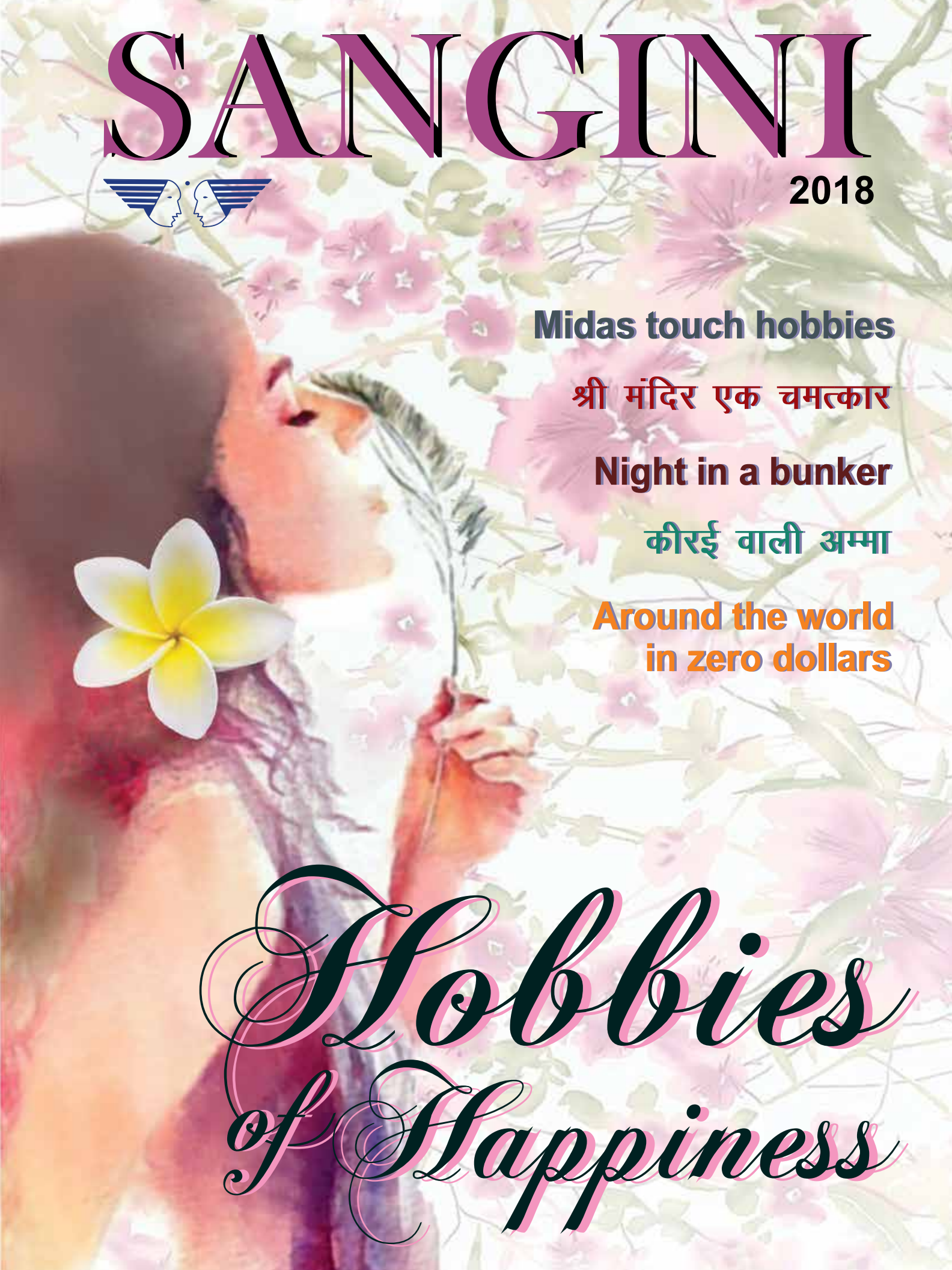
SANGINI

2018



Midas touch hobbies

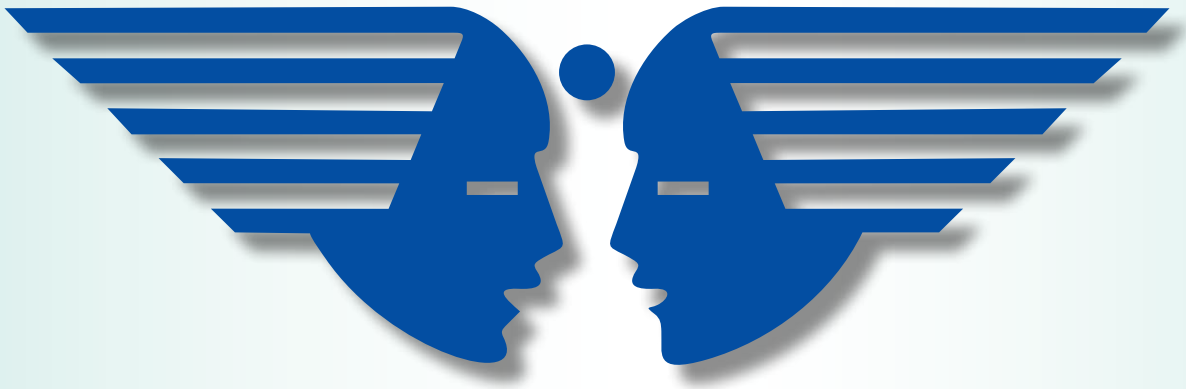
श्री मंदिर एक चमत्कार

Night in a bunker

कीरई वाली अम्मा

Around the world in zero dollars

Hobbies of Happiness



वायु शक्ति संगिनी

Air Force Wives Welfare Association

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अफवा गान

अफवा के संग पायें हम समृद्धि व स्वाभिमान
अफवा के संग पायें हम समृद्धि व स्वाभिमान
वायु शक्ति संगिनी संस्था बने महान्।
वायु शक्ति संगिनी संस्था बने महान्।

सुख संग्रह का यत्न हो
संघर्षमय जब जीवन हो
सुख संग्रह का यत्न हो
संघर्षमय जब जीवन हो
भाग्य का आडम्बर
राह का न कुछ पता हो।

नव दिशा नव जीवन नव ज्ञान की करें आन।
वायु शक्ति संगिनी संस्था बने महान्।
वायु शक्ति संगिनी संस्था बने महान्।

वायुसेना के आँगन में
उन्नत बने हर तनमन
वायुसेना के आँगन में
उन्नत बने हर तनमन
विद्या की कामना हो
सबला बने कल्याणम्।

नवशक्ति निर्वाणरूपा शान्ति का करें आह्वान
वायु शक्ति संगिनी संस्था बने महान्
वायु शक्ति संगिनी संस्था बने महान्।

कश्मीर से कन्याकुमारी तक
अफवा संस्थाओं की माला
कश्मीर से कन्याकुमारी तक
अफवा संस्थाओं की माला
पूर्व से लेकर पश्चिम तक
स्वयं इन्हें संवारा।

हम एक हैं सिखाया भारतीयता महान्।
वायु शक्ति संगिनी संस्था बने महान्।
अफवा के संग पायें हम समृद्धि व स्वाभिमान
वायु शक्ति संगिनी संस्था बने महान्।

संस्था बने महान्।
संस्था बने महान्।
संस्था बने महान्।

श्रीमती विजय प्रभा नाडकर्णी
पत्नी एयर मार्शल डी आर नाडकर्णी
प वि से मे अ वि से मे वा मे (सेवा निवृत्त)



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Message

Air Chief Marshal B S Dhanoa
PVSM AVSM YSM VM ADC

It gives me immense pleasure to learn that AFWWA is bringing out its 24th edition of 'Sangini' Magazine. The articles in the magazine reflect upon the strong bonds of friendship and the espirit-de-corps in the AFWWA fraternity.

While Sanginis have been an integral part of the Air Force ever since its inception, their formal recognition as AFWWA came into being forty eight years ago. The role of AFWWA in sustaining an empathetic and responsive support system for Sanginis is praiseworthy. Over the years AFWWA has grown both in stature and strength. From merely being a welfare body, AFWWA today represents a vibrant and purpose oriented organisation which empowers its members in a multitude of ways. It has provided moral and much-needed financial assistance to the families in distress.

IAF being a skill based technology sensitive service is constantly in a transformative state. Adoption of new equipment brings about a change to work culture and thus also to our personal lives. In this situation the compassion, forbearance and the fortitude of Sanginis is pivotal in enthusing IAF personnel to put their best foot forward. Air warriors are ever indebted to Sanginis for always putting up a smiling face even when faced by the most trying times.

In the present milieu, social environmental factors have also placed a high demand on our air warriors and their families. AFWWA has played a major role in helping our families adapt to these changing times. Its protective and nurturing presence provides our air warriors the much needed strength and resolve to brave the daily socio-economic challenges of the present times.

One of the major activities undertaken by the AFWWA is 'UMEED' which offers free training to the special children based on their aptitude in different vocations so as to inculcate a feeling of self confidence in the 'Differently Abled' children. Support provided to the special children brings a ray of hope to the parents and reinstates their confidence in the organisation.

The editorial team deserves rich accolades for bringing out an excellent edition of 'Sangini'. I am sure that it would encourage many more Sanginis to contribute whole heartedly in the future editions. I also extend my best wishes to AFWWA and wish them success in their future endeavours.

Jai Hind!

(B S Dhanoa)
Air Chief Marshal
Chief of the Air Staff



संदेश

एयर चीफ मार्शल बी एस धनोआ
प वि से मे अ वि से मे यु से मे वा मे ए डी सी

मुझे यह बताते हुए बेहद खुशी हो रही है कि अफवा अपनी पत्रिका 'संगिनी' का 24वां अंक प्रकाशित कर रहा है। पत्रिका के लेख अफवा में बंधुत्व के प्रगाढ़ बंधन एवं एकजुटता के परिचायक हैं।

संगिनी प्रारंभ से ही वायु सेना का अभिन्न अंग रही है, अफवा के रूप में इसकी औपचारिक पहचान अड़तालीस वर्ष पूर्व हुई थी। संगिनियों के लिए सशक्त एवं सहानुभूतिपूर्ण आधार प्रणाली बनाए रखने में अफवा की भूमिका प्रशंसनीय है। अफवा ने समय के साथ–साथ अपनी महत्ता एवं क्षमता दोनों को विकसित किया है। यह केवल कल्याणकारी संस्था ही नहीं है, आज यह सक्रिय एवं उद्देश्यपरक संगठन बन चुका है जो अपने सदस्यों को विभिन्न क्षेत्रों में सक्षम बनाने की उल्लेखनीय भूमिका निभा रहा है। इसने मुश्किल समय में अफवा सदस्य के परिवारों का मनोबल बढ़ाते हुए उन्हें वित्तीय सहायता प्रदान की है।

भारतीय वायु सेना कौशल पर आधारित प्रौद्योगिकी को अपनाने वाली प्रभावशाली सेना है जो आज भी परिवर्तन के पथ पर अग्रसर है। नित नये उपकरणों को सेना में शामिल करने के कारण काम करने का माहौल बदल रहा है और इससे हमारी जीवन शैली में भी बदलाव आ रहा है। ऐसी स्थिति में संगिनियों की उदारता, सहनशीलता और सशक्तता से भारतीय वायु सेना के जोशीले कार्मिकों को बेहतरीन कार्य करने की अनंत उर्जा मिलती है। वायुयोद्धा हमेशा ही संगिनियों के ऋणी रहे हैं जिन्होंने विकट परिस्थितियों में भी हर पल हंसते हुए उनका साथ दिया है।

वर्तमान परिवेश में सामाजिक परिस्थितियों ने भी हमारे वायुयोद्धाओं एवं उनके परिवारों की जिम्मेदारी को बढ़ा दिया है। इस बदलते परिवेश को अपनाने में अफवा ने हमारे परिवारों की मदद करने में अहम भूमिका निभाई है। इसने संरक्षक और अभिभावक के तौर पर हमारे वायुयोद्धाओं को आज के दौर की बदलती सामाजिक–आर्थिक चुनौतियों का डट कर सामना करने की शक्ति भी प्रदान की है।

'उम्मीद' अफवा की एक विशिष्ट उपलब्धि है जो विशेष जरूरतों वाले बच्चों में आत्मविश्वास की भावना जागृत करने के लिए विभिन्न व्यवसायों में उनकी रूचि के अनुसार उन्हें निःशुल्क प्रशिक्षण देती है। इन बच्चों की इस मदद से उनके माता–पिता के जीवन में आशा की किरण पैदा हुई है और संगठन में उनका विश्वास और भी दृढ़ हो गया है।

संगिनी के बेहतरीन प्रकाशन के लिए संपादक मण्डल बधाई का पात्र है। मुझे पूरा विश्वास है कि आगामी अंकों में और अधिक संगिनियां पूरे मनोयोग के साथ अपना सहयोग देंगी। मैं अफवा के उज्ज्वल एवं सुखद भविष्य की कामना करता हूं।

जय हिन्द!

(बी एस धनोआ)
एयर चीफ मार्शल
वायुसेनाध्यक्ष



Mrs Kamalpreet Dhanoa
President AFWWA

Message

The AFWWA, traversing from a humble beginning has come a long way since its inception in 1970 and continues to vigorously pursue its vision of welfare, empowerment and upliftment of Sanginis and also the emphasis on the training and rehabilitation of special and underprivileged children.

Sanginis continue to be the invisible force to reckon with behind our valiant Air Warriors and this arena commits itself to providing an excellent forum to today's multifaceted Sanginis for a meaningful and fruitful interaction amongst them.

This magazine has been instrumental in providing a dimension to all fellow Sanginis to explore their creative potential and pursue their infinite imaginations. I urge you all to find something each one of you are passionate about and keep pursuing it. Over the years 'Sangini' magazine has gained exceptional popularity and has become the hallmark of an invincible spirit of the resilient Sanginis. The vivacious contributions for this edition truly draws applause and admiration. I wish that you all maintain the same tempo and enthusiasm and continue to pen down your thoughts without inhibitions.

My warm felicitations and heartfelt gratitude to all Sanginis of the editorial board for their zealous efforts in composing this beautiful edition of 'Sangini'.

Jai Hind!

Kamalpreet

Mrs Kamalpreet Dhanoa
President AFWWA



श्रीमती कमलप्रीत धनोआ
अध्यक्षा अफवा

संदेश

अफवा ने 1970 में साधारण सी शुरूआत करते हुए यहां तक का लंबा सफर तय किया है, यह संगिनियों के कल्याण, सशक्तीकरण और बेहतरी के अपने सपने को साकार करने में निरंतर जुटा हुआ है और दिव्यांग तथा अभावग्रस्त बच्चों के प्रशिक्षण और पुनर्वास को भी बखूबी अंजाम दे रहा है।

संगिनियां अपने जांबाज वायुयोद्धाओं के पीछे अदृष्य शक्ति के रूप में एक मजबूत चट्टान की तरह खड़ी हैं और यह संगठन बहुमुखी प्रतिभा की धनी संगिनियों को आपस में सार्थक एवं उद्देश्यपरक तालमेल स्थापित करने के लिए उत्कृष्ट मंच प्रदान करता है।

संगिनियों को अपनी सृजन क्षमता तराशने और अपनी अनंत कल्पनाओं को वास्तविकता के पंख लगाने के लिए एक व्यापक माध्यम प्रदान करने में इस पत्रिका की उल्लेखनीय भूमिका रही है। मैं चाहती हूं कि आप सभी अपने भीतर के जुनून को पहचानने और इसे मूर्त रूप देने में जुटी रहें। साल दर साल 'संगिनी' पत्रिका ने असाधारण लोकप्रियता हासिल की है तथा यह प्रतिबद्ध संगिनियों की अजेय शक्ति की पहचान बन चुकी है। इस अंक के लिए आपका जीवंत योगदान वास्तव में प्रशंसा एवं सराहना का पात्र है। मेरी कामना है कि आप अपना यह जोश और लगन इसी प्रकार बनाए रखें और अपने विचारों को बेहिचक अभिव्यक्त करती रहें।

संपादकीय मण्डल से जुड़ी सभी संगिनियों को 'संगिनी' के इस बेहतरीन अंक को सजीव रूप देने में उनके उत्साहपूर्ण प्रयासों के लिए मेरी हार्दिक शुभकामनाएं।

जय हिन्द!

Kamalpreet

(श्रीमती कमलप्रीत धनोआ)
अध्यक्षा अफवा



Message

Mrs Deepshikha Khosla
Vice President AFWWA

It gives me utmost pleasure to convey heartiest greetings to all Sanginis on the 24th edition of the magazine. Sangini magazine has grown in leaps and bounds as a journal that not only reflects the progress and achievements of AFWWA, but also provides a medium to help our Sanginis come together and voice their ideas in a creative manner, exchanging information and views which are so vital for the development and success of our organisation. The magazine showcases the journey of learning and empowerment of the Sanginis and their families over the past year. This edition highlights how hobbies not only eradicate boredom but also help immensely to reduce stress in our daily lives.

I would like to convey my appreciation and congratulations to the editorial staff for bringing out such a wonderful magazine.

I wish all the members of AFWWA and their families, happiness and success in their future endeavours.

Happy landings and best wishes!



श्रीमती दीपशिखा खोसला
उपाध्यक्षा अफवा

संदेश

'संगिनी' पत्रिका के 24वें अंक के प्रकाशन पर सभी संगिनियों को मेरी हार्दिक शुभकामनाएं। संगिनी ने पत्रिका के रूप में तेजी से विकास किया है जो न केवल अफवा की प्रगति और उपलब्धियों की परिचायक है अपितु हमारी संगिनियों को एकजुट होने और अपने विचारों की सृजनात्मक अभिव्यक्ति तथा सूचना के आदान–प्रदान का उपयुक्त मंच भी प्रदान करती है, यह हमारे इस संगठन की उन्नति और सफलता का आधारस्तंभ है। यह पत्रिका गत कई वर्षों से संगिनियों और उनके परिवारों के उत्थान एवं सशक्तिकरण का यात्रा वृतांत प्रस्तुत करती रही है। इस अंक में यह दर्शाया गया है कि रूचियों से न केवल ऊबाउपन से मुक्ति मिलती है, अपितु आज की जीवन शैली में व्याप्त तनाव दूर करने में भी मदद मिलती है।

इस उत्कृष्ट पत्रिका के प्रकाशन के लिए संपादक मण्डल की जितनी प्रशंसा की जाए, कम है।

मैं अफवा के सभी सदस्यों और उनके परिजनों की खुशहाली एवं उज्ज्वल भविष्य की कामना करती हूं।

मेरी शुभकामना है कि सफलता आपके कदम चूमे !



Message

Mrs Devika Hari Kumar
President AFWWA (R)
Western Air Command

A glance through the previous Sangini magazines highlights that the role of a Sangini has evolved over the years. Today's Sangini is more aware, well-read and desires to carve a niche for herself. My congratulations to 'Team Sangini' for putting together the 24th edition of the Sangini Magazine that celebrates modern day Sangini.

AFWWA, as an organisation, is now on a path of "Redefining the welfare approach". This evolution has witnessed greater emphasis on enhanced standard of living, quality healthcare and state of the art educational facilities. Keeping pace with the technological advancements in the IAF, AFWWA too, has embraced the digital platform to create an impact on the lives of air warriors and their families. Accordingly, the initiatives and welfare measures have had a facelift.

Present societal fabric is also undergoing a major change. In order to ensure that the IAF family stays together and grows together, key focus areas of AFWWA today are encouragement of a healthy lifestyle and promotion of happiness within families. Ventures that empower, encourage and enrich Sanginis have commenced. Standard of living has improved with provision of high quality facilities through development projects. AFWWA has strived to touch every facet of a Sangini's life. A number of pilot projects directed at creating an impact on the lives of differently abled children have been initiated. AFWWA Playschools, Umeed Asha Kirans and Umeed Vidya Kirans have undergone a revamp.

I compliment 'Team Sangini' for weaving good articles and snippets for a pleasurable reading. This year's theme being "Hobbies", I am sure that the plethora of hobbies mentioned in the magazine would enable our Sanginis to embark on a path of self actualisation in the near future.

Jai Hind!



संदेश

श्रीमती अल्पना सिन्हा
अध्यक्षा अफवा (क्षेत्रिय)
मध्य वायु कमान

'संगिनी' के 24वें संस्करण के सफलतापूर्वक प्रकाशन पर मैं संपादकीय मंडल को हार्दिक बधाई देती हूँ।

संगिनी पत्रिका हमारी खट्टी मीठी यादों के संग्रह के साथ आने वाले सपनों का मनोहर समावेश है। 'संगिनी' ने समस्त अफवा परिवार को एक दूसरे के नजदीक आने का सुनहरा अवसर प्रदान किया है। हर बार नए आवरण में इस पत्रिका ने हमारी संगिनियों के साहित्यिक एवं कलात्मक रूझान को एक नई दिशा प्रदान की है तथा संगिनियों के हृदय में एक अमिट छाप छोड़ी है।

'संगिनी' ना केवल नारीत्व का उत्सव है बल्कि वायु सेना के सामाजिक ताने बाने से भी हम सब को रूबरू कराती है। इस संस्करण के विषय 'हॉबीज़' को संगिनियों ने अपने लेखों और कविताओं से बड़ी सहजतापूर्वक तर्कसंगत सिद्ध कर दिखाया है।

मैं मध्य वायु कमान की सभी संगिनियों की तरफ से संपादकीय दल को हार्दिक शुभकामनायें देती हूँ।

मैं सभी संगिनियों और उनके परिवार के खुशहाल और मंगलमय जीवन की कामना करती हूँ।

जय हिंद!



Message

Mrs Asha Bhadauria
President AFWWA (R)
Training Command

My heartiest greetings to all the members and editorial board on the successful launch of the 24th edition of **'Sangini'** magazine.

AFWWA over the past decades has grown astronomically since its inception. Our organization has brought a sense of belongingness amongst Sanginis. Alongside this, the immense progress of Sanginis themselves over the past decades has greatly added to the glory of this wonderful association. The publication of 'Sangini' has been one of the most successful endeavors of AFWWA.

'Sangini' over the years has been a platform for our members to express their creative pursuits among many other thought provoking endeavors which develops originality of thought and perception in them. This year's theme 'Hobbies' is a wonderful choice which would certainly encourage such activities in our Sanginis thereby enabling their all round development apart from the day to day stress reduction.

On behalf of all the Sanginis of Training Command, I wish all members of AFWWA and their families happiness and success in their future endeavors.

Jai Hind!



Message

Mrs Kusum Sharma
President AFWWA (R)
Maintenance Command

My heartiest congratulations on publication of **'SANGINI- 2018'**, which has served as an ideal platform for showcasing the myriad activities through the years and also projecting the hidden talents and expressions of our Sanginis.

AFWWA as an organisation has contributed immensely in empowering us not only in time of distress but also in the happier times by organising various social, cultural, academic and creative activities. These efforts contribute to create a strong bond among Sanginis and develop their confidence which further leads to achieve the aim of AFWWA – "**EMPOWERING SANGINIS TOWARDS SELF RELIANCE.**" Under the aegis of AFWWA, Sanginis are enabled to explore their hidden talent as well as pursue their hobbies. Hobbies in Life are not mere pass-time activities but it gives wings to imagination and desire to fly high. It explores the possibilities of creative expression thus leading one to the path of self-understanding as well as one's surroundings. Apart from giving pleasure, it's a great source of emotional strength and solace and may also help one to earn a living or build a career.

My heartfelt - gratitude and appreciations to the editorial team for their relentless efforts in publishing the 24th edition of Sangini Magazine. On behalf of all the Sanginis of Maintenance Command, I wish all the members of AFWWA family happiness and success forever.



Message

Mrs Radha Suresh
President AFWWA (R)
Southern Air Command

It gives me immense pleasure to know that the 24th edition of the 'Sangini' is being published.

AFWWA has played a pivotal role in helping the Sanginis to seamlessly become a part of the Air Force Family. It has helped us to become self confident, independent and resilient. Today's Sangini is well informed, tech savvy, capable of taking right decisions and also extremely proud to be an important member of the Air Force family.

While we live in a world which is interconnected, the distance between family members is widening. Excess use of social media tends to make people self absorbed, insular and isolated. AFWWA and Sanginis can act as anchors and counter this problem by providing various platforms for social interaction between members and their families.

'**Sangini**' has provided a forum to all it's members to express their literary abilities, share thought provoking ideas, informative articles and myriad experiences every year. It has truly evolved as an Air Force family magazine reflecting the attitude and ethos of AFWWA members.

On behalf of all Sanginis of Southern Air Command, I extend my congratulations and warm greetings to the Editorial Board.

I wish all our Sanginis and their families abundant happiness, prosperity and success in all their future endeavours.



Mrs Luxmi Nambiar
President AFWWA (R)
Eastern Air Command

Message

It gives me immense pleasure to convey my heartfelt greetings on the 24th issue of the Sangini magazine on behalf of all the AFWWA members of Eastern Air Command.

The Sangini magazine showcases the passion and flair of our Sanginis and their families in the literary field. My compliments to the editorial team for yet another wonderful literary feast.

On behalf of all the Sanginis of EAC, I wish all the members of AFWWA and their families happiness and success in all their future endeavours.



Message

Mrs Baljeet Kaur Arora
President AFWWA (R)
South Western Air Command

On taking over as President AFWWA(R), South Western Air Command, I take this opportunity to extend warm greetings and best wishes to all the Sanginis.

It is indeed a matter of great privilege for me to share my thoughts for the 24th edition of 'Sangini' magazine.

'Sangini' magazine provides an exceptional medium to spread awareness amongst Sanginis on the contemporary issues and showcase their talent.

The magazine aims to provide a window a through which our Sanginis can share their thoughts, memories and experiences gained during their stay across the country and their visits abroad. Diverse culture, heritage and expectations bring in rich experience which is there for everyone to learn.

AFWWA has played a crucial role over the years for overall empowerment of Sanginis and enriching their lives with shared knowledge and experiences. It has provided opportunities for Sanginis to realize their true potential and identify their strength by showcasing their talents through various avenues offered by AFWWA. I expect all Sanginis to contribute in the welfare activities undertaken by AFWWA and suggest innovative ways to focus AFWWA's welfare related actions to make them more contemporary and meaningful.

I wish all the Sanginis and their family members good health, happiness and success in their future endeavours.

Message



Mrs Bhagyashri Vidhate
Secretary AFWWA

"Do what you love and love what you do"

No organization embodies this saying better than AFWWA.When we become a part of AFWWA, we commit ourselves to this organization and choose to embrace our role as Sangini whole-heartedly. AFWWA provides us with the opportunities to explore ourselves and to discover 'that something' that we 'love to do'. It pushes us to look within and helps us turn our 'hobbies' into our passions and infuses us with a new found confidence. It turns us into a whole new us.

This edition of 'Sangini' not only helps us to explore our hobbies but also lays platform for us to project it and help us in attaining greater heights. It takes us a step closer to taking our rightful place at the table.

This edition of Sangini magazine celebrates this indomitable spirit of our Sanginis and women everywhere who are breaking gender stereotypes, for whom sky is the limit!

Heartiest congratulations to the entire editorial team, who worked tirelessly towards bringing out this beautiful edition! I wish very healthy and happy times ahead for all the Sanginis and their families.

Jai Hind!



Sqn Ldr Melda Saj
Hony Jt Secretary
AFWWA

The 24th edition of the esteemed Sangini magazine gracefully articulates the expression of today's Sanginis. It is a sparkling symbol of the women behind the men in blue. Being associated with it gives me a great sense of pride and privilege.

The magazine strives to awaken, revive and bring out the talents which tend to take a back seat during the cloudy chores of life. It also provides a platform to share one's life experiences. A special thanks to all the Sanginis for their exuberant contributions to this edition.

My sincere gratitude to the editorial board who have composed yet another beautiful version of 'Sangini'.

Editorial

Dear Sanginis,

This year's theme seems to have touched a chord. Our guiding principle was to initiate a subject that would give us all an optimum range for self-expression. What better therefore than our hobbies?

Hobbies are critically relevant to the busy, overly stimulated and preoccupied lives we have come to lead. They are therapeutic in keeping us absorbed and validated. Through them we escape, heal and empower ourselves. They are a reflection of the mixed bag each one of us is dealt, in life and circumstances.

Thank you for the perspectives and views and experiences shared. A conscientious effort has been made by the editorial board to bring you a representative collection of the contributions. We hope this edition of Sangini magazine will lift and inspire you and give you hope, above all. We wish you growth and power with your hobby!

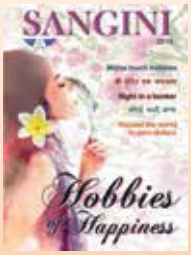


Neerja Singh
Chief Editor

Editorial Board



(L-R) : Mrs Hemangi Joshi, Mrs Shaili Sharma, Chief Editor Mrs Neerja Singh
Mrs Shipra Mathur, Mrs Anshu Awasthi



Cover design by
Mrs Kamini Singh
W/o AVM Sandeep Singh AVSM VM
ASTE



Mrs Neerja Singh

I am addicted to learning new skills. Starting at the alphabetical level can be a reality check like no other. As you move up the learning curve, you could fall in love with the person you become in trying. Creative writing, swimming, golfing, long distance cycling, Spanish language, the piano, public speaking…I hope to be at it.

A passionate teacher and a creative Libran, ready to learn new things, is the crux of my personality. Script writing and public speaking are my forte. Being a part of the editorial team of 'Sangini' has made me a learner all over again. I am really happy to be associated with such an organisation which gives each one of us a platform to showcase our talents and display our hobbies.



Mrs Shipra Mathur



Mrs Shaili Sharma

A person who loves life, seeks joy in simple pleasures, is philosophical, enthusiastic, a bit whimsical and an eternal learner. Former educator who cherished being a teacher and Principal. Passions include singing, painting, dance and karate. Fond of reading, writing, gardening, cooking and travelling. From a nervous and hesitant Sangini to a confident dedicated one, life has been eventful.

I absolutely love my friends, music and decorating my home. Sharing and caring keeps me feeling happy always. I will go the extra mile to nurture my relationships. My kitchen is especially fertile with traditional UP vegetarian food. And give me Hindi Literature any time. Also, put me in a class of students.



Mrs Anshu Awasthi



Mrs Hemangi Joshi

I am a Commerce and Management graduate. A keen gardener, Tech aficionado and a movie buff. I love experimenting with different cuisines in the kitchen. I have an adventurous streak which took me on the wings of a Paraglider and up in a Hot air balloon. Exercise, fitness, Yoga and Zumba are some more of my favourites.

Our Pioneers



Mrs Ela Lal (Late)
27 Aug 1970-28 Feb1973



Mrs Satya Mehra (Late)
01 Mar 1973 - 29 Feb 1976



Mrs Tara Moolgavkar (Late)
01 Mar 1976 - 31 Aug 1978



Mrs Bilkees Latif (Late)
01 Sep 1978 - 31 Aug 1981



Mrs Parkash Dilbagh Singh
01 Sep 1981 - 31 Aug 1984



Mrs Srilata Katre (Late)
01 Sep 1984 - 03 Jul 1985



Mrs Rita La Fontaine
05 Jul 1985 - 31 Jul 1988



Mrs Sunita Mehra (Late)
01 Aug 1988 - 31 Jul 1991



Mrs Asha Suri
01 Aug 1991 - 31 Jul 1993



Mrs Nita Kaul (Late)
01 Aug 1993 - 31 Dec 1995



Dr. (Mrs) Aruna Sareen
01 Jan 1996 - 31 Dec 1998



Mrs Molina Tipnis
01 Jan 1999 -31 Dec 2001



Mrs Harveen Krishnaswamy
01 Jan 2002 - 31 Dec 2004



Mrs Vandana Tyagi
01 Jan 2005 - 31 Mar 2007



Mrs Zareen Major
01 Apr 2007 - 31 May 2009



Mrs Madhubala Naik
01 Jun 2009 - 31 Jul 2011



Mrs Kiran Browne
01 Aug 2011 - 31 Dec 2013



Mrs Lily Raha
01 Jan 2014 - 31 Dec 2016

AFWWA AWARDEES 2018 FOR OUTSTANDING WORK



Mrs Savita Nirwal W/o Gp Capt Harish Nirwal, is an active member of AFWWA (L), Air Force Station Srinagar. She has been looking after the AFWWA play school and was instrumental in organizing the first ever annual function of the play school. The same was a great success and was appreciated by all parents and guest. She has a vast teaching experience of 17 yrs. Presently, due to non availability of HM in the Air Force School the teaching and discipline of Air Force School was suffering. She volunteered to look after the Air Force School and since then has been spending a good part of her day in managing the Air Force School without any remuneration. Since she has taken over the management of the Air Force School, she has played a pivotal role in ensuring proper teaching standards and introducing various innovative techniques.

She has demonstrated a high degree of expertise in handling, organizing and conducting many AFWWA related activities like World Cancer Day, AFWWA Premier league, AFWWA Picnic, International Women's Day, International Day of Yoga, Swach Bharat Abhiyan and International Day for the Elimination of Violence against Women.



Mrs. Rajbala Chahal W/o Warrant Officer SR Chahal is an active member of AFWWA (L) , Air Force Station Bareilly and represents the Sanginis of 8 Sqn as the Unit AFWWA Secretary.

Mrs Rajbala Chahal displays espirit-de-corp and embraces the core values of AFWWA. Being amenable, many Sanginis of the unit find a kind and patient listener in her. Having an ear to the ground Mrs. Chahal is able to bring any problem to the notice of AFWWA authorities for early resolution. Mrs Rajbala Chahal stands out in her dedication, commitment and enthusiasm in her participation in all AFWWA led activities. Be it bagging prizes in races or delivering dialogues in street plays, Mrs Chahal does it with élan.

Mrs Rajbala Chahal is an inspiration for one and all and does things selflessly with full dedication and sincerity. One of the unique achievements of Air Force Station Bareilly is the Sangini Library Venture. Mrs. Rajbala Chahal has volunteered to look after the venture and has been doing so for the past couple of years.



Mrs Tulshi Khadka W/o NC(E) GB Khadka has been a active member of AFWWA (L) Gorakhpur since 2013. Presently she is AFWWA Secretary member from NCs(E) side. She willingly and enthusiastically participates in all programmes and events organised by AFWWA (L).

Mrs Tulshi Khadka is a dedicated Sangini who loves to be a part of all AFWWA activities. Despite being pushed by the requirements of looking after three children, Mrs Tulshi Khadka has never shied away from contributing and participating in AFWWA activities. She is a good singer and a regular participant in the choir group of AFWWA song. Her active participation has earned her accolades on many occasions.

She has a tailoring skill and presently she is catering to falls and pico work for the needs of sanginis at AFWWA (L) tailoring venture shop. After getting trained in Mural making through AFWWA, Mrs Tulshi started training other Sanginis on her own initiative without opting for any gains.

AFWWA AWARDEES 2018 FOR OUTSTANDING CONTRIBUTION



Mrs Keysang Namgyal W/o Wg Cdr T Namgyal is an active member of AFWWA(L), Air Force Station Ambala Cantt. She has been working enthusiastically towards spreading awareness of implementation of waste management in the Station. She has spread awareness about the minutest of details in respect of segregation of waste by Sanginis, during all unit AFWWA meetings and visits in dispersed enclaves of domestics areas in the Air Force Station. Due to her sustained efforts and guidance to Sanginis, Air Force Station, Ambala Cantt became the first Station to implement 'Waste Management System' in Western Air Command in the month of Jan 2018.

Mrs Namgyal possesses a cheerful and positive disposition and has always contributed constructively towards any task designed to improve the life of personnel belonging to the organisation.



Mrs Parmila Devi W/o NC (E) Mukhan Ram Cook of 952 Sqn is member of AFWWA (L) at Air Force Station, Bakshi Ka Talab since 12 Sep 16. Mrs. Parmila Devi is a very hard working and diligent Sangini. She carries out the duties assigned to her in an extremely responsible manner. What stands out about Mrs Parmila Devi is her ability to cheerfully accept and execute any task entrusted upon her and ensure its completion in a time bound manner without compromising on quality. She encourages wives of others to become AFWWA members and attend AFWWA meetings/activities by propagating the benefits involved.

Mrs Parmila Devi has been an ever smiling, motivating sangini who comes from an extremely modest background. Her efforts at self-development and entrepreneurship have motivated others around her. For her professional approach, hard work and initiative Mrs Parmila Devi is recommended for commendation by President AFWWA.



Mrs Hema Rana W/o Gp Capt Ajay Rana of AFA, has contributed immensely to the cause of AFWWA in co-ordinating the functioning of AFWWA ventures.

Since her arrival at AFA in Sep 2016, she has been relentlessly working towards the success of AFWWA events, health camps, visits to charity institutions, liaison with other welfare organizations and co-ordination of various programmes for the benefit of Sanginis including various competitions. Her involvement in conduct of each CGP Mela has been phenomenal. She has also been functioning as the AFWWA Secretary since and has been taking care of all the ventures at the AFA. She is also in-charge of the discipline committee for the Sanginis where she is actively involved in solving the problems of Sanginis working in Gunjan Complex and other ventures.

She regularly monitors the progress of the ventures and gives personal attention to the Sanginis, both trainee and trainer. She personally takes an exam of all the participants of each course before a certificate is given to them. She works in the KV at the Academy and has balanced both job and AFWWA responsibilities successfully.

AFWWA AWARDEES 2018 FOR OUTSTANDING CONTRIBUTION



Mrs Ramandeep Kaur W/o JWO Gurmeet Singh of Air Force Station, Avadi is a member of AFWWA and is an active participant in all the AFWWA activities conducted at this Station.

Since her arrival at AFS Avadi in Oct 2014, she has been working towards the success of AFWWA events. She has started Tailoring Class for Sanginis in the AFWWA complex. She is highly dedicated, hardworking and delivers exceptional results.

She got 2nd position in Poem Reciting & Jokes and 3rd position in Hindi Essay Writing Competition in the year 2016. She also got 2nd position in Healthy Food Competition in the year 2017. It is also worth mentioning that she has been awarded as "Active Participant Lady" by President AFWWA (L) in the year 2016.



Mrs Seema Singh W/o Group Captain Kuldeep Singh is an AFWWA Sangini since 2001 and is shouldering the responsibility of President AFWWA(L) SAC(U) since 02 Aug 17.

Mrs Seema Singh has a pleasant and cheerful demeanor. During the Kerala flood relief initiative by AFWWA(R), she has worked tirelessly night and day towards preparation and distribution of ready to use relief packets aimed at distressed women in relief camps. She mobilized a core team in a short time, distributed the tasks and constantly followed up. The task was mammoth in preparation of 1000 packets comprising 13 different items and the time available was short. Her team of volunteers contributed selflessly and relentlessly towards the task in hand. The task was achieved within 24 hours of dedicated efforts. She led the team by example and was at the forefront till the last package was sealed and ready for delivery. This helped AFWWA in timely delivery of relief materials to state Govt.



Mrs Saraswati Sarkar W/o JWO PK Sarkar ACH GD of AF Station Missamari, has taken over as Secretary AFWWA (L) in Nov 15 and has remained the mainstay and the chief catalyst for the Association's activities ever since. She is a matriculate and has a few certificate courses in Tailoring and Cosmetology as well to her credit.

Popularly known as 'Sarasu Di' among the Sanginis, she has always been forthcoming, proactively mobilizing resources and enlisting maximum participation of Sanginis and children for the various events and activities held under the aegis of the AFWWA (L). Mrs Saraswati Sarkar has displayed her managerial skills in undertaking major events like Women's Day, Cancer Prevention Day, Swasth Sangini Campaign and Medical Camp at adopted village, Sports Day, Swachh Bharat Abhiyan and Sanginis' Picnic very effectively and efficiently.



Mrs Santosh Kumar W/o JWO K Kumar of 9 Tetra is a member of AFWWA (L). She has been contributing in the capacity of Secretary, Unit AFWWA and also secretary of AFWWA (L), 2 Wing, AF for Sanginis residing at Viman Nagar area.

Mrs Santosh is a highly energetic and enthusiastic Sangini. She displays exemplary commitment and understanding of the family bonds in resolving various issues of fellow sanginis.

Mrs Santosh's commitment has motivated other Sanginis to participate in AFWWA activities. A disciplined and talented Sangini, Mrs Santosh is also a good sportswoman. By virtue of her communication and management skills, she has been able to organize various events and activities within a short span of time with available resources.

AFWWA AWARDEES 2008-2017

NAME	YEAR	OUTSTANDING WORK
Mrs Rakhi Gupta W/o Wg Cdr AK Gupta	2008	Social Work and Welfare activities of AFWWA
Mrs Vidhya Prajapati W/o Sgt Deepak Prajapati	2008	Social Work and Welfare activities of AFWWA
Mrs Phool Tara Devi W/o NC(E) Ramesh Thakur	2008	Social Work and Welfare activities of AFWWA
Mrs Ruchita Dhaga W/o Wg Cdr S Dhaga	2009	Social Work and Welfare activities of AFWWA
Mrs Neelam Maurya W/o Sgt A Maurya	2009	Social Work and Welfare activities of AFWWA
Mrs Timple Bhaskaran W/o NC(E) Bhaskaran	2009	Social Work and Welfare activities of AFWWA
Mrs Sushma Mutalik W/o Air Cmde SV Mutalik	2010	Social Work and Welfare activities of AFWWA
Mrs Sanju Shukla W/o JWO RK Shukla	2010	Social Work and Welfare activities of AFWWA
Mrs Gandhimathi W/o NC (E) D Selvam	2010	Social Work and Welfare activities of AFWWA
Mrs Rachna Joshi W/o Wg Cdr Rajeev Joshi	2011	Social Work and Welfare activities of AFWWA
Mrs Anita Teotia W/o Sgt BP Singh	2011	Social Work and Welfare activities of AFWWA
Mrs Balwinder Kaur W/o NC (E) G Singh	2011	Social Work and Welfare activities of AFWWA
Mrs Shonima Kamath W/o Gp Capt CM Kamath	2012	Social work and welfare activities of AFWWA
Mrs Amreesh Devi W/o JWO Shyam Phool	2012	Social Work and Welfare activities of AFWWA
Mrs Usha Rani W/o NC (E) Shyam Kumar	2012	Social Work and Welfare activities of AFWWA
Mrs Rashmi Singh W/o Gp Capt Surya Prakash	2013	Social Work and Welfare activities of AFWWA
Mrs Sunita Dudeja W/o WO RK Dudeja	2013	Social Work and Welfare activities of AFWWA
Mrs Affrina Rahman W/o NC(E) G Ahmed	2013	Social Work and Welfare activities of AFWWA
Mrs. Rajeshwari Nai W/o Wg Cdr AR Muralidharan	2014	Social Work and Welfare activities of AFWWA
Mrs. Babita Sheoran W/o Sgt LK Sheoran	2014	Social Work and Welfare activities of AFWWA
Mrs. Savita Yadav W/o NC(E) SP Singh	2014	Social Work and Welfare activities of AFWWA
Mrs. Sadiya Kazmi W/o Gp Capt SI Kazmi	2015	Social Work and Welfare activities of AFWWA
Mrs. Sumitra Yadav W/o WO RK Yadav	2015	Social Work and Welfare activities of AFWWA
Mrs. Gayatri Mourya W/o NC(E) M Mourya	2015	Social Work and Welfare activities of AFWWA
Mrs Roopa Nisal W/o Wg Cdr Anand Nisal	2016	Social Work and Welfare activities of AFWWA
Mrs Rajju Kumari W/o JWO Chaman Lal	2016	Social Work and Welfare activities of AFWWA
Mrs Kantasri W/o NC(E) K Singh	2016	Social Work and Welfare activities of AFWWA
Mrs Veena Chauhan W/o Wg Cdr P Chauhan	2017	Social Work and Welfare activities of AFWWA
Mrs Rashithara Santosh W/o WO M Santosh	2017	Social Work and Welfare activities of AFWWA
Mrs Mana Mishra W/o NC (E) Surynarayan Mishra	2017	Social Work and Welfare activities of AFWWA

AFWWA AWARDS FOR THE BEST PLAY SCHOOLS

1st Blooming Buds Play School
Ambala (HQ WAC)

2nd Little Angels Play School
Sulur (HQ SAC)

3rd Blossom Play School
Jamnagar (HQ SWAC)



AFWWA AWARDS FOR THE BEST AIR FORCE MEDICAL ESTABLISHMENTS



Best AF Hospital :
7 AFH, Kanpur (HQ CAC)



Best Station Medicare Centre :
Air Force Station Begumpet (HQ TC)



Best MI Room :
Air Force Station Mount Abu (HQ SWAC)



Best Dental Centre :
4 AFDC, Kalaikunda (HQ EAC)

BOARD OF MANAGEMENT MEMBERS AS ON OCTOBER 2017



Sitting (L to R): -

Mrs Kusum Sharma, Mrs Deepshikha Khosla, Mrs Geethanjali Nair,
Mrs Harbinder Walia, Mrs Anjna Deo, Mrs Kamalpreet Dhanoa, Mrs Neelam Dhir,
Mrs Devika Hari Kumar, Mrs Alpana Sinha, Mrs Asha Bhadauria.

