



TATRAKSHIKA SANDESH

REGIONAL HEADQUARTERS (EAST)

Jan 2022 - Apr 2022



From editor's desk

Application...Fascination

Oh! am I about to drop few more news Apps in your kitty! Well, no I am going to bring few more to make life little easy. Well, there must be numerous Apps and Applications you must be having on your fingertips. What more?



Well, imagine you have to type a long text or explain something in detail by writing. Oh! No. Is it the correct expression that will come to your mind at that moment? I will give you a solution. Use '**Speech to Text app**' to convert your speech to text. How it works? All you need to do is download the app from your app store or play store, and to use open it. Click on microphone symbol and start speaking, whatever you want to type. It will convert your speech into text and then for some minor corrects you can do basic editing. You can share this text to anyone via WhatsApp, SMS, mail any mode. Isn't it easy!

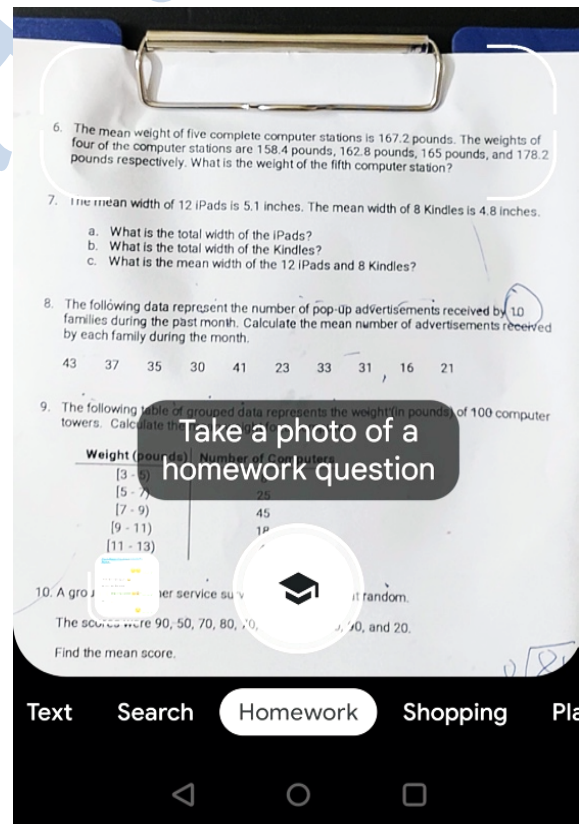
Have your ever struggled looking for an answer of some question from a book or question paper or you may be looking for an online platform to get an exact product you have been using! Well not anymore. Here is a one stop solution:

'Google Lens'

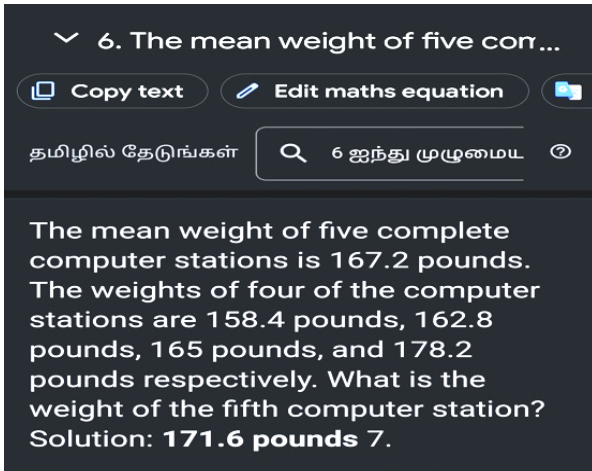


How to use it? Well recently I was looking for the answer to my son's math topic question – Which of the following measures can be determined for quantitative data? All I had to do was open Google Lens, bring it over question, select option then tap and click the picture of the question. And there you go; answer is on your phone. Here is more to your explanation.

