



TATRAKSHIKA

SANDESH

JUL 22 – DEC 22

Hello readers! Here we are back again with an exciting edition of Tatrakshika Sandesh from Sanchar Team, enclosing all the details of the activities conducted by CGWWA CGHQ from July 2022 till December 2022.

Happy Reading!!

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Editorial Desk



“Everyone has inside them a piece of Good news. The Good news is that you don’t know how great you can be! How much you can love! What you can accomplish! And what your potential is! – Anne Frank

Dear Readers!

The Editorial team brings to you the panorama of activities conducted by CGWWA CGHQ in the duration Jul 22 – Dec 22. This newsletter brings to you the glimpses of creativity, talent and potential among our Tatrakshikas. So, on a beautiful winter morning, with a hot cup of tea, enjoy your very own Sandesh, nothing better can be.

And with your tea cup on the corner table, blessing you is your laughing Buddha. Well, when you placed him in your favourite corner, did you think for a while, what has he brought in your house? If not, know it today while you enjoy that flavoured tea!

The laughing buddha statue comes in many different forms. Each figure depicts the Buddha in another form symbolizing specific wishes such as happiness, success, prosperity, luck, fortune, etc. Here are the most popular ones:



Also called the Jolly Hotei, is thought to bring wealth and happiness. While the Buddha wearing the pearls, which is called Pearls of Wisdom, is meant to bring wealth. Riding on a frog adorned with gold and gemstones, the money laughing buddha is thought to compound wealth and prosperity. People looking to advance in their career or take up business initiatives seek the luck and

blessings of this Buddha by placing him in the sector that brings success. When I read this, I looked at the turtle in my living room and thought, do they also signify something for every home? Well, yes!



Placing the tortoise figurine close to an artificial waterfall or fish tank is considered very lucky for the household. If you place the tortoise near the bed, it will help you in dealing with anxiety and insomnia. You can keep it beside your child's bed, if he/she is afraid of sleeping alone. Keeping the tortoise in the east, north or north-west, is considered good for home and career. Tortoise figures can be placed in the backyard, for stabilizing the positive energy at home and at the entrance, to protect your home from negative energies.



Well, now that we are talking about how to get good vibes and prosperity in our homes; let's look few more tips that might help you.

Have you wondered why most of interior decoration cues have decorative pieces in living area or corner tables, put in odd numbers? Well, as per Feng Shui, rule of three says that things arranged in odd number are more appealing, memorable and effective than even numbered things, whilst 3 being the magic number. It represents the idea that odd numbers expand and create more energy, while even numbers contract and condense energy.

Well, maybe we can't follow all the suggestions or believes, but if something brings peace, positivity and prosperity to our abode, why not try some?

“Adopting a really positive attitude can work wonders to adding years to your life, a spring to your step, a sparkle to your eye and all of that”.

SECRETARY'S DESK

On 05 Jun 22, the World environment day was celebrated. Tree plantation was organized by CGWWA at CGHQ in which Mrs. Neela Pathania, President Tatrakshika, Vice President Tatrakshika and ladies planted trees.

Mrs. Neela Pathania, President Tatrakshika and other CGWWA members actively participated in the International Yoga Day celebration on 21 Jun 22 at Noida.

Committee meeting with main committee members is held in first week of every month, and along with subcommittee quarterly.



AGM 2022-23 was organized on 15 Jul 22 at Arkaja (TRV, Noida), by ladies of DG Secretariat, ADG Secretariat and Directorate of Administration. The theme for AGM was **"Megh Ritu"**. A short skit of guidelines, regulations and duties of CGWWA, explaining the importance of our Tatrakshika Portfolios, was presented. The CGWWA committee formed for session 2022-23 was also introduced.

Mrs. Neela Pathania, President Tatrakshika also launched the CGWWA 'Ready Reckoner', which is an encyclopedia for all Tatrakshikas to learn from.

On 21 Jul 22, CGWWA Administrative complex was inaugurated at TRV, Noida. Mrs. Neela Pathania, President Tatrakshika was accompanied by Mrs. Dipa Pal, Vice President Tatrakshika, senior ladies and all committee members.

