

# SANDESH



## TATRAKSHIKA BIENNIAL NEWSLETTER

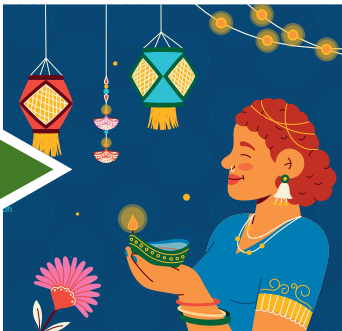


**01.**  
**DONATION DRIVE**  
Team Sneha set up donation trunks for gently used toys, clothes, and shoes



**04.**  
**MoU SIGNING**  
CGWWA along with Indian Coast Guard Headquarters, signed an MoU with Medhavi Skills University

**02.**  
**DIWALI MELA**  
The Suruchi team showcased in-house talent and set up decoration stalls



**05.**  
**NATUROPATHY**  
Team Sanjeevan conducted an interactive session on Naturopathy and its benefits



**03.**  
**EDUCATIONAL TOURS**  
Nursery and L.K.G students visited a temple, church, and Gurudwara



**06.**  
**WASTE MANAGEMENT**  
Team Sriшти held an insightful session on proper waste management

### WE ARE ALL PART OF ONE GLOBAL FAMILY



Universal brotherhood urges us to embrace shared humanity, transcending differences to promote peace, unity, and compassion. As Tatrakshikas, we are uniquely positioned to embody this principle, both within our ranks and in our communities. By supporting one another, showing empathy, and working together, we create a thriving environment of unity. Through initiatives like community outreach, our collaboration and care exemplify the essence of universal brotherhood. By uplifting each other and celebrating diversity, we become agents of peace and harmony.

Wishing you a year filled with purpose, passion, and joy. May you stay true to your values, with a heart full of hope and love. Let us imagine a world where everyone can thrive and reach their potential. May this new year inspire us to create positive change, foster empathy and build a more harmonious world.

Compiled by:

Mrs. Gincy Arun | Mrs. Simrat Jawa | Mrs. Shweta Tiwari

## MILESTONE - MEMORANDUM OF UNDERSTANDING (MoU)

### MEDHAVI SKILLS UNIVERSITY

On 5th September, CGWWA, in collaboration with the Indian Coast Guard Headquarters, New Delhi, signed a Memorandum of Understanding (MoU) with Medhavi Skills University. This partnership ensures significant tuition fee waivers for deserving wards of Indian Coast Guard personnel across various categories, fostering academic excellence.

### ALLEN CAREER INSTITUTE PVT. LTD.

On 16th October, CGWWA signed an MoU with Allen Career Institute Pvt. Ltd., offering discounted fees for wards of Indian Coast Guard personnel preparing for medical and engineering entrance exams. This benefit is available at all Allen centers across India, as per the agreed terms between the parties.

### NOORUL ISLAM CENTRE FOR HIGHER EDUCATION (NICHE) (KANYAKUMARI)

On 12th December, CGWWA and NICHE signed an agreement to support the education of wards and dependents of serving and retired Indian Coast Guard personnel, including defense civilians. The partnership offers a minimum 30% tuition fee concession, scholarships, and free services from the NICHE Defence Training Academy.

### FROM THE SECRETARY'S DESK

**Secretary:** Mrs. Ruchi Pokhriyal

**Joint Secretary:** Mrs. Sutrishna Modak

#### July

On 4th July, Mrs. Dipa Pal, President Tatrakshika inaugurated the CGKG activity room, designed to foster creativity and growth in young leaders. As part of the initiative, she also launched the official CGKG website, [www.cgkgnoida.com](http://www.cgkgnoida.com) to keep members and parents informed about upcoming activities. President Tatrakshika, Vice President Tatrakshika, senior ladies, and CGWWA committee coordinators visited the classroom and interacted with the children, marking a special start to the program.

On 9th July, the new CGWWA Committee was formally introduced in the first committee meeting of 2024-25 in CGOM Annexe. Under the leadership of Mrs. Dipa Pal, President Tatrakshika and Mrs. Priya Parmesh, Vice President Tatrakshika each committee member shared their vision and the proposed roadmap for the year was discussed.

The AGM, held on 16th July at Arkaja, Noida, was themed “Hamara Gaurav, Hamari Sanskriti – Lauten Apni Jadon Ki Aur” by the ladies of DG, ADG

Secretariate and Directorate of Administration. The meeting began with an invocation followed by reports from the Secretary, Joint Secretary and Treasurer which highlighted the activities and financial transparency of CGWWA for the 2023–24 period.

#### August

On 31st August, a committee meeting was held in CGOM Annexe wherein Mrs. Priya Parmesh, President Tatrakshika interacted with all the committee members and discussed about the forthcoming activities.

