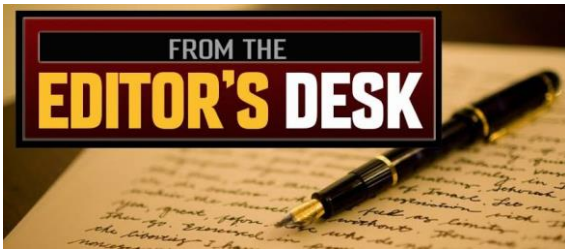




**TATRAKSHIKA SANDESH**  
**CGWA HEADQUARTERS DELHI**  
**JAN 2022- MAY 2022**



**“We keep moving forward, opening new doors and doing new things, because we’re curious and curiosity keeps leading us down new paths.” – Walt Disney**

The weather is warm, the days are long and the summer season is here. There’s so much to look forward to in the summers – Longer warm weather, school holidays, beach vacations and everyone’s favourite ice cream and refreshing cool drinks, how can we just forget to mention about the king of fruits, our very own juicy and yummy mangoes. There are over 500 mango fruit varieties grown all over the world. The only way to beat the heat in India during summers is to binge on some sweet mangoes. You really can’t miss treating your taste buds with fresh and juicy mangoes.

With the onset of summers/ warm weather also comes the phase of transfers, an inevitable part of the service. And so is the warmth by which we bid farewell to our seniors and colleagues. When we go on transfer that does not mean we are leaving our home or that city, we carry and cherish the memories of the place where we lived. Everywhere we go, we create new memories and friends, chance to explore, experience and enjoy a new city. Every new city that we go on transfer, we embrace that city and absorb its rich cultural heritage, be it Dahi handi festival or the festive spirit during the Ganesh Chaturthi in Mumbai, the Navratri celebrations in Gujarat, famous Tirupati Balaji temple in Andhra Pradesh, Pongal, Diwali and Karthigai Deepam in Chennai and the Holi, Diwali and Janmashtami festivities in Delhi. As we bid goodbye to our friends and few committee members, we wish them all the best for their future endeavours.

**Mrs Deepika Bhatia**  
**Mrs Amita Singh**

## **SECRETARY'S REPORT**

On **28<sup>th</sup> Jan 22**, a farewell was organised for **Mrs. Seema Bhanot** on **DIG S D Bhanot's** retirement.

On **15<sup>th</sup> Feb 22**, a **special Tatrakshika Milan** was organised at TRV, Noida to welcome the new President Tatrakshika, **Mrs. Neela Pathania**. The theme for Milan was Basant. The programme started with the lighting of Diya by the President. Later President Tatrakshika also welcomed the new Vice President **Mrs. Dipa Pal**. A demonstration of a beautiful wind chime was given by Mrs. Alpa. Event was followed by group dances and song. The celebration included games and prize distribution for the ladies. The event was gracefully conducted in a beautifully decorated venue. Ladies enjoyed thoroughly and were looking forward to other activities like prior to Covid pandemic. On completion of the Milan, lunch was organised at CGOM Noida. President Tatrakshika **Mrs. Neela Pathania** interacted with all the officers' wives and encouraged them to actively participate and contribute to CGWWA activities.

On **17<sup>th</sup> Feb 22**, President Tatrakshika **Mrs. Neela Pathania** visited CGKG School, Noida accompanied by Vice President **Mrs. Dipa Pal** and Sanskar coordinator **Mrs. Sonali Ranjan** and interacted with teachers and applauded them for their continuous hard work during the pandemic time. After visiting school, President Tatrakshika visited CGWWA welfare

centre at TRV, Noida with Suruchi coordinator **Mrs. Anuradha Saini**. She suggested welfare team to conduct educational activities at welfare centre which would be helpful for ladies. On completion of rounds, committee meeting was held at CGOM Noida. Discussions were held for future activities. All members proposed their activities for next three months. During committee meeting, **Mrs. Anita Sharma** Web Coordinator was also bid farewell.

On **25<sup>th</sup> Mar 22**, a committee meeting was organised to discuss upcoming activities.

