

URMI 2025



तटरक्षिका गीत

हम हैं, संग हैं, हम हैं
हम हैं, संग हैं, हम हैं
मिलाकर चलें जो कदम से कदम
भारत के जाँबाज तटरक्षकों के संग
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग

वो तटरक्षिका हैं हम,
तटरक्षकों के संग हैं हम
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मिल-जुल कर देंगे प्रगति का रंग
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तटरक्षकों के संग हैं हम

ठाना हैं हमने, करेंगे नव निर्माण
करेंगे नव निर्माण
दिलाएँगे हर नारी को नई पहचान
विद्या की रोशनी से चमकते जहाँ
स्वस्थ, स्वच्छ भारत का सपना पूरा हो यहाँ
तटरक्षिका हैं हम,
तटरक्षकों के संग हैं हम
तटरक्षिका हैं हम,
तटरक्षकों के संग हैं हम

बुलंद हौसलों से, उन्नति सुबहों शाम
उन्नति सुबहों शाम
सशक्त तटरक्षकों का फौलाएँ पैगाम
जननी भी हम, संगिनी भी हैं हम
ममता भी हम, शक्ति भी हैं हम
तटरक्षिका हैं हम,
तटरक्षकों के संग हैं हम
तटरक्षिका हैं हम,
तटरक्षकों के संग हैं हम

हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग
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PRAVAHINI URMI 2025



HIGHLIGHTS

Essence of CGWWA

Messages

Governing Body

Milestones

CEC Meeting - 2025

From The Editors' Desk

**Photo Gallery &
Articles by Regions**

Mrs Suchma Kumari,
W/o Himanshu Kumar Rajale,
ICGS Vaidhavya

Essence of CGWWA

Established in 1994, the Coast Guard Wives' Welfare Association, commonly referred to as CGWWA or affectionately known as 'Tatrakshika', is an organization dedicated to providing unwavering support and guidance to its members. Beyond this, it serves as a beacon of inspiration and a driving force for contributing to the betterment of society at large. Managed and operated by the wives of Coast Guard personnel themselves, CGWWA stands as a testament to our collective determination.

Recently CGWWA unveils the new identity —

"Coast Guard Welfare and Wellness Association"

Renaming marks a significant step forward, reflecting our evolving mission beyond just "wives" to "wellness" embracing wellness, empowerment, education, and community engagement for all. At its core, the organization aims to cultivate a culture of solidarity and camaraderie among its members, exemplified by the ethos of collective support and cooperation. To achieve this task seven wings of CGWWA work in tandem all through the year with perfect symphony. The wings of CGWWA are stated below.

SURUCHI

Suruchi plays a vital role of strengthening women through various courses activities workshops training session and 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.

SRISHTI

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

SURAKSHA

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

SAKSHARATA

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

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.

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.

Director General Indian Coast Guard



MESSAGE

Respected Tatrakshikas,

It is a privilege and an honour to share my thoughts with the members of the Coast Guard Welfare and Wellness Association through this annual edition of Urmi, themed "PRAVAHINI" - symbolizing the powerful and constant flow, much like the spirit of resilience and dedication embodied by CGWWA.

Pravahini signifies the continuous and unyielding flow of strength and love that the members of CGWWA bring into our lives and service. I am constantly impressed by the tireless efforts of our personnel serving at sea and along the coast. Yet, behind every duty performed and every mission accomplished, stands the steadfast support system created by Coast Guard families through their understanding, sacrifices, and commitment to the welfare of Coast Guard fraternity. This collective strength is the quiet but powerful current that steadies us through every tide and storm.

The initiatives of CGWWA has enriched the lives of families and uplifted the morale and spirit of the entire Coast Guard. The warmth, care and resilience demonstrated by the Association are invaluable and deeply cherished. As Swami Vivekananda wisely said:

"सफलता की नाव उमी को मिलती है, जो अनवरत धारा की भाँति निरंतर चलता रहता है।"

This thought perfectly reflects the essence of Pravahini, reminding us that success belongs to those who, like an incessant current, move forward with perseverance and strength.

As we move ahead with renewed resolve and unity, I commend all members of CGWWA for their exemplary contributions and extend my heartfelt felicitations to the editorial team of Urmi for bringing out this inspiring edition. I reaffirm our continued commitment to the Coast Guard Welfare and Wellness Association and wish them every success in their future endeavours.

"Vayam Rakshamah" "Jai Hind"

Paramesh Sivamani

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



Dear esteemed members of CGWWA community, families and valued supporters.

It is a true pleasure to share our annual magazine with you, guided this year by a theme that defines life on the sea and in service; "PRAVAHINI" meaning "Flow".

To us flow is more than a concept, it is a way of life. This natural rhythm teaches us resilience and acceptance reminding us that life like, the ocean, is always in motion.

We recognize that the current of service pulls in many directions, impacting our families. We must ensure a smooth transition during deployments and postings treating each move not as an interruption but as a manageable change. Furthermore, we celebrate the incredible strength required to navigate the flow of family, life and motherhood where service members balance duty, career and raising a family.

The Coast Guard Welfare and Wellness association exists to support this holistic view of flow. We are here to smooth the turbulent waters, remove the friction points and provide the resources from welfare programs to mental wellness support -that ensures your entire family can move forward with confidence and grace.

As I conclude, I want to express my deepest gratitude to all for your commitment, even as you navigate the changing tides of life. The flow of our association is sustained by your engagement, and your belief in the power of community. We are stronger together and future is bright. I look forward to continuing this important journey with all of you.

With warm regards and best wishes.

Priya Paramesh

Mrs. Priya Paramesh
President Tatrakshika

Organisational Setup



Seaboard Headquarters - 02



Regional Headquarters - 05



District Headquarters - 16



ICG Stations - 42



Air Establishments - 12

Vice President Tatrakshika



Flowing Together, Growing Together

In every woman lies a Pravahini – a flowing force of courage, compassion, and change. Like a river that cuts through mountains, nurtures life, and never stops moving forward, we too hold the power to shape our communities, uplift one another, and stand tall against any tide.

This magazine is not just a reflection of stories – it is a movement. A celebration of those who lead with heart, create with passion, and serve with purpose.

Let us come together, not as isolated voices, but as one unstoppable current. Let us contribute – with our ideas, actions, time, and love – to build a community where everyone feels seen, heard, and valued.

Now more than ever, we must remind ourselves and each other: We rise by lifting others. We grow by flowing together. We are Pravahini.

To each one of you who contributes, who uplifts, who shows up with courage and care – thank you.

Your presence matters. Your voice matters. Your efforts, big or small, are making a difference.

Let's stand united. Let's move forward. Let's create impact.

Together, we are Pravahini.

Together, we rise.

With deep gratitude and hope,

A handwritten signature in black ink that reads 'N. Badola'.

Mrs. Neelima Badola
Vice President Tatrakshika

MILESTONE COVERAGE OF SPECIAL EVENTS

MoU Signing

Kalinga Institute of Industrial Technology KIIT, Bhubaneswar



Coast Guard Welfare and Wellness Association (CGWWA) & Kalinga Institute of Industrial Technology KIIT, Bhubaneswar signed a Memorandum of Understanding MoU on 27 May 2025 to strengthen academic collaboration, research, and Capacity Building. This partnership marks a significant stride in advancing knowledge and opportunities.

RRU, Gandhinagar



Memorandum of Understanding (MoU) with Rashtriya Raksha University To promote mental and behavioural health awareness

Lovely Professional University, New Delhi



On 15 May 2025 Coast Guard Welfare and wellness Association signed a landmark Memorandum of Understanding with Lovely Professional University at the Indian Coast Guard Headquarters, New Delhi. This collaboration aims to provide fee waivers and enhanced educational opportunities for serving/retired ICG personnel and the wards of serving/retired/ deceased ICG personnel.

Noorul Islam Centre of Higher Education



Towards fostering affordable quality education an MoU was signed between CGWWA and Noorul Islam Centre of Higher Education, Deemed University on 12 Dec 24 at CGHQ. The MoU aims to provide a wide array of educational opportunities to ICG wards, empowering them to face the challenges in the offing.

Allen Career Institute

Memorandum of Understanding (MoU) with Allen Career Institute will enhance the academic opportunities for the wards of Coast Guard personnel. Through this collaboration, students will benefit from expert mentorship, structured guidance, and access to quality learning resources, enabling them to prepare effectively for various competitive examinations and pursue their academic goals with confidence.

Cavalier Coaching

MoU with Cavalier Coaching Institute aims to provide quality training for wards of Coast Guard personnel aspiring to join the Armed Forces. It offers guidance for NDA, CDS, and AFCAT examinations along with personality development. The collaboration ensures access to expert faculty and structured learning.

Galgotias University, Greater Noida

The MoU between the Indian Coast Guard and Galgotias University aims to promote academic collaboration and skill development for Coast Guard personnel and their wards.

It facilitates access to higher education, research opportunities, and professional courses

Parul University, Vadodara (Gujarat) –

Defence Scholarship For Serving Defence Personnel

Memorandum of understanding (MoU) with Parul University, Vadodara which will give Tuition fee waiver under Defence Scholarship scheme for all regular courses and a relaxation of 5% in eligibility will be given for all categories and courses (Diploma courses, Graduation Courses). All the serving officers who are willing to take admission in Parul University will be exempted from entrance exam and interview conducted by Parul University.

SRM Institute of Science & Technology



CGWWA On 08 Jul 2025, signed a Memorandum of Understanding between the Coast Guard Welfare & Wellness Association and SRM Institute of Science & Technology. The MoU aims to provide affordable, quality educational opportunities to the wards of Indian Coast Guard personnel empowering them to achieve academic excellence and become future-ready.


Renaming of CGWWA



CGWWA unveils the new identity —
“Coast Guard Welfare and Wellness Association”
Renaming marks a significant step forward, reflecting
our evolving mission beyond just “Wives” to “Wellness”
— embracing wellness, empowerment, education, and
community engagement for all.

Permanent Recognition Of CGKG For Primary Classes (1-5)

Form No. 602



Office of the District Basic Education Officer
GAUTAM BUDDHA NAGAR

CERTIFICATE OF SCHOOL RECOGNITION

I. This is to certify that Coast Guard Kindergarten school, Tatrakshika Vihar sector 23 north is permanently recognized for Primary class 1 to 5. The Recognition number allotted to Coast Guard Kindergarten school is GAL09108638627. The applicable terms and conditions of the recognition of your school is annexed.

2. DATE OF ISSUE: 30-08-2023 (DDMMYY)

3. Recognition Type: D14

4. School Type: Pre-Primary School and Primary School

5. Recognition No: GAL09108638627

6. Medium: English

DATE - 30-08-2023
PLACE - GAUTAM BUDDHA NAGAR

District Basic Education Officer
Digitally signed by RAJESH KUMAR PANDAY
Date: 2023.08.30 10:38:38
Reason: I am the District Education Officer, Gautam Buddha Nagar

Reviving Block Printing Unit And Rebranding It As Rangoli



Go Green Initiative A Greener Colony for a Brighter Future

In an effort to promote sustainability and environmental conservation CGWWA is launching the "Go Green Initiative". This initiative aims to bring together all the CG residential areas across India to work towards a cleaner, greener and healthier living environment. CGWWA Delhi kick started go green initiative in the coast guard residential areas in Sec-52 and Sec-23.



**THE IMPORTANCE OF WASTE
SEGREGATION AND PLASTIC RECYCLING
IN GREEN PROJECT MANAGEMENT**



CENTRAL EXECUTIVE COMMITTEE MEETING -2025



Central Executive Committee meeting of CGWWA was held on 30th Sep 25 at New Delhi. The meeting was chaired by Mrs. Priya Parmesh, President Tatrakshika and was attended by Mrs. Neelima Badola, Vice Tatrakshika President, Mrs. Manmeen, Tatrakshika President (ES), Mrs. Anju Sharma, Regional President Tatrakshika West, Mrs. Amardeep Chauhan, Regional President Tatrakshika North East, Mrs. Yashika Tiwari, Regional President Tatrakshika (A&N), Mrs. Anu Saini, Regional President Tatrakshika East and Mrs. Archana Sashi Kumar, Regional President Tatrakshika North West. Agenda points received from all Regions were discussed during the meeting and additional directives were announced by Mrs. Priya Parmesh, President Tatrakshika.

From the Editor's Pen....



PRAVAHINI

It's a great privilege to be part of URMI this year too! A magazine that encompasses the expressions and highlights of notable components of the CGWWA fraternity.

Welcome all to the 19th edition of URMI.

PRAVAHINI- A heartfelt tribute to the unsung yet indispensable strength behind the uniform, extending her hands in all directions balancing gracefully the various roles - a wife, mother, caretaker, educator, professional and above all a life partner to a man in uniform. She is a **PRAVAHINI** - the eternal flow of life. Like a river she flows, adapts to new lives, nourishes, sometimes calm and sometimes turbulent as she moves on her journey. **SHE IS UNSTOPPABLE...Unshaken** by the under currents yet emerges powerful with her navigational powers towards the destination - nurturing, guiding, and growing in resilience and harmony.

This edition of URMI comprises of articles and poems from the ladies and children of Coast Guard family & also provides a sneak peek into activities undertaken by CGWWA in various Regions.

Heartfelt gratitude to Mrs Priya Paramesh, President Tatrakshika for her unwavering support and guidance throughout the creation of this edition of Urmi. Much obliged to Mrs Neelima Badola Vice President Tatrakshika for her assistance and mentor ship. I along with my team are deeply grateful for the trust and encouragement given to us.

As we reflect on the past year we would like to extend our gratitude to our writers designers and those who have tirelessly worked & given their insights. Your enthusiasm and appreciation have been our driving force behind our efforts to bring you this edition of URMI.

Hope this URMI will give interesting reading to all Tatrakshikas. May you always find strength

HEADQUARTERS, NEW DELHI



to pursue your passions, stand up for what you believe in. Believe in yourself and may all your dreams and aspirations come true

live life

Signing off.. Team Sanchar

Mrs Gincy Arun
Sanchar Coordinator

Best Wishes
Mrs Pamela Biswas
Mrs Shweta Tiwari

Coast Guard Headquarters CGWWA Committee



S. No.	Portfolio		Name
1.	President Tatrakshika		Mrs. Priya Paramesh
2	Vice President Tatrakshika		Mrs. Neelima Badola
3	Treasurer		Mrs. Sreelekshmi S
4	Secretary		Mrs. Ruchi Pokhriyal
5	Joint Secretary		Mrs. Sutrishna Modak
6	Suraksha (WidowCell)	Co-ordinator	Mrs. Sundeep Kaur
7	Saksharta (Literacy)	Co-ordinator	Mrs. Sucharitha Karri
8		Member	Mrs. Kopal Sharma
9	Sanskar (Education)	Co-ordinator	Mrs. Deepa Bhardwaj
10		Member	Mrs. Divya Vij
11	Sanchar (Communication)	Co-ordinator	Mrs. Gincy Arun
12		Member	Mrs. Pamela Biswas
13		Member	Mrs. Shweta Tiwari
14	Srishti (Environment)	Co-ordinator	Mrs. Arunima Sumal
15		Member	Mrs. Lakshmi Raju
16	Sanjeevan (Health)	Co-ordinator	Mrs. Pushpinder Kaur
17		Member	Mrs. Sowmya R
18	Sneha (Outreach)	Co-ordinator	Mrs. Geeta Chauhan
19		Member	Mrs. Divya Dalal
20	Suruchi (Welfare)	Co-ordinator	Mrs. Malvika Mohapatra
21		Member	Mrs. Priyanka Uriyal
22	Rangoli Team	Member	Mrs. Sundeep Kaur
23		Member	Mrs. Reena Ravindran
24		Member	Mrs. Lakshmi Raju
25	Web Co-ordinator		Mrs. Simrat Jawa

Contents

01. Photo Gallery	17
02. Raising Children In Uniformed Homes	25
03. Did You Dig Enough For Your Gold Mine?	27
04. Finding Your Flow	29
05. Pravahini – My Life Across Shores	30
06. Shine Without Losing Spark	32
07. Parenting In Fauji Style	33
08. Reinventing Yourself	36
09. Finding Your Inner Flow	38
10. How Do A Smooth Integration Without Losing Their Spark In Deployments & Postings	39
11. Balancing Work And Life	42
12. Work-Life Balancing Of A Working CGWWA Member, Whose Husband Is Away On ICG Duty	44
13. The Silent Sentinel	45
14. तटरक्षीका हूँ मैं, मैं हूँ सहायक नारी	46
15. सैनिक-घर की छॉव में	46

SCAN ME
For More Images



Together We Thrive



Join Hands, Lift Souls



Creative Hub (Suruchi)



Give It a try - Rangoli in Water



Drape with Style



Block Printing Work Shop



Beat the Heat with Summer Drinks



Rangoli Products



Lippan Art Workshop



Quick Amla Recipes



Easy Saree Drapping



Festive Home Decor Ideas

Healthy Habits, Happy Life (Sanjeevan)



Collaboration with Veernari Foundation



Medical Lecture-Preventive Physiotherapy



Naturopathy - Healing with Herbs



Mental Health & Stress -Interactive Session



Wellness Walk in Lodhi Garden



Mental Health Awareness talk

Eco-Friendly Practises (Srishti)



Making Bio Enzymes for Kitchen Garden



Recycle & Use



Go Green Initiative



Go Green initiative-Plastic Segregation



Textile Waste Management

Learning Today, Leading Tomorrow (Saksharta)



Tips to Reduce Screen time for Kids & Adults



Meritorious awards

Lending And Helping Hand (Sneha)



Under Bridge Visit



Installation of Donation Boxes



Distribution of Ration to Domestic Helpers



Visit to Mother Teresa's Missionaries of Charity

Shoulder To Shoulder (Suraksha)



Interaction time



Sparkle the Lights of Diwali



Rebuilding Lives

Curious Minds, Bright Ideas (Sanskar)



Building Brave, Young Souls (Sanskar)



The Power House of Communication (Sanchar)



Urmi Launch 2024



Web Coordinator



Team Sanchar



Selection of Best Cover Design

Raising Children in Uniformed Homes

Growing up in a home where one parent wears a uniform is a childhood unlike any other. It's a life that blends pride and patience, joy and separation, routine and unpredictability all in one breath. As an Indian Coast Guard wife and a mother, I've had a front-row seat to this journey. Raising children in a uniformed home isn't just about guiding them through school work or play dates it's about helping them grow into resilient, adaptable, and empathetic individuals while holding our family steady through the tides of service life.

The Early Lessons – Change as a Constant

One of the first truths children of uniformed parents learn is that change is normal. New postings mean new schools, new friends, and new surroundings. For adults, these changes can feel disruptive; for children, they're entire worlds shifting overnight.

When our son was just starting to settle into his first school, my husband received transfer orders. As I packed boxes and reassured my child, I realized the importance of making change feel like an adventure, not a loss. We made a game out of the move exploring maps, learning about our new posting, and even trying dishes from the region before we arrived. By the time we moved, he was excited, not anxious.

In uniformed homes, change becomes a shared family skill. Our children learn early that home isn't a single address it's where we're together.

Balancing absence and Presence

Service life often means one parent is away on patrol, training, or deployment for days or weeks at a time. For a child, absence can be hard to understand. For a parent, explaining it in a way that reassures without over promising is a delicate task.

We've made honesty our foundation. When my husband is away, we mark the calendar with his expected return date, but I also remind my child that sometimes the date might change. We keep bedtime routines steady, share voice notes, and exchange small updates when possible. And when my husband returns, we celebrate not with

grand events, but with family time, favourite meals, and stories.

These patterns teach children that love isn't measured by hours together but by the strength of connection, even across distance.

The Power of Community

One of the unique blessings of raising children in uniformed homes is the community around us. Other fauji families understand the rhythm of our lives without needing explanation. Our children grow up playing with kids who know what it's like to have a parent in uniform, making friendships that often last beyond postings.

At every station, I've seen how these communities act as extended families stepping in when a parent is away, sharing school pick-ups, or simply providing companionship. For our children, this means growing up in a safe, supportive environment where resilience is not taught through lectures but lived every day.

Discipline and Freedom – Finding the Balance

In uniformed homes, discipline is part of daily life. The structure our partners follow often influences our parenting style from punctuality to personal responsibility. At the same time, I've learnt the importance of allowing space for children to explore, make mistakes, and express themselves.

Our home runs on gentle routines: fixed study times, regular meals, and clear responsibilities like tidying toys or helping set the table. But within that structure, there's room for creativity music sessions, outdoor play, and family movie nights. This balance helps children feel secure while also fostering independence.

Teaching values Through Service

One of the greatest gifts of this life is the values it naturally instills. Our children see first hand what it means to serve something bigger than oneself. They witness discipline, teamwork, and integrity in action. They learn that uniforms aren't just clothing they represent commitment, sacrifice, and pride.

I remember one Independence Day when my son watched hoisting of the National flag. Later, he asked why it made everyone stand so still and quiet. It opened a conversation about respect, duty, and love for the country lessons that will shape his character far more than any textbook.

Handling the Emotional Highs and Lows

Service life brings unique emotional challenges farewells, missed birthdays, and worry during rough weather or operations. As parents, we become our children's emotional anchors.

I've learnt to acknowledge their feelings rather than dismiss them. If my child feels sad about his father's absence, I don't rush to say, "Don't cry." Instead, I sit with him, listen, and reassure him that it's okay to miss someone while still enjoying the day. This emotional openness builds trust and resilience.

Making Memories on the Move

Because our postings are temporary, we make it a point to explore every place we live. Weekends are for picnics, nature walks, local markets, and small adventures. These outings not only make

the most of our time but also create a treasure chest of memories for our child.

When we moved from the Andamans, my son carried with him seashells he had collected on quiet beaches. These memories become part of his identity proof that home is made of experiences, not just walls.

Practical Tips for Parents in Uniformed Homes

Raising children in a uniformed home is both a challenge and a privilege. It demands flexibility, patience, and creativity, but it also offers unmatched life lessons. Our children learn to adapt quickly, value community, and carry pride in their parent's service. They grow up knowing that love can travel across miles that goodbyes can lead to exciting hellos and that resilience is built one day at a time.

When I watch my son wave goodbye to his father's ship, I see both the bitter sweetness and the strength in his eyes. He knows that service means absence, but also purpose. And as his mother, I know that every challenge we face is shaping him into a compassionate, confident young person who can navigate life's tides with grace.

Because in the end, raising children in a uniformed home is not about shielding them from the waves it's about teaching them how to swim in every current

Positive Parenting Tips + Raising Happy Kids +



Gulafshan Perween
W/o Sabir Hussai, P/Nvk (WTR)
CGHQ, Dte of Administration

Did You Dig Enough for Your Gold Mine?

“Three Feet From Gold” originates from Napoleon Hill’s ‘Think and Grow Rich’ which tells the story of a person searching for gold who digs for a while but soon gives up. He finds a buyer for his equipment and sells all of his machinery to him. The buyer, in turn, hires a mining engineer, and they discover a rich gold deposit just three feet away from where the earlier man stopped digging!

This tale teaches us to have patience and perseverance and not give up. You never know, success may be right around the corner. What we often do is give up after a few tries, getting frustrated, irritated and label it as “not for me!” Sounds familiar? Did you know that behind the famous Theory of Relativity by Einstein are many failed attempts, a minimum of ten years of his life given to doing all his experiments and every time he failed, he would gladly say, “Now I know there is some other way, not this one. I just need to find it!”

I planted a white lily bulb with the hope that I could see white lilies in my balcony every day. A month passed, then two, six, after which I

decided to pull it out and plant another ‘quick flowering’ plant (given our transfers, I don’t seem to have the patience to wait for so many months for a flower to bloom). However, good sense prevailed after the gardener who tends our plants told me to wait. It took a year for me to experience the beauty of lilies blooming on the balcony plant. All I had to do was trust the process of flowering, keep giving the plant good exposure to sunlight, water and not give up my faith that it would certainly bloom. I had to just go with the flow, you see!

Going with the flow of events for me means doing all that you can in a particular situation / required goal. The results will come as per your effort. Also, it is not necessary that the results will be seen in a given time frame. Delays are not always denials! At its core, trusting the flow of life is about letting go. It means releasing our tight grip on outcomes and allowing life to unfold naturally. This doesn’t mean we stop making efforts or become passive observers. Rather, it means doing our best while accepting that some things are beyond our influence. When we try to force situations to go our way, we often create unnecessary stress and disappointment. But when we trust that things are happening as they should—even if we can’t see the full picture—we invite more peace and clarity into our lives.

Positive or negative outcomes depend on our effort and definitely our thoughts while we are on it. If we keep having negative thoughts, the results also may not per to our liking. Systematic, regular efforts have never been wasted in any place.

Giving up is the easiest thing one can do. Once I heard a senior Army Officer’s wife say to some of us ladies; that the easiest thing to say is “No, all opportunities, experiences just stop with that “NO”. However, if you pause and say “Yes” a host of experiences, lessons, open up which open up new vistas which we would have never imagined. There was so much depth in her words that I often reflect on the same. Of course, we cannot agree to everything that comes our way, but if we use discretion (which is the better part of valour, remember!) and choose wisely, we may



regret less in life!

We very often deny any new opportunity because of our comfort zone and fear of letting go of the 'known'. If we believe that the universe is offering us for our betterment and to reach the next version of ourselves, every knock on the door, i.e. opportunity, becomes a stepping stone to our success. Success - not as a competition with someone or winning over someone, but success in our progress in a better and newer you!

Our minds are like parachutes; once they expand and we enjoy the beauty of the ride, we will never prefer our old way of thinking and static living. A mind only functions properly when it is open to new ideas and perspectives. It emphasises the importance of being receptive, flexible, and willing to consider different viewpoints. While the known is comfortable, the unknown is exciting and enriching. Trust the flow!

A river would never flow if it doubts the sharp stones, tiny pebbles, and big boulders that come its way. All a river does is to trust her power and has her goal always in mind – merging with the sea! Here is a beautiful poem I came across in the same context (author David B).

River of Existence

In the gentle cradle of the river's curve,
I drift — no oars, no urgency,
The water knows the way.

Life, too, unfolds in such meanders,
Smooth surfaces over unseen depths,
Currents that carry and caress.

Pausing atop a lonely ridge,
I watched the land breathe,
The trees stretching skyward, unhurried.

Nature's pulse whispered a truth:
Be still — everything arrives in its own time.

The river does not rush to the ocean,
Nor should we to our destinies.

Letting go, we float,
Finding peace in the rhythm of the unforced.

In the drift, unexpected joys:

Sunsets that paint new colours
On familiar waters,
The surprise of a cool breeze
On a warm summer's day.

Each moment a vast horizon,
Each breath a deeper connection
To the self, to the pulse of the world.

So, the tides of life may have rough waters, but our pursuit of our goals should not be given up so easily. We never know what the universe wants us to bloom into, trusting the process and doing our best is the best bet. Trusting the flow also deepens our connection with our own self. When we stop complaining in life, we begin to notice the opportunities and wisdom hidden in each experience. We become more present, more accepting, and more compassionate. We recognise that we don't have to carry the weight of the world alone. There is a larger rhythm at work, one that we can lean on and move with, rather than against.

"All that I have seen makes me trust the creator for all that I have not seen" – a wonderful quote that I always remind myself of when I am in self-doubt.



Sucharitha Karri
W/o DIG K. Sitaram Dte of Logistics

Finding Your Flow

There's a certain rhythm in life that only reveals itself when we stop trying to control every beat and start listening to the music within. In the early days of my marriage into the Indian Coast Guard life, I used to believe balance meant a perfect fifty-fifty split equal time for work, equal time for personal life. But very soon, I learnt that balance isn't about dividing time evenly, it's about blending the two in a way that keeps your heart full and your mind at peace.

I still remember our first posting together. A new town, a new home, and a long list of duties as a young ICG wife from attending official gatherings to managing a household that was constantly in motion because of my husband's unpredictable duty hours. I had left behind my familiar comfort zones, my old routines, and my close circle of friends. There were days when I felt I was floating without an anchor.

The turning point came one quiet afternoon, when I was sitting by the window with a cup of tea, watching the waves crash on the shore near our quarters. I thought about how the sea never resists change the tides come and go, and the waves adjust to every current. That day, I realized I could learn from the sea. Instead of fighting to keep work and personal life in separate boxes, I could allow them to merge and flow together.

I began by setting intentions instead of rigid schedules. Mornings became my focus time whether it was preparing a new lesson plan for my music students or catching up on

administrative work. Afternoons were for family, errands, and those spontaneous moments that fauji life is famous for. If an official get-together came up unexpectedly, I no longer saw it as a disruption; I saw it as part of my life's unique rhythm. In this process, I discovered a few truths.

The more I embraced this flow, the more peaceful I felt. There was a new harmony a seamless blending of my identity as a teacher, a wife, a mother, and an individual. This harmony also made me more adaptable. Fauji life is unpredictable postings can change overnight, duty calls can interrupt dinner, and celebrations sometimes happen without your partner by your side. But when your life is built around flow rather than rigidity, change feels less like a disruption and more like a new rhythm to dance to.

One of my favourite memories is from a posting in the Andaman Islands. My husband was away on patrol duty, and I had an important online workshop scheduled with students from three different countries. Just before the class, the electricity went out a common occurrence there. Instead of cancelling, I quickly shifted to mobile internet, set up a corner by the window for natural light, and carried on. The class went beautifully, and my students appreciated my persistence. That's when I realized, flexibility isn't just a survival skill it's the secret to thriving.

Balancing work and personal life as an ICG wife also means understanding that self-care is not optional. I started dedicating at least thirty minutes a day to physical activity from yoga to strength training. Initially, it was about fitness; later, I saw how it improved my mental clarity, making me better at both work and home responsibilities.

Over time, I began sharing these insights with other fauji wives — many of whom were also trying to juggle their passions with the demands of family life. Some of them took up painting; others started small online businesses, and a few even launched community projects in their stations. Watching them grow reminded me that balance is deeply personal — there's no one-size-fits-all.



Tips That Helped Me Find My Flow:

Today, when I look back, I see that finding my flow wasn't about achieving a perfect schedule; it was about finding peace in the movement. It's like the sea outside my window that day always in motion, always changing, yet always whole.

If you're reading this and struggling to balance work and personal life, remember: you don't have to choose one over the other. You can be the professional and the partner, the dreamer and the doer. The key is to let go of the idea that balance is static. Instead, let it flow, just like the tide sometimes gentle, sometimes strong, but always moving forward. Because when you find your flow, you don't just balance life you live it.



Pushpa Mishra
W/o PK Mishra, P/Adh(Wtr),
CGHQ, Dte of Admin

Pravahini – My Life across Shores

"I don't wear the uniform, but I carry the same courage.

I don't sail the seas, but I anchor a world ashore.

And no matter how far he goes, I flow through life with love, strength, and quiet grace."

My Journey Begins With the Sea

I still remember the first time I waved him goodbye as his ship faded into the horizon.

It wasn't just a farewell. It was a beginning of a life full of flows across harbour, across cities, across emotions and across different roles.

As a wife of a Coast Guard officer, and the mother of a four-year-old daughter, my life has never stayed in one place.

From Karnataka's calm harbours to Andaman's green silence, to Gujarat's sun-kissed shores and now to the bustling lanes of Delhi every transfer has brought its own flow, its own colours.

And through all of it, I've learned to flow with life not just to survive change, but to embrace it with grace, laughter and faith.

When He Sails, I Anchor

Long deployment are not just part of his job but they become the rhythm of our family life.

Yes, it's tough when he's away for weeks.

It's tough when our daughter looks at me with sleepy eyes and asks, "When will Papa Ji come back?"

It's tough when you're running a home, parenting solo, managing school, schedules, sickness all at once.

But it's not just about the challenge. It's also about discovering what I'm truly made of.

I am the anchor that holds steady while the ship sails far.

I am the wind beneath the tiny paper boats my daughter folds, hoping her Papa Ji sees them one day.

Packing, Unpacking and Planting Joy

Every transfer comes with lot of chaos caton boxes, bubble wrap, endless to-do lists.

But somewhere in between, magic also begins.

From the green beauty of Andaman to the hustle of Gujarat, we've made every corner ours.

And now, with our latest move to Delhi, I find myself in a completely new zone a new ministry, a new environment, a culture I don't know yet.

Do I feel uncertain?

Yes.

Do I feel nervous?

A little bit.

But more than that I feel hopeful because every earlier posting seemed unfamiliar at first.

And every time, life surprised me with kindness, friendships and memories that still warm my heart.

So here too, I will bloom. I always do.

Love That Crosses Tides and Time Zones

We don't do daily dinners together.

We don't take holidays easily.

Sometimes all we have is one blurred video call and a missed voice note.

But somehow, we still feel close.

Our love flows just like the tide sometimes silent, sometimes roaring, but always present.

Motherhood Is a Uniform-Less Duty

Being a mother in the fauji world means constantly adapting.

There are no fixed nannies, no backup support.

But there is us her and me.

We build blanket tents, read Papa's chat, and learn to celebrate festivals with video calls and paper crafts.

At four, my daughter already understands what "Papa Ji is on duty" means.

She doesn't cry as much as she used to.

Instead, she waves at the ships in her books, hoping one of them carries him back. She is a child of the sea strong, sensitive, and learning to flow already.

The Woman Behind The Uniform

I don't serve in Indian Coast Guard but I live it.

That too is service. Quiet, unseen, but unshakeable.

And just like him, I wear strength like second skin.

I don't march, but I move.

I don't salute, but I stand tall.

Delhi — A New Chapter, A New Flow

Our most recent posting is taking us to Delhi not a coastal place, not a known ministry, not

something I expected.

I don't know the people there.

I don't know the culture or work environment of that department.

At times, it feels like starting from zero again.

But this is not new.

And each time, the unfamiliar became family.

I am sure Delhi will too.

I may not know what lies ahead, but I walk forward anyway — because I trust the flow.

Pravahini — The Spirit Within Me

For me Pravahini is not just a word it is my way of life. I am the one who adapts again and again. Not because I must but because I can. Because I believe that flowing with life brings out the most beautiful versions of who we are. I am not just the wife of a man who protects the seas. I am the woman who protects a home, nurtures a child and holds it all together with love. I don't resist the current I become it.

To Every Woman Reading This... Maybe your husband doesn't wear a uniform. Maybe your journey looks very different. But if you have ever picked up your world and moved it, If you have ever smiled while adjusting, If you have ever stood strong in uncertainty, Then you too are a Pravahini.

You are flowing.

You are glowing.

And above all, you are growing.....



Mrs Swati Thapliyal
W/o Comdt (JG) V Thapliyal,
ICGS Delhi

Shine without Losing Spark

In today's fast-paced world, women are breaking barriers and shattering glass ceilings in various fields. Whether it's the military, civil services, corporate leadership, or diplomatic corps, women are excelling in careers that demand adaptability, resilience, and strength. One of the key characteristics of empowered women is their ability to "merge like water" – seamlessly integrating into new environments, cultures, and teams without losing their essence, passion, or individuality.

The Metaphor of Water

Water is a powerful metaphor for empowered women. It's soft yet powerful, able to take the shape of any container, flow through obstacles, and reshape landscapes over time. Like water, empowered women are adaptable, yet strong. They flow into new roles and regions, maintaining their core values and individuality while building meaningful relationships and working impact fully.

Self-Awareness: The Anchor Point

Empowered women often begin with a strong sense of self-awareness. They know who they are, what they stand for, and what drives them. This clarity serves as an internal compass, guiding them through new situations and

challenges. Self-awareness allows them to filter feedback, absorb what's helpful, and ignore what's not. This prevents them from losing their uniqueness or bending to unnecessary societal expectations in new locations.

Embracing New Cultures

Empowered women respect and learn from local cultures. They participate in community events, try new foods, and build relationships. This openness helps them connect with others and build trust. By embracing new cultures, they demonstrate their ability to adapt and grow. At the same time, they remain true to their own values and principles.

Rebuilding Social Circles

When empowered women move to new locations, they quickly rebuild their social circles. They join local groups, attend events, and connect with like-minded people. These social networks become their support system in unfamiliar territories. By building new relationships, they create a sense of community and belonging.

Career Growth and Flexibility

Re locations can disrupt careers, but empowered women plan ahead. They find new opportunities, up skill, or continue working remotely. They're not afraid to reinvent themselves or explore new career paths. Their flexibility and adaptability enable them to thrive in new environments.

Setting Boundaries

Empowered women prioritize their well-being by setting healthy boundaries. They manage their time and energy effectively, balancing family, work, and personal growth. By prioritizing self-care, they maintain their physical and mental health.

Inspiring Others

Empowered women often become mentors or leaders, helping others navigate similar challenges. They share their experiences, offer guidance, and inspire others to adapt with confidence. By being visible, approachable,



and resourceful, they create a ripple effect, encouraging more women to shine without fear of change.

The Spark Within

Empowered women have an inner spark – a confidence that shines through in every new situation. They view challenges as opportunities for growth and self-discovery. This spark is not dimmed by change; it's fuelled by it. With each new experience, they grow richer in experience and stronger in spirit.

Conclusion

Empowered women show us that adaptability is a strength, not a weakness. They merge like water – flowing into new roles and environments while remaining true to themselves. By embracing new cultures, rebuilding social circles, and prioritizing their well-being, they thrive in

new situations. Their inner spark inspires others, creating a lasting impact. As we navigate the complexities of modern life, empowered women serve as role models, demonstrating the power of adaptability, resilience, and confidence.



Rajshree Pradhan
W/o Sudeep Kumar Baral Adh (QA)
Dte of Intelligence

Parenting in Fauji Style

Introduction.

When people imagine the life of a uniformed officer, the picture is often painted in broad strokes of discipline, bravery, and service to the nation. But behind that crisp uniform and unwavering commitment is a quieter, yet equally demanding role that of the family who stands behind the officer. As a mother living in a uniformed home, particularly in the Indian Coast Guard, life is shaped by tides both literal and metaphorical. My journey of raising children in this environment is one of resilience, adaptability, and a deep understanding of service not just my husband's service to the nation, but our shared service to the family we are building.

A Home By the Shore and the Sound of Ship Sirens.

Our home is rarely permanent. It is anchored not by geography but by the bonds we carry with us. The Coast Guard's duty stations vary from coastal towns where the salty air greets you every morning, to bustling port cities filled with the rhythm of ships and patrol calls. Each posting feels like a chapter in an ever changing story. Our

children have learned to adapt quickly making new friends, exploring new playgrounds, and learning that the concept of "home" isn't tied to a single house.

The sound scape of our life is unique. Instead of the distant hum of city traffic, we have sirens, ship horns, and the occasional emergency duty return calls that pulls my husband away at odd hours. For my children, this is normal though they have learned that when the siren blares or the phone rings in the middle of dinner, Daddy might have to leave, sometimes for hours or days.

The Mother as the Constant Anchor.

In a uniformed home, routines are built around duty rosters, patrol schedules, and sudden deployments. This means that as a mother, I often become the constant anchor. From school runs to doctor visits, from parent-teacher meetings to birthday parties, I am the one ensuring stability amidst unpredictability.

Children thrive on routine, but in our case, flexibility is the routine. There are days when my husband can drop the kids at school, and days when he leaves before sunrise and

returns well past bedtime. I have learned to weave our family's life in a way that celebrates his presence but also holds steady during his absence.

Teaching Resilience Through Example.

One of the unspoken advantages of raising children in a uniformed home is that they grow up seeing resilience in action. They learn that life is not always predictable, but it is still beautiful. My elder daughter once told me, "I like it when Daddy comes home in his uniform it's like a hero walking into our house". That pride is something that no textbook can teach. But it is balanced with the understanding that heroes sometimes miss school functions, cricket matches, and Sunday picnics because they are protecting others.

I make it a point to have open conversations with my children about why their father's duty is important. I help them channel disappointment into pride, and I ensure that they feel valued for their role in this service too because in a way, they are also serving the nation by sharing their father's time.

Life at the Coast Guard Residential Area: A Built-In Community.

One of the unique blessings of this life is the community we live in. Other families here understand exactly what it means to juggle

birthdays with deployments or holidays with sudden calls to duty. The children grow up in a close knit environment where friendships are formed quickly and deeply. They play with kids whose fathers and mothers also wear the uniform, and they find comfort in knowing they are not alone in this experience.

Festivals here are special. Whether it is Diwali with its rows of 'diyas' lighting up the quarters or Independence Day celebrations where the tricolour is hoisted by an officer in whites, our children witness patriotism woven seamlessly into everyday life. They grow up understanding that the uniform is not just clothing, it's a responsibility, a commitment, and a symbol of honour.

Challenges That Shape Us.

Life in a uniformed home is not without its challenges. For one, the unpredictability can sometimes feel overwhelming. Emergencies don't check the calendar anniversaries, family weddings, or even the birth of a child can be missed. When my younger one was just a few months old, my husband had to leave for a rescue operation. I remember holding my baby and watching him walk away into the rain, the sound of the wind echoing in my ears. That night was long and lonely, but it was also a reminder that I too had to be strong for myself and for the little ones who depended on me.



Another challenge is the frequent relocations. Just when the children settle into a school or make close friends, it's time to pack up. But instead of viewing it as a loss, we have re-framed it as an adventure. We explore the new city together, find its best ice cream shop, and create new memories. In a way, my children have learned more about India by living in different places than they could have from any textbook.

The Emotional Balance.

As a mother, I also carry the emotional weight of both worlds the 'home' and the 'service'. I have to keep the children's lives stable while also supporting my husband emotionally in his demanding role. When he returns from long hours at sea or an intense operation, I create an environment where he can rest, reconnect, and be present with the children.

Sometimes, my role feels like that of a bridge connecting the disciplined, duty-bound world of the Coast Guard with the tender, curious world of our children. I translate his absences into stories they can understand and his returns into celebrations they will remember.

Nurturing in the Midst of Duty.

Raising children in a uniformed home also means nurturing their sense of independence early. My kids know how to help pack for moves, adjust to new schools, and handle small responsibilities when I'm tied up. They are growing up with a maturity that surprises even me sometimes.

At the same time, I make sure their childhood is full of the simple joys that any child should have bedtime stories, family picnics (whenever possible), and silly games in the living room. I have learned that it is not about the quantity of time we spend together, but the quality of those moments.

A Mother's Silent Service.

Many people see the men in uniform and salute the bravery. Fewer notice the quiet service of the family behind them. We, as mothers in uniformed homes, may not be on the front lines, but we are holding the fort. We ensure that a sailor can serve the nation knowing his family is safe, loved, and cared for.

This is a role that demands strength, patience, and adaptability. It is a role that teaches you to value the smallest things, an evening walk with the whole family, a meal without interruptions, a festival spent together.

The Flow of Motherhood.

Motherhood in a uniformed home is like the tide. It ebbs and flows with the duty schedules, sometimes calm and predictable, sometimes turbulent and uncertain. But like the sea, it carries with it a beauty that is unmatched. We are raising children who understand sacrifice, adaptability, and pride in service from an early age.

I often think about how my children will remember these years. Perhaps they will remember the times their father missed a sports day, but I hope they will remember even more the times he came home in uniform and scooped them up in a hug. I hope they will remember the sound of ship horns in the distance and the way the tricolour fluttered proudly on the parade ground. I hope they will remember that their mother, too, was always there steady, loving, and unwavering.

And perhaps one day, when they are grown, they will look back and see that the flow of motherhood in a uniformed home was not just about raising them, but about shaping them into resilient, compassionate, and proud individuals.



Anupriya Anuraj
W/o Anuraj KJ , PSE(R),
Dte of Pers, CGHQ

Reinventing Yourself

We all know.....

“Think Good and the Good follows....., Think evil and the evil follows...”

So, why not think about great positive thoughts and change our world?

The Incident

The recent incident of air crash of Boeing 787 has left deep impact on our minds. The grief of the families who lost their near and dear ones is beyond comprehension, but, at the same time this wasn't the first mishap in aviation history. There have been aircraft accidents in past

Relief in ancient Times

During the stone age, the cave dwellers (our ancient human beings), were relaxed most of the time. Their mind and body always emitted alpha and theta waves. The creativity and innovation was at peak. Worry and stress were unheard of. However, in those times, when in trouble, the people, use to approach the holy saints for the healing powers. The reason being the faith and belief that they had in their magical powers acquired through the meditation (or delta waves).

Present Day Scenario

There are multiple feeds on social media, Instagram, X etc., apart from ever flowing forwards on WhatsApp. We all are aware that the colorful images and videos, of accident scenes and grief-stricken individuals have deep impact on the subconscious mind. As a result, the amygdala (or brain's fear centre) alerts nervous system, setting off the body's fear and panic mechanism. Eventually the hypothalamus is triggered, releasing adrenaline and cortisol.

In short more one thinks or imagines about “accident/trauma”, the mind and subconscious mind behave as if you are facing the situation. As a result, body and mind, undergo tremendous stress, since it does not understand the difference between imaginary thought and reality.

Menopause and Mid-Life Challenges

We have hardly seen our grannies, mothers or aunts going through mid-life blues or hormonal

dis balance due to menopause. But today, studies carried out by Harvard Medical School has proven that menopause not only has effect on you body (including high level of Cholesterol) but significantly impacts the mental health. So dear readers, it time to r understand and rewire yourself.

The accelerated life is full of stress due emerging challenges of population (Traffic jams), global warming (more viral infections), ever evolving digitization (which poses challenge for modern day parents). However good news is that there is a magic wand for finding happiness in this gleamy scenario too.

Know Your inner Self

This requires the systematic approach and deep introspection. We all have heard about ‘Ikigai’, but few people (esp the hustling mothers), take out time to find out , “What act of your shall take you to state of flow.”

The power of subconscious mind is unimaginable. It is source of your energy, aspirations, and altruistic urges. It has solutions to all your fears, agonies, uneasy feelings, and mental turmoil.

Be Mindful of the internal Chatter

One would be shocked to know that all ‘dis-eases’ originate in the mind. Nothing appears on the blood report and scans unless there is a mental pattern corresponding to it. In short your tomorrow is decided on how are feeling today, what is your inner mind saying. What we choose to believe and accept today will create our future.

Power of Thoughts

There is a powerful force that lies within each of us. And that is power of thoughts. We can use it to train our sub conscious mind. Our subconscious mind has the answers to all questions. We are master of our destiny, only when our heart and brain are in sync with our ambitions. The things which we want to achieve, mind should be eager for it and brain should believe, that we deserve it. We should

choose to believe in kind thoughts, they help in feeling better and healing faster, rather than thoughts that make us uncomfortable.

