अफवा गान

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

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

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

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

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

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

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

संस्था बने महान् |
संस्था बने महान् |
संस्था बने महान् |

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



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MESSAGE



Air Chief Marshal Arup Raha
PVSM AVSM VM ADC

It gives me immense pleasure to know that AFWWA is publishing the 21st edition of 'Sangini'. The magazine provides a detailed coverage of events and achievements of AFWWA over the previous year and is the most appropriate forum for showcasing the spirit of sanginis.

I take this opportunity to acknowledge the pivotal role of sanginis in enriching the lives of air-warriors. While the IAF strives ceaselessly to take on various challenges on its path to transformation, it is the unstinted support of the 'better halves' that propels us to achieve even greater heights.

Since its inception in 1970, AFWWA has contributed immensely towards enhancing the overall 'health' of the Air Force family. Welfare activities such as grant of scholarships, provision of means of livelihood to widows, medical grants, education for special children, vocational training and employment assistance have amplified the sense of belonging to the Air Force. Initiatives undertaken by AFWWA provide the much needed strength and confidence to families, especially to those in distress.

My gratitude and good wishes to the editorial team for their efforts in bringing out this edition. I am sure it would encourage many more sanginis to contribute whole heartedly in the future. Once again, my warm greetings and best wishes to all the sanginis and I wish them success in their future endeavours.

Jai Hind!

(Arup Raha)
Air Chief Marshal
Chief of the Air Staff

संदेश



एयर चीफ मार्शल अरूप राहा
प वि से मे अ वि से मे वा मे ए डी सी

मुझे यह जानकर अत्यधिक प्रसन्नता हो रही है कि अफवा 'संगिनी' के 21वें संस्करण का प्रकाशन करने जा रही है। इस पत्रिका में अफवा के पिछले वर्ष के घटनाक्रमों तथा उपलब्धियों का विस्तार से उल्लेख किया गया है और संगिनियों की विचारधाराओं को व्यक्त करने के लिए यह उपयुक्त मंच है।

मैं, वायु योद्धाओं के जीवन को समृद्ध बनाने में 'संगिनियों' की अहम भूमिका की सराहना करता हूं। जब भारतीय वायु सेना अपने रूपांतरण के मार्ग में विभिन्न चुनौतियों का अनवरत रूप से सामना कर रही है तब हमारी 'जीवन संगिनियों' का प्रचुर सहयोग हमें नई ऊंचाईयां छूने के लिए प्रेरित करता है।

1970 में इसके गठन से ही, अफवा ने वायु सेना परिवार के पूर्ण स्वास्थ्य की बेहतरी में महत्वपूर्ण योगदान दिया है। इनके विभिन्न कल्याणकारी कार्यों जैसे छात्रवृत्तियां देना, विधवाओं के लिए उनकी आजीविका के साधन जुटाना, चिकित्सीय अनुदान, विशेष बच्चों की शिक्षा, व्यावसायिक प्रशिक्षण तथा रोज़गार दिलाने में मदद आदि ने वायु सेना से जुड़े होने की भावना को और मजबूत किया है। अफवा द्वारा की गई पहल से परिवारों को, विशेषकर जो संकट में हैं, वह बल व आत्मविश्वास मिला है जिसकी उन्हें बहुत आवश्यकता थी।

मैं इस अंक के प्रकाशन हेतु संपादक मंडल द्वारा किये गए प्रयासों के लिए आभार प्रकट करता हूं और उन्हें अपनी शुभकामनाएं देता हूं। मुझे पूरा विश्वास है कि इससे भविष्य में कई और संगिनियों को पूरी लगन से इसमें योगदान देने की प्रेरणा मिलेगी। एक बार फिर मैं सभी संगिनियों का सहृदय अभिवादन करता हूं और शुभकामनाएं देता हूं और कामना करता हूं कि उनके भविष्य के प्रयासों में भी उन्हें सफलता मिले।

जय हिंद!

(अरुप राहा)
एयर चीफ मार्शल
वायुसेनाध्यक्ष



Mrs Lily Raha
President AFWWA

MESSAGE

AFWWA was established 45 years ago and has grown manifold ever since. We draw strength from our past, learning and changing, using the lessons as catalysts to bring us to where AFWWA stands today.

Our commitment to social causes is evident when we work towards empowering women, providing vocational training and jobs to the needy, facilitating education and conducive treatment to the children with special needs and last but not the least; spreading social and medical awareness amongst our sanginis.

It needs no reiteration that the quality and quantity of AFWWA initiatives depend entirely on the willingness and co-operative endeavours of all its members. It is our collective effort which determines the degree to which the organisation succeeds in providing crucial support to our valiant men in blue. Therefore, while each member of AFWWA contributes in her own way to this mission, the efforts of those who went an extra mile to reach out and help the needy, merits a special mention.

I also wish to appreciate and thank the editorial board for compiling the 21st edition of 'Sangini' magazine so beautifully. I am sure that this edition will be remembered for its artistic and intellectual articles exhibiting creative skills of our sanginis and their wards.

"A dream doesn't become a reality through magic; it takes sweat, determination and hard work." So put in your utmost in silence and let your success be your voice. I wish all the AFWWA members and their family success, good health and happy times together.

Jai Hind!

Lily Raha

(Mrs Lily Raha)
President AFWWA



श्रीमती लिलि राहा
अध्यक्षा अफवा

संदेश

अफवा की स्थापना 45 वर्ष पहले की गई और तब से इसका बहुमुखी विकास हुआ है। हमें अपने बीते समय से ताकत मिलती है जिससे हम सीखते व बदलते हैं। आज अफवा जिस मुकाम पर है उसे वहां तक लाने के लिए हम बीते समय को एक आवश्यक प्रेरक स्रोत की तरह देखते हैं।

सामाजिक कार्यों के प्रति हमारी प्रतिबद्धता महिला सशक्तीकरण के लिए हमारे कार्यों से उजागर होती है, इसके लिए हम जरूरतमंदों को व्यावसायिक प्रशिक्षण और नौकरी मुहैया करवाते हैं, विशेष जरूरतों वाले बच्चों के लिए शिक्षा और इलाज की व्यवस्था करते हैं और साथ ही हमारी संगिनियों में सामाजिक और चिकित्सा संबंधी जागरूकता फैलाने का भरपूर प्रयास करते हैं।

यह कहने की आवश्यकता नहीं है कि अफवा द्वारा किए गए विविध कार्य और उनकी उत्कृष्टता पूरी तरह से इसके सभी सदस्यों की तत्परता और सहयोग पर निर्भर करती है। यह हमारा सामूहिक प्रयास ही है कि यह संगठन अपने नीली वर्दी वाले जांबाजों को हर स्थिति में अपना भरपूर सहयोग देने में पूरी तरह सफल रहा है।इसलिए अफवा की एक–एक सदस्य हमारे इस मिशन के लिए अपने तरीके से योगदान दे रही हैं, साथ ही जिन्होंने अपनी क्षमता से परे जाकर भी जरूरतमंदों की सहायता की है, उन्हें हमारा विशेष अभिनंदन।

'संगिनी' पत्रिका के 21वें संस्करण के सराहनीय संकलन के लिए संपादकीय बोर्ड प्रशंसा का पात्र है, इसके लिए मैं आभार प्रकट करती हूं । मुझे विश्वास है कि यह संस्करण अपने कलात्मक एवं बौद्धिक लेखों के लिए याद रखा जाएगा जिनमें हमारी संगिनीयों और उनके परिजनों का रचनात्मक कौशल उजागर हुआ है।

"किसी भी सपने को जादू से साकार नहीं किया जा सकता; इसके लिए एड़ी–चोटी का ज़ोर लगाने और संकल्प एवं कड़ी मेहनत की आवश्यकता होती है।" अतः खामोशी से अपने भरसक प्रयास करते रहें और अपनी सफलता को ही अपनी आवाज़ बनाएं। मैं अफवा के सभी सदस्यों और उनके परिवार की सफलता, स्वास्थ्य और एक साथ कार्य करने के इस समय के सुखद बीतने की कामना करती हूं।

जय हिन्द!

लिलि राहा

(श्रीमती लिलि राहा)
अध्यक्षा, अफवा



Mrs Kamalpreet Dhanoa
Vice President AFWWA

MESSAGE

'Sangini' means companion, and true to its meaning 'Sangini' has been extremely successful in establishing and nurturing the bond that exists between us all. It is truly a companion and a source of inspiration for us all.

It has proven to be an excellent media for spreading awareness and has enabled us all to come on the same page in a neat, encapsulated manner. Secondly it is a versatile medium for giving wings to the literary aspirations of all sanginis. Over the years it has been a pleasure to see the magazine grow exponentially in popularity. From baby steps to taking giant strides, this magazine has become an epitome of the indomitable spirit of sanginis. This is truly a moment of celebration.

My warm felicitations to the editorial team for their consistent efforts and sincerity towards publishing the magazine on time. My best wishes to all the sanginis and their families for a happy and bright future.

Jai Hind!



श्रीमती कमलप्रीत धनोआ
उपाध्यक्षा अफवा

संदेश

संगिनी का अर्थ है साथी और अपने नाम के अनुरूप 'संगिनी' हम सभी के बीच जो बंधन है उसे बनाए रखने और उसे मजबूत करने में अत्यधिक सफल रही है। सही अर्थों में यह हमारी साथी है और हमारे लिए प्रेरणा का एक स्रोत है।

इसने जागरूकता लाने में एक बेहतर माध्यम के रूप में अपने आप को साबित किया है और स्पष्ट और सामंजस्यपूर्ण तरीके से समान धरातल पर हम सभी को लेकर आई है। दूसरे सभी संगिनियों की साहित्यिक महत्वाकांक्षाओं को पंख लगाने में यह एक बहुमुखी साधन है। मुझे अत्यधिक खुशी है कि विगत वर्षों में पत्रिका ने अत्यधिक लोकप्रियता प्राप्त की है। छोटे–छोटे कदम भरने से शुरू करके आज यह पत्रिका लंबे–लंबे डग भरते हुए संगिनीयों के अदम्य साहस का प्रतीक बन गई है। वाकई ये जश्न का पल है।

उनके अथक प्रयासों और सत्यनिष्ठा से पत्रिका को समय से प्रकाशित करने के लिए संपादकीय सदस्यों को मेरी हार्दिक शुभकामनाएं। सभी संगिनीयों और उनके परिवारजनों की खुशहाली और उनके उज्ज्वल भविष्य के लिए मेरी शुभकामनाएं।

जय हिन्द!



Mrs Ranjeet Gill
President AFWWA (R)
Central Air Command

MESSAGE

Today's 'Sangini' is an epitome of creativity and compassion. She is a silent strength behind her family. Through this magazine, we salute her spirit of resilience & courage as she strives to come into her own as an individual and lay the foundation of a better society. When women come together with a collective intention, it becomes a powerful reality as they are the largest untapped reservoir of talent in the world. The journal nurtures a sense of self worth, right of having determined choices and access to opportunities fulfilling a significant commitment of making 'Empowerment' a reality of our lives.

Also the understanding of the editorial team about the complex fabric of the Indian women's life has constantly motivated sanginis and this evolution is evident. My heartfelt felicitation to the entire team for shaping the magazine as a perfect blend of modernity & thoughtful compilation, further strengthening our spirit of oneness.

I wish sanginis & their families happiness in the times ahead.

Jai Hind!



Mrs Anjna Deo
President AFWWA (R)
Western Air Command

MESSAGE

My heartiest felicitation on the release of the 21st issue of the Sangini magazine.

The Sangini magazine is a revolution in itself and has passed several stages. The pot pourri of ideas, sharing of experiences, thoughts, recipes, informative and interesting articles help us to grow in all aspects of life. Such a forum helps us in a better understanding of each other, developing lifelong relationships and teaches us what it takes to be the wife of an air warrior.

The 'Sangini' is a must read for everyone especially the younger generation joining the fraternity. The magazine has been planned to be very informative and enlightening so that those of our sanginis who need help from the association at different stages/phases of their lives feel more confident to deal with their issues and teach others to do so as well. Sangini helps develop our IQ, EQ and enables us to contribute effectively in society.

I consider myself privileged to be a part of the movement. On behalf of all sanginis of WAC, I compliment the editorial board for their commendable efforts and wish all the best to the AFWWA family, I am sure we have a glorious future together.



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

MESSAGE

Greetings and best wishes to all the sanginis and their families from the South Western Air Command.

Air Force Wives Welfare Association is the life line of the Indian Air Force. It has stood by all the sanginis in trying times. It binds the Air Force personnel together as a family. 'SANGINI' magazine is a unique platform for all sanginis to come forward and express their thoughts, experiences and creative ideas. SANGINI is a rare magazine that exudes the power to release our potential and awaken our best self. The contents of the magazine are of a high standard and has led to growing popularity of the magazine with each edition. Towards serving the aim of welfare for all and invigorating women power, this magazine has come a long way in bringing up well groomed, confident and empowered Sanginis. The 21st edition, once again, beautifully captures the progress and accomplishments of our organisation in the years gone by.

My heartiest congratulations to the editorial board for their thoughtful compilation of the 21st edition of the 'SANGINI' magazine.



Mrs Harbinder Walia
President AFWWA (R)
Southern Air Command

MESSAGE

I extend my heartiest felicitations to the editorial team of 'Sangini' for conceptualizing and putting together yet another successful edition.

AFWWA has always provided a great platform for all sanginis to realise their true potential and identify their own strengths. Various AFWWA programs, meetings and social interactions ensure that the values are reinforced and self esteem is raised.

The magazine is a wonderful compilation of creativity, thoughtfulness and involvement of sanginis. It is a true reflection of today's women. The apt word 'Sangini' means a friend who is always there in your times of lows and highs and helps you progress.

All members of Southern Air Command join me in wishing all sanginis and their families happiness and prosperity in all future endeavours.

Jai hind!



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

MESSAGE

It gives me immense pleasure to convey my heartiest greetings for the 21st issue of Sangini magazine.

Sangini magazine over a period of time has evolved from merely an anthology of articles to a forum which showcases creativity and inherent talents of the fraternity we proudly refer to as "Sanginis". The magazine has also proved its worth as a source to embolden AFWWA members and enhance amity. The contemporary articles of the magazine clearly illustrates the refinement since the inception of this magazine and acknowledges the development of ideas, potential and skills of our sanginis.

It is a matter of pride to see this magazine flourish and scale greater heights. My heartiest congratulations and felicitations to this magazine and compliments to all members who have contributed towards its success. I also compliment the editorial board for the splendid effort in compiling and the proficient depiction of yet another edition of Sangini.

On behalf of all the members of AFWWA Eastern Air Command, I wish all the members of AFWWA and their families the very best in their future endeavours.

Jai Hind!



Mrs Geethanjali Nair
President AFWWA (R)
Training Command

MESSAGE

In my years of association with AFWWA, I have learnt that the uniqueness of the word 'Sangini' has brought us all together on a common platform and be an active support for the men in blue.

There is no tool for development more effective than empowerment of women. As a team at AFWWA, we have been working towards achieving the same. The Sangini magazine has been a medium of propagating ideas and thoughts of our sanginis across the IAF so as to nurture in them a strong feeling of togetherness while enriching them with knowledge and awareness.

On behalf of sanginis of TC, I would like to congratulate the editorial board for the launch of the 21st edition of the magazine. Further, I wish all the readers the very best for their future endeavours.



Mrs Manisha Khandekar
President AFWWA (R)
Maintenance Command

MESSAGE

"Sangini" @ 21 is young, vibrant, fresh and on the move.

As journeys go 'Sangini' has been truly blessed. It is a magazine that has helped sanginis discover their writing skills. Today's sangini has so much more freedom and so many choices. We have to equip them to make the right choices so that they can make a difference.

A good team at all levels makes the difference. Building that team and getting them motivated is very important. Ultimately, it is the team collectively that delivers. The editorial board has always delivered year after year making 'Sangini' meaningful and informative.

Keep up the good work!



Mrs Shipra Mathur
Secretary AFWWA

MESSAGE

At the very outset, I would like to congratulate the editorial board for bringing out yet another wonderful edition of 'Sangini'. The Unparalleled desire of AFWWA members to make a mark for themselves is remarkable!

Dear friends, our late President, Dr APJ Abdul Kalam said, "Be active! Take on responsibility! Work for the things you believe in. If you do not, you are surrendering your fate to others".

It is the collective effort of our 'Sanginis' and the desire to do something meaningful that has largely contributed towards our organisation attaining great heights. This edition of 'Sanigini' will, I am sure, give you lots of food for thought.

I wish all AFWWA members and their near and dear ones immense happiness and success.

Jai Hind!



Wg Cdr Preeti Bahuguna
Hony Jt Secretary
AFWWA

MESSAGE

It gives me a sense of euphoria and immense pleasure in bringing the 21st edition of Sangini to you all. Sangini's continuous success and growth goes on to prove that any time women come together with a collective intention, it's an indomitable force. A force to reckon with!!

AFWWA communicates with today's woman in a dialect she can relate to. It aims at increasing a woman's sense of self-worth, her decision-making power, her access to opportunities and resources and her power and control over her own life, inside and outside the home. It is for women to break down barriers and notions as they ignore the limits on the diverse arcades of life they step into.

The magazine truly is a celebration of this fearless, limitless woman we call Sangini....the woman who works compassionately for the betterment of society and is capable to effect change. We pledge to constantly evolve and continue touching topics that matter most to our ladies.

Lastly, all this wasn't possible without the dedicated and untiring support of the Editorial team. Kudos to them for making this happen.

Best wishes.

Happy Reading!

Editorial Board



(L-R) : Mrs Shalaka Sreeram, Mrs Seema Dev, Chief Editor Air Cmde (Mrs) Sadhna S Nair VSM, Mrs Neerja Harpal Singh, Mrs Kamini Singh



A NOTE FROM THE ARTIST



Mrs Surichi Jamkar
W/o Wg Cdr V Jamkar
AF Stn Bidar

Often I find myself painting subjects that have touched my heart and mind. When I read that Sangini magazine was printing an issue on children with special needs, several images crossed my mind. I remember in my 9th grade my bench mate Ruchira was diagnosed with juvenile diabetes. She would miss school frequently and I would often lend her my school notes for her to catch up.

Another friend of mine in college took it upon herself to learn the sign language only to be able to communicate with her batch mate Kapil who had a hearing loss. Not only was my friend thrilled with her newly acquired skill but she made a humane bond for life with Kapil and all of us.

Recently I had a unique experience at 'Dialogue in the dark' which involves a small journey through the folds of pitch black darkness. Our guide was a visually impaired person who brought to light our senses of touch, smell and sound in the absence of vision.

This work titled 'Perception' is inspired from many such memories and is dedicated to them.

Cover design and adaptation by Mrs Kamini Singh based on original painting by Mrs Surichi Jamkar

Message

Dear Sanginis,

It is a matter of great delight for me to have been entrusted with the task of being the Chief Editor of the 21st edition of the 'Sangini' magazine. Just to share editorial space with my predecessors is in itself a matter of great pride.

Aligning with the vision of our President AFWWA, Mrs Lily Raha, 'Sangini 2015' focuses on the soaring spirits of our 'special children', along with the traditional glimpses of the kaleidoscopic events that make up life of a sangini in the Indian Air force. As you turn the pages, you will constantly get a sense of déjà-vu as also a sense of identity.

My tech savvy, highly professional editorial team of Neerja, Seema, Kamini and Shalaka were simply superb. They worked long and hard to meet all deadlines, well in time, with a major chunk of the editing being done online. A big thank you to them!

Thanks are also due to the contributors of various articles, who made the process of editing a thoroughly rewarding and enjoyable one.

Have a great year ahead!

Sadhna S Nair.

Air Cmde (Mrs) Sadhna S Nair VSM
Chief Editor

The Sangini Fishbowl

Know your Editorial Team

"What is it like to be on the editorial board of 'Sangini'?." This simple query set an animated exchange in motion at one of the magazine's editorial meetings.

Someone said, "A bit like the fishbowl !"

Neerja, with her appetite for the crests and troughs of life warmed up instantly to the idea, "We swim in it together, watching the whole wide world outside go by!" The lifelong educationist, published author, blogger and an award winning fiction writer added, "It is a place of privilege to craft a showpiece journal most representative of our ethos and legacy."

A fourth time editorial board member, the hawkeyed Kamini joined in, "This is the world we know. From here, you get a complete view of the entire Sangini community, their thoughts, and their concerns." Having worked with India Today and Scholastic, this professional editor, book designer and yoga trainer is of the firm belief that what sets the Sangini apart is her efficient balancing of the multiple roles she plays.

Not one to lag behind and up for the game any time, Seema took the fishbowl theme forward, "The creative currents are swift here, and there is that presence of something greater than the self." This passionate golfer, one time boutique owner and fashion designer, while bringing in her creative talents, values the desire to learn and participate, above all else.

Shalaka, the youngest among the fish summed up the Sangini experience with her youthful sentiment, "There is light in the shadows of our fishbowl; the water cools and heals." A commercial artist with degrees in Fine Arts and Jewellery Designing, Shalaka brought to Sangini her experience with advertising agencies and the Indian Talent magazine.

"Come on, let's dive for the pearls," the Chief Editor gave this ruminating shoal the fisheye, before darting behind the pebbles. A doctor and the senior most serving lady officer of the Indian Air Force, Sadhna makes juggling look easy. "Do what you do well and do it all" probably sums up her theme song.

Like the fish, the board had fun working. Every member left richer for the reading and proofing, conceptualising and visualising. There was the beautiful ambience of the work place and the delightful service. An appreciative photo shoot tied it all up at the end. And who would miss the excitement of seeing the first copy in print?

Swim on Sangini!





Mrs Madhubala Naik
President AFWWA
01 Jun 2009 - 31 Jul 2011

MESSAGE

It seems like just yesterday that I joined my husband as a young bride; excited at the new life beckoning me and thence started my journey as a **'Sangini'**. This strong and special bond that we ladies share as being a part of the wonderful organisation called 'AFWWA', not only instils in us a sense of confidence and security but also makes us proud to be wives of the 'Men in Blue'. It helps us to perform the role of an able partner to a husband who has committed himself to the service of the nation.

Life in the Air Force is a heady ride, rich in human experience and variety. I would like to narrate an incident from the past when I was the President AFWWA(L), Bidar. It was very unfortunate that there was a mishap and I had to go to a lady's house to give the bad news. The lady was shocked to see me and said that since I had come, there had to be some bad news. This experience really changed the way I looked at life and therefore, I decided that a one to one interaction was needed on a regular basis so that there were no ominous feelings when we went to ladies houses. Thereafter, I made it a point to interact with the ladies more often and share not only their moments of sorrow but also their happiness. This was just one of the many incidents that I have learnt from AFWWA .

AFWWA has evolved many fold and has come a long way over the last four decades. Involvement of members of AFWWA in various capacities renders an invaluable service. I urge each and every sangini to contribute in someway or the other towards the cause of this organization.

This year Sangini has focused on a subject which is very close to my heart... my most beloved ***'Special Children'***. These children need to be equipped with suitable skills to make them self-reliant and contributing members of the society. Together let us strive hard towards empowering these children so that they can also achieve higher goals in life. I am glad that AFWWA, under the able guidance of Mrs Lily Raha, is doing a lot of creditable work towards the same.

My felicitation and compliments to the editorial team of the 'Sangini' magazine on the release of its 21st edition. It reflects the vision of the sanginis and mirrors the growth and progress of our vision and perceptions. I extend my warm greetings and best wishes to all the sanginis and wish them success in all their future endeavors.

In Remembrance.....

Late Mrs Sunita Mehra

President AFWWA
(01 Aug 1988 to 31 Jul 1991)



Your life gave us memories too beautiful to forget,
Your memories are our keepsake,
With which we'll never part;
God has you in his keeping,
We have you in our heart.



In memory of a loved one

To lose someone we loved so much
Brings pain beyond belief
There are no words to ease our pain
Our sadness and our grief
We have lost someone so close
So wonderful and dear
We think about your special ways
and wish you were near
But although you have left this world
You'll stay within our hearts
Guiding like an angel
For love is everlasting
And so are memories that are never gone
Your legacy will always be there
To light the way for everyone

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
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

AFWWA KE Shining STARS

AFWWA AWARDEES 2015
FOR OUTSTANDING WORK



Mrs Sadiya Kazmi, W/o Gp Capt SI Kazmi is a post graduate in social work specialized in social welfare. She has worked with NGOs like Prerna and Pratidhi assisting adolescent boys and girls in health and education issues and helped women cope with post rape trauma. She has also worked with the elderly, people with mental health conditions and drug & alcohol abusers.

During her last year at Adampur she formed a team of sanginis and asked them to introspect about various issues regarding women and through these discussions the issues brought out were highlighted in various street plays and talks. Through her street plays and talks, she is able to bring out delicate issues which are difficult to discuss such as child abuse and rape.

Mrs Sadiya Kazmi's untiring selfless hard work and dedication to various social causes at a number of Air Force Stations over the last 6 Years is commendable.



Mrs Sumitra Yadav, W/o WO RK Yadav is a very cheerful and enthusiastic lady. She has been an active member of AFWWA (L). She involves herself in all AFWWA activities and demonstrates commitment to all responsibilities of AFWWA.

She took keen interest in organizing a visit to a Husk Power Generation Plant and was instrumental in conducting distribution of clothes and sweets to the deprived. Despite the time constraint and medical reasons, she took keen interest in **"Polythene Free Zone"** and the **"Household Waste Disposal Management"** projects launched by AFWWA (R) CAC and contributed significantly in ensuring their success.

She initiated Yoga classes for the benefit of the ladies and heavily promoted its subscription among the station personnel at every available forum, preaching a healthy work-life balance.

Her dedication to work, sincerity and sense of responsibility towards fellow sanginis is worth emulating.



Mrs Gayatri Mourya, W/o NC(E) M Mourya, is an active member of AFWWA (L) Air Force Station Bhuj. She is blessed with two children. Her elder son is 21 years old and is a special child, with 100% disability. Despite having family problems, she is able to contribute effectively towards AFWWA activities. She has been a frontrunner of the 'Go Green' campaign and has worked hard to make life around her environment friendly. She is very involved with various social causes and has contributed to the environment without expecting any favours or accolades.

She came out a winner in the 'Best out of Waste' and the 'Garden' competition reflecting her sensitivity towards nature and environment. With her initiative, several valuable gardening tips were obtained from the local nursery, as information for all sanginis.

AFWWA AWARDEES 2015
FOR OUTSTANDING CONTRIBUTION



Mrs Reena Cruz W/o Gp Capt John Cruz, is a hard working and selfless sangini, She goes that extra mile to strengthen the social bonds amongst the members which serves as a motivating factor for other sanginis. She has been looking after the AFWWA play school, **'Buds n Blossoms'** and her keen interest and involvement ensured that the prescribed syllabus and outdoor activities/visits were implemented in letter and spirit, leading to a better learning experience for tiny tots. The number of children steadily increased and the sections successfully went up from two to four.

Mrs Reena Cruz also handled the additional portfolio of AFWWA coordinator. Her friendly and concerned nature made her approachable to other sanginis which helped in an indepth insight of their problems.

She understands the value of cohesiveness and is always ready to inculcate a sense of team spirit amongst the sanginis. Her foresight and efficient planning skills have resulted in the skillful management of AFWWA events.



Mrs Veena Chauhan, W/o Wg Cdr P Chauhan has contributed immensely to the cause of AFWWA in co-ordinating the functioning of several AFWWA ventures.

Since her arrival at AFA in April 2013, she has been relentlessly working towards the success of AFWWA events, health camps, visits to charity institutions, liaison with other welfare organizations and co-ordination of various programmes for the benefit of sanginis. She had also organised a 'Nukkad Natak' based on women emancipation titled **'Nari Shakti'**. A total of 17 AFWWA ventures are in operation at the Gunjan Complex in AFA, and she is the Sangini-in-charge of all these ventures.

She is also in charge of the discipline committee for the sanginis where she is actively involved in solving the problems of sanginis working at Gunjan Complex & other ventures. Being a Post Graduate in Psychology, she has assisted the President AFWWA (L) in handling various domestic issues of the sanginis by providing apt guidance and necessary counseling.

Her enthusiastic involvement and ceaseless efforts in promoting the cause of AFWWA amongst the Sanginis is praiseworthy.



Mrs Anjali Ravi Shankar, W/o Wg Cdr Ravi Shankar is a sincere, dutiful, energetic and dedicated sangini of Air Force Station Agra. Within a short span since her arrival, she had earned the status of **'ATM (Any Time Madad) friend'** among all the sanginis of the station with her approachable and listening quality.

She has taken special care to conduct **voluntary classes** for the underprivileged students at the Umeed Vidya Kiran School.**'Ghanti Bajao Andolan'** is a campaign started by Air Force Station Agra as an initiative to fight against domestic violence. Mrs Anjali has played a major role in this campaign by counseling and encouraging sanginis to come forward and be a part of the change. She preached the message of **'teaching our sons to behave instead of asking daughters to sacrifice.'**

Mrs Anjali has been actively involved in various workshops of **'DOSTI'** on lines of a teenage support group which is an attempt made by AFWWA (L) to join hands with young budding minds of the Air Force School and Kendriya Vidyalaya. Her dedication, congeniality, talent, compassion and active involvement in every AFWWA activity is highly commendable.

AFWWA AWARDEES 2015
FOR OUTSTANDING CONTRIBUTION



Mrs Jyoti Dave, W/o Wg Cdr A Dave is a Post Graduate in English. Her involvement with AFWWA (L) at Air Force Station Kumbhigram has been exemplary. Considering her keen involvement and dedication, she was appointed as the Secretary AFWWA (L). Her innovative ideas, dynamism and hard work resulted in new startup activities and classes.

She coordinates various events and meetings efficiently. Her effective communication and interaction with sanginis serve as a vital link for their welfare. Her ability to visualise the needs of others resulted in her efforts to start a Snacks Bar and Juice Corner in the Station.



Mrs Asha Vijaykumar W/o JWO Vijaykumar is an active member of AFWWA. She is highly dedicated and hard working and has always been the forerunner at conceptualising and accomplishing activities like competitions, cultural programmes, demonstrations etc directed towards improving the quality of life of our sanginis and their families.

She has also delivered a lecture to the sanginis on the importance of being self-sufficient. She always exhibits a positive attitude and executes the tasks assigned to her, delivering exceptional results. She is ever willing to take on additional responsibilities, keeping her personal commitments aside. She is very soft-spoken and gets personally involved to resolve problems faced by any of the sanginis of AFWWA(L).



Mrs Pinki Rath W/o Sgt SP Rath is a self-motivated and committed sangini who actively participates in AFWWA activities. She has choreographed dance sequences in classical, contemporary and fusion styles for sanginis and children for various functions. She has also choreographed mimes, dramas, street plays. She voluntarily takes classes in Arts and Craft and based on their success she now teaches Sanginis and their children at the widely spread living out areas of SAC.

Her involvement with the Old Age home has made the sanginis of SAC popular with the senior citizens of the home. She was instrumental in the registration of the Southern Air Command sanginis in Voice Donation for recording audio books for the 'School for the Blind'.



Mrs Bhagyalakshmi, W/o NC(E) G Bhaskar belongs to rural South India. She was only a matriculate when she got married in 1997 and joined the IAF family. She has an aptitude for learning new things and contributes whole-heartedly towards the welfare of children and women. She has completed a computer diploma course and a diploma in NTT during her stay at Halwara.

She is employed in the 'Umeed Asha Kiran School' run by AFWWA (L) as a teacher since last three years. With her keenness to learn new things, she familiarised herself with all the special children, their strength and weaknesses and channelised the same to bring them into the mainstream. She is highly energetic, pleasant and a keen learner, the attributes best suited for teaching young children at 'Umeed Asha Kiran'. Her love and compassion for special children is overwhelming and praise worthy.

Her devotion to the cause of AFWWA, enthusiasm that makes a difference and compassion for special children and fellow sanginis is noteworthy.

AFWWA AWARDEES 1991-2014

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 Activities
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

AFWWA AWARDEES 1991-2014

NAME	YEAR	OUTSTANDING WORK
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
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 Nair, 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

AFWWA AWARDS FOR THE BEST AIR FORCE SCHOOLS

Best Play School -Little Angel
AF Station Sulur (HQ SAC)

Best Pre-Primary School
AF School Nal (HQ WAC)

Best Primary/Middle School
AF School Tezpur (HQ EAC)

Best Secondary School
AF School Avadi (HQ MC)

Best Sr Secondary School
AF School Hebbal (HQ TC)

AFWWA AWARDS FOR THE BEST AIR FORCE MEDICAL ESTABLISHMENTS



Best AF Hospital
11 AFH, Hindon



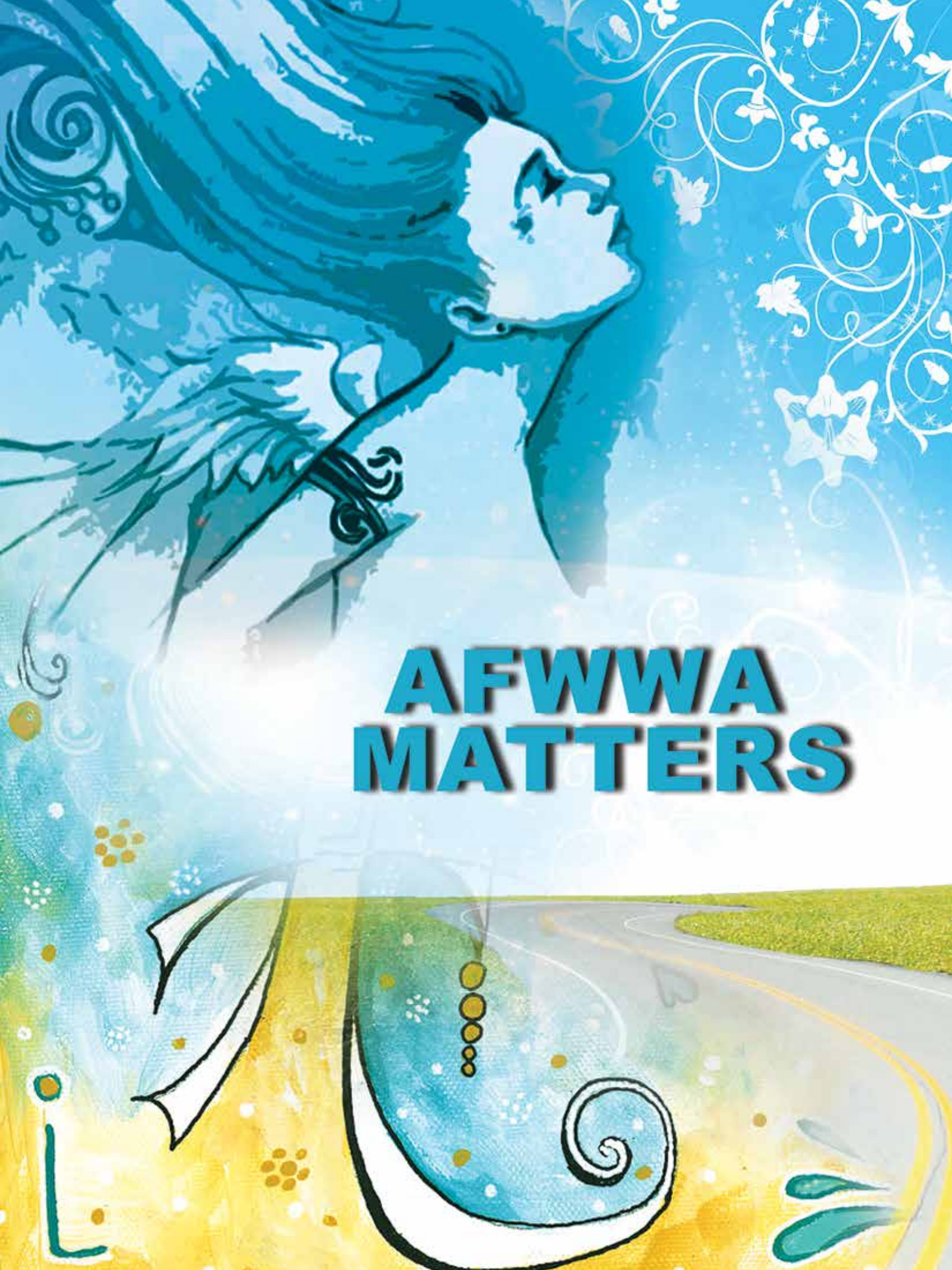
Best Station Medicare Centre
Air Force Station Bagdogra



Best MI Room
9 BRD, Pune



Best AF Dental Centre
17 AFDC, Gorakhpur


AFWWA
MATTERS

BOARD OF MANAGEMENT MEMBERS AS ON OCTOBER 2014



Sitting (L to R): -

Mrs Ranjit Gill, Mrs Sulochna Garud, Mrs Usha Kanakaraj, Mrs Vaishali Joshi, Dr. (Mrs) Chitralekha Sharma, Mrs Lily Raha, Mrs Meenakshi Jolly, Mrs Harjeet Kaur, Mrs Rashmi Soman, Mrs Jyoti Rai, Mrs. Sadhana Sukumar

Standing (L to R):-

Mrs Mamta Jha, Mrs Nithya Krishnakumar, Mrs G Narmada Babu, Mrs Pinki Singh, Gp Capt (Mrs) Sadhna S Nair, Mrs Asha Aneja, Mrs Anjna Deo, Mrs Alpana Sinha, Mrs Kamalpreet Dhanoa, Mrs Jyothi Rajaram, Mrs Uma Neelakantan, Mrs Divya Sinha, Mrs Namita Khanna, Mrs Raksha Chaudhry, Mrs Ambika Singh, Mrs Anita Sinha, Mrs Ketki Saini, Mrs Sushma Saini

BOARD OF MANAGEMENT MEMBERS AS ON APRIL 2015



Sitting (L-R):-

Mrs Anjna Deo, Mrs Ranjit Gill, Mrs Sulochna Garud, Dr. (Mrs) Chitralekha Sharma, Mrs Lily Raha, Mrs Rashmi Soman, Mrs Jyoti Rai, Mrs Kamalpreet Dhanoa, Mrs Manisha Khandekar

Standing (L-R):-

Mrs Meena Singh, Mrs Pinki Singh, Mrs Anita Sinha, Mrs Shipra Mathur, Mrs Raksha Chaudhry, Gp Capt (Mrs) Sadhna S Nair VSM, Mrs Divya Sinha, Mrs Manjit Kaur, Mrs Alpana Sinha, Mrs Jyothi Rajaram, Mrs Uma Neelakantan, Mrs Jasjeet Kler, Mrs Namita Khanna, Mrs Asha Aneja, Mrs Deepshikha Khosla, Mrs G Narmada Babu, Mrs Nithya Krishnakumar, Mrs Saroj Yadav

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 **₹10,000/- (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 126 aggrieved sanginis amounting to **₹11,69,000**/- during the financial year 2014-15.

AFWWA Pension

An amount of **₹1,000**/- p.m. for ten months is paid as AFWWA Pension to the member on demise of her husband while in service. An amount of **₹10,000/-** is paid in one lump sum to the member by the last serving unit of her husband or by the nearest unit where she is residing, which is reimbursed by AFWWA HQ subsequently. AFWWA has distributed AFWWA Pension to **121** aggrieved sanginis amounting to **₹11,36,000**/- during the financial year 2014-15.

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 **₹2,07,289**/- to **23** members during the financial year 2014-15.

Wedding Grant

An amount of **₹8000/-** 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 **₹85,000**/- to **09** members during the financial year 2014-15.

Medical Assistance

AFWWA member whose husband is boarded out on medical grounds not attributable to service is given a one-time grant of **₹10,000**/- 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 assistance was provided to five AFWWA members during the financial year 2014-15. The amount for this grant has been increased to **₹15,000/-** wef 01 Apr 2015.

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. The amount of subsidy borne by AFWWA during the financial year 2014-15 is **₹ 45,000**/- for 02 members.

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	₹ 150/- p.m.	₹ 1800/- p.a.
School going boarders	₹ 250/- p.m.	₹ 3000/- p.a.
College going day scholars & boarders	₹ 250/- p.m.	₹ 3000/- p.a.
For Medical & Engineering Courses only	₹ 450/- p.m.	₹ 5400/- p.a.

During the financial year 2014-15, AFWWA Educational Scholarship was given to **390** students which amounts to **₹6,73,850**/-.

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 2014-15 is **₹40,000**/-.

Scholarship for Professional Courses

Sixty **(60)** 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:

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

ii. 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.

iii. Preference will be given to a girl child.

iv. The duration of scholarship is one year only.

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

AFWWA has given 60 Professional Scholarships during the financial year 2014-15 which amounts to **₹3,00,000**/-.

Note:- This scholarship has been merged with AFWWA Silver Jubilee Scholarship w.e.f current financial year 2015-16

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 2014-15.

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 **45** eligible students during the financial year 2014-15, amounting to **₹2,25,000**/-.

Scholarship for Vocational Training

This scholarship in lump sum amount of **₹4800/-** as one time grant, is awarded to the widow/children of deceased AF personnel undergoing Vocational Training in a recognized institute (Diploma/Certificate course of not less than six months). The widow should be an AFWWA member. The application should be forwarded to AFWWA along with proof of admission in the Institute.

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 Sep** 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 2014-15 is **₹50,000**/-.

Scholarships for Children of Airmen/ NCs (E) undergoing Post School Education at Delhi & Residing in AFWWA Hostel

The children of airmen/NCs (E) who are doing a Degree Course at Delhi and residing in Happy Landing - AFWWA Girls Hostel are entitled to 30% reimbursement of the Hostel Fees subject to a maximum of **₹1620/-** p.m. for 10 months. The amount extended by AFWWA under this scheme during the financial year 2014-15 is **₹82,944**/-. However, this subsidy is stopped with effect from 01 Jul 14.

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 Sportsmen/Artists

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

(1) Position Amount

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

(2) Criteria.

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

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

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

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

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

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

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

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

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

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

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

(g) Financial capability will be the main criteria.

₹10,000/- was extended by AFWWA HQ during the financial year 2014-15 for this scholarship.

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.

AFWWA Silver Jubilee Scholarship

AFWWA Silver Jubilee Scholarship for **200** students @ **₹5000**/- per annum is awarded by AFWWA, on the basis of result of **Class 12th** examination held every year. The application on prescribed form is to be submitted to AFWWA through AFWWA (L)/(R) latest by 30 September every year. The eligibility conditions for scholarship are as under: -

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

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

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

(d) The child should have scored **90%** marks and above in CBSE/ICSE Board examination of **Class 12th** Std.

(e) The child should not be in receipt of any other scholarship.

AFWWA Silver Jubilee Scholarship for **₹7,55,000**/- was extended by AFWWA to 151 students during the financial year 2014-15.

Note:- This scholarship has been merged with AFWWA Scholarship for Professional courses w.e.f current financial year 2015-16.

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 2014-15 is **₹25,500**/- to 03 wards of AFWWA members.

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.

AFWWA HQ has extended **₹1000/**- for this scholarship during the financial year 2014-15.

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 2014-15 is ₹6,000/- to 02 wards of AFWWA members.

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	AFWWA Boys Hostel Subroto Park, New Delhi	Boys	30
3	HQ SWAC	AFWWA Hostel AF Stn Pune	Girls	35
4	HQ SWAC	AFWWA Hostel AF Stn Mumbai	Boys	20
5	HQ MC	AFWWA Hostel AF Stn Chandigarh	Boys	20
6	HQ MC	AFWWA Hostel Vayusena Nagar, Nagpur	Boys	20
7	HQ MC	AFWWA Hostel 9 BRD, AF Pune	Boys	24
8	HQ MC	AFWWA Hostel AF Stn Ojhar, Nashik	Boys	20
9	HQ MC	AFWWA Hostel AF Stn Sulur	Boys	06
10	HQTC	AFWWA Student Study Centre AF Stn Jalahalli	Boys & Girls	48+28=76
11	HQTC	AFWWA Student Study Centre AF Stn Tambaram	Boys	14
12	HQTC	AFWWA Student Study Centre AF Stn Bidar	Boys & Girls	22+4=26
13	HQTC	AFWWA Student Study Centre AF Stn Begumpet	Boys & Girls	16+14=30





CORPORATE SOCIAL RESPONSIBILITY (CSR)

AFWWA Initiatives

The term Corporate Social Responsibility (CSR) is widely used for defining the responsibilities of corporate world towards society & environment and has been recognised by the new Companies Act 2013. To enhance our welfare activities, Air Force Wives Welfare Association had approached various corporate sector companies and PSUs to come forward and provide us financial help to achieve our goals.

With respect to the financial aids, the following contributions are worth mentioning:-

(I) Indian Oil Corporation Ltd

Indian Oil Corporation Ltd has sanctioned an amount of ₹ **48,06,000/-** for establishing computer cells at our 08 Umeed Asha Kiran Schools and 01 Umeed Vocational Training Center. The computers, printers and photo-copier machines have been procured and installed at all the sites.