Tatrakshika Milan was organised by ladies of **M & M Division** on **12<sup>th</sup> Apr 22** at CG auditorium Arkaja, TRV, Noida. Total 71 ladies attended the Milan. Theme for Milan was Harvest Festival to celebrate New Year according to the Hindu Calendar. Ladies were outfitted in their best festival attire. A demonstration on how to keep yourself fit and active was given by "**Fitness 2 Flash**" group. Ladies highly benefitted from this session. The group was felicitated by President Tatrakshika **Mrs. Neela Pathania**. It was followed up by group game in which each group was required to make jewellery out of paper strips and fresh flowers and decorate one model in their respective group with that jewellery. A mesmerizing Bihu group dance was also thereafter performed by EPs wives. Cash prizes were given by

President Tatrakshika **Mrs. Neela Pathania** to **Mrs. Charu Mishra & Mrs. Nutan Prashant** for Urmi **Cover and back page** design. Prizes were also given to winning participants for games and raffles. Tatraskhikas thoroughly enjoyed the event and went home with happy hearts and memories to cherish.

**Last committee meeting** for the year **2021- 22** was organised on **29th Apr 22** at ICGS Delhi ward room. Secretary briefed about month's activities. President Tatrakshika **Mrs. Neela Pathania** appreciated the efforts of committee members. Farewell was also given to **Mrs. Anuradha Saini** (Suruchi coordinator), **Mrs. Geeta Chauhan** (Sanjeevan coordinator) and **Mrs. Monika Kathuria** (Secretary). President Tatrakshika highly appreciated their contribution to the fraternity. She wished them all the best for future endeavours.

## **SURUCHI (WELFARE)**

### **Online Competitions**



On **15<sup>th</sup> Jan 22**, Rangoli competition was conducted for Tatrakshikas. They had beautifully decorated their home with colourful rangolis. 10 participants exhibited their creativity and imaginations.

On **22<sup>nd</sup> Jan 22**, Suruchi organised a competition on **Best out of Waste**. Ladies actively participated in it and



showed their talent. All the items made by them were very beautiful and useful for home decor. Winners were suitably awarded and appreciated.

On **26<sup>th</sup> Feb 22**, Suruchi organised drawing competition for children from classes 6<sup>th</sup> to 11<sup>th</sup>. Topics for class 6<sup>th</sup> to 8<sup>th</sup> was **Global Warming and Save Energy**. For classes 9<sup>th</sup> to 11<sup>th</sup>, topics were **Covid 19 awareness** and **Swachh Bharat Swasth Bharat**. There was an overwhelming response from kids. Winners were suitably rewarded.

As all the CGWWA activities have resumed in physical mode, our beauty parlour **Lavanya** was also opened for the Tatrakshikas from **15<sup>th</sup> Mar 22**. All Tatrakshikas were requested to avail the facilities following Covid protocol and taking prior appointment.

### **Offline Activities**

On **23<sup>rd</sup> Mar 22**, Suruchi organised a demonstration for making **Organic liquid fertilizer** at home from waste flower petals and other vegetable peels. A Demo was given by **Mrs. Archana Sashi Kumar** wherein 26 ladies attended. Demo was very informative and made everyone aware of how we can take small initiatives to save environment.

On **22<sup>nd</sup> April 22**, Suruchi organised a demonstration on **Pichwai Art Plate**



**Painting by Mrs. Archana Sashi Kumar.**

She explained the history of the art and taught how

to paint Pichwai Art form on the plate. The Demo was very informative and ladies took keen interest to learn a new art. A total of 17 ladies attended.

### **SANJEEVAN (HEALTH)**

As part of 'Self Help' initiative, Sanjeevan coordinator with CGHQ health team organised Covid 19 **vaccination drive** for children of age group 15 to 18 years at CGHQ main lawn. The vaccination drive was undertaken in two phases on **12<sup>th</sup>** and **13<sup>th</sup> Jan 22**. During the two days camp, total 66 children got their first dose of vaccine shot. All children were given face mask and sanitizer to maintain hygiene. ICGS Delhi Medical Officer addressed the children and highlighted the importance of Covid 19 vaccine and sanitization on regular basis. **Mrs. Neela Pathania**, President Tatrakshika graced the occasion and handed over vaccine certificates to all the children. Subsequently second dose of vaccine was also completed in mid **Feb 22**.