The power to choose is always with us. We can choose to rise above the challenge and find meaning in the struggle rather than groping in negative ways. Choosing also means prioritizing "what is important to us". Whether its relationship, career, health, or personal development, our choices reflect our priority. When you align the decision with your values you create a life that feels authentic and has sense of fulfilment.

Way ahead

There is a catch in controlling inner mind. If you tell your brain/mind NOT to think about pink elephant with wings, the only thing it shall imagine is pink elephant with wings !!! The solution is that give positive commands to your mind. The easy way to program subconscious mind positively is through manifestations by making Bucket list, Vision Boards and affirmations.

Vision Board

Vision board , gives a constant source of energy and vitality. It is a pictorial depiction of dreams. To make vision board more intense, its essential to make a list of your desires(Bucket list) , for next one year, five years and ten years. Then go to internet and sort out the images which appeal most to your heart. Vision board when viewed in morning and before going to bed, serves as vital tool for rewiring your inner mind, which intern helps in shifting the energies resulting in early realization of goals.

Affirmations

Affirmation are the powerful tool not only to personal growth but also for the personal transformation. They decrease your worry, fear and anxiety. Affirmations impacts our thinking. We can choose our thoughts. Whatever we think about ourselves and life, becomes true for us and our subconscious mind accepts whatever we choose to believe. It does not have its mechanism to validate the thoughts. Affirmations are always to be said in present tense. Watch you words and choose them wisely. If you choose positive

words like love, peace, growth, laughter, the positive vibration echo into the world around you, calming your subconscious mind and brain waves. We may choose affirmation as per our preference like

I am peaceful soul

I am lucky to have loving family

I breath in happiness and breath out worry

I am blessed to have magnificent friend circle.

In Pursuit of Happiness

Happiness is state of mind. It is way you think. You have power to choose your thoughts. The smallest positive change in your thinking can begin to unravel the biggest problem. Happiness and peace are always within you. Make sure you are connected with your inner self.

Circumstances may influence your option but they do not define them. Do gather the courage to break the stereo type patterns, it shall lead to greater personal growth and a newer you.

Conclusion

You are your own responsibility. As the famous Sanskrit shloka says

“ एकः प्रजायते जन्तुरेक एव प्रलीयते ।
एकोऽनुभुङ्क्ते सुकृतमेक एव च दुष्कृतम् ॥

ekaḥ prajāyate jantureka eva praliyate |
eko'nubhunkte suk tameka eva ca duṣkṛtam ||

Alone is a creature born, and alone does it cease to be; alone it enjoys its good deeds and also its evil deeds.

You are author of your life and each choice or decision you make is chapter you etch on the plethora of your life.



Comdt (JG) Mridul Joshi
W/o DIG Atul Joshi Dte of Personnel

Finding Your Inner Flow: Mindfulness, Fitness, and Self-Care

Who I Am: A Life Built on Duty, Not Self

Born and raised in a middle-class Indian family, I was taught that life is a ladder of responsibilities. Each rung was marked not by personal growth, but by service—to parents, siblings, career, husband, children, in-laws. The idea of “self” was never part of the curriculum. We were conditioned to believe that fulfilment comes from how well we serve others, not from how deeply we know ourselves.

Before marriage, my life revolved around academics and career. I never dreamed of going abroad—not because I lacked ambition, but because I wanted to be close to my parents, to care for them. Even in my professional life, I gave my all. As a physiotherapist, the expectations were always high and demanding. From hospital duties to managing my own clinic after hours, the work never stops. ICU

night shifts, emergency calls, and patient care demand not just skill but emotional strength and in all this, one question remained buried: Who am I beyond these roles?

Marriage: A New Chapter, Same Story

Marriage didn’t bring relief—it brought a new set of responsibilities. Now, I was not only a professional but also a wife, a mother, a daughter-in-law. My husband serves the nation, and his duty to his men and country comes first. I respect that deeply. But it also means I shoulder the home front alone, often without complaint, because love sometimes means sacrifice.

Yet, in this noble balancing act, something began to slip—my health, my joy, my identity. I became a machine of service, a woman who forgot to ask herself what she wanted, what made her smile, what gave her peace.

A Child’s Innocent Question: The Spark of Awakening. One ordinary afternoon, my four-year-old daughter was playing house. She looked at me and asked, “Mumma, what’s your favourite hobby?” I froze. I had no answer. I had no hobby. No pastime, no *ikigai*—the Japanese concept of “reason for being.” That innocent question pierced through years of self-neglect. I realized I had been living without truly being. That day, I decided to change.

The Journey To Inner Flow Begins

Finding your inner flow isn’t about abandoning responsibilities—it’s about integrating yourself



Practice	Benefit
Start a hobby (even 10 minutes/day)	Rekindles passion and identity
Schedule “me-time” weekly	Builds emotional resilience
Join a local class or online group	Creates community and connection
Practice breath work or meditation	Reduces stress and enhances clarity
Celebrate small wins	Boosts self-worth and motivation
Read for pleasure	Stimulates imagination and relaxation
Speak kindly to yourself	Heals inner wounds and builds confidence

into the equation. It's about creating harmony between mindfulness, fitness, and self-care. Here's how I began my journey:

- Fitness. Rebuilding physical strength
- Self-Care: Nourishing the Soul
- Self-Realisation. The Discovery of Flow

As I embraced these practices, something magical happened. I began to feel whole. I wasn't just a mother, wife, daughter, or therapist—I discovered self as an individual. I learnt that flow isn't a destination; it's a rhythm. It's the gentle current that carries you when you align your inner world with your outer responsibilities.

I found my Ikigai—not in grand achievements, but in small, intentional acts of self-love. I realized that when I nurture myself, I become better at nurturing others. My energy became more vibrant, my patience deeper, my joy more contagious.

Suggestions To Make Life More Colourful.

If anyone standing where I once stood—exhausted, invisible, yearning, here are some experience based pro-tips to help one to begin:-

Conclusion: Flow Is Freedom

Finding your inner flow is not a luxury—it's a necessity. It's the bridge between duty

and desire, between chaos and calm. It's the gentle reminder that you matter; not just as a role, but as a soul.

You don't need to escape your life to find peace. You need to enter it more deeply—with awareness, movement, and love. The journey begins with one question: What makes me feel alive? And the answer, my dear, is waiting within you.

*In the hush of dawn, a whisper grows,
A soul awakens where the river flows.
In the dance of breath and heart's soft glow,
I found my rhythm, my inner flow*



Dr. Pamela Biswas
W/o Comdt Ranjan Biswas
Dte of Plans, CGHQ

How Do a Smooth integration without Losing their Spark in Deployments & Postings

I have always believed that life has its own current. Sometimes it carries you gently forward; sometimes it pulls you in directions you never planned to go. The trick, I've learnt, is to move like water to adapt, to merge, to keep flowing no matter what.

My journey began in the temple town of Guruvayur, a place where devotion hums in the air like an endless prayer. Growing up there meant living in rhythm with rituals the temple bells at dawn, the floral scents during festivals, and the drumbeats that echoed through the streets. Life was simple, predictable, and wrapped in tradition.

Yet, somewhere in that small town, a dream quietly formed inside me. I didn't know its exact shape then I just knew I wanted to explore the world beyond those temple streets. My parents valued education deeply, so I studied with determination, imagining one day I would step into a larger stage.

When I met the man who would become my husband an Indian Coast Guard officer I knew I was stepping into a life where change would be the only constant. Marriage brought me into the heart of the fauji world a life of postings, protocol, and unpredictability. I still remember the day I packed my bags to leave Guruvayur for

my first posting as an ICG wife. My hometown had been my safe shore; now, I was sailing into uncharted waters.

The early months were both exciting and overwhelming. Every new place meant setting up a home from scratch, meeting new people, and learning the unique rhythm of the station. My husband's long and uncertain duty hours were part of the package, and I had to shape my days around them. The romantic idea of "adapting" was much harder in reality especially with a young child and no extended family nearby.

It was during one such posting that I rediscovered my anchor: Music. Music had been part of my life since childhood, a language I spoke more fluently than words. I decided to pursue it seriously, enrolling in a degree course while managing my household responsibilities. It wasn't easy assignments were often completed late at night after my child had fallen asleep, and practice sessions had to be squeezed between cooking, errands, and official events.

When I finally completed my degree in Music, it felt like a personal victory. But I didn't stop there. I wanted to share what I loved with others. That's when I started offering online music lessons. My very first student was a shy little girl who had never held a ukulele before. She reminded me of myself curious, hopeful, and a little unsure. As her skills grew, so did my confidence as a teacher.

One student became three. Three became ten. Today, I teach around 100 students worldwide, spread across different time zones, cultures, and age groups from children learning their first chords to working professionals rediscovering music after years away. My classes are filled with laughter, encouragement, and a sense of connection that transcends borders.

Somewhere along the way, another change began within me. While I was helping others grow in music, I was neglecting my own health. Long hours of sitting, irregular eating habits, and a lack of exercise had left me feeling sluggish. I realized I couldn't pour from an empty cup if I wanted to inspire my students and my family; I needed to take care of myself too.

So, I began my fitness journey. At first, it was just morning walks and light stretching. Gradually, I explored strength training, yoga, and nutrition.

The physical transformation was rewarding, but the mental clarity it brought was even more valuable. I found myself more energetic, more patient, and more creative. Eventually, I trained to become a certified fitness trainer, not just for my own growth but to help others make the same change.

Looking back, I see that every phase of my life the rooted simplicity of Guruvayur, the whirlwind of fauji postings, the late nights of study, the nervous start of online teaching, the discipline of fitness has been like a stream merging into a river. The waters may have changed course, but they've always kept moving forward.

Here's what I've learnt about merging like water:

Adapt quickly- Every new place, every new role, will demand adjustments. The faster you adapt, the smoother your journey.

Carry your passion with you- Postings and circumstances change, but your passion can be your constant.

Embrace community- In the fauji world, friendships become your family. They will help you through storms.

Invest in yourself- Whether it's education, skills, or health — keep growing.

See change as opportunity- Every shift in your life can open new doors if you're willing to look.

There was a time when I feared change because it meant leaving something familiar behind. Now, I see it differently. Change doesn't erase your past it adds layers to who you are. Guruvayur will always be part of me, just as the fauji life is now a part of me. Music will always be my first language, and fitness will always be my daily discipline.

Like water, I've learnt to take the shape of whatever life pours me into a small, quiet town, a bustling naval base, an online classroom, or a fitness studio. And in each form, I've found a way to keep flowing.

If my story can inspire even one woman whether she's in a remote station, juggling young children, or feeling lost in the waves of change then it's worth sharing. You don't have to have everything figured out. You just have to start, and then keep moving, adapting, merging like water.

Because water doesn't resist. It finds a way. And so can you.

A Fauji Wife's Travelogue

If there is one thing the Fauji life has taught me, it is that home is not just a fixed place. It's wherever you unpack your bags and let your heart settle for a while and in this constant shifting, I've been gifted something truly precious, the chance to explore the incredible landscapes and cultures of India, often in places most people never dream of visiting.

When my husband's transfer orders come, they bring more than just a new address. They bring a fresh canvas, mountains, seas, forests, deserts, each one offering its own rhythm. For me, travel in fauji life is not limited to a tourist's itinerary. It is living in a place long enough to feel its pulse, understanding its seasons, learning its scents and flavours, and weaving them into your own story.

From the Shorelines of Andamans

One of my most unforgettable postings was to the Andaman and Nicobar Islands. Our quarters overlooked a quiet stretch of coastline where mornings were marked by the sound of waves and the call of sea-birds. The sea here had moods some days a gentle, glassy blue, other days roaring with white-caps under grey skies.

Weekends were for small adventures a short ferry ride to a nearby island, a picnic on a beach where the sand shimmered like powdered coral, or a walk through a dense mangrove forest where roots twisted like ancient sculptures. We'd buy fresh fish and vegetables from local markets, where vendors always had a story to tell. And in the evenings, I'd sit outside, watching the sun melt into the horizon, thinking how rare it was to live in a place where nature still feels untouched.

The fauji life here was slower, calmer but also required its own kind of resilience. Supplies could be delayed, weather could turn suddenly, and sometimes we'd go weeks without a proper outing because my husband was on long patrols. But in those moments, nature became my constant companion.

The Quiet Beauty of Kamorta

Kamorta, a small island in the Nicobar district, was perhaps the most remote place we've ever

been posted. It wasn't a place you "visit" it was a place you lived, adapted, and grew into. Shops were few, resources limited, but the beauty was boundless. The beaches here were wild and untamed, with driftwood scattered like sculptures and shells in every shape imaginable.

Life here revolved around the basics. Without malls or fancy restaurants, our entertainment came from nature and each other — community gatherings, beach walks, evening chats under starlit skies. I began to see travel not as constant movement, but as deep immersion in a place's essence.

Lessons From the Road

Travelling as a fauji wife is different from being a tourist. We don't just visit; we belong even if only for a while. We celebrate festivals in new ways, shop at local bazaars, and pick up bits of new languages. Every posting leaves its imprint the recipes I carry from the Andamans, the monsoon memories of Meghalaya, the calm resilience from Kamorta.

I've Learnt a Few Truths along the Way:-

Every place has its rhythm. You can't rush into it, you must listen, observe, and let it carry you.

Nature heals. Whether it's the sound of waves or the sight of snow-capped peaks, being close to nature softens the edges of stress.

Adaptability is strength. From limited supplies to sudden changes in plans, learning to adjust keeps life smoother.

Memories matter more than souvenirs. The real treasures are the moments — the laughter shared, the sunsets watched, the friendships made.

Flowing With the Unplanned

Many of my favourite travel memories came from unplanned detours. Once, on the way to a beach in the Andaman's, we took a wrong turn and ended up at a tiny fishing village. The locals invited us to join their meal fresh curry, rice, and stories of the sea.

These moments reminded me that the best travel experiences aren't always the ones you plan. They're the ones you stumble upon when you allow yourself to flow with the journey.

Why Nature Feels Like Home

As an ICG wife, I've learnt that the natural world offers the kind of stability that postings cannot. The sea may change its mood, the clouds may shift, but nature is always there ready to ground you, inspire you, and remind you of life's bigger picture.

Even now, whenever we arrive at a new posting, one of the first things I do is find "my spot" a place in nature where I can sit, breathe, and simply be. Sometimes it's a quiet corner of the beach, sometimes a shady spot under a tree, sometimes a hilltop where I can watch the world below. These places become my anchors, my sanctuaries.

Final Words

Fauji life is, in many ways, a journey without a fixed map. But that's what makes it beautiful. Each place becomes a chapter, each journey a story, each natural landscape a backdrop to our shared life.

Travel has taught me to live fully in the present, to embrace the unknown, and to trust the flow the same way rivers trust that they will eventually meet the sea and perhaps that's the greatest gift of all knowing that wherever the next posting takes us, there will be a new horizon waiting to be explored.

Because in fauji life, as in nature, the only way to live is to flow



Aswathi Krishna V
W/o Comdt Rohit Kulkarni
Dte of Adm, CGHQ

Balancing Work And Life

Setting work aside at the end of the day and catching up with loved ones is personal time, often devoted to pursuing personal interests.

At times, these simple pleasures can seem elusive and unattainable. As we commit time to one side, the others seem to shrink inevitably. Yet, despite how it may sometimes seem, it is possible to achieve a healthy balance that fits your particular circumstances and supports your professional goals and personal relationships.

The unique nature of our lives also means that each of our work-life balances will be unique. For a college student, it might mean forgoing Friday night parties this weekend to revise for next week's exam. For a parent, it might mean adjusting their work schedule to spend more evenings with their kids during the school year. It might mean setting aside specific days for self-care for a busy nurse or teacher who spends all day helping others.

In other words, there is no universal approach

to achieving harmony between work and life – but there are methods that can point most of us in the right direction.

In this article, you will learn what work-life balance is, why it matters, and the steps you can take to start achieving yours.

Work-Life Balance Meaning

Work-life balance is the amount of time you spend doing your job versus the time you spend with your friends and family and pursuing your interests.

However, the term has been scrutinised recently because it suggests that our work and personal lives exist in separate, adversarial spheres, constantly fighting for our time. We might inadvertently reinforce unhealthy concepts about how to view our work or personal life, such as feeling guilty when we forgo one responsibility for another.

In response, some have begun advocating instead for the term work-life integration

or the synergistic blending of our personal and professional responsibilities. From this perspective, work is one of the numerous aspects of our lives which needs to be considered alongside other important concerns, such as our home and family lives, community, and personal well-being. Supporters argue that each feeds one another and is necessary for us to thrive.

Rather than resembling a scale with two competing sides, work-life integration more resembles a Venn diagram of overlapping interests.

Whatever term you prefer, the reality is that both describe our fundamental attempt to manage our various responsibilities and goals. While work-life integration might give you a more holistic framework for managing your responsibilities, work-life balance might emphasise a much-needed sense of division for those who find work creeping into their personal lives, particularly with the rise of smart phones. Sometimes, you may find it helpful to switch between the two as needed.

What Does Work-Life Balance Look Like?

The unique nature of our lives and fluctuating responsibilities means that work-life balance and integration look different for everyone. Some examples include:

Importance of Work-Life Balance

Your work-life balance can improve your overall well-being, including physical, emotional, and mental health.

Studies have found that long hours can lead to serious health issues such as 'impaired sleep, depression, heavy drinking, diabetes, impaired memory, and heart disease'. Unfortunately, as such conditions arise, they can also affect our work-life issues, which in turn can exacerbate the conditions themselves, leading to a vicious cycle.

While employers and employees may associate long working hours with increased productivity, many researchers say otherwise. One report by Stanford University and IZA, for example, found that after workers hit a certain number of hours, their productivity began

to decrease as the potential for mistakes and injuries increased.

As a result, achieving a healthy work-life balance can reduce stress, improve emotional states, and increase overall productivity and employers' bottom lines.

Stress in the Time of Corona-virus

The ongoing pandemic has greatly exacerbated stress in India. According to a 2021 survey by the insurance broker firm Mercer Marsh, 59 per cent of employees in India reported feeling extremely, highly, or somewhat stressed daily. Meanwhile, another 2021 report found that the pandemic and school lock-downs negatively impacted students' mental health, especially those from impoverished families who didn't have access to online classes.

As you work to manage your job responsibilities and personal life, remember that you are not alone, and we're all facing unique challenges. Making life changes is a process that requires repeated adjustment and re-evaluation – perhaps now more than ever.

How To Improve Work-Life Balance?

Below, you will find a method for developing a work - life integration approach adapted from research conducted by Ioana Lupu, Mayra Ruiz - Castro, and Bernard Leca. In their study, the researchers interviewed 78 professionals about work - life balance and identified a five-step process that helped others achieve theirs. Below, these steps have been collapsed into a three-step structure to help simplify the process. These steps are:

As you work through these steps, recall that finding an approach that works for you is a process that will likely require several attempts. Rather than being a sign of failure, modulating your approach is an integral part of the process.

Step 1: Pause and Pay attention

Understanding how the various parts of your life impact one another is a necessary step in developing a new work-life integration that serves your needs.

As you pause to consider your current work-life situation, ask yourself how you feel about your

current situation. Some questions you might reflect on include:

As you are thinking through these complex personal questions, Journaling your thoughts and feelings can be a good way to identify the areas you feel need the most significant adjustments. Ultimately, these questions help you better understand your current situation.

Step 2: Re-Prioritise and Reassess

Once you have a better sense of where your work-life balance could be most impacted, you will want to re-prioritise your values and reassess your overall approach to honouring them. During this step, identify what is most meaningful to you and why, and consider alternatives to pursuing them.

Throughout this step, some questions you might ask yourself include:

Step 3: Reflect, Refine, Repeat

Finally, once you understand what you can do to make a more manageable work-life balance, it's time to implement those changes.

This step will be different for everyone. For some, it may mean setting firm boundaries

at work about when you can be contacted whilst out of the office, whereas for others, it might mean scheduling personal time for self-care. Still, others might look for more flexible work that allows them to take parental leave when needed or control their work day with flexible hours.

Whatever actions you decide are needed to create a good work-life balance, you should be conscious that you will likely need to continue refining it over time. Big life changes take time, so reflecting on your approach and refining it periodically will probably be integral parts of the process.



Mousumi Das
W/o Shib Sankar Das P/Adh (QA)
Dte (Log) CGHQ

Work-Life Balancing of a Working Cgwwa Member, Whose Husband Is away on Duty

At dawn she stirs, the kettle hums, the school
bags wait in line,
Three pairs of shoes, three dreams to lace, all
racing against time.

Her hands pour warmth in breakfast bowls, her
eyes scan every need,
A gentle word, a hurried kiss, yet she feeds her
Thrayam's heart.

Between the files and ringing phones, her mind
still counts the hours,
For parents' comfort, children's laughs, and
tending garden flowers.

She juggles deadlines, household chores, with
no one else in sight,
Yet greets each task with quiet strength, and
battles through the night.

Some days the weight feels far too much, yet
still she stands so tall,
For love and duty lift her up whenever
shadows fall.

She holds the fort with steady hands, though
winds may shake her days,
Her courage hums in quiet tone, her hope in
gentle ways.

The sea has claimed her sailor's days, yet love
remains her chart,
Each tide that pulls him far away still anchors in
her heart.

The uniform he proudly wears reflects her
steadfast grace,
For every watch he stands at sea, she guards the
home's embrace.

In whispered prayers she seeks the chance to
 have him posted near,
 Yet bows to what the nation needs, her love
 outweighing fear.
 For in her heart she knows full well, their love's
 the brightest star,
 That lights the path for all they are, no matter
 near or far.
 Her three girls collectively and affectionately
 called as Thrayams



Mrs. Mary Ann Simi Rodrigues
 W/o Bony Bose Soza TC, U/Adh (P)
 Dte of ICG AP

The Silent Sentinel

In rows of painted walls and gates all same,
 Uniform houses where no two hearts are tame.
 A mother wakes before the dawn can yawn,
 Boiling milk, tying ribbons, though sleep is gone.
 Her man is out at sea, where the salt-winds bite,
 Defending borders in the moonless night.
 His voice comes home in a crackling call,
 Short hellos, no time to tell it all.
 She walks the lanes where nameplates gleam,
 Each door a different, untold dream.
 Some wives laugh, some hide their tears,
 Each raising children through shifting years.
 The baby's fever at midnight's hour,
 The school fees due, the broken power.
 The parent-teacher day she attends alone,
 Clapping loud though her hands feel stone.
 She teaches the child how to ride a bike,
 While inside she breaks, but no one will strike.
 A medal for scraped knees kissed in the rain,
 Or stories told to mask her pain.
 Her patience is stitched in every seam,
 Homework checks, and the bedtime dream.
 She expects no grand applause or crown,
 Just the sound of her child lying safely down.
 Sometimes the loneliness hums like a train,
 Echoing through walls she cannot explain.

Festivals come with their lights and sweets,
 But her Diwali is half-complete.
 Yet she stands, oh she stands, like a lighthouse tall,
 Through storms, that try to swallow it all.
 Her love is not loud, it is steady and deep,
 It guards her child while the oceans keep.
 Her husband far, in a world of grey,
 Till the nation calls him home one day.
 She is the unseen shore he sails toward,
 The anchor he trusts without a word.
 And though her dreams sometimes fade from view,
 She trades them all for the child she grew.
 For in these uniform houses, the truth is plain,
 It's not the walls, but the hearts that sustain.
 And a Coast Guard wife, with her silent art,
 Builds both a home and a nation's heart.



Lt Sharmila Urs
 Dy Comdt Avinendra Srivastav,
 Dte of Pers, CGHQ

तटरक्षीका हूँ मैं, मैं हूँ सशक्त नारी

आंखों में चमक, दिल में उमंग भर,
मेरा तटरक्षक, तैनाती से जब लौटे घर।
अगले तैनाती सूचि को, उन्होंने किया जारी,
तटरक्षीका हूँ मैं, मैं हूँ सशक्त नारी।
हुआ जो अभी, माहौल प्यारा प्यारा,
सहम सी गई मैं, सोच जुदाई का नजारा।
नई बात नहीं ये, हर परिस्थिति पर भारी,
तटरक्षीका हूँ मैं, मैं हूँ सशक्त नारी।
अगले तैनाती के, दिन आये पास,
कर मन को नियंत्रण, नहीं मैं उदास।
देश प्रेम मे, मेरी भी भागीदारी,
तट रक्षीका हूँ मैं, मैं हूँ सशक्त नारी।
कर्तव्य, समर्पण आपका समंदर मे,
बच्चे, परिवार की जिम्मेदारी, मेरी घर मे।
सुख दृ दुख को एकीकरण करने मे समझदारी,
तटरक्षीका हूँ मैं, मैं हूँ सशक्त नारी।
नई जगह, नया घर, था अभी बसाया,
कार्य से लौटे पदस्थान का ब्योरा बताया।
रह जायेगी यादे, छूटे पुरानी यारी,
तट रक्षीका हूँ मैं, मैं हूँ सशक्त नारी।
रुक रुक कर यादों की उलझन को, मुस्कुराकर झेलती,
तेरी अनुपस्थिती मे भी प्यारी कहानिया रचती।
वो अकेलेपन मे भी, कविताये सवारी,
तट रक्षीका हूँ मैं, मैं हूँ सशक्त नारी।
गम छुपाकर हसती हूँ, उसकी यादों को सहेजती है,
उसके लौटने का सपना, उसकी तकदीर मे बुनती है
जिसकी शक्ति अपार, विरांगना न्यारी, तट रक्षीका हूँ मैं
मैं हूँ सशक्त नारी।



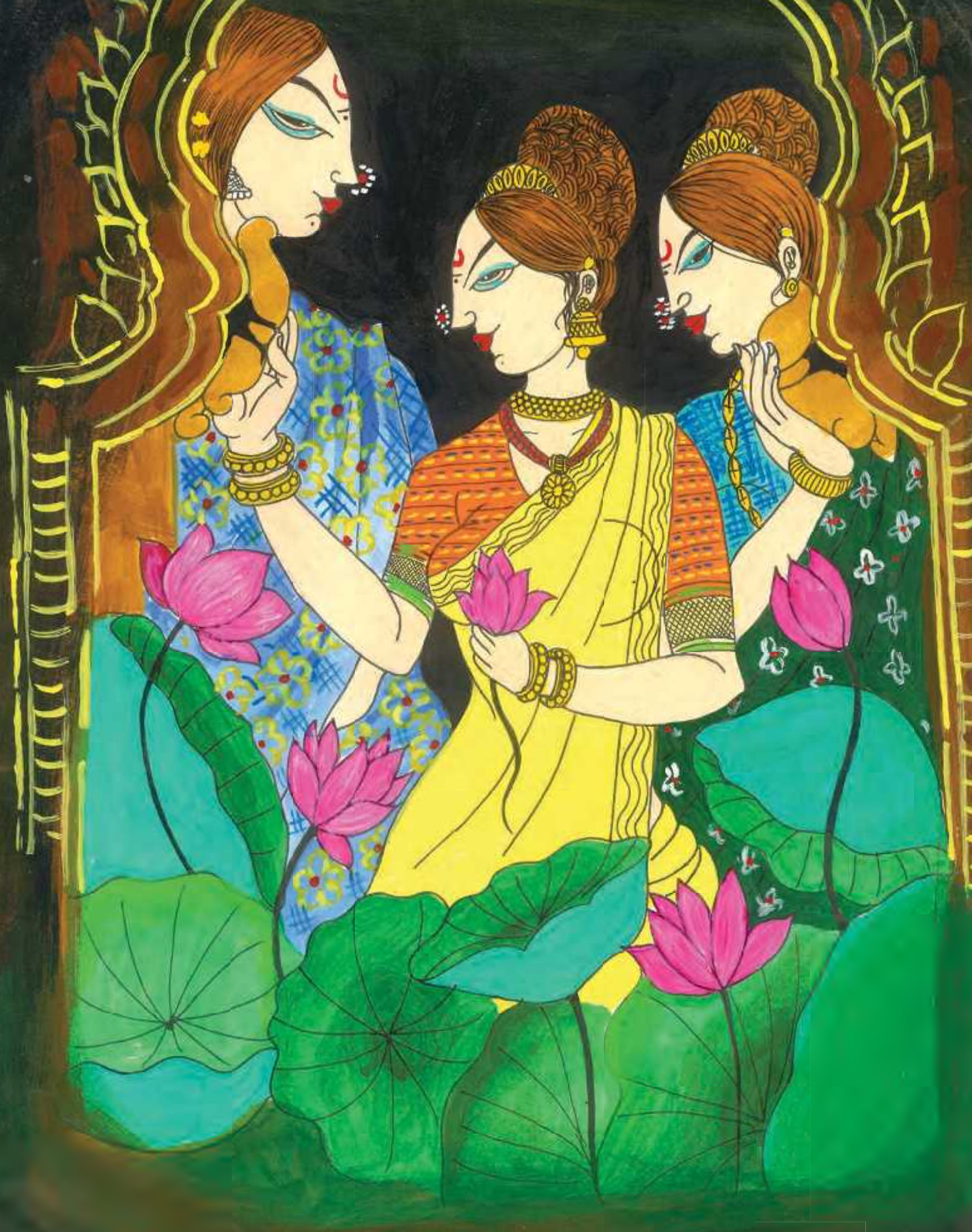
आसिफ गुल्मोज्जम फयाजी
सुपुत्र अब्दुल हमीद, प्रधान अधीकारी,
सम्भारिकी निदेशालय

सैनिक-घर की छाँव में

घर में पहली आवाज जब, बच्चे के रोने की होती,
बाहर बँड बज रहा होता, परेड की तैयारी होती।
माँ की गोद में लिपटा बच्चा, पिता की वर्दी को छूता,
जैसे ही सलामी देता है, पूरा दिल झूम उठता!
क्यों पापा इतने दिन गए? बच्चा पूछे बार-बार,
माँ समझाए – देश की रक्षा, ये है उनकी पहली ड्यूटी प्यार!
खिलौने नहीं, बैज और मेडल, इनके खेलने की चीज,
नाविक का बेटा जब चलना सीखे,
कदमों में ही देश प्रेम की सीख!
आज अंडमाण, कल कवरती, परसों चेन्नई का डेरा,
हर तीन साल में नया स्कूल, नए दोस्त, नया घर मेरा।
माँ कहती – ये भी एक मिशन, तू हर जगह अपनापन ढूँढ,
जिस मिट्टी में भी तैनाती हो, वहीं को घर समझ ले बेटा!
भाषाएँ, रीति-रिवाज नए, हर राज्य का अपना रंग,
सैनिक बच्चा बन जाता है, छोटा सा भारत संगम।
गुजराती दही, दक्षिण का इडली-डोसा,
पिता की ट्रेनिंग की तरह, ये भी तो एक भारत दर्शन होता!
जन्मदिन पर नहीं आ पाए पापा,
आइ एम बी एल पर चल रहा ऑपरेशन,
माँ ने केक काटा, फिर लगाई मोमबत्ती – शहीदों की याद में प्रार्थना।
स्कूल में जब पूछा शिक्षक ने – क्या बनोगे बड़े होकर?
बिना सोचे जवाब दिया – वर्दी पहनूँगा,
पापा सा नाम कमाऊँगा!



हर्ष परमार
सुपुत्र परमजीत सिंह, प्रधान नाविक,
सम्भारिकी निदेशालय



Mrs. Mini Anoop,
W/o Anoop KM Adhikari (QA),
ICGS Arnvesh

Regional President Tatrakshika West



It is with immense pride and deep humility that I share this message on behalf of team west. The year gone by tested us in many ways — our brave men stood firm in challenging situations at sea, while the women of our region remained an unwavering source of strength and support on shore. Their resilience, leadership, and courage continue to inspire not only those around them, but generations yet to come. They remind us every day that true strength is not defined by physical might alone, but by compassion, discipline, the ability to rise above challenges, and a wholehearted commitment to family and community.

As the heartbeat of coast guard families, the women quietly shoulder long separations, sudden changes, and the immense responsibility of holding everything together while their loved ones guard the vast maritime frontiers of our nation.

The theme of this year's Urmi — Pravahini (प्रवाहिनी), meaning flow — captures this spirit beautifully. Like a river, women move forward with courage and grace, adapting to twists and turns while nurturing their inner strength and radiance. Pravahini celebrates the many flows that enrich their lives — the flow of motherhood, where resilience is passed on to the next generation; the flow of inspiration, where women's journeys of change and achievement illuminates the way for others; and the flow of balance, where personal aspirations blend seamlessly with family responsibilities. It is about adapting like water during postings and deployments, yet never losing their individuality.

Urmi has always been a mirror of who they are — women of substance, carrying the flow of life with dignity, strength, and joy. They remind us that service is never a solitary journey — it is shared, lived, and strengthened by families like theirs.

I congratulate the editorial team for bringing together such a wonderful collection of thoughts, experiences, and words of courage from our talented writers. May Urmi continue to inspire, connect, and celebrate the extraordinary women who keep the coast guard family marching forward.

Mrs Anju Sharma
Regional President Tatrakshika (West)

Representation of CGWWA West



Mrs Anju Sharma



Mrs Archana Singh



Mrs Anuradha Mishra



Mrs Vibhavari Patil



Mrs Deepika Bhatia



Mrs Payal Mehrotra

RHQ West Committee



Contents

01. Photo Gallery - West	52
02. True Essence of Fauji Life	59
03. Silent Heroes of Uniformed Homes	60
04. Mein Apni Favourite Hoon!!!	61
05. The Soul of Water- Woman	62
06. The Flow of Inspired Women	64
07. My Life! My Way!	65
08. Rainbow of Motherhood	67
09. Inspiring Journey to Health, Happiness, and Healing	68
10. The Green Indian Kitchen	70
11. Travelogue: A Drive to Little Rann	71
12. The River in Me	72
13. अपने आंतरिक प्रवाह को ढूँढना	73
14. मातृत्व की धारा: एक अनोखा दृष्टिकोण	73
15. फौजी जीवन और यात्रा	75
16. मातृत्व का प्रवाह	76
17. जिन्दगी	76
18. जल-सी एकरूपता	77
19. एक माँ की नजर से	78
20. जिंदगी की तलाश	78
21. Photo Gallery - North West	83
22. The Resilience of a Fauji Wife	90
23. Parenting in Uniformed Homes	91
24. A Smooth Integration of Empowered Women	93
25. Life Travel and Culinary Lessons	95
26. प्रवाह	96
27. अपने भीतर की लय	97
28. माँ के प्यार की वर्दीधारी धारा	98
29. आंतरिक प्रवाह की खोज	98

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Meet And Greet



Upskilling Initiative (Suruchi)



Leaf Painting



Building Strong Family Dynamics



In Sink with Garba



Bamboo Craft



Rangoli Making Competition



Icing Techniques

Healthy Community, Healthy Future (Sanjeevan)



Yoga for Health



Health Camp



Water Yoga



Health Camp on Pre & Post Pregnancy Care Awareness



Blood Donation Camp



Health Care Support



Chair Yoga

Our Planet, Our Responsibility (Srishti)



Spreading the Awareness on Green Planet



Interdependence of Environment and Happiness



Tree Plantation Drive



Go Green, Tree Plantation



Go Green, Live Clean



Aquarium Deco Ideas

Learning Is An Adventure (Saksharta)



Art of Self Defence



Skill Workshop



Eco - Spirituality



Visit to Turtle Nesting Centre



Art of Letting Go



Visit to Naval Maritime Museum

Offering A Helping Hand (Sneha)



Providing Support



Lending a Helping Hand



Interaction time (Suraksha)



Community Supporting



Token of appreciation to the Conservancy Staff



Distribution of Essential Items

Tiny Hands, Big Dreams (Sanskar)



Sanchar team

True Essence of Fauji Life

I have been married to a Coast Guardian since 2015 and I knew how challenging it will be to be as "Tatrakshika". I remember he came to meet my family and told everything about 'how the life gonna be'. I was aware of the situations I am going to face in future and that my life will not be same as ever again.

Though, the days past and we spent our glorious four years together in Chennai inside the service quarters. I adapted myself with the service and adjusted with the routines as well as his ashore and afloat appointments. The life at CGRA, Mogapair was so beautiful, I got company of other Tatrakshikas who were of my age. I made quite good new friends over there, and started swimming with the current. It was on my mind that everything he told before marriage about hardship of the service was just a 'bluff' and might be he said those things as if he did not want us to stay with them.

The life together was running smoothly till Aug 20, he finally got posting at a hard station to an unknown place for all of us called "Murud Janjira". Thanks to google, we came to know about the location. We were very excited after seeing the pictures of the place. It was nature's paradise and we crafted many things in our mind. At that time itself, it was just three months for Joyce (My Second daughter) to enter into the world. He decided to drop us home and report to station on time. We planned to join him after he would settle everything at our new home. We too showed our trust on him and waited for him. It was Apr 2021, the COVID saga was getting weaker and we were comfortable enough for travelling, yes with possible risk too. He had rented a full house in a small village of Murud Tahsil, just about 6 Km from ICGS Murud Janjira station name 'Shighra'. As expected, we were truly inspired by the beauty of the place and also the calmness of the village. After living in a metro city, we came to a smaller village, the place was surrounded by the mountains / dense forest from the three sides and Arabian sea covering the rest. Me, my mother in law and my daughters were extremely delighted with this posting. But, this happiness was about to be shadowed by bland clouds.

It was mid may 2021, Cyclone Tauktae, one of the weapon of destruction god has sent. The cyclone passed close through west coast of India and made impact with heavy rains and winds. The village was flooded as it was situated in the plains of Western Ghats. At that time he was carrying out the duties of Ops Room in-charge was struck at the office. Although, the distance between the office and our house was just 6 km but covering those 6 km required to cross the artificial river formed by the flood. The land had disappeared underwater, such that only two side mirrors of our Honda Activa were visible making it almost impossible for him to come home. The communication cuts made the situation worse. The house was full of water, and the utensils, toys, ration and various other household items were swimming and dancing all around the corners. Me, mother and my kids somehow managed to cross the road next to our house and got shelter at neighbours house who were also facing the similar challenges. The whole night we were praying to all known and unknown gods / saints for mercy. Only I know how I managed to feed my infant, and my elder one. We also had some packets of food that we gathered in small bag while leaving our house. At that time, our neighbours came as a real rescuers/saviours.

The next day, by evening the water level started decreasing and he came back to home. Tiredness and dizziness was clearly visible on his face. He was not aware where we are, till my daughter called from the window next door. It was full filmy reunion; we all had complaints for him, unknowing where he was? How he was? We thought only we were in trouble. He took us to a nearby mosque for food and shelter. He then told us to stay for sometimes there and proceeded directly to our house. By morning 05:00 he took us back to our house, where I can clearly see the cleanliness of the house, the arrangements of furniture. He made the house once again in living condition. After few hours, he said he have to move back to Station to join the ongoing disaster relief operation that was still in progress.

After few days, our neighbours, the Halfy saab (the priest) of the Mosque and the Sarpanch of the village came to greet us. All of a sudden villagers started giving respect to our family. I was astonished with the respect, and then I came to know that this disaster relief team had rescued 21 people from various low lying places near Raigad district. That was the time when I realized, how lucky I am ! At that time only I realized that he is like a true blessing in my life.

Each posting had its own challenges and conditions became harsh for them, but one thing that remain constant is their determination to keep us safe. Life of a soldier is not simple, it is full of struggle and sacrifice. Also, from the time,

his service has taken a new place in my heart and profound sense of patriotism makes me proud to be wife of a Tatrakshak.



Mrs Shruti Anthony
W/o Albert Anthony Adhikari (RP),
ICGS Saksham, Kochi

Silent Heroes of Uniformed Homes

Motherhood is a journey of constant evolution, but in uniform homes such as military, police, or other service-based households, it takes on a unique rhythm shaped by discipline, duty and frequent transitions. The flow of motherhood in these settings is marked not only by nurturing and guidance but also by resilience, adaptability and emotional strength.

Mothers in uniform homes often serve as the emotional anchor while one parent is bound by duty, frequently away or on irregular schedules. The structure of such homes creates a disciplined environment where children learn responsibility, respect and routine early on. Yet, this structure doesn't eliminate the 'emotional complexities, it deepens them. Children may face separation anxiety, fear, or uncertainty



and mothers must gently navigate these waves while maintaining stability and support.

This unique motherhood experience blends warmth with unwavering structure. Celebrations may be missed, goodbyes frequent and relocations routine but within these challenges lies a hidden

strength. Mothers in uniform homes often foster strong family bonds and instill in their children values like sacrifice, service and gratitude.

What sets this perspective apart is the mother's dual role - empathy and enforcer, nurturer and navigator. These women are often silent heroes, holding the fabric of their families together with both tenderness and toughness. In doing so, they raise not just children, but resilient individuals prepared to face the world with courage and compassion.

The flow of motherhood in uniform homes may be unconventional, but it is deeply rooted in love, purpose and unwavering commitment.



Priyanka Kumari
W/o Radhe Shyam Singh U/Nvk (QA),
ICGAS Ratnagiri

Mein apni Favourite Hoon!!!

Happiness is not something we find outside—it's something we nurture within. Taking ownership of our happiness means not blaming others or waiting for perfect moments. Instead, it's about doing what makes our soul feel alive. Don't wait for perfect days just create them! When we take charge of our happiness, we begin to live more fully and authentically.

How I create my own happiness

Proud to Be a Fauji Wife

I'm proud to be a fauji wife. Their uniform reflects their grace and their respect for women is truly admirable. Transfers, packing and shifting can be exhausting, but I've grown to embrace the chaos with a smile. It has taught me to think differently and stand strong in my uniqueness. I don't carry my husband's rank; I carry my sarees, pearls and pride in my own identity because

Mein apni favourite hoon!

Wellness My Way

I work out because I care for my body—and I'd rather not meet back pain in my 40s! A morning walk lifts my mood, so I try to do it often. No matter how busy life gets, I make time for my health. Lazy days happen often and my brain always finds a solid excuse. But that's totally fine because-

Mein apni favourite hoon!

Choosing Peace Over Perfection

I stopped trying to impress others.

Messy house and kitchen flops never dented my self-worth.

I'm not chasing the titles for "Best Mother" or "Perfect Wife."

I just want peace, joy, and to be real because

Mein apni favourite hoon!

Travel is My Therapy

I travel with friends. it's my therapy, not a luxury.

Leaving kids with family isn't a sin, it's self-care.

I don't wait for permission or perfect timing.

I just pack, step out, and breathe.

A happy me makes a happier home because

Mein apni favourite hoon!

I proudly support my husband and care deeply for my kids—my family is my strength. I work hard for them every single day. But in loving them, I haven't forgotten to love myself. Because self-worth isn't selfish—it's essential.

Whether it's a walk at sunrise, a trip with friends, a lazy nap, or just laughing at my kitchen disasters—I choose joy, peace, and the things that make me Me.

I'm not chasing perfection. I'm embracing life as it comes, with grace, grit, and a smile.

Because at the end of the day...

Mein apni Favourite Hoon!



Malu Thomas,
W/o Cmdt. Rajesh Kurian,
CGRHQ (W)

The Soul of Water- Woman

When the Ship Leaves, Our Strength Rises.

*"Behind every man serving the nation,
There is a woman serving silently at home—
With love, with resilience,
And with unmatched grace."*



Every time our husbands leave for duty, we watch their ship disappear into the horizon—and we feel our world shift. The sound of our children asking, "When will Papa be back?" Echoes louder than any wave. But we do not break. Stands tall, because we know their duty to the nation is sacred, and so is ours—to our home, our children, and to our-self.

The Art of Merging Without Losing My Shape.

*"Be like water—flowing, adapting,
But never losing your essence."*

We have learned to adapt like water—gentle but unyielding. We take the shape of what is needed each day—mother, father, guide, fixer, and comforter—without ever losing who we are. Each new challenge, each unfamiliar place, each lonely evening becomes a lesson in resilience. We do not just survive—we evolve with every turn of life.

A Mother's Love, A Warrior's Will.

*"She wore strength and motherhood
Like a warrior wore armour—
Quiet, firm, and radiant."*

Our children are our world. We hold them a little closer when they miss their father. Often answers their innocent questions with a smile stitched from courage, even when my heart aches too. Enjoys becoming their bedtime storyteller, their school project guide, and their shelter from storms—because they deserve strength, not sorrow.



When Women Support Women, Magic Happens.

*"Empowered women do not compete—
They connect, uplift, and transform
Lives quietly but powerfully."*

In every new town, every new base, it is the warmth of another woman that makes the place feel like home. A smile, a helping hand, a shared tear over coffee — these small gestures from sister from another mother have been our lifelines. We are each other's compass when the direction is in doubt. Together, we build circles of strength that no storm can break.

Empowerment Is Silent, But Steady.

*"Power is not always loud—
It can be a calm woman
Handling chaos
Without losing her light."*



Empowerment is not about raising our voice—it is about holding our ground with love. It is in cooking dinner with one hand while calming our little one with the other. It is in showing up—tired, unsure, but determined. Our spark is not about being noticed—it is about being centred, knowing that what we do matters, even in silence.

Leadership Born Out of Compassion.

*“True leaders do not command—
They connect. They listen, understand,
And light the way forward.”*

As a woman holding the home, we lead not by force, but by example. We listen more, react less by observing, understanding, and acting with intention. Whether It is guiding our little ones through a tough day or helping a fellow woman adjust to a new station, we have learned that leadership is about compassion, not control.

Learning to Swim Through Storms.

*“Some days she drowned in the tide,
But she always came back up—
Stronger, softer, wiser.”*

There are hard days. Days when nothing goes right, and we feel exhausted and alone. Days when the silence of absence feels unbearable. But we have learned to swim in these tides. We allow our-self to feel, then we gather our strength and rise again. We are not perfect—but we are powerful in our persistence.

The Spark Does Not Fade—It Grows.

*“Her spark was not just her strength—
It was her softness, her resilience,
And her quiet refusal to give up.”*

Through every transition, we have not dimmed — We have deepened. We have become more aware, more intentional, and more alive. We do not dilute our-self to fit in—We expand to bring meaning. Our spark shines brighter now, not because life got easier, but because we got stronger.

In Every Space, She Leaves a Ripple of Change.

*“She did not enter to be seen—
She entered to make a difference.
And she did.”*

Everywhere we go, we try to leave behind a touch of compassion, a bit of encouragement, a moment of support. Whether it is through mentoring another woman or being a steady presence for our kids, we believe that change doesn't always roar—it can also ripple quietly and beautifully.

Conclusion: The Soul of a Water-Woman.