(II) Procter and Gamble Ltd

Procter and Gamble Ltd has sanctioned **₹10,00,000/-** for two of our projects under their project "P&G Shiksha" for our Umeed Vidya Kiran Schools (schools for underprivileged children) at Air Force Station Rajokri and Arjangarh. The firm has also been providing assistance in the past.

(III) Pernod Ricard India Pvt Ltd (Seagrams)

Pernod Ricard India Pvt Ltd has formed a charitable trust known as "Seagrams One Rupee Fund" to undertake welfare/charitable activities for the benefit of society. Under this project, AFWWA has also been granted a financial assistance of **₹90,000/-** annually for the welfare activities undertaken by AFWWA.



(IV) GMR group of Companies

GMR Varalakshmi Foundation (GMRVF), is the Corporate Social Responsibility arm of the GMR Group. Its objectives are to develop social infrastructure and enhance the quality of life of communities around the locations that has the Group's presence. This non-profit company has its own professional staff selected from top academic and social work institutions, and is governed by Group Chairman, GMR Group.

GMR Varalakshmi Foundation started a vocational training centre (VTC) in Delhi and other places in October 2009 with the purpose of empowering urban youth from vulnerable families. The focus of the Centre is on imparting good quality skill training along with life skill inputs and facilitating suitable placement opportunities for the trainees. The details of these vocational training centres are:-

Sl No	Location of VTC	Courses Offered	Facilities Offered
01	**DWARKA (New Delhi)** A-64, Nirmala House, Palam Extn Sector 7, DWARKA, New Delhi – 110075 Contact: Mr. Rama Chandran (8527803535)	a. Home nursing b. Mobile Repair and Electronics c. Electrical Motor-rewinding d. TV and VCD Repair e. Refrigeration and AC f. Electrical house wiring g. Escalator & Elevator Maintenance h. Cargo operations i. Photography and Videography j. Patient care Attendant k. Beautician l. Landscape Assistants m. Sales and Marketing n. Security o. Excavator operators p. Automobile courses (Two/four wheeler repair, Welding, Taxi driving q. Computer courses (Hardware & networking, DTP & Screen Printing, Tally, Web-designing) r. Basic Tailoring, Industrial Tailoring, Machine Embroidery, Fabric Painting s. Hostel Management, Spa Therapy, Facility Management t. Craft production centre for tribal women	Free Hostel facility for Boys only.
02	**Hyderabad** Vavalakshmi Foundation Airport Campus, Aero Tower, 3rd Floor Shamshabad, Rangareddy (Telangana) Contact : Mr. Ramesh (9949369720)		Free Bus service provided from Hyderabad to Shamsabad.
03	**Bengaluru:** Vocational Training Centre Infant Nilaya No. 16/2 3rd Floor, 1st Main SR Garden, Austin Town Vivek Nagar Post, Bengaluru- 57 Contact : Mr. Jauapaul (9900546599)		Rs 1050/- will be provided for transport.
04	**Srikakulam (Vishakhapattam)** GM, GMRV Foundation GMR Nagar, Rajan. Sriakulam (AP) Contact: Mr. Durga Prasad (09652733666)		Free food, Free Hostel for both boys and girls, Free uniform.

'Skilled India' is a dream project of Mr. Narendra Modi, Prime Minister of India. Training is provided to the lower income group candidates by GMR between the ages of 18-30 years, at all the centres on quarterly/45 days basis, which is an ongoing process. Training hours during the course at all the centres is from 0900h to 1700h.

AFWWA had recommended **232 boys/girls/sanginis for training with GMR group. Out of which 48** were selected for training and all the candidates were offered/provided employment after training. The salaries during such employment varies from ₹7,000/- to ₹ 20,000/- as per the capability of the candidate.

Interested candidates may approach GMR Vocational Training Centres/AFWWA directly for registration and training with this group on the contact numbers given above.

AFWWA ACTIVITIES AT CENTRAL LEVEL



Release of Sangini 2014 Magazine by Mrs Srilata Katre during AGBM Oct 2014



Visit of Special Children of Umeed Vocational Training Centre to Air House on 29 Jan 2015



Visit by Hony Gp Capt Sachin Tendulkar to Umeed Vocational Training Centre at Subroto Park, New Delhi on 08 Oct 2014



Release of re-recorded AFWWA Song by
Mrs Vijay Prabha Nadkarni during AGBM Oct 14



Lecture on "Aid to Special Children" by
Gp Capt BS Shekon during BOM meeting Apr 15





Cultural programme during AGBM Oct 14 at Air Force Auditorium Subroto Park



Participants of cultural programme with President AFWWA during
AGBM Oct 14 at Air Force Auditorium Subroto Park

PRERNA

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

As part of Air Force Day celebrations, President AFWWA visited the Paediatric ward of Army R&R Hospital on 15 Sep 15. She interacted with the patients and distributed gifts, toys and donated LED TVs for the recreation of patients.













UMEED



Mrs. Sushma Dhiman
Umeed Administrator

The year 2015 is special for Umeed. Special not just because it is 10 years old, but because of the achievements, activities and events in last ten years. All these years we have been giving you a glimpse of different vocations, activities and products of Umeed. This year we take you on a different journey.

This journey began in the year 2005, as a result of the vision of the then president AFWWA and her team. They embarked on their journey to take care of the needs of those special children who had completed their schooling from the special wing and were waiting to acquire a skill which would give them an opportunity to be a contributing member of society.

Since then, Umeed has been growing, year after year, step by step under the guidance of all the subsequent teams. While some focused on adding more vocations, others focused on increasing productivity. There were some who focused on infrastructural development. Each step taken towards the growth has been equally important and has helped Umeed to improvise. We thank each team for their valuable contribution towards the growth of Umeed.

Today as we stand ten years old, we can proudly claim to be totally focused as far as the training and the development of the students is concerned. Some new techniques of brain development like Brain Gym, Arts become therapy, Instrumental enrichment program, concept building and more structured skill development programmes have been added to the current curriculum. An evaluation system to assess the current level of functioning and setting new goals has been introduced which will be shared with the parents during the subsequent parent teacher meets.

For the past one year our focus has been on two important areas:-

1. Registering Umeed with the ministry of social justice and welfare.
2. Rehabilitation of the students on completion of their training.

The process of registration is on and in its final stages. A number of steps have been taken towards rehabilitation. Umeed has reached out to a number of government and non government agencies working in this sector. Organizations like GMR, Sarthak, Muskan and many more agencies have extended their support to Umeed in this regard. Details of the rehablitation of few achievers is given below:-

1. Kanika Gogia has been placed at the WAC AFWWA shop and looks after the UMEED counter.
2. Asha Pathania has been working at the WAC Parlour for the past one year.






Kanika Gogia


Asha Pathania


Karan Malhotra


Guninder Singh


Shashank Nandwani


Akash Gupta


Manik Ahuja

3. Karan Malhotra has been working at the CAMERO CSD for more than a year now.
4. Guninder Josen has been working at Saket hotel (ITC).
5. Shashank Nandwani has completed training at GMR and will be placed as and when a suitable vacancy arises.
6. Akash Gupta and Manik Ahuja have been selected to be trained by Lemon Tree Hotels from September onwards.

The journey has just begun and we intend to move forward with main focus on welfare and rehabilitation of these students.

Another feather in the cap of UMEED is the release of its first magazine 'SRUGALIKA'.

The students also put up a stage show on the 2nd of Sep this year. This was the first time that all the students participated in the programme. The programme was liked and enjoyed by all those present there.

While keeping the focus on the development of the students we have also managed to take care of the infrastructural development. A few oil radiators to beat the winter chill, hot and cold water dispensers to provide hot drinking water during extreme winters, water purifier for clean drinking water, new photo copier, printers and five new computers for the students are some of the new additions. A partition has been added between the handloom and paper craft section to control the noise and the lint which affects the breathing of the other students. Storage spaces have also been added to the existing infrastructure.

In a nut shell, Umeed may not be running at a rabbit's pace but it surely is slowly and steadily heading towards success in a more planned and organized manner.

We seek the support of the parents and the society in order to paint the dream picture of UMEED to perfection.





AFWWA DECLAMATION CONTEST 2015



Chief of Air Staff interacting with contestants during high tea at Air House



President AFWWA with judges and contestants of Declamation Contest



President AFWWA presenting the prize to one of the winners of Declamation Contest



Chief of Air Staff and President AFWWA with contestants of Declamation Contest and parents

Winners among contestants from Commands		Winners among contestants from Air Force Schools, Delhi Area	
English	**Position**	**English**	**Position**
Miss Ritika Singh D/o JWO AK Singh, SAC	1st	Master Shankar Tripathi, AFGJI S/o Wg Cdr RK Tripathi	1st
Miss Sruti Phogaat D/o JWO S Singh, TC	2nd	Miss VV Srinidhi, AFBBS D/o Gp Capt VVJ Rao	2nd
Miss Keerath Basra D/o Air Cmde HS Basra, CAC	3rd		
Hindi		**Hindi**	
Miss Gunpreet Kaur D/o Sgt Amarpreet Singh, TC	1st	Master Granth Vinaik, AFGJI S/o Gp Capt R Vanaik	1st
Miss Divya Mahur D/o Sgt M Singh, SAC	2nd	Miss Kriti Negi, AFSSS D/o JWO R Negi	2nd
Master Aman Preet Singh S/o Sgt Avatar Singh, EAC	3rd		

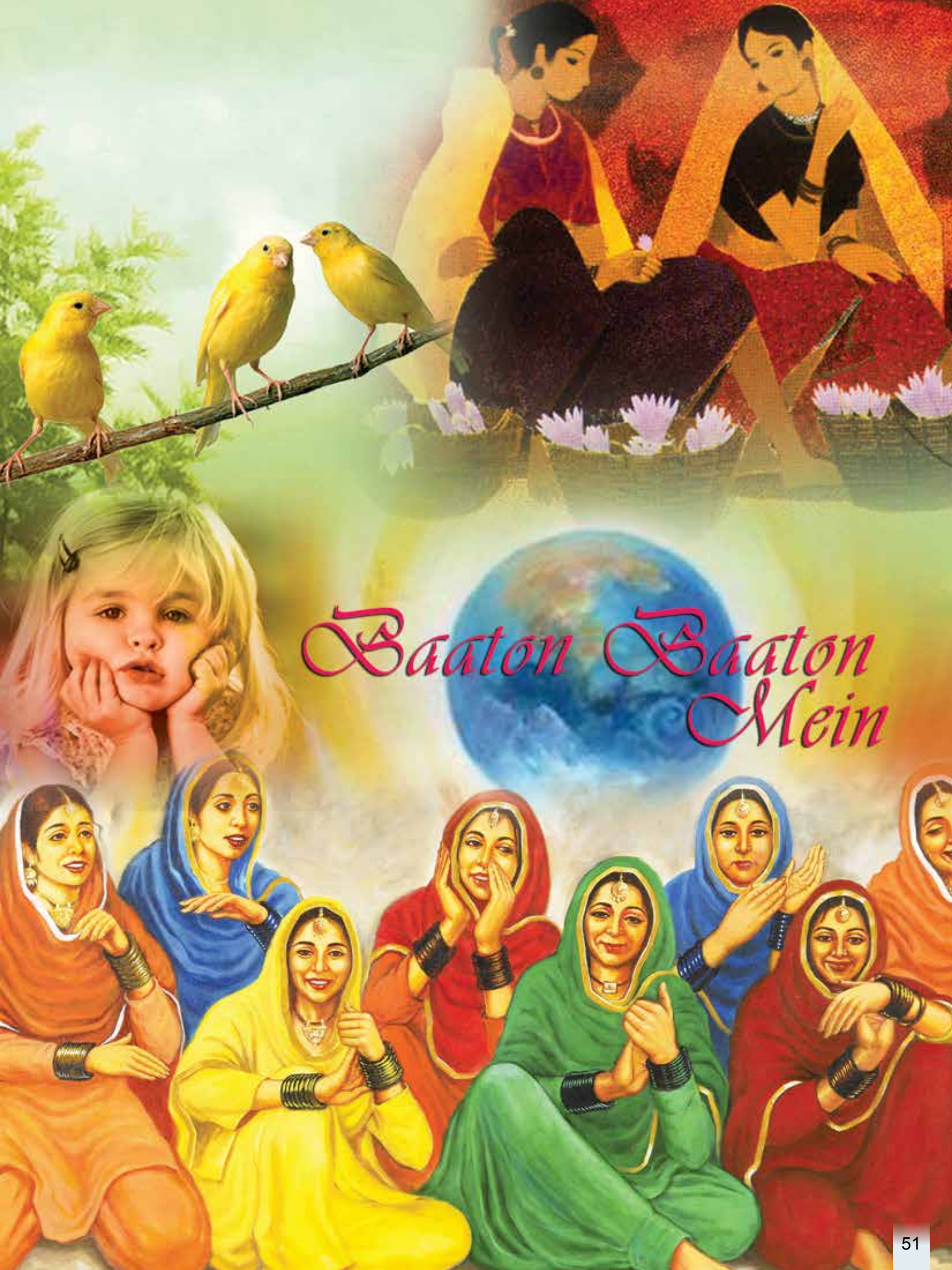








A wide variety of products are available at reasonable rates at Santushti The Concept Shop No 4, Santushti Shopping Complex Race Course New Delhi.


Baaton Baaton Mein

Memoirs of a Helicopter Pilot's biwi...

That was the Monday of 1969, date 31 March. There was great excitement in the house of the Mohans as their future son-in-law, Brij Mohan Datta, was to visit their house. The girl in question was young Ravi, all of just about 19 years of age. Though Ravi had not met Brij Mohan earlier, she knew that her Nana (maternal grandfather) was friends with Brij Mohan's mama (maternal uncle). That was the last time she saw her future husband; the next she saw him was at the wedding ceremony on 07 Aug 1969.

Those were the times when internet was unheard of, and only a handful of people had a television set to boast of; telephone connection at home was, of course, considered a status symbol. In Ravi's life there was no courtship, no exchange of love notes, letters or any other form of communication in the time period between her 'first sighting' of Brij Mohan and her betrothal. The family credentials of Brij Mohan was all that young Ravi knew about her man, besides the fact that he was a Squadron Leader in the Indian Air Force, a helicopter pilot. Coming from a family of non-faujis, her family having been uprooted from Pakistan at the time of partition, Ravi knew little about life in the Air Force- but that was the least of the things running on her mind at that time. All she knew perhaps was that here was a good match, known to her family, and that she should go ahead and make the best of it. Little did she know at that time that she would one day be so closely associated with the unit that her husband got to command soon after their marriage, and that she would continue to be associated with that unit even after her husband would leave for his heavenly abode in the November of 2011.

2015: I was looking to do a story in the run up to the presentation of Presidential Standards to 116 Helicopter Unit slated for 04 Mar 15 at Air Force Station Jodhpur, when I learnt that the wife of the second Commanding Officer of the Unit is very much alive and is living in Delhi with her son, who is himself a serving Wing Commander. Excited about the prospect of a good story I set my agenda to interview her and learn more about her life in the Air Force and her association with 116 HU.



Mrs Ravi Datta with her son Wg Cdr Datta in front of portrait of Gp Capt BM Datta

The door was opened by a very charming lady - she had a sparkle in her eyes and exuded confidence, energy and poise. She was Mrs. Ravi Datta, wife of the second Commanding Officer of 116 HU. "His folks wanted an early date for the marriage as he was in his early 30's but my folks needed time- besides I was just about 19; finally the two sides agreed on the date of 07 Aug 69 and we got married. I joined him at Air Force Station Yelahanka where he was posted as a flying instructor and soon within a year, he was posted to 116 HU as its Commanding Officer", recalls Ravi Datta.

The chirpy Mrs. Datta continues, "My husband was the Commanding Officer of 116 HU from 1970-73. He took over from Squadron Leader KK Deb, who is no more; unfortunately there is no news of his wife either. My son has spent a fair amount of time and energy trying to locate the whereabouts of Mrs. Deb but his efforts haven't yielded fruit. So I am now the oldest surviving member of the Unit called 'The Tank Busters'. In the initial period following my marriage, I was young, carefree and full of life -so the first year passed

away in a whiff. Soon I found myself in the position famously known in the services as COW (short for CO's wife). It was a responsible position to be in and I was not fully conversant with the ways of the service. That made me underconfident and initially I was scared of being caught on the wrong foot in public. But I was never ashamed to learn – I learnt from the wives of my husband's subordinates, who had been married much earlier than I and had therefore spent more number of years in the service. My husband was always by my side and I learnt a lot from him. Whatever I am today is because of my husband- he taught me, guided me and supported me. Now when I look back at my life spent with my husband, I am very proud to say that I have had a wonderful life. I grew up from being under confident to a confident and mentally tough lady, all thanks to the years spent with my husband. Though I do miss my husband a lot, I do not let the sadness of his absence engulf my environment – it is destiny after all. I tell my children to be happy about the fact that they had a wonderful father, who loved their mother so completely".

She recalled her initial days as a newlywed who had never seen a helicopter in steady hover and when she saw one perform the maneuver, she thought something was wrong with the machine as it was not 'moving ahead'. She immediately called out to her friend in the neighborhood to tell her that there was a faulty machine in the air when there was uproar of laughter and she was told that was the way helicopters could also 'behave'. She vividly remembers how the girl of yesteryears metamorphosed into a lady, being the COW of 'The Tank Busters', "Those were trying times as I got alive to the fact that flying was not just about controlling a machine in the air but that flying was inherently dangerous- the danger of an air crash or loss of life would always be there. There was an instance wherein Raja (as she called her husband lovingly) himself was involved in an air accident – I was not aware of it but within a short span of time a lot of officers had gathered at my house and from their talk in hushed tones, I could sense that something was amiss. I later on learnt that Raja and his copilot had a miraculous escape following a case of disorientation that led to the aircraft turning turtle on touchdown. That incident shook me up from deep within. I would constantly pray to God that Raja should come home safe and sound from the flight. Besides, we also learnt of the death of Raja's first cousin during the 1971 Ops, he was a fighter pilot. This and many other such stories fanned my fears and my apprehensions. I was persistently scared but never let it show on my face - lest it should affect my husband's performance of his duty".

The period following the war of 1971 saw the birth of AFWWA (Air Force Wives Welfare Association). That was the time when Ravi got herself involved with the spouses of the Airmen and also took keen interest in sharing their problems and offering consultation, advice and support. She says, "We had no television, computers or internet in those days, so hanging around together was the only option, besides movies. I learnt the art of chocolate making that I have perfected over the years- this is now my passion and keeps me busy and happy. There was a break when I stopped making chocolates following Raja's death in 2011, it is only recently that I have again taken to chocolate making. I am happy with what I do. I still keep in touch with all my family members of the unit. I am very excited about being in the midst of all the members of the 'Tank Buster' family. I will be spending a couple of days with them- there are a whole lot of events lined up at Jodhpur. I would be very happy to see that my grandson also joins the Air force. He is just in class VI at the moment but is already inspired by his father and late grandfather. He also happened to get himself clicked with the present Air Chief at a function in the Air Force Auditorium. I am sure Raja would be seeing us all from the heavens, feeling very happy to see how his family has done after him. He would also be glad that we have kept contact with his unit The Tanks Busters."

"By the way, it might be of interest to you that Retd. Air Chief Marshal FH Major and Retd Admiral Arun Prakash were both pupils of Raja- he taught them how to fly," Ravi Datta told me as I was about to leave.



Wg Cdr SS Birdi
PRO, AF
Air HQ, VB

THE WELCOME COCKTAIL



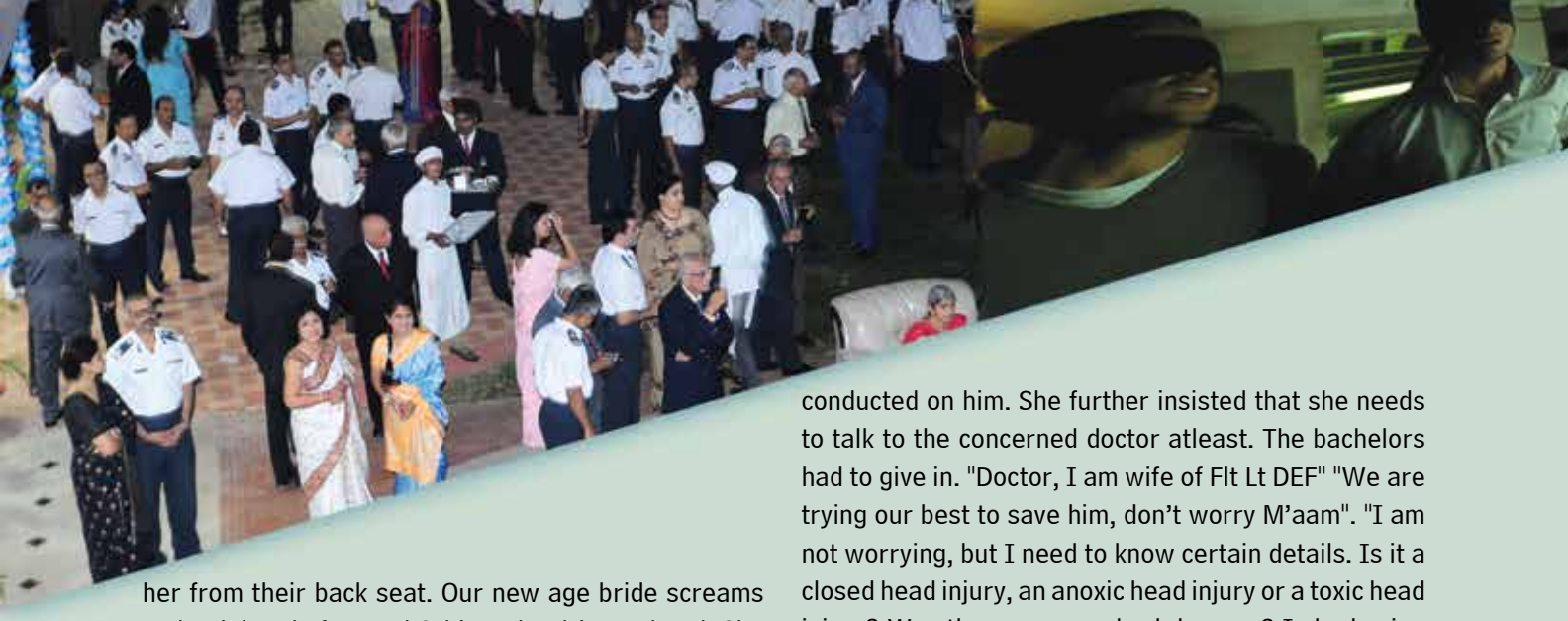
Mrs Sunita Karulkar
W/O Gp Cpt A N Karulkar
106 Sqn C/O 11 Wing, AF

All of us who are reading this article take immense pride in being an Air Force officer's wife. There is a unique way of indoctrination into the Air Force family which we very strictly follow. And that is the "welcome drama" of the newly married bride & it's mostly done by the squadron officers supported by the ladies who have been bitten by these welcome dramas. This is a unique & harmless way of introducing the new entrant into the Air Force family. All of us have gone through this, cried, wept, collapsed yet laughed over it later. Of course the whole drama is directed under the guidance of the Commanding Officer or the Flt Commander who has a whole lot of experience of handling any untoward situations. India is progressing at a very rapid pace. The female gender is progressing at a sprinting pace. So the newly married brides that we are getting in the Air Force are actually more aware of the ways of the world then we were. Want to know how? Or do you already agree. These welcome cocktail incidents are all dedicated to my friends from the GEN Y & we are all so proud to have you all in our Air Force family.

Scene-1. "Aree chaloyaar, Flt Lt. ABC's bride is joining him today". "So what's the plan buddy". "Aree, wahi purana formula, kidnapping ka". Flt Lt ABC's newlywed pretty wife who is a Delhi ke kudi & has been working in Delhi is kidnapped near the main gate of the Air Force Station by some bachelors when the newly married couple was returning back from the market. The husband shouts, "bachao, bachao mere biwi ko le ke ja rahe hai." So 6 lanky panky bachelors all in crew cut hair, but with faces masked, force the bride into the back seat of a Scorpio. The girl is screaming & is trying to wriggle out of the clutches of these guys. She manages to free her one hand & reaches for her purse. One smart bachelor sees that & quickly grabs her cell phone out of the purse thinking she would try to make an emergency call. But no, she pulls out something & sprays it on all the 4 kidnappers in the back seat with her. Guess what, the Delhi girl has a pepper spray in her bag, & bingo, the kidnappers shriek. The vehicle halts, the girl jumps out & runs to her husband who is following them on a motorbike to rescue her, or so she thinks. He stops & she tells him what happened between huffs & puffs. The husband asks her to sit on the bike & on the way back tells her what the whole story was. They reach the SMC where our kidnappers were getting first aid treatment. WAY TO GO GIRL... Formula wahi par soch nayi....



Scene –2. Same time in Air Force Station 2..."Yaar, XYZ is getting his bride today"...."So what's the plan buddy", "wahi purana formula, kidnapping ka". Flt Lt XYZ's welcome party is planned at 8pm in a nearby resort. The bride is told it is at 6pm. The beautifully dressed nai naveli dulhan, is entering the venue, with her husband close in tow. And behold 6 lanky panky bachelors, all in crew cut, but their faces masked, force the girl into a newly acquired SUV, tie a scarf on her eyes & hands tightly. They push her onto the front seat. Some Haryanvi hindi volley of words was thrown by the driver about how they could sell her off & prosper. 2 kidnappers were sitting with toy knives pointed at



her from their back seat. Our new age bride screams so loud, bends forward & bites the driver's hand. She removes her 6 inches pencil heel & smashes it on the windshield. She does all this with her eyes blindfolded & her hands tied up. I don't know whether the SUV was weak, the heel strong or the grit of the lady stronger but the glass gave way. The driver screamed in pain and squashed the brakes. The girl opened both the tied scarves, pushed the guy at the side opened the door & escaped out with 6 stunned kidnappers gaping in shock & wondering what to do next. Of course the same drama followed. The husband was following the car as usual & the wife runs to him, gets in the car. They drive back & the husband explains the whole thing to her & they reach the SMC. Yes & again there is some medical aid given to the poor driver kidnapper who had a bite gash on his hand & not to forget the big dent on the bachelor's pocket whose SUV's windshield gladly gave way, threatened by the grit of the girl. WAY TO GO GIRL....Once bitten twice shy.

Scene 3. Same time in Air Force Station 3..."Yaar, DEF is getting his bride today"...."So what's the plan buddy", "wahi purana formula, accident ka". Flt Lt DEF's welcome party is organized. The officer goes out on a bike somewhere without a helmet & crashes, he has banged his head. A group of 4 grief stricken bachelors come to the bride & inform her that there has been a tragic accident & her husband has suffered a brain injury & is unconscious in the Command hospital. The bride neither fainted neither cried. She insisted that she should be taken right away to the hospital. The officers insisted that right now no one was allowed to visit him as a major brain surgery was about to be conducted on him. She further insisted that she needs to talk to the concerned doctor atleast. The bachelors had to give in. "Doctor, I am wife of Flt Lt DEF" "We are trying our best to save him, don't worry M'aam". "I am not worrying, but I need to know certain details. Is it a closed head injury, an anoxic head injury or a toxic head injury? Was there any cerebral damage? Is he having any seizures? Can you read out the MRI report? Can I speak to the neuro surgeon handling him?" Hearing all these questions, the supposed doctor on the other side of the phone, not knowing any of these answers, sheepishly hands over the phone to the husband who of course explained the whole prank. Our bride was supposedly preparing for her medical exams. WAY TO GO GIRL...

It is indeed very nice to see the change brought in the scenario by these lovely, smart & intelligent women of changing India. They are the flag bearers of the much needed change in the attitude of the society at large towards women and mind you, they are doing a commendable job. It is wonderful to see the new entrants into the Air Force family who are head strong, intelligent & rational and bring with them a new vigor and energy which is sure to provide a new vision to our Air Force family. It is the sign of a changing scenario. WAY TO GO GIRLS. This is your world & your time. So RISE & SHINE.



अफवा एक मनोगत

संस्कृत में एक प्रसिद्ध कहावत है —"वपुम् आरव्याति भोजनम् आचरणम् तु कुलम्" अर्थात् मानव का शरीर उसके खानपान को दर्शाता है तो व्यवहार उसकी परवरिश को। मानव जीवन में व्यवहार या आचरण का इतना महत्त्व है कि सदियों पहले मनु ने 'मनुस्मृति'नामक ग्रंथ की रचना की और इसी ग्रंथ ने सदियों से हमारा मार्गदर्शन किया है। हम संगिनियों की सुविधा के लिए इससे पहले मागदर्शक रूप में "To better - Dear Lady" संकल्पना सामने आई। तेजी से बदलते माहौल को नज़र में रखकर कुछ नई बातें इसमें जोड़ दी गईं।

वायु सेना कर्मी के साथ विवाहोपरांत एक स्त्री इस बड़े परिवार की सदस्या बन जाती है। अन्य किसी परिवार के समान ही इस परिवार की भी कुछ धारणाएँ, परंपराएं हैं। कुछ लिखित – अलिखित, कथित-अकथित नियम हैं जो इस परिवार का सदस्य होने के नाते हम निभाते हैं। वैज्ञानिक उन्नति ने मानव को संस्कृति-सभ्यता के उच्च शिखर पर इतनी तीव्र गति से पहुँचाया है कि हमारे सिर आसमान को छू रहे हैं परंतु पैर ठोस जमीन पर न होने के कारण कई बार हम लड़खड़ा जाते हैं। स्वतंत्रता स्वच्छंदता में परिवर्तित हो रही है।

हम चाहते हैं कि इस परिवार से जुड़ने के पश्चात् कुछ मूलभूत परंपराओं से सभी नवीन संगिनियों को अवगत कराएं ताकि इन संगिनियों के मन में उठने वाले सवालों का उन्हें सही उत्तर मिल जाए व गलत धारणाओं से वे बच सके और उनकी समस्त शंकाओं का निवारण हो सकें।

वायु सेना कर्मी के साथ विवाह उपरांत सबसे पहला कर्तव्य है कि वह स्त्री स्वयं 'वायु सेना पत्नी कल्याण संगठन' की आजीवन सदस्या बन जाए। कोई संगठन या संस्था उसके केवल पदाधिकारियों से नहीं अपितु सदस्यों के सक्रिय योगदान से अपने लक्ष्य को प्राप्त कर सकती है। 'अफवा संस्था' भी इसकी अपवाद नहीं। इस संगठन द्वारा किए जाने वाले कार्यों की जानकारी अवश्य प्राप्त करें। इसके द्वारा आयोजित सभाओं, योजनाओं तथा विभिन्न मेडिकल कैंप्स का पूरा-पूरा लाभ उठाएं।

कई बार देखा गया है कि दिल्ली, मुंबई, बंगलुरू जैसे बड़े-बड़े शहरों में पढ़ी-लिखी लड़की वायु सेना परिवार से जुड़ने के बाद छबुआ या लेह जैसी जगह पहुँच जाती है। अपनी शिक्षा के अनुरूप मोटी तगड़ी आमदनी वाले अपने कार्य को छोड़कर एक छोटी सी जगह आकर स्वयं को बेहद बेवस महसूस करती है। परंतु ऐसे समय धैर्य और समझ से काम लेना चाहिए। यदि सकारात्मक दृष्टिकोण रखें तो निश्चय ही आप अपनी शिक्षा एवं अनुभव द्वारा उन सबका भला कर सकती हैं जो बड़े शहरों की सुविधाओं से अभी भी वंचित हैं। आपका यह नया अनुभव आपके ज्ञान के क्षितिज को न केवल विस्तृत करेगा अपितु आपके व्यक्तित्व को भी निखारेगा। नए परिवार के सभी सदस्यों को मिलने जानने का अच्छा तरीका है "कॉल ऑन करना"। इस परंपरा के पीछे की भावना सराहनीय है। किसी भी युनिट के स्टेशन के सीनियर्स के पास अपने कार्य के दायरे के कारण सब तक पहुँचना या उनसे मिलना मुश्किल होता है। अत: इस परंपरा को निभाने से सभी की मुश्किलें हल हो सकती हैं। वायु सेना कर्मियों का पारिवारिक वातावरण सौहार्द्रपूर्ण होना चाहिए जो उनके कार्यस्थल में अनिवार्य है।

आज का युग कंप्यूटर का युग है। कंप्यूटर, इंटरनेट, मोबाइल व ए टी एम कार्ड ने लोगों की सोच को प्रभावित किया है। किसी भी सिक्के के दो पहलुओं की तरह कंप्यूटर ने जहाँ मानव के लिए अनंत ज्ञान के दरवाजे खोल दिए हैं वहीं उसके दुष्परिणामों से भी जोड़ दिया है। हम महसूस करते हैं कि इस नए दौर के कारण हुए परिवर्तनों व पारंपारिक एवं आधुनिक तौर-तरीकों का ऐसा समन्वय किया जाए कि एकल परिवार की समस्याओं को सुलझाया जा सके।

मोबाइल फोन जो कुछ वर्ष पूर्व आपके स्टेटस का प्रतीक था वह आज हमारे जीवन का एक अनिवार्य, अविभाज्य अंग बन चुका है, परंतु कुछ लोग इसके प्रयोग के तौर तरीके से अनभिज्ञ हैं। किस समय मोबाइल फोन साथ लेकर चलें? मोबाइल पर आए फोन का जवाब कब और कैसे दें? इनकी जानकारी होना आवश्यक है ।जहाँ तक हो सके किसी सभा या स्पेशल गैदरिंग में मोबाइल बंद करके रखें। कार्यक्रम समाप्त होने के बाद उसका प्रयोग आप कर ही सकते हैं। क्या आप जानते हैं कि "वायब्रेटर मोड" पर रखा गया फोन भी पी•ए• सिस्टम को प्रभावित करता है जो किसी कार्यक्रम में बाधा डाल सकता है। बधाई संदेश के लिए भेजे गए कार्ड की जगह एस एम एस नहीं ले सकते। किसी भी सीनियर के घर फोन करने से पहले समय का ध्यान रखें। उनसे बात करते समय भी सीनियर द्वारा फोन रखने पर ही आप फोन बंद करें। उनसे इंतजार न करवाएं।

कंप्यूटर की थोड़ी बहुत जानकारी हमें होनी ही चाहिए ताकि बच्चों की गतिविधियों पर ध्यान रख सकें। इंटरनेट ने व्यक्तिगत तथा व्यापारिक, शेयर बाज़ार आदि सुविधाएँ 'की बोर्ड' तक पहुँचा दी हैं। इसके परिणामों को ध्यान में रखकर उचित प्रयोग किया जाए। ध्यान रहे विज्ञान की यह देन कहीं अभिशाप न बन जाए।

दूरदर्शन पर प्रसारित सीरियल एवं कार्यक्रमों ने मानव जीवन को इतना प्रभावित किया है कि बच्चे तो बच्चे बड़े भी उसकी नकल उतारने से पीछे नहीं हटते। इन कार्यक्रमों ने लोगों की बोलचाल, व्यवहार तथा पहनावे को भी प्रभावित किया है। जाहिर है कि आपका पहनावा किसी भी गैदरिंग, सभा तथा कार्यक्रम के अनुकूल हो। उस सभा की गरिमा को बरकरार रखें।

वायु सेना कर्मियों को कई बार अपने कार्य के सिलसिले से अन्य स्टेशन जाना पडता है। उस समय संगिनियों की जिम्मेदारी और भी बढ़ जाती है। आपके पति की अनुपस्थिति में आपकी खैरियत की जानकारी आपके पड़ोसियों को भी रहे। उसी प्रकार आपके पडोसी के आसपास के माहौल की जानकारी भी आपको रखनी चाहिए। किसी भीड़ भड़क्के वाली जगह सावधानी व सतर्कता बरतें। अपने परिवार की जिम्मेदारी बखूबी निभाएं। इस धारणा से कोई इनकार नहीं करेगा कि 'गागर मे सागर'या 'हींग लगे न फिटकरी रंग आए चौखा' को हम संगिनियॉ चरितार्थ करती हैं।

कई बार जीवन में ऐसे मौके आते हैं जब आपको यह वायु सेना परिवार या आपके पति का कार्य अच्छा नहीं लगता, परंतु ध्यान रखें किसी भी विषम परिस्थिति में या अन्यथा किसी सीनियर की महिलाओं के कार्य की आलोचना बच्चों के सामने न करें। जीवन के उतार-चढ़ाव में संयम रखना ही मानवता है।

यदि यह कहा जाए कि आपके पति, बच्चों एवं परिवार के समान ही 'अफवा संगठन' भी आपसे थोड़ा सा सहयोग और सक्रिय योगदान की अपेक्षा रखता है तो गलत नहीं होगा। पिछले **32** सालों से यह संगठन मेरे जीवन का एक अविभाज्य अंग बन चुका है। इसकी निरंतर उन्नति की कामना के साथ आने वाले समय के लिए हार्दिक शुभकामनाएँ !!

शुभास्ते पंथानः !!

श्रीमती सुलोचना गरूड़
पत्नी एयर मार्शल ए पी गरूड
प.वि.से.मे वा.मे (सेवा निवृत्त)
द वा क, वायु सेना



टेलीविजन बनाम आज की नारी

कोई बचाये हमारी आधी दुनिया को इस बुद्धुबक्से की तथाकथित नायिकाओं और उनकी वर्णातीत सर्वगुण सम्पन्नता से। आज औरत बेशक चांद से लेकर पृथ्वी के दोनों ध्रुवों को माप चुकी हो परन्तु हमारे टी0 वी0 सीरियलों की नायिका अभी भी 18वीं शताब्दी वाली 'अच्छी पत्नी, अच्छी माँ की इमेज से उबर नहीं पाई है।

आज की नारी का वास्तविक रूप क्या है, वह जो हमें छोटे पर्दे पर दिखाया जाता है अथवा वह जो हमें अपने आस–पास दैनिक जीवन में दिखायी पड़ता है। आज के दौर में भी ससुराल में रो–धोकर गुजर करने वाली, सास–ननद के ताने –षड़यन्त्रों एवं अत्याचारों को चुपचाप सहने वाली, त्याग, सेवा सहनशीलता की पराकाष्ठा लिये, अंधभक्ति वाली, बेजान और अप्रासंगिक परम्पराओं को ढोने वाली, भारी कपड़ों–गहनों से लादी जाने वाली नायिका, भारतीय नारी को जीवंतता देती है।

इन पढ़ी–लिखी, कहीं–कहीं कैरियर बनाने वाली नायिकाओं के जीवन का एक मात्र उद्देश्य विवाह करना और उसके उपरान्त अपनी गृहस्थी और पति को दूसरी औरत से बचाना ही होता है, जिसकी मान–मर्यादा बचाने के लिए वह कड़ी से कड़ी अग्नि परीक्षा देने के सदैव तत्पर रहती है। नायिका प्रधान होने का दावा करने वाले इन तमाम सीरियलों की प्रमुख पात्र स्वयं ही किसी पुरूष की परछाई बन सम्पूर्ण और सन्तुष्ट हो जाती है। न जाने उसे क्यों सदैव किसी अवलम्बन की आवश्यकता बनी रहती है। हमकदम बनने से न जाने इन नायिकाओं को इतना गुरेज़ क्यों है, भगवान जाने!



आज सभी को शिक्षा, कैरियर के समान अवसर उपलब्ध हैं। सभी को सोचने, समझने और अभिव्यक्ति की समान स्वतन्त्रता है। तब भी क्यों कोई आई पी एस संध्या आज भी पल्लू लिए अपनी सास के हर सही गलत हुक्म की तामील करती दिखती है? क्यों कोई प्रतिभा अपने मन से हैलो तक नहीं कर पाती है, क्यों ये संध्या और प्रतिभा आज भी दशकों पहले की 'उड़ान' की कविता चौधरी और 'रजनी' की रजनी से मीलों पीछे हैं? क्यों कोई कहानी एस्ट्रोनेट के सपने से शुरू होकर ''पति –पत्नी और वो'' में ही उलझ कर रह जाती है? किसी कहानी में यदि ऐसे कमज़ोर, लाचार चरित्र को नायिका का दर्जा दिया जायेगा तो यह वास्तविक जीवन की उन सभी नायिकाओं का अपमान होगा, अन्याय होगा जो हर रोज कहीं अकेले, कहीं एकजुट होकर अपनी अस्मिता, सम्मान और स्वतन्त्रता के प्रति निरन्तर संघर्ष कर रही हैं। जो घर–बाहर दोनों मोर्चों पर स्वयं को सिद्ध करने के लिए प्रयासरत हैं। किन्तु हमारी टी0 वी0 नायिका उनकी मुश्किल कम करने की बजाय बढ़ा रही है। जिसका कारण है टी0 वी0 कथानकों में महिला चरित्रों में व्याप्त विरोधाभास एवं अव्यवहारिक प्रसंग चित्रण जिसमें तर्क एवं चितंन का नितांत अभाव है। आज टी0 वी0 समाज का दर्पण कम, फैंटेसी ज्यादा नजर आता है।

एक ओर तो हम स्त्री विमर्श के नाम पर नारी स्वतन्त्रता, समानता और प्रगति की वकालत करते हैं, लिखते और पढ़ते हैं, वहीं दूसरी ओर हमारा समूचा मीडिया स्त्री की वही पुरातन छवि को भुनाने में लिप्त है। दरअसल पूरा मीडिया औरत को शोषित और ग्लैमरस इन्हीं दो पलड़ों में तोलता आया है। या तो वह परिवार के लिए अपना कैरियर दांव पर लगाने वाली सुघड़



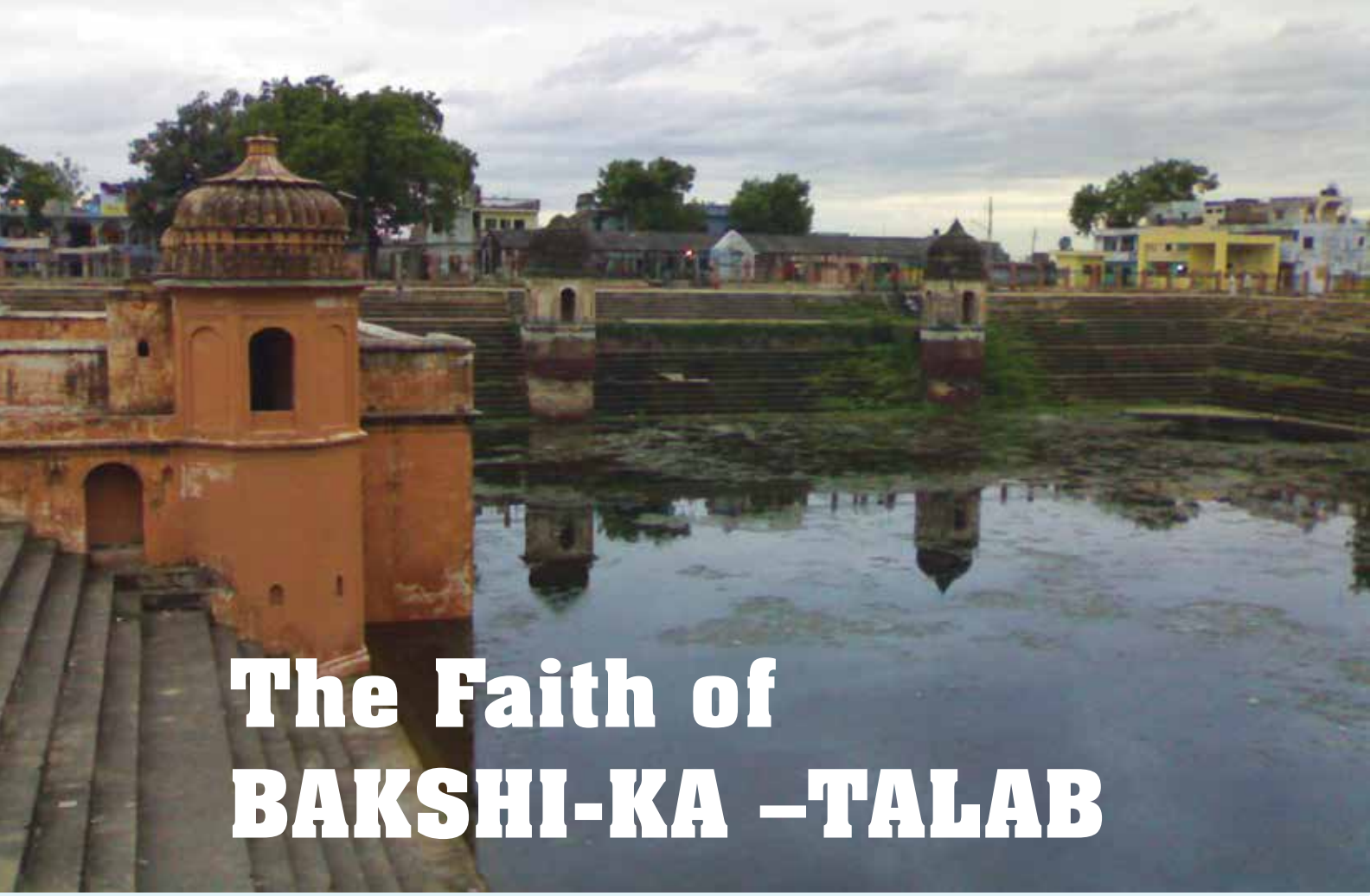
गृहणी या फिर पुरूषों को रिझाने वाली मोहिनी और दोनों ही स्थितियों में उसका सारा क्रिया–कलाप किसी पुरूष पात्र के इर्द–गिर्द ही रचा–बसा रहता है। इन तमाम कथानकों की नायिका प्रायः निष्क्रिय और प्रतिक्रियावादी ही होती है। सारी कहानी उनके शोषण की कहानी ही होती है, नयापन तो मात्र कपड़ों–गहनों और मेकअप तक ही सीमित होता है जो असंख्य महिला दर्शकों को लेटेस्ट ट्रेंड के प्रति ज्ञानवान बनाने का महान कार्य करता है अन्यथा कहानी तो वही सदियों पुरानी होती है। चूंकि इसी स्टीरियो टाइप इमेज से ही धारावाहिकों की टी0 आर0 पी0 बढ़ती है । युनेस्को की एक रिपोर्ट 'मीडिया में महिलाओं की छवि 2007' के मुताबिक "आज भी स्त्री को खूबसूरत रमणी , त्यागमयी मां, धूर्त चुड़ैल, निष्ठुर बॉस और राजनैतिक मोहरे के रूप में ही दिखाया जाता है। उसकी परम्परागत छवि को ही भुनाया जाता है । यदि मीडिया का महिलाओं के प्रति यही रवैया रहा तो इस शोषित महिला को समानता पाने में 75 साल और लग सकते हैं।"

चितंन का एक अन्य कारण यह भी है कि अधिकतर सीरियलों में आधुनिक, आत्मनिर्भर और अपनी शर्तों पर जीवन जीने वाली महिला को ही घर – विनाशी "वैम्प" बनाकर प्रस्तुत किया जाता है। अब कोई इन लेखकों–निर्देशकों से पूछे ये सभी गुण तो नई नायिका के खाते में होने चाहिए ताकि वह विपरीत विषम परिस्थितियों में भी अडिग अचल बन अपना लक्ष्य पाये। तभी तो वह नायिका कहलायेगी और प्रेरणा बनेगी। जिन कुरीतियों और कुप्रथाओं के विरुद्ध राजा राम मोहन राय और ईश्वर चंद विद्यासागर सरीखे समाज सुधारकों ने अपना सर्वस्व आहुत कर दिया, यदि आज भी हम, स्वतन्त्रता के इतने दशकों बाद भी उसी दबी शोषित नारी को ही महिमा मण्डित करेंगे तो यह उनकी उस विचारधारा का क्षय होगा जो "स्त्री की उन्नति और अवनति राष्ट्र की उन्नति से जोड़कर देखती है।" टी0 वी0 ज्ञानवर्धन एवं सूचना सम्प्रेषण का प्रभावशाली माध्यम है। मात्र शोषण को दिखाने से नायिका का जन्म नहीं होता। जब वह अन्याय अत्याचार के विरूद्ध आवाज उठाती हैं, संघर्ष करती है और अन्ततः विजयी होती है तभी वह नायिका बनती है। इसलिए तमाम लेखकों, निर्देशकों और निर्माताओं से विनम्र अनुरोध है कि आज की इक्कीसवीं सदी की नारी को अपने कथानक का हिस्सा बनायें जिसमें विनम्रता के साथ दृढ़ता, त्याग के साथ महत्वाकांक्षा और समर्पण के साथ स्वाभिमान हो। जो व्यावहारिक और वैचारिक होने के साथ भावुक भी है, वो आज की नारी है।





श्रीमती भावना अंकेश भाटी
पत्नी सार्जंट अंकेश भाटी
एयर फोर्स स्टेशन नई दिल्ली



The Faith of BAKSHI-KA –TALAB

Why would a four hundred year old Peepal tree be perched happily right in the middle of the tarmac of a modern age fighter squadron? Well! It certainly is food for thought! 'Faith' they say is that what makes the world go round and no matter how clichéd this might sound but many of our Air Force Stations do bear testimony to such monuments of age-old faith and beliefs.

