

SANGINI



2017

HAMPI -
THE LOST CITY

जाको राखे साँझ्या

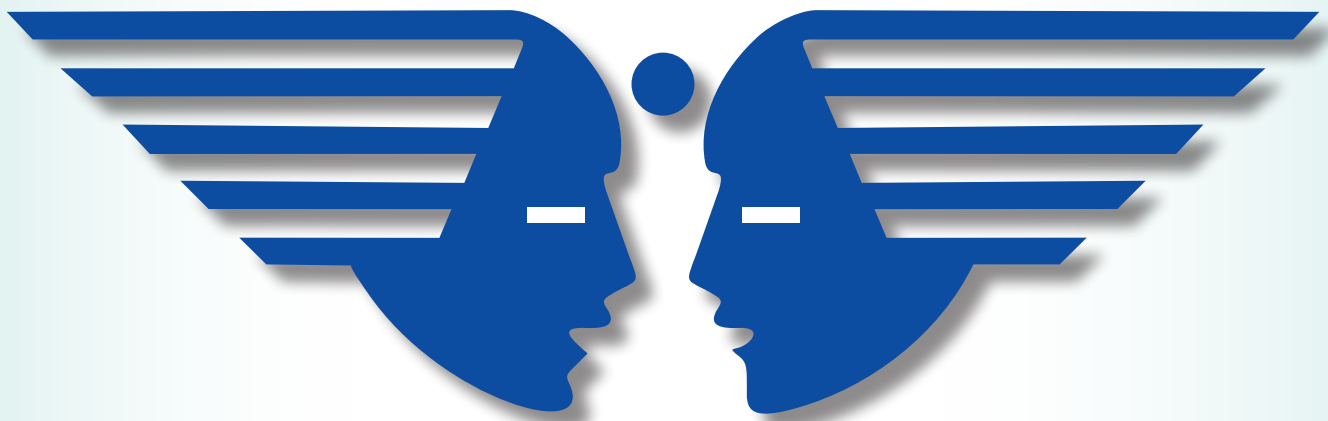
DREAMS
ON WHEELS

सुहाना सफर

SOLO ADVENTURE

Travel Tales





Air Force Wives Welfare Association

'Santushti Shopping Complex', New Willingdon Camp,
Opposite Hotel Ashok Samrat, Race Course New Delhi - 110003
Phone : 011-26878099, Fax : 011-24104681
email : afwwahq@gmail.com



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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Air Chief Marshal B S Dhanoa
PVSM AVSM YSM VM ADC

Message

It gives me immense pleasure to learn that AFWWA is bringing out its 23rd edition of 'Sangini' Magazine. The magazine not only showcases the events of the previous year but truly depicts the spirit of Sanginis in supporting air warriors and their families.

I take this opportunity to acknowledge the sterling contribution of all our Sanginis who have withstood the hardships and have enriched our lives with their comforting presence. While the organisation trains our air warriors to be sound professionals to be able to take on the challenges, it is the unstinted support by 'Sanginis' that assists them in achieving excellence at work. Compassion bestowed by the ladies embodies a quiet force behind our unwavering pledge to serve the nation. Their care provides the glue that strengthens our social fabric and adds tremendous value to the Air Force way of life. Air warriors are ever indebted to Sanginis for always putting up a smiling face even when faced by the most trying times. All men in blue salute the spirit, support and strength of Sanginis and as an organisation we will always be ever grateful to them.

Over the last four decades, AFWWA has been doing a commendable job in taking care of its members, leaving behind an indelible trail of 'help, care and compassion'. It has provided moral and much-needed financial assistance to families in distress. The multifarious welfare activities undertaken by AFWWA like grant of scholarships, provision of means of livelihood to widows, medical grants, vocational training, employment assistance etc contribute towards strengthening the internal bonds of comradeship and amplify the sense of belonging to the Air Force. Support provided to the special children brings a ray of hope to the parents and reinstates their confidence in the organisation.

My greetings and good wishes to the Editorial Team for bringing out a vivid expression of creativity and literary thought. 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 all the Sanginis 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 23वां अंक प्रकाशित कर रहा है। यह पत्रिका न केवल पिछले वर्ष की घटनाओं का आइना है, अपितु यह वायु योद्धाओं और उनके परिवारों का साथ देने की संगिनियों की भावना को भी सही रूप में उजागर करती है।

मैं संगिनियों के उल्लेखनीय योगदान के लिए आभार प्रकट करता हूँ जिन्होंने हर मुश्किल घड़ी में हमारे जीवन को अपनी सुखद उपस्थिति से सुशोभित किया है। यद्यपि संगठन हमारे वायु योद्धाओं को बेहतरीन पेशेवर के रूप में प्रशिक्षित करता है ताकि वे हर चुनौती का डट कर सामना कर सकें, परंतु संगिनियों के भरपूर सहयोग की बदौलत ही वे हर कार्य को बखूबी अंजाम देने में कामयाब होते हैं। देश की सेवा करने की हमारी दृढ़ प्रतिज्ञा के पीछे संगिनियों की उदार भावना हमारी मजबूत ताकत बनती है। इनका अपनापन वह कड़ी है जो हमारे सामाजिक ढांचे को मजबूत करती है और वायु सेना की जीवन शैली को और भी समृद्ध बनाती है। वायुयोद्धा हमेशा ही संगिनियों के ऋणी रहे हैं जिन्होंने कठोर परिस्थितियों में भी हर पल हंसते हुए उनका साथ दिया है। नीली वर्दी वाले सभी योद्धा संगिनियों के उत्साह, सहयोग और शक्ति को सलाम करते हैं, एक संगठन के रूप में हम सदैव इनके कृतज्ञ रहेंगे।

पिछले चार दशकों में, अफवा ने सहायता, देखभाल और उदारता की अमिट छाप छोड़ते हुए अपने सदस्यों का ध्यान रखने का उल्लेखनीय कार्य किया है। इसने मुश्किल में फंसे परिवारों का मनोबल बढ़ाते हुए उन्हें वित्तीय सहायता भी प्रदान की है। अफवा ने विभिन्न कल्याणकारी कार्यों जैसे छात्रवृत्ति प्रदान करना, विधवाओं को जीविका के साधन उपलब्ध करवाना, चिकित्सा सुविधा, व्यावसायिक प्रशिक्षण, रोजगार सहायता मुहैया करवाना इत्यादि से भाईचारे के आपसी संबंध को मजबूत किया है और इन सभी कार्यों से अफवा से वायु सेना के जुड़ाव की भावना और भी निखर कर सामने आई है। विशेष जरूरतों वाले बच्चों को प्रदान की गई सहायता से उनके माता-पिता के जीवन में आशा की एक नई किरण पैदा हुई है जिसने संगठन में उनके विश्वास को और भी मजबूत किया है।

संपादकीय मंडल को सृजनात्मक और साहित्यिक विचारों की सजीव अभिव्यक्ति के लिए मेरी ओर से हार्दिक शुभकामनाएं। मुझे विश्वास है कि आगामी अंकों में और अधिक संगिनियां पूरे मनोयोग से अपना योगदान देंगी।

जय हिंद!

(बी एस धनोआ)
एयर चीफ मार्शल
वायुसेनाध्यक्ष



Message

Mrs Kamalpreet Dhanoa
President AFWWA

We Sanginis dream big and our aspirations are boundless. We are contributors and not just consumers as was the earlier perception. AFWWA has, and always will be, the converging point for all Sanginis, a common arena for welfare and staying committed to our vision of empowerment, upliftment and providing help and assistance.

This magazine is an endeavor to give a conducive platform to all fellow Sanginis to let their hearts rule and to follow their dreams. The overwhelming contributions for this year's magazine is indeed praiseworthy and I urge you all to shed all inhibitions and come forth and let your creative skills and imagination roam free and pour your hearts out, let the words flow and we are sure, the results will be beautiful.

From baby steps to taking giant strides, this magazine has grown phenomenally in its popularity over the years. Be it the ingenious, untiring house wife or the bold aspirational career woman, this magazine has indeed become an epitome of the indomitable spirit of Sanginis.

My warm felicitations to all Sanginis and sincere gratitude to all members of the editorial board for their resoluteness and unstinted hard work in making 'Sangini' a resounding success.

Jai Hind!

(Mrs Kamalpreet Dhanoa)
President AFWWA



संदेश

श्रीमती कमलप्रीत धनोआ
अध्यक्षा अफवा

हम संगिनियों के सपने बड़े हैं और हमारी महत्वाकांक्षाएं असीमित हैं। हम केवल पाठक नहीं, जैसा कि समझा जाता था, बल्कि रचनाकार हैं। अफवा हम सभी संगिनियों के लिए, कल्याण का मंच रहा है और सदैव रहेगा, हम अपने सशक्तीकरण, उत्थान तथा सहायता प्रदान करने के दृष्टिकोण के लिए प्रतिबद्ध हैं।

इस पत्रिका का यह प्रयास है कि संगिनियों को अपने दिल की करने और अपने सपनों को साकार करने का एक सहायक प्लेटफार्म प्रदान करे। इस वर्ष इस पत्रिका को जबरदस्त सहयोग मिला है जो वास्तव में प्रशंसनीय है। मेरी सभी से विनती है कि सभी बाधाओं पर विजय पाते हुए आगे आएँ और अपने सृजनात्मक कौशल और कल्पनाशक्ति को उड़ने दें और अपने दिल की बातों को शब्दों के माध्यम से अभिव्यक्ति प्रदान करें। मुझे पूरा विश्वास है कि परिणाम सुंदर ही होगा।

इस पत्रिका ने अपने शैशवकाल से लम्बी छलांग लगाते हुए वर्षों से चारों ओर ख्याति के नए नए आयाम छुए हैं। चाहे वह मेधावी अथक गृहणी हो अथवा साहसी महत्वाकांक्षी कामकाजी महिला हो, वास्तव में यह पत्रिका सभी संगिनियों के अदम्य साहस का प्रतीक बन गई है।

संगिनी पत्रिका को सफल बनाने में सभी संगिनियों को मेरी हार्दिक बधाई और संपादक मंडल के सभी सदस्यों को उनके दृढ़ संकल्प और कठोर परिश्रम के लिए तहे दिल से आभार।

जय हिन्द!

Kamalpriya

(श्रीमती कमलप्रीत धनोआ)
अध्यक्षा अफवा



Mrs Anjna Deo
Vice President AFWWA

Message

The AFWWA bonds grow stronger as yet another issue of Sangini Magazine is released. Since its inception, the Magazine has contributed immensely towards enhancing the quality of life of AFWWA and the Air Force family.

This edition focuses on 'Travel Tales', the journey as it unwinds along the path of life paved with grit, toil, determination, struggles, failures and successes of all our men in blue, of past and present. Although we do not wear an the uniform, we support and contribute immensely and heartily to the richness of the Air Force life.

In the present context, the pressures and pulls of modern times are influencing the social threads that bind us. It is in such situations that the relevance of AFWWA becomes all the more important and our role as providers of a strong family support gains even more prominence.

My sincere appreciation and gratitude to all the members of the editorial board for their exceptional effort. I wish all the members of AFWWA the very best in future endeavors and happy times together.



श्रीमती अंजना देव
उपाध्यक्षा अफवा

संदेश

संगिनी पत्रिका के एक और अंक के प्रकाशन के साथ ही अफवा का आपसी बंधन और भी मजबूत हो गया है। इस पत्रिका ने प्रारंभ से ही अफवा और वायु सेना परिवार की जीवन शैली बेहतर बनाने में अहम भूमिका निभाई है।

इस अंक को 'यात्रा वृत्तांत' के रूप में दर्शाया गया है, ऐसी यात्रा जो हमारे भूतपूर्व और वर्तमान नीली वर्दी धारी जांबाजों के धैर्य, कड़ी मेहनत, दृढ़ इच्छा शक्ति, संघर्ष, असफलताओं और सफलताओं के साथ जीवन पथ पर निरंतर आगे बढ़ती जाती है। हम संगिनियां वर्दी तो नहीं पहनतीं, परंतु हम वायु सेना की जीवन शैली को समृद्ध बनाने में पूरे जोश से अपना भरपूर सहयोग देती हैं।

आज की बात करें तो आधुनिक युग की चुनौतियों और आपाधापी से हमें एक सूत्र में पिरोने वाला सामाजिक ताना-बाना भी प्रभावित हुआ है। इन परिस्थितियों में अफवा की भागीदारी बहुत महत्वपूर्ण हो जाती है और साथ ही परिवार की नींव मजबूत बनाने में हमारी भूमिका और भी मुखर जाती है।

संपादक मंडल के सभी सदस्य अपने असाधारण प्रयासों के लिए प्रशंसा के पात्र हैं। मैं अफवा के सभी सदस्यों के उज्ज्वल और सुखद भविष्य की कामना करती हूँ।



Message

Mrs Neelam Dhir
President AFWWA (R)
South Western Air Command

'S'angini magazine is an ideal platform to exhibit the hidden potential and skills of our AFWWA members. It is a window through which our Sanginis share their thoughts, memories and joy with other Sanginis. This is one way of connecting Sanginis posted far and wide across our vast country, some even placed outside India.

Every year we look forward to share our thoughts and opinions with our AFWWA members. This year too the theme 'Travel Tales' has enabled our Sanginis to share their experiences and wisdom gained during their journeys in and around the world. The 23rd edition of Sangini magazine is a reflection of advancing social life in the Indian Air Force.

My compliments to the editorial board for a wonderful job. I wish all Sanginis and their families good health, happiness and success in their future journeys.



Message

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

My heartiest congratulations to team Sangini for putting together the 23rd edition of the Sangini magazine, a creation that mirrors the life of a Sangini.

People the world over are witnessing a decrease in tolerance levels. Sadly, the Indian Air Force family is also getting affected. There is a rise in depression, domestic violence, abusive relations, suicides, marital discord and so on. Hence, the need of the hour is to put in our best efforts on mental well being, investments in relationships and getting empowered with education. Accordingly, the Sangini magazine showcases the efforts put in by stations and units towards women empowerment and their emancipation.

Today's Sangini is well versed with latest trends, tech savvy and celebrates her unique identity. Nothing can displace a Sangini's willpower, grit and strength to survive against all odds. The way Sanginis ably supported each other to thwart the terror attack in Pathankot is a testimony of their contribution to our Air Force community. This edition celebrates every Sangini who has witnessed challenging moments and emerged like a Phoenix. My compliments to the editorial board which has showcased a Sangini's journey of empowerment in a beautiful manner.

I firmly believe that with enhanced focus on health, education and welfare, Sanginis can constructively contribute towards every activity and make our **'Men in Blues'** touch the sky with glory. We Sanginis have it in us to make a positive difference in every life we touch and in the community we live in.

Jai Hind!



Message

Mrs Geethanjali Nair
President AFWWA (R)
Training Command

*S*angini Magazine has evolved over the years and today, is a medium that helps connect all Sanginis. The magazine helps us learn from each other various aspects of managing the changing life and roles we perform. In our interaction as Sanginis, we have been inspiring and supporting each other mutually to utilize our potential towards enhancing our skills to face the present day world. Today, a Sangini is an example of a well informed and confident individual with a vision of the future, not just for herself, but the entire family.

With an apt theme of 'Travel Tales', our Sanginis have penned down their ideas and thoughts while exploring various places and stations in their interesting journey in the IAF.

On behalf of Sanginis of TC, I would like to congratulate the Editorial Board for the launch of the 23rd edition of magazine. Further, I wish all the readers the very best for their future endeavours.



Mrs Alpana Sinha
President AFWWA (R)
Central Air Command

Message

‘संगिनी’ को उसके 23वें अंक के प्रकाशित होने पर मेरी ढेरों शुभकामनाएँ।

‘संगिनी’ पत्रिका न सिर्फ अफवा की विश्वसनीय सहेली रही है बल्कि हमारी सभी बहुमुखी प्रतिभाशाली संगिनियों के लिए अपने विचार प्रस्तुत करने का सर्वश्रेष्ठ माध्यम भी है। अगर हम इसे संगिनियों की विचारधारा का प्रतिबिम्ब कहें तो अतिशयोक्ति नहीं होगी।

सालों साल ‘संगिनी’ पत्रिका ने हमारी संगिनियों को अपने विचार प्रकट करने में बहुत ही महत्वपूर्ण योगदान दिया है। ‘संगिनी’ का हर अंक अद्भुत होता है और प्रत्येक वर्ष नई ऊँचाइयों को छू रहा है। इस पर हम सभी संगिनियों को बहुत गर्व है।

23वें अंक का विषय ‘ट्रेवल टेल्स’ बहुत ही रोचक और ज्ञानवर्धक है। इसके लिए मैं मध्य वायु कमान की सभी संगिनियों की तरफ से संपादकीय दल को हार्दिक बधाई देती हूँ।

इस अवसर पर मैं सभी संगिनियों और उनके परिवार के अच्छे स्वास्थ्य तथा मंगलमय जीवन की कामना करती हूँ।

जय हिन्द!



Message

Mrs Deepshikha Khosla
President AFWWA (R)
Eastern Air Command

It gives me utmost pleasure to convey heartiest greetings for the 23rd issue of the 'Sangini' magazine on behalf of Eastern Air Command. I had the privilege of being associated with the IAF for the last five decades, first as a daughter and then as a wife of an Air Force Officer. In these five decades, I have seen the IAF and the AFWWA changing for the better.

AFWWA is a close knit, active community where our Sanginis and their families get an opening to showcase their talent and have become more than just homemakers to entrepreneurs and professionals in numerous fields. AFWWA has also evolved in so many ways from just helping women, to helping the underprivileged and differently abled. Its aim today is to make our Sanginis self reliant, independent and confident.

Sangini Magazine showcases the talent and passion of the women in the literary field. My compliments and appreciations to the editorial team for bringing this edition of the magazine to us. On behalf of AFWWA (R) Eastern Air Command, I wish all the members of AFWWA and their families, happiness and success in their future endeavours.

Happy Landings and Jai Hind!



Mrs Asha Bhaduria
President AFWWA (R)
Southern Air Command

Message

My heartiest greetings to all the members and editorial board on the successful launch of the 23rd edition of '**Sangini**'.

'Sangini' over the years has grown leaps and bounds as a journal. It is a reflection of the spirit of AFWWA and a unique forum for Sanginis to realize their true potential and identify their own strengths. It is an excellent platform for all Sanginis to express their thoughts, experiences and creativity. The magazine spectacularly captures the advancement and accomplishments of AFWWA which has always been committed towards providing the best of benefits to its members.

My heartiest congratulations and felicitations to the contributors and the editorial board for their indefatigable efforts towards publishing this magazine. On behalf of all the Sanginis of SAC, I wish all members of AFWWA and families, happiness and success in their future endeavours.



Mrs Kusum Sharma
President AFWWA (R)
Maintenance Command

Message

*M*y heartiest congratulations to 'Sangini-2017' on publication of its 23rd edition.

It gives me immense pleasure to introduce this edition of '**Sangini – The mouthpiece of AFWWA**'. Sangini magazine has always been a great source of inspiration for our budding and experienced, creative minds alike. My association with AFWWA has been a long journey. It has taught me to acknowledge other's views, work selflessly and share equal responsibilities in growth of this organisation. It is indeed a matter of pride to be part of it and has strengthened my belief – '**Together We Can Prosper**'.

Travelling is part and parcel of our life in IAF. Every new posting brings excitement of exploring new places and meeting new friends. Understanding the varied cuisines, culture and traditions is an experience by itself. It enriches and widens our horizon about life. We learn to adopt '**Unity In Diversity**'. Thus it is befitting that we dedicate this issue of 'Sangini' to the positive impact of '**Travel**' in our lives.

I extend my best wishes to the contributors and the editorial team for their relentless efforts and grand success of the '**Sangini - 2017**'.

Message

*A Woman is the full circle,
Within her is the power to
Create, nurture and transform.*

Dr APJ Abdul Kalam very aptly said, "All of us do not have equal talent but all of us have an equal opportunity to develop our talents". 'Sangini' Magazine provides us with one such platform where we can give wings to our imagination. True to its essence, it seeks to recapitulate the myriad nuances of life; captured in the prismatic hues of love and laughter. It has traversed through time and cultural barriers and each and every article contributed by the members is a heartfelt rendition of the experiences they shared.

'Travel Tales' – what an apt theme to take us through our journey of life in Air Force. Someone has so rightly remarked "Travel is more than seeing of sights. It is the change that goes on deep and permanent, in the idea of living."

So, let's rejoice and celebrate our togetherness 'Sanginis'. This edition of 'Sangini' I am sure will inspire us all the more to move on in our lives further for attaining greater heights.

I would like to convey my heartiest congratulations and pay my sincere compliments to the editorial board of 'Sangini' magazine for conceptualizing and delivering yet another master-piece.

My best wishes to all the AFWWA members and their families. I wish them all the success and happiness in all their endeavors.

Jai Hind!



Mrs Preetika Sood
Secretary AFWWA

Message

The 23rd edition of 'Sangini' Magazine succeeds in asserting its independent identity that celebrates the spirit of companionship and womanhood. "Women empower each other" and Sangini stands tall with this motto. Sanginis are multitalented and don various roles in the form of home maker, mother, teacher, social worker etc and in the true sense they are the wind beneath the wings that help our mighty Air Force soar higher and higher.

This magazine is an endeavor to reach out to all Sanginis and help them share the plethora of knowledge and experience that they hold. Special thanks to all the sanginis for the overwhelming love and support in the form of articles for this year's issue.

My heartfelt gratitude to the editorial board who have toiled hard to come up with yet another wonderful issue of the 'Sangini' Magazine.



Flt Lt Jagriti Mukherjee
Hony Jt Secretary
AFWWA

Editorial Board



(L-R) : Mrs Shipra Mathur, Mrs Neerja Singh, Chief Editor Mrs Rekha Sharma
Mrs Anshu Awasthi, Mrs Navita Arjun Vohra



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



Back Cover painting by
Mrs Manisha Shrivastava
W/o Gp Capt AK Shrivastava
Jalahalli

Editorial

Dear Sanginis,

This 23rd edition of 'Sangini' comes to you at a time when the people at large are keenly engaging themselves in various kinds of constructive and pleasure activities, including holiday tourism and hence the theme of this edition is centered around tourism. It is indeed my proud privilege to be the Chief Editor of this sanguine collection of expressions by our Sanginis.

Year after year, 'Sangini' has evolved into a powerful medium of expression and I am glad to note this edition too has received very rich, very varied, very real and very versatile contributions from our dear Sanginis. I place on record, my heartfelt gratitude to all the Sanginis who have taken time off their personal busy schedules to contribute to this magazine.

My heartfelt gratitude is also due to Mrs Kamalpreet Dhanoa, President AFWWA, firstly for reposing her trust in me for this arduous task and also for the constant inspiration I derived from her. My editorial team has worked really hard to put together this impressive magazine and certainly deserves kudos not only from me but from the Sangini Community as well for a job well done. I sincerely thank them for their excellent work and my best wishes to each one of them.

And before I sign off, I wish all Sanginis a great year ahead, full of joy, full of happiness and full of fulfillment.

Rekha Sharma

Rekha Sharma
Chief Editor

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
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 2017 FOR OUTSTANDING WORK

Mrs Veena Chauhan W/o Wg Cdr P Chauhan is an active member of AFWWA (L) Air Force Station Hindan and has contributed immensely to the cause of AFWWA in coordination of various activities of AFWWA.

Mrs Veena Chauhan has got great coordination skills and is a very hardworking person. She has relentlessly worked towards the successful conduct of all the AFWWA events, health camps and coordination of various programmes for the benefit of the Sanginis. Under her guidance, a group of 10-15 highly motivated Sanginis named 'HUMJOLI' has been formed which keeps a vigilant eye on any unwanted incident towards the Sanginis of the station, their welfare requirements etc and motivates other Sanginis to refrain from useless gossiping. Due to this, the Sanginis of the station are voluntarily coming forward for all the activities connected with AFWWA.

She has also used innovative ideas in the meetings by staging 'NUKKAD NATAK' wherein problems related to women are depicted and solutions are given.



Mrs Rashithara Santhosh W/o WO M Santhosh is an active member of AFWWA (L) Air Force Academy Dundigal and has contributed immensely to it's cause.

She has been relentlessly working towards the success of AFWWA events like health camps, visits to charity institutions, liaison with other welfare organizations and co-ordination of various programmes for the benefit of Sanginis including painting competition, best-out-of-waste competition, healthy food cooking competition and organizing of CGP Mela every six months. She was also instrumental in organizing a 'Nukkad Natak' in 2015 based on women emancipation titled 'Nari Shakti'.

Her enthusiastic approach towards the overall growth of AFWWA ventures at AFA and her excellent contribution in promoting the cause of AFWWA amongst the Sanginis is an example for other Sanginis.



Mrs Mana Mishra W/o NC(E) Suryanarayan Mishra is an active member of AFWWA (L) Air Force Station Jalahalli.

She is self motivated and participates with full enthusiasm and synergy in organizing various welfare oriented activities and recreational events for the Sanginis and their families. She is highly reliable and displays high sense of sincerity in the discharge of her responsibilities with full care and concern.

With an urge to contribute her bit to the welfare of the society, she offered her services, without any remuneration, for taking care of the special children of Umeed Asha Kiran School, besides working as a part time helper in the grocery shop.



AFWWA AWARDEES 2017 FOR OUTSTANDING CONTRIBUTION



Mrs Divya Gupta W/o Wg Cdr Sanjeev Gupta is associated with AFWWA (L) of Air Force Station Kanheri Hills since Jun 2014.

By making use of her passion and self driving capability she has demonstrated a high degree of expertise in handling, organizing and conducting many AFWWA related activities. Her efforts and contributions have helped AFWWA to create a bond among Sanginis, developing confidence among them, hence leading to achieve the welfare aim of AFWWA. As part of the effort, she has taken a class for bread making, how to use household waste items to decorate house, how to develop self confidence, how to beat stage fear and many more such activities to help uplift Sanginis' personal development.



Mrs Nisha Ramachandran W/o Wg Cdr VM Damodharan is an active member of AFWWA(L) Air Force Station Palam.

The enthusiasm and zeal of Mrs Damodharan as AFWWA (L) secretary is praise worthy. She voluntarily accepted the responsibilities and has been energetic in organizing and coordinating AFWWA (L) meetings, welfare activities, picnics, cultural awareness camps and all associated programs of AFWWA Palam. It is worth mentioning that despite being down with the crippling 'chikungunya' viral disease; she was at the forefront of activities for the AFWWA Mahotsav held in October 2016 at Air Force Station Palam. She has been actively involved in organizing meetings of the parents Special Group (PSG) for parents of special children with the President AFWWA(L) at Air Force Station Palam.



Mrs Jaya Awasthi W/o Gp Capt PK Awasthi is holding the post of Secretary, AFWWA(R), Training Command, IAF since September 2014.

In her tenure as Secretary AFWWA(R), she has successfully organised various welfare activities. She has constantly kept a liaison with local NGOs, educational institutions and special schools in civil to yield benefits of conduct of workshop, seminars and educational talks for Sanginis and wards of Air Force personnel. Her initiatives have been towards various workshops and welfare activities for women empowerment and child development. She was instrumental in smooth conduct of Declamation Contests, International Women's Day, AFWWA Day Celebrations and Board of Management Meetings, Health Check-up Camps, etc.



Mrs Pramila Rai W/o WO Dinesh Rai is a highly experienced and proud Sangini who is presently part of No. 1 Sqn C/o 40 Wg, AF family. She has been the unit AFWWA secretary of the Sqn for the last two years. Citing her genuine efforts in getting the Sanginis of the Station together, she was also bestowed upon the responsibility of Stn AFWWA Secretary and has been doing so for the past one year.

Dedicated, sincere and motivated Mrs Rai who is affectionately known as 'Rai Bhabhi' in the Station, actively pursues the duties of Unit AFWWA secretary with the sole aim of providing guidance and welfare to other Sanginis. She believes in personal one-on-one communication, knocking on the doors of fellow Sanginis and lending a patient ear to their concerns. She provides timely feedback when required and takes up causes of Sanginis in order to maintain a cohesive, healthy and motivated environment.

AFWWA AWARDEES 2017 FOR OUTSTANDING CONTRIBUTION

Mrs Madhu W/o NC (E) Rajesh Kumar is an active member of AFWWA(L) of Tezpur since June 15.

Despite being a housewife, Mrs Madhu manages to participate in AFWWA activities both at unit level as well as station level. She takes parts in almost all AFWWA competitions and also played an important role in successfully organising unit AFWWA meetings. Mrs Madhu won the 2nd prize in 'Talent Hunt' competition organised by AFWWA. As an active Sangini Mrs Madhu ensures her attendance at every AFWWA event being held at the station level. She has always kept her interest as a Sangini before any personal comfort and convenience.

Her dedicated involvement, enthusiasm, zeal and her endeavor to the cause of AFWWA is a fine example of commitment and sincerity.



Mrs Parvathi Harish W/o Wg Cdr P Harish is part of AFWWA (L) Air Force Station Thanjavur from 09 May 16 onwards.

She has been involved in conducting regular AFWWA (L) meetings for the station. She has taken keen interest in encouraging other Sanginis to participate in AFWWA (L) meetings and other activities arranged by AFWWA (L). She had organized Sanginis' visit to schools of two neighbouring villages i.e. Tulkampati and Innatathukanpatti on the eve of children's Day. Visit of Sanginis to Indian Institute of Crop Processing Technology, Valluvar Education Society, a Govt. Aided Orphanage and inviting Bakers from New Krishna Bakery to give demo on baking biscuits & brownies are some of the highlights of her contributions.

She was a leading member of AFWWA (L) during the successful conduct of Anemia, Hypertension and Breast Checkup Camp, Lecture on Active Ageing, Sports Meet etc and it was well appreciated by all the participants.



Mrs Lily Mohapatra W/o WO SK Mohapatra presently held on the posted strength of 3 BRD, has been assigned the responsibility of Secretary, AFWWA (L) since June 2015.

Mrs Mohapatra, in her capacity as Secretary, has been consistently striving for the wellbeing and empowerment of fellow Sanginis of the Depot. The Sangini has an exemplary team building skill and a deep sense of social responsibility, which aids in creating a sense of belonging amongst fellow Sanginis and inspires them in working for the common cause and upholding the values of AFWWA. She is very soft spoken and sensitive which makes her empathize easily with others.

The extraordinary organizing ability and keen interest displayed by Mrs Mohapatra led to successful conduct of major events like AFWWA Day, International Women's day celebration, visit by various dignitaries at this Depot.



AFWWA AWARDEES 1991-2016

NAME	YEAR	OUTSTANDING WORK
Wg Cdr(Mrs)Padma Bandopadhyaya W/o Wg Cdr PA Bandopadhyaya	1991	The First Air Force lady to participate in an Expedition
Mrs Vidya Gadre W/o Gp Capt EN Gadre	1991	Dedicated social work for handicapped children
Mrs Mayah Balse W/o AVM SS Balse	1992	Literature
Mrs Nandini Singh W/o Wg Cdr LG Singh	1992	Kathak dance
Mrs Anjali Sinha W/o Gp Capt IB Sinha	1993	Social Work
Mrs Sunita Kalita W/o WO SK Kalita	1994	Hard Work and active participation in welfare
Mrs Usha Pashilkar W/o Gp Capt AG Pashilkar	1994	Efficient management of AFWWA Hostel, New Delhi
Mrs Veena Kumar W/o JWO S Kumar	1994	Dedicated work for the handicapped children
Mrs Niama Alam W/o JWO Alam	1994	Social Work
Mrs Mohana Rama ji W/o Fg Offr S Ramanarayanan	1995	Dedicated work for the handicapped children
Mrs Sarla Malhotra W/o JWO SK Malhotra	1995	Welfare activities of AFWWA
Mrs Harjinder Kaur W/o Sgt CJ Singh	1995	Welfare activities of AFWWA
Mrs Philmonia Anirudhan W/o MWO KM Anirudhan	1996	Social Work and Welfare activities of AFWWA
Mrs Manju Pathania W/o Air Cmde JK Pathania	1996	Welfare activities of AFWWA
Mrs Neena Desai W/o Air Cmde PK Desai	1997	Social Work and Welfare activities of AFWWA
Mrs Shama Sandhu W/o Air Cmde JS Sandhu	1997	Welfare activities of AFWWA
Mrs Surekha S Joshi W/o JWO S Joshi	1997	Social Work and welfare activities of AFWWA
Mrs Suman Maheshwari W/o Gp Capt VK Maheshwari	1998	Social Work and Welfare activities of AFWWA
Mrs Uma Bhardwaj W/o MWO Ramachand	1998	Social Work and Welfare activities of AFWWA
Mrs Ratna Bala Patnaik W/o Flt Lt SC Patnaik	1999	Family Planning, Social Work and AFWWA activities
Mrs Prem Lata Yadav W/o WO RS Yadav	1999	Family Planning, Social, Educational and AFWWA
Mrs Kamini Sharma W/o Cpl DK Sharma	2000	AFWWA activities and Education.
Mrs Roma Mukhopadhyay W/o S/L S Mukhopadhyay	2000	AFWWA activities, Education and Social Work.
Mrs Prem Lata Srivastava W/o Wg Cdr AK Srivastava	2001	Adult literacy, Care of Special children, Social Work, Ventures and AFWWA activities
Mrs Archana Sharma W/o WO TN Sharma	2001	Adoption of Village, Social and AFWWA activities
Mrs Rashmi Jain W/o Gp Capt NK Jain	2002	Social Work and Welfare activities of AFWWA
Mrs Rehana Begum W/o JWO A Kalam	2002	Social Work and Welfare activities of AFWWA
Mrs Harminder Chauhan W/o Gp Capt J Chauhan	2003	AFWWA Ventures/Welfare activities
Mrs Nita Pal W/o JWO R Pal	2003	Social Work and Welfare activities of AFWWA
Mrs Janki Pandey W/o NC(E) Pandey HD	2003	Social Work and Welfare activities of AFWWA
Mrs Rimjhim Jha W/o Wg Cdr SK Jha	2004	Social Work and Welfare activities of AFWWA
Neelam Sharma W/o WO NK Sharma	2004	Social Work and Welfare activities of AFWWA
Mrs Kalyani Das W/o NC (E) AC Das	2004	Social Work and Welfare activities of AFWWA
Mrs Bindu Lekshmi W/o Wg Cdr BS Krishna Kumar	2005	Work for Tsunami Victims and Welfare activities of AFWWA
Mrs Lalmuni Devi W/o JWO Vinod Kumar	2005	Social Work and Welfare activities of AFWWA
Mrs Biju Thulsidharan W/o NC (E) KV Thulsidharan	2005	Social Work and Welfare activities of AFWWA

AFWWA AWARDEES 1991-2016

NAME	YEAR	OUTSTANDING WORK
Mrs Lalitha Laxmi Narayanan W/o Gp Capt JL Narayanan	2006	Social Work and Welfare activities of AFWWA
Mrs Nirmala Chauhan W/o Sgt G Singh	2006	Social Work and Welfare activities of AFWWA
Mrs Neelu Kalita W/o NC (E) B Kalita	2006	Social Work and Welfare activities of AFWWA
Mrs Saroja Todkar W/o Wg Cdr S Todkar	2007	Social Work and Welfare activities of AFWWA
Mrs Archana Sisodia W/o JWO BR Sisodia	2007	Social Work and Welfare activities of AFWWA
Mrs Sunita S Parkhande W/o NC(E) SV Parkhande	2007	Social Work and Welfare activities of AFWWA
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

AFWWA AWARDS FOR THE BEST AIR FORCE SCHOOLS

Best Play School- Blooming Buds
AF Stn Ambala (HQ WAC)

Best Pre-Primary School
Air Force School Suler (HQ SAC)

Best Primary/Middle School
Air Force School Bhuj (HQ SWAC)

Best Secondary School
Air Force School Avadi (HQ MC)

Best Sr Secondary School
Air Force School Hebbal (HQ TC)

AFWWA AWARDS FOR THE BEST AIR FORCE MEDICAL ESTABLISHMENTS



Best AF Hospital : 5 AFH, Jorhat



**Best Station Medicare Centre :
Air Force Station Sirsa**



**Best MI Room : Air Force Station
Missamari**



**Best Dental Centre: 06 AFDC,
Halwara**

BOARD OF MANAGEMENT MEMBERS AS ON OCTOBER 2016



Sitting (L to R): -

Mrs Uma Neelakantan, Mrs Alpana Sinha, Mrs Devika Hari Kumar, Mrs Neelam Dhir, Mrs Kamalpreet Dhanoa, Mrs Lily Raha, Mrs Anjna Deo, Mrs Harbinder Walia, Mrs Geethanjali Nair, Mrs Asha Aneja, Mrs Deepshikha Khosla.

Standing (L to R):-

Mrs Sunita Chaudhary, Mrs Sangita Tripathi, Mrs Anuradha Mohey, Mrs Shubhada Bhagwat, Mrs Simmar Dhillon, Mrs Shipra Mathur, Mrs Shashi Malik, Mrs Radha Suresh, Mrs Asha Bhadauria, Mrs Rekha Sharma, Mrs Baljeet Kaur Arora, Mrs Kusum Sharma, Mrs Vibha Kapoor, Mrs Anita Sinha, Mrs Nithya Krishnakumar, Mrs Bijayeeni Kar.

BOARD OF MANAGEMENT MEMBERS AS ON APRIL 2017



Sitting (L-R):-

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

Standing (L-R):-

Mrs Sangita Tripathi, Mrs Shaili Sharma, Mrs Vibha Kapoor, Mrs Kusum Sharma, Mrs Baljeet Kaur Arora, Mrs Luxmi Nambiar, Mrs Neerja Singh, Mrs Shashi Malik, Mrs Rekha Sharma, Mrs Radha Suresh, Mrs Shipra Mathur, Mrs Simmar Dhillon, Mrs Shubhada Bhagwat, Mrs Anuradha Mohey, Mrs Chanda Jha, Mrs Sushma Saini, Mrs Sunita Chaudhary.

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 127 aggrieved Sanginis amounting to ₹23,92,500/- during the financial year 2016-17.

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 ₹1,00,000/- to 11 members during the financial year 2016-17.

Late Air Chief Marshal PC Lal Memorial Scholarship

The scholarship @ ₹1000/- (lump sum) as one time grant is awarded to one (01) disabled student ward 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.

* Scholarship amount has been reviewed with effect from current financial year and the revised rate is @ ₹8700 each for (04) disabled student ward of serving personnel.

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 ₹60,000/- was provided to 08 AFWWA members during the financial year 2016-17.

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 Eligibility 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 2016-17, AFWWA Educational Scholarship was given to **45** students which amounts to **₹1,37,350/-**.

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 Sixty (260) 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 **106** Undergraduate Scholarships during the financial year 2016-17 which amounts to **₹5,30,000/-**.

Late Flt Lt MS Sarin Memorial Scholarship

Two **(02)** scholarships @ **₹1200/-** 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.

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 **40** eligible students during the financial year 2016-17, amounting to **₹2,00,000/-**.

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 2016-17 is **₹25,500/-** to **03** wards of AFWWA members.

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 2016-17 is **₹40,000/-**.

Rehabilitation of Widows of NCs (E)

Widows of those NCs (E) who die while in service and intend to resettle themselves by tailoring/ stitching are eligible for an award of sewing machine. An application for the grant of sewing machine is to be made to President AFWWA (L) of the last unit. An amount not exceeding **₹8000/-** is reimbursed by AFWWA HQ to AFWWA(Local). 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.
- b. The lady should give an undertaking that she is not in receipt of a sewing machine or grant for sewing machine from any other welfare organisation.

AFWWA has extended Rehabilitation Grant of **₹1,12,000/-** to **14** members during the financial year 2016-17.

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

(2) Criteria.

- The mother of the child should be a Life Member of AFWWA.
- The child should have excelled at National level and scored a position.
- The duration of scholarship is one year only.

The amount extended by AFWWA during the financial year 2016-17 is ₹10,000/-.

Canberra Scholarship

The Canberra Scholarship is awarded to two (02) students studying in class-XI & XII and is restricted to the children of airmen serving in 106 SRS. The scholarship amount is ₹3000/- per student p.a., which is given once a year. The names for the same are forwarded through the recommendation of Commanding Officer 106 SRS. The amount extended by AFWWA during the financial year 2016-17 is ₹6,000/- to 02 wards of AFWWA members.

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:-

- The student should have scored 75% marks and above in 12th standard so as to be eligible for scholarship.
- She should be undergoing a Graduation / Professional courses.
- The mother of child should be an AFWWA member.
- The child is to score minimum 60% marks in the examinations held in the subsequent year.
- The scholarship will continue till completion of her studies. Thereafter, it will be transferred to another child.
- The scholarship will be discontinued if she scores less than 60% marks. It will be awarded to another child.
- Financial capability will be the main criteria.

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 2016-17.

Goodwill Scholarship for Special Children

Goodwill Scholarship to Ten **(10)** 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 **₹5000/- (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 2016-17 is **₹50,000/-**.

* The rate of scholarship has been increased from **₹5000/- to ₹8000/-** and number of children for this Scholarship has also been increased to **15** Special Children with effect current financial year.

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 form is to be submitted to AFWWA HQ through AFWWA (L)/(R) latest by 30 September 2016. Out of the name received, (01) child of NC(E) and one (01) 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 2016-17 is **₹50,000/-**.

Review of 'Late Air Chief Marshal PC Lal Memorial Scholarship' (For Disabled Child)

*"Gratitude makes sense of our past,
brings peace for today and creates a vision for tomorrow"*



Ex-President AFWWA Late Smt Ela Lal W/o Late Air Chief Mshl PC Lal (founder member and First President AFWWA) had donated ₹13,000/- to AFWWA in 1983 to institute a scholarship for one disabled child. An amount of ₹1,000/- was given to one disabled child each year as part of this scholarship. Over the years due to rise in inflation it was felt that this amount of scholarship is too meagre to be of any help for the awardee disabled child. Therefore it was felt that the corpus amount be reviewed for this scholarship, towards this an effort was made by AFWWA HQ by initiating correspondence with NoK Ms Gopa Chanda (D/o Late Mrs Ela Lal).

AFWWA HQ is pleased to inform that on 31 Aug 17 Ms Gopa Chanda donated Rs. 4 Lakh for building a

corpus for this scholarship. Following the footsteps of her mother, Ms Gopa Chanda's kind gesture of this, will go a long way in sustaining the scholarship for the benefit of disabled children. It is planned that the amount will be invested with IAFBA and interest generated out of the amount will be utilized for award of scholarships to four disabled children (@ ₹8,700/- per scholarship). Eligibility conditions for the scholarship would remain same.

AFWWA pays its earnest tribute to Late Smt Ela Lal and is also thankful to Ms Gopa Chanda for this kind and generous gesture.