*“She merged like water—
Never losing herself,
Always finding new ways to rise.”*

To every woman who holds her home while her man serves, to every mother who keeps smiling through tearful nights, to every sister who lends a hand without asking—you are not just merging. You are transforming. You are not just surviving transitions. You are defining them—with grace, grit, and unmatched inner fire. Let the world see us for who we are—not just the silent half of the nation is strength, but the soul of it. We merge like water, yes—but we rise like the sun



Mrs Pooja Nagar
W/o Rajesh Kumar P/NVK,
ICGS C - 404

The Flow of Inspired Women

It starts like a dawn, a quiet flame,
A whisper calling out her name.

Within her chest, a pulsing spark—
A will to rise, to leave a mark.

She listens not to fear or doubt,
But to the voice that sings throughout.

A rhythm bold, yet soft and wise,
A storm of dreams beneath calm skies.

She carves her path through stone and fire,
Fuelled by truth and deep desire.

Each step she takes, though steep or slow,
Becomes the place where others grow.

She weaves her power into grace,
A steady hand, a fearless face.

Through every trial loss or win,
She finds new strength deep within.

Not shaped by rules the world once gave,
But by the quiet ways she's brave.

In boardrooms, fields, in art and code,
She bears the light, she lifts the load.

She mentors, mothers, dares and dreams,
Her wisdom flowing through all streams.

She breaks the silence, speaks her truth,
And teaches courage to the youth.

From whispered thoughts to voices loud,
She rises strong, she stands unbowed.

With every choice, each risk she takes,
Another boundary gently breaks.

In her, the flow of change begins—
A tide of hearts, a world that spins.

She is the spark, the song, the wave—
The quiet force that learns to brave.

And through her light, the world will see
The power of who she dares to be.



Mrs. Dhanalakshmi
W/o Satish K, U/Adh(RO)



My Life! My Way!

As we live our life on our own terms without much bothering about whether someone is judging you or praising you, you can't really say "I am an Inspiration to other" unless someone totally stranger approaches you and say "I heard about you and I am truly inspired and want you to come and speak to our students. Your story will be a great inspiration to them and you can really motivate them to excel in their future." Well this is what exactly happened to me when a school Principle and the Managing Director of a renowned school from my husband's native place approached me over phone and invited me to their school for their 'Annual Day' as the Chief Guest. After interacting with the school staff and children, I realized that I do need to tell my story in my own words 'As it is, unfiltered and unbiased' in its true spirit, may be it can really inspire the new generation, especially girls from the middle class family who dare to dream big but lack motivation and direction. So, here's my story...

Born in the early 70's, I was the eldest of five daughters (and no brothers) in a middle-class family where my father was an 'Air warrior', first in his family hailing from hinterland of UP to come out of his village and serve the country and make a living. In those days having a girl child was considered to be a curse and my father hoping for a male child just to keep his parents happy ended up having five daughters. Going against the feudal system and patriarchal society, my father a true inspiration to all of us, took stand to educate his daughters and make them independent rather than getting us married before we touched 20s as was the trend those days in most of the rural India.

I being the eldest, had to lead from front and became a role model to my sisters. Father being a fauji, we were transferred every 3-4 years to different parts of the country, different school and different teachers. The inconsistent flow of education and lack of guidance made me a mediocre student. I completed my BA in History and Economics from Jaisalmer University and came to Chennai as father got transferred to Airforce Station Avadi right

after my graduation. With little exposure to the outside world, I decided to pursue my further studies in Computer Education as were most of the students of my time were doing. Computers didn't charm me, I was never prepared to settle for a 9-to-5 job sitting in front of screen, just like anyone else.

I got my first break as I got a chance in a walk-in-interview for a "flight purser" (Air hostess) in Jet Airways, the best domestic airlines of that time. I was one of the chosen one from more than 2000 contestant. From then on, my career took to new heights. Contrary to the belief, Air hostess is not about beauty or serving food to the passenger. It has more to do with the 'Safety' and providing 'first aid' to the passengers in case of crises. They are life saver, worriers and protectors beyond their charming smile and smart attire. The perks of course in those days was, good pay package, stay in best of the 5-Star hotels, (meet who's who of the country) and film stars and a lot more. Life was good. Then, one day I met my future husband in a train, an Assistant Commandant in Indian Coast Guard. I had no clue, whatever it meant. It was a 'Love at first sight' and we instantly decided to get married.

After a lot of coercing and cajoling our parents, we got married in the year 2000. "Marriage of the millennium" we thought. But this is where all the romance came to an end and my struggle to next level started. When he told me "Indian Coast Guard" I didn't realize that he won't be available for me in most of my crises situation rather he would need me for most of his professional and personal requirements. It took years to come in terms with life as a wife of Coast Guard officer also known as 'Tatrakshikas'.

After three years of marriage and hopping between the flights and travelling to Mandapam where he was commanding an IB, we decided to go for a baby which meant one of us has to give up his/her career, obviously it has to be the woman who has to sacrifice. So, there I was, in a small unfurnished house in Mandapam, a full-time housewife, bidding au-due to my six years of illustrious flying career.

But soon after my first son was born and turned three. I became restless and craved for my career. I convinced my in-laws to stay with us and joined a BTL advertisement and event management company as Asst Manager Marketing. Though I had no experience in the field of marketing and advertisement but my flare in public speaking and confidence in handling crises situation helped me in doing good and met my targets. Still, I was not enjoying. I never liked the idea of having a boss over my head. I wanted to do something of my own, I wanted to be my own boss. So, one day I decided to start an 'Airline Training Institute' of my own. It was the time when 'Airline Industry' was booming and many Institutes were making money by actually fooling the aspiring candidates. I wanted to stand against this and train the deserving candidates for the interview at a very reasonable cost. Having my in-laws to take care of my son and husband posted in the same city, I stabilized myself as an enterprising entrepreneur managing the training institute all by myself. In the two years of successful run I not only trained my students but also placed them in reputed airlines and corporate industry with almost 100% success rate.

But life in Coast Guard is unpredictable, my husband got transferred to 'Port Blair' and later to Kochi and in-laws too had other calling at their native place so they too couldn't continue with me and had to leave me midway. My son was barely 5 years and couldn't be left at home alone and had to stay in creche after his school. I could see changes in his behaviour and realised he needed me more than anything else. So, there I was at the cross road once again, to decide between my career and my son's future. I chose the latter and wound up everything and joined my husband once again to become full time housewife and care taker of my son. I started enjoying this parenthood and developed a special bond with my son that even today he is the best friend I ever had. During this time, we planned for the second child and my second son was born at Tuticorin's private hospital. As the time passed, I got more and more engrossed in upbringing of my kids, wellbeing of my husband and participating in CGWWA activities. I also silently kept my hobbies alive. My natural flare

for painting and curiosity towards spirituality (not religious) and soul searching kept me going even under stressful situations. During this time, I painted as many canvas as I could, I not only learnt 'Reiki Healing' and 'Crystal Healing' but mastered it so that I could teach others. While I was donning a 'Home makers hat' I was still taking Reiki & Crystal healing classes from home.

Although I was happy and content with my family life, there was still something within me looking for something more from life, just that I didn't know what it was until my elder son, my closest friend came up and suggested "Mom why don't you monetize your art by digitizing and uploading in social media." The idea fancied me but the only problem was I had no idea about 'Digital art and social media networking'. But doing the undoable always thrills me, accepting new challenges in life gives me adreline rush. I learnt 'Procreate', 'MS Photoshop' and other software on my newly gifted I-Pad and started converting my hand painted design into colourful digital patterns and gradually converted these designs into reality by printing them on household products like coffee mugs, plates, toed bags, Water bottles and textile like pillow covers, scarfs, stoles and T-shirts etc.

In the year 2024, at the age of 50+, I single handedly registered my company as "M/s Florae by Anjana (OPC) Pvt Ltd" with registered office at Gandhinagar, Gujarat. Besides, my products are displayed in the official pages of Instagram and Facebook. I am eligible for loans from nationalised Banks as I am a registered MSME and "Start-up firm", I can employ as many people and be my own boss, but as of now I am restricting myself as my younger son is in 10th Standard and husband even after thirty years of service still continue to sail, leaving me to take care of household issues and mentoring my sons at home. The future of my company is bright as it has immense potential to grow, but right now my priorities are towards my family.

I believe that Success in life is not a destination, but a shifting Goal post. It is what keeps you alive. One should never stop dreaming and once you decide to go for it, never stop chasing

till you reach there. Once you realise your dream, go for another dream. This is what life is all about.

We women have immense potential; all it needs is a 'will' to go beyond your self-created boundaries. Don't blame your spouse or kids for not being able to achieve your dreams. If you take them onboard, they will become your supporting pillar and integral part of your success story. When I look around, I see so many Tatrakshikas, highly educated, very talented and capable who have stopped dreaming and chasing them in order to take care of their house hold chore. To all these wonderful Tatrakshikas, I have only one thing

to say, "If I can do it, very well you too can-do It. So, let's hold each other's hand and promise ourselves that we can and we will go for our Dreams"



Mrs Anjana Shatrujeet Singh
W/o DIG Shatrujeet Singh,
ICGS Saksham, CG DHQ-4

Rainbow of Motherhood

I, as a mother have always felt that sense of faithfulness, happiness, joyfulness, cheerfulness, blissfulness, carefulness, sadness as if the colours of a rainbow shining just after a rainy afternoon. The uncertainty of bringing children up in a uniformed home is akin to the dark clouds giving way to a ray of sunshine and as the clouds disappear, a beautiful rainbow appears making us smile. I feel colours and motherhood go hand in hand, nourishing your souls with delight. With our husbands wearing decorated dresses, we are privileged and proud. As with our kids, raising them has always been so challenging and at the same time rewarding for us as mothers. As they say "Kids are the reflection of their Parents".

Being raised in humble homes with all kind of hardships, our kids grow to be quite adaptive and a sense of pride is ingrained in them from a very young age. Their perspective to society is so much different than other kids. The challenge we face together as a family creates a humble

bond amongst us and we are always attracted to our roots having being away from them so long. The respect which we get as parents is so unique in many aspects. The sense of responsibility, the sense of adaptability, the sense of hugs and goodbyes...The list is long and full of amazing stuff. Being a mother sometimes, is too hard a task, moreover when fathers are not around. So, I feel that motherhood should be respected, celebrated, rewarded & appreciated every day and mothers are to be respected and loved deeply by all.

As all kids are unique, so are the mothers, like the colours of rainbow, each depicting a mood, yet together making a beautiful rainbow of Motherhood... An accomplishment and enriching experience every mother carries on her back.



Mrs. Payal Mehrotra,
W/o DIG Ashish Mehrotra,
ICGS Kochi



Inspiring Journey to Health, Happiness, and Healing

Introduction

My name is Sushmitha Rao, proud wife of Commandant MVN Abhishek Rao. Today, I share a deeply personal journey—a journey that transformed my life from pain to power, from struggle to strength.

This story isn't just about shedding weight or embracing yoga. It's about rising after a fall, rediscovering purpose after profound loss, and turning that newfound strength into inspiration for others.

The Beginning of My Struggle

My fitness journey began in 2020, but the emotional turmoil had taken root years earlier. In 2017, I experienced one of the most devastating moments of my life—the loss of my beloved mother. The grief overwhelmed me so deeply that it triggered a severe mental health crisis, requiring me to be airlifted for urgent care. It was a time marked by darkness, isolation, and emotional exhaustion.

By 2020, at just 33, I was struggling on every front—crippling knee pain, depression, and a profound sense of disconnection from my body and soul. The weight of body shaming and the enforced isolation during the COVID-19 pandemic only deepened my despair. I had reached my lowest point.

A Friend Who Sparked Change

Just when life felt unbearably heavy, a glimmer of hope came from an unexpected place—a close friend and neighbour, also a member of the Indian Coast Guard family. With empathy and quiet strength, she urged me to take control



Strength in flexibility: Chakrasana (Wheel Pose), a powerful backbend pose

of my health—not just for myself, but for the people who loved and depended on me. Her words lit a spark within me.

So, I began—slowly, cautiously—one small step at a time. That was the beginning of my journey towards becoming a healthier, stronger, and more grounded version of myself.

Rebuilding Through Fitness

The first changes were simple but powerful. I committed to regular movement, cooked clean, nourishing meals at home, and practiced mental discipline every day.

It wasn't easy—there were setbacks, sore muscles, and moments of doubt. But I stayed consistent, and over nine months, I shed 30 kilograms. What I gained, however, was far more valuable: renewed energy, unshakable self-confidence, and a genuine love for life.

As I began to transform, I also became more aware. I saw that many women around me were silently fighting similar battles—whether it was emotional overwhelm, physical discomfort, or a loss of self-worth. And that's when I knew—this wasn't just my journey. It was my mission to help other women rediscover their strength, just as I had.

The Transformative Power of Yoga

The true turning point in my journey came when I discovered yoga. What began as a physical practice soon became something much deeper—a sanctuary for my mind and a balm for my soul. From my very first session in 2020, I felt an almost spiritual connection. Yoga didn't just help me heal physically—it rebuilt me from the inside out.

Inspired by this transformation, I decided to deepen my knowledge and turn my passion into purpose. I pursued and completed several professional certifications:

200-hour Yoga Teacher Training

300-hour Intermediate Yoga Training

500-hour Advanced Yoga Teacher Training

Post graduate Diploma in International



Opening the body, calming the mind: Mermaid variation

Yoga Therapy

Yoga gave me more than health— it gave me direction, meaning, and a platform to uplift others.

From My Home To the World: Sharing Yoga

One of the proudest milestones of my journey was training my daughter in yoga. Over two dedicated years, I watched her confidence bloom. Her efforts culminated in representing Kendriya Vidyalaya at the national level, where she earned 9th place—a proud moment not just as her mother, but as her guide and teacher.

Most recently, I completed an advanced international yoga training in Maharashtra. Today, I teach yoga both locally and globally, including:

In-person sessions in Goa for Indian Coast Guard officers and their families Online classes for clients across Sweden, the United States, Australia, and beyond Through yoga, I've found a way to connect with people around the world—sharing the healing, strength, and peace it has brought into my own life.

What This Journey Has Taught Me

This path has been filled with lessons, but perhaps the most powerful one is this:

“No matter how long the night, the light always returns—and often, it shines from within”.

Whether you're facing physical struggles, emotional setbacks, or mental fatigue, know this: you have the strength to rise. You are capable of rewriting your story, no matter where you're starting from.

To Every Woman Reading This:

You are not alone. You are stronger than you believe. And you absolutely deserve a life full of health, joy, and self-worth. Words of Encouragement from My Heart If you're just beginning your own wellness journey, here are a few things I've learned along the way:

Start small- Even 15 minutes of movement or mindfulness each day can shift your world.

Be gentle with yourself- Real transformation takes time. Let go of perfection.

Surround yourself with support- A loving community can lift you when you stumble.

Don't be afraid to fall- Every setback is simply a setup for growth.

Trust in your inner strength- Everything you need is already within you—waiting to rise.

Conclusion

My name is Sushmita Rao. I am a wife, a mother, a yoga teacher, and a woman who chose not to give up. My story isn't one of instant success—it's one of resilience, rediscovery and renewal. I continue this journey with pride in my heart, peace in my soul, and a deep desire to help others find their way too.

To every woman reading this:

Your story matters. Your healing is possible. And the first step? It starts today. Grace in stillness: Yoga is not just about movement, but also mindfulness



Sushmita Rao
W/o Commandant MVN Abhishek Rao,
Goa

The Green Indian Kitchen

The kitchen is the heart of every home. It is the place where, not only the family meals are cooked, but also where stories are shared and traditions are passed down along with recipes. The traditional Indian kitchen is a source of energy (urja ka pravah and strot). It is a treasure trove of generational knowledge and traditional wisdom.

In recent times, many people have developed a keen consciousness of being responsible for the planet. The idea of sustainable living with minimal impact on the planet is getting highlighted. If we look closely at the principles of this concept of 'green kitchen' we realise that it is nothing but a rediscovery of all the practises that our grandmothers and ancestors followed as a way of living. Always Indian traditions- be it day to day practices, festivals, architecture or health principles, have closely been linked to mother nature. The Indian kitchen is the perfect example of sustainability, with its reliance on mostly plant based and seasonal produce, minimal processing, and wastage. Hence, the modern idea of a green kitchen is perfectly adaptable to the Indian kitchen, leading to reconnecting with nature and living a healthy balanced life.

The traditional Indian way of cooking and eating is deeply rooted in its philosophy. The most important tenet is the principle of 'Annam Brahmam'. We consider food as god and hence we respect food as much as we respect god. This leads to a deeply ingrained practice of minimal food wastage. This cultural value of resourcefulness means that traditional practices creatively repurpose food scraps: vegetable peels are transformed into chutneys, leftover rice is fermented overnight for breakfast, and leftover lentils are mixed with wheat flour to make parathas. Even curdled milk, is upcycled into nutritious paneer.

Another important principle is that Indian diet is mostly plant based, relying heavily on pulses, vegetables, fruits, and diverse plant-derived products. Though meat is also consumed, it is always a part of a meal with other dietary components, then there are also restrictions on

eating meat on certain days and months which leads to significant lower carbon food print.

Traditional Indian kitchens also followed Ritucharya, (seasonal regimen), and Dincharya (daily routine) as a fundamental principles for maintaining good health. This principle belongs to Ayurveda and is followed faithfully even now in most households. It believes that dietary choices, daily habits, and routines should flow in harmony with the changing seasons to preserve the body's natural balance and prevent imbalances.

Another aspect of Indian households linked to sustainability is its traditional methods of storing preserving abundant harvests without heavy reliance on energy consuming food processing methods. Seasonal harvests are turned into infinite variety of papads, vadis, chips, achars, murabbas and many more by time honoured practices of sun drying, salting, pickling, etc.

By embracing sustainable designs, energy-efficient practices, mindful waste management, and the rich culinary heritage of India, one can transform the kitchen into a source of health and happiness. This journey is one of rediscovery—uncovering the inherent sustainability of practices passed down through generations, from the resourcefulness that ensures nothing goes to waste to the deep understanding of food as personalized medicine. Even small changes, when consistently applied, can create significant ripple effects, making the kitchen truly the heart of a healthier home and a greener world.



Giteshwari Gujar
W/o DIG Mukund Gujar,
ICGS Samudra Prahari

Travelogue: A Drive to Little Rann



You know what's the best part of growing up in a Coast Guard family? you get to travel a lot. I mean, seriously. Ever since my birth I have been travelling. When I say travelling it doesn't mean only transfers. I mean traveling to different places, to different part of the country. I am told that I started traveling ever since I was in my mother's womb. There is a picture of my mom three-month pregnant posing in front of a water fall in Kodaikanal, TN. I think I got that 'travel bug' from my parents. In my 14 years of life, I have been to all corners of the country from Kashmir to Kanyakumari, from Sikkim to Little Rann of Gujarat. I can proudly say "I have been there done that".

There are some parts in our country that are so unique there's no other place in the whole world. Surprisingly, not many people know about it and even if they know they have never been there. But as they say 'seeing is believing'. Well, I am talking about a place called 'Little Rann' in Gujarat. Every one knows about 'Rann of Kuchh', a land of pure white sand very much advertised by Gujarat Tourism department and every winter they host an extravagant festival on a full moon day. It is indeed beautiful and amazing there's no doubt in it, but I am talking about 'Little Rann' which is just about 2-3 kms drive from Gandhinagar. Yes, it's that close.

One fine Sunday morning my father told us to get ready for a long drive. I hate to wake up early on a Sunday morning, that too for a long drive was not very appealing. But I am

too young to have a say in my house, so, we embarked on a long road trip to a place we had never gone before. It was almost lunch time when we reached a temple in a rusty village with no proper road. I guess even dad was not so sure of the exact location he was relaying in google maps but there were no towers around so no updates. After visiting the temple my father took some guidance from locals and decided to follow the tyre track as there were no roads. It was like a desert, a muddy desert, it was wet and car tracks were visible as long as we could see, so we could follow them. As father continued driving for few kilometres straight without any turns, any sign boards or speed breaker or even any other vehicle around, we realised we were in the middle of nowhere. I mean, seriously it was like infinity, may be like in the middle of ocean with no land at sight. Although we were on land but it was no regular land, when my father stopped his car and we came out, there was complete silence no birds chirping, no honking, no human sound. It was absolute silence... a sound of infinity. It was bit scary but absolutely amazing.

After travelling some more in to the infinity we saw a heard of donkey? Mule? or horse? My father told that 'Little Rann' is home to this endangered 'Wild Ass' found nowhere else in the planet, only at 'Little Rann'. After driving a little further, we saw a patch of water body, like a lake but not deep, there were hundreds of pink flamingos and other migratory birds flocking in the area. It was a beautiful sight, so close to nature with no human interference. My father told us that this unique desert is home to several endangered species of animals, birds and reptiles.

After driving for almost an hour into the infinity land, my father decided to turn around and go back as sun was about to set and he was sure we would get lost if we stayed any further. We drove back with our window down, listening to the wind swooshing across. It was a mind-blowing experience. No matter how hard I try, I may not be able to express my experience in words or by seeing picture. But the best way to

feel it is to physically be there and experience it, best time to visit is in winters, when the sun is not harsh, winds are cool and it's not raining.

I would suggest If you are planning to go there, especially those who are staying in Gandhinagar, you should plan to stay overnight at the forest guest house and enjoy the moonlight experience. Also, you take a local guide along so you don't get lost and he can show you the wildlife thriving in this marshy desert. Once you come back. Tell me how was your experience.



Master Ansh Singh
S/o DIG Shatrujeet Singh,
ICGS Saksham, CG DHQ-4

The River in Me

I was born from the heart of the hills
Gentle, still, soft as morning light
A quiet stream in my father's courtyard
Clear, calm, and full of life.
With childhood in my step
Wandered freely, laughing loud
Among my people, my roots
Growing with the trees and clouds.
The hills knew me well
My moods, my mischief, my grace
Sometimes I blended in, sometimes I clashed
But always, I moved at my own pace.
I flowed unbroken
My voice a whisper in bonds and ties
Rippling through friendships and memories
Touching lives, asking no whys.
Then came youth - bold, unafraid
My waters surged, my spirit swayed

Love arrived like summer rain
And I embraced both joy and pain.
I became many things - a woman, a guide
A mother with oceans in her stride
Nurturing hearts, healing soil
My hands knew both rest and toil.
No one was distant, none too small.
I gave myself - to one and all
My heart a riverbed of care
Overflowing, always there.
Still I flow - through light and dark
With softened eyes and a quiet spark
Towards a sea I do not fear
Where all I am becomes clear.
I do not resist the pull of time
I surrender to it, like rhyme to line
I've lived, I've loved, I've given whole
And in the current, I find my soul.



Mrs Nandini Sahoo
W/o PK Parida P/Adh (AE),
CGAIS (MBI)

अपने आंतरिक प्रवाह को ढूँढना

मानव जब से इस धरा पर आया है तब से अपने आप को संतुलित रखने हेतु प्रयासरत है, परंतु आज भी मानव ने अनेक संसाधनों की खोज कर ली है पर आज भी वह शांति के प्रवाह में बह नहीं पाया है। हर मानव की आज भी यही तमन्ना है कि आंतरिक शांति को किसी भी तरह से हासिल कर लिया जाए पर हाथ में निराशा आई है। आज अगर हमें अगर इसका समाधान ढूँढना है तो "बाहरी सभी साधनों का आकर्षण छोड़कर अपने अंदर बह रही उस नदी को जानना होगा जहां केवल शांति और खुशी का ही प्रवाह है"। इसके लिए कोई घर, परिवार और काम धंधे को छोड़ने की जरूरत नहीं है। केवल आपको अपने उपर ध्यान देना है। अगर कोई आपसे बहस करें तो उस पर दया करो कि वह आपको जाने बिना केवल बिना वजह ही आप पर चिल्ला रहा है। संयमित बने रहने हेतु निम्नलिखित विधियां इस प्रकार हैं।

उठते ही अभ्यास—सर्व प्रथम नींद से जागते ही प्रभु का ध्यान करें और उसका शुक्र करे कि उसने हमें अमूल्य मानव जीवन दिया है जिसको विवेकपूर्ण जीना है। अपनी दिनचर्या के कार्यों को निपटा कर उस प्रभु का सिर्फ धन्यवाद करें और प्रतिदिन एक शुभ संकल्प लें कि आज से मैं यह बुराई छोड़ रहा हूँ। आप जैसे जैसे एक एक बुराई के त्याग करेंगे। आप एक दिन में नहीं पर एक दिन आप सभी बुराइयों को छोड़कर एक अच्छे नागरिक और संताशी बन चुके होंगे।

त्याग की भावना: एक मानव को हमेशा अपने साथ रहने वालों का समान भाव से देखना चाहिए तथा उनके लिए हमेशा त्याग की भावना रखनी चाहिए। उनकी परेशानियों को समझना चाहिए और निवारण हेतु कोशिश करनी चाहिए। अपने कमाए गए धन का कुछ हिस्सा अपने निकटतम कर्मियों को अथवा जरूरतमंदों को देना चाहिए।

समानता की भावना: आपका व्यवहार ऐसा होना चाहिए कि आपके पास बैठे आदमी को अपने कम होने का अभाव नहीं होना चाहिए। उसे यह लगना चाहिए कि आप भी उन्ही की तरह हैं। आपको अपनी स्थिति, पद, व्यवसाय और धन का घमंड नहीं होना चाहिए। आप हर किसी का सम्मान करें। यह माने कि हर कोई अपने कार्य में माहिर है और कोई काम छोटा या बड़ा नहीं है। हर कार्य अपनी जगह उचित है।

हर बात को पहले गहनता से सुनना कोई भी जब बात कह रहा हो तो उसे आप पहले सुने और फिर आप सोच कर अपना कथन उसके

सामने रखें। बिना सुने बहस न करें। अगर कोई बत्तमीजी से भी बात करे तो भी आपको अपनी बात तहजीब से रखनी है क्योंकि आपके आस पास के लोग इस बात को हमेशा याद रखेंगे कि गलती कहीं न कहीं दूसरे की है। आप अपना संयम न खोये अपनी शांत स्थिति को बनाए रखें।

उत्तरदायित्व लेना हमेशा उत्तरदायी रहे क्योंकि जब आप उत्तरदायित्व लेना शुरू कर देंगे तो ही आप एक अच्छे नायक बन सकेंगे। अगर कोई गलती हो जाए तो आपके पास यह साहस होना चाहिए कि ये गलती मेरे से हो गयी है और अब मैं इस गलती को ठीक कर ही रहूँगा। अपने फ़ैसले लेने में सक्षम बन। हमेशा हर किसी से कुछ न कुछ सीखने की कोशिश करें। कुछ भी सीखना गलत नहीं है।

काम के प्रति समर्पण आपको हमेशा अपने पेशे के प्रति वफादार होना चाहिए। आपको अपने कर्तव्यों का बोध होना ही चाहिए ताकि आप अपने आपको अपने सहभागियों के सामने प्रेरणास्त्रोत साबित कर सकें। वे आपकी बातों का अनुशरण करें और अपने कार्यों को सीमा बद्ध समय से पहले निपटाने में आपका पूरा सहयोग करें।

कार्यशैली में सुधार और बदलाव आपको अपनी कार्यशैली में हमेशा सुधार करने की चेष्टा करनी चाहिए ताकि आपके कार्य क्षेत्र या कार्यालय में मित्रता व्यवहार की शैली का अनुशरण हो और हर आदमी अपने काम को बोज़ ना समझे। हर कोई अपने विचार आपके सामने बिना हिचक के रख सके और अपनी बात/विचार आपके सामने प्रकट कर सके।



सिमरन

सुपुत्री श्री अनिल कुमार, उत्तम अधिकारी,
(संचार) भारतीय तटरक्षक पोत समुद्र प्रहरी

मातृत्व की धारा: एक अनोखा दृष्टिकोण

मातृत्व की धारारू वर्दीधारी परिवारों में बच्चों का पालन-पोषण— एक अनोखा दृष्टिकोण

भूमिका

मातृत्व अपने आप में एक अत्यंत भावनात्मक, संघर्षशील और आत्मिक अनुभव है। जब यह अनुभव वर्दीधारी परिवार की पृष्ठभूमि में घटित होता है, तब इसकी जटिलताएँ और विशेषताएँ और भी बढ़ जाती हैं। सेना, नौसेना या तटरक्षक बल जैसे सेवाओं में कार्यरत पुरुष या

महिलाएँ, अपने कर्तव्यों की कठोरता और अनुशासन में लिपटे रहते हैं, ऐसे में एक माँ का भूमिका निभाना सिर्फ एक व्यक्तिगत जिम्मेदारी नहीं, बल्कि एक सामाजिक और राष्ट्रीय जिम्मेदारी भी बन जाती है।

मातृत्व का स्वरूप वर्दीधारी जीवन में

एक वर्दीधारी घर की माँ सिर्फ माँ नहीं होती—वह एक शिक्षक, एक परामर्शदाता, एक मनोवैज्ञानिक, और कई बार एक अकेली अभिभावक भी होती है। क्योंकि जब पति या पत्नी सीमाओं पर तैनात हों,

जहाजों पर समुद्र में हो, या किसी युद्धाभ्यास में व्यस्त हों कृ तब घर का पूरा भार उसी के कंधों पर होता है।

बच्चों को सिर्फ पढ़ाई या खानपान ही नहीं, बल्कि देशभक्ति, अनुशासन, साहस और आत्मनिर्भरता जैसी उच्चतम मानवीय मूल्यों की शिक्षा देना भी एक माँ की जिम्मेदारी बन जाती है।

बच्चों की परवरिश: अस्थिरता में स्थिरता ढूँढना

वर्दीधारी जीवन की सबसे बड़ी चुनौती होती है कृ स्थान परिवर्तन। हर 2-3 साल में पोस्टिंग बदलती है। नया शहर, नई भाषा, नया स्कूल, नए दोस्त। यह अस्थिरता बच्चों के मन में असुरक्षा और अनिश्चितता की भावना ला सकती है। ऐसे में एक माँ का धैर्य और संवेदनशीलता ही बच्चों को भावनात्मक स्थिरता प्रदान कर सकती है।

एक माँ को चाहिए कि वह हर नए स्थान को एक "अवसर" की तरह प्रस्तुत करे। उदाहरण के लिए: "देखो बेटा, अब हम समुद्र के पास रहेंगे, वहाँ मछलियाँ देखने मिलेंगी," या "इस शहर में बहुत सुंदर पहाड़ हैं, हम ट्रेकिंग करेंगे।" इस तरह बच्चों को बदलावों से डरने के बजाय उन्हें अपनाना सिखाया जा सकता है।

एकला चलो माँ: जब पिता सीमाओं पर हों

बहुत बार, वर्दीधारी माँ लंबे समय तक अकेली माता-पिता की भूमिका निभाती हैं। चाहे वो खुद अधिकारी हों या उनके जीवनसाथी। छुट्टियों में स्कूल प्रोजेक्ट, वार्षिक उत्सव, माता-पिता की मीटिंग-हर जिम्मेदारी को अकेले निभाना पड़ता है।

एक बार एक वर्दीधारी पत्नी ने कहा था, "मेरे बेटे ने अपने पिता को पहली बार यूनिफॉर्म में तब देखा जब वह 4 साल का था। उसे यकीन ही नहीं हुआ कि उसके पापा इतने मजबूत दिखते हैं।" ऐसे अनुभव सिर्फ वर्दीधारी परिवारों में ही मिलते हैं।

माँ को बच्चों के मन में पिता की अनुपस्थिति को कभी कमजोरी नहीं बनने देना चाहिए। इसके लिए पत्र, वीडियो कॉल, तस्वीरें, और पिता से जुड़ी कहानियाँ एक भावनात्मक पुल का काम करती हैं।

माँ भी तो फौजी है

अगर खुद माँ वर्दीधारी हो, तो चुनौती और अधिक बढ़ जाती है। वो अपने पेशेवर कर्तव्यों के साथ-साथ मातृत्व के दायित्वों को भी निभाती है। सुबह की परेड से लेकर रात की ड्यूटी तक, और उसके बीच बच्चों की टिफिन, होमवर्क, स्कूल ड्रॉप, और कहानियों का संसार।

ऐसे में टाइम मैनेजमेंट और भावनात्मक जुड़ाव की कुंजी बनती है "गुणवत्ता समय।" चाहे वो हर रात की 10 मिनट की कहानियाँ हों, या छुट्टियों में एक छोटी सी पिकनिक, या वीडियो कॉल पर बच्चों के साथ डांस करना, ये छोटी-छोटी बातें रिश्तों को जीवित रखती हैं।

अनुशासन और प्रेम का संतुलन

वर्दीधारी परिवारों में बच्चों के लिए अनुशासन एक संस्कार होता है। लेकिन अनुशासन और डर में फर्क होता है। माँ को यह ध्यान रखना होता है कि बच्चे अनुशासित हों, परंतु भयभीत नहीं। उन्हें यह महसूस कराना आवश्यक होता है कि अनुशासन उनके जीवन को मजबूत बनाएगा, न कि उन्हें बाँधेगा।



एक वर्दीधारी माँ से जब पूछा गया कि उसने अपने बेटे को सबसे पहली सीख क्या दी, उसने जवाब दिया, "सच बोलना और डरना नहीं।" यह दो मूल्य ही आगे चलकर बच्चों को साहसी नागरिक बनाते हैं।

पारिवारिक संबंधों का महत्व

वर्दीधारी जीवन कई बार विस्तारित परिवार से दूरी पैदा कर देता है। बच्चे दादी-नानी से अधिक नहीं मिल पाते। ऐसे में माँ की भूमिका और भी बड़ी हो जाती है। उसे न केवल बच्चों को अपने मूल सांस्कृतिक और पारिवारिक मूल्यों से जोड़े रखना होता है, बल्कि उन्हें यह भी सिखाना होता है कि दूरी रिश्तों को कमजोर नहीं बनाती।

त्योहारों पर वीडियो कॉल से पूजा, राखी भेजना डाक से, नानी की कहानियाँ मोबाइल पर सुनाना - यह सब वर्दीधारी मातृत्व का हिस्सा बन जाते हैं।

मनोवैज्ञानिक और सामाजिक परिपक्वता

ऐसे बच्चे जो वर्दीधारी परिवारों में पलते हैं, उनके भीतर सामाजिक समझ, सहनशीलता और जिम्मेदारी की भावना अधिक होती है, अगर उन्हें सही दिशा मिले। माँ की भूमिका यहाँ निर्णायक बन जाती है। वह बच्चों में आत्मविश्वास, लचीलापन और परिपक्वता विकसित करने के लिए अनूठे तरीकों का उपयोग करती है।

एक माँ ने अपने बच्चे को हर बार नई जगह में "बेस्ट फ्रेंड बनाओ चौलेंज" दिया। इससे बच्चे ने समाज में घुलना-मिलना सीखा और हर नई पोस्टिंग को नए मौके की तरह अपनाया।

माँ की व्यक्तिगत पहचान: खुद को न भूलना

वर्दीधारी माँएँ अक्सर अपने कर्तव्यों में इस कदर लिप्त हो जाती हैं कि वे अपनी पहचान और रुचियों को भुला बैठती हैं। यह बहुत जरूरी है कि वे अपनी कला, लेखन, संगीत, या किसी भी अभिरुचि को जिंदा रखें। इससे न केवल उन्हें मानसिक सुकून मिलेगा, बल्कि बच्चे भी यह सीखेंगे कि माँ सिर्फ एक सेवा देने वाली नहीं, बल्कि एक जीवंत व्यक्तित्व है।

संकट की घड़ी में माँ का धैर्य

जब कभी देश की सीमाओं पर तनाव होता है, या समुद्र में कोई खतरा हो, उस समय बच्चे भी असहज हो जाते हैं। माँ की आँखों

में भले ही चिंता हो, लेकिन उसके चेहरे पर मुस्कान होती है, ताकि बच्चों को लगे कि सब ठीक है।

यह भावनात्मक ढाल माँ को अपने आप विकसित करनी होती है। उसका आत्मबल ही पूरे परिवार का संबल बनता है।

समापन-मातृत्व का अनूठा प्रवाह

वर्दीधारी परिवारों में मातृत्व एक नदी की तरह है, कभी शांत, कभी उफनती, लेकिन हमेशा आगे बहती हुई। यह सिर्फ बच्चों की परवरिश नहीं, बल्कि एक संस्कार निर्माण की यात्रा है।

माँ अपने बच्चों को सिर्फ बड़ा नहीं करती, उन्हें देश के लिए तैयार करती है। वह उनके भीतर सेवा, समर्पण और आत्मबल के बीज बोती है। वर्दीधारी जीवन की कठोरताओं में भी वह प्रेम, अपनापन और संतुलन की एक धारा प्रवाहित करती है।

यह मातृत्व का वही "फलो" है, जो हर वर्दीधारी घर को एक विशेष ऊष्मा और ऊर्जा देता है।



पूजा नागर

पत्नी राजेश कुमार प्रधान नाविक,
आईसीजीएस सी - 404

फौजी जीवन और यात्रा

फौजी जीवन केवल वर्दी, अनुशासन और देशभक्ति तक सीमित नहीं होता। यह एक ऐसा जीवन है जिसमें यात्रा, अनुभव और नयी-नयी जगहों का साक्षात्कार जुड़ा होता है। फौजियों का जीवन हर कुछ वर्षों में स्थान परिवर्तन और एक नए शहर या क्षेत्र में पोस्टिंग के साथ बदलता रहता है। इस जीवन में कठिनाइयाँ भी हैं, लेकिन रोमांच और विविधता भी भरपूर है।

हर पोस्टिंग एक नई यात्रा

फौजी परिवारों को अक्सर विभिन्न राज्यों और भिन्न-भिन्न जलवायु वाले स्थानों में रहना पड़ता है। कभी ऊँचे पहाड़ों पर, तो कभी रेगिस्तान में। इससे उन्हें भारत की सांस्कृतिक विविधता को नजदीक से जानने का अवसर मिलता है। बच्चे विभिन्न स्कूलों में पढ़ते हैं और नयी भाषाएं व संस्कृतियाँ सीखते हैं, जिससे उनमें लचीलापन और समझदारी बढ़ती है।

घूमने और जानने का अवसर

फौजी जीवन में यात्रा केवल स्थानांतरण तक सीमित नहीं होती। छुट्टियों में, फौजी परिवार नजदीकी पर्यटक स्थलों की सैर करते हैं— चाहे वह हिमालय की वादियाँ हों, राजस्थान के किले हों, या गोवा के समुद्र तट। हर स्थान पर कुछ नया जानने और अनुभव करने को मिलता है।

दुर्गम स्थानों की ड्यूटी

बहुत से फौजी ऐसे दुर्गम और सीमावर्ती क्षेत्रों में तैनात होते हैं, जहाँ आम नागरिक कभी नहीं जा सकते। वहाँ मौसम की मार और सुविधाओं की कमी होती है, लेकिन वहीं देश की रक्षा की सच्ची भावना भी होती है। ऐसे स्थानों पर तैनाती फौजियों के साहस और समर्पण को दर्शाती है।

परिवार और फौजी जीवन

फौजी जीवन में परिवार की भूमिका भी अहम होती है। बार-बार के स्थान परिवर्तन के बावजूद, फौजी पत्नियाँ और बच्चे मजबूती

से साथ चलते हैं। यह जीवन उन्हें आत्मनिर्भर, मिलनसार और सहनशील बनाता है। बच्चे 'फौजी बच्चे' कहे जाते हैं और उनमें अक्सर नेतृत्व और सामाजिक समझ अधिक होती है।

अंतरराष्ट्रीय अनुभव

कुछ फौजी विदेशों में शांति मिशन, प्रशिक्षण या दूतावासों में भी कार्य करते हैं। इससे उन्हें अन्य देशों की संस्कृतियों को जानने और भारत का प्रतिनिधित्व करने का अवसर मिलता है।

निष्कर्ष

फौजी जीवन और यात्रा एक अनूठा संगम है— सेवा, साहस, अनुशासन और रोमांच का। जहाँ एक ओर चुनौतियाँ हैं, वहीं दूसरी ओर जीवन के अमूल्य अनुभव भी हैं। हर पोस्टिंग एक नई कहानी होती है, हर यात्रा एक नई सीख। फौजी जीवन केवल नौकरी नहीं, बल्कि एक प्रेरणादायक यात्रा है, जो देश सेवा के साथ-साथ जीवन की गहराईयों से परिचय कराती है।



प्रिया शर्मा

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मातृत्व का प्रवाह

जब पिता देश की सेवा में हों, है बनती माँडाल।
 सब चिंताओं को भूल कर, सबकुछ लेती है संभाल ॥
 वो चला गया सीमा की ओर, वर्दी पहन कर शान से।
 माँ ने थाम लिया घर का कमान, आन बान और शान से ॥
 ना रूठने का वक्त, ना थकने की छूट।
 दुख- दर्द को सीने से लगाकर, मां बन गई सबसे मजबूत ॥
 सुबह उठाती बच्चों को, खुद की भी रहती अधूरी नींद।
 हिम्मत की चूड़ी हाथ में पहने, मां से है सबको उम्मीद ॥
 सुबह से लेकर रात तक, मां दुर्गा वह बन जाती हैं।
 अष्टभुजा न होते हुए भी, अष्टभुजी कहलाती हैं ॥
 छोटे बच्चे को गोद में लेकर, घर का भी बोझ उठाती हैं।
 दूध उबालते हाथों से, झाड़ू भी लगाती जाती है ॥
 साथ साथ में बच्चों पर भी, अपना ध्यान वो रखती है।
 खाहिशें पूरी करती पर, उफ भी नहीं करती है ॥
 सबको खुश रख के, उसकी दुनिया चलती है।
 और चुपके से दिल में, उसकी चिंताये पलती है ॥
 पापा की तस्वीर से, बच्चों को बातें कराती।
 खुद के आँसू छुपा, उन्हें हँसना सिखाती ॥
 "तुम्हारे पापा हीरो हैं", कहकर गर्व जगाती।
 और खुद हर रोज, एक नई माँ बन जाती ॥
 स्कूल की फीस, बच्चों का टीका और बाजार की रेखा।
 हर मोर्चे पर इस नारी ने, है इन सब को देखा ॥
 कभी पापा की कमी को, अपने आँचल से ढकती।
 कभी उनकी यादों से, बच्चों की नींव रखती ॥
 वो माँ है कृ माँ ही नहीं, पिता भी बन जाती।
 संघर्षों की आग में भी, विश्वास का दीप जलाती ॥
 जब वर्दीधारी दूर, देश के लिए कहीं लड़ते हैं।
 तो माँ वो योद्धा है जिसके आंचल में, बच्चे फलते फूलते हैं ॥



Vandana Pandey
 W/o AK Pandey, USE (P),
 ICGS Samudra Prahari

जिन्दगी

पहाड़ी रास्तों के उतार चढ़ाव सी जिन्दगी,
 कभी खुशी कभी गम से भरी जिन्दगी,
 मुश्किल कठिन राहों पर चलने का नाम जिन्दगी,
 उदासी में भी हिम्मत से मुस्कुराने का नाम जिन्दगी,
 ठोकर खाकर फिर उठकर चलने का नाम जिन्दगी,
 हर छोटे छोटे पल को खुशी से जीने का नाम जिन्दगी,
 नदिया की तरह बहते रहना है जिन्दगी,
 अधियारी रात के बाद उजला सवेरा है जिन्दगी,
 कुछ कड़वी, कुछ खट्टी मीठी यादें,
 जीवन के सफर में आने जाने का नाम है जिन्दगी,
 कुछ कर गुजर जाने का जुनून है जिन्दगी,
 चंद्रमा सी घटती बढ़ती,
 समंदर की लहरों सी उतरती चढ़ती जिन्दगी,
 घड़ी की सुइयों की तरह हर पल चलते रहने का नाम है जिन्दगी।



डॉ शीतल अनूप
 पत्नी उप महानिदेशक अनूप नारायणन पारायिल,
 भारतीय तटरक्षक पोत सम्राट

जल-सी एकरूपता

वह एक नदी है – ना कभी रुकती,
 ना कभी थमती, बस बहती है—
 हर बार एक नया किनारा छूती हुई।
 कभी बूँद बनकर बिखरती है, बंद दरारों में,
 जब कोई नया पड़ाव बुलाता है
 तो वह समेटती है अपना घर
 सहेज लेती है बच्चों की कहानियाँ
 जैसे बारिश समेटती है पत्तों पर जमे मोती।
 वह समुंदर नहीं है फिर भी –
 उसकी गहराई पूछो उन रातों से
 जब अकेले में उसने खुद को थामे रखा,
 बच्चों को सुलाया, उम्मीदों को जगाया
 और अगले दिन मुस्कान पहन
 सलाम किया नए सूरज को।
 वह चुप है, पर कमजोर नहीं।
 जैसे झील शांत होती है
 पर उसकी परछाई में छुपा होता है
 पूरा आकाश।
 हर स्थल परिवर्तन उसके भीतर एक संगम बनाता है –
 बीते शहरों की यादें
 नए चेहरों की मुस्कान
 कभी रेलवे स्टेशन, कभी नाव की तरह जीवन
 पर वह बहती रही, हर रूप में
 हर रंग में, पर खोए बिना अपना रंग।
 जब जिंदगी ने उसे मोड़ा,
 तो वह नदी की तरह
 मोड़ पर मुस्कुराई,
 और रास्ता बदलकर भी
 समंदर की ओर चलती रही।
 उसकी बाँहों में बच्चों ने सीखा
 कि बहाव में डर नहीं,
 बल्कि शक्ति है –
 कि बदलाव का अर्थ खोना नहीं,
 बल्कि फिर से उगना है।
 कभी ओस की बूँद सी

नाजुक दिखती है वो,
 पर देखो जरा,
 वो बूँद ही होती है
 जो सूरज की पहली किरण पकड़ती है।
 वह महिला –
 एक सैनिक नहीं, पर फिर भी योद्धा।
 हर बार के नये स्थान पर
 वह नये घर की दीवारों में
 अपने सपनों का रंग भर देती है।
 और जब कोई पूछता है –
 "तुम हर जगह कैसे घुल जाती हो?"
 वह मुस्कुरा कर कहती है:
 "मैं जल हूँ – और जल कभी अपनी पहचान नहीं खोता।"



Mrs Archana Pal
 W/o Ganga Prasad, P/Nvk (RP),
 ICGS Rajdoot

एक माँ की नजर से

वर्दी की सिलवटों में छिपे
ममता के कोमल गीत,
हर सुबह एक ड्यूटी कॉल,
पर माँ का प्यार नहीं रीत।

सेल्यूट के साए में पलते,
नये सपनों के रंग,
कभी खेल में बॉर्डर बनते,
कभी उड़ते जैसे पतंग।

घड़ी की टिक-टिक संग चलते,
नियम और अनुशासन,
पर माँ की गोद में सदा रहे,
स्नेह और अपनापन।

जब पिता ड्यूटी पर जाते,
माँ बनती दोनों हाथ,
संघर्ष में भी मुस्काती है
हर दिन करती सौगंध।

स्कूल के प्रोजेक्ट में लिखते,
मेरे पापा हैं हीरो
पर माँ की नजरों में सच्चा,
हर आँसू में भीरो।

डर, दूरी, पोस्टिंग की पीड़ा,
बच्चों से कह ना पाती,
पर हर कहानी में बहादुरी,
चुपचाप उन्हे सिखाती।

वर्दीधारी घरों की माएँ
होती हैं चट्टान सी,
ममता की गहराई लिए,
हर आँधी में जहान सी।

एक माँ की नजर से जय हिंद



Mrs Anshu Kumari
W/o Subhash SE ER,
ICGS Samudra Prahari

जिंदगी की तलाश

चलते रहे अनजानी राहों में,
कभी धूप मिली, कभी छाँव में।
हर मोड़ पर कुछ खोया-पाया,
फिर भी दिल ने आगे बढ़ना सिखाया।

थक कर बैठ जाना आसान था,
पर हिम्मत ने कहा: "अभी कहाँ हार मानना था।"
आसमान से गिरा तारा भी,
धरा पर नई कहानी बनाता है।

हर आँसू ने कुछ कहानियाँ बोलीं,
हर मुस्कान ने नयी रोशनी खोली।
रातें गहरी थीं पर सवेरे चमके,
ख्वाबों ने फिर से पंख फैलाए और उड़ चले।

मन के भीतर जब सन्नाटा होता है,
तभी सच्चा संवाद होता है।
खुद से मिलने का वो पल,
सबसे गहरा हलचल करता है।

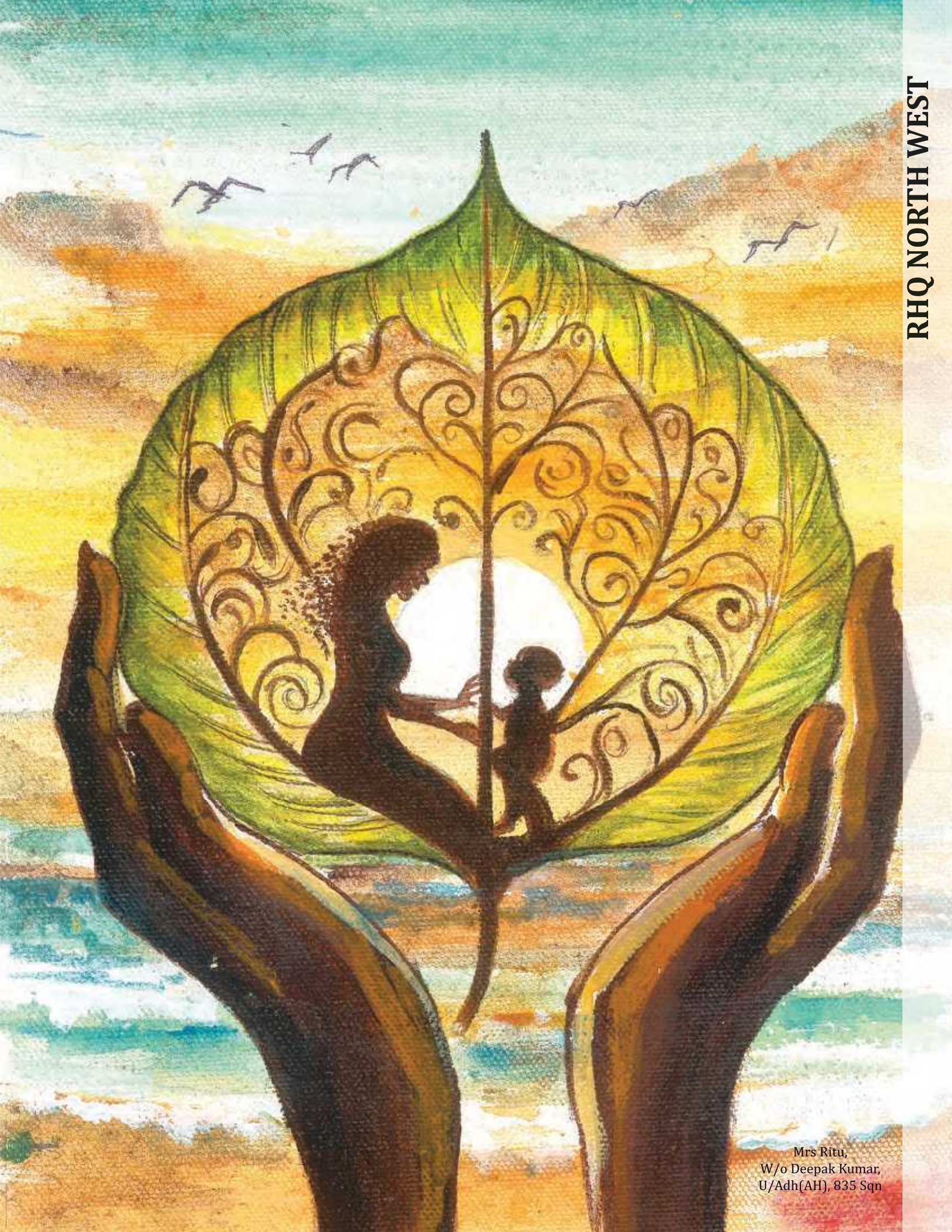
जिंदगी बस रुकने का नाम नहीं,
यह तो बहने वाली एक नदी है कहीं।
कभी शांत, कभी उग्र रूप ले लेती है,
पर हर रूप में कुछ नया सिखा जाती है।

चलते चलो जब तक साँसें चलें,
अपने सपनों के रंगों से जीवन रंगें।
मंजिल से बड़ा सफर है यहाँ,
हर कदम में बसा सुख और दुख का जहाँ।

खुद को कभी छोटा मत समझना,
तैरे अंदर भी आसमान समाना है।
तू ही अपना साथी है, तू ही अपनी कहानी,
बस चलते रहो, यही है जिंदगी की निशानी।



काव्या यादव
पुत्री नवीन यादव प्रधान नाविक,
भा० त० पो० अमर्त्य



Regional President Tatrakshika North West



Dear Members of CGWWA.