The shrine of Bramh-Baba is one such guardian of faith in the quaint little airbase of Bakshi-Ka-Talab and just like its contemporaries; the Shrine of Naga Baba in Ambala or the Temple of Paap Naash in Bidar this too is a symbol of unflinching faith.

Once in full bloom but now mostly a dilapidated structure, this soulful Peepal tree stands patiently, bearing witness to the past and silently chronicling it. The first impressions are that of a beautiful garden… an entrance fortified by strong iron gates, dotted by fighter jets at the brim and surrounded by blossoms of candytuft, flocks, marigold and 'baramaasi,' to make it look like a jewel in the crown of BKT. Every visitor is greeted by the frail yet spirited demeanor of the local 'pandit' who welcomes everyone with a warm smile but what really catches the eye are the bells! Thousands of them in all possible sizes, hanging from railings, tucked away in corners; suspended from roofs and branches; ringing in harmony with the serenity and piety of the space. Most of these bells have a name etched on them…sometimes a Tiwari, sometimes a Thomas and sometimes even a Tariq going on to establish yet again that Faith knows no bounds and transcends the realm of all worldly beliefs.

The Peepal is known to be a very hardy plant and is characteristic of the Lucknow-Awadh terrain. Its broad trunk and unusually long and twisted branches make for a cool resting place in the hot scorching months. However, the Peepal of Bramh Baba is special…Every broken branch and log from the tree has flourished into a new healthy plant and it is out there in the open for all to see and absorb! So deep is the sense of conviction and so strong is the faith that even the tiniest of twigs and branches that have fallen from the tree are not removed from the Shrine, lest it should befall the wrath of the almighty!









Legend has it, that this otherwise inconspicuous Peepal tree shot to prominence about three hundred years ago when a wandering 'fakir' by the name of 'Shri Devraj Shukul' attained celestial calibre and chose to meditate under the tree where he subsequently rose to his 'Samadhi'. His prowess was without bounds and thousands of devotees thronged to him for solace, succor and strength. Locals will tell you how time and again every effort to bull-doze this tree and the shrine have proven to be absolutely futile; so much so that the tarmac and the runway had to be deliberately built around the shrine; and how all things good and positive in the region are attributed to His divine presence and blessings.

The 'Bhandara' (feast and festivity) of Bramh Baba is truly an occasion when all this gains momentum and reaches a high point. Amidst tight security, surveillance cameras, friskers and sniffer dogs, thousands of devotees flock to the shrine for their annual pilgrimage. It is indeed heartwarming to see how an entire sea of humanity peacefully makes its way through the otherwise deserted streets of BKT, into the technical area just to catch a glimpse of their beloved Bramh Baba and to render their vows. Old men and women, pregnant ladies and infants poised in the laps of their mothers are all headed in a single direction. Long waits, long queues, heat and fatigue can in no way deter them. And what is even more intriguing is that BKT with its limited resources promptly rises to the occasion and within its very constrained framework is able to support this event beautifully. No one goes hungry or thirsty and each one leaves the station happy and contended. Such is the power of Faith!

It is interesting to note that inspite of all our pragmatism and practicality, we in the armed forces have always respected, assimilated and sometimes even patronized local beliefs and in this specific instance of Brahm Baba we have reposed implicit faith in them.

Mrs. Shabnam B Wahi
W/o Gp Capt AK Wahi VM
38 Wing, AF





A TREK TO SHAM VALLEY

Introduction

I was a national level swimming champion and always loved being in water. But that thought changed very soon after I joined my husband in Leh. Freezing cold temperatures there make every household task painfully trying and icy water was something I wasn't willing to touch even with a barge pole!. But here I saw people doing their work with smiles on their faces all the time with no hint of any resentment. It was motivating to see people serving the nation at this altitude of about 10,600ft with full enthusiasm and earnestness. I felt safe, relieved and satisfied.

With all these constraints of altitude and cold weather, personnel in Leh are adventurous. Trekking expeditions are planned even in winters and participation is enormous. SHAM TREK was one such expedition which, both me and my husband joined. I must confess, it was the first trek of my life.

During the trek, the villages you come across give the traditional aroma of Ladakh village life. There is no way one could be left untouched by this dream land, while trekking through the beautiful Ladakh trek route. You come across the Likir Gompa, villages of Ridzong and Temisgang and so many others and familiarize yourself with the locals who have kept their customs and ways untouched by time. There are a few comfortable home stays also where one can spend a night.

The trek to the Sham valley started on 30th January 2015, with a group of 25 people, including 5 ladies. We all started from the station in a van around 0745 h with the temperature being as low as -17.2 degrees. We got our respective travelling kits individually, which included a bag for our personal things, gloves, a sleeping bag, warm inners and a jacket. We landed at our starting point (near Liker Monastery) around 9.40 a.m. We were carrying our own lunch packets.

Brief Account of the trek

Day 1. Initially, when we started the trek, no one from the group could foresee that it would turn out to be the most memorable trek of our lives. We began walking in the plains and gradually, the level of difficulty increased. The first attraction for us was a frozen tributary where we all stopped for the customary photographs. All of us trekked at our own pace, enjoying mother nature and of course the company of the group. After crossing this river we crossed several more hurdles of sand mountains, roads that inclined steeply, walking on a frozen slippery river/ tributaries etc. After trekking for three





long hours, we stopped on a frozen river for lunch. It was again an awesome experience. After climbing steep mountains we arrived at the Yangthang village , about 6 kms ahead of our lunch spot, where our night halt was planned. A home stay was organised here and Maggie and a bit of Dal- Chawal formed a part of our supper. We had an interesting interaction with a great old couple, the owners of the house. By now we were all happily exhausted and the spine chilling cold of the night beckoned us to call it a day!

Day 2. We were all up early, ready and waiting to get to our next destination - Hemis Shukpachen which was some 9 kms away. Our guide, Tenzing Nawang, didn't make things easy when he pointed at some barely visible place saying, "ma'am, can you see that pass? You will have to climb and reach the pass" !!! even though the pass itself was 'barely visible', one thing was clear.... it was going to be a herculean task, but climb we did of one and a half hours, successfully!!.

As compared to the previous day, we took less halts and could call ourselves more experienced climbers now. We realized that it was easier when we climbed bent forward a bit and took baby steps with deep and slow breaths. And so, we finally reached the pass. And it was all worth it... we were awestruck by the beauty that surrounded us there, and our jaws litrerally dropped in wonder! The downward slope was full of snow and on the way down we saw fresh foot prints of a snow leopard that had probably crossed our trek a few hours ago. We, naturally, wanted to see that beautiful creature, and it was disappointing that we missed him. Day 2 home stay was better than the previous one. Ladhaki people are very warm with their hospitality as they made us feel welcomed and comfortable at their home stay. The night was settling in and since electricity was habitually cut off at 9 pm, we had our meal early. All of us were, understandably, exhausted but before we took to our beds, there was a round of good chit-chatting, followed by a bonfire and some 'antakshri' where everyone showed their hidden talents. It had been a wonderful day!

Day 3. Fresh as peas we were in the morning and like on previous days, we were excited to take on the last part of our trek, which was suppose to end at the National Highway (NH-1D), and unlike the previous two days, it was going to be a normal walk of around 9 kms. We bid a heartfelt adieu to our elderly hosts and pushed on towards our final destination. It was a beautiful road, with the river flowing downstream all the way. We were to just follow it and we would reach the highway, that would signal the end of this most amazing Sham trek... All along we must have clicked as many pictures as we possibly could. All our memories and experiences of those last few days have been safely digitized now!.

Conclusion

Group activities specially the kind that are organised and spread over a few days do strange and wonderful things to you. You become 'one' with nature and with your team. The experience humbles you and strengthens you in many ways and you realize that team building is what will row your boat for you. I am so grateful for this opportunity and I hope one day you all will be able to go on this trek too.



Mrs. Mona Sharma
W/o Sqn Ldr Rajat Sharma
21 Wing, AF





BLUE HAVEN

Not everyone is blessed to be called the wife of a 'man in uniform'. To be very frank, it isn't easy to be one either. You need to have a heart of steel to let your husband go into wars, rescue operations and casualty evacuations. We hear of a crash every now and then and act indifferent in front of our husbands as if nothing matters to us. In spite of all the fears running through, we are strong enough to carry on with our regular duties and responsibilities till the husbands are back.

Being married to an air warrior has taught me numerous things. Well, I don't like to be presumptuous but we are talented enough to turn a desolate MES accommodation into a beautiful abode. We beautify it with the treasures of our travels which we collect over a period of time. Every second year we shift into a new place and struggle with hammer and nails to tack the painting on the wall.

Though a lot of people feel that continuous moving around makes our lives unstable, I think otherwise. It actually makes us more flexible and determined. We are proud of the fact that though we rear our children in smaller cities, they are very well groomed and make us proud when they grow up. We are known to raise the best of the brats with the best of the brains. Few of the known faces are Sushmita Sen, Priyanka Chopra, Anushka Sharma, Lara Dutta and so on.

Unlike most of my friends in the civil, I recollect my days not by years but by postings. For instance, when my baby was born in Barielly or when we went for a course to Delhi and so on.

We prove to be the best of friends because we understand how it feels to be alone when the husbands are gone and the child falls sick. Yet we make sure we don't tell our hubbies of the hardships we face because deep down you don't want him to worry for you or the kids especially when he is flying.

The only sad part is that when we think we have adjusted to the place, it's time to move to another. But no matter what the place is, we are always there to support our husbands and be his pillar of strength.

Three cheers to the women married to the men in blue!



Mrs. Malathi Nandakishore
W/o Wg Cdr Nandakishore
33 Wing, AF



A SMILE

A smile is the sweetest thing
That lights up a face.
A booster for those dreary days
That need oceans of grace.
A silent and wordless cheer
That drives out all fear.
A motivator for a champ to race
And win no matter what it takes!
A symbol of support
That gesture of loving care
From all who're near and dear
A token of appreciation
For deeds of admirable determination
An elusive reminder of memories
That sometime seek expression.
A reflex action that embraces
All barriers of language and race
Just fourteen muscles
Is what it physiologically needs
To light up a thousand bulbs of hope,
happiness and peace.....



Mrs Abhilasha Rana
W/o Wg Cdr Naveen Rana
5 Wing, AF

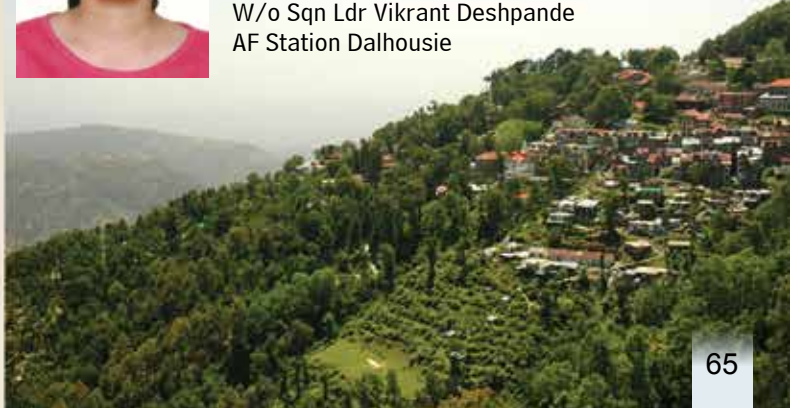


Dalhousie, Je e'aime

Dalhousie, mon amour,
You are not only for le petit sijour !
Cuddled by mountains all around,
You are nature's grandeur abound,
Pink red summers, grey white winters,
You are a timeless beauty,
Every changing season,
Chirping birds,
Adding music to your glory,
Yet you are not devoid of
A bunch of monkeys!
Flocks of tourists around every
Nooks and crannies,
Clinking needles of knitting ladies,
Baking boys pouring Rous and pastries!
Days of yore, you were called
'Little Britain',
But days to come, you are going to be
Our 'Little Switzerland.'
Every moment under your sky
I treasure,
A little walk all around you,
Is, my idea of
Heavenly pleasure!



Mrs. Jaee Vikrant Deshpande
W/o Sqn Ldr Vikrant Deshpande
AF Station Dalhousie





स्त्री की चाहत

आदि शक्ति माने या न माने, पर मुट्ठी भर अपनापन और सहानुभूति दे दें।
मुझे पूरा घर न दें, बस एक कोना दे दें जहां मैं अपने आप को सहेज लूं, समेट लूं।

मुझे संवेदना दें या न दें, बस गहरी वेदना न दें।
मुझे अधिकार दें या न दें, पर कर्तव्यों को चुनने और पूरा करने की आजादी तो दें।

मुझे प्यार करें या न करें, पर मैं खुद को प्यार कर सकूं यह अधिकार तो दे दें।
मुझे सम्मान दें या न दें, खुद का सम्मान कर सकूं यह क्षमता दे दें।

मुझे स्वतंत्रता भले ही न दें, पर वर्जनाओं से मुक्ति दे दें।

स्त्री की अपेक्षाएं छोटी होती हैं। पर यकीन मानिये, यह छोटी-सी संतुष्टि स्त्री को एक ऐसी स्निग्ध हँसी देती है कि पूरा समाज खिलखिलाने लगता है।



श्रीमति राधा दूबे
पत्नी जु.वा.अ. विकास दूबे
15 बी आर डी, वायु सेना

नये सुरों में अफवा गान

परिवर्तन जिंदगी की उन्नति का नाम
समय के साथ कदम मिलाता अफवा गान
अफवा सभा के आरम्भ की जान
इक्कीसवीं सदी से कदम मिलाता अफवा गान
नया संगीत नयी तान
सुर से सुर मिलाकर आओ बढ़ाएं इसकी शान
थिरकते कदमों से बढ़ाता शान
अफवा सभा में मधुर लगती इसकी तान
संगिनियों का मनभावन यह गान
संगिनियों को देता नई पहचान
चलो मिलकर लगाएं तान
यह है हम सबकी जान
परिवर्तन का सराहनीय काम
संगिनियों का सर्वत्र बढ़ाता मान
आकाश को छूते हमारे यान
अफवा सभा की यह है जान
अफवा सभा की यह है जान।



श्रीमति रेखा शर्मा
पत्नी वा.अ. विपिन शर्मा
20 स्क्वाड्रन, वायु सेना



WOMEN EMPOWERMENT

Women Empowerment has been a burning issue since the last few decades. Inequalities between genders and discrimination against women have been age old issues. The inequality amongst them in education, employment, inheritance, marriage etc. has always prevailed in our society since ancient times. So the quest for women's equality with men has arisen. They have demanded equality with men in matters of education, employment, inheritance, marriage and this quest for equality has given birth to the formation of many women's association and launching of movements.

A long struggle has brought women the property rights, equality in civil rights before the law in matters of marriage and employment.

Two acts have been enacted to emancipate women in India. These are Protection of Women from Domestic Violence Act 2005 and the Compulsory Registration of Marriage Act 2006. The Domestic Violence Act recognizes that abuse can be physical as well as anything that makes a woman feel inferior and takes away her self-respect. Compulsory registration of marriage can be beneficial in preventing the abuse of the institution of marriage and hindering social justice especially in relation to women. It would also help check child marriage, bigamy and polygamy, enable women to self maintenance and custody of their children and widows can claim inheritance right. The Act is applicable to all women irrespective of caste, creed or religion. It would truly empower Indian women to exercise their rights.

Women are now playing a major role in economic fields as workers, consumers, entrepreneurs, managers and investors. We can now spot women in every field be it architecture, financial services, engineering, medical and IT jobs. They have successfully marched into domains which were previously reserved for males.

Sanginis can play a pivotal role in educating other 'Sanginis' about their rights, various acts which are made for their empowerment, the need and necessity of educating their girl child and helping them to choose a suitable career.



Mrs Neerja Gupta
W/o Sqn Ldr Ajay Gupta
116 HU C/O 32 Wing, AF



Women's Self Defense & Protection

In my experience, self defense is no different than first aid in its importance. It is imperative that almost every woman knows the basics of self defense. The knowledge and training acquired could save precious lives of women across the world.

Every minute, somewhere in the world, someone is being abused or physically assaulted. Day in and day out, a lot of people, especially women, die from domestic violence, rape and murder. Assaults on women are a never ending problem and these statistics will continue to rise if we don't do anything about it. So let's face it and realize the importance of self defense in women's life. It is important for every woman to get to know more about self defense so that they can defend themselves if the situation calls for it.

Self defense, first and foremost, is the ability to foresee a situation that might develop into danger and be able to avoid it. The ability to identify those extreme situations and provide a swift response, be it an active response or avoiding the situation altogether, could save lives. Self defense begins with altering our behavioral patterns and evolves into a state of awareness of different scenarios, the most dangerous of which is a violent conflict. We have the ability to prevent most cases that would otherwise evolve into a disaster.

Self defense is very important particularly at night when you're walking alone. Always make sure to stay in well lit areas and avoid walking in areas where you think someone could easily attack you, like in dark alleys, deserted places and narrow streets. Always walk quickly and never walk with your head down. You have to be alert and aware of what is happening to your surroundings so that you can prepare yourself when someone's about to attack you.

Self defense workshops are powerful in the sense that they offer many high pressure situations in a well controlled environment, with an emphasis on increasing awareness and removing the fear of dealing with violent situations. In real life situations it is very difficult to overcome the initial stiffness and fear of dealing with the situation. In workshops you work on the body's natural response of freezing up in a fearful situation to remove it, so that we deal with the life threatening situation in a controlled environment. This makes us aware of possible life threatening situations in the real world and we are equipped with response to deal with it.

Whatever you do, at some point in your life you would need to physically defend yourself. There are actually many ways to protect yourself. One way is by learning self defense techniques. It is no secret that martial art is synonymous to combat and self defense. What's good about martial art is that you won't need a weapon of any sort to defend yourself from an attacker. With martial arts you can defend yourself just by using your hands, feet and other body parts such as knees and elbows.

The art of self defense mainly comprises of three major parts which are as follows:

a. **Awareness:** Our ability to identify and avoid dangerous situations before they happen.

b. **Technical Knowledge:** A small number of easily acquired techniques of self defense which apply to many real life scenarios.

c. **Mental Preparation:** We must prepare our selves mentally to avoid or face dangerous situations. There are many meditative and calming practices that can help us control our aggression and assertiveness.

The right combination of all the three will boost our self confidence and lead to peace of mind.



Mrs Deepa Joshi
W/o Wg Cdr MC Joshi
116 HU, C/o 32 Wing, AF

GEMS OF LABOUR

At the age of 45, I got my nose pierced. This chronic wish took years to defy the husband's preferences and assert itself. So off I went after much debate and deliberation heeding to conflicting suggestions…."go only to the goldsmith-these gunshot ones are dangerous-you may come back HIV positive….."/. Goldsmith lack hygiene and will leave you with a festered nose"! However, being conservative, I trotted off to a goldsmith and had a man touch me where no one dared to … the inside of my nose! He did it mechanically with the routine boredom of buttoning a shirt while I squirmed at having licensed the right and pleasure of digging my own nose.

I've just unravelled a few facts about nose piercing. Apparently, our foremothers got it done because its acupuncture qualities aid in child birth. Given that I am a menopausal-in-waiting that seems to be a reward point I won't be able to encash. And even if God, out of his innate magnanimity, were to bend a few rules, YKD's dour demeanour seems to put the possibility out of even the almighty's omnipotence.

The experience with all its crudeness and infringement of dignity left me with a déjà vu of childbirth. Women with children will agree that the labour room is the most democratic setup. The honourable housewife and the wanton wench are treated alike. A peep in could drive any protective partner to despair and a possessive one to homicide. As you lie in anticipation and dread, the staff goes about its routine business in a callously detached manner. You send out a feeler for reassurance to anyone who is in the corridor, and on a lucky moment you just may get a patronizing smile back. As the clock ticks, these turn to polite nods and finally rude reprimands, and you become apologetic for being a nuisance. Even the insufficient shroud that covers you is cold. As the hospital manoeuvres its life, avoiding you like you are some pot hole on the road, some inquisitive intern lifts up the flimsy shroud to check for the 'crowning'. No 'May I', 'thank you' or 'please'- clearly Hippocrates forgot to add courtsesies to his curriculum. This entire soap opera of whimpers, pleas, indifference, irritation, peeping toms has as background music - sister - ward boy idle chatter and laboured screams of varying pitches. Amidst this haunted house scenario, your moment of exorcism arrives. Suddenly, there is a flurry of activity around and as the neglected you beam at this moment of limelight- but that is a fleeting emotion as you hear the doc boom, "push Mrs. D……". Mrs. D dear is frightened beyond her wits and is clueless as to what to 'push'. As the doc's pitch rises, you get to know that the 'push' is not quite right. Finally, the irritated baby bails you out by wriggling out and cries to announce its presence. Whoa! Time for Pa's entry and again you become invisible to the world!

However, both the ordeals-nose piercing and child birth- leave you with a sparkling gem that justifies all the labour!



Mrs. Mridula Dixit
W/o Wg Cdr YK Dixit
8 Wing, AF

GAME FOR YOURSELF – GOLF

When you see the ball rising and touching a 125 yard mark, the feeling of elation is beyond explanation. Being the lady of the house, with so many varied responsibilities, sharing the family load shoulder to shoulder … we need to find time for ourselves.

All of us have various hobbies. What we need is "Time" to pursue them, take them to a level of enjoyment and make them inspirational for our children. Sports and outdoors may seem a little too much on a regular basis for most of us. See the flip side, we encourage our kids to go out every day and play… why? Simple… to keep them fit and engaged and at the same time learn something new to disentangle them from the daily pressures of life. So why don't we do it for ourselves.

Being in the Air Force we have plenty of opportunities to play games like Badminton, Squash, Swimming, Volley ball, Tennis, Golf and many more.

Some sports require two or more people to play it, and finding a partner on a regular basis can prove to be an impediment to the game. In such a case, golf is the game for you. You can play it all alone. It's a loner's game and a very addictive game at that.

This game is entirely individual specific, depending entirely on you as to how relaxed you want it to be and for how long you want to play it.

All you need is a golf set and a couple of balls, for fetching you need a caddie and just the right mindset to pick up the club and hit. To start the game, do the initial warm up which is important so that you don't pull your back or arm muscles.

Following is a quick introduction to the techniques of the game -

To position the ball - You need to place the ball at an inch higher than the ground level. Private golf courses



generally have a very fine carpet of grass. You can place the ball on the grass shoot. The ball should not be too high nor too low, just the right amount of space which can take the club hit at the base of the ball. "T" is also used. A "T" is a plastic/wooden T shaped pin which is pushed in the ground on which the ball can be placed.

To position oneself - The distance between the ball and you should be the left arm fully stretched and the club placed close to the ball's base where you want to hit it. One has to manage this distance considering the swing of the club in such a manner that the club does not hit the ground before it hits the ball.

To choose the club and its position - The Club has to be chosen according to the shot you desire to hit. For beginners one has to start with the Iron which as per its name is the iron sticks. I started with stick 7 which is a medium range club for an average distance. The club should be placed as close to the body. Holding of club is a technique. The left palms padded portion should rest on the top of the handle and thumb should be in line with the mark which gives the center of the club. Placing of the left palm should be in a manner like you are holding a revolver. The left palm grip should be tight while the right palm grip should be very light.

The swing - The swing should be taken up to the right shoulder and not beyond, once you drop the stick there is no need of applying force. Every club is designed for a distance, hence applying force for beginners can be devastating because the club may turn and impact the direction of the ball. Remember everybody has a different swing hence try to stick to basic rules keeping in mind that the swing is a totally personal affect of your game.

The follow up posture - Once the ball is hit, it should ideally form a parabola according to the club you have used. Proper height and distance is the desired shot. The aim should be the Green where the ball has to be put. The follow up should go beyond the left shoulder.



The eye should not leave the ball. Keep looking at the ball till the club hits it and then keep looking at the sliced area after the shot.

These are some basics of starting golf which are totally from my experience and a little guidance from the golfers that I have met. Though I will need years of practice to do justice to an article on how to play golf, this is an endeavor to put forth that anyone can play golf. It's a technical game which needs practice and that is all there is to it...So ladies "Go for the Green", take the shot.

Dr. Arpita Sharma
W/o Wg Cdr Sumit Sharma
17 Wing, AF



बावरे मुहावरे

हिन्दी के मुहावरे बड़े ही बावरे हैं
खाने–पीने की चीजों के मारे हैं।

कहीं फल हैं, तो कहीं दालें हैं
कहीं मिठाई, तो कहीं मसाले हैं।

आम के आम गुठलियों के दाम हैं
तो खरबूजा खरबूज़े को देखकर रंग बदलता है।

कहीं दाल में काला है
तो कोई ड़ेढ चावल की खिचड़ी पकाता है।

कहीं किसी की दाल नहीं गलती
तो कोई दाल–भात में मूसलचंद बन जाता है।

वहीं मुफलिसी में जब आटा गीला होता है
तो आटे–दाल का भाव मालूम पड़ जाता है।

सफलता के लिए बेलने पड़ते हैं कई पापड़
अपनी हालत तो बेहाल है, ये मुंह और मसूर की दाल है।

गुड़ खाते हैं और गुड़ का गोबर कर बैठते हैं
कभी तिल का ताड़, तो कभी राई का पहाड़ बनता है।

कहीं ऊँट के मुँह में जीरा है
तो कभी कोई जले पर नमक छिड़कता है।

कोई जलेबी की तरह सीधा है
तो कोई टेढ़ी खीर है।

जितने मुँह उतनी बातें हैं
सभी अपनी–अपनी बीन बजाते हैं।

कितने ही बावरे हैं
ये सब हिन्दी के मुहावरे हैं।

श्रीमती कान्ता देवी
पत्नी एन.सी(ई) रत्न चन्द
40 विंग,वायु सेना



अनुशासन

क्या होता है अनुशासन ?
खुद का खुद पर ही शासन।

यह कोई पराधीनता नहीं, ना ही कोई बन्धन।
यह तो है सिर्फ नियमों का अनुसरण
यही सुसंस्कार सफल जीवन का है आधार।

अनुशासन सफलता की धुरी है।
परिवार, समाज व देश की उन्नति के लिए
अनुशासन ज़रूरी है।।

अनुशासन जीवन का प्राण है।
सफलता के लिए अनुशासन रामबाण है।
अनुशासन पशुता से ऊपर उठाता है।
अनुशासन ही मानव को मानव बनाता है।।

रिंकू दुहन
पुत्री सार्जंट जयदेव सिंह
वायु सेना स्टेशन येलाहंका



The Past Continuous Time



Mrs. Sylvie Joseph
W/o Gp. Capt. J. Joseph
HQ SAC, AF

When I was just a little girl
I didn't have a care in the world
I could sit and play, dance and twirl
My name didn't really matter
It could be 'mol', 'beta' 'chechi', and 'pori' to others.

Went to school, life changed to a whirl
Now I had to sit prim and proper, talk without a falter
Put pencil to paper, write better and speak faster
Walk straight, march straight, stand at attention!
My name was now Shilpy, Chibby, Syl, 'giraffe' 'beanpole' and 'ehh' to others.

All those days went swiftly by then; I now reach my work place at 8.10
Sit down to work by 8.30 am, swish of paper, scratch of signatures
Talk, talk talk, work, work, work, talk, talk, talk, work, work, work
Discuss, dismiss, holler.....siren sounds rush to the bus to be home by 6.10
Name changes to Miss. John, Miss, Madam and 'Bai' to others.

Exciting days are ahead now, I am married to a man I love
Warm sunny days, deep velvet nights and endless rides on motorbikes
Chatter, laughter with kith and kin, with friends from far - nearest and dearest within
Drinking, eating, bonding, building, enduring friendships forever lasting
I am now just Sweetheart, Honey, Shilpy and Mrs. to others.

Time is up soon. It is mummy time now...
My baby doesn't have a care in the world, he loves to swing, play and whirl
Soon Baby talk...school walk...homework...college walk... it is now work in his world
So quickly....time swirls and hurls
Son, 'beta', 'kanna', Yona, life comes to a full circle and curls
I am now Ma, Mumsie, Amma, Aai and Aunty to others.



AISA BHI HOTA HAI

Postings: The Lighter Side of Heavy Work



Mrs. Neeta Chaudhari
W/o AVM VR Chaudhari
Air HQ, VB

Our wanderlust minds are tuned to moving on posting around the length and breadth of the country every two years (or at times even less than that). Each new posting gives us new friends, new recipes, new hobbies, adaptability, teaches us a variety of new things and in the process also makes us expert packers!

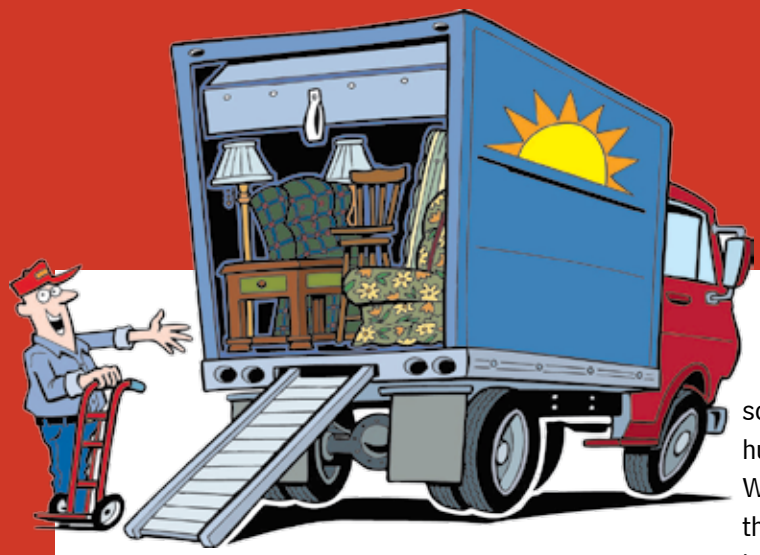
It's exciting to explore new locales, visit all the sightseeing places and discover bargains in each place that we are posted to. As a result, our houses turn into museums...where one can find the specialties of every state artistically displayed, under one roof. Crystal from Bagdogra, black metal from Hyderabad, wooden chakki, mirror and bandhani work from Jamnagar, walnut wood furniture from Srinagar, Kalol work from Jodhpur, Khurja potteries from Hindon etc and in our case, copper art frames and wooden carved figures and masks from Africa.

These are the 'sweets' (from the sweet and sour) of service life. But as soon as the posting orders are out, we service wives are gripped with dreadful thoughts of packing and moving and soon the 'sours' of service life begins. It starts with the blame game between husband and wife as to who was responsible for buying so much stuff for the house. Next come out old lists to be renewed and updated. Cartons, wooden boxes, trunks, locks and keys are again reorganized to cater to the increased luggage. There were no 'packers and movers' during our time so we learnt from the tips given by our seniors. We went about packing household things in trunks and wooden boxes, the lids of which had to be sat upon just so that they would close, cursing ourselves under our breath for collecting things mindlessly and later while unpacking in the new station, swearing to control the instinct of buying things impulsively. Packing and unpacking always proved to be an energy draining exercise...dull and drab!

Once again, wanderlust struck us after spending two years at one station and we were awaiting the famed posting signal. On this particular occasion, there was a little delay in announcing our posting orders and the time given was simply not enough to pack and move. I had no choice but to involve my helper in packing some of our non-breakable stuff at least. I couldn't trust anyone with my crockery so I decided to do it myself, working late into the nights. We only had time to pop our heads in between our office schedules (at that time I was shouldering AFWWA office responsibilities) and farewell rounds, to measure how things were going with my helper and his packing. To my horror I realised he had started using the bubble paper on non-breakable items and I had no clue what went in the bulbous wrapping.

Depending on the size of the house in the new place, I usually decide on what or how many things would be needed to be pulled out and what would need to go back to the boxes only to be opened in the next posting. So I instructed the lad to write a name on the things he packed, for just to make things easier for me, and handed him a marker pen. He took my permission to write in Hindi as he was obviously comfortable in that language. I gave him my blessing and I started focusing on more important things.





Having reached our destination after a tiring week, the thought of unpacking and decorating the new house petrified me. The posting fatigue had got the better of us! My husband had already dived into his new work routine and I was to take over my responsibilities (AFWWA) shortly, so we drew upon our inner strengths and started unpacking desperately trying to settle down as early as possible.

I was busy setting up the kitchen and my husband walked in with a big packet in his hand saying, 'I didn't know we had a 'Lohe ka Ravan' in the house! When did you buy this?'

I was startled. 'What? Do you really think I would bring Ravan into our home?' I read the label on the packet and saw the helper's writing. We quickly tore the packet open to find a black metal soldier inside and it occurred to us that with his limited vocabulary and exposure, a black soldier appeared to him as Ravan. We broke into peals of laughter.

More unpacking followed with neighbours dropping by occasionally to offer their help. They were quite surprised to see us laughing while pulling out items from the boxes. I showed them the next package on which was written,"KaleeAdivasi". We excitedly opened it to find an ebony carving of an African woman! The neighbours couldn't control their laughter and were keen to see what came out next.

The package said, "Ek admi paani ke andar"! Guess what? It was a frame of my son doing scuba diving! Another package was pulled out in a hurry. This one said, "Saab ki family, botal ke saath". We were wondering if we could open this in front of the neighbours! We just couldn't place what could have been inside. All of us were by now seated on the floor armed with cutters and scissors to rip open the package. Inside this were two frames packed back to back, one was a family portrait and the other was a painting of a Wine bottle and goblets!

The next one read, "LaalRakshasa" and another read, "Lakdi ka bhoot". We were by now rolling on the floor with laughter when we found that these were masks from Sikkim and Malaysia that one hangs outside doors to ward off evil!

Unpacking was paused for the day as we had to get ready for an evening engagement. There, word got around about the humorous captions and I got offers from many others to help me in my unpacking!

More items drew stomach-clenching laughter when I read aloud labels such as, "Ma'am ka dadhi" which was my father's (daddy) photo and "Squadron ka sher" which was a copper frame of a lion (Staff college Zambia's memento). All carvings of African animals were labelled as "gendas" but the one that really brought tears of laughter was, 'haathi ka tipua'. That was a Jodhpuri teapoy with an elephant painted on it!

The pains of settling down were certainly eased by the laughter brought in by the innocent helper who probably saw only "bhoots", "Ravans" and "Rakshasas" in our worldly possessions! The only redeeming labels were 'Ganeshji' and "Surya bhagwanji" which meant that we had some godly possessions too!

Look around your own drawing rooms and try and visualize what a simpleton helper would make of your curios!

Happy packing!

THE PHOENIX IN ME

It was 8:30 AM, 24 Aug 2009, I was sitting in the Embassy of Morocco. Today there was an interview for the post of Yoga officer to the King of Morocco. I looked around, all the candidates were far more mature than me, both in age and job experience. I had done my 'Diploma in Yoga Studies' in Jun 2008 and this was going to be my first job interview.

After a small wait I was called in. The Ambassador Mr. Larbi himself was taking the interview. Very gently he asked me to sit down. As he started asking questions I realized that his knowledge about Yoga could be further enhanced! Realizing quickly that here was my chance to project my knowledge and abilities in the particular field in question, I gave him a simple and short introduction of the topic. I performed certain Asana as well. I was able to clear a lot of his doubts regarding the nuances of Yoga and he seemed impressed. He asked me to wait outside. I was very happy. This was my first interview and I thought I had made good of it.. But, still I was not really sure about my selection. To my surprise I was selected and was asked to join the post in one week.

Sitting at the terminal at Delhi Airport, I was reminiscing about the time when I was stopped from attending regular college just because I was a girl. My dreams, ambitions, hopes had all come crashing down on me. But the Phoenix in me rose and I went on to do my M.A. in Yoga and then a Diploma in Yoga Studies, winning the 'Topper of the year' as well as the 'Student of the year Award'. And now, here I am, off to a foreign land on my maiden trip as a Yoga-Officer.

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ROAD TRAFFIC RULES

Defensive Driving

There has been a spate of accidents in the recent past. The call of the day is now defensive driving.

Defensive driving can save you time and money and more importantly keep the roads safer for everyone. It will help you in navigating most road and traffic conditions and anticipate the possibility of a mishap. Defensive driving is more about common sense than anything else. It is easy to remember most of what is written here, but then "the roads are full of idiots". So, the more people driving defensively, the safer it will be.

Respect The Right Of Way Of Everyone

If you spot a vehicle in a hurry, do not be obstinate and yield the right of way even if you are legally right in refusing. While the other driver might be a bully, it's better to let him have his way. Do not block the path of the vehicle by moving in front of it or impede its passage in any way. Doing so is dangerous and increases the risk of an accident.

Do Not Exceed The Speed Limit

Driving over a given speed limit is not only illegal, but also dangerous. Driving at 60 kmph on a road where the limit is 50 kmph might save you 20 minutes, but it also increases the chances of an accident. The faster you are moving, the longer it takes for the car to respond when you apply the brakes. It also reduces the time you have to react to the unexpected, such as a car out of control or an animal crossing the road (this is a major menace in our area).

The sheer physics of a collision at high speeds should be enough deterrence. The greater transfer of energy resulting from the higher momentum can cause horrific injuries.

Pay Attention To The Road

"I never saw him!" is the most common excuse used after an accident. But come on, it wasn't that the other vehicle (or person or electric pole) was invisible. Numerous accidents happen because a driver does not pay attention to what is happening on the road. Any vehicle, immaterial of its size, can be the cause of an accident. Also remember that you cannot rely on your fellow drivers to follow the rules and keep you safe. So stay alert and ensure that you have plenty of room to manoeuvre your vehicle out of a potentially dangerous situation. It would help if you don't use your mobile phone or listen to music on full volume.

Try to anticipate what the other drivers might do in the situation, especially on open roads or when there is heavy traffic. It's always better to stay wary. Be careful when approaching traffic signals, breaks in dividers or service roads. Hasty motorists tend to join the main road without checking the flow of traffic. Also, on a busy road, such as a commercial



centres, watch out for cars pulling out from parking lots. Look out for gaps in the lines of traffic for space to take evasive action. Slow down if you see the traffic in front of you bunching up. A little patience will help in clearing the jam.

Always Remember to Wear the Seat Belt

The seat belt is the most important safety device in your car.

A seat belt might appear to be insignificant, but it can save your life. The impact of sudden movement on collision can fatally injure a person (ribcage, lungs and heart against the dashboard or steering wheel) or even throws drivers out of the car if they're not strapped in. Seat belt also helps in cutting down movement while driving on bumpy roads.

Do Not Drive if You are Stressed or Unwell

If you think you are distracted, stressed, fatigued or unwell and it will affect your judgement while driving, you should not get behind the steering wheel. Any of these can slow down your reaction time and driving in such a state is unwise. It goes without saying that consumption of alcohol is a serious impediment to making the right choices and it is very dangerous to drive in an inebriated state. If you are going to a party where you are likely to consume alcohol, make sure someone who does not drink is the designated driver or arrange for a taxi. Driving under the influence of alcohol is a punishable offence.

Know the Blind Spots

Remember that you have a few blind spots around your vehicle. The areas behind the sides of the car and at the back are the usual blind spots. Always be cautious when moving in these directions, such as when you are changing lanes or backing out of parking. Looking into your rear-view mirror is not enough. Watch out for approaching traffic from the sides which, a blind spot on the overhead mirror, is reflected in the outside mirrors.

On roads that have higher speed limits such as highways, traffic from the rear approaches very quickly. When there are large vehicles such as trucks and buses on the road ensure that you maintain enough distance for your car to be visible in the rear-view and outside mirrors of the vehicle in front of you. In fact, tailgating any vehicle is a risk. So maintain a reasonable distance between your car and the vehicle in front.

Backing up is always tricky. Have a quick look around for anything in your way first.

Be especially careful if there are children playing around the vehicle. Defensive driving might seem dull, but safety should be the paramount consideration on the road.