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

Sl. No	Location	Command	No. of Students	Facilities Available
1	Halwara	HQ WAC	16	Physiotherapist & Speech Therapist
2	Pune	HQ SWAC	28	Special Educator, Physiotherapist, Speech Therapist & Psychologist
3	Kanpur	HQ MC	34	Special Educator, Physiotherapist
4	Bangalore HQ TC (U)	HQ TC	28	Special Educator, Physiotherapist & Speech Therapist
5	Bangalore AF Stn Jalhalli	HQ TC	19	Special Educator, Physiotherapist & Vocational Therapist
6	Tambaram	HQ TC	27	Special Educator, Physiotherapist & Speech Therapist
7	Barrackpore	HQ EAC	67	Special Educator, Physiotherapist, Speech Therapist & Occupational Therapist
8	Memaura	HQ CAC	08	Physiotherapist, Speech Therapist & Psychological Counsellor
9	Subroto Park New Delhi	AFWWA HQ	30	Special Educator cum Vocational Trainer, Physiotherapist & Speech Therapist
Total			257	

Details of Umeed Vidya Kiran Schools running under aegis of AFWWA

Sl. No.	Unit	Place	Name of School	No. of Children
1	AF Stn Halwara	Ludhiana (PB)	Umeed Vidya Kiran	10
2	AF Stn Pathankot	Pathankot (PB)	Umeed Literacy	12
3	AF Stn Sullur	Coimbatore (TN)	Umeed Vidya Kiran	53
4	AF Stn Ojhar	Nasik (MH)	Umeed Vidya Kiran	14
5	AF Stn Amla	Amla (MP)	Umeed Vidya Kiran	21
6	AF Stn Vayusena Nagar	Nagpur (MH)	Umeed Vidya Kiran	09
7	AF Stn Jodhpur	Jodhpur (RJ)	Umeed Vidya Kiran	53
8	AF Stn Uttarlai	Uttarlai (RJ)	Umeed Vidya Kiran	29
9	AF Stn Jamnagar	Jamnagar (GJ)	Umeed Vidya Kiran	31
10	AF Stn Kalaikunda	Kharagpur (WB)	Umeed Vidya Kiran	19
11	AF Stn Jorhat	Jorhat (Assam)	Umeed Vidya Kiran	26
12	AF Stn Tezpur	Tezpur(Assam)	Umeed Vidya Kiran	08
13	AF Stn Chabua	Chabua (Assam)	Umeed Vidya Kiran	37
14	AF Stn Shillong	Upper Shillong (Meghalaya)	Umeed Vidya Kiran	23
15	AF Stn Bareilly	Bareilly (UP)	Umeed Vidya Kiran	34
16	AF Stn Gorakhpur	Gorakhpur (UP)	Umeed Vidya Kiran	35
17	AF Stn Maharajpur	Gwalior (MP)	Umeed Vidya Kiran	125
18	AF Stn Bakshi Ka Talab	Lucknow (UP)	Umeed Vidya Kiran	96
19	AF Stn Bamrauli	Allahabad (UP)	Umeed Vidya Kiran	42
20	AF Stn Rajokri	Delhi	Umeed Vidya Kiran	18
21	AF Stn Arjangarh	Delhi	Umeed Vidya Kiran	12
22	AF Stn Tughlakabad	Delhi	Umeed Vidya Kiran	26
23	AF Stn Chandigarh	Chandigarh (UT)	Umeed Vidya Kiran	49
24	AF Stn Chakeri	Kanpur (UP)	Umeed Vidya Kiran	81
25	AF Stn Agra	Agra (UP)	Umeed Vidya Kiran	77
26	AF Stn Jammu	Jammu (J&K)	Umeed Vidya Kiran	23
			Total	965



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	26
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 Suler	Boys	10
10	HQ TC	AFWWA Student Study Centre AF Stn Jalahalli	Boys and Girls	68+32=100
11	HQ TC	AFWWA Student Study Centre AF Stn Tambaram	Boys	16
12	HQ TC	AFWWA Student Study Centre AF Stn Bidar	Boys and Girls	24+1=25
13	HQ TC	AFWWA Student Study Centre AF Stn Begumpet	Boys and Girls	16+14=30
			Total	405

AFWWA Initiatives

CORPORATE SOCIAL RESPONSIBILITY (CSR)

The term Corporate Social Responsibility (CSR), is widely used for defining the responsibilities of corporate world towards the society & environment. Ministry of Corporate Affair, GoI has 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.

Since 2015, AFWWA has been approaching some of the corporate sector companies and PSUs under the ambit of CSR, to come forward and provide financial assistance to enhance the infrastructure at already existing AFWWA ventures in the service of the Society.

We are glad to inform that the following companies/PSUs have supported us in the service of the Society in the last one year:-



GAS AUTHORITY OF INDIA LTD (GAIL)

Gas Authority of India has supported AFWWA in upgrading our Umeed Vidya Kiran Schools (Schools for underprivileged children) by providing brand new furniture at all 26 UVK schools. GAIL has donated ₹30,03,160/- to AFWWA to support this project and the supply was completed by 10 Jul 17 at all the schools.





PROCTER AND GAMBLE LTD

Procter and Gamble Ltd , has also been providing assistance for the past three years by donating ₹10,00,000/- per year as part of "P&G Shikha" fund, which was utilised for development activities at Umeed Vidya Kiran Schools and Umeed VTC. The firm has agreed in principle to donate ₹30,00,000/- to develop existing infrastructure of Umeed Asha Kiran School at Air Force Station , Kanpur. The proposal is in the final stages and is likely to be implemented in this fiscal year. This project would ensure an increase in intake of special children at Umeed Asha Kiran School, Kanpur and also help in enhancing their quality of life manifold.

M/s Procter and Gamble Ltd being a leader in developing products related to personal hygiene were approached for conducts of workshops on personal hygiene with a target audience for girls aged between 12-18 years at various locations PAN India. 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.

BHARAT HEAVY ELECTRICALS LIMITED (BHEL)

Bharat Heavy Electricals Limited (BHEL), a Public Sector Undertaking has provided 10 Desktop Computers (Used and upgraded) for our 06 Umeed Vidya Kiran Schools at Rajokri, Arjangarh, Tughlakabad, Chandigarh, Agra and Kanpur. The distribution of items has been completed.



M/S CAFÉ COFFEE DAY (CCD)



M/s CCD (Cafe Coffee Day) a leading beverage company, has offered coffee/tea vending machines with touch screen to AFWWA (Ls) at no cost basis. The modalities for installing the same at five locations (Pune, Tambaram, Dundigal, Gandhinagar, and Bidar) near AFWWA (L) is under active consideration. The same would be extended to other locations, based on the sustainability of the project. This would ensure employment assistance and would help in enhancing the quality of life for personnel at these locations.



INFOSYS

Infosys, an IT company has also come forward to help AFWWA by establishing computer labs at Umeed Vidya Kiran Schools. This company has provided 37 Desktop Computers with UPS and Printers for our 19 Umeed Vidya Kiran Schools located at Jorhat, Tezpur, Kalaikunda, Shillong, Jamnagar, Uttarlai, Jodhpur, Chabua, Bareilly, Lucknow (BKT), Pathankot, Sulur, Bamrauli, Gwalior, Gorakhpur, Amla, Ojhar, Halwara and Nagpur.



M/S NESTLE INDIA

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

The firm which has expertise in healthcare and nutrition has also agreed for a proposal for conduct of "Nestle Nutrition Day" at a few select Air Force Stations for imparting knowledge on Healthcare and Hygiene for Sanginis. Accordingly a full "Nutrition Day" are planned in the near future at various Air Force bases.



My Memorable Journey with AFWWA

It gives me immense pleasure to share my ever cherished memories at AFWWA with you all. This is a chance for me to tread the memory lane of my service of 32 years at AFWWA. I thank you all for giving me this wonderful opportunity.

I joined this organisation in October 1985. We were a small but extremely dedicated team of five members where I held the position of an LDC. The very first assignment that I had to work on was preparing materials for Medical and Engineering exams for wards of the Air Force personnel. My work included communicating with many doctors and engineers from various domains. Their inputs were then consolidated into study materials using a typewriter (Stencil Cutting) which were further distributed among the children of Air Force personnel. I kept executing the tasks assigned to me in the best possible way and gradually made my way into the field of Grant of Ex gratia, AFWWA Pensions, Scholarships etc.

Our AFWWA team of five members had our office in a small room in the Air Headquarters, where we continued to work until 1996. Even today, I vividly remember having participated in the BOM (Board of Management) meeting in room number 330, Air Headquarters.

October 1994 marked the Silver Jubilee year of AFWWA. This milestone was observed as AFWWA day for the first time in the Air Force Auditorium. The celebration was honored by the then President, Mrs Neeta Kaul Ma'am. Also, the AFWWA hostel was simultaneously inaugurated by Mrs Janaki Venkatraman, wife of the then President of India. The same year marked an escalation in my career as well. I was promoted to the designation of UDC.

The AFWWA office headquarters was shifted to the magnificent Santushti Shopping complex in

January 1996 and the inaugural function was led by Mrs Aruna Sareen. This stunning premise was previously inaugurated in 1985 by the then President AFWWA Mrs Srilata Katre. Since 2004, there has been a steady increase in the number of staff members in the association. Following this, civilian staff, officers and airmen were also engaged with AFWWA. I was also promoted to the Assistant grade in the same year. Another milestone was that I was honored by a Commendation from the VCAS in 2011.

Ever since its inception, there have always been periodic celebrations like the AFWWA Mela, Service Camps, Fund Collections which saw the gracious presence of many prestigious guests including Mr Sachin Tendulkar, Shahrukh Khan etc.

During my tenure at AFWWA, I am proud to have witnessed 13 AFWWA Presidents. When I joined in 1985, there were 80,000 members in the AFWWA family and now it is serving more than 2 Lakh people. My wish is that it grows and flourishes with great success. I feel honored and blessed to have served my country through the wonderful platform of AFWWA.

On a personal note, I got married in 1988 and since then I have been living with my family in Delhi. Initially I did not know Hindi and it was a challenging task to learn the language. My team was patient enough to train me and eventually I was so confident that I taught my daughter Hindi all by myself once she joined school. As a woman, this job has given me economic independence which has helped me to contribute in various ways as an active member of my family. I am very grateful for the transformations that AFWWA has brought into my life in every possible way.

Jai Hind!

Mrs J Shrimathi
Assistant
AFWWA HQ



She retired from AFWWA HQ on 31 Jul 17
after putting in 32 years of service.

In Remembrance...

Late Mrs Srilata Katre

President AFWWA

(01 Sep 1984 - 03 Jul 1985)

Expired on 17 Mar 2017



We thought of you with love today,
But that is nothing new.
We thought about you yesterday,
And days before that too.
We think of you in silence,
We often speak your name.
Now all we have is memories,
And your picture in a frame.
Your memory is our keepsake,
With which we'll never part.
God has you in his keeping,
We have you in our hearts.



AFWWA ACTIVITIES AT HQ LEVEL



Release of 'Sangini 2016' magazine by Mrs Asha Suri, Ex-President AFWWA during AGBM Oct 2016



Mrs Kamalpreet Dhanoa taking over charge as President AFWWA from Mrs Lily Raha on 31 Dec 16



President AFWWA with Sanginis during her welcome at Air Force Station New Delhi on 16 Jan 17



Cultural Programme during AGBM Oct 16 at Air Force Auditorium Subroto Park



Lecture by Mrs Anjaly Banerji on 'The Chrysalis effects-from being to well being' during BoMM Apr 17



Cultural Programme during AFWWA
Declamation Contest 2017



Participants of cultural programme with President and Vice President
AFWWA during AGBM Oct 16 at Air Force Auditorium Subroto Park

PRERNA

Prerana 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 15 Sep 17. She interacted with the patients and distributed gift hampers to them and donated one Microwave Oven, one Juicer and six Wall Clocks.



UMEED TOWARDS PROGRESS...

"Some one's sitting in the shade today because some one else planted a tree a long time ago".



Mrs Sushma Dhiman
Umeed Administrator

The true meaning of life is to plant a tree under whose shade you do not expect to sit. We are the lucky ones to enjoy the shade of this tree called Umeed. The sapling was planted by AFWWA with the objective of protecting God's chosen ones from the harsh sun and not leaving them to their fate after their schooling was over. The idea was to keep them in a similar protected environment, in which they spent their childhood for a few more years and equip them with a skill or a talent that could help them in professional life. They say "if you put your heart & soul into the smallest of acts, it becomes great". The sapling too was nurtured by the care takers by providing the appropriate doses of sun, water, love and care. This provided the conducive environment and the sapling grew into a fine tree which today provides its shade to scores of children by training them in vocations such as handlooms, paper crafting, candle making and computers. This tree has been providing a shade of hope not only to the parents of these young adults but is also a model for the society in general.

The spinning wheel of time introduced many new vocations like the decorative candles, fine paper craft items and subsequently the use of computers replacing some of the older vocations like weaving and chalk



making. Emerging trends demanded the introduction of trained personnel in the service sector like hospitality and retail. Simultaneously, the efforts are being made to keep the age old traditions of the looms and handmade paper crafting alive. The sole purpose of equipping the young adults with a skill was to make them a productive force and integrate them into the main stream of society.

Under the CSR initiative, many agencies such as P&G, IOC and Seagram's provided generous financial aid for the development of vocational infrastructure. Umeed is also working in close coordination of similar NGOs such as Saarthak, Muskaan and Manovikas to gain help in training methodologies and rehabilitation. This has resulted in successful employment of students in hotels like Lemon Tree and petrol pumps. Master Manik Ahuja, special student of Umeed had been selected by group of Lemon Tree hotels for hospitality services and his performance has been highly appreciated by the hotel management and clientele group. A team of counsellors and psychologist from Amity University are an asset to Umeed in conducting assessments of students and providing psychological counselling to the parents on regular basis.

"The word progress does not have any limits or boundaries. Human progress is neither automatic nor inevitable. Every step towards the goal requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals."
- Martin Luther King Jr.

The vision of President AFWWA was to create a state-of-the-art infrastructure



in Umeed to upgrade the facilities and generate conducive environment for the students by providing sufficient funds. The work was assigned to one of the finest architects who could give a concrete shape to her vision. Beautiful white tiles replaced the ages old mosaic floor, the walls which had faded with time and had started greying were given a magic treatment which made them sing with joy, the lights which had dimmed with time now shine like the stars, the windows, the state of the art furniture, everything that had aged with time was given a new befitting look to create a colorful and vibrant atmosphere to bring cheer amongst the students.

The Home Management too was given a complete make over with modular kitchen and modern electrical appliances in place. All aspects of beauty, comfort, safety and space were kept in mind while designing the Candle Room which though small continues to be the apple of each eye. The provision of display and storage cabinets have created ample storage space for raw material and finished products. The proper storage facilities resulted in improvement of the overall productivity and efficiency. The well-lit display

cabinets add more charm and value to the Umeed products during clientele visits. The predominance of yellow colour to interior work signifies hope, happiness and prosperity. The new furniture was designed to suit the needs of special students. The new cabins for the office give more space to the office staff. The separate counselling room gives privacy to the parent being counselled by the psychologists. The Umeed complex has now been put under camera surveillance by installing CCTV camera for effective monitoring, regulate behavior and enforce discipline among special students and staff.

The impetus on modern infrastructure has improved the aesthetic ambience and helped Umeed to evolve as a centre par excellence within a short span of time. The provision of structured environment would go a long way in providing a conducive learning environment to special students to hone their skills in various vocational activities and apply the acquired skills in professional life. So this time when you walk into Umeed, feel the change, enjoy the ambience and breathe in the positivity in the air.



Achievement by Special Child



Refreshingly different

12th July 2017

Subject : Guest Commendation

Dear Manik,

It gives me immense pleasure to acknowledge the appreciation of our guest Mr. Sunil J Abhichandani in comments for the excellent services extended by you in the month of June 2017.

I am proud to have you as a colleague at Lemon Tree Premier, City Centre, Gurgaon.

Congratulations for the job well done. Keep it up!

Regards,


Prashant Pradhan
Hotel General Manager

Copy : Personal File

Master Manik Ahuja, special student of Umeed had been selected by group of Lemon Tree hotels for hospitality services and his performance has been highly appreciated by the hotel management and clientele group.

Congratulations

AFWWA DECLAMATION CONTEST 2017



President AFWWA with the judges and contestants of Declamation Contest



President AFWWA giving prizes to winners of AFWWA Declamation Contest 2017

Winners among contestants from Commands		Winners among contestants from Air Force Schools, Delhi Area	
English	Position	English	Position
Master Vibhu Prakash S/o Sgt A Prakash, HQ MC IAF	1 st	Miss Shalmali Dilip Bhagwat D/o Wg Cdr Dilip Bhagwat, TAFS	1 st
Master Sarthak Jena S/o JWO LK Jena, HQ SWAC IAF	2 nd	Miss Shravani M Phatak D/o Wg Cdr MK Phatak, AFBBS	2 nd
Master Saurav Suman S/o Sgt P Prasoon, HQ WAC IAF	3 rd		
Hindi	Position	Hindi	Position
Miss Mugdha Sharma D/o JWO Mukesh, HQ SWAC IAF	1 st	Master Ananya Shreyas S/o JWO Pankaj Kumar Mishra, TAFS	1 st
Miss Ekta Singh D/o JWO PK Singh, HQ TC IAF	2 nd	Miss Sparnita Raj D/o Ex-Sgt Rajesh Kumar, AFBBS	2 nd
Miss Poulami Mukherjee D/o Sgt Pulak Mukherjee, HQ WAC IAF	3 rd		



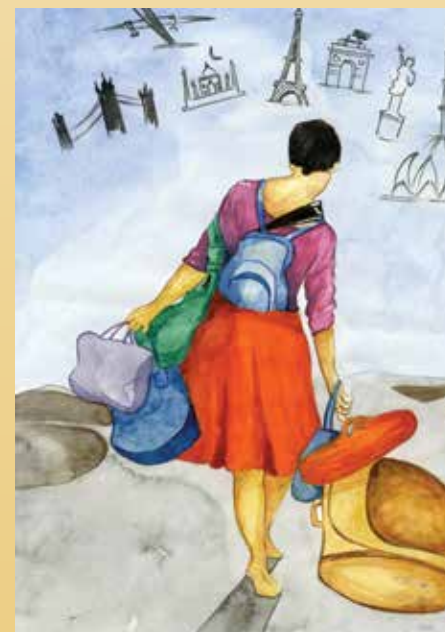
President AFWWA giving away Gift Hampers to Contestants at Air House.



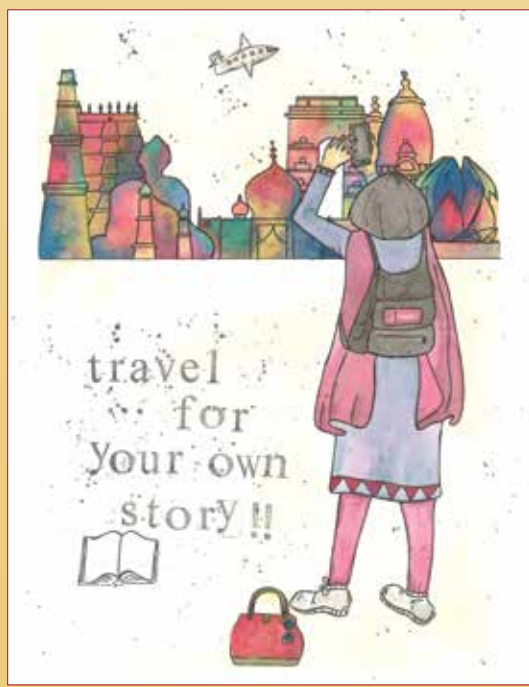
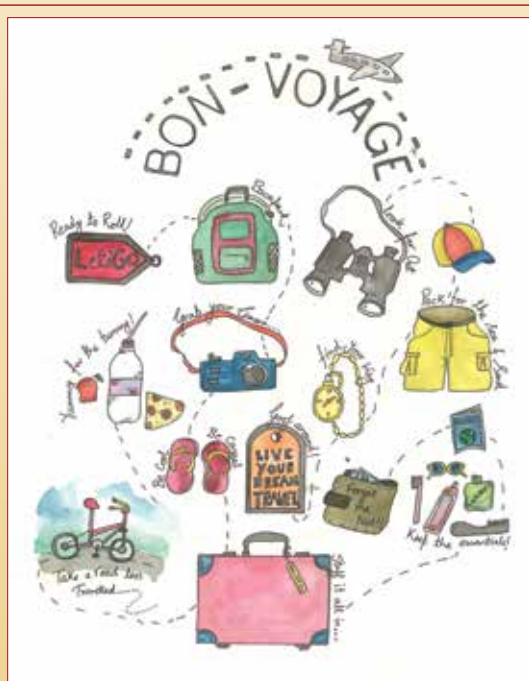
Chief of Air Staff and President AFWWA with contestants during high tea at Air House

Commendable Sangini Cover Page Contributions

Mrs Shallu Arora W/o Wg Cdr Sachin Arora, 2 Wing AF



Mrs Manisha Shrivastava W/o Gp Capt AK Shrivastava, AF Stn Jalahalli



Mrs Prachee Vashishtha W/o Wg Cdr Prateek Vashishtha, 40 Wing AF



A global shopping experience available in the heart of Delhi with an artistically curated range of products to fit every budget. Everyone is invited to experience the beautiful ambience of Santushti Concept Shop

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

Dreams on Wheels

It all started with a dream and it became a belief. Both of us added action, perseverance and patience. Today, it is a part of our life and a beautiful memory.

It took 08 hours to reach Kargil via Sonamarg and Drass war memorials. Just after Baltal (one gateway of the Amarnath Shrine Yatra), I went through my first nerve test while crossing Zojila Pass. The actual thrill on wheels started from here. The road was the National Highway (NH-01), just wide enough for a truck to drive on. On one side was a straight hill (shooting stone zone) and on the other, a ditch so deep that its base was invisible. Initially, I was amazed to be riding through the clouds. It was a stunning moment to be standing at Kargil and viewing a panorama of the hills



and ranges around me and at the same time, listening to the local eye witnesses about the bombarding and heavy shelling by the Pakistan Army during the Kargil war.

On the 2nd day evening, we reached Leh, our destination, by crossing all the way across Mulbek (Chamba Temple), Lamayure, Alchi and Nimu Monastery or Gompas. From Srinagar to Leh it took us two days to cover 460 Km. Monasteries, gumpa, prayer wheels and beautiful carvings of the monastery were the main attraction of the tour. The terrain was nothing but a mountain desert and the absence of greenery was clearly visible throughout the way from Kargil to Leh.

Next day we took permission from the District Collector's office for our onward tour to the Nubra valley and the whole day we enjoyed the Ladakhi



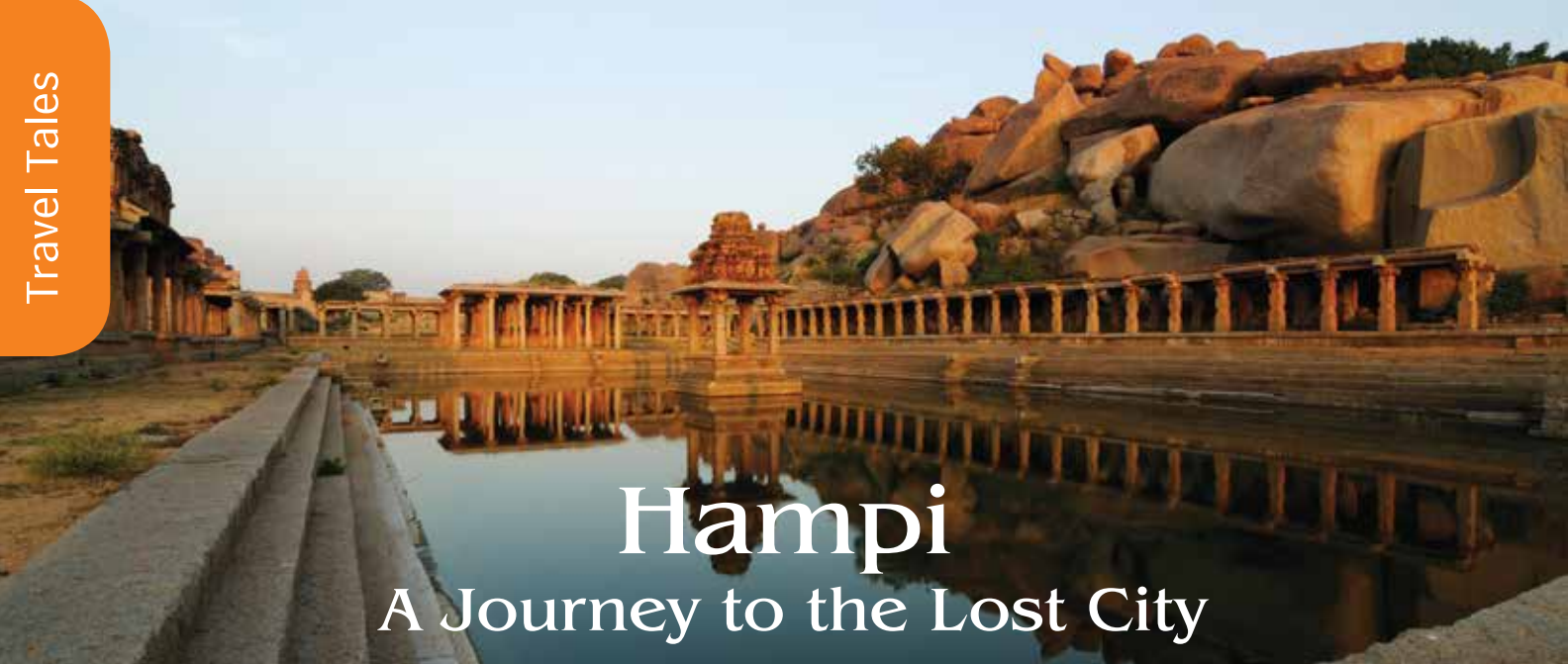
festival which is normally conducted from 1st to 15th September every year, at the Polo ground. Early in the morning before sunrise, it was a bit of a misadventure to start for the Khardungla Top in a chilled, pinching and subzero temperature. The roads were covered with ice patches and became too slippery and risky to ride. After having a hot glass of water and a cup of tea at South Pullu, we reached Khardungla Top. I felt proud to be a pillion rider over the highest motor-able road of the world. After a huge photo session, we headed towards the Panamik Hot Spring via North Pullu and Khalsar. We were just 55 Km away from Siachen and came back to Diskit. At a stretch of 07 Km there was a mixed terrain of hills, desert, water loggings and green patches. Double hump camel rides added an extra flavor. After a night halt at Hunder Village, just 07 Km away from the Thoise Air Base and having enjoyed a tasty Ladakhi dish at night, next day morning we visited two border villages (the last villages of India) named Turtuk and Khaski. The speciality of these two villages are that before 1971, these two were under Pakistan territory.

During our return journey at Diskit, I did manual pumping at the lonely petrol pump of Ladakh region to refuel the tank as there were no electricity supplies. That afternoon we came back to Leh and gave a well-deserved and sound rest to our 150 cc CB Unicorn Bike. We walked around the Leh market and went to the Leh Fort. I was surprised to see that the wall and roof top of the Fort was made of mud. The whole Leh city was visible from this roof top of the Fort and some portion of flood affected Leh were still present.

It was once in a lifetime experience, full of joy and thrill.

Mrs Amrita Mandal
W/o Sgt A Mandal
AF Stn Naliya





Hampi

A Journey to the Lost City

Just after my marriage in mid-nineties, my husband revealed to me his curiosity to explore South India by each state turn-wise. He used to tell me that Karnataka had enchanted him from the school days onwards. I supported his adventurism because I believe that an opportunity to see places should always be utilised. Thus we set out to Bangalore first and from there to Mysore, then to Jog Falls and later to see Hampi ruins.

It was planned that the journey should be taken up by the available transports to enjoy the thrills of true explorers.

It was the sixth day of our South India expedition saga. After enjoying Jog Falls, the next destination was preset to be Hampi. We were travelling by an express bus. The trip started on a lively note, but somewhere on the way the bus seemed to have lost its energy.

After stopping at various places the bus finally reached Harapanahalli. The distance of 78 km to Hospet was covered in two and half hours. Just before approaching this small town, one could see the Tungabhadra Reservoir in its expanse on the left side. The breeze which came encircling the reservoir made the midday heat a little soothing and it brought cool air to the passengers.

Hampi is located eleven kilometers north to Hospet This town. The conveyance to Hampi was limited at that time. The very name 'Hampi' reminded me of the great Vijayanagara Empire which had flourished from 13th century to mid-17th century. Hampi was their capital city. According to historical facts Harihara and Bukka had built the Vijayanagara Empire.

When Muhammad-bin-Tughlaq wanted to expand his kingdom to the South, he called these two brothers, who were actually his slaves, and asked them to set out on a journey to the Deccan to study the feasibility. With the help of a sage named Madhava Vidyanarya, a lovable and powerful sage, these two brothers could build a beautiful city on the river bank which later grew itself to be the capital of a renowned kingdom. Owing to the respect and memory of the sage, the brothers christened the city 'Vidyanagar' which later was pronounced to be 'Vijayanagara'.

Vijayanagara was a prosperous kingdom in South India during the time of Krishnadevaraya, its most famous ruler. He ruled the country about 20 years. During his regime, the kingdom was very famous for its art and culture.

Krishnadevaraya was a very tolerant king. But his successors were arrogant as well as inefficient. Ramaraya was the king who caused the decline of this great empire. He was defeated by the rulers of Golconda and Bijapur in the battle of Talikota. At the end of the battle, he was brutally massacred. Following it, the enemy armed forces ruined the city of Hampi. Many people — regardless of women, aged people, soldiers, children- were killed. The streets of Hampi were flooded with blood. The elegant Vijayanagara Empire was razed to the ground and it was made a virtual burial place.

Now we were going to see the remains of that great kingdom.

Getting down at kamalapuram, one had to walk

a couple of kilometers through a kuchha road where one could see a blue board of Archeological Dept. reading, 'Hampi Ruins'. I soon felt the land had an eerie and uncanny atmosphere. The air around that place smelt blood to me. Even the cool and fertile areas of Tungabhadra could not reinvigorate the ghostly features of this forlorn capital city.

The very name Krishnadevaraya could generate a fear in most of the South Indian rulers. He attacked Orissa and defeated the king at Cuttack. He tied the son of the king of Orissa and brought him to Hampi. Due to fear and disgrace, the prince committed suicide in the jail in Hampi. The king of Orissa married his daughter to Krishnadevaraya.

It was a monument which Krishnadevaraya had built in memory of his victory over Orissa that attracted me most in Hampi. It was literally an epic chiselled on granite. The dancing beauties, the armoured soldiers, attacking elephants in the warfront etc. were neatly carved on this gigantic seat. But it was then a painful and disgusting sight to see the wailing stray dogs sitting, playing and defecating on this elegant memorial which once had the royal seat for Krishnadevaraya and his wife.

There were many a temple remains at Hampi. Most of them had been built during the time of Krishnadevaraya. A colossal granite chariot was a noticeable sight near the palace. There was also a Gaja shala, elephant shelter where hundered of elephants of Vijayanagara empire were tied to the posts.

We walked a lot, we saw a lot. All that we had seen were the fallen remains of the great empire. It pained us a lot. We wandered in the deserted land as travellers who lost direction. We wanted to come out of the cursed place without any delay. There was no one to guide us there.

We walked aimlessly. Thank God! There was something like a shop to be seen. "Canteen", I read. As a flash, the famous Bible sentence that 'God appears in front of the Hungry with Cake!' came to my mind. Here God appeared in front of us in the form of a Canteen. To our surprise, there was no one around. I shouted. No response. Later, an old man came out as if he just was woken up by my shouting.



"Can we have coffee, please?" I asked politely. He withdrew inside. After two minutes, he came out with lukewarm coffee and offered it to us. "We want something to eat", I politely uttered. "Nothing is available", he answered. Only on Sundays tourists, though very few in number, would come there.

We somehow reached Kamalapuram. As we could manage a tempo traveler on our way up to this place, we got a open pick up van which was carrying cow dung to Hosepete.

We got down at Hosepete. Next target was Bijapur. But that day we were totally exhausted. Finding an old lodge, we booked a room to rest for the rest of the day.

When I went to bed to get freshened up for the next day, I found myself that I was not able to sleep at all. The eerie scenes from ghostly Hampi haunted me whenever I closed my eyes. The whole history of Hampi which I had read in the books before coming here unfurled in my mind. Krishnadevaraya, Ramaraya, the Talikota War, the human blood flowing through the royal streets, the war memorial of Devaraya, its present state, the Gaja shala with hundreds of mammoth elephants trumpeting and trying to get off from their iron chains... I don't know when the Goddess of Sleep took me to her palace in that night...



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

बकलोह - जिसका मोह कम नहीं होता

विंग कमांडर प्रीति असवाल
वायु सेना मुख्यालय
(वायु भवन)



क्या आप इस पर्वतीय स्थल के बारे में जानते हैं? क्या आपने इस जगह के बारे में सुना है? अगर नहीं तो मुझे कुछ समय दीजिए, मैं आपको बकलोह से परिचित करा देती हूँ। बकलोह, हिमाचल प्रदेश के चंबा जिले में एक खूबसूरत पर्वतीय स्थल है। पठानकोट डलहौजी राजमार्ग पर, पठानकोट से करीब 55 कि. मी. की दूरी पर तुनहटी नामक बस स्टॉप है, वहां से लगभग 5 कि. मी. की चढ़ाई के बाद समुद्रतल से पांच हजार फुट की ऊंचाई पर बकलोह स्थित है। तुनहटी से बस या टैक्सी से यहाँ पहुंचा जा सकता है।

चंबा जिले के इतिहास में बकलोह अपना ही महत्व रखता है। अंग्रेजों के वहां बसने से पहले आसपास स्थानीय गांव ही हुआ करते थे, जो चारो तरफ चीड़ और देवदार के सघन वनों से घिरे थे। उनमें जंगली जानवरों का डेरा होता था। आज भी चीड़, देवदार के जंगलों में बाघ, सियार, भालू सामान्य रूप से मिलते हैं। 19वीं शताब्दी में बकलोह डलहौजी की तरह अंग्रेजी साम्राज्य का मुख्य केंद्र था। आज भी अवशेषों के रूप में अंग्रेजों के चिन्ह मौजूद हैं। बकलोह यह नाम भी अंग्रेज ऑफिसर की बेटी बकाला के नाम पर रखा गया।



17 दिसंबर 1864 को बकलोह चौथी गोरखा रेजिमेंट का मुख्य स्टेशन घोषित किया गया, सबसे पहले 1/4 गोरखा रेजिमेंट, उसके बाद 2/4 गोरखा रेजिमेंट बकलोह में स्थापित की गई, आज भी बकलोह के दो बाजार 1/4 और 2/4 बाजार इन रेजिमेंटों के नाम से जाने जाते हैं। आज छोटा नाम भी आसानी के लिए लोग बोल लेते हैं फर्स्ट और सैकंड बाजार, यह नाम वहां के लोगों के मुँह से लाजपत, सरोजनी जैसे ही लगते हैं। अंग्रेजों के जिन चिन्हों का मैंने जिक्र किया था उनमें प्रमुख स्मारक है सेंट ओसवाल्ड चर्च और इंडोर स्टेडियम, घंटाघर, इन दोनों ने मुझे बहुत आकर्षित किया, मैंने घंटों बैठ कर इन दोनों जगहों को निहारा है, यह अपने समय की कारीगरी का सुन्दर नमूना है, जिस मसाले और पत्थर से यह बने हैं वो आज भी इन्हें जीवंत कर देता है। अंग्रेजों ने वहां चलामा मैदान, ऑफिसर मेस, क्वार्टर्स, छावनी पालिका कार्यालय तथा अस्पताल बनवाये जिसने उन पहाड़ों को उस सदी की पहचान दे दी, सेकंड बाजार के मकान एक पंक्ति में हैं, जो मुगलों के बनाए लगते हैं, वहां कुछ परिवार पाकिस्तान विस्थापितों के भी रहते थे, मकानों की शैली अलग है



जो पर्दा प्रथा का पूरी तरह समर्थन करती है। बड़े-बड़े आले घरों के अंदर, बाहर बने हैं, घरों के दरवाजे एक सीध में ही लगे हैं, कमरों से कोठरियों या दूसरी मंजिलों में जाने के लिए छेदनुमा छोटे-छोटे रास्ते हैं, समय के साथ इनमें भी काफी बदलाव आया है। अब नई शैली के मकानों की संख्या बढ़ गयी है। दो साल पहले जब मैं वहां गई तो देखा सैकंड बाजार की रौनक खत्म सी हो गई है, कई घर टूट-फूट गए हैं, लोग शहरों को पलायन कर गए हैं।

दूसरे विश्वयुद्ध की समाप्ति के बाद वहां लोकेश्वर मंदिर बनवाया गया जो काठमांडू के पशुपतिनाथ मंदिर की नकल है। बकलोह के सैकंड बाजार से 2 कि.मी. की दूरी पर कालीका मंदिर और 1.5 कि.मी. की दूरी पर गोरखनाथ मंदिर स्थित है जो स्थानीय मान्यताओं को दर्शाते हैं। सर्दियों में बर्फ पड़ी हो या बरसात की फिसलन हो, यहाँ भक्तों की भीड़ हमेशा रहती है। तारागढ़ का किला और मंदिर, अपने में कुछ अनकही कहानियों को समेटे हुए है, हालाँकि यह अब बहुत ही जीर्ण-शीर्ण अवस्था में है। इतना घूमते-घूमते मैंने भी वहां दो जगहों के नाम दे दिए :-

luIV i(bV : यदि आप चलामा मैदान के ऊपर पहाड़ी पर सूर्य डूबता देखते हैं तो आप मन्त्र मुग्ध हो जाएंगे। आप भी अपने अल्फाजों से सम्बोधित कर देंगे उस नजारें को, और इल रोड – सैकंड बाजार से घंटाघर को जाती हुई कच्ची सड़क इतनी ठंडी है कि गर्मियों में भी ठंडी हवाएं चलती रहती हैं, धूप की किरणों से कोसों दूर।

e(y jkM : बकलोह में शिमला और मसूरी की तरह मॉल रोड है जो 1/4 बाजार से घटासनी तक जाता है, यहाँ ट्रैकिंग के लुत्फ और प्राकृतिक नजारे आपको प्रभावित कर देंगे। अंतर सिर्फ इतना है कि बकलोह से पर्यटक अभी परिचित नहीं हैं, इसीलिए यहाँ की शांति बरकरार है। अगस्त के महीने में जब धुंध पहाड़ों से निकलकर सारे रास्ते में फैल जाती है तो हम अपने में ही गुम हो जाते हैं। यह पर्वत श्रृंखला पहाड़ी संगीत के साथ सीधे दिल में वार करती है।

बकलोह से आगे पहाड़ों में बसे अनेक गांव और दर्शनीय स्थल हैं – मेल (मेल में एक ऐसा बहुत विशाल किला है जिसमें सिर्फ एक दरवाजा है), घटासनी, नैनीखड्ड, च्वाडी, लाडू, ककीरा ड्रमंड आदि, डलहौजी, चम्बा, बनिखेत, भरमौर और मणिमहेश से शायद आप परिचित होंगे। घटासनी और ककीरा में रेस्ट हाउस बड़े सस्ते दामों में मिल जाते हैं जो भ्रमण के साथ जेब का भी पूरा ख्याल रखते हैं।

वनस्पति विज्ञान के विद्यार्थियों के लिए बकलोह एक सोने की खान है। जड़ी बूटियों से लेकर कई वनस्पतियों की वहां भरमार है—पोकोस्टीमोन, वेंडलेडीया, हेयती कोलीबिक्रीयता अपोस्फोलीया, रथबस, एलीपतिकुस, वुडफोरडिया, फ्रुटीकोसा, लेपिड्गरा बैक्टीरिया आदि के पौधे सामान्यतः पाए जाते हैं, फलों में आडू खुमानी नाशपाती, आलुचा मुख्यतः मिलते हैं।

बकलोह को एक कैंट क्षेत्र के रूप में जाना जाता है। आज बकलोह सारे धर्मों का संगम है। मंदिर की घंटियों, गुरुद्वारे के पाठ, चर्च की बैल्स के बीच वहां डोगरी, हिमाचली, पंजाबी, सिख, राजस्थानी गोर्खाली, ईसाई, गढ़वाली आदि संस्कृतियाँ रच बस गई हैं। प्रकृति की गोद से निकलती साफ, निर्मल धाराएं, देवदार चीड़ के जंगल, शांत वातावरण, पहाड़ों पर फैली हरियाली और हमारी भारतीय फौज के दिलेर ऑफसर और जवान आपको अनायास ही आकर्षित करेंगे। वहां कभी खून खराबा, लड़ाई झगड़ा, मार-धाड़ नहीं होती, जो है प्यार में बंधा है, आज भी लोग घरों में ताला नहीं लगाते, काश यह दुनिया बकलोह से कुछ सीख पाती। तो तैयार है न आप! अपनी अगली छुट्टियां बकलोह के नाम करने के लिए। मैं शर्त लगाती हूँ कि आप एक बार वहां जाकर जल्दी वापिस लौटना नहीं चाहेंगे और बार बार जाना चाहेंगे, इतना सम्मोहन है उन वादियों में।





Travel Tales in My Drawing Room

I am in the process of unpacking my boxes and trunks in Naliya-our home for the last five months now. My nearly three year old daughter was more than happy in the two-room Mess accommodation, and was not too pleased at the prospect of moving to a "bigger" place. "But why? That's home!" she said grumpily, as I opened my trunks and pulled out odonil-scented linen and tore off all the carefully wrapped glassware. Her stance changed, of course, once the toy boxes were brought out.

I am a sucker for nostalgia. I can time-travel endlessly to those moments when a particular artefact was picked and love the spin-off conversations that the tiny piece can throw up in get-togethers, days after the house has been officially unpacked. So when I read that this year's theme for our Sangini magazine was Travel Tales, I realized how each of us have scores of such travel stories, right there, in our homes, in our drawing rooms. We can even serve our travel tales, quite

literally, on a tray-wooden tray from the northeast, glasses from Bagdogra, coasters from Agra.

Our last posting was in Jorhat, Assam where cane furniture is very popular, given the wide availability of cane. It's a common find in most local homes, including those of the defence officers. The cane swing, in particular, is a favourite in the fauji homes. We have one too. Given my weakness for cane, I love its versatility with décor and space, we also have lounge chairs and a baby stool which my daughter had insisted on picking up from a roadside vendor on one of our long drives around the verdant Numaligarh. It was a beautiful drive; northeast gives you ample choice for quick getaways and drives in the lap of nature along tea gardens, but Zara couldn't care less. She hugged her little find through the ride, and once back, pushed that stool wherever she went, making it a point to only sit there.

We have two more 'moodhas', or jute stools, that we had picked up from Gwalior, in Madhya Pradesh. It was again a roadside acquisition. My husband was on a TD, and I had decided to join him from Agra, where we were posted then. It was monsoons and I did not expect MP to be so utterly green! We drove to Madhav National Park in Shivpuri, and I still remember the sight of little brooks along the road and the sudden rain during which we discovered the exquisite Madhav Vilas Palace, the summer palace of the Scindias.

They say the first posting as a couple, right after marriage, always remains special. For me, Agra is that charmed place. And I have souvenirs of the place dotting my entire home. Nothing gigantic, but little knick-knacks made of marble, like tea-candle with jali work, coasters with intricate inlay work, and the like. A hanging lamp in one corner of my drawing room takes me back to Moradabad which is roughly around 300 Kms from Agra. We had driven all the way on one weekend and I remember picking up a lot of colored glass lamps, most of which we finally gave away as gifts to family and friends. One could probably find those lamps in any shop in a big city, but there's a different thrill to getting something from its place of origin.

Cherial is a form of scroll painting which was used to tell stories in community gatherings, unravelling bit by bit of the painting-something like your modern TV but with the added excitement of an actual storyteller. Its a dying art form, limited to just one family in Andhra Pradesh, who I had met for an article in 'The Hindu' newspaper. My husband had to pursue a professional course in Hyderabad and I was only too happy to accompany him. It was during that course that I also visited Pochampally, of the famous Pochampally saris, and ended up watching local weavers weave the beautiful Ikkat designs in their homes.

Now that we are on to saris, I am sure most of our wardrobes too have travel stories hiding in between the neatly folded pleats of the nine-yards and other clothes. Like the Chikan sari, courtesy a TD in Lucknow? Or an Assam silk Mekhla Chador, thanks to a detachment in Assam? Leheriya from Jaipur? How about those pearls from Hyderabad? And then, just because of the sheer diversity in our fauji friends circle, we give those going on leave shopping lists-dry spices from Kerala, Bibinca and cashews from Goa, jaggery rasgullas from



Bhubaneshwar (Odisha) and the king chilli from the north east.

As the boxes get unwrapped, more travel memories spill out. A coconut shell jar from Kerala, Bidri silver art on vases from Bidar (Karnataka), Kangri from Kashmir, each evokes a different memory, of a different phase of our lives.

My husband has had a Kutch tenure before, during his bachelor days, so mud art is very much a part of our home. But this beautiful and rustic part of the country which has probably one of the richest heritages when it comes to crafts, like Ajrakh and Kutch embroidery, beckons us for more.

Mrs Azera Parveen Rahman
W/o Sqn Ldr Rashikur Rahman
AF Stn Naliya





How to Plan Air Travel With an Infant

One has to be very conscious and careful while planning a journey with an infant. The plan should be made keeping various things in mind like the weather conditions, mode of travel, luggage and eatables. One should avoid frequently travelling with infants because it creates inconvenience to both infants as well as the co-passengers but if the journey is un-avoidable, then keep some important things in mind.

When you are flying with young children, you can skip the queues and go straight to family check-in desks. When you fly with a baby or an infant, you'll find the changing table in the bathroom and they will give you an infant kit filled with useful essentials, like nappies, bibs and wipes. You can request baby bassinets in the passenger's details section when you make a booking on the air travel website.

Breast feeding is another issue. However during breast feeding you can use scarf and nursing top. Please don't forget to keep an extra shirt in case of leaks. As an alternative, plenty of people pack a breast-feeding pillow for their flight, but it is too bulky so instead of that you can use a neck pillow.