Warm greetings!

It gives me immense pleasure to pen this message for the annual edition of Urmi, our cherished CGWWA magazine that beautifully captures the essence of womanhood, service, and solidarity.

The theme "Pravahini" is something that touches all of us. "Pravahini" means constant movement and changes like a flowing river. Similarly, human life is also characterised by twists and turns, challenges, continuous movements, development and adaptation. With time we learn to adjust, grow and move forward with courage and grace.

As members of the Tatrakshika family, we witness these transitions not only in our own lives but also in the lives of our spouses, children, and fellow members. Amidst postings, separations, responsibilities, and celebrations, we strive to maintain equilibrium - nurturing our families while also nurturing ourselves. Pravahini reminds us that while the current of life may not always be within our control, our response to it certainly is.

CGWWA has always stood as a strong support system for us - encouraging, guiding, and bringing us all together. It reminds us that we are never alone in our journey and that together, we can face any challenge.

I congratulate the editorial team of Urmi for choosing such a thoughtful theme and for putting together this wonderful edition. I hope it brings inspiration, reflection, and pride to all readers.

Let us continue to flow forward - together, stronger, and with purpose.

With warm regards and best wishes,

Mrs. Archana Sashi Kumar
Regional President Tatrakshika (NW)

Representation of CGWWA North West



Mrs. Archana Sashi Kumar



Mrs Nidhi Agarwal



Mrs Rupaili Manjit Gill

North West Committee



Cheers To Good Times



Skill Power-Up (Suruchi)



**Demo & Workshop on
Mandala Painting - Mundra**



Mehandi Design Demonstration - Pipavav



**Workshop on Making of
Fridge Magnet - Porbandar**



Cake Making Demonstration - Okha



Demonstration on Nail arts - Jakhau



**Demonstration on Painting on
Spectacles Cover - Gandhinagar**

Wellness Initiative (Sanjeevan)



Health Lecture on Value of Homeopathy - Gandhinagar



Lecture & Demonstration on CPR - Okha



Blood Donation Camp - Okha



Medical Lecture - Jakhau



Dental Check-Up - Porbandar



Oral Hygiene - Vadinar

Small Steps, Big Impact (Srishti)



Lecture on Benefits of Vastu Plants - Gandhinagar



Placing of Birds Bath & Feeder - Vadinar



Walkathon to Sudarshan Setu - Okha



Tree Plantation Drive - Veraval



Lecture on Composting and Waste Segregation - Okha



Don't Wait Plant Today - Porbandar

Curious Mind, Brighter Idea (Saksharta)



Know the Perks - Vadinar



No age Limit for Learning



Lecture on Accounting And Financial Management - Mundra



Awareness Lecture on online Scam - Vadinar



Lecture on Varieties of Rice and their Nutritional Benefits - Gandhinagar



Eunoia - OKHA

Humanitarian Aid (Sneha)



Distribution of Utility Items to Civilian Helpers - Gandhinagar



Distribution of Sweets and Food Items on Diwali - Porbandar



Stationary Distribution at School - Gandhinagar



Ration Distribution to Charitable Trust - Porbandar



Distribution of Household Items - Vadinar



Blanket Distribution at Old Age Home - Gandhinagar



Sanchar Cordinator

Where The Little Hearts Blossom (Sanskar)



The Resilience of a Fauji Wife

Behind every man in uniform, there's a woman whose resilience is often unheard, yet deeply powerful. She doesn't wear the medals, but she lives the service life every single day — packing bags with every transfer, setting up new homes like clockwork, smiling through every goodbye and rebuilding life from scratch wherever the winds take them.

"She is a Fauji wife". Her journey flows like water — calm, deep and unstoppable. With every new posting, she steps into a new city, new people, new culture. And yet, without resistance, she blends in. From searching for the best school for her kids to finding her own circle of support, she creates comfort out of chaos. She's not just adjusting — she's growing, evolving.

Many may think she "sacrifices" her career, her identity. But the truth is, she redefines herself. She turns her talents into flexible ventures — teaching, remote work, art, volunteering, entrepreneurship — whatever the place allows, she blossoms there. And in doing so, she teaches her children the true meaning of adaptability and courage.

In moments of silence, when her partner is deployed in unknown seas, she anchors the home. She takes on the roles of both parents, guiding her children with love and firmness. She becomes the mechanic when something breaks, the counsellor when emotions run high and the strongest support system her family could ask for.

Yet, amid all these responsibilities, she does not lose herself. She continues to nurture her dreams, to build her own identity — sometimes quietly, but never insignificantly. She joins welfare associations, learn new skills, initiates community work, or even starts home businesses that travel with her from one posting to another. Each posting becomes a new chapter of growth, not just for her family, but for her own spirit.

The friendships she builds are unlike any other. With other wives who walk the same path, she finds a sisterhood rooted in strength and empathy. These women become each other's lifelines — sharing joys, supporting through sorrows, celebrating festivals together and

holding hands through the unknown. It is this community that teaches her the importance of solidarity — of standing tall, together.

Her strength lies in her flexibility — in being able to restart, relocate and rebuild, time and again. She can shift her whole world in a matter of days, yet make it feel like home again with the same warmth and grace. This is not a compromise; it's a choice, made with love and filled with resilience.

While her husband serves the nation, she becomes the unseen backbone of that service. Her sacrifices are not loud. Her tears are not public. Her courage is not always recognized. But they are all real and they deserve to be honored.

When society sees a Fauji, it salutes the uniform. But few see the woman behind that uniform — the one who wakes up early to pack for a transfer, who waves goodbye with a brave smile, who raises strong, adaptable children and who creates beauty out of uncertainty.

"Her story deserves to be told". She merges like water — not by losing herself, but by becoming everything her life needs her to be, while still being wholly herself. She adapts, survives and shines. In her flow lies unmatched power.

In the story of the Armed Forces, she is not a silent character. She is the current that holds the ship steady — a true hero in every sense.

You are the strength behind the service, the grace behind the grit, and the spark that never fades. You are the flow that never stops.



Anu Kumari
W/o Khushwant Singh,
ICGS C-413 North Gujarat

Parenting in Uniformed Homes

In the early hours of morning, before the sun has fully risen and while the sea remains calm in its quiet rhythm, a familiar routine begins in many homes across India. A mother gently wakes her children, prepares their school uniforms, packs their tiffin's with warmth and checks for homework one last time. Yet, in these homes, there is often an empty chair at the breakfast table, a father away on duty, patrolling our coasts or stationed far from home. This is the story of motherhood in uniformed homes a quiet, unwavering current that flows beneath the surface of national service.

For the wives of Indian Coast Guard personnel, motherhood carries a unique identity one shaped by resilience, adaptation and pride. It is not simply a role of care giving, but a lived experience marked by the realities of service life. These mothers are not just nurturing the next generation of citizens; they are the unsung partners in the broader mission of national defence. They embody both tenderness and strength, anchoring their families while their spouses guard the nation's shores.

Unlike conventional family structures, where both parents often share daily parenting responsibilities, mothers in Coast Guard households frequently carry the mantle alone for extended periods. The physical absence of a spouse due to deployments, trainings or emergency duties does not diminish the parental partnership but requires a rebalancing. Mother becomes the steady hand the presence that comforts, disciplines, encourages, and uplifts. It is her voice that cheers in school functions, her embrace that soothes fevers and her patience that answers the difficult questions children sometimes ask when their father cannot be there.

The essence of motherhood in such a setting is interwoven with emotional strength. It takes courage to calm a child who misses their father

during festivals, to explain that duty to the nation sometimes means personal sacrifice, and to do it all with a smile that reassures. The emotional labor involved goes far beyond routine parenting. It becomes a conscious act of building pride in service, even when the heart yearns for togetherness.

One of the greatest challenges these mothers face is frequent relocation. Transfers are an inherent part of service life, and with each new posting comes a fresh set of trials changing schools, adapting to new cities and rebuilding friendships. For children, these transitions can be unsettling. However, through the mother's example, they learn adaptability. What could have been disorienting becomes a lesson in resilience. Over time, these children grow accustomed to embracing change with maturity beyond their years a gift that begins with a mother's quiet guidance.

The absence of extended family support in many of these locations adds another layer to the mother's responsibilities. Unlike in civilian life, where grandparents, aunts or uncles may be close by to lend a helping hand, Coast Guard wives often find themselves far from familial safety nets. The responsibilities multiply, and every challenge whether it's a child's illness, an urgent school meeting, or an unexpected household repair is handled independently. Yet, despite these limitations, these mothers create homes that radiate warmth, security, and joy.

It is worth noting that these homes are not marked by waiting or passivity. They are full of purposeful living. The wives of Coast Guard personnel find ways to make up for their partner's absence by building rich, structured environments for their children. They establish meaningful routines, celebrate milestones with enthusiasm and maintain traditions that reinforce family identity. Even in the face of distance, connection is preserved through



letters, video calls, drawings sent from child to parent, and little rituals that keep the bond alive.

In raising children within such a dynamic and often unpredictable environment, these mothers succeed in shaping emotionally intelligent individuals. Their children understand the meaning of sacrifice and the importance of service. They learn patience and empathy early in life. They know how to say goodbye and how to cherish reunions. Many grow up with an instinctive respect for discipline and duty, not because they are taught, but because they see it practiced daily by the two people they admire most.

The role of the Indian Coast Guard wife extends beyond the private sphere. Within residential colonies and base quarters, a powerful sisterhood exists a community of women bound not just by circumstance but by shared strength. This community becomes a source of solidarity and mutual support. Whether it's celebrating festivals together, helping each other during medical emergencies, or offering a listening ear on a tough day, these women build each other up. For a young mother posted to a new city, the presence of fellow wives can feel like finding family again.

This collective support system also plays a key role in parenting. Mothers exchange tips, share resources and discuss educational challenges. They organize playgroups, group studies and storytelling sessions. Children benefit from being surrounded by a village of adults who understand their unique situation. And for the mothers themselves, this network often acts as a source of inspiration and emotional renewal.

It's important to recognize how these women are redefining motherhood itself. No longer confined to traditional definitions, today's Coast Guard mothers are educated, empowered, and multifaceted. Many pursue professional careers, engage in entrepreneurship, or dedicate themselves to social work and community building. Within Coast Guard Welfare Organizations, they take leadership roles, organize events, drive outreach initiatives, and contribute meaningfully to the wider society. Their identities as mothers are not limiting, but

rather expansive allowing them to serve their families and the community simultaneously.

It is also encouraging to see how the Indian Coast Guard is increasingly acknowledging and supporting the role of families. The establishment of quality education facilities, health centres, recreational areas and family quarters has significantly enhanced the quality of life. Initiatives such as family welfare cells, helplines and community events further bridge the emotional distance that comes with a life in uniform. In many ways, the organization has created an ecosystem where motherhood in service homes can flourish, despite the inherent challenges.

Looking ahead, the children nurtured in these unique homes represent the future not just of families, but of the nation. Raised with values of duty, resilience, and compassion, they grow into responsible, aware individuals. In their lives, the silent influence of their mother's strength continues to echo. She may not stand on the deck of a patrol vessel or wear epaulettes on her shoulders, but her contribution is no less heroic.

In the grand narrative of national service, the stories of these mothers often go untold. Yet, they are integral to the strength and stability of the entire force. As guardians of emotional well-being, educators of values, and architects of a stable home environment, their role cannot be overstated.

In the quiet corners of Coast Guard homes, a silent strength flows constant, graceful, and powerful. It is the flow of motherhood. And it deserves to be celebrated. She is a true "Pravahini"



Mrs Priya Kumar
W/o Bikesh Kumar SE(P),
ICGS C- 401, Mundra

A Smooth Integration of Empowered Women

Water is often seen as the softest substance on earth, yet it has the power to wear away stone fill any space and adapt to any shape. In much the same way empowered women specially the wives of Indian Coast Guard personnel navigate the tides of life with grace, adaptability and resilience. The life of a Coast Guard family is defined by transitions frequent relocations, unexpected postings and extended separations. Yet amid these challenges women show a remarkable ability not just to cope but to thrive. They merge like water into new cities, new cultures and new social environments without losing their unique identities and inner spark. This article celebrates the strength, versatility and quiet power of these women who turn postings into possibilities and transitions into triumphs.

Unlike conventional family setup, The Indian Coast Guard lifestyle is dynamic and often unpredictable. It involves frequent transfers every 2 to 3 years, short notice deployments and living in remote or unfamiliar locations. For a spouse, this means starting over again and again with a new house, new neighbours, new routines, new schools for children and new local languages, customs and climates. Further, what remains constant is her role as the emotional anchor of



the family. While her partner protects the nation's shores, she safeguards the home front sometimes single handedly.

Empowerment doesn't mean resistance to change, it means the power to transform with dignity. The empowered woman knows how to blend into a new place without erasing her essence. Whether she is an artist, teacher, entrepreneur or a home-maker she doesn't allow new surroundings to dim her passions. She adapts her activities to local possibilities perhaps switching from oil painting to digital art if studio space is unavailable or turning her love of baking into a home business during a remote posting. She builds a community from scratch by joining the local CGWWA chapter, engaging with school parents or organizing cultural events creating bonds that support her and others. Her cultural curiosity makes her a student of every new place. She learns local customs, celebrates regional festivals and introduces her family to new ways of life, enriching her children's upbringing and nurturing mutual respect in the community.

True empowerment is not just about education or income. It is the confidence to face life's unpredictability and still make meaningful choices. Empowerment shows up as adaptability leaving a beloved job in one city and reinventing oneself in another perhaps as a volunteer, freelancer or online entrepreneur. It reflects in financial acumen where many women use postings as an opportunity to explore independence through small businesses or upskilling. It appears in decision making, wherein the absence of their partner, women take full charge of finances, children's education, household management and even emergencies. It is evident in emotional intelligence the ability to manage one's own emotions while stabilizing the home and nurturing children during challenging times.

It is easy to glorify the role with real challenges. The job market may be limited in remote areas. Professional dreams are sometimes put on hold. Loneliness and identity crises may arise.

Parenting alone during long deployments is taxing but what sets empowered women apart is their response. They do not ignore these challenges. They acknowledge them, seek support and take purposeful action. They keep their spark alive by investing in self care through regular exercise, hobbies, reading or even simple rituals like Journaling over tea. Many pursue education by enrolling in online courses or certifications. Others set personal goals like learning a new language, getting fit or building an online brand. In doing so, they continue to grow and evolve, no matter where they are posted.

Children absorb what they see more than what they are told. And the silent lessons they learn from watching their mothers are powerful. They learn how to face change with grace, how to find opportunity in adversity and that women can lead not just in corporate boardrooms but at home and in society. A child raised by an empowered mother grows up respecting strength that is gentle, confidence that is quiet and leadership that is nurturing.

No empowered woman is an island. One of the most uplifting aspects of being a Coast Guard spouse is the strength of the sisterhood they build. The Coast Guard Wives Welfare Association (CGWWA) plays a vital role in this. From organizing welfare programs and charity drives to yoga camps and language classes, CGWWA becomes both a support system and a platform for personal development. In this environment, women empower each other through shared stories, skills and mutual encouragement. Seasoned wives help newcomers adapt. First time mothers are mentored by experienced ones. Emotional lows are cushioned by genuine care. This is empowerment in action not competitive, but collective and deeply rooted in shared resilience.

Consider Meena, who turned a lonely coastal posting into a life changing opportunity. She began learning about local medicinal herbs and now runs a successful online herbal skincare brand that supports village artisans. Aarti, raising two children while her husband was away, transformed their time together into creative experiences storytelling sessions, DIY

projects and even a children's book inspired by their journey. Or Divya, a tech professional who relocated seven times in ten years but never gave up on her career. She used every transfer to learn, network and eventually launch a successful remote consultancy. These women though vastly different in their experiences, all embody one truth they merged into their environments like water but carried their spark wherever they went.

Let us return to the metaphor of water. Like a river, The Coast Guard wife flows through landscapes of uncertainty with quiet strength. Like rain, she nourishes whatever land she touches. Like the ocean, she carries depth mystery, strength and power. Her ability to bend without breaking and to transform without losing herself is a form of leadership that may not always be recognized publicly but is profoundly impact.

In the ever-changing world of postings and deployments, the empowered woman doesn't wait for life to settle she is the settler. She adapts to new places with grace but never loses her colour, taste or identity. Her empowerment isn't loud, it doesn't demand applause. It is visible in her actions the way she packs a house in two days, eases a child's first-day nerves at a new school, comforts a neighbour through difficult times or greets yet another fresh start with a smile.

To all such women this article is a heartfelt salute. You are the water that gives life to the community. You are the strength behind the uniform. You are the spark that lights a thousand lamps. You merge, but you do not disappear. You adapt, but you never fade.



D Harika
W/o B Tulasi Rao, P/Nvk (R),
Porbandar

Life Travel and Culinary Lessons

The soldier's kitchen teaches powerful lessons about adaptability and respect for local resources. Travel, in this context isn't about leisure – it's about immersion. Soldiers often form bonds with local communities through shared meals, exchanging cooking techniques and flavours that linger far beyond deployment.

Moreover, the experience fosters a deep appreciation for nature. When every meal depends on what's available in the environment, waste becomes an enemy and resourcefulness becomes a creed. The "Green Kitchen" in this sense is not only sustainable but deeply respectful of the ecosystems it draws from.

From the Field To the Home

Many veterans and active soldiers carry these lessons into civilian life. They start community gardens, write cookbooks inspired by field experiences or become advocates for sustainable living. The soldier's "green kitchen" becomes a bridge between survival and stewardship

Recipes From Every Pot

What makes the green kitchen of a soldier truly fascinating is its diversity. Troops deployed across different regions adapt their meals to local resources, resulting in a unique culinary blend that reflects the cultures they interact with.

Middle Eastern Dust and Spice: In arid landscapes, soldiers have learned to cook lentil stews with za'atar and cumin, using flat breads baked on hot stones.

Tropical Foraging: In jungles, meals might include wild bananas, coconut milk, and river fish wrapped in banana leaves – a tropical soldier's version of a sustainable dinner.

European Field Meals: In alpine zones, hearty soups with wild mushrooms, potatoes, and dried meats keep the cold at bay.

Desert Simplicity: With limited water and resources, desert-based troops rely on nutrient dense meals like dried dates, preserved meats,

and semolina-based dishes that require minimal cooking time.

Each dish is a product of necessity, but also of discovery. Many soldiers find themselves preserving these recipes long after their service, turning field improvisations into cherished traditions.

So next time you sit down to a meal, think of soldier – cooking under the stars, blending with nature and finding flavours in even the harshest landscapes

Conclusion

"Blend with Nature – Green Kitchen; Recipes from Every Pot" isn't just a poetic phrase – it's a living reality for soldiers worldwide. In every region, under every condition, they find ways to nourish themselves with respect for the land and ingenuity in the kitchen. It's a story of resilience, sustainability and a culinary journey that spans continents.



Nanubee
W/o Shaik Rafeeq U/Nvk (RP),
IC-304, Mundra

प्रवाह

प्रवाह शब्द का अर्थ ही बहना या बहाव है, ये प्रवाह शब्द अपने आप में एक बहुत बड़ी प्रेरणा है। रुका हुआ जीवन बिना अर्थ का है। जीवन में प्रवाह के चलते हम जीवन के विभिन्न चरणों से होते हुए जीवन बसर करते हैं। अब बात करते हैं महिलाओं से मिली प्रेरणा से। हम अपने जीवन में बहुत सारी महिलाओं से मिलते हैं या जुड़े होते हैं। पहले मां से, बहन से, दादी से, चाची, मासी, बुआ से।

मां से तो हमें जीवन यापन की प्रेरणा मिलती है। वो हमारी पहली अध्यापिका, पहली दोस्त और जिनके पिता दूसरी जगह या घर से बाहर काम करते हैं, उन बच्चों के लिए मां एक पिता का भी किरदार



निभाती है। वो ही हम में जीवन की प्रेरणा, परिवार से प्रेम की प्रेरणा देती है, सच कहें तो मां ही हम में जीवन का प्रवाह लाती है। वो हमें अपने बचपन की, अपने परिवार की कहानियां सुना के हम में अच्छे संस्कार भरती है। वो हमें जीवन की मुश्किलों से मुकाबला करना सिखाती है। खुद को प्यार करना खुद के लिए परिस्थितियों को अपने अनुकूल बनाना सिखाती है।

मैं अपनी उदाहरण देती हूँ। मेरी मां की, वो अपने भाई बहनों में सबसे छोटी थीं। सबकी लाडली, भाई और बहनों की। लेकिन ससुराल में सबसे बड़ी बहु तीन देवर और तीन ननदों की। लेकिन उन्होंने वक्त के प्रवाह के साथ अपने आप को ढाला और एक रिस्पॉसिबल बहु के रूप में सारी जिम्मेदारियों को निभाया। एक बड़ी बहु के सारे फर्ज निभाए। शादी के पच्चीस साल एक संयुक्त परिवार में सफल किए। ये था उनका एक सबसे छोटे नटखट बच्चे से एक जिम्मेदार बहु का सफल प्रवाह, जिससे मुझे अपने आप को समय के प्रवाह के साथ डालने की प्रेरणा मिली।

अब मैं बात करना चाहूंगी अपनी सास की। वो बचपन से जीवन में सफल होकर कामना चाहती थी। उन्होंने अपने समय के हिसाब से अच्छी एजुकेशन ली। शादी के बाद वो जॉब करना चाहती थीं।

लेकिन कुछ जिम्मेदारियों और परिवार के बड़े बुजुर्गों की पुरानी सोच की वजह से वो जॉब नहीं कर पाई। लेकिन उन्होंने अपने जीवन के इस प्रवाह को स्वीकार कर अपने बच्चों में वो प्रेरणा और प्रवाह को चलाया। उन्होंने अपने बच्चों को ऊंची शिक्षा दिलाई और कामयाब बनाया। वो जीवन के प्रवाह के साथ अपने बच्चों के लिए रस्ते बनाती गईं। अब वो अपनी जॉब करने वाली इच्छा का सपना हम बहुओं में देखती हैं। वो हमें उच्च शिक्षा और जॉब करते रहने के लिए हमें प्रेरित करती हैं और हमारा साथ देती हैं। उनकी प्रेरणा से मुझे जीवन में हमेशा कुछ बड़ा पाने का प्रवाह जग रहता है।

मेरी दोनों मांओं से मुझे अपने जीवन के प्रवाह को समझने और उसे निर्वाह करने की समझ आई। मैं अपनी स्टडी, अपने बेटे का पालन पोषण, अपनी जॉब को अच्छे ढंग से मैनेज कर पाई।

हम अपने दोस्तों से, उनकी अच्छी बातों और कामयाब होने की कोशिशों से बहुत कुछ सीखते हैं। वैसे तो हमें हर किसी से कुछ न कुछ सीखने का मिलता ही है। मेरे नजरिए से देखा जाए तो हमेशा जिज्ञासु ही रहना चाहिए। चाहे घर में हो, रिश्तेदारी में, सफर में हो बस, ट्रेन, जहाज में, हर व्यक्ति से हम कुछ अच्छा ग्रहण कर सकते हैं, अपने हिसाब से सोच के।

अब जब हम पढ़ रहे होते हैं तो हमारी शिक्षिकाओं से हमें प्रेरणा मिलती है। असल में हमारी जिंदगी में वो एक रोल मॉडल बन के आती हैं। वो एक लाइव उद्घरण होती हैं जो अपने काम और घर के जीवन का प्रवाह करती हैं। उनसे हमें जीवन यापन की प्रेरणा मिलती है। अपने आप पे ध्यान देने की प्रेरणा, कैसे हम अपनी बॉडी के अकॉर्डिंग ट्रेसअप कर सकते हैं, कैसे हेयर स्टाइलेकर सकते हैं, सबसे बड़ी बात वो जिस मुकाम पे हैं उनकी प्रेरणा से हम भी किसी मुकाम पे पहुंच सकते हैं।

हमारे कॉलेज में बहुत ही छोटी उमर वाली गवर्नमेंट प्रोफेसरस भी थीं। तो वो बताती थीं कि कैसे उन्होंने ये सोच लिया कि नेट क्वालीफाई करना है और उसके लिए मेहनत के प्रवाह के चलते उन्होंने सफलता हासिल की। उनको देख हमें और बहुत सारे स्टूडेंटस को इस कोशिश और कड़ी मेहनत के प्रवाह को अपने जीवन में डालने की प्रेरणा मिलती है।

हमारे फीमेल स्पेस एस्ट्रोनॉट्स, IAS, IPS, officers, lawyers, Chief Justice, Ministers और बहुत ही प्रतिष्ठित पद पर जो महिलाएं हैं वो हम में प्रेरणा का प्रवाह करती हैं। एक औरत का कामयाब होना एक अलग ही प्रेरणा देता है, क्योंकि औरत को बहुत सारी चीजें मैनेज करके चलना होता है।

अब हम तटरक्षिकाएं जब हसबैंड के साथ एक जगह से दूसरी जगह पे पोस्टिंग जाती हैं तो, हमें बहुत सी नई महिलाओं के साथ मिलना होता है। ये एक जगह को छोड़ कर नई जगह जाकर रहने का प्रवाह जीवन में बहुत कुछ सिखा जाता है। कई बार किताबी जान से ज्यादा ये यात्रा का जान हमें समझदार बना जाता है। अपने सजाए हुए घर को छोड़ना, नई जगह को इतनी जल्दी अपना घर मान लेना, ये सब प्रवाह ही तो है, जो कभी रुकता नहीं और सिखा

जाता है बहुत कुछ।

हर जगह हम किसी न किसी कामयाब औरत चाहे वो नौकरी कर रही हो या गृहिणी हो, उनसे मिलते हैं, उनसे मिलजुल कर रहते हैं, उनसे नई चीजें सीखते हैं। कई बार कोई घर में रहने वाली आदत का होता है, लेकिन जब क्वार्टर्स में या सोसायटी में रहते हैं तो हमारा व्यवहार सबके साथ बोलने, बाहर निकलने वाला हो जाता, ये सब प्रवाह ही तो है। हमें अपने बच्चों, अपने हसबैंड के कारण नई महिलाओं से, बच्चों से दोस्ती होती है। और बाहर रहते हुए, अपने परिवार से दूर रहते हुए, वो ही हमारी बहन या सहेली बन जाती हैं। हमें उनसे हाथ की कला, किचन की रेसिपीज, अपने बच्चों के लिए ट्रिक्स, नए संस्कार सीखने को मिलते हैं।

सारांश में मैं तो यही कहना चाहूंगी कि ये प्रवाह ही जीवन है। ये हमारे ऊपर निर्भर है कि हम अपने जीवन निर्वाह के लिए, जीवन में सफलता के लिए अपने आसपास के लोगों की सोच,उनकी मेहनत सब से प्रेरित होकर और खुद में मेहनत और सकारात्मकता कैसे ल

सकते हैं। एक ही तो जीवन है, तो चलो कुछ तो छाप छोड़ के जाए इस समाज पे। की कोई न कोई या फिर सब हमारे प्रवाह से प्रेरित हो, अपने जीवन में भी उतारें।



Parwinder Kumari
W/o Gourav Kumar P/Nvk(RP),
ICGS Okha

अपने भीतर की लय

सुबह की नीरवता में, जब सब सोया हो,
एक गहरी साँस लो, मन खुद से खोया हो।

बिना भागे, बिना शोर के पल में ठहरो,
अपने भीतर की लय को जरा महसूस करो।

ध्यान कहे – अब यहीं रहो,
भूत-भविष्य छोड़, इस क्षण में बहो।

जैसे नदियाँ चुपचाप बहती जातीं,
वैसे ही अपनी सोच को शांति दिलातीं।

फिटनेस न केवल ताकत का नाम,
ये है तन-मन का मधुर संग्राम।

हर कदम, हर गति, आत्म-विश्वास लाए,
भीतर की ऊर्जा को उजाले में लाए।

आत्म-देखभाल है आत्मा का स्पर्श,
अपने लिए थोड़ा सा समय है सबसे जरूरी कर्ज।

तन को पोषण, मन को विश्राम दो,



खुद से प्रेम करो, थोड़ा आराम दो।

जब साँसें थमे नहीं, पर शांत हों,
तब भीतर के भाव भी परिपूर्ण हों।

उस मौन में खुद की आवाज सुनो,
अपने ही भीतर एक नई धुन चुनो।

लय पाना न हो मुश्किल कहीं,
वो छिपी है तुम्हारे ही मन की गहराई में यहीं।

ध्यान, परिश्रम और प्रेम जब साथ चले,
तब आत्मा भी खुले, और जीवन भी खिले।



प्रियंका तोमर
पत्नी कपिल कुमार प्रधान नाविक,
राजरतन

माँ के प्यार की वर्दीधारी धारा

माँ का प्यार एक नदी सा बहता,
वर्दीधारी घर में और भी गहरा कहता।

पापा दूर ज्यूटी पर जाते,
माँ अकेली सब संभाल जाती।

त्योहारों पर भी मुस्कान लाती,
दिल की चिंता कभी न बताती।

बच्चों में भरती हिम्मत का रंग,
सिखाती कैसे बने जीवन में तंग।

हर पैकिंग, हर पोस्टिंग में,
वो खुद को ढाल लेती है क्षण में।

बच्चों को बनाती मजबूत और सच्चा,
हर काम में देती है अच्छा।

वो माँ है, साहस की मूरत,
प्यार उसका, शांति की सूरत।

वर्दीधारी घर की वो पहचान,
उसका प्यार है अमर वरदान।



Gudiya Pandey

W/o Rahul Kumar Pandey Pradhan Yantrik (P),
ICGS C-408

आंतरिक प्रवाह की खोज

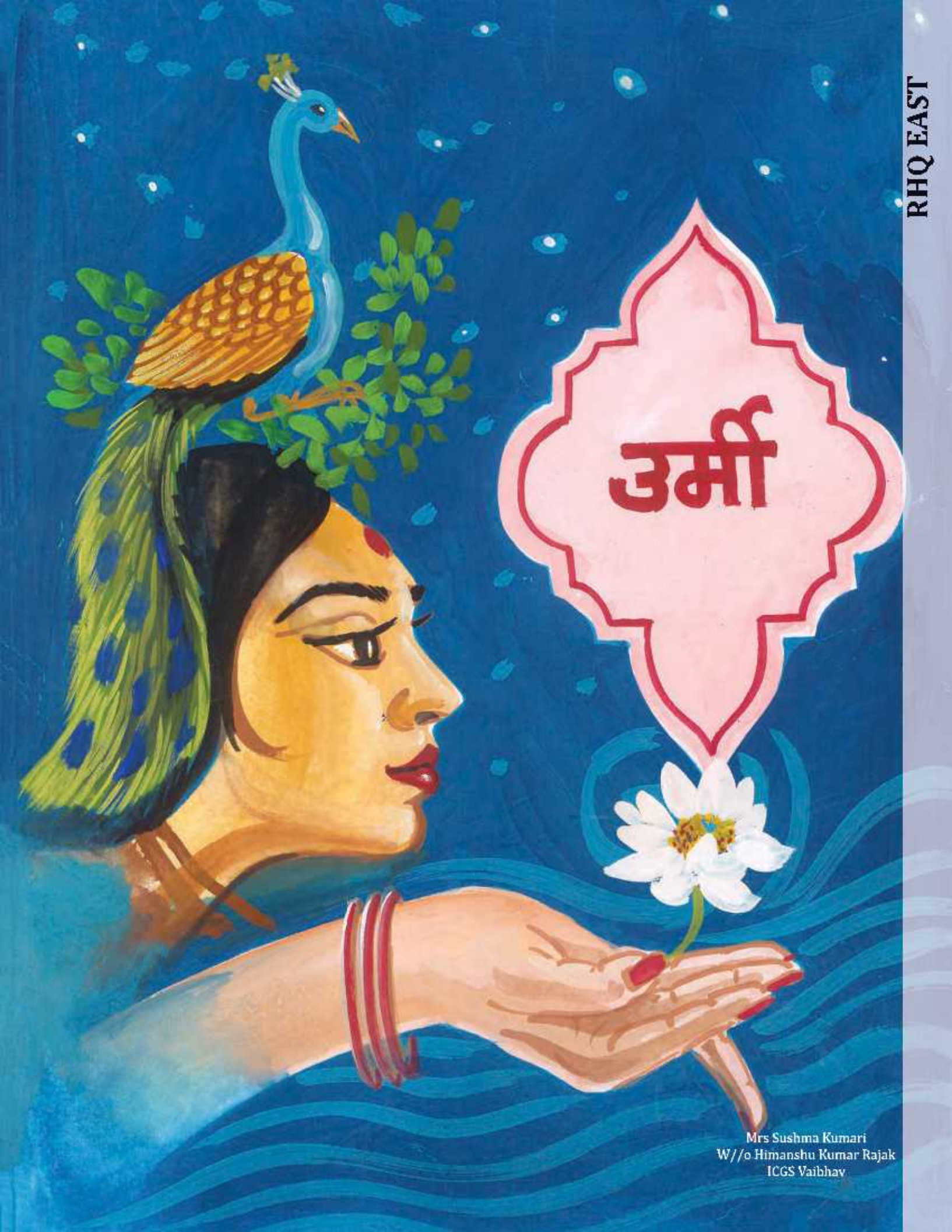
मन की शांति, आत्मा की गहराई
ध्यान में मिलती, जीवन की सच्चाई
धीमी गति, हृदय की धड़कन
मैं साँस लेती हूँ, मैं अस्तित्व में हूँ
हर कदम पर, मैं अपनी गति पाती हूँ
फिटनेस मेरी आत्मा को मजबूत बनाता है
मजबूत और लचीली, मैं आगे बढ़ती हूँ
मेरी आत्मा खिलती है, मेरा हृदय शांति पाता है
आत्म-देखभाल, एक यात्रा, न कि एक काम
मैं अपने शरीर, मन और आत्मा का पोषण करती हूँ
मैं अपनी जरूरतों को प्राथमिकता देती हूँ, मैं अपना समय लेती हूँ
मैं योग्य हूँ, मैं दिव्य हूँ
प्रवाह में, मैं अपनी आंतरिक खुशी पाती हूँ
एक अवस्था जिसमें मैं स्वतंत्र हूँ
ध्यान, फिटनेस और आत्म-देखभाल से मैं पनपती हूँ
मेरी आंतरिक प्रवाह, मेरी आत्मा को जीवंत करती है
मैं अपने भीतर इस प्रवाह को पोषित करूँ
एक शांति की भावना, एक संबंध की भावना
अपने आप से, दूसरों से, जीवन के डिजाइन से
मेरा आंतरिक प्रवाह मेरा मार्गदर्शक प्रकाश हो।



Neha Bharati

W/o Pancham Rajkumar U/Nvk(RP),
ICGS Okha





उर्मि

Mrs Sushma Kumari
W/o Himanshu Kumar Rajak
ICGS Vaibhav

Tatrakshika President Eastern Seaboard



It is a matter of immense pride and joy to be part of the Indian Coast Guard fraternity and to serve as the Tatrakshika President, Eastern Seaboard. I extend my warm regards to all members of CGWWA, whose dedication, compassion, and sense of community make this organization a true source of strength and inspiration.

Our lives invariably link us to the oceanic medium, which is never static, always on the move and energizes the world in various ways, some of which are yet to be discovered. In that context, a women's life is so fluid, always dynamic and yet loving and compassionate. The term Pravahini mirrors that sentiment and beautifully signifies the flow of life - graceful, determined, and ever-evolving. It reflects the ability of women to navigate life's transitions with balance and strength, managing responsibilities at work and home while nurturing their families and contributing to society.

As members of CGWWA, we truly embody this spirit of Pravahini, breaking barriers, embracing change, and supporting our husbands as steadfast partners in duty and purpose. Our journey mirrors a continuous current, resilient yet gentle, powerful yet nurturing - shaping lives and inspiring others through compassion, dedication, and selflessness.

CGWWA stands firm on its guiding motto, "Self Help and Mutual Help." This spirit of togetherness empowers us to grow individually while extending support to one another. Over the years, CGWWA has become a platform for women to learn, serve, and express themselves - fostering confidence, creativity, and a sense of belonging within the Coast Guard community and beyond.

Just like the ever-flowing Pravahini, our collective efforts continue to move forward with purpose, touching lives and strengthening bonds. Together, we represent progress, resilience, and harmony — the true essence of womanhood.

My heartfelt wishes to all CGWWA members. May we continue to inspire, empower, and support each other, flowing together as Pravahini — with grace, purpose, and pride.

A handwritten signature in blue ink, reading 'Manmeen'.

Mrs. Manmeen
Tatrakshika President (Eastern Seaboard)

Regional President Tatrakshika East



It is a profound honour for me to be a part of CGWWA organisation which has evolved from its nascent stages into a formidable entity, we witness today. I consider myself fortunate to convey my message for the upcoming Edition of URMI-25, as Regional President Tatrakshika (East).

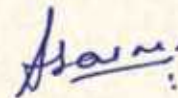
"URMI" provides an opportunity to our fraternity members to share their thoughts, ideas, expressing creativity and experiences. CGWWA binds all the Tatrakshikas, transforming into a potent force that nurtures families in every facet of daily lives - mental, physical, emotional wellbeing while fostering a state of happiness and driving qualitative development. CGWWA wings - Suruchi, Sanjeevan, Sneha, Saksharta, Suraksha, Srishti, Sanskar and Sanchar work in harmonious synergy to achieve comprehensive progress

This year's theme for URMI-25 "**Pravahini**" symbolizes movement, transition and the seamless passage of thoughts and emotions like water. It also represents the flow of consciousness of life, flow of motherhood and finding our own way to a stable life. Our Tatrakshikas shape their path through the various challenges of life showing a spirit of positivity.

Since inception, URMI journal has magnificently showcased CGWWA's activities, capturing the grandeur of our programs through vivid photography. I have found several insightful snippets in the Journal beneficial and have incorporated them in my own life. As an avid reader of all past editions of URMI, I appreciate how it has embraced the information era.

I extend my heartfelt congratulations to the editorial team of URMI-25 for their relentless dedication in crafting an enjoyable and inspiring experience for all of us as we turn the pages with inquisitiveness. Let us always continue the good work towards empowering the women and strengthening the bond.

Best Wishes and Warm Regards.



Mrs. Anuradha Saini
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Contents

01. Photo Gallery - East	105
02. Blending with Society	112
03. Flow of Inspiration	113
04. Flow with Nature – A Travelogue Through the Lens of a Fauji Life	114
05. Motherhood: Raising Children in Digital Era	115
06. Finding The Inner Self	116
07. Woman of Courage	118
08. अपना प्रवाह ढूँढना - काम और निजी जीवन में संतुलन बनाना	119
09. अपने आंतरिक प्रवाह को खोजना- जागरूकता, फिटनेस और आत्म-देखभाल	121
10. जल की तरह विलय - सशक्त महिलाएँ तैनाती की चुनौती और बदलाव में अपनी चमक कैसे बनाए रखती हैं	123
11. कार्य और व्यक्तिगत जीवन का संतुलन	124
12. मैं दो दुनियाओं की नाव हूँ	124
13. Photo Gallery - North East	129
14. Mastering Work-Life Flow	136
15. The Flow of Relationships	139
16. Fauji Motherhood: A Unique Flow	142
17. The Soldier's Wife	144
18. The Silent Strength	144
19. माँ की नजर	145
20. प्रकृति के संग प्रवाह - यात्रा-वृत्तांत: फौजी जीवन और भ्रमण	145

SCAN ME
For More Images



Unity of Purpose



Skill Sphere (Suruchi)



CGWWA Stall at Diwali Mela - Chennai



Demo on Best Out of Waste - Puducherry



Christmas Celebration - Vizag



Demo on Tricolour Delights - Tuticorin



Garba Nights - Tuticorin



Vibrant Garba Night - Kakinada

Fitness Is A Therapy (Sanjeevan)



Yoga for Fitness



Medical Camp for Cancer Screening - Vizag



Lecture on Stress Management by Brahmakumaris - Kakinada



Cancer Awareness Camp - Tuticorin



Health Check Up of Ladies - Mandapam



Lecture on PCOD & PCOS - Chennai

Green Initiative (Srishti)



**Making Eco-Friendly
Home Decor Competition - Chennai**



**Demo on Home Decor
From Household Waste - Chennai**



ICC Day Beach Cleanship - Vizag



Tree Plantation Drive - Tuticorin



Tree Plantation in CGRA - Mandapam



Tree Plantation Drive - Puduchery

Education Empowerment Program (Saksharata)



Lecture on Vedic astrology - Chennai



Hindi Poem Recitation Competition - Kakinada



Lecture on Digital Literacy - Tuticorin



Financial awareness Program - Mandapam

Being There For Someone (Suraksha)



Suraksha interaction with Brave Ladies - Chennai



Extending Helping Hands - Chennai

Tender loving Care (Sneha)



Old age Home Visit - Chennai



Falicitation of Labourers - Chennai



Drawing Competition for Orphanage Children - Puducherry



Visit to Orphanage Society - Vizag



Essential Support to Casual Labourer - Kakinada



Kit Distribution to Orphan Kids - Tuticorin

Playful Learning (Sanskar)



Sanchar Team

Blending with Society

A social issue is a problem that influence many citizens within a society. It is a common problem in present day society and one that many people strive to solve. It is often the consequence of factors extending beyond an individual control. Social issues are the source of a conflicting opinion on the grounds of what is perceived as morally correct or incorrect personal life or interpersonal social life decisions. Social issues are distinguished from economic issues. However, some issues have both social and economic aspects. There are also issues that do not fall into either category, such as warfare. There can be disagreement about what about social issues are worth solving or which should take precedence. Different individual and different society have different perceptions in right of Men and common sense. There are variety of methods people use to combat social issues; some people vote for leaders in a democracy to advance their ideas. Outside the political process, people donate or share their time, money, energy, or other resources. This often takes the form of volunteering; Non-profit organizations are often formed for the sole purpose of solving a social issue. Community organizing involves gathering people together for a common purpose.