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जब 'संगिनी' बनी मेरी 'संगिनी'

ट्रेन का सफर हो और साथ में हमसफर हो तो क्या कहने, सफर का लुत्फ ही कुछ और होता है। मगर ये क्या? चेन्नई से तंजावुर सात घंटे का सफर...अकेले !! पर क्या करूँ...मुझे तो जाना ही है।

कई वरस से मेरी इच्छा थी तंजावुर जाने की और ये इच्छा एस ए सी में पोस्टिंग होते ही और भी तीव्र हो गई। सुना था तंजावुर में मंदिरों और खूबसूरत कलाकृतियों का भंडार है। तंजावुर "Rice bowl of Tamil Nadu" के नाम से भी जाना जाता है। यहाँ का बृहदीश्वर मंदिर, रॉयल पैलेस, सरस्वती महल, लाइब्रेरी और आर्ट गैलरी की खूबसूरती देखने को मन आतुर हो उठा। हमारे देश की संपन्न धरोहर किसी भी दूसरे देश से कम नहीं है और तंजावुर का हस्तशिल्प हैंडीक्राफ्ट तो सारे देश में मशहूर है। तंजावुर पेंटिंग्स किसे पसंद नहीं हैं, असली सोने की परत का काम जो होता है उसपर। मुझे ये 'तंजोर पेंटिंग्स' बहुत पसंद हैं तो चल पड़ी मैं बैग उठाकर। 'अफवा' मैगज़ीन जो सामने पड़ी थी वो भी उठा ली। किताबें एकाकी सफर में सबसे उत्तम साथी होती हैं।

सीट पर बैठते ही इधर-उधर देखा, नहीं ...नहीं ...किसी से बात करने की उम्मीद भी करना व्यर्थ था, न वो मेरी बात समझें, न मैं उनकी भाषा!! सोचने लगी काश कोई बतियाने वाला साथी होता। तभी संगिनी मैगज़ीन की याद आई, झट से निकाली, ट्रेन का 07 X 10 इंच का तकिया पीछे लगाया, 20 वॉट की बत्ती जलाई और पन्ने पलटने लगी। पहले ही पन्ने पर अफवा गान देखते ही उसकी नवीन धुन का स्मरण हो आया। बनाने वाले ने बड़ी मीठी धुन बनाई है और इस गान को लिखने वाले की तारीफ में क्या कहें, सूरज को दीपक दिखाने की जुर्रत भला मैं कैसे कर सकती हूँ।

अफवा अध्यक्षाओं द्वारा संगिनी की नई प्रति को बधाई और खूबसूरती से व्यक्त किए प्रशंसा भरे विचार पढ़ कर एक प्यार भरी मुस्कुराहट आई। भूतपूर्व माननीय अफवा अध्यक्षाओं को देखकर आदर से मस्तक नतमस्तक हुआ। क्या कुछ नहीं सीखा हमने उनसे। फिर तो जैसे उत्साहसा-सा भर आया 'संगिनी' के प्रति।

प्रेरणा और उम्मीद के कार्यों के बारे में जानकर लगा, हम संगिनियां सामाजिक उत्तरदायित्वों के प्रति कितनी सजग हैं। अफवा योजनाओं तथा पुरस्कृत संगिनियों का विवरण पढ़कर मन आदर और गर्व से भर उठा। भाषण प्रतियोगिता में जोश के साथ भाग लेते युवाओं की तस्वीर देखकर लगा, प्रतिभाओं से परिपूर्ण है हमारा भारतीय वायु सेना परिवार।

अरे! गुप फोटोग्राफ में मैं कहां हूँ, कैसी लग रही हूँ अच्छा! ये वाली साड़ी पहनी थी। बाकी सब भी अच्छे ही लग रहे हैं। हमारी कमान के तो इस बार बहुत से लेख आए हैं और भी बहुत से लेख हैं। एक से एक ज्ञानवर्धक। विचार, कहानियाँ, रोचक अनुभव, बच्चों की प्यारी कविताएँ। कौन सी जानकारी है, जो यहाँ नहीं है, मानो 'संगिनी' की असली महत्ता का अहसास हो रहा था मुझे।

और रेसीपीज़! छप्पन भोग देखकर मुँह में पानी आ गया। अरे ये वाली डिश जरूर बनाऊंगी। पन्ने पलटती रही और एक मीठे अहसास में मानो कहीं खो सी गई। अब तो बस इंतजार था तंजावुर पहुँचने का।

तभी, अगला स्टेशन तंजावुर है, सुनते ही उस प्यारे अहसास से बाहर आई, संगिनी की तरफ देख प्यार से मुस्कुराई और बोली, आज से हर सफर में तुम मेरी संगिनी रहोगी, हमेशा!!



श्रीमती नीलम धीर
पत्नी एयर मार्शल आर के धीर
अ.वि.से.मे वा.मे
द प वा क, वायु सेना



5 Ways to Start Working from Home

What kind of place do you live in? In a place where the scenery consists of fields of paddy and mustard, and herds of dung-encrusted buffalo? A place so remote that for a cup of coffee you have to travel miles? A place with no airports, no direct trains to major towns, and no corporate offices?

Well, I know exactly what kind of place you live in. For nine years, I've lived in exactly these kinds of places where time seems to have stopped, where a decent internet connection takes ages to get, where you feel you've stepped right into another era.

Being married to an Air Force officer, I've travelled all across the country, making my home and office in different versions of the boondocks. I've been living the life of a military wife, attending the many social gatherings and commitments that are part of a military spouse's life, but at the same time working regularly from my small home office. The point of saying this is that if I could have made working-at-home work for me from the back-of-beyond, then so can you – if that's what you've always wanted to do.

So, let's get down to the basics. Get a notebook and a pen, and do this exercise with me.

Let's find out what you really want to do.

Question: Do you have work experience that you can use to set up a work-from-home business?

Example: You may have been a journalist or a corporate communications person in your previous avatar. And now you can use your writing and editing skills to churn out content and articles for magazines as a freelance writer.

Take action: Consider the way you can tweak your profession to give it a work-from-home makeover. Research online about how you can make this idea work. Read blogs, websites and books on the topic, contact other professionals who are doing the kind of work you want to do and take the plunge.

Question: Do you have a clear idea about a profession you want to choose? Maybe there is something that you've always wanted to do?

Example: You've been a corporate consultant, who has always wanted to teach from home.

Take action: Research the different ways that you can teach from home with or without using your already existing experience. For instance, maybe you want to teach at home teaching online classes, design e-learning modules or create your own tutorials and market them through your website or blog.

Question: Do you have a qualification that you can use to create your own work-from-home program?

Example: You may be a health professional, who can start a phone or e-health consultation program, write a health blog and contribute articles to wellness magazines or work for a health company from home as a subject matter expert.

Take action: Jot down your qualifications and make a flow chart of the various ways you can use

that degree to come up with work-from-home options. Research each of the options and pick the one that interests you the most.

Question: Do you have an interest or hobby that can help you earn money?

Example: You may enjoy photography and can set up your own photography service by offering to take professional photos of children and families. Or, you may be well-known for the marvellous cakes you bake. You can start a baking service for your friends and community, write a baking blog or teach baking classes.

Take action: List out each of your hobbies and interests. Think of interesting spins on each of them, and see which one clicks the most with you. Also, think which one of these will have a readily-available client base, either right where you live or online.

Question: Do you want to learn something interesting?

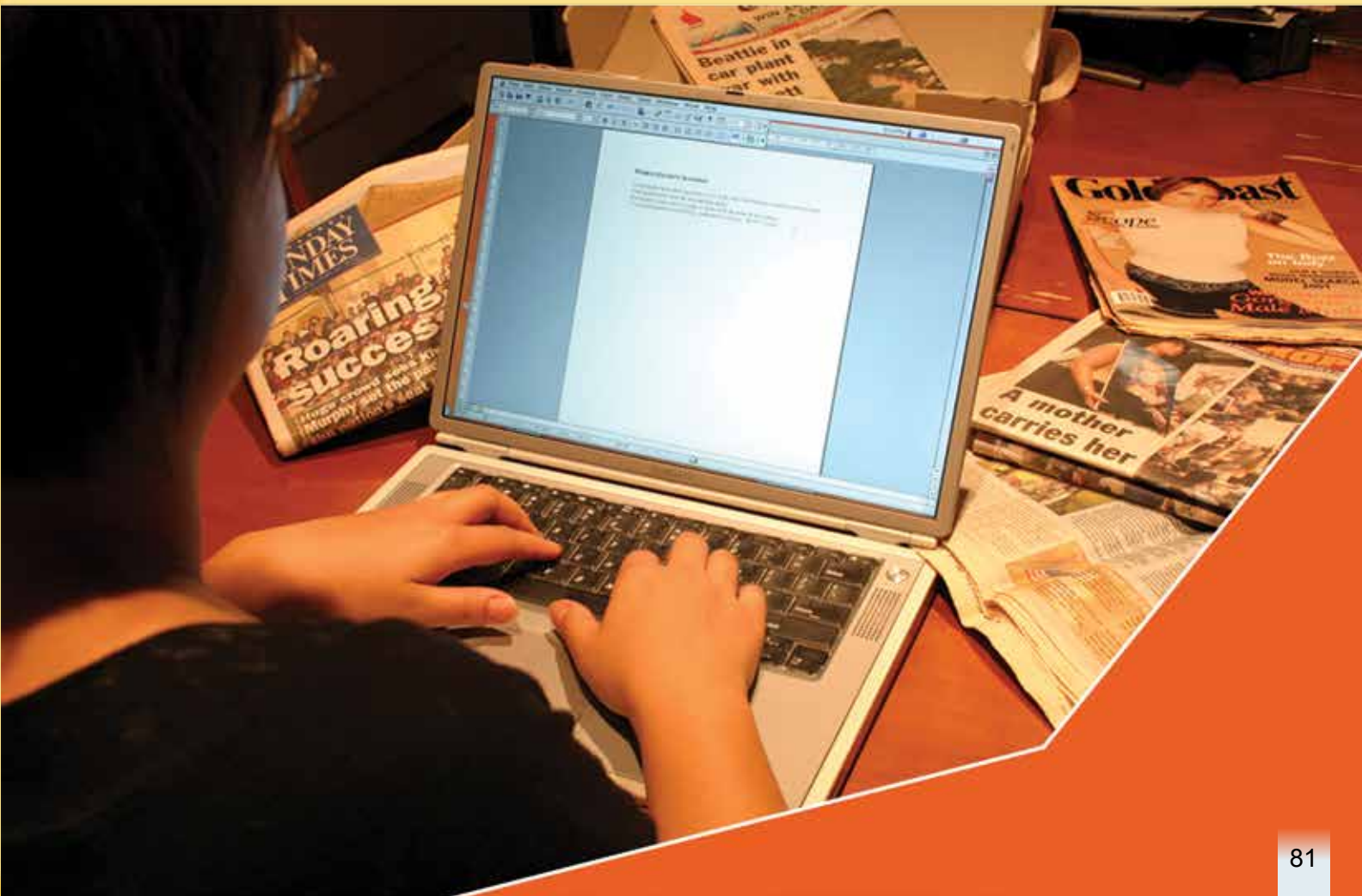
Example: You may have wanted to learn more about nutrition and health, and this is something that really interests you.

Take action: Look for good courses that can arm you with the knowledge you've been looking for, choose one that interests you and suits your pocket, and sign up for it. Once you've learnt more about the subject, you can turn that particular subject area into your work-from-home profession.

For instance, once you've got your certification as a nutrition expert, you can set up your own health programs online or become a health writer. Alternatively, teach yourself everything you want to know via free tutorials, articles and books, and once you've enough about the subject, turn it into a profession.



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बेटी बोझ नहीं



किसी भी लड़की की सुदंरता उसके चेहरे से ज़्यादा उसके दिल की होती है।

अशोक भाई ने घर में पैर रखा, "अजी सुनती हो।" आवाज़ सुनते ही अशोक भाई की पत्नी हाथ में पानी का गिलास लेकर बाहर आयी और बोली "अपनी शालिनी का आज रिश्ता आया है। अच्छा भला इज्जतदार सुखी परिवार है, लड़के का नाम युवराज है। बैंक में काम करता है । बस शालिनी हाँ कर दे तो सगाई कर देते हैं।"

शालिनी उनकी एकमात्र लड़की थी। घर में हमेशा आनन्द का वातावरण रहता था। कभी कभार अशोक भाई के सिगरेट और शराब पीने के कारण उनकी पत्नी और शालिनी के साथ कहा सुनी हो जाती लेकिन अशोक भाई इसे मजाक मे टाल देते थे।

उनकी बेटी बहुत समझदार और संस्कारी थी। एस.एस.सी पास करके टयूशन, सिलाई का काम करके पिता की मदद तो पहले से ही करती थी पर अब तो वह ग्रेजुएट हो गई थी और नौकरी भी करती थी, लेकिन अशोक भाई उसकी पगार में से एक रूपया भी नहीं लेते थे और रोज़ कहते, "बेटी यह पगार अपने पास रख, भविष्य में तेरे काम आयेगी।"

दोनों परिवारों की सहमति से शालिनी और युवराज की सगाई कर दी गई और शादी का मुहर्त भी निकलवा दिया गया। अब शादी के 15 दिन और बाकी थे। अशोक भाई ने शालिनी को पास बिठाया और कहा "बेटा तेरे ससुर से मेरी बात हुई है। उन्होने कहा है कि दहेज मे उन्हें कुछ नहीं चाहिए" न रूपये, न गहने और न ही कोई चीज़, तो बेटा तेरी शादी के लिए मैने कुछ रूपये जमा किए हैं। यह दो लाख रूपये मैं तुझे देता हूँ, भविष्य मे तेरे काम आयेंगे, तू अपने खाते मे जमा करवा देना।"

"ठीक है पापा" बेटी छोटा–सा जवाब दे कर अपने कमरे में चली गई। समय बीतते कहाँ देर लगती है। शुभ दिन बारात आंगन में आ गई। मंडप में पंडित जी ने विवाह विधि शुरू की। फेरे लेने का समय आया तभी शालिनी ने हल्की आवाज में बोला "रूकिए पंडित जी। मुझे आप सभी की उपस्थिति में मेरे पापा के साथ बात करनी है। पापा आपने मुझे लाड–प्यार से बड़ा किया, पढ़ाया–लिखाया, खूब प्यार दिया, इसका कर्ज तो मैं चुका नहीं सकती लेकिन युवराज और ससुरजी की सहमति से आपका दिया दो लाख रूपये का चेक मैं आपको वापस करती हूँ। इन रूपयों से मेरी शादी के लिए लिया उधार वापस दे देना और दूसरा चेक तीन लाख रूपये का, जो मैंने अपनी पगार में से बचत की है, ये उसके लिए जब आप रिटायर होंगे तब आपके काम आयेंगे। मैं नहीं चाहती कि आपको बुढ़ापे में किसी के आगे हाथ फैलाना पड़े।"

"अगर मैं लड़का होती तब भी इतना तो करती ना।" वहां पर सभी की नजर शालिनी पर थी। पापा अब मैं आपसे जो दहेज में मांगू वो दोगे? "शालिनी ने प्यार से पूछा।" अशोक भाई भारी आवाज़ में बोले "हाँ बेटा"। इतना ही बोल सके। "तो पापा मुझे वचन दो कि आज के बाद सिगरेट को कभी हाथ नहीं लगाओगे, शराब भी आज से छोड़ दोगे।" अशोक भाई मना कैसे करते। शादी में विदाई के वक्त कन्या पक्ष को रोते तो सबने देखा होगा लेकिन आज तो बारातियों की आँखों में भी आंसुओं की धारा निकल चुकी थी। मैं दूर से उस बेटी को, लक्ष्मी के रूप में देख रही थी। रूपये का लिफाफा मैं अपने बैग से निकाल नहीं पा रही थी। साक्षात लक्ष्मी को मैं लक्ष्मी कैसे दूँ, लेकिन एक सवाल मेरे मन में ज़रूर उठा "भ्रूण हत्या करने वाले लोगों को इस जैसी लक्ष्मी मिलेगी क्या?"



श्रीमती मधु देवी
पत्नी सार्जंट राजीव कुमार
वायु सेना स्टेशन अवन्तिपुर

संस्मरण

आज शादी के 21 सालों के बाद जब गुजरी जिंदगी के कुछ खास लम्हों पर गौर करती हूँ तो बहुत–सी बातें याद आती हैं। बात उन दिनों की है जब शादी के बाद पहली बार पति के साथ कानपुर आई थी। भरे–पूरे परिवार से पहली बार अलग हो कर अकेला–सा महसूस कर रही थी। इसलिए कुछ ज़्यादा ही भावुक भी हो गई थी। जब तक पति ड्यूटी से वापस नहीं आ जाते थे तब तक बहुत बेचैन सी रहा करती थी और उनके आने का समय होते ही बालकॅनी में खड़ी व्यग्रता से उनका इंतजार करती थी। यदि उन्हें आने में जरा भी देर हो जाती, तो मेरा रो–रो के बुरा हाल हो जाता। तरह–तरह की चिंता मन में आ जाती थी और पति के आने पर उनसे रुठ जाती थी कि देर क्यों हुई, जबकि पति को ऑफिस के काम में ही देर होती थी।

जब उस साल हम छुट्टी पर गये तो मेरे पति ने यह बात मेरी माँ को बताई। माँ ने अपने पास बिठा कर मुझे एक ऐसी बात बताई, जिसने जिंदगी भर मुझ पर अपना असर रखा। वो बात सन् 1965 की थी। भारत और पाकिस्तान के बीच युद्ध चल रहा था। मेरे पिताजी तब भारतीय थल सेना में सूबेदार थे और उनकी रेजिमेंट युद्ध में अग्रणी मोर्चे पर लड़ रही थी। उन दिनों सिर्फ पत्र ही परिवार की कुशल क्षेम जानने का ज़रिया थे, परंतु मेरी माँ बिल्कुल अनपढ़ थीं। इसलिये पिताजी ने कुछ पोस्टकार्ड माँ को दिये, जिनमें उन्होंने खुद ही लिखा कि "आपका पत्र मिल गया, मैं ठीक हूँ।"

पिताजी ने माँ से कहा कि जब भी तुम्हें मेरा पत्र मिले तुम एक पोस्टकार्ड मुझे भेज दिया करो। इसी प्रकार मेरे पिताजी युद्ध–क्षेत्र से मोर्चे में बैठकर भी रोज मेरी माँ को पत्र लिखा करते थे। रोज डाकिया आकर सैनिकों के पत्र ले जाता था और घर से आये पत्र उनके लिये ले आता था। इसी प्रकार उन दिनों घर से संपर्क हो पाता था।

एक दिन मेरे मामाजी अचानक नानी के पास गांव में आये। उनकी चिंतित मुद्रा देखकर माँ को कुछ शक हुआ। रात को माँ को सोया जान कर मामाजी ने नानी को बताया कि कुछ दिनों पहले लड़ाई में पिताजी की पूरी रेज़िमेंट तबाह हो गई है, ऐसा उन्होंने खबरों में सुना है। ये सुनते ही माँ उठ कर बोलीं, "ऐसा नहीं हो सकता, कल ही उनका पत्र मुझे मिला है।" मामा ने फिर उस पत्र की तारीख देखी और चैन की सांस ली कि पिताजी सकुशल हैं। उनकी रेजिमेंट में सिर्फ तीन चार सैनिक ही बचे थे जिनमें से एक मेरे पिताजी भी थे।

यह कहानी सुनाकर माँ ने कहा कि उन दिनों मेरी बड़ी बहन भी माँ के गर्भ में पल रही थी। माँ बोली कि "यदि मैं उस समय उन हालात मे भी धैर्य बनाकर रख सकती हूँ तो तू भी तो मेरी ही बेटी है, तू कैसे छोटी–छोटी बातों पर घबरा सकती है?" माँ की बात ने मुझ पर गहरा असर किया। उसके बाद मैंने हर बात के लिये एक सकारात्मक दृष्टिकोण अपनाया और आज भी आशावादी विचारधारा रखती हूँ। इसका पूरा श्रेय मेरी उस अनपढ़ माँ को जाता है जिसने मुझे ज़िंदगी की सबसे बड़ी शिक्षा दी। मुझे गर्व है कि मैं उनकी बेटी हूँ।



श्रीमती इकबाल कौर
पत्नी जु. व. अ. श्याम लाल
5 विंग, वायु सेना

CULINARY STRUGGLES

In the late eighties, most Air Force stations were still not well connected with the towns and there were only a few opportunities for ladies to work. All of us newly-weds were however, very well qualified individuals who were busy getting their degrees before getting married and had rarely entered the kitchen at home. Now as wives we started learning to cook from each other. We didn't have 24/7 cookery programs on television, internet or even phones to call up mom and ask our doubts. Ready-to-eat packets weren't available, 'home delivery of food' wasn't heard of and eating out often was not in fashion. Anyway going out to eat wasn't safe during the height of terrorist activities in Punjab and so, on the cooking front we all had different challenges to face!

One of us didn't know how to use a pressure cooker, while others were struggling to make their idlis soft. The south-Indian girls had a problem with the 'Belan' (a rolling pin) as they were not used to making Rotis back home. One of my friends had made her first ever Roti with a beer bottle, before she owned a proper Belan, while the other owned a chakla-belan but her stuffed paratha would get stuck to it and she would run to her immediate neighbour for solution, balancing the 'Chakla' in her hand. There was one physicist amongst us who couldn't recognize different dals and vegetables from each other. She was in a fix one day when she decided to make baingan bharta for lunch. She sought her neighbour's help on this matter and was surprised when she learnt that the vegetable in her hand was a louki and not a baingan!

Another friend of ours had learnt from her mother to make 'Upma' for just two people; hardly did she know that she would have bouncers for breakfast just after moving into a house. They were eight heads all together, and therefore she made her 'Upma' four times...each time for two people and served everyone after three hours of waiting! Some months later, I know, she made 'Upma' for the entire squadron at one go...in half an hour!



My biggest challenge was exactly the opposite...to cook for just two people! It turned out to be a rather difficult task for me. My family back home consisted of my parents, two grandmothers, four siblings, a pet and a friend or two for every other meal. I had seen my mother cook rice in a ten-litre cooker daily; and so on the first day of my married life I made two-litres cooker full of rice, one and a half the next day, one-litre cooker full the day after...still it was more than sufficient. It was the same problem with other dishes too. I had too much left over food! Slowly by trial and error I learnt to cook the exact quantity. But in the meanwhile my maid-servant had a ball!

The second biggest challenge for me was to set 'firm curd', to churn out 'firm butter' from the collected cream and 'to ferment' the idli-dosa batter in the thick of Adampur winters, where the temperatures would drop to -2 degrees. I had never lived in the extreme climate of the north earlier. On one winter afternoon, my husband's best friend came over to our place for lunch as soon as he heard that I was making dosas. It also happens to be my husband's favourite dish. As soon as I saw them at the door I panicked and thought, 'I am only trying to make dosas for the first time, what will happen if they didn't come out crisp!' Sure enough I couldn't even make a single proper dosa from the unfermented batter, though I had left it out for two days. The batter would just curdle into a gooey mass. I got tensed: I had no stand- by meal...my husband walked into the kitchen hungry and worried! I almost felt dizzy; he suggested uttappams to me, from the same batter. I got down to working, with my husband's help I made some uttappams...not so good, but lunch was somehow done! I was holding back tears and a lump in my throat for a long time, as soon as the friend left I started bawling...tears flowing like the mighty Beas River! My husband was considerate and encouraged me to keep trying and I bawled more at the thought. I finally learnt the tricks of the trade from my experienced friends; ways of setting curd and fermenting batter in winters, maintaining correct temperature of the pan, using raw onion on a fork to clean the dosa pan, the correct amount of oil to be used and everything else that was there to learn. Who ever said that cooking was no rocket science, obviously never consulted us!

From tears to laughter, the Air Force life has a way of doing that to you!

Everyone knows that you can't get more fertile land than in Punjab! And so was the case with our kitchen gardens in Adampur, which in the right season, started producing red, ripe tomatoes in kilos...not two or three but thirty to forty kilos. We had to do something about them and in a hurry before they all got rotten. As one of us knew how to make tomato sauce, the recipe quickly went around and later at one of the get-togethers, we got a full low down of each one's performance. On an average, most of us had made about 10 to 12 bottles of sauce from such a large produce, which would last us for a year or more. But then there were ladies who had made 16, 20, 26 bottles...they must have had a really large produce of tomatoes and therefore could cater for their relatives as well, and hats off to the lady who claimed to have made 32 bottles of sauce!! I did feel a little inferior and incapable and you can imagine what my dear friend, who did not make a single bottle of sauce, must have felt at that time!

'So what if I am busy working, I still am a newly-wed...learning to cook and also have tomatoes in the garden,' she thought to herself. Under peer pressure, she took upon herself to make tomato sauce, not much but five bottles at least. She gathered, it takes a few hours to cook the puree, to make the sauce. So she put the vessel full of tomato puree on the slow burner and went to bed at night, thinking it would boil slowly and reduce to a considerable amount by morning.

A few days later in one of the dinner parties, she announced that she had finally made some sauce and everyone wanted to know how many bottles. She replied, 'One tea-spoon!' After a moment's silence, everybody including my friend broke into peals of laughter when she narrated how she had left it on the burner overnight.

Aisa Bhi Hota Tha!



Mrs. Neeta Chaudhari
W/o AVM VR Chaudhari
Air HQ, VB

Social Media Guide for Air Force Wives

12 Do's and Dont's to keep in mind

Social media is not just a craze these days. It has become an integral part of our day to day lives. Using Face book, Twitter, Instagram is not just a "social" activity that we indulge in from time to time but a way of living, a means to express ourselves, a channel to communicate with our friends and close ones whether they stay right next door or a hundred miles from us. It has become second nature for most of us to share bits and pieces of our lives with our friends.

While it naturally gives us a great platform to interact and stay in touch with our old friends and distant family members (for we do make new friends with each new posting and of course we stay away from our families too) but for us, the Air Force families, these social networking sites may not be a boon at all.



As wives of Air Warriors, we do not enjoy the liberty of sharing anything and everything on these social networking sites. To maintain the security of the organisation and safety of our husbands we must always be discreet on what we share with our 'friends' on these networks. This does not only apply to us but also to our children and our extended family members. It is very important for us to be watchful of inimical interests that can bring harm and disrepute to the Air Force and the country by our inadvertent actions and posts on the social media.

Here are some Do's and Don'ts that we all must pledge to follow while interacting on these channels (after all the safety of our loved ones is of prime importance to us, isn't it now)

DO's

1. Always screen the pictures that you/your family share on social media. The pictures should not have anything in the foreground or background that may connect you with the Air Force.
2. Screen your friend list often to ensure you have not approved any unknown person by mistake.
3. Check the privacy settings and review the privacy policies of the sites that you use most often from time to time. Most companies revise their policies once in 3-6 months.
4. Keep a close watch on your children's social media accounts. While they may be proud of what their fathers do for the country but with it comes the cross of not 'boasting' about it... especially not on the social media.
5. If you plan to delete your social media account or switch to a new profile, delete all pictures one by one from your old account and make sure you delete the profile with no backups. This is especially for the generation that may have used Orkut and forgotten all about it. Or for more adventurous ones, who like evaluating all the new networks in town and then forget about their presence altogether.

6. Even though most of us cannot resist this one - but steer clear of joining any online groups or communities that claim to be "Air Force Associations" or "AFWWA Groups" of "Air Force Wives Association" or any community that may connect you to the world of Air Force. Sometimes, it's more exciting to stay undercover and anonymous than declare your presence from atop the Himalayas.

DON'Ts

1. Never reveal the name of your station or your location on your bios and profiles.
2. Never indulge in sharing something "publicly", always share personal posts, pictures, thoughts with just your approved friend circles. Never post pictures of your station, aircraft, installations etc.
3. Never befriend unknown people. Beware of friend requests that are especially not from India.
4. Never allow your family members/friends to talk about an upcoming course/TD on your profile. Make sure you delete the remark as soon as it is posted and warn your friends to not mention such things. Some conversations are meant to be done personally or over the phone.
5. Never discuss your leave plans or place of posting with anyone online. Things that you don't even realize can be easily tracked by amateur hackers.
6. Lastly and most importantly - never, ever post a picture with your husband in uniform!

Remember-spreading love and sharing your happiness is important but not at the cost of compromising the safety and security of your husband and his colleagues!



Mrs. Vidushi Mohan
W/o Sqn Ldr Tushar Mohan
47 Sqn, AF

FUN QUESTIONS



1. What is the largest piece of furniture in the world?

Answer :- A multiplication table.

2. What do you get when you dial 01123B78199622S?

Answer :- Pain in fingers.

3. What did one spider say to another ?

Answer :- Welcome to my web site.

4. What do you have in your pocket when its empty ?

Answer :- A hole.

5. When does an Irish potato change its nationality ?

Answer :- When it becomes French fries.



Master Kritein Gandotra
S/o Gp Capt AK Gandotra VM
4 TAC, AF

DOG TAILS!!!



If there is anybody to blame for the chaos in my life, it's Marley. Who Marley? Some would say while the other half, mainly dog lovers, would nod their heads understandingly. Well, Marley is none other than the extremely cute, endearing and mischievous but psychotic Labrador retriever from the book Marley and Me. He is the reason my persistent daughter managed to convince me to bring Trouble, with a capital T, home.

It was love at first sight for hubby dearest and my daughter as they ganged up against me and got a bundle of black fur home and dumped him into my reluctant arms. After much deliberation his shiny black coat and chocolate brown eyes earned him the name Pepper. The ice around my heart had started to thaw, but when I saw him piddling on my favourite carpet. I saw red and reluctantly stripped my house of all its finery and got into a drill sergeant mode. The onus of training Pepper came squarely on me as the other members of my house got back to their normal routine of work and school. By using the combined methods of threatening, cajoling and treating Pepper with treats interspersed by bouts of tears from my side brought about by frustration, I managed to get a reasonably well trained puppy within a week of him coming into my life. I was now the proud owner of a dog who would not enter the kitchen, climb the sofa or defecate inside the house. But my saintly Pepper turned into a crazy Marley when I took him out for walks. His over friendly nature forced me to become pals with all the other fellow walkers. He dragged me, the leash and all, to say hello to each and every passerby who would walk past us. He would wag his tail and jump at people greeting them till they were forced to acknowledge and pat him. As Pepper grew in size, it was he, who took me for a walk dragging me behind him helplessly. Maybe it was payback time for me, for all the times I had disciplined him when he was a baby.

Soon it was time to pack up and move to Kumbhirgram. Kumbhirgram being a remote place, we encountered several difficulties in transporting our beloved Pepper. Not having much option, we had to eventually send him by train. It was a relief when my husband picked up a tired but thankfully still effervescent Pepper from Guwahati railway station. By the time I joined my husband a month later, Pepper was already the star of the station with his own fan club.

My only request to all the dog lovers out there, please do not deny yourselves the joy of the company of man's best friend just because you are in a job with frequent transfers. The joy they bring into our lives is unparalleled. Once they come into your lives, you will wonder how incomplete your life is without them. So go ahead and bring a tailed angel into your life and watch him change it for the better.



Mrs Geeta Anand
W/o Wg Cdr N Anand
22 Wing, AF





वार्षिक दाम्पत्य कैलेण्डर

जनवरी में आगाज होता है नव वर्ष का,
पति - पत्नी के बीच विगुल बज जाता है संघर्ष का।

मकर संक्रांति पर पत्नी तिल का ताड़ बनाकर लताड़ती है,
छब्बीस जनवरी को पति की छाती पर अपना झंडा गाड़ती है।

इसी बीच फरवरी आती है महाशिवरात्रि महापर्व पर,
पत्नी अपने व्रत का असर मांगती है,
पति के सामने ही भगवान से दूसरा वर मांगती है।

मार्च में होली, रंगों की ठिठोली, तब तो भगवान ही रखवाला होता है,
पत्नी लाल पीली, पति का मुँह काला होता है।

अप्रैल में अप्रैल फूल, मई में मजदूर दिवस
जून में जून खराब होती है, जुलाई के सावन भादों खलते हैं,
15 अगस्त स्वतंत्रता दिवस, पति के मन में आज़ाद होने के अरमान पलते हैं।

सितम्बर में गणपति बप्पा मोरिया
गण के साथ पति लगा है इसलिए विसर्जन हो रिया।

अक्तूबर में डांडिया का नज़ारा सीधा सट्ट है,
पति पत्नी नाच रहे हैं, दोनों के हाथ में लट्ठ है।
लट्ठ की दहशत कुछ करने नहीं देती है,
पत्नी जीने नहीं देती है, करवाचौथ मरने नहीं देता है।

नवम्बर में बीवी बच्चे और बाजार मिलकर लूटते हैं,
दीपावली के सारे पटाखे पति की खोपड़ी पर फूटते हैं।

अंत में दिसम्बर, बेटा कुछ कर, पति क्रिसमस पर, चर्च में जाकर माथा टेकता है
वहां भी ईसा मसीह को सूली पर टंगा देखता है, ईसा ईश्वर, पति परमेश्वर
दोनों की एक ही गति, एक ही नियति, समझ जाता है पति
सारे गम भूल जाता है और फिर से हैप्पी न्यू ईयर के झूले में झूल जाता है।

ये भारतीय पति पत्नी के प्यार का बवंडर है,
हर वर्ष का शाश्वत दाम्पत्य कैलेण्डर है।





श्रीमती सुचिता वर्णवाल
पत्नी कार्पोरल चन्दन वर्णवाल
वायु सेना स्टेशन कानपुर



माँ का स्नेह

आज फिर न जाने क्यूं मन उदास है।
ऐसे में मन चाहता है, सामीप्य मेरी 'माँ' का
ताकि स्नेहिल स्पर्श भुला दे, पीड़ा किसी टूटे सपने का
'माँ' से कह सकूँ , अपने मन के भाव गहनतम्
मीठी बातों में भूल सकूँ हर दुःखदायक क्षण।
'माँ' के पास होने के एहसास भर से
भूली–बिसरी स्मृतियाँ पास न आएं।
यादों की कालिमा छा, मन को न भरमाए, रूलाए
कभी–कभी अकेलेपन से मन डर जाता है
आँखों के कोरों में आँसू भर आता है।
मन की उदासी भी कम होने पर नहीं आती
'माँ' होती तो शायद ये पीड़ा कम हो जाती।
कह पाती सुन पाती 'माँ' से कुछ अंतरतम अनुपम
बातों से उसकी पा जाती नवजीवन ।
कहती हो 'माँ' तुम, सूरज तो डूब कर भी पुनः आता है,
खोने और पाने से जग नहीं रूक जाता है ।
टूटते हैं तारे, पर गगन कहां रोता है?
खो जाए जो वो अपना तो नहीं होता है,
अपने तो वो हैं जो किरणों से आते हैं,
आते हैं जीवन का तम हर ले जाते हैं,
पर पास 'माँ' आज तुम भी नहीं,
बस तेरा एहसास है।
तेरा एहसास भी देता नव–विश्वास है।
क्या हुआ जो मन आज यूं ही उदास है
'माँ' के स्नेह' की खुशी का एहसास
फिर भी कहीं यहीं आसपास है।''



श्रीमती एकता सिन्हा
पत्नी सार्जेंट ए के सिन्हा
4 विंग, वायु सेना

जीवनसाथी

ज्यों–ज्यों मुझ पर यौवन की बहार छाने लगी, माता–पिता को मेरे विवाह की चिंता सताने लगी,
सन जैसे सफेद बाल और पोपले मुँह वाली दर्जनों खालाएं घर आने लगीं,
ले–लेकर बलैयां मेरे यौवन की बेइन्तहा प्यार मुझसे जताने लगीं,
मां के कान में खुसर–पुसर कर नित नए–नए रिश्ते सुझाने लगीं,
और तो और पड़ोसिनें भी, 'कब होगी शादी' यही गीत रोज गाने लगीं
बहुत सोचने विचारने के बाद मां बाप को एक रिश्ता पसंद आया,
हीरो से दिखने वाले एक एयरमैन से मेरा रिश्ता तय ठहराया
मेरी मां ने बताया कि बेटी तेरी किस्मत का सूरज उदय हो गया,
वायु सेना में कार्यरत एक एयरमैन से तेरा रिश्ता तय हो गया
फौजी के साथ रिश्ते की बात सुन सहेलियां हंसने लगीं, फौजियों की बेवकूफी वाले हजारों किस्से कहने लगीं
रीना ने बताया कि एक आदमी सड़क पर जा रहा था कि तभी नुक्कड़ का डॉक्टर उसे देखकर चिल्लाया
ओए, तू कहाँ खो गया था, पूरे पांच साल बाद नजर आया।
डॉक्टर ने कहा पाँच साल पहले ऑपरेशन के बाद तुम्हारा दिमाग मेरी टेबल पर ही छूट गया
आदमी ने कहा– धन्यवाद अब मुझे इसकी जरुरत नहीं, मैंने आर्मी ज्वाइन कर ली,
दिमाग से मेरा नाता ही टूट गया।
खैर मैंने अपने दिल को समझाया, ज्यों–ज्यों विवाह का दिन नज़दीक आया
दिल में अफसाने मचलने लगे, अपने भी पराए लगने लगे
राम राम करके विवाह की तारीख नजदीक आ गई, गोरेपन का एहसास व लज्जा की लाली मुझपे छा गई
धक्–धक् धड़कते दिल से मैं इंतजार करने लगी पिया का, राम कसम कुछ ना पूछिए क्या हाल बेहाल था
मेरे जिया का।
हौल–हौले कदमों से मेरे पति अंदर आए, पहले खांसे फिर तनिक मुस्कुराये,
घूंघट की आड़ से मैंने भी एक नजर उन पर डाली, सच कहूँ उनकी सूरत खासी थी फिल्मी हीरो वाली
वो मुझे अपने हनीमून प्रोग्राम के बारे में बताने लगे, अपने कार्य स्थल की प्राकृतिक छटा के गुण गाने लगे
मैं उनकी चिकनी चुपड़ी बातों में आ गई, लच्छेदार भाषा की मदहोशी सी मुझ पर छा गई
विवाह के पांच दिन बाद ही उनके संग यूनिट में आ गई, रात के खाने पर पड़ोसिन अपने घर बुला गई
अगले दिन से ही मैं अपनी गृहस्थी जमाने में रम गई, काफी खोजने व मिन्नतें करने पर
एक क्वार्टर में शेयरिंग मिल गई
सुबह हूटर बजने के बाद ही वे ड्यूटी पर जाते हैं, दस बजे के आस पास नाश्ता भी कर जाते हैं।
दोपहर को तो छुट्टी होने से पहले ही घर आ जाते है, खाली हाथ नहीं, कुछ न कुछ उठा लाते हैं ।
अब उनकी क्या कहूँ खाली डिब्बे जोड़–जोड़कर सोफा सैट बना दिया,
लेकिन ज़नाब, स्टैंडर्ड कम न समझिए रंगीन टी.वी भी घर ला दिया

फैशन के मामले में एयरमैन पहले नंबर पर आते हैं, बॉलीवुड़ के बाद वही तो नित नए फैशन अपनाते हैं
ज़्यादा नहीं तो सप्ताह में एक दिन होटल में खाना भी खिलाते हैं,
साइकिल का जमाना नहीं, हीरो होंडा पे बैठा कर घुमाते हैं
दानव देव, गंधर्व किन्नर जहां जाने से कतराते हैं, वहां पोस्टिंग पर जाकर हम बेखौफ बस जाते हैं
शादी से पहले का वो धुंधला सा आईना अब साफ नज़र आता है,
एयरमैन से रिश्ता जोड़कर बाकी सब फ्लॉप नज़र आता है
डॉक्टर, इंजीनियर व वकील आदि के प्रपोज़ल अब बेमानी जान पड़ते हैं
ये बड़ी उपाधि वाले तो मौसमी नदी से जान पड़ते हैं
जबकि एयरमैन तो आग का दरिया है और ज्वालामुखी का मुहाना,
हिम्मत है तो आओ पार करें भला मौसमी नदी में क्या नहाना
इसीलिए कहती हूँ कुँवारियों, मेरी बात पर ध्यान कर लो, जो लूटनी हैं
मौजों की रवानी तो किसी एयरमैन से शादी कर लो
खुशनसीब है वो जो देश की सेवा करते हैं, ज़हेनसीब हैं वो भी जो उनकी सेवा करती हैं।



श्रीमती पुष्पा आनंद
पत्नी वा.अ. ए के आशोधिया
वायु सेना अकादमी



जीवन्त जीने की कला

श्रीमती रीना कुमार
पत्नी वा. अ. दिलीप कुमार
47 स्क्वाड्रन, वायु सेना



पिछले दिनों या कुछ वर्ष पहले राष्ट्रीय अपराध रिकार्ड ब्यूरो ने एक आँकड़ा जारी किया, जिसके मुताबिक **2008** में आत्महत्या करने वालों में **70.3** प्रतिशत लोग विवाहित थे, जबकि **22.1** प्रतिशत कुंआरे लोगों ने अपनी जान ली। कुल **57639** शादीशुदा पुरूषों और **30224** शादीशुदा महिलाओं ने **2008** में आत्महत्या की। इसका मतलब इस असमय मौत से लगभग **88** हज़ार परिवार बिखर गए। इतने परिवारों के बच्चों का भविष्य माता-पिता के प्यार दुलार के अभाव में अंधकारमय हो गया। ये सारे आँकड़ें पूरे भारतवर्ष की आवादी से सतही तौर पर निकाले गए हैं।

ये आँकड़ें डराने वाले हैं और सामाजिक संरचना व नीयत पर सवालिया निशान लगाते हैं। आज अधिकतर लोग शादी तभी करते हैं जव वे अपनी पारिवारिक जिम्मेदारियों को समझने लगते हैं और खुद को उसे पूरा करने में सक्षम पाते हैं। फिर क्यों इतने सारे लोगों ने अपनी पारिवारिक और सामाजिक जिम्मेदारियों से मुँह मोड़ कर मौत को गले लगा लिया या फिर क्यों उनके विचार इतने नकारात्मक हो गए कि आत्महत्या जैसे निर्मम अपराध की तरफ उनके कदम वढ़ गए? निश्चय ही इसकी जड़ें हमारी मौजूदा व्यवस्था, सामाजिक निष्क्रियता व स्वयं को वक्त के अनुरूप न ढालने की विफलता है।

तो फिर क्या करना चाहिए? अपने जीवन को कैसे संचालित करें जिससे ज़िंदगी की रफ्तार को अपनी नकारात्मक उर्जा से निजात मिले। इसलिए जीवन जीने का सवसे पहला मंत्र है वर्तमान में जियें। आज में जीने की आदत डालें। अतीत की असफलताओं और भविष्य की चिंताओं से ग्रस्त होकर यदि आप विषाद में निरंतर जुटे रहते हैं तो उससे वाहर आना सीखिए। स्वाभाविक फैसले लीजिए।

किसी दोस्त से मिलने चले जाइए या आराम करने का मन है तो वैसा ही करें। अकेले रहते हैं तो संगीत सुनें। अपने मानसिक व शारीरिक स्वास्थ्य का ध्यान रखें। अपने समय के प्रति आशावादी वने रहने का जज़्वा खत्म न होने दें। ऐसे लोगों से मित्रता करें जो आपके अंदर आशावादी प्रवृति का संचार करते हैं। उन लोगों से वार वार मिले जो आपको उर्जावान वनने में प्रत्यक्ष या अप्रत्यक्ष रूप से आपकी सहायता करते हैं।

ज़िंदगी में आपको जो नहीं मिला या जो खो गया, उसे ले कर हमेशा दुखी या निराश न रहें। आप नए सिरे से जिंदगी में कुछ हासिल करने का प्रयत्न करें। अपनी गलतियों से सीखिये। आप पांएगी कि ज़िंदगी उतनी वुरी भी नहीं है जितना आप समझते हैं।

सकारात्मक और रचनात्मक शौकों से भी आपका व्यक्तित्व निखरता है। इससे आप पूरी तरह व्यस्त हो जाएंगे और निराशा में डूवने का वक्त ही नहीं मिलेगा। अच्छे विचारों के लिए नियमित व्यायाम के साथ साथ संतुलित और पौष्टिक आहार भी जरूरी है। सुवह या शाम खुले पार्क में तेज कदमों से चलें। वगीचे की सैर और प्रकृति की समीपता से आपके विचार वदलने लगेंगे।

कभी भी नयी चीज़ या काम सीखने से ना घवरायें। सीखने की कोई उम्र नही होती है। जैसे आप **60** साल की उम्र में भी ड्राइविंग सीख सकती हैं और सोलह साल की उम्र में अचार डालना। अगर आपके अंदर यह दृढ विश्वास है तो आप कोई भी काम कर सकती हैं। यह विश्वास चेहरे पर आत्मविश्वास की चमक लाता है जिससे आपका व्यक्तित्व निखरता है।

आप ज़िंदगी से निराश होकर यह सोचने लगेंगी कि आपके साथ कुछ भी अच्छा नहीं हो सकता तो आपके व्यक्तित्व में ढीलापन आ जाएगा और दुनिया भर की वीमारियां आपको घेर लेंगी। सवसे महत्वपूर्ण है कि आप अपनी सोच नकारात्मक ना होने दें।

हमारा मन एक वंद कमरे के समान है। इस कोठरी की जितनी हवा वाहर निकलती रहेगी, वाहर से उतनी ही ताजी हवा पुनः इसमें आती जाएगी और यदि आप इसके दरवाजे वंद कर देंगे तो वाहर से हवा आना तो दूर, अंदर वची हवा भी विषाक्त होकर आपको मानसिक रूप से वीमार कर देगी। असफलता से घवरा कर निराशा के गर्त में जाना आसान है। मुश्किल है इस दौर में भी अपने आपको संतुलित और सँभाले रखना। सोचें कि यह दौर भी गुज़र जाएगा पर उसके लिये धीरज रखना होगा।

अव आप खुद पर गर्व कर सकती हैं कि ज़िंदगी के इम्तिहान में आप अव्वल नंवर से पास हुई हैं जिसका श्रेय केवल आप को ही जाता है।

सपने सच करने की धुन में,
अपने सव खो जांएगे।
अपनों से अपनापन रख लो,
सपने सव सच हो जांएगे।

हमें क्या करना?



