



URMI

2023



तटरक्षिका

Coast Guard Wives Welfare Association

Director General Indian Coast Guard



अतुलं तत्र तत्तेजः सर्वदेवशरीरजम्।
एकस्थं तदभून्नारी व्याप्तलोकत्रयं त्विषाम्॥

*The incomparable radiance that was born from all gods and pervaded the three worlds,
came to one place and took the form of a woman.*

सभी देवताओं से उत्पन्न हुआ और तीनों लोकों में व्याप्त
वह अतुल्य तेज जब एकत्रित हुआ तब वह नारी बना।

Source: Devimahatmyam 2.13

MESSAGE

Dear Tatrakshikas,

The Coast Guard Wives Welfare Association has contributed immensely to the overall “well being” quotient of the men in uniform as well as ably supporting the most valuable asset of our service. It has also provided a multifaceted platform to showcase entrepreneurial and managerial skills of ladies.

I am extremely impressed by the performance of CGWWA with focused determination and application of management skills in the field of empowerment of women, skill development and education in addition to the various philanthropic humanitarian and socially relevant welfare tasks.

I would like to extend my compliments to the Editorial team of ‘URMI’ for their exceptional efforts towards compilation, publication and release of this edition which contains many informative and interesting articles for a broad spectrum of readers.

I acknowledge with gratitude the contribution of CGWWA in improving the quality of life of the families of our officers and men. I am sanguine that CGWWA will continue to flourish, scaling new heights of success. I would like to convey my very best wishes to the entire Tatrakshika Team.

As we step into the new year, I would like to take a moment to acknowledge and appreciate the incredible work done by all of you in empowering the ladies of the Indian Coast Guard in tandem with government of India Nari Shakti initiatives.

I am delighted to extend my warm greetings and best wishes

Rakesh Pal
Director General
Indian Coast Guard

GOVERNING BODY



President

Tatrakshika
CGHQ, New Delhi



Vice President

Tatrakshika
CGHQ, New Delhi

Tatrakshika President

Western Seaboard
Mumbai

Tatrakshika President

Eastern Seaboard
Vishakhapatnam

Regional President

Tatrakshika (West)
Mumbai

Regional President

Tatrakshika (North West)
Gandhinagar

Regional President

Tatrakshika (A&N)
Port Blair

Regional President

Tatrakshika (East)
Chennai

Regional President

Tatrakshika (North East)
Kolkata

President Tatrakshika



MESSAGE

As we gather the threads of another year into the beautiful tapestry of our shared experiences, I find myself reflecting on the incredible journey we've undertaken together as the Coast Guard Wives Welfare Association. It is both an honor and a pleasure to connect with each one of you through the pages of our cherished annual magazine, "Urmi." This year, our collective efforts have shaped a narrative woven around the theme, 'Aashayaein - health, hope, happiness, and faith.' In these words, we find not just a theme but a compass guiding us through the varied landscapes of our lives.

"Aashayaein" is more than a theme; it's a reflection of our aspirations, a reminder of the values that anchor us, and a celebration of the journey we are on together. In every heartbeat of the theme, we discover the rhythm of our shared experiences, the resilience that defines us, and the unwavering support that characterizes our association.

In the pursuit of **health**, both physical and emotional, we find a commitment to well-being that extends beyond ourselves to our families and communities. **Hope**, the beacon that lights our path even in the darkest nights, finds its place in the pages of our magazine through many inspirational stories and personal accounts. **Happiness**, the joy that springs from shared moments and common bonds, is the melody that plays in the background of our lives. **"Faith"**, the unspoken trust that binds us together, is the cornerstone of our association as we share our faith in each other and in the strength of our community.

I express my deepest gratitude to each contributor who has poured their thoughts, experiences, and creative expressions into "Urmi." Your contributions breathe life into our annual publication, making it not just a magazine but a living testament to who we are as a community.

May the pages of this magazine be a reflection of our collective journey—a journey marked by health, hope, happiness, and faith. As you peruse its contents, may you find inspiration, connection, and a renewed sense of pride in being a part of this incredible association.

With heartfelt appreciation and warm regards,

A handwritten signature in blue ink, appearing to read "Dipa Pal".

Mrs. Dipa Pal
President Tatrakshika

Vice President Tatrakshika



MESSAGE

Namaste! My greetings to all the readers.

It's a great honour & privilege to pen down my first message as the Vice President CGWWA.

“Do your little bit of good where you are. It's these little bits of good put together that overwhelm the world”. Similar to the words of Desmond Tutu, as part of CGWWA organization and also the Coast Guard community as a whole, it is the duty and responsibility of each and everyone in doing good for the community and in welfare activities that will ensure a better living environment and well being of the elderly, ladies and children.

Throughout the years 'Urmi' has been a perfect reflection of CGWWA. This year's issue with its significant theme 'Aashayein – health, hope, happiness and faith' sounds a clarion call to each one of us for actively contributing towards optimism and peace in order to survive in this world.

As individuals we are responsible to society, as a community we are responsible towards the organization and as an organization we are responsible to the nation. Every Coast Guard wife should contribute to the betterment of the society either by actively participating in welfare activities or by taking small initiatives at their level which can help in achieving high standards in the community.

I congratulate "Team Urmi" for their passion and vision in choosing such a worthy theme and thank the contributors for sharing their thoughts.

Mrs Priya Paramesh
Vice President Tatrakshika

Tatrakshika President Western Seaboard



MESSAGE

I am pleased to extend my warm greetings and good wishes to all the Tatrakshika members, as we move to the new addition of 'URMI' that shows our vision to the future. The wide spectrum of articles gives me a sense of pride as it reflects the creative potential of our ladies.

The magazine 'URMI' replicates the ardent endeavors and assessable persona of all our members. It portrays the milestones achieved by CGWWA community by working together with zeal, passion and devotion towards social interests and causes. Further, it ensures the growth and development of one and all as a whole and lives up to the ethos of our India's attitude to the world as mentioned during G20 summit '**One Earth, One Family, One Future**'

The theme '**Aashayein-health, hope, happiness and faith**' reflects the optimistic and inclusive vision. In our country, women empowerment is vital more than ever and accordingly government has taken lot many initiatives to provide equal opportunity to women in every field. Today, women are playing leading and significant roles in all spheres and are setting unprecedented examples and records. Their ideas, thoughts and values leads to the creation of happy family, ideal society and prosperous nation.

The CGWWA is magnanimously working towards women and child development, social welfare, community enrichment, health care, education and environment protection through various activities. CGWWA is the platform where ladies from diverse culture and background head towards a common goal that leads to social well-being and lives up to its motto of '**Self Help**'. I acknowledge and take pride in efforts of our women officers and Tatrakshikas for doing commendable work on their family front too and is reflected in the excellent performance of their wards.

It's with a deep sense of pride and gratitude that I feel elated for having been associated with the CGWWA fraternity and the graceful ladies for more than three decades. The contribution of experienced Tatrakshikas is appreciated and they are expected to continue sharing the camaraderie with younger generation by guiding them towards enhancement and wellbeing of association and the members. I am sure that the bonding and cohesiveness amongst Tatrakshikas will get further strengthened in the time to come. I wish all Tatrakshikas good health and best wishes. To conclude, I on behalf of the Western Seaboard Tatrakshikas compliment and congratulate the editorial team and all the ladies for their contribution towards 'URMI' 2023.

Mrs. Jayanthi Suresh

Tatrakshika President Western Seaboard

Regional President Tatrakshika North West



MESSAGE

Dear readers,

This year URMI 2023, is a testament to the spirit of "Aashayien - health, hope, happiness, and faith. "These pillars embody the essence of our community and inspire us to uplift and support one another. Health is the foundation upon which we build our lives and contribute to the welfare of our families and society. Through dedication and perseverance, we strive to promote wellness and well-being within our Coast Guard community. Hope fuels our optimism, uniting us in our pursuit of a better tomorrow. It is the beacon that guides us through challenges and lights our path toward brighter days, reminding us that together, we can overcome anything. Happiness is a precious treasure that we seek to share and celebrate with our loved ones. By fostering joy and fostering a sense of togetherness, we enrich our lives and create enduring bonds within our Coast Guard family. Faith is our anchor, a belief in ourselves, our community, and a higher purpose. It sustains us during difficult times and instills the confidence to face the future with determination and resilience.

In this edition of URMI, we invite you to explore the stories of courage, dedication, and compassion that define the Coast Guard Wives Welfare Association. Each article, photograph, and heartfelt expression represents the collective spirit of our community. May the pages of URMI 2023 resonate with the Aashayien that inspire us to embrace health, hope, happiness, and faith. Together, we will continue to embody these values and make a positive difference in the lives of our Coast Guard families.



Mrs Kavita Harbola
Regional President Tatrakshika
North West

Regional President Tatrakshika West



MESSAGE

It is with great pride, happiness and honour that I extend my arms to embrace the new responsibility as President Tatrakshika West and I am eager to contribute to its continued success.

CGWWA embodies a commitment to values that celebrate ethos of our esteemed organisation. We strive to create an environment that reflects the spirit of happiness, togetherness and unity. Our goal is to inspire a sense of community where diverse voices come together to uplift and support one another on the journey towards a brighter and empowered future for our Tatrakshikas.

URMI magazine reflects our collective strength which lies in the bonds we forge with one another. By championing unity, we create a foundation for progress that benefits all, ensuring a future where the empowerment of women stands as a cornerstone in our journey towards shared success. The successful editions of **URMI** year by year showcase the empowerment of all Tatrakshikas which we strive for.

Together, let us celebrate the beauty of diversity and strength that arises from a tightly woven community. As we stand united, embracing the power of every individual, we pave the way for a future marked by inclusivity and prosperity.

I extend my heartiest congratulations to the editorial team of URMI-23 for bringing out this wonderful edition and appreciate the hard work undergone to bring this beautiful journal.

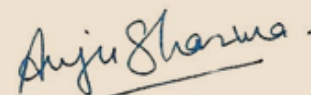
I wish all members of CGWWA, the very best in all their future endeavours.

Coming together is the Beginning..

Keeping together is Progress..

Working together is Success

- Henry Ford



Mrs Anju Sharma

Regional President Tatrakshika West

Regional President Tatrakshika North East



MESSAGE

Being Tatrakshika is privilege that demands our unwavering support, understanding, and resilience. We stand as pillars of strength, not only for our families but for the entire community. Our role goes beyond the conventional; we are caregivers, confidantes, and companions to our spouses who are dedicated to serving our nation.

As we navigate the dynamic world of the armed forces, we must remember that we are part of a larger family, bound by a shared sense of duty and camaraderie. Our ability to adapt to changing circumstances, to manage households amidst deployments and transfers, and to provide a nurturing environment for our children, all while upholding the pride of our service, showcases the depth of our commitment.

It requires us to maintain a strong sense of community, supporting one another through thick and thin. Our friendships become lifelines, and our collective strength becomes a source of inspiration for those around us. We must also recognize the importance of self-care in this journey. As we give so much to our families and our communities, we must ensure that we prioritize our own well-being. Pursuing our passions, staying physically and mentally fit, and nurturing our personal growth are essential to our ability to fulfill our responsibilities effectively.

I commend the creators of this magazine for their dedication in bringing forth a compilation that encompasses these vital elements of a fulfilling life. It is my belief that through the pages of this magazine, you will discover stories that resonate with your own experiences, that inspire you to nurture your health, kindle hope, embrace happiness, and hold fast to your faith.

May "*Aashayein*" serve as a source of motivation, reflection, and connection, uniting us all in our pursuit of a life well-lived.

A handwritten signature in blue ink that reads "A Chauhan".

Mrs. Amardeep Chauhan
Regional President Tatrakshika
North East

Regional President Tatrakshika A & N



MESSAGE

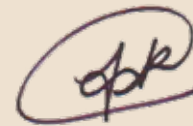
It is an honour and a privilege to share my sentiments about the 17th edition of URMI, which essentially mirrors the vibrancy and growth of Tatrakshika. Over the years, Tatrakshika has played a pivotal role in nurturing and shaping the lives of women hailing from diverse educational, social, and financial backgrounds. Witnessing the remarkable transformation of the perspectives and personalities of ladies engaged in myriad activities is a truly gratifying experience which spurs us to embark on more meaningful initiatives for them.

Tatrakshika is a remarkable platform which brings out the latent talents of women that might have otherwise remained undiscovered. It offers a multitude of opportunities and serves as a catalyst for members to not only enhance their own skill set but also inspires personal growth of other ladies as well.

URMI is not only an almanac of activities and achievements but also serves as a valuable platform for showcasing of literary skills. The theme chosen for this edition, "**Aashayein - Health, Hope, Happiness, and Faith**" reflects our dedication to exploring the core elements that shape our lives and inspire our community. With this as a backdrop, I extend my heartfelt greetings to all Tatrakshikas.

"In unity, we soar to new heights and radiate brilliance"

Happy Reading!



Mrs Yashika Tiwari
Regional President Tatrakshika
Andaman & Nicobar

DISTRICT HEADQUARTERS



MRS. SREELEKSHMI
DHQ- 15, OKHA



MRS. NIDHI AGRAWAL
DHQ- 1, PORBANDAR



MRS. BHAVNA BOSE
DHQ- 11, GOA



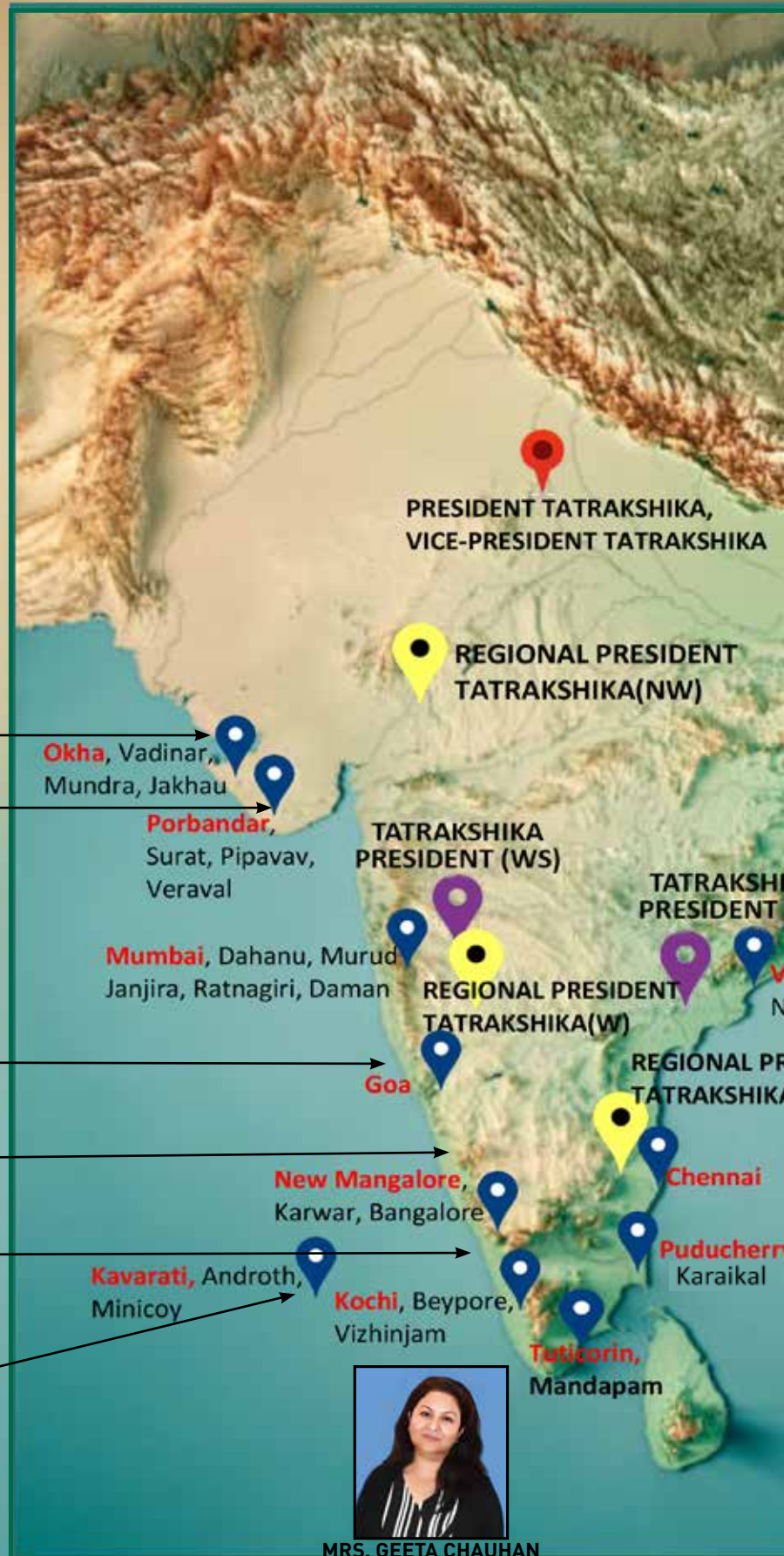
MRS. ANURADHA MISHRA
DHQ- 3, NEW MANGALORE



MRS. DORATHY RAVI
DHQ- 4, KOCHI



MRS. KIRANDEEP KAUR
DHQ- 12, KAVARATTI



PRESIDENT TATRAKSHIKA,
VICE-PRESIDENT TATRAKSHIKA

REGIONAL PRESIDENT
TATRAKSHIKA(NW)

Okha, Vadinar,
Mundra, Jakhau

Porbandar,
Surat, Pipavav,
Veraval

TATRAKSHIKA
PRESIDENT (WS)

Mumbai, Dahanu, Murud
Janjira, Ratnagiri, Daman

REGIONAL PRESIDENT
TATRAKSHIKA(W)

Goa

New Mangalore,
Karwar, Bangalore

TATRAKSHIKA
PRESIDENT

REGIONAL PR
TATRAKSHIKA

Chennai

Puducherr
Karaikal

Kavaratti, Androth,
Minicoy

Kochi, Bepore,
Vizhinjam

Tuticorin,
Mandapam



MRS. GEETA CHAUHAN
DHQ- 16, TUTICORIN

REPRESENTATION



MRS. SUNDEEP KAUR
DHQ- 8, HALDIA



MRS. Dr. VINITA SINGH
DHQ-7, PARADIP



MRS. Dr. INDU
DHQ-9, DIGLIPUR



**MRS. MANPREET KAUR
RANDHAAWAA**
DHQ- 10, CAMPBELL BAY



- CGHQ DELHI

- REGIONAL HEADQUARTERS

- SEA BOARD (EASTERN AND WESTERN)

- DISTRICT HEADQUARTERS



CONTENTS

- | | | | |
|----|---|-----|---|
| 10 | PILLARS OF THE ORGANIZATION | 80 | CGWWA EAST
Activities at a glance |
| 13 | MAKING NEWS
Coverage of special events | 96 | CGWWA NORTH EAST
Activities at a glance |
| 17 | ELUCIDATION
From Editorial Team | 110 | CGWWA A & N
Activities at a glance |
| 18 | ESSENCE OF CGWWA
About the wings of CGWWA | 122 | EXPRESSIONS
Articles English & Hindi |
| 20 | CGWWA HQ (DELHI)
Activities at a glance | 170 | LEARNER'S CORNER
Excellence Profile |
| 32 | CGWWA NORTH WEST
Activities at a glance | 171 | ACHIEVERS ON BOARD
Meritorious awardees |
| 50 | CGWWA WEST
Activities at a glance | | |

CENTRAL EXECUTIVE COMMITTEE MEETING 2023



The Central Executive Committee Meeting of CGWWA was held on 30 Nov 23 at New Delhi. The meeting was chaired by Mrs. Dipa Pal, President Tatrakshika and attended by Mrs. Priya Paramesh, Vice President Tatrakshika, Mrs. Jayanthi Suresh, Tatrakshika President (WS), Mrs Kavita Harbola, Regional President Tatrakshika(NW), Mrs. Anju Sharma, Regional President Tatrakshika(W), Mrs Amardeep Chauhan, Regional President Tatrakshika (NE) and Mrs Yashika Tiwari, Regional President Tatrakshika(A&N). Agenda points received from all regions were discussed during the meeting and additional directives were announced by Mrs. Dipa Pal, President Tatrakshika.

The visiting ladies visited Coast Guard Kindergarten, Noida and interacted with students and staff. Special coffee morning was also hosted by CGWWA Headquarters to facilitate interaction among ladies.

REVITALISING OASIS OF KNOWLEDGE



“

Facilitating congenial environment for education... breeds confidence, confidence breeds hope, hope breeds peace.

”

Coast Guard Kindergarten, Noida underwent a massive renovation task in the summer break of the academic session 2023-24,

The task was initiated under the guidance and passionate involvement of President Tatrakshika Mrs Dipa Pal. It was her vision which led to the much needed facelift to the school.

The inauguration of newly renovated building was held on 03 Jul 23, after the summer break. The school is now provisioned with high class infrastructure, air conditioned classrooms, pre-school appropriate interiors and theme based classroom furniture.

Foresight of President Tatrakshika resulted in standardized “Bye Laws” for management and functioning of all CG-KGs. Various other articles such as school uniform, identity cards, certificates, report cards and other pre-school educational requirements were promulgated. All Coast Guard schools across the length and breadth of India for the first time since the inception of Coast Guard will have everything standardized irrespective of the station and region.

It is a significant feat.

EXTENDING TATRAKSHIKAS REACH



On 25th August 23, Mrs. Dipa Pal, President Tatrakshika and Mrs. Priya Paramesh, Vice President Tatrakshika launched the Online social media handles of CGWWA. The activation of new CGWWA handle in INSTAGRAM & X (Twitter), which are cutting edge platforms will make it possible to deliver latest news and activities being undertaken by the CGWWA fraternity. With a sleek and user friendly interface, the portals offers a seamless browsing experience, ensuring all Tatrakshikas to be well informed and instantly connected with each other. The inspiration and vision to improve the connectivity of Tatrakshikas with the world and each other has come from the President Tatrakshika.

Let's get connected & be open to explore new horizons.

“

*One Team,
One Vision,
One Goal*

”

REGULATIONS FOR PERFECTION



Coast Guard Kindergarten bye laws, common for all Coast Guard Kindergarten schools were released on 3rd of August 2023 by Mrs Dipa Pal, President Tatrakshika along with Mrs. Mohita Pathak, Vice President (Offg.) and Sanskar team.

The objective of writing the bye laws, was to bring all coast guard schools under uniform policies, governing principles and regulation of affairs.

Providing learning opportunities as per the NPE 2020 were kept in mind while drafting the bye laws.

“

*For bright future,
discipline and regulations
are stepping stones to
success.*

”

EDITORIAL DESK



"Collaboration & augmentation are the foundational principles of innovation "

Dear Readers,

With immense pleasure and pride we welcome you to the 17th edition of URMI.

HOPE - the yearlong theme, may it strongly weave the fabric of our existence and the threads of happiness, good health and faith stands firm for all.

In today's fast paced world, let us pause to introspect, pay gratitude for our blessings, look back with sense of pride at our traditions and rich culture, embrace ourselves with compassion, adapt healthy eating habits and meditate for higher spiritual existence with touchstone as peaceful living.

The contents of URMI will surely leave our readers with the power of Hope, extending beyond individual realm, influencing interpersonal relationships, community dynamics, societal changes and when shared it sparks collective action leading to transformational and incremental changes in society for a better living.

The editorial team has worked diligently past few months to collate the very best for our well informed readers from the humongous contributions received. The challenging task became a smooth affair with unwavering support and gracious guidance received from Mrs. Dipa Pal, President Tatrakshika and Mrs. Priya Paramesh, Vice President Tatrakshika.

We genuinely acknowledge the efforts of all contributors in bringing out this edition successfully. URMI - a platform for the Tatrakshikas to reflect their vibrant talents in a creative way, inculcates a sense of collaboration and ability to forge strong bonds. May the wave of challenges and aspirations, prod everyone to rise n soar after every stumble.

With profound hope that the readers will savour this content packed issue.

Happy Reading.

Anant Kaur
Ekta Sneh
Suchi Bhatia

ESSENCE OF CGWWA

The essence of CGWWA (Coast Guard Wives Welfare Association) lies in the coordinated effort to keep the organization functioning smoothly and looking into the welfare and needs of all the Tatrakshikas. To achieve this task, the seven wings of CGWWA work in tandem all through the year with perfect symphony. The wings of CGWWA are as stated below:

SURUCHI

Suruchi is embodiment of Welfare. Women are the backbone of every family, and here in CGWWA as well. Suruchi plays a vital role of strengthening them through various courses, activities, lectures etc. Suruchi team ensures well being and welfare of Tatrakshikas.

SANJEEVAN

Sanjeevan is health team of CGWWA. Health awareness and health related issues are taken care by the Sanjeevan wing.

SNEHA

Sneha stands for Love and Care, and thus the role of Sneha team is to reach out and extend, a helping hand to people and organization in need. Even a drop adds to ocean, similarly this is a small gesture to contribute to well being of needful.

SAKSHARTA

To educate, is to enable. The Saksharta wing is responsible for adding to awareness of Tatrakshikas on various socio-economic issues.

SURAKSHA

Suraksha team helps and supports the fellow Tatrakshikas, while the brave man is not walking with her in the journey of life.

SHRISHTI

As responsible citizens of nation, it's our duty to take care of mother earth as well, apart from protecting her children. The Shrishti team conducts various activities related to environmental awareness and protection.

SANSKAR

The academic body of Coast Guard, the CG Schools, ensure that our children have a gateway to education and knowledge wherever they go and stay at par with current changing trends. The Sanskar team ensures smooth functioning of schools and looking their upkeep.

SANCHAR

Communication is the most important aspect of human life. To keep all Tatrakshikas connected and aware of happenings across all units, quarterly newsletters and annual magazine are released which is taken care by Sanchar team.



PRESIDENT TATRAKSHIKA WITH COAST GUARD HEADQUARTERS CGWWA COMMITTEE

S.No.	Portfolio		Name
1.	President Tatrakshika		Mrs. Dipa Pal
2.	Vice President Tatrakshika		Mrs. Priya Paramesh
3.	Treasurer		Mrs. Beena Kurian
4.	Secretary		Mrs. Deepika Bhatia
5.	Joint Secretary		Mrs. Anamika Singh
6.	Suraksha (Widow Cell)	Co-ordinator	Mrs. Richa Garg
7.	Saksharta (Literacy)	Co-ordinator	Mrs. Archana Sashi Kumar
8.		Member	Mrs. Arunima Sumal
9.	Sanskar (Education)	Co-ordinator	Mrs. Sushma Gupta
10.		Member	Mrs. Dipti Rajneesh
11.	Sanchar (Communication)	Co-ordinator	Mrs. Anant Kaur
12.		Member	Mrs. Ekta Raman Kumar
13.		Member	Mrs. Suchi Bhatia
14.	Srishti (Environment)	Co-ordinator	Mrs. Nutan Sharma
15.		Member	Mrs. Prita Bhatt
16.	Sanjeevan (Health)	Co-ordinator	Mrs. Sonali Ranjan
17.		Member	Dr. Garima
19.	Sneha (Outreach)	Co-ordinator	Mrs. Geeta Negi
20.		Member	Mrs. Lakshmi Raju
21.	Suruchi (Welfare)	Co-ordinator	Mrs. Sucheta Banerjee
22.		Member	Mrs. Unnati Kadam
23.		Member	Mrs. Aparna Kadam
24.	Web Co-ordinator		Mrs. Rekha Negi

COAST GUARD HEADQUARTERS

SECRETARY'S DESK

On 29 Nov 2022, 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 a token of appreciation.



A Tatrakshika Milan with the theme “Dil, Dosti & Pyaar” was organised at TRV, Noida to bid Farewell to Mrs. Neela Pathania, President Tatrakshika on 27 Jan 2023. The array of entertainment program started with lamp lighting. President Tatrakshika’s memorable journey was showcased by a presentation. A token of love was presented to her by Mrs. Dipa Pal, Vice President Tatrakshika. Mrs. Neela Pathania, addressed the gathering followed by interaction with Suraksha ladies and all Tatrakshikas.



A meeting was held in the main conference room in CGHQ on 31 Jan 2023 during which Mrs. Dipa Pal, Vice President Tatrakshika, took over as interim President Tatrakshika from Mrs. Neela Pathania, outgoing President Tatrakshika. On this special occasion, IG’s wives and main committee members were also present. The ceremonial event was followed by interaction of Mrs. Dipa Pal, President Tatrakshika with committee members.





A special meeting was organised to bid farewell to Mrs. Viraj Sharma W/o IG D.R Sharma and Mrs. Nirupama Padhi, Treasurer, on 24 Feb 23 at ICGS Delhi Wardroom. Mrs. Dipa Pal, President Tatrakshika presented token to love and appreciation to Mrs. Viraj Sharma and Mrs. Nirupama Padhi.



Mrs. Dipa Pal, President Tatrakshika and other CGWWA members actively participated in the International Yoga Day celebration on 21 June 2023 at Sec 24 Noida.



On 05 Jun 2023, the World Environment day was celebrated. Tree plantation was organized at CG complex Sec 62, Noida in which Mrs. Dipa Pal, President Tatrakshika along with other Tatrakshikas planted trees.





On 3 Aug 2023 a special Milan was organized to welcome new President Tatrakshika, Mrs. Dipa Pal. Vice President(Offg) Mrs. Mohita Pathak formally welcomed Mrs. Dipa Pal, President Tatrakshika.



The newly renovated Auditorium "AKAZA" was inaugurated by Mrs. Dipa Pal on 03 Aug 2023. All the Committee Members of CGWWA were present during this momentous occasion.



Annual General Meeting and Special Milan on the theme of "तन मन और अंतरमन" was conducted by the ladies of DG Secretariat, ADG Secretariat and Directorate of Administration on 3 Aug 2023. Secretary and Joint Secretary presented the activities report conducted by CGWWA during session 2022-23. Treasurer summarised by presenting Treasurer Report with details of fund status. The entertainment program was concluded by playing a video of Sister Shivani of Brahma Kumari.



SURUCHI

A demonstration on Lipan Art was conducted by Mrs. Lakshmi Raju at 'Arkaja', on 23 Nov 2022. She also gave tips on how 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.



A demo was given by Mrs. Reena Chauhan on Jewelry making on 15 Feb 2023 at ARKAJA. Different types of earrings made by using silk thread, quilling, stone, crystal were demonstrated by her. She also described how to make silk thread bangles.



A demonstration on making authentic and delicious 'Kachoris' was given by Mrs. Kamlesh Sharma at 'Arkaja' on 21 Dec 2022.



A demonstration on 'AFRICAN BATIK ART' was given by Mrs. Archana Shashi on 18 Jan 2023 at Arkaja. She described the different artefacts which can be made with African Batik art through PPT.



A demo was organised on "variety of cushion cover with different designs" by Mrs. Nisha Saini on 19 Apr 2023.



Suruchi team organised Block Printing Workshop from 08 Aug to 14 Aug 2023 at Kalyan Kendra, TRV, Noida.



Karate classes, Dance classes were conducted in TRV as well as in Kamath Enclave. Beauty Parlour also runs smoothly.



A workshop on 'Eco friendly Ganesh Idol' was organized by Suruchi team on 04 Sep and 05 Sep 2023 to celebrate upcoming Ganesh Chaturthi.



SANJEEVAN

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 2022. Vice president Tatrakshika, Mrs. Dipa Pal, graced the occasion.



On 22 Feb 2023, a vaccination camp was organised to give the second dose of cervical cancer vaccination for girls between age 13 to 26 years. Mrs. Dipa Pal, President Tatrakshika graced the event by her presence. The first dose of vaccination was given on 22 Aug 2022.



An informative lecture on “Stress Management, Spinal Disorder and Wellness” was delivered by Dr. Vandana Tyagi on 28 Apr 2023 at Arkaja. She emphasized on benefits of Pranayama and Meditation. Demonstration was also given for asanas during the session.



A talk was organised on ‘Sustainable menstruation and Hygiene’ by Mrs Nupur Aggarwal on 28 Mar 2023. She emphasized on sustainable hygiene and demonstrated menstrual products of the company ‘Pee Safe’, which manufactures biodegradable products. Some of these ‘Pee Safe’ products are also kept in the canteen for Tatrakshikas welfare, so that they can utilize and educate others also about it’s benefits.



On 11 Aug 2023, Team Sanjeevan organised a dental camp at CGKG School. Two doctors and three medical assistants from AFC conducted the camp. Dental check-ups for 141 students were undertaken during the camp.





Sanjeevan organised a three days session from 22 Aug to 24 Aug 2023 on Health and wellness by Brahma Kumari's at Arkaja. Day 1 topic was "Positive change for stress free living ". Lecture was given by Sister BK Parul through PPT and videos. Day 2 Topic was "Strengthening inner power through Raj yoga". She also conducted two activities to improve our inner power. Day 3 Topic was "Stay well and go well & celebrate spiritual Raksha Bandhan". At the end Brahma Kumaris tied rakhi to each lady and also gave blessing cards.



SNEHA

On 11 Mar 2023, Sneha team along with senior ladies visited "Saikripa" an NGO for underprivileged children to celebrate their 35th raising day as well as to mark International Women's Day with these children. President Tatrakshika Mrs. Dipa Pal graced the event and distributed chocolates, Maggie packets to them. Children presented a cultural program showcasing their talent.



An Outreach activity was conducted on 18 Apr 2023 at TRV Noida. President Tatrakshika Mrs. Dipa Pal graced the event and distributed rice, sugar and essential items to 92 casual labourers employed at Noida as a token of appreciation for their support and hard work. She expressed her gratitude and best wishes to them.



Team Saksharta organized a PPT cum lecture on 'CYBER FRAUD- Be Aware When Online' by Mrs. Ekta Raman on 15 Feb 2023. The PPT was very informative and deliberated on how to identify online fraud. Also, kinds of information not to be shared online at any cost was conveyed.

SAKSHARTA

Meritorious Award Distribution Ceremony for the Year 2021-22 was held during the Troops Get Together event organized in JLN Stadium, on 16 Dec 2022. 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 2022 at Arkaja. 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.



Saksharta co-ordinator Mrs. Archana Sashi Kumar presented a PPT cum lecture on 'Deep Sleep' on 19 Apr 2023. The topic touched various aspects like different stages of sleep and importance of deep sleep as well as hindrances and solutions of good sleep.



An Education Grant of Rs 3000/- (Rs 1500/- each) was given by President Tatrakshika Mrs.Dipa Pal on 29 Sep 23 for two daughters: Miss Ananya Chaudhary and Miss Siya Chaudhary D/o late U/nvk Mahesh Kumar and Smt. Neetu Singh.

SURAKSHA

On 14 Sep 2023, Mrs Dipa Pal, President Tatraksika accompanied by Vice President Tatrakshika interacted with Suraksha ladies. President asked about their wellbeing and assured of consistent help and support.



On 25 Apr 2023 Mrs. Noopur Singhal, an advocate by profession delivered a Power Point Presentation on Women's rights. Advance healthcare foundation NGO presented a small musical skit to demonstrate Naari Shakti.

The Saksharata team organised a competition on Idioms to mark Hindi Pakhwada at Arkaja on 5 Sep 2023. The competition was organized in two parts: - Written part and Oral recitation using Muhawaras.



SHRISHTI

Srishti team organized a demonstration on 'Indoor Air Purifying plants', on 23 Nov 2022. Mrs. Arunima Sumal explained about common indoor air purifying plants, their care and preparation of microgreens at home.





Srishti team organised a talk on "Medicinal and herbal plants" on 18 Jan 2023 at Akaja and also demonstrated how to make herbal soap and liquid hand wash at home. After the talk and demo, a walk around the herbal garden at Kalyan Kendra was also organised for the ladies.



A talk & demonstration on "Environmental and Health Benefits" of cultivating millets, the superfood of the year 2023, was conducted on 02 May 2023 at Arkaja. Post the informative presentation, recipes to make vegetable soup and crispy dosas using millets was demonstrated by Mrs. Arunima Sumal. Ladies enjoyed homemade millet idlis and granule bars.



On 31 Mar 2023, Sh. Rakesh Khatri popularly known as the Nest Man of India was invited for a workshop on how to protect the birds and how to make nests for them. Sh. Rakesh Khatri has been giving thousands of birds a place to live by constructing homes for them out of sustainable materials. He started this noble act from the age of 7 and has received several accolades, in addition to getting a place in Limca Book of World Record India twice.



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 colour day, World health day, Earth Day, Teachers Day, seasons were carried out to educate tiny tots. All the National and Regional festivals were celebrated. Time to time PTM was organized to discuss the wards performance.



Shrishti team organised a demonstration on "Newspaper Recycling" on 10 Aug 2023 at Arkaja. The demonstration was given by Mrs. Nutan Prashant.



An educational workshop was organized for teachers' time to time. The aim was to upgrade their skill and ensure better management and optimum utilization of classroom time.



Mrs Dipa Pal, President Tatrakshika accompanied by Mrs Priya Paramesh, Vice President Tatrakshika and Sanskar team visited CGKG premises on 23 Aug 2023 and interacted with teachers and applauded them for their continuous support and hard work.



A workshop on Parenting in modern age was held in CGKG NOIDA today with the aim of creating awareness in parents in various forms of disabilities. The workshop was carried out to sensitise parents in accepting the disability and methods to cope and create environment for the child .It was attended by a sizeable number of parents followed by an interactive Q and A session.



Teacher's day was celebrated today at CGKG NOIDA with all staff members. The celebration included cutting of cake sent by President Tatrakshika Mrs Dipa Pal to felicitate the teachers for their dedication and tireless effort. Message was also read followed by gift distribution and lunch.



SANCHAR

Sanchar team successfully launched CGWWA Annual magazine 'URMI' on 16 Dec 2022. 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. The winners of cover page of CGWWA Annual magazine 'URMI' Mrs. Uma Rani Samanta W/O Mritunjoy Samanta, P/Adh (RO) for front cover page and Mrs Kumudini Patra W/O BC Patra PSE (AE) for back cover page designs were awarded with prize money cheques of amount Rs. 2000 each.



In January and May, CGWWA newsletter 'Sandesh' was also released by Sanchar team. On regular intervals, CGWWA Web pages on official portal are also updated by the Web coordinator.

NORTH WEST



SECRETARY'S DESK

GANDHINAGAR

As part of Tatrakshika Day celebrations, a movie was screened for Tatrakshikas on 27 Nov 22. The Secretary, CGWWA (NW) read out the message received from President Tatrakshika.

A special Committee Meeting cum Coffee Morning was organized on 27 Apr 23 during the visit of President Tatrakshika (WS) Mrs. Jayanthi Suresh.

The Annual General body Meeting was conducted on 25 Jul 23. The new committee members were introduced to all Tatrakshikas. The secretary read out the report of all activities conducted in the past year. The Treasurer presented the status of the funds in various accounts of all the units in the region.



A committee meeting was conducted during visit of Mrs Dipa Pal, President Tatrakshika, to Gandhinagar on 31 Aug 23. President Tatrakshika interacted with all committee members.



