

TATRAKSHIKA SANDESH



NORTH WEST REGION

Jan – Apr 2022

Editor's Desk



Dear Readers,

The year 2021 was very eventful for the Tatrakshikas as it taught us to transition through a pandemic and navigate through it despite the adverse complications. We did not just survive the pandemic, we thrived. The online activities were conducted when the situation called for and offline activities were conducted when the situation permitted.

If the last year is to be considered as an examination we can confidently say that we Tatrakshikas have passed with flying colors. Digitalization became the new normal. It was gratifying to see how the activities were tailor made keeping in mind the current scenario.

The month of March-April has always been associated with annual examinations. As we grew, these annual examinations were replaced with annual appraisals that offer us a chance not just to evaluate the work we have done, but also provides us with an opportunity to set goals for the year ahead.

After the annual exam, comes the much-awaited summer vacation, which helps not only the children but also parents to enjoy the simple pleasures of life. It gives time to connect with friends and visit hometown whenever possible. We can simply rejuvenate ourselves enjoying the seasonal treats by showing kindness to people around.

Following the vacation, the next academic session is always a higher class/standard. We grow as we learn and the lessons learnt in previous year are dealt in more detail in next session. Some of the life lessons teach us to become more empathetic and adaptable and this marks the beginning of challenges in life.

In the journey of life, along with challenges we will get ample opportunity to learn and when we support each other, we grow as individuals and develop as a society. This newsletter summarizes the activities conducted in past few months, and with this edition let us take a break, as we await to catch up everyone post a short summer vacation.

RHQ (North West), GANDHINAGAR

SECRETARY'S REPORT

Resuming CGWWA activities. The periodic reoccurrence of Covid-19 Pandemic and related restrictions severely limited the number of activities/meetings that could be conducted. However, the physical activities were resumed recently as per the directives received.

CGWWA Meet. A meeting with all the Tatrakshikas of Gandhinagar was organized on 03 Mar to prepare for the Special CGWWA MILAN. An outline of the cultural program was discussed and duties were allocated to members to ensure seamless coordination.

CGWWA MILAN. A Special Milan to welcome Mrs. Neela Pathania, President Tatrakshika was organized on 09 Mar. The Theme of the event was "Satrangi". Various games, demonstration, raffle and cultural programs were organized to make the morning lively and entertaining. President Tatrakshika interacted with ladies, followed by refreshment and group photography.

Coffee Morning. A coffee morning followed by farewell lunch was organized on 31 Mar for the outgoing committee members of team Gandhinagar. The efforts and contribution of the outgoing members were appreciated and farewell gifts were presented.

SURUCHI (WELFARE)

(a) **Best out of Waste.** An online demonstration cum workshop on utilizing waste items was conducted on 27 Feb by Mrs. Manjusha Mahadik. The demonstration included painting on waste bottle/other glass items.

(b) **Cake Baking Demonstration.** An online demonstration cum workshop on cake baking was organized on 05 April by Mrs. Hina Gajjar a certified baker at Gandhinagar. The event showcased variety of cakes with twist of various flavors and eye-catching icing.

(c) **Presentation on Kitchen Gardening.** A presentation on kitchen gardening was given by Mr. Anwar Ali, Asst Director of Horticulture, Gujarat on 09 Mar wherein valuable information on how a kitchen garden may be created and it's benefits who shared.

SANJEEVAN (HEALTH)

(a) **Lecture on Food & Asanas for liver detox.** An online lecture & presentation on best food & asanas for liver detox was conducted on 28 Feb which illustrated ways to keep liver healthy by consuming specific food and performing certain yoga asanas regularly.

(b) **Lecture on Bone Density.** A lecture was delivered by Surg Lt Cdr Kamlesh B on 05 April on importance of bone health and the lecture was followed by bone density test. A total of 40 ladies were tested for bone density and based on reports ladies were asked to take supplements of calcium and vitamin D and were advised for regular follow ups in future.

SAKSHARTA (LITERACY)

(a) **Essay Competition.** An essay writing competition was organized on 07 Jan, for the children of Coast Guard personnel. Topics were assigned group wise and evaluated. Best essay in each group was selected and prizes were awarded to the winners.