श्रीमती रेषु सिंह
पत्नी सार्जेंट सोबरन सिंह
29 स्क्वाड्रन वायु सेना

एक घटना

सुनीता (काल्पनिक) "इतना सुंदर लॉन, पर सूख रहा है। अरे! हमें क्या करना, हम तो, पोस्टिंग जा रहे हैं।"

दूसरी घटना

"आप तो पांच साल से रह रही हैं इसी नक्शे के मकान में, मगर फर्श तो सारा टूटा हुआ है, रिपेयर करा लिया होता।"

"अरे, बहिन जी, हमें क्या करना? हम तो अभी डिस्जार्च जा रहे हैं।"

तीसरी घटना

सुमन(काल्पनिक) "आपकी पानी की टंकी से पानी बहुत बर्बाद हो रहा है,

ठीक क्यों नहीं करवा लेतीं ?"

"अरे ! यह तो सरकारी क्वार्टर है, हमें क्या करना?"

ऐसी घटनाएँ और उनके ऐसे ही उत्तर आप सब ने कभी न कभी कहते और सुनते देखा होगा। संगिनियों, यदि यही सोच और मानसिकता समाज में सबकी रही होती तो किसी को फल खाने को नहीं मिलते और न ही उपयोग की आधुनिक वस्तुएं तथा उपकरण मिल पाते क्योंकि यह जरूरी नहीं कि जिसने जो वृक्ष लगाया, खोजा या बनाया हो, वो ही उनका उपयोग स्वयं करे या करता आया हों।

इसलिए, मेरी प्यारी सहेलियो, "हमें क्या करना" जैसे जुमलों पर विराम लगाओ। "हमें ही करना है", ऐसी नई सोच अपनाओ।



बुजुर्ग से ही मिलेगी हमें दिशा



श्रीमती राखी राय
पत्नी जु. वा. अ. वी के राय
2 वायु सेना प्रवरण बोर्ड मैसूर

कहते हैं कि जिस घर में बुजुर्ग नहीं है वह घर, घर नहीं है। हमारे बुजुर्ग घर के अनुभव के लिए खजाना है लेकिन आजकल भारतीय परिवारों में परंपराएं बदल रही हैं। पहले घर का सबसे वरिष्ठ व्यक्ति घर का मुखिया होता था और वह होता था घर का बुजुर्ग सदस्य। आज जो व्यक्ति घर में ज्यादा कमाता है वही व्यक्ति घर का मुखिया कहलाता है। माना कि आज के युवाओं में जोशीलापन है मगर उनमें जोश तो होता है पर होश नहीं। ऐसे में घर का बुजुर्ग जोश को थामने व होश देने का कार्य करता है।

परिवार समाज की इकाई है। अत: स्वस्थ बुजुर्ग चाहे वह महिला हो या पुरूष, अपने परिवार के बच्चों को गीत- संगीत, योग- धर्म का पठनपाठन, खेलकूद आदि की शिक्षा दे सकते हैं।

बुजुर्ग व्यक्ति उस पुराने शहद के समान है जो हमेशा दूसरों के लिए उपयोगी सिद्ध होता है। समाज में निरक्षरता, बाल विवाह, कन्या भ्रूण हत्या आदि अनेक बुराइयाँ सर्वत्र व्याप्त हैं। बुजुर्ग अपने अनुभव व इनके दुष्प्रभाव से हमें अवगत करा सकते हैं। बुजुर्ग बहुत कुछ कर सकते हैं जैसे हमें दिशा दे सकते हैं, बच्चों को संस्कारवान बना सकते हैं, हमारे मार्गदर्शक बन सकते हैं तथा घर परिवार को जोड़ने का काम भी कर सकते हैं।

आज हम जो कुछ भी हैं अपने बुजुर्गों के प्रयास और आशीर्वाद से हैं। हम उनका सम्मान करेंगे तो हमें सम्मान मिलेगा। आजकल अधिकतर बुजुर्गों की यही धारणा होती है कि अब उनकी कार्य करने की क्षमता समाप्त हो चुकी है। जीवन समाप्त होने को है तो नया क्या करना। इसी सोच के साथ वे निराशा की गर्त में डूब जाते हैं। बुजुर्ग शिक्षित हो या अशिक्षित, स्त्री हो या पुरूष, इस बात से समाज के लिए कुछ करने की इच्छा पर कुप्रभाव नहीं पड़ता। बुजुर्गों के पास ज्ञान और अनुभव का भंडार है जिसका उपयोग समाज के हित में हो सकता है।

हमारे बुजुर्ग भी समझें कि बदलाव प्रकृति का नियम है और सामाजिक परिवर्तन भी प्रकृति की परिवर्तनशीलता से जुड़ा है। वे भी अपना स्वभाव परिवर्तित करें और युवा पीढ़ी के बदलाव को सहजता से स्वीकारें और उन्हें नई दिशा दिखायें। इससे बुजुर्ग खुद भी प्रसन्न रह सकते हैं। अपने सदव्यवहार से समाज को भी खुश रखकर समाज व देश की प्रगति में सहयोग दें।

जय हिन्द!



A WONDER CALLED DIGARU

When I go out in the evening,
For a little jog.
I see so many creepy things
Moving all around.
Snakes slithering into the grass,
Owls hooting into the night,
Leeches leaving a silvery trail
And I really have to dodge the Snails
Creeping on the road.
Else they go beneath my feet
CRUNCH! CRUNCH! CRUNCH!
But as the sun rises
I feel so relaxed.
Seeing the greenery around
And the misty hills
Ducks quacking all around,
Kingfishers diving into the pond,
Monkeys swinging on the trees,
Birds chirping to a tune,
Feeding Mynas to their fill
And catching Fishes in the net.
Oh! It's a scene not to miss.
It calms me down.
It's peaceful
It's wonderful
It's DIGARU!!



Miss Gauri Yadav
D/o Gp Capt BS Yadav
51 ASP, AF



RAKHI

Sister to NDA Cadet Brother

You tore my books and broke my doll
But picked me up in my every fall
Your noisy irritating songs all day
In soundless nights now speak and say…
They speak of love that we do share
A relationship as such is found so rare
All mirrors in the world now speak of you
As you are the handsomest, if you knew!!
You are very special, I hope you know
I love you the most, wherever I go
The fights and arguments that we always had
Are far less than the smiles and memories, oh! so mad
I am proud of you being a part of my life story
And I wish for you to touch the sky with Glory!!



Miss Roheen Reez Gill
D/o Air Mshl KS Gill
AVSM YSM VM (G) ADC
HQ CAC, IAF

Postings: A Boon or Bane for Our Children



As my child eagerly packs her toys, books and her treasured belongings for a new location and as the excitement of moving keeps building up, a number of questions spring to my mind. Will the excitement remain or die down? Will she adapt to the new environment, friends and teachers?

Moving affects everyone in the family in both positive and negative ways. However parents often question whether postings can affect the child's development. Yes, it is stressful for children, so it should not be a big surprise that children experience a variety of emotions: loss of school environment, loss of friends, loss of trusted teachers, and loss of certain set routines. To control these emotional consequences what should one do?

As a parent we should encourage our children to talk about their feelings; do not dismiss your child's emotions with convenient answers like "you will be fine, you will get used to the new place" so on and so forth. Instead the best way to tackle the situation is by listening to what they want to tell you and offer them an empathetic hearing.

A child's academic development may also be affected by the move since teachers and the curriculum expectations may vary from school to school. At this point parents can work with the child to bring her to the level of her new class so that she is not bored or feels left behind. Encourage your child to express his strong feelings to you like sadness, excitement, fear and anger. It is quite obvious that postings during crucial academic stages such as the 11th standard do have a major impact on the child as well as the parent. The stress is all the more when you are going from a good place to a remote area where you do not get the kind of academic infrastructure that is needed for the child in class 11th and 12th. Staying back becomes the only option leading to a fractured family set up. However, over the years lot of these issues have been streamlined in the Armed Forces and the children are already aware what to do in such situations and make the best use of the available resources. Parents need to be supportive and encourage their children to achieve their desired goals.

Postings are also a blessing in disguise. They mould our children in such a way that they are ready to adapt to new situations and new people. Our children are equipped with a sense of security, continuity and confidence, all necessary ingredients for building self esteem. Even though there is a geographical relocation, the surroundings and the kind of people in the Armed Forces are all the same and hence we can relate to one another and since everyone goes through this stage it is a great solace in itself.

So, the children are already groomed to live in a society; they understand the importance of community living which directly or indirectly aids them in their personal and professional career in the long run. The children of the Armed Forces have excelled in all fields be it in entertainment, IT, Management and last but not the least in our own Armed Forces. This in itself is a great source of inspiration to the young generation who can go out to stake their claim in this fast progressive world.

However, it is all in our hands as parents to be a guide, a tutor, a friend whom children can completely depend upon and identify with.





Mrs Rajeshwari Nair
W/o Wg Cdr Murali
47 Wing, AF

TO GO OR NOT TO GO???

Two years on a station???? Every Friday evening you are waiting or rather dreading that signal of your posting....where to NOW!!! The day it finally arrives... you lose your sleep; make phone calls at 10.30 in the night to ask people how that place is; by the next morning you have already decided what to pack, what to throw, when to leave...send the luggage and all that...but two questions loom large on your mind.... GHAR and SCHOOL!!!!!

More phone calls are made to the adjutant/other personnel of the station to find out the situation of these two things. Invariably you are told.....'Ghar ki situation- bahut kharab hai", and if you have some lucky stars in your kitty, "walk –in accommodation hai.' If your kids are small the big decision- TO GO OR NOT TO GO is finally made.

Ok, so you have school going children in senior classes...your next query will be whether to retain the house and let your children continue in the same school. Decision made: TO GO....fine, start packing; dinners at friends and colleagues' house; lots of inputs from people who have stayed 'there'...'School uniforms toh bilkul nahi milte wahan", who Pandit ki dukaan se ladoo jaroor khanna, ekdum Haldiram jaise hai",...and finally the D-day arrives and you leave mentally quite prepared for the next tenure.

Questions arise when the decision is: NOT TO GO. It definitely is a tough decision because staying alone with grown up kids is not an easy task. Personally....I would prefer accompanying my husband wherever he went even if the school was not very good because I strongly feel the father's presence is needed during the teenage years to maintain a balance of discipline and freedom; mothers get emotional and many a time children take them for granted! However, that is my personal opinion and I dare not say that I am always right! Once the decision is made, lots of things need to be tied up... and life in the same station, changes. At these times, one is blessed to have good friends around to help you out. Suddenly you realize that though it seemed your husband contributed very less towards the running of the house, he actually did quite a few things....like paying n number of bills! You start looking forward to your husband coming on leave! Passing time can become a little difficult. Having a job and knowing driving can make life simpler. It is a great idea to remain socially active.

To stay back on a station for the education of your children is definitely not a choice that one would make willingly....sometimes there is no choice at all! Hence, whenever one has to make this choice....be positive, nothing lasts forever, live well and enjoy your days there...and be thankful that you are in surroundings which are safe and friendly for you and your children!

ADIEU!!



Mrs Barnali Paul
W/o Gp Capt Ashish Paul
58 SU, AF



बदलती युवा पीढ़ी

आज हमारा देश विश्व के मानचित्र पर सबसे युवा देश है। आज जहाँ विश्व के कई देश बूढ़े हो चले हैं वहाँ हमारे देश की औसत आयु 26–35 वर्ष है। इसमें कोई दो राय नहीं कि किसी भी देश को नई दिशा देने वाली पीढ़ी उसकी युवा पीढ़ी ही है। स्वामी विवेकानन्द ने भी कहा है – "युवा राष्ट्र की असली शक्ति हैं"।

हमारे देश के युवा आज हर क्षेत्र में प्रगति का परचम लहरा रहे हैं। आज़ादी के पश्चात् इन 68 वर्षों में देश ने जो तरक्की की है उसमें हमारे युवा वर्ग का योगदान अतुलनीय रहा है, लेकिन समस्या का विषय यह है कि आज हमारे युवा वर्ग को बेहतर दिशा निर्देश व उपयुक्त मार्गदर्शन नहीं मिल पा रहा है। दिशाहीनता की इस स्थित में युवाओं की ऊर्जा का नकारात्मक रूख की ओर भटकाव हो रहा है। लक्ष्यहीनता के माहौल ने आज युवाओं को इतना दिग्भ्रमित कर दिया है कि वे ज़िन्दगी के सकारात्मक व नकारात्मक पहलुओं में फर्क ही नहीं कर पाते।

आज से दो–तीन दशक पूर्व तक जब विद्यार्थी साधन व सुख – सुविधाओं से दूर रहकर अध्ययन किया करते थे तब उनमें "सुखार्थिनः कुतो विद्या", विद्यार्थिनः कुतो सुखम्" के भावों के साथ – साथ जीवन निर्माण की परंपरा बनी हुई थी, किंतु आज धैर्य की कमी, आत्मकेंद्रिता, नशा, लालच व हिंसा लोगों के स्वभाव का अंग बनता जा रहा है।

इसका अर्थ यह नहीं है कि हमारे देश की सम्पूर्ण युवा पीढ़ी पथभ्रमित है। आज हमारे बहुत से युवा अनेक कीर्तिमान स्थापित करने की दिशा में अग्रसर हैं। वास्तव में युवा शक्ति बड़ी प्रबल शक्ति है। युवा शक्ति के बल पर ही देश, दुनिया व समाज को आगे बढ़ाया जा सकता है, किंतु इसके साथ ही इस शक्ति पर नियंत्रण रखना भी उतना ही आवश्यक है।

आज भौतिकवाद की आँधी में युवा वर्ग फँसता ही चला जा रहा है। बदलते समय ने लोगों को ऐसी खोखली प्रतिष्ठा में डुबो दिया है जहाँ वे अपनी मातृभाषा बोलने में स्वयं को मूर्ख तथा अंग्रेजी बोलने पर अपने आप को समझदार समझते हैं।

आज युवा शक्ति के कदम अंधकार की तरफ बढ़ते दिखाई दे रहे हैं। युग तेजी से बदल रहा है। परंपराएँ बदल रही हैं तथा नैतिक मूल्यों के प्रति आस्था विघटित हो रही है। यह इसलिए भी है क्योंकि आजकल माता–पिता अपने बच्चों को डॉक्टर, इंजीनियर व वैज्ञानिक तो बनाना चाहते हैं किंतु इसमें उनका संस्कारवान व चरित्रवान बनना कहीं पीछे रह जाता है।

आज हमारा देश कई अन्य देशों के साथ विकास के पथ पर अग्रसर है तथा यह आवश्यकता है कि हम सम्पूर्ण ज़िम्मेदारी तथा नैतिकता के साथ इसे नई ऊंचाइयों पर ले जाएँ। यदि हमारे समाज के युवा दुर्व्यसनमुक्त व बुराईमुक्त होंगे तथा अपनी ज़िम्मेदारी समझेंगे तो अवश्य ही हम बड़ी उपलब्धियाँ अर्जित कर पाएँगे।

जय हिन्द!



कुमारी निधि
पुत्री वा. अ. के के शुक्ला
वायु सेना स्टेशन हलवारा

नारी तू एक शक्ति है

नारी तू एक शक्ति है, तेरी महिमा अपरंपार,
नर भी तुझको शीश झुकाकर करते नमन हज़ार।
अपनी गरिमा को पहचान, अपनी गरिमा को पहचान।।

नर कितने वेद शास्त्र पढ़ जाए, खुद भले ज्ञानी कहलाए,
पद भी कितने ऊँचे पा लें, चांद सितारे सब छू आयें।
फिर भी देवी सरस्वती से माँगे विद्यादान,
अपनी गरिमा को पहचान, अपनी गरिमा को पहचान।।

भले अरबपति, बने पद्मपति या कुबेर की खान,
संपन्न बनें धन दौलत से, भौतिक सुख की भरमार।
करें याचना लक्ष्मी मां से बनने को धनवान।
अपनी गरिमा को पहचान, अपनी गरिमा को पहचान।।

तन से कितने भी ताकतवर, वीर पुरूष बलवान,
अपनी अद्भुत शक्ति पर कितना भी हो अभिमान।
फिर भी दुर्गा मां से मांगे शक्ति का वरदान।
अपनी गरिमा को पहचान, अपनी गरिमा को पहचान।।

वन्दना में कहे, वन्देमातरम्, भाषा को मातृभाषा,
जल को कहते, गंगा मैया, पृथ्वी को धरती माता।
गौ माता, गीता माता कह करते हैं गुणगान।
अपनी गरिमा को पहचान, अपनी गरिमा को पहचान।।

तुम तो प्रथम गुरू हो माता, तभी तो हर मन है गाता,
आदि शक्ति के रूप में तेरा, माँ बच्चे का सच्चा नाता।
कहकर वन्देमातरम्, भगवान भी दे सम्मान ।
अपनी गरिमा को पहचान, अपनी गरिमा को पहचान।।

नारी तू एक शक्ति है तेरी महिमा अपरंपार,
नर भी तुझको शीश झुकाकर करते नमन हज़ार,
अपनी गरिमा को पहचान, अपनी गरिमा को पहचान।।



श्रीमती मंजू शर्मा
पत्नी वा अ उमाकांत शर्मा
38 विंग, वायु सेना



मेरी बेटी

मेरी बेटी थोड़ी सी बड़ी हो गई है
कुछ जिद्दी, कुछ नकचढ़ी हो गई है
मेरी बेटी थोड़ी सी बड़ी हो गई है

अब अपनी हर बात मनवाने लगी है
हम को ही अब वो समझाने लगी है
हर दिन नई फरमाइशें होती हैं
लगता है कि फरमाइशों की झड़ी हो गई है
मेरी बेटी थोड़ी सी बड़ी हो गई है

अगर डांटता हूँ तो आँखें दिखाती है
खुद ही गुस्सा करके रूठ जाती है
उसको मनाना बहुत मुश्किल होता है
गुस्से में कभी पटाखा कभी फुलझड़ी हो गई है
मेरी बेटी थोड़ी सी बड़ी हो गई है

जब वो हँसती है तो मन को मोह लेती है
घर के कोने-कोने में उसकी महक होती है
कई बार उसके अजीब से सवाल भी होते हैं
बस अब तो वो जादू की छड़ी हो गई है
मेरी बेटी थोड़ी सी बड़ी हो गई है

घर आते ही दिल उसी को पुकारता है
सपने सारे अब उसी के संवारता है
दुनिया में उसको अलग पहचान दिलानी है
मेरे कदम से कदम मिलाकर वो खड़ी हो गई है
मेरे बेटी थोड़ी सी बड़ी हो गई है



श्रीमती सरिता कुमारी
पत्नी सार्जेंट अनीश
वायु सेना स्टेशन येहलंका

Gardening on the Go !!

As Air Warriors families, packing and moving is an integral part of our lives. With every new station comes a new house, a new place with friends old & new. Similarly come new plants, new gardens, different types of soil and climate as well.

So if we are equipped with some basic information we can make the most of these to beautify our surroundings. Gardens whether large or small are always a pleasure. They may be larger than a football field or less than the size of a tennis court. But whatever the size it is possible to grow plants in imaginative ways, climbers on trellises for providing privacy, spectacular display of color, lawns that enable children to play safely, water gardens, rock gardens, groups of fragrant plants & the list is endless. When professional landscape designers begin a project, they ask about your life style & goals. Do you spend a lot of time out side or is it limited to sitting on the verandah & enjoying your morning cup of tea? If a patio or verandah is the focus of your outdoor life & entertainment is your game, water gardens offer a great potential.

Making the most of your Soil Raised Beds:-

a. In a continuously moist climate where drainage is difficult construct raised beds 12"-18" high & fill it with good soil. This can be done by simply stacking up bricks, taking care to stagger the joints. Use cascading plants like verbena spp, sedum spp, and fern spp. Where the soil is exceptionally dry it can be improved by digging out approximately 2' of soil. Fill the lower 4" portion with rubble and the rest of the pit with top soil & coco peat mixture.

b. To reduce the acidity in the soil, introduce ground limestone. The presence of red ants in your garden indicates increase in acidity. Another option is to grow acid loving plants.

c. It is slightly more difficult to correct chalky soils. Acidic fertilizers such as Ammonium sulphate can be used along with coco peat.

While creating your own garden selecting features for it is one of the most exciting parts of gardening. These features may range from water gardens & colourful borders to secluded corners that will delight you with a variety of fragrances year round.

Gardening in Full Sun:-

Many plants including hardy annuals, herbaceous perennials & shrubs grow well in strong sun light. Unfortunately, hot sun means dry soil, but this is not a problem.

A surprisingly large number of plants grow in these conditions. For example:-

Gardening in the Shade:-

Hardy Annuals For full Sun	Herbaccous Plants for Sunny borders	Shrubs for dry sunny soil
Zinnia elegans	Verbena spp	Acalypha
Coreopsis spp	Solidago	Nerinun
Aster spp	Coleus	Duranta
Tagetus erecta	Aerarinuns	Pampas grass
Calendula spp	Helianthus	Lernonica
Iberis spp	Reedbeckia	

A lot of gardens have partly shady areas. The cause could be large trees, walls, fences or the house itself. In fact such problem areas provide a plethora of planting options. We can broadly classify these as moist shady & dry shady areas. Several varieties of flowering as well as foliage plants grow well in these areas.

A large variety of ferns, marantas, calatheas, bamboo grass, limpatiens, begonias are readily available. For the enthusiasts we have a large choice of flowering plants: hydrangeas, Ivy geraniums, ground orchids, spathy phylum spp. An Example of a superb combination would be:-

(a) Fatsia jajponica , begonia, maiden hair furn, ground orchids planted along with hedera hehix and spider grass.

Entertaining people is an integral part of our lives and a water body definitely adds charm to our living space. It is easily possible to have a water body in your gardens with out any digging or major civil work. Room can be made on the verandah for a small water feature,

something as simple as a shallow bowl through which water can be re-circulated by a pump. We can add pebbles to beautify the bowl. If you have the area and are enthusiastic enough, excavated water bodies have a charm of their own.

These ponds can be made from stone & brick, using preformed fiberglass shells or even plastic or rubber liners, the latter are low cost, versatile and last up to 5 yrs. A little care needs to be taken while placing the liner. It should be spread on an under lay of sand/ soil to prevent the water pressure from puncturing the liner due to sharp stones. An easy formula for calculating liner would be:-

Liner width = pond W + 2ft depth + 2" overlap
Liner length = pond L + 2ft depth + 2" overlap

A selection of plants for your pond could be water lilies, lotus, hosta, hydrilla, water lettuce. Fish always add fun to water bodies. The cheapest & easiest variety is the mosquito fish commonly known as guppies. They are super efficient in keeping the water clean & free of mosquito larvae.

The Air Force gives us a good lifestyle. The pleasures that we derive from the various activities conducted for us are infinite. If we as Air Warriors families, on our own micro level keep our homes and surroundings pleasant, the world around us would certainly be a wonderful place.

So, here is to 'happy gardening' for a healthy mind, body & society.



Mrs Aditi Deo Athavale
W/o Wg Cdr A V Athavale
127 HU, AF

NEEDY FACTS

1. Ants problem – Ants hate cucumbers. Keep the skin of cucumber in places where there are a lot of ants or at the Ant hole.
2. To make the mirror shine – clean with sprite.
3. To remove chewing gum from clothes – keep the piece of cloth in the freezer for one hour.
4. To whiten white clothes – soak white clothes in hot water with a slice of lemon for 10 minutes.
5. To give a shine to your hair – add one teaspoon of vinegar to the last rinse.
6. To remove ink from clothes – put toothpaste on the ink spot generously and let it dry completely, then wash.
7. To get rid of mice and rats – sprinkle black pepper in places where you find mice and rats, they will run away.
8. To avoid smell of cabbage while cooking – keep a piece of bread in the vessel while cooking cabbage.



Mrs Shalini Sharma
W/o JWO M Kumar
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घरेलू नुस्खे

- अचार बनाते समय थोड़ा शक्कर मिलाने से अचार में फंफूदी नहीं लगती।
- सफेद कपड़ों का पीलापन दूर करने के लिए पानी में फिटकरी डालें, उससे कपड़ों का पीलापन दूर हो जाएगा।
- ऊनी कपड़ों को अखबार में सूखे नीम के पत्तों के साथ लपेट दें, जिससे कीड़े नहीं लगते।
- चाँदी के गहनों को साफ करने के लिए एक बर्तन में पानी लें, उसमें चाय पत्ती, सर्फ और गहने डालकर पांच मिनट उबालने से गहने साफ और चमकीले हो जायेंगे।
- कपड़ों पर से गोंद के दाग हटाने के लिए उस हिस्से को गर्म सिरके में भिगोएं, दाग हट जाएंगे।
- नींबू ज्यादा समय तक रखने हों तो उन पर नारियल का तेल लगाकर फ्रिज़ में खुले डिब्बे में रखें।
- पानी में नमक और केरोसिन तेल मिलाकर पोंछा लगाने से मक्खी और कीड़े नहीं आते हैं।



श्रीमती यशपाली देवी
पत्नी सार्जेंट ओ एस वर्मा
43 डब्ल्यू ई यू, वायु सेना

छोटी बातें काम की बातें

- कच्चे दूध में नींबू की कुछ बूंदे, बेसन और हल्दी मिलाकर चेहरे पर पंद्रह–बीस मिनट तक लगा रहने दें। बाद में गुनगुने पानी से धो दें, चेहरे पर नई ताज़गी आ जाएगी।
- सनबर्न से बचने के लिए शहद और नींबू का रस बराबर मात्रा में मिलाकर रोज चेहरे पर लगाएँ।
- इस्तेमाल हुए नींबू के छिलके पर चीनी डालकर थोड़ी देर के लिए छोड़ दें। इसे चेहरे पर रगड़े। यह एक अच्छा स्क्रबर है।
- टमाटर का छिलका उतारना हो तो उन्हें फ्रीज़र में रख दें। जब वे सख़्त हो जाएं तो पानी की धार के नीचे रख दें। पूरा छिलका एक ही बार में उतर जाएगा।
- सब्ज़ी की तरी गाढ़ी करने के लिए छौंक लगाते समय एक कड़छी मलाई डाल दें। उसके बाद मसाले व टमाटर का गूदा डालें। इसके बाद पानी डालें।
- भिंडी बनाते समय उसमें कुटी हुई मूंगफली डाल दें। यह स्वादिष्ट बनेगी।
- साबूदाना बनाने से पहले दूध में भिगोकर रखने से खिला–खिला बनेगा।
- शेक बनाते समय फल न हो तो किसी भी जैम के दो–तीन चम्मच डाल दें। शेक बढ़िया बनेगा।
- दही जमाते समय अगर एक चम्मच चीनी या शक्कर डाल दें तो दही मीठा रहेगा।



श्रीमती सुलेखा यादव
पत्नी कार्पोरल दिनेश कुमार
5 विंग, वायु सेना



Home Made Wrinkle Removers



Mrs Mukesh Singh
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Here are a few natural ways to get rid of wrinkles:

Honey

Honey is one of the best homemade wrinkle removers available. All you have to do is thinly spread the honey onto your face and leave it for 25-30 minutes. Wash it away with water and then gently rub an ice cube all over the face, more specifically, rub the ice cube on the places where the honey was applied. An important thing to remember before starting this home wrinkle remedy is to wash your face with warm or hot water. This allows pores in your skin to open up, thereby increasing the effectiveness of honey.

Banana

Bananas can be used to make a very effective and natural anti-wrinkle cream. Simply mash up a banana till it becomes cream like- this shouldn't take long. Once it is in a creamy form, apply it liberally to your entire face. Let it sit for 30 minutes and then rinse it away with warm water. Pat to dry your skin; don't rub it.

Pineapple

Pineapple is another great homemade wrinkle remover. Begin by cutting out the core of the pineapple. Once removed, take the core and gently rub it on your face, making sure you cover all the problem areas, around the mouth, under and around the eyes, etc. Leave the thin layer of pineapple juice on your face for about 20 minutes, and then you can wash it off with warm or cold water.

Coconut Oil

Just rub warm coconut oil on to your skin each night and continue the process for as long as you want to keep wrinkles away-that's it.

As you can see, you have plenty of options when it comes to choosing homemade wrinkles removers. Does that mean you should forsake all other anti-wrinkle cream products? Of course not, it simply means you don't have to rely completely on anti wrinkle creams sold in stores any longer.

मुझे इस जग में आ जाने दो

एक बूंद समाई गर्भ में माँ बनने का अहसास हुआ,
सोचा गूंजेगी किलकारी, घर में खुशियों का त्योहार हुआ,
मातम सा छाया तब घर में, जब पता लगा कि कन्या है।
दादी बोली हमें नहीं चाहिए, पिता की नहीं तमन्ना है।
सिर्फ लिंग जानकर दुखी हुए, क्या इतनी बदकिस्मत हूँ।
जिस नारी वंश से पिता, तूने जन्म लिया, मैं उसी वंश की फुलवारी हूँ।
माँ क्या तुम भी चाहती हो मैं मर जाऊं, इस जग में आने से पहले ?
ये पाप नहीं महापाप है, माँ, मत बनो इसके भागी,
मैं भगत सिंह, चंद्रशेखर आजाद जैसे बेटे जन सकती हूँ
मैं कल्पना, सानिया, मदर टेरेसा बनकर तेरा नाम रौशन कर सकती हूँ
मैं कर सकती हूँ वो सब कुछ, जो पुरूष आज का करता है,
खेल, विज्ञान, डॉक्टरी में भी नारी का सिक्का चलता है।
फिर दहेज खर्च से डर तुम, मुझे मारना चाहते हो।
बेटे की चाहत की खातिर, तुम बेटी की बलि चाहते हो।
मैं कली तुम्हारे आँगन की, मुझे आंगन को महकाने दो
माँ रहम करो, पिता रहम करो, मुझे इस जग में आ जाने दो।
मुझे फूल बन कर खिल जाने दो, मुझे इस जग में आ जाने दो।



श्रीमती सुमन मिश्रा
पत्नी सार्जेंट ए के मिश्रा
वायु सेना स्टेशन वेगमपेट



हमारी 'अफवा'

अफवा एक संस्था नहीं
है स्वाभिमान संगिनियों का।
सेवा सहयोग से उन्नति
है यही ध्येय हमारा।।

जब से जुड़े इस संस्था से
गा रहें हैं ये मधुर गान।
बदला है इसका सुर आज
लेकिन बदली नहीं इसकी शान।।

संगिनी के रूप में
मिली हज़ारों सखियाँ।
सुख-दुख बांटे साथ-साथ
की ढेर सारी बतियाँ।।

दिल्ली की भीड़-भाड़ हो
या हो लेह के पहाड़।
छबुआ के हो चाय बागान
या हो कोच्ची की फुहार।।

जहाँ भी जाएँ हम
पाएं संगिनियों का साथ।
पूर्व, पश्चिम, उत्तर, दक्षिण
हम चलें, डाल हाथों में हाथ।।

अफवा ऐसी एक संस्था है
जो रखती सदा हमारा ध्यान।
जीवन के हर मोड़ पर
देती है आन, बान और शान ।।

अफवा के संग पायी हमने
समृद्धि व स्वाभिमान ।
वायु शक्ति संगिनी
'अफवा' बनी रहे महान ।।



श्रीमती वर्नाली पॉल
पत्नी ग्रुप कैप्टन आशीष पॉल
वायु सेना स्टेशन चिमनी हिल्स

स्वास्थ्यप्रद दोहे

पुदीना औ इलायची लीजै दो–दो ग्राम ।
खायें उसे उवाल कर उल्टी से आराम।।

मिश्री कत्था तनिक–सा, चूसें मुँह में डाल।
मुंह में छाले हो अगर दूर होय तत्काल ।।

गाजर का रस पीजिए आवश्यकतानुसार।
सभी जगह उपलब्ध यह दूर करे अतिसार।।

रस अनार की कली का नाक में बूंद दो डाल।
खून वहे जो नाक से बंद होय तत्काल।।

भून मुनक्का शुद्ध घी, सेंधा नमक मिलाएँ।
चक्कर आना बंद हो, जो भी इसको खाये।।

मूली की शाखों का रस ले निकाल सौ ग्राम।
तीन बार दिन में पीयें पथरी से आराम।।

छिलका लेई इलायची, दो या तीन ग्राम।
सिर दर्द मुँह सूजना, लगा होय आराम।।

जहाँ कहीं भी आपको, काँटा कोई लग जाए।
दूधी पीस लगाइये काँटा बाहर आए।।



श्रीमती अर्चना ओझा
पत्नी वा.अ. एच आर ओझा
110 एच यू द्वारा **22** विंग, वायु सेना

मच्छर भगाने का देसी नुस्खा

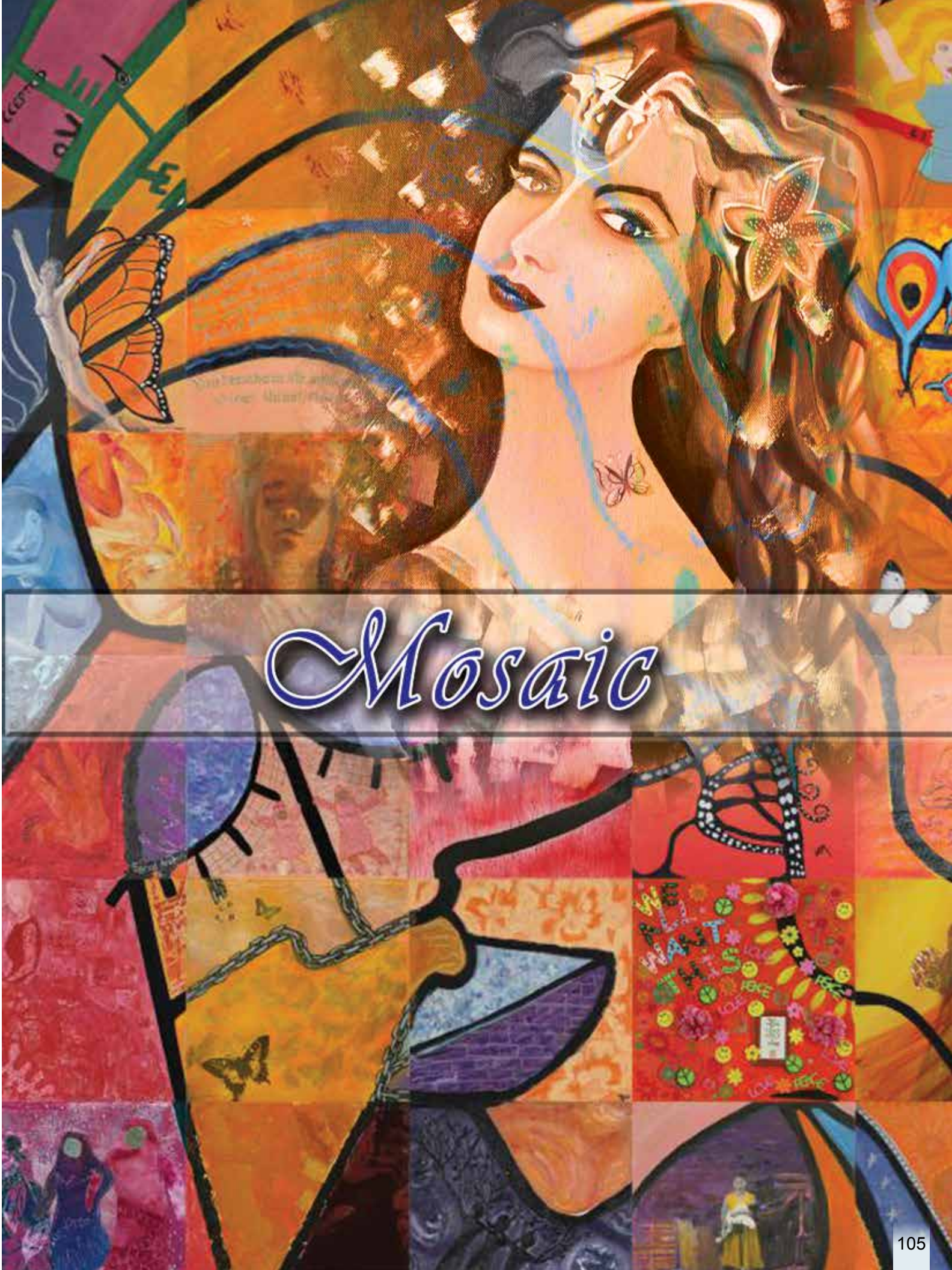
मच्छर तो आप सब को परेशान करते होंगे और आप ऑल आउट भी जलाते होंगे। जब आपके ऑल आउट की शीशी खाली हो जाये तो आप उसमें नीम का तेल और कपूर मिला कर मशीन से लगा दें। मच्छर और कीड़े नहीं आयेंगे।

अगर आप के यहां बिजली नहीं आती तो परेशान न हों। दीपक में नीम का तेल और थोड़ा सा कपूर डाल कर रूई की बत्ती बनायें और जला कर कमरे में रख लें। देसी नुस्खा अपनायें और स्वास्थ्य की रक्षा भी करें।



श्रीमती सुनीता सिंह
पत्नी विंग कमान्डर विक्रम सिंह
वायु सेना स्टेशन पोर्ट ब्लेयर




Mosaic
WE ALL WANT THIS
PEACE
PEACE
PEACE

AFWWA MEMBERSHIP
A CALL FROM WITHIN!

"Do not believe anything merely because you are told it is so, because others believe it, because it comes from tradition, or because you have imagined it. Do not believe what your teacher tells you merely out of respect. Believe, take for your doctrine, and hold true to that, which, after serious investigation, seems to you to further the welfare of all beings."

Jean Yves Leloup

There has never been a greater need for compassion and conviction towards welfare oriented roles. There is a change required in the lives of the needy, and women very often are in positions to be the harbingers of that change. Today's world is for women who will break down barriers and notions as they rise above the limits on the diverse arcades of lives they step into. They do this by playing multifaceted roles, all at a time. AFWWA truly is a celebration of this versatile, courageous and far sighted woman we call **Sangini**.

AFWWA has grown in stature and commitment to the environment over a period of time. It is now synonymous with welfare activities not only for its members and their wards but also for the weaker sections of the society. At AFWWA, we rise by nurturing our community. Under the guidance of all our Presidents, AFWWA has spread its arms to adopt various welfare ventures. AFWWA is involved in:

a. Welfare of the families of Officers, Airmen, and NCs (E) of the IAF, whether serving, retired or deceased, which is the primary objective of the Society. This includes social and medical awareness camps, vocational training classes, financial aid at the time of need, assistance in marital discord cases and provision of various facilities like beauty parlours and play schools. Our children are also exposed to various creative challenges like Declamation Contests, Summer Camps and to privileges of Scholarships.

b. Looking after the educational and medical needs of special children. AFWWA is also now focusing on their rehabilitation and job avenues so that their parents don't feel alone in worrying about their future and dependence on their siblings later.

c. Providing vocational training and employment to our sanginis, their wards and underprivileged section of our society through the initiative of GMR group of companies under CSR (Corporate Social Responsibility) activities.

At a time when AFWWA is involved in substantial social work, it becomes critical to share the growing ambit and scope so that more members stand to benefit by joining in. There has been reluctance from some of our ladies, especially working women (including women officers of IAF) , to become AFWWA members. A survey was conducted last year wherein only 11% of women officers were AFWWA members. Although opting for AFWWA membership is completely voluntary, a drive was conducted to motivate non-members informing them about the benefits offered by the organisation. It might help to remember that keeping this legacy thriving is one way to keep ourselves relevant as modern citizens and our community healthy and happy. Although it is not mandatory for its members to take on welfare activities, working women are wary of being pulled into management of AFWWA events and fear compulsory attendance. Many an AFWWA veteran in fact, would be happy to offer reassurance on how flexible, open and varied are the opportunities AFWWA offers for contributing to our common good.

As Hony Jt Secy AFWWA, I have had the opportunity of going along with President AFWWA on her visits to many AF Stns . While she overviewed welfare activities being conducted at field units, a window of experiences opened up for me. It was very heartening to see some

women officers playing double roles of an officer as well as a sangini. On one such occasion, a senior woman officer posted to a very big base was conducting us around the school in uniform as she was an education officer and a few hours later she was behind the mike in the AFWWA meeting, clad in a saree, in the role of the AFWWA secretary. My heart swelled with pride, strengthening my conviction that a determined woman is capable of multitasking and juggling tasks with the required grace and perfection. I too am proud to be an air warrior's wife and a sangini for eleven years now. I have been actively involved in AFWWA activities in the past, and believe me; no one has ever forced me to do so.

If a lady does not opt for AFWWA membership, a time might come when her husband takes over as a CO or Stn Cdr of a base and she finds herself without the basic qualification of being a member herself of an organization she will then be required to head as a President AFWWA Local. Who in that case will keep the morale and the relevance of the sanginis high? AFWWA membership is about benefits and a wholesome community life as also about an adequate grounding and preparation for leadership roles. When you are in a position to touch so many lives, giving back ceases to be a duty and becomes a privilege instead.

So, what are you thinking ladies? Don't you feel inspired to take out time for helping the causes undertaken by your own organisation? If you do, let it be through AFWWA which is a vibrant, current and sound platform that gives you an array of facilities and forums to evolve as an individual. If you wish to involve yourself in AFWWA activities, all you have to do is to join the stream. Let us make our society a better place by the voluntary and concentrated efforts of all our members. So Ladies, **wake up with determination and go to bed with satisfaction**.

I leave you with these vibrating thoughts which resonate in me and motivate me to walk that extra mile to give back to the organization that has made me what I am today.

I slept and dreamt that life was joy;
I awoke and saw that life was service;
I acted and behold, service was joy.

- Rabindranath Tagore



Wg Cdr Preeti Bahuguna
Hony Jt Secy
AFWWA



Showcase of Women Empowerment Through RD Parade

Fg Offr Nikita Tyagi
9 Wing, AF



Since the induction of women officers in the armed forces, the country has seen remarkable changes in the outlook of our society. Women officers have been working shoulder to shoulder with their male counterpart towards the collective goal of 'Mission, Integrity and Excellence' set forth in the IAF. In this era of global weaponization and display of military advancement, mere procurement of arsenal and manpower is not sufficient.

The policy of deterrence can only be effective if the adversary is awestruck by the military superiority of our nation. A formal display of such might is executed during the parade on 26 January every year. This year along with showcasing our abundant firepower and defensive artillery, the Armed forces have taken a step ahead with the decision of inducting women officers in the republic parade.

Sqn Ldr Sneha Shekhawat from the flying branch was the parade commander of the women's officers contingent. Excellence portrayed by our 'Veeranganas' Lady Air Warriors has been appreciated nationwide. These marching brave feet were a reminder to the entire world that keeping our roots in tradition, India is marching forward towards women empowerment even in the most challenging and physically enduring profession of the world.

The experience at the RD parade was a blend of hard work and adventure. We called it 'The Academy returns'. The company of course mates drove us to enjoy even the freezing weather of Delhi at 2 O'clock in the morning till 2 in the afternoon. In the throes of the winter chill, with just a single pullover on and visibility less than a meter, we practiced day in and day out for the D-Day.

To our amusement there were women officers of more than 10 years of service, some of them had children, some of them came after postponing their marriage, but these things were incomparable with the cause we had gathered for.

The practices were tiring and the short water brakes were a big relief. It was a cycle of parade sessions followed by deep sleep to rejuvenate for the next day, as if nothing else mattered more in our lives. The goal of 'Mission, Integrity, Excellence' couldn't have been more clearer than at that time. On the D-Day with josh pumping in our very soul, we marched feet forward on Raj path with our heads held high, and with us walked the admiration and the pride of a nation.



MISS THOSE DAYS

Miss those days
When I saw this world with my little eyes
The world in which, everyone looked so beautiful, so nice.

Miss those days
When I walked holding fingers,
My parents by my side.

Miss those days
When my dad used to throw me in the air and catch me,
That used to be my favourite ride.

Miss those days
When my mom used to teach me how to tie my shoe lace,
To finish our plates, we would race.

Miss those days
When playing was the only thing that came into my mind,
Those days are now so difficult to find.

Miss those days
When I never wanted to grow up,
To drink milk in a bottle was more fun than in a cup.

I still remember those days when I started going to school,
Those days spent learning swimming in the pool!
Those were the best days of my life!
And now that I have grown up,
I want to be a child again,
Dancing in the rain and acting insane.
Doing everything I used to do again and again and again!

Mrs. Namita Shroti
W/o JWO NK Shroti
AF Stn Bhuj



What Parents Should Give To Their Children

Not a car to go to and fro,
But energy to limbs for hard work.

Not a house of bricks and stones,
But a house of peace and happiness

Not money to buy the whole world,
But a character that cannot be sold.

Not education to get a line of degrees,
But teaching of worth and value.

Not pleasure for fun and frolic,
But a treasure of eternal joy.

Not wealth for name and fame,
But health to be healthy wealthy and wise.

Not a love selfish and demanding,
But a love that is ever expanding.

