

TATRAKSHIKA SANDESH (WEST)

JAN 2022 – APR 2022



SANDESH

DHQ-2, MAHARASHTRA



MUMBAI

SECRETARY REPORT

CGWWA (West) continued a few of its activities and meetings virtually due to the extended restrictions of the ongoing Pandemic. Online Meetings were conducted to bid farewell to outgoing CGWWA committee members.

Committee Meetings & Farewell

Monthly committee meetings on 10 Jan 22, 02 Feb 22, 08 Mar 22 and 19 Apr 22, were held via online mode. In the said meetings, all updates of ongoing and upcoming activities were discussed by the President and respective CGWWA coordinators.

On 02 Feb 22 and 08 Mar 22, outgoing committee members were given farewell in the meeting. Consequent to relaxation by Central & State Governments, CGWWA activities were resumed in physical mode duly adhering to norms as promulgated. A get-together was organised in RHQ ward room, Worli for outgoing members on 31 Mar 22.

Tatrakshika Milan

With the resumption of physical mode of activities, Tatrakshika Milan was organised on 12 Apr 22 at Multipurpose Hall RHQ, Worli. The said

Milan was hosted by the ladies of the units CGSD(MBI), RHQ(W), DHQ-2, CGPRT, CGRPT, CGAIS and CGAS (842 Sqn). Many ladies attended the event and participated in various games with great enthusiasm. Encasement of regional dresses and a dance performance were the main attractions of this event.

Subsequently, a demo on "Own Grown- Kitchen Gardening and Composting" by



Mrs Saraswati Kuwalekar, Director, News, All India Radio, Mumba was conducted. Raffle prizes were drawn based on unique ideas. Prizes were distributed to the winners. Later, Mrs Sayali Vaidya, Vice-president, CGWWA (West) gave a short speech to everyone. The program ended with Vote of Thanks by Mrs Alka Makwana followed by lunch.

SURUCHI

An interactive session on the legal aspects was given by Regional law officer Comdt Neena Prabhakar on 25 Jan 22. Session was conducted through Google meet, where-in various



nomination forms to be filled and registered was told and she also threw light on various insurance

policies CG personnel can avail.

A power point presentation on social skills and graces was conducted through online mode on 25 Feb 22 by Mrs Riga Kumar Asst. Professor in Indian Naval Academy, Ezhimala. During her session she conveyed the tradition, etiquette and customs to be followed by a CG lady as a mark of respect to our extended family.

On 25 Mar 22, First offline welfare activity of the year was conducted in Powai Welfare Centre. A demonstration on mud painting was done by Mrs Sushma Rane an expert in this field. The activity also included a healthy juices competition to beat the summer. A lot of innovative healthy juices were made and best entries were given prizes. Later, Vice president interacted with the ladies and along with committee members visited CGWWA beauty parlour too.

Art for kids of age group 05-12yrs started in Powai welfare centre. Beauty parlour resumed its functioning in Mar 22 post COVID-19.

On 12 Apr 22, a demonstration on compost making from kitchen waste



was done by Ms Saraswati Kuwalekar a pioneer in this field and runs firm 'own grown' since a few years. Also easy methods to grow highly nutritious micrograms in kitchen itself were informed.

SAKSHARTA

On 28 Feb 22 online career guidance webinar on the topic 'Choose Your Own Path' was arranged for students from VIII to XII by Ms Neepa Shah, senior counsellor and centre head at PACE IIT & Medical institute. Parents and students were requested to attend this event to avail maximum benefit from the session. Feedback from students and parents for the webinar was amazingly good.



SANSKAR

In the month of Jan 22 Picture Pasting, Paper craft, Paper Sticking, Spring Season drawing and colouring, writing activity, Kite Making, English Recitation, Republic day celebrations were conducted.

Fee for the last quarter was collected from 10 to 12 Jan 22 and PTM was conducted on the same days.

Admission process for the Academic Year 2022-23 was started w.e.f. 24 Jan 22. New admission process of selected children started from 21 Feb 22.

Activities such as Fork Painting, Paper craft, Thread Painting, flower Making, Spray Painting were conducted for the children in the month of Feb 22

Graduation Day was celebrated from 02-04 May 22 for UKG, Nursery and LKG classes respectively. Appreciation for tiny tots along with Certificate, Medal and Chocolates were awarded on the result day. In addition to appreciation

certificate and medals, the school also distributed a class photograph for all students on the Graduation day.

