



TATRAKSHIKA SANDESH

NORTH EAST REGION

JAN – APR 2022



EDITOR'S PAGE

Hello!!! Dear Readers,

"Hope is the companion of power and mother of success; for who hopes strongly has within him the gift of miracles".

- Samuel Smiles

[Read this interesting story](#)

"BOY TO BUSINESSMAN"

A teenage boy from village moved to the city for a job to support his family. He applied for a job in a big firm.

After a few days, he went to attend the interview. He successfully cleared all the tests.

Hiring Manager said, "You are hired; give me all details for further processing. Also make sure that your bike is in a good condition, as you have to do a lot of travelling to meet the customers".

The boy replied, "Sir, but I don't have a bike with me".

Hiring Manager said, "Without a bike, you will not get this job. You can leave now".

The boy left the place thinking about what to do next. He had little money with him that could feed him only for the next few days.

But he did not want to return to his village without a job. He was confident in getting a job. While he was thinking, he came across a big vegetable market. Then an idea sparked.

He decided to buy vegetables from the market with the available money.

Then he went to sell those vegetables door to door on foot. By the end of the evening, he sold all those vegetables and had a good profit.

He gained confidence that he could earn from this.

Since then, every morning, he would go to the vegetable market to buy fresh vegetables and sell them door to door till he finished his stock.

He continued his hard work every day, and within years, he developed his business. Soon he became one of the biggest food chain retailers.

After a few years, one of his new friends visited his big house, where cars were in his garage.

Seeing this, his friend asked, "You have a good collection of cars and do not have any bike. Why did you not buy a bike?"

The man replied, "If I have had a bike with me, I would not have had these cars."

Moral: If we want something, we should never lose Hope and continue working hard because it unfolds miracles.

So, hang on to hope, hold your head high; Have faith in innate spirit of human resilience. This is not hyperbole but a holistic mantra to tackle harrowing times of trials. Therefore, stay positive and keep rejoicing the struggles the life puts you through.



- **Rupali Manjeet Gill**

Secretary Report

On 08 March 2022, to celebrate the Women's Day CGWWA(NE) ladies visited NGO (ABWU) and spent quality time with aged members.

MOMENTS PRECIEUX

(SPECIAL MILAN)



Tatrakshika (NE) Welcomes
Mrs. Neela Pathania
President Tatrakshika



***"Plan your work for today and every day,
then work your plan".***

-Margaret Thatcher

On 05 Apr 2022, a monthly committee meeting was held in the presence of President Tatrakshika (NE). The agenda of meeting included plan of the event/ activities for the planned visit of the President Tatrakshika to the North East Region.

On 08 Apr 2022, President Tatrakshika (NE), **Mrs. Mohita Pathak**, extended a very warm welcome to President Tatrakshika, **Mrs. Neela Pathania** during Special Milan hosted in the honour of maiden visit of President Tatrakshika in Kolkata.

The ladies of the fraternity gave an overwhelming response through participation and conduct of entertainment program.

Each moment adds up to fond memories.

The event was planned well which included the following:-

- Inauguration of Type-IV Married Quarters
- Inauguration of CGWWA Centre
- Inauguration of CGWWA Library

The entire day was very eventful and thus made it a precious moment for Tatrakshika Region (NE).

President Tatrakshika, **Mrs. Neela Pathania** expressed happiness at the end of the event and applauded the gesture of willingness of ladies to come forward and participate. She has had a brief interaction with the ladies and also assured all support towards benefit of the organization. All members were motivated by the words of the President Tatrakshika.

The memorable moments with President Tatrakshika will always be cherished by one and all in times to come.

President Tatrakshika, Mrs. Neela Pathania, also paid a short visit to Haldia and Bhubaneswar to review the progress of CGWWA. The enthusiasm shown by all CGWWA members was well appreciated.

Farewell of Outgoing Members.

On 13 April 2022, a small farewell was organized to bid adieu to three committee members. The outgoing committee members were holding important portfolios and conducted various informative activities during their tenure.



KOLKATA

SURUCHI (WELFARE)

"Work is the inevitable condition of human life, the true source of human Welfare"

-Leo Tolstoy

Workshop on Jewellery Making. 25 Jan 2022, workshop on jewellery making was conducted on a virtual platform. It was a skill boosting session of making basic jewellery items using silk thread, beads, etc. Good participation of ladies made it a success.

