देखूँ कौन-सा दूत वह भेजता है! अपने आप से बोलते हुए वह चली गई और मास्क बनाने लग गई।

मैंने उससे, “कल मैं तुमसे मिलने आती हूँ!” कहकर विदा लिया और दूसरे ही दिन नया मोबाइल लेकर उसके पास पहुंच गई।

कितनी खुशी हुई उसको!

मैंने उसको मोबाइल कैसे चलाना वह भी बताया।

अपनी बेटी के कुछ कपड़े, आवश्यक चीजें और कुछ खाना भी उसे दे दिया।

किसी को मदद करने के बाद कितनी खुशी दिल को मिलती है यह मैं शब्दों में नहीं बयान कर सकती और अब हर महीने में उसका मोबाइल बिना भूले रिचार्ज करती हूँ।

मुझे खुशी इस बात की है कि सकारात्मक सोच के साथ अब वर्षा ने जीना सीख लिया है।

सयाली वैद्या

W/o डीआईजी एस. के. वैद्या
सीजीएसडी (एमबी), मुम्बई

प्रकृति



जिंदगी का जो ये सार है,
इंसान इसमें खुद लाचार है!
आगे बढ़ने की आस में,
गुम भी है खुद की ही तलाश में,
फूलों से ही रंग मिले,
पेड़ों से हैं घर मिले
नदियों से है प्यास बुझी,
पंछी के संग आँख खुली
सूरज से है ताप मिला
ओर चाँद से है ज्ञान मिला।
प्रकृति माँ बन साँसे देती है,
धरती चलने को अपना आँचल छोर देती है।

आसमान पिता बन
धूप छाँव का गाता राग है
पर गुरुर इंसान को है की,
चलता हर पल उसका ही दाव है !!
जंगल काटे, नदियाँ मोड़ी
जिन्दगी आसान करने की होड में
प्रकृति की सादगी छोड़ी
पर्वत सम्मान की परिभाषा है
समुद्र अनंत की गहराई है!
खुद को कोई सँवारे
प्रकृति को एतराज नहीं!!
लेकिन इसकी सीमाओं को छेड़े,
यह प्रकृति को मंजूर नहीं!!

शिल्पा सिंह

पत्नी अविनाश सिंह, उत्तम नाविक

माँ की गाथा



जग जननी, जग जीवन दायक कहू इसी की गाथा !
इसकी निष्ठा, सेवा संपर्क पर झुकता मेरा माथा !!
कर्म रूप में यह दिखती है, कौशल लक्ष्मी बाई !
देश भक्तिनी मीरा बहन थी, धर्म रूप मीरा बाई !!
राम कृष्ण, गोविंद गांधी बिन माँ के ना आने !
लक्ष्मी काली, वैष्णो सरस्वती, रूप अनेक दिखाते !!
पाँच तत्व का बना के मिश्रण, सुंदर रूप में हमें बनाया!
नभचर, जलचर और धरा पर माँ की कृपा समाया !!
ममता मई मात होती है रोज सुनाती लोरी !
दिल अपने बच्चों को धड़कता, काली हो या गोरी !!
क्षमा दया और कोमल हृदय भोला मन इसके लक्षण!
जब प्रचंड बन जाती है करती काली जैसा भक्षण !!
महान शिवाजी, जीजा बाई ने हमको यही सिखाया !
आज जगत में जो भी मैं हूँ माँ ने मार्ग दिखाया !!
मानव तू है बड़ी भूल में माँ को जो ना पूजा !
दुनिया में तू आ ना सकेगा माँ के बिन फिर दूजा !!
कष्ट झेल कर नौ महीने के तुझ को जग में लाई !
आज जगत के भौतिक सुख में माँ की याद भुलाई !!
मेरा एक संदेश सभी को माँ की सेवा करना !
'रामवीर' माँ के बिना जगत में होता सच ना सपना!!

रामवीर सिंह

प्रधान अधिकारी

भा० त० पो० रानी दुर्गावती

वर्तमान परिदृश्य के असली नायक



हमारे देश में नायकों की कमी नहीं है परंतु आज के परिदृश्य में देश में कालाबाजारी, भ्रष्टाचार, क्षेत्रवाद और जातिवाद की समस्या जोरों पर है। इन सबके बीच कोरोना वायरस महामारी की शुरुआत ने हमारे देश के हर कोने से असली नायकों की छवि दिखायी, हमें यह विश्वास दिलाया कि भारत वीरों की भूमि थी, है, और रहेगी वह चाहे युद्ध का मैदान हो या खेल का मैदान हो या फिर कोरोना महामारी हो।

हम ओलंपिक में पदक भी ला सकते हैं और देश के दुश्मनों के छक्के भी छुड़ा सकते हैं। आपको यह जानकर गर्व होगा कि कोरोना महामारी में हमारे देश के वैज्ञानिकों, डॉक्टरों मेडिकल छात्रों, चिकित्साकर्मियों, पुलिस सहित बाकी सुरक्षाबलों, ट्रैफिक पुलिस, सफाईकर्मियों, मीडियाकर्मियों, फार्मासिस्टों, आशाकर्मियों, आंगनवाड़ीकर्मियों और भी कई कर्मवीरों ने मिलकर इस महामारी पर विजय पायी और असली नायक की भूमिका निभायी।

ये नायक तो सामने से युद्ध स्तर पर कार्य कर ही रहे थे परंतु इनके पीछे भी हमारे राजनीतिक नेता, फिल्मी नायक-नायिका, खलनायक और राजनीतिक सलाहकार देश को इस महामारी से बचाने में कामयाब हुए और आज भी प्रयत्नशील हैं।

प्रवीण कुमार
प्र/यांत्रिक (ए ई)
850 SQN(CG)



हमारा अरमान



प्राचीन से सागर कुबेर की अनमोल खान है,
इसका सुरक्षित तटरक्षक का अरमान है

हमारी संस्कृति संसार की पहचान है,
बीत गया बचपन अब तो हम जवान हैं

बीर बाका नाविक गगन में चेतक तैयार है,
थल पर होकर बल आज का बीर हनुमान है

हर चुनौती स्वीकार कर नायक ही हमारी शान है,
हिन्दुस्तान जिन्दाबाद का नारा ही हमारी शान है

दुश्मनों को सबक सिखाना हमारा वर्तमान है,
विश्व में शांति का नारा भारत वर्ष की आन है

राजेश्वरी, पत्नी देवेन्द्र कुमार
अधिकारी भारतीय तटरक्षक वायु अवस्थान रत्नागिरी

कोरोना महामारी से सीखे जाने वाले सबक



दुनिया भर में पिछले कुछ महीनों में कोरोना वायरस के प्रकोप ने बहुत सारी चीजें बदल दी हैं। कोविड -19 दुनिया भर के लगभग हर देश और क्षेत्रों को प्रभावित कर रहा है। संक्रमण के जोखिम से बचने के लिए लोगों

को घर पर रहने और सामाजिक गतिविधियों का सख्ती से पालन करने के लिए कहा जा रहा है और लोगों को घरों से बाहर निकलने पर भी रोक लगाई जा रही है। कोरोना प्रकोप के कारण पूरी दुनिया एक अंधेरे समय से गुजर रही है। लेकिन मानव स्वभाव विषम परिस्थितियों से लड़ने और खुद को ऊपर रखने के लिए है। जिस तरह से दुनिया मरीजों का इलाज करने, जरूरतमंद लोगों की मदद करने, वायरस के प्रसार को कम करने के मामले में जवाब दे रही है, वह निश्चित रूप से इंसान के लिए बड़ा सकारात्मक संकेत है। कोरोना वायरस की इन नकारात्मकता के बीच, हमने कुछ सकारात्मक सबक भी सीखे हैं जो हमारी जीवन शैली में कुछ सकारात्मक बदलाव लाएंगे। कोरोना महामारी से सीखे गए सबक इस प्रकार है :-

भोजन से अधिक ज़िंदगी में कुछ भी आवश्यक नहीं है:- कोरोना वायरस महामारी ने हमें एक प्रमुख जीवन सबक सिखाया है कि भोजन किसी भी अन्य लक्जरी वस्तुओं की तुलना में हमारे अस्तित्व के लिए सबसे आवश्यक चीज है। जब सरकार ने लंबे समय तक लॉकडाउन की घोषणा की, तो कोई भी कार, AC, प्रोपर्टी, या अन्य इलेक्ट्रॉनिक सामान खरीदने के लिए नहीं आया। हर कोई बस खाना खरीदने के लिए दौड़ पड़ा।

प्रकृति का सम्मान करना सीखें:- पिछले दशकों से इंसानों ने प्रकृति को कई तरह से बर्बाद किया है। लेकिन जैसे-जैसे लोगों ने बाहर जाना बंद कर दिया, कारखाने बंद हो गए, सड़कें खाली हो गईं, आवाज़ और वायु प्रदूषण कम हो गया, प्रकृति ने दुनिया को फिर से बसाना शुरू कर दिया है। दुनिया भर से कई तस्वीरें सोशल मीडिया पर भेजी जा रही हैं जहां वायु, जल और ध्वनि प्रदूषण में कमी से प्रकृति में कुछ

सकारात्मक बदलाव दिखाई दे रहे हैं। यहां, इन सभी स्थिति से सीखने का हमारा सबक यह है कि हम खुद ही मानव प्रकृति को बर्बाद करने का प्रमुख कारण हैं। निकट भविष्य में हमें इस तरह के लॉकडाउन लेने की जरूरत है ताकि प्रकृति को कुछ राहत मिल सके। प्रकृति परिवर्तन के बारे में यह सबक बहुत मेहनत से अर्जित किया गया है, और हम इसे भूलने की हिम्मत नहीं करते हैं।

आवश्यक होने पर अकेले रहना सीखें:- अधिकांश लोगों के लिए यह वास्तव में बहुत कठिन है कि वे घर पर रहें और लंबे समय तक कुछ न करें। अकेले होना बहुत मुश्किल हो सकता है लेकिन यह आपको खुद से प्यार करना भी सिखाता है। जब आप इतने लंबे समय के लिए अकेले होते हैं, तो आप महसूस करेंगे कि टीवी सीरीज देखना, पूरे दिन मोबाइल फोन का उपयोग करना ही सब कुछ नहीं होता है। आपको हमेशा अधिक चीजों को खोजने की आवश्यकता होती है जो वास्तव में आपको वास्तविक आनंद दे सकती हैं इसलिए कुछ समय के लिए अकेले रहना भी सीखें। ये आपके जीवन को एक नयी दिशा देता है।

आपका घर और परिवार सबसे सुरक्षित जगह है:- कोरोना ने साबित कर दिया है कि हमारे आस-पास की हर एक चीज सिर्फ कुछ समय के लिए ही अच्छी होती है। हमारा जीवन प्रमुख चीजें जैसे काम, सिनेमा, क्लब, होटल, जिम आदि के आसपास घूमता है, सभी लोग बाहर चले गए हैं क्योंकि वास्तव में हमने घर के बिना जीना सीख लिया था। इसने हमें एक सबक सिखाया है कि अंत में आपका परिवार और आप अपने घर में ही सुरक्षित रहते हैं।

आपको पता होना चाहिए कि कैसे खाना बनाना है:- कोरोना वायरस महामारी ने भी हमें एक सबक दिया है कि खाना बनाना एक कला है जिसे हर किसी को जानना चाहिए। कम से कम एक व्यक्ति को खुद के लिए खाना पकाने में सक्षम होना चाहिए।

अपने स्वास्थ्य पर काम करना शुरू करें:- उन सभी लोगों के लिए जो अपने व्यस्त दिनों के दौरान अपने स्वास्थ्य पर ध्यान केंद्रित नहीं कर पाने के लिए काम

को जिम्मेदार ठहराते हैं, उनको खुद पर काम करने का यह सही समय है। कुछ व्यायाम शुरू करना, योग करना, स्वस्थ भोजन करना सबसे अच्छी उत्पादक चीजें हो सकती हैं जो आप कोविड-19 के दौरान कर सकते हैं। अपने वर्कआउट के लिए एक समय बनाएं और उन चीजों को करना शुरू करें जो आप अपने घर पर आसानी से कर सकते हैं, जैसे योग।

परिवार को समय दे:- फोन और टीवी से चिपके रहने की बजाय आप अपने परिवार के साथ कुछ खुशनुमा यादगार समय बिताना शुरू कर सकते हैं। एक साथ खाएं, एक साथ हँसें, एक साथ खेलें और तब आप महसूस करेंगे कि अपने व्यस्त कार्यक्रम के कारण अब तक आपने अपने जीवन में कितनी महत्वपूर्ण चीजों को भुला दिया है।

किताबों को अपने जीवन का हिस्सा बनाए:- अधिकांश लोगों के लिए यह एक बहुत पुराना विचार है लेकिन गंभीरता से यह इस अवधि के दौरान आपके लिए बहुत ही उत्पादक समय हो सकता है। हमारे इतने व्यस्त समय में हमको ज्यादा समय नहीं मिलता है और जो समय हमें मिलता है, वह मोबाइल फोन पर खर्च होता है। लेकिन अब वह समय है जब आप किसी भी शैली की कुछ अद्भुत पुस्तकों को पढ़ने में कुछ घंटे बिता सकते हैं जो आपको सबसे ज्यादा पसंद हैं।

जे के पटेल

प्रधान नाविक (आर ओ)

भा त र अ कराईकल

जीवन: एक संभावना

परिदे दो तरह के होते हैं। एक, जो पिंजरे में रहते हैं। उनके पास लोहे का घर होता है, उसमें उनका बिस्तर होता है, खाना-पीना सब होता है। कोई डर नहीं होता उनको। उनके पास उनकी सुरक्षा है और दूसरे, जो पेड़ों पर रहते हैं। उनका घोंसला तिनकों का होता है। आंधी-तूफान, शिकारी सब का भय होता है। दाना-पानी, कुछ भी निश्चित नहीं होता उनके लिए। कभी मिलता है, तो कभी नहीं। उनके पास बस उनकी आजादी होती है ये दो विकल्प हमारे सामने भी लाये जाते हैं। हमें हमेशा 'स्वतंत्रता' या 'सुरक्षा' में से कोई एक चुनना होता है। चुनाव आपका अपना है। इसलिए कभी इन दोनों चुनावों में आप आजादी चुन कर देखिएगा।

आपने अपने चारों ओर धर्म-कर्म, भाषा-विज्ञान, कला-कानून, नियम-अनुशासन के जो महल बना रखे हैं, ये निश्चित रूप से भव्य हैं, लेकिन हैं तो पिंजड़े। कभी अपने नैतिकता और संस्कारों की कोठरी से बाहर निकल कर देखिए। कभी अपने धर्म और संप्रदाय की दीवारें तोड़िये। छोड़िये पिंजड़े में बैठ कर हवाई जहाज का सफर करना। कभी अपने खुद के "परों" से उड़ान भरियेगा।

हाँ, लेकिन अपने खुद के पंखों से उड़ान भरने में खतरे बहुत से हैं। आंधी-तूफान का भय, किसी चील-बाज

के नजर में आ जाने का भय या कोई शिकारी द्वारा पकड़े जाने का भय। हजार तरह के भय और आशंकाएँ हैं इस आजादी में। कोई सुरक्षा नहीं, कोई निश्चितता नहीं। मंजूर हो तो आ जाओ। ये जो आपने मोटी-मोटी किताबें पढ़ लीं हैं ना, इसमें कुछ नहीं है आपका। ये सब आपको उड़ना तो सिखा सकती हैं, लेकिन उड़ना आपको खुद के पंखों से ही है। हम हमारे सृजन से ज्यादा, किसी दूसरे की नकल को महत्व देते रह जाते हैं और यह नकल जीवन के हर पहलू में देखी जा सकती है।