Standing (L to R):-

Mrs Versha Chikara, Mrs Charu Agarwal, Mrs Navita Arjun Vohra, Mrs Pamela Singh,
Mrs Shubhada Bhagwat, Mrs Simmar Dhillon, Mrs Baljeet Kaur Arora,
Mrs Luxmi Nambiar, Mrs Rekha Sharma, Mrs Radha Suresh, Mrs Neerja Singh,
Dr (Mrs) Aruna Pradhan, Mrs Shipra Mathur, Mrs Vibha Kapoor, Mrs Shaili Sharma,
Mrs Preetika Sood, Mrs Chanda Jha, Mrs Bijayeeni Kar, Mrs Madhu Singh.

BOARD OF MANAGEMENT MEMBERS AS ON MAY 2018



Sitting (L-R):-

Mrs Kusum Sharma, Mrs Deepshikha Khosla, Mrs Geethanjali Nair,
Mrs Harbinder Walia, Mrs Anjna Deo, Mrs Kamalpreet Dhanoa, Mrs Neelam Dhir,
Mrs Devika Hari Kumar, Mrs Alpana Sinha, Mrs Asha Bhadauria.

Standing (L-R):-

Mrs Sushma Saini, Mrs Hemangi Joshi, Mrs Chanda Jha, Mrs Smita Pradeep Bapat,
Mrs Meera Singh, Mrs Shubhada Bhagwat, Mrs Jaspreet Shera,
Dr (Mrs) Aruna Pradhan, Mrs Radha Suresh, Mrs Luxmi Nambiar, Mrs Shipra Mathur,
Mrs Simmar Dhillon, Mrs Shaili Sharma, Mrs Pamela Singh, Mrs Preetika Sood,
Mrs Charu Agarwal, Mrs Sarita Singh, Mrs Vimla Devi.

AFWWA BENEFITS EXTENDED TO AFWWA MEMBERS

The main benefits extended by Air Force Wives Welfare Association (AFWWA) for its members are enumerated in succeeding paragraphs. To claim these benefits the lady should be a life member of AFWWA.

Ex-Gratia Payment

Ex-gratia payment of **₹25,000**/- (one time) is paid to the member on demise of her husband while in service. The said grant is paid to the member in grief by the last serving unit of her husband or by the nearest unit where she is residing. In both cases the amount is reimbursed subsequently by AFWWA HQ. AFWWA has distributed Ex-Gratia grant to **119** aggrieved Sanginis amounting to **₹29,75,000/-** during the financial year 2017-18.

Educational Scholarship for Children of NCs (E)

AFWWA gives **(45)** scholarships to children of serving NCs (E), who are not in receipt of any other scholarship/stipend. This scholarship is awarded to children of NCs(E) who are studying in classes from 8th to 10th @ **₹5000/-** per annum and who have scored **70%** marks and above. The application on prescribed form is to be submitted to AFWWA HQ through AFWWA (L)/(R) latest by 30 September every year. The eligibility conditions for the award of this scholarship are as follows: -

(a) Mother of the child should be an AFWWA member.

(b) The child should be studying in a recognized school.

(c) Only one child per family is considered for the scholarship.

(d) The duration of scholarship is one year only.

(e) Preference will be given to the girl child.

(f) The student should not be in receipt of any other scholarship from any other Welfare organisation/Institution.

AFWWA has extended this scholarship to all **43** eligible students during the financial year 2017-18, amounting to **₹2,15,000**/-.

Wedding Grant

An amount of ₹10,000/- is given as a grant for the marriage of one child of a widow who is a member of the AFWWA and whose husband dies while in service after May 1987 on receipt of application by AFWWA HQ along with the Wedding Card and certificate from the Registrar of Marriage/Village Panchayat. In case it is not feasible to get the certificate from the Registrar/Panchayat, an Air Force Officer may authenticate the application. AFWWA has extended Wedding Grant of **₹1,70,000**/- to 17 members during the financial year 2017-18.

Medical Assistance

AFWWA member whose husband is boarded out on medical grounds not attributable to service is given a one-time grant of **₹15,000**/- to be paid by the last Unit of her husband. The amount is reimbursed to AFWWA (L) by AFWWA HQ and concerned AFWWA (R) by sharing the expenditure equally. Medical Grant of ₹25,000/- was provided to 03 AFWWA members during the financial year 2017-18.

Dwelling Unit for Widows

A housing subsidy of **₹6** lakhs for widows of officers and **₹4** lakhs for widows of Airmen/NCs (E) is provided from Non-Public Funds to those who acquire dwelling unit from Govt. agencies like AFNHB/ AWHO/ CGHWO/ State Govt. Organisation **or DDA. (10%) Ten percent of such grant is borne by AFWWA**. However to avoid misuse of funds subsidy is not considered for dwelling units procured from the Private parties/self-construction etc. Widows of Air Force personnel killed in accident while in service on or after 01 Jan 96 are eligible for this subsidy. The Subsidized Dwelling Unit so acquired cannot be sold for at least 10 years. The application should be addressed to Secretary, AFGIS, Subroto Park, New Delhi-10.

AFWWA Scholarship Schemes and Eligibilty Criteria

Educational Scholarship

Financial assistance by way of scholarship is granted to one child of a widow AF Personnel died while in service or after Retirement/Discharge, for a period of six years or till the completion of studies whichever is earlier and to handicapped/special children of serving personnel till they are studying. The mother of the child should be a life member of AFWWA. The application on prescribed form duly recommended by the School/College authorities is to be submitted to AFWWA for the award of scholarship. The rates of the scholarship are as follows:

Categories	Amount p.m.	Amount p.a.
School going day scholars	₹ 200/- p.m.	₹ 2400/- p.a.
School going boarders	₹ 350/- p.m.	₹ 4200/- p.a.
College going day scholars & boarders	₹ 350/- p.m.	₹ 4200/- p.a.
For Medical & Engineering Courses only	₹ 625/- p.m.	₹ 7500/- p.a.

During the financial year 2017-18, AFWWA Educational Scholarship was given to **36** students which amounts to **₹1,62,325**/-.

Late Wg Cdr AS Puranik Memorial Scholarship

This scholarship is awarded @ **₹2,500/-** to a student of Class 9th onwards till completion of studies. The ward should be child of a serving Airman/NC(E). At a time only one child gets the scholarship. The eligibility conditions are as follows: -

(i) Mother of the child should be an AFWWA member.

(ii) The student should have passed 8th std and scored 95% marks and above.

(iii) The scholarship will be transferred to another child in case he/she scores less than 70% marks.

Scholarship for Undergraduate Courses

Two Hundred Fifteen (215) children of serving officers, airmen and NCs (E) who are not in receipt of any other scholarship, are given financial assistance of **₹5,000**/- (one time only) for MBBS, BDS, BE, B Tech, B Arch, B Pharma, BPT, BBA/MBA, BCA/ MCA, LLB, Bachelor of Fashion

Designing (NIFD), Bachelor of Mass Communication & Journalism (4/5 Years Courses after 12th Std). The application on prescribed form is to be submitted to AFWWA through AFWWA (R) latest by 30 November every year. The eligibility conditions and the main criteria for grant of the scholarship are:

a. Mother of the child should be an AFWWA member.

b. The child should have secured 80% and above marks in the qualifying exam i.e. 12th and should have admission in one of the above mentioned professional course.

c. Preference will be given to a girl child.

d. The duration of scholarship is one year only.

e. Financial status of the family will be taken into consideration.

AFWWA has given **95** Undergraduate Scholarships during the financial year 2017-18 which amounts to **₹4,75,000**/-.

Canberra- Flt Lt MS Sarin Memorial Scholarship

Two **(02)** scholarships @ **₹4500/-** p.a. are awarded to two handicapped children (one boy and one girl) of airmen who are studying in the Special Wing of AFGJI, Delhi. The period of scholarship is one year. The scholarship is awarded on the recommendations received from AFGJI.

Late Air Chief Marshal PC Lal Memorial Scholarship

The scholarship @ **₹8700**/- (lump sum) as one time grant is awarded to four **(04)** disabled student wards of serving personnel. The application on prescribed form is to be submitted to AFWWA through AFWWA (R) latest by 30 September every year. The eligibility conditions are as follows: -

(a) Mother of the child should be an AFWWA member.

(b) The student should have passed 12th Std and obtained admission for graduation in a recognised college.

(c) Medical certificate of handicapped child from competent authorities.

During the financial year 2017-18, Late Air Chief Marshal PC Lal Memorial Scholarship was given to 02 students which amounts to **₹17,400**/-.

Late Mrs Amarjeet Kaur Memorial Scholarship

A scholarship has been instituted in memory of Late Mrs Amarjeet Kaur. An amount of **₹8500**/- per child as one time grant is awarded to three special children of the Umeed Vocational Centre. The amount extended by AFWWA HQ during the financial year 2017-18 is **₹25,500**/- to **03** wards of AFWWA members.

Naik's Scholarship for Special Child

A scholarship has been instituted for a special child of serving Airmen/NCs (E) studying in Umeed Vocational Centre. One **(01)** special child of the Umeed Vocational Centre was paid an amount of **₹5000/-** as one time grant by AFWWA HQ during the financial year 2017-18.

Scholarship for Girl Child Achiever

The Girl Child Achiever scholarship **(08)** has been instituted for a **Girl Child** of serving Officers/ Airmen/NCs (E) (one each from the AFWWA Regional and one from AFWWA Local under Air HQs). The rate of scholarship is **₹5000/- (one time only)** and awarded every year in the month of September. The eligibility conditions for the above said scholarship are as appended below: -

(a) The mother of the student should be an AFWWA member.

(b) The child should have secured highest marks in the 12th class exam from the concerned region.

The amount extended by AFWWA HQ during the financial year 2017-18 is **₹40,000**/-.

Scholarship for Sportsmen/Artists

A scholarship has been instituted for outstanding sportsman and artist at Central level for the children of serving Air Force personnel who excelled at National level. The rates and eligibility criteria for the scholarship are as follows:

(1) Position Amount

1st	-	₹10,000/-	Lump sum one time only
2nd	-	₹5,000/-	
3rd	-	₹3,000/-	

(2) Criteria.

(a) The mother of the child should be a Life Member of AFWWA.

(b) The child should have excelled at National level and scored a position.

(c) The duration of scholarship is one year only.

The amount extended by AFWWA during the financial year 2017-18 is **₹21,000/-**.

Goodwill Scholarship for Special Children

Goodwill Scholarship to Fifteen **(15)** Special Children has been instituted for the welfare of Special children of the serving NCs (E)/Airmen and is awarded every year in the month of October. The rate of scholarship is **₹8,000/- (one time only)**. The application on the prescribed format along with medical certificate and financial capability of their parents should reach AFWWA HQ through AFWWA(R)/(L) latest by **30 September** every year.

The eligibility conditions for the above scholarship are as under: -

(a) The mother of student should be an AFWWA member.

(b) Financial capability of the parents will be the criteria for giving scholarship.

(c) This scholarship will be over and above any other scholarship received by the special child.

The amount extended by AFWWA HQ during the financial year 2017-18 is **₹1,04,000**/- to **13** wards of AFWWA members.

Rehabilitation of Widows of NCs (E)

Widows of those NCs (E) who die while in service are eligible for a grant of **₹10,000**/-. An application for the grant is to be made to President AFWWA (L) of the last unit of her spouse. The amount will b e paid to the Sangini by raising payment voucher and the same will be reimbursed by AFWWA HQ to that AFWWA (L). The eligibility conditions for sanctioning of sewing machine are as follows:-

a. An AFWWA member who is the wife of a NC (E) who dies while in service.

AFWWA has extended Rehabilitation Grant of **₹1,20,000**/- to **15** members during the financial year 2017-18.

* This grant has been increased from **₹8000-₹10,000/-** with effect from 01 May 2018.

Wg Cdr & Mrs PC Kalia Scholarship

A scholarship has been instituted in the name of Wg Cdr & Mrs PC Kalia for one bright child of an NC(E) and one child of DSC personnel who are pursuing a professional degree course after completing their 12th. The amount of scholarship is **₹25000/-** per annum which would be given as a lumpsum grant. The application on the prescribed from is to be submitted to AFWWA HQ through AFWWA (L)/(R) latest by 30 September 2016. Out of the name received, (01) girl child of NC(E) and one (01) girl child of DSC personnel will be awarded the scholarship. The Eligibility criteria is mentioned below:-

(a) The mother of the child should be an AFWWA member in case of the ward of NC(E). However, AFWWA membership is not applicable in case of children of DSC personnel.

(b) The child should be studying in a College/ Institution recognized by UGC/Govt after passing 12th in 2016 with 70% mark or above.

(c) Preference will be given to girl child.

(d) Scholarship will be granted on merit.

(e) Student should not be in receipt of any other scholarship/free education from any other organisation/institution. If student has received any other scholarship, he will have the liberty to retain only one scholarship and has to return the other scholarships.

(f) The duration of scholarship will be for one year and name of the same student will not be considered again.

The amount extended by AFWWA HQ during the financial year 2017-18 is **₹50,000**/-.

Smt Amarjeet Kaur Memorial Scholarship for A Girl Child Of NC (E)

A scholarship has been instituted in the name of Late Smt Amarjeet Kaur Memorial Scholarship for a Girl Child of NC (E). The amount for the scholarship is ₹10,000/- per annum which is given as a lump sum grant. The application on prescribed form is to be submitted to AFWWA through AFWWA (L)/(R) latest by 30 September every year. Out of the names thus received, 01 girl child will be awarded scholarship every year. The eligibility criteria to be as mentioned below:-

(a) The student should have scored 75% marks and above in 12th standard so as to be eligible for scholarship.

(b) She should be undergoing a Graduation / Professional courses.

(c) The mother of child should be an AFWWA member.

(d) The child is to score minimum 60% marks in the examinations held in the subsequent year.

(e) The scholarship will continue till completion of her studies. Thereafter, it will be transferred to another child.

(f) The scholarship will be discontinued if she scores less than 60% marks. It will be awarded to another child.

(g) Financial capability will be the main criteria.

New announcements : Scholarships

Scholarship for Higher Education/ Praudh Shiksha to Sanginis

AFWWA scholarship for Higher Education to Sanginis will be awarded to 15 Sanginis @ ₹15,000/- per annum. Each AFWWA (Ls) will forward the application for the scholarship for Higher Education as well as for Praudh Shiksha. The application should reach this HQ by 30 Sep every year. The eligibility conditions for the scholarships are:-

For Higher Education

(a) This scholarship is only for the wives of serving Air Force personnel.

(b) The Sangini should be a Life member of AFWWA.

(c) Higher Education will be given preference.

For Praudh Shiksha

(a) This scholarship is only for the wives of serving Air Force personnel.

(b) The Sangini should be a Life member of AFWWA.

(c) NCs(E) wives will be given preference.





Details of Umeed Asha Kiran Schools/ Vocational Training Centres running under the aegis of AFWWA

Sl. No	Location	Command	No. of Students	Facilities Available
1	Halwara	HQ WAC	09	Physiotherapist and Speech Therapist
2	Chandigarh	HQ WAC	13	Physiotherapist, Speech Therapist, Occupational Therapist and Vocational Trainer
3	Pune	HQ SWAC	31	Special Educator, Physiotherapist, Speech Therapist and Psychologist
4	Kanpur	HQ MC	34	Special Educator and Physiotherapist
5	Bangalore TC (U)	HQ TC	15	Special Educator, Physiotherapist and Speech Therapist
6	Bangalore AF Stn Jalahalli	HQ TC	16	Special Educator, Physiotherapist and Vocational Therapist
7	Tambaram	HQ TC	21	Physiotherapist, Speech Therapist, Vocational Therapist
8	Barrackpore	HQ EAC	72	Physiotherapist, Speech Therapist, Vocational Therapist and Hydro Therapist
9	Memaura	HQ CAC	08	Physiotherapist and Speech Therapist
10	Subroto Park New Delhi	AFWWA HQ	30	Special Educator cum Vocational Trainer, Physiotherapist, Speech Therapist and Psychological Counsellor
		Total	**249**	

Details of Umeed Vidya Kiran Schools running under the aegis of AFWWA

Sl. No.	Unit	Place	Name of School	No. of Children
1	AF Stn Halwara	Ludhiana (PB)	Umeed Vidya Kiran	11
2	AF Stn Pathankot	Pathankot (PB)	Umeed Literacy	14
3	AF Stn Sulur	Coimbatore (TN)	Umeed Vidya Kiran	46
4	AF Stn Ojhar	Nasik (MH)	Umeed Vidya Kiran	15
5	AF Stn Amla	Amla (MP)	Umeed Vidya Kiran	21
6	AF Stn Vayusena Nagar	Nagpur (MH)	Umeed Vidya Kiran	24
7	AF Stn Jodhpur	Jodhpur (RJ)	Umeed Vidya Kiran	74
8	AF Stn Uttarlai	Uttarlai (RJ)	Umeed Vidya Kiran	34
9	AF Stn Jamnagar	Jamnagar (GJ)	Umeed Vidya Kiran	30
10	AF Stn Kalaikunda	Kharagpur (WB)	Umeed Vidya Kiran	22
11	AF Stn Jorhat	Jorhat (Assam)	Umeed Vidya Kiran	49
12	AF Stn Tezpur	Tezpur(Assam)	Umeed Vidya Kiran	15
13	AF Stn Chabua	Chabua (Assam)	Umeed Vidya Kiran	45
14	AF Stn Shillong	Upper Shillong (Meghalaya)	Umeed Vidya Kiran	25
15	AF Stn Bareilly	Bareilly (UP)	Umeed Vidya Kiran	30
16	AF Stn Gorakhpur	Gorakhpur (UP)	Umeed Vidya Kiran	33
17	AF Stn Maharajpur	Gwalior (MP)	Umeed Vidya Kiran	71
18	AF Stn Bakshi Ka Talab	Lucknow (UP)	Umeed Vidya Kiran	70
19	AF Stn Bamrauli	Allahabad (UP)	Umeed Vidya Kiran	35
20	AF Stn Rajokri	Delhi	Umeed Vidya Kiran	20
21	AF Stn Arjangarh	Delhi	Umeed Vidya Kiran	16
22	AF Stn Tughlakabad	Delhi	Umeed Vidya Kiran	26
23	AF Stn Chandigarh	Chandigarh (UT)	Umeed Vidya Kiran	50
24	AF Stn Chakeri	Kanpur (UP)	Umeed Vidya Kiran	73
25	AF Stn Agra	Agra (UP)	Umeed Vidya Kiran	55
26	AF Stn Jammu	Jammu (J&K)	Umeed Vidya Kiran	25
			Total	929

LIST OF AFWWA HOSTELS

Sl.No.	Command	Name & Place	Status of Hostels	Capacity
1	AFWWA HQ	Happy Landings - AFWWA Girls Hostel Subroto Park, New Delhi	Girls	60
2	HQ WAC	Trishul AFWWA Boys Hostel Subroto Park, New Delhi	Boys	30
3	HQ SWAC	AFWWA Hostel AF Stn Pune	Girls	36
4	HQ SWAC	AFWWA Hostel AF Stn Mumbai	Boys	20
5	HQ MC	AFWWA Hostel AF Stn Chandigarh	Boys	24
6	HQ MC	AFWWA Hostel Vayusena Nagar, Nagpur	Boys	20
7	HQ MC	AFWWA Hostel 9 BRD, AF Pune	Boys	24
8	HQ MC	AFWWA Hostel AF Stn Ojhar, Nashik	Boys	20
9	HQ MC	AFWWA Hostel AF Stn Sulur	Boys	10
10	HQ TC	AFWWA Student Study Centre AF Stn Jalahalli	Boys & Girls	102+90=192
11	HQ TC	AFWWA Student Study Centre AF Stn Tambaram	Boys	16
12	HQ TC	AFWWA Student Study Centre AF Stn Begumpet	Boys & Girls	16+14=30



AFWWA Initiatives Under The Ambit of CORPORATE SOCIAL RESPONSIBILITY (CSR)

Corporate Social Responsibility (CSR) is a corporation's initiative to asses and take responsibility for the company's effects on environmental and social well being. In the year 2014, the Ministry of Corporate Affairs, GoI had issued a Notification on 27 Feb 14 for amending Section 135 and sub-section (1) and (2) of Section 469 of the Companies Act 2013 which is effective from 01 Apr 14 which states about CSR.

Since 2015 AFWWA has been part of different PSUs under the ambit of CSR in providing better Infrastructure at already existing AFWWA Ventures in the service of the society. A few CSR achievements of past one year are as follows.

PROCTER AND GAMBLE LTD

a. Support For Umeed Asha Kiran School, Kanpur

Procter and Gamble Ltd , has been providing assistance for the past three years by donating ₹ **10,00,000/-** per year as part of "P&G Shiksha" fund, which was utilised for development activities at Umeed Vidya Kiran Schools and Umeed VTC. The firm has donated ₹ **30,00,000/-** (Thirty Lakhs only) to develop existing infrastructure of Umeed Asha Kiran School at Air Force Station, Kanpur. The project has been successfully completed. This project has ensured an increase in intake of special children at Umeed Asha Kiran School, Kanpur and also help in enhancing their quality of life manifold.

b. "I Understand" Activity

M/s Procter and Gamble Ltd being a leader in developing products related to personal hygiene had approached for conduct of workshops on personal hygiene with a target audience for girls aged between 12-18 years at various locations PAN India. Accordingly This would help them understand and practice better hygiene methods for their well being. The modalities for conduct of workshops are under final stages of completion.

c. Support For Umeed Asha Kiran School, Chandigarh

The firm has agreed in principle to donate ₹ **30,00,000/-** (Thirty Lakhs only) to AFWWA. The same will be utilised to develop infrastructure of the newly set up Umeed Asha Kiran School at Air Force Station, Chandigarh. The Signing of Memorandum of Understanding and other requisites are under progress.





M/S NESTLE INDIA

a. Maggi Hot Spot

M/s Nestle India, a leading FMCG company has set up Maggi Hot Spots at an approximate cost of ₹ 2,50,000/- which is borne by the company. The Maggi Hot Spots would provide employment to two needy Sanginis/wards and also be an income generating venture for AFWWA (Ls). Maggi Hot Spots are successful at Air Force Station New Delhi and Air Force Station, Shillong.

b. Creative Healthy Kitchen

The firm which has expertise in healthcare and nutrition has also agreed for a proposal for conduct of "Creative Healthy Kitchen"at a few selected Air Force Stations for imparting knowledge on Healthcare and Hygiene for Sanginis. As a pilot project "Creative Healthy Kitchen" was conducted for sanginis at AF Stn New Delhi and Gurgaon and more such activities will be extended to other AFWWA (Ls).

ASHOK INSTITUTE OF HOSPITALITY AND TOURISM MANAGEMENT

Ashok Institute of Hospitality & Tourism Management (AIH&TM, Kautilya Marg, Chanakayapuri, New Delhi) has submitted proposals for conduct of the following courses free of cost under the ambit of **"Hunar Se Rozgar"** (HSR) programme for the benefit of Sanginis/Wards/Widows/Dependants of Serving and Retired Air Force Personnel:-

Sl No	Course Name	Duration	Qualification	Remarks
(a)	Multi Cuisine Cook	04 Months	8th Pass	Minimum batch of 5-10 candidates required
(b)	Room Attendant	03 Months	5th Pass	Minimum batch of 20 candidates required
(c)	F&B Service Steward	03 Months	10th Pass	Minimum batch of 20 candidates required
(d)	Front Office Associate	3.5 Months	12th Pass	Minimum batch of 20 candidates required

The minimum age group for enrolment to the subject courses is 18 years. Two sets of uniform will be provided to each applicants, the boarding and lodging to candidates who are residing more than 80 Kms will be provided on concessional rates (Approximately ₹ 350/-).The candidates whose attendance is more than 80% will be eligible for evaluation for issue of certificates from AIH&TM and ITDC. Further, each candidate who pass in the evaluation process will be paid ₹ 2000/- (Food Production) and ₹ 1500/- (other courses) as one time stipend. The proposal was forwarded to all AFWWA (Ls) at Delhi/NCR area to avail the benefit from the subject courses. A total of 10 (ten) candidates have submitted the applications and the same has been submitted to the Institute for conducting the Skill enhancing and Job oriented courses.

SPONSORSHIP OF COFFEE MORNING-ONGC

An amount of ₹ 2,00,000/- (Rupees Two Lakhs only) was sponsored by Oil and Natural Gas India Limited towards conduct of Coffee Morning at Air House. The event was attended by many dignitaries including Mrs Savita Kovind (first lady). The event was a grand success in promoting the importance of "Empowerment of Women" in the society.





FINANCIAL SUPPORT / DONATIONS FROM OTHER SOURCES

Fund support by ladies club of Indian Embassy, Bangkok for Martyr's Widows:

The ladies club of Indian Embassy, Bangkok has donated Rs One Lakh (₹ 1,00,000/-) each to four widows of IAF martyrs. The details of beneficiaries are as appended below:

Sl No	Name of IAF Martyr	Spouse Name	Remarks
a)	930820 Late Sgt Satish Kumar Khanda	Mrs Kiran Khanda	Killed in MI-17 V5 Helicopter crash on 06 Oct 2017
b)	679368 Late MWO Anil Kumar Singh	Mrs Meena Devi	Killed in MI-17 V5 Helicopter crash on 06 Oct 2017
c)	822875 Late NC(E) Cheedi Singh Yadav	Mrs Tara Devi	Missing in AN-32 aircraft crash and presumed dead on 22 Jul 2016 (Between Tambaram and Portblair)
d)	775787 Late WO Rajeev Ranjan	Mrs Shalini	Missing in AN-32 aircraft crash and presumed dead on 22 Jul 2016 (Between Tambaram and Portblair)

Executors of the will of Late Homai M Vyarawalla (India's first woman photo journalist)



An amount of ₹2,51,400/- (Rupees Two Lakh Fifty One Thousand Four Hundred Only) on account of donation received. AFWWA is grateful to Late Homai M Vyarawalla for this kind hearted and generous gesticulation, who had opted for execution of will in the name of AFWWA. The fund will be utilised for various philanthropic activities undertaken by AFWWA in service of the society.

Donation by veterans of AVM & Equivalent Ranks

On behalf of the Veterans of AVM & equivalent rank of Tri Services, Air Vice Marshal SK Sharma VSM (Retd.) handed over a cheque of ₹75,000/- (Rupees Seventy Five Thousand only) to President AFWWA on 28 May 18. AFWWA is thankful to Veterans for this gesticulation in supporting the cause of AFWWA. The funds will be utilised for undertaking various welfare activities.

A Life Extraordinaire

Late Padma Shri Mrs Bilkees Latif

President AFWWA

01 Sep 1978- 31 Aug 1981

(20 August 1931 – 27 October 2017)



"A golden heart stopped beating,
hardworking hands at rest.
God broke our heart to prove to us,
He only takes the best."

Padma Shri Mrs Bilkees Latif spent much of her time towards the upliftment of the poor in the slums of Dharavi, Mumbai and was awarded the Padma Shri in 2009 for her instrumental work and contribution towards women's rights and child education. She wrote three books and numerous articles on Hyderabad and on women. Her multi-faceted, charismatic personality included many skills as a talented painter, culinary expert in Deccan-i- cooking, dexterous seamstress skills, social work. She was erudite and well informed about the culture and history of Hyderabad Deccan.

Her experiences were documented in her book "O Dharavi". Her first book, "Essential Andhra Cookbook", was a study of the cuisine of Andhra Pradesh. She wrote "Fragrance of Forgotten Years", an autobiographical account of her early years, published in 2010 which narrates the lives of six notable women from Indian history. Her latest publication was on her husband, former Air Chief Marshal I.H. Latif, called "The Ladder of His Life". ACM Latif (Retd) was formerly the Governor of Maharashtra.

Apart from her influential restructuring of Dharavi, Mrs Bilkees Latif went on to establish numerous organizations that, increasingly today, work for the betterment of the poor. The Society for Human and Environmental Development (SHED) was one of her first charitable foundations. She had also been passionately involved in children's education and later occupied, for several years, the position of the Chairperson of the National Bal Bhavan and Children's Museum that provided creative activities for children from all over India, and had 107 Bal Bhavans affiliated with it. She became a charitable force in her own right, often trusting that the truth and good can prevail even through the most oppressive situations.

On Friday, October 27, 2017, Begum Latif passed away peacefully in Hyderabad. India lost a Padma Shri, Hyderabad an icon, and the Latifs, their family anchor. May she forever Rest In Peace.

AFWWA ACTIVITIES AT HQ LEVEL



Release of AFWWA's Annual Magazine 'SANGINI' during AGBM Oct 2017



President AFWWA Awarding Best AFWWA Workers during AGBM Oct 2017



Cultural Programme during Declamation Contest 2018 at Air Force Auditorium Subroto Park



Special Children of Umeed Vocational Training Centre Subroto Park performing during Air House Coffee Morning



Lecture by Gp Capt RD Mohan on 'Duties and Responsibilities of President AFWWA (Ls) and AFWWA (Rs) towards Air Force Schools', during BOMM May 2018





Cultural Programme during AGBM Oct 2017 at Air Force Auditorium Subroto Park



Participants of cultural programme with President AFWWA during AGBM Oct 2017 at Air Force Auditorium Subroto Park

PRERNA

Prerna is a cancer support group (drawn from the tri-services) of Army Research & Referral Hospital, New Delhi. It inspires its members to work in close coordination with the medical teams with the aim of providing comprehensive care to the Onco-patients and their relatives.

As part of Air Force Day celebrations, President AFWWA visited the Paediatric and Onco-IV ward (ward for serving personnel) of Army R&R Hospital on 18 Sep 18. She interacted with the patients and distributed gift hampers to them and donated Two Oil-filled Heaters and one Induction Cooktop.









UMEED

Challenges faced by the parents of children with special needs



Mrs Anuradha Pabbi
Umeed Administrator

Being a parent demands a lot, parenthood brings a lot of challenges even with the normal children, however, parents of the special needs child are mostly seen complaining about their struggles in raising their kid. Hence, there are a plethora of special requirements which parents of a special needs child have to meet. There may be days where you feel all alone in your struggle. Maybe you've been so busy taking care of your child's needs, in addition to the rest of your family, that you have not had the opportunity to seek encouragement from those who have trekked a similar road. Raising a special needs child may bring exhaustion and frustration in your life. Down syndrome, autism, muscular dystrophy, and sensory processing disorders are just a bit of the special needs which children can face. Despite the fact that parents of a special child love their little one as much as the parents of a neurotypical child but the struggles and challenges they face are thousand times more than the average parents.

Here is a look at a few struggles that the special needs parent undergo which are very much different than the struggles of neurotypical parents:

1. **Punishment or karma:** They could feel anger towards themselves or parents may grieve the loss of the 'perfect baby'. They could be filled with a sense of inadequacy because they feel ill-prepared to cope with both their 'loss' and the child's disability.

2. **Financial Instability:** The main challenges emanate from financial instability, although, parenting a normal child requires finances for their food, shelter, clothing, childcare, activities, and education, however, all these expenditures double in the upbringing of a special child. In addition to that, raising a special needs child demands money for medical care, special equipment, occupational therapy, physical therapy as well as the need to find a shadow teacher.

3. **Lack of awareness:** Some parents have a lack of knowledge regarding services and programmes for children with special needs. This lack of knowledge on the part of participants could affect the child's early detection and early intervention. It requires extra effort in time, awareness, and education. These considerations will be quite different from one child to the next because 'special needs' is used as an umbrella term to encompass anything from slight learning disabilities to more severe behavior issues. Proper diagnoses ensure parents will be focusing on the right methods and activities for their child.



4. **Challenges in school and society:** Every parent fears their child being unaccepted, cast out, or bullied. However, for the parents who are raising a special needs child, such qualms are even greater. Consequently, it is not uncommon for the special children to be picked on, mocked, teased, name-called, left out, and even bullied by the normal and intelligent children around. So, parenting a special needs child takes a toll on your mind when you see your child being unaccepted in this world of smart individuals.
5. **Feeling of being judged:** There are several other things among the struggles of being a special needs parent. You constantly feel being judged. You feel that your child, as well as your parenting, are being judged by others. Everyone who passes by you and your child will stare at both of you and you really cannot translate their gazes. The best you can do is get accustomed to all that stuff and let things be. However, such situations make you depressed and frustrated deep down.
6. **The Hospital becomes your second home:** Raising a special needs child requires regular check-ups in the medical center. This, not only, takes a toll on your money but your other responsibilities and duties may also suffer and if you have other normal children then they might get ignored in the process, therefore, they feel lack of parental love.
7. **Hard to see normal children growing up:** Parenting a child with special needs make it difficult to see other normal children achieving milestones. We are not saying, that you feel jealous of them. It is just that you become neurotic when you see average children easily doing their normal tasks such as walking, dressing, feeding, and talking which your special needs child cannot or will hardly accomplish. You really want to see your child as successful as the normal children.
8. **You feel purposefully ignored by others:** Being a child with special needs, you must relate to it. You feel that you are purposefully avoided by your friends or even by your family. People who were your closed ones might isolate you on account of having a special need child. They might not invite you to their parties and get-togethers owing to the fear that your special needs child may bring them embarrassment. They also fear that an 'episode' might occur which could make the situation difficult to handle for them.

A LOOK INSIDE

We feel joy and pride and thankfulness more often than we cry

For our kids, we are not just super moms, no, we do so much more

We are cheerleaders, nurses and therapists who don't walk out of the door

We handle rude remarks and unkind stares with dignity and grace

Even though the pain they bring cannot be erased

Therapies and treatment are a lot for us to digest

We don't know what the future holds but give our kids best

None of us can be replaced so we don't get many breaks

It wears us out, but to help our kids, we shall do whatever it takes

We are selfless, not by choice, you see our kids just have more needs

We are not out to change the world, but want to plant some seeds

We want our kids accepted, that really is our aim

When we look at them we just see kids, we hope you will do the same





Strategies to cope with these challenges:

- You are not alone, there may not be anyone else with the same constellation of symptoms as your child but there are people with similar challenges, find those people. You need to always remind yourself that "I'm not alone".
- Other than providing unconditional love, parents should learn to accept the child for who he/she is.
- Identify what the child has instead of what he/she lacks, as well as to acknowledge the child as an individual who may have different life goals.
- It is also important to focus on the present instead of the future, as the saying goes 'It is the journey that counts, not the destination'. Parents may need to gain an understanding that their life is about change and that they will be facing a range of different challenges related to their children.
- It is also important for parents to accept the need to take care of themselves
- You too deserve to care, for you know your children best. Doctors, teachers, therapists are all fantastic resources but if you don't feel like you're being heard, or your child's needs are being met, it's very reasonable to get a second opinion.
- Don't be afraid to fight for your child and their needs. While the professionals are experts in their areas, you are the expert on your child.
- However, people who truly and unconditionally love you will never judge you so, be surrounded by them.
- Parenting a child with special needs is one of the most daunting responsibilities god has ever assigned to anyone in the world. This is the full-time job which calls for a lot of patience, attention, affection, and care. But the fact is that the parents of a special needs child get selected among hundreds and thousands of people owing to their extraordinary capabilities and strengths. God knows, that only you are capable of nurturing His 'special gift' so He has blessed you with that. Never get worried and be a proud parent of your special needs child who really has made you special in the eyes of God. Nicely bring them up and get rewarded by God in this life and the life to come.

Conclusion

There is a need to put concerted efforts by people, society, parents, schools, governmental and Non-governmental organizations to understand the plight of parents and assist them in looking for a way forward for making good use of human assets through special education and rehabilitation. A small initiative and endevour by AFWWA in setting up of centres like Umeed for imparting vocational and life skills amongst special students is a small step towards empowering mankind and society.

"So next time you meet a parent raising a special child, salute them for the tremendous effort put in by them rather than showing sympathy or pity".

A child is like a butterfly, in the wind some can fly higher than others but each one flies the best it can. Why compare one against the others? Each one is different; Each one is special; Each one is beautiful.

AFWWA Declamation Contest 2018



President AFWWA with judges and contestants of Declamation Contest



President AFWWA with the winners of Declamation Contest 2018

Winners among contestants from Commands		Winners among contestants from Air Force Schools, Delhi Area	
English	**Position**	**English**	**Position**
Master Vibhu Prakash S/o JWO A Prakash, HQ MC IAF	1st	Master Yashvardhan Bajpai S/o Sgt RK Bajpai, AFBBS	1st
Master Munam Quadri S/o Wg Cdr QSS Imran Ullah, HQ SWAC	2nd	Miss Navya Baijal D/o Gp Capt S Baijal, AFGJI	2nd
Miss Akshata D/o Wg Cdr RS Sambyal, HQ TC IAF	3rd		
Hindi	**Position**	**Hindi**	**Position**
Master Shivam Kumar S/o JWO HK Singh, HQ TC IAF	1st	Miss Sparnita Raj D/o Ex-Sgt Rajesh Kumar, AFBBS	1st
Miss Shreya D/o Sgt SK Thakur, HQ CAC IAF	2nd	Miss Dhun Chaturvedi D/o Sgt SK Chaubey, TAFS	2nd
Miss Diksha D/o Sgt Rakesh Suhag, HQ MC IAF	3rd		



Chief of Air Staff interacting with contestants during high tea at Akash Mess



Chief of Air Staff and President AFWWA with contestants during high tea at Akash Mess

PMKVY Tezpur

Setting up of Skill Development Centre at AFWWA (L) Tezpur

Pradhan Mantri Kaushal Vikas Yojana is India's largest skill certification scheme which was initially approved by the Union Cabinet on 20 Mar 2015. This scheme was subsequently launched on 15 Jul 15. PMKVY is implemented by National Skills Development Corporation (NSDC) with a vision of "Skilled India on a large scale with professionalism and high standards.

Aligning itself to the national goal, AFWWA (R) EAC also aimed to make the Sanginis of the AoR self reliant and skilled thereby reaping maximum benefits of the Government scheme. Towards this, AFWWA (R) EAC has been able to establish a collaboration between the NSDC and the Air Force Wives Welfare Association for the benefit of Air Force personnel and their families through PMKVY (Defence) scheme. The scheme entails imparting skill development training for employability to people free of cost. The training is carried out by professionally trained faculty. On successful completion of the training, each trainee will be awarded a certificate which is recognised by the Govt of India and acts as a tool for getting employed apart from being skilled in a particular field.

To convert this thought process into action, spade work was carried out at AFWWA (R) EAC. Infrastructural requirements of the scheme were assessed and a study on identifying a suitable site was carried out. A thorough survey was carried out for availability of existing infrastructure in all units under EAC AoR and infrastructure at Tezpur was found appropriate. It emerged that Air Force Station Tezpur, being a premium fighter base of EAC with a strength of approximately 5000 people, including families of Air Warriors, NCs (E), DSCs and Civilians is most suitable. It also came to light that the available infrastructure at the said station could easily meet the stringent yardstick laid out by the government with limited support from the station. Thus AFWWA (L) Tezpur was identified as the pilot site for said project.





Subsequently, for effective implementation of the scheme in a time bound manner, AFWWA (R) EAC, HQ EAC Administration and AFWWA (L) Tezpur undertook a stepwise analysis of the following tasks:-

(a) Identifying courses beneficial to the target group

(b) Consolidating requirement for procurement of equipment required for courses

(c) Mobilising and assessing the number of interested candidates

(d) Negotiating the revenue sharing model between AFWWA (L) Tezpur and the Training Partner (IL&FS Skill)

(e) Assessing the financial viability of the venture

(f) Liaisoning with the Training Partner

A total of 60 trainees (30 for each course) were shortlisted after long screening and counselling session by the professionals from IL&FS for the first batch. Both the courses have been fully subscribed. The classes have started from 02 Jul 2018 for both courses.

Sector Skill Council	Job Role Name	No. of hours	Target Allocation
IT-ITES Sector Skill Council	Domestic Data Entry Operator	440	120
Beauty & Wellness Sector Skill Council	Assistant Beauty Therapist	290	120

After successful accomplishment of the above mentioned mile stones, a Memorandum of Understanding (MoU) to set up and run the Skill Development Centre at AF Station Tezpur was designed along with the Training Partner IL&FS. The same was signed between the two parties after due vetting by CJA at HQs EAC for legal aspects.

Two courses were identified for the optimum benefit of target group. Selection of the same was done considering the requirement of the Sanginis as well as the civilian counterparts so as to ensure sustainability of the venture in the long run and the contribution of the defence services towards the society along with its main role. The courses finalised are as follows:

(a) Domestic Data Entry Operator

(b) Assistant Beauty Therapist

After allocation of targets, screening of the candidates was done by the Training Partner (IL&FS) at AF Station Tezpur. Overwhelming response was received resulting in large number of Sanginis, their families and Civilians appearing for the screening.

The centre was established with a vision to provide a new skill landscape to our Sanginis and their families. To match steps with the fast changing world, it was envisaged that the program would equip our Sanginis with wings of financial independence and self reliance. With successive batches of the earmarked courses, the centre is also expected to earn profit for AFWWA after recovering the expenditure incurred on infrastructure in the first year itself. The set up of the first such centre under the aegis of AFWWA has led to a small step towards a bigger tomorrow. The project would not have taken shape without the support by AFWWA HQs who in spite of so many road blocks and hurdles have been a pillar of strength.

AFWWA (R) EAC on behalf of all Sanginis and their families from all stations of Eastern Air Command sincerely thank Mrs Kamalpreet Dhanoa, President AFWWA, Sqn Ldr Jagriti Mukherjee, Hony Jt Secy AFWWA and the entire team for having faith in us and augmenting the project in all possible ways. We hereby wish undeterred success to the program.

Happy Landings !

KERALA FLOOD RELIEF EFFORTS: AFWWA (R) SAC

"Extending one hand to help somebody has more value than joining two hands for prayer"

Due to unprecedented flood situation, state of Kerala faced colossal damage. A large number of people were displaced, evacuated and brought to relief camps. Over 5600 relief camps were set up across the state to accommodate the flood victims. Approximately 12 Lakhs people were sheltered in such camps.

To support the distressed women in the relief camps, special flood relief efforts were initiated by AFWWA(R) SAC wherein volunteer Sanginis across SAC came forward to make and distribute ready-to-use relief packets specifically aimed at the needs of women. Each relief packet comprised Women's clothing, sanitary napkins, bed sheet, toothbrush, toothpaste, candles, matchboxes, washing soap, bathing soap & ready to eat snacks. Grant of Rs 5 Lakh given by President AFWWA and contribution of Rs 4 Lakh by Sanginis in SAC AOR were utilised towards making 1800 relief packets. Mammoth task of procurement of items, preparation of packets and distribution in the relief camps was undertaken in a short period of two days. Volunteer sanginis worked relentlessly to make sure that the intended help reaches in time to those in need. Mrs Radha Suresh, President AFWWA(R) SAC visited the relief camp in Kolenzhary. She interacted with the women and children in relief camp and distributed the relief packets.

Apart from the efforts made by AFWWA(R), HQ SAC, Sanginis and Volunteers from other IAF Commands





also contributed immensely in the relief efforts. Consignments of 48 Ton, 5 Ton and 80 Kg were received from HQ WAC, MC & EAC respectively. Consolidated contribution of approx 80 Tons of relief material under the aegis of AFWWA were well acknowledged and appreciated by the State administration.

The relief efforts put together by AFWWA volunteers has not only helped bring smiles on the faces of distressed but can also be seen as a big step forward in the achievement of the aim & objective of AFWWA. Efforts towards the noble cause of AFWWA will continue to be undertaken in a similar manner by AFWWA.


LOCAL NEWS PAPER: KERALA KAUMUDI : 23 AUG 18

DISTRIBUTING OF RELIEF MATERIALS COLLECTED BY AIR FORCE WIVES AND FLAG OFF

THE HINDU: 23 AUG 18

AFWWA regional unit lends a helping hand

Santushti
The Concept Shop









A PREMIER SHOPPING DESTINATION IN DELHI WITH AN ARTISTICALLY CURATED RANGE OF PRODUCTS TO FIT EVERY BUDGET. EVERYONE IS INVITED TO EXPERIENCE THE BEAUTIFUL AMBIENCE AND RECENTLY RENOVATED SANTUSHTI CONCEPT SHOP.

(Shop No 4, Santushti Shopping Complex, Race Course, New Delhi)

And I Found Myself

We were living in Salaria Officers' Enclave, Delhi back then. It was one of the toughest phases in my life. My father had just been diagnosed with lung cancer. I was seeing him die every day. He was one of the most active persons I had known in my life. He was ill, very ill….. he lost his appetite, stopped talking, became as thin as a rake, then eventually got completely bedridden. I knew we were going to lose him soon.

Meanwhile my husband got posted to Jodhpur. However since my elder daughter was in 12th, I had to stay back in Delhi with both my daughters. Her board exams were just around the corner. She needed my support, so did my father… just like he had supported me all his life, it was my turn now to be there for him, to do all that I could….. I knew his end was nearing.