Tatrakshika organised Covid-19 vaccination drive for children of 12 to 14 years of age group at Kalyan Kendra, TRV, Noida on **12<sup>th</sup> Apr 22**. Total 20 children get vaccinated as their first dose of vaccination and

further after a month second dose would be facilitated as part of the protocol of vaccination.

On **06<sup>th</sup> May 22**, Tatrakshika with CGHQ Health Team organized COVID-19 booster dose for ICG fraternity who were 18 years and above in ICGS Delhi Complex.

### **SNEHA (Outreach)**

On **18<sup>th</sup> Apr 2022**, Sneha team along with senior ladies and coordinators visited the 'Desire Society' (Orphanage) Noida. President Tatrakshika **Mrs. Neela Pathania**, graced the event and distributed goody bags containing tiffin boxes, juice, chips, chocolates etc. As per the requirement of the society, various items like school bags, water bottles, Pediasure, Zincovitt multivitamin were also provided to the children. In addition, ration was also given. The President Tatrakshika and all the ladies interacted with the children and caretakers. The children gave a small handmade token of thanks to the President Tatrakshika. The CGWWA fraternity extended heartfelt blessings to the children and donated whole heartedly for the noble cause.

### **SAKSHARTA (LITERACY)**

On **23<sup>rd</sup> Mar 22**, Saksharta team organised a Consumer Awareness Program



under the title '**Jago Grahak Jago**' at Arkaja at TRV Noida. The presentation was focused on different aspects of consumer rights and various steps implemented by Govt. to protect consumer interests.

## **SANSKAR (CGKG)**

### **January**

School reopened on **10<sup>th</sup> Jan 22** (Monday) after Winter Break.

#### **Pink Colour Day**

On **10<sup>th</sup> Jan 22**, a video was posted on colour mixing, different objects and rhymes on colour Pink. Children enjoyed doing art work in their Activity Book.



#### **Lohri Celebration**

A video was posted on **13<sup>th</sup> Jan 22** to make kids aware of the significance of the famous festival of Punjab. Children participated in activities like Colouring Bonfire Picture (Nursery) and Hand Print Bonfire Making (LKG and UKG).

#### **Makar Sankranti**

On **14<sup>th</sup> Jan 22**, an awareness video was posted to inform the kids about the Kite festival of India. An Art activity helps in developing fine motor skills. Nursery kids made kite using paper crumbling in scrapbook, kite

colouring (LKG) and DIY Kite Making (UKG).

#### **Hand Writing Performance**

On **21<sup>st</sup> Jan 22**, Handwriting Performance was held to advocate confidence, better dexterity and to improve memory of our little ones.

#### **Purple Colour Day**

A video was posted showing the colour by mixing of Red and Blue, different objects and rhymes based on purple colour on **24<sup>th</sup> Jan 22**. Children enjoyed doing various activities like Brinjal colouring using bubble paper Impression (Nur), Grape's colouring using tissue paper ball impression (LKG) and Flower Colouring (UKG) by mixing two colours and using fingertip.

#### **Republic Day**



Audio Video information was shared with students to instil the feeling of 'Nationalism'. To promote the spirit of patriotism children participated in various activities.

#### **Martyrs Day**

On **30<sup>th</sup> Jan 22**, a video was uploaded for kids on Martyrs Day with a sense of responsibility towards the country and developed love and respect for the martyrs.



## February

### Basant Panchami



The significance of Basant Panchami was explained to the students through awareness video

along with a melodious Saraswati Vandana on **4<sup>th</sup> Feb 22**.

### Grey Colour Day

Children enjoyed watching a video on colour grey on **9<sup>th</sup> Feb 22**. They enjoyed doing different crafts of grey animals.

### Review by President Tatrakshika

On **17<sup>th</sup> Feb 22**, Mrs. Neela Pathania, President Tatrakshika accompanied by Mrs. Dipa Pal Vice President Tatrakshika paid a visit to CGKG school. The school extended a warm welcome to her and she was greeted by school kids, Education Coordinator, Sanskar Team and Principal. A short presentation was made on Journey of CGKG, Technique and Method of Teaching during Pandemic, CGKG Family and overwhelming response of Parents followed by compiled video of Teachers Teaching Pattern.

