



JAN 24 - APR 24

TATRAKSHIKA SANDESH ENJOY THE VACATIONS



COMPILED BY-
MRS ANANT KAUR
MRS EKTA R KUMAR
MRS SUCHI BHATIA

The Editors' Desk

Warm Greetings to all the readers!

“Take a deep breath, inhale Peace and Calmness exhale Happiness and Relaxation”.

The two most awaited months of the year are May & June, being vacation time in schools especially. Undoubtedly, we all start planning for this break in the beginning of the year itself. Long days & short nights, there is a lot this summer season provides, ample opportunities to engage in meaningful & enjoyable activities that bring joy, relaxation & personal growth.

It's a perfect time to explore new places whether it's a foreign nation, our own country land or a local attraction. Travelling can broaden our horizons, introduce us to new cultures & create unforgettable memories.

India is a home to some of the most picturesque destinations that are perfect for a refreshing summer vacay. Every state carries a rich culture, heritage & natural beauty offering a unique blend of adventure & spirituality.

For children during summer break, there is a big world of learning & opportunities. A time to learn a new skill or a hobby, cooking, painting, playing an instrument, online course or even working can provide structured & guidance learning, where we mothers can also benefit.

An early morning routine to be with nature adds a load of health benefits, let us ensure we make time for nature, if feasible every day. Maybe watching a bird, listening to a bird sing, walking barefoot on grass or soil, chase butterflies...witness the wonders & miracles that nature performs daily.

To put up concisely, vacations can help us all in relieving stress, improve mental health, enhance creativity & productivity & finally strengthen relationships.

It is rightfully said; A family vacation is a good time to bond & make memories that last a lifetime.

Secretary's Report

The year 2024 commenced with Tatrakshika Milan on 25 Jan 24, organized by ladies of CGSB, DTE(A&N), DTE (WORKS) and DTE (FISHERIES & Environment) with the theme "Bandesho se Azadi". The Chief Guest of the Milan was Mrs. Dipa Pal, President Tatrakshika.



President Tatrakshika appreciated the efforts of ladies and their enthusiasm for

making the Milan a momentous event.

Directorate Material and Directorate of Fleet Maintenance hosted Coffee Morning at Fairway, Sector 62 with the theme "Bindaas", on 15 Feb 24. Musical Mala, an interactive talk on Anxiety in Children & Mindfulness, Bol Bindaas were the highlight of the event. President Tatrakshika congratulated the efforts of host ladies and motivated all ladies to come forward and showcase their talent in the events.



On 01 March 24, PAN Coast Guard Kindergarten

Curriculum was released at Annual Sports Day of CGKG, Noida. It is a major milestone along the journey of education.

The curriculum was released by President Tatrakshika, Mrs. Dipa Pal, Vice President Tatrakshika Mrs. Priya Paramesh, along with management committee.

Ladies of Directorates of Air staff, Air Acquisition, and IT organized Tatrakshika Milan with the theme 'गुलदस्ता संस्कृति का', on 24 Apr. The event included dance performance and demo. The highlight of the program was the ramp walk by the ladies from different states in their traditional attire.

CGWWA along with Indian Coast Guard Headquarter, New Delhi, signed MoU with Shiv Nadar University on 03 May 24. Collaboration entails substantial tuition



fee waivers to deserving wards of Indian Coast Guard personnel in various categories thereby ensuring their academic excellence.

Suruchi



Suruchi team conducted a sweet making competition on 18 Jan 24, (without sugar) in which ladies participated with great enthusiasm and preparation. Supernova ladies of the competition were felicitated with lucrative prizes and the event concluded with an interesting learning experience for the ladies.

"Happiness quite unshared can scarcely be called happiness; it has no taste." — Charlotte Bronte

Ongoing class of karate is on full swing at Noida, kids are practicing regularly.

Hair styling tips were shared by Mrs. Bimlesh on 25 January 24 as part of Suruchi activity. The hairstyles were demonstrated for special occasions, formal office styling and quick fixes whenever required.

Mandala (Dot Painting) Art is a kind of meditation. As we all are leading a fast and stressful life, Mandala art gives relaxation and helps individual in becoming mindful. Team Suruchi organized, a demo class on Mandala art on 21 Feb 24 at Arkaja, Noida by Mrs. Aparna Kadam. She explained various ways of doing this art in different medium like Canvas, Cup and MDF Boards. Mrs. Priya Paramesh, Vice President Tatrakshika, appreciated the work of art and encouraged ladies to participate in such fruitful activities for comprehensive state of mind.



A three-day workshop on “Mandala Art” was organized by Team Suruchi from 10 Apr to 12 Apr, at Kalyan Kendra, Sec 23 Noida for the CGWWA fraternity. Mrs. Dipa Pal, President Tatrakshika and 13 ladies participated in this wonderful workshop.



On 24 Apr 24, Waste to Wonders activity was organized at Arkaja, Sector 23, Noida wherein hidden beauty was carved from the waste material giving a final shape to the art. A Gajra and necklace making from waste material demo was

organised. Beautiful art pieces from the waste materials such as jute bag, waste small pieces of clothes and making different and useful items like Gajra and different kinds of jewelry items was demonstrated. It was a wonderful session for the ladies and everybody appreciated the art piece.