Positive and Negative Effects of Social Media on Mental Health.

Happiness is a state of contentment allowing for a good life filled with purpose. Being happy has its health perks, those who live a happier life tend to have better immune and cardiovascular systems, lower inflammation levels, and lower blood pressure. It has also been linked to longevity and higher quality of life and well-being. Happiness is a global pursuit, meaning that people from every corner of the earth strive to attain the social state of living. However, in recent years social media has taken over the world. It may seem like a beneficial way to connect with others. But it could be affecting the lives of users for the worse social media's negative impacts on happiness and one's relationship with themselves outweigh the positive. By closely examining the positive and

negative effects of social media on mental health and survey results, one can better understand the effects social media has on happiness.

A theory called the happiness paradox makes it appear as though an individual appears has less happy than social media influencers and other popular people. The happiness paradox goes hand in hand with the friendship paradox, which creates the effects that friends and family are more popular than an individual. Both ideas present the risks on injuries effect on one's mental health.

Conclusion.

In conclusion, social media has reached every faced of human activities, it has become an integral part of communication means, online networks, such as Facebook and twitter, have penetrated to social and cultural realms and have provided new patters of acting in a real environment. Virtual space, therefore, have become one more source by means of which people can introduce their educational and business activities. Finally, online networks become powerful tools for advertising products and services. As well as for attracting new marketing targets. Overall social media can be considered as a fundamental shift in daily activities and lifestyles. It is also a step up toward a new communication environment



Mrs Vaishnavi Bhardwaj
W/o Anil Rajbhar, P/Ytk(P),
ICGS Vighraha

Flow of inspiration

Indian Coast Guard has a key role to play in the security of our country's maritime borders. While most of the attention understandably goes to the courageous women and men in service, there is another important but lesser-known aspect of this force - the existence of the women belonging to the Coast Guard, primarily the wives of the serving personnel. These women constitute a quiet and sturdy support pillar for their partners and societies.

Their experiences, (Coast Guard Wellness Welfare Association) or more fondly referred to as Tatrakshika.

The life of the Coast Guard men is particularly demanding. The men are frequently deployed for extended periods at sea, guarding huge maritime areas, responding to emergencies, or involved in rescue missions. Their long periods of absence leave their families, particularly their wives, holding down their homes, children and sometimes even the extended families single-handedly. These women are from varied cultural, linguistic, and social backgrounds and when they go to new cities or coastal towns for their husband's postings, they find themselves in new settings with no ready support systems.

This seclusion can give rise to emotional issues, such as solitude, unease, and even depression. Considering this, the Indian Coast Guard felt an urgent need for an organized platform that would not only give these women support but



also a sense of belongingness and empowerment. Thus was born CGWWA — Tatrakshika, a welfare organization that aims to inspire, empower and unite the women of the Coast Guard fraternity.

Symbolism of the Emblem: Diversity in Unity

Tatrakshika boasts an emblem that is a perfect representation of womanhood and unity. The logo shows three women's faces, which are representative of the kindred spirit, cooperation and shared agenda. The three faces represent women from various regions of the country, in consonance with India's diversity and the kindred spirit of the organization. Yet the elegance of this symbol is that it has depth. A woman will see the logo not only as a symbol of community but also as a symbol of herself — her inner core, her dual nature as caretaker and achiever and the journey she has in discovering herself. As a mirror reproduces a woman's outward looks, Tatrakshika reproduces her inward strength, imagination and changing self.

In this way, Tatrakshika transcends mere organization - it becomes a guide, ever by her side, reminding her of her potential, guiding her talents and telling her she is never alone.

Self-Help: The Foundational Motto

The motto of CGWWA is "Self Help." This single yet effective principle emphasizes the ethos of the organization. All members of Tatrakshika freely give her time, talent and energy to the common cause of enhancing the overall quality of life in the Coast Guard community. Through collective support and mutual growth, the women develop a robust and resilient support group. Originally conceived as a self-help organization within the Coast Guard, Tatrakshika has expanded greatly in scope and intent. Now, it goes far beyond the boundaries of the Coast Guard fraternity and works actively with the larger society. The members conduct several outreach programs such as:

- Conducting medical camps and blood donation camps

- Donating school supplies to poor children

Rendering logistic support and materials to rural towns

Organizing awareness programs on women's rights, health and hygiene

These efforts not only empower marginalized groups of society but also make the members of CGWWA feel a sense of pride and purpose.

Empowering the Next Generation

One of the most impressive contributions made by Tatrakshika is in the area of education and personality development of the Coast Guard children. Realizing that the frequent transfers and unscheduled routines of service life may interfere with the child's academic and social

development, CGWWA takes initiative to bridge this gap



Lakhain Soren
W/o Jitrai Soren, PSE (ER),
CGRPT (CHN)

Flow with Nature – A Travelogue Through the Lens of a Fauji Life

Life in the armed forces is not just about uniforms, salutes, and discipline, it's a lifelong journey woven with stories of movement, landscapes, and discovery. For us Fauji, travel is not an extravagance; it's a way of life. Each posting becomes a new chapter, and every transfer opens a window to unexplored worlds. In this ever-moving rhythm, we learn not only to serve the nation but also to flow with nature, acceptance the unfamiliar and finding beauty in every corner.

From the blue sea of Bay of Bengal to the sun-kissed shores of Port Blair, the map of India gradually becomes a personal diary of memories. I still remember the rough sea of east coast, come sea and cloudy evenings would make every aspect a poetic retreat. Nature, in its raw and untouched form, becomes our constant companion — a silent supporter in times of both solitude and celebration.

Fauji life teaches us flexibility. There is no fixed "home" because every place becomes home for a while. It's in these transitions that the spirit of exploration grows.

Travel, in a soldier's life, is not always touristy. We often live in remote, non-commercial places untouched by crowds. But that's what makes it

special. We get to witness the soul of India, local cultures, unknown trails, untouched nature, and unfiltered life.

Children grow up more adaptable, partners become robust, and friendships grow stronger because they are built in constant change. A Fauji family doesn't just live, it travels, explores, and grows with nature.

In this lifestyle, the motto becomes simple — "go with the flow, and grow with the flow." We do not resist change; we embrace it. We do not chase fixed destinations; we collect experiences.



Nurjahan
W/o Ezaz Ahmed P/Nvk (RO),
ICGS Sarang

Motherhood: Raising Children in Digital Era

Introduction.

Motherhood is a journey marked by selfless love, tireless care, and deep emotional investment. In homes led by uniformed personnel be it Army, Navy, Air Force and Indian Coast Guard, police, or any other disciplined service. The role of a mother takes on an even more nuanced dimension. These mothers raise children within the framework of discipline, resilience, and often, long absences of the serving parent. In today's technology-driven age, one of the greatest challenges they face is the increasing dependency of children on mobile phones. This article explores how mothers in uniformed households navigate this terrain and play a pivotal role in fostering discipline while encouraging de-addiction from screens.

Unique Environment.

Uniformed homes are steeped in values such as punctuality, respect for authority, discipline, and service to the nation. Children growing up in such environments often imbibe these traits subconsciously. However, the demands of service often mean one parent is away for long durations, placing greater responsibility on the mother to manage not only the household but also the emotional and developmental needs of the children.

In such scenarios, mothers become the pillars of stability. They bridge the gap left by the often-absent parent and serve as emotional anchors. Their role goes beyond daily caregiving; they become mentors, disciplinarians, and emotional support systems.

Mobile Addiction.

With the advent of smartphones and the internet, children are exposed to a vast digital universe from a very young age. Online classes, games, social media, and endless content can become addictive, often leading to reduced attention span, poor academic performance, sleep disorders, and even behavioural issues.

For mothers, especially in uniformed homes, managing this addiction poses a unique

challenge. The structured lifestyle of such families can be both a strength and a limitation. While the culture of discipline can help enforce rules, the emotional void left by the frequently absent parent can make children more vulnerable to seeking comfort in mobile devices.

The Role of the Mother in Curbing Mobile Addiction.

Setting the Ground Rules: Mothers in Defence personnel homes often maintain a structured schedule. Leveraging this to set fixed times for mobile usage can be effective. Clear guidelines, such as no screens during meals, study hours, or before bedtime, help instill discipline.

Being a Role Model. Children emulate their parents: A mother who uses her mobile judiciously and engages in more offline activities sets a powerful example. Reading, gardening, or spending quality time with children without the interference of screens reinforces the message.

Encouraging Offline Engagement: Introducing children to hobbies such as painting, sports, music, or reading helps them find joy outside screens. In uniformed homes, where physical activity and fitness are core values, mothers can encourage outdoor play and family fitness routines.

Communication & Emotional Bonding: A strong emotional bond reduces a child's reliance on external validation or entertainment. Spending quality time with children, listening to their thoughts, and making them feel valued can significantly diminish their need to escape into virtual worlds.

Using Technology Mindfully: Instead of banning mobile phones outright, mothers can introduce children to educational apps, documentaries, and skill-building content. This helps children see technology as a tool rather than a toy.

Rewarding Positive Behavior: Reward systems for limited and mindful screen use can motivate children to self-regulate. Simple rewards like extra playtime, a story session, or their favorite meal can reinforce good habits.

Challenges Faced By Mothers.

Despite best efforts, mothers are facing numerous challenges

Peer Pressure. Children often argue that their friends have unlimited access to mobiles.

Academic Needs: With schools assigning digital homework and projects, it's difficult to eliminate screen time.

Emotional Gaps: The absence of a uniform parent sometimes leads children to seek solace in devices. Addressing these requires patience, empathy, and sometimes external support from counsellors or parenting groups.

A Community Approach: Uniformed communities often have tight-knit networks. Mothers can collaborate to organize group activities, mobile-free play dates, workshops, and parenting seminars. Sharing experiences and strategies helps create a supportive environment.

Conclusion.

Motherhood in uniformed homes is both a privilege and a challenge. These mothers

embody strength, patience, and unwavering commitment not just to their families but to the values their households stand for. As mobile addiction becomes a pressing concern, their proactive role becomes all the more vital. By fostering emotional connection, promoting structured routines, and encouraging offline engagement, mothers can successfully guide their children towards a balanced life. Their efforts ensure that the next generation not only inherits the legacy of discipline and service but also learns the value of presence, attention, and real-world connection in a digital age.



Mrs. Shaik Sultana P
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Finding The Inner Self

Pick something you love the first step to finding flow is choosing an activity that sparks joy. It doesn't have to be fancy or impressive — it could be gardening, playing an instrument, coding, or even organizing your toolbox. The key is that it feels good to you. If you're slogging through something you hate, flow won't happen. I've tried forcing myself to get into activities that didn't click, like knitting or Journaling, and it was a bust. No matter how hard I tried, I couldn't lose myself in them. But when I'm tinkering with a recipe or messing around with a DIY project, I'm halfway to flow before I even start.

Think about what lights you up. Maybe it's sketching, dancing, or fixing something broken. If you're not sure, experiment. Try a few things — a new sport, a craft, or even a puzzle game. Pay attention to what feels fun, not what you think you should do. Flow comes when you're genuinely into it, so don't waste time on stuff that feels like a chore.

Flow happens in that sweet spot between too easy and too hard. If the task is a breeze, you'll get bored and lose focus. If it's way out of your league, you'll stress out and give up. The trick is to find a challenge that stretches you just enough. Think of it like lifting weights — you want a weight that's heavy enough to make you work but not so heavy you drop it. For example, when I'm cooking, I don't just throw together a sandwich and call it a day. That's too easy, and my mind wanders. But I also don't try to whip up a five-course gourmet meal with ingredients I've never heard of — that's a recipe for frustration. Instead, I might aim to perfect a dish I've made before, like tweaking a pasta sauce to get the flavours just right. It's challenging enough to keep me engaged but not so tough I'm swearing at the stove.

To find this balance, start with something you're decent at and add a small twist. If you're a runner,

don't just jog the same route — try beating your last time by a few seconds. If you're writing, don't aim for a novel; focus on a single, vivid paragraph. Adjust the difficulty until it feels like a stretch but not a strain.

Avoid Distractions- Focus needs a clear mind. Distractions are the enemy here. Your phone buzzing, a TV blaring, or even your own wandering thoughts can yank you out of the zone. I've noticed that when I'm trying to get into something — say, fixing a piece of furniture — a single notification can derail me. Suddenly, I'm scrolling instead of sanding.

Set Yourself Up for Success- Put your phone on silent or in another room. If you're working at home, find a quiet corner or tell your family you need an hour. Background music can help, but stick to something without lyrics, like lo-fi beats or classical tracks. I've found that instrumental music keeps my brain locked in without pulling me away. If your mind's racing with worries — bills, deadlines, whatever — jot them down on a piece of paper before you start. It's like telling your brain, "I'll deal with you later."

Maintain your Space Organized- Environment matters too. A cluttered space can mess with your head. If you're painting, clear your desk. If you're exercising, find a spot without a lot of visual noise. The fewer things pulling at your attention, the easier it is to dive in.

Set Small Goals- Goals which are achievable. Big, vague goals kill flow. If you're thinking, "I'm going to be an amazing guitarist," you're setting yourself up to feel overwhelmed. Flow thrives on specific, bite-sized targets. Instead of "be a great musician," aim for "learn the chorus of this song." Write your goal down if it helps. Keep it simple: "Complete 10 pages of a book today" or "Write 200 words about my day." Check it off when you're done. That sense of progress fuels flow and makes you want to keep going.

Practice Makes a Woman Perfect- Flow isn't something you just stumble into every time. It takes practice. The more you do an activity, the smoother it feels, and the easier it is to slip into that focused state. When I first started cooking, I was losing track of everything — measuring wrong, burning stuff, losing track of steps. But after doing it regularly, I got comfortable. Now, I can chop veggies, season a dish, and keep the kitchen under control without

thinking too hard. That's when flow kicks in. Don't expect to hit the zone the first time you try something new. It's like learning to ride a bike — wobbly at first, but it gets steadier. Stick with your activity a few times a week, even for 20 minutes. Over time, you'll notice flow happening more often and for longer stretches.

Live in the Moment- One thing people don't talk about enough is how flow feels like being fully present. You're not stressing about the past or future — you're just in it. To get there, try to let go of perfectionism. If you're obsessing over doing it "right," you'll trip yourself up. I've ruined plenty of moments by over thinking whether my work was good enough. Instead, focus on the process. Enjoy the brush on the canvas, the rhythm of your steps, or the click of your keyboard.

Keep Experimenting New Things- Everyone's flow is different. What gets me in the zone might not work for you. Maybe you find flow in group activities, like playing soccer, while I'm more into solo stuff like fixing things. Test different activities, times of day, or settings. Morning might be your flow time, or maybe you're a night owl. Keep tweaking until you find what clicks.

Finally, Finding your inner flow isn't about being a genius or having some special talent. It's about picking something you enjoy, setting a clear goal, and creating space to focus. Challenge yourself just enough, cut out distractions, and keep at it. With practice, you'll hit that sweet spot where time melts away, and you're just doing. It's one of the best feelings out there, and it's yours for the taking. So go try it — pick your thing, start small, and see where it takes you.



Mira Chaudhary
W/o Chanchal Kumar Adh(R),
ICGS Shaurya CG EHQ(East)

Woman of Courage



A woman's daily life is a story of strength,
She rises each morning, shining at length.
With courage and power, she greets the new day,
And cares for her family, in every way.

She's a multitasking warrior, juggling work and home,
A steadfast pillar, where her loved ones roam.
She faces each challenge with a heart full of cheer,
And finds gentle answers to wipe every tear.

Her daily life is a testament to her spirit so bright,
She sparkles like stars in the quiet of night.
A daughter, a sister, a mother, a friend,
A woman of courage, through every end.

Let's honor this woman of grace and might,
A true inspiration, a guiding light.
She's a beacon of hope in a world so unsure,
A shining example of courage so pure.

With every step she takes, she makes her own way,
A path of bravery that's here to stay.
She's a woman of courage, a radiant light,
Glowing forever, with all her might.



Alka
W/o Anish Thakur, P/Nvk(Wtr),
ICGS Rani Gaidinliu Krishnapatnam

अपना प्रवाह ढूँढना - काम और निजी जीवन में संतुलन बनाना

काम और निजी जीवन के अंतर्संबंध में, **कार्य-जीवन संतुलन** दोनों के बीच संतुलन है। किसी के निजी जीवन के कई पहलु हैं जो काम से जुड़ सकते हैं, जिनमें परिवार, अवकाश और स्वास्थ्य शामिल हैं। कार्य-जीवन संतुलन द्विदिशात्मक होता है उदाहरण के लिए, काम निजी जीवन में हस्तक्षेप कर सकता है, और निजी जीवन काम में हस्तक्षेप कर सकता है। यह संतुलन या इंटरफ़ेस प्रकृति में प्रतिकूल हो सकता है (उदाहरण के लिए, कार्य-जीवन संघर्ष) या प्रकृति में लाभकारी हो सकता है (उदाहरण के लिए, कार्य-जीवन संवर्धन)। हाल के शोध से पता चला है कि कार्य-जीवन इंटरफ़ेस अधिक सीमाहीन हो गया है, खासकर प्रौद्योगिकी-सक्षम श्रमिकों के लिए।

रिश्ते के प्रमुख सिद्धांत

कई सिद्धांत कार्य और पारिवारिक जीवन के बीच संबंधों के विभिन्न पहलुओं की व्याख्या करते हैं। सीमा सिद्धांत और सीमा सिद्धांत दो मूलभूत सिद्धांत हैं जिनका उपयोग शोधकर्ताओं ने इन भूमिका संघर्षों का अध्ययन करने के लिए किया है। अन्य सिद्धांत इन दो सिद्धांतों की नींव पर निर्मित हैं। सीमा सिद्धांत और सीमा सिद्धांत के पहली बार प्रस्तावित होने के बाद से पिछले दो दशकों में, सूचना और संचार प्रौद्योगिकियों (आईसीटी) के उदय ने कार्य-जीवन के अंतरापृष्ठ को व्यापक रूप से बदल दिया है। अब कार्य किसी भी समय और किसी भी स्थान पर पूरा किया जा सकता है, जिसका अर्थ है कि डोमेन के मिश्रित होने की संभावना अधिक है और सीमाएँ लगभग न के बराबर हैं।

संरचनात्मक कार्यात्मकता

इस सिद्धांत की जड़ें 20वीं सदी के शुरुआती वर्षों में खोजी जा सकती हैं, जब औद्योगिक क्रांति आर्थिक कार्य को परिवार से अलग कर रही थी। 19वीं सदी में मशीनरी और विनिर्माण क्षेत्र में तकनीकी प्रगति ने कार्य को परिवार से अलग करने की शुरुआत की। हालाँकि, कार्य-परिवार सिद्धांतों का पहला दृष्टिकोण 20वीं सदी के शुरुआती वर्षों में ही आकार लेने लगा था। संरचनात्मक-कार्यात्मकतावाद 20वीं सदी के शुरुआती वर्षों के प्रमुख समाजशास्त्रीय सिद्धांतों में से एक था और आधुनिक कार्य-परिवार सिद्धांतों से मिलते-जुलते पहले सिद्धांतों में से एक था।

लालची संस्थाएँ

यह तर्क दिया गया है कि कार्य-परिवार संघर्षों, विशेष रूप से भूमिका संघर्षों की व्याख्या लुईस ए. कोसर की 'लालची संस्थाओं' की अवधारणा के संदर्भ में की जा सकती है। इन संस्थाओं को इस अर्थ में फ्लालची कहा जाता है कि वे व्यक्तियों की प्रतिबद्धता और निष्ठा पर सभी तरह की मांगें करती हैं, और अन्य सामाजिक क्षेत्रों में भागीदारी को हतोत्साहित करती हैं। धार्मिक आदेश, संप्रदाय, शिक्षा, शीर्ष स्तर के खेल, सेना और वरिष्ठ प्रबंधन जैसी संस्थाओं की व्याख्या लालची संस्थाओं के रूप में की गई है। दूसरी ओर, परिवार की भी एक देखभाल करने वाले पर रखी

गई मांगों के विचार में एक लालची संस्था के रूप में व्याख्या की गई है। जब कोई व्यक्ति दो लालची संस्थाओं में शामिल होता है - चाहे वह बाल देखभाल और विश्वविद्यालय हो, या परिवार और सेना हो, 2.9 मिलियन से अधिक प्रतिक्रियाओं पर आधारित 2020 के लिक्डइन सर्वेक्षण ने निष्कर्ष निकाला कि कार्य-जीवन संतुलन के साथ संघर्ष कर रहे कर्मचारियों में व्यावसायिक बर्नआउट के लक्षण दिखने की संभावना 4.4 गुना अधिक थी।

विभाजन

इस सिद्धांत के आधार पर काम और परिवार एक-दूसरे को प्रभावित नहीं करते, क्योंकि वे खंडित हैं और एक-दूसरे से स्वतंत्र हैं। साहित्य में इस सिद्धांत का वर्णन करने के लिए कंपार्टमेंटलाइजेशन, स्वतंत्रता, अलगाव, विघटन, तटस्थता और अलगाव जैसे शब्दों के उपयोग की भी रिपोर्ट है।

मुआवजा सिद्धांत

1979 में, पियोत्रकोव्स्की ने तर्क दिया कि इस सिद्धांत के अनुसार कर्मचारी 'अपने घरों को आश्रय के रूप में देखते हैं, और अपने परिवारों को व्यावसायिक क्षेत्र में कमी वाले संतुष्टि के स्रोत के रूप में देखते हैं।' मुआवजा सिद्धांत को पिछले सिद्धांतों से अलग करने वाली बात यह है कि, मुआवजा सिद्धांत में, पहली बार, परिवार पर काम के सकारात्मक प्रभाव को मान्यता दी गई है।

पूरक और प्रतिक्रियाशील मुआवजा

पूरक और प्रतिक्रियाशील मुआवजा सिद्धांत, मुआवजा सिद्धांत के दो द्विभाजन हैं जिनका विकास 1980 के दशक के अंत और 1990 के दशक के प्रारंभ में हुआ था। जहाँ मुआवजा सिद्धांत दूसरे क्षेत्र में वैकल्पिक पुरस्कार की तलाश में कर्मचारियों के व्यवहार का वर्णन करता है, वहीं पूरक और प्रतिक्रियाशील मुआवजा सिद्धांत कर्मचारियों के कार्य-परिवार मुआवजा व्यवहार के पीछे के कारण का वर्णन करने का प्रयास करते हैं।

भूमिका वृद्धि सिद्धांत

इस सिद्धांत के अनुसार, कुछ भूमिकाओं के संयोजन का कल्याण पर नकारात्मक प्रभाव के बजाय सकारात्मक प्रभाव पड़ता है। यह सिद्धांत बताता है कि एक भूमिका में भागीदारी दूसरी भूमिका में भागीदारी के कारण बेहतर या आसान हो जाती है। इसके अलावा, यह सिद्धांत कार्य-परिवार संबंध के नकारात्मक प्रभाव को भी स्वीकार करता है, जिसमें केवल एक निश्चित ऊपरी सीमा के बाद ही अधिक काम और परेशानी हो सकती है। हालाँकि, इस दृष्टिकोण का मुख्य ध्यान मुख्य रूप से कार्य और पारिवारिक संबंधों के सकारात्मक प्रभावों, जैसे संसाधन वृद्धि, पर केंद्रित है।

स्पिलओवर के नकारात्मक प्रभाव

स्पिलओवर एक ऐसी प्रक्रिया है जिसके द्वारा किसी कर्मचारी का एक क्षेत्र में अनुभव दूसरे क्षेत्र में उसके अनुभव को प्रभावित करता है। सैद्धांतिक रूप से, स्पिलओवर को दो प्रकारों में से एक माना जाता है: सकारात्मक या नकारात्मक। कार्य और परिवार के बीच

संबंधों के सबसे लोकप्रिय दृष्टिकोण के रूप में, स्पिलओवर, कार्य और पारिवारिक संबंधों के बहुआयामी पहलुओं पर विचार करता है।

सारांश

अपना प्रवाह ढूँढना – काम और निजी जीवन में संतुलन बनाना काम और निजी जीवन में संतुलन बनाना एक सतत प्रक्रिया है, जिसमें काम और जीवन के बीच स्वस्थ सीमाएँ बनाना शामिल है। यह हर किसी के लिए अलग-अलग हो सकता है, लेकिन कुछ सामान्य सुझावों में शामिल हैं:

अपने काम को प्राथमिकता दें:

अपनी प्राथमिकताओं को पहचानें और उन कार्यों पर ध्यान केंद्रित करें जो सबसे महत्वपूर्ण हैं।

सीमाएँ निर्धारित करें:

अपने काम और निजी जीवन के बीच स्पष्ट सीमाएँ निर्धारित करें।

नियमित रूप से ब्रेक लें:

काम के दौरान नियमित रूप से ब्रेक लेने से आपको तरोताजा होने और ध्यान केंद्रित रहने में मदद मिल सकती है।

शारीरिक और मानसिक स्वास्थ्य को प्राथमिकता दें:

स्वस्थ भोजन करें, नियमित रूप से व्यायाम करें और पर्याप्त नींद लें।



अपने शौक और रुचियों को समय दें:

अपने शौक और रुचियों को समय देने से आपको तनाव कम करने और खुश रहने में मदद मिल सकती है।

सहायता लें:

यदि आपको संघर्ष हो रहा है, तो अपने परिवार, दोस्तों या किसी पेशेवर से मदद लेने में संकोच न करें।

लचीलापन:

काम के लचीले घंटे या घर से काम करने जैसे विकल्पों पर विचार करें, जिससे आप अपनी व्यक्तिगत आवश्यकताओं के अनुसार काम को समायोजित कर सकें।

सचेत रहें:

अपनी भावनाओं और जरूरतों के बारे में जागरूक रहें और उन पर ध्यान दें।

माफी मांगना सीखें:

कभी-कभी, आपको काम और निजी जीवन के बीच संतुलन बनाने में गलतियाँ हो सकती हैं। अपने आप को माफ करना और आगे बढ़ना महत्वपूर्ण है।

धन्यवाद कहना सीखें:

उन चीजों के लिए आभारी रहें जो आपके पास हैं, चाहे वह काम हो या परिवार।

इन सुझावों का पालन करके, आप अपने काम और निजी जीवन में बेहतर संतुलन प्राप्त कर सकते हैं और एक अधिक खुशहाल और स्वस्थ जीवन जी सकते हैं।



श्रीमती पुष्पा यादव
पत्नी केके यादव प्रधान अधिकारी (p) सेवा,
आईसीजीएस चेन्नई

अपने आंतरिक प्रवाह को खोजना - जागरूकता, फिटनेस और आत्म-देखभाल

प्रवाह

प्रवाह एक मानसिक स्थिति है। जिसमें व्यक्ति किसी गतिविधि में पूरी तरह से तल्लीन हो जाता है, जिससे उसे ऊर्जा, खुशी और एकाग्रता का अनुभव होता है। इसे एक आजीवन अभ्यास के रूप में देखना एक निरंतर प्रक्रिया है। जिसमें कौशल विकास और चुनौती के बीच संतुलन बनाना शामिल है।

आंतरिक प्रवाह

यह सहज संलग्नता और गहन ध्यान की स्थिति का वर्णन करता है। यह अवधारणा, जिसका प्रयोग अक्सर मनोविज्ञान और व्यक्तिगत विकास में किया जाता है। गहन तल्लीनता की स्थिति का वर्णन करती है, जहां आप किसी गतिविधि में पूरी तरह से डूब जाते हैं। यह अवस्था अक्सर सकारात्मक भावनाओं, बेहतर प्रदर्शन और संतुष्टि की भावना से जुड़ी होती है। उदाहरणों में शामिल हैं किसी रचनात्मक कार्य में पूरी तरह से डूब जाना, किसी चुनौतीपूर्ण खेल में शामिल हो जाना, या किसी बातचीत में खो जाना।

जागरूकता

जागरूकता एक महत्वपूर्ण गुण है। जो हमें अपने आसपास की दुनिया को बेहतर ढंग से समझने और उसमें बेहतर ढंग से कार्य करने में मदद करता है।

- » **निजी आत्म-जागरूकता** या पर्सनल सेल्फ अवेयरनेस अपने स्वयं के आंतरिक विचारों, भावनाओं, और दृष्टिकोणों के बारे में जागरूक होने की क्षमता है। यह दूसरों को पता न हो ऐसी अपनी विशेषताओं को जानने और समझने की बात है। उदाहरण के लिए सार्वजनिक रूप से बोलने से पहले घबराहट महसूस करना और उस चिंता को भीतर ही पहचानना निजी आत्म-जागरूकता का एक उदाहरण है।
- » **सार्वजनिक आत्म-जागरूकता** का अर्थ है, यह जानना कि दूसरे आपको कैसे देखते हैं। यह एक ऐसी जागरूकता है जो तब उत्पन्न होती है जब आप दूसरों के सामने होते हैं और सामाजिक मानदंडों के अनुसार व्यवहार करने की कोशिश करते हैं। सार्वजनिक आत्म-जागरूकता में आप अपने बाहरी रूप, अपनी भावनाओं और व्यवहारों को नियंत्रित करने पर ध्यान केंद्रित करते हैं ताकि दूसरों द्वारा सकारात्मक रूप से माना जा सके।

फिटनेस

शारीरिक और मानसिक रूप से स्वस्थ और तंदुरुस्त होना। इसका मतलब है कि आप बिना थके अपने दैनिक काम कर सकें और अपनी पसंद की गतिविधियों का आनंद लेने के लिए पर्याप्त ऊर्जा हो।

- » **शारीरिक स्वास्थ्य:** यह मांसपेशियों की ताकत, सहनशक्ति, लचीलापन और हृदय स्वास्थ्य को संदर्भित करता है।
- » **मानसिक स्वास्थ्य:** यह तनाव से निपटने, सकारात्मक दृष्टिकोण रखने और भावनात्मक रूप से स्थिर रहने की क्षमता है।
- » **पोषण:** एक स्वस्थ आहार, जिसमें फल, सब्जियां, प्रोटीन और स्वस्थ वसा शामिल हैं, शरीर को आवश्यक पोषक तत्व प्रदान करता है।
- » **पर्याप्त नींद:** शरीर को ठीक से काम करने और ऊर्जावान रहने के लिए पर्याप्त नींद लेना आवश्यक है।
- » **नियमित व्यायाम:** व्यायाम शरीर को मजबूत बनाने, लचीलापन बढ़ाने और पुरानी बीमारियों के खतरे को कम करने में मदद करता है।

फिटनेस कैसे प्राप्त करें?

- » **सक्रिय रहें:** दैनिक जीवन में अधिक शारीरिक गतिविधि शामिल करें, जैसे कि सीढ़ियाँ चढ़ना, पैदल चलना या साइकिल चलाना।
- » **नियमित रूप से व्यायाम करें:** सप्ताह में कुछ दिन व्यायाम करने के लिए समय निकालें, जैसे कि दौड़ना, तैराकी या योग।
- » **स्वस्थ आहार लें:** फल, सब्जियां, प्रोटीन और स्वस्थ वसा से भरपूर आहार खाएं।



- » **पर्याप्त नींद लें:** हर रात 7-8 घंटे की नींद लें।
- » **तनाव का प्रबंधन करें:** ध्यान, योग या अन्य विश्राम तकनीकों का अभ्यास करें।

आत्म-देखभाल

आत्म-देखभाल को उन सभी कार्यों और चीजों के लिए एक व्यापक शब्द के रूप में इस्तेमाल किया जा सकता है जो हम आत्म-जागरूक होने के लिए करते हैं।

आत्म-देखभाल क्यों जरूरी है?

- » तनाव कम करना।
- » बेहतर स्वास्थ्य और बर्नआउट से बचाव।
- » उत्पादकता में वृद्धि।
- » रिश्तों में सुधार।

आत्म-देखभाल के कुछ उदाहरण:

शारीरिक, मानसि, भावनात्मक और सामाजिक।

संबंध:

- » जागरूकता, फिटनेस और आत्म-देखभाल एक-दूसरे से जुड़े हुए हैं। उदाहरण के लिए आत्म-जागरूकता आपको यह पहचानने में मदद कर सकती है कि आपको अपनी फिटनेस और आत्म-देखभाल की आदतों को बेहतर बनाने की आवश्यकता है।
- » जब आप अपनी फिटनेस और आत्म-देखभाल की आदतों को बेहतर बनाते हैं, तो आप बेहतर महसूस करते हैं और अधिक जागरूक हो जाते हैं। यह एक सकारात्मक प्रतिक्रिया लूप है जो समग्र कल्याण को बढ़ावा देता है।
- » आत्म-जागरूकता आपको यह समझने में मदद करती है कि आपको क्या प्रेरित करता है और क्या आपको खुशी देता है, जिससे आप अपने जीवन को अधिक उद्देश्यपूर्ण और संतुष्ट तरीके से जी सकते हैं।
- » फिटनेस आपको शारीरिक और मानसिक रूप से मजबूत बनाती है, जिससे आप जीवन की चुनौतियों का सामना करने के लिए बेहतर ढंग से सुसज्जित होते हैं।
- » आत्म-देखभाल आपको आराम करने, तनाव कम करने और अपने शारीरिक और मानसिक स्वास्थ्य को बेहतर बनाने में मदद करती है।

जागरूकता, फिटनेस और आत्म-देखभाल एक-दूसरे के पूरक हैं और समग्र कल्याण के लिए आवश्यक हैं।

निष्कर्ष

प्रवाह एक ऐसी स्थिति है जहां आप किसी काम में इतने तल्लीन हो जाते हैं कि समय का पता ही नहीं चलता।

यह एक सुखद अनुभव होता है, जिसमें आप पूरी तरह से एकाग्र होते हैं, कौशल और चुनौती के बीच संतुलन महसूस करते हैं, अपनी गतिविधि पर नियंत्रण रखते हैं, अपने कार्यों में आनंद लेते हैं और समय की भावना खो देते हैं।

प्रवाह को एक आजीवन अभ्यास के रूप में विकसित करने के लिए, आप निम्नलिखित सुझावों को अपना सकते हैं:

- » अपनी रुचियों और जुनूनों की पहचान करें।
- » कौशल विकास पर ध्यान दें।
- » सकारात्मक दृष्टिकोण रखें।
- » नियमित रूप से अभ्यास करें।
- » अपने वातावरण को अनुकूलित करें।
- » जानबूझकर अभ्यास करें।

लाभ:

- » **उत्पादकता में वृद्धि:** अधिक कुशलता से काम कर सकते हैं और अधिक काम पूरा कर सकते हैं।
- » **सृजनात्मकता में वृद्धि:** नए विचारों और समाधानों के आने की अधिक संभावना है।
- » **मानसिक स्वास्थ्य में सुधार:** तनाव और चिंता से राहत पा सकते हैं, खुशी और संतुष्टि का अनुभव कर सकते हैं।
- » **जीवन संतुष्टि में वृद्धि:** अपने जीवन में अधिक अर्थ और उद्देश्य पा सकते हैं।

प्रवाह एक शक्तिशाली उपकरण है जो आपको अपने जीवन को बेहतर बनाने में मदद कर सकता है। इसे एक आजीवन अभ्यास के रूप में अपनाकर, अपने कौशल को विकसित कर सकते हैं, अपनी रचनात्मकता को बढ़ा सकते हैं और अपने जीवन में अधिक खुशी और संतुष्टि पा सकते हैं।



अल्पना सिंह
पत्नी सतेंद्र प्रताप यादव, प्रधान यंत्रिक,
79 एसीवी स्कवाड्रन, मंडपम

जल की तरह विलय - सशक्त महिलाएँ तैनाती की चुनौती और बदलाव में अपनी चमक कैसे बनाए रखती हैं

"जल की तरह बनो - जो बहता भी है, समाहित भी होता है और कभी अपनी मौलिकता नहीं खोता।" आज की सशक्त महिला इसी जल के समान है, जो जीवन की हर नई परिस्थिति - चाहे वो नौकरी की तैनाती हो, किसी नए स्थान पर स्थानांतरण या सामाजिक-सांस्कृतिक बदलाव - सहजता से अपनाती है। लेकिन प्रश्न यह है कि क्या वह इस समायोजन में अपनी 'चमक' यानी अपनी पहचान, आत्मविश्वास और स्वप्नों को कहीं खो तो नहीं देती?

तैनाती की चुनौतियाँ - केवल स्थान परिवर्तन नहीं

सरकारी सेवा, सैन्य बल, या कॉर्पोरेट क्षेत्रों में कार्यरत महिलाओं को कई बार अलग-अलग शहरों, राज्यों, या यहाँ तक कि देशों में तैनात किया जाता है। यह बदलाव केवल एक भौगोलिक स्थानांतरण नहीं होता - यह उनके जीवन की रीढ़, दिनचर्या, सामाजिक जुड़ाव और भावनात्मक स्थिरता को प्रभावित करता है।

'जल जैसा विलय' - समायोजन की कला

एक सशक्त महिला जल के समान होती है - वह नए परिवेश में घुलती है, स्थानीय भाषा सीखती है, सामाजिक रीति-नीति



अपनाती है और कार्यस्थल में खुद को पुनः स्थापित करती है। वह जहाँ भी जाती है, वहाँ की संस्कृति में नयापन लाती है, और अपने अनुभवों से उस जगह को भी समृद्ध करती है।

लेकिन क्या यह सब कुछ कीमत पर आता है?

बदलते शहर, बार-बार नई शुरुआत, बच्चों की पढ़ाई की चिंता, परिवार से दूरी - इन सबके बीच कई बार उसकी रचनात्मकता, व्यक्तिगत आकांक्षाएँ या आत्म-संतुष्टि कहीं पीछे छूट जाती हैं। कई महिलाएँ इस विलय के दौरान 'स्व' को भूल जाती हैं - यही वह 'spark' है जो धीरे-धीरे धुंधला हो सकता है।

अपनी चमक कैसे बनाए रखें?

स्वतः की पहचान को जीवित रखें: चाहे वह लेखन हो, कला हो, संगीत हो या कोई स्किल - सशक्त महिला को अपने भीतर के जुनून को बनाए रखना चाहिए।

नेटवर्किंग और सहयोग: नए स्थानों पर महिलाओं के लिए सपोर्ट ग्रुप, महिला क्लब या वर्किंग वुमन फोरम महत्वपूर्ण भूमिका निभाते हैं।

डिजिटल युग का लाभ: आज इंटरनेट और ऑनलाइन अवसरों ने काम के स्थान की सीमाओं से मुक्त कर दिया है। महिलाएँ फ्रीलांसिंग, ऑनलाइन एजुकेशन, या स्टार्टअप के जरिए अपनी पहचान कायम रख सकती हैं।

परिवार और समाज की भूमिका: महिला सशक्तिकरण केवल महिला का विषय नहीं है, बल्कि उसके परिवार और संस्थागत सहयोग पर भी निर्भर करता है। यदि परिवार सहयोग करे, तो महिला कहीं भी रहे, उसका 'spark' कभी मंद नहीं होगा।

सशक्त महिला जल की तरह होती है - वह जहाँ जाती है, वहाँ जीवन को हरियाली देती है, पर अपने स्वभाव की गहराई कभी नहीं खोती। विलय उसका गुण है, पर आत्मविस्मृति उसकी नियति नहीं होनी चाहिए। तैनातियों और परिवर्तनों के बीच, एक सशक्त महिला तभी सफल कहलाती है जब वह परिस्थितियों में ढलती हुई भी अपने 'स्व' को थामे रखे - यही है उसकी असली 'चमक'।



पूनम

पत्नी संदीप कुमार प्रधान नाविक (आर ओ),
आईसीजीएस सारंग

कार्य और व्यक्तिगत जीवन का संतुलन

जीवन की धारा में बहना सीखो, काम और जीवन का संतुलन साधो।
व्यस्तता की भागदौड़ में भी, अपने लिए समय निकालो।
जीवन की रफ्तार को धीमा करो, क्षणों का आनंद लो।
काम की आग में जलने से बचो, जीवन के रंगों को पहचानो।
दिनभर की भागदौड़ में खोना नहीं, अपने आप को पहचानना है।
जीवन के हर पल को जीना है, संतुलन का महत्व समझना है।
काम के साथ-साथ जीवन को भी, समान महत्व देना है।
अपने परिवार और मित्रों के साथ, समय बिताना है और प्रेम पाना है।
जीवन की यात्रा में संतुलन की जरूरत,
हर कदम पर इसका ध्यान रखना है।
काम और जीवन के बीच संतुलन बनाकर,
जीवन को सफल और सुखी बनाना है।
संतुलन ही जीवन की कुंजी है, जो हमें खुशियों की ओर ले जाती है।
अपने जीवन को धारा में बहने दो, काम और जीवन का संतुलन पाओ।
थपदक लवनत सिवू, जीवन की धारा में, संतुलन का अर्थ समझो।
जीवन को जीने का मजा लो, काम और जीवन का संतुलन साधो।
आत्म-संतुलन और आत्म-जागरूकता,
जीवन की सफलता की कुंजी है।
अपने जीवन को सही दिशा में ले जाने के लिए,
संतुलन का पालन करना होगा।
जीवन के हर पहलू में संतुलन जरूरी,
काम, परिवार, और स्वयं के लिए।
संतुलन बनाए रखने से ही, जीवन की सच्ची खुशी मिलती है।
तो आइए, जीवन की धारा में बहें, काम और जीवन का संतुलन साधें।
जीवन को जीने का मजा लें, और खुशियों की ओर बढ़ें।
अपने जीवन को संतुलित बनाएं,
काम और जीवन के बीच सामंजस्य बिटाएं।
जीवन की धारा में बहते हुए, सफलता और सुख की ओर बढ़ें।

मैं दो दुनियाओं की नाव हूँ

मैं सुबह की पहली किरण से पहले,
उठती हूँ – बिना अलार्म के।
बच्चों की नींद में उंगलियाँ फेरती,
सोचती हूँ मीटिंग का एजेंडा।
रसोई की गर्मी में पकता है समय,
टिफिन में बाँधती हूँ जिम्मेदारियाँ।
हर बर्तन की खनक में,
छुपी होती है मेरी खामोश प्राथमिकता।
ऑफिस में मैं प्रोफेशनल हूँ –
मजबूत, स्पष्ट, दक्ष।
पर दिल के किसी कोने में,
हर मिस्ड कॉल में बजती है ममता।
मैं बॉस की तारीफ और
बेटी की ड्राइंग दोनों को संभालती हूँ।
जूम कॉल और जिपर एक साथ बंद करती हूँ,
कभी मुस्कान में, कभी आँसुओं में गूँथती हूँ दिन।
कोई नहीं गिनता मेरे घंटे,
न ऑफिस में, न घर में।
पर मैं जानती हूँ –
मैं हर पल में दो दुनियाओं की नाव हूँ।
न कोई किनारा स्थिर है,
न कोई लहर स्थायी।
फिर भी, हर दिन
मैं डूबने से खुद को बचा लेती हूँ।

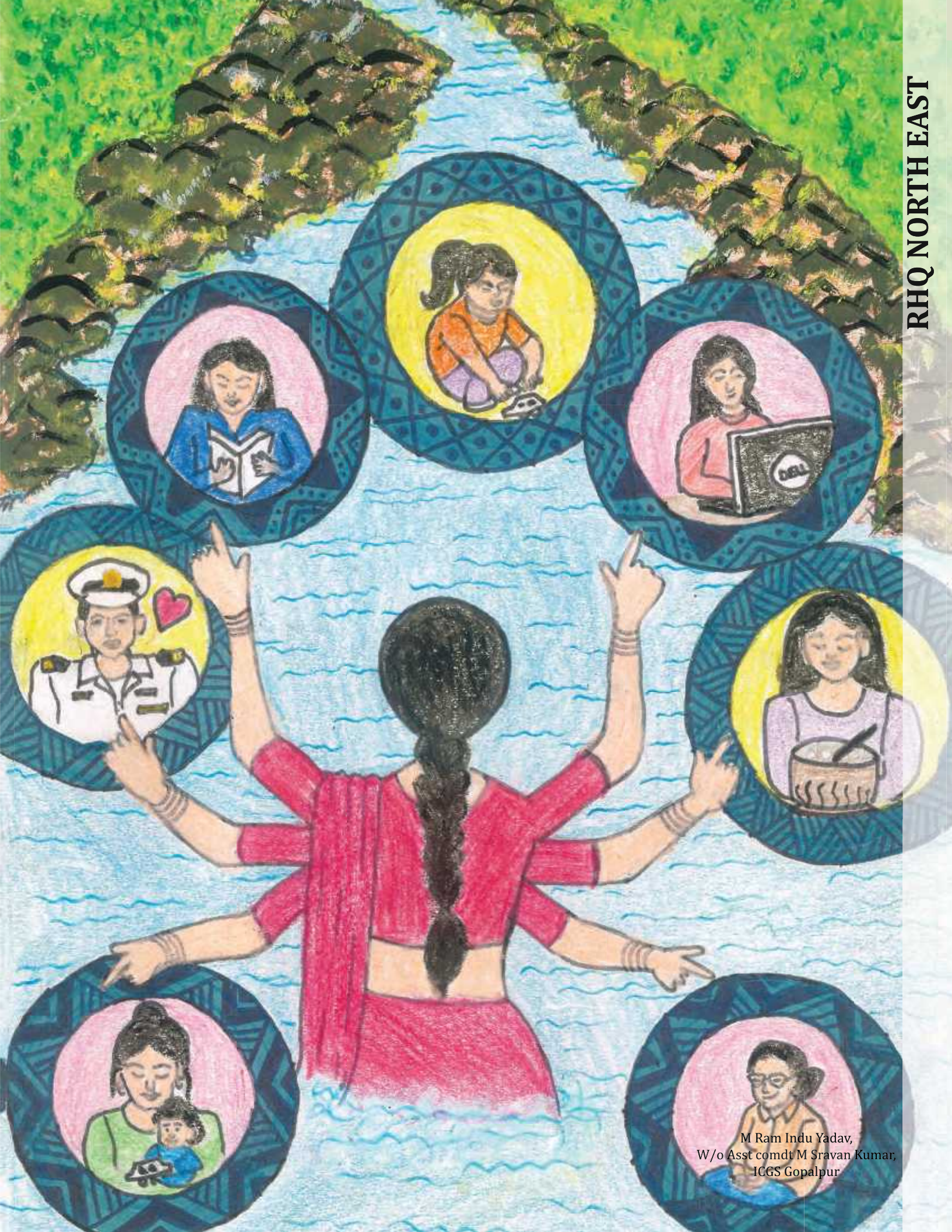


शीला सिंह

पत्नी दिवाकर सिंह प्रधान अधिकारी,
तटरक्षक मरम्मत एवं निर्माण दल (वेन्नी)



प्रीती शर्मा W/o नितिन शर्मा, अधिकारी (एई)
भारतीय तटरक्षक वायु परिक्षेत्र पुदुचेरी



M Ram Indu Yadav,
W/o Asst comdt M Sravan Kumar,
ICGS Gopalpur.