Workshop on Wool work on Jute Mat. On 25 Feb 2022, a workshop on "Wool work on Jute Mat" was organized at CGRA Maniktala. Tatrakshikas took part in the interesting art of wool and expressed happiness in attending the learning session of the creativity.

Workshop on Baking. On 02 Mar 2022, a workshop on baking cookies and cakes was conducted for the benefit of ladies. Various ideas on baking skill were shared by the ladies. It was an interesting session.

Farewell of outgoing Members. On 13 Apr 2022, committee members of CGWWA (NE) organised a farewell of its outgoing members. President Tatrakshika (NE), Mrs. Mohita Pathak expressed her appreciation and gratitude towards the outgoing members, their active involvement in the smooth conduct of all activities of the region and wished them good luck for future endeavours. The outgoing members were given a token of appreciation by the committee. The occasion culminated with a sumptuous lunch.

Thank You for good times and sweet memories we shared together.

Farewell...!!!

SAKSHARTA (LITERACY)

"If you're walking down the right path and you're willing to keep walking, eventually you'll make progress."

-Barack Obama

On 13 Apr 22, a Lecture on "Five tips to be a Happy Woman" was conducted by Mrs. Deepshika Pannu at CGWWA Centre, Maniktala. Normal issues in day-to-day life were discussed to benefit the morale and psychological state of ladies.

SANJEEVAN (HEALTH)

"Good health and good sense are two of life's greatest blessings"

-Anonymous

On 11 Mar 2022, a lecture on "Skin Care in Ayurveda" was organised for the benefit of CG personnel and their families. The interaction session was taken by Dr Velmani. The discussion on issues related to skin ailments and its solution marked the event. The workshop was very informative and was appreciated by ladies. Discussions on regular issues of skin diseases and solutions were also part of the session.

SNEHA (OUTREACH)

"Alone, we can do so little; together we can do so much"

-Helen Keller

On 08 Mar 2022, being Women's day, Committee members of CGWWA (NE), under the aegis of President Tatrakshika (NE), visited a renowned old age home, All Bengal Women Union (ABWU), at Park Street, Kolkata. President Tatrakshika (NE) conveyed warm regards and distributed fruits among the inhabitants. The main objective behind the visit was to spend time, interact and wish them a "Happy Women's day". The gratitude and smile reflected amongst all was heart touching.

PARADIP

On 07 Jan 2022, a Special Milan was organised at Jaidev Sadan, Paradip Port Trust Auditorium during the maiden visit of President Tatrakshika (NE), Mrs Mohita Pathak. The event commenced with lightning of Diya followed by a mesmerizing cultural programme performed by the ladies of CGWWA Paradip.

The programme included delivery of Secretary Report of CGWWA Paradip. Various games were planned on the occasion which was enjoyed by ladies. The programme culminated with prize distribution followed by lunch. The following activities were also undertaken at Paradip:-

➤ On 08 Jan 2022, CGWWA Welfare Centre was inaugurated by President Tatrakshika (NE), Mrs Mohita Pathak at Paradip during her maiden visit.

SURUCHI (WELFARE)

➤ On 26 Jan 2022, an online Demonstration on the topic "Making of Paper Craft" was organised by Mrs. Anita Devi, Mrs. Sagarika Sahoo and Mrs. Devishrita Mohanti. The online demonstration was dedicated to Republic Day Celebrations. It was an interesting activity for everyone.



➤ On 12 Feb 2022, an Online Demonstration on Odiya Style "Dahi Vada Aloo Dum recipe" was shared and explained. The ladies showed an overwhelming response and expressed their desire for learning more such recipes by Mrs. Sagarika Sahoo.

➤ On 25 Feb 2022, a committee meeting was held at CGOM, Paradip. President Tatrakshika (Odisha) Dr. Vinita Singh interacted with all members and discussed the forthcoming activities. The agenda of the meeting was discussion and planning of forthcoming activities in the District Headquarters.

➤ On 02 Mar 2022, a workshop on "Health and Happiness" was organised at CGKG Paradip by CGWWA. Mr Tapas Ranja Pati, a renowned speaker and Yoga Shastri was the speaker at the event. At the end of the workshop, the ladies thanked the speaker for enlightening them with better ideas to lead life with peace, wellness and happiness.