(b) **Online session on importance of financial savings.** An online session was conducted on 24 Feb on importance of saving money by Mr. Sunil Kumar- Senior Manager faculty at staff training center from Union Bank of India. The session was very interactive and benefitted the ladies overall.

SNEHA (OUTREACH)

Outreach Activity for Casual Labours. As it is said, charity begins at home, an outreach activity to help and assist the casual labours was organized on 22 Feb in which pressure cookers were presented followed by music & light refreshments.

DHQ -1, PORBANDAR

SURUCHI (WELFARE)

(a) **Demo on making Immunity booster drink.** Mrs. Aprajita Singh demonstrated the process of making "Homemade Immunity Booster Drink" on 21 Jan and the live demonstration was recorded and shared through Google drive for future reference.

(b) **Demo on Make up tips.** Another online live demonstration on "Party Make up-easy Tips and tricks" was conducted on 18 Feb. The demonstration was recorded and the video was shared with Tatrakshikas of Porbandar through Google drive.

(c) **Farewell to CGWWA members.** The committee members gathered to bid farewell to members who were moving on permanent transfer on 03 Mar. The members were thanked for their wholehearted participation and presented with farewell gifts as a token of remembrance.

(d) **Coffee Morning.** A special coffee morning during the visit of Mrs. Neela Pathania, President Tatrakshika was organized on 08 March with "Retro Theme" and it included various games, demonstration and cultural programme that was enjoyed by all.

(e) **Demo on making Wall Hanging.** An interactive demonstration on "Easy Macramé Wall Hanging" was conducted on 22 March by the welfare team.

(f) **CGWWA MILAN.** A Tatrakshika Milan was conducted on 05 April with the theme "Pusph Ki Abhilasha" with floral dress code. Lectures & Games were conducted followed by refreshments.

SANJEEVAN (HEALTH)

Lecture on women issues and pre delivery care. A lecture with power point presentation by a leading Gynecologist, Dr Paras Majithia (MBBS, MS - Obstetrics and Gynecologist) was

held on 05 April in which various health issues concerning women and pre delivery care was covered.

SAKSHARTA (LITERACY)

Presentation on Teacher Training Courses. A Presentation on "Teacher Training Courses" was given on 24 Mar by Mrs. Amrit Mann. The lecture included information about various nursery and pre-primary professional courses for aspiring teachers.

SNEHA (OUTREACH)

Visit to Shri Bhartiya Pragna chakshu Gurukul. As a part of outreach activity a visit to Shri Bhartiya Pragna chakshu Gurukul (Education center for the Blind), Porbandar, was coordinated by outreach team on 21 Mar. The Tatrakshikas interacted with the students and daily essentials like soaps, toothbrush, paste etc. were distributed.

SANSKAR (EDUCATION)

CGKG School

(a) In the month of January various online activities were undertaken by the school for the children such as Lohri, Makar Sankranti Basant Panchami Celebrations and Republic Day Celebration.

(b) In the month of February activities such as Rhymes Olympiad, thread painting, flower picture pasting, Spring season drawing were undertaken.

(c) The Annual exams were conducted between 08 Mar to 16 Mar. A special function was held on 22 March to award prizes to winners for various competitions conducted throughout the academic session.

(d) CGKG School reopened on 04 April for the academic session 2022-23. Sweets and balloons were distributed to children and orientation program was held for parents.

(e) President Tatrakshika Mrs. Neela Pathania visited CGKG School on 17 April and had an interaction with teachers and students.

DHQ-15, OKHA

SURUCHI (WELFARE)

(a) **Dance Classes for children.** For children in the age group of 05-15 years a dance class was organized from 15 Dec to 07 Jan in which the children were taught free style Bollywood dance steps by the instructor.

(b) **Farewell to CGWWA members.** To bid adieu to outgoing members and felicitate committee members, a "Milan" was organized on 03 April in which a short movie was screened and games were organized. The event ended with felicitating the winners and a sumptuous lunch.

(c) **Coffee Morning.** A coffee morning with "western theme" was organized to bid adieu to outgoing members on 10 April at CGOM. Various games were conducted and farewell gifts were presented during the event.