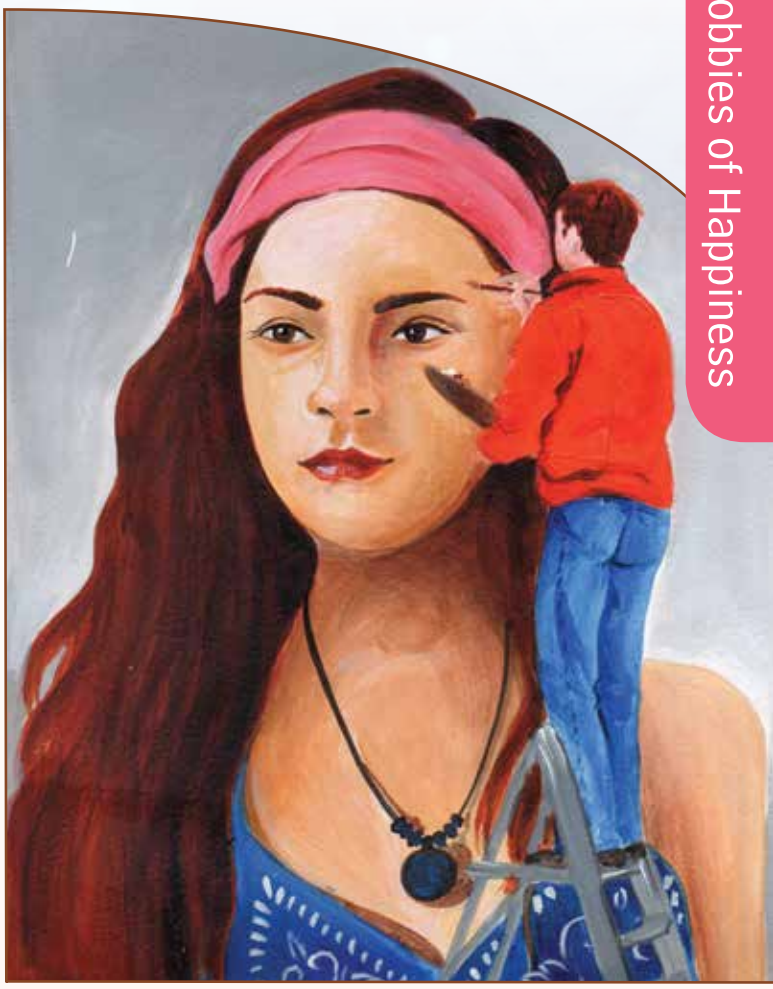
I was broken from inside. I needed an escape, a break… like a train that would take me to a peaceful life, devoid of worries.

Then, a friend told me about an Army Officer's wife who was going to start a painting class. I always had a thing for painting, however never got a chance to learn it. The creative side of me knew that this was possibly the best escape for me. And that's how my journey of painting began.

Since then, I have never looked back. Painting helped me find myself. It is like a huge release of tension for me, something that keeps me away from the doldrums.

It's what keeps me sane and fills me with jauntiness. Now it is not just my hobby and passion but also my profession.

In this hustle and bustle of city life, sometimes worry and tension completely overshadows happiness.



Artwork by the Author

Therefore it is absolutely important to have a hobby, not just to divert your mind but also to calm yourself. Painting is exactly that hobby for me.

Besides putting up my paintings in various exhibitions, another gladdening moment in my life was when my painting was selected for the back cover of Sangini Magazine.

Painting is like my sunshine when the skies are gray. It is the best way through which I can express myself. Therefore, I think we all must believe in our dreams and hobbies. They were given to us for a reason.

Mrs Manisha Shrivastava
W/o Gp Capt AK Shrivastava
AF Station Jalahalli





A Dream Come True

It all started one day almost twenty years ago, when I set my eyes on a beautiful Russian white porcelain jar, painted with blue roses, at a friend's house. I just fell in love with it and there started my journey of trying to collect porcelain or bone china pieces. At that time we were at Gorakhpur which is famous for terracotta stuff, so porcelain was a distant dream!

A few years later, when a friend who had just come back after spending some time in Russia gifted me a Russian blue pottery teapot, my happiness knew no bounds. Even after 15 years, that teapot still occupies a special place in my display cabinet.

As luck would have it, hubby dear got posted to the Indian Embassy in Paris and we spent more than three years there. While we were in France, I used to always search the market for good bargains and also the flea markets for beautiful porcelain pieces. So much so that, during all our trips to different countries in Europe apart from the tourist hot spots, museums, etc, I used to visit the flea markets because many a times it is possible to find unusual porcelain figures at throw away prices in these small local markets.

During our last year in Paris, I found a place where I could learn how to paint on porcelain. It was like a dream come true. I knew that I had a steady hand and could do a little bit of basic painting. I decided to take up the opportunity to create a few pieces on my own. And so every thursday afternoon found me taking a bus or a metro to attend the porcelain painting class. We were a bunch of around seven to eight ladies of different nationalities, but all having one thing in common - a love for porcelain!

On the first day we were given a list of things to purchase like a few basic colours, brushes, mediums, etc. And we had to bring any plain white piece of porcelain or bone china that we wanted to paint on; like a tray, bowl, plate, etc. During the second class, we were told to pick any design that we wanted to paint and trace the outline with porcelain paint. And now comes the interesting part!

Painting on canvas, paper, paper, cloth, etc are just left to dry, but for paintings on porcelain, the bone china item has to be cooked or baked in a special oven at a temperature over 800 degrees for a few hours for the colours to seep into the porcelain completely. So, after each layer, coat or shading we had to cook the piece in the oven. I learnt that it is a long drawn out process and one needs loads of patience to create something beautiful.

Over a period of 10 months I managed to paint around 10 items like plates, trays, a bowl, jewellery box, spoons and a vase. These are a few of my prized possessions! I also made good friends while mixing colours, tracing or painting during the two hours every thursday afternoon. We learnt about each other's countries, customs and food. Each of us would carry some eatables with us for the class to share with the others. Our Indian samosas, pakoras, kebabs and banana chips were a huge hit with the ladies.

It's now almost nine years since we returned back to India and I haven't painted on porcelain ever since. Mainly because it's not easy to find an oven where one can bake the bone china up to such high temperatures, but as they say, "Umeed par duniya kaayam hai". So, may be, one day.

Mrs Indu Ramakrishnan
W/o Air Cmde S Ramakrishnan VSM
AF Station Jalahalli



ENRICH Your MIND!

A hobby is a useful
Way to spend your time
Relaxes you thoroughly
And gives you peace of mind!

Take up something useful
Unique or simple as you see
Watch how it turns your life
In a happy way as can be!

Do whatever suits you
Aerobics, zumba or even blog
Bake, stitch, sing or even grow flowers
A hobby keeps you busy even when you talk!

Air Force gives us an opportunity
With friends we travel and explore
Make scrap books and travelogues
That last a life time for sure!

Work fills your pocket
But hobby fills your soul,
Each hour pursue your hobby
It's worth its weight in gold!!

Ms Swati Bhandari
D/o Gp Capt R Bhandari
31 MCU AF





HOBBIES

Hobbies can be one

Hobbies can be many

To each its own

It can be unique or uncanny

It keeps your mind balanced, happy and refreshed

Hobbies keep you preoccupied; it can be a key ingredient for success

Cooking, dancing, gardening, stitching and horse-riding there are options galore

You name your indulgence as per your personality, you can explore

Key to happiness is to be busy and creative

Hobbies can assist you to be constructive

Responsibilities and duties which make you who you are

But hobbies are the essence which moulds you to be a star



Ms Vidhatri Kolekar
D/o Wg Cdr AR Kolekar
HQ CAC IAF

संगिनी रुचि : बागवानी

रुचि, अभिरुचि विषय कुछ ऐसे हैं कि इनके विचार मात्र से ही एक सकारात्मक ऊर्जा उत्पन्न हो जाती है। अगर आप स्वयं अपने आप में खोजेगें तो पायेंगे कि आपकी कुछ आदतें ऐसी हैं जिन्हें करने में, निभाने में, उनकी पूर्ति होने से आपको पूर्ण आत्मसंतुष्टि मिलती है। बस, इसे ही आप रुचि या hobby का नाम दे सकते हैं। भिन्न–भिन्न व्यक्तियों की रुचियाँ मेल खा सकती हैं और अलग भी हो सकती हैं। नृत्य, संगीत, प्रेरक सद्भाषण, कढ़ाई, बुनाई, आदि सकारात्मक रुचियाँ हैं।

मुझे बागवानी पसंद है, जिसके माध्यम से न केवल घर सुन्दर लगता है बल्कि स्वस्थ वातावरण एवं मोहल्ले में प्रसन्नता का आगाज होता है। मेरे विचारों को सभी संगिनियों से साझा करने का उद्देश्य यह है कि किस तरह थोड़ी–सी मेहनत से हम अपनी जीवन शैली को उत्तम बना सकते हैं। किस तरह विभिन्न तरह के फूल पौधों को सुन्दरता के साथ, अपनी रोजमर्रा की ज़िन्दगी में उपयोग करके अपनी रुचि को सोने पे सुहागा सिद्ध कर सकती हैं।

मैंने अपने बगीचे को मौसम के हिसाब से बांट रखा है, जो जगह उपलब्ध है उसी के अनुसार।

हिमरक्षा वाटिका : सर्द ऋतु वाले गुलाब, पत्थर–चट्टा, तुलसी आदि पौधे अपनी छटा बिखेरने के अलावा यदि प्रयोग में लायें, तो सर्दी दूर होती है। पत्थर–चट्टा तो पथरी को भी काट देता है। **सावधानी–** रात में पानी न दें।

थार फुलवारी : जी हाँ, रेगिस्तान में होने वाले थोहर, ग्वारपाठा, नागफणि आदि एकदम तप्त गर्मी में भी मुस्कुराते नजर आते हैं एवं ग्वारपाठा तो कोलेस्ट्रॉल का दुश्मन है।

बसंत बहार : ये बेल, लताएँ, पौधे घर के सामने वाली जगह की खास शोभा बढ़ाते हैं। मधुमालती, मोगरा, रात की रानी, हरसिंगार आदि बसंत ऋतु में पूर्ण यौवन पर होते हैं। शाम ढलते ही इनके फूलों से प्रिय महक प्रारम्भ हो जाती हैं जो मस्तिष्क को पूर्ण तरोताजा करके तनाव रहित कर देती है। हरसिंगार के पत्तों का काढ़ा जोड़ों के दर्द की रामबाण दवा बताई जाती है।

जाहरो जमीन : ये पौधे घर की चार दीवारी पर बाड़ के रूप में लगे होते हैं। बरसात ऋतु में ये खूब फलते –फूलते हैं। गुड़हल (लाल, गुलाबी, सफेद), करी पत्ता, अनार, अमरूद, पपीता, शहतूत आदि ऐसे पौधे तथा पेड़ स्वरूप झाड़ियाँ हैं, जो जानवरों से उपवन को बचाने के साथ–साथ फल भी देती हैं। जगह भी ज्यादा नहीं लेते क्योंकि बाड़ तो वैसे भी करनी होती है। इस ऋतु में कोई भी जड़ या बीज जमीन में रोप दीजिए, उग आएगा। कुछ पौधों की टहनियाँ भी लग जाती हैं। ध्यान रहे कि टहनी Y आकृति की हो। नीचे चिकनी मिट्टी तथा गोबर का मिश्रण लगाएं। ऊपर ज्यादा लम्बी न रखें तथा वाष्पीकरण रोकने हेतु गोबर लगा कर पोलीथीन बाँध दें। जल्दी लगेगी। इस मौसम में साँप, बिच्छू, मच्छरों का प्रकोप ज्यादा होता है। घर में या उपवन में पानी का ठहराव ना होने दें। चारों तरफ जंगली तुलसी लगाएं। इसकी महक मात्र से साँप दूर भागते हैं। बिच्छू कांटी/बूंटी गमलों में बड़ी सुन्दर लगती है। इसका लेप बिच्छू दंश से तुरंत राहत दिलाता है।

सब्ज सहेली : ये स्थान संगिनियों के लिए खास मायना रखता है। ऋतुनुसार यहां सब्जियाँ लगाती हूँ, जो न केवल आत्मसंतुष्टि देती हैं बल्कि स्वास्थ्यवर्धक भी होती हैं और बचत का साधन भी बनती हैं। तोरई, घीया, बैंगन, पालक, भिंडी, आलू, मूली आदि न केवल मेरा बाजार का चक्कर कम करती हैं बल्कि अड़ोस पड़ोस की संगिनियों



का भी काम चला देती हैं। भाईचारा तो बढ़ता ही है। आम के आम, गुठली के दाम। करी पत्ता न केवल सांभर में काम आता है बल्कि इसके पत्ते तथा गुड़हल के फूल का लेप बाल काले करने की अचूक औषधि है।

प्रतिभा पीपल पंडाल : "अपने घर को तो सभी स्वच्छ रखते हैं मगर आगे बढ़ती सड़क के उस पार अगर स्वच्छता रखी जाए तो उस गृहस्थ का जीवन सफल माना जाता है।" ये वचन हैं मेरे पूजनीय ससुर जी के। उन्होंने और बच्चों ने मिलकर वहाँ उगे पीपल की मेड़ बनाई, पानी देने लगे। कीकर तथा बेरी के पास गिलोय की बेल लगा दी जो कि चंद दिनों में बढ़ कर पेड़ों पर छा गई। डेंगू का पुख्ता इलाज है गिलोय एवं पपीते के पत्तों का रस। उस स्थान पर कुछ पुष्प भी लगा दिये। अरे वाह! सभी पड़ोसियों ने साथ दिया और हमारी पूरी सड़क के उस पार 25 घरों के सामने लम्बी क्यारी बन गई। अगर आप उस गली में आएं तो कश्मीर के दर्शन महसूस करेंगे। सभी बच्चे इसे तिरंगा मार्ग कहते हैं, शाम को सब मिलजुल कर खेलते हैं। भाईसाहब गण एवं मेरे पतिदेव का भी यह एकजुट होकर कर्मस्थल सा बन गया है।

चौधरी चौपाल एवं सुकुन चोखी ढाणी : उपवन में अगर बैठकर सुस्ताने की जगह मिल जाए तो वाह! सुकून मिलता है। प्यारे–प्यारे फूल, पानी और मिट्टी की सोहनी सुगंध तथा उनकी विशेष महक ना केवल मन को तृप्त कर देती है, नीम के नीचे बैठक, झोंपड़ी, सीमेंट का चूल्हा, पानी का छोटा कुआं, मटकी, पनिहारिन, राधाकृष्ण झूला भी समां बांध देते हैं। हमारी सहेलियों की किटी पार्टी ही नहीं बल्कि बच्चे भी पिकनिक मनाते हैं। बुजुर्ग गण तो यहाँ बैठकर ठेठ गाँव महसूस करते हैं। वायुयोद्धा भी सुस्ता लेते हैं, सुखदुख बाँट लेते हैं।

देखने सुनने में ऐसे लगता है कि बहुत बड़ा काम है, बहुत मेहनत होगी, समय बहुत लगता होगा मगर सच मानिये प्रतिदिन 45 मिनट का काम है। ये 45 मिनट इतनी खुशी देते हैं कि भागदौड़ की जिन्दगी की थकान पल में गायब हो जाती है। मेरे पति उड़ान कर्त्तव्य पर रहते हैं और जब उपवन में आकर हाथ बँटाते हैं तो कहते हैं कि "You are contributing to Flight Safety too" और बहुत राहत महसूस करते हैं। आपसे भी निवेदन करूंगी कि अपने घर एवं आसपास ऐसी फुलवारी तैयार करें। अपना जीवन खुशी से जिएं, स्वच्छ भारत, सुंदर भारत बनाएं।

जय हिन्द!

श्रीमती कला देवी
पत्नी वारंट अफसर एन राम
81 स्क्वाड्रन वा से



MIDAS TOUCH HOBBIES

Leisure activities play an important role in human lives because they provide relaxation and fresh energy after many hard working hours. There are a variety of hobbies for people to take up according to their tastes and preferences. Some of the hobbies are also good ways for people/ladies to earn profits, such as playing online games, sports and blog writing.

People can earn a great amount of money from the hobby of playing online games. Some people may make money by selling stuff such as gold, live scores, accounts etc. in a particular game and playing to enhance levels for others to earn real money. Moreover, if you are really keen on playing games, you can be a game tester for a game production company. Not only can it satisfy your passion for games, but it also gives you some money as a part-time job. In addition, some professional players can also take part in many eSport game competitions to hunt big prize, which sometimes can be up to several thousand of dollars.

Leisure activity like playing sports is also profitable if people take it seriously. At first, people may only take up sports as a hobby to improve their health and relax after work. However, when they reach professional level, they can join different sports competitions to earn the prize and get money. Moreover, they can also make money by giving private sports lesson to anybody in need. For example, if you know how to play tennis, you can teach kids or other learners how to play on Saturday or Sunday. Just a few hours on weekends may earn you a great deal of money for sure.

Another hobby that may give you profit is writing a blog about what you like. This may sound unfamiliar, but it is a new trend of earning money in today's world. Many people like to write blogs about what they are interested in most, in their free time to share with others. The themes of those blogs can be fashion, makeup tips, skin care, food, travelling, technology, etc. Although the purpose is to blog for their blogger's own leisure, the blogs can attract a lot of readers and become trustworthy channels for various people to turn to for helpful advices and information. This is the point that helps earn money for the blog's owners because if their blogs receive attention, they can do business from them by advertising contracts. Several companies will pay them a lot of money to be able to advertise on their blogs. Furthermore, this also allows them to operate business on their own sites and make more money thanks to the reputation of their blogs.

In brief, hobbies are definitely beneficial for human life because they can bring us different advantages to upgrade our living standard.

Mrs Bibha Thakhur
W/o Sgt SK Thakur
Air HQ (VB)



Reading As Pastime Not Kidding Any More!



I love to lose myself in other men's minds.
When I am not walking, I am reading;
I can't sit and think. Books think for me.

-Charles Lamb

If you ask me what my hobby is and if I answer it's reading, I doubt you may consider it a big lie. I know you can enumerate umpteen reasons to negate my assertion. And to defend myself, I would bemusedly have to explain why my hobby is still reading. If the question was about the pastime I enjoyed in my early years, I would dare use 'reading' with 'it used to be' phrase. But now the scenario has inordinately changed. Hardly can you find a person to affirm that his hobby is reading in the present age of electronic gizmos which have been significantly transforming your life style as never before, where your habit of reading almost got drowned in the influx of gadgets and their related social media bewitching.

Born and brought up in a middle-class family in Kerala where some rare and old books are kept out of children's reach in a wooden rack fitted on a wall, my brother and I knew the names and authors of the works from the ink-written rib line of the books which were wrapped neatly with white paper. There were works of Shakespeare, Dostoyevsky, Leo Tolstoy, Maxim Gorkhy, Charles Dickens, Pearl S Buck, Bhibuthi Bhushan Bandhopadhyaya, VS Khandekar, Thakazhi S Pillai, MT Vasudevan Nair, Vaikkam Muhammed Bhasheer, Akilan etc. beautifully aligned on the neatly-varnished teakwood racks. But for us, my father had specially subscribed to Chandamama, Poompaatta, Balarama and other children's magazines and literature which we voraciously read in minutes as soon as we grabbed them.

As we were admitted to provincial schools because very limited English medium schools were around, Enid Blyton, Mills and Boons, Hardy Boys were our staple. The availability of Panchayat Libraries was really a boon for us and as a seventh class student, I could go and borrow books myself from this local government-aided library where a good stock of translated books of Russian, Bengali, Marathi, Kannada and Tamil classics were available. When I reached 10th standard, my list of read books became a little longer.

Unlike today's Plus Two system in which you have to be a school student upto XII, we were free to go to the well-known colleges in the town after 10th class for our Pre-Degree course. These colleges had a good repertoire of books in their libraries. By seeing the college library for the first time, I asked myself whether one could read all those books in one's life time. In that age, when instructional medium got changed to English, the taste and selection of books also got changed. I still remember Henry Charrier's 'Papillon' as the first English book that I read. When finished reading, I was overjoyed not only for having read a wonderful book but also for having completed the reading of my first English novel! Slowly, I laid my hands on Steinbeck, Pearl S Buck, Guy de Maupassant and others of the ilk for stark reality classics and Jack

Higgins, Irving Wallace, Robert Ludlum and Arthur Conan Doyle for suspense and adventure. But the pressure of my academic stream of science subjects and mathematics was too strong and I found it very difficult to devote time to read books. For Degree and PG courses also, as mathematics was the selective subject with many abstruse equations and analysis, I could not manage to read many books as I had earlier thought I would.

The post-married life still changed the setting. My husband's family members wer avid readers and we had a collection of around 500 books at home, most of them were old stocks with silver moths scampering through their ribs and pages when touched. My better half had not allowed anyone to dispose of the old books which he had managed from his friends and from the old book shops in Delhi, Chennai and Bengaluru. There I could find many English classics along with some famous literary magazines of Malayalam- Mathrubhumi weekly, Kalakaumudi, Bhashaposhini etc. which serially published translated works and critical analysis of famous books. But the household chores, job of a teacher and later accompanying my husband to various places on posting … all took away the time of serious reading from me. Now being in Delhi and engaged in the hectic profession of a school teacher with lots of carry home extra work apart from looking after the school going children and everyday household chores, 24 hours is too short a time for me now. Here, all the school jobs are received online which necessitates you to have a Smartphone with a good network.

Even though my reading habit is on a course of recession, whenever we go to our home town, we make it a point to buy some books and bring them with us on the return journey so that whenever we get a little free time we can benefit from the pleasure of reading. I still do it, but now it takes days for me to complete a book. The reading mindset also has changed a little bit. But I have vowed not to dispense with this habit from my life whatever influence the electronic gadget would exert on me. The pleasure I get from reading a book is inexplicable. You are transported into another world and forget your own stressful life for quite some time. So, friends, I don't have a pastime now to boast of. If I am asked to tell one, I would dare say it is reading. I cannot part with this habit. Still feel that I'm kidding? I am sorry; my convincing power has got a limit!

Mrs Sreeja Menon
W/o MWO M Nair
Air HQ (VB)





Positively Present !!!

Mrs Rosy Shah
W/o Gp Capt PA Shah
Air HQ (VB)



"Happy is the man who can make his living by his hobby!!!"

- George Bernard Shaw

A hobby is an activity or interest pursued for pleasure or relaxation and not as an occupation; hobbies include, but are not limited to, gardening, baking, mountaineering, biking, photography, travelling, cooking gourmet meals to name a few. Hobbies are a great way to take a break from a busy life while still having a sense of purpose.

Some consider 'hobbies' to be a waste of time...but are they? Some feel that hobbies are just something to fritter away time and have no real purpose in life. I, however, think that hobbies are an efficient and effective means to take a break from the mundane, boring and at times exhausting (physically or mentally or both) routine. They can potentially give one a sense of purpose and feel productive. Research shows that spending time doing something you enjoy – pursuing a hobby – is a vital cog in the wellness regime and here's why!

Hobbies Promote Eustress. Eustress is a kind of positive of stress – an 'anti – stress' is you; the kind that makes you feel excited about what you are doing and about life in general. When our minds are fully engaged in an activity we enjoy, life's worries and stresses disappear for a while, the problems we face seem more manageable and less overwhelming. Some people report that solutions to dilemmas rise to the surface when occupied in a favourite past time.

Meditation. Many people report Zen like feeling when absorbed in their favourite past time. While deeply absorbed in our chosen hobby, one can alter one's mental state just like in meditation, to that extent, hobbies can be therapeutic. The result can be restoration of balance and harmony with one's self. Instead of worrying about the future or dwelling in the past it provides a window to stay in present.

Social Connection. Sharing a common hobby with others results in new acquaintances, lifelong friendships, a relationship that both enjoy, without any selfish expectations or binding. We as humans have a need to interact with others and feel connected. Clubs and networks provide an opportunity to make new friends, offer and receive support and feel included.

Physical and Mental Health. Hobbies are also good for both mind and body. Engaging in enjoyable activities is directly related to higher level of psycho-socio status and lower levels of depression and negativity. It prevents age related memory loss and improves problem solving abilities. The positive benefits of physical leisure activities are well known and offer solace.

Sense of Accomplishment. Hobbies provide an outlet for our need to create. They can uncover hidden talents and develop skills, we may not know we possessed. A hobby may give one a sense of accomplishment and pride in achievement.

New Challenge. Hobbies break-up the mundane routine and pose new challenges. The great thing about picking up a new hobby is that it is stimulating and exhilarating and makes one feel good about one's self without negative stress - like work related stress. It opens the mind to new ways of seeing the world.

No Hobby? Beware! As the saying goes, 'a hobby a day keeps the doldrums away'. Finding a new hobby isn't always easy. It has to come naturally. The key to finding a new hobby and falling in love with it is keeping an open mind and the willingness to give new things a try. You never know what might become your next favourite hobby.

In my years in the IAF, I have met and interacted with scores of ladies. There are many who not only have picked up a new hobby but got so proficient at it that the hobbies have become professions. There are bakers, painters, event managers, fitness gurus, etc.

There's no denying - hobbies are good for you, it is never too late to get one, so go on - get yourself one!!!!

"Creativity is not an activity, but a way of life!!!"

स्वास्थ्य स्वादिष्ट

शायद आप लोगों को हँसी आयेगी व अजीब लगेगा ऐसी भी हॅाबी हो सकती है। कुकिंग मेरी हॅाबी है, कुक करके डिस को सजाना मेरा जुनून है। रोज कुछ न कुछ अलग–अलग तरीके से पकाना व खाली समय में पकवान को सजाना मेरी लाइफ का अटूट हिस्सा है।

आजकल इंटरनेट का जमाना है, सब कुछ आसानी से मिल जाता है पर... मैं शादी के बाद पहली बार 1994 में वायु सेना स्टेशन में आयी उस समय इंटरनेट तो दूर की बात है माइक्रोवेव, फ्रिज भी बहुत कम देखने को मिलता था, अधिकतर लोग खाना स्टोव पर ही बनाते थे।

जब मैंने पहली बार खाना बनाया तो मैं खुद भी उसे खा नहीं पा रही थी, पर मेरे पति ने उसी खाने को खाया। फिर बाद में "कैसा बना है" ? ऐसा पूछना चाहती थी पर संकोच हो रहा था, मैं जब शाम को खाना बना रही थी तब मेरे पति ने कहा "देखो दुनिया में हज़ार प्रकार के खाने हैं। सबका बनाने का तरीका अलग–अलग है, हर कोई पहली बार खाना बनाता है। तुम भी यह सोचकर खाना बनाना।"

आज तक उनकी कही हुई बात दिल में याद है। उस दिन से कुकिंग मेरी हॅाबी बन गई।

बाद में मैंने अफवा के माध्यम से कई प्रतियोगिताओं में भाग लिया और पुरस्कार भी जीता।

एक वाकया याद है मेरी रस–मलाई को जब पुरस्कार मिला तो किसी ने कहा यह रस–मलाई बाज़ार से लायी गयी लगती है। बाद में सबने बताया कि इतना स्वादिष्ट होने के कारण ऐसा लगा कि यह बाज़ार से लायी गयी है, मेरे लिए यह सबसे बड़ा पुरस्कार था। इस किस्से के बाद मुझे मेरे पति से और भी ज्यादा लगाव हो गया।

सच बताऊँ तो मैंने अपने अनुभव से देखा है कि नया–नया स्वादिष्ट भोजन बनाने से घर में सब लोग बहुत खुश होते हैं। सामान्य खाने को सजा के पेश करने पर उसका स्वाद बढ़ जाता है, परिवार की खुशी और उनसे मिली खाने की तारीफ सुन कर मन खुशी से गद्–गद् हो जाता है।

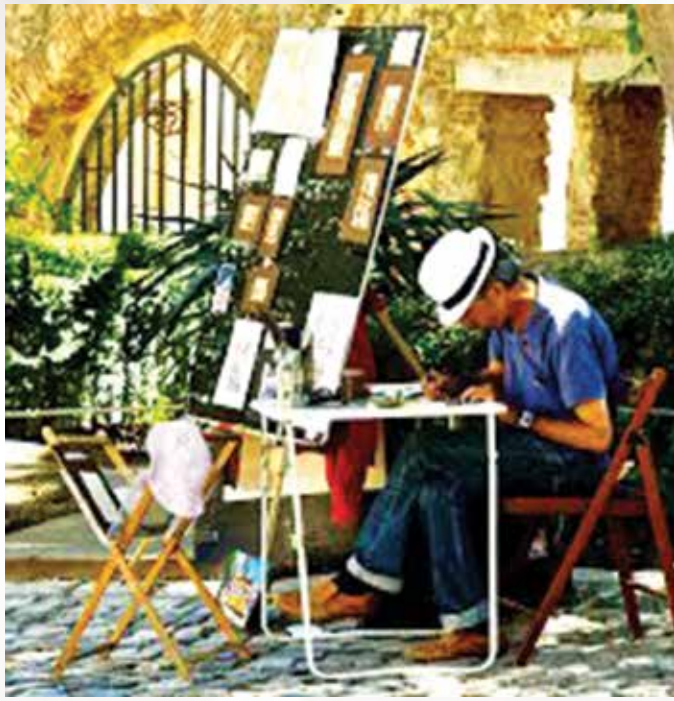
एक और बात कहना चाहूँगी, जहाँ हर जगह मिलावट और महँगाई है वहाँ घर बनाये साफ और स्वादिष्ट पकवान की कोई तुलना नहीं है।



श्रीमती जयन्ती कोनेर
पत्नी जू वा अ एम कोनेर
वायु सेना स्टेशन हिन्डन

आप और आपकी रूचि

हॉबी का अर्थ है रूचि! आपकी किस चीज में रूचि होती है, यह आपको उस कार्य को करने से ही पता चलता है परन्तु यहाँ पर आपके ऊपर कोई दबाव नहीं होता है, इसे आप अपनी व्यस्त दिनचर्या के बाद मन को शान्त व तरोताजा करने के लिये कर सकते हैं। ये काम कुछ भी हो सकता है जैसे खाना बनाना, गाना सुनना, लिखना, पढ़ना, सिलाई करना, घूमना आदि। ज़िंदगी में किसी काम में रूचि होना हमारी आदतों, व्यवहार व सोच पर निर्भर करता है, रूचि वह होती है जिसे करने से हमारा उत्साह, मनोबल बढ़ता है, जो हमें सकारात्मक बनाता है। रूचि होने के कारण कई बार हम ज़िंदगी में बहुत कुछ हासिल कर जाते हैं, अपनी रूचि को छोटा या बड़ा नहीं समझना चाहिये, अक्सर महिलायें खाना बनाने को दैनिक जीवन का काम समझ कर करती हैं। परन्तु उन्हें नहीं पता होता है कि उनके अन्दर एक कला है। कुछ महिलायें रोज़ कुछ नया बनाती हैं यही उनकी रूचि है, क्योंकि वे अपने मन से, इच्छा से नई–नई चीज़े बना रही हैं। ऐसी ही एक महिला है मास्टर शेफ पंकज भदौरिया। वो भी अपनी रसोई में रोज कुछ नया बनाती थीं, धीरे–धीरे उन्हें पता चला यही उनकी रूचि है। आज उन्हें पूरी दुनिया जानती है। एक और उदाहरण आपको देना चाहूँगी स्वामी विवेकानंद जी का, वो तो अपनी इच्छा अपनी खुशी के लिये किताबें, सुविचार लिखा करते थे जिससे उन्हें शान्ति मिलती थी, लेकिन उनके दौर में भी लोग उनकी किताबे पढ़ा करते थे, आज के वर्तमान युग इंटरनेट के समय में भी लोग उनकी किताबें व सकारात्मक विचार पढ़कर अपने जीवन में पालन करते हैं।



अंत में यही कहना चाहूँगी कि लक्ष्य निर्धारित करना उसे हासिल करना बहुत अच्छी बात है लेकिन अपनी रूचि को इस भागदौड़ भरी जिंदगी में मत दबायें, जब भी मौका मिले उसे समय दीजिये। ज़िंदगी मुस्कुरा उठेगी।

धन्यवाद।

श्रीमती कंचन नगरकोटी
पत्नी कार्पोरल एस एस नगरकोटी
वायु सेना स्टेशन तंजौर



जीवन में हॉबीज का महत्व

संयुक्त परिवार के दौर में एक दूसरे का ख्याल रखते हुए और आपस में हँसते बोलते हुए समय यूँ ही गुजर जाता था। अकेलेपन का एहसास छू भी नहीं पाता था। आज के पारिवारिक वातावरण यानि बी. एच. के. कल्चर, में 'हॉबीज' विलासिता नहीं, बल्कि जीवन की ज़रूरत बन गयी हैं। गाँव से होने के बावजूद ऐसा नहीं कि 'हॉबीज' के बारे में जानती नहीं थी या इसका महत्व नहीं मालूम था। परन्तु, स्वयं के जीवन में इसकी आवश्यकता का एहसास अब हुआ। बच्चे जब छोटे थे तो उनकी देखभाल में समय का पता ही नहीं चलता था। अब जैसे जैसे बड़े हो रहे हैं खाली समय अधिक मिलने लगा है, जिसे व्यर्थ व्यतीत करना प्रतिदिन कठिन होता जा रहा है और इसका प्रतिकूल प्रभाव स्वास्थ्य के ऊपर भी होना शुरू हो गया है। कभी–कभी यह चिन्ता भी सताती है कि जब बच्चे अपने जीवन में सेटल हो जायेंगे तो आम दिनचर्या के साथ, जीवन व्यतीत करने के साथ–साथ स्वयं को स्वस्थ रखना लगभग नामुमकिन हो जाएगा।

इसी उधेड़बुन में रहा करती थी कि एक दिन एक महिला से मुलाकात हुई जिनकी उम्र करीब 65 के आस पास थी। उम्र के हिसाब से वह काफी स्वस्थ और चुस्त दिखीं। दो चार मुलाकातों के पश्चात मैंने उनकी चुस्ती फुर्ती का राज़ जानने की कोशिश की। उन्होंने अपनी दिनचर्या बयान की। उन्होंने कहा "बच्चों के सेटल हो जाने के बाद अपने स्वास्थ्य पर ध्यान देने के उद्देश्य से मैने, पास के योग क्लब में जाना शुरू कर दिया। वहीं किसी से टेरेस पर किचन गार्डेन तथा हॉस्टल में रह कर पढ़ने तथा काम करने वाले बच्चों के टिफिन सिस्टम के बारे में सुना।" उन्होंने बताया कि इसकी मांग इतनी है कि हम पूरा नहीं कर पाते। यह मुझे बेहद पसन्द आया क्योंकि मैं यह कर सकती थी। बस फिर क्या था, बगैर किसी बिलम्ब के मैंने इन्हें अपनी दिनचर्या का हिस्सा बना लिया। क्योंकि बात पैसे से अधिक, जीवन और स्वास्थ्य से जुड़ी थी। और सच मानो सारा दिन व्यस्त रहने से रात को नींद अच्छी आती है और हम पति पत्नी स्वस्थ और खुशहाल जीवन जी रहे हैं।

मैने अपने भविष्य की 'हॉबीज' की तैयारी शुरू कर दी है और सुबह योग क्लास जाना शुरू कर दिया है। कुछ ही दिनों में मैं अपने अन्दर अद्भुत परिवर्तन महसूस कर रही हूँ।

कुल मिलाकर निष्कर्ष रूप से मैं कह सकती हूँ कि 'हॉबीज' ना सिर्फ स्वयं के अस्तित्व में बने रहने के लिए जरूरी हैं, बल्कि ये विशेषकर आज की जीवन प्रणाली में इतनी महत्वपूर्ण है कि किसी दिशाहीन जीवन का कायाकल्प कर दें।

जय हिन्द!

श्रीमती राजकुमारी सिंह
पत्नी मा. वा. अ. बी बी सिंह
मुख्यालय मध्य वायु कमान भा वा से



Pay your bills

"To be really happy and really safe, one ought to have at least two or three hobbies, and they must all be real."- Winston Churchill

A hobby, to me, is something that makes you happy when you pursue it. It could be anything that works as a mood uplifter, helps you break away from the monotony of the mundane, routine life. While hobbies are not considered something you do for monetary gains, wouldn't it be incredible if doing what you love fetches you some dough?

We are lucky to be living in times of immense technology potential. It is upto us how much we can harness it. From your own website to a social media page to a YouTube Channel, you have a plethora of platforms to showcase your products, services or even ideas – whatever you come up with, in the process of pursuing your hobbies. Technology helps you beat location constraints – makes the world your oyster!



To add to the benefits of technology, there is an ever growing population, which means that there is a market for everything. While the ill-effects of population can be debated on a separate forum, there is no denying that it creates an opportunity for those who want to put out the fruits of their hobbies for external consumption.

While one can argue that our hobbies are for self and by using them to earn money turn them into a profession, I would argue that it's just the best of both the worlds scenario. Fetching money through what you do as a hobby gives the much needed impetus to better your craft. It also gives you a sense of reaching out and touching various lives. Most importantly, it attaches concrete value to your hobbies, although do not forget, if they make you happy, they are priceless!

So, whether your hobby is gardening or writing or cooking or just about anything else, go out there and share it with the world. If you are not able to build a business empire out of it, you will definitely be able to pay your monthly bills by just doing what makes you happy.



Mrs Prachi Priyam
W/o Sqn Ldr Rahul Chauhan
24 Sqn AF



MOMPRENEUR

"My mother said to me, 'If you are a soldier, you will become a general. If you are a monk, you will become the Pope.' Instead, I was a painter, and became Picasso." - Pablo Picasso

Mompreneur is the fine blend of two words, mom and entrepreneur. A successful mompreneur is always on the move, learning and a full-time dedicated mother as well as a wife. She isn't just a mom, wife, employee or friend but a Wonder Woman of today and an inspiration for others. This kind of job requires the right mindset, skill, pro-active approach and a perfect balanced personality.

Every individual is unique and has a distinctive hobby. Hobby is an activity that you do for pleasure in your leisure time. It is your stress buster and you feel happy and relaxed doing it. You may or may not have mastery in your hobby. You feel happier if you earn money from the things you enjoy.

Staying in government quarters doesn't allow home makers to run a business from home. In today's world, money plays an important role in leading a peaceful life. This article is purely dedicated to the ladies who want to generate some revenue out of their hobbies. So Moms, it's time to turn your passions into profits. Almost any hobby can be profitable for you.

There are many inspiring stories of how mompreneurs started small businesses in their own houses, making simple things but doing it amazingly well until they mastered their crafts. Initially, it can be started as a side job and gradually transformed into a full-time earning device. Firstly, find out your hobbies, skills and interests? What are you zealous about? Do you like to dance, teach or cook? Do you like making art and craft items? Are you good at technology? Can you pen down your ideas? Do you have an idea that can help others?

Start assessing as to how you can transform your passion/ hobby into a business and make a plan to execute to make your dreams come true. Don't get surprised if you come up with something quirky like creating beautiful works of art from metal garbage.

If you enjoy art and crafts, you could sell the materials, instructions and the finished crafts, or even create and sell an eBook on how to master the DIY craft.









If you love sewing and have an eye for detail and love to convert a beautiful dress out of a piece of fabric, then this one's for you definitely. It's a cost effective hobby. You only need a sewing machine, some lovely fabrics, threads, and a good design on paper. Sew a jhabla, pillow covers, evening gown, kurti- kurtas, blouse to name a few. You can create handmade woolen scarves, hats and sweaters too. You can even start stitching and knitting classes to train other ladies and young children.

You can be a jewellery designer. Buy some beads (wooden or plastic), hooks and locks, pendants, stretchable strings, and crystal strings. Research on internet for new ideas and design beautiful key chains, jewellery sets, earring sets, anklet, toe rings etc.

If your hobby is painting, designing or typography and you have an eye for color combinations, you can truly go into a successful card making or paper bag making business. Get some colorful quality papers or handmade papers and make cards for all purpose, important holidays, sentimental occasions, funny messages cards etc. and attractive shopping bags.

If you are good in writing, start a simple blog about your thoughts and run ads on it using Google AdSense. That way, if any visitor on your blog clicks on an ad, you get paid for it. You can become a freelance writer and write articles for newspapers, magazines and online. This field requires some research, originality and your work should suit the style of the publication. Most businesses contract freelance writers to create advertising copy, press releases, reports, and other special projects for them. Resume Designers are also in much demand with college students these days. They help job seekers by designing professional resumes and cover letters.

If you truly believe in something, really strong, it absolutely comes true. Believe in the power of thought as it will take you to fulfilling your dreams. Believe in yourself and mould your life the way you want it to be.

Take care of your family, children and yourself. Don't forget your husband, his support is important. Now and then give him surprise treat- just the two of you, no business, no children, just romance.

Therefore, now onwards start thinking seriously about making money from your own hobbies. AFWWA Sangini corner is a great platform to begin with. Start small, start from home, get appreciated, get motivated and then the sky is the limit.

So ladies, what are you waiting for--- SPREAD YOUR WINGS AND FLY HIGH!

Mrs Alka Verma
W/o Air Cmde SK Verma
10 Wing AF



A Hobby That Takes Me Places...

Mrs Ritu Verma
W/o Wg Cdr Saket Verma
AF Station Hasimara



'The World is a book and those who do not travel read only one page' is one of my favourite quotes. My favourite hobby is to travel, try different local cuisines, know local cultures and capture beautiful memories. I just love to travel ...it brings out the best in me.It feels so wonderful to know how little we require to live our life blissfully. When we are travelling, every day is a new day, a day full of surprises.



My sons, presently seven and ten yrs old are travelling since they were in the womb. They are true wanderers and have adapted to travelling beautifully. We have decided to create lots of beautiful memories with them and gift them lots of experiences instead of things.

We have travelled around most of Sikkim from Nathula to Gurudongmar, Hasimara to Myanmar border, Bhutan (yes they have trekked to Taktsang monastery), Kaziranga wild life sanctuary, Pench, Tadoba, Manas, many places of US: SanFrancsio, Grand Canyon, Las Vegas, Yosemite national park, Route 66, Disneyland, Arizona the list of our travels is endless. In India whenever we travel, we prefer to drive around and in US also we hired a vehicle and drove almost 5000 miles.

My husband is a travel enthusiast and an avid reader; being an aviator, we just do not get lost on our journeys. Every time we travel we keep our options open, if the kids are uncomfortable or we are not enjoying our travel we terminate our journey, for the day at least. We follow the golden rule that there's no rule for a journey. We never scold our kids while traveling (it's not that difficult). We make lots of stories, play lots of games, listen to Chota Bheem title song while travelling, it's so much fun.

I am very fond of bikes, too. I always take my kids on short bike rides which they absolutely love. Biking is my favourite hobby. Last year my younger son wished to go on a bike near snow covered mountains and the idea just clicked to all of us as well.

Dream destination of adventurers, biker's paradise Leh came to our mind and Leh was long due on our bucket list. We went to Leh by flight. We kept two days for acclimatization, developed few symptoms of mountain sickness, were fine in a day with the help of the army doctor. We hired Royal Enfield 350cc for a day. The kids were super excited and completely at ease, this lifted our spirits as well.

This travel made us realise how strong and tough we are! We were lucky to experience snowfall at Khardungla, strong winds while going to Lamayuru, sandstorms near Diskit, landslide on the way to Khardungla showing how powerful mountains are and how man is constantly



trying to conquer them.The journey was an experience of a lifetime.

We drove some 700 kms with our kids in 11 days in a completely relaxed manner. Our kids were well fed, hydrated, wellslept, happy and relaxed all the time, enjoying the ride.

We experienced biker-brotherhood, everyone was boosting our morale and few biker groups wanted us to join them in the journey but being at a slower pace and to give children appropriate rest and breaks we thanked them and declined their well-meaning offers.

Every place my kids went to, they saluted the Indian Army and they also got saluted for their courage. They were wearing camo overalls. We were part of Dalai Lama's birthday celebration at Diskit monastery, Hemis festival, Ladakh polo fest, we saw the moon land at Lamayuru. The last and the most beautiful town of Turtuk on the India Pakistan border. They follow traditions and culture of Baltistan, it has got natural freezers.

We loved the traditions and culture and we realised how simple and kind-hearted mountain people are and what hardships they go through.



The most important thing I learnt while driving in the hills is to take small steps, to live in the present moment, to take it one day at a time and most importantly to be grateful for what one has!!!



A Peculiar Interest



Once on a crisp winter morning, yours truly was asked to introduce herself to the station ladies who also wanted to know my hobby. No sooner did I announce the hobby part, than the room filled up with peals of laughter! Little did this naive me know that my answer would evoke such emotion! Washing clothes! Yes you read me right! That too under running tap water outside in the courtyard, sitting on a plastic stool, humming to myself, scrubbing and twisting the clothes till my hands and the clothes begged for mercy!! I enjoyed this activity so much that I could go on for hours together. People are called bathroom singers but for me I could easily be the best tap singer in town. Otherwise musically challenged, I would sing happily in the company of my tone deaf pile of clothes. Maybe I picturised myself as the svelte Rupa (Zeenat Aman in Satyam Shivam Sundaram) going to the river bank with that 'to die for' figure or teeny weenie dress, or better still Mandakini in that famous scene under the waterfall ! Whatever it was, the whole process gave me immense pleasure. I am never bothered about my hands going rough or my achy breaky back. As luck would have it, my in laws home in Kerala offered me similar facilities. Gurgling water from the tap, cemented platform to beat the clothes on and open spaces all around. I chose everybody's siesta time to operate as I didn't want to talk to anyone then, other than the soapy water and the clothes. My mother-in-law was equally happy that her Bengali bahu does not sleep in the afternoons. But the famous Kerala monsoon played spoilsport often! I would have still continued had I not heard my neighbours jokingly telling my mom-in-law that I must have been Lakshmikutty (the village washer woman) in my last birth and she should call me Rupakutty!! My Bengali pride woke up, i just couldn't accept that 'kutty' added to my name!!