Further, school was re-opened for offline classes on 11 Apr 22 after two years. Orientation Program/ Parents Meeting was conducted from 06 Apr 22 to provide information/instructions for sending their wards to school for offline mode to both upgraded students and newly admitted students. Summer vacation starts from 03 May 22 to 20 Jun 22

SANJEEVAN

On 17 Jan 22, Sanjeevan organized an online session on "Oral hygiene" by Dr. Nidhi Tiwari a dentist by profession. The dentist mentioned about the various facets of our dental care and healthy oral hygiene habits to be kept in mind.

SURAKSHA

A sum of ₹ 10,000 was disbursed as ex gratia amount on 18 April 2022 to the family of late, BS Gupte, EF-I, 09117-W.

SNEHA

On 04 Apr 22 outreach activity to visit 'Bal Asha- House of Hope' was conducted. Mrs Nidhi Bargotra, Tatrakshika President (WS) and committee members, CGWWA (W) were present in the activity. Bal Asha offers a safe home for marginalized children up to 12 years of age who are orphans or had been abandoned or are children of unwed mothers or rescued from

begging, etc. and a few young women in need of care and protection. It also gives shelter to minor girls fleeing from social distress.

SANCHAR



Newsletter format and details regarding newsletter was shared with all the stations. Further, the details were collected and formatted to produce this 'Sandesh West Apr 22', that is now in your hand.

ICGS RATNAGIRI

SURUCHI

Coffee morning was organised on 28 Jan 2022 to bid farewell to Mrs Sidhu on retirement of officer. All CGWWA members at station were present for the event.

ICGS DAHANU

SECRETARY REPORT

Monthly CGWWA meeting was held on 24 Mar 22 in presence of CGWWA president, Dahanu and all CGWWA members.

SURUCHI

10TH RAISING DAY of the ICGS Dahanu was celebrated on 22 Mar 22. Diya Lighting Ceremony by CGWWA President Dahanu, Cake cutting were conducted. Essay writing & Dance competition were conducted.

SANJEEVAN

Lecture on General hygiene and Breast Cancer awareness was conducted by Medical Officer from ICGAS Daman on 24 Mar 22.



DHQ-11, GOA



Goa

SECRETARY REPORT

CGWWA Milan with the theme 'Floral' was organised at Welfare centre TRV Chicolna on 12 Mar 22. Members joined the event in floral sary and a number of games were played. The Spring Queen was crowned followed by raffle and a sumptuous brunch.

SURUCHI

Team Suruchi organized an online competition on tricolour vegetable jewellery making on the theme, Republic Day in the month of Jan 22. Ladies actively participated and showcased their talent. Further, prizes were distributed to the winners.

In the month of Feb 22, a few quick and easy recipes were shared by Mrs. Manpreet Kaur and Mrs. Rehmat

Shabeer. Mrs. Manpreet shared the recipe of easy muffin making at home while Mrs. Rehmat shared the recipe of dessert named Allah ka Basan. Presentation of the dishes was appreciated by all.

In the month of Mar 22, team Suruchi organized a demo on Herbal colour making at home with kitchen and kitchen garden items. Demo was given by Mrs. Mala Dhar. It was very useful and appreciated by all

In the month of Apr 22, a demo on 'Beautiful Flower making at home' was given by Mrs. Ayesha Mehra. Ladies learned about of variety of flowers and bouquet making.

SANJEEVAN

A medical lecture on pre-menopause and menopause was conducted for the ladies on 07 Feb 2022 via digital platform.



As a part of continuous fight against Diseases, a medical camp for Eye check-up, Body Mass Index (BMI) and screening of Metabolic Syndrome for ladies was organized on 22 Apr 22 by Team Sanjeevan on 22 Apr 22 at Welfare centre, Tatrakshak Vihar, Chicolna, Goa.

SAKSHARTA

A workshop was conducted for children of CGKG School, Goa by team saksharta in the month of Apr 22 at CGKG School. In the workshop, a yoga session was held for school children. All children were given interesting flash cards and asked to speak freely. This activity has helped kids to bring out their thoughts in a forum and helped in build-up confidence in tiny tots.