A Milan was organized during visit of Mrs Dipa Pal President Tatrakshika on 31 Aug 23 at Gandhinagar. The theme for the event was "Zindagi ke Rang" and the dress code was "Single Colour Saree".

DHQ 1 PORBANDAR

Tatrakshika Day was celebrated on 26 Nov 22 at Surya Nav Grah Mandir and picnic was organized for all ladies.

A Coffee Evening was organized during the visit of Regional President Tatrakshika (NW), Mrs. Kavita Harbola, on 15 Dec 22. The theme of the coffee evening was "Wedding Bells" and the dress code was traditional.

A Coffee Morning was organized to bid farewell to outgoing committee members of Tatrakshika, Porbandar, on 16 Mar 23. The theme of the coffee Morning was "Arabian Nights," The event concluded with bidding farewell to Mrs. Sheelu Verghese and other committee members with a farewell speech and a token of love given to her by all the Tatrakshikas of Porbandar.





The Annual General Body Meeting was conducted on 28 Jul 23 at Family Welfare Center, Porbandar.



A special Milan was organised on 02 Sep 23 at Family Welfare Center, Porbandar during maiden visit of Mrs Dipa Pal, President Tatrakshika. The theme of the Milan was 'Bahar-e-Gulshan' and dress code was 'Floral Attire'. Milan commenced with traditional lamp lighting with vandana followed by a group song.

DHQ 15 OKHA

On 29 Nov 22 Tatrakshika Day Celebration was organized for the Tatrakshikas of DHQ-15 at Okha Beach. Special gifts of appreciation were presented to the welfare coordinators.

Regional President Tatrakshika, Mrs. Kavita Harbola, visited DHQ-15 on 14 Dec 22. A Milan with the theme "Naya Saal, Nayi Umang" was organized at DHQ-1.

A Coffee Morning was organized by the ladies of Okha on 09 March 23 at CGOM to bid farewell to the outgoing committee members.

The Annual General Body Meeting was held on 13 July 23. The secretary presented the consolidated statements of the events conducted in the previous year.

On 08 Aug 23, Air Chief Marshal VR Chaudhari, PVSM, AVSM, VM, ADC and Mrs Neeta Chaudhari, President AFWWA visited CGDHQ 15. An interaction was organized with the guest by the District President Tatrakshika (Okha) and CGWWA team.

A Milan was organized on 01 Sep 23 on the visit of Mrs Dipa Pal, President Tatrakshika at AVR Hall Okha. The theme of the event was "Janmashtami". The event included a lecture on Mental Health followed by singing and dance performances.



ICGS JAKHAU

On 3 Oct 22 President Tatrakshika (WS) Mrs. Jayanthi Suresh visited ICGS Jakhau, a Special Milan was organized which included rangoli competition, and cultural events.

To celebrate Tatrakshika Day, a picnic was organised on 26 Nov 22, for the Tatrakshikas of Jakhau, at Mandavi Beach and a visit to nearby Shri Ambe Dham Temple, and Mandavi Vijay Villa Palace.

The Annual General Body Meeting was conducted on 15 Jul 23 at the CGWWA center.



ICGS VADINAR

Tatrakshika Day was celebrated at the station auditorium on 29 Nov 22. Mrs. Kavita Harbola, Regional President Tatrakshika (NW), visited ICGS Vadinar on 13 Dec 22, a Milan was organized at the Navrang Auditorium.

A Coffee Morning to bid farewell to outgoing committee members was organized on 09 Mar 23. Mementos were presented to the outgoing committee member as a token of remembrance.

President Tatrakshika (WS) Mrs. Jayanthi Suresh visited ICGS Vadinar on 28 Apr 23. A Special Milan was organized at the Navrang Auditorium.

The Annual General Body Meeting was held on 20 Jul 23. After the Secretary and Treasurer rendered their respective reports a detailed discussion was also held to plan the activities for the forthcoming year.

Mrs. Sreelekshmi, District President, Tatrakshika (Okha) visited ICGS Vadinar on 24 Jul 23 and was welcomed by Mrs. Nigar, Station President Tatrakshika, (Off) Vadinar alongwith CGWWA members. During the visit, CGWWA Milan was organised at Navrang Auditorium by all CGWWA ladies.



Regional President Tatrakshika (NW) alongwith Mrs Sreelakshmi, District President Tatrakshika (Okha) visited Vadinar on 22 Sep 23 and was welcomed by Mrs Nigar, Station President Tatrakshika Vadinar with CGWWA members. During the visit CGWWA Milan was organized at Navrang Auditorium by all CGWWA members.

CGRPT SURAT

To celebrate Tatrakshika Day a Milan was organized on 29 Nov 22. The message received from President Tatrakshika was read out.

ICGS PIPAVAV

Tatrakshika Day was celebrated at the station premises on 29 Nov 22. On this occasion, the message from President Tatrakshika was read out. The traditional cake-cutting ceremony was followed by lunch. At the end of the event the ladies were also presented with a token of appreciation for their whole hearted support.

A Coffee Morning was organised during the visit of Mrs. Sheelu Verghese, District President (Porbandar), on 02 Dec 22.

A Milan was organized in the station during the visit of, District President Mrs. Nidhi Agrawal on 23 Apr 2023, during her visit to Pipavav.

A Special Coffee Morning was organized during the visit of, President Tatrakshika (WS), Mrs. Jayanthi Suresh on 29 Apr 23.

ICGS MUNDRA

Tatrakshika Day was celebrated by on 29 Nov 22. A Special Milan was organised on the visit of the President Tatrakshika (WS), Mrs. Jayathi Suresh, to Mundra on 27 Apr 23.

Annual General meeting (AGM) was organised on 20 Jul 23. The secretary's report was read followed by Treasurer presenting the status of funds in various accounts of CGWWA Mundra.



Mrs Sreelekshmi, District President Tatrakshika (Okha) visited the station and interacted with the ladies of station on 25 Jul 23.

ICGS VERAVAL

Tatrakshika Day was celebrated on 29 Nov 22 by CGWWA, Veraval. All Tatrakshikas actively participated in the event. After the ceremonial cake-cutting various cultural activities were conducted.

President Tatrakshika (WS), Mrs. Jayanthi Suresh, visited ICGS Veraval on 28 Apr 23

Annual General Body Meeting was conducted at CGWWA Centre. Total 30 CGWWA members participated in the meeting.



RHQ GANDHINAGAR

An interactive demonstration on preparation of seven different types of exotic homemade Chocolates using simple ingredients was conducted by Mrs. Savita Nandodkar on 04 Nov 22.

On 15 Dec 22, wherein a demo on hand embroidery design was given.

The Coast Guard Wives Association (North West), in collaboration with Okhai a NGO under Tata group, organised an exhibition on 09 Feb 23. Tatrakshikas heartily supported sustainable rural handicraft.

A mehndi competition was organised by the welfare committee members on the 25 of July 2023 in keeping with the Saavan theme.

A exhibition cum sale was organised on 07 Aug 23 by welfare team at Gandhinagar and theme was "Vocal for Local". Various stalls of rakhi, imitation jewellery, saree & blouse, spices and dry fruit snacks were set up at the venue.



DHQ 1 PORBANDAR

An interactive demonstration session for ladies on instant gravy premix (White and Gold), icing the cake with whip cream, and instant ice-cream preparation was conducted on 24 and 25 Jan 23.



A display of lippan art (wall paintings and clay art mirrors) was exhibited at the welfare center on 19 and 23 Mar 23.

On 28 Jul 23, a demonstration on Lippan Art was organized by the Welfare Team at Family Welfare Centre, Porbandar which was conducted during the AGM 2023.

On 14 Aug 23, a walkathon was organised for a distance 5 Kms to mark the celebration of 77th year of Independence of our country and as part of “Har ghar Tiranga” campaign. The starting and ending point for the event was CGRA Dharampur. Ladies and children actively participated in the event Mrs Nidhi Agrawal District President Tatrakshika, Porbandar flagged off the event.



On 28 Aug 23, a small demonstration on plant hanger preparation with the help of macrame was organized at Family Welfare Centre, Porbandar.

On 02 Sep 23, welfare team organized a demonstration on dhoopbatti at CGWWA Centre, Porbandar.



DHQ 15 OKHA

To spread awareness about domestic violence a lecture was organized on 29 Nov 2022. The aim of the lecture was to create awareness on the social evil of domestic violence and its impact.

As part of welfare activity, CGWWA, Okha organized an exhibition of Okhai products 21 Jan 23 at CGDHQ-15. Various craft and handwork materials such as Ajarakh, Kutch embroidery work, Bandhani tie and die work, and other products produced by the women beneficiaries of the NGO run by TATA group were displayed and offered on sale.

The welfare committee organised a cooking demonstration showing the use of millets on 10 Apr 23. The aim of this activity was to promote usage of millets in our daily diet. Health advantages of using millets in daily life were also propagated among the ladies.

On 25 Jul 23, as part of Suruchi activity, Tailoring classes for Tatrakshikas at Okha were imparted at CGWWA Welfare Center, Okha which was undertaken by a professional tailor. The sessions witnessed significant participation from the ladies.



On 10 Aug 23, as part of Suruchi activity, a demonstration on cooking healthy and homemade cookies was delivered by Mrs Manju Thakur. A tricolor snacks making competition was also conducted for the ladies.



ICGS JAKHAU

A demonstration on pudding making with minimal and healthy ingredients was given by Mrs. Megha Safaya, on 13 Apr 23.



A cultural programme was organized at station CGWWA centre on 15 Aug 23 (Independence Day) CGWWA members and children participated in dance and patriotic song.

ICGS VADINAR

The festival of colors, Holi, was celebrated by Tatrakshikas at CGRA, Vadinar, on 07 Mar 23.

ICGS VERAVAL

A demo class on making of paper bags was conducted at CGWWA centre for CGWWA members on 14 Jul 23. The demo was presented by one of the CGWWA member. All CGWWA members actively participated in this event and total 40 paper bags were made. The aim for the demo class was to enhance the skill development of individual and to spread awareness not to use plastic bags view their ill effects on our environment.



ICGS PIPAVAV

Demonstrations on making bags and envelopes from newsprint was conducted on 22 Dec 22. The idea was to promote the use of newspaper rather than polythene bags and ensure sustainable environment.



Demonstration on Rakhi making was conducted at ICGS Pipavav on 19 Jul 23. During demonstration all ladies actively participated and prepared different varieties of rakhis.



SANJEEVAN

RHQ GANDHINAGAR

A health camp was organised by the Sanjeevan team on the 19 and 20 Nov 22. In the health camp blood tests, urine tests, dental examinations, thyroid tests, pap smears, and mammography were carried out. Results of the tests along with appropriate medical consultation and advice were also provided to the Tatrakshikas.

A health lecture on 'Millets' was conducted on 28 Feb 23 by nutritionist. The purpose of the lecture was to educate the ladies on the various health benefits of millets. A quick quiz was also conducted on the topics discussed.

On 05 Apr 23, a lecture was delivered by Surg Lt. Cdr. Kamlesh B on the importance of bone health, and this lecture was followed by a bone density test.

Ageing may be inevitable but one need not grow old before our time, a lecture on healthy ageing on 25 Jul 23 was organized. In the lecture great emphasis was placed on physical and mental health. Simple but regular exercise was suggested as an effective means to ensure we remain healthy and happy irrespective of our age.



Blood donation camp at Okha



Demo on CPR at Okha



General health check at Mundra



Health camp at Gandhinagar

A lecture on colour therapy was delivered by Mrs. Mehak Behl on 31 Aug 23 at Gandhinagar. During the lecture she covered about how the colours impact our daily life and human body.



A health camp was conducted by Sanjeevan Team at Gandhinagar on 08 Sep 23. The camp included specialist consultation of ENT and Eye for women of Coast Guard fraternity in collaboration with Tej Eye Centre, Gandhinagar.



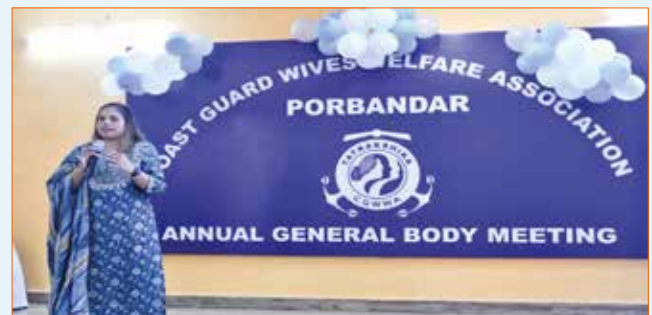
DHQ-1 PORBANDAR

A women's wellness camp was organized for all Tatrakshikas of Porbandar, 22 - 27 Nov 22. Tests such as BMI, ECG, vision, dental, and bone density were also undertaken. All the test reports were reviewed at the camp site by a team of specialist doctors from Porbandar, and consultation was offered to all ladies. A lecture on medical emergencies and other lifestyle diseases was conducted.

A lecture on Cervical Cancer for women was organized by CGWWA Members on 10 Jan 23 at the family welfare center.

On 28 Jul 23, a lecture on "Menopause" was organized by the health team at CGWWA Centre, Porbandar. The lecture was delivered by Dr. Swati Majithia, Gynecologist from Manan hospital, Porbandar. The lecture aimed to understand pre-menopausal and post-menopausal symptoms/changes and how these changes affect a woman's health as she ages.

An interactive workshop on "Way to Boost Bone Strength" as a part of Health activity was presented by Surgeon Lieutenant Rohan S at CGAE Porbandar briefing room on 23 Sep 23.



DHQ-15 OKHA

On 24 Aug 23, as part of health activity, a mindful meditation session was organized at CGDHQ 15 for the CGWWA ladies. The session focused on relieving stress, meditation for healthy mind and body. The session was undertaken by Brahmakumaris from Dwarka and Okha.



ICGS PIPAVAV

Health and Wellness Camp A 'Health and Wellness Camp' was organised by CGWWA on 18 Nov 22. The Comprehensive Medical Camp included consultations by Gynecologist Dr. Ajay Vaniya and Orthopedic Surgeon Dr. Ganpath Sisara, along with nursing staff from Sahjanand Hospital, Rajula. This was followed by general examination, of the pulse, blood pressure, SPO₂, height, and weight, by the Station Medical Officer.

Medical Lecture. A lecture on mosquitos and other borne diseases was conducted at ICGS Pipavav on 23 Mar 2023. During the lecture, various Do's and Don'ts to prevent the breeding of mosquitoes, using mosquito nets, and various other precautions were explained. In the same event health benefits of millets in our day-to-day food were also discussed.



Dental health checkup camp was organized for all CGWWA members including children in coordination with Samarpan hospital (Rajula) on 13 Sep 23. The dentists and nursing staff did thorough inspection and also delivered lecture about Do's and Don'ts regarding maintaining dental hygiene and precaution to be taken by parents during the process of growing teeth in babies.

ICGS MUNDRA

General Health Examination (November 29th and 22nd). A general health checkup for hemoglobin, iron, weight, and hormones was organised for all Tatrakshikas on 29 Nov 22.

ICGS VERAVAL

Women's Wellness Camp. A Women's Wellness Camp was organised by ICGS Veraval for Tatrakshikas, on 25 Nov 22.

Medical Lecture. The station medical officer delivered a lecture on early symptoms and means of prevention of Cervical Cancer and breast cancer on 24 Mar 23.

ICGS JAKHAU

Health care lecture. A health care lecture was organized on 23 Nov 22. Surg Lt. Commander Aditya Arugula through a power point presentation covered various topics including cardio vascular disease.

Lecture on health activity. A power point presentation on healthy pregnancy was conducted by Surg Lt. Ahalya Aravind on 15 Jul 23. The importance of prenatal and ante natal care was also discussed.



SAKSHARTA

RHQ GANDHINAGAR

On 20 Jan 23 Republic Day was celebrated. A magic show was organized by a professional magician Mr. Jaydev Singh Jhala. An online Essay Writing competition was organized on the 7 Jan 23 to encourage ladies to express their thoughts and ideas on various topics. The 3 best articles were selected and prizes were awarded to the winners. A lecture 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.

DHQ 1 PORBANDAR

Lecture on bank key features in liaison with SBI Bank. A lecture with PowerPoint presentation was

organised on 19 Dec 22. The SBI officials covered various topics, including the benefits of saving schemes, how to safeguard passwords, personnel accident insurance, etc. Lecture on wellness. A lecture titled “Dear Zindagi” for women was organised by the literacy team on 10 Jan 23 at the family welfare center.



Healthy mind lives in healthy body and healthy body needs healthy atmosphere. In this reference literacy team conducted a lecture on how to declutter your home and mind at CGWWA Centre Porbandar

DHQ 15 OKHA

Financial frauds online. A lecture on "Online financial frauds" was organised by literacy team CGWWA Okha on 05 Nov 22. A lecture on "Food Safety" was delivered on 21 and 23 Jan 23. The aim of the event was to spread awareness about food safety.



ICGS JAKHAU

Lecture on Millets. A lecture on the health benefits of consuming millets was conducted on 6 Mar 23.

ICGS VADINAR

Educational trip an education trip was organised for the Tatrakshikas of Vadinar at Narara Marine National Park on 26 Feb 23. A qualified marine guide elucidated to the ladies the intricacies of marine life.

ICGS PIPAVAV

Painting competition for school children. A painting competition was organised for students of classes 9th and 10th of at Rajula on 30 Jan 23. The topics were as follows: (i) Marine environmental protection and (ii) Swachh Bharat Mission. Prizes were distributed to the winners and participants in both categories.



ICGS MUNDRA

Lecture on digital payments. An interactive lecture on digital payments, their advantages, and precautions while carrying out digital payments was conducted on 22 Jan 23. The various ways of identifying scam /fraud calls were explained. The importance of safeguarding and not sharing PIN and OTP number was also explained.

On 20 Sep 23 during the Milan a lecture on ‘Digital Banking & Security’ by Ms Priya Pathak, Branch Manager, SBI, Mundra was organized for CGWWA members.

RHQ GANDHINAGAR



Lecture on Medicinal Plants. A lecture on easy to grow medicinal plants was organised by the Srishti team on 20 Jan 23, in which the importance and the usefulness of different types of medicine plants was explained in detail.

Movie screening. A short documentary viz Oscar winning movie “The Elephant Whisperers” was screened on 06 Apr 23. The ladies were left with the message that, “Save the environment, to save the earth”.

Demo on Best Soil for Potted Plants. On 25 Jul 23 an interactive session on the various methods of repotting household plants was conducted.

On 25 Jul 23, an interactive session on the various methods of repotting household plants was conducted.



DHQ 1 PORBANDAR

Best out of waste-compost making. A demo on making compost and bio-enzymes from kitchen waste was held on 19 Dec 22. The steps of making compost in a pot and bio-enzymes in a bottle from kitchen waste was demonstrated. Visit to the Bird Sanctuary. A Visit to the Bird Sanctuary in Porbandar for Tatrakshikas was organised on 04 Mar 23. Porbandar is a heaven for migratory birds, the visit encouraged the families to walk close to nature.

World Environment Day. Tatrakshika Porbandar participated in a plantation drive on World Environment Day conducted on 05 Jun 23 and planted saplings in CGRA, Dharampur.



As a part of the Van Mahotsav festival, a plantation drive was organised at CGRA Dharampur on 05 Jul 23. Tatrakshika planted various fruit-bearing plants. This event created awareness among ladies regarding the importance of plants for a better tomorrow.



DHQ15 OKHA

'Say No to Plastic'. With the objective of shedding some light on the subject and to enlighten ladies as to why it is important to “Say no to plastic”, a lecture was conducted on 02 Dec 22 at AVR DHQ 15, Okha.

A tree plantation drive was organised by CGWWA Okha on 27 Jan 23. Ladies participated in the event with great zeal and planted many saplings in CGRA.



An environment activity was conducted on 13 Jul 23, a presentation on environment preservation was delivered by Environment Coordinator followed by distribution of plant saplings.

ICGS PIPAVAV



Visit to the forest nursery and Dhareswar dam. The Shrishti team of Pipavav organised a visit to the forest nursery, Mahadev Temple, and river dam at Dhareswar village on 24 Jul 23. The Tatrakshikas were informed about various medicinal plants in the nursery by the forest staff, who also gave each lady two saplings to grow in their homes.

CGRPT SURAT

A visit was organized at Wish Temple Dumas, Surat on 16 Sep 23 for CGWWA members as a part of Srishti activity.



ICGS VERAVAL

Tree Plantation Drive. A tree plantation drive was conducted at CGRA, Inaz, on 05 Jun 23 on World Environment Day. Tatrakshikas actively participated in this event.



ICGS JAKHAU

Tree Plantation. Tree Plantation was carried out on 19 Jan 23 at CG residential area by members of Tatrakshikas Jakhau.

Tree plantation drive was organized on 02 Sep 23 by the CGWWA members near station CGWWA centre.



SNEHA

RHQ GANDHINAGAR

An outreach activity to help and assist the casual laborers employed in various Coast Guard establishments in Gandhi Nagar was organised on 23 Dec 22. During the event branded pressure cookers were presented. The beneficiaries expressed interest to recite poems and demonstrate their singing skills. An outreach activity to help and assist the casual labours working in various coast guard establishments in Gandhi Nagar was organized on 22 Feb 23 in which branded mixer grinders were presented to the beneficiaries.



DHQ 1 PORBANDAR

Distribution of rations to casual laborers. As a part of outreach activity, CGWWA Porbandar distributed rations and utility items to casual laborers on 21 and 22 Oct 22 at the family welfare center. Sweets were also distributed to share the joy of the festivities.



DHQ 15 OKHA



Visit to Orphanage. On 11 Feb 23 at Prerana Samajik Kendra Navjeevan Trust, Bhimrana. Blankets and utility items were donated to the Kendra for special children.

ICGS PIPAVAV

Distribution of Food Grains and edibles. An Outreach activity was organised by Tatrakshikas at Thoori village, Rajula, on 10 Apr 23, to support underprivileged families. During the event, food grains and eatables were distributed to 14 underprivileged families.

ICGS MUNDRA

Outreach Activity. An outreach program was organised at Samundra Township on 21-22 Dec 22 in which grocery items were distributed to civilian casual labors.



CGRPT SURAT

A visit was organized at Ambika Niketan Trust (Old Age Home) for CGWWA members as a part of Sneha (Outreach) activity. Mrs Sushma Devi, Unit CGWWA President along with CGWWA members visited Old Age home on 25 Aug 23. CGWWA members interacted with the old aged persons staying at old age home and handed over a list of donated grocery items to Manager of Trust.



SANSKAR

DHQ 1 PORBANDAR

To overcome the limited opportunities that were available to toddlers during COVID, greater efforts were put in by teachers and coordinators to ensure meaningful child-focused activities. Navratri Celebration. Navratri festival was celebrated on 04 Nov 22 in the CGKG, Porbandar. The children from Nursery, LKG and UKG classes participated in the festival with traditional clothes.



Children's Day Celebration. Children Day was celebrated on 14 Nov 22. Drawing activities were conducted for the students of Nursery, LKG and UKG. Medical Camp was conducted on 24 Nov 22

at CGKG. Surg Lt. Cdr conducted general checkup for the student of Nursery, LKG and UKG. Place of Worship are Visited. The various place of worship temple, church, mosque and gurudwara were visited by the students of Nursery, LKG and UKG on 09 Dec 22.

On 07 Jul 23, Guru Purnima was celebrated to pay respect and gratitude towards teachers at CGKG, Porbandar. The school was decorated and prayers were conducted.

On 14 Jul 23, a medical camp for all the students was conducted to assess the general growth like height, weight at CGKG, Porbandar. Eye and ear checkup was also conducted for all the students. First aid training of teachers was also undertaken. Handling child related emergencies were also discussed. Surg Lt Rohan Ram Setlur organized the health camp.



On 24 Jul 23, Van Mahotsav was celebrated by planting trees at CGKG, Porbandar. Children planted saplings of plants and trees. They were guided about the importance of trees on Earth. Beautiful placards were made by the students.

On 28 Jul 23, Hindi poem recitation was conducted at CGKG, Porbandar. Prizes were distributed to the winners.



On 04 Aug 23, Mrs. Nidhi Agrawal, District President Tatrakshika, Porbandar visited CGKG, Porbandar. CGWWA Coordinator for Education, Mrs Lincy Thomas, CGWWA Secretary, Mrs Isha Singh and Officer-in-Charge CGKG accompanied her. The guests were shown an Audio-Visual clip of the school events. Mrs Agrawal was given a school tour by the principal and she also interacted with staff and students. She also inquired about the amenities which are required towards expansion of school resources.

On 14 Aug 23 under the aegis of 'Har Ghar Tiranga' campaign, Students and Staff of CGKG, Porbandar actively participated in the Tiranga rally. Senior KG kids participated in a Bicycle rally. CGWWA coordinators for Education and OiC CGKG took part in the rally. The students were educated about the importance of national flag and Independence Day during the school assembly.

To teach our tiny tots the importance of traffic rules, an activity was conducted by CGKG, Porbandar on 25 Aug 23. Students were shown an audio-visual clip explaining traffic rules.

On 28 Aug 23, CGKG, Porbandar celebrated Raksha Bandhan with full zeal and endeavor that one associates with this auspicious festival.

Mrs Dipa Pal, President Tatrakshika visited CGKG, Porbandar on 02 Sep 23, during her maiden to Porbandar. Children performed welcome dance and was greatly appreciated by the President.



DHQ 15 OKHA

Activation of CGKG School. The CGKG school was activated on 15 Jul 23 pending formal inauguration. The event marked a humble beginning of the CGKG School at Okha with a total strength of 36 children who were enrolled in Nursery, LKG & UKG sections of the school.



On 15 Aug 23, Independence Day was celebrated by the ladies of CGWWA Okha with the children of CGKG, Okha. District President (Okha) was the chief guest of the event and hoisted the National Flag at the school.



On 07 Sep 23, Janmashtami festival was celebrated at CGKG Okha by CGWWA ladies. The school children presented a skit based on Lord Sree Krishna. Children were dressed as Lord Krishna and Sree Radha for the event.



ICGS VADINAR

Children's Day Celebration. Children's Day was celebrated on 14 Nov 22 as a tribute to Shri. Jawaharlal Nehru. Hindi Poem Recitation Competition. The Hindi poem recitation competition was conducted on 28 Nov 22. Visit of Regional President Tatrakshika (NW). Regional President Tatrakshika (NW) visited CGKG Vadinar on 13 Dec 22. She was welcomed by Mrs. Neha, Headmistress, CGKG Vadinar.

On 05 Sep 23, Teachers Day was celebrated by Tatrakshikas of Okha at CGKG Okha. The event witnessed felicitation and presentation of mementoes to teachers of the school.

Mrs Dipa Pal, President Tatrakshika, visited Okha on 01 Sep 23 and inaugurated CGKG Okha. President Tatrakshika had a walk around the school post inauguration and interacted with the teachers and the school kids.





Christmas Day Celebration. Christmas Day was celebrated on 21 Dec 22. The teachers of CGKG school Vadinar conducted an activity of making Santa hats with craft paper.

Annual Day Celebration CGKG's annual day was celebrated on 28 Feb 23. The teachers at CGKG organized a cultural program. Graduation Ceremony CGKG Graduation Ceremony was held on 24 Mar 23.

Visit of President Tatrakshika (WS) Mrs. Jayanthi Suresh President Tatrakshika (WS), visited CGKG Vadinar on 28 Apr 23. She was welcomed by Mrs. Neha, Headmistress, CGKG Vadinar. **Yoga Day Celebration.** On 21 Jun 23, International Yoga Day was celebrated.

Teachers of CGKG and students celebrated commencement of monsoon on 25 Jul 23. Students made rainbow and cloud by using craft paper and cotton. Headmistress discussed the significance and importance of the rain with students.



Karate classes for children were organised by CGWWA, Vadinar w.e.f 01 Aug 23.

English poem recitation competition was conducted on 07 Aug 23. The best students were awarded.

Independence Day was celebrated on 14 Aug 23. Mrs. Nigar, Station President Tatrakshika (Off) Vadinar, CGWWA committee members, teachers and students participated the event.



The festival of Janmashtami was celebrated on 06 Sep 23. There were various activities conducted like making flute, dahi handi and crown by using craft paper and also performed the customary Dahi Handi Breaking ceremony with sticks.

WEST



SECRETARY'S DESK

MUMBAI

A picnic to Tikuji-ni-Wadi was organised on 29 Nov 22 to celebrate the 28th raising day of CGWWA. All the Kendra members were felicitated with a token of appreciation for their participation.



A special Milan was organised on 17 Jan 23 to bid farewell to Mrs Neela Pathania, President Tatrakshika. The theme of Milan was 'Aamchi Mumbai'.



A Milan was organised on 19 Apr 23 by the ladies of RHQ(W) in the Multi Utility Hall, Worli. The theme of Milan was 'Apna Gaon, Apna Desh'. Token of appreciation and warm farewell were also given to welfare members and Kendra- in- Charge on their permanent transfer.



The new session of CGWWA began with an Annual General Body meeting held on 18 Jul 23, at the multipurpose hall RHQ, Worli.



A special Milan was organized to welcome Mrs Dipa Pal, President Tatrakshika on her maiden visit to Mumbai. The theme of the event was "Tyoharon ka Indra Dhanush".



A special milan was organized on 27 Sep 23 to bid farewell to Mrs. Aruni Baadkar, Regional President, Tatrakshika west. The theme of the Milan was "Aamchi Konkani Duniya" and dress code was theme based. The Milan began with the Lord Ganesh puja by Mrs. Aruni Baadkar and Mrs. Anita Sharma, followed by entertainment program. She addressed the gathering and shared her experience and journey with her inspiring words.



RATNAGIRI

On 29 Nov 22, Tatrakshika Day was celebrated with a lot of enthusiasm by all the members in the station.



On 24 Feb 23, a coffee morning was organised to welcome Mrs Smrati Kaushik, President Tatrakshika (DHQ-2) on her visit to Ratnagiri.

DAHANU

Monthly CGWWA meeting was held on 30 Jan 23 to bid farewell to Mrs Nirmala Devi W/o Murali ram, PSE(ER) on superannuation.



On the occasion of Coast Guard Day President Tatrakshika (WS), Mrs. Jayanti Suresh, visited the station on 02 Mar 23.

The Annual General Body Meeting was held on 18 Jul 23.



Milan was held on 14 July 23 to welcome Regional President Tatrakshika (West) Mrs Aruni Baadkar on her maiden visit to Ratnagiri. The Milan was followed by AGM 2023-2024.

MURUD JANJIRA

On 24 Nov 22, a Coffee Morning was conducted. Tatrakshika Day was celebrated with a lot of fanfare at the CGWWA Centre.



The first CGWWA Milan of 2023 was conducted on 12 Jan 23. President Tatrakshika, Murud Janjira, Mrs. Sheetal Gojre, interacted with CGWWA members. Children from Korlai Ashram also met and interacted with the President and all the ladies.



NEW MANGALORE

A picnic was organised on 29 Nov 22 at Pilikula National Park. Activities like games, boating and cake cutting followed the celebrations to commemorate 28th Tatrakshika Raising Day.

A Milan was organised on 09 Apr 23 to welcome Mrs. Jayanti Suresh, Tatrakshika President (WS), visiting the station.

A Milan was organised on 18 Apr 23, and a lecture on benefits of millets was delivered by a doctor from Father Mullers Hospital.



On 07 June 23, a Milan was organised during the visit of Mrs. Savitaben Rupala, W/o Honourable Minister of Fisheries, animal husbandry and dairying.



Annual General Body meeting was conducted at CGRA Kankanady Welfare Centre on 20 July 23 on the theme of 'Indradhanush'.



A special Committee meeting was organized on 09 Aug 23 during the visit of Mrs Jayanthi Suresh, Tatrakshika President (Western Seaboard) to New Mangalore at CGRA, Kunjathbail.



A Special Coffee Evening was organized on 06 Sep 23 during the visit of Mrs Aruni Baadkar, President Tatrakshika (West) to New Mangalore at CGOM. The event was hosted by Tatrakshika members of ICGS Varaha and the theme for the event was festive.



Annual General Meeting was held on 21 Jul 23 at DHQ-11 for Tatrakshikas. The meeting was based on Rajasthani theme. Mrs. Bhavna Bose, District President Tatrakshika (Goa) graced the event and new committee members were introduced to all Tatrakshikas of Goa.



GOA

CGWWA conducted a picnic for ladies at Majroda on 29 Nov 22 on the occasion of Tatrakshika Day.

Milan was organised by the ladies of ICGS Apoorva and ICGS Amal on 05 Apr 23. Mrs. Jayanthi Suresh Tatrakshika President (WS) graced the occasion.



KOCHI

On 29 Nov 22, CGWWA Kochi celebrated 28th Tatrakshika Day at Varuna Hall, DHQ-4 Premises.

On 07 Dec 22, a Coffee Morning was organised to welcome Regional President Tatrakshika (West) Mrs. Aruni Baadkar.

On 08 Feb 23, a committee meeting was conducted with Mrs. Dorathy Ravi, President Tatrakshika (Kerala & Mahe). The committee discussed the upcoming events/ activities, followed by a farewell party to Mrs. Sucheta Banerjee, Suruchi (Welfare) Co-ordinator and Mrs. Monika Negi, Suruchi (Welfare) Member.



Annual General Body Meeting was held on 19 Jul 23 at Varuna Hall, DHQ-4 premises.



Annual General Body Meeting was held on 19 Jul 23 at CGRA Ashokapuram (Beyppore).



On 05 Sep 23, a coffee evening with Mrs Aruni Baadkar, Regional President Tatrakshika (West) with the theme of Tea with Bes(tea) was organized by CGWWA Kochi. Mrs E Dorathy Ravi, President Tatrakshika (Kerala & Mahe) welcomed Regional President Tatrakshika (West) Mrs Aruni Baadkar.

On 04 Sep 23, a MILAN was conducted on the occasion of President Tatrakshika (West) visit at Beyppore. During MILAN President Tatrakshika interacted with CGWWA members at CGRA, Ashokapuram.

VIZHINJAM

Mrs. Aruni Baadkar, Regional President Tatrakshika (West) visited the station on 27 Mar 23. The Regional President Tatrakshika (West) interacted with all CGWWA members and discussed various aspects related to CGWWA.



BEYPPORE

As part of 28th Tatrakshika Raising Day, Milan was conducted at CGWWA centre, CGRA Kozhikode on 27 Nov 22.

A Milan was conducted on the occasion of Tatrakshika President (WS), Mrs. Jayanthi Suresh, maiden visit at Beyppore on 19 Apr 23.

Mrs. Jayanthi Suresh, Tatrakshika President (WS) visited the station on 15 Apr 23. The Tatrakshika President (WS) interacted with all CGWWA members and discussed various aspects related to CGWWA.



Annual General Body Meeting was held on 20 Jul 23 at ICGS Vizhinjam Premises.



KAVARATTI

Tatrakshika Day was celebrated on 29 Nov 22 with a cake cutting ceremony.

On 13 Mar 23, Regional President Tatrakshika (West) visited Lakshadweep Kavaratti Island and interacted with all CGWWA members.

Annual General Body Meeting was held on 20 Jul 23.



Mrs. E Dorathy, President Tatrakshika (K & M) visited ICGS Vizhinjam on 01 Sep 23. The President Tatrakshika(K & M) was received and welcomed by Mrs. Indu Sreekumar, President Tatrakshika (Vizhinjam). Mrs Dorathy interacted with all CGWWA core-committee members.



ANDROTH

Tatrakshika Day was celebrated on 29 Nov 22 by CGWWA members. Cake cutting was organised and a lecture was delivered by Smt. Ranjibi Vijeesh.

DAMAN

On 25 Nov 22, a picnic at Nargol Beach was organised. All the Tatrakshikas enjoyed the special occasion.



KARWAR

On 20 Jul 23, the CGWWA members (ladies) along with children assembled in “Eden” Hotel Karwar. During the meeting, the members discussed various agenda points and future proposals related to Central Executive Committee Meeting-2023 were discussed.



On 13 Dec 22, a Milan was organised to welcome Regional President Tatrakshika (West) Mrs. Aruni Baadkar. A special committee meeting was also held in the presence of Regional President Tatrakshika (West) to interact with committee members.



A Special Milan was organized on 03 March 23, in the presence of Mrs. Jayanti Suresh, President Tatrakshika Western Seaboard. The theme of Milan was "Rang Barse Holi".



On 14 Jul 2023, Annual General Body Meeting (AGM 2023) was held. Detailed report was presented by Secretary, highlighting various activities.

Mrs. Aruni Baadkar, President Tatrakshika (West) visited ICGAS Daman on 31 Aug 23. A Special Committee Meeting was held in the presence of President Tatrakshika (West).



SURUCHI

MUMBAI

On 04 Nov 22, a workshop on Fabric Jewellery was conducted by Mrs. Amrita Sarang, an expert in the field, at the welfare centre.

On 9 Dec 22, a demonstration on basics of baking and icing technique was given by Mrs. Kritika Kathiat at the welfare centre Powai.



On 25 Jan 23, team Suruchi organised a cooking demonstration by Mrs. Meghna Shukla, in Multi Utility hall at CGRHQ (W), Worli, to celebrate the International Year of Millets. A recipe booklet of various dishes of millet was also distributed on the same day.





A demonstration on facial yoga was organised on 21 Mar 23, at the Welfare Centre Powai by Mrs Shipra Mandal. She demonstrated various yoga methods to rejuvenate the face muscles and strengthen them.



A demonstration on “Macramé Art” was given by Mrs Amruta Sarang on 18 July 23. She demonstrated different types of knots used in making different beautiful crafts such as wall hangings, plant holders, dream catchers, etc.

NEW MANGALORE

Industrial visit was organised for CGWWA members at MRPL on 26 Nov 22.

During the visit of Mrs Jayanthi Suresh, Tatrakshika President (Western Seaboard), the sewing center and beauty parlor at CGWWA Center, Kunjathbail were inaugurated on 09 Aug 23.



A demonstration “Homemade dhoopbatti” was given by Mrs Kalpana Gupta on 18 August 23.



The Bottle Art Demo was conducted by Mrs. Ranjana Dixit at CGWWA Centre, Kankanady on 20 July 23. The attendees learned how to creatively decorate glass bottles using jute thread, acrylic paint, decoupage, and glass paint.



Demonstration on fat loss drink to reduce weight was organized on 25 Aug 23 at CGWWA Center, CGRA Kunjathbail. A demonstration on Lippan art was organized on 14 Sep 23 at CGWWA center CGRA, Kunjathbail.

A demonstration on 'Jhatpat Cooking' of healthy snacks was held on 09 Dec 22 at the Welfare Centre.



A Lecture was organised on kitchen gardening at CGWWA Welfare Centre, TRV, Chicolna on 16 Dec 22.

A demonstration on 'Mandala Art' was organized at TRV Welfare Centre Chicolna in the month of Jan 23. During the demonstration the old bottles and cake boards were used.

GOA

On 22 Nov 22, a session on creating Diwali décor using "Best out of Waste" was held at the Welfare Centre.



