



TATRAKSHIKA SANDESH
REGIONAL HEADQUARTERS (A&N)
(JAN 22 - APR 22)

“Reading is an exercise in empathy; an exercise in walking in someone else’s shoes for a while”
- Malorie Blackman



From Editor's Desk

As the world comes to terms with the COVID-19 Pandemic and its variants, the restructuring of the established norms were issued and followed. This period will be defined by a fundamental schism- the period before COVID-19 and the period after being the *'next normal'*. The CGWWA fraternity has also been touched by these developments and accordingly in the last four months has manoeuvred within the ambit, but not diverging much from the countour that defined the fundamentals of this vibrant Association. The period saw return to activities at the ground level and a welcome departure from the online format, wherein interactive engagements provided for a greater connect among the Tatrakshikas. Even though the activities were part of the first steps taken towards normalization, the tremendous response and participation at all levels was heartening. The activity snippets in this edition, will not only provide reminiscences but also reaffirm the commitment of CGWWA to stand with strength and support each other, in marching along during these difficult times. Stay safe and have a happy reading ahead....

-Mrs Nisha Pradeep

PORT BLAIR

(a) **DWWA Milan.** Since Andaman & Nicobar Region is a tri service command, CGWWA (A&N) holds an important and independent portfolio in DWWA (Defence Wives Welfare Association). DWWA President, Mrs. Deepti Singh was welcomed by Mrs. Savvitaa Rajaputhran, President Tatrakshika (A&N) at CGWWA centre on 27 Mar 22.



(b) **Silk thread jewellery making.** As a part of welfare activity, demonstration on making jewellery from silk thread was organized at CGWWA center on 03 Mar 22. Silk thread being flexible and having fine texture and numerous hues, is the best material for making jewellery like earning, Jhumkas, Necklaces and bangles. Ladies actively participated and utilized the demo session and handcrafted beautiful jewellery.

(c) **Making of flower pots from waste materials.** CGWWA Welfare committee organized a welfare activity on "Making of Flower Pots from Waste Materials" at CGWWA centre on 07 Apr 22. During demo session, ladies were taught to make beautiful flower pots/vases using old glass bottles or cardboard boxes. Hence, re-using the waste in a creative way to spruce up the interiors.

(d) **Blood donation camp.** A blood donation camp was organized on 28 Feb 22 at CGWWA centre in association with GB Pant Hospital. During the long COVID period many people did not come forward to donate blood, causing severe depletion in the reserves of the blood bank of the hospital. Overall 70 bottles of blood was collected. Many Ladies also came forward to support the noble cause. The Doctors and staff of GB Pant hospital were felicitated by IG Dinesh Rajaputhran and Mrs. Savvitaa Rajaputhran (President Tatrakshika, A&N Region).

(e) **Webinar on Awareness towards POCSO Act.** With an aim to enlighten the true facts about POCSO ACT among all Defence ladies, Webinar was conducted on 18 Apr 22 by renowned speaker Mrs. Rubina Siddiqui. The speaker covered about severity of child abuse and its affect on child mentally and emotionally, special police and courts to be approached for reporting any cases under POCSO act etc. More than 100 participants attended the online webinar.

(f) **Lecture on financial management.** A lecture by Branch Manager of ICICI Bank, Ms Monalisa was organized on 26 Apr 22 for the ladies, so as to make them aware of various investment options including FDs, Stock/ share market, debt/ equity market.

(g) **Guru ki Rasoi outreach.** An Outreach activity was conducted on 07 Mar 22, by CGWWA (A&N) for Single mothers and Widows from the Island. With the help of NGO 'Guru ki Rasoi', outreach team of CGWWA(A&N) was successful in distributing ration kits to pandemic struck families which consisted of dry ration and other essential items.

CGDHQ-09 (DIGLIPUR)

(a) **Ayurvedic medical camp.** In order to create awareness for Ayurveda, a Medical Camp through AYUSH Department of Community Health Centre, Diglipur was organised by Tatrakshika in community hall of Coast Guard DHQ-9 on 15 Feb 2022. Ayurvedic consultancy was also provided to all as part of camp wherein Ayurvedic immunity boosting medicines, ayurvedic medicines on prescription of doctors and homeopathic medicines were distributed free of cost to everyone.

(b) **CGWWA Milan.** A Tatrakshika Milan was organised on 14 Mar 22 wherein the Milan was chaired by the District President (N&M A) through Video Conferencing.

(c) **Rangoli making.** A Rangoli Making activity was undertaken by Tatrakshikas on 17 Mar 22 to celebrate 'Azadi ka Amrit Mahotsav'. The Tatrakshikas made beautiful Rangolis befitting the occasion which also happened to coincide with festival of Colours – 'Holi'.

(d) **Dental camp by CGWWA.** CGWWA, Diglipur in association with Dental Department of Community Health Centre (Diglipur) organised a 'Dental Camp' for ICG fraternity including families at Community Hall of DHQ-9 on 10 Apr 2022 to create awareness on dental hygiene, dental regimes to be ensured to avoid any associated health issues at later stage and dental treatments available with CHC.

MAYABUNDER

(a) **Rangoli making.** A Rangoli making competition was organised to commemorate "Azadi Ka Amrit Mahotsav" on 17 Mar 22. Officer's and EP wives actively participated in the event. Beautiful patterns were created on the floor using Rangoli colours and chinks. Innovation and creation were best described during their efforts.

HUTBAY

(a) **Visit of President Tatrakshika (A&N).** Mrs. Savvita Rajaputhran, President Tatrakshika (A&N) visited Hut Bay on 28-29 Mar 22. During her visit, a special Milan was organized and President Tatrakshika encouraged the ladies in areas of self-development, health and maintaining a happy and healthy status of mind. During maiden, President Tatrakshika also visited horticulture farm and turtle nesting ground.

CGDHQ-10 (CAMPBELL BAY)

(a) **Visit of President Tatrakshika (A&N).** On 08 Feb 22, IG Dinesh Rajaputhran, COMCG (A&N) and Mrs. Savvita Rajaputhran, President Tatrakshika (A&N) visited CGPS, Campbell Bay during Annual Inspection 21. During walk around of CGPS, the graceful appearance and immaculate facilities like smart class, science lab, library etc for students of CGPS at remote location, Campbell were appreciated.

(b) **President Tatrakshika Visit to CGWWA Centre, CGDHQ-10.** President Tatrakshika (A&N) visited CGWWA Center at CGDHQ-10 Campbell Bay and interacted with the wives of all ranks of the station and expressed her satisfaction on the functioning of CGWWA, Campbell Bay.

(c) **Rangoli Competition.** On the eve of "Holi", Rangoli competition was organized at CGWWA center. The participants made creative and colorful Rangoli design as an initiative to the festive ambience using eco-friendly materials such as grains, diyas, flowers and coloured sawdust, hence, keeping both the art form and tradition alive.