#### September

The Central Executive Committee Meeting was held on 24th September in New Delhi was chaired by Mrs. Priya Parmesh, President Tatrakshika. The meeting brought together regional leaders, including: Mrs. Kavita Harbola, Tatrakshika President (Western Seaboard), Mrs. Anju Sharma, Regional President Tatrakshika West, Mrs. Manmeen, Regional President Tatrakshika East, Mrs. Amardeep Chauhan, Regional President Tatrakshika North East, Mrs. Yashika Tiwari, Regional President Tatrakshika (A&N), Mrs. Archana Sashi Kumar, Regional President Tatrakshika North West. During the meeting, agenda points from all regions were discussed.

**October**

A committee meeting was conducted on 10th October in the ICGS Delhi wardroom, where Mrs. Priya Parmesh, President Tatrakshika was briefed by each coordinator on the progress and details of upcoming activities.

On 18th October, the ladies of Directorate of Policy and Plans and Aviation hosted a vibrant Coffee Morning at CGOM Annex, Sector 24, Noida. With the theme “Elements of Nature,” the event featured engaging activities like Dumb Charades and Show and Tell, celebrating creativity and fun in a lively atmosphere.

**November**

On 29th November Tatrakshika Day Celebration,

organised by the ladies of Directorate of Ops and CS, Directorate of Law and ICGS Delhi began with a visit to the National Craft Museum featuring a folk-dance performance and magic show. The event included a cake-cutting ceremony led by Mrs. Priya Parmesh, President Tatrakshika who shared an inspiring message on togetherness and service. Gifts were presented to the winners of various games, and welfare members were honoured with tokens of appreciation for their contributions.

**December**

The year concluded on a high note with a Coffee Morning themed “Winter Wonderland” on 19th December, hosted by the ladies of M&M Division. Members embraced the winter spirit, engaging in themed games, and enjoying the festive atmosphere.

**SURUCHI**

**Co-ordinator:** Mrs. Malvika Mohapatra

**Members:** Mrs. Geetanjali Sinha, Mrs. Ragini Singh



On 16th July, Suruchi organized a session where **pickle-making** took centre stage with Mrs. Kiran Rawat and Mrs. Pushpa Mishra sharing their expertise on preparing delicious and easy pickles like radish, green chilly, and turmeric. The attendees enjoyed the freshly made pickles at the demonstration.

On 8th August, a **Rakhi-themed workshop** on D.I.Y. gift-wrapping was held at Arkaja Kalyan Kendra, Noida. Mrs. Geetanjali Sinha demonstrated various creative techniques for decorating gift wraps using simple household items, offering practical and fun ways to enhance Rakhi gifts.

The **eye makeup workshop** on 18th September, led by Ms. Sapna Choudhary, taught participants how to enhance their eye makeup skills, while also providing tips on winter hair care. The session focused on preventing hair fall and dandruff during the cold months, ensuring attendees were well-prepared for the season.

On 26th October, Tatrakshikas participated in a **Diwali Mela** in the true spirit of festival with vibrant decorations of a marketplace featuring a variety of handmade items. Stalls displayed Mandala mirror work, wall hangings, fridge magnets, Diwali diyas, and more allowing participants to purchase unique items and enjoy the cultural richness of the occasion.



To celebrate **Children’s Day**, on 14th November, Team Suruchi organized a fun-filled event for kids aged 3 to 8 years. The day included a drawing competition, tattoo making, pottery, a magic show, and several games. Mrs. Priya Parmesh, President Tatrakshika presented prizes to the winners and participants making it an unforgettable experience for the children.

On 13th December, Mrs. Sunita Bohra, Mrs. Rajeeva Vivek, and Mrs. Nisha Saini led a workshop on **shawl styling** showcasing different ways to wear shawls creatively. In addition, Mrs. Bohra demonstrated how to make amla barfi and candies, providing a sweet treat for all attendees.

**SANJEEVAN**

**Co-ordinator:** Mrs. Pushpinder Kaur

**Member:** Mrs. Preeti Dogra

Aligned with the Government of India’s initiative to promote yoga awareness and its benefits, the 10th **International Day of Yoga (IDY)** was observed on 21st June by the Indian Coast Guard at RDG, Sector 24, Noida. The event was led by Mrs. Neha Khanna Mehtani and her team from The Yoga Institute, Delhi with active participation from members of Tatrakshika Delhi.



On 27th June, Team Sanjeevan organized a **vaccination camp** against cervical cancer at ‘Arkaja,’ Sector 24, Noida. During the camp, the second dose of the vaccine was administered to 29 girls aged 13 to 26 years. Mrs.

Priya Parmesh, Vice President Tatrakshika attended the event.

On 13th August, Team Sanjeevan hosted an interactive session on **preventive physiotherapy** at Arkaja, Noida. Dr. Bhavya Jha (MPT), a state physiotherapist for BCCI and a qualified Pilates instructor, introduced the participants to physiotherapy’s role in hormonal balancing, menopause management, and common ailments, alongside preventive exercises.