On 22 Feb 23, a session on 'food preparation using millet' was organised at the Welfare Centre.

A painting workshop for the children of all age groups was held on 07 Dec 22 at the Welfare Centre.



Mud painting workshop was organised in the month of Feb 23. During the demonstration, mirror art and Warli art were shown to all.



On 21 Jun 23, Yoga day was celebrated at Dhq, with ladies participating from all units.



On 27 Mar 23, Samandar Singh, Nvk (STD), gave a demonstration on “MockTail Making” at Family Welfare Centre, CGRA.



On 15 Sep 23, Welfare wing of CGWWA Goa organized Nail Art demonstration for Tatrakshikas. Professional Nail Artist conducted a session on nail art with live demonstration at Welfare centre, TRV.



As part of the Welfare Activity n 19 Jul 23, an age old art form the “Warli Painting” demo was given by Mrs Jyoti Bhatt and Mrs Ambika Pathak.



KOCHI

A Puja Thali Decoration competition, demonstration on “Paper Lamp Making” and “Homemade sweets” was organised at CGRA on 13 Jan 23.





On the festive occasion of Rakshabandhan on 22 Aug 23, a Rakhi Making Competition was organised at Varuna Hall, DHQ-4. The Tatrakshikas participated in the event with full enthusiasm.



Onam is a prominent festival of Kerala, also known as festival of harvest, and CGWWA Kochi celebrated Onam on 22 Aug 23 with various cultural activities. and onam-sadya (Traditional feast of onam) which was enjoyed by all Tatrakshikas.

BEYPORE

A farewell was given to Mrs. Meenu Sreechand, W/o S Sreechand, U/Nvk (QA) on voluntary retirement from service on 31 Jan 23.

A one day family picnic was conducted for members, including families, on 04 Apr 23, at Marine world Aquarium Chavakkad and Guruvayoor Temple.

On 10 Aug 23, CGWWA Beypore celebrated Onam festival. The event included traditional games for ladies and children.



On 30 Aug 23, Adventure Camp was conducted for ladies and children in coordination with 122 TA Battalion Kozhikode.



VIZHINJAM

As a part of Tatrakshika Day celebration a demonstration on modern cooking was organised on 24 Jan 23 . The event was co-ordinated by Ashok Eapen K, Chief Chef, Lulu Mall, Trivandrum.



As part of CGWWA welfare activity, a demonstration on how to make Kachori was displayed by Mrs Anita on 26 Jul 23. The event was participated by all CGWWA members present at station.



An awareness lecture by Mrs Reshmi on Scams and demonstration on stitching with Crosio work was conducted for ladies by CGWWA on 20 Sep 23. All CGWWA core-committee members participated the event.



Onam celebration was organized on 20 Aug 23 at station premises. The celebration was showcased with various cultural/ entertainment programs, talents of the children/ song and dance etc. Thiruvathira dance by the CGWWA members was the highlight of the event. President Tatrakshika Vizhinjam facilitated the CGWWA members during the event.

DAMAN

On 28 Dec 22, a talk on " Care of Skin during Winters" was given by a beauty specialist.

On 10 Feb 23, a demonstration on different styles of acrylic painting on ceramic plates was organized.



On 24 Feb 23 members organised a cooking competition using Millets. Various types of dishes were prepared using Millets and their benefits were discussed along with their importance in daily nutrition.





Suruchi Committee organized a lecture on monsoon safety for all the ladies on 14 Jul 23. The lecture mainly focused on clothing, home care and kitchen hygiene. The ladies were told simple precautions and practices which will ensure safety and well-being during monsoon season.

Garba classes were organized from 13-23 Sep 23 to teach all ladies the techniques and cultural significance of this vibrant dance form. A 03 days Yoga Camp was organized from 01 – 03 Aug 23 for the CGWWA members. The ladies rejuvenated their mind and body through invigorating yoga sessions, meditation and relaxation techniques.



RATNAGIRI

The 77th Independence Day was celebrated at Coast Guard Officers Residential Area Ratnagiri by CGWWA members. The theme of this year's celebration was Nation First, Always First, as an integral part of the broader "Azadi ka Amrit Mahotsav" celebration of our Nation.

Demonstration on making of Pickle was given on 11 Sep 23 also some tricks to deal with daily household activities were discussed. CGWWA members celebrated the festival of TEEJ on 19 Aug 23. On the occasion of Ganesh Chaturthi, Ganesh Pooja was celebrated on 19 Sep 23.



CGWWA Ratnagiri celebrated Rakhi with School children on 29 Aug 22. The event was celebrated with students of Mukul Madhav Vidyalaya and Junior College Ratnagiri.



DHQ-12 (KAVARATTI)

Onam celebration was conducted by CGDHQ-12 Tatrakshika at ICGS Kavaratti. The event commenced with making of Onappookkalam Flower and Rangoli by the Tatrakshika members followed by the welcome speech of District Tatrakshika President and Onam sadya was served to all members in Tatrakshika member.



ICGS ANDROTH

On 30 Aug 23, Onam celebration was conducted by Station Tatrakshika at ICGS Androth, Androth. The event commenced with making of 'Onappookkalam'(Flower Rangoli) by all Tatrakshika members followed by welcome speech by Station Tatrakshika President(Officiating).

ICGS MINICOY

A Millet workshop as part of Millet Campaign Year 2023 was organized on 26 Aug 23 at this station Conference hall for CGWWA ladies. A Cooking class for preparing recipe for millet foods was conducted. On this occasion Kasmoysee Ghosh, Station CGWWA President Minicoy also graced the event. All CG ladies enthusiastically and actively participated in the workshop.



SANJEEVAN

MUMBAI

A wellness camp for all Tatrakshikas of Mumbai was conducted in coordination with CGWWA(W) at DHQ-2 premises on 27 Nov 22 as a part of 28th Tatrakshika day Celebration. A medical lecture on the topic 'Screening of Breast Cancer' was delivered by Surg Lt Cdr Ragini Garg. The camp was attended by more than 135 ladies.



A Powerpoint presentation on 'All about Menopause' was delivered by Dr. Suchita Kotambe on 12 Apr 23 at Tunga Building(POWAI).

On 31 Jul 23, a talk on health precautions by Mrs Aradhana Serawat and Mrs Namrata Singh during monsoon was organised at welfare centre TRV, Borivali.



On 29 August 23 a lecture on "The role of meditation in mental health" was delivered by Mrs Suchita Kotambe.



KOCHI

In the run up to 28th Tatrakshika Raising Day, a Women Wellness Camp was organised by CGWWA Kochi at CGRA, Mundamveli on 27 Nov 22. The event was coordinated by Surg Lt Cdr Radhya Krishna, DMO, CG DHQ-4 in association with eminent specialists from various multi-specialty hospitals. A total of 120 Tatrakshikas consulted the specialist doctors and availed the facilities during the camp.

On 27 Mar 23, a medical lecture was conducted by Surg Lt Sanjujayson Raju, PMO, ICGS Samarth on “Hypothyroidism” at Family Welfare Centre, CGRA. The most common symptoms, dangers and advice for Hypothyroidism were shared during the lecture.



A lecture by Dr Pooja on Healthy Nutrition diet for Ladies and children was organized at CGWWA Center, Kunjathbail. The lecture covered a wide range of topics designed to address the specific needs of women and children.



VIZHINJAM

As part of 28th Tatrakshika raising day a Women Wellness Camp was organised on 26 Nov 22 . The event was coordinated by Station Medical Officer Surg Lt Cdr Sandeep A in association with eminent specialists from various multi-specialty hospitals in the state capital. Around 100 family members availed the facilities.

NEW MANGALORE

Women wellness camp was organised on 28 Nov 22. A lecture on ‘Cancer awareness’ by Dr Kartik, Surgical Oncologist KMC Mangalore was organised. A special OPD drive was also conducted by specialised doctors from KMC Hospital Mangalore for Dental, Ophthalmologist, Gynecologist for CGWWA members.

Walkathon was organized on 14 Aug 23 to celebrate Azadi ka Amrit Mahatsov at CGRA, Kunjathbail. The event was flagged off by Mrs Anuradha Mishra, District President Tatrakshika (New Mangalore).

DAMAN

On 05 Nov 22, a dental and oral Hygiene camp was organised in association with Vaidik Dental College at the Family Welfare Centre (Umang).

To commemorate 28th ‘Tatrakshika’ raising day a ‘Women Wellness Camp’ was organised at Coast Guard Air station, Daman. The camp was organised in association with District Medical services of Daman. A total of around 148 female dependents of service personnel of age group 21 years and above have benefitted from the comprehensive health screening. An awareness lecture on Mental health in women was organized on 10 Feb 23.

On 19 Apr 23, CGWWA Committee members organised a demonstration on Millets and their benefits.

On 19 Apr 23 Surg. Lt Cdr Ragini Garg gave a demonstration of First Aid on snake bite and on 14 Jul 23, Surg. Lt Cdr Nandana gave a demonstration of First Aid in case of Burning.



A comprehensive Eye Screening camp from 22 - 23 July 23, in collaboration with MI room was organized at Family Center, Umang.



MURUD JANJIRA

A lecture on Dental Hygiene was conducted for Ladies on 28 Feb 23. The lecture was conducted by Dr. Paridi Chaturvedi. Lecture covered the importance of dental and oral hygiene of children as well as adults.



A lecture on “Maternal health during pregnancy” was conducted by Station Medical Officer Surg Lt Cdr Kolla Premchand on 28 Aug 23. The lecture covered various aspects of maternal and fetal health during pregnancy and was followed by an interactive Q&A session.

KAVARATTI

On 27 Feb 23 Women’s wellness Camp and a lecture on Millets was conducted to improve the health and immunity by the District Medical Officer for CGWWA ladies and dependents of ICGS Kavaratti.

Medical camp was organized for woman which included routine Blood pressure, Blood suger, and general well-being checkup For CGWWA welfare center CGDHQ-12



SNEHA

MUMBAI

An Outreach activity was conducted on 9 Mar 23 at CGRHQ (W). All 22 members from the conservancy staff working in CGRHQ (W)/ CGDHQ-2 were given a backpack and a bed sheet as a token of appreciation.





DAMAN

The Outreach committee visited the “Prayaas Daycare School for Divyang Children” on 17 Feb 23.



On 4 May 23, a visit to Air Station Damam was organised for 150 students from the weaker section of the society.



The Outreach committee visited to “National Association for the Blind” for Blind Children on 12 Aug 23. Donation for the well-being of the children were done and sweets were distributed.



GOA

An outreach programme was conducted on 13 Jan 23 at Old Age Home named “Our Home” at Bogmalo housing 65 old age inmates. During the outreach program 225 Kg food items, toiletries kits and refreshment were distributed to old age inmates and also a sum of Rs 7,830.00 in cash was handed over to the manager as contribution from Coast Guard families.



An outreach programme was conducted on 05 Sep 23 at Welfare Centre, TRV by CGWWA Goa. The event named “Mission Life” inaugurated by Mrs Bhavna Bose, President Tatrakshika, Goa. Food items, toiletries kits and refreshment were distributed among the casual labours working in all Coast Guard offices Goa.



NEW MANGALORE

An Outreach activity was organised on 18 Nov 22 at St Joseph Prasanth Niwas Anathalaya, New Mangalore to render assistance to the old age members of Prashanth Niwas Anadhlaya. Groceries, medical equipment and toiletries were donated at the old age home. A visit to the old age home was organised on 19 May 23 and ration was donated to the organization.



KOCHI

On 15 Dec 22, a visit to St. Joseph's Waif's Home (Old Age Home) in Fort Kochi was organised. Essential grocery, toiletry items and fresh fruit packets were donated during the visit. On 3 Mar 23, groceries and toiletries were distributed to the helpers at CGRA.



KARWAR

An outreach activity to visit children of Asha Nikeran School for the Deaf, Karwar, was conducted on 13 Jan 23. A painting competition was organized and ration was donated to the School.



On the occasion of Onam, CGWWA Kochi distributed gifts and essential rations to conservancy staff of DHQ-4 and CGRA on 23 Aug 23, Mrs E Dorothy Ravi, President Tatrakshika (Kerala & Mahe) interacted with lady workers and wished Onam to all workers.

SAKSHARTA

MUMBAI

A collage making competition was organised to celebrate Children's day on 12 Nov 22. A free orientation session by PACE experts was organised for the wards of Indian Coast Guard Personnel on how to excel in all top Competitive exams like JEE, NEET and International Olympiads on 31 Mar 23 at Tatrakshak Vihar, Tunga, Powai.



An interactive lecture on the topic Body Shaming/ Stress Management was conducted by Psychologist from INHS Ashwini on 22 Feb 23 at Powai welfare centre.



On 08 August 23 an awareness lecture on digital literacy for ladies covering topics on online privacy ,online frauds, useful apps and mobile banking was given by Asst. Comdt. Nimisha Soparkar at Welfare Centre, Powai.



GOA

On the occasion of Children's Day, 45 children from Father Engal Orphanage Home Visited ICGAE Goa. They were briefed about the Indian Coast Guard and acquainted with different aircraft as well.



Welfare wing of CGWWA Goa organised the activity "How to prevent online fraud" by ICICI bank representatives on 04 Aug 23. Tatrakshikas have been briefed about online scams and the procedure of prevention.





On 13 Aug 23, on the Occasion of Independence Day, a Drawing and Painting Competition on patriotic themes to children was organised by CGWWA Kochi. Almost 95 children participated in the event with full enthusiasm. The event was inaugurated by Mrs E Dorathy Ravi, President Tatrakshika (Kerala & Mahe). The famous painter, Shri Sunil Kumar Vallarpadam was the chief judge for the event.

On 01 Sep 23 Tatrakshika Literacy Team of Goa organised a Debate competition. Children age group of 07-12 years and 13-17 years participated in the competition with different topics.



KOCHI

On 27 Feb 23, lecture on “Women diets in different age groups” for Tatrakshikas was conducted by Mrs. Rakhima C, Dietician / Nutritionist from Silverline Hospital Kochi at CGWWA centre, CGRA.

BEYPORE

An effective workshop with Byju’s Tuitions Centre was conducted on 04 Dec 22 at CGWWA centre, CGRA Ashokapuram.



Safety workshop/ lecture by a representative from IOC was conducted for CGWWA members on 21 Jan 23 at CGRA CGWWA centre.

DAMAN

On 15 Nov 22 “Classes on Self Defence Techniques” was organised for families at the Family Welfare Centre (Umang).



On 09 Dec 22, a book fair was organised in collaboration with Shree Narayan Book centre. A wide variety of books were available at heavily discounted prices.



On 28 Jan 23, a presentation on “Tips for Parents to teach kids about money management” was organized.



The Saksharta (literacy) committee organized a lecture on 14 Jul 23 on Sukanya Samridhi Yojana a government backed savings scheme for girl child. The lecture aimed to create awareness about the scheme's benefits and encourage participation to secure the future of young girls. The lecture was presented by Mrs. Anupama Laguri.



RATNAGIRI

A Workshop on financial Literacy for Women was organised on 25 Aug 23. The aim of event is to educate women on importance of financial literacy and provide them with necessary knowledge and skills to make informed decisions about their finances and positive impact on lives and family.



ICGS NEW MANGALORE

A literacy activity of 'Book donation and Book Club' was held on 21 Aug 23. Ladies donated old books to the library at the CGWWA centre. 11 ladies are interested in the book club which will start from next month.

SRISHTI

MUMBAI

An awareness cum culinary demonstration session on millets was conducted on 25 Jan 23 at multi purpose Hall, CGRHQ (West) to commemorate the International Year of Millets (IYoM). During the event, Smt Meghana Shukla, an internationally acclaimed advisor on millets, interacted with ladies on the environmental benefits of millets.

A talk on effective means for waste management was held at Powai, Welfare Centre. As part of the activity, a competition was also conducted on the theme “The Best out of Waste”.



On 12 Jul 23, a demonstration on plant propagation “Ek se Anek” was organised at the welfare centre, Powai.



A lecture on the topic ‘Sustainable Crafting: Upcycling of waste to make pots and plant holders at home’ was delivered on 29 Aug 23 by Mrs Saakshi.



Team Srishti conducted an activity and lecture on the topic “Celebrating Ganesh Chaturthi in Eco friendly way” by Mrs Richa Raturi on 12 Sep 23.



DAMAN

On 28 Dec 23, a competition on 'Best out of Waste' was held.



GOA

A lecture on Kitchen Gardening was held on 16 Dec 22 by Mrs Sanardhan, who owns many nurseries and is an expert in the field.

Srishti (Environment) Committee coordinator Mrs. Hansika Chopra presented a demo on 14 Jul 23 on paper bag making, promoting ecofriendly alternatives to plastic bags. The demo showcased the simplicity of making paper bags and their positive impact on reducing plastic pollution.



On 26 Apr 23 a competition on ' Best out of Waste' was held at CGWWA centre, TRV (Chicolna).

On 10 Feb 23 Presentation on “Biodegradable waste management” was organised.



On 19 Apr 23 at CGWWA Welfare Centre, UMANG. Tatrakshikas, planted different types of plants.



KOCHI

On 06 Dec 22, a competition on best kitchen garden was organised at CGRA.

On 13 Jan 23, an environmental lecture for Tatrakshikas was conducted by Mrs. Supriya Mishra, Srishti (Environment) Co-ordinator on "Say No Plastic" at CGWWA centre.



On 19 Jul 23, as part of Srishti activity presentation / demo was given by Mrs Aathira Ramesh to Tatrakshikas for how to make home-made compost by using food waste. The presentation was informative and beneficial for all the Tatrakshikas.



KARWAR

As part of celebration of the International Year of Millets, a cooking Competition on Millets based food was organised at ICGS Karwar on 06 Apr 23. The event was conjoined with the visit of Mrs. Jayanthi Suresh, Tatrakshika President (WS).



ICGS NEW MANGALORE

Tree plantation was organized on 20 Jul 23 during the Annual General Meeting. A lecture on how to take care of plants during monsoon season was given by Mrs. Nitu Yadav.



RATNAGIRI

A tree plantation drive by the CGWWA members was held at Godu Tai Jambhekar Vidyalaya, Ratnagiri on 05 Aug 23.



ICGS DHANU

Tree Plantation Drive was organised by CGWWA Members with President CGWWA ICGS Dahanu.



DHQ-12 (KAVARATTI)

Tree plantation drive was organized on 13 Jul 23 at, DHQ-12 premises, Kavaratti. CGWWA members of this Headquarters and children actively participated the event.



In the month of Jan 23, Republic Day, Basant Panchami, Picnic were organised. Various Art activities like thumb painting, cotton dabbing, and introduction of violet colour was done.



SANSKAR

MUMBAI

Children's day was celebrated on 14 Nov 22, with zeal and lot of fun filled games.

On 09 Dec 22 Mrs Aruni Baadkar, Regional President Tatrakshika (West) visited CGKG, Powai.



On 17 Feb 23, Annual Sports Meet was held at BMC playground Hiranandani. Mrs Aruni Baadkar, Regional President Tatrakshika opened the Sports Meet. Spray painting, fingertip painting, class photographs and regular academics are an ongoing process.



Vanmahotsav was celebrated on 21 July 23. Independence Day and Rakshabandan festival were celebrated. The festival of Janmastami was observed, enriching students with cultural knowledge. Kids participated enthusiastically by dressing up as Radha and Krishna.

Mrs. Dipa Pal, President Tatrakshika made her maiden visit to CGKG School, Powai on 18 Aug 23. She interacted and encouraged teachers and distributed chocolates to all kids. She also interacted with Principal, OIC and education coordinator and shared her valuable suggestions.



Teachers' Day was celebrated with great enthusiasm and reverence in CGKG School. Teachers Workshop was conducted on Classroom Management Skills: "Case Study" Discussion session was conducted where teachers discussed strategies on how to handle students who complete their class work quickly and potentially disrupt the class.

GOA

Various activities viz. Makar Sankranti celebration, Republic Day celebration, Vasant Panchami, Flower show, cooking without use of fire, Holi and Annual day celebration were organised from January to March 23.

Mrs Jayanthi Suresh, Tatrakshika President (Western Seaboard) visited CG Play school during her maiden visit to Goa on 05 Apr 23.

On 05 Sep 23, Teachers Day was celebrated at welfare center, Goa. All teachers including Dance teacher, Tutition Teachers, Taekwondo Teacher, Play School Teacher were invited and extended gratitude by giving gifts.



KOCHI

A fancy dress competition was conducted on 14 Nov 22 at CG Play school.

On 08 Dec 22, Regional President Tatrakshika (West) Mrs Aruni Baadkar Visited CG play School and CGWWA Family welfare centre at CGRA, Mundamveli.

On 29 Mar 23, CG Play School, Kochi Annual Day function was held in the Family Welfare Centre, CGRA. The event was inaugurated by Mrs E Dorathy Ravi, President CGWWA.



On 15 Aug 23, on the Occasion of Independence Day, Mrs E Dorathy Ravi, President Tatrakshika (Kerala & Mahe) hosted the national flag followed by National Anthem.



NEW MANGALORE

The annual day celebration of CGKG was held on 07 Mar 23 at CGRA Kunjathbail.

CGKG Smart Class Room was inaugurated by Mrs. Anuradha Mishra, District President Tatrakshika on 28 Jun 23.



Mrs. Jayanthi Suresh, Tatrakshika President (Western Seaboard) visited the school and interacted with the staff, and discussed on the running and further improvement of the school.



On the occasion of Independence Day, Fancy dress competition was organized for CGKG school children. The event was chaired by District Commander, DIG PK Mishra, TM and Mrs Anuradha Mishra, District President Tatrakshika (New Mangalore) at CGKG School, Kunjathbail.



On 3 Mar 23 Tatrakshika President Western Seaboard, Mrs. Jayanthi Suresh, visited CGKG School.

Raksha Bandhan and Janmashtami were also celebrated by the children at school. Muddu Krishna Competition was also held on the occasion of Janmashtami. On the occasion of Teachers Day lunch was organized for CGKG School Teachers and Gifts were also presented.



Vanmahotsav was celebrated at the CGKG school on 07 Jul 23 where children were actively involved in tree plantation and environmental awareness. CGKG hosted English poetry recitation competition on 27 Jul for LKG students and 31 Jul for UKG students. CGKG celebrated the Independence Day at school on 15 Aug to remind the young children about our country's Independence. CGKG School organized a captivating Fancy dress competition for the students, with LKG participants on 17 Aug 23 and UKG participants on 18 Aug 23. The theme was "Freedom fighters".



DAMAN

On 08 Feb 23, students of CGKG visited ICGAS Daman.





SANCHAR

MUMBAI:

Quarterly Sandesh was released in the month of Dec 22 and Apr 23 and was shared with all the stations. In the month of Jul and Aug 23; articles, cover designs, yearly activity reports and photographs were sent forth to the headquarters after reviewing and editing.



CGKG students celebrated Rakhi on 28 Aug 23 by engaging in a delightful tradition of crafting Rakhis and exchanging them. CGKG school in collaboration with CGPS celebrated Teachers' day on 05 Sep 23 where students came together to express their gratitude and appreciation for their teachers. Janmastami was celebrated at CGKG on 06 Sep 23 with great enthusiasm and devotion.

EAST



SECRETARY'S DESK

CHENNAI

Mrs Priya Paramesh, Tatrakshika President (ES) interacted with the committee members of CGWWA Chennai followed by lunch during an official visit on 30 Nov 22.



Troops get together was conducted at CGRA, Meenambakkam on 21 Jan 23 during which meritorious students were felicitated.

The AGM was conducted on 12 Jul 23 wherein the Annual Report of CGWWA East at Chennai was read.

PUDUCHERRY

CGWWA Milan was organized at ICGS Puducherry on 09 Nov 22 for the welcome of President Tatrakshika (PCY) Mrs.Saraswathi Anbrasan.

On 29 Nov 22, a cake cutting ceremony was organized at this station premises on the eve of Tatrakshika Day. A Picnic was also organized for CGWWA members.

President Tatrakshika (East) Mrs. Neelima Badola, visited ICGS Puducherry on 20-21 Apr 23. Special CGWWA Milan was organized with Puducherry CGWWA members. President Tatrakshika (East) interacted with all CGWWA members and shared her valuable thoughts with all members.

CGWWA committee meeting was organised on 11 Apr 23 on the eve of President Tatrakshika (East) visit on 20-21 Apr 23.

The Annual General Body meeting was conducted on 08 Aug 2023. The highlight of the meeting was the presentation of the annual report for previous year which outlined the significant achievement and future plans of CGWWA. President Tatrakshika (PCY & Ctl TN), Mrs. Saraswathi Anabarsan discussed the plans guided and all the members for execution in time bound manner.

KARAIKAL

On 29 Nov 22, a cake cutting ceremony was organized at this station premises on the eve of Tatrakshika Day.

The first Annual General Body Meeting for 2023- 24 was conducted on 19 Jul 23. Mrs Jayshree, President Tatrakshika, Karaikal discussed the tasks assigned to the members and plans to execute them in a timeline manner.



TUTICORIN

Annual General Body Meeting (AGM) was conducted on 18 Jul 23 at CGWWA Centre. The event progressed with a submission of report 2022-23, Treasurer Report and new committee 2023-24 introduction.



MANDAPAM

CGWWA Annual General Body Meeting was conducted on 16 Jul 23 at CGKG School. The Station President Tatrakshika welcomed all the new members to the CGWWA family Mandapam and requested them to provide their valuable support towards various CGWWA activities.



Tatrakshika Day was celebrated on 29 Nov 22 at ICGS Mandapam station.



VISAKHAPATNAM

A picnic for all Tatrakshikas was organised at Kailashgiri Park (AP) on the occasion of Tatrakshika Day on 29 Nov 22.



A social event was organised at CGWWA Centre post completion of Annual General Body Meeting for bidding adieu to Mrs Jyothi Devanand on 14 Jul 23.



A Coffee morning for bidding adieu to Mrs Jyothi Devanand was organised on 28 July 23 at CGWWA Centre, Visakhapatnam.



The AGM was conducted by the Tatrakshika members of Visakhapatnam on 14 Jul 23 at the family welfare Centre. Mrs Jyothi Devanand was the chief guest for the event.



A CGWWA get together was organised at CGWWA Centre for bidding adieu to Mrs Priya Paramesh, President (ES) on 10 Aug 23.



KAKINADA

Mrs Neelima Badola, Regional President Tatrakshika (East) visited Kakinada on 17 Aug 23 as part of special Milan.



KRISHNAPATNAM

Annual General Body meeting followed by a health camp was conducted on 14 Jul 23 at FHC TRV Krishnapatnam.

ICGS Krishnapatnam celebrated 28th Tatrakshika day on 29 Nov 22. Event commenced with the cake cutting ceremony followed by a brief introduction on the activities carried out during the year 2022 by President Tatrakshika, Krishnapatnam.



SURUCHI

CHENNAI

ROYAPURAM

11 Nov 22. A demo was organized on Soap making using natural ingredients.



16 Dec 22. Christmas day was celebrated for the children of age group 3 to 5 yrs.



09 Jan 23. As part of Makar Sankranti Festival celebration, a Kite making competition was organized.



10 Feb 23. As part of the celebration of Valentine's Day, a demo on different techniques of making roses using different types of paper was given.

20 Mar 23. A competition on making mocktail drinks was organized wherein the ladies participated enthusiastically.

13 Apr 23. Demo on 5 different types of chutney was organized wherein the ladies participated enthusiastically.



07 Jul 23. An activity was conducted "Best out of waste" wherein crafts with pista shells was demonstrated to the ladies.



23 Aug 23. A Rakhi making competition was conducted at Welfare Centre, Royapuram for CGWWA members.



15 Sep 23. A demo on making cherry blossom tree by using basic material like twigs and grape wine (stems) was given by Mrs Soni.



MEENAMBAKKAM

12 Nov 22. Children's Day Celebration was organised wherein fancy dress competition, quiz and fun filled games were conducted.



09 Dec 22. A demo on baking an X-Mas cake was given as part of the celebration of Christmas Day.



20 Feb 23. A demo on wedding special Hairstyling & makeup was given followed by farewell to the Kendra members.



20 Feb 23. A demonstration of making Cornflakes Laddo was given by the Kendra members to the ladies.



12 Sep 23. A competition on Vinayak Rangoli was organized at CGRA Meenambakkam and prizes were awarded to best Rangoli making ladies.

AYAPPAKKAM

12 Nov 22. Children's Day Celebration was organised for Children aged between 04-12 years.



17 Jul 23. A lecture on guidelines for joining yoga classes and its benefits was conducted.



12 Jan 23. A demo on making photo frames and other home décor was given by Mrs. Sangeeta.



14 Aug 23. An Art Therapy workshop was conducted by Mrs Neelima Badola Regional President Tatrakshika (East) for all the committee members at CGOM, Meenambakkam.



19 Jul 23. A Mehendi competition was organized for CGWWA members.



22 Aug 23. A demo on "How to pamper yourself for healthy skin and strong hair using home remedies" was held at Indoor Sports Complex, CGRA Meenambakkam



10 Aug 23. A welfare activity on outstanding skill of ladies were put to taste with a wide range of self-prepared dishes by Ayapakkam members held at CGRA Meenambakkam.



PUDUCHERRY

Sawan celebration and Mehendi competition were conducted on 31 Jul 23.



The Station conducted 'Rakhi making competition' for all CG ladies on the eve of Raksha Bandhan on 05 Aug 23.



The lecture on 'Benefits of Millets' was conducted by CGWWA Literacy team to celebrate International Millets Day on 10 Aug 23. A quiz competition was conducted during the event on Millets and prizes were also distributed to the CGWWA members.



TUTICORIN

Mr. Vicky, dance master from "V Dream studio", Tuticorin took a dance class for children. On completion of dance class, certificates were provided to the children.



A demonstration on "Hair Band Making" was organised by the welfare team on 27 Jan 23 at CGWWA Centre which was presented by Mrs. Gudiya Pandey.

A demo class on Silk thread jewelry making was organised on 16 Aug 23. The demo was given by Mrs. Shivani.



On the auspicious day of Janmastami, all Tatrakshikas of Tuticorin gathered to celebrate the joy of togetherness, happiness and wellbeing on 17 Aug 23. CGWWA Centre was embellished and decorated with Dahi Handi flowers as well as bright lights and lamps.



A demo class on varieties of Modak, art & craft and lecture on "Financial Independence" was given by Mrs. Hemalatha Sakhare and Lecture was given by Mrs. Reeta Dhiman respectively on 11 Sep 23.



A demo on "Beauty Tips" was organised by the welfare team on 18 Apr 23 at CGWWA Centre. The demo was given by Mrs. Trishna Das.



MANDAPAM

A family picnic for CGWWA members and their wards was organized at Joe's Beach Resort, Aryaman beach, Mandapam on 10 Nov 22.

VISAKHAPATNAM

On Nov 22 a Welfare activity was organised at CGWWA Centre where Mrs Nimisha Pant presented a demo on "Best Out of waste".



A Saree exhibition was conducted at CGWWA Centre on 10 Mar 23.

A "cake making" competition was organised amongst the ladies on 27 Feb 23 by CGWWA.



On 24 Jan 23, a Welfare activity was organised at CGWWA centre wherein Mrs Sumeena Upadhya presented a demo on "Tie and Die". It is an art which helps to decorate traditional clothes in a very economical and unique way.



Visit of President Tatrakshika (East) organised at CGOM, ICGS Vizag. A meeting with President Tatrakshika (AP) and demonstration on Amway products was also organised by CGWWA members on 10 Apr 23.



On 05 Sep 23, as a part of Teachers Day Celebration, teachers of Coast Guard School, Visakhapatnam were invited to the CGWWA Centre.



KAKINADA

To commemorate the “Har Ghar Jhanda” programme and celebration of 75 Years of India’s independence. The National flag was hoisted from 11 to 17 Aug 23 at CGWWA Welfare Centre.



CHENNAI

23-26 Nov 22. A Women Wellness Camp was organised for all women dependents of CG Personnel. A Comprehensive Health Check up by various Medical representatives was organised wherein a barrage of investigations was carried out.



08 Aug 23. Medical lecture on Anaemia and Anaemia detection camp was conducted at Utsav Auditorium CGRA Meenambakkam.



PUDUCHERRY

Women Wellness camp was conducted by this Headquarters as part of community outreach programme to commemorate 28th Tatrakshika Raising Day on 27 Nov 22, in presence of Dr. Joseph Rajesh, Medical Superintendent of Indira Gandhi Medical College and Research Institute, Puducherry.

A medical lecture on lifestyle disorders and use of millets in the diet was delivered by Medical Officer Lt Cdr. Sarheesh Morri on 14 Mar 23.

A medical lecture on mental health and wellbeing was conducted at ICGS Puducherry by Dr. Shubhasree, MD(Psy) Senior Resident, JIPMER Hospital on 12 Aug 23 for all CGWWA members and children above 14 years.



KARAIKAL

Women Wellness Camp was held on 16 Nov 22 at CGS Karikal Premises to commemorate 28th Tatrakshika Raising Day. During this wellness camp, a major health check-up was conducted for CGWWA members, civilian workers, conservancy staff and MES dependents.

Medical lecture on Cervical Cancer was held on 11 Mar 23 at CGS Karaikal premises and was conducted by a station medical officer.

Women Wellness Camp was conducted for CG ladies on 27 July 23 in which 49 ladies including women civilian workers, conservancy staff and MES dependents attended. During the wellness camp, Anaemia Awareness and major health check-up was carried out by Dr. Narmada from Vinayaka Mission Hospital.



TUTICORIN

A lecture on “Importance of Nutrition on Women’s Health” on 20 Sep 23. The Lecture was given by District Medical Officer Surg Lt Cdr Sai Krishna.



MANDAPAM

A Health awareness camp was organized by CGWWA Mandapam at station MI Room on 25 Nov 22. The camp included lab investigations as well as measurement of basic parameters and consultations of various specialists.



On the occasion of world blood donor day, a blood donation camp was organized at MI Room, ICGS Mandapam on 14 Jun 23.



VISAKHAPATNAM

To commemorate 28th Tatrakshika raising day, a health check-up camp was organised by CGWWA Vizag under the supervision of District Medical Officer Surg Lt CK Nikhil on 24 Nov 22 at CGD HQ-6 MI Room. Mrs Priya Paramesh (President Tatrakshika, Eastern Seaboard) was chief guest for the said event.



KAKINADA

A medical lecture was conducted by station medical officer Surg Lt Cdr PK Shankar on 29 Nov 22. Lecture was imparted on the topic “Preventive health care importance and benefits”.

Station has conducted a lecture on the role of Armed force for implementation and acceptance of millets based rich diet in our day to day life on 30 Jun 23 by experts from Medicover Hospital, Kakinada.

On 15 Dec 22. Welfare team had invited Surgeon therapist Mrs Sanju Verma who has been treating patients since last 7 years without medicine with the help of seeds and acupuncture points.



A health lecture on the topic of Oral Hygiene was conducted at CGWWA Welfare Centre on 27 Feb 23 by Dr. Soumya.



KRISHNAPATNAM

A Health check-up camp was conducted by the Station Medical Officer on 19 Nov 22. A complete health check-up consisting of temperature, pulse, BP, Blood sugar level, vision test and body weight was carried out.



A lecture on Polycystic Ovarian Disease as a part Sanjeevan activity was conducted at CGWWA Centre on 23 Aug 23.



Special medical camp was conducted on 14 Jul 23 at TRV Krishnapatnam. Special medical camp was conducted at the family clinic with the help of Dr Lavanya Reddy (Gynecologists) from Narayana Medical College, Nellore.



SNEHA

CHENNAI

15 Nov 22. As an initiative to extend support in the winter season to the elderly residing in Old Age Home, Besant Nagar, the CGWWA members donated Blankets to all of them.



31 Mar 23. As an initiative to extend care for the stray, lost, abandoned or surrendered animals, 1000 Kgs of dry ration was donated to the Besant Nagar Memorial Animal Shelter.



KARAIKAL

President Tatrakshika, Karaikal and CGWWA members visited Navakiraga Orphanage Care Home, Karaikal on 25 Nov 22 and 31 Jul 23. Approx 500 Kgs of food grains including Rice, Daal, Sugar, Oil, Biscuits etc were handed over to the head of orphanage care home, Karikal on both the occasion.



TUTICORIN

As a part of CGWWA, an outreach activity was conducted on 22 Feb 23 at CGRA for casual laborers who are helping in the premises. Welfare amenities i.e. tiffin box, water bottle, lunch bag and bed sheet were distributed to the casual laborers.



MANDAPAM

Outreach Programme was conducted at ICGS Mandapam. Bags/ Umbrella were distributed to all conservancy staff including all civilian staff working in this station by the CGWWA President and members.

VISAKHAPATNAM

An Outreach activity was conducted on 08 Feb 23 at old parade ground, CGDHQ-6 for maids/ casual workers/ support staff working.



A joint activity of welfare and literacy was conducted at CGWWA Centre on 08 Aug 23. A special lecture on healthy life was also undertaken during the event.

SAKSHARTA

CHENNAI

13-14 Jan 23. Quiz competition on General Knowledge for students of class V to VII conducted at various CGRAs : CGRA Meenambakkam, CGRA Royapuram and CGRA Ayapakkam.



12 Jul 23. The Saksharta committee organised an interactive session on different financial products available for small investments under “Banking schemes”. The lecture was given by Mrs. Vineeta Pandey.



PUDUCHERRY

The CGWWA members celebrated 77th Independence Day by making India Map with the National Flag as a part of ‘Har Ghar Tiranga’ campaign on the eve of 15 Aug 23 to spread the message of unity.



TUTICORIN

CGWWA literacy lecture on “Ways to Financial Independence” was organised on 11 Sep 23 at CGWWA Centre, Tuticorin. Lecture was given by Mrs. Reeta Dhiman.



VISAKHAPATNAM

To commemorate Children’s Day and birth anniversary of Pandit Jawaharlal Nehru, CGWWA Vizag organised Drawing, Quiz and Debate competition at CGDHQ-6 CGWWA Centre on 12 Nov 22 among children of all units at Visakhapatnam.

SRISHTI

CHENNAI

14 Nov 22. an Herbal Garden was set up at the Welfare Centre, Meenambakkam. All Ladies enthusiastically participated in the event and planted herbal plants.



13 Sep 23. As part of environment awareness activity, bi-fold demonstrations on “Best out of Waste” which includes usage of paper and plastic waste to create depict of Lord Krishna and Modak making was conducted at Welfare Centre, CGRA Ayapakkam.



PUDUCHERRY

President Tatrakshika (PCY) along with all CGWWA members planted trees on the occasion Tatrakshika Day on 29 Nov 22 at chinna Verrampattinam beach.

President Tatrakshika (PCY) along with all CGWWA members planted trees at 1.24 acre CG land Infront of ROS building on 19 July 23.



As part of CGWWA welfare activity, Lecture on safety and handling of LPG cylinders at home was given by staff of Indian Oil Corporation Ltd. (IOCL) held at New CGRA, Mandapam on 09 Jan 23.