The ladies of PD(FM) and PD(LOG) organized a Coffee Morning on 23 Aug 22. The theme for the event was "Razzle Dazzle", with all ladies looking glamorous divas on red carpet, in their beautiful gowns. On 20 Sep 22, a Tatrakshika Milan was organized by HRD division at Arkaja, Noida. The theme was **"Raas Garba"**.

Coffee morning was held on 11 Oct 22, by ladies of aviation division with the theme **"Meena Bazar"**. Highlight of the event was the ramp walk to select the Anarkali among all the attendees.

On 29 Nov 22, a special movie screening followed by cake cutting and lunch was organized for ladies on the special occasion of **28th Tatrakshika Day**. President Tatrakshika gave away special gifts to the ladies working for Welfare, as token of appreciation for their work in CGWWA.

Dilli Haat was the destination to drive for the **Coffee Morning** held by the ladies of PD(Law) and CGSB, on 19 Dec 22. With winters in the swing, ladies were all dressed as per theme **"Chic-n-Cozy"**. The shopping extravaganza and sumptuous meal along with entertaining moments made the day extra special.

SURUCHI

A demonstration on **"Block Printing"** was given by Mrs. Pawana, on 15 Jul 22 during AGM.

On 27 July 22, a demonstration on **"Sunburst Mirror"** was conducted at Arkaja, Noida. Sunburst art form symbolizes energy and longevity.



To celebrate **"Azadi ka Amrit Mahotsav"**, **balcony decoration**



competition was conducted from 15 Aug to 17 Aug 22. Ladies participated with full enthusiasm and decorated their balcony with unique ideas based on theme Tri color.



On 14 Sep 22, Welfare team organized a demonstration on **"Cupcake with different flavors and fillings"**. Mrs. Geeta Negi conducted the demonstration and explained various techniques of icing.

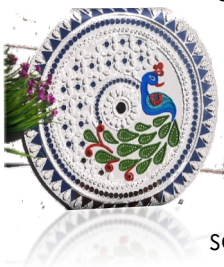


Team welfare conducted a demonstration on **candle making** by Mrs. Geeta Negi and



Toran making by Mrs. Lakshmi Raju at Arkaja, TRV on the occasion of Diwali on 19 Oct 22.

A demonstration on **Lippan Art** was conducted by Mrs. Lakshmi Raju at 'Arkaja', on 23 Nov 22. During the demonstration, she also gave tips to use Lippan Art to make other decorative items like photo frames, name plates for doors etc. Prevention and precaution related with this art form was also explained during the session.



A demonstration on making authentic and delicious 'Kachoris' was given by Mrs. Kamlesh Sharma at 'Arkaja', on 21 Dec 22.

SNEHA

On 08 Sep 22, Sneha coordinator along with committee members visited the **"Desire Society"**. Mrs. Dipa Pal, Vice President Tatrakshika graced the event. She distributed

goody bags apart from donation of essential items. The caretakers of the society expressed their gratitude towards CGWWA fraternity for their support and care.



On the occasion of Diwali, Sneha coordinator along with the coordinators, distributed ration and essential items to casual labourers working in CGHQ on 20 Oct 22, as a token of appreciation for their unmatched support and hard work. Mrs. Neela Pathania, President Tatrakshika graced the event and distributed items to casual labourers at CGHQ.

SAKSHARTA

On 27 Jul 22, a presentation on Road safety rules and awareness was given by Mrs. Archana Sashi with the title **"Sadak Suraksha: Jeevan Raksha"**.

On the occasion of Hindi Diwas, a competition was organized on **"Khel Shabdon ka"** on 14 Sep 22 at TRV, Noida. The competition was organized in two parts: - Written part and Oral recitation.



During the Milan held on 20 Sep 22, the team organized demonstration on Self Defense marshal art form of Kerala **"Kalaripayattu"**. 14 students of Kalari Kendram, Delhi demonstrated their skill. Various attacking and defensive postures were displayed.