On 22nd November, Team Sanjeevan conducted an interactive session on naturopathy titled **“Healing with Herbs”** at Arkaja, Sector 24, Noida. The session was led by Mrs. Neelima Badola, Vice President Tatrakshika, an accomplished naturopathist and herbalism expert. She introduced natural remedies and holistic practices for managing health and preventing diseases, emphasizing a drug-free approach to wellness. The session was highly informative, offering practical insights for integrating naturopathy into daily life.

**SNEHA**

**Co-ordinator:** Mrs. Shabi Taha

**Member:** Mrs. Divya Dalal



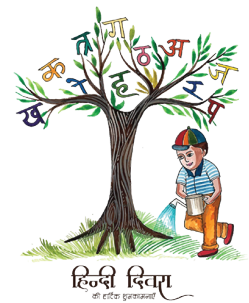
On 8th November, Team Sneha organized an outreach event at the Arkaja Community Centre, Sector 23. As part of this initiative, the team installed three **donation trunks** and a cupboard for the collection of gently used toys, clothes, stationery and shoes. These donation points have been permanently placed at Akshita, Kamath Enclave, Sector 52, for the contributions. During the event, ration supplies were distributed to 40 casual labourers. The President Tatrakshika inaugurated the donation boxes marking the beginning of this meaningful community support initiative.

**SAKSHARTA**

**Co-ordinator:** Mrs. Nimisha Sinha,

**Member:** Mrs. Pallavi Shukla

An activity titled **“Bolte Chitr”** was conducted on Literacy Day and Hindi Diwas at Arkaja, Sector 23, Noida on 18th September. The event had two parts: in the first, participants created collages on the theme **“Saksharta Aur Samaj”** and in the second they presented their collages on stage to the audience. The best entries were judged and awarded tokens of appreciation. The activity was thoroughly enjoyed by both participants and attendees.



An **SSB Familiarisation Programme** for ICG wards applying for Defence Services—10+2 Entry (NDA), Graduate Entry (CDS), and CGCAT—was held at Sector 62, Noida, on 8th October. The programme saw enthusiastic participation from ICG wards and provided comprehensive insights into the basic procedures of the SSB, leaving the attendees well prepared for the process.

## SURAKSHA

**Co-ordinator:** Mrs. Sukhveet Singh



On 16th July, during the Annual General Meeting in Noida, the first activity under Suraksha was conducted. Mrs. Dipa Pal, President Tatrakshika handed over Rs. 8,000 for the academic year 2024-25 to Smt. Neetu, wife of Late Mahesh Kumar, U/Nvk, for her two daughters studying in Classes four and eight.

On 23rd October, a **Diwali get-together** was organized by Team Suraksha for the ladies of the deceased personnel at the CGWWA office, CGHQ. Mrs. Priya Parmesh, President Tatrakshika interacted with the attendees and distributed Diwali sweets and gifts. The event also featured engaging games which the ladies thoroughly enjoyed.

## SANSKAR

**Co-ordinator:** Mrs. Deepa Bhardwaj

**Member:** Mrs. Lakshmi Raju

We are thrilled to share that Coast Guard Kindergarten (**CGKG**) Noida has been formally **recognized** by the Education Department, UP Government, with the recognition number GAU09108638627.



On 22nd July, CGKG hosted a delightful puppet show. Experts Mrs. Sonia Rodriguez and Mrs. Nikitha Dagar conducted a workshop for teachers, demonstrating the use of hand and rod

## SRISHTI

**Co-ordinator:** Mrs. Arunima Sumal

**Member:** Mrs. Mithu Janoy

On 8th August, Team Srishti conducted a lecture on the topic **“Poisonous Plants Around Us”** at Arkaja, Sector 23, Noida. The session led by Mrs. Arunima Sumal featured a PowerPoint presentation on various toxic plants commonly found in our surroundings. Additionally a demonstration was held on creating an economical and easy-to-make macrame plant hanger.

On 17th October, the Srishti Team organized an insightful session on the importance of **proper waste management** in collaboration with the Indian Pollution Control Association at Arkaja, Sector 23, Noida. The event featured a thought-provoking discussion on waste segregation and its environmental benefits, along with an educational street play which was enjoyed by attendees.

On 13th December, Team Srishti organized an initiative to promote a **“Plastic-Free Colony.”** As part of this effort, a plastic collection bin was set up at Kamath Enclave, Sector 52, in collaboration with the Indian Pollution Control Association (IPCA). The collected plastic will be recycled by IPCA and repurposed into useful utility items.

puppets along with voice modulation techniques to enhance storytelling.