A lecture on stress management was conducted by CGWWA Vizag on 11 Feb 23. A counseling session for students of Class VIII and above on ‘Exam Preparation and stress management’ was organised by ‘Saksharta’ at CGWWA center, Visakhapatnam.



SURAKSHA

CHENNAI

22 Nov 22. On the unfortunate demise of V Y Kondulu, SE, a grant of Rs 10,000 was given to his wife to extend support on behalf of CGWWA.

KARAIKAL

The tree plantation was organized by CGWWA members and ladies at the Station premises on the occasion of “Green initiatives” on 18 Jul 23.



TUTICORIN

Demonstration on “How to grow microgreens in a kitchen garden” was organised by the environment team on 22 Feb 23 at CGWWA Centre. Demo was given by Mrs. Manju Cherian.



VISAKHAPATNAM

An environment related activity was organised by Tatrakshikas on 15 Dec 22 in front of CGWWA centre.



KRISHNAPATNAM

Tree plantation was conducted by the Tatrakshika members of Kakinada on 27 Jan 23. A coffee morning was also celebrated during the event.



SANSKAR

CHENNAI

24 Feb 23. CGKG Meenambakkam, CGKG Royapuram and CGKG Mogappair celebrated the combined Annual Day programme at Raja Annamalai Mandaram Chennai. Patron-in-Chief, Inspector General AP Badola, was the Chief Guest and Mrs. Neelema Badola Regional President Tatrakshika (E), graced the event as Guest of honour.

CGKG MEENAMBAKKAM

14 Nov 22. On Children’s Day, an outdoor visit to CGAS, Chennai was planned.

10 Jan 23. The teachers of CGKG Meenambakkam, planned World Hindi Day to appraise the children about the importance of language.

19 Jan 23. A medical team visited CGKG Meenambakkam on 19 Jan 23, to conduct a session on 'Swachata hi Sewa', as a part of CG raising day activity. The children participated and enjoyed answering the questions.

28 Feb 23. CGKG Meenambakkam observed the National Science Day. This was done to promote learning by doing and learning by observation.

CGKG MOGAPPAIR

09 Nov 22. Recitation competition for pre-kg children was conducted on the topic 'Show and Tell'.

14 Nov 22. On Children's day, a fancy-dress competition was organised wherein children came with handmade costumes like fridge, ATM, water animal etc. In the end, the children's day gift pouches were distributed.

17 Nov 22. A puppet show was performed by teachers on the story "The King Bird" and they also taught the moral of the story "Never Give up, all Skills are important" to students.

CGKG ROYAPURAM

14 Nov 22. Children's Day was celebrated to create and develop awareness about the rights, education, and welfare of children. A fancy- dress competition was conducted.

18 Nov 22. To honour the adorable bond between grandparents and grandchildren, Grandparents Day was celebrated with great enthusiasm by singing songs and making cards and badges for grandparents.

12 Dec 22. A Swachata Pakhwada activity was conducted to pay homage to one of Mahatma Gandhi's favourite sayings "Cleanliness is the root of godliness" and to imbibe the same in the kids the importance of keeping the surroundings clean.

24 Mar 23. Graduation Day was celebrated on 24 Mar 2023. "Graduation" is a time to celebrate new beginnings and say goodbye to everything that has given you reason to smile.

TUTICORIN

Annual day was organised on 25 Feb 23 by team and all the students along with teachers participated with enthusiasm and zeal.



On the occasion of Independence Day on 15 Aug 23, a painting competition was held by CGKG team, Tuticorin.



MANDAPAM

On the occasion of Children's day on 14 Nov 22, Commanding Officer, ICGS Mandapam and President Tatrakshika, Mandapam with members of CGWWA Mandapam visited CGKG school.



Commanding Officer, ICGS mandapam and President tatrakshika, Mandapam visited CGKG Mandapam school and tree plantation drive was carried out.



NORTH EAST



SECRETARY'S DESK

KOLKATA

Tatrakshika day was celebrated at CGRA Maniktala with all ladies on 29 Nov 22. A cake cutting ceremony was also held.

District Tatrakshika Presidents Meeting was held on 16 May 23 at Kolkata chaired by Mrs Amardeep Chauhan, President Tatrakshika (NE). District President (Odisha), District President (WB), Station President (BSR), Station president (Gopalpur) and all committee members of Tatrakshika (NE) were also present.

Annual General Body meeting was conducted on 29 Jul 23 at CGRA. Secretary and Treasurer report was read.

Annual General Body Meeting 2023-2024 was held on 29 Jul 23.



PARADIP

Tatrakshika day was celebrated by CGWWA Paradip at CGRA on 29 Nov 22. The event commenced with cake cutting. A beautiful multipurpose bag decorated with pipli art (Odisha) was presented to all ladies at Paradip as a token of remembrance during Tatrakshika day celebration.

Mrs. Priya Paramesh, Tatrakshika President (ES) visited Paradip on her maiden visit on 21 Feb 23. She visited the Welfare centre, Lavanya Beauty Parlor and Shree Bazaar super market located within the CGRA premises. An interactive session with ladies followed by lunch was conducted at Utkalika community hall.



A special Milan was organized on 12 Oct 23 to welcome Mrs Dipa Pal, President Tatrakshika on her maiden visit to Kolkata.

Annual General Body Meeting 2023-24 for CGWWA (Paradip) was conducted on 04 Jul 23 at Utkalika Community Center, CGRA Paradip on theme 'Andaz Sawan Ka.



BHUBANESWAR

Tatrakshika Day was celebrated at CGRA Bhubaneswar. The event commenced with cake cutting ceremony and playing of Tatrakshika song.

A sendoff ceremony was hosted by members of Tatrakshika Committee Bhubaneswar for outgoing of Tatrakshika President (Bhubaneswar) Mrs Priyanka Bisht on her permanent transfer to Goa.

A ceremony was organised to welcome the new President Tatrakshika Bhubaneswar.

The Annual General Body Meeting for 2023-24 was organized at 'NTPC Guest House' on 15 Jul 23. The theme of the event was "Indradhanush Ke Saat Rang". Programme started with detailed report on CGWWA activities undertaken as a part of welfare, literacy, health, outreach, and environment programmes.



GOPALPUR

The unit celebrated Tatrakshika Day on 29 November 22 at CGRA. Cake cutting ceremony followed by lunch was organized.

Interaction with Tatrakshikas of CGWWA Goplapur with Dr. Vinita Singh, President Tatrakshika (Odisha) was organized on 04 Nov 22. On the same day Children Park, Gopalpur was inaugurated by Dr. Vinita Singh, President Tatrakshika (Odisha).

Formal meeting was organized on 14 Apr 23 by President Tatrakshika Gopalpur with all ladies. President Tatrakshika Gopalpur Mrs. Sutrishna Modak welcomed all the new ladies to Gopalpur station and bid farewell to the outgoing ladies.



HALDIA

Tatrakshika Day was celebrated on 29 Nov 22 at Rajhans Sport Complex, Vikram Enclave. The event started with the lighting of lamp by President Tatrakshika (WB) Mrs. Kanchan Verma along with other CGWWA members followed by cake cutting.

President Tatrakshika North East paid official maiden visit to Frazerganj from 08 Nov to 09 Nov 22.

Mrs. Priya Paramesh President Tatrakshika (ES) and Mrs. Amardeep Chauhan President Tatrakshika (NE) visited Haldia on 09 May 23. During the visit, to the CGWWA Centre she interacted with the

committee members. The Secretary Annual Report for the CGWWA activities conducted from July 2022 to April 2023 was read out by the CGWWA Secretary, Haldia.

The AGM was held on the theme “Anna Devo Bhava”. Secretary Report, the introduction of the new committee, an awareness lecture on the nutritional benefits of millet, a demonstration of recipes of Sama chawal Khichdi and jowar ka chilla, and other entertainment programs were the highlights of the event. A competition on ‘Creative Art using Millets’ was also conducted.



Visit of President Tatrakshika (NE) to Haldia

President Tatrakshika Mrs Dipa Pal and President Tatrakshika (NE) Mrs Amardeep Chauhan visited Haldia on 11 Oct 23. They visited CGWWA centre and CGKG School. At CGKG School, they interacted with the teachers and staff of the school, gave valuable suggestions for the better functioning of the School and appreciated them for their good work. They also had a walk around of CGWWA Centre where in they interacted with the committee members and motivated the ladies to be actively involved in CGWWA activities.



SURUCHI

KOLKATA

A baking class was conducted for all ladies on 16 Dec 22 at CGWWA Centre, CGRA Maniktala by Mrs Priyanka from M/s Cake Express, Kolkata.

Christmas was celebrated at CGRA Maniktala with children and Santa Clause on 26 Dec 22.

A lecture on Fine Dining & Etiquettes was held for ladies on 09 Jan 23 at CGWWA Centre, CGRA Maniktala.

A summer drink competition was held for ladies on 29 Apr 23 at CGWWA Centre, CGRA Maniktala.

A Summer Camp was organized for Children and ladies on 16 Jun 23 at CGRA, Maniktala. Various activities and demonstrations were held like, medical lecture on immediate action during Cardiac Arrest, Stroke, Burn, Heat stroke, Drowning, lecture and demonstration on portable fire extinguishers, Yoga Class, Plantation by Children, Familiarization of saplings, Environmental familiarization lecture. A demonstration of long-lasting jam was conducted on 29 Jul 23 at CGRA.



A demo on preparation of long-lasting mango jam was held on 29 Jul 23 at CGWWA center, CGRE Maniktala.



for the ladies from 25 Jan to 31 Jan 23 at Welfare Centre. Beautiful baskets, planters and purses were made during the workshop. It was a good learning workshop which was liked by one and all.



A workshop on Resin Art for making Tray was conducted for Tatrakshikas on 04 Sep 23 at CGWWA Center, CGRE Maniktala.



To keep the fervour of Makar Sankranti high, Welfare Committee organized a “kite Decoration Competition” at Welfare Centre on 26 Jan 23. Ladies participated with full enthusiasm and beautifully decorated their Kites.

PARADIP

A cake baking competition was organized by Welfare committee of CGWWA Paradip during the Christmas month on 08 Dec 22. Winners were awarded by Dr Vinita Singh, President Tatrakshika (Odisha).

A demonstration on skin care through facial massage and face packs using kitchen ingredients was delivered by Parlour in-charge on 08 Dec 22. All the ladies took great interest in learning various techniques of facial massage.

A picnic was organized to “Bhitarkanika National Park” for CGWWA Committee members Paradip on 25 Dec 22. Ladies were excited to explore the park, museum, hatcheries and took boat ride to get glimpse of crocodile natural habitat.

Seeing the utility of macrame products and the rising demand by the ladies to learn this technique Welfare Committee organized a “Macrame Workshop”



An Interschool Drawing Competition was organised on 01 Feb 23 on the topic 'Azadi ka Amrit Mahotsav'. The competition was conducted at DHQ-7 in collaboration with ICGS Amogh. Student from various schools participated in the event.

Welfare committee organised a demo on Manda Pitha, a famous sweet of Odisha on 23 Feb 23 at Welfare centre.

A Toran Making competition was conducted on 23 Feb 23 by the welfare committee. Beautiful Torans were made by ladies using marigold flowers, mango leaves, Ashoka leaves and various other flowers.



A demo on Garlic bread making was also given.

On 07 Apr 23, a demo on refreshing summer drinks was given which included demonstration of two different types of drinks i.e., watermelon crush and mint ice tea.

A yoga training session under the supervision of Miss. Priyadarsini Sahoo, Yoga Trainer was conducted on 21 Jun 23 at CGRA, Paradip basketball ground. During the session, benefits of Yoga in modern life and leading a stress-free life was explained to all.

Tatrakshika displayed their talent during Mehendi competition conducted on 04 Jul 23 wherein they presented beautiful Mehendi design in 05 minutes.

BHUBANESWAR

A greetings card making competition was organised on 10 Dec 22. Creative cards were awarded on completion of the event. On occasion of Lohri festival, a demo on preparation of Til Ladoo was given to Tatrakshika on online platform.

A demonstration on handicraft making was given to committee members on 08 Apr 23. Some beautiful handicrafts commonly used for decors and other household purposes were displayed.

A demonstration of decorative wall hangings was also given.

A presentation on benefits of millets was delivered by Dr Aswathi Pavan to all committee members. Health benefits like control in blood sugar, improve in digestion, improve in heart condition were emphasized by the presenter.



As a part of welfare Activity for the month of July 2023, a demonstration on “Mandala art for beginners, types and techniques of Mandala art "was conducted on 15 July 23. The highlights of activity were easy steps of making different types of Mandala art on canvas, bottle and cardboard.

GOPALPUR

On Christmas, Fancy Dress Competition was organised for the children. Approx 10 children participated in the event. On completion of the event prize and small gifts were distributed to the little participants. To promote self-reliance, baking classes have been conducted for CGWWA ladies at family welfare canter on 12 Jan 23.

A Holi Milan was organized at CGRA on 08 Mar 23. Colourful Holi was celebrated amongst all ladies and sweets were also distributed.

HALDIA

As a part of welfare activity, homemade sweet making competition was organized for the ladies on 29 Nov 22.

A demonstration on best out of waste was organized on 19 Dec 22 as a part of welfare activity. Paper cups and colourful knitting yarns were used. The creativity by recycling paper cups and reused yarn was appreciated by President Tatrakshika.

A demonstration of pouch making was organized on 17 Jan 23 as a part of welfare activity. Materials used for the pouch were cloth, scissors, zipper etc. As part of the Welfare Activity, a demonstration on jewellery with quilling was conducted on 14 Feb 23.

A demonstration on manicure was organized for the ladies on 21 Mar 23. It was given by Mrs. Preeti Dutta who explained in detail the process of manicure using homemade products. Mrs. Dutta also gave some valuable tips to take care of the hands.

A demonstration of facial products that are readily available at home was conducted on 7 Apr 23. She explained the benefits of using herbal products available at home which are more economical and safer.

Classes were felicitated by Mrs. Sundeep Kaur, President Tatrakshika (WB) on 8 Apr 23.



SANJEEVAN

KOLKATA

A medical screening camp for all ladies at Kolkata was organized at CGWWA Centre, CGRA Maniktala by Medical Officers on 22 Nov 22.

On 28 Nov 22 Medical Officers from Coast Guard and a team of Doctors from Theism Diagnostics Centre, Kolkata conducted screening at CGRA Maniktala. All ladies referred by Medical Officer to Theism diagnostics, underwent various test viz. Blood CBC, ESR, Blood Sugar, RFT, LFT, Thyroid, ECG, Eye Test, BP screening for hypertension and Dental examination etc.



On 25 Feb 23 a lecture on Tropical Diseases and Prevention was delivered by Surg Lt Cdr Abir Majumdar for all Tatrakshikas at Kolkata.

A medical lecture on immediate action during Cardiac Arrest, Stroke, Burn, Heat stroke, Drowning etc was demonstrated by Surg Lt Cdr Ashrith and medical Team of ICGS Sankalp on 16 Jun 23 for Children and Ladies.

PARADIP

A medical screening camp was organized at Paradip by the service medical officer from 23 Nov 22 as an

initiative towards women's health. All volunteers underwent various medical test such as blood, urine, ECG, Ultrasound etc. to check their basic medical parameters. A Medical Counselling camp was carried out by Health coordinator for the ladies at welfare centre on 25 Feb 23.

On the eve of "Raktdaan Amrit Mohatsav – 2023" under the theme " Give Blood, Give Plasma, Share Life, Share Often", a Blood Donation Camp was organised at Utkalika Community Center at CGRA, Paradip in co-operation with CGDHQ-7 and District Blood Bank, Jagatsingpur, Odisha wherein the Tatrakshikas of CGWWA (Paradip) actively participated for the noble cause.



A medical lecture on Childs Mental Health, Suicide Prevention and General Mental Health was conducted for ladies on 23 Aug 23 at CGWWA center, CGRE Maniktala by Dr Debanjan Pan, Psychiatrist from M/s Theism Diagnostics, Kolkata.



BHUBANESWAR

On 28 Nov 22 a medical screening camp was organized for Tatrakshikas at Capital Hospital, as a part of 28th raising day of Tatrakshika. This medical camp provided consultation/ examination by specialist doctors for ENT, Dental and Gynaecology. Tatrakshikas were highly benefited from the camp.



GOPALPUR

A health camp was conducted by this station on 26 Nov 22 at CGRA. 08 women dependents of CG personnel were screened for diabetes and blood pressure.

HALDIA

CGWWA Haldia conducted a major health check-up camp for women dependents of serving Indian Coast Guard personnel on the lines of 'Women Wellness Camp' on 23 Nov 22 at CGWWA Centre, Haldia. The camp was aimed at conducting screening of health condition (if any) and to promote health awareness. As part of the camp, a comprehensive health check-up by Gynaecologist, Medical specialist, ENT, Eye and Dental Surgeon has been carried out. A total of 65 Tatrakshikas of Haldia availed the facility of the Wellness Camp.

SNEHA

KOLKATA

Mrs Dipa Pal, President Tatrakshika and Regional President (NE) along with committee members visited Nirmala Shishu Bhavan under Missionaries of Charity at Kolkata on 11 Oct 23. President Tatrakshika distributed chocolate to the children and donated a mixer grinder for the Shishu Bhavan.



PARADIP

As part of CGWWA outreach activity, distribution of bed sheets to the casual laborers and lady workers was organized on 21 Nov 22 at community center CGRA Paradip.



BHUBANESWAR

On 27 Nov 22 an outreach program was conducted at CGRA Bhubaneswar. During the event blankets were distributed amongst under privileged society members residing in the vicinity.



HALDIA

As a part of Outreach activity, President Tatrakshika North East along with CGWWA members visited an orphanage at Frazer Ganj on 09 Nov 22. She met with the destitute children and donated ration and study materials to facilitate learning for them.



SAKSHARATA

KOLKATA

A lecture on mental health issues or stigma was organized on 09 Jan 23 for all Tatrakshikas at CGWWA Centre, CGRA Maniktala.



A lecture on Mobile Security/Cyber Crime was delivered by Cyber Cell, Eastern Suburban Division, Kolkata Police on 25 Feb 23 for all ladies at CGWWA Centre, CGRA Maniktala.

A lecture on Insurance and online jobs was delivered by Kotak Mahindra Team on 29 Apr 23 for all ladies at CGWWA Centre.

A lecture and demonstration on portable fire extinguishers was conducted by Fire Brigade, Maniktala and ICGS Sankalp for children and ladies on 16 Jun 23.

On 16 Jun 23 an environmental familiarization lecture was conducted.

An educational Tour to Alipur Jail Museum and 3D Planetarium, Howrah was held for ladies and children on 12 Aug 23.



A lecture on Precautions during digital financial transactions was delivered by HDFC Bank Team on 23 Aug 23 for all Tatrakshikas at CGWWA Center, CGRE Maniktala.



A lecture cum demonstration on mind development programme for young brains was organized for children on 12 Sep 23 at CGRE Maniktala by Mr Abhijeet Sarangi from Bright Minds, Kolkata.



A lecture on Dengue fever was delivered on 12 Oct 23.

PARADIP

Every mother is special and does the best for her child but remains unsure as to whether her parenting is right or not. To ease all the mothers out there, literacy wing of CGWWA (Paradip) organized an interview

session with a panel of 04 ladies having their children in varied age group on 08 Dec 22. It was an interactive session of shared views and experiences.

Literacy wing of CGWWA Paradip, organized a lecture on 'SELF EMPOWERMENT' for ladies & their family members on 18 Mar 23. The talk gave deep insight on happiness and satisfaction and how the happiness in true sense can improve our lives and empower us, if we, maintain a proper approach.



As a part National Fire Service Day, a presentation on general fire safety followed by quiz competition for Coast Guard Home Makers was organized by CISF Fire Wing at Utkalika Community Center, CGRA Paradip on 13 Apr 23.

A lecture on Cyber Security Awareness was delivered about Cyber Crime, Types of Cyber Crime, Cyber Threats, and Cyber Hygiene for cyberspace, Do & Don'ts one need to follow while doing financial transactions i.e. UPI Safety, Internet/Mobile Banking, Card Safety & Safety Tips.

BHUBANESWAR

11 Feb 23 A drawing and painting competition was organized total 45 children took part in the event. Theme for the event was Green Earth.



GOPALPUR

A workshop was organized for all the ladies at Family welfare Centre by Rajyogini Vijayalaxmi Brahma Kumari canter on 25 Mar 23. The subject for workshop was peace, happiness, stress management and benefit of meditation in daily life.



HALDIA

On 19 Dec 22, a lecture on awareness of monetary benefits of service to personnel and families was delivered. The lecture intended to make ladies aware about benefits from service and requirement of nominations of family members documented, retirement benefits focusing on decreased personnel dependents process of financial settlements.

As a part of the literacy activity, a lecture was conducted on cyber security and cyber frauds for ladies and children on 14 Feb 23. Dr. Sabyasachi Samanta, along with two assistant professors from Haldia Institute of Technology, delivered an interactive PPT session dwelling on many related topics. The lecture ended with a short Q&A session, which further resolved any queries related to cyber security.

SRISHTI

KOLKATA

Plantation of medicinal plants was conducted at CGRA Maniktala on 29 Apr 23. On world environment day a tree plantation drive was organized at Victoria Memorial Hall Garden, Kolkata in conjunction with Victoria staff and CISF personal on 05 Jun 23.

On world environment day 05 Jun 23 saplings plantation were organized at Child Care Home, Kolkata wherein inhabitants were planted the medicinal trees in the surroundings of the building.

A visit to West Bengal Governors Bungalow and a heritage walk for ladies was organized at Garden on 05 Aug 23.



PARADIP

To encourage & create awareness regarding the importance of environment for existence of life, a balcony decoration competition was organized by CGWWA (Paradip) on 26 Nov 22. The highlight of the event was “Glass Art” done on bottles by the competitors to beautify the plants in their balcony.

A tree plantation drive was carried out in collaboration with CGDHQ-7 at CGRA, Paradip on 16 Jan 23 wherein the Committee members and ladies actively participated in the drive



BHUBANESWAR

12 Nov 22. As part of environmental activity, a competition on ‘Garden in Balcony’ was conducted. Tatrakshikas participated with enthusiasm and winners of good garden presentation were felicitated.



05 Apr 23 as part of Environment Activity a plantation drive was organized at CGORA Bhubaneswar. Various types of Saplings were planted during the event to reduce the carbon footprint.

HALDIA

On 13 Nov 22, as a part of Environment activity, a demonstration on Indoor plants was conducted at CGWWA Centre, Haldia. A demonstration about the health benefits of indoor plants was given. A competition on ‘Best Indoor Plant’ was also organised, where ladies participated with great enthusiasm and zeal & winners were awarded.

PARADIP

To inculcate the sense of unity among the children, World harmony day was celebrated on 26 Nov 22. The teacher briefly explained them about the mother India and its diversity. All children came dressed up representing their native state and were encouraged to speak few lines related to its people, language, food, festival etc. The essence of the activity was to help students value the rich heritage of India.

Rhyme Competition was conducted on 28 Nov 22 at CGKG Paradip.

Card making Competition was organized in CGKG Paradip on 10 Dec 22.

A Drawing and Colouring competition was conducted for the students of CGKG on 19 Dec 22 on the theme of Christmas.

Christmas was celebrated on 22 Dec 22 at CGKG. To create the right ambience, the students were encouraged to come dressed in Christmas colours. The surprise element was Santa's visit during the celebration. They all enjoyed playing fun games, tasty treats and sang Christmas carols.



Republic Day was celebrated on 26 Jan 23, CGKG decorated with tri color flags. The day commenced

with hosting of National Flag and singing of National Anthem by one and all. Students were explained the importance of this historical day.

UKG students of CGKG participated in inter school dance and patriotic song competition organised by Paradip Port Authority at Jaydav Sadan auditorium, Paradip and were adjudged winners.

In memory of the brave CRPF personnel, remembrance of Pulwama Terror Attack Day was observed in CGKG Paradip on 14 Feb 23.

Mrs Priya Paramesh, President Tatrakshika (ES) visited CGKG Paradip on 21 Feb 2023. She was overwhelmed with the warm welcome by the students and school infrastructure.

A group song and a beautiful dance was performed by students of CGKG. Mrs Priya Paramesh, Tatrakshika President (ES) and Dr. Vinita Singh, President Tatrakshika (Odisha) planted a sapling in the school premises during the visit.

Holi Celebration was conducted in the school on 01 Mar 23. The students were told about the significance of the festival.

HALDIA

CGKG School conducted a medical check-up program for students on 3 and 4 Nov 22. Medical check-up was held under supervision of Surg. Lt. Cdr. Ankit H. Surani from Coast Guard Haldia. After check-up, students were guided about the remedies and treatment. A medical chart was distributed to all the parents attending the programme to know the required weight according to the height and age of child. Parents were satisfied to know the fitness level of their children and awareness on treatment.



Narayana School Haldia invited our UKG kids to visit their school campus on 09 Nov 22.

On 14 Nov 22 CGKG School had a Magic show and a small cultural program for the lovely kids where Teachers performed a dance and distributed small gifts to students.



Annual Day programme was held on 21 Dec 22 students from all classes participated and performed various dance and activities that amused the audience. The annual report was presented by the

Principal CGKG. At the end of student's performance there was parent's dance and singing performance. The students, staff and faculty of CGKG Haldia came together to seek blessings of Maa Saraswati, Goddess of knowledge, wisdom, aesthetics, music, art and culture on 25 Jan 23. On the same day, Republic Day was also celebrated and handmade National flags were made by the students.

President Tatrakshika (WB) Mrs. Sundeep Kaur visited CGKG School, Haldia wherein she was welcomed by the teachers and Principal of the school. Mrs. Kaur interacted with the staff and discussed the infrastructure of the school, giving valuable suggestions.

CGKG School, Haldia hosted annual sports day function on 10 Feb 23, in the school playground. Play group-colour choosing race, Nursery- race, LKG-bag arrange race and UKG-sum race. The children participated with a lot of excitement and went home with happy faces. The key objective of this celebration on 17 Feb 23 was to bring the awareness of the colours in rainbow.

SANCHAR

KOLKATA

Sandesh New Letter from Jul 22 to Dec 22 was Published on 06 Jan 23 and Jan to Apr 23 was published on 15 May 23.



ICGS FRAZERGANJ

ICGS Frazerganj is situated on the southern coast of West Bengal on a deltaic island of Sundarbans. The Sundarbans are the world's largest delta formed by the rivers Ganges, Brahmaputra and Meghana.

ANDAMAN & NICOBAR



SECRETARY'S DESK

CG RHQ (A&N)

28th Tatrakshika Day was celebrated on 19 Nov 22 wherein a picnic was organised for Tatrakshikas of Port Blair.



A Special Milan with the theme “Rangeelo Rajasthan” was organized during the farewell visit of Mrs. Neela Pathania, President Tatrakshika on 10 Jan 23 at Spectrum, CG Indoor Sports Complex. The event began with lighting of lamp by Mrs. Neela Pathania, President Tatrakshika, followed by multitude of programs presented by Tatrakshikas.



Annual General Meeting for session 2023-24 was conducted on 15 Jul 23 at CG Indoor Complex (Spectrum). The theme of the event was “Proud in Pink”.



CGDHQ-09 (DIGLIPUR)

Tatrakshika day was organized at Kuthar Complex on 29 Nov 22. The event commenced by reading President Tatrakshika's message followed by a cake cutting ceremony.

Tatrakshika Milan was organised on 08 Jul 23 at Tatrakshika Kendra, Diglipur. Mrs. Meeran Paul, District Vice President Tatrakshika (N & M A) graced the occasion. The Tatrakshikas were apprised about various welfare measures and programmes within the ambit of CGWWA.



CGDHQ-10 (CAMPBELL BAY)

Tatrakshika Day was celebrated at 'B' Quarry Beach, Campbell Bay on 29 Nov 22.

Coffee morning was organised on 15 Jul 23 at CGOM Campbell Bay to welcome Mrs. Anooja Sukul. Committee members for the new session were also selected.

AGM was organised on 19 Jul 23 at Motivation Hall CGDHQ-10. Theme for the event was 'SAVAN'. Best dress competition and innovative game were held on the occasion.



A meeting was organized on 08 Feb 23 during visit of President Tatrakshika (A&N) to ICGS Mayabunder. Mrs Anju Sharma, President Tatrakshika (A&N) had a very informative interaction followed by tree plantation at CGOM, Mayabunder.



ICGS HUTBAY

Tatrakshika Day at ICGS Hut Bay was celebrated on 28 Nov 22. Games, distribution of gifts, prizes and fun marked the celebrations.

SURUCHI



CG RHQ (A&N)

To encourage participation from ladies & children and increase bonhomie amongst the fraternity, a Talent Hunt called 'Kismey Kitna Hai Dum' was held in the month of Nov 22.

ICGS MAYABUNDER

Coast Guard Wives Welfare Association at Mayabunder celebrated the Tatrakshika day on 29 Nov 22 at ICGS Mayabunder Station. All ICG ladies present in the station celebrated the event by cake cutting. Thereafter, the message from the President Tatrakshika was conveyed to the CGWWA members.





Welfare team distributed ration and daily need items for elderly widows at Havelock Island as part of Tatrakshika Day 22 events.

A Cake baking demonstration was organized for ladies on the occasion of Christmas day.



A makeup workshop was organized for ladies from 06 - 08 Feb 23, wherein ladies were made aware of various beauty products and their application procedure.



On the occasion of International Women's Day, a Walkathon was organized for ladies of CGWWA (A&N) on 08 Mar 23 with vision for women living with dignity, contributing as equal partners in an environment free from violence and discrimination.



A demo on Chinese cuisine was organized on 29 Mar 23 by Mr. Sanjay.

A demo on trendy hairstyle by Miss Molina was held on 10 Aug 23 at CGWWA Centre Port Blair. In this activity Miss Molina told us how to make trendy hairstyles in day to day life.



Demonstration of making paper bag by Mrs Jyoti Singh was held on 14 Sep 23 at CGWWA centre. In this activity she taught ladies how to make paper bags from newspapers.



CGWWA (Pbr) celebrated the Navratri festival by organising traditional Dandiya Dance performance

by Ladies of CG personnel and Rangoli decoration on 21 Oct 23 at CGWWA Centre.



ICGS DIGLIPUR

A Friendly Cricket Match was organized on 05 Jan 23 at Kuthar Complex for all CGWWA members of Diglipur. The participation of Tatrakshikas was overwhelming and everyone enjoyed the match.



On the occasion of Independence Day, CGWWA (Diglipur) organised a Tree Plantation Drive and an in-house Cultural Programme. The Tree Plantation Drive was also in commensuration with the theme 'Meri Maati Mera Desh' where-in ladies participated enthusiastically and planted saplings of Rudraksh, Mango and Coconut within ICGS Diglipur premises.



CGWWA (Diglipur) celebrated the Onam festival by organizing a Cultural Programme with traditional Lamp Lighting by Tatrakshika District President (N & M A) and other members.



ICGS HUTBAY

A mind management workshop was conducted to equip ladies with tools and techniques to live happily. Workshop was conducted by Mrs. Geeta Yadav, Station President Tatrakshika (Hutbay) on 08 Mar 23.



An interactive picturesque board activity helped women to understand the meaning of women empowerment that comes through independent decision making, creating earning opportunity through skills and personal strengths. Cloud kitchen, stitching avenues and a play station for toddlers and library for primary students were discussed as steps to keep children away from gadgets.



A millet competition was organised with calcium and iron rich ragi (finger millet). CGWWA members made momos, ladoos, gujiya, savoury snacks from ragi. B.V. Lakshmi stood first along with Priyanka. Kalyani bagged the second prize.



ICGS MAYABUNDER

CGWWA at Mayabunder celebrated the festival of Onam by lighting Diya, making Rangoli followed by entertainment programs.



SANJEEVAN

CG RHQ (A&N)

As part of 28th Tatrakshika Day, a Multi-Specialty Health Camp in line with Women Wellness Camp was organised on 20 - 21 Nov 22 in association with "Green Cross Health Care" Hospital for all CGWWA members at Port Blair. The Hospital offered a Comprehensive two days health check-up followed by consultative opinion by specialist doctors. A total of 50 beneficiaries availed the services offered at the Health Camp.



As part of Health Activity, a Detox Yoga (Power Yoga) Demo, was conducted for Ladies on 21 Feb 23. During the demo, various yoga poses for body detox were demonstrated.



Dr Shipra Mistry and Dr N Shekhar Bairagi shared their vast knowledge on Ayurveda.

CGDHQ-10 (CAMPBELL BAY)

A major health check-up camp was held on 19 Nov 22 for women dependents of serving Coast Guard Personnel. The health camp was aimed to conduct the screening of underlying health condition to promote health awareness.

DIGLIPUR

A 'Women Wellness Camp' was organized in association with Community Health Centre for women dependents of ICG personnel under the aegis of Coast Guard Wives Welfare Association (Diglipur) on 27 Nov 22.

All ladies went through a general check-up by GP Doctors, Dental Surgeons and health advisories followed by check -up by Ayurveda Doctor. The event concluded with gynecological evaluation by a Gynecologist for all ladies who attended.



Dental health checkup camp was organised on 24 Aug 23 at Govind Nagar School, Campbell Bay.



Medical Lecture by Community Health Centre (CHC), Diglipur was organised by Tatrakshika in Tatrakshika Kendra of Coast Guard DHQ-9 on 18 Jul 2023. Doctors from AYUSH Department namely,



ICGS HUTBAY

A “women Wellness Camp” was organized at Hut Bay on 29 Nov 22 as run up to the 28th Tatrakshika Raising Day. All CGWWA members at Hut Bay and DRL ladies employed by the station were examined for various illness at MI Room.



ICGS MAYABUNDER

Women Wellness Camp for the dependents of service personnel, lady teachers and girl students of MGG College, Mayabunder was conducted on 26 Nov 22 at ICGS Mayabunder to commemorate the Tatrakshika Day. Dr G. Lalitha MBBS, Medical Officer, and Dr Shalini BDS, Dental Officer RP Hospital, Mayabunder were present at the medical camp. Around 40 women attended and benefitted from the programme. It was followed by lecture on life style disease and cervical/ breast cancer prevention.



A lecture on "Menstrual Health Management" which included menarche, menstrual hygiene and environment friendly disposal of sanitary napkins; was conducted at this station on 15 Jul 23 by Dr. Priyanka Iqbal, MO (Ayurveda), Dr. RP Hospital Mayabunder for ladies of ICG personnel and ladies from Webi village, Mayabunder for creating awareness on menstrual health.

Mental Health and Menstrual Hygiene Workshop was conducted to discuss the success of menstrual hygiene in order to inspire CGWWA member. The ill-effects of social media on children and families were also discussed during the workshop.



SAKSHARTA

CG RHQ (A&N)

A guest lecture was organised on “Relationship and life skills- Flavors and Takeaways” by highly renowned speaker Mr. Abhijit Agrawal on 25 Jan 23 at CGWWA Centre.



A Cyber awareness lecture was organized on “Cybercrime on social media and its implications” by Ms. Richa Sharma on 10 Aug 23 at CGWWA Welfare Centre.



SHRISTI

CG RHQ (A&N)

On 13 Dec 22, a lecture on the topic “Ecosystem of Andaman & Nicobar Island” was delivered by Ms. Madhuri Mondal, to spread awareness on the importance of the ecosystem of these pristine islands.



To promote ongoing efforts of Government for “Swachh Bharat Abhiyan” and “Swachh Sagar Abhiyan” for mass cleanliness and sanitation, DWWA Environmental team organized a Special Coastal Clean-up Drive at Corbyn's Cove Beach on 25 Feb 23. The event was aimed to safeguard our seas and marine habitat by promoting safe and clean beaches.



As a part of Environment activity CGWWA Srishti team organised a bird watching activity on 05 Aug 23 at Chidiya Tapu (Biological park).



CGDHQ-10 (CAMPBELL BAY)

On 01 Nov 22, a CGWWA event was organised at CGWWA centre. During the event, a lecture was delivered by Mrs. Sahiti on the use of separate bins for different kinds of waste.



ICGS HUTBAY

Second Batch composting started after the successful completion of Composting and harvesting of bio-enzyme to support natural farming endeavors in the Station. The efforts of CGWWA members have resulted in zero waste at ICGS Hutbay.

Natural farming has become a reality in ICGS Hutbay. Attempts are being made to grow various vegetables in Grow Bags after altering the soil structure by adding Coco Peat and Compost in the Station.



A mushroom farming workshop was organised with the help of the Agriculture Department, Little Andaman Island. Sustainability goals through composting received further impetus with mushroom farming. It not only grows on recycled paddy stalk and banana leaves, but requires less space and water. A plantation drive with plating Mango saplings, Jamun Saplings was carried out for encouraging environment conservation.



The workshop on Bio Enzyme helped CGWWA members to know about natural floor cleaners and fertilizers that can be made through kitchen waste, water and jaggery.





ICGS MAYABUNDER

Plantation drive was carried out on 08 Aug 23.



SNEHA

CG RHQ (A&N)

An Outreach activity was conducted on 10 Mar 23 to support the under-privileged children of 'Guru Ki Rasoi', Port Blair. During the event, Mr. Mandeep Singh Grewal, founder and president of Guru Ki Rasoi was presented with school bags, shoes and socks for distribution amongst the under privileged children of Govt School, Panchwati, Rangat by Mrs. Anju Sharma, President Tatrakshika (A&N).



CGDHO-10 (CAMPBELL BAY)

Outreach Activity was organised on 24 Aug 23 at Govind Nagar School, Campbell Bay. Items were donated to school and also the children.



SANSKAR

CG RHQ (A&N)

Children's Day was celebrated on 14 Nov 22 at CGKG school premises. Coast Guard Kindergarten celebrated Grandparents Day on 25 Nov 22 at CG Indoor Sports Complex, Spectrum. English Story telling competition was organized on 01 Feb 23.



CGKG Annual Day was celebrated on 24 Feb 23. IG Bhisham Sharma, TM, Patron-in-Chief CGKG was the Chief Guest with Mrs. Anju Sharma, Regional President Tatrakshika (A&N) being the Guest of Honour. Theme for the event was “Friendship” towards Mother Land, Animals, Birds, Education, Mother and Nature.



CGKG celebrated Graduation Day on 21 Mar 23. Certificates of Graduation were presented to the UKG students.

An educational visit to the Science Centre was organized by CGKG school on 18 Nov 22 for UKG children.

Health and nutrition week was celebrated from 21 - 24 Nov 22. Children were taught the importance of health and nutrients in their day-to-day life.

Health camp for all CGKG students was conducted in the school premises from 05-06 Jan 23, for assessing the general health of kids.



ICGS Dahanu is located in Palghar District across the western coast of Maharashtra. This Station was commissioned on 22 Mar 2012.