हम धर्म में कट्टरता की नकल करते हैं। हम विचारों में गांधी या गोडसे की नकल करते हैं। हम हमारे जीवन में पड़ोसी शर्मा जी के लड़के की नकल करते हैं। हमने हमारे मौलिक रूप को तो कभी पहचाना ही नहीं। कभी अपने अंदर झाँकिए। दुनिया भर की संभावनाएँ, खोजी जाने का इंतजार कर रही हैं। आप पंखों को बांध कर भेड़ों जैसे किसी के पीछे-पीछे मत चलिए। खोलिए अपने पंख और खोजिए अपनी मौलिकता। पूरा क्षितिज, आपके छा जाने की राह देख रहा है।

सौरभ सिंह

सहायक समादेशक

सोशल प्लेटफॉर्म का उपयोग करते समय सावधानियाँ



सोशल नेटवर्किंग साइट्स हमारी रोजमर्रा की ज़िंदगी का एक अनिवार्य हिस्सा बन गई हैं। हम शायद ही इससे दूर रह पाते हैं। एक अध्ययन के मुताबिक, फेसबुक और ट्विटर जैसे सोशल नेटवर्किंग प्लेटफॉर्म पर

लोग औसतन रोजाना आठ घंटे से ज्यादा समय बिताते हैं।

सोशल नेटवर्किंग साइट्स हमें दोस्तों के साथ जुड़े रहने, तस्वीरें साझा करने, विचारों का आदान-प्रदान करने आदि में मदद करती हैं। कुछ लोग सोशल नेटवर्किंग के प्रति इतने जुनूनी होते हैं कि वे यह भी बताते हैं कि उन्होंने दोपहर के भोजन में क्या खाया, वे कौन से लोग हैं जिनसे वे मिल रहे हैं, उन्होंने सप्ताहांत के दौरान क्या किया और जानकारी इतनी निजी और व्यक्तिगत है।

कुछ लोग अपने जीवन के सबसे निजी पलों को अपने साथी के साथ साझा करने में मना नहीं करते हैं। वे अपने साथी के लिए एक रोमांटिक स्टेटस संदेश अपडेट करेंगे, जिसे सैकड़ों दोस्तों और दोस्तों के दोस्तों द्वारा पढ़ा जाएगा, जिससे हर कोई सबसे अजीब टिप्पणियां पोस्ट कर सके। याद रखें कि ऑनलाइन सोशल नेटवर्किंग आपकी निजी डायरी नहीं है। आपके द्वारा पोस्ट की जाने वाली सामग्री तक लाखों लोग पहुंच सकते हैं। सोशल नेटवर्किंग साइट का उपयोग करते समय हमें सावधानियां अपनानी चाहिये:

व्यक्तिगत जानकारी को व्यक्तिगत रखें, अपनी व्यक्तिगत जानकारी को किसी ऐसी वेबसाइट से साझा न करें जिस पर आपको भरोसा न हो। यदि आप फेसबुक, ट्विटर आदि जैसी सोशल नेटवर्किंग साइट्स पर अपना व्यक्तिगत विवरण साझा कर रहे हैं तो अपनी सुरक्षा सेटिंग्स को अनुकूलित करना सुनिश्चित करें और केवल उन लोगों को ही इस जानकारी को देखने की अनुमति दें जिन पर आप भरोसा करते हैं। अपने निजी मामलों को सोशल नेटवर्किंग साइट्स पर साझा न करें अन्यथा आप कठपुतली बन जाएंगे।

अपने गोपनीय जानकारियों को साझा न करें, यह सबसे बड़ी गलती ज्यादातर लोग सोशल नेटवर्किंग वेबसाइट पर करते हैं। अपनी गोपनीय जानकारियों को इंटरनेट या सोशल नेटवर्किंग वेबसाइट पर साझा करना आपको बड़ी मुश्किल में डाल सकता है। अपने बैंक, ATM या ऑनलाइन जानकारियों को कभी भी इंटरनेट पर साझा ना करें।

आजकल सभी के जीवन में सोशल मीडिया का काफी दखल है। हम अपने जीवन में घटने वाली ज्यादातर घटनाओं को सोशल मीडिया पर दोस्तों के साथ शेयर करते हैं। फिर वो शादी हो, बर्थडे हो, नई नौकरी हो और भी बहुत कुछ। अब ऐसे में यह एक स्वाभाविक सवाल है कि क्या हम सोशल मीडिया पर सुरक्षित हैं? सोशल मीडिया का इस्तेमाल जहां हमारे जीवन को आसान और दिलचस्प बनाता है वहीं इसके जरिए हमारी सुरक्षा को कई खतरे भी हैं।

हमें अपनी सुरक्षा के लिए कुछ सावधानियां बरतनी चाहिए। सोशल मीडिया के बढ़ते प्रभाव के बीच यूजर्स को हमेशा सचेत रहना चाहिए क्योंकि कई बार यह असुरक्षित साबित हो चुका है। साथ ही साइबर अपराधों में भी बढ़ोतरी देखी गई है। कुछ आसान टिप्स को अपनाकर आप सोशल मीडिया पर आसानी से सुरक्षित रह सकते हैं।

आपका पासवर्ड मजबूत होना चाहिए, पासवर्ड हमेशा बदलते रहना चाहिये, प्राइवैसी को हमेशा बनाए रखें, किसी अनावश्यक बहस में न पड़ें, अपनी तस्वीरों को प्राइवेट बनाए रखें, गूगल पर बेहतर तरीके से सर्च करें, अपने फ्रेंड सर्किल का चयन बेहतर तरीके से करें, यूजरनेम को बेहतर सोचकर रखें, अपने सर्किल के बारे में जानकारी रखें।”

गणेश संभाजी गुंजाल

नाविक (ए एच),

तटरक्षक वैमानिक निरीक्षण सेवा (चैन्नई)

वसुन्धरा



वसुन्धरा कहलाई कभी
और कहलाई कभी बीहड़ बंजर
विशाल हृदय में
हर भाव संभाले,
खड़ी हो अडिग अंचल निरंतर
तुम्हें देख-देख जीवन पथ पर
आगे बढ़ती रहती हूँ
मेरी धारा तू मुझे बता
में खुद को तुझ जैसा क्यों कहती हूँ।

नित प्राण पल्लवों को तुम देती
नवजीवन उपहार
खोली अपनी दोनों बाहें
सिंचित करने को प्यार
तेरी हृदय की अनंतता में
नीत नई गहराई में पाती हूँ
धैर्य, साहस, ममता और प्रेम का निश्चित
प्रतिबिम्ब जो तुम बनाती हो
मेरी धारा तू मुझे बता
में खुद को तुझ जैसा क्यों कहती हूँ।

निःशब्द, अभिव्यक्त मेरे हृदय में
तुम्ही केवल जाने हो अन्तर्मन की विरह वेदना
केवल तुम्ही पहचाने हो

हे निराकार, हे निर्गुण स्वरूप
मुझको अब तुम ही थामे हो
आत्मज मेरे पालक तुम्ही
यह भी अब मन में जाने हो
व्यथित, व्याकुल अनुभूति मन की

आवेग-विवेक के बीच भँवर में
उठती-घटती पल पल जैसी
सागर मध्य लहरों की नौका
आलिंगन कर, इस वेदित मन को
नेक-सा विश्राम करने दो
कुछ आभास कराकर मुझको
अपना सानिध्य जताने दो

अंतर्मन की विरह वेदना
केवल तुम ही पहचानते हो
निःशब्द आमव्यकी मेरे हृदय की
तुम ही केवल जानते हो

ऋतु बदली, मौसम बदले
नित नई सुबह किरणों के संग
जीवन के अनुभव बदले
सावन की हरियाली में
नव यौवन बन क्षुंगार किया
और तपिश ग्रीष्म की जब आई
जौहर का अह्वान किया।

सजल नेत्र भर रख नयनों में
बार-बार दोहराती हूँ
मेरी धारा तू मुझे बता
में खुद को तुझ जैसा क्यों कहती हूँ।

अर्चना पांडे

W/o समादेशक आलोक पांडे
ज़िला मुख्यालय संख्या 7, पारादीप, ओडिशा

सामाजिक व्यवहार पर लॉकडाउन का प्रभाव:-

इंसान

एक नन्हा-सा कण आ गया,
बहुत कुछ हमें वह सिखला गया,
क्षण भंगुर है ये जीवन,
वह हमें बतला गया,

आईना हमको दिखला गया,
सरमाओं के दिल गहला गया,
समाज को वह हिला गया
एक नन्हा-सा कण आ गया

मानो सैलाब-सा आ गया,
चपेट में लिया जिसको बहा गया,
गम और अंधकार चारों ओर छा गया,
एक नन्हा-सा कण आ गया,

अकेले नहीं है हम धरती पर,
हमें यह वो बतला गया,
मानव का जोर नहीं है प्रकृति पर,
यह पहचान हमें वह करा गया,
एक नन्हा-सा कण आ गया,

7 अरब की मानव जाति को,
कमरों में वह दुबका गया,
राह चलते राहगीरों को,
पथ से वह भटका गया,

बालाजी डी बालूरकर
प्रधान अधिकारी
संभारिकी निदेशालय

करोड़ों की कमाई पर गुरुर था उनको,
हुआ जब कोरोना तो हॉस्पिटल को तरस गये।
दिखाते थे दुनिया को रौब अपने बंगले का,
वो मरते समय एक बैड को तरस गये।
चाहते अगर वो तो खरीद सकते थे पूरे हॉस्पिटल को,
मगर वो आज एक सिलेण्डर को तरस गये।
दिखाते थे गुस्सा तो सांसे अटकती थी लोगों की,
अन्त में वो अपनी सांसों को तरस गये।
सोचा था लेकर जाऊंगा सब कुछ साथ में,
वो शहर की बंदी में अपने कफन को तरस गये।
लग जाता था भीड़ों का अम्बार फेंक देते थे पैसा जहां पर,
अन्तिम यात्रा में वो चार कंधों का तरस गये।
लग जाती थी लाइन गाड़ियों की उनके काफिलों में,
शमशान जाने के लिए वो अपनी अर्थी को तरस गये।
लगती थी लाइन दिन-रात उनके घर,
आज मुर्दों की लाइन में खुद की चिता को तरस गये।

मानेन्द्र सिंह
उत्तम सहायक इंजीनियर

“

**बैडमिंटन खिलाड़ी मानसी जोशी पहली भारतीय पौर
एथलीट है जिसके सम्मान में बाबी डॉल लॉन्व की गई।**

”

आत्म निर्भरता

गरुड ने अपने बच्चे को पीठ पर बिठाया और उसे साथ दूसरे सुरक्षित स्थान पर पहुँचा दिया। दिनभर दोनों दाना चुगते रहे, सायंकाल पर लौटे, तब ही गरुड ने अपने बच्चे का यातायात प्रयोजन साध लिया।

यह क्रम बहुत दिन तक चला। गरुड ने बहुतेरा कहा पर, बच्चे ने उड़ना नहीं सीखा। उसकी धारणा थी कि जब तक निःशुल्क साधन उपलब्ध हो, तब तक स्वयं श्रम क्यों किया जाए? गरुड बच्चे की इस दुर्बलता को बड़ी सतर्कता से देखता रहा।

एक दिन जब वह आकाश में उड़ रहा था, तब गरुड ने स्वयं को धीरे से पीछे खींच लिया और तभी बच्चा पीछे गिरने लगा, तब चेत आया, फड़फड़ाया, गिरते-गिरते बचा, पर अब उसने उड़ना सीखने की आवश्यकता अनुभव कर ली।

सायंकाल बालक गरुड ने माँ से कहा, माँ, आज पंख न फड़फड़ाए होते तो पिताजी ने बीच में ही मार दिया होता।

मादा गरुड हँसी और बोली, बेटे, जो अपने आप नहीं सीखते, स्वावलंबी नहीं बनते, उन्हें सिखाने- समझाने का यही नियम है।

जी.के. शर्मा
उत्तम अधिकारी
संभारिकी निदेशालय



आंध्र प्रदेश के अनंतपुर जिले का लेपाक्षी मंदिर हैंगिंग पिलर्स (हवा में झूलते पिलर्स) के लिए पूरी दुनिया में मशहूर है। इस मंदिर के ७० से ज्यादा पिलर बिना किसी सहारे के खड़े हैं और मंदिर को संभाले हुए हैं। मंदिर में आने वाले भक्तों का मानना है कि इन पिलर्स के नीचे से अपना कपड़ा निकालने से सुख समृद्धि मिलती है।



पड़ोसी एक रिश्तेदार

समय सामान्य है जब सभी अपने-अपने कार्यों में व्यस्त जिन्दगी जी रहे हैं। बच्चे, बूढ़े व जवान सुकून से जीवन यापन कर रहे हैं तभी कोरोना जैसी महामारी की दस्तक, सभी के मस्तिक को झकझोर देती है। अचानक डर व भय का माहौल छा जाता है कि अब क्या होगा हमारे जीवन का और परिवार के भविष्य का? इस बीमारी ने विश्व के सभी देशों में अपना पैर पसार रखा है जहाँ मृत्यु दर लगातार बढ़ती ही जा रही है, ऐसे में भला किसे डर नहीं लगेगा। स्वाभाविक है कि चारों ओर सभी वर्ग के लोगों तथा सभी जीवित प्राणी के जीवन में संकट का बादल गहराता चला गया है। बहुत सारे परिवार बिखर गये, नौकरी चली गई, यहाँ तक कि खाने-पीने का संकट प्रबल हो गया। इस भीषण परिस्थिति में अपने रिश्तेदार कोई काम नहीं आया। जो जहाँ था वही रह गया। एकमात्र एक पड़ोसी ही ऐसा था जो जरूरत के समय कम से कम एक गिलास पानी दे सकता था। महामारी का ऐसा स्वरूप है कि जहाँ लोग अपने चेहरों व नाक को पूरी तरह से ढककर तथा सामाजिक दूरी का पालन करते हुए अपनी-अपनी जिन्दगी जी रहे हैं।

घर में एक सदस्य कोरोना की महामारी से ग्रसित है, घर के अन्य लोग किसी दूसरे रूम में बंद हैं, किसी को

भी एक दूसरे से नहीं मिलना है, ना ही समीप जाना है और ना ही बाहर के किसी रिश्तेदार को मदद के लिये बुला सकते हैं। ऐसे विकट परिस्थिति में हमारे पड़ोसी ही भगवान का देवदूत बनकर हमारा खयाल रखते थे। घर के लिये कोई भी सामान बाहर से मंगवाना हो, अस्पताल से कोई दवाई मंगानी हो तथा अन्य कार्य, हमारे पड़ोसी ही देवदूत की भांति साथ खड़े रहे ताकि जरूरतमंद को किसी भी तरह की परेशानी ना हो तथा साथ ही साथ पीड़ित व्यक्ति का मनोबल ऊंचा रहे ताकि स्वस्थ होकर पहले जैसे जीवन यापन कर सके। एक सवाल मन को कुरेदता है कि किसने भगवान को देखा है? हाँ, कोई मृत्यु की जंग से लड़कर वापस आया हो, वो यथार्थ में दावा कर सकता है कि वो किसके बदौलत अपने जीवन को बचा सका। दोस्तों, अगर मैं ये कहूँ कि पड़ोसी भी भगवान के रूप होते हैं तो शायद ऐसे में गलत नहीं होगा। अगर हमारा पड़ोसी खुश है तो हम खुश हैं और अगर हम खुश हैं तो स्वाभाविक ही है कि हमारा परिवार हमेशा खुश रहेगा।

जय हिन्द

जेरोम बरला

उत्तम अधिकारी (एस ई)