Your baby will spit up. There is no question about it. Pack two burp clothes to help mop up the mess that dribbles out of your baby's mouth and all over your clothes.

Pack a few empty bags to store dirty clothes and burp clothes that may leak on your other carry-on items.

About medication, whenever you plan any journey with an infant, always consult your pediatrician so that

he/ she can prescribe you the correct dose for some of the emergency medicines like for vomiting, fever, pain in abdomen and loose motion etc. Please keep in your mind that the dose should be corrected as per age and weight before every journey.

TRAVEL TIPS:

- Travel is not recommended for infants in the 7 days following birth.
- Avoid travel if your infant is ill.
- Bring enough bottles and food for the trip.
- Please remember to bring the items you need for changing your infants (diapers, wipes etc.)
- Make sure your infant drinks amply during the trip.
- Prior to departure, please remember to make sure you have all your child's documents.
- Choose comfortable and warm clothing (sweaters and socks).
- During take-off and landing, give your new born the bottle or a cookie to reduce possible ear-aches.

Dr. Neha Pandey
W/o Flt Lt AK Pandey
AF Stn Jaisalmer



मेरी यात्रा

हिन्दी यात्रा साहित्य के पितामह कहे जाने वाले महापंडित एवं महान साहित्यकार पं. राहुल सांकृत्यायन ने अपने सुप्रसिद्ध यात्रा निबंध 'अथातो-घुमक्कड़ जिज्ञासा' में कहा है "घुमक्कड़ से बढ़कर व्यक्ति और समाज का कोई हितकारी नहीं हो सकता"। सभी महान लोग परम घुमक्कड़ थे, जो पूरी दुनिया की सैर करना चाहते थे और ज्ञान व विज्ञान की खोज करके पूरे समाज को विकसित करना चाहते थे। इस प्रकार घूमना अर्थात् यात्रा करना एक श्रेष्ठ कर्म है, जिससे व्यक्ति व समाज दोनों को लाभ पहुँचता है।

मैं अपनी एक छोटी यात्रा का वृत्तान्त बताने जा रही हूँ जो बहुत ही मनोरंजक रही है। मेरी यात्रा तंजावुर से कन्याकुमारी तक एक छोटी यात्रा थी जो मैंने जनवरी 2017 के प्रथम सप्ताह में पूरी की। यह यात्रा मेरे लिये दक्षिण भारत की सबसे महत्वपूर्ण यात्रा थी। मैं एक उत्तर भारतीय हिन्दी भाषी महिला हूँ और तमिल भाषा नहीं जानती हूँ इसलिए कहीं भी घूमने जाने के लिए कई बार सोचना पड़ता है लेकिन मुझे घूमने का बड़ा शौक है इसलिए भाषा मेरे लिए कोई बाधा नहीं होती है और मैं अपनी टूटी-फूटी अंग्रेजी से अपना काम चला लेती हूँ।

05 जनवरी 2017 दिन गुरुवार को मेरी टिकट तिरुचिरापल्ली रेलवे स्टेशन से कन्याकुमारी के लिए थी। मेरे साथ मेरे पति, पुत्री व मेरे पड़ोसी (मकान मालिक का पूरा परिवार) यात्रा कर रहे थे। सबका टिकट एक ही बोगी में हो गया था इसलिए हम लोग काफी खुश और उत्साहित थे। रात में लगभग साढ़े दस बजे हमारी ट्रेन आयी और हम लोग अपनी बोगी में सवार हुये।

चूँकि काफी इन्तजार करने के बाद हमारी ट्रेन आयी थी और हम स्टेशन पर ही अपना रात्रि भोज कर चुके थे, इसलिए सीट मिलते ही एक दूसरे को शुभ रात्रि बोलकर तुरन्त सो गये।

सुबह हमारी ट्रेन 07 बजे कन्याकुमारी पहुँच गयी। हमने वहाँ एक टैक्सी की और पहले से ही बुक किए गए अपने होटल पहुँचे। हम होटल 9 बजे पहुँचे। उसके बाद सभी लोग नित्य कर्म से निवृत्त होकर कुछ आराम और नाश्ता करने के बाद एक लम्बी लिस्ट के साथ घूमने के लिए निकल पड़े।

सबसे पहले हम लोग 'विवेकानन्द रॉक' को देखने गए। समुद्र में स्थित यह एक महत्वपूर्ण स्थान है जहाँ स्वामी विवेकानन्द स्मारक स्थित है। इस स्थान पर स्वामी

विवेकानन्द जी ने कई दिनों तक ध्यान लगाया था और भारत की एकता और अखण्डता के स्वरूप का दर्शन किया था।

'विवेकानन्द रॉक' पर काफी देर घूमने के बाद हम लोग वापस आ गये और तब तक दोपहर हो चुकी थी तथा धूप बढ़ चुकी थी और हम लोग भूखे भी थे। अब हमारा ध्यान एक अच्छे शाकाहारी होटल पर था जहाँ हम लोग पूरे मजे के साथ दक्षिण भारतीय भोजन का आनन्द ले सकें। उसके बाद हम अपने दूसरे गन्तव्य स्थान 'विवेकानन्द मेमोरियल' के लिए प्रस्थान कर गए। 'विवेकानन्द मेमोरियल' विवेकानन्द रॉक से लगभग 2 किमी की दूरी पर स्थित है। यह स्थान बहुत ही ज्ञानप्रद रहा और हमने यहाँ पार्क में काफी देर तक आराम किया। विवेकानन्द मेमोरियल की सारी तस्वीरें व चीजें काफी ज्ञानवर्धक हैं। मैंने वहाँ से कई पुस्तकें भी खरीदीं।

इसके बाद हम शाम के पाँच बजे अपने होटल 'सी गेट' लौट गये और काफी खुश थे। होटल में वाई-फाई निःशुल्क था जिसका हमने भरपूर फायदा उठाया और पूरे दिन की घुमक्कड़ी की चर्चा अपने मित्रों व रिश्तेदारों से की। रात 9 बजे हमने अपना डिनर पूरा किया और सो गए। हमने सुबह चार बजे का अलार्म लगाया क्योंकि सुबह उठकर सूर्योदय देखने जाना था। अगले दिन सुबह जल्दी तैयार हुये और समुद्र के किनारे पहुँच गये। कन्याकुमारी में समुद्र के किनारे खड़े होकर समुद्र के भीतर से लाल रंग के सूर्य के निकलने का दृश्य बड़ा ही मनोरम था। हमने फटाफट इस दृश्य को अपने कैमरे में कैद किया।

शनिवार को हमारी ट्रेन कन्याकुमारी रेलवे स्टेशन से तिरुचिरापल्ली के लिए थी। हम लोग काफी थके थे किन्तु काफी खुश थे क्योंकि हमारे पास यात्रा का सुखद अनुभव था, ज्ञान था और इसकी अनुभूति हमें प्रफुल्लित कर रही थी। सुबह छः बजे हम तिरुचिरापल्ली पहुँचे उसके उपरान्त वहाँ से बस द्वारा तंजावुर के लिए रवाना हुए।

यात्रा के दौरान हम लोगों ने काफी बातें कीं और उत्तर भारत व दक्षिण भारत की संस्कृतियों को वार्ता का विषय बनाया और जाना कि सभी भारतीय एक हैं, भाषा इसमें कोई बाधा नहीं है। मैं बस यहीं पर अपनी लेखनी को विराम देती हूँ।

श्रीमती अनुराधा मिश्रा
पत्नी सार्जेंट डी के मिश्रा
वायु सेना स्टेशन तंजावुर



TRIP TO USA

America, a meeting point of cultures, has been considered as the land of opportunities ever since it was discovered. Therefore, it was certainly a golden opportunity for all of us to visit the magnificent place. We embarked on our journey from Lokpriya Gopinath Bordoloi International Airport With enthusiasm and excitement in our hearts. On reaching Delhi, we had to wait for about 6 hours for our next flight to Brussels. We reached Brussels and quickly took our next aircraft to New York which was our final destination. Our first destination was to visit to the 86th floor of the building which was the observation deck. The view from up there of New York, with the Hudson River snaking across it, was beautiful and glittery. We also saw the ever glittering Times Square which was also very exciting. Liberty Park from where a ferry was taken to Liberty Island which housed the world famous statue of liberty. It was 4th October, and we were even more excited as were on our way to Hershey's Chocolate World. The entire process of chocolate making was a treat of its own kind. A guided city tour of the capital USA took us to a world history and an altar of achievements.

On 5th October, we drove to Buffalo NY. On the way, we stopped at Corning Museum of glass where we learned how glass is made, saw stunning exhibits on glass, and bought a few glass items, we went to watch and experience the ultimate beauty Niagara Falls. We took a beat tour which started off near the Rainbow Bridge took us past the American falls, and into the dense mist of spray inside the curve of the Horseshoe Falls also known as the Canadian falls. Niagara was the best and most enjoyable place we had visited until then.

We left the Buffalo Niagara International Airport early in the morning; we reached the Magic Kingdom of Disney World. Our Disney experience began with a Parade which was exciting and a memorable one. The enjoyment lasted throughout the day and at the end of the day wonderful firework grasped our sight which lit up the night sky, almost as if we were part of a fairy tales.

The centre of our attraction, NASA was calling on 8th October. We went to Kennedy space centre visitor complex near Cape Canaveral in Florida. The NASA section of our school trip was divided into two days, one of for the exploration of Kennedy Space Centre Visitor Complex (KSCVC) and the other for Astronaut Training Experience (ATX). We saw a Rocket Garden took bus tours and watched on IMAX 3D movie on the International space station. We also enjoyed the space shuttle launch experience, a simulator designed to let their passengers feel the same as an astronaut feels when a space shuttle launches.

On 9th October, we went to NASA again to become a part of the ATX programme. The programme was very adventurous and inspirational. We learnt a lot about space. We had a chance to meet another astronaut during the program who shared his experience and wisely answered all the questions we bombarded him with. At the end of the program we received a certificate, a pen, a mission sticker and an autographed picture of the astronaut. Finally, we had a graduation ceremony where we were handed certificates and photographs, signed by MC Bride along with a pen used by astronaut right here on Earth.

NASA gave us a very strong message. It motivated us to be always prepared and ready to explore new things. Our trip to US was really very fruitful and adventurous.

We express our heartfelt thanks and gratitude to our dear parents, teachers, principal and the school management for giving us such a wonderful opportunity to explore and experience.

Ms Muskan Kumari
D/o Sgt Suman Kumar
AF Stn Digaru



Art and Science of Packing



Whenever we think of travel, the first thing that instantly comes to our mind are suitcases and bags. It is usual with most of us that we start packing with the firm determination of travelling light, but invariably end up carrying much more than what is required.

I feel, packing the right way and travelling light is an art and science in itself. It provides practical solution to the ever persistent dilemma as to what to pack and what not to pack in our luggage. The intelligent way to travel is to travel light which mostly depends on core issue of 'what to pack'. This will actually determine number of pieces of luggage, weight of the luggage and needless to say, state of your happiness.

First things first, packing should start with a 'good packing list' which should be rational and based on pure need or logic. A good list differentiates between what's necessary and what's not. Also, don't forget to use logical numbers to determine necessary items. For example, the number of clothes you pack should be determined by number of days or events. You can always fine tune the numbers whenever there is possibility of washing clothes.

'What to pack' is next most important thing. Golden rule to be followed is to stick to the prepared packing list and take only what is considered absolutely essential and avoid packing things that are not necessary. Towards this, one must make a pact with oneself that if an item is not on the list, it is not going into my bag. Packing at least a day prior to date of travel you will

be far less likely to hastily pack extras that you would never use.

Sandals and shoes are bulky and before packing them, ask yourself: 'Do I really need these? Most of us would agree that two or three pairs of footwear should suffice. Once you have decided which ones to carry, be sure to place them in your suitcase first and on to the side as shoes tend to take up a lot of room. By doing so, you will not only maximize your space but also evenly distribute your heaviest items. Instead of folding, start rolling. You will be surprised how much room you will save if you roll your clothing instead of laying it out flat.



Pack everything snugly to conserve as much space as possible. Sarees and suits that require the ironing to remain intact have to be carefully folded and kept on the top to avoid wrinkles.

Once you have packed the bulkiest articles of clothing inside your suitcase, it's time to pack lighter items like toiletries. Don't carry bulky toiletries like big Shampoo or hair oil bottles. Always carry sachets and small packs to save space. Put your contact address and phone number on each piece of your luggage for a hassle free travel !

Mrs A Prasanna
W/o Wg Cdr AVK Raju
IAM Bangalore



गंगा सागर यात्रा

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मैंने बचपन में पूर्वजों से गंगा अवतरण की कथा सुनी फिर विद्यार्थी जीवन में पुस्तकों में भी पढ़ा कि अश्वमेघ यज्ञ का घोड़ा खोजते-खोजते राजा सगर के 60 हजार पुत्र कपिल मुनि के आश्रम में पहुँचे तो इन्द्र द्वारा चुराया घोड़ा मुनि की कुटी के पीछे बंधा देखकर राजा सगर के पुत्रों ने समाधिस्थ मुनि का अपमान किया व उन्हें मारने लगे। इस पर क्रोधित कपिल मुनि के श्राप से समस्त सगर पुत्र भस्म हो गये। अपने पूर्वजों के उद्धार हेतु भागीरथ ने गंगा की कठिन तपस्या की जिसके फलस्वरूप गंगा पृथ्वी पर हिमालय से अवतरित होकर कपिल मुनि के आश्रम तक प्रवाहित होकर आई व राजा सगर के पुत्रों का उद्धार करते हुए सागर में इसी स्थल पर विलय हो गई जो आज गंगा सागर के नाम से विख्यात है। इस स्थल के धार्मिक महत्व को इसी कथन से समझा जा सकता है कि:-

^lkj rhFki ckj ckj] xXk lkxj ,d ckj^

इस कथा को बचपन में सुनने के बाद मन में इस तीर्थ दर्शन की उत्कंठा हुई। समय गुजरता गया आयु बढ़ती गई व जीवन में मोड़ आते रहे। गत वर्ष मेरे माता पिता मेरे आग्रह पर बागडोगरा आए। उनके साथ कई धार्मिक स्थलों का भ्रमण करने का अवसर मिला। जिज्ञासा बलवती हुई व गंगा सागर दर्शन का निर्णय किया। हम न्यू जलपाईगुडी रेलवे स्टेशन टैक्सी से पहुँचे उस समय बारिश हो रही थी, शीतल मंद पवन बह रही थी व मन में उल्लास, उमंग थी। ट्रेन में बैठे व रात भर के सफर के पश्चात कोलकाता पहुँचे। वहाँ से टैक्सी से काकद्वीप पहुँचे। स्टीमर में बैठ समुद्र के वक्ष स्थल को 40 मिनट तक चीरते हुए उस पार पहुँचे। प्रथम बार समुद्र



में उपस्थित छोटे द्वीपों की दुनिया का अनुभव हुआ। पता चला कि गंगा सागर अभी 50 किलोमीटर दूर है। ऐसा सोच ही रहे थे कि कैसे चलें, तभी पीछे से एक बस में एक व्यक्ति गंगा सागर—गंगा सागर आवाज लगाता मिला। हम तुरन्त उस बस में सवार हो गए। मन में गीत की पंक्तियाँ गुन गुना रहे थे 'ओह रे ताल मिले नदी के जल में, नदी मिले सागर में, सागर मिले कौन से जल में कोई जाने ना'। वहाँ की प्रकृति बड़ी ही मनोहारी थी ऐसा लग रहा था कि हम सपनों की दुनिया में विहार कर रहे हैं। प्रत्येक घर के आगे छोटे-छोटे तालाब थे जिनमें मत्स्य पालन हो रहा था। यही वहाँ के लोगों का जीवनयापन था। आश्चर्य की बात यह थी कि द्वीप में समस्त आधुनिक सुविधाएं उपलब्ध थीं। पक्के घर, धर्मशाला, स्कूल, अस्पताल, छोटे होटल सब कुछ तो था वहाँ पर। मन में विचार आ रहा था कि मानव ने कितनी तरक्की कर ली है — समुद्र के बाद भी एक नयी दुनिया हर सुविधा से पूर्ण। एक घंटे की यात्रा के बाद बस ने हमें गंगा सागर के तट के समीप उतार दिया। पैदल चल कर गंगा सागर तट पहुँचे। वहाँ का दृश्य देख कर मानों बचपन में सुनी कहानियाँ स्मरण हो आईं। गंगा सागर में दूर से उठती ऊँची-ऊँची लहरें मानो उछल कूद करके सोल्लास जीवन का आनन्द ले रही हों। उन लहरों का रौद्र रूप देखकर पहले तो भय लगा परन्तु फिर श्रद्धा जाग्रत हुई और विचार आया कि पता नहीं पुनः कब आ पाएंगे और बस हमने लहरों में प्रवेश किया। हमारे ऊपर आती हुई लहरें हमसे अठखेलियां करने लगीं। लहरों के उस कोलाहल में भी वहाँ पर अद्भुत शांति थी। हम आनन्द लेते रहे और हमारा दृष्टिकोण बदला और लगा कि ये छोटी लहरें मानों छोटे-छोटे शिशु हों व बड़ी लहरें माँ हो, जो अपने अबोध शिशुओं को अपने आँचल में समेट कर आलिंगन करना चाहती हों। स्नान करने के बाद हमने वहाँ कुछ देर बैठकर ईश्वर का ध्यान किया व तत्पश्चात कपिल मुनि के आश्रम में पहुँचे, वहाँ का दृश्य बड़ा ही विलक्षण था। इस सबमें समय ना जाने कैसे बीत गया और देखा सूर्य देव अस्त होने वाले हैं। हम वापस जाने को तत्पर हुए परन्तु वहाँ कोई बस ना थी इसलिए टैक्सी से वापस स्टीमर स्टैंड पर आये। देखा वहाँ सैकड़ों व्यक्ति खड़े थे। एक स्टीमर आया तो देखा क्षमता से अधिक व्यक्ति उसमें चढ़ गये, हमने दूसरे स्टीमर की प्रतीक्षा करना उचित समझा। कुछ देर पश्चात दूसरे स्टीमर में सवार हो वापस चल पड़े। जब समुद्री तरंगें स्टीमर से टकराती तो वो कभी इस ओर झुकता तो कभी उस ओर, जो मन में भय उत्पन्न कर रहा था। मुझे विचार आया कि इस नौका की तरह हमारा जीवन भी एक यात्रा है जो जन्म मरण के मध्य सतत भ्रमण करता रहता है और यही जीवन का शाश्वत सत्य है। कुछ देर बाद हम तट पर आ गये, सभी यात्री उतरे और चारों दिशाओं में बँट गए। वहाँ से हम टैक्सी से रेलवे स्टेशन पहुँचे और वापसी की ट्रेन में बैठ कर बागडोगरा आ गए। हमारी यात्रा पूर्ण हुई।

‘सैर कर दुनिया की गालिब, जिंदगानी फिर कहाँ,
गर जिंदगानी रही तो, नौजवानी फिर कहाँ’।

श्रीमती मधु शर्मा
पत्नी जू वा अ अतुल कुमार
7 ए एफ एल यू, बागडोगरा





My Travel Tales to the Ashtamudi Lake

After marriage, my husband and I visited the banks of Ashtamudi lake near Kollam in Kerala which was our home for two days on our way back from Pathanamthitta to Delhi. According to the Google maps it is a large lake. However, I needed to spend some time near it to understand its real size, in fact far more than the size, its life and soul. Ashtamudi is not very popular with tourists in Kerala. Most of the visitors prefer to stay in Kollam or in Kovalam further south. The rest prefer to stay a bit north in Allepey and Cochin.

The meaning of Ashtamudi is 'with eight cones'. Some people call it star shaped, while others call it octopus shaped. As soon as we reached Kollam and checked into our hotel, we set out for lunch on the boat. This was a huge boat and the table was set for the two of us. A small team served us lunch as we moved over the quiet waters of Ashtamudi lake. It was a surreal experience as we ate and the scenery moved from one water arm to another.

We came across the sculpture of a lady holding a torch. A small board beneath the sculpture said, "Goddess of light". Locals believe it to be their own version of the Statue of Liberty. Some boat men thought that this was many seafarers' way of remembering the woman back home. I guess there are as many interpretations as the viewers. One thing is for sure, she breaks the monotony of water, green and sky and you cannot ignore her.

Slowly the ubiquitous Chinese fishing nets came into our line of vision. They looked perfect hanging from the banks overlooking the waters like a tea strainer. More

often than not, they were lined up together in bunches. At some places, the fishing nets were pitched right in the middle of the lake. The colorful fishing boats were parked on the banks, next to the lovely houses. Some tourist house boats crossed our paths. Coconut groves and palms trees demarcated the territory of water and sky with their all-too-green color.

Ashtamudi lake is a major centre of clam cultivation. Most of it is exported. What is interesting about this lake ecosystem is that it caters to tourist and tourism economy during the day. At night it becomes the domain of fishermen as they lay their nets for the fish catch. Tourist boats are not allowed in during the night.

The Ashtamudi lake is fed by Kallada river that originates in Ponnudi Hills. It is the second largest estuarine ecosystem in Kerala. The longest backwater cruise in Kerala is between Ashtamudi lake and Alappuzha and takes about eight hours. In the evening from the comfort of our room, we watched the boats pass by. Long boats being rowed at both ends and presumably transporting the families who live around this lake. There were of course, the quite essential house boats, the cornerstone of Kerala tourism. Even after one and a half years of visiting Ashtamudi lake, its memory is as fresh in my mind as it was the day I said good bye to it.

Mrs Suja Mathew
W/o Sgt JK Mathew
AF Stn Jaisalmer



Solo Adventure

You don't need a travel partner to take a memorable vacation. In fact, travelling solo can be a great experience to learn about yourself as well as about the destination in different ways. It can push you outside of your comfort zone. Following a little advice from people who regularly travel solo can help make the experience even more enjoyable.

Who are solo travelers? These solo travelers appear to be a mix of ages and genders, but they all have something in common, a desire to explore the world. Some are single adults who have never been married, others are divorced or widowed and prefer trips where all the arrangements are made for them. Some are single people actively seeking partners so they choose "meet other singles" trips aimed at this specific goal. According to a study, most solo travelers couldn't find someone to go with them. That study found that 37% of its audience had taken a trip alone, and on an average, they had taken 4 solo trips and 81% of those travelers said they were planning on taking another solo trip in the next year. For some people, the travel bug might involve different interests than their loved ones. Others may want to volunteer with a group.

TIPS

- Make a local friend. There are lots of great networks of female travelers all around the world to connect with. You can ask them about the customs and things to do in their area, or even make plans to meet up.
- Give someone back home your itinerary. At least one person who is not travelling with you should have a general idea of where you will be and when, in case something goes wrong or they need to get in touch with you.
- Consider travel insurance.
- Schedule a regular check in with someone back home. Whether it is via Skype, it is a good safety precaution and then you will also have an excuse to gush about your adventures as they happen.
- Pack light. Packing light can actually be a safety tip. Nothing says "rob me" like someone wheeling four large bags along the side of street. You will also be more mobile with a smaller bag in case you need to move quickly.
- Have hard copies of your itinerary and important phone numbers at all times. This can include the number and location of your hotels, rental companies, anyone you were meeting and your emergency contact details.
- Don't keep all your money in one place. Keep some cash and a card on your person and some in your bag and some back at your hotel.
- Bring an external phone charger.
- Try to dress like a local. It will prevent you from getting a lot of unwanted attention. If you don't look like a tourist, you won't be the first target for swindlers.
- Call ahead to see if your hotel has a locker or safe. If it doesn't, bring a bike style lock and attach your things to something in your room.
- Bring a portable door or window alarm. These are a cheap and easy way to make any accommodation feel safer. The door alarm is also a jam that can make shared bathrooms more private while you shower.
- Pack a thin one piece bathing suit. If you are going to be in a protest or mob situation that can get grabby, wearing this under your clothes would be a simple step.
- Bring a selfie stick: for those times when you don't want to hand your camera or phone to someone to snap for you, the selfie stick will be among your favorite tools.
- Shop for a GPS if you are renting a car. Looking at maps or your phone in an unfamiliar place is dangerous and time consuming.
- Don't sleep on trains.
- Snap a picture of your cab's license plate before you get in it. Both for safety and also in case you leave something behind in it.
- Track your cab via Google maps so you can tell if you are going off route.
- If you stop to buy tickets or anything where your attention is away, put your bag between your legs or in between your body and the counter.
- If you get in a situation where you feel alone and unsafe, start telling stories using the pronoun "we" about your significant others.
- Don't feel guilty about saying no to anything. It's okay to turn down help with your bags, or an invitation to dinner or a shot of vodka from a guy named Bikram.

Mrs T Subhadra
W/o Flt Lt T B Reddy
AF Stn Bhuj



मेरी और नदी की अनवरत यात्रा

मैं जब देखती हूँ हिमालय से निकलती नदियों को,
तो लगता है कितना उत्साह है उनमें।

उछलती कूदती, चट्टानों को तोड़ती निकल पड़ती हैं
एक अनवरत यात्रा पर, महासागर से मिलने के लिए।

मैदान तक आते-आते कम हो जाता है, उनका उत्साह
और बढ़ जाती हैं ज़िम्मेदारियाँ, मनुष्य के भरण पोषण की ओर,

मंथर गति से बहते-बहते मिल जाती हैं अथाह सागर में
नदी की इस अनवरत यात्रा में, मुझे दिखाई देता बचपन, जवानी और बुढ़ापा

मैं जब याद करती हूँ अपने बचपन को, तो याद आता है वही बेफिक्रापन,
जो नदी में पहाड़ों से निकलने पर दिखाई देता है।

एक अदम्य उत्साह, एक असीम पंक्ति से भरी रहती मैं
अपने बचपन में, जैसे भरी रहती नदी।

बेफिक्र ढंग से कहीं भी कभी भी निकल पड़ती थी मैं,
बिना किसी डर के।

जैसे भरी नदी का प्रवाह मैदानी भागों में आकर सिकुड़ जाता है
वैसे ही सिमट जाती हूँ मैं भी अपनी जवानी में।

उठा लेती हूँ सभी ज़िम्मेदारियों को निस्वार्थ भाव से,
नदी की यात्रा की तरह बढ़ने लगी हूँ मैं भी।

उस शाश्वत महा मिलन की तरह,
जैसे उठाती है नदी बोझ मनुष्य का।
वैसे ही करती मैं सेवा,
बेटी, पत्नी व माँ बनकर।

मैं और नदी दोनों ही माँ हैं,
दोनों के ही ममता का विस्तार अथाह है।
अपने-अपने कर्तव्यों का पालन करते हुए बढ़ रहे हैं,
एक अनवरत यात्रा पर।

श्रीमती रागिनी झा
जू वा अ राजेश कुमार
वायु सेना स्टेशन बीकानेर



रणकपुर तथा किराडू

“पधारो म्हारे देस” कहकर स्वागत करता हुआ राजस्थान, दुनिया के सबसे प्रसिद्ध पर्यटन स्थलों में से एक है। बेहद निपुणता से बनाए गए किले, हवेलियां, छतरियां, मंदिर, रंगबिरंगी बंधेज और भुजिया ये सारी ही राजस्थान की खासियत हैं। राजस्थान में कुछ वर्ष पोस्टिंग रहने के कारण वहां स्थित कई पर्यटन स्थलों को देखने का अवसर मिला। वैसे तो इन सभी पर्यटन स्थलों की अपनी विशेषताएं और रोचक इतिहास हैं, लेकिन इन सभी पर्यटन स्थलों में से दो स्थल ऐसे हैं जो आज भी मन में घर किए हुए हैं। रणकपुर का जैन मंदिर और किराडू, ये वे दो स्थल हैं।

उदयपुर के निकट स्थित रणकपुर में बना जैन मंदिर अवर्णनीय शिल्पकला का उदाहरण है। यह जैन मंदिर, जैन तीर्थयात्रियों के सबसे प्रमुख तीर्थ स्थलों में से एक है। यह मन्दिर तीर्थंकर ऋषभनाथ को समर्पित है। रणकपुर मंदिर तथा इस गांव को अपना नाम, राणा कुम्भा की बदौलत मिला, जिन्होंने इस मंदिर के निर्माण में महत्वपूर्ण योगदान दिया। रणकपुर मंदिर का निर्माण हलके गुलाबी रंग के संगमरमर का उपयोग करके किया गया है। मंदिर के मंडप में बेहद सुंदर कारीगरी का प्रमाण देती हुई कई भव्य मूर्तियां हैं। इन सभी मूर्तियों की विशेषता यह है कि सभी मूर्तियां एक दूसरे से अभिमुख हैं। इस मंदिर के परिसर के निर्मल वातावरण में अलौकिक मनःशांति का अनुभव होता है। जैन मंदिर के समीप स्थित सूर्य मंदिर भी अपने आप में, वास्तुकला का श्रेष्ठ उदाहरण है। इन मंदिरों के परिसर में रहकर देखा हुआ सूर्यास्त सबसे रोचक अनुभवों में से एक है।

बाड़मेर के निकट स्थित किराडू में बने मंदिर, रणकपुर के जैन मंदिर का विरोधाभास प्रतीत होते हैं। रणकपुर के जैन मंदिर के वातावरण की प्रसन्नता का अनुभव, किराडू के मंदिरों में नहीं हो पाता। किराडू के मंदिरों के परिसर में एक अजीब सी उदासी महसूस होती है। कहा जाता है, कि इन मंदिरों का निर्माण लगभग ग्यारहवीं या बारहवीं सदी में किया गया। यह सारे मंदिर अब बिलकुल क्षत-विक्षत स्थिति में हैं, लेकिन इन मंदिरों के अवशेषों को देख कर यही ज्ञात होता है कि ये मंदिर भी कभी उस काल के वास्तुकला तथा शिल्पकला के बेहतरीन उदाहरण रहे होंगे। लेकिन अब इन मंदिरों का परिसर बिलकुल सुनसान रहता है। यहां पर्यटकों का विशेष आवागमन भी नहीं है। किराडू के इन मंदिरों को देखने का जब अवसर मिला, तो वहां के चौकीदार से एक बड़ी ही अजीबोगरीब, रोचक कथा सुनने को मिली। कहा जाता है, कि इन मंदिरों तथा मंदिरों के आस पास स्थित आबादी का ह्रास, एक साधु के श्राप के कारण हुआ। कहते हैं कि वह साधु यात्रा पर जाते समय अपने शिष्य को गांव में ही छोड़ गए। प्रस्थान से पहले साधु ने गांव के निवासियों को शिष्य की देखभाल करने को कहा। साधु के यात्रा पर चले जाने पर गांव वालों ने शिष्य पर विशेष ध्यान नहीं दिया। लेकिन उसी गांव में रहने वाले कुम्हार की पत्नी ने शिष्य की पूरी श्रद्धा से सेवा की। यात्रा से लौटने पर वस्तुस्थिति जान कर साधु क्रोधित हो उठे। उन्होंने गांव के निवासियों को अपने श्राप से पत्थर की मूर्तियों में परिवर्तित कर दिया। कुम्हार की पत्नी ने शिष्य की सेवा की थी, इस कारण उसे श्राप से अभय देते हुए साधु ने तुरंत गांव छोड़ कर चले जाने को कहा। साथ ही, जाते हुए पीछे मुड़ कर ना देखने की चेतावनी साधु ने उस महिला को दी। लेकिन कुम्हार की पत्नी अपनी जिज्ञासा रोक ना सकी और उसने पीछे मुड़ कर गांव के लोगों को देखना चाहा। जैसे ही वह पीछे मुड़ी, वह भी मूर्ति में परिवर्तित हो गई। यह कथा आज भी वहां के गांव में प्रचलित है। कहा जाता है कि साधु के उस श्राप का असर आज भी है और जो व्यक्ति सूर्यास्त के पश्चात मंदिर परिसर में रहता है, वह भी पत्थर की मूर्ति में परिवर्तित हो जाता है। इसी कथा के चलते शायद यहाँ पर्यटकों की भीड़ कम नजर आती है।

राजस्थान के ये दो स्थल, जिनका अपना अनूठा इतिहास है, और जो अपने आप में बेहद खास हैं।



श्रीमती मानसी टोकेकर
पत्नी ग्रुप कैप्टन ए टोकेकर
वायु सेना स्टेशन बिहटा





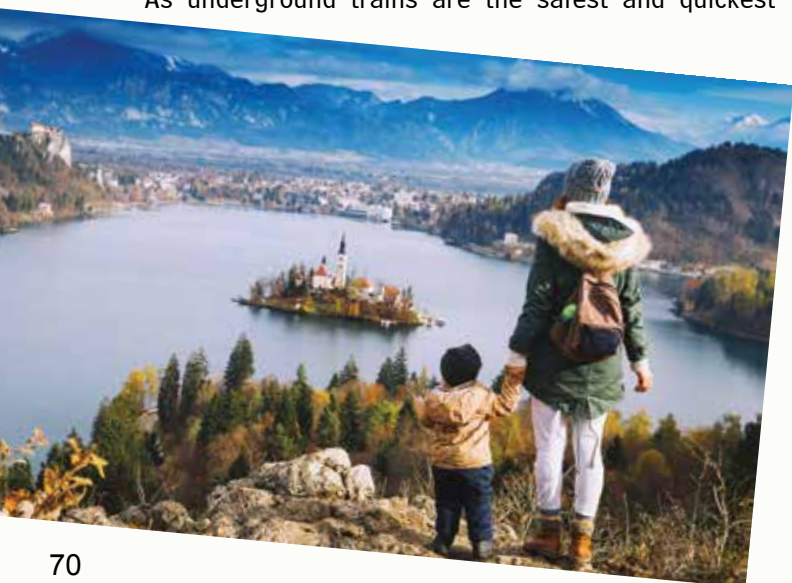
Self-Travelling in Europe

A thought of travelling alone on a solo holiday for a woman can, not only be daunting but unimaginable to many of us. We are often discouraged to take this plunge because we are made to believe that it is an impossible task or it is not safe to be on your own. But your solo holiday, especially if the destination is Europe, can change your life forever and your confidence may climb a new height. It is a most self-enriching experience any women can ever have. It is a journey of 'self-discovery' and you can be 'you' as Twinkle Khanna said in her recent interview that she wants to spend three months self-travelling without being anyone's mother, daughter wife or friend.

Safety is our main concern on a holiday and Europe is one destination which is very safe and easy to move around. English is widely spoken in most of the cities and you can always ask people if you are unable to read signboards. When you are travelling alone you want your hotel to be accessible and in safe distance. Two important things to note your hotel should be within the city and close to the underground train stations. As underground trains are the safest and quickest

means of transport all over Europe. They run quite late at night and you find many fellow tourists travelling to common tourist sites. Getting a travel ticket in advance is always a wise decision as they cost less and you will save time. You can get a week or even a month travel ticket in advance depending on your route within the city. If you are on a budget holiday, bed and breakfast accommodations, commonly known as B&B is the best option. They are cheap and safe for women. It is like a dormitory with bunks for 2-6 people and they have a common sitting place, kitchen etc as is shown in 'Queen' where Kangana Ranaut is sharing her room with three guys. If you are not comfortable staying with guys, you can request for 'only female' room. But it is not unsafe sharing a room with guys. Please do not keep any money and valuables in your baggage. If you are unlucky you may get a roommate who is not so trustworthy and may pack up with your passport, money, gold or even camera. Carry a small backpack which can hold your important papers & money (not all of it together), and 'ALWAYS' keep it with you. You must keep a photocopy of your passport in your baggage in case you lose your passport.

We often forget to get information about the hostel or the hotel we are staying in and this can lead to many problems in an unknown city. It is wise to keep their address and contact number handy. Every city has a tourist information centre from where you can get all the information of your places of interest. After you check in your hotel, this should be your first stop so that you can plan your sightseeing. Some sightseeing can take the whole day and you may not get time for lunch and it is always best to carry some fruit or snacks and water bottle in your bag.



I think the most challenging part for anyone while travelling abroad for the first time is how to carry money overseas. There are many options available nowadays like travel cards, pre-paid debit or credit cards. I personally prefer to withdraw large sum at a time and stash enough so that I can save time and also reduce international ATM transaction fees. Also it is best to keep cash for small purchases and for places that won't accept cards like B&B, small gift shops or cafes.

In case you are using a card, it's a good idea to bring an extra card as a backup in case you have problem with one. Never put all the cash together. It is very easy to get robbed in Europe. In fact you have an internal-pocket inside your pant it is the safest place to stash cash. Every morning you can take out how much money you would need for a day and the rest should stay inside. You can even secure your important cards in this internal-pocket. It is wise to inform your bank that you are travelling abroad otherwise they may lock your card to prevent it from fraudulent use.

You can keep your loved ones posted about your travel plans and provide them with details of your hotels. Mobile phones may or may not be used from any personal phones and public phone booths.

The best time to visit Europe is from May to August as the weather is sunny and bright. But morning and evening can be quite chilly. Fashion is great in Europe and you can wear anything you like without being stared

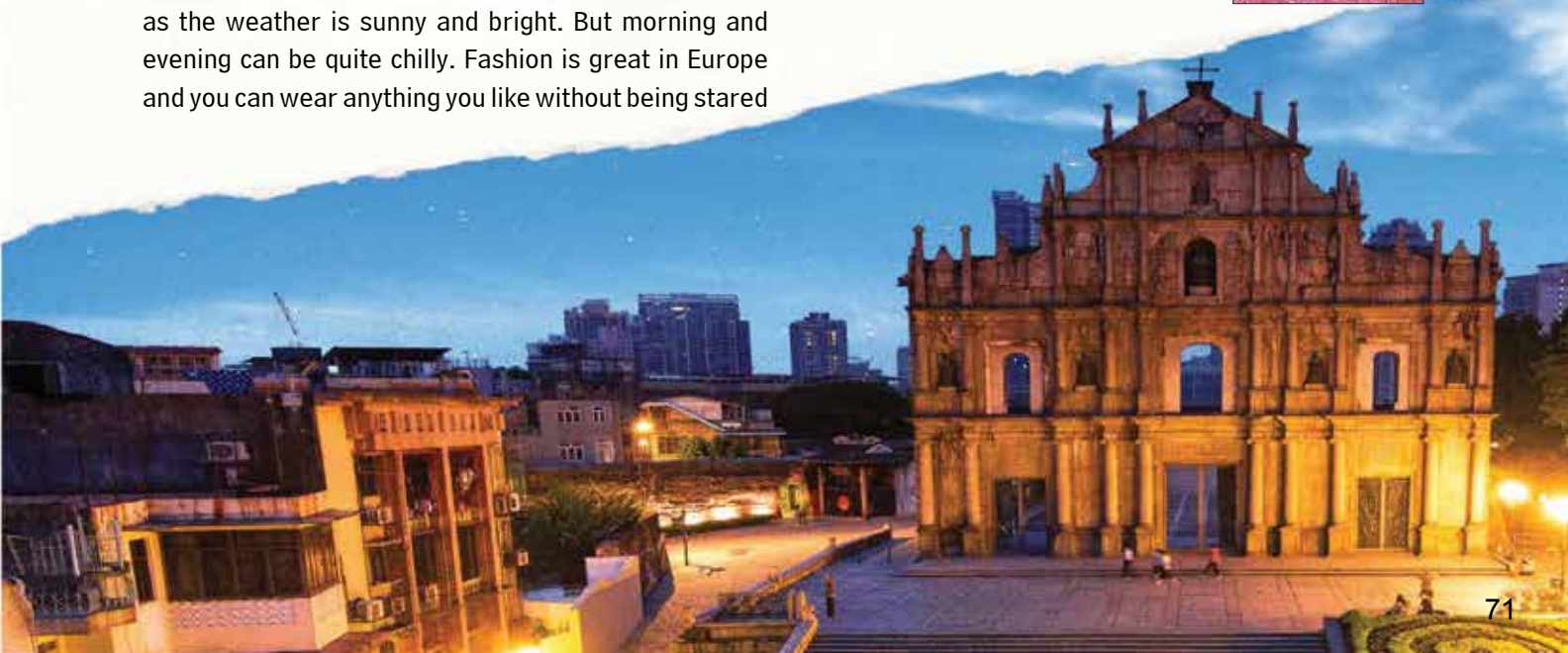
at. You feel so 'free' that you can pick up anything and wear it without feeling self conscious. So don't hesitate to try new outfits.

Plan well ahead so that you have enough time to prepare yourself. Get a good Lonely Planet guide book. Their information is very accurate and their recommended hotels and hostels are found to be equally good whether in Rajasthan or in Paris.

Finally I can say travelling solo gives you the total autonomy to do anything you like. You can design and customize your holiday. You can change your traveling plan in a whim and do not have to depend on anyone. The biggest advantage is you are more likely to meet and interact with many more people along the way than if you were traveling with a friend.

And when you come back from your trip, you might like to frame your air tickets so that every time you look at it, you get a great sense of achievement. So ladies, time to pack your bag and say, 'Bon Voyage'.

Mrs Kesang Bhutia
W/o Wg Cdr Thendup Namgyal
AF Stn Gorakhpur



Kids Learn Life Lessons From Travel



Mrs Monica Balamurugan
W/o Wg Cdr MJ Balamurugan
AF Stn Chabua

- **Traveling means many things to many people.** Some value Entertainment and some value relaxation. And some like me, see travel as the ultimate classroom. Vacations and travel are always exciting to children, though they might not realize the many lessons they are learning along the way. Here's my list of what kids learn about life while travelling.
- **You Aren't The Centre Of The Universe.** When children travel, they see beyond their own backyard and their minds are opened to different cultures, standards of living and ways of life. They also learn happiness can come in many forms.
- **Things Don't Always Turn Out The Way You Planned.** Surprised by a deluge of rain in the destination? Pull out an umbrella and make the best of it! Travel rarely goes 100% as planned, so kids learn to be flexible.
- **Trying New Things Builds Confidence.** During travel, encourage children to try new activities and having different experiences. Hiking, camping, horse riding, bird watching, wildlife spotting, rowing are a few to name. By doing so, they experience the sense of accomplishment and that confidence transfers to all areas of their life.
- **Reading A Map Is An Essential Skill.** Learning to navigate, recalculate and not to be afraid of getting lost is a life lesson all kids need to learn. Too many kids today fear the world outside of their own neighbourhood. Travel can teach them, if they are armed with some basic knowledge, they need not fear.
- **Being With Your Family Can Be Fun!** Travel time is a great opportunity to bond with your kids and share new experiences together. Instead of quieting your children with mobile phones, share family history stories or play games. Takes some effort but will be totally worth it.
- **Memories are made by People, Not by Places or Things.** Do you have memories of childhood family vacations? What do you remember most, the destination or some hilarious event you shared with your family? So, remember, you're not just having fun but creating memories.
- **Patience Is a Necessity.** Flights and trains gets cancelled. You have to wait in long queues for a rollercoaster. We wait all the time, throughout our lives. Travel helps your children hone this skill.
- **Developing New Habits/Hobbies.** Get your kids drawing/listing things they've seen and interesting food they've tried. Collecting some postcards from places and asking them to write a message behind means they can reach adulthood with a library of memories. Stamp collecting, coin collecting, book collecting can be encouraged. Consider giving grown up kids with a digital camera, they might excel in photography too.
- **History is Alive and All Around Us.** There's nothing quite as captivating as a visit to a historical monument or history museum with a guide who will talk about your destination. Plus, seeing cannons & understanding them may get the child interested in studying about wars (Be ready to answer tons of questions too)
- **Home is Such a Special Place.** No matter how much you love your destination, its always a great feeling to get home. Kids feel great to return to their own bed and getting back to their daily schedule and sharing their trip memories with friends.

HAPPY TRAVELLING!

Ma'am You are Carrying Explosives!



After a memorable trip for a month along the entire east coast of "The United States of America", we were all set and desperate to be back home to our very own Mother India. We could hear Shahrukh Khan himself singing 'Ghar aaja pardesi, Tera desh bulaye re'.

Our return trip from Atlanta to New Delhi was via Paris and we were looking forward to the break in journey and the food on the French Airlines. As luck would have it, unfortunately all flights to Paris were cancelled due to a curfew and we were forced to land in Chicago. They offered us tickets in a direct flight from Chicago to New Delhi by the American Airlines. A small tip: never travel by this flight. It certainly didn't give the feel of an international flight. The closest was.. it felt like a self-service city bus from Amalapuram to Vijayawada!