This is how you get to see Google Lens with different option:



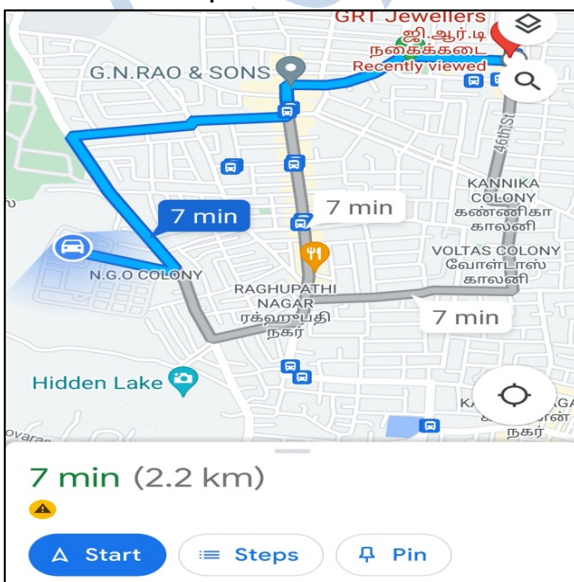
And here you get the answer!



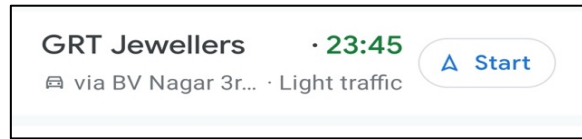
Also, for any product for online shopping or any information about it, just bring Google lens over it and tap to click. All you need, will be on your screen in seconds!

Who does not love shopping? But that brings with it travel, routes and of course remembering shops. Now just imagine you went to a particular shop and you loved the stuff or you took a route for a place which was better than previous one. But for next time, you might not remember them exactly. So, what solution Google has?

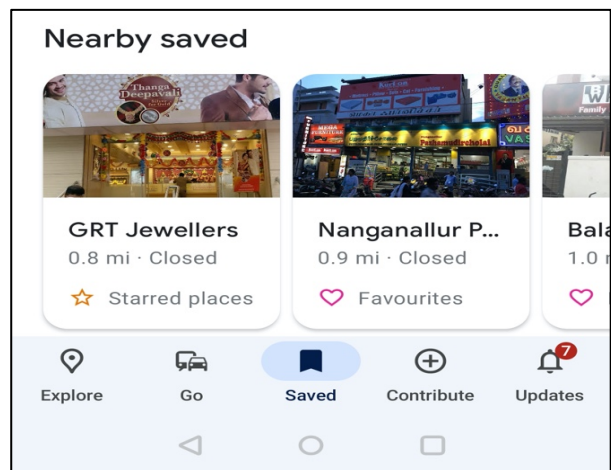
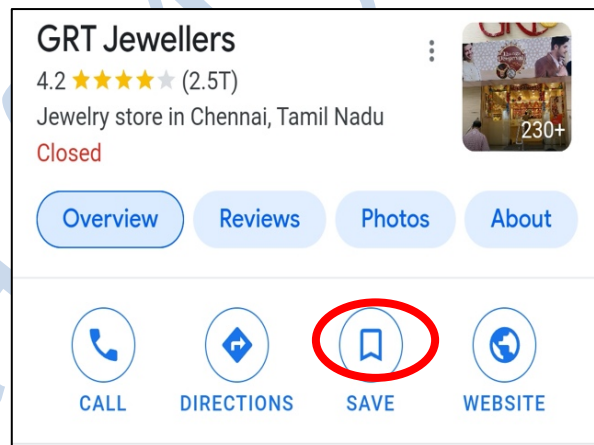
To remember the routes, which we normally forget, open Google Map, when you start your direction navigator just click on 'Pin' option.



That route gets saved in your history! So, no asking to anyone from next time...just go to Google maps and press on 'Go' option at the bottom.



If you are searching for any place on google and looking at the pictures shown on Google you are sure it's the right place, then click on **Save option** provided in the menu and that place gets saved in your Google map collection!! Here it is...



Well, hope these bring breeze of ease. **Use technology and make life easy.**

Mrs. Ekta Raman Kumar
- Editor

SECRETARY'S REPORT

As we kick started with our regular offline activities post pandemic, multiple meetings and activities were conducted to keep the wheel spinning.

Committee Meetings conducted are as follows:

- 1. 08 Jan 2022**
- 2. 09 Feb 2022**
- 3. 17 Feb 2022**
- 4. 11 Mar 2022**
- 5. 11 Apr 2022**

On **28 Jan 2022**, online **farewell** was organized for the outgoing members of CGWWA who have been an integral part of CGWWA.