तटरक्षक कर्मों का कोरोना काल

सब कुछ हो गया अपना भी पराया
कोरोना तेरा आना हम सब को ना भाया।
हमेशा साबुन से ही हाथ धोएं।
शिप से बाहर फालतू कही ना जाए

मौज मस्ती सब भूल गए
विदेश जाने की याद सताए।
सिंगापुर मलेशिया जाने को जी ललचाए
शौपिंग किए बिना मन पछताए।

अरे कोरोना हम तटरक्षक कर्मों
कहा घूम के अपना दिल बहलाए।
तेरा भय अब इतना सताये

कोरोना नहीं तुझ से डरते हम
तुझसे लड़ने का तटरक्षक कर्मों में है दम।

सोसल डिस्टेंसिंग अपनाएं
अच्छे तटरक्षक कर्मों कहलाएं।
हर गाइड लाइन को मानेंगे
शिप में सेलिंग कर के तुझे हराएं
तटरक्षक परिवार को खुशहाल बनाएं।

ब्रज किशोर कुमार

सहायक इंजीनियर

भा त पो राजश्री

माँ

जिसने धरा पे मुझे अवतरित है किया ।
जिसने सुनी मेरी हर एक सिसकियाँ ॥
गर-बिछोने को भी मैंने गीला किया ।
रातों को भी सूखा कपड़ा मेरे नीचे दिया ॥
हाँ, वो तुम्हीं तो हो मेरी माँ.....जिसने धरा पे मुझे अवतरित है किया ॥
आप जैसे ही भोजन को बैठी ।
और मैंने रोना चालू किया ॥
गोदी में मुझे उठा यूँ लिया ।
अपनी भूख को भी भुला दिया ॥
हाँ, वो तुम्हीं तो हो मेरी माँ.....जिसने धरा पे मुझे अवतरित है किया ॥
पकड़कर मेरे हाथों की उँगली ।
जिसने मुझे चलना सिखाया ॥
तप रहा था बुखार से जब मैं ।
पूरी रात जो मेरे लिए जागी रही ॥
हाँ, वो तुम्हीं तो हो मेरी माँ.....जिसने धरा पे मुझे अवतरित है किया ॥
जिसने रातों में भी हँसना सिखाया ।
हर एक दोष से बचना सिखाया ॥
जब गलती करी मैंने कोई ।
दोबारा ना दोहराने का वादा कराया ॥
कहीं आंसू ना झलक जाए उसके लाड़ले के ।
उन गलतियों को भी पिताजी से छूपाया ॥
हाँ, वो तुम्हीं तो हो मेरी माँ.....जिसने धरा पे मुझे अवतरित है किया ॥
पर वक्त जब मेरा आया ।
मैं स्वार्थी दूर चला गया ॥
दर्द हैं तुझको मेरे बिछड़ने का ।
मैं नादाँ समझ ही ना पाया ॥
जिसने अपना फर्ज अंत तक हैं निभाया ।
मेरी खुशी के लिए अपना दर्द भी छूपाया ॥
हाँ, वो तुम्हीं तो हो मेरी माँ.....जिसने धरा पे मुझे अवतरित है किया ॥

लक्ष्मी नारायण मीणा
भारतीय तटरक्षक पोत सी

देश हमारा

देश यह प्यारा हमारा,
नरक ना इसको बनाओ।
समरसत्ता की इस धरती पर,
बीज घृणा के मत फैलाओ।
सीमा पर जो गोली चलती,
नहीं देखती जाति-धर्म।
अब्दुल हमीद हो या विक्रम,
तुम गीत शहीदों के गाओ।
कितनों ने प्राण गवाएँ हैं,
तब यह आजादी पाई है।
अब सफल न हो गद्दार कोई,
जन-जन में चेतना लाओ।
अब नहीं चाहिए कोई जाफर,
न कोई जयचंद यहां।
बनकर तुम गांधी और सुभाष,
बेखौफ तिरंगा लहराओ
गुजरात मेरा पंजाब तेरा,
दिल्ली मेरी महाराष्ट्र तेरा।
यह बात भूलाकर तो देखो,
बस भारतीय अब बन जाओ।
जब मुट्ठी रहती बंधी हुई,
तो वह ताकत बन जाती है।
पर खुली हथेली के बल पर,
क्या बात कभी बन पाती है।
मिलकर चलना मिलकर रहना
सुख-दुख में साथ निभाना है।
सबका हो साथ सबका विकास,
बस यही नीति अपनाना है।

अनुष्का डे

आत्मजा समादेशक (क.व.) सुरोजीत डे
आर.ओ.सी (पूर्व)

कटु है पर सत्य है

मैं तो हूँ कायम,
अभी तो वह गया है,
किसके आगत मैं लिखा क्या,
क्या किसी को यह पता है?
हमने धरती को छला है,
आसमां को छेद डाला,
श्रेष्ठता की होड़ में,
तल्लीन इतना हो गए,
कि जीव और परमात्मा के,
भेद को ही तोड़ डाला।
जीतना चाहा प्रकृति को,
जीव का निर्माण करके,
रच दिया विकृत विषाणु,
और जीवन रौंद डाला।
कोई भी हो देश या कोई भी जाति,
जो समन्वय से डिगा है,
दंड हर शय को मिला है।
वक्त है अब भी.....
समझने का संभलने का,
दिखावों से परे हटकर,
मनुजता में ढलने का।
चाहते भी और कहते भी रहे हैं
मां कश्चित् दुःख भाग भवेत्”
किंतु यह न सोच पाए,
“अति सर्वत्र वर्जयेत्”

तनिष्का डे

आत्मजा समादेशक (क.व.) सुरोजीत डे
आर.ओ.सी (पूर्व)

“वल ज़िन्दगी नई शुरुआत करते हैं, जो उम्मीद औरों से की थी वो अब खुद से करते हैं”



पिछले वर्ष लॉकडाउन के ख़त्म होने के बाद हमने देखा कि आसमान नीला हो गया है, हवा साफ़ हो गयी है, रात में ऊपर देखते तो तारे देखने को मिलते। हवा इतनी साफ़ हो गई कि जलंधर से 140 किलोमीटर दूर हिमालय की पहाड़ियाँ दिखने लगीं। वहाँ रहने वाले लोगों का तो कहना है कि 20-30 सालों में ये पहली बार है कि हवा इतनी साफ़ हुई है।

पूरी दुनिया से ऐसे ही किस्से सुनने को मिले। नाइट्रोजन डाई-ऑक्साइड एक ऐसी विषैली गैस है जो गाड़ियों के इंजनों से, बस से, फैक्टरी से निकलती है। विश्व स्वास्थ्य संगठन का कहना है कि अगर ये गैस 200 माइक्रोग्राम/मीटर से ज्यादा कंसंट्रेशन में है तो अस्थमा जैसी बीमारियों का कारण बन सकती है।

जब महामारी की वजह से सड़क पर गाड़ियां चलनी बंद हो गई, फैक्टरियाँ शट-डाउन हो गई तो दुनिया भर में नाइट्रोजन डाई-ऑक्साइड जबरदस्त लेवल पर कम हो गई। देखा जाए तो लॉकडाउन ने बहुत कुछ बदला है। यहाँ एक सवाल यह आता है कि जो लोग वायु प्रदूषण की वजह से मर रहे थे क्या उसमें भी कोई बदलाव आया है। जी हाँ, आँकड़े बताते हैं कि सिर्फ एक महीने में चीन में 77000 लोगों की जान बची।

सिर्फ हवा ही नहीं बल्कि हमारी नदियों का पानी भी साफ़ हुआ। दिल्ली जल बोर्ड के चेयरमैन का कहना है कि औद्योगिक गंदगी के कम होने से यमुना नदी के पानी की क्वालिटी में बदलाव हुआ है। यही नहीं गंगा नदी की पानी की क्वालिटी में 40-50 प्रतिशत का बदलाव आया है। ये बदलाव और कुछ नहीं बल्कि 'फ्यूचर पोर्टेंशियल' दिखाता है। अगर सही तरीके से सीवेज ट्रीटमेंट प्लांट बनाये जाए और मजबूत नियम बनाये जाए तो ये सकारात्मक बदलाव आगे भी संभव हैं। शायद हमें ऐसे लॉकडाउन हर साल देश में एक हफ्ते के लिए करने चाहिए, जिससे देश की जनता को एहसास हो, उन्हें भी दिखे कितनी साफ़ हवा एवं पानी हो सकता है। एक झलक दिखे पोर्टेंशियल की कि हमारा देश कहाँ पहुंच सकता है।

विशाल चौहान
सहायक समादेशक
भा.त.पो. राजरतन



**इंडिया का हार्ट ऑफ कंट्री करौंदी, कटनी जिले में है।
यह गांव भारत के भौगोलिक क्षेत्र का केंद्र बिंदु माना
जाता है। सेंटर प्वाइंट की खोज 1956 में हुई थी। १७
दिसंबर 1987 को यहां पर एक स्मारक बनाया गया।**



वोकल फॉर लोकल



वोकल फॉर लोकल का मूल अर्थ है कि स्थानीय वस्तुओं का उत्पादन करना और उपयोग करना और साथ ही स्थानीय उत्पादों को प्रोत्साहित करना। वोकल फॉर लोकल के इस पहल से बहुत लोगों को रोजगार मिलेगा और स्थानीय बाजार विकसित होगा। कुछ समय बाद ये स्थानीय बाजार इतने विकसित हो जाएंगे कि वे दुनिया भर के कई देशों में अपने प्रसिद्ध उत्पादों का निर्यात करेंगे। यदि हम स्थानीय उत्पादों का उपयोग करते हैं तो यह न केवल स्थानीय पहचान को मजबूत करेगा बल्कि उस क्षेत्र के साथ-साथ देश की अर्थव्यवस्था को भी मजबूत करेगा।

देश के प्रधानमंत्री नरेंद्र मोदी ने कोरोना संकट में देशवासियों को बड़ा मंत्र दिया है। इकोनॉमी के साथ-साथ देश की कोरोना मुक्त रखने का आत्मनिर्भरता का मंत्र। प्रधानमंत्री मोदी ने कहा "नए संकल्प के साथ मैं आज एक विशेष आर्थिक पैकेज की घोषणा कर रहा हूँ। ये आर्थिक पैकेज 'आत्मनिर्भर भारत अभियान' की अहम कड़ी के तौर पर काम करेगा। यह आर्थिक पैकेज 20 लाख करोड़ रुपए का है। ये पैकेज भारत की GDP का करीब-करीब 10 प्रतिशत है।

वोकल फॉर लोकल का लक्ष्य यह भी है कि हम सभी आवश्यक वस्तुओं का उत्पादन शुरू करें और आयातित उत्पादों के उपयोग को कम करें और इसके लिए सभी को प्रोत्साहित करें। देशव्यापी लॉकडाउन के दौरान जब परिवहन के सभी साधन बंद थे उस समय सम्पूर्ण विश्व ने वोकल फॉर लोकल स्थानीय उत्पादों के उपयोगिता, आवश्यकता एवं महत्व को समझा। महामारी के दौरान लोकल उत्पादों के महत्व और उपयोगिता को ध्यान में रखते हुए हमें यह सबक सीखना चाहिए और स्थानीय उत्पादों को बढ़ावा देना चाहिए। इस पैकेज में लैंड, लेबर, लिक्विडिटी और लॉस भी पर बल दिया गया है। ये आर्थिक पैकेज हमारे कुटीर उद्योग, गृह उद्योग, हमारे लघु-मंझले उद्योग, हमारे MSME के लिए है, जो करोड़ों लोगों की आजीविका का साधन है, जो आत्मनिर्भर भारत के हमारे संकल्प का मजबूत आधार है।

कोरोना इतना बड़ा संकट है कि बड़ी से बड़ी व्यवस्थाएँ हिल गई हैं। लेकिन, इन्हीं परिस्थितियों में हमारे देश ने हमारे गरीब भाई-बहनों की संघर्ष-शक्ति, उनकी संयम-शक्ति का भी दर्शन किया है। आज से हर भारतवासी को अपने लोकल के लिए 'वोकल' बनना है।

लोकल को हमें अपना जीवन मंत्र बनाना ही होगा। आपको जो आज ग्लोबल ब्रांड लगते हैं, वो भी कभी ऐसे ही लोकल थे। जब वहां के लोगों ने उनका इस्तेमाल और प्रचार शुरू किया, उनकी ब्रांडिंग की, उन पर गर्व किया तो वे प्रोडक्ट्स लोकल से ग्लोबल बन गए। इसलिए, आज से हर भारत वासी को अपने लोकल के लिए वोकल बनना है। न सिर्फ लोकल प्रोडक्ट्स खरीदने हैं, बल्कि उनका गर्व से प्रचार भी करना है। मुझे पूरा विश्वास है कि हमारा देश ऐसा कर सकता है।

वोकल फॉर लोकल का सकारात्मक प्रभाव दिवाली त्योहार के मौसम के दौरान देखा गया है। देश के लोगों ने स्थानीय उत्पादों की सराहना की और चीन निर्मित उत्पादों के बजाय दिवाली में इस्तेमाल किए जाने वाले स्थानीय मिट्टी के बने हुए आकर्षक दीपक और कई अन्य चीजें खरीदीं। इस त्योहारी सीजन के दौरान वोकल फॉर लोकल में इतनी बड़ी संख्या में लोगों के समर्थन से यह अनुमान लगाया जा सकता है कि यह नई पहल स्थानीय बाजारों के साथ-साथ देश की अर्थव्यवस्था को मजबूत करेगी।

ऊर्वी यादव

D/o अशोक कुमार

और कितना अहंकार तुम करोगे?