We were kept waiting for 8 hours, so we decided to call a cousin who lived in Chicago and they were more than happy to visit us. As my kids were young, 12 yrs and 8 yrs old, she was kind and thoughtful enough in carrying some homemade food for them. After a long chat, the boarding announcement was made and we quickly waved bye to our dear ones and started walking towards the check-in counter. My husband and my younger kid were faster and so they walked in smoothly without any obstacle. Now, when it was my turn to check in and as my handbag passed through

those monstrous X-ray machines, the security person gave a very disappointed look. He said, "Sorry Ma'am but you are carrying explosives!! Please step aside." They ripped apart my entire luggage. You can imagine the feeling I went through. I frantically kept looking at my handbags for the black sheep and those suspicious looks on the four policewomen faces made the ten minutes feel like one full hour!



All the time, I was trying to look for what it was that I was carrying that made them suspicious and I couldn't spot my husband and did not know what to do as we were getting late for boarding and the Airports are huge and it would have taken a long time to reach the gates. Finally there came out the explosives from the baggage. "DAAL CHAWAL and ANDHRA PICKLE!"

Never will I forgive the staff for throwing it in the dustbin. It was by the way, packed in a Tupperware box!



Mrs Phani Shiavanand
W/o Air Cmde PV Shiavanand
HQ SWAC IAF



सफर

श्रीमती सीमा हुड्डा
पत्नी स्ववाङ्मन लीडर के एस हुड्डा
वायु सेना स्टेशन अम्बाला



हम तो फौजी हैं
सफर ही तो अपनी रोजी-रोटी है।

आज बांध के सामान घर से निकले हैं,
आज यहां कल वहां, अपने ही तो चर्चे हैं।

कभी अपनी मर्जी है और कभी खुदगर्जी है,
तो कभी अपने काम के ज़रिये हैं।

अरे, इस सफर में ही तो,
नए-नए दरिए हैं।

नई-नई मंजिलें,
नए-नए सफर हैं,

अरे, हम फौजी हैं,
थोड़े से मनमौजी हैं।

आज तुम से मिले,
कल उन से जुड़े।

कुछ अपने साथ ले के चले,
कुछ सपने बुन के चले।

उठा के अपने झोले,
पहन के अपने चोले।

जब मिलते हैं संदेश,
और होते हैं आदेश।

निकल पड़ते हैं नई डगर,
नए नगर, नए सफर,

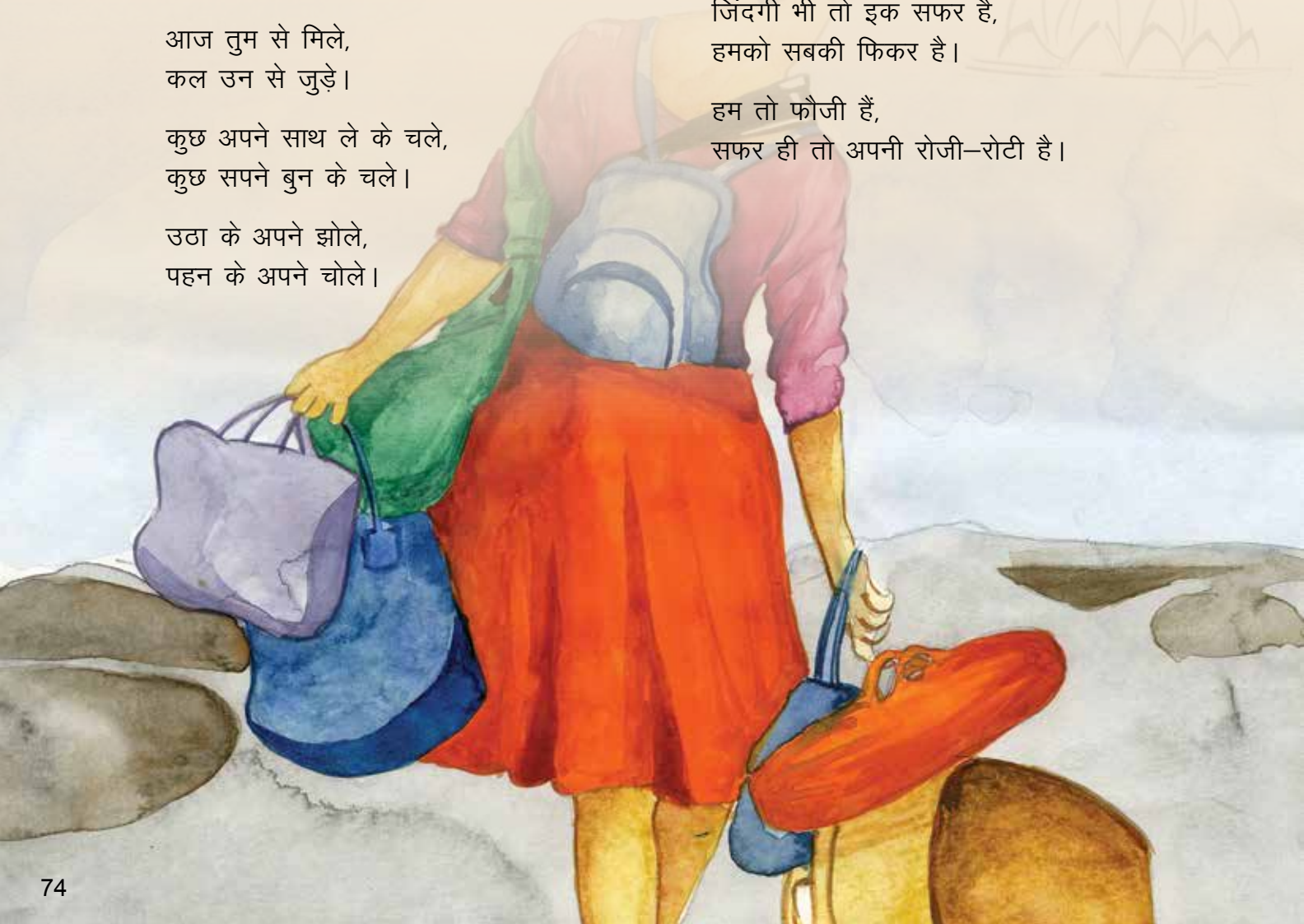
अरे हम फौजी हैं,
थोड़े से मनमौजी हैं।

बीवी भी संग है,
बच्चे भी दबंग हैं।

लोग कहते हैं हम तो मलंग हैं,
उठाए फिरते अपने पलंग हैं।

जिंदगी भी तो इक सफर है,
हमको सबकी फिकर है।

हम तो फौजी हैं,
सफर ही तो अपनी रोजी-रोटी है।



Vacation Time

The word 'Vacation' generally triggers a vivid image of travelling, hotels, beaches & so on. However, a vacation holds much more juice than that. It is a catharsis which means it improves one's intellectual health, revamps relationships, helps people to become more productive and it helps some find creative inspiration too.

The phrase "vacation" is not just an acoustic but also an adrenaline pumping term for our brains. There are several categories of Vacation- Beach, Sightseeing (i.e. visiting museums, exhibits & markets, attending sporting events & concerts, and tour natural wonders), Time with Nature (for people who enjoy camping, hiking, canoeing), Family time (for people who travels to see relatives or hosts relatives who come to see them; inter-generational family gatherings), Strenuous Experiences (i.e. workshops, theme parks, educational tour, religious or historical pilgrimages, adventure activities etc.), Stay-cation (for individuals who spends few days in their own home, doing some renovation or remodelling, watching movies late night, cooking food) and the last but not the least Rest & Relaxation (for the group who loves to sleep a lot, get a massage, read books, or otherwise "waste" hours doing nothing in particular).

BENEFITS OF VACATION TIME

The key is to fully unplug from work and the regular mundane and monotonous activities of your life. This gives you an opportunity to recharge yourself which delivers exponential benefits, both short & long term. Let the benefits below move you out of procrastination and into action:

- **Release stress & worries:** We get so used to live at this stressful pace; we rarely even realize that we're stressed & need a break. The bottom line is that taking a good amount of time away from the tensions of daily life can make us refreshed and better equipped to handle whatever comes.
- **Recharge your batteries:** Rejuvenation is the king. The best way to get a full recharge on your body & mind is to abandon your typical daily activities for at least a solid weekend or week. Planning a vacation and looking forward to it is said to

increase excitement and happiness for weeks leading up to it. Therefore, it is precocious to start planning another vacation shortly after you return.

- **Improve relationships:** Sharing time with family & friends, without the distractions & daily stresses of life, creates joy and builds fond memories. Travelling together can create increased intimacy and commitment.
- **Increase Productivity:** Enlightened workers, including managers & bosses, know that the output and bottom line of a company increase when employees take time off. Students equally benefit from vacations; they often hold out until summer for a real vacation. Vacation often brings clarity to problem solving, important projects, or goals. The mere result of relaxation and renewal can spontaneously deliver a fresh view, answers or major insights.
- **Second Tiered Benefits:** Leading by example- If you're a parent, teacher, manager, or boss, you will not only benefit yourself from prioritizing vacation (no matter how busy you are) - you will also help others learn to do the same. The term 'Paid Time Off (PTO)' has emerged nowadays where every person has to compulsorily go on vacation for at least a week or so. This helps others to improve & prevent work monopoly.

It's important to note that the benefits to your family, co-workers or peers will, in most case, flow over to you. When people take care of themselves, they are happier. Happy people are easier to relate and possess many benefits, seen and unseen, to your personal & professional life. Furthermore increased productivity coupled with newfound clarity & vision can lead to pay raise, more time off and much more.

So now on, think of vacation time as a holistic rejuvenation & blissful dune. The more you heap, the more you reap.

Mrs Pooja Mukerji
W/o Sqn Ldr Priyanshu Mukerji
AF Stn Bareilly





THE LION AFFAIR

Like most holidays, this trip was about the few moments that we managed to steal from our hectic, high pressure lives. To make this trip memorable, we were travelling with friends and most importantly to a wild life sanctuary. So we set course in our chariot of wheels, our faithful Toyota Innova, all packed-in like sardines. And like any normal Indian family, we carried lots of food; enough to feed a famine hit third world state.

Singing, munching on food, grumbling on the pathetic state of affairs in the country, we travelled the 350 odd kilometers in joy. But the road let me tell you, was in super condition and so we felt cheated of our mandatory crib session in that regard.

With regular pit stops, we managed to reach our destination for the day, the Jamnagar Officers' Mess. It was such a delight staying there that we wished, for a moment, that we had more than a night stay there. Having decided beforehand that come what may, we wouldn't partake of Mess food, we set off looking for dinner. After a few enquires, a unanimous decision was reached to look for a 'Tawa Restaurant' famous for its Kebabs and Biryanis.

Most may be aware that although a posting in the state of Gujarat is indeed amazing, for a non-vegetarian family, we do miss our 'KUKKADS'. Thus the zeroing in on the 'Tawa Restaurant' thanks to our faithful GPS guide assuring us the it was a mere 19 Km across the city. But alas! We soon realized that we were going to have to "sing for our supper". Through narrow lanes and bylanes, we squeezed our way in, us ladies cribbing why the men would not simply stop and ask for directions and the men swearing that their machines and gadgets would never fail them. After repeated arguments and protests and looking up our way several times, we finally managed to locate our said restaurant. In just under two hours on the way back to our rooms, we agreed that the scrumptious meal was well worth the trouble.

We left early the next morning. Everyone was excited and hoping that the roads would be as good as the day before. But nothing could have prepared us for the beautiful drive along the waters, driving through Porbandar. And the beautifully lined coconut trees along the entire highway made us feel we were in Kerela. A really spectacular drive!

Finally we arrived at the destination 'Asiatic Lion Lodge'. Having visited numerous wild life sanctuaries and reserves, we were well prepared for almost anything. But surprise, surprise! A most amazing experience this place was, Gir - the last home of the Asiatic Lion.

To an Indian mind, it is almost impossible to come around the fact that we didn't have to stand in the queue or wait our turn. Thanks to online booking, everything was instantly done. But how could that be? At once we decided that there may be some Catch 22, or a worst nightmare, no lion sighting!

Dragging our feet at that thought and clutching our tickets in our hands as tight as a mother holds on to a two year old in the Kumbh Mela, we prayed to all that was holy in the world of wild life that we at least, catch a glimpse of a lion!

Our prayers were answered! What a magnificent sight it was! After all the grumbling and complaining, nothing could have been better than those moments of finally seeing the King of the Jungle, in all his beauty and glory. Truly majestic. It made our entire trip most memorable. Gir was truly an amazing experience. Watching the lions up close was something we would never forget.

But of course, true to our nature, we had to grumble about something, even if it was the poor behavior and conduct and lack of social graces of the other visitors and tourists. After all, we had to talk about something on the way back home!!

Mrs Natasha Mehta
W/o Gp Capt P Mehta
AF Stn Naliya



A LESSON FROM MY TRAIN JOURNEY

Journeys are fascinating family events and they definitely make all of us extremely happy. Travel also provides relief in our monotonous, everyday lives. Children too enjoy the train journeys by sitting at the window seats.

Generally due to our hectic and erratic schedules, we pack our luggage at the last minute and put too many unnecessary items, forgetting that less luggage makes for greater traveling pleasure. Here, I would like to share my train journey experience, which has a sure lesson for everyone getting ready to set out.

In 2001, I was in Pune with my husband and two kids aged 6 years and 3 years. We had to travel from Pune to Delhi via Dadar as our reservation was in the Mumbai-New Delhi Rajdhani Express from the Mumbai Central. After reaching Dadar railway station by train, we decided to catch a local train for the Mumbai Central for our onward journey. We had two bags, two suitcases and one water cool cage along with our two kids. My elder son was holding my finger and I was also carrying a water cool cage in the other hand. My younger son was in his father's lap, who was also carrying one of the luggage pieces. The rest of it was with a coolie on his head and over his arms.

As soon as the heavily laden local passenger train arrived on the platform, my husband along with one luggage and our younger son got inside the train. But I couldn't because the coolie, with our luggage, was still standing on the platform. I thought, first let the coolie place the luggage inside the train, only then would I get inside. Meanwhile the train started moving and within a few seconds, it disappeared from my eyes. Thus, my husband reached Mumbai Central, whereas the coolie and I, along with one child were still on the platform.

There were no mobile phones back then. I began to get tense, wondering what to do now. Then I told

myself to calm down and try my best to meet up with my husband. At this juncture, while I was still very upset, my son began asking for some cold drink, chips etc. After providing him with Frooti and chips, I relaxed for a few minutes. Then, along with the coolie who helpfully accompanied us, I boarded the next train, half an hour later for Mumbai Central. Meanwhile my husband had started back for Dadar in search of me. Although I had reached Mumbai Central, I was still concerned at the short time left for departure of the New Delhi train.

In the meantime, there was an announcement, "One important message for the lady who might have come from Dadar and is going to New Delhi by Rajdhani Express. Since she is separated from her husband and kid, she may please wait on the platform as her husband would shortly be reaching". Before returning to Dadar, my husband had informed the announcement room to relay this message on arrival of the following train from Dadar. On hearing the announcement, my tension was suddenly released. In Dadar, my husband came to know from some of the coolies and vendors that a lady with a kid had just boarded the train for Mumbai Central. Soon my husband reached Mumbai Central as there was a train every half an hour. We met all together and set out for New Delhi.

With this incident, I learnt a big lesson, "Always travel with fewer luggage items and with sufficient time gap, if an onward journey is involved". Should something still go wrong, take decisions with a cool mind without getting into a panic. It also proves that the 'LESS LUGGAGE, MORE COMFORT' proverb is 100% correct.

Mrs Rajkumari Gupta
W/o Sgt J Gupta
12 Wing AF





अविस्मरणीय पर्वतीय यात्रा

शांति, सौंदर्य और सुकून का संगम 'अल्मोड़ा', उत्तराखंड के कुमाऊं क्षेत्र का बेहद खूबसूरत शहर है। गर्मियों में खासा गुलज़ार हो उठने वाले इस शहर में चारों ओर शांति रहती है। लोगों और वाहनों की भीड़ यहां भी है, लेकिन यह अखरती नहीं है। चीड़ व देवदार के घने जंगलों से घिरे अल्मोड़ा का प्राकृतिक सौंदर्य इस कदर प्रभावशाली है कि यहां पर पहुँचते ही लोग तनाव को भूलकर खुद व खुद तरोताज़ा हो जाते हैं। बर्फ से ढके हिमालय का यहां से दिखाई देने वाला नज़ारा आपको सब कुछ भुलाकर बस यहां की आबोहवा में खो जाने को मज़बूर करने लगता है।

माना जाता है कि अल्मोड़ा का नाम यहां पाए जाने वाले एक पौधे किल्मोड़ा के नाम पर पड़ा। इस पौधे का इस्तेमाल बर्तनों को मांजने के लिए किया जाता था। पुराना अल्मोड़ा शहर घोड़े की नाल के आकार की पहाड़ी पर बसा है। स्वामी विवेकानन्द को यह स्थान बहुत पसंद था। महात्मा गांधी ने यहां कुछ समय गुज़ारने के बाद कहा था, "मैं यह सोचकर हैरान हूँ कि भारत से लोग स्वास्थ्य लाभ पाने के लिए यूरोप क्यों जाते हैं?"

अल्मोड़ा देखने की शुरुआत नंदा देवी मंदिर से की जा सकती है। मशहूर लाला बाजार से होते हुए मंदिर तक पैदल ही जाया जा सकता है। इस मंदिर की दीवारों पर उकेरी गई मूर्तियां काफी आकर्षक हैं। यहां पर एक राजकीय संग्रहालय है, जहां जाकर इस क्षेत्र को देखा व समझा जा सकता है। कुछ दूरी पर ब्राइट एंड कार्नर है जहां से सूर्योदय व सूर्यास्त के नज़ारे मद मस्त कर देते हैं।

अल्मोड़ा से थोड़ी दूरी पर काली मठ है जहां से अल्मोड़ा का नज़ारा मन मोह लेता है। कुछ चढ़ाई के बाद कसार देवी के प्राचीन मंदिर भी पहुँचा जा सकता है। स्वामी विवेकानन्द अपने अल्मोड़ा प्रवास के दौरान अक्सर इस मंदिर में आते थे। अल्मोड़ा से करीब आठ किलोमीटर दूर कुमाऊं के लोक देवता 'गोलू महाराज' का मंदिर है जहां जाए बिना इस जगह की यात्रा कुछ अधूरी सी लगती है।

अल्मोड़ा का मौसम बारहों महीने खुशगवार रहता है। यहां गर्मियों में भी सुबह शाम ठंड महसूस की जा सकती है। इसलिए जब भी जाएं गर्म कपड़े साथ जरूर रखें। वैसे यहां आने के लिए अप्रैल से जून का महीना सबसे अच्छा रहता है।

सड़क मार्ग से अल्मोड़ा दिल्ली से करीब 375 किलोमीटर की दूरी पर है। रहने के लिए अल्मोड़ा में दूसरे पर्यटक स्थलों की तरह ढेर सारे होटल व गेस्ट हाउस हैं जो बहुत ही उचित दाम पर उपलब्ध हैं। शॉपिंग के लिए भी यहां कई दुकानें हैं जहां से अल्मोड़ा की कला कृतियाँ, शॉल, साड़ियाँ, ग्रीन टी, शहद आदि के अलावा पहाड़ की प्रसिद्ध 'बाल मिठाई' भी खरीदी जा सकती है। इसके अलावा लाला बाज़ार में खाने-पीने का भी लुत्फ उठाया जा सकता है। पहाड़ी यात्रा करना एक मुकम्मल ज़िन्दगी जी लेने जैसा होता है।

श्रीमती सविता यादव
पत्नी विंग कमांडर यादव
पश्चिमी वायु कमान, वायु सेना



Thirty Minutes in Reverse Gear

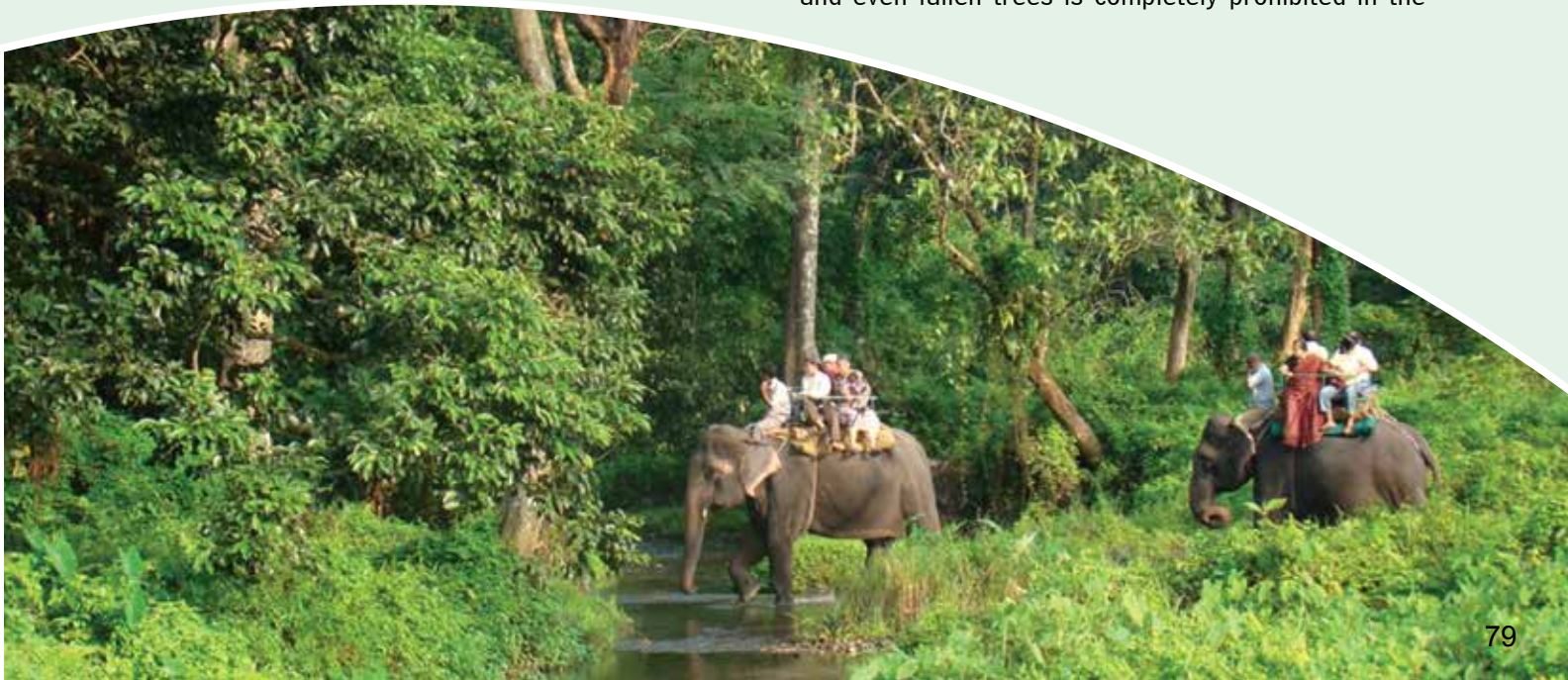
A tour ventured on to from a monotonous life is always memorable and has a lasting impression indeed. However, sometimes it is for the wrong reasons. And there is a lesson to be learnt there! Here is a story of one such experience that happened way back in March 2013 when my husband was posted at Bagdogra. After a month long hectic schedule due to exams, we were eagerly waiting for some leisure time. The trip was (un)planned in haste and it is the story of the consequent waste that I am going to share with the Sanginis.

On 13 March, at 1100 hrs. my husband called me up and told me to pack luggage for a short trip. It was a mixed feeling of joy, anger and surprise as he had not intimated anything in advance. Anyway, I got things together in readiness for an unknown destination. After finishing our lunch, while getting into the car I came to know that we are going to the Gorumara Reserve Forest.

The distance to Gorumara from Bagdogra via Sevoke is 98 km. There was time enough to cover the distance in day light but we had gotten delayed due to some road blockade. The drive after 'Darjeeling More' was smooth due to lesser traffic. At half past 4 o'clock we reached the famous Coronation Bridge at Sevoke; there we took a short break. Though I had visited Sevoke many a times, the enticing beauty of Teesta passing through all the hill gorges always begs for a

stopover! But this time, since we were already delayed and still had to drive another 60 km, we left Sevoke and headed towards Gorumara.

The road, NH-31 which connects Siliguri and Guwahati advances along Teesta for a few more kilometers from Sevoke and then takes a turn towards the North. Now the road was passing through lush green tea gardens and hillocks. The ride was quite enjoyable until we found ourselves in a long jam near Shaugaon, the place where one of the largest composite air bases is coming up. Our car was literally trapped in the jam for another 30 minutes till a long cavalcade of police jeeps followed by the red beacon of VIP vehicles drove past our car from the opposite direction. Later on we came to know that the convoy was of the Chief Minister of State who was coming back from Dooars. The sun had already said good bye for the day when we reached the Murti Tourist Complex. From there we took a country road for the Gorumara Jungle Resort, locally known as Gachhbari or the Log house. The road towards the main entrance gate was blocked so we took a different road and entered the complex through a broken fence or some kind of make shift entry point. The jungle resort is completely surrounded by thick woods and some of them were the biggest tress I've ever seen. The reason behind this was explained later on by a forest ranger, who told me that cutting of dead and even fallen trees is completely prohibited in the



reserve forest. One can see there that if humans were to take care of nature, how a common species of trees, which are usually 5-6 m high could grow up to 15-20 m. I sat and waited inside the car while my husband went in to enquire whether we could get any accommodation or not. After keeping us waiting for another 20 minutes, Mr. Basak, the manager finally appeared and to our utter surprise expressed inability to accommodate us for the night as the booking was done through their tourist office which was located at Lataguri and had already closed for the day. So we left for Lataguri to find a hotel for the night and get the booking for the jungle resort on the following day. While exiting the resort, we missed the broken fence. Instead, we came out through a gate, beside which there was a cautionary board that we could barely notice.

As I already mentioned, the jungle resort is surrounded by thick and really big trees. The time was past 1800 hrs. And in the eastern part of our country, that is almost night time. After a 10 minute drive, my husband suddenly stopped the car. The mystic beauty of the jungle had already begun to transform into a frightening one! We seemed way off from the road through which we had come. Suddenly, a sign board came to my notice which read "CAUTION: RESERVE FOREST CORE AREA. BEWARE OF WILD ANIMALS". Below this were intimidating pictures of elephant, rhinoceros and bison. A cold shiver went up my spine as we sat there.

Oh God, where we are going? The road was quite narrow and sufficient for just one vehicle. The kutchra road was raised 5-6 feet from the normal level of jungle. There was absolutely no scope for an about-turn.

My fear turned into anger and I yelled at my husband at the top of my voice, "What are you doing, do you want to get us all killed?" But I soon realized my anger would make the situation worse. Both my kids who were playing and enjoying the trip all along, suddenly cast a pale look towards their mother. Perhaps, they too sensed something was wrong and started crying. Now it was my husband's turn whose cold and perplexed look increased my adrenaline flow. My mind had stopped working; I had no idea what to do. Should we get down from the car and start running towards the resort or should we shout for help? My husband began inching back in reverse gear. We do not know how long the drive was. Every single minute seemed like an hour. We came back to the jungle resort, driving all the way in reverse gear. We narrated the whole story to the Manager, Mr Basak. Finally the 'Armed Forces Identity Card' came to our rescue and he agreed to provide us an accommodation for the night. To our utter surprise, we got the special VIP cottage that had been vacated by none other than the CM herself that morning. At night we enjoyed an exquisite cultural performance by the tribal people. The other occupants of the resort gave us a big round of applause.

Next morning we went on a jungle safari riding atop a very familiar Gypsy King, having been auctioned by the army. Luckily we got glimpses of some wild animals too.

The tide had turned. It has been said that "all is well that ends well". The tour was memorable but we learnt a valuable lesson, that any tour to an unknown place must be planned well and truly in advance.

Mrs Suniti Bepari
W/o Sgt SK Bepari
12 Wing AF



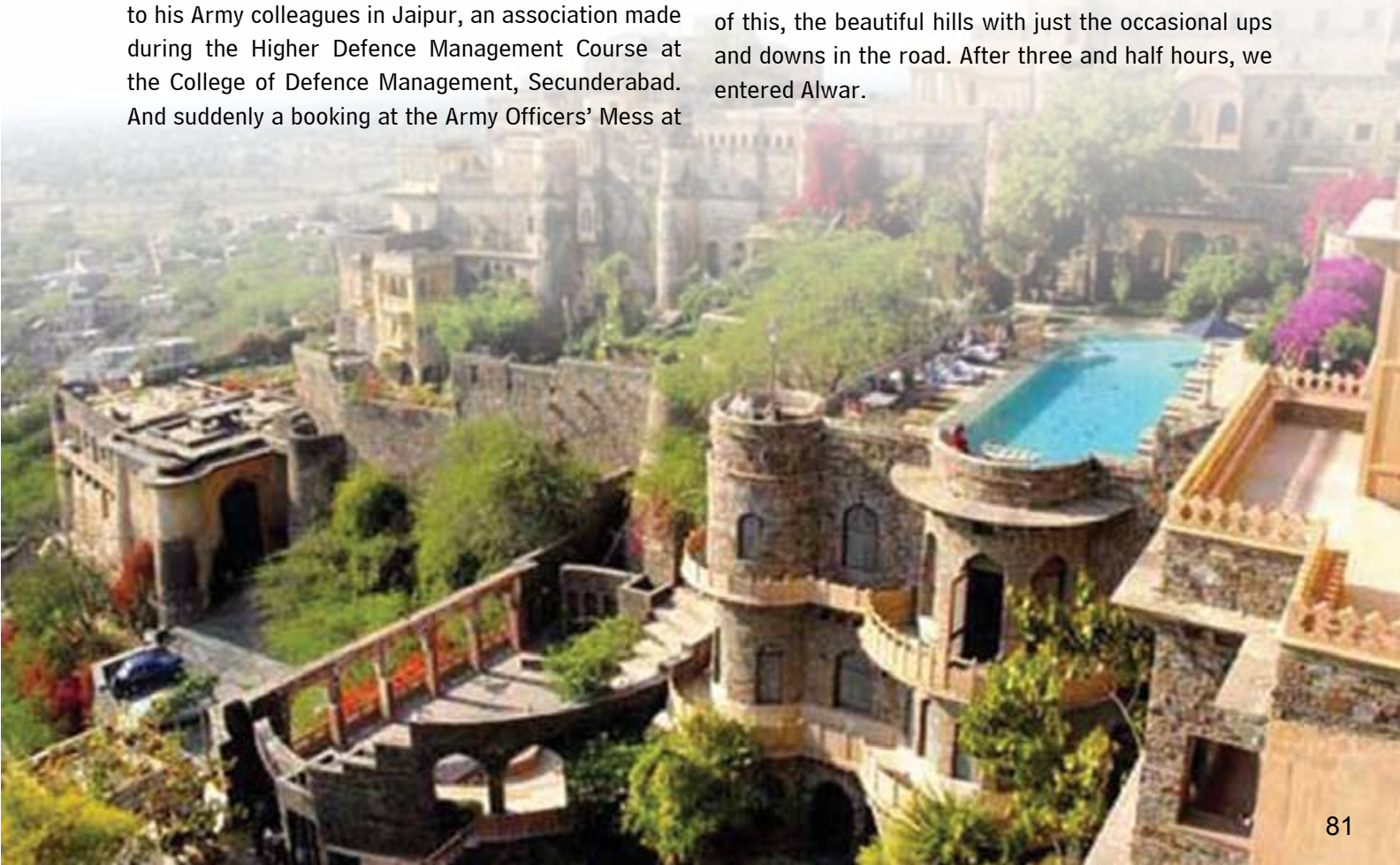
Alwar: A Sudden Trip Down Memory Lane

My husband is posted at Air Headquarter, RK Puram, New Delhi. His birthday is on the 8th April and as the day was approaching, I and my younger daughter were busy making plans for celebrating the day in the best possible way, a quality time for the family. The day happened to be on a saturday and as the weekend at Air HQ is for two days (a great plus of this posting) some wonderful options could be thought of. As my daughter's school was on, so a long trip was out. Suddenly we thought of a short trip to Alwar!! A place not very far from Delhi, just about a four hour drive. There was the Sariska tiger sanctuary and a few other places to visit around Alwar. There was an additional allure to this plan. I had spent three teenage years at the Kendriya Vidyalaya, Alwar from 1981-84 and so for me, it was a great opportunity to go down memory lane.

All the pros and cons were discussed over the dining table and then my husband made a few calls to his Army colleagues in Jaipur, an association made during the Higher Defence Management Course at the College of Defence Management, Secunderabad. And suddenly a booking at the Army Officers' Mess at

Itarana Cantonment was confirmed and thus it was a go. A contact for booking the Tiger Safari at Sariska also came along!! So as things appeared to be falling into place – we decided to take the plunge!

Saturday morning! First the home baked cake made by my daughter was cut by the birthday boy. And at 1230 hrs in the noon we were off. Out from the Dwarka area in Delhi, onto Gurgaon and then on the Jaipur Express Highway. As the road was excellent, once we crossed Manesar, the speed was good and soon enough at Daruhera near Bhiwadi, we left the Jaipur Expressway onto the state highway No. 25. There were apprehensions over potholes and traffic jams and the state of the new highway but surprise, surprise! A beautiful four lane toll highway and no bad patches, it was unbelievable. And where was all the traffic? After Bhiwadi, it was as if the road belonged to us. A four lane highway, no traffic, good quality road - it was a rare and exhilarating feeling. And through all of this, the beautiful hills with just the occasional ups and downs in the road. After three and half hours, we entered Alwar.



It was as if it was yesterday once more! After an initial guidance into the city from people, we were near the railway line and then it was as if suddenly the geography had come back to me. I started showing my husband the way. We came to a roundel and from there into the Itrana Cantt. Lo and behold, our accommodation was at the Itrana Palace, a heritage monument of 1914 now with the Indian Army. We were put up in Kumar Vilas. It was a pleasant surprise to be in the palace of the former Maharaja of Alwar. The palace had an old world charm to it. It was magnificent and so royal, it immediately lifted up the spirits and the holiday mood really set in.

We rested awhile and in the evening, my husband called up the contact for Sariska visit the next day. Then we went around the Cantonment, it was so clean and well lit up. I had a faint recollection of visiting the campus in my school days to meet friends who stayed there. Then we went to see Jaisamund Lake. But it was so shocking to see the lake all dried up. I remembered a lake full of water and people doing boat rides in it. Alas, mankind has done enough damage to the eco-system. I showed my daughter the house where I stayed when I was a teenager and felt very nostalgic.

Next day we woke up at 0430 hrs to make Sariska by 0600 hrs. It is 40 kms from Alwar. The safari was booked and then the trip began. Early morning was so chilly and we had not brought any warm clothing. We booked a complete jeep and set out for the wild life bonanza. Deer, Neelgai, Partridges, Owls, Peacocks, Alligators, Great Indian Bustard, Hornbills, it was such great fun. The forest was thick and huge. We also saw fresh pug marks of the tiger. Alas! There was no tiger spotting that day by any of the tourists. One of those days!! With the rising sun, early dawn changed

to a hot and sunny day. The animals moved around and gathered near the water holes. There was also the old hunting lodge of the Maharaja. It was indeed a great education for my daughter.

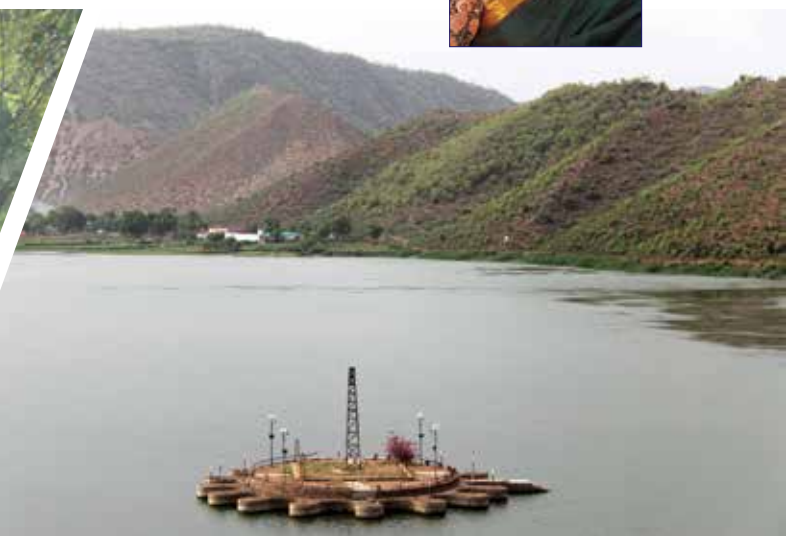
After Sariska, we were off to see Siliserh lake. What a huge water body amongst the hills! There is a palace there which the legend says Maharaja Vinay Singh made in 1845 for his village bride Sheela, whose village was across the lake. The palace is an ITDC hotel. There is boating available there too. The view was magnificent and took one's breath away.

From there we came back into town and I went to see my old school, Kendriya Vidyalaya No. 1 near Moti Doongari. The building appeared to have been done up while the playground was the same. There I stood, seeing myself enjoying with my friends, fond memories of my school days. I was sixteen when I studied there and now I was here with my sixteen year old daughter — after a gap of 33 years.

The roads in town were all done up and looked broader. Memories of my cycling up to school and back came alive. I excitedly showed my friend's house to my husband and daughter. They enjoyed my narration of an era gone by.

Then it was back to Itarana Palace for a quick lunch and it was time soon to move back to Delhi. I think a piece of me stayed back once again, in the modest and cute Alwar town. The wheels of the car and wheels of life moved on towards Delhi and a short sweet trip to Alwar was etched forever in our memories.

Mrs Preeti Bajjal
W/o Gp Capt S Bajjal
Air HQ (RKP)



How to Avoid Travel Travails: Your Own Mobile First Aid Clinic

Lo and Behold, that special time of the year is here. The time all mothers are glad about and dread in equal measure. Kids' school holidays are here and it means we need to find ways and means to keep them busy.

Holidays are almost synonymous with travel and we all look forward to these trips, be it travel to the grandparents' place or a short sojourn to the hills. It also means long train journeys or flights. With the weather being what it is, it is best to be prepared for the journeys and outstation travel in advance. If space is at a premium in your suitcases and you have a genuine desire to avoid arguments with your spouse, have your lists ready. This would include having a good first aid kit handy to take care of any minor illnesses.

Well how does one begin, for just an emergency medicine list could be quite long? Since the home kit cannot be carried entirely, let us first go over the conditions one may encounter and then get to the list finally. Travel means eating outside every day, drinking water from different sources, enduring the ill effects of the heat and of course the odd minor injury. It could also mean high fever, contracting food and water borne infections and also motion sickness in those prone.

Health Tips for Travel

First a few tips on having a sickness free vacation.

1. Be careful about the food and water your family consumes.
2. Try as far as possible to have freshly cooked food and do not consume food that is left uncovered including cut fruits.
3. Take extra care of the water you all drink, ascertain the source of the water and definitely avoid commercial ice from being added to your water or drink.
4. Consume adequate quantities of water and make sure that the salt and water loss in the sweat is being replaced at regular intervals with drinks like lassi, nimbupani, nariyalpani and if nothing suitable carry your water bottles and electrolyte packs.



5. Avoid moving out during the hottest part of the day, between 1200-1500h. But if you have to, then ensure that the head is covered with appropriate head gear like caps and hats. If these are not available even a duppata will do.

Do Remember

1. The First aid kit is for emergency use only. If the condition does not improve and you need more than two doses of a medicine, then you must seek medical help.
2. For high fever along with Paracetamol, sponging with tap water under a fan or in an AC room must be done.
3. For persistent loose motions or vomiting, especially in children, be very careful about maintaining adequate levels of fluids and salts by giving Oral Rehydration Solutions or Electral Solution tetra pack in time.

The Travel Medical Kit

Next is what medicine to pack. Given below is a list with name of the drug, condition to be taken for and quantities to be consumed and carried along.

Sl No.	Name of Medicine	Quantities to be carried for a week's travel for a family of four	Medical Condition	Quantity to be taken
1.	Tab Paracetamol (500 mg)	20	Fever, Body Ache	One tab 6-8 hrly
2.	Tab Digene	20	Acidity	1-2 to be chewed
3.	Tab Perinorm (10 mg)	10	Vomiting	One tab 12 hrly Do not consume anything for upto 1/2 to 1 hr after the medicine
4.	Tab Norflox TZ	20	Loose motions	One tab twice a day
5.	Tab Levocetrazine (5 mg)	10	Cold, Allergies	One tab once a day
6.	Voveran Gel	One Tube	Muscular aches and pains	Apply locally two to three times daily
7.	Soframycin Ointment	One Tube	Minor abrasions, cuts on skin, burns	Apply two to three times
8.	Cough Syrup (suppressant) Cough Lozenges	One plastic bottle	Dry Cough	
9.	Savlon/Dettol Liquid	One plastic bottle	For cleaning of wounds and abrasions after dilution	
10.	Band Aid Strips	10	Minor cuts/ wounds	Change daily
11.	Crepe Bandage	02	For sprains	
12.	Syrup Paracetamol	01 Bottle	For Fever (for children who cannot be administered tablets)	1/2 - 1 teaspoon 3-4 times a day depending on child's age and weight
13.	Syrup Perinorm	01 bottle	For vomiting	1/2 - 1 teaspoon twice daily
14.	Calamine lotion	01 bottle	For itching	To apply locally 3 - 4 times a day
15.	ORS packets/ Tetra packs	04	For oral rehydration after vomiting or loose motions	
16.	Odomos	1 - 2 tubes	Insect repellent	
17.	Sunscreen (SPF 50 or more)	1 bottle	To prevent sunburn	
18.	Digital Thermometer	01	For measuring temperature	
19.	Cotton Roll	01 small		



4. Remember to pack adequate quantities of prescription medicines for any family member on medication.
5. You must carry a hand sanitizer bottle as well.
6. Carry a spare set of glasses.
7. Do pack two packets of safety pins and a small pair of scissors.

While Travelling Abroad

If you are among the lucky few headed abroad then remember the following points.

1. Carry half your prescription medicines in your carry-on luggage and half in the check-in luggage.
2. Carry a prescription from your doctor on a proper letterhead clearly stating the medical condition and the medicines you take.
3. Carry at least one and a half times the medicines of the quantity you will need for your travel.
4. Do remember to take travel insurance for all family members travelling abroad.
5. Check whether the medicines that you intend carrying (prescription and first aid) can be legally carried in the countries you intend visiting.
6. Check health advisories on the web sites of the countries that you plan to visit to acquaint and equip yourself according to the disease patterns of that country as well as to take prior vaccinations

if required well in time before the visit. Lack of an appropriate vaccination certificate has resulted in many people being refused entry into countries of visit.

Some Useful Mobile App While Preparing to Travel Abroad

One good app is Centre for Disease Control (CDC Atlanta) TravWell. Users type their destination and time of travel into the app and it tells them what they need to do to prepare. It will tell you the vaccinations and the medicines that you probably need and will ask you to take the recommendations to your doctor four weeks before your proposed date of travel.

CDC has another App aptly called "Can I eat this?"

Bon Voyage

So when you pack next, remember all this and you would be armed to deal with any minor medical issues that might crop up during the holiday. This way, a hassle free travel will be ensured and the entire family will have lots of fun together. Bon Voyage!

Mrs Vibha Kapoor
W/o Air Mshl Pawan Kapoor VSM
Air HQ (RKP)



यात्रा वृत्तांत

मैं आप लोगों के साथ यात्रा का अनुभव साझा कर रही हूँ। मैं अपने परिवार के सदस्यों के साथ भगवान जगन्नाथपुरी की यात्रा के लिए 19 अक्टूबर 2015 को प्रातः सुबह 5 बजे पालम साधनगर से दिल्ली रेलवे स्टेशन पहुँची, वहाँ 30 मिनट इंतज़ार के बाद ट्रेन प्लेटफार्म पर आकर खड़ी हुई। मैं अपने परिवार के सदस्यों के साथ आरक्षित सीटों पर बैठ गयी।

यात्रा शुरू होने से पहले मेरे मन में कई प्रश्न थे जैसे कि – अच्छी तरह से भगवान जगन्नाथ जी के दर्शन हो पायेंगे कि नहीं, नन्दन कानन वाइल्ड लाइफ सेन्चुरी घूम पायेंगे कि नहीं तथा कोणार्क का सूर्य मन्दिर कैसा होगा ?