The esteemed guest expressed her delight at the impressive way of teaching during pandemic. President Tatrakshika also interacted with teachers and appreciated their hard work which boosted the morale of all.

### Rhymes Olympiad Performance

On **18<sup>th</sup> Feb**, CGKG organized Rhymes Olympiad Performance **2021-22** from Nursery to UKG through WhatsApp. The children participated with great joy, enthusiasm and exhibited the best of their abilities.

### International Mother Language Day

To promote the preservation and protection of mother languages, the school organized Mother Language Poem Recitation on **21<sup>st</sup> Feb 22**. Students recited beautiful poems in their mother language.

### Spring Season

On **24<sup>th</sup> Feb 22**, an awareness and rhyme video were presented to make learning more meaningful.

## March

### Annual Performance

On **5<sup>th</sup> March 22**, the school conducted its annual performance. Various activities like Singing, Dancing, Acting, Drawing, etc. were showcased by the students.

### Final Assessment

Final assessments of the children of CGKG were held from **07<sup>th</sup> March 22 to 11<sup>th</sup> March 22**.

### **Graduation Day & Activity**

Graduation day was held on **14<sup>th</sup> Mar 22**. Teachers posted a Graduation craft making video explaining it step by step.

### **Holi Activity & Celebration**

The festival of Holi was celebrated in the CGKG on **17<sup>th</sup> March 22**. Children were made aware of herbal colours made from natural flowers and were asked to play safe Holi by using natural colours.

### **PTM & Results Declaration**

PTM was conducted offline on **25<sup>th</sup> March 22** and slots were allotted to the parents for the convenience of all.

### **April**

#### **Reopening of School / New session in Offline mode**

The CGKG School reopened on **04<sup>th</sup> April 22** for the session **2022-23**.

#### **Red Colour Day**

Red Colour Day was celebrated on **6<sup>th</sup> April 22**.

#### **World Health Day**

On **07<sup>th</sup> April 22**, World Health Day was observed to make the children

aware about Health & Hygiene and protect themselves from diseases.

### **Baisakhi Celebrations**

On **13<sup>th</sup> April 22**, Baisakhi Celebrations were held in the school.

### **World Heritage Day**

World Heritage Day was organised on **18<sup>th</sup> April 22**. Children were made aware about our rich heritage and its importance.

### **Earth Day**

Earth Day was celebrated on **22<sup>nd</sup> April 22**. Children learned how to save Earth for future.

### **Mother's Day**

On **5<sup>th</sup> May 22**, activities related to Mother's Day were carried out and children were told about the unconditional love and care a mother gives to children.

### **PTM**

Parents Teacher Meeting was organised on **6<sup>th</sup> May 22** to discuss performance of their ward, conduct in class and to boost their performance. As summer is approaching, CGKG will have last working day on **6<sup>th</sup> May 22** and **9<sup>th</sup> May 22** onwards summer holidays will start. School will re-open on **20<sup>th</sup> June 22**.

## SURAKSHA (WIDOW CELL)



President Tatrakshika **Mrs Neela Pathania**, accompanied by Vice President **Mrs Dipa Pal** and Suraksha coordinator **Mrs Amandeep Azad** and Secretary interacted with the ladies of Suraksha in Conference Hall at CGHQ on **14<sup>th</sup> Mar 22**. President inquired about their well-being and the health of their family members. President distributed Holi colours and sweets.

S – Sunny days

U – Umbrella drinks

M – Melon balls

M – Morning heat

E – Easy schedule

R – Restful nights

S – Soulful melodies

Sun shines on your skin and mine

Until it sets way after nine.

Memories made with a cold drink in hand.

Moments to cherish with feet in the sand.

Everyone laughing, smiles on every face.

Remember the moments, those were the days.

Turn up the music, sing it out loud.

Indigo skies, no sign of a cloud.

Mutter the words that no one will know.

Everlasting memories; where does time go?

**“Time is free, but it’s priceless. You can’t own it, but you can use it. You can’t keep it, but you can spend it. Once you’ve lost it you can never get it back.” – Harvey Mackay**