SANSKAR

The CG School was closed in the period of pandemic. The school has now reopened for the new session from the first week of Apr 2022.

SNEHA

The outreach team of CGWWA, Goa has undertaken visit of Old age home at Bogmalo, Goa on 22 Mar 22 to help suitably in terms of ration, clothes and interaction with compassion and empathy towards aged people. They all were very happy and interacted joyously with the team. The old age home has strength of 70 men and women aging between 70 to 85 yrs.



DHQ-3, KARNATAKA



NEW MANGALORE

SECRETARY REPORT

A CGWWA Milan was organised on 04 Mar 22 by ladies of CGWWA, ICGS New Mangalore and under Command at CGWWA Centre, Kunjathbail. The meeting was chaired by Mrs Anuradha Mishra District Vice President Tatrakshika, New Mangalore.

A Milan for interaction with Mrs Nidhi Bargotra, Tatrakshika President (Western Seaboard) was conducted on 28 Apr 22 at CGWWA Centre, Kunjathbail. A few songs were also sung by the CGWWA members.

SURUCHI

A Coffee Evening was arranged at CGAE New Mangalore on 11 Apr 22, A total of 12 ladies attended the fun filled evening and enjoyed games like "Pin the Hole" 'let's Hinglish' and 'Treasure hunt'. Theme of the evening was Denims.

A visit to the upcoming accommodation and CGOM site at Bajpe, Mangalore was also arranged. Everyone appreciated the project and share their valuable feedbacks.

SANJEEVAN

Bone density check-up for women above 40 yrs of age was organised at KMC hospital on 03 Mar 22 by CGWWA Health team, New Mangalore.



DHQ-4, KERALA



KOCHI

SECRETARY REPORT

On 30 Mar 22, a committee meeting was conducted and it was chaired by Mrs. Dorathy, President CGWWA Kochi & Mahe to discuss various activities post covid protocol relaxations, which was dovetailed with farewell of an outgoing committee member.

As a part of Milan, traditional Indian New Year, with the theme 'दोस्ती का हाथ नव वर्ष के साथ' was celebrated by all Tatrakshikas on 13 Apr 22 in all its traditional grandeur. The Milan concluded with a rich cultural exchange.

SURUCHI

On 18 Mar 22, a photography competition was scheduled for

celebrating 'Rango ka Tyohaar'. Participants captured various moods and colours of holi.

Self-grooming activity was conducted on 04 Apr 22 as part of the welfare activity with a theme 'A beautiful mind in a beautiful body'. Various tips on regarding presenting ourselves in the society were shared.

Beautiful faces
are everywhere but beautiful
minds are hard to find.

On 08 Apr 22, a coffee evening with theme 'Hello Summer' was organised by CGDHQ-4. The opportunity was taken to welcome all the ladies to CGWWA Kochi & Mahe fraternity with sumptuous fun & frolic along with explicit delicacies.

On 12 Apr 22, an age-old art form, Warli painting demo was organised for the Tatrakshikas. The intricacies of the art form were displayed to the audience.

SNEHA

On 24 Jan 22, CGWWA team visited an NGO, Sree Narayana Sevika Samajam at Aluva. All essential food items, ration were distributed as an act of charity during pandemic to the old age home and orphanage.

On 13 Apr 22, as part of the outreach activity dry ration and

toiletries were distributed amongst the under privileged.

ICGS BEYPORE

SECRETARY REPORT

Tatrakshika Milan for CGWWA

Members of ICGS Bepore was conducted on 23 Feb 22.

SURUCHI

Family picnic to MM giri park, Kozhikode was conducted for family members on 19 Feb 22. The events included games for children and spouses.

ICGS KOCHI

SANJEEVAN

A fitness based interactive session with Unnati Kshati (Gym Instructor & Dietician, Squat 360 Fitness, Thoppumpady) was conducted on 25 Apr 22. The guest shared tips on healthy and happy living diet, relax exercise etc. The motivational facts inspired the attendees of the event. Further, the guest was felicitated with a small token of appreciation.

SAKSHARTHA

A Painting competition on the theme "Restart Life - Back to School" for the children of age group



6-14 was conducted on 28 Apr 22. A total of 27 children participated. First and Second prizes were distributed to Winners and participation prize was distributed to all the participants.