Not false dogmatic impositions,
But a discourse on culture and traditions.
Not a career to earn,
But a personality of will and strength.

Not a bride or bridegroom,
But a friend, philosopher and guide.

Master Amninder S Cheema
S/o WO SS Cheema
AF Stn New Delhi



An Eye Opener for all Parents



Mrs. Sugandha Lakhanpal
W/o Sqn Ldr V Lakhanpal
33 Wing, AF

Once when I was teaching in a school, I once asked my students to write an essay about what they would like God to do for them. At the end of the day while marking the essays, I read one that made me very emotional. The essay read:-

"Oh God, tonight I ask you something very special: Make me into a television. I want to take it's place.

Have my own special place, and have my family around me. To be taken seriously when I talk.

I want to be the center of attention and be heard without interruptions or questions. I want to receive the same special care that the TV receives when it is not working. Have the company of my dad when he arrives home from work, even when he is tired.

And I want my mom to want me when she is sad and upset, instead of ignoring me.

And I want my brother to fight to be with me. I want my family to just leave everything aside, every now and then, just to spend some time with me. And last, but not the least make me a TV so that I can make them all happy.

Lord I don't ask you for much. I just want to live like every TV."

My advice to every parent is, please don't let this be your child!

Quotations



Miss Konika Chaudhary
D/o Sgt Mewa Ram
54 ASP, AF

- Winners don't do different things, they do things differently.
- Though no one can go back and make a brand new start, but anyone can start now and make a brand new ending.
- When we strive to become better than we are, everything around us becomes better too.
- Enthusiasm is the element of success in everything.
- The first and most important step toward success is the feeling that we can succeed.
- To accomplish great things, we must not only act but also dream, not only plan but also believe.
- If you fail, never give up because F.A.I.L means 'First Attempt In Learning' and the end is not the end, in fact END means 'Effort Never Dies'.
- Take pride in how far you have come, have faith in how far you can go.

LIFE'S PACE

When I was a child, I often wondered:

"When will I grow up to be a teen?
Oh! Life is moving at a slow pace
Is it so only for me?"

When in my youth, I often thought:

"When will my life pick up pace?
For I have challenges to face
I want to create my own space
In this cat and mouse race."

When middle age came, I declared:

"Life is moving at a pace just right
With a loving family and a cruising career;
Then it hit me hard, midlife crisis was in
my line of sight
'This too shall pass', I waited and hoped."
It did pass and old age stared
Now at sixty, I often look back

"Oh! How life has sped away
For it was only yesterday
I celebrated my twentieth birthday!"

And grandma's oft repeated words
Ring in my ears

"Life neither moves at a slow pace
Nor at a fast pace
In every of it's different phase
Life moves at a steady pace
"One day at a time."



Mrs Padma Iyer
W/o Wg Cdr RR Iyer
33 Wing, AF



MIRACLES

What are miracles? I think at times,
When I am in my garden watching grape vines.
Do they happen often questions arise?
The answer to the question is wise.
Miracles happen as you see them
You are living on earth is a miracle itself.
From birds chirping in the morning,
Till the evening when you see them vanishing.
The sun rises every day,
Brings a smiling ray.
Miracles happen as you see them,
Every day is a joy and miracle itself.



Miss Aditi Singh
D/o Sgt AK Singh
28 ED, AF

महिला सशक्तिकरण

किसी भी समाज का स्वरूप वहाँ की महिलाओं की स्थिति एवं दशा पर निर्भर करता है। जिस समाज में महिलाओं की स्थिति सुदृढ़ और सम्मानजनक होगी, वह समाज भी सुदृढ़ और मजबूत होगा। यदि देखा जाए तो आधुनिक काल की अपेक्षा प्राचीन भारतीय समाज में महिलाओं की स्थिति अधिक दृढ़ थी, उन्हें पुरूषों के समान अधिकार प्राप्त थे तथा समस्त सामाजिक, धार्मिक कार्य-कलापो में उनकी सहभागिता अनिवार्य थी।

भारत का सामाजिक ढांचा ही महिलाओं और पुरूषों के लिए पृथक -पृथक भूमिकाओं का निर्धारण करता है, जिसके दुर्भाग्यपूर्ण परिणाम स्वरूप वर्तमान में प्रत्येक स्तर पर महिलाओं के साथ भेदभाव किया जाता है। लम्बे संघर्ष के पश्चात् भारतीय महिलाओं ने समाज में अपनी स्थिति में सुधार ला पाने और समाज में अपना कुछ स्थान बनाने में सफलता अर्जित की है।

महिला सशक्तीकरण वह बहुआयामी प्रकिया है जो कि महिलाओं में सामाजिक, आर्थिक संसाधनों पर नियंत्रण स्थापित करने की क्षमता का पर्याप्त विकास करने का प्रयत्न करती है। वर्तमान समय में सम्पूर्ण विश्व में काम के घंटों में 60 प्रतिशत से अधिक का योगदान महिलाओं का होता है। फिर भी वे मात्र एक प्रतिशत सम्पति की ही मालिक हैं।

महिला सशक्तीकरण की दिशा में ठोस प्रयास करते हुए सरकार द्वारा 1985 में महिला एवं बाल विकास विभाग की स्थापना तथा 31 जनवरी 1992 को राष्ट्रीय महिला आयोग की स्थापना की गई। 1992 से देश में अंतरराष्ट्रीय महिला दिवस मनाया जाने लगा। भारत सरकार ने वर्ष 2001 को महिला सशक्तीकरण वर्ष घोषित किया। महिला के कल्याण हेतु सरकार द्वारा अनेक योजनाएं एवं कार्यक्रम किये गये, इनमें प्रमुख हैं- महिला समृद्धि योजना, महिला सामाख्या, इंदिरा महिला योजना, बालिका समृद्धि योजना, स्वयं सिद्ध योजना आदि। कन्या आज भी अधिकांश भारतीय घरों में अनचाही संतान है।

महिला सशक्तीकरण की दिशा में किए जाने वाले प्रयासों को सफल बनाने हेतु यह आवश्यक है कि समाज महिलाओं को मात्र महिला की दृष्टि से न देखे अपितु उसे एक इंसान माने तथा महिलाएं भी स्वयं को अबला नहीं सबला समझे। इस दिशा में गैर सरकारी संगठन अधिक प्रभावशाली भूमिका निभा सकते हैं। इसके साथ ही महिलाओं की स्थिति को नीचा बनाने वाली सामाजिक परम्पराएं समाप्त की जानी चाहिए।

महिलाओं को साक्षर बनाने की दिशा में ठोस प्रयास किए जाने चाहिए, महिलाओं की गरिमा का सम्मान किया जाना चाहिए। उत्पीड़ित महिलाओं को सरकारी एवं गैर सरकारी संगठनों द्वारा पर्याप्त सहायता दी जानी चाहिए तथा महिलाओं के लिए स्वरोजगार योजनाओं आदि को पर्याप्त महत्व प्रदान किया जाना चाहिए। इसके लिए समाज को महिला सशक्तीकरण के पौधे को अपने प्रयासों रूपी जल से सींचना होगा। महिलाओं को उनकी खोई हुई प्रतिष्ठा एवं सम्मान पुनः लौटाना होगा। इन सबसे ऊपर नारी को अपने अस्तित्व, अपने "स्व" की पहचान बनानी होगी। जिस दिन ऐसा होगा उसी दिन महिला सशक्तीकरण का लक्ष्य भी प्राप्त हो जाएगा।



श्रीमती तामा देवी
पत्नी सार्जेंट पवन सिंह
28 ई डी, वायु सेना

मन के हारे हार, मन के जीते जीत

"अगर आप किसी चीज को सच्चे दिल से चाहो, तो पूरी कायनात उससे मिलाने में आपकी मदद करती है।" मैं भी इस बात में यकीन रखती हूँ कि अगर आप सचमुच कुछ करना चाहते हैं तो बस धैर्य के साथ लगातार मेहनत करते रहिए। परिस्थितियाँ आपके अनुकूल हो जाएँगी और रास्ते खुद-ब-खुद तैयार हो जाएँगे ताकि आप अपनी सफलता से मिल सकें। बस ज़रूरत है कि हमेशा याद रखें "कौन कहता है कि आसमान में सुराख नहीं हो सकता? एक पत्थर तो तबीयत से उछालो यारो।"

मुझे याद आता है वो दिन। शादी के एक वर्ष के अन्दर ही मेरी बेटी का जन्म मिलिट्री हॉस्पिटल पठानकोट में हुआ। सुबह - सुबह कमांडर राउंड पर आए तो उन्होंने मुझसे पूछा "कहाँ तक पढ़ी-लिखी हो और आगे क्या करना है?" मेरा जवाब था "अभी तो ग्रेजुएशन कर रही हूँ, उसके बाद बी.एड. करूँगी और फिर केन्द्रीय विद्यालय की शिक्षिका बन जाऊँगी। केन्द्रीय विद्यालय इसलिए क्योंकि हर एयर फोर्स स्टेशन में एक केन्द्रीय विद्यालय होता है और पति के साथ-साथ मेरा भी स्थानांतरण होता रहेगा।"

उसके ठीक एक वर्ष के बाद मेरे पुत्र का जन्म हुआ, पर जिस दिन मेरे पुत्र का जन्म हुआ उस दिन भी अपने घर से **25** किमी दूर बीकानेर जाकर " मैंने फिज़िक्स की परीक्षा दी। लोगों ने कहा ये रिस्क नहीं लेना चाहिए, कुछ हो जाता तो?" मैंने कहा, "मेरा बेटा भी अभिमन्यु की तरह गर्भ में ही फिज़िक्स पढ़ लेगा।"

जरूरत यह है कि हम सकारात्मक सोच रखें और हमेशा ये सोचें कि जो होता है अच्छे के लिए होता है। सब ने कहा, अभी खुद बच्ची है, ऊपर से शादी के दो वर्ष के अंदर दो-दो बच्चे हो गए, कैसे संभालेगी पर मुझे तो अपना लक्ष्य पूरा करना था।

लोग कहते हैं कि हर सफल व्यक्ति के पीछे एक औरत का हाथ होता है। मेरे साथ स्थिति दूसरी थी। मेरी सफलता से मुझे मिलवाने के लिए मेरे पति ने मेरा साथ दिया और हर वक्त साथ खड़े रहे।

मुझे लगता है कि वायु सेना एक परिवार की तरह है। जब लोग यह देखते हैं कि आप सचमुच में कुछ पाने की कोशिश कर रहे हैं तो हर कोई आपकी मदद के लिए तैयार हो जाता है। मैं इग्नू से ग्रेजुएशन कर रही थी । बहुत सारे पेपर्स थे, असाइन्मेन्ट थे, प्रोजेक्ट था और प्रैक्टिकल थे। इन सब के लिए मुझे वक्त की जरूरत थी।

मेरे पड़ोसियों और पति के सेक्शन के लोगों की मदद को मैं भूल नहीं सकती। परीक्षा देने जाती तो कोई बच्ची को संभाल लेता तो कोई खाना बना देता।

ग्रेजुएशन फर्स्ट डिविज़न से पास करने के बाद अब बारी बी.एड. की थी। बीकानेर राजस्थान की बी.एड. प्रवेश परीक्षा का नियम यह था कि **95%** सीटें राजस्थानियों के लिये रिज़र्व रहेंगी, बाकी की **5%** सीटों में बाहर वालों का प्रवेश हो सकता है, बशर्ते वो राजस्थानी उम्मीदवार से ज्यादा अंक लाएं। मेरी सफलता का रास्ता बी.एड. के बिना पूरा नहीं हो पाता और इसके लिए कड़ी मेहनत की जरूरत थी। ढाई लाख विद्यार्थी प्रवेश परीक्षा दे रहे थे और सीट हजार में थी। तीन वर्ष की बेटी और दो वर्ष के बेटे के साथ मैं तैयारी में जुट गई। बच्चों के सोने के बाद रात भर पढ़ती। बच्चे सामने खेलते और मैं पढ़ती रहती। आखिर अच्छे रैंक के साथ मुझे सफलता मिली और दिल्ली के पास अलवर में मुझे प्रवेश मिला क्योंकि अब पति की पोस्टिंग दिल्ली हो गई थी। यहाँ फिर प्रिंसिपल ने मदद का हाथ बढ़ाया और बच्चों को कॉलेज ले कर आने की आज्ञा दी। वहाँ की आया बच्चों को संभालती और मैं पढ़ाई करती।

मुझे इंटरव्यू से बहुत डर लगता था। बी.एड. अच्छे अंको से पास करने के बाद अपने इंटरव्यू के डर को निकालने के लिए मैंने खूब सारे इंटरव्यू देने की सोची। हर बुधवार को टाइम्स ऑफ इंडिया के टाइम्स एसेन्ट पृष्ठ से एक स्कूल चुनती और रविवार को इंटरव्यू देने पहुँच जाती। बच्चे विद्यालय के पार्क में खेलते और मैं इंटरव्यू देती। उससे फायदा यह हुआ कि जब मैंने एयरफोर्स स्कूल का इंटरव्यू दिया, मैं आत्मविश्वास से भरी हुई थी। एयरफोर्स स्कूल में काम करते-करते मैंने केन्द्रीय विद्यालय का फॉर्म भरा। लिखित परीक्षा और इंटरव्यू के बाद में मेरा चयन हो गया। इसमें बी.एड. की प्रवेश परीक्षा के समय की तैयारी और एयरफोर्स स्कूल के अनुभव ने बहुत सहयोग किया।

मैंने जो चाहा वो पाया। आत्मनिर्भर होने की खुशी ही अलग होती है। अक्सर महिलाओं को ये कहते सुनती हूँ कि शादी और बच्चों के बाद अपनी पढ़ाई नहीं हो पाती है। अपने लिए समय नहीं मिलता। आपके सारे सपने पूरे हो सकते हैं, बस पक्का इरादा चाहिए। मैरी कॉम ने दो छोटे बच्चों के साथ बॉक्सिंग में मेडल्स जीते।

पक्का इरादा करो, पूरे धैर्य के साथ लगातार मेहनत करो, लक्ष्य जरूर मिलेगा। सफलता झक मार कर आपके पीछे आयेगी।



श्रीमती कविता मयंकर
पत्नी सार्जेंट मयंकर
33 विंग, वायु सेना

Be Creative, Accept Change and Go on



We generally understand creativity as the ability to create something unique. It is often taken in the context of art and literature. An artist expresses his creativity through colours, as a writer does through his words, a musician with his instruments and musical notes. But creativity is more than that. It can also mean re-creating our own life.

In life, every moment changes colours. Everyone lives through different phases of life which are constantly changing. The ability to deal with these changes skillfully is called creativity. A creative person thinks out of the box and finds solutions to problems which may sometime involve risks, requiring him to be courageous. When one takes risk, leaves the comfort of his home and goes into the wild world, it leads to a wonderful discovery of one's own self. As children, we find life free from responsibilities, as we grow older, we adapt our behavior as per the social norms. Eventually we get programmed to behave in a certain way.

Every aspect of life requires us to be creative. When circumstances change, we should be able to cope with it. Many people find themselves unable to accept the changed circumstances. They need to understand that once an event has occurred, it is entirely up to them to choose the way they accept it and move forward. When we resist change, we stagnate.

Conditions for creativity are to concentrate, to accept conflict and tension, to feel a sense of self worth. Creativity, in the context of interaction with other people, is one of the most crucial life skills a human being can develop. However, people focus on it the least. Instead they choose to concentrate on developing academic skills and general knowledge.

There are several instances of people who 're-created' their life like Sunil Mittal, Azim Premji, Narendra Modi, Shahrukh Khan, Amitabh Bachan, Steve Jobs, Mary Kom etc. They make remarkable examples of creativity.

So what is it that prevents us from accepting change? Our fear of failure because we always underestimate our ability to learn new things. How would we ever know if we are good or bad at something unless we try doing it? The right question for those who always think of getting everything perfect in life is "How perfect am I?"

The pace at which a person accepts changes and moves on shows true creativity. So re-creating one's own life is the highest form of creativity because the future doesn't just happen. It has to be created each day with hope, prayers, patience, diligence and hard work.



Mrs. Naushaba Parveen
W/o Sgt MZ Hussain
5 Wing, AF



Tender Transition

The one and only constant thing in the world is 'change' and how to adapt to the transition is progressive education.

Ever growing awareness of humanity has further been enhanced by technological advancements. A click on your smart phone will give you information on any topic that you can imagine, so accessibility of information is no more an issue.

The present world is changing rapidly, whether it is technology, social environment or professional aspects. However one constant transition which all of us have seen and gone through and which is inevitable is transition from childhood to adulthood. Transition in particular is in one's own body that are pubertal and biological changes. The changes in the sex organs play a major role in adolescence; hence sex education plays a vital role at the onset of puberty. We as parents have a daunting task in front of us to make this transition easy for our kids.

Mere schooling, meeting their daily expenses or planning their future is not the only responsibility. The biggest challenge is to transfer the loads of information and experience that we have. This task forces us to put on our thinking caps and therefore we have three major questions staring into our eyes.



Why is sex education required? Who will break the ice? How to go about it?

Firstly the outbreak of AIDS, overpopulation and teenage crimes have given a sense of urgency to sex education. It's an awareness of one's own body and a journey to a happy and healthy adulthood.

Secondly, it's you who will have to break the ice. However, amongst the parents, the initial conversation may be taken on by the parent to whom the kid is closer, understands and listens to. Instead of teaching socially, ethically or morally, there should be a scientific approach to the topic. It's important to give our kids truthful, useful and accurate information relating to human sexuality, sexual anatomy, reproduction, birth control and sexually transmitted diseases (STD).

Lastly, it's best to start talking about sexuality before the onset of puberty. Children are curious about their bodies. Their curiosity creates a natural opportunity to bring up the conversation. You can start by teaching them the name of body parts. Every day life provides enough opportunities for taking up this topic e.g. while watching TV, these teachable moments occur everyday and can help make the conversation easier and more natural.

This timely and correct sex education will not only shape up a strong foundation to adulthood but also strengthen the bond between the parents and the child.

Mrs. Jyoti Johri
W/o Sqn Ldr Y Johri
20 Sqn, AF





Why Not A GIRL?

People pray for a boy, not for a girl.

They desire a boy, not a girl.

Blessings of elders are for a male,
not for a female.

They have to have a boy, not a girl.

But to have plenty of wealth,

They pray to Goddess Lakshmi.

In their need for courage,

They go to Goddess Durga,

In their need for education,

They call upon Goddess Saraswati.

Now tell me then, why do they hesitate,

To have a Devi in the family.



Mrs Pratima Singh
W/o JWO R Singh
AF Station Jalahalli

Something to Remember About

I don't want to be remembered as:

The girl who was good or bad at sports;

The girl who was physically strong or weak;

The girl who was good or bad looking;

The girl who was talented in one thing, but definitely not in the other.

The girl who was smart or dumb or even worse an average.

I want to be remembered for the love I gave;

For the friendships I made;

For the caring and compassion that I showered on others;

For the happiness that never seemed to go away;

Which I shared with every person that I possibly could;

and for the faith and hope that never died inside.

In spite of lots of odds;

I want to be remembered for not losing my self confidence;

For the strength and bravery;

that I showed in various fields.



Mrs. Savita Yadav
W/o NC(E) SP Singh
54 ASP, AF

अपना अनुभव

श्रीमती नित्या पवाँर
पत्नी व.अ. प्रवीन कुमार
7 सी/एम यू, वायु सेना



1987, 30 जून को मेरा विवाह कार्पोरल पी कुमार से हुआ।

06 जुलाई को मैं इनके साथ तेजपुर (असम) आई। जैसे ही मैं तेजपुर स्टेशन पर उतरी, वहाँ पर सेना का ट्रक खड़ा था और हम लोग उससे एयर फोर्स स्टेशन में आये।

जब गार्डरूम में आये तो जो हम टी वी में देखा करते थे, वैसा ही ट्रक वहाँ रूका, पूरी जाँच पड़ताल के बाद ही हम लोग कैंप में आये। मैं हैरान-सी सिर्फ देख रही थी। जैसे ही क्वार्टर में पहुँची, पड़ोसी चाय बना कर ले आये और फिर खाना बनाकर ले आये।

कम से कम **15** दिन तक हमलोग किसी न किसी के घर खाना खाते रहे। जो चीज़ मैंने कभी सिविल में नहीं देखी, वो यहां आकर देखने को मिली। इतना अनुशासन, इतने नियम, कानून सभी देखने को मिले। पड़ोस में असम, बिहार, यू.पी सभी जगह के लोग थे। सब ने अच्छा स्वागत किया।

फिर महीने में अफवा मीटिंग हुई। मुझे बुलाने के लिये सभी महिलायें आई। मैंने पूछा तो उन्होंने बताया कि अफवा क्या है और यहां क्या-क्या होता है। मैं बहुत उत्सुक थी अफवा मीटिंग में जाने के लिये। जब मैं वहाँ गई, तो मैं बहुत आनंदित हुई।

मैंने जाना कि अफवा हम संगिनियों की किस तरह से सहायता करती है। कैम्प के अन्दर टेलरिंग कक्षा, पेंटिग कक्षा, सॉफ्ट टॉयज़, कढ़ाई, बेकरी, पार्लर, संगणक कक्षा, स्पोकन इंग्लिश कक्षा सभी चल रहीं थीं। फिर मैंने धीरे-धीरे हर स्टेशन में ये सभी कोर्स पूरे किये।

मैं एक ऐसे गाँव से आई थी जहां लड़कियों को आजादी नहीं थी। एक एयरमैन से शादी कर के मेरी तो पूरी ज़िंदगी ही बदल गई। हर जगह घूमना-फिरना, हर राज्य के बारे में देखना, उसे जानना और हर राज्य के लोगों का रहन-सहन जो कि कभी मैंने किताबों में ही पढ़ा था, उन्हें वास्तविक रूप में देखा।

मैं एयरमैन से शादी कर के अपने आप को गर्वान्वित महसूस कर रही थी। एक दम सुरक्षित सर्विस मैंने देखी, रात को **12** बजे भी हम लोग घूमने के लिये निकल जाते हैं, कोई प्रदूषण नहीं है और हां, सबसे बड़ी उपलब्धि - मेरे दोनों बच्चे केन्द्रीय विद्यालय से पढ कर इंजीनियर बन गए।

हम लोगों का मुफ्त मेडिकल चेक अप होता है जिससे हमारे शरीर में कोई भी कमी हो तो पता चल जाता है। इतनी साफ-सफाई, अच्छा इलाज और सुविधा सिविल में मुझे कहीं देखने को नहीं मिली।

मुझे इस सर्विस ने इतना कुछ दिया है कि मैं उसे शब्दों में बयान नहीं कर पाऊंगी। अब सिर्फ **4** साल सर्विस और बची है पर मुझे अभी से ही ये चिंता है कि मैं और मेरे बच्चे सिविल में जा कर कैसे निभा पायेंगे। मैं इस सर्विस को सेल्यूट करती हूं जिसने मेरी और मेरे बच्चों की जिंदगी को एकदम ही बदल कर रख दिया और वो सब कुछ दिया जिसकी मैंने कभी कल्पना भी नहीं की थी।



अफवा की देन

पहले थे अनाड़ी, अव होशियार हो गए हैं
अफवा की देन है, असरदार हो गए हैं।

पहले थे शर्मीले, चलते थे शरमा कर
अफवा से जुड़ कर, शर्म हो गयी छूमन्तर
कमानी थे पहले, अव लोचदार हो गए हैं
अफवा की देन है, असरदार हो गए हैं।

अफवा मीटिंग के स्नैक्स होते हैं टेस्टी
कभी गुलाव जामुन, कभी समोसा और कभी पेस्ट्री
हम ऐसे नहीं फेंक रहे हैं, सेहत मेरी देख रहे हैं?
पहले थे छुआरा, अव अनार हो गए हैं
अफवा की देन है, असरदार हो गए हैं।

महीने में एक वार ज़रूर मिलते हैं
हम सवके चेहरे खूव खिलते हैं
न पति की फिक्र होती है, न वेटी की चिन्ता
अव अपने भी दिन गुलज़ार हो गए हैं
अफवा की देन है, असरदार हो गए हैं।

अफवा मीटिंग है, ज्ञानवर्द्धन का साधन
कभी होता है भाषण, कभी डान्स कॉम्पीटीशन
हर रोज सीखते हैं, नया नया लेसन
कोई जीत कर हार जाता है, कोई हार कर जीत जाता है
अव तो हार–जीत के अर्थ शानदार हो गए हैं
अफवा की देन है, असरदार हो गए हैं।

अव आप भी संगिनियाँ आएं, अफवा से जुड़ जाएं
जीवन को अपने सुखमय वनाएं
जिसने भी जोड़ा है अफवा से रिश्ता
सपने उसके सारे, साकार हो गए हैं
अफवा की देन है, असरदार हो गए हैं।



श्रीमती सीमा तिवारी
पति सार्जेन्ट अरविन्द कुमार तिवारी
11 टेक, वायु सेना

मंत्रालय

सास ने नई - नवेली वहू को घर की
व्यवस्था समझाते हुए कहा।

देखो मैं इस घर की गृहमंत्री हूँ,
लेकिन साथ ही वित्त मंत्रालय भी संभालती हूँ।
तुम्हारे ससुर घर के विदेशमंत्री हैं।

मेरा वेटा और तुम्हारा पति आपूर्ति मंत्री है,
एवं मेरी वेटी और तुम्हारी ननद योजना मंत्री है।
अव तुम ही वताओ, तुम कौन सा विभाग लेना पसंद करोगी ?

वहू ने मुस्कराते हुए तपाक् से जवाव दिया
जी, मैं तो विपक्ष में वैठूंगी।



श्रीमती कंचन माला
पत्नी जू वा अ प्रमोद कुमार
5 वी आर डी, वायु सेना





Teach Them To Say 'NO'

Empower your child against sexual abuse,……..

'No' is a powerful word. In most circumstances, however, it's not considered polite, and therefore children are often told by their elders to refrain from saying the word when asked to do something. Having said that, as a parent, it's time we start looking at the prism from a different angle and understand that teaching our child to say 'no' can protect her or him from a possible predator (read child sex abuser)

Child sex abuse is scarily common in India. A study by the Ministry of Women and Child Development found that 53 percent children in India have been victims of sexual abuse. What's worse the perpetrator is usually someone known to the family - a relative, neighbour, or family friend- who the child trusts. In that horrifying instant how does the child react to the advances of a person she or he has been taught all along to respect? Counselors' and other experts therefore advice parents to teach the golden rule of 'No-Go-tell'. Expanding it, if a person tries to invade one's personal space and makes one uncomfortable, say 'no' firmly. And to add to that if the abuser does not stop then she should 'go' and 'tell' an adult. It's important to emphasize without confusing the child, that she or he should respect their elders but if anyone be it anyone, tries to do something that makes them uncomfortable it's ok to say 'no'.

It' is also important to teach a child the difference between a 'good touch' and a 'bad touch'. A warm embrace, handshake, or a parent changing a baby's diaper are 'good touch'; hitting, or someone touching your private parts is 'bad touch'. Dr. Sangeeta Saxena of Enfold, a Bangalore based NGO which has designed workbooks for school children to protect themselves against abuse, says that a simple exercise that ought to be practiced is, when you teach body parts to a child, go all the way to their genitalia. "You don't have to teach them the name of genital organs but name something like 'potty tract'. Also, we should stop saying 'shame' if the child is nude, instead say 'put your clothes on'" Saxena, a gynecologist, advises. The aim behind these practices is to dissociate shame from a child's mind. According to experts shame can make a child believe that she is somehow to be blamed for what is happening to her, and therefore keeps the incident to herself thus letting the abuse go on.

For most parents the question on their mind is, as to when is their child ready for such conversation. The answer is: as early as you can. Pick up any newspaper and incidents of sexual abuse on children as young as four, or even lower, is not uncommon to read. A conscious and aware child is an empowered one and once your child's social space starts getting bigger- with school, the playground, dance and art classes, swimming, tell them that their interaction with adults will get more. Initiate the conversation slowly and be prepared for questions which must be answered.

I remember an ad campaign against child abuse. It had a seven- year-old boy playing dumb charades with his parents. As his enthusiastic parents kept guessing his hand gestures, the little boy told them how an 'uncle' often took him aside and asked him to pull down his pants. In less than three minutes the video shakes the viewer from his comfort zone and touches upon many unsaid things: how we ignore certain signs, or simply hear our kids, not listen. As parents therefore we must learn to listen to the little things that our little ones have to say, for hidden between the lines may be something big and gruesome.





Mrs Azera Praveen Rehman
W/o Sqn Ldr Rashikur Rahman
49 Sqn, AF



Average Children

Most of us are teachers at various places handling children of various age groups and those of us who are not teachers deal with them at home which is a greater responsibility, as mothers. We are also all aware of one small little fact that: 'All children are not alike'. They are different and so are their needs. Some are really quick, bright as we say, some children take more time and there are others who are classified as 'average children'.

In a class if there are 10% toppers; then there are another 10% who are slow learners: we are sympathetic towards them and emphasis is put on such children by the school to avoid embarrassment. However there are a huge group of students whom we tend to neglect. These children are neither very smart to be remembered often nor very problematic, so the teacher tends to forget them. They are generally silent, obedient and good natured children.

They possess all the qualities of 'a good child' but still they do not excel at school. As teachers it is our fault for not bothering to find out what they lack or provide them the kind of assistance they need to do better. We need to move them from their comfort zone to where they ought to be. If we take up this challenge, we can do miracles. All we need to do is observe the attributes of such children:

1. Generally they are quiet; they don't volunteer to perform tasks.
2. They are not very confident.
3. They do not take up responsibilities.
4. They are generally obedient and well mannered.

How can we help them? Here are some tips to help them rise from being average children to students with greater potential. Research says that language skills have a direct connection with a child's IQ. As per the child's age, work on improving their language skills. Speak a lot to them about any topic, encourage them to listen to stories, to speak, to read and write. When you speak to them try to:

a) Make it a conversation, rather than a one way talk.

b) Ask them why? or how? questions - thereby encouraging them to think freely and express their views.

c) Encourage open ended play- where they take their own decisions, less of controlled play.

d) Praise efforts instead of accomplishments.

e) Give small responsibilities. List out 10 small responsibilities in class and on rotation give everyone a chance to do some duty as per their ability. Make them feel important. Also make it a point to display their names while they are carrying out their duties.

f) Find out and nurture their interests.

g) Be optimistic. Focus on the glass half full feeling that the child has got lot of skills. Never give up.

h) Let him make choices and decisions. Give them the opportunity to think and take rational decisions. Don't make them followers.

j) Never label them as shy, nervous etc directly or in a conversation in their presence. This will only discourage them.

k) Do not compare. We as teachers and parents tend to compare our students /children with each other. Remember, even we don't like to be compared with others.

l) Do not over protect them or help them in performing easy tasks, they take it as a cue to their inability. Let them take their own time, let them make mistakes and learn from their mistakes.

m) Students inner sense of efficacy-(individual's belief in their capability to exert control over aspects of their lives) for performing well can motivate them to act in ways that enhance

performance. Make them believe in hard work rather than simple luck.

n) Make them feel that they are being cared for by giving constructive feedback on their performances. Never forget to appreciate them for their efforts.

o) Do what you want them to do, hold their hand and move forward with them, give them the confidence.

p) Remember, we are role models, we are not just teaching them subjects, but life's lessons. Keep it in mind that there are 30 pairs of eyes and ears keenly observing and listening to you, ready to follow you. So, be what you want them to be.

q) And lastly we must build confidence in them that we care not just about achievements, but efforts and understanding, attitudes and their holistic development.

All 'average children' want is someone to stand by their side and give them the confidence and strength to make them do wonders. These are children with a lot of potential. The onus is on teachers to provide them with a safe, caring and an open-minded environment for them to express themselves.



Mrs Saritha Nair
Principal
Air Force School Akkulam SAC
W/o Wg Cdr DG Nair
HQ SAC, AF



स्वच्छ भारत

वापू के सपने को हम सब
मिल साकार करा देंगे
भारत के कोने कोने में
सावरमती बना देंगे ।

कर्मभूमि हो निर्मल सबकी
घर-घर में उजियारा हो
गली मुहल्ला साफ रहे और
भारत सबसे न्यारा हो ।

गांव-गांव और गली-गली में
जाकर अलख जगाना है ।
स्वच्छ भारत अभियान चलाकर
निर्मल देश बनाना है ।

सोच बदल दो और ठान लो
घर-घर में शौचालय हो
दसों दिशाएं रहें सुगंधित
जैसे कि देवालय हो ।

ताल तलैया नदी समुन्दर
सबको स्वच्छ बनाएंगे
जहां कहीं हो ऊसर मिट्टी
उपवन वहीं लगाएंगे ।

झीलों को अब मानसरोवर
जैसा हमें बनाना है ।
जिन झीलों में रहती कीचड़
वहां कमल खिलाना है।

गोमुख से गंगासागर तक
निर्मल नीर बढ़ाएंगे
शेष सभी नदियों के जल भी
गंगामय हो जांएगें ।

सदा स्वच्छ हो वायु मंडल
जल संसाधन निर्मल हों ।
स्टेशन या रेल सवारी
हर उद्यान में जगमग हो ।

अब लगता है रैन बसेरों
के भी दिन फिर जाएंगे
शहरों से निकले नाले भी
स्वच्छ नीर भर लाएंगे।

हर विद्यालय, अस्पताल में
नया सवेरा उज्ज्वल हो ।
मंदिर, मस्जिद, गुरूद्वारा और
गिरजा मरघट निर्मल हो ।

जहां कहीं भी मिले गंदगी
हंसकर उसे उठाना है
और को भी मना करेंगे
तभी गंदगी ने जाना है।

पंचवटी और वृंदावन अब
यहीं कहीं मिल जाएंगे
पर्वत-पर्वत शिवशंकर को
हम कैलाश दिखाएंगे ।

नदी झील और सागर तट पर
चमन कई विकसित होंगे
वहां वहां वापू के नियम
नित्य नये निर्मित होंगे ।

भुजा करोड़ों जिन कामों में
एक साथ मिल जाएंगे
इस धरती पर स्वर्ग से सुन्दर
हम वैकुण्ठ बनांएगे ।

स्वच्छ स्वस्थ भारत वापू को
अति शीघ्र दिखला देंगे ।
भारत के कोने कोने में
सावरमती बना देंगे । ।

वा अ के एन पी सिंह
12 टेट्रा स्कूल, वायु सेना



समय

मैं समय हूँ। कभी खुद के लिए भी नहीं रूका। चलना मेरी नियति स्व प्रकृति है। मैं न अच्छा हूँ न बुरा। मैं तो मात्र साक्षी हूँ उन अच्छाइयों व बुराइयों का जो मानव, मानव के प्रति सदियों से करता रहा है और शायद करता रहेगा।

हमेशा से ही मानव अपने लालच और स्वार्थ के लिए दूसरे कमज़ोर पर जुल्म करता है और कहता है कि समय खराब चल रहा है। मैं जब खुद के बारे में कोई राय नहीं रखता तो तुम कौन होते हो मुझे अच्छा या बुरा कहने वाले ?

मैं तो सदैव साये की तरह तुम्हारे साथ ही रहूंगा। मैं देख नहीं सकता, सुन तो सकता हूँ। महाभारत काल में मैं कौरव पाण्डव के साथ भी था। आज भी तुम्हारे साथ हूँ और तुम रहो या न रहो, मगर मैं कल भी रहूंगा। हमेशा से सब कुछ सहना मेरी नियति रही है। सो मैं लाचार, दुःखी हो सकता हूँ मगर आंसू नहीं बहा सकता।

तुम्हारा हर झगड़ा तुम्हारे घर का मामला होता है किन्तु उसका शिकार तो कोई मानव या प्राणी ही बनता है। इसलिए आज फिर चेतावनी दे रहा हूँ कि हर प्राणी को जीने का हक है, उड़ने की चाह है। सभी को अपने सपने बुनने दें। उन्हें पूरा करने दें। वरना, याद रहे मैं चक्र भी हूँ तो चक्रव्यूह भी हूँ।



श्रीमती प्रतिभा शर्मा
पत्नी वा. अ. उदयन शर्मा
वायु सेना स्टेशन पुणे

एक पैगाम मेरे दिल का मेरे नाम

आज सुबह मेरे पास,
मेरे दिल का फोन आया।
कहने लगा,
बॉस मेरे सरकार,
मै तुम्हारे लिए बिना रुके,
चौबीस घंटे चलता हूँ।
परन्तु तुम मेरे लिए,
एक घंटा भी नहीं चलते
ऐसा कब तक चलेगा ?
अगर मैं रुक गया, तो तुम तो गये,
और अगर तुम रुके, तो मैं गया
क्यों न ऐसा करें कि,
साथ–साथ चलें और साथ–साथ रुकें,
जीवन भर मेरे सरकार।
अभी भी वक्त है।
कल से तुम सिर्फ एक घंटा मेरे लिए चलो,
मेरा वादा है कि मैं बिना किसी रुकावट के,
24 घंटे चलता रहूँगा।
भवदीय
तुम्हारा अपना दिल



कुमारी अरुषी दयाल
पुत्री विंग कमांडर अमूल्य दयाल
759 एस. यू.,वायु सेना



Ten Steps to Ease Stress Out of Your Life

Master Md Arshad Ahmad
S/o Sgt S Ahmad
118 HU, AF



All human beings worry sometime or the other. The following ten steps can help you keep your worries at bay.

Step 1: Never worry alone: Talk to someone about your problems. This will help you put your problems in proper perspective.

Step 2: Get the facts: Find out if your worry has any basis. Write down what is worrying you, it will help you isolate and identify the problem.

Step 3: Take action: Don't waste your time or energy worrying. Try to confront and resolve your problems. Avoid difficulties that creates more stress in the long run.

Step 4: Take care of your body: Exercise daily, eat healthy food and get enough sleep, because exercising will help relax your muscles. Taking care of your body physically will not only help reduce tension, but also give you more energy to deal with the problem.

Step 5: Live for the moment: Don't worry about what will happen in the future or about what happened in the past. Focus instead specifically on the present.

Step 6: Be positive: Always focus on the positive side of things instead of brooding on negative things. Develop a sense of humor.

Step 7: Set aside a worry period of about 30 minutes to think about your problems, arrive at solutions and ease your tensions.

Step 8: Remain busy: Plenty of action is a cure for worry. Keeping yourself busy eliminates negative thoughts from your mind.

Step 9: Avoid self-medication: Do not resort to taking unnecessary drugs or alcohol. Seek professional help, if needed.

Step 10: Finally count your blessings: Whenever your worries make you feel low, think about these blessings. You will start feeling better.

Life of an Air Force Wife

Mrs. Mamta Singh
President AFWWA (L)
505 SU, AF



Different as the hues of a rainbow,
Varied as the notes of a song,
United as the petals of a beautiful flower
Indeed, the wives in the Air Force are
"A rich mosaic of women power."

We set an example,
We feel the essence of life,
We feel the pride of being
An Air Force wife.

It takes a big heart and a strong mind
To mould yourself in the Air Force life
We see the ups and we see the downs
But we closely know what life is all about.

We meet a variety of people
And make some best of friends
We share together fasts and festivals
And hope it never ends.

We make a home away from home,
And stay together like a family
Where everyone is welcomed
And farewells are bid sadly.

Separations are a part of our life,
But we take it with a smile,
For that makes a couple grow closer
As our love crosses over many miles.

It makes the trust grow deeper,
It increases our faith in each other.
It makes the bond of relations stronger
And we understand the value of being together.

Life in the Air Force has so much to give
The friends, the pleasures and the best way to live
There is so much to learn and so much to know
Life in the Air Force has beautiful colours to show.

The mountains, the hills
The snow and the greens
The deserts and the seas
The beauty of nature
That we would otherwise,
Perhaps, never see.

We the Air Force wives,
Will always stand with pride,
As we move ahead and along,
With our selfless men in uniform.

We are always there to support them
And we hope that they all know
That in our heart we feel the pride
of being the "VAYU SENA BRIDE".

CAN YOU GUESS ?

Can you guess how much time it will take for these things to bio-degrade?

1.	Banana peel	:	3-4 Weeks
2.	Paper bag	:	1 month
3.	Cotton bag	:	5 months
4.	Woollens	:	1 year
5.	Wood	:	10-15 years
6.	Leather shoe	:	40-50 years
7.	Tin Can	:	50-100 years
8.	Aluminium Can	:	200-500 years
9.	Glass bottle	:	unknown



Master Kritein Gandotra
S/o Gp Capt AK Gandotra VM
4 TAC, AF

कुल्हाड़ी की धार

एक बार लकड़ी काटने में माहिर एक आदमी लकड़ी के व्यापारी के यहाँ काम की तलाश में गया। उसे वहाँ पेड़ काटने की नौकरी मिल गयी। तनख्वाह तो अच्छी थी लेकिन काम भी कठिन था। इस वजह से उसने खूब मेहनत से काम करने का निश्चय किया। उसके मालिक ने उसे एक कुल्हाड़ी दी और काम समझा दिया। पहले ही दिन लकड़हारे ने 18 पेड़ काट दिये। उसके मालिक ने शाबाशी दी और कहा कि ऐसे ही मन लगाकर काम करो। मालिक के प्रोत्साहन से प्रेरित होकर वह अगले दिन सिर्फ 15 पेड़ ही काट पाया। तीसरे दिन उसने और अधिक मेहनत की, लेकिन सिर्फ 10 पेड़ ही काट पाया। इस प्रकार दिन–प्रतिदिन उसके द्वारा काटे जाने वाले पेड़ों की संख्या कम होती जा रही थी, उसे लगने लगा कि वह अपनी ताकत खोता जा रहा है। वह अपने मालिक के पास जाकर माफी माँगते हुए बोला कि "मैं समझ नहीं पा रहा हूँ कि मुझे क्या हो गया है" मालिक ने पूछा कि अंतिम बार अपनी कुल्हाड़ी को कब धार दिया था, उसने बताया कि धार लगाने का मेरे पास समय ही कहाँ है, मैं तो पेड़ काटने में ही व्यस्त रहता हूँ।

हमारी जिन्दगी भी कुछ इसी प्रकार है। हम कभी–कभी इतने व्यस्त हो जाते हैं कि अपनी कुल्हाड़ी में धार लगाने के लिए समय नहीं निकाल पाते हैं।

आज के समय में ऐसा लगता है कि हर कोई पहले से ज्यादा व्यस्त हो गया है किन्तु पहले जितना खुश नहीं है । ऐसा क्यों हो रहा है ? शायद इसलिए कि हम स्वयं को धारदार रखना भूल गये हैं। कठिन परिश्रम एवं व्यस्त जीवन में कोई बुराई नहीं है, लेकिन हमें इतना व्यस्त नहीं हो जाना चाहिए कि जिन्दगी की अत्यन्त अहम चीजों को अनदेखा करने लगें। जैसे अपनी व्यक्तिगत जिन्दगी, अपने परिवार को समय देना और अध्ययन आदि के लिए समय निकालना। हमें सबको समय देना चाहिए, आराम के लिए, और ध्यान चिन्तन के लिए, विकास करने के लिए। अगर हम कुल्हाड़ी में धार लगाने के लिए समय नहीं निकालेंगे तो सुस्त पड़ते जायेंगे, अपना प्रभाव खो बैठेंगे।

श्रीमती विष्णु कुमारी पाण्डेय
पत्नी जु. वा. अ. ओ पाण्डेय
38 विंग, वायु सेना



LIFE FORCE

Dear friends,
Remember, God is not unjust !
When I asked for strength
God gave me
Difficulties to make me strong
When I asked for wisdom
God gave me
Problems to solve
When I asked for prosperity
God gave me
Brain to work
When I asked for courage
God gave me
Danger to overcome
When I asked for favors
God gave me
Opportunities
And though I received nothing I wanted
I received everything I needed

So when it seems you have lost the battle of life, when you feel distressed even amongst your loved ones, when all your strength and determination seems to fade away in the horizon, when you repent over the loss of your most precious gift in life through no fault of yours, remember one thing, nothing is constant and permanent in this world. Neither time nor life, neither the solution nor the problem, neither success nor failure.

Do not lose hope, have faith in life and create a power of positive thinking. One day, these positive vibrations will attract and attach new strings in your life. These strings will create and bring harmony and music in your faded life. Then your life will become a musical note again.