Regional president Tatrakshika North East



It gives me immense pleasure to share my message for the forthcoming edition of URMI with theme Pravahini (प्रवाह). Our annual magazine is a vibrant platform for the ladies and wards of the Coast Guard fraternity to share their idea, experiences, creativity and thought.

Pravahini meaning flow in Hindi, beautifully captures the spirit of moving forward with grace adaptability and resilience. Just as river navigates changing landscapes we too navigate life's transitions balancing our professional responsibility with our personal aspirations.

As we continue on our journey of Indian Coast Guard, Coast Guard Welfare and Wellness Association is dedicated to the welfare of CG Personnel and their families, providing a platform for the ladies to share ideas, support one another and contribute to community development. Working alongside the men in uniform, it fosters resilience, compassion and unity while extending a helping hand to the underprivileged. Together we strive to create a world where everyone can grow, thrive and realize their potential.

Through the pages of Urmi, I hope you will feel this flow of imagination, inspiration and inner strength as we celebrate the spirit of our community. May these expressions encourage us to cherish the harmony between work and personal life and to continue moving forward with positivity and purpose.

I extend my heartfelt appreciation to all contributors and the editorial team for their dedication and effort in making Pravahini a meaningful reflection of our shared journey.

Best Wishes & Warm Regards,

A handwritten signature in blue ink, reading 'A. Chauhan'.

Mrs Amardeep Chauhan
Regional President Tatrakshika (NE)

Representation of CGWWA North East



Mrs Manmeen



Mrs Amardeep Chauhan



Mrs Geeta Negi



Dr Smita Khan

North East Committee



Together As One



Skill Workshop (Suruchi)



Winter Carnival



Self Grooming



Sweet Making



Skill Work Shop



Wedding Gift



Soft Toy Making

Mind - Body Wellness (Sanjeevan)



Health Camp



Health Screening



Women Wellness Camp



Psychologist Engagement



Health Lecture on Cervical Cancer



Medical Lecture

Sustainability Starts With Us (Srishti)



Green initiative at Young Minds



Close to Mother Earth



Distribution of Saplings



Kitchen Garden



Pot Making



Tree Plantation

Literacy Workshop (Saksharata)



Children's Day



Token of Appreciation



Christmas Day



Demonstration on Self Defence



Painting Class



Awareness on Financial Fraud

Connecting With The Community (Sneha)



Sharing the Joy



Spreading Wings of Joy



Familiarise with CG Ship



Be the Cause of Smile of Someone



Always Be with Community



Honoring the Safai Mitra

Little Bundles Of Joy (Sanskar)



Mastering Work-Life Flow

Introduction

Its 2025, yes, we have some past 25 years of this 21st century. Everything around us has changed at such an astounding pace that we always found ourselves surprisingly saying 'it's been 10 years we are married' or 'I didn't realise it's been 12 years we last met'. These changes that we have come through were/are so enthralling that we forgot the cardinal mantra of our lives "Work and Personal life Balance". In today's expeditious world, it has become a challenge to maintain harmonious balance between work and personal life. Achieving this balance has become a pursuit that many strive for but few master. The notion regarding "finding you flow" is referring to achieve an equilibrium between professional responsibilities and personal well-being. Acquiring this balance is essential for attaining happiness, success, bringing up productivity, mental clarity. Attaining this balance is not a one-size-fits all formula, but a meticulous work of constantly aligning one's priorities with the demand of modern life. In this essay, we will explore the importance, challenges, strategies and benefits of finding one's flow and accomplishing it.

Importance and Challenges

Talking about balance between professional and personal life it refers to our ability of maintaining a balance and taking care of responsibilities regarding our personal and professional priorities. In today's modern era, where we are surrounded by technological advancements and being connected globally, generally lets us forget our boundaries between personal and professional fronts. The advent of the 'work from home' culture has undoubtedly provided flexibility in terms of working arrangements, but it has simultaneously imposed a constant expectation of availability. This constant connectivity is accompanied by a barrage of notifications that incessantly bombard our mobile devices, laptops, and PCs, leading to an extended period of screen time. Consequently, the pressure to remain connected, committed, and competitive in this technologically driven world takes a toll on our mental well-being,

resulting in burnout. A study conducted by the World Health Organisation has revealed that over 745,000 deaths occur annually due to excessive work, underscoring the detrimental impact of this imbalanced lifestyle on both physical and mental health.

Accomplishing this work-life balance is challenging, specifically in contemporary era. The advent of our working culture, heavily influenced by technology, has resulted in the social glorification of "hustle culture." This shift has made it increasingly difficult to prioritise self-care and well-being over professional obligations without experiencing guilt. Family and social responsibilities are becoming a strain rather being an integral part of our lives, particularly when they entail long-term emotional, physical, and mental commitments, such as parenting. This situation leads to a vicious cycle where attention is diverted from either personal or professional pursuits, ultimately resulting in stress, dissatisfaction, and diminished performance in both domains.

Finding Your Flow: The Basis

The concept of finding one's flow is inspired by psychologist Mihaly Csikszentmihalyi's 'Theory of Flow'. It is described as a complete focus on an enjoyable activity, resulting in a positive experience and peak performance, often of a creative nature (e.g., arts, writing, or sports). When discussing flow, we are referring to dividing and aligning time and energy between work and personal life that reflects our goals and values. Therefore, it is essential to understand what works during a high-pressure task at work may not be effective in fulfilling a plan in personal or family life. To achieve flow, a sustainable rhythm must be created that enables us to immerse ourselves in a given task, whether professional or personal, with dedication to both aspects. This fosters a positive feedback loop where work feels meaningful and personal time feels wholesome.

Strategy

Achieving a harmonious balance between work and personal life necessitates intentional strategies

tailored to individual circumstances. Here are some key points to foster this equilibrium.

Practice Time Management: Effective time management is the cornerstone of achieving a balanced lifestyle amidst competing demands. Implementing techniques such as time-blocking, which involves allocating specific time slots for family, work, and self-care, ensures that no aspect of life is neglected. Working in focused intervals with regular breaks enhances productivity and provides opportunities for personal pursuits, such as the Pomodoro Technique. A 2025 Entrepreneurship guide highlights that time-blocking increases productivity by 20%.

Setting Clear Boundaries: Establishing boundaries is essential for maintaining a smooth work-flow. During work hours, it is crucial to manage personal distractions and concentrate on work-related productivity. Conversely, when engaging in family time or attending social events, it is important to adjust office availability accordingly. Effective communication with colleagues should be maintained, and cell phones should be avoided for checking emails, texts, or other notifications. The benefits of the "Do Not Disturb" mode can be utilised during planning family time.

Embracing Flexibility and the Hybrid Work Model: According to Global Banking and Finance, the most sought-after benefit after salary is the hybrid work model, which combines remote and in-office work. This work model is particularly advantageous in cities or countries where commuting to the office is a significant time wastage. A 2023 Gallup report supports this notion, indicating that the hybrid work model enhances productivity. However, managing distractions during remote work, such as children and pets, remains a concern that requires careful attention. Secondly, practising a habit of saying "no" to any of unnecessary commitments to save time and health, that doesn't align with our priorities is also a positive aspect. As no one can always be pleased with overcommitment.

Self-Care as Priority: The foundation of work-life balance lies in maintaining mental and physical well-being. Our dietary habits, sleep patterns, and exercise routines, all

when wholesome, contribute significantly to our overall well-being. Prioritising these factors is paramount for both health and professional productivity.

Prudently Utilise Technology: While technology offers numerous benefits, such as AI-powered project management and increased productivity, it is crucial to establish strict limits. The ever-evolving nature of technology necessitates careful consideration of its impact on our lives. While AI can enhance our capabilities, it is essential to maintain a balanced approach that allows us to retain control over our connectivity and avoid excessive reliance on technology.

Maintaining Effective Communication with Employer: Communication between employer and employee is of paramount importance, particularly when the employee is experiencing challenges. Engaging in constructive dialogue, using relevant examples, and proposing solutions to time management difficulties or meeting deadlines can be mutually beneficial.

Solutions and Considerations

Mindfulness Tips

Sensory Awareness Exercise: Engage in a sensory awareness exercise by identifying five things you can see, four things you can feel, three things you can hear, two things you can smell, and one thing you can taste.

Mindful Breathing Practice: Dedicate five minutes daily to mindful breathing exercises. This practice has been shown to enhance focus by 17%.

Body Scan Meditation: Conduct a 10-minute body scan meditation to identify any physical tension. This practice is ideal for unwinding after work.

Kindness Meditation: Research suggests that repeating phrases like "May I be healthy and happy" for 5-10 minutes can cultivate self-compassion and reduce stress by 28%.

Self-Care: Regular exercise, adequate sleep, and healthy eating habits should be integral to one's daily routine. Studies have shown that engaging in 30 minutes of daily physical activity can reduce stress levels by 22%, as reported by

Health-line. Additionally, mindful eating without distractions, expressing gratitude, and fostering connections during family time can contribute to overall well-being.

Establishing a Supportive Network

Tasks Delegation: Delegating tasks to both work and home partners creates space for prioritisation.

Building a Supportive Network: A 2025 Harvard Business Review article recommends constructing a support system of friends, colleagues, family, and friends. Similarly, a 2025 Parents magazine article emphasises the significance of sharing responsibilities with partners or seeking community support for parents.

Reflect and Adjust: Journaling, a brief 10-minute reflective writing session, can enhance self-awareness by 15%, as reported in a 2021 Mindful article. Regularly assessing if personal time is neglected or if feelings of burnout or overexertion are present can be beneficial.

External pressure: Establish clear boundaries with your supervisor, advocating for flexible working arrangements or extended Lear deadlines.

Tech free time: A 2025 report by Tech Crunch indicates that reducing screen time by one hour daily can enhance mental well-being by 12%. To maintain focus during family gatherings, such as meals, consider employing the disabled Notifications and Auto-Reply features on your devices.

Challenges To Overcome

Achieving a harmonious balance between work and personal life is not a straight forward objective; rather, it presents a multifaceted challenge encompassing various aspects, such as:-

Loneliness

Distractions

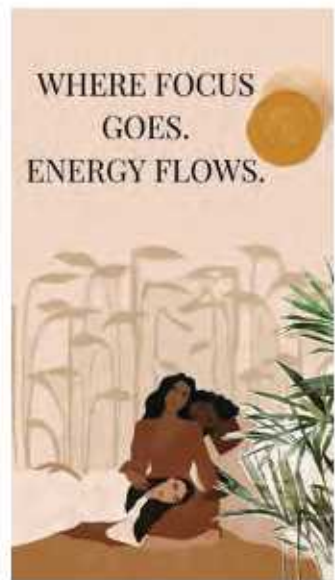
Societal expectations of the hustle culture, which often glorifies overwork

The controversial role of artificial intelligence (AI), which enhances efficiency but carries the risk of constant connectivity and burnout

These obstacles collectively create a tension between productivity and well-being. Consequently, individuals must navigate this challenge by acknowledging their unique circumstances and priorities to successfully achieve a balanced lifestyle.

Conclusion

The acquisition and exploration of this flow entail an ongoing journey that necessitates the attainment of a harmonious rhythm across various facets, including technical management, flexible work arrangements, and personal well-being. This process is characterised by mindfulness, adaptability, and, most importantly, intentionality in our approach to this journey. Establishing clear boundaries, judiciously leveraging artificial intelligence, and engaging in one-on-one conversations with employees contribute to the establishment of an equilibrium that fosters sustainability. Furthermore, employer support through wellness programs provides additional avenues for achieving balance. However, it is crucial to acknowledge the challenges of burnout and generational differences and to adopt a holistic approach that addresses these factors comprehensively.



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The Flow of Relationships

Introduction

When wearing the uniform, a defence officer does not just take a position; they rather lead a life that is demanding, unpredictable, and often all-encompassing. The life of a mariner, sailor, or soldier is based on duty, honour, and sacrifice. But beneath the impassive salutes, flawless attire, and medals lie the genuine ties of love, friendship, and family that their exceptional lives have put to the test and strengthened.

In this article, we examine the unexpressed emotional lives of defence officials. How do they build relationships when service lives are constantly uncertain, postings are in distant locations, and deployments are extended? As they balance the demands of their personal and professional lives, how do they maintain their mental health? Let's examine these elements in more detail.

An Honourable and Sacrificing Life

From day one at the academy, young cadets are taught that the country always comes first. This mentality has an impact on all of their cherished relationships. Many officers' first and most

lasting relationships are with their co-workers, friendships that are established via shared hardship, sweat, and objectives.

Their devotion to the uniform, though, can sometimes put a strain on their interpersonal relationships. The family's daily routine now consists of long days, unforeseen postings, and life-threatening tasks. Missing birthdays, anniversaries, and school events requires adjustments from spouses, children, parents, and even close friends. But these families are able to accomplish this with remarkable grace and fortitude. The strong support system at home sometimes bolsters a defence official.

Love in Uniform Is Demonstrated By Holding Hands From a Distance.

Maintaining love for officers who are married or in a relationship requires talent. Letters, phone conversations, and video chats turn into lifelines when hearts are divided by miles and borders. A surprise package from home, a voice message before a mission, or a late-night phone call that breaks up the monotony of a solitary assignment are examples of the little moments of connection



that form the foundation of love in uniform.

Defence officials' spouses and partners often assume tremendous responsibilities alone, becoming single parents, when they are not around. Despite continuously caring for the well-being of their loved ones, they are nonetheless able to manage their families, their children's education, their family issues, and even their own careers. Despite these challenges, military spouses can occasionally have an extraordinary degree of faith and comprehension. When they have togetherness, they learn to value it, and when they don't, they learn to stay strong.

Guidance on Managing Love as a Defence Officer:

Keep talking, even if it may not seem significant. The emotional connection is maintained by making minor adjustments to daily routines.

Set aside time for meaningful interactions. Utilize vacations and leaves to make memories that will sustain you through the coming separation.

Get professional support if necessary. Distance and stress are the cause of relationship problems for many couples, and several defence companies now offer counselling to help them cope.

Friendship: Brothers and Sisters in Arms

Relationships in the military are family by choice rather than common. Community members become confidantes, defenders, and even stand-in parents for each other's children. The relationship is strong because trust is not an option, but rather a necessity for survival.

Maintaining friendships outside the force, though, may be difficult. A civilian buddy might not understand why an officer is sent overnight to a far-off place or why a strategy is cancelled at the last minute. It takes patience, open conversation, and mutual respect to keep these connections going.

Family: The Undervalued Foundation

Each soldier's family makes the same sacrifices. Parents who are both proud and terrified when they see their children leave for the posting. Husbands and wives who bear the weight of both duties. Children who learn the meaning of patriotism and resilience at an early age.

The families of defence personnel often must relocate to a new city, change schools, and bid farewell to friends and neighbourhoods every few years. This nomadic lifestyle broadens horizons and promotes flexibility, but it can also cause loneliness and a sense of uncertainty.

Keeping the Family Close

Create a community that offers support. Families who live in cantonments or bases frequently form strong bonds, sharing resources and emotional support.

When you are with your family, give that time top priority. When the officer is at home, mundane everyday occurrences are more important than complex schemes.

Keep open lines of communication. Share your hopes, worries, and concerns. Especially when a parent is away, youngsters need reassurance.

The Internal Battle for Mental Well-Being

For a long time, there has been a stigma associated with bringing up mental health issues in the defence. Because of the stoic culture of "man up and march on," officers have frequently found it difficult to acknowledge stress, anxiety, or sadness. Extensive sea deployment and the recent air crash of ICG helicopter crash has also created a big impact on the families.

Fortunately, things are improving. The need for psychological treatment is becoming increasingly acknowledged across the forces. Peer support groups, counselling centres, and helplines have all emerged to assist officers and their families in coping with stress.

Practical Methods for Managing Your Mental Health:

Be able to identify the indicators. Irritability, sleeplessness, withdrawal, or continuous grief are signs that you need help, not that you are weak. Get in touch. Talk to a trustworthy friend, a higher-ranking officer, or a mental health professional.

Look after yourself. Keeping up physical fitness is a part of the work, but maintaining mental wellness also demands equal attention, including journaling, meditation, fun, and relaxation. Keep in touch with your family. Having an emotional

bond with your loved ones is a great way to defend yourself against stress.

The Function of Technology in Navigating the Modern World

Modern defence families have found technology to be a mixed blessing. Social media, instant messaging, and video chats, on the other hand, enable families to communicate like never before. Even at a distance of thousands of miles, children can see their parents' faces.

Conversely, ongoing exposure to news and unverified information may feed anxiety. The media frequently covers occurrences before any formal announcement is made to families. Rumours spread rapidly, increasing anxiety. It's essential to learn how to handle this onslaught of digital information. Maintaining composure, restricting doom-scrolling, and utilizing official means of communication can all be helpful. Compliance to IT guidelines is not only the responsibility of the uniformed personnel but equally for families as well.

Establishing a Strong Support Network

A defence officer cannot overcome the difficulties of love, friendship, and family on their own. The key is having a solid support network in place, both at home, in the unit, and in the neighbourhood.

"The uniform comes off, but the bonds remain," is a common refrain among veterans. In reality, the pride of service, a feeling of belonging, and lifelong friendships provide a strong buffer against life's highs and lows.

Families also have their own anchors. In many veteran communities and defence colonies, there are networks for parents, spouses, and children. Regimental associations and welfare groups offer counselling services, scholarships for kids, and help in times of need.

Inspiring Stories: The Power of Unity

There are numerous instances of unwavering resilience in tales from the military. The young officer stationed at Digilpur who communicates with his daughter via email by writing bedtime stories for her. The woman who learns to repair a leaking roof while her husband is at offshore

deployment. The pals who meet annually to pay tribute to the memory of a deceased comrade and provide assistance to his family.

These tales serve as a reminder that, despite its challenges, the defence life is also incredibly rewarding. It teaches officers and their loved ones the true meaning of sacrifice, loyalty, and unconditional love.

The Conclusion: The Balancing Act

As a defence officer, you live a life full of paradoxes: you are both strong and weak, disciplined and impulsive, sacrificing and celebrating. This entails mastering the art of saying goodbye frequently and giving a warm welcome when one comes back.

The process of managing one's mental health, family, relationships, and love is a continuous one. It requires a deliberate effort, open dialogue, and a readiness to ask for assistance when necessary. Behind the uniform, which may represent responsibility, lies the complicated human heart.

To every defence officer and their family who reads this, know that your bravery is appreciated. The bonds you have established through service are a source of motivation. May you continue to draw strength from one another, find love in the little things, and find solace in the understanding that you are united, regardless of the distance or the struggle ahead.



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Fauji Motherhood: A Unique Flow

Introduction

When Mother thinks of uniformed personnel, Soldiers, Sailors, Coast Guards, Navy, Air Force or Police, then professional images of discipline, duty and patriotism come to mind. Mothers who raise children in the unique world shaped by uniformed service. These mothers shoulders dual responsibilities nurturing the emotional needs of their children while adjusting to the distinctive challenges of a life shaped by postings, absences and unpredictability. Their journey while often unsung is filled with lessons of adaptability, emotional strength and unyielding love. One of the most defining characteristics of a uniformed household is constant mobility. Transfers are frequent and often sudden. For mothers, this means uprooting the family from familiar surroundings and starting afresh in new places every few years. This constant transition is not merely physical—it demands emotional resilience. Children are often pulled out of schools mid-year, forced to leave behind friends, hobbies and communities. Mothers play the crucial role of stabilizing this turbulence. They become the emotional anchors for their children, helping them adjust to new schools, unfamiliar cultures, and different environments. A uniformed mother's home, therefore, is not a location—it is a feeling of continuity amidst chaos.

Solo Parenting During Deployments

Deployments are an integral part of uniformed service life. Whether it's a border post, sea duty, peacekeeping mission or a remote outpost, service personnel are often away from home for extended periods. During these times, mothers transform into single parents, managing everything from finances to emotional support. Disciplining children, helping with school work, attending parent-teacher meetings and handling medical emergencies—these tasks fall solely on the mother's shoulders during the absence of their partner. What makes it unique is the emotional juggling act while comforting children who miss their father or mother in uniform, they must also hide their own fears and loneliness. Children in uniformed homes are often expected

to embody discipline early on. They hear about values like respect, duty and punctuality more than most of their peers. Mothers, while nurturing their children's emotional sides, also strive to reinforce the structured environment their partners represent. However, emotional intelligence becomes crucial here. A mother in a uniformed home knows when to loosen the grip, offer a listening ear or let a child cry. She walks the delicate line between encouraging strength and allowing vulnerability. In doing so, she teaches her children a balanced emotional core—resilience mixed with empathy.

Life at Risk

Uniformed families live under a perpetual shadow of danger. Whether it's news of conflicts at the border, natural disasters during rescue missions, or the possibility of an accident on duty, the fear of loss is real and ever-present. Children, even at a young age, are aware that their parent's job involves risk. Here, the mother becomes the chief counsellor and emotional buffer. She teaches children the meaning of courage, not just in terms of bravery, but in accepting uncertainty with grace. She doesn't just say "Papa will be okay," she helps them understand service, duty, and sacrifice. In doing so, she instils a deeper maturity in her children an awareness of purpose, honour and the fragility of life.

Creating Routine in Unpredictability

In a world marked by unpredictability—be it sudden postings, changes in school, or absence of a parent—routine becomes sacred. Uniformed mothers often rely on structured daily routines to bring a sense of normalcy to their children's lives. Meal times, homework hours, prayer routines and storytelling sessions become the standards of stability. These seemingly small rituals serve as emotional lifelines, helping children feel safe and grounded. The mother becomes the emotional rhythm, setting the pace of life, even when the outside world shifts unpredictably. Frequent moves can blur a child's sense of identity. They may struggle to define where they're "from," lose long-term friendships

or feel like continuous outsiders. Mothers play a crucial role in helping children build inner confidence and a portable sense of self. They encourage adaptability, openness to new cultures, and curiosity. Uniformed children often become remarkably well-rounded individuals, comfortable in diverse settings, thanks to their mothers' guidance. They learn to adjust, rebuild, and connect-skills that serve them for life. An often-overlooked strength of uniformed homes is the group of community of mothers who support each other. These women form informal networks that serve as extended families, sharing resources, advice, childcare duties and emotional support. During crises such as natural disasters or prolonged deployments, these communities rally around each other. For children, growing up in such a network imparts a strong sense of social bonding and mutual respect. And for mothers, this shared journey becomes a powerful source of strength.

Celebrating the Small Moments

In uniformed families, time together is precious. Festivities may be celebrated in advance or delayed. Birthdays might occur during postings and reunions may last only days. Mothers learn to maximize joy in the smallest of moments, a video call, a homecoming, a surprise visit. They teach children to find happiness in shared meals, family rituals, and handwritten letters. Such upbringing fosters gratitude, emotional richness, and a strong value system that many children carry for life. The emotional labour that mothers in uniformed homes carry is immense. They rarely complain, often hide their own anxieties and carry burdens silently to keep their families emotionally safe. They don't wear medals or uniforms, but they serve the nation in the most powerful way, by raising children who understand sacrifice, value and emotional strength. This unique perspective of motherhood goes beyond parenting, it becomes a silent service to the nation, echoing in the values and character of the next generation.

Future Leaders With Perspective

The real testimony to the flow of motherhood in uniformed homes lies in the children they raise. These children often grow up with a profound

sense of integrity, adaptability, patriotism and resilience. Whether they choose to follow their parent's footsteps in service or take up entirely different paths, they carry with them the lessons their mothers etched into their hearts.

From learning to say goodbye with a smile to packing their bags every few years without complaint, these children reflect the quiet, determined strength of the mothers who raised them.

Conclusion

In the narrative of uniformed service, the spotlight often shines on those who wear the uniform. But behind every salute, every mission and every act of duty stands a mother who makes it all possible. Her journey is defined by sacrifice, emotional strength, adaptability and unbreakable love. The flow of motherhood in uniformed homes is not linear, it's fluid, like a river adjusting its course around life's obstacles, yet always nurturing everything in its path. These mothers may never make headlines, but their impact is profound and far-reaching. They raise not just children—but future citizens who understand what it means to serve, to adapt, and to live with grace and courage. And in doing so, they shape the very soul of a nation.

Jay Hind!



Pratigya Kumari
W/o Siddharth Kumar SE(R),
CGRPT (Kol), CGRHQ(NE)

"The Soldier's Wife"

She wakes before the morning sun,
Another day has just begun.
With steady hands, she packs a lunch,
And kisses kids amidst the crunch.
Her soldier's far, in lands unknown,
Defending peace, yet she's alone.
But duty doesn't end with war—
It echoes through her every chore.
She works a job, she runs the race,
With quiet strength and gentle grace.
She hides the ache behind her smile,
And counts the miles all the while.
A hero too, in her own right,
She holds the fort through every night.
With weary eyes, she reads a book,
While glancing at the dinner she cooked.
The calls are brief, the letters rare,
Yet in her heart, she knows he's there.
And so she balances each role—
A mother's love, a worker's goal.
She bends, not breaks, with life's demand,
A wedding ring upon her hand.
A soldier's wife, so brave, so true,
Fighting silent battles too.
Between the work, the tears, the pride,
She keeps her world in perfect stride.
For though his boots march far away,
Her courage walks with him each day.

P Lokeswara Rao

U/Nvk(MET), 700 SQN (CG)

"The Silent Strength"

She stands alone, yet never weak,
With tired eyes and spirit meek.
A soldier's wife — her quiet might
Burns gently through the longest night.
She clocks in hours, pays the bills,
Guides tiny hands through daily drills.
From school runs to the grocery line,
She juggles all, with no decline.
Her partner serves in lands afar,
His letters brief, his voice a star.
She listens close to static tones,
And sleeps beside a phone that groans.
By day, she's boss, at night, she's balm,
She hides her storm, she brings the calm.
She mends the wounds that go unseen,
A warrior in a world between.
Work deadlines press, the emails beep,
But still she dreams when children sleep.
Of homecomings, of strong embrace,
Of laughter etched on time's own face.
She walks a path not many know—
With silent grace, she learns to grow.
In every role, she finds her way,
A soldier's wife, strong every day.

B Kranthi

Nvk(AH), 700 SQN (CG)

माँ की नजर

तेरे लब, तेरी शदा बन जाऊं
तेरी बातों का मजा बन जाऊं

लड़खड़ाती जो नजर आए तू
दौड़ कर तेरा अशा (लाठी) बन जाऊं

तू अगर धूप में घर से निकले
छाँव ले आऊँ, घटा बन जाऊं

खवाब भी जिसके न दिखे तूने
ऐसी रंगीन फिजा बन जाऊं

तेरी मर्जी में हो, मर्जी मेरी
तेरा दिल तेरी, रजा बन जाऊं



तेरे गम को सदा गम समझूँ
तेरे हर गम की दावा बन जाऊं

तेरे दामन को गुलों से भार दूँ
तेरी मेहनत का जजा बैन जाऊं

कोई दुश्मन जो तेरा मोकाबिल आए
बन के शमशीर कजा बन जाऊं



शबनम जबीन

पत्नी एम डी बुरहानउद्दीन प्रधान अधिकारी (एमई),
तटरक्षक मरम्मत एवं निर्माण दल, (पारादीप)

प्रकृति के संग प्रवाह – यात्रा-वृत्तांत: फौजी जीवन और भ्रमण

मैं एक फौजी की पत्नी हूँ : एक ऐसे जीवन की साथी, जिसमें स्थिरता से ज्यादा प्रवाह है, और हर दिन एक नया अनुभव लेकर आता है। मेरा पति **भारतीय तटरक्षक बल** में एविएशन शाखा में कार्यरत है। लोग जब मुझसे पूछते हैं, "कहाँ रहती हो?" तो मैं मुस्कुरा कर कहती हूँ, "जहाँ ड्यूटी ले जाए।" हमारा जीवन, जैसे प्रकृति की नदियों का बहाव, कभी शांत, कभी वेगवान, लेकिन हमेशा गतिमान।

फौजी जीवन: हर जगह एक नया घर

जब मेरी शादी हुई थी, मुझे नहीं पता था कि मेरा जीवन एक **घुमंतू यात्रा** बन जाएगा। भारतीय तटरक्षक बल में तैनाती का अर्थ होता है – **एक यूनिट से दूसरी यूनिट** में स्थानांतरण। कभी गुजरात के समुद्र तट पर, तो कभी विशाखापट्टनम की लहरों के पास, तो कभी पोर्ट ब्लेयर के बीचों में। इन सब जगहों में एक बात समान थी – **प्राकृतिक सुंदरता और अलग-अलग जीवनशैली का अनुभव।**

हर पोस्टिंग एक नया शहर, नई भाषा, नए लोग, और नई चुनौतियाँ लाती है। लेकिन यही तो इस जीवन की सुंदरता है

– हम प्रकृति के प्रवाह के साथ बहते जाते हैं, और हर मोड़ पर कुछ नया सीखते हैं।

एविएशन की ड्यूटी और अस्थायी तैनाती

मेरे पति की ड्यूटी सिर्फ एक यूनिट में सीमित नहीं रहती। उन्हें **कभी-कभी महीनों के लिए अस्थायी ड्यूटी** पर दूसरे बेस भेजा जाता है। कई बार वो तीन-चार महीने के लिए दूर चले जाते हैं, और हम माँ-बच्चे अकेले रह जाते हैं। यह आसान नहीं होता, खासकर तब जब बच्चा बीमार हो, या अचानक घर में कोई परेशानी आ जाए।

पर यही जीवन सिखाता है कि **साहस और आत्मनिर्भरता** क्या होती है। मैंने सीखा है बिजली का फ्यूज बदलना, गैस का सिलिंडर खुद लेना, और मुश्किल वक्त में खुद को संभालना। पर जब वो वापस आते हैं, वो मिलन का पल... वह सारी दूरियों को भुला देता है।

प्रकृति के संग यात्रा— हर जगह की अपनी कहानी

मेरे फौजी जीवन की सबसे खूबसूरत बात यह है कि मैंने भारत के कई कोनों को अपनी आँखों से देखा है— और हर जगह मुझे प्रकृति ने अपनी बाहों में लिया है।

- » दीव की चमचमाती रेत और साफ नीला आकाश,
- » गोवा का उत्साह और समुद्र की आवाज,
- » चेन्नई की सुबह की नम हवा,
- » और अंडमान की वो शुद्धता, जहाँ पेड़ भी जैसे गीत गाते हों।

इन जगहों ने मुझे सिखाया कि अगर हम प्रकृति से जुड़ जाएँ, तो हमारी आत्मा को एक गहराई से सुकून मिलता है। हर पोस्टिंग मेरी एक यात्रा-वृत्तांत बन जाती है- कहीं समुद्र की लहरें कहानी कहती हैं, तो कहीं पहाड़ों की चुप्पी दिल को छू जाती है।

बच्चों के साथ यह जीवन – अनुभवों की पाठशाला मेरे दो बच्चे हैं वृ और उनके लिए ये फौजी जीवन एक अनोखी पाठशाला है। उन्होंने सीखा है कि दोस्त हर जगह बन सकते हैं, कि नई भाषा सीखना मजेदार होता है, और कि बदलाव डरावना नहीं, बल्कि रोमांचकारी हो सकता है। वो जानते हैं कि पापा हर समय साथ नहीं होते, पर जब होते हैं, तो हर लम्हा खास होता है।

मन का प्रवाह – अकेलापन, परिपक्वता और आत्म-खोज

इस जीवन में केवल सुंदर स्थान नहीं हैं, बल्कि कुछ अकेले पल भी हैं। जब मैं समुद्र किनारे बैठती हूँ और लहरों को देखती हूँ, तो

मुझे एहसास होता है कि मेरा मन भी इन लहरों जैसा है – कभी शांत, कभी उदास, कभी उल्लास से भरपूर। प्राकृतिक प्रवाह की तरह, मेरी भावनाएँ भी बदलती रहती हैं।

लेकिन यह सब मुझे आत्म-खोज की दिशा में ले गया है। मैंने लेखन शुरू किया, फोटोग्राफी सीखी, और अब यात्रा-वृत्तांत लिखने लगी हूँ। हर स्थान की एक कहानी होती है, और अब मैं उसे लिखने लगी हूँ; शायद एक दिन किताब बने।

फौजी जीवन: स्थायित्व नहीं, लेकिन स्थायीत्व का अहसास

लोग सोचते हैं कि हम फौजी परिवारों के पास स्थायित्व नहीं होता – हर दो साल में जगह बदलना, नया स्कूल, नया मोहल्ला। पर मैं कहती हूँ, हमारे जीवन में स्थायीत्व रिश्तों में होता है, जड़ों में नहीं। हमें जहाँ भेजा जाता है, हम वहाँ घर बना लेते हैं- दीवारें बदलती हैं, लेकिन प्यार वही रहता है।

प्रकृति और फौजी जीवन- एक ही धारा के दो छोर

प्रकृति का सबसे बड़ा गुण है उसका बहाव वृ और फौजी जीवन भी ठीक वैसा ही है। न हम रुकते हैं, न थकते हैं। हम जहाँ जाते हैं, वहाँ कुछ छोड़ आते हैं और कुछ नया अपने भीतर ले आते हैं। प्रकृति के साथ बहते हुए, यह जीवन हमें धैर्य, साहस, स्वीकार्यता और सौंदर्य का पाठ पढ़ाता है।

निष्कर्ष

मैंने सीखा है कि जिन्हें प्रवाह से डर नहीं लगता, उनके लिए जीवन एक सुंदर यात्रा बन जाती है। फौजी जीवन ने मुझे यह सिखाया कि प्रकृति के संग बहना – चाहे वह समुद्र की लहर हो, पोस्टिंग की सूचना हो, या जीवन की चुनौती: एक कला है। और इस कला को अपनाकर, मैंने अपने जीवन को यात्रा, प्रेम और प्रकृति के संग एक सुंदर गीत बना लिया है।



Payel Das
W/o Ratin Das PSE, 830 Sqn (CG),
CGAE(BSR)



Regional President Tatrakshika A&N



With immense pride and joy that I extend my heartfelt gratitude for the 19th edition of URMI, our tribute to the indomitable spirit of women. CGWWA over the years has contributed in exploring the myriad ways in which women can harness their inner strength, tap into their creative potential, and become catalysts for positive change in their lives and communities.

As we embark on this journey of self-discovery and empowerment, this year's theme invites to immerse in the flowing waters of Pravahini, a theme that beautifully encapsulates the essence of transformation, growth and resilience. From the intricacies of personal growth and self-care to the complexities of social justice and empowerment, we delve into the multifaceted nature of womanhood and the incredible capacity of women to adapt, evolve and thrive.

As we navigated the ebbs and flows of life, we are reminded the change is the only constant. Yet, it is in embracing this change that we discover our true potential and unleash our inner Pravahini- the flowing, dynamic and powerful force that resides within each of us. Like the river that flows effortlessly, overcoming obstacles and nourishing the world around it, women possess an innate ability to transform challenges into opportunities and to emerge stronger, wiser and more radiant with each passing day.

May the spirit of Pravahini guide you on your journey towards self-discovery, growth and empowerment.

Tatrakshikas are inspiring everyone by making difference in their fields, breaking barriers and pushing boundaries. CGWWA celebrate their triumphs, honor their struggles and draw inspiration from their unwavering commitment to creating a better world.

I extend my warmest wishes to all Tatrakshikas and invite you all to embrace the spirit of Pravahini in all aspects of your lives.

Together, let us continue to flow like the river, ever-changing, ever-growing and ever-inspiring.

Warm Regards,

Mrs. Yashika Tiwari
Regional President Tatrakshika (A&N)

Representation of CGWWA A&N



Mrs. Yashika Tiwari



Mrs. Sakshi Awasthi



Mrs Sucheta Banerjee



Mrs Unnati Patel

A&N Committee



Contents

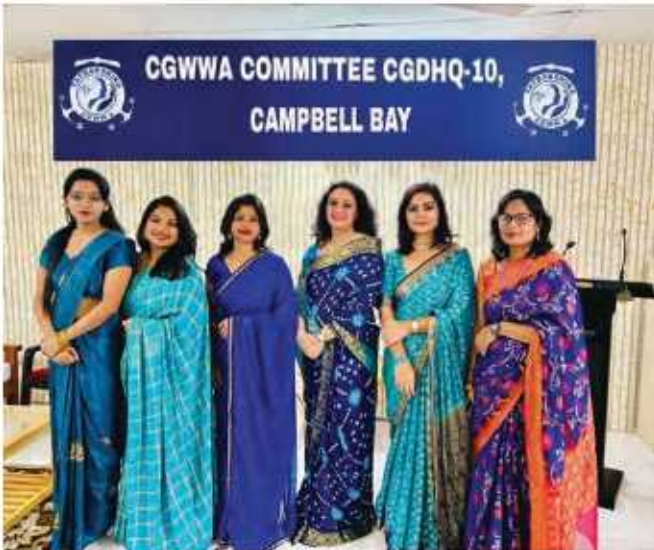
01. Journey Towards a Change or Success	159
02. Travelogue – Exploring New Places	160
03. Motherhood	162
04. Islands Between Us: A Mother's Journey in Kamorta	163
05. "Finding your Flow-Balancing Work and Personal Life" YOLO	165
06. Beyond Labels : A Home that Shares	167
07. Finding your Inner Flow- Mindfulness, Fitness and Self Care	168
08. Congratulations	170
09. अकाम और निजी जीवन में संतुलन	171
10. प्रवाहिनी-मेरी धारा	172



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Together We Thrive



Skill Ignition (Suruchi)



Craft Spirit



Makeup Workshop..jpg



Lippan Art Workshop



Srijan Shakti Exhibition



Cake Baking Competition



Rhythmic Movements



Demo on Jewellery Making from Fabric



International Women Day Celebration

Functional Literacy (Saksharta)



Keeping Self Update



Hindi Diwas -Slogan Competition



Fire Safety Drill



Fancy Dress Competition



Felicitation



Self Defence Training Workshop



**Lecture by Brahma Kumari –
Harmony in Relationship**



Slogan Writing Competition

Get Moving Feel Alive (Sanjeevan)



Dental Camp



Yoga Day



Medical Lecture on Prevention of Cervical Cancer



Health Lecture



Wellness Routine



Yoga Practise for Healthy Life



Dental Camp



Health Camp

Heal Earth Heal Self (Srishti)



Go Green Initiative



Owe to Mother Earth



Best Out of Waste Activity



Save Trees, Save Tomorrow



Solid Waste Management



Lecture on Food Adulteration

Philanthropic Effort (Senha)



Supporting Marginalized Communities



Building Brighter Future



Transforming Communities



Making a Difference in Lives

Sanchar Team (Suraksha)



Reaching Out



Sanchar

Blooming Blossom (Sanskar)



Journey towards a Change or Success

Success is not always loud. It doesn't always come with a spotlight or a trophy. For many women, success begins with a whisper inside a quiet urge to do more, be more, or simply change what no longer fits. For me, the journey toward change started with discomfort not the kind that makes you shift in your seat, but the kind that makes you question your direction. I had spent years living according to what was expected: roles defined by family, society and tradition. I was a daughter, a wife, a mother but somewhere along the way, I realized I had forgotten to be me.

I never imagined that I'd one day describe myself as resilient, but life as a Coast Guard wife has a way of shaping you in ways you never saw coming. When I married a man in uniform, I thought I understood what it meant *Duty, Honour and Service*. What I didn't yet realize was that I too, was about to step into a life of Service, Sacrifice and Silent Strength. I didn't wear the uniform, but I wore the weight of deployments, the uncertainty of postings and the constant balancing act between holding a family together and holding myself together.

There were days I felt invisible. Days when I was both mother and father to our children while he sailed unknown seas. Days when I built a home from scratch in a new city, far from family and familiarity. And yet, every time I felt overwhelmed, I reminded myself: I am not just a Coast Guard wife I am the anchor at home. It took me years to realize that being a mariners spouse wasn't about standing behind my husband it was about standing beside him, living my own journey of courage and growth. When the ship sails, a piece of our heart sails with it. Being the spouse of a Coast Guard officer or sailor is a life filled with quiet strength. While the world applauds the uniform, we hold the fort back home raising children, maintaining routines and offering a voice of calm in every storm.

Our resilience is often unnoticed, but it runs deep. We adapt to relocations, rebuild social circles and teach our kids to call each new station "home." We celebrate anniversaries over video calls and make peace with the unpredictable schedules. This is not sacrifice this

is love in uniform.

Every Coast Guard wife I've met has inspired me. The one who raised three kids while studying for her degree. The one who opened a home bakery to support her family during a long deployment. The one who stayed up all night during storms, praying for her husband's safe return and then woke up at dawn to pack lunch boxes and carry on like everything was normal.

We are often the unsung heroines but we are everywhere. In the background, yes, but also at the front lines of love, strength and change.

Over time, I stopped seeing my identity as "JUST A SPOUSE." I am a woman with a story, with strength forged in silence, with leadership earned not by title, but by action. I have built resilience from uncertainty and purpose from pain. And in doing so, I have found success not in medals or applause, but in the lives I've touched, the women I've inspired and the community I've helped build. The flow of inspiration doesn't always come in waves it comes in ripples. It comes in every "You've got this" text to a friend, every potluck shared during the holidays when we're far from home, every tear we turn into action.

I am a Coast Guard wife. I am also a mentor, a mother, a writer, a woman who makes a difference. And if my journey has taught me anything, it is this:

"We don't wait for inspiration, we inspires"



Mrs. Seema Rani
W/o Sunil Kumar Pradhan Navik(QA),
ICGS Vishwast CGRHQ(A&N)

Travelogue – Exploring New Places

In the heart of the majestic Dhauladhar ranges lies a small town called Baijnath, nestled in the Kangra district of Himachal Pradesh. Growing up amidst snow-capped peaks, serene valleys, and the spiritual vibes of the ancient Baijnath temple, I never imagined that life would take me so far and wide across the length and breadth of our country. But then, life as the wife of a Fauji (defence personnel) is anything but ordinary—it is an adventure, a lesson in resilience, and above all, a beautiful opportunity to explore the many shades of India.

From the cool breezes of Himachal to the southernmost tip of India, every move, every posting, and every temporary duty of my husband's career has been an invitation to embrace a new world. This is a humble attempt to weave together my experiences—of travel, of nature, of people, and of memories etched along the way.

The Journey Begins – From Chandigarh To Okha (Gujarat)

Our first destination after marriage was Okha, a small coastal town in the Devbhumi Dwarka district of Gujarat. The journey itself was no less than a film script—Chandigarh to Okha in our Tata Safari, with scenic halts in between. We paused in Jaipur, the Pink City, and stayed at the Army Guest House. The city, with its royal palaces and bustling markets, offered a warm welcome to our new life. The charm of Hawa Mahal and the grandeur of Amer Fort remain unforgettable.

From Jaipur, we headed to Mount Abu, Rajasthan's only hill station. Tucked away in the Aravalli ranges, Mount Abu was a cooling balm in the summer heat. We stayed at another lovely Army guest house and explored Nakki Lake. It was here, gazing at the sunset from the hills, that I realized how magical Fauji life could be.

The Western Coast – Life in Okha and Beyond

Settling in Okha brought with it the quietude of coastal life. The winds smelled of salt and simplicity. The sea was our constant

companion—calm, fierce, and soulful.

From Okha, we travelled extensively across Gujarat:

- Jakhau, a sleepy port village known for its isolation and vastness.
- Naliya, where vast grasslands meet sky and the Indo-Pak border isn't too far off.
- Bhuj, rich in Kutch heritage, brought us face-to-face with the resilience of people who rebuild after earthquakes with hope and smiles.
- Gandhinagar, Gujarat's green capital, was a refreshing change with its wide roads and organized layout. The Akshardham Temple here was a spiritual heaven.
- Ahmedabad, where history lives in the stepwells and museums and the Sabarmati River quietly tells the tales of Gandhi.
- Jamnagar, with its calm lakes and temples, felt like a forgotten gem.
- Porbandar, the birthplace of Mahatma Gandhi, evoked pride and introspection.

Every journey was during my husband's temporary duties, but I made sure I soaked in the culture, food, and stories of every place. Travel, for us, was not a luxury—it was a way of life.

A Coastal Sojourn – Krishnapatnam, Andhra Pradesh

After Gujarat, we moved to Krishnapatnam in Andhra Pradesh, a major port town. Life here was different—the language, the cuisine, the landscape, all unfamiliar. But that's what travel teaches you—to adapt, to respect, and to learn.

We explored nearby places such as:

- Nellore, a blend of modernity and tradition.
- Pulicat Lake, home to flamingos and migratory birds.
- And quiet drives along the Coromandel coast, with coconut palms waving in the breeze.

Though our stay here was short, it opened our hearts to the southern warmth and spicy curries!