Then came the other Kutty in my life...my caring husband couldn't see me washing so many clothes by hand, so he bought home this new sassy washing machine. To tell you frankly, I wasn't amused at all, but gradually gave in and made her a member of my family albeit grudgingly. I would dole out step-motherly treatment to her and switch her on only once a week. However the last blow came in the form of a first floor house. Somehow closed bathrooms and tiled floors could never give me the same joy of washing clothes as I felt sitting out in the open. All this while I had been lucky enough to get ground floors and MES had been prompt enough to fit a tap outside thinking *"Madam ko plants me pani dena hoga!!!"* Since moving to 1st floor, first I accepted that change is the only constant and learnt all about washing machines! I would miss that simple act and harbour a wish to start it someday.

When I tell people that 'Gangs of Wasseypur' a Anurag Kashyap movie is very close to my heart, I get mixed reactions. How can a seemingly docile person like me praise such a gore and profanity filled movie? I love it for the simple fact that it dedicates a decent screen time to my hobby. Manoj Bajpayee trying to woo the coy Riya Sen while she goes on chk-chk-chk with the clothes. My friends often ask me if washing clothes is my hobby then what about the other activities that I list on FB or on a resume? Well they are hobbies too but not as loved as this one, something like the first crush whose memory never really leaves you. Recently while doing a research on dopamine, the famous neurotransmitter, I came to know that creative hobbies like sewing, knitting, doing woodwork or even listening to music can increase the level of the happy hormone called dopamine in us. They even listed stroking a pet. Why not my hobby then? I would like to add washing clothes to that elite list, much to the chagrin of the scientists. Even if not remotely close to being creative, this hobby is more therapeutic. I would have started it all over again as my present home has 3 taps fitted outside and the surrounding is conducive to indulge in the activity, had only my ever increasing middle body cooperated a bit and allowed me to squat comfortably on a plastic stool!

Mrs Rupa Pillai
W/o Gp Capt S K Pillai
Air Force Station Missamari



Treasures of Life







Life is dynamic, it teaches new lessons everyday and if you are born and brought up as a kid belonging to defence forces then definitely your experiences are rich and varied. You get to see everything in your life from diverse cultural practices to different cities, from transit camps, runways, air bases to our very own canteens and how can one miss multi cuisine of various cultures. The first 'nomadic' moment which a child experiences is repeatedly changing of schools with every posting of the father, after every three to four years a child is surrounded by unknown faces and unfamiliar teachers. It explicitly enriches the confidence of a child and aids in coping up in uncertain environments.

An Armed Forces' kid will always have the good fortune of visiting the places which I am sure many people haven't even heard of. Sometimes we are posted to remote areas where our kids don't get the luxury to go to 'shopping malls' or 'dine out' but our children never complain as they are given all amenities within their spacious campus. Armed Forces' life has many perks as our children are given the best of sports facilities like swimming, horse riding, basket ball, badminton, tennis court etc, a disciplined life, etiquettes and manners that make them stand out. In campuses, dance parties or cultural events give them opportunities to manifest their talent and shed the inhibition of coming on stage and facing the public; the list goes on and on.

There is no place on the earth where people belonging to various communities celebrate each other's festival with fun and frolic, under the same roof, like we do in Air Force campuses. It inculcates unity and brotherhood among our kids and undoubtedly makes them different from others, 'civilians'.

The campus is generally huge and safe, so parents don't mind if our kids loiter here and there, they can enjoy themselves in parks and ride around on their bicycle inside the entire cantonment.

Our kids are privileged to be born as a son or a daughter of a brave and honest father, a uniformed personnel, a man in the coveted Blue.

Our children become self-reliant at a young age and become independent relatively early on in life. Their heroes are not film actors, cricketers, politicians but 'Field Marshal Sam Manekshaw' and 'Marshal of the Indian Air Force Arjan Singh' and many other warriors who swore to serve the country till their last breath.

I am a proud sangini and never tire from telling my civilian friends about the marvellous life on an Air Force Campus.

Jai Hind!!

Mrs Harpreet Kaur
W/o Sgt Kamaljeet Singh
Air Force Station Missamari





BACKYARD FLIGHTS

"Never lose an opportunity of seeing anything beautiful, for beauty is God's handwriting".

If you want to develop inner patience, be a better listener. If you want to be in the present moment with no other thoughts wandering in your mind become a bird watcher.

Few years ago, I became one for none of the reasons mentioned above. I took a break from my teaching job for my son's boards. I started enjoying my morning cuppa in my balcony while watching the chirping birds on nearby trees.

My interest developed when I captured them in my camera and googled to find out their identities. I was thrilled when those pics got likes and appreciation on social media bird forums.





The bright yellow orioles, tiny sunbirds, lovey dovey parakeets, the majestic peacocks, chattery babblers, the swifty sparrows, jet black drongos, cute little robins, slender tree pies, bright kingfishers, colourful barbets and rattling woodpeckers are all in a class of their own with unique beauty. Their bright colours and delicate spring songs are simply a joy to see and hear.

The best time to watch birds is early morning when they are more active and vocal and the best season is spring. Our green campus provides a perfect setup for bird watching. We are fortunate to live in such green surroundings, whether it was our previous station at Adampur or the present one at Nagpur. There are tons of amazing beauties to see and so many more than I ever imagined. When I share my pics with my friends





they are surprised to know that they are clicked from my backyard.

It is a challenge for me to capture them on my cam as they are so swift on their motion. It gives me immense satisfaction when I identify the bird and learn more about it.

I am just a novice in bird watching and photography. There is so much to see and learn. I am looking forward to learning many technicalities and enrich my knowledge.

When I bird watch its nothing less than a meditation. I feel rejuvenated and experience the connect with nature and feel HIS presence.

To conclude, in Salim Ali's words "There is a belief that one can't make a living from bird watching, perhaps to some extent it is true. On the contrary humans can't live on bread alone. Birds provide a beauty and fulfillment that is vital to our quality of life".

So friends, start with your neighbourhood, you will be surprised by the sheer number of beauties witnessed.

Mrs Kavitha Ramamoorthy
W/o Gp Capt RK Ramamoorthy
HQ MC IAF



My Hobbies

The world has a number of hobbies
So do I
I want to strike the football like Ronaldo or Messi
But for that I cannot be sitting in an AC

I want to dance like Michael Jackson
I can do it because I am Mamma's dynamic son

I want to paint like Picasso
The paintings are going to be extra-ordinary and not so-so

I want to be a gamer
For that I need Mamma's big favour

I want to run like Usain Bolt
I will run so fast that I will give the world a jolt

I want to play like 360^0, AB De Villers
My success will be measured by my calibres

I want to sing like Justin Bieber
For that I need to have a strong singing fever

Everyone must have a hobby to live in this world
Then life will be full of glitter and gold

Mast Shaunak Bemalkhedkar
S/o Gp Capt K Bemalkhedkar
Air Force Station Naliya



Evolving Hobbies

One simple question that keeps coming back to us in our lifetime is about our hobby, and most of the time we come up with different answers.

Our hobbies change with age, with the environment we live in, with changes in our peer groups or social groups, changes in availability of resources etc which indicates that as humans we are adaptable, adjusting, curious and working constantly for the development of our personality.

Change is inevitable and change is good but, constant change brings confusion.

Ever since human being came into constant civilization, he is into the rapid and regular roller coaster of learning and doing. While we practice one thing, it makes us master of that and then the next learning journey begins. But, if we keep changing our paths (hobbies) frequently, we will not be able to reach our destination (skill acquired through a particular interest or hobby).

Constantly changing hobbies or interests will make us "jack of all trades, but master of none", we will end up spending too much time and money preparing for our hobbies, instead of actually completing them. We will be less focused and at the end of the day, may feel frustrated, annoyed and distressed.

Nurture your interests and hobbies, enjoy the process of learning, overcome the challenges on the way, master the skill and then move on to another because, learning is a continuous process.

Mrs Pratigya Singh
W/o Wg Cdr SK Singh
27 ED AF





The Essence of Life



When we hear the phrase 'hobby', 'creativity', the thing that strikes one's imagination is that of a manicured lawn, a garden with defined arboriculture, travelling distant lands/cooking exotic food, singing, playing musical instruments, painting portraits/ landscape etc.

Such thoughts and lofty goals will trigger an emergent reaction in our minds..... which transcribes to 'those are just not for me', 'am I capable of doing it', 'it is too difficult' and with this we shut the creative sense of our brain and the things which we loved to do would remain an elusive distant dream, like a mirage. The conclusion that we are quick to draw is that such things are the domain of a fortunate few.

Well friends, as defined in the dictionary 'hobby is an activity done regularly in one's leisure time for pleasure'. Therefore, by this, one can surmise that any hobby essentially has no eligibility criteria, no do's and don'ts and can be adopted by any person irrespective of their background, qualifications, status in society etc.

Therefore the nurturing of a hobby such as painting, playing a musical instrument which when taken up in earnest would lead to passion and enhance the creative sense of one's inner self. Hobbies also have a psychological and spiritual dimension. For example, while we play a musical instrument or paint a portrait, the mind is in harmony with our creative self and it goes into a sense of meditation which is not only therapeutic but also acts as a great de-stressing agent.

As age is no barrier, a simple hike in the mountains or meadows and trekking in a forest can be extremely exhilarating. Pick up a hobby which you like the most and pursue your passion which will give a new meaning to your existence and make your life worthwhile.

Mrs Premila Andrews
W/o Air Cmde Charles Andrews VSM
HQ MC IAF



An Ode To A Bygone Era

Growing up in an ancient Nair Tharavad (a familial house) in Malabar (coastal Kerala) with my siblings was the early education which taught me what is important in life. It was a farmhouse with three acres of land. A sacred grove for the Naga devata, a pond and two wells completed the picture. Coconut trees, areca palms, betel wines, pepper, cycas, plantain, mango, jackfruit and other trees grew there abundantly. It was a sight to behold when the southwest Monsoon lashed through the coconut leaves with their silhouettes lighted up against the black sky.

Our house used to be a beehive of activities. Farming was the way of life. This early child hood in a remote village in Kerala where electricity, proper roads, telephone, TV and other modern amenities were unheard of, shaped my hobbies, interests and the subject of my studies. It was my grandmother who initiated me early into farming. Gardening was my favourite hobby. So, a post graduation in Botany came by naturally.

We used only organic methods, and natural ways of pest control. That was the norm then. Organic farming has become more of a fashion nowadays. The cows and goats at home gave milk and manure, chicken gave eggs and we hardly bought any vegetables from the market other than onion, cabbage and an occasional cauliflower. Woodfire was used for cooking and the ash was an excellent manure. Plastic was not around as oil was bought in cans straight from the mill and provisions came in small paper bags. Children walked to school every day through a winding dirt road amidst lush green paddy fields. Summer vacations were spent eating jackfruit and mangoes and roasting whole cashews over woodfire, occasional visits to the temples and village festivals.

The onset of Monsoon in June, Onam in September Thiruvathira in January and Vishu (Malayalam new year) in April; the entire year was punctuated by festivals and rituals. During Karkitakam (calendar month of July), 10 varieties of medicinal plants (Dasapushpam) were collected and kept in the house along with 8 auspicious things (Ashtamangalyam) to ward off evil. Elders recited from Ramayana. A sacred ritual of offering milk and turmeric to the Nagadevatha was done during Shivaratri.

My experiments with organic farming have provided my family a healthy and wholesome outlook on life by living naturally. The fresh produce is a bonus. It has become more of a way of life for me and helps to reduce stress and anxiety of our daily lives. We have a small patch of land behind our official accommodation where pumpkins, bittergourd, ridge gourd, gongura, green chillies and tomato grow . Fruit trees like sapota, mango, custard apple and lime also grow here.

Trees are my best friends. Talking to birds and animals, imagining myself as a princess lost in the woods was a favourite childhood pastime. As time passes, places will change, people will change, attitudes may change. But my love for nature and its wonders will never cease. My ambition is to help farmers in India to have a better life.

Mrs Kavitha Jayanthan
W/o Gp Capt A Jayanthan VSM
5 BRD AF





चित्रकला मेरा अस्तित्व

श्रीमती अलका
पत्नी विंग कमाण्डर प्रदीप कलासकर
वायु सेना स्टेशन हिन्डन





रंगों की दुनिया में आना शायद मेरा प्रारब्ध था। मैंने कभी इस दुनिया के बारे में नहीं सोचा था। बचपन में मैं कोई भी रेखा ठीक से नहीं खींचती थी। गाँव में दादी मिट्टी की दीवारों पर 'वरली चित्र' बनाती थीं और मैं घण्टों उन्हीं के चित्रों को देखती रहती थी। मैं रंगो से खेलती गयी और रंग मुझसे। अब मेरी हर एक रेखा दूसरी रेखा से निखरती गई। माँ और पापा की तालियाँ मेरा हौसला बढ़ाती गईं। स्कूल, कालेज में अनेक प्रतियोगिताओं में हिस्सा लिया करती थी, कभी हार तो कभी विजेता बनकर पुरस्कृत की गई थी।

शादी के बाद मेरी जिंदगी बदल गयी। जिंदगी नये सिरे में ढल गयी। हमेशा कुछ नया सीखने को तैयार रहना यह मेरी ताकत है। मेरे मन की छटपटाहट मुझे कैनवास की ओर ले गयी।

आज मेरी कला मेरे घर के सजावट के साधनों में स्थान प्राप्त कर चुकी है। मैं अपनी कला को परम्परा से नहीं बल्कि रंगों से बनाकर जीवित रखना चाहूँगीं।

मेरा सृजन मेरी खुद को पहचानने की यात्रा है।

मेरा शौक : मेरी प्यारी साईकिल की सवारी

साईकिल की सवारी ही मेरा सबसे बड़ा शौक है।
नाम में क्या रखा है फिर भी लोग उसे कहते बी एस ए लेडी हॉक है।

हर शाम और हर सुबह वो मेरी हमसफ़र।
साथ मेरे चाहे हो पहाड़ों, मैदानों या फिर अपने कैंप की हर डगर।

गुलाबी रंग में वो लगे सजी संवरी दुल्हन।
चलाती हूँ खूब तेज़, बजाती हुई घंटी टन–टन–टन।

दिया था पति ने मेरे कुछ साल पहले।
ज़िम्मेदारी कहें या फिर पहला प्यार कह लें।

जब भी मैं हूँ निराश या फिर बोर हो जाँऊ ।
तब मन कहे मेरा उठाऊँ साईकिल और ज़रा घूम आऊँ ।

हर दिन मैं उसे निहारती एवं साफ रखती हूँ ।
क्योंकि मेरी प्यारी साईकल और उसकी सवारी पर मैं मरती हूँ ।

श्रीमती राजलक्ष्मी
पत्नी सार्जेंट राकेश चंद्रन
ए एफ आर ओ



HOBBY HELPS BOND

A few years back, on the occasion of World Heart Day, I was doing a story for "The Hindu" on how doctors, cardiologists in particular, take care of their hearts (and health). With all that physical stress of tight schedules, round-the-clock emergencies, not to mention the mental burden of shouldering responsibility for someone else's life, how do they manage to live by their own advice of keeping 'stress at bay'? "Music," said Dr Ashok Seth, one of India's most eminent cardiologists and recipient of the Padma Bhushan and Padma Shri. "I take out time from my schedule to pursue singing. It helps me de-stress." He also advises his patients to pursue a hobby like music which is rejuvenating and therefore can be a part of the healing process.

Dr Seth's advice reinstates the widely acknowledged importance of pursuing a hobby. But as a mother of a toddler, a work-at-home writer, homemaker, etc. when I looked back at that article, I thought to myself, 'If only I had that extra precious hour!' It was a feeling that resonated with all my friends who were in the same boat like me. Until someone piped a 'feeling bored' message on Whatsapp one fine afternoon. My friend, a city-dweller, was waiting to pick up her daughter from her dance class. 'Join her in the class!' one of us said with mild amusement, aimed at some light banter. And then, just like that, the friend realized, 'Why not?' A trained Kathak dancer who had long hung her 'ghungroos', the possibility of dancing once again injected immediate excitement into her spirit. A week later she informed us that she had joined a jazz dance programme for adults in the same institute where her daughter was taking her ballet classes. Needless to say, this pursuance of a common hobby with her child further became something they could bond over, turning the mundane afternoon car rides into something they both looked forward to.



As I looked around, I realised that a common hobby was the perfect solution for time-strapped couples-both mothers and fathers, to bond over with their kids while pursuing something that they both enjoyed. Because let's face it, the energy and excitement is not always in tandem when the junior wants to do something she enjoys and we have to put up an extraordinary amount of 'feigned' interest so as to not disappoint them. And then 'screen-time' takes over. Pursuing a common hobby offers a great way out.

An ex-colleague, I have learnt, has been re-living his school and college days as a football player after a spur-of-the-moment decision to bring together the other dads who would take their children for karate lessons in the sports field in their locality. "Other parents like me would just sit on the side-lines, watching our children practice their karate, and there was this whole field nearly empty in front of us. So I thought, why not a game of football for us?" he said. The father-son duo now look forward to their karate-football sessions twice every week; admittedly, the little boy is very proud of his father's skills! Sports, dance, music, art, gardening, craft, the list for possible common hobbies can be endless.

And where does this leave me? I made my hobby into my career 13 years back, but if there's anything else that I crave for it is a good book. And fortunately, a gentle persuasion since she was not yet one, has made my daughter a book lover like me. So we have a 30-minute bedtime ritual of book-reading every night. Sometimes the stories spill over from hers to mine, and vice versa; mostly we let our imagination loose and watch it spiral into something wonderful that we laugh over as I put on her school uniform the next morning. Those 30 minutes, I admit, is my favourite time in the entire day and I suspect, hers too.

Mrs Azera Parveen Rahman
W/o Sqn Ldr Rashikur Rahman
Air Force Station Naliya



Taming of My Hobbies



I am not here to advise, suggest, patronise or pursue hobbies. This is just a humourous illustration of my journey to find a constant hobby, which remains a variable till date.

My sister and I have nostalgic moments on fixing up a hobby. We had a range of hobbies, from nurturing a rose plant in a broken plastic bucket to craving to be Seasoned Carnatic singers. Especially, my interests were constantly changing, rather they were seasonal.

My first passion for creativity started with rangolis. I wanted my sister to depict a Panchatantra story (the fox and the crow) through a rangoli, which is a daily household chore in Tamil Nadu. But this hobby, at least, I could achieve to some extent. Meanwhile, my sister got married and escaped my tantrums.

Then, I started with my Carnatic vocal and veena classes. I belong to the cultural hub of Tamil Nadu i.e. Thanjavur, where music and dance flow along with the Cauvery. We had the opportunity of listening to great musicians easily in our temple concerts, absolutely free of cost, During the Thyagarja Aradhana and the December music season. I used to feel as though my voice was at par with Dr. MS Subalakshmi, Bombay Jayashri, and other stalwarts, while singing along with them. The moment the music season concluded, my voice became off-key (besur).

I was no less than King Vikramaditya in attempting to find one hobby which will hold my complete attention. I tried my hands at embroidery, knitting, basket-weaving, kirigami (origami), making dolls from beads, and the list continues. Most of the list above was inspired by the accomplishments of my talented friend Padmavati. I would start a project and would either abandon it half-way through, or my mom would take it to the said friend to get it completed after giving me an earful along with my grandma.

Finally, when the time came for the submission of my science lab records, I realised and got convinced that art is not my cup of tea. But even now, whenever, I visit a boutique, I want to do fashion designing.

Then came the passion for writing stories and poetry. Two lines ending in rhymes were poetry for me. Words were mesmerising. Cine music lyrics sounded like literature. The madness continues, hence this article.

Despite the constant flux in my pursuit of a hobby, reading has been a habit of my family. Thus, without much effort, one hobby which I consider to be a part of my routine stays with me till date.

The academic pressures brought a break from my quest, and some of the expensive hobbies I got introduced to were not affordable in those days, for instance, photography.





I wonder, whenever I read about some of the unique hobbies like having exotic pets or cheese making; from where do they even get these ideas? For an average Indian like me, it sounds strange and unimaginable.

With my marriage, I entered the IAF family which introduced me to theme parties, AFWWA meetings along with the decorations.

Thanks to the Indian Air Force and AFWWA, I got my interests renewed. I learnt glass painting, Bandhani art, block printing, baking, emboss painting, flower decoration etc. I even learnt how to play squash. Of course, my culinary expertise crossed state borders, with the help of my friends and parties. Event management was drilled in my mind without my effort or knowledge.

With time and technology, our hobbies do change. Being connected on social media, playing android games, reading online, blogging etc are the fourth-generation hobbies, and I am not an exception. Though the digital passion consumes our time and privacy, the broad-spectrum of opportunities and the enchantments with a click is abundant.

Some hobbies are compulsive. People put their peace and relationships at risk to continue with their hobbies, leading to addiction.

Looking back, I do not regret the trials and errors I underwent in acquiring a hobby. As a result, I may not be very successful; maybe I am just a Jill of all trades and master of none. My hobbies may not be intellectual and unique, but I am satisfied that I tried my hands at few things. I am confident of spending my time without boredom after my retirement. If not anything, my books are waiting for me.

Mrs Sudha Surendran
W/o Gp Capt ER Surendran
HQ MC IAF



My Passion to Purpose

Mrs Anvita Purohit
W/o Wg Cdr VK Purohit
47 Wing AF



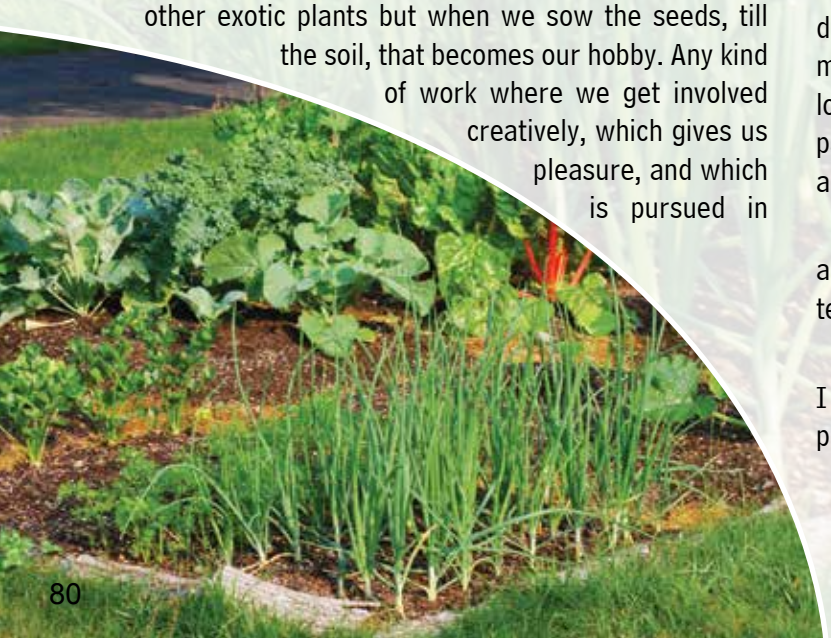
"If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose".

- Bishop TD Jakes

As a teacher I come across all kinds of students. I firmly believe that the foundation of a happy life lies in the childhood and the environment that we grow up in. Once, while teaching a particular chapter in the class, I asked my students about their hobbies. This simple question of mine was met by sheepish grins and whisperings. Some students told me that they like reading, some liked listening music, and some liked playing a sport. The class ended with excited students discussing amongst themselves about their hobbies. As I was about to leave the class a boy came up to me and shyly confessed that he has no hobbies as hobbies require time and money. I exactly don't remember the course of our conversation after that but I am sure I must have given him some wisdom on hobbies and their benefits because in my next class he said that he liked listening music.

It has been many years since that particular class. This student of mine must be doing well for himself. But, he and many more like him have made a mark on me, for various reasons of course.

We often confuse the term hobby to our liking. We might like listening to music but when we sing, play an instrument, dance that is summed up as a hobby. We might like a garden full of flowers and other exotic plants but when we sow the seeds, till the soil, that becomes our hobby. Any kind of work where we get involved creatively, which gives us pleasure, and which is pursued in our leisure time is considered as a hobby. A hobby is also like a free of cost therapy. One feels fulfilled and happy within.



I know of many people around me who have passionately followed their hobbies. Some even made their hobbies their profession. A friend of mine paints and is an acknowledged painter. Who knew that her tryst with colours while growing up will also be her profession and will earn her respect and money.

My father was a government official but he also pursued his love for mountaineering with passion. He went on many Himalayan expeditions within the country and has always taught us to follow our heart with conviction.

My father- in- law is an avid plant lover. In his home he has a vast collection of flowering, non flowering, fruit bearing, and decorative plants. He personally takes care of these plants. He has himself learnt the art of making bonsais by reading books and has a bonsai of a banyan tree which is almost 20 years old. His immense pride lies in the vegetable garden. He grows all kinds of vegetables, ranging from broccoli, lettuce, carrots, turnips to peas, onion, tomatoes. The best thing is , this hobby of his keeps him creatively busy during his retirement days and has also connected him with like- minded people, whom he happily refers to as his 'Garden Friends' .

I can write about many people whom I have met in different walks of life, who have inspired me, surprised me and educated me. A hobby, not necessarily, requires loads of money. All it needs is our determination and passion. As the saying goes "broken crayons can also colour".

So, today, while teaching in the class, if I come across a child who says he does not have a hobby, I tell him to pursue one from his heart.

As far as I am concerned, my hobby is to write. I love reading but one thing that gives me immense pleasure is writing.

Happy hobbies to you!!!



A HOBBY FOR TODAY'S CHILDREN

Free time...leisure time for today's children means time for video games, play stations or games on mobiles. Technology can help support a hobby but is blatantly misused by these young children. As small as a five year old can be spotted engrossed in a mobile game. The other day a pre-schooler responded that milk comes from mother dairy. What happened to the cow? Is the creative drive amiss in children of today. The current generation of children thus exhibits a great disconnect with nature.

Being a school teacher and mom meant being surrounded by children of the current generation. For these bright children, hobby is a mere extension of a competitive activity. Today's educated empowered parents leave no stone unturned to give the very best to their sweethearts. The moment they see a streak of talent, these children are enrolled in the best of training/coaching centres to enhance the said talent. Swimming, skating, basketball, football, painting, dancing, singing, playing instruments... the list goes on and on. Children end up juggling school and these classes. With summer classes short courses mushrooming across cities, children and their parents have a difficult choice to make. More often it's the societal pressure rather than child's interest that decides the activity. The child has to have a hobby, thus the classes are justified. Now this trend is alarming! Some of the children are showcased in talent shows, putting undue pressure on young minds. Some do win laurels but at what cost is a question worth answering.

In our childhood leisure time meant riding a bicycle, listening to music, or simply playing games with friends wherein who won didn't matter so much. These activities created a strong bonding and lots of good memories.



Recently it was learnt by me that my thirteen year old nephew is into Bird Watching. He identifies bird calls and then spots them. He makes effort to read all about the bird he spots like what it eats, how to spot, the male and female plumage etc. Birding is indeed a very tedious hobby. In the wilderness of Jim Corbett he clicked a bush warbler, parakeets, bulbul, koel, great hornbill, woodpecker, Asian barred owl, lapwing, eagles, Indian paradise flycatcher to name a few and later could rattle off information about each of them. In doing so his joy shows through.

Indeed a very rewarding hobby for a young boy. The impression of a flycatcher's long tail fluttering from one branch to another in the dense forest can only be captured by mind, not by lens. It's beautiful elegant flight will be etched in his memory forever. Moreover this hobby of his has made him a protector of nature. He appreciates and understands the balance of nature and the need for diversity of species. A pair of binoculars is a befitting reward for this young birder rather than a video game.

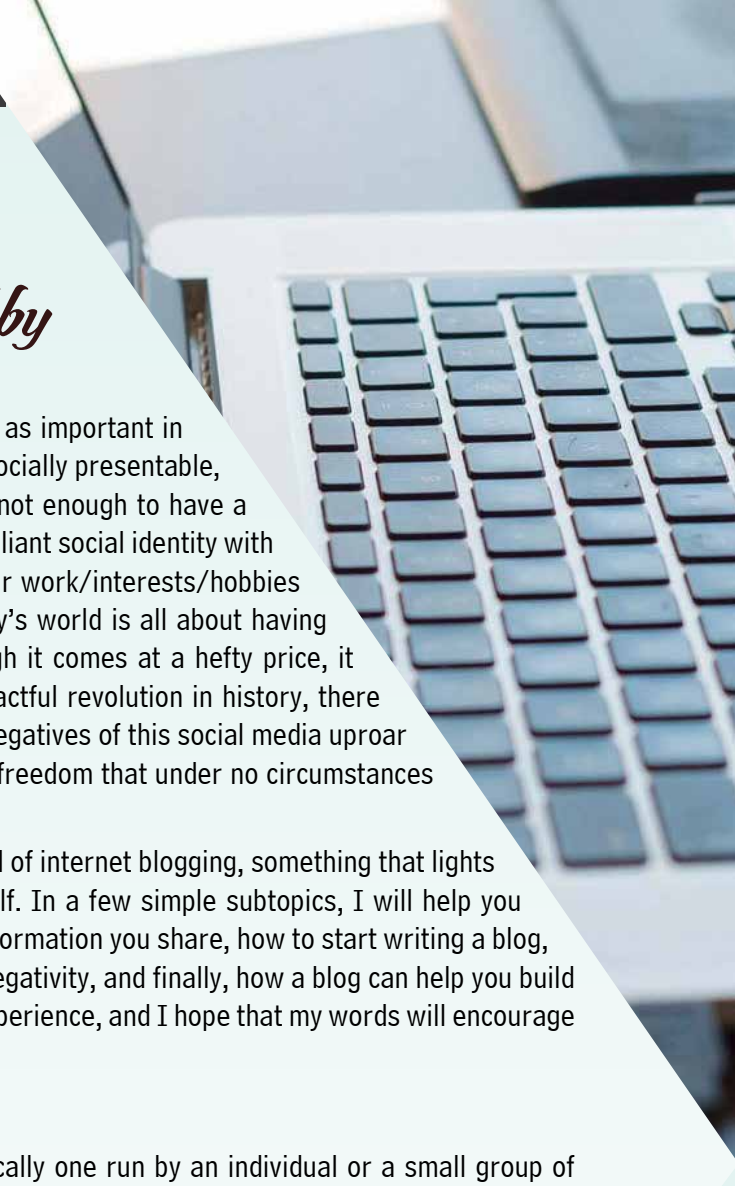
Wildlife photography, cycling, river rafting, observing stars and many more can be encouraged as hobbies in young children which will certainly bring them closer to nature in a meaningful and rewarding way. These hobbies can be purposeful to nature too indirectly.

Children growing up in defence tend to move every few years providing them opportunity to witness rich biodiversity and in furthering their hobby.

As parents and teachers let's encourage hobby in its true spirit for the young generation, enabling them to pursue it for its sheer pleasure.

Mrs Anasuya V
W/o Wg Cdr A Chandrashekhar
47 Wing AF





Blogging as A Millennial Hobby

Cultivating hobbies and moulding a creative mind are as important in holistic development as being educated, independent, civil, socially presentable, or being a good human being. In today's day and age, it is not enough to have a great personality; one is also expected to build an equally brilliant social identity with a unique style, a pleasant attitude and the skill to flaunt your work/interests/hobbies on social media in the most natural yet effective way. Today's world is all about having an enchanting social presence that is enviable, and although it comes at a hefty price, it also has some rewarding advantages. Like every other impactful revolution in history, there are two sides to the social media coin. We can harp on the negatives of this social media uproar or we can embrace the freedom that comes with it albeit, a freedom that under no circumstances ought to be misused.

On that note, I wish to introduce you to the beautiful word of internet blogging, something that lights my soul on fire and makes me feel one with my deepest self. In a few simple subtopics, I will help you understand what writing a blog means, who is privy to the information you share, how to start writing a blog, how to find motivation and discipline, how to handle online negativity, and finally, how a blog can help you build a substantial career in the long run. I speak from personal experience, and I hope that my words will encourage you to share your story with the world.

What is a blog?

A blog is a regularly updated website or web page, typically one run by an individual or a small group of people, which is written in an informal or conversational style of writing.

A blog can be about anything that interests you – beauty, lifestyle, food, fashion, philosophy, life stories, poetry, DIYs, art, education, so on and so forth. Blogs have no limitations; you may write as much or as little as you wish, you may insert photos, videos, quotes and the like, and you may write a post (a post is any entry you make on your blog) as often as you wish – once a week or twice a day. It's your call, and as per your convenience. It is also something that you can do wherever you are, and with the help of whatever device you possess – smart phone, tablet or computer. It is a versatile hobby, and hence one that is worth cultivating.

Who reads a blog?

Anybody in the world with internet access can read your blogs. Viewers have the freedom to 'like' your blog posts, write comments for you to see, or follow your blog for updates every time you publish a new post. This way, your audience keeps coming back to enjoy your work.

Every blogging platform has an in-built statistical data that can help you keep track of your blog's traffic and viewership.

How to find inspiration to start a blog?

Find something that you love and start writing about it. Remember, you will need to ensure that you are consistent with your blog posts,



so write about something that you know will excite you, something that gives you the scope to create new content on a weekly basis.

Also, do not choose too many diverse topics. Narrow down your writing to one or two main topics, and stick with them. This will ensure that you build a consistent, target audience that will follow your work and look forward to visiting your web page often.

How to start a blog?

This is a huge topic in itself, and if there is one advice I can give you with respect to blogging, it is this, Google anything and everything. Google has an answer to most problems in life.

However, in 5 simple steps, this is how you start a blog:

1. Choose a blogging platform, this is where you will build your web page; this is the address where your blog will have its home. Both Blogger.com and Wordpress.com are great blogging platforms.
2. Register with a unique username and web address. For example, my blog is called www.momsarentgentlemen.com, which is my web address and can be accessed from anywhere in the world.
3. Once you have registered, create your webpage in a few easy steps, give it a name, write an inviting description of your blog and insert a photograph of yourself, so your readers know who you are. If you wish, you may also stay anonymous.
4. Write your first blog post, and publish it for the world to see.
5. Create new, relevant, interesting content as often as possible. Stay motivated, never running out of steam.

Starting and running a basic blog does not cost any money. However, if you wish to monetize your blog after you have established yourself appropriately, there may be several added charges. For those starting off, I would strongly recommend using the free version provided by your blogging platform.

Finding motivation and discipline

Keeping up with something is never as easy as starting with it. Initially, you will be a 'nobody' in the online world. Nobody will read your work or visit your web page. With millions of new bloggers sprouting around the world every single day, it is important to understand that, just as with any other project, perseverance is everything. It may take a few months and sometimes even a year to make your online presence felt. But, it is critical to keep doing the hard work and creating content that is unique in its own way, improving yourself, researching the work of your competition, finding inspiration from the blogging community and being socially active.

Before you begin, you ought to set your goals down in writing. Is your blog a medium for you to showcase and market your skills or is it your little getaway from the constant ambush of daily miseries? Do you want it to become a career? Do you want to meet new, like-minded people? Do you want to share your stories with the world and help others? Finally, your progress as a blogger will depend on 'why' you want to start blogging in the first place.

Whatever your intention, you need to stay consistent. You will not always be motivated, so you must learn to be disciplined – set deadlines for yourself, take your blog seriously and give it your very best.

Social trolling

The flipside to finding your perfect online nest is the negativity that comes with it. Whether it is in the form of negative comments or the fact that someone who deserves lesser is doing better, or even the hard truth that nobody wants to read something written by a 'nobody'; online bashing can ignite hell in your mind. Eventually, it may lead to loss of motivation and disenchantment towards blogging, drowning you in self-doubt and a bottomless sea of intimidation. It is absolutely essential to remain neutral and unscathed by social negativity – because being vulnerable is as good as giving up. Social bashing is a common evil, and we must rubbish it just as a piece of filth that isn't worth our time or our feelings. And, that brings me to the last bit of this article.

How do I make money with blogging?

There are several legitimate ways to monetize your blog, and although each method is not as straight forward as it sounds, it's important to understand that there is an earning potential for every sort of blog. It may prove wise to do your own research and see what method is best suited to your blog, but only once you have established yourself satisfactorily in the blogosphere.

Monetize your Blog in the following ways depending on your skill set, content and blog traffic

1. Make money with affiliate marketing.
2. Display ads or sell ad space on your page.
3. Sell sponsored blog posts.
4. Get paid to write reviews.
5. Create a paid membership website and create content for restricted members only.
6. Create a directory website like a job board with paid submissions, a paid business directory, or a paid event calendar.
7. Sell digital products on your blog like eBooks, conduct paid online courses or host a paid webinar.
8. Sell services using your blog like freelance services, a consulting service or become an online coach.
9. Sell physical products online like starting an Ecommerce business, an online T-shirt/ trinket store, or an Amazon affiliate shop.
10. Develop, design and sell plugins, themes and graphics for your blogging Platform.
11. Accept donations.

Finally, never give up.

Theories won't work unless you do. So, forget the numbers and all that is tangible. Believe in yourself, in your self-worth, in your dreams and in your hard work. Not every lesson in life can be saved in the bank, and these are the ones that are the most priceless. So go on, hustle and make it happen.

Mrs Devyani Dhulkhed
W/o Sqn Ldr Samit Eldurkar
31 Sqn C/o 32 Wing AF



The Balancing Act

Hobbies help us take our mind off the day-to-day struggles and stress. Even though hobbies are treated as something that should be secondary, I think following them helps us balance our lives better. As a professional, a homemaker, and someone with innumerable hobbies, I can vouch that there is nothing more challenging than to find time for doing things I love. Before you proceed to read, I suggest, sit back and think, when was the last time you were able to comfortably fit all your work and play in one day? The answer may disappoint you. There was a time, with no responsibility, when I would read two books in two days and today, I have to set aside dedicated time to read ten pages so that I don't forget the plot of the book! I am sure a lot of us have gone through situations like this time and again. I know friends,



family, and many others close to me who are trying to do it all. Sounds difficult, right? Well, it is. But is it impossible? I would disagree. Striking or trying to strike the right balance is the key to trying to have as much as we can, if not all.

Here's how I fit my hobbies with my professional life and responsibilities at home. I love to read. It allows me to live in different places at the same time. It is a much needed break from reality. But I have deadlines to meet at work, a house to look after, and of course, the need to rest. Realizing that I'm not able to find time to read, I signed up on websites that post content of my interest. Each time a new blog is up, I get an email. It allows taking a short break from what I'm doing and spending 10 minutes reading. Trust me, it has worked wonders. I have better productivity at work and I don't feel guilty about not touching my pile of unread books.

I'm a foodie. I plan and anticipate each meal like it is our last. That's how I got into cooking. And sitting here, writing this, I'm thinking that I should get going and prepare lunch. But what's the fun in cooking with a timer stuck in your mind? Preparing elaborate meals became a distant dream and that's when I thought of making "basics fun". I started experimenting with everyday food, like trying new spices, trying a simple dish from a cuisine I have not cooked, and many minor experiments (mostly successful and sometimes disastrous!) The best thing about these experiments is that I don't need to plan extensively. I find a new recipe (online, books, or while talking to a friend) which has simple and available ingredients, and then I am ready to cook. I find this to fit seamlessly in my day without interrupting my schedule.

I did not find these ways overnight. They came to my mind when I'd reached a point of frustration. Though, I wish I'd thought about them sooner. The main point I want to drive home today is that following your hobbies is important for your mental and physical well-being. If you're in a happy state of mind, you'll be able to get things done, at work and at home. I have had days where I feel guilty for spending too much time with my nose in a book or baking a cake instead of doing something productive. But, don't let this get to you, our hobbies are an important part of our personality: they make us who we are, so doing something we love is as important as our other responsibilities. Of course there'll be days where you'll have to compromise on following your hobbies, but they won't seem so bad when you're able to find time otherwise. So, here's wishing everyone luck to balance it out!

Mrs Manu Bhatia Jaswal
W/o Flt Lt S Jaswal
30 Sqn AF



The Purple Power

We, in the armed forces aspire to jointmanship among the three services. Luckily, my husband was posted at two such institutions. I made some very good friends from the sister services and got an insight into their lifestyle. And, hence got an idea to explore the topic of hobbies. In order to give our sanginis a wider perspective, I chose one lady each from the three services fraternities. These three ladies have enriched their lives through their hobbies and I hope that some of us get inspired by them to follow in their footsteps.

Excerpts from a tête-à-tête with these ladies…



Mrs Sonali Barshilia, Army



Tell us a little about yourself.

Born to an Army Officer father, I was raised to be an educated, self-confident and independent girl. I was on the top of the world when I donned the prestigious green uniform. I married an Army Officer and my home-run in uniform lasted a few years till God decided to throw a bouncer when we were blessed with a baby girl born with a genetic disorder coupled with some complications in her little heart that needed corrective surgery at the earliest. My little fighter survived that day to bring us immense happiness to this day. I left the Army soon after as there was another arduous journey to take with my little teacher.

What are your hobbies?

I don't have hobbies as hobby is something you do when you are free or feel like it, while passion is something you are committed to, irrespective of the environment around. So, I can safely say that running is my passion. I have been running, initially by order, thanks to a discipline-obsessed father, till it became a way of life. Then arrived my son and I had two in my lap but I ran. My husband keeps getting posted to non-family stations but I continue to run. I have been deeply influenced by an African proverb which goes like this "Every morning in Africa, a gazelle wakes up, it knows it must outrun the fastest lion or it will be killed. And when a lion wakes up, it knows it must run faster than the slowest gazelle or it will starve". It doesn't matter whether you are the lion or a gazelle, when the sun comes up, you'd better run. My day starts at 5 am when I join my running tribe at Nehru Park, Delhi for a daily dose of running and strengthening. I work as Assistant Editor at United Service Institution of India, a defence and strategic Think Tank.

So, how do you manage the fine art of juggling work, home, family responsibilities and your passion? Doesn't it tire you out?

Do I get tired or frustrated of doing this? No, Ma'am. Because the day I stop running would be the day I, as Sonali, would cease to exist. No gainsaying that a lot of balancing is required between looking after kids, doing justice at the work place, taking care of ailing parents, running a household and training well and regularly to improve my time of running a

half-marathon but it all needs to be done. And this is where the unconditional support of my husband and my kids comes in.

What are your achievements and goals?

Thus far I have run a number of half-marathons (21.097 km for the uninitiated!). My next target is running the prestigious, Ladakh Marathon – the highest and amongst the toughest marathons in the world held at a height of 11,500 to 17,618 feet, which takes place on 09 Sep 2018. I also hope to achieve my Personal Best at Airtel Delhi Half Marathon in October this year and I plan to start training for a full marathon (42.195 km) next year onwards. Otherwise, I am an average person. I had to give up a lot to accommodate various challenges thrown at me but I believe everyone is fighting his/her own battle.

Is there anything that you would advise our readers since you have managed to pursue your passion inspite of the bouncers thrown at you?

In my opinion, every person has a passion, which is not just a hobby and to feed and nurture that passion is one's own moral responsibility. Aside from managing house and family, first and foremost, one is accountable to his/her own self. You owe it to yourself to pursue your passions. How else would you motivate your children and people around you?

Mrs Sujata Negi, Navy



Who is Mrs Sujata Negi? Tell us your story.

I am stubborn to the core with a never give up attitude. Adventure has its share of challenges, but that's part of the fun. I have the spirit of an adventurer. I am a Konkan Maratha from Karwar, born in Gwalior. Did my graduation from U A S Hebbal in B.Sc Dairy. I have also



done my Basic and Advance Mountaineering course from NIMAS. (National Institute of Mountaineering and Allied Sports)

I have been actively playing golf and winning local tournaments and running half marathons since 2010. January 2014 was when I participated in my first half marathon and completed 5 half marathons that year. Till date I have run more than 2 dozen half marathons. My most memorable feather in the cap has been the successful completion of the 120 kms 'Siachen Glacier Trek'

My husband, Commodore M V S Negi hails from the Garhwal region and is a Naval Aviator. I have two sons, Ranveer, 26 and Raghuveer aged 21.

What are your interests and hobbies ?

I never had any specific hobby, since the focus in my school was to train the children in all round development . My spirit of adventure was fueled by the snake bite in May 2012. After battling for 5 days in the ICU and fighting for my life, I came out much stronger

and wiser than ever. That's when I realized that one needn't travel hundreds of miles away from home to be an adventurer. Those who have adventure in their blood need a spark for it to be activated, mine was the snake bite. Having represented the state of Karnataka through my school at Field Hockey and played Table Tennis for my University and having trekked in Uttarakhand in 2004, I decided to work hard towards being a golfer and preparing myself for participating in Marathons. And the journey of learning swimming, running marathons, trekking, climbing mountains began as passion and hobbies to pursue.

How do you think that this hobby has enriched your life and helped you in your personal growth?

You'll find that it's much easier to pursue hobbies than anything else, because you choose to do it. Mine has helped me emotionally and psychologically to have a well balanced lifestyle to satisfy my inner child. My hobbies are social activities, where a social person like me can pursue it by connecting with people that enjoy doing the same things that I do.

I have been fortunate in having an excellent support system to follow my passion since both my boys were at an independent stage when I started to realize my dreams. Also, I am blessed to have a very supportive husband who is always encouraging me.

What has been your mantra?

There is no exact step-by-step approach which I follow to balance between work, hobbies and responsibilities. Time management is very important. It's been a continuous journey, which I had to change, day by day depending on my responsibilities.

And Mantra is 'Age is just a number, you can follow your dreams or passion at any age if you have the willpower to do something challenging '.

Any goals and dreams for the coming years?