EXPRESSIONS



TRADITIONS BIND FAMILIES AND COMMUNITIES TOGETHER

Holding Back to Our Culture and Traditions	Nandini Prasad	125
Preserving Traditions	N H Singh Adh	151
Traditions – A story of yesterday!	Suchi Bhatia	136

HOPE/BLISSFUL LIVING

Hope	Anant Kaur	124
Blissful Living: Cultivating Happiness	Neerja	127
Blissful Living	Yogesh Kumar	130
Aashayein	Dy. Comdt Sagar Chopra	131
My Experiences	Omkar U/Nvk	133
Cultivating Happiness	Dr. Rajani Magotra	135
Positive Approach	Bindulata Malik	139
Journey for a Blissful Living	Birash Chandra Patra	153
जीवन एक कहानी	श्रीमति संगीता यादव	155
वीरता	कोमल भारती	156
जीवन का आनन्द : हँसना मुस्कराना	शशिकला मिश्रा	157
जीवन की सच्चाई	Renu	160
मेरी आशाएं	श्रीमती ज्योति	159
आनंदमय जीवन, पुलकित प्रांगण	ज्योति पाण्डेय	165
नया सवेरा	रामानन्द प्रसाद	169



HEALTH VS MONEY

Time to Prioritise Health	Comdt. Gulwinder Singh	141
Time for Self	Vaisakhan VS PNvk	147
Health vs Money	Manya Kumar	150
स्वास्थ्य ही धन है	प्रीति	168
पैसा या प्राणी, तुम जानो अए ज्ञानी	एकता स्नेह	169



POWER CAPSULE MILLETS

Millet Year Bringing Change on our Table	Bhagyasmita	128
Amazing Millets	Sucharitha	138
Millets the Power Capsule	Irfan Ali U/Nvk	
148		
मोटे अनाजों का महत्व और हम	आदित्य कुमार	154
छोटे दाने अनेको गुण	मुकेश बैदा	160
आहर के रूप में बाजरे की उपयोगिता	पप्पु पोलिस्तर	162

ME TIME/BE YOUR PRIDE

The Girl I Know	Sara Singh	129
You are less than none	Agrima Tripathi	135
Soliloquy	Manjari Singh	136
The Forgotten word Me	Rutu Damniwala	137
Me Time	SK Yadav Adh	140
Embrace Yourself	Manjari Singh	142
Be compassionate to Yourself	Sunil Kumar Singh U/Nvk	143
Love Yourself First	Kasmoysee Ghosh	145
Me Time – How significant it is	Ajay Kumar Sharma SE Er	149
Importance of Me time for Tatrakshikas	Sangeeta Kumar	152
मैं और मेरा समय	Utkarsh Verma	158



IMPORTANCE OF SOCIAL LIFE

Human Beings Social Mortal	M. Sarathi	126
Being Social	Sreeja Unikrishnan	133
Nurturing Connections in the		
Modern World	Anurag Yadav Nvk	144
Social Creatures	Dr. Prince Gupta	146
रिश्तों की मीठी सौगात	अनिल कुमार	161
मनुष्य - समाज का प्रतिबिम्ब	मीना शर्मा	164
समाज: मनुष्य का समग्र विकास	गजेंद्र सिंह चौहान	167

HOPE



Living in a digital world, we come across loads of messages wishing love, hope, peace, and faith for each other and they all pleasingly give a satisfying smile on our face especially when we feel the need for such a validation.

This four letter word creates a hysterical magic in our lives, builds confidence and faith during trying times. I wish from the core of my heart that it continues to bring unbound Happiness, Optimism, Passion and an immense Energy for readers to live life to the fullest.

Since our birth and growing up, we have aligned our inner self with hope, seeking something beyond to make our tomorrow better than today. It's the hope that whispers, "try it once more", assuring that the darkest night produces the brightest stars.

Chandrayaan-3 success is an absolute and an ideal example of hope and perseverance..

The successful mission by the Indian Space Research Organisation has scaled new horizons, making 1.42 billion Indians proud and euphoric. It makes Hope's soar high, elevating dreams and ambitions of every citizen.

Magic of the moon has always turned us into dreamers, "tu agar kahe mujhe chaand par leh chalun tujhe", no longer seems to be a pretence.

The silver orb that hangs over us, shone brighter than ever before on 23rd August 2023 marking it as a red letter day in Indian history when Vikram lander touched down on the lunar south pole. This scripts a new chapter in India's space odyssey and hopefully laying a strong foundation for futuristic space endeavours.

Hope is the will power to change and the power to bring about the change. We all know it's easy to have hope when things are going well in our lives, it's when situations become challenging that we need hope the most.

Commonly said, a person needs just three things to stay truly happy on this earth- someone to love, something to do and something to hope for..

Call me a beginner, sure we all have been once,

Call me adventurous, who doesn't want to be?

Call me amicable, we wish all to be.

Call me a dreamer, am I the only one?

Hope someday we all think as One,

&

The World will turn magical for All.

Mrs. Anant Kaur

W/O DIG H P Singh

CGHQ Delhi

HOLDING BACK TO OUR CULTURE AND TRADITIONS



India has a rich culture and that has become our identity. Be it in religion, art, intellectual achievements, or performing arts, it has made us a colorful, rich, and diverse nation. Today, India stands as a powerful and multicultural society as it has absorbed many cultures and moved on. People here have followed various religions, traditions, and customs.

Although people are turning modern today, hold on to the moral values and celebrate the festivals according to customs. So, we are still living and learning epic lessons from Ramayana and Mahabharata. Also, people still throng Gurudwaras, temples, churches, and mosques. The culture in India is everything from people's living, rituals, values, beliefs, habits, care, knowledge, etc. India is considered as the oldest civilization where people still follow their old habits of care and humanity.

Additionally, culture is a way through which we behave with others, how softly we react to different things, our understanding of ethics, values, and beliefs. People from the old generation pass their beliefs and cultures to the upcoming generation. Thus, every child that behaves well with others has already learned about their culture from grandparents and parents.

We can see culture in everything like fashion, music, dance, social norms, foods, etc. Thus, India is one big melting pot for having behaviors and beliefs which gave birth to different cultures. There are many religions that have found their origin in age-old methods that are five thousand years old. Also, I personally believe that it is considered because everything originated from Vedas and Hinduism.

Thus, all the Hindu scriptures that are considered holy have been scripted in the Sanskrit language. It is believed that Jainism has ancient origin and existence in the Indus valley. Buddhism is the other religion that originated in the country through the teachings of Gautam Buddha. But one thing is very common in all Indian Originated cultures that all are "Humble and Kind". Kindness is the basic essence of all the cultures in India. Our ethnic culture always teaches us to respect elders, behave well, care for helpless people, and help needy people.

The culture in our country welcomes guests like gods, we have a famous saying 'Atithi Devo Bhava'. So, the basic roots in our culture are spiritual practices and humanity.

Nandini Prasad

W/o Shashikant Prasad

Adh(R), 5734-M, BMU(CHN)



Introduction. Socializing is good for the mind and body. Especially for people in the Armed forces, where people join from all over India and live in the same premises together. It provides a sense of connection, support and belongingness among others. Studies have shown that having strong social connections can have a positive impact on mental and physical health, as well as overall well-being. However, the importance of social life can vary from person to person and can depend on individual circumstances and preferences. Some people may find that they are content with a small group of close friends, while others may enjoy being part of a larger social network.

Importance of Social Life. Human beings are social mortals, social life is extremely important to us. We mean to be with our family, friends, and colleagues. People need people to communicate, share life experiences, ask for advice, console them in tough times, and celebrate happiness. Social life is also essential to maximize efficiency. Although today, technology has modified the way we interact with other people in our everyday lives, still it has not influenced the basic socializing need of humans to form caring bonds with each other.

Health Benefits. Loneliness is a serious risk for health problems. It is as serious of a risk as smoking, obesity or eating a high-fat diet with lack of exercise. In one of the recent studies on the health benefits of social relationships, researchers provided evidence that social ties and increased contact with family and friends are associated with a lower risk of death in young women with breast cancer. Social life also provides the following benefits: -

- (a) It increases the likelihood of being successful in your career.
- (b) It provides personal development.
- (c) You can learn new things from your friends.
- (d) It makes you a much better speaker and listener.
- (e) It renders you a happier person.
- (f) It is a nice way of spending your leisure time.

How to improve Social life.

- (a) Be nice to people but do not let them manipulate you, value your dignity and never lower yourself for anyone.
- (b) Do not be an attention seeker. Remember that if you are hungry for attention and adoration of others, they can easily use it to manipulate you.
- (c) Do not try to please everyone.
- (d) Stay away from people who bring you down, you do not need someone else's negativity in your life.
- (e) Surrender yourself with positive and like-minded people who motivate you.

Conclusion. A social life is important because it gives us the opportunity to connect with others, build relationships, and find support systems. Parents can help their children to increase social skills — and, in turn, their health — not only by limiting digital screen time but also by making sure children are regularly exposed to situations that require in-person social interaction. Most important is to socialize with the right people who are inspiring and encouraging.

M. Sarathi

W/o Dinesh Kumar M, UttamSahayak
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Happiness is nothing but the state of mind. It is a person's outlook towards the things and events happening around us. One does not need a large amount of money or success to be happy. Life can be blissful if we start finding happiness in small and little things happening around us.

In today's scenario we have seen everyone's busy in their life. Most of us are in a race to be successful and earn a lot of money. But while running in this race we are not realizing that we are missing on the precious moments of life which we can cherish by spending our precious time with our loved ones. One can overcome this situation only by maintaining a healthy work- life balance. There is no point of earning money or archiving success if we cannot use that money to spend quality time and celebrate with our loved ones.

Small little things like going on an evening walk with your life partner, having ice cream with your kid, helping someone in need can bring a smile to their face. In my belief the kind of satisfaction and happiness one feels cannot be achieved by earning any amount of money or success in life.

The second foremost thing which one needs to be happy is gratitude. If we see, there is no end to the materialistic things which one can acquire and money one can earn. One can never be happy if he/she is focusing on the things which are not there with them. Happiness is attained by having the feeling of gratitude for whatever we have. The next way of cultivating happiness and leading a blissful life is being honest. Being honest with our work and towards relationships builds trust. If one is trustworthy, people around that person will be happy with him. If the people around are happy then the person is automatically happy. Honesty helps us to keep our life simple and free from complications. The more things are uncomplicated around us, the more blissful life becomes. Doing our work honestly and in a disciplined way will help us complete it on time and avoid stressful situations. The other key to happiness is keeping our self-light i.e. light on emotions and light on carrying the burden of others opinion about us. Let us take the example of travelling. Our journey is comfortable when we are having a lot of luggage or when we are having bare minimum required for us? The answer is obviously the later. So same is the case with life journey. It can only be a blissful and happy one if we are emotionally strong and not carrying the unnecessary baggage of our negative emotions.

We all have one life so let us keep it simple, do the right things, stay honest and focused towards our work, spend good quality time with our loved ones and follow our dreams without worrying about being judged by others. Life will certainly be blissful and a happy one.

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MILLET YEAR BRINGING CHANGES ON OUR TABLE



Introduction. Millets are the staple crops adapted to dry land agro-ecologies of the arid and semi-arid tropics. In India, millets are produced in most of the states characterized by low to moderate precipitation (200–800 mm rainfall). Millet is a common term to categorised small-seeded grasses that are often termed Nutri-cereals or Dry land cereals and includes Jower, Bajra, Ragi, Kutki, Kukun, Cheena, Sawa, kodon and other millets. An important staple cereal crop for millions of smallholder dry land farmers across Sub-Saharan Africa and Asia, millets offer nutrition, resilience, income and livelihood for

farmers. They have multiple untapped uses such as food, feed, fodder, biofuels and brewing. Therefore, millets are Smart Food as they are good for Consumers, Good for the Farmer and Good for the Planet. The Government of India, guided by the vision of Prime Minister Narendra Modi, spearheaded the United Nations General Assembly (UNGA) resolution for declaring the year 2023 as International Year of Millets. The proposal of India was supported by 72 countries, and UNGA declared 2023 as the International Year of Millets in March 2021. Benefits and Significance of Millets.

- (a) **Nutritionally Rich:** Millets are nutritionally superior to wheat and rice owing to their higher levels of protein with a more balanced amino acid profile. Millets also contain various phytochemicals which exert therapeutic properties owing to their anti-inflammatory and anti-oxidative properties.
- (b) **Climate Resilient:** Millets are the backbone for dry land agriculture. They are hardy, resilient crops that have a low carbon and water footprint, can withstand high temperatures, grow on poor soils with little or no external inputs and are thus termed as the ‘miracle grains or ‘crops of the future’.
- (c) **Health Benefits:** Millet grains are rich sources of nutrients like carbohydrates, protein, dietary fibre, and good-quality fat and have substantially higher amounts of minerals. Millets can also help tackle health challenges such as obesity, diabetes and lifestyle problems as they are gluten-free, have a low glycaemic index and are high in dietary fibre and antioxidants.
- (d) **Ecologically Sustainable:** Millet production is not dependent on the use of chemical fertilizers. These crops do not attract pests, and a majority of the millets are not affected by storage pests. Thus, No dust or pesticides.

Millets in India.

India produces more than 170 lakh tonnes of millet, which is 80 percent of Asia’s and 20 percent of global production. While the Global average yield of Millet is 1229 kg/hectar, the yield in India is 1239 kg/hectars. India produces all the nine commonly known millets and is the largest producer and fifth-largest exporter of millets in the world. Most of the states in India grow one or more millet crop species. The major millets producing states in India are Rajasthan, Uttar Pradesh, Haryana, Gujarat, Madhya Pradesh, Maharashtra, Karnataka, Tamil Nadu, Andhra Pradesh and Telangana.

Major Initiatives by Govt. to promote Millets.

In view of the nutritional value of the millets, the Government has notified millets as Nutri-cereals in April 2018 and under the Sub Mission on National Food Security Mission (NFSM)-Nutri-cereals, is

creating awareness among farmers for Nutri Cereals (Millets) such as ragi, sorghum, bajra and small millets through demonstration and training. Union Budget 2022-23 highlighted that support would be provided for post-harvest value addition, enhancing domestic consumption, and for branding millet products nationally and internationally.

Way Ahead. The International Year of Millets-2023 would provide an opportunity to globally promote millets as nutritious cereals. A combination of central funding with decentralised procurement linked to nutrition goals specifically the eradication of hidden hunger among school-age children can do for millets what the Food Corporation of India achieved with rice and wheat. Accelerating the Incubation of Millet Start-ups is an essential forward linkage for catering to various dynamic segments in domestic and global markets. Customer's mindfulness and the focus on health & well-being should be correctly captured and in demand for super foods and functional foods should be fuelled with millet-based products.

Mrs Bhagyasmita

W/oYajnadatta Khandei

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Krishnapatnam

THE GIRL I KNOW



The girl I know is bold and straight,
She says whatever comes in her mind;
People judge her for this,
But she doesn't mind;
She loves too easily and often gets her
heart broken,
But she does it again and again like nothing happened;
She craves love the kind authors talk about in books,
Where their hearts starts beating faster with only a look;
Sometimes she feels lonely in her own family,
So she reads books to get an escape from her reality;
But now not even her books helps her find an escape,
So now she writes her heart out for her soul not to ache.

By : Sara Singh

D/o Comdt .Sandeep Singh



In a world filled with chaos and stress, finding true happiness and contentment has become a quest for many individuals. The pursuit of a blissful life has led people to explore various paths, strategies, and philosophies. This article delves into the art of cultivating happiness and offers insights into how one can embrace a more blissful way of living.

Cultivating happiness begins with a shift in mindset. It involves recognizing that true happiness is not dependent on external circumstances, but rather an internal state of being. Happiness is not a destination; it is a daily practice. It requires a conscious choice to foster positivity, gratitude, and self-reflection.

The foundation of a blissful life lies in gratitude. By acknowledging and appreciating the blessings in our lives, we create a shift in perspective. This simple act of counting our blessings can transform our outlook and bring a sense of fulfillment. Gratitude opens our hearts to the abundance that surrounds us and allows us to find joy in the little moments.

Another important aspect of cultivating happiness is nurturing our relationships. Meaningful connections with family, friends, and community play a significant role in our overall well-being. Investing time and energy into building and maintaining these relationships can bring immense joy and a sense of belonging.

Practicing self-care and self-compassion is also essential in the pursuit of a blissful life. Taking care of our physical, emotional, and mental well-being is crucial for sustained happiness. This may involve engaging in activities that bring us joy, setting healthy boundaries, practicing mindfulness or meditation, and prioritizing our own needs and desires.

Living authentically is another key ingredient to a blissful existence. Embracing who we truly are and aligning our actions with our values and passions can bring a deep sense of fulfillment. When we live in alignment with our true selves, we experience a greater sense of purpose and contentment.

Finding joy in the present moment is a fundamental aspect of cultivating happiness. Often, we are so consumed with the future or dwelling on the past that we overlook the beauty and opportunities of the present. By practicing mindfulness and being fully present in each moment, we can savor life's simple pleasures and cultivate a constant state of joy.

Lastly, giving back and practicing acts of kindness can foster happiness both within ourselves and in others. Making a positive impact in the lives of others can be incredibly fulfilling and rewarding. Acts of kindness, no matter how small, have the power to create ripples of happiness and contribute to a more compassionate and joyful world.

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AASHAYEIN - HEALTH, HOPE, HAPPINESS, AND FAITH



In the tapestry of life, there are four threads that weave together to create a vibrant and purposeful existence: Health, Hope, Happiness, and Faith. Each quality holds immense power, capable of transforming our lives and shaping our destinies. As we explore the profound impact of these virtues, let us uncover their essence and discover how they guided women of the Indian Independence movement towards a fulfilling and meaningful journey.

Health. Health is the cornerstone upon which our dreams and aspirations are built. Without good health, our ambitions lose their luster and our capacity to enjoy life diminishes. It is imperative that we cherish and nurture our physical, mental, and emotional well-being. On analyzing India's Independence movement one remarkable example of the significance of health can be found in the inspiring story of Kasturba Gandhi, wife of Mahatma Gandhi and an integral part of the Indian independence movement. Kasturba's unwavering commitment to health and well-being not only influenced her personal life but also had a profound impact on the movement. She emphasized the importance of hygiene and cleanliness, encouraging people to lead healthy lives. Hope. Illuminating the Path Ahead, hope acts as a guiding light in the darkest of times, fuelling our determination and renewing our spirit. It is the belief that better days lie ahead and that our efforts are not in vain. An apt example for hope for today's young generation is Sarojini Naidu, often referred to as the Nightingale of India, exemplifying the power of hope during the Indian independence movement. As a poet, activist, and freedom fighter, she possessed an unwavering belief in the dream of a free India. Her words were like beacons of light, illuminating the path to a brighter future, even in the face of adversity. Happiness. The Joyful Melody of Life, happiness is the symphony that resonates within our hearts, breathing life into every moment. It is a state of being that transcends material possessions and external circumstances. The life of Kamala Nehru, wife of Jawaharlal Nehru and a prominent figure in the Indian independence movement, serves as an embodiment of resilience and optimism. Despite facing numerous challenges and setbacks, Kamala Nehru maintained an unwavering spirit of happiness and contentment. Her ability to find joy in simple moments, such as spending time with her family or engaging in charitable activities, brought a sense of fulfillment to her life. Faith. A Beacon of Strength, faith is the unwavering belief in something greater than ourselves, providing solace during times of uncertainty. It is the rock on which we can anchor our hopes and dreams, knowing that there is a purpose to every experience. The life of Aruna Asaf Ali, a prominent freedom fighter and a symbol of courage during the Indian independence movement, exemplifies the power of faith. Aruna Asaf Ali's unwavering faith in the cause of freedom and justice fuelled her indomitable spirit. Despite facing numerous challenges and even imprisonment, she never wavered in her belief that a free India was possible. Aruna Asaf Ali's faith acted as a beacon of strength, guiding her through the darkest of times and inspiring others to stand firm in their convictions.

The women of the Indian independence movement, with their remarkable stories of resilience, courage, and determination, exemplify the essence of health, hope, happiness, and faith. Their unwavering commitment to these qualities not only enabled them to overcome adversity but also inspired generations to follow. As we reflect on their journeys, let us cherish our health, nurture hope, cultivate happiness, and foster faith in our own lives. By embracing these virtues, we can create a future that echoes the indomitable spirit of these incredible women, forging a path of freedom, progress, and equality for all. May these qualities guide us as we navigate the challenges and embrace the blessings that lie ahead, reminding us of the extraordinary capacity we possess to shape our destinies and inspire others along the way.

Dy Comdt Sagar Chopra

ICGS Mandapam



As a species, humans evolved to seek and enjoy social interaction. To survive, our ancestors often had to associate, form alliances, and cooperate with each other. As a result, there is an inherent desire to make relations and feel like we "belong." For most people, social interaction is critical to general well-being. Isolation is emotionally painful for most of us. Lack of social interaction can increase your risk of mental and physical health problems

Benefits of Social Life

Overcome the negative effects of ageing. Enjoying your social life creates a barrier to undesirable things. To meet the challenges, May we be able to cope with life's difficulties. A good social life helps you not lose hope and solve your problems better. To raise the standard of living, having supportive and compassionate people around you makes you feel more fulfilled and resilient. Make sure you communicate with the right people who inspire and encourage you.

Social life is paramount as we humans are social creatures and we definitely cannot live in isolation. Staying connected with good people in your life and doing what you are passionate about is very important.

How to stay social

Socialising can maintain or improve your general well-being, health, happiness, and job satisfaction. Physical health benefits of being social - Research shows that socialising and building relationships with other people has significant physical health benefits. Social support can improve your immune system, and social isolation can weaken it. For example, research shows that people with smaller social networks have a weaker response to vaccines. Loneliness and lack of social connection can cause stress, and stress can make our immune systems less efficient. Low social support was associated with higher levels of inflammation in the body. Chronic inflammation can lead to many serious diseases. Being social is good for your heart. For example, a study that tracked participants' blood pressure for 24 hours found that people who reported more pleasant social interactions had lower blood pressure on average.

How to be more social

Now that we know happy social interaction is good for us, it's never too late to start. Here are some easy ways to make and maintain social connections. Start with family. Brothers, sisters, cousins, nieces and nephews are all people we have known for a long time and if you are staying away from family / native places then find good people from your neighbours. A gentle stroll around the local park or shopping strip provides a great opportunity to chat with others and try to meet people face-to-face if possible. Keep a smile on your face, be well groomed and wear clean clothes, it gives a good impression of yourself. This makes people feel comfortable coming to you to spend time.

As we begin to improve it becomes easier to maintain our social relationships. We understand that making friends is not easy for some people. But if you treat people friendly, they will treat you in the same way. Just as a lack of social connection can cause depression, improving social connections can help us fight depression. Researchers have found that people who feel more connected to others have less depression. Moreover, they have higher self-esteem, more empathy for others, more trust and cooperation, and as a consequence, others are more sympathetic and supportive. In this way, social connectedness creates a positive feedback loop of social, emotional, and physical well-being. Being social when we're depressed can seem like a daunting task, but the more people we talk to, the more connected we feel.

Summary

As part of CG service, we often travel and relocate with our family from place to place in our country. We have a great opportunity to experience the diversity of social life in India. India offers astonishing diversity in all spheres of social life. Being socially connected to others can help reduce anxiety, depression and stress, boost self-esteem, provide comfort, prevent loneliness, and prolong life. On the other hand, the lack of strong social connections poses a great risk to one's mental, emotional and physical health. We are social beings and social life is very important to us. We mean it with our family, friends and colleagues. People need people to communicate with, share life experiences, ask for advice, comfort them in difficult times and celebrate happiness..

Sreeja Unnikrishnan

W/O. R Unnikrishnan, U/Adh(P)

ICGS Shaurya, CG RHQ(East)

MY EXPERIENCES WHEN I VISITED AN OLD AGE HOME



Parents are next to God. Their love and affection is priceless. Ignoring them and sending them to old age homes is a very big crime. I felt very bad when I went to an old age home to spend some time with them.

Parents take a lot of care at every step of our life. They think a hundred times to make even small decisions in our life. They sacrifice even their little pleasures in their life to meet every necessity of us. And the gift we are giving to them at the time when we should take responsibility for them is old age homes.

Actually old age is said to be the second child age in one's life. People who made very hard decisions and who stood very strong at difficult times also become very sensitive when they are not taken care of. But at that age they only want to spend their life with their children and play with their grandchildren and want to be a child again.

But people who are becoming very busy in today's life craving for more and more money not only neglect their parents but send them to old age homes thinking them to be a burden. Elders actually help us in guiding us by the experiences in their life and even teach our children good morals.

I could see the happiness in their faces when I visited an old age home. Each one had their own story. It is actually a children's boon for getting a chance to serve and take care of parents at old age. We stand as an example to our children. Everyone must ask themselves how they will be treated by their children when we neglect our parents. So I request everyone to take care of parents especially when they are old and when they require our loving hand. Just imagine the life of orphans who are never tendered or taken care of. Everyone who stays with their parents and takes care of them is really blessed and should thank God for having them. Let us all take a pledge at this very moment to never bring a situation to our parents to think about why they have given birth to such a child.

Matru devo bhava! pitru devo bhava!

OMVIR, U/NVK(R)

ROS (CHN)

CULTIVATING HAPPINESS : THE PATH TO BLISSFUL LIVING



Do you, like many individuals, have a list of things you believe you need to be genuinely happy? What if the key to lasting happiness lies not in the external markers of success and wealth, but in something much closer to our hearts? There are many things we learned from society, to chase. But are they the keys to happiness?

There are many myths out there about what will make you happy. So, before we board the journey of strategies that do work for enhancing happiness, let's dispense with the things that don't.

- Excessive focus on wealth and possessions.
- Happiness declines with age.
- Seeking fame and constant validation from others.
- Constantly comparing oneself to others.
- Pursuing one accomplishment after another without taking time to enjoy the journey
- Being overly busy without time for relaxation and self-care
- Neglecting mental and emotional well-being. And the list is so long.

Happiness is a journey; not a destination, it is a state of being that we can nurture actively. In your quest for happiness and blissful living, remember that the journey is unique to you. What brings joy and contentment may differ from person to person. While some people may appear naturally happier, the truth is, that happiness is attainable for everyone. We can all take a few simple steps to nurture it in our lives.

Cultivating Gratitude: One of the most powerful tools for cultivating happiness is gratitude. When you focus on what you're grateful for, you shift your perspective from scarcity to abundance. Regularly keeping a gratitude journal or simply reflecting on your blessings can foster a sense of contentment.

Mindfulness and Presence: Mindfulness is the practice of being fully present and engaged in what you're doing. It allows you to appreciate the beauty of the here and now. Whether it's sipping a cup of tea or coffee, feeling the warmth of the sun on your skin, or enjoying a heartfelt conversation, mindfulness enhances your capacity for happiness.

Building Meaningful Connections: Cultivating meaningful relationships and spending time with loved ones can bring immense joy. Acts of kindness and acts of service not only benefit others but also contribute to your sense of purpose and happiness.

Pursuing Passions and Goals: Blissful living often involves pursuing your passions and working towards your goals. Whether it's a hobby, a career, or a personal project, these pursuits can bring a sense of purpose and satisfaction.

Resilience and Perspective: Life is not without its challenges, but how we respond to them significantly impacts our happiness. Developing resilience and a positive outlook can help you weather the storms of life. It's about understanding that setbacks are part of the journey and that they often lead to growth and valuable life lessons.

Stay Curious: Cultivate a sense of wonder and curiosity about the world. Explore new places, try new foods, and ask questions. A curious mind constantly discovers new sources of delight and amazement.

Embracing Imperfection: Perfectionism can be a barrier to happiness. It's essential to recognize that nobody, including yourself, is perfect. Embrace your imperfections and learn to be kind to yourself.

Balancing Self-Care: Taking care of your physical and mental well-being is paramount to happiness. Regular exercise, a balanced diet, and sufficient sleep contribute to a healthy body, while practices like meditation and relaxation techniques nurture a calm mind.

In conclusion, blissfulness is an art, and happiness is a skill that can be developed and nurtured throughout life. It's not about the absence of challenges but rather the way you respond to them. By cultivating gratitude, mindfulness, meaningful connections, pursuing passions, and prioritizing self-care, you can embark on a journey toward a happier and more fulfilling life.

Few takeaways (a humble reminder from self) from which we all can benefit as we navigate the beautiful journey of life.:

- Train your brain to be more positive
- Focus on helping others and living with meaning
- Express gratitude
- Nurture and enjoy your relationships
- Share your happiness
- Live in the moment and Savor life's pleasures
- Take better care of your health.

Dr Rajni Magotra

W/o Comdt (JG) Rahul Rasgotra

Dte of Logistics, CGHQ, New Delhi

YOU ARE LESS THAN NONE



When I was a child, I was taught to be nice ;
Not to oneself but to others to be precise .
To fit into a mould was the only goal,

Or else you would be “ odd one out “ : The Mole .

A certain way to talk, a manner to walk, how to move around even how to hold the fork,

But what about your inner self , your drive , your spark ?

That voice inside you telling you to walk a separate path !

No one would like you, is what they say ,

But you're not pizza, likable all way.

One could be different, but I say you're Unique :

Having a perspective : distinctive yet sleek .

Embrace yourself...be your pride,

Because if you don't the confidence will slowly slide.

If you aren't perfect, so is no one,

A reminder to you, you're less than none .

Contributed by Agrima Tripathi

w/o Dy Cmdt Sagar Kumar

ICGS VIJIT (A&N)

SOLILOQUY



A Poem to Myself!
The Woman in the Mirror, looks back at Me.
None is truer than Me, says She to Me.
Calmness She reflects back.
Nonchalant is her gaze.
In deep crevices of my Mind,
Is where she loves to dwell.
Keep your trivialities for the world,
Says She with an impish gaze.
For I know the secrets of your soul.
I am your Ally, also a keeper of your folly.
I am the starlit Sky at the end of dawn, the full
moon on a dark night.
In the Oasis of my heart, you will heal.
I am your home ,and your haven.
I look at her, like She looks at Me.
The essence of my being, the mooring for my
tired Soul, Is
The Woman in the Mirror.

Manjari Singh

W/o DIG Alankar Singh
CGRPT(MBI)

TRADITIONS – A STORY OF YESTERDAY!



One generation to another,
Family traditions softly whispers the story
of yesterday,
Filled with love and grace.
A father, a mother, one aunt or another,
to cousins and friends,
keeping close together all of them.
Uncountable reminders of the best times,
The laughter, the song.
The smile of togetherness continues
tradition,
No matter big or small.
Holding roots through the centuries,
And as the future is revealed,
Cultures bloom in the garden of tradition
holding,
We and Us together,
today and forever....

Suchi Bhatia

W/O Comdt. Praveen Kumar
HRD division, CGHQ
New Delhi

THE FORGOTTEN WORD - 'ME'



'Me', the most forgotten word in most adult female worlds. Who has time to think about 'Me'? We just have time to think of 'Us' - our family and it consumes most of our lives all day, every day.

I think if we can ask most females in particular about 'Me' time, they will be absolutely clueless. As most of us are wired or made to think about others before ourselves. Yes, family is very important and it does deserve most of our attention, but will that family be complete without you giving your 100% ?

Any person can be completely present in a given situation only when they are in connection with themselves. And in order to connect with ourselves we need to spend time with ourselves. We need to begin by loving ourselves more and more with every passing day. We need to do what we like, something as simple as having tea in peace or to go out and pamper ourselves in the beauty salon, basically anything that soothes your mind and soul and makes you feel refreshed.

Me time is very powerful; it can destress you. So when we are back to our daily grind we may start seeing our problems with a new perspective and be more understanding and aware of our situation. Working, non-working, embracing motherhood or still waiting, wanting to study further or not are some very demanding situations in life and trust me some 'Me' can help us fix most things with a fresh perspective.

And 'Me' is not about being alone and doing only what you like. You can spend your time with any other person too, with whom you can be your own, no pretense just you.

So please find some time for yourself, after all change that you want to see in others begins with you. Reflect within, count your blessings, admire yourself, salute your courage. You are powerful, give yourself some well-deserved 'Me' time and notice how more beautiful life can be!

Rutu Damniwala

W/O Comdt Hitesh Kumar,
CGAE, Port Blair



ICGS GOPALPUR

Indian Coast Guard Station (ICGS) Gopalpur christened as "COAST GUARD STATION GOPALPUR" was activated on 01 Nov 12.

AMAZING MILLETS



As I am typing this, India has a new feather in its cap – a feather that is not really a laurel but a scary one! Our country has been singled out as the Diabetic capital of the world and the numbers are more than alarming. While we can blame our genetics, our busy lifestyle and many other aspects – the single most important thing we need to do most urgently is to take a hard look at what we eat and what we serve.

2023 has been declared as the Year of Millets by the United Nations on behalf of the Indian Government and it's the best time for us to embrace these tiny health bombs if not already done! Millets are not only beneficial for the human bodies but also for the environment since they use less space and water for cultivation.

Scientifically looking at the benefits of millets, it has been proven that these small looking grains are packed with nutrients like magnesium, phosphorus, fibre, manganese and the best part is that they are gluten free. For the uninitiated gluten is a protein found in the very widely used grain in India – Wheat and few others like Barley and Rye. While gluten by itself is not an issue many individuals have varied reactions to gluten the most common being allergies, unexplained inflammation, bloating, diarrhoea to name a few. Switching to gluten free food has proved to be beneficial for many and this is where the tiny millets win the game. It's aptly said do not judge anything by its size! Wheat and rice which is a staple in most of our homes are known to also spike sugar levels thanks to their high glycaemic index. If the same quantity of millets are consumed the sugar levels rise slowly as the glycaemic index of millets are much lower.

As women, many of us have the primary role of providing nourishment to the family in terms of healthy food. Hence it becomes more imperative that we become the catalysts in bringing about a transformation on our tables. Succumbing to statements like “This is our family tradition” or “We have been liking it this way” are positively harmful for the changes we need to get in the most urgent manner.

Introducing Millet flours in our regular rotis or substituting them in place of rice in Idlis / Dosas is a good place to start with. If we change the regular menu in the house overnight one may face stiff opposition, resulting in more business to online food providers However if you slowly switch one thing at a time on the table it may be easier. The local markets and online shops are filled with some very genuine providers of Millet products which include the all-time favourite noodles, rice, pizzas, pastas that can give the regular all purpose flour based items a run for their money.

The responsibility of raising future generations that make the right choices especially with what goes into our mouth starts with us and lets us rise up to the occasion! Here is an ode to the humble millets

from yours truly

Millets are the small pellets

That satisfy our palettes

We can make tasty snacks to munch

Or simply fill our tummies during lunch

Bring millets to your dining table

If you want to escape the operation table

Make a healthy choice

So that we can rejoice

Hail the mighty millet

Which will make you escape the tablet!

A poor man's food is now ruling the worlds mood

Stay glued to millets if you have understood!

Here is also a recipe of a Pulav which you can try using millets

Ingredients

1 cup Foxtail millet (Korra)

1 tablespoon ghee / oil

Spice mix – 1 tsp cumin, 1 cinnamon stick, 2 to 3 bay leaf, 4 to 5 cloves, 4 to 5 pepper corns, 1 stone flower

2 green chillies

1 onion

1 to 2 cups of mixed vegetables - Peas, carrot, cauliflower, capsicum, sweet corn, soya chunks

Salt

Preparation

Soak 1 cup of Foxtail millet overnight or for at least 6 to 8 hours. Please note all millets have to be

soaked before using to release the phytic acid and enhance the absorption in our bodies.

Heat a small cooker add

1 tablespoon of ghee / oil of your choice

All spices that you add to your pulav like cumin, cinnamon stick, bay leaf, some cloves, few peppercorns. Once they start releasing their aromas add in 1 finely chopped onion, 2 slit green chillies, 1 tsp ginger garlic paste and saute further.

To this add mixed vegetables of your choice (Peas, carrot, cauliflower, capsicum, sweet corn, soya chunks). After sautéing them for 2 mins, add the drained millet. Add salt as per your choice and 2 cups of water. Close the cooker and wait for 2 whistles (3 if you like want it in khichdi consistency)

Let the pressure settle. Open, fluff them with a fork. Serve with salad and raita of your choice!

K. Sucharitha

w/o DIG K. Sitaram

RHQ (A&N)

POSITIVE APPROACH



Tearful eyes and face with a frown,

I was sitting alone at the beach.

Looking at the sand light brown, Thinking about my life and breach.

Looking at a boy running around, Playing with his dog I found.

Sitting beside me he said, Your face so sad what made? Stupid situations of my life,

He said look around for awhile, There is so much for you to smile. Look at the colourful balloon, They teach us something true.

They say not everyday is a bright boon, Grey days will one day get a sue.

Waves tell you to never stop, Life is like a beautiful broach. One day you will reach the top,

Just wear it with a positive approach.

Bidulata Malik

W/o KB Malik, USE(P)

P No. 08303-W, CGRPT, Paradip

CG RHQ(NE)

ME TIME: WHY YOU NEED IT AND HOW TO GET IT



Do you ever feel like you never get a minute's peace? Do you constantly juggle the demands of work, family, friends, and other commitments? Do you neglect your own needs and interests because you feel guilty or selfish?

If you answered yes to any of these questions, then you might be suffering from a lack of me time. Me time is the time you spend doing something that makes you happy, relaxed, and fulfilled. It's not a luxury; it's a necessity for your well-being.

Benefits of Me Time

Me time has many benefits for your physical, mental, and emotional health. Here are some of them:

Stress relief: Me time can help you lower your stress levels and prevent burnout. A 2017 study found that people who were proactive about spending time alone experienced stress relief and relaxation. Me time can also help you cope with challenging situations by giving you a chance to process your emotions and thoughts.

Productivity: Me time can boost your productivity and creativity by allowing you to recharge your brain and focus better. The human brain wasn't built for extended periods of focus; it needs regular breaks to function optimally. Me time can also help you solve problems and generate new ideas by giving you a different perspective.

Self-discovery: Me time can help you discover more about yourself and what matters to you. Me time gives you the opportunity to reflect on your values, goals, passions, and strengths. It can also help you align your actions with your objectives and feel more fulfilled.

Relationships: Me time can improve your relationships with others by making you happier and healthier. Me time shows that you respect your own needs and boundaries, which can inspire others to do the same. Me time can also make you more supportive and loving towards the people you care about by reducing resentment and frustration.

How to Get More Me Time

Me time doesn't have to be complicated or expensive. It can be as simple as taking a walk, reading a book, listening to music, or meditating. The key is to find something that you enjoy and that makes you feel good.

Here are some tips on how to get more me time in your busy schedule:

Schedule it: Treat me time as a priority and block out some time for it in your calendar. It can be daily, weekly, or monthly, depending on your preference and availability. Make sure to stick to your plan and don't let other things interfere with it.

Say no: Learn to say no to things that don't serve you or that drain your energy. You don't have to accept every invitation, request, or obligation that comes your way. Be assertive and respectful of your own needs and limits.

Delegate: Don't try to do everything by yourself; ask for help when you need it. Delegate some tasks or chores to others who can handle them, such as family members, friends, or colleagues. This will free up some time for yourself and reduce your workload.

Unplug: Turn off your phone, computer, TV, and other devices that distract you or stress you out. Me time is about being present and mindful of yourself and your surroundings. Disconnecting from technology can help you relax and focus on yourself.