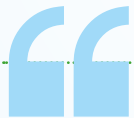
जानते हुए भी
और कितना अनजान बनोगे?
दो पल की इस ज़िंदगी पर
और कितना अहंकार तुम करोगे?
बाल्यावस्था में माता-पिता की सुनोगे
और वार्धक्य में बच्चों
शेष, खुद के चंद स्वतंत्र क्षणों पर
और कितना अहंकार तुम करोगे?
खुद के इन चंद स्वतंत्र क्षणों में
यदि दानव और जानवर का जीवन व्यतीत
करोगे,
तो इंसान हो कर भी
कब तुम इंसान बनोगे?
बस, दो ही पल की तो है यह ज़िंदगी
इस पर और कितना अहंकार तुम करोगे?
के. पी. सिन्हा

ज़िंदगी



ज़िंदगी रुकी-रुकी सी लगती है।
ना आगे जाती है, ना पीछे चलती है।
मन चिन्तित और घबराहट सी है।
ये कैसी हड़बड़ाहट सी है॥
लगता है कुछ छूट गया है पीछे।
जिसे ज़िंदगी ने फिर से पाने की कवायद की है॥
काश फिर एक बार अतीत में लौट जाऊँ मैं।
सपनों को फिर एक बार अपने हाथों से संजोऊँ मैं॥
खिल उठेगी ये ज़िंदगी और सब ठीक हो जायेगा।
तू मेहनत तो कर, परिणाम शानदार ही आयेगा॥
अगर फिर भी कुछ संदेह हो, तो खुद में झाँक लेना।
ज़िंदगी यही है कि अपने आपको किसी से कम न
आंक लेना॥
कुछ न करके भी बहुत कुछ किया है तूने।
परिवार को अपना सामर्थ्य दिया है तूने॥
दुनिया पहचान न पाई तो क्या।
परिवार ने वो सब दिया है तुझको॥

नरेंद्र कुमार
उत्तम नाविक (एमई)
भा.त.पो. सी 156



**लखनऊ का सिटी मोंटेसरी स्कूल विश्व का सबसे बड़ा
मोंटेसेरी स्कूल है।**



झुर्रियां भगाने के घरेलू उपाय



बढ़ती उम्र के साथ त्वचा पर पड़ने वाली झुर्रियों को बिलकुल तो नहीं रोका जा सकता लेकिन त्वचा की देखभाल द्वारा झुर्रियां पड़ने की रफ्तार को कम किया जा सकता है। त्वचा से झुर्रियां को दूर कर के त्वचा को आकर्षक बनाया जा सकता है। निम्न उपचारों द्वारा त्वचा से झुर्रियों को हटाया जा सकता है और कम किया जा सकता है—

- ◆ पका पपीता काटकर चेहरे पर मलें 15–20 मिनट बाद चेहरा धो लें। इस प्रयोग को लगातार कुछ दिनों तक करने से त्वचा की झुर्रियां दूर होती है।
- ◆ विटामिन-ई से झुर्रियां मिटती है। अंकुरित दाल व मूंग में विटामिन-ई प्रचुर मात्रा में होता है। सुबह शाम अंकुरित अनाज के सेवन से झुर्रियों से बचाव होता है।
- ◆ आधा चम्मच दूध की मलाई में नीबू के रस की 4–5 बूंदें मिलाकर रात में सोते समय झुर्रियों वाली त्वचा पर अच्छी तरह मलें ताकि वह त्वचा में पूरी तरह रम जाए। आधे घंटे बाद त्वचा को धो लें। लगातार 15–20 दिन तक प्रयोग करने से चेहरे की झुर्रियां दूर होती है।
- ◆ कच्चे दूध में रूई का फाहा भिगोकर चेहरे, गर्दन, हाथों की त्वचा पर 5–10 बार धीरे-धीरे मलें। 10–15 मिनट के बाद त्वचा को ठंडे पाने से धो लें। निरंतर इस प्रयोग से चेहरे की झुर्रियां दूर हो कर चेहरा स्निग्ध व कमनीय बन जाता है।
- ◆ स्नान करने के बाद जैतून के तेल से त्वचा की मालिश करें। उंगलियों के पोरों को तेल में डुबोकर झुर्रियों के विपरीत दिशा में मालिश करने से त्वचा की झुर्रियां दूर होती है।
- ◆ गुनगुने पानी में थोड़ा-सा बेसन को घोलकर पेस्ट-सा बना लें, इसे चेहरे की त्वचा पर मलकर त्वचा साफ कर लें। अब एक चम्मच शहद नीचे से उपर की तरफ लगाए। आधे घंटे बाद त्वचा को धो दें। यह प्रयोग लगातार 6–7 सप्ताह करते रहने से बढ़ती उम्र के कारण उत्पन्न झुर्रियां दूर होती है।

संध्या संखवार
W/o शेभित संखवार



दुनिया की सबसे बड़ी डाक सेवा भारत में है। विश्व का एक मात्र फ्लोटिंग पोस्ट ऑफिस डल लेक, श्रीनगर में है जिसकी शुरुआत २०११ हुई थी।



त्वचा की देखभाल

एलोवेरा जेल त्वचा के लिए बेहद लाभकारी होता है। आप फ्रेश एलोवेरा जेल निकाल कर इसमें कुछ चुटकी हल्दी मिला लें। इस पैक को अपने चेहरे पर लगाएं और सूखने दें। कुछ देर बाद अपने चेहरे को पानी से धो लें। आप इस फेस पैक को हफ्ते में दो या तीन बार लगा सकते हैं। ये आपकी त्वचा को निखारने में मदद करेगा।

चेहरे पर आलू का रस लगाएं और सूखने पर धो लें। आलू का रस मिनटों में आपकी त्वचा की रंगत को निखार देता है।

आप अपने चेहरे पर रोज बादाम का तेल और ऑलिव ऑयल की मसाज करें, इससे आप की त्वचा फेयर होगी और ग्लो भी करेगी।

शहद हमारी सेहत के साथ-साथ त्वचा के लिए भी काफी अच्छा है। यह त्वचा को हाईड्रेट करता है और सॉफ्ट लुक देता है। 1 चम्मच शहद लें और उसे त्वचा पर लगाएं, 10 मिनट मसाज करें और फिर बाद त्वचा को धो लें।

दूध में कैल्शियम पाया जाता है जो कि हड्डियों को मजबूत बनाता है। साथ ही यह त्वचा को भी ग्लोइंग बनाता है, टैनिंग दूर करता है, डेड स्किन को हटाने में मदद करता है और ड्राईनेस से बचाता है। यह स्किन के लिए अच्छा माँइश्चराइज़र माना जाता है। दूध का फेस पैक बनाने के लिए एक केला मैश कर लें। अब इसमें दूध डालकर अच्छे से मिलाएं। इस पेस्ट को अपने चेहरे और गर्दन पर लगाएं। 15-20 मिनट तक छोड़ दें फिर फेस धो लें।

एवोकाडो का सेवन भी आपकी त्वचा को ग्लोइंग बनाता है, साथ ही यह स्किन से झुर्रियां दूर करने और त्वचा को नमी पहुंचाने में मदद करता है। एक एवोकाडो लें और इसे अच्छे से मैश कर स्किन पर लगाएं और मसाज करें। 15 मिनट के लिए छोड़ दें फिर इसे धो लें।

चीनी एक बेहतरीन ब्यूटी प्रोडक्ट भी है। यह एक अच्छा और नेचुरल स्क्रब है जो डेड स्किन को साफ करने, ब्लड फ्लो बढ़ाने, त्वचा के निर्माण में और पोर्स को खोलने में सहायक है। इसके लिए आप चीनी और मलाई की एक-एक चम्मच लेकर अच्छी तरह से मिलाएं। इससे त्वचा पर धीरे-धीरे स्क्रब करें। 10 मिनट के लिए छोड़ दें और फिर ठंडे पानी से धो लें। यह त्वचा को ग्लो देने में मदद करता है।

टमाटर में एस्ट्रिंजेंट मौजूद होता है। यह रोमछिद्रों की गंदगी को दूर करके उनके आकार को छोटा करता है। सबसे पहले टमाटर के पेस्ट को अपने चेहरे पर लगाएं और फिर हल्के हाथों से मसाज करें। एक घंटे के लिए या पेस्ट सूखने तक इसे चेहरे पर लगा रहने दें। इसके बाद गुनगुने पानी से चेहरा धो लें। लेकिन, गुनगुने पानी से धोने के बाद चेहरे को ठंडे पानी से धोना न भूलें। पंद्रह दिनों तक इसे चेहरे पर लगाएं, असर नजर आने लगेगा।

छाछ बढ़े हुए रोमछिद्रों को बंद करने या छोटा दिखाने का सबसे प्रभावशाली घरेलू उपचार है। इसके लिए एक कप में तीन चम्मच छाछ और एक चम्मच नमक लें। इस मिश्रण को अच्छी तरह से मिलाएं और मुलायम ब्रश की मदद से इसे चेहरे पर दस से पंद्रह मिनट के लिए लगाएं। इसके बाद ठंडे पानी से चेहरे को धो दें। यह उपचार प्राकृतिक होने के साथ प्रभावशाली भी है।

नारियल के तेल में वह सब कुछ है, जो हमारी त्वचा के लिए जरूरी है। ड्राई स्किन होने पर नहाने के बाद आप इसे अपनी त्वचा पर लगाएं, त्वचा एकदम मुलायम हो जायेगी।

पपीता ना केवल सेहत के लिए बेहतरीन होता है बल्कि त्वचा के लिए भी अच्छा होता है। इसे ओटमील और कच्चे दूध में मैश करके चेहरे पर लगाएं। जब ये सूख जाए तो हल्के हाथ से चेहरे को साफ करें। अगर आपको इन दोनों चीजों को नहीं मिलाना है तो आप चेहरे पर पपीते को मैश करके ऐसे ही लगाएं। जब सूख जाए तो हल्के हाथ से मसाज कर पानी से फेस धो लें। कुछ दिन ऐसा करने से आपको फर्क दिखने लगेगा।

अमिता सिंह

MAINTAIN YOUTH IN YOU

Presenting our self is an important factor in our day to day life. A good presentation bolster confidence. Humans are born beautiful, but the growing age and exposure to pollutants could make our skin dull. The traditions in our country has always prescribed many natural remedies for these problems.

Red sandalwood is considered as one of the oldest remedies for all the skin problems. It is an astringent and has natural oil contains in it. It is a coolant, which cures acne and also act as anti-septic, anti-fungal and anti-bacterial agents.

- One teaspoon red sandal wood paste mixed with coconut oil to be applied on face for relaxing and nourishing the skin. Leave the paste for 15 minutes and wash the face with normal water.
- For acne and pimples apply one teaspoon of red sandal wood with 4-5 drops of lemon juice. You may wash the face after 15 minutes. This can be applied every day.
- One teaspoon red sandal wood powder along with ripe papaya paste can be applied on face for ex foliation. Allow it to remain for 15-20 minutes. Massage the face and wash with normal water.
- For uneven skin, one teaspoon of red sandal wood powder mixed with one teaspoon of curd and pinch of turmeric powder to be applied evenly on the face. After 15 minutes, wash with lukewarm water.
- For pigmentation, one teaspoon of red sandal wood mixed with raw milk to be applied. Leave it for 15 minutes and wash with normal water.
- For reducing sun tan, one teaspoon of red sandal wood powder mixed with cucumber juice or tomato juice or curd may be applied on the face. Wash with normal water after 15 minutes.
- Four teaspoons of red sandal wood powder to be mixed with two teaspoons of almond oil and four teaspoon of coconut oil. Mix well and apply before bath. This will improve the glow of skin.
- One teaspoon of red sandal wood mixed with either one teaspoon of honey or rose water and pinch of turmeric applied on the pimple marks will reduce its intensity.

It is advised that people with sensitive skin may do a patch test before applying.

Mrs. Indhu V
W/o DIG P Rajesh



From London to New York City, Indian food has spread across the world and continues to gain popularity. Vegetarianism is so widely spread that even western food chains like KFC provide a vegetarian menu for restaurant patrons.



MY HOBBY MY PROFESSION



The Touchup Girl
32.4K subscribers

[EDIT CHANNEL](#) [MANAGE VIDEOS](#)

My Vlog Channel

Touchup Girl Vlog
38 videos

Uploads

- Amazon kurta Set Haul||kurta set Dupatta Haul|| Aff...**
9K views · 19 hours ago
- Amazon Kurta Set Dupatta Haul||Kurta Palazzo Dupatta...**
22K views · 2 days ago

Home Shorts Subscriptions Library



Every person in this world have dreams and desires. Many of them are able to pursue it but many don't due to their circumstances. Without dreams one's life becomes void. There is a perfect time for everything to happen. Once the dreams or desires becomes passion and one is ready to work on it, then it becomes reality. Here are some ladies who have converted their skills or hobbies into profession. Their experiments and endeavours are real inspiration for us. We wish them success to scale all the heights in their life.

NEVER TOO LATE

When I was a child, I always had an interest in cooking and baking and to this day I have an appetite to make new dishes and bake new products. During lock down my fondness towards baking developed a lot. So, I decided to give my passion a direction. I started watching videos on YouTube and other social media platforms and started making different products like cakes, chocolates, donuts etc. As during lockdown no one was going out to eat, that gave me an advantage and I started to make cakes for my friends. They encouraged me to take orders and so I did. Slowly people started recognising my work and it was an honour and a privilege when CGWWA gave me an opportunity to make a cake on Tatrakshika Day last year.



Geeta Negi

W/o DIG Sanjay Negi

MY PASSION



COVID-19 Pandemic has had a global impact. Govt regulated strict Lockdowns ensued and have since become a norm. The lockdowns have been difficult for all. As for home makers, their life turned

upside down. The daily life became more engaging and monotonous and the 'Me time' became a distant dream. The need to have a vocation to break the monotony in these times apparently led many of us to come out of our shells.



For me, Painting has always been my passion. I have been practicing since I was in High school. As they say "Passion and practice develop into a talent". My journey started with decorating my home with my Artwork. It gave me immense pleasure to look at my hard work adorn our walls. Was praised by many and always had unwavering support of my family, which encouraged me to give my Artwork to family and friends. Gradually, I started getting orders. I was excited and tried my best to make paintings which could bring a smile to the face of my patrons. It was very important for me that the person who has trusted me with his idea should get what he/she visualized or more. The process gained pace and I was soon getting big and small projects on and off.

At this point I wanted to progress my passion into a profession and have a business with a global outreach. Though I was toiling with the Idea and

preparing my art products for a long time, it was during the lockdown that I actually started the process. My vision included having an online shop with different varieties of art work in a varied range as one has in a gift gallery. Accordingly, in April 2021, I engaged a professional agency to make my website for an online store of my Art works.

Making a complete website from scratch was an enlightening experience. It took me around three months to write product details, click photos of artwork, writing policies, designing logos, designing websites etc.



On 17 Jul 2021 i.e., on my birthday, I launched my website giftartdestination.com. Since then, I have been getting orders through the website on a regular basis. At present, I am primarily engaged with Portrait painting orders besides other orders of sundry gift articles. Needless to say, that I am thoroughly enjoying working for my website and following my dream of being an independent working woman.

I must admit that I have just started and have to make thousands of artworks and make my website very successful. The journey goes on ... have miles to go ...

Priyanka Chander

W/o Commandant Girish Chander
Commanding Officer
ICGS Vijaya, Paradip

ITS MY TIME



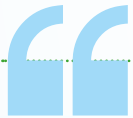
Myself Rajni, Wife of Vikash Kumar, P/NVK (QA) ex-ICGS C-145 graduated in Bachelor of Arts and got married on 04 Feb 2014 and has been blessed with two daughters. I'm always busy with my family so

working out was difficult. Lockdown was a golden opportunity for me. It was the best time as I got to spend it with my family at home. It was also a great opportunity for me to acquire new skills. During the lockdown I thought of doing something different, something new. Then I decided to bake a cake at home. I have seen so many videos at home on how to bake cake. Finally, I made up my mind to learn baking at home, so as to provide a healthy alternative to market purchased cake. Baking a cake was not the 'Cake-Walk' I thought it to be, it was easier said than done. At several attempts I failed miserably, but I did not give up.

Slowly, I improved, cakes were getting better and so was their texture and taste. One day while I was baking cake at home, some of my friends came to my home and saw the cake. They could not believe the cake was homemade and really liked it. One of my friends has requested me to bake one for her daughter's upcoming birthday. This appreciation really encouraged me and I felt all my hard work, failed attempts and 'never give up' attitude finally paid off. It really enjoyed helping others at the time of lockdown by baking cake for them. Since then, I decided to make it more than my hobby, I made it my profession and now use this newly acquired skill of baking cake for everyone at ICGS Diglipur.

Mrs. Rajni

W/o Vikash Kumar
P/Nvk (QA), ICGS C-145



Measuring 600ft (182m) in height, the Statue of Unity is currently the tallest statue in the world. The statue, which is a tribute to the independence leader Sardar Vallabhbhai Patel, is located in the western state of Gujarat, where Patel was born. For comparison, this statue is almost twice as tall as the Statue of Liberty (305ft or 93m). It is made with more than 12,000 bronze panels and weighs about 67,000 tonnes.



HIDDEN TALENT



Talent is not born, but can be developed with regular practice, dedication and patience. In any profession, it is important to invest time and energy for skill development to reach excellence.

I am a homemaker and everybody knows the routine of a homemaker. Sometimes we are too busy taking care of family, find some spare time to enjoy our hobby/ interest and at times feel like relaxing. When my husband was posted in Campbell Bay, in my spare time, I started watching fashion videos on YouTube channels. I liked them so much that I decided to start my own channel and uploaded my first video. It is pertinent to mention that making the first video was a herculean task for me, as everything had to be started from scratch and that too from the remotest part of India so it took considerable time and effort. Further, my progress was also slow as the option of getting the materials for my videos was very difficult and time consuming.