Dreams are endless and unlimited. I hope to be an adventurer as long as I live; I'm a nomad at heart. And It's the thrill of something new, something more that excites me, experimenting with my interests and following my heart to have fun!.

Mrs Jaspreet Shera, Air Force



Your beautiful house speaks volumes about your personality, but for our readers please introduce yourself.

I am a Home Science graduate and a happy homemaker, married to Air Marshal RKS Shera and blessed with a son who is a software engineer working in the US.

Do you think your hobbies are driven by our 'fauji' milieu?

Though it may sound clichéd, my hobbies include gardening, miniature gardening, painting, stitching, different types of art and craft work as well as experimenting with my baking and culinary skills on new and exotic dishes. Fauji life has been a driver for these, as it gave me the right exposure and a whole range of places and people to learn from. Also, our kind of life gave a platform for me to exhibit my talents and skills.

Art and craft are generic terms, what exactly do you do?

Paper quilling, Punch craft, Murals, Relief painting, Tanjore painting, Sospesso- a type of Italian art, Bead flowers, Foam flowers, Mixed media, Charcoal painting using soft pastels, Decoupage using eggshells, Invitation cards using these paper arts etc. And there is gardening and I recently started miniature gardening.

Was this your childhood passion?

I have always been fond of art and craft. Firstly, being in the Fauj means at times not having immediate



access to social life and friends. Secondly, a huge vacuum is created in life when kids go out for higher education. So, my hobbies have been the companion I always needed. They have been my stress-buster too.

How has this enriched your life and your personality?

Pursuing my hobbies has not only taught me patience, perseverance, diligence and dedication but has helped me connect with like-minded people and has enhanced my knowledge and friend circle. In fact my hobbies have helped me to be at peace with myself.

Where and how do you find time and means to learn new things?

There is no age to learning. My hobbies have always kept me occupied productively and grounded. It's a matter of time management and prioritization. I try and take classes to learn new things, new art forms.

Lastly, with so much of life experience do you wish to give our readers any advice regarding developing a hobby for themselves?



An idle mind is a devil's workshop. Developing a hobby can go a long way in saving our highly intelligent ladies from boredom, loneliness and even depression that stems from stagnancy of the mind. It also gives a sense of individuality, self-importance and achievement. So, take time out from the busy technology -driven schedule and pursue your passion.

It was very interesting to know, how these ladies follow their passion or hobby. Now, I had a task ahead, to pen down their thoughts and ideas in the best way I could, without eulogizing them. My sincere gratitude to Mrs Sonali Barshilia, Mrs Sujata Negi, Mrs Jaspreet Shera for having taken timeout to answer the questions patiently for our magazine. I wish these devoted, determined and dedicated ladies all the very best for their future endeavors.



Mrs Hemangi Joshi
W/o Gp Capt DS Joshi
Air HQ (VB)

At The Mrs India Pageant 2018

"Dream is not what you see in sleep, it is something that does not let you sleep."

These wonderful words by Late Shri Dr A PJ Abdul Kalam, has always been my source of inspiration.

My journey has been quite interesting and challenging till date. I served in the prestigious Indian Air Force as an Aeronautical Engineering officer for 6 years. In the subsequent years I worked in Mumbai as Manager IT, in Vadodara as a Software Support and Solutions Manager, then as Radio Jockey and Show Production Manager for 92.7 Big FM in Gwalior, as a primary teacher in Air Force School at the Air Force Academy, Dundigal. I also kept pursuing my hobbies of learning various dance forms like Kathak, Bharathnatyam, Salsa, Zumba and of being a yoga instructor. I also got an opportunity to get associated with an NGO UPAY which strives to educate the footpath children.

I feel the word 'Queen' is rather attractive and authoritative in itself. Certainly to walk the ramp and wear the most coveted Tiara could be every girl's secret dream, so has been mine for years (I am sure I share the dream with many lovely ladies).

I decided to convert the long pending dream into reality and finally filled up the form for Mrs India Queen of Substance Pageant (MIQS). The MIQS Pageant is primarily for married ladies who exemplify Beauty, Talent, Intelligence and Compassion.

The entire journey was completely enriching and enthralling. Once I got into the list of finalists the focus was now to achieve the coveted Tiara. The elaborate preparation for the D day and various rounds was quite a task. I thoroughly enjoyed the shopping part (which I am sure most ladies do) though, it was quite maddening.

Over a period of 6 to 8 months, various tasks were assigned by the Pageant team. To visit an orphanage and deliver a lecture on female foeticide and girl child education, promotion of creative poster of self for voting purposes, making a self introductory video and many more.

Our 3 nights and 4 days stay at ITC Welcome Hotel, Dwarka, New Delhi was totally a roller coaster ride. From 4 am to midnight we all were on our toes. Participating in various rounds, changeovers, visit to special school, sessions on stress management, personality development, learning the cat walk, ramp formations for finale, make up, hair dos, poses, photo shoots. Oh my God!! It was all so awesome!!!!

Yes!! Finally on the glittery eve of finale, everything seemed so special and exciting. LIGHTS, CAMERA, ACTION and amidst the celebrity judges like Mahima Chaudhary, Poonam Dhillon, Pammy Kaul, we beauty queens of our own kingdoms walked the ramp and introduced ourselves proudly and confidently.

Yo Ho!!! My name was announced and I bagged the MRS ADVENTUROUS 2018 title!! Though I aspired for the main Tiara, I felt there was absolutely nothing to lose.

During this lovely and hectic journey all the finalists were initially connected through social media and had interacted with each other. When we finally met in person and spent those wonderful 4 days together I made friends for life. I feel that's my biggest asset. To connect, share, help and appreciate each other is what I walked out with. I discovered the hidden me and emerged as a vibrant personality.

For take the path which is so uncommon

Only after that it becomes so common

Always believe in yourself and you can achieve the impossible.

Jai Hind!

Mrs Sonali Badkas
W/o Wg Cdr Parag Badkas
Air Force Academy



The Author of the Article is Mrs Adventurous 2018 (Mrs India Queen of Substance)

INHERITANCE

As a woman, you should know,
Your voice isn't yours alone,
Your life isn't yours to do with as you please,
And your pain isn't, exclusively, yours.

You are, where you are,
On the steam of the women
Who climbed high enough
To provide you, your vantage.

You will be, who you are meant to be,
With the voice and cheer of the
Thousands that came before you.

Never forget,
Your voice, your soul, your mind,
Is made of their sweat, their blood, their sacrifice.

And it is on you, to carry their torch.
It is on you, to light up darkness,
It is on you, to forge new paths for you,
Your sisters, your mothers, your daughters.

It is on you, to make this world equally yours,
As it is theirs.

Ms Ramaa Mohan
D/O Air Cmde CR Mohan
AFTC



The Eastern Ecstasy

Blessed with nature's virgin beauty
Tucked away from the hum-drum of civic life.
Echoes of human laughter one hears
In the little hamlet of 'Chabua' so divine.

With gleaming eyes and praying lips
I wish my world would remain like this
Where stars twinkle and meadows shine
Spreading the aura of light so divine.

This is the world inside every being
Of desires and yearns to achieve
The serenity that overwhelms each heart
In this pearl of eastern ecstasy.

A confident leap to a better world
Can always be acquired with an open mind
So let's leave a beautiful world behind
As a blessing for the mankind

Mrs Nisha Mangal
W/o Gp Capt Manoj Mangal
14 BRD AF





बेटियाँ

चिड़ियों के झुंड–सी चहचहाती हैं बेटियाँ
पगडंडियों पर नीले–पीले आँचल उड़ाती हैं बेटियाँ
आँगन की तुलसी बन कर घर महकाती हैं बेटियाँ
हँसी ठिठोली कर सबका मन बहलाती हैं बेटियाँ
पायल की रूनझुन–सी गुनगुनाती हैं बेटियाँ
पानी सी निर्मल–स्वच्छ नज़र आती हैं बेटियाँ
क्यों देखते हैं दोयम निगाहों से इन्हें ज़माने वाले
किसी भी मकान को घर बनाती हैं बेटियाँ

श्रीमती अर्चना बाली
पत्नी सार्जेंट विजय कुमार बाली
वायु सेना स्टेशन पुर्निया



किसान

रूखे केश ओढ़नी मैली
ग्रामीण जा रही खेत पर
ऊनमुन ऊनमुन धीमे – धीमे
चरण चिन्ह छोड़ती रेत पर
हाथों में हांडी मठ्ठे की
सिर पर धरी पोटली मैली
अनायास ही पग जाते बढ़
मन में उठ रही एक पहेली
बूढ़ा पति हल डाल खेत में
जीर्ण हड्डियों का सा ढांचा
रूखे– सूखे दो टुकड़ों की
करता होगा बैठ प्रतीक्षा
तू भूखा रह कर भूखों की
नित भूख मिटाया करता है
तेरे उपजाए इस अन्न से
जीवन चक्र निरंतर चलता है
है! आभारी हम तेरे
कैसे तेरा ऋण उतरे
व्यर्थ ना करे अन्न का एक भी दाना
आओ आज हम सब मिलकर ये प्रण करें

श्रीमती कमलजीत कौर
पत्नी वारंट अफसर आर सिंह
3001 स्क्वाड्रन वा से





श्री मंदिर एक चमत्कार



पुरी का श्री जगन्नाथ मंदिर एक हिंदू मंदिर है, जो भगवान जगन्नाथ को समर्पित है। यह भारत के उड़ीसा राज्य के तटवर्ती शहर पुरी में स्थित है। इस मंदिर को हिंदुओं के चार धाम में से एक गिना जाता है। इस मंदिर में बहुत सारे चमत्कारी रहस्य हैं जिन्हें विज्ञान भी आज तक समझने में अक्षम है।

हवा के विपरीत लहराता ध्वज :– श्री जगन्नाथ मंदिर के ऊपर स्थापित लाल ध्वज सदैव हवा की विपरीत दिशा में लहराता है। यह भी आश्चर्य है कि प्रतिदिन सायंकाल मंदिर के ऊपर स्थापित ध्वज को व्यक्ति द्वारा उल्टा चढ़कर बदला जाता है।

गुंबद की छाया नहीं बनती :– इस मंदिर की उँचाई लगभग 214 फुट है। मंदिर के पास खड़े रहकर इसका गुंबद देख पाना असंभव है। मुख्य गुबंद की छाया दिन के किसी भी समय अदृश्य ही रहती है।

चमत्कारिक सुदर्शन चक्र :– पुरी में किसी भी स्थान से आप मंदिर के शीर्ष पर लगे सुदर्शन चक्र को देखेंगे तो वो आपको हमेशा अपने सामने ही लगा दिखेगा। इसे सील चक्र भी कहते हैं।

हवा की दिशा :– सामान्य दिन के समय हवा समुद्र से जमीन के तरफ आती है और शाम के दौरान इसके विपरीत लेकिन पुरी में इसका उल्टा होता है।

गुंबद के ऊपर नहीं उड़ते पक्षी :– मंदिर के ऊपर गुबंद के आस–पास अब तक कोई पक्षी उड़ता नहीं देखा गया। इसके ऊपर विमान भी नहीं उड़ाया जाता है।

श्री मंदिर का चमत्कारिक रसोईघर :– मंदिर की रसोई में महाप्रसाद पकाने के लिए सात मिट्टी के बर्तन एक दूसरे पर रखे जाते हैं और सब कुछ लकड़ी पर ही पकाया जाता है। इस प्रक्रिया में शीर्ष बर्तन में सामग्री पहले पकती है। फिर क्रमशः नीचे की तरफ एक के बाद एक पकती जाती है। अर्थात सबसे ऊपर के बर्तन का प्रसाद पहले पक जाता है।

समुद्र की ध्वनि :– मंदिर के सिंह द्वार में पहला कदम प्रवेश करने पर ही आप सागर द्वारा किसी भी ध्वनि को नहीं सुन सकते। आप एक ही कदम को पार करें, तब आप इसे सुन सकते हैं।

है ना चमत्कार?

ऐसे और भी बहुत सारे श्री जगन्नाथ जी के श्री मंदिर में चमत्कार हैं जिन्हें विज्ञान सुलझाने में असमर्थ है। केवल एक निष्ठावान श्रद्धालु ही इस महिमा को महसूस कर सकता है।

श्रीमती संयुक्ता बेहरा
पत्नी जू. वा. अ. आर सी बेहरा
वायु सेना स्टेशन हलवारा



Night in a BUNKER

Reading the title of the story you must be thinking what a terrible parent I must be or whether we were in the middle of global devastation but it was neither of that. The truth was even I didn't expect to arrive in such a situation.

In one of the psychological tests that I underwent at SSB Dehradun, to be commissioned in the Indian Air Force, I was asked a question, "If your mother-in-law was a difficult, conservative and orthodox person, how will you handle the situation?" I still remember the response I wrote, "I will take the bull by its horns".

Taking the bull by its horns (TBH) had become a mantra for the next fifteen years I served in IAF as I was among the first batch of women officers to be inducted in the Armed forces. Among various TBH situations faced was one during the "Kargil Attack Ops" known as "Operation Vijay" in the year 1999.

My husband being a fighter pilot was posted to an operational squadron. They were among the first ones to be deployed for safeguarding the skies. Me and my infant son were left alone. Being myself in operations, I used to have alternate night duties. Now I was also deployed for 24 hours duty. Thus my son was left totally in the care of hired help.

One evening I received a call in my office from my neighbour that my son was running very high fever, crying incessantly and had gotten injured while the helper was making him ride a tricycle. Facing an emotional blackout, I calmly took permission from my unit commander and rushed home. I took my son to the doctor, got his toys, baby food, medicines and went straight to the underground bunker where he later on spent his nights while I used to go about my duty.

Another TBH situation arose during the Indian Parliament attack in Dec 2001. This time I was posted to a frontline Air Base close to the Indo Pak border. I had joined my husband after a gap of one year. His squadron was in action within first few hours of the attack and deployed somewhere in the western sector. As the Indo-Pak situation became tense and joint operations with civil and defence forces became a norm, the base was evacuated and most of the families left unofficially. Even the civilian helpers left the base as they had been witness to previous Indo-Pak conflicts. Once again round the clock deployment for "Op Parakaram" left me with no choice. My son again spent his nights at my work place during my night shifts. By this time having canteen and mess food, surrounded by men in OG's and blues with assault rifles, living in cramped conditions, black outs had become a part of his growing childhood days. But I am proud of him as he never ever threw a tantrum or caused any chaos, more than that he had earned the admiration and adulation of the uniformed soldiers around him. He used to salute them while walking by my side. I pinned my "Op-Vijay" and "Op-Parakaram" medallions on his shirt and saluted him for helping me serve our nation and for his own contribution.

Mrs Sangeeta Bharti
W/o Air Cmde AK Bharti
Air Hq (VB)



The Little Red Dot

Mr. and Mrs. Rai were anxious, their children Ajay (10) and Amit (12) deserved a really good time. They had both fulfilled their parents' ambition of getting excellent grades and now stood at that exalted position where both parents were at their wit's end thinking of ways to reward their children who had studied hard (even though the tutor deserved a major share of the credit, but they were answerable only to their angels).

The amusement park with a water world, rain dance, snow fall and all activities (which guaranteed an adequate adrenaline rush to lift the moods of bored little urban kids who've had enough of TV and play stations) was finalised.

This amusement park, a few miles away from home on the outskirts of the city, took care of the fun that people derive from long drives at the end of which lies more fun and excitement, albeit man made. The park had burst into a myriad colors as revelers thronged it for a fun-filled evening.

As this family of four got out from their swanky car, one could tell from their expensive, branded clothes and shoes that they took their amusement pretty seriously. The queues outside the ticket counter were endless, there were hundreds like Mr. Rai's family.

Mr. Rai asked his sons to stand under the cool shade of a tree while he and his wife took turns to claim their position in the queue. The sons, in the mean time, were prevented from getting bored as their father had bought them an assortment of drinks and chocolates which they both consumed complaining all the time that the other's share was more than his. Their mama tried hard to pacify them turn by turn.

Mr. Rai returned with a jubilant and victorious expression, even though beads of perspiration fell from his forehead– "Here, I got the tickets, they are expensive Reena, he addressed his wife, full Rs.2000, they are charging for the eatables too, so I thought why not, let the kids have the a time of their lives".

"Papa! Move ahead, we are getting late" the elder one said frowning at his empty bottle and eyeing the younger brother's bottle. Papa smiled sheepishly - "Come boys, hold our hands", and led them in as though he were handling two rare treasure chests.

As the queue moved on Amit constantly turned his head and looked backwards with an anxious face.

"What is it beta? Why are you so quiet? "

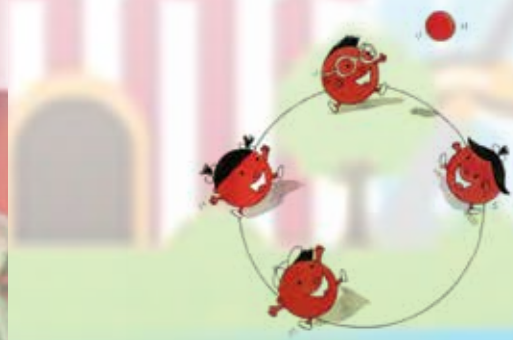
"Nothing" the child replied at the same time looking longingly at the boy who was toying with the latest I-phone.

The younger son tugged at his father's sleeve to draw his attention to the boy with the I-phone, and raised his brows in his direction with a slight nod of the head.

"Impressive", Mr Rai said as he appreciated the gadget.

"Hmph....when I asked for it last week you rattled off so many negative points about it, what happened now ?" The boy who barely reached up to his father's chest admonished him. Mr Rai gave a guilty smile and put his finger on his lips to silence the agitated lad.









After hours of umpteen rides and water and snow dance and what not, the family headed to the kids' favourite restaurant to appease their appetites after the physical toll the rides had taken on them.

The visit to the huge toys showroom was not on the agenda but when the parents saw that their angels were not exactly squealing with joy they thought buying them stuff from here was a sure shot way to extract a smile from the unrelenting twosome.

They put their podgy fingers on a variety of board games, guns and cards. Mr. and Mrs. Rai trailed behind them like obedient lambs.

As they emerged from the exit, Mr. Rai put an affectionate arm round his first born, "So Amit, did you enjoy yourself beta?"

"It was okay papa... the rides were so routine, nothing exciting, no new additions. I was bored stiff. These are the same rides we had last time we came with our school."

"Yes Bhai", said the younger one emboldened, "I too found it boring. Next time we will go to that mall where they have a whole new floor dedicated to brand new imported video games."

"Papa! Next time we are going there and not to any amusement park. I'd told you but you insisted on coming here, it must be cheaper here." They looked at each other and sniggered.

The exhausted father was in no mood to argue. Mrs. Rai felt a bit sad for her husband when the kids didn't appreciate his efforts, she herself had taken the day off from work, never-the-less she was satisfied that they would be quiet for a few weeks at least.

Once out of the gate, they decided to sit on the benches and enjoy the cool November breeze that caressed their tired limbs. The two kids brought out their wares and started checking them out, snatching, admiring and chasing each other.

"I like this one the best", Amit said as he proudly displayed the shining laser gun.

"Look its red dot reaches so far...look ! It is across the street on that building".

"Oh... stop it, don't shine it on people's faces now... enough!" the elder son drawled lazily.

Ajay waved his laser gun, now here... now there, the laser threw a clear red spot even on the farthest point.

Now he pointed his gun at a bunch of urchins who had been selling flowers at the windows of the shining cars earlier, now a happy and contented lot after selling off the last flower, talking and smiling as they counted their day's earnings.

Ajay targeted the red dot on the little girl in a torn frock and slippers of two different colors, but with a fresh string of pink flowers in her unkempt hair. Mrs. Rai smiled at the absurdity of this sight.





As the red dot sat on her face the other kids shouted-"Look! A red dot on her face...ha ha ha, it's dancing." The little girl smiled and pawed at the red dot on her face screeching unashamedly while running in circles like an excited puppy.

Now Amit targeted one of the boys who chased her, seeing the red dot on him the girl squealed with uninhibited joy clapping her hands in excitement.

"Run...run...it will go away...run." The boy jumped up and down mockingly, happy to make others laugh; he ran back and forth while the red dot followed him everywhere.

"Is it still there?" he asked his friends smiling broadly, enjoying the momentary attention that he was getting.

"Yes it is!" And on the frenzy of activity that this little red dot had generated, they were shrill with excitement and laughed in gay abandon.

These children had made their own little game while Amit flashed the dot on every one's face. As it appeared on a new face they roared in excitement and tried to chase away the red dot. They relished this sudden distraction from their mundane routine.

They were so excited and happy that it irritated the much evolved sensibilities of Ajay and Amit. They watched with consternation as this simple activity turned into such fun.

"It's only a silly laser dot, what makes them so wild with excitement?" Ajay looked inquiringly at his mother in a manner that showed that he was superior to them in wisdom.

Mrs. Rai looked at the kids who pranced about in utter delight and smiled affectionately. A little laser dot could be the source of so much joy for these little vagabonds, unattended, uncared for, left to wander on the roads, deriving security from the group that stuck together the whole day.

Amit and Ajay looked at each other and smiled sarcastically, "Mom look at this stupid bunch going crazy after a laser dot!"

Mrs. Rai gave off a loud sigh, "God bless them! They look more happy than you two after hours in the amusement park. I wonder where and what YOUR little red dot is?"

The two boys stood staring at their mother angrily.

"You chased happiness in there, but look, happiness is chasing these kids because they welcome it."

Mrs Seema Dev Sharma
W/o Air Cmde DK Sharma (Retd.)



मेरी अभिलाषा है

उस किरण पुंज में बढ़ने की
सुमधुर गीतों को सुनने की
ना हृदय विहिन अब रहने की
ना वर्षों तक दुख सहने की
मेरी अभिलाषा है।

बस झिलमिल–झिलमिल करने की
आँखों का तारा बनने की
एक वर्ष सताया था जिसने
उसके मन मंदिर में रहने की
मेरी अभिलाषा है।

अरमानों की झोली भरने की
दो कदम साथ मिल चलने की
मेरी अभिलाषा है।

श्रीमती बिन्दू सिंह
पत्नी सार्जेंट ए के सिंह
24 ई. डी. वा से





अफवा मीटिंग स्पेशल

ज़माने भर की परेशानी से
कुछ देर पीछा छुड़ा लेती हैं हम
अफवा मीटिंग के बहाने,
ज़रा–सा मन बहला लेती हैं हम।

थोड़ा सा हँसना, थोड़ा खिलखिलाना
थोड़ा एक दूसरे का मज़ाक बनाना
उस हँसी के पीछे
सारे दर्द छुपा लेती हैं हम
अफवा मीटिंग के बहाने,
ज़रा–सा मन बहला लेती हैं हम ।

तंबोला में कभी जीत जाना
कभी सिर्फ एक मनचाहे नंबर का ना आना
नंबर निकले या नहीं
पर मजे उड़ा लेती हैं जी, हम
अफवा मीटिंग के बहाने,
ज़रा–सा मन बहला लेती हैं हम।

वेजिटेरियन खाने के साथ नॉन वेजिटेरियन जोक
न किसी की रोक, न किसी की टोक
ऐसे कुछ हल्के–फुल्के लम्हे बिता लेती हैं हम
अफवा मीटिंग के बहाने,
ज़रा–सा मन बहला लेती हैं हम।

कभी रेड, ग्रीन, यल्लो थीम पर सजना
कभी स्पेशल मीट के लिए संवरना
खुद को एक दिन की हीरोइन बना लेती हैं हम
अफवा मीटिंग के बहाने,
ज़रा–सा मन बहला लेती हैं, हम।

कभी इडली–वड़े का योग
कभी चाय समोसे का भोग
कभी कचौड़ी जलेबी से भी काम चला लेती हैं जी, हम
अफवा मीटिंग के बहाने,
ज़रा–सा मन बहला लेती हैं हम।

श्रीमती कल्पना गोयल
पत्नी जू वा अ डी बी गोयल
5 बी. आर. डी. वा से



प्रतिभा



किसी को आदत है हर वक्त मुस्कुराने की
तो किसी को लगी है धुन हँसने और हँसाने की
कोई मस्त है अपनी ज़िन्दगी के उजालों में
तो कोई लगा है हर वक्त औरों को रूलाने में
सुर लय ताल के संगम में कोई डूबा है
तो कोई बिखेरता रंगों का अजूबा है
थिरकते हैं किसी के कदम, ता–धिन–धिन–धा पर
कोई गाता है, कोई बजाता है सुरों की माला पर
कोई आसमान की ऊँचाइयों पे उड़ता है
तो कोई खिला के फूल हजारों, धरती से जुड़ता है
कोई अपनी लेखनी का जादू चलाता है
तो कोई उस जादू को जन–जन तक पहुँचाता है
कोई खेलता, कोई खिलाता, नाम कमाता अपना
कोई रूप सज्जा में माहिर, लिए सबको सजाने का सपना
किसी की धुन है, धन बनाने की, सफेद हो या काला
ध्यान कभी न रहता, कभी पड़ेगा प्रभु से पाला
कोई लगा, निन्दा चुगली में, कीमती वक्त गवां के
कोई लगा, कड़वी जुबान से, सबको रूलाके
कोई लगा, व्यंजन बनाके, खुश होकर सबको खिला के
इस दुनिया के हर मानव में, छुपी पड़ी है प्रतिभा
ऐसा ही हुनर देख कर–बन जाती है कविता
दुनिया में सब कुछ होता है, इन सांसों के दम पर
मगर किसी का ध्यान न जाता, दाता के रहमो करम पर
जितनी भी प्रतिभा है जग में, मालिक का उपहार है
सांसों के चलते रहने से, चलता सब संसार है
मत याद करो, बीते कल को
मत फिकर करो, कल क्या होगा?
जीवन बीतेगा 'सिर्फ' आज में
आज का स्वागत करो

श्री अर्चना मिश्रा
पत्नी वा अ ए के मिश्रा
33 सांकेतिक इकाई वा से





Across The World In Zero Dollars

This is a real incident from September 2003. My husband Ajay had gone to the US for his staff course and I was then a serving Sqn Ldr posted in Jamnagar. I took leave and started the journey with a four-year old daughter and a ten months old son to join him. We all were very excited to be together as a family. This was my first journey abroad. Ajay was scheduled to drive from Montgomery to Atlanta to pick us up.

Our flight to Atlanta was early in the morning and we were well in time at Mumbai. One of our friends received us at Mumbai airport and we spent the day with them. They dropped us at the airport in the evening. At the airport, I went to exchange Indian currency to Dollars and Euros from the foreign exchange counter as I had only travelers' cheques and no currency as per the advice of bank officials. The person manning the foreign exchange counter also echoed the advice of my bank and confirmed to me that all the requirements enroute would be met by travelers cheques (their being acceptable to all the shops in airports).

We checked in and after the security check when we were waiting for boarding, my daughter, seeing a child munching from the bakery demanded the same. When I opened my handbag (for the first time that day), to my horror, I realized that by mistake I had left my purse with the Indian currency back at Jamnagar in my friend's home. I explained this to my daughter; she realised the gravity of the situation and cancelled her demand (fauji children are very understanding and mature).

After boarding the flight, our actual journey to the US started. We had a layover in Paris for four hours. Upon reaching Paris, I grew even more anxious as I did not have any currency in hand. I wanted to buy a phone card and speak with Ajay. I tried encashing the travelers' cheque at Paris, but the entire exercise was futile as no one was willing to do this. My high panic level must have been very obvious as a lady approached me and asked if I was in any trouble. I explained my predicament to her; she thereafter joined

my search for any outlet that would accept travelers' cheques. At this time, another Asian man approached us and enquired about my problems. The person was a Pakistani native and a US citizen. He offered his telephone to me and I rented all my problems to Ajay. I offered a travelers' cheque worth 100 Euros to this kind person, which he politely declined stating that had it been his family in my place, he would have expected the same response from fellow travelers. Saying this he left for his flight.

My companion (the lady who I had met earlier) had some currency with her. She bought some snacks for my daughter; after this she was still left with 4 Euros. Of this, she gave me 2 Euros and left with 2 Euros as her flight was announced. I thanked her, saw her off till her boarding gate and came back to the waiting lounge for our flight. By now, my daughter was full after a hearty breakfast and I was richer by 2 Euros! While waiting for my flight, an elderly Indian couple started playing with my children and they struck up a conversation with me. When they came to know about my problem, they assured me of any help as they had adequate cash and were also travelling in the same flight as mine. I became far more comfortable with this assurance.

While going through this ordeal, I was thanking God for helping me in the guise of these people and was also thinking that I must have done something noble in my life to be treated like this by Him.



On our arrival at Atlanta, I was reassured to see my hubby waiting eagerly for us. When I narrated the entire story to him, he had a similar story from his side. When he reached the airport that day, he saw a saree-clad old lady in a wheel chair who was crying inconsolably and her suitcase was in tatters with all her belongings spread out. He tried to speak to the lady in Hindi and then in English; she did not understand either of the languages and could only offer him a telephone number written in her diary. He called up that number which was answered by her daughter. She confirmed that she had arranged for a porter who obviously had ditched her mother. She also informed him that her flight to Newark was in about 30 minutes and that boarding for that had already commenced. Ajay, with the help of airport officials somehow packed her suitcase and helped her board the flight for Newark. He thereafter informed her daughter, who profusely thanked him; the people were from Sri Lanka.

That's how this amazing adventurous journey of mine with two children ended. Even today, after 15 years, I get goose bumps thinking of this journey of mine. Consequent to this event, our faith in God and karma has grown.





Wg Cdr (Dr) Indu Bala Chaurasia (Retd.)
W/o Gp Capt AK Chourasia
44 Wing AF



MY TOKYO DIARIES

"Where Ever you go, go with all your heart"
-Confucious " The Chinese traveler & Philosopher

I am a self confessed passionate traveler, I love to travel as it also helps to fulfill my other passion that is people; getting to know people of different cultures and backgrounds. Luckily my work involves travelling to different parts of the country and also occasionally around the globe.

The month was February in 2005, I got a chance to visit Tokyo (Japan). The country which I have been fascinated with since childhood. I was too excited to visit "the land of the rising Sun", since our school days we were awed by the super advanced Japanese products.

I was so excited in anticipation of visiting an unknown yet a modern country, I felt like a child with butterflies fluttering in the stomach. I could not rest throughout my 14 hour long flight.

My initial shocker: "If anything can go wrong, it will"

- Murphys law

In the early morning hours the flight landed at Narita airport, which is located at the outskirts of Tokyo city, in my excitement I completed all the immigration formalities within record time and was ready to face the world outside the airport. As soon as I stepped outside a tad disappointment struck me , unlike in India where you see taxis, shops, people and lots of hustle and bustle, here it was absolute silence, a dull demeanor which made my earlier excitement fade away. All of a sudden, I found myself almost alone and cold.

Before starting the journey, I had collected certain information regarding how to travel from airport to my Hotel in Tokyo city and was told that there are GPS fitted shared taxis available which would easily locate my hotel with the hotel map (please note the year was 2005 and GPS was unheard of in India then). I was warned not to opt for the chauffer driven taxis as these would be too expensive, but as Murphy's Law states, *"If anything can go wrong, it will"*, what would follow soon would be the most expensive taxi journey in my life till date.

I saw a solo taxi approaching me outside the airport. I was curious yet felt a sense of relief seeing



a taxi at least. As soon as the taxi stopped in front of me, in my half English and half sign language I tried to converse with the driver:

Me : Tokyo! , Tokyo hotel?

Taxi driver : "Hai"

Me : Shared taxi !!

Taxi driver : "Hai"

Thinking it to be a positive answer, I put my luggage in the boot, got inside and relaxed. I was curiously admiring the interiors of the taxi. It seemed to be too good for a shared taxi, but then I reminded myself, "Of course I am in Japan, so it must be this way here". After around 10 - 15 mins of the journey, something forced me to realize that we have touched the highway and there is no sign of the taxi stopping to pick up any other passenger. I was the only passenger in the taxi. I tried asking the driver again where are the other passengers! But he seemed irritated with the question as he did not understand English and I could not understand his Japanese.

As the taxi started proceeding towards Tokyo suddenly it dawned on me that I had taken the chauffuer driven taxi and not the shared taxi, and now I would have to shell out $200 (almost Rs.10000) 10 times more than a shared taxi rate of $20 !

All my enthusiasm of seeing the most advanced city of the world suddenly faded away, as I started calculating how will I pay and how will I survive a whole month in an expensive city like Tokyo !

Slowly as time passed, I got busy in my work and got into the daily routine of the busy Tokyo life. But I never missed an opportunity to know more about the Japanese people, their traditions, and the city.



Tokyo is a city of absolute contrasts, where modernity and traditions co-exist side by side in harmony. The people of Japan are deeply rooted in their traditions which are visible in their traditional Tea Ceremonies, the streets of Asakusa, Meiji Shrine, the ladies wearing the most exquisite kimonos to celebrate festivals and many more. All these give a vibrant, traditional Asian flavor to Tokyo. In contrast, if you want to see the modern part, the electronic district of Akhiabara or the funky street fashion of Harajuku is something which is one-of-its a kind in the world.

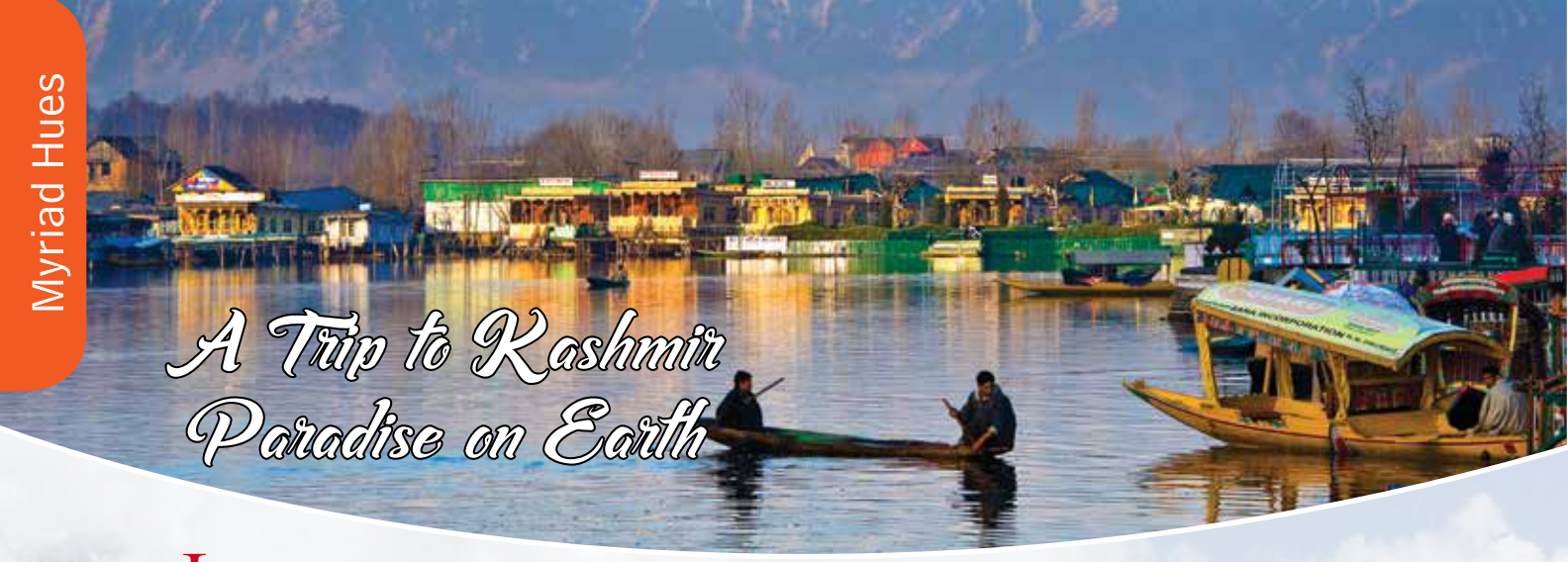
However, after almost 2 months in Tokyo, I had my most incredible experience in the city : the **Cherry Blossom festival.**

It was the onset of Spring in Tokyo, the whole city was blossoming with the pink coloured cherry blossom flowers, blooming on rows and rows of cherry trees which lined the streets. It was an experience beyond words. The whole country seemed to be bathing in pink. One would find people everywhere : enjoying the parks, celebrating with their family, friends, eating, chatting, laughing, very unlike the strictly private Japanese society. Seeing the general happiness around, it dawned on me that however modern and advanced a country you are, the happiness of people still lies in these gifts of nature.

It was soon time for me to say my goodbyes and return home. Though the stay was sweet, I was deeply eager to return home. So much so, that I could feel the same butterflies in my stomach fluttering in excitement as they had 3 months back. I wanted to share my experiences with my family, my friends, but it took me so many years to pen them down and share with you all, that the same butterflies are fluttering in my stomach again !

Mrs Tapti Choudhary
W/o Wg Cdr S Choudhary
5 BRD AF





A Trip to Kashmir
Paradise on Earth

I recently concluded a fun and adventure filled trip to Jammu and Kashmir. At first, I was hesitant to undertake this trip with family as several people warned me not to go ahead in view of the alleged disturbance in that area. However, after seeing so many of my friends visiting Kashmir, I am happy that I insisted on going ahead.

Kashmir was one of the important places in the list of my must visit destinations. Although, anybody might get scared initially on seeing a huge number of security personnel all over the place, however you get used to them soon enough.

We landed at the Srinagar airport, where as soon as we reached, our prepaid mobile SIM stopped working. Anyway we headed towards our prebooked hotel on the road that ran along the famous Dal Lake, which was enough to mesmerise us. There had been some incident near Dal gate on the previous day and most of the local people were indoors but we faced no problems in reaching the hotel. On the same evening, we went for shikara ride in Dal Lake which clearly signalled that this will be a trip to remember.







We spent the next day visiting the Nishat garden, Shalimar garden and the Shankaracharya temple at a very steep height. Visiting this historic temple was really very memorable, as standing on the side extensions of the temple wall gave a full view of heaven on earth-Srinagar.

On our way back to the hotel we went to Chasme-Shahi, the water spring where we sipped the pure mineral water. On the very next day, we went on a cable car ride to the high altitudes of Gulmarg. It was very adventurous and exciting as it was the first time we were riding a cable car. We enjoyed the snow-covered hills of Gulmarg, especially the aerial view from our cable car.

The last leg of our tour was a helicopter ride to Amarnath through Baltal. It was very memorable as it was the first time we were riding a chopper. We could see thousands of pilgrims going to Amarnath on horses and by foot. The helipad at the holy cave is a small flat area built in the middle of a snowy plateau. A steep climb of about 200 steps and we were at the feet of a large snowy Shivlinga (about 20-25 feet in height). The ground under our feet was freezing and we had to constantly keep walking to avoid frost-bite.

It was really a dream come true for us, both on the religious and adventurous front. On the way back, I got a window seat. Such an amazing experience it was seeing the fantastic landscape from the window. I thanked the Almighty for my dream coming true of the visit to paradise on earth.

Mrs Susmita Mishra
W/o Sgt RK Jha
34 Wing AF





एक नन्हें मन की इच्छा

रात में खाना खाने के बाद एक अध्यापिका घर में अपने स्कूल के बच्चों का गृह कार्य जाँच रही थी। पति महाशय वहीं करीब में बैठे हुए स्मार्टफोन पर गेम खेलते हुए मज़े ले रहे थे। उनका एक बच्चा अकेले कमरे में चुपचाप किसी सोच में खोया हुआ था। अचानक अध्यापिका ने एक पेपर पर ध्यान दिया और उसे पढ़ते–पढ़ते उनकी आँखों में आंसू आ गए और वह रोने लगी।

पत्नी को रोता देख पति ने पूछा क्या हुआ ? रो क्यों रही हो ? रोते–रोते पत्नी ने कहा कि मैंने कल स्कूल के बच्चों को "मेरी इच्छा" पर कुछ लिखने को कहा था।

पति : ठीक है इसमें रोने की क्या बात है ?

पत्नी : इस बच्चे के काम को पढ़कर रोना आ गया और मन करता है रोती ही रहूँ।

पति : इस बच्चे ने ऐसा क्या लिखा है इसमें ?

पत्नी : सुनो "मेरी इच्छा है कि मैं स्मार्टफोन बन जाऊँ क्योंकि मेरे मम्मी–पापा को स्मार्टफोन बहुत पसंद है। उन्हें स्मार्टफोन की इतनी चिंता है कि कई बार वो मेरा ध्यान रखना भूल जाते हैं। जब मेरे पापा ऑफिस से थके हुए घर आते हैं, तब उनके पास स्मार्टफोन के लिए समय होता है पर मेरे लिए नहीं। फ़ोन की पहली घंटी बजने की देरी होती है, वह तुरन्त फ़ोन उठा लेते हैं पर मुझे नहीं, भले ही मैं रो रहा होता हूँ। घंटो फ़ोन पर बात करते रहते हैं पर मुझसे नहीं, स्मार्टफोन पर गेम खेलते रहते हैं पर मेरे साथ नहीं। फ़ोन पर बात सुनते हैं पर मेरी बात नहीं सुनते भले ही मुझे जरुरी बात करनी हो। इसलिए मैं भगवान से प्रार्थना करता हूँ कि हे ईश्वर मेरी इच्छा पूरी कर दे, मुझे स्मार्टफोन बना दे ताकि मुझे अपनी मम्मी और पापा का प्यार और साथ मिल सके, उनके पास सदा बना रहूं।"

यह सुनकर पति भावुक हो गया और उसने अपनी पत्नी से पूछा ऐसा किस बच्चे ने लिखा है ?

पत्नी : हमारे बच्चे ने।

पति : पर ये सच कहाँ है ?

पत्नी : झूठ भी तो नहीं है, बात सच भले ही न हो पर हमारा बच्चा फिलहाल हमारी इस छवि के साथ बड़ा हो रहा है।

संशोधित द्वारा–
श्रीमती वबीता यादव
पत्नी सार्जेंट एस एन यादव
वायु सेना मुख्यालय (वायु भवन)



MY TRAVEL JOURNAL

Culture, history, significance and natural beauty is something you would find the best of, on a trip to Europe. Yuj and I traveled to Switzerland, Paris, Amsterdam, Italy, Barcelona and Prague. It was an incredible journey with unparalleled beauty and deep cultural heritage.

The planning began a month before our wedding. We decided to visit Europe in May 2016. It was an 18-day trip. The places we covered were destinations we had dreamed of since we both were kids. The decision was easy and the visa came fast. We both decided to travel by ourselves and did not opt for any tour package.

We pre-booked our hotels and used Airbnb which further made our trip unique as we stayed with the locals.

GENEVA, CAPITAL OF PEACE

Geneva brings the world to one small city, with a huge expat population, and with the highest number of international organisations in any one city. The highlight of this cosmopolitan city is Swiss chocolates, luxury jewelery and fine watch making. We boarded our flight from New Delhi that flew via Moscow to Geneva. It was a 4 hour halt at Moscow airport so we explored the shops, bought souvenirs and some wine as it is cheap in Russia.





We landed at Geneva airport at around 2 pm and as we got out of the airport we bought city tour passes that allowed us to travel freely for the next 48 hours in any bus, tram or train. The tram connected the airport right to our hotel. It was an expensive stay but worth the money. The hotel provided us with basic amenities from a hair dryer to hot kettle. We cooked some Maggie (Geneva is really expensive so we took ready-to-eat packets from India). Also you don't need to buy packaged water. you can drink right from the tap.

After some 'petpuja' we headed on to visit Mont Blanc and JET d'EAU (world's tallest water fountain). We spent our day travelling to local places by bus and enjoying the scenic beauty of Geneva. Next day in the morning, we headed to our Airbnb stay with a local , Pawel, who was so nice that he took us to France in his own car and took us to a local bar where we enjoyed the night life of Geneva. In return I taught Pawel how to cook pulao as he had all the ingredients. Airbnb was far cheaper than hotel stay and far better.

Next day we took a day package tour to visit Montreux , Chaplins World Museum, Olympic Museum and Chillon Castle. The following day we visited The Palace of Nations, International Red Cross and Red Crescent Museum and the UN.

PARIS

It was our time to head to our second destination Paris. We bid adieu to Pawel, who dropped us at the airport in his car and helped us to buy some souvenirs as well. That's the charm of staying with locals. As we took our flight to Paris we were excited for our next Airbnb stay. We landed in Paris and again availed travel passes. We took a bus to our Airbnb stay. It was a small room with all the amenities like TV, fridge, sofa cum bed, with things to prepare breakfast and dinner. We just travelled through Le Marais for some shopping. We called it a day and headed back to our room. Next day we went to visit The Louvre, (landmark art museum with a vast collection including the original Mona Lisa painting). After that we visited Notre-dame de Paris, the Tuileries garden and the Pantheon. The following day, our bus shuttle from Paris to Amsterdam was at night, so the entire day we had enough time to spend at the beauty of Paris, The Eiffel Tower. My husband is a fan of football so we first went to see Paris Saint Germain, where by chance a reporter took his interview and broadcasted it at the Le Equipe channel. After that we were finally at the Eiffel Tower where we spent our entire day. Finally, we left Paris for Amsterdam. It was a six hour journey by bus. We stayed at a hotel. We just kept our luggage and explored the markets and some museums. We bought travel bus passes for 48 hours. In the morning we took a bus shuttle (hop on hop off), in which we travelled through Amsterdam seeing famous places like Anne Frank's house, Madame Tussauds, the Royal Palace of Amsterdam and enjoyed a canal cruise. After Amsterdam we took a flight from Eindhoven to Prague as we wanted to travel by Eurorail.