दो दिन ट्रेन की यात्रा करने के बाद हम पुरी रेलवे स्टेशन पहुँचे, वहाँ से हम ऑटो से समुद्र तट से होते हुए आर्मी हॉलीडे होम पहुँचे जो रेलवे स्टेशन से 5 किमी दूर बलिया पांडा में था।

सीधे-सादे लोग एवम् साधारण संस्कृति हमारे मन को एक नया आयाम दे रही थी। किन्तु एक ही समस्या थी, जो थी शाकाहारी भोजन की, क्योंकि शाकाहारी भोजन का एक ही रेस्टारेंट था।

यात्रा के प्रथम दिन हम लोगों ने समुद्र के तट पर बैठकर समुद्र का आनन्द लिया तथा रात में डिनर करने के बाद अपने रुम में आ गये। हम लोग काफी थके हुए थे, जिसकी वजह से अच्छी नींद आ गयी।

अगले दिन हम लोग भगवान जगन्नाथ के दर्शन करने गए, वहाँ मन्दिर परिसर में पहुँचने के बाद, दर्शन करने के लिए मन बहुत ही लालायित हो रहा था, हमें वहाँ गाइड ने जगन्नाथ भगवान के दर्शन कराए और मन्दिर के बारे में अनेक जानकारियाँ दीं। दर्शन करने के बाद हम लोगों ने दोपहर में आराम किया, शाम को पुरी के आसपास के सभी मन्दिरों के दर्शन किए। सभी मन्दिरों के विषय में अनेक कहानियाँ एवम् पौराणिक मान्यताओं की जानकारी मिली।

तीसरे दिन हम लोगों ने नन्दन कानन वाइल्ड लाइफ सेन्चुरी के लिए सुबह 8 बजे से यात्रा शुरू की



तथा 2 घण्टे के बाद उड़ीसा के प्रसिद्ध सूर्य मन्दिर कोणार्क पहुँचे। सूर्य मन्दिर का दृश्य बड़ा ही मनोरम था। यह मन्दिर अदभुत शिल्पकला एवं वास्तुकला का अनूठा नमूना है।

उसके बाद हम लोगों को दया नदी मिली जो कि अशोक के साम्राज्य के समय रक्तरंजित हो गयी थी। यहीं पर महान् सम्राट अशोक का हृदय परिवर्तन हुआ था और उन्होंने बौद्ध धर्म को स्वीकार किया था। यहाँ सम्राट अशोक ने बौद्ध स्तूप बनवाए थे। उसके बाद हम लोग लिंगराज मन्दिर, उदयगिरी, खण्डगिरि के दर्शन करते हुए शाम 5 बजे नन्दन कानन वाइल्ड लाइफ सेन्चुरी पहुँचे। वहाँ दो घण्टे घूमने फिरने तथा जीव जन्तुओं का अवलोकन करने के बाद रात 10 बजे हम लोग पुरी पहुँच गये।

चौथे दिन हम लोगों ने भगवान जगन्नाथ के दर्शन किए, शाम के समय महाभोग प्रसाद खाया, जो कि मिट्टी के बर्तन में बनाया जाता है। वहाँ एक कहावत भी है “जगन्नाथ का भात, जग पसारे हाथ”।

अगले दिन सुबह हम लोग 10 बजे पुरी रेलवे स्टेशन पहुँचे और ट्रेन में दो दिन का सफर करने के बाद नयी दिल्ली रेलवे स्टेशन तथा वहाँ से ऑटो में पालम साधनगर वापस आ गये, यही हमारी यात्रा का वृत्तांत है।

श्रीमती नीतन तिवारी
पत्नी जू वा अ आर तिवारी
वायु सेना मुख्यालय
(आर के पुरम)



A Cradle in the Lap of Nature Lakshadweep Islands

 describe travelling as the most natural form of rejuvenation on earth. It is so rightly said, "The world is a book and those who do not travel read only one page". My husband and I love to travel. Not only to see the wonderful places around us but every journey gets us closer to ourselves. We discover the world beyond the word "I". One of our most recent trips was to the Lakshadweep islands. Located in the south western coast of India, the archipelago is the smallest union territory consisting of 36 islands, but only 10 of these islands are inhabited. At present there are six islands open for tourism viz. Minicoy, Kavaratti, Kadmat, Kalpeni, Agatti & Bangaram. Of these, three islands, Bangaram, Agatti & Kadmat are open for international tourists. The charm of Lakshadweep islands lies in its remoteness and in the fact that each island still exists with little influence from the outside world and chaos. It will so beautifully bind you close to yourself and give you a glimpse of the flawless and magnificent creation of God.

Agatti airport on Agatti Island is the only airport in Lakshadweep. Lakshadweep Islands can be reached by ships and flights operated from Kochi. For all tourists, Kochi is the gateway to Lakshadweep. Air India flight from Kochi is the only flight that connects the mainland to Agatti island by air. The flight from Kochi to Agatti takes approximately one hour and thirty minutes. Tourists need an entry permit to visit the islands. The permit is checked by the airline officials before handing over the boarding pass in Kochi and after arrival at the Agatti Island. Alcoholic beverage consumption is not

permitted in the Lakshadweep Islands. The place in itself is so intoxicating that you don't even need it to feel high and happy!

The best time to visit Lakshadweep is from October to mid-May. Thereafter, the monsoons make travel difficult. The bookings of your desirable place need to be made at least two months in advance as the resort has limited availability of rooms. The Society for Promotion of Nature Tourism and Sports (SPORTS) is the government agency of Lakshadweep Administration for promotion of tourism in the islands. The bookings for stay and speedboats are to be done through their website. (www.lakshadweeptourism.com). All the details will be available after contacting the SPORTS agency via mail @ laksports.reservation@gmail.com or via telephone. We visited Kadmat Island during the second week of December 2016. We booked the air tickets using LTC to Kochi and then to Agatti. We decided to stay on one Island throughout our stay but there are many other options too. Speedboats are available to adjacent islands but only on specific days of the week after prior bookings only. The cost of the speedboat is pretty high but it is also covered under LTC.

Agatti is a small island which is 7 kms in length and 1 km at the widest. Densely covered with coconut palms, an unbroken line of creamy sand, Agatti is serenely set in a sea whose waters range from palest aquamarine and turquoise to deepest sapphire. After landing, the airport officials checked our permit and we were then taken to the jetty. The speedboat ride to Kadmat Island took three and half





hours. Luckily this boat had an air-conditioned cabin. The speedboat had a capacity of not more than 20 people per trip. We were provided lunch and water during the journey. The journey was just a little taxing for me as I have sea sickness. So it is advisable for people with the same to take necessary precautions to avoid the discomfort during their travel. I had taken homoeopathic medicines for the same before starting the boat ride and luckily I had sufficient supplies to aid fellow passengers to smoothly complete the journey.

It truly felt like a "Paradise on earth" when we reached Kadmat. Kadmat island is also known as Cardamom Island. About 9 km in length with a width of 1.5km, it is situated on a coral reef and is rich in marine life. The enormous lagoon is located on the west side of the Island that makes it more popular for tourism. White sand and tiny sand dunes cover the Island. A mini-van was awaiting us at the jetty point that dropped us off to the resort. On arriving, we were given fresh coconut water to drink. It was very refreshing. We decided to drop off our luggage in the room before heading to the beach. We had booked a standard AC room. The room was neat and clean, decently furnished with contemporary amenities like spacious attached baths, running hot/cold water, direct dial telephone, color TV with cable channels, kettle etc. We changed into our beach wears and hit the beach which was just 10 steps away. It felt like we owned the whole place. There were just a handful of us on the beach. Water sports like jet skiing, kayaking, banana boat rides, snorkeling, and scuba diving were available at the resort. We decided to spend the rest of the day swimming in the beautiful crystal clear sea till sunset.

The next day we decided to go snorkeling. We had our own snorkeling kits, however we consulted the guides before going snorkeling alone to be on the safer side. So I suggest you do the same even if you are an experienced swimmer. The guides were all very kind and helpful. We snorkeled for a while but didn't really get to see many corals and marine life. So we

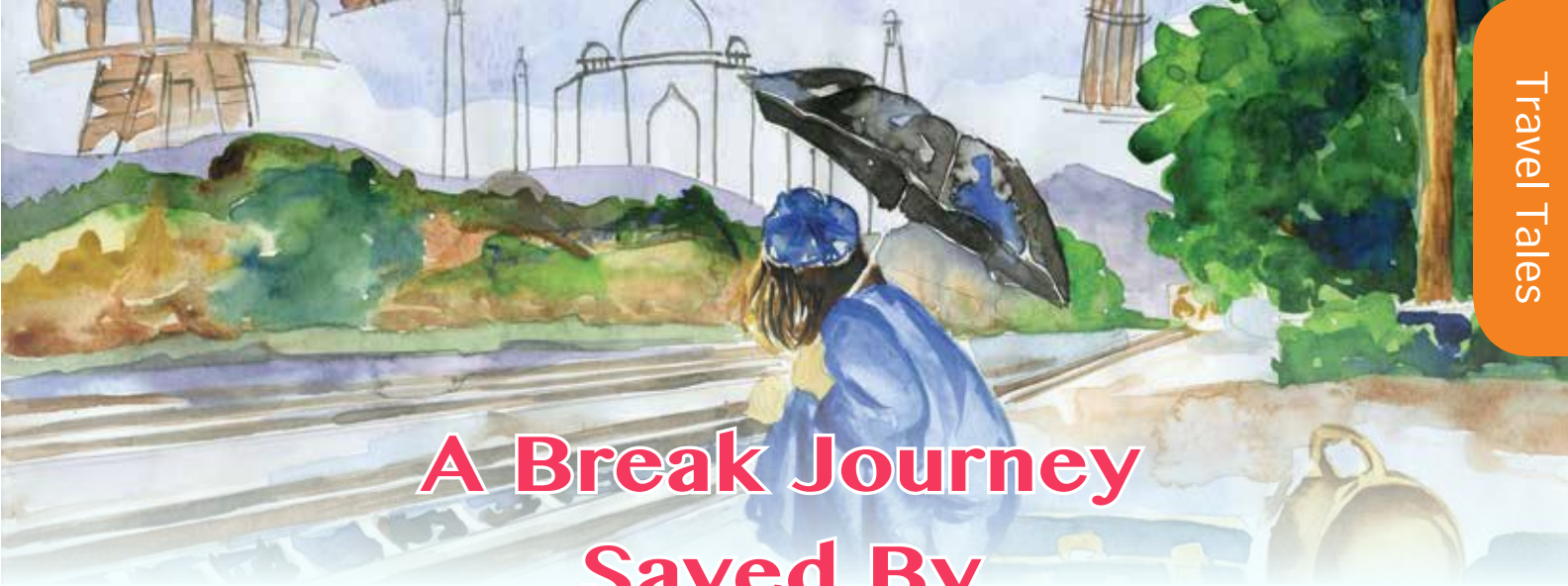
then hitch hiked in one of the boats that was heading to a scuba diving area. Snorkeling in this patch was so thrilling and wonderful. We saw several corals, fishes of various color swim over these corals having different hues, the view is unbelievably intriguing. Colorful fish like angel fish, clown fish, eel, sword fish, grey stingray and the mysterious puffer fish were some varieties we saw. This experience was so rich that I decided to get myself an underwater photography gear. We decided to spend the evening kayaking around the island. It was a wonderful experience having the island on one side and sea on the other. We scuba dived the following day. I was a little apprehensive to do so. But the trainers were very motivating and I didn't want to miss this experience. My husband is a certified diver so he proceeded alone on his own. I was accompanied by a trainer. We had an initial 15 minutes of basic/revision training. We headed to the diving spot in a boat. I dived upto 10 m below sea level and I am so glad I did it. I can conclude after this experience that "the best way to observe a fish is to become a fish".

Our entire stay at the Kadmat Island was for 4 nights. We were served breakfast, lunch and dinner in the restaurant, which was included in the package. Tea and snacks were also included. The menu wasn't very extravagant but very tasty and included vegetarian and non-vegetarian dishes. Smoked tuna with coconut chunks was my favorite.

On the last day we had dinner by the sea, served specially for us by the hotel management. The entire trip was wonderful. Not only did we enjoy the sea and sand but also made incredible friends from Austria, London and West Bengal. That made our trip extraordinary and memorable. I would like to add "A mind that is stretched by experience can never go back to its old dimensions". This experience will touch your life with a lasting impression and undoubtedly bring eternal joy to your soul.

Dr. (Mrs) Joslyn R Verekar
W/o Sqn Ldr Rahul Verekar
11 Sqn C/O 36 Wing AF





A Break Journey Saved By Aaraamghar

I am the wife of an Indian Air Force warrior. It's been two years. I was in Guwahati. I, along with my family went to our hometown, Vijayawada, Andhra Pradesh. After spending a few days there, we were supposed to return together, but due to my son's admission into university, we had to change our plan.

My husband and son reworked their return journey. And my daughter and I were all of a sudden by ourselves for the long long way from Howrah to Guwahati. Till Howrah, it was quite nice travelling. At Howrah, after waiting for a couple of hours, we got to know that the connecting train was late by 18 hours. There we actually faced a challenge. We had no clue what to do, where to stay till the next day. Then I got a call from my husband and a wave of relief traveled through me. I got to know about the 'Aaraamghar' which was at the Howrah Railway station for service personnel.

It felt like I had been offered a glass of water in the middle of a hot sunny day. We checked into the Aaraamghar. We were given a room. We were there

for almost a day. And to be honest, it was a comfortable and good experience. We had all the facilities, a very warm welcome and caretaking. It had canteens, room service and the most important, safety.

These are my few words of experience which I wanted to put to show my gratitude and respect to the defence forces. I whole-heartedly thank each and every person and association who join to provide us such an easy living wherever we go, wherever we stay.

It's a proud feeling for me to share this as a wife of an IAF person and a member of the Air Force Wives Welfare Association (AFWWA).

Mrs Nagamani Rao
W/o WO KS Rao
AF Stn Jaisalmer



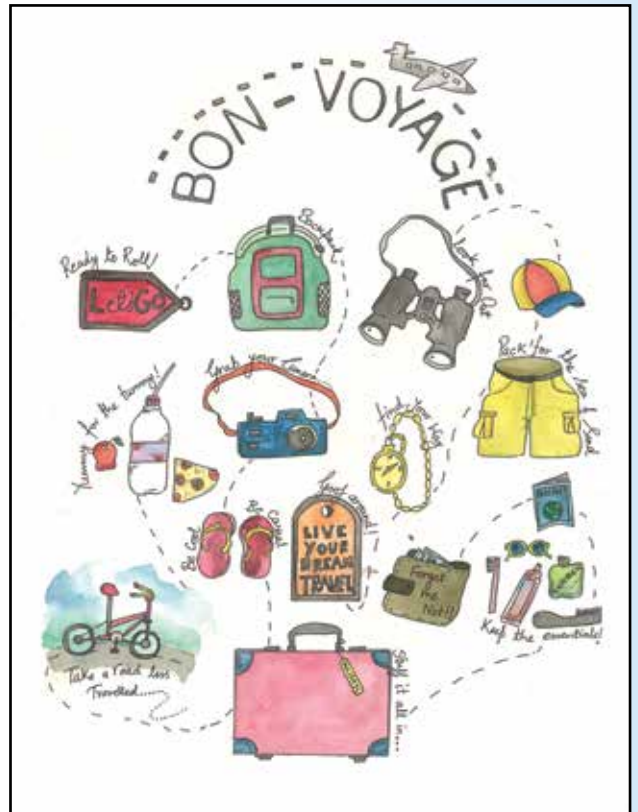
ताकि सफर रहे सुहाना

यूँ तो ज़िंदगी एक सुहाना सफर है, एक यात्रा है, लेकिन यात्रा पर जाने की कल्पना मात्र से ही हर उम्र में मन एक उत्साह और उमंग से भर जाता है। यात्रा हमारे जीवन की नीरसता को एक ताज़गी से भर देती है। यात्रा का मतलब ही है दूर-दराज के अनदेखे और सुन्दर स्थानों का दीदार करना। आज दुनिया सिमट कर छोटी हो गयी है, जाना आना अपेक्षाकृत सुगम हो गया है, जगह चाहे कोई भी हो, हमारी पहुँच से बाहर कुछ भी नहीं। पलक झपकते ही आपके ख्वाबों को पंख लग सकते हैं, फिर चाहे वो बर्फ से ढकी पहाड़ों की वादियां हों, सागर की अट्हास करती लहरें, बलखाती इठलाती नदियां हों या फिर दूर तक पसरे रेगिस्तान, सभी तो अपनी बाहें फैलाए निमंत्रण देने से लगते हैं। सभी हमारे जीवन में इंद्रधनुषी रंग बिखेर देते हैं।

प्राचीन काल में यात्रा केवल धार्मिक उद्देश्य से ही की जाती थी, जाने आने के साधन भी सुगम नहीं थे। अतः लोग अपने कर्तव्यों से मुक्त होकर ही यात्रा पर जाने की सोचते थे। यदि लौट आए तो ठीक और नहीं आए तो भी ठीक। पर अब समय बदल गया है। अब तो हर उम्र में ही अलग उद्देश्य से यात्रा करने का अवसर मिल ही जाता है। कभी पढ़ने के लिए, कभी

नौकरी के लिए या फिर छुट्टियों में परिवार के साथ सैर सपाटे के लिए। आज यात्रा के लिए बाहर कुछ खोज करने की ज़रूरत भी नहीं है। "पैसा फेंको तमाशा देखो" कितनी ही टूर एंड ट्रेवल कम्पनियां अलादीन के चिराग की तरह आपकी सेवा में खड़ी हैं। आपके टिकट, होटल, गाड़ी सभी तो एक बटन की दूरी पर हाजिर हैं। कितना लुभावना लगता है न ये सब ? पर ज़रा सी असावधानी से सारा मज़ा ही किरकिरा हो जाता है। यात्रा के दौरान चंद बातों की सावधानी रखी जाए तो सफर न केवल सुहाना हो जाता है अपितु ज़िंदगी भर के लिए यादगार बन जाता है:-

1. **LFkku dk p;u :-** यात्रा के स्थान का परिवार के सदस्यों के अनुसार ही चयन करें, सभी की रुचि का ध्यान रखें जैसे बुजुर्ग और बच्चे साथ हैं तो बहुत जोखिम और रोमांचक स्थानों पर न जाएं।
2. **;k=k l; io lHkkfor LFkku dh tkudkj :-** जगह की जानकारी प्राप्त करना आवश्यक है। गूगल से सब पता चल जाता है, प्रसिद्ध एवं दर्शनीय स्थल। कई बार दूर एजेंट अपनी सुविधा से घुमाते हैं, खास स्थानों को छोड़ देते हैं, उसका भी ध्यान रखना आवश्यक है। वहां के मौसम के बारे में जानकारी भी ज़रूरी है ताकि उसके अनुसार कपड़े ले जा सकें। यदि नदी या समुद्र के किनारे जा रहे हैं तो नहाने के लिए अलग वस्त्र अवश्य रखें।
3. **cPpk d; fy, [kkuk ikuh :-** यदि बच्चे या बुजुर्ग साथ हैं तो उनके लिए साथ में थोड़ा खाने का सामान, बच्चा छोटा है तो पाउडर मिल्क वगैरा अवश्य रख लें।



- 4 nok rFkk QLVl ,M dk lkeku :- अपनी नियमित दवा, सामान्य सिर दर्द, उल्टी एवं बुखार की दवाएं (फर्स्ट एड किट) अवश्य साथ रख लें।
 - 5 igpku i= :- पहचान पत्र, आधार या वोटर कार्ड अवश्य रखें क्योंकि हर जगह इसकी ज़रूरत पड़ती है।
 - 6 जहाँ भी जा रहे हैं, वहाँ के होटल का पता तथा फोन नंबर अपने परिवार के सदस्यों को या खास मित्रों को अवश्य देकर जाएं, ताकि आवश्यकता पड़ने पर संपर्क किया जा सके। उनका नंबर भी अपने पास लिख लें। साथ में एक छोटा-सा कार्ड रखें जिसमें आपका ब्लड ग्रुप, आपको कोई खास बीमारी हो या किसी दवा से एलर्जी हो उसका ज़िक्र एवं महत्वपूर्ण फोन नम्बर नाम के साथ अवश्य हो।
 - 7 साथ में मूल्यवान आभूषण या कैश न ले जाएं। कार्ड का प्रयोग करें। बहुत खरीददारी न करें, पर्यटक स्थल पर चीज़ें बहुत महँगी होती हैं।
 - 8 यात्रा के दौरान सह यात्रियों के साथ अधिक घनिष्टता न बढ़ाएं, न ही अनावश्यक बहस में पड़ें।
 - 9 lcl fo'k'k ckr - यात्रा में सामान जितना कम होगा यात्रा उतनी ही सुखद और आनंदायी होगी। अनावश्यक सामान लेकर न चलें, हर सदस्य अपना सामान स्वयं उठा ले, इतना ही सामान हो तो कुली के झंझट से मुक्ति मिल जाती है।
- यदि उपरोक्त बातों का ध्यान रखेंगे तो निश्चित ही आपका सफर सुहाना होगा, ऐसा हमारा विश्वास है।

श्रीमती अंशु अवस्थी
पत्नी एयर कमडोर डी के अवस्थी वि से मे
वायु सेना मुख्यालय (आर के पुरम)



तुम कभी मायूस मत होना

तुम कभी मायूस मत होना किसी हालात में,
हम चलेंगे आखिरी दम तक तुम्हारे साथ में।
है अंधेरा आज थोड़ा सा अगर तो क्या हुआ ?
आ गई कुछ देर को मुश्किल डगर तो क्या हुआ ?
दर्द के बादल जरा सी देर में छट जाएँगे,
कल तुम्हारी राह के पत्थर सभी हट जाएँगे।

चाहते हो जो तुम्हें, सब कुछ मिलेगा देखना,
हर कली हर फूल कल फिर से खिलेगा देखना।
फिर महकने-मुस्कुराने सी लगेगी जिंदगी,
फिर खुशी के गीत गाने सी लगेगी जिंदगी।

घोर तम हर हाल में हरना तुम्हारा काम है,
दीप हो तुम रोशनी करना तुम्हारा काम है।
पीर की काली निशा है अब आखिरी दौर में,
अब समय ज्यादा नहीं है जगमगाती भोर में।

देख लो नज़रें उठाकर, साफ दिखती है सुबह,
देख लो अब जान कितनी सी बची है रात में।
तुम कभी मायूस मत होना किसी हालात में,
हम चलेंगे आखिरी दम तक तुम्हारे साथ में।

श्रीमती मीरा शर्मा
पत्नी एन सी (ई) ऐ के शर्मा
वायु सेना स्टेशन जलहाली



A UNIQUE ADVENTUROUS JOURNEY



Mrs Josni Sebastian
W/o JWO T Sebastian
AF Stn Missamari

We were newly married and my husband was posted at Leh which is a non family station and my husband was planning to take me there during the next summer for a short vacation. He had often described on telephone about the beauty of the place and I was more excited to explore the highest and one of the most beautiful tourist places in the world.

Since we both belong to Kerala, winter was almost new for us. We hardly use a bed sheet even during the coldest months December and January in Kerala. So I was nervous thinking about the situation in Leh. I was visiting in the month of June, so I was sure that the climate there would be pleasant. Even then, my husband arranged a blanket for me, in case I was not able to cope with the temperature.

Everything went as planned and we reached Leh by a civil flight from Delhi. My husband had already booked a room in a building called 'White House', where all air warriors kept their families, who came for visiting. First three days were acclimatization for me as I was supposed to stay indoors and do no work other than taking rest and having a tablet (name of which I am unable to recollect).

On the seventh day of arrival, my husband planned a trip to Khardung La which is the highest motorable road in the world. He had hired a Yamaha FZ bike from the city and we started at 10 am from home. We reached Khardung La at around 1230 pm, after brief stops here and there, to capture the beauty of the place, on our mobile. The journey was fine and on reaching the place, we had a small breakfast and tea (which is considered a lifeline in such places). We took a few snaps there and decided to return back home before sunset. The weather was not sunny but a bit cloudy. I enquired from my husband whether it rained in Leh to which he replied in the negative saying that he had never heard of rain in Leh. I blindly believed that and both of us started our return journey.

Halfway, while coming down the mountainous terrain, it suddenly started raining, much to my shock

and astonishment. My husband was wearing a leather jacket and I had a wind cheater above my churidaar. There was not a single place to take shelter from the rain and the nearest shelter was an army post which was still a long distance away. The bike had started skidding as there were pebbles and stone chips on the road and I was almost sure that we were going to fall down the gorge that surrounded both sides of the road. The rainwater was very cold and I managed to hide behind my husband, holding him tightly as I could and close my eyes in fear as to where the journey was going to end. Luckily, we both were wearing helmets which gave little bit of protection from the cold rain water. My husband drove cautiously and I could feel he was shivering as his bare hand was on the handle of the bike. The army post was nowhere to be seen and I started praying to all the Gods for a miracle. After half an hour, we managed to reach the army post and we quickly went inside the nearest room after disclosing our identities. The Army Man was a 'Sardarji' and he was initially shocked to see both of us shivering. He quickly lighted a Bukhari and offered towels to wipe ourselves. We sat there till we were almost dry. He also offered hot coffee and maggi and both of us pounced on them quickly, it was only then that brought life into our almost lifeless bodies.

After we were completely dry, we thanked sardarji for all the help saying that if he was not there to help us, we would have surely died. We reached home after around 45 minutes and immediately took a hot water bath. We narrated the entire incident to our neighbours, and they too were amazed hearing about the sudden rain that left us fighting for our lives.

Although its been eight years, the Khardung La trip and our encounter with death brings goose bumps to both of us. We thank God for his mercy and will never be able to forget that journey which could have easily been our last.

MY CHINESE FRIEND IN BANGLADESH



7 was barely three then, I am nine now. The number of repeated narrations that this particular incident has seen, it can easily break any of the Aesop's fables record. In the process, it ensures that I remember each and every detail very vividly.

My family joined Daddy dear in Bangladesh when he suddenly thought of going back to college at DSCSC (Defense Services Command and Staff College), Mirpur.

It was during this sultry summer of 2010 that our trips to the Olympic sized swimming pool became frequent. Honestly, the pool seemed too huge and its depth seemed too scary. Even after lots of persuasion, I was content sitting at a safe distance so that my over enthusiastic parents wouldn't pull me in, while my elder sister took to the water like a fish. In a couple of days, she jettisoned her armfloats for a hand-held board.

I made progress too. I would now sit on the edge of the pool with my feet dipping in the water, all the time reminding my parents of the promise they had made to me to not pull me into the water. Meanwhile, Dad would be with my sister at the deep end and Mom would stick around in the shallow end urging me to be a bit braver.

On one such trip it was just Dad, my sister and me. Dad's attention was focused on my sister and I got the cursory warning glances to stay away from the water. Each day I was coaxed, cajoled and urged to get into the pool but today seemed to be a different day. I was cautioned not to come near the water. Probably that

served as a trigger! Sensing an opportune moment, I came running and dived into the pool head on. Personally, I am incapable of describing what the sinking feeling would have been like but the fear that was writ large on my parents' face is a tale in itself each time the story was repeated to new friends and relatives.

I am told, that day Major Peng dived in after me and rescued me. Major Peng is from the Chinese Army and goes to the same college as Dad. I remember seeing him in the frequent social gatherings at Staff College. From that day onwards, Major Peng showed keen interest in me. We kind of developed a friendly bond. Guess that's why Peng uncle, who used to spend most of his time inside the pool, swimming, now started spending most of his time outside the pool, baby-sitting!



Master Aryan Deswal
S/o Gp Capt KS Deswal
AF Stn Jaisalmer





How I Met My First Love

I have been riding for the last 9 years, from short coffee rides to finding a dam, river or a hidden cave in the mountains! My intrigue and curiosity was fed by the amazing stories my friends told me of their riding adventures. This one time, on the way to Kasauli, I saw a group of bikers on Royal Enfields making their way to the mountain tops and I was awe-struck! The formation they flew in was spectacular and as a 16 year old I had met my first crush. I learnt how to ride from my guy friends, hiding the lessons from my parents. We had a rule at home for no driving until 18 years of age. This made it even more thrilling. The thought of riding motor cycles had me dreamy eyed. I'd read up about the latest bikes; look at the same scene in a movie over and over again. Finally one day, my dad agreed to teach me how to ride his beautiful RX 100. I knew by now how to ride, but my dad was here, all set to get me started. Now, being a very fauji dad, for the first 3 days I only got to hear the bike roar and learn how to fix it. The 16 year old me hated how much I had to wait for that first ride on my dad's bike. But it truly was life changing when it came.

My dad gave me the RX for keeps. After a few falls and multiple sessions of kicking the bike for hours, I learnt

all about my bike. Four years of college turned out to be the time for riding around Maharashtra. There were endless trips and great experiences. This did not seem enough, so I decided to own one of those bad boys! That resolve led me to my first Royal Enfield. There's been no looking back since; my first riding adventure constituted of a whopping 1100 Kms! I rode from Pune through Goa to Bangalore and after that a lot of rides covering Karnataka and Maharashtra. Each ride made me stronger, both mentally and physically.

Initially when you get a bike that big and ride around town being a chick and all, it is quite a head turner. I loved the awe in people's eyes. I enjoyed the reactions people had when I took off my helmet on the highway. Such glorious times and feeling!

After about 6 odd months I learnt, it was not about any of that glory and that is when the transition of being a woman biker to being a biker happened. Life really changes when you travel and you really grow as an individual.

Now, my favorite story of riding is in Vietnam. I did a solo trip and decided to ride around the country. I rented an old bike, hardly figured the brand, checked

out all the things that needed to be in place and set course. I feel that was the best decision ever to ride through the islands, meet people from so many nationalities on my ride, spend a lot of time with the locals (hearing their versions of the Vietnam War) and make so many friends. I believe in the power of traveling and it does not have to only be a bike.

There is a lot I have learnt from my experiences of riding, here are a few:

- Communication. The art of talking to anyone and about anything. Travel has this amazing gift to give you which is being free and going with what you feel and think. I spoke to people of all ages and from different sects of the society. Conversations about life, love, travel... people had so many stories to share. The joy of speaking your mind, without being judged is rare and exquisite.
- Being prepared. This is a life skill that today, also helps me to be a better professional. On a ride, I'd carry an extra clutch cable, chain link, fuel, water, puncture kit, first aid, engine oil etc. Because when you are on a long ride anything can happen anytime. Same is the case with everyday things.
- Women are safe on the road. The most heart warming thing that I learnt is people in smaller towns and cities have more respect for a woman

(at least a biker). In the last 9 years, I have only had trouble riding in the city. So for all those people who are worried about traveling alone, don't worry so much.

- The one thing that can get you killed on the road and in real life is EGO.
- What is experience? It is feeling with all your 5 senses and riding motor cycles makes you feel that. Every sense is active and exposed to what is around. The skin is socking the air, eyes the visuals, ears the sounds, nose the smell and tongue the delicacies of the area. This is real experience.
- Being open to experiences. Biking is one of those things that make you very positive, you know when you head out, anything can happen anytime, you may just get stuck in a storm but it is alright. Nothing is big enough a deal as to shake you. You have had experience enough to be open to whatever may come your way.
- I am not a woman biker. I am just a biker!

Mrs Sneha Bhaduria
W/o Sqn Ldr Deepak Chouhan
224 Sqn C/o 33 Wing AF





The Two Insects

Miss Ananya Deshmukh
D/o Wg Cdr RN Deshmukh
2403 'C' Flt C/o 49 Wing AF



The light worm says
"I can glow all night,
To guide my way
For a marvelous flight"

The firefly says
"I know it's bad to fight
But what all you say
is not at all right"

The light worm says
"Oh! What do you say??
I'm the best,
Glowing and gay"

The firefly says
"I can glow too,
I can glow far
better than you"

And so starts their fight
Which lasts all night
On a silly thing:
Who gives off more light?

Then it is day and the early
Bird's searching for food
They need to be alert
But they're not in a mood

The bird sees them
And decides they are its prey
And so ends their quarrel
At the break of day

They are friends
And their quarrel
Ends at last

But now they are down
For the bird's breakfast!



Neighbour's Envy Owner's Pride

I have seen Magical Men exist,
They can be awake all night,
At day break can still pick a fight,
Their bodies may be hurt by bullets,
Their minds are unscratched, untouched and
full of Zest

I have seen Magical Men exist,
They hide their emotions so skillfully,
Even the most, dear one's get fooled easily,
They may return to their abode after months,
But, on a call, they report on duty-leaving their
daughters and sons

I have seen Magical Men exist,
Extreme weathers-scorching heat and minus
temperatures,
Not a single one deters
The piercing silence of calm nights,
It's not romantic songs, but the enemies plan,
keep them bright

I have seen Magical Men exist,
When they face death,
There is fear in eyes, not of the men, but in
the eyes of the death alone
Death fears to come near,
Such is the power of a warrior.

I have seen Magical Men exist,
One Life-One Ambition-One Goal-One
Achievement
The Do or Die attitude for the Nation

They rent only one thing – A Smile
Which they carry home
To assure their near and dear ones
They will never leave them alone....
I have seen Magical Men exist.

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



जीवन मिलता है एक बार

हर कार्य करो निर्भयता से ।
तोड़ो शंका की हर दीवार,
जो करना है, कर लो अब ही,
जीवन मिलता है एक बार

मन में आशाएं ढेरों है,
पाना सब को है सहज नहीं,
हर आशा खुद ही पूरी हो,
ऐसा तो कभी संभव ही नहीं ।

फिर इन आशाओं के पुल पर
क्यों लादें परिणामों का भार ?
जो करना है कर लो अब ही,
जीवन मिलता है एक बार ।

जीवन में सन्तुष्टि होना,
वैकल्पिक नहीं, आवश्यक है ।
आवश्यकताओं हेतु ही,
क्या कुछ ना करता मानव है ।

प्रतिदिन आशाओं का बढ़ना,
इतनी व्यस्तता लाया है,
कि एक ही घर में रहकर भी,
हर परिजन हुआ पराया है ।

इन आशाओं को अंकुश दो ।
जीकर देखो इस क्षण को आज
जो करना है कर लो अब ही
जीवन मिलता है एक बार

श्रीमती रुची शुक्ला
पत्नी विंग कमान्डर वी शुक्ला
49 विंग वायु सेना



सिसकी



इन्द्रधनुष

मुझे क्या पता था ऐसा हो जाएगा
थोड़ी सी खुशी की चाहत में सब कुछ खो जाएगा
घर से निकली भी हँसते हँसते
सोचा न था ये हँसी आखिरी बार है,
आज मेरे ही ऊपर किस्मत की बुरी मार है ।

पूछती हूँ खुद से कि यह वही धरती है जिसने मुझे पैदा किया ?
'स्त्री रूप है वह देवी का', यह सुना कर बड़ा किया,
पूछती हूँ खुद से कि भगवान ने मुझे भी ज़िन्दगी जीने का
एक और मौका क्यों नहीं दिया ।

मैं पूछती हूँ खुद से, कहां है वो शक्ति जो औरत के अन्दर
छिपी है, उसे बाहर निकलना बहुत जरूरी है क्योंकि,
ये दुनिया दरिदंगी से भरी है ।

मेरे देश के लोगो— मुझसे वादा करो, जो मेरे साथ हुआ
वे किसी और के साथ होने न देना
इस दुनिया से स्त्री का वजूद खोने न देना ।

ये तुमसे कह रही हूँ मैं
मुझे कमजोर मत समझना, लड़ी थी मैं
पर क्या करूँ किस्मत मौत का पैगाम ले कर आई ।
और मैं चाहते हुए भी कुछ न कर पाई ।

उस दिन उनकी किस्मत बुलंद थी, जो वो पाप करके भी बच गए,
भूल गए मनुष्यता और हैवानियत पर उतर गए,
भूल गए कि कोई और भी है जो उन्हें देख रहा है
सच का हाथ बहुत बड़ा है ।
दरिदों! तब नहीं देखा तो अब देखो, सारा देश ही मेरे साथ खड़ा है ।
जहाँ तक भाग सकते हो भाग लो,
जो पाप तुमने किया है उसके लिए भगवान भी मेरे ही साथ खड़ा है ।

बस एक बात कहना चाहती हूँ मैं तुमसे
अपनी हरकत पर अब शर्मिदा मत होना,
क्योंकि अब शर्म भी तुम्हारे पास आने से कतरा रही है,
बस यहीं तक थी तुम्हारी हँसी, क्योंकि तुम्हारी
बची ज़िंदगी भी, तुमसे कोसों दूर जा रही है ।
नहीं बच पाओगे, तुम लोग नहीं बच पाओगे
बददुआ है मेरी, अगले जनम में किसी के भी घर जनम नहीं पाओगे
यहीं हूँ मैं, कहीं नहीं गई हूँ मैं
बस इन्साफ का इंतज़ार कर रही हूँ मैं ।

डा॰ शिक्षा सारस्वत
पत्नी स्ववाङ्मन लीडर नीरज सारस्वत
49 विंग वायु सेना



Definitely, Not A Storm In The Tea Cup

It was a usual working day for men in blue at the Air Force Station Tambaram, but the children were home. The schools, taking a cue from last year's calamitous Chennai floods, had declared a precautionary holiday. Even though there was a cyclone warning, we felt there was nothing to worry about. Previous week a similar warning about another cyclone had frenzied us into overcautious preparedness and, in turn, had blessed us with two days of pleasant weather and mild showers. I was at home with my 10-year-old son. We both closed the windows of the house and put the things kept on the terrace and balcony inside. At that time it seemed quite perfunctory.

Early morning, I could sense a draft in the air and was happily looking forward to having a pleasant breezy day. Soon, the draft grew stronger and mild showers began. The wind started toying roughly with the doors and windows; we received a message to stay indoors. By noon the sky had turned a scary grey and the trees started swaying in a menacing trance. I crossed my fingers and said a silent prayer "may all be well". Just at that moment, the power supply went off and so did the internet and the phone signal.

Fearing the worst, we closed and secured all the doors and windows of the house, tied the curtains up in knots, removed the carpets and switched off all the lights and fans to preserve the inverter battery. Cyclone Vardah had taken a frighteningly intense form by mid-noon. The winds were bellowing a deafening war-cry. The rains were incessant and the water was sneaking its way through every possible opening into the house. As the wind speed reached an unprecedented high, the window panes gave way and started to open one by one. I flitted urgently from one room to another trying to arm-wrestle the window panes into closing. The sight outside was a scary blur of violently moving trees, gusty wind and heavy downpour.

Suddenly, I heard a loud cracking sound and saw my neighbors' wind-battered car shed come crashing down to pieces in their flooded garden. My heart sank deep. Just then, my son called out to me. Another sight

awaited; the terrace of my first floor house was flooded with six inches of water that was threatening to break its way into the living room. Apparently, the drain of the terrace was too narrow to handle such a heavy influx of water. Seeing no other option, I folded my pajamas, took an umbrella and decided to empty out the water using a bucket. I literally had to summon 'Angad-ian' strength to maintain my footing in the strong wind, and my dainty umbrella, after putting up a brave little fight with the wind, also gave up quickly. But eventually, the trick worked and the water level came down to a certain extent.

Happy to accomplish that, but fully drenched and drained out of all the energy, I decided to call it a truce with the Super Cyclone Vardah. Even as the wind outside whistled a ghostly tune, I settled down with a cup of hot tea and curbed all my instincts to act; as waiting-it-out seemed to be the best strategy. After seemingly unending hours of the mad rain-and-wind dance, the rain Gods relented and the skies cleared up.

Thankful, that the ordeal was over, I went out. Nothing could have prepared me for the scene that awaited us outside. There were rows of uprooted trees lining the road till the plain sight went. The electric poles were broken and bent; there was a mangle of wires everywhere. Broken leaves and twigs lined every possible space. Worried about each other's safety we checked up on the neighbors. All were safe and sound but each one had a story to tell.

Next few days went without electricity and internet. The roads were not motor able. The schools were closed for a week. But these things did not seem worth complaining, as there were people who were working day and night to get our lives back on track and get things back to normalcy. Truly, a herculean task lay ahead of them.

Mrs Abha Sharma
W/o Wg Cdr Shalabh Sharma
FIS Tambaram



The Posting Melodrama

Life in the forces is tough, but depends on how we take it
Every third year we are posted, but without any crib we
make it.

Duty as an Airforce wife
Is quite adventurous with fun and strifes
On getting the posting order, we pack our bags
And mark the boxes with name tags.

Posting season is marked with different emotions
Some are awesome with the prospect of life being set in
motion
Discarding the old to make way for new
Preparing for the next rendezvous.

The real pleasure lies in packing
Where mental preparation is more time consuming than the
real stacking
Should I start with my clothes or the curious first, is the
main point that keeps on cropping.
Should I hire a packer or do the job, sans exhausting.

The days become long and never ending
Sorting out groceries, clothes and coverings.
It's a herculean task of painting the boxes and lugging
Putting the whole establishment in hustling and bustling.

Not to mention the hospitality of friends and neighbours
Ever ready with their helps and favours
Suggesting and directing with their experience in the force
As to how to proceed with the never ending chores.

Stomach is the biggest sufferer
Because of the endless offers of choicest dinners
Rich food makes us gain our weight
Exercise and dieting during the tenure expiate.

Farewells and adieus
Give a feeling of déjà vu
Both physical and mental is the strain
inflicted thereto
Taste buds are resuscitated and weighing
machines dislocated.

But the Air Force wife
Still in her broader sight
Waits for the same with great delight
Packing and unpacking
Farewells and welcomes
All part of her wonderful life.

Mrs Anamika Mishra
W/o Wg Cdr Ashutosh Mishra
HQ CAC IAF



Fidelity!

A State of the Mind?

My friends are my window to the world. They are my constant source of information about the current dating scenario. I won't lie, I take immense interest in their lives, not only because I love them, but also because they never cease to amaze me over what it is like to date in your mid-30s to mid-40s, in this era of technology.

With the onset of online messengers, and dating apps, everyone is connected 24x7. A message at 23:53 hrs. for instance, as innocent as "Hey, I like your DP" from a long lost colleague or an ex is no longer public knowledge. Gone are those days when the only means of connection was a landline or a mobile phone... even the internet boom and the plethora of online dating websites perhaps didn't change the dating demography as much as the advent of smart phones have done.

Thus adultery, infidelity or extramarital affairs, however you refer to them, are slowly becoming an everyday occurrence. I read somewhere that a person's tolerance of infidelity is directly proportional to the extent their own moral compass would permit them to drift. To someone, even a casual flirting with a person of the opposite sex is deception; while for some others, physical intimacy doesn't count as adultery if there is no emotional connect.

So, is that what this is all about? Is fidelity just a state of the mind? Why do people seek? I refuse to use the word stray... as that has a negative connotation.

Are they really seeking pleasure outside of their current relationships? Or are they desperately trying to look for the person they used to be many moons ago? That person who is now lost in the mundane routine of their day to day existence? Perhaps it is a constant search for what they were and an escape from what they have become.

To be noted here is that I am not condoning infidelity, I am just playing the devil's advocate. I am trying to understand why people tend to look outwards in a relationship. May be it's never about the third

person, maybe it's about rediscovering themselves. May be if a couple is evolving together every day and never loses that connect with who they were and what they are....every time they'd look outwards, they'd only find each other, all the time adding dimensions to their lives, marriage, relationships and as a result their own selves.

Love one another, but make not a bond of love, Let it rather be a moving sea between the shores of your souls.



Mrs Bandita Bose
W/o Gp Capt P Bose
Air HQ (VB)



कि बात हृद से बढ़ गयी है

(नैतिक, सामाजिक तथा सांस्कृतिक मूल्यों के ह्रास पर)

आधुनिक विकास को अखबार में पढ़, मन ही मन में, मैं भी फूले न समाती हूँ
आत्मा की आवाज सुन, ज़रा सोच में पड़ जाती हूँ।

भारत के कई लाल अब विदेश पढ़ने जाते हैं
पढ़ाई के बाद ज्यादातर तो वहीं बस जाते हैं
औलाद की तरक्की देख, हर माँ इतराती है
पर अधमरी हालत में, यहीं अकेली सिसक रह जाती है
क्या आप को भी लगता है कि बात हृद से बढ़ गयी है ?

कोरे विषय ज्ञान में युवा पीढ़ी डिग्री ले रही है
नैतिक हीनता से ग्रसित रीढ़ खोखली हो रही है
अनुशासन हीनता की अब हृद भी हो गयी है
कायदे-कानून तोड़ जवान पीढ़ी आजाद फील कर रही है
पब-क्लब के नशे में धुत, जवानी भी मुरझा रही है
क्या आपको भी लगता है कि बात हृद से बढ़ गयी है ?