Meritorious Award Distribution Ceremony

for the Year 2021-22 was held during the Troops Get Together event organized in JLN Stadium, on 16 Dec 22. President Tatrakshika Mrs. Neela Pathania



gave away the trophies, certificates and cash prizes to the meritorious students of CG Personnel, in the presence of Mrs. Dipa Pal, Vice President Tatrakshika and Saksharta team. 26 children, in total, received the awards.

Saksharta activity on “**Skill Development and Career Guidance/Opportunities**” was conducted for students of classes IX-XII on 27 Dec 22 at Arkaja, Sector 23 Noida. A lecture and presentation were given by the experts from Delhi Skill and Entrepreneurship University (DSEU). The program was highly informative and interactive. Many queries of children were answered by the experts. The program proved to be very inspiring.

SURAKSHA

On 20 Oct 22, Suraksha coordinator organized get together with the ladies of Suraksha in the CGWWA office, ICGS Delhi. Mrs. Neela Pathania, President Tatrakshika accompanied by Mrs. Dipa Pal, Vice President Tatrakshika, interacted with them. Ladies were also handed over gifts on the occasion of Diwali festival.

SANJEEVAN

Sanjeevan team organized a **vaccination drive for prevention against COVID-19** on 20 Jul 22. During the event 2nd dose of Covishield and booster dose were administered to all service personnel, dependents and civilians.

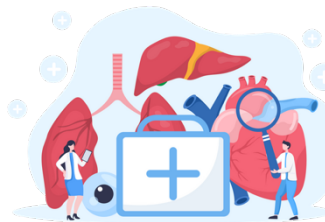
A counselling session for vaccination against cervical cancer was organized on 05 Aug 22. The session was organized with the help of Surgeon Captain Parinita Dube, PMO, ICGS Delhi at Arkaja, TRV, Noida to spread awareness about necessity of this vaccination.



On 22 Aug 22, a **vaccination camp** was organized **against cervical cancer for girls between age of 13 to 26 years**. During the camp first dose of vaccination was given to 42 girls. Mrs. Neela Pathania, President Tatrakshika graced the event. Second dose will be due on 22 Feb 23.

Sanjeevan with CGHQ health team organized a **vaccination drive for prevention against COVID-19** on 25 Aug 22. Total 40 personnel were administered the booster dose.

On 29 Sep 22, Sanjeevan team organized a presentation on ‘Causes and Symptoms of Diabetes’ by Dr. Sruthi Nambiar.



Sanjeevan team with Medical Directorate organized Women Wellness camp in the CGOM premises, Noida. The camp was having blood test (lipid Profile, TSH, Vit D3 etc.) and urine test. On 4 Nov- 5 Nov 22, Mrs. Neela Pathania, President Tatrakshika inaugurated the camp followed by lecture on early detection and cancer awareness by Dr. Rohini Patil, a renowned Gynecologist. After that ladies went for check-up like Dental, Pap Smear, Radiologist, Medical Specialist and Surgical specialist, Ophthalmologist, ENT, Whole body analyzer and Bone Densitometry. There were 10 specialists OPD's for consultation and examination from which 197 Tatrakshikas benefited.

Sanjeevan team organised a presentation and talk on ‘Menstrual Cycle, Care & Hygiene and Reduction in Menstrual Waste’, presented by Mrs. Shilpa Kapoor, on 21 Dec 22. Vice president Tatrakshika, Mrs. Dipa Pal, graced the occasion. Many queries were asked and solved.

“Butterflies are the better indicators of the health of our environment, than birds”

-Roger Tary Peterson

SRISHTI

Srishti was reinstated from session 2022-23, as an active wing. The special occasion was marked by presenting plants to all the Tatrakshikas during **AGM 2022-23**, at Arkaja.

On 15 Jul 22, a presentation was given by Mrs. Amita Singh on "**Single Use Plastic**" during AGM. She explained about harmful effects of plastic and the effects of non-decomposed plastics on environment.

Srishti team beautified the area around the welfare center and planted medicinal plants.