PRAGUE

We reached Prague by the evening so we had dinner and went to a local club to experience the night life of Prague. We had bus passes valid for 48 hours which we bought at the airport so we travelled by bus to our destinations. Prague was cheaper than the other places and was beautiful indeed. We visited Charles Bridge, Prague castle and Old town square. Our next destination was Rome.



ROME

We visited the famous Colosseum, St Peters Basilica, the Roman Forum and Trevi fountain. We stayed with an old couple courtesy Airbnb. The stay



was very pleasant and they guided us in Rome. They gave us maps and told us to be cautious of pick pocketers. We visited the Vatican the next day and then the rest of the day we just enjoyed walking and shopping

BARCELONA

Our last and final destination was Barcelona. We had an amazing stay in the hotel and we spent our day at the Beach la Barceloneta . Yuj took a Campout tour while I stayed on the beach. We visited a handful of places and then came back to India with beautiful memories to be cherished for a lifetime.

Mrs Disha Thakur
W/o Sqn Ldr YS Thakur
805 SU AF





Mutilated Morale

At my age , amongst all the "stuff" that needs "uplifting", it is perhaps the sagging morale that's most needy of a quick fix. This morning, I scooped its fragile fragments and rushed to the popular upmarket parlour, unheeding Mishtu's parting barb, "Ma, you need a miracle!". How naive of me and so prophetic of dear black tongued Mish.

Going to a high end salon is an enlightenment in class stratification. You enter a little unsure even though you have made an appointment - of course, the receptionist remembers you - didn't you ask for their charges over the telephone? ! Besides, there are several give aways... your dripping umbrella, your faux leather handbag, your eager to be amenable demeanor and the most glaring of all...the fact that you have washed your hair at home to skimp on the hair wash charges (I could buy a month's stock of shampoo instead) ... the watchful receptionist has noted it all ... "Ahh this wannabe ain't gonna tip! " she predicts accurately. You are already slotted for being slighted.

A desi Pierre sashays in and gingerly runs his fingers through your hair like it were yesterday's noodles and queries, "Washed?" You nod. "Conditioned??" You note the disapproval and dish out the dissent with a heavy hearted question, "Limp?" Never mind ! A disparaging look is followed by..."What shampoo do you use?" You realise that it is time to disown Ramdev Baba and you quickly name a popular brand. "'Off the counter products are no good!" Desi Pierre (DP) shakes his woe begotten brow and suggests a French brand he franchises for. You quickly promise to change loyalties. DP has this surgical kit around his waist like GI Joe and gets into snippety action. DP's inquisition hasn't ended. Where did you get your hair cut last? Drat!! You certainly don't want to own up to the Fairyland chinky in Nalasopara, so you shoot , "Jaaved Habib's" (sorry JH , had to save my scalp). DP presumes it's Habit Express - the cheaper counter. A few snips later... "You don't colour you hair, Ma'am?" You are left wondering if the "ma'am" was only in deference to your age. You gulp the tears and ramble about how hair colour damages, you are cut off mid follicle with a dismissive wave and a "not anymore if you choose the right products" retort. Following your failure on all follicular fronts, DP gives you the silent treatment and you don't know whether to be relieved or rankled.

Whoosh! Hair cut over! No makeover there. You move on hopefully to the facial. The lady knows that you have skipped the Gold/Diamond/Ozone and settled for the cheapest fruits, hoping that papaya and tomato may salvage the fine lines and burrows on your mature face. Well they don't!

But you are a woman on a mission and you don't give up. You move down to the worker bees of the parlour hoping for some civility if not camaraderie. Ahh the wily waxing girl knows that you have chosen the routine wax over the expensive chocolate one. She runs one hand over your leg and recoils , "Shave kara tha kya?" She is mortified. Omega ! That rushed evening and the excitement of wearing a short skirt! Unpardonable outcome. You want to leave but the masochistic mission is incomplete with out a pedicure. You are already apologetic as her manicured hands lift your cracked, calloused feet and she squirms, "bahoot dino se nahi kara kya?" You blame it on a hectic schedule and quickly agree to her heel peel and paraffin treatment every fortnight so that you may be granted permission to tread God's Earth. You rush out without waiting to get your toes painted.

The bill is staggering (GST and all!!) but you bravely swipe your card and dart out without daring to go back and retrieve your drenched umbrella or your mutilated morale.

Mrs Mridula Dixit
W/o Gp Capt YK Dixit
AF Stn Halwara



Forced BACHELORS



This is a beautiful memory which I want to share. I was working with Nalli Silks in Delhi and had gotten married to a dental officer 20 months ago but had hardly spent time together. Reason? Right after my marriage, he went on course and later on, to a field posting in the far-flung Northeast. He was posted 20 kms short of the pristine Tawang (name I had heard recently from him) and had no communication facilities apart from the unit PCO which either had a long waiting line or was out of order most of the time. The separation was getting to me and after a few convincing melodramatic conversations with him (females are born with it), he agreed to speak to his station headquarters to grant him permission to bring family.

I had booked an air ticket from Delhi to Guwahati and a helicopter service for the onward journey to Tawang. But as luck would have it, a day before I had to start from Delhi, I got a call from Guwahati saying that the chopper did not have a vacant seat to accommodate me as the CM of Arunachal Pradesh along with his cabinet was going to Tawang. I spent a frustrating one week in Delhi. After one week, the journey to my heaven started. At last! I was joining him. Full of excitement, I bought the helicopter ticket at Guwahati to reach Tawang. It was my first ride in a helicopter and the view outside, especially the one above Bhutan and Arunachal, was indeed breathtaking. As the chopper was hovering above the helipad, I saw my man standing tall in his combat uniform. There was always something that attracted me towards uniforms since childhood, but today it was him and only him. Seeing him after so many days (we were meeting after five months) I had an emotional outburst and the moment we met, I had wet eyes.

It was a beautiful and mesmerising tenure in Khirmu where my husband was an Adjutant and Dental officer in a Field Hospital. During that time, the first lady of the unit was also there and we had a gala time discussing various topics. We often cooked in the mess for the officers and I was amazed to see the appetite these men have when a lady cooks. We gave a feminine touch to many things in the mess. Hope they will last for a few years.

The area was full of natural beauty with amazing weather. I also visited Tawang monastery (it was known as Golden Namgye Lhatse but the original name was hard to pronounce) It is 400 years old and is the second oldest and the largest in Asia and houses more than 700 monks. It is placed on top of a ridge and is surrounded by perennial mist as if suspended from heaven. Inside the monastery is a 30 foot huge statue of Lord Buddha.

There are numerous lakes in the area and each strives to out-do the beauty of the other. The most famous is the Shungester lake which was formed by inversion of the land after an earthquake. The shooting of the film Koyla was also done in its pristine surroundings and hence it is also known as Madhuri lake.

I also had the opportunity to visit Bum La on 15th August and see the meeting between the Chinese army and our Indian Army. As a token of our meet, I pasted bindis on the forehead of Chinese ladies and so it became a fad.

Well, at last the two months of grant to bring family was over and I had to leave the place. Single again, well not really. I was 8 months short of motherhood. And we had already decided to name our child Tashi, meaning happiness, in memory of the beautiful time we spent in Khirmu (Tawang).

Mrs Sakshi Gupta
W/o Sqn Ldr Nitin Gupta
3 AFDC





A RUN IN THE WILD

While holidaying in Thekkady, my husband and I had decided to go for the late night Jungle patrol. Our son was happy to stay back in the hotel room post-dinner with the TV all by himself. It was a convenient arrangement for us, as children below 13 years of age were not allowed to enter the Periyar tiger reserve under any circumstances at all.

As soon as we reached the starting point at 9:45 p.m. our group of seven people was handed a pair of long canvas socks and a yellow flash light each. Both the forest guards accompanying us were holding deep-penetrating torches and one of them was even carrying a rifle; which, I thought was perfunctory, as honestly speaking we did not expect to encounter any wildlife at all. All that we looked forward to was, "the sheer thrill of walking through the wild at night."

It was a bright moonlight night; we could manage without the flash lights through most of the trek. The first half of the walk was quite uneventful. We took in the jungle sound of a thousand crickets chirping simultaneously with an occasional hooting of an owl or a bat. We even spotted a few pair of burning sambhar eyes curiously peeking at us from behind the bushy undergrowth.

We treaded confidently along the undulating jungle tracks, ensconced in the false safety of the full signal strength that we were getting in our mobiles. Just as it was about to strike midnight, we struck gold. Our track was a narrow elevated mud path interspersed with thick tufts of grass, and on its left side we could see a pair of huge bisons devouring the moist grass on the banks of what looked like a drying pond of water. The men in our group tried to go a bit nearer to take a closer look.

The bison apparently did not like this human interference during its midnight snack and decided to walk away. It crossed the mud path at a distance and walked over to the right side and into the forest thicket. The forest guard followed it with his torch. The Bison moved further into the brushes, yet it could not escape the flashlight of the guard. It stood still with its head down for a while, then clearly losing patience it lifted its head and the flash light reflected its glowering eyes. And then, it made the scariest animal sound that I had ever heard in my life. The guard panicked, turned around and shouted RUN! I heard the click of the gun being loaded.

We turned around and ran for our lives. We could hear the bison running parallel to us. It again made that frightening, paralyzing sound. The guard goaded us to run faster. I don't remember having run that fast ever in my life. Had the bison decided to come over to our side, it would have bridged the gap in seconds and we would be in serious trouble. Thankfully, it decided to stay within its territory.

Huffing and puffing, with adrenaline rushing through our body, we rested at the bank of a canal. We thanked our stars for the narrow escape. And, in my heart, I secretly thanked God; for it was a just a bison and not a tiger that we encountered.



Mrs Abha Sharma
W/o Gp Capt Shalabh Sharma
AF Stn Tambaram





श्रीमती जुनू दास प्रसाद
पत्नी वा अ राज कुमार प्रसाद
कार्यशाला प्रशिक्षण संस्थान



कीरई वाली अम्मा

कीरई तमिल भाषा का शब्द है। पतिदेव का तबादला तमिलनाडू के ताम्बरम एयरफोर्स स्टेशन में हो गया था। करीब एक साल के इंतजार के बाद हमें अपना क्वार्टर मिल गया था। कुछ दिन घर को व्यवस्थित करने में बीते। सुबह सवेरे घर की साफ सफाई करते हुए अक्सर एक अधेड़ उम्र की महिला को कीरई–ए–साग–ए– कह कर आवाज लगाते सुनती, और जब तक उनको मैं बुला पाती वो आँखों से ओझल हो जाती। मैं सोचती रह जाती कि उम्र के सत्तरवें साल में भी वो कैसे इतनी मेहनत कर पाती हैं।

एक दिन जब वही चिरपरिचित आवाज कैम्प में घूमने लगी, तो मैं खिड़की के पास आकर खड़ी हो गई, जैसे ही उन्हें देखा, मैंने आवाज लगाई – अम्मा इधर आना। अम्मा बड़ी–सी डलिया और एक थैला लेकर, डगमग करती घर में दाखिल हुईं। पूरा माथा पसीने से तर था। गले में सोने के मोतियों की माला पड़ी थी, माथे पर बड़ी सी बिंदी। मैंने उनसे पूछा – "अम्मा कीरई का मतलब क्या होता है?" अपना पसीना पोंछते हुए बोलीं – "साग"। अपनी टूटी–फूटी हिंदी में बोली, "पालक चाइए?–मेथी चाइए?" हालांकि दाम बाजार भाव से ज्यादा ही था, परन्तु उनके जज्बे को देख कर मैंने साग लेना उचित समझा। पैसे के साथ–साथ मैंने उन्हें एक टिकिया साबुन की भी दे दी। अब तो वह हमेशा मेरे क्वार्टर के आगे रुक कर आवाज लगातीं और मैं हर बार की तरह उनसे अधिक दाम देकर साग लेती। जब मैं उन्हें पैसे के साथ साबुन की टिकिया देती, तो वह खुश होकर मेरी बलाएँ काटतीं और कहती "अच्छा अम्मा, नल्ला अम्मा।" उनसे एक अपनत्व का एहसास हो चला था। सोचती हूँ उम्र के इस पड़ाव तक आते आते क्या मैं इतनी स्वस्थ रह पाऊँगी?

एक दिन मैंने अम्मा से कहा, "आज मैं आपका घर देखने आऊँगी।" मैं जानना चाहती थी कि इस उम्र में भी उन्हें अपनी जीविका का उपार्जन क्यों करना पड़ता है ? उनके घर पहुँची तो देखा उनका भरा पूरा परिवार है, यहाँ तक कि पोते की बहू भी है। फिर भी अम्मा अपने पति के साथ अकेले एक छोटे से कमरे में रहती हैं। वे अपना खाना खुद ही पकाती हैं।

मै भारी मन से घर लौटी। पता नहीं ! हमारी भारतीय पारिवारिक संस्कृति को क्या हो गया है ? आज हम अपने बुजुर्गों का खयाल क्यों नहीं रख पा रहे हैं? इन सब के बावजूद अम्मा को कभी अपना दुखड़ा रोते नहीं सुना। हमेशा एक सुकून भरी मुस्कान उनके होंठों पर छाई रहती है। मैंने भी तय कर लिया है जब तक ताम्बरम में रहूँगी, साग मैं अपनी कीरई वाली अम्मा से ही लेती रहूँगी।

CHOCOLATE COFFEE CLAFOUTIS

Baking cakes and churning out delectable desserts has always topped my varied list of unlimited hobbies, many of which I seldom pursue today as it is not only difficult but a herculean task to keep them alive. Therefore, it has always been my endeavour to shell out something that is easy to cook with a minimum of effort and not to miss the 'Great Taste'. So as a part of my favourite hobby I would love to share my best go-to recipe for Chocolate Coffee Clafoutis (serves 8-10 people). Its a three layer dessert.

Ingredients :

Base Layer

Chocolate Cake
(Home baked or store brought) - ½ kg

Coffee Solution - ½ cup water with 2 tsp of coffee powder (water should be hot)

Middle Layer

Amul Cream - 1 Kg

Cooking chocolate
(any, broken into pieces) - 500 gms

Top Layer

Rich Whipping cream - 250 ml

Coffee paste - made with 1tbsp coffee powder mixed with 2 tbsp water.



Method :

Base Layer - In a push up tin (10 inch), slice the cake and spread it onto the bottom of the tin base. Sprinkle it with the coffee solution to moisten it (do not over soak).

Middle Layer -In a large glass bowl pour the Amul cream, add the broken chocolate pieces to it and microwave for 2 minutes. Remove from the microwave and stir with a balloon whisk. Put it back in the microwave for another 2 minutes, stir again. Repeat the process until the chocolate dissolves completely. Once done, let it cool and refrigerate until semi-set. Once set, spread it onto the base layer of the chocolate cake. Refrigerate again for 4- 6 hours until it has set firmly.

Top Layer - Pour the rich cream into a bowl, beat well for 5 -7 minutes. Then add the coffee paste and beat again until stiff peaks are formed. Spread it over the already set chocolate mousse layer. Refrigerate again for another hour.

Sprinkle with chocolate chips and voila! It's ready to serve.

Mrs Avneet Bhinder
W/o Gp Capt NS Bhinder VM
AF Stn Tambaram



'Undehuli' (Nuchinunde) Steamed Lentil Dumplings

A healthy, nutritious, protein-packed steamed dumpling snack which is mildly spicy with loads of flavour. It is an authentic Karnataka dish. Well, the name-'Nucchu' means broken coarsely and 'unde' means ball. This can be had in yogurt curry as a side dish for rotis, idlis and rice too. I generally make it as one of the steamed snacks for the parties at home for the calorie conscious, where friends love to binge on snacks without guilt. I also fry them for guests who are not calorie conscious and are food lovers by nature.



Ingredients :

- Tuvar Dal (Arhar Dal) - 1 Cup
- Channa Dal - 1/3 Cup
- Urad Dal - ¼ Cup
- Moong Dal - ¼ Cup
- Dill leaves - ¼ bunch (around ½ Cup)- Optional
- Few sprigs of Coriander leaves
- One sprig of Curry leaves
- One inch ginger
- 6-7 green chilies
- Salt to taste
- Hing/Asafoetida – 1/8 Tea spoon (a pinch)
- Chopped coconut pieces or grated coconut

Procedure :

- Wash and soak all the Dals for 3-4 hours.
- Drain all the dals for 10 minutes in a colander so there is no water.
- Clean and chop the greens.
- Grind the dals, green chilies and ginger along with coconut coarsely. Do not add water unless the mixie blades refuse to turn. Add very little water.
- In a large bowl take the coarsely ground dals with chopped greens, salt and hing.
- Mix them all together well (If you are adding some coconut pieces add at this time).
- Get the idli moulds ready by smearing a little oil or place a banana leaf cut into circles.
- Make small oval shaped dumplings and place it in the idli moulds. Steam it in the cooker without a weight for 15 minutes on medium flame.
- Once done, serve with butter and coconut chutney or tomato sauce.

HAPPY COOKING AND RELISHING!!

Mrs Poornima Santusht
W/o Gp Capt D Santusht
Air Force Academy



MISAL PAV

Misal Pav is a popular Mumbai street food made of usal (sprouts curry) topped with onions, tomatoes, farsan (fried savory mixture), lemon Juice and served with pav.

Ingredients :

For the usal (Sprouts curry):

- 2 cups moth bean sprouts (matki sprouts) or mixed bean sprouts
- 2 small to medium potatoes, cubed
- 1 large or medium onion, finely chopped
- Grated coconut 1 small katori, 2-3 cloves, 2 small cardamom, 2-3 black pepper, 3 to 4 garlic cloves, 1 inch ginger and 1 small chopped onion, all roasted with 1 table spoon of oil and made into a paste
- 1 to 1.5 tablespoon kanda lasoon masala or kala masala
- ½ teaspoon turmeric powder (Haldi)
- ½ teaspoon red chilli powder (lal mirch powder)
- ¾ to 1 cup water or add as required
- 3 tablespoons oil
- Salt to taste

For the Misal Pav :

- 8 to 10 pav or bread slices as required.
- ½ cup finely chopped onions
- ½ cup finely chopped tomatoes optional
- ½ cup to 1 cup thick sev or farsan (chiwda), fried savory snack mixture
- 1 lemon or lime quartered or diced
- ½ cup chopped coriander leaves
- ½ cup fresh curd or yogurt, beaten, optional



Preparing the Usal :

Rinse the moth bean sprouts in running water, drain and then add the sprouts, cubed potatoes, ¼ tsp turmeric powder and salt in a pressure cooker. Pressure cook the moth sprouts with water. If using mixed bean sprouts, you will have to add more water. Cook for 2 to 3 whistles.

Heat the oil in a pan, add the finely chopped onion and sauté till translucent, then add the paste of roasted onion, coconut and spices. Sauté till the raw aroma goes away. Then add the remaining ¼ tsp turmeric powder, kanda lasoon masala or kala masala, red chilli powder and stir. Drain the pressure cooked matki sprouts and potatoes. Add them to the pan along with 1 cup of water. Season with salt and simmer the usal for 8 to 10 mins on a low flame while stirring occasionally. Lastly garnish with coriander leaves. You can also add ½ tsp sugar or jaggery if you want.

Assembling the Misal Pav :

While the usal is simmering, you can prepare the toppings for the Misal pav. Finely chop the onions and tomatoes and keep aside. Divide the steaming usal with the gravy in 3 to 4 individual serving bowls or plates. In each bowl of usal, first add the chopped onions and tomatoes then top it with chopped coriander leaves. Squeeze a few drops of lemon juice and top it with beaten yogurt/ fresh curd (optional).

Now the Misal is ready to serve with pav buns and slices of lemon, chopped onion and mixed farsan/sev/ chiwda.

Enjoy the MISAL PAV.

Mrs Nilima Damle
W/o MWO AM Damle
45 Wing AF



कच्ची हल्दी की सब्जी



सामग्री

250 ग्राम – कच्ची हल्दी

100 ग्राम – हरे मटर के दाने

100 ग्राम – फूल गोभी के कटे हुए पीस

100 ग्राम – घी या रिफाइन्ड तेल

एक कप – दही

थोड़ा हरा धनिया कटा हुआ

एक चम्मच जीरा

नमक और सूखा धनिया पाउडर

विधि

हल्दी की गांठों को धोकर पानी सूखने के बाद छील कर घिस लें। उसके बाद बर्तन को आँच पर रख कर घी या रिफाइन्ड तेल डालकर जीरा डालें। जीरा भुन जाने के बाद हल्दी की गांठों को जो कि घिस कर रखी हैं उन्हें धीमी आँच पर कुछ देर भूनें। उसके बाद कटी हुई फूल गोभी एवं हरे मटर के दानों को डाल दें (सब्जी डालनी है तो डालें) अब इसमें दही और नमक डालकर धीमी आँच पर पकने दें।

जब हल्दी व सब्जी पक जाएं तो सूखा धनिया पाउडर, कटा हुआ हरा धनिया डाल दें।

कच्ची हल्दी की सब्जी स्वास्थ्य के लिए लाभकारी है, स्वादिष्ट होने के साथ–साथ, जोड़ों के दर्द एवं गैस आदि के लिए लाभदायक होती है।

श्रीमती प्रमीला त्यागी
पत्नी सार्जेन्ट ए के त्यागी
14 बे. म. डि. वा से



अलसी के बिस्किट



सामग्री :–

मैदा या आटा – 100 ग्राम

बेकिंग पाउडर – 1/2 चम्मच छोटा (थोड़ा कम)

अलसी पाउडर – 4 चम्मच (बड़ा) हल्का भुना हुआ

मक्खन – 80 ग्राम

चीनी पाउडर – 70 ग्राम

विधि :–

मैदा और बेकिंग पाउडर को तीन बार छान लें। अब एक बर्तन में मक्खन को अच्छे से फेंटें, अब उसमें चीनी पाउडर और अलसी पाउडर को मिला लें और फेंटें। अच्छे से मिलाने के बाद मैदा वाला मिश्रण मिला लें और कटर की सहायता से किसी भी तरह की शेप (आकार) दें।

ओवन को प्री हीट करना है और 12 से 15 मिनट तक उसे बेक करें।

बिस्किट तैयार हैं।

श्रीमती चंचला
पत्नी सार्जेंट वेदप्रकाश
111 एच यू , वा से



मटन मंचूरियन



सामग्रीः–

मटन कीमा आधा किलोग्राम
दो या तीन अंडे
सोया सॉस
टमाटर सॉस
चिली सॉस
काली मिर्च
हरी मिर्च
एक प्याज
अदरक, लहसुन, हरा धनिया
तेल
कॉर्न फ्लोर

कीमे के गोले बनाने की विधि :–

सबसे पहले एक प्याज बारीक काट लें, फिर तेल में भूनें। इसके बाद अदरक, लहसुन का पेस्ट डालें। अब इसमें हरी मिर्च व कीमा डालें और इन्हें कुछ देर के लिए अच्छे से भून लें। अब इसे गैस से नीचे उतार कर ठंडा होने दें तथा ठंडा होने के बाद दो अंडे व आधा चम्मच काली मिर्च, नमक डालें। इसके बाद कॉर्न फ्लोर डालें और गोले बनाकर रख दें।

ग्रेवी बनाने की विधि :–

पहले दो प्याज, दो टमाटर बारीक काट लें और अदरक लहसुन का पेस्ट बना लें। कढ़ाई में थोड़ा तेल डालें, तेल गरम होने पर अदरक लहसुन का पेस्ट भूने फिर इन सबको फ्राई कर लें। दो चम्मच कॉर्न फ्लोर को पानी घोलकर डालें, नमक–मिर्च स्वादानुसार डाल लें। अब थोड़ी देर पकने दें। ग्रेवी में सोया सॉस, टमाटर सॉस, चिली सॉस सब डाल दें। अब ग्रेवी तैयार है। अब आप कीमे के बने गोले को इसमें पाँच मिनट तक पकाएं। हरे धनिये से सजा कर परोसें।

श्रीमती रीता चौरसिया
पत्नी एन सी (ई) पी राम
47 स्क्वाड्रन वा से



मटर की बर्फी

सामग्री :

1 कप मटर
1 कप खोया
1/2 कप पिसी चीनी
1/2 छोटा चम्मच घी
8–10 बादाम कटे हुए
इलायची पाउडर



विधि :

(1) मटर को अच्छे से उबाल कर इसे बारीक पीस लीजिए ।

(2) एक नॉन स्टिक कढ़ाई में घी डाल कर गर्म करें। फिर पिसा हुआ मटर डाल कर लगातार चलाते हुए सुनहरा होने तक भूनें। फिर पिसी चीनी, इलायची पाउडर एवं खोया डाल कर भूनें ।

(3) एक समतल थाली में घी लगाकर चिकना कर लें। फिर सारा मिश्रण थाली में डाल कर बराबर से फैला दें। ऊपर से बादाम के टुकड़े डाल कर दबा दें जिससे वे बर्फी में चिपक जाएं।

(4) पूरी तरह से ठंडा होने के बाद मनचाहे आकार में काट कर खाएं और खिलायें।

श्रीमती पल्लवी त्रिपाठी
पत्नी सार्जेंट एस के त्रिपाठी
444 एम ओ एफ



ARBI MASALA



Ingredients :

Arbi Boiled and Peeled	-	250 gms
Onion (large)	-	1 finely chopped
Red Tomato	-	1 chopped
Channa Dal	-	1 tsp
Urad Dal	-	1 tsp
Mustard Seeds	-	½ tsp
Jeera	-	½ tsp
Methi Seeds	-	¼ tsp
Curry Leaves	-	10 pcs
Oil	-	4 tsp
Haldi Powder	-	½ tsp
Dhaniya Powder	-	2 tsp
Garam Masala Powder	-	1 tsp
Salt to taste		

Method :

In a kadhai, add oil mustard seeds, jeera, methi seeds and urad dal. When it slarts to splutter, add the onion and fry till golden brown. Now add the tomatoes and cook till soft. Add all the masalas. After this, add the arbi and let it cook till all the arbi is coated with the masala. Garnish with coriander.

Mrs Sangeetha Sathish
W/o Wg Cdr Sathish
40 Wing AF



Wheat Cake

Wheat Cake Ingredients :

Warm Milk	-	1 Glass
Sugar	-	1 Glass
Milk Powder	-	1 Glass
Refined Oil	-	½ Glass
Wheat Flour	-	2 Glasses
Baking Powder	-	½ tsp
Baking Soda	-	½ tsp
Vanilla Essence	-	½ tsp

Tootifrooti (Optional)

Dry Fruits (Optional)

Method :

Mix every item one by one and stir these ingredients to make a smooth batter. Bake it in a cake cooker for at least 55 minutes. You will get a beautiful Wheat Cake.



Mrs Venusri Katakam
W/o Sgt KP Rao
AFLE (KPT)





राजस्थानी बेसन करेला

करेले कड़वेपन के कारण कुछ लोगों की कम पसन्द का कारण बनते हैं, परन्तु राजस्थानी बेसन करेले बहुत ही स्वादिष्ट होते हैं। आप इन्हें बनाकर एक सप्ताह तक रख सकते हैं।

आवश्यक सामग्री :–

छोटे करेले	–	10
तेल	–	4 टेबल स्पून
बेसन	–	4 टेबल स्पून
हींग	–	1 पिंच
जीरा	–	आधी छोटी चम्मच
धनिया पाउडर	–	2 छोटी चम्मच
सौंफ पाउडर	–	2 छोटी चम्मच
अमचूर	–	1 छोटी चम्मच
लाल मिर्च पाउडर	–	1/2 चम्मच
नमक स्वादानुसार		

विधि :–

करेलों को अच्छी तरह धो लीजिए और चाकू से इन्हें ऊपर से खुरच लीजिए। इस खुरच में थोड़ा नमक डाल कर रखिये। करेलों को मध्य से लम्बा चीरा लगाकर अंदर के बीज और गूदा बाहर निकाल लें। करेलों को नमक के पानी से धो लें तथा छीलन को भी धो लें। दो टेबल स्पून तेल डालकर कढ़ाई गरम करें। जीरा डालें बेसन डालकर सेकें, करेले से निकाला गूदा व छीलन डालें, हल्दी पाउडर, धनिया पाउडर, सौंफ पाउडर, लाल मिर्च पाउडर, अमचूर पाउडर और नमक मिलाकर मसाला तैयार करें। यह भुना मसाला करेलों में भरने के लिए तैयार है। कढ़ाई में दो टेबल स्पून तेल डालकर गरम करें तथा करेलों में मसाला भरकर धागे से लपेट दें ताकि मसाला बाहर न गिरे, फिर करेलों को मध्यम आँच पर पकाएं।

श्रीमती कृष्णा जांगीड
पत्नी मा वा अ एस के जांगीड
वायु सेना स्टेशन ताम्बरम



टमाटर की चटनी

सामग्री :–

टमाटर	–	1 किलो
गुड़	–	150 ग्राम
सौंफ	–	1/2 चम्मच
कसूरी मेथी	–	1/2 चम्मच
जीरा	–	1/2 चम्मच
लहसुन	–	2–3 कली
अदरक	–	1/2 चम्मच
नमक	–	1/2 चम्मच

हरी मिर्च

विधि :– सबसे पहले टमाटर को धोकर दो टुकड़ों में काट लें। फिर कुकर में 1/2 कप पानी डालकर टमाटर को उबाल लें। दो सीटी आने के बाद गैस बंद कर दें। फिर ठंडा होने के बाद टमाटर को मिक्सी में पीस लें। उसके बाद छलनी से छानकर बीज निकाल दें। कढ़ाई में तेल गर्म करके जीरा, कसूरी मेथी, अदरक – लहसुन का पेस्ट और हरी मिर्च को थोड़ा सुनहरा होने तक पका लें। उसके बाद पिसे हुए टमाटर को डालकर थोड़ा पका लें, फिर उसमे गुड़ या चीनी डालकर दो मिनट तक पका लें और अब आपकी चटनी तैयार है। इस चटनी को आप परांठे, पूरी, समोसे या कचौड़ी आदि के साथ परोसें।

श्रीमती पूनम कौशल
पत्नी सार्जेंट के एस कौशल
ए एफ टी सी





Neer Dosa with Coorgi Chicken Curry



Ingredients :

For Neer Dosa

Rice (normal rice not basmati) 1 cup

Salt to taste

Grated fresh coconut ½ cup

For chicken curry

Chicken	-	1 kg
Turmeric	-	½ tsp
Red Chilli powder	-	¾ th tsp
Salt (about)	-	2 tsp
Bay Leaves	-	4
Onion sliced thinly	-	1 big
Ginger, Garlic Paste	-	2 tsp
Garam Masala	-	1 tsp

For grinding

Fresh coconut	-	1 ½ cups
Cloves	-	4 pieces
Cardamom (green)	-	3 pieces
Cinnamon	-	4 pieces
Poppy seeds	-	1 tbsp soaked in water for 5 hrs minimum
Cashewnut	-	5- 8 pieces
Peppercorns	-	1 tsp

Grind all the above into a smooth paste adding water

Method :

Heat 3 tbsp oil in a wok/kadhai. Once the oil is hot, add the bay leaves followed by onions, and saute till brown. Now add the ginger-garlic paste and fry further. Add the chicken pieces followed by turmeric powder, chilli powder and salt. Cover and let it cook on high for 5 mins. Turn down the heat and let the chicken cook for another 20 mins. Now add the garam masala and fry. Add the ground paste and let the gravy boil. Once it boils let it simmer for another 20 mins. Add water as and when required depending on how thick or thin you want the gravy. 1 cup water makes a good gravy. Turn off and Coorgi style chicken curry is ready to serve. Chopped coriander leaves for garnish is optional.

For the Neer Dosa

Soak the washed rice overnight in water.Grind it into a smooth paste adding the salt and coconut. Add around 2 cups of water or more to make a thin runny batter. Heat a non stick pan, drop a ladle full of this batter on it, and turn the pan around to spread a thin layer of batter. Cover with a lid on low heat. Neer Dosa will be ready in 3 mins. It is oil free but you may add a little bit on it before putting the lid on.

Note: - Keep mixing the batter every time you pour a dosa because the contents tend to settle down leaving the water on top.



Mrs Harsha Chengappa
W/o CPL Chengappa
40 Wing AF



झुणका भाकर



सामग्री :– झुणका

चने का आटा – 250 ग्राम, 2 बड़े प्याज लंबे कटे हुए, तेल, लहसुन–4, हरा धनिया, अदरक, 5 हरी मिर्च, जीरा, सरसों के दाने

भाकर –1 कटोरी बाजरे का आटा और गूंथने के लिए पानी

विधि (झुणका) – झुणका बनाने के लिए एक कटोरी लें, फिर चने के आटे को छलनी से छान लें, फिर उसमें आटे के हिसाब से पानी डालें, इस मिश्रण को अच्छे से मिला लें (एक भी गुठली नहीं रहनी चाहिए)।

अब गैस पर कढ़ाई रखें और तेल डालें, तेल को अच्छे से गर्म कर लें, उसमें सरसों डालें, फिर प्याज डालें, प्याज को ब्राउन होने तक भूनना है। फिर उसमें जीरा अदरक का पेस्ट डालें, इस सामग्री को अच्छे से मिला लें। (खुशबू आने तक) फिर उसमें हरी मिर्च की पेस्ट डालें, इसको भी अच्छे से मिला लें, अब ऊपर से चने के आटे का मिश्रण डालें और पूरी सामग्री को मिक्स कर लें और इसमें स्वाद के अनुसार नमक डालें, ऊपर से थोड़ा कटा हुआ हरा धनिया डालें और 10 मिनट तक कम आँच पर ढक्कन रखकर पकने दें।

बाजरे की रोटी (भाकर) – एक कटोरी बाजरे का आटा लें, फिर उसमें पानी डालकर गूंथे लें। 5 मिनट तक अच्छे से मुलायम होने तक गुथें। फिर उसकी लोई बनाएं और बड़ी प्लेट में नीचे बाजरे का सूखा आटा थोड़ा डालें और अपने हाथों से धीरे–धीरे थाप दें। अब गैस पर तवा रखें और बाजरे की रोटी को डालें। याद रहे सूखे आटे की साइड ऊपर रहे और उस साइड पर हाथों से पानी लगाएं। फिर उसको पलट दें, इस तरह रोटी को दोनों साइड से तवे पर अच्छे से सेक लें । इस तरह तैयार है झुणका भाकर।

श्रीमती दीपा गायकवाड
पत्नी एन सी (ई) संदीप गायकवाड
वायु सेना स्टेशन थाने



लौकी के कप केक



सामग्री :

मैदा	– 1 कप
लौकी (घिसी हुई)	– 1 कप
गुलाब जामुन पाउडर	– 1 कप
मलाई (ताजे दूध की)	– 1 कप
दूध	– 1 कप
मीठा सोडा	– 1/2 टी स्पून
बेकिंग पाउडर	– 1/2 टी स्पून
वनीला ऐसेंस	– 1/2 टी स्पून
हरा रंग	– 1/2 टी स्पून

काजू, किशमिश, बादाम, टूटी–फ्रूटी – 1/2 कप

विधि :

सारी सामग्री को एक साथ मिक्स करें। लगभग 15 मिनट हल्के हाथ से मिक्स करें। उसके बाद सूखे मेवे मिलाकर मिक्स करें। अच्छे से मिक्स करने के बाद मिश्रण को कप केक के मोल्ड में डाल दें। उसके ऊपर टूटी– फ्रूटी डालकर माइक्रोवेव में 15 मिनट के लिये रख दें। लौकी के कप केक बहुत ही अच्छे बनते हैं और सेहत के लिये भी फायदेमंद होते हैं।

श्रीमती अंकिता शुक्ला
पत्नी जू. वा. अ. ए के शुक्ला
40 विंग वायु सेना



Bhaang Ki Chutney

It is easy to know when age catches up with you. You start to feel nostalgic about your roots. Especially if you never really had a chance to grow them. I am an Uttarkhandi who hasn't lived in her home state. Recently, I watched a TV show where the hosts were travelling through Uttarakhand and sampling the local fare. It made me miss my mother's cooking and reminded me of what I still refer to in my mind as the 'tiffin accident'.

It happened during my school days. One day I was sharing my tiffin with my friends. A classmate really liked the chutney I had got with my aloo parathas. She asked me what it was, I said "bhaang ki chutney" and my friends were confused. They asked me to repeat, I said "bhaang ki chutney" again. Immediately, there was a big uproar with everyone speaking at once. Yes, I assured them it was the narcotic "bhaang" but so mild it did not make you high. But, despite having eaten the chutney they were disbelieving. Either the chutney was not bhaang or I was just pulling a prank. That put paid to any more "bhaang ki chutney" in my tiffin.

Many years later, post marriage, whenever I told friends about the "bhaang ki chutney" they were skeptical about it, thinking that it was perhaps something else that we Uttarakhandis called bhaang. Unlike other state cuisines, Uttarakhandi cuisine is not really popular. This is partly because most of the local ingredients are not available outside the state. Moreover, it is geared towards providing warmth and nutrition in cold climates so is not really an all season cuisine. "Bhaang ki chutney" is definitely a local staple item.

The bhaang or hemp plant is one of the oldest domesticated crops known to mankind. Some reports of its usage date back to 8000 BC. How is hemp different from the psychoactive form of cannabis or marijuana? Hemp has less than 1% of THC (Teta Hydro Cannabinol) which is the chemical compound in cannabis that provides the "high". The fibres and stalk of hemp are used in clothing, construction material, paper, biofuel, plastic composites and more. The hemp plant breathes in CO_2, detoxifies the soil and prevents soil erosion. But because of its more famous cannabis cousin, marijuana, people misidentify the innocent wonder crop hemp.

About 100 gms of bhaang seeds can provide 75% of one's daily protein requirement. They are rich in soluble and un-soluble fibres which naturally cleanse the colon and reduce sugar cravings. They, therefore, help in digestion and metabolism. They are also rich in phyto nutrients with many important minerals and vitamins like B-Complex, Vitamin A and D.

By now I'm sure all the sceptics would be convinced and willing to try the "bhaang ki chutney". So here's the recipe.

Ingredients



Bhaang seeds	-	½ cup
Dhania	-	1 cup
Pudina (Optional)	-	¼ cup
Green chillies	-	4-5
Garlic Cloves	-	10-12
Lemon Juice	-	One lemon (or as required)
Black Salt	-	½ tsp
Salt	-	to taste
Jeera powder	-	1 tsp

Method

1. Dry roast the bhaang seeds on low heat till they crackle and release their fragrance, which is similar to the fragrance of sesame seeds.
2. Cool and grind.
3. Then add all the remaining ingredients and grind together.
4. The texture will be crunch and nutty.
5. Enjoy with pakoras or your main course.

The only caution I want to add is that the bhaang seeds may not be available with your local kiranawala. So don't try to ask him or he may wonder what you are cooking. The next time you visit Uttarakhand get it there or ask an Uttarakhandi local to get it for you. The easiest of course would be to share a cup of tea with your Uttarakhandi friend and ask for bhaang ki chutney with pakoras!

Mrs Abhilasha Rana
W/o Wg Cdr N Rana
952 Sqn AF



Glimpses of The Offbeat Terrain

Our country is blessed with richness in every sphere of life. To explore the charm of the lesser known facets of our country, one has to embark off the beaten track.

Every school child is aware of the salt pans of the Gulf of Kutch in Gujarat. But how many of us know about the swimming camels of the Gulf of Kutch? Amazing and true, the 'ship of the desert' is also a ship on the salty sea and can swim ten kilometres to reach its grazing ground. This special breed of camels is called 'Kharai' and is reared by a dwindling nomadic community in Mohadi, in the Gulf of Kutch. The nomads, locally known as 'Fakiranijats 'and 'Rabaris', take their kharai camels swimming across the deep waters of the tidal sea to mangrove islands where the camels love to graze on the saline flora. This mammoth task to satiate hunger is worth admiration. And yes, one must not forget to taste the camel milk tea served here.

The state of Nagaland with its unusual and vibrant lifestyle has always attracted tourists. On interacting with the Ao tribe and seeing their settlements, one learns how they have preserved their primitive lifestyle in its pristine form. One such preserved and treasured skill of the Ao tribe is to cook fish with edible ferns in cut bamboo shafts placed over glowing firewood. A time consuming but specialty dish made only during festivities, this celebratory mood fish delicacy is called 'Angu Pongsen'. So before gorging on across-the-border Chinese noodles, one should surely taste the sumptuous Naga bamboo fish on Indian terrain.

For gossipmongers, socialites and idlers, spending a few hours and enormous bucks at Cafe Coffee Day or Barista is nothing but a pastime. Just think for a minute, isn't our locally available humble filter coffee tastier and better and worth the bucks spent? Some may disagree, but, the reality is that our home grown coffee, in the roasted and ground form, retails for seven thousand rupees a kilo in markets at Paris. Astonishing but true! These crimson red cherries or coffee beans are called 'Araku coffee' as they are grown in Araku valley, in the village of Cheruvupakula near Hyderabad. These coffee beans are exported to Paris and are currently available at the Rue de Bretagne. Check it out!

The jungle and jungle dwellers have always cared for each other. Though appearing naive and rustic, they deeply understand how to care for Mother Nature, the support system of all living beings. In southern Odisha, the Dongria Kondh tribe of Niyamgiri hills "show" the seeds collected at the time of harvest to mother Earth during the "Bijun Parab" or the seed festival. This act is an assurance to mother Earth that her seeds have been taken good care of and would be sown in the next season. The seeds are placed in baskets for around three days amidst celebration, music et al. Families who were unable to save seeds get a share from here. The activities of these tribes indicate how they care for the community rather than caring just for themselves. They have a perfect comprehension of the law of interdependence and positive relationships.

Similarly, when one happens to visit the Sunderbans in Paschim Bengal, one finds the same sense of care amongst the 'Mouli' or honey collectors. They are very poor and risk their life to enter the dense Sunderban mangrove forests where there is death at every step, from man eater-crocodiles, poisonous reptiles and, of course, the stinging bees. These Moulis do not remove the entire bee hive but slit it and take only half the hive to extract honey. The other half of bee hive is left intact. This serves two purpose, the stinging bees still have a dilapidated home and in some time they rebuild it, and second they do not venture out of the forests to attack nearby dwelling areas. So the Moulis, though illiterate and very poor, do have the wisdom to understand the intricate laws of nature and make a livelihood by taking from nature but not disturbing its balance. Appreciable, isn't it?

The mind which wanders and the soul which travels will continue to explore. My expressions of travelling are in a different vein-it's not just entertainment but also enlightenment.

Mrs Arunima Sinha
W/o Wg Cdr Rakesh Kumar
34 Wing AF



How to Lose Weight Without Getting Confused

I am sure all of you must be reading a lot of books and magazines and getting tips from a lot of your friends and relatives on how to lose weight. This topic is nothing new and there is hardly any scope for suggesting any fresh diet plan for weight loss. It is however, very important that you should know certain fundamental aspects of food and nutrition before opting for a specific diet plan suitable for your budget and age.

As you know food is essentially classified into the following four categories :-

(a) Carbohydrates

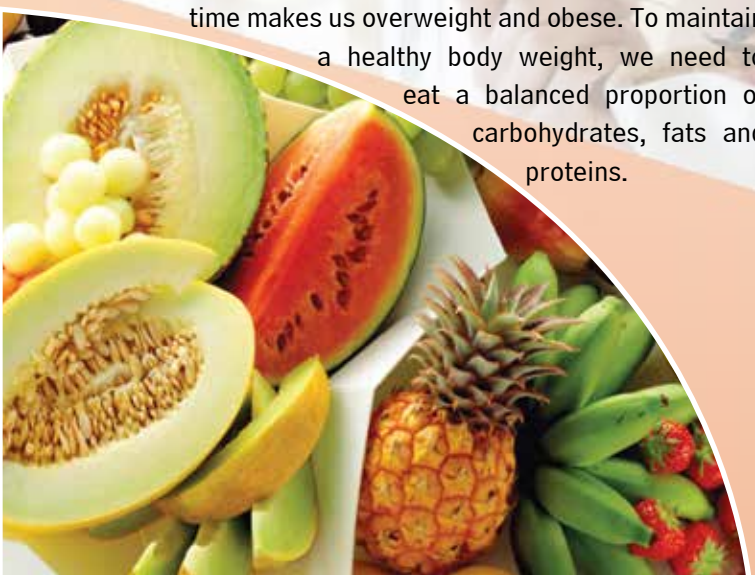
(b) Proteins

(c) Fats

(d) Vitamins and Minerals

Out of these food items, carbohydrates essentially give us the energy to work. Proteins are the building blocks of the body and fat is essential for the synthesis of certain vitamins in our body. Vitamins and minerals are required in small quantities but they are essential for various functions of the body.

Maintenance of body weight essentially depends upon how much of food we eat, how much of it is metabolized and how much of it is excreted under ideal circumstances. The body will utilise carbohydrates for carrying out our normal day to day activities. Whenever, our physical activities are reduced, this carbohydrate intake gets converted into fat cells and is deposited in our body which over a long period of time makes us overweight and obese. To maintain a healthy body weight, we need to eat a balanced proportion of carbohydrates, fats and proteins.