A special assembly was held on 29th July to celebrate **International Tiger Day**, where students learned about tiger conservation. Stories, crafts, and puppetry were tailored to different age groups, educating children about poaching and wildlife preservation.

The **78th Independence Day** was celebrated with great pride. Pre-nursery and nursery students recited patriotic poems, while LKG students dressed as freedom fighters and enacted their characters.

On 22nd August, an **English Rhyme Recitation Competition** on the theme of “Patriotism” saw enthusiastic participation. Students recited poems

expressing their love for the country, exploring emotion and rhythm through poetry.

On 5th September, a special assembly was held for **Teachers' Day**. Children sang songs and dressed as their favorite teachers, delighting everyone with their performances.

To mark **Hindi Diwas**, a Hindi Recitation Competition was held on 13th September for nursery, LKG, and UKG students, with the theme "Pashu/Pakshi" (Animals/Birds). Students wore creative costumes and used props to bring their recitations to life.



To enhance their **computer skills**, teachers participated in a workshop on 14th September, focusing on MS Word and uploading pictures.

CGKG continues to innovate with initiatives like **weekly yoga sessions** every Wednesday and music classes every Tuesday, starting 22nd October.

From 23rd to 25th October, nursery and LKG students went on an **educational tour** to a temple, St. Mary's Church, and a gurudwara in Noida. They learned about different religious customs and practices. Meanwhile, UKG students visited a post office, where they posted letters, gaining firsthand experience of its operations.



On **Children's Day**, 14th November, a fancy dress competition was held, where students spoke about their characters. The significance of Children's Day was highlighted in a special assembly.

After a brief online learning period due to GRAP restrictions, a **paper craft show** was conducted by Mr. Arun Rai on 29th November. LKG and UKG students enjoyed the interactive session.



On **National Pollution Control Day**, 2nd December, CGKG held a special assembly to raise awareness about pollution, featuring slogans and a coloring activity.

LKG students observed **World Soil Day** on 5th December by learning about soil health and sustainable management through hands-on activities.

A **winter-themed special assembly** on 11th December taught students about seasonal clothing, fruits, vegetables, and festivals.

On 17th December, CGKG held its first inter-school event, "**Nrityanjali**," a solo dance competition for the academic year 2024-25. LKG and UKG students from 10 schools competed, showcasing exceptional talent in a vibrant and competitive atmosphere.



On 20th December, CGKG celebrated **Christmas** with a grand event. UKG students performed a play, while pre-nursery and nursery students enjoyed decorating Santa faces and Christmas trees, making it a joyful day for all.

“Life is 10% what happens to you and 90% how you react to it.”

- CHARLES R. SWINDOLL

“The greatest discovery of all time is that a person can change their future by merely changing their attitude.”

- OPRAH WINFREY

**SANCHAR**

**Co-ordinator:** Mrs. Gincy Arun

**Members:** Mrs. Simrat Jawa,  
Mrs. Shweta Tiwari



Urmi, meaning gentle movements of waves, serenity, and peace, is more than just a publication, it embodies the life and spirit of Tatrakshikas. It serves as a platform to showcase the best of our Coast Guard family. The theme of Urmi this year is:

Pragati (प्रगति), Protsahan (प्रोत्साहन), Prabhuta (प्रभुता), and Prakriti (प्रकृति). How Progress, Dominance, and Support Shape Women’s Future.

This edition features a rich collection of poems, anecdotes, travelogues, and perspectives, offering readers a glimpse into the creativity and talent of our writers. This year’s Urmi edition was officially released on 8th December during the Coast Guard Troops Get-Together.

**SOCIAL MEDIA**

**Co-ordinator:** Mrs. Rekha Negi



The web coordinator diligently manages CGWWA’s social media platforms ensuring that Tatrakshikas stay informed and engaged with updates on all activities. From the official webpage to Instagram and

Twitter, these platforms provide a vibrant and dynamic space to celebrate our initiatives, share achievements and foster community spirit.

**ABOUT CGWWA: LEGACY AND VISION**



The Coast Guard Wives Welfare Association (CGWWA), fondly known as “Tatrakshika,” has been an integral part of the Indian Coast Guard since its inception in 1977. It formally came into existence on 29th November 1994 when it was officially registered with a constitution of its own. Since then, CGWWA has evolved into a multifaceted organization dedicated to the welfare and development of its members, rendering invaluable service across various activities.

The CGWWA emblem, introduced in 1996, features the faces of three women, symbolizing unity, strength, and collaboration. It reflects the association’s mission to enhance the quality of life within the Indian Coast Guard community.

The motto of CGWWA, “Self Help,” highlights the proactive spirit of its members. Each member voluntarily contributes her time, talent, and skills to support and uplift the Coast Guard fraternity, fostering a shared sense of purpose and community.

Through its initiatives and programs, CGWWA continues to inspire and empower, upholding its legacy of service and commitment to the Coast Guard family.