A lecture with demonstration on '**Recycling and Reusing household waste**' was also organized.

Srishti team organized a demonstration on Indoor Air Purifying plants, on 23 Nov 22. Mrs. Arunima Sumal explained about common indoor air purifying plants, their care by preparation of micro greens at home.



SANSKAR

Tiny tots of CGKG are groomed and prepared for a bright future. We not only give theoretical knowledge but physical, environmental and general knowledge also. Time to time various activities like color day, World health day, Earth Day, Teachers Day, seasons were carried out to educate tiny tots.

General awareness program, road safety week, rhymes Olympiad and many more activities were also conducted. All the National and Regional festivals were celebrated.



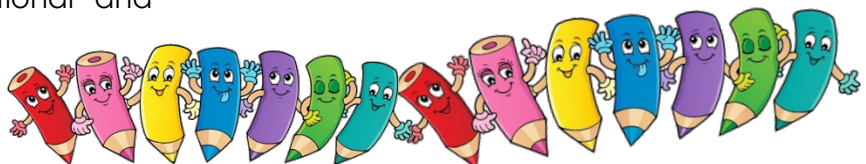
The CGKG School reopened on 04 Apr 22 for the session 2022-23 in offline mode. Time to time PTM was organized to discuss the wards performance.

An educational **workshop** was organized for teachers on **effective classroom management** on 19 Sep 22, by Mrs. Sushma Gupta, with view to provide 'in service training' to teachers and infusing them with new ideas. The aim was to upgrade their skill and ensure better management and optimum utilization of classroom time.

The students and teachers were dressed in black and white attires, on 02 Nov 22, to celebrate Black and White day. Children were also explained the importance of zebra crossing which is black and white thereby making a connection to their thematic concept of "Transport". Rhymes related to the colours black and white were also recited for more clarity. Show and tell activity was conducted to build on speaking skills.



CGKG celebrated - Gurburab, birthday of Sikh Guru Nanak Dev Ji, the first of the ten Sikh gurus and the founder of Sikhism, on 07 Nov 22, with great excitement and fervour. The teachers highlighted the teachings of the Guru Nanak Dev Ji on his birthday which reiterated the message 'One God' and the 'Eternal Truth'.



On 14 Nov 22, to commemorate the birth anniversary of Pandit Jawaharlal Nehru, Children's Day was celebrated with great fervour. Special assembly was conducted by the teachers to apprise children about the great leader, thinker, visionary and a true statesman – Pandit Jawaharlal Nehru.



Doha Recitation was organized to educate the learners and to create awareness about historical saints, on 18 Nov 22.

Fancy dress brings out the creativity and provides the little ones an opportunity to light up the stage with their wonderful attire and performance. Students dressed as their favourite character based on theme '**Community Helpers**'.



Colour of the month being Brown was introduced using various visual aids in surrounding which brown in colour.

Learners were taken to RDG grounds for picnic and games to break the monotony of classroom teaching.

Card making with Christmas as theme was done using tearing and pasting. Christmas was celebrated by enactment of Christmas story and carol singing, by CGKG students.



A **workshop on Jolly Phonics drill** was organized on 24 Dec 22, by Smitha Menon- master trainer, currently working in a reputed International School as English teacher for high school. This workshop was in continuation of previous workshop held in October 22. The workshop aimed at skill development by providing phonics training for teachers.

SANCHAR

Sanchar team successfully launched CGWWA Annual magazine 'URMI' on 16 Dec 22. The Tatrakshika Annual magazine '**URMI**' for session 2021-22, was unveiled by Director General Coast Guard VS Pathania, along with President Tatrakshika Mrs. Neela Pathania.



New Beginnings...New Resolutions

*We look forward to the very new day
To begin things anew and not to look away
To leave hope and sit in dismay
This is not the learner's way*

*Faith and believe are strings that twine
Give us the hope and make us shine
To stand upright and with courage to fight
There is dawn of strength after the twilight*

*As we set to write new pages of our lives
Let's begin the journey with positive vibes...*