It is said that "When you think of anything from your heart things start happening the same way" as I was struggling to get material for my channel, we got news of our transfer to Port Blair. I thought finally the opportunity has arrived to fulfil my dreams. But the arrival of COVID Pandemic in everybody's life changed my perspective, hope, desires towards any channel as I couldn't upload

new product videos. Further, to maintain channel growth new videos had to be uploaded from time to time and with no new product videos my subscribers were not increasing and with nil review I started feeling low. I even thought of quitting my channel but my husband as always on my side told me not to give up and wait for some more time.

Then an idea struck my mind to upload videos of my old clothes, beauty tips from my home so as to restrict subscribers from unsubscribing. Initially channel growth was slow but as pandemic restrictions started lifting slowly, I started getting collaborations. I didn't have any knowledge of YouTube channels, editing video, uploading etc. but when you have passion and patience you can learn anything. I have a small kid and a working husband to look after, so you can understand how difficult it is to start and most important maintain in this profession. But I learned to manage the work-life balance between home and profession. It is just for a hobby, something to keep me happy and creative in my spare time. I want to continue my work in future also. Now I can look back and think, "That was a pretty good call". I just want to say if you think you want to do something don't give up, don't make excuses; just follow your heart. It's never the end of the world when things go wrong. Just keep faith in yourself, never give up hope. Always keep faith in yourself and believe that something beautiful is going to happen.

MONICA SINGH

My channel name is (The Touchupgirl)

Channel link



https://youtube.com/channel/UCxHQ447x6dZOj9o9nC2k_g



MERITORIOUS AWARDEES FOR ACADEMIC EXCELLANCE 2020-21



AWARDS (MEMENTOS AND CERTIFICATES) FOR MERITORIOUS STUDENTS 2020-21

CGHQ

SL	NAME	DAUGHTER /SON OF	CLASS	SCHOOL NAME	UNIT
1	AVANI DWIVEDI	COMDT SUJEET DWIVEDI	VIII	KV IIT POWAI, MUMBAI	CGSB
2	PHALAK PHOGAT	RAVINDER SINGH, P/ADH	X	KV -1 PANAMBUR NEW MANGALORE	CSN PROJECT
3	SHRUTI OJHA	DINESH CHANDRA OJHA, PSE	XII	DELHI PUBLIC SCHOOL, NAVI MUMBAI, MAHARASHTRA	CC DELHI

RHQ(WEST)

SL	NAME	DAUGHTER /SON OF	CLASS	SCHOOL NAME	UNIT
1	DIVYANSH TIWARI	AK TIWARI, ADH	VIII	KV KOLIWADA MUMBAI	CGSD(MBI)
2	SHUDHANSHU RANJAN GUPTA	VK GUPTA, P/ADH	IX	KV BHANDUP MUMBAI	ICGS SAMRAT
3	ANISHA RANI	A/C SR KUMAR	X	KV -1 WEST HILL CALICUT KERALA	BUVIK
4	PRIYANSHI BHATI	SC BHATI, U/ADH	XII	KV-2 FARIDABAD	73 ACV SQN
5	AAKANKSHA SHARMA	SUNIL KUMAR, U/ADH	VIII	KV1 VASCO	ICGAS DAMAN
6	GAYATHRY K	K JAGADHEES, U/NVK	XII	SACRED HEART CG HIGHER SEC SCHOOL KERALA	ICGAS DAMAN
7	RIDHIMA SINGH SHANDILYA	A/C JITENDERA KUMAR	X	KV ASHOK NAGAR CHENNAI	ANDROTH
8	ANUPAMA YADAV	RAVINDER KUMAR, ADH	XII	KV NOIDA	MINICOY
9	MOUSAM DAS	MANAS RANJAN DAS, P/ADH	VIII	KV-2 PORT BLAIR	CGAOT BANGALORE
10	TANISHK SAHU	ASHOK KUMAR SAHU, P/ADH	IX	KV PARADIP	ICGS NML
11	KETAN SUMAN	SOHAN KUMAR SUMAN, ADH	X	KV-1 PANAMBUR	ICGS C-448
12	AARAV GIRI	COMDT JUGNU GIRI	XI	SHRI RAM GLOBAL SCHOOL	CGAOT BANGLORE
13	VARADA MENON	COMDT(JG) KS UNNIKRISHNAN	XII	BHARTIYA VIDYA BHAVAN CALICUT	ICGS NML
14	ANOUSHKA YADAV	DIG NEERAJ SINGH	IX	MOUNT CARMEL CENTRAL SCHOOL NEW MANGALORE	ICGAS RATNAGIRI
15	GARGI YADAV	DIG NEERAJ SINGH	XII	MOUNT CARMEL CENTRAL SCHOOL NEW MANGALORE	ICGAS RATNAGIRI
16	MANYA KUMAR	DIG DUSHYANT KUMAR	XII	KV PANAMBUR NEWMANGALORE	ICGS RATNAGIRI
17	PRATITI GHOSH	PK GOSH, P/ADH	IX	KV-1 KOCHI	ICGS KOCHI

SL	NAME	DAUGHTER /SON OF	CLASS	SCHOOL NAME	UNIT
18	PRITHVI RAJ SINGH	MK SINGH ADH	X	KV DUM DUM, KOLKATA	ICGS SARATHI
19	KEERTHANA RAO	DY COMDT AR RAVI	XI	KV INS DRONACHARYA	ICGS SAMAR
20	JAMIE ELIZABETH IDICULLA	COMDT JEETHU I JOSE	XII	KV 2, KOCHI	ICGS KOCHI
21	SAGAR MANKOTI	ISHWAR SINGH, U/ADH	XII	KV 2 NAVAL BASE KOCHI	CGAE KOCHI
22	ADITYA RAI	KAMLESH KUMAR RAI, ADH	VIII	KV 2 PORT BLAIR	CGAE(GOA)
23	PALAK BAHL	DIG AVNEESH BAHL	X	NCS GOA	CGASD (GOA)
24	KEERTHANA DHANISH	D DANISH, P/ADH	XI	NCS GOA	CGASD (GOA)
25	ABHISHEK SHARMA	SANJAY KUMAR, P/ADH	XII	KV 1 NAUSENA BAG VIZAG	ICGS SUJEET
26	KAJOL	GULVIR SINGH, P/NVK	XI	KV 2 VALICUT, KERLA	ICGS BEYPORE
27	A RITUPARNA	DY COMDT SUJETH	XII	T.R.K HSS VANİYAKULAM, KERLA	ICGS BEYPORE

RHQ(NORTH EAST)

SL	NAME	DAUGHTER /SON OF	CLASS	SCHOOL NAME	UNIT
1	ASAF SHANAVAS	B SHANAVAS, PSE(ER)	VIII	KV BHANDUP MUMBAI	RHQ(NE)
2	NANDINI DHANGAR	KRISHNA GOPAL, ADH(RP)	IX	KENDRIYA VIDYALAYA PORBANDER	RHQ(NE)
3	JANAVI TOPPO	D/o HC TOPPO P/ADH(AP)	X	ST MICHAEL'S SCHOOL RANCHI	CGRHQ(NE)
4	NAZIA KHAN	K A KHAN P/ADH(R)	XII	KV ANTOPHILL MUMBAI	CGRHQ(NE)
5	OAISHEE BANERJEE	D BANDYOPADHYAY, P/ADH(AH)	VIII	KENDRIYA VIDYALAYA MEENAMBAKKAM	830 SQN(CG)
6	ARMAAN SAMAL	PK SAMAL P/ADH	X	KENDRIYA VIDYALAYA VIKASPURI , DELHI	CGAE(BSR)
7	ASHU ABHILASHA	A K VERMA P/ADH(AH)	X	KENDRIYA VIDYALAYA -2 BHUBANESWAR	CGAE(BSR)
8	VISHAL KUMAR CHAURASIA	M P CHAURASIA U/ADH(AL)	X	KENDRIYA VIDYALAYA -6 BHUBANESWAR	CGAE(BSR)
9	M SRINIDHI	DY COMDT K MURUGESAN	XII	KENDRIYA VIDYALAYA BANGALORE	CGAE(BSR)
10	DEBARATI BAG	DIG PINTU BAG	IX	ARMY PUBLIC SCHOOL, BARRACKPORE	ICGS VARAD
11	PRANAV PANDEY	COMDT AJAY KUMAR PANDEY	XII	KENDRIYA VIDYALAYA, BHANDUP MUMBAI	ICGS PARADIP
12	SATARUPA PAUL	CHANDAN PAUL, EF-I	X	BARGODA GODAKRISHNA SMRITI VIDYANIKETAN	DHQ-8
13	VUTUKURI VINAY MOHAN	ASST COMDT VVN VV PRASAD	XII	SRI CHAITANYA JUNIOR KALASALA HYDERABAD	ICGS FRAZERGANJ
14	MOKSHITA RANA	D/O PURAN BAHADUR, P/ADH(RP)	IX	KENDRIYA VIDYALAYA BHANDUP MUMBAI	ICGS GOPALPUR
15	SATYANARAYAN SAHOO	S/O SYAM SUNDAR SAHOO, P/ADH	XII	KV ROBERT SQUARE GOLE MARKET NEW DELHI	INS CHILKA

RHQ (EAST)

SL	NAME	DAUGHTER /SON OF	CLASS	SCHOOL NAME	UNIT
1	AYUSH NAITHANI	DURGA PRASAD, P/ADH(ME)	VIII	KV-I PANAMBUR, NEW MANGALORE	CGRPT(EAST)
2	PRIYANSHU	JAIPAL, P/NVK(AP)	IX	M.L.P INTERNATIONAL SCHOOL, RAJPURA	ICGAS (CHN)
3	PAMMY KUMARI	SP ROY, P/ADH(QA)	X	KV MEENAMBAKKAM, CHENNAI	RHQ(EAST)
4	INDRAKSHI	AK ROY, P/ADH(SA)	XI	KV BALLYGUNGE, KOLKATA	CGWT (E)
5	ARYAN DEOL	DHARMENDRA KUMAR, P/ADH(QA)	XII	RV PUBLIC SCHOOL CHENNAI	ICGS RANI ABBAKKA
6	DEV SHARMA	ANIL KUMAR, ADH(P)	VIII	KV NO 2, NSB, VIZAG	ICGS AYUSH
7	ARSHIA DOGRA	COMDT DINESH DOGRA	IX	NCS, NAUSENA BAUGH, VIZAG	S' PRAHEREDAR
8	MOHIT DEV TOMAR	D KUMAR, P/ADH(RP)	X	KV-2, NAUSENA BAGH, VIZAG	CGC(ES)
9	ANJALI MAURYA	SK MAURYA, PSE(ER)	XII	SRI VASAVI JNR COLLEGE, VZG	CGWT(E)
10	PRANITA RAJESWARI	COMDT G VENU MADHAV	X	KV NO. CLRI, ADYAR, CHENNAI	ICGS KAKINADA
11	JYOTI YADAV	SUDHIR KUMAR, ADH(ME)	IX	KV MEENAMBAKKAM, CHENNAI	HC-548, MANDAPPAM
12	SNEHA SINGH	HN SINGH, U/ADH(QA)	X	KV, PAZHAVATHANGAL, CHENNAI	HC-548, MANDAPPAM
13	NIKITA	SHIV PAL, P/ADH(RP)	XII	SD KANYA MAHAVIDYALAYA, NARWANA, HARYANA	ICGS KARAİKAL

RHQ (A & N)

SL	NAME	DAUGHTER /SON OF	CLASS	SCHOOL NAME	UNIT
1	MANSHIKA SAPNAWAT	D KUMAR, ADH	VIII	KV-2 MINNIE BAY PORT BLAIR	VIJIT
2	ADITI SHARMA	KK KESHAV, ADH(ME)	IX	KV -2 MINNIE BAY PORT BLAIR	RHQ(A&N)
3	VARSHA CHAUDHARY	HC CHAUDHARY, U/ADH(QA)	X	KV INS DRONACHARYA KOCHI	RAJDHWAJ
4	ANJALI	RAKESH KUMAR, P/ADH(RO)	XI	KV-2 MINNIE BAY PORT BLAIR	ARUNA ASAF ALI
5	SUJAY KARMAKAR	SUSANTA KARMAKAR, P/ADH(AH)	XII	KV-1 ABERDEEN BAZAR PORT BLAIR	RHQ(A&N)

RHQ (NORTH WEST)

SL	NAME	DAUGHTER /SON OF	CLASS	SCHOOL NAME	UNIT
1	ARITRA CHATTERJEE	S CHATTERJEE, P/NVK (QA)	VIII	KV NO 1 SEC 30 GANDHINAGAR	CGRHQ(NW)
2	AYUSH CHAUHAN	ALOK, U/ADH (RP)	IX	KV NO 1, GANDHINAGAR	CGRHQ(NW)
3	P SURYA NARAYANA REDDY	PG REDDY, SE(R)	X	NCS VIZAG	CGRHQ(NW)
4	ANMOL KHUNTIA	SK KHUNTIA, P/ADH (AL)	XII	KV NO 3 SCHOOL, BHUBANESWAR	CGRHQ(NW)
5	KRISHNA RAWAT	RAJNEESH RAWAT, ADH (ME)	X	KV BIRLA ROAD PORBANDAR	SAJAG
6	ANISH CHHIKKARA	DALBIR SINGH, U/ADH(AE)	XII	KV PAZHAVATHANGAL CHENNAI	746 SQN (CG)
7	S SHAKTHI	L SARATHI, P/ADH(AH)	X	KV NO 2 SVN, VIZAG	CGRHQ(NW)



CERTIFICATES FOR ACADEMIC EXCELLENCE-2020-21



CGHQ

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
1	PRANAV BHAMA	COMDT AK BHAMA	VIII	KV ANDREWS GANJ	OPS
2	SOUNITA DAS	AKHIL KUMAR DAS, P/ ADH(RO)	X	KV KOLIWADA, ANTOP HILL, MUMBAI	D (INT)
3	AJAY KUMAR	RAJKAMAL, P/ NVK(CK)	X	KV NOIDA GB NAGAR, SECTOR 24	CGOM NOIDA
4	TARUSHI PAL	IG RAKESH PAL	X	AF BAL BHARATI SCHOOL, LODHI ROAD, DELHI	DDG(P&P)
5	NABHYA KATHURIA	DIG ARVIND KATHURIA	X	GYAN BHARATI SCHOOL, SAKET, NEW DELHI	DTE AA
6	ARUSHI DWIVEDI	COMDT SUJEET DWIVEDI	X	KV IIT POWAI, MUMBAI	CGSB
7	TANISHA YADAV	RAKESH YADAV, U/ ADH(AR)	X	MOUNT LITERA ZEE SCHOOL	D (IT)
8	PRIYANSHU SINGH	RANBIR SINGH, P/ ADH(QA)	X	KV, VIKASHPURI, NEW DELHI	D (PERS)
9	SACHIN B BALURKAR	BD BALURKAR, P/ADH	X	KV NOIDA, GB NAGAR, UP	LOG
10	PRACHI KUMARI	RK CHOURASIYA, P/ NVK(P)	X	KV NO. 2 AFS HINDON	RECRUITMENT
11	SIYA SANJAY WARE	SS WARE, U/ADH(RP)	XII	KV TARAPORE, PUNE	FE
12	RASHI MITTAL	DIG RAJESH MITTAL	XII	NCS, NOFRA-I, GOA	FE
13	MISS SAAKSHI SHUKLA	D SHUKLA, P/ADH(RO)	XII	DAV PUBLIC SCHOOL, HALDIA, EAST MEDINIPUR, WB	AIR STAFF
14	SIMRAN KUMARI PANDEY	PANKAJ KUMAR PANDEY, ADH(STD)	XII	KV NO.2 PORT BLAIR	CGOM NOIDA
15	MISS SRISHTI SHUKLA	D SHUKLA, P/ADH(RO)	XII	DAV PUBLIC SCHOOL, HALDIA, EAST MEDINIPUR, WB	AIR STAFF
16	RISHU PRASAD	RAJU KUMAR PRASAD, ADH(RO)	XII	KV NO.1 PANAMBUR, MANGALORE	DDG OPS & CS
17	ANIRUDH RAJESH WARRIER	DIG P RAJESH	XII	THE FRANK ANTHONY PUBLIC SCHOOL, NEW DELHI	FE
18	ADVIKA NILKANTH YENGDE	COMDT NILKANTH YENGDE	XII	KV NO.1 PANAMBUR, MANGALORE	LOG