ICGS VIZHINJAM

SANJEEVAN

A Medical lecture on "Healthy living & Life Style Disorder" was conducted on 25 Apr 22. Various life style habits and their effects, healthy food and exercise tips were shared during the lecture.



DHQ-12: LAKSHADWEEP AND MINICOY ISLANDS



ICGS MINICOY

SURUCHI

A site seeing tour for the families of ship's company staying at this island was conducted on 04 Jan 22. All participating ladies enjoyed the Thondi beach site and water games including snorkelling in the lagoon water.



ICGAS DAMAN



SECRETARY REPORT

Mrs Preeti Bajpai assumed duties of President Tatrakshika on 17 Mar 22. A small welcome gift was presented to President Tatrakshika on her arrival by Tatrakshikas.

A fun filled Milan was organized for all Tatrakshikas of Daman on theme "**Earth**" on 19 Apr 2022. An informative presentation on "Google family network", how to track child using same App was given by Mrs Nadira Kalingal. To foster bonding and healthy competitive spirit, various interesting games were organized followed by lunch.

SURUCHI

Welfare committee shared a video demonstration on the subject "How to color pictures" on 30 Jan 22. The video was prepared by Tatrakshika member Mrs Geeta Singh and was shared with all the ladies.

A small token of love was presented on 31 Jan 22 by team Tatrakshika Daman to Mrs Sunita Singh W/o N Singh, P/Adh and Mrs Kamlesh W/o Vijay Singh, Adh on retirement from Coast Guard. On 01 Apr 22 to Mrs Sunita Singh W/o M Singh, P/Adh was presented a gift on their superannuation from Coast Guard by team Tatrakshika.

A small token of love was presented on 04 Feb 22 to Mrs Payal Singh W/o Comdt(JG) Rohitash Kumar on their transfer from Daman by President Tatrakshika. The Tatrakshikas 'bid adieu' to Mrs Aarti Bharatriya, President Tatrakshika Daman with a token of love on 16 Mar 22.

Welfare committee shared a video on 16 Feb 22 titled "**Table setting and etiquettes**" by Comdt (JG) Priyanka Tyagi. The video depicted the basic table manners, using napkins, glassware and dinnerware.



Welfare committee organized an event on "**Best out of Waste**" using newspaper, fevicol and colors. The event started by welcoming Mrs Preeti Bajpai by presenting a planter on 01 Apr 22. Mrs Alka Tripathi and Mrs Prakash Shah from CGPS Daman gave a live demo of making pots, flowers and other decorative items at Umang.

A five day Yoga workshop was organized on 04 Apr 22 at Umang under the supervision of Yoga instructor Mrs Lakshmi. Tatrakshikas learned and practiced various yogasanas and meditation for better health and positive mind.

CGWWA organized mathematics tuition classes on 04 Apr 22 for the student of class VI to X. So as to save their precious time and don't need to travel very far.

Beauty parlour and relaxation facilities for all the ladies was reinstated in Lavanya at Umang after the pandemic on 04 Apr 22. Mrs Nikita Pankaj (beautician) took over the duties of Lavanya.

cup sets and pressure cooker observing full adherence to COVID-19 protocol.



SAKSHARATA

Literacy committee shared a video on 25 Feb 22 on **"Ways to encourage your child to enjoy Mathematics"** by Mrs Shweta Vishwanath. The video illustrated many activities like Math facts garden, hit the target graph etc. It focused on learning through play way method.

SANJEEVAN

The first online presentation cum lecture was conducted by Surg Lt Ragini Garg on 10 Mar 22 by health committee on **"First Aid"** at Umang. The main points were immediate care required in case of bleeding, fractures, snakebite, burns and electric shock.

CGWWA in association with Vaidik Dental College organized a Dental camp on 29 Mar 22 at Umang Welfare Centre. The event commenced with a general lecture by Medical Officer Lt Cdr Gaurav Singh followed by instruction on Dental general oral hygiene.

SNEHA

Outreach committee organized an activity 08 Feb 22 in which senior citizens at "Snehalaya old age home" (Indian Red Cross Society, Daman) were presented different types of gifts like bed sheets,