On **22 Feb 2022**, a Milan was organised to **welcome President Tatrakshika Mrs. Neela Pathania**. It was a fun filled event with songs, dances and skit all performed by Tatrakshikas.

On **28 Feb 2022** and **04 Mar 2022**, a '**Stress Relieving**' workshop was conducted by **Mrs. Neelima Badola, President Tatrakshika (E)**, for Committee members. The workshop included sessions on:

- **Geode Resin Art**
- **Handmade paper**
- **Neurographic Art**

On **04 Mar 2022**, a **Farewell ceremony** was organised for the outgoing members of CGWWA Committee

On **29 Apr 2022**, **coffee evening** was organised by Tatrakshikas of CGAS. The vibrant **Beach Theme** was made even more

special with Floral dresses, exciting games and lip-smacking food.

Before winding up the ongoing CGWWA session, a **visit to ISKCON temple** was arranged on **01 May 2022, for Committee members**. Expressing gratitude for the successful session being concluded and seeking blessing for a great year ahead, all the members had blissful feeling during the visit.

Multiple activities were conducted across the CGWWA Centers, which received overwhelming response from the ladies. These activities included Learning **Tie and Dye technique, Making Saree Bags, Making Cushion Covers, demo on making Dehradun style Suji ka Halwa** and demo on **making healthy summer drinks**.

As part of Welfare activity, a **Workshop on "Stress Management and communication skill building"** by faculties of Brahma Kumaris (worldwide Spiritual Organisation) was conducted.

Also, a **mini garden making competition** was organised, winners of which were selected by President Tatrakshika Mrs. Neela Pathania and felicitated on the day of Milan.

A **group counselling session** was organised for **students of 10th and 12th**, along with parents on 5th Feb 2022, through Google Meet by Saksharta coordinator.

The counselling session was conducted by Dr. T. S. Radhakrishnan, a professional psychotherapist.

As part of **Outreach Activity, Utility packets and refreshment were distributed** to the **Casual Workers** working in the premises of RHQ(E) in the month of Feb. Also, in the month of April

bedsheets were distributed in Annai Anbalaya Old age home.

On the occasion of Women's Day, a **Health Lecture on Vit D and Vit B12** was imparted by **Health Coordinator Dr. Priti Gandhe**. Benefits and importance of both Vitamins were explained to all the ladies.

CGKG Schools at all three centers have now started conducting classes offline, keeping all the safety protocols in place.

CHENNAI

Here's the time waiting for us at the corner, to set the stage for new beginnings. After an eventful session of CGWWA, post the long haul of restrictions, it's the time for reminiscence. Let's walkthrough the activities conducted in Eastern Region.

SURUCHI

ROYAPURAM

An **online demo** was given on **Tie and Dye techniques** by Mrs. Roma Das, on **31 Jan 2022**. During the demo, various tie and dye technique were demonstrated in creative ways with the basic items used in daily life. The creative session was appreciated by one and all present.



On **20 Apr 2022**, a demo was organized at Welfare Centre, on desert making. '**Suji ka Halwa**' in **Dehradun style** was demonstrated by **Mrs. Mamta Panth**. All ladies present during the demo learnt a unique style of preparation of the traditional cuisine.

AYAPPAKKAM

A **demo** on **making Cushion Covers** was given by **Mrs. Pinky Singh**, on **16 Mar 2022**. Simple technique and easily available materials made it very easy for ladies to learn the skill.

MEENAMBAKKAM

A **workshop on saree bag** making was conducted by **Mrs. Santresh**, at the Welfare Centre, on **10 Feb 2022**. Ladies brought along instructed materials at the venue, to have hands-on practice as well. In order to facilitate those, who were unable to come to the venue, the live session was also projected on the online platform with free access.

As part of **Welfare activity**, a workshop on **"Stress Management and communication skill building"** by faculties of **Brahma Kumaris** (Worldwide Spiritual Organisation) was conducted, on **04 Mar 2022**. A large number of ladies participated in the event and appreciated the knowledge shared by the faculty.