Of late, there are many experts who ask us to reduce the carbohydrate intake and increase protein intake. This can be a good idea, however, its long term impact has not been understood as of now. Substitution of carbohydrates by protein is known as the keto diet. This kind of diet forces the body to utilise the accumulated fat molecules to be used as energy. However, this puts a lot of pressure on the kidney. In some cases, it leads to serious complications for patients having diabetes. In addition to the problems mentioned, a diet very rich in protein is likely to cause a deficiency in minerals and micronutrients being adequately metabolised in the body. This can lead to various vitamin deficiency related ailments.

Even though, a number of diet plans are now available on the Internet, do not follow them blindly without taking appropriate advice from an authorised dietician or doctor.

The golden rule for weight loss is to follow a healthy lifestyle. Eat a variety of food items including multiple grains, vegetables and some fruits and nuts. There is no virtue in being a pure vegetarian or an excessive meat eater. It may be noted that lean meat like fish and chicken are actually good for a weight loss diet plan. Do not consider desi ghee as being good for weight loss. Exercise more, sleep well and avoid alcohol. There is also a lot of merit in finishing your last meal for the day 0830 pm. This will help you to digest and metabolise the food properly.

Staying healthy and remaining fit is a physical necessity as well as moral responsibility. By remaining fit we can help our family better and serve the nation with pride and enthusiasm.

Jai Hind!

Mrs Meena Mahapatra
W/o Wg Cdr SK Mahapatra
Air HQ (VB)



Never Stop Learning



I asked my son to teach me how to download a file on the computer and convert it into another file type. He said that it is beyond my understanding. It is not my cup of tea. To be able to use Whatsapp and chat with my friends was enough for me to know.

Now at another level, my mother asked me to teach her how to share information in groups on Whatsapp. I replied nonchalantly that it is beyond her range. She must accept the fact that she is too outdated for such things.

Who is it that outdates us? Is it time or our willingness to learn? I realised that we stop growing once we stop learning. Learning is a never ending process. Life is like riding a bicycle. To keep your balance, you must keep moving. The spirit of inquisitiveness, the zeal to venture out and explore is the secret elixir of remaining young. Regardless of age, experience and achievements, we should be lifelong learners.

Albert Einstein rightly says, "Once you stop learning, you start dying."

Writing was a totally different terrain for me. Initially, it looked difficult and challenging.

Then, I started reading articles on how to write in a logical and convincing manner. Now the drive to experiment with writing is gaining in confidence.

So what is learning? Is it reading from books which encapsulate worldwide wisdom or is it about learning new skills? Or is it learning from experiences?

Learning is not only limited to the boundaries of educational institutions but a beautiful enriching experience which widens the horizons of our mind and enhances our thinking.

Thomas Jefferson said, "If you want something you never had, you must be willing to do something you've never done."



Mrs P Padmaja
W/o AVM P Subhash Babu VSM
Air HQ (RK Puram)





जीवन यात्रा

सहन करने की शक्ति, तब आंतरिक रूप से अप्रभावित रहने की हमारी काबिलियत है, जब स्थिति और लोग हमारे अनुकूल न हों। इस शक्ति में खुलेपन व स्वीकार्यता का विस्तार और सही समझ से किसी भी तरह के टकराव का आंतरिक स्तर पर समाधान करना शामिल है।

जब दुनिया का परिदृश्य हमारे अनुकूल न हो तो हमारी प्रतिक्रिया देने के साधारण तरीकों से ऊपर उठने से इसका संबंध है। सहनशीलता इस समझ से आती है कि प्रत्येक व्यक्ति हमसे अलग है। उनके विचार, भावनाएं, दृष्टिकोण हमारे से भिन्न हैं। सहन शीलता हमें लोगों को वैसा ही स्वीकार करने में मदद करती है, जैसे वे हैं। सहनशीलता के द्वारा हम एक ऐसे स्तर पर पहुँच जाते हैं, जहाँ हम आसानी से भिन्न प्रकार के संस्कारों को सहन कर पाते हैं। यह भावना भी नहीं रहती है कि हम किसी को बर्दाश्त कर रहे हैं। हम यह सोचने में वक्त बर्बाद नहीं करते कि वे ऐसे क्यों हैं। हम उन्हें नियंत्रित करने या बदलने के लिए मज़बूर नही करते। हम उन्हें प्रेरित करते हैं, उन्हें सशक्त बनाते हैं और वे बदलाव के लिए उन चीज़ों का चुनाव करते हैं, जो उन्हें खुद के बारे में असहज लगती है।

सार्जेंट संजीत कुमार
वायु सेना मुख्यालय (वायु भवन)



जीवन को जीवंत बनाना योग के हाथ में

योग के मूलदाता आदियोगी शिव ने जनमानस को सकारात्मकता एवं आत्मरूपांतरण की 112 विधियां भेंट कीं जिसे हम योग के नाम से जानते हैं। सुखी जीवन की यह कुंजी आज समूचे विश्व के लिए एक उपहार है। वेदों में विवेचित मानव जीवन का अज्ञान एवं अज्ञानजनित दोषों एवं समस्त अशुभों से बंधन मुक्त होकर अपने मूल स्वभाव में जीना ही योग है।

प्रत्येक व्यक्ति में संसार की सभी अच्छाइयां निहित हैं लेकिन वह तनाव और थकान से अपनी यह सहज प्रकृति खो देता है। ऐसे में 'श्वास की प्रक्रिया', 'प्राणायाम' एवं 'ध्यान' मन को शांत करने के लिए बहुत ही प्रभावशाली हैं। संसार के लोग वास्तव में इस बात को लेकर गंभीर हैं कि विश्व में शांति स्थापित होनी ही चाहिए तो इसका समाधान है – यम, नियम, आसन, प्राणायाम, प्रत्याहार – धारणा, ध्यान, समाधि तथा अष्टांग योग का पालन। ये योग के आठ अंग हैं। अष्टांग योग के द्वारा ही सामाजिक समरसता, शारीरिक स्वास्थ्य, बौद्धिक जागरण, मानसिक शांति एवं आत्मिक आनंद की अनुभूति हो सकती है। संक्षेप में कहा जाये तो हमें शरीर, इन्द्रियों, मन, बुद्धि, संस्कार, आहार, व्यवहार, स्वभाव और संबंधों में सात्विकता के साथ जीने का अभ्यास करना चाहिए।



शुद्ध ज्ञान, शुद्ध कर्म एवं शुद्ध उपासना ही योग की सर्वोच्च उपलब्धि एवं गुरू चेष्टा का सुन्दर प्रतिफल है। जिनकी दैनिक जीवनचर्या में योग के अभ्यास की सात्विकता शामिल होगी उनके जीवन में अनंत, अक्षुण्ण एवं शाश्वत सुख होगा।

करें योग! रहें निरोग!

श्रीमती मीरा तिवारी
पत्नी सार्जेन्ट ए के तिवारी
पश्चिमी वायु कमान (यूनिट)



खिचड़ी

श्रीमती सोनी कुमारी
पत्नी सार्जेंट रितेश कुमार
वायु सेना मुख्यालय (वायु भवन)



खिचड़ी के बारे में एक आम धारणा है कि यह तो मरीजों का भोजन है। लेकिन यह जानकर आपको आश्चर्य होगा कि इसके दीवानों में कई शहंशाह भी शामिल हैं।

भारतीय भोजन में खिचड़ी बहुत पहले से मौजूद है। आमतौर पर खिचड़ी चावल और मूंग दाल से बनाई जाती है। इसका स्वाद बढ़ाने के लिए इसे बनाने के तरीकों में भी इज़ाफ़ा हुआ। कहते हैं खिचड़ी के चार यार – दही, पापड़. घी, अचार। इतिहास को खंगालें तो पाएंगे कि 16वीं सदी में भारत के ग्रामीण क्षेत्रों में मुख्य भोजन के तौर पर खिचड़ी खाई जाती थी। शहर के कारीगर और मज़दूर वर्ग के लोग भी इसे रोज़ाना खाते थे। खिचड़ी भारतीय जीवन का हिस्सा थी, इसका प्रमाण हमें भारत आने वाले प्राचीन विदेशी पर्यटकों द्वारा मिलता है। इब्न बतूता, अब्दुल रज़्ज़ाक, फ्रांसिस्को, पल्सर्ट ने खिचड़ी का ज़िक्र किया है। इसे राजा महाराजाओं ने भी अपने तरीकों से कई फेरबदल करके खाया है। सन 1590 में लिखी गई आइने–अकबरी के अनुसार बादशाह अकबर की रसोई में बनने वाली खिचड़ी में बराबर मात्रा में चावल, मूंगदाल और घी डाला जाता था। अकबर के शासनकाल में इसे लज़ीजा नाम से जाना जाता था। खिचड़ी का प्रमुख कारक है–दाल। यह शाकाहारी भोजन में प्रोटीन का सबसे अच्छा स्रोत है। मकर संक्रांति के पर्व पर खिचड़ी खाने का रिवाज है। देश भर में अलग–अलग स्वाद और तरीकों में खिचड़ी भारतीय भोजन में मौजूद है। अकबर और बीरबल के किस्सों में 'बीरबल की खिचड़ी' नामक कहानी बेहद मशहूर है। अतः खिचड़ी भारतीय व्यंजनों में सबसे आसानी से एवं कम समय में पकने वाला सुपाच्य भोजन है।

सौंदर्य निखारने के घरेलू नुस्खे

नेचुरल तरीके से ब्लीच करें। दो चम्मच उड़द दाल को पानी में डाल दें। पीस कर पेस्ट बना लें। अपने चेहरे पर लगाएं। 15 मिनट बाद धो लें। सप्ताह में एक बार करें।

जिसके बालों में रूसी है, एक टमाटर को पीस लें उसमें एक छोटे नींबू का रस डालकर बालों में लगाएं। एक घंटा रहने दें। उसके बाद शैम्पू कर लें। इस प्रक्रिया को सप्ताह में तीन बार करें।

एक चम्मच प्याज़ के रस में एक चम्मच संतरे का रस मिलाकर चेहरे पर लगाने से चेहरे के तिल और झांइयां कम होती हैं।

श्रीमती दीक्षा चौधरी
पत्नी जू. वा. अ. आर के चौधरी
351 टी आर यू



Our Values

I wrote this to remind people to respect their elders and have a positive attitude towards them.

Sanskar club, one of our ventures has given me an opportunity to volunteer my hands for those who taught me,

"If you give food to a poor man,
it will last for one day,
If you give money to somebody,
it will last for a few days.
But if you give your
time to elders it will last for
his/ her whole life"

They have everlasting memories of different fads, stories to tell, things to teach us, experiences to share and so on. They have lived through things that we ourselves can hardly imagine- wars, depressions, life without computer, whatsapp and social media. They have lived through history. In fact, they are amazingly strong, intelligent and interesting human beings. The only message I want to give is that they need our affection and attention. Elders are one of the most precious gifts of god. They are our lifeline who gave us the wings of freedom. Being a grand - daughter of a proud freedom fighter, I still remember my "Dadu" narrating the glimpses of our freedom struggle and sacrifices. He described vividly the tears in their eyes, shattered hearts and heart rending tales of one of the hardest periods of their life. Our elders need someone with whom they can share, hands who can care, a friend who is rare. Let's seek their blessings, by giving our best because, "When you give, you receive more than you give ".

The best classroom in the world is at the feet of our elders.

Dr. Jasveen Kaur
W/o Wg Cdr Manpreet Singh
34 Wing AF



FUN AND FACTS



- In the UK, it is illegal to eat mince pies on Christmas day.
- Human saliva has a boiling point three times that of regular water.
- Bananas are curved because they grow towards the sun.
- A sneeze travels about 100 miles per hour.
- Chewing gum while you cut on onion will help keep you from crying.
- 10 % of the world's population is left handed.
- A broken clock is right two times every day.
- A crocodile can't poke its tongue out.
- Banging your head against a wall burns 150 calories an hour.
- Earth has travelled more than 5,000 miles in the past 5 minutes.



Master Yashvardhan Singh Chauhan
S/o Wg Cdr AS Chauhan
2210 Sqn AF

Tips For Better Health

The emergence of the majority of our society's resistance to antibiotics has got medical researchers worried as this would essentially mean like living in the 1930s where even something as trivial as an infected cut could be life-threatening. This step back into the early / last century, of course, comes with the added worry of the depleting ozone layer and the millennials all wrapped up in their existential crisis. The solution? A gradual transition to organic living is a definite fix to this modern lifestyle induced ruination. While you might be dealing with a quandary of picking your fit amongst the latest fads – veganism, gluten-free diets, intermittent fasting…all that jazz, here's a simple way of incorporating habits that will ease your way into a better way of living; provide you with better body coordination and functioning, save you those pennies you shell out on medicines, help you achieve your desired physical appearance if you may, brought to you by the oldie but goodie- Naturopathy!



Here are a few steps that will lead you to better health but remember, consistency is the key.

Disclaimer: Mentioned below are tips that might not work for everyone and may give way to complications if not backed by suitability, so make sure you keep in mind, all existing areas of sensitivity and consult a professional to ensure awareness as to any allergies to the mentioned substances.

Bathe your way into a better body

Making space for a few additions to your bathing routine could do wonders for your body. Get rid of that cold simply by holding water in your mouth for the entire duration of your bath, this works by regulating one's breathing through the nose leading to deeper breaths and improved blood circulation through the nasal passage and facial area, making glowing skin an achievable reality. Spit the water out once you're done with your bath.

Another thing to remember while bathing is to gradually work your way up while pouring water on your body, when you start pouring water down from your feet and eventually onto your head, the nervous system alerts the entire body of the temperature (most importantly the heart and brain) thereby avoiding shock and preventing strokes

Keep your ear and nose hygiene intact by immersing your little finger and ring finger (respectively) into lukewarm water and massaging them, no cleaning agents needed.

Food for thought

We have been told time and again to have food on time but doing so whilst managing stressful working schedules might be hard, it is essential to do so, especially if those monstrous lifestyle diseases are to be kept at bay. With the ideal sleeping cycle, make

sure to be early with meals while including snacks to keep blood sugar regulated. Make sure you leave a gap of 2 hours between your dinner and your bed time.

Hydration with care

While we all know how important it is to consume a sufficient amount of water into the system, we must always sit while consuming water. This ordeal comes with a due reason to be noted as important. When we stand up and drink water, it flows with a great volume down the food canal and splashes on to the lower stomach wall. The splash actually damages the stomach wall and the nearby organs. Over a long-term, it even disturbs the overall digestive system. It has been found that our kidneys filter better while sitting. Water intake while standing passes the water with a push without much filtration. It causes the impurities to gather in blood or bladder leading to damage to the kidneys.

Use your tea addiction to your advantage

As per the standard body clock, kidneys function the best between 5 pm and 7 pm according to the inter-relation between organ meridians and the energy flow. To help your kidneys function better between these hours, have a cup of soothing black tea. Simply blend 1/4th of a teaspoon of tea leaves with a steaming cup full of water. This tea works as the anti-oxidant wonder which is blissful for the health of your kidneys.

Luxuries of Self-Massage and Castor oil

Glowing skin, reduced fatigue, better sleep are only a few of these luxuries. Self-massaging can prove to be extremely beneficial especially if done the right way to the right areas. Combined with the benefits of the miraculous castor oil, the results can often be unfathomable to allopathy professionals. Try not to substitute castor oil with any other as the benefits cannot be matched and other oils, more often than not are heat inductive, which is not what we want. Every night before going to bed, apply castor oil to your hands, feet and ears. As these parts of our body contain our nerve endings, applying castor oil to them can heal our organs and body parts. Noticeable results within a week are a guarantee.

These additions to one's everyday routine; with the constant of consistency, can help you segue into a better living with ease, as transitioning into a holistically organic lifestyle can be hard. Following the tips mentioned above will certainly help you understand the pleasure of living a holistically organic life, a lifestyle that is human friendly along with catering to the needs of the planet.



Dr Aruna Sharma
W/o Gp Capt R K Sharma
AFLE (LD)

A Patch of 'Furry' Heaven in UAKS Pune



It is said that until one has loved an animal, a part of one's soul remains unawakened. And if children are included in this quotient, the realization can be profound. Being a dog-lover, I fully endorse this thought. When I watch some videos of children and their pets, I am enveloped in warm and fuzzy feelings of awe, affection and cuddly glee, transporting me to 'a patch of heaven' so to speak. I am sure the reader agrees with me, dog lover or not!

A child and a pet are bound in a beautiful bond of innocence, friendship, mischief and undying love. It is said that a pet makes us more human in many ways, filling us with positive vibrations like care, honesty and selflessness, hidden somewhere within the deep recesses of our psyche. A certain sense of peaceful well being is experienced when one fondles a pet, lowering blood pressure and also reminding us of the obligation to nurture.

Therefore when I conveyed my idea of introducing pet therapy sessions for our children in Umeed Aasha Kiran School in Pune to the headmistress, she was in total agreement. I was taken aback, most people balk at the idea of dogs being brought to a school! Imagine the chaos and confusion! Screams of terror and children scuttling around causing the teachers much difficulty in bringing them back to normal would be the scene. But I did not realize I was suggesting this to another dog-lover, who seized the opportunity to furnish me with the time table to decide on a suitable date for this unique encounter!

It is sad to observe that many parents prohibit their children from interacting with animals, filling their heads with scary stories which leads to many children avoiding them for the rest of their lives. This results in phobias which result in unfortunate experiences with animals.

One hears of scary stories of torture inflicted on animals. The first time a human interacts with a canine (I mention this species as I feel they are the most closely associated with us, no offence to the other varieties of pets!), it starts with some doubts, but with a few precautions and suitable body language, a wonderful rapport can be established for a life time.

UAKS Pune has a variety of children with special needs of various ages ranging from four to seventeen, so I was determined to introduce this exercise as soon as possible. Though I had my doubts too; would the children respond favourably to a canine visitor? Since it would be the first time for many children, our headmistress, Mrs Deshpande, assured me that our special educators would prepare our special children in a suitable manner. Since we had already received appreciation from the parents and children of UAKS after setting up a rabbit coop in the precincts, I knew that introducing a gentle, sweet-tempered canine to the children will be a natural progression.

The next step was choosing a suitable candidate for the visit. I was undecided at first to choose a lively, cuddly puppy or a matured female labrador. The former promises a mixed experience of lavish outpourings of love, licks, laughter, a few nips, scratches and some crazy activity. The latter however would invite ministrations of pats, fondles and hugs with calm equanimity and maturity. A female of the canine species



brought up in a loving and secure environment exhibits positive traits like patience and protective tendencies. They rarely show antagonism and violence. A Labrador is famous for its naturally friendly and loving nature therefore it was more advisable to choose a matured, calm female as our special children would not be able to contain themselves in the presence of a dog. A hasty or unpredictable action would scare a puppy or a child either way. I did not have to search since our own co-opt member Mrs Sandhya Sathish had a pet female Labrador who I had always admired for her calm and pleasing demeanour. Princy had never exhibited any untoward tendencies in the most hostile situations, so I expressed my wish to her owner and was rewarded with a thumbs-up.

The minute Sandhya and Princy stepped on to the school, both were surrounded by children from our Air Force School where our UAKS is situated. They were overjoyed at the arrival of an unexpected furry visitor. But the reaction of our special children was a treat to the eyes. Accompanied by the special educators, a few children showed resistance but most bravely stepped forward to touch Princy. Once they picked up courage to touch her, they fondled her ears and flanks with appreciation. Princy gave herself up totally to the love and affection lavished on her. She never heeded the excited shouts and sudden actions, taking all in her stride, as if it was the most natural thing in the world. One must remember that it was the her first experience too, to be surrounded by so many children, in a new environment. The children never tired of talking to her and touching her, expressing to their teachers excitedly how soft her coat was and how big her teeth were.

I felt emotional to see the transformation in the children. I have watched them sing, dance, paint and make beautiful articles, but this sight was the most rewarding. The happiness and interest in those eyes, the physical expressions of joy and excitement and the excited conversations were a treat to watch. A few children who had come to school in a foul mood were now showing an opposite reaction and their teachers were happy to see their response. It is a constant struggle for a special educator to inspire the correct responses from our special children and Princy had achieved it in the first half hour!

All in all, it was a most rewarding and therapeutic experience for the children, special educators and those who support UAKS in all aspects. We all were overwhelmed by the fact that a visit by a dog could have transformed the day of every child and left an indelible impression in those delicate minds. I am sure we had cured many children from the unfounded fear of animals, and yet to cure a few more. The special educators were happy to see the mixed emotions and reactions in the eyes of their students. Hours and days of sustained therapy was achieved in a few hours! But this is only one of the various therapies we experimented with successfully and would like follow up on. My personal experience says that whatever effort made towards this wonderful organization is never enough, and we have miles to go, each effort more rewarding than the previous. I am sure we managed to help them experience a 'patch of heaven' with the help of a miracle called Princy.





Mrs Priyadarshini Nair
W/o Air Cmde KV Surendran Nair
2 Wing AF



सफलता की कुंजी



असफलता ही मनुष्य को सफलता का मार्ग दिखाती है। सभी प्राणियों के जीवन में एक समय ऐसा आता है कि सारी ही परिस्थितियां उसके विपक्ष में हो जाती हैं और मनुष्य भी अन्दर से टूटने लगता है। जबकि अगर देखा जाए तो असफलता ही हमारे जीवन का एक महत्वपूर्ण अंग है।

जीवन में सफलता के महत्व से हम सभी लोग परिचित हैं। लेकिन असफलता ही सफलता की सीढ़ी होती है। इस प्रकार से जीवन में असफलता के कुछ मुख्य कारण होते हैं :–

क. जीवन में लक्ष्य की कमी

ख. लोगों के सामने खड़े होने में डर लगना

ग. जीवन में विनम्रता का अभाव होना

घ. लक्ष्य को भूल जाना

ड़. विश्वास की कमी

च. पूर्ण शिक्षा की प्राप्ति न होना

छ. अहंकार और घमंड का होना

इसी प्रकार से और भी कई कारण होते हैं जिनका हम स्वयं विवेचन नहीं कर सकते हैं। इस बात के लिए तो हमारा इतिहास भी गवाह है कि जितने भी महापुरूष, उद्यमी, वैज्ञानिक हुए हैं उनको भी सबसे पहले असफलता का ही दामन थामना पड़ा था। उनमें से कुछ इस प्रकार हैं :–

आप एडीसन के बारे में तो जानते ही होंगे, जब उन्होंने लाइट वाले बल्ब का आविष्कार किया था, तो 1000 बार उनको भी असफलता का मुंह देखना पड़ा था। लेकिन उनके दृढ़ निश्चय और लगन के कारण ही वे सफल हुए थे। जीवन में सफलता का मूल मंत्र है कि हर असफलता को सफलता के प्रथम पद के रूप में स्वीकार करना चाहिए, चाहे वो प्रयास कितना भी छोटा हो या फिर कितना ही बड़ा क्यों ना हो। यदि आप यह प्रयास जारी रखते हैं, तो प्रत्येक चरण में हुई भूलों से ये क्रम जिन्दगी भर चलता रहता है और अंत में हम सफलता को प्राप्त कर ही लेते हैं। इसलिए कहा जाता है कि सीखने की कोई भी उम्र नहीं होती है। सीखने के लिए उम्र छोटी पड़ जाती है। किसी ने ठीक ही कहा है कि :–

जीतने वालों की कभी हार नहीं होती है, और हार मानने वालों की कभी जीत नहीं होती है।

लेकिन अंत में मैं यह कहना चाहूंगी कि संघर्ष ही प्रकृति का आमंत्रण है। जो स्वीकार करता है वो ही आगे बढ़ता है।

श्रीमती आरती कुलश्रेष्ठ
पत्नी वारंट अफसर देवेश चन्द्र
वायु सेना स्टेशन आदमपुर



DIGITAL PASSION

In a world that's already gone digital and where the talk of the town is the latest tech gadget, it would be worthwhile to ponder the real world impact of things digital on young minds. As a mother of two always-hungry-for-virtual-information children, I am aghast at the speed with which the digital world is 'intruding' on their childhood. This is the prime reason as to why I choose to write on this topic 'New Generation Digital Passion'. While there's no denying the fact that Doctor Google is a purveyor of information at the click of a button and Wikipedia the mother of all encyclopaedias, as a parent I am somewhat concerned that gadgets and Google have taken over their mind space, lock, stock and barrel. Or is there a way to get them to Shift. Control but not delete?

I am sure you are familiar with the routine day in urban area. Most kids' day begins with the chimp of the cell phone or the ringtone of a Whatsapp message. And as the hours pass by, the engagement with the gadgets only turns stronger. Breakfast is chomped hurriedly with the eyes fixated on the group message, then swiftly moving on to the latest online game and matching scores with the pal who's next door and also engaged in the same finger play.

The summer holidays are on and the time's come to play outside but the children of urban India prefer to 'play' inside. Not so long ago, summer vacations meant getting up earlier than usual, bringing out the football and getting dirty on the field. A hearty breakfast later it was fun and games again, intercepted by lunch, and then an afternoon spent winging under a tree or quaffing lemonade, 'aam panna' or gobbling home-made savouries. An afternoon in the company of Enid Blyton, Nancy Drew, Famous Five or Phantom, Tarzan and Mandrake (for earlier generations) was also well spent. Evening meant another round of 'Chor Police' or a similar boisterous run of fun and games. And there are hobbies too to cater to, stamps, playing the guitar and so many more. It was not long before dusk turned to dark, and the tired bodies but with naturally enlivened minds drifted off into sleep that nice dreams are made of.

But that was yesterday, many years ago. Today, Gen Next is busy with text, the little fingers flitting speedily on the laptops or cell phones. Reading paper books? Well, that's past. Visiting a library in holidays to gather half-a-dozen comics? Too hot to go out. No longer is there a yearning or thirst for knowledge. While the benefits of computers and gadgets cannot be negated, it is up to us to regulate their use, both the amount of time spent on them and the content therein.

It's a competitive world out there, both for parents and children. Kids already have it tough in school with the unbridled quest for more and more marks (for which most parents and schools too are responsible). How can we make their childhood a happier one, one that is a good mix of talk and tech, sports and spinach, good manners, real and virtual? I believe our responsibility as parents has become even greater today in a disruptive world, of bringing up the next generation as responsible citizens and good human beings.



Mrs Gauri Bemalkhedkar
W/o Gp Capt K Bemalkhedkar
Air Force Station Naliya



Veiled Powers of Bharatnatyam



Being a Bengali and from a strong cultural background; eighteen years ago, my parents had enthusiastically taken me to a class to show me what Bharatnatyam was. I was brought up in Delhi and my parents always wanted to put a touch of Kolkata ethnicity in me. I did not realize how immense an impression my decision to join dance would have on my life. That time I felt, the Indian classical dancers looked so silly, sitting in a half squat with their arms sticking out, but I thought I would give it a try. When I first saw my guru perform, I was forever changed. I never knew that one person could embody a myriad of emotions with such grace and brilliance. I was a boisterous kind of a girl but was very poor in expressing myself to others. Bharatnatyam was my outlet to focus my energy and express my emotions. The whole process of learning this form of dance had opened new layers of my personality. I experienced how different mudras (hand gestures) change the energies in your body. You experience this when you learn, train, practice, rehearse and perform. It has so many layers psychological, physical and emotional, which make it different from other dance forms. It has taught me the importance of hard work, patience and facing challenges. Though I might be sweating, my thighs and arms may be burning, I knew if I push forward I will be rewarded and reward is becoming a better dancer.

Originating from Tamil Nadu, India, Bharatnatyam is more than just poses and mudras (hand gestures). In addition to the dance elements, it also has a deeper spiritual meaning. Dance has connected me to my roots and allowed me to enrich the cultural diversity of India by fostering a broader understanding of cultures to Indians. One of the most respected, cherished and popular dance forms, not only within the country but also outside it, Bharatnatyam is considered the epitome of Indian cultural expression.

According to the Indian mythology, there are three main Gods: Brahma (the creator), Vishnu (the protector) and Shiva (the destroyer). It is believed that Shiva, who is also known as the lord of dance, created Bharatnatyam. Bharatnatyam holds a significant place in Indian culture, as it is a multi-dimensional art form integrating elements of music, movement, theatre, philosophy and psychology.

I am committed to circumventing notions that culture-based forms are impenetrable. My form transcends classification to tap into an inner spirituality that is universal. As a choreographer and dancer with Apsara Dance Academy and a professional writer, my life has always been rigorous. The balance of family, performing, writing and creating new works is joyful, exhausting and truly rewarding.

Dance has never been a job but a hobby, and also, intrinsically linked to who I am. Life will always put obstacles in my way, but I will face those challenges exactly how I have been taught to dance: *with my back straight, my head held high, and a smile on my face*. Without Bharatnatyam, I would not be the person I am today. My guru, a voracious reader, has taught me to look for inspiration in great works of literature. One of my favourite quotes by Martha Graham, perfectly expresses how I feel: *"Dance is the hidden language of the soul of the body"*.



Mrs Pooja Mukerji
W/o Sqn Ldr Priyanshu Mukerji
116 HU C/o 32 Wing AF



हमारी आदतें

आदतें हमारे जीवन का अभिन्न अंग हैं। कहते हैं इंसान की जैसी आदत होगी, वैसा ही उसका सोच विचार होगा। इंसान के अच्छे बुरे की पहचान उसकी आदतों से होती है। किन आदतों को जीवन में अपनाना चाहिए जिनसे आगे चल कर आनन्दमय जीवन बिताया जा सके। इसलिए आज हम ऐसी ही आदतों की बात करेंगे जो हर इंसान को अपनानी जरूरी है। इन आदतों से इंसान का मानसिक एवं शारीरिक विकास अवश्य होगा।

1. आवश्यकताएं कम करने की आदत।
2. बचत करने की आदत।
3. अधिक सुनने की आदत।
4. आभार व्यक्त करने की आदत।
5. पहल करने की आदत।
6. सहमत होने की आदत।
7. वायदा निभाने की आदत।
8. सकारात्मक सोचने की आदत।
9. लगातार प्रयास करने की आदत।
10. समय बचाने की आदत।
11. किसी का बुरा न सोचने की आदत।
12. भगवान पर अटल भरोसा।
13. जिम्मेदारी उठाने की आदत।
14. दोस्त बनाने की आदत।
15. दान करने की आदत।

मैं यही कहना चाहती हूँ कि आदतें व्यवहार का नया रूप है, इसलिए अच्छी आदतें डालें एवं अच्छा सोचें। यही सफलता का मूलमंत्र है।

आदतें वो अपनाओ जिन से हम मस्ती में रह कर भी हर काम को दिल से कर सके।

श्रीमती सुखविंदर कौर
पत्नी जू. वा. अ. सुरेन्द्र सिंह
वायु सेना स्टेशन उत्तरलाई



मंथन

मंथन विचारों का मंथन हमारी कृतशीलता का।
मंथन भावनाओं के साथ आदान–प्रदान का।

श्री साईबाबा की कुछ पंक्तियां हैं:

मत सोच कि तेरा सपना पूरा क्यों नहीं होता,
हिम्मतवालों का इरादा कभी अधूरा नहीं होता,
जिस इंसान के कर्म अच्छे हैं, उसके जीवन में कभी अंधेरा नहीं होता।

अपने बेस मरम्मत डिपो, वडसर के पास हाजीपुर नामक एक छोटे से गाँव में श्रीमती नीतूबेन द्वारा संचालित दिव्यांग कन्याओं के लिए एक स्कूल है 'मंथन'। इस संस्था से स्थानीय अध्यक्षा के रूप में भेंट करने का अवसर मिला। उस भेंट के पश्चात मेरे विचारों का मंथन शुरू हो गया। मंथन होता है तो बहुत सारी भावनाओं का मिश्रण होकर मन अधिक कार्यरत और गतिशील होता है।

अपना जीवन, अपने–अपनों का जीवन प्रकाशमान करने का तो सभी प्रयत्न करते हैं किन्तु अपने जीवन में आने वाली खुशियों का त्याग करके किसी पराये दुखी जीव का सहारा बनने का, उनकी उंगली थाम के उनके जीवन में रोशनी लाने का काम निश्चित रूप से प्रशंसनीय है।

अनाथ और दिव्यांग होने के बावजूद इन छोटे बच्चों के चेहरे पर खुशी दिखती है, जो नीतूबेन की ही देन है। कोई व्यक्ति हमेशा मुस्कराता है, इसका अर्थ ये नहीं कि उसकी जिंदगी परिपूर्ण है, यह मैंने जाना है। यह आशा और ताकत का प्रतीक है।

हमारी सघनता हमारे विचारों से होनी चाहिए, ना कि संपत्ति से ! हमारे विचारों के मंथन के लिए 'प्रार्थना' और 'चिंतन' दोनों की ही आवश्यकता है।

प्रार्थना : ईश्वर से बात करना
चिंतन : ईश्वर से सुनना

अपना आँगन तो हर कोई प्रकाशमान रखता है। किसी दुखी जीवन के मन में थोड़ी सी रोशनी लाने के लिए क्या हमारा कदम नहीं उठ सकता ? ये सच है, जो दिया है वो वापस लौट के आयेगा तो क्यों न केवल दुआऐं ही दी जाएं।



श्रीमति वैशाली नाईक
पत्नी ग्रुप कैप्टन मंदार नाईक
15 बे म डि वा से



Yoga The Transformer



No this is not the title of an upcoming sequel to the highly acclaimed and commercially successful Steven Spielberg film 'The Transformer'. It's an actual experience of my life as to how introduction of Yoga in my life completely changed it. As a kid, bubbling with energy I was not interested in boring postures of Yoga, rather I was more attracted towards outdoors games and activities. Although I was good in sports, but due to a rich inherent diet, I was overweight. I was introduced to Yoga when I was doing my Bachelors in Physical Education, as a subject and it was mandatory for me to do that. Initially I found it boring but after some time I could feel and experience some changes in me. My energy level had increased, at the same time I felt calm. The anxiety level had reduced while the focus increased, but most importantly I was losing weight!



From thereon I have never looked back, doing Yoga daily, until I got married. After marriage my Yoga sessions stopped and were replaced with long walks with my husband. And then came the most important moment in any woman's life, the motherhood. I had an absolutely normal pregnancy with no complications, but the ultrasound scan showed that the child was in breech position. The doctor also advised that although it is possible that the child may change position later , but in my case it was slightly difficult as it was my first pregnancy and I had a firm stomach (due to regular exercise). Probably this was the first time; my fitness was proving to be a bane for me. At that moment I resorted back to Yoga, only doing the exercise recommended for pregnant women. To my utter joy after the third ultrascan , the baby had changed its position and finally I had a normal delivery. Another spinoff of doing Yoga during pregnancy was that, all my vital parameters were normal (including my hemoglobin levels which hovered around 13.5 during the entire pregnancy).

Post-delivery, yoga helped me in regaining my shape and fitness, in the shortest possible time. The same story was repeated during the second pregnancy also. Yoga as they say is not just a hobby, it's a way of life. It has transformed my life and definitely has the power to transform your life.

Mrs Ila Nain
W/o Wg Cdr A Nain
AF Station Guwahati



Creative Collections





Life is short and the world is wide, just go! Explore! Travel as much as you can, as far as you can, as long as you can. Life is not meant to be lived in one place.

We travel because we need to, because distance and difference is the secret tonic to creativity. When we get home, home is still the same, but something in our minds has changed and that changes everything. With that change we bring some changes back home. Like I love making memories last as long as I can and therefore I buy a good travel souvenir when I see one. But, the question is what do you do with your travel memories once you are back home? Usually not much. You will find that the conical hat you have been guarding with your life during your trip to Goa doesn't quite fit with your other dresses.

To be honest, most souvenirs we buy on a trip usually end up gaining dust in forgotten corners of our houses. Time to change that! There are some creative ways to keep travel souvenirs;

- Collect natural souvenirs: try to bring a piece of nature with you but within the rules of custom regulations, of course.
- Start a spice collection: a huge spice rack with flavors from all around the world. With these spices, of course you cook recipes of food from all around the world.
- Bring home household items: while your suitcase is never big enough for most of the items you would have liked to bring home, but you can always collect some nice items to decorate the house with instead of shoving it into a box and never seeing it again.
- Think about: Kitchen ware, stationery, flower vases, pillow covers, storage boxes, blankets, prints and books, etc.
- Bring home wearables: the best way to remember your travel on a daily basis, is of course to wear your memories! Think about buying clothing, jewellery or even a perfume to remind you of the good times.
- Stay away from the tourist shops of course, and checkout authentic markets and shops with local designers to get quality items.
- You come home. You might be proactive, downloading the pictures to your computer. But more likely, those poor vacation pictures are still stuck on your computer, or your phone, or maybe even camera! The creative idea is a unique journal approach to your travel memories, a scrapbook or two might be the answer. This is a great way to remember your trip or vacation.

So, now it's your turn! I hope to encourage all to try new things and live a happy and creative life. Happy traveling and safe journey!

Mrs Shivani
W/o Wg Cdr A K Priyadarshi
200 Sqn C/o 34 Wing AF



Beauty Straight From The Larder



The quest for beauty is perhaps as old as civilization itself. Women through the ages have used a variety of aids to enhance and preserve their natural beauty and maintain a youthful appearance.

Herbal cosmetics are safe, effective and simple to prepare and are cheaper than over the counter cosmetics. They remain fresh as they are prepared in smaller quantities.

Following are some of the herbal cosmetics:

Herbal Cleansing Jelly

Ingredients:

(i) 1 tbsp gelatine
(ii) 2 tbsp honey
(iii) ¼ cup glycerine
(iv) ½ tbsp alcohol
(v) 2 tbsp water

Method :

Soak the gelatine in water. Place in a double boiler and dissolve over low heat. Remove from heat and when lukewarm, add remaining ingredients.

Herbal Honey Night Cream

Ingredients:

(i) 3 tbsp lanolin
(ii) ½ tbsp honey

Method :

Put honey and lanolin in a bowl and place it in hot water till it melts, slowly add 4 tbsp warm water to it beating continuously until it cools.

Cucumber Anti Wrinkle Lotion

Ingredients:

(i) 1 Egg white
(ii) 1 tbsp lemon juice
(iii) 1 tbsp vodka or alcohol
(iv) ¼ Cucumber washed and sieved

Method:

Beat the egg white and mix all other ingredients. Store in a glass jar.

Vinegar Astringent

Ingredients:

(i) ½ cup vinegar
(ii) ¼ cup water
(iii) 3 tbsp rose water

Method:

Mix all the ingredients and store in a bottle.

Hand and Body Lotion

Ingredients:

(i) 3 tbsp rose water
(ii) 1 tbsp glycerine
(iii) 2 tbsp lime juice

Method :

Mix and store in a glass bottle.

Shikakai and Amla Shampoo

Ingredients:

(i) 200 gm dried amala
(ii) 200 gm shikakai beans

Method :-

Soak the shikakai and amla overnight in an iron pot. Boil them for 10-15 minutes next morning and strain. Liquidise the flesh that remains and use to wash the hair.

Mrs Prerna Garg
W/o Gp Capt Harish Garg
263 SU AF



Teenage Self-Talk



Teenage is a transition phase from being a child to being an adult. The individual's body is changing physically and physiologically, due to these hormonal changes there are psychological and emotional disturbances as well.

As a result your child might show sudden changes in the pattern of behaviour and the coping strategies.

A Teenage self talk might be like :-

My whole life has become …I don't want to wake up, I don't want to go to go to bed, I don't want to go to school. "I don't want to...I don't want to...I don't want to".

I'm mad. I don't know why. Sometimes I wake up mad, other days it creeps up me. I don't like it. It doesn't feel good. I wish I wasn't so mad but I am. I can't help it.

Everyday is a prison, trapped inside this changing body. My whole life is made up of things I HAVE to do, not things I WANT to do. Books, Tests, Assignments. I spend the entire day with people I am forced to be with.



Sometimes my feelings get hurt at school, by teachers but mostly by other students. I don't tell you because I'm ashamed to feel hurt and I don't want you to know.

I can't think of a single thing that I want to do except sleep. It's the only time I'm not stressing, the only time I'm not worried, the only time I'm not upset. Sometimes I hide in my room and watch YouTube or mindless videos over and over because I can't stand to be with my own thoughts. I'm distracting myself from me.

My room is a mess. I like it that way. It looks how I feel inside. I don't know where these feelings come from.

I know that you're mad at me. I can't blame you. I stopped talking to you. Sometimes I say such mean things to you, horrible things. I blame you, curse, you, push you away. Sometimes I break things because I feel broken inside.

REMEMBER…ITS NOT YOUR CHILD'S FAULT

Don't give up on them. Don't hate them, be patient. You need to be stronger. Be the parent, even though they say they don't want one. Be more understanding, more accepting.

The various Red Flags you might want to look at:-



Give Me Space

Don't come in my room, corner me or make demands. I don't have any answers. When you push me or yell at me, I feel worse. I need to be alone. I need space.

Don't Yell at Me

The noise in my head is so loud sometimes that I can barely hear my thoughts. I can't stand it. When you yell, I feel worse about myself. I feel unloved. I feel like I am your biggest disappointment. When you get really mad at me, I wonder if it would have been better if I wasn't born.

Take My Electronics Away

I can't put my phone down, I try but I just can't. I know it's devouring all my time but I can't help myself. Social media is my drug, I can't stop checking it. I need your help. I need you to set limits on technology. Please. I will fight you but it's what I need. Don't try to reason with me, just do it.

Bring Me Someplace Quiet

I don't want anything to do with you. But if you could bring me somewhere quiet. Somewhere we could walk together and not argue. Somewhere I can feel the sun and listen to the wind in the trees. Somewhere I can breathe and forget about everything that's bothering me. I think I would like that. Even if we don't speak, I will feel comforted.

Stop Spoiling Me

Stop giving me everything I want. The more you give me, the more I resent you. I want to earn things. It helps me feel grown up. I want to learn how to save money, spend money, share money. I'm never going to learn that if you keep giving it to me. I hate being dependent on you, please help me become independent.

MANAGING TECHNIQUES

Find Someone to Talk to: - They need someone (an adult) to look up to who isn't you. Someone who they can admire, someone they want to be like. A person who believes in them, pushes them, and understands



them. A mentor, a counselor, a therapist...anyone who can give them hope when its too little for themselves.

Tell them That You Love them :- They might pretend to not care but they really want to be loved, to hear the magical words of love and care as right now they don't love themselves, especially by you.

Being a parent might be getting hard. Sometimes you probably wonder why are they like this but do believe that they will get better as they get older. Just hang in there and you both will enjoy each other again.

Mrs Kirandeep Chauhan
W/o Sqn Ldr Rajiv Chauhan
617 Garud Flight
C/o 12 Wing AF



चालीसवें साल के साइड इफेक्ट

सही अर्थ में जिंदगी होती है आबाद
संगिनियों चालीस के बाद।

ना तो लड़की समझ छेड़ते हैं लफंगे
ना दादियों की तरह मिलते हैं ओहदे,
जिधर भी मन हो फिट हो जाते हैं,
अपने जुमले तो सब हिट हो जाते हैं।

ना देता घर में अब कोई ताना,
क्योंकि आ गया है अब अपना जमाना

मायके ससुराल का भी कम हो गया है ढकोसला,
खुद जो बना लिया है, हमने अपना घोंसला।

अब न तो पति ही रौब जमाते हैं,
और ना ही बच्चे मम्मी–मम्मी गाते हैं,
यानी बच्चे तो अब बड़े हो जाते हैं,
हम अपनी मर्जी से अपने दोस्त बनाते हैं,
न उनसे रूठते हैं और न उन्हें मनाते हैं ।

सखियों थोड़ा डाई लगाने में क्या शर्माना,
उम्र के इस चरण को भी खूबसूरती से है अपनाना,
उम्र के हर पड़ाव का है अपना आकर्षण,
तन–मन का परिपक्व हो चुका है दर्पण।

"लाइफ बिगिन्स एट 40", यूं ही नहीं कहते,
आबाद, आजाद हैं जिंदगी ये सोच के हैं हम जीते।

श्रीमती भावना भटनागर
पत्नी विंग कमांडर वी भटनागर
वायु सेना स्टेशन बैरकपुर



सवेरे जल्दी उठने के फायदे

अगर आप सुबह जल्दी उठते हैं, तो आप अपने आपको एक उपहार देते हैं। कुछ बातें ऐसी होती हैं जो आपके जीवन को बदल देती हैं, और उन्हीं में से एक है **जल्दी उठने की आदत**।

सुबह के शुरूआत के कुछ घंटों की बात ही अलग है, ऐसा लगता है समय धीमे–धीमे चल रहा है और हवा में एक अलग ही सुकून भरा हुआ होता है। 05 बजे उठने की आदत आपको दिन नियंत्रित करने की अनुमति देती है और देर से उठने पर आप का दिन आपको नियंत्रित करता है।

सुबह उठने से आपका तनाव काफी हद तक कम हो जाता है और उसका असर आपके काम पर भी पड़ता है। सुबह 05 बजे उठकर देखिये, आप खुद महसूस करेंगे कि पहले बहुत सारी ऐसी चीजें नहीं कर पाते थे, जिन्हें करना आपको पसंद था क्योंकि ऐसा करने के लिये आपके पास पर्याप्त समय नहीं होता था। जैसे ध्यानमग्न होकर संगीत सुनना, सुबह टहलना आदि। ऐसी बातें आप को खुद से जुड़ने में मदद करेंगी, जिसे आपने पहले खो दिया था। संगिनियों सुबह उठने से आप फिर से अपना ध्यान रखना शुरू कर देंगी और कुशल संगिनी बन पाऐगी। कुछ टिप्स जो आपको गहरी नींद लेने में मदद करेंगे, रात में टी.वी. ना देखें और चाय, कॉफी आदि का सेवन ना करें। इन नई आदतों के लिये अपने आप को एक हफ्ते का समय दें, जीवन में परिवर्तन होने में समय लगता है। इसलिये प्रयास करते रहें।

श्रीमती रेखा
पत्नी जू वा अ सुरेन्द्र कुमार
40 विंग वायु सेना





अंजीर एक, लाभ अनेक !!!