Sanjeevan

Sanjeevan team conducted a lecture on "ORAL HYGIENE" on 21 Feb 24. The lecture was delivered by Dr. Garima at Arkaja. A power point presentation clued up towards causes of poor dental health and its remedies along with maintenance of oral hygiene. Lecture aimed at awareness and various ways of oral hygiene.

To celebrate International Women's Day, A Wellness Camp for Women was organized at RDG ground, sector 24, Noida. The multi-specialty camp included cervical cancer screening by a specialist from Max hospital. The camp started with cancer awareness talk by Dr. Priyanshi, which covered causes of cervical cancer and its cure. Dr. Monga explained the benefits of early detection in breast cancer screening. The camp had specialist from ENT, ophthalmology, gynecology surgery, medicine, radiology, and diabetes. At camp, pap smear test and bone density examination were also done for all. A total of 151 ladies attended the event.



Sneha



Sneha team conducted an outreach activity at Sec-23 Noida, on 10 Apr 24. During the event, a lecture on menstrual hygiene along with good & bad touch was delivered by Dr Garima Singh. Mrs. Dipa Pal, President Tatrakshika distributed sanitary and food items to daughters of household helpers working at Coast Guard Officer's Residential Area, Sector 52, Noida.

Saksharta



An interactive talk was conducted by Mrs. Anant Kaur (Child Psychologist, Counselor) on 15 February 24 on following topics

- Anxiety in Children
- Mindfulness in Eating

where it was emphasized that whatever you do...do it with full mind and soul to achieve good results.

Owing to modern day lifestyle and dependence on technology, forgetfulness in people has seen an alarming rise. Traditions of remembering numbers, directions and calculations have literally vanished. To address this issue, Team Saksharta conducted a PPT cum lecture on 'Forgetfulness' on 15 April 2024 at Arkaja, Noida. Vice President Mrs. Priya Paramesh graced the occasion along with other Tatrakshikas.

Suraksha

A new initiative has been introduced under the able guidance of President Tatrakshika Mrs. Dipa Pal, to conduct farewell for Suraksha ladies on their retirement from ICG.

On 29th Apr 2024 President Tatrakshika Mrs. Dipa Pal and Vice President Tatrakshika Mrs. Priya Paramesh interacted with Suraksha



ladies. President Tatrakshika presented a token of remembrance to Mrs. Shashi Rawal and Mrs. Bibha Roy on their successful retirement from ICG. Ladies were very happy and expressed their gratitude for the warm gesture.

Srishti



A presentation-cum-lecture on the importance of plant-based diet was organized at Kalyan Kendra, Noida on 18 Jan 24. In the presentation, the ladies were told about the true meaning, benefits, and importance of plant-based diet. They were also introduced to "Satvik Bhojan" and food practices. Keeping the healthy diet and methods in mind, the ladies were shown and given three delicious, easy and quick salad recipes along with salads.



On 15 April, an activity "D.I.Y. Lamp Making" was organized at Kalyan Kendra, Noida. The lamps were made from simple, easily available items in our house. The lamp-making activity didn't just



brighten up spaces but it infused every corner with a delightful charm, illuminating not just rooms but hearts as well.

Sanskar



In the month of January, special assembly and activities were conducted to make kids aware about Lohri/ Pongal festival, Republic Day, Pink Day, Road Safety rules, Martyrs Day etc. School photograph and handwriting performance activity was conducted.



Coast Guard Day and Grey color day was observed in first week of February. Basant Panchami, mother language day, rhymes Olympiad, spring season celebrations were conducted.

On 1 Mar, Sports Day was celebrated with the theme "One Team One Dream". Mrs. Dipa Pal, President Tatrakshika was the Chief Guest of the event.



PTM was conducted and 22 Mar being last day of the session 23-24 a class party was organized where kids enjoyed with Holi celebration.

On 1 April 24, the new session 2024-25 started and on 10 Apr 24, a Parent Orientation Program for the academic session 2024-25 was organized at school premises. A detailed explanation was given to 130 parents through a PPT emphasizing on the Vision & Mission Of CGKG, benefits of the school's comprehensive curriculum, infrastructure, goals, and objectives along with nurturing environment. It also highlighted the school's commitment of providing a well-rounded education that focuses on academic excellence, character development and holistic growth.



The graduation ceremony at Coast Guard Kindergarten, was held on March 7, 2024, a delightful event filled with joy and pride. Children in their tiny caps and gowns paraded into the room, cheered on by the teachers and their fellow students in LKG. Each child received a graduation certificate. Speeches by teachers celebrated the children's achievements and offered encouragement for their future endeavors. It was a heartwarming celebration of growth and success.

Sanchar

In the month of January, Sanchar team released a newsletter to look back and ponder on activities of past six months from the month of July - December 2023.

Social media

The web coordinator handles the social media platforms and ensures that all Tatrakshikas are well informed with updates of all CGWWA activities on social media(web page, insta and twitter)



“A moment's insight is sometimes worth a life's experience.”—

Oliver Wendell Holmes





Whether it's basking on sun-drenched beaches, embarking on fun-filled outdoor adventure the possibilities are endless. Find the list of great holiday ideas you can consider this summer:

- ▶ Explore the hill stations
- ▶ Go beach hopping
- ▶ Embark on wildlife adventures
- ▶ Cultural heritage
- ▶ Adventure holidays
- ▶ Himalyan Escape