To beat the heat of Summer, a **demo** on **making healthy summer drinks** was organised at Welfare Centre, on **26 April 2022**. **Mrs. Kusum** demonstrated how to make various drinks that are advisable for summer season. She used ingredients easily available in our kitchen and maintained the health quotient as well.

SAKSHARTA

A **group counselling session** was organised for **students of 10th and 12th**, along with parents on **05 Feb 2022**,



through Google Meet. The counselling session was conducted by **Dr. T. S. Radhakrishnan**, a professional psychotherapist with over 40 years of expertise in system orientation, education management, personality development, performance enhancement, counselling therapies for individuals and organizations. The session was interactive and open for discussion. A good number of students and parents actively interacted with the counsellor and gained insight. The session was appreciated by all the participants and they thanked Dr. Radhakrishnan for his valuable knowledge sharing and providing answers to their queries.

SANJEEVAN

On the **occasion of Women's Day**, a **Health Lecture on Vit D and Vit B12** was organised and delivered by **Health Coordinator Dr. Priti Gandhe**, on **08 Mar 22**. Benefits and importance of both Vitamins in human body was explained to all the ladies.



SNEHA

As part of **Outreach Activity**, utility packets and refreshment were distributed to the Casual Workers working in the premises of RHQ East, on **25 Feb 2022**.



On **14 Apr 2022**, an **Outreach Activity** was carried out at **Annai Anbalaya Old Age Home**. **Bedsheets were donated** for the residents of the old age home during the visit.

SANSKAR

"Let us remember: One book, one pen, one child and one teacher can change the world." - Malala Yousafzai

MEENAMBAKKAM

Violet day was celebrated on **07 Jan 2022**. Dressed up in violet colour all kids of Pre-kg and LKG participated in **Creativity with Fruit activity**, using banana and grapes; UKG students **made necklace** using purple colour beads and other articles

Pongal – the harvest festival was celebrated at school, on **13 Jan 2022**. Entire school was decorated with thoran and rangolis. While **Pre-kg students** enjoyed the **popcorn stick activity**, **LKG students** shared their **experience about** the festival. Students of **UKG** participated in **Dance Competition on folk songs**.



Diamond shape was celebrated on **21 Jan 2022**. Teachers displayed various diamond shaped objects to identify and learn. **Pre-kg** students also learnt how to **make diamond shape using toothpick and grapes**. **LKG** students has unlimited fun while learning about the shape as they **did kite making activity using penne, fusils and spaghetti**. Our budding chefs of **UKG** learnt about diamond shape by **making sandwiches**.

Republic Day was celebrated at CGKG, on **25 Jan 2022**. Patriotism and learning was going hand-in-hand as students of Pre-kg learnt about the National symbols and freedom fighters. The school was tricolour. To



mark the day so special, **English rhymes competition for Pre-kg, Quiz Competition for LKG and UKG students was conducted.**

Rainbow Colours day was celebrated on **02 Feb 2022**. Decorated with rainbow colours, the school was looking like a beautiful colour palate. **Pre-kg students arranged vegetables and fruits** according to the **rainbow colours**. As part of the activity, **LKG** students did **leaf painting** and **UKG** students made **rainbow using painted rice** and rainbow cut-out.

Basant Panchami was celebrated in CGKG premises on **04 Feb 22**, yellow colour being colour of the day. After learning about the festival all students took blessings of Goddess Saraswati. **Making sunflower with chana dal, name board with the help of dough and stone painting** were the activities making the day special.

The **project day** was held on **7 Feb 2022, for UKG students**. Kids displayed projects based on **"The lifecycle of butterfly"** and **"The water cycle"**. The projects made by kids were thinking out of the box.

After almost two years of long online classes and following the Tamil Nadu Govt orders, **offline classes** at CGKG Meenambakkam resumed from **21 Feb 2022**. School was decorated colourful flowers and balloons.

Cone shape day was celebrated on **25 Feb 2022**. Teacher explained about cone shape to kids. **Pre-kg** students did an activity with cabbage to make a **cone shape salad**. **Road marking** cone was made by **LKG students using radish and carrot**. **UKG**

students made **chappati cone role** filled with peanut butter.