Temple Towns and Ocean Blues – Mandapam, Tamil Nadu

Our next station was Mandapam, a coastal village in Tamil Nadu, acting as a gateway to Rameshwaram. This was one of the most spiritually and geographically significant places we ever lived in.

We explored:

- Rameshwaram, where mythology and divinity fill the air. Bathing in the temple wells and walking on the floating stones near Dhanushkodi was surreal.
- Dhanushkodi, once a bustling town now turned into ghost land post the 1964 cyclone. Standing at the edge, where the Bay of Bengal meets the Indian Ocean, gives you goosebumps. It's the end of the road—literally and metaphorically.
- Meenakshi Amman Temple in Madurai was a burst of color, devotion, and Dravidian architecture. The temple complex is nothing short of a city!
- Kodaikanal, the 'Princess of Hill Stations', was where we found respite in the clouds. The cool climate, Coaker's Walk, and serene lakes made it an ideal weekend getaway.
- Munnar, with its rolling tea estates and misty mornings, was a poetic escape. Every bend on the ghat roads was a picture waiting to be clicked.
- Kochi, where my husband had his course, became our cultural retreat. From Fort Kochi's colonial vibes, to Kathakali performances, and Chinese fishing nets, the city is a blend of past and present. The spice markets and backwater cruises were a treat for the senses.

Touching the Southernmost Point – Campbell Bay, Great Nicobar

Currently, we are posted in the southernmost tip of India – Campbell Bay, Great Nicobar, part of the Andaman and Nicobar Islands. This remote paradise is where nature sings its rawest, untouched tune.

From Campbell Bay, we explored:

- Havelock Island (Swaraj Dweep): White sand beaches like Radhanagar Beach and scuba diving

made it a dream destination.

- Neil Island (Shaheed Dweep): Less crowded, more pristine. Lush greenery, natural rock bridges, and quiet sunsets made it our favorite.
- Chidiya Tapu, near Port Blair: A heaven for bird watchers and sunset lovers. The dense mangroves and biodiversity left us spellbound.

Campbell Bay itself is a place where the sun rises before the rest of the country. Surrounded by lush rainforests, exotic birds, and the sounds of waves crashing, it reminds us daily of nature's power and peace. It's not just a place—it's a feeling.

Life Lessons From the Journey

Each destination, no matter how small or remote, left a unique imprint on our lives. As a Fauji family, we learn to carry our home in our hearts and not just our bags. The one constant companion we have is change, and with every new transfer, we gain new friends, stories, dialects, recipes, and world views.

1. Travel Teaches Acceptance – Whether it's spicy Andhra food or language barriers in Tamil Nadu, I've learned to embrace the unfamiliar with grace.
2. Nature is the Best Teacher – From deserts to oceans, mountains to islands, nature has shown its many moods. The peace it brings is unmatched.
3. Indian Culture is Diverse Yet United – I've seen Navratri in Gujarat and Pongal in Tamil Nadu. Yet, every celebration has the same underlying essence—faith, family, and festivity.
4. Resilience is a Way of Life – Living in remote stations, sometimes without luxuries, teaches you to be strong, creative, and grateful.

Flowing With Nature and Life

"Flow with Nature" is not just the title of this travelogue—it is my life philosophy. Like rivers that bend around stones, like winds that adapt their path, I've learned to flow with life's changes, embracing each chapter with hope and wonder.

My journey, from the pine-scented lanes of Baijnath to the tropical silence of Great Nicobar, has been nothing short of magical. It's not just

a list of places—it's a collection of memories, laughter, learning, and love.

To every fellow Fauji wife, I say this: don't wait for the perfect trip. Life itself is your journey. Travel, explore, click photos, write journals, meet people, and let each place change you a little for the better.

And to my dear India—thank you for your endless beauty, diversity, and hospitality. I carry a piece of you wherever I go.

End Note:

Sometimes people ask me, "Don't you get tired of moving so often?" And I smile. Because what seems like movement from the outside is, in fact, a beautiful flow—from one life story to another. We're not just shifting homes—we're

collecting pieces of the world and building a mosaic of memories.

Here's to many more journeys. Here's to life. Here's to flowing with nature.



Mrs. Sakshi Awasthi
W/o - Comdt(JG) Utkarsh Gautam,
ICGS Rajkiran

Motherhood

In homes where anchors shift with tide,
Where uniforms stand firm with pride,
A mother weaves her gentle grace,
In every port, a new embrace.

The sea may call, the father sails,
While she holds strong through storms and gales,
A lighthouse bright through nights alone,
She makes each house a loving home.

Tiny hands and curious eyes,
Watch jets and ships paint Indian skies,
They learn to wave before they walk,
Salute with love in toddler talk.

With every post and distant shore,
She builds their world, then builds some more,
Packing dreams with toys and books,
Soft lullabies in quiet nooks.

Their birthdays span across the map,
A cake in Cochin, hugs in Gap,
She hides her tears with hopeful cheer,
For daddy's voice, once more to hear.

A mother's role in whites' life,
Is strength beneath the winds of strife,
She teaches roots and wings alike,
To ride the waves, to climb, to hike.

Uniformed, yet soft inside,
She shields with warmth, and walks with pride,
Each farewell kiss, each dockside wave,
She grows brave hearts and teaches brave.

For every medal worn with flame,
There's untold love behind that name,
A mother's touch, unseen, profound,
The silent hero, duty-bound.

So here's to her, the quiet tide,
Who shapes the soul, who walks besides,
In every base, on every shore,
Her motherhood flows evermore.



Mrs. Sharanyaa Saravanan
W/o Dy Comdt PR Saravanan,
ICGS C-424

Islands Between Us: A Mother's Journey in Kamorta

Kamorta doesn't announce its beauty—it whispers it.

There are no towering buildings or manicured city gardens here. Instead, beauty takes subtler forms. It's found in the rustle of palm fronds brushing tin rooftops at sunrise, the hush of waves behind coconut groves in the evening, and the low hum of life unfolding quietly—far from the noise, but close to the heart.

When we first moved here, my son had just turned two. He was full of wonder—his questions endless, his energy wild and luminous. I, on the other hand, arrived with a bag full of uncertainties. Would island life stretch or compress the joy of raising a child? Would motherhood feel heavier without the scaffolding of family, pediatric clinics, and convenience?

Kamorta is beautiful, but it is remote. It isn't the kind of place you find on travel itineraries or glossy calendars. It's a place built for purpose—and sometimes, purpose can feel lonely.

But children teach us what adaptation truly means. Within days, my son greeted the island with a phrase all his own: "Our adventure place." Mispronounced, often yelled with delight, but deeply understood. And in those three words, I found my entry point—not just into the geography of Kamorta, but into its rhythm.

That rhythm began each morning when we'd walk together to the nearby primary school. I had taken up teaching—something familiar that allowed me to ground myself in this unfamiliar place. My son, with his tiny backpack and untamed curiosity, would join the kindergarten group while I took lessons upstairs. The arrangement was simple, practical, and unexpectedly profound.

He didn't just tag along—he became part of it. Sitting with children who spoke a language he was still learning, trading stories through gestures and laughter, discovering the joy of communal crayons and crumpled worksheets. There were no expensive toys. Just shared snacks, curious glances, and playground chases

along pebbled paths. The school was small, but its heart was boundless.

Watching him thrive there rewired my own thinking. Children are not delicate glass—they are sponges and mirrors, absorbing, adapting, reflecting. He didn't miss what he never had. He embraced what was offered. And in doing so, he gave me permission to do the same.

Outside the school, life carried a calm tempo. Grocery shops were just a few minutes' walk away—stocked modestly but reliably. The shopkeeper greeted my son with a biscuit before I even finished saying hello. He didn't just offer goods. He offered familiarity—a form of quiet recognition that made every errand feel less like a transaction and more like community.

Afternoons were stitched together by soft rituals. We'd stack coral stones along the beach behind our quarters, their rough edges smoothed by time and tide. He'd chase butterflies near the wireless post, arms flailing but purposeful. Beneath the shade of a tree whose branches caught the wind just right, we'd trade stories woven from memory and imagination. In our island bubble, a rain-cloud could become a misunderstood uncle, and a crab could be a secret messenger from the sea.

Kamorta wasn't lacking—it was quieter. And in that quiet, we created a language of our own. A language built on scraped knees and mango bites. On laundry drying over dining chairs during monsoons. On whispered prayers during fevers, and wild giggles when power returned and the fan roared back to life. On burning chapatis cooked one-handed while cradling a cranky toddler with the other—because motherhood here doesn't allow for pause buttons. It flows.

There were difficult days. Of course there were. The dispensary doctor might be away just when you need him most. Network outages stretched longer than your patience. And when he turned three and had a meltdown in the shop over a missing biscuit packet, it felt like the world slowed just to watch you juggle emotion, dignity, and a grocery list.

But even in those moments—especially in those moments—I felt something shift. Island life doesn't rush to fix discomfort. It lets you sit with it. My reactions became more patient. My expectations softened. I stopped measuring my motherhood against time-lines or perfection. I started showing up—with presence instead of precision.

At three, my son now navigates Kamorta like a seasoned local. He knows which route leads to the jetty and which one loops past the church. He's fluent in coconut trail short cuts and knows which path gets us to school faster (especially when recess is on the horizon). He's learned that puddles vanish after the sun says hello and that snails are friends you shouldn't step on. He dances to rhythms drawn not from speakers but from nature—wind teasing the shutters, rain tapping out songs on the tarpaulin, distant conch calls from fishermen's boats.

He's growing. So am I.

Island life has made motherhood less about milestones and more about motion. It's a slow, deliberate unfolding—like petals in humidity. You don't rush it. You watch it. You hold space.

Even his tantrums feel different here. More honest. Less judged. When frustration erupts, we sit under the school's banyan tree and let time stretch until peace returns. There's no pressure to correct immediately. No crowd to impress. Just space—to feel, breathe, restart.

And the village listens, too. The vegetable vendor always asks how his school day was. A neighbour lends cloth scraps for craft day. The sentry nods each evening, part protocol, part friendship. Kamorta doesn't perform its solidarity—it lives it quietly.

Motherhood in Kamorta is not survival—it's surrender. To nature's unpredictability. To



the generosity of strangers. To the realization that you don't need all the answers—you just need to be present.

Some nights, after he's asleep and the island darkens into a quiet hum, I sit with a cup of warm water and remember our old routines. Birthday parties with dozens of children. Baby care centres with air conditioning. Toy shops with sensory aisles. I won't lie—those things are missed. But they're not missed like oxygen. They're missed like sunsets you knew, replaced now by sunrises you never expected.

Kamorta has expanded the heart. It's forced me to revisit definitions—of growth, of grace, of joy. It has turned motherhood into something spacious. Vast, like the sea. Deep, like the stillness beneath canopy shadows.

I came here unsure whether I could be enough. I found out that being enough doesn't mean doing it all. It means doing what matters, with love and intention.

Now, when I see my son lead a trail of kindergartners through school corridors, his voice loud with purpose and eyes bright with possibility, I realize something quietly profound:

I didn't just bring him here. I brought myself—to a version of life that's slower, softer, more honest. And in this rhythm, motherhood flows—not as a perfect performance but as a daily act of grace.

Kamorta may appear small on a map, tucked into ocean blue. But in its coconut trails, shop-front friendships, chalk-streaked school benches, and breeze-kissed afternoons—it made room for everything that matters.

I came here uncertain. I stay here transformed.



Mrs. M Rajalakshmi
W/o Dy Comdt D Vetrichelvan,
ICGS Kamorta

“Finding Your Flow-Balancing Work and Personal Life”

Y O L O

-The Determination to Live the Time We Have

Finding your flow in life, especially when you're trying to balance work, learning, responsibilities, and emotions, is no easy thing. But that's exactly what I've been striving to do. Each day brings its own challenges, and yet, somehow, I've managed to move forward - not perfectly, but with purpose. I work in the IT field, mostly dealing with databases, Python frameworks, client-server models, Automations and all the beautiful chaos that comes with back-end development. It's technical, sometimes messy, often stressful, but I've grown to enjoy the complexity. It gives me a sense of control in a world that rarely pauses.

My usual day starts early. I work a 9:15 AM to 6:30 PM job, with an hour's break in between. Sometimes I grab breakfast at my PG (Gents), and other days I manage to eat in the office. Lunch is almost always in the cafeteria—rushed, but enough—and dinner is back in my PG after a long day. When I finally reach my room, I don't stop. That's when my second life begins—my learning life.

Even after a full day of work, I sit with my laptop. I spend time learning, exploring new ideas, or building something meaningful. One such project was my AI assistant “Ray.” Ray wasn't just a side project - it was my world for a while. I poured everything into it. It was where I combined all my skills-Python logic, database handling, system control, and interaction - all into something that felt alive. It taught me more than any course ever could. Every bug fixed, every feature added, gave me the thrill of progress.

But even with the learning and progress, life is far from easy. Standing on your own, earning not just for yourself but also to support your family - it brings a kind of pressure that's hard to describe. There are months when things feel too heavy, when my mind feels clouded, and when motivation seems far away. Yet, I never truly fall apart, because I'm not alone. My mom is my strongest support. She stands with me, not just emotionally but also financially. There are times

she helps me with money when I fall short, and even more importantly, she reminds me of my worth when I start to forget it. Her voice, full of belief and love, gives me strength that no self-help book ever could.

And then there's my sister. She has this quiet way of knowing when I'm not okay. I don't have to explain much - she just gets it. She checks in on me, talks about random things to distract me, and makes me feel seen even when I try to hide my tiredness. My family may not fully understand what I do in tech, but they understand me and that's what keeps me grounded.

My friends are another blessing. Whenever I feel stuck or unsure about life, they step in - not to judge, but to suggest. Whether it's small tips to better my lifestyle, ideas on how to manage time, or even just sending me a useful link, they're always looking out for me. It feels good to know I have people who want to see me grow, who celebrate my wins, and lift me up when I'm doubting myself.

Still, there are battles I fight alone. Like those moments when I'm stuck on a concept no matter how many videos I watch or pages I read. When the code runs but not the way it should. Even days when I have bad days with my close ones, fighting alone - really-really ALONE!. When I see others advancing faster and wonder, Am I too slow? But I've learned something valuable: “consistency beats speed”. So I don't give up.

There's a certain kind of joy in learning after work hours. While others relax or binge shows, I choose to build myself quietly. Not because I don't like fun, but because I know where I'm headed. I'm not chasing perfection, I'm chasing improvement. Each small step matters to me. Whether I'm watching a video on Django or writing SQL queries or debugging something for the 10th time, I know that it's shaping my future.

I've also realized the value of rest. Earlier, I believed working without pause was the only way to succeed. But I was wrong. Now, I take breaks. I let myself breathe. I may be driven, but

I'm also human. If I skip a day of learning to rest or chat with friends, I don't guilt myself anymore. In fact, those moments often recharge me better than any sleep could.

What truly keeps me going is the vision I have in mind - the kind of life I want to build, not just for myself but for those I love. I don't dream of riches or fame. I dream of stability, peace, exploring the world and the ability to help others the way my mother helps me now. I want to create something meaningful, to build tools that make lives easier, and maybe even guide someone like me one day.

In all this, I've found my flow - not in the absence of problems, but in learning how to move with them. Flow, to me, is that quiet moment when I'm deep in code, when hours pass without noticing me. Flow is when I speak to my mom and she says, "I'm proud of you." Flow is when I help a friend debug something or when someone asks me how I did a particular task. Flow is when I'm exhausted but still find myself smiling because I know I didn't waste the day.

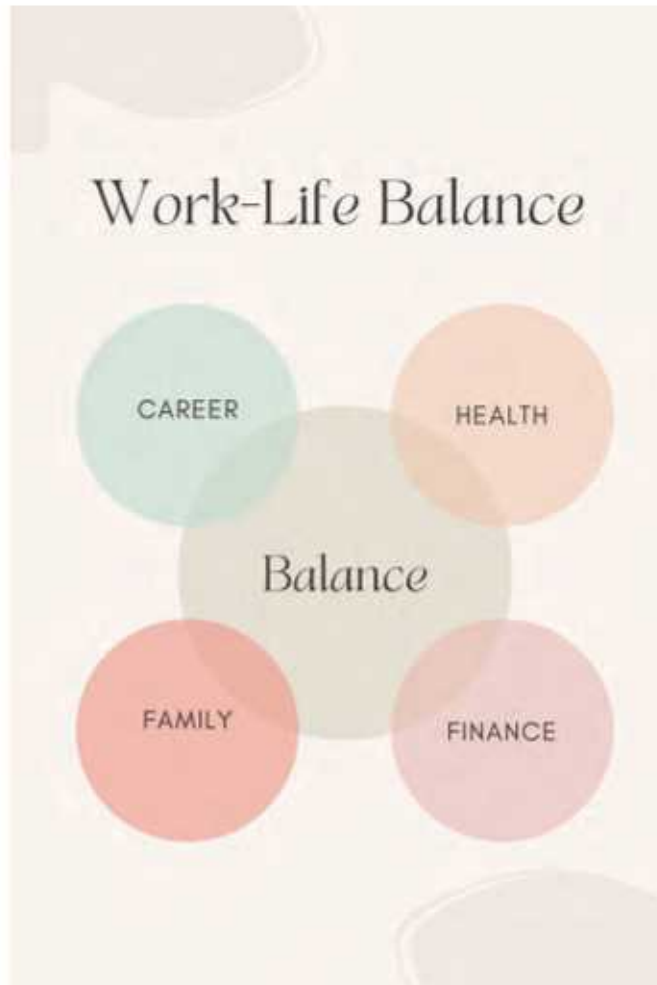
I've realized that balance isn't about perfect 50-50 splits between work and life, it's about being fully present in both. When I work, I give it my all. When I talk to my mom or sister, I'm fully there. When I learn, I give it focus. And when I rest, I truly let go.

This journey hasn't been easy, and I know it won't get easier soon. But I've built resilience, found support in the right places, and learned how to push through the noise. I've learned that it's okay to ask for help, that it's okay to slow down, and that kindness to yourself is just as important as discipline.

This version of me - who earns, supports, learns, dreams, fails, and tries again - was not built overnight. I was shaped by effort, lifted by love, and energized by the hunger to grow. Sometimes, I sit back and look at how far I've come—from figuring out how servers talk to each other, to making Ray speak, to simply making it through a tough week with my head held high. And I think: this is my flow.

Every day I remind myself: you're doing better than you think. And with that thought, I pick up where I left off, chasing my flow—one line of code, one lesson, one moment at a time, like how I took this time to write this down, all in a flow. Just happy to get my words down here and cherishing this as always, because it's.

YOLO – You Live Only Once.



M Satish, B. Tech (CSE)
S/o M. Valeshwari Stenographer

Beyond Labels : A Home That Shares

Long before the island wakes, a small home in South Andaman hums to life. The alarm rings at 4:30 a.m. in the modest government quarter of South Andaman. The day begins—quietly, without grandeur, yet filled with purpose.

Anu, a government school teacher posted in a remote tribal belt, dresses silently in the early dark. Her cotton saree is neatly pleated and pinned by her better half, her tiffin packed, and her lesson plan ready. She leaves the house before sunrise to pick up the STS from the nearest stop to reach the school on time.

Behind her, as the door closes with a smile and a kiss on the forehead, Arjun's turn begins. He is an IC Engine fitter in Indian Coast Guard, his job is vital but behind the scenes—repairing the engines that power the vessels guarding our coasts. His duty starts later, and that gap is a gift to the family. During these hours he becomes father, mother, and morning magician to their four-year-old son Ashi, a LKG student of Coast Guard Kindergarten.

Morning Routine

By 6:30 am, Arjun wakes up Ashi by telling instant, cooked up stories of the pigeons or mynas- their morning visitors. After feeding rice to the birds together they ease into the rhythm of their routines. He feeds dosha while telling something about his favourite toy-aeroplanes. He checks the tiny uniform and arranges the school bag and Day care bag separately.

There are no complaints in this uniformed home, roles are flexible but responsibility is shared with love.

Arjun once unsure to handle a baby, now manages Ashi's morning with most perfection, packs tiffin box, and fills water bottles and answers a dozen questions about the yellow private bus which usually parks near the entrance. By imitating the bus horn both father and son leave for school..

More Than a Mother's Domain

While many still see motherhood as solely the mother's domain, Arjun lives the other side of that coin, like Anu's father - who passed away

before Ashi's birth and had been a perfect partner to her mother. Arjun became that pillar in her life. Her father was everything to her. She got Arjun as her counterpart to cop up her loss. As her father pinned her saree during her B.Ed days, Arjun now takes over those duties. Her mother, who works at Kesavatheeram Ayurveda Hospital in the lush green landscapes of Kerala is more concerned about Arjun, as he handles all these tasks perfectly. She knows very well how she managed her home, as they were working partners in those days when Anu and her sister were students. That's why Arjun holds a special place in her heart. Sometimes Anu feels jealousy when her mother praises Arjun more than her. But the feeling fades quickly, as she knows her mother's heart - a gentle, kind soul who offers love not only to her family, but to everyone she meets.

Arjun leaves for work after dropping Ashi at school. During lunch time again picks up the little boy and drops him in the Daycare centre. He receives good support from his office for these responsibilities. So he properly balances both personal and professional life.

Evenings: When the House Gathers

By 5:30 p.m., the home is full again. Anu returns, tired but smiling. Ashi rushes to her arms with an explosion of words, eager to show his writing and stars he got. Arjun, sipping hot tea asks about her day at school.

"Today again the STS broke down"

"Oh! Why don't you file a complaint?"

"I will send a mail tomorrow"

"As usual, tomorrow...You are not going to initiate this. Let it be"

Usual talk's continues. They eat together. Sometimes in silence, sometimes with laughter, but always with gratitude.

The Flow of Parenthood

In their home, motherhood isn't a single role—it's a flow. It moves from Anu to Arjun and back, shifting with the demands of duty and time. It is Anu who teaches Ashi to read and write

and other activities given from the school. It is Arjun who listens to his imaginative tales about aeroplane, buses and so on – and sometimes, becomes his partner in crime.

A Unique Perspective

The world often praises mothers in uniform—teachers, soldiers, doctors, nurses. But what about the fathers behind them? The quiet men who hold the home while the women step out into the world? The men who nurture without labels? This is what makes their home unique—not just the uniform Anu wears or the engines Arjun fixes—but the equality of effort, the respect for each other's duties, and the seamless co-parenting that allows the little boy to grow

in love. Just like Anu's parents, their bond is rooted in deep love and mutual affection. Their life flows in a steady rhythm of shared duties...



Aswathi M
W/o Sajith Kumar M (IC Engine Fitter)
Technical CGRHQ(A&N) Sri Vijaya Puram

Finding Your inner Flow- Mindfulness, Fitness and Self Care “Every Step towards Change Has Become a Part of Me”

Finding your inner flow—your true self—amidst your emotional, mental, and physical states can be challenging. But when the rhythm finally settles within you, you become part of a magical song. Setting up a routine isn't about perfection; it's about progress. Discovering calmness, authenticity, and a sense of vitality within yourself can be more powerful than any rigid structure or control.

There were days when my mornings felt heavy, my screen time doubled my sleep time, and my eating habits worsened. These patterns clung to me for a long time, and breaking free from them wasn't easy. Over time, my brain began to seek



short-cuts as a way to cope.

Somewhere deep inside, I knew a change was needed. So, I began taking small steps—like limiting my screen time, sleeping more, and waking up earlier. Even if my routine wasn't perfect, it was progress. I felt mentally lighter and freer.

The first step toward real change was mindfulness. Instead of being careless, I started becoming more present—more aware of my environment, my family, my studies, and most importantly, myself. This shift changed how I viewed everything. I began to see meaning and value in things I once overlooked. Gratitude and thankfulness became part of me—and they changed me completely.

Though I'm not a fitness freak, I do love moving my body from time to time. It's not something I do daily, but on some days, I stretch, take a walk, or just dance around my room with headphones on. Even if it's just for a little while, I enjoy that time deeply—it feels like a gift to my body.

What surprised me was how these little movements lifted my mood, grounded me, and made me feel alive again. It reminded me that healing doesn't always look like dramatic changes; sometimes, it's found in those small,

quiet moments we create for ourselves.

Beyond that, one of the biggest changes I brought into my life was learning to care for myself. For me, self-care wasn't about a 10-step skincare routine or face masks. It was about setting boundaries—knowing when to pause, when to rest, and when to say “enough.”

For a long time, I felt guilty for taking breaks or choosing peace over chaos. I felt like resting meant I was lazy, or that choosing calmness meant I was falling behind. But over time, I realized that self-care is my way of telling myself, I matter. I am my first priority. And through all of this, I finally began to feel like myself again.

The biggest lesson I've learned is that inner flow and self-care look different for everyone. What others enjoy may not work for me—and that's perfectly okay. I've stopped comparing myself to others. Instead, I'm focusing on becoming a better version of myself.

Another thing I've realized is that not all days are consistent. Balancing school, tuition, coaching, and personal goals isn't easy. There are still days when I fall back into old habits, but I somehow manage to pull myself out. I've stopped being harsh on myself because I now understand that growth isn't a straight line. Being kind to yourself through the ups and downs is truly important.

There were moments when I felt like I was failing—falling short of expectations, routines, and even my own goals. But slowly, I realized that failure wasn't the opposite of growth; it was a part of it. The days when I stumbled became the days I learned the most. Not about how to be perfect, but about how to rise again.

One more thing I've learned is the importance of setting limits and recognizing unhealthy distractions. Whenever I felt low, I used to drown myself in shows and endless entertainment. It felt like a break, but in reality, it was slowly draining me. It numbed my thoughts instead of healing them.

So, I chose to change my distractions. I replaced mindless screen time with calming reading sessions. That small shift helped me relax, reset, and release my stress in a healthier way.

Books gave me a kind of escape that didn't leave me feeling hollow afterward. They filled me with imagination, quiet, and sometimes even answers I didn't know I was looking for.

My inner flow isn't consistent yet, but I've come to understand that it's not about being perfect—it's about being aware. Aware of when to play, and when to pause. This awareness became a quiet compass, guiding me through the chaos.

Throughout this journey of ups and downs, I've realized that simply staying connected to your inner flow can teach you more than anything else ever could.

Some days I still feel lost. But now I know that it's okay to not have it all figured out. Inner flow is not a destination—it's a rhythm, a connection that grows over time. It changes, just like I do. And the most beautiful part? It always brings me back to myself.

In the end, inner flow is something you develop naturally. It's not about following a perfect routine, but about discovering who you are, what you need, and how you want to live. It's about carrying yourself with calmness and embracing each day with awareness—knowing what truly feels right for your mind and body.

I'm still on this path, but with every mindful, kind, and conscious step I take, I move closer to the best version of myself. And maybe that's what inner flow really is—not control, not perfection, but a quiet return to who you were always meant to be.

“Live to love and embrace every version of you with your own inner flow”



M Pusphavandhana,
D/o M. Valeshwari Stenographer

CONGRATULATIONS!

Vedansh Sharma, Class-XI A, NCS son of Comdt NK Sharma has represented Port Blair region in “Enhancing productivity in Agriculture” category in the first ever National youth festival held at Bharat Mandapam at New Delhi from 10-12 Jan 24. The whole event was organized by GoI as an initiative to inculcate leadership in the youth of country and to provide them opportunity to express themselves at such a high and respectable platform. Total 12 students from Port Blair participated in various categories. Few of the glimpses of the events are as give below:-



Vedansh Sharma
S/o Comdt NK Sharma
P.No - 4126-C

काम और निजी जीवन में संतुलन

काम और निजी जीवन के बीच संतुलन बनाये रखने का मतलब है, काम के दबाव और व्यक्तिगत जीवन की जरूरतों के बीच एक स्वस्थ संतुलन स्थापित करना, ताकि एक दूसरे पर हावी ना हो। यह एक महत्वपूर्ण कौशल है जो हमारे मानसिक और शारीरिक स्वास्थ्य के साथ साथ कार्य-सफलता के लिये भी जरूरी है। निम्नलिखित कारक हमें अपने व्यक्तिगत जीवन और काम के बीच संतुलन बनाये रखने में सहायक साबित हो सकते हैं।

स्पष्ट सीमाओं का निर्धारण- एक दिनचर्या स्थापित करके काम और व्यक्तिगत गतिविधियों के लिए एक नियमित कार्यक्रम निर्धारित करना चाहिये तथा उन गतिविधियों के लिये समय निकलना चाहिए जो हमारे मन, शरीर और आत्मा को खुशियां प्रदान करती है।

समय-प्रबंधन- कार्यों और गतिविधियों के लिए विशिष्ट समय स्लॉट आवंटित करना चाहिए, जिससे हम महत्वपूर्ण चीजों पर ध्यान केंद्रित कर सकें और बहुकार्य से बच सकें। हमें अपने कार्यभार के प्रति जागरूक रहना चाहिए उन कार्यों के लिए नहीं कहने की आदत डालनी चाहिए जो हमारी हमारी प्राथमिकताओं या मूल्यों के अनुरूप नहीं हैं।

सहायक वातावरण का निर्माण - अपने आसपास ऐसे लोगों को रखना चाहिए जो हमें व्यक्तिगत और पेशेवर दोनों रूप से समर्थन और प्रोत्साहित करते हों तथा अपने कार्यक्षेत्र में उत्पादकता को बढ़ावा देने और विचलन को कम करने के लिए निरंतर प्रयासरत रहना चाहिए।

आत्म-करुणा का अभ्यास- तनाव को कम करने और ध्यान बढ़ाने के लिए प्रतिदिन योगाभ्यास करते रहना चाहिए। अपने साथ दया और करुणा के साथ व्यवहार करना चाहिए, यह स्वीकार करते हुए कि गलतियाँ करना ठीक है परंतु उन गलतियों से सीख लेकर खुद को सर्वश्रेष्ठ बनाना उत्तम कार्य है।

अपनी प्राथमिकताओं का पुनर्मूल्यांकन- अपने मूल्यों और प्राथमिकताओं पर कार्य करने से पहले यह सुनिश्चित कर लेना चाहिए कि दोनों एक दुसरे से संरेखित हैं या नहीं। संतुलन और प्रवाह की भावना बनाए रखने के लिए आवश्यकतानुसार अपनी दिनचर्या और प्राथमिकताओं में समायोजन करते रहना चाहिए।

उपरोक्त करकों को लागू करके, हम अपना प्रवाह दृढ़ सकते हैं और अपने काम और व्यक्तिगत जीवन के बीच बेहतर संतुलन प्राप्त कर सकते हैं।



श्रीमति मीना देवी,
पत्नी संजय यादव प्रधान नाविक (आर पी)



“प्रवाहिनी-मेरी धारा”

वो लहरों से करता है दोस्ती,
मैं जूझती हूँ तन्हाई से हर रोज की।
वो पहरे देता है देश की सीमाओं पर,
मैं बुनती हूँ उम्मीदों अपनों की निगाहों पर।

हर विदाई में छिपा होता है बलिदान,
और हर मुस्कान में अनकहा एक अरमान।
मैं हूँ तटरक्षक की अर्धांगिनी,
पर खुद भी हूँ एक सशक्त कहानी।

जीवन का प्रवाह कभी तेज, कभी थमा सा,
कभी रातें जागी-जागी, कभी दिन थका सा।
पर फिर भी मैं बहती हूँ –
हर बाधा को लांघती, हर दर्द को सहती हूँ।

वो जब निकलता है देश की पहरेदारी में,
मैं संजोती हूँ घर, बच्चों की जिम्मेदारी में,
कभी बच्चों की हँसी, कभी बुजुर्गों का संबल बनी मैं,
कभी खुद को पहचान, आगे बढ़ने का बल बनी मैं

तूफानों से लड़ते उसके इरादे,
और मेरी आँखों में छिपे कई वादे।
मैं भी चलती हूँ, अपनी ही धार में,
संघर्षों के सन्नाटे और प्रेम की पुकार में।

वो जब दूर होता है, मैं भीतर से मजबूत बनती हूँ,
हर आँधी में चट्टान सी, हर अँधेरे में रौशनी सा बनती हूँ।
देशभक्ति बस उसकी पहचान नहीं,
मैं भी हूँ प्रहरी – प्रेम की, धैर्य की, नारी सम्मान की।

ना केवल वो देश की रक्षा करता है,
मैं भी उसके पीछे खड़ी एक मजबूत दीवार हूँ।
उसकी प्रेरणा, उसकी शक्ति,
उसके हर अभियान की मौन साथी।

मैं भी प्रवाहिनी हूँ – जीवन की सतत धारा,
कभी माँ, कभी बेटी, कभी खुद की सहारा।
मन और आत्मा की अदृश्य शक्ति को है मैंने जाना,
हर मोड़ पर बहती रही मैं, पर कभी हार नहीं माना।



Mrs. Manisha
W/o Raj Mourya, U/Nvk(RO),
ICGS Vishwast, CGRHQ(A&N)



President Tatrakshika Excellence Award (Meritorious)

An award prize of Rs. 5000 has been decided to give for the toppers in class X, XII board examination by President Tatrakshika for their hard work and dedication from this year onwards. The following students are deserving for the excellence prize for their excellent performance in board examinations 2025.



CLASS-X

Atreyee Bandyopadhyay	D/o AK Bandyopadhyay, P/Adh(RO), 03840-H	1 st	99%	NCS Nausena Baugh Visakhapatnam	COMSTAN (CHN)	RHQ(E)
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CLASS-XII

Arya Krishna K	D/o NR Rama krishnan, P/Adh (RO), 02679-R	1 st	97.4%	SFS Public School Ettumanoor PO Kottayam DT Kerala	CGTC (KOC)	RHQ(W)
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List of Students For Meritorious Awards 2024-25 (CGHQ)

S.N.	Name	Daughter/Son of	Position / Percentage		School	Unit
CLASS VIII						
1	Rishav Kumar	S/o Mukesh Kumar, Adh(QA)	1 st	96.30%	PM Shri KV, Noida	CGSB
2	Anika Nair	D/o Anil Kumar, PSE(AE)	2 nd	94.20%	PM Shri KV Ernakulam	Dte of AS/CGHQ
CLASS IX						
3	Kavyanshi Uriyal	Comdt Kailash Singh	1 st	94.00%	Kendriya Vidyalaya Paradip	D(AA) CGHQ
4	Dev Kumar	S/o Parveen Kumar P/ Adh(RP)	2 nd	93.98%	NCS Delhi	Dte of Plans
5	Rachit Kumar	D/o Pramod Kumar, USE(P)	3 rd	93.70%	Sainik School Mainpuri	CGHQ
6	Dhara Patel	RRK Patel, U/ADH	4 th	92.8%	KV School Gole Market, New delhi	CGHQ
CLASS X						
7	Urvi Yadav	D/o Ashok Kumar, P/Adh	1 st	93.20%	DGQA KV School Chennai	CGHQ
8	Muskan	D/o Anil Kumar, Adh(AL)	2 nd	93.00%	Dr Rajendra Prasad KV President, New Delhi	Dte of AM/ CGHQ
9	Diptanshu Mishra	S/o Comdt Rajeev Mishra	3 rd	92.20%	Bal Bharti Public School Noida	CGSB
10	Manya Tyagi	D/o Anjul kumar P/Adh	4 th	91.00%	NAVY children School	Dte of Recruitment

CLASS XII						
11	Zahra Taha	D/o DIG Jamal Taha TM, PD(AM)	1 st	93.20%	Navy Children School, New Delhi	Dte of AM/ CGHQ
12	Kunjan Sharma	D/o Ashok Kumar, U/ Adh(QA)	2 nd	90.80%	PM Shri KV No.2, Minnie Bay Portblair	CGSB

List of Sports Awards-2024-25

S.N.	Name	Daughter/ Son of	Class/School	Sports/ Championship	Held On	Held At
1	Parth Morwal	H S Morwal, Adh(ME)	X/ PM Shri KV Gole Market	Skating (Inline 1000Mtrs), U17/ 54th KVS Regional Sports Meet 2025-26	29-Jun-25	PM Shri KV Sec-3 Rohini
2	Arya Morwal	H S Morwal, Adh(ME)	X/ PM Shri KV Gole Market	Skating (Inline 500 Mtrs), U14/ 54th KVS Regional Sports Meet 2025-26	29-Jun-25	PM Shri KV Sec-3 Rohini

List of Students For Meritorious Awards 2024-25 (RHQ -WEST)

S.N.	Name	Daughter/Son of	Position / Percentage		School	Unit
CLASS VIII						
1	Priyanshu Yadav	S/o Amit Kumar Yadav, Adh(RP), 05615-Q	1 st	98.3%	Shri Sanatan Dharam HS & Junior College GTB Nagar, Mumbai	ICGS Samudra Prahari
2	Janvi Viju	D/o MK Viju	2 nd	95.80%	PM Shri KV DGQA, Chennai	CGRPT (MBI)
CLASS IX						
3	Aadesh Ghenyar	S/o OmVeer Singh, P/Adh(ME), 04287-T	1 st	95.01%	NCS Vijaya Puram, Port Blair	ICGS Samudra Prahari
4	Pratibha	D/o AK Gupta, P/Adh(RP), 03559-R	2 nd	93.2%	PM Shri KV Bhandup, Mumbai	C-154
5	Maera Tanveer	D/o Mohammad Tariqe, PSE (ER), 07673-R	3 rd	92.00%	PM Shri Kendriya Vidyalaya, Koliwada Sector 1, CGS Colony, Mumbai-37	Technical Section RHQ(W)
CLASS X						
6	Pallavi Yadav	D/o Rajveer, Adh(P), 05473-R	1 st	95.40%	DAV Public School Behror Alwar Rajasthan	ICGS Sankalp
7	Kanika Panchal	D/o Sudhir Kumar, P/Nvk(R), 05408-S	2 nd	95.00%	PM Shri, KV No.1, Sec-30, Gandhi Nagar	ICGS (MBI)
8	Twisha Gujar	D/o DIG Mukund Gujar, 0580-Q	3 rd	94.8%	NCS Navy Nagar, Colaba	ICGS Samudra Prahari
9	Shobhit Shrivastava	S/o DIG Bibhuti Ranjan	4 th	94.60%	Army Public School Noida	COS Secretariat RHQ(W)

10	Madiah Fatima	D/o Md Fahhem Hussain	5 th	94.6%	MS Creative School, Hyderabad	CGRPT (MBI)
11	Aditya Raj Singh	S/o Chandan Singh, Adh(RO), 05262-P	6 th	94%	Navy Childrn School, Vizag	73 ACV SQN
12	Rishi Raaj Paul	S/o Comdt Jaydeep Paul, 0622-M	7 th	91.20%	PM Shri KV NCHC Bhandup, Mumbai	ROC Mumbai
CLASS XII						
13	Priyanshee Phogat	D/o Ravinder Singh, P/Adh(RO) 01798-Q	1 st	95.60%	PM Shri KV Robert Square Gola market, new Delhi	MRCC Mumbai
14	Mousam Das	S/o Manas Ranjan Das, P/Adh(AE), 03080-Z	2 nd	95.20%	PM Shri KV-2, Minnie Bay Portblair	HQ CGWS
15	Mitul Agarwal	S/o DIG Atul Agarwal, 0501-M	3 rd	91.00%	PM Shri KV IIT, Powai, Mumbai	Aviation Section RHQ(W)
16	Anushqa Dey	D/o Comdt (JG) Surojit Dey, 0587-J	4 th	91.00%	PM Shri KV, Ashok Nagar, Chennai	HQ CGWS
17	Yogita Singh	D/o Om Veer Singh, P/Adh(ME), 04287-T	5 th	90%	NCS Port Blair	ICGS Samudra Prahari
GOA						
CLASS VIII						
18	Priyansu	D/o Sunil Kumar, SEP, 15620655-X	1 st	97.80%	Prince International School, Rajasthan	
19	Navya Gupta	D/o Vk Gupta, P/Adh (RP), 03634-P	2 nd	97.75%	PM Shri KV, RK Puram Delhi	
20	Brijesh Kumar Mahapatra	S/o Rajesh Kumar Mahapatra, P/Adh(QA), 04411-Z	3 rd	96.75%	NCS, Kochi	ICGS Sachet
21	Daisy Boruah	D/o Kajal Boruah, P/Adh(SA), 04328-Q	4 th	95.63%	NCS, Goa	
22	Vinuth V	S/o Vishwa P, LNK, 14927567-M	5 th	95.60%	Bharath Alatha Educational Institute, Mysure	
23	Neha Kumari	D/o Santosh Kumar, U/Adh, 04957-S	6 th	94.92%	PM Shri KV, Delhi	ICGS Sachet
24	Angel Yadav	D/o Anil Kumar, Adh(RO), 05396-R	7 th	93.93%	PM Shri KV, Pitampura, Delhi	
25	Manan Yadav	S/o Deepak Yadav, Adh(SA), 05513-L	8 th	91.88%	Mount Litera Zee School Goa	
26	Vishakha Yadav	D/o Ajay Kumar Yadav, Adh(CK), 0537-M	9 th	91.50%	PM Shri KV-1, Vasco Goa	
CLASS IX						
27	Prathmesh Patil	So/ NK Dilip Patil, , DSC 10228424-N	1 st	93.0%	PM Shri KV-2, ISP, Nashik Road, Maharashtra	1330 DSC Platoon ICGS Goa
28	Swapnil Tiwari	S/o VN Tiwari, P/Adh(ME), 02982-H	2 nd	91.40%	PM Shri KV-No.1, Vasco Goa	ICGS Amal

CLASS X						
29	Saksham Shrivastava	S/o Purshotam Kumar, P/Adh(MET), 03354-Y	1 st	95.4%	PM Shri KV-No. 1, Vasco Goa	CGAE, Goa
30	Ichha Kumari	D/o Santosh Kumar, U/Adh, 04957-S	2 nd	94.4%	PM Shri KV Robert Square Delhi	ICGS Sachet
31	V Indraneel Aditya	S/o V Abhishek Sarma, PSE, 08021-L	3 rd	91.4%	PM Shri KV-No.1, Vasco Goa	CGASD, Goa
CLASS XII						
32	Lakshya Saini	S/o Sundar Lal, U/Adh(CK), 03730-H	1 st	93.4%	PM Shri KV-No.1, Vasco Goa	ICGS Goa
33	Jaladi Sitarama Choudhary	S/o Jaladi Srinivasa Rao, Sepoy, 15774310-Y	2 nd	90.85%	Sri Chaitanya Eduatio Institution, Andhra Pradesh	1331 DSC Platoon ICGS Goa
KOCHI						
CLASS VIII						
34	Simran	D/o Rahul Ranjan, PSE, 07887-Z	1 st	98.50%	Sainik School, Kazhakootam, Kerala	CGAE (KOC)
35	Veda Prasanth	D/o Prasanth P PSE(P) 07950-T	2 nd	97.20%	PM shri KV Dronacharya Kochi	CGSD (KOC)
36	Nihara S Ramesh	D/o Comdt Ramesh Babu, 5106-D	3 rd	96.37%	PM Shri KV No.1, Nausen Abagh	ICGS Sarathi
37	Poli Gnanasree	D/o Poli Anil Kumar Reddy, P/Adh(AH), 04343-W	4 th	95.30%	PM Shri KV Dronacharya Kochi	SFNA
CLASS IX						
38	Ayushree Sandeep Patil	D/o Sandeep M Patil, P/Adh(ME), 04143-S	1 st	96.20%	PM Shri KV 2 Naval Base Kochi	ICG AB Urja Shrota
39	Anshika Sharma	D/o Ashwani Kumar, Adh(CK), 04852-H	2 nd	95.80%	NCS Naval base Kochi	ICGS (KOC)
40	Soumi Sarkar	D/o S Sarkar, PSE, 07573-Q	3 rd	94.70%	NCS Naval Base Kochi	CGRPT (KOC)
41	Lakshyata Dhangar	D/o K Gopal U/Adh, 04359-M	4 th	94.10%	PM Shri KV Dronacharya Kochi	ICGS C-410
42	Abeer Abhijit Sangle	S/o Comdt (JG) Abhijit Sangle, 1513-M	5 th	94.10%	NCS Cochin	ICGS (KOC)
43	Maanshi Yadav	D/o Jagbir, Adh 05401-z	6 th	93.10%	PM Shri, KV Dronacharya, Kochi	ICGS Saksham
44	SV Abhisree	D/o A Sasikumar PSE(AE) 08108-H	7 th	92.40%	PM Shri, KV Kochi	CGAIS (KOC))
45	Aryan Kumar	S/o Rakesh Kumar, P/Adh(QA), 04438-Q	8 th	91.20%	PM Shri KV Dronacharya Kochi	ICGS (KOC)
CLASS X						
46	Mehul Mathur	S/o Ramakant Mathur P/Adh , 02867-S	1 st	97.20%	PM Shri KV Dronacharya Kochi	CGWT (W)
47	Swetha Manilal	D/o Manila KV P/Adh 05308-R	2 nd	96.20%	Cherupushpa Bethani School, Chunnakkara, Alleppey	CGWT(W)

48	Sharuti Rodhiya	D/o Pradeep Kumar, U/Adh 05087-Q	3 rd	96.20%	PM Shri KV NAD Aluva Kochi	747 SQN (CG)
49	Deepika Chaurasia	D/o Vidya Sagar Chaurasia U/Nvk(QA), 03082-L	4 th	94.60%	PM Shri KV Dronacharya Kochi	CGS (KOC)
50	Chinimilli Niraj Nagasai	S/o CVM Kumar, P/Adh, 03198-T	5 th	94.60%	NCS Naval Base Kochi	747 SQN (CG)
51	Shivam Patel	S/o SK Patel , NK(GD) DSC ,10390240-M	6 th	93.80%	Army Public School, Kore Gaon, Sagar Cantt, MP	CGAE (KOC)
52	Shaina Sinha	D/o DIG Gaurav Sinha 5077-M	7 th	92.60%	NCS ,Chanakya Puri, New Delhi	CGRPT (KOC)
CLASS XI						
53	Diya Krishna K	D/o NR Rama Krishnan, P/Adh (RO) , 02679-R	1 st	99.80%	Keems, Mannanam, Kottayam	CGTC (KOC)
54	P S Deva Priya	D/o V Sunil Kumar PSE(SW), 07396-P	2 nd	90.60%	PM Shri KV No.2, Naval Base, Kochi	ICGS (KOC)
CLASS XII						
55	Arya Krishna K	D/o NR Rama krishnan, P/Adh (RO), 02679-R	1 st	97.40%	SFS Public School Ettumanoor PO Kottayam DT Kerala	CGTC (KOC)
56	Ayush Kumar	S/o Niranjana Kumar Adh (STD) 03438-R	2 nd	97.00%	PM Shri KV No.2 ,Naval Base Kochi	CGS (KOC)
57	Ananya Anil	D/o Anil Kumar NK(QM) DSC	3 rd	95.00%	PM Shri KV AFS Akkulam, Trivandrum, Kerala	CGAE (KOC)
58	Sanvi Kumari	D/o Rakesh Kumar U/Adh (QA) 04438-Q	4 th	93.40%	PM Shri KV, INS Dronacharya Kochi	CGS (KOC)
59	Dushyant	S/o Pooran Singh U/Adh(QA) 04113-Y	5 th	94.20%	PM Shri KV, INS Dronacharya Kochi	ICGS C-162
60	Geddada Mohnish	S/o G Srinivas P/NvK (QA)	6 th	91.20%	PM Shri KV 1, Naval Base Kochi	CGAE (KOC)
61	Pranav Bhama	S/o DIG Ashok Kumar Bhama, 0605-X	7 th	90.20%	The Learning Center PU College, Mangalore	CGS (KOC)
BEYPORE						
CLASS XII						
62	Vaidehi	D/o Anupam Singh Bhadoria U/ Adh (ME), 04795-Y	1 st	93.60%	PM Shri KV. No-1 West Hill- Calicut Kerala	IC-115
ICGAS DAMAN						
CLASS VIII						
63	Aditya Chauhan	S/o Jay Pal Singh Chauhan, U/ Adh(QA)04620-Z	1 st	90.52%	NCS, Goa	DTF
CLASS X						
64	Anukreeti	D/o N Sathesh Kumar, PSE(AL), 07406-M	1 st	95.6%	Coast Guard Public School, Damam	ALD