Me time is not selfish; it's essential for your well-being. Me time can help you reduce stress, improve productivity, discover yourself, and enhance your relationships. Me time can be anything that makes you happy, relaxed, and fulfilled.

So go ahead and treat yourself to some me time today. You deserve it!

SK Yadav

Adh(QA), Buvik

TIME TO PRIORITIZE: HEALTH OR MONEY



Health v/s money - is a constant topic of debate for human beings. It is said, 'Money makes the mare go'. The proverb explains the power of money to buy things. Money is a source that enables achievement of all the necessities and luxuries of life. One cannot survive without money.

It is very subjective how much money is required by us. For someone even a Hundred Rupees note is very precious and for others, even one Million Rupees are not of that worth. Similarly, health is very important for life. A person can enjoy worldly things, if he is healthy. An individual having plenty of money, but severe health conditions cannot fulfill his wishes for enjoying life.

In order to prioritize the equation of health v/s money, let us bifurcate both the words and try to understand their meaning. Being healthy means all the organs, muscles and associated body parts are able to function normally and a person can perform day to day tasks effortlessly. The importance of health is emphasized from the first day of life itself. As one grows up, knowledge about health is imparted by all the personnel that we come across.

As stated by Winston Churchill, 'Healthy citizens are the greatest assets any country can have'. Good health is an asset that cannot be purchased from any shop, but one has to work hard to achieve it. Healthy living accompanied by healthy food, leads to happiness of the individuals.

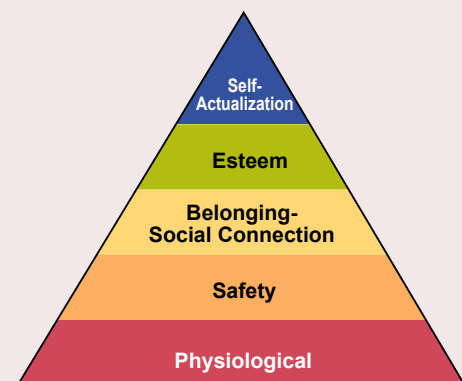
Coming to the second word of the topic, i.e, money, it has been evolved by humans as a means to achieve desired commodities. In the olden days barter system was followed, in which commodities were exchanged as per the needs of the people. If one had wheat and required milk, he would approach someone having milk and requiring wheat. The exchange of commodities has been replaced by money.

The money has transformed over the years. Initially, it started with Gold standard, thereafter diluted to Silver and eventually paper money that was backed by reserves of Gold held by respective Nations. Nowadays, the money has taken the form of paper, also called 'Fiat money'. It is a paper, which is certified by the authorities to have financial power equivalent to the value mentioned on it for undertaking trade.

Digital money and Bitcoin have commenced considering the speed of transactions, which are ever growing with the passing of time. In order to quantify the amount of money required by us, let us see the diagram depicting the Maslow's Hierarchy of Needs.

As per Maslow's theory, the Physiological, Safety, Belonging & Social Connection, Esteem and Self-Actualization needs are required to be fulfilled in a well-defined series of priorities. Initially, money is required to fulfill basic needs, i.e Roti, Kapda aur Makan. Thereafter, the other needs take precedence.

In the words of Edmund Burke, 'If we command our wealth, we shall be rich and free. If our wealth commands us, we are poor indeed'. This means that although money is necessary for us, it is



not the end. One must ponder his requirements vis-à-vis the amount of money needed to draw a line of satisfaction for himself with a specific amount of money.

Many people die earning money as they have various health issues. Knowing that their health is deteriorating because of their lifestyle for earning money, they continue doing so, which leads to worsening of their health. One of the great investors of India, Shri Rakesh Jhunjhunwala, was having an estimated net worth of US\$ 5.8 Billion, ranked 438th richest person in the world, died due to acute multiple organ failures. It should be understood that money cannot buy good health.

Maintaining a healthy lifestyle, wherein, we can spare time for fitness, taking care of family and friends, maintaining good hobbies and having comfortable sleep is very important. We cannot live without money, at the same time, cannot survive without good health. Both money and health are important. The priority should be given to the latter, i.e, health. If one is healthy and has good habits, one can earn needful money to enjoy the beautiful gift given by the God, called Life. One must do the exercise for physical fitness. Exercise changes the mind, attitude, mood and gives good health.

We can conclude that we have to take care of our body, as apparently we get only one life. Money is not the end in itself, it is a means to buy the necessities, which are required for our life. Let us pursue healthy living with sufficient money that lets us enjoy life.

Comdt Gulwinder Singh

Oi/C ICGAP, Mangalore

EMBRACE YOURSELF, BE YOUR PRIDE



When you listen to your Hearts calling,
And Walk along your path,
Bumps on the Way,
Can knock you down,
Then with an undaunting Spirit,
Straighten your back,
And your gait,
And Stride On.
If Strong Winds of Doubts,
Blow you to the ground, then
Embrace yourself like an Acorn wombs the Oak Within.
Only to burst with Splendor,
With the first gush of rain.
Anew you grow, with your pride upright.
Like the lofty Oak, in all its Magnificence.

Manjari Singh

W/o DIG Alankar Singh
CGRPT(MBI)

BE COMPASSIONATE TO YOURSELF



In a world that often places unrealistic expectations and standards upon individuals, embracing oneself and taking pride in who you are can be a radical act of self-love and empowerment. Society's norms may attempt to mold us into a homogeneous mass, but it is essential to remember that each of us is unique, with our own dreams, desires, strengths, and quirks. This article celebrates the importance of embracing yourself and encourages you to be proud of your authentic self. Authenticity lies in accepting and celebrating your uniqueness. No two individuals are the same, and that's something to cherish.

Instead of conforming to societal pressures or trying to fit into predetermined boxes, focus on discovering your true passions, interests, and values. Embrace your quirks, talents, and even your imperfections, for they are what make you special. By being true to yourself, you can build a life that aligns with your innermost desires and find genuine fulfillment.

Embracing yourself involves accepting all aspects of your identity, including your strengths, weaknesses, and past mistakes. It's crucial to practice self-compassion and acknowledge that you are a work in progress. By embracing self-acceptance, you open doors to personal growth and self-improvement. Recognize that your journey is unique, and mistakes are valuable learning opportunities that help you evolve into a better version of yourself. The fear of judgment from others often holds us back from expressing our true selves. It's important to realize that other people's opinions don't define you. By valuing your own self-worth and learning to let go of external validation, you free yourself from the burden of seeking approval from others. Remember, the most fulfilling and rewarding path is the one where you live authentically, guided by your own values and beliefs.

Embracing yourself requires cultivating self-love and building confidence in who you are. Practice self-care rituals that nurture your mind, body, and spirit. Surround yourself with a supportive network of friends and loved ones who appreciate and celebrate your individuality. Engage in activities which bring you joy and help you express yourself. As you become more confident in your own skin, you radiate positivity and inspire others to embrace their own uniqueness.

By embracing yourself and being your pride, you become an inspiration to others. Your authenticity encourages those around you to embrace their own true selves, creating a ripple effect of self-acceptance and empowerment. By fostering a culture of acceptance and celebrating diversity, we can collectively build a society that values individuality and respects each person's unique journey.

In a world that often encourages conformity, embracing yourself and being proud of your authentic self is a powerful act of self-love and empowerment. By celebrating your uniqueness, accepting yourself wholly, and cultivating self-love and confidence, you inspire others to do the same. Let us build a society that embraces diversity, celebrates individuality, and encourages everyone to be their truest, most authentic selves. Remember, your journey matters, and you are deserving of love and acceptance—embrace yourself, be your pride.

By- Sumit Kumar Singh,

U/Nvk (ME)

ICGS Rajdoot

NURTURING CONNECTIONS IN THE MODERN WORLD



In a world with technology and virtual interactions, it's easy to overlook the true essence of social life. But let's take a moment to explore the boundless wonders that come with meaningful relationships and embracing the importance of a vibrant social life.

Imagine a situation ; A sunny afternoon filled with laughter and animated conversations as friends gather in a park. The air is alive with energy as children chase butterflies and adults engage in lively debates. Here, amidst the company of kindred spirits, the magic of social life comes alive.

Social life is not just about casual chit chat or fleeting interactions; it's about creating lasting connections that shape who we are. It's a canvas where we paint the tapestry of our lives, using the vibrant hues of friendship, trust, and shared experiences.

Through social interactions, we unlock the door to personal growth and self-discovery. Friends become our mirrors, reflecting our strengths and highlighting areas for improvement. They cheer us on during achievements, provide comfort during setbacks, and inspire us to push beyond our limits. It is within these bonds that we find encouragement, motivation, and a sense of belonging.

Imagine a world without social connections. Without the laughter of friends, the support of family, or without fun with Colleagues , life would lose its sparkle. We are social beings by nature, craving connections that nourish our souls and ignite our spirits. Social life brings joy, happiness, and fulfillment, creating memories.

Furthermore, social life is a window to the world. Each interaction we have opens a door to new cultures, perspectives, and ideas. It allows us to transcend the boundaries of our own experiences and immerse ourselves in the richness of diversity. By engaging with individuals from different backgrounds, we learn to appreciate different customs, beliefs, and values.

But social life isn't limited to face-to-face encounters. The digital age has given rise to a new dimension of social connections. Social media platforms have the power to bridge distances and bring people together. We can share our passions, thoughts, and experiences with a global audience, forging friendships that decrease geographical boundaries.

In a world bustling with responsibilities and commitments, it's easy to let social life take a backseat. But let's not forget the incredible benefits it offers. Social life enhances our emotional well-being, provides a support system during challenging times, and ignites our creativity. It provides a sense of community, where we can celebrate each other's successes and lend a helping hand when needed.

So, in this journey of life, embrace the power of social connections. Seek out new friendships, nurture existing ones, and cherish the moments you spend together. Engage in meaningful conversations and be present in the lives of those who matter to you. Through social life, you will discover a world of endless possibilities, where the bonds you forge will enrich your life in ways you never imagined. Let's embark on this beautiful adventure together, hand in hand, and create memories that will last a lifetime.

By-Anurag Yadav, Nvk (P)
ICGS Rajdoot

“LOVE YOURSELF FIRST AND EVERY- THING ELSE FALLS INTO LINE”



Me Time is not spending time on your own. It's about being present with yourself, mind and body. You really have to love yourself to get anything done in this world. In a world that is always buzzing, it seems nearly impossible to schedule time for ourselves. There is a revolving door of reasons to push “Me Time” until tomorrow and when tomorrow becomes today the story stays the same. Knowing why, how and when to schedule time for yourself is the spark to ignite the fire when it comes to self-care and living out the best version of yourself.

Regular uninterrupted me time helps our brain to unplug and unwind. Me time will always energize you and make you feel healthier and happier putting you in a better position to love and support the people you care about. Me time gives you the ability to feel independent, be creative and experience happiness and containment. In doing so we relieve stress which helps us sleep better, gives us more control over our moods, increases our patience level and helps us to live in the moment. Specifically, for us ladies it should be the conscious effort of taking much needed time out to recharge our batteries. As our hands are always full with us in home and outside responsibilities, we are always juggling up between our household chores, family responsibilities and official work.

First things first, learn to say “NO”. It is our nature to be social and say yes to almost every opportunity that comes our way but it also leads to an over committed schedule. When we are overcommitted, we are not able to give 100% of ourselves to who we are or where we are. Saying no help, we regain the balance we need in our life.

Start with the big picture, our calendar. Having an overall view of our schedule will help us discern when to say NO. Add in all commitments for the month in each week like official work, kids' study, activities, grocery shopping day etc. Next choose and add in “Blocks” of a few minutes to an hour of each day with zero plan. If not possible, at least take out a few hours' time on the weekend. Try to schedule all of the opportunities that come up outside of these while politely responding with a NO to anything conflicting with the time blocks you chose. Finally penning some “Me Time” into the pre-set blocks whether to be 15 mins to 02 hours. You will be very happy and energized and thank yourself later. You can choose to wake up twenty mins earlier than the rest of your household or can take off for a day of adventure.

In the scheduled time, do whatever you like. It can be pursuing your favourite hobby to just pampering yourself by taking a salon visit or watching your favourite show on TV. By meditating or listening to your favourite podcast or attending yoga, pilates, dance that you always wanted to join but was never finding the time in your busy schedule. By reading a few chapters of your favourite book at a café while sipping a cup of coffee or reading under a shady tree in a park. Do whatever that brings your happiness from within and satisfy your soul.

We should never feel guilty for scheduling and taking time for “Me”. It is not a meaningless pastime; “Me time” is necessary for mental and physical health. Just make sure whatever you choose you are choosing “YOU”.

Mrs. Kasmoysee Ghosh

W/O Comdt (JG) Niloy Ghosh
ICGS Minicoy, CGRHQ (West)



Human beings are inherently social creatures. From the earliest stages of civilization to the present day, social interaction has been an integral part of our existence. Social life encompasses the relationships we form, the connections we establish, and the communities we belong to. It plays a crucial role in shaping our identity, fostering personal growth, and contributing to our overall well-being. The importance of social life cannot be overstated, as it profoundly impacts our mental, emotional, and

physical health.

Social life provides us with a sense of belonging and identity. As social beings, we seek connections with others who share our values, interests, and experiences. These connections create a support system that offers comfort, understanding, and acceptance. By engaging in social activities, we develop a sense of identity and find our place in the world. The knowledge that we are part of a larger community nurtures a sense of purpose and significance, contributing to our overall happiness and fulfilment.

Moreover, social life plays a vital role in our personal growth and development. Through interactions with others, we learn valuable skills such as communication, empathy, and cooperation. Social situations provide opportunities for us to broaden our perspectives, challenge our assumptions, and expand our knowledge. Sharing ideas and experiences with others exposes us to different viewpoints and helps us develop critical thinking skills. Moreover, social interactions enable us to learn from others success and failures, inspiring us to set goals, pursue new interests, and achieve personal growth.

Social life also has a significant impact on our mental and emotional well-being. Numerous studies have shown that social support is a crucial factor in promoting mental health and resilience. Strong social connections reduce the risk of depression, anxiety, and other mental illnesses. Interacting with others provides emotional support, offering a safe space to share our joys, sorrows, and concerns. Through social relationships, we gain a sense of validation and emotional stability, which in turn promotes positive self-esteem and a healthy sense of self-worth.

In conclusion, social life is of utmost importance for our well-being and quality of life. It provides us with a sense of belonging and identity, fostering personal growth and development. Social interactions contribute to our mental, emotional, and physical health by offering social support, promoting positive self-esteem, and encouraging physical activity. As social beings, we should prioritize and nurture our social connections, as they play a vital role in enhancing our overall well-being. By actively engaging in social life, we can lead happier, healthier, and more fulfilling lives.

Dr. Prince Gupta

S/o Tulsi Ram

P/Adh(RO), CGRHQ(NW)

TIME FOR SELF .. IS GOODNESS AND HEALTH



"LIFE and TIME are the world's best teachers. LIFE teaches us to make good use of TIME and TIME teaches us the value of LIFE."

-Dr. APJ Abdul Kalam

The above mentioned quote by our former President of India denotes the influence and interconnection of time and life. As Dr. Kalam says time plays the most important role in every individual's life. Time is precious and the term "Me Time" is a more significant one. "Me Time" is the time that we make for our self, mind, body and spirit. Our mind and body are connected so their function needs to be in sync, that's why the concept of "Me Time" must be considered of vital importance.

Various studies and researches encourage the concept of "Me Time" in daily life. The psychologists say alone time allows time for deep thinking which inturn helps in self discovery. Spending time with oneself improves the concentration level and thus aids in problem solving. The eminent scholar also expresses that the "Me Time" not only reboots the brain but also enhances the stability of relationships.

"Me Time" can be spent in many ways possible and can vary from person to person. For someone it could be reading books, going for a walk or performing yoga and for another it could be completely different. These methods make one feel physically and mentally well, hence it can be said that "Me Time" not only helps in improving our mental health but also improves our physical health.

We lead a very busy life and no one has time to think about or do something for our self. We work until we can barely keep our eyes open and we keep draining our body and mind to achieve impossible standards of productivity. We forget to take care of and love ourself because we are too busy taking care of our work and our loved ones not making time for our self and living in a constant state of stress of work. Not only is it unnatural to live in such state for extended period of time, it is unhealthy too. Therefore the concept of "Me Time" becomes more relevant in daily life. Finding time for self doing various activities that gives us sense of relief and make us happy. It is important for better health because it helps in managing stress, reduces feelings like anxiety and depression. At the end you are the most important person in your life, it is your world to live in so keep your mind calm and your life will become crystal clear.

Vaisakhan VS
Pradhan Navik (RO),
ICGS C-441

MILLETS THE POWER CAPSULE



Millets have been grown and consumed for over 7,000 years, making them one of the oldest cultivated grains in the world. They were traditionally grown in Africa and Asia but are now found in many parts of the world, including North and South America. Millets come in various types, such as pearl millet, foxtail millet, finger millet, and sorghum. Each type has unique characteristics such as taste, texture, and nutritional value. However, millets have many benefits, some of which are:

Nutritional benefits of millets

Millets are highly nutritious, providing a rich source of protein, fibre, vitamins, and minerals. Millets do not contain gluten, which makes them an excellent choice for individuals who have celiac disease or are gluten intolerant. Additionally, millets have a low glycaemic index, which means they release glucose slowly into the bloodstream, making them a good choice for people with diabetes.

Environmental benefits of millets

Millets are a sustainable crop that requires less water, pesticides, and fertilizers compared to other major cereals like rice and wheat. They can grow in harsh conditions and are resistant to pests and diseases, making them an ideal crop for small-scale farmers. The cultivation of millets can improve soil health and biodiversity, as they attract beneficial insects and birds.

Economic benefits of millets

Millets can be a profitable crop for small-scale farmers, as they require less investment and can be grown on marginal lands. The production and consumption of millet can also benefit local communities and promote food security. Millets have a long shelf life and can be stored for several months, making them a reliable food source during times of scarcity.

Food for thought

Though millets are a power capsule, their use in diet should be made according to the weather conditions and depending on one's body type. Some millets are better for summer, while others are better for winter. The ideal millets to be eaten in summer are Jowar, Ragi, Foxtail Millet, Barnyard Millet, and Kodo Millet. Ragi, Foxtail Millet, Bajra, and Barnyard Millet are heating millets, which means they should be ideally consumed during the winter. There are other things to keep in mind, like cooking millets well and drinking a lot of water while consuming millets. Too much of a good thing may not always be a good thing; the millets should be alternated.

The way ahead

With our obsession with rice and wheat, we seem to have forgotten millet and left it for the birds to feed on. It's time we incorporate more of them into our diet and reap great health benefits. Also, by promoting the production and consumption of millet, we can create a more resilient and sustainable food system. Thus, in this era of global warming, millet can surely be incorporated into our diet to have a cooling effect on the environment.

Irfan Ali

U/Nvk

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ME TIME - HOW SIGNIFICANT IT IS?



Me time isn't just spending time on your own...

It's about being present with yourself; mind and body. 'Me Time' is the conscious effort of taking (much needed) time-out to recharge your batteries. Me time can be spent in a range of ways and can vary for person to person. It can be achieved through having a bath, reading a book, going for a walk, performing yoga, getting your hair or nails done, and so many more activities.

Essentially, as long as you're alone with your thoughts and undertaking mindfulness during any activity, you're successfully spending some quality ME time.

Why is Me time so important?

Because, whether we believe it or not, our mind and body are connected, and for our mind and body to function optimally, they need to be in sync. When they aren't, you may notice changes in both. Such as, stress and tension may manifest themselves in your body as aches and pains like stomach cramping, back or neck aches or even migraines. And the same principle applies reversed. If you have a physical injury that restricts you from undertaking usual activities, you may notice a change in mood, motivation, or concentration.

It is amazing how our mind and body communicate with us, and regularly undertaking Me Time allows you to understand their messages and take actions according to what you need to be healthy.

So, how EXACTLY do you be present during me time?

Again, this can be different for everyone, but breathing and focus are key ingredients. Consciously taking deep breaths in and out allows your body to turn off any stress induced Fight or Flight mode that may be subconsciously switched on, and reset you to Rest and Digest mode. As you take deep breaths focus on different parts of your body; reconnecting your mind and body. Become aware of every single part of what makes you – YOU.

If you have any mind or body concerns, niggles or aches – focus on them. Don't avoid any thoughts or concerns, delve into them. Talk to yourself internally. Ask yourself what might be going on to cause the issues and problem solve. If there's a problem you can't solve, that's okay, but remind yourself that you're safe. You won't always know the answers, but accepting that will still do wonders for you. Getting in tune with your mind and body isn't hard, but it does take concerted effort.

What are you waiting for?

Enjoy some Me Time, and your mind and body will thank you for

Ajay Kumar Sharma

SE (ER)

ICGS Kamla Devi

HEALTH VS. MONEY: IT'S TIME TO PRIORITIZE



In our fast-paced and demanding world, we often find ourselves caught in a constant struggle between our health and our pursuit of financial success. We work tirelessly, sacrificing sleep, leisure, and even our well-being, all in the pursuit of money. However, we must recognize the importance of prioritizing our health over monetary gains. In this article, targeted at the brave women of Tatrakshika, the Coast Guard wives, I will delve into the significance of choosing health over money and the long-lasting impact it can have on our lives

Our health is our most valuable asset. Without good health, no amount of wealth can bring true happiness and fulfilment. Yet, in our quest for financial stability, we often neglect our physical and mental well-being. It's time to change this mindset and understand the profound impact that prioritizing our health can have on every aspect of our lives.

1. **Physical Well-being.** Our physical health directly affects our quality of life. Neglecting it can lead to various health issues, such as chronic illnesses, fatigue, and decreased productivity. By prioritizing our health, we invest in ourselves and ensure that we have the energy, vitality, and strength to lead a fulfilling life.
2. **Mental Well-being.** Mental health is as important as physical health. High stress levels and an imbalanced lifestyle can take a toll on our mental well-being, leading to anxiety, depression, and burnout. Prioritizing our health means taking the time to relax, recharge, and engage in activities that promote mental wellness, such as meditation, hobbies, and spending time with loved ones.
3. **Work-Life Balance.** Striking a healthy balance between work and personal life is crucial for overall well-being. Prioritizing our health allows us to set boundaries, manage our time effectively, and avoid burnout. By finding the right balance, we can excel in our professional lives while still enjoying meaningful relationships and personal fulfilment.
4. **Relationships.** Our health directly impacts our ability to nurture and maintain relationships. When we prioritize our well-being, we become more present, empathetic, and emotionally available for our loved ones. By taking care of ourselves, we can build stronger connections and create a supportive network that enhances our overall happiness.
5. **Long-term Perspective.** Prioritizing health means considering the long-term consequences of our choices. While financial success may provide temporary comfort, neglecting our health can result in irreversible damage. By focusing on our well-being, we lay the foundation for a healthier and more prosperous future.

How can we prioritize our health over money?

1. **Self-Care.** Dedicate time each day to self-care activities that promote physical and mental well-being. This can include exercise, healthy eating, quality sleep, and relaxation techniques.
2. **Set Boundaries.** Learn to say no to excessive work demands and unrealistic expectations. Set clear boundaries between work and personal life to create a healthy balance.
3. **Seek Support.** Reach out to your support system, whether it's friends, family, or professional resources. Surround yourself with individuals who value and prioritize health.
4. **Financial Planning.** While health should be a priority, it's essential to have a sound financial plan. Create a budget that allows for both financial stability and investments in your well-being.
5. **Mindfulness:** Practice mindfulness in your daily life. Be aware of your choices and their impact on your health. Prioritize activities that bring you joy, peace, and fulfilment.

It's time for us to prioritize our health over money. By doing so, we invest in a future of physical and mental well-being, meaningful relationships, and overall happiness. Remember, true wealth lies in good health and by prioritizing our well-being.

Manya Kumar

D/o DIG Dushyant Kumar
ICGS Shoor, CGRHQ (NW)

PRESERVING TRADITIONS



The preservation of our culture and traditions holds immense value in today's rapidly changing and interconnected world. Our cultural heritage represents the collective wisdom, customs, and practices that have been passed down through generations. By embracing and upholding our traditions, we establish a deep connection to our roots, fostering a sense of identity, belonging, and continuity. In this essay, we will explore the profound significance of holding onto our culture and traditions.

Cultural traditions serve as a vital link to our identity and heritage. They provide a sense of belonging and help us understand our place in the world. By participating in and preserving our cultural practices, we strengthen our ties to our ancestors and community. Our traditions embody the values, beliefs, and rituals that have shaped our society, offering a framework for moral guidance and social cohesion. They connect us to our past, offering a sense of rootedness and stability in an ever-changing world.

Preserving our culture and traditions ensures the continuity of historical knowledge and wisdom. Our traditions encapsulate the experiences, stories, and insights of our ancestors. They embody their struggles, triumphs, and accumulated wisdom, which can guide us in navigating contemporary challenges. By holding onto our cultural roots, we preserve the lessons of the past, providing alternative perspectives and solutions to societal issues. The preservation of our cultural heritage becomes a reservoir of knowledge, offering a deep connection to our shared history and shaping our collective future.

Embracing and upholding our cultural heritage promotes cultural diversity, mutual respect, and understanding. Each culture possesses its own unique customs, practices, and worldviews. By valuing and celebrating our traditions, we acknowledge the richness and beauty of human experiences across different cultures. This recognition fosters dialogue, empathy, and appreciation for diversity, leading to a more inclusive and harmonious society. Embracing our cultural roots cultivates an environment where individuals can express their identities freely and promote the acceptance of others, nurturing a sense of unity amidst our differences.

In an era of rapid globalization and cultural homogenization, holding onto our culture and traditions has become an essential endeavour. Embracing our cultural roots fosters a sense of identity, belonging, and continuity. It preserves historical knowledge and wisdom, offering insights from the past to guide us in the present. Moreover, it promotes cultural diversity, mutual respect, and understanding, contributing to a more inclusive and harmonious society. Let us cherish and transmit our cultural heritage to future generations, recognizing its profound significance in shaping our identities and enriching the fabric of human civilization.

NH Singh

Adh (AP)

CGAE (PBD)

THE IMPORTANCE OF "ME TIME" FOR TATRAKSHIKAS



A Tatrakshika leads a unique and challenging life. Her days are filled with responsibilities, constant adjustments, and supporting your spouse's service to the nation. Amidst the demands and sacrifices, it is crucial to recognize the significance of "me time" in your life. Taking time for yourself is not just a luxury but a necessity for your well-being and overall happiness.

"Me time" refers to the intentional act of carving out moments in our busy schedule to focus on ourself and our needs. It is about self-care, self-reflection, and rejuvenation. Here are some reasons why "me time" is incredibly important for Coast Guard wives:

1. **Recharging Your Batteries:** Constantly being there for others can drain our energy and emotional reserves. "Me time" allows us to recharge and replenish your energy levels. It provides a much-needed break from daily stressors, allowing you to relax, unwind, and rejuvenate.
2. **Enhancing Mental and Emotional Health:** Taking time for ourself promotes mental and emotional well-being. It offers an opportunity to reflect on our thoughts, feelings, and experiences. Whether it's enjoying a hobby, practicing mindfulness, or simply spending time alone, "me time" can help reduce stress, improve mood, and enhance your overall mental health.
3. **Cultivating Self-Identity:** Being part of the Coast Guard community often means adapting to frequent moves, changes, and separations. "Me time" provides a space for you to reconnect with ourself and nurture your interests, passions, and aspirations. It allows us to strengthen our sense of self-identity, independent of your role as a military spouse.
4. **Strengthening Relationships:** Interestingly, taking time for ourself can strengthen your relationships with others. When we prioritize self-care, we are better equipped to show up for our loved ones. By taking care of our own needs, we become more present, patient, and understanding, creating a healthier and more fulfilling connection with our spouse, children, and friends.
5. **Setting a Positive Example:** By valuing "me time" and making it a priority, we set a positive example for our family and those around us. Demonstrating the importance of self-care teaches our children to prioritize their well-being and instils in them the value of balance and self-nurturing.

How to Make the Most of Your "Me Time"

1. **Plan Ahead.** Schedule specific blocks of time for yourself in your daily or weekly routine. Treat these moments as non-negotiable appointments with yourself.
2. **Discover Your Interests.** Explore activities that bring you joy and fulfilment. It could be reading, painting, exercising, practicing yoga, or anything else that resonates with you.
3. **Disconnect.** Unplug from technology and social media during your "me time" to truly disconnect from the outside world and focus on yourself.
4. **Seek Support:** Communicate with your spouse and loved ones about your need for "me time." They can provide support and help create opportunities for you to have dedicated time for yourself.
5. **Practice Self-love.** Release any guilt or self-judgment about taking time for yourself. Remember that self-care is essential for your overall well-being, and we deserve it.

Tatrakshikas, our well-being matters. By embracing "me time" and prioritizing self-care, you are investing in yourself, your relationships, and your happiness. Make it a habit to regularly carve out moments for yourself and discover the transformative power of taking care of your own needs.

Mrs Sangeeta Kumar

W/o DIG Dushyant Kumar
ICGS Shoor, CGRHQ (NW)

JOURNEY... FOR A BLISSFUL LIVING



Oh dear! Life is so fascinating with full of colors,
Round the day, ample moments to cherish that belongs to us.
Its not all over, as the deadly Pandemic has gone,
Oh! memories of agony, uncertainty and a real lesson
The naked truth that the devil has unveiled,
Your social sphere and inner strength are only treasures if suitably filled.

Healthy mind, groomed figure being the need of the hour,
Yoga, workouts and pleasant bonds amongst our mini cosmos are gems to shower.
Lets spread happiness and joys till the farthest guys in our links,
Prefer to cultivate the carnival of Love and friendship prior our kin sinks
Always bid votes of thanks & kindness to those hearts who have groomed your pave,
Lets celebrate every little culminated joy splendid across the wave.
Happiness – the ultimate soul strengthening chord vibrating hues of vigor,
A smile in every face making our days sweetest round the year.
Forget the pity temperament that creates boundaries across,
We are not so grown up then, if they hamper the harmony within us.
Whats all left, are fuel to propel through eternal journey of life,
Where you are the coxswain or may be your wife?
Hope the cohesion and joy evolved through your contribution,
Will illuminate your days enlightened by passion.
That's the essence of Life and the vigor we pour
Lets abreast our life, Blissful and joy forever.

Birash Chandra Patra

PSE (AE),
CGTLO Barrackpore



ICGS JAKHAU

ICGS Jakhau was commissioned on 22 Feb 2005. History of the city is the village ports are named after the legendary Jakh Botera who were shipwrecked on Kutch coast and came ashore at Jakhau.



पहचान हमारी हमसे है, हम पोषण से युक्त हैं
खाने में शामिल करो तो, आप कई बीमारी से मुक्त हैं।
हम कैंसर, डायबिटीज को नहीं जानते
और आ० रो० के पानी को नहीं छानते।
कम पानी में उगते हैं, कभी नहीं हम छुपते हैं
नापतोल कर परिणाम देते, हम फाइबर से युक्त है।
पहचान हमारी हमसे है, हम पोषण से युक्त हैं
खाने में शामिल करो तो आप कई बीमारी से मुक्त हैं।
आटा, मैदा व चावल आदि, ये तो केवल फूड है
मक्का, बाजार और रागी, ये तो "सुपर फूड" है।
वैश्विक सर्वे बता रहा, डायबिटीज एवं ब्लड प्रेशर
के रोगी की संख्या, सर्वाधिक विश्व में दिखा रहा।
करा रहे उपचार सभी, वहीं भारत की पहल पर
संयुक्त राष्ट्र महासभा "2023" को, अंतरराष्ट्रीय बाजरा वर्ष मना रहा।
मोटे अनाजों का उपयोग करके देखो,
हमारा समाज कुपोषण से मुक्त हैं।
पहचान हमारी हमसे है हम पोषण से युक्त हैं
खाने में शामिल करो तो, आप कई बीमारी से मुक्त हैं।

आदित्य कुमार

(प्र० ना०),

वायु अवस्थान चेन्नई (848 वायु जत्था)



तू सोच रहा क्या रे मना ।
जीवन तो एक कहानी है ॥

सुख दुख के दो पतवारों पर
चल रहा नाव ज़िंदगानी है ।
मांझी बन नभ के दो तारे,
चल रहा चाल मनमानी है ।
एक खींचता शांत अंबु पर,
दूजा लहरों पर जाता है ।
आदर्शों से प्रेरित होकर,
तरना तुझको भवसागर है ।

दिशा भ्रांति मे पड़कर रे मन,
खोना नहीं ठौर ठिकाणी है ।
तू सोच रहा क्या रे मना ।
जीवन तो एक कहानी है ॥

कभी तेज भँवर आएंगे हीं
उससे तुझको बचना ही है ।
तेज धार पर चलकर तुझको,
आँधी से बचना ही है ।
सभी जलीय जीवों से टलकर,
मीन मगर से बचना ही है ।
सागर मे चलकर नित दिन,
एक दिन तुझको थकना ही है ।
काट कीट काठ खाएँगे जब,
छिद्रों से नित भरता पानी तब ।

मगर हिम्मत मत हारो तुम,
जीवन की यही कहानी है ।

तू सोच रहा क्या रे मना ।
जीवन तो एक कहानी है ॥

जहाँ हानि है, वहीं लाभ है,
जहाँ हार वहाँ जीत ।
जहाँ जीवन है, वहीं मरण है,
जहाँ शत्रु वहाँ मीत ।
जहाँ दुःख है, वहीं सुख भी है,
जहाँ बैर, वहाँ प्रीत ।
सेलिंग, वर्कप, इन्सपेक्शन से,
तुमको नहीं घबराना है ।

यश-अपयश, उत्थान-पतन के,
डर से नहीं घबराना है ।
विरह आज है, मिलन भी होगा,
जग का यही तराना है ।
तू सोच रहा क्या रे मना ।
जीवन तो एक कहानी है ॥

श्रीमति संगीता यादव

पत्नी महेश कुमार, अधिकारी (एम.ई.)
भा.त.र.पोत एनीबेसेंट



प्रासादों के कणकाभ शिखर,
होते कबूतरों के हीं घर ।
महलों मे गरुड न होता है,
कंचन पर कभी न सोता है ।
बसता वह कहीं पहाड़ों मे,
शैलों की फटी दरारों मे ॥

गुण बड़े एक से एक प्रखर,
हैं छिपे मानवों के भीतर ।
मेंहदी मे जैसे लाली हो,
वर्तिका बीच उजियाली हो ।
बत्ती जो नहीं जलाता है,
रौशनी नहीं वह पाता है ।

पीसा जाता जब इक्षुदण्ड,
झरती रस की धारा अखंड ।
मेंहदी जब सहती है प्रहार,
बनती ललनाओं का शृंगार ।
जब फूल पिरोये जाते हैं,
हम उनको गले लगाते हैं ॥

सच है विपत्ति जब आती है,
कायर को ही दहलाती है ।
शूरमा नहीं विचलित होते,
क्षण एक नहीं धीरज खोते ।
विघ्नों को गले लगाते हैं,
काँटों मे राह बनाते हैं ॥

मुख से न कभी उफ़ कहते हैं,
संकट का चरण न गहते हैं ।

जो आ पड़ता सब सहते हैं,
उद्योग निरत नित रहते हैं ।
शूलों का मूल नशाने को,
बढ़ खुद विपत्ति पर छाने को ।

है कौन विघ्न ऐसा जग मे,
टिक सके वीर नर के मग मे ?
खम ठोंक ठेलता है जब नर,
पर्वत के जाते पाँव उखड़ ।
मानव जब जोर लगाता है,
पत्थर पानी बन जाता है ॥

कोमल भारती

सुपुत्री महेश कुमार, अधिकारी (एम.ई.)
भा.त.र.पोत एनीबेसेंट

जीवन का आनन्द : हँसना मुस्कुराना



मानव जीवन में हँसी का मूल्य किसी भी अन्य अभिव्यक्ति से कम नहीं है। इसकी उपयोगिता भी कम नहीं है। फिर भी हम इसे सुंदर, सरल और स्वाभाविक बनाने का प्रयत्न नहीं करते। हाँ सच्ची हँसी वही है जो मानसिक प्रसन्नता को प्रकट करे, वह हँसी मन की सरलता, उदारता और सहानुभूति को प्रकट करने वाली होनी चाहिए। बच्चों की सी सरल, स्वाभाविक और मासूम हँसी मानव का जीवन पर्यंत साथ निभाती है।

हँसने से पहले यह देख लेना चाहिए कि वह हँसी किसी को कष्ट पहुँचाने वाली ना हो। जो व्यक्ति केवल अपनी मानसिक प्रसन्नता के लिए हँसता है, वह आत्मपरायण है, स्वार्थी है। स्वार्थपूर्ण हँसी विष से बुझे बाण की तरह दूसरों को घायल करने वाली होती है

स्वस्थ हँसी मनुष्य के चरित्र की बहुत बहुत बड़ी देन है। कष्टों में भी हँसने वाले चरित्रवान होते हैं। यही चरित्र की परीक्षा है। हँसने के लिए विशेष प्रयत्न करने की जरूरत नहीं होती। चार महीने का बच्चा भी हँसना जानता है किन्तु कई बार रोते-रोते हम हँसना इस कदर भूल जाते हैं कि हँसी की बात पर भी नहीं हँसते। जब ऐसा हो तो हँसने का अभ्यास करके भी हँसना चाहिए। जैसे मानसिक प्रसन्नता हँसी का कारण होती है, वैसे ही कई बार हँसी भी मानसिक प्रसन्नता का कारण बन सकती है।

जब रोना आ रहा हो, आंखें बरबस रोने को उमड़ रही हो, कष्टों के भँवर से निकलने का कोई रास्ता न सूझता हो, कदम-कदम पर रास्ते के काँटे दामन पकड़ लेते हो, ऐसे विकट समय में यदि एक बार हँस दें, खिलखिला कर हँस पड़ें तो आपकी विपत्तियों के घने बादल हँसी की हवा में बिखरने शुरू हो जाएंगे। हँसी के झोंके उन बादलों को उठा कर दूर ले जाएंगे। प्रसन्नता का सूर्य काले बादलों को चीरकर निकल आएगा।

शशिकला मिश्रा

द्वारा - संतोष कुमार मिश्रा, उत्तम अधिकारी



ICGS PIPAVAV

ICGS Pipavav, North West station was commissioned on 12 July 2013. Role of station is to coordinate all CG activities on land and sea area under zone of jurisdiction of ICGS Pipavav.