As a part of **general awareness**, children were introduced to **our community helpers on 28 Feb 2022**, whom we meet in our daily life. Children were explained about the importance of these helpers in our life. Pre-kg students were also asked about the roles of these helpers which they replied with fantastic way. All the community helpers were explained to **UKG** kids through **puppet show**. Kids enjoyed the puppet show.

Our school conducted **Annual Exam** for the **Academic Year 2021 – 2022**. Later **PTM** was also conducted in our school. All the students and parents attended the PTM.

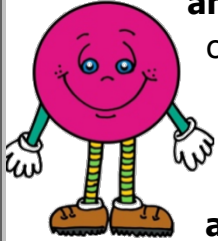


Graduation Day was conducted on **28 Mar 2022**, at CGKG Meenambakkam. All the students and parents joined the ceremony. Chairman of CGKG Meenabakkam, **DIG Ashish Sinha**, graced the occasion as **Chief Guest of the ceremony**. All the students marched down the aisle to get their diploma for completing their preschool experience.

From **16 Mar 2022 to 31 Mar 2022**, **Summer Camp** was held at school premises. Various activities like pot decoration, bug stakes, card making, clay modelling etc were taught to students during the Summer Camp.

On **04 Apr 2022**, LKG mentors conducted an **activity of hand printing** to make **first day** of new session fun filled. Students enjoyed the vibrant colours on their hands and the colourful impression on the chart making beautiful tree with colourful leaves.

On **18 Apr 2022** , **Circle Day** was celebrated for introducing shapes. **Pre-KG** students learnt about circle by **decoration of circle shape objects**. **LKG** students learnt how to draw circle by the **sweet lime impression activity using sweet lime and colours**. Their hands also had



circle shape Lemon impression to make them remember the shape of the day. Students of **UKG** enjoyed the **Paper weight activity using paper mashe**.

On **22 Apr 2022**, our school celebrated '**Story Day**' by inviting a famous **story teller Mrs. Srividya Veer Raghavan** to school. She told different stories to kids ,by singing, voice modulation and action and postures. Kids enjoyed and learnt the moral values imparted through those stories.



On **29 Apr 2022**, **Summer party** was organized to introduce **Yellow colour** and **Summer Season**. Classes were decorated with yellow objects and various activities were conducted for all classes. While

LKG students were engaged into **clay moulding activity making honey bee**, **UKG** students found **corn activity** very interesting and exciting. To celebrate Summer season, the school arranged summer decorations like balloons, beach decorations and water games. Kids brought different fruits to **make fruit salad** and enjoyed the delicacy. Students were encouraged to eat seasonal fruits to gain good health and immunity during summers. At the end of the party kids were explained not to waste.

ROYAPURAM

Road safety activity was conducted on **07 Jan 22**. The main objective of this activity

was to explain the students about the **traffic light and other signs**. Teachers also explained the purpose of **zebra crossing**. Teachers explained this activity using placards and related videos to make learning more effective.



The **Harvest Festival Pongal** was celebrated on **14 Jan 2022**. Teachers explained students the importance of this festival as thanks giving festival to 'Sun God'. Pongal is also called as Harvest festival, Makarsankranti, As a part of the celebration a '**Display board**' was decorated at CGKG Roaypuram.

Republic Day was celebrated on **26 Jan 2022**. To make this day special and memorable one an activity based on this day was planned and executed by the respective class teachers. Related video of the same was sent to the parents and the teachers requested parents to assist the child when doing this activity. The response from the parents was remarkable.

English Recitation event was conducted on **31 Jan 2022**. All the kids participated enthusiastically and recited the rhymes with related props. The performance the kids was applaudable.



Hindi Recitation was conducted for the kids of **UKG**, on **11 Feb 2022**. All the kids participated enthusiastically with related props, as per the rhymes the kids have chosen.

The school was **re-opened** on **21 Feb 2022**, after a gap of two years. Students received a warm and joyous welcome by their teachers and enjoyed the activities planned for the day.

MOGAPPAIR

Colours and shape activity was conducted on **25 Feb 2022**, at CGKG Royapuram for the students of **LKG**. Colourful shapes on display board were perfect blend of fun and learning. LKG students carried placards made out of different shapes and colours, to participate in the activity.