RHQ(WEST)

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
36	AHANA KHAN	DIG ANWAR KHAN	IX	NCS KOCHI	CGWT(W)
37	JOEL JOSE IDICULLA	COMDT JEETHU I JOSE	IX	KV 2, KOCHI	ICGS KOCHI
38	NIDHI GUPTA	SK GUPTA, P/ADH,	IX	KV-1 KOCHI	ICGS KOCHI
39	KAUSHIK RAO	D/C AR RAVI	IX	KV INS DRONACHARYA	ICGS SAMAR

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
40	ASHWIN S GUPTA	COMDT SAILESH GUPTA	IX	NCS KOCHI	ICGS KOCHI
41	SUBHORODIP PATRA	S PATRA, PSE	IX	KV DRONACHARYA	CGAE KOCHI
42	SHEREYA AJITH	KR AJIT KUMAR, P/ADH	IX	NCS KOCHI	ICGS SARATHI
43	OMKAR BAJIRAO WAGHMARE	BAJIRAO WAGHMARE PSE	IX	KV INS DRONACHARYA	ICGS SARATHI
44	BIKASH PARIMANIK	G PARIMANIK, U/ADH,	IX	KV 1 NAVAL BASE KOCHI	CGAE KOCHI
45	C SAMUDRA	P CHELLIAH, PSE	X	KV 2 NAVAL BASE KOCHI	CGAE KOCHI
46	VANDITA THAKUR	COMDT VS THAKUR	X	KV 3 NH-4 FARIDABAD	ICGS SAMAR
47	S VYSHNAVI ANIL	B ANIL KUMAR P/NVK, 02762-H	X	KTCTEMR HIGH SCHOOL	ICGS VIZHINJAM
48	SAKSHI KUMARI	SK PRASAD P/ADH	X	KV DRONACHARYA	ICGS KOCHI
49	SURIYA N	RN RAJA, P/ADH	X	MAHARISHI VIDYA MANDIR COIMBATORE	ICGS SAMAR
50	PARVI PAL	SK SINGH, U/ADH	X	KV DRONACHARYA	ICGS KOCHI
51	DARSH SHARMA	LATIT KUMAR P/ADH	X	KV DRONACHARYA	ICGS KOCHI
52	KUSHANGRA SINGH	SK SINGH, PSE	X	NCS KOCHI	ICGS KOCHI
53	NANDANA P SURESH	PK SURESH, P/ADH	X	KV INS DRONACHARYA	ICGS SAMAR
54	RIHA AMANA	P MUSTAFA, PSE	XI	KV DRONACHARYA	CGAE KOCHI
55	RASHA AMEENA	P MUSTAFA, PSE, 0755-Q	XI	KV DRONACHARYA	CGAE KOCHI
56	ASMI KHAN	DIG ANWAR KHAN	XI	NCS KOCHI	CGWT(W)
57	MAYANK GUPTA	SK GUPTA, P/ADH	XII	SVN ELAMAKKARA KOCHI	ICGS KOCHI
58	AKANSHA	PC GUPTA P/ADH	XII	KV 2 NAVAL BASE	CGRPT
59	SYLONEE NAYAK	A/C AK NAYAK	X	KV 2 BHUBANESWAR	CGASD (GOA)
60	BURRA VIJAY KRISHNA	B SRIDHAR, PSE, 07583-P	X	ADITYA HIGH SCHOOL KAKINADA	CGRPT(GOA)
61	VEDANTA TANAJI GORE	TANAJI GOVIND GORE, USE	X	KV DGQA CHENNAI	ICGS SAGAR/ CHENNAI
62	CHIRAG DEV SHARMA	COMDT RAHUL DEV SHARMA	X	HILL WOOD SCHOOL GANDHINAGAR	CGAIS (GOA)
63	EISHITHA RAJESH	PR RAJESH, P/ADH	X	KV 1 VASCO	CGS GOA
64	EISHITH RAJESH	PR RAJESH, P/ADH	X	KV 1 VASCO	CGS GOA
65	RHEVA FRANCIS	COMDT FRANCIS PAUL	XI	PALLAVI MODEL SCHOOL	ICGS BEYPORE
66	SHASWAT SINGH	COMDT(JG) RK SINGH	VIII	NCS PORBANDER	CGPOT BANGALORE
67	YASH SINGH	COMDT UMED SINGH	IX	NCS KOCHI	ICGS VIKRAM
68	SACHIN YADAV	ISHWAR SINGHADH	IX	KV-2 NEW DELHI	ICGS C-420
69	YASH B KOPARDE	BKN KOPARDE U/ADH	IX	KV ASC SOUTH CENTRE BANGALURU	CGAOT BANGALORE
70	BHARAT	LAKSHMAN KUMAR, ADH	IX	KV-1 NOIDA	ICGS VIKRAM

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
71	LOKESH KUMAR	INDER PAL, ADH	X	KV 1 PANAMBUR	CGAE NEW MANGALORE
72	MOUMA DAS	MANAS RANJAN DAS P/ADH	X	KV-2 PORT BLAIR`	CGAOT BANGALORE
73	AAKASH CHANDRAN	PV CHANDRAN P/ADH	X	KV KANHANGAD KERALA	ICGS NML
74	GUNJAN YADAV	CHANDERJEET SINGH P/NVK	X	KV-1 VIZAG	ICGS VIKRAM
75	MUSKAN YADAV	VIKAS, P/ADH	X	KV-1 PANAMBUR	ICGS VARAHA
76	RISHI RAJ	GANESH ROY U/ADH	X	KV PAZHAVANTHANGAL CHENNAI	ICGS VIKRAM
77	LAKSHMI SHARMA	VK SHARMA PSE	X	KV ALIGARH	ICGS VIKRAM
78	ISHA PRAJAPATI	RAJENDER PRASAD P/ADH	X	KV-1 PANAMBUR	ICGS VARAHA
79	MONI KUMARI	JEETENDRA KUMAR U/ADH	X	DGQA KV CHENNAI	ICGS VIKRAM
80	ABHINAV KUMAR	MAHESH CHANDRA PSE	XII	KV-1 PANAMBUR	ICGS AMARTYA
81	DEEPIKA PANT	HC PANT P/NVK	XII	KV ISLAND GROUND CHENNAI	ICGS KARWAR
82	SHREYA MAITY	US MAITY PSE	XII	KV-1 PANAMBUR	ICGS NML
83	POORVA K KULKARNI	KD KULKARNI PSE	XII	KV-1 PANAMBUR	ICGS AMARTYA
84	PRASHIMA PRIYADARSHINI	PK DALUA, PSE	XII	KV -1 PANAMBUR	ICGS NML
85	MOHIT SINGH	SHAMSHER SINGH P/ADH	XII	KV-1 PANAMBUR	ICGS VARAHA
86	KUNAL SINGH	SANJAY KUMAR ADH	XII	DGQA KV CHENNAI	ICGS AMARTYA
87	SHIKHA	PRADEEP KUMAR U/ASH	XII	NCS GOA	ICGS C-448
88	CHINNI PREM MUDIT	D/C CHINNI RANGA BABU	XII	DEEKSHA PU COLLAGE BENGALURU	750 SQN
89	CHAUDHARY KHUSHI ROHITASH KUMAR	COMDT(JG) ROHITASH KUMAR	XII	DIVYA JYOTHI PUBLIC SCHOOL DAMAN	DOR FLT DMN
90	KABIR KHAN	COMDT MOSHIN KHAN	VIII	CGPS DAMAN	ICGS SANKALP
91	R DHARSANA PRIYA	R RAJAGOPAL, SE	VIII	KV BHANDUP MUMBAI	ICGS SANKALP
92	ANWESHA SIKDAR	SANJIB SIKDAR P/ADH	VIII	KV-2 JAMNAGAR	ICGS SANKALP
93	SURAJ MANDOKAR	RB MANDOKAR	VIII	KV BHANDUP MUMBAI	CGRPT
94	ANKIT KUMAR	HANSLAL RAM, U/ADH	VIII	KV BHANDUP MUMBAI	AVIATION
95	SAUMYA	RANJAN KUMAR P/ADH	IX	KV BHANDUP MUMBAI	ICGS SANKALP
96	VS MENMOZHI	MD VIJAYA KUMAR ADH	IX	KV BHANDUP MUMBAI	CGSD(MBI)
97	RUCHA JALINDER NAKIL	JALINDER VISHNU NAKIL ADH	IX	MAHILA SAMITI ENGLISH HIGH SCHOOL THAKURIL MUMBAI	CGC(WS)
98	ANJALI TIWARI	VINOD KUMAR TIWARI ADH	IX	KV KOLIWADA MUMBAI	TECHNICAL

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
99	SHREYA KRISHNA	DIG V KRISHNA KUMAR	X	NCS COLABA MUMBAI	P&A
100	MEET LOHIA	KULDEEP KUMAR U/ADH	X	NCS CHANAKYAPURI	P&A
101	UTKARSH BAJPAI	UC BAJPAI ADH(ME)	X	SHIVANI PUBLIC SCHOOL LUCKNOW	TECHNICAL
102	KALEPU LOHITH	KVK RAO PSE	X	KV BHANDUP MUMBAI	CGSD(MBI)
103	YOVIN CHOUDHARY	PRAVEEN KUMAR U/ADH	X	KV -1 VASCO	BUVIK
104	AAKANKSHA CHOUDHARY	PK CHOUDHARY, P/ADH	X	KV-2 NAVAL BASE KOCHI	C-439
105	RITHVIK JASWAL	COMDT PK JASWAL	X	SOMERVILLE SCHOOL NOIDA	AVIATION
106	GEETANJALI SAINI	SUNDAR LAL ADH	X	KV PAZHAVANTHANGAL CHENNAI	SANGRAM
107	PRASHASTI MISHRA	COMDT UMAPATI MISHRA	X	KV DGQA CHENNAI	TECHINICAL (REFIT)
108	SONAKSHI SHARMA	DIG PK SHARMA	X	ARMY SCHOOL COLABA	DHQ-2
109	ARYAN TANWAR	MANOJ KUMAR ADH	X	KV SECTOR 24 NOIDA	MRCC
110	AAYUSH PANDEY	AJAY PANDEY U/ADH	X	KV SECTOR 24 NOIDA	SAMUDRA PRAHARI
111	SUYASH SATYAJIT VAIDYA	DIG SK VAIDYA	X	NCS COLABA MUMBAI	CGSD(MBI)
112	SHIVAANGI SHERAWAT	DIG HS SHERAWAT	XII	VISHWA BHARATI PUB SCHOOL NOIDA	SAMUDRA PRAHARI
113	SNEHA PANDEY	AJAY PANDEY U/ADH	XII	KV SECTOR 24 NOIDA	SAMUDRA PRAHARI
114	TANNU KATARIA	ANIL KUMAR U/ADH	XII	KV NCHC BHANDUP MUMBAI	ICGS SKC
115	SHIVAM SINGH	SK SINGH P/ADH	XII	KV IIT POWAI	COMSTAN

RHQ (NORTH EAST)

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
1	ARYAN GILL	S/o DIG MS Gill	XII	KV1 SALT LAKE , KOLKATA	RHQ(NE)
2	ARITRO SUR	S/o CK SUR ADH(QA)	VIII	KENDRIYA VIDYALAYA -2 BHU-BANESWAR	CGAE(BSR)
3	ANJALI YADAV	D/o MAHESH YADAV U/ADH(AH)	XII	KENDRIYA VIDYALAYA -6 BHU-BANESWAR	CGAE(BSR)
4	ADITYA KUMAR	S/o NIRAJ KUMAR SINGH ADH(ME)	X	KENDRIYA VIDYALAYA HALDIA	ICGS ANMOL

RHQ (EAST)

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
1	ANUSHQA DEY	COMDT(JG) SUROJIT DEY	VIII	KV, ASHOK NAGAR, CHENNAI	ROS (CHN)
2	RISHAVAJOT	PRITAM SINGH, U/ADH(ME)	VIII	KV, DGQA, NANGANALLUR, CHENNAI	ICGAS (CHN)
3	ANJALI GAUTAM	MK GAUTAM, U/ADH(P)	IX	KV, DGQA, NANGANALLUR, CHENNAI	BMU(CHN)
4	KOMAL CHOURASIA	AK CHAURASIA, U/ADH(RO)	X	KV, KOLIWADA, MUMBAI	CGSD (CHN)

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
5	GOPIKA P	PRADEESH K, PSE(ER)	X	KV NO.1 NEW MANGALORE	ICGS ANAG
6	KANCHAN	ASST COMDT SUNIL KUMAR	X	ARYAN MODEL SR SEC SCHOOL, CHARKI DADARI, HARYANA	ICGS SUJAY
7	VISHAL	DINESH KUMAR, U/ADH	X	KV, BHANDUP, MUMBAI	RHQ(EAST)
8	T VARSHAA M DIAMOND	P MANOVA DIAMOND, P/ADH(ME)	X	KV NO.2, PORT BLAIR	ICGS SARANG
9	KRISHNA P NAIR	PASAD VENKAT, PSE(ER)	X	KV, ANNA NAGAR, CHENNAI	CGRPT(CHN)
10	SHEFALI RAY	TN RAY, P/ADH(RP)	X	KV, DGQA, NANGANALLUR, CHENNAI	ICGS SARANG
11	SUSHREE SHREYA MALLICK	SK MALLICK, PSE(ER)	X	KV NO.2, PORT BLAIR	RHQ(EAST)
12	SHREYA PARIDA	PK PARIDA, P/ADH(AE)	X	KV, DGQA, NANGANALLUR, CHENNAI	CGAIS (CHN)
13	SNEHA SONY	SUBHASH DAS, U/ADH(RO)	X	KV, PAZHAVATHANGAL, CHENNAI	ICGS CHENNAI
14	YASH CHAUDHARY	SK CHAUDHARY, PSE(AE)	X	KV, DGQA, NANGANALLUR, CHENNAI	848 SQN (CG)/ ICGAS (CHN)
15	HARI GOVIND P	NPP KUMAR, P/ADH(RO)	X	KV NO.2, VIJAY NAGAR, VIZAG	ICGS SHAUNAK
16	RANI SOREN	JITRAI SOREN, PSE	X	KV, NAVAL BASE, KOCHI	ICGS SHAUNAK
17	ISHU DHAMUNIYA	NARESH KUMAR, U/ADH(QA)	X	KV, PAZHAVATHANGAL, CHENNAI	CGRPT(EAST)
18	JASLEEN KAUR	PREETAM SINGH, U/ADH(AE)	X	KV, DGQA, NANGANALLUR, CHENNAI	ICGAS (CHN)
19	MISS B PRIYADARSHINI	C BATHMANTHAN, P/ADH	X	KV, DGQA, NANGANALLUR, CHENNAI	RHQ(EAST)
20	AISWARYA AS	COMDT K AJAY	XI	KV ASHOK NAGAR, 94CHENNAI	RHQ(EAST)
21	PRACHI ACHARJEE	PRADIP ACHARJEE, P/ADH(ME)	XI	KV, BHANDUP, MUMBAI	ICGS RANI ABBAKKA
22	NISHANT DWIVEDI	SSP DWIVEDI, U/ADH(CK)	XII	KV INS DRONACHARYA	ICGAS (CHN)
23	VIPIN JOSHI	RAMESH CHANDRA JOSHI, P/ADH(ME)	XII	KV ASHOK NAGAR, CHENNAI	ICGS (CHN)
24	SAMRIDDHI MISHRA	COMDT SIDDHARTH MISHRA	XII	VISHWA BHARATI PUBLIC SCHOOL, ARUN VIHAR, NOIDA UP	ICGSMA
25	ANURAG HALDAR	BK HALDAR, P/ADH(ME)	XII	KV, DGQA, NANGANALLUR, CHENNAI	BMU (CHN)
26	ANISH KUMAR	SP ROY, P/ADH(QA)	XII	KV MEENAMBAKKAM, CHENNAI	RHQ(EAST)
27	ANURAG SOY	JOHN SOY, P/ADH(AE)	XII	KV KK NAGAR, CHENNAI	848 SQN (CG)/ ICGAS (CHN)
28	ANWESHA HALDAR	AK HALDAR, PSE(P)	XII	KV, DGQA, NANGANALLUR, CHENNAI	CGRPT(CHN)
29	AJAY SINGH	ARUN PRATAP SINGH, USE(ER)	VIII	KV NO 2, NSB, VIZAG	ICGS AYUSH
30	KUSHAGRA UPRETI	NAVAL KISHORE, PSE	VIII	KV, BHANDUP, MUMBAI	S' PRAHEREDAR
31	SMRUTI RANJAN SAHOO	DEBANAND SAHOO, PSE(SW)	IX	KV NO 2, NSB, VIZAG	CGRPT(VIZAG)