➤ On 02 Mar 2022, a get together was organised at CGWWA Centre to bid farewell to the outgoing members. President Tatrakshika (Odisha), Dr Vinita Singh, appreciated the contribution and consistent support of each outgoing member and made the farewell memorable.

SAKSHARTA (LITERACY)

On 21 Feb 2022, in an effort towards financial empowerment and awareness of CGWWA members, a lecture on "Defence Salary Package and Pension Account" was delivered by Maj Gen S Sengupta, VSM (Retd.) Defence Banking Advisor SBI for all personnel and their families in association with CGDHQ-7 and CGWWA Paradip. The lecture was very informative and an eye opener for all the ladies as they were able to know about all the facilities provided on SBI DSP bank account. On 21 Apr 2022, a demo on SBI YONO cash withdrawal, without ATM card was conducted for the CGWWA members by SBI.

SANJEEVAN (HEALTH)

Webinar on First Aid and CPR Training.

On 24 Feb 2022, Surg Lt Cdr Sunil Sahoo, DMO, DHQ-7, conducted an online webinar on "First Aid & CPR Training" where he explained about basic life support including CPR. CGWWA members from Bhubaneswar also joined the webinar. In addition, First Aid procedures for common emergencies like burn, bleeding, fracture, choking, snake bite, muscular injuries etc. was also explained. The webinar was very informative for all ladies and made them aware about necessary precautions to be undertaken during the time of emergency.



SANSKAR (EDUCATION)

Interaction of President Tatrakshika (NE) with staff of CGKG, Paradip.

On 08 Jan 2022, President Tatrakshika (NE), Mrs. Mohita Pathak, visited CGKG, Paradip. She was welcomed by teachers with a Swagatam song. The visit included interaction with the school staff for understanding the day-to-day challenges faced by the staff in the conduct of online classes. The President Tatrakshika (NE), along with President Tatrakshika (Odisha) and committee members with school staff planted X-mas tree in the school premises.

Republic Day Celebration. On 26 Jan 2022, Republic Day was whole-heartedly conducted at CGKG, Paradip. The National Flag was hoisted by Mrs. Sudeshna Dash, The School headmistress hoisted the National Flag. An online cultural programme was also conducted by the school children which was applauded by all.

Pulvama Terror Attack Day.

On 14 Feb 2022, CGKG Paradip paid homage to the brave CRPF personnel by condemning the Pulvama Terror Attack Day. This strengthened the sense of patriotism amongst the individuals.

Annual Examination. The academic session 2021-22, at CGKG, Paradip was culminated by conducting the Annual Examination in an online mode view ongoing pandemic. The academic session was concluded successfully.



BHUBANESWAR

President Tatrakshika on Maiden Visit.

On 10 Apr 2022, President Tatrakshika, Mrs. Neela Pathania, paid her maiden visit to Bhubaneswar for gracing the occasion of Commissioning of 830 SQN(CG). President Tatrakshika interacted with tatrakshikas and reviewed the progress of CGWWA activities in the station.

Visit of President Tatrakshika (NE). On 04 Jan 2022, President Tatrakshika (NE) paid her maiden visit to Bhubaneswar. She interacted with the committee members of CGWWA Bhubaneswar and discussed various unit activities in the organisation. The spirit and fervour of the ladies of CGWWA Bhubaneswar was duly appreciated by her.

Coffee Evening. A coffee evening was organised at CGOM Bhubaneswar, to discuss the CGWWA activities to be planned for the current financial year and to review the activities conducted during the last year. The theme for the event was 'Happy Hours'.

SURUCHI (WELFARE)

Online Dessert and Sweet Making Competition.

On 14 Jan 2022, an online Dessert and Sweet making competition was organised for the members of CGWWA. This was primarily done to boost the morale of the ladies during tough Pandemic times. The ladies were encouraged to refrain from consuming outside food during the festive session of Lohri and Makar Sankranti. Ladies of CGWWA Bhubaneswar actively participated in the event and winners were suitably felicitated.

Online lecture on Relationship Goals.

On 12 Feb 2022, an informative and interactive online session on Zoom Meet was conducted for the Tatrakshikas of Bhubaneswar and Paradip on Relationship Goals.

It aimed at improving and strengthening bond among family members at different levels during the COVID-19 times. It was a much needed session for improving the quality of life.