Mrs. Suman Sharma
W/o WO Sanjeev Kumar
152 Sqn C/o 43 Wing, AF



स्वच्छ भारत की कल्पना

श्रीमती दीप्ति सिंह
पत्नी सार्जेंट विवेक प्रकाश सिंह
820 सांकेतिक इकाई, वायु सेना



"सारे जहां से अच्छा, हिन्दोस्तां हमारा।"

यह पंक्तियां लिखते समय कवि इकबाल ने हमारे देश को जिस रूप में देखा होगा, शायद वह आज से काफी भिन्न होगा। अगर आपने कुछ समय पहले रेलगाड़ी से यात्रा की है तो आप किसी शहर के आगमन का अनुमान, उससे पहले आए हुए कचरे के ढेर अथवा जनमानस द्वारा खुले स्थानों के सदुपयोग से लगा सकते हैं। चलिए कल्पना करते हैं हम शहर में घूम रहे हैं और सड़कें चौड़ी एवं खूबसूरत हैं, पार्कों में बैठने के सुन्दर स्थान, झूले, सुव्यवस्थित यातायात, स्वच्छ वातावरण, साफ–सुथरी नालियां एवं मनोहारी वृक्ष, पुष्पलताएं चारों ओर दिखाई पड़ रही हैं। चौंकिए मत! यह किसी हिन्दी चलचित्र का दृश्य न होकर भविष्य में आपके आसपास का दृश्य हो सकता है । पर कैसे? आप दो अक्तूबर 2014 का दिन याद करें, जब हमारे प्रधानमंत्री श्री नरेन्द्र भाई मोदी जी ने महत्वाकांक्षी योजना 'स्वच्छ भारत मिशन' का सूत्रपात किया, जिसके अनुसार वर्ष 2019 तक भारत देश को स्वच्छ करने का बीड़ा उठाया गया है। इस योजना के आंकड़ों से हम सब भली भाँति परिचित हैं और शायद इसे भारत सरकार की योजना मानकर हम सब ने स्वीकार भी कर लिया है, किन्तु वस्तुस्थिति पर गौर करें तो हमारा योगदान सिर्फ दिखावे तक सीमित है।

यदि हम इस विषय पर गहराई से विचार करें तो हम सब का नैतिक एवं सामाजिक दायित्व है कि हम इस मिशन को व्यक्तिगत रूप से सफलता की ओर ले जाएं।

पर क्यों ? हममे से अधिकांश लोग इस मिशन के महत्व को समझ कर अपने योगदान में तीव्रता ला सकते हैं। आज प्रदूषण, कचरा प्रबंधन एवं स्वच्छता केवल लेखों और भाषणों का विषय न होकर क्रिया–कलाप का विषय हैं। गंदगी द्वारा होने वाली परोक्ष हानि को समझना एवं उसके लिए कारगर उपाय करना वर्तमान समय की मांग है। उदाहरण के लिए खुले में शौच एवं कचरा फेंकने से शरीर पर बीमारियों का प्रकोप बढ़ता है, जिसका सीधा सम्बन्ध व्यक्तिगत उत्पादकता एवं आय पर पड़ता है। स्वास्थ्य संबंधी खर्च आय पर प्रतिकूल प्रभाव डालते हैं। हमारे देश की विविधता से आकर्षित होकर आने वाले विदेशी सैलानियों की संख्या में गिरावट का एक प्रमुख कारण गंदगी का होना भी है। इस प्रकार पर्यटन उद्योग की आय घटती है। वातावरणीय प्रदूषण के नकारात्मक प्रभाव हमें अपने स्वास्थ्य एवं अतिरिक्त खर्चों के रूप में उठाने पड़ते हैं।

क्या करें? एक भारतवासी होने की गर्वित भावना के साथ हमारे द्वारा किया गया छोटे–से–छोटा प्रयास एक कदम स्वच्छता की ओर ले जाने में सहायक होगा।

मेरे विचार में इस अभियान में सामान्यता भी यदि हम कुछ चरणों पर कार्य करें तो हम एक स्वच्छ समाज बना सकते हैं।

सर्वप्रथम पॉलीथीन बैग त्याग करने का संकल्प लें। हमारे पिता जी एवं पूर्वजों ने इसके बिना जीवन यापन किया है।

खनिज ईंधन का संतुलित प्रयोग करें। वाहन का रखरखाव नियमित रूप से करें। एक कार्यालय की ओर जाने वाले व्यक्ति, संभव हो तो एक ही वाहन में जाएं।

सौर ऊर्जा एवं वैकल्पिक ऊर्जा स्रोतों का प्रयोग बढ़ायें। प्रयोग में न होने पर विद्युत उपकरणों को बन्द रखें।

शहरी कालोनी में ठोस कचरा प्रबंधन तंत्र का प्रयोग करें।

ग्रामीण क्षेत्रों में निवास करने वाले परिचितों एवं रिश्तेदारों की खुले में शौच जाने की प्रवृत्ति को रोकने में सहायता करें।

सामाजिक स्थलों जैसे पार्क, रेलवे स्टेशन इत्यादि पर सफाई रखें।

यदि हम संकल्प करें तथा देश के विकास एवं उत्तम छवि हेतु सतत् प्रयत्न करते रहें तो हमें पूर्ण विश्वास है कि हम सभी एक स्वच्छ एवं स्वस्थ भारत में निवास करेंगे। यह मिशन फाइलों, पोस्टरों एवं चित्रों से बढ़कर वास्तविकता का रूप लेगा।

कवि जयशंकर प्रसाद द्वारा रचित पंक्तियों पर विचार करें :–

अरूण यह मधुमय देश हमारा।
जहाँ पहुँच अनजान क्षितिज को मिलता एक सहारा ।।
सरल तामरस गर्व विभा पर, नाच रही तरूशिखा मनोहर।
छिटका जीवन हरियाली पर, मंगल कुमकुम सारा।।

जय हिन्द, जय भारत, स्वच्छ स्वस्थ भारत।



Mrs Manju Srivastav
W/o Sgt. SK Srivastav
41 WEU, AF

Soaring Spirits

Stephen Hawking
Best Physicist
Motor Neuron Disease

Hellen Keller
Renowned author & lecturer
Blind & Deaf

Frida Kahlo
Renowned mexican Painter
Polio

Beethoven
One of the greatest composer
Deaf

John Nash
Noble laureate
Mathematician
Shizophrenia

Vincent Van Gogh
Greatest Painter
Mentally sick

Sudha Chandran
Best Dancer
Amputee

Marla Runyan
Runner - National Champion
Blind

The only disability in life is a
BAD ATTITUDE

Special Needs

Mrs Pushpita Das
W/o Wg Cdr SR Das
2215 Sqn, C/o 9 Wing, AF



"Special needs" are simply defined by what a child cannot do, delayed milestones, activities that cannot be done, food that cannot be eaten properly and everyday tasks that we may take for granted, that cannot be achieved without help. It's a term with many definitions, ranging from mild learning disabilities to severe mental retardation, terminal illness, food allergies or developmental delays. When a child needs help, outside of the ordinary and has different needs that have to be met, then we as parents mourn our child's lost potential and worry about the future of our children, especially as many conditions become more troubling. These "Special need Children" are the "Little Miracles". The focus should be more on loving, living and properly parenting them.

Through these challenges that the children face, their triumphs come out so much sweeter and the weaknesses are always paralleled with amazing strengths. Sometimes they bring with it abundant opportunities for joy. So I ask from you, not pity but strength to rise above their challenges.

"SPECIAL CHILDREN"

My flesh and blood
God sent you here to teach me
Something I did not know.

God chose you just for me.
The struggles, they are worth it.
We're a team in every way.
But I couldn't imagine my life,
Without you.

We do experience so much of strife.
It floats in and out like a tide.
But it's worth the work.
I know that you will continue to grow.

I never have a doubt,
I'll love you for whatever you are.
Please always remember
the words I CAN.

That will help you to strive.
I know I cannot change you.
I Know there is no cure.



God sent you here to teach me,
Something that I need to learn.
But you must venture out
And I know you will make it happen.
I'll be always your cheering crew.

Through your life, the strength
That you've shown,
Remember I always believe in you

Mrs Pushpita Das
W/o Wg Cdr SR Das
2215 Sqn, C/o 9 Wing, AF



Early Detection of Autism in a Child: Paving way for a Normal Life

"Autism, is part of my child, it's not everything he is. My child is so much more than a diagnosis."

- S.L.Coelho

Autism is a developmental disorder of neurological origin, which was first described by Leo Kanner as "Early Infantile Autism" in the year 1943. The patient typically demonstrates social impairment, communication deficits, repetitive and stereotyped behavior. Autistic children generally do not respond to questions, make any meaningful contributions to conversation or share their personal experiences. Severity of handicap varies from patient to patient. At times, the patient is able to lead a near normal life, where as in some cases specialized institutional care might be necessary.

Symptoms of autism start appearing in the first three years of life. Some children suffer from the disorder since birth, others start showing the symptoms by 18 to 36 months. Early detection of the disorder is helpful. Younger the child, better is the outcome of therapy. Hence, it becomes very important for parents to be aware about the signs and symptoms of autism and ways to cope with the disorder.

An autistic kid shows delays in developmental milestones. A keen observation regarding these can be one of the important factors aiding early detection. Development delays should not be ignored, as this results in loss of valuable time, when the child has maximum chance of deriving benefit from the treatment.

Some of the warning signs in toddlers are:

- Child does not make eye-contact or smile
- Does not respond to sound or to his name
- Does not make gestures or responds to them
- Does not make noises or gestures to be picked up



- Does not play with others
- Does not babble or make small meaningful words

As the child grows older:

- He is disinterested in his surroundings and finds it difficult to connect with others
- Repeats words, repeats the question when asked rather then answer it
- Cannot feel or show emotions, cannot understand the emotions of other persons as well

- Demonstrates linguistic and communication problems
- Has difficulty in understanding simple statements or questions and does not seem to hear when talked to
- Does not understand facial expressions, gestures or tone of voice
- Reacts abnormally to smell, touch, certain sights and sound
- Can be extremely sensitive to loud noises
- Resists any change in routine
- Obsessively arranges things in certain order
- At times the patient may show aggressive traits and has a tendency to inflict injury to himself
- Patient exhibits abnormal posture and patterns of movement

Each patient with autism is different and the treatment has to be individualized. Treatment includes behavioural intervention and drug treatment. For behavioural intervention, family members and a team of professionals work together. Early intervention is helpful in bringing about improvement in learning, communication and social skills.

As such, no medications are available to treat autism. But drugs can be used to treat other symptoms exhibited by a patient, like antipsychotic drugs are employed to treat severe behavioural problems. Similarly, drug therapy can be helpful for anxiety, depression and obsessive-compulsive behavior. Anti-epileptic drugs are used to treat seizures.

Early detection goes a long way in treating an autistic child and it is important to understand that autism is not a result of anybody's mistake. Society needs to understand the behavior of autistic children and show patience, wisdom and compassion in dealing with them.

"If they can't learn the way we teach, we teach the way they learn"

_O. Ivar Lovaas



Mrs Yogyata Vaidya
W/o Wg Cdr TS Vaidya
47 Sqn, AF

THE CHALLENGES OF RAISING A CHILD WITH SPECIAL NEEDS



Mrs T Sathiyavani
W/o JWO S Ravi Bhuvanesh
26 Wing, AF
(Proud Mother of Simrita)

Labels abound, some of them distasteful, some inaccurate, some just in vogue, others useful in understanding and planning. Yes, I am speaking about my Special daughter R Simrita Bhuvaneshwari now aged 13 years who has substantial special needs. She is diagnosed with complex disorders such as Autism, Developmental Disorders, and Mental Retardation. All are challenging to identify reliably, and even more challenging to treat effectively. The congenital physical disability of total deafness (obviously she is mute too) adds significantly to limit her abilities to communicate and function.

Challenging Family Issues

Children like Simrita with severe special needs drain enormous amounts of time, energy, and money. Marital problems are experienced to a greater degree because of the lack of time for nurturing the marriage plus the frequent problem of parents disagreeing on what needs to be done for the child. Another source of tension is that often one parent is more effective in managing the difficult behavior. The couple's reduced time is especially important because there is more that needs to be discussed and dealt with including the feelings of grief and disappointment that sometimes never get processed. The ability to learn to enjoy the positive aspects of the child and to take a more spiritual perspective about what all family members gain from having to address these challenges can only take place after having grieved the loss of what the parents had expected from that child at birth.

Sibling issues need attention. We parents often lose sight of the need to help siblings understand the problem that is affecting their brother or sister. Then there is the challenge of trying to reduce the jealousy that results when so much attention is focused on one child as well as the frequent limitations on doing common family activities. It is clear that siblings need an opportunity to voice their questions, concerns, and feelings.

Challenging Social And Educational Issues

The disorder of Autism in Simrita is defined by problems in making social connections resulting in the limited development of social skills. Getting an education takes up much of the focus of all children. A child like Simrita requires constant parental/ family support and medical attention. She also needs highly qualified and dedicated exceptional professionals namely, special educators/ specialist doctors/ tutors/ therapists, etc., for her to reach and maintain her optimal physical,



sensory, intellectual, psychiatric and social functional level. The kind of Special Schools and other support systems required for such severely disabled children with multiple disabilities including severe autism and severe mental retardation is not only expensive, but also are available only in a few select places. The parents have limited options available to choose the one that is ideally suitable for the child within one's financial constraints.

Challenging Fear Of The Future

What will happen to Simrita as an adult and especially when we (her parents) aren't here to provide the care and guidance she needed? This is still an unanswered question. However, we parents need to take a positive view of things and approach this long term issue by working with accountants, lawyers, social service agencies, institutions and other specialists in the community who may help us to develop formal plans to address her future needs.

What A Parent Like Me Expects From The Community?

The sole aim of sharing my experience as a parent of a Special child is to create awareness in our community towards Special children and provide an insight on the challenges faced by their families. The families and the children with special needs require places where they are welcomed and are given the support they need. Along the way one can hope that there will be new forms of treatments that will enhance the mental, emotional, and social growth of these children. In the meantime, communities need to empathize with parents of Special children and make it easier for them by making them feel that others care and that they really do belong despite having a child who is different in some significant way.

CORPUS FOR UMEED ASHA KIRAN SCHOOLS

Umeed Asha Kiran Schools running under the aegis of AFWWA have taken a big leap towards the welfare of children with special needs. These schools require lot of self-sustainable funds to provide education and treatment to the children. Keeping this in mind AFWWA has created a Corpus for these schools with the help of various AFWWA (Regionals) and AFWWA (Locals) in a phased manner. Further, AFWWA had also received voluntary donations from our Air Force Personnel which has been evenly distributed among all the 08 Umeed Asha Kiran Schools and 01 Umeed Vocational Training Centre. We shall remain ever grateful for such a generous contribution.

AFWWA (Regionals) have invested the amount of grant with IAFBA, to generate regular income, the interest of which will be utilised for enhancement of infrastructure at schools. Few years from now, we foresee all our special schools/vocational centres equipped with all the latest technology, special educators and doctors required for the benefit of the children.





आस्था और विश्वास

कुमारी परिणका कुलश्रेष्ठा
पुत्री विंग कमाण्डर प्राग कुलश्रेष्ठा
9 विंग, वायु सेना



एक समय की बात है कि रामू नाम का एक छात्र विद्यालय में पढ़ता था। विद्या ग्रहण करने के साथ–साथ उसकी खेल–कूद में विशेष रूची थी। वह बड़ा होकर हॉकी के विख्यात खिलाड़ी ध्यान चन्द जी के समान उच्च कोटि का खिलाड़ी बनना चाहता था। उसके माता–पिता भी उसके लिए गर्व का अनुभव करते थे।

एक बार वह हॉकी प्रतयोगिता में जीत कर घर वापस लौट रहा था। तभी मार्ग में उसने देखा कि एक दुर्बल बिल्ली का बच्चा मार्ग में खड़ा अपनी मां को ढूंढ रहा था। और दूसरी तरफ से एक बड़ी गाड़ी उस तरफ आ रही थी। रामू ने अपने पुरे साहस के साथ आगे जाकर तुरंत उस दुर्बल के प्राणो की रक्षा की। परन्तु इस सब में वह स्वयं घायल हो गया। लोग उसे अस्पताल में ले गए। वहां जब रामू को होश आया तो उसने देखा कि उसका पैर नहीं है। यह देख कर वह बहुत रोया और उदास हो गया।

उसकी मां ने उसे समझाया कि "रामू प्रभु पर विश्वास करो। मेरी उनमें अटूट आस्था है, तुम भी उन पर विश्वास करो।" रामू ने अपना साहस बटोरा और अपने आगे के जीवन को दृढ़ता पूर्वक पुरे कौशल से व्यतीत करने का मन बना लिया।

वह नित्य विद्यालय जाता रहा। लोगों व् सहपाठियों ने यह कहना शुरू कर दिया कि अब तो रामू को आजीवन विकलांग के समान दूसरों पर आश्रित होकर जीवन जीना होगा। परन्तु उसने लोगों की बातें अनसुनी कर आत्मविश्वास से जीवन जीने के विषय में सोच लिए था।

वह दिन रात कठिन परिश्रम कर दसवीं कक्षा की बोर्ड की परीक्षा की तैयारी करने लगा। परीक्षा में भाग लेने पर उसने ईश्वर को याद किया और परीक्षा पूरी की।

अंततः परिणाम घोषित होने की सुबह जब रामू जगा तो उसने देखा की मां उसके समक्ष ही खड़ी है। मां ने कहा, "पुत्र, प्रभु ने मेरी आस्था और तुम्हारे परिश्रम का फल दिया है।" समाचार पत्र दिखाते हए माँ ने रामू को बताया की वह समस्त राज्य में उच्चतम अंक प्राप्त कर परीक्षा में उत्तीर्ण हुआ है।

रामू ने तुरंत प्रभु का स्मरण किया और बाद में मां के चरण स्पर्श किए। मां ने कहा, "रामू तुमने यह सिद्ध कर दिया कि तुम विकलांग या लाचार नहीं अपितु आशा एवं साहस से परिपूर्ण एक सक्षम बालक हो।"

Financial Planning for Kids with Special Needs

What do we mean when we say "kids with special needs"? This means any child who might need extra help because of a medical, emotional, or learning problem. These kids have special needs because they might need medicine, therapy or extra help in school-stuff other kids don't typically need.

Being the parent of a Special child:

When parents learn that their child has a disability, they begin a journey that takes them into a life that is often filled with strong emotions, difficult choices, interactions with many different professionals and specialists and an ongoing need for information and services.

The parents of children with special needs have worries that extend beyond the few years it takes to get a college degree:

- How will we pay for the special therapies our child needs now ?
- Who will pay for our child's expenses once he or she becomes an adult ?
- Where will our child live and who will oversee his or her care after we're gone ?

Where to begin with:

Planning the finance for your special child's future is the most practical and tough task which should be done with due diligence and care. Where do you begin this involved task?

- Whether you are parents of a child born with a disability or of one who became disabled later in life, you must begin to save.
- It is important that you carefully consider your financial planning needs.
- It is also important to develop a savings and investment plan that embeds flexibility to cover both long term financial goals and unexpected short term expenses.

Financial planning for a special needs child will depend on the severity of their condition, as well as their long term prognosis. Planning financially for those children who will require lifelong assistance requires more extensive planning than for children who can ultimately become independent. It is important to quantify these needs and formulate a strategy (savings or insurance) to meet them.

Choosing a Guardian:

The most difficult task is deciding on a guardian to take care of your child, or a trustee to manage your child's assets should you pass away. You have to consider who can handle the type of commitment that you as parents want? Who has bonded with your child? Who has the patience, understanding and other personality traits necessary to deal with the day-to-day responsibilities of raising your child? Since this commitment is likely to stretch beyond your child turning 18, the guardian should be able to understand and accept the responsibilities.

Creating a Trust:

A special needs trust is the most important part for a long-term financial planning. This is where you can put money that you save, that others give your child as gifts or that you receive from an insurance settlement without worrying that these funds will interfere with your child's eligibility for state benefits.

Writing a will for your child :

When you have a child with special needs, a will should be written with proper legal paper work. Hire a lawyer who works specifically for people with special needs and is aware of your state's disability laws. Once the documents are drafted, have your lawyer keep one and then give copies to any executors or guardians named in the will.

Build up your Savings for the child:

Children with special needs may require outside assistance from therapists and other specialists that

can be costly and may not be covered by insurance. It is important for parents to consider these costs as they make financial choices in other aspects of their lives.

Having your personal savings is very important. Start putting aside whatever you can each month-no amount is too small- to cover the extra expenses. Just make sure you never put this money in your child's name.

Savings also can help pay for a special needs advocate, an expert in special education who can help you navigate the paperwork.

Have a record of your child's everyday needs :

Your child's daily routine is very important? Write it down and be as detailed as possible. The same goes for your child's weekly and monthly schedules.

Create a list of contact information of your child's physicians, therapists and other medical support people as well as current medications and their dosages and schedules. Are there people you don't want around your child or activities to be avoided? Write that down too.

And then once a year update the letter. This is not a formal legal document, so you can draft it yourself. Keep a copy wherever you have copies of your will. And make sure that your child's appointed guardian has a copy too.

Find an Advisor:

A certified financial planner or special needs financial planner can be of a great help when planning for the future of a child with special needs. You are your child's best advocate. The only way you can effectively advocate is to be properly educated. Stay organized to lower the overall family stress.

It's expensive to raise a child with special needs, which people don't even think about. Emotionally it can be a struggle but financially it's really rough. So be prepared and plan the finances and do remember:

"Children with special needs aren't sent to special parents, they make parents Special"



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ROLE OF PARENTS OF CHILDREN WITH SPECIAL NEEDS

ROLE OF PARENTS: The parents of special needs children are in need of a lot of psychological support. They may appear to be defensive, demanding, in denial and overprotective but they are often still working through the impact of having a child with special needs. There is no doubt about it, special needs students can be frustrating, infuriating, rude, disrespectful and even dangerous. That is why it is important to be patient and professional when working with them.

For children with special needs an inclusive child care program provides belonging, acceptance and developmentally appropriate practices. They learn typical developing skills from their classmates, when and how to use these skills and they have an opportunity to develop positive attitudes towards themselves and others who are different from themselves.

Tips for Child Care Providers : The following tips from the various Child Care Health programs are intended to help parents care for children with disabilities and other special needs.

In Children with Developmental Delay :-

- Teach in small steps
- Give clear directions, speak slowly and clearly using only a few words
- Move the child physically through the task so he can feel what to do
- Stand or sit close to the child to help as needed
- When moving from one activity to the next let the child know ahead of time

In Children with Speech and Language Delay

- Be a good listener and observer
- Engage infants and toddlers in shared conversations by reading their sounds, gestures, facial expressions and body language
- Give directions using as few simple words as possible in complete sentences
- Use everyday activities such as singing songs, reading books and dramatic play to encourage language development
- Talk about what you or the child is doing as you are doing it
- Encourage the child to talk about what he is doing by asking specific questions
- Praise the child's efforts at communicating even if he doesn't do it exactly right.

Visual Disabilities

- Use communication during activities such as dressing and eating to help the child get oriented
- Display simple, clear, uncluttered pictures that are easy to see

Techniques for Managing Behaviour

- Ignore negative behaviour when you can
- Notice and praise positive behaviour. Focus on what the child can do and accentuate the positive
- Acknowledge the child's feelings
- Model the kind of behaviour you want to see in them
- Prevent problems by considering how the schedule, structure and physical space support your goals for children
- Help children to talk about, act out and understand their strong feelings and behaviour
- Follow through with realistic consequences
- Give the child enough time to comply with your request

History has shown that persons with disabilities have been great achievers in various fields. Examples are many like

i. Sudha Chandran

ii. Javed Abidi

iii. Albert Einstein

iv. Alexander Graham Bell

v. Thomas Edison

vi. Franklin D. Roosevelt

vii. George Washington

viii. Francsico de Goya

ix. John Milton

x. Tom Cruise

To conclude, all children are a gift of God and are a fire to change the universe if guided in a correct way. Our one step will give them a spark to activate their inner soul and make them realise that they are very important to us.

Remember:- All children can learn and all must learn.



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विकलांगता अभिशाप नहीं

"ना कमीं तुझमें कोई
अब कर ले तू, खुद पे यकीन,
जीतेगा तू हर कदम
बस करना है खुद पे यकीन"

इस दुनिया में कोई भी पूर्ण नहीं है। हर इंसान में कोई–न–कोई कमी ज़रूर है। कुछ कमियां नज़र आती हैं, कुछ छुपी रहती हैं। अपनी कमियों को समझकर जो विजय पाता है, वही इंसान है।

विकलांगता का मतलब है किसी तरह की शारीरिक, मानसिक या बौद्धिक कमी जो उस व्यक्ति को प्रभावित करती है। मेरे विचार से विकलांगता एक कमी नहीं, बल्कि एक सोच है। यह तभी प्रभावित करती है जब आप मन से कमजोर हो जाते हैं। इस संसार में कई ऐसे उदाहरण हैं जहाँ ऐसे व्यक्ति सामान्य व्यक्तियों से ज्यादा साहस का परिचय देते हुए, देश एवं दुनिया में अपना नाम रोशन कर जाते हैं।

भौतिकी के महान वैज्ञानिक आइंसटाइन को कौन नहीं जानता ? वह बचपन में मानसिक रूप से बेहद कमज़ोर थे पर वह एक महान वैज्ञानिक बने। स्टीफन हॉकिंग भी चलने–फिरने में लाचार है पर उन्होंने कई सिद्धान्त की खोज की। हेलेन केलर जो देख सुन नहीं सकती थी वह एक महान लेखक एवं शिक्षक बनीं। गीतकार–संगीतकार रविन्द्र जैन अंधे होने के बाबजूद गीत–संगीत की महान हस्ती हैं। उन्होंने रामायण सीरियल के अधिकांश गीतों एवं दोहों को गाया है एवं उन्हें सुरों से सजाया है। सुधा चंद्रन का एक पैर नकली है पर उन्होंने अपना नृत्य जारी रखा।

ऐसी ही सम्मानित महिलाओं में एक नाम है अरुणिमा सिन्हा का। कुछ अपराधियों ने उन्हें ट्रैन से फेंक दिया था, जिसमे उन्होंने अपना एक पैर गँवा दिया था। 21 मई 2013 को उन्होंने गजब साहस का परिचय देते हुए माउंट एवेरेस्ट पर पहुँचने वाली पहली विकलांग महिला होने का गौरव प्राप्त किया। हाल ही में सिविल सेवा परीक्षा 2014 का परिणाम आया है। इसमें इरा सिंघल ने सर्वोच्च स्थान प्राप्त किया है। यह 60 फीसदी तक विकलांग हैं। ऐसे और भी अनेक उदाहरण होगें।



समाज के लोगों को मानसिकता बदलने की ज़रुरत है। आज भी अगर कोई विकलांग व्यक्ति अपनी काबलियत से कुछ हासिल करता है तो हमारा समाज उसे प्रोत्सहित करने की बजाय दया दिखता है। हमारे संविधान में यह प्रावधान है कि किसी को अगर जातिवादी शब्दों से पुकारा जाता है तो उसे सजा हो सकती है पर अगर किसी विकलांग को अंधा, बहरा या गूंगा संबोधित किया जाता है तो उसे सजा नहीं दी जाती। विकलांग होना कोई अभिशाप नहीं। इन्हें दया की नहीं, बल्कि प्रोत्साहन की ज़रुरत है। इन्हें भी समाज में बराबरी से जीने का हक है।

"माना कि बरगद और पीपल जैसे विशाल हम नहीं
पर गमलों में उगने वाली तुलसी भी किसी से कम नहीं"



श्रीमती सुधा प्रसाद
पत्नी सार्जेंट राघवेन्द्र प्रसाद
41 बेतार प्रयोगात्मक इकाई, वायु सेना

The Gangs of 'Hobbypur'

As I walked towards the Hobby class, I could hear an old song, "lakadi ki kathi, kathi pe godha" and started wondering if the gang had arrived early that day or was I late for the class? A sense of guilt overcame me and I chided myself for being late, but my disappointment gave way to a pleasant surprise. As I peeped inside the room I saw the members of the gang, the children, dancing merrily to the song, holding each others' hands. They were visibly elated and enjoying themselves smiling at each other occasionally. Music heals and it struck me at that moment: it was magic.

The song is magical indeed and I had not imagined that it would have such a profound meaning in my life. The children, who carry with them, lots of medical diagnosis and labels, hum the song often in unison and bond over it. These children with special needs and special abilities express their boundless joy in a variety of ways and give us, the teachers, our motivation to carry on. Observing their swaying, bodies, dancing in a carefree fashion, I often wonder how easily and smoothly these children have picked up each other's abilities and how adaptive they are to each other's needs. As one of them expresses herself mainly through verbal fragments and claps, other children have positively incorporated her desire for the song as an integral part of our class.

Their untapped potential at dancing comes out when they dance together. Their capacity to copy the steps and instantaneously match their steps with their friends is what makes their dancing skill very special. All of them are amazing dancers with such a careful eye for detail that often I ponder over my dancing ability, or the lack of it. It seems as if they have absorbed the tunes and this manifests in the form of well-defined moves. The self-expression which music and dance allow them is not always possible through emotions and words. The immense love and compassion that these children carry in their hearts comes alive through music and dance.

Their imagination knows no boundaries and it is brought out vividly by their creativity on paper. So when one is enjoying drawing members of his family with details and colours, another one likes to use thread. At



times even leaves are used as brushes to pour colour playfully making abstract eye-catching patterns. The tiny fingers often go back home immersed in colours, and I return with satisfaction and gratitude.

The swings in the garden also experience their delight when we hear "le le le lele selfie tu lele re" and "lakdi ki kathi" simultaneously and we celebrate life for the undiluted and uncorrupted happiness that it offers to each one of us. I strongly feel it is just a question of cultivating the right kind of environment around them and the unflinching support for their families and we will definitely see the day when their individual talents not only come out but thrive. For this to happen, patience, consistency, repetition and routine need to be followed.

Aha!!! The bus has come and it's time for them to go back, and for me to wait for the next class. During my walk back home, I think of the time I spent with them and the camaraderie of the gang and unlike the movie, the gangs of 'Hobbypur' only bring a smile to my face, there is no bloodshed, no gore only unbounded love and joy...

(Writer is a dedicated teacher of Hobby Club for Special Children at 32 Wg AF)



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HANDLE WITH CARE & LOVE

Mrs Snehal Deshpande
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Management of Challenging Behaviour

Managing challenging behaviour can be very stressful for parents of children with special needs. Parents should know their behavior is a way of communication. Challenging behaviour indicates that there is a problem not in the person but in learning or adapting to things. We all learn to behave in certain ways in order to get what we want or to avoid things we don't. In order to achieve the same goals, children with special needs may exhibit behaviour that we find "difficult or challenging".

Some tips for managing challenging behaviour:-

1. **Challenging behaviour** - Remember challenging behaviour is a learned behaviour that people with special needs don't do on purpose to 'manipulate' anyone.
2. **Listen to the person** - Listen to the person with special needs to know what he/she is trying to tell you. Be consistent in your approach.
3. **Keep recording** - Keep recording incidents. It can help you to refer back and find out if there are any contributing factors towards a certain kind of behaviour.
4. **Use of communication cards** - It gives a person or a child the means to communicate his/her need.
5. **Exercise as an outlet** - When behaviour becomes difficult, give the child a punch bag to help get rid of some of the overload of stress or anger.
6. **Be calm but assertive** - Your instructions and body language are the most important assets when dealing with any challenging behaviour. In an emotional situation, other emotions can cause greater confusion So be calm but assertive.
7. **Lower the volume** - When faced with someone who is aggressive and hostile, keep your face natural and lower the volume and pitch of your voice.
8. **Encourage friendships** - Loneliness is one of the main causes of challenging behaviour among children with special needs. Try to encourage opportunities for socializing and making friends.
9. **Independence** - Give them the chance to make decisions for themselves more often.
10. **Monitor Medication** - Don't forget over medication can have side effects.
11. **Remove all distractions** - Take away all distractions when you want him/her to do something.
12. **Early intervention** - Learn to recognize the warning signs and intervene as early as possible.
13. **Take care of yourself -** Do what you have to, to take care of yourself. If you put just a little bit of energy and time into yourself, you will be more focussed, calm and attentive. This will help both of you.



मेरी कहानी



हज़ारों बरस नरगिस अपनी बेनूरी पर रोती है।
बड़ी मुश्किल से होता चमन में दीदार पैदा।।

कितनी खूबसूरती से मेरे बारे में शायर फैज़ल ने लिखा है। मैं हूँ आपका अपना बच्चा। पर सिर्फ अन्तर है कि मै थोड़ा अलग हूँ। हजारों माँ–बाप में कोई ऐसा खुशकिस्मत होता है जिसे मुझ जैसे बच्चे का माता–पिता बनने का सौभाग्य प्राप्त होता है।

क्या आपने कभी सोचा है कि मुझे भी भगवान ने बनाया है? आजकल विज्ञान ने तरक्की कर ली है जिससे माँ के गर्भ में ही मालूम चल जाता है कि क्या है, परन्तु भगवान को तो यह पहले से ही ज्ञात है कि माँ के गर्भ में जो जीवन पनप रहा है वह पैदा होने के बाद कैसा होगा। अगर यह सब है तो फिर आप मेरे पैदा होने पर भगवान को दोष कैसे दे सकते हैं ? जानते है हर कलाकार की तरह भगवान भी नये प्रयोग करना चाहता है। हर दिन एक ही तरह के बच्चे बना कर जब वह ऊब जाता है तो वह मुझे गढ़ने की सोचता है। उसी समय वह उन माता–पिता को भी खोजता है जिनके हृदय इतने विशाल हो जो मुझ जैसे भगवान के उत्तम कार्य को सराह सकें, सहेज सकें और स्नेह दे सकें।

जब भगवान की खोज़ पूर्ण हो जाती है तब वह मुझे रचता है। मैं भगवान के द्वारा बनाई गई वह चित्रकारी हूँ जो थोड़ी अलग है। आप लोग अपने जीवन में रोज़ अलग–अलग तरह के कपड़े, खान–पान, व्यवहार कर सकते हैं, पर अगर भगवान ने थोड़ा अलग कर दिया तो बस ठहर जाते हैं। यह तो भला हो कि आप लोगों ने हमें विकलांग की जिस श्रेणी में डाला था उससे अलग कर विशेष की श्रेणी में डाल दिया, पर यारो हम तो सामान्य की श्रेणी में आना चाहते हैं। अगर आपने मुझे कभी ध्यान से देखा है तो मुझमें भगवान की झलक साफ–साफ नज़र आई होगी। जैसे भगवान निर्विकार होते हैं वैसे मैं भी हूँ। न मुझे अच्छा खाना चाहिए न अच्छा कपड़ा, न खिलौना। चाहिए तो बस आपका प्यार, आपका दुलार, आपका स्नेह जो मेरे अनुसार ईश्वर को भी चाहिए।

हर माँ बहुत ही प्यारी होती है। शायद इसीलिए कहा गया है कि माँ के चरणों में भगवान बसते हैं, पर मेरी माँ तो शायद स्वयं भगवान का ही रूप है। एक पल के लिए भी वह मुझे अपनी आँखों से दूर नहीं होने देती। उसके इसी सहृदय को तो पहचान कर भगवान ने मुझे उसकी गोद में डाला है।

मैं आज आप सभी लोगों से यह प्यार भरा अनुरोध करता हूँ कि मुझे भी अपने जैसा ही समझें। आपने मुझे विशेष दर्जा दिया है, मैनें तो नही चाहा था। फिर यह विशेषता क्यों ? कृपा कर अपनी थोपी गई यह विशेषता मुझसे ले लें और मुझे सामान्य बच्चे की तरह रहने दें। मुझे आपकी दया नही आपका प्यार चाहिए। भगवान ने मुझे स्वयं बनाया है और वह भी मेरा ध्यान रखेगा। मैं मिर्ज़ा गालिब से अपनी कथा खत्म करूगाँ कि:–

"हज़ारों ख्वाहिशें ऐसी कि हर ख्वाहिश पर दम निकले,
बहुत निकले मेरे अरमां, लेकिन फिर भी थोड़े कम निकले"



मास्टर अरुण भारद्वाज
पुत्र जु. वा. अ. बी पी भारद्वाज
505 एस यू, वायु सेना

बिखरे बिम्ब, सफल प्रतिबिम्ब

आखें खोली तो दिखा सुन्दर संसार।
मां के चेहरे पर थी खुशी अपार।।
पिता की गोद में था ढेर सारा दुलार।
मुझे न थी कोई और दरकार।।

लोग–बाग सब आए मिलने।
साथ में लाए सुन्दर खिलौने।।
सब की गोद में मैं लगी डोलने।
खुशी की सीमा न कोई पाए तोलने।।
पर यह क्या?

मैं बोलूं तो कोई समझ न पाए।
चलते हुए मेरे कदम ड़गमगाए।।
मेरा सर एक तरफ झुकता ही जाए।
मेरी हंसी किसी को रास न आए।।

यह पहले किसी ने न देखा।
क्या रह गई मुझमें कमी?
क्यों पिता के माथे पर चिंता की रेखा?
क्यों माँ की आँखों के कोनो में नमी?

क्या ऐसा कोई साधन नहीं,
जिससे मैं दे पाऊँ माता–पिता को खुशी?
कि मेरे बचपन को याद कर,
उनके मुख पर भी आए हंसी।

पर मेरे माता–पिता न बैठे मनमार।
उन्होंने की मेरी सहायता हर बार।।
उनके मार्गदर्शन से मैंने किया प्रहार।
उन विश्वासों पर जो सिखलाते हार।।

खत्म हुआ उनका इंतजार,
जिस दिन मेरा प्रतिष्ठित व्यवहार
पहचान, लोगों ने समझा सार
और गर्व से किया प्रचार,
कि...

परिवार का साथ हो जहां पर जड़,
और आत्मविश्वास हो जब मज़बूत तना।
जब मेहनत के पत्ते लहराएं,
तो तय है सफलता के फूल का खिलना।।



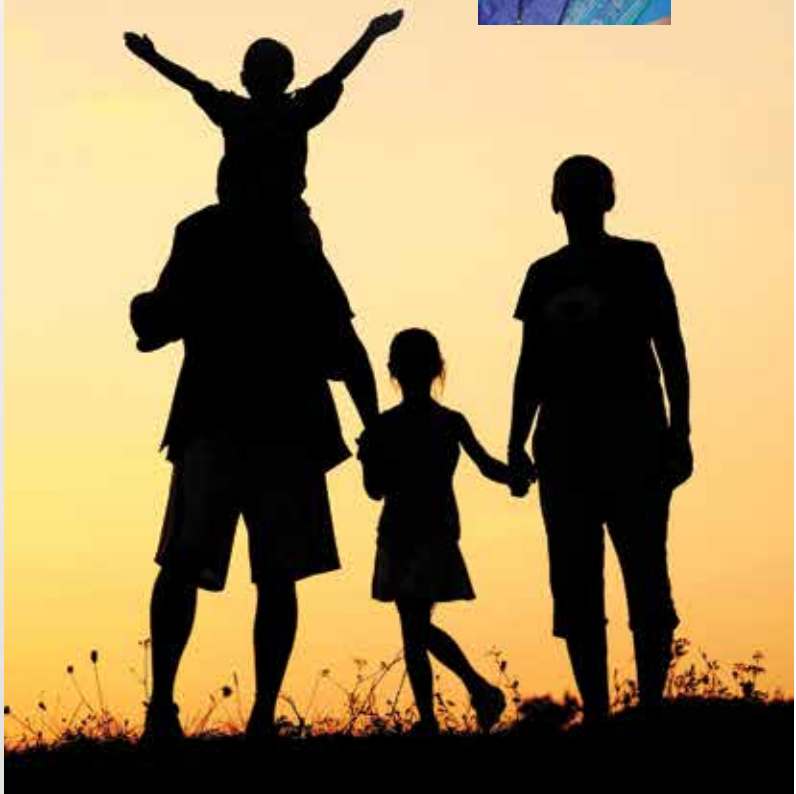
श्रीमती स्वरचिता चौधरी
ग्रुप कैप्टन आर एस चौधरी
2201 स्क्वाड्रन, वायु सेना

आपकी संवेदना नहीं मुझे प्यार चाहिए

आपकी संवेदना नहीं मुझे प्यार चाहिए
नौका नहीं मुझे पतवार चाहिए
न्यूनताएं हैं मुझमें कुछ शारीरिक कुछ मानसिक
भिन्नताएं हैं मुझमें कुछ–कुछ शारीरिक कुछ मानसिक
व्यथाएं हैं पर कोई रोष नहीं
भिन्नताएं हैं पर मेरा कोई दोष नहीं
आपकी संवेदना नहीं मुझे प्यार चाहिए
नौका नहीं मुझे पतवार चाहिए
छूना चाहता हूँ आसमां की बुलंदी को
दिखाना चाहता हूँ अपनी खुदी को
अपनी हसरतों को अंज़ाम देना चाहता हूँ
अपनी गुमशुदगी को पहचान देना चाहता हूँ
आपकी संवेदना नहीं मुझे प्यार चाहिए
नौका नहीं मुझे पतवार चाहिए



डा मालविका उपाध्याय
अफवा स्थानीय
वायु सेना स्टेशन डिंजन



They Need Us

Most of us are born healthy to loving parents. There are some among us who are not so fortunate. There are many kinds of afflictions that may strike young children. These may be inherited, congenital or diseases of very young age. The morbidity caused by these conditions has a life-long effect on the children, their parents and the society. Tremendous demands are made on material, educational and financial resources to ensure that they are fully integrated in our society and are able to realise their maximum potential.

The Persons with Disabilities Act 1995 acknowledges blindness, low vision, cerebral palsy, leprosy, leprosy cured, hearing impairment, locomotors disability, mental illness and mental retardation as well as multiple other disabilities. The National Sample Survey Office has considered disability as 'Any restriction or lack of abilities to perform any activity in the manner or within the range considered normal for human beings' excluding illness/injury of recent origin (morbidity) resulting in temporary loss of ability to speak, hear, see or move. Presently, there has been a considerable shift in the understanding of disability, from earlier medical interpretations of seeing disability as a deficit within the individual to that of viewing it in the context of a Human Rights issue. As a corollary it is now widely appreciated that education is a human right with immense power to transform.

It is well understood that difficulties faced by those with disabilities are not confined to only poor countries. Nevertheless the ability to take care of such individuals is severely constrained by the financial health of the society and the nation.

As an organisation the Indian Air Force has been alive to the requirements of caring for its children with special needs. Umeed Asha Kiran schools have been opened at various Air Force Stations for providing comprehensive education to such children. The teachers are chosen for their training in caring for such children and their ability to empathise with the children and their parents. The children are also given regular medical check-ups by the local medical authorities. The parents of such children are regularly counselled, helping them in coping with the substantial demands made on them by the need to care for these children.

In the absence of a dedicated school for the children with special needs, Southern Air Command has been providing financial succour to the parents of such children. This, in a small way, alleviates the financial burden on the parents and allows them to purchase special equipment and educational material.

Starting with financial year 2011-12, monetary assistance is being provided to the parents of children with special needs. Every year the details of such children are obtained from various units with inputs from the parents and station medical authorities regarding their needs and an annual grant is made from the Command Welfare Fund

Further, Parents' Support Groups have been established in all the units under SAC. They consist of AFWWA president (L), Unit Education Officer and SMO. They meet with the parents and children once in 03 months. This allows the parents and the children to communicate their worries and apprehensions regarding education, rehabilitation and financial matters and seek assistance. The group also counsels the parents and the children whenever required,.

The parents of such children also get together once a month under the supervision of the SMO. This is done to mutually discuss the difficulties faced by the children and try and arrive at solutions for them by sharing each other's experiences.

It should be realised that long-term demands are made on the parents and society by the difficulties faced by such children and it is only when the government and society work together that these children can look forward to being useful citizens of this country and contribute to their fullest potential.



Mrs Lakshmi Ramakrishnan
W/o Air Cmde Ramakrishnan
HQ SAC, AF

मेरा अनुभव



कुमारी आरती रानी
शिक्षिका
उम्मीद आशा किरण हलवारा

विशेष बच्चों के साथ मेरा अनुभव

ज़िदगी प्रत्येक दिन करवटें लेती है। ये करवटें हमारी ज़िंदगी पर कभी सकारात्मक और कभी नकारात्मक प्रभाव डालती हैं। मेरी ज़िदगी ने भी ऐसी करवट ली।

मुझे अपनी पढ़ाई के दौरान मंद बुद्धि बच्चों को देखकर यह अहसास हुआ कि इन बच्चों के लिए कुछ कर सकूँ। अपने माता–पिता के सहयोग से विशेष आवश्कताओं वाले बच्चों को पढ़ाने के लिए पटियाला से प्रशिक्षण के दौरान मैंने यह सीखा कि इन बच्चों को शिक्षित करने के लिए साधारण अध्यापन की अपेक्षा बहुत ज्यादा सहनशीलता और त्याग की भावना ज़रुरी है। शिक्षण के दौरान मैंने यह बातें बहुत नज़दीक से देखीं और सीखीं। विशेष बच्चों की सीखने की क्षमता बहुत कम होती है। प्यार और अपनेपन से विशेष बच्चों को धीरे–धीरे साधारण बच्चों की तरह सिखाया जाता है।

प्रशिक्षण के बाद मैंने बच्चों को पूरी सहनशीलता और मन की भावना से शिक्षा दी। मुझे डर था कि विशेष बच्चे कार्य को सीख न पाएं या धीमी गति से सीखें परन्तु मैंने देखा कि विशेष बच्चें कार्य को तेजी से उत्साहित होकर सीख रहे हैं। मुझे यह अहसास हुआ कि विशेष बच्चे अपने लक्ष्य को प्राप्त कर सकते हैं अगर उनको अच्छी तरह से प्रेरित किया जाये।

उम्मीद आशा किरण स्कूल में विशेष बच्चों के लिए विशेष सुविधाएँ उपलब्ध हैं जो कि विशेष बच्चों की प्रत्येक आवश्यकता को पूर्ण करती हैं। मैं यहाँ आकर अपने आप को पूर्ण शिक्षिका महसूस करती हूँ और समाज सेवा में अपना योगदान दे रही हूँ। उम्मीद आशा किरण स्कूल, यह नाम अपने नाम को सही मायने में परिपूर्ण करता है। यह स्कूल विशेष बच्चों की उम्मीद है और उन्हें आशा की किरणों से रोशन करता है।





Sky's THE LIMIT



A Fine Morning On a lovely Sunday morning, sipping tea in the garden scanning the newspaper was total bliss, especially after the hectic week. A repeated glance at the headline, "Double Gold for Prabhroop in Special Olympics," rang a bell in my mind. "I think I know this boy !! Prabhroop Sekhon, son of our own SMO and Mini." Memories of the days at Bhatinda flooded my mind. They had 'a differently abled child, a Special Child!!!' and now a double Gold!!, How is it possible? A very pleasant surprise indeed".