आधुनिक ओढ़ाव में अब बाढ़-सी आ गयी है
वेश-भाषा में ही नहीं, विचारों में गिरावट आ गयी है
अधनंगे प्रदर्शनों की हर मर्यादा टूट रही है
बाजार में औरत फिर चीज़ बन रही है
क्या आपको भी लगता है कि बात हृद से बढ़ गयी है ?

‘बेटी बचाओ’ कहते योजनाएं बन गयी हैं
हर क्षेत्र में औरतों की पहल कदमी हो गयी है
पर रोज एक निर्भया, कहीं बलि हो रही हैं
सामाजिक सुरक्षा की अब धज्जियां उड़ गयी हैं
क्या आपको भी लगता है कि बात हृद से बढ़ गयी है ?



यों अंधेरों को कोसना, यह मेरा मकसद नहीं
चेतना के दिए को जलाने की बस एक छोटी कोशिश है यही
खोखली होती नींव को अब मज़बूत बनाना है
विकृत होती नस्ल को हर संगिनी को संभालना है
समाज को न सही संतानों को संवारना है
हर नारी को अब सूत्रधार बनना है
क्योंकि अब वो नौबत आ गई है
कि बात हृद से बढ़ गयी है।



श्रीमती पी वी एन सुधारानी
पत्नी वा अ एम डी एस शर्मा
वायु सेना स्टेशन कानपुर

अफवा मेरी पहचान

अफवा ऐसी संस्था है महान ।
जहाँ हर किसी को मिलती है, एक नयी पहचान ।।

मेरे जीवन में ये कथन उतना ही सत्य है, जितना कि आसमान में सूरज और चाँद, क्योंकि अफवा ने ही मेरी जिंदगी को एक नयी पहचान दी है। मैं गाँव की एक सीधी-सादी भोली लड़की, भला क्या जाने बाहर की दुनिया के बारे में। लेकिन जब मैं शादी करके एयर फोर्स में आई तो धीरे-धीरे मेरी जिंदगी बदलने लग गई। ये बदलाव मेरे अंदर कैसे आया। मैं तो पहले किसी से खुलकर बात भी नहीं करती थी। सामने वाले को समझ पाना मेरे लिए नामुमकिन था। लेकिन अब मेरी जिंदगी इसके



विपरीत हो चुकी है। अब मैं सबके सामने खुलकर बात रख सकती हूँ। अब मैं इंसान की अच्छाई व बुराईयों को परख सकती हूँ। इतनी काबिलियत भी रखती हूँ कि अपने विचारों द्वारा सामने वाले को समझा सकूँ। किसी भी स्टेज पर खड़ी होकर भरी सभा में अपने विचार व्यक्त करती हूँ और ऐसा मैं पिछले आठ साल से कर रही हूँ। आप सब ये सोच रहे होंगे कि मैं एकदम से इतना कैसे बदल गई। आइए मैं आपको बताती हूँ – ये सब अफवा के माध्यम से मुमकिन हो पाया। क्योंकि जब से मैंने अफवा मीटिंग जाना शुरू किया, तब से

मेरा मनोबल बढ़ा है। दिल में हमेशा कुछ करने की भावना रहती है और इतना ही नहीं मैंने पिछले छः सालों से अफवा को अपना योगदान दिया है। मैंने कई संगिनियों के परिवारों को टूटने से भी बचाया है। अपनी सूझबूझ से संगिनियों का मनोबल बढ़ाने की कोशिश की है। जो मैंने अफवा से सीखा अब मैं हमेशा यही चाहती हूँ कि मैं भी भविष्य में आने वाली संगिनियों को सिखाने की कोशिश करती रहूँ। मेरी जिंदगी में बदलाव आना इतना आसान नहीं था क्योंकि जब मैं एयर फोर्स में नयी-नयी आयी थी तो संगिनियों को अफवा मीटिंग जाते देखकर लगता था कि मैं भी जाऊँ, लेकिन मैं शर्म के मारे नहीं गई और एक बार किसी संगिनी ने बोला कि अफवा मीटिंग में जाना समय की बर्बादी है तो मैंने अपने पति को बताया। मेरे पति ने मुझे बोला कि किसी की कही-सुनी बात पर मत जाओ। अगर ऐसा कुछ है तो तुम खुद जाकर देखो, इससे तुम्हारी शर्म भी खुल जाएगी। फिर एक दिन हिम्मत करके मैं मीटिंग में गई। सच मानिए, मुझे पहले दिन से ही मीटिंग में बहुत अच्छा लगा। हमारी (सी० ओ०) मैडम ने हम सबके साथ बैठकर बात करते हुए खाना खाया। बस फिर तो ये सिलसिला चलता रहा और मेरा मनोबल दिन-प्रतिदिन बढ़ता गया।

हमारे तीन बच्चे हैं और तीनों हमेशा मुझसे प्रेरणा लेकर स्टेज कार्यक्रम में भाग लेते हैं। और इतना ही नहीं, मेरे बच्चों के साथ-साथ मेरे पति भी मुझ पर अब गर्व महसूस करते हैं। मैं ये कभी नहीं भूल सकती, कि आज जो मेरी पहचान है, वो सब अफवा की बदौलत है और इसमें अफवा अध्यक्षा (स्थानीय) मैडमों का बहुत बड़ा योगदान है। इसलिए मेरी संगिनियों से विनती है कि वो अपना कीमती समय ऐसे ही व्यर्थ न गंवाए बल्कि अफवा परिवार की सदस्या बनकर आगे आएँ और अपने जीवन में कुछ नया पाने की या सीखने की कोशिश करें।

जीवन बहुत बहुमूल्य है, इसे व्यर्थ न गंवाए ।
मैं स्वयं अपने सुखों की संजीवनी हूँ। हे अफवा !
मैं तुम्हारी संगिनी हूँ ।।



श्रीमती मीनू राणा
पत्नी सार्जेंट एस सी राणा
वायु सेना स्टेशन जैसलमेर



A Resilient Fauji Angel

*'Happiness is not the absence of problems
But the ability to deal with them'*

It was a grand party at AFAC Coimbatore Officers' Mess and I was enjoying every bit of it. It was at this juncture, that I saw my husband coming towards me along with a cute girl. She was soberly dressed for the occasion in trousers and shirt, curly hair and big expressive eyes. I assumed that she might be the daughter of some newly posted in senior officer, as because of my health issues, I hardly attend parties and social gatherings. As the girl approached near me, she broke the silence by uttering the words 'Good evening ma'am. I have heard a lot about you and wanted to meet you'. Now, it was clear to me that the cute, little girl was a lady officer.

After the party was over and we reached back home, my hubby shared with me that the officer was posted in as the Adjutant. He praised her professional competence and otherwise. Since then, she became my favourite, her soft looks, yet strong personality, bubbling with energy all the time and yet so mature, always appealed to me.

In due course of time, she got posted out and went to another AF Station in northern India. Time passed

by and a few months back our doorbell rang at night around 11 PM. The opening of the door sprang a surprise to me as I saw that lady officer standing at our doorstep. I hugged her in jiffy and brought her in. While talking, she revealed that she had come for a course to AFAC.

Few days passed further from then and we invited her for dinner to our place, just one day before the completion of the course. I don't know why, but I did not find her as bubbly and chirpy that day, as she used to be. Somewhere in the corner of my heart, I could feel that everything was not right with her. She did not seem to be her normal self, seeming a little dull. Few days from then, came her terrifying message from her on Whatsapp that she was detected with breast cancer. I just couldn't control my tears and immediately contacted her on phone. This was the time I realized that what she appears to be is not what she actually is. She sounded on phone like a tigress full of confidence and faith. Her words still echo in my ears 'Don't worry ma'am, you are my inspiration. I will sail through this as you did'. Since that day onwards, this sweet little angel had become the source of inspiration for me and I decided to share her story with all of you.

For any girl, her feminine appearance is the most important part of her personality. How agonizing it is for a lady to have breast cancer in her twenties, going through surgeries, chemotherapy for months together in a hospital and that too in a cancer ward where so much of negativity and pessimism prevails. Shedding her hair as aftereffects of the chemotherapy, would have been a nightmare for her as a female. As I used to interact with her almost on daily basis, I would

make out how beautifully and amazingly this little girl was managing the whole episode.

It may seem weird to some of you as I am writing about somebody's personal life. To be honest, even I felt the same and immediately called up my friend and spoke about my intentions of sharing her story with all of you. I was amazed to see that both of us had the same point of view. We wanted to bring awareness amongst Sanginis through her experience. She shared about her medical history, symptoms and treatment. I feel she was lucky enough that she got diagnosed at an early stage because of her prudence and confidence, otherwise, majority of the women keep hiding the symptoms because of hesitation. Socially, it is a taboo that females are only known because of the outer feminine beauty and by the time they approach the doctors, it gets too late. It is always important to do the self breast examination every 3 months. If you feel any painless lump that is moving or feel pain or uneasiness in the lump, as my friend had, it is always advisable to get the check-up done by a doctor. It is important to know that we all have cancer cells in our body but due to less immunity or genetic reasons anyone can develop breast cancer.

As we all know, prevention is better than cure, get this check-up done regularly and God forbid, if the cancer is detected at any early stage, it can be treated easily. In these cases, the lump is removed with the help of conservative surgery without removing the full breast. I can say that it needs guts of steel to share all your personal issues publicly, with all the Sanginis through this article, which my little friend did. I believe if God pushes you to the corner, it is because he wants you to become stronger and learn to adjust in life. We all are sent to this world with a purpose and my friend's purpose is to make us all aware of this issue through her personal experience. What a display of determination, positivity and the will to bounce back and come back to normal life. I was amazed to see her resilience.

When she was admitted to RR hospital, I happened to go to Delhi with my family, to look her up. She told me on phone, 'Ma'am, you don't come to the ward as it is far off from the reception and you will find it difficult to walk that much distance. I will come downstairs to meet you'. My heart cried out for her but at the same time, I was happy to see her live and kicking. I hugged her tight and could feel that she was wearing a cap as she had lost all her hair. But her hair was the only thing she had lost and not her spirit. The innocent smile in her hopeful bright eyes, with all the rays of sun falling on her, I could feel my tears rolling onto my cheeks. I uttered 'you look as beautiful and sweet as you were'. She saluted my husband as a true Fauji and my respect for her as a strong human, went beyond my words. She taught me the lesson how to be a true Fauji and fighter, whether the battle is on in the battlefield or with your illness.

We all have to understand that every problem in our life is an opportunity for us to get in touch with our inner strength to rise and in such crucial circumstances, it is very important to have emotional and moral support of people around us more than their physical presence. Empathy is the most important virtue to have, learn to listen the unspoken pains and agonies and try to be of some support for the people who need it during their tough times or illness. Like me, Hina was also lucky to get full support of her family and friends which kept her spirits high to fight the battle. Kudos to you my little friend Hina Malik. We are proud of you and we all love you. May God Bless you with all Health and Happiness in your life.

'Girte hain sheh sawar hi maidan jang main
Wo tiff kya girenge jo ghutno ke bal chale'

Mrs Rakhi Singh
W/o Wg Cdr AK Singh
AFAC Coimbatore



Will Anyone Listen?



Hi, I'm Aqseer. I'm bad at talking and good at listening. I'd talk, if only people would listen.

We all need to be listened to. If that need isn't met, there are high chances of falling mentally ill. I've experienced this first-hand.

I am currently working on a pilot project on 'Building a Culture of Empathy in Two Law Schools.' And I'm mentioning this because there are similarities in the culture at law schools and in the armed forces. These are hyper-masculine spaces; and there is no denying that the job requires this kind of overt masculinity.

However, the job also requires a form of femininity! In other words, the job in both spaces also requires really and mindfully dealing with yourself and with other people. And to be effective, even successful at your job, no matter what your official role is, you have to be able to listen to each other. And your kids!

You cannot in fact, split the masculine and feminine functions. Times were when you hazed your men and women to toughen them up and then sent them to units they grudgingly learnt to respect. The need today is for a proactive and alert nurturing with listening as the fundamental tool.

I have grown up with beautiful, hilarious and at times, downright terrifying stories around me. What has stayed is that our intentions are in place, we want to do the right thing, we may not know how.

Can we begin by acknowledging this? As a grateful and proud Air Force daughter, I want to ask you: can we admit that we may be struggling at a socio-cultural-personal-part-professional level Careful, compassionate, caring conversation then, IS the key.

What really makes for a fulfilling conversation is people's ability to listen to each other. Really listen instead of waiting impatiently for their turn to speak. So, the first thing you need to do is be patient.

Stop talking. Stop fidgeting. Zone in. This is an important thing you're doing. If you'd rather be on the phone or inside your head, do just that instead.

Secondly, be empathetic. This means to feel being in another person's situation. Or shoes. Don't know what this means? Think of your go-to agony aunt/uncle. What do they do that makes it so easy to talk to them? Copy that. But don't make the mistake of thinking that you 'know' what it's like to be the other person.

So, rule number three. Please don't waste time offering solutions or giving advice. Your job is to act as a mirror. A sounding board. The wall that they are playing emotional squash against. Forget the metaphor. Just try to ask open-ended questions that help the other person arrive at their own answer.

Lastly, maintain boundaries so that you don't get addicted to their drama. It's their life, not your entertainment. It's not up to you to fix it, much less rescue them from themselves.

A simple way of checking these is to examine your relationship with your phone. Are you leaving it on loud through the night, just in case they 'need' you? Are you repeatedly asking them about their co-dependent relationship, even when they haven't brought it up in weeks? If so, you need to work on your boundaries.

That's it! That's pretty much all you need to know.

Now what are you going to do with this formula? I don't think I know enough, but I would think you could

- Put your knowing, your pre-conceived notions aside. YOU DO NOT KNOW. If you want things to change, you have to start from not-knowing.
- Now pick a space. Start small. Pick a space around you to apply these pointers. Your space with your child or your space with a subordinate or your space with a colleague or your space with a stranger.

- Then you co-create the solution. You do not HAND it to people, no one wants that, no one appreciates that. Co-create.
- Then iterate. Fail. Iterate. Fail. Fail fast. Keep repeating.

Lives have been lost, illnesses were caused, and accidents took place because someone somewhere was not listening. Take the time to consider another's voice and words. It is the deepest respect you can show them. A loving silence that genuinely stops to consider what the other is trying to communicate is more powerful and healing than the smartest of words at times.

I have an handbook on active listening that is available for sharing; you're welcome to adapt it to your needs. I myself have adapted it from the Trinity College of Dublin's Peer Listening Manual.

Good luck! With living, learning and loving. We all need it.

Miss Aqseer
D/o Air Mshl SH Singh AVSM VM
Air HQ (RKP)



Aqseer is a law graduate and psychology post-graduate with training in arts therapy. She is insanely driven to become a person, and prevent mental illness through her venture, Aaina.

Travel



*With all my heart I love to travel
Through the mountains and gravel
While we travel there are ups and downs
And at times we also get bruises and wounds
To travel there are many ways
Some go to unknown places and some for days
In the roads there are turns and tumbles
But do not take someone who grumbles
And when we reach our destination
Then we can sigh with satisfaction*

Miss Aarushee Mahadevan
D/o Gp Capt A Mahadevan
10 Sqn C/o 32 Wing AF



Scent of Yours

*Love the time when you were in my womb
Oh! You made him a father and me a mom;
Being fragile when we brought you home.
Your fragrance took me on cloud nine,
You gave me intoxication more than any wine
Oh! My daughter you are a part of mine.
I love the scent of your hair,
Stroking fingers in gestures of care.
Oh! The divine time that we share.*

*I love the aroma of your lemon tea
Which you made first time for me
Coyly asking 'Mamma how is the tea?'
Aroma of henna in your hands, was an emotional
string
Now my princess is oceans apart with her prince
And how madly, I long for your single glimpse.
My angel, my world, my child;
I adore everything you do in your style
Your smell always propels me from tears to smile.*

Mrs Sony Pradeep
W/o Sgt P Pradeep
33 Wing AF



YOU ARE ...

*You are the sun,
That shines on my dream
You are the rain,
That slakes my loneliness
You are the fire
That stokes my desire
You are the cloud
That makes me dream
You are the earth
That I love to rest on
You are the ocean
That I wish to explore
You are the star,
That shall guide my life
You are the air
That I like to breathe,
You are the mountain,
That makes me adventurous,
You are the girl
who I always love to love!*

Mrs Divya Vinod
W/o Sgt R Vinod
5 BRD AF



headed visitors from out of town shake a fist at others and then cool down rapidly with a roll of eyes at the sheepish grin of the accused. A few years ago when a bumbling cyclist doddered along in the centre of the road in front of a car without giving way for a good ten minutes, the driver of the car, fed up of honking, stuck his head out and yelled "Marna hai kya?!" To which the unfazed cyclist (after halting and dismounting with much ceremony) replied "Arrey saab, marna toh sabhi ko hai, kisi na kisi din"

Red lights glow unblinkingly at crossings while traffic merrily follows its course under them. Some crossings don't even change to amber or green ever. It's a mystery I have not been able to fathom in many years. I understand the flashing amber which cautions drivers, riders and pedestrians alike to be cautious and proceed slowly at the crossing, but what's with the unchanging red light? Yet the traffic converges and disperses without event. No eye contact is made among the thousands rushing through, and the only time anyone looks into the eyes of another is when they just miss colliding and smile with relief.

The guardians of this benevolent lunacy are the epitome of easy going bonhomie themselves. A traffic policeman who wishes to remain unnamed says

"Everything's going all right. Nobody complains. There are no accidents. Why do you worry?" Sitting in relaxed groups out of the line of fire, the khaki clad upholders of order do not wish to be bothered unless there is an actual problem. An occasional enthusiastic individual will rush into the eye of the storm and try and assert his authority, but the traffic soon makes a joke out of his attempt.

The common man here is undecided between his frustration with the chaos and his indignation at India being slighted by any outsider. "Everybody knows the traffic rules. But if the man in front of me is breaking one and getting away faster, well I don't want to be a fool." Obviously there are no fools here. Manic, reckless, dexterous perhaps, but all bound together by an invisible web of mutual awareness. Dancing a dance in perfect coordination, in tandem and in step, with unfaltering optimism and humor. It's good to be on the Indian roads!

Mrs SugandhaThakran
W/o Wg Cdr YS Thakran
AF Stn Jaisalmer





I am Doing My Bit

Morning walkers and others bustle about their morning business on the golf course road at Secunderabad witness an unusual sight. An elderly gentleman going for a walk – but with a difference. He carries a plastic bag with him and picks up the wrappers and polythene bags carelessly strewn about the roadside to deposit them into the bins where they should have been. He is Wing Commander Dalbir Singh (Retd). Here is what he tells about himself.

'I joined the Indian Air Force in 1963 and remained in the Air Force till December 1994, after which I took voluntary retirement. In IAF, my last place of posting was Delhi. A very high level of pollution of all sorts in Delhi forced me to join my new job with Department of Space (DoS) in Hyderabad. All in all, I spent twenty seven years in IAF. I served here in DoS from 1994 to 2007, after which I served in the corporate world for two years.

During my childhood, we used to play many physically exhausting games back in my village. I had the inclination of writing stories and poems in Punjabi, which were published in my college magazine and other Punjabi publications. Now, I spend a lot of time in reading newspapers and magazines.

Right from my childhood, we had very good teachers, who taught us a lot about the environment. Our parents also used to encourage us to save the environment. When I shifted here, I used to go out for my evening walks, and discovered that many saplings that were planted were drying up. I then started to water the saplings. I used to water around fifty of them, but that's as far as I could go. I also used to notice that the roads were very dirty and full of garbage. I used to take a few bags and started cleaning up the garbage on the roads. It's like adding value to one's life, so when I go for my walks, I try to clean the surroundings. I even switch off the street lights, by finding out the location of the switches, which would sometimes be on till late in the day.

When I start my walk there is a lot of litter, but it feels very nice to see the clean surroundings when

I walk back home (smiles). Nowadays, even parents come and tell me that their kids don't throw their wrappers or paper anywhere on the road. This is very satisfying'.

That is what he says about the people's reaction towards him: -

'Some people would look at me and ask me what I was doing, giving me bizarre stares (laughs) and want to know what I will do with the stuff I pick up. For instance, once in a while, I cut/prune thorny bushes/trees of acacia and ber trees that come up right on the road, to ensure that they would not harm any passers-by, cyclists or school children. That time, some people do question me if I am going to sell these off (laughs again). But now, many people do offer their kind help to carry my bags that are full of litter.

When asked if he feels that he is all alone in this battle to save the environment? He said, 'Not at all. Even if one person is cautious not to throw a wrapper or a piece of garbage on the street, it adds to my efforts. I try to do whatever I can do. First day my daughter joined me and we collected give big bags of garbage. It's not that I am doing a very big thing for the environment; I am simply doing my bit to give back to society (smiles). This society and nature has given us many things, so in our humble way we can endeavour to return a little. The 'Swachh Bharat Abhiyan' was like a blessing and encouragement to me'.

'After all, this is our area, and I feel that whatever outsiders travel through our area, they should be able to appreciate the cleanliness and greenery of this wonderful place'.

When asked what message would he like to give he smiled and said, 'I am too small to give any message, but I just want to say that this is our city, our country, and it is our job to keep it clean and green. People usually don't intend to dirty the surroundings, but they do it unknowingly'.

One has to shed that feeling of 'remarks of others' about you. If one person does it today, two will do it tomorrow, and so on.

Miss Japneet Kaur
D/o Wg Cdr MS Viridi
AF Stn Hakimpet



जिंदगी की सैर

जिंदगी की राह ही कुछ ऐसी है,
जिंदगी में एक दिन जिंदगी से मुलाकात हुई,
बैठे, चाय पी, फिर कुछ बात हुई,
मैंने पूछा जिंदगी तू क्या है?
सच है, सपना है, अपना है, पराया है, मोह है, माया है,
धूप है, छाया है, क्रोध है, लोभ है, प्रेम है,
गम है, खुशी है, रुदन है, हंसी है, भूत है, वर्तमान है, भविष्य है,
वरदान है, या अभिशाप है?
ढेर सारे प्रश्न सुनकर पहले तो जिंदगी बौखलाई फिर हौले से मुसकाई,

वह कहती है, प्रश्न अनेक हैं लेकिन उत्तर एक है,
जिंदगी का दोष नहीं, जिंदगी तो नेक है,
यह कहकर जिंदगी जाने लगी,
तभी पकड़कर जिंदगी का हाथ, कहा
चलते हैं थोड़ी दूर साथ-साथ
सुनकर जिंदगी बोली,
मुझे कहीं और भी जाना है।
कुछ तुमको समझाया कुछ औरों को भी समझाना है,
जिंदगी एक फुलवारी है, फूल और कांटे दोनों की क्यारी है।

होके मायूस न यूँ, शाम से ढलते रहिए,
जिंदगी भोर है, सूरज से निकलते रहिए,
एक ही पांव पर ठहरोगे तो थक जाओगे,
धीरे-धीरे ही राह पर चलते रहिए।
कदम चूम लेती है पग-पग पर मंजिल,
मुसाफिर अगर अपनी हिम्मत न हारे।

श्रीमती मंजू यादव
पत्नी सार्जेंट ए एस यादव
56 ए एस पी, वायु सेना



प्ले स्कूल

प्ले स्कूल एक ऐसी बगिया है जिसमें तरह-तरह के फूल हैं, जिनको देखकर चेहरे पर मुस्कान आ जाती है। साथ ही सोई हुई जिंदगी गुलज़ार हो जाती है। इन फूलों की नन्ही-नन्ही कलियाँ रुपी नन्हें-नन्हें हाथों के स्पर्श से पूरे शरीर में ताज़गी और स्फूर्ति भर जाती है। इनकी मासूमियत मन को महका देती है। यह छोटी-सी

श्रीमती सरोज कुमारी चौरसिया
पत्नी जु वा अ एस के चौरसिया
36 विंग वायु सेना



बगिया हमारे जीवन की नींव है। इसे बुरी चीजों और बुरी हवाओं से बचा कर रखना है। जो बड़े होकर पूरे संसार को महकाये, यह छोटी सी बगिया मुझे प्यारी है। इन्हें हमें जीवन की सही राह दिखानी है।

Once I Had An Argument With My Son

One day I saw my 16 year old son, coming out from the bathroom after having a shower. I told him, "go and offer prayer to God." He told me, "I don't believe in God." I was scared that something wrong would happen to him. I told him firmly, "Please don't



speak like this. God is there. "My son asked me, "Have you ever seen God?" Actually I have never seen him. I believe in God because I have seen my parents worship everyday in the temple. In doubt I said, "No I haven't, but that must be the truth." Vicky, my son was not in a mood to let the matter go. He said, "Mom, you give me the proof, if there is God."

I was a little bit worried, but not one to lose my battle, I sat near my son & told him "Look everything cannot be explained. Certain things we cannot be seen

but we can only feel them like wind. So God is there, but we can feel his presence if we believe in him". I tried to convince him. "If we believe in God or if being a religious person benefits our society which would become free of sins and help a person become a better person, then why not believe in GOD?" I asked my son.

He told me politely, "Mummy I will bow my head before God, because you are telling me to do so and because I believe in you. But without belief in God, what would be its value?"

Again he told me, "If I experience it myself then it would be better to worship God!" I told my son not to disrespect the almighty.

In a humble voice he replied, "I will love God because you believe in him, but I won't be a God fearing person. "I thought somewhere he was right. I had told him my point of view. I accepted his beliefs and prayed to God to bless him.

One's own experiences are guidelines to belief. Preaching and teaching can only help to a certain extent.

Mrs Kalpana Das
W/o MWO J Das
38 Wing AF



Teenage

The teen years are a very special part of a person's life. A very dramatic age. It is typically, a journey from tight shirts to torn jeans and torn jeans to torn shirts. From the generation of writing letters to whatsapp messages. Even if they want to say yes to the traditional stereotypes, their rebellious blood makes them say NO. It is an age when peer pressure is common and some are victims of that and some are the pressure and some just want that one chance to stand and sparkle like a

star at night. Some just want to enjoy every drop of rain and look at the rainbow and whenever we become that part of the journey that our parents wish us upon, we look back at the memories and laugh our hearts out.

Miss Mehak Malhotra
D/o Wg Cdr S Malhotra
Air HQ (VB)



I am What I am Be You

Our name is your identity. But what happens to a female, the moment she is married. Why does she change her name? Why don't men ever change their names? We were and we still are living in the patriarchal society which makes us believe that the women who don't change their names aren't dedicated to their marriage.

Majority women would decide that a name change is the path of least resistance. Another few men and women want their family to share a common name. Even if this argument is taken in consideration, why do the children have to bear the father's name and not the mother's name? If it's so important to you that your family shares a last name, make it the wife's name. If the man has some hesitation bearing the wife's name, it leaves a question behind -should you marry someone who thinks your identity is fundamentally inferior to his own?

Identity matters. Securing your own identity is the first step towards inequality. Mere invention of the term "Ms" throws light on the fact that men simply existed in the world while women were identified based on their Marital Status. "Husband and Wife are one" and the One was the husband always. Society has yet to evolve to a place, where it's common to find men who would ever

consider taking their wife's surname.

How can someone change the name he or she has been living with all this while? A woman grows with her father's name, right from pre-nursery up to university level and till the time she is married. Why should she change her name to someone else's overnight? Why should she take the pain of changing her name on all the important documents?

It's a marriage of equals. We are in an era where a marriage is built on gender equality. If the man understands enough and believes in equality, it wouldn't matter to him, if his wife uses his name or her father's name. The most important thing in Married Life is Love and Happiness which does not depend on the surname.

Let's embrace a modern vision of a family where individuals form social and legal bonds out of Love and Loyalty, instead of defining family as a group coalesced under one male figure head and a singular name.

Today's Woman is confident, educated and independent. She wants respect, love and equality. She doesn't want to be behind her husband but by his side, to take the challenges of Life along with him. She wants her own identity, her own Name. Let this be the step for change. Say "NO" to patriarchy. Be who you are.

Mrs Prachi
W/o Wg Cdr Amit Sathe
AF Stn Bidar



AM
NOT
SPECIAL
I'M JUST
A LIMITED
EDITION

Wild Things

Get ready to walk on the wild side of Kaziranga National Park

Go Away" Screeches the bird perched on a green branch as I look out into the vast wildness, looking for the Rhinoceros amidst the shrubs. Kaziranga National Park is located approximately 100 kms away from Jorhat town.

Our journey by road from Air Force Station Jorhat which is a little more than two hours, takes us through lush vistas with lush green trees and grasslands Tea bushes all around on either side of the road.

When we reached our destination the first to greet us were the elephants, their mighty trunks pulling out the tall elephant grass. Next to greet us were the deers, hiding behind the bushes. They stare at us and then get back to their meal gnawing at the leaves. A couple of them cross the muddy road in front of us, followed by wild buffaloes. They dazzle us indeed with their big horns. But this is a land of "Rhino's" and here we are looking for them.

People around told us that if we are lucky, we could even spot a Leopard. My eyes scan around the treetops as I look out for the elusive Leopard. "It is even easier to spot a Lion but the Leopard are different" explains the man who took us out for a Jeep Safari.

Wild Buffalo is a large animal, very shy but extremely dangerous, as they gore and kill over 100 hundred people every year. The adult buffalo horns are its characteristic feature. They have fused bases forming a continuous bone shield.

A pair of antelopes suddenly darts into the bushes as we pass through the dense forest. As we drive through the dense vegetation the roads are spotted

with the fresh droppings of Rhino & Elephants. The ranger hinted we could see a Rhino soon.

We continue our Jeep Safari in absolute silence until the naturalist stops & points to something in the undergrowth. And then I see it, amidst all the stalks of grass and the thin branches - a Rhinoceros mother standing in the grasslands along with a baby Rhino, visible through the gaps in the trees and slowly as our Jeep crawled on the road we could spot them right in front of our Jeep few metres away on the turning. They walk together very gracefully barely moving few inches, looking right at us even as we slowly move our vehicle around to get a better view.

The shutterbugs go crazy but me and my younger one captured the amazing sight in our eyes forever!!! The rain cloud slowly gather, creating a thick blanket and that is our cue to leave. The ride is almost over and it is time for us to head back. We meet more deers and wild buffaloes on the way.

For the last time, we sighted a Rhino still standing contentedly among the shrubs. We let him be and return to our campus as its lunch time for us too!!!

Mrs Shreyashi Gaur
W/o Gp Capt Vishnu Gaur
AF Stn Jorhat



My Experience in Air Force

INTRODUCTION

My very exciting journey in the Indian air force (IAF) as a 'Sangini' began on may/04 2001 (the day of my marriage to an air warrior). I am proud that I am married to an air warrior, for whom the nation matters the most. Until then I have seen life in air force and their sacrifice for the nation and hard work only in films.

AS A SANGINI

Ever since my wedding, I really learnt a lot of things from Air Force. It changed my entire outlook and attitude towards life. The first year was the hardest to adjust. I was feeling like a fish out of water, but soon I settled and started feeling better and better. Thanks to friendly environment and lovely and hopeful people, I began a new journey in my life. Although it was bit hard to adjust at first instant with this new life style but soon I realized very quickly that life is very precious and I had to stand on my own.

"No life is so hard that you can't make it easier by the way we take it. A trouble shared is trouble halved"

Sometimes even due to our mechanical tasks we tend to forget ourselves and neglect our likes and dislikes. During this phase, I understood the importance of AFWWA. It helped me know more about myself and my likes. One can express one's in this stage effectively. AFWWA came as a blessing in disguise in my life. I cannot but thank it for making my life bright, beautiful and colourful.

ROLE OF AFWWA IN MY LIFE

AFWWA is a wonderful medium to communicate. If you have some new and beautiful things to express, everyone is willing to hear it. On the other hand it grooms everyone's hidden talent. Whenever we need something, AFWWA stands by our side and give their best to solve our problems. Everyone is treated equally and an egalitarian aspect of the AFWWA impressed me the most. No doubt, it inspired me to learn and a motivating factor to explore my hidden talents. It acts as a sole solution for all troubles. Its service is really commendable.

AFWWA gives more exposure to everyone and all members forget their malice and meet with each other

and share their thoughts and ideas without any bias and discrimination. Here the atmosphere is very friendly and people are very cordial. AFWWA spots the right talent one posses in various fields and provide right platform to showcase our skills. Be it dancing or singing, AFWWA is at the forefront to nurture it and act as a catalyst in showcasing the talents one and all here.

It also acts as a cultural hub and provides a platform to show it to the world. We participate with enthusiasm and high spirit. I had attended several workshops conducted by AFWWA which was very beneficial and informative. Recently, AFWWA introduced flagship programme of "Swasth Sangini" which made each and every sangini proud and think that someone is here to care, share and stand for.

It feels good to hear someone say 'take care', but it feels so much better to hear someone say 'I will take care of you'. That's what exactly AFWWA is doing all these years. Needless to say that out of every meeting, we involved, learnt the value of unity, co-operation, co-ordination and tolerance.

CONCLUSION

In my personal view , being a Sangini, AFWWA helped me to prepare for the tough battle of life and make me a responsible citizen. It also promotes knowledge and personality development. I conclude by saying that being a wife of an warrior, I involve my self directly or indirectly performing a (solid) support role to an air warrior in protecting our motherland. Last but not the least, I want that all the Sanginis to come forward and join together to actively participate in various activities conducted by AFWWA and get benefited. It has done much for the benefit of the families of serving and retired personnel of IAF. A volunteer is worth of twenty pressed man. Actively engage in AFWWA and fly high in your life. For every Sanginis life is incomplete without AFWWA.

Jai Hind!

Mrs Sri Devi Raman
W/o JWO SP Raman
2401 Sqn C/O 40 Wing AF



अफवा

वायु सेना की यह संस्था,
उद्गम उत्साह का करती संचार।

जीवन की प्रत्येक चुनौती,
वायु योद्धा करता स्वीकार।
जीवन शैली उत्कृष्ट अपनाते।

स्वतः विकास पथ पर,
पग-पग आगे बढ़ते जाते।
विषम परिस्थितियों में भी,
अचल अडिग ढाल बन जाते।

पारिवारिक संरक्षण एवं
जीवन संगिनी की मधुर मुस्कान।
अफवा के माध्यम से पनपती।

पारिवारिक समृद्धि दर्शाती।
ज़िन्दगी के पग पग पर
साथ निभाती
सार्थक यही जीवन कहलाती।

श्रीमती रजनी यादव
पत्नी जू वा अ शिव कुमार
220 स्कवाड्रन, वायु सेना



वैश्विक उष्णता

उठ मनुष्य, उठ मनुष्य! कि ये धरा है जल रही।
हिम शिखर पिघल रहे, वन विलुप्त हो चले।
वृष्टि प्रबल है कहीं, और कहीं धरा फटी।
प्रगति तीव्र है परन्तु, स्रोत सभी सूख रहे।
अब सचेत हो मनुष्य, अन्यथा विनाश है।
जितना लें, उतना दें, कि प्रकृति संतुलित रहे।
जल संचना करें, सूर्य शक्ति प्रयोग हो।
वृक्ष रोपने का अब, हर मनुष्य प्रण करे।
मनुपुत्र मुस्कुराएगा, जब धरा हरी-भरी रहे।
स्वयं जिएं और आने वालों को जीने के पल दें।
उठ मनुष्य, उठ मनुष्य! कि ये धरा है जल रही।

श्रीमती सुनयना शुक्ला
पत्नी वा अ ए के शुक्ला
वायु सेना स्टेशन बिदर



From A Mother to an Officer

I got married at the age of 22. Life was good as an Air Force officer's wife. I had everything at such an early age. I was fully satisfied with my life. 'It was 28 March 2014', yet another day in my happily married life. I had an Air Force officer as a loving husband. Sqn Ldr Ashish Yadav was posted to 77 Sqn, one of the best Squadrons that the Indian Air Force could offer. The Squadron was on detachment to Agra, as runway maintenance work was going on at Hindon. He also moved to Agra and since I was carrying eight months, I shifted to my parents place at Chandigarh. Staying away from him was part of his profession, but this time it was painful, I really didn't want to leave him. I didn't know this time that our destiny wasn't to be an average Fauji Family and this separation was going to be forever.

Everything was going smooth until one morning when a phone call from squadron hit us like a bolt of lightning. We were shaken; the worst fear of a flier's wife had come true. The call was about his flying accident. I did not know how to react, my parents went in total wreck. My universe suddenly seemed so dark. Our world came to a standstill. We prayed and prayed and prayed. But it was futile, second call from the Commanding Officer, turned our world upside down, he tried to put things as kindly as he could but the hard reality was that an aircraft had crashed.

I lost my husband at the age of 24 and my child had lost his father before coming to this world. My mind went still, body was numb, and I could see the faces, feel the movement around me and hear the buzzing

sound but everything seemed unreal, nothing made sense. I felt like finishing myself. But then, I had my innocent child who was not even born. I delivered him after 20 days of his crash. I didn't know what I should do. Do I celebrate that I am blessed with a baby boy, or should I grieve. Very shortly after that, one day the CO and his wife came with the proposal of me joining the Indian Air Force which became a ray of hope. They told me about the entry scheme for Sanginis/veer naris. I decided to join. I was physically weak since I had just given birth to a baby. But my son was my biggest strength and I wanted him to have a good future. I had just once thought in my mind that I have to be strong and I have to wear the uniform and hit back at life.

On Dec 2014 I was called for SSB and that was the first time I left my seven months old child with my parents. It was hard for me to leave my child and venture out but when the results were announced, I couldn't believe my ears. Yes I had made it. On Jan 2016 I joined the Air Force Academy Dundigal, that time my son was 21 months old. I had to go for one year long training where you are not even allowed to keep phones. I knew it is going to be tough for both of us but I had to go to relive my husband's life. My life changed 180 degrees from Saari / Suits to Uniform and Combat boots. I never had imagined in wildest of my dreams ever that I am going to wear blue uniform this way. But I was there.

Was academy training tough? No ...it was very very tough. If put it bluntly it was beyond my imagination. But I did not give up. It was hard for me to keep up



physically with my younger course mates but I did! And I realised the strength is in the mind not just body. Finally, the hard work paid off on Dec 2016. I was a commissioned officer in Indian Air Force. I want to say something about AFA. I was a different person when I entered the academy, but after undergoing one year of training I have evolved as a better person, more confident, more mature. It was a great moment for me that my son witnessed my passing out parade, a son was witnessing his mother's commissioning. Now my life has got some meaning.

The journey from Mrs Yadav to wife of Late Sqn Ldr Ashish Yadav to Flying Officer Arati Yadav was not easy. I have not fought this journey alone. The Squadron stood by me throughout like a pillar, and held my hand in this difficult journey. I was not the only one they looked after, there were four other families who were

bereaved and looked after with equal commitment. This is the bonding of the Indian Air Force family that one can never ever get, no matter what.

Life is full of struggles, but that is the case with everybody. My struggle may have been a little more intense but the organisation was very supportive and the saying come true "Air Force is family". I received all the pension and monetary benefits within 28 days of my husband's demise.

Thank you Indian Air Force for making me a 'Combat Sangini' and giving me an opportunity to relive my life in the Indian Air Force!

Fg Offr Arati Yadav
AF Stn Baroda



The Back of My Closet

I don't remember the day
I put my high heels away
I saw them today in the back of my closet
And it's there they seem to stay
I don't remember the day
I put my mini skirt away
The one I used to dance in, all night along
It does not fit anymore, anyway
I don't remember the day
I put my red lipstick away
The one I wore to make me look older
Looking older isn't a problem today
I don't remember the day
I put the young girl away
Carefree times I took for granted
Youth is wasted on the young, as they say
I don't remember the day
I tucked my dreams away
They must be somewhere in the back of my closet
And it's there they seem to stay

Mrs Neeru Rai
W/o Sqn Ldr DK Singh
5 FBSU AF



You & Me

Wherever I come from, I blend into your colours,
though I take some time

Wherever you are, know that my love is one of its
kind

Just as, you know there is no boundary which
binds you

There are no limits to the depth of my love for you

Being with you, I haven't just learnt to cook, dine,
paint, dance and sing

I also got to be a friend, host, leader and counselor,
just on a ring

Whenever you leave me in the middle of something,
in the name of duty

It makes me angry but I do understand that it has
to be the priority

I go through anguish and fear each time you soar
high into the skies

I murmur a prayer all day long with a brave smile
as disguise

I am difficult to handle at times, may be more than
a flying mission

Yet you handle me with the same respect, concern
and passion

I promise you that I will always go where you go

Way up high or down low, I will go wherever you
will go

Mrs K Sudha Reddy
W/o Wg Cdr MKK Reddy
27 Wing AF





What Should You Do When Your Child Says He is Bored?

If I ask you "Have you ever allowed your child to get bored?" – you will probably say "No – I try to keep him entertained and engaged most of the time

Most parents feel extremely guilty when their children say they are bored.

"Mamma – I am bored" To the dedicated and committed parent, this statement sounds like an accusation. It feels like a personal affront.

And if you are the one being accused – you jump up to correct the situation. To make things right.

You rush around to arrange an activity for your child. Or if you can't – you arrange for entertainment by switching on the TV or another device.

But should you?

Should you assume responsibility for your child's entertainment?

Should you wallow in guilt if they are bored?

The answer is NO.

What should you do when your child says he is Bored

A child who is complaining of being bored is not necessarily saying that he has nothing to do. Here is what a child who says he is bored could be saying.

I am bored = I want your attention

No matter where children are or what they are doing – what keeps them going is the fact that they belong to their parents. Children thrive on attachment. It is the fuel that keeps them going. At short intervals – children need to refuel with parental love before they can enjoy their own company again. When children crave attachment and parental company it causes them actual physical discomfort. It either makes them lethargic and listless because they are lonely, or agitated and restless because they are anxious. In the majority of cases – this is what they mean when they say they are bored.

What you should do – Make eye contact with your child. Draw him into a bear hug. And rejuvenate him with a smile and if possible some laughter.

I am bored = I can't sit still anymore. I need to move around

Bodies are meant to move. Movement makes us happy. Movement improves our mood and helps us concentrate. When we move, the mind perceives the



environment around us changing because the view in front of our eyes keeps changing. Since boredom is the inability to connect with the environment – tricking the brain into believing that the environment is changing, makes it happy. Moving around also helps children to get closer to the objects in their environment. They are able to look more closely, touch and feel and thereby connect better with their environment – thus alleviating boredom.

What you should do – Allow children to move around. Allow jumping dancing and shouting. Yes – children need to vent all that energy. It is wrong to restrict them. Just let them be.

I am bored = I want some unscheduled time for self-directed play

Children are not just bored when they have nothing to do – they are bored when they have too much to do. Over Scheduling a child with a host of activities and entertainment means that he has absolutely no control over his own life. When a child engages in self-directed play he challenges himself just enough. The activity is neither too easy – nor too difficult. He also has full control. He can stop the activity he is involved in or switch to another activity as he pleases without worrying about another person's reaction.

What you should do – Allow children to play on their own. Don't be afraid of messes.



Remedy what children perceive as boredom, but teach children to encounter and endure actual boredom.

Because as Leo Buscaglia said and I quote

"A child develops best when, like a young plant, he is left undisturbed in the same soil. Too much travel, too much variety of impressions, are not good for the young, and cause them as they grow up to become incapable of enduring fruitful monotony.

A generation that cannot endure boredom will be a generation of little men, of men unduly divorced from the slow processes of nature, of men in whom every vital impulse slowly withers, as though they were cut flowers in a vase.

Dr Debmita Dutta MBBS, MD
W/o Gp Capt Anshuman Dutta
CHAFB



The writer is practicing doctor and a parenting expert in Bangalore

My Brush With The Big Sink

I was being over excited as we were nearing our place of stay in "God's own Country" for the next 7 days. I was in my 3rd grade and my sister Abibithi was in the UKG. We reached our destination. It was a very serene, luxurious resort in the midst of a huge forest. We were taken by a chauffeur driven eco-car TO OUR ROOM. Well here comes the crux of the trip! Our room was a very huge one & yeah!; it had this huge sink where a whole human could sink in! That was the first thing which caught our (mine & my sister's) attention. My sister asked me with much enthusiasm what it was & I told her that it was a 'big sink' where we could get in & brush! Abi being 'Ms. PERFECT' told me that it was not good thing to get into dirt-laden water with paste & so on...

So we both were having a conversation the whole night about the 'BIG SINK'. I seriously don't remember why we had not asked our parents what it was! Well, then after our parents were asleep we were still debating over the 'BIG SINK'. Then we decided to get up early & watch how our parents will get into the 'BIG SINK' & brush in it.