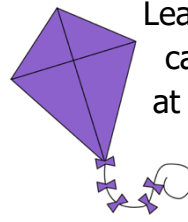
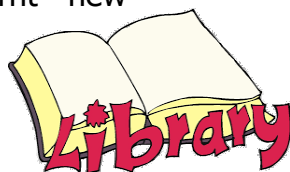
To celebrate the milestone and congratulate of our UKG children, '**Graduation Day**' and '**Titile Winning Award**' was celebrated on **23 Mar 2022**. All-rounder, Best Student and Maximum Attendance was awarded to the children of LKG & UKG. The occasion was graced by **President**



Tatrakshika (East) Mrs. Neelima Badola as **Chief Guest**, accompanied by Chairman CGKG Royapuram DIG Jayant Angore and Education coordinator CGKG Royapuram Mrs. Vibha Angore. Students presented cultural program which was followed by **felicitation ceremony by Chief Guest**.

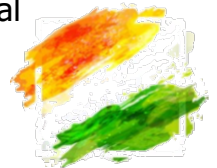
New Academic Year for session 2022-23 started on **04 Apr 2022**. The students were given a warm welcome by the teachers of CCGKG Royapuram. Season corner was decorated inside the classroom and the teachers explained the concept of season corner.

Libraries are gateways to knowledge and culture. **Library day** was celebrated at CGKG Royapuram on **13 Apr 2022**. The students of UKG learnt new words and enjoyed the picture story telling activity.



Learning of shapes and colours were carried out in an exciting manner at CGKG Mogappair. **Violet day** was celebrated on **7 Jan 2022**, to familiarize students with the specific colour. Also, in the month of January **Diamond shape** was introduced to all the students. Apart from explanation by teachers, various activities were planned for hands-on learning. **Pre-kg** students **made kites**, while **LKG** students **enjoyed making colourful fishes**. **UKG** students used **ice-cream sticks** to make their favourite **kite**.

Theme of the month being **Festivals**, students were explained about **National and Religious festivals**. Students were also asked to draw National Flag, National Flower and favourite festival in their notebook as part of learning.



CGKG celebrated **Pongal festival** through online mode, on **12 Jan 2022** in the presence of Mrs. Sunitha by sending videos to the children and make them aware of this joyful festival.

February began with **introduction to heart shape and colours of rainbow**. On **03 Feb 2022**, to teach about different colours of rainbow a **group activity – VIBGYOR** was conducted for all students.



Animals and Birds was introduced as the **theme** for the month of **February**. Various **sounds made** by them and **shelters** they live in were thoroughly explained to the students. Teachers asked them **to draw Wild animals, Pet animals and Aquatic Animals** in their notebooks.

Post official orders, **CGKG Mogappair** reopened on **21 Feb 2022**, after a long gap of two years. Kids were very excited and so were teachers having campus lively again with children around.



On **07 Mar 2022**, **CGKG** celebrated **Graduation Day** for **UKG** students. **Mrs. Chaitnaya Shyam Kumar**, the education coordinator of CGKG Mogappair was invited as the **Chief Guest** of the ceremony. She distributed the **Trophies and Certificates** to all the students of **UKG**.

Health Club Activity was organized for all students of CGKG, on **11 Mar 2022**. Students were extremely excited to make '**Chaat**' (**Bhelpuri**), that includes healthy food items in it as cucumber, radish, onion, tomato, peanuts.

The **final term assessment** was conducted through **offline mode**, commencing from **14 Mar 2022**. All kids performed well in the exams. School closed for the academic 2021-2022 post completion of exams.



On reopening after session break, **Circle shape** was introduced in all classes. Adding a new colour to the colour palate of students, **Yellow colour day** was celebrated on **12 Apr 2022**. The colour and shape concepts were blended in activities for all classes as **Pre-kg students palm print, foot print and free hand yellow circle printing**. **LKG** students made **yellow colour birds using circle shape**, while **UKG** students enjoyed **caterpillar making** activity.

Myself and Parts of the body introduced as a **theme** of the month. Different parts of the body were explained to the kids and teachers asked them to colour body parts in their notebook.