Show Your Talent. On 12 Mar 2022, to revive the fervour of participation in various planned activities, "Show Your Talent" event was conducted for CGWWA fraternity. It included showcasing the talent in various spheres like Painting, craft, dress designing, fruit carving, clay art etc. The Ladies were asked to showcase their talent by posting a recording within a timeframe. The winners were suitably adjudged and rewarded.

Summer Drink Competition. On 21 Apr 2022, as a part of monthly activity, Summer Drink Competition was organized at the CGWWA Welfare Centre Paradip. The mouth-watering summer drinks included Aam Panna, Sattu ka juice, Mango Malai, Tangu watermelon and were displayed very beautifully by the ladies. The event concluded with prize distribution to the winners by President Tatrakshika (Odisha).

SAKSHARTA (LITERACY)

Think Before You Click. On 12 Feb 2022, online session on Zoom Meet was conducted for the Tatrakshikas on "Internet & Technology" to apprise the members about the privacy, cyber security and to spread awareness amongst the members on various online fraudulent activities. It was a good informative session for all.

Presentation on CGSP by SBI Regional Defence Advisor. On 08 Mar 2022, a presentation on Indian Coast Guard Salary package was organised by Maj Gen S Sengupta (Retd), Regional Defence Advisor SBI, Kolkata at CGOM Bhubaneswar. He apprised Tatrakshikas regarding the benefits of having ICGSP account with SBI and its salient features. This was a much needed awareness program for everyone.

SANJEEVAN (HEALTH)

Online Workshop. On 19 Feb 2022, an informative online session on "Ayurvedic Measures for Prevention of COVID-19" was conducted on Zoom meet for the CGWWA members of CGWWA. The session was conducted by Dr Aswathi, on preventive measures to be undertaken from COVID-19 by emphasising on implementing Ayurvedic practices.



SNEHA (OUTREACH)

Visit to Ashyraya Orphanage. On 03 Mar 2022, an outreach activity was conducted on at the "Ashyraya Orphanage" Dumduma, Bhubaneswar. A cake cutting ceremony followed by distribution of goodies to the children was also conducted during the event. The ladies also presented the children with books and stationery items. Ration was also donated by CGWWA members. This brought smile on the faces of the children and filled the ladies with a sense of accomplishment.

GOPALPUR

SURUCHI (WELFARE)

Republic Day Celebration. On 26 Jan 2022, a get-together followed by high tea was organised for the members of CGWWA Gopalpur as part of the 73rd Republic Day Celebration.

CG Week Celebration. On 24 Feb 2022, series of activities began as part of the CG week celebration, a Special "Swachhta Hi Seva" campaign was conducted in the premises of CGRA. Participation of ladies in good number was appreciated by all.

Holi Milan. On 17 Mar 2022, CGWWA Gopalpur organised a Milan on occasion of Holi and celebrated the festival of colours with full zeal and enthusiasm.



HALDIA

Visit of President Tatrakshika. On 09 Apr 2022, President Tatrakshika, Mrs Neela Pathania, accompanied by President Tatrakshika (NE), Mrs Mohita Pathak visited Haldia. During the visit, President Tatrakshika interacted with Tatrakshikas and also visited CGKG, Haldia to interact with teachers, staff and children. The first lady also visited CG Hoverport for interaction with ACV Squadron Staff.

SURUCHI (WELFARE)

Stress Management. On 25 Jan 2022, as a part of welfare activity, a stress management class was organized through webinar at Haldia. The webinar included various patterns of human mental behavior and ways to manage stress. The lecture was delivered by Dr. Nidhi Devariya. The ladies found it very useful and informative in dealing with stress on day-by-day basis.

Salad-Making Competition. On 16 Feb 2022, an online fruit and vegetable salad making competition was organised for the ladies of the fraternity. The ladies participated enthusiastically in the event. Various innovative ideas of fruits and vegetable salad decoration and garnishing were shared through WhatsApp group. The efforts undertaken by ladies were well appreciated and the winners were suitably rewarded.

Workshop on Self Defence. On 28 Mar 2022, as part of CGWWA Activity, a Self Defence Workshop for members was conducted at CGWWA Centre Haldia. The workshop included demonstration of techniques of kicks, punches and moves which can be used for self-defence by ladies in case of any emergency. Members enthusiastically participated in the workshop. The trainer of the workshop was suitably felicitated by CGWWA committee.

SAKSHARTA (LITERACY)

Counselling on Family Related Issues.