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
32	B MITHUN	M BABU P/ADH(RO)	IX	KV-2 SV NAGAR VIZAG	CGC(ES)
33	VASUNDHARA	ANUPAM SINGH, ADH(ME)	X	KV NO. 2 NSB, VIZAG	ICGS AYUSH
34	PREETI	SATISH KUMAR, P/ NVK(SA)	X	B RAN SINGH PUBLIC SCHOOL, DUJANA	ICGS VEERA
35	VISHAL KUMAR	RK SINGH, P/ADH(ME)	X	KV NO. 2 NSB, VIZAG	ICGS VEERA
36	PALLAVI	DOULAPPA, PSE(SW)	XII	KV NO.2 VIJAY NAGAR VIZAG	CGWT (E)
37	TANISHKA VERMA	COMDT KANCHAN VERMA	XII	NCS NAUSENA BAGH VIZAG	CGC(ES)
38	THAKUR AKSHAY ANAND	DIG PRAJAPATI THAKUR	XII	FIIT JEE JUNIOR COLLEGE, MVP COLONY, VIZAG	CGRPT(VZG)
39	TANISHA RANA	KEHAR SINGH, P/ ADH(STD)	XII	KV NO.1 NSB, VIZAG	DHQ-6
40	KANISHKA CHAUDHARY	VIKASH KUMAR, P/ ADH(RP)	IX	KV SCHOOL, CMFRI, MADAPPAM	C-432, MANDAPPAM
41	NIVEDITAA SUNU	SUNU US, PSE(ER)	IX	KV SCHOOL, CMFRI, MADAPPAM	79 ACV SQN, MANDAPPAM

RHQ (A & N)

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
1	RASHI SINGH	SURESH SINGH, P/ ADH(ME)	VIII	KV-1 NAUSENA BAGH VIZAG	RHQ(A&N)
2	YOGITA SINGH	OMVEER SINGH, ADH(ME)	VIII	NCS CHANAKYAPURI NEW DELHI	RAJTARANG
3	SHAKSHI THAKUR	PK THAKUR, P/ ADH(AL)	IX	NCS PORT BLAIR	CGAE(PBR)
4	KASHISH TOMAR	PS TOMAR, P/ ADH(ME)	IX	KV-2 PORT BLAIR	RSD(PBR)
5	BOKKISIM PALLAVI	BS BABU, U/ADH(CK)	IX	KV-2 MINNIE BAY PORT BLAIR	VIJIT
6	NIRANJ SANTHOSH	VV SANTHOSH, PSE	IX	KV-2 MINNIE BAY PORT BLAIR	VIJIT
7	ASHISH KUMAR VERMA	BK VERMA, U/ ADH(RO)	IX	KV-2 MINNIE BAY PORT BLAIR	CGAE(PBR)
8	KRRISH KUMAR	MANOJ KUMAR, P/ ADH(RP)	X	KV SECTOR -22 ROHINI NEW DELHI	D' DESHMUKH
9	SK SHAHID ALI	SOUKAT ALI, U/ ADH(SA)	X	KV INS CHILKA	DHQ-14
10	NIKITA SINGH	OMVEER SINGH, ADH(ME)	X	NCS CHANAKYAPUTI NEW DELHI	RAJTARANG
11	RIMPY KARKI	BHAGIRATH SINGH, P/ ADH(ME)	X	KV CGS COLONY KOLIWADA MUMBAI	DHQ-14
12	ANISHIKA	RK YADAV, ADH(AH)	X	KV PORBANDER	CGAE(PBR)
13	TAMANNA GAUTAM	PAWAN KUMAR, P/ ADH(QA)	X	KV-2 MINNIE BAY PORT BLAIR	DHQ-14
14	RIYA SINGH	LOKMAN SINGH, U/ ADH(QA)	X	KV-2 MINNIE BAY PORT BLAIR	VISHWAST
15	AYUSH JADON	OMVEER SINGH, USE(ER)	X	KV-1 PANAMBUR NEW MANGALORE	RAJDHWAJ
16	ANOUSKA PRIYADARSHINI	LD BAHERA, P/ ADH(ME)	X	KV-2 MINNIE BAY PORT BLAIR	CGRPT(PBR)

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
17	NIDHI RANA	MANOJ KUMAR, P/ ADH(QA)	X	KV PAZHAVANTHANGAL CHENNAI	RSD(PBR)
18	ANSHIKA RAJ	RK MISHRA, U/ ADH(ME)	X	KV-2 MINNIE BAY PORT BLAIR	PRT(A&N)
19	SHOBHIT DHAMA	PRAMOD DHAMA, U/ ADH(WTR)	X	KV-2 MINNIE BAY PORT BLAIR	VIJIT
20	VANSHIKA	DY COMDT NARESH KUMAR	XI	KV-2 MINNIE BAY PORT BLAIR	PRT(A&N)
21	AATHIRA HARIKUMAR	HARI KUMAR, P/ ADH(AH)	XII	KV-2 MINNIE BAY PORT BLAIR	RHQ(A&N)
22	AYUSHI DUBEY	DEEPAK DUBEY, U/ ADH(AH)	XII	THE PRESIDENTIAL SCHOOL VIZAG	RHQ(A&N)
23	SNEHA TOMAR	PS TOMAR, P/ ADH(ME)	XII	KV-2 MINNIE BAY PORT BLAIR	RSD(PBR)
24	RICHA MISHRA	ASST COMDT SM MISHRA	XII	KV-2 MINNIE BAY PORT BLAIR	RAJVEER
25	AYUSH RAJ	VIRENDRA SAH ADH(ME)	XII	KV-2 MINNIE BAY PORT BLAIR	RHQ(A&N)

RHQ (NORTH WEST)

SL	NAME	SON/Daughter Of	CLASS	SCHOOL NAME	UNIT
26	PRAKALYA MURUGAN	DIG B Murugan, COS (NW)	VIII	KV NO 2 COLABA	CGRHQ(NW)
27	PRABHSIMAR KAUR	Comdt Ranbir Singh	X	KV PAZHAVANTHAGAL CHENNAI	CGRHQ(NW)
28	SANJANA HARBOLA	IG AK Harbola, COMCG (NW)	X	PURUSHOTTAM BHAGCHANDKA ACADEMIC SCHOOL, KOLKATA	CGRHQ(NW)
29	ANUSHKA SINGH	KK Singh, P/Adh (Met)	X	KV NO 2 PORT BLAIR	CGRHQ(NW)
30	SHREYA KABODULA	Comdt Gajraj Kabodula	XII	HILL WOODS, GANDHINAGAR	CGRHQ(NW)
31	TANISHA AGRAWAL	DIG Pankaj Agrawal	XII	DPS, RK PURAM NEW DELHI	CGRHQ(NW)
32	MAHIKA ANNIE VERGHESE	DIG SK Verghese	XII	HOPE HALL FOUNDATION SCHOOL NEW DELHI	DHQ-1
33	SAKSHI TRIVEDI	Comdt Devansh Trivedi	XII	PRAKASH SR SEC SCHOOL, AHMEDABAD	CGSD (PBD)
34	AHANA KAUR	DIG Kanwalit Singh	XII	NCS, PORT BLAIR	SAMUDRA PAVAK
35	BHUMI AWASTHI	VK Sharma, P/Adh	X	KV NO.1 AFS JAMNAGAR	CGS VADINAR



EXCELLENCE IN SPORTS



SL	NAME	SON/DAUGHTER OF	SPORTS/CHAMPIONSHIP	POSITION	HELD AT	UNIT
1	U KRISHNA	U BHIMA RAO, U/ ADH	WEIGHT LIFTING	DISTRICT LEVEL 1ST PLACE	CHENNAI	ICGS SAJAG

RETIREMENT 2020-21






(ONCE A FAMILY ALWAYS A FAMILY)

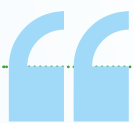
OFFICERS

SL	RANK	NAME	NAME OF SPOUSE	PNO	PHOTO WITH SPOUSE
1	ADG	VD CHAFEKAR, PTM, TM	MRS. CHITRA CHAFEKAR	0087-V	
2	IG	ARUN SHRIVASTA, PTM, TM	MRS. SIMMI SHRIVASTAV	4025-V	
3	DIG	NAVDEEP RAJ	MRS. RENUKA DEVI	0094-M	
4	DIG	TK SATHISH CHANDRAN, TM	MRS. ANNATH JAYASREE	0108-S	
5	DIG	KANWAL BEHARI LAL BHATNAGAR, TM	MRS. ANJALI BHATNAGAR	0113-E	
6	DIG	JASWINDER SINGH SABHARWAL	MRS. RAVNEET SABHARWAL	0138-M	
7	DIG	RAGHUJIT SINGH BEDI, TM		0300-E	

SL	RANK	NAME	NAME OF SPOUSE	PNO	PHOTO WITH SPOUSE
8	DIG	DEEPAK RAJ SHARMA	MRS. UMA SHARMA	0358-M	
9	DIG	PRADEEP SUNDRIYAL	MRS. NIDHI SUNDRIYAL	0460-S	
10	COMDT	ARUN CHENGAPA	MRS. ALKA CHENGAPA	0141-S	
11	COMDT	RAJ KUMAR VISHWAKARMA	MRS. REKHA VISHWAKARMA	0147-J	
12	COMDT	ARZA VENKATESWARA RAO	MRS. ARZA SOWMYA MAYURI	4050-D	
13	COMDT	RAM VINOD PRASAD	MRS. RASHMI KUMARI	4059-X	
14	COMDT	MA DANNIS	MRS. SHINY DENNIS	5072-C	
15	COMDT	REWATI LAL SHARMA	MRS. SUNITA SHARMA	4099-P	

SL	RANK	NAME	NAME OF SPOUSE	PNO	PHOTO WITH SPOUSE
16	COMDT	JAGAT BIR SINGH VIRK	MRS. SUKHRAJ BIR VIRK	0159-L	
17	COMDT	BRAJ KISHOR	MRS. MANJU YADAV	4082-C	
18	COMDT	SHYAM SUNDER SHARMA	MRS. MAMTA SHARMA	5066-M	
19	COMDT	KRISHAN GOPAL DUA	MRS. MON DUA	4060-C	
20	COMDT	ALOKE KUMAR, TM	MRS. MANISHA SHARAD SAXENA	0231-X	
21	COMDT	SHIV CHARAN SINGH	MRS. SEEMA KUMARI	0472-V	
22	COMDT (JG)	P VARGHESE	MRS. ALICE VARGHESE	0685-E	
23	COMDT (JG)	MADANGALLU KRISHNA BHAT	MRS. JYOTHILAXMI B	4075-L	

SL	RANK	NAME	NAME OF SPOUSE	PNO	PHOTO WITH SPOUSE
24	COMDT (JG)	DAVINDER SINGH	MRS. HARNAM KAUR	0889-S	
25	COMDT (JG)	RAJ KUMAR	MRS. KALPANA	0786-L	
26	COMDT (JG)	HEMANT SHAH	MRS. PRITI HEMANT SHAH	0342-C	
27	COMDT (JG)	S DHARMARAJ	MRS. P VIJAYA	0827-D	
28	COMDT (JG)	BALLU DEVRAM GAIKWAD	MRS. NANDA BALLU GAIKWAD	4178-S	



The Bandra–Worli Sea Link also known as Rajiv Gandhi Sea Link is a 5.6 km long bridge that links Bandra of Mumbai with Worli located in South Mumbai. The interesting fact is that it has wires that are equal to Earth's circumference and also weighs as much as 50,000 elephants.