The Sekhons were such doting parents, always sharing happiness and positive energy. I promptly called up Mini, and a beaming mother gushed out with happiness and pride. "My Prabhroop has won two Gold Medals," she sounded ecstatic! Remembering the times, ten years ago and occasional updates whenever I caught up with the Sekhons in recent years, I was inquisitive to know the details.

A Mother's Narration After a long wait of nine years, on 18 Dec 2000, the birth of a baby boy brought tremendous joy to the Sekhons but the desire to hear those lovely words "Mamma" stretched beyond two years. The worst was when doctors told them that the child is Autistic and cannot be cured. "What is Autism? Why us? We took all the care, what went wrong?" These questions flooded the mind of the parents. However, the decision to accept him the way he was and give all the love and care was arrived at and a resolve to keep him happy was made. The "acceptance" made them feel at ease, the thought that God had specially chosen them to bring up this special child provided solace and peace. The phase of enjoyment while bringing him up, despite the shortcomings, started.

Mini started attending "Mother-Child" workshops along with Prabhroop which provided the requisite understanding of his behavior and actions. He was a super hyper active child and could run for hours; he would bite himself or hit himself on the face, as if admonishing himself, or even bite his tongue resulting in him bleeding. Tearing newspaper in symmetrical strips, blowing them in front of the cooler or fan was a game he often played. Various therapy sessions for sensory issues were started and Prabhroop's behavior became a lot better and he calmed down by almost 60%. Later one educator Mr Rakesh, at the school for special children ("SOREM") at Chandigarh advised them to adopt Roller Skating for channelising his energies. Prabhroop was introduced to skating and he started loving it. Post these skating sessions, he would sleep soundly compared to the earlier restless nights. He was always very moody, but he showed a keen interest in skating and picked it up well. Then came the National Roller Skating Championship at JRC Bareilly where Prabhroop won the Gold Medal. Later he got selected for the Special Olympic preparatory camps. The journey to camps at Hyderabad, Chennai, Bareilly and Rohtak saw him getting trained by National Level Coaches. He became independent in his daily chores, started eating on his own, became friendly with other children and the confidence was visible. Mini accompanied him to the camps, but stayed away at hotels, while Prabhroop stayed with his coaches and other children. Mini clearly remembers the first night of 04 Sep 2014 at Hyderabad camp when Prabhroop slept alone, without her. She can never forget this date. During these camps he learnt new things which were a great achievement for the parents, and gradually he became an expert in Roller Skating. This brought a remarkable change in him. Therapy and sports can do wonders for such children.

The New Dawn Finally after attending 4 camps he was selected to represent India at the Special Olympics World at Los Angeles, USA, between 25 Jul to 02 Aug 15. He won two Gold Medals in 300m and 500m events. Mini had accompanied Prabhroop. His father was excited beyond limits on hearing the great news. He has a deep gratitude for Mr Rakesh, the educator

who recognized the hidden talent in the hardworking boy and nurtured its growth. Though both the parents used to accompany Prabhroop for National Trials at Lucknow from Delhi, the realization of his great achievement however, dawned on them once the calls to compliment him started pouring from all across the world. The Grand welcome by the media and HQ WAC reps at IGI Airport on 06 Aug 15 was an icing on the cake. Prabhroop's father is very thankful to WAC and all the others for their support. They were invited by The Chief Minister of UP, Mr Akhilesh Yadav to honour Prabhroop at his residence in Lucknow, along with the other winners. He was feeling on top of the world. In his own words, the happiness and pride that his special child brought him was far greater than a regular child would have provided. Both the parents are so proud of him. His message to all the parents of special children is to ACCEPT THE FACT, support the child in every manner by interacting with the teachers and learn more about their child's inclination towards a particular sport or vocational skill. Their advice is to never ever give up, do not compare with normal children and to remember that the special child needs more love and dedicated support.

The Message Having fathomed the great joy and excitement of the Sekhons, I wholeheartedly salute the parents for bringing up Prabhroop with abundant dedication, love and for accepting God's will! Today Prabhroop is a well known figure, an international hero! If they can do it, why can't YOU? For Prabhroop now "Sky is the limit" and so is it for any special child.



Mrs Neelam Dhir
W/o Air Mshl RK Dhir AVSM VM
HQ SWAC, IAF

Sparkling Specials

You weren't like other children
And god was well aware,
You'd need a caring family
With love enough to share

And so he sent you to us
And much to our surprise
You haven't been a challenge
But a blessing in disguise

Your winning smile and laughter
The pleasure you impart,
Far outweighs your special needs
And melts the coldest heart

We're proud that we've been chosen
To help you learn and grow,
The joy that you have brought us
Is more than you can know

A precious gift from heaven
A treasure from above,
A child who taught us many things
But most of all- "Real love"



Flt Lt JS Arora
Medical Officer
AF Stn Hakimpet

Achievement: Special Children

Name : Master Prabhroop Singh Sekhon
(DoB) : 18 Dec 2000
Parents: Gp Capt BS Sekhon & Mrs Dilpreet Kaur Sekhon
Sports : Roller-skates
Event : World Summer Games (Special Olympic)-2015
Held from 25 Jul 15 to 02 Aug 15
At Los Angeles, USA





Achievement: Master Prabhroop Singh Sekhon suffering from Autism (75%), has participated at various levels (state and National Level) in roller skating. The final phase of selection for International Level was held at Rohtak, Haryana from 08 Mar 15 to 15 Mar 15. Master Prabhroop Singh Sekhon represented India at international level along with other participants at Los Angeles, USA.
The child has won two Gold medals in roller skating (300m & 500m).

Well Done !! Master Prabhroop Singh Sekhon

Ms. Anjali Dogra (21 Years) daughter of MWO Lila Dhar Dogra presently posted at AF Stn Bakshi-Ka-Talab. She is a patient of cerebral palsy since infancy. She is a confident young woman, who wants to live life on her own terms; at present she is pursuing her graduation from IGNOU.

Well Done !! Ms. Anjali Dogra





Special Achievement By Special Girl Child

Miss Archana Rawat D/o 818320 NC(E) KS Rawat Lascar was appointed as Sales Girl at AFWWA (L) Jhumka Shop from 01 Feb 2013 to 12 May 2015. She is a special child with 50% mental disability. She was introduced in AFWWA (L) Jhumka Shop as a sales girl with an aim to give a platform facilitating interaction with the people of different age groups. The opportunity given was widely accepted by the special child and the way she reacted to the changed environment was remarkable. She showed great enthusiasm and inquisitiveness to learn and adapt to the norms of working culture. Despite being differently abled, her conduct towards customers had been at par with any other individual. She mingled with the staff wholeheartedly, extending full support and co-operation. She aptly executed the assigned work within her impedimental domain. She had been very punctual, sincere and dedicated towards her duty. The transformation of a special girl child to an efficient working special girl child has been the great achievement of Miss Archana Rawat.



Well Done !! Miss Archana Rawat

Mr. Ravinder Singh (24 Years) Son of WO Jagrup Singh has mental retardation with generalized seizures. Having completed his basic education he is exploring options of vocational training with the GMR group. His enterprising personality and meticulous nature has prompted him to help out in the AFWWA Thrift shop, where he is proving to be a great asset. Following are some of his creations.





Mr. Ravinder Singh
S/o WO Jagrup Singh
AF Stn Bakshi ka Talab

Well Done !! Mr. Ravinder Singh

Master B Sai Kaushik, S/o Sgt B Kiran Kumar, AF Stn Hakimpet.



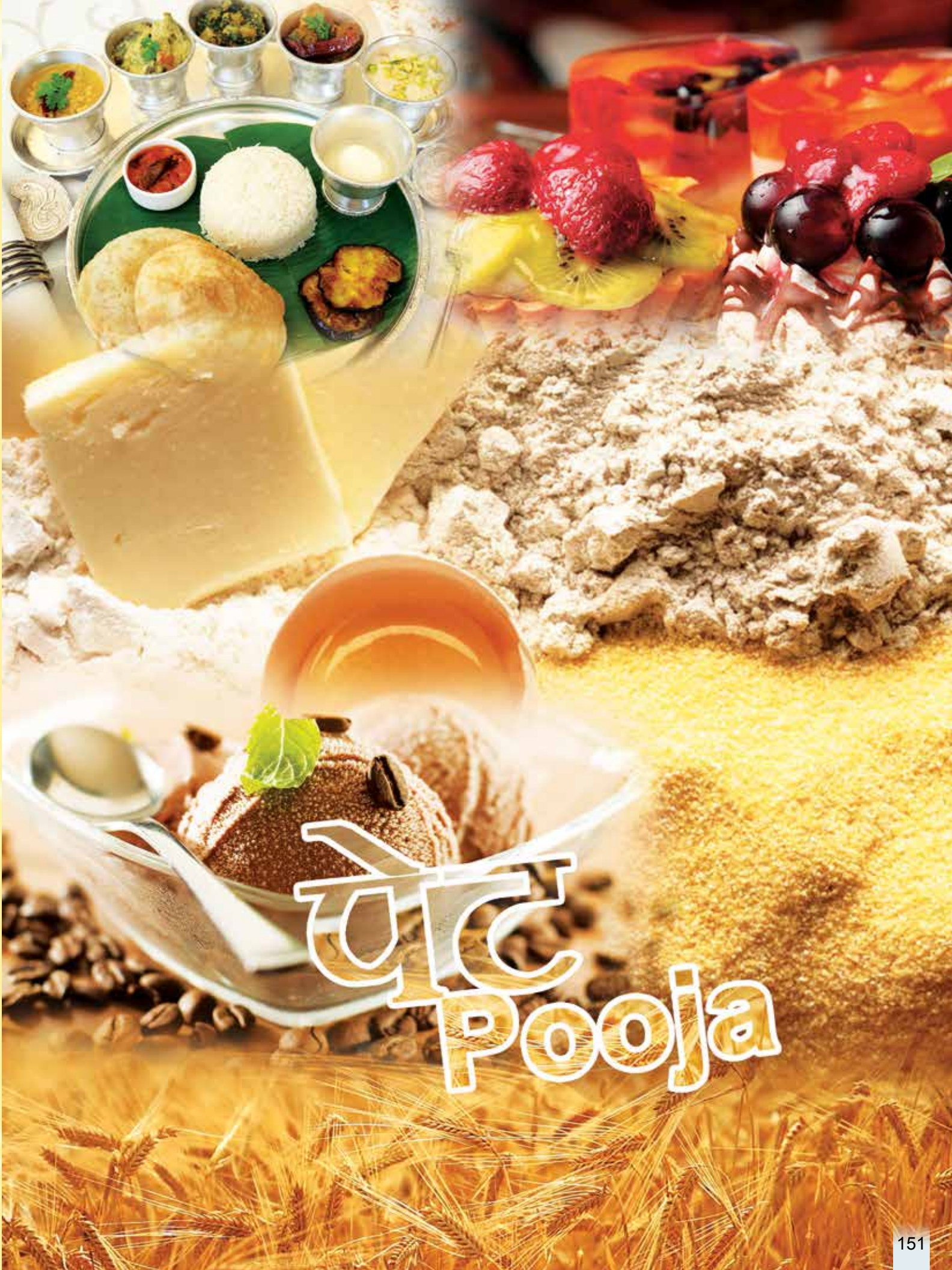
My son Master B Sai Kaushik is a 14 year old, with a physical defect in his left leg. During the year 2014-15 he had participated in various 5 KM, 10 KM marathons and a dual-thon which was organised by MNCs like Wipro, Aircel and so on. In the Chennai Wipro Marathon, he stood third in para-sportsman. He stood second in dual-thon which consists of a 5 KM marathon and 5 KM cycling.

Apart from the marathons he also participated in rock climbing. So, with his disability, his zeal towards participating in these physical activities is appreciable.

For these events, he regularly practices cycling and jogging to improve his speed. His wish is to participate in next year's Para-Olympics.

Well Done !! Master B Sai Kaushik




पेट
Pooja

EGGS BAKED IN TOMATOES

Ingredients

Tomatoes full size	-	06
Salt and pepper	-	according to taste
Garlic	-	2 cloves
Eggs	-	06
Tomato Sauce	-	3 tsp
Double cream	-	6 tsp
Cheese	-	1 ½ spoon
Bread Slice	-	06
Amul butter (Salted)	-	1 ½ tsp
Ghee or oil	-	3 spoons

Method

1. Clean the tomatoes and make a small hole on top of it and take out the juice carefully.
2. Chop garlic finely and add some salt to it. Put a little of this mix in the tomatoes, while rubbing the insides of the tomato with it.
3. Leave for thirty minutes and then empty them.
4. Put an egg each in the tomatoes. Sprinkle with salt and pepper flakes.
5. Mix cream and tomato sauce and pour it in the tomatoes and finally put some cheese on top and bake it in the oven for 15-20 mins until they are light brown.
6. Serve as it is or with crusty piece of toasted bread.



Mrs Simmar Dhillon
W/o AVM NJS Dhillon AVSM
HQ SAC, AF





ALOO GOBHI KORMA

INGREDIENTS

Potato	-	250 gms (Aloo)
Cauliflower	-	500 gms (Gobhi)
Tomato	-	1 Cup Tomato paste
Khus Khus	-	10 gms (Make paste of khus Khus and cashew nuts)
Cashew nuts	-	15 gms
Garam Masala	-	½ tsp
Kasuri Methi	-	1 tsp
Milk	-	1 Cup
Oil or Ghee	-	1 ½ tsp
Turmeric	-	½ tsp
Salt	-	To taste

METHOD

1. Boil potato and cauliflower in milk and add salt to it, boil for 10 min.
2. Heat another pan and add oil into that.
3. Add tomato paste and stir it well for 5 min.
4. Then add Khus khus and cashew nut paste.
5. Add red chilli powder, garam masala, kasuri methi and turmeric powder. Stir it well for 5 min.
6. Add boiled aloos and ghobi in the pan and stir it.
7. Add ½ cup of water.
8. Then add, salt according to your taste.
9. Cook it for 5 min and serve it hot. Your Aloo Gobhi Korma is ready to eat.



Mrs Pushpa Samal
W/o JWO GC Samal
AFAC, AF

Oatmeal Cookies

Its a baker's delight and the kid's favourite.

Ingredients

Oats	:	260 gms
Sugar	:	200 gms (preferably brown sugar)
Maida	:	100 gms
Butter	:	180 gms
Walnuts	:	½ cup chopped
Milk	:	2 tbsp approx
Choco chips	:	1 cup
Baking soda	:	1 tsp
Salt	:	½ tsp

Method

a. Mix sugar and butter together and beat it till fluffy.

b. Add the remaining ingredients except milk. Mix with hands to incorporate all the ingredients nicely.

c. Add milk if it is too crumbly or dry.

d. Make walnut sized balls from this mixture and flatten them.

e. Arrange on a greased baking tray and bake in a pre-heated oven for 20-25 min at 180° c.



Mrs Urvashi Srivastav
W/O Gp Capt A Srivastav
45 Wing, AF





OATS CABBAGE DOSA

Ingredients:

1 Cup Oats

½ Kg Cabbage

4 tsp of Oil

¼ tsp Turmeric powder

¼ tsp Chilli Powder

Salt to taste

Coriander leaves for garnishing

Method :

1. Clean thoroughly and cut the cabbage into small pieces.
2. Add some water to the oats to make a paste. Mix cabbage, chopped carrot with salt to taste.
3. Put oil on frying pan and spread the mixture on the pan.
4. Now add ½ tsp turmeric and chilli powder on it.
5. Fry at low flame and serve as hot.
6. Garnish with coriander leaves.



Mrs Jhunubala Pradhan
W/o JWO DB Pradhan
Air Force Station Jalahalli



खजूरी खास



श्रीमती मधु गौतम
पत्नी सार्जेन्ट तरूण कुमार
वायु सेना स्टेशन कन्हेरी हिल्स

सामग्री

डेट्रस (सीडलैस)	–	250 ग्राम
तिल	–	50 ग्राम
खरबूजे के बीज (मग़ज)	–	50 ग्राम
काजू के टुकड़े	–	50 ग्राम
चिरौंजी	–	25 ग्राम

विधि :

तिल और मग़ज को भून कर मिक्सी में 5 सेकण्ड के लिए चलाकर मसल लें। काजू के टुकडों का पाउडर बनाकर एक प्लेट में फैला लें। हाथों पर हल्का-सा देसी घी लगाकर सीडलैस डेट्रस, भुने हुए तिल, मग़ज का दरदरा पाउडर तथा चिरौंजी को एक कटोरे में डालकर अच्छे से मिक्स कर लें। भुने हुए मिश्रण के छोटे-छोटे लड्डू बनाकर काजू के पाउडर से कोट कर लें। (लडडू के बजाय मिश्रण को चॉकलेट का आकार भी दे सकते हैं)।

खजूरी खास बहुत ही लाभकारी मिठाई है तथा लम्बे समय तक रखी जा सकती है। मिठाई में चीनी तथा वसा का इस्तेमाल नहीं किया गया है। सोने से पहले 1 लडडू दूध के साथ लेने से अनेक लाभ मिलते हैं। आयरन, फाइबर, तथा विटामिन बी1, बी2, बी3 से भरपूर यह मिठाई महिलाओं के लिए बहुत लाभकारी है।

आलू मसाला अमृतसरी



सामग्री :

आलू	–	250 ग्राम
प्याज	–	2 कटे हुए
अदरक लहसुन का पेस्ट	–	2 टी स्पून
अजवाइन	–	आधा टी स्पून
नमक	–	स्वादानुसार
बेसन	–	आधा कप
धनिया पाउडर	–	1 टी स्पून
लालमिर्च पाउडर	–	1 टी स्पून
गरम–मसाला	–	आधा टी स्पून
अनारदाना पाउडर	–	आधा टी स्पून
तेल	–	तलने के लिए तेल
हरा धनिया	–	गार्निश के लिए

विधि :

आलू को लंबाई में काट लें। बेसन का पतला घोल तैयार करें। इसमें नमक, अदरक–लहसुन का पेस्ट, अजवाइन और एक टी स्पून तेल मिला लें। इसमें आलू डालकर 15 मिनट तक मेरीनेट होने के लिए छोड़ दें। एक कड़ाही में तेल गरम करें और आलू को डीप फ्राई कर लें। एक पैन में 2 टी स्पून तेल गरम करें। इसमें प्याज डालकर सुनहरा होने तक भूनें। नमक, हल्दी, लाल मिर्च पाउडर, अनारदाना पाउडर और गरम–मसाला डालकर भूनें। अब आलू डालकर कम आँच पर 5–6 मिनट तक पकाएं। हरे धनिये से गार्निश करके गरमा–गरम परांठे के साथ परोसें।



श्रीमती कल्पना जैन
पत्नी व. अ. एस. के. जैन
40 विंग, वायु सेना



PAYASAM

Mrs. Veena Lakshmy V
W/o Sqn Ldr SS Pillai
C/o 5 FBSU, AF



INGREDIENTS

Green Gram (Moong Dal)	-	200 gm
Jaggery	-	400 gm
Thick coconut milk	-	1 cup
Thin coconut milk	-	4 cup
Ghee	-	4 tbsp.
Cardamom	-	4 nos
Dry Ginger powder (optional)	-	¼ tsp
Sugar	-	1 tsp
Cashew nuts/raisins	-	a few
Coconut pieces	-	1 tsp

METHOD

1. Fry dal till light brown without adding any oil. Once it has cooled, wash it and cook in a pressure cooker by adding 1 cup of water till it becomes soft. Meanwhile, remove the skin of cardamoms, take out the seeds and powder it in a mixie by adding sugar (adding of sugar helps in getting fine powder).
2. Grate jaggery. Melt this in a thick bottomed vessel.
3. Add little water while it is melting. Add cooked dal.
4. Mix well, when the dal and jaggery combine well, add the coconut milk. Bring it to boil. Stir in between.
5. Once the payasam thickens add thick coconut milk, powdered cardamom and dry ginger powder, stir for a while.
6. Do not let it boil. Take the remaining ghee in another pan. Add coconut pieces and cashew. Once it's slightly brown add the raisin.
7. Fry till the raisins puff up and the cashew-coconut pieces turn brown. Pour this over the prepared payasam.

Enjoy the delicious Payasam

Note: a. If the payasam is too thin add a tbsp of cornflour/Rice flour dissolved in little water. Boil the payasam for some time.

b. We can also use chana dal instead of moong dal.



Bread Dahi Vada

Mrs Vandana
W/o Sgt D Chappanimohan
15 FBSU, AF



INGREDIENTS

Bread	-	06 pcs
Milk	-	01 cup
Yoghurt	-	250ml
Moong dal boiled	-	½ cup
Cumin seeds	-	01 tbsp
Chilli powder	-	01 tbsp
Salt	-	As per taste
Vegetable oil	-	250ml
For Garnishing	-	Tamarind Chutney Mint Chutney

METHOD

1. Boil 1/2 cup Moong dal and add to it chilly powder and salt, according to your taste.
2. Soak each slice of bread in milk and make a dough ball out of each.
3. Stuff the moong mix in the soaked bread dough and make vadas out of it.
4. Shallow fry the vadas in the vegetable oil.
5. Now in the separate pan take 01 tbsp of vegetable oil and put cumin seeds and let it fry.
6. Switch off the gas burner and then put 250 gms of yoghurt in the pan.
7. Add 01 tbsp of sugar and ½ tbsp of salt in the prepared yoghurt.

Now put the bread vadas in a shallow dish and pour the prepared yoghurt over them. Sprinkle chaat masala on top, if required.

Serve with tamarind chutney or mint chutney.

मटर की चटनी

सामग्री :

200 ग्राम मटर

हरी मिर्च

हरा धनिया

2–3 कली लहसुन

कद्दूकस किया हुआ अदरक

नमक स्वाद अनुसार

तेल

विधि :

हरे मटर को एक चम्मच तेल, चुटकी भर जीरा, एक दो साबुत सुखी मिर्च डालकर बिना पानी के अच्छे से पकाएं। मिक्सी में डाल कर बिना पानी के हल्का–सा पीसें और कढ़ाई में एक चम्मच तेल डालकर उसमें टमाटर को अच्छे से मिला लें। जब टमाटर पकने लगे तो आँच मध्यम कर के उसे धीरे–धीरे अच्छे से पकाएं ताकि वह चटनी की तरह अच्छे से नरम हो जाए। फिर उसमें पिसा हुआ मटर मिलाएं। फिर उसके ऊपर से बारीक कटी हुई प्याज़, धनिया, हरा लहसुन डालकर अच्छे से मिला लें।



श्रीमती अनीता तिवारी
पत्नी सार्जेण्ट बी तिवारी
5 विंग, वायु सेना



काबुली चने और आम का अचार

सामग्री :

काबुली चने	–	½ कप,
कच्चे आम	–	500 ग्राम (बहुत छोटे टुकड़ों में काटे),
आम के अचार का मसाला	–	4 बड़े चम्मच,
हींग पाउडर	–	¼ छोटा चम्मच,
सौंफ पाउडर	–	2 छोटे चम्मच,
सरसों का तेल	–	1½ कप,
नमक	–	125 ग्राम

विधि :

काबुली चनों को 5 घंटे पानी में भिगोएँ, फिर पानी निकाल कर कपड़े से पोंछे। 1 घंटा धूप में रखें ताकि पानी पूरी तरह सूख जाए। एक थाली में कटे आम के टुकड़े, चने, सभी मसाले, नमक और आधा कप गरम कर ठंडा किया गया सरसों का तेल मिलाएं। एक बरतन में भरें और 4–5 दिन धूप में रखें। बाद में गरम कर ठंडा किया तेल डाल दें। यह अचार काफी दिनों तक टिका रहता है।



श्रीमती सुलेखा यादव
पत्नी कार्पोरल दिनेश कुमार
5 विंग, वायु सेना



कच्ची हल्दी का हलवा

सामग्री

कच्ची हल्दी	-	250 ग्राम
मावा खोया	-	250 ग्राम
छुहारा	-	250 ग्राम
घी	-	100 ग्राम
गुड़	-	500 ग्राम

विधि :

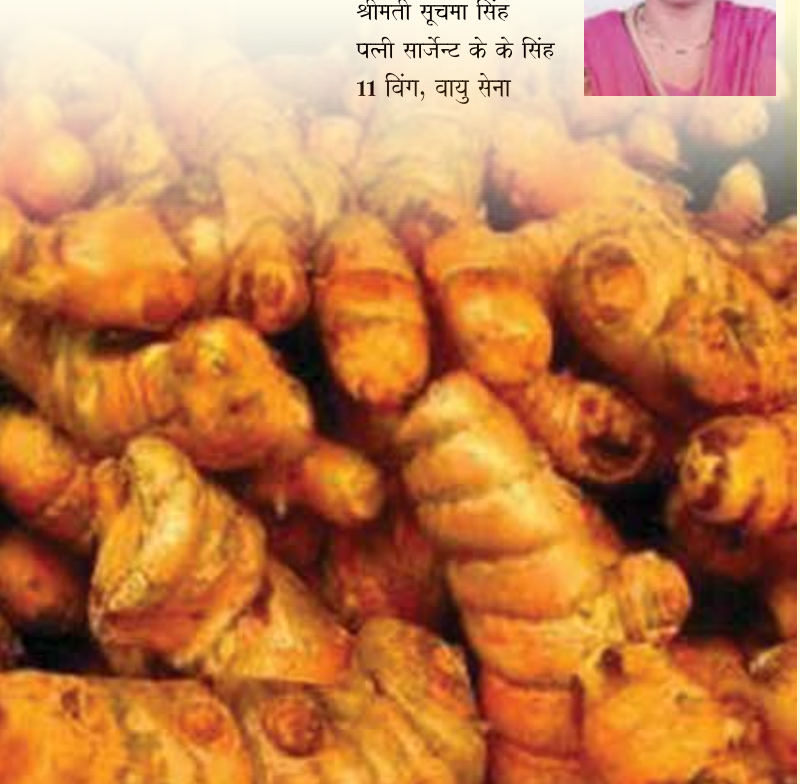
हल्दी और छुहारे को रात भर अलग-अलग भिगो दें। सुबह हल्दी को सफाई से धो कर उसके छिलके को चाकू से साफ कर लें और कूट ले फिर मिक्सी में पीस लें। फिर छुहारे को धो कर उसके बीज निकाल कर पीस लें। अब कढ़ाई गर्म कर के उसमें घी डाल लें और जब घी गर्म हो जाये तो उसमें हल्दी को डाल कर 10 से 15 मिनट तक धीमी आँच पर भूनें। जब हल्दी अच्छी तरह से भुन जाये तो उसमें पीसे हुए छुहारे डालें और 10 से 15 मिनट तक भूनें। जब छुहारे भुन जायें तो मावा और गुड़ डालकर अच्छी तरह से भूनें और जब हलवा घी छोड़ने लगे तब गैस बन्द कर दें। ठंडा होने पर डिब्बी में रख कर फ्रिज में रख दें और जब खाना हो तब थोड़ा सा गर्म करके खाएं।

फायदें :

बच्चों को सुबह शाम 1-1 चम्मच देने से सर्दी जुकाम नहीं होता, शरीर दर्द में भी बहुत आराम मिलता है। जोड़ों का दर्द ठीक रहता है। दूध के साथ लेने से और भी अच्छा रहता है।



श्रीमती सूचमा सिंह
पत्नी सार्जेन्ट के के सिंह
11 विंग, वायु सेना



लहसुनी मटकी पालक टिक्की

समाग्रीः

1 टेबल स्पून	–	बारीक कटा हुआ लहसुन
2 कप	–	अंकुरित मटकी
1 कप	–	बारीक लंबी कटी पालक
2 टी स्पून	–	नींबू का रस
2 टी स्पून	–	हरी मिर्ची का पेस्ट
1 टी स्पून	–	अदरक का पेस्ट
2 टी स्पून	–	गरम मसाला
3 टी स्पून	–	तेल
स्वाद अनुसार	–	नमक
परोसने के लिए	–	पौष्टिक हरी चटनी

विधिः

मटकी को एक कप पानी और थोड़े नमक के साथ मध्यम् आंच पर 8 से 10 मिनट तक पकाते हैं। हल्का ठंडा कर मिक्सर में पीसकर दर–दरा मिश्रण तैयार करते हैं। सभी सामग्री को मटकी के मिश्रण और थोड़े नमक के साथ अच्छी तरह मिला लेते हैं। इस मिश्रण को 10 भागों में बराबर बांट लें और इससे पतली चपटी टिक्की बना लें।

बनी हुई टिक्की को तेल लगाकर तवे पर अच्छी तरह पका लें, जब तक ब्राउन रंग की न हो जाए। पौष्टिक हरी चटनी के साथ गर्म–गर्म परोसें और आनंद उठाएं।



श्रीमती नीलू सिंह
पत्नी जू वा अ एस रंजन
वायु सेना अकादमी



PRAWN THEEYAL

INGREDIENTS

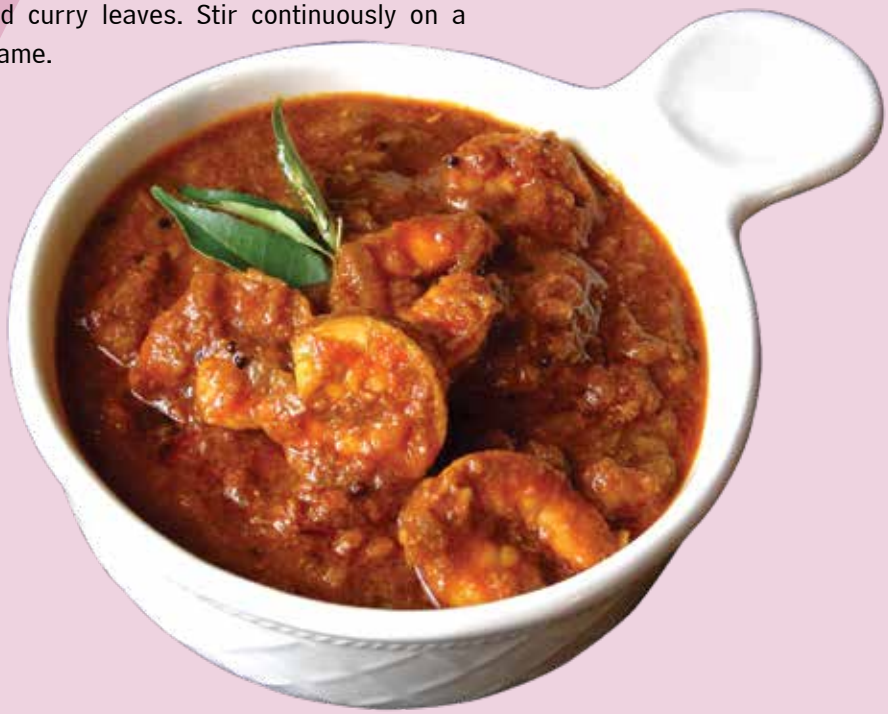
Prawns	-	250 gms
Grated Coconut	-	2 cups
Small Onion	-	20 (Shallots)
Garlic	-	5 cloves
Ginger	-	1 inch piece
Curry Leaves	-	2 sprigs
Chilli powder	-	3 tsp
Coriander powder	-	2 tsp
Tamarind	-	small gooseberry size
Tomato	-	1
Mustard	-	1 tsp
Oil	-	2 tsp
Water	-	3 cups
Salt	-	according to taste

METHOD

1. Wash the Prawns and keep aside.
2. Chop ginger, garlic, small onions and tomato.
3. Heat 1 tsp of oil in cooking pan and add grated coconut, ginger, garlic and half of the chopped onions and curry leaves. Stir continuously on a medium flame.
4. When it becomes golden brown, turn the flame to low, put chilly and coriander powder into it and stir well for 2 minutes. Remove from the flame and let it cool.
5. Grind the roasted coconut in a mixer grinder into a fine paste without adding water.
6. Dissolve tamarind in 3 cups of water.
7. Cook prawns (about 10 minutes) in a covered vessel along with the tamarind dissolved in water, tomato, turmeric powder and salt.
8. When it is done add the ground coconut paste and mix it well. Boil it for 01 minute.
9. Heat oil in a cooking pan and put mustard seeds. When it splutters, add remaining chopped onions and curry leaves and cook till golden brown. Add this to the prepared prawn theeyal.
10. Prawn theeyal is ready now.



Mrs. P Dhanya
W/o Wg Cdr V. Ravichandran
47 SU, AF



MANIPURI CUISINE

Laphu Tharo Pakwan
(Baked banana flower recipe)



Mrs Diana
W/o Wg Cdr Amarjeet Singh
C/O 5 FBSU, AF



INGREDIENTS

Thinly cut / sliced banana flower	2 cups
Chopped onion	½ cup
Chinese chives	½ cup
Chopped spring onion	½ cup
Crushed ginger	1 tsp
Finely chopped green chillies	2 tsp
Coriander leaves	1 cup
Gram flour	3-4 tsp
Turmeric powder	1 tsp
Turmeric leaves	as required
Steamed fish	2-3 pieces
Steamed / blanched dry chillies	8-9
Salt	to taste

METHOD

1. In a large bowl add all the ingredients except the fish and red chillies.
2. Mix well and keep aside. In another separate bowl add steamed fish, steamed red chillies and mash them properly.
3. Add water to it and make a thin gravy. Now add this gravy to the mixture. Mix them well, add more water if required. Make sure all the ingredients bind together.
4. Now lay out few turmeric leaves and then place the mixture on these. Make some shape and then wrap the aluminium sheet for a second round of wrapping.
5. Now place the packed mixture inside the pre-heated oven and bake it for 45-55 minutes, or else place the packed mixture in a cooker and cook till 3 whistles and then pan roast until its crust is somewhat brown. Serve hot.

DEFINITIONS



Mrs Savitri Giri
W/o Sgt AK Giri
153 Sqn, AF

School A Place where Papa pays and Son plays.

Life insurance A contract that keeps you poor all your life so that you can die rich.

Nurse A person who wakes you up to give you sleeping pills.

Marriage It's an agreement in which a man loses his bachelor degree and a woman gains her masters.

Tears The hydraulic force by which masculine willpower is defeated by feminine waterpower.

Lecture An art of transferring information from the notes of the Lecturer to the notes of the students without passing through "the minds of either".

Conference The confusion of one man multiplied by the number present.

Compromise The art of dividing a cake in such a way that everybody believes he got the biggest piece.

Dictionary A place where success comes before work.

Conference room A place where everybody talks, nobody listens and everybody disagrees later on.

Father A banker provided by nature.

कांजी वड़ा

समाग्रीः

1	इमली	100 ग्राम
2	जीरा	1 चम्मच
3	काला नमक	स्वादानुसार
4	जलजीरा पाउडर	2 चम्मच
5	चीनी	1 कप
6	लाल मिर्च पाउडर	1 चम्मच
7	लोविया दाल (बींस)	2 कप
8	मसूर दाल सावुत	1 कप

विधीः

1.5 लीटर पानी लें, उसमे भुना जीरा, काला नमक, जलजीरा पाउडर, चीनी और लाल मिर्च पाउडर डालकर अच्छे से मिला लें। 100 ग्राम इमली को एक गिलास पानी में डालकर अच्छे से घोल लें। इसके वाद इसे छानकर पानी और इमली को अलग कर लें। फिर इमली के पानी को उपर वताये पानी में मिला लें।

रात में लोविया और मसूर दाल को अलग अलग भिगोकर रखें और सुवह दोनों को पीस कर पेस्ट वना लें। फिर पेस्ट में स्वादानुसार नमक मिला लें।

कढ़ाई में तेल गरम करें और पेस्ट से छोटे छोटे वड़े वनाकर सुनहरे होने तक तलें। फिर उनको निकालकर सीधा उपरोक्त तैयार पानी में डाल दें।

फ्रिज़ में एक घण्टा रखने के वाद ही परोसें।



श्रीमती वीना यादव
पत्नी कॉर्पोरल पी के यादव
वायु सेना स्टेशन पोर्ट वलेयर



मेथी दाने की भरवां हरी मिर्च

समाग्रीः

1. एक कप खजूर (वीज निकालकर वारीक कटे हुए)
2. आधा कप मेथी दाना (भिगोया और उवला हुआ)
3. 250 ग्राम हरी मिर्च
4. एक चम्मच आमचूर पाउडर
5. आधा चम्मच लाल मिर्च पाउडर
6. थोडा-सा गरम मसाला पाउडर
7. नमक स्वाद अनुसार
8. तेल सेंकने के लिए।

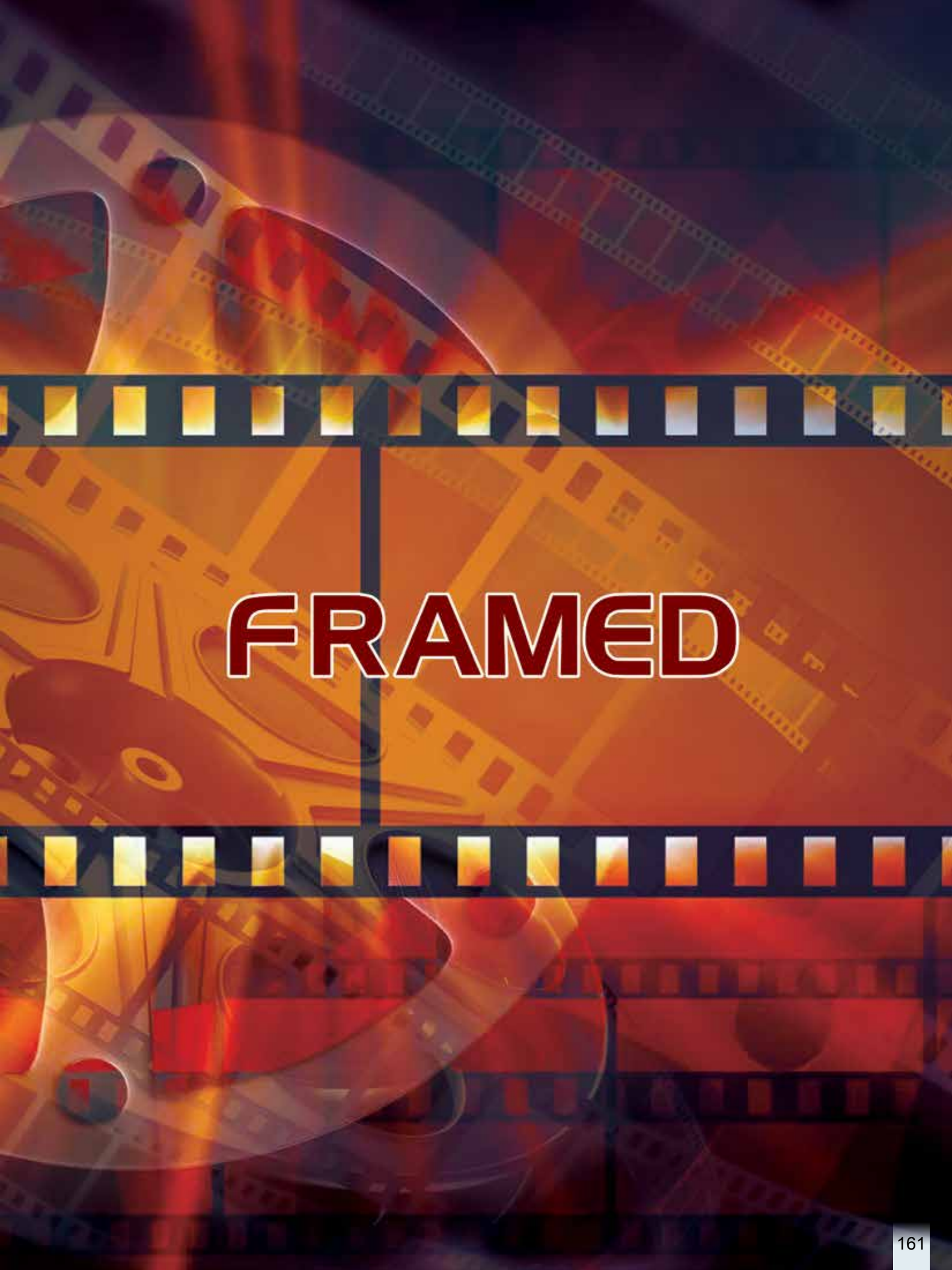
विधीः

हरी मिर्च को वीच से चीरा लगाकर वीज निकाल लें (डंठल को नहीं काटना) कढ़ाई में तेल गरम करके खजूर डाल कर भून लें। नमक और सारे मसाले मिला कर नरम होने तक पकायें। मेथीदाना मिलाकर थोड़ी देर और पकायें। ठंडा होने पर हरी मिर्च में भरें और धीमी आंच पर हल्का-सा तड़का लगा लें। गरम गरम परांठे के साथ खाएं।



श्रीमती भानू देवी
पत्नी एन सी (ई) अजय राम
वायु सेना स्टेशन वागडोगरा




FRAMED

CENTRAL AIR COMMAND



Board of Management meeting on 26 Feb 15



Visit to orphanage by Sanginis of
Air Force Station Bakshi-ka-Talab



Sanginis enjoying Tug of War during picnic at
Air Force Station Agra



Lecture on Stem Cell Banking at
Air Force Station Gorakhpur



Trekking during summer adventure Camp at
Air Force Station Nainital

WESTERN AIR COMMAND



Board of Management meeting on 28 Apr 15



Children enjoying Summer Camp at Air Force Station Dalhousie



Visit to old Age Home by Sanginis at Sirsa



Tree plantation by Sanginis at Air Force Station Ambala



Play School-Valedictory ceremony at Air Force Station Sarsawa

SOUTH WESTERN AIR COMMAND



Board of Management meeting on 24 Sep 14



Parent Support Group (PSG) meeting for special children at Air Force Station Thane



Leap of Faith activity during Summer Camp at Air Force Station Mt Abu



Christmas Celebrations at HQ SWAC (U) Gandhinagar



Swachh Bharat Abhiyan by Sanginis at Air Force Station Jaisalmer

SOUTHERN AIR COMMAND



Board of Management meeting on 12 May 15



Swachh Bharat Campaign by Sanginis at Air Force Station Chimney Hills



Nature Park at Air Force Station Sulur



Visit of Sanginis to Orphanage home at Air Force Station Suryalanka



Activities during Summer Camp at HQ SAC(U) Akkulam

EASTERN AIR COMMAND



Board of Management meeting on 12 Aug 15



Medical Checkup Camp at Umeed Vidya Kiran School at Air Force Station Jorhat



Yoga classes for Sanginis during International Women's day at Air Force Station Jorhat



Donation to old age home by Sanginis of Air Force Station Kumbhigram



Special Children enjoying picnic at Air Force Station Barrackpore

TRAINING COMMAND



Board of Management meeting on 09 Apr 15



Cervical Screening Camp for Sanginis at IAM Banglaore



Special Children enjoying games at Air Force Station Tambaram



Visit to Orphanage by Sanginis of AFTC Bangalore



Hasya Ras at Command Hospital Bangalore

MAINTENANCE COMMAND



Board of Management meeting on taking over of President AFWWA (R) on 01 Dec 14



Self-Defence classes at Air Force Station Tughlakabad



Physiotherapy treatment at Umeed Asha Kiran School Kanpur



Picnic of Umeed Vidya Kiran School at Air Force Station Sulur



Visit of President AFWWA to Umeed Asha Kiran School at Kanpur

AIR FORCE STATION NEW DELHI



Inauguration of renovated AFWWA (L) Thrift Shop "Uphaar" by President AFWWA on 15 Apr 15



Sanginis enjoying magic show during AFWWA picnic



Performance by children of AFWWA Play School



Visit to old age home by Sanginis at Mahipalpur



Parent Support Group (PSG) meeting on 06 Dec 14