On 13 Feb 2022, lecture on counselling on family issues was delivered by Dr. Aditya Somani, Assistant Professor, Dept. of psychiatry, AIIMS Raipur. The lecture included various family issues emerging in present socio-economic scenario. The spokesperson discussed efficient ways of dealing with such rising families issues through professional counselling. The importance of professional counselling was also highlighted. A question and answer session during the event was efficiently dealt by Aditya Somani and found to be highly informative by the CGWWA members.



SANJEEVAN (HEALTH)

Lecture on Fab and Fad Diet. On 30 Mar 2022, as a part of health activity, a lecture on importance of fab diet and fad diet in day-to-day life of women was conducted by Surg Lt Renuka Reddy. The benefit and importance of balanced diet in women life was emphasized during the lecture. All ladies gave a patient hearing to the lecture discussing ways to implement the balanced diet program in daily life to remain healthy.

SANSKAR (EDUCATION)

New Year Celebration. On 03 Jan 2022, all teachers of CGKG, Haldia, celebrated the occasion, by wishing all students "HAPPY NEW YEAR" and asked them "how to spent 1st of January". As an online activity, teachers demonstrated step by step process of making "New Year Card". The students passionately participated in the class and later displayed their handmade new year cards to their respective class teacher.

Pink Colour Day Celebration. On 07 Jan 2022, pink day was celebrated on virtual mode. To make the children identify the colours, they were asked to present the same colour either in their dress, food, toy and object etc. A stepwise demonstration on making a flamingo by paper-cutting was shared through video recording with the children. Students posted their activities in respective WhatsApp group. This encouraged learning of pink colour and observing the same in their surroundings. The activity was planned and executed for the Kindergarten Learners.

Fruit Salad Making Activity. On 02 Jan 2022, the importance of salad in daily diet was explained to all kids of CGKG, Haldia by conducting a "Fruit Salad Making Activity". Teachers and Parents guided the children with variety of ideas for fruit salad. It also encouraged learning about various fruits amongst the children. Such activities at school level are worth appreciation.

Republic Day Celebration. On 25 Jan 2022, the Kindergarten learners of CGKG, Haldia celebrated Republic Day via online mode. Various competitions like patriotic song, dance and poem-recitation were conducted on the occasion. Printing activity of National Flag was conducted for the students of play group and nursery classes. The teachers appreciated the efforts of parents and students. It was a good way of imparting knowledge amongst the learners.

Saraswati Puja Celebration. On 04 Feb 2022, Kindergarten toddlers of CGKG, Haldia celebrated the most popular festival of West Bengal with full zeal and enthusiasm. The students of UKG participated in performing Puja with teachers by attending the program in colourful festive dresses. The puja was aired online for other students.

Rainbow Day Celebration. On 11 Feb 2022, "Rainbow Colour Day", was celebrated by kindergarten learners through virtual mode. The objective of this celebration was to bring awareness about the colours and boost creativity and sense of appreciation towards the beauty of nature. The students were dressed in colourful attire. A stepwise activity of making of rainbow by cotton, paper and glue was demonstrated by teachers and the same was performed by the students. The activity was shared in respective WhatsApp group.

Art & Craft Activity. On 18 Feb 2022, to develop the fine motor skills in order to enhance children's hand-eye coordination build levels of manual dexterity, identification of shapes, colour and texture, this activity was planned and conducted effectively. The students beautifully completed and submitted the activity at school. It was an enjoyable learning experience for the children.

Annual Examination. From 25 Feb to 08 Mar 2022, Annual Examination (3rd Term) of all the students of CGKG Haldia, was conducted through online mode. The worksheets were collected by parents from the school as per schedule and were submitted respectively after completion. The question paper of the respective subjects was shared online as per the time table. The children performed their best even in this challenging time.

Parent Teacher Meeting. On 17-18 Mar 2022, CGKG Haldia organized a PTM in the School premises. The purpose was Report Card distribution and receiving feedback for the entire session. The PTM was conducted adhering to the COVID-19 protocol. Parents expressed gratitude towards the CGKG staff.

CELEBRATION

Let's come together and have a
celebration

A celebration of joy

A celebration of happiness

A celebration of smiles and pleasures

Let's come together

And have good old belly laughs

Let's come together

And work at saving the environment

Through recycling

Through reducing

Through reusing

And through living a minimalistic
lifestyle

Let's come together

And let's all be the best we can be

And do the best we can do.



SAVE THE EARTH !

Happy
Vacations