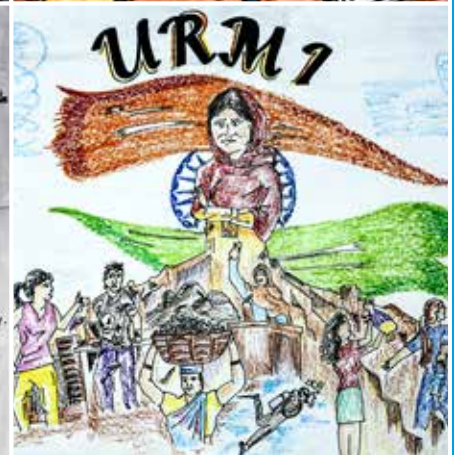
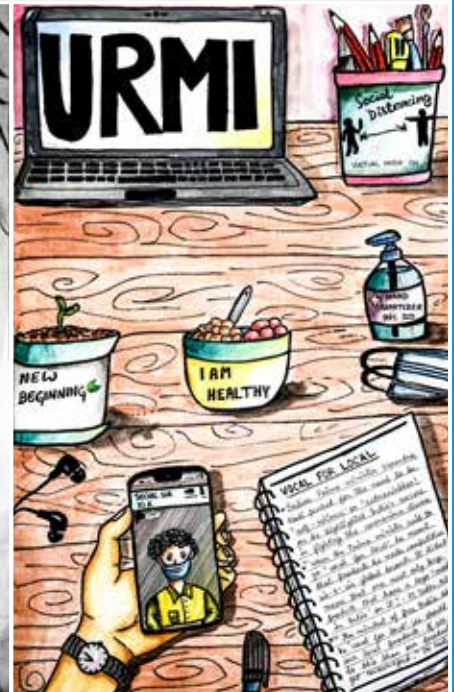
ENROLLED PERSONNEL

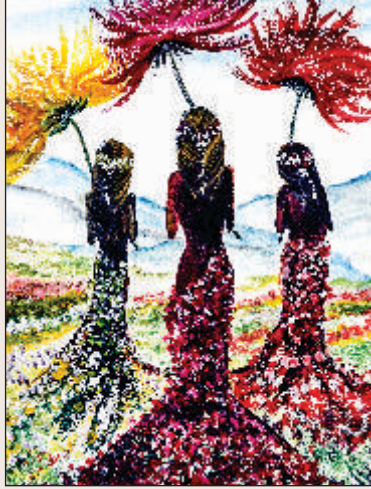
SL NO	NAME	RANK	PNO	SPOUSE NAME
1	G Kumar	P/ADH(RP)	03472-S	MRS. SHANTHI
2	Prahlad Chand	P/ADH(RO)	00508-L	MRS. SUNITA KUMARI
3	Rajbir Singh	U/ADH(RO)	01039-Q	MRS. SURESH RATHEE
4	Sunil Pandurang Mane	ADH(CK)	03061-M	MRS. DEEPMALA S MANE
5	B Bhaskar	U/NVK(SA)	01894-L	MRS. MANJULA
6	R Kannan	P/ADH(RO)	00586-M	MRS. R SAROJA
7	Rajender Singh	P/ADH(SA)	00491-S	MRS. SHEELA DEVI
8	Nand Kishore Singh	P/ADH(ME)	00146-M	MRS. BALBARTI SINGH
9	Mohammed Rizwan	U/ADH(SA)	00202-P	MRS. ALIYA IRFANI
10	Gama Kant Jha	P/ADH(SE)	00242-Z	MRS. USHA JHA
11	Shiv Raksha	P/ADH(SA)	00855-T	MRS. KUSUM LATA
12	NishithenduMondal	P/ADH(MET)	00734-T	MRS. KUMKUM MANDOL
13	Prabir Kumar Sardar	P/ADH(RP)	00773-M	MRS. ANANDAMAYEE SARDAR
14	Kasinath Das	P/ADH(QA)	01863-P	MRS. SUKLA DAS
15	Vinay Pal Singh Shishodia	P/ADH(RO)	02815-Y	MRS. SHASHI SHISHODIA
16	Yadvendra Singh	P/ADH(RO)	00992-L	MRS. SHAHSI BALA
17	ArunBarik	P/ADH(RP)	03339-R	MRS. SRABANI BARIK
18	Ramesh Chander	P/ADH(RP)	01419-Z	MRS. BABITA MALIK
19	K Anil Kumar	P/ADH(RP)	02629-Z	MRS. JYOTHI LEKSHMI L
20	Dhirendra Kumar Dhyani	P/ADH(QA)	01949-L	MRS. RAJANI DHYANI
21	Tara Chand	P/ADH(QA)	00619-M	MRS. GANGA DEVI
22	Puneet Kumar Rana	P/ADH(SA)	01804-Z	MRS. NEELAM
23	J Karthikeyan	P/ADH(P)	03567-M	MRS. K DEVI
24	T Prabhakaran	P/ADH(P)	03092-H	MRS. P GAYATHRI
25	Birendra Pal Singh	P/ADH(ME)	01676-P	MRS. MAMTA CHAUDHARY
26	SantoshHansdak	P/ADH(WTR)	01857-W	MRS. EUDORA HANSDAK
27	Sukanta Bhattacharya	U/ADH(R)	03222-Y	MRS. UMA BHATTACHARYA
28	Uday Kumar Singh	U/ADH(ME)	03523-M	MRS. VANDANA SINGH
29	Vijay Kumar V	U/ADH(ME)	03214-L	MRS. BINDU VIJAY KUMAR
30	Jai Kumar	U/ADH(AH)	03123-Y	MRS. SUDESH JOHAL
31	Vinay Gupta	PSE(AL)	07424-Y	MRS. AMRITA GUPTA
32	R Jeyakumar	PSE(R)	07256-S	MRS. J KOUSALYAA JEYAKUMAR
33	Binumon C	PSE(ER)	07665-W	MRS. DEEPA PR
34	T Prakash	ADH(AE)	02160-P	MRS. G ANAKUNDAMMA
35	Suman Kumar Jha	ADH(STD)	03309-W	MRS. SUCHITA JHA

SL NO	NAME	RANK	PNO	SPOUSE NAME
36	Manoj Kumar Soni	ADH(CK)	03145-Y	MRS. SAPNA SONI
37	Naresh Kumar	ADH(R)	03530-Y	MRS. NARATO DEVI
38	TejPratapSah	P/NVK(RO)	01259-Q	MRS. MAYA DEVI
39	BabuLal	P/ADH(RO)	01698-P	MRS. CHANDER KALA
40	E Marungan	E/F-S	09049-S	MRS. M SELVI
41	R Ganesan	P/ADH(RO)	00457-R	MRS. MARAGATHAM G
42	Nalini Ranjan Hansda	P/ADH(AH)	01971-L	MRS. JAYANTI HANSDAH
43	I KulandaiBalan	P/ADH(AH)	01608-L	MRS. K ANNAMMA
43	Prakash Chand	P/ADH(AE)	00485-H	MRS. KAMLESH
44	Nirmal Bain	U/ADH(ME)	01525-S	MRS. PROBHA BAIN
45	Balasubramaniam	PSE(AE)	07194-Z	MRS. B.S.PARIMALA
46	DK Mehta	NVK(AR)	00768-W	MRS. NIVEDITA MEHTA
47	Sanjay Kumar	SE(ER)	08003-R	MRS. Divorce
48	SubhashYadav	P/ADH(RP)	04152-Q	MRS. PRIYANKA
49	Vikram Singh	P/ADH(ME)	01210-Z	MRS. ASHA
50	Jai Narain Singh	P/ADH(RO)	00256-M	MRS. KAMLESH KADAYAN
51	MohdSuhel	U/ADH(RO)	03797-L	MRS. ISRANA
52	UjjalMandal	U/ADH(QA)	04200-W	MRS. NILIMA
53	M Sathiah	E/F-S	09024-P	MRS. M RANI
54	Shreerama Prasad Nayak	ADH(R)	04021-R	MRS. NIHARIKA
55	Tasleem Ahmed	ADH(R)	00297-Z	MRS. PARVEEN BANO
56	Kundan Kumar Sinha	ADH(QA)	00290-P	MRS. REKHA KUMARI
57	Govind Prasad	ADH(RO)	00999-W	MRS. POONAM LATA
58	Aby Mathew	ADH(STD)	04061-L	MRS. ALEXY K JEENA
59	Varagani Suresh	ADH(SA)	04386-T	MRS. K SUKANYA
60	Sikendra Kumar	ADH(RP)	04041-P	MRS. SIMRAN KUMAR
61	Jai Prakash Singh	U/NVK(RP)	04228-P	MRS. SUNITA
62	BihariLal	P/ADH(RP)	01342-Z	MRS. SANTOSH
63	G Prem Kumar	P/ADH(AH)	00289-M	MRS. MANJU
64	Surinder Kumar	P/ADH(RO)	01343-H	MRS. USHA
65	Shankar Dattu Chougale	P/ADH(QA)	00283-T	MRS. RAJSHRI SHANKAR CHOUGALE
66	P Akilan	P/ADH(RP)	00664-P	MRS. JAYANTHI
67	BK Rath	P/ADH(P)	00666-R	MRS. DURGA BATI RATH
68	SS Kumar	U/ADH(SE)	00739-L	MRS. ANU S KUMAR
69	GanpatSakharamBhelsekar	E/F-S	09039-T	MRS. LATA KALAMBEY
70	M Selvaraj	E/F-S	09017-T	MRS. S PANCHAVARNAM
71	CJ Ratnam	P/ADH(STD)	01384-W	MRS. RAJA KUMARI

SL NO	NAME	RANK	PNO	SPOUSE NAME
72	KrishanChauhan	P/ADH(QA)	00642-P	MRS. RANI CHAUHAN
73	Dileep Kumar Baghel	P/ADH(QA)	00692-Y	MRS. SATYAWATI
74	A Gandhi	P/ADH(SE)	00515-W	MRS. NEELIMA GANDHI
75	M Jagannathan	P/ADH(RO)	01740-L	MRS. THAMILARASI
76	ArifIqbalSiddiqui	PSE(P)	07050-Y	MRS. GAUHAR ANJUM
77	V Vasukinathan	PSE(ER)	07062-Z	MRS. UMA MAHESWARI
78	DharampalkKundu	PSE(ER)	07067-Q	MRS. ANJU SEHASAWAT
79	D Venkateswarlu	E/F-I	09113-Q	---
80	Sunil B Sonawane	ADH(RO)	00523-R	MRS. SHARDHA NARSINGH NATU
81	Alphonse Tirkey	P/NVK(QA)	00590-S	MRS. HARSH KUMARI EKKA
82	BirojitKundu	P/ADH(QA)	00625-W	MRS. LILY KUNDU
83	RupchaitanHansdah	P/ADH(AL)	00735-W	MRS. KALYANI HANSDAH
84	JatinderDogra	P/ADH(QA)	02546-Q	MRS. ASHA DOGRA
85	Ramesh Kumar	P/ADH(QA)	00917-P	MRS. SUSHILA DEVI
86	Gajendra Singh Shekhawat	P/ADH(SA)	00442-L	MRS. NEERU
87	Uma Prakash	P/ADH(RP)	01469-R	MRS. MADHU BALA SHARMA
88	Manoj Kumar	P/ADH(RP)	02405-S	MRS. RITA SHARMA
89	SatyabanSantra	P/ADH(RP)	02714-T	MRS. SANTANA
90	Mukul Kumar	P/ADH(RP)	02832-Q	MRS. KIRAN DEVI
91	Jai Kumar Jangra	P/ADH(RP)	00621-Q	MRS. KAMLESH RAVI
92	Ashok Kumar	P/ADH(RP)	02037-L	MRS. CHANDERKALA SHARMA
93	Kamal C Turkane	P/ADH(STD)	01882-H	MRS. DAMAYANTI
94	Raj Pal	P/ADH(SA)	00501-R	MRS. KIRAN DEVI
95	S Jeyakumar	P/ADH(SA)	01817-L	MRS. S REKHA
96	Chandramal Singh Rathi	P/ADH(AH)	02130-S	MRS. GEETA
97	VS Kishore Kumar	P/ADH(WTR)	02873-L	MRS. SMITHA
98	S Kannan	P/ADH(R)	03095-P	MRS. S ANDAL
99	Ram Avtar	P/ADH(STD)	01747-W	MRS. SANTOSH
100	Karam Chand	P/ADH(ME)	03688-M	MRS. ASHA
101	Surinder Kumar	P/ADH(RO)	01451-Y	MRS. ANITA KUMARI
102	V CholanSabariNayagan	P/ADH(RO)	03596-Y	MRS. C SANTHINI DEVI
103	Manu Chandran	U/ADH(ME)	03710-M	MRS. RASHMI
104	Pramod Kumar Mishra	U/ADH(ME)	03869-T	MRS. BINODINI DASH
105	Sanjeet Kumar	U/ADH(RO)	02542-H	MRS. PERMILA DEVI
106	Sunil Kumar	U/ADH(WTR)	04111-T	MRS. RAJESH
107	Vimalkumar B Mehta	U/ADH(P)	03517-T	MRS. VEENA
108	Kunjumon Francis	U/ADH(AH)	03526-R	MRS. NANCY

SL NO	NAME	RANK	PNO	SPOUSE NAME
109	Vuliseti H K Phanidhar	PSE(ER)	07667-Z	MRS. N PRASANNA LAKSHMI
110	BijuKurian	PSE(ER)	07457-Y	MRS. MERLIN MATHEW
111	Rajesh Mohan D	PSE(ER)	07661-Q	MRS. AMBILY T N
112	E Prasad	PSE(ER)	07276-Q	MRS. P PRASHEEJA
113	V Rajeev	PSE(P)	07123-R	MRS. PM RADHIKA
114	Aravindhakshan K	PSE(P)	07053-L	MRS. S G DEVI
115	SatyaPrakashGautam	PSE(P)	07218-L	MRS. LALITA GAUTAM
116	Mahesh NagoJogani	PSE(R)	07769-M	MRS. PRADNYA GHEVADE
117	N Thambararajan	PSE(AR)	07332-R	MRS. S PREMAGEETHA
118	Pramod Kumar Mittal	USE(ER)	07368-W	MRS. RITU
119	Jat Rajesh Singh	USE(P)	07792-P	MRS. SONU DEVI
120	Anil Kumar Verma	ADH(CK)	01074-S	MRS. RASHMI
121	Lawrence Mendonza	ADH(CK)	03742-L	MRS. INEZ ROSE LOUIS
122	Bhupendra Singh	ADH(WTR)	04397-T	MRS. RENU CHOUDHARY
123	Prashant Kumar	ADH(RP)	03713-R	MRS. SUPRIYA
124	Surender Singh	ADH(STD)	03588-L	MRS. SUNIL
125	Geethesh P Nair	ADH(ME)	04300-Y	MRS. JAYANTHY KURUP
126	Raj Narayan	NVK(QA)	01417-W	MRS. SUNITA
127	Jayesh Daryaosingh Thakur	P/NVK(CK)	02760-Y	MRS. ANITA THAKUR
128	Samsher Singh	P/NVK(QA)	01734-S	MRS. REENA MALIK
129	Rattan Singh	SE(ER)	07540-Q	MRS. ASHA DEVI
130	Dhirat Singh Negi	P/ADH(CK)	00543-P	MRS. SURMA NEGI
131	Satish Kumar	P/ADH(AL)	00997-S	MRS. SITA DEVI
132	Roomal Singh	P/ADH(QA)	01134-H	MRS. LONG SHREE
133	ChiranjilalArya	P/ADH(QA)	00645-S	MRS. SHUSMA
134	Manoranjan Kumar Dubey	ADH(ME)	02044-W	MRS. SANGITA SINGH
135	P Arunothayakumar	P/ADH(AP)	00863-Q	MRS. THAMIL SELVI
136	DharamDev Sharma	P/ADH(QA)	00685-M	MRS. POONAM
137	Narender Kumar	P/ADH(AP)	00784-M	MRS. SANTOSH YADAV
138	Arfat Ali Mondal	P/Adh(QA)	00272-T	MRS. SARRYFA KHATOON
139	Ashok Kumar Singh	P/Adh(QA)	00632-Q	MRS. MITHILESH SINGH
140	Om Prakash	U/Adh(QA)	01183-R	MRS. URMILA DEVI
141	Shrawan Kumar Toppo	P/Adh(ME)	01338-S	MRS. ANUPAMA TOPPO
142	P Vaithiyanathan	P/Adh(QA)	00679-T	MRS. V GEETHA
143	Subhash Chandra	P/Adh(QA)	00483-Y	MRS. RAKESH TEOTIA
144	Jatu Besra	P/Adh(SE)	01223-L	MRS. MOUSUMI BESRA





DESCRIPTION

As the Spring symbolises new beginnings in nature similarly new beginning is also a time to reflect upon our past and where we want to go. It is never too late to start something new in life which you always wanted to do or re-start something that you left behind. The most difficult step is the first one. Making a lifestyle change is challenging, especially when you want to transform many things at once. From changing your career path to learning a new skill or finally exercising or shunning toxic people from your life, there is something that we would all like to add to our lives.

We Tatrakshikas are a true example for new beginnings. The transformation forms a nascent wives welfare organization over the years to become a professional CG Wives Welfare Association through sheer conviction, self-realisation, will to grow, lend a helping and learning hand to march forward together as a team of confident, spirited and elegant wives of the seafarers, displays our transformation and new beginning.

The page design depicts the new beginning of gorgeous, poised and independent yet subtle Tatrakshikas standing up to today's challenges, shouldering responsibilities, taking steady steps and blooming out together like a beautiful spring laden garden, spreading the fragrance of love and care.



Nutan Sharma
W/o DIG Prashant Kumar Sharma
CG DHQ-2