So the next morning dawned. We decided to slowly peep & watch what our parents do about the sink, but to our disappointment our dad just walked into the washroom & brushed instead of brushing in the big sink. But we still had a ray of hope left as our mom had not brushed yet. But alas! She too used the smaller washbasin in the washroom. We were now getting too anxious about the 'BIG SINK'. Why was it there in the

room when no one's going to use it? We were really about to burst-out to our mom about the sink when we saw her coming out of the bathroom with some loofah & shower gels. To our astonishment, she poured the gel into the 'BIG SINK'! Now were we supposed to brush with the shower gel or what? Our mom opened the taps of the 'BIG SINK' which was now like a small sized kid's pool! It was gushing with water and the whole room was filled with the aroma of the shower gel. As we were disappointed about not finding an answer for what the sink is used for, we decided to get back to sleep when our mom shouted "COME OUT GIRLS- TIME FOR SOME FUN IN THE JACUZZI" and then...we came to know what the "BIG SINK" is! We both just ran and jumped into the Jacuzzi (BIG SINK) with excitement.

This was my first time experience with a real JACUZZI (which I had seen only in movies) and after that every time I see one I remember this incident! Even our parents don't know about this and only after reading this, they might come to know!

Travelling has taught me many things. One being: Difference between a 'jacuzzi' and the so called 'BIG SINK'.

Miss Adithi PH
D/o Wg Cdr P Harish
AF Stn Thanjavur



Mrs Reena Daruwalla
W/o Gp Capt Khushru Daruwalla
AF Stn Hindan



Trust the 'Experts'? I'd Rather Not

I am leery of experts; am unwilling to accept what they say and refuse to let my life and my actions be dictated by said experts. Let us take two recent headlines to quickly and clearly illustrate the point I am making. There was a recent news report about how alcohol increases risk of breast cancer. This isn't exactly news; they have been saying this for many years now.

I read an almost completely contradictory news headline on the same day: this one said that beer can cure cancer... beer, which is an alcoholic beverage. This 'news' isn't new either, various 'experts' have been telling us for years how regular but moderate amount of alcohol consumption is good for us.

So what are we to make of these completely confusing bits of advice that the experts give us? Remember how they said for the longest time that eggs were terrible for us but then they went and changed their mind; but not before millions of poor egg yolks had been scarified at the altar of medical science?

SOME STUDIES ARE NOT RELIABLE

Clinical trials should be sufficiently large, the subjects should be alike (comparing like with like) and the findings should be plausible. However, some so called studies publish results based on a small rat study where findings may simply not apply to humans. Some studies are misleading in other ways. For instance when we were being told that pineapples can help us lose weight (and were being told to buy some 'natural' weight loss drug made from pineapples), this claim was made on a study of an enzyme called bromelain

found in pineapples. So saying that pineapples will help in weight loss is not just a stretch it is actually false.

SOME STUDIES HAVE SUSPECT FUNDING

This brings us yet another reason not to trust the so called studies: funding. Horlicks funded a study with the express purpose of being able to make the claim that their milk drink makes kids grow faster. They then made this claim – legitimately, it would seem – via TV ads that you and I watched and believed. Similarly manufacturers of alcoholic beverages fund studies to demonstrate how wine is packed with goodness and how whisky is also good for health.

SO WHOM DO WE BELIEVE?

The rule of thumb here should be, if the study is sufficiently large enough, was conducted by a trustworthy institution in a scientific and controlled manner; and if there have been sufficient numbers of other studies to support the findings, we should pay attention. As with all things in life, moderation is the key here. So long as the study appears to offer a moderate view and not an extreme one, we may want to keep its findings in mind.

Most importantly, we have to learn to view each study with a healthy amount of skepticism. We need to learn not to be gullible and to do some of our own 'research'; not believe with wide eyed credulity every 'natural cure' and 'revolutionary treatment' that well meaning people forward via Whatsapp.

ऐसा भी होता है



ये बात उन दिनों की है जब मोबाइल भारत में अपने कदम जमा रहा था। सन 2005 में हमने एक मोबाइल लिया "नोकिया 1100"। तब कॉल रेट ज्यादा और मोबाइल टावर काफी कम हुआ करते थे। हमारे गाँव (सेऊवा) में भी एक ही बी. एस. एन. एल. लैंडलाइन फोन था।

एक दिन हमें गाँव से फोन आया कि बुआ के लड़के की शादी में शामिल होना जरूरी है। पिताजी ने कहा कि हम जरूर आएंगे। 5 दिन कि छुट्टी लेकर हम सब चल दिए। तब मेरे पिताजी माउंट आबू में पोस्टिंग पर थे। हमें माउंट आबू से सादुलपुर जाना था जो 12 घंटों का सफर था। ये बात हमारे घर वालों को भी पता थी। हमें दो बार अपनी ट्रेन बदलनी होती थी, रात के दो बजे और सुबह छः बजे।



हमारी ट्रेन देरी से चल रही थी और इस कारण हमारी रात की दो बजे वाली ट्रेन छूट गई। उस रेलवे स्टेशन का नाम 'डेगाना' था और वहाँ हमारा मोबाइल भी काम नहीं कर रहा था। चूँकि वहाँ से वही एक ट्रेन थी, इसलिए अब हमें उसी ट्रेन के लिए 24 घंटे का इन्तजार करके ही सफर करना था। इस बीच मेरे ताऊजी (मेरे पिताजी के भाई) ने एयर फोर्स स्टेशन में कॉल कर के पूछ लिया कि हम लोग कहाँ हैं, अभी तक घर नहीं पहुँचे तो इसके जवाब में स्टेशन प्रशासन ने कहा कि हम लोग तो एक दिन पहले ही घर के लिए रवाना हो गए थे। अब दोनों तरफ से हमें ढूँढने के प्रयास शुरू हो गये थे।

12 घंटे का सफर अब 36 घंटे का हो चला था। सफर के दौरान मेरी मम्मी की तबीयत भी बिगड़ गई थी। घर पहुँचे तो पता चला कि गाँव में भी मोबाइल नेटवर्क नहीं है और गाँव में सिर्फ एक ही लैंडलाइन फोन है। पिताजी ने ताऊजी को सारी कहानी बताई और ताऊजी ने इस दौरान किए गए फोन के बारे में बताया। समय न गंवाते हुए पिताजी ने अपने स्टेशन में बात की और उन्हें सारी कहानी बताई।

5 दिनों की छुट्टी के बाद जब हम वापस पहुँचे तो यहाँ पूरे स्टेशन में हमारे गुम होने वाली बात लोगों के लिए अच्छी खासी मनोरंजक कहानी बन गई थी। उस वक्त तो परेशानियों का सामना करना पड़ा परन्तु अब जब कभी उस यात्रा की याद आती है तो हम सब की हँसी फूट पड़ती है।

श्रीमती मंजू
पत्नी कॉर्पोरल मनोज कुमार
म वा क मुख्यालय, वायु सेना



SODA v/s JOWA

Hey you ladies! One of the first things you encounter when you marry a fauji are the wide array of abbreviations that they use in the services; TD, DASI, AEB and the likes!! If you have to be a part of conversations, you need to know your stuff!!

So, let's begin my story with an explanation of the title.

'SODA' stands for Senior Officers Daughters Association and 'JOWA' stands for Junior Officers Wives Association. Well, it may not hurt to mention here that both these associations have no physical existence whatsoever!

Being a SODA I was acquainted with the fauji life. As a new bride, I came armed with the knowledge of postings, packing, the weird makeshift houses and the sarees.

And boy did I feel that I had an edge over the other girls?!!

But as they say, 'Life is full of surprises' and I had my share of them.

As a SODA, I had been to places like Pune, Bareilly, Kolkata, Udhampur, which were clearly spelt out and could be easily located on the map.

When we got married, my husband was posted to 18 Sqn aka The Flying Bullets. The Squadron was originally based at KKD (the First abbreviation of my JOWA career!), but was on detachment at Hasi (need I say more). I told myself, come on now, there's nothing to get worked up about, they are just places, even though they don't exist on the map. Full of enthusiasm we reached a place called New Alipurduar, which has nothing new about it!! We took our luggage and made an exit. Once in the parking lot, I looked here and there. Out of curiosity, my husband asked as to what was I looking for. The reply came from an ex – SODA. I said that I was unable to locate our fauji pickup and was a bit surprised that the vehicle was late in reaching the station.

My hubby gave me a faint smile and said, "Honey, we don't have fauji pickups here. We use civil cabs.



Welcome to JOWA." I was horrified. It was as if someone had slapped me in the face! I mean no 'gaadi', why? Well, I somehow got a grip on myself and we reached Air Force Station Hasimara. Once there, we checked into a room which did not give me the impression of a guest room. Reluctantly I asked my hubby and he told me that since the guest rooms were unavailable, we were to stay in another officer's room who was on leave. Sharing someone's room? Oh my god, who does that!? As a SODA I had hardly ever stayed in anything less than a VIP guest room!!

Looking at my expression, my hubby made me understand, that I was a JOWA now so this is something that I would have to accommodate. As the hours passed, my spirits were high again. My hubby got ready for office and on his way out told me that I should get his stuff settled. When he returned in the evening, he was surprised to see his stuff still lying around in the same manner. He asked me what happened and I replied innocently, "I kept waiting, but the bhaiya didn't come, I think he doesn't know that you are back from leave."

The Dosa Warfare

Not all battles are fought on battle fields and not all victories lead to thrones

*H*urray, I did it, but wait. I have not got an IIT or IIM call, but this victory is no lesser than those. The victory is my first unbroken-turned-and-cooked-completely Dosa. Being a south Indian, Dosa is almost everything from a perfect breakfast to a quick on-the-go snack. The humble Dosa which graces the dining tables of all south Indians, some north Indians and almost every Indian is a nightmare for many.

Proportion and ratio: Dosa is an Indian pancake made out of rice and Urad dal in god knows what's the perfect ratio, 5:1 is what my ancestors prefer. Some people add semolina to make the Dosa crispier but I think it just complicates things.

But this is not a chronicle of the Dosa's travel through times and ages. It is the story of my journey through the dark sides of the kitchen in the first few days of a "just married" life, battling with the stubborn rice dough which sticks to the frying griddles and the consequent conquest. Thinking myself as a super hero(in)e material, I got set to face the battle field.

On that sunday morning, I woke up earlier than usual as I was nervous of making Dosa for breakfast. Anyway, I pulled out the batter from the refrigerator (5:1 ratio of rice and Urad dal soaked overnight was made to a batter with a traditional grinder and allowed to ferment overnight), heated up the griddle and began with the first attempt.

I took a spoon of batter, poured and spread on the griddle and waited for 5 minutes staring into space and thinking what side dish I should make. In a minute, I got a faint burning smell and was immediately made aware of three things:

I had not oiled the griddle before spreading the batter

I had spread the batter before the griddle was properly heated

I had forgotten to turn the gas to a low flame

I attacked the enemy (Dosa) from south, east, west and north. The Dosa finally surrendered but in approximately six big pieces and innumerable smaller

ones. I had a triumphant smile. well, I at least mutilated my enemy.

Around a minute from the first battle of Dosa land, I in all wisdom, took the griddle off the burner, washed it clear of the batter stains of the previous battle and placed it on the lit burner again. A second battle ensued. But this time the enemy yielded in approximately three big pieces. Two more battles later, the enemy conceded and there were no more mutilations.

Now that I had washed the griddle completely, kept the gas in a moderate flame , oiled the griddle, waited for the right time to pour and spread the batter on the griddle, poured Desi Ghee generously on the sides of the batter, there was the perfect half cooked golden brown Dosa. I carefully flipped the Dosa to the other side and waited for few more seconds for that perfect moment of a successful warrior.

When the time for breakfast came, I quickly hid the casualties and served the best of the Dosas to my husband who appreciated my results and honoured my warrior skills.

Woof.. to those of you who are in the process of attempting home made Dosas, they are stubborn and have a mind of their own and they take their own time

to adjust with you. It took me more than five battles and half an hour of sweat drenching hard work. For some lucky ones, it shall be less and other unfortunate ones, it shall be more. So good luck friends. Instagram!



Mrs Akshaya Vignesh
W/o Sqn Ldr N Vignesh
2224 Sqn C/o 12 Wing AF

Home is Where the Air Force Takes Us

Way back in Sep 2006, we were posted to Uttarlai in Barmer (Rajasthan) from Amchi Mumbai. Well, almost Mumbai since we were located at Uran across the Navi Mumbai creek and had experienced the floods of July 2005. I was also carrying our second child whom we today refer to as an en-route baby since he was born between two postings. This was our first desert posting and to say that the summers are very hot would be an understatement. Forget the floors; even the walls could give you blisters if you leaned against them with your bare skin. Come winter and the sand dunes around would cool the environment faster than you would wish and chill our spines. My husband and I brought up our two gems in these extremities of +49 deg to -3 deg for the next three full years. Yet this is where the Air Force had taken us and without doubt our own 'Home Sweet Home'.

While I just stated that my husband and I brought up our 4 year old and 3 month old, he was away deployed somewhere in the sand dunes for a majority of our tenure at Uttarlai. The desert provided very limited vegetables and anyone going to Jodhpur would bring smiles to our faces. Since there is no tax on free advice, I was constantly being lectured by everyone who saw me tugging around two little ones, on the importance of nutrition. I am grateful to all those friends who bridged our nutrition line from a distance of 200km to Jodhpur from where we would occasionally get seemingly fresh vegetables. This arrangement was not a dedicated 'subzi' courier which I had experienced as a bride in Srinagar. The Air Force family was there to look after us and again I said to myself that this is where the Air Force had taken us and without doubt our own 'Home Sweet Home'.

A year went by and we seemed to have brought the floods from Mumbai to Uttarlai. I am not trying to be sarcastic, but what you just read actually happened – the desert was flooded in the monsoons of 2007. I was alone at home with both kids, when the water started rising all around our ground floor house. My husband was out deployed somewhere and as I learnt later cut off as far as roads and phones were concerned. Very soon all essential services like power supply, drinking water and communication began to shut down. Water kept rising even after the rains ceased and this is when

the meaning of the word 'Uttarlai' dawned on all of us – A lake in the North. My husband returned and the entire Air Force family got busy in evacuating low lying areas in and around the flooded erstwhile 'lake in the north – Uttarlai'. Schools turned into makeshift residences. Ironically there was water everywhere but not a drop to drink since the pipelines had been washed away. Water was distributed through bowlers and rationed to be used first for bathing and cleaning and reused for toilets. We all realized the importance of clean water for basic survival. In this entire melee our children continued to grow even though the already scarce resources of the desert further depleted. Milkmaid was the only milk diluted many times and pulses the only 'subzi'. When we did go out after three months, we realized we were better off than neighbouring villages where we noticed dead cattle stuck atop power lines indicating the level of water that had been reached during the floods. There was general mayhem and suffering amongst villagers and we realized how well the Air Force family had looked after us. We hastened home and yet again I realized that this is where the Air Force had brought us and looked after us so well in adversity, reaffirming my faith that this is my 'Home Sweet Home'.

I have narrated my experience of just one station. Like me, I am sure all 'Sanginis' will have a story to tell on each of our previous postings and the houses we have moved into and made them our homes. Even today when I visit any of our previous stations, I cannot help but identify the home we lived in as 'our home'. What a great richness we possess – so many homes all over the length and breadth of his beautiful country. The Air Force Family is our extended family and so every movement is yet another home coming. Every station is lovely, beautiful and enjoyable in its own away if it's taken in a positive way. Be open minded and accept every posting as it comes, there is something new to experience in every posting and a new home waiting for us to occupy because Home is where the Air Force takes us.

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



कलाम को आखिरी सलाम

बेमिसाल कलाम को सलाम
'भारत रत्न' कलाम
मिसाइल मैन कलाम
वैज्ञानिक कलाम
राष्ट्रपति थे कलाम
कमाल-कमाल कमाल थे कलाम

पथप्रदर्शक, पुरुषार्थ पुरेधा
देश के सपूत कलाम
दृढ़-निश्चयी थे कलाम
कमाल-कमाल कमाल थे कलाम
कर्मठता के प्रतीक
अथक अदम्य के पर्याय कलाम
ईमानदारी की नींव कलाम
वक्त के पाबंद थे कलाम
कमाल-कमाल कमाल थे कलाम

भारतीय सदा ऋणी रहेंगे
बच्चों में चिरस्मरणीय रहेंगे
कमाल-कमाल कमाल थे कलाम

कलाम आपको हमारा
शत शत प्रणाम
शत शत प्रणाम
बेमिसाल कलाम
आपको हमारा
सदैव प्रणाम



श्रीमती अन्शु अवस्थी
पत्नी एयर कम्पोजर डी के अवस्थी वि से मे
वायु सेना मुख्यालय (आर के पुरम)



तुला

मैं और मेरी तुला, अक्सर ये बातें करते हैं
तुम इधर को चलती तो कैसा होता
तुम उधर को दौड़ती तो कैसा होता
तुम्हारी सुई बायें को घूमती है तो खुशियां लाती है
और अगर दायें को घूमी तो मातम छा जाता है
तेरे दर्शन से दिन की शुरुआत होती है
और रात में तुझी से शुभ रात्रि होती है
लेकिन तू बहुत आंतक मचाती है
पैरों तले रहकर भी इतराती है
तू मुझपर हावी हो जाती है
मेरी रातों की नींद उड़ाती है
पर बस, अब बहुत हुआ तेरा अत्याचार अब मैं नहीं
हूँ बेबस और लाचार

अब मैं मुक्त हूँ बेबस और लाचार
अब मैं मुक्त हूँ मैं आजाद हूँ
मैंने तोड़ दी बेड़ियाँ, मैं मुक्त हूँ
मैं अब तेरे अस्तित्व को ही नकारती हूँ तेरा
बहिष्कार, तेरा तिरस्कार करती हूँ
मैं जैसी भी हूँ सबसे अच्छी हूँ
अपने भाग्य की, खुशियों की खुद स्वामिनी हूँ
अब न रहा तेरा, मुझ पर कोई जोर
आ गई नई भोर, नई भोर नई भोर



श्रीमती राधा सुरेश
पत्नी एयर मार्शल बी सुरेश अ वि से मे वा मे
वायुसेना मुख्यालय (वायु भवन)



Italian Cheese Cake With Condensed Milk

INGREDIENTS:

- 250 gms digestive biscuits
- 100 gms unsalted butter, melted
- 2 tablespoons sugar
- 500 gms cream cheese or thick hung curd (hung for 8 hours)
- 1 can milkmaid
- 1/4 cup fresh lemon juice
- 1 teaspoon vanilla extract

METHOD:

Put digestive biscuits in a large resealable plastic bag, and crush them with a rolling pin until very fine crumbs are formed. Pour the crumbs into a medium bowl; stir in sugar. Add butter, and stir until well combined. Press the crumb mixture into a 9-inch spring form pan, spreading it 1 1/2 to 2 inches up the side; press flat. Chill the crust in freezer for at



least 10 minutes. Meanwhile, make the filling: Using an electric mixer, set at medium-high speed, beat the cream cheese or hung curd (it has to be very thick) in a large bowl until smooth. Beat in the condensed milk a little at a time, scraping the sides of the bowl, as necessary. Beat in the lemon juice and vanilla. Pour the filling into the crust; smooth the top with a rubber spatula. Cover with plastic wrap and refrigerate until firm, 2 1/2 to 3 hours. Unclasp the sides of pan, and remove cheesecake.

Mrs Rajika Nair
W/o Gp Capt P B Nair
AF Stn Tezpur



Easy Eggless Vanilla Cupcakes

INGREDIENTS:

- One Cup plus 5 table spoons all-purpose flour
- Two table spoons corn flour
- Both flours sifted from a height at least two times and mixed well
- One cup thick yoghurt
- Three fourth cup sugar
- Half teaspoon baking soda
- One and one eighth teaspoon baking powder
- Half cup refined oil
- One teaspoon vanilla essence
- One fourth teaspoon butter essence (optional)
- Two table spoon water (add only if the batter is too thick)

METHOD:

1. Preheat oven to 180°C for 15 minutes.
2. Line a standard or mini cupcakes pan.
3. Cream the sugar and yoghurt until the sugar is completely dissolved.



4. Add vegetable oil and vanilla essence and mix well. In another bowl sift all the dry ingredients and give it a quick mix. Now slowly add sifted flour and fold into the wet ingredients. Fold the dry ingredients in the wet once with a spatula or whip it with a hand blender. Do not over mix. Add water should the batter be thick like idly batter
5. Bake it at 180°C for 15-18 minutes till a toothpick inserted into the cupcake comes out clean.
6. Take it out of the oven and then transfer it on to the cooling rack after 10 minutes

Mrs Rupindar Baince
W/o Gp Capt KS Baince
Adv HQ WAC



Instant Date and Walnut Cake (Eggless)

INGREDIENTS

Maida	-	2 Cups
Sugar	-	1 Cup
Refined Oil	-	½ Cup
Curd	-	1 Cup
Baking Soda	-	1 tsp
Baking Powder	-	¼ tsp
Dates	-	1 Cup
Milk	-	1 Cup
Vanilla Essence	-	1 tsp
Chopped walnuts		

METHOD

Boil chopped dates in milk and mash the mixture nicely. Beat sugar, curd and refined oil together. Add the dates mixture. Sieve the powdered ingredients and add to the mixture. Add vanilla essence. Pour into a greased cake tin. Sprinkle walnuts on top. Bake at 180°C for 40 min.

Mrs Smriti Singh
W/o Sqn Ldr Sushil Kumar
AF Stn Yelahanka



Green Palak Chicken



INGREDIENTS

Chicken cut into small pieces	:	1 kg
Tandoori chicken masala	:	4 table spoon
Palak (Spinach)	:	500 gram
Green coriander	:	for garnishing
Tomato	:	2 big
Onion	:	2 big
Green chilli	:	As per your taste
Garlic	:	8 to 10 cloves
Ginger	:	1 inch piece
Rum/Brandy	:	2 table spoon
Turmeric powder	:	1 table spoon
Salt	:	As per your taste
Ginger garlic paste	:	2 table spoon

FOR MARINATION

First take chicken in a bowl and mix the tandoori masala, salt, turmeric powder, brandy, and ginger garlic paste in it and leave it for at least 2-3 hrs to marinate.

FOR MAKING GRAVY

Pressure cook palak, coriander, tomato, onion, ginger, garlic altogether. Let the mixture cool down, and then grind to a paste in the mixie.

METHOD

Take 3 – 4 spoons of refined oil in a kadahi. Put the marinated chicken in it and cook until tender. After that put the green mixture in it and mix well and add some salt and for better taste put 2-3 spoons of tandoori chicken masala in it and give it a boil. Your green palak chicken is ready to serve.

Mrs Paveet Bassoon
W/o Wg Cdr GS Basson
1 FBSU AF



Tomato Adai

INGRIDENTS:-

Rice	-	3 cups
Urad dal	-	3/4 cup
Fenugreek seeds	-	2 tsp
Fennel (Saunf)	-	2 tsp
Red chilli	-	5 to 6 in number
Tomato	-	10 in number (chopped in 4 parts)
Onion	-	1 cup (finely chopped)
Asafoetida (Hing)	-	1/4 tsp
Curry leaves	-	Few
Coriander leaves	-	Few
Salt	-	As needed
Oil	-	1 tsp for tempering and 1 tsp for Adai.

METHOD:-

1. Soak the rice + dal + fenugreek seeds for 2 hours in water and rinse.
2. Add tomatoes, fennel, red chillies, asafoetida (hing) and salt to the soaked rice.
3. Grind the above ingredients in a mixer or grinder, bit by bit into a coarse batter. The tomato juice is enough for grinding the batter. Use very little water if required.
4. In a pan, heat 1 tsp of oil and shallow fry the onions. Mix it with the batter.
5. Add the chopped curry leaves and coriander leaves to the batter and mix well.

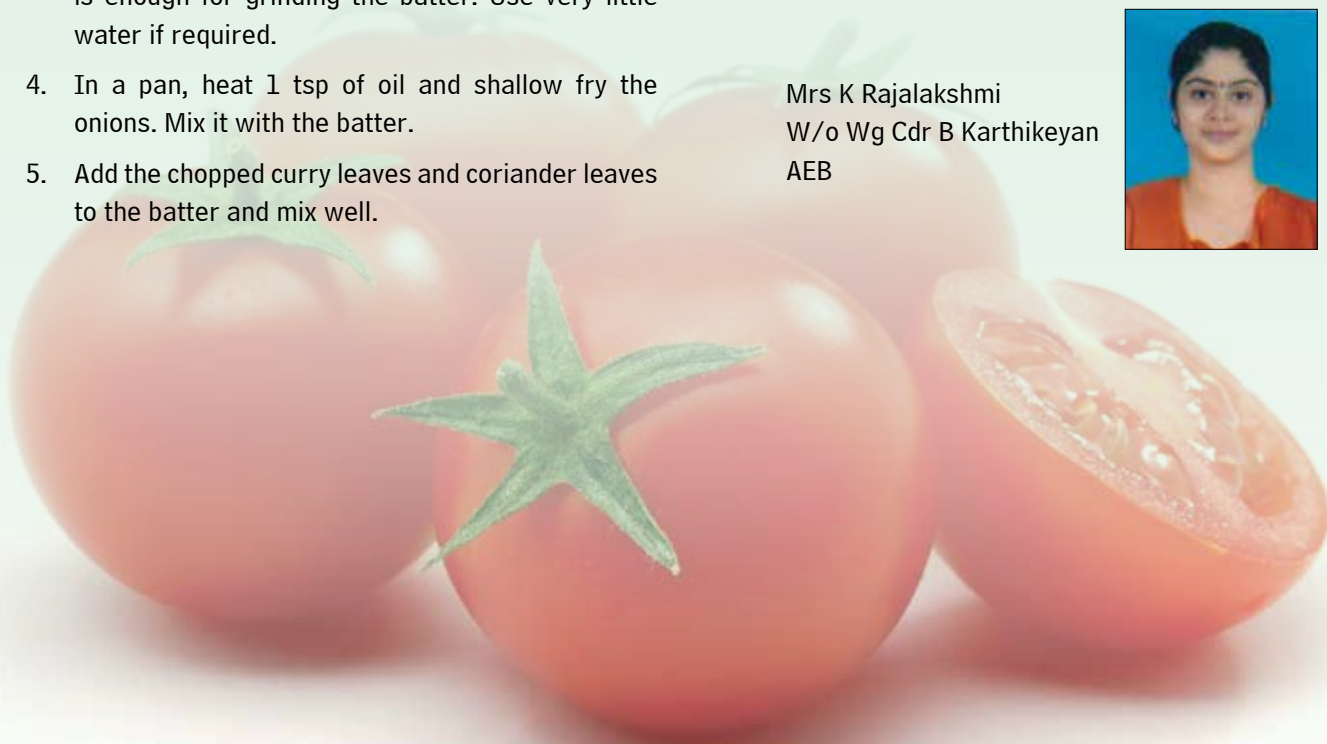


6. The batter should be little thicker than the dosa batter.
7. Heat a griddle (tawa). Pour a ladle full of batter and spread in a circular motion.
8. Drizzle a tsp of oil around the Adai.
9. When one side turns golden brown, flip and cook the other side.
10. Serve hot with any chutney or Aviyal. Even jaggery (Gud) would taste good with the tomato adai.

NOTE:-

- We can use any rice except basmati.
- One hour of soaking is enough if warm water is used.
- Be generous in adding oil to Adai.
- Always serve this hot.

Mrs K Rajalakshmi
W/o Wg Cdr B Karthikeyan
AEB



मलाई वाला केक

lexh%

मैदा	: 150 ग्राम
चीनी	: 100 ग्राम
दूध	: 100 ग्राम
रिफाइंड या मलाई	: 100 ग्राम
कस्टर्ड	: 3 चम्मच (टेबल स्पून)
बेकिंग पाउडर	: 1 चम्मच (टेबल स्पून)
मीठा सोडा	: 1 चुटकी

cuku dh fof/k%

मैदे को बेकिंग पाउडर व सोडा डालकर छान लें। फिर दूध व चीनी को मिलाएं उसके बाद मलाई भी मिलाएं। बाद में मैदा मिलाएं, और अच्छी तरह मिल जाने के बाद, एसेंस डालकर मिलाएं। पेस्ट पकोड़े के पेस्ट जैसा होना चाहिए।

केक के बर्तन में घी या रिफाइंड लगा कर थोड़ी सी सूखी मैदा छिड़क कर उसमें पेस्ट डाल दें। ओवन 10 मिनट तक गर्म करके



पेस्ट डालें। फिर केक को 180 डिग्री पर 50 मिनट तक बेक करें। चाकू में घी लगाकर चेक करें।

श्रीमती प्रमिला त्यागी
पत्नी सार्जेंट ए. के. त्यागी
14 बी आर डी वायु सेना



डबल लेयर ढोकला

lexh%

पहली लेयर के लिए –

उड़द दाल	—	आधा कप
चावल	—	1 कप (दोनों को भिगोकर पीस लें)
अदरक	—	आधा टी-स्पून
हरी मिर्च का पेस्ट और नमक मिलाएं।		

दूसरी लेयर के लिए –

बेसन	—	डेढ़ कप
दही	—	थोड़ा सा 1 टी-स्पून
अदरक, हरी मिर्च का पेस्ट और हल्का सा नमक मिलाएं, सारी सामग्री को मिला लें।		

vU; lexh%

थोड़ा-सा लाल मिर्च पाउडर, गार्निशिंग के लिए हरा धनिया कटा हुआ।



fof/k%

चिकनाई लगी गहरी थाली में पहली लेयर वाला मिश्रण डालकर 10 मिनट तक भाप में पकाएं।

अब इस पर दूसरी लेयर वाला मिश्रण डालें और 10 मिनट तक भाप में पकाएं, लाल मिर्च पाउडर छिड़ककर हरे धनिये से सजाकर नारियल चटनी के साथ सर्व करें।

श्रीमती निशा पवार
पत्नी सार्जेंट एन एस पवार
वायु सेना हाकिमपेट





गुड़हल का पौष्टिक शरबत

Ingredients

गुड़हल के फूल	—	10
चीनी	—	8–10 टेबल स्पून
नींबू	—	3
पानी	—	2 गिलास

Instructions

1. गुड़हल के फूल को अच्छे से धो लें। एक गिलास पानी उबालकर उसमें फूल डाल दें एक बार चला कर गैस बंद कर दें। पतीले को ढक दें।
2. चीनी में एक गिलास पानी डाल कर उसे धीमी आंच पर 3–4 मिनट तक उबालें।
3. फूलों के पानी को छानकर चाशनी में मिला दें।
4. जब ठंडा हो जाये तो नींबू का रस निचोड़ कर मिला दें।
5. शरबत को कांच की शीशी में भरकर फ्रिज में रखें। जब पीना हो तो 1/3 शरबत और 2/3 पानी मिलकर पियें।

इस शरबत के नियमित सेवन से हीमोग्लोबीन बढ़ता है।।

श्रीमती राधा सुरेश
पत्नी एयर मार्शल बी सुरेश अ वि से मे वा मे
वायुसेना मुख्यालय (वायु भवन)

नान खताई

Ingredients

बेसन	—	1 कप
पिसी चीनी	—	1 1/2 कप
मैदा	—	1 कप
इलाइची	—	10
बेकिंग सोडा	—	1/2 टी स्पून

Instructions

1. बेसन, मैदा और बेकिंग सोडा को मिलाकर दो बार छान लें।
2. फिर इलाइची को पीस कर मिला दें, पिसी चीनी भी मिलायें।
3. घी को पिघलाकर इसमें डालें और गूंध लें।
4. गूंधे हुए आटे के छोटे छोटे गोले बनायें और हाथ से चपटा कर छोटे पेड़े की तरह बनायें।
5. 180°C पर 10–15 मिनट बेक करें।



Pop Corn Curry

INGREDIENTS

Onion paste	:	1 cup
Tomato pieces	:	1 cup
Ginger garlic paste	:	2 tsp
Popcorn	:	50 gms
Turmeric	:	50 gms
Salt	:	1 pinch
Chilli powder	:	1 tsp



Oil	:	4 tsp
Fresh Cream	:	2 tsp
Dhania powder	:	1 tsp
Garam Masala	:	1 tsp

METHOD

Place the kadhai on the stove and heat it. Now put the oil, ginger garlic paste and fry it once. Next add the onion paste, tomato pieces and fry till the tomato pieces are soft. Sprinkle the dhania powder, garam masala, chilli powder, salt, turmeric and stir it well. Last of all, place the fresh cream and popcorn for 2 minutes. Garnish with chopped coriander.

Popcorn curry is ready

Mrs C Lakshmi
W/o JWO C Ravi Kumar
AF Stn Jaisalmer



Sweet Carrot Roll

INGREDIENTS

Gajar ka halwa	1 Cup
Sugar	1/2 Cup
Cinnamon Powder	1/2 tea spoon
Bread	6 slices
Milk	2 Litres

Pure ghee for deep fry

METHOD

- Take the milk and make it boil until it converts into rabri. Add some sugar (about 1 teaspoon sugar)
- Then, separate the brown cover of bread. Use the white portion
- With the wet hand, make the bread roll with 1 spoon of filling (halwa is the filling inside the bread roll)
- Make the roll of all 6 bread slices
- Let them deep fry in ghee until the color turn into golden brown.
- Take out the roll and cool them for 4-5 minutes.
- Add the roll into rabri made earlier with cinnamon powder.
- Serve the sweet carrot roll with some dry fruits.



Mrs Sarita Prasad
W/o JWO Mahesh Prasad
AFLE Lucknow



Brinjal Chutney

INGREDIENTS:

Brinjal	- 1 large (or use 4-5 small brinjals)
Green Chillies	- 2 pcs
Oil	- 1 tsp + 1 tsp + 1 tsp
Black Mustard Seeds	- 1/2 tsp
urad dal	- 1/2 tsp + 1/4 tsp
Red Chilli	- 1 dry
Tamarind Paste	3/4 tsp or small piece of tamarind
Onions	3-4 minced shallots or 2 tbsp minced
A pinch of hing	
A few curry leaves	

METHOD:

1. Chop the brinjal into 1" cubes and set aside in a bowl of water.
2. Heat one tsp oil in a pan and add the mustard seeds.
3. When they pop, drain water and add the brinjal pieces. Saute until the pieces soften and turn light brown. Remove to a plate and set aside to cool.
4. In the same pan add one more tsp oil, slice and add the green chillies, dry red chilli, and 1/2 tsp urad dal. Saute until the dal turns golden brown.
5. Transfer the cooled brinjal, the roasted ingredients from above, tamarind, and some salt to a mixie and blend to a smooth paste.
6. Heat the last tsp of oil in the same pan as before (this is clearly a one-pan chutney recipe) and add the sliced shallots/ onions, hing, and 1/4 tsp urad dal.
7. When the dal turns golden brown, add the curry leaves and the blended chutney paste.
8. Mix well and add more salt if needed.



Mrs Priyanka K
W/O Cpl Pravina Kumara
HQ TC(U) AF





जलेबी

Ingredients

मैदा	—	1 कप
मीठा दही	—	1/2 कप
बेसन	—	2 बड़े चम्मच
चीनी	—	2 कप
नींबू	—	1 नग

Instructions

मैदा में दही और बेसन डालकर अच्छे से फेंटे। अब पानी की सहायता से एक गाढ़ा घोल बना लें। ध्यान रहे घोल ज्यादा पतला या गाढ़ा ना हो साथ ही उसमें गुठली भी ना हों। इसे गर्मी में 5–6 तथा सर्दी में 12–14 घंटे तक छोड़ दें। एक बर्तन में 2 कप चीनी के साथ 1/2 कप पानी मिलाकर 2 तार की चाशनी बना लें। इसे नींबू से साफ कर लें। एक कड़ाही में घी गर्म होने दें। तैयार किया गया जलेबी का घोल मोल्ड में भरें और इच्छानुसार आकार देते हुये तेल में छोड़ें और धीमी आँच पर सुनहरा होने तक तलें। आँच ज्यादा तेज ना रखें। इसे चाशनी में डालें और तुरंत निकालकर गरमा गरम सर्व करें।

Notes

चाशनी के लिये चीनी के स्थान पर गुड़ का इस्तेमाल भी कर सकते हैं।

श्रीमती नीलम प्रसाद
पत्नी सर्जेंट विशाल प्रसाद
टेकड़ी



रागी/ओट्स बिस्किट

Ingredients

मैदा/आटा	—	60 ग्राम
रागी पाउडर /ओट्स		40 ग्राम
बेकिंग पाउडर		1/2 चम्मच (छोटा)
बेकिंग सोडा		1 चुटकी
सफेद मक्खन/घी		40 ग्राम
चीनी पाउडर		40 ग्राम
चॉकलेट एसेंस		2 बूँद
कोको पाउडर		1/2 चम्मच (छोटा)

समय 12 से 15 मिनट

तापमान 150°C से 160°C तक

Instructions

सबसे पहले मैदा, बेकिंग पाउडर, बेकिंग सोडा, कोको पाउडर और रागी पाउडर/ओट्स को तीन से चार बार छान लें।

किसी गहरे बर्तन में घी को हल्का होने तक मिलायें।

चीनी पाउडर मिलाएं, जब घी और चीनी पाउडर अच्छे से मिक्स हो जाएं तब इसमें एसेंस डालें और मैदा वाला मिश्रण डाल कर अच्छे से आटे की तरह गूंध लें।

अब मनचाहा आकार दें और बेक करें।

श्रीमती चंचल
पत्नी सर्जेंट वेद प्रकाश
111 एच यू
द्वारा 15 विंग वायु सेना



Positive Parenting

"Parenting isn't about raising a child; it's about raising a parent"

It is very difficult to be God on earth but one need to play a very similar role to guide the children to lead a balanced life. Adults need to train themselves like an ocean centred on equanimity even when the weather is turbulent. If they can't stay positive, they should not blame the child, the environment and the circumstances. How a child behaves, is like second nature to the child, rooted in parenthood.

A child is oblivious of worry, anger, jealousy and those sorts of negative things. They learn from the environment provided to them, primarily from parents. Adults want their children to follow them almost in everything, but if they sincerely review their own life, they would realise that they had made so many mistakes and still carry their baggage of miseries, worries, disappointments and bitterness. How are they going to give the child positivity, should be the question foremost in their minds?

One cannot wish away the responsibilities and commitments and still can be a little more sensitive and genuine while dealing with children.

EXTERIOR FORCES

FREEDOM

When we talk about freedom in the context of our own children, we get confused. Whether we should give freedom to the children or not and to what extent? Parents hardly realise that freedom is not something to be given as courtesy. It takes birth with the person itself.

APPRECIATION

If I am given a role to play my child's teacher, I must first have learned how to be self-disciplined. I must have addressed, and continue to address, my own emotional irresponsibility. I can do this by becoming a conscious parent someone who is true to their self. In this way, the child learns from me to also be true to their heart's deepest desires.

INNER MECHANISM

One needs to learn how to guide children without damaging their personality, character and self-worth. There are problems parents encounter in child's upbringing. Since the adult tries to shape a constrained personality without considering the precise inner mechanism in which the wonder of childhood is implanted. We try to buy one shoe for all, means we try to learn parenting from different sources and then apply to our individual child. Parents bringing up siblings, is a case in point. We expect to handle the next child better because we have already done that. We fail to take in to consideration each child's uniqueness as well as different needs. It is an unconscious and unaware way of parenting.

The children should be in touch with their inner mechanism, not forced into a mould we design for them.

TASTE OF INDIVIDUALITY

A child chooses external guides herself. She accommodates to the one who she trusts and feels safe with. If she observes that her external guides do not harm her she will ask for help from them whenever





used to kill the excitement. I could never call my home the most secure place for me, the child.

I started disliking the place I was born, the language we used to speak and the environment I grew up in. Even now I do not feel comfortable if someone asks me something about my city and childhood. But while writing about all those feelings now I am able to understand the pain, the anger. I have become like that nothing excites me anymore other than my work and performance. I pretend to enjoy the gatherings, the festivals but I only enjoy my own work. I remember once there was Diwali being celebrated by everyone but I was doing a project. Once I realised with horror that when people working with me asked for leave, I questioned myself that do I want to leave my work and enjoy? the answer was "NO", I don't want a break.

she is in need. As long as this help is given without upsetting her she will be grateful. However, if the child faces humiliation then she will not ask for help. She will not accept that guidance also, even if it seems alright as the child is outwardly obeying everything. It does not mean she accepted them.

Parents should understand not to feel superior and make the child feel inferior. Parents think that they know everything but they do not even come to know that the child secretly brewed discontent inside her and will become rebellious. I know. When I was a child I was always dealing with violence outside and inside me. There was not even a single person whom I could lean on for my emotional fulfilment. It used to be such a painful world. Consequently, I always worked on others mood and wished just to get attention and acceptance. When I was in grade 5 and 6 I used to be all alone even with a cluster of people around me. When I did not find affection and belongingness in a normal way, I worked as a looser on myself to get some inner peace. I started detaching myself from the place and people. I used to make long stories in my mind without penning it down. I used to make myself active and a very impressive character, and used to create my own dream land. The people who used to give me scolding and beating were never part of my imagination and I could never fit them in my world. When I grew up, I still recall, they really could not become part of my inner world. Result of such childhood was that I completely became a loner. I Could not appreciate good things in life. I always found myself juggling between two natures- one wanted to bubble, enjoy and feel the joy of life each moment but at the same time the other nature

Modern parents have developed an attitude where they feel it necessary to emphasize the importance of their own knowledge and experience constantly by telling their children "I told you". However, such a poisonous attitude is actually one of the big factors in destroying a child's ability to develop her own personality and identity. A child learns by making mistakes and feeling it. Unfortunately, parents do not allow their children to make mistakes. Children learn by making mistakes and parents always have this fear that child will develop the habit of committing mistakes. If a child is corrected on mistakes, next time she will consider in terms of wrong or right, but if a child is humiliated while being corrected, she will not want to follow the track of the adult. The direction is as important as the content of the dialogue. Remember, no child repeats the mistake as humans have been created in a state of perfection.

Mrs Sona Chaudhary Bamal
W/o Wg Cdr A Bamal
AF Stn Gorakhpur





Ox Tail Soup and Other Tales

Zambia. The name is usually found on the last pages of encyclopaedias, conjuring the dark continents' worst images to the average Indian mind. I received the news of our posting to Zambia well past midnight, when I was stranded at a petrol pump on the outskirts of Coimbatore in a vehicle that had broken down. I had called up my husband in Wellington to come over and pick me up. That is material for another story, so I'll stick to Zambia for now.

At the outset, some facts about the country. Zambia is an ex-British colony, so the people are English speaking, God-fearing Christians, living in a land that is blessed with an abundance of wild life on the surface, copper under their soil and the bluest of skies above. Poor but warm hearted, the folks are fun-loving and easy to live with.

Our introductions were made in the first welcome function organized by the Staff College. When we ladies announced in succession that we were married for 16, 18, 19 years respectively, their query was, "To the same husband"? That is African curiosity for you!

We were a team of four Indian families on deputation to their Staff College and three of us lived within the same compound. There was a weekly bazaar where we had to go to stock up on our vegetables and groceries. The three of us, dressed in salwar-kameez, carrying similar bags, would go around the market, bargaining in the typical Indian manner. A lady selling

onions, once asked me, "Are you three sisters?" I said, "Yes", and she promptly stumped me by asking, "Same father, same mother?" It took us some time to understand what she meant, and then we burst out laughing. Such questions were shot at us often, but that's what 'cultural difference' is!

On another occasion, I was with my two sons, when another lady asked me, 'Only two sons? Have you left behind some children in India?' When I answered in the negative, she asked, "Do you have some medical problems?" They have this image of a populous country where every family has many children, so when I tried to explain that two kids is the norm in India, she asked, "Is it because of some government rule?" The families in Zambia usually were large with lots of step children included. In fact my son, returning from school, asked me once, 'Why don't I have any step brothers or step sisters, like my classmates?'

My maid servant once asked me if she could come to India with us. I asked her, "Why do you want to come to India?" Her reply was, "Because there are so many cows on the streets in India!" I explained to her that we Indians revere the Holy Cow and don't kill it. After pondering over my reply for a while, she then asked me, "Ooh! Then what do you do when it dies?" Not knowing what else to say, I said, "We bury it". Her reaction was hilarious, "Oh, what a waste!"

Adapting to the local food was not easy. Menu cards inevitably began with Oxtail Soup and had Crocodile Burgers, Barbecued Zebra Meat and an assortment of Caterpillars to go with their staple Nshima (Maize Meal). But those folks really loved Indian food. One common belief was that we Indians lived longer because of the spices we consumed. They loved our Rotis and were always awed at the fluffed up Puris, wondering how air was pumped inside them!