क्या आपको कभी ऐसा महसूस हुआ है कि आपको कभी एक मिनट की भी शांति नहीं मिलती? लगातार आपके समय की माँग करने वाले लोगों से घिरा रहना; आपका अपरिवार, आपके मित्र, आपका साथी, आपके सहकर्मी, चिंता मत करो आप अकेले नहीं हैं। आधुनिक जीवन की माँगें भारी हो सकती हैं - व्यवसाय चलाना, नौकरी करना, परिवार की देखभाल करना, सामाजिक प्रतिबद्धताओं में भाग लेना। आपकी जीवनशैली की जो भी माँग हो, आपको यह सुनिश्चित करना होगा कि आप थके हुए न हों। अपने लिए समय निकालना महत्वपूर्ण है। हम अक्सर अपनी जरूरतों से पहले हर किसी की जरूरतों को प्राथमिकता देते हैं, क्योंकि हम स्वार्थी नहीं दिखना चाहते हैं या दोषी महसूस नहीं करना चाहते हैं, लेकिन यह स्वस्थ नहीं है।

यहां सात तरीके दिए गए हैं कि अपना ख्याल रखने में समय बिताने से आप अपनी नौकरी में बेहतर बनेंगे और अपना जीवन बेहतर बनाएंगे।

तनाव कम करें और आराम करें यदि आप "मैं" समय को प्राथमिकता नहीं देते हैं तो आप अधिक थकावट, अधिक भागदौड़ और अधिक हड़बड़ी महसूस करेंगे। लगातार दबाव में रहने से आपके तनाव का स्तर बढ़ जाएगा और अंततः आप थक जाएंगे। आराम करने के लिए समय निकालें, अपनी बैटरी को रिचार्ज करें और अपने तनाव के स्तर को कम करें। अपने मस्तिष्क को रीबूट करें और अधिक उत्पादक बनें कार्यों की कभी न खत्म होने वाली सूची रखना और जागने से लेकर सो जाने तक काम करना स्वस्थ नहीं है। मानव मस्तिष्क अधिक समय तक फोकस करने के लिए नहीं बना है। यदि आप उत्पादक बने रहना चाहते हैं तो आपको नियमित ब्रेक लेने की आवश्यकता है। उन ब्रेकों में कुछ मनोरंजक करना आपको तरोताजा कर देगा और आपको वापस ट्रैक पर ले आएगा। एकाग्रता में सुधार करें और समस्या सुलझाने में सहायता करें यदि आप खुद को किसी कार्य को पूरा करने या किसी समस्या को हल करने पर ध्यान केंद्रित करने के लिए मजबूर कर रहे हैं और आपको कहीं भी नहीं मिल रहा है तो एक ब्रेक लें। कुछ ऐसा करने से आपको आराम मिलेगा और आपके मस्तिष्क पर अधिक दबाव नहीं पड़ेगा। आप अक्सर पाएंगे कि समाधान अचानक आपके पास आ जाएगा क्योंकि आप उस पर दबाव डालने की कोशिश नहीं कर रहे हैं।

आत्म-खोज और गहरी सोच के लिए समय दें। हमें समय-समय पर रुकने और खुद का मूल्यांकन करने के लिए समय निकालने की जरूरत है। हमारे लिए क्या महत्वपूर्ण है? हमारे मूल मूल्य क्या हैं? हमारे लक्ष्य क्या हैं? कभी-कभी हम रोजमर्रा के कामों में इतने मशगूल हो जाते हैं कि हम भूल जाते हैं कि हम क्या चाहते हैं और हम कौन हैं। यदि हम अपने कार्यों को अपने उद्देश्यों के साथ संरेखित नहीं कर रहे हैं तो हम दुखी और अतृप्त हो सकते हैं। अपने रिश्तों को सुधारें, खुद को प्राथमिकता देना अन्य लोगों को दिखाता है कि आप अपनी जरूरतों का सम्मान करते हैं। अगर आप खुद का सम्मान नहीं करेंगे तो दूसरे इसका फायदा उठाना शुरू कर सकते हैं। खुद को महत्व दें और दूसरे आपको महत्व देंगे।

"मैं" "समय" आपको ऊर्जावान बनाएगा और आपको स्वस्थ और खुश महसूस कराएगा, जिससे आप उन लोगों से घ्यार करने और उनका समर्थन करने के लिए बेहतर स्थिति में होंगे जिनकी आप परवाह करते हैं। बेहतर कार्य-जीवन संतुलन अपनी आवश्यकताओं की देखभाल के महत्व को समझने से बेहतर कार्य-जीवन संतुलन बनाना आसान हो जाता है। आप हमारे रास्ते में आने वाले हर काम, समस्या या काम को अपने ऊपर लेने के बजाय "नहीं" कहना और उससे दूर चले जाना सीखते

हैं। यह हमें अपने जीवन में महत्वपूर्ण चीजों को अधिक प्रभावी ढंग से प्रबंधित करने की अनुमति देता है। बेहतर कल्याण जिन चीजों का हम आनंद लेते हैं उन्हें करने से हमें खुशी महसूस होती है। खुशी महसूस करना हमें अधिक सकारात्मक, स्वस्थ और पूर्ण बनाता है। मौज-मस्ती करने, आराम करने या सिर्फ हमारे लिए कुछ करने के लिए समय निकालने से हमारी भलाई और आत्म-मूल्य की भावना में सुधार होता है।

अधिक "मैं" समय कैसे बनाएं "मैं" समय का मतलब यह नहीं है कि अकेले कुछ करना, इसका मतलब सिर्फ कुछ ऐसा करना है जिसमें आपको आनंद आता हो। यह आपके बच्चों के साथ किताब पढ़ना, दोस्तों के साथ सैर पर जाना या अपने साथी के साथ फिल्म देखने के लिए जाना हो सकता है। यहां उन चीजों के लिए कुछ विचार दिए गए हैं जो आप खुद को आराम देने के लिए कर सकते हैं: अपने लंच ब्रेक पर पार्क जाएं या टहलने जाएं, संगीत सुनें, कोई किताब या पत्रिका पढ़ें, कोई फिल्म या पसंदीदा टीवी शो देखें, आराम से स्नान करें, कुछ रचनात्मक करें (लिखें, चित्र बनाएं, खाना बनाएं), सिलाई) ध्यान करें, बिस्तर पर जाने से पहले पांच मिनट सकारात्मक विचारों के बारे में सोचें, जल्दी उठें और कुछ ऐसा लिखें जिसका आप इंतजार कर रहे हों, अपने बगीचे में एक कॉफी पीएं, व्यायाम करें, अपने आप को लाड़-प्यार करें आपके "मैं" समय की गुणवत्ता मात्रा से अधिक महत्वपूर्ण है। भले ही आपके पास पूरा शेड्यूल हो, फिर भी सुनिश्चित करें कि आप जिस चीज़ का आनंद लेते हैं उस पर ध्यान केंद्रित करने के लिए दस मिनट का समय निकालें। कार्यालय का दरवाजा बंद करें, प्रौद्योगिकी बंद करें और खुद को आराम दें।

Utkarsh Verma
Stenographer

मेरी आशाएं



देख कर मेरी हस्त रेखाएं,
लड़ लेती हूँ कठिनाईयों से,
नहीं सुनाती मैं व्यथाये,
तटरक्षिका हूँ मैं ! मन में भरी है आशाएं।
हाँ आशाएं, आशाएं सपनों की
हाँ आशाएं, प्रेरणा की
हाँ आशाएं, प्रेम की
जीवन रस बानी है मेरी आशाएं।
विकट परिस्थितियों की समाधान है आशाएं
जीवन की पतवार है आशाएं
डूबते को सहारा है आशाएं
मैं और मेरी हिम्मत है आशाएं।

श्रीमती ज्योति

W/o संदीप कुमार अधिकारी (ए एच)
06201-T

छोटे दाने अनेको गुण



बाजरा, जौ, रागी की धारा,
अनमोल अनाजों की प्यारी पुकारा।
शक्ति का भंडार, पोषण का खजाना,
बाजरे की बुंदें, जौ की गहराईयाँ।
पौष्टिकता से भरपूर, सेहतमंद आहार,
रोगों से बचाव, बढ़ाएं प्राकृतिक संस्कार।
चपातियों से भरपूर, रोटियों की मिठास,
रागी की खील, बाजरे की मिलास।
खिलती खेतों में, बढ़ती फसलें तनातन,
सुख-समृद्धि की कहानी, मिलेट्स की ध्वनि बनाती जीवन।

मुकेश बैदा

प्रधान नाविक (रायटर)
मुख्यालय तटरक्षक पश्चिमी समुद्री सीमाक्षेत्र

जीवन की सच्चाई



क्या खोजते हो संसार में
जब सब कुछ तेरे पास है।
क्या देखते हो औरों में
जब तेरा मन ही दर्पण है।
संसार एक दौड़ नहीं
तू अश्व नहीं है धावक।
रुककर खुद से बातें कर ले।
अंतरमन को शांत कर लें।
सपनों की गहराई समझों,
अपने अंदर की अच्छाई समझों।
खुद पढ़ने की आदत डालो,
जिंदगी को खुल कर जी लो।
आलस्य तुम्हारा दुश्मन है तो
पुरुषार्थ को अपना दोस्त बना लो
जिंदगी का ये रहस्य समझ लो
और खुशियों से नाता जोड़ो

Mrs. Renu

W/o Anuj Kumar Bhaskar
P/Nvk(QA), IC-118



समाज मनुष्य की प्राथमिक आवश्यकता है, वह निरंतर अपना जीवन अपने नाते और रिश्तेदारों के साथ ही व्यतीत करके आनंदित होता है। उम्र के साथ जैसे जैसे हम बड़े होते हैं, हमें अपने जन्म से ही नये नए रिश्तेदार मिलते हैं।

जीवन के दौरान हमें रिश्तो को बनाना और निभाना सीखना चाहिए जो जीवन के हर पड़ाव में निरंतर खुशियां देता है। भारत भूमि और भारतीय सभ्यता में जन्म होना ही हमारे लिए सौभाग्य की बात है, क्योंकि यही हमें रिश्तो का मोल सिखाता है। हम जीवन में हर सुख की घड़ी में रिश्तेदारों के साथ अपने सुख दुख में साथ बैठकर सुख का अनुभव कर सकते हैं।

खुशियों से जीवन को बिताने के लिए हमारा सामाजिक रिश्ता अहम भूमिका निभाता है। हमारे त्यौहार, हमारे रीति रिवाज, जो हम मिलकर अपने परिवार के साथ मनाते हैं, शायद ही विश्व की किसी भी सभ्यता में देखा जाता है। घर में भाई बहन के साथ खेल कूद कर हम पहले बचपन की खुशियों का आनंद लेते हैं फिर जीवन में मित्र, पत्नी, रिश्तेदार के साथ हमारा रिश्ता हमें आनंदित करता है।

इन खुशियों की सौगात के बहाने, बनाए हुए रिश्ते हमें वृद्धावस्था में भी आनंदित करते हैं। यदि हम समाज के प्रति, अपने परिवार के प्रति अपनी जिम्मेदारी समझते हैं तब यह डोर हमें इस संसार सागर से पार करा देती है। रिश्तो का मोल जो सही ढंग से अपने जीवन काल में समझ पाते हैं वही इसे संजो कर अपने जीवन को प्रत्येक उम्र की बेला में खुशी से जी कर आगे ले जाते हैं, नहीं तो उन्हें मायूसी के साथ जीवन के अंतिम समय को बिताना पड़ता है। ये सामाजिक रिश्ते अंतिम यात्रा तक उनके जीवन में हंसी खुशी बिखेरते हैं।

यह हमारा जीवन हमारे व्यवहार पर भी बहुत अधिक निर्भर करता है, जब हम अपने रिश्तो को मान देते हैं, तो बदले में हमें वहां से भी मान मिलता है, जो हमें खुशियां देता है। यह आपस में मान देना, यह आपस में एक दूसरे की परवाह करना, यह चाह कि हमारे रिश्तेदार हमारे साथ खड़े रहे यह इस मोल को समझने वाला व्यक्ति ही अपने रिश्तो को साथ में लेकर चल पाता है।

अपने जीवन काल में यही देखा जाता है वही मनुष्य रिश्ते निभा पाते हैं, जो थोड़े सहनशील होते हैं। वही रिश्ते टिक भी पाते हैं, जिन में थोड़ी सहनशक्ति दिखाई देती है, वरना तो रिश्ते कुछ समय के बाद ही बिखर जाते हैं।

यह भी देखा जाता है की दो पल के गुस्से से परिवार में कोई किसी को कुछ बोल देता है, रिश्तो में दरार पड़ जाती है। यह दो पल का समय, जब निकलता है तब एहसास होता है कि हमने क्या खोया है इसलिए वक्त रहते हमेशा अपने रिश्तो को बचाने का प्रयास करें यही रिश्ते हमारे जीवन में कदम कदम पर खुशियां बिखेरने लगेंगे। इसके लिए जिस तरह हम दो पल की लड़ाई से बोलचाल बंद कर देते हैं, रिश्तो को खत्म देते हैं, उसी तरह फिर से तुरंत अपने प्यार से रिश्तो को जोड़े। रिश्तो का मनुष्य के जीवन में बहुत ही अहमियत है, इंसान को इन्हे आपस में जोड़कर रखना चाहिए।

अनिल कुमार

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बाजरा क्या हैं

बाजरा पोषक तत्वों का एक पावरहाउस है। ग्लूटेन-मुक्त होने के अलावा, वे आपके स्वास्थ्य को बढ़ावा देते हैं और वजन घटाने में सुधार करते हैं। बाजरा उच्च पोषण मूल्य वाला मोटा अनाज है। वे प्रोटीन, विटामिन, खनिज और फाइबर से भरपूर होते हैं। अन्य अनाजों के विपरीत, बाजरा को कम पानी और जमीन की उर्वरता की आवश्यकता होती है। मोटे अनाजों की सामर्थ्य के कारण उन्हें 'गरीब आदमी का खाद्यान्न' भी कहा जाता है। दुनिया अब मोटे अनाजों को उनकी अपार संभावनाओं के कारण देख रही है। बाजरा विभिन्न प्रकार में उपलब्ध है, और प्रत्येक के अपने स्वास्थ्य लाभ हैं। अपने दैनिक आहार के हिस्से के रूप में बाजरा का सेवन एक सदियों पुरानी अवधारणा है। जब तक हरित क्रांति ने चावल और गेहूं को अधिक सुलभ नहीं बना दिया, तब तक मध्य और दक्षिणी भारत की आबादी प्रतिदिन बाजरा खाती थी।

बाजरा दो व्यापक श्रेणियों में विभाजित है:

1. नंगे अनाज - नग्न अनाज का तात्पर्य रागी, ज्वार और बाजरा जैसे कठोर, अपचनीय भूसी से रहित बाजरा से है। बाजरे को उनकी कटाई के बाद प्रसंस्करण की आवश्यकता नहीं होती है। सफाई के तुरंत बाद इनका सेवन किया जा सकता है। इसलिए इन बाजरा की आज काफी खेती की जाती है।
2. छिलके वाला अनाज - फॉक्सटेल बाजरा, लिटिल बाजरा और कोडो बाजरा दूसरे प्रकार के हैं। इन प्रकारों में एक अपाच्य बीज आवरण होता है जिसे उपभोग से पहले हटाना पड़ता है। बाजरे का प्रसंस्करण उन्हें कम लोकप्रिय बनाने का एक कारण है। बाजरा में आयरन, कैल्शियम और फास्फोरस जैसे कई सूक्ष्म पोषक तत्व होते हैं। इसके अलावा, उन्हें पचने में समय लगता है, जिससे आसानी से पचने योग्य भोजन से जुड़े रक्त शर्करा में वृद्धि नहीं होती है। इसलिए बाजरे को अपने आहार में शामिल करने से मधुमेह को नियंत्रित करने में मदद मिल सकती है।

भिन्न प्रकार के मिलेट्स

बाजरा विभिन्न आकार और साइज़ में आते हैं। ऊपर चर्चा की गई दो व्यापक श्रेणियों में कई प्रकार के बाजरा शामिल हैं। हम नीचे इनमें से कुछ विभिन्न प्रकारों पर एक नज़र डालेंगे:

1. फॉक्सटेल बाजरा - फॉक्सटेल बाजरा, या स्वदेशी रूप से काकुम/कांगनी कहा जाता है। इसमें रक्त शर्करा को संतुलित करने वाले स्वस्थ कार्बोहाइड्रेट होते हैं। इसमें मौजूद आयरन और कैल्शियम की मात्रा इम्यूनिटी को मजबूत करने में भी मदद करती है। इसके अलावा, फॉक्सटेल बाजरा आपके रक्त कोलेस्ट्रॉल को नियंत्रित करने और आपके शरीर में एचडीएल कोलेस्ट्रॉल के स्तर को बढ़ाने में मदद करता है।
2. रागी - रागी बाजरे का अधिक सामान्य नाम है। इसका उपयोग चावल और गेहूं के स्वास्थ्यवर्धक अनाज विकल्प के रूप में किया जाता है। रागी ग्लूटेन-मुक्त और प्रोटीन से भरपूर है और बढ़ते बच्चों के मस्तिष्क के विकास में सहायक है।
3. बाजरा - बाजरा अविश्वसनीय रूप से पोषक तत्वों से भरपूर है। इसमें कैल्शियम और मैग्नीशियम, प्रोटीन, फाइबर और आयरन जैसे खनिज होते हैं। टाइप II मधुमेह से लड़ने और वजन घटाने में सहायता के लिए बाजरा का नियमित सेवन करें।

4. सांवा या सनवा बाजरा - यदि आपकी प्राथमिक चिंता वजन कम करना है तो कुट्ट का सेवन करें। यह मधुमेह के लिए एक स्वस्थ भोजन विकल्प बनता है, रक्तचाप को कम करने में मदद करता है और हृदय स्वास्थ्य में सुधार करता है। कुट्ट पित्त पथरी, बचपन के अस्थमा और स्तन कैंसर जैसी बीमारियों से भी लड़ता है।
5. कोदो बाजरा/छोटी कंगनी/ छोटा बाजरा - वजन कम करने की चाह रखने वालों के लिए छोटा बाजरा भी एक उत्कृष्ट विकल्प है। आप इसे चावल के विकल्प के रूप में खा सकते हैं। इसमें फाइबर की मात्रा अधिक होती है और यह पोटेशियम, जिंक, आयरन और कैल्शियम जैसे कई खनिजों से भरा होता है। यह विटामिन बी के स्वास्थ्य लाभों से भी भरपूर है और आपके शरीर के लिए एंटीऑक्सीडेंट के रूप में काम करता है।

बाजरा के 7 सिद्ध स्वास्थ्य लाभ

1. वजन घटाने में सहायता - बाजरा प्रोटीन और फाइबर से भरपूर होता है, जो वजन घटाने के लिए दो आवश्यक पोषक तत्व हैं। वे लंबे समय तक पेट को भरा रखने में मदद करते हैं और भोजन के बीच अस्वास्थ्यकर स्नैकिंग की आदत को कम करते हैं। यह पोषण से समझौता किए बिना अतिरिक्त किलो वजन कम करने में मदद करता है।
2. अपने रक्त शर्करा के स्तर को कम रखें - एक मेटा-विश्लेषण के अनुसार, बाजरा का सेवन रक्त शर्करा के उतार-चढ़ाव की घटनाओं को कम करता है। बाजरा में ग्लाइसेमिक इंडेक्स कम होता है। इसलिए नियमित रूप से बाजरे का सेवन करने से मधुमेह होने का खतरा कम हो जाता है।
3. रोग प्रतिरोधक क्षमता बढ़ाएं - शोध में कहा गया है कि बाजरा का सेवन, प्रमुख और मामूली दोनों, प्रतिरक्षा के निर्माण के लिए फायदेमंद है। प्रोटीन का सेवन शरीर की रोग प्रतिरोधक क्षमता के निर्माण के लिए जिम्मेदार होता है। बाजरा प्रोटीन का एक बड़ा स्रोत होने के कारण हमारी रोग प्रतिरोधक क्षमता को विकसित करने और मजबूत करने में मदद कर सकता है। मजबूत प्रतिरक्षा का मतलब है कि आपको बीमारियों की चपेट में आने की कम संभावना है।
4. हृदय संबंधी जोखिमों को कम करें - बाजरे में आवश्यक वसा होती है, जो हमारे शरीर को अच्छी वसा प्रदान करती है। यह अतिरिक्त वसा के भंडारण को रोकता है और साथ ही उच्च कोलेस्ट्रॉल, स्ट्रोक और अन्य हृदय जटिलताओं के जोखिम को प्रभावी ढंग से कम करता है, जैसा कि इस अध्ययन में कहा गया है। बाजरे में मौजूद पोटेशियम सामग्री आपके रक्तचाप को नियंत्रित करती है और आपके संचार प्रणाली को अनुकूलित करती है।
5. अस्थमा से बचाता है - बाजरे में मौजूद मैग्नीशियम की मात्रा आपको बार-बार होने वाले माइग्रेन के अनुभव को कम कर सकती है। यह आपकी अस्थमा की शिकायतों की गंभीरता को भी कम कर सकता है। इसका कारण यह है कि, गेहूं के विपरीत, इनमें एलर्जी पैदा करने वाले तत्व नहीं होते हैं जो अस्थमा और घबराहट का कारण बनते हैं।

सारांश

बाजरा फॉस्फोरस, मैग्नीशियम, तांबा और मैंगनीज जैसे कई लाभकारी पोषक तत्वों से भरपूर है। इन्हें अपने आहार में शामिल करने से विभिन्न स्वास्थ्य लाभ हो सकते हैं जैसे बेहतर प्रतिरक्षा और पाचन स्वास्थ्य। यह हृदय की स्थिति और अस्थमा जैसी अन्य जटिलताओं से भी बचाता है। बाजरा का सेवन वजन घटाने और शरीर को डिटॉक्सीफाई करने में मदद करने के लिए जाना जाता है। यह रक्त शर्करा के स्तर को भी नियंत्रित करता है जो मधुमेह की रोकथाम स्थिति के बेहतर प्रबंधन में मदद करता है।

पप्पु पोलिस्तर

उत्तम अधिकारी



किसी भी राष्ट्र के चारित्रिक, नैतिक, आर्थिक उत्थान के लिए प्रत्येक समाज का समुचित विकास जरूरी है। भारतीय समाज आज भी आपसी मेलजोल भाईचारे और सामान्य नियम कायदों की नजर से पश्चिमी व यूरोपीय समाज की तुलना में एक आइडियल सोसायटी मानी जाती है। एक सामाजिक प्राणी होने के नाते हमें अपनी जड़ों को मजबूत करने की आवश्यकता है, समाज रुपी जड़े ही हमारे देश को एक बनाए रखने और आगे बढ़ाने में बड़ी भूमिका का निर्वहन करते हैं।

एक आदर्श नागरिक होने के नाते हमें सामाजिक मर्यादाओं के तहत इसके विकास की दिशा में काम करते रहना चाहिए मनुष्य को सामाजिक प्राणी कहा जाता है इसका अर्थ है मानव समाज के लिए है तथा समाज मानव के लिए है। दोनों का अस्तित्व पूरी तरह से एक दूसरे पर आश्रित है अर्थात् समाज मानव द्वारा जीवन की व्यवस्था हेतु बनाया गया एक ढांचा है जिसके अपने कुछ कानून और मान्यताएं होती हैं। हम सभी सामाजिक सदस्य है हमें उन पूर्व निर्धारित नैतिक और सामाजिक मानदंडों का पालन करना पड़ता है।

एक व्यक्ति के चहुमुखी विकास, सुरक्षा के लिए समाज का होना बेहद जरूरी है अगर आज के भारतीय समाज की बात करें तो जाति और वर्ण व्यवस्था इसके मूल में दिखाई पड़ती हैं। एक सामाजिक संगठन के रूप में इस व्यवस्था का मूल्यांकन किया जाए तो कई खूबियों के साथ ही कुछ बुराईयाँ भी नजर आती हैं। आदि मानव जब पृथ्वी पर बसने लगा तो सुरक्षा, भोजन, परस्पर सहायता के कारण वह अकेले जीवन नहीं बिता पाया अतः उसने दूसरे से मदद ली तथा दूसरो की मदद भी की, मानव ने भावना को आधार बनाकर समाज बनाया तो समाज ने भी मानव के सर्वांगीण विकास में अहम भूमिका अदा की। इस तरह समाज व परिवार एक दूसरे से अभिन्न बन गये किसी राष्ट्र या वर्तमान के देशों का स्वरूप भी इसी तरह निर्मित हुआ, व्यक्ति से समाज, समाज से नगर और नगर से छोटे छोटे राज्य और राष्ट्र का निर्माण हुआ।

समाज निर्माण के पीछे मनुष्य के एकाकीपन एवं असुरक्षा के भाव रहे हैं आदि मानव जब बिखरे स्वरूप में अलग अलग रहता था तो जंगली जानवरों से उसे जीवन का खतरा था, अतः वह अपने परिवार और समाज के साथ मिलकर रहने लगा। समाज के बगैर व्यक्ति का अस्तित्व उतना ही है जितना किसी पेड़ से पृथक हुए पत्ते का, व्यक्ति अपना चहुमुखी विकास समाज में रहकर, उसके संसाधनों का सुविधाओं का उपभोग करके ही कर सकता है। प्राचीन भारत के समाज संयुक्त परिवारों से बने थे, जो आज एकाकी हो गये हैं। व्यक्ति समाज में गौण था उसे अपने समस्त कार्य समाज द्वारा तय परिधि के भीतर ही करने होते थे।

यदि कोई खराबी है तो हमें इसके समाधान खोजने चाहिए तथा सभ्य समाज के निर्माण की ओर कदम बढ़ाने चाहिए हर समाज में बुरे लोग होते है ये उस सड़े अंग की तरह होते है यदि समय पर इनका ईलाज नहीं किया जाए तो यह सम्पूर्ण शरीर का नाश कर देंगे इसलिए समाज की बुराईयों पर इसलिए आँख न मूंदें कि यह हमसे अभी तक दूर है क्योंकि अगला नम्बर हमारा ही होगा, समाज में जो कुछ हो रहा है जैसे संस्कार व सभ्यता का चलन है यह व्यक्तिगत जीवन को प्रभावित करेगा बल्कि आने वाली नस्लों पर तत्कालीन समाज का प्रभाव पड़ना सुनिश्चित है, ये प्रभाव अच्छे पड़े या बुरे यह हमारे विवेक पर निर्भर करता है।

आधुनिकीकरण के नाम पर आज का भारतीय समाज पाश्चात्य प्रभाव के शिकंजे में है। यूरोपीय देशों के समाज में माँ बाप, महिलाओं एवं बच्चों के दायित्व तथा भारतीय समाज में इनकी परम्परा बिलकुल अलग है। मगर पाश्चात्य प्रभाव में हमारा

समाज भी इन विकारों से प्रभावित हो रहा है। इस रुग्ण मानसिकता के चलते ही भारतीय परिवार का मूल स्वरूप संयुक्त परिवार विघटित हो चुका है। वृद्धावस्था में बच्चों में माँ बाप को वृद्धाश्रम भेजने लगे हैं इन्हें केवल सामाजिक विकार ही कह सकते हैं समाज एक यथार्थ है शाश्वत सत्य है जिसकी छत्रछाया में हम सभी सुरक्षा के भाव की अनुभूति करते हैं। मगर कई बार समाज की मान्यताओं के नाम पर प्राचीन रुढ़ियों तथा रीती रिवाजों को भी थोपा जाना ठीक नहीं है। इस तरह के अप्रासंगिक बंधन में व्यक्ति स्वयं को असहाय पाता है तथा उसका समाज के साथ सीधा टकराव सम्भव है, कई बार समाज व्यक्ति के उत्थान में सहायक होता है तो कई बार रीतियों, मूल्यों एवं मान्यताओं के नाम पर बाधक भी बन जाता है।

अतः समाज और व्यक्ति के बीच एक विश्वास और सुरक्षा की परस्पर भावना होना बेहद ज़रूरी है क्योंकि ये दोनों का ही दायित्व है क्योंकि समाज मूलतः व्यक्ति से ही मिलकर बनता है।

मीना शर्मा

पत्नी श्री एस के शर्मा

प्रधान अधिकारी (लेखक)

भारतीय तटरक्षक अवस्थान न्यू मंगलोर

आनंदमय जीवन, पुलकित प्रांगण



‘ज़िंदगी एक आइना है, ये तभी मुस्कराएगी जब हम मुस्कराएँगे’

सुख की अवधारणा व्यापक है। हर व्यक्ति के लिए सुख के अलग-अलग मायने हैं जैसे कि जहां एक ओर कोई व्यक्ति भौतिक वस्तुओं को पाकर खुश होता है तो वहीं दूसरी ओर अन्य व्यक्ति अध्यात्म में लीन हो आनंद की अनुभूति करता है। कुछ लोग बेहतर स्वास्थ्य को स्वास्थ्य को ही सुख मानते हैं, तो कुछ अन्य लोग आनंद प्राप्त करने के लिए स्वास्थ्य को दांव पर लगाते हैं। कुछ लोग अनैतिक तरीके से धन इकट्ठा कर सुख की अनुभूति करते हैं तो कुछ कठिन परिश्रम में विश्वास रखते हैं और खुश हैं। भारतीय दर्शन में भी चार्वाक यह मानता है कि जब तक जियो सुख से जियो भले ही ऋण लेकर जियो, वहीं अन्य भारतीय दर्शन मोक्ष/कैवल्य को जीवन का चरम लक्ष्य मानते हैं और उसे ही परम आनंद के रूप में देखते हैं। इस प्रकार सुख का आशय किसके लिए क्या है, यह तय कर पाना कठिन है।

संसार में जितनी भी सामाजिक, आर्थिक, राजनीतिक, सांस्कृतिक आदि गतिविधियां सम्पन्न की जाती हैं उन सबका अंतिम उद्देश्य यही होता है कि किस प्रकार मानव जीवन को आसान बनाया जाये और मानव सुख को प्राप्त करे। किन्तु प्रश्न यह उठता है कि क्या सच में मानव सुखी है? पहले कभी सुखी था? क्या आगे सुखी हो जाएगा? जब इन प्रश्नों के जवाब में हमारे समक्ष दुविधा उत्पन्न होती है। ऐसा इसलिए क्योंकि सुख की अवधारणा निरपेक्ष न होकर सापेक्ष है। इसे समय, काल व परिस्थिति के सापेक्ष आँका जाता है। इसे इस प्रकार समझा जा सकता है कि यदि दुख न हो तो सुख की अनुभूति नहीं होगी। कहते हैं कि चार दिन की चाँदनी फिर अंधेरी रात। अतः एक चिरस्थायी सुख या आनंद की अपेक्षा करना कल्पना मात्र ही होगा। हमें अपने व्यस्त जीवन में से ही उन क्षणों को निकालना होगा जो हमें आनंद देते हों।

बौद्ध दर्शन अपने चार आर्य सत्य में कहता है कि – दुःख है। दुःख का कारण है। दुःख का निरोध है। दुःख निरोध के मार्ग के रूप में आष्टांगिक मार्ग का उल्लेख करता जेरमी बेंथम और जॉन स्टुअर्ट मिल जैसे पश्चिम के विद्वान भी सुख की अवधारणा को स्वीकार करते हैं भले ही उनके कोटि में अन्तर हो।

अब चूंकि हम सब सदैव ही किसी न किसी समस्या से ग्रस्त रहते हैं और ऐसे में शारीरिक व मानसिक पीड़ा का पूर्ण विनाश संभव नहीं है अर्थात् सुख की पूर्णता को प्राप्त नहीं किया जा सकता है तो ऐसे में हमें अपने कर्मों में ही सुधार करना होगा जिससे हम जिस सुख की कामना करते हैं वह प्राप्त कर सकें। हमें छोटी-छोटी खुशियों में ही आनंद लेना होगा। भारतीय शास्त्रों में बहुत पहले से ही सभी के सुख की कामना का विचार दृष्टिगोचर होता रहा है जैसे की सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयः। सभी को साथ लेकर चलने की परम्परा भी बहुत पहले से रही है जिसे आज हम सबका साथ - सबका विकास या समावेशी विकास के रूप में देखते हैं। सभी के जीवन को सुखमय बनाने के लिए हमें न केवल अंतर्राष्ट्रीय, राष्ट्रीय व प्रांतीय बल्कि स्थानीय, परिवार व व्यक्तिगत स्तर पर भी प्रयास किए जाने की आवश्यकता है। अंतर्राष्ट्रीय स्तर पर शून्य गरीबी व शून्य भुखमरी जैसे लक्ष्यों के साथ सतत विकास लक्ष्यों को हासिल करने का समूहिक प्रयास इस पृथ्वी पर जीवन को सुखमय बनाने की दिशा में एक बेहतर कदम है। इसी प्रकार मानव विकास सूचकांक, विश्व प्रसन्नता सूचकांक, अंतर्राष्ट्रीय स्तर पर योग को मान्यता आदि जैसी संकल्पनाएँ भी सराहनीय हैं। भूटान ने अपने यहाँ जी. डी. पी. में खुशहाली को विशेष महत्व दिया है। अन्य राष्ट्रों द्वारा भी ऐसे प्रयास किए जाने चाहिए। राष्ट्रीय और प्रांतीय स्तर पर चलायी जा रही कल्याणकारी योजनाओं को हम सब को मिलकर सफल बनाना होगा जिससे पंक्ति में खड़े अंतिम व्यक्ति को भी उसका लाभ मिल सके और वह भी सुखमय जीवन जी सके। इसी उद्देश्य से कार्य करना होगा कि अधिकतम व्यक्तियों का अधिकतम कल्याण हो सके। व्यक्तिगत स्तर पर भी अपने जीवन को सुखमय बनाने हेतु संविधान, नियम, विनियम व आत्म संयमित रहते हुए ऐसे कर्मों को करना होगा जो स्वयं के साथ-साथ दूसरों को भी सुख सुरक्षा प्रदान करे।

ज्योति पाण्डेय

अर्धांगिनी अजय कुमार पाण्डेय

उत्तम नाविक, 05751- W

भारतीय तटरक्षक वायुअवस्थान दमण

ICGS VADINAR



ICGS Vadinar, North West was activated on 27 May 82 on the basis of project report submitted by the Indian Coast Guard to MoD under advice to the Ministry of Petroleum, Chemical and Fertilizers in Feb 1980. This station derives its name from village 'Vadinar', situated on the southern coast of Gulf of Kutch, with Jamnagar to its North East at a distance of about 50 Kms.