SANJEEVAN (HEALTH)

(a) **Lecture on 'Female health care & hygiene'.** An online health awareness lecture by station medical officer on 'Female health care & hygiene' was organized on 22 Feb. The lecture focused on creating awareness on women's health issues and the methods of prevention.

(b) **Lecture on Gender Abuse.** On the occasion of International Women's day on 08 Mar, a lecture on "Gender Abuse" was delivered by Mrs. Momita Raj. The lecture sensitized the gathering with a demonstration of good touch and bad touch.

SAKSHARTA (EDUCATION)

Debate Competition. An online debate competition on the topic "Women Empowerment" was organized on 13 Jan. The

ladies were encouraged to upload a video expressing their views on the topic. The objective behind this activity was to encourage ladies to give voice to their thoughts and exchange views with one another. Winners were selected on the basis of content as well as presentation. Prizes were subsequently distributed.

SNEHA (OUTREACH)

Outreach Activity for Casual Labours. An event to distribute Items of household utility among the casual labours was organized on 13 Mar.

ICGS JAKHAU

SURUCHI (WELFARE)

(a) **Demo on make-up.** An interactive demonstration on simple make-up was conducted by Mrs. Santosh Menka on 03 Jan.

(b) **Demo on Saree Draping.** As an extension of previous month's activity, a demonstration on various styles of saree draping was conducted on 10 Feb.

(c) **Cake Baking Demo.** A session on cake baking was conducted on 22 April by our very own Tatrakshikas, who showed the process of making Chocolate truffle and Black forest cake.

ICGS VADINAR

SURUCHI (WELFARE)

(a) **CGWWA MILAN.** A Milan for the Tatrakshikas moving on permanent transfer was organized on 04 April at family welfare Centre. Mementos were presented to members as a token of remembrance.

(b) **Coffee Morning.** A coffee morning was organized on 07 April to bid Adieu to Mrs. Nishi Nihariya, on retirement of spouse. The members proceeding on permanent transfer were also given farewell. Mementos

were presented as a token of remembrance to all. The event was followed by songs and poems session.

CGKG School

(a) Various online activities were undertaken by the school for the children such as Makar Sankranti Celebrations, Kite making and Republic Day Celebrations in the month of January.

(b) School was reopened in the month of April and children cherished the come back and enjoyed the first day with teachers and friends.

ICGS PIPAVAV

SURUCHI (WELFARE)

Demo on Vase making. An online demonstration on making flower Vase from disposable paper glass was conducted on 21 Feb. The video of the demonstration was recorded and shared in WhatsApp group.

SANJEEVAN (HEALTH)

Lecture on COVID Variants. An online lecture was organized on 28 Jan in which station medical officer explained about new variants of COVID virus & precautions to be taken to remain safe & healthy.

SNEHA (OUTREACH)

Visit to underprivileged families. On 05 April an outreach activity was conducted by Tatrakshikas of Pipavav at Hindorna Chowk, Rajula to support under privileged families.

ICGS VERAVAL

SURUCHI (WELFARE)

CGWWA Meet. A meeting to welcome the ladies who had newly joined the station was conducted on 21 Mar.

SANJEEVAN (HEALTH)

Lecture on STD. A medical lecture on prevention of sexually transmitted diseases was conducted by Surg Lt. Ankit Kalia on 16 Mar. The lecture was very informative and benefitted the ladies.

ICGS MUNDRA

SURUCHI (WELFARE)

Coffee Morning. A special Coffee Morning was organized on 19 Feb, during visit of Mrs. Kavita Harbola, Regional President. Interaction followed by games was conducted for all members.

SANJEEVAN (HEALTH)

Lecture on Breast Cancer Awareness. An online lecture was delivered by Surg Lt Cdr Kailash B on 10 Feb, on "Breast Cancer Symptoms, Awareness and prevention". The Medical Officer through a power point presentation appraised and discussed about symptoms and preventive measures to be undertaken in relation to Breast Cancer.

SAKSHARTA (LITERACY)

Lecture on Digital Payments. An online lecture on digital payments, its advantages as well as the precautions to be taken while carrying out digital transaction was conducted on 22 Jan by the Saksharta Team.

SNEHA (OUTREACH)

COVID assistance to Casual Labours. An outreach activity to provide Covid assistance to casual labours was organized on 19 Feb and masks, sanitizers etc were distributed.