65	Aditya Thorat	S/o Comdt JN Thorat, 0621-L	2 nd	93.6	Coast Guard Public School, Daman	DTF
NEW MANGALORE						
CLASS VIII						
66	Shivadha KP	D/o Roshith MP, Adh, 04869-S	1 st	97.60%	Peralassery AKG Smaraka Govt. Hight Secondary School Kerala	CGS Karwar
67	Amrita Biswas	D/o Ranjan Bishwas, P/Adh, 04315-W	2 nd	97.60%	PM Shri KV Koliwada Mumbai	ICGS Vikram
68	Anjali Balkrushna Gathi bandhe	D/o Balkrushna Gathibandhe P/Adh(RP) 04465-Y	3 rd	96.37%	PM Shri KV Koliwada Mumbai	ICGS Vikram
69	Shreya Saini	D/o ubhash Saini P/Adh(RO) 04122-T	4 th	94.3%	PM Shri KV Anna Nagar Chennai	ICGS Vikram
CLASS IX						
70	Sanvi Parida	D/o SK Parida, PSE, 07764-W	1 st	95.34%	PM Shri KV No.1 Mangalore	CASU (NML)
71	Anvita Datt	D/o Comdt Bhawani Datt, 0670-V	2 nd	91.6%	PSBB Senior Secondary School, Nungambakkam Chennai	ICGS Vikram
72	Swaroop Suthar	S/o Dy Comdt Ramesh Kumar, 1597-D	3 rd	91.4%	Mount Carmel Central School, New Mangalore	ICGS (NML)
73	Biya Bony	D/o Comdt (JG) KV Bonymon, 4253-P	4 th	91%	PM Shri KV No.1 Mangalore	CASU (NML)
CLASS X						
74	Shubham Yadav	S/o Gajraj Singh, P/Nvk, 04888-P	1 st	95.2%	PM Shri KV No.1 Mangalore	CGS (NML)
75	Priya Rani	D/o Pramod Kumar, P/Adh, 03907-L	2 nd	95.2%	Mount Caemel Central School, Mangalore	CGS Amartya
76	Arpita Singh	D/o Anish Kumar, U/Adh, 04632-H	3 rd	94.2%	PM Shri KV No.1 Mangalore	CGS (NML)
77	Nikunj	S/o Pankaj Yadav, U/Adh, 04906-Z	4 th	94%	PM Shri KV No.1 Mangalore	CGS (NML)
78	Moghaliturthi Venkata Naga Lova Akshitha	D/o Moghaliturthi Srinivas, USE, 08411-S	5 th	93.6%	PM Shri KV Pazhavayhangal, Chennai	CGAEHU Bangalore
79	Gajraj Singh	S/o Dilip Singh, P/Nvk, 04025-Y	6 th	92.6%	PM Shri KV Pazhavanthangal, Chennai	CGS Varuna
80	Bhuva Nendu Reshmi	D/o Sagar P Dev, PSE, 07635-H	7 th	90.8%	Jeevan Jyothi Public School, Thalikod, Kerala	ICGS Amartya
81	Rajesh Kushwaha	S/o Ram Naresh Kushwaha, P/Adh, 03558-Q	8 th	90.6%	PM Shri KV No.1 Vasco-Da-Gama, Goa	CGAOT Bangalore
82	Vishesh Sharma	S/o Suresh Kumar, P/Adh, 02683-Y	9 th	90.6%	PM Shri KV No.1 Mangalore	CGS (NML)

CLASS XI						
83	Anmol	S/o Ashish Ranjan, P/Adh, 03241-S	1 st	90%	Vikas PU College, Mangalore	CGS (NML)
CLASS XII						
84	Priya Singh	Sanjay Kumar P/Adh, 04015-Z	1 st	93.00%	PM Shri KV Panambur, New Mangalore	ICGS Vikram
85	Shaswat Singh	S/o Comdt RK Singh, 4154-P	2 nd	90.60%	Geetanjali Olympiad School, Bangalore	CGPOT Bangalore
MURUD JANJIRA						
CLASS VIII						
86	Vivek	S/o Ashok Kumar, P/Adh(QA), 04761-W	1 st	92.60%	R.C. Green Field School Rewari Haryana	IC-305

List of Sports Awards-2024-25

S.N.	Name	Daughter/ Son of	Class/ School	Sports/ Championship	Held On	Held At	Unit
RATNAGIRI							
1	Pakhale Krishang Amol	Amol D Pakhale USE(AL), 08131-L	6th Podar International School	Maharashtra State Level (Invitational) Swimming Competition	25 & 26 Jan 25 at Kolhapur	Kolhapur Mumbai	ICGS (RTG)
NEW MANGALORE							
2	Priyansh Singh	S/o Comdt (JG), Pawan Singh, 1011-V		Skating	11-Oct 25-May	Karwar	ICGS Kasturba Gandhi
3	Mannat Saini	D/o Vijay Kumar, USE, 08737-M	VIII, Amarita Vidyalayam Karwar	1st National Level Karate Championship	8-Dec-24	Karwar	ICGS C-420
4	Ranvijay Saini	S/o Vijay Kumar, USE, 08737-M	VII, Amarita Vidyalayam Karwar	1st National Level Karate/ Kumite Championship	8-Dec-24	Karwar	ICGS C-420
5	Suvam Paswan	S/o Amrendra Paswan P/Nvk, 06359-H	IX, Army Public School	Skating	31-Aug & 1-Sep-24	kolkata	ICGS Amartya
6	Anjali Gathibandhe	D/o BG Gathibandhe P/ Adh(RP) 04466-Y	VIII KV Koliwada Mumbai	Boxing	24-25 24-Jul	KV Bhusawal	ICGS Vikram
KOCHI							
7	Abeer Abhijit Sangle	S/o Comdt (JG) Abhijit Sangle, 1513-M	IX/ NCS Naval Base Kochi	International Computer Science Olympiad International Hindi Olympiad	20-24-Dec 28 24-Nov	NCS Kochi NCS Kochi	CGTC (KOC)

8	Sharuti Rodhiya	D/o Pardeep Kumar, U/ Adh(AH), 05087-Q	VIII/KV NAD Aluva	Basket Ball Girls (U-17)	20-24-Jul	KV Pattom	CGAE (KOC)
9	Sidharth Pradeep	S/o DIG P Pradeep Kumar, 0582-W	XI/KV Dronacharya	International Open Championship 2024 Kingu Shito-RYU Sports Karate-DO India (Kata/ Kumite)	02-04 Aug 24	Periyar Institute of Sciece & Technology Indoorstadium Vallam Thanjavur , TN	ICGS Samarth
10	Sourav Pradeep	S/o DIG P Pradeep Kumar, 0582-W	VIII/KV 2, Katari Bagh	International Open Championship 2024 Kingu Shito-RYU Sports Karate- Do Indias (Kata/ Kumite) Eranakulam District Karate Championship 2024 (Kumte Sub Junior)	02-04 Aug 24 19-20 Oct 24	Institute of Science & Technology Indoor stadium, vallam, Thanjavur, Tamilanadu Zeus Sports Academy North Kalamassery	ICGS Samarth
VIZHINJAM							
11	Jyotirmoy Dey	S/o Kaushik Dey, P/Adh(SA), 03636-R	XI/KV, Pallipuram	Swimming/ KV School Games, Kerala Regional Championship 50 MTR Breast Stroke 200 MTR Individual Medlay 100 MTR Breast Stroke 50 MTR Breast (Stroke Boys U-17) 200 MTR Individual Medlay 100 MTR Breast (Stroke Boys U-17) 4*100 MTR Relay Swimming (National Level)	20 24-Jul 10 24-Sep	LNCPE College, Karyavattom, Trivandrum Talkotra Stadium, New Delhi	ICGS (VZM)
GOA							
12	Arnav Saini	S/o HK Saini, USE, 07879-M	IX/KV-2, Vasco	Regional Swimming (50M free Stl 50M back stroke 50M breast stoke)	22, 23, 24-Jul	IIT Powai Mumbai	CGASD, Goa
13	Ichha Kumari	D/o Santosh Kumar, U/Adh, 04957-S	X/PM KV, Delhi	2nd all India Shotokan Karate Championship 25	10-Jan-25	New Delhi	ICGS Sachet
14	Neha Kumari		VIII/ PM KV, Delhi	Delhi NCR Shotokan Karate Championship	10-11 Aug 24	New Delhi	

15	Neha Ravinder Karri	D/o Ravinder Karri, U/Adh(P), 04967-R	V/KV-2	4th India Open National Taekwondo Championship	13-15 Dec 24	Peddem Sports complex Mapusa, Goa	CGRPT
16	Praneeta Karri		VIII/ KV-2				
17	Vaishnavi	D/o Sanjay Kumar, Adh(ME), 04528-S	XII/KV-2	53rd KVS Regional Sports Meet 2024 (Swimming 50M breast stroke)	22-23 Jul 24	IIT Powai, Mumbai	

List of Students for Meritorious Awards 2024-25 (A&N)

S.N.	Name	Daughter/ Son of	Position / Percentage		School	Unit
ICGS PORTBLAIR						
CLASS VIII						
1	Suhani	D/o Vinay Kumar, P/Adh	1 st	99.20%	KV-2 Sri Vijaya Puram	CGRHQ (A&N)/ P&A
2	Sristi Bhardwaj	D/o UC Pandey, USE	2 nd	97.68%	PM Shri Kendriya Vidyalaya DGQA Chennai	ICGS VIJIT
3	Naman Singh Chahar	S/o Yogesh Singh, P/Adh	3 rd	97.60%	KV-2 Sri Vijaya Puram	CGRHQ (A&N)/ OPS
4	Ujjwal Jyoti	D/o Amresh Kumar, U/Adh	4 th	96.90%	KV-2 Sri Vijaya Puram	CGRHQ (A&N)/ RIT
5	Ishan Singh	S/o Suresh Singh, P/Adh	5 th	96.00%	KV-2 Sri Vijaya Puram	ICGS RAJSHREE
6	Shailly	D/o Vipin Kumar, Adh	6 th	94.90%	KV-2 Sri Vijaya Puram	ICGS PORTBLAIR
7	Sarika	D/o Ramesh Chand, Adh	7 th	93.50%	KV No. 1 Salt Lake Kolkata	ICGS ARUNA ASAF ALI
8	Saddapalli Sanika	D/o SK Basha, PSE	8 th	91.00%	KV-2 Sri Vijaya Puram	CGRHQ (A&N)/ TECH
9	Ronit	S/o Birender Singh, U/Adh	9 th	92.90%	KV-2 Sri Vijaya Puram	CGRHQ (A&N)/ OPS
10	Shubhi Sharma	D/o Comdt Naresh Kumar Sharma	10 th	91.70%	NCS Sri Vijaya Puram	CGRPT(PBR)
11	Bhupender Singh	S/o Surender Singh. Adh(CK)	11 th	91.20%	PM Shri KV No.-2 Minie Bey	ICGS Vishwast
12	Shristi Goyary	D/o Ranjan Goyary, P/Adh	12 th	88.70%	KV-1 JIPMER Shift II	ICGS VIJIT
13	Aditya Rana	S/o Bipin Singh Rana, U/ Adh	13 th	90.08%	PM Shri KV Anna Nagar,(CH)	ICGS Vishwast
14	Ishaan Kumar	S/o Anoop Kumar	14 th	88.70%	Nav Jeevan Mission School(UP)	ICGS Vishwast
CLASS IX						
15	Divyanshu	S/o Vikramjit Singh, P/Adh	1 st	97.43%	NCS Sri Vijaya Puram	ICGS PORTBLAIR

16	Avnish Kumar	S/o Amresh Kumar,U/Adh	2 nd	96.60%	KV-2 Sri Vijaya Puram	CGRHQ (A&N)/RIT
17	Vidhushee	D/o RK Jha, P/Adh	3 rd	92.20%	KV-2 Sri Vijaya Puram	CGRHQ (A&N)/P&A
18	Srishti Sen	D/o Vinod Sen, U/Adh	4 th	91.40%	KV-2 Sri Vijaya Puram	ICGS RAJSHREE
CLASS X						
21	Ambati Nandagopal Reddy	S/o Siva Nagi Reddy Ambati, P/Adh	1 st	96.20%	Bhashyam High School, Guntur	ICGS VIJIT
22	Annaitah Chaudhari	D/o DIG Anurag Chaudhari	2 nd	93.80%	Army Public School Nandambakkam, Chennai	CGAE (PBR)
23	Atharv Sharma	S/o Suresh Kumar, U/Adh	3 rd	92.40%	NCS Sri Vijaya Puram	CGRHQ (A&N)/
24	Neha Rodhiya	D/o Jagbir Singh, P/Adh	4 th	92.40%	KV-2 Sri Vijaya Puram	ICGS PORTBLAIR
25	Prince Malik	S/o Amit Kumar, Adh	5 th	92.20%	KV-2 Sri Vijaya Puram	ICGS RAJVEER
26	Abhiudhay Sah	S/o Sanjay Kumar, U/Adh	6 th	91.40%	KV-2 Sri Vijaya Puram	CGRHQ (A&N)/P&A
27	Priyanshu Yadav	S/o Dinesh Kumar, Adh	7 th	88.80%	KV No. 1 JIPMER Shift I	ICGS VIJIT, Not eligible
28	Janhvi	D/o LN Gupta, PSE	8 th	87.80%	KV-2 Sri Vijaya Puram	CGAIS (PBR),Not eligible
CLASS XI						
29	Hemakshi Kumar	D/o DIG Dushyant Kumar	1 st	96.20%	NCS Porbandar	CGRHQ (A&N)/OPS
30	Bhargavi Dogra	D/o Naresh Kumar,P/Adh	2 nd	91.65%	NCS Sri Vijaya Puram	ROC(PBR)
31	Abhiraj Roy	S/o Anupam Roy, U/Adh	3 rd	90.4%	KV-2 Sri Vijaya Puram	ICGS ARUNA ASAF ALI
CLASS XII						
32	Salamat Insan	S/o Kismat, U/Adh	1 st	93.00%	KV-2 Sri Vijaya Puram	ICGS PORTBLAIR
33	Anjali Kumari	D/o Anod Kumar, P/Adh	2 nd	92.80%	KV-2 Sri Vijaya Puram	CGRHQ (A&N)/
			3 rd			P&A
34	Anoushka Sarkar	D/o Alope Sarkar,P/Adh	4 th	90.40%	KV-2 Sri Vijaya Puram	CGRHQ(A&N)/TECH
35	Poonam	D/o Surender Singh, Adh(CK)	5 th	90.20%	PM Shri KV No.-2 Minie Bey	ICGS Vishwast
36	Suraj	S/o Ramesh B Mandokar, U/Adh	6 th	90.20%	PM Shri Kendriya Vidyalaya NCHC Bhandup Mumbai MR	ICGS RAJSHREE
ICGS DIGLIPUR						
CLASS VIII						
37	Jyoti Yadav	D/o Rajender Singh, Adh	1 st	98.00%	Raath International School, Dughera	ICGS RAJKAMAL
ICGS KAMORTA						
38	Daksh B Nair	S/o Binu Nair, P/Adh	1 st	95.60%	Kendriya Vidyalaya, ONGC Panvel	ICGS C-418 KAMORTA

List of Sports Awards-2024-25

S.N.	Name	Daughter/Son of	Class/School	Sports/ Championship	Held On	Held At	Position
1	Rinki Kumari	D/o Vinay Kumar, P/Nvk	A&N Administration State School Games	16-20 Dec 24	Netaji Stadium, Sri Vijaya Puram	1st position in 4x 100 mtr Relay	CGRHQ (A&N) COMCG Sectt

List of Students for Meritorious Awards 2024-25 (North West)

S.N.	Name	Daughter/ Son of	Percentage/ position		School	Unit	Station
GANDHINAGAR							
CLASS X							
1	Abhinav Anand	Surya Kant, P/Adh (RO), 02775-M	1 st	93.00%	PM Shri Kendriya Vidyalaya Kankar Bagh Patna Bih(69006)	CGRHQ (NW)	Gandhinagar
MUNDRA							
CLASS VIII							
2	Kanishka.A	G Arivalagan, P/Adh(RO), 04236-H	1 st	98.80%	Mekana International Hr. Sec. School Pechavadi, Pattamangalam, Mayiladuthurai, T.N.	ICGS Mundra	Mundra
PORBANDAR							
CLASS VIII							
3	Raj Kumar	Hariom Singh	1 st	95.10%	Army Public School	-	Porbandar
4	Lipika	Comdt TD Pandey 0649-X	2 nd	95.00%	PM Shri Kendriya Vidyalaya Kankar DGQA	CGDHQ-1	Porbandar
5	Shaurya Dutt	Comdt Sunil Dutt TM, 0662-D	3 rd	94.51%	Navy Children School	ICGS Shoor	Porbandar
6	Mahee Piplani	Comdt Eesh Piplani, 0684-D	4 th	90.27%	Navy Children School	835 SQN (CG)	CGAE Porbandar
SURAT							
CLASS IX							
7	Galdin Frijo A	Comdt (JG) AS Frijo	1 st	90.40%	Kendriya Vidyalaya 2 Kribhco Surat	CGRPT Surat	Surat

List of Sports Awards-2024-25

S.N.	Name	Son/ Daughter of	Sports/ Championship	Held on	Held at	Unit
OKHA						
1	Master Nirbhay Singh Rana	Comdt RS Rana	SGFI Inter-District level	6-Aug-24	Khambhaliya	69 ACV Squadron
2	Rachana	Naresh	KVS Regional Sports Meet-2025(Running under-14, 600 Mtr)	25-Apr-25	Gandhinagar	69 ACV Squadron
		USE (SW)	KVS Regional Sports Meet-2025(Running under-14, 400 Mtr)			
PORBANDAR						
3	Alisa Agrawal	DIG Pankaj Agrawal, 0505-V	District level basketball	31-Jan-25	Porbandar	CGDHQ-1
SURAT						
4	Galdin Frijo A	Comdt (JG) AS Frijo	Individual Kumite under 14, 55 Kg category, organized by Gujarat State Shotokan Karate Association	07-08 Sep 24	Anand, Gujarat	CGRPT Surat

List of Students for Meritorious Awards 2024-25 (East)

S.N	Name	Daughter/Son of	Position / Percentage		School	Unit
CLASS VIII						
1.	Sudipta Bal	DK Bal, PSE(ER), 07731-W	1 st	99.00%	KV OFC Avadi, Chennai	BMU (CHN)
2.	Debabrata Biswas	Samir Biswas, PSE(P) 07454-S	2 nd	98.15%	KV Gill Nagar, Chennai	Tech(East)
3.	YogainTomar	Vikas, Adh(AH), 04661-T	3 rd	98.05%	KV DGQA, Chennai	RAVO (East)
4.	Sandeepan Paine	Soumen Paine, P/ Adh(RO) 04044-S	4 th	97.78%	KV DGQA	CGSD (CHN)
5.	Sweta	Kamal Singh Meena, U/ Adh (RO), 05521-Y	5 th	97.12%	PM Shri KV Anna Nagar, Chennai	RMPRC
6.	Shivalika Thakur	Tarlochan Singh, P/Adh, 04484-S	6 th	96.27%	PM Shri KV DGQA, Chennai	Sagar
7.	Yarrabadi Akshaya	YN Rao, P/Adh(R) 04174-Q	7 th	96.12%	PM Shri KV Anna Nagar, Chennai	PRT(E)
8.	Amrita Kishore	Amit Kumar, U/Adh(Wtr) 04745-P	8 th	95.20%	KV No. 2 NSB Vizag	P&A (East)
9.	Rashi Nitharwal	MS Nitharwal, PSE(AL) 07989-M	9 th	95.80%	PM Shri KV No 1, Goa	CGAIS (CHN)

10.	Anshika Gupta	SP Gupta, Adh(RO), 05403-L	10 th	95.60%	KV OFC Avadi, Chennai	ICGAS Chennai
11	Dharshika Chabariya	Ram Naresh Yadav, P/ Adh(QA), 04614-Q	11 th	95.20%	PM Shri KV No 1, Calicut	Annie Besant
12	Khushi Jaiswal	SBK Suman, Adh(QA), 06403-H	12 th	95.10%	KV HVF Avadi, Chennai	ICGAS Chennai
13	Naitik Kumar	Rajeev Kumar, U/ Nvk(CK), 05716-S	13 th	94.62%	KV DGQA, Chennai	ICGAS Chennai
14	Arnav Choudhary	AlokChoudhary, Adh(AR), 05319-R	14 th	94.49%	KV Pokhariput, Bhubaneswar	840 Sqn (CG)
15	Anshika	Lokesh Kumar, U/ Adh(AE), 06185-M	15 th	93.20%	KV OFC Avadi, Chennai	840 Sqn (CG)
16	Susmita Biswas	Subhas Biswas, P/ Adh(RP), 02711-Q	16 th	93.22%	KV DGQA, Chennai	ICGAS Chennai
17	Divyanshika Chabariya	Ram Naresh Yadav, P/ Adh(QA), 04614-Q	17 th	92.70%	PM Shri KV No 1, Calicut	Annie Besant
18	Dhruv Rana	Vaibhav Arya, P/ Nvk(AH), 05846-Q	18 th	91.75%	KV koliwada, Mumbai	ICGAS Chennai
19	HashitaUpreti	Naval Kishore, PSE(P), 07615-M	19 th	91.7%	KV No. 2 NSB Vizag	CGSMA
20	Ashwin A Prasad	Prasad AP, P/Adh(RO)	20 th	90.95%	KV Antophill, Mumbai	Shaurya
21	Ridhi	Ravinder Kumar, U/Adh 05010-Q	21 st	90.30%	PM Shri KV No 1, Goa	Sagar
CLASS IX						
22	Dyuti Mishra	Tej Prakash Mishra, SE(P)	1 st	98.40%	KV DGQA Chennai	ICGS Shaurya
23	SahityaChhiller	Satendra Kumar Adh (CK)	2 nd	97.20%	PM Shri KV DGQA, Chennai	ICGS Sagar
24	Adithya A	R Anurag, P/Adh (SE), 03664-H	3 rd	96.8%	PM Shri KV DGQA, Chennai	CGAIS (CHN)
25	Rajat Raj	Ranjan Kumar, P/ Adh(RP) 04091-Y	4 th	96.60%	KV Minambakkam	Ops (East)
26	Devansu Pratap Singh	Diwakar Singh, P/ Adh(ME) 04000-S	5 th	95.80%	KV DGQA, Chennai	CGRPT (CHN)
27	Anushka	Ramesh Kumar Singh, P/ Adh(ME) 03166-W	6 th	95.60%	KV DGQA Chennai	CGSD (CHN)
28	K Naveena	U Kumar, P/Adh(AH), 02975-Q	7 th	95.20%	KV AFS Tambaram, Chennai	744 Sqn (CG)
29	Sreenanda N	G Sreekantan P/ Adh(ME)002411-L	8 th	94.40%	PM Shri KV OCF, Avadi Chennai	P&A (East)
30	Saumyashaw	AK Shaw, P/ Adh(SA),03493-R	9 th	93.80%	KV Anna Nagar, Chennai	ICGAS Chennai
31	Simran Chaudhary	Jagdish Singh, P/ Nvk,05151-M	10 th	93.54%	APS, Chennai	ICGS Chennai
32	Adhrith KR	KS Rajith, P/Adh(SE), 03724-R	11 th	92.60%	KV DGQA Chennai	ICGAS Chennai
33	Sushree Sangita Mallick	SK Mallick, PSE (ER), 07720-W	12 th	92.60%	PM Shri KV DGQA, Chennai	Tech (East)
34	Vansh	BanarasiDass, P/Adh(RP)	13 th	92.20%	KV DGQA Chennai	Shaurya

35	Ambika Shree	BibhutiBhushan, P/ Adh(Wtr) 03786-L	14 th	90.20%	PM Shri KV CRPF, Avadi Chennai	P&A (East)
36	Nandana B Nair	ComdtBiju R (4112-S)	15 th	90.95%	Christ Nagar Senior Secondary School, Trivandrum	RAVO (East)
CLASS X						
37	Atreyee Bandyopadhyay	AK Bandyopadhyay, P/ Adh(RO), 03840-H	1 st	99%	NCS Nausena Baugh Visakhapatnam	COMSTAN (CHN)
38	Sreehaari S	Suresh Kumar, P/ Adh(AE), 03508-Y	2 nd	97.6%	BC School Alappuzha, Kerala	CGAIS (CHN)
39	Atharv Sharma	DyComdtAlok Sharma	3 rd	97%	KV Meenambakkam Chennai	Annie Besant
40	Yashvi Nagar	Yoginder Kumar, P/ Adh(AH),03913-T	4 th	95.60%	Army Public School Nandambakkam, Chennai	840 Sqn (CG)
41	Trishan Ghosh	Swapan Ghosh, P/ Adh(RP), 03497-Y	5 th	93.20%	PM Shri KV OCF, Avadi Chennai	ROC (East)
42	M Keerthi Krishna	Muralikrishnan R, Adh(AL), 05674-W	6 th	91%	APS Nandambakkam, Chennai	744 Sqn (CG)
43	Rohan Ranjan Sahoo	Ranjan Kumar Sahoo, U/ Adh(AE), 04410-Y	7 th	90.80%	KV Pazhavanthangal, Chennai	ICGAS Chennai
44	Ninisha Kabodula	DIG GS Kabodula(0520-E)	8 th	90.40%	PM Shri KV No 3, Gandhinagar, Gujarat	Shaunak
45	Anushka Shil	Ajay Kumar Shil, P/ Adh(RO), 03244-Y	9 th	90.40%	KV, INS Dronacharya Kochi	R&T (East)
46	Khushi Sah	Manoj Kumar Sah, Adh(CK),04840-Z	10 th	90%	PM Shri KV No 1 Kolkatta	Sarang
47	Alvin Aby	DIG Aby Peter 4133-Q	11 th	95.80%	Vimala Public School, Kerala	CGRPT (Vizag)
48	Anishka Singh	Surjeet Kumar, Adh(R), 05526-P	12 th	93.40%	Sri Krish International School, Chennai	COMSTAN (CHN)
49	Tisha Maimoon M	SM Mohideen, P/ Adh(AR), 04178-W	13 th	92.60%	VelammalVidyalaya, Melayanabakam, Chennai	ICGAS Chennai
50	Sristi Gupta	Ajay Kumar, P/Adh(P), 04429-S	14 th	92.60%	KV DGQA	P&A(East)
51	Pratiswik Biswas	Probir Biswas, P/Adh(SA), 03495-T	15 th	90.54%	KV Anna Nagar, Chennai	ICGAS Chennai
52	Sayan Banerjee	Mintu Banerjee, P/ Adh(ME), 04002-W	16 th	90.20%	Sri Krish International School, Chennai	ICGS Chennai
CLASS XII						
53	MD Amir Hamza Ansari	Zulfikar Ali Ansari, Adh(CK), 03070-H	1 st	95.80%	APS Nandambakkam Chennai	ICGAS Chennai
54	Ayush Naithani	Durga Prasad, P/Adh, 02502-Q	2 nd	91.80%	PM Shri KV DGQA, Chennai	ICGS Chennai
55	Himanshi Yadav	Sunil Yadav, PSE(P), 07826-Q	3 rd	91.60%	Cononel's Academy UE Gurgaon Haryana	PRT(E)
56	Tanupriya	Tilakdharee, U/Adh(ME), 04897-L	4 th	90.60%	APS Chennai	CGSD (CHN)

57	Ankit Singh Chauhan	Tikam Singh, P/Adh(AR), 04372-Q	5 th	90.40%	PM Shri KV DGQA, Chennai	CGAIS (CHN)
VIZAG						
CLASS VIII						
58	Shama Perween	NH Ansari, U/Adh, 05083-H	1 st	97.60%	PMKV-2, NSB, Vizag	Samudra Paheredar
59	Ahan Aryaman Pradhan	RC Pradhan, PSE(ER),07869-P	2 nd	96.68%	PMKV-2, NSB, Vizag	Rani Rashmoni
60	Anjhalet Anna Aby	DIG Aby Peter 4133-Q	3 rd	96.33%	Jairani Public School, Kerala	CGRPT (Vizag)
61	Anshuman Kumar	AK Rawat, ADH(CK) 05192-Z	4 th	96.05%	PMKV-2, NSB, Vizag	Samudra Paheredar
62	Shreeya Narayan	Narayan Kumar Bal, P/ Adh (R), 03835-S	5 th	96.00%	KV-2, Port Blair , Minney Bay	Vigraha
63	Tanzeel Batool	Mohammad Aaquil, USE (ER), 08004-S	6 th	95.80%	KV, INS Shivaji, Lonavala	Vigraha
64	Aarush P Naik	Pramod M Naik, PSE (ER), 07624-Q	7 th	95.40%	PMKV-2, NSB, Kochi	CGRPT (Vizag)
65	Adarsh Verma	Birjoo Kumar, P/Adh (ME),04226-L	8 th	93.45%	PM Shri KV DGQA Chennai	Veera
66	Anchal Kumari	Dalip Kumar, Adh(R),05499-Y	9 th	92.08%	PMKV-2, NSB, Vizag	Veera
67	Ankita Choudhary	Manmohan Singh Bera, U/Nvk(QA), 05618-T	10 th	91.95%	NCS Nausena Baugh Vizag	ICGS Vizag
68	Swati Kumari	SK Singh , U/Adh (RO), 04878-Q	11 th	91.00%	PMKV-2, NSB, Vizag	Samudra Paheredar
69	Ujjawal Pandit	Upendra Kumar, P/Adh (RP),03237-M	12 th	90.88%	PMKV-2, NSB, Vizag	Veera
CLASS IX						
70	Vansh Rawat	Manu Singh P/Adh (SA), 03678-P	1 st	95.6%	PM Shri, KV No. 2, Vasco, Goa	HQCGC (ES)
71	Ayush Kumar Singh	Hridayanand Singh, P/ Adh(QA), 04435-L	2 nd	93.60%	NCS Nausena Baugh, Vizag	ICGS Vizag
72	Anusuya Goswami	AnupamGoswami, P/ Adh(QA),04758-R	3 rd	95.2%	KV No. 2 NSB Vizag	CGWT (E)
73	Arihant Mishra	ComdtDhiraj Mishra 5088-M	4 th	92.00%	NCS Nausena Baugh, Vizag	HQCGC (ES)
74	Harsh Kumar	Sanjeev Kumar, P/Adh (RP), 04125-Z	5 th	91.40%	PMKV-2, NSB, Vizag	ICGS Vigraha
75	Bharti Devi	Dharamvir, P/ Adh(RO),02930-P	6 th	91.00%	KV No. 2 NSB Vizag	CGWT (E)
CLASS XII						
76	Bhavya K B	Brijesh KN, P/Adh(P), 03128-P	1 st	93.80%	PM Shri KV No. 2, Kochi	HQCGC (ES)
77	Aritra Chatterjee	S Chatterjee, P/Nvk, 04043-R	2 nd	93.61%	FIITJEE Junior College, Visakhapatnam	ICGS Vizag

PUDUCHERRY						
CLASS VIII						
78	Ansh Yadav	Rajeev Yadav, Adh (QA), 04942-M	1 st	93.90%	PMKV-2, NSB, Vizag	CGAE (PCY)
79	Veena Yadav	Praveen , P/Adh (RP), 04693-X	2 nd	92.30%	PMKV-2, Sri Vijay Puram	IC-307
CLASS X						
80	Dharmveer Yadav	Praveen, P/Adh (RP), 04693-X	1 st	92.2%	PMKV-2, Sri Vijay Puram	IC-307
TUTICORIN						
81	Nivedya Sreejith	Sreejith PS, P/Adh(QA), 03757-R	1 st	93.40%	PM Shri KV Adoor	Vaibhav
KAKINADA						
CLASS XII						
82	P Purvi	PS Kumar, P/Adh (ME)	1 st	96.60%	Master Minds Jr. Kalasala, Guntur	ICGS Kakinada
83	ANS Venkata Satish	Comdt (JG) AB Ramam	2 nd	92.20%	NCS Nausena Baugh, Vizag	ICGS Kakinada

List of Sports Awards-2024-25

S.N.	Name	Son/ Daughter of	Class/ School	Sports/ Champion- ship	Held on	Held at	Unit
Chennai							
1.	Ridhi	Ravinder Kumar, U/Adh 05010-Q	VIII/ PM Shri KV No 1, Goa	4th India Open Na- tional Taekwondo Champion- ship	13-Sep- 24	Mapusa Goa	Sagar
2.	Sahitya Chhiller	Satendra Kumar Adh (CK)	IX/ KV DGQA, Pazhavanthangal	Volleyball U-14 Boys, Regional Sports Meet 2024	03-Aug- 24	AFS Sular	Sagar
3.	SA Srishan	N Suderson P/Adh(RO) 03470-Q	IX/ KV DGQA, Chennai	Volleyball State/Region- al Sports Meet 2024	03-Aug- 24	AFS Sular Coimbatore	Regional Int Cell (East)
4.	Dhruv Rana	Vaibhav Arya, P/Nvk(AH), 05846-Q	VIII/ KV koliwada, Mumbai	Boxing U14 BOYS	10-14 Sep 2024	Chandigarh	ICGAS Chennai

5.	Niti	Sandeep Mallik, Adh(AH), 06756-L	VI/ KV DGQA Chennai	Swimming U14 Girls	24-26 Apr 2025	C.L.R.I Chennai	840 Sqn (CG)
6.	S Sanjeev	S Suresh, PSE(ER), 07811-H	XI/ KV AFS Avadi	Regional sports meet 24/ Shooting	26-27 Jul 24	Chennai	CGSMA
7.	S Triya Tanusha	S Suresh, PSE(ER), 07811-H	VIII/ KV AFS Avadi	Regional sports meet 24/ Shooting	26-27 Jul 24	Chennai	CGSMA
8.	Manan Pal	Pankaj Kumar Pal, P/Adh(ME)	IX/ KV DGQA, Chennai	Volleyball State/Region- al Sports Meet 2024	03-Aug- 24	AFS Suler Coimbatore	Shaurya
9.	Ashwin A Prasad	Prasad AP, P/ Adh(RO)	VIII / KV Antophill, Mumbai	Skating/ 12th Open Mumbai Speed Skating Champion- ship- 2025	02-Feb- 25	St. Mary 's High School	Shaurya
10.	R Singh Rakesh Moirangthem	MR Singh, USE(ER)	VIII/ St Anns School, Vadinar, Gujrat	100 Mtr race in Athlete	11-Feb- 24	Khambhalia, Gujrat	Shaurya
11.	Kartik	Surendra Kumar, Adh(RP), 05900-P	X/ KV DGQA, Chennai	Football Re- gional Sports Meet 2025	21-23 Apr 25	KV Avadi, Chennai	Sujay
12.	Gaurav Yadav	Vikkee Yadav, P/Nvk, 05721-H	IX/ KV DGQA, Chennai	Regional Sports Meet 2024\ Foot- ball U14 Boys	25-27 Jul 24	Lucknow	ICGS Chennai
VIZAG							
13	Adarsh Verma	Birjoo Kumar, P/Adh (ME), 04226-L	VIII/ PM Shri KV DGQA	Volley Ball	03-Aug- 24	AFS Suler	Veera
14	Jayant Kumar Jagdev	Jitentra Kumar, U/Adh (RO),	XII/ PMKV-1, NSB, Vizag	53rd KVS- Regional Sports Meet Badminton Boys U19	11-12 Jul 24	KV No.2, Vijayawada	Vizag Chetak Flight
15	Abhijeet Jagdev	05101-T	7th / NCS Nausena Baugh Vizag	Visakapat- nam District Taekwondo Champion- ship 2024-25	27-Jun- 24	NSB Vizag	Vizag Chetak Flight

TUTICORIN							
16	Merveen Nagarajan	Nagarajan, P/ Adh (RO),	IX	NKF Karate Championship- 2024/ Issel Kumite	15-Sep-24	NKF Gujrat	ICGS Tuticorin

List of Students For Meritorious Awards 2024-25 (North East)

S.N.	Name	Daughter/Son of	Position / Percentage		School	Unit
KOLKATA						
CLASS VIII						
1	Aditya Sharma	S/o Comdt Gaurav Sharma, 5085-E	1 st	93.7%	PM Shri KV (AFS) Barrackpore	CGTLO (BKP)
2	Harshit Devtripathi	S/o Alok Kumar Tripathi, P/ Nvk (STD), 05434-Z	2 nd	92.6%	PM Shri KV INS Dronacharya	CGS (Kol)
CLASS X						
3	Nazifa Avas	D/o Navas AK, PSE (ER), 07809-Y	1 st	95.40%	Eminence Public School, Pandalam, Pathanamthitta Dist. Kerala	CGRPT Kolkata
CLASS XII						
4	Niyati Gaur	D/o Jaswant, P/Adh (AE), 04116-L	1 st	96.80%	PM Shri KV No. 1 Saltlake, Kolkata	CoS Secretary, CGRHQ (NE)
BHUBANESWAR						
CLASS IX						
6	Siddhardh Mishra	S/o Dinesh Mishra, U/Adh (AL), 04114-Z	1 st	91.80%	PM Shri KV No. 6, Bhubaneswar	CGAE(BSR)
CLASS XII						
7	Oaishee Banerjee	D/o D Bandyopadhyay, P/ Adh(AH),	1 st	95.60%	PM Shri KV No. 1, Bhubaneswar	830 Sqn(CG)
CLASS IX						
8	Priyanka Rout	D/o Pradeep Kumar Rout, U/Adh(RO),04341-S	1 st	91.00%	DAV Public School, Paradip	ICGS Paradip
FRAZERGANJ						
CLASS VIII						
9	Anika Sinha	D/o RB Sinha, U/Nvk(RP), 04003-Y	1 st	93.70%	PM Shri KV Nausenabaugh No.2, Vizag, Andhra Pradesh	CGS(FZR)
10	Apporva Sinha	S/o RB Sinha, U/Nvk(RP), 04003-Y	2 nd	93.67%	PM Shri KV Nausenabaugh No.2, Vizag, Andhra Pradesh	CGS(FZR)

HALDIA						
CLASS VIII						
11	Sabbavarapu	S/o SP Kanaka Raju, PSE(SW),	1 st	93.3%	Sri Chaitanya Tehno School	HMU (HLD)
	Shyamanth	07824-M				
CLASS X						
12	Adrija Porey	D/o Ajoy Porey, EF-I, 09200-P	1 st	91.00%	PM Shri KV IOC Haldia	88 ACV SQN

List of Sports Awards-2024-25

S.N.	Name	Daughter/Son of	Class/School	Sports/ Championship	Held On	Held At	Position
1	Nazifa Navas	D/o Navas AK, PSE (ER), 07809-Y	Class - X/ Eminence Public School, Pandalam, Pathanamthitta Dist. Kerala	Essay Writing Competition	7-Dec-24	Triruvanantam, Kerala	CGRPT (Kol)
				Quiz Competition	2024	Adoor Pathanamthitta, Kerala	
2	Aarna Chandra	D/o Pravin Kumar, P/Adh(AH), 04329-R	Class - VIII PM Shri KV No.1 Saltlake, Kolkata	Chess (VI-VIII)	30-Oct-24	Kolkata Annual Sprots	CGRHQ (NE)
3	Ridhima	D/o RK Prasad, P/Adh(RO), 03848-W	Class -I Labony School Saltlake, Kolkata	Chest Mathematics Olympiad (CMO)	2024	Kolkata	CGRHQ (NE)

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The Cover Page Story



Pravahini is not Just art; it is a tribute to the woman who flows like a river, harmonizing every aspect of life, with strength. This evocative artwork titled 'Pravahini' meaning she who flows—portrays the multifaceted transitions in a woman's life. At the heart of the composition is the serene, central female figure surrounded by a rhythmic pattern of hands, representing responsibility or transformation she undertakes. They symbolize continuous movement, flow and balance while navigating personal, professional, emotional and spiritual realms. Each hand flows into the next, echoing the seamless transitions women embody across life stages. The lotus in her hand and on her attire signifies resilience, growth and grace amidst ever-changing circumstances.

The bold lines and vivid colours suggest energy, dynamism, and purpose. The overlapping forms represent the interconnectedness of her identities daughter, partner, professional, mother and more non existing in isolation.



Mrs Poonam Dahiya
W/o Comdt CP Dahiya,
ICGS Okha (NW)

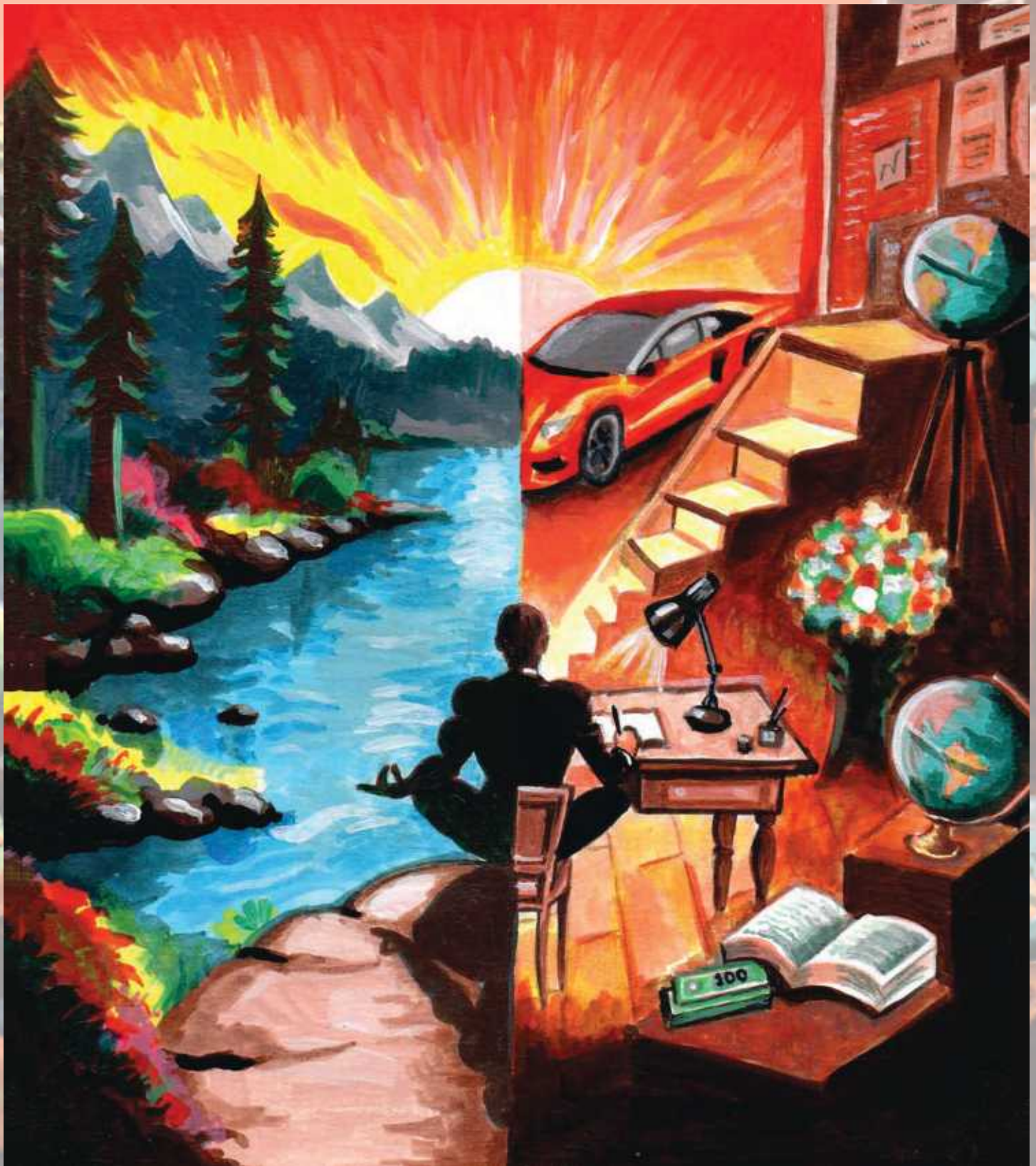


BALANCING WORK AND PERSONAL LIFE

This art work beautifully portrays the delicate harmony professional ambition and personal well-being. The central figure, seated in meditation at a desk, symbolizes the mind's role in balancing these two worlds. The serene river, majestic mountains, pine trees, and vibrant sunrise represent peace, health and the rejuvenation that comes from spending time with nature and loved ones. The staircase represents the journey of career growth, each step leading towards success. The car stands for material goals and the rewards of professional achievement. The globe reflects global exposure, learning, and a broad world view gained through work. The stack of papers and charts on the wall signifies tasks, deadlines and responsibilities, while the desk lamp embodies focus and productivity. The money and open book represent financial security and the constant learning required to stay ahead in a career. The rising sun in the middle blends both halves, showing that work and life are not opposing forces but complementary ones. This painting reminds us that a fulfilling life is not about choosing between work and personal happiness, but about integrating them in a way that natures both our ambitions and our Soul.



Mrs K Kalaimagal
W/o DSV Kumar, U/Adh (AE),
CTK FLT(Kochi) (W)



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