मानव अस्तित्व का एक अभिन्न अंग है सामाजिक जीवन, जो हमारे समग्र कल्याण और खुशी में महत्वपूर्ण भूमिका निभाता है। इसमें परिवार, दोस्तों, सहकर्मियों और बड़े समुदाय सहित दूसरों के साथ हमारे रिश्ते, बातचीत और संबंध शामिल हैं। यहां कुछ प्रमुख कारण दिए गए हैं, कि सामाजिक जीवन क्यों महत्वपूर्ण है

- भावनात्मक समर्थन:** सामाजिक संबंध हमें अच्छे और चुनौतीपूर्ण दोनों समय के दौरान भावनात्मक समर्थन प्रदान करते हैं। ऐसे लोगों का होना जो वास्तव में हमारी परवाह करते हैं और जिनके साथ हम अपने विचारों, भावनाओं और अनुभवों को साझा कर सकते हैं, तनाव को कम करने, चिंता को कम करने और अपनेपन की भावना प्रदान करने में मदद कर सकते हैं।
- मानसिक स्वास्थ्य:** सामाजिक मेलजोल हमारे मानसिक स्वास्थ्य में महत्वपूर्ण योगदान देता है। सामाजिक गतिविधियों में संलग्न होने और स्वस्थ रिश्ते बनाए रखने से आत्म-सम्मान बढ़ सकता है, अकेलेपन और अवसाद की भावनाएँ कम हो सकती हैं और समग्र मनोवैज्ञानिक कल्याण में वृद्धि हो सकती है। यह जीवन की कठिनाइयों से निपटने के लिए एक सहायता प्रणाली भी प्रदान कर सकता है।
- अपनेपन की भावना:** मनुष्य सामाजिक प्राणी हैं जो समुदायों में पनपते हैं। सामाजिक गतिविधियों में शामिल होने से अपनेपन और पहचान की भावना पैदा करने में मदद मिलती है। किसी सामाजिक समूह या समुदाय का हिस्सा होने से स्वीकृति, समावेशन और साझा मूल्यों की भावना को बढ़ावा मिलता है, जो हमारी समग्र खुशी और जीवन संतुष्टि को बढ़ा सकता है।
- व्यक्तिगत विकास:** सामाजिक मेल जोल हमें विविध दृष्टिकोणों, विचारों और अनुभवों से अवगत कराता है। दूसरों के साथ बातचीत के माध्यम से, हम अपने व्यक्तित्व का विस्तार कर सकते हैं, अपनी धारणाओं को चुनौती दे सकते हैं और नया ज्ञान और कौशल हासिल कर सकते हैं। विभिन्न पृष्ठभूमि और संस्कृतियों के लोगों के साथ बातचीत करने से सांस्कृतिक समझ, सहानुभूति और व्यक्तिगत विकास को बढ़ावा मिल सकता है।
- शारीरिक स्वास्थ्य:** सामाजिक गतिविधियों में शामिल होने में अक्सर शारीरिक गतिविधि शामिल होती है और यह एक स्वस्थ जीवन शैली को प्रोत्साहित कर सकती है। खेल, समूह फिटनेस गतिविधियों या यहां तक कि दोस्तों के साथ आकस्मिक सैर में भाग लेने से शारीरिक फिटनेस में सुधार हो सकता है, कुछ स्वास्थ्य स्थितियों के जोखिम को कम किया जा सकता है। और समग्र दीर्घायु में वृद्धि हो सकती है।
- मौज-मस्ती और आनंद:** दूसरों के साथ मेलजोल हमारे जीवन में खुशी, हंसी और आनंद लाता है। साझा गतिविधियों में शामिल होना, विशेष अवसरों का जश्न मनाना, या बस प्रियजनों के साथ समय बिताना स्थायी यादें बना सकता है और हमारे जीवन की समग्र गुणवत्ता को समृद्ध कर सकता है।

गजेन्द्र सिंह चौहान,
अधिकारी (क्यू ए)
नाविक ब्यूरो



जैसा कि हम सभी, सबसे तेज, भीड़ वाले और व्यस्त समय में रह रहे हैं। हमें धन कमाने के लिए पूरे दिनभर में बहुत से कार्यों को करना पड़ता है हालांकि, हम यह भूल जाते हैं कि, अच्छा स्वास्थ्य हमारे स्वस्थ जीवन के लिए पानी और हवा की तरह ही आवश्यक है। भौतिक धन संपत्ति के लिए हम समय पर पर्याप्त भोजन लेना, व्यायाम करना, पर्याप्त आराम करना आदि भूल जाते हैं। हमें यह नहीं भूलना चाहिए कि, हमारे जीवन में वास्तविक धन हमारा स्वास्थ्य है। सभी के लिए यह सत्य है कि, “स्वास्थ्य ही धन है”।

एक अच्छा स्वास्थ्य तनाव को कम करता है और बिना किसी परेशानी के स्वस्थ जीवन को बढ़ावा देता है। हमें हमेशा अपने स्वास्थ्य के बारे में जागरूक रहना चाहिए और नियमित स्वास्थ्य जाँच करानी चाहिए। हमें अच्छे स्वास्थ्य को बनाए रखने के लिए ताजे फलों, सलाद, हरी सब्जियाँ, दूध, अंडे, दही आदि से युक्त सन्तुलित भोजन समय पर करना चाहिए। अच्छे स्वास्थ्य के लिए कुछ शारीरिक गतिविधियों, पर्याप्त आराम, स्वच्छता, स्वस्थ वातावरण, ताजी हवा और पानी, व्यक्तिगत स्वच्छता आदि की भी आवश्यकता होती है। अस्पतालों के सामने से भीड़ को कम करने के लिए अच्छे स्वास्थ्य को बनाए रखना अच्छी आदत है। अच्छे स्वास्थ्य को बनाए रखना अच्छी आदत है, जिसका माता-पिता की मदद से बचपन से ही अभ्यास करना चाहिए।

पहले के दिनों में, जीवन इतना अधिक व्यस्त नहीं था। जीवन बहुत सरल था और इन दिनों की तुलना में स्वस्थ वातावरण के साथ कई चुनौतियों से मुक्त था। लोग स्वस्थ थे क्योंकि, वे अपने दैनिक जीवन के सभी कार्यों को स्वयं अपने हाथों से करते थे। लेकिन आज, तकनीकी संसार में जीवन बहुत सरल और आरामदायक होने के साथ ही प्रतियोगिता के कारण व्यस्त हो गया है। आजकल, आसान जीवन संभव नहीं है क्योंकि, सभी दूसरों से बेहतर जीवन जीने के लिए अधिक धन कमाना चाहते हैं। आजकल, जीवन मँहगा और कठिन होने के साथ ही अस्वस्थ हो गया है क्योंकि, सभी वस्तुएँ; जैसे- हवा, पानी, पर्यावरण, भोजन आदि दूषित, संक्रमित और प्रदूषित हो गई हैं।

लोगों को बिना किसी शारीरिक गतिविधि के कार्यालयों में कम से कम 9 से 10 घंटे, कुर्सी पर बैठकर कार्य करना पड़ता है। वे घर में देर शाम या रात को आते हैं और घर के किसी भी कार्य या व्यायाम को करने के लिए बहुत अधिक थके हुए होते हैं। फिर से अगली सुबह वे देर से उठते हैं और कुछ आवश्यक कार्यों, जैसे- ब्रश करना, नहाना, नाश्ता करना आदि करते हैं और अपने ऑफिस चले जाते हैं। इस तरह, वे अपनी दिनचर्या को केवल धन कमाने के लिए जीते हैं, न कि अपने स्वयं के जीवन के लिए। अपने दैनिक जीवन की आधारभूत आवश्यकताओं की पूर्ति के लिए धन कमाना बहुत आवश्यक है हालांकि, एक स्वस्थ और शान्तिपूर्ण जीवन जीना भी आवश्यक है, जिसके लिए अच्छे स्वास्थ्य की आवश्यकता है।

प्रीति

W/o मुकेश कुमार, प्रधान नाविक

भारतीय तटरक्षक पोत अरिजय

क्षेत्रीय मुख्यालय (उत्तर पश्चिम)

नया सवेरा



उलझा है सुबह से शाम तक,
जीवन को सुलझाने में।
बहता है पसीना माथे तक,
हर काम को अनजाम तक पहुंचाने में।
सुबह आती है शाम आती है,
सुरज के ढल जाने तक।
लगा रहता है इंसान काम में,
थक कर चूर हो जाने तक।
कोशीश है इंसान की इस जमाने में,
कि पाना है सपना आसमान तक।
क्या लाया क्या दे गया, कुछ समझ न पाया,
इस जीवनचक्र में उलझ जाने तक।
कब गया बचपन, कब गई जवानी,
समझ न पाया, उम्र पचास बीत जाने तक।
उठ इंसान, नई भोर हुई, जोश भर उमंग भर,
नव चेतन प्रफुल्लित हो जाने तक।
तोड़ दे बंधन मोह माया के,
प्रकृति से मिल जाने तक।
अब न रुकुंगा, अब न थकुंगा,
मंजील के आ जाने तक।
हर सांस जिऊंगा, हर सांस हंसुगा,
जीवन में नया सवेरा आने तक।

रामानन्द प्रसाद
समादेशक (क. व.),
तटरक्षक वायुपरिक्षेत्र कोलकाता

पैसा या प्राणी, तुम जानो अए ज्ञानी



पैसा बोलता है
और इंसान भी एक दूसरे को
इसी तराजू में तोलता है
जो तुम्हारी कमाई लाखों में हुई
तो तुम्हारी गिनती हर महफ़िल त्योहारों में हुई
और जो तुम करोड़ों में खेलते हो
तो फिर हर जगह लोगों के बीच तुम ही तुम बोलते हो
पर एक दौर आया
जब इस पैसे ने भी साथ ना निभाया
अस्पतालों में भले पैसे ने सब कुछ दिलाया
पर लाखों या करोड़ों खर्च करके भी यह
उन सिसकियों को रोक ना पाया
पैसा आपको हर सुख सुविधा दिलाता ज़रूर है
पर इसके गिरफ्त में पड़ जाना वो तो हमारा कसूर है
जीने का तरीका जो ना बदला
जिस पैसे से मज़े करते हो वो दवाइयों में बह जाएगा
यह तो सुना ही होगा भगवान उसी की मदद करता है
जो अपनी मदद खुद करे
तो इंतज़ार किस बात का है बंधु
जो कल करना था उसकी शुरुआत आज से करें
जो मज़ा पार्टी में आता है वही पुश – अप में भी आ सकता है
पूरी दुनिया को सुलाकर सोने के बजाए
सबको गुड मर्निंग भी बोला जा सकता है
सोचना हमें है सप्पलिमेंट चाहिए या सूर्योदय
पैसा तो है ही
अब तुम सोचो हर महफ़िल की बनाना चाहते हो जान
या कर अपने धन का व्यय करना है अपने जान का संचय

एकता सेह
W/o समादेशक रमन कुमार
मुख्यालय



Shrivi Vijay

is a 12-year-old writer and illustrator. She writes under the pen name Ms. Peanut. She has self-published five storybooks, and illustrated for her younger sister's first two books, and is working on her sixth book. Her books are available on Amazon and notionpress.com. Being a homeschooler, she often goes on outdoor learning trips and countryside visits around the country with her little sister, Jashvi. She maintains a journal to jot down bits she comes across and spins fun stories around her experience. She published her first poem online when she was 7, and that's how her writing journey began. When she was younger, she dreamed of making storybooks of her own, being a book lover. And now she's done it, and she will continue to think of more fun tales to create with her pen.



Jashvi Vijay

is a seven-year-old kid who's written two books under the pen name June Woodrow. She lives in Karaikal with her parents and her sister (Shrivi Vijay). She has a book series called,

'Sylvia's Neighborhood' based on all her friends who live in her own neighborhood. Jashvi is a super-curious kid who loves bedtime stories and creating her own- and she is surprisingly good at chess. She is an artist herself, but she wanted her sister to illustrate her first two books.

Being homeschoolers, she and her sister go on learning trips around the country, make many friends along the way, and create fun stories based on the fun tidbits from their trip.



D/o Comdt Vijay Viswanathan
CGS Karaikal



Meritorious Awardees for Academic Excellence 2022-23



CGHQ, NEW DELHI

SI	NAME	DAUGHTER/SON OF	PER-CENTAGE	SCHOOL	DEPTT	UNIT
CLASS VIII						
1	Saksham Srivastava	Purshotam Kumar, P/Adh	97.0	NCS, New Delhi	Dte of Ops	CGHQ
2	Shashwat Pant	Comdt Sumit Pant, TM	94.5	NCS, New Delhi	NIFM, Faridabad	ICGS Delhi
3	Shaina Sinha	Comdt Gaurav Sinha	94.4	NCS, New Delhi	Dte of SA	CGHQ
4	Udeshya Parmar	Ravi Singh, P/Adh	93.6	KV Gole Market, New Delhi	Dte of Pers	CGHQ
5	Ichha Kumari	Santosh Kumar, Adh	92.7	KV Gole Market, New Delhi	SAR Board, CGHQ	CGHQ
6	Diptanshu Mishra	Comdt Rajeev Mishra	91.8	Bal Bharati Public School, Noida	CGSB	CGHQ
7	Anupam Kumar Bharti	Banaras Prasad, Adh	90.0	NCS, New Delhi	Dte of COM	CGHQ
CLASS IX						
8	Vidhi Thakur	Pankaj Kumar, P/Adh	95.2	KV, Sector 24, Noida	Dte of Works	CGHQ
9	Karthik Dahiya	Rajnesh, P/Adh	92.4	KV, Gole Market, New Delhi	DG Sectt	CGHQ
10	Shreya Verma	BK Verma, P/Adh	90.6	Dr. Rajendra Prasad KV, New Delhi	Dte of MP&T	CGHQ
CLASS X						
11	Divyansh Tiwari	AK Tiwari, Adh	97.4	KV Koliwada, Mumbai	LOGO Office	ICGS Delhi
12	Priyanshee Phogat	Ravinder Singh, P/Adh	94.8	KV Gole Market, New Delhi	CSS Project/ Control Centre	CGHQ

Sl	NAME	DAUGHTER/SON OF	PER-CENTAGE	SCHOOL	DEPTT	UNIT
13	Manshika Sapnawat	Davendra Kumar, U/Adh	94.4	KV 2, Port Blair	Dte of COM	CGHQ
14	Shubham Dhamuniya	Naresh Kumar, P/Adh	93.0	KV, DGQA, Chennai	CGBA/Dte of Adm	CGHQ
15	Gareema	Vijender Kumar, U/Adh	92.4	ABBP School, Panipat (Haryana)	Dte of AA	CGHQ
16	Avani Dwivedi	Comdt Sujeet Dwivedi	90.8	APS, Noida	CGSB	CGHQ – Transferred to RHQ(NW)
CLASS XII						
17	Phalak Phogat	Ravinder Singh, P/Adh	95.2	KV Gole Market, New Delhi	CSS Project/ Control Centre	CGHQ
18	Sounita Das	AK Das, P/Adh	95.0	KV, Andrews Ganj New Delhi	Dte of Int & ASNC	CGHQ
19	Tarit Kumar	Hariom Singh, U/Adh	94.8	APS, Mathura Cantt. (UP)	DDG (CGSB) Sectt.	CGHQ
20	Suditi Sinha	DIG RK Sinha	93.8	NCS, New Delhi	Dte of Pers	CGHQ
21	Mohammad Ammar Abdullah	Abdul Fattah, P/Adh	92.0	SHSS School, AMU, Aligarh	CGAOT Kanpur	ICGS Delhi
22	Ananya Rai	DIG Anupam Rai	91.0	DAV Girls SS School, Chennai	DG Sectt	CGHQ

SPORTS/EXTRA CURRICULAR ACTIVITIES

Sl	Name	Son / Daughter of	Class / School	Sports / Championship	Held on	Held at	Position	Unit
23	Veerangana Rawat	LS Rawat, P/Adh	VI/KV Gandhinagar	Taekwondo girls (35-38 Kg) (U-14) Event of KV Sangathan (Gujarat State) Regional Sports Meet 2022	05-06 Aug 22	Jamnagar	First	Dte of COM/ CGHQ
24	Anupam Kumar Bharti	Banaras Prasad, Adh	VIII/NCS New Delhi	50-55 Kg Weight Category Individual Sparring in 33 rd Delhi State Taekwon-Do ITF Championship, 2022	02-05 Nov 22	Delhi	Second	Dte of COM/ CGHQ

RHQ (EAST)

Sl	Name of ward	Son/Daughter of	Per-centage	School	RHQ(EAST)
CHENNAI					
CLASS VIII					
1	Neha Rodhiya	Jagbir Singh, P/Adh	98.1	KV Anna Nagar, Chennai	ICGS Sarang
2	Thirumadhavan	Alagumari, P/Adh	95.4	KV Anna Nagar, Chennai	ROC(CHN)
3	Vishesh Sharma	Suresh Kumar, P/Adh	95.2	KV Pazhavanthangal, Chennai	ICGS C- 453
4	Rohan Ranjan Sahoo	RK Sahoo, U/Adh	94.0	KV Pazhavanthangal, Chennai	CGAIS(CHN)
5	Yashvi Nagar	Yoginder Kumar, U/Adh	93.0	APS, Chennai	840 SQN(CG)
6	Urvi Yadav	Ashok Kumar, P/Adh	92.7	KV Bhandup, Mumbai	ICGS Rani Abbakkaa
7	Gajraj Singh	Dilip Singh, P/Nvk	92.6	KV Pazhavanthangal, Chennai	ICGS Shaunak
8	Shambhavi Bharthwaj	Rajiv Kumar, P/Adh	91.8	KV Pazhavanthangal, Chennai	ICGAS(CHN)
9	Trishan Ghosh	Swapan Ghosh, P/Adh	91.4	KV Avadi, Chennai	ROC(CHN)
CLASS IX					
10	Sristi Gupta	Ajay Kumar, U/Adh	96.4	KV Pazhavanthangal, Chennai	ICGS Sujay
11	Utkarsh Nagar	Yoginder Kumar,U/Adh	94.7	APS, Chennai	840 SQN(CG)
12	Atistha Tomar	AK Tomar, P/Adh	93.4	KV Pazhavanthangal, Chennai	ICGS Chennai
13	Pooja M	Dy Comdt R Manikandan	93.0	KV Pazhavanthangal, Chennai	ICGS Chennai
14	Subhan Alam	Md Feroz Alam, Adh	92.0	KV Anna Nagar, Chennai	ICGS Shaunak
15	Rahul	Chand Singh, P/Adh,	90.6	KV Pazhavanthangal, Chennai	RHQ(E)
16	Avni Vaid	Dinesh Kumar, U/Adh	90.6	KV 2 Port Blair	ICGS Shaurya
17	Kumar Sarthak	Sujit Kumar, P/Adh	90.0	KV Pazhavanthangal, Chennai	RHQ(E)
CLASS X					
18	Ayush Naithani	Durga Prasad, P/Adh	96.0	KV Pazhavanthangal, Chennai	CGSMA
19	Antara De	Biswajit De, PSE	95.6	KV Pazhavanthangal, Chennai	ICGS Sarang
20	Shashwat Sisodia	DIG KC Singh	95.2	DAV Boys SS School, Chennai	ICGS Shaunak
21	Tanishk Parouha	Comdt(JG) SK Parouha	94.4	KV Pazhavanthangal, Chennai	CGRPT(CHN)

Sl	Name of ward	Son/Daughter of	Per-centage	School	RHQ(EAST)
22	Chandra Mouli Siriki	Siriki Simhachalam, U/Adh	94.2	KV Pazhavanthangal, Chennai	ICGAS(CHN)
23	Kaushani Kailthya	Rajesh Kailthya, U/Adh	94.0	KV, Meenambakkam, Chennai	ICGS Chennai
24	Saumita Biswas	Subhas Biswas, P/Adh	93.0	KV Pazhavanthangal, Chennai	RHQ(E)
25	Ajay Singh	AP Singh, USE	92.4	KV 2, Vizag	ICGS Sagar
26	Kalyani Menon VT	Comdt Nisanth S	92.4	KV Pattom, Trivandrum, Kerala	RHQ(E)
27	Nityant Dwivedi	SS Dwivedi, U/Adh	92.2	KV Ashok Nagar Chennai	ICGS Sarang
28	Himanshi Yadav	Sunil Yadav, PSE	91.8	CC Academy, Gurgaon Haryana	PRT(E)
29	R Dharsana Priya	R Rajagopal, SE	91.4	KV Bhandup Mumbai	BMU(CHN)
30	Aryan Shaw	AK Shaw, P/Adh	91.2	KV IIT Powai, Mumbai	ICGS Shaurya
31	Sreya S	S Sreelal, P/Adh	91.2	KV Anna Nagar, Chennai	ICGS Chennai
32	Anushqa Dey	Comdt(JG) Surojit Dey	90.0	KV Ashok Nagar Chennai	RHQ(E)
33	Ankit Singh Chauhan	TS Chauhan, P/Adh	90.0	KV Pazhavanthangal, Chennai	840 SQN(CG)
CLASS XI					
34	Priyanshu	Jaipal, Adh	99.0	MLP School, Rajpura, Rajasthan	ICGAS(CHN)
35	Himanshi	Pawan Kumar, P/Nvk	92.6	Suraj School, Rewari, Haryana	RHQ(E)
36	Jyoti Yadav	Sudhir Kumar, U/Adh	92.0	KV Minambakkam, Chennai	ICGS Sujay
CLASS XII					
37	Burra Vijay Krishna	Burra Sridhar, PSE	95.0	FIIT JEE Jr College, Vizag	ICGS Chennai
38	Pammy Kumari	SP Roy, P/Adh	94.0	KV Meenambakkam Chennai	BMU(CHN)
39	Subhasree Panda	Dharmaraj Panda, P/Adh	93.0	KV Pazhavanthangal Chennai	744 SQN(CG)
40	Aniket Mondal	TP Mondal, P/Adh	92.2	KV Ashok Nagar Chennai	RHQ(E)
41	Anchal Rana	Shiv Singh, U/Adh	91.4	BA School, Dehradun	ICGS Sarang
42	Shreya Parida	PK Parida, P/Adh	91.0	KV, Meenambakkam, Chennai	848 SQN(CG)
43	Krishna P Nair	Prasad Venkat, PSE	90.8	KV Anna Nagar, Chennai	ICGS Shaurya

Sl	Name of ward	Son/Daughter of	Per-centage	School	RHQ(EAST)
VISAKHAPATNAM					
CLASS VIII					
44	Atreyee Bandyopadhyay	AK Bandyopadhyay, P/Adh	99.6	NCS Vizag	ICGS Vizag
CLASS IX					
45	Anushka Pandey	Rajesh Pandey, P/Adh	94.6	KV 1 Vizag	ICGS Veera
46	Aabir Sinha	Indrajit Sinha, P/Adh	94.1	NCS Vizag	ICGS Vizag
47	Sayan Banarjee	Mintu Banerjee, U/Adh	93.2	KV 2 Vizag	ICGS Samudra Paheredar
48	Atrey Adak	Sanjiv Adak, Adh	91.6	KV 2 Vizag	CGRPT(VZG)
CLASS X					
49	Bhavya KB	Brijesh KN, P/Adh	96.8	KV Anna Nagar Chennai	ICGS Vizag
50	Aritra Chatterjee	S Chatterjee, P/Nvk	96.2	KV 1 Gandhinagar,	ICGS Vizag
51	Palak Priya	Abhay Kumar, U/Adh	94.2	KV IIT Powai, Mumbai	ICGS Veera
52	Akella Naga Sai Venkata Satish	Dy Comdt AB Ramam	94.2	NCS Vizag	Hqrs, CGEC, Vizag
53	Kushagra Upreti	Naval Kishore, PSE	90.4	KV 2 Vizag	ICGS Vizag
CLASS XI					
54	Arshia Dogra	Comdt Dinesh Dogra	92.1	Achievers Junior College, Vizag	CGWT(E)
KARAIKAL					
CLASS IX					
55	Simran	Anil Kumar, Adh	91.3	KV Karaikal	ICGS Karaikal
CLASS XI					
56	Sanmati M	S Muthu, PSE	94.4	Vivekananda MHS School, Sirkali, Tamil Nadu	ICGS Karaikal
TUTICORIN					
CLASS X					
57	Nivedya Sreejith	Sreejith PS, P/Adh	92.4	KV Adoor, Kerala	DHQ-16
PUDUCHERRY					
CLASS XI					
58	Ayush Chauhan	Alok, P/Adh	91.1	AASS School Kota, Rajasthan	ICGS Puducherry
NIZAMPATNAM					
CLASS XII					
59	Nellore Hima Vardhan	Nellore Kiran Kumar, P/Adh	91.6	SEMH School, Velivenu	ICGS Nizampatnam

SPORTS AND EXTRA CURRICULAR ACTIVITIES

Ser	Name	Son/ Daughter of	Class/School	Sports/Championship	Held On	Held At	Position	Unit
1	SA Srishan	N Suderson, P/Adh	VIII, KV Karaikal	Roll Ball (Sub Junior)/ 6 th Pondicherry State Roll Ball Championship 2022-23	06-07 Aug 22	Puducherry	First	ICGS Sarang
2	Vishesh Sharma	Suresh Kumar, P/ Adh	VIII, KV Pazhavanthangal, Chennai	Volleyball(U-14)/ KVS Chennai Regional Sports Meet 2022-23	20 Aug 22	Sulur Tamil Nadu	Second	ICGS C- 453
3	Tanishik Parouha	Comdt(JG) SK Parouha	X, KV Pazhavanthangal Chennai	Basketball(U-17)/ KVS Chennai Regional Sports Meet 2022-23	26 Aug 22	Puducherry	Second	CGRPT Chennai
4	Ashish Chandra	UC Yadav, P/ Adh	X, KV Pazhavanthangal Chennai	Basketball(U-17)/ KVS Chennai Regional Sports Meet 2022-23	26 Aug 22	Puducherry	Second	ICGS C-453

RHQ (WEST)

Ser	Name	Daughter/ Son of	Percentage	School	Unit
MUMBAI					
CLASS VIII					
1	Sivanunni DR	Ramesh Kumar, P/Adh	97.8	KV, Adoor Kerala	BUVIK
2	Atharv Sharma	Dy Comdt Alok Sharma	97.7	KV, IIT Powai, Mumbai	HQ CGWS
3	Twisha Gujar	DIG Mukund Gujar	93.6	NCS, Mumbai	RHQ(W)
CLASS IX					
4	Harika RH	D Harilal, P/Adh	96.6	KV, Bhandup Mumbai	BUVIK
5	Riya KA	DIG KL Arun	96.4	NCS, Mumbai	RHQ (W)
6	Radhika	Brijesh Vashistha, P/Adh	93.0	KV Koliwada, Mumbai	BUVIK
CLASS X					
7	Nikhil Kumar Akhil	BK Ram, Adh	96.6	KV Koliwada, Mumbai	MRCC Mumbai
8	Anwasha Sikdar	Sanjib Sikdar, P/Adh	95.0	KV Koliwada, Mumbai	RHQ (W)
9	Prisha Joshi	DIG Atul Joshi	93.4	NCS Mumbai	BUVIK
10	Akhil Kumar Nikhil	BK Ram, Adh	91.4	KV Koliwada, Mumbai	MRCC Mumbai
11	Hrishikesh	PS Nair, Adh	90.4	KV Bhandup, Mumbai	DHQ-2
CLASS XII					
12	Tamanna Gautam	Pawan Kumar, P/Adh	92.6	KV 2, Minnie Bay Port Blair	DHQ-2
13	Anisha Rani	Dy Comdt SR Kumar	91.4	KV IIT, Powai Mumbai	BUVIK

Ser	Name	Daughter/ Son of	Percentage	School	Unit
DAHANU					
CLASS X					
14	Kshitiz Chaudhary	Ram Kishan, U/Adh	92.6	KV Bhandup, Mumbai	ICGS Dahanu
CLASS XII					
15	Ketan Suman	SK Suman, U/Adh	95.0	LCPU College, Mangalore	ICGS IC-118
DHQ -11, GOA					
CLASS VIII					
16	Vansh Rawat	Manu Singh, P/Adh	94.5	KV 2, Vasco, Goa	800 SQN(CG) Goa
CLASS X					
17	Lakshya Saini	Sunder Lal, U/Adh	94.2	KV 1, Vasco, Goa	ICGS Sangram
18	Adarsh Bhardwaj	Ranjeet Bhardwaj, P/Adh	90.6	KV 4, Bhubaneswar	CGASD (Goa)
CLASS XII					
19	Palak Bahl	DIG Avneesh Bahl	92.6	NCS Goa	CGASD (Goa)
VIZHINJAM					
CLASS XI					
20	Aditi Sharma	KK Keshav, U/Adh	92.2	KV Pattom, Kerala	ICGS Vizhinjam
DHQ-4, KOCHI					
CLASS VIII					
21	Sharuti Rodhiya	Pardeep Kumar, Adh	94.2	CGPS, Daman	747 SQN (CG)
22	Anushka Shil	AK Shil, P/Adh	92.4	KV, INS Dronacharya, Kochi	CGTC Kochi
CLASS IX					
23	Diya Krishna K	NR Ramakrishnan, P/Adh	98.2	KV Malappuram, Kerala	ICGS Samar
24	PS Devapriya	V Sunil Kumar, PSE	93.8	KV 2, Naval Base Kochi	DHQ-4
CLASS X					
25	Arya Krishna K	NR Ramakrishnan, P/Adh	95.6	KV Malappuram, Kerala	ICGS Samar
26	Ayush Kumar	Niranjan Kumar, Adh	94.4	KV 2, Naval Base Kochi	CGTC Kochi
27	Dushyant	Pooran Singh, U/Adh	93.4	KV, INS Dronacharya, Kochi	ICGS Saksham
28	Anika S	S Anil Kumar, PSE	93.2	HMC School, Kakkanad, Kerala	CGSD Kochi
29	Mitul Agarwal	DIG Atul Agarwal	92.0	KV Kalamassery, Kerala	CGAE Kochi
30	Abhishek P Naik	PM Naik, PSE	90.4	KV 2, Naval Base Kochi	AB Yrja Shrota
31	Yash Prabhakar	Prabhakar Singh, PSE	90.2	NCS, Kochi	845 SQN (CG)

Ser	Name	Daughter/ Son of	Percentage	School	Unit
CLASS XI					
32	Nakshatra SR	Ratheesh Vimal, Adh	97.2	GHSS, Cotton Hill, T'puram	ICGS Samarth
CLASS XII					
33	Prithvi Raj Singh	MK Singh, Adh	93.4	KV Dum Dum, Kolkata	ICGS Sarathi
DAMAN					
CLASS VIII					
34	Aakrisht Sharma	Sunil Kumar, P/Adh	90.9	CGPS Daman	ICGAS Daman
CLASS IX					
35	Siddharth Mishra	Dinesh Mishra, U/Adh	95.6	CGPS Daman	841 SQN (CG)
36	Suchismita Kar	Barun Kar, P/Adh	94.0	CGPS Daman	ICGAS Daman
CLASS X					
37	Aakanksha Sharma	Sunil Kumar, P/Adh	91.6	CGPS Daman	ICGAS Daman
38	Aritro Sur	CK Sur, Adh	90.8	KV 6, Bhubaneswar, Odisha	ICGAS Daman
CLASS XII					
39	Sakshi Kumari	SK Prasad, P/Adh	97.4	KV, INS Dronacharya, Kochi	ICGAS Daman
DHQ-3, NEW MANGALORE					
CLASS VIII					
40	Bhuvanendu R	SP Dev, PSE	97.4	JJPS, Thalikode, Kerala	ICGS Varaha
41	Priya Rani	Pramod Kumar, P/Adh	95.1	MCC School, Mangalore	ICGS New Mangalore
CLASS IX					
42	Ansh Yadav	Pradeep Kumar, P/Adh	91.6	LCS, Mangaluru	ICGS Varaha
CLASS X					
43	Dev Sharma	Anil Kumar, Adh	92.4	KV 2 Vizag	ICGS New Mangalore
BANGALORE					
CLASS X					
44	Shaswat Singh	Comdt RK Singh	91.6	AFS, Bangalore	CGPOT (BGL)

SPORTS/EXTRACURRICULAR ACTIVITIES

Sl	Name	Son/ Daughter of	Class/ School	Sports/ Championship	Held on	Held at	Position	Unit
BUVIK								
1	Harsh Kumar	Navindra Sahait Adh	KV IIT, Powai Mumbai	(i) Quad Road 2000 M (U-14) /KV Regional Sport Meet 22-23 (ii) Quad Road 1000M (U-14) /KV Regional Sport Meet 22-23	26/08/22 to 27/08/22	Pune	First Third	BUVIK
DAMAN								
2	Aakanksha Sharma	Sunik Kumar, P/Adh	X/CGPS Daman	Football (U- 17) / UT Level Subroto Cup Tournament	31 Jul-02 Aug 23	Daman	First	ICGAS Daman
3	Siddharth Mishra	Dinesh Mishra, U/Adh	IX/CGPS Daman	Chess (14 Yrs Boys) District Level Tournament	30 Sep-01 Oct 22	Daman	First	841 SQN (CG)
VIZHINJAM								
4	Jyotirmoy Dey	Kaushik Dey, P/Adh	IX, KV Pattom	50 Mtr Breast Stroke (U-17) Swimming	11 Aug 22	Thiruvananthapuram	First	ICGS (VZM)
				200 Mtr Breast Stroke(U-17) Swimming			First	
				100 Mtr Breast Stroke(U-17) Swimming/ KV Regional Sports Competition 2022-23			Second	
				50 Mtr Breast Stroke Swimming/ 37 th Trivandrum District Aquatic Championship-22	20-22 May 22	Thiruvananthapuram	Second	
DHQ-4, Kochi								
5	Sharuti Rodhiya	Pardeep Kumar, Adh	VIII/ CG Public School, Daman	Football (U- 17) / UT Level Subroto Cup Tournament	31 Jul-02 Aug 22	Daman	First	747 SQN (CG)
6	Aditiya Sharma	Comdt Gaurav Sharma	VI/ABPS Bhuvaneshwar	300 mtrs Speed Skating (Age group 11-14)/ 13th Odisha State Roller Skating Championship 22-23	20 Nov 22	Cuttack	Third	ICGS Sarathi
				500 mtrs Quad Speed Skating(Age group 11-14)/ Odisha State Roller Skating Championship 22-23	20 Nov 22		Third	
				Roll Ball/12th Mini National Roll Ball Championship	16-18 Dec 22	Vishakha-patnam	Third	
7	Prithvi Raj Singh	MK Singh, Adh	XII/KV Dum Dum Kolkata	Kho-Kho(Boys, U-17) /Regional Sports Meet 2022	23-25 Aug 22	Klaikunda	Third	ICGS Sarathi

RHQ (NORTH WEST)

SL	Name	DAUGHTER/SON OF	PERCENTAGE	SCHOOL	UNIT
GANDHI NAGAR					
CLASS VIII					
1	Kanika Panchal	Sudhir Kumar, P/Nvk	93.7	KV 1, Gandhinagar	RHQ (NW)
CLASS IX					
2	Om Singhal	DK Singhal, PSE	95.5	Hillwoods School, Gandhinagar	RHQ (NW)
CLASS XI					
3	Vikash Singh	SN Kumar, U/Adh	92.0	Delhi Model Public School, Patna	RHQ (NW)
CLASS XII					
4	Sanjana Harbola	IG AK Harbola, COMCG(NW)	96.8	Podar International School, Ahmedabad	RHQ (NW)
5	P Surya Narayana Reddy	PG Reddy, SE	96.4	Shri Venkateshwara College, Visakhapatnam	RHQ (NW)
OKHA					
CLASS IX					
6	Kajal Anant Kumar	Anant Kumar, Adh	91.0	KV Okha, Gujarat	ICGS C-413
CLASS X					
7	Akshat Bansal	Rajendra Singh, U/Adh	92.6	KV Vigyan Vihar, Delhi	ICGS Arinjay
PORBANDAR					
CLASS IX					
8	Hemakshi Kumar	DIG Dushyant Kumar	96.9	NCS, New Delhi	ICGS Shoor
SURAT					
CLASS XII					
9	Krish Tundwal	Comdt Suresh Kumar	96.0	Sanskar Tirth Gyanpeeth, Surat	CGRPT (Surat)

SPORTS/EXCELLENCE EXTRA CURRICULAR ACTIVITIES

SL	NAME	DAUGHTER/ SON OF	CLASS/ SCHOOL	SPORTS/ CHAMPION SHIP	HELD ON	HELD AT	POSITION	UNIT
1.	Vanshika Yadav	Pawan Kumar, P/ Adh	X/CGPS Daman	Football (U -17) UT level Subroto Cup Tournament	31 Jul 22 to 02 Aug 22	Daman	First	CGAIS (PBD)
2.	Rishiraaj Paul	Comdt Jaydeep Paul	VIII/KV Mangalore	50 M Breast Stroke (U-14)/Swimming 51 st KVS Regional Sports Meet 2022	17 Aug 22 to 18 Aug 22	Bengaluru	Third	68 ACV Sqn

RHQ (A&N)

Ser	Name	Daughter/ Son of	Percentage	School	Unit
PORT BLAIR					
CLASS VIII					
1.	Dipanshu Rana	NS Rana, PSE	93.4	KV 2 Minnie Bay, Port Blair	RPT(PBR)
2.	Atharv Sharma	Suresh Kumar, U/Adh	93.3	NCS, Porbandar	ICGS Rajtarang
3.	Dharmveer Yadav	Parveen Yadav, U/Adh	93.2	KV 2 Minnie Bay, Port Blair	ICGS Rajshree
4.	Chayank Singh	Lokman Singh, U/Adh	92.8	KV 2 Minnie Bay, Port Blair	RHQ(A&N)
5.	Kamna Akoliya	MC Akoliya, P/Adh	91.9	KV 2 Minnie Bay, Port Blair	RHQ(A&N)
6.	Sreesha Raj	Santha Raj, U/Adh	91.6	NCS, Port Blair	RHQ(A&N)
7.	Prince Malik	Amit Kumar, Adh	90.5	KV 2 AFS Hindon	RHQ(A&N)
CLASS IX					
8.	Ishant Bahal	Asst Comdt Pawan Kumar	95.8	KV 2 Minnie Bay, Port Blair	ICGS Rajshree
9.	Pranjal	Pardeep Kumar, Adh	95.8	NCS Port Blair	ICGS Vishwast
10	Vanshika Tanwar	Rajender Singh, U/Adh	94.8	KV 2 Minnie Bay, Port Blair	RHQ (A&N)
11	Ipsita Martha	Chintamani Martha, P/Adh	94.0	KV 2 Minnie Bay, Port Blair	DHQ - 14
12	Chesta Yadav	Birender Singh, Adh	94.0	KV 2 Minnie Bay, Port Blair	CGAE(PBR)
13	Prerana Sarkar	Ramprasad Sarkar, PSE	92.8	SCM School, Nadia, WB	RHQ(A&N)
14	Aryan Ganesha	Deepak Dubey, P/Adh	92.4	The Presidential School, Vizag	RHQ(A&N)
15	Basudev Behera	Bhagirathi Behera, P/Adh	92.4	KV 2 Minnie Bay, Port Blair	RHQ(A&N)
16	Biswambar Behera	Benudhar Mahabhoi, Adh	92.1	NCS, Port Blair	DHQ - 14
17	Vaibhav Lohani	Sanjay, P/Adh	92.0	KV 2 Minnie Bay, Port Blair	ICGS Vishwast
18	Neha Rajesh	P Rajesh, PSE	91.6	KV 2 Minnie Bay, Port Blair	CGAE(PBR)
19	Yashita	Sunil Kumar, Adh	91.4	KV 2 Minnie Bay, Port Blair	CGAE(PBR)
20	Garima	Sunil Kumar, Adh	90.8	KV 2 Minnie Bay, Port Blair	RHQ(A&N)
CLASS X					
21	Anoushka Sarkar	Aloke Sarkar, U/Adh	94.6	KV Porbandar Gujarat	ICGS C- 428
22	Anjali Kumari	Anod Kumar, U/Adh	94.4	KV 1 Calicut, Kerala	ICGS Vijit
23	Kunjan Sharma	Ashok Kumar, Adh	94.0	KV 2 Minnie Bay, Port Blair	RHQ(A&N)
24	Yogita Singh	OM Veer Singh, U/Adh	94.0	NCS, Port Blair	RHQ(A&N)
CLASS XI					
25	Kasish Rani	Vikramjit Singh, P/Adh	92.8	KV 2 Minnie Bay, Port Blair	DHQ - 14
CLASS XII					
26	Rimpy Karki	Bhagirath Singh, P/Adh	92.6	KV 2 Minnie Bay, Port Blair	RHQ(A&N)
27	Shagun Sharma	Pawan Kumar, P/Adh	91.8	KV 2 Minnie Bay, Port Blair	DHQ - 14
28	Nikita Singh	Om Veer Singh, U/Adh	91.2	NCS, Port Blair	RHQ(A&N)
29	Kanchan Akoliya	MC Akoliya, P/Adh	90.2	KV 2 Minnie Bay, Port Blair	RHQ(A&N)
30	Anshika	RK Yadav, U/Adh	90.2	KV 2 Minnie Bay, Port Blair	CGAE(PBR)

SPORTS/ EXTRA CURRICULAR ACTIVITIES

Ser	Name	Daughter /Son of	Class/ School	Sports/ Championship	Held on	Held at	Position	Unit
1.	Sourav Pradeep	DIG P Pradeep Kumar	VII/ KV 2, Minnie Bay Port Blair	“Forms ” Event of Tang Soo Do/9 th National Tang Soo Do Championship 2022-23	4 Jan 23 to 6 Jan 23	Delhi	First	RHQ (A&N)
2.	Yogita Singh	Om Veer Singh U/Adh	X/NCS, Port Blair	INEX India International Innovation and Invention EXPO 2022	18 Nov 22	Goa	Second	RHQ (A&N)

RHQ (NORTH-EAST)

SL	NAME	DAUGHTER/SON OF	PERCENTAGE	SCHOOL	UNIT
RHQ(EAST)					
CLASS VIII					
1	Sayani Chatterjee	S Chatterjee, P/Adh	97.0	KV 2, Vizag	RHQ(NE)
CLASS IX					
2	Daksh Kumar	Comdt Ashok Kumar, TM	96.8	DPS, Paradip Port Odisha	ICGS Kolkata
3	Himanshi Malik	Manjeet Malik, P/Nvk	94.2	RW Academy, Sonapat	RHQ (NE)
CLASS X					
4	Niyati Gaur	Jaswant, U/Adh	97.4	KV 1, Salt Lake, Kolkata	RHQ(NE)
5	Asaf Shanavas	B Shanavas, PSE	95.0	KV Ordnance Factory, Dum Dum Kolkata	RHQ(NE)
6	Datti Lekhya	Dy Comdt DPVA Trinadh	94.0	NCS, Vizag	RHQ(NE)
HALDIA					
CLASS IX					
7	Ayushi Kundu	Amrita Kundu, U/Adh	98.0	TIG Public School, Balurghat	88 ACV SQN, Haldia
PARADIP					
CLASS VIII					
8	Susmita Das	Mrinmaya Das, PSE	92.8	KV Paradip Port	ICGS Amogh
CLASS X					
9	Aarnav Tyagi	Comdt AK Tyagi	96.2	VB Public School, Noida	ICGS Varad
10	Shipra Kumari Yadav	Vikram Singh, P/Nvk	91.4	The Lord Krishna School, Alwar, Rajasthan	CGSD(PDP)
BHUBANESWAR					
CLASS X					
11	Oaishee Banerjee	D Bandyopadhyay P/Adh	98.8	KV 1, Bhubneshwar	CGAE(BSR)
12	Shreyash Dash	DIG SR Dash	97.6	SI School, Bhubneshwar	CGAE(BSR)
13	Rishavjot Singh	Pritam Singh, P/Adh	93.8	KV 1, Pazhavanthangal, Chennai	CGAE(BSR)

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