CGKG celebrated **Summer Party** on **27 Apr 2022** having students dressed in simple cotton wear with goggles and hat. Children brought along with them snacks for Summer Party like cucumber, boiled corns, watermelon and bread butter jam.

School closed on **30 Apr 2022** for **Summer Vacation**. Holiday Homework given for all the classes.

"The beautiful thing about learning is that no one can take it away from you" – B. B. King



CGDHO-6(VISHAKHAPATNAM)

VISHAKHAPATNAM

SURUCHI

On **20 Feb 22**, Mrs. Neelima Badola, President Tatrakshika (East), visited Visakhapatnam. During the visit, **Bhumi Pujan of Multilevel parking** site was carried out by President Tatrakshika (East). The event was attended by all the Tatrakshikas of Visakhapatnam.

On **21 Feb 22**, Mrs. Neela Pathania, President Tatrakshika visited Visakhapatnam, as part of her **maiden visit**. During visit, **Arena Park was inaugurated** by the President Tatrakshika.

The inauguration ceremony was attended by Mrs. Mohita Pathak, President Tatrakshika (North East); Mrs Neelima Badola, President Tatrakshika (East) and all the Tatrakshikas of Visakhapatnam.

On the occasion of **International Women's day**, a special coffee morning was organised on **08 Mar 22**. In addition to the event, **Meritorious Awards** for CG wards were awarded by Mrs. Mridhula Vijay, President Tatrakshika (Vishakhapatnam). The event was attended by CGWWA ladies and achievers along with their parents.



CGDHQ - 13 (PUDUCHERRY)

PUDUCHERRY & KARAIKAL

SURUCHI

President Tatrakshika (East) Mrs. Neelima Badola, **visited ICGS Karaikal** on **05 Apr 22**. **CGWWA Milan** was organized by Tatrakshika Karaikal to welcome Mrs. Neelima Badola. On arrival President Tatrakshika (East) was welcomed by Mrs B.A Deva Malar, President Tatrakshika (Karaikal), along with all CGWWA members. The event commenced with lamp lighting by Mrs. Neelima Badola, followed by a welcome speech by Mrs. Neena Sunil. President Tatrakshika (East) shared her valuable thoughts with CGWWA members and interacted with one and all present. She appreciated all the participants and extended her best wishes.



CGDHQ - 16

ICGS TUTICORIN

SURUCHI

Milan and Farewell of outgoing CGWWA member was organised on **03 Mar 22**, at Coast Guard Residential Area, Tuticorin. Mrs Savita Sharma, President Tatrakshika (Tuticorin) chaired the meeting. The outgoing CGWWA members received token of love and gratitude from Mrs. Savita Sharma.

International Women's Day was celebrated on **08 Mar 22** at Family Welfare Centre, Coast Guard Residential Area, Tuticorin. The event commenced with Cake Cutting Ceremony by President Tatrakshika (Tuticorin) along with all the CGWWA members. Women's Day celebration included **Talent Show** by the Tatrakshikas. Token of achievement and appreciation were given to all the participants who enthusiastically showcased their talent during the celebration.



CGS MANDAPAM

SURUCHI

Coffee evening combined with welcome of new CGWWA members was organized on **28 Feb 22**. All the new CGWWA members were presented welcome bouquet by President Tatrakshika (Mandapam).

The **celebration of Mahashivratri** was organized on **01 Mar 22** and all CGWWA members actively participated in the event.

Coffee evening was organized on **07 Mar 22**. New members were also welcomed by President Tatrakshika (Mandapam).

distributed by CGWWA President to the most active participants.

On 12 Mar 22, Rang Barse event on the occasion of Holi was organized for CGWWA members. Various games for kids and ladies were organized, adding fun to the festive excitement. Gifts were



Life...

Life is a teacher, learn from it,

Life is partner, respect it

Life is a friend, enjoy every bit of it

Life is leader, listen to it

Life is an examiner, be patient with it

Life is beloved, learn to love it

Life is magician, be aware of the tricks

Life is musician, dance to the tunes

Life is artist, appreciate the colours

Life is battlefield, be your saviour

Life is mirror, have courage to face it

...coz only when we see the blemishes

We learn to ace it!

-From Ekta Raman Kumar (Editor)