The first outing we had was to the mesmerizing Victoria Falls, one of the eight natural wonders of the world. This was followed by short trips to various wild life parks and lakes in the country. But the most exciting and memorable part of our stay in Africa was a trip to the famous Serengeti National Park and the Ngorongoro Crater in Tanzania. We had booked a 4-day safari that included hiring of a Land Rover, driver and guide; from a place called Arusha that lies on the Northern border of Tanzania, close to Mt Kilimanjaro, the highest peak in Africa. Driving out of Arusha, we went past some of the largest banana plantations and then through Manyara National Park, where lions climb and live on trees! One has to travel through the Great Rift Valley and the Olduvai Gorge (where evidence has been found of the first humans on earth) to reach the Serengeti plains.

The first sight of the great reserve area is very mesmerizing. The landscape is only plain grassland dotted with rocky outcrops (called Kopjes) with a few scattered trees, unlike our typical 'jungles' where wild life is found. After a long drive, we parked in an authorized camping area, where the guide and the driver swiftly got down to the business of setting up the tents. I had dreamt of a large "Bedouin" tent where we would rest for the night, but was shocked to see a structure that barely came up to my waist! Two ground sheets were laid out in each 'tent' for us to unroll our sleeping bags on. A folding table was laid out complete with a table cloth and fine crockery and the men quickly got to work with preparing dinner. Surprisingly, in the middle of nowhere, they prepared an elaborate Indian meal for us. By the time it was dark, we had finished our dinner and were advised to tuck in for the night. One lantern was placed outside each tent 'to keep the lions away'.

The silence of the early night was only to be followed by the sound of hooves, grunts, roars and howls. The



cacophony got louder as the night progressed, with frogs, crickets, bats and other animals adding to the shrill noises. We sat huddled in two adjoining tents, wondering what we should fear the most.....being run over by elephants, mauled by lions, having to bear the onslaught of a stampede or being bitten by some reptiles!! "Why didn't we go to Europe like everyone else?" asked one son. "Did we have to pay so much to feel raw fear?" I wondered!

Morning ablutions were in a DTL (Deep Trench Latrine) that was not too deep and left one gasping for breath! There are four standard routes from the campsites that captured entirely different scenes. We set off on one circuit just as the sun came up above the horizon. First we reached a spot from where we could get the first glimpse of the great migration. Thousands of wildebeest, zebras and antelopes moving in one direction, almost 40-50 animals abreast, was a sight to behold. Random clouds of dust were an indication of some carnivores chasing their prey. In the next few hours we were lucky to watch one such chase scene from up close. A little while later, the famous scene of the zebras crossing a river filled with crocodiles was being enacted in front of our eyes! The next circuit in the afternoon led us to the domain of the giraffes. We had the opportunity to drive amidst a herd of giraffes, just as the sun was going down. Unfortunately we didn't have HD cameras to capture some of the best wildlife shots that we encountered.

To cut the long story short, the next two days were spent as if we were switching channels between 'Animal Planet', 'Discovery' and 'National Geographic', as live action unfolded at various locales. Soon we were quite at ease while passing by a pride of lions that had had their fill and were the least threatening to us under-nourished humans! In fact the herbivores were scarier

than the carnivores. A herd of buffaloes, elephants or rhinos far away could be more life threatening than a cheetah sitting on the bonnet of the Land Rover.

If three days in Serengeti gave us our fill of wildlife watching, the Ngorongoro Crater was even more fascinating. This crater is a caldera formed by the collapse of a large volcano and is considered to be the largest subsidence crater in the world with a width of over 20 km. The rim is 8,000ft. in elevation, and the floor is about 2,000 ft below the rim.



The floor area of the crater covers about 260 square km. The park is home to approximately 25,000 large mammals, including gazelles, buffaloes, wildebeests, elands, elephants, and the black rhinos. It also has the densest populations of predators out of any of the African parks, made up of lions, leopards, hyenas, and jackals. Lake Magadi in the center attracts a large numbers of flamingos, pelicans, ostriches, grebes, storks, cranes, and more. On this day long trip we got to see a lioness and her growing cubs ambush a gazelle, a cheetah chasing and killing an antelope. This is a must do in the list of destinations for any wild life enthusiast.

We returned to Arusha after the four day safari, and looked forward to having a meal without hearing the sounds of animals! The equivalent of our roadside dhaba's 'chicken on the bonnet', where one is served food on the bonnet. After an enjoyable meal we were happy to sleep on a proper bed.

The next stop was to the island of Zanzibar, a place I had heard of only in comics. A quaint island town, known

for the export of slaves, Zanzibar had some outstanding beaches. With hired cycles and snorkeling equipment, we tried exploring the coral beaches till my better half had his palm impaled by a sea urchin. So now the focus shifted towards searching for medical aid that came in the form of villagers rubbing raw papayas to quell the swelling. We had booked a dolphin watching cruise that turned out to be a fishing boat that spluttered its way to a spot where dolphins frequented. My husband and son jumped into the waters and were surrounded by friendly dolphins that swam around them. They both swear that it was the most amazing experience that one could encounter.

At the end of the two year tenure, we were invited by the college staff for a farewell lunch at a wildlife resort. The program included a safari tour in an open bus. Now we had done the mother of all tours in Serengeti, also in South Africa and Kenya so this ride was in familiar surroundings. But this was the first time we were with the locals and their attitude towards wild life was really amazing. As we came across a herd of gazelles, the talk amongst them was, 'This one tastes best when eaten with spinach' or "No, I always like it plain roasted." We spotted some Kudu, and the discussion went, "Oh, I love this one's tongue" or "This is the tastiest meat among all deer". Soon we spotted some Sable, an endangered species. I couldn't remember its name, so I asked one of the officers what animal it was. His prompt reply was, "I don't know Ma'am, but its tail makes the best soup!" Another one added, "Ma'am you should try its ribs – great for grilling!" We soon realized that the locals always looked at every animal as food. After all, humans reached the top of the food chain by sampling all the herbivores.

Time flew by very fast and soon we were packing for the move back to India. In spite of the cultural differences, we had fallen in love with the country, its people and the calm environment. We left the country with a heavy heart and fond memories of our African experiences and have vowed to return someday.

Mrs Neeta Chaudhari
W/o AVM VR Chaudhari AVSM VM
Air HQ (VB)



जाको राखे साँझ्या

आज मैंने काफी दिनों बाद कलम पकड़ी है, मन कर रहा है कुछ गुज़रे हुए लम्हों से शब्दों की माला बनाकर अपनी संगिनियों के बीच साझा करूँ। ये कोई कहानी नहीं है, बल्कि उस एक-एक लम्हे को मैंने कैसे काटा है, ये मैं शब्दों में बयान नहीं कर सकती, बस कोशिश कर रही हूँ।

बात 2 दिसम्बर 2010 की है। मेरे पति तेजपुर में पोस्टेड थे। वो नेवीगेटर हैं और एस यू-30 एम के आई उड़ाते हैं। ए ई बी के कारण काफी ज्यादा फ्लाईंग हो रही थी। उस दिन सुमन की फ्लाईंग थी फ्ला. ले. अक्षय विज के साथ। सुखोई 2-सीटर लड़ाकू जहाज है। सुमन के घर से निकलने के बाद मेरी दिनचर्या शुरू होती है, उस दिन भी सुमन जाने के बाद मैंने योगा और प्राणायाम किया। फिर थोड़ा समय गार्डन में फूलों और पौधों के बीच गुजारा। नाश्ता करने के बाद मैंने सोचा, सुमन ने आज लैंड करने के बाद मुझे कॉल नहीं किया है। मैंने बोल रखा है लैंड करने के बाद आप एक कॉल कर दिया करो। उस दिन 11 बज गए मगर उन्होंने मुझे कॉल नहीं किया। मैंने रिंग किया तो रिंग जाता रहा मगर उन्होंने फोन नहीं उठाया। मन में थोड़ी चिन्ता हुई मगर फिर लगा शायद व्यस्त हो गए होंगे डी-ब्रीफ में। मैं अपने दूसरे कामों में व्यस्त हो गई। 11:30 के आसपास

मेरे नम्बर पर फ्लाइट कमांडर का कॉल आया। मुझे लगा अब तो जरूर कोई बात है, नहीं तो, इतने व्यस्त समय में जब फ्लाईंग चल रही है फ्लाइट कमांडर मुझे क्यों कॉल करेंगे? खैर मैंने फोन रिसीव किया, उन्होंने कहा जय हिन्द मैम, आप कैसे हो? आपकी छुट्टियाँ कैसी रहीं? मैंने जवाब दिया, लेकिन कुछ अनहोनी की आशंका से मन घबरा रहा था। उन्होंने कहा मैम, आपका सुमन बहुत ही हिम्मत वाला है और आप एक स्ट्रान्ग एयर फोर्स अफसर की पत्नी हो। मैम, सुमन के साथ एक दुर्घटना हो गई है। फ्लाईंग के समय, उसके ऑक्सीजन मास्क में अधिक मात्रा में ऑक्सीजन का बहाव होने के कारण वो ऊपर कॉकपिट में बेहोश हो गया है। मगर अभी वो लोग लैंड कर चुके हैं और हम लोग उन्हें लेकर बेस हॉस्पिटल जा रहे हैं। आप घबराना नहीं, बस आप एक नाइट किट लेकर तैयार रहना। मेरे तो पैरों तले जमीन खिसक गयी थी, आँखों के सामने अंधेरा छाने



लगा था, समझ नहीं आ रहा था कि ये अचानक क्या हो गया। अभी सुबह तो इतने अच्छे से मिलकर गए हैं, लंच पर आने को कह कर और अभी हॉस्पिटल जा रहे हैं। थोड़ी देर में हमारी स्क्वाड्रन की लेडीज़ मुझसे मिलने आयीं, उन्होंने मेरे गले लगकर मुझे बहुत हिम्मत दी। तब मुझे लगा कि सचमुच यही तो बुरे वक्त में मेरा परिवार है। 1 बजे के आसपास फ्ला. ले. चौहान मुझे लेने आए। मैं सबको शुक्रिया अदा करके चली गई। अपने पति की सलामती की पूरे रास्ते दुआ करती रही। जब मैं पहुँची तो देखा 4-5 अफसर, आई सी यू के बाहर खड़े थे। उन्होंने मेरा मन हल्का करने के लिए कहा – मैम सुमन सर तो यमराज से इन्टरव्यू लेकर आ रहे हैं। उन्होंने इतना ऑक्सीजन पी लिया है कि सौ साल तक उनको

कुछ नहीं होगा। आप देखना सर जल्दी से ठीक होकर फिर से फ्लाइंग करने लगेंगे। उन्होंने एक पल भी मुझे मेरे परिवार की कमी महसूस होने नहीं दी। कोई चाय ला रहा है, कोई पानी के लिए पूछ रहा है। ऐसा अपनापन एक फाइटर स्क्वाड्रन के लोगों के बीच ही हो सकता है। डा. अनिमेष वत्स जो सुमन का उपचार कर रहे थे। इस इमरजेन्सी केस के लिए उन्होंने अपना दूसरा ऑपरेशन छोड़ दिया। मैं आई सी यू के अन्दर गई तो देखा हमारे सी. ओ. की वाइफ (डा. मोना डांगी) जो एक एविएशन मेडिसिन स्पेशलिस्ट हैं, वो सारे डाक्टरों से विचार-विमर्श कर रही थीं। मेरे कानों में पड़े शब्द गर्म सीसा के घोल की तरह थे। वे लोग बोल रहे थे दोनों फेफड़े बेकार हो गए हैं। ऑक्सीजन के धक्के से फेफड़े एक तरफ से दूसरी तरफ हो गए हैं। मेडिकल टर्म में इस कन्डीशन को “बाइलेटरल न्यूमोथोरेक्स” कहते हैं। अगले 48 घंटे बहुत ही महत्वपूर्ण हैं। सुमन बेड़ पर निढ़ाल पड़े हुए थे। आँखें बन्द थीं। नब्ज़ और धड़कनें कभी बहुत कम और कभी बहुत ज्यादा हो रही थीं। मेरी आँखें तो जैसे पत्थर हो चुकी थीं। मैं जो अपने पति की सलामती के लिए दिन-रात दुआ मॉगती रहती थीं वो आज अपने पति को इस हालत में देखकर एकदम शांत थी पता नहीं वो क्या था। डाक्टर अनिमेष ने तुरन्त निर्णय लिया और शरीर के दोनों छोरों पर छेद

करके दो पाइप डाल दिए जिससे ऑक्सीजन निकल सके और वो अच्छे से सांस ले सकें। पूरी सफेद चादर खून से भीग गई थी। मैं सुमन के बेड के पास चुपचाप खड़ी थी। डाक्टर आपस में विचार करके सही उपचार देने की कोशिश कर रहे थे। अफसर मुझे नार्मल करने में लगे थे। जब शाम को सुमन ने आँखें खोलीं तो

मेरी जान में जान आयी। डाक्टर ने कहा मैम थोड़ा समय लगेगा, आपको धैर्य रखना होगा, लेकिन आपका फाइटर ठीक हो जाएगा। सुमन 10 दिन आई सी यू में रहे। सबने मेरा और सुमन का जैसा ख्याल रखा मैं उसको शब्दों में व्यक्त नहीं कर सकती हूँ क्योंकि शब्द छोटे पड़ जाएंगे। हमारा खाना-पीना, आना-जाना हर एक चीज का ध्यान रखा। मुझे एक पल भी अकेला नहीं छोड़ा। सुमन

धीरे-धीरे ठीक हो रहे थे। सब कुछ सामान्य हो गया। वो लम्हा मेरी जिन्दगी का ‘अमूल्य लम्हा’ था जब सुमन वापस घर आ गए। सब कुछ अच्छा हो गया था।

मैं अपने आप को बहुत खुशनसीब मानती हूँ कि मैं एक वायु सेना अधिकारी की पत्नी हूँ और अफवा संगठन की सदस्या हूँ। हम औरतों को अफवा बहुत मजबूत बनाती है। हमारी संगिनियाँ बुरे वक्त में हमारे साथ एक मजबूत चट्टान की तरह खड़ी होती हैं और हर-संभव मदद करती हैं। नीली वर्दी पहने आकाश की ऊँचाइयों को छूने वाले हमारे अफसर और एयर वॉरिअर हर मुश्किल परिस्थिति को भी कितने अच्छे से संभाल लेते हैं। सुमन मेडिकल में फिट हो गए और फिर से आकाश की ऊँचाइयों को छूने लगे। मैं सबका दिल से शुक्रिया अदा करती हूँ और उनके अच्छे स्वास्थ्य की कामना करती हूँ।

जय हिंद!

श्रीमती बिनिता कुमार
पत्नी विंग कमान्डर सुमन कुमार
16 विंग, वायु सेना



थिंकरिंग@क्युरियोसिटी लैब

मैगसेसे पुरस्कार विजेता टी एम कृष्णा ने कहा है कि 'यह आपके लिए नहीं, न ही मेरे लिए यह पूरे समाज के लिए, संसार के लिए है।

वायु सेना स्कूल हेबबाल के विषय में रूपक अंलकार की यह पंक्ति बाहरी रूप रेखा को व्यक्त करती है। यह स्कूल एक प्री-यूनिवर्सिटी संस्था है, जो अपने अन्दर नर्सरी से प्राइमरी, प्राइमरी से सीनियर सेकेण्डरी तक समेटे हुए है। वायु सेना स्कूल की प्रसिद्धि केवल अनुशासन और वायुयोद्धाओं के बच्चों को शिक्षा देने के मामले में ही नहीं है, अपितु जिज्ञासु छात्रों में निहित अनेक सम्भावनाओं को एक योग्य शिक्षक समुदाय द्वारा निखारना है, जो इस स्कूल के पवित्र द्वार में प्रवेश करते हैं।

रोचक तथा याद करने की बात यह है कि इस स्कूल में प्रशिक्षण कमान मुख्यालय में 1958-59 में केवल नर्सरी और प्राइमरी तक की शिक्षा प्रदान की जाती थी। तत्पश्चात् अनेक ऊंचाइयों को छूते हुए यह स्कूल पूरे देश में लगातार तीसरे वर्ष 'सर्वश्रेष्ठ वायु सेना स्कूल' के खिताब से नवाजा गया है।

यह उल्लेखनीय है कि निरीक्षण के विभिन्न मानदण्डों जैसे— मूलभूत सुविधा, शैक्षणिक गुणवत्ता, खेल एवं सांस्कृतिक क्रिया-कलापों पर खरा उतरते हुए स्कूल ने राष्ट्रीय स्तर पर आयोजित 'टीनोवेटर प्रतियोगिता' में भाग लिया। मनिपाल विश्वविद्यालय (इंक फाउण्डेशन) द्वारा प्रायोजित इस कार्यक्रम ने छात्रों के इस योगदान को सराहा तथा उन्हें एक नई पहचान दी।

वर्ष 2013-14 में इस स्कूल के ग्रेड— XII-X के तीन छात्र ने (क्रमशः गणेश शिवा, प्रज्ज्वल और श्रीराम) श्रीमती रेवती गुरुमूर्ति पी जी टी फिजिक्स के मार्गदर्शन में पाठ्यक्रम से बढ़कर स्पृहणीय अविष्कार करते हुए प्रथम पुरस्कार के रूप में 5 लाख रु की राशि जीती। यह आश्चर्यजनक अविष्कार है — 'बात करते हुए, फोन को चार्ज करना'।

इस आकस्मिक प्रसिद्धि से प्रोत्साहित होकर छात्रों ने अनेक प्रतियोगिताओं में भाग लिया जैसे—एस ओ एफ ओलम्पियाड, इग्गनाइट तथा सी बी एस ई की प्रादेशिक विज्ञान प्रतियोगिता, इसने उन छात्रों को प्रोत्साहित किया एवं सोचने का साहस दिया। साइंस ओलम्पियाड में बहुत-से छात्रों ने मेडल तथा प्रमाण-पत्र जीते जिसमें दो लड़कियों सौबरिंगा और तृषा राय की जोड़ी ने राष्ट्रीय स्तर पर अपने प्रोजेक्ट 'आप्टिकल फाइबर के द्वारा सौर



उर्जा का संग्रहण' बनाया है। अगले ही वर्ष इस स्कूल ने टीनोवेटर प्रतियोगिता में शीर्ष 10 स्थानों में अपना स्थान सुनिश्चित किया। यद्यपि स्कूल का प्रोजेक्ट 'रीच होम फास्टर' अपेक्षित सफलता नहीं पा सका।

“क्लोनिएटर” एक रोबोटिक उपकरण, तुरूप का इक्का साबित हुआ जो 'मिमिक्री' के सिद्धांत पर आधारित था, जो निर्णय की कल्पना तूफान के द्वारा और आगे चलकर मनिपाल 'टीनोवेटर 2015-16' का विनिंग प्रोजेक्ट साबित हुआ। क्लोनिएटर का प्रयोग विभिन्न सामाजिक अवसरों पर किया जा सकता है जो वायु सेना स्कूल हेबबाल के तीन छात्रों की टीम—आशीष, किरन, उदित और प्रियेष के द्वारा बनाया गया है।



स्कूल के लिए ट्रंप कार्ड की तरह अटल इनोवेशन मिशन (AIM) आया। जो नीति आयोग के द्वारा अटल टिकरिंग लैब्स (ATL's) को स्थापित करने के लिए था, जिसके लिए पूरे देश से कुछ अच्छे स्कूलों को चुना गया था। ए टी एल की स्थापना हेतु अनुदान के लिए स्कूलों से आवेदन माँगा गया। इसके लिए स्कूल ने आवेदन किया और वह गौरवपूर्ण क्षण आया जब अनुदान के तौर पर 12 लाख रुपये प्रधानमंत्री के ड्रीम प्रोजेक्ट 'मेक इन इण्डिया' के तहत मिला।

भाग लेने वाले 595 स्कूलों में से, वायु सेना स्कूल हेबबाल की मार्गदर्शक शिक्षिका रेवती गुरुमूर्ति पी जी टी फिजिक्स ने ए टी एल मॉडल का ब्लू प्रिंट तैयार किया जिसे स्कूल में एस ओ पी के साथ स्थापित करना था। के आर ए और की-फोकस रिजल्ट एरिया का उपयोग स्टाफ तथा टेक्नीशियन लैब में कर सकते थे। कॉरपोरेट सोशल ज़िम्मेदारी के तहत ब्लू चिप कम्पनियों को दान

के लिए तथा आसपास के स्वयंसेवी स्कूलों को भाग लेने के लिए आमंत्रित किया गया। इसमें स्कूल के तीन होनहार छात्र यथा— आशीष, उदित और किरन ने पुनः अपने दो मॉडल प्रोजेक्ट 'पेल्टियर मॉडयूल' को प्रस्तुत किया।

यह 'सोने पर सुहागा' के समान था जब इंटेल और नीति आयोग की साझेदारी ने वायु सेना स्कूल हेबबाल को हब मॉडल सेंटर के रूप में चयनित किया। सामान्य औपचारिकताएं जैसे— एम ओ यू पर हस्ताक्षर, पी एफ एम एस के साथ नामांकन करना और अनुदान के लिए अलग से खाता खोलना, यह सब अध्यक्ष महोदय, श्रीमती रेनू सिंह एवं रेवती गुरुमूर्ति, ए टी एल की संचालक हैं, जिनके कारण सम्भव हो पाया।

इसके बाद प्रशिक्षण कार्यक्रम तथा सम्बंधित चीजें अध्यक्ष महोदय तथा ए टी एल संचालक के संचालन में तेजी से आगे बढ़ीं तथा ए टी एल के लिए इनोवेशन खोज की बहाली एवं कार्यक्रम को गति प्रदान की।

अपनी प्रगतिवादी छवि के अनुरूप नीति आयोग ने तीन सर्वश्रेष्ठ स्कूलों का चयन किया जिसमें वायु सेना स्कूल हेबबाल के लकी टीनोवेटर को 'इंटेल इण्टरनेशनल साइंस एण्ड इंजीनियरिंग फेयर-2017' में भाग लेने के लिए चुना गया। इस समारोह में कुल 75 देशों के जिज्ञासु और योग्य छात्र वैज्ञानिकों के समूह के बीच मॉडयूल का प्रदर्शन करना एक अनोखा अनुभव है और उम्मीद है कि स्वदेश वापसी के बाद ऐसी कई योजनाओं की पहल इस शैक्षणिक सत्र में की जाएगी तथा इससे अन्य छात्र भी प्रभावित होंगे।

वायु सेना स्कूल प्रधानाचार्य, स्कूल प्रबंधन कमेटी तथा समर्पित शिक्षकों के सहयोग से अपनी प्रतिष्ठित स्थिति को बरकरार रखेगा, ऐसी आशा की जाती है।

हम जो भी करते हैं उत्साह से करते हैं।

जय हिन्द!

श्रीमती रेनू सिंह
प्रधानाचार्या
वायु सेना स्कूल हेबबाल



Team Maintenance - an Insight

When you snooze your alarm and take a yawn
He's done with DI, routine every morn

Working with passion, dedication he displays
With no weekends, without any getaways

Bombs and missiles are his daily toys
Issuing ammunition are the SE(M) boys

Entire station when runs on wheels
Utmost satisfaction, the MT feels

Availability of spares, clothing and essential grease
When logistic winks, it comes with the breeze

Arm of CEO but spine for COO
Any Nav aids, SE (L) gets it through

Silently working, observant of every snag they see
Passing 'states' diurnally is a cakewalk for MCC

Undertakes every task and performs it right
Best SU-30 professionals are pride of tech flight

Tasking of CEO has known no end
Handles it smoothly – office of Tech Adjt

Sqn Ldr Garima Mishra
AF Stn Tezpur



Overcome Depression

Mrs Archana Sahu
W/o Wg Cdr SK Sahu
AF Stn Jalahalli



Depression is a feeling of drowning while everyone else around you is breathing. Being a human, it is natural to feel sad, moody or low from time to time. While some people experience these feelings intensely for long periods of time, may be for days, months or even years and sometimes without any apparent reason. Depression, sadness, gloominess, heartedness, these are the words of serious illness which can disturb our mind to an extent that any consequences can be happen. So it is demand of the time to be careful and understand all factors which are responsible for this problem.....

- **Abuse:** Past physical, sexual or emotional abuse.
- **Conflict:** Personal conflicts or disputes with family members or friends.
- Childhood trauma.
- **Drug addiction:** There are strong links between drug abuse and depression.
- **Death or loss:** Sadness or grief from the death of loved ones.
- **Genetics:** A family history of depression may increase the risk.
- **Other personal problems:** Social isolation due to mental illness.
- **Pressure:** Pressure to perform best in exams, sometimes contribute to depression.

Depression affects our mind as well as our body to a great level. There are warning signs which are exhibited by person suffering from depression. These symptoms need to be looked into at the earliest for betterment. These symptoms are as follows...

- Pain areas-In the back.
- Mood-anxiety, apathy, hopelessness, loneliness, loss of interest or pleasure in activities, mood swings, panic attack, sadness or emotional distress.
- **Behavioral :** Agitation, excessive crying, irritability, restlessness, self harm or social isolation.
- **Sleep :** Early awakening, excess sleepiness, insomnia or restless sleep.
- **Whole body :** Excessive hunger, fatigue, or loss of appetite, constipation, headache, poor appetite,

weight loss etc.

- **Cognitive:** Lack of concentration, slowness in activity, or thought of suicide.

And so on..... but overcoming depression is not quick and easy but nothing is impossible. Feeling better takes time but you can get it if you make positive steps for yourself each day.

What you can do.....

- Reach out and stay connected to supportive and positive thinking people.
- Do things that make you happy and feel good like singing, dancing or playing your favorite sports.
- Do not sit for more than an hour.
- Get a daily dose of sunlight.
- Challenge negative thinking and avoid it.
- Try to keep up with social activities even if you do not feel like it.
- Go out with your family or friends and chill out.
- Aim for 8 hours of sleep.
- Practice relaxation techniques.
- Read good books and do not skip your meals.
- Minimize sugar and refined carbohydrates. Boost your vitamin B, folic acid and B 12 eat more citrus fruit, leafy vegetables and non-veg like chicken and eggs.

These are some help tips which can bring our happiness back, but in some cases consultancy is required. We can discuss practical solutions that contribute to stress with family members and psychologists and take psychotherapy such as Cognitive Behavioral Therapy (CBT) or drug treatment as antidepressant which helps in treatment of patients.

Life can witness many obstacles but we must learn to overcome them and become strong to go ahead. Always remember...

"When stone or sticks are thrown into your path, make something out of it, even a heap of rocks that can be transformed into a beautiful bridge. Cheer up and transform your life."



श्रीमती वैशाली नाईक
पत्नी ग्रुप कैप्टन मंदार नाईक
15 बी आर डी वायु सेना



रिश्ते कैसे सुधारे

रिश्ते बनाने के लिए संवाद जरूरी हैं। अगर हमारी भाषा मीठी है तो रिश्ते बनते जाते हैं। किसी के कहने से अपने मन में किसी व्यक्ति के बारे में अच्छी-बुरी राय बनाने से अच्छा है, कि खुद चलके उसके साथ संवाद करें।

बोलते समय शब्दों की सावधानी बरतना जरूरी है। आवाज की नहीं, शब्दों की ऊंचाई बढ़ाइये, क्योंकि गिरती हुई बारिश से खेती बनती है, आवाज करने वाली बिजली से नहीं। रिश्ते बनाना या बिगाड़ना पूरी तरह नहीं पर कई प्रतिशत हम पर निर्भर करता है। किसी के साथ मुस्कराकर बात करना, सहायता के लिए पूछना, इससे हमारी प्रतिष्ठा घटती नहीं है, और इस तरह सबके साथ हंसी-मजाक करते हुए, अपनापन जताते हुए काम को अच्छा अंजाम मिलता है।

एक हारा हुआ व्यक्ति, हारने के बाद भी मुस्करा दे, तो जीतनेवाला जीतने के बाद भी खुशी खो देता है। ये है मुस्कराने की शक्ति, जो हौंसला बढ़ाने के काम आती है। जो झगड़ने के बाद भी पहले क्षमा मांगते हैं, वो इसलिए नहीं कि उनकी गलती है, बल्कि उन्हें अपनों की परवाह है इसीलिए। जो आपकी मदद करने आते

हैं इसका यह अर्थ नहीं कि वो आपके ऋणी हैं अपितु वो आपको अपना मानते हैं। हमेशा कुछ वापसी में मिलेगा, इसलिए काम करने से अच्छा, दूसरों के लिए कुछ करने की खुशी अधिक मायने रखती है। मोर नाचते हुए भी रोते हैं और राजहंस मरते हुए भी गाता है।

अच्छी सकारात्मक सोच सबकी जरूरत है, हमारे गणतंत्र की आवश्यकता है। सही रास्ते पर चलने वालों को निंदा करनेवालों के बारे में सोचने की आवश्यकता नहीं है, क्योंकि वो सही जा रहे हैं। हमारे व्यवहार से हमारे संस्कारों का पता चलता है। इसलिए हमेशा हंसी-खुशी बांटते हुए एवं मुस्कुराते हुए चलिए। अमिताभ जी की यह पंक्तियां मुझे बहुत पसंद हैं।

“गिरना भी अच्छा है, औकात का पता चलता है।
बढ़ते हैं जब हाथ उठाने को, अपनों का पता चलता है।

सीख रहा हूं मैं भी इंसानों को पढ़ने का हुनर,
सुना है चेहरे पे किताबों से ज्यादा लिखा होता है।

इसलिए एक-दूसरे का चेहरा पढ़ना सीखिए और
हंसी-खुशी चलकर अपनी प्रतिष्ठा बढ़ाइए।

जयहिंद!

माँ

जीवन की इस कड़ी धूप में
छाया बनकर साथ चलीं तुम
शुष्क मरुस्थली जीवन में
शीतलमय बयार बनीं तुम,
जीवन के इस अंधकार में
उम्मीद की किरण बनीं तुम
छल और कपट भरी इस दुनिया में
सच का आधार बनीं तुम,

माँ मैंने इस जीवन में,
बहुत पाया, बहुत कमाया,
लेकिन माँ मैंने जीवन में
प्यार तेरा ही सच्चा पाया।

श्रीमती शशि उपाध्याय
पत्नी जू वा अ जी पी उपाध्याय
द वा क मुख्यालय वायु सेना





श्रीमती विमला सोनी
पत्नी सार्जेंट देवेन्द्र
वायु सेना स्टेशन जामनगर

gekjh fgñh

“शब्द—शब्द से स्नेह बरसाती, हमारी प्यारी भाषा हिंदी,
स्नेही—जनों के मन हरषाती, हमारी प्यारी भाषा हिंदी।
क्या अपने, क्या लोग पराये, सबको आत्मसात् कराए,
विश्व—बंधुत्व का भाव बढ़ाती, हमारी प्यारी भाषा हिंदी।

हिंदी हमारी राष्ट्रभाषा कही जाती है और इस औपचारिकता को पूर्ण करने के लिए प्रतिवर्ष 14 सितम्बर हिंदी-दिवस के रूप में मनाया जाता है, परंतु सही अर्थों में हिंदी अब तक भी हमारी राष्ट्रभाषा नहीं बन पाई है। इसकी महत्ता केवल राजभाषा बने रहने तक सिमट गई है। कुछ राजनैतिक और स्वार्थी तत्वों के असंवैधानिक हस्तक्षेप के कारण ये अर्थात् हमारी हिंदी अपने सही स्थान को पाने से सदा ही वंचित रही है। हिंदी ही हमारा मूल उद्गम और हिंदी ही हमारा मोक्ष है। ये ही वो एकमात्र भाषा है जो देश को एकता और अखण्डता के सूत्र में पिरोए रखने का महत्वपूर्ण कार्य कर सकती है। इस दिशा में, हमें कुछ ऐसे प्रभावी कदम उठाने होंगे जो हिंदी के महत्व को जन-मानस में स्थापित कर सके। यदि ऐसा करने में हम सफल हो सके तो अन्य कोई ऐसा कारण नहीं जो हिंदी से उसका पद और महत्ती भूमिका को छीन सके। हिंदी हमारा गौरवशाली अतीत रही है और ये ही हमारा स्वर्णिम भविष्य भी है। आइए— अपने भविष्य को पूर्णतः सुरक्षित करें, अर्थात् हिंदी को संरक्षित करें।

प्रकृति की गुंथन Motivation egRo

मुझे बचपन से ही कुकिंग का शौक था। शादी के बाद लिविंग आउट होने पर जो भी लोग खाने पर आते थे, खाने की तारीफ किए बिना नहीं रह पाते थे। इससे मुझे बहुत प्रोत्साहन मिला। मैं घर पर कुकिंग में कुछ न कुछ नया प्रयोग करती रहती थी। लेकिन कुकिंग की ये प्रतिभा दुनिया के सामने नहीं आ पा रही थी।

पिछले साल 2016 संगिनी पत्रिका में मेरी काजू कोरमा नाम की रेसिपी प्रकाशित हुई और उस समय की अफवा अध्यक्षा श्रीमती लिलि राहा का प्रशंसा पत्र और संगिनी पत्रिका की प्रति मुझे प्राप्त हुई। इस प्रशंसा पत्र को जब मुझे स्टेशन अफवा मीटिंग में स्टेज पर बुला कर दिया गया तो मेरा मोटिवेशन लेवल और बढ़ गया।

मेरे पति ने भी मुझे बहुत प्रोत्साहित किया और राय दी कि क्यों न कुकिंग का ये हुनर सारी दुनिया के सामने आए और सारी दुनिया निःशुल्क इसका फायदा

उठाए। इसके लिए मेरे छोटे बेटे ने यू ट्यूब पर रेणु मिश्रा नाम का चैनल बनाया और मैंने सभी तरह की कुकिंग रेसिपी के वीडियो बना कर यू ट्यूब पर अपलोड करने शुरू कर दिए। अभी मुझे लगभग 5 महीने हुए हैं, मेरे प्रशंसकों की संख्या लाखों में पहुँच गयी है और लाखों लोग मेरी रेसिपीज को देख कर फायदा उठा रहे हैं और बहुत पसंद कर रहे हैं। वीडियो शूटिंग और एडिटिंग करके यू ट्यूब पर वीडियो अपलोड करने में मेरे पति और बड़े बेटे का विशेष योगदान रहता है। आज मैं सफल यू ट्यूबर बन चुकी हूँ। मैं अपनी संगिनी बहनों से कहना चाहती हूँ कि यदि आपके अंदर भी कोई हुनर है तो उसे छुपाए नहीं बल्कि दुनिया के सामने लेकर आएँ। कोशिश करने पर सफलता आपके कदम चूमेगी।



श्रीमती रेणु मिश्रा
पत्नी सार्जेंट आर मिश्रा
वायु सेना स्टेशन जलहाली



Google Play

Smart Applications for International Travel

Travel is the best teacher, they say. And so we decided to travel, my friends and I. Wide-eyed young things, straight out of college, eager to experience the world. We settled on the most exotic sounding place that we could manage on our shoestring budget, Corsica. This was long before Ranbir and Deepika declared on the silver screen - What happens in Corsica, stays in Corsica!

A bumpy flight and a very dusty road trip later, we landed at our hotel in Corsica. It was late at night and we, the jetlagged beauties of India, longed for a steaming bath, wholesome dinner, and a good night's sleep. Little did we know that it would be long before such simple pleasures would become available to us!

Like I said, we reached our hotel late at night. It is then that we realized that none of us had packed in a bar of soap. Yes, who thinks of something as nondescript and insignificant as a bar of soap when one is eager to get going with a great adventure, right? The hotel did not seem to bother with such trivialities either.

We descended – five very agitated young women - on an unsuspecting night concierge who apparently doubled up as the bell boy and the desk clerk after dark. The poor one-man-army could not speak a word of English. So we started to utter "soap" in various intonations and pitches and made wild gestures, closely resembling (what I now assume looked like) very itchy gorillas. The bewildered young boy tried repeating "soap" numerous times but was no closer to understanding what it really means.

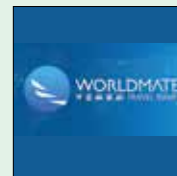
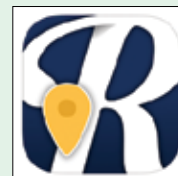
In moments of great happiness, sorrow, and in great agitation, we revert to the sweet comfort of our mother tongue. I broke out in Hindi, "Hey Bhagwaan! All this

for some *Saabun*?" Our concierge beamed a disarming smile and asked, "*Sapone*?" Out came the soap. It took us a few moments to understand our newfound miracle. Soap is *Sapone* in Corsican, pronounced much like our own *Saabun*.

While this incident has provided my friends and I moments of entertainment over the years, such "soaps" and escapades are no longer necessary, thanks to the advent of smartphones. Every need (well, almost) is catered to by an application, or to use our favorite word, an app.

Being Fauji women, we are quite adept at transporting entire households across the far reaches of our vast and sprawling country. Domestic travel should not pose much of a problem but we could be out of our element when it comes to international travel. Especially if we plan to make it on our own with no travel agent or planner to fuss over us. Tapping into technology should make it a much easier task, though.

Travelling with family and/or friends does require a bit of planning. Leisure travel is never leisurely unless you've spent a good deal of time getting the details right. Here are four apps that will help



plan your international vacation like a pro - TripIt, TripCase, WorldMate, and Roadtrippers help you seal your itinerary, confirm your reservations, print your tickets, and get directions if you plan to drive. Bravofly

and Skyscanner are by far the best when it comes to booking your international flight tickets and Hotels, Hotwire, and Uber allow you to find and book all the hotels and cabs you may need.

Tickets and hotels booked and you thought that was it? Plan some and then some more. Imagine landing on a beach in the south of France expecting to show off your fabulous beachwear but reality (literally) raining on your dreams! They say that the weatherman never gets it right but with applications such as Yahoo Weather, AccuWeather, and BBC Weather, you are not likely to go wrong.

Then there is still the small matter of money. XE Currency exchange is the most downloaded (Android) money exchange app. This should keep your souk shopping in Istanbul well within budget and also get you the right price when you exchange your rupees. For those like us, who travel out without an inkling of the local language, there is always Google Translate.

There are the extras that make it great. You're planning a wonderful holiday with your family and friends. It is the little things that will make for a great memory. Trust mobile applications to go that extra mile for you. Turn to handy applications such as Fleet and Airport Transit Guide to walk you through shopping and recreation centers at airports. Lounge Buddy can connect you to lounges in airports across the world and AirGrub will help prepare a meal for you as soon as you land at any airport. MiFlight and GateGuru update



you about security wait times of most international airports. Do not forget to install TimeOut and get updates on all the hip and happening parties, sporting and cultural events, exhibitions and meetups, no matter which international city you travel to. Do much more than sightseeing— catch the latest plays, make it to the opera, look for weekly markets, and much more.

While there are a number of applications that work on both Android and iOS platforms, there is only one you. Pay attention to your dear ones and enjoy your vacation to the hilt.

Mrs T S Sujatha
W/o Sqn Ldr V Harish
12 Wing AF



Postings

*Roaming around here and there,
These postings are hard to bear.
Some of them are ups and some of them
are downs.*

*Some times in forest and
Some time in towns.*

*All the luggage is hard to manage
Without doing it some damage.*

*When we find no transport
We can not retort.*

*Some times children in school
Get their admission late.*

But we can do...only...wait!

But look at the brighter side

We cover an area so wide

We visit many a state

And it affects our fate.

South to north, west to east

We can taste many a feast

As you can see...in defence

Everything ...so much hence

I think you will all agree

Defence gives largest number of postings

You did ever see!



Miss Richa Sharma
D/o Air Mshl Sanjay Sharma AVSM
Air HQ (VB)



घरेलू नुस्खे

1. एक कप पानी में दो-चार लौंग, छोटा सा अदरक डाल कर उबालें। एक चम्मच नींबू का रस और शहद मिलाकर हर्बल टी प्रस्तुत कीजिए।
2. एक कप गाजर रस में दो चम्मच शहद मिला कर दिन में दो चार बार लीजिए। सर्दी दूर रहेगी।
3. प्याज काटने से पहले दस मिनट तक पानी में रखिए। चौपिंग करने से आँसू नहीं आएंगें।
4. भिंडी को तलने के समय थोड़ा सा दही या नींबू रस डालने पर सब्जी और भी स्वादिष्ट हो जाती है।
5. मछली को धोते समय, थोड़ा सा नमक डाल कर साफ करने से मछली अच्छे से साफ हो जाती है।
6. चावल बनाते समय, थोड़ा सा रिफाइंड ऑयल और नमक डाल दीजिए। इससे चावल टूटेगा नहीं और स्वादिष्ट रहेगा।
7. कच्चा केला काटने से पहले हल्दी के पानी में डालने से सब्जी का रंग काला नहीं होगा।
8. केमिकल मिलाए गए फल-सब्जी को काटने से पहले विनेगर में 15 मिनट भिगो कर रख दीजिए। इससे कैंसर जैसी हानिकारक बीमारियों से बच जाएंगे।
9. पनीर को नरम बनाए रखने के लिए काटते वक्त पनीर को नमक के पानी में गरम करिए, पनीर नरम रहेगा।
10. अदरक-लहसुन पेस्ट को ज्यादा वक्त फ्रिज में रखना हो तो गरम तेल को पेस्ट में मिला लीजिए। ज्यादा दिनों तक इस्तेमाल कर सकेंगे।
11. पूरी को कड़क बनाने के लिए आटे में चावल पाउडर अथवा सूजी का इस्तेमाल करें।

श्रीमती अनिमा महापात्रा
पत्नी वा अ एस महापात्रा
द वा क मुख्यालय (यूनिट) वायु सेना





SOUTH WESTERN AIR COMMAND



Board of Management meeting on 30 Nov 16



Campers at ISRO Observatory, Mount Abu



Workshop on CPR at AF Stn Borgad



Workshop on First-Aid by Red Cross Society at
AF Stn Bhuj



Sanginis at Beggars Home, Gandhinagar



WESTERN AIR COMMAND



Board of Management meeting on 02 May 16



AFWWA Premier League at Srinagar



Linguistic Workshop by AFWWA (R) WAC



Workshop for Play school teachers by
AFWWA (R) WAC



Trekking during Summer Camp at
Udhampur



TRAINING COMMAND



Board of Management meeting on 28 Nov 16



Pinkathon at AFWWA (L) Air Force Academy



Visit by Sanginis of AF Stn Bidar to Orphanage



Tree Plantation during 'Go-Green' at AF Stn Hakimpet



Camp Fun Trooper in action at Nature Adventure Camp KanakPura Bangaluru



CENTRAL AIR COMMAND



Board of Management meeting on 14 Dec 16



'Recycling of Waste Material' Workshop at
AF Stn Darbhanga



Health Walk for Sanginis 23 Sep 16
at AF Stn Gwalior



'Self-Defence' Workshop at
AF Stn Memaura



Summer Trekking Camp at Nainital



EASTERN AIR COMMAND



Board of Management meeting on 09 Dec 16



Bihu Dance by Sanginis during 'AFWWA Week Celebrations' at AF Stn Digaru



Graduation Day at 'Little Scholars' Play School Chabua



River Rafting at Bagdogra During AFWWA(R) EAC Winter Adventure Camp



Walkathon during 'AFWWA Week Celebrations' at AF Stn Kumbhigram



SOUTHERN AIR COMMAND



Board of Management meeting on 29 Nov 16



Visit to IICPT on 08 Oct 16 at Thanjavur



Power Hang Gliding during Summer Camp at Sulur on 17 May 17



Visit to Old age home on 19 Oct 16 by Sanginis of AFWWA (L) SAC(U)



AFWWA Picnic at No. 2 AFSB Mysore on 07 Oct 16



MAINTENANCE COMMAND



Board of Management meeting on 05 Dec 16



Cycle Rally for Sanginis at AF Stn Manauri



Eye Check up Camp for Sanginis at AF Stn Avadi



Best out of Waste Competition for Sanginis at AF Stn Ojhar



AFWWA Picnic at AF Stn Chandigarh

AIR FORCE STATION NEW DELHI



President AFWWA arriving at AFWWA Metting at AF Stn New Delhi



Donation to oldage home by AFWWA (L) at
AF Stn New Delhi



Yogic Mudra by Yogi Amrit Raj during
AFWWA(L) Meeting



Inauguration of Renovated Uphaar Shop at
AF Stn New Delhi



President AFWWA interacting with Sanginis at
AF Stn New Delhi



Song of Myself

*Not I, not any one else can travel that road for you,
You must travel it for yourself.*

It is not far, it is within reach,

*Perhaps you have been on it since you were born and
did not know,*

Perhaps it is everywhere on water and on land.

Walt Whitman