1. अंजीर में कैल्शियम व फॉस्फोरस की अच्छी मात्रा होने से हड्डियों को मजबूती व उससे जुड़े विकारों से निजात मिलती है।
2. शरीर में पोटैशियम कम और सोडियम ज्यादा होने पर उच्च रक्तचाप की समस्या पैदा हो जाती है। ऐसे में, कम सोडियम व पोटैशियम का अच्छा स्रोत होने से अंजीर हाइपर– टेंशन को नियंत्रित करने में सहायक सिद्ध होता है।
3. अन्य फलों की तुलना में अंजीर का सेवन डायबिटीज़ में बेहद लाभदायक है । मधुमेह से पीड़ित रोगियों को अंजीर के पत्तों का सेवन करने पर बाहर से इन्सुलिन लेने की जरूरत कम पड़ती है ।
4. गर्भावस्था में अक्सर आयरन की कमी देखी जाती है। ऐसे में अंजीर का सेवन बेहद गुणकारी है।
5. अंजीर में फाइबर होने से इसका प्रतिदिन सेवन पेट संबंधित समस्याएं जैसे गैस और कब्ज से छुटकारा दिलाता है, पाचन शक्ति दुरुस्त रखता है।
6. अंजीर में मौजूद रेशे वजन संतुलित रख मोटापे को रोकते हैं।
7. अंजीर में एंटीऑक्सीडेंट गुण होने के कारण यह महिलाओं में मेनोपॉज़ से जुड़ी तकलीफ व स्तन कैंसर के खतरे को भी कम करता है।
8. अंजीर में पेक्टिन नामक घुलनशील फाइबर जमे हुए कोलेस्ट्रॉल को बाहर निकालने में मददगार होता है।
9. सूखे अंजीर का सेवन दमा रोग में काफी आराम पहुँचाता है।
10. अंजीर खाने से आँखों की रोशनी में भी वृद्धि होती है।
11. कच्चे अंजीर के फलों से दूध निकाल कर सफेद दागों पर नियमित 4–6 महीने लगाने से सफेद कुष्ठ कम होना शुरू हो जाता है। इसमें सुबह शाम अंजीर के पत्तों का रस लगाने से भी लाभ मिलता है ।
12. अंजीर में कॉपर होने से इसका तेल बालों को काला रखने में मददगार होता है।



श्रीमती मीरा शर्मा
पत्नी एन सी (ई) ए के शर्मा
वायु सेना स्टेशन जलहाली





Child Safety- New Ways

We were on our way back home after a carload of shopping from the city. Our younger son was in the back seat munching on his burger. I was truly irritated with his eating habits but thought it wiser not to voice my opinion till I reached the sanctity of my home. We pulled up at a red light and two bedraggled and bone thin, scraggly kids pushed their noses against the window screen. Beggars. I looked silently at my husband with the question in my eyes. His face was set. He was not having any of this nonsense.

We have had this conversation too many times before. Giving into pangs of guilt over beggars, especially child beggars is promoting the kidnapping industry, whatever that is. Though with loads of shopping bags and enticing smells of savory food wafting in and out through windows, it is kind of difficult to think judicious thoughts, no matter how right they are. Also guilt levels hit the roof so to speak.

We have come to an understanding on this issue. We keep biscuits and snack packets in the car. Food is what the money is needed for, mostly. Or .... it should be! Anyway, now I click their snaps and upload them on Facebook page for missing children called no more missing.

All over the world violence is finding new ways and new faces and the vulnerable, easy targets invariably are women and children. People with animal brains don't think twice about snatching what doesn't belong to them and destroying all that is gentle in the name of either easy ways of money making or associating under bigger crime syndicates.

There is a wild epidemic of rape and murder and no amount of wishing is going to make it go away. We have to employ smarter ways of guarding ourselves and our loved ones against these ever erupting crimes.

We teach children about good touch bad touch, road safety, traffic signal system, precaution against general hazards of life, electrical shock etc. It's time to go a few steps further and get them ready to tackle some more monsters like kidnappers and rapist. Some thoughts on this...

Rather than letting your child use the smart phone for video games, why not make it a tracking device and install some "save me" kind of apps? Apps like eKAVACH and Kids Place etc. let you know of your

child's app habits, web filter and sos tracking, first aid emergency and lots more. Angel Child Monitoring is a device developed by the Bangalore based Krishnendu Dasgupta, a Telecom Industry veteran after the incident of rape of a 6 year old girl at a school in the city. It is a GPS and GSM card enabled device that can be strapped to the child's body, or can be used like an ID card given in school, thus tracking the location. It also enables parents to learn about the real time surroundings of a child. It does not ring but the call gets answered automatically and parents can hear all that is happening around the child.

Apart from smartphones, you can take help of smart devices and apps like Safer Kids from Leaf Wearable, LET'S TRACK KIDO, Alcatel Movetime which could be worn on the wrist and are location trackers.

Trust your kid's instincts as you will trust yours. If the child says she/he does not like someone, look into it.

Some schools like KV have the parents and teachers doing the paperwork. Parents are constantly visiting the teachers in the classroom at all hours. How do they know who is posing as a parent as against who is the real one? Insist on school installing CCTV near lonely areas, restricting entry into school without a pass outside of PTM visitations.

Kids are often told to keep something, their friend or sibling did, a secret but teach them that should they believe the activity was dangerous, harmful or really naughty, they should not be afraid to tell you. Offer your assurance that should they share their secrets, you will do your very best not to make judgment.

Provide a working emergency contact to children. Apart from your phone number, this could be your area police and someone you and your child trust. And please don't make your children trust someone forcefully.

Set an 'easy-to-find' meeting place in case you get separated from your child in a crowded place. In any case, train your children to stay where they are if left alone or lost.

Children nowadays have 24 hours access to internet. They create avatars to play games wherein they share their information. Even if you restrict access by password, it's not so easy to keep a watch constantly. It is better to arm them with the know-how of internet safety.

Video games and gaming apps which award points for maximum killing, torture, stealing etc. slowly train the tender mind to be violent. Always update your knowledge base on the current most dangerous video games and apps. Bullet storm, Conan exiles, Dark Souls III, Dead by Daylight, Blue Whale Challenge are to name a few of such video games.

Think out of the box and employ more safety precautions. Teach your children to defend themselves with smart methods. It's no less of a war out there and prevention is always better than cure.



Mrs Kirti Ovelil
W/o Wg Cdr Ovelil
223 Sqn AF



House Hold Tips

1. To prevent rice grains from clinging together, add 2-3 drops of lemon juice, vinegar.
2. To remove salt deposit on kettles or pans, add 2-3 spoons of glacial acetic acid and boil.
3. When storing chilly powder, turmeric powder or coriander powder, add a pinch of asafoetida (hing) wrapped in paper. The spices will remain fresh for a year.
4. While switching off the fridge or Microwave Oven for a long time, place salt on a paper to prevent fungus.
5. A drop of edible oil to the boiling sambar or dal will prevent it from boiling over the vessel.
6. To make crisp dosas, add a handful of puffed or beaten rice to the soaked dal and rice while grinding.
7. An absorbent paper or a spoon full of sugar placed in the container will protect your biscuits from moisture.
8. To remove oil stains from Zari Sari, rub shikakai powder on the stained material and rinse with water.
9. To prevent ice tray from getting stuck to the freezer, sprinkle a little salt before placing the ice trays in the freezer.
10. To clean white sport shoes, wash them in soap water first, then soak them in water to which one quarter of a tea spoon of citric acid is added. This will remove the dirt and leave the shoe sparkling white.

Mrs Jas Dhillon
W/o Wg Cdr BS Dhillon
2210 Sqn AF





ब्रह्मा और नारी

जब सदियों पहले ब्रह्मा जी ने धरती को बनाया
तो सभी पशु पक्षी, पेड़ पौधों को बनाने के बाद,
अपने प्यारे पुरुष को बड़े चाव से बनाया,
लेकिन इस दुनिया के लिए बना बैठे वो कुछ नियम कठोर,
जो जीव आएगा जग में, वो एक दिन जाऐगा ज़रूर,
अब ब्रह्मा बेचारे, अपने ही नियमों के मारे
रोज़ बैठ कर बनाने लगे पुरुष कई सारे,
थी ये समस्या बड़ी कठिन, पड़ी उन्हें अति भारी,
थक हार, अपनी सृजन शक्ति दे कर,
लाये वे जग में सुंदर सी नारी,
अब जीवन देने का काम नारी को सौंप
बह्मा जी ने तो आसान करली अपनी मुश्किल सारी,
और लो जी फंस गई बेचारी नारी,
लेकिन एक बात फिर भी है परम सत्य,
कि आज नारी ही है सब पर भारी।

श्रीमती शैली शर्मा
पत्नी एयर मार्शल कुलदीप शर्मा
अ वि से मे, वि से मे
वायु सेना मुख्यालय (वायु भवन)



A B C D - ऐसे जानो

A – **आदर** करो बड़ों का
B – **बुरा** मत करो
C – **चोरी** मत करो
D – **देना** सीखो ज़रूरतमंद को
E – **एहसान** करो
F – **फर्ज़** अदा करो
G – **गुस्सा** मत करो
H – **हजारों** दुआऐं करो
I – **ईमानदार** बनो
J – **जन्नत** भगवान से मांगो
K – **किस्मत** में होगा तो मिलेगा
L – **लालच** मत करो
M – **मेहनत** करो
N – **नहीं,** किसी से मत कहो
O – **औरत** का सम्मान करो
P – **प्रणाम** करो बड़ों को
Q – **क्यों** करते हो चिंता (मस्त रहो)
R – **रोज** सुबह उठो
S – **शुक्रिया** अदा करो
T – **टहलने** जाओ (मार्निंग वॉक)
U – **उम्मीद** रखो
V – **वंदना** करो
W – **वक्त** की कदर करो
X – **क्षमा** करना सीखो
Y – **यकीन** भगवान पर करो
Z – **ज़रा–ज़रा** सबसे सीखो

श्रीमती सुनीता मिश्रा
पत्नी मा वा अ एम एम मिश्रा
वायु सेना स्टेशन बसंत नगर

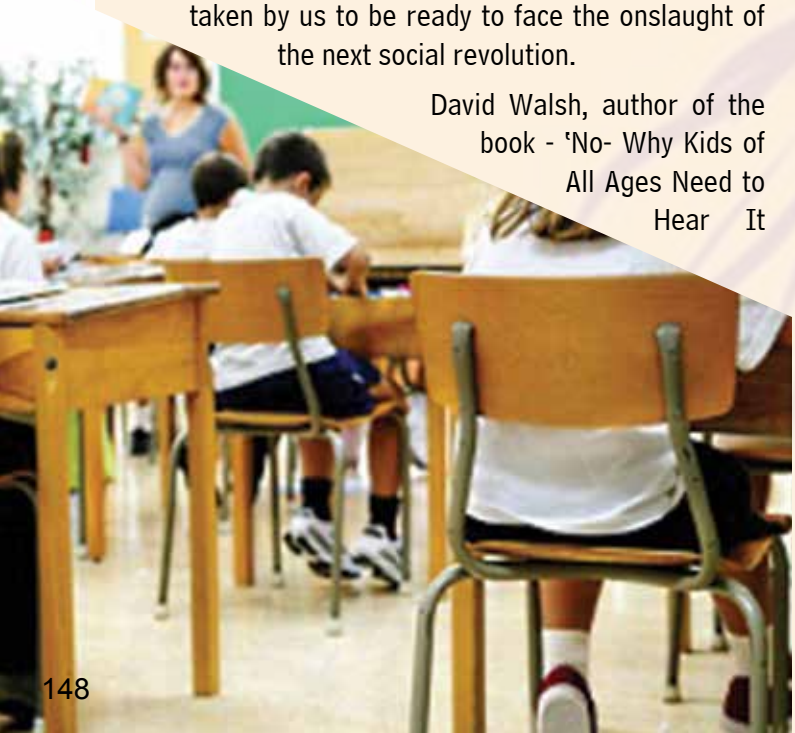


Make Schools Safe

The recent incidents of young school children indulging in heinous crimes, such as physical assaults leading to death, is a new occurrence which has repulsed and shocked the entire nation. It became a topic of discussion in all drawing rooms and caught the nation's collective conscience next only to the Nirbhaya episode. Have the schools, over the years, slowly metamorphosed from temples of learning to theatres of violence as a leading magazine had suggested?

The question on every one's mind is that where did we go wrong as a generation. Did we err by giving everything on a platter to our children or is this a negative impact of the parenting style propagated by recent new age educationists and psychologists?

I too felt saddened by these events and felt the acute pain of the parents who had lost their child at such a tender age. Rather than giving nomenclatures, let us introspect on the reasons and steps to combat this menace because artificial intelligence is going to come into our lives soon and urgent steps need to be taken by us to be ready to face the onslaught of the next social revolution.



David Walsh, author of the book - 'No- Why Kids of All Ages Need to Hear It and Ways Parents can say It' contends that kids are living in a media dominated culture that promotes 'More', 'Fast', 'Easy' and 'Fun' and the result is that the children lack important qualities like perseverance, patience, self-discipline and self reliance - qualities that are vital for success. This has led to an epidemic of disrespect, impatience and a sense of entitlement. Instead of being positive motivators, these inputs beget feelings of competition, peer pressure and depression. A new parenting style which integrates healthy social media in daily life needs to be created.

The sad state of affairs can also be attributable to the nuclear family concept. The fast pace of life leaves no time with the working parents to devote to their children plus there are no grandparents at home to constantly guide the child on the correct path especially to channelize the aggression which onsets during adolescence when a child's self esteem may take a hit due to numerous physical changes and emotional upheavals. This leaves the child to gain unvented knowledge about the world and social relationships from the internet / other social media feeds.

The way forward is to remove the hesitation associated with consulting a Psychologist or a Psychiatrist for help whenever the parents notice a deviation from the normal, socially accepted behavior or when a breakdown of communication takes place between a parent and the child. Additionally, the parents need to control their high expectations and unrealistic goals to let the child bloom on his/her own and not impose their unfulfilled dreams on the hapless student. Research has shown that self discipline is a stronger predictor of school success than intelligence. Therefore, parents and teachers should become partners rather than adversaries and collaborate to enhance the skills of self management.

A major contributor to this decline could also be the rigid education curriculum which expects children of different needs to conform to its parameters, whereas the need of the hour is a curriculum which should be flexible enough to accommodate the learner's varied interests and turn the learning process into a stress free exercise. Basic to advanced levels of difficulty of a subject can be devised so that the child can choose the subject according to his aptitude and interest. Imparting of life skills, social values, nurturing of hobbies and sports in academic curriculum should be made compulsory.

The deterioration of the exalted position of a teacher as a guru and mentor to an employee of the school paid from the students' funds has exacerbated this problem. Definitely, the young minds would have heard it from some adult or the neighborhood bully who needs young impressionable minds to feed his ego. Unless the reverence of the teacher is restored, our society will continue to plunge headlong into this abyss of violence and fear.

Moreover, some schools try to hide such cases as the management feels that it would mar the reputation of the school leading to a decline in the number of children seeking admission in their school. Instead of identifying the reasons and co-operating with the authorities, the school pressurizes the parents to withdraw the complaint. Schools which report such incidents should be eulogized by the Department of Education and also by the parent community. The school staff and parents should take collective responsibility to provide the right environment in schools, maintain the reputation along with mentoring the future citizens of India.

As a society we need to uphold high moral values and ensure social and gender sensitivity together with equality in our study course material. Political parties too need to remove themselves from the milieu of the college and university education and let the society mature on its own without any extraneous pressures. Filmmakers too have an important role to play in



this entire environment as they should refrain from producing extremely violent episodes in their movies/ TV serials. Small budget films like Taare Zameen Par, Hindi Medium and films based on role models like Milkha Singh, Mary Kom, Geeta Phogat, Neerja Bhanot et al have been well appreciated by the people of the country and are a source of inspiration for the adults and children alike.

These little positive measures should hopefully strengthen our society and not rent the social fabric till it reaches a point of no return. The citizens of the country need to take charge and bring about a change in environment, experience and education which will definitely help our society regain our children. Swami Vivekananda's famous words should serve as our golden mantra:-

"Arise, Awake and stop not till the goal is reached."

Mrs Poonam Grover
W/o Air Cmde A Grover
503 SU AF



अतिविशिष्ट वाहनों की महत्वता



श्रीमती जया सिंह
पत्नी जू वा अ एस पी सिंह
वायु सेना स्टेशन ताम्बरम

हमारे समाज में कोई भी प्रणाली या व्यवस्था हमारे जीवन की आवश्यकताओं को ध्यान में रखते हुए, हमारी ही सुविधा हेतु बनाई जाती है। हमारा वायु सेना परिवार, एक अच्छे और सभ्य समाज के निर्माण के लिए विभिन्न प्रकार के कार्यक्रमों द्वारा और अपने परिवार के सभी सदस्यों को प्रत्येक विषय के बारे में जानकारी दे कर जागरूक बनाते हुए, देश की प्रगति में सार्थक भूमिका निभाता है।

यहाँ पर मैं आप सभी का ध्यान उन व्यवस्थाओं की ओर आकर्षित करना चाहती हूँ, जिन्हें हम अपने निजी स्वार्थ को पूरा करने के लिए अनदेखा कर देते हैं। यद्यपि हम सभी लोग सरकार द्वारा बनाये गए नियम व दिए गए निर्देशों से भलीभाँति अवगत होते हैं, परन्तु जाने अनजाने हम लोग सरकार द्वारा बनायी गयी व्यवस्था में व्यवधान बन जाते हैं और हमें इसका आभास भी नहीं होता।

एक जिम्मेदार नागरिक व वायु सेना परिवार का जागरूक सदस्य होने के नाते, मैं आप सभी लोगों का ध्यान कुछ अति महत्त्वपूर्ण वाहनों की तरफ आकर्षित करना चाहती हूँ जो सिर्फ और सिर्फ हमारी ही सुविधा हेतु बनाये गए हैं।

एम्बुलेंस :

इसके एक क्षण के विलम्ब से किसी की जान जा सकती है। इस का सायरन जब भी हमें सुनायी दे, तो समझ लीजिये कि किसी के प्राण मुश्किल में हैं। हम यह भी जानते हैं कि यह मानव शरीर ईश्वर द्वारा दिया गया एक अनमोल उपहार है। अतः हम लोगों का पूरा प्रयत्न होना चाहिए कि कभी इसके मार्ग का अवरोध न बनें, इसलिए इसका रास्ता सदैव खाली रहना चाहिए।





अग्नि शमन वाहन :

आग के बारे में अक्सर हम लोग सुनते हैं कि आग एक अच्छा दोस्त किन्तु बुरा दुश्मन है। यह वाहन जब भी रास्ते में दिखायी दे तो समझो कहीं क्षति हो रही है। आग का प्रकोप पल–पल बढ़ता रहता है, यदि इस वाहन को विलम्ब हुआ तो क्षति गुणात्मक रूप से बढ़ती जाएगी। यह कितना प्रलयकारी रूप ले सकती है, इसकी हम कल्पना भी नहीं कर सकते। अतः इस वाहन को सड़क पर प्राथमिकता दें।



पुलिस वैन :

पुलिस हमारे देश में उत्कृष्ट सुरक्षा व्यवस्था बनाये रखने लिए सदैव तत्पर रहती है। पुलिस वैन जब भी दौड़ती नज़र आये, तो समझो कोई मुसीबत में है और उसे पुलिस की सहायता की तत्काल आवश्यकता है। अतः इस वाहन को भी विशेष प्राथमिकता दें।

इस तरह के सभी विशिष्ट वाहनों को ज्यादा महत्व देते हुए एक जिम्मेदार व जागरूक नागरिक होने का परिचय दें। अपने परिवार व अपने परिवेश में लोगों को जागरूक बनाकर इस व्यवस्था को सुचारु रूप से कार्यान्वित होने में सहयोग दें।

अग्निशमन से जुड़ी सावधानियाँ

हम सदैव यूनिटों में अग्निशमन भाषण अकसर सुनते रहते हैं। परन्तु कुछ ही लोग घर जाकर परिवार से घरेलू आग से बचाव व सावधानियों के बारे में बात करते हैं।

घरेलू आग के मामले में हम रसोई के सिलेन्डर और गैस तक ही सीमित हो जाते हैं परन्तु घरेलू आग का मुख्य कारण विद्युत यंत्र भी होते हैं। विद्युत यंत्र के मुताबिक ही हमें बिजली के तारों की गुणवत्ता भी रखनी चाहिए। समय–समय पर हमें बिजली की लाइनों की जाँच करवानी चाहिए। बिजली बोर्ड एवं गैस के समीप डीओ की बोतल न रखें। अतिरिक्त बिजली के बोर्ड में उत्तम कोटि के स्विच एवं तारों का उपयोग करें। बिजली मिस्त्री से पहले सब जाँच करवाएँ ।

यदि मोबाइल और लैपटाप चार्जिगं पर लगा हो तो चार्ज पूर्ण होने पर स्विच बंद कर दें। लैपटाप के चार्जर का एडाप्टर कभी किताब, कपड़े एवं बिस्तर पर मत रखें क्योंकि अत्यधिक देर तक चार्जिंग से यह गर्म होकर आग फैला सकता है। अतः अपने विद्युत उपकरणों को बहुत सावधानी पूर्वक उपयोग करके हम घरेलू आग के मुख्य कारणों से बच सकते हैं।

श्रीमती श्रद्धा शुक्ला
पत्नी जू वा अ गोपाल शुक्ला
आर ई बी (दक्षिण), ताम्बरम











श्रीमती रेणु मिश्रा
पत्नी सार्जेंट आर मिश्रा
16 टेटरा स्कूल बेंगलूरू



बच्चों की परीक्षा के तनाव को दूर करने में पेरेंट्स की भूमिका

परीक्षाओं का समय आते ही घर का वातावरण बिलकुल बदल सा जाता है। गलियों में बच्चों के खेलने का तेज़ शोर नहीं सुनाई देता, साइकिल पर उनके कमाल के स्टंट देखने को नहीं मिलते। पार्क से भी अक्सर शाम के वक़्त बच्चे गायब दिखते हैं। ऐसा इसलिए नहीं क्योंकि इस समय कोई कर्फ्यू लग जाता है बल्कि इसलिए कि ये बच्चों की परीक्षाओं का समय होता है। आज हम माता–पिता के लिए कुछ ऐसे टिप्स दे रहे है जिनकी मदद से वे बच्चे की परीक्षा का स्ट्रेस दूर करने में मदद कर सकते हैं। बच्चों की परीक्षा के तनाव को दूर करने में पेरेंट्स इन तरीकों को अपनाकर अहम् भूमिका निभा सकते हैं ।

पढ़ने के लिए प्रोत्साहित करें

माता–पिता को बच्चों को शुरुआत से ही पढ़ने के लिए प्रोत्साहित करते रहना चाहिए। शुरू से ही टाइम टू टाइम कोर्स कवर करने से परीक्षा के समय बच्चों के ऊपर दबाव नहीं आता और सारा कोर्स आसानी से कवर हो जाता है ।

पेरेंट्स कम कर सकते हैं बच्चों की परीक्षा का तनाव

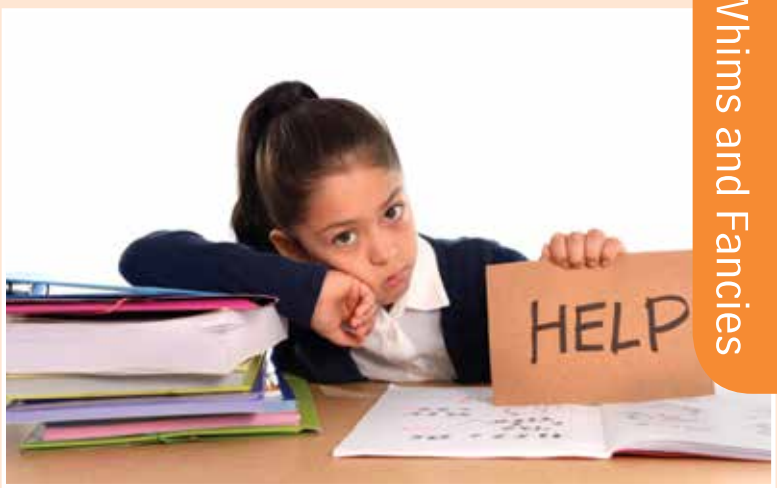
एग्जाम टाइम में बच्चों के चेहरे और हाव भाव से उनका तनाव साफ देखा जा सकता है। विशेषज्ञ सलाह देते हैं कि बच्चों पर बहुत ज़्यादा नम्बर लाने का दबाव नहीं डालना चाहिए। बस सही तैयारी करनी चाहिए और ये तय करना चाहिए कि उन्होंने जितना भी तैयार किया है, उसमें अपना बेस्ट दे पाएँ।

एक शांत वातावरण प्रदान करें

परीक्षा के समय में या इससे पहले अपने घर को किसी कर्फ्यू क्षेत्र में तब्दील ना कर दें। अपने बच्चे को एक शांत वातावरण में पढ़ने की अनुमति दें ताकि उसका ध्यान आपको ये दिखाने में कि वो पढ़ रहा है, से ज़्यादा सच में ध्यान लगा कर पढ़ने में लगे। उसे मौका दें कि वो खुद परीक्षा की गंभीरता को समझ, सही तैयारी कर पाए।

उन्हें थोड़ा समय ब्रेक के लिए दें

जैसा कि बच्चे पर खुद ही परीक्षा का बहुत ज़्यादा तनाव होता है, अतः उसे चौबीसों घंटे स्टडी रूम में न घुसे रहने दें। उसे बीच में ब्रेक लेने के लिए कहें और कोशिश करें कि इस ब्रेक टाइम में उसका दिमाग थोड़ा शांत हो और तनाव दूर हो पाए। इसके लिए आप उसके साथ पार्क में घूमने जा सकते हैं या कोई और उसके पसंद का मनोरंजक कार्य कर सकते हैं।



आहार पर ध्यान दें

परफेक्ट भोजन का मतलब है कि बच्चों के आहार में से जंक फूड को बाहर कर, अच्छी तरह से संतुलित और पौष्टिक आहार शामिल करें। उनके खाने में ऐसे फल और खाद्य पदार्थ शामिल करें जो एकाग्रता को बेहतर बनाने में सहायता करें और बच्चे की स्मरण शक्ति बढ़े। फल और ड्राई फ्रूटस इसके अच्छे विकल्प होते हैं।

सकारात्मक मन बनाए रखें

अगर माता–पिता की सोच सकारात्मक है तो बच्चे स्वाभाविक रूप से गुणवत्ता को आत्मसात करते हैं। इसलिए, प्रत्येक माता–पिता को सुझाव है कि अगर आप अपने बच्चे के साथ बैठे हैं और पढ़ाई में उसकी मदद कर रहे हैं तो अपने बच्चे के साथ सकारात्मक विचारों का आदान प्रदान ही करें। इसके अलावा बच्चे के साथ सबसे ज़्यादा नम्बर लाने की ज़बरदस्ती भी ना करें। आप अपने बच्चे की, शैक्षणिक क्षमता को समझते हुए उसका भविष्य तय करने में मदद करें ।

दोस्ताना माहौल बनायें

साल के इस तनाव वाले समय में बच्चों को माता पिता से ज़्यादा एक दोस्त की ज़रूरत होती है। अतः उसके दृष्टिकोण को समझें साथ ही अपने बच्चे को नियमित व्यायाम के लिए प्रेरित करें। रनिंग, जोगिंग, साइकिलिंग आदि कुछ ऐसे व्यायाम हैं, जो बच्चे के परीक्षा के तनाव को कम करती हैं।

यदि माता–पिता ऊपर बताई गई टिप्स का उपयोग करें तो वे बच्चे की परीक्षा का स्ट्रेस दूर करने में बहुत आसानी से मदद कर सकते हैं।





जल संरक्षण स्लोगन

पानी बिन जग है सूना, पानी बचाओगे जब आप दोगुना
बिना पानी जीवन बदहाली, पानी से ही है हरियाली
बूंद बूंद से भरती है गागर, गागरों से बनता है महासागर
जल है असली सोना, इसे कभी नहीं है खोना
जल है तो हम हैं और जल है तो कल है
पानी को बचाकर रखिए, जीने का सलीका सीखिये
पानी सबकी प्यास बुझाता, किसान इससे फसल उगाता
पानी का सदुपयोग करो, इसका न कभी दुरुपयोग करो



श्रीमती कुसुम लता
पत्नी कार्पोरल पी मंडर्वाल
1 टैक वा से

हिन्दी
भारतीयता का आधार

हिन्दी भाषा वैदिक, संस्कृत, प्राकृत, पाली, अपभ्रंश आदि पड़ावों से गुज़रकर भारतवासियों के दिल की धड़कन बनी। हिन्दुस्तान की प्रगति में हिन्दी भाषा का अनुकरणीय योगदान रहा है। हिन्दी के साथ साथ देश की दूसरी सभी सम्मानित भाषाएं भी संस्कृत भाषा से उत्पन्न होकर चहुं ओर विकसित हुई हैं। भारतवासियों के संगठित समूल चरित्र निर्माण के पार्श्व में मातृ भाषा हिन्दी का अमूल्य योगदान है। भारतेन्दु हरिश्चन्द्र ने स्पष्ट कहा है:

निज भाषा उन्नति अहै, सब उन्नति को मूल ।
बिन निज भाषा ज्ञान के, मिटत न हिय को शूल ।।

हिन्दी ही भारत की एक ऐसी भाषा है, जो सम्पूर्ण राष्ट्र को एकता के सूत्र में बांधने की क्षमता रखती है। देश के कोने कोने में हम हिन्दी के माध्यम से हर पल भारतीय होने का एहसास अनुभव करते हैं।

हिन्दी पूर्ण रूप से सक्षम और समर्थ भाषा है। आज के परिपेक्ष्य में हिन्दी भाषा संसार के दूसरे देशों में अपना अलग परचम लहरा रही है।

हमारे संविधान के मूल में भी हिन्दी को भारत संघ की भाषा कहा गया है। हिन्दी को राजभाषा का दर्जा भी प्राप्त है। इसके पीछे का मुख्य कारण लगभग सत्तर करोड़ लोगों को हिन्दी का पाठन वाचन ज्ञान का होना है।

आज वैश्विक पटल पर हिन्दी के प्रचार प्रसार से हम सभी भारतीय उत्साहित व गौरवान्वित हैं।

हमारे प्रधान मंत्री द्वारा संयुक्त राष्ट्र के मंच पर हिन्दी भाषा में अभिभाषण तथा सभी प्रवासी भारतीयों को उनके नये देश में अनुबोधन से विश्व के दूसरे देश भी हिन्दी को आदरणीय व अनुकरणीय मानते हैं तथा संपूर्ण विश्व को भारतीयकरण की ओर एक कदम आगे पाते हैं।

विश्व के अनेक विदेशी छात्र भी आज भारतवर्ष में हिन्दी और संस्कृत पढ़ने के लिए आते हैं। यही नहीं वे यहाँ रहकर इन भाषाओं पर शोध भी करते हैं। इन सबके साथ–साथ ऑक्सफोर्ड शब्दकोश में भी हिन्दी शब्दों का लगातार जुड़ाव व सतत् चयन हमारी हिन्दी भाषा के वैश्विकरण में अहम् योगदान साबित करता है।

हिन्दी मात्र एक भाषा नहीं वरन् हमारी सांस्कृतिक, सामाजिक व बौद्धिक विरासत की वाहक है तथा वसुधैव कुटुम्बकम् के मूलमंत्र के माध्यम से विश्व में भारत का परचम ऊँचा करने की ओर लगातार प्रयासरत है।

श्रीमती सुमन डागर
पत्नी जू वा अ योगेन्द्र
वायु सेना स्टेशन ताम्बरम



WOMEN'S RIGHT TO PROPERTY

Reading and writing are two of my favourite hobbies. Reading keeps me informed and updated on anything and everything; and writing gives me a sense of accomplishment. Being a law graduate, I keep myself updated about the latest changes in law. The laws of our land keep changing as per the changing times. I would like to bring to light the Hindu Women's Right to Property which was reaffirmed by the Supreme Court in a landmark decision on 1 February 2018.

While reaffirming the rights of the women, the Supreme Court observed that, "The law relating to a joint Hindu family governed by Mithakshara law has undergone unprecedented changes. The said changes have been brought forward to address the growing need to merit equal treatment to the nearest female relatives, namely the daughters. These changes have been sought on the touchstone of equality, thus seeking to remove the perceived disability and prejudice to which a daughter was subjected." Until the Hindu Succession Act 1956 was amended in 2005, the property rights of sons and daughters were different. While the sons had complete right over their father's property, daughters enjoyed this right only until they got married. After marriage, a daughter was supposed to become part of her husband's family.

As per the amendments made in 2005 to the Hindu Succession Act, 1956, the following changes are enumerated:-

- Now a daughter of a Hindu Joint Family governed by Mithakshara Law has the same rights as the son to inherit the joint property. The amendment now grants same rights, duties, liabilities and disabilities that were earlier limited to sons.
- A section was deleted which earlier denied a daughter the right of residence in the parental home unless she had been widowed, deserted or separated from her husband.
- A Hindu wife has a right of residence in her matrimonial home even if she does not own it.
- A Hindu woman also has full right in case of intestate succession from her father or husband. It is provided that in case of a male dying without leaving a will, his property is divided amongst his widow, sons, daughters, sons and daughters of a predeceased son or daughter and his mother. (Here it is to be noted that a daughter also gets an equal share).

With changing laws and rules one may think that everything has changed. The unfortunate fact is that there are countless cases of property disputes in our courts filed by daughters against parents and sisters against brothers. It is not the law that needs to change but the attitude of people. Parents have the right to give away their hard earned wealth to anyone they wish to but a daughter should not be denied that wealth only because she is a daughter. For daughters out there I would like to say: fight for your equal opportunities and also fight for any other rights which you feel you rightly deserve but don't forget to fight to take care of your parents and also don't forget to fight to take care of the responsibilities at your parent's home. Rights, responsibilities and duties all go hand in hand. If one wants rights, be ready to take the responsibilities and duties that come along.

Charity begins at home. The good lessons of life are first taught and learnt at home. Sons and male members should be taught about gender equality early in life. We need to bring changes in our homes to see the changes in the society and the country at large. By bringing about small changes in our homes we can eradicate the biggest evils of our society like dowry, dowry deaths, female foeticide, female infanticide and related vices of the society.

Do we need laws and rules to tell us how to treat our daughters and women folk?

Why is a daughter or a sister approaching an outside agency or authority seeking justice?

With these thought provoking questions for the intelligent readers, I want them to ponder over and seek genuine answers and be a vehicle of change.

Mrs Rekha Naresh
W/o Gp Capt T Naresh Kumar
CTI, AF Station Jalahalli



The Little Monsters

With the arrival of the monsoon season, there is greenery everywhere and we get a big respite from the scorching heat. Just a few days back, there was a nice drizzle outside and I was enjoying my evening tea in the balcony when I realized this 'rainy season' brings along some diseases too, the most common being Malaria caused by bites from The Little Monsters -the Mosquitoes. The culprit is the infected female Anopheles mosquito. Not only Malaria but these mosquitoes of different species are responsible for Dengue, Chikungunya and Zika too.

As sharing is caring, I thought of compiling some information regarding this issue, so that we sanginis can protect our loved ones better. Knowing common symptoms of this disease transmitted by mosquitoes, will help in taking appropriate action and getting treatment immediately.

Symptoms of Malaria include fever, chills, sweats, headaches, nausea, vomiting, body aches etc. Dengue and Chikungunya have some common symptoms which usually begin four to six days after infection and last up to ten days. They are sudden high fever, severe headaches, pain behind the eyes, severe joint and muscle pain, fatigue, nausea, vomiting, skin rash which may appear two to five days after the onset of fever, mild bleeding (such as nose bleed or bleeding gums).

'Prevention is better than cure'. So, the best way is to prevent breeding of mosquitoes around our residential areas. A little awareness can save us from falling ill. Some simple measures that can be undertaken to help us fight Malaria, especially during monsoons are-

1. Wear full sleeves clothes outdoors even though it may not be trendy.
2. When children go out to play in the park, use mosquito repellent creams, sprays, gels etc. on the exposed parts of the skin. One can also use Fabric roll-on, like the ones shown in the TV ads.
3. Stylish stickers and mosquito repellent bracelets are available in the market which can be used for outdoor birthday parties and children will happily wear them. Also, these stickers can be gifted to the guests, when one is hosting a dinner party or a gathering outdoors.
4. Do not leave stagnant water lying anywhere in or around your house. Keep your surroundings clean.
5. Clean coolers as well as AC trays regularly and use water treatment agents to get rid of the mosquito larvae.
6. Turn the buckets upside down when not in use to avoid water being collected.
7. Use anti-mosquito sprays in the house and get fumigation done in the residential areas especially around parks.
8. Keep your wet garbage and dry garbage separate and use dustbin with a lid for wet garbage.
9. Use insecticide treated nets.
10. Do visit your SMC in case you have any symptoms and get yourself tested and treated.

Malaria is a preventable but dangerous disease. The first step is to be self-sufficient in prevention. It has been said that should you think you are too small to make a difference, try spending a night with the mosquito!



Mrs Renuka Singh
W/o Sgt Rahul Singh
Air HQ (VB)

The Author of the Article is a Ph D. Scholar (Biotechnology) in National Institute of Malaria Research, New Delhi

WESTERN AIR COMMAND



Board of Management Meeting on 23 Oct 17



Trishul Paralympics at Subroto Park



AFWWA Premier League Srinagar



Winter Adventure Camp Bikaner



Happy Hours Palam

CENTRAL AIR COMMAND



Board of Management Meeting on 22 Dec 17



AFWWA Picnic at HQ CAC on 28 Jan 18



POCSO Lecture on 16 Feb 18 at Gorakhpur



"I Understand" Workshop on 02 Aug 17 at Gwalior



CAC Summer Trekking Camp at Nainital from 19 May to 26 May 18

TRAINING COMMAND



Board of Management Meeting on 07 Dec 17



International Women's Day - Visit by Dr Seema Rao



Donation Drive at TC(U)



Orphanage visit by SDI



Cycle Expedition - AFA

MAINTENANCE COMMAND



Board of Management Meeting on 28 Nov 17



UAK sharing happiness with special children at AFS Kanpur



Walkathon during International Women's Day celebrationa at 25 ED



AFWWA Sangini Cricket Match at 15 BRD



Adventure Camp at HQ MC

SOUTHERN AIR COMMAND



Board of Management Meeting on 14 Feb 18



Mehendi Competition at SAC (U)



Healthy Food Competition at Thanjavur



SAC Summer Camp at 17 FBSU



Tailoring and Bag Making Workshop at SAC (U)

EASTERN AIR COMMAND



Board of Management Meeting on 21 Nov 17



AFWWA Meeting at Foothills AFWWA (L) Missamari



EAC Winter Adventure Camp at Bagdogra



Orphanage Visit by Sanginis AFWWA (L) Dinjan



Visit to Nirmal Hriday Old Age Home AFWWA (L) Jorhat

SOUTH WESTERN AIR COMMAND



Board of Management Meeting on 18 Nov 17



Extending help to Gujarat Flood Victims



Medical Camp for Ladies of Lekawada Village, Gandhinagar



Sensory Activity of Sound Effect During Play School Teacher's Workshop at Jodhpur



Sanginis Visiting BSF Camp at Vighokot Border Near Bhuj

AIR FORCE STATION NEW DELHI



Swasth Sangini Health Checkup at OWC SMC on 28 Oct 17



AFWWA meeting to Celebrate International Women's Day



Parents Support Group Meeting at AFND



Summer Swimming Coaching Camp at AFND



Maggi Creative Kitchen for Sanginis organised by Nestle India Pvt Ltd

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Wg Cdr Sikander Singh (Retd)

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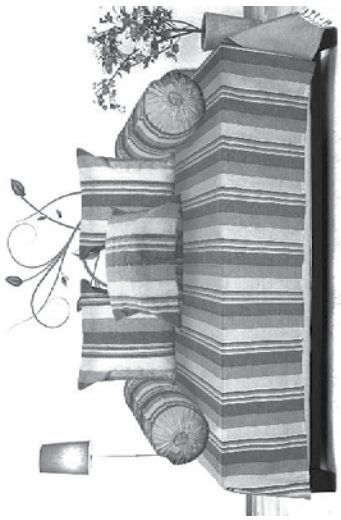
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Sustainability at Aditya Birla Fashion and Retail

GREEN BUILDING

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WATER

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54% of water recycled and reused across our own facilities.

SAFETY

"Zero Fatality" recorded in the workplace.

PRODUCT

Higg Index Assessments (5th consecutive year) and **ABFRL Code of Conduct** (3rd consecutive year) were carried across in-house brands, facilities and select vendor base.

Product Sustainability attribute measurement defined across raw material, production, people, factories and packaging.

Only Asian Brand to participate in the **transparency pilot** (Digital Identity) conducted by the SAC.

WASTE

Achieved **Zero Waste** to landfill at own facilities.

CARBON FOOTPRINT

Achieved **5.5% reduction** in Scope 1 & 2 emissions.

WASH

(Water, Sanitation & Hygiene)

Over **99% compliance** with WBCSD's WASH Pledge at ABFRL facilities.

ENERGY

3% reduction in purchase of grid electricity through energy efficiency measures.

PACKAGING

Over **85% of our product** packaging material is non-pollutant.

Corporate Social Responsibility

Our focus areas are girl child education, health & sanitation, sustainable livelihood and employee volunteering. The impact achieved through the initiatives is outlined below.



Education
13,482
students

Sustainable Livelihood
623
youth

Healthcare
2,18,706
individuals

Employee Volunteering
15,047
hours

GAURS GROUP COMES A STEP AHEAD TOWARDS 'HOUSING FOR ALL BY 2022'

23 years of existence, with more than 51 million sq.ft. of real estate development and delivering about 35 thousand plus housing units in Delhi NCR region, Gaurs has been a proven name in Real Estate fraternity.



Manoj Gaur, Vice President, CREDAI-National & MD Gaurs Group

You have been the torch bearer of NCR realty for over a decade now. How has been the journey so far?

It has been a wonderful 23 years journey since our first project and has been a never ending ride ever since with 44 successfully delivered projects with over 51 million Sq.Ft. of area developed across more than 35000 plus delivered units. We have come a long way since then and are proudly reinventing real estate in NCR with ground breaking performance in delivery and top of the draw quality with modern construction technology. In the past one month, we have set a benchmark by selling inventories worth US $ 100 million through bookings of over 2000 units in the last 45 days across our projects. Moreover, for the past decade, we have been the market leaders in real estate and have achieved landmarks which no other developer has ever achieved. This is a two way process where we commit on quality deliveries on time and our customers trust us for the same. The name Gaurs has in itself become a synonym for trust in realty where there is self-assurance for the buyers that if you have invested with Gaurs, your dreams are in the safest hands. We had also set the record of over 15000 deliveries in a calendar year which is yet to be matched by any developer.

How has Gaurs Group been adapting to the changing facets of Indian realty and what's new on offer?

Currently we are developing multiple projects in various regions of NCR where we have projects under development in Greater Noida West, Yamuna Expressway, Siddharth Vihar (Ghaziabad) and Noida. Other than these, we would also be developing multiple commercial and retail projects in the NCR region where our investment would be close to Rs 750 crores along with over ₹ 150 crores of investment in the education sector wherein we plan to open two schools and one institution for higher studies in Uttar Pradesh. We have also set a landmark with Gaur City at Greater Noida (West), which is one of the most sought after township project of Delhi NCR, spread across 237 acres and has almost 15 thousand happy families living in the project currently.

A lot of developers have faced dip in sales post the advent of RERA and GST. What is your take on this?

The demand for housing was never absent from the market and end users were always on the lookout for good options for property purchase. Majority of the demand has been for ready to move in units. We expect to see the demand continue in the market and with the kind of trust customers have in us; we will strive to stand up on it every time. Sales have been normal for us even in the times of RERA and GST implementation as the end user who has the demand for a roof will go ahead with a trusted name irrespective of the market scenarios and it is our moral obligation to uphold that trust.

As every product needs to reinvent itself, how does Gaurs Group plan on reinventing itself?

Very soon we would be launching the theme based villa projects in Gaur Yamuna City. We are also entering into the hospitality sector with an investment of 65 crores and ready to spread over our dominance in the retail sector as well with the biggest Mall of NCR, which should open within six months. The company also plans to connect well with the various initiatives of the government and we have taken active steps in the direction of Beti Bachao, Beti Padhao by starting free evening school at Gaurs International School till 12th standard for girl children from under privileged families; increasing the impetus on Solar Power Consumption, conservation and replenishment of ground water by Rain Water Harvesting along with Solid Waste Management System at all our projects, which has become a benchmark for other societies in the region and adheres to the Swachh